

## Petoskey Friendship Center

Mon-Fri 8:30am to 4:00pm

(231) 347-3211

1322 Anderson Road, Petoskey, MI 49770

### Daily Activities

#### **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
Cards and Games	1:00 to 3:30
Mahjong (Summer months)	1:00 to 3:30
Senior Line Dancing	2:00 to 3:30

#### **Wednesday**

Senior Fitness	8:45 to 9:30
Intermediate 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

#### **1st and 3rd of the Month**

50/50 11:15 to 11:45

#### **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](mailto:Supportgroups@emmetcoa.org)

#### **Diabetes Support**

#### **Parkinson's Support**

2nd Monday of each month at 10:00am

4th Wednesday of each month at 2:00pm

#### **Alzheimer's & Dementia Support**

#### **Caregiver Support**

2nd Wednesday of each month at 2:00pm

4th Thursday of each month at 1:30pm



## Friendship Centers OF EMMET COUNTY

**Website:**

[www.emmetcoa.org](http://www.emmetcoa.org)

**Tik Tok:**

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

**Facebook:**

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

**Instagram:**

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

**Youtube:**

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

### This Month's Events

Find event details online or check out the flyers at each center.  
Unless otherwise noted, events are at the Petoskey Friendship Center.  
**Follow us on social media, call us, or stop-in for changes or updates!**

**Wed. 1: 250th Anniversary of America:** Photo Booth all day

*Wear your new Tie Dye shirt or your patriotic attire!*

**Wed. 1:** Hearing Screenings / Exams at 9:00-12:00

*To schedule an appointment, call 231-347-3211*

**Wed. 1:** Titanic Series - Captain Smith: Was the deck Stacked Against Him? at 1:00 \*Huber\*

**Thurs. 2: 250th Anniversary of America:** Picnic & Ice Cream at both locations

**Thurs. 2:** Craft with Ruth at 1:00

**Fri. 3: Both locations closed!**

**Mon. 6:** Water Treatment presentation at 1:00

**Wed. 8:** Water Treatment presentation at 1:00 \*Huber\*

**Thurs. 9:** Hospice 101 presentation at 1:00

**Fri. 10: Summer Concert & Picnic at 11:30-12:30**

*11:00 Free produce pickup! While supplies last.*

*11:30-12:30 Performance by Stuart Fenton & Sally Page*

**Mon. 13:** Advanced Care Planning presentation at 1:00

**Tues. 14:** Oral Cancer Screenings at 10:00-1:00 \*Huber\*

*To schedule an appointment, call 231-347-3211*

**Wed. 15:** Skilled Nursing presentation & Herb Gardening craft at 12:45 \*Huber\*

**Thurs. 16:** Mackinaw Bridge presentation at 1:00

**Mon. 20:** Skilled Nursing presentation & Herb Gardening craft at 1:00

**Tues. 21:** Oral Cancer Screenings at 10:00-1:00

*To schedule an appointment, call 231-347-3211*

**Thurs. 23:** Hearing Aid Clinic at 11:30-12:30

**Thurs. 23:** Boyne Mountain Sky Bridge walk at 1:00

*To RSVP, call 231-347-3211 | Deadline to sign up is Fri. 17th!*

*Meet us at Boyne Mountain's main circle drive | Cost: \$15.00 per person*

**Mon. 27:** The Third Act of Retirement presentation at 1:00

**Tues. 28:** First Chair Line Dancing Class at 1:15

**Wed. 29:** The Third Act of Retirement presentation at 1:00 \*Huber\*

**Thurs. 30:** Reflexology presentation at 1:00

**Fri. 31:** Blood Drive at 10:00-2:00

*To schedule an appointment, call 866-642-5663*

## Huber Senior Center

Mon-Fri 10:00am to 3:00pm

(231) 529-8803

6436 E. Brutus Road, Brutus, MI 49716

### Daily Activities

#### **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.)	10:15 to 11:00
--------------------------------	----------------

#### **1st of the Month**

Trivia with Brenda	11:30 to 12:00
--------------------	----------------

#### **2nd of the Month**

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

#### **3rd of the Month**

Trivia with Brenda	11:30 to 12:00
--------------------	----------------

#### **Wednesday**

Yoga	9:15 to 10:00
------	---------------

#### **1st 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
---------	----------------



**Fri. 6-26 | Dye-ing to Celebrate 250 Years**  
**1:00-3:30 Tie-Dye Shirts**

*Bring your own 100% cotton shirt and we'll provide the rest!*

**Wed. 7-1 | Stars, Stripes & Selfies**  
**9:00-4:00 Photo Booth Fun**

*Wear something patriotic or your tie-dye, and we'll supply the props!*

**Thurs. 7-2 | A Taste of Freedom**  
**12:00-2:00 250th Indoor Picnic Celebration**

*Don't miss the ice cream & prizes!*