

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 - February 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>We proudly serve local Michigan products in all our meal programs.</i></p>		<p>1 Chicken Cavatappi Stewed Tomatoes Wax Beans Fruit Bread</p>	<p>2 Salad Bar Homemade Soup Fruit Bread</p>	<p>3 Cabbage Roll Potato Carrots Fruit Bread</p>
<p>6 Healthier Beef Stew with Root Vegetables Squash Fruit Biscuit</p>	<p>7 Lemon Thyme Chicken Rice Pilaf Asparagus Fruit Bread</p>	<p>8 Pork Chops Sweet Potatoes Mixed Vegetables Fruit Bread</p>	<p>9 Harvest Chicken Casserole Cauliflower Fruit Bread</p>	<p>10 Spaghetti with Meatballs Peas & Carrots Fruit Bread</p>
<p>13 Turkey Burger Lettuce & Tomato Sweet Potato Tater Tots Diced Beets Fruit Bun</p>	<p>14 Valentine's Day Baked Chicken Mashed Potatoes Green Beans Biscuit Valentine Dessert</p>	<p>15 Rigatoni Pasta Bake Mixed Vegetables Fruit Garlic Bread</p>	<p>16 Pork Pot Roast Potatoes Carrots Fruit Bread</p>	<p>17 Salad Bar Homemade Soup Fruit Bread</p>
<p>20 Vegetable Pizza Fruit</p>	<p>21 Baked Turkey Mashed Potatoes Capri Vegetables Fruit Biscuit</p>	<p>22 Ash Wednesday Baked Fish Wild Rice Broccoli Fruit Bread</p>	<p>23 Pork Chops Scalloped Potatoes Beets Fruit Bread</p>	<p>24 Vegetable Lasagna Stewed Tomatoes Spinach Fruit Bread</p>
<p>27 Salad Bar Homemade Soup Fruit Bread</p>	<p>28 Pork Tenderloin with Mustard & Cranberry Sauce Wild Rice Italian Green Beans Fruit Bread</p>	<p>Lunch is served Monday through Friday at noon at the Petoskey Friendship Center and the Huber (Brutus) Senior Center.</p> <p>Special requests will not be accommodated.</p> <p>Menu subject to change based on product availability.</p>		

Website: www.emmetcoa.org

Email: info@emmetcoa.org

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

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

Petoskey Friendship Center: (231) 347-3211

Huber Senior Center: (231) 529-8803



Petoskey Friendship Center

Monday

Cardio Drumming	9:00-9:45
Technology Assistance	1:00-2:00
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

Tai Chi (through Feb 17)	9:00-9:45
Swatball	10:00-11:00

Huber (Brutus) Senior Center

Monday

Technology Assistance	11:15-12:15
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Wednesday

Yoga with Janet	10:30-11:15
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Thursday

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

Friday

Tai Chi (through Feb 17)	10:30-11:15
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Senior Events

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

February 2 - Euchre Tournament
 February 3 - Movie "Our Souls At Night"
 February 6 - Entertainment by Kelly Shively
 February 8 - Snowshoe/Hike at Oden Island Nature Preserve
 February 9 - Free Hearing Clinic
 February 10 - Cognitive Impairment & Hearing Loss Presentation
 February 16 - Great Lakes Lighthouse Presentation
 February 20 - Paddling through Time Presentation
 February 27 - Aging in Place series "Home Safety"

March 3 - Going in Circles Presentation
 March 7 - Creative Card Making at Huber Senior Center
 March 9 - Creative Card Making at Petoskey Friendship Center
 March 14 - Talons over Mackinac Presentation
 March 15 - Nature Photography Class
 March 16 - Nature Photography Adventure at McCune Nature Preserve
 March 27 - Aging in Place series "Preventing Falls & Fractures"

Guest Speakers

The following presentations all begin at 1:00 p.m. at the Petoskey Friendship Center.

<p>Cognitive Impairment and Hearing Loss Friday, February 10 Dr. Kathleen Eimers, Audiologist, will address daily ways to help ones cognitive abilities and offer free cognition screenings after the presentation.</p>	<p>Great Lakes Lighthouses Thursday, February 16 Jim Tamlyn, Director of Great Lakes Lighthouse Keepers Association, will talk about lighthouses in the Straits of Mackinac and interesting happenings.</p>	<p>A Raft Trip through the Grand Canyon Monday, February 20 Martha Lancaster and Doug Fuller will share photos and stories of their adventure on the Colorado River, including wildlife, geology, and archeology.</p>	<p>Aging in Place: Home Safety Monday, February 27 Chris Scott, RN, Health Services Director, will present things to consider with the safety of your home environment to keep you living independently.</p>
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Technology Assistance Available

Mondays at both locations:

11:15 a.m. to 12:15 p.m.

Huber Senior Center

1:00 p.m. to 2:00 p.m.

Petoskey Friendship Center

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

Euchre Tournament

Rescheduled for

Thursday, February 2

1:00 - 3:00 p.m.

Petoskey Friendship Center

Seniors, age 60 and older, come join this fun euchre tournament.

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.

FREE Hearing Tests

Wednesday,

February 9

9:00 a.m. - 12:00 p.m.

Petoskey Friendship Center

Available to those age 55 and older.

By Appointment Only!

**Call to schedule:
231-347-3211.**