


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 - May 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salad Bar Homemade Soup Fruit Bread	2 All Beef Chili Dog Curly Fries Green Beans Fruit Bun	3 Chicken Parmesan Pasta Mixed Vegetables Fruit Bread	4 Stuffed Green Pepper Potatoes Carrots Fruit Bread	5 Pork Chop Wild Rice Broccoli Fruit Bread
8 Spaghetti w/ Meatballs Corn Fruit Garlic Biscuit	9 Salad Bar Homemade Soup Fruit Bread	10 Sweet & Sour Pork White Rice Oriental Vegetables Fruit Bread	11 Baked Chicken Mashed Potatoes Peas & Carrots Fruit Biscuit	12 Baked Potato Bar Broccoli Fruit Bread
15 Homemade Meatloaf Mashed Potatoes Mixed Vegetables Fruit Bread	16 Creamy Chicken Stew Peas Fruit Bread	17 Salad Bar Homemade Soup Fruit Bread	18 Pork Pot Roast Baby Potatoes Carrots Fruit Bread	19 Chicken Cavatappi Stewed Tomatoes Fruit Bread (Tea Party at Huber starts at 2:00 p.m.)
22 Baked Chicken Mashed Potatoes Peas Fruit Biscuit	23 Taco Bar Mexican Rice Refried Beans Fruit Tortillas	24 Ham Sweet Potatoes Italian Green Beans Fruit Bread	25 Salad Bar Homemade Soup Fruit Bread	26 Cheeseburgers Diced Potatoes Capri Vegetables Fruit Bun
29 Closed for Memorial Day 	30 Polish Dogs Sauerkraut Baked Beans Fruit Bun	31 Swedish Meatballs Pasta Winter Blend Vegetables Fruit Bread	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 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



**~ National Senior Health
& Fitness Day ~**



**Join us at any of these
events on May 31 for a
chance to win a prize.**

Petoskey Friendship Center

9:00am General Fitness

10:00am Line Dancing

Downtown Petoskey

10:00am Weekly

Wednesday Walk

Brutus Friendship Center

10:30am Yoga for All

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
Senior Line Dancing	2:30-3:30

Wednesday

Senior Fitness with Susan	9:00-9:45
Senior Line Dancing	10:00-11:30
Eyeglass & Hearing Aid Clinic	11:00-12:00
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
Crochet Class	1:00-2:00
Yoga with Janet	2:30-3:15

Friday

Tai Chi (through May 19)	9:00-9:45
Swatball	10:00-11:00
Book Club (last Friday)	1:00-3:00

Huber (Brutus) Senior Center

Monday

Technology Assistance	11:15-12:15
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Tuesday

Veteran's Coffee Hour (2nd Tues.)	10:00-11:00
Wii Bowling (3rd Tues.)	10:30-11:30

Wednesday

Yoga with Janet	10:30-11:15
Eyeglass Clinic (1st Wed.)	11:00-12:00

Thursday

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

Friday

Tai Chi (through May 19)	10:30-11:15
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Senior Events Find event details online or check out the fliers at each center. Unless noted, events are at Petoskey Friendship Center.

- May 1 - Movie "Secretariat" at Huber Senior Center at 1:00 p.m.
- May 2 - Entertainment by Bob Fawcett at 11:30 a.m.
- May 2 & 4 - Golf Lessons at Pet-Bay View Country Club
- May 3 - Weekly Wednesday Walk begins (downtown Petoskey) at 10:00 a.m.
- May 5 - Movie "Being the Ricardos" at 1:00 p.m.
- May 8 - Creative Card Making at Huber Senior Center at 1:00 p.m.
- May 9 - Senior Golf Group begins (locations vary and tee times must be made in advance)
- May 9 - Sleep Presentation at 1:00 p.m.
- May 10 - Free Hearing Clinic (by appt. from 9:00 a.m. to 12:00 p.m.)
- May 10 - Hike at Hoogland Preserve at 1:00 p.m.
- May 11 - Fly Fishing Presentation at 1:00 p.m.
- May 15 - Presentation "Titanic: The Rest of the Story" at 1:00 p.m.
- May 18 - Birding Event at Spring Lake Park at 9:00 a.m.
- May 19 - Movie "Driving Miss Daisy" at 1:00 p.m.
- May 19 - Spring Tea Social at Huber Senior Center at 2:00 p.m.
- May 22 - Hearing Aid Cleaning Clinic at Huber Senior Center at 12:30 p.m.
- May 22 - Bath School Disaster of 1927 Presentation at 1:00 p.m.
- May 25 - Consultations with a Physical Therapist (by appt. from 10:30 a.m. to 12:00 p.m.)
- May 25 - Eyeglass Clinic at 11:00 a.m.
- May 25 - Hearing Aid Cleaning Clinic at 11:30 a.m.
- May 25 - Catch the Buzz on Bees Presentation at 1:00 p.m.
- May 26 - Book Club meets at 1:00 p.m.
- May 31 - National Senior Health & Fitness Day (locations & times vary)

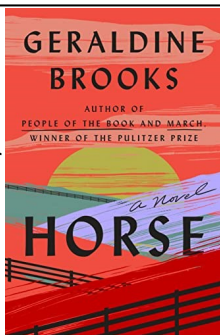
Weekly Wednesday Walk

Join fellow seniors for a 30-minute walk each Wednesday at 10:00 a.m., starting May 3. We will meet at the tunnel near the Petoskey City Marina. A different route will be suggested each week, and you are encouraged to walk for as long as you like. This is a great opportunity to meet new friends and enjoy our beautiful town! Contact the RSVP Volunteer Coordinator Mary Margaret with any questions at 231-347-3211 ext.130 or mhornbaker@emmetcoa.org.

Book Club

Last Friday of the month.
 May 26 at 1:00 p.m.
 Petoskey Friendship Center

May's Book:
Horse
 by Geraldine Brooks



FREE Hearing Tests

Wednesday, May 10
9:00 a.m. - 12:00 p.m.
 Petoskey Friendship Center



Available to those age 55 and older. By Appointment Only! Call 231-347-3211.