

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

Swat ball	10:00-11:00
Book Club (2nd & 4th Friday)	1:00-3:00
Tai Chi beginning 7/19	9:00-9:45

BOOK
Club

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

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

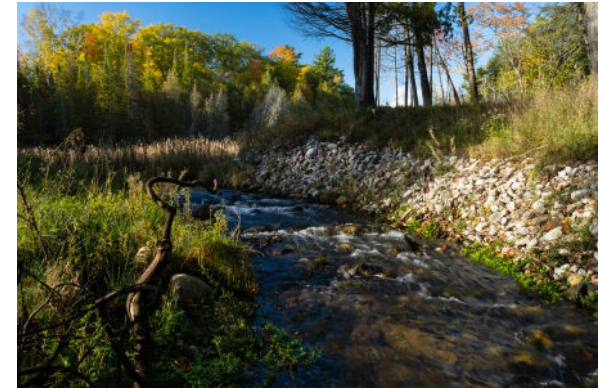
Yoga for All	9:15-10:05
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Thursday

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

Friday

Hand Massages (4th Fri.)	11:30-12:00
Tai Chi	10:30-11:15
Corn Hole	1:00-2:00



Boo Litzenburger Preserve Hike

July 17

Join Us for a summer afternoon hike!
This Property is surrounded by mixed hardwoods and has a serene one-mile trail with an overlook and path along 5 Mile Creek .

To register contact Brittney at 231-347-3211 or brittney@emmetcoa.org

SeniorEvents

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

July 4– Closed Independence Day

July 10- Cooking for One Class 4 of 6 Brutus

July 10– Kayak Adventure 10:30/1:00 *registration required

July 11– McLaren Presents: Navigating Health Care 1:00

July 17– Boo Litzenburger Trail Hike 1:00 *registration required

July 12 - Friendship Center Car Show 11-2:00

July 15 - Card Making with Chris 1:00 Petoskey *registration required /\$10 registration fee

July 16 - MSU Ext Presents: Mindful Eating 1:00

July 17 - Cooking for One Class 5 of 6 Brutus

July 22 - MSU Ext Presents: Food Budgeting and Meal Planning 1:00

July 23 - Card Making with Chris 1:00 Brutus*registration required with \$10 registration fee

July 24 - Cooking for One Class 6 of 6 Brutus

July 25 - Hearing Aid Clinic 11:30 –12:30

July 29 - Caregiver Wellbeing Series: Caring for a loved one with Dementia 3:00 to 4:00

*registration required

July 29 - Boot Scootin' Picnic 11: 00 Brutus

July 30 - EMF Information Booth 11:30-12:30



Come join us on Friday, July 12th for our Annual Car Show at the Petoskey Friendship Center. The festivities will kick off at 11am and run until 2pm, complete with lunch and refreshments on hand.