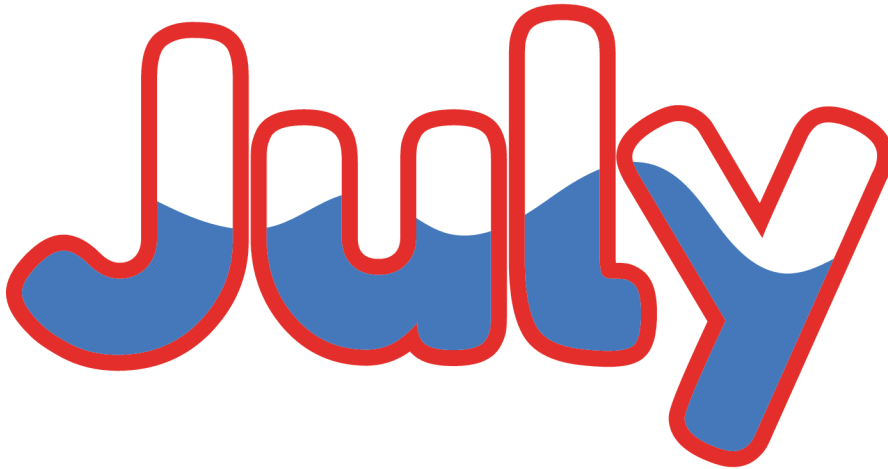




WONDERFUL TIMES

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

EMAIL

divonaging@baycountymi.gov

HOURS

8:00am-5:00pm

LIKE US ON FACEBOOK!

DONATIONS ACCEPTED

Movie and Lunch Series at the Wirt

Friday, July 24th

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

Just Go With It

Tickets go on sale
Monday, June 29th

Deadline is Thursday, July 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, 2nd 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.

In This Issue

03 | Department Corner

04 | Miscellaneous

05 | Canteen

06 | Kawkawlin

07 | Williams

08 | Riverside

09 | Hampton

10/11 | Menus

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
Independence Day
on
Friday, July 3rd.**

From the Director**Fireworks, Veterans, Dogs, and PTSD**

As we celebrate America's birthday with fireworks and family traditions, it is important to remember that the loud "bangs" and "booms" can be very difficult for veterans suffering from PTSD and frightening for our pets.

While many of us enjoy fireworks, combat veterans and others who have experienced traumatic events may relive painful memories through flashbacks, panic attacks, anxiety, and emotional distress. Fireworks are a common trigger for people living with PTSD.

If you know a veteran living in your neighborhood, please consider being courteous and letting them know ahead of time when you plan to set off fireworks. Giving them the dates and times can help them mentally prepare and reduce stress.

Fireworks can also be terrifying for our four-legged friends. Loud noises and flashing lights often cause pets to panic, and frightened animals may try to escape by jumping fences, running through gates, or bolting out doors.

To help keep pets safe, keep them indoors during fireworks displays and provide them with a quiet, secure room with their favorite toys and bedding. Treat-filled toys, chew toys, soft music, or television noise may also help calm their anxiety.

By showing consideration for veterans, trauma survivors, and our pets, we can help everyone enjoy a safer and happier 4th of July.

Have a Safe and Enjoyable 4th of July Everyone!



Beth Eurich, Director



Jessica Somerlott - Senior Service Manager

Motivation to move can be difficult when you do not feel well or are feeling down. Being active can help maintain and improve both your physical and mental health. Even 5 minutes of movement of any kind can go a long way.

What kind of movement can you do if you are not feeling well? The answer is any movement that is safe for your situation. Reaching your arms up and down, deep breathing, rolling the shoulders, slow walking, lifting your knees while in a sitting position, or arm circles.

Light cleaning tasks are also a great way to get moving and to feel better about your environment. 5 minutes of working on a house project may not seem like a lot, but every minute gets you closer to your goals. Maybe the project may take days to complete at 5 minutes at a time, but that is ok. It is better to get it done 5 minutes at a time than not at all.

Some tips on trying to stay motivated.

- Set an alarm to remember to move.
- Set a timer for 5 minutes.
- It is okay to start a task and work on it 5 minutes at a time.
- Find a partner to motivate you – it can be someone over the phone even.
- Listen to music while you are moving to pass the time faster.
- Keep a journal to see your progress.
- Switch things up to keep your interest.
- Set a reward for yourself.

Patty Gomez - Programming Services Manager

2026 Bay County Olympic Games

The 2026 Bay County Olympic Games were held June 8th - June 12th.

I would like to thank the participants, sponsors, venues, and staff for helping make the 2026 Olympic Games a success.

Look for the August issue of Wonderful Times for a list of our 2026 Olympic Games winners. Also, watch for upcoming information on our Winter Olympics in October!

If you are interested in receiving our Olympic registration packet, please call the main office at 989-895-4100 and ask to add your name to our mailing list.

Jessica Foss - Nutrition Services Manager

July brings warm weather, fresh produce, and plenty of opportunities to enjoy healthy seasonal meals. For adults 60 and better, summer is a great time to focus on staying hydrated, eating colorful fruits and vegetables, and enjoying lighter meals that still provide important nutrients and energy.

Hot temperatures can increase the risk of dehydration, especially for older adults. Remember to drink water regularly throughout the day, even if you do not feel thirsty. Foods like watermelon, cucumbers, strawberries, peaches, and tomatoes also help keep the body hydrated while adding vitamins and flavor to meals. You'll see some of these seasonal choices on our menu this summer.

Summer produce is at its peak in July. Fresh berries are packed with antioxidants that support brain and heart health, while leafy greens provide fiber and nutrients that help maintain strong bones and healthy digestion. Grilled vegetables, fruit salads, and simple garden-fresh meals are easy ways to enjoy the season while supporting overall wellness. As always, we appreciate all the positive feedback on the menu updates and recipes. We look forward to continuing to bring fresh summer flavors and healthy new meals throughout the year.

Easy Summer Recipe: Cucumber Tomato Salad. Combine sliced cucumbers, cherry tomatoes, and thinly sliced red onion in a bowl. Toss with olive oil, lemon juice, black pepper, and a pinch of herbs for a light and refreshing summer side dish. This colorful salad is hydrating, heart-healthy, and perfect for warm July days.

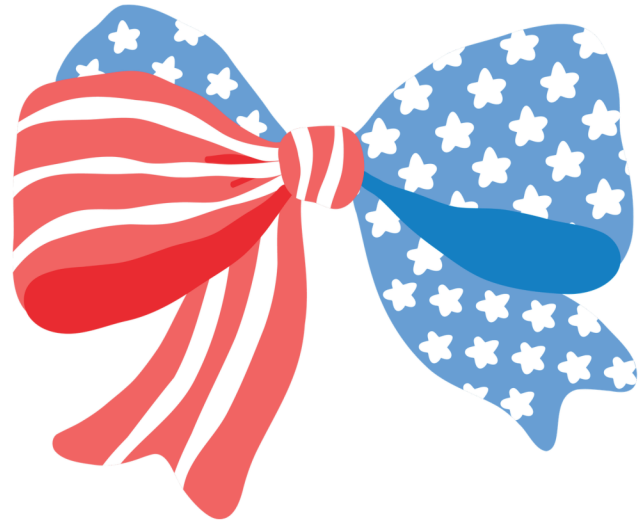


YOUR MONTHLY FALL PREVENTION TIP!

Clear paths, safe steps!

Clutter, loose rugs, and tangled cords are common tripping dangers. Keeping walkways clear and organized creates a safer environment, making it easier to move freely without worrying about hidden obstacles.

Brought to you by:



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 JULY 2026:

**“Overview of Alzheimer’s &
Other Dementias”**

**Wednesday, July 15th, 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, July 14th 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

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, JULY 14TH
FROM 11:30AM-12:30PM

Sue's Stichen and Crafts

JOIN US FOR 'SUE'S SPECIAL PROJECT'
CHRISTMAS IN JULY
JOIN US FOR A CHRISTMAS CRAFT!
THURSDAY, JULY 2ND AT 10:00AM



Book Club

THURSDAY, JULY 9TH
10:00AM



Scrappy!

JOIN US ON TUESDAY, JULY 14TH AT 11:00AM FOR
A FOOD DEMO WITH JANINE KRAVITZ. LEARN
HOW TO MAKE THE MOST OF YOUR "GROWING"
FOOD SCRAPS.

**Home Delivered Meals,
Offices
and
Activity Centers
will be closed for
Independence Day
on
Friday, July 3rd.**



Daily Puzzles, Board Games, Cards

Blood Pressure Clinic

WE WILL BE AT KAWKAWLIN ON
WEDNESDAY, JULY 15TH
FROM 11:00AM-12:00PM

4th of July WORD SEARCH

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

- | | | | |
|-----------|-----------|---------|----------|
| PATRIOTIC | FLAG | PICNIC | HOLIDAY |
| FREEDOM | FIREWORKS | STRIPES | PARADE |
| AMERICA | CELEBRATE | STARS | SPARKLER |
| JULY | BLUE | RED | WHITE |



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
Wednesday	9:30am Mexican Train Dominoes
Thursday	9:30am Euchre

Blood Pressure Clinic

WE WILL BE AT THE WILLIAMS ON THURSDAY, JULY 16TH FROM 11:15AM-12:15PM



4th of July Celebration!

THURSDAY, JULY 2ND AT 12:00PM

JOIN US FOR A FIRECRACKER RED, WHITE AND BLUE POPSICLE!

Pantry Bingo

TUESDAY, JULY 14TH AT 10:30AM

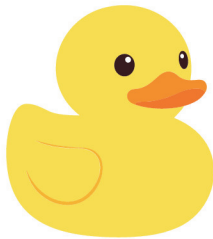
PRIZE DONATIONS ARE WELCOMED!

\$1 PER CARD (LIMIT 2)

Join us for Birthday Treats!

THURSDAY, JULY 23RD AT 11:00AM

PICK A LUCKY DUCKY FOR A GIFT CARD!



**Home Delivered
Meals,
Offices,
and
Activity Centers
will be closed for
Independence Day
on
Friday, July 3rd.**



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, JULY 13TH
11:30AM-12:30PM



Acrylic Painting Class

WITH STEVE WOOD

'COUNTRY LANE'

MONDAY, JULY 6TH

9:30AM-12:30PM

COST IS \$20.50 (60 YEARS AND BETTER)

\$25 (59 YEARS AND YOUNGER)

4th of July Party

COME FOR TREATS, PRIZES, AND MORE!

THURSDAY, JULY 2ND AT 12:00PM



Penny Bingo!

MONDAY, JULY 20TH

12:30PM



July Birthday Celebration

COME IN ON FRIDAY, JULY 31ST FOR YOUR
BIRTHDAY TREAT! (MEAL PARTICIPANTS ONLY)

Home Delivered
Meals,
Offices
and
Activity Centers
will be closed for
Independence Day
on
Friday, July 3rd



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.

4th Of July Celebration!

ON THURSDAY JULY 2ND AT 12:00PM
WEAR YOUR RED, WHITE, AND BLUE AND ENJOY
A COLD REFRESHING TREAT AFTER LUNCH!

Grocery Bingo

PRIZE DONATIONS WELCOMED!
THURSDAY, JULY 16TH AT 10:30AM
\$1.00/CARD (2 CARD LIMIT)

June Birthday Celebration

FRIDAY, JULY 31ST
SURPRISE DESSERT WILL BE SERVED AFTER LUNCH


BLOOD PRESSURE CLINIC

WE WILL BE AT HAMPTON ON
FRIDAY, JULY 17TH
11:30AM-12:30PM



Home Delivered Meals,
Offices
and
Activity Centers
will be closed for
Independence Day
on
Friday, July 3rd.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Baja Fish Taco (29) Corn & Beans (14) Southwest Coleslaw (14) Peanut Butter Cookie (20)	Connies Veggie Cheese Soup (14) Mixed Veggies (11) Strawberries (6) Raspberry Jello (24)	
6	7	8	9	10
Scrambled Eggs (3) Sausage Links (0) Redskin Potatoes (13) Cheese Danish (17)	Dutch Chicken (8) Cheesy Mashed Potatoes (14) Peas & Carrots (9) Blueberries (8) Oatmeal Raisin Cookie (23)	Hungarian Pork Chop (7) Mashed Potatoes (17) Green Beans (5) Malibu Mix (13)	Tortellini Bake (31) Southern Succotash (20) Garlic Knots (18) Tropical Fruit Salad (21)	Pulled Chicken BBQ Sandwich (35) Hamburg Bun (25) Kyoto Blend Veggies (9) Chocolate Chip Cookie (27)
13	14	15	16	17
Cod Fish Filet (16) Hamburg Bun (25) Baked Potato (24) Diced Carrots (7)	White Bean Chicken Chili (26) Corn & Beans (14) Diced Pears (16)	Saucy Veal Parmesan (21) Spaghetti (20) Green Beans (5) Grapes (13)	Chicken Fingers (16) Down Home Fries (5) Broccoli Florets (0) Strawberries (0)	Meatball Stroganoff (27) Buttered Noodles (43) Kyoto Blend Veggies (9)
20	21	22	23	24
BBQ Chicken Breast (18) Redskin Potatoes (13) Green Beans (5) Pineapple Orange Delight (31) Garlic Knots (18)	Chicken Enchiladas (20) Corn & Beans (14) Spanish Rice (25) Clementine (9)	Hamburger Gravy (1) Mashed Potatoes (17) Brussel Sprouts (7) Applesauce (23)	Roasted Pork Loin (0) Mashed Potatoes (17) Pork Gravy (2) Peas & Carrots (8) Chocolate Pudding (25)	Turkey Pot Pie (20) Diced Carrots (7) Blueberry Crisp (53)
27	28	29	30	31
Philly Beef Sandwich (5) Hot Dog Bun (19) Fries (15) Rivera Veggies (6) Apple (29)	Chicken Cordon Bleu (12) Sweet Potatoes (22) Mixed Veggies (11) Ranger Cookie (25)	Beef Pot Roast (2) Mashed Potatoes (17) Green Beans (5) Bananas (27)	Spanish Rice with Meat (26) Broccoli Florets (4) White Chocolate Raspberry Cookie (28)	Sweet and Sour Pork (31) Brown Rice (16) Brussel Sprouts (7) Chocolate Pudding (25)

SALAD/SANDWICH (ACTIVITY CENTERS ONLY)

July 2026 Newsletter

11

<p>Week of June 29th</p>	<p>Ham and Turkey Sub Ham Turkey Swiss cheese Lettuce, Cucumber, Tomato French onion dip Sub roll</p>
<p>Week of July 6th</p>	<p>Corned beef sandwich Corned beef Ham, Turkey , Bacon Tomato , Lettuce, Red Onion Sour Dough bread</p>
<p>Week of July 13th</p>	<p>BLUE LIGHT SPECIAL SUB Bologna, Ham, Salami American Cheese Onion, tomato, lettuce, banana pepper Yellow mustard, Sub Bun, Dill pickle chips</p>
<p>Week of July 20th</p>	<p>CHICKEN SALAD CROISSANT Diced Chicken Celery, Red grapes, Lettuce Mayo</p>
<p>Week of July 26th</p>	<p>AMERICAN CLUB WRAP Ham, Turkey, Bacon Tomatoes, Cheese Ranch Dressing, Whole Wheat Wrap</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
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.baycounty-mi.gov.