

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 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Polish Dog with Bun Diced Potatoes Green Beans Holiday Cookies	4 Macaroni & Cheese Spinach Corn Oranges Dinner Roll	5 Chicken Tenders Wild Rice Broccoli Diced Pears & Peaches Dinner Roll	6 Cabbage Roll Golden Potatoes Carrots Bananas Dinner Roll	7 Pork Chops Scalloped Potatoes Mixed Vegetables Applesauce Dinner Roll
10 Baked Chicken Mashed Potatoes Green Beans Fruit Biscuit	11 Battered Pollack Wild Rice Broccoli Fruit Dinner Roll	12 Beef Brisket Baby Potatoes Carrots Fruit Dinner Roll	13 Pork Fritters Diced Potatoes Mixed Vegetables Fruit Dinner Roll	14 Chicken Chili Corn Fruit Cornbread
17 Swedish Meatballs Pasta California Mix Vegetables Fruit Dinner Roll	18 Pork Chops Garden Rice Beets Fruit Dinner Roll	19 Turkey Casserole Green Beans Fruit Biscuit	20 Spaghetti with Meatballs Peas & Carrots Fruit Garlic Biscuit	21 Smothered Chicken Wild Rice Winter Blend Vegetables Fruit Dinner Roll
24 Cheeseburger with Bun Diced Potatoes Peas Fruit	25 Baked Chicken Mashed Potatoes Green Beans Fruit Biscuits	26 Bratwurst with Bun Sauerkraut Baked Beans Fruit	27 Homemade Meatloaf Baked Potato Mixed Vegetables Fruit Dinner Roll	28 Chicken ala King Peas & Carrots Fruit Biscuit
31 Homemade Beef Chili California Mix Vegetables Fruit Cornbread				



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

We proudly serve local Michigan products in all our meal programs.

Special requests will not be accommodated.

Menu subject to change based on product availability.

### OUR MASK POLICY

**Masks are required to be worn at all times inside the buildings, unless eating or drinking.**

For your convenience, masks are available when you enter.

## Activities at Friendship Centers of Emmet County

Looking for something to do while the weather keeps us indoors? Consider visiting the Friendship Center for lunch and some fun and camaraderie. Start your day with one of our exercise activities. We offer cardio drumming, yoga, senior fitness, and tai chi. On Thursday mornings we host a Veterans' Coffee Hour. In the afternoons, we offer painting, Wii bowling, ping pong, and bingo. Card and game opportunities are also available.

In addition to regular activities, we schedule informative presentations, and other special events. We also have a center located in Brutus, if you live in that area.

Snowshoe and other adventures are scheduled monthly, if you are looking for outdoor activities with other seniors.

Check out our website or Facebook page, or feel free to contact the Enrichment Director at 231-347-3211, ext. 119 or lynn@emmetcoa.org with any questions.

### Petoskey Friendship Center

#### **Monday**

Cardio Drumming	9:00-10:00
Ladies Bridge	1:00-3:30
Painting Group	1:30-3:30

#### **Tuesday**

Yoga with Janet	9:00-9:45
Ladies Gin 13	1:00-3:30
Wii Bowling	1:30-3:30

#### **Wednesday**

Senior Fitness with Susan	9:00-9:45
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#### **Thursday**

Men's Bridge	9:00-12:00
Veteran's Coffee Hour	9:30-10:30
Ping Pong	1:30-2:30

#### **Friday**

Tai Chi	9:00-9:45
Bingo	1:30-2:30

### Huber Senior Center in Brutus

#### **Tuesday**

Shuffleboard	11:00-11:45
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#### **Wednesday**

Yoga with Janet	11:00-11:45
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#### **Friday**

Tai Chi with Gretchen	11:00-11:45
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### Upcoming Events

- January 3 - Petoskey Friendship Center reopening
- January 10 - Huber Senior Center reopening Celebration
- January 12 - Snowshoe at Goodhart Farms Nature Preserve
- January 19 - Painting with Martina
- February 16 - Snowshoe at Susan Creek Nature Preserve

## Follow us on Facebook



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