



# WONDERFUL TIMES

BAY COUNTY DEPARTMENT ON AGING

FOR ALL OF US!



## 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](http://www.baycountymi.gov/aging)

### EMAIL

[divonaging@baycountymi.gov](mailto:divonaging@baycountymi.gov)

### HOURS

8:00am-5:00pm

LIKE US ON FACEBOOK!

DONATIONS ACCEPTED

## Movie and Lunch Series at the Wirt

Friday, June 26th

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

## BLUE HAWAII

Tickets go on sale Monday, June 1st  
Deadline is Thursday, June 18th

Cost: \$5.00 (60 years and better)  
\$7.00 (59 years and younger)  
Lunch will be a Roast Beef Slider

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



## Summer Osteoporosis Class

6 week class starting

Monday, August 10th-

Monday, September 21st

Located at The Canteen Activity Center,  
800 Livingston Ave, Bay City 48708

Limited spots available in

Sessions

A: 8:30am

B: 9:45 am

D: 12:30 pm

Cost is \$55.00

Registration and Payment must be made  
at Department on Aging Main Office 515  
Center Avenue, 2nd Floor, Deadline is  
Thursday, July 23rd (or until classes are  
filled)

NO refunds, NO flexing class times, NO  
carryovers.

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## From the Director

### Don't Subscribe to This Scam

Let's say you receive a text message that claims you can earn a large monthly income simply by watching YouTube videos. The message says that no experience is needed for the job, and you will even be provided with healthcare benefits and free training. All you need to do is reply to the text and then continue the hiring process on another messaging app, such as Telegram or WhatsApp. However, this is actually a fake job offer known as a "task scam"; and if you reply to the message, you'll be "hired" by a cybercriminal who will assign you simple tasks to complete, such as liking certain YouTube videos or increasing their view count. They might even send you a small payment of real money to make the job seem legitimate to gain your trust. Eventually, the scammer will ask you to pay them a deposit so you can unlock higher-paying tasks or receive additional payouts. But there are no further payouts, and they will keep any money that you send them! Follow these tips to avoid falling victim to this task scam:

- Remember, real employers will not ask you to pay them a fee or deposit so that you can receive more work from them.
- If you receive a text message that you suspect is a scam, don't reply to it. Block the number and report it to your mobile provider.
- Always use extreme caution if you receive an unexpected text message about a job offer, especially if it seems too good to be true. This tactic is commonly used by scammers to try to trick you into acting impulsively. Thank you to the Bay County-MI Security Team for helping us to stay cyber safe!

## Our Staff

### Senior Services

#### Manager

Jessica Somerlott

### Programming

#### Services

#### Manager

Patty Gomez

### Nutrition Services

#### Manager

Jessica Foss

**Home Delivered Meals,  
Offices  
and  
Activity Centers  
will be closed for  
Juneteenth  
on  
Friday, June 19th.**



**Beth Eurich, Director**



## Jessica Somerlott - Senior Service Manager

Our topic for our June Caregiver Education Meeting will be Guardianship Diversion. We welcome attorney Laura Kubit and social worker Amanda Cohoon as they talk about the Bay County Guardianship Diversion Program and answer questions. Guardianship is court ordered authorization to make legal, financial, and personal decisions for someone else. Guardianship Diversion is to assist vulnerable adults in keeping their right to make their own decisions. The program assists in triages situations and solving problems in an efficient, person-centered way.

Join us for our Caregiver Education Meeting on June 18, 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. The parking lot is located on 5<sup>th</sup> Street with access to our indoor ramp and elevator.

## Patty Gomez - Programming Services Manager

### Father's Day

A Fairmont, West Virginia, church sponsored the nation's first service honoring 362 men who died in explosions at the Fairmont Coal Company mines in Monongah. Grace Golden Clayton, whose father was among those that died, requested a special church service commemorating her father and others who had died. This was a one-time commemoration and not an annual holiday.

A year later, on July 5, 1908, a woman named Sonora Smart Dodd, tried to establish an official equivalent to Mother's Day seeking to honor her father, a widower and Civil War veteran, who raised six children alone. She went to local businesses and government officials to support her idea. She was successful and the first statewide celebration was held on June 19, 1910, in Spokane Washington.

President Lyndon B. Johnson issued the first presidential proclamation honoring fathers in 1966, but it wasn't until 1972 that Richard Nixon signed a proclamation making Father's Day a nationwide Federal holiday in the United States.

A lot of men opposed the holiday's sentimental attempts to celebrate "manliness" with flowers and gift-giving. They saw it as a commercial gimmick to sell more products which they felt they were paying for anyway as, at that time, men were still the major bread winners. Despite this, the holiday grew in popularity during the Great Depression when retailers and manufacturers promoted Father's Day as a way to boost sales.

Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts. Common celebrations include gift-giving, cards, special meals, and family activities designed to show appreciation for father figures.

## Jessica Foss - Nutrition Services Manager

As the days get longer and temperatures rise, June is the perfect time to refresh your eating habits with lighter, seasonal foods. Staying nourished and hydrated is especially important as we age, helping support energy levels, digestion, and overall wellness. Take advantage of fresh, in-season produce. Fruits and vegetables like berries, tomatoes, zucchini, and leafy greens are packed with nutrients and flavor. These foods are rich in antioxidants, which support heart health and help reduce inflammation. Try adding berries to your breakfast, tossing fresh vegetables into a salad, or grilling zucchini for a simple side dish.

June is also a great time to enjoy meals outdoors and stay active. A short walk, gardening, or even light stretching can support digestion and overall health. Just be sure to stay cool, wear sun protection, and listen to your body.

### Fresh & Simple June Recipe: Berry Yogurt Parfait


Layer low-fat yogurt with fresh strawberries, blueberries, and a sprinkle of granola. Repeat layers and top with a drizzle of honey if desired. This quick and refreshing treat is perfect for breakfast or a light dessert.



**YOUR MONTHLY  
FALL PREVENTION TIP!**

Support makes you stronger!

*Canes, walkers, and grab bars provide extra support when balance is uncertain. Using these tools helps prevent falls and promotes mobility, allowing seniors to move around safely without fear of losing stability.*

Brought to you by: 

**MISCELLANEOUS**

June 2026 Newsletter

04



**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.**

**FREE DEMENTIA TRAINING  
CLASSES IN JUNE 2026:  
“Understanding Difficult  
Behaviors ”**

**Wednesday, June 17th, 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.**

**ALZHEIMER’S/DEMENTIA  
CAREGIVER SUPPORT GROUP  
OF BAY COUNTY:**

**Tuesday, June 9<sup>th</sup> 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**

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# 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, JUNE 9TH  
FROM 11:00AM-12:00PM

## Book Club

THURSDAY, JUNE 11TH  
10:00AM

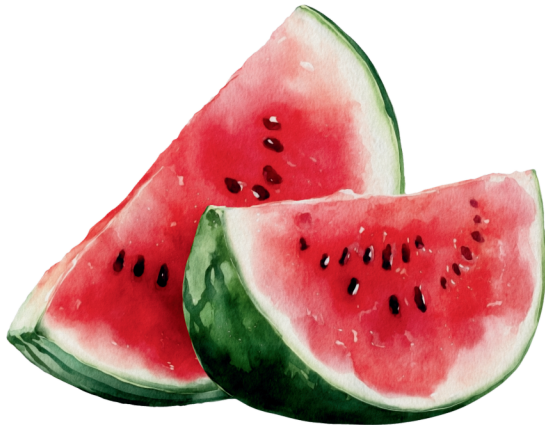


## Farm to Table with Mike VanOoteghem

WILL RETURN IN THE FALL. THANK YOU MIKE!

## Sue's Stichen and Crafts Is on Summer Break!

THANK YOU SUE LIND FOR SHARING YOUR TIME,  
TALENT, AND CRAFTINESS!



A huge "Thank you" to our  
volunteers who help our  
activity centers run smoothly,  
and all of those who "step up"  
for our events!

Special shoutout to  
**M.J. Divo**  
and  
**Arden Pedit**

**Home Delivered Meals,  
Offices  
and  
Activity Centers  
will be closed for  
Juneteenth  
on  
Friday, June 19th.**

Daily Puzzles, Board Games, Cards

## Blood Pressure Clinic

WE WILL BE AT KAWKAWLIN ON  
WEDNESDAY, JUNE 10TH  
FROM 11:30AM-12:30PM

# Juneteenth Word Search

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

- Movement
- Abolish
- Emancipation
- Surrender
- Observe
- Proclamation
- Nineteen
- African
- Confederacy
- American
- Holiday
- Celebration
- Freedom
- Parade
- Juneteenth
- Slavery
- Lincoln
- Galveston
- Texas
- June



07

# WILLIAMS - JULIE NEASE - (989) 245-0290

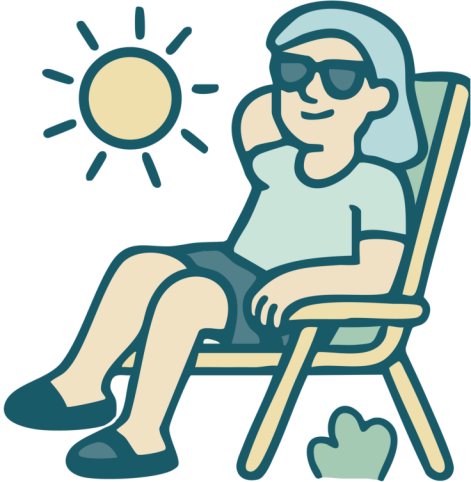
1080 West Midland Road Auburn, MI 48611

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

Monday	10am Mexican Train Dominoes
Tuesday	10am Euchre
Wednesday	10am Mexican Train Dominoes
Thursday	10am Euchre

## Blood Pressure Clinic

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



## Join us for Birthday Treats!

THURSDAY, JUNE 25TH  
11:00AM



**Home Delivered Meals,  
Offices  
and  
Activity Centers  
will be closed for  
Juneteenth  
on  
Friday, June 19th.**



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# RIVERSIDE - CAM LANGENBURG/WANDA REYNOLDS -

**(989) 245-0290**

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, JUNE 8TH  
11:30AM-12:30PM



## Acrylic Painting Class

WITH STEVE WOOD

'MOUNTAIN SPLENDER'

MONDAY, JUNE 1ST

9:30AM-12:30PM

COST IS \$20.50 (60 YEARS AND BETTER)

\$25 (59 YEARS AND YOUNGER)

## White Elephant Bingo!

MONDAY, JUNE 15TH

12:30PM

## June Birthday Celebration

COME IN ON FRIDAY, JUNE 26TH FOR YOUR

BIRTHDAY TREAT! (MEAL PARTICIPANTS ONLY)

**Home Delivered Meals,  
Offices  
and  
Activity Centers  
will be closed for  
Juneteenth  
on  
Friday, June 19th.**

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.

## Fire Extinguisher Presentation

ON THURSDAY JUNE 11TH AT 10:30AM  
ALAN HODDER FROM TRI CITY FIRE PROTECTION WILL BE HERE TO TEACH US HOW TO KEEP OUR FIRE EXTINGUISHERS UP TO DATE, WITH A DEMONSTRATION OUTSIDE ON HOW TO USE ONE. THIS IS BASIC INFORMATION FOR PROTECTING OUR HOMES.

## Grocery Bingo

PRIZE DONATIONS WELCOMED!  
THURSDAY, JUNE 25TH AT 10:30AM  
\$.75/CARD (2 CARD LIMIT)

## June Birthday Celebration

TUESDAY, JUNE 30TH  
SURPRISE DESSERT WILL BE SERVED AFTER LUNCH

## BLOOD PRESSURE CLINIC

WE WILL BE AT HAMPTON ON  
FRIDAY, JUNE 12TH  
11:30AM-12:30PM



**Home Delivered Meals,  
Offices  
and  
Activity Centers  
will be closed for  
Juneteenth  
on  
Friday, June 19th.**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<b>1</b>	Baked Pork Chop w/Mushroom Gravy (7) Buttered Rotini Noodles (43) Cali Blend Veggies (4) Peach (16)	<b>2</b>	Meatloaf Patty (5) Mashed Potatoes (17) Gravy (2) Spinach (5) Sugar Cookie (26)	<b>3</b>	Gourmet Chicken Tetraxini (27) Kyoto Blend Veggies (9) Apricots (12)	<b>4</b>	Savory Beef Stew (22) Brussel Sprouts (7) Grapes (13)	<b>5</b>	Pollock Bites (25) Augratin Potatoes (21) Apple Crisp (43) Creamy Coleslaw (15)		
<b>8</b>	Scrambled Eggs (3) Sausage Links (0) Redskin Potatoes w/ Onions (13) Mini Donut (16) Orange Juice Cup (13)	<b>9</b>	Hearty Goulash (26) Spinach (5) Applesauce (23)	<b>10</b>	Gold Coast Pork Chop (2) Ranch Mashed Potatoes (17) Peas (11) Chocolate Chip Cookie (27)	<b>11</b>	Smothered Chicken (6), Redskin Potatoes w/onions (13) Stir Fry Veggies (6) Gelatin Cup (5)	<b>12</b>	Parmesan Salmon (15) Scalloped Potatoes (21) Glazed Carrots (10) Malibu Mix (13)		
<b>15</b>	Garlicky Chicken (1) Southern Succotash (20) Parsley Potatoes(13) Diced Pears (16)	<b>16</b>	Cabbage Rolls (19), Venetian Blend Veggies (6) Cheesy Mashed Potatoes (13) Vanilla Pudding (24)	<b>17</b>	Patty Melt (4) Hamburg Bun (25) Baked Potato (24) Peas & Carrots (9) Apple (21)	<b>18</b>	Chicken Fingers (39) Down Home Fries (15) Cali Blend Veggies (4) Butter Pecan Cookie (25)				
<b>22</b>	Orange Chicken (60) Fried Rice (19) Spring Rolls (14) Mini Brownie (16)	<b>23</b>	Chi Chi Chili (22) Baked Potatoes (24) Wax Beans (6) Pineapple Chunks (18)	<b>24</b>	Chicken & Dumplings (15) Mixed Veggies (11) Strawberry Yogurt (6)	<b>25</b>	Ham (2) Green Beans Almondine (6) Augratin Potatoes (21) Monster Cookie (36)			<b>26</b>	Breaded Fish (24) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (10)
<b>29</b>	Baked Turkey (3) Mashed Potatoes (17) Green Beans (5) Chocolate Chip Cookie (27)	<b>30</b>	BBQ Riblet (12) Mashed Potatoes (17) Cali Blend Veggies(4) Cranberry Juice (17)								

<p>Week of June 1st</p>	<p><b>ASIAN CHICKEN SALAD</b>                  Diced Chicken                  Lettuce, Grape Tomatoes, Green Onion                  Sliced Almonds, Hulled Sesame Seed                  Rice Noodles                  Sesame Asian Dressing</p>
<p>Week of June 8th</p>	<p><b>BACON RANCH SALAD</b>                  Grape Tomato's                  Hard Boiled Eggs                  Green Peas, Cucumber                  Diced Bacon, Cheddar Cheese, Croutons                  Ranch Dressing</p>
<p>Week of June 15th</p>	<p><b>MICHIGAN CHERRY SALAD</b>                  Grilled Chicken                  Lettuce, Dried Cherries, Fresh Strawberries                  Bell Pepper, Pecans, Feta Cheese                  Blue Pom Vinagarette Dressing</p>
<p>Week of June 22nd</p>	<p><b>TACO SALAD</b>                  Seasoned Beef                  Corn                  Black Beans                  Crushed Taco Chips</p>

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.

**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  
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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.baycounty-mi.gov](http://www.baycounty-mi.gov).