

## Petoskey Friendship Center

### Monday

Cardio Drumming	9:00-9:45
Hand Massage (2nd Monday of each month)	10:30-11:30
Painting Group	1:00-3:30
Cards for All	1:00-3:30
Cribbage & Cards	1:00-3:30

### Tuesday

Yoga for All	9:00-9:45
Cell Phone Tech Assistance	11:30-12:30
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
Cards for All	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
-----------	-------------



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)

## Senior Events

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

October 7- Secretary of State Mobile Office 10am to 2pm  
 October 8- George Robson Presents "Bath School Massacre" 1pm to 2pm  
 October 8- Petoskey Center Flu Clinic 9am to 12pm  
 October 8- LTC Hoffman Nature Preserve Hike & Cider Making 1pm  
 Registration Required  
 October 9- Cricket Mobile "Tech Education" Presentation at 1pm at the Brutus Center  
 October 17- Cricket Mobile "Tech Education" Presentation at 1pm at the Petoskey Center  
 October 15- Crochet for Beginners with Kortney Homik 1pm to 2pm  
 October 16- George Robson Presents "Bath School Massacre" 1pm to 2pm at the Brutus Center  
 October 18- Brutus Center Flu Clinic 11am to 12pm  
 October 22- Alzheimer's: What you can do. Educational Video 1pm to 2pm  
 October 31- ELDERWEEN 11am to 1pm : Petoskey and Brutus Locations

*Are you the primary caregiver of a senior who requires supervision 24 hours a day, or know someone who is?*

Let Friendship Centers of Emmet County provide temporary relief, enabling you to take a much-needed break from the demands of caregiving. Our respite caregivers provide supervision and/or assistance with daily living activities.

## 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
Movie & Snacks	1:00-2:30

### Wednesday

Yoga for All	9:15-10:05
Cell Phone Tech Support (1st Wednesday of each month)	11:30 - 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

## Friendship Center Support Groups

### Alzheimer's/Dementia Support Group

2nd Wednesday of each month at 2:00pm

### Caregiver Support Group

4th Thursday of each month at 1:30pm

### Diabetes Support Group

2nd Monday of each month at 10:00am

### Parkinson's Support Group

4th Wednesday of each month at 2:00pm

All Support Groups are held in the Game Room at the Petoskey Friendship Center.

Contact Suzanne Holguin, MSN, RN at

231-347-3211 ext.117 or [sholguin@emmetcoa.org](mailto:sholguin@emmetcoa.org)