

## 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 & Game for All	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
Cards & Games for All	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 & Games for All	12:30-3:30
Bingo	1:00-3:00

### 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
Tai Chi begins 1/10	9:00-9:45

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

Jan 3rd—Sound Bath Experience with Kayla 1:00pm  
 Jan 7th—Munson Healthcare Presentation 1:00pm  
 Jan 8th— LTBB presents “Fraud & Scams” 1:00pm Brutus  
 Jan 10th-Tai Chi begins at Petoskey and Brutus Center  
*See activities list for days and times.*  
 Jan 10th-Video Presentation “Ghost Ships of the Great Lakes” 1:00pm  
 Jan 13th-New Support Group Presentation” Grief & Loss” 1:00pm  
 Jan 22nd-LTC Headlands Dark Sky Park Outing - **Registration Required**  
 Jan 24th-Video Presentation “ Sunken Gunships Frozen in The Great Lakes” 1:00pm  
 Jan 29th– Brutus Center Hearing Aid Clinic 11:30 to 12:30  
 Jan 30th– Petoskey Hearing Aid Clinic 11:30 to 12:30  
 Jan 31st-Video Presentation “SS Edmund Fitzgerald “ 1:00pm



## Snowflake Luncheon

### Friday, February 14th

Registration Begins January 2nd

Call 231-347-3211 to save your spot !!



## Huber (Brutus) Senior Center

### Monday

Strength & Balance	10:30-11:15
Line Dancing	1:00-2:30

### 1st Tuesday of the month

Trivia with Brenda	11:30-12:00
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### 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
Tai Chi begins 1/10	10:15-11:00

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)  
 Facebook: [https://www.facebook.com/  
 FriendshipCentersofEmmetCounty](https://www.facebook.com/FriendshipCentersofEmmetCounty)



## RSVP

“Remarkable Seniors and Volunteers Program”



Contact Remarkable Senior & Volunteers Program staff Christy or Mary Margaret at 231-347-3211 if you are interested in becoming a volunteer or for volunteer opportunities.