

DECEMBER

December 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

Friday, December 12th. Doors open at 11:30am,
movie starts at 12:00pm

Home Alone

Tickets go on sale Monday, November 24th at 10:00am

Deadline is Monday, December 8th

Cost: \$5.00 (60 yrs and over), \$7.00 (59 yrs and younger)

Lunch will be a Fall Apple Salad

Reservations and Payment can only be
made at the

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



Winter Osteoporosis

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

The Canteen Activity Center,
800 Livingston Ave, Bay City 48708

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.



Chair Fit Therapy—Yoga Based Exercises Canteen Activity Center

800 Livingston Ave, Bay City, 48708

We will be offering 2 classes per month.

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

Upcoming Dates:

Tuesday, December 2nd

Tuesday, December 16th

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



WELCOME— Department Corner

Who are “Meals on Wheels” and what role do they play at Department on Aging?

I get this question all the time, especially as the “Meals on Wheels” tag line is used more and more to describe the Home Delivered Meal program by everyone.

“Meals on Wheels” is a network of more than 5,000 independent, community-based organizations, who pay dues to Meals on Wheels, in the U.S. that provide nutritious meals and social connection to vulnerable seniors and others in need. The local programs deliver meals to homebound seniors and also often operate community dining sites, helping combat senior hunger, isolation, and chronic health conditions through food and fellowship.

Also, Meals on Wheels provides no funding to Department on Aging. In fact, Department on Aging pays dues to be able to say we are affiliated with the program and use the Meals on Wheels logo's.

Department on Aging's program is called Home Delivered Meals and is provided by federal, state, and Older American Act funds along with our senior millage funds.

So now you know the difference, and can explain to others why we choose to use the “Home Delivered Meals” tag line for our program.



Beth Eurich, Department on Aging Director

Some quick WINTER reminders for those that receive Department on Aging services in their homes. Meal drivers, homemakers, bath aides, handyman, and case managers may reschedule or change visits due to winter weather or if your road, driveway, or entrance to your home is blocked with snow and/or ice. Due to the volume of services that our agency provides, we may not be able to immediately reschedule. We understand you are not in charge of road conditions but understand that we are not as well. Please make sure your home is accessible and safe for our employees through the winter months. Winter can be a real downer, but we will get through it together!



Jessica Somerlott, Senior Services Manager

Congratulations to our 2025 Winter Olympic Medalists!

Smear

Gold: Bob Kerkau, Linda Willis

Silver: Russell Zimmerman, Marlene VanOoteghem, Donna Wegener

Bronze: Ron Larouche, Mary Ann Revard

Shuffleboard

Gold: Tom Krueger, Richard Criner, Patti Krenz, Pat Sitkowski

Silver: Dave LaCourt, Bob Kerkau, Eileen Krueger, Barb Dewald

Bronze: Don Lee, Connie Flemming

Cribbage

Gold: Donald Wegener, Sue Osborne

Silver: Bob Kerkau, Shirley Plessner

Bronze: Charles Giffel, Karen Houghton

Pickleball

Gold: Jim Washabaugh, Kathy Fritz

Silver: Mike Spencer, Kathy Washabaugh

Bronze: Jerry Hartman, Jane Smith

Single Deck Pinochle

Gold: Charles Giffel, Edythe Lamont

Silver: Russell Zimmerman, Joanne Reinig

Bronze: Jack McAlpine, Colleen Irving

Double Deck Pinochle

Gold: Jack McAlpine, Irene McDonell

Silver: James Dewyse, Donna Armstrong

Bronze: Ron LaRouche, Suzanne Rhodes

Euchre

Gold: Lee Enszer, Berniece Gill-Lemaitre, Linda Willis

Silver: George Delorge, Barb Thayer

Bronze: Gary Ingersoll, Donna Armstrong

Bid Euchre

Gold: Charles Giffel, Shirley Arnold

Silver: Lee Enszer, Irene McDonell

Bronze: Dick Talbot, Marlene VanOoteghem

Mexican Train Dominoes

Gold: Dick Talbot, Helen Irish

Silver: Charles Giffel, Shirley Wydra

Bronze: Jack McAlpine, Barbara Thayer

Battle Golf

Gold: Dave LaCourt, Ken Reynolds, Patti Krenz, Jill Dugan

Silver: Tom Krueger, Michael Krenz, Eileen Krueger, Marilyn Harder

Bronze: Doug Dewald, Connie Flemming



Warm Up Your Winter with Healthy Holiday Nutrition

As December's chill sets in, it's easy to crave comfort foods and festive treats. While it's fine to enjoy a favorite or two, keeping your body nourished and energized through the colder months helps you feel your best. Support your immune system with vitamin-rich foods like oranges, berries, peppers, beans, and lean meats, and stay hydrated with warm tea or broth. Winter vegetables such as carrots, sweet potatoes, and squash are packed with vitamins and fiber—try roasting them for natural sweetness. Even on shorter days, gentle movement like indoor walking, stretching, or chair exercises keeps your body strong and your mood bright. During holiday gatherings, eat slowly and enjoy every bite—balance rich foods with lighter meals earlier in the day. Healthy habits are the best gift you can give yourself this season.

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 DECEMBER 2025:

"Understanding Difficult Behaviors "
Wednesday, December 17th, 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.

A festive poster for the Bay Concert Band Christmas Concert. The background is dark blue with white stars and snowflakes. A large, golden musical note with a treble clef is positioned on the right side. The text is white and bold, centered on the left side.

**Bay Concert Band
Christmas Concert
Sunday, December 7th
3:00pm
Bay City Central
High School Auditorium
Tickets \$10 for adults, 6th grade
and under Free**



*Did you know that our beloved pets can be a
source of falls?*

Here are some tips to prevent this:

- *Don't step on leashes and be aware of sudden pulls on the leash by your pet*
- *Keep toys and supplies out of walkways*
- *Ask your pet to move rather than stepping over them*
- *Ask for help when walking your pet, if needed*

Brought to you by:



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

**Tuesday, December 9th, 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

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

Farm to Table

with Mike VanOoteghem
Tuesday, December 9th
10:30am



Book Club!

Thursday, December 11th
10:00am

Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, December 9th
from
11:30am to 12:30pm!



Join us for
Shuffleboard
every
Thursday!



Sue's Stitchin' and Crafts
Thursday, December 4th
10:30 am



Christmas Party and Meal
Thursday, December 18th at 10am
Featuring
The Jolly Hammers and Strings
Holiday Raffle and Prizes
Please RSVP by Thursday, December 11th



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, December 10th
from
11:00am to 12:00pm!



ANGEL
CANDLES
CANDY
CHESTNUT
CHRIST
CHRISTMAS
DASHER
EGGNOG
ELVES
FAMILY

FROSTY
FRUITCAKE
GREEN
GREETINGS
HAPPY
HOLIDAY
HOLLY
ICICLE
SNOWMAN
STAR



Christmas Word Search

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

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
Thursday, December 11th
from 11:30am-12:30pm



Sunshine String Girls
will be here for a
Christmas celebration performance!
on
Tuesday, December 16th
At 11:00am

Join us on
Thursday, December 18th
Christmas Dinner

Served at Noon
Please RSVP by Thursday, December 11th



December Birthday Celebration!
Tuesday, December 30th
11:00am



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

Blood pressure clinic!!

We will be at Riverside
Monday, December 8th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS WITH **STEVE WOOD** **'Tree Decorating by Snowmen'**

Monday, December 1st
1 Class available
9:30-12:30, Cost is \$20.50.
Please RSVP

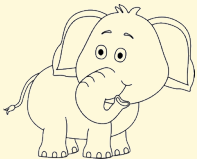
We will continue painting
after lunch until 1:30 if needed.



Join us

Monday, December 15th 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.)

Christmas Party!



Thursday, December 18th

11:00am

Entertainment by Linda Lee

Please RSVP by
Thursday, December 11th



December Birthday Celebration!

Come in **Friday, December 19th**
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.

Blood Pressure Clinic!

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



- 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 Games

Join us to do a
Christmas Craft with
Debbie on
Friday, December 5th
at 10:00am
Call Karen for details.



**Come join us for our
Christmas luncheon.**

Thursday, December 18th at 12:00pm
Please RSVP Thursday, December 11th

Christmas Party!

Snacks will be served.
Friday, December 19th at 10:30am
Gift Exchange!!!
—to participate, bring a \$5-\$10
wrapped gift.



December
Birthday and
New Year Celebration!



Tuesday, December 30th at
12:00pm
Special dessert will be served
after lunch.

December 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

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

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 12/1-12/5

Mediterranean Salad

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

WEEK OF 12/8-12/12

Fall Apple Salad

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

WEEK OF 12/15-12/19

Southwest Chicken Salad

Fajita Chicken
Tomato
Cheese
Guacamole
Crushed Chili Cheese Fritos
Southwest Ranch

December 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.



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.



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.



December 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@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.