

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 - April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Cordon Bleu Oven Roasted Baby Potatoes California Mix Vegetables Cheesecake Dinner Roll	2 Cheeseburgers Diced Potatoes Mixed Vegetables Apple Bun	3 Baked Potato Bar Diced Ham Green Onions Cheese Sauce Broccoli Banana Bread	4 Cabbage Roll Potato Zucchini Fruit Cocktail Bread	5 Chicken Cavatappi Stewed Tomatoes Carrots Garlic Biscuit
8 Sloppy Joes Sweet Potato Fries Capri Vegetables Pineapple Tidbits Bun	9 Baked Chicken Rice Italian Green Beans Blushing Pears Biscuit	10 BBQ Pork Chops Scalloped Potatoes Brussels Sprouts Applesauce Bread	11 Soup & Salad Bar Fresh Vegetables Homemade Soup Oranges Crackers & Bread	12 Chicken Breast Sandwich Hash Brown Rounds Broccoli w/ Cheese Sauce Tropical Fruit Bun
15 Crab Cakes Wild Rice Mixed Vegetables Apricots Bread	16 Swedish Meatballs Pasta Winter Blend Vegetables Fruited Jell-O Bread	17 Supreme Pizza Yellow Squash Bananas	18 Turkey Casserole Dressing Peas & Carrots Pears Bread	19 Chili Dog Seasoned Potatoes Broccoli Pineapple Bun
22 Baked Chicken Mashed Potatoes Green Beans Diced Pears & Peaches Biscuit	23 Meat Lasagna Peas & Carrots Blueberries Garlic Biscuit	24 Pork Fritter Wild Rice Beets Applesauce Bread	25 Chicken Fettuccini Alfredo Spinach Stewed Tomatoes Garlic Biscuit	26 Mushroom-Swiss Burger Oven Roasted Potatoes Yellow Squash Mandarin Oranges Bun
29 Battered Tavern Pollack Seasoned Potatoes Broccoli Pineapple Bread	30 Soup & Salad Bar Fresh Vegetables Homemade Soup Strawberry Applesauce Crackers & Bread	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.		

Foot Care by RNs

\$25
for Emmet County Residents

\$30
for out-of-county Residents

Call to schedule an appointment:

Petoskey (231) 347-3211
Huber (Brutus) (231) 529-8803



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/>



April is National Volunteer Month. Contact Retired Senior Volunteer Program staff Christy or Mary Margaret if you are interested in becoming a volunteer.



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

Estate Planning

Tuesday, April 23 at 1:00 p.m.
Petoskey Friendship Center

Presented by: Ian Mitchell of Bassett Murray Law Group, PLLC with special guest Jane Bassett

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
Eyeglass Clinic (1st Wed.)	11:00-12:00

Thursday

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

Friday

Hand Massages (4th Fri.)	11:30-12:00
Corn Hole	1:00-2:00

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

- April 2 - Presentation "Standing Firm (part 3)" at 1:00 p.m.
- April 8 - Hand Massages at 10:30 a.m.
- April 8 - Solar Eclipse Viewing Party at 1:30 p.m.
- April 9 - Presentation "Standing Firm (part 4)" at 1:00 p.m.
- April 9 - Movie "Singin' In the Rain" at Huber Senior Center at 1:00 p.m.
- April 12 - Book Discussion "Koresh: The True Story of David Koresh" by Steven Talty at 1:00 p.m.
- April 17 - The Care Team Presentation at 1:00 p.m.
- April 17 - Nature Journaling at Raunecker Nature Preserve at 1:00 p.m.
- April 23 - Presentation "Estate Planning" at 1:00 p.m.
- April 25 - Sit & Paint at 1:00 p.m.
- April 26 - Hand Massages at Huber Senior Center at 11:30 a.m.
- April 26 - Book Discussion "The Sky Vault" by Benjamin Percy at 1:00 p.m.

Spring Soirée & Prize Draw

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

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

Event also includes Prize Raffles of Themed Trees donated by area businesses, a 50/50 Raffle, and more.

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.

License No. R72575

Solar Eclipse Viewing Party

**Monday, April 8
1:30-2:30 p.m.**

Petoskey Friendship Center

Join us for a unique experience as we witness the awe-inspiring solar eclipse. Solar eclipse glasses and themed snacks will be provided.

Do NOT look at the solar eclipse without proper solar eclipse glasses.

