


The minimum suggested donation for Congregate Meals and Meals on Wheels is \$3.00 per meal for those 60 and older and their spouses.

## Friendship Centers of Emmet County - January 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Closed for the Holiday</b></p> 	<p>3</p> <p>Cheese Omelet Peppers &amp; Onions Diced Potatoes Bagel Orange Juice</p>	<p>4 National Trivia Day National Spaghetti Day Spaghetti w/ Meatballs Peas &amp; Carrots Fruit Bread</p>	<p>5 National Bird Day National Whipped Cream Day Baked Turkey Mashed Potatoes Mixed Vegetables Pudding Biscuit</p>	<p>6 National Full Wolf Moon Day National Shortbread Day Pepperoni Pizza Corn Shortbread Cookies</p>
<p>9 National Apricot Day White Chicken Chili Mixed Vegetables Apricots Corn Bread</p>	<p>10 National Cut Your Energy Cost Day Pork Chops Au gratin Potatoes Beets Fruit Bread</p>	<p>11 National Chocolate Milk Day Hot Roast Beef Sandwich Mashed Potatoes Carrots Fruit Bread Chocolate Milk</p>	<p>12 National Hot Tea Day Baked Chicken Rice Peas Fruit Biscuit</p>	<p>13 National Peach Melba Day Baked Ham Sweet Potatoes Green Beans Bread Peach Melba Ice Cream</p>
<p>16 National Fig Newton Day Chicken Nuggets Tater Tots Corn Bread Fig Newtons</p>	<p>17 Homemade Meatloaf Mashed Potatoes Peas &amp; Carrots Fruit Bread</p>	<p>18 National Thesaurus Day National Honey Day Chicken Alfredo Rollups Broccoli &amp; Cauliflower Fruit Biscuits w/ Honey</p>	<p>19 National Popcorn Day Pork Pot Roast Baby Potatoes Carrots Fruit Bread</p>	<p>20 National Cheese Lovers Day Baked Pollack Macaroni &amp; Cheese Italian Green Beans Fruit Bread</p>
<p>23 National Pie Day Chicken Lasagna Stewed Tomatoes Bread Fruit Pie</p>	<p>24 Global Belly Laugh Day National Peanut Butter Day Salisbury Steak Potatoes Mixed Vegetables Apples w/ Peanut Butter Bread</p>	<p>25 Baked Chicken Mashed Potatoes Capri Vegetables Fruit Biscuit</p>	<p>26 National Green Juice Day Breakfast Tacos Scrambled Eggs Bacon Diced Potatoes Tortillas Green V8 Juice</p>	<p>27 National Chocolate Day Swedish Meatballs Pasta Broccoli Bread Chocolate Cake</p>
<p>30 National Croissant Day Pork Chops Sweet Potatoes Green Beans Fruit Croissant</p>	<p>31 National Hot Cocoa Day Cheeseburgers Diced Potatoes Capri Vegetables Fruit Bun Hot Cocoa</p>	<p><i>We proudly serve local Michigan products in all our meal programs.</i></p>		

Lunch is served Monday through Friday at noon at the Petoskey Friendship Center and the Huber (Brutus) Senior Center.

Special requests will not be accommodated.

Menu subject to change based on product availability.



Website: [www.emmetcoa.org](http://www.emmetcoa.org)

Email: [info@emmetcoa.org](mailto:info@emmetcoa.org)

Facebook:

<https://www.facebook.com/FriendshipCentersofEmmetCounty>

Instagram: <https://www.instagram.com/friendship.centers/>

## Petoskey Friendship Center

### Monday

Cardio Drumming	9:00-9:45
Painting Group	1:00-3:30
Ladies Bridge	1:00-3:30
Cribbage & Cards	1:00-3:30

### Tuesday

Yoga with Janet	9:00-9:45
Wii Bowling	1:00-2:30
Mahjong	1:00-3:30

### Wednesday

Senior Fitness with Susan	9:00-9:45
Senior Line Dancing	10:00-11:30
Blood Pressure Screening	11:15-12:15
Bingo	1:00-3:00

### Thursday

Cardio Drumming	8:45-9:30
Veteran's Coffee Hour	10:00-11:00
Ping Pong	1:00-2:30

### Friday

Swatball	10:00-11:00
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## Huber (Brutus) Senior Center

### Wednesday

Yoga with Janet	10:30-11:15
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### Thursday

Euchre	10:00-12:00
Penny Bingo	12:30-2:00



## Senior Events Find event details online or check out the fliers at each center.

January 4 - National Trivia Day  
 January 5 - National Bird Day  
 January 5 - Northern Michigan Winter Birds Presentation  
 January 6 - National Full Wolf Moon Day  
 January 6 - Movie "Teen Wolf"  
 January 9 - Family History and Family Search App Presentation  
 January 10 - National Cut Your Energy Cost Day  
 January 10 - Technology Assistance begins  
 January 10 - "Cooking for One" six-week series begins at Petoskey  
 January 11 - Snowshoe at Sleepy Hollow Nature Preserve

January 12 - Entertainment by Bob Fawcett  
 January 13 - Six-Week Tai Chi for Health Classes begin at Petoskey and Huber  
 January 18 - National Thesaurus Day  
 January 19 - Euchre Tournament  
 January 23 - Family Story Workshop  
 January 24 - Global Belly Laugh Day  
 January 24 - Sit & Paint with Christine  
 January 26 - Soo Locks Presentation  
 January 27 - National Preschool Fitness Day  
 January 27 - Preschool Cardio Drumming Demonstration  
 January 30 - Aging in Place series "Talking to Your Doctor"

### Technology Assistance Available

**Tuesdays**  
*starting Tuesday, January 10*  
**9:30 a.m. to 10:30 a.m.**  
**Petoskey Friendship Library**

Petoskey High School National Honor Students will be available to answer questions and help you with your cellphone, iPad, tablet, or laptop. No appointment necessary, just bring your device with you.



### Tai Chi for Health!

**Free six-week class begins Friday, January 13**

**9:00 a.m. at Petoskey Friendship Center**  
**10:30 a.m. at Huber Senior Center**



### Euchre Tournament

**Thursday, January 19**

**1:00 - 3:00 p.m.**

**Petoskey Friendship Center**

Seniors, age 60 and older, come join this fun euchre tournament. There will be only four tables and reservations are required. No partner is necessary. Prize for the highest score at the end of the tournament.

Register by contacting the Enrichment Director at 231-347-3211 ext. 119 or [lynn@emmetcoa.org](mailto:lynn@emmetcoa.org).

### Foot Care by RNs

\$25  
 for Emmet County Residents

\$30  
 for out-of-county Residents

Call to schedule an appointment:

Petoskey  
 (231) 347-3211

Huber (Brutus)  
 (231) 529-8803