

Petoskey Friendship Center

Monday

Cardio Drumming	9:00 to 9:45
Zumba	10:15 to 11:00
Painting Group	1:00 to 3:30
Cards and Games	1:00 to 3:30
Euchre	1:00 to 3:30

Tuesday

Yoga	9:00 to 9:45
Bridge	9:00 to 12:00
Wii Bowling	1:00 to 2:00
Cards and Games	1:00 to 3:30
Line Dancing	2:00 to 3:30

Wednesday

Senior Fitness	8:45 to 9:30
Senior Line Dancing	10:00 to 11:30
Blood Pressure Screening	11:15 to 12:15
Cards and Games	12:30 to 3:30
Bingo	1:00 to 3:00

Thursday

Cardio Drumming	8:45 to 9:30
Bridge	9:00 to 12:00
Veterans' Coffee Hour	10:00 to 11:00
Yoga	2:30 to 3:30

Friday

Tai Chi	9:00 to 9:45
Swat Ball	10:00 to 11:00

Support Groups

at the
Petoskey
Friendship Center

Grief & Loss
Every Tuesday at
2:00pm

Diabetes
2nd Monday of each
month at 10:00am

Alzheimer's & Dementia

2nd Wednesday of
each month at
2:00pm

Parkinson's

4th Wednesday of
each month at
2:00pm

Caregiver

4th Thursday of each
month at 1:30pm



Friendship Centers OF EMMET COUNTY

Website: www.emmetcoa.org

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

Tik Tok: [@friendshipcenters](https://www.tiktok.com/@friendshipcenters)

Youtube: [FriendshipCentersofEmmetCounty](https://www.youtube.com/c/FriendshipCentersofEmmetCounty)

Instagram: [@Friendship.Centers](https://www.instagram.com/@Friendship.Centers)

Petoskey Friendship Center

Mon-Fri 8:30am to 4:00pm
(231) 347-3211
1322 Anderson Rd.
Petoskey, MI 49770

Huber Senior Center

Mon-Fri 10:00am to 3:00pm
(231) 529-8803
6436 E. Brutus Rd.
Brutus, MI 49716

Senior Events

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

Jan 1: Both Facilities Closed

Jan 2: Registration begins for Snowflake Luncheon

Jan 9: Wellness Workshop starts at 9:00am

Jan 9: Book Discussion Group at 1:00pm

Jan 9: Tai Chi canceled at both locations

Jan 13: The Truth About Human Trafficking at 1:00pm *Huber*

Jan 13: Snowflake Craft at 10:00am

Jan 14: Hospice 101 at 10:30am *Huber*

Jan 15: The Truth About Human Trafficking at 1:00pm

Jan 20: Winter Snowshoe Hike at 1:00pm to 3:00pm *RSVP*

Snowshoe rental is \$6.00 | Location: McCune Nature Preserve

Jan 21: Snowflake Craft at 10:00am *Huber*

Jan 22: Hearing Aid Clinic at 11:30am to 12:30pm

Jan 22: Medicare 101 at 1:00pm

Jan 23: Phone Tech Assistance at 11:30-12:30

Jan 26: Successful Aging Presentation at 1:00pm

Jan 27: Medicare 101 at 1:00pm *Huber*

Jan 28: Phone Tech Assistance at 11:30-12:30 *Huber*

Huber Senior Center

Monday

Strength and Balance	10:30 to 11:15
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1st Tuesday of the Month

Trivia with Brenda	11:30 to 12:00
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2nd Tuesday of the Month

Veterans' Coffee Hour	10:00 to 11:00
Movie and Snacks	1:00 to 2:30

3rd Tuesday of the Month

Trivia with Brenda	11:30 to 12:00
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Wednesday

Yoga	9:15 to 10:00
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1st Wednesday of the Month

EFT Tapping	10:15 to 11:00
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Thursday

Cards and Games	10:00 to 11:30
Penny Bingo	12:30 to 2:30

Friday

Tai Chi	10:30 to 11:15
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New Year Retreat Wellness Workshop

Rejuvenate your mind, body, and soul after the hustle and bustle of the holidays at our wellness workshop. Stop by for any or all of our relaxing activities lined up throughout the day, to start the new year off right!

WHEN:
JANUARY 9TH, 2026

WHERE:
PETOSKEY FRIENDSHIP CENTER
1322 ANDERSON RD
PETOSKEY, MI 49770

Zumba
9:00 AM - 9:45 AM

Yoga
10:15 AM - 11:15 AM

Mindfulness Meal
12:00 PM - 12:30 PM
Lentil & Tomato Curry

Sound Bath
1:00 PM - 2:00 PM

EFT Tapping
2:30 PM - 3:30 PM

Book Discussion Group
1:00 PM - 2:00 PM
First Meeting!

Happy New Year