

# January

January 2026

Bay County Department on Aging

**WONDERFUL TIMES** ...for all of us!

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Department on Aging  
Office,  
Activity Centers,  
and  
Home Delivered Meals  
will be closed  
Monday, January 19th  
For  
Martin Luther King, Jr.  
Day

## Movie and Lunch Series at the Wirt

Friday, January 23rd. Doors open at 11:30am,  
movie starts at 12:00pm

## Arthur the King

Tickets go on sale Monday, Friday December 19th at 10:00am

Deadline is Friday, January 16th

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

Lunch will be an American Club Wrap

Reservations and Payment can only be made at the  
Bay County Department on Aging Main Office,  
515 Center Avenue, 2nd Floor

## 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, January 6th**

**Tuesday, January 20th**

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

Brrrr...It's been cold outside! I know, "its Michigan, wait 5 mins and the weather will change." Unfortunately, the cold weather will not change for at least another 3 months.

Winter storms can range from a normal snowfall over a few hours to a blizzard that can last for several days. Winter can also bring dangerously low temperatures. So, Are You Prepared?



Here are some helpful tips from FEMA.

Before a storm or freezing temperatures:

Build an emergency kit, i.e. blankets, food, water, flashlights to name a few, and a have family communication plan.

Dress warmly, (in layers) and bring any pets inside.

During a storm or freezing temperatures:

Stay inside! But if you have to go out dress warmly covering any skin exposed to the elements and wear footwear that is skid proof.

Put on dry clothes as soon as you come inside.

Some words to know:

Frostbite: a medical condition when skin or body tissue is damaged from freezing, such as fingers, toes, ears and nose.

Hypothermia: A sickness when your body temperature drops below what is needed to be healthy and work properly.

Remember...If you need a place to warm up, our Activity Centers are Warming Centers. Please see pages 5-9 for days and times the centers are open.

*Beth Eurich, Department on Aging Director*

I always think of January as being "deep in the heart of winter" in Michigan. Unfortunately slips and falls come right along with that wonderful winter weather. Falls often result in orthopedic injuries to wrists, arms, legs, and hips. These injuries often result in hospitalization, surgeries, and rehabilitation stays. The best way to prevent slips and falls is through planning. Know where your risky areas are and take caution. One of the riskiest areas in winter is entering and exiting your vehicle. In parking lots, survey the area when you open your door, looking for ice or other hazards. Wear appropriate clothing and footwear. Proper footwear can go a long way! Use a slower, wider gait to make yourself more stable (walk like a penguin). Clear your walks or have someone assist, especially if the snow is heavy. Before going out, let someone know where you are going to be, especially when going for walks. My most important tip is to take a cell phone or wear a Personal Emergency Response Button with GPS capability. If you were to have a fall, you can then call for help.



There are now fantastic smart watches on the market that can be enabled with "Hard Fall Detection". Let's make it to springtime safe and sound!

*Jessica Somerlott, Senior Services Manager*

## Events and more...

### Corrections to Olympic Winners List

#### Mexican Train Dominoes

**Gold:** Ken Reynolds, Sue Osborne

**Silver:** Jack McAlpine, Patti Krenz

**Bronze:** Donald Wegener, Lisa LaCourt

#### Double Deck Pinochle

**Gold:** Charles Giffel, Judy Grove

**Silver:** Ron LaRouche, Irene McDonell

**Bronze:** Jack McAlpine, Mary Ora

#### Euchre

**Gold:** Don Wegener, Donna Armstrong

**Silver:** Greg Rankin, Roseann Frazer

**Bronze:** Rick Garlinghouse, Dick Talbot, Edyth Lamont

#### Bid Euchre

**Gold:** Charles Giffel, Rick Garlinghouse, Colleen Irving

**Silver:** Ron LaRouche, Mary Ann Reward

**Bronze:** Bob Kerkau, Irene McDonell



*Patty Gomez, Programming Services Manager*

### A Fresh Start for the New Year

January gives us that “reset” feeling—and after the holidays, many of us are ready to get back to simple, healthy routines. Eating well can boost energy, help our immune system stay strong, and make us feel better day-to-day.

During the colder months, it’s normal to want warm and cozy foods. The good news is that comfort food can still be healthy. Homemade soups with vegetables, beans, or whole grains are filling and delicious, plus they’re a great way to use winter produce like squash, sweet potatoes, apples, and cabbage.

Hydration is easy to forget in winter because we don’t feel as thirsty. Try keeping a favorite mug nearby for warm drinks like herbal tea or lemon water—it’s a simple way to stay hydrated and stay warm at the same time.

January is a great time to focus on small changes: a few more fruits and vegetables, drinking a little more water, or making more meals at home. Those small steps add up and help us feel our best as the new year gets rolling.

*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 JANUARY 2026:

“Overview of Alzheimer’s and Other Dementias”  
Wednesday, January 21, 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, January 13th, 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



*New Year, New You!*

*Exercising is an excellent way to prevent falls and improve your balance. Tai Chi is shown to be one of the best exercises to prevent falls. There are multiple programs in the area that offer these classes.*

Brought to you by:



Bruce McShane—Site Coordinator  
989-892-6605

## CANTEEN

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

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

**Tue.** 10:00am Bingo

**Wed.** 10:00am Card games

**Thur.** 10:00am Shuffleboard

### Farm to Table

with Mike VanOoteghem

Tuesday, January 13th

11:00am



Join  
Us

### Book Club!

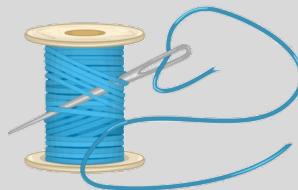
Thursday, January 8th

10:00am

### Sue's Stitchin' and Crafts

Thursday, January 8th

At 10:00 am



### Blood Pressure Clinic!!

We will be at the

Canteen

on

Tuesday, January 13th

from

11:30am to 12:30pm!



Join us for  
Shuffleboard  
every  
Thursday!



### Lego Mosaic!

Come join us and bring a special  
model to life that was created  
especially for "Seniors." You'll have the opportunity to  
help build a painting made entirely out of Lego bricks.



Come join the fun with

Tom Morse and Scot Thompson!

**Wednesday, January 7th at 10:00am**

Jan Davenport - Site Coordinator  
989-245-0102

**KAWKAWLIN** Tue-Thur 9am-12:30pm  
1800 East Parish Road | Kawkawlin, MI 48631

Blood Pressure Clinic!!  
We will be in Kawkawlin  
on  
Wednesday, January 14th  
from  
11:00am to 11:30pm!



**Daily** Puzzles, Board Games and Cards



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

BOOTS  
CELEBRATE  
CHILLY  
COLD  
EARMUFFS  
FREEZE  
FROSTY  
FROZEN  
GLOVES  
HAT  
HOT COCOA  
ICE  
ICICLE  
JANUARY  
NEW YEAR  
RESOLUTIONS  
SCARF  
SKIING  
SLEDDING  
SLIPPERY  
SNOWBALL  
SNOWFLAKE  
SNOWING  
SNOWMAN  
WINTER

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, January 15th  
from 11:30am-12:30pm



**Come and create a small  
Valentine's Day wreath with us!**

**Tuesday, January 27th at 10:00am  
Cost is \$6.00**

**Please RSVP to Rebekah by  
Tuesday, January 20th**



**January Birthday Celebration!**  
Tuesday, January 20th  
11:00am  
Tim Horton's Donuts



January 2026

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

## Blood pressure clinic!!

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



## ACRYLIC PAINTING CLASS

WITH  
**STEVE WOOD**

### 'The Tree House'

Monday, January 5th

1 Class available

9:30-12:30,

Cost is \$20.50 (60+ YRS)

\$25.00 (59 YRS AND YOUNGER)

Please RSVP

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



Join us  
Monday,  
January 26th  
at 10am

Bingo



## RIVERSIDE

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

Mon-Fri 9am-2pm

**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 for some BINGO Fun!

Sponsored by

Bay County Medical Care Facility

Monday, January 12th at 10:00am



## January Birthday Celebration!

Come in **Monday, January 26th**  
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, January 16th  
from  
11:30am—12:30pm.



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

<b>Mon.</b>	10am Card Games 11am Low-Impact Exercise* with Laura
<b>Tue.</b>	11am Indoor Walking
<b>Wed.</b>	10am Euchre—New Players Welcome
<b>Thur.</b>	10am Mexican Train Dominoes
<b>Fri.</b>	11am Low-Impact Exercise Class* with Laura, Card



Join us for  
**GROCERY BINGO!**  
Prize donations welcomed!  
Thursday, January 15th  
At 10:30am  
.75/card (2 card limit)



**January Birthday  
Celebration!**

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

January 2026

# January 2026

# HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>(1) CONNIE'S VEGGIE CHEESE SOUP (16)</b> Mixed Vegetables (11) Vanilla Pudding (24) Apple (26)	<b>(2) HOT DOG (1)</b> Whole Wheat Bun (19) Down Home Fries (15) Green Beans (5)
<b>(5) SCRAMBLED EGGS (3)</b> Turkey Links (1) Raisin Bran Muffin(13) Fresh Strawberries (6) Orange Juice Box(13)	<b>(6) DUTCH CHICKEN (9)</b> Cheesy Mashed Potatoes (14) Colorful Peas and Carrots (9) Oatmeal Rasin Cookie (23)	<b>(7) HUNGARIAN PORK CHOP (6)</b> Mashed Potatoes(14) Green Beans (5) Fruit Cocktail(13)	<b>(8) TORTELLINI BAKE (33)</b> Southern Succotash (20) Garlic Knots (18) Tropical Fruit Salad (21)	<b>(9) PULLED CHICKEN BBQ SANDWICH (35)</b> Whole Wheat Bun (25) Mashed Potatoes (17) Clementine (9)
<b>(12) COD FISH FILET (16)</b> Whole Wheat Bun(24) Down Home Fries(15) Diced Carrots(7)	<b>(13) WHITE BEAN CHICKEN CHILI (27)</b> Cauliflower (4) Grapes(13)	<b>(14) SAUCY VEAL PARMASEAN (22)</b> Al Dente Spaghetti (20) Green Beans(5) Diced Pears(16)	<b>(15) CRISP CHICKEN FINGERS (39)</b> Down Home Fries (15) Broccoli Florets (4) Fruit Cocktail (13) Orange Juice Box(13)	<b>(16) MEATBALL STROGANOFF(12)</b> Buttered Rotini Noodles(43) Mixed Vegetables(11) Strawberry Applesauce(15) Ranger Cookie (25)
<b>(19)</b> 	<b>(20) CHICKEN ENCHILADAS (20)</b> Fire Roasted Corn & Beans(14) Brown Rice (9) String Cheese (1)	<b>(21) HAMBURGER GRAVY(8)</b> Mashed Potatoes(17) Brussell Sprouts(7) Clementine Mandarin (9) Dinner Roll(23)	<b>(22) ROASTED PORK LOIN (0)</b> Mashed Potatoes (17) w/Pork Gravy(2) Colorful Peas & Carrots(9) Oatmeal Rasin Cookie(23)	<b>(23) BBQ CHICKEN BREAST (18)</b> Diced Redskin Potatoes w/onions (13) Spinach (5) Diced Pears (16)
<b>(26) PHILLY BEEF SANDWICH (4)</b> Whole Wheat Hotdog Bun(19) Baked Potato(24) Riviera Blend Vegetables(6) Ranger Cookie (25)	<b>(27) CHICKEN CORDON BLEU (12)</b> Sweet Potatoes(22) Mixed Vegetables(11) Fresh Strawberries(6)	<b>(28) SLOW COOKED BEEF POT ROAST (2)</b> Mashed Potatoes(14) Stewed Tomatoes (15) Orange Juice Box (13)	<b>(29) SPANISH RICE WITH MEAT (27)</b> Broccoli Florets(4) Dinner Roll(23) Activia Yogurt (19)	<b>(30) SWEET AND SOUR PORK (31)</b> Steamed Brown Rice (16) Brussell Sprouts(7) White Chocolate Raspberry Cookie (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!

# Salad

Available at the Activity Centers only

## Salad Choice for the week:

### WEEK OF 1/5-1/9

#### TURKEY BACON RANCH CROISSANT

Turkey  
Bacon  
Lettuce  
Ranch Dressing  
Croissant

### WEEK OF 1/12-1/16

#### BLUE LIGHT SPECIAL SUB

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

### WEEK OF 1/19-1/23

#### AMERICAN CLUB WRAP

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

### WEEK OF 1/26-1/30

#### CHICKEN SALAD CROISSANT

Diced Chicken  
Celery  
Red grapes  
Lettuce  
Mayo



## 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.



# January 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.

### 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.



January 2026

BAY COUNTY DEPARTMENT ON AGING  
SECOND FLOOR, BAY COUNTY BUILDING  
515 CENTER AVENUE, SUITE 202  
BAY CITY, MI 48708-5123

Return Service Requested

PRESORT STD  
US POSTAGE  
PAID  
BAY CITY, MI  
PERMIT NO. 184

## 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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Like us on Facebook  
[divonaging@baycountymi.gov](mailto:divonaging@baycountymi.gov)  
[www.baycountymi.gov/Aging/](http://www.baycountymi.gov/Aging/)  
**Donations Accepted**

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County Executive

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Amanda Goulet – Distribution  
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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](http://www.baycounty-mi.gov).



Department on Aging