



November 2024

Coulliette Senior Center  
1116 Frankford Avenue  
Panama City, FL 32401

Hours of Operation:

Monday -Thursday  
7:30 am - 5:00 pm

Friday  
7:30 am - 2:30 pm

Saturday & Sunday  
Closed

Visit our website at  
[www.baycouncilonaging.org](http://www.baycouncilonaging.org)

Bay County Council on  
Aging is also on Facebook.  
Join us there for up-to-date  
information about  
  
activities, programs, services  
and news about seniors.

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# The Golden Edition Thankful

Webster's Dictionary defines thankful as "feeling or expressing gratitude". The Thanksgiving holiday is often a time for reflection of what we are grateful for in our lives. While nobody's life is ever perfect, it is best to focus on what is positive and try not to dwell on the negative. There is always room for improvement in one's life but it is also good to be thankful for one's blessings.

Bay County Council on Aging has many reasons to be thankful. We have a wonderful community that supports our mission to serve senior adults in so many ways. We are thankful for all of the donations and financial support from businesses and individuals, the time and talent from volunteers, and all other assistance we receive which helps us to provide services to senior adults everyday enabling them to stay healthy, active, independent, and remain in their homes. We could not do it without the support of the wonderful community we call Bay County. Reflecting back on this year, what are you thankful for?



*Wishing you a blessed Thanksgiving!*

Bay County Council on Aging



SATURDAY NOVEMBER 2, 2024

1116 Frankford Avenue, Panama City

7AM till 2:30 PM

**GENERAL STORE & MORE** Hot Dogs, Chips & Soda PANCAKE BREAKFAST 7-10 AM \$6.00

**ARTS, CRAFTS & COMMERCIAL VENDORS** Plant Sale Trash & Treasure's

**BPO** Lunch 11 - 1:30 pm \$7.00 (includes drink)

**"Read It Again" Book Nook** SILENT AUCTION CHANCE TO WIN A 2007 CHEVY IMPALA \$1 per ticket

**LIVE MUSIC**



The Golden Edition is edited by Andrea Marsh.

Don't forget to  
join us for our  
Fall Festival  
on  
Saturday,  
November  
2nd!



# Thank you to our Fall Festival Sponsors!

## Diamond Sponsors



**BAY COUNTY**  
SHERIFF'S OFFICE  
Sheriff Tommy Ford

*Anonymous Donor*

## Platinum Sponsors



## Silver Sponsors



## Bronze Sponsors



FIRST FEDERAL BANK

# Bay County Council on Aging Volunteer Program



- Giving thanks for volunteers.
- Giving thanks for those providing benevolent donations.
- Giving thanks for vendors, cooks, servers and guests.
- Giving thanks for food and shelter.
- Our senior community benefits and for that ....

We give THANKS!



**Thanksgiving meal delivery slots are available.**

**Please contact  
Jannifer Neal, our Meals on Wheels Coordinator,  
to schedule this volunteer opportunity!**

**Meal pick up time is 9:00 am on Thanksgiving Day.**

**A big thank you to the Knights of Columbus for preparing  
the Thanksgiving meal for our Meals on Wheels clients.**



**KNIGHTS  
OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.



**Eat TONS and  
take a nap.**

*Volunteer this season  
and exercise your heart  
with compassion!*



*Happy Birthday to volunteers  
celebrating November birthdays!*

*Charlie and Randy*



# Caregiver Connections

## Information for Caregivers

### Taking the Keys





If a caregiver is caring for a family member who has memory impairment, it is extremely important to carefully observe them if they still insist on driving. There will come a time when the caregiver has to stop their loved one from driving. Some people are very easy about giving it up while others refuse. If the loved one refuses, the caregiver will still have to be in charge and stop the driving. It will have to end! There are some tactics to try if there is resistance. Disable the car and then tell other family members not to fix it. Keep in mind, your loved one may still try to call someone else to fix it. If they are convinced the car is not running, it can be taken away "to be fixed".

If your loved one is not trying to drive but wants to keep their keys, give them some fake keys on their key ring so they are unable to start the car. The website for Florida Highway Safety and Motor Vehicles (<https://flhsmv.gov/forms/72190.pdf>) has a Medical Reporting form that can be printed out and mailed. The Department of Motor Vehicles will then notify the reported individual that they have to take a driving test. If they fail, the state will revoke their license. More information is available by calling (850) 617-3192 or emailing [medical@flhsmv](mailto:medical@flhsmv).

Taking the keys is not easy to do. Your loved one may become angry and fight it every step of the way. But for their own safety and the safety of others, they must stop driving. If a person has memory impairment, which is known to family members, and this individual is still allowed to drive, family members could be held responsible should there be an accident. Caregivers have to decide when it is no longer safe to drive and take the keys!

Source: [www.nia.nih.gov](http://www.nia.nih.gov)

### Monthly Caregiver Support Groups

<p style="text-align: center;"><b>NOVEMBER</b></p> <p style="text-align: center;"><b>At the Respite Center Building</b> <b>Sharing and Caring Group Meeting</b></p> <p style="text-align: center;"><b>2nd Friday, November 8, 2024</b> <b>1:00 PM</b></p> <p style="text-align: center;"><b>There will not be an</b> <b>Educational Group Meeting</b> <b>due to the Thanksgiving holiday.</b></p> <p style="text-align: center;"><i>Happy</i> <i>Thanksgiving!</i></p> 	<p style="text-align: center;"><b>DECEMBER</b></p> <p style="text-align: center;"><b>At the Respite Center Building</b> <b>Sharing and Caring Group Meeting</b></p> <p style="text-align: center;"><b>2nd Friday, December 13, 2024</b> <b>1:00 PM</b></p> <p style="text-align: center;"><b>There will not be an</b> <b>Educational Group Meeting</b> <b>due to the Christmas holiday.</b></p> <p style="text-align: center;"><i>Merry Christmas!</i></p> 
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# Meal Site Activities - November

## Callaway Fellowship Center Tuesdays & Thursdays 9:00 am - 12:00 noon

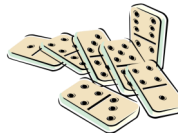
9:00/9:30 - 10:00 - Exercise

10:00 - 11:00 - Bingo, Games and Socialization

11:00 - Lunch

**November 21st** - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County and Thanksgiving Party

**November 28th** - Closed for Thanksgiving



## Fountain Fellowship Center

**Mondays 9:00 am - 12:00 noon**

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

**November 4th** - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County

**November 11th** - Presentation on Changes Coming to Medicare by Ken Searcy

**November 18th** - Thanksgiving Party



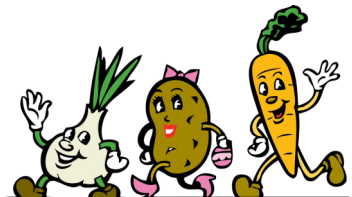
## St. Andrews Towers

**Mondays, Tuesdays & Wednesdays**

2:45 pm - Lunch

*For residents of St. Andrews Towers.*

**November 27th** - Closed for Thanksgiving



**Daylight Savings Time ends at 2:00 am on Sunday, November 3rd.  
Remember to set your clock back by 1 hour  
before you go to bed on Saturday night!**



# November

Are you 60 or older? We would love for you to join us for activities and lunch! For more information please contact Ann Parmer at (850) 769-3468.

## Senior Center & Meal Site Activities

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch

**4**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards



**5**  
9:30 - Exercise  
10:00 - Presentation on Patient's Choice from Encompass Health  
10:30 - Games & Trivia  
11:00 - Lunch  
1:00 - Exercise Class

**6**  
9:30 - Exercise  
10:00 - Kitchen Bingo  
11:00 - Lunch



**7**  
9:30 - Exercise  
10:00 - Surprise Activities!  
11:00 - Lunch  
1:00 - Exercise Class

**8**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



**11**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards

**12**  
9:30 - Exercise  
10:00 - Q&A with Dixie Williams, RN with the Florida Department of Health in Bay County  
11:00 - Lunch  
1:00 - Exercise Class



**13**  
9:30 - Exercise  
10:00 - Holiday Decorations Bingo  
11:00 - Lunch



**14**  
9:30 - Exercise  
10:00 - Crafts  
10:30 - Games  
11:00 - Lunch  
1:00 - Exercise Class



**15**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch

**18**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards



**19**  
9:30 - Exercise  
10:00 - Presentation on Medicaid & Medicare by Laurie Pendleton-Fuentes  
10:30 - Games  
11:00 - Lunch  
1:00 - Exercise Class

**20**  
9:30 - Exercise  
10:00 - Groceries Bingo  
11:00 - Thanksgiving Lunch



**21**  
9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class

**22**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



**25**  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards

**26**  
9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class

Closed ~  
Happy Thanksgiving

# November



Monday

- ◆ All meals served with 1% fat milk.
- ◆ Low sodium meals contain less than 1,400 mg of sodium.
- ◆ Breaded meats contain 1 oz. breading.
- ◆ Meals subject to change without notice.

Tuesday

Wednesday

Thursday

Friday



**4**  
**3 oz. Beef Patty in Teriyaki Sauce**  
1/2 c. Mixed Vegetables  
1/2 c. White Rice  
1 sl. Whole Grain Bread  
1 Margarine Cup  
4 oz. Applesauce  
8 oz. 1% Milk

**5**  
4 oz. Blended Juice  
**7.3 oz. Three Cheese Macaroni & Cheese**  
1/2 c. Carrots  
1/2 c. Green Beans  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

**6**  
**3 oz. Beef Patty in Brown Gravy**  
1/2 c. Mixed Vegetables  
1/2 c. Brown Rice  
1 sl. Whole Grain Bread  
4 oz. Applesauce  
8 oz. 1% Milk

**7**  
4 oz. Pineapple Juice  
**3.5 oz. Manicotti w/ Tomato Sauce**  
1/2 c. Mixed Vegetables  
1 sl. Whole Wheat Bread  
1 Oatmeal Raisin Cookie  
8 oz. 1% Milk

**1**  
4 oz. Pineapple Juice  
**3 oz. Pork Riblet in BBQ Sauce**  
1/2 c. Mixed Vegetables  
1/2 c. Garlic Mashed Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

**8**  
4 oz. Blended Juice  
**10.4 oz. Pasta Bolognese**  
1/2 c. Italian Vegetable Medley  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

**11**  
**3 oz. General Tso's Chicken**  
1/2 c. Peas & Carrots  
1/2 c. Gingered Rice  
1 sl. Whole Wheat Bread  
1 oz. Peanut Butter  
4 oz. Applesauce  
8 oz. 1% Milk

**12**  
4 oz. Pineapple Juice  
**3 oz. Grilled Pork Chop in Homestyle Gravy**  
1/2 c. Brussels Sprouts  
1/2 c. Parslied Mashed Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

**13**  
4 oz. Blended Juice  
**8.3 oz. Twisted Mac & Cheese w/Vegan Chorizo**  
1/2 c. Mixed Vegetables  
1 sl. Whole Wheat Bread  
1 oz. Peanut Butter  
8 oz. 1% Milk

**14**  
4 oz. Apple Juice  
**5 oz. Mexican Bean Burrito w/Southwest Sauce**  
1/2 c. Green Bean & Red Pepper Mix  
1/2 c. Papas con Chile  
1 oz. Sunflower Kernels  
8 oz. 1% Milk

**15**  
4 oz. Blended Juice  
**2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce**  
1/2 c. Corn  
1 sl. Whole Wheat Bread  
1 Sugar Cookie  
8 oz. 1% Milk

**18**  
4 oz. Apple Cherry Juice  
**3.5 oz. Manicotti Alfredo**  
1/2 c. Corn  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
2 Margarine Cups  
8 oz. 1% Milk

**19**  
4 oz. Blended Juice  
**2.3 oz. Plant-Based Chick'n Nuggets**  
1/2 c. Mixed Vegetables & Squash Medley  
1/2 c. Rice Pilaf w/ Tomatoes  
1 sl. Whole Wheat Bread  
1 pkt. Ketchup  
1 pk. Banana Sandwich Cookies  
8 oz. 1% Milk

**20**  
**3 oz. Meatballs & Pasta in Marinara**  
1/2 c. Green Beans  
1 sl. Whole Grain Bread  
4 oz. Applesauce  
8 oz. 1% Milk

**21**  
4 oz. Blended Juice  
**3 oz. Breaded Chicken w/Country Pepper Gravy**  
1/2 c. Brussels Sprouts  
1/2 c. Mixed Vegetables & Squash Medley  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

**22**  
4 oz. Grape Juice  
**1.5 oz. Eggs in Garden Sauce**  
1/2 c. Diced Breakfast Potatoes  
1/2 c. Cranberry Apples  
1 sl. White Bread  
8 oz. 1% Milk

**25**  
4 oz. Blended Juice  
**4.4 oz. Honey Orange Glazed Fish**  
1/2 c. Broccoli  
1/2 c. Garlic Mashed Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

**26**  
**3 oz. Chicken in Italian Sauce**  
1/2 c. Green Beans  
1/2 c. Diced Potatoes  
1 sl. Whole Wheat Bread  
1 Margarine Cup  
4 oz. Applesauce  
8 oz. 1% Milk





# BAY COUNTY

*Council on Aging*

1116 Frankford Avenue  
Panama City, FL 32401

Non Profit  
US Postage paid  
Permit #162  
Panama City, FL

Or current resident

## BCCOA Meal Sites

### Elizabeth Coulliette Senior Center

1116 Frankford Avenue  
Panama City, FL 32401

(850) 769-3468

Open: Monday - Friday



### St. Andrews Towers

24 Harrison Avenue  
Panama City, FL 32401

Open: Mondays, Tuesdays & Wednesdays -  
afternoons

(for residents of St. Andrews Towers)

(850) 769-3468



### Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL

(850) 769-3468

Open: Tuesdays & Thursdays

### Fountain Fellowship Center

First Baptist Church of Fountain

18906 North Highway 231

Fountain, FL 32438

(850) 769-3468

Open: Mondays

