



November 2024

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Movie and Lunch Series at the Wirt

Enjoy a delicious lunch while you sit back and view the movie on the big screen with surround sound.

Thursday, November 14th

Doors open at 11:30am, Movie starts at 12:00pm

Cost is

\$5.00 (60yrs and better)

\$7.00 (59yrs and younger)

Reservations and payments can only be made at the

Department on Aging Main Office

515 Center Ave, 2nd floor

A MAN CALLED OTTO

Starring Tom Hanks

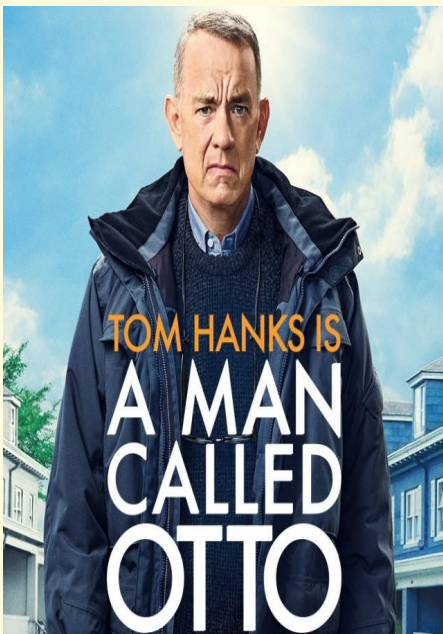
Rated PG-13, 126 minutes

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Tickets go on sale Thursday, October 31st at

10:00am. Registration Deadline is

Thursday, November, 12th



WELCOME— Department Corner

You may not think too much about downloading an app onto your phone. Apps are widely available and can make navigating a website from your phone much easier. However, many people may not realize that they can also be used by cybercriminals to steal your information. In this month's scam, cybercriminals are targeting Android devices with malicious apps. The apps include a fake Google Chrome App, and a fake sports streaming app called 4K Sports.

If you download these apps, malware will be installed on your phone. Cybercriminals design this malware to allow them to access your phone without you knowing about it. This malware can record what you type into your phone or allow cybercriminals to control your phone remotely. It can even access your phone contacts and send them text messages. The texts contain links to web pages with malicious apps available for download, allowing the malware to continue to spread.

Follow these tips to avoid falling victim to a malicious app scam:

- Only download apps from official and trusted sources like the Google Play Store or the Apple App Store. Avoid downloading apps from third-party websites or links sent via text or email.
- Read reviews and do research before downloading any app, especially lesser-known ones.
- Don't click on suspicious links in unexpected text messages or emails, even if they appear to come from someone you know.

Thank you to the Bay County's Information Systems Division for helping to keep us all Cyber Aware!!

Stay Safe Everyone!! *Beth Eurich, Department on Aging Director*



Caregiver Education Group

Thursday, November 21, 2024 from 1pm – 2pm at
515 Center Ave 2nd Floor Bay City, MI 48708.

It is open enrollment time for Medicare. I know I don't need to remind you because the commercials are relentless on TV. Open enrollment began October 15th, 2024.

This is complex information and sometimes is hard to understand. It is important to call the right place for assistance. For those with employer or retirement sponsored medical insurance, check with your representative first as they are your best resource.

For those that feel comfortable receiving information by phone, contact 1-800-MEDICARE. Make sure to have your Medicare Card and list of prescriptions handy.

There are a limited number of in person appointments available each year. Call 1-800-803-7174 to see if appointments are available.

Always inquire if your doctor, hospital of choice, pharmacy, and specialist accept the plan before enrolling. This is especially crucial when considering Medicare Advantage Plans.

Be careful of predatory salespeople during this time. Television ads will be full of commercials about plans. They will have celebrity sponsors, make claims that they provide fantastic services etc. Some of these plans are not accepted in our area or do not provide certain services that are advertised in our area. Open enrollment ends December 7, 2024!

Jessica Somerlott, Senior Services Manager

Events and more...

Daylight savings time (DST)

Daylight savings time was initially enacted to save energy by providing more daylight in the spring, summer, and fall evenings by setting the clocks one hour ahead of standard time. It was first used on July 1, 1908, in Port Arthur, Ontario—today's Thunder Bay. Other locations in Canada soon followed suit. The idea didn't catch on globally until Germany introduced it in 1916. Clocks in the German Empire, and its ally Austria, were turned ahead by one hour on April 30, 1916—two years into World War I to minimize the use of artificial lighting to save fuel for the war effort. Within a few weeks, many other countries followed the idea.



The U.S. has had some form of DST since 1918. There have been a few changes since then, mainly to the start and end dates.

Although modern DST has only been used for a little over 100 years, ancient civilizations are known to have engaged in comparable practices thousands of years ago. For example, the Roman water clocks used different scales for different months of the year to adjust the daily schedules to the solar time. Daylight Saving Time is now used in over 70 countries worldwide and affects over one billion people every year.

Patty Gomez, Programming Services Manager

WAYS TO REDUCE FOOD WASTE

It has become a bad habit that we tend to buy much more food than needed. One key element that leads to food waste is essentially "wasteful shopping". Buying of want versus need, shopping when hungry, and shopping when you have too much time on your hand are all reasons that have led us to an overabundance of kitchen waste that we see go into the trash, rather than into our bellies. A few tips that can help protect your wallet, and prevent food waste are as follows:

1. Budget. Having a set budget in mind when preparing to go to the grocery store is a key element in preventing waste. Having a set budget, list and plan when you go out next allows you to purchase exactly what it is you need or are planning. This is a great way to keep the potential of unnecessary waste from happening as you are keeping your budget in mind.
2. Have a plan. As this ties in with the bullet point above, it is important to meal plan and shop items that you know will preserve longer that will allow you take less frequent trips to the store to purchase items you may already have.
3. Eating leftovers are ok! Keep in the front of your mind when planning your weekly meals that leftovers are ok. It is ok to skip a day or 2 of cooking in order to clear out what has already been made. This allows you to eliminate waste and free up room for new items. Along with this, keep in mind it is also ok to freeze leftovers. Depending on the type of food, many foods freeze well so that you may enjoy them at a later date.
4. Do not shop while hungry. It is a well know fact that when we grocery shop while hungry, we over buy which leads us to packing our pantries, fridges and freezers only to completely forget about those items days after we purchase them. When it comes time to head to the store again, we often throw these items out because they have gone bad or we need to make room for new items.
5. Cycle foods in your home. Much like in the food industry, cycling your stock by age is a great way to avoid wasting them and allows us to utilize them. For instance, keep the older dated foods towards the front of your pantry. This allows you to use them within date and still have newer reserves on hand.
6. Understand "Sell by Dates" vs "Expiration Dates". According to the USDA. A "Sell-By" date tells the store how long to display the product for sale for inventory management. It is not a safety date. A "Use-By" date is the last date recommended for the use of the product while at peak quality.

Please remember to be mindful for your own benefit when heading out to the store next. Researching your next purchase or purchases can lead to a new way you shop that will ultimately allow you to save money and prevent waste.



Zach Brunett, Nutrition Services Manager

Miscellaneous

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

Tuesday, November 12, 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



YOUR MONTHLY FALL PREVENTION TIP!

This is your reminder to have your yearly physical. Use of medicines, such as tranquilizers, sedatives, antidepressants, or even some over-the-counter medicines can affect balance and how steady you are on your feet. Some of your medications may need to be changed. This is also a screening of other health conditions.

Brought to you by:



The Bay City Noon Optimist Club's Travel and Adventure Cinema Series is returning with "Ukraine" presented live with Rick Ray on Monday, November 18, 2024 at 7 p.m. at the State Theatre. Season tickets are \$25.

Last year I spontaneously traveled to Ukraine from my home and joined forces with the Ukrainian Army to document the war and its impact on the people of the region. The short films I have produced have been selected to be featured by Babylon '13, a collective of high-profile film directors based in Kyiv, charged with documenting war crimes during the conflict. I am the first American film director to be invited to join this prestigious group of frontline filmmakers. I will be joined by my Ukrainian translator, Julia Shelest Garcia, to discuss the current political situation, the likely outcomes of the war, and the challenges of traveling to and filming in the country.

Golden Horizons

FREE DEMENTIA TRAINING
CLASSES OFFERED IN
November 2024

"Dementia: Caregiving for the Holidays"

IN-PERSON: at
Golden Horizons
1001 Marsac St
Bay City, Michigan

Morning:

Wednesday, November 13
10:00 a.m. – 12:00 noon

Evening:

Thursday, November 14
6:00 p.m. – 8:00 p.m.

VIRTUAL ON ZOOM:

Afternoon:

Tuesday, November 19
2:00 p.m.— 3:00 p.m.
Register in advance by calling
989-892-6644 to request the link
be sent to you.

Registration is required.
Please call (989) 892-
6644. Complimentary
adult day care available
for morning sessions.
Reservations required.

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.



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

Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, November 12th
from
11:30am to 12:00pm!

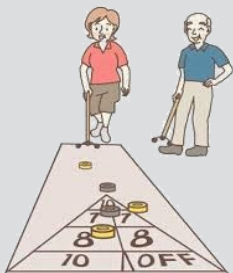
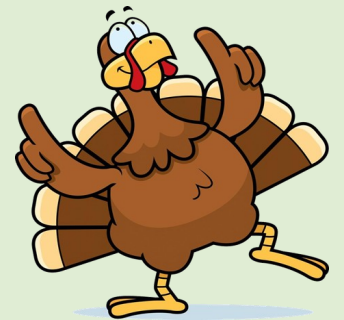


Join us on
Thursday, November 21st
at 10:30am
For our

Thanksgiving Celebration!

We will be doing crafts
and

The *Jolly Hammers and Strings* will be
here!



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, November 13th
from
11:00am to 12:00pm!



- | | |
|------------|-------------|
| Pilgrims | Turkey |
| Feast | Pumpkin |
| Holiday | Squash |
| Cornucopia | Cranberries |
| November | Thanks |
| Maize | Family |
| Yams | Dinner |
| Pie | Grateful |
| Plymouth | Traditions |
| Carve | Harvest |



Thanksgiving Word Search

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



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

Williams
will be closed
Monday, November 4th
thru
Thursday, November 7th
for elections.



Blood Pressure Clinic

Will be here at
Williams
on
Thursday, November 14th
from 11:00am-12:00pm!



Come join us for a
Thanksgiving meal!

Thursday, November 21st at 11:00am

We will be having a drawing to win a
Costco Pumpkin Pie. Tickets are 3/
\$1.00.

Please RSVP by Thursday, November 14th.



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

Blood pressure clinic!!

We will be at Riverside
Monday, November 18th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'A Scenic View'

Monday, November 4th
1 Class available

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

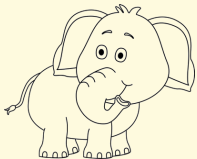
We will continue painting
after lunch until 1:30 if needed.



Join us

Monday, November 25th 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. 10am Line Dancing w/Marilyn —\$3 fee
9:30am-12pm Millie's Gin
12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)



Thanksgiving Dinner
Thursday, November 21st
at 11:00am

Linda Lee Music will be here!

Please RSVP by
November 1st



November Birthday Celebration!

Come in **Friday, November 22nd** 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.** 10am Misc. Card Games
11am Low-Impact Exercise* with Laura
- Tue.** 10am Indoor Walking and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Fri.** 10am Misc. Card Games
11am Low-Impact Exercise Class* with Laura

Blood Pressure Clinic!

We will be at Hampton on
Friday, November 15th
from
11:30am—12:00pm.



We will be relocating to **Canteen** on
Monday, November 4th-
Wednesday, November 6th.

Must call Riverside 1 week
in advance to reserve a
meal for these days.



Thanksgiving Luncheon
With all the fixings!
THURSDAY, November 21st
at 12:00pm

Birthday Celebrations

Wednesday, November 27th at 12:00pm

There will be a special dessert served after lunch.



November 2024

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY THANKSGIVING</p>				<p>(1) SWEET AND SOUR PORK (22) Steamed Brown Rice (16) Colorful Peas & Carrots (9) Carolina Fruit Salad (40) Whole Wheat Bread (10)</p>
<p>(4) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Chocolate Chip Cookie (27)</p>	<p>(5) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)</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) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Gelatin Cup (5)</p>	<p>(8) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Blueberry Crisp (53) Orange Juice Box (13)</p>
<p>(11)</p> 	<p>(12) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)</p>	<p>(13) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)</p>	<p>(14) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)</p>	<p>(15) CHICKEN FINGERS (19) Tator Tots (15) Garden Green Peas (11) Whole Wheat Bread (10) Chocolate Pudding (27)</p>
<p>(18) ITALIAN SPAGHETTI SAUCE (8) WITH AL DENTE SPAGHETTI (20) Green Beans (5) Garlic and Cheese Biscuits (10) Fig Newtons (20)</p>	<p>(19) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Strawberry Pineapple Jello (26)</p>	<p>(20) SAUERKRAUT AND POLISH SAUSAGE (23) Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Applesauce (13)</p>	<p>(21) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Stuffing ((24) Pumpkin Pie (46)</p>	<p>(22) ALMOND MANDARIN SALAD (37) Oreo 4 ct. (33)</p>
<p>(25) ALMONDINE POLLOCK (7) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin Oranges and Pineapple Chunks (20)</p>	<p>(26) ASIAN CHICKEN (30) Steamed Brown Rice (17) Lemon White Chocolate Cookie (28)</p>	<p>(27) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)</p>	<p>(28)</p> 	<p>(29)</p>

REMINDER for Home Delivered Meals clients:

- ***You must be home when meals are delivered.**
- *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 11/4–11/8

Turkey Cranberry Wrap

Turkey
Spring Mix
Swiss Cheese
Dried Cranberries
Walnuts
Cucumber
Dijon Mustard Vinaigrette

WEEK OF 11/11-11/15

Ham and Cheese Sub

Ham
Cheese
Lettuce
Cucumber
Tomato

WEEK OF 11/18-11/22

SOUTHWEST CHICKEN WRAP

Chicken
Pico de Gallo
Cheese
Lettuce
Southwest Ranch

WEEK OF 11/25-11/29

ROAST BEEF SLIDER

Pepper Jack Cheese
Onions
Horseradish Sauce
Onion Bun

November 2024

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.

DONATIONS ACCEPTED

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



November 2024

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

PRESORT STD
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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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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.