



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 - February 2024 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.				
5 BBQ Beef Sandwich Curly Fries California Mixed Vegetables Apple Bun	6 Chicken Cordon Bleu Casserole Cauliflower Broccoli Fruit Cocktail Bread	7 Sloppy Joe Seasoned Diced Potatoes Capri Blend Vegetables Banana Bun	8 Ham Sweet Potatoes Green Beans Pineapple Bread	9 Creamy Chicken Stew Brussels Sprouts Apricots Biscuit
12 Pork Chop Wild Rice Peas & Carrots Applesauce Bread	13 Breakfast Tacos Scrambled Eggs Sausage Cheese & Salsa Orange Juice Tortillas	14 Snowflake Luncheon Cranberry Apple Brie Stuffed Chicken Breast Oven Roasted Red Potatoes Venetian Blend Vegetables Dinner Salad Dinner Rolls Carrot Cake 	15 Cabbage Rolls Yellow Beans Beets Diced Peaches Bread	16 Battered Tavern Pollack Wild Rice Asparagus Cauliflower Apricots Bread
19 Chicken Cavatappi Stewed Tomatoes Spinach Apricots Biscuit	20 Meat Lasagna Cauliflower Peas Tropical Fruit Garlic Biscuit	21 Pork Pot Roast Baby Potatoes Carrots Applesauce Bread	22 Salisbury Steak Potatoes Italian Green Beans Pineapple Tidbits Bread	23 Grilled Cheese Tomato Soup Mixed Vegetables Diced Peaches Bread
26 Stuffed Green Pepper Beets Zucchini Oranges Bread	27 Baked Chicken Mashed Potatoes Green Beans Fruit Cocktail Biscuit	28 Baked Potato Bar Diced Chicken, Ground Beef, or Ham Broccoli & Cauliflower Cheese Sauce Banana Bread	29 Pork Chop Au Gratin Potatoes Mixed Vegetables Applesauce Bread	

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/>



FREE Hearing Tests on Wednesday, February 7
 from 9:00 a.m. to 12:00 p.m. at the Petoskey
 Friendship Center. Available to those age 55 and
 older. By Appointment Only! Call 231-347-3211.

Petoskey Friendship Center

Monday

Cardio Drumming	9:00-9:45
Cell Phone Tech Assistance	11:30-12:30
Painting Group	1:00-3:30
Ladies Bridge	1:00-3:30
Cribbage & Cards	1:00-3:30

Tuesday

Yoga for All	9:00-9:45
Crochet	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	12:30-3:30
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 for All	2:30-3:30

Friday

Tai Chi (Jan 5 - Feb 23)	9:00-9:45
Swatball	10:00-11:00
Book Club (2nd & 4th Friday)	1:00-3:00

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Euchre Party

January 30, February 27,
March 26

1:00 p.m. — 3:30 p.m.

Petoskey Friendship Center

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Senior Events

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

- February 1 - Creative Card Making Class at Petoskey Friendship Center at 1:00 p.m.
- February 7 - Free Hearing Tests by appointment
- February 9 - Book Club discussion of "Girl in Ice" at 1:00 p.m.
- February 13 - Hand Massages at Petoskey Friendship Center from 10:30 a.m. to noon
- February 13 - Movie "The Lost Valentine" at Huber Senior Center at 1:00 p.m.
- February 14 - Huber Senior Center is closed
- February 14 - Snowflake Luncheon at 11:15 a.m. (Registered guests only)
- February 21 - Presentation "Hemingway's Petoskey" at 1:00 p.m.
- February 22 - Eyeglass Clinic & Hearing Aid Service
- February 22 - Presentation "Understanding Hearing Loss and Practical Solutions"
- February 23 - Hand Massages at Huber Senior Center at 11:30 a.m.
- February 23 - Book Club discussion of "Real Easy" at 1:00 p.m.
- February 27 - Euchre Party at 1:00 p.m.
- February 28 - Hearing Aid Clinic at Huber Senior Center at 1:00 p.m.



Presentation "Hemingway's Petoskey"

Wednesday, February 21

1:00 p.m.

Petoskey Friendship Center

Presented by Chris Struble of Petoskey Yesterday

Petoskey held great significance for Hemingway. The Hemingway family frequently visited Petoskey and Ernest lived here in 1919. Discussing the Hemingways' Petoskey connections while visiting places they would have known. It also explores how Ernest used his experiences here as inspiration for his first novel. Join us for an interactive and engaging presentation!

Huber (Brutus) Senior Center

Monday

Strength & Balance	10:30-11:15
Line Dancing	1:00-2:30

2nd Tuesday of the Month

Veterans Coffee Hour	10:00-11:00
Technology Assistance	11:00-12:00
Movie & Snacks	1:00-2:30

Wednesday

Yoga for All	9:15-10:05
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Thursday

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

Friday

Tai Chi (Jan 5 - Feb 23)	10:30-11:15
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Snowflake Luncheon

Wednesday, February 14, 2024

Doors open at 11:15 a.m.

Petoskey Friendship Center

Reservations required.

If you have reservations and can no longer make it, please stop by the Petoskey Center front desk or call (231) 347-3211 to cancel, so we can add people from the waitlist.

BOOK Club

2nd and 4th Friday
1:00 p.m. to 3:00 p.m.
Petoskey Friendship Center

February 9: *Girl in Ice* by Erica Ferencik
A harrowing thriller set in the unforgiving landscape of the Arctic Circle.

February 23: *Real Easy* by Marie Rutkoski
An adult mystery in the captivating world of clubs, dancers, and a murder.