



April 2026

Bay County Department on Aging

# WONDERFUL TIMES ...for all of us!

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## Battle Golf Tournament

Canteen Activity Center

Tuesday, April 28th

Sign In: 10:00am

Event Time: 10:30am to 12:00pm

(Lunch at 12:00pm)

\$5.00 (60 years and better) \$8.00 (55-59)

Includes lunch, cold option only

Registration begins

Wednesday, April 1st

and ends

Thursday, April 23rd



## 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, April 7th**

**Tuesday, April 21st**

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, April 24th Doors open at 11:30am,  
movie starts at 12:00pm**

## The Cobbler

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

Deadline is Friday, April 17th

Cost: \$5.00 (60 yrs and better),

\$7.00 (59 yrs and younger)

Lunch will be a Mediterranean 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 the Bay County Department on Aging has an Advisory Board that meets every other month and is open to the public?

Meetings are held at Department on Aging's main office located on the 2nd floor of the Bay County Building, at 515 Center Ave.

Meeting dates are Thursdays, January 22, March 19, May 21, July 23, September 17, and November 12- 11am to 12pm.

Bay County Commissioners appoint a representative from their district every two years. There is an application process, and applications can be completed online at <https://www.baycountymi.gov/Commissioners/BoardApplicationforAppointment.aspx>.

The Committee's main responsibility is to visit the Activity Centers and bring back any questions, ideas and concerns to our meetings. The Committee visits a site together for lunch following each meeting.

*Beth Eurich,  
Department on Aging  
Director*



Robin Weiss—Committee Chair  
Representing Commissioner Kathy Niemiec  
Term Expires: 12/31/27

Debbie Russell—Committee Vice Chair  
Representing Commissioner Jerome Crete  
Term Expires: 12/31/27

Doug Dewald  
Representing Commissioner Tim Banaszak  
Term Expires: 12/31/26

Dian Behmlander  
Representing Commissioner Vaughn J. Begick  
Term Expires: 12/31/27

Cathy Serafini  
Representing Commissioner Larry Beson  
Term Expires: 12/31/26

Paul Rabidoux  
Representing Commissioner Christopher Rupp  
Term Expires: 12/31/27

Catherine Macomber  
Representing Commissioner Jesse Dockett  
Term Expires: 12/31/26

Barb Dewald  
At-Large  
Term Expires: 12/31/26

Caregiver burnout is a state of physical, mental, and emotional exhaustion that happens while you are taking care of others. Are you a Caregiver experiencing burnout? Do you find yourself feeling angry, stressed, anxious, can't sleep but constantly tired? It is time to identify those feelings and learn some coping strategies. Caregiver burnout can affect your ability to care for others and reduces quality of life for you and those around you.

Join us for our Caregiver Education Meeting on **April 23, 2026 from 1:30pm to 2:30pm** to learn more about how to identify burnout and to cope. Caregiver planning guides are available for free to attendees. 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. Parking lot located on 5th Street with access to our indoor ramp and elevator.

*Jessica Somerlott, Senior Services Manager*

### Taxes

Throughout history, taxation has shaped societies. Dating back over 5,000 years, Egyptian Pharaohs collected grain and labor to fund infrastructure often collecting 20% of grain harvests. The Greeks implemented taxes during wartime and Romans developed complex systems, including sales tax on slaves and, under Augustus, a form of direct income tax.

Britain implemented taxes in 1799 to fund their war with Napoleon.

Modern systems evolved from feudal dues and colonial protests, such as the U.S. Revolution's "no taxation without representation," to the 16th Amendment in 1913 establishing the federal income tax.

In 1861, President Lincoln signed into law a revenue-raising measure creating the first income tax to fund the Civil War. It was designed as a temporary emergency measure not meant to be permanent and was repealed in 1872.

The Wilson Tariff Act revived the income tax and an income tax division within the Bureau of Internal Revenue was created in 1894, but it was declared unconstitutional by the Supreme Court in 1895 and the income tax division was disbanded.

In February 1913, the ratification of the 16th Amendment shifted income taxes from a temporary emergency measure to a permanent income tax allowing Congress to levy a federal income taxes which lead to the Revenue Act of 1913 becoming the government's primary revenue source.

Tax rules continue to change throughout history, but one thing will never change... "In this world, nothing is certain except death and taxes".

*Patty Gomez, Programming Services Manager*

Spring is here! It is the perfect season to refresh our eating habits. As we move out of winter, our bodies often crave lighter, more colorful meals — and that's exactly what spring produce offers.

Focus on adding more fresh fruits and vegetables to your plate. Spring favorites like asparagus, spinach, strawberries, carrots, and peas are packed with vitamins, minerals, and antioxidants that support heart health, vision, and immune function. Try adding spinach to omelets, tossing strawberries into yogurt, or roasting asparagus with olive oil and garlic for a simple side dish.

April is also a great reminder to support bone health. Foods rich in calcium and vitamin D — such as milk, yogurt, fortified plant beverages, canned salmon, and leafy greens — help maintain strong bones and reduce fracture risk. Pairing calcium-rich foods with light outdoor activity, like a daily walk, helps your body use those nutrients effectively.

Be sure to look for new items on the menu these next few months! We're excited to bring in some new flavors and dishes. We truly appreciate all the positive feedback on the new recipes and will continue changing things up as we head into the spring season.

Here's to a healthy, energized, and vibrant April!

*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 APRIL 2026:

“Overview of Alzheimer's and Different Dementias ”  
Wednesday, April 15th, 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, April 14th, 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!

See and hear clearly, walk safely!

*Clear vision and sharp hearing are essential for safe movement. Regular eye exams and hearing checks ensure glasses, contacts, or hearing aids are up to date, helping seniors stay aware of their surroundings and avoid hazards.*

Brought to you by:



Bruce McShane—Site Coordinator  
989-892-6605

## CANTEEN

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

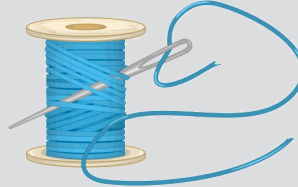
800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

**Tue.** 10:00am Bingo

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

**Thur.** 10:00am Shuffleboard and Crafts

Sue's Stitchin' and  
Crafts  
Thursday, April 2nd at  
10:00 am



### Farm to Table

with Mike VanOoteghem  
Tuesday, April 14th  
11:00am

## Book Club!

Thursday, April 9th  
10:00am



### Blood Pressure Clinic!!

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



Join us for  
Shuffleboard  
every  
Thursday!



**Battle Golf Tournament**  
**Tuesday, April 28th**  
**See front page for**  
**details.**



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, April 15th  
from  
11:00am to 11:30pm!



# SPRING

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

BIRDSONG  
BLOOM  
BLOSSOM  
BREEZE  
BUNNY  
BUTTERFLY  
CHIRPING  
DAFFODIL  
DUCKLING

GARDEN  
GRASS  
LADYBUG  
LEAFBUD  
MEADOW  
NEST  
PICNIC  
PUDDLE  
RAINBOW

RAINDROP  
ROBIN  
SEEDLING  
SPRINGTIME  
SPROUT  
SUNSHINE  
THAW  
TULIP  
UMBRELLA



Julie Nease—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.\*\*\***

### Blood Pressure Clinic

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



# April Birthday Celebration!

Tim Horton's donuts will be served.

Thursday, April 23rd

11:00am



Spring  
IS  
here

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, April 13th  
11:30am until 12:30pm.



### ACRYLIC PAINTING CLASS

WITH  
STEVE WOOD

### 'Stormy Seas

Monday, April 6th

1 Class available

9:30-12:30

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



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

**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.)

## Easter Celebration

Thursday, April 2nd

12:00pm

Prizes and Treats after lunch.



Join us  
Monday, April 20th  
at 12:30pm  
for

# Bingo

After Lunch

## April Birthday Celebration!

Come in **Friday, April 24th**  
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, April 17th  
from  
11:30am—12:30pm.



## Join us for **GROCERY BINGO!**

Prize donations welcomed!  
Ex: Canned goods, crackers,  
paper products, etc.

Thursday, April 23rd  
At 10:30am  
\$.75/card (2 card limit)



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

- 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

# Spring Craft Day!

Join us

Tuesday, April 14th

10:30am

Call Site for details.

Fee is \$5.00






## April Birthday Celebration!

Thursday, April 30th at 12:00pm  
Surprise dessert will be served after  
lunch.

# April 2026

## HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>(1) BAJA FISH TACO (29)</b> Roasted Corn and Beans (14) Southwest Coleslaw (14) Peanut Butter Cookie (20)	<b>(2) CONNIE'S VEGGIE CHEESE SOUP (16)</b> Mixed Vegetables (11) Vanilla Pudding (24) Apple (26)	<b>(3)</b>  <b>WE WILL BE CLOSED GOOD FRIDAY</b>
<b>(6) SCRAMBLED EGGS (3)</b> Sausage Links (1) Diced Redskin Potatoes w/onion (13) Oatmeal Raisin Cookie (23) Orange Juice Box(13)	<b>(7) DUTCH CHICKEN (9)</b> Cheesy Mashed Potatoes (14) Colorful Peas and Carrots (9) Chocolate Chip Cookie (23)	<b>(8) HUNGARIAN PORK CHOP (6)</b> Mashed Potatoes(14) Green Beans (5) Fresh Strawberries (6)	<b>(9) TORTELLINI BAKE (33)</b> Southern Succotash (20) Garlic Knots (18) Tropical Fruit Salad (21)	<b>(10) PULLED CHICKEN BBQ SANDWICH (35)</b> Whole Wheat Bun (25) Baked Beans (29) Corn (19) Clementine (9)
<b>(13) COD FISH FILET (16)</b> Whole Wheat Bun(24) Down Home Fries(15) Diced Carrots(7)	<b>(14) WHITE BEAN CHICKEN CHILI (27)</b> Fire Roasted Corn(14) Diced Pears (16)	<b>(15) SAUCY VEAL PARMASEAN (22)</b> Al Dente Spaghetti (20) Green Beans(5) Grapes (13)	<b>(16) CRISP CHICKEN FINGERS (39)</b> Down Home Fries (15) Broccoli Florets (4) Butterscotch Pudding (27)	<b>(17) MEATBALL STROGANOFF(12)</b> Buttered Rotini Noodles(43) Mixed Vegetables(11) Strawberry Applesauce(15)
<b>(20) BBQ CHICKEN BREAST (18)</b> Diced Redskin Potatoes w/onions (13) Green Beans (5) Pineapple Orange Delight (31)	<b>(21) CHICKEN ENCHILADAS (20)</b> Fire Roasted Corn & Beans(14) Spanish Rice (25) Snickerdoodle (28)	<b>(22) HAMBURGER GRAVY(8)</b> Mashed Potatoes(17) Brussell Sprouts(7) Applesauce (23) Dinner Roll(23)	<b>(23) ROASTED PORK LOIN (0)</b> Mashed Potatoes (17) w/Pork Gravy(2) Colorful Peas & Carrots(9) Chocolate Pudding (25)	<b>(24) TURKEY POT PIE (19)</b> Southern Biscuit (25) Glazed Carrots (10) Blueberry Crisp (53)
<b>(27) PHILLY BEEF SANDWICH (4)</b> Whole Wheat Hotdog Bun(19) Baked Potato(24) Riviera Blend Vegetables(6) Ranger Cookie (25)	<b>(28) CHICKEN CORDON BLEU (12)</b> Sweet Potatoes(22) Mixed Vegetables(11) Apple (29)	<b>(29) SLOW COOKED BEEF POT ROAST (2)</b> Mashed Potatoes(14) Stewed Tomatoes (15) Banana (27)	<b>(30) SPANISH RICE WITH MEAT (27)</b> Broccoli Florets(4) Corn Muffin (21) 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

## April 2026

### Salad Choice for the week:

**WEEK OF 3/30-4/3**

#### Chicken Ceaser Salad

Lettuce  
Chicken  
Parmesan  
Croutons  
Ceaser Dressing

**WEEK OF 4/6-4/10**

#### Strawberry Almond Salad

Spinach  
Iceberg Lettuce  
Strawberries  
Sliced Almonds  
Poppy Seed Dressing  
Cottage Cheese

**WEEK OF 4/13-4/17**

#### Fall Apple Salad

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

**WEEK OF 4/20-4/24**

#### Mediterranean Salad

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

**WEEK OF 4/27-5/1**

#### Chef Salad

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

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.



### 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.



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

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Jim Barcia  
County Executive

Department on Aging – Publisher  
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](http://www.baycounty-mi.gov).