



WONDERFUL TIMES

BAY COUNTY DEPARTMENT ON AGING

FOR ALL OF US!

August

Movie and Lunch Series at the Wirt
Friday, August 28th

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

'Something Borrowed'

Tickets go on sale Monday, June 29th
Deadline is Monday, August 3rd



Cost: \$5.00 (60 years and better)
\$7.00 (59 years and younger)
Lunch will be a Fall Apple Salad

Reservations and Payment can only be made at the
Bay County Department on Aging Main Office,
515 Center Ave, 2nd Floor

Get in Touch!

515 CENTER AVE, SUITE 202
Bay City, MI 48708-5123

PHONE

(989) 895 - 4100
Toll Free (877) 229-9960

WEBSITE

www.baycountymi.gov/aging

EMAIL

divonaging@baycountymi.gov

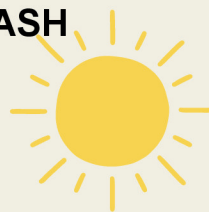
HOURS

8:00am-5:00pm

LIKE US ON FACEBOOK!
DONATIONS ACCEPTED



2ND ANNUAL END OF SUMMER BASH
CANTEEN ACTIVITY CENTER
THURSDAY, SEPTEMBER 10TH
60 AND BETTER POPULATION



SIGN IN - 2:30PM

TRIVIA - 3PM (TEAMS OF 4 WILL BE RANDOMLY SELECTED)

DINNER - 4:15PM

SUNDAES - 5PM

COST IS \$10 FOR TRIVIA TOURNAMENT AND DINNER OR
\$5 FOR JUST DINNER

LIMIT 100 PEOPLE FOR DINNER AND 50 PEOPLE FOR TRIVIA
RSVP AND MAKE PAYMENT BY FRIDAY, AUGUST 28TH ONLY
AT THE

DEPARTMENT ON AGING OFFICE,
515 CENTER AVE, BAY CITY, 2ND FLOOR

KITCHEN REMODEL COMING SOON!

Please watch for
updates in
Wonderful Times,
on Facebook,
On our Websites,
and
Memos from the
Department on
Aging staff.

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Our Staff

Senior Services Manager

Jessica Somerlott

Programming Services Manager

Patty Gomez

Nutrition Services Manager

Jessica Foss



From the Director

The Cost of a "Free" Prize

Imagine receiving an unexpected email from a well-known organization, such as Costco or Marriott, letting you know that you've been selected for an exclusive opportunity. All you have to do is respond to a quick survey about your recent experience with them, and you'll be awarded a brand-new iPhone. If you haven't visited these organizations recently, you probably suspect that something isn't quite right. But if you have, you might be very tempted to open the survey. If you do, you'll see a countdown timer that pressures you to answer all the questions quickly. But the email you received is a phishing scam!

Cybercriminals frequently impersonate well-known brands to build your trust and trick you into acting impulsively. The survey, the prize, and the countdown timer are all part of the scam. If you complete the survey, you'll be prompted to enter your credit card number and personal information to pay a small delivery fee for the new iPhone. But remember, this survey is fake, and cybercriminals will steal any information that you enter! Follow these tips to avoid falling victim to this phishing scam: · It's unlikely that a legitimate organization will ask you to pay a fee with your credit card to receive a free prize. Being asked to pay for something that's supposed to be free is a red flag. · Use caution if you receive an unexpected message that claims you've won a prize, especially if it pressures you to act quickly. Cybercriminals often use a sense of urgency to trick you into making fast decisions. · If you receive a suspicious email, don't select any links in it. Instead, check the organization's official website or contact them directly to verify if the survey is legitimate.

Thank you Bay County-MI Security Team for keeping us safe!



Beth Eurich, Director

Jessica Somerlott - Senior Service Manager

Our topic for our August Caregiver Education Meeting will be Caregiving with your Siblings/Family. Providing care for loved ones is super rewarding. But it really can take a village. When that village does not always agree or get along, tension and stress can make things break down. Join us to discuss how siblings and family can work together to provide care as a cohesive team. We won't be solving all problems but looking at ways to making things better and trying to open communication. Join us for our Caregiver Education Meeting on August 27, 2026, from 1:30pm to 2:30pm to learn more about how to identify burnout and to cope. Caregiver planning guides are available for free to attendees. Bay County caregivers and residents age 60 years and better are welcome at our meetings. Please call 989-895-4100 and ask for Jessica to RSVP. We meet at the Bay County Building 515 Center Ave Bay City, MI 48708 on the second floor. Parking lot is located on 5th Street with access to our indoor ramp and elevator.

Patty Gomez - Programming Services Manager

2026 Bay County Olympic Games Winner List

Putt-Putt

Gold: Jeff Lynch, Greg Rankin, Eileen Krueger, Barb Thayer, Tuji Arnold
Silver: Scott Retelle, Doug Dewald, Connie Flemming, Kathy Fritz, Ann Lych, Jean Rankin
Bronze: Bruce McShane, Ron Vantol, Tara Schulz, Ann Hill-Williams

Fishing (Largest)

Gold: Jeff Lynch (23), Ann Lynch (22)
Silver: Doug Dewald (22.5), Judy Barker, Barb Thayer, Eileen Kruger (21)
Bronze: George Delorge (21), Julie Loessel, Barb Dewald (19)

Fishing (Total Inches Caught)

Gold: Jeff Lynch (97), Barb Thayer (95.5)
Silver: Doug Dewald (40.25), Judy Barker (69.5)
Bronze: George Delorge (39), Eileen Krueger (39.5)

Cornhole Toss

Gold: Jeff Lynch, Dan Bellor, Bob Kerkau, Barb Thayer, Laura Briggs, Billie Nelson
Silver Tom Krueger, Doug Dewald, Charles Reinbolt, Tara Schultz, Jean Rankin
Bronze: Dave Lacourt, Murray Gallagher, Mary Ann Bellor

Pickleball

Gold: Bob Cieslinski, Ann Lynch
Silver: Jeff Lynch, Kathy Washabaugh
Bronze: Jim Washabaugh, Julie Loesel

Shufflboard

Gold: Dave Lacourt, Dick Criner, Tara Schultz, Pat Sitkowski
Silver: Jeff Lynch, Rich Phelps, Lisa Lacourt, Barb Thayer, Barb Dewald
Bronze: Tom Krueger, Michael Krenz, Amy Geyer, Tuji Arnold

Cycling

Gold: Barb Thayer
Silver: Jeff Lynch
Bronze: Ann Lynch, Paul Rabidoux

Golf

Gold: Tom Krueger, Pat Duggan, Mary Ann Bellor, Marilyn Harder
Silver: Norman Halstead, Jr, Don Walsh, Connie Flemming, Lois Walraven
Bronze: Rich Behmlander, Eileen Krueger, Jill Dugan



Jessica Foss - Nutrition Services Manager

MISCELLANEOUS

August 2026 Newsletter

04

ZUCCHINI EGG MUFFINS

AN EASY WAY TO USE THE ZUCCHINI GROWN IN YOUR GARDEN.

INGREDIENTS:

1 MEDIUM ZUCCHINI, SHREDDED AND SQUEEZED DRY
6 EGGS

¼ CUP SHREDDED CHEESE (OPTIONAL)
2 TABLESPOONS DICED ONION (OPTIONAL)
¼ TEASPOON GARLIC POWDER

BLACK PEPPER TO TASTE

DIRECTIONS:

PREHEAT OVEN TO 350°F. SPRAY A MUFFIN PAN LIGHTLY. WHISK EGGS IN A BOWL.
STIR IN ZUCCHINI, CHEESE, ONION, AND SEASONINGS. POUR MIXTURE INTO MUFFIN CUPS.
BAKE 18–22 MINUTES, UNTIL EGGS ARE SET.

NUTRITION TIP:

THESE MUFFINS ARE A SIMPLE WAY TO ADD VEGETABLES AND PROTEIN TO THE DAY. THEY ARE SOFT, EASY TO PORTION, AND CAN BE ENJOYED FOR BREAKFAST, LUNCH, OR A QUICK SNACK. THEY ALSO STORE WELL IN THE REFRIGERATOR FOR A FEW DAYS.

 **YOUR MONTHLY FALL PREVENTION TIP!**

Brighten your way to safety!

Bright, well-placed lighting reduces the risk of nighttime falls. Adding night lights in hallways and bathrooms or installing brighter bulbs ensures seniors can see clearly, even in the dark, and move with confidence.

Brought to you by:  **McLaren**
BAY REGION
Senior Services



ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP

OF BAY COUNTY:

Tuesday, August 11th from 6:00-8:00pm

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

Facilitator: Stacy McIntyre, LMSW

The support group will meet the second Tuesday of each month.

For more information call 989-892-6644

FREE DEMENTIA TRAINING CLASSES IN AUGUST 2026:
“Communicating Effectively”
Wednesday, August 19th, 2026
10:00 a.m. – 12:00 noon
Class held at Golden Horizons, 1001 Marsac St., Bay City, MI.
Call 989-892-6644 to register.

Complimentary adult day care available during class by reservation in advance.

Funded by Region VII Area Agency on Aging and the Alzheimer's Fund of the Bay Area Community Foundation.

Golden Horizons is Now Welcoming New Members!

This social program is for older adults experiencing memory loss. Research supports the importance of staying mentally and physically fit and eating healthily to maintain brain health. A wide variety of activities are offered to keep the mind stimulated and the body active. If you or someone you know is looking for activities that are modified to support some of the changes that occur with aging and opportunities for socialization-we offer FREE complimentary visits so you can find out more about what goes on at Club Golden Horizons. Breakfast, lunch and snacks are provided. Transportation is available through Bay Metro Dial A Ride. Open Monday through Friday from 9:00 a.m. to 5:00 p.m. For more information or to schedule a visit call 989-892-6644.

05

CANTEEN - BRUCE MCSHANE - (989) 892-6605

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

OPEN Tuesday - Thursday 9:30am-1:30pm

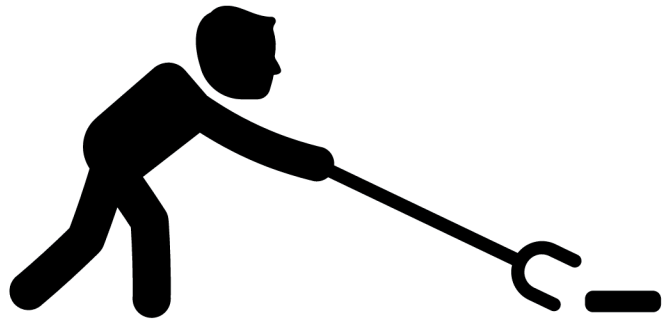
Tuesday	10am Bingo
Wednesday	10am Card Games
Thursday	10am Shuffleboard

Blood Pressure Clinic

WE WILL BE AT THE CANTEEN ON
TUESDAY, AUGUST 11TH
FROM 11:30AM-12:30PM

Please Join Us!

SHUFFLEBOARD EVERY THURSDAY!!!!



August Birthdays!

JOIN US FOR A TREAT ON
THURSDAY, AUGUST 27TH
AT LUNCHTIME



**Canteen will be closed
August 4th, 5th, and 6th
for the
Bay County Fair.
We will be meeting at
the Hampton Site
(1801 W. Center Rd,
Essexville)
with Karen Gettel**

06

KAWKAWLIN - JAN DAVENPORT - (989) 245-0102**1800 East Parish Rd Kawkawlin, 48631****OPEN Tuesday - Thursday 9:00am-12:30pm**

Daily

Puzzles, Board Games, Cards

Blood Pressure Clinic

WE WILL BE AT KAWKAWLIN ON

WEDNESDAY, AUGUST 12TH

FROM 11:00AM-12:00PM

*August
Word Search*

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

BIKING

POOL

READING

FRIENDS

POPSICLES

SNOW CONE

RELAX

TRAVEL

SUMMER

ICE CREAM

LEMONADE

FUN

07

WILLIAMS - JULIE NEASE - (989) 245-0290

1080 West Midland Road Auburn, MI 48611

OPEN Monday - Thursday 9:00am-1:00pm

Monday	9:30am Mexican Train Dominoes
Tuesday	9:30am Euchre 10:30am Lo Impact Chair Aerobics
Wednesday	9:30am Mexican Train Dominoes
Thursday	9:30am Euchre 10:30am Lo Impact Chair Aerobics

Blood Pressure Clinic

WE WILL BE AT THE WILLIAMS ON
THURSDAY, AUGUST 13TH
FROM 11:30AM-12:30PM

CLOSED

WILLIAMS WILL BE CLOSED AUGUST 3RD, 4TH, AND
5TH FOR ELECTIONS. WE WILL RE-OPEN ON THE
AUGUST 6TH.



Join us for Birthday Treats!

THURSDAY, AUGUST 20TH AT 12:00PM

HAPPY
BIRTHDAY



08**RIVERSIDE - CAM LANGENBURG - (989) 893-7070****1800 J.F. Kennedy Drive Bay City, 48706****OPEN Monday - Friday 9:00am-2:00pm**

Monday	12pm Hand and Foot
Tuesday	9am-12pm Knit/Crochet Group (Craft Room) 9:30am Bid Euchre 12:30pm Dominoes and Cribbage
Wednesday	9:30am-12pm Euchre 12:30pm Hand and Foot
Thursday	9:30am Single Pinochle 12pm Dominoes
Friday	12:30pm Scrabble 12:30pm Double Pinochle (played at Comm Ctr)

**BLOOD
PRESSURE
CLINIC**

WE WILL BE AT RIVERSIDE
MONDAY, AUGUST 10TH
11:30AM-12:30PM

**Acrylic Painting Class**

WITH STEVE WOOD

'CHIMNEY ROCK'

MONDAY, AUGUST 3RD

9:30AM-12:30PM

COST IS \$20.50 (60 YEARS AND BETTER)

\$25 (59 YEARS AND YOUNGER)

RSVP BY JULY 27TH, CLASS MUST BE PAID FOR
BEFORE THE CLASS DATE.**Quarter Bingo!**

MONDAY, AUGUST 17TH AFTER LUNCH
AT 12:30PM

August Birthday Celebration

COME IN ON FRIDAY, AUGUST 28TH FOR YOUR
BIRTHDAY TREAT! (MEAL PARTICIPANTS ONLY)

09

HAMPTON - KAREN GETTEL - (989) 895-5968

1801 West Center Road Essexville, 48732

OPEN Monday – Friday 10:00am–2:00pm

Monday	11am Low-Impact Exercise* with Laura 10am Miscellaneous Card Games
Tuesday	11am Indoor Walking, Coffee Hour
Wednesday	10am Euchre – New Players Welcome!
Thursday	10am Mexican Train Dominoes
Friday	11am Low-Impact Exercise* with Laura, 10am Card Games

*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, AUGUST 14TH
11:30AM–12:30PM

Grocery Bingo

PRIZE DONATIONS WELCOMED!

THURSDAY, AUGUST 13TH AT 10:30AM

\$1.00/CARD (2 CARD LIMIT)

Summer Music Festival!

FEATURING BILL GOEBEL, JOIN US

ON THURSDAY AUGUST 27TH AT 10:00AM

SNACKS WILL BE SERVED



August Birthday Celebration

FRIDAY, AUGUST 28TH

A SWEET TREAT WILL BE SERVED AFTER LUNCH!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SLOPPY JOES (8) WHOLE WHEAT BUN (25) Glazed Carrots (10) Strawberry Applesauce (15)	CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Baked Apples (23)	HONEYMUSTARD PORK CHOP (12) Cheesy Potatoes (14) Venetian Veggies (6) Pineapple Chunks (18)	SCRAMBLED EGGS (3) Sausage Links (1) Potatoes (18) Apple Slices (7) Pineapple Orange Delight (31)	CHICKEN PARMESAN (24) Buttered Noodles (43) Peas /Carrots (18)
10	11	12	13	14
DUTCH CHICKEN (8) Cheesy Mashed Potatoes (14) Peas /Carrots (9) Tropical Fruit Salad (21)	ITALIAN SAUCE (8) Spaghetti (20) Spinach (5) Oatmeal Raisin Cookie (23)	SWEET & SASSY MEATBALLS (52) Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	HAMBURGER GRAVY (8) Mashed Potatoes (17) Glazed Carrots (10)	CHICKEN FINGERS (39) Baked Potato (24) Peas (11) Jello (22)
17	18	19	20	21
POLLACK BITES (25) Tator Tots (15) Cauliflower (4) Pear (23)	CLASSIC HAMBURGER (0) WHEAT BUN (25) Waffle Fries (20) Broccoli (4) Banana (27)	SAUERKRAUT w/ DICED PORK (4) Parsley Potatoes (13) Cali Blend Veggies (4) Peach (16)	BAKED TURKEY (3) Mashed Potatoes (17) w/Gravy (2) Green Beans (5) Garlic Knots (18) Jello (24)	ALMOND MANDARIN SALAD (37) Carrot Sticks (12) Orange Juice (13)
24	25	26	27	28
BREADED FISH (24) Cheesy Potatoes (14) Mixed Veggies (11) Mandarin Oranges/ Pineapple Chunks (20)	ASIAN CHICKEN (30) Brown Rice (16) Spring Rolls (14) Applesauce (22) Peanut Butter Cookie (20)	ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Baked Potato (24) Green/Yellow Beans (6) Orange Juice (13)	MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	HOT DOG (1) WITH CONEY SAUCE (6) Whole Wheat Bun (19) Baked Potato (33) Peas w/Onions (12) Pear (23)
31				
BAKED PORK CHOP/Mushroom Gravy (7) Cali Blend Veggies (4) Peach (16) Snickerdoodle (25)				

SALAD/SANDWICH (ACTIVITY CENTERS ONLY)

August 2026 Newsletter

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Week of August 3rd	Strawberry Spinach Salad Spinach Iceberg Lettuce Strawberries Sliced Almonds Poppy Seed Dressing Cottage Cheese
Week of August 10th	Antipasta Salad Ham and Genoa Salami Black Olives Mozzarella cheese Mild Banana Peppers Tomatoes
Week of August 17th	Chicken Ceaser Salad Lettuce Chicken Parmesan Croutons Ceaser Dressing
Week of August 24th	Fall Apple Salad Diced Chicken Gala Apple Slices Dried Cherries, Walnuts Swiss Cheese Poppyseed Dressing

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.

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 BY 9:00AM.
- *SUGGESTED DONATION FOR HDM: \$2.75 PER MEAL.
- *MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.
- *PLEASE BE ADVISED, MENU ITEMS MAY CONTAIN
NUTS!

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.

Bay County Department on Aging

Second Floor, Bay County Building
515 Center Ave, Suite 202
Bay City, MI 48708

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

Our Mission

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.



**COUNTY OF BAY
JIM BARCIA
COUNTY EXECUTIVE**

**DEPARTMENT ON AGING – PUBLISHER
BETH EURICH – DIRECTOR/EDITOR
AMANDA GOULET – 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.baycountymi.gov.