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
PWR! Moves for Parkinson's	10:00 to 11:15
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

Petoskey Friendship Center
Supportgroups@emmetcoa.org

Grief & Loss Support
Every Tuesday at 2:00pm

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

Alzheimer's & Dementia Support
2nd Wednesday of each month at 2:00pm

Parkinson's Support
4th Wednesday of each month at 2:00pm

Caregiver Support
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.

Fri. 3: Both locations are closed for Good Friday
Mon. 6: Social Media Safety Presentation at 1:00
Tues. 7: Lighthouse Presentation at 1:00
Wed. 8: Lighthouse Presentation at 1:00 *Huber*
Fri. 10: Mobile SOS visit at 10:00-2:00
Mon. 13: Scams & Fraud Presentation at 1:00
Tues. 14: Easy Readers (book discussion group) at 1:00
*April Book: *Island of The Missing Trees* by Elif Shafak
Thurs. 16: Wilderness Survival Skills at 1:00-3:00
*Location: Pond Hill Farm (Harbor Springs)
RSVP Required → Call (231) 347-3211
Fri. 17: Euchre Tournament at 5pm-8pm *Cost: $15.00*
Location: Elder Piper Brewery
RSVP Required → Call (231) 347-3211
Mon. 20: Phone and Tech. Support at 11:30-12:30
Tues. 21: Spring Revival Workshop
Wed. 22: Hearing Aid Clinic at 11:30-12:30
Wed. 22: Phone and Tech. Support at 11:30-12:30 *Huber*
Wed. 22: Titanic Series - Truths and Myths at 1:00 *Huber*
Wed. 22: Project Connect at 10am-3pm
Location: North Central Michigan College
Thurs. 23: Dental Hygiene Presentation at 1:00
Thurs. 23: Vernal Pool Presentation at 1:00 *Huber*
Mon. 27: Titanic Series - The Lucy at 1:00
Wed. 29: Titanic Series - The Lucy at 1:00 *Huber*
Thurs. 30: Lake Huron Red Trails at 1:00

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

Friday

Tai Chi	10:30 to 11:15

Earth Day
Spring Revival Workshop

Tues. April 21st | Petoskey F.C.

Yoga	Craft with Ruth	Lunch
Sound Bath	Cards & Games	Line Dancing