



MAY 2026

Bay County Department on Ag-

# WONDERFUL TIMES ...for all

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Over 70 Million U.S. adults reported having a disability. The U.S. Department of Justice (DOJ) has issued a final rule under Title II of the Americans with Disabilities Act (ADA) establishing binding accessibility standards for state and local government websites, mobile apps, and public electronic documents.

All Bay County departments must ensure that digital content conforms to WCAG 2.1 Level A and AA, the minimum standard required under federal law.

So, what does that all mean for Department on Aging. You will notice formatting changes in all of Department on Aging forms, Wonderful Times, website, Facebook posts, etc. These changes will align with the new ADA requirements for all documents, both print and digital.

These changes are mandatory for Department on Aging, so bear with us as we complete our updates. Stay Safe Everyone!

**Department on Aging  
Home Delivered Meals,  
Activity Centers, and  
Offices  
will be closed on  
Monday, May 25th  
for  
Memorial Day.**



## Movie and Lunch

Series at the Wirt

Friday, May 22nd Doors open at 11:30am, movie starts at 12:00pm

Dirty Dancing

Tickets go on sale Friday, May 1st at 10:00am

Deadline is Friday, May 15th

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

\$7.00 (59 yrs and younger)

Lunch will be a Southwest Chicken Wrap

Reservations and Payment

can only be made at the

Bay County Department on Aging Main Office,  
515 Center Avenue, 2nd Floor



# WELCOME— Department Corner

You've Been Served...a Scam! In this week's scam, you receive a text message that claims you have an unpaid traffic toll that needs to be paid immediately. The message includes an image of what appears to be an official court summons, which has a court seal, a case number, and a QR code. It warns that if you don't pay the fine, you could face serious consequences, including being arrested. It then instructs you to scan the QR code to pay the money that you owe. However, there isn't actually a toll violation on your record, or a fine for you to pay. The text message you received was actually sent by cybercriminals! If you scan or select the QR code, you won't be directed to a real government website. Instead, you'll be sent to a fake payment webpage designed to steal your financial information and money! Follow these tips to avoid falling victim to this text message scam: Remember that real legal documents are typically sent by mail or delivered in person, and not by text message. Just like malicious links, QR codes can easily direct you to dangerous websites. You should never scan a QR code from an unknown source. If you are concerned you missed a toll payment or have a traffic ticket, look up the official phone number or website for your local court or toll agency. Contact them directly to check your status.

The Bay County - MI Security Team

Beth Eurich, Department on Aging Director



May is Older Americans month and Mental Health Awareness month! Both topics are near and dear to my heart and could not make a better pair.

The 2026 theme of Older Americans month is "Champion Your Health". It focuses on prevention, wellness, and personal responsibility as cornerstones of health aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Wow, that is a mouthful!

Let me summarize that. Be your own hero, champion, and advocate. Make sure to make your feelings known and speak up especially about your wants when it comes to your own care. Remember to listen carefully or bring someone to help listen and make notes.

That leads me to Mental Health Awareness Month. As we age, we experience life changes that can impact mental health. Mental health is essential for overall well-being at every stage of life. Regardless of age, background, or experience, prioritizing mental health strengthens individuals, families, and communities. Reach out for help. Call or Text 988. You may also call Bay Arenac Behavioral Health at 989-895-2300. There are many other options also. Consider talking to a trusted friend, family, neighbor, or any medical professional. The first step is the hardest.

Jessica Somerlott, Senior Services Manager

## Events and more...

Summer Olympics are right around the corner.

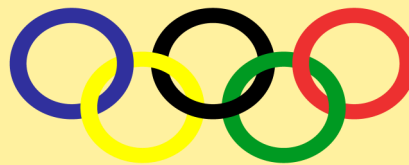
If you've participated in the Olympic Games in the past, watch the mail for this year's Olympic Games registration packet.

If you would like to receive a registration packet, please call 989 895-4100 to request one or stop in to our main office located within the Bay County Building, 515 Center Avenue, Suite 202, Bay City, MI 48708.

The registration deadline is Friday, May 8, 2026.

Join us for a week filled with fun in the sun!

Patty Gomez, Programming Services Manager



Healthy eating doesn't have to be complicated. Focus on simple, whole foods, enjoy fresh spring flavors, and make small changes that add up over time. Your body—and your energy—will thank you! The newest 2025–2030 dietary guidance emphasizes a simple message: focus on real, whole foods and limit highly processed options. Aim to fill your meals with: Colorful fruits and vegetables, Whole grains like oats, brown rice, and whole wheat. Lean proteins such as fish, eggs, beans, and dairy. Healthy fats from nuts, seeds, and oils. These foods provide essential vitamins, minerals, and fiber while supporting heart, brain, and digestive health. As the weather warms up, switch to lighter meals.

Try This Simple Spring Recipe:

Strawberry Spinach Salad

Toss fresh spinach with sliced strawberries, walnuts, and a sprinkle of feta cheese. Drizzle with olive oil and a splash of balsamic vinegar for a light, heart-healthy meal.

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 MAY 2026:

“Communicating Effectively ”

Wednesday, May 20th, 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 Com-  
munity Foundation.

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

Now meeting in-person at Golden Hori-  
zons,  
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

## Bay Concert Band Spring Concert

Tuesday, May 5th

7:30pm

Bay City Central High School  
Auditorium

Adults \$10.00

Children under 12 are free

Door open at 7:00pm



## YOUR MONTHLY FALL PREVENTION TIP!

**Stay active, stay steady!**

*Gentle activities like tai chi, yoga, or walking  
build muscle strength and improve  
coordination. Staying active not only reduces  
fall risk but also boosts confidence and  
independence, making everyday tasks  
easier and safer.*

Brought to you by:



**Bruce McShane—  
Site Coordinator  
989-892-6605**

## **CANTEEN**

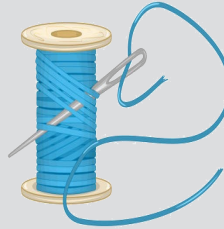
**Tue-Thur 9:30am–1:30pm  
800 Livingston Avenue (Bay County Fairgrounds)  
Bay City, MI 48708**

**Tue.** 10:00am Bingo

**Wed.** 10:00am Card games

**Thur.** 10:00am Shuffleboard and Crafts

**Sue's Stitchin' and Crafts  
Thursday, May 7th  
at  
10:15 am**



### **Blood Pressure Clinic!!**

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



**Book Club!  
Thursday, May 14th  
10:00am**



**Join us for  
Shuffleboard  
every  
Thursday!**



## **Lego Creation**

Join us on  
Tuesday, May 5th at 10:00am  
Build diamond shapes to be used to  
build a  
surprise design!



Jan Davenport - Site Coordinator  
989-245-0102

# KAWKAWLIN

Tue-Thur 9am-12:30pm  
1800 East Parish Road | Kawkawlin, MI 48631

Tue-Thur 9am-

Daily Puzzles, Board Games and Cards

## Blood Pressure Clinic!!

We will be in Kawkawlin on  
Wednesday, May 13th  
from  
11:00am to 11:30pm!



<b>Memorial Day</b>	<b>Mothers Day</b>	<b>nightingale</b>	<b>friendship</b>
<b>Graduation</b>	<b>memories</b>	<b>diploma</b>	<b>flowers</b>
<b>freedom</b>	<b>May Day</b>	<b>soldier</b>	<b>family</b>
<b>garden</b>	<b>parade</b>	<b>spring</b>	<b>troops</b>
<b>brave</b>	<b>honor</b>	<b>roses</b>	<b>tulip</b>
<b>flag</b>	<b>lily</b>	<b>warm</b>	

# May PUZZLE

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

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

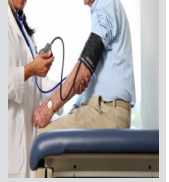
**Wed.** 10am Mexican Train Dominoes

**Thur.** 10am-Euchre

### Blood Pressure Clinic

Will be here at  
Williams

Thursday, May 14th  
from 11:30am-12:30pm



## Birthday Celebration!

**Birthday  
Treats will  
be served.**

**Thursday,  
May 21st  
at  
11:00am**



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

## RIVERSIDE

Mon-Fri 9am-2pm  
800 J.F. Kennedy Drive | Bay City, MI 48706

### Blood pressure clinic!!

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



### ACRYLIC PAINTING CLASS WITH

**STEVE WOOD**

'Early Mist'

Monday, May 4th

1 Class available

9:30-12:30

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



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

Join us

Monday, May 18th

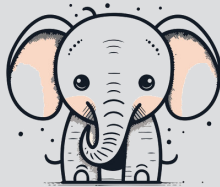
at 12:30pm

for

**White Elephant Bingo**

Please bring

in  
gently used  
items.



## Memorial Day Celebration

Friday, May 22nd  
12:00pm

Come and join us for a  
root beer float!



May Birthday Celebration!  
Come in **Friday, May 29th**  
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

- Mon.** 10am Misc Card Games  
11am Low-Impact Exercise\* with Laura,
- Tue.** 11am Indoor Walking, Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes
- Fri.** 10am Misc Card Games  
11am Low-Impact Exercise Class\* with Laura

## Blood Pressure Clinic!

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



Join us for **GROCERY BINGO!**

Prize donations welcomed!  
Ex: Canned goods, crackers, paper products, etc.  
Thursday, May 14th  
At 10:30am  
\$.75/card (2 card limit)

## Patriotic Craft Day!

Join us  
Thursday, May 21st  
10:30am  
Call Site for details.  
Fee is \$5.00



**May Birthday Celebration!**  
Friday, May 29th  
Surprise dessert will be served after lunch.

# May 2026

## HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>(1) SWEET AND SOUR PORK (31)</b> Steamed Brown Rice(16) Brussell Sprouts(7) Chocolate Pudding (10)
<b>(4) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25)</b> Glazed Carrots (10) Apple (21) White Cake (27)	<b>(5) CHICKEN &amp; PASTA ALFREDO (21)</b> Broccoli Florets (4) Baked Apples (23)	<b>(6) HONEY MUSTARD PORK CHOP (12)</b> Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	<b>(7) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cubed Potatoes (18) Apple Slices (7) Orange Juice (13)	<b>(8) CHICKEN PARMESAN (24)</b> Buttered Noodles (43) Peas /Carrots (18) Garlic Knots (22) Jello (22)
<b>(11) DUTCH CHICKEN (8)</b> Cheesy Mashed Potatoes (14) Peas /Carrots (9) Tropical Fruit Salad (21) Orange Juice (13)	<b>(12) ITALIAN SPAGHETTI SAUCE (8) Al Dente Spaghetti (20)</b> Spinach (5) Oatmeal Raisin Cookie (23)	<b>(13) SWEET AND SASSY MEATBALLS (52)</b> Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	<b>(14) TENDER BEEF TIPS (8)</b> Buttered Noodles (13) Glazed Carrots (10) Orange Juice (13)	<b>(15) CHICKEN FINGERS (39)</b> Baked Potato (24) Cauliflower (4) Jello (24)
<b>(18) SOUTHWEST CHICKEN (6)</b> Cauliflower (4) Raspberry Chimichanga (22)	<b>(19) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25)</b> Tator Tots (15) Peas and Carrots(9) Banana (27)	<b>(20) SAUERKRAUT w/ DICED PORK (4)</b> Parsley Potatoes (13) Calif Blend Veggies (4) Peach (16)	<b>(21) BAKED TURKEY (3)</b> Mashed Potatoes (17) Turkey Gravy (2) Green Beans (5) Banana Pudding (25)	<b>(22) ALMOND MANDARIN SALAD (37)</b> Jello (22)
<b>(25)</b> 	<b>(26) ASIAN CHICKEN (30)</b> Steamed Brown Rice Spring Rolls (14) Pineapple Orange Delight (31)	<b>(27) ITALIAN STEAK SANDWICH (4)</b> Whole Wheat Hamburger Bun (25) Baked Potato (24) Green & Yellow Beans (6) Orange Juice (13)	<b>(28) MARINATED CHICKEN BREAST (1)</b> Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	<b>(29) HOT DOG (1) WITH CONEY SAUCE (6)</b> On a Whole Wheat Bun (19) Baked Potato (33) Peas & Pearl Onions (12) Pear (23)

# Sandwich

Available at the Activity Centers only

## Sandwich Choice for the week:

### WEEK OF 5/4-5/8

#### CALI TURKEY RUBEN

Turkey Breast  
Coleslaw  
Swiss Cheese  
Pickles  
White Bread

### WEEK OF 5/11-5/15

#### TAVERN STYLE HAM AND CHEESE SUB

Ham  
Cheese  
Lettuce  
Cucumber  
Tomato

### WEEK OF 5/18-5/22

#### SOUTHWEST CHICKEN WRAP

Chicken  
Pico de Gallo  
Cheese  
Lettuce  
Southwest Ranch

### WEEK OF 5/25-5/29

#### TURKEY BACON RANCH CROISSANT

Turkey  
Bacon  
Lettuce  
Ranch  
Croissant

### 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.



# May 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.



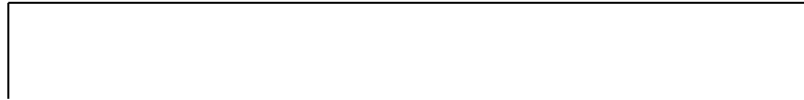
May 2026

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

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

Return Service Requested

## WONDERFUL TIMES



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Like us on Facebook  
[divonaging@baycountymi.gov](mailto:divonaging@baycountymi.gov)  
[www.baycountymi.gov/Aging/](http://www.baycountymi.gov/Aging/)  
**Donations Accepted**

### 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.



County of Bay  
Jim Barcia  
County Executive

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).

Department on Aging – Publisher  
Beth Eurich – Director/Editor  
Amanda Goulet – Distribution  
Jonelle Box – Layout  
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