



February 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

**Offices,
Home Delivered
Meals,
and
Activity Centers
will be Closed for
President’s Day
on
Monday,
February 17th**

First Groundhog Day

The first Groundhog Day celebration in Punxsutawney was the brainchild of local newspaper editor Clymer Freas, who sold a group of businessmen and groundhog hunters—known collectively as the Punxsutawney Groundhog Club—on the idea.

The men trekked to a site called Gobbler’s Knob, where the inaugural groundhog became the bearer of bad news when he saw his shadow. Nowadays, the yearly festivities in Punxsutawney are presided over by a band of local dignitaries known as the Inner Circle. Its members wear top hats and conduct the official proceedings in the Pennsylvania Dutch dialect. (They supposedly speak to the groundhog in “Groundhogese.”) Every February 2, tens of thousands of spectators attend Groundhog Day events in Punxsutawney, a borough that’s home to some 6,000 people. It was immortalized in the 1993 film *Groundhog Day*, which was actually shot in Woodstock, Illinois.

How Accurate Are Groundhogs?

While sunny winter days are indeed associated with colder, drier air, we probably shouldn’t trade in our meteorologists for groundhogs just yet. Studies by the National Climatic Data Center and the Canadian weather service have yielded a dismal success rate of around 50 percent for Punxsutawney Phil. Staten Island Chuck, on the other hand, is reportedly accurate almost 80 percent of the time.

Groundhog Facts

Also known as woodchucks, groundhogs belong to a group of large ground squirrels known as marmots. They grow up to 25 inches long and can live for 10 years in captivity. (According to legend, Punxsutawney Phil is more than 125 years old thanks to the magical punch he imbibes every summer.)

Groundhogs spend the winter hibernating in their burrows, significantly reducing their metabolic rate and body temperature; by February, they can lose as much as half their weight.

When they’re out and about, the bristly rodents eat succulent plants, wild berries and insects—and they don’t mind helping themselves to garden vegetables or agricultural crops.

<https://www.history.com/news/groundhog-day-history-and-facts>



WELCOME— Department Corner

It's cybercriminals' favorite time of the year: tax season. Taxes are a sensitive topic that can easily be used to catch your attention or manipulate your emotions. Over the next few months, cybercriminals will likely mention taxes in phishing attacks and disinformation campaigns. Tax season is also a vulnerable time for your sensitive information. Tax documents from employers, banks, and other organizations typically include personally identifiable information. If cybercriminals get their hands on this information, they can use it to steal your identity, your money, and more. Follow the tips below to stay safe during tax season:

- Always think before you click. Cyberattacks are designed to catch you off guard and trick you into clicking impulsively.
- Use extra caution when handling tax documents. For digital documents, use password protection. For physical documents, keep paperwork in a secure location and shred anything that is no longer needed.
- Be suspicious of emails, text messages, and social media posts that contain shocking information about taxes in your country. These messages could be disinformation, which is false information designed to mislead you.

Stop, Look, and Think. Don't be fooled.

Beth Eurich, Department on Aging Director



Some quick WINTER reminders for those that receive Department on Aging services in their homes. Meal drivers, homemakers, bath aides, handyman, and case managers may reschedule or change visits due to winter weather or if your road, driveway, or entrance to your home is blocked with snow and/or ice. Due to the volume of services that our agency provides, we may not be able to immediately reschedule. We understand you are not in charge of road conditions but understand that we are not as well. Please make sure your home is accessible and safe for our employees through the winter months. Winter can be a real downer, but we will get through it together!

Our CAREGIVER GROUP meeting schedule is 2/27/25, 3/27/25, 4/24/25. Call 989-895-4100 for more information on our group and topics.

Jessica Somerlott, Senior Services Manager

Events and more...

President's Day is seen as a day to celebrate the lives and achievements of all of America's U.S. presidents, past and present. But that's not how it began. It began with President George Washington.

George was the oldest son of Augustine and Mary Ball Washington and was born near Pope's Creek, Virginia. Born under the Julian calendar, George's original birth date was February 11, 1731. Following Great Britain's adoption of the Gregorian calendar in 1752, George's birthday shifted one year and eleven days to February 22, 1732.

Seen as the most important figure in American history, people began celebrating his birthday while he was alive with the first recorded public celebration being held at Valley Forge in 1778. It was the first time the life of an individual American was celebrated.

Massachusetts was the first state to officially recognize George Washington's birthday as a holiday in 1856. It wasn't observed as a federal holiday until January 31, 1879, when Congress added his birthday to the list of federal holidays

observed by employees working in the District of Columbia.

It continued to be celebrated as Washington's birthday until the Uniform Monday Holiday Act was signed into law by President Nixon on June 28, 1968. This law shifted the celebration of several federal holidays from specific dates to a series of predetermined Mondays to create more three-day weekends for the nation's workers.

While the name "Presidents' Day" was proposed for this holiday in 1951, the U.S. government never officially changed the name.

In the 1980s, thanks to advertising campaigns for holiday sales, the term became popularized and largely accepted.

Patty Gomez,

Programming Services Manager

Please help me congratulate and welcome Jessica Foss to her new position within Department on Aging. Jessica is now the Nutrition Services Manager and will oversee the Kitchen and Home Delivered Meal Routes.

Jessica currently comes to us from the Bay County Finance but worked for MSU Extension with their Nutrition Education Program. Jessica has currently worked for the County for seven years. She will bring to her new position, and Department on Aging, a level of enthusiasm for helping our 60 year and better Bay County residents.

When Jessica is not working, she loves to relax with her family camping and spending time with her husband Chris, her children and grandbabies. Again, help me welcome Jess to the Bay County Department on Aging, we are happy to have her join our team!



Miscellaneous

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

Tuesday, February 11th, 2024 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

The Bay City Noon Optimist Club Travel & Adventure Cinema Series concludes its 32nd season

on

March 24, 2025, at 7 p.m.

at the State Theatre

with

The Salt of the Earth, narrated by Juliano Salgado and Wim Wenders.

Photographer Sebastio Salgado, the son of a Brazilian cattle rancher, studied economics at Sao Paulo University, earning a master's degree in 1968. While working for the Ministry of Finance, he joined the popular movement against Brazil's military government. Seen as a political radical, he was exiled in 1969 and fled with his wife to France. While on assignment in Rwanda for the International Coffee Organization, he took his first life-changing photographs and became a freelance photo-journalist in 1973.

Major sponsors are Robert and Linda Hafford, Paramount Rehabilitation, Summit Printing & Graphics, Lake Michigan Credit Union, and Prime Brothers Furniture.

\$10 tickets are available in advance at Herter Music and the State Theatre. Tickets are also available at the door on show night. For info, call 893-9578 or visit www.baycitynoontopimist.org.



YOUR MONTHLY FALL PREVENTION TIP!

Winter is not over! Remember to walk like a duck. With winter comes cold temperatures, wind, snow and ice. Walk slow with smaller steps with both feet pointing outward to increase your stability and balance.

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

Join us for
Valentine's Day Treats
on
Thursday, February 13th at
11:00am

Canteen Book Club

will meet

Thursday, February 13th
at
10:00am



Blood Pressure Clinic!!

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



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

Farm to Table

with
Mike
VanOoteghem



Women's Heart Health
Presentation by Janine Kravetz
Thursday, February 20th
11:00am

Jan Davenport - Site Coordinator
989-245-0102

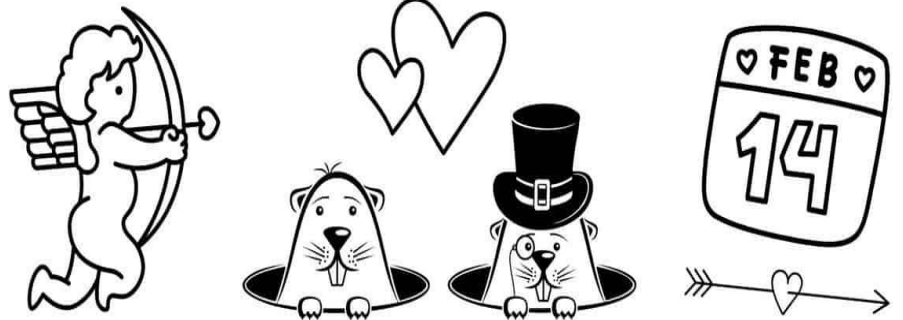
KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Tue-Thur 9am-12:30pm

Daily Puzzles, Board Games and Cards

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



FEBRUARY

WORD SEARCH

S	C	H	O	C	O	L	A	T	E	F	R	W	D	L	O	C	Y	ARROW
R	U	R	A	U	Y	M	J	P	A	A	E	K	X	T	N	A	A	CHILI DAY
E	P	B	T	F	L	S	A	R	G	I	D	R	A	M	S	Y	D	CHINESE NEW YEAR
W	I	N	T	E	R	S	W	E	E	T	H	E	A	R	T	K	I	CHOCOLATE
O	D	M	U	B	R	T	E	S	H	R	V	X	J	E	V	O	L	CUPID
L	G	L	N	R	E	S	G	I	W	A	F	D	R	E	W	M	I	FEBRUARY
F	W	W	S	U	T	P	B	D	L	R	E	H	E	K	F	L	H	FLOWERS
G	R	O	R	A	E	Y	W	E	N	E	S	E	N	I	H	C	C	FRIENDS
G	J	B	I	R	U	K	N	N	U	F	A	U	M	N	A	E	S	GROUNDHOG DAY
R	H	R	R	Y	B	T	S	T	T	I	C	P	L	D	K	R	R	KINDNESS
A	E	E	E	L	I	L	N	S	E	T	U	Y	Y	N	E	R	G	LEAP YEAR
S	E	P	C	N	R	R	O	D	L	I	T	J	K	E	A	A	H	LOVE
S	E	U	E	D	S	Y	E	A	L	R	A	S	G	S	A	R	R	MARDI GRAS
I	T	S	R	E	P	P	I	Y	A	W	T	A	P	S	Q	R	N	NUTELLA
W	F	R	I	E	N	D	S	P	S	G	E	L	K	B	T	O	R	PARTY
C	H	Y	A	D	G	O	H	D	N	U	O	R	G	O	O	W	R	PRESIDENTS DAY
																		SUPER BOWL
																		SWEETHEART
																		VALENTINES
																		WINTER

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, February 13th
from 11:30am-12:15pm!



Williams Valentine's Day Party!

Thursday, February 13th at 11:00am

Please RSVP by February 6th

We will also be celebrating February birthdays.

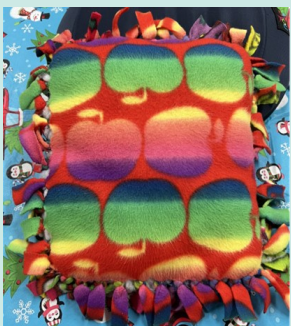
Come and enjoy treats and wear red or pink and
enjoy our photo booth!

Come and make a tie pillow!

Thursday, February 27th at
10:30am

Please RSVP by February 13th.

Cost is \$6.00



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

RIVERSIDE

Mon-Fri 9am-2pm

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

Blood pressure clinic!!

We will be at Riverside
Monday, February 10th
11:30am until 12:30pm.



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.)

ACRYLIC PAINTING CLASS WITH STEVE WOOD

'Barnyard Sunflowers'

Monday, February 3rd
1 Class available
9:30-12:30, Cost is \$20.50.

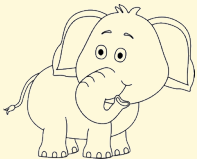
We will continue painting
after lunch until 1:30 if needed.



Join us

Monday, February 24th 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.



Come and Join us for
Valentines Day
Treats and Trivia
Friday, February 14th



February Birthday Celebration!

Come in **Friday, February 28th** 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, February 14th
from
11:30am—12:15pm.



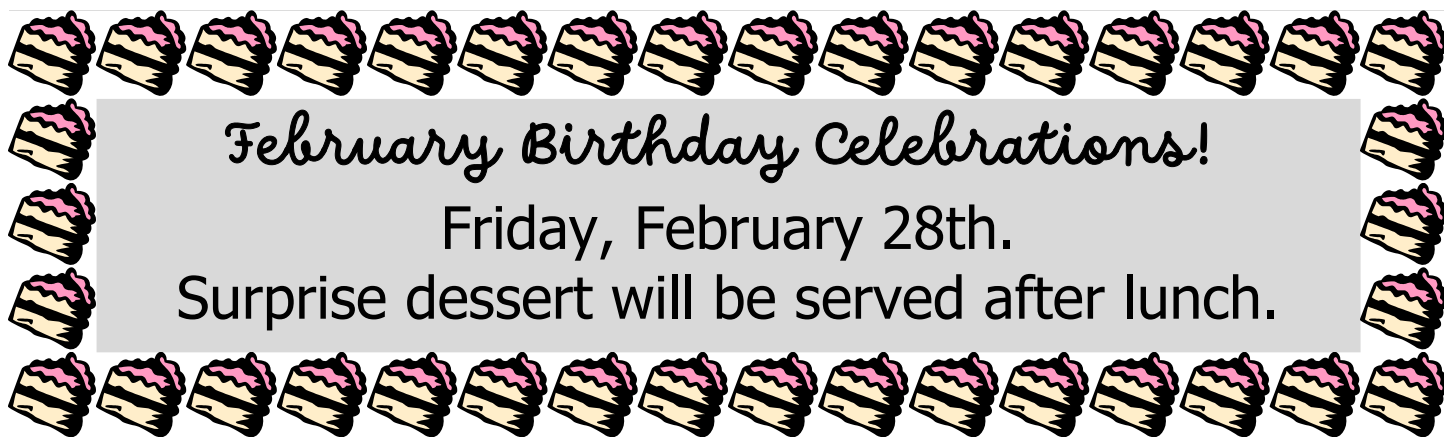
- Mon.** 11am Low-Impact Exercise* with Laura, Misc Card Games
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Indoor Walking and Coffee Hour
- Fri.** 11am Low-Impact Exercise Class* with Laura Weather Permitting

**Come and celebrate
Valentine's Day
with a sweet treat
served after lunch!
Friday, February 14th**




Join us for Grocery Bingo!

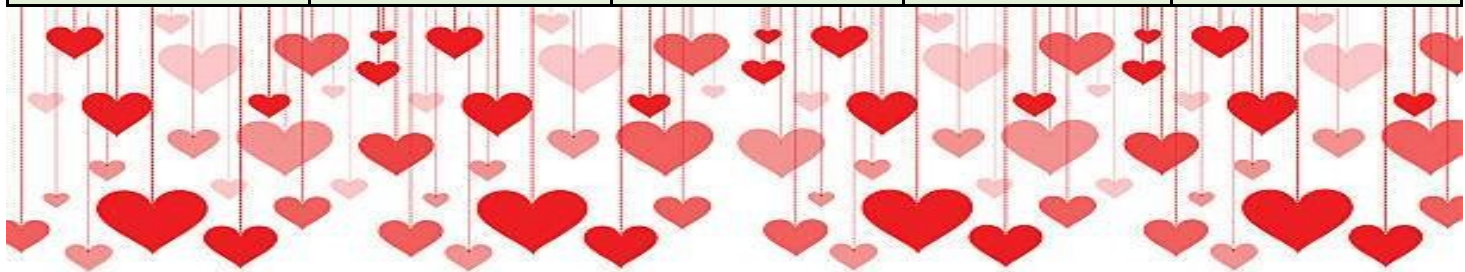
Thursday, February 6th and Thursday, February 20th
At 10:30am
\$.25 per card, Donations for prizes welcomed!



February 2025

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(3) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Chocolate Chip Cookie (27)</p>	<p>(4) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)</p>	<p>(5) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Gelatin Cup (5)</p>	<p>(6) PULLED CHICKEN BBQ SANDWICH (35) WHOLE WHEAT BUN (25) Mixed Vegetables (11) Baked Beans w/ Ham (29) Orange (0)</p>	<p>(7) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Blueberry Crisp (53) Orange Juice Box (13)</p>
<p>(10) LASAGNA (25) Dinner Roll (19) Italian Blend Veggies (6) Oreo 4 Ct (33)</p>	<p>(11) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)</p>	<p>(12) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)</p>	<p>(13) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)</p>	<p>(14) CHICKEN FINGERS (19) White Cheddar Mac & Cheese (15) Garden Green Peas (11) Whole Wheat Bread (10) Chocolate Pudding (27)</p>
<p>(17) </p>	<p>(18) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Applesauce (13)</p>	<p>(19) SAUERKRAUT AND POLISH SAUSAGE (23) Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Pineapple Jello (26)</p>	<p>(20) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Stuffing ((24) Pumpkin Fluff (46)</p>	<p>(21) ALMOND MANDARIN SALAD (37) Oreo 4 ct. (33)</p>
<p>(24) ALMONDINE POLLOCK (7) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin Oranges and Pineapple Chunks (20)</p>	<p>(25) ASIAN CHICKEN (30) Steamed Brown Rice (17) Lemon White Chocolate Cookie (28)</p>	<p>(26) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)</p>	<p>(27) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)</p>	<p>(28) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear (23)</p>



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

Salad Choice for the week:

WEEK OF 2/3-2/7

Southwest Chicken Salad

Fajita Chicken
Tomato
Cheese
Guacamole
Crushed Chili Cheese Fritos
Southwest Ranch

WEEK OF 2/10-2/14

CHEF SALAD

Smoked Ham/Turkey Breast
Cheddar Cheese
Hardboiled Egg
Seedless Cucumber
Grape Tomato
Ranch Dressing

WEEK OF 2/17-2/21

Almond Mandarin Salad

Mandarin Oranges
Roasted Almonds
Poppy Seed Dressing

WEEK OF 2/24-2/28

Steak Salad

Beef
Cucumber
Grape Tomato
Mild Pepper
Guacamole
Cheese
Balsamic Vinegarette

February 2025

Menus are subject to change without notice

ALL LUNCHESES
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.



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

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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
Brittany Hawes – Distribution
Jonelle Box – Layout
Liturgical Publications, Inc. - Printer



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.