

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 - September 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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. <i>We proudly serve local Michigan products in all our meal programs.</i>				1 Swedish Meatballs Pasta Green Beans Bread Dessert
4 Closed for Labor Day	5 Polish Dogs Baked Beans Sauerkraut Bun Dessert	6 Salad Bar Homemade Soup Bread Dessert	7 Baked Chicken Mashed Potatoes Peas Biscuit Dessert	8 Pork Chops Au Gratin Potatoes Mixed Vegetables Bun Dessert
11 Battered Tavern Pollack Wild Rice Broccoli Bread Dessert	12 Chicken Nuggets Diced Potatoes Mixed Vegetables Bread Dessert	13 Stuffed Green Pepper Golden Potatoes Carrots Bread Dessert	14 Salad Bar Homemade Soup Bread Dessert	15 Chicken Cavatappi Italian Green Beans Stewed Tomatoes Bread Dessert
18 Cheeseburgers Curly Fries California Mixed Vegetables Bun Dessert	19 Pork Chop Red Potatoes Green Beans Bread Dessert	20 Closed for All Staff In-Service Day	21 Baked Chicken Mashed Potatoes Peas Biscuit Dessert	22 Salad Bar Homemade Soup Bread Dessert
25 Salad Bar Homemade Soup Bread Dessert	26 Hot Dogs Macaroni & Cheese Peas & Carrots Bun Dessert	27 Egg Rolls Fried Rice Oriental Vegetables Bread Dessert	28 Ham Sweet Potatoes Green Beans Bread Dessert	29 BBQ Beef Sandwich Diced Potatoes Capri Vegetables Bun Dessert

National Day of Service Blood Drive

Petoskey Friendship Center

Monday
September

11

10:00 AM – 2:00 PM

Give blood in their Honor! As a thank you, all attempting donors will receive a 9/11 remembrance t-shirt, while supplies last.

3 Ways to Sign Up:

◇ Call 866-642-5663

◇ Visit https://donate.michigan.versiti.org/donor/schedules/drive_schedule/154621

◇ Scan the QR Code below



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

Free Produce Boxes

Fridays from 1:30 - 3:30 p.m.
Petoskey Friendship Center

Available to Emmet County Seniors, age 60+. Boxes are limited to one per senior household.
First come, first serve.



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	1:00-3:30
Mahjong	1:00-3:30
Senior Line Dancing	2:30-3:30

Wednesday

Senior Fitness	8:45-9:30
Senior Line Dancing	10:00-11:30
Blood Pressure Screening	11:15-12:15
Bingo	1:00-3:00
Ladies Bridge	1:00-3:30

Thursday

Cardio Drumming	8:45-9:30
Veteran's Coffee Hour	10:00-11:00
Rummikub	1:00-3:30
Yoga with Janet	2:30-3:30

Friday

Tai Chi (Sept 8, 15, 29)	9:00-9:45
Swatball	10:00-11:00
Book Club (last Friday)	1:00-3:00
Produce Boxes	1:30-3:30

Huber (Brutus) Senior Center

Monday

Strength & Balance	10:30-11:15
Movie & Snack (1st Mon.)	1:00-3:00

Tuesday

Veteran's Coffee Hour (2nd Tues.)	10:00-11:00
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Wednesday

Yoga with Janet	9:15-10:00
Eyeglass Clinic (1st Wed.)	11:00-12:00

Thursday

Euchre	10:00-11:30
Penny Bingo	12:30-2:00

Friday

Tai Chi (Sept 8, 15, 29)	10:30-11:15
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Free Eyeglass Clinic

Wednesday, September 6
11:00 a.m. to 12:00 p.m.
Huber Senior Center

Thursday, September 28
11:15 a.m. to 12:00 p.m.
Petoskey Friendship Center

Free Hearing Aid Service

Thursday, September 28
11:30 a.m. to 12:30 p.m.
Petoskey Friendship Center

Senior Events Find event details online or check out the fliers at each center. Unless noted, events are at Petoskey Friendship Center.

September 5 - Little Traverse Bay Humane Society visiting Huber Senior Center at 11:00 a.m.

September 8 - Tai Chi begins at both locations: 9:00 a.m. at Petoskey and 10:30 a.m. at Huber

September 8 - Entertainment by Peter Allen Jensen at 11:30 a.m.

September 8 - Sit and Paint with Christine at 1:00 p.m.

September 11 - Blood Drive from 10:00 a.m. to 2:00 p.m.

September 11 - Movie "Somewhere in Time" at Huber Senior Center at 1:00 p.m.

September 11 - Creative Card Making at Huber Senior Center at 1:00 p.m.

September 12 - Kayaking on Round Lake at 10:30 a.m. and 1:00 p.m.

September 12 - Presentation "How to Love Your Brain and

September 13 - Hand Massages from 10:30 a.m. to 12:00 p.m. Help Your Memory" at Huber Senior Center at 1:00 p.m.

September 18 - Entertainment by Karen Brooks at 11:30 a.m.

September 19 - Rosie the Riveter Presentation at 1:00 p.m.

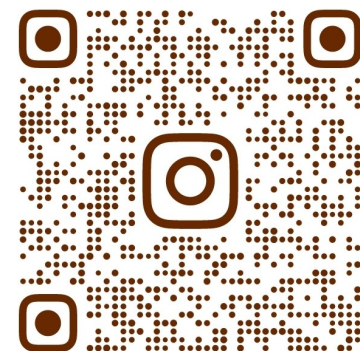
September 20 - Friendship Centers closed for Staff Training

September 21 - Greenwood Cemetery Walking Tour in Petoskey at 1:00 p.m.

September 22 - Hand Massages at Huber Senior Center at 11:30 a.m.

September 29 - Book Club "Never Lie" at 1:00 p.m.

Scan these QR codes with your phone to access Friendship Centers' Facebook and Instagram accounts.



Closed on Wednesday, September 20

Friendship Centers of Emmet County will be closed on Wednesday, September 20, 2023, for our annual day of employee training. All services will be unavailable for the day, including bus services, in-home services, and Meals on Wheels. Congregate Meals and all activities at both locations will be cancelled.

Thank you in advance for accommodating this employee development obligation.