

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 - December 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>		Special requests will not be accommodated. Menu subject to change based on product availability.	Give the Gift of Meals Sponsor a Meal or Fruit/Dessert of a Day in December for the Meals on Wheels program. Call (231) 347-3211, ext. 124 for details.	1 Cheese Ravioli with Meat Sauce Cauliflower Beets Garlic Biscuit Dessert
4 Pulled Pork Sandwich Diced Potatoes Broccoli Bun Dessert	5 Homemade Meatloaf Potatoes Yellow Beans Bread Dessert	6 Chicken Tetrazzini Stewed Tomatoes Hubbard Squash Bread Dessert	7 Vegetable Pizza with Peppers, Onions, & Mushrooms Green Beans Dessert	8 Homemade Beef Chili Carrots Corn Bread Dessert
11 Cheeseburgers Curly Fries Italian Green Beans Bun Dessert	12 Pork Chops Wild Rice Broccoli Bread Dessert	13 Stuffed Green Pepper Beets Carrots Bread Dessert	14 'Tis the Season Party * Prime Rib Baked Potato Nantucket Vegetables Salad Dinner Roll Holiday Dessert	15 Cheese Omelet Diced Potatoes Peppers and Onions Bread Dessert
18 Hot Turkey Sandwich Mashed Potatoes Carrots Bread Dessert	19 Sweet & Sour Pork Rice Cauliflower Zucchini Bread Dessert	20 Baked Chicken Mashed Potatoes Green Beans Biscuit Dessert	21 Spaghetti with Meat Sauce Brussels Sprouts Bread Dessert	22 Chicken Cavatappi Stewed Tomatoes Spinach Biscuit Dessert
25 Closed for Christmas	26 Closed for Christmas	27 Roasted Veggie Lasagna Beets Carrots Garlic Biscuit Dessert	28 Cabbage Roll Peas Golden Squash Bread Dessert	29 Pork Chops Wild Rice Cauliflower & Broccoli Bread Dessert



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/>



'Tis the Season Luncheon Sponsored by:
Comfort Keepers
Dave Kring Chevrolet
Dr. Eimers Hearing Clinic
Winegarden Elder Law

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

- December 1 - Holiday Crafting at Petoskey Friendship Center at 1:00 p.m.
- December 1 - Internet Scam Safety Presentation at Huber Senior Center at 1:00 p.m.
- December 4 - Holiday Entertainment by Petoskey Ukulele Players at Huber Senior Center at 11:30 a.m.
- December 4 - Holiday Crafting at Huber Senior Center at 1:00 p.m.
- December 5 - Estate Planning Presentation at Petoskey Friendship Center at 1:00 p.m.
- December 6 - Eyeglass Clinic at Huber Senior Center at 11:00 a.m.
- December 7 - Holiday Entertainment by Petoskey Ukulele Players at Petoskey Friendship Center at 11:30 a.m.
- December 11 - Diabetes Support Group at 10:00 a.m.
- December 12 - Estate Planning Presentation at Huber Senior Center at 11:00 a.m.
- December 13 - Hike & Wreath Making at Andreae Nature Preserve at 1:00 p.m.
- December 14 - 'Tis the Season Luncheon at 11:15 a.m.
- December 15 - Holiday Entertainment by St. Michaels High School Choir at Petoskey Friendship Center at 11:30 a.m.
- December 15 - Holiday Entertainment by Pellston Elementary at Huber Senior Center at 12:30 p.m.
- December 18 - Movie "White Christmas" at Huber Senior Center at 1:00 p.m.
- December 19 - Holiday Entertainment by Pellston Band at Huber Senior Center at 12:30 p.m.
- December 21 - Holiday Entertainment by St. Francis Xavier School at Petoskey Friendship Center at 11:30 a.m.
- December 25-26 - Closed for Christmas
- December 28 - Eyeglass Clinic at Petoskey Friendship Center at 11:15 a.m.
- December 28 - Hearing Aid Service at 11:30 a.m.
- December 28 - Caregiver Support Group at 1:30 p.m.

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
Ladies Bridge	12:00-3:30
Bingo	1:00-3:00
Gin 13	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
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Huber (Brutus) Senior Center

Monday

Strength & Balance	10:30-11:15
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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

In-Home Care for the Holidays

Are you a family caregiver that could use a break to enjoy being just a family member this holiday season? Are you a senior who needs a little help cleaning your home?

Let Friendship Centers of Emmet County assist so you can enjoy the holiday season with your friends and family. Our skilled caregivers provide respite care, light housekeeping, and personal care on a suggested donation basis. For more information or to see if you qualify, call the Council on Aging at (231) 347-3211.

'Tis the Season **Annual Meeting and Luncheon**

Thursday, December 14
Reservations only. Doors open at 11:15 a.m.
 Petoskey Friendship Center

Entertainment by River Road Band

Salad served at 11:30 a.m.
Prime Rib dinner served at 12:00 p.m.

Luncheon Sponsors:
Comfort Keepers, Dave Kring Chevrolet
Dr. Eimers Hearing Clinic, Winegarden Elder Law

All seniors aged 60 and older, and their spouses are invited to join us for this celebration and luncheon. *\$3.00 suggested minimum donation*

50/50 raffle tickets will be on sale. Winner to be announced at end of event. Must be present to win.

