


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 - March 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 Sloppy Joes Diced Red Potatoes Mixed Vegetables Fruit Bun	2 Baked Chicken Mashed Potatoes California Mix Vegetables Fruit Biscuit	3 Cheese Ravioli with Marinara Sauce Corn Beets Fruit Bread
6 Pork Chops Au Gratin Potatoes Capri Vegetables Fruit Bread	7 Salad Bar Homemade Soup Fruit Bread	8 Harvest Chicken Casserole Squash Green Beans Fruit Bread	9 Taco Bar Rice Refried Beans Fruit Tortilla	10 Tuna Noodle Casserole Peas & Carrots Fruit Biscuit
13 Baked Chicken Mashed Potatoes Green Beans Fruit Biscuit	14 Boneless Country Ribs Sweet Potatoes Brussels Sprouts Fruit Bread	15 Meat Lasagna Peas & Carrots Fruit Garlic Bread	16 Chicken Nuggets Oven Fries Corn Fruit Bread	17 St. Patrick's Day Corned Beef Red Potatoes Cabbage Carrots Fruit Rye Dinner Roll 
20 Creamy Chicken Stew Broccoli Fruit Biscuit	21 Polish Dogs Sauerkraut Baked Beans Fruit Bun	22 Salad Bar Homemade Soup Fruit Bread	23 Smothered Pork Chops Scalloped Potatoes Mixed Vegetables Fruit Bread	24 Cheese Pizza Green Beans Fruit
27 Salisbury Steak Potatoes Beets Fruit Bread	28 Baked Chicken Mashed Potatoes Green Beans Fruit Biscuit	29 BBQ Beef Sandwich Diced Potatoes Winter Blend Vegetables Fruit Bun	30 Chicken Alfredo Lasagna Spinach Squash Fruit Bread	31 Fish Tacos Rice Refried Beans Fruit Tortilla



Support Meals on Wheels this month by being a Meal or Fruit Sponsor. Visit <https://emmetcoa.org/upcoming-events/mealsonwheelscampaign/>.

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

Swatball	10:00-11:00
----------	-------------

Huber (Brutus) Senior Center

Monday

Technology Assistance	11:15-12:15
-----------------------	-------------

Wednesday

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

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.

- March 1 - Eyeglass Clinic at Huber Senior Center @ 11:30 a.m.
- March 3 - Going in Circles Presentation @ 12:45 p.m.
- March 6 - Movie "A Royal Winter" at Huber Senior Center @ 1:00 p.m.
- March 7 - Creative Card Making at Huber Senior Center @ 1:00 p.m.
- March 9 - Creative Card Making at Petoskey Friendship Center @ 1:00 p.m.
- March 9 - Crochet Class begins @ 1:00 p.m.
- March 10 - Movie "True Spirit" @ 1:00 p.m.
- March 14 - Talons over Mackinac Presentation @ 1:00 p.m.
- March 15 - Nature Photography Class @ 1:00 p.m.
- March 16 - Nature Photography Adventure at McCune Nature Preserve @ 1:00 p.m.
- March 17 - Entertainment by The KGB Trio @ 11:30 a.m.
- March 20 - Hearing Aid Service at Huber Senior Center @ 12:30 p.m.
- March 24 - Free Consultations with a Physical Therapist by Appointment
- March 27 - Aging in Place series "Preventing Falls & Fractures" @ 1:00 p.m.
- March 28 - Entertainment by Sugar Moon Band at Huber Senior Center @ 11:30 a.m.
- March 28 - Euchre Tournament @ 1:00 p.m.
- March 30 - Eyeglass & Hearing Aid Service (before lunch)

Crochet Class

Thursdays
1:00 - 2:00 p.m.
begins March 9



Petoskey Friendship Center
 No experience necessary. Sharon will help you get started. Experienced folks are welcome to bring their own project to work on. No registration required.

Bring the following supplies:
Size G crochet hook
One skein of yarn
Scissors

Free Eyeglass Clinic

Wednesday, March 1
 11:30 a.m. to 12:30 p.m.
 Huber Senior Center

Thursday, March 30
 11:15 a.m. to 12:00 p.m.
 Petoskey Friendship Center

Free Hearing Aid Service

Monday, March 20
 12:30 p.m. to 1:30 p.m.
 Huber Senior Center

Thursday, March 30
 11:30 a.m. to 12:30 p.m.
 Petoskey Friendship Center

Appointments are not necessary for Eyeglass & Hearing Aid Services.

\$10,000

Drawdown Raffle

Saturday, April 22, 2023

5:00 - 9:00 p.m.

Join us at Gypsy Farms for a night of fun, food, and fundraising.

\$150 ticket includes 1 raffle drawing entry, 1 admission, 1 dinner ticket, and 2 drink tickets.

13 CASH PRIZES AWARDED

(You do not need to be present to win the cash prizes, but other raffle opportunities will be available during the event.)

Purchase Tickets Today!

- ◆ Mail check for \$150 to FCEC Lucky Ticket, 1322 Anderson Road, Petoskey, MI 49770
- ◆ Call (231) 347-3211 with credit card
- ◆ Pay with cash at the Petoskey Friendship Center

Euchre Tournament



Tuesday, March 28
1:00 p.m. to 3:30 p.m.

Petoskey Friendship Center

Come join the fun. No partner necessary, as winners will rotate tables for next game. Games will end at 3:15 p.m. Scores will be added, regardless of how many games were played. A fun prize will be awarded for the highest score at the end of the tournament. To sign up, contact Enrichment Director at 231-347-3211, ext. 119 or lynn@emmetcoa.org.