MONTHLY
OCTOBER
2025

Senior Center Network

GRAND TRAVERSE COUNTY



Travel with us...

Shown above: Canadian Rockies by Rail

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Dreaming of a Getaway? Let's Make It Happen!

As the days grow shorter and the weather turns colder, it's only natural to start dreaming of a change of scenery. Whether it's escaping the cold in January with a relaxing week on a tropical beach or breathing in the crisp mountain air — your ideal getaway is closer than you think.

At the Senior Center, we believe travel isn't just about the destination; it's about discovery, adventure, and making memories. Our in-house travel specialist is here to help make those dreams a reality, offering exciting trips both locally and abroad.

Don't get stuck in the familiar. Step out of your comfort zone. Explore the unknown.

Travel with us...

Upcoming international trips include, Greece, Antarctica, the Danube, and Alaska

Traverse City . Fife Lake . Interlochen . Kingsley

A Comfortable Home & Assisted Lifestyle



The Cottages are part of Grand Traverse Pavilions, the region's first and only public, nonprofit full-spectrum of care.

Mix the elegant, Victorian grandeur of three historic buildings with unmatched services and amenities, and discover The Cottages. A comfortable home and supported lifestyle define our extraordinary community.

Various Studio and One Bedroom Apartments Available Now!

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With residents, participants, therapy patients, volunteers, and staff, Grand Traverse Pavilions is a community caring for generations.

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1000 Pavilions Circle | Traverse City | gtpavilions.org | (231)932-3045

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SENIOR CENTER NETWORK

A Grand Place to Connect!

Our purpose is to meet the social, recreational, and educational needs of members, in an environment that is fun, safe, inclusive, and courteous for all. Our centers will provide an environment for programs designed to provide adults of the Grand Traverse area the opportunities and tools for personal growth and self-fulfillment.

Grand Traverse County Senior Center Network

Membership: Grand Traverse County residents 60 years of age and over join FREE. Residents 50-59 pay $10 per year; out of county residents pay $50 per year. Seniors unable to pay the fee for classes, may apply for a scholarship. To contribute to the scholarship fund, call 231-922-4911 or visit the Traverse City location.

Traverse City: 801 E. Front St, Traverse City, MI 49686
Fife Lake: Fife Lake Public Library
77 Lakecrest Lane, Fife Lake, Michigan 49633
Interlochen: Redeemer Lutheran Church
1896 Rogers Road, Grawn, Michigan 49637
Kingsley: The Rock: Inspiring Change
115 E. Blair Street, Kingsley, Michigan 49649
Administrative office: 400 Boardman Ave, Suite 307, Traverse City, MI 49684

CLOSINGS

***All Grand Traverse County offices** are closed:*

November 3–TC and Kingsley centers close at 12pm for Hometown Heroes

November 27 & 28– Closed

Grand Traverse Board of Commissioners

Brian McAllister, District 1
Lauren Flynn, District 2
Ashlea Walter, District 3
Fern Spence, District 4
Robert Hentschel, District 5
Darryl Nelson, District 6
T.J Andrews, District 7 -Vice Chair
Scott Sieffert, District 8 - Chair
Penny Morris, District 9

The Grand Traverse County Board of Commissioners is the chief legislative and policy-making body of the Grand Traverse County Government. Commissioners are elected to 2-year terms from districts that are roughly equal in population. A chair is elected at the first meeting of each new term and a vice-chair is elected at the first meeting of each new year by the Commissioners.

Regular Meetings are held the first and third Wednesday of each month at 9:00 AM.

Senior Center Staff

Lacey Edgecomb-*Director*
Kelly Justin-*Marketing & Events Specialist*
Julie Kintner-*Travel Specialist*
Katelyn Olsen-*Program Coordinator: Fife Lake*
Shannon Sebela-*Program Coordinator: Traverse City*
Shelley VanStee-*Program Coordinator: Kingsley & Interlochen*
Danita Jacobson-*Office Specialist*
Dee Moss - *Office Specialist*
Lynn Viergever-*Program Coordinator Support*
Karen Pierce-*Program Coordinator Support*

Local Resources

Commission on Aging - Home services
231-922-4688

Love Thy Neighbor - Mobility devices
231-941-5683

NMCAA - Housing and food services
231-947-3780

Veterans Affairs
231-995-6070

Senior Center Network Programs

For more information about program and activity schedules at all Senior Center Network locations, call 231-922-4911 or visit: gtcountymi.gov/2742/Senior-Center

To keep your contact information up to date call 231-922-4911 or send an email with updates to: Djacobson@gtcountymi.gov

Grand Traverse County *Senior Center Network Newsletter* is a monthly publication with the purpose of informing and to improve the quality of life among county residents, published by the Senior Center Network.

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Director's Corner

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

Fall is definitely in the air. There's no turning back, winter will be here before we know it! My biggest goal for our Senior Center Network through the winter season is to keep our members active and connected. Michigan winters can be unpredictable, but the senior center will consistently be a place to find conversation, a focus on health and wellbeing, and even a hot cup of coffee or tea.

We are kicking off the month by celebrating Active Aging Week, October 6th through 12th. I hope you choose to embrace aging by honoring in your life achievements, continuing to set goals for yourself, and taking ownership of your health and wellness as you age. Throughout Active Aging week, join us for Yoga and Yogurt – start with a 9:00am Yoga class with one of our incredible instructors and then stick around for our yogurt bar, featuring a variety of yogurt, granola, and berries. Details below.

If yoga isn't quite your thing, check out our Safety Series with the Traverse City Fire Department. They will be here each month to educate members on local emergency services and safety at home. Free blood pressure checks will also be offered following each class. More information can be found on page 7.

Our health and wellness journey isn't complete without a bit of fun and laughter. Throw on your best costume and join us across the network for Halloween events! Festive potlucks, spooky games, and costume contests... and maybe even a bite of candy.

I can't wait to see the fun you bring!

Jacy



YOGA & Yogurt

9 A.M. CLASSES

Join us for Yoga and then a Yogurt Bar at the TC Senior Center

YOGA
TUESDAY, OCT 7

PILATES YOGA FUSION
THURSDAY, OCT 9

YOGA
FRIDAY, OCT 10



To Register:
Call 231-922-4911
or visit
Myactivecenter.com

SPECIAL EVENTS

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

Halloween events



FIFE LAKE

THURSDAY, OCT 30

12-2PM

JOIN US FOR A SPOOKY POTLUCK WITH GAMES, COSTUME CONTEST

&

ENTERTAINMENT

KINGSLEY

FRIDAY, OCT 31

12:45 PM

POTLUCK FOLLOWED BY A COSTUME CONTEST

INTERLOCHEN

MONDAY, OCT 27

12:15 PM

POTLUCK FOLLOWED BY A COSTUME CONTEST

TRAVERSE CITY

THURSDAY, OCT 30

BINGO 1PM

FRIDAY, OCT 31

11:30-12:30PM

POTLUCK

COSTUME CONTEST

BEGINS AT 1PM

R.S.V.P. 231.922.4911

SPECIAL EVENTS

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

THE SENIOR CENTER NETWORK PRESENTS



HOMETOWN HEROES

★★★ A SALUTE TO OUR ★★★

VETERANS

A special Veterans program to honor those who have served and continue to serve.

★★★★★

FEATURING: MILITARY MUSIC HISTORY WITH MICHAEL HUNTER

Join us for an evening of music followed by dinner

MONDAY, NOVEMBER 3
PROGRAM STARTS AT 4PM

FREE FOR OUR VETERAN MEMBERS AND ONE GUEST

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Senior Center Network
GRAND TRAVERSE COUNTY

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911



EDUCATION

Art-Watercolor
Participants will help choose the painting subject.
Traverse City: Fridays, 10 a.m.
$20/class with supplies, $25 without supplies.
Led by Jan Oliver

Ask the Medicare Expert
15 minute in-person appointments to help you better understand the process to receive Medicare benefits.
Traverse City: Mondays, Oct. 13 & 27, 12:30 to 2 p.m.

Ask the Lawyer
15-minute in-person session to ask questions about estate planning, asset protection and other topics.
Traverse City: Tuesdays, Oct. 7 & 21, 12:30 to 2 p.m.

Book Club *In partnership with Traverse Area District Library*
Join us for book club and discuss up and coming books.
Traverse City: First Thursday of the month, Oct. 2
9:30 to 11a.m. **610 Woodmere Ave**

Bookmobile
Traverse Area District Library will be at the Traverse City Senior Center to assist in checking out books, returning books and book donation!
Traverse City: Thursday, Oct. 9, 11 a.m. to 12 p.m.

Card Making Class
1-2 hour class. Choose a set of three cards.
Traverse City: Oct. 14 & 28, 1 to 3 p.m. $8/class
Led by Genevieve Lyon

Card Making Class-Hospice Cards
Make cards for Hospice patients and families.
Traverse City: Thursdays 9 & 23, 2 to 4:30 p.m.
Led by Margi Ruggero

City Fire's Senior Center Safety Series
Join us each month to learn about health, safety and emergency preparedness. Each month is a new topic with free blood pressure checks at the end of each session.
Traverse City: Second Wednesday of the month, 10 a.m.
Oct. 8– Meet your Fire and EMS Department
Nov. 12– How and when to call 911

Creative Crafts
Bring your creativity and join us. $5/class.
Fife Lake: Tuesdays, 12:30 p.m.
Interlochen: Monday, Oct. 13, 10:45 a.m.
Kingsley: Friday, Oct. 10, 10 a.m.
Traverse City: Monday, Oct. 7 & 21, 1 p.m.

REGULAR PROGRAMS

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

Seniors Acting Themselves – Theatre
Do you enjoy movies, Broadway music, writing, singing, dancing and acting? Want to learn more about the performing arts? Join Tom Emmott in this 4- week class.
Traverse City: Wednesdays, 1-3 p.m. Begins Oct 1.
$20 for 4-week series.

Traversing Technology
Learn about video calls.
Fife Lake: Thursday, Oct. 23, 1p.m.
Interlochen: Monday, Oct. 20, 10:45 a.m.
Kingsley: Wednesday, Oct. 22, 9a.m.
Traverse City: Monday, Oct. 20, 1 p.m.

Ukulele
Learn to strum basic chords, tune a Ukulele, read chord chart, count beats, strum patterns and change chords. Information sheets and sheet music provided.
Traverse City: Wednesdays
Beginner: 12 to 12:30 p.m.
Intermediate: 12:30 to 1:30 p.m.
Led by: Sara Bousfield

FITNESS/EXERCISE
Classes are 50 minutes unless otherwise noted

Ageless Grace (™)
A brain health fitness class using 21 Simple Tools for Lifelong Comfort and Ease. The movements are done completely and safely seated to a variety of music.
Traverse City: Mondays and Fridays, 10 a.m. $5
Led by Lisa Hawkins George with Brightletics

Parkinson's Class *Sponsored by Parkinson's North*
Mondays, 11 a.m., Free
Led by Lisa Hawkins George with Brightletics

Aqua Fitness
Join us at the Civic Center as we team up with the YMCA to offer aqua fitness classes. Get fit while reducing the impact on your joints. Bring a towel and lock for the community lockers.
Traverse City: First Friday of the month, 12 to 1 p.m.
Oct. 3– Aqua Dance
Nov. 7, & Dec. 5

Balance and Mobility
This class focuses on balance, increasing hand eye coordination and mobility in safe environment. Get ready to have fun, laugh a little, listen to great music, and work on better balance and stability.
"Balance is not something you find, it's something you create".
Traverse City: Mondays, 9 a.m. $5
Led by Terri Hanson

Cardio Drumming
Full-body workout drumming to the beat!
Fife Lake: Tuesdays and Thursdays, 9:30 a.m.
Led by Katelyn Olsen
Kingsley: Wednesdays, 9 a.m., Led by Julie Lint
Traverse City: $5
Mondays, 10 a.m. Led by Terri Hanson
Wednesdays, 2 p.m. Led by Sara Bousfield
Thursdays, 1 p.m. Led by Terri Hanson

Fitness Over 50
Join this fun low impact workout put to music.
Fife Lake: Tuesdays and Thursdays, 10:30 a.m.
Led by Karen Long
Interlochen: Mondays and Thursdays, 9:30 a.m. $3
Led by Karen Mclain
Traverse City: Tuesdays and Thursdays, 2 p.m. $5
Led by Terri Hanson

Line Dancing
Beginner
This is a fun class for anyone who wants to learn or practice a variety of beginner line dance steps.
Fife Lake: Thursdays, 11:30 a.m.
Led by Katelyn Olsen and Debie Horn
Interlochen: Mondays, 11:30 a.m.
Led by Barb Chapman *Food pantry donations accepted.*
Traverse City: $5
Tuesdays, 9:15 to 10:30 a.m. Led by Jacquie Gwyn
Thursdays, 11 a.m. to 12:15 p.m. Led by Sara Bousfield

Intermediate
Enjoy some toe-tapping fun with a variety of dances.
Traverse City: Tuesdays, 11a.m. to 12:30 p.m. $5
Led by Nancy Dloski

Pilates
The goal of this program is to restore the natural curves of the spine and re-balance muscles around joints.
Traverse City: $5
Mondays, 12 p.m. Led by Jordan Schimke
Wednesdays, 10 a.m. Led by Bridgit Frank
Intermediate
Fridays, 10 a.m. Led by Jordan Schimke

Pilates/Yoga Fusion
Gentle mat-based Pilates for core strength and stability with calming yoga poses.
Traverse City: $5
Tuesdays, 3pm
Thursdays, 9 a.m.
Led by Shauna Beekman

REGULAR PROGRAMS 9

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

YOGA

Chair Yoga

Enjoy this slower paced yoga while in the comfort and safety of a chair.

Kingsley: Wednesday and Fridays, 9:30 to 10 a.m.

Traverse City: $5

Tuesdays, 1 p.m. Led by Laura Laubhan

Fridays, 11 a.m. Led by Susan Makie

Yoga

Traverse City: $5

Mondays, 11 a.m. Led by Susan Makie

Tuesdays, 9 a.m. Led by Naomi Call

Wednesdays, 11 a.m. Led by Ann Lindemann

3 p.m. Led by Shauna Beekman

Fridays, 9 a.m. Led by Ann Lindemann

Virtual Yoga

Gain strength and flexibility, and improve balance.

Visit: gtcountymi.gov/scn

Select "Virtual Programming."

Zumba (™)

This program fuses Spanish language, hypnotic Latin rhythms, and easy-to-follow moves for a fitness routine that will blow you away.

Traverse City: Mondays, 1 p.m. $5

Led by Martha Hubbell

Wellness/Nutrition

Lunch

R.S.V.P required. Please contact the Senior Center at 231-922-4911 by noon; prior to the lunch day.

The Senior Center Network partners with Meals on Wheels. Come and connect with new friends!

A donation of $4 is suggested for those 60+. Those 59 and under the cost is $ 7.50.

Fife Lake: Tuesdays, 11:45 a.m.

Interlochen: Thursdays, 11:45 a.m.

Kingsley: Wednesdays, 11:30 a.m.

Traverse City: Tuesdays, Wednesdays, & Thursdays, 11:30 a.m.

Moving Meditation and Chi

A combination of mindfulness techniques will bring focus, inner strength and peace, and presence of mind while enlivening your senses.

Traverse City: Tuesdays, 10 a.m. $5

Led by Naomi Call

INDOOR RECREATION

Billiards

Scheduled play:

Kingsley: Wednesdays and Fridays, 9:15 a.m. to 12:15 p.m.

Traverse City: Tuesdays and Wednesdays, 8 to 11 a.m.

Mondays, Thursdays and Fridays, 8 a.m. to 4 p.m.

Table Tennis

Join this welcoming group for some fun, no experience needed. Some paddles available for use, all other equipment provided.

Interlochen: Mondays, 10:30 to 11:30 a.m.

Traverse City: Mondays and Fridays 1 to 4 p.m.

Table Tennis Beginner Lessons

Equipment provided.

Traverse City: Mondays and Fridays 12 to 1 p.m.

OUTDOOR RECREATION

**Weather Permitting **

Hiking/Snowshoeing

Join us out on the trail! Hike details can be found at all Senior Center locations or on our website at: www.gtcountymi.gov . Hikes vary in length and location and each are led by a facilitator. Please be sure to pre-register so you can be notified of changes or cancellations.

Traverse City: Thursdays, 1p.m.

Pickleball

Traverse City: Mondays, Wednesdays and Fridays 9 a.m. to 12 p.m. $10 seasonal court fee

Led by Patty and Gary Olson

Tennis

Traverse City: Tuesdays and Thursdays 9 a.m. to 12 p.m.

$10 seasonal court fee

Led by Lois Kowalsky and Nick Larose

Walking Club

Grab your shoes and join the SCN for some light exercise. This group will help to keep you motivated and help you to meet new people.

Traverse City: Tuesdays, 10 a.m.

Meet at The Traverse City Mall Food Court

Weather permitting outside-please call ahead for location.

Led by Kristie McNeil

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

Seniors On The Run
Join us for pop-up presentations and/or special guests during warm-ups. Varied runs and/or walking speeds and distances. All are welcome; walk or run! In partnership with the Traverse City Track Club.
Meet at Hull Park, behind the Library at mile marker 0/4 of the Tart/Boardman Lake Trail.
Traverse City: Thursdays, 9 a.m. **Last day, Oct 2.**
Led by Dave Christenson

SOCIAL

Senior Center Friends
The Senior Center Friends is a 501C3 organization that works hand in hand with Senior Center Network staff to meet the mission of the network.
Traverse City: Thursday, Oct. 23, 4 p.m.

Current and Ethical Issues Discussion
Friendly debate; everything from local politics to worldly concerns. New members welcome.
Traverse City: Thursdays, 10 to 11 a.m.

Girlfriends' Group
Ladies-only group which gathers for lunch at various local restaurants. Come join us for a good meal and great friends! Contact the senior center for more information and to be added to the group.
Traverse City: Fridays, Oct. 3 and 17, 11:30 a.m.

Hobby Group
Bring knitting, crocheting, needlepoint, and other hobbies. Share projects, tips, and tricks.
Interlochen: Oct. 13, 10 a.m. to 12 p.m.
Kingsley: Oct. 10, 10 a.m. to 12 p.m.
Traverse City: Mondays, 10 a.m. to 12p.m.

Men's Group
Men-only group meets to discuss all topics. Great opportunity to make new friends and share common interests.
Traverse City: Fridays, 12 to 2 p.m.

Rock N Jam
Enjoy this multigenerational program with live music and dancing. Everyone is welcome to share their talent or to sit back and enjoy the music. For more information contact The Rock: Inspiring Change, at 231-263-7000. Registration is not required.
Kingsley: Oct. 11, 5 to 8 p.m.

Senior Singles
Join the Senior Singles for conversation and new friends.
Traverse City: Thursdays, 2 to 3:30 p.m.

Co-Ed Club
Join a vibrant senior group where you help plan the outings - concerts, dinners, day trips, and more. It's all about shared adventures, great company, and making memories.
Traverse City: Thursday, Oct. 23 at Fire Fly Restaurant, 5:30 p.m. (list of other activities available at the front desk)

Stitches of Kindness
All skill levels are welcome to join in creating these "blankets of love" The finished quilts are distributed to local EMS responders to comfort those in need.
Interlochen: Thursday, Oct. 23, 10 a.m. to 3 p.m.

SOCIAL-Cards/Games
**Individual card groups may have a small kitty. This is not sponsored by the GTCSCN and is optional. Please bring appropriate change should you choose to participate.*

BINGO
Interlochen: Thursdays, 10:30 to 11:30 a.m.
Kingsley: Wednesdays, 10:15 to 11:15 a.m.
Traverse City: Thursdays, 1 to 2 p.m.

Bridge
Traverse City: Mondays and Thursdays, 12 to 4 p.m. (please arrive 15mins early)

Bridge Lessons –Common Conventions
Begins in November.

Game Day
Have a favorite board game? Come and join us for a drop in game or maybe learn a new one! From Balderdash to Family Feud we might Catch Phrase you into Relative Insanity!
Traverse City: Tuesdays, 12:30 to 3:30 p.m.

Hand, Knee, and Foot
This is a variation of the game Canasta.
Traverse City: Wednesdays, 11a.m. to 4 p.m.

Cherry Chess Club
Join the club for drop in and play. Facilitators will cover basic rules and etiquette, moves, chess notation, and strategies at 10 a.m.
Traverse City: Fridays, 10 a.m. to 12 p.m.
TOURNAMENT Oct. 24, 10 a.m. to 1 p.m.
Led by Richard Dingess and Steve Balentine

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

SOCIAL-Cards/Games

Cribbage
Interlochen: Mondays, 10 a.m. to 12 p.m.
Experience is necessary. Players need to be able to finish 8 games within the 3-hour time frame. Each game should be completed in approximately 20 mins.
Traverse City: Tuesdays, 1 to 4 p.m.

Euchre
Single player with individual scoring. Experience is necessary for team play.
Interlochen: Mondays, 1 to 3:30 p.m.
Kingsley: Fridays, 10:15 a.m. to 12:15 p.m.
Traverse City: Wednesdays, 1 to 4 p.m.

Mah Jongg
American style
Traverse City: Tuesdays, 12:30 to 4 p.m.

Mah Jongg for Beginners
Traditional style
Traverse City: Thursdays, 10 a.m. to 12 p.m.
Led by Michael So

American style
Traverse City: Tuesdays, 1 to 3 p.m. 4-week series.
Led by Sue Nichols

Piggit & Hoggit
Euchre taken to the next level! Fun and fast-paced.
Kingsley: Wednesdays, 12:00 to 1:45 p.m.
Interlochen: Thursdays, 12:30 to 3 p.m.
Traverse City: Mondays, 1 to 3 p.m.

Pinochle
Traverse City: Wednesdays, 10 a.m. to 12 p.m.
Fridays, 1 to 4 p.m.

Poker
Traverse City: Wednesdays, 12:30 to 2:30 p.m.

Scrabble
Traverse City: Mondays, 10 a.m. to 12 p.m.

Simplify Your Life, Maximize you Equity!

Are you looking to make a change in your living situation? As a Senior Real Estate Specialist (SRES), I understand the unique needs and challenges that come with change. My expertise is dedicated to helping mature adults like you navigate the complex process of buying, selling, or downsizing a home.

How Can I Help?

- Provide expert guidance on downsizing, aging in place, or relocating to a senior community
- Help you understand the local real estate market and current trends.
- Assist with navigating the emotional and practical aspects of selling a long-time family home.
- Connect you with trusted resources for senior-related services, such as estate planning, home care, and more.



Why Choose Me?

- As an SRES, I have completed extensive training to understand the unique needs of seniors.
- I am dedicated to providing personalized, compassionate, and professional service.
- I have a deep understanding of the local real estate market and senior community resources.

SRES

Take the First Step!

If you're considering making a change in your living situation, I'm here to help. Contact me today to schedule a consultation and let's work together to find the perfect solution for your real estate needs. Call me at **231.632.5105** or email **AngelaMiaDiLorenzo@bhhsmi.com** to schedule a consultation today!



Angela Mia DiLorenzo, *Broker*
231.632.5105
MichiganLifestyleHomes.com
AngelaMiaDiLorenzo@bhhsmi.com

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administrator@culvermeadows.com

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Senior Volunteer Programs of NWMI



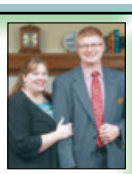
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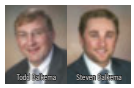
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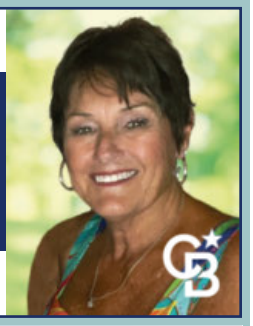
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Regular Programs

Registration required for all classes and services, go to myactivecenter.com or call 231-922-4911

SERVICES

Chair/Table Massage

Melissa combines multiple techniques into an integrative healing experience that will improve mobility and function within the mind and body. 15 minute appointments.
Traverse City: Oct. 3 and 10, 12 to 2 p.m. $15

Foot Care

A registered nurse cleans, files, trims nails; removes calluses; moisturizes; and gently massages feet. Bring a towel and water basin. Customers are billed with no payment expected at time of service. Services provided by Grand Traverse County Commission on Aging (COA) licensed staff. Eligibility: 60 years of age and over and a resident of Grand Traverse County. Those not presently COA clients will be asked to complete a pre-assessment form to determine fee for service, based on a sliding scale relative to one's income. 30 minute appointments.
Interlochen: Monday, October 20, 9 to 11:45 a.m.
Kingsley: Friday, Nov. 21, 9 a.m. to 11:45 a.m.
Traverse City: Thursdays, 9 a.m. to 12:30 p.m.

Higgins Hearing Clinic

15minute appointments with Candice Tackett. Includes hearing aid cleaning and basic ear evaluation.
Traverse City: First Thursday of the month,
Oct. 2, 12 to 3 p.m.

Reiki

Enjoy this energy therapy bringing about a peaceful, deep state of relaxation, dissolving energy blockages, tension and detoxifying the body.
Kingsley: 1st Friday of each month, Oct. 3
9:15 a.m. to 11:30 a.m.
$20/45 min table session
Reiki Master Mark Zale
Traverse City: Oct. 3 and 17, 12 to 2 p.m.
$8/15 min chair session
Reiki Master Julie Adams

SENIOR CENTER FRIENDS

The Friends are continuing their work with Des Worthington to strengthen the purpose and identify goals.

Currently the by-laws state:

Primary focus will be financial and advocacy support of the Traverse City Senior Center and its current and future programs for seniors enhancing the dignity, independence and enrichment of senior citizens. Its fundraising will be for underwriting the cost of programs, equipment and improvements to the Senior Center facilities including replacement of the Center building if and when authorized by the City and County.

It is very important for you, the members, to provide feedback and suggestions to Lacey, the SCN Director. We want to focus our goals on the needs of our members. Not all suggestions/requests will be acted on, however open communication is very important to the Friends and the Senior Center Network.

We look forward to working on providing enhancements to our wonderful Senior Center.

What would you like to suggest?

Event Highlight

AUDIOLOGY CLINIC

Enjoy a slice of pie and learn about hearing aides, when to get a hearing test and more!



HIGGINS Hearing & Audiology

Tuesday, October 7
12pm
TC Center

Register:
231-922-4911
myactivecenter.com

Do you have concerns about FALLS?

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

WHEN?
Tuesdays
Sept. 23 - Nov. 4
10 A.M. - 12P.M.

Must be able to attend 5 of 7 classes for full benefits

WHERE?
Traverse City Senior Center
801 E. Front Street, Traverse City

REGISTER:
Call 231-922-4911

WHO SHOULD ATTEND?

- Anyone interested in improving balance and strength
- Anyone who has fallen in the past
- Anyone who has restricted their activities due to falling concerns

WHAT YOU'LL LEARN:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce risk
- Simple exercises to improve balance & strength

FREE 7 WEEK CLASS!



PROVIDED BY THE FOLLOWING PROUD PARTNERS:

MUNSON HEALTHCARE

Grand Traverse Metro Fire Dept.

Senior Center Network GRAND TRAVERSE COUNTY

TRAVEL with us... 17

Travel Guide

The GTC Senior Center Network offers a variety of group travel for independent individuals. Itineraries vary from casual day trips to active and adventurous extended trips.

Everyone is welcome to travel with us! You do not need to be a member of our Senior Center. Most trips do not have an age requirement. Although the majority of travelers are seniors, it is not required. You are welcome to invite friends and/or family members with you!

We have many travel partners! We partner with many travel companies to provide a wide variety of safe, affordable, and diverse trips.

All reservations are on a first-come, first-serve basis! Registrations are accepted when the Senior Center receives a completed registration form and deposit. Each traveler needs to complete an individual registration form.

Group Travel is intended to explore with the safety and support of others while connecting with like minded individuals to maximize your experience. The tours are perfect for both solo as well as companion travel with groups ranging from 35-45 travelers. These tours are the perfect combination of scheduled travel, sightseeing and other highlights along with free time to explore on your own.

Please use the following guide to help determine the activity level. Please be aware of your abilities and choose the trip that best suits your needs to enjoy your experience.

1 Easy ← 2 Average 3 Moderate → 4 /5 Adventurous

Level 1: Easy
Includes minimal physical activity. Walking short distances at a leisurely pace. Activity may include climbing some stairs, boarding the motor coach and short strolls to observation points. Opportunities to sit and rest.

Level 2: Average
Includes physical activity. Walking and standing for longer distances, stability on stairs, and navigate uneven ground should be expected. Opportunities to sit and rest are limited.

Level 3: Moderate
Expect a blend of longer and shorter touring days with extended amounts of walking, stairs, hills and uneven surfaces. Less opportunities to sit and rest. To include guided walking tours, extended standing and frequent changes in location.

Level 4/5: Adventurous
To truly enjoy the experience, participants should be physically fit, with the expectations of longer more active days. This will include extensive walking tours, stairs, hills and uneven ground.

**If you are interested in any trips or travel in general, please contact the Senior Center to be added to our interests list to receive information as it becomes available.*

TRAVEL with us...

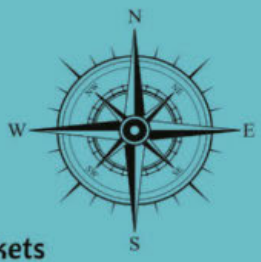
Day/Overnight Trips

TRAVEL WITH US!

- General travel questions
- Register for a trip
- Discuss travel itineraries
- Share travel ideas

Upcoming Trips:

- Wine & Cheese Boat Tour
- Austria & Germany Christmas Markets
- Antarctica
- Greece
- Alaska



Travel Specialist Office Hours and Locations ~ October ~

Traverse City
9am-4pm
Friday
October 31

Fife Lake
9am-1pm
Tuesdays
October 7, 28

Kingsley
9am - 3pm
Wednesday,
October 29

Interlochen
9-4
Thursday
October 23

Or by appointment
231-313-5947

Julie Kintner
Travel Specialist
jkintner@gtcountymi.gov

UPCOMING TOURS

2025 Day Trips
- Fall Color Tour: October 2
- Wine & Cheese Color Cruise: October 10

2025 Overnight and Extended
- Grand Experience: October 14-17
- Austria & Germany Christmas Markets: December 2-10

2026 Extended
- Antarctica: March 17-28
- Greece: April 21-May 1
- Danube Explorer: May 10-20
- Alaska Cruisetour: August 13-24

2026/2027 PLANNING

- Overnight Casino: February
- Italian Dinner Cruise: May
- Consignment Shop 'N Hop: May
- Tiger Baseball: May & September
- Casino Day Trip: September
- Beaver Island Overnight: August
- Fall Color Tour: October
- Grand Experience: October
- Lions Day Game: November
- South Africa
- Southwest Parks
- Scotland

Interested in a tour or a have a trip on your bucket list? Contact us to be added to the interest group. You will receive the information via email as soon as the details are complete and the date is set! 231-922-4911

Christmas Markets of Austria & Germany Tour

Dates: December 2 - 12, 2025
Usher in the holiday season with visits to Christmas Markets in Austria and Germany. This 11-day tour features the Christmas Markets of Salzburg, Innsbruk, Augsburg, Nuremberg, Rothenburg and Frankfurt. See festive decorations, taste regional holiday foods, discover local traditions, and hunt for Christmas treasures.

Rates Per Person *Air included from Traverse City, prices for additional air upon request.*
Double Occupancy: $4840
Single Occupancy: $6,135



Included Features:
- 11 days
- 14 Meals: 9 breakfast, 5 dinner
- Accommodations in Superior Tourist Class or First Class hotels
- Tour Manager for the full duration of the tour within Europe
- Land Transportation in Europe by deluxe, heated motor coach
- Image Tours Touroclepedia trip preparation tips
- Trip documents with the final details and travel guidance

Walking Expectations: "Active" - An average of 3 1/2 miles per day often encountering uneven surfaces, steps and inclines.
Activity Level: 4/5

Favorite Traveler Experiences

- **Browse craft booths in the shadow of the Hohensalzburg Fortress**
- **Discover local traditions in your cozy Austrian mountain village**
- **Delight in the performance of Tyrolean instruments and yodeling**
- **Eat gingerbread in Augsburg, one of Germany's oldest Markets**
- **See Nurembergs' medieval architecture adorned in festive lights**
- **View magical displays at the famous Christmas Shop in Rothenburg**
- **Sample local holiday favorites at the Frankfurt Christmas Markets**
- **Bring home unique Christmas gifts for family and friends**

Antarctica:

The White Continent

Dates: March 17 – 28, 2026
Small Group Travel rewards travelers with new perspectives. With just 12-24 passenger, these are the personal adventures that today's cultural explorers dream of.

Per Person Rates: *Prices vary depending on Cabin Choice*
Double Occupancy beginning at $11,498
Single Occupancy beginning at $14,598
Deposit: $2397 per person is due upon reservation.
Second Deposit: $1000 due by September 18 and Final Payment due: November 15, 2025

Included Features:
- 12 Days
- 28 Meals: 10 Breakfasts, 9 Lunches, 9 Dinners
- Cancellation waiver and insurance of $1499
- Port charges
- Round trip air from Cherry Capital Airport,
- Inter-flights from Buenos Aires EZE
- Air taxes and fees/surcharges, hotel transfers.
- Alternative airports available upon request

Highlights: Buenos Aires, Ushuaia, Tierra del Fuego, The Drake Passage, Zodiac Safaris, Penguin Colony Close-Ups, Polar Plunge, Expedition Landings, On-Board Educational Sessions.

Itinerary at a Glance:
Day 1: Overnight flight
Day 2: Hilton Buenos AIres
Days 3-11: Atlas Ocean Voyages-World Voyager, Ushuaia
Activity Level: 4

Greece Island Hopper

Dates: April 21-May 1, 2026
Discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. From to the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best!

Per Person Rates:
Double Occupancy: $6,348
Single Occupancy: $7,348
Optional 4 Day 3 Night Istanbul Post Tour Extension
Double Occupancy $1499.00
Single Occupancy $1,899.00
Deposit: $1247 per person is due upon reservation.

Included Features:
- 11 Days
- 14 Meals: 9 Breakfasts, 1 Lunch, 4 Dinners
- Cancellation waiver and insurance of $549.00 per person
- Round trip air from Cherry Capital Airport
- Inter-flights from Santorini Thira Is.
- Air taxes and fees/surcharges, hotel transfers.
- Alternative airports available upon request.
- Price includes $300 discount for bookings made prior to August 22, 2025.

Highlights: Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

Itinerary at a Glance :
Day 1: Overnight flight
Days 2-3: Titania Hotel Athens
Days 4-6: San Marco, Mykonos
Days 7-9: El Greco Hotel Santorini
Day 10: Titania Hotel Athens
Activity Level: 3

Danube Explorer

The Czech Republic. Germany. Austria. Slovakia. Hungary

Dates: May 10 - 20, 2026

Experience the Danube River onboard an award-winning Emerald Cruises Star-Ship through four stunning countries. Explore fascinating ports of call with local English-speaking guides. Experience local culture, visit UNESCO World Heritage Sites, taste regional specialties and beverages and more on your seven-night cruise. During the two-night stay in the majestic city of Prague, included touring showcases its historic and picturesque sites.

Rates Per Person *Air included from Traverse City or nearest airport and travelers protection plan.*
Double Occupancy: $6,174-$8,878
Single Supplement: add $3,925- $4,895

Included Features:

- 11 days
- 21 Meals: 9 breakfasts, 5 lunches, and 7 dinners
- Visit 5 countries
- 2 night hotel stay and touring in Prague, The Czech Republic
- 7 night cruise– Suite or State room of your choice upon the vessel
- All gratuities and port charges included
- First–class service by an English speaking crew
- Onboard Activity Manager
- Daily wellness activities, games, classes and evening entertainment
- Shore excursions with English speaking guides
- Personal listening devices for on-board excursions
- Complimentary regional wines, beer and soft drinks accompany onboard lunches and dinners

Walking Expectations: "Active" - An average of 3 1/2 miles per day often encountering uneven surfaces, steps and inclines.
Activity Level: 3





Alaska Cruisetour

PREMIER WORLD DISCOVERY

Fairbanks. Denali National Park. 7-nights aboard the Norwegian Jade

Dates: August 12-24, 2026

Experience the wild frontier like never before! Let Julie be your guide in this eventful and exciting trip of a lifetime.

Rates Per Person *Air included from Traverse City or nearest airport and travelers protection plan.*

Double Occupancy: $6,149 - $8,049

Single Supplement: add $1,700 - $3,300



Included Features:

- 12 days
- 24 Meals: 11 breakfasts, 6 lunches, and 7 dinners
- Deluxe Motor Coach Transportation
- Deluxe Dome Rail-Denali to Talkeetna
- Denali National Park Tundra Wilderness Tour
- Alaska Wildlife Conservation Center
- Onboard Activity Manager
- Onboard Spa and Fitness Center, Casino, Lounge Theatre, Swimming Pool and Hot Tubs
- Professional Tour Director
- Inside Passage: Hubbard Glacier, Icy Strait Point, Juneau, Skagway and Ketchikan

Walking Expectations: "Active" - An average of 3 1/2 miles per day often encountering uneven surfaces, steps and inclines.

Activity Level: 3



Tear out this page to hang on the fridge or board!

Traverse City

Monday	Tuesday	Wednesday	Thursday	Friday
8am-4pm Billiards 9am Balance & Mobility 10am Ageless Grace 10am Hobby Group 10am Scrabble 10am Cardio Drumming 11am Parkinson's - Ageless Grace 11am Yoga 12pm Beginner Table Tennis 12pm Bridge 12pm Pilates 1pm Table Tennis 1pm Piggit & Hoggit 1pm Zumba **Outdoor Rec:** 9am Pickleball	8am-11am Billiards 9am Yoga 9:15am Beginner Line Dancing 10am Meditation 11am Intermediate Line Dancing 11:30am Lunch 12:30pm Mah Jongg 12:30pm Game Day 1pm Cribbage 1pm Chair Yoga 2pm Fitness Over 50 **Outdoor Rec:** 9am Tennis 10am Walking Club	8am-11am Billiards 9:30am Bridge Lessons 10am Pilates 10am Pinochle 11am Hand Knee & Foot 11am Yoga 11:30am Lunch 12pm Beginner Ukulele 12:30pm Intermediate Ukulele 12:30pm Poker 1pm Euchre 2pm Cardio Drumming 3pm Yoga **Outdoor Rec:** 9am Pickleball	8am-4pm Billiards 9am Footcare 9am Pilates/Yoga Fusion 10am Current & Ethical 11am Beginner Line Dancing 11:30am Lunch 12pm Bridge 1pm Bingo 1pm Beginner Mah Jongg - American 1pm Cardio Drumming 2pm Fitness Over 50 2pm Senior Singles **Outdoor Rec:** 9am Tennis 1pm Hiking	8am-4pm Billiards 9am Yoga 10am Ageless Grace 10am Chess Club 10am Intermediate Pilates 10am Watercolor 11am Chair Yoga 12pm Men's Group 12pm Beginner Table Tennis 1pm Table Tennis 1pm Pinochle **Outdoor Rec:** 9am Pickleball

400 Boardman Ave., Suite 307
Traverse City, MI 49684

231.922.4911
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gtcountymi.gov/2742

Locations: Fife Lake. Interlochen. Kingsley. Traverse City

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Quick View

Fife Lake

Tuesday
9:30am: Cardio Drumming
10:30am: Fitness Over 50
11:45am: Lunch
12:30: Creative Crafts

Thursday
9:30am: Cardio Drumming
10:30am: Fitness Over 50
11:45 am: Beg Line Dancing

Traversing Technology: Oct 23

Interlochen

Monday
9:30am: Fitness Over 50
10am: Cribbage
10:30am: Table Tennis
11:30am: Line Dancing
1pm: Euchre

Thursday
9:30am: Fitness Over 50
10:30: Bingo
11:45am: Lunch
12:30pm: Piggit & Hoggit
Creative Crafts: Oct 13
Foot Care: October 20
Traversing Technology: Oct 20

Kingsley

Wednesday
9am: Cardio Drumming
9:30am: Chair Yoga & Billiards
10:15am: BINGO
11:30am: Lunch
12:00pm: Piggit & Hoggit

Friday
9:30am: Chair Yoga & Billiards
10:15am: Euchre

Creative Crafts: Oct 10
Foot Care: Nov 21
Reiki: Oct. 3
Traversing Technology: Oct 15

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