



TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
grandtraverse.org/scn
 Monday through Friday 8 a.m. to 4:30 p.m.

Locations also in Acme, Kingsley, Interlochen, and Fife Lake.

Full details for all programs available on our website and in our newsletter. Hiking and cycling schedules are separate.



WEEKLY RECURRING PROGRAMS

*Require advance registration, call 231-922-2080.

+Lunch reservations required, call 231-947-5285.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am Billiards	8 am Billiards	8:30 am Yoga on the Beach*	8 am Billiards	8 am Billiards	
8:30 am Table Tennis	8 am Pickleball*	9 am Tennis*	8 am Pickleball*	10 am Pickleball*	
9 am Tennis*	8:45 am Energetics	10 am Watercolor	8:45 am Energetics	10 am Mens' Golf*	
9:30 am Active for Life	10 am Shuffleboard*	10:15 am Pilates	9:30 am Discussion Group	10:30 am Womens' Golf*	
10:30 am BINGO	10 am Coffee & Convo*	12 pm Lunch +	10 am Shuffleboard*	10:30 am Zumba	
11 am Hobby Group	11 am Grief Support	1 pm Double Pinochle	12 pm Lunch +	10:30 am BINGO	
12 pm Lunch +	12 pm Lunch +	1:30 pm Beg. Line Dancing	12:30 pm Mah Jongg	11:30 am Girl Friends*	
1 pm Scrabble	12:30 pm Mah Jongg	2:15 pm Strong Bones	1 pm Single Pinochle	12 pm Lunch +	
1:30 pm Club Day	1 pm Cribbage	3 pm Farkel (6/5 only)	1 pm Bridge Social	1:30 pm Chess, Club Day and Poker	
	1:30 pm Int. Line Dancing	6 pm Table Tennis	1:15 pm Dominoes	2:15 pm Strong Bones	
	3:45 pm Tap Practice (begins 6/11)			3 pm Knitting	
	6 pm Pinochle			7 pm Euchre	

SUNDAY

7 pm Euchre

SPECIAL PROGRAMS June 2019

*Require advance registration, call 231-922-2080.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/10, 4 pm Tech Club*	6/4, & 6/18 Hiking*	6/5, 12:30 pm Ask the Lawyer*	6/6, 9:30 am Foot Care *	6/7 - 6/28, Pickleball	
	9:30 am	6/5, 6 pm Steelheaders	5/2-6/27, Wii Bowling *	8:30 am Lessons	
	6/4, 10:30 am Ready, Steady, Balance*	6/12, 7:30 pm NMC Concert	10 am	6/7, 9 am Membership and 4 pm Orientation*	
	6/4 & 6/18, Blood Pressure	6/19, 9 am Learn to Kayak*	6/6, 6:30 pm GT Beekeepers*	6/21, 10 am Reflexology *	
	11 am	6/19, 1:30 pm Learning to Longevity*	6/13, 9:30 am Hiking*	6/21, 12 pm Volunteer Party*	
	6/11, 1 pm Reiki*	6/26, 10 am Parkinson's	6/20, 9:30 am Foot Care *		
	6/18, 5 pm Basket Guild	6/26, 1 pm Massage*	6/20, 5:30 pm Weavers Guild	6/28, 9 am Parade of Senior Homes	

SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 6/5/2019