

November

November 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Euchre Tournament

Canteen Activity Center

Join us on

Wednesday, November 19th

10:00am—12:00pm

Sign-in starts at 9:15am

Lunch will be served at 12:00pm

Registration Begins Monday, October 27th

Registration deadline is Thursday, November 13th

Cost is \$5.00 (60 years and better) or

\$8.00 (55-59 years old)

Please have exact change.

Register at Department on Aging Main Office

515 Center Avenue, Suite 202



Movie and Lunch Series at the Wirt

Friday, November 21st. Doors open at 11:30am, movie starts at 12:00pm

WICKED

Tickets go on sale Monday, October 27th at 10:00am

Deadline is Friday, November 14th
Cost: \$5.00 (60 yrs and over), \$7.00 (59 yrs and younger)

Lunch will be a Chicken Caesar Wrap
Reservations and Payment can only be made at the Bay County Department on Aging Main Office, 515 Center Avenue, 2nd Floor

Winter Osteoporosis Class

6 week class starting Monday, January 26th-Monday, March 9th

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, January 19th (or until classes are filled)

NO refunds, NO flexing class times, NO carryovers.

WELCOME— Department Corner

You may or may not be familiar with QR codes. They are square black and white barcodes that you can scan with your phone's camera to be instantly directed to a website or mobile app.

Unfortunately, cybercriminals can use QR codes to their advantage. This scam begins when you receive a package in the mail that you weren't expecting. There's no return address or sender information, but a QR code is printed on the box. However, the package, which contains an item of little to no value, is just a trick to get you to scan the code.

It was sent by cybercriminals, and they hope you will be tempted to scan the code to find out where the package came from. If you scan the QR code, you'll be taken to a fake website and asked to enter your personal information so that cybercriminals can steal it.

The website could even secretly install malware on your device! Follow these tips to avoid falling for this QR code scam:

- Be suspicious of any package you receive that you didn't order, especially if it has no sender information.
- Never scan a QR code from a source you don't recognize or trust. Cybercriminals can use them to send you to malicious websites.
- Be careful about allowing websites and apps to access your phone's data after scanning a code. Cybercriminals can use these websites and apps to steal your data or download malware to your device.



Thank you to the Bay County Security Team for always keeping us in the know!!

Beth Eurich, Department on Aging Director

Join us for our Caregiver Education Meeting this month on November 20, 2025! We will be learning about adaptations that help with vision and hearing loss. There are so many great gadgets out there and services. From hearing on the phone, to how to "read" medication bottles and measuring cups, let's talk thru best ways to adapt! We will have a limited number of magnifiers for attendees and a special goodie bag for first timers.

Meetings are held at the Bay County Building at 515 Center Ave Bay City, MI 48708 on the second floor from 1pm – 2pm. All caregivers and those 60 year and better Bay County residents are welcome, but we ask that you Call Jessica at 989-895-4100 to RSVP.

Jessica Somerlott, Senior Services Manager



Pumpkins and Autumn

Pumpkins have a long history as a symbol of abundance and survival. They were a prolific food source that sustained both the colonial settlers and the Indigenous peoples through the leaner times of winter, symbolizing resourcefulness and survival. Their seasonal availability led to them becoming the symbol for Thanksgiving with the tradition of making pumpkin pie with Thanksgiving dinner.

For Indigenous tribes, planting and harvesting pumpkins held spiritual importance, connecting them to the cycles of the earth and celebrating the land's abundance.

As people left agricultural communities for cities after the Industrial Revolution, pumpkins created a nostalgic link to farms and the rural lifestyle of the past.

Pumpkins became connected with Halloween thanks to Irish immigrants. Irish immigrants had a tradition of carving faces into turnips to ward off evil spirits. When they came to America, they found pumpkins to be more readily available and more practical to carve. This led to the modern jack-o-lanterns that we see today.

The scent and flavor of pumpkin spice evoke cozy, happy memories of fall, family gatherings, and signal the beginning of a festive time of year. Coffee shops have also contributed to the feeling of fall thanks to the marketing of and limited availability of the seasonal flavor.

So, grab yourself a slice of pumpkin pie and a cup of Pumpkin Spice Latte and enjoy.

Patty Gomez, Programming Services Manager

As the days grow shorter and cooler, November is a wonderful time to focus on warm, nourishing meals that support good health. For older adults, nutrition plays an important role in energy, immunity, and overall well-being. Cold and flu season is here. Add vitamin C-rich produce like oranges, cranberries, and bell peppers to help your immune system stay strong. Soups and stews are perfect for colder weather. Choose low-sodium broths, add plenty of vegetables, and use beans or lean meats for protein. Shorter days mean less sunlight, which can lower vitamin D levels. Enjoy vitamin D-rich foods like fortified milk, salmon, and eggs. Holiday meals often bring indulgence. Try filling half your plate with vegetables, a quarter with protein, and a quarter with whole grains to keep balance. This November, let food be both comforting and nourishing—helping you enjoy the season while staying healthy and energized.

Jessica Foss, Nutrition Services Manager

Miscellaneous

Golden Horizons

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.

60 Years of Joy!

Directed by John Rickert/Accompanied by Kristin Neubecker

With Special Guest:
John Glenn Varsity Choir
Directed by Anna Doering

Friday, December 5, 2025
7:00 p.m.

The John Glenn High School Theatre
3201 Kiesel Road, Bay City 48706

Tickets at the Door

Adults: \$15

Students: \$10

Under 12: Free



FREE DEMENTIA TRAINING CLASSES IN NOVEMBER 2025:

"Dementia: Caregiving for the Holidays "

Wednesday, November 19th, 2025

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 Alz-
heimer's Fund of the Bay Area
Community Foundation.

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

Tuesday, November 11th, 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



YOUR MONTHLY FALL PREVENTION TIP!

*This is your reminder to have your yearly
physical. Use of medicines, such as
tranquilizers, sedatives, antidepressants, or
even some over-the-counter medicines can
affect balance and how steady you are on
your feet. Some of your medications may
need to be changed. This is also the time
to be screened for other health conditions.*

Brought to you by:

McLaren
BAY REGION
Trauma Services

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

Farm to Table

with Mike VanOoteghem
Tuesday, November 4th
10:30am



Book Club!

Thursday, November 13th
10:00am

Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, November 18th
from
11:30am to 12:30pm!



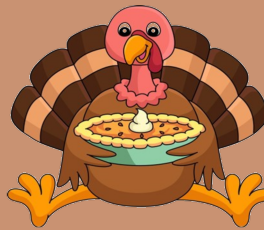
Join us for
Shuffleboard
every
Thursday!



Thanksgiving Meal

Thursday, November 20th

Please RSVP by
Thursday, November 6th



Bingo

Hosted by Bay Medical Care Facility
Join us on Tuesday, November 25th
10:30am
Prizes!!!

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, November 12th
from
11:00am to 12:00pm!



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

AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS
PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO
STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY

Rebekah Wieland- 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

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

Blood Pressure Clinic

Will be here at
Williams

Thursday, November 13th
from 11:30am-12:30pm



Thanksgiving Meal

Thursday, November 20th
Come celebrate with us and enjoy a
good meal and treats!
RSVP by Thursday, November 6th



**Come and paint a
Highland Cow or a Christmas Gnome!
Tuesday, November 25th
Cost is \$5 for supplies
Please RSVP to Rebekah for your spot.**



November 2025

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

Blood pressure clinic!!

We will be at Riverside
Monday, November 10th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'A Winter's Evening'

Monday, November 3rd

1 Class available

9:30-12:30, Cost is \$20.50.
Please RSVP

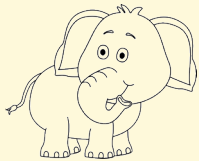
We will continue painting
after lunch until 1:30 if needed.



Join us

Monday, November 17th 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.)

Thanksgiving Party

Jolly Hammers and Strings

Will be here

Thursday, November 20th

At 11:30am

Please RSVP by

Thursday, November 6th



November Birthday Celebration!

Come in Friday, November 21st
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, November 14th
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. | 11am Indoor Walking, Coffee Hour |
| Wed. | 10am Euchre—New Players Welcome |
| Thur. | 10am Mexican Train Dominoes |
| Fri. | 11am Low-Impact Exercise Class* with Laura |

Please Join Us!

Grocery BINGO

Thursday, November 13th

10:30am

Prize donations
welcomed!



Please join us for our
Annual Thanksgiving Luncheon
with all the fixings!
Thursday, November 20th at 12:00pm
Please RSVP by
Thursday, November 6th

November Birthday Celebration!

Friday, November 21st at 12:00pm
Surprise dessert will be served after
lunch.



November 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Fruit Cocktail (17)	(4) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	(5) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	(6) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cubed Potatoes (18) Apple Slices (7) Orange Juice (13)	(7) CHICKEN LASAGNA (23) Venetian Blend Veggies (6) Corn Muffin (21) Pistachio Fruit Dessert (29)
(10) ITALIAN SPAGHETTI SAUCE (8) Al Dente Spaghetti (20) Spinach (5) Pear (23)	(11) 	(12) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	(13) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Gelatin Cup (5) Orange Juice (13)	(14) CHICKEN FINGERS (39) Baked Potato (24) Garden Green Peas (11) Chocolate Pudding (25)
(17) BAKED CHICKEN BREAST (1) Spring Rolls (14) Cauliflower (4) Apple (29)	(18) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Peas and Carrots (9) Ranger Cookie (25)	(19) SAUERKRAUT AND POLISH SAUSAGE (23) California Blend Veggies (4) Whole Wheat Dinner Roll (23) Peach (16)	(20) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5) Stuffing (23)	(21) ALMOND MANDARIN SALAD (37) Strawberry Pineapple Jello (26)
(24) BREADED COD (14) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin oranges & pineapple chunks (20)	(25) ASIAN CHICKEN (30) Steamed Brown Rice Spring Rolls (14) Chunky Applesauce (22)	(26) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	(27) 	(28)



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

Salad Choice for the week:

WEEK OF 11/3-11/7 **ROAST BEEF SLIDER**

Pepper Jack Cheese
Onions
Horseradish Sauce
Onion Bun

WEEK OF 11/10-11/14 **CHICKEN CEASER WRAP**

Chicken
Lettuce
Crouton
parmesan cheese
Caesar dressing
Tortilla

WEEK OF 11/17-11/21 **HAM AND CHEESE SUB**

Ham
Cheese
Lettuce
Cucumber
Tomato

WEEK OF 11/24-11/6 **TURKEY CRANBERRY WRAP**

Turkey
Spring Mix
Swiss Cheese
Dried Cranberries
Walnuts
Cucumber
Dijon Mustard Vinaigrette

Department on Aging Office, Home Delivered Meals, and Activity Centers will be closed on Tuesday, November 11th in honor of Veteran's Day, Thursday, November 27th and Friday, November 28th for the Thanksgiving Holiday.

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.



November 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.



November 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.

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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.