

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 Center: 231-347-3211

Brutus Center (Huber): 231-529-8803

Website: www.emmetcoa.org

Email: info@emmetcoa.org

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

Tik Tok: @friendshipcenters

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

Oct 2: Greenwood Foundation Fall Wagon Ride 1pm ***Registration Required**
 Oct 3: Flu Clinic 9:00am-12:00pm ***Call 800-432-4121 for an appointment**
 Oct 10: Sound Bath w/ Kayla 1:00pm
 Oct 21: Hospice 101 1:00pm
 Oct 25: Branching out for a Cause Fundraiser 4:00pm ***Get your ticket now!**
 Oct 27: SOS Mobile Office 10:00am-2:30pm
 Oct 28: Fire Prevention Presentation 10:00am
 Oct 31: Elderween-Wear a Costume for extra fun!

Branching out for a cause

Join Friendship Centers of Emmet County

for our annual fundraiser

October 25, 2025 4pm

Tickets: \$150
 includes dinner, drinks
 and a chance for the
 Grand Prize or one of 12
 other cash prizes!

Grand Unity Center
 1106 Charlevoix Ave
 Petoskey MI 49770

To purchase:
 Email jill@emmetcoa.org OR
 Call 231-347-3211 OR
 Scan the QR code



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
--------------------	-------------

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
--------------	------------

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

