



January 2026

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

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!



Thank you!

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 Lydia Vickery

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 to all of our "Grantors of Wishes" for our Senior Santa Program.

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



PASS THE WORD!

WE NEED VOLUNTEERS!!

PICK UP A TIME SHEET

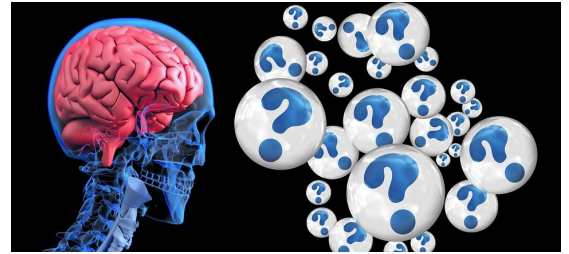
RECORD YOUR SERVICE



Living with Dementia



1. Agree, never argue
2. Divert, never reason
3. Distract, never shame



4. Reassure, never lecture
5. Reminisce, never say “remember”
6. Repeat, never say “I told you”.
7. Do what they can do, never say “you can’t”



8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Huey, 1996



Caregiver Connections

Information for Caregivers



Monthly Caregiver Support Groups

JANUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, January 9, 2026

1:00 PM

Educational Group Meeting

4th Wednesday, January 28, 2026

Guest speaker TBA

FEBRUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, February 13, 2026

1:00 PM

Educational Group Meeting

4th Wednesday, February 25, 2026

Guest speaker TBA.

PLEASE POST

Medicare Moments No. 17

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

Home Health Care Benefits

Did you know that Medicare can cover needed home health care in the comfort of your own home? Such services must be deemed reasonable and necessary for the treatment of an illness or injury. Medicare pays 100% for Medicare-approved services.

What's Covered:

Part-time or intermittent skilled nursing care;

Physical therapy, speech-language therapy, and occupational therapy;

Part-time or intermittent home health aide services (such as help with personal care, such as bathing, using the toilet, or dressing);

Medical social services (such as counseling or help finding resources in the community);

Certain medical supplies, such as wound dressings; and

Durable medical equipment (like a walker).

Who Can Get Covered Home Health Care:

You must be confined to your home.

You must be under the care of a doctor, who has seen you face-to-face has certified your need for home health services, and established a plan of care.

A Medicare-certified home health agency must provide the services.

Let a trained SHINE Counselor assist you with this and all your Medicare questions.

Just call the

Elder Helpline 800-963-5337

Next Edition of Medicare Moments: Medicare and Senior Caregivers

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 healthcare choices.

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



This is the 17th part of a 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

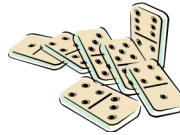
Callaway Fellowship Center

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



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

January 19th - Closed for Martin Luther King Jr. Day



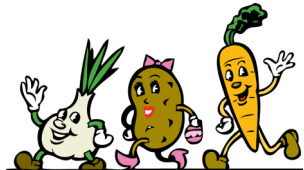
St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:30 pm - Lunch

For residents of St. Andrews Towers.

January 19th - 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.

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



5

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



Tuesday



6

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



Wednesday

7

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

Thursday

1

Closed for New Year's Day



8

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

Friday

2

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

9

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



12

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

13

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



14

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



15

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



16

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

19

Closed in observance of Martin Luther King Day



26

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

20

9:30 - Exercise
10:00 - Coram's Duet
11:00 - Lunch
1:00 - Exercise Class



21

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



28

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

22

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

29

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

23

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

30

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



January



Monday

Tuesday

Wednesday

Thursday

Friday



5

3 oz. Sweet & Sour Pork
1/2 C. Corn
1/2 C. Fried Rice
1sl. Whole grain bread
1 Margarine Cup
4 oz. applesauce Cup
8oz. 1% Milk

12

4oz. Apple Cherry Juice
3oz. Manicotti w/ Tomato Sauce
1/2 C. Mixed Vegetables
1 sl. Whole Grain Bread
1 Margarine Cup
1pk. Graham Crackers
8oz. 1% Milk

19

4ox. Apple Cherry 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
8oz. 1% Milk

26

3 oz. General Tao's Chicken
1/2 C. Peas & Carrots
1/2 C. Gingered Rice
1 sl. Whole Grain Bread
0.75 oz. Peanut Butter
1oz. Raisins
8 oz. 1% Milk

6

3oz. Hamburger patty
1/2 C Carrots
1/2 C Diced Potatoes
1 Hamburger Bun
1pkt. Ketchup
1.5 oz. Cranberry Vanilla Granola Mix
8oz. 1% Milk

13

1.5 oz. Egg W/Sausage Country Pepper Gravy
1/2 C. Diced Breakfast Potatoes
1/2 C. Maple Cinnamon Apples
1 sl. Whole Grain Bread
1pk. Oatmeal
8oz. 1% Milk

20

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

27

4 oz. Blended Juice
3 oz. BBQ Pork Riblet
1/2 C. Mixed Vegetables
1/2 C. Garlic Mashed Potatoes
1 sl. Whole Wheat Bread
1 Margarine Cup
8 oz 1% Milk

7

2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce
1/2 c. Corn
1sl. Whole Grain Bread
1pk. Sandwich Cookies
4oz. Applesauce Cup
8oz 1% Milk

14

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 pk. Tartar Sauce
1 pk. Sandwich Cookies
8 oz. 1% Milk

21

3oz. Grilled Veal Chop in Mustard Sage Sauce
1/2 C. Carrots
1/2 C. Diced Potatoes
1 sl Whole Grain Bread
1 Margarine Cup
1 pk Sandwich Cookies
8 oz. 1% milk

28

3 oz. Mushroom Swiss Chicken
1/2 C. Green Beans
1/2 C. Carrots
1 sl. Whole Grain Bread
1 Margarine Cup
1 pk. Sandwich Cookies
8 oz. 1% Milk

1

*all meals served with 1%fat milk

*Low sodium meals contain less than 1,400 mg of sodium

*Breaded meats contain 1oz breading

*Meals subject to change w/o notice

8

2.1 oz. Western Style Omelet
1/2 C Diced Breakfast Potatoes
1/2 C. cinnamon Applesauce
1 sl. Whole wheat bread
2 Margarine Cups
1 pk Oatmeal
8oz. 1% milk

15

4 oz. Apple Juice
8.3 oz. Twisted Mac & Cheese
1/2 C. Mixed Vegetables
1 sl. Whole Wheat Bread
0.75 oz. Peanut Butter
8 oz. 1% Milk

22

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

29

1.5 oz. Egg patty & 2 Whole Wheat Pancakes
1 Turkey Sausage Link
1/2 C. Strawberry Compote
1 sl. Whole Grain Bread
1 pk. Graham Crackers
4 oz. Applesauce Cup
8oz 1% Milk

2

4oz. Apple Cherry Juice
8oz. Oatmeal w/ Mixed Berry Compote
1/2 C. Sweet Potato Hash
1 sl. Whole Wheat Bread
1 Margarine Cup
0.75 oz. Peanut Butter
8oz. 1% Milk

9

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

16

3oz. Meatloaf in Stewed Tomatoes
1/2 C. Parslied Mashed Potatoes
1 sl. Whole Grain Bread
1 Lemon Cookie
8oz 1% Milk

23

4 oz. Blended Juice
8 oz. Oatmeal w/ Mixed Berry compote
1/2 C. Sweet Potato Hash
0.75 oz. Peanut Butter
8 oz. 1% Milk

30

4 oz. Blended Juice
3oz. NY Strip in Picadillo Sauce
1/2 C. Green Beans
1/2 C. Corn
2 Margarine Cups
1 Cherry Cookie
8oz. 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



Callaway Fellowship Center

Arts & Conference Center
500 Callaway Parkway
Callaway, FL
(850) 769-3468
Open: Tuesdays & Thursdays

St. Andrews Towers

24 Harrison Avenue
Panama City, FL 32401
Open: Mondays, Tuesdays & Wednesdays -
afternoons
(for residents of St. Andrews Towers)
(850) 769-3468



Fountain Fellowship Center

First Baptist Church of Fountain
18906 North Highway 231
Fountain, FL 32438
(850) 769-3468

Open: Mondays