



June 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

IN THIS ISSUE

Department Corner	2
Events and more.....	3
Miscellaneous	4
Canteen	5
Kawkawlin.....	6
Williams	7
Riverside	8
Hampton	9
Menus.....	11/12

Movie and Lunch Series at the Wirt

Twisters (PG-13)

Enjoy a delicious lunch while you sit back and view the movie on a big screen with surround sound.

Friday, June 27th

Doors open at 11:30am, movie starts at 12:00 noon

Cost is \$5.00 (60 years and over)

\$7.00 (59 years and under)

Reservations & Payment

can ***only*** be made at the
Bay County Department on Aging
Main Office

(515 Center Ave, 2nd Floor)

No refunds or carryovers.

Tickets go on sale
Monday, June 2nd at 10:00am
Registration Deadline:
Friday, June 20th



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



WELCOME— Department Corner

Search engines, like Google, are so popular that many people use the search feature instead of typing a URL. For instance, people may quickly search for their electricity provider's name to find the online payment portal. And for this week's scam, that's exactly what cybercriminals want you to do. This scam tries to trick you into clicking on a fake ad instead of the billing portal that you're trying to find. The scammers purchase a variety of fake utility payment advertisements, and you see those ads during your searches. They know that they can trick you more easily if you contact them instead of them reaching out to you.

If you click on one of these ads, you will be prompted to dial a phone number. Dialing the number puts you directly in contact with a scammer. They may try to scare you by saying your bill must be paid immediately. Or they may tempt you with an offer to help you save money—but only if you act now. Neither the advertisement nor the person you are talking to is legitimate. Paying them won't help with your utility bills, but the scammer might use you to help pay their own bills!

Follow these tips to avoid falling victim to a utility bill scam:

- Remember, anyone can purchase an advertisement. Be cautious when clicking on ads, even if they seem relevant to you.
- Scammers often ask you to make payments using unusual methods, such as gift cards or money transfers. If something seems strange about a financial transaction, stop immediately!
- If an offer seems too good to be true, it probably is. Always stop and think before taking action.

Thank you to our Bay County Information System Division for keeping us up to date on how to protect ourselves!

Stay Safe Everyone!

Beth Eurich, Department on Aging Director



Ever wondered what the difference is between nursing homes, independent living, adult foster care, and assisted living? And, who pays for this anyway. Join us at our Caregiver Education Meeting on June 26, 2025 to learn more!

First time attendees receive a free Bag of Goodies to assist with caring for loved ones while going to appointments. Coffee, water and light snacks provided. Call Jessica to RSVP or with questions at 989-895-4100.

Our program is from 1-2pm at the Bay County Building Second Floor at 515 Center Ave Bay City, MI 48708.

Jessica Somerlott, Senior Services Manager

Events and more...

Travel Season

June marks the beginning of vacation travel season. While a road trip can be a lot of fun, this is also the time to remind drivers that safe driving is everyone's responsibility.

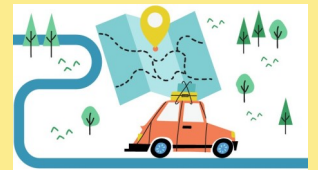
It's safe to say we all think we're safe drivers. We need to remember that a vehicle can weigh anywhere from 2,500 to 6,000 pounds, and our ability to keep control of that piece of machinery can make the difference between the best vacation of your life or the last vacation of your life.

Distracted driving is now the most common cause of fatalities on our roads. Anything that takes your full attention away from the road is a distraction and should be avoided. The most common avoidable distraction is cell phone use. In 2024, over 3,000 deaths and over 400,000 injuries nationwide were reported to have been caused by cell phone use while driving. Over 47% of drivers admitted to sending or reading text messages while driving and over 57% of drivers admitted to adjusting their GPS devices while on the road, which has the same level of distraction and danger.

This summer, make a renewed commitment to paying attention to your driving habits. Pull over and park to answer your phone or send/read a text. Designate a passenger to respond to calls or messages. Don't scroll through apps while driving. If you're driving, remind passengers that it's the only thing you should be doing. If you're a passenger and your driver is texting or otherwise distracted, remind them that your life is in their hands and tell them to stop and focus on the road.

So, put your phone away and have a great vacation!

Patty Gomez, Programming Services Manager



As June rolls in, so does the start of summer — and with it, a fresh opportunity to tune into your nutrition, hydration, and overall well-being. Whether you're soaking up the sun, firing up the grill, or hitting the trails, what you eat, and drink plays a huge role in how energized and healthy you feel.

Eat Seasonally — It's Fresher and Tastier

June brings a bounty of colorful fruits and veggies. Seasonal produce not only tastes better but also tends to be more affordable and packed with nutrients. Try adding these June picks to your plate:

- Berries (strawberries, blueberries, raspberries): High in antioxidants and fiber
- Cherries: Rich in vitamin C and anti-inflammatory compounds
- Zucchini & Summer Squash: Low-calorie, high-fiber veggies perfect for grilling
- Tomatoes: Great source of lycopene, which may support heart health
- Cucumbers & Watermelon: Ultra-hydrating — ideal for hot days

Hydrate, Hydrate, Hydrate

With rising temps, staying hydrated becomes essential. Plain water is perfect, but you can switch it up with:

- Infused water (try lemon + mint or cucumber + basil)
- Coconut water for natural electrolytes
- Homemade iced herbal teas (like hibiscus or peppermint)

June is the perfect month to refresh your eating habits. With so much fresh produce available and more daylight to move your body, it's a great time to embrace feel-good, whole foods and stay hydrated. Your summer self will thank you.

Jessica Foss, Nutrition Services Manager

Miscellaneous

ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP OF BAY COUNTY:

Tuesday, June 10th, 2025 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

FREE DEMENTIA TRAINING CLASSES STARTING IN JUNE 2025:

"Overview of Alzheimer's and Other Dementias"
Wednesday, June 18, 2025
10:00 a.m. – 12:00 noon

Class held at Golden Horizons,
1001 Marsac Street, 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.



YOUR MONTHLY FALL PREVENTION TIP!

Did you know ankles are one of the most important joints when it comes to fall prevention? While sitting, rotate your ankles inward, outward, and up towards your shin. This simple exercise will help maintain the muscles for this joint.

Brought to you by:



VIRTUAL CONNECTIONS

Are you a caregiver to a loved one?
Do you have any questions about using your smart phone?
Do you want to understand how telehealth works?

Department on Aging is providing a Virtual Connections class on Android phones and iPhones. We are accepting names for our next class in **September 2025**. This is a 6 week class with one on one coaching.

Classes will be located on the 2nd floor of the
Bay County Building.
515 Center Ave. Suite 202
Bay City, MI 48708

Cost for the class will be \$10 for materials and meal.
Class size is limited.

Please call 989-895-4100 to get your name on the list. We
hope to see you there!

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.



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. 10am Bingo

Wed. 10:00am Card games

Thur. 10:00am Shuffleboard and Crafts

Join us for
Shuffleboard
every Thursday!



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, June 17th
from
11:30am to 12:30pm!



"Sue's Stichin and Crafts"
Thursday, June 5th at
10:30am

Crochet/Knitting and Crafts

First Thursday of every month.
Please bring your own yarn and supplies. There
is no charge for this monthly event. Donations
of yarn and supplies always welcome.



Arden's Necklace Craft

Make your own
necklace with
Arden Pedit.

Thursday, June 5th
at 10:30am

Cost is
\$5.00
for
supplies.



Canteen Book Club



will meet
Thursday, June 12th
at
10:00am

June Birthday Celebration

Dessert will be served
after lunch on
Thursday, June 26th



Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Tue-Thur 9am-12:30pm

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, June 18th
from
11:00am to 12:00pm!



THIRD SATURDAY OF JUNE	AMERICAN HOLIDAY	JUNE NINETEENTH
SLAVERY ENDED	CELEBRATION	TRADITION
AFRICAN	COUNTRY	CULTURE
FREEDOM	FRIENDS	HISTORY
HOLIDAY	WAKANDA	FAMILY
MUSEUM	PEOPLE	BLACK
BLOOD	GREEN	LEARN
JUNE	LAND	RED

JUNETEENTH WORD SEARCH

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

Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

Mon-Thurs 9am-1pm
1080 West Midland Road | Auburn, MI 48611

Mon. 10am Mexican Train Dominoes

Tue. 10am-Euchre

Wed. 10am Mexican Train Dominoes

Thur. 10am-Euchre

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



Blood Pressure Clinic

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



Come and paint rocks to place in your garden!
We will be holding a rock painting class.

Thursday, June 12th

10:30am

Cost is \$3.00

Please RSVP to Rebekah by Thursday, June



Join us on
Tuesday, June 26th at 10:30am
to make a

Patriotic Sunflower

Cost is \$12.00.

Please RSVP to Rebekah by
Tuesday, June 17th.

Amanda Goulet /Cam Langenburg
-Site Coordinators
989-893-7070

Blood pressure clinic!!

We will be at Riverside
Monday, June 16th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD
'Arch Rock'

Monday, June 2nd
1 Class available
9:30-12:30, Cost is \$20.50.
Please RSVP by Friday, April 4th

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

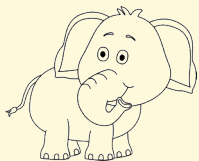


Join us

Monday, June 23rd at 10am

White Elephant Bingo

Whether its new, used (clean and functional) or edible (non-perishable, in a can, box, or company sealed package) put in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3. One card per prize.



RIVERSIDE

Mon-Fri 9am-2pm

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

Mon. 12pm Hand and Foot
9:30am Smear

Tues. 9am-12pm Knit/Crochet Group (Craft Room)
9:30am Bid Euchre
12:00pm Cribbage

Wed. 9:30am-12pm Euchre

Thurs. 12pm Dominoes
9:30am Pinochle

Fri. 9:30am-12pm Millie's Gin
12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)

Father's Day Celebration

Come for Games and Treats!

Thursday, June 12th

At Lunchtime



June Birthday Celebration!

Come in **Friday, June 27th**
for your birthday treat! (Dine in Only)



Karen Gettel—Site Coordinator
989-895-5968

* 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, June 20th
from
11:30am—12:30pm.



HAMPTON Mon-Fri 10am-2pm
801 West Center Rd. | Essexville, MI 48732

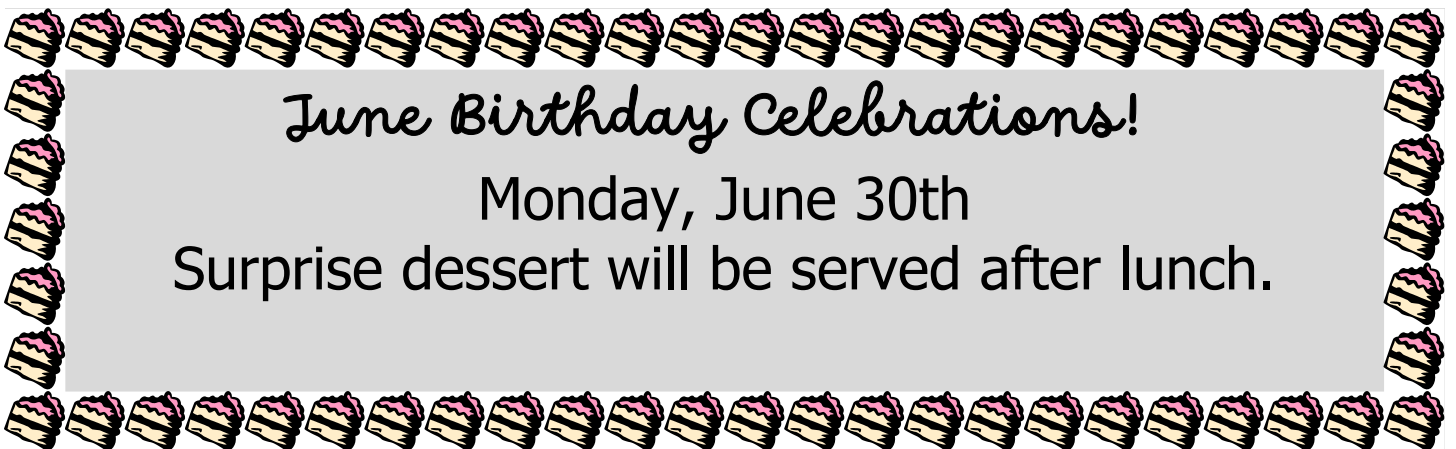
- Mon.** 11am Low-Impact Exercise* with Laura
- Tue.** 10am Indoor Walking, Card Games and Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes w/Ken and Wanda
- Fri.** 11am Low-Impact Exercise Class* with Laura
Weather Permitting, 7up Card Games

Grocery Bingo

Thursday, June 26th at 10:30am
Prize donations
are welcomed
\$.25 per card to play.



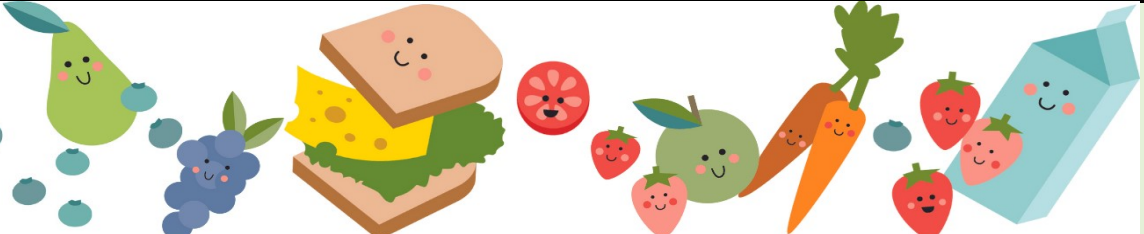
Celebrating **Father's Day** with
Jolly Hammer's and Strings!
Refreshments and Snacks will be provided.
Join us on
Friday, June 13th 10:30am-11:30pm



June Birthday Celebrations!
Monday, June 30th
Surprise dessert will be served after lunch.

June 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) BAKED PORK CHOP/ MUSHROOM GRAVY (6) Buttered Rotini Noodles (43) Cali Blend Veggies (4)	(3) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(4) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	(5) SAVORY BEEF STEW (20) Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	(6) POLLACK BITES (22) Au gratin Potatoes (21) Blueberry Crisp (53) Creamy Coleslaw (15)
(9) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange (16)	(10) LEMON PEPPER CHICKEN Garden Vegetable Blend (5) Garlic and Cheese Biscuit (10) Apple (21) Sweet Potato Benedict (43)	(11) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(12) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)	(13) FALL APPLE SALAD (38) Apple Slices (8)
(16) MEATLOAF PATTY (8) Green Beans (5) Candied Sweet Potatoes (31) Sugar Cookie (26)	(17) HAWAIIAN MEATBALLS (50) Fried Rice (19) Cauliflower (4) Banana (27)	(18) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4)	(19) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies (7) Honey Wheat Dinner Roll (12)	(20) Garlicky Chicken (19) Green Beans (5) Parsley Potatoes (13) Lime Pear Jello (25)
(23) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Clementine (9)	(24) HEARTY GOULASH (28) Southern Succotash (20) Applesauce (23) Lemon Poppyseed Cake (42) Multi Grain Roll (27)	(25) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Honey Wheat Dinner Roll (12)	(26) CABBAGE ROLLS (17) Parsley Potatoes (12) Venetian Blend Veggies (6) Light String Cheese (1)	(27) BBQ RIBLET (12) Ranch Spudsters (17) Baked Apples (23) Creamy Coleslaw (15)
(30) CONNIE'S VEGGIE CHEESE SOUP (16) Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)				

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!

Salad

Available at the Activity Centers only

Salad Choice for the week:

WEEK OF 6/2-6/6

Mediterranean Salad

Lettuce
Pepperoni
Yellow Peppers
Seedless Cucumber
Cherry tomatoes
Garbanzo Beans
Olives
Mozzarella
Mediterranean Feta Dressing

WEEK OF 6/9-6/13

Fall Apple Salad

Diced Chicken
Gala Apple Slices
Dried Cherries
Walnuts
Swiss Cheese
Poppyseed Dressing

WEEK OF 6/16-6/20

Chef Salad

Smoked Ham/Turkey Breast
Cheddar Cheese
Hardboiled Egg
Seedless Cucumber
Grape Tomato
Ranch Dressing

WEEK OF 6/23-6/27

Pear Salad

Lettuce
Celery
Swiss Cheese
Pear
Pecans
Poppy Seed Dressing

June 2025

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.



June 2025

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

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.

USPS 184
WONDERFUL TIMES is
Published at Department on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
989-895-4100
Toll-Free 1-877-229-9960
Like us on Facebook
divonaging@baycounty.net
www.baycounty-mi.gov/Aging/
Donations Accepted

County of Bay
Jim Barcia
County Executive

Department on Aging – Publisher
Beth Eurich – Director/Editor
Brittany Hawes – 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.