



May 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Please join us for one of our
Department on Aging
*Mother's
Day
Celebrations!*

**Department on
Aging
Home Delivered
Meals,
Activity Centers,
and Offices
will be closed on
Monday, May 26th
for
Memorial Day.**

**Thursday, May 8th
Riverside
800 J.F. Kennedy Drive
Bay City, MI 48706
11:30am**

**Thursday, May 8th
Hampton
801 West Center Rd.
Essexville, MI 48732
12:00pm**



WELCOME— Department Corner

In a recent text message phishing (smishing) scam, cybercriminals send you a text that appears to be from the U.S. Postal Service (USPS). The text says that you have a package at the post office that cannot be delivered due to an incomplete address. The message contains a PDF file and directs you to open it to complete your address.

You are then directed to click a button in the PDF file, which takes you to what appears to be a USPS web page. The page instructs you to enter your address, personal data, and credit card number so the USPS can attempt to redeliver your package. The catch is, there never was a package. The USPS page is actually fake and controlled by cybercriminals. If you enter any information here, cybercriminals will be able to steal it immediately!

Follow these tips to avoid falling victim to a smishing scam:

- This smishing scam claims to be from the USPS but be wary of any unsolicited text messages from unknown numbers. If you aren't sure if a message is legitimate, delete or report it.
- Don't reply to unexpected text messages, even to say "STOP" or "unsubscribe." If you have any questions regarding delivery, contact your local post office directly.
- Never click on any attachments or links from suspicious text messages or emails.

Thank you to the Bay County Security Team for helping to keep us safe!

Beth Eurich, Department on Aging Director



We look forward to seeing you at our Caregiver Education Meeting on May 22, 2025. We will be discussing programs to assist with lowering prescription costs. With the cost of... everything... rising, let's talk about programs that could potentially save you some \$. We will be talking about how to check manufacturing programs, care programs, and discount programs.

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...

Pinconning Euchre Tournament

Wednesday, May 21st
Pinconning Community Center
200 N Mable St
Pinconning, MI 48650

Cost: \$8.00 (60 years and Better),
\$10.00 (55-59 years) Non-Refundable

Registration Locations:

Kawkawlin Activity Center

**Thursday, May 8th from 9:00am-
12:00pm**

Pinconning Community Center

**Thursday, May 8th from 1:00pm-
3:00pm**

Bay County Department on Aging Main Office

**Anytime before Friday, May 9th
from 8:00am to 5:00pm.**

Registration and payment deadline
is

Friday, May 9th.

If you have questions,
call (989) 895-4100 and ask to
speak with Patty Gomez.

*Patty Gomez,
Programming
Services Manager*



Embracing Seasonal Freshness in May

May offers a wonderful opportunity to eat seasonally and focus on foods that support healthy aging. By incorporating more fresh fruits and vegetables, staying hydrated, and prioritizing bone, brain, and heart health, seniors can boost their overall well-being. Lighten up your meals, eat mindfully, and enjoy the benefits of fresh, nutrient-dense foods this month. Your body will thank you!

Dining with others can promote a sense of well-being and combat feelings of loneliness. Try to enjoy meals with family or friends whenever possible. Share recipes, try new dishes together, or even get involved in preparing meals. Social eating not only supports mental health but also encourages better eating habits

It is a great time to transition to lighter, more refreshing meals that are easy to digest. Grilled vegetables, lean proteins like chicken or turkey, and fish are all excellent choices. Adding more raw salads and fresh fruit can make meals feel light, while still providing essential nutrients.

Here's to a healthy, vibrant May!

*Jessica Foss,
Nutrition Services
Manager*



Miscellaneous

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

Tuesday, May 13th, 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

Bay Concert Band Spring Concert

**Tuesday, May 6th at 7:30pm
Bay City Central High School
Auditorium**

**Tickets: Adults \$10.00
students 6th grade and under Free**



YOUR MONTHLY FALL PREVENTION TIP!

Use it or lose it!

Did you know your muscles decrease when you are not using them? This is why it is important to exercise regularly to maintain your strength. Go for a walk or find an activity you enjoy to keep moving.

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 \$5 for materials.
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. Shuffleboard and Crafts

Blood Pressure Clinic!!

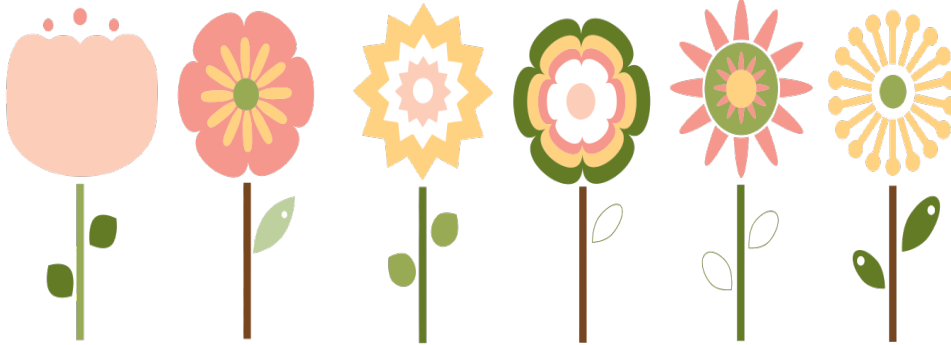
We will be at the
Canteen

on

Tuesday, May 13th

from

11:30am to 12:30pm!



"Sue's Stichin and Crafts"

Thursday, May 1st 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.



Join us for
Shuffleboard
every
Thursday!



Canteen Book Club

will meet

Thursday, May 8th

at

10:00am



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, May 14th
from
11:00am to 12:00pm!



red-white-blue	celebrate	fireworks	patriotic
no school	veterans	vacation	respect
cookout	soldier	fallen	heroes
salute	family	travel	solemn
banner	picnic	parade	flags
games	sunny	flag	fun

Memorial Day word search

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

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.*****

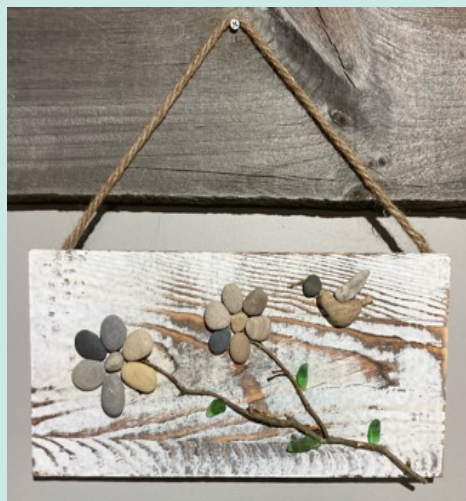


Bryan Dixon
is back
to perform!

"Crooner Variety Show"
Thursday, May 15th at 11:00am
Music variety of the 1950s
Please RSVP by
Thursday, May 8th

Blood Pressure Clinic

Will be here at
Williams
on
Thursday, May 15th
from 10:00am-11:00am!



Amy Wozniak from
Rockin Creations
will be here to do some rock art
on a wood plank.
Thursday, May 22nd at 10:30am

Please RSVP BY Tuesday, May
13th. Cost is \$21

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

Blood pressure clinic!!

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



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'Mountain Pass'

Monday, May 5th

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.

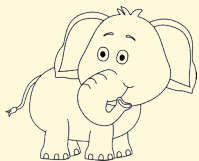


Join us

Monday, May 19th 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.)

Come and Celebrate
Mother's Day

With us on

Thursday, May 8th at

11:30am

Tea, Trivia, and
Treasures



May Birthday Celebration!

Come in **Friday, May 30th**
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, May 16th
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, Card Games |

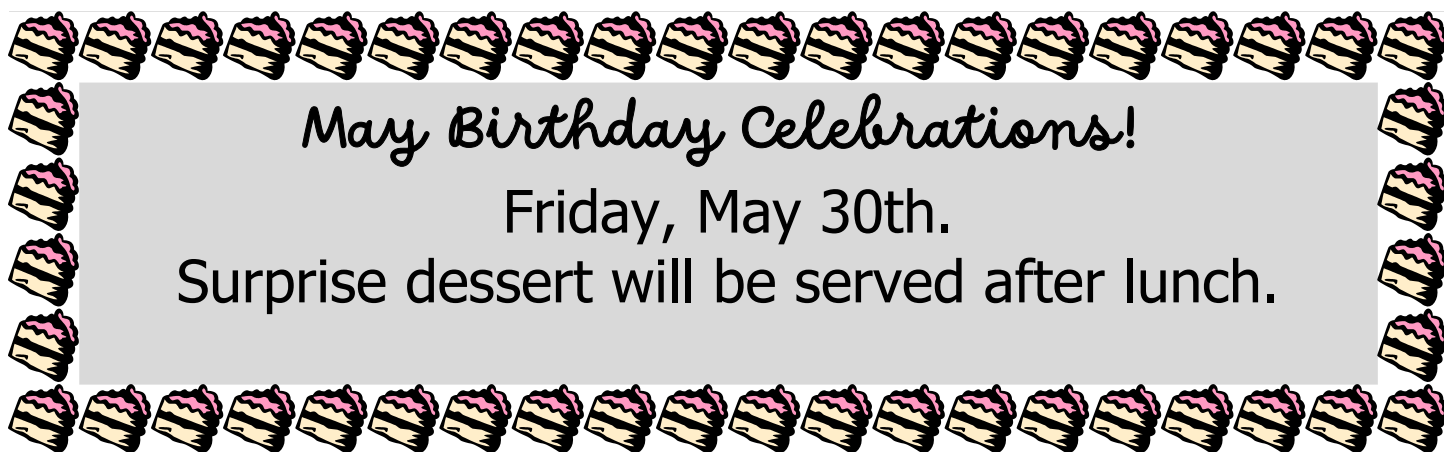
Grocery Bingo

Thursday, May 15th

Prize donations
are welcomed
\$.25 per card to play.



Join us for our
Mother's Day Celebration
with a special dessert
served after lunch!
Thursday, May 8th at 12:00pm





May Birthday Celebrations!

Friday, May 30th.

Surprise dessert will be served after lunch.

May 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			(1) CHICKEN CORDON BLUE (12) Candied Sweet Potatoes (31) Mixed Veggies (11) Oatmeal Raisin Cookie (23)	(2) SWEET AND SOUR PORK (22) Steamed Brown Rice (16) Brussel Sprouts (7) Carolina Fruit Salad (40) Whole Wheat Bread (10)
(5) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Fruit Cocktail (17)	(6) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	(7) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	(8) CHICKEN LASAGNA (23) Venetian Blend Veggies (6) Corn Muffin (21)	(9) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cubed Potatoes (18) Blueberry Crisp (53) Orange Juice (13)
(12) LASAGNA (25) Dinner Roll (19) Spinach (5) Butterscotch Pudding Cake (48)	(13) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	(14) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	(15) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Gelatin Cup (5) Orange Juice (13)	(16) CHICKEN FINGERS (39) Baked Potato (24) Garden Green Peas (11) Chocolate Pudding (25)
(19) ITALIAN SPAGHETTI SAUCE (8) Al Dente Spaghetti (20) Cauliflower (4) Apple (29)	(20) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Broccoli (4) Applesauce (13)	(21) SAUERKRAUT AND POLISH SAUSAGE (23) California Blend Veggies (4) Whole Wheat Dinner Roll (23) Strawberry Pineapple Jello (26)	(22) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5) Pumpkin Fluff (46) Orange (16)	(23) ALMOND MANDARIN SALAD (37) Apple Dump Cake (42)
(26) 	(27) ASIAN CHICKEN (30) Steamed Brown Rice Spring Rolls (14) Chunky Applesauce (22)	(28) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	(29) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	(30) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear (23)

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 4/28-5/2

GARDEN SALAD

Lettuce, Tomato, Cucumber, Peas
Bacon
Cheddar Cheese
Croutons
Buttermilk Ranch

WEEK OF 5/5-5/9

AMERICAN CLUB WRAP

Ham, Turkey, Bacon
Tomatoes
Cheese
Ranch Dressing
Whole Wheat Wrap

WEEK OF 5/12-5/16

CHICKEN SALAD CROISSANT

Diced Chicken
Celery
Red grapes
Lettuce
Mayo

WEEK OF 5/19-5/23

SOUTHWEST CHICKEN WRAP

Chicken
Pico de Gallo
Cheese
Lettuce
Southwest Ranch

Week of 5/26-5/30

BLUE LIGHT SPECIAL SUB

Bologna, Ham, Salami
American Cheese
Onion, tomato, lettuce, banana pepper
Yellow mustard
Sub Bun
Dill pickle chips

May 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.



May 2025



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
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
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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

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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.