



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 - March 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.				1 Fettuccine Alfredo Spinach Stewed Tomatoes Pears Garlic Biscuit
4 Chicken Parmesan Pasta Broccoli & Cauliflower Diced Peaches Bread	5 Taco Bar Refried Beans Mexican Rice Tropical Fruit Tortillas	6 Pork Chop Suey Water Chestnuts & Bamboo Shoots White Rice Oriental Vegetables Apples Bread	7 Salisbury Steak Potatoes Zucchini Oranges Bread	8 Roasted Vegetable Lasagna Carrots Beets Pineapple Garlic Biscuit
11 Pork Chops Scalloped Potatoes Capri Vegetables Applesauce Bread	12 Homemade Beef Chili Peas & Carrots Diced Pears Corn Bread	13 Baked Chicken Mashed Potatoes Green Beans Tropical Fruit Biscuit	14 All Beef Hot Dog Diced Potatoes Winter Blend Vegetables Fruited Jell-O Bread	15 Vegetable Egg Rolls Fried Rice Cottage Cheese Oriental Vegetables Pineapple Tidbits
18 St. Patrick's Day Lunch Corned Beef Red Potatoes Cabbage Carrots Fruit Rye Dinner Roll 	19 Ham & Cheese Sliders Diced Potatoes Green Beans Pineapple Dinner Roll	20 Chicken Nuggets Macaroni & Cheese Capri Vegetable Banana Bread	21 Homemade Meatloaf Mashed Potatoes Mixed Vegetables Apricots Bread	22 Crab Cakes Oven Roasted Potatoes Brussels Sprouts Fruit Cocktail Bread
25 Spaghetti & Meatballs Peas & Carrots Tropical Fruit Garlic Biscuit	26 Turkey Breast Meat Mashed Potatoes Beets Baked Pumpkin Bread	27 Smothered Pork Chops Scalloped Potatoes Mixed Vegetable Applesauce Bread	28 Baked Chicken Mashed Potatoes Yellow Beans Peaches Biscuit	29 Closed for Good Friday 

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



### Free Hearing Aid Service

Dr. Adam Wong, Au.D., from Little Traverse Hearing will be at the Petoskey Friendship Center typically on the last Thursday of each month to clean and adjust your hearing aids. He will also be at the Huber Senior Center quarterly. Appointments are not necessary.



## 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

Swatball	10:00-11:00
Book Club (2nd & 4th Friday)	1:00-3:00

### Book Club

**March 8: *My Friend Anne Frank* by Hannah Pick Goslar** *Story of a Holocaust survivor and her friendship and childhood during one of the darkest periods in world history.*

**March 22: *Fifty Words for Rain* by Asha Lemmie** *A heart-warming coming-of-age novel about a young women's quest for acceptance in post WWII Japan.*

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

March 5 - Presentation "Avoiding Scams" at 1:00 p.m.

March 6 - Pet Visit by Little Traverse Bay Humane Society at 11:00 a.m.

March 7 - Presentation "Emmet County Recycling" at 1:00 p.m.

March 11 - Hand Massages at 10:30 a.m.

March 13 - Alzheimer's/Dementia Support Group Guest Speaker at 2:00 p.m.

March 13 - Wilderness Survival at Susan Creek Nature Preserve at 1:00 p.m.

March 19 - Presentation "Standing Firm (part 1)" at 1:00 p.m.

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

March 26 - Entertainment by Sugar Moon Band at Huber Senior Center at 11:30 a.m.

March 26 - Presentation "Standing Firm (part 2)" at 1:00 p.m.

March 26 - Euchre Party at 1:00 p.m.

March 28 - Entertainment by Lee Anne Whitman at 11:30 a.m.

March 29 - All Centers closed for Good Friday

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**Alzheimer's Disease/  
Dementia Support**  
Second Wednesday  
2:00 - 3:30 p.m.

**Caregiver Support**  
Fourth Thursday  
1:30 - 3:00 p.m.

**Diabetes Support**  
Second Monday  
10:00 - 11:00 a.m.

**Parkinson's Support**  
Fourth Wednesday  
2:00 - 3:30 p.m.



## 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

### 4th Friday of the Month

Hand Massages	11:30-12:00
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## \$10,000 Drawdown Raffle

**Saturday, May 11, 2024 5-9 p.m.**

Grand Unity Event Center, 1106 Charlevoix Ave., Petoskey

**13 Cash Prizes Awarded, including a Grand Prize of \$10,000!**

Event also includes Gift Basket Raffles and a 50/50 Raffle. Proceeds support senior programs and services offered by Friendship Centers of Emmet County.

**\$150 ticket includes 1 raffle drawing entry, 1 admission, 1 dinner ticket, and 2 drink tickets.**

### Tickets available.

- ♦ Mail check for \$150 to FCEC Lucky Ticket, 1322 Anderson Road, Petoskey, MI 49770
- ♦ Call (231) 347-3211 with credit card information



You do not need to be present to win cash prizes. Must be 21 or older to enter.

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