



March 2026

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Spring Osteoporosis Class

6 week class starting Monday, April 13th-Wednesday, May 20th

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 Monday, April 6th (or until classes are filled)

NO refunds, NO flexing class times, NO carryovers.

Chair Fit Therapy—Yoga Based Exercises

Canteen Activity Center

800 Livingston Ave, Bay City, 48708

We are offering 2 classes per month.

Cost is \$5.00 per class, and is limited to 30 participants.

Upcoming Dates:

Tuesday, March 3rd

Tuesday, March 17th

Class time is 11:00am-11:45am

Reservations and payment can only be made at the

Department on Aging
Main Office
515 Center Ave,
2nd Floor



Movie and Lunch Series at the Wirt

**Friday, March 27th Doors open at 11:30am,
movie starts at 12:00pm**
Military Wives

Tickets go on sale Monday, March 2nd at 10:00am

Deadline is Friday, March 20th

Cost: \$5.00 (60 yrs and better),

\$7.00 (59 yrs 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 Avenue, 2nd Floor



WELCOME— Department Corner

Myths of March



This familiar saying, “If March comes in like a lion, it will go out like a lamb,” attempts to make sense of the often unpredictable March weather. This seasonal proverb attempts to bring hope to those disappointed by a rough start to the month by promising that better weather is coming before April arrives. There are many theories as to where this weather proverb originated, but the Farmer’s Almanac suggests the rhyme comes from an ancestral belief in balance.

Though often proved true by the natural occurrence of late winter storms near the beginning of March and the steady progression toward spring by April, there is not really any other scientific basis for this saying. It does, however, serve to bring a little bit of hope to those suffering through the late winter doldrums.

This is only one of the plethora of sayings and traditions making March a colorful month for the imagination.

Many revolve around predicting the weather, such as “a dry March and a wet May; fill barns and bays with corn and hay,” “March winds and April showers bring forth May flowers,” or “so many mists in March you see, so many frosts in May will be.”

Others are based in ancient mythology and legends. There is certainly something inspirational about the month of March. The transformation from an often dreary winter to the first hopeful signs of spring can bring about feelings of “spring fever” and everything that goes along with it.

March is a time of planning and hopefulness for gardeners and outdoor explorers hoping for mild weather in the weeks to come. It is a time of new birth and excitement. It is no wonder March has been the muse of poets and farmers alike for hundreds of years and continues to inspire people around the world. (<https://kernersvillemagazine.com/2025/02/27/myths-of-march/>)

Beth Eurich, Department on Aging Director

Did you know that you can call 988 Suicide and Crisis Lifeline for compassionate help for mental health and substance use problems for yourself or anyone, at any time? Just three simple numbers can be used to call, text, or chat online at 988lifeline.org.

In addition to thoughts or feelings of suicide, 988 responds 24/7 to anyone who needs support for mental health, suicide, and/or substance use problems. Other reasons include emotional distress, anxiety, depression, mental illness, loneliness, trauma, bullying, stress, relationship troubles, and just needing someone to talk with. Caregivers, family members, friends, and advocates can also reach out to 988 for resources and support.

Calling is simple. Dial 988 from your landline or cell phone and you will reach a menu. To bypass the menu press “0” and it will connect you directly with a counselor. Press “1” for the Veterans Crisis Line, Press “2” for Spanish speaking counselors. To reach a counselor in ASL: Videophone (VP) or text 988, or chat [988Lifeline.org](https://988lifeline.org)

Help is there, please reach out. Help is free, confidential and available 24 hours per day, 7 days per week. There is no judgement no matter what you are going thru and no wrong reason to call.

Jessica Somerlott, Senior Services Manager



Volunteer Appreciation Month

Volunteering is more than just a selfless way to support your community. Volunteers are essential to community improvement by helping organizations provide enhanced services for the community. It's a rewarding way to give back to the community and support causes, leading to a deeper sense of fulfillment for the volunteer.

Research shows that people who volunteer have lower mortality rates, increased physical mobility, and better cognitive function. It reduces stress and is an added barrier against depression and anxiety.

Volunteering brings people together and helps build camaraderie and a sense of belonging. It offers opportunities to learn new skills, provides a sense of accomplishment, pride, and identity and boosts self-confidence and life satisfaction.

If you would like to make a difference in your life or the lives of others, think of becoming a volunteer in your community.

Patty Gomez, Programming Services Manager

March is a great time to refresh your plate as we move toward spring. Eating well supports energy, immunity, and overall wellness, especially as we get back outside and become more active. We've been getting lots of great feedback on the new recipes, and we're so glad you're enjoying them! We'll continue to change things up this spring with fresh flavors and simple, nourishing meals. Focus on colorful fruits and vegetables like spinach, carrots, oranges, and berries. These are packed with vitamins that help support heart health, vision, and the immune system. Frozen options are just as nutritious and often easier to keep on hand. Stay mindful of hydration. As the weather changes, it's easy to forget to drink enough fluids. Water, herbal teas, milk, and soups all count toward daily hydration. Choose lean proteins such as eggs, fish, beans, yogurt, or chicken to help maintain muscle strength. Pair them with whole grains like oatmeal, brown rice, or whole-grain bread for steady energy throughout the day. As spring approaches, enjoy lighter meals, brighter flavors, and small changes that help you feel your best all month long.

Jessica Foss, Nutrition Services Manager

Miscellaneous

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 MARCH 2026:

“Understanding Difficult Behaviors ”
Wednesday, March 25th, 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, March 10th, 2026
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



Safe meds, steady steps!

Some medicines can cause dizziness or drowsiness, which may lead to falls. By reviewing prescriptions with a healthcare provider, older adults can adjust dosages or switch to safer alternatives, reducing risks while staying healthy.

Brought to you by:



Bay Concert Band Winter Concert

**Sunday, March 8th at
3:00pm**

**Bay City Central
High School Auditorium**

**Adults \$10.00,
Children under 12 are free**

Doors open at 2:30pm

Bruce McShane—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm

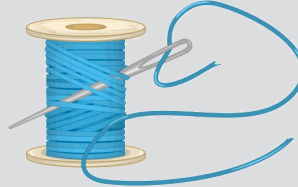
800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Tue. 10:00am Bingo

Wed. 10:00am Card games

Thur. 10:00am Shuffleboard

Sue's Stitchin' and
Crafts
Thursday, March 5th at
10:00 am



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, March 10th
from
11:30am to 12:30pm!



Farm to Table

with Mike VanOoteghem
Tuesday, March 10th
11:00am

Join us for
Shuffleboard
every
Thursday!

Book Club!

Thursday, March 12th
10:00am



Euchre Tournament

Wednesday, March 25th
10:00am—12:00pm
\$5.00 (60 years and better)
\$8.00 (55-59 years old)

Registration begins Monday, March 9th and
ends Friday, March 20th
Includes cold lunch.



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, March 11th
from
11:00am to 11:30pm!



BLARNEY	GOLD	JIG	
CELTIC	GREEN	LEPRECHAUN	PATRICK
CHARM	HARP	LIMERICK	POTATO
CLOVER	HOLIDAY	LUCK	RAINBOW
DUBLIN	IRELAND	MARCH	SAINT
EMERALD	IRISH	PARADE	SHAMROCK

St Patrick's Day

WORD SEARCH

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

Julie Nease—Site Coordinator
989-245-0290

WILLIAMS

1080 West Midland Road | Auburn, MI 48611

Mon-Thurs 9am-1pm

Mon. 10am Mexican Train Dominoes

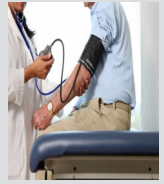
Tue. 10am-Euchre

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

Blood Pressure Clinic

Will be here at
Williams
Thursday, March 12th
from 11:30am-12:30pm



*****All Events Subject to Change.*****



Please help us in welcoming our new
Site Coordinator here at
Williams

Julie Nease!



OK, Show of hands...
Who's tired of snow?



March 2026

Cam Langenburg / Wanda Reynolds
-Site Coordinators
989-893-7070

Blood pressure clinic!!

We will be at Riverside
Monday, March 9th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'Birch Tree Overlook' Monday, March 2nd

1 Class available

9:30-12:30

Cost is \$20.50 (60+ YRS)
\$25.00 (59 YRS AND YOUNGER)

Please RSVP by
Thursday, February 26th

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



Join us
Monday, March 23rd
at 10:00am
for

Bingo

RIVERSIDE

Mon-Fri 9am-2pm

800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. 12pm Hand and Foot

Tues. 9am-12pm Knit/Crochet Group (Craft Room)
9:30am Bid Euchre
12:30pm Dominos and Cribbage

Wed. 9:30am-12pm Euchre
12:30pm Hand and Foot

Thurs. 9:30am Single Pinochle
12pm Dominoes

Fri. 12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)

Join Us for a
St. Patrick's Day Celebration,
Green Drink, and Trivia!!!
Tuesday, March 17th
At 10:00am



March Birthday Celebration!

Come in **Friday, March 27th**
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
- Tue.** 11am Indoor Walking, Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes
- Fri.** 11am Low-Impact Exercise Class* with Laura, Card

Blood Pressure Clinic!

We will be at Hampton on
Friday, March 13th
from
11:30am—12:30pm.



St Patrick's Celebration!
Join us for a delicious snacks and a green dessert with lunch. Wear your green apparel. All Leprechauns welcome!
Tuesday, March 17th at 11:00am



Join us for **GROCERY BINGO!**

Prize donations welcomed!
Ex: Canned goods, crackers,
paper products, etc.
Tuesday, March 24th
At 10:30am
\$.75/card (2 card limit)

Join us!

Friday, March 20th at 10:00am
Security Awareness for Self and Property.
Lieutenant Becker from Hampton Township
Police will provide us with tips and tricks to
keep us safe and protect our property.



**March
Birthday Celebration!**
Tuesday, March 31st at 12:00pm
Surprise dessert will be served after
lunch.

March 2026

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(2) BAKED PORK CHOP/MUSHROOM GRAVY (6) Buttered Rotini Noodles (43) Cali Blend Veggies (4) Butter Pecan Cookie (25)</p>	<p>(3) MEATLOAF PATTY (8) Green Beans (5) Mashed Potatoes (17) Beef Gravy (2) Sugar Cookie (26)</p>	<p>(4) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Honey Wheat Dinner Roll (12)</p>	<p>(5) SAVORY BEEF STEW (20) Southern Biscuit (25) Brussel Sprouts (7) Grapes (13)</p>	<p>(6) POLLACK BITES (25) Au gratin Potatoes (21) Apple Crisp (43) Creamy Coleslaw (15)</p>
<p>(9) SMOTHERED CHICKEN (7) Diced Redskin Potatoes w/onions (13) Stir Fry Blend Veggies (5) Gelatin Cup (5)</p>	<p>(10) HEARTY GOULASH (27) Spinach (5) Applesauce (23) Multi Grain Roll (27)</p>	<p>(11) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Chocolate Chip Cookie (27)</p>	<p>(12) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (19) Orange Juice (13)</p>	<p>(13) BEAN & HAM SOUP (34) Diced Carrots (7) Tropical Fruit Salad (21)</p>
<p>(16) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (24) Colorful Peas and Carrots (9) Apple (21)</p>	<p>(17) CABBAGE ROLLS (19) Venetian Blend Veggies (6) Parsley Potatoes(13) Vanilla Pudding (24)</p>	<p>(18) CRISP CHICKEN FINGERS (39) Down Home Fries (15) California Blend Vegetables (4) Butter Pecan Cookie (25)</p>	<p>(19) HAWAIIAN MEATBALLS (50) Fried Rice (19) Spinach (5) Peaches (12)</p>	<p>(20) GARLICKY CHICKEN (19) Southern Succotash (20) Parsley Potatoes (13) Diced Pears (16)</p>
<p>(23) HONEY MUSTARD CHICKEN (14) Oven Brown Potatoes (17) Sliced Carrots (7) Apple Slices and Caramel (32)</p>	<p>(24) CHI CHI CHILI (22) Oven-Baked Potato (24) Wax Beans (5) Pineapple Chunks(18)</p>	<p>(25) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Strawberry Yogurt Cup (13)</p>	<p>(26) HAM (2) Green Beans Almondine (6) Au gratin Potatoes (21)</p>	<p>(27) BREADED FISH (24) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (16) Orange Juice Cup (13)</p>
<p>(30) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5) Chocolate Chip Cookie (27)</p>	<p>(31) BBQ RIBLET (12) Mashed Potatoes (17) Cali Blend Vegetables (4) Cranberry Juice (17)</p>			

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 3/2-3/6

Antipasto Wrap

Salami Genoa, Turkey, Ham
Black Olives, Banana Pepper, Red Peppers
Lettuce, Tomato
Mozzarella
Flour Tortilla
Mayo
Italian Dressing

WEEK OF 3/9-3/13

Tuna Salad Sub

Light Mayo
Dill Weed
Tomato, Lettuce, Cucumber, Red Grapes

WEEK OF 3/16-3/20

Seafood Croissant

Imitation Crab Meat
Celery, Green Onion, Water Chestnuts
Dill Weed
Mayo
Lettuce

WEEK OF 3/23-3/27

ROAST BEEF SLIDER

Pepper Jack Cheese
Onions
Horseradish Sauce
Onion Bun

WEEK OF 3/30-4/3

Chicken Ceaser Salad

Lettuce
Chicken
Parmesan
Croutons
Ceaser Dressing

March 2026

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.



DONATIONS ACCEPTED

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



March 2026

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
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Return Service Requested

WONDERFUL TIMES

MISSION STATEMENT

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.

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Bay City, MI 48708-5123
989-895-4100
Toll-Free 1-877-229-9960
Like us on Facebook
divonaging@baycountymi.gov
www.baycountymi.gov/Aging/
Donations Accepted

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.