



April 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

IN THIS ISSUE

- Department Corner2
- Events and more.....3
- Miscellaneous4
- Canteen5
- Kawkawlin.....6
- Williams7
- Riverside8
- Hampton9
- Menus..... 11/12

**Department on Aging
Offices,
Home Delivered
Meals, and
Activity
Centers
will be closed for
Good Friday
On
Friday, April 18th**



Pinconning Euchre Tournament

Wednesday, May 21st

**Pinconning Community Center
200 N Mable St**

Pinconning, MI 48650

Cost: \$8.00 (60 years and Better),
\$10.00 (55-59 years) Non-Refundable

Registration Locations:

Kawkawlin Activity Center

Thursday, May 8th from 9:00am-12:00pm

Pinconning Community Center

Thursday, May 8th from 1:00pm-3:00pm

**Bay County Department on Aging
Main Office**

Anytime before Friday, May 9th from 8:00am to
5:00pm.

Registration and payment deadline is
Friday, May 9th.

If you have questions,
call (989) 895-4100 and ask to speak
with Patty Gomez.



WELCOME— Department Corner

A Prime Phishing Scam

Thousands of shoppers worldwide pay for an Amazon Prime membership to access special deals and fast shipping. Cybercriminals know this and attempt to use this to their advantage. In this week's scam, you receive an email alerting you that your Prime membership will soon expire. A link in the email directs you to a PDF file. If you open the PDF file, you will be redirected to what looks like an Amazon login page. Even though the login page looks genuine, it's actually fake and controlled by cybercriminals. If you enter your login information, the page asks for more sensitive data, such as your home address and credit card information. If you enter your personal information and credit card number, your Amazon Prime membership won't be renewed. Instead, cybercriminals will have stolen your login and financial information! Follow these tips to avoid falling victim to an Amazon Prime phishing scam:

- You should always be cautious when opening an attachment, especially if the email is unexpected. If you're concerned that your Amazon Prime membership has expired, go directly to Amazon's official website or mobile app to check its status. Be suspicious of emails that create a sense of urgency or request sensitive information. If you're unsure if an email is legitimate, contact Amazon directly through their official website or customer service number. Thank you to our Bay County Security Team!



Beth Eurich, Department on Aging Director

We look forward to seeing you at our April 24, 2025, Caregiver Education Meeting. We welcome Bay County Department of Veteran Affairs Service Officer Mark Kaczmarek from 1pm – 2pm on the second floor of the Bay County Building at 515 Center Ave Bay City, MI 48708. He will be talking about services that his office provides including assistance with applications for Aid and Attendance, VA Healthcare Enrollment, Compensation for Service-Connected Disability, and more. They aim to provide quality assistance to military service members and their families. Feel free to bring questions about Veterans Eligibility and Programs.

Our CAREGIVER GROUP meeting schedule is 4/24/25, 5/24/25, 6/26/25, 8/28/25. Call 989-895-4100 for more information on our group and topics.

Jessica Somerlott, Senior Services Manager

Events and more...

Earth Day

For decades pollution seemed to be commonly accepted with Americans seemingly unconcerned with the environment. Not much attention was paid to pollution or its' consequences for the environment, their health, or the health of all other living organisms of earth.

A book written 1962 by Rachel Carson called "Silent Spring" however raised awareness and public concern for the environment and the link between pollution and public health.

Years later in 1969, a huge oil spill in California caught the attention of many people including Senator Gaylord Nelson, from Wisconsin. Having long been concerned about the deteriorating environment and being inspired by the student anti-war movement of the time, Senator Nelson decided to use the energy of the anti-war protests to bring more public awareness about pollution.

He recruited a young activist, Denis Hayes, to organize the "teach-ins" and to scale the idea to a broader public. April 22 was chosen to maximize student participation due to the day falling between Spring Break and Final Exams.

Realizing the potential to inspire all Americans, Hayes hired 85 people to promote events across America including organizations, faith groups, and others who shared the same ideals. The decision to name the day Earth Day sparked national media attention and inspired 20 million Americans to demonstrate against growing impact to human health the 150 years of industrial development had created. Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders all lent their support towards this common good.

Earth Day led to the creation of the Environmental Protection Agency, the National Environmental Education Act, the Occupational Safety and Health Act, and the Clean Air Act and the Clean Water Act. We still have work to do, but decades of efforts have led to a healthier environment for everyone.

Patty Gomez,

*Programming Services
Manager*

Spring is a wonderful time to focus on fresh, seasonal ingredients, as the warmer weather brings a variety of nutritious foods that can boost your health. Here are some healthy eating tips to make the most of spring:

1. Seasonal Fruits and Vegetables

- Asparagus: High in fiber, vitamins A, C, E, and K. It's great for digestion and overall health.
- Strawberries: Packed with vitamin C, antioxidants, and fiber.
- Spinach: A great source of iron and calcium, perfect for salads, smoothies, or as a side dish.
- Radishes: Low in calories, high in fiber, and packed with antioxidants.
- Peas: Rich in protein and fiber, they're a great addition to soups, salads, or as a side dish.
- Artichokes: Full of fiber and antioxidants, great for liver health and digestion.

2. Light and Hydrating Meals

- Spring is a time when you can transition from heavier winter meals to lighter, hydrating dishes. Consider making:
 - Salads with a variety of greens and colorful veggies.
 - Smoothie bowls topped with fresh berries, seeds, and nuts.
 - Grilled fish or chicken with a side of fresh spring vegetables.

3. Whole Grains

- Choose quinoa, farro, or brown rice as your base for bowls or as a side to meals. These grains are nutrient-dense and provide steady energy.

4. Stay Hydrated

- With warmer weather, it's important to stay hydrated. Drink plenty of water and enjoy hydrating foods like watermelon, cucumber, and citrus fruits.

5. Light Proteins

- Opt for lean proteins such as grilled chicken, turkey, tofu, or beans. These are lighter and easier to digest compared to heavier meats.

6. Healthy Snacks

- Swap out heavier snacks for seasonal fruits, nuts, or veggies with hummus. You can also try making your own energy bites using oats, nuts, and dried fruits.

Spring is the perfect time to focus on eating light, nutrient-packed meals that nourish both your body and your taste buds. Enjoy the abundance of seasonal foods and get creative with new dishes!

*Jessica Foss, Nutrition Services
Manager*

Miscellaneous

ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP OF BAY COUNTY:

Tuesday, April 8th, 2025 from 6:00 – 8:00 p.m.

Now meeting in-person at
Golden Horizons
1001 Marsac St.
Bay City, MI

Facilitator: Stacy McIntyre, LMSW~The support group meets the second Tuesday of each month~For more information call 989-892-6644

VIRTUAL CONNECTIONS

Are you a caregiver to a loved one?
Do you have any questions about using your
smart phone?
Do you want to understand how telehealth
works?

Department on Aging is providing a Virtual Connections class on Android phones and iPhones. We are accepting names for our next class in **September 2025**. This is a 6 week class with one on one coaching.

Classes will be located on the 2nd floor of the Bay County Building.
515 Center Ave. Suite 202
Bay City, MI 48708
Cost for the class will be \$5 for materials.
Class size is limited.

Please call 989-895-4100 to get your name on the list. We hope to see you there!



**YOUR MONTHLY
FALL PREVENTION TIP!**

Did you know that dimly lit areas increase your risk of falling? The good news is that this risk can easily be decreased by using nightlights or even connecting a lamp to a smart device to verbally tell it to turn on when you need it.

Brought to you by:



DONATIONS ACCEPTED

As you know, there is no annual subscription fee to receive this Wonderful Times Newsletter; however, we would be happy to accept any donation (whatever you can afford) to help defray the cost of postage.



Bruce McShane—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Tue. 10am Bingo

Wed. 10:00am Card games

Thur. Shuffleboard and Crafts

“Sue’s Stichin and Crafts”
Thursday, April 3rd at 10:30am

Crochet/Knitting and Crafts

First Thursday of every month.

Please bring your own yarn and supplies. There is no charge for this monthly event. Donations of yarn and supplies always welcome.



Canteen Book Club

will meet
Thursday, April 10th
at
10:00am



Blood Pressure Clinic!!

We will be at the Canteen on Tuesday, April 8th from 11:30am to 12:30pm!



Join us on Tuesday, April 8th at 11:00am (2nd Tuesday of every month)

Farm to Table

with Mike VanOoteghem



Join us for Shuffleboard every Thursday!



Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

Tue-Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, April 9th
from
11:00am to 12:00pm!



| | | | | |
|------------|----------|-----------|----------|----------|
| Azalea | Daffodil | Hyacinth | Lily | Poppy |
| Anemone | Dogwood | Impatiens | Marigold | Rose |
| Begonia | Fresia | Iris | Magnolia | Snowdrop |
| Bluebell | Gardenia | Jasmine | Orchid | Spirea |
| Cornflower | Geranium | Jonquil | Pansy | Tulip |
| Crocus | Hawthorn | Lilac | Petunia | Zinnia |



Spring Flowers word Search Puzzle



| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | F | M | H | R | U | M | I | N | O | H | M | R | J | M | H | A | L | L | T |
| W | A | G | E | R | A | N | I | U | M | A | A | V | L | A | Y | I | S | I | W |
| U | Q | W | I | J | O | P | P | M | R | O | R | P | I | E | A | S | I | D | H |
| P | Q | X | T | K | A | A | O | I | M | H | B | N | L | N | C | E | R | O | S |
| I | V | R | J | H | N | S | G | R | A | C | E | J | A | O | I | R | I | F | M |
| L | X | Y | B | S | O | O | M | I | D | D | C | Y | C | M | N | F | J | F | B |
| N | L | R | Y | A | L | R | N | I | R | W | L | G | M | E | T | C | Z | A | V |
| R | I | E | H | D | E | O | N | A | N | I | O | X | W | N | H | D | J | D | N |
| P | T | K | B | G | G | P | G | C | L | E | K | N | J | A | Y | P | P | O | P |
| S | I | M | E | E | E | G | X | E | C | O | Z | M | S | P | I | R | E | A | J |
| O | U | L | B | T | U | Q | W | O | Z | H | S | O | W | D | R | O | S | E | D |
| U | T | C | U | A | S | L | R | J | L | I | H | A | I | L | O | N | G | A | M |
| F | A | N | O | T | Y | N | B | O | S | O | N | H | Q | R | B | B | P | O | L |
| C | I | G | O | R | F | U | R | N | S | M | C | N | J | O | J | D | S | W | X |
| A | P | J | A | L | C | I | U | Q | J | R | N | N | I | J | R | B | R | Q | Y |
| H | I | D | O | N | P | K | Z | U | O | U | N | T | W | A | P | B | Q | Z | A |
| L | S | W | N | M | A | C | C | I | Y | P | W | P | J | T | N | K | O | O | E |
| O | E | E | Q | I | K | A | E | L | N | K | M | Q | W | G | I | G | B | E | S |
| R | A | E | L | A | Z | A | A | G | L | D | O | G | W | O | O | D | N | Y | T |
| S | N | E | I | T | A | P | M | I | J | T | M | M | E | L | H | Y | O | M | A |

Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

1080 West Midland Road | Auburn, MI 48611

Mon-Thurs 9am-1pm

Mon. 10am Mexican Train Dominoes

Tue. 10am-Euchre

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

*****All Events Subject to Change.*****



Blood Pressure Clinic

Will be here at
Williams
on
Thursday, April 10th
from 11:30am-12:30pm!



Easter Party

Thursday, April 17th at 10:30am

Come visit us for our Easter Celebration. We will have
Easter themed treats and play Easter BINGO.

The prizes will all be Easter themed.

Please RSVP by Thursday, April 10th

April Birthday Celebrations
Tuesday, April 29th
at 11am

**Come and celebrate with a
donut from Tim Horton's!**



Amanda Goulet /Cam Langenburg
-Site Coordinators
989-893-7070

Blood pressure clinic!!

We will be at Riverside
Monday, April 7th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS
WITH
STEVE WOOD

'Coastal Cave'

Monday, April 7th

1 Class available

9:30-12:30, Cost is \$20.50.

Please RSVP by Friday, April 4th

We will continue painting
after lunch until 1:30 if needed.

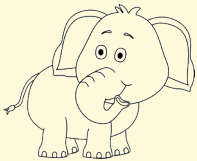


Join us

Monday, April 28th at 10am

White Elephant Bingo

Whether its new, used (clean and functional) or edible (non-perishable, in a can, box, or company sealed package) put in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3. One card per prize.



RIVERSIDE

Mon-Fri 9am-2pm

800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. 12pm Hand and Foot

Tues. 9am-12pm Knit/Crochet Group (Craft Room)

9:30am Bid Euchre

12:00pm Cribbage

Wed. 9:30am-12pm Euchre

Thurs. 12pm Dominoes

9:30am Pinochle

Fri. 9:30am-12pm Millie's Gin

12:30pm Scrabble

12:30pm Double Pinochle (being played at Comm Ctr.)



April Birthday Celebration!

Come in **Friday, April 25th**
for your birthday treat! (Dine in Only)



Karen Gettel—Site Coordinator
989-895-5968

HAMPTON Mon-Fri 10am-2pm
801 West Center Rd. | Essexville, MI 48732

* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

Blood Pressure Clinic!

We will be at Hampton on
Friday, April 11th
from
11:30am—12:30pm.



- Mon.** 11am Low-Impact Exercise* with Laura
- Tue.** 10am Indoor Walking, Card Games and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes w/Ken and Wanda
- Fri.** 11am Low-Impact Exercise Class* with Laura
Weather Permitting, Card Games

Grocery Bingo

Thursday, April 10th
and
Thursday, April 24th
at 10:30am

Prize donations
are welcomed
\$.25 per card
to play.



April Birthday Celebrations!
Wednesday, April 30th.
Surprise dessert will be served after lunch.

April 2025

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
|  | (1) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Kyoto Blend Veggies (9) Chocolate Pudding (27) | (2) BAJA FISH TACO (31) Fire Roasted Corn and Beans (14) Southwest Coleslaw (7) Banana (44) | (3) GRILLED CHICKEN SANDWICH (29) Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Lemon White Chocolate Cookie (24) | (4) HOT DOG (1) Whole wheat bun (19) Corn (19) Peach Cobbler (45) Potato Chips (15) |
| (7) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13) | (8) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18) | (9) BAKED PORK CHOPS (1) Loaded Potatoes (16) Broccoli Florets (4) Apricots (15) | (10) SPANISH RICE W/MEAT (27) Broccoli (4) Corn Muffin (21) Strawberry Yogurt (13) | (11) TACO SALAD (24) |
| (14) BEAN & HAM SOUP (25) Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6) | (15) MEATBALL STROGANOFF (18) Buttered Noodles (13) Mixed Vegetables (11) Fruit Cocktail (17) | (16) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18) | (17) CRISP CHICKEN FINGERS (20) Down Home Fries (15) Scandinavian Blend Veggies (7) Oreo 4 ct (33) | (18)  |
| (21) HUNGARIAN PORK CHOP (6) Buttered Rotini Noodles (43) Spinach (5) Clementine (9) | (22) CHICKEN ENCHILADAS(20) Roasted Corn and Beans (14) Spanish Rice (25) Snickerdoodle (28) | (23) HAMBURGER GRAVY (9) Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23) | (24) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9) Whole Wheat Bread (10) Chocolate Pudding (27) | (25) BBQ CHICKEN BREAST (14) Redskin Potatoes w/onions (23) Corn (21) Pineapple Orange Delight (31) |
| (28) PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion (13) Riviera Blend Vegetables (6) Strawberry Kiwi Slushie (22) | (29) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Southern Succotash (20) Pumpkin Fluff (17) | (30) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21) |  | |

REMINDER for Home Delivered Meals clients:

***You must be home when meals are delivered. We will not leave your meal.**

*When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.

*Suggested Donation for HDM: \$2.75 per meal.

***Menu is subject to change without notice. *Please be advised, Menu items may contain Nuts!**

Salad

Available at the Activity Centers only

April 2025

Salad Choice for the week:

WEEK OF 3/31-4/4

Chicken Ceaser Salad

Lettuce
Chicken
Parmesan
Croutons
Ceaser Dressing

WEEK OF 4/7-4/11

Taco Salad

Seasoned Beef
Corn
Black Beans
Crushed Taco Chips

WEEK OF 4/14-4/18

Seafood Salad

Imitation Crab Meat
Celery
Green Onions
Water Chestnuts
Cucumber

WEEK OF 4/21-4/25

Strawberry Almond Salad

Spinach
Iceberg Lettuce
Strawberries
Sliced Almonds
Poppy Seed Dressing
Cottage Cheese

Week of 4/28-5/2

Garden Salad

Lettuce
Tomato
Boiled Egg
Peas
Cucumber
Bacon
Cheddar Cheese
Croutons
Buttermilk Ranch

Menus are subject to change without notice

ALL LUNCHES
SERVED AT 12 NOON.

Suggested Donation at
Activity Centers: \$2.50 per
meal

Reservations by 1pm one
day in advance by calling
the Activity Center of your
choice.

For Monday reservations
please call no later than
1pm the **Friday before**.

**Please be advised that
Menu items may contain
nuts!**

All menus are certified by
Region 7's Registered
Dietitian.

TEMPORARILY AWAY?

The Wonderful Times
newsletter is mailed under
a non-profit bulk mail rate
and is not forwarded by
the Post Office. If you
plan to be away or are
moving, please call the
main office at
(989)895-4100.



April 2025

BAY COUNTY DEPARTMENT ON AGING
SECOND FLOOR, BAY COUNTY BUILDING
515 CENTER AVENUE, SUITE 202
BAY CITY, MI 48708-5123

PRESORT STD
US POSTAGE
PAID
BAY CITY, MI
PERMIT NO. 184

Return Service Requested

WONDERFUL TIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing a supportive and professional environment with continued opportunities for the 60 years and better population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

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County Executive

Department on Aging – Publisher
Beth Eurich – Director/Editor
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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.