

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 - August 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham Sweet Potatoes Green Beans Fruit Bread	2 Salad Bar Homemade Soup Fruit Bread	3 Baked Chicken Mashed Potatoes Peas Fruit Biscuit	4 Cowboy Casserole Broccoli Cauliflower Fruit Bread	5 Smothered Pork Chops Wild Rice Mixed Vegetables Fruit Bread
8 Sliced Turkey Mashed Potatoes Green Beans Fruit Biscuit	9 Salad Bar Homemade Soup Fruit Bread	10 Salisbury Steak Potato Asparagus Fruit Bread	11 Breakfast Tacos made with Scrambled Eggs & Diced Potatoes Sausage Links Fruit English Muffin	12 Seasoned Country Ribs Au Gratin Potatoes Beets Fruit Bread
15 Cheese Burgers Diced Potatoes Capri Vegetables Fruit Bun	16 Salad Bar Homemade Soup Fruit Bread	17 Spaghetti w/ Meat Sauce Pasta Peas & Carrots Fruit Bread	18 Supreme Pizza Green Beans Corn Fruit	19 BBQ Chicken Baked Beans Cauliflower Fruit Biscuit
22 Cabbage Roll Potatoes Carrots Fruit Bread	23 Salad Bar Homemade Soup Fruit Bread	24 Smothered Chicken Wild Rice Broccoli Fruit Bread	25 Ground Beef Casserole Peas Fruit Bread	26 Sweet & Sour Pork White Rice Oriental Vegetables Fruit Bread
29 Stuffed Green Pepper Potato Carrots Fruit Bread	30 Salad Bar Homemade Soup Fruit Bread	31 Chicken Cavatappi Stewed Tomatoes Peas Fruit Bread		<i>We proudly serve local Michigan products in all our meal programs.</i>

Check out our All-You-Can-Eat Soup and Salad Bar on Tuesdays.

Meals on Wheels will also have a cold lunch on Tuesdays which will include soup, salad, and sandwich fixings.



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
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
Produce Boxes	1:30-3:30

Friday

Tai Chi	9:00-9:45
Swatball	10:00-11:00

Huber Senior Center in Brutus

Wednesday

Yoga with Janet	10:30-11:15
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Thursday

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

Friday

Tai Chi with Gretchen	10:30-11:15
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Swim Fitness for Seniors

Tuesdays and Thursdays	10:00-11:30
Crooked River Lodge, Alanson	

Senior Health EXPO

AUGUST 17 • 10AM-2PM

PETOSKEY CENTRAL ELEMENTARY GYMNASIUM

Senior Health Expo features:

- Exhibits featuring products and services for seniors and their families
- Health and safety information
- FREE Blood Pressure Screenings
- Food by donation
- FREE Samples, Giveaways, Door Prizes ... and more!

Senior parking is available on State Street or in the Bus Circle. For a FREE local ride to the event, call Friendship Centers' Transportation Program at (231) 348-3425.

Free Produce Boxes

Thursdays from 1:30 to 3:30 p.m., while supplies last
July through September



Available to Emmet County Seniors, age 60+ only.
Boxes are limited to one per household.
Petoskey Friendship Center

Senior Events

Find event details online or check out the fliers at each center.

- August 2 - Presentation by Little Traverse Hearing
- August 4 - Vintage Views Walking Tour
- August 10 - Hearing Clinic
- August 10 - Mackinaw Area Historical Society Heritage Village Tour
- August 11 - Nutrition for Brain Health Presentation
- August 16 - Entertainment by River Road
- August 17 - Senior Health Expo at Petoskey Central Elementary
- August 24 - Senior Kayaking at Round Lake
- August 31 - Oden State Fish Hatchery Tour



Free Hearing Tests

Wednesday, August 10, 2022
For persons age 55 and older
Appointments are necessary.
Petoskey Friendship Center
Call 231-347-3211.

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

**VOTE YES
AUGUST 2**

for
Millage
for
Services
to Senior
Citizens

For a free bus
ride to the polls,
call Friendship
Centers'
Transportation
Program at
231-348-3425.

