



WONDERFUL TIMES

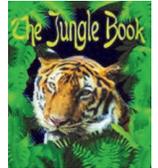
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November 2016

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Dinner Theatre Thursday, December 1



Bay City Players & Bay Metro Transit are collaborating with Division on Aging to bring you The Jungle Book Thurs., Dec. 1. Enjoy Kipling's ageless story of the man-cub Mowgli, raised by wolves, protected by Baloo the bear and Begheera the black panther, and threatened by Shere Kahn the tiger.

5:30pm Social Hour 6:00pm Dinner at Riverside Activity Center 8:00pm Show at Bay City Players Shuttle service provided by Bay Metro Transit	Limited seating No refunds Register by Nov. 28 (or until full)
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Without transportation:
 \$9.00 age 60 and older
 \$11.75 under age 60

With transportation:
 \$12.75 age 60 and older
 \$15.50 under age 60

Cost includes show, bus transportation, cooking and maintenance fees, and suggested donation for dinner. Call 989-895-4100.

BAY COUNTY DIVISION ON AGING

515 Center Avenue, Suite 202
 Bay City, MI 48708-5123
 Phone: (989) 895-4100
 1-877-229-9960
 TDD: (989) 895-4049
 FAX: (989) 895-4094
divonaging@baycounty.net
www.baycounty-mi.gov/Aging/

MISSION STATEMENT

Bay County Division on Aging is dedicated to providing continued opportunities for the community's older adults by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

Bronner's Christmas Wonderland Day Trip

Enjoy Bronner's Christmas Wonderland in Frankenmuth with the sights, sounds, and spirit of Christmas surrounding this amazing store. Travel with the Polish Hillbillies Travel limo bus.



Enjoy a light breakfast at Kawkawlin Activity Center, followed by shopping or gazing. Lunch at Bavarian Inn is not included*. Participants must be able to get into and out of the limo bus and tolerate a moderate level of walking.

9:30am Breakfast served
 11am-12:45pm Bronner's visit
 1-2:15pm Bavarian Inn (*see below)

\$28.00 age 60 and older
 \$30.25 under age 60

*Lunch at Bavarian Inn (on your own):
 \$13.99 two-piece chicken dinner
 \$14.99 three-piece dinner

Call Marla at 989-686-5127 Wed. or Thurs. from 9am to 12:30pm (or the main office) for reservations or more details or information.

Kawkawlin Activity Center
 1800 E. Parish Road, Kawkawlin
 Wednesday, November 30

Offices and Dining Centers closed for Veterans' Day Friday, November 11; and for Thanksgiving Day Thursday and Friday, November 24 and 25.

Division on Aging Staff

Director

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roehrst@baycounty.net

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Barbara Kraycsir, RD

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Case Management Team:

Cathy Sujkowski, RN, BSN

Personal Care/
Caregiver Support

Sue Howard

Case Manager

Linda Carmien, BSW, RSST

Case Manager

Carl Rabideau, LLBSW

Case Manager/
Abuse in Later Life

Tara Howard, BSW

Case Manager

Bay County Division on Aging

515 Center Avenue, Ste. 202

Bay City, MI 48708-5123

Telephone: (989) 895-4100

1-877-229-9960

Office Hours:

8:00am to 5:00pm

Monday through Friday

Director's Corner

Senior Citizens Millage Increase



Division on Aging is requesting an increase of .05 mills

The Senior Citizens Millage has supported Division on Aging's programs since 1975 at the rate of .50 mills. The .30 mills increase, which was necessary to expand the kitchen facility to support food production demands and was approved by voters in 2012 separate from the current .50 mills, will expire at the end of 2016.

Why is a Senior Citizens Millage increase needed?

In the past ten years, Bay County has experienced a 42.4% increase in the population of individuals age 65 to 74 and a 32.1% increase in those age 85 years and older. The request for services from the senior population has grown, with Division on Aging making every attempt to meet the demand and avoid placing individuals on waiting lists. The current .50 mills is not adequate to meet the financial cost of providing services to a growing senior population, nor is there enough revenue generated to avoid a waiting list for essential In-Home Services.

What would the Senior Citizens Millage increase pay for?

- ⇒ To help avoid placing clients on a waiting list
- ⇒ Continue Friday Home Delivered Meals
- ⇒ Help meet the current and future growing demand for services
- ⇒ Elder Abuse Awareness and Prevention
- ⇒ Prevent any interruption of senior service

Division on Aging is a department under Bay County government which receives senior millage funding to help provide services to Bay County senior citizens.

Our vision is to ensure that Bay County Division on Aging programs remain an integral part of our community and a valued service to all seniors.

Election Day
is
November 8

Tammy Roehrs

Division on Aging Director

Save the Date

Jolly Hammers & Strings will be coming back to Williams Activity Center, 1080 West Midland Road, Auburn, Wednesday, December 21.

Watch the December issue of the Wonderful Times newsletter for all of the details!

Turn the clocks back

Remember to move
your clocks
back one
hour.



Daylight Saving Time ends
Sunday, November 6, 2016

Dynamite Dave presents Johnny Cash

Dynamite Dave is celebrating country music and featuring Johnny Cash & Friends. Some famous hits will include "Folsom Prison Blues," "I Walk The Line," "Ring Of Fire," "Jackson," and many more. Snacks will be provided. We hope to see y'all there! Country attire is welcome.



Friday, November 4
Hampton P.M. Activity Center
801 West Center Road, Essexville

3:30pm Dynamite Dave
presents Johnny Cash & Friends

5pm Dinner served
\$2.50 suggested donation for those age 60 and older
\$4.75 guest fee for those under age 60

Register by November 2
Limited seating

Call Karen at 989-895-5968 by November 2 to make dinner reservations or transportation requests. You may choose the main entrée (Crisp Chicken Fingers) or the sandwich of the week (Ham Salad Sandwich) or the salad of the week (Chicken Caesar Salad).

Linda Lee at Williams November 15

Back by popular demand is Linda Lee performing accordion music. She is well-known for her polka-style music at the Bavarian Inn Restaurant in Frankenmuth. Come and kick up your heels! Enjoy a fun time and a delicious meal.

Williams Activity Center
1080 West Midland Road, Auburn

Tuesday, November 15
10:30-11:45am

Lunch served at noon
\$2.50 suggested donation
for those age 60 and older
\$4.75 guest fee
for those under age 60



Call Velda at 989-662-6521 by November 10 to make lunch reservations or transportation requests. You may choose the main entrée (Cod Fish Filet on a Whole Wheat Bun) or the sandwich of the week (American Club Wrap) or the salad of the week (Crispy Chicken Salad).

Visit the webpage, www.baycounty-mi.gov/Aging/, for more activities and opportunities.

Thanksgiving Dinner Party at Williams Thursday, November 17

Give thanks for friends, a meeting place at Williams Activity Center, good times, and delicious meals. Join us for a morning of "Thanksgiving" fun together. As a special treat, the band Reminisce, featuring Jesse and Carole Morr, will sing and play the keyboard and other musical instruments for your listening pleasure. Bring a friend, so that they can share in the fun, too.

Williams Activity Center
1080 West Midland Road, Auburn

Thursday, November 17
\$2.50 suggested donation for those age 60 and older
\$4.75 guest fee for those under age 60

NOTE: All Activity Centers serving Thanksgiving Dinner Thursday, November 17; see Pages 6 & 7

10-10:30 Refreshments
10:30-11:30am Entertainment by Reminisce
12 noon Thanksgiving Dinner
12:20-12:40pm Turkey Drawing

Call Velda at 989-662-6521 by November 10 to make lunch reservations or transportation requests. You may choose the main entrée (Baked Turkey) or the sandwich of the week (American Club Wrap) or the salad of the week (Crispy Chicken Salad).



Visit the webpage, www.baycounty-mi.gov/Aging/, for more activities and opportunities.

Protecting Your Financial Security in Retirement In-Service Wed., Nov. 30

During this in-service event, you will learn the basic steps in protecting your identity and financial security. It is important to understand your options and the resources available. Financial Edge Credit Union Director of Compliance Pam Swope has over 20 years of experience in consumer financial education and financial counseling. She is also a member of the Bay County Elder Abuse Coordinated Community Response (CCR) Team. Lunch will be available prior to the program (suggested donation or guest fee). You may choose the main entrée or the sandwich of the week or the salad of the week.



Wednesday, November 30
 12-12:45pm Lunch
 12:45-1:45pm Program
 2-3pm Caregiver Meeting
 Riverside Friendship Center
 800 J. F. Kennedy Drive, Bay City

Space is limited
 Register by November 29

\$2.50 suggested donation age 60 and older
 \$4.75 guest fee age 59 and under
 Cost includes suggested donation and program

For more information on this in-service and other programs offered by Division on Aging, you may visit our webpage at www.baycounty-mi.gov/Aging/. To make reservations for the program, please fill out the registration form or call Sandy at Riverside at 989-893-7070 no later than November 29. Transportation is available.

Aging Well Chair Yoga Nov. Session

Division on Aging, in cooperation with the Bay County Recreation Department, offers Aging Well Chair Yoga – With Beth Trahan especially geared to the 60+ age group. Class emphasis includes breathing techniques, stretching, relaxation, and visualization components.



Community Center
 800 J. F. Kennedy Drive, Bay City
 Aging Well Chair Yoga – With Beth Trahan
 Tuesdays, November 1, 8, 15, and 22
 and / or
 Thursdays, November 3, 10, and 17
 11am to 11:45am, 12 noon Lunch

\$8 fee for one-day four-week Tuesday session
 \$6 fee for one-day three-week Thursday session
 \$14 fee for full session of 7 classes over 4 weeks
 \$3 per class drop-in fee

\$2.50 suggested donation for lunch, age 60 and older
 \$4.75 guest fee for lunch, under age 60

For more information, call 989-895-4100 or toll-free at 1-877-229-9960. You may also call Beth Trahan at the Community Center, 989-894-0671.

Fresh Fall Arrangement Class

Make a pretty flower arrangement, just in time for the center of your Holiday dining table. Fall mums, leaves, and berries will grace your design. Please bring your own knife or clippers.

Monday, November 21
 Riverside Activity Center
 800 J. F. Kennedy Drive, Bay City



10:30-11:45am Fresh Fall Arrangement Class
 Instructor: Site Manager Sandy Jozwiak
 Lunch served at noon

Register by November 17 (or until full)

\$14.50 age 60 and older
 \$16.75 under age 60
 Cost includes instruction, supplies, and lunch

No refunds
 Class size is limited to 12 participants

Call Sandy at 989-893-7070 to reserve your spot and for more details and information. You may choose the main entrée or the sandwich of the week or the salad of the week.

Movie and a Meal at Alice and Jack Wirt Public Library

Division on Aging and the Bay County Library System continue the Movie and Lunch Series at Alice and Jack Wirt Public Library, 500 Center Avenue, Bay City:

Wednesday, November 16
Love & Friendship
starring Kate Beckinsale
and Stephen Fry

11:45am Registration
12 noon Lunch/Movie

\$3.00 age 60 and older
\$5.00 under age 60

Wednesday, Dec. 21
Miracles From Heaven
starring Jennifer Garner
and Kylie Rogers



Cost includes donated facilities, movie, and suggested donation for lunch.
Reservations due one week in advance.

Call Division on Aging at 989-895-4100 or toll-free at 1-877-229-9960.

For more events, visit www.baycounty-mi.gov/Aging/.

Aging Well Cornhole Toss

Having fun and socializing is a big part of a healthy lifestyle. Cornhole Toss is a fancy name for the bean bag toss game that we loved as kids. This game offers competition, movement, and laughs. Cornhole Toss is played as a four-player game, with partners pitching directly across from one another, alternating throws until each throws four times. The serve then goes to your partner. The game is played to 21 points. Cornhole Toss is played Tuesdays after lunch at 12:45pm in the Small Gym at the Community Center. Come early for lunch and make an afternoon of it!

Riverside Activity Center
800 J. F. Kennedy Drive, Bay City

Aging Well Cornhole Toss Game
Tuesdays
12 noon Lunch
12:45-3pm Cornhole Toss



\$1 per participant to play

\$2.50 suggested donation for lunch, age 60 and older

\$4.75 guest fee for lunch, under age 60

Call Sandy at Riverside at 989-893-7070 for more information or lunch reservations. If you make a lunch reservation, you may choose the hot entrée, the salad of the week, or the sandwich of the week. You may visit the web page at www.baycounty-mi.gov/Aging/ for more activities and opportunities.

Giving Thanks Giveaway at Kawkawlin

We are thankful for our wonderful seniors at Kawkawlin Activity Center, 1800 E. Parish Road. Join us for our Giving Thanks Giveaway Nov. 17. Participants will be entered into a drawing for a Thanksgiving Day dinner with all the fixings!

Shuffleboard at Riverside

If you think of Shuffleboard as an outdoor activity, check out the two shuffleboard courts at the Community Center on the gym floor. We play doubles, but score singles, and draw for partners each game. Two or three games are played, based upon the number of players. We have all the equipment, the gym is safe and comfortable, and you will get some exercise!

This is a great way to meet new people and keep yourself active in the Winter. Join us at Riverside Activity Center, 800 J. F. Kennedy Drive, for a meal and then stay for Shuffleboard Thursdays from 12:30pm to 3:15pm. Hope to see you soon!

Temporarily Away

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If your newsletter is returned, we will remove your name from the mailing list.

To get your name back on the mailing list, you must contact Division on Aging. If you plan to be away or are moving, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.



KAWKAWLIN

1800 East Parish Road, Kawkawlin, MI 48631
 Marla Backus 989-686-5127
 Wed & Thurs 9am-12:30pm

Most of All

Thanksgiving Day brings to mind
 the blessings in our lives
 that usually go unnoticed:
 a home that surrounds us
 with comfort and protection;
 delicious food, for pleasure
 in both eating and sharing;
 clothes to snuggle up in,
 books and good entertainment
 to expand our minds;
 and freedom to worship our God.



Most of all we are thankful
 for our family and friends,
 those treasured people
 who make our lives extra special.
 You are part of that cherished group.
 On Thanksgiving (and every day),
 we appreciate you.

~ Joanna Fuchs

Wednesday, November 2 – *Blood Pressure Clinic*
 with Cathy Sujkowski, R.N., 11am

Thursday, November 3 – *Snack Day*

Thursday, November 10 – *Birthday Celebrations*

Thursday, November 17 – *Thanksgiving Day
 Celebration and Giving Thanks Giveaway*
 (see Page 5)

Wednesday, November 30 – Day
 Trip to *Bronner's Christmas
 Wonderland* in Frankenmuth
 (see front cover)



Wednesdays and Thursdays – *Smear and Euchre*
 at 9am

Wednesdays – *Low-Impact Exercise with Milissa*
 at 11am; \$3 fee

Thursdays – *Bingo* at 12:30pm

HAMPTON A.M.

801 West Center Road, Essexville, MI 48732
 Susan Howell 989-895-5968
 Mon-Thurs 10am-2pm

Tues., Nov. 1 *Blood Pressure Clinic* w/Cathy
 Sujkowski, R.N., 11:30am

Tues., Nov. 8 *Pizza Pie Day*, 11:30am. Join
 us for a nice warm slice of a favorite treat!

Thurs., Nov. 17 *Thanksgiving Day Dinner* at
 12 noon. Please do not
 miss our annual
 Thanksgiving feast and
 please bring a friend.



Wed., Nov. 23 *Pumpkin Pie Day* at 12:30pm

Tues., Nov. 29 *Casino Day*

Wed., Nov. 30 *Birthday and Anniversary Day*
 at 12:30pm with ice cream for everyone

Mondays – *Exercise Class* at 10:30am

HAMPTON P.M.

801 West Center Road, Essexville, MI 48732
 Karen Bublitz 989-895-5968
 Mon-Fri 2pm-6pm

Every Tuesday and Friday at 3pm Karaoke,
 singing, and dancing with *Dynamite Dave*

Tues., November 1 *Blood Pressure Clinic*
 w/Cathy Sujkowski, R.N., 4:30pm

Friday, November 4 *Dynamite Dave*
 presents *Johnny Cash & Friends* at
 3:30pm (see Page 3 for more details)



Thursday, November 10 *Band Day* – Music
 provided by the Variety Tones and 50/50
 raffle at 3pm.

Thursday, November 17
Thanksgiving Day Dinner at 5pm

Wed., November 30 *Birthday Celebrations*
 with ice cream for everyone

RAINBOW

800 Livingston Avenue (Bay County Fairgrounds)
Bay City, MI 48708
Alice Webster 989-892-6605
Wed & Thurs 9:30am-1:30pm

Seeking bridge players. If you are interested in bridge, please call Site Manager Alice Webster at 989-892-6605 Wed. or Thurs., 9:30am-1:30pm. The main office is open Mon.-Fri., 8am-5pm, and can assist you at 989-895-4100 or 1-877-229-9960.

Wednesdays and Thursdays – *Indoor walking* from 9:30am to 12 noon followed by lunch

Thursday, November 3 – *Blood Pressure Clinic* w/ Cathy Sujkowski, R.N., at 11:15am

Thursdays, November 3 and 17 – *Grocery Bingo* at 10:30am



WILLIAMS

1080 West Midland Road, Auburn, MI 48611
Velda Kowalsky 989-662-6521
Mon-Thurs 9am-1pm

Wednesday, November 2 – *Blood Pressure Clinic* with Cathy Sujkowski, R.N., 11:30am

Tuesday, November 8 –

Dining Center **CLOSED** for *Election Day*

Tuesday, November 15 – *Linda Lee* at 10:30am (see Page 3)



Thursday, November 17 – Enjoy a *Thanksgiving Dinner* at 12 noon and the band *Reminisce* at 10:30am, featuring Jesse and Carole Morr and their country and old standards music. There will also be a turkey raffle after dinner. (see Page 3 for more details)

Monday, November 21 – Bingo compliments of *Caretel Inns of the Tri-Cities* at 10:15am

Monday, November 28 – *Birthday Celebrations*

Mondays and Wednesdays – *Bingo* from 10:15am to 12 noon; 25¢ per board; 25¢ to play.

Tuesdays and Thursdays

– *Euchre*, 10am to 12 noon; 25¢ to play

– *Low-Impact Exercise with Milissa*, 11am; \$3

RIVERSIDE

800 J. F. Kennedy Drive, Bay City, MI 48706
Sandy Jozwiak 989-893-7070
Mon-Fri 9am-2pm

Is it finally time to join that fitness class that you know will be good for you? We have a class at Riverside that meets Monday and Thursday mornings from 10am to 11am with instructor Anne Landre. *Commit To Be Fit* is a low-impact style of exercise meant for people over the age of 60. Stop by to check it out. Drop-in fee is \$3.

The *Acrylic Painting Class* is back again with instructor Steve Wood on Monday, November 7, with a painting entitled "Fall Creek." This class gives you a chance to bring out your creative side, make new friends, and share some laughs. The cost is \$20.50, which includes all materials, instruction, and lunch. Call Sandy for details.

Blood Pressure Clinic with Jan Richards, R.N., on Tuesday, November 8, at 11am

Our *Annual Thanksgiving Dinner Party* gets you into the Holiday spirit Thursday, November 17, at 10am, with some "pie" bingo, a delicious Thanksgiving dinner with all the trimmings, and finishing off with a fun game of Shuffleboard. We will have some special treats and drawings, too. Bring a friend along and let them see what we are all about – Friends, Food, and Fun! There will be no Low Vision Support Group Meeting this month; members are invited to attend our Annual Thanksgiving Dinner Party.



Join us Monday, November 21, from 10:30 to 11:45am, for a *Fresh Fall Arrangement Class*. Make a pretty flower arrangement for your Holiday table. Fall mums, leaves, and berries will be used in your design. Bring a knife or clippers. Class size is limited to 12. The cost is \$14.50, which includes all materials, instruction, and lunch. Call Sandy with any questions or to reserve your spot. (see Page 4 for more details)

Birthdays and Anniversaries celebrated Tuesday, November 29, at noon

Home Delivered
Meals



NOVEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(OCTOBER 31) BEAN & HAM SOUP (27) Diced Carrots (6) Mini Breadstick (13) Whole Wheat Bread (10) Black Forest Cake (34)	(1) SAUCY VEAL PARMESAN (22) OVER SPAGHETTI (20) Wax Beans (5) Whole Wheat Bread (10) Sunshine Peaches (39)	(2) GARLICKY CHICKEN (9) Parsley Boiled Potatoes (11) Colorful Peas & Carrots (8) Whole Wheat Bread (10) Mandarin Oranges (36)	(3) GOLD COAST PORK CHOPS (6) Mashed Potatoes (18) Italian Beans (5) Whole Wheat Bread (10) Apple Dump Cake (47)
(7) POTATO CRUNCH FISH (14) Twice-Baked Potatoes (17) Mixed Vegetables (10) Whole Wheat Bread (10) Apple w/Caramel Dip (39)	(8) SPANISH RICE WITH MEAT (20) Cauliflower (4) Hawaiian Roll (19) Tropical Fruit Salad (21)	(9) GOURMET CHICKEN TETRAZZINI (31) Garden Blend Vegetables (9) Multigrain Dinner Roll (24) Creamy Cucumbers (7)	(10) SLOPPY JOES ON A (9) WHOLE WHEAT BUN (25) Oven-Baked Potato (28) Green Beans (5) Chocolate Chip Cookie (26)
(14) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (18) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Mixed Fruit Cup (13)	(15) COD FISH FILET ON A (21) WHOLE WHEAT BUN (25) Diced Redskin Potatoes w/Onion (11) California Blend Vegetables (5) Chunky Applesauce (22)	(16) HOMESTYE LASAGNA (33) Italian Blend Vegetables (6) Tossed Salad (2) Garlic Bread (12) Peanut Butter Cookie (14)	(17) <i>THANKSGIVING DINNER</i> BAKED TURKEY (3) Mashed Potatoes w/Gravy (20) Stuffing (29) Squash (10) Cranberry Sauce (13) Dinner Roll (23) Pumpkin Pie (66)
(21) CHICKEN & PASTA ALFREDO (22) Broccoli Florets (4) Hawaiian Roll (19) Chocolate Pudding (27)	(22) SEASONED SWISS STEAK (8) Mashed Potatoes (18) Riviera Blend Vegetables (6) Whole Wheat Bread (10) Pineapple Chunks (18)	(23) BAKED PORK CHOPS (1) Oven-Baked Potato (28) Green Bean Casserole (9) Whole Wheat Bread (10) Bite-Sized Peaches (12)	(24)  ALL OFFICES & MEAL SITES WILL BE CLOSED
(28) CRISPY CHICKEN (16) Diced Redskin Potatoes/Onion (11) Spinach (4) Whole Wheat Bread (10) Mandarin Oranges and Pineapple Chunks (20)	(29) HAMBURGER GRAVY (8) Mashed Potatoes (18) Kyoto Blend Vegetables (8) Whole Wheat Bread (10) Butterscotch Pudding (22)	(30) OLD-FASHIONED MEATLOAF (12) Scalloped Potatoes (21) Glazed Carrots (10) Whole Wheat Bread (10) Lemon Poppysseed Cake (42)	(DECEMBER 1) ROASTED PORK LOIN (0) Mashed Potatoes (18) w/Pork Gravy (2) Broccoli w/Cheese Sauce (5) Whole Wheat Bread (10) Diced Pears (15)

All Meals at the Dining Centers served with Fat-Free Milk (13)

(Number next to the menu item indicates grams of carbohydrate.)

ALL LUNCHESES SERVED AT 12 NOON.

HAMPTON P.M. DINNER SERVED AT 5:00 PM.

Reservations are encouraged by noon one day in advance.

Make reservations by calling your favorite Dining Center.

All menus are certified by our Registered Dietitian.

Meals include 1/3 of the Recommended Daily Allowance (RDA).

Menus are subject to change.



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main offic
1-877-229-
that day.

And All Dining Centers

SALAD AND SANDWICH

Salad and Sandwich choices are available at the Dining Centers only

FRIDAY
<p>(4) CRISP CHICKEN FINGERS (8) Down-Home Fries (15) Baked Beans w/Ham (26) Creamy Coleslaw (11) Whole Wheat Bread (10) Oatmeal Raisin Cookie (15)</p>
<p>(11) VETERANS DAY</p>  <p>ALL OFFICES & MEAL SITES WILL BE CLOSED</p>
<p>(18) SCRAMBLED EGGS (2) Oven-Browned Potatoes (19) Sausage Links (0) Petite Bagel (14) Harvest Pears (32)</p>
<p>(25)</p>  <p>ALL OFFICES & MEAL SITES WILL BE CLOSED</p>
<p>(DECEMBER 2) WHITE BEAN CHICKEN CHILI (21) Diced Carrots (6) Corn Muffin (24) Vanilla Yogurt Cup (22)</p>



SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 10-31 THRU 11- 4-16) <u>CHICKEN CAESAR SALAD</u> Baked Chicken Cheese Croutons Marzetti Caesar Dressing Whole Grain Dinner Roll</p>	<p><u>HAM SALAD SANDWICH</u> Ground Ham Mayonnaise Relish Whole Wheat Bread</p>
<p>(WEEK OF 11-7 THRU 11-10-16) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing</p>	<p><u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices</p>
<p>(WEEK OF 11-14 THRU 11-18-16) <u>CRISPY CHICKEN SALAD</u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll</p>	<p><u>AMERICAN CLUB WRAP</u> Whole Wheat Wrap Ham Turkey Bacon Tomatoes Cheese Ranch Dressing</p>
<p>(WEEK OF 11-21 THRU 11-25-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll</p>	<p><u>TACO SALAD WRAP</u> Ground Beef Black Beans Tomato Lettuce Cheese Fritos Salsa Whole Wheat Wrap</p>
<p>(WEEK OF 11-28 THRU 12-2-16) <u>FALL APPLE SALAD</u> Diced Chicken Granny Smith Apple Slices Dried Cherries Walnuts Swiss Cheese Poppseed Dressing Multi-Grain Dinner Roll</p>	<p><u>CHICKEN SALAD WRAP</u> Whole Wheat Flatbread Cucumber Spears Carrots Marzetti Ranch Dressing</p>



REMINDER

Home Delivered Meals clients:

be home when meals are delivered.

ence is unavoidable, please call the
 e at 989-895-4100 or toll-free at
 9960 to cancel meal delivery for

All Salads and Sandwiches
 served with
 Dessert and/or Fruit of the Day
 and Fat-Free Milk



Division on Aging on Facebook effective November 1

Division on Aging is happy to announce the launch of our new Facebook Page November 1, 2016.

On our Facebook page, we will be posting events and activities, closings for Holidays or weather, as well as other items of interest.

To follow us on Facebook, look for "Bay County Division on Aging" and click "Like" at the top of the Page.



We hope this helps you keep up with our happenings.

This Month in History—November



November 1 President Harry S. Truman was the target of an unsuccessful assassination attempt by two members of a Puerto Rican nationalist movement. (1950)

November 3 "Dewey Defeats Truman" banner headline appeared on the front page of the Chicago Tribune newspaper. Harry Truman actually defeated Republican candidate Thomas E. Dewey for the presidency. (1948)

November 4 Abraham Lincoln married Mary Todd in Springfield, Illinois. (1842)

November 5 The first issue of the New York Weekly Journal was published by John Peter Zenger, a colonial American printer and journalist. A year later, he was arrested on charges of libeling New York's royal governor. (1733)

November 6 Abraham Lincoln was elected as the 16th U.S. President and the first Republican. He received 180 of 303 possible electoral votes and 40% of the popular vote. (1860)



November 7 President Franklin D. Roosevelt was elected to an unprecedented fourth term, defeating Thomas E. Dewey. Roosevelt died less than a year later on April 12, 1945. (1944)

November 8 Hitler's Beer Hall Putsch took place in the Buergerbraukeller in Munich. Hitler, Goering, and armed Nazis attempted, but ultimately failed, to forcibly seize power and overthrow democracy in Germany. (1923)

November 12 Adolf Hitler was arrested in Germany after the failed Beer Hall Putsch. (1923)

November 13 The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional. (1956)

November 17 New York Weekly Journal publisher John Peter Zenger was arrested and charged with libeling the colonial governor of New York. In his trial, held in August of 1735, truth was successfully used as a defense against libel, an important early step toward freedom of the press in America. (1734)



November 19 President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself. (1863)

November 22 At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where 15 doctors tried to save him. At 1:00 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:30 p.m., Lyndon B. Johnson was sworn in as the 36th President. (1963)



November 25 Three days after his assassination, John F. Kennedy was buried with full military honors at Arlington National Cemetery. (1963)

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Tuesday, November 15, 9:30am-12 noon
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BAY COMMUNITY TV (BCTV)

Bay 3-TV is being restructured and re-banded to meet the needs of the 21st century in an effort to provide education, information, and governmental transparency to the citizens of Bay County.

Bay 3-TV will operate as Bay Community TV (BCTV) and continue to cover Bay County Commission meetings and other County Events. Programming is available on Charter Communications Channel 190. Live streaming is available 24/7 at www.youtube.com/bay3tv/live.

For more information, you may contact the County Executive's Office at 989-895-4130.

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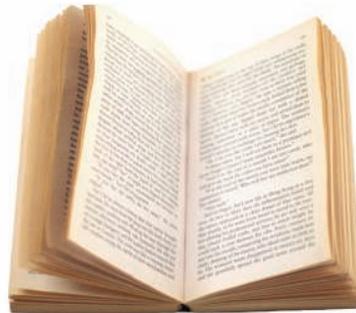
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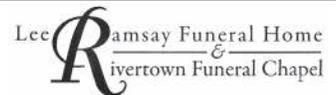
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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.