



October 2025

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 will be offering 2 classes per month.

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

Upcoming Dates:

Tuesday, October 21st

Tuesday, November 4th

Tuesday, November 18th

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

Movie and Lunch Series at the Wirt

Friday, October 31st, Doors open at 11:30am, movie starts at
12:00pm

Hocus Pocus

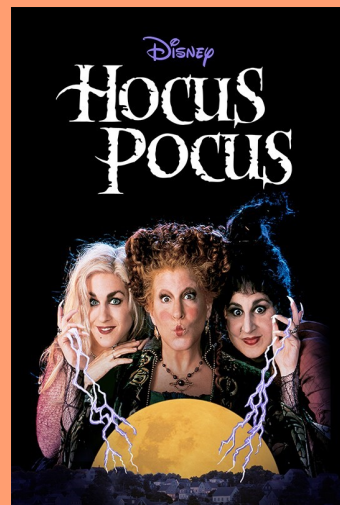
Tickets go on sale Wednesday, October 1st at 10:00am

Deadline is Friday, October 24th

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

Lunch will be a 1905 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

"Old Man Winter" is right around the corner! I know it does not seem possible does it? I want to make sure everyone remembers the Winter Weather Closing Procedures for the Department on Aging.

First off, when the decision to close the Activity Centers and Home Delivered Meals due to inclement weather happens, the notice will appear on the three main TV stations (ABC, CBS, NBC) or be stated on the Radio as "Department on Aging", some still use Division on Aging, either way that is us.

Remember that it will read or say: "Bay County Department on Aging—No Meals, Sites Closed, Office Open"

IF, and that is a big "if", the County closes then it will read or say: "Bay County Department on Aging—No Meals, Sites Closed, Office Closed"

The following TV and Radio stations are notified of our closing announcements:

WJRT-TV 12

WNEM-TV 5

WEYI-TV 25

WSGW 100.5FM or 790AM

Make sure to tune in to one of these stations for our announcements.

Lastly, do not forget to put together an emergency kit, i.e., blankets, food, water, medication, and flashlights just to name a few. It is also a good idea to have a family communication plan as well.

I hope that this winter will just fly by for all of us! Stay Safe and Stay Warm!

Beth Eurich, Department on Aging Director



Join us for our Caregiver Education Meeting this month on October 23, 2025! Our guest will be Laura Kubit, Staff Attorney and Co-Coordinator of the Guardianship Diversion Project. She will be talking about empowering older adults and individuals with disabilities by connecting them to community services, public benefits, and legal resources that can help them remain independent. While guardianship is an important tool to protect vulnerable adults where there is no other option, it can be used too often, too broadly, and without recognizing the individual's abilities, needs, and preferences. By utilizing less restrictive alternatives, individuals can often get the help they need while preserving their cherished right to make decisions for themselves. Don't miss out on this opportunity as Laura has a wealth of knowledge and will be answering questions as well!

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



Events and more...

Halloween can be Healthy

Halloween provides many things other than the obvious sugar rush that comes with the candy. Halloween provides an escape from everyday life. Exploring the darker side of humanity and confronting fears in a playful context can be therapeutic by providing stress relief and can help some individuals process anxieties. Halloween also offers social, creative, and community-oriented experiences.

People love the feeling they get from the scary things that trigger the release of “feel good” chemicals like adrenaline and endorphins. Halloween provides a sense of community and social connections through parties and trick or treating. That sense of belonging has been linked to better health and longevity.

The wearing of costumes allows people to be creative and reflect their personality, desires, or sense of humor that they might not typically show. It can offer a safe space for people to experiment with different personas and expressions, helping build self-esteem and a playful self-image. Carving pumpkins, decorating the house, and watching spooky movies together provides bonding time for families. Have a happy and scary Halloween!

Patty Gomez, Programming Services Manager

Healthy Fall season

October is the perfect time to focus on warm, nourishing meals that support health and well-being, especially for seniors. Autumn brings a bounty of seasonal produce, cozy flavors, and opportunities to enjoy nutrient-rich foods that can help strengthen immunity, maintain energy, and support overall vitality. Pumpkin, squash, sweet potatoes, apples, and pears are rich in vitamins A & C, fiber, and potassium—great for immunity, digestion, heart, and bone. With cold and flu seasons arriving, a strong immune system is key. Vitamin C (found in citrus, bell peppers, and broccoli) and zinc (in lean meats, beans, and nuts) help the body fight off illness.

Spiced Pumpkin Soup

- 2 cups roasted pumpkin puree
 - 2 cups of low-sodium vegetable broth
 - ½ cup low-fat milk
 - ½ tsp cinnamon, ¼ tsp nutmeg
 - Salt and pepper to taste
- Blend all ingredients and heat until warm. Serve with a whole-grain bread for a satisfying, vitamin-rich meal. Blend roasted pumpkin, low-sodium broth, low-fat milk, cinnamon, and nutmeg. Heat and serve with whole-grain bread.

Healthy, happy, and nourished—let’s make this October a season of wellness!

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.

Come join us!

Bay Concert Band Fall Concert

Tuesday, October 21st

Bay City Central High School
Auditorium

7:30pm Doors open at 7:00pm

Tickets \$10.00 adults,
child 12 and under free

FREE DEMENTIA TRAINING CLASSES IN OCTOBER 2025:

"Communicating Effectively "
Wednesday, October 15th, 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, October 14th, 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!

Do you have trouble getting up from sitting or using stairs? Having handrails and grab bars can dramatically decrease your risk of falling. These are best used by the stairs, toilets, in the bath or shower. These will provide a safe and steady object to hold on to while you move.

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 and Crafts

Join us for
Shuffleboard
every Thursday!



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, October 14th
from
11:30am to 12:30pm!



Book Club!

Thursday, October 9th
10:00am

Farm to Table

with Mike VanOoteghem
Tuesday, October 14th
10:30am



"Sue's Stichin and Crafts"
Thursday, October 2nd at
10:00am

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.



Canteen Halloween Party

Join us for Games and Prizes!
Thursday, October 30th
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, October 15th
from
11:00am to 12:00pm!



apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



AUTUMN



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

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.*****

Thank you to Ed Welz, Dollar General, Jo Jo's, Marathon Gas stations, Fruitland Market, Between the Patches, and Roger's Grocery for donations for our raffles made during our music entertainment events.

Come and Paint a ceramic

Fall Themed Highland Cow.

**Thursday,
October 9th
10:00am**

**Cost is \$5
Limited Supply,
RSVP by Thursday,
October 2nd**



Blood Pressure Clinic

Will be here at
Williams
Thursday, October 16th
from 11:30am-12:30pm



Writing your Story

Barb Connor along with
Terry Maul, from The Bay
will be here to help you
learn how to research and
write your family history.
Tuesday, October 21st
10:30am

*Come and Celebrate
Halloween with us!*

*Thursday, October 30th
At 10:30am*

*Yummy treats, and a
scavenger hunt.*

Costumes encouraged.

*RSVP by
Monday, October 27th*



**Join us on
Tuesday, October 28th
At 11:00am
John Russell
will be back to perform a
Halloween Magic Show!
Please RSVP by
Thursday, October 23rd**

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

Blood pressure clinic!!

We will be at Riverside
Monday, October 13th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'Autumn Fields'

Monday, October 6th

1 Class available

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

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

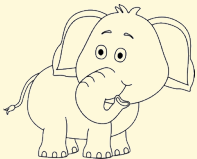


Join us

Monday, October 20th 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.)

Halloween Party!

Costume contest and Treats!

**Prizes for the
Best Costume!!!!**

Join us on

Thursday, October 30th at 12:00pm



October Birthday Celebration!

Come in Friday, October 31st
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, October 17th
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, Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes
- Fri.** 11am Low-Impact Exercise Class* with Laura

Music by Bill Gobel - 50s, 60s, 70s

Thursday, October 9th
10:30am

Come enjoy some
music and sing along!



Join us on
Thursday, October 16th at 10:00am
Bay County Medical Care Facility will be
sponsoring a


Halloween Bingo!

Halloween and October Birthday Celebration!

Friday, October 31st at 12:00pm
Surprise dessert will be served after lunch,
Costumes Welcomed!

October 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		(1) BAJA FISH TACO (31) Fire Roasted Corn and Beans (14) Fruit Cocktail (13)	(2) CONNIE'S VEGGIE CHEESE SOUP (16) Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)	(3) BBQ RIBLET (12) Ranch Spudsters (17) Baked Apples (23) Garden Vegetables(5) Orange Juice Cup(13)
(6) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cubed Potatoes (18) Raisin Bran Muffin(13) Orange Juice Box(13)	(7)DUTCH CHICKEN (9) Cheesy Mashed Potatoes (14) Colorful Peas and Carrots (9) Oatmeal Rasin Cookie (23)	(8) HUNGARIAN PORK CHOP (6) Mashed Potatoes(14) Green Beans (5) Fruit Cocktail(13)	(9)CHOP SUEY (14) Southern Succotash (20) Cinnamon Rice Pudding(28)	(10)CHEF SALAD (18) Low Sodium V8 Juice (6) Clementine Mandarin (9)
(13) COD FISH SANDWICH (16) Whole Wheat Bun(24) Down Home Fries(15) Diced Carrots(7)	(14) WHITE BEAN CHICKEN CHILI (27) Fire Roasted Corn & Beans(14) Grapes(13)	(15) SAUCY VEAL PARMASEAN (22) Al Dente Spaghetti (20) Green Beans(5) Diced Pears(16)	(16) CRISP CHICKEN FINGERS (39) Down Home Fries (15) Broccoli Florets (4) Fruit Cocktail (13) Orange Juice Box(13)	(17) MEATBALL STROGANOFF(12) Buttered Rotini Noodles(43) Mixed Vegetables(11) Strawberry Applesauce(15) Dinner Roll(23)
(20) TURKEY POT PIE (21) Southern Biscuit(14) Baked Apples(23)	(21) CHICKEN ENCHILADAS (20) Fire Roasted Corn & Beans(14) Spanish Rice(25)	(22) HAMBURGER GRAVY(8) Mashed Potatoes(17) Brussell Sprouts(7) Clementine Mandarin (9) Dinner Roll(23)	(23) ROASTED PORK LOIN (0) Mashed Potatoes (17) w/Pork Gravy(2) Colorful Peas & Carrots(9) Oatmeal Rasin Cookie(23)	(24) BBQ CHICKEN BREAST (18) Diced Redskin Potatoes(14) Green Beans(5) Bite Size Peaches(12)
(27) PHILLY BEEF SANDWICH (4) Whole Wheat Hotdog Bun(19) Baked Potato(24) Riviera Blend Vegetables(6)	(28) CHICKEN CORDON BLUE (12) Sweet Potatoes(22) Mixed Vegetables(11) Fresh Strawberries(6)	(29) SLOW ROASTED BEEF POT ROAST (2) Mashed Potatoes(14) Beef Gravy(2) Cauliflower(4)	(30) SPANISH RICE WITH MEAT (27) Broccoli Florets(4) Oatmeal Rasin Cookie(23) Dinner Roll(23)	(31) SWEET AND SOUR PORK (31) Steamed Brown Rice (16) Brussell Sprouts(7) Bite Size Peaches(12)

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

October 2025

Salad Choice for the week:

WEEK OF 9/26-10/3

FALL APPLE SALAD

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

WEEK OF 10/6-10/10

CHEF SALAD

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

WEEK OF 10/13-10/17

SEAFOOD SALAD

Imitation Crab Meat
Celery
Green Onions
Water Chestnuts
Cucumber

WEEK OF 10/20-10/24

GRILLED CHICKEN SALAD

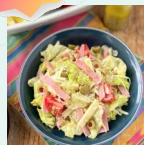
Grilled Chicken
Lettuce, bacon, tomato
Boiled egg
Honey Mustard Dressing

WEEK OF 10/27-10/31

1905 SALAD

Lettuce, tomato, Swiss Cheese
Ham
Green Olives
'1905' Dressing
Worcestershire sauce, lemon

NEW



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; how-
ever, we would be happy to accept
any donation (whatever you can af-
ford) 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.



September 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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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.