



**Grand Traverse County
Senior Center Network**

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

FOR IMMEDIATE RELEASE

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Subject: Resolve Retirement Conundrums, Gentlemen!

For many, the dream of retirement differs in many ways from its reality, often bringing with it unforeseen opportunities and challenges. On Fridays, at the Senior Center in Traverse City, a new “Guy Time” group, facilitated by Tom McWhorter, MSW, meets over lunch, from noon until 1 p.m., to discuss work, volunteering, leisure activities, new friendships, as well as, issues associated with health, aging, and emotions. Participants will decide discussion direction, and can bring a lunch, or call, 231-947-5285, 24 hours in advance to reserve a lunch at the Senior Center, 801 E Front Street; a luncheon meal costs \$3 for those 60 and over, all others are \$5.

Lori Wells, Deputy Director

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801 East Front Street

Traverse City, MI 49686

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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.