

SEPTEMBER

September 2025

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

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Day Trip!!!

Wilderness Trails Zoo—Birch Run, MI

Thursday, September 18th

leaving from Riverside Activity Center

Check in/Breakfast: 8:30am

Depart: 9:00am

Lunch: 12:00pm

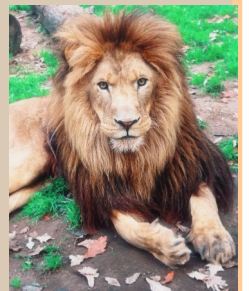
Depart Zoo: 1:30pm

Back at Riverside: 2:00pm

Price \$30 per person (ticket, bus, meals)

Registration begins August 25th, Deadline is September 9th, payments can be made at the Department on Aging Main Office. 515 Center Ave, 2nd Floor

Must be able to get on and off Mitchell bus without assistance. Will be walking throughout the zoo.



GROWN UPS

Movie and Lunch Series at the Wirt

Friday, September 26th, Doors open at 11:30am, movie starts at 12:00pm

Grown Ups PG-13

Starring Adam Sandler, Kevin James, Chris Rock, Rob Schneider, David Spade

Tickets go on sale Tuesday, September, 2nd at 10:00am

Deadline is Friday, September 19th

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

Lunch will be a Turkey and Ham Sub

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 the Department on Aging supports and offers programming at 5 different Activity Centers?

Department on Aging Activity Centers are in several locations throughout Bay County. They provide opportunities to have a nutritious meal, experience fellowship, and participate in a variety of activities.

For instance, we offer exercise classes, Shuffleboard League along with arts and crafts and card games. We also have presenters that come and speak about issues concerning our seniors within our community.

For more information, or to contact one of Site Coordinators, please see pages 5 through 9 in the Wonderful Times newsletter and call your Activity Center of choice.

We hope to see you soon at one of the Activity Centers!

Beth Eurich, Department on Aging Director



Join us for our Caregiver Education Meeting this month on September 25, 2025! We will cover Medication Management: Tips for organizing medications and tricks for reminders. Meetings are held at the Bay County Building at 515 Center Ave Bay City, MI 48708 on the second floor from 1pm – 2pm. Call Jessica at 989-895-4100 to RSVP.

Answers to our most asked questions:

Why do I only receive 1 bath per week? Our current program does have a waiting list for service. In an effort to serve as many as we can, we are only able to offer one bath per week at this time.

If you are on the program, and wish to have a second bath, make sure to let your worker know. If she should have a cancelation thru the week, she can call to offer you an extra appointment.

This program is supported by the Bay County Senior Millage and by state and federal grants allowing it to be a by “donation program.” We are happy to fill that need in the community for baths for our 60 year and better population that are not eligible for other bath programs.

Jessica Somerlott, Senior Services Manager

Events and more...

Labor Day

America's strength, prosperity, and standard of living, have come about from the efforts of the American worker.

During the Industrial Revolution in the late 1800's, workers faced long hours, low wages, and unsafe working conditions. This caused significant unrest among workers which led to demonstrations, rallies, and strikes to advocate for better working conditions, including shorter workdays and improved safety.

The Pullman Strike of 1894 was a major catalyst for the establishment of Labor Day as a federal holiday. Facing economic hardship during the panic of 1893, the Pullman Company cut wages but didn't reduce rent in the company town where many of their employees lived leading to increased financial strain on employees creating resentment and a sense of exploitation among the workers.

Pullman refused to negotiate with a workers' grievance committee leading them to strike. Faced with layoffs and wage cuts, the American Railway Union called for a boycott of all Pullman cars on railroads. This boycott crippled rail traffic across the nation. In response, federal troops were sent to break the strike. This led to violent clashes between workers and federal troops, resulting in some deaths.

In the aftermath of the strike, President Grover Cleveland and Congress established the first Monday in September as a national federal holiday on June 28, 1894.

Although the strike ultimately failed to achieve its goals, with workers returning to work with no significant concessions from the Pullman Company, the creation of Labor Day underscores the importance of worker rights, fair wages, and safe working conditions, which continue to be relevant today.

Patty Gomez, Programming Services Manager

As the cooler air of September rolls in and we begin to shift into fall routines, it's the perfect time to reflect on how our food choices support healthy aging. For seniors, good nutrition can boost immunity, support energy levels, maintain bone and heart health, and even improve memory and mood. We have been trying some new recipes in the kitchen so you will see some new foods in the coming months! September brings a bounty of nutrient-rich seasonal produce. Take advantage of: Apples – Packed with fiber and antioxidants; enjoy them fresh or baked with a sprinkle of cinnamon. Pumpkin and winter squash – High in beta-carotene (vitamin A) for vision and immune health. Leafy greens like kale and spinach – Excellent sources of calcium, folate, and vitamin K for bone health. Try visiting a local farmers market for the freshest options—supporting local agriculture is a bonus! Seniors need more protein than younger adults to maintain muscle mass and strength. Include sources like: Eggs, Beans and lentils Fish (especially salmon or sardines, rich in omega-3s) Poultry and lean meats Greek yogurt or cottage cheese. If chewing or digestion is difficult, soft proteins like scrambled eggs or smoothies with protein powder can help. Good nutrition doesn't have to be complicated. A few mindful choices each day can keep you feeling your best. As you savor the flavors of fall!

Jessica Foss, Nutrition Services Manager

Miscellaneous

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

Tuesday, September 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



YOUR MONTHLY FALL PREVENTION TIP!

Did you know that you can ask your health care provider for a fall prevention evaluation to help identify your risks? This includes reviewing your medications to see if they make you dizzy or sleepy, and activities of daily living. You can also go to www.NCOA.org for a free fall risk screening.

Brought to you by:



FREE DEMENTIA TRAINING CLASSES IN AUGUST 2025:

“Overview of Alzheimer’s & Other Dementia”

Wednesday, September 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
Alzheimer’s Fund of the Bay Area
Community Foundation.

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.



KINDNESS:

KINDNESS is the quality of being gentle, Caring, and helpful. It involves acts of generosity, consideration, and rendering assistance to others without expecting praise or reward in return. A little KINDESS goes a long way!

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

Join us for
Shuffleboard
every Thursday!



Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, September 16th
from
11:30am to 12:30pm!



Ardens Necklace Craft
Make your own necklace with
Arden Pedit.
Cost is \$5 for supplies



Join Us on
Wednesday,
September 17th
At 10:00am

"Sue's Stichin and Crafts"
Thursday, September 4th
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.



Thursday, September 11th
10:00am

September Birthday Celebration

Dessert will be served after
lunch on
Thursday, September 25th



September 2025

Jan Davenport - Site Coordinator
989-245-0102

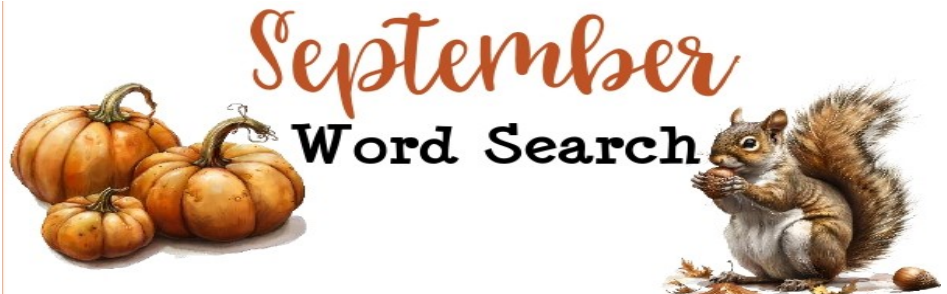
KAWKAWLIN

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, September 17th
from
11:00am to 12:00pm!



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



	ORCHARDS
SCHOOL	PUMPKINS
SEPTEMBER	RAKE
SQUIRREL	SCARECROW
SWEATER	



ACORNS
APPLES
AUTUMN
BACKPACK
BONFIRE
BREEZY
CIDER
COOLER
CORN
CRISP
EQUINOX
FALLING
FARMERS
FOLIAGE
FOOTBALL
GOURDS
GRAPES
HARVEST
HAYRIDE
LABOR DAY
LEAVES
MIGRATION

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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.*****

Join us
Thursday, September 4th
at 11 am

Dolly Parton

(Carla Gill)
will be here performing!



We will be holding a
raffle as well.

Call Rebekah to RSVP

Blood Pressure Clinic

Will be here at
Williams

on

Thursday, September 18th
from 11:30am-12:30pm



September

Birthday Celebrations!

Tuesday, September 30th

Join us for a

Tim Hortons Treat



We need your help!

**On Thursday, September 25th
at 10am**

**We will be making tie blankets.
These blankets will be donated to
Life Clinic in Bay City.**



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

Blood pressure clinic!!

We will be at Riverside
Monday, September 15th
11:30am until 12:30pm.



ACRYLIC PAINTING CLASS

WITH
STEVE WOOD

'The Old Farm'

Monday, September 8th
1 Class available
9:30-12:30, Cost is \$20.50.
Please RSVP by Thursday July 28

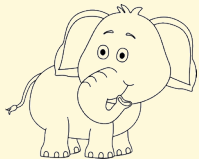
We will continue painting
after lunch until 1:30 if needed.



Join us

Monday, September 22nd 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.)

Join us on Wednesday, September 17th

At 10:00am

We will be making a

Pumpkin Frame Craft

Cost is \$25 and includes lunch

RSVP by September 10th



September Birthday Celebration!

Come in **Friday, September 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, September 19th
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, Coffee Hour
- Wed.** 10am Euchre—New Players Welcome
- Thur.** 10am Mexican Train Dominoes
- Fri.** 11am Low-Impact Exercise Class* with Laura

Grocery Bingo

Thursday, September 25th at
10:30am
Prize donations
are welcomed



Donut Day!!!

Celebrate Fall with a delicious
donut and coffee.
Tuesday, September 16th






September Birthday Celebrations!

Tuesday, September 30th
Surprise dessert will be served after lunch.

September 2025

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1)  WE WILL BE CLOSED FOR LABOR DAY	(2) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(3) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	(4) SAVORY BEEF STEW (20) Garlic and Cheese Biscuits (10) Brussel Sprouts (7) Clementine (9)	(5) POLLACK BITES (22) 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) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Pineapple Chunks(18)	(10) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(11) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (20) Orange Juice (13)	(12) 
(15) MEATLOAF PATTY (8) Green Beans (5) Candied Sweet Potatoes (31)	(16) HAWAIIAN MEATBALLS (50) Fried Rice (19) Cauliflower (4) Peaches (12)	(17) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4)	(18) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies(7) Honey Wheat Dinner Roll (12)	(19) Garlicky Chicken (19) Green Beans (5) Parsley Potatoes (13) Lime Pear Jello (25) Cranberry Juice (17)
(22) BREADED COD (14) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Clementine (9)	(23) HEARTY GOULASH (28) Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)	(24) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Strawberry Yogurt Cup (13) Honey Wheat Dinner Roll (12)	(25) CABBAGE ROLLS (17) Parsley Potatoes (12) Venetian Blend Veggies (6)	(26) HONEY MUSTARD CHICKEN (11) Oven Brown Potatoes (20) Sliced Carrots (7) Apple Slices and Caramel (32)
(29) HOT DOG (1) Whole wheat bun (19) Green Beans (5) Clementine (9) Potato Chips (15)	(1) (30) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Spinach (5) Cherry Crisp (55)			

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 9/1-9/5

Antipasto Wrap

Salami Genoa, Turkey, Ham
Black Olives, Banana Pepper, Red Peppers
Lettuce, Tomato
Mozzarella
Flour Tortilla
Mayo
Italian Dressing

WEEK OF 9/8-9/12

SOUTHWEST CHICKEN WRAP

Chicken
Pico de Gallo
Cheese
Lettuce
Southwest Ranch

WEEK OF 9/16-9/19

BLUE LIGHT SPECIAL SUB

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

WEEK OF 9/22-9/26

TURKEY & HAM SUB

Lettuce
Tomato
Cucumber
Swiss Cheese
Secret Sauce

**Department on Aging Office,
Home Delivered Meals, and Activity Centers
will be closed on
Monday, September 1st
for Labor Day
and
Friday, September 12th for an
All Day Staff Training**

September 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.



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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County Executive

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Beth Eurich – Director/Editor
Amanda Goulet – Distribution
Jonelle Box – Layout
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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.