

# PEOPLE, PARKS, AND PROGRAMS

GRAND TRAVERSE  
COUNTY

Parks and Recreation  
Senior Center Network



BI-MONTHLY  
ISSUE 3

MAY/  
JUNE  
**2021**

PAGE **9**

Summer  
**SPORTS**

PAGE **10**

**90 OVER 90**  
Celebration



# Our team has your back.... hips, knees, and more!



The Wellness Center at Grand Traverse Pavilions is the area's most comprehensive therapeutic environment including state of the art equipment and a 92 degree therapeutic pool.

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## Welcome Home

Independent Living | Assisted Living  
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**1.800.477.4574**  
for more  
information.



# PEOPLE, PARKS, AND PROGRAMS

## Grand Traverse County Parks and Recreation

### 2021 Grand Traverse County Parks and Recreation Commission

Jessica Brutzman (Citizen Member)  
Grace Edinger (Citizen Member)  
Rodetta Harrand (Citizen Member and Secretary)  
Rod Kivell (Citizen Member and Vice President)  
Alisa Korn (Citizen Member and President)  
Jalen Provo (Citizen Member)  
Andy Smits (County Drain Commissioner)  
William Mouser (County Road Commissioner's Representative)  
Penny Morris (County Board of Commissioners' Representative)

### Commission Meetings

Second Thursday of each month, 5:30 p.m.  
Visit [www.grandtraverse.org/parks](http://www.grandtraverse.org/parks) on line for more information.

### Business Development Team Meetings

First Tuesday of each month, 5:30 p.m.  
Visit [www.grandtraverse.org/parks](http://www.grandtraverse.org/parks) on line for more information.

### County Parks and Recreation Office

1213 W. Civic Center Drive Traverse City, Michigan 49686  
231-922-4818

Director: Kristine Erickson ([kerickson@gtcountymi.gov](mailto:kerickson@gtcountymi.gov))

**Enhancing community  
and quality of life  
through people,  
parks, and programs.**



## Grand Traverse County Senior Center Network

Membership: Grand Traverse County residents 60 and over join FREE. Residents under 60 pay \$10 per year; all others pay \$50 per year. Seniors unable to pay the fee may apply for a scholarship. To contribute to scholarship fund, please call 231-922-4911 or visit the Traverse City location.

### Acme: Samaritas Senior Living

4354 Mt. Hope Road, Williamsburg, Michigan 49690

### Fife Lake: Fife Lake Public Library

77 Lakecrest Lane, Fife Lake, Michigan 49633

### Interlochen: Redeemer Fellowship Center

1896 Rogers Road, Grawn, Michigan 49637

### Kingsley: The Rock

115 E. Blair Street, Kingsley, Michigan 49649

### Traverse City: Senior Center

801 E. Front Street, Traverse City, Michigan 49686

Manager: Michelle Krumm

**Making longer lives,  
better lives.**



## CLOSINGS

All Grand Traverse County offices are closed on Monday, May 31, 2021.

**Have you moved?** Has your e-mail address or phone number changed? Please contact us with your new information. Please be sure to add [dmikowski@gtcountymi.gov](mailto:dmikowski@gtcountymi.gov) and [mgoetz@gtcountymi.gov](mailto:mgoetz@gtcountymi.gov) to your address book so their e-mails to you do not wind up in "spam".

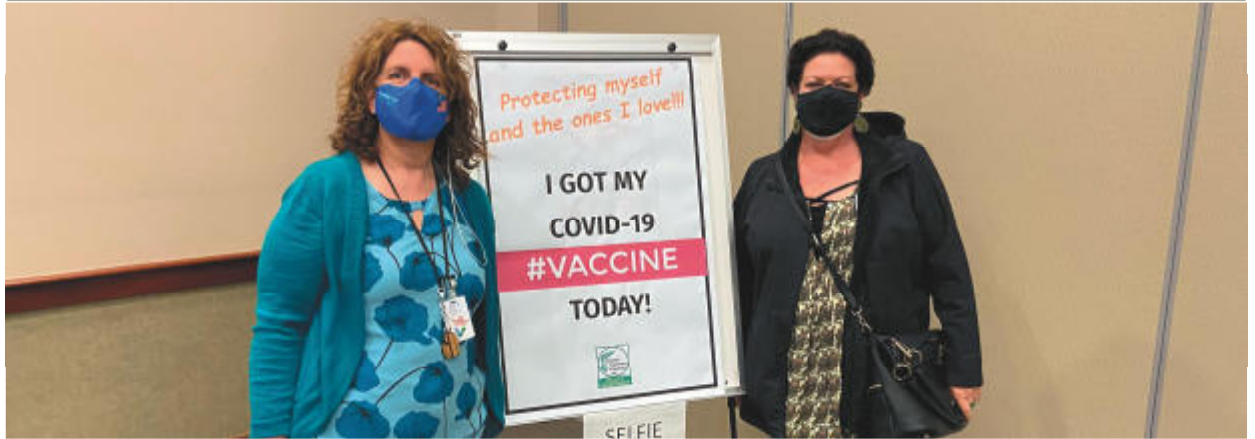
## Senior Center Network Locations

At this writing, some Senior Center Network locations are open for one-on-one appointments and some socially distanced fitness classes. Call 231-922-4911 or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) for more information. Anyone entering any Senior Center Network location will be asked to:

1. Complete a health screening questionnaire 24 hours prior to activity.
  2. Sign a one-time waiver required by the county, which states:  
*In consideration for use of the Senior Center facilities or programming, I agree that I will not sue Grand Traverse County or its subdivisions or employees for injury, sickness, or death that results from this use. I understand that this agreement to not sue binds my heirs, executors, or assignees. I am aware that COVID-19 has been detected in Grand Traverse County and that transmission of this disease can occur through person to person contact or contact with objects touched by infected individuals. I understand that this risk is reduced but not eliminated by the cleaning that is done at Grand Traverse County facilities. I release Grand Traverse County from all liability should I become sick or die from coronavirus exposure at a Grand Traverse County facility.*
  3. Wear a mask. Staff also is required to wear masks. If medically unable to wear one, then interaction with others may not be advisable.
  4. Abide by posted social distancing requirements.
  5. Bring no food or refreshments inside buildings and do not share with others; bring personal, labeled drink containers. Drinking fountains may be shut off.
  6. Enter and exit buildings through designated doors which are restricted to one-way.
- If restrictions above are prohibitive, please reconsider visiting any location. Staff will enforce them with no exceptions.

Grand Traverse County *People, Parks, and Programs* is a bi-monthly publication with the purpose of informing to improve the quality of life among county residents, published for Grand Traverse County by Parks and Recreation and the Senior Center Network. For inquiries or to be added to the mailing list, call 231-922-4911 or send an e-mail to [dmikowski@gtcountymi.gov](mailto:dmikowski@gtcountymi.gov). Copyright © 2021 Grand Traverse County, 400 Boardman Avenue, Traverse City, Michigan 49684

# PARKS AND RECREATION



Senior Center Network Program Coordinator Michelle Goetz and Parks and Recreation and Senior Center Network Director Kris Erickson were “vaccination buddies” for both shots.

## The Director's Take: Interview with Kristine (Kris) Erickson

### *Tell us about yourself.*

I grew up on the shores of Lake Superior in Christmas, Michigan. My childhood was spent outdoors, either swimming, sledding, or looking for treasures in the woods. I have wonderful memories of picking and eating thimbleberries, “sap-scicles”, beechnuts, and blueberries. I earned my bachelor’s degree in English and journalism from Lake Superior State College (now University). During college summers, I worked as a “grill goddess” in the Melody Freeze at the Interlochen Arts Camp, and simply fell in love with this region. At the time, I never thought it would be possible to live here. After graduating, I worked as a reporter for the *Sault Evening News* for a few years, then moved to the Southwest, where I earned a master’s degree in English from Arizona State University. After living through the heat for five years, I moved to Chicago, where I worked two different times for nearly 20 years at the National Association of REALTORS®, which serves over one million real estate professionals. I held three different positions there over time, and staffed several national committees. In 1998, I took a break from the National Association, and moved to Traverse City to

manage a local real estate firm for four years. I also bought “The Pink House,” where I still live. After a second time in Chicago for a decade, during which I “commuted” back and forth between here and there, I finally returned to Traverse City full-time. In 2013, I was originally hired as the Parks and Recreation Department’s office manager; in 2014, I became director. Two years later, the county’s Senior Center Network merged with the Parks Department, and I have overseen both ever since. This has made my job and life better! Outside of work, I love spending time with my pets, cooking for friends and family, singing, hiking, reading, traveling, and laughing -- A LOT.

### *Why are parks important?*

Not everyone is as lucky as I was to grow up with a forest literally in my backyard. I attribute my love for the outdoors to my mom, who used to lock my brother and me out nearly every day in the summer! She knew what she was doing. The woods, the water, and the seasons shaped our lives, and parks have the power to shape lives, too. Play is essential. Breathing and moving is essential. Access to a beautiful, outdoor environment is essential. If you can’t get to the woods or the water, then parks are the

We will enhance community and quality of life through people, parks, and programs.



places to play, breathe, move, and where one can drink in the beauty of a green space. Parks absolutely are necessary.

### ***What's your favorite park and why?***

That's a tough question, because our park properties are unique and special. I am so proud of our community's passion and support for Civic Center Park and the incredible improvements we've been able to make together the past several years. Remodeling a pool! Refurbishing an amphitheater! Building a playground! Improving the landscape around the sacred Native American Marker Tree. Parks and recreation directors are lucky if they get to experience just one project like that. Our community, our donors, and our granting organizations have made several major projects beyond successful, and there are more to come. Having said that, Power Island...no, Medalie Park...Wait! Maple Bay and Twin Lakes...I simply cannot choose one.

### ***What trends in parks have you noticed?***

I've noticed a lot more "regulars" at Civic Center Park. Our usership has likely tripled, as it has in all parks and on trails nationwide. Visiting parks for whatever reason (recreation programs, exercise, picnicking, and play) has become more a part of individuals' and families' daily routines during the pandemic. I also see communities placing much more emphasis and value on their park systems and facilities because they are the safest places right now to socialize and move. Other trends, though, aren't as positive. There is more trash, more broken rules, and dirtier restrooms. My park and recreation peers throughout the state say the same thing. We all are having a hard time keeping up with usership issues, yet we are thrilled our parks are offering so much to so many.

### ***What's your favorite part of your job?***

The people I connect with every day. I adore our Senior Center Network members and volunteers. The Easling Pool users and Friends Group LOVE their pool and always seem so happy. It is a privilege for me to work with boards and executives of our parks partner organizations, such as Norte, Grand Traverse Bay YMCA, TBAYS, Parallel 45 Theatre, American Legion, TART Trails, TC Roller Derby, Crystal Bindi Studios, YouthWork, the Conservation District, the Grand Traverse Regional Land Conservancy, the City of Traverse City, The River

Outfitters, the TC Tritons, and more!

The recreation providers and programmers in our community are enthusiastic about and committed to the services they provide in our parks. The county departments all work together as a team to serve too, and county staff are dedicated and knowledgeable. I learn from them every day. The Parks Board and my staff are a pleasure to work with, too, and it is evident they enjoy working with our customers and the public. I guess you could sum it up by saying there is tremendous support out there for Parks and Recreation and the Senior Center Network, and it is a privilege for me to be part of that.

### ***What do you see for the future of our parks?***

I see a bright, promising future for our parklands. Some are experiencing a renaissance, such as the Civic Center with its new master site plan, and Medalie Park, which is perfectly positioned as the trailhead for a soon-to-be-completed Boardman Lake Loop Trail. The Acme-to-Charlevoix Nakwema Trail will intersect Maple Bay Park and Natural Area, and that will be a designated trailhead. I foresee all of our parks becoming much more connected to each other and accessible for non-motorized modes of transportation as new trails are developed and existing trails are improved and lengthened. There are so many projects in the pipeline, too. The Meyer Property will be transformed by the Conservation District into a "Great Lakes Incubator Farm" in 2022. There is a bicycle education center planned for the Civic Center, and a Marker Tree garden, too. The Parks and Recreation Commission passed a motion this year to make plans to preserve the Maple Bay barn. Restoration and beautification of the Boardman River banks and bottomlands at the Natural Education Reserve continue, post-dam removal. Traverse Bay Area Youth Soccer is now leasing the county's Birmley-Keystone property, located adjacent to the soccer fields, and the organization plans to eventually develop that property to expand its fields and facilities. New and existing partnerships will continue to bring park improvements, and the programs and events in our parks will continue to diversify and flourish. Although Parks and Recreation does not have the resources to fund large projects, such as those in the Civic Center Master Site Plan, purposeful fundraising plans will help generate grants, donations, and community support. We have a very caring and involved community and state, and they are what make Parks and Recreation and the Senior Center Network shine and thrive, along with all of you.

# SENIOR CENTER NETWORK

LOCATIONS IN

Acme  
Fife Lake  
Interlochen  
Kingsley  
Traverse City

## SPECIAL PROGRAMS

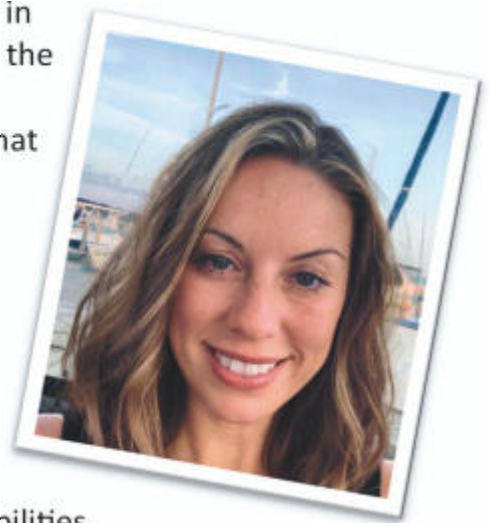
### Advance Registration Is Required for ALL Senior Center Activities

As part of COVID-19 safety standards established by the Senior Center Network, reservations are required for ALL Senior Center activities by calling 231-922-4911. This allows time to prepare for each group and to assure that all safety measures are in place.

## From the Desk of the Senior Center Network Manager

Each spring, I am so thrilled to see the first daffodil in bloom. This year, it was here in the front garden at the Senior Center. They are like rays of sunshine with a little burst of magic! And it's probably safe to say that we could all use a little magic right now.

Of course, that little yellow frill peeking out was more than a sign of spring to me; it was a sign that I am right where I should be. Spring signifies new beginnings, and beginnings can be scary—they can be soft and gentle like a daffodil or can come in like a strong spring wind. Regardless of how they show up, beginnings overflow with possibilities.



I encourage you to seek, engage, and take advantage of the possibilities. We are ready to be at our best, providing you valuable programs, services, and travel. If you are not a member, sign up! Senior Center Network membership is FREE to county residents 60 years of age and over, \$10 per year for residents under 60.

We strive to offer safe, quality programs and events in our service areas of Acme, Fife Lake, Interlochen, Kingsley and Traverse City.

Now that spring has sprung,  
I will look forward to meeting you in person soon!

Best regards,  
Michelle Krumm  
Manager, Senior Center Network

Making  
longer  
lives,  
better  
lives.



# SPECIAL PROGRAMS

7

## Advance Registration Is Required for ALL Senior Center Activities

As part of COVID-19 safety standards established by the Senior Center Network, reservations are required for ALL Senior Center activities by calling 231-922-4911. This allows time to prepare for each group and to assure that all safety measures are in place.



### Project Fresh Coupon Distribution

Project Fresh is a program made available through the USDA that provides coupons for eligible seniors to use at local farm markets. Participants must be 60 years of age or older, residents of Grand Traverse County, and have an income at or below 185 percent of poverty guidelines. Coupons will be distributed in 2021. In past years, coupons were distributed in June. It could be later this year. The Senior Center Network will contact all who received coupons in 2020, along with anyone who has asked to be included on the mailing list. If you have not already registered to participate in Project Fresh, call 231-922-4911. Coupon numbers are limited. The amount to be distributed will depend on their availability.

### Clutter Busters

**Traverse City: 801 E. Front Street**

Since January we have had a new “Clutter Buster” goal each week. Items brought to the Senior Center were shared with the following organizations:

- 22 to None
- AC Paw
- Alcohol Treatment Service
- Before During and After Incarceration
- Commission on Aging Baskets of Bounty
- Goodwill Industries Street Outreach
- Lions Club International
- Love Thy Neighbor
- Power Bookbags
- Safe Harbor
- Traverse Area District Library

Items still needed: vases, eye glasses, ribbon, towels, blankets, quilting fabric.

Thank you for your donations. There will be more challenges in the fall.

### Bike TuneUp with Norte

**Traverse City: 801 E. Front Street**

**Saturday, May 22, 9 a.m. to 1 p.m. FREE**

Norte’s volunteer bike mechanics will help get your bike rolling more smoothly. Have an old bike in the garage that could use some love? Dig it out and bring it over. No promises, but it’s worth a try! RSVP by sending an e-mail to Michelle Goetz at [mgoetz@gtcountymi.gov](mailto:mgoetz@gtcountymi.gov) by May 17.



### Painting Spring Flowers

**Interlochen: 1896 Rogers Road**

**Six Thursdays, starting June 10, 1:30 p.m.**

**Members \$50; those under 60 and/or out-of-county residents \$60**

Join retired art instructor Jane Radcliffe as she teaches how to capture the beauty of Michigan’s spring flowers in watercolor. Each 90-minute session will show different techniques, regardless of whether participants are beginners or advanced. Supplies available for an additional cost, or participants can bring their own. A supply list is available on our website. Advanced registration required by calling 231-922-4911 before May 28.

### West Senior High School Orchestra

**Traverse City: 801 E. Front Street**

**Wednesday, June 2, 7:30 p.m. FREE**

**Rain date: June 9**

The West Senior High School Orchestra will kick off a fun summer. Bring a blanket or chair, and enjoy this free concert outdoors on the Senior Center Beach. No registration required.

# 8



## **NMC Concert Band**

**Traverse City: 801 E. Front Street**  
**Wednesday, June 30, 7:30 p.m. FREE**  
**Rain date: July 16**

Back by popular demand and confirmed, the NMC Concert Band will perform. Bring a blanket or chair, and enjoy this free concert outdoors on the Senior Center Beach. No registration required.

## **Senior WOW Time**

Tuesdays, 9 a.m. FREE

Join the Senior Center Network for some weekly Senior WOW (WithOut Walls) Time. This exciting, weekly, virtual meeting has something for everyone - - from museum tours to smart money-managing tips -- all from the comfort of your own home. For a list of upcoming sessions, visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn). Space is limited, with registration required by the Friday prior to each session. Send an e-mail to [mgoetz@gtcountymi.gov](mailto:mgoetz@gtcountymi.gov) or call 231-922-4911, extension 104.

**May 11:** Norte will discuss all things “bikes” and cycling

**May 18:** Senior Center Network update and Munson Home Health

**May 25:** Jason Tank answers financial questions

**June 8:** Matt Van Acker from the Michigan State Capitol will talk about the Michigan Capitol Battle Flag Collection (Last WOW Time until November.)

## **Telephone Assurance Program**

During this time of isolation and quarantine due to the pandemic and stay-at-home orders, the Senior Center Network (SCN) recognizes that many seniors might be lonely and could benefit from a friendly call. The SCN has volunteers and staff available to talk. Call 231-922-4911 if you or someone you know would benefit from receiving a phone call just to say hi and “shoot the breeze.” We are all in this together, so let us help you!

## **Entertainment**

**Traverse City: 801 E. Front Street**

The Senior Center Network’s Traverse City location has puzzles, exercise equipment, and books available for all. The free Little Library outdoors is open at all times. Staff keeps it stocked with books and puzzles. To safely “check out” exercise equipment or puzzles, call 231-922-4911 to make an appointment.

## **Parkinson’s Network North Support Group: Help is Available**

**Traverse City: 801 E. Front Street, under the tent**  
**Second Wednesday of the month,**  
**starting May 12, 1:30 p.m.**

For those living with Parkinson’s Disease and their loved ones, Hettie Molvang answers questions, provides support, and offers resources to help navigate the diagnosis. Until group meetings resume on May 12, she is available to provide invaluable, one-on-one support. Call 231-947-7389 or visit [pnntc.org](http://pnntc.org) on line. Her advice to all is, “Meds on time. Keep singing out loud. Moving, moving, moving!”



## **Munson Hospice Butterfly Release**

The Munson Healthcare Hospice Memorial Butterfly Release will be done virtually this year. Members of our community have the opportunity to have a beautiful Monarch Butterfly released in honor or memory of a loved one. To reserve a butterfly for \$10, send an e-mail to [hospicebereavement@mhc.net](mailto:hospicebereavement@mhc.net) or call 231-935-2053 by June 1.



# SUMMER SPORTS REGISTRATION

# 9

All sports programs are subject to updated local, state, and federal safety guidelines relative to COVID-19. For full program details, visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn). On Tuesday, May 11, registration opens for the following sports programs.

## Cycling

### TC Rides Slow Rolls

**Traverse City: F&M Park at intersection of Railroad and Washington**

**Start date TBD, Wednesdays, 5:45 p.m. FREE**

Join Norte for a beginner-friendly ride through the neighborhoods of Traverse City.

### 10 at 10

**Start date TBD, Fridays, 10 a.m. FREE**

Ride from Fouch Road to Suttons Bay along the Leelanau Trail. Group will stop for lunch before heading back to Fouch Road (approximately 22 miles round trip).

### Over the Hills Cycling Group

**Start date TBD, Tuesdays, Thursdays, Saturdays, 8 a.m. FREE**

This group schedules a variety of longer rides in the area.

## Hiking

**Traverse City: 801 E. Front Street**

**Start date and times TBD, FREE**

A variety of hikes are planned throughout the area. There will be hikes of different lengths and skill levels.

## Shuffleboard

**Traverse City: 801 E. Front Street**

**Tuesdays and Thursdays, 10 a.m. to 12 p.m. FREE**

While the Senior Center Network currently is not permitted to organize a league, individuals may use their own equipment. Loaner equipment also is available to be used at one's own risk. Social distance (six feet between individuals) is required, along with masks.

## Yoga on the Beach

**Traverse City: 801 E. Front Street**

**Tuesdays, starting June 1, 8:30 a.m. \$5 per class**

Instructor Jeanna Seidelman leads this gentle-flow yoga class for all levels.

## Pilates on the Beach

**Traverse City: 801 E. Front Street**

**Wednesdays, starting June 2, 10 a.m. \$5 per class**

Instructor Bridgit Franke leads this Pilates class to restore natural curves of the spine and rebalance muscles around joints, with emphasis on the core, improving balance, coordination, and circulation.

## Interlochen Golf Club

**Interlochen: 10586 U.S. 31 South**

**Tuesdays, 9:30 a.m.**

**\$10 walking or \$20 riding (nine holes)**

## Golf at Bay Meadows: Par 3 Course

**Fridays starting April 30**

**Men's Group, 10 a.m.**

**Women's Group, 10:30 a.m.**

**\$10 Walking; \$16 Riding (over age 90 FREE)**

Bay Meadows Golf Course has always been family-owned and operated, with the dedicated purpose of providing Traverse City's premier, "family friendly" golf experience. The property features a rolling, panoramic nine-hole Executive Course (Blue); a challenging nine-hole Par 3 Course (Green); three practice greens; practice bunkers; and a large driving range with 25 mat stations and endless turf tees.

## Court Reservations

**Traverse City: 801 E. Front Street**

**Begins June 1 FREE**

**Tennis: Tuesday and Friday**

**Pickleball: Monday and Wednesday**

Courts are available by reservation only and based on availability. Reservations must be made 48 hours in advance. All players must be Senior Center Network members and, within 24 hours of scheduled court time, must sign a waiver and complete a COVID-19 screening on line. The facilitator must assume responsibility for COVID-19 safety compliance for all group members, and supply the Senior Center Network with a roster of all participants. Call Michelle Goetz at 231-922-4911, extension 104 to make a reservation.

10



Friday, May 21, 10 a.m. to 2 p.m.

This event is FREE for individuals 90 years and over who live in Grand Traverse County. Celebrate the lives of those who have helped shape our community, and who continue to make the Grand Traverse region a vibrant place to live, work, and play. Registrants will receive a safe, socially-distant house call and a special treat. Limited registration. Restrictions apply.

If you are interested in becoming an event sponsor, please reach out to hear about the many opportunities. Contact Michelle Krumm at [mkrumm@gtcountymi.gov](mailto:mkrumm@gtcountymi.gov).

Thank you to:



**Grand Traverse Pavilions**  
A COMMUNITY CARING FOR GENERATIONS

# VOLUNTEER CORNER

To learn about the following volunteer openings, call the Senior Center at 231-922-4911 or send an e-mail to [dmikowski@gtcountymi.gov](mailto:dmikowski@gtcountymi.gov) today. There are many volunteer positions open. Let your talents shine at the Senior Center! Currently seeking volunteers for:

- front desk receptionists
- lunch servers
- holiday decorators
- party favor creators
- Wii bowling facilitators
- crafters/artists to lead classes
- musicians to play at events
- wellness call volunteers
- Euchre facilitators
- event photographers/videographers
- Pilates instructor
- outdoor program assistance
- newsletter deliverers
- Computer and phone tech helpers
- "BATA Buddies" to show new BATA riders the ropes

Check the Senior Network's website at [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) for additional listings and the volunteer application.

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### Bay Shore Pharmacy

93 West Fourth St., Suite A  
Suttons Bay  
231-271-6111

### Munson Community Health Center

550 Munson Ave., Suite 100  
Traverse City  
231-935-8730

### Empire Pharmacy

9975 W. Ottawa Ave.  
Empire  
231-213-1115

### Sixth Street Drugs

1020 Sixth St.  
Traverse City  
231-946-4570



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[munsonhealthcare.org/pharmacy](http://munsonhealthcare.org/pharmacy)

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*Pictured from left to right:*  
Bruce A. Zenner II, Owner  
David Wolfe  
Darcie Hicks

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# MAY IS MILITARY APPRECIATION MONTH



## **“Wellness for Veterans” Program**

Sponsored by the Grand Traverse County Veterans Affairs Office and the Senior Center Network, free program coupon books are available to area veterans on a first-come, first-served basis. Visit the Senior Center Network website for more details. Coupons for this program expire December 2021.

## **Quilt Giveaway**

Grand Traverse County Veterans Affairs has received several quilts for County veterans. To be included in a drawing for one of the quilts, send an e-mail to [mgoetz@gtcountymi.gov](mailto:mgoetz@gtcountymi.gov) by May 5. Quilts will be distributed in May.

# 16 MAY

## Is Older Americans Month

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. This year's theme is "Communities of Strength."

Older adults have built resilience and strength throughout their lives by experiencing successes, failures, joys, and difficulties. Their stories and contributions help support and inspire others. This year's Older Americans Month will celebrate the strength of older adults and the aging network, with a special emphasis on the power of connection and engagement when building strong communities.

There are many ways to nurture oneself, to reinforce one's strength, and to continue to thrive. Connecting with others is one of the most important ways, because it plays a vital role in a body's health and wellbeing, and a vital role in our community. From finding joy in the small things and sharing stories, to looking at the big picture and giving to others, please join the Senior Center Network in promoting how we all are connected and strong. We encourage everyone to bond, share, and be steadfastly resilient in May and throughout the entire year.



COMMUNITIES OF STRENGTH: MAY 2021



## National Police Week is May 9 through 15

In 1962, President John F. Kennedy signed a proclamation designating May 15 as "Peace Officers Memorial Day," and the week during which that date falls as "Police Week." Today, thousands of law enforcement officers from around the world converge on Washington, D.C. to participate in a number of planned events honoring those who have paid the ultimate sacrifice while serving. Grand Traverse County Parks and Recreation and the Senior Center Network thank the Michigan State Police, the Grand Traverse County Sheriff's Office, and the City of Traverse City Police, who always are there when needed. Whether responding to an incident or accident, helping manage unsafe situations in our parks, or answering our calls in other times of need, their support for our community is truly appreciated.

## Senior Center Member Discount

Traverse City: Medalie Park, 1910 S. Airport Road

The River Outfitters offers a 50 percent discount to all Senior Center Network members every day of the week for paddling (kayak, canoe, standup paddleboard) services. Check it out!



# REGULAR PROGRAMS

# 17

## Advance Registration Is Required for ALL Senior Center Activities

As part of COVID-19 safety standards established by the Senior Center Network, reservations are required for ALL Senior Center activities by calling 231-922-4911. This allows time for staff to prepare for each group and to assure that all safety measures are in place.

## VIRTUAL EXERCISE

Broadcast on Channel 189 for Spectrum Charter customers. For others with Internet access, enjoy these programs any time at [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn). Select "Virtual Programming."

### Energetics

Tuesdays and Thursdays, 9 a.m.

Certified Personal Trainer Karen Belanger uses music, mats, stretch bands, balls, and all kinds of tricks to keep this class fresh, interesting, and challenging.

### Chair Yoga

Mondays, 9 a.m.

### Yoga Mat

Fridays, 9 a.m.

### Yoga

Yoga classes for men and women, led by certified instructors. Gain strength and flexibility, and improve balance. For virtual classes, yoga mats, blocks, and blankets are available to check out free of charge from the Senior Center in Traverse City. Call 231-922-4911 to schedule an appointment to pick up items.

## IN-PERSON EXERCISE

Reservations required, class size limited, masks required. For Fife Lake Classes, contact the Fife Lake Library at 231-879-4101 to register.

### Chair Yoga

**Kingsley: 115 E. Blair Street**  
Wednesdays, 9:30 a.m. \$2

Reservations required, class size limited, masks required.

### Mindful Movement

**Interlochen: 1896 Rogers Road**  
Mondays and Thursdays, 8:30 a.m. \$5

Reservations required, class size limited, masks required.

### Fitness Over 50

**Interlochen: 1896 Rogers Road**  
Mondays and Thursdays, 10 a.m. \$3

**Fife Lake: 77 Lakecrest Lane**

Tuesdays and Thursdays  
starting June 1, 11 a.m. FREE

This class focuses on improving overall strength and movement through exercises aimed at decreasing loss of agility and balance. Registration required, class size limited, masks required.

### Yoga in the Park

**Kingsley: 205 S. Brownson Avenue**  
Fridays, beginning June 11, 9:30 a.m. \$2

Bring an armless folding chair and enjoy this easy yoga class in the band shelter at Brownson Memorial Park. Class led by certified yoga instructor Susan Walters.

### Yoga

**Fife Lake: 77 Lakecrest Lane**  
Fridays, starting June 4, 9 a.m. FREE

Peer led

## SUPPORT AND ASSISTANCE

### Ask the Lawyer

Call the Senior Center Network at 231-922-4911 to schedule a FREE phone consultation with local attorney Jim Dalrymple, who offers this valuable service. Appointments last up to 15 minutes. The attorney will call at the appointed time.

### Legal Services of Northern Michigan

Although its offices are closed due to COVID-19, Legal Services of Northern Michigan is taking telephone calls, answering e-mails, and accepting

# 18 REGULAR PROGRAMS

## Advance Registration Is Required for ALL Senior Center Activities

As part of COVID-19 safety standards established by the Senior Center Network, reservations are required for ALL Senior Center activities by calling 231-922-4911. This allows time for staff to prepare for each group and to assure that all safety measures are in place.

facsimiles to assist clients. Seniors seeking legal assistance may call 231-941-0771 between 8 a.m. and 12 p.m., and between 1 and 4 p.m.

### Grief Support (Teleconference)

Munson Bereavement offers teleconferencing to provide weekly grief support on Tuesdays at 11 a.m. The Conference call is available to anyone experiencing grief or loss. Hosted by grief professional Erin Gray with Munson Hospice, this session is a friendly check-in for those living with loss and who would like help understanding grief. Newly bereaved are welcomed.

#### Instructions

- 1. RSVP:** To either [HospiceBereavement@mhc.net](mailto:HospiceBereavement@mhc.net) or by calling 800-252-2065 to receive a passcode. Turnaround time is faster when responding to the e-mail address. It is only necessary to respond once, because the same passcode is used each week.
- 2. Call:** Dial 231-213-0100. If the line is busy, call 231-935-3400.
- 3. Provide Conference ID:** The system will prompt for a Conference ID. Enter 21932#.
- 4. Provide Passcode:** The system will prompt for a passcode. Enter the code you received from the Bereavement Office, followed by the # sign.
- 5. Join the Teleconference:** Announce yourself and join the group!

## DANCING

### Line Dancing -- Beginner and Intermediate

**Traverse City: 801 E. Front Street, tennis court**  
Thursdays, starting May 6, 10 a.m. to 12 p.m. \$5

Enjoy some toe-tapping fun on the tennis court (weather-permitting) at the Senior Center. Classes led by three different instructors offer a variety of dances from beginner to intermediate levels. Participants required to wear masks the entire time. Please bring the correct change. Reservations required; class size limited. Please wear tennis shoes on the court.

### Rock n Jam

**Kingsley: 115 E. Blair Street**  
Saturday, May 8, June 12, 5 to 8 p.m.

Multigenerational program. Live music and dancing. Donations taken at door. For more information, call The Rock at 231-263-7000.

## FOOD PROGRAMS

### Contactless Meal Pick-up

Tired of cooking and/or looking for a well-balanced meal? The Senior Center Network is partnering with Meals on Wheels to offer five frozen, individually-packaged meals with fruit, bread, and milk for those 60 years of age and over. Cost is a suggested donation of \$3 per meal. Each month, Meals on Wheels provides a suggested donation letter to participants. To register, call the number related to the location listed below by the deadline indicated.

#### Traverse City: 801 E. Front Street

Tuesdays, 11 to 11:30 a.m.

Register by 4 p.m. Monday.

Call the Senior Center Network at 231-922-4911.

#### Kingsley: 115 E. Blair Street

Wednesdays, 11 to 11:30 a.m.

Register by 4 p.m. Tuesday.

Call the Senior Center Network at 231-922-4911.

#### Fife Lake: 77 Lakecrest Lane

Wednesdays, 12 to 12:30 p.m.

Register by 4 p.m. Tuesday.

Call the Fife Lake Library at 231-879-4101.

#### Interlochen: 1896 Rogers Road

Thursdays, 11 to 11:30 a.m.

Register by 4 p.m. Wednesday.

Call the Senior Center Network at 231-922-4911.

### Meals on Wheels

Volunteer drivers deliver Meals on Wheels right to the homes of those who have registered, and leave meals on porches or near front doors for easy access, according to each recipient's specific

instructions. Residents of Grand Traverse, Leelanau, Wexford, Missaukee, and Manistee counties may register by calling 231-947-3780, extension 1 for the Meals on Wheels program. Residents from other counties may call their county's Commission on Aging department.

### Food Insecurity?

If you or someone you know does not have enough food, call the Senior Center Network at 231-922-4911 for information about food pantries, food assistance from the State of Michigan, and restaurants offering take-out and delivery services. Don't be hungry, please let us help.

## HEALTH AND WELLNESS

### Chair Massage

**Traverse City: 801 E. Front Street**

Tuesdays, May 25, and June 22, 1:30 p.m. \$5

Dr. Joel Roskamp offers 15-minute chair massages. Appointment required.

### Reiki

**Traverse City: 801 E. Front Street**

Tuesdays, May 5; June 6, 1:30 p.m. \$5

**Interlochen: 1896 Rogers Road**

Thursdays, May 27 and June 24, 11:30 a.m. \$5

Much like a massage, this Japanese technique is used to reduce stress and provide relaxation with hands on or hands hovering over troublesome areas. Call to schedule a 15-minute Reiki session with Reiki Master Donna DeSoto at the Traverse City location, or Reiki Master Jeana Seidelman at the Interlochen location. Appointment required.

### Foot Care

Services provided by Grand Traverse County Commission on Aging (COA) licensed staff. Eligibility: 60 years of age or older 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, which is based on a sliding scale relative to one's income.

**Traverse City: 801 E. Front Street**

Thursdays, May 6 and 20; June 3 and 17, 9 a.m. to 12:45 p.m.

**Kingsley: 115 E. Blair Street**

Friday, May 21, 10 a.m. to 12:45 p.m.

**Interlochen: 1896 Rogers Road**

Tuesday, June 15, 10 a.m. to 12:45 p.m.

# 19

A Registered Nurse cleans, files, trims nails, removes calluses, moisturizes, and gently massages feet. Bring a towel and water basin. Refer to the sliding-fee scale below for payment information. Customers are billed by the COA, with no payment expected at the time of service. Appointments required. To register, call the Senior Center Network at 231-922-4911 or the COA at 231-922-4688.

### In-home Foot Care Program Fees (Per Person)

#### One-person Household

Average Monthly Income	Fee Per Person
Less than \$2,126	\$0
\$2,127 to \$3,189	\$14
\$3,190 to \$4,252	\$25
Greater than \$4,253	\$46

#### Two-person Household

Average Monthly Income	Fee Per Person
Less than \$2,216	\$0
\$2,127 to \$3,189	\$14
\$3,190 to \$4,252	\$25
Greater than \$4,253	\$46

## GAMES

### BINGO

**Kingsley: 115 E. Blair Street**

Wednesdays, 10:30 a.m. \$1

Regular and special games with cash prizes! Space limited. Advance registration required.

### YAHTZEE

**Interlochen: 1896 Rogers Road**

Tuesdays, 2 p.m. FREE

**Kingsley: 115 E. Blair Street**

Fridays, 10:30 a.m. FREE

Each player will have an individual set of dice and be required to wear a mask. Space limited. Advance registration required.

## CREATE

### Hobby Group

**Traverse City: 801 E. Front Street**

Mondays, 9:30 a.m. FREE

Groups of ten with pre-registration required each week.

# 20 REGULAR PROGRAMS

## Advance Registration Is Required for ALL Senior Center Activities

As part of COVID-19 safety standards established by the Senior Center Network, reservations are required for ALL Senior Center activities by calling 231-922-4911. This allows time for staff to prepare for each group and to assure that all safety measures are in place.



### Stitches of Kindness

**Acme (Samaritas): 4354 Mt. Hope Road**  
Fourth Thursday each month, 5 p.m. FREE  
All levels of stitchers are welcome to join. There is something for everyone to do, from sorting and ironing fabric, to piecing together blocks. Led by Lin Alessio, quilts are assembled and distributed annually to local EMS responders. Each quilt is a “blanket of love” to comfort our neighbors in need. Smoke-free donations of cotton fabrics, batting, fleece and fleece kits, or cash are greatly appreciated to support this project. Donations may be dropped off at the Senior Center Network location in Traverse City. Advance registration is appreciated.

## GROUPS

### Men’s Group

**Traverse City: 801 E. Front Street**  
Fridays, starting May 14, 12 p.m. FREE  
Men’s-only group which meets to discuss all topics. Great opportunity to make new friends and share common interests. Reservation required each week.

### Current and Ethical Discussion

**Traverse City: 801 E. Front Street**  
Start date TBD, Thursdays, 9:30 a.m.  
Discuss everything from local politics to worldly concerns. No topic is off the table. Please, just keep it civil. Voice interests or sit and listen. Advance registration required; group limited to ten. Facilitators needed. Call 231-922-4911, if interested.

### Girlfriend’s Group

**Traverse City: 801 E. Front Street**  
Day of Week and Times Vary  
Ladies-only group which gathers to do whatever it plans. Lunches, shopping, and local tourist attractions are examples. With COVID-19 restrictions, gatherings are less often, but becoming creative. New members are always welcomed. Call 231-922-4911 to be placed on the contact list to be notified as activities are planned.

## ORGANIZATIONS

### Traverse Area Basketry Guild

**Traverse City: 801 E. Front Street, under the tent**  
Third Tuesday of each month,  
starting May 18, 5 p.m.  
Public welcomed. This organization meets once each month to advance and enhance creative knowledge of basketry. If interested in attending, contact Christie at [seetrout@live.com](mailto:seetrout@live.com).

### Northland Weavers and Fiber Arts Guild

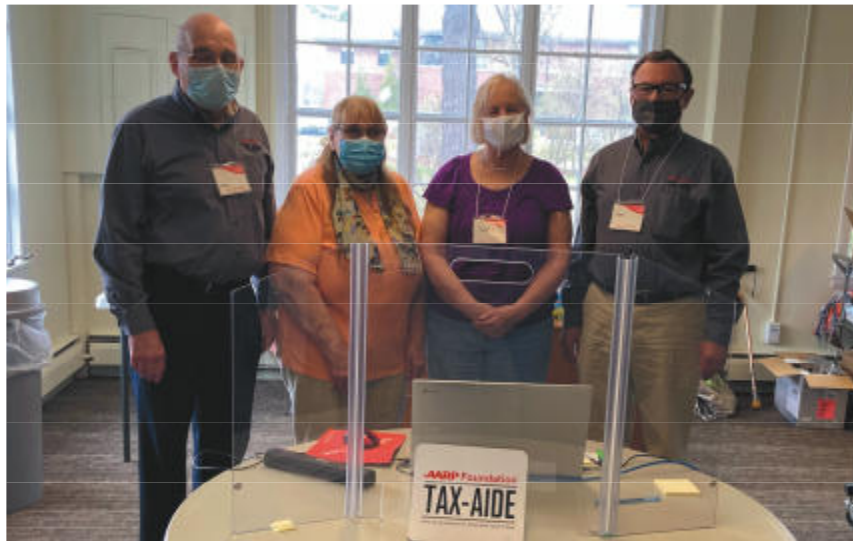
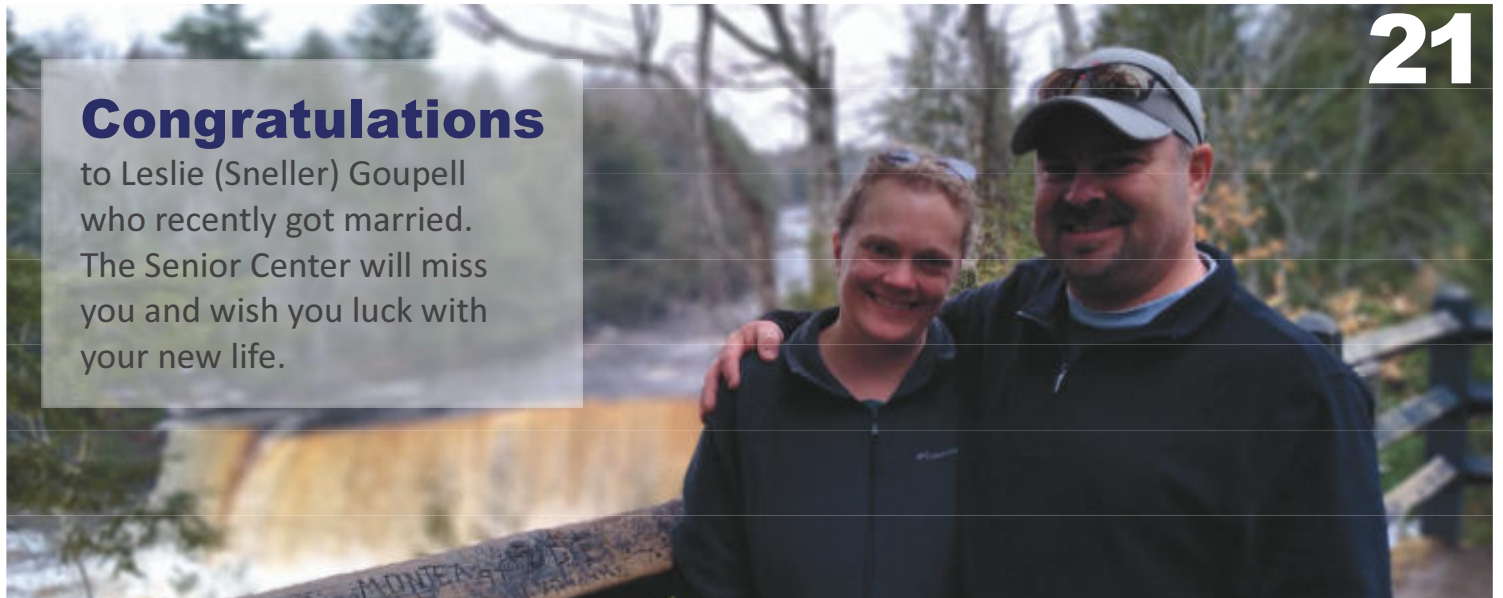
**Traverse City: 801 E. Front Street, under the tent**  
Third Thursday of the month,  
starting May 20, 5:30 p.m.  
Public welcomed. This organization hosts workshops to further one’s experience and enhance creative knowledge of all fiber arts. For more information, visit [northlandweaversguild.com](http://northlandweaversguild.com).

### Grand Traverse Beekeepers Club

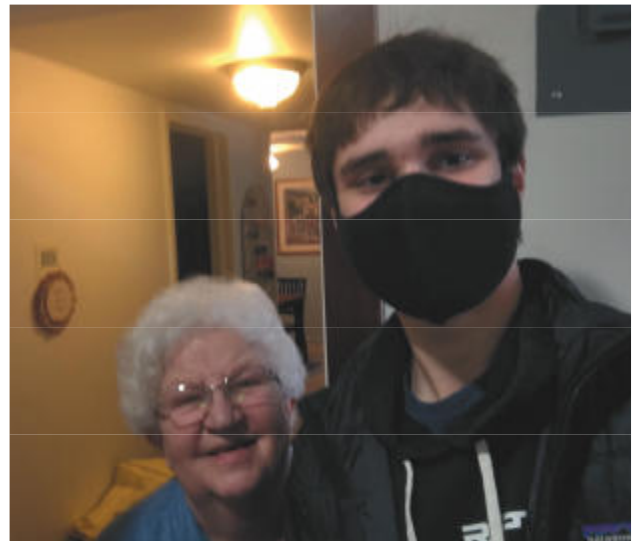
**Traverse City: 801 E. Front Street, under the tent**  
First Thursday of each month,  
starting May 6, 6:30 p.m.  
Public welcomed. This organization welcomes beekeepers and those who want to support local honeybees and native pollinators. Club offers seasonal seminars on bee-related topics, such as pollinator gardening, bee-friendly habitat, and “beyond honey.” If interested in attending, contact Christina at [christina@gtbees.com](mailto:christina@gtbees.com) or call 231-313-6584.

# Congratulations

to Leslie (Sneller) Goupell who recently got married. The Senior Center will miss you and wish you luck with your new life.



Many thanks to the AARP Tax Volunteers who have worked extra hard this year.



Grady enjoyed his visits with Rose when delivering her Sunshine Packets this winter.



**Snowshoe Crew**  
Although short, the season was fun!

A trip registration is not final without a completed registration form. Download a registration form from the Senior Center Network's website or call 231-922-4911 to request a mailed copy. Insurance and gratuities are included for all day trips. All prices are per person and due in full when making a reservation. Checks only, please. Within seven to ten days prior to departure, day trip registrants will receive a mailed postcard listing check-in times, approximate return times, and other necessary details. Trip registrations are accepted on a first-come, first-served basis. Trip reservations received after a registration deadline has passed are not guaranteed.

1            2            3            4  
EASY ← Activity Level → HARD

## DAY TRIPS

### Magical Midland

July 22, \$156

Deluxe motorcoach transportation; lunch included, dinner on your own. Tour the Alden B. Dow Home and Studio; enjoy the new canopy walk through Whiting Forest at Dow Gardens; visit Dahlia Hill Garden and the Tridge. **Activity Level: 4**

### "History Tour"

September 13, \$152

If you are an inquisitive traveler who wants to learn more and dig deeper to find local treasures in Michigan, this tour is for you. **Activity Level: 2**

### Let's Go, Tigers!

**Date and Cost: Fall, Cost to be determined**

To be placed on the list for more trip information when it becomes available, call 231-922-4911 or send an e-mail to dmikowski@gtcountymi.gov.

**Activity Level: 1**

### Art Prize

October 7, \$154

Deluxe motorcoach transportation; dinner included, lunch on your own. Art Prize gift bag included. Take a self-guided tour of Grand Rapids Art Museum and Art Prize exhibits. Visit the Exhibits at the Frederick Meijer Gardens and Sculpture Park.

**Activity Level: 4**



### Fall Color Tour

October 12, \$151

Deluxe motorcoach transportation; lunch included. Tour northern Michigan, visit the Cross in The Woods, tour the Mushroom Houses in Charlevoix, take a wagon ride through Friske's Farm Market (includes cider and donuts), stop at Elk Rapids Art Park "Walk of Art." **Activity Level: 3-4**

### "Brown Bag" Fall Mystery Trip

October 22, \$165

Deluxe motorcoach transportation; lunch included. Everyone receives a brown bag at the beginning of the tour and special treats throughout the trip to fill the bag.

Clues:

- Something for everyone
- A capitol within itself
- The sweetest thing

**Activity Level: 2**

### Frankenmuth Luncheon Show

**Date and Cost: \$TBD**

Deluxe motorcoach transportation; lunch included at Zehnder's included; show to be determined. Dinner on your own.

**Activity Level: 1**

# EXTENDED TRIPS

# 23

A trip registration is not final without a completed registration form for the Albuquerque Balloon Fiesta, Blue Ridge Mountains, and Canadian Rockies trips. Download a form from the Senior Center Network website at [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn), or call 231-922-4911 to request a mailed copy. All prices are per person, based on double occupancy. Deposit is due when registering. Insurance is included with most trip packages, or options are available. A pre-departure meeting will take place approximately seven to ten days prior to the trip to discuss parking information, flight arrangements, detailed itineraries, and more. All prices subject to change, based on circumstances beyond the Senior Center Network's control.

## Canadian Rockies and Glacier National Park

July 17 through 23

Per Person: Double \$3,798; Single \$4,498;  
Triple \$3,768

Deluxe motorcoach transportation. Tour includes six breakfasts, one lunch, and three dinners, with eleven meals on your own. Visit Head-Smashed-In Buffalo Jump in Calgary; Waterton Lakes National Park; Glacier National Park' Going-to-the-Sun Road; Banff; Athabasca Glacier; and Lake Louise. Enjoy a drive along the Icefields Parkway. **Activity Level: 2**

## Summer Overnight Mystery Trip

August 11 through 12

Per Person: \$459 Single; \$415 Double; \$394 Triple;  
\$383 Quad

Deluxe motorcoach transportation. Tour includes one breakfast, two lunches, and dinner, with one dinner on your own. Clues: 1. "Whoa, take 'er easy there, pilgrim!" 2. You could get "stamped" here. 3. Get "locked" in 4. American Pickers 5. Go, green! Go, white! Registration Deadline: July 13

**Activity Level: 3**

## Laurel Highlands and Southwest Pennsylvania

September 20 through 23

Per Person: \$938 Single; \$764 Double; \$699 Triple;  
\$676 Quad

Deluxe motorcoach transportation. Includes three breakfasts and three dinners. Tour Frank Lloyd Wright's "Falling Water;" visit the Flight 93 National Memorial; enjoy "Rip Time" show at Mountain Playhouse; visit the Johnston Flood National Memorial and Museum, Quecreek Mine Rescue Site, and the Old General Store.

Registration Deadline: August 14

**Activity Level: 4**

## From Blue Ridges to Blue Grass

September 18 through 26

Per Person: Double \$3,974; Single \$5,113

Round-trip airport transfers. Eight breakfasts, three lunches, and four dinners. Narrated tour of Atlanta,

featuring the Georgia State Capitol, Centennial Olympic Park, and Martin Luther King Jr. Historical Site. Lunch at Mary Mac's Tea Room. Visit the Biltmore Estate, the Great Smoky Mountains National Park and visit Gatlinburg. Tour the Titanic Museum and Dolly Parton's Stampede, featuring top-notch riders and a patriotic Grand Finale. Visit the Kentucky Horse Park, tour Shaker Village of Pleasant Hill, take a cruise on the Dixie Belle paddle-wheeler riverboat. Stop at Wild Turkey Distillery for a tour and tasting. Visit My Old Kentucky Home State Park. Spend two nights at Opryland Resort. Take a guided tour of "Music City," including the historic Ryman Auditorium, and enjoy a performance at the Grand Ole Opry. **Activity Level: 3**

## Albuquerque Balloon Fiesta

October 1 through 6

Per Person: Double \$2,874; Single \$3,583

Round trip airport transfers. Includes five breakfasts and three dinners. Spend three nights in Albuquerque and marvel at the "Mass Ascension" of the balloons. Visit the Indian Pueblo Cultural Center for dinner and a live performance of a Native American dance troupe. Enjoy Albuquerque's Old Town and enjoy the evening Balloon Glow, followed by a spectacular evening fireworks display. Spend two nights in Santa Fe, nestled in the Sangre de Cristo Mountains. Visit Pecos National Historic Park. Go on a walking tour of Santa Fe, including Governor's Plaza, San Miguel Mission, and Loretto Chapel. **Activity Level: 3**

## Grand Experience

October 25 through 28,

Per Person: Single \$1,130; \$836 Double;  
\$756 Triple

Insurance optional. Trip includes transportation to ferry and ferry ride. Spend three nights and four days at the Grand Hotel, with breakfast, lunch, afternoon tea, five-course dinners, nightly dancing with a live orchestra, and a horse-drawn carriage tour of the island. **Activity Level: 2**



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