



Making longer lives, better lives.

Date: January 18, 2021

Contact: Kristine Erickson, Director, Grand Traverse County Parks and Recreation and Senior Center Network, 231-922-4511; kerickson@gtcountymi.gov

FOR IMMEDIATE RELEASE: Senior Center Network: Without Walls

Traverse City – People in the 60-plus age group have become increasingly isolated during the COVID-19 “stay-at-home” order and are challenged by an even greater reliance on technology. While being socially distant and self-quarantining help limit exposure to infection, they also might limit social interactions and increase loneliness and feelings of isolation. To help lessen feelings of loneliness and isolation, the Senior Center Network offers the following programs.

Entertainment: The Senior Center at 801 E. Front Street in Traverse City has puzzles, exercise equipment, and books available to be “checked out.” Call 231-922-4911 to make arrangements to pick them up. For quick convenience, the “Little Free Library” located outside the main entrance of the Senior Center is open at all times.

Sunshine Packets: Amusing “boredom-buster” packets with puzzles, fun facts, and jokes are available as a diversion and to help the mind stay active and agile. Packets are available via U.S. Mail or may be picked up by appointment at the Traverse City Senior Center or one of the outreach locations. Call 231-922-4911.

Telephone Assurance Program: Recognizing that many seniors could benefit from a friendly check-in phone call right now, Senior Center Network staff and volunteers are available to chat. Call 231-922-4911 if you, or anyone you know, would benefit from a simple phone call, just to say hello, to talk, or remain connected with others.

Senior WOW (With Out Walls) Time: An exciting, weekly virtual meeting offers something for everyone – from museum tours to tips for smart money management (and everything in between!). This weekly program meets from 9 to 10 a.m. For a full list of topics, visit the Senior Center Network’s website at grandtraverse.org/scn, and select “Virtual Programming.” Space is limited. To register or for more information, call 231-922-4911 or send an e-mail to mgoetz@gtcountymi.gov by the Friday prior to each session.

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