



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

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Contact: Lori Wells, Manager  
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**Subject: Learn to Sew a Baby Quilt**

**Traverse City** – Quilting can be traced back to ancient Egypt and China where three layers of fabrics – top, batting for warmth and backing – were stitched together in such a way as to keep the middle layer from slipping and clumping.

Quilts that were sewn by the thrifty, self-sufficient women who helped settle this land symbolize some of America's history – representing their heritage, sewn one patch at a time. In this new century, quilting is still practiced, more for relaxation than out of necessity. Some quilters follow the craft in the conventional form, while others have found quilt making to be an artistic medium, where they can enjoy working with colors, textures and patterns, creating new designs and techniques.

If you have ever wanted to try your hand at quilting, then join Cynthia Walters, an experienced quilter and instructor, beginning Thursday, April 5, 11 a.m., at the Traverse City Senior Center, 801 E. Front Street, as she leads participants through a five-week course devoted to creating a baby quilt. No experience is necessary.

No sewing machine? That's no problem! The Senior Center has sewing machines that may be borrowed on a first come, first served basis.

The cost of the quilting class is \$40. Advance registration is required – the size of the class is limited. A supply list is provided upon registration.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call the new program registration number at 231-922-2080.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*