


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 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Supreme Pizza Green Beans Cauliflower Fruit	3 Omelet & Bacon Hashbrowns Bell Peppers - Onion Mix Fruit English Muffin	4 Spaghetti w/ Meatballs Peas & Carrots Fruit Bread	5 Pork Pot Roast Baby Potatoes Butternut Squash Fruit Bread	6 Smothered Chicken Wild Rice Broccoli Fruit Bread
9 Creamy Chicken Stew Carrots Zucchini Fruit Biscuit	10 Salisbury Steak Potatoes Beets Fruit Biscuit	11 Baked Chicken Mashed Potatoes Green Beans Fruit Biscuit	12 Deluxe Baked Potato w/ Cheese Ham Broccoli Fruit Bread	13 Battered Tavern Pollack Macaroni & Cheese Mixed Vegetables Fruit Bread
16 Hot Roast Beef Sandwich Mashed Potatoes Italian Green Beans Fruit	17 Turkey Cornbread Stuffing Butternut Squash Fruit Bread	18 Pork Chops Seasoned Baby Potatoes Zucchini Fruit Bread	19 Swedish Meatballs Pasta Carrots Fruit Bread	20 Chicken Fajita Casserole Refried Beans California Vegetables Fruit Bread
23 Chicken Cavatappi Stewed Tomatoes Spinach Fruit Bread	24 Sweet & Sour Pork White Rice Oriental Vegetables Fruit Bread	25 Homemade Soup Fresh Greens Salad Fresh Vegetables Fruit Bread	26 Baked Chicken Mashed Potatoes Peas Fruit Biscuit	27 Cheeseburgers Seasoned Diced Potatoes Green & Wax Beans Fruit Bun
30 Closed for Memorial Day 	31 BBQ Beef Sandwich Sweet Potatoes Winter Blend Vegetables Fruit Bun	<i>We proudly serve local Michigan products in all our meal programs.</i>		



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.

Petoskey Friendship Center

Monday

Cardio Drumming	9:00-9:45
Painting Group	1:00-3:30
Ladies Bridge	1:00-3:30

Tuesday

Yoga with Janet	9:00-9:45
Men's Bridge	9:00-12:00
Wii Bowling	1:00-2:30
Ladies Gin 13	1:00-3:30
Mahjong	1:00-3:30

Wednesday

Senior Fitness with Susan	9:00-9:45
Blood Pressure Screening	11:00-11:45

Thursday

Cardio Drumming	8:45-9:30
Men's Bridge	9:00-12:00
Veteran's Coffee Hour	10:00-11:00
Ladies Rummikub	1:00-3:30
Ping Pong	1:00-2:30

Friday

Tai Chi	9:00-9:45
Swatball	10:00-11:00
Bingo	1:00-3:00

Huber Senior Center in Brutus

Wednesday

Yoga with Janet	10:30-11:15
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Thursday

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Friday

Tai Chi with Gretchen	10:30-11:15
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Senior Events Find event details online or check out the fliers at each center.

May 5 - Entertainment by Kelly Shively
May 11 - Hike & Birding Event at Waldron Fen
May 11 - Healthy Snack Presentation
May 18 - Hike at Hoogland Nature Preserve
May 11 - Hearing Clinic
May 25 - National Senior Health & Fitness Day
May 25 - Stretches for Gardening Flexibility Presentation
May 26 - Stroke Awareness Presentation & Screening

Website: www.emmetcoa.org

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

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

Email:
info@emmetcoa.org

Petoskey Friendship Center:
(231) 347-3211
Huber Senior Center: (231) 529-8803

Foot Care by RNs

Service is provided by appointment at the Petoskey Friendship Center on Monday, Wednesday, Thursdays, and Friday. Appointments will also be available at the Huber Senior Center the 2nd Wednesday of each month beginning May 10.

*\$20 for Emmet County Residents
\$23 for out-of-county Residents*

Additional Services

Free Hearing Tests

Free hearing tests will be offered for persons age 55 and older at the Petoskey Friendship Center on Wednesday, May 11, 2022, beginning at 9:00 a.m. An audiology technician from Petoskey Ear, Nose, & Throat Specialists will be conducting the tests. If you have been experiencing hearing loss, please make an appointment to get your hearing checked. Appointments are necessary.

Free Eyeglass Clinic

Representatives from Professional Optical will be at the Petoskey Friendship Center typically on the 4th Thursday of each month to clean and adjust your eyeglasses. The next scheduled date is Thursday, May 26 from 11:15 a.m. to 12:00 p.m. No appointment needed.

Free Hearing Aid Service

An Audiologist from Little Traverse Hearing will be at the Petoskey Friendship Center typically on the 4th Thursday of each month to clean and adjust your hearing aids. The next scheduled date is Thursday, May 26 from 11:30 a.m. to 12:30 p.m. No appointment needed.

CLASSIC CARS WANTED

Car Show BBQ
Wednesday, July 20
11:00 a.m. to 2:00 p.m.
Event details to come.



Event will take place at the Petoskey Friendship Center, 1322 Anderson Road, and will be open to the public. Contact Friendship Centers of Emmet County's Enrichment Director Lynn at (231) 347-3211, ext. 119 or lynn@emmetcoa.org for more information and to register your classic vehicle. Car owners will receive one free meal per vehicle in the show.