

What does the membership or day pass include?

Membership or day passes to the Sunrise Center include access to the Gymnasium, Game Room, Fitness Room, yoga room, and our locker rooms.

Our Gymnasium features space for basketball, pickleball, and volleyball games.

What Spaces can I rent?

Rentals are available to the public; all spaces in our building are available for your upcoming event.

Looking for more detailed information about our rentals?

Please contact our events coordinator, **Rae Emerson** 989-736-5115 or email her at emersonr@alconaseniors.org



Open
Mon-Thur 6^{AM}-8^{PM}
FRIDAYS 6^{AM}-9^{PM}
&
SATURDAYS
8^{AM}-12^{PM}

Main office:989-736-8879

**807 N BARLOW RD,
LINCOLN, MI 48742**

F.A.Q.s

Who is covered in the family rate?

Parent(s) and dependent children.

At what age am I a senior?

60 years of age or older

PICKLEBALLGROUP

Download the TeamReach app and join our group! Code: ACCOAPB1

ACTIVITIES

Sunrise Center Activities are an additional cost to a day pass or membership.

FOOD SERVICE

The ACCOA provides congregate meals Mon-Thurs from 4-5 PM. Lunch on Fridays 11:30 AM-12:30 PM

- For seniors over the age of 60, it is a suggested \$4.50 donation
- For those 59 and under, it is an \$8 cost.

Fresh-baked bread, homemade energy snack bites, and much more are available in the lobby for sale!-

Please see the receptionist for purchase.

Equipment Cleaning

We have simple green spray bottles and towels available in the fitness room. Please spray the cloth and not the equipment directly.

2026 Membership Cost:

Seniors 60+.....\$25/ month

Senior Couple 60+.....\$40/month

Non-Senior.....\$35/month

Non-Senior Couple...\$55/month

Family (Single Parent).....\$35+\$5 per child

(ages 11-18)/month

Family Couple (Parent Couple).....\$55+\$5

per child (ages 11-18)/month

Day Pass\$7

Punch Card.....\$56

Your membership is important to us!

Follow us on our Social Media Pages!



facebook.com/sunrisecentralcona/



facebook.com/ACCOALincoln



instagram.com/ccoasunrisecenter/

We are very close to having Gym Master (automated sign-in system) up and running.

Once we have your name in the system, you will receive a welcome email.

You will then have the option to set up your banking information for autopay.

When you arrive at the center, you will either log in using a barcode from your phone or sign in on the kiosk that will be available outside the fitness office.

If you need assistance, please feel free to ask Janet or Brielle.

We accept Silver Sneakers & Renew (One Pass).

Please check with your insurance company to see if it is available to you.



Would you be interested in connecting with other Pickleball players?

Scan the QR code to download the TeamReach App and connect with our Group Code: ACCOAPB1