



January 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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**Offices,
Home Delivered
Meals,
and Activity Centers
will be closed
New Years Day,
Wednesday,
January 1st.**

**We will also be
closed Monday,
January 20th for
Martin Luther King
Day.**

As we enter the cold weather months, we remind readers that Department on Aging will sometimes close Activity Centers and Home Delivered Meals routes due to inclement weather and road conditions.

The following TV stations are notified of our closing announcements:

WJRT-TV 12 WNEM-TV 5 WEYI-TV 25

The following radio station is also notified of our closing announcements:

AM radio WSGW 790

Please tune in to one of these stations and watch or listen for our

announcements.

Normally, the business office remains open.



WELCOME— Department Corner

Happy New Year Everyone! We all make those New Year Resolutions, but do we always keep them?

I know that I don't always, and this year I am going to change that by making only one resolution and sticking to it. There are many topics on resolutions but one big one is Volunteering.

Volunteering can give you that warm fuzzy feeling knowing you are helping those in need. It can help build confidence; you can learn a new skill, meet new people and Volunteering can stave off depression.

Bay County Department on Aging is always looking for volunteers to assist with:

Friendly Shopping—assisting those 60 years and better with grocery shopping

Commodities—delivering monthly commodities to those home bound 60 years and better

Special Events—working with Patty at any of the special events, for example the Olympic Games

Day Trips—working with Eric on the out-of-town Day Trips (spring, summer and fall)

And as always we can always use volunteers at our Activity Centers!

If you think that volunteering is a good way to go please call Patty Gomez, Programming Services Manager OR your favorite Activity Center Site Coordinator and start on your way to a great New Year!

Beth Eurich, Department on Aging Director



Our Caregiver Education Meeting welcomes guest Laura Kubit, Staff Attorney and Guardianship Diversion Project Co-Coordinator.

She will be joining us at our meeting on January 30, 2025, from 1pm – 2pm on the second floor of the Bay County Building at 515 Center Ave Bay City, MI 48708. She will be talking about less restrictive alternatives to guardianship.

There may be services or options in the community that can meet the needs of the person you are concerned about. The goal is to preserve rights so that a person may still make decisions themselves. We look forward to seeing you!

Please RSVP to our main office at 989-895-4100 if you plan to attend.

Jessica Somerlott, Senior Services Manager

Events and more...

Martin Luther King Dr. King was a Baptist minister and prominent leader in the American civil rights movement. He brought more progress towards racial equality in the US than the previous 350 years despite having spent less than 13 years in the public eye campaigning for civil rights and racial equality.

Born on January 15, 1929, he was given the name Michael King Jr. which was changed in 1934 by his father after being moved and inspired by what he learned during a trip to Germany about the great 16th-century Protestant reformer, Martin Luther in 1934. King attended Morehouse College in 1944, at the age of 15 after skipping two grades. While attending college he learned about Gandhi and nonviolent civil disobedience and decided to become a preacher like his father.

He was often a target of law enforcement. He was arrested 30 times, for misdemeanors, civil protest violations, and sometimes trumped up charges. The FBI once called him "the most dangerous and effective Negro leader in the country."

King started the Poor People's Campaign in 1967 which was an attempt to unite the poor of every race and creed, and to end systemic racism, systemic poverty, environmental degradation, and rampant militarism. It was the last campaign he would ever lead.

Despite having written five books publishing numerous collections of his letters and sermons, his "I have a dream" speech was improvised.

Dr. King was 39 when he was assassinated on

April 4, 1968, while in Memphis supporting striking sanitation workers. He survived an earlier assassination attempt in 1958, at a book signing in Harlem where a woman stabbed him in the chest with a letter opener barely missed his aorta. After learning she was mentally ill, King called for her to receive treatment and bore her no ill will.

King's mother, Alberta, was assassinated on 30 June 1974 while playing the organ during a service at Ebenezer Baptist Church. The shooter was sentenced to death, but later re-sentenced to life in prison partly because the King family opposed the death penalty.

Almost immediately after his death, there were calls for a national holiday in his honor. Legislation was introduced in Congress in 1968, but there was sufficient opposition on racial and political grounds, to block its passage.

It was first observed as a federal holiday in 1986 despite being signed as a bill in 1983 by President Reagan. By 1986, 17 states had already adopted but it took longer for all 50 states to adopt the holiday. The day is now celebrated with marches, parades, and speeches by civil rights and political leaders.

Patty Gomez,

Programming Services Manager

Please help us wish *Zach Brunett,*

our Nutrition Services Manager,

all the best in his new job! At the time of this publication Zach will have started his position with the Essexville Police Department. We at Department on Aging thank him for all of his hard work while he was with us and wish him success in his new career.



Congratulations!

Miscellaneous

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

Tuesday, January 14, 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 continues its 32nd season

on

January 13, 2025, at 7 p.m.

at the State Theatre

with

The Caribbean, narrated by filmmaker, Marlin Darrah.

Set sail with Marlin Darrah to several island gems sprinkled throughout the Caribbean: Havana, Cuba; San Juan, Puerto Rico; St. Barts; St. Martin; Antigua; Dominica; St. Lucia; and Barbados. This program captures the spirit of the Caribbean, exploring all its realms, geography, people, fauna and flora.

Major sponsors are Robert and Linda Hafford, Paramount Rehabilitation, Summit Printing & Graphics, Great Lakes Federal Credit Union, and Dr. Robert J. Holmes, M.D. \$18 tickets include The

Salt of the Earth on March 24, 2025, and are available in advance at Herter Music. Individual tickets are available at the door for \$10. For info, call 893-9578 or visit www.baycitynoontopimist.org



YOUR MONTHLY FALL PREVENTION TIP!

New Year, New You!

Exercising is an excellent way to prevent falls and improve your balance. Tai Chi is shown to be one of the best exercises to prevent falls. There are multiple programs in the area that offer these classes.

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, Walking

Wed. 10:00am Card games, Walking

Thur. 10am Crafting, Shuffleboard

Canteen Book Club
will meet
Thursday, January 9th
at
10:00am



Join us on Tuesday, January
14th at 11:00am
(2nd Tuesday of every month)

Farm to Table

with
Mike
VanOoteghem



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, January 7th
from
11:30am to 12:30pm!



Join us
Tuesday, January 7th at 10:30am
"Crafts with Krissie"
Come make a Snowman
RSVP by January 3rd.
Cost for materials
is \$15 per person.



Join Us on
Thursday, January 30th
At 10:30am
Come and
celebrate
January Birthdays!

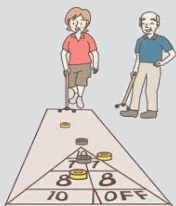
Housing Pitfalls and Planning

Stable housing is imperative to physical and mental well-being. You never know if or when you or a loved one will need help with housing issues. Whether someone can no longer safely live alone, their lease is up, or if they just have questions, this is the place to learn more.

Join the Bay County Department on Aging and Yvonne Cudney, from the University of Michigan Housing Bureau for Seniors on Wednesday, January 8th from 10:30am to 11:30am.

Registration deadline is Monday, December 30th.

To register and reserve your meal please call (989)895-4100 and ask for Patty Gomez.



Every Thursday at 10:00am,
join us for Shuffleboard!
Call ahead to reserve your meal.

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, January 8th
from
11:00am to 12:00pm!



JANUARY

WORD SEARCH

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

BOOTS
CELEBRATE
CHILLY
COLD
EARMUFFS
FREEZE
FROSTY
FROZEN
GLOVES
HAT
HOT COCOA
ICE
ICICLE
JANUARY
NEW YEAR
RESOLUTIONS
SCARF
SKIING
SLEDDING
SLIPPERY
SNOWBALL
SNOWFLAKE
SNOWING
SNOWMAN
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, January 9th
from 11:15am-12:15pm!



Come and make a Valentine's Day card!!!!

Cost is \$2.00

Thursday, January 30th at 10:30am



Join us on
Tuesday, January 28th
for our
**January Birthday
Celebrations!**



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

Blood pressure clinic!!

We will be at Riverside
Monday, January 6th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD
'Hibiscus'

Monday, January 6th
1 Class available
9:30-12:30, Cost is \$20.50.

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

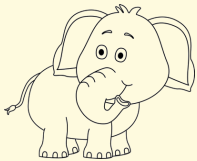


Join us

Monday, January 27th 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 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
9:30am Smear

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.)

Join us on

Wednesday, January 29th

at

10:45am

How to Manage Arthritis

Presented by

Lake Effect Chiropractic

January Birthday Celebration!

Come in **Friday, January 31st** 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.

- 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

Blood Pressure Clinic!
We will be at Hampton on
Friday, January 10th
from
11:30am—12:30pm.



**WINTER
IS
HERE**

Grocery Bingo

Prize donations welcomed!
(Canned Goods, Crackers, Paper Products,
Soap, etc.)

Thursday, January 23rd at 10:30am



January Birthday Celebrations!

Thursday, January 30th at 12:00pm
Special Dessert served with lunch.

January 2025

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			(2) GRILLED CHICKEN SANDWICH (29) Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Lemon White Chocolate Cookie (24)	(3) HOT DOG (1) Whole wheat bun (19) Corn (19) Peach Cobbler (45) Potato Chips (15)
(6) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)	(7) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18)	(8) BAKED PORK CHOPS (1) Loaded Potatoes(16) Broccoli Florets (4) Apricots (15)	(9) PIZZA CALZONE (34) Italian Blend Vegetables (5) Fresh Tossed Salad (3) Strawberry Yogurt Cup (13)	(10) TACO SALAD (24)
(13) BEAN & HAM SOUP (25) Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6)	(14) MEATBALL STROGANOFF (18) Buttered Noodles (13) Mixed Vegetables (11) Fruit Cocktail (17)	(15) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Diced Pears (18)	(16) CRISP CHICKEN FINGERS (20) Down Home Fries (15) Scandinavian Blend Veggies (7) Oreo 4 ct (33)	(17) PEPPER STEAK (10) Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20)
	(21) CHICKEN ENCHILADAS(20) Roasted Corn and Beans (14) Spanish Rice (25) Snickerdoodle (28)	(22) HAMBURGER GRAVY (9) Mashed Potatoes (17) Brussel Sprouts (6) Applesauce (23) Whole Wheat Dinner Roll (23)	(23) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy (2) Peas and Carrots (9) Whole Wheat Bread (10) Chocolate Pudding (27)	(24) BBQ CHICKEN BREAST (14) Redskin Potatoes w/onions (23) Corn (21) Pineapple Orange Delight (31)
(27) PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19) Diced Redskin Potatoes w/Onion (13) Riviera Blend Vegetables (6) Strawberry Kiwi Slushie (22)	(28) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Southern Succotash (20) Pumpkin Fluff (17)	(29) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes(17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21)	(30) CHICKEN CORDON BLUE (12) Candied Sweet Potatoes (31) Mixed Veggies (11) White Chocolate Raspberry Cookie (28)	(31) SWEET AND SOUR PORK (22) Steamed Brown Rice (16) Colorful Peas & Carrots (9) Carolina Fruit Salad (40) Whole Wheat Bread (10)

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!**

Sandwich

Available at the Activity Centers only

Sandwich Choice for the week:

WEEK OF 1/6-1/10 CHICKEN SALAD CROISSANT

Diced Chicken
Celery
Red grapes
Lettuce
Mayo

WEEK OF 1/13-1/17 CALI TURKEY RUBEN

Turkey Breast
Coleslaw
Swiss Cheese
Pickles
White Bread

WEEK OF 1/20-1/24 CHICKEN GYRO

Chicken Gyro Meat
Lettuce
Tomato
Onion
Tzatziki Sauce

WEEK OF 1/27-1/31 TURKEY BACON RANCH CROISSANT

Turkey
Bacon
Lettuce
Ranch
Croissant

January 2025

Menus are subject to change without notice

ALL LUNCHES
SERVED AT 12 NOON.

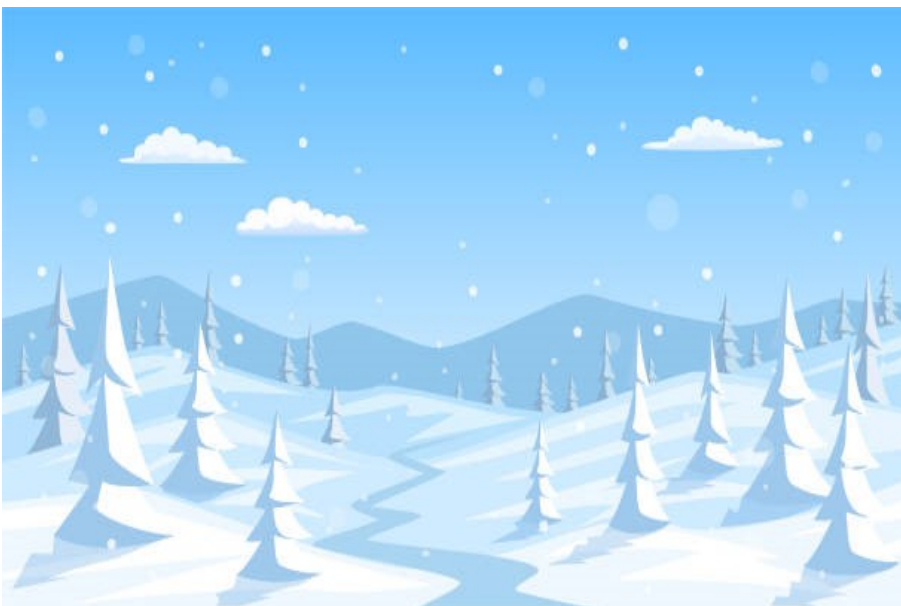
Suggested Donation at
Activity Centers: \$2.50 per
meal

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.



December 2024

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 continued opportunities for the 60+ 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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divonaging@baycounty.net
www.baycounty-mi.gov/Aging/
Donations Accepted

County of Bay
Jim Barcia
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.