



WONDERFUL TIMES

BAY COUNTY DEPARTMENT ON AGING

FOR ALL OF US!



Get in Touch!

**515 CENTER AVE, SUITE 202
Bay City, MI 48708-5123**

PHONE

(989) 895 - 4100
Toll Free (877) 229-9960

WEBSITE

www.baycountymi.gov/aging

EMAIL

divonaging@baycountymi.gov

HOURS

8:00am-5:00pm

**LIKE US ON FACEBOOK!
DONATIONS ACCEPTED**

Movie and Lunch Series at the Wirt

Friday, October 30th

Doors open at 11:30am, Movie starts at 12:00pm

‘Practical Magic’

Tickets go on sale

Monday, September 28th

Deadline is Friday, October 23rd

Cost: \$5.00 (60 years and better)

\$7.00 (59 years 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 Ave, 2nd Floor**



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Our Staff

Senior Services Manager

Jessica Somerlott

Programming Services Manager

Patty Gomez

Nutrition Services Manager

Jessica Foss

From the Director

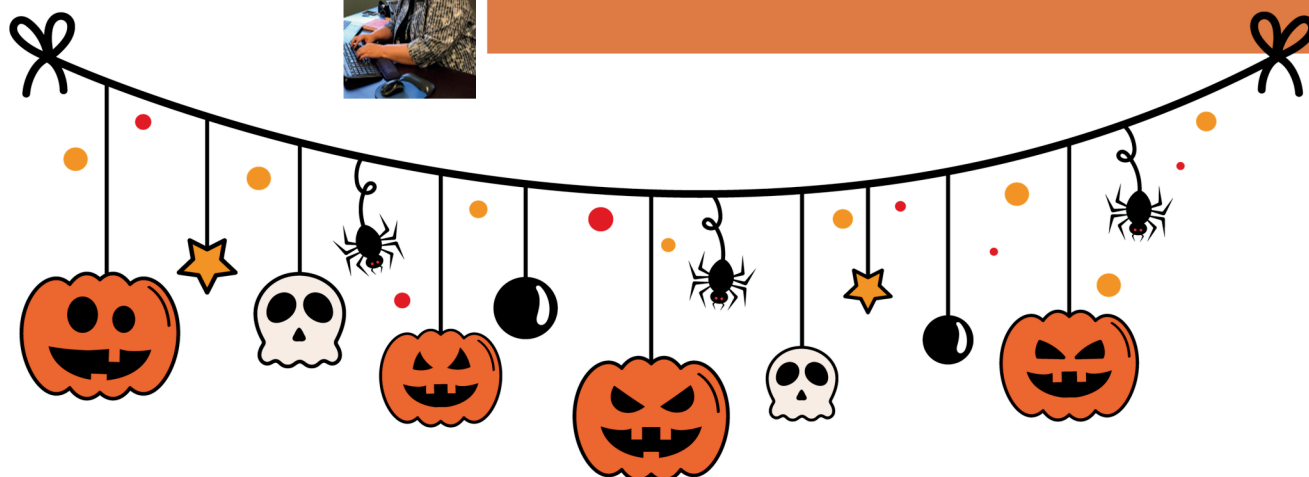
Imagine you open your inbox and receive an urgent message from your bank, warning you that your account will be restricted unless you confirm your information right away. The email has your bank's logo and color scheme and includes a link to update your information. Because the message looks real and you don't want to lose access to your money, it's tempting to select the link. But this email is actually a phishing scam! If you select the link, you'll be prompted to download a tool that claims to protect your account. But that download actually installs malware that lets cybercriminals remotely access your device. This malware can allow them to view your mailing address, bank account details, and other information that they can use right away to steal your identity! Follow these tips to avoid falling victim to this phishing scam:

- Verify bank alerts by logging in directly to your bank's official app or website, never through a link in an email.
- If you're unsure whether a bank alert is real, contact your bank using the phone number on the back of your debit or credit card.
- Always stop and think before you act! Cybercriminals rely on alarming messages to get your attention and force you to make fast decisions.

Thank you to the Bay County - MI Security Team for keeping us Cyber Safe!!



Beth Eurich, Director



Jessica Somerlott - Senior Service Manager

Our topic for our October Caregiver Education Meeting will be “Tips for traveling with your frail or disabled loved one during the holiday”. Traveling during the holidays is always stressful. Add in traveling with someone who requires extra care, wheelchairs, and/or cognitive issues and it seems like to overwhelming of a task. Join us to learn about how putting in extra planning can relieve stress and make for smoother travel. The holidays will likely be stressful, it is a given.

Let's try to plan for at least the traveling part to be easier.

Join us for our Caregiver Education Meeting on October 22, 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 is located on 5th Street with access to our indoor ramp and elevator.

Patty Gomez - Programming Services Manager

Fall Colors

No matter where you live in Michigan, fall brings with it brilliant colors. There's nothing more relaxing than driving down a quiet country road, walking in the woods, or floating down winding waterways to enjoy the vibrant colors of crimson, yellow, and gold that only emerge for a short time each year.

There are about 14 billion trees that cover 53% of Michigan's total land area amounting to about 20 million acres. Although Michigan has over 75 native species of trees, not all of them change color in fall.

It's only Maples, Oaks, and Aspens, known as Deciduous trees, that shed colorful leaves in the fall. When the days grow colder and shorter, those trees stop producing chlorophyll allowing the underlying yellow, orange, and red pigments to become visible.

There are 8 species of Maple (including the Sugar Maple which is the most common and the primary tree used for maple syrup production), 11-12 species of Oak (divided into red and white groups), and 2 species of Aspen trees that are native to Michigan.

Bay County has two easy to get to places to see fall colors. The Great Lakes Bay Regional Trail has over 21 miles of trails to walk or bike on. The northern part of the trail connects with the Bay City State Recreation Area which contains the Tobico Marsh Nature Preserve. This Marsh is one of the largest remaining coastal wetlands on the Great Lakes and has two observation towers overlooking 2,000 acres awash with autumnal colors and wildlife for you to enjoy.

To learn more about where and when you can see the best colors in Michigan, check out the “Pure Michigan Fall Color Guide” at <https://www.michigan.org/fallcolormap>.

Jessica Foss - Nutrition Services Manager

Welcome to fall, my favorite time of the year! October brings cooler weather and plenty of comforting foods. As the seasons change, it's a great time to focus on warm, nourishing meals that keep you feeling your best. Try adding seasonal favorites like apples, sweet potatoes, squash, carrots, and leafy greens to your meals. We will be adding in more of our favorite fall recipes, such as bean soup!

Don't forget to keep drinking water, even when the weather is cooler. Aim to include a source of protein at each meal, such as eggs, beans, chicken, fish, or lean meat, to help maintain strength and energy.

This fall, enjoy your favorite comfort foods just remember that balance and portion size matter. A little planning can help you enjoy the food you love while still giving your body the nutrition it needs.



YOUR MONTHLY FALL PREVENTION TIP!

Grab bars, handrails, safe stairs!

Handrails on stairs, grab bars in bathrooms, and non-slip mats in showers make high-risk areas safer. These simple additions provide peace of mind and reduce the chance of falls in the most common danger zones.

Brought to you by:



MISCELLANEOUS

October 2026 Newsletter

04

**BAY CONCERT BAND
FALL CONCERT
TUESDAY, OCTOBER 20TH
7:30PM
CENTRAL HIGH SCHOOL
AUDITORIUM
TICKETS ARE \$10, CHILDREN
UNDER 12 ARE FREE**

**FREE DEMENTIA TRAINING
CLASSES IN OCTOBER 2026:
“Overview of Alzheimers and
Other Dementias”**

**Wednesday, October 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, October 13th from
6:00-8:00pm
Now meeting in-person at
Golden Horizons,
1001 Marsac St., Bay City, MI.**

**Facilitator: Stacy McIntyre,
LMSW**

**The support group will meet
the second Tuesday of each
month.**

**For more information call
989-892-6644**

**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.

05

CANTEEN - BRUCE MCSHANE - (989) 892-6605

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

OPEN Tuesday - Thursday 9:30am-1:30pm

Tuesday	10am Bingo
Wednesday	10am Card Games
Thursday	10am Shuffleboard

Blood Pressure Clinic

WE WILL BE AT THE CANTEEN ON
TUESDAY, OCTOBER 13TH
FROM 11:30AM-12:30PM

Canteen Book Club

THURSDAY, OCTOBER 8TH 10:00AM

Farm to Table

WITH MIKE VANOTTEGHEM
OCTOBER 6TH 11:00AM

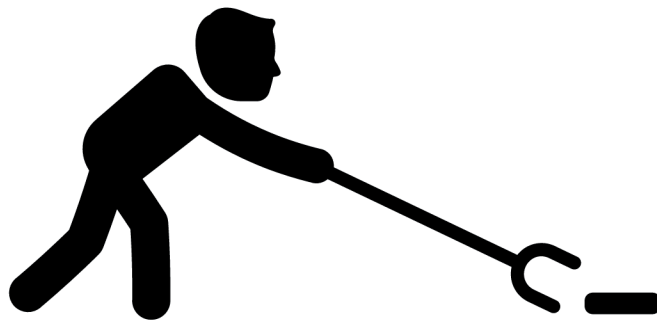


October Birthdays and Halloween Party!

JOIN US FOR GAMES, PRIZES, AND BEST
COSTUME CONTEST! WITCHES, GHOSTS,
GOBLINS, AND DRAGONS MAY ATTEND!
THURSDAY, OCTOBER 29TH AT 10:15AM

Please Join Us!

SHUFFLEBOARD EVERY THURSDAY!!!!



06

KAWKAWLIN - JAN DAVENPORT - (989) 245-0102**1800 East Parish Rd Kawkawlin, 48631****OPEN Tuesday - Thursday 9:00am-12:30pm**

Daily

Puzzles, Board Games, Cards

Blood Pressure Clinic

WE WILL BE AT KAWKAWLIN ON

WEDNESDAY, OCTOBER 14TH

FROM 11:00AM-12PM

HALLOWEEN

WORD SEARCH

K	H	A	L	L	O	W	E	E	N	P	A	R	T	Y	W	I
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A	E	R	I	P	M	A	V	N	O	T	E	L	E	K	S	E


**WORD
BANK**

ALL HALLOWS EVE

BAT

BLACK CAT

CANDY

CARAMEL APPLE

COSTUMES

DECORATIONS

GHOST

HALLOWEEN PARTY

HAUNTED HOUSE

JACK O LANTERN

MASK

MUMMY

ORANGE

PUMPKIN

SAMHAIN

SKELETON

SPIDER

TRICK OR TREAT

VAMPIRE

WITCH

07

WILLIAMS - JULIE NEASE - (989) 245-0290

1080 West Midland Road Auburn, MI 48611

OPEN Monday - Thursday 9:00am-1:00pm

Monday	9:30am Mexican Train Dominoes
Tuesday	9:30am Euchre, Bingo*
Wednesday	9:30am Mexican Train Dominoes
Thursday	9:30am Euchre 10:30am Lo Impact Chair Aerobics

***Bingo cards will be \$1.00**

Blood Pressure Clinic

**WE WILL BE AT THE WILLIAMS ON
THURSDAY, OCTOBER 15TH
FROM 11:15AM-12:15PM**



Join us for Birthday Treats!

THURSDAY, OCTOBER 22ND AT 12:00PM



08**RIVERSIDE - CAM LANGENBURG - (989) 893-7070****1800 J.F. Kennedy Drive Bay City, 48706****OPEN Monday - Friday 9:00am-2:00pm**

Monday	12pm Hand and Foot
Tuesday	9am-12pm Knit/Crochet Group (Craft Room) 9:30am Bid Euchre 12:30pm Dominoes and Cribbage
Wednesday	9:30am-12pm Euchre 12:30pm Hand and Foot
Thursday	9:30am Single Pinochle
Friday	12:30pm Scrabble 12:30pm Double Pinochle (played at Comm Ctr)

**BLOOD
PRESSURE
CLINIC**

WE WILL BE AT RIVERSIDE
MONDAY, OCTOBER 12TH
11:30AM-12:30PM

Acrylic Painting Class

WITH STEVE WOOD

'FALL REFLECTIONS'

MONDAY, OCTOBER 5TH

9:30AM-12:30PM

COST IS \$20.50 (60 YEARS AND BETTER)

\$25 (59 YEARS AND YOUNGER)

RSVP BY FRIDAY, SEPTEMBER 4TH, CLASS MUST
BE PAID FOR BEFORE THE CLASS DATE.



Join us for
Fresh Popped Popcorn
on
Wednesday, October 7th
Starting at 10:00am

Penny Bingo!

MONDAY, OCTOBER 19TH AFTER LUNCH
at 12:30pm. Please bring Pennies!

**Halloween Party and October
Birthday Celebration!**

JOIN US ON FRIDAY, OCTOBER 30TH AT 12:00PM
GAMES, PRIZES, TREATS, AND COSTUME
CONTEST!



09**HAMPTON - KAREN GETTEL - (989) 895-5968****1801 West Center Road Essexville, 48732****OPEN Monday – Friday 10:00am–2:00pm**

Monday	11am Low-Impact Exercise* with Laura 10am Miscellaneous Card Games
Tuesday	11am Indoor Walking, Coffee Hour
Wednesday	10am Euchre – New Players Welcome!
Thursday	10am Mexican Train Dominoes
Friday	11am Low-Impact Exercise* with Laura, 10am Card Games

*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.

Nutrition Class

JOIN US ON WEDNESDAY, OCTOBER 21ST FROM 9:30AM-10:00AM AND LEARN HOW TO PREPARE HEALTHY SNACKS. CLASS IS SPONSORED BY NEW DIMENTINOS.

Grocery Bingo

PRIZE DONATIONS WELCOMED.

THURSDAY, OCTOBER 15TH AT 10:30AM

\$1.00/CARD (2 CARD LIMIT)

BLOOD PRESSURE CLINIC

WE WILL BE AT HAMPTON ON
FRIDAY, OCTOBER 16
11:30AM-12:30PM



October Birthday Celebration and Halloween Party!

FRIDAY, OCTOBER 30TH AT 10:30AM

A SWEET TREAT WILL BE SERVED AFTER LUNCH!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Fingers (16) Fries (5) Mixed Veggies (11) Vanilla Pudding (24)	Hot Dog (1) Wheat Bun (19) Corn (19) Banana (27) Fig Newtons (21)
5	6	7	8	9
Cod Fish Filet (16) Wheat Bun (25) Fries (15) Carrots (7) Chocolate Chip Cookie (27)	Dutch Chicken (8) Cheesy Mashed Potatoes (14) Peas & Carrots (9) Oatmeal Raisin Cookie (23)	Hungarian Pork Chop (7) Buttered Noodles (43) Green Beans (5) Malibu Mix (13)	Tortellini Bake (31) Southern Succotash (20) Garlic Knots (18) Tropical Fruit Salad (21)	Pulled Chicken BBQ Sandwich (35) Wheat Bun (25) Baked Beans (29) Corn (19) Clementine (9)
12	13	14	15	16
Scrambled Eggs (3) Sausage Links (0) Seasoned Cubed Potatoes (18) Cheese Danish (17)	White Bean Chicken Chili (26) Corn & Beans (14) Diced Pears (16)	Saucy Veal Parmesan (21) Spaghetti (20) Italian Blend Veggies (5) Grapes (13)	Roasted Pork Loin (0) Mashed Potatoes (17) Pork Gravy (2) Peas & Carrots (8) Chocolate Pudding (25)	Meatball Stroganoff (27) Buttered Noodles (43) Cali Blend Veggies (9) Strawberry Applesauce (15)
19	20	21	22	23
BBQ Chicken Breast (18) Redskin Potatoes (13) Green Beans (5) Peanut Butter Cookie (20)	Chicken Enchiladas (20) Corn & Beans (14) Spanish Rice (25) Snickerdoodle (28)	Hamburger Gravy (1) Mashed Potatoes (17) Brussel Sprouts (7) Applesauce (23)	Chicken Fingers (16) White Cheddar Mac & Cheese (18) Broccoli Florets (0) Fruit Cocktail (17)	Turkey Pot Pie (20) Southern Biscuit (25) Blueberry Crisp (53)
26	27	28	29	30
Bratwurst ((2) Wheat Bun (19) Riviera Blend Veggies (6) Baked Apples (23)	Chicken Cordon Bleu (12) Sweet Potatoes (22) Mixed Veggies (11) Ranger Cookie (25)	Beef Pot Roast (2) Mashed Potatoes (17) Gravy (2) Stewed Tomatoes (5) Banana (27)	Spanish Rice with Meat (26) Broccoli Florets (4) White Chocolate Raspberry Cookie (28)	Sweet and Sour Pork (31) Brown Rice (16) Kyoto Blend Veggies (9) Chocolate Mousse (16)

SALAD/SANDWICH (ACTIVITY CENTERS ONLY)

October 2026 Newsletter

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Week of August 31st	Cuban Sandwich Pork, Sliced Smoked Ham Fresh Red Cabbage Swiss Cheese, Dill Pickle Chips Mustard, Light Mayo
Week of September 7th	Michigan Cherry Salad Iceberg Lettuce, Chicken breast Dried Cherries, Fresh Strawberries Pecans, Feta cheese Pomegranate Vinaigrette
Week of September 14th	Antipasta Salad Ham and Genoa Salami Black Olives Mozzarella cheese Mild Banana Peppers, Tomatoes
Week of September 21 st	Southwest Chicken Salad Fajita Chicken Tomato, Cheese, Guacamole Crushed Chili Cheese Fritos Southwest Ranch
Week of September 28th	BACON RANCH SALAD Grape Tomato's Hard Boiled Eggs Green Peas, Cucumber Diced Bacon, Cheddar Cheese, Croutons Ranch Dressing

Menus are subject to change without notice
**ALL LUNCHESES
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.

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 by 9:00am.
- *Suggested Donation for HDM: \$2.75 per meal.
- *Menu is subject to change without notice. *Please be advised, Menu items may contain Nuts!

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.

Bay County Department on Aging

Second Floor, Bay County Building
515 Center Ave, Suite 202
Bay City, MI 48708

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US POSTAGE
PAID
BAY CITY, MI
PERMIT NO. 184**

Our Mission

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.



**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.baycountymi.gov.