



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, September 25th

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

'The Blind Side'

Tickets go on sale Tuesday, September 1st
Deadline is Friday, September 18th

Cost: \$5.00 (60 years and better)
\$7.00 (59 years and younger)
Lunch will be a Fall Apple Salad

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

Fall Osteoporosis Class

6 week class starting
Monday October 19th -
Monday, November 30th

Cost: \$55 (age 60 plus)

Registration and payment must be
made at Department on Aging Main
Office, 515 Center Ave, 2nd Floor.
Deadline is Thursday, October 8th.
NO refunds, NO flexing class
times, No carryovers.



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Our Staff

Senior Services

Manager

Jessica Somerlott

Programming

Services

Manager

Patty Gomez

Nutrition Services

Manager

Jessica Foss

From the Director

The Bay County Department on Aging is a non-profit organization dedicated to helping those 60 year and better residents living in Bay County live their life as independently as possible within their own environment.

With this mission in mind, we offer an opportunity for volunteers to assist us with services to help those 60 year and better Bay County residents in need.

As a Volunteer you would be a pioneer toward a better community and future.

It's a way to: Meet people, learn new skills, gain insight and find new challenges. To develop a strong sense of caring, personal accomplishments, and help those in need by building a better 60 and better Bay County community.

The Department on Aging programs relies on volunteers of all ages to assist with Activity Center Volunteers, Special Events Volunteers, and Commodities Delivery to homebound 60 years and better Bay County residents every other month.

So how do you get involved and become an important member of the team?

An application process is required along with a background check. If you are interested in volunteering and would like more information, contact Patty Gomez at, [989-895-4100](tel:989-895-4100).

Thank you for considering spending your valuable time with the Department on Aging and our clients and participants. We appreciate you and with your help we can make a difference to those 60 years and better Bay County residents.



Beth Eurich, Director



Jessica Somerlott - Senior Service Manager

October 15, 2026, begins an open enrollment period for Medicare Advantage and Medicare Part D plans. It is a great time to review your health insurance and make sure you understand your changes or options.

This is complex information and sometimes is hard to understand. It is important to call the right place for assistance.

For those with employer or retirement sponsored medical insurance, check with your representative first as they are your best resource.

For those that feel comfortable receiving information by phone, contact 1-800-MEDICARE.

(1-800-633-4227) Make sure to have your Medicare Card and list of prescriptions handy.

There are a limited number of in-person appointments available each year. Call 1-800-803-7174 to see if appointments are available.

Be careful of predatory salespeople during this time. Television ads will be full of commercials about plans. They will have celebrity sponsors, make claims that they provide fantastic services etc. Some of these plans are not accepted in our area. Always inquire if your doctor, hospital of choice, pharmacy, and specialist accept the plan before enrolling.

Patty Gomez - Programming Services Manager

GAMES AND OLDER ADULTS

Games have long been used to teach children critical thinking and problem-solving skills. In older adults, games help preserve these functions and delay cognitive decline by forcing the brain to build new pathways.

Puzzles and strategy games keep the brain active, enhancing focus and attention to detail. Card games improve strategic thinking and concentration, while word or number games stimulate language skills, memory, word recall, deductive reasoning, and short-term memory.

Twenty-five percent of all gamers are now adults 50 and older with studies showing higher levels of emotional well-being and fewer tendencies toward depression compared to non-gamers.

Many older adults say playing games helps them cope with the challenges of aging. So, whether you prefer solitary games or playing games with others, the benefits are worth the time and effort.

Jessica Foss - Nutrition Services Manager

September brings a wonderful variety of nutritious fall produce. Apples, pears, squash, sweet potatoes, broccoli, and carrots are rich in fiber, vitamins, and antioxidants that support heart health, strong bones, and a healthy immune system.

As the weather begins to cool, enjoy warm, nourishing meals like vegetable soups, roasted vegetables, or oatmeal topped with fresh apples and cinnamon. These comforting foods provide lasting energy and important nutrients.

Don't forget to stay hydrated. Even when temperatures drop, your body still needs plenty of water throughout the day.

Healthy Tip: Choose one seasonal fruit or vegetable each week to add to your meals. Eating with the seasons is a delicious way to enjoy fresh flavors while supporting your health.

Department on Aging's kitchen remodel continues. DOA is gaining more hood space and equipment to help meet the growing 60 year and better population.

There are going to be times when we will not be able to cook in the kitchen. The next one starts this Monday, August 31, through Friday, September 11. We have come up with a menu that will allow us to continue to produce meals for both HDM and Congregate and keep the Activity Centers open.

**FREE DEMENTIA TRAINING
CLASSES IN SEPTEMBER 2026:
"Understanding Difficult
Behaviors"**

**Wednesday, September 16th,
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, September 8th 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

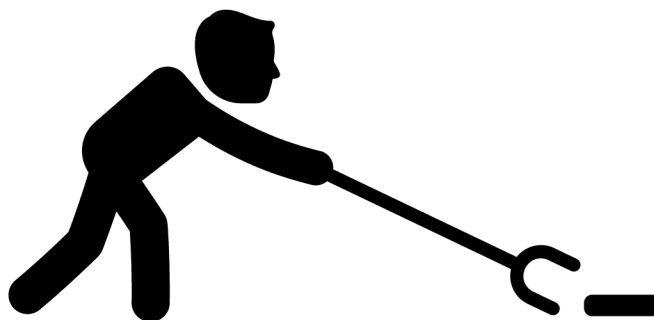
Tuesday	10am Bingo
Wednesday	10am Card Games
Thursday	10am Shuffleboard

Blood Pressure Clinic

WE WILL BE AT THE CANTEEN ON
TUESDAY, SEPTEMBER 15TH
FROM 11:30AM-12:30PM

Please Join Us!

SHUFFLEBOARD EVERY THURSDAY!!!!



September Birthdays!

JOIN US FOR A TREAT ON
WEDNESDAY, SEPTEMBER 30TH
AT LUNCHTIME



**Home Delivered Meals,
Office, and**

Activity Centers

will be closed on

**Monday, September 7th
for**

**Labor Day and Friday,
September 11th for an all
day staff training.**

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, SEPTEMBER 16TH
FROM 11:00AM-11:30AM



September

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

APPLES
BACKPACK
CRISP
EQUINOX
FALL

FOOTBALL
GAMES
GRANDPARENTS
HAYRIDE
HOMEWORK

LABOR DAY
LEAVES
NINTH
RAKE
SCHOOL

HELLO FALL



**Home Delivered Meals,
Office, and
Activity Centers
will be closed on
Monday, September 7th
for
Labor Day and Friday,
September 11th for an all
day staff training.**

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, SEPTEMBER 17TH
FROM 11:30AM-12:30PM**



Guardianship Diversion Program

**JOIN US ON THURSDAY, SEPTEMBER 3RD FOR A
DURABLE MEDICAL POWER OF ATTORNEY
PRESENTATION WITH LAURA KUBIT (ATTORNEY)
AND AMANDA COHOON (SOCIAL WORKER).**

Join us for Birthday Treats!

THURSDAY, SEPTEMBER 24TH AT 12:00PM

**HAPPY
BIRTHDAY**

**Home Delivered Meals,
Office, and
Activity Centers
will be closed on
Monday, September 7th
for
Labor Day and Friday,
September 11th for an all
day staff training.**

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, SEPTEMBER 14TH
11:30AM-12:30PM

Labor Day Fun!

JOIN US ON FRIDAY, SEPTEMBER 4TH AT 12:00PM
FOR ROOT BEER FLOATS AND GAMES

Acrylic Painting Class

WITH STEVE WOOD

'MORNING GLOW'

MONDAY, SEPTEMBER 14TH

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.

**White Elephant Bingo!**

MONDAY, SEPTEMBER 21ST AFTER LUNCH

at 12:30pm. Bring a gift bag with at least a \$3
prize in it. Can be new or used item or sealed
edible.

September Birthday Celebration

COME IN ON FRIDAY, SEPTEMBER 25TH FOR YOUR
BIRTHDAY TREAT! (MEAL PARTICIPANTS ONLY)

Join us for
Fresh Popped Popcorn
on
Wednesday, September 2nd
and
Wednesday, September 16th
Starting at 10:00am

**Home Delivered Meals,
Office, and
Activity Centers
will be closed on
Monday, September 7th
for**

**Labor Day and Friday,
September 11th for an all
day staff training.**

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.

Labor Day Celebration!

JOIN US ON FRIDAY SEPTEMBER 4TH FOR A SPECIAL TREAT SERVED AFTER LUNCH!

Produce Bingo

PRIZES WILL CONSIST OF LOCALLY GROWN PRODUCE ITEMS.

PRIZE DONATIONS PROVIDED BY PAULS PRODUCE!

THANK YOU FOR YOUR GENEROUS DONATION, PAUL!

THURSDAY, SEPTEMBER 10TH AT 10:30AM

\$1.00/CARD (2 CARD LIMIT)

September Birthday Celebration

TUESDAY, SEPTEMBER 29TH

A SWEET TREAT WILL BE SERVED AFTER LUNCH!

BLOOD PRESSURE CLINIC

WE WILL BE AT HAMPTON ON
FRIDAY, SEPTEMBER 18TH
11:30AM–12:30PM



**Home Delivered Meals,
Office, and
Activity Centers
will be closed on
Monday, September 7th
for**

**Labor Day and Friday,
September 11th for an all
day staff training.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Egg Salad Sandwich (7) Grapes (14) Carrot Sticks (4)	Chicken Salad Croissant (22) Tropical Fruit Salad (21) Potato Chips (15)	Turkey and Swiss Sandwich (2) Oreos (16) Cottage Cheese (6)	Roast Beef Slider (47) Creamy Cole Slaw (15) Mini Donut (16)
7	8	9	10	11
	Asian Chicken Salad (38) Lemon White Chocolate Chip Cookie (24)	Chef Salad (21) Banana (27)	Fall Apple Salad (50) Peanut Butter Cookie (20)	
14	15	16	17	18
Garlicky Chicken (1) Southern Succotash (20) Parsley Potatoes (13) Diced Pears (16)	Cabbage Rolls (19) Venetian Blend Veggies (6) Cheesy Mashed Potatoes (13) Vanilla Pudding (24)	Patty Melt (4) Whole Wheat Bun (25) Baked Potato (24) Peas/Carrots (9) Apple (21)	Chicken Fingers (39) Down Home Fries (15) Cali Blend Veggies (4) Butter Pecan Cookie (25)	Hawaiian Meatballs (13) Brown Rice (9) Spinach (5) Peaches (12)
21	22	23	24	25
Orange Chicken (31) Fried Rice (19) Spring Rolls (14) Apple Juice (14)	Chi Chi Chili (22) Baked Potatoes (24) Wax Beans (6) Pineapple Chunks (18)	Chicken & Dumplings (15) Mixed Veggies (11) Fresh Strawberries (6) Mini Brownie (32)	Ham (2) Green Beans (6) Mashed Potatoes (17) Monster Cookie (36)	Breaded Fish (24) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (16)
28	29	30		
Baked Turkey (3) Mashed Potatoes (17) Green Beans (5) Chocolate Chip Cookie (27)	BBQ Riblet (12) Mashed Potatoes (17) Cali Blend Veggies (4) Cranberry Juice (17)	Breaded Fish (24) Roasted Corn/Beans (14) Southwest Coleslaw (14) Peanut Butter Cookie (20)		

SALAD/SANDWICH (ACTIVITY CENTERS ONLY)

September 2026 Newsletter

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Week of August 31st	See Daily Menu
Week of September 7th	See Daily Menu
Week of September 14th	Tuna Salad with Crackers Celery Light Mayo Lettuce, Tomato, Red Onion
Week of September 21 st	American Club Wrap Tortilla Turkey, American Cheese, Bacon, Ham Lettuce, Tomato Light Ranch Dressing
Week of September 28th	Cuban Sandwich Pork, Sliced Smoked Ham Fresh Red Cabbage, Swiss Cheese Dill Pickle Chips, Mustard, Light Mayo

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

**PRESORT STD
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.