

FEBRUARY

February 2026

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Chair Fit Therapy—Yoga Based Exercises Canteen Activity Center

800 Livingston Ave, Bay City, 48708
We are offering 2 classes per month.
Cost is \$5.00 per class, and is limited to
30 participants.

Upcoming Dates:

Tuesday, February 3rd

Tuesday, February 17th

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



**Offices,
Home Delivered
Meals,
and
Activity Centers
will be Closed for
President's Day
on
Monday,
February 16th**

Movie and Lunch Series at the Wirt

**Friday, February 27th Doors open at
11:30am, movie starts at 12:00pm**

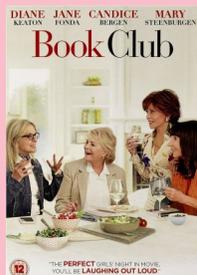
Book Club

**Tickets go on sale Monday, February 2nd at 10:00am
Deadline is Friday, February 20th**

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

**Lunch will be a Bacon Ranch Salad
Reservations and Payment can only be
made at the**

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



WELCOME— Department Corner

Did you know...?

That our Home Delivered Meal Drivers have only 4 hours to deliver the meals? That means once the Kitchen starts packing meals there is only a 4 hour window for delivery.

Did you know...?

That Department on Aging covers all of Bay County in delivering meals? That means we go all the way up to Arenac County Line, over to the Tuscola County line, to the Saginaw County line and even into Midland City. Whew, that is a large area to cover in 4 hours.

Did you know...?

That Bay County Department on Aging has 16 routes, that run Monday through Friday to deliver meals throughout Bay County.

Did you know...?

That the Average number of meals delivered and also dropped off to the Activity Centers averages about 1,100 to 1,300 meals a day Monday through Friday, with approximately 70 to 80 meals per route. It is not a responsible use of the 4 hour window for us to "come back" and deliver your meal again. You will receive a yellow door hanger if you miss meal delivery.

Did you know...?

That it is against our regulations to leave any meal for any client if you do not answer the door? That is why you sometimes get a yellow door hanger from us letting you know you missed meal delivery and a call from our Case Manager on Duty to check on you.

While Department on Aging wants to make sure our clients receive their meals, it is part of the responsibilities of our clients to make sure you are home, awake, the door is unlocked, your dog is secured, snow is removed from steps, sidewalks and driveways, to name a few concerns.

It is also the responsibility of our clients to call by 9:00am and cancel meals when you will not be home. The HDM Driver cannot cancel the meals for you, we understand "emergency situations" arise and do take that into consideration.

Let's continue to work together, be safe everyone and Have a Happy Valentines Day!

Beth Eurich, Department on Aging Director



Come see us for a presentation on our My ID Medical Bracelets. Department on Aging and 911 Central Dispatch teamed up to bring this program that provides a free My ID bracelet to those 60 years and better Bay County residents and their caregivers. After registering, the information is stored securely and available to first responders with the identifier on the back of the bracelet.

Join us for our Caregiver Education Meeting on **February 26, 2026, from 1:30pm to 2:30pm** to learn more. We will have bracelets available at the end of the meeting for those eligible recipients that complete the registration form.

Bay County caregivers and residents age 60 years and better are welcome at our meetings. Please call 989-895-4100 and ask for Jessica to RSVP. We meet at the Bay County Building 515 Center Ave Bay City, MI 48708 on the second floor. The parking lot is located on 5th street with access to our indoor ramp and elevator.

Jessica Somerlott, Senior Services Manager

10 Weird Laws Still In Effect In The USA

1. Wearing a fake mustache in church is illegal if it results in laughter and disrupts the service in Alabama.
2. Donkeys are not allowed to sleep in bathtubs due to an incident in the 1920s when a donkey resting in a bathtub was swept away by a flood in Arizona.
3. Women can't drive wearing housecoats due to public decency concerns in California.
4. Connecticut law mandates that a pickle must be able to bounce when dropped from a height of one foot to be legally sold as part of a historical food safety measure to ensure firmness and proper preservation.
5. It's illegal to transport a gorilla in the back seat of your vehicle in Massachusetts.
6. It's still illegal to buy, sell, or trade automobiles on Sundays due to a longstanding "blue law" that remains in effect in Michigan.
7. Montana law states you can't have a sheep in the cab of your truck without a chaperone.
8. In Pennsylvania, catching fish using your hands, feet, or your mouth is strictly prohibited.
9. It's a serious criminal offence to bite off another person's limb in Rhode Island, punishable by up to 20 years in prison.
10. In Skamania County in Washington State, it's unlawful to harass, harm, or kill Bigfoot, aka Sasquatch as he's been deemed a protected species.

These truly strange laws remain in the books because removing them requires legislative action.

Patty Gomez, Programming Services Manager

February is a great month to stay warm, energized, and nourished. Add color to your meals with oranges, berries, leafy greens, and winter veggies—fresh or frozen option works. Keep up with hydration by sipping water, herbal tea, or warm broth. Fiber-rich foods like oatmeal, beans, whole grains, apples, and pears help support digestion and heart health, which makes this a perfect focus for Valentine's Day—show your heart a little love with wholesome choices. Cozy soups, stews, and roasted veggies help you keep eating well are simple and comforting all month long. Valentine's Day Berry Oat Cups (Easy & Heart-Healthy) Serves 2 1 cup cooked oatmeal, 1/2 cup mixed berries (fresh or frozen), 1 tablespoon chopped nuts (almonds or walnuts), and a light drizzle of honey or maple syrup if desired. Directions: Spoon warm oatmeal into a bowl, top with berries and nuts, and drizzle with honey if you'd like. It's quick, cozy, and packed with fiber and antioxidants—perfect for a heart-friendly Valentine's treat.

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 FEBRUARY 2026:

“Communicating Effectively ”
Wednesday, February 18th, 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 Community Foundation.

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

**Tuesday, February 10th, 2026
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!

Stay on top of your health!

Regular doctor visits help catch health issues early, from balance problems to medication side effects. Staying on top of appointments ensures that small concerns don't turn into big risks, keeping you steady and confident in daily life.

Brought to you by:



Bruce McShane—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm

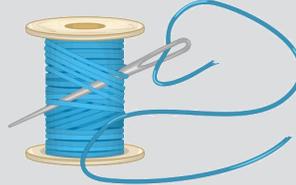
800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Tue. 10:00am Bingo

Wed. 10:00am Card games

Thur. 10:00am Shuffleboard and Crafts

Sue's Stitchin' and
Crafts
Thursday, February 5th
at 10:15 am



Farm to Table

with Mike VanOoteghem
Tuesday, February 10th
11:00am

Book Club!

Thursday, February 12th
10:00am



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, February 10th
from
11:30am to 12:30pm!



Join us for
Shuffleboard
every
Thursday!



HAPPY
Valentine's
DAY



Stay tuned
for
information
for our
March Euchre
Tournament!

Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

Tue-Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, February 11th
from
11:00am to 11:30pm!



GROUNDHOG DAY WORD SEARCH



WORD LIST

SPRING
WINTER
GROUNDHOG
SHADOW
FEBRUARY
FORECAST
HIBERNATE
HOLE
HOLIDAY
WEATHER
UNDERGROUND
PREDICTION
BURROW
CLOUDY
SUNNY
PENNSYLVANIA
SIGN
PUNXSUTAWNEY
EMERGE
WOODCHUCK

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

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

Blood Pressure Clinic

Will be here at
Williams

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



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

Join us on
Thursday, February 12th at 11:00am
Valentines Day Party!

We will be having a hot chocolate bar as well as yummy treats!

We will also be playing a game called "Name That Famous Couple"

A prize will be handed out to the winner.

**RSVP to Rebekah by
Thursday, February 5th**

February Birthday Celebration!

Thursday, February 26th
At 11:00am

Tim Horton's Donuts
will be served while
we sing
Happy Birthday!



Williams will be
closed for Elections

Monday, February 2nd
thru

Wednesday, February 2/4

See you back

Thursday, February 5th!

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, February 9th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'By The Pond'

Monday, February 2nd

1 Class available

9:30-12:30

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

Please RSVP by
Thursday, January 26th

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



Join us
Monday, February 23rd
at 12:30pm
After Lunch
for

BINGO

Mon. 12pm Hand and Foot

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

Wed. 9:30am-12pm Euchre
12:30pm Hand and Foot

Thurs. 9:30am Single Pinochle
12pm Dominoes

Fri. 12:30pm Scrabble
12:30pm Double Pinochle (being played at Comm Ctr.)

Join us on
Friday, February 27th at
10:00am

David Parrett—Age Tech from
Otsego County Commission on
Aging will be presenting

"Legacy Gifts"

See Cam or Wanda for more information!

February Birthday Celebration!

Come in **Friday, February 27th**
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.

- 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

Blood Pressure Clinic!

We will be at Hampton on Friday, February 13th from 11:30am—12:30pm.



Celebrate Valentine's Day!
Friday, February 13th at 12:00pm
Thank you to Rachel (Owner) of **Petite 4 Bakery** for the donations of goodies!



Join us for **GROCERY BINGO!**

Prize donations welcomed!
Ex: Canned goods, crackers, paper products, etc.
Thursday, February 19th
At 10:30am



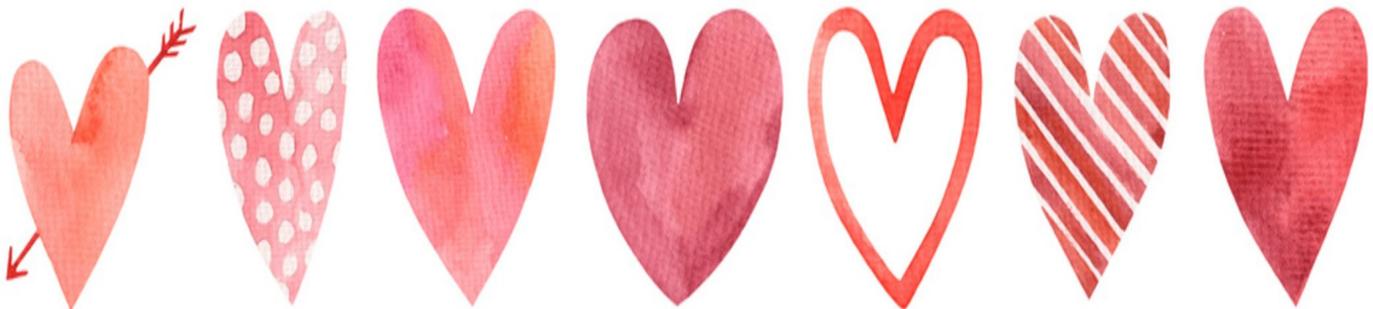
February Birthday Celebration!

Friday, February 27th at 12:00pm
Surprise dessert will be served after lunch.

February 2026

**HOME DELIVERED MEALS
and ALL ACTIVITY CENTERS**

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

Salad

Available at the Activity Centers only

Salad Choice for the week:

WEEK OF 2/2-2/6

TACO SALAD

Seasoned Beef
Corn
Black Beans
Crushed Taco Chips

WEEK OF 2/9-2/13

CHEF SALAD

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

WEEK OF 2/16-2/20

ALMOND MANDARIN SALAD

Mandarin Oranges
Roasted Almonds
Poppy Seed Dressing

WEEK OF 2/23-2/27

BACON RANCH SALAD

Grape Tomato's
Hard Boiled Eggs
Green Peas, Cucumber
Diced Bacon, Cheddar Cheese, Croutons

February 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.



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.



February 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

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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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.