

Petoskey Friendship Center

Monday

Cardio Drumming	9:00-9:45
Painting Group	1:00-3:30
Cards & Game for All	1:00-3:30

Tuesday

Yoga for All	9:00-9:45
Bridge	9:00- 12:00
Wii Bowling	1:00-3:30
Cards & Games for All	1:00-3:30
Line Dancing	2:00-3:30

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
Bridge	9:00- 12:00
Veteran's Coffee Hour	10:00-11:00
Yoga for All	2:30-3:30

Friday

Tai Chi	9:00-9:45
Swat ball	10:00-11:00

Senior Events

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

May 1st– Greenwood Cemetery : A Walk Through History 1 pm

May 2nd- “Mackinac's Forgotten Features” Video Presentation 1 pm

May 2nd– Spring Tea Social—Brutus 1:30 pm
call to register 231-529-8803

May 5th– Andy Backus Photography Presentation 1 pm

May 9th– Community Mental Health Movie & Presentation 1 pm

May 12th– Beekeeping with Eric Wagenschutz 1 pm

May 13th– The Secretariat Movie Viewing Brutus 1 pm

May 15th– Balance Class with Becky Goral 1:30 pm

May 20th– CO2 & Smoke Detector Safety w/Fire Chief Al Welsheimer 1pm

May 21st– Community Mental Health Movie & Presentation Brutus 1pm

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

Grief & Loss Support Group

Every Tuesday at 2:00pm

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

3rd Tuesday of the month

Trivia with Brenda	11:30-12:00
Throwback Tuesday	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

Tai Chi	10:30-11:00
Cardio Drumming	1:00-2:00

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.

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>