


Friendship Centers of Emmet County

Regular Scheduled Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Fitness 10:30 Ping Pong 12:30 Bridge 1:00 Cards and Games including Mahjong</p> <p>HUBER (BRUTUS): 10:00 Cards and Games</p>	<p>9:00 Cardio Drumming 9:30 Swim Fitness at Crooked River Lodge 1:00 Wii Bowling</p> <p>PELLSTON: 10:00 Cards and Games</p>	<p>9:00 Swatball 11:00 Blood Pressure Clinic 1:00 Cards and Games including Mahjong 1:00 Ping Pong (<i>not scheduled last Wednesday of the month</i>) 1:00 Movie "Radio Flyer" & Popcorn (<i>last Wednesday of the month</i>)</p> <p>HUBER (BRUTUS): 10:00 Cards and Games</p> 	<p>9:30 Swim Fitness at Crooked River Lodge 10:00 Veterans Coffee & Donut Hour 10:00 Mahjong Lessons 1:00 Ukulele Group 2:00 Tai Chi</p> <p>PELLSTON: 10:00 Cards and Games 1:00 Penny Bingo</p>	<p>9:00 Fitness 10:15 Choir Practice 11:15 Entertainment by FCEC Choir 12:30 Cribbage 12:45 Bingo</p> <p>HUBER (BRUTUS): 10:00 Cards and Games</p>

March 2020 - Special Scheduled Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 9 10:30 Free Hand Massages by InTeliCare Health Services</p> <p>March 23 1:00 Euchre Party</p>  <p>HUBER (BRUTUS): March 30 11:45 Entertainment by FCEC Choir</p>	<p>March 3 11:00 Entertainment by Brad Hersey 12:30 National Wildlife Day - "Snowbound" Documentary</p> <p>March 17 11:00 St. Patrick's Day Entertainment by Stu and Sal</p>  <p>PELLSTON: March 24 11:00 Social Worker</p>	<p>March 11 12:30 "Estate/Medicaid Preplanning" Presentation by Winegarden Elderlaw</p> <p>March 11 2:00 Alzheimer's Disease/Dementia Support Group</p> <p>March 25 1:00 National Little Red Wagon Day - "Radio Flyer" Movie 2:00 Parkinson's Support Group</p> <p>View https://emmetcoa.org/news/ for more information regarding special events. Or visit Facebook.com@FriendshipCentersofEmmetCounty for more information about upcoming events and activities and pictures of recent events.</p>	<p>March 5 12:00 Low Vision Social Group</p> <p>March 19 National Let's Laugh Day 12:30 "Keeping the Winter Blues Away" Presentation by Northern MI Sports Medicine Center</p> <p>March 26 11:15 Eyeglass Clinic 1:30 Caregiver's Support Group</p> <p>PELLSTON: March 5 10:00 Foot Care Clinic 11:00 Blood Pressure Clinic</p> <p>March 26 11:30 Entertainment by Brad Hersey</p>	<p>March 13 12:30 National K9 Veterans Day - Meet K9 Officer 'Ares' demonstration</p>  <p>HUBER (BRUTUS): March 6 10:00 Foot Care 11:00 Blood Pressure</p> <p>March 27 11:00 Social Worker</p>