



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 - November 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. <i>We proudly serve local Michigan products in all our meal programs.</i> | | 1 Sloppy Joe Curly Fries Peas & Carrots Bun Dessert | 2 Sweet~n~Sour Chicken Rice Pilaf Oriental Vegetables Bread Dessert | 3 Battered Tavern Pollack Hush Puppies Broccoli Bread Dessert |
| 6 Creamy Chicken Stew Winter Blend Vegetables Biscuit Dessert | 7 Salisbury Steak Potatoes Mixed Vegetables Bread Dessert | 8 Vegetable Egg Rolls Fried Rice Oriental Vegetables Bread Dessert | 9 Pork Chops Scalloped Potatoes California Mixed Vegetables Bread Dessert | 10 Veterans Day Lunch Baked Chicken Mashed Potatoes Green Beans Biscuit Dessert |
| 13 Cheeseburgers Curly Fries Capri Vegetables Bun Dessert | 14 Chicken Lasagna Alfredo Spinach Stewed Tomatoes Garlic Biscuit Dessert | 15 Pork Pot Roast Baby Redskin Potatoes Carrots Bread Dessert | 16 Lemon Thyme Chicken Wild Rice Green Beans Bread Dessert | 17 Baked Potato Bar Cheese Sauce Assorted Toppings Broccoli Bread Dessert |
| 20 BBQ Country Ribs Au Gratin Potatoes Mixed Vegetables Bread Dessert | 21 Stuffed Green Pepper Potatoes Beets Bread Dessert | 22 Thanksgiving Luncheon Turkey Dressing Mashed Potatoes & Gravy Green Beans Biscuit Pumpkin Pie | 23 Closed for Thanksgiving  | 24 Closed for Thanksgiving  |
| 27 BBQ Beef Sandwich Seasoned Diced Potatoes Green Beans Bun Dessert | 28 Baked Chicken Mashed Potatoes Capri Vegetables Biscuit Dessert | 29 Meat Lasagna Peas & Carrots Garlic Biscuit Dessert | 30 Pork Chops Scalloped Potatoes Broccoli Bread Dessert | Special requests will not be accommodated. Menu subject to change based on product availability. |

Petoskey Friendship Center: (231) 347-3211
 Huber Senior Center: (231) 529-8803
 Website: www.emmetcoa.org Email: info@emmetcoa.org
 Facebook: <https://www.facebook.com/FriendshipCentersofEmmetCounty>
 Instagram: <https://www.instagram.com/friendship.centers/>



Veterans Day Luncheon - Friday, November 10

We will take a group picture, in front of a large flag, of all of our Veterans in attendance at the Petoskey Friendship Center. The suggested meal price for Veterans lunch is \$3.00 per person for those age 60 and older. Those under 60 and accompanying a senior may purchase a lunch pass for \$5 per person.



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

- November 1 - Eyeglass Clinic at Huber Senior Center at 11:00 a.m.
- November 6 - Movie "An Old-Fashioned Thanksgiving" at Huber Senior Center at 1:00 p.m.
- November 7 - Monarch Butterfly Presentation at 1:00 p.m.
- November 7 - "Titanic's Unsuspecting Participants" Presentation at Huber Senior Center at 1:00 p.m.
- November 10 - Veterans Day Luncheon at 12:00 p.m.
- November 13 - Petoskey Middle School Robotics Presentation at 11:00 a.m.
- November 13 - Care Trak Presentation at 1:00 p.m.
- November 13 - Hand-Stamped Holiday Card Class at Huber Senior Center at 1:00 p.m.
- November 14 - Technology Assistance at Huber Senior Center at 11:00 a.m.
- November 14 - "Saving Claire" Documentary & Discussion at both locations at 1:00 p.m.
- November 17 - Entertainment by River Road Band at 11:30 a.m.
- November 17 - Book Club "Not a Penny More, Not a Penny Less" at 1:00 p.m.
- November 21 - Internet Scam Safety Presentation at Petoskey Friendship Center at 1:00 p.m.
- November 22 - Thanksgiving Luncheon at both locations at 12:00 p.m.
- November 23-24 - Closed for Thanksgiving
- November 30 - Eyeglass Clinic at 11:15 a.m.
- November 30 - Hearing Aid Service at 11:30 a.m.

THE SAVING CLAIRE FALLS PREVENTION PROJECT

"An innovative and effective way to reduce falls."

**Tuesday, November 14 at 1:00 p.m.
Petoskey and Brutus Friendship Centers**

This 30-minute film explores the complex nature of aging, resistance to change, and all the relatable patterns that increase fall risk. Discussion follows with nurses.

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
- 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

Thanksgiving Luncheon

Wednesday, November 22

12:00 p.m.

Petoskey and Brutus Friendship Centers

Thanksgiving Meal is reserved for Seniors aged 60 and older and their spouses for a \$3.00 suggested minimum donation.

Petoskey High School basketball team members will assist with serving in Petoskey and Pellston National Honor Society members will assist with serving in Brutus.

Internet Scam Safety Presentation

Tuesday, November 21 at 1:00 p.m.

at Petoskey Friendship Center

Friday, December 1 at 1:00 p.m.

at Brutus Friendship Center

Learn about the latest internet scams, the majority of these targeted at seniors. State Trooper Hebner will discuss types of apps, social media, and how people become victimized.

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
Crochet Class 1:00-2:00
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
Yoga with Janet 2:30-3:30
- Friday**
Swatball 10:00-11:00
Book Club (see schedule) 1:00-3:00

Care Trak Presentation

tracking system for your loved one

Monday, November 13 at 1:00 p.m.

Petoskey Friendship Center

Learn about this system, worn similar to a watch, used by individuals of those at risk of wandering.

