

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

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>

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

Jun 2nd– Versiti Blood Drive 10am to 2:30pm

June 5th– Breanna's Ride Presentation 1:00pm

June 6th– Destination Michigan Viewing 1:00pm

June 9th– NMORC Presentation 1:00pm

June 10th– Brutus Movie "Overboard" 1:00pm

June 13th– History of Friday the 13th Video Presentation 1:00pm

June 17th– Lavender Hill Farm Field Trip 10:00am
Registration Required– Limited spots available \$10 Fee

June 20th– FCEC Picnic & Concert 11:30am to 1:30pm

June 26th– Hearing Aid Clinic 11:30am to 12:30pm

June 27th– Wellness Clinic– Tapping and Soundbath 1:00pm

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

Parkinson's Support Group

4th Wednesday of each month at 2:00pm

Huber (Brutus) Senior Center

Monday

Strength & Balance	10:30-11:15
Line Dancing	1:15-2:45

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	1:15-2:45



Friday, June 20th

Petoskey Friendship Center

Picnic and Concert

Entertainment by: TBA

