



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
Mahjong (Summers only)	1:00 to 3:30
Cards and Games	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:

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

Youtube:

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

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

September's Events

Find event details online or check out the flyers at each center.

Unless otherwise noted, events are at the Petoskey Friendship Center.

Tues. 1: Estate Planning at 1:00pm

Wed. 2: Titanic Series: Born in Belfast, Delivered by Harland and Wolff at 1:00pm ***Huber***

Fri. 4: Flashback Friday at 12:00pm to 2:00pm

Fri. 4: Learn the Game with Ruth at 1:00pm

Mon. 7: Both locations CLOSED for Labor Day

Tues. 8: Easy Readers at 1:00pm

September Book: 1000 White Women by Jim Fergus

Tues. 8: Chronic Pain Program Begins at 10:30am

Tues. 8: Chronic Pain Program Begins at 12:45pm ***Huber***

Wed. 9: Little Big Pontoon Cruise at **10:00-11:30am AND 1:00-2:30pm**

Location: Boat Launch-8423 Channel Rd, Petoskey, MI 49770

RSVP required-7 spots for each cruise! Call 231-347-3211.

Wed. 9: Estate Planning at 1:00pm ***Huber***

Thurs. 10: Skilled Nursing & Mum Gardening Craft at 1:00pm

Mon. 14: 10 Warning Signs of Alzheimer's at 1:00pm

Tues. 15: Medicare 101 at 1:00pm

Tues. 15: Creative Card Making at 1:00pm ***Huber***

To RSVP, Call 231-529-8803 | Cost: \$10 for 5 cards

Wed. 16: Skilled Nursing & Mum Gardening Craft at 12:45pm ***Huber***

Thurs. 17: Hearing Aid Clinic at 11:30am-12:30pm

Mon. 21: Men's Health Seminar at 1:00pm

To RSVP, Call 231-347-3211

Wed. 23: Inland Water Route Historical Society at 12:45pm ***Huber***

Thurs. 24: Garden Recognition at 11:50am

Fri. 25: Both Locations CLOSED for Staff Training

Mon. 28: Mackinac Bridge at 1:00pm

Tues. 29: Weather with 7&4 News at 1:00pm

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