



**Friendship Centers
OF EMMET COUNTY**

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 (Summers only)	1:00 to 3:30
Chair Line Dancing	1:15 to 1:45
Senior Line Dancing	2:00 to 3:30

2nd of the Month

Easy Readers (Book Group)	1:00 to 2:00
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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 & 3rd of the Month

50/50	11:15 to 11:45
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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

Website:

www.emmetcoa.org

Facebook:

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

Tik Tok:

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

Instagram:

[FriendshipCenters](https://www.instagram.com/FriendshipCenters)

Youtube:

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

**Follow us on social media, call us,
or stop-in for updates or changes!**

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.

Sat. 1: Trucking for Seniors at 11:00am to 11:00pm

Find participating trucks at their locations!

Mon. 3: Estate Planning at 1:00pm

Tues. 4: Stroke Education at 12:45pm *Huber*

Thurs. 6: Stroke Education at 1:00pm

Fri. 7: Learn The Game with Ruth at 1:00pm

Mon. 10: Caregiver Bank Account at 1:00pm

Tues. 11: Easy Readers

August Book: Sociopath by Patric Gagne

Tues. 11: Emmet County Fair: Senior Day (presentation) at 1:00pm

Wed. 12: Caregiver Bank Account at 12:45pm *Huber*

Thurs. 13: Weather with 7&4 News at 1:00pm

Mon. 17: Northern MI Sand Dunes at 1:00pm

Tues. 18: Hearing Exams at 12:00pm to 1:00pm *Huber*

Appointments required! Call 231-529-8803

Wed. 19: Northern MI Sand Dunes at 12:45pm *Huber*

Thurs. 20: Hearing Aid Clinic at 11:30am to 12:30pm

Thurs. 20: ALL afternoon daily activities are canceled at Petoskey F.C.

Fri. 21: Senior Expo at 11:00am to 2:00pm

ALL daily activities are canceled at Petoskey F.C.

11:00-2:00: Mobile Secretary of State

12:00-12:30: Picnic Lunch Outside

Mon. 24: Reflexology at 1:00pm

Wed. 26: Mackinac Bridge Presentation at 12:45pm *Huber*

Thurs. 27: Asahi at 1:00pm

Mon. 31: Titanic Series: Born in Belfast, Delivered by Harland & Wolff at 1:00pm

Mon. 31: Boot Scootin' Boogie at 11:00am *Huber*

12:00-12:30: Picnic lunch

1:00-2:30: Country Line Dancing

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
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1st of the Month

Trivia with Brenda	11:30 to 12:00
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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
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Wednesday

Yoga	9:15 to 10:00
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1st of the month

EFT Tapping	10:15 to 11:15
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Thursday

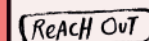
Cards and Games	10:00 to 11:30
Penny Bingo	12:30 to 2:30

Friday

Tai Chi	10:30 to 11:15
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Support Groups

Petoskey Friendship Center



Supportgroups@emmetcoa.org

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