

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 - June 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Homemade Beef Chili Diced Carrots Apricots Cornbread Muffins	<b>4</b> Baked Chicken Mashed Potatoes Green Beans Blueberries Biscuit	<b>5</b> Cabbage Roll Potato Mixed Vegetables Banana Bread	<b>6</b> Soup & Salad Bar Homemade Soup Fresh Vegetables Apple Crackers Bread	<b>7</b> Chicken Breast Sandwich Diced Sweet Potatoes Broccoli Fruit Cocktail Bun
<b>10</b> Pork Egg Rolls Fried Rice Oriental Vegetable Pineapple Tidbits Fortune Cookies	<b>11</b> Homemade Meatloaf Potato Mixed Vegetables Tropical Fruit Bread	<b>12</b> Chicken Nuggets Sweet Potato Tater Tots Capri Vegetables Oranges Bread	<b>13</b> Porkchops with Garlic Cream Sauce Wild Rice Brussel Sprouts Applesauce Bread	<b>14</b> Homemade Beef Stew Baby Potatoes Mixed Vegetables Pudding Biscuit
<b>17</b> Baked Chicken Mashed Potatoes Peas Dessert Biscuit	<b>18</b> Battered Tavern Pollack Wild Rice Broccoli Blueberries Bread	<b>19</b> Salisbury Steak Potato Carrots Apples Bread	<b>20</b> Chicken Cavatappi Stewed Tomatoes Zucchini Tropical Fruit Garlic Biscuit	<b>21</b> Soup & Salad Bar Homemade Soup Fresh Vegetables Fresh Pears Crackers Bread
<b>24</b> Beef Pot Roast Potato Carrots Diced Pears Bread	<b>25</b> Turkey Dressing Italian Green Beans Diced Peaches Bread	<b>26</b> Smothered Pork Chops Wild Rice Yellow Squash Applesauce Bread	<b>27</b> Homemade Meat Lasagna Cauliflower Broccoli Banana Garlic Biscuit	<b>28</b> Breakfast Taco Salsa Scrambled Eggs Hash Browns Cubed Sausage Links Oranges Tortilla

Lunch is served Monday through Friday at noon at the Petoskey Friendship Center and the Huber (Brutus) Senior Center. *We proudly serve local Michigan products in all our meal programs.*

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

## 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
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

## 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
Eyeclinic (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
Tai Chi	10:30-11:15 beginning 6/7/24
Corn Hole	1:00-2:00

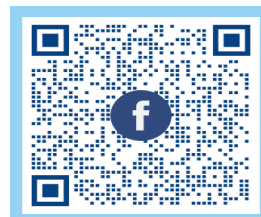
**SeniorEvents** Find event details online or check out the flyers at each center. Unless noted, events are at Petoskey Friendship Center.

- June 4 - Titanic Presentation "Truths and Myths" 1:00pm
- June 10 - Hand Massages 10:30am
- June 12 - Vintage Views Walking Tour (downtown Petoskey) 10:30
- June 12 - Cooking for One Session 1 of 6, Huber Center 12:45pm-2:45pm
- June 13 - Pizza & Puzzles 4:30pm to 7:00pm
- June 14 - Kayak Adventures at Round Lake 10:30/1:00 \*registration required
- June 14- Blood Drive 10:00am to 2:30pm \*registration required
- June 19- Cooking for One Session 2 of 6, Huber Center 12:45pm-2:45pm
- June 19 - LTC Hindel-Ross Trail Hike 1:00pm
- June 20 - MDOT Presentation "Mackinaw Bridge Then & Now"
- June 25 - Nautical North Ship Wreck Tour 12pm \*\$25 /registration required
- June 25 - Presentation "The Lucy" 1:00pm Huber Center
- June 26- Cooking for One Session 3 of 6, Huber Center 12:45pm-2:45pm
- June 27- Hearing Aid Clinic 11:30 to 12:30

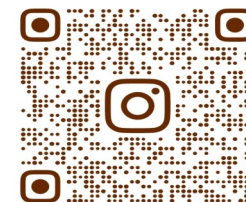
## Free Hearing Aid Service



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.



Scan these QR codes with your phone to access Friendship Centers' Facebook and Instagram accounts.



### Senior Kayaking Adventure on Round Lake

June 14 10:30 & 1:00

1 1/2 Hour paddle along the shores of beautiful Round Lake. Kayaking overview and safety instruction's will be given before going into the water.

To register contact Brittney at 231-347-3211 or [brittney@emmetcoa.org](mailto:brittney@emmetcoa.org)

