



**Grand Traverse County
Senior Center Network**

801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.gtcoa.org

FOR IMMEDIATE RELEASE

Date: October 22, 2014

Sharon Neumann, Program Coordinator

Email: sneumann@grandtraverse.org

Subject: Ladies Treat Yourself to Sleep Inn-dulgence!

Ladies of all ages can enjoy a luxurious weekend during the first Senior Center Network's Annual Sleep Inn-dulgence Ladies Sleepover! Bring your friends, favorite pajamas, and prepare yourself for pampering and fun. This event, especially designed for women, will provide services from area professionals specializing in Personal care, Massage, Psychic readings, Reiki sessions, Yoga, and Wellness, to "Inn-vigorate" and "Inn-spire," the ladies, all day and evening, (for a friendly fee). Line Dancing and Games will be included!

Enjoy champagne and chocolates, conversations and care, this November 15th at the Sleep Inn, in Acme. Cost: \$50/person; Minimum of two people per room; includes overnight stay, dinner, brunch, musical entertainment by Jim Hawley ... and more! Check in begins at 2:00 pm. Call 231-938-7000 to make your reservation.

Lori Wells, Deputy Director

Grand Traverse County Senior Center Network

801 East Front Street

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922-4911 Fax: 231-922-4854

The Senior Center Network is part of the Commission on Aging, "Caring For Those Who Cared For You." The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.