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

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
Tik Tok: @friendshipcenters
Youtube: FriendshipCentersofEmmetCounty
Instagram: 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.

Tues. 3: Advanced Care Planning & 5-Wishes at 1pm
Wed. 4: Senior Bus Tour shuttle meets at FCEC at 10:30am
Fri. 6: Mobile Secretary of State at 10am to 2pm
Tues. 10: Avoiding Scams and Fraud at 1pm *Huber*
Tues. 10: Book Discussion Group at 1pm
Wed. 11: Hearts in Nature Hike at 1pm to 3pm *RSVP required* *Location: Susan Creek Nature Preserve* *Optional: Snowshoe rental for $6.00*
Thurs. 12: Petoskey afternoon activities canceled
Fri. 13: Snowflake Luncheon: Petoskey opens at 11am and ALL activities canceled. Huber is closed all day.
Mon. 16: Strength and Balance canceled *Huber*
Mon. 16: Yoga at 1pm *Huber* Yoga instructor in training!
Tues. 17: Medicare 101 at 1pm *Huber*
Thurs. 19: Avoiding Scams and Fraud at 1pm
Thurs. 19: Hearing Aid Clinic at 11:30am to 12:30pm
Mon. 23: Successful Aging at 1pm *Huber*
Mon. 23: Phone Tech Assistance at 11:30am to 12:30pm
Tues. 24: AARP Drivers Safety Course at 10am to 3pm *Cost: $20.00*
Wed. 25: Phone Tech Assistance at 11:30am to 12:30pm *Huber*
Thurs. 26: Dental Presentation at 1pm

Parkinson's Exercise Class brought to us by Matthew Bondy, CPT & Andrea Ancel, PT, DPT
Meets every Tuesday in February and March from 10am to 11:30am

Huber Senior Center

Monday

Strength and Balance	10:30 to 11:15
Line Dancing (Apr. to Dec.)	1:15 to 2:45

Tuesday

Cardio Drumming (Apr. to Dec.)	10:00 to 11:00

1st Tuesday of the Month

Trivia with Brenda	11:30 to 12:00

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

Wednesday

Yoga	9:15 to 10:00

1st Wednesday of the month

EFT Tapping	10:15 to 11:15

Thursday

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