



January 2025

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

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

January – The Month for New Beginnings

The month of January is a time to reflect on the past year and set intentions for the months to come. If you're looking for encouragement, reflection, or just a little winter inspiration, January is an ideal opportunity to embrace a fresh outlook. As the first month of the year, January is a transitional footpath from the warmth of the holiday season to the quiet, chilly days of winter. Now is the time to recharge, refocus, and set new goals or plans!

Here are some inspirational quotes to start the new year:

- ◆ Every day is a new beginning but there's something especially magical about January.
- ◆ This January, take it day by day, goal by goal, and you will be amazed by how far you've come.
- ◆ January is the perfect time to reset, recharge, and renew your focus on what truly matters.
- ◆ January reminds us that we have 12 new chapters to fill. Make the most of each one.

Source: www.shutterfly.com



Angels Among Us

Thank you to all who contributed to our Senior Santa Program and all the other donations we received during this holiday season. Your kindness and generosity helped provide happiness and joy to senior adults in Bay County. There are COUNTLESS individuals and groups who provided gifts, food, Christmas stockings, handmade quilts, monetary donations, and their time to make a difference for others. And, again this year the Knights of Columbus provided a holiday meal for both Thanksgiving and Christmas for seniors who receive Meals on Wheels. The seniors were very grateful and excited to be thought of during the holiday season! Many had no family or friends in the area to celebrate the holidays.

We are so blessed to have angels among us!

HELP US STAY IN TOUCH! Help us keep *The Golden Edition* mailing list updated. If you are receiving the newsletter and need to correct the spelling of your name, change your address, or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thank you!

We welcome advertisements. Contact us for more information. Thank you for your support.



The Golden Edition is edited by Andrea Marsh.

Bay County Council on Aging Volunteer Program

VOLUNTEER

Let volunteering be your #1 New Year's Resolution.

Enjoy the blessing of gratitude by serving others!

ARE YOU WILLING? ARE YOU AVAILABLE?

COME VOLUNTEER WITH US!



Bay County Council on Aging has opportunities for you - deliver meals, transport seniors, teach a class, be an activities leader, help our office staff, be a respite assistant.

Whatever you choose we have a place for you!

It is easy to enroll and we are happy to work with you to help you find purpose and fulfillment through serving others.



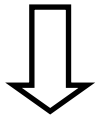
Thank You!

Thank you to all of our "Grantors of Whishes" for our Senior Santa Program.

Twelve individuals and eight businesses purchased gifts for 131 of our clients.

Seniors living alone with no family for the holidays are always delighted to receive wrapped packages.

Pictured below are members of the Panama City Ballet Company. They entertained our Site 3 clients with dances from *The Nutcracker*.



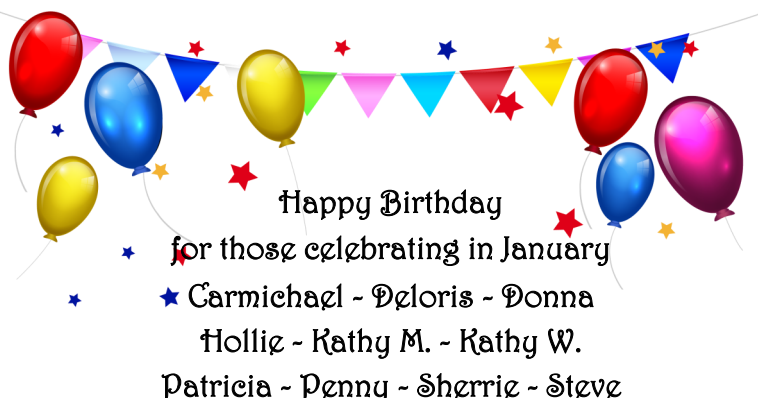
PASS THE WORD!

WE NEED VOLUNTEERS!!

PICK UP A TIME SHEET

RECORD YOUR SERVICE

SHARE YOUR EXPERIENCE



Happy Birthday

★ for those celebrating in January

- ★ Carmichael - Deloris - Donna
- Hollie - Kathy M. - Kathy W.
- Patricia - Penny - Sherrie - Steve

VOLUNTEER OFFICE HOURS: 9 am - 2 pm, Monday-Friday (850)769-3468 ext. 119, Email: lydia.vickery@bccoa.net



Caregiver Connections

Information for Caregivers



JUST FOR TODAY

Anonymous Author

JUST FOR TODAY, I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY, I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds I will chase them away and fill it with sunshine.

JUST FOR TODAY, I will accept what is and I will face reality. I will correct those things I can correct and accept those I cannot.

JUST FOR TODAY, I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

JUST FOR TODAY, I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I will not speak ill of others. I'll improve my appearance, speak softly, and not interrupt someone else's talking. Just for today, I'll refrain from improving anybody except myself.

JUST FOR TODAY, I will do something positive to improve my health. If I'm a smoker, I'll quit. If I'm overweight, I'll eat healthy - if only for today. And just for today, I'll get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY, I will gather the courage to do what is right and take responsibility for my actions.

JUST FOR TODAY

Monthly Caregiver Support Groups

JANUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, January 10, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, January 22, 2025

**Presentation by Deputy Lupica from
Bay County Sheriff's Office on
Safety Bracelets & Scent Detection.**

FEBRUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, February 7, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, February 26, 2025

Guest speaker TBA.

Medicare Moments No. 6

presented by Advantage Aging Solutions
and the SHINE (Serving Health Insurance Needs of Elders) Program

Lowering Your Medicare Costs: Extra Help & Medicare Savings Programs

Did you know that there are special programs available for qualified Medicare beneficiaries to help pay for prescriptions, monthly Medicare and Prescription Drug Plan premiums, and various deductibles and co-pays?

- **Extra Help, also known as the Part D Low-Income Subsidy:**
Every year, many individuals find that covering the out-of-pocket costs of prescription drugs is too much for a limited income. If you meet certain income and resource limits, you may qualify for the Extra Help program. Also known as the Part D Low-Income Subsidy (LIS), Extra Help is a federal program offered through the Social Security Administration (SSA). You may be eligible for the Extra Help program if your monthly income is below \$1,699 and your assets are below \$15,160. The program pays the costs of Medicare prescription drug coverage including copays, premiums, and deductibles.
- **Medicare Savings Programs:**
If you are struggling to pay for your Medicare and have limited income and resources, you may qualify for one of the Medicare Savings Program. Medicare and the state Medicaid program provide assistance with paying your Medicare premiums, deductibles, coinsurance, and copayments through several different programs. Qualifying for this program is also based on your income and assets.

It is important to understand your Medicare coverage choices and to pick your coverage carefully. Beneficiaries can apply for these special benefits themselves, online or with a paper application, but why not let a trained SHINE Counselor assist you to understand these benefits and assist you with the application process?

To talk to a SHINE Medicare Counselor, call the
Elder Helpline 800-963-5337

Next Edition of Medicare Moments: Should I Enroll in Medicare at 65 if I'm Still Working?

SHINE is a program of the Florida Department of Elder Affairs and is offered locally by Advantage Aging Solutions. SHINE provides free and unbiased health insurance counseling through a network of volunteers, empowering Florida seniors to make informed health choices.

Cost savings could be yours too through the Medicare Savings Programs and the Extra Help Program.



This is the sixth in an 18 part series providing information about Medicare presented by the SHINE (Serving Health Insurance Needs of Elders) Program. SHINE is a program of the State of Florida Department of Elder Affairs.

Meal Site Activities - January

Callaway Fellowship Center

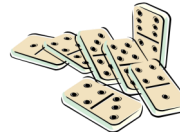
Tuesdays & Thursdays 9:00 am - 12:00 noon

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

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

11:00 - Lunch

January 23rd - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

January 6th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



January 20th - Closed for Martin Luther King Jr. Day

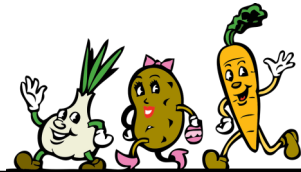
St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.

January 20th - Closed for Martin Luther King Jr. Day



Staying Active in January's Cooler Weather

Even though we live in Florida, north Florida has cooler temperatures during the winter months while other areas of the country are experiencing cold weather and snow. Brrrrrr!!! Better them than us! Even as the temperature dips in January, seniors can still stay active. Here are some activities to keep you busy in the cooler weather.

- ◆ **Stay Active** - Engaging in low-impact exercises during the winter months is essential for older adults. Chair yoga and stretching routines are excellent ways to stay flexible and mobile. These exercises also reduce stress and anxiety. Dancing to classic tunes is a great way to get the heart pumping and lift one's mood.
- ◆ **Creative Pursuits** - Winter is a great time to explore artistic hobbies. Painting, crafting, and DIY projects can help you express yourself creatively. Try making decorations or painting. Knitting or crocheting can be relaxing and result in cozy scarves and blankets.
- ◆ **Find Your History** - Exploring family history through genealogy can be a rewarding hobby during the cooler months. Online resources make it easier than ever to trace your family tree and share your findings with relatives. This provides a sense of purpose and helps strengthen family connections.
- ◆ **Stimulate Your Mind** - Keeping your mind sharp is important, and playing games is a fun way to do it. Board games, puzzles, crosswords and brain teasers offer mental stimulation and social interaction. Virtual games allow you to connect with family members who live far away.

Source: www.livingyourseniorlife.com

January

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



6

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



13

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

20
Closed in
observance of
Martin Luther King
Day



27

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



Tuesday



7

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



14

9:30 - Exercise
10:00 - Music with the Ukels
of St. Andrews
11:00 - Lunch
1:00 - Exercise
Class



21

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

28

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

Wednesday

1

Closed for New
Year's Day



8

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

15

9:30 - Exercise
10:00 - Themed Bingo -
Bed & Bath
11:00 - Lunch



22

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



29

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

Thursday

2

9:30 - Exercise
10:00 - Games and New
Year's Resolutions
11:00 - Lunch
1:00 - Exercise Class



9

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

16

9:30 - Exercise
10:00 - Cooking with Jo
10:30 - Games
11:00 - Lunch
1:00 - Exercise Class



23

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

30

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

Friday

3

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

10

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



17

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

24

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

31

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

Janauary



Monday



6

3 oz. Beef Patty in Teriyaki Sauce
 1/2 c. Mixed Vegetables
 1/2 c. White Rice
 1 sl. Whole Grain Bread
 1 pk. Lemon Sandwich Cookies
 4 oz. Applesauce
 8 oz. 1% Milk

13

4 oz. Apple Juice
3 oz. General Tso's Chicken
 1/2 c. Peas & Carrots
 1/2 c. Gingered Rice
 1 sl. Whole Grain Bread
 1 oz. Sunflower Kernels
 8 oz. 1% Milk

20

Closed in observance of
 Martin Luther King
 Day



27

4 oz. Apple Juice
3 oz. Beef Patty in Brown Gravy
 1/2 c. Mixed Vegetables
 1/2 c. Brown Rice
 1 sl. Whole Grain Bread
 1 pk. Graham Crackers
 8 oz. 1% Milk

Tuesday

- ◆ 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.

7

4 oz. Apple Juice
3 oz. Chicken in Italian Sauce
 1/2 c. Green Beans
 1/2 c. Diced Potatoes
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

14

4 oz. Blended Juice
1.5 oz. Eggs in Garden Sauce
 1/2 c. Diced Breakfast Potatoes w/Onion
 1/2 c. Cranberry Apples
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

21

4 oz. Blended Juice
1.5 oz. Eggs w/Sausage Country Pepper Gravy
 1/2 c. Diced Breakfast Potatoes
 1/2 c. Maple Cinnamon Apples
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 8 oz. 1% Milk

28

4 oz. Apple Cherry Juice
4.4 oz. Batter Dipped Fish Nuggets
 1/2 c. Carrots
 1/2 c. Green Beans w/ Red Peppers
 1 sl. Whole Grain Bread
 1 Margarine Cup
 1 pkt. Tartar Sauce
 8 oz. 1% Milk

Wednesday

1
 Closed for New Year's Day



8

4 oz. Blended Juice
Mediterranean Bowl (4 oz. Chickpeas, 4 oz. Brown Rice)
 1/2 c. Peas & Carrots
 1/2 c. Zucchini
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

15

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

22

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

29

4 oz. Blended Juice
3 oz. Pork w/Chop Patty in Sofrito Sauce
 1/2 c. Cilantro Stewed Tomatoes
 1/2 c. Sweet Potatoes
 1 sl. Whole Grain Bread
 2 Margarine Cups
 8 oz. 1% Milk

Thursday

2

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

9

4 oz. Apple Juice
3 oz. Meatballs & Pasta in Marinara
 1/2 c. Green Beans
 1 sl. Whole Grain Bread
 1 Margarine Cup
 8 oz. 1% Milk

16

4 oz. Apple Cherry Juice
3 oz. Hamburger Patty
 1/2 c. Carrots
 1/2 c. Diced Potatoes
 1 Whole Grain Hamburger Bun
 1 pkt. Ketchup
 4 oz. Applesauce
 8 oz. 1% Milk

23

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

30

3 oz. Meatballs in Orange Sauce
 1/2 c. Green Beans
 1/2 c. White Rice
 1 sl. Whole Grain Bread
 2 Margarine Cups
 4 oz. Applesauce
 8 oz. 1% Milk

Friday

3

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

10

4 oz. Apple Cherry 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

17

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

24

4 oz. Blended Juice
Shrimp Scampi over Rice (2 oz. Shrimp, 4 oz. Brown Rice)
 1/2 c. Breen Beans
 1/2 c. Brown Rice
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 1 pk. Banana Sandwich Cookies
 8 oz. 1% Milk

31

4 oz. Blended Juice
3 oz. BBQ Pork Riblet
 1/2 c. Mixed Vegetables
 1/2 c. Garlic Mashed Potatoes
 1 sl. Whole Grain Bread
 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

