



May 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](http://www.baycouncilonaging.org)

[www.baycouncilonaging.org](http://www.baycouncilonaging.org)

The 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

## OLDER AMERICANS MONTH



### CHAMPION YOUR HEALTH: MAY 2026

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Join us in highlighting the importance of evidence-based approaches, self-management, and community partnerships that empower individuals to lead their healthiest lives.

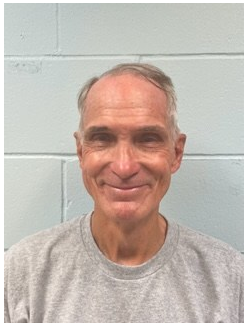
**HELP US STAY IN TOUCH!** Help us keep *The Golden Edition* mailing list updated. If you are receiving the newsletter and need to correct the spelling of your name, change your address, or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thank you!

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



*The Golden Edition* is edited by Lydia Vickery

# Bay County Council on Aging Volunteer Program



## CONGRATULATION DAVID DUBOIS VOLUNTEER OF THE YEAR 2026



David has been volunteering and serving as a Meals-On-Wheels volunteer since November 2019. He steps up to pitch in when vacant routes need coverage and always with a kind smile to return. Thank you David for your continued support and loyal service. David will receive a plaque during our OAA celebration Thursday, May 14th. The Junior League is happy to donate and present this plaque. Come and help us celebrate this fun day!

### Volunteers play unique and needed roles in a senior center's leadership

Although professional staff is essential, volunteers are essential for the operation of any multiservice senior center. In serving as an extension of the professional staff, the volunteer leaders with their individual interest and skills make possible an enriched and varied program.

They also perform an important public relations function. Because they see the contributions that the program makes to the mental health of its members, they become its most effective interpreters in the community; they can recruit others to volunteer as program leaders and to support the center's fund-raising events.

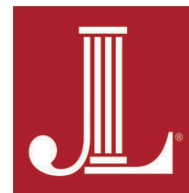
Some volunteers can relate more warmly to certain members than to the staff themselves, especially if the volunteers are of the same age range as clients. Sharing and recognizing similar experiences and lifestyles connects individuals in unexpected ways. Youth groups and younger volunteers will always make an impact through their eagerness and enthusiasm. Getting to know individual young people helps to counteract the negative attitudes about youth that are part of the current scene. The young people themselves benefit from their interaction with older adults, increasing their understanding of the elderly. With both parties, young and old, gaining mutual respect.

An excerpt from Creative Programing for Older Adults by Florence Vickery edited by Lydia Vickery



### VOLUNTEERS CELEBRATING MAY BIRTHDAYS

Bob—David—Darryl—Jill—Kevin—Linda—Logan—Nancy—Roselyn—Shirley



Another big **THANK YOU** to the Junior League of Panama City. The elder outreach committee of this young group of community leaders conducts a "Springing for Seniors" event each spring. This year they purchased and wrapped gifts for 51 of our seniors.



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



# BRAINHealth



## Habits to Support Your Brain Health

There's nothing like waking up well-rested after a good night's sleep. And who doesn't love visiting with friends over a homemade meal or listening to music and moving to the beat?

These simple pleasures aren't indulgences to save for vacation or a rainy day. They are habits that support good brain health if done regularly. AARP's Global Council on Brain Health, a collaborative of scientists, health professionals, scholars and policy experts, reviewed decades of research on the ways our habits and choices may affect our cognitive and mental health. Their findings support the six pillars of brain health:

**Eat right**

**Get restorative sleep**

**Exercise regularly**

**Be social**

**Manage stress**

**Engage your brain**



The key is to make a habit of all six pillars. Many of them support each other: Regular exercise can help you sleep, for example, and socializing can ease the effects of stress. No one can promise that following the six pillars will prevent dementia, but we know that lifestyle can profoundly affect the aging process and the risk of chronic illness.

By Tania Hannan Updated March 16, 2026

Bay County Council on Aging BrainHealth Program next session begins on June 9<sup>th</sup> thru July 16<sup>th</sup>. Please come joins us as we focus on our BrainHealth and overall wellness!

Edited by: Lynn McCrory Ph.D.



### **APRIL**

**Brain Health Classroom  
North side of Respite Center  
Session Begins**

**April 21st 10am-2pm**

**Professional speakers—Lunch will be served**

**Smart Fit brain health enhancement  
Exercise**

### **JUNE**

**Brain Health Classroom  
North side of Respite Center  
Session Begins**

**June 9th 10am-2pm**

**Professional speakers - Lunch will be served**

**Smart Fit brain health enhancement  
Exercise**

# Caregiver Connections

## Key Aspects of Time Spent with Alzheimer's Patients:

**Daily Care Structure:** Activities often include assisting with personal care (bathing, dressing), preparing meals, managing medication, and supervising safety, particularly in moderate to late stages.

**Meaningful Engagement:** Quality time involves, when possible, listening to music, looking at photo albums, taking walks, gardening, or engaging in simple crafts to foster connection.

**Communication & Support:** Effective engagement requires speaking calmly, using patience, validating feelings rather than correcting, and using distraction techniques when patients become distressed.

**Caregiver Burden & Respite:** Many caregivers provide around-the-clock care, often neglecting their own health. Utilizing respite care, such as adult day programs or family support, is crucial to prevent burnout.

## Stages of Alzheimer's:

**Early Stage:** Focus is on support for independent living, managing medication, and adapting to lifestyle changes.

**Middle Stage:** Care needs increase significantly; supervision is necessary for safety, and assistance with daily tasks (bathing, dressing) becomes routine.

**Late Stage:** Intensive round-the-clock care is usually required for daily living activities, physical safety, and mobility.

For support, you can connect with organizations like the Alzheimer's Association and use their caregiver resources for further information.

**Bay County Council on Aging provides daily respite care for your loved one living with Alzheimer disease.**

**Caregiver's support group meets on the second Friday of each month at 1:00pm.**

**Caregiver's education group meets on the fourth Wednesday of each month at 1:00pm.**

**You are invited and encouraged to attend!**

Edited by: Lynn McCrory, Ph.D.

## Information for Caregivers

### Monthly Caregiver Support Groups

#### MAY

**At the Respite Center Building**  
**Sharing and Caring Group Meeting**

**2nd Friday, May 8, 2026**

**1:00 PM**

**Educational Group Meeting**

**4th Wednesday, May 27, 2026**

**Guest speaker**

#### JUNE

**At the Respite Center Building**  
**Sharing and Caring Group Meeting**

**2nd Friday, June 12, 2026**

**1:00 PM**

**Educational Group Meeting**

**4th Wednesday, June 24, 2026**

**Guest speaker**



## Dates to Remember

May 5th - Cinco de Mayo

May 12th—Mother's Day

May 14th—OAA Celebration

May 27th - Memorial Day



## SPECIAL EVENT DATES

### Coulliette Center

May 5th 9:30am

PC Youth Orchestra

May 7th 9:30

Flowers to Honor Mothers Day

May 19th—10am

Dancing Divas

May 26th—9:30

Cliff & Linda Music

### Fountain Fellowship Center

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

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch



**COME AND GET IT!**

**WE'LL FEED YOU HERE!**



### St. Andrews Towers

**Mondays—Wednesday—Fridays**

2:30 pm - Dinner For Residents Only

### Callaway

Fellowship Center

**Tuesdays & Thursdays**

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

9:00/9:30— Exercise

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

11:00 - Lunch

**Every Tuesday & Thursday**

**9:00-9:30am Anytime Fitness**

**Exercise**



### Siena Gardens

**Mondays & Wednesdays**



















10:00am Bingo—11am Lunch

For Residents Only

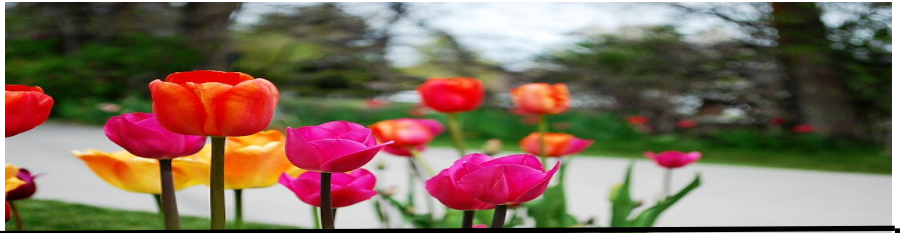
# Couliette Senior Center



# May Activities

Are you 60 or older? We would love for you to join us for activities and lunch!  
For more information please contact Ann Farmer

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>
<p>4</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>  	<p>5</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 <u>PC YOUTH ORCHESTRA</u></p>  <p>11:00 Lunch</p>	<p>6</p> <p>9:30am Pastries &amp; Coffee</p> <p>10:00 Bingo</p> <p>11:00 Lunch</p>	<p>7</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 <u>SANDY MCINNIS FLOWERS FOR MOTHERS DAY</u></p>  <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>8</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p> 
<p>11</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>12</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 Exercise &amp; Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>13</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>14</p> <p>10:00 AM</p>  <p>Older American's Act Celebration Health Fair for the community</p>	<p>15</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>
<p>18</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>19</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 <u>DANCING DIVAS</u></p>  <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>20</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>21</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 Exercise &amp; Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>22</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p> 
<p>25</p> <p>CLOSED MEMORIAL DAY</p> 	<p>26</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 Cliff &amp; Linda MUSIC</p>  <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>27</p> <p>9:30am Anytime Fitness Exercise</p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>28</p> <p>9:00 Pastries &amp; Coffee</p> <p>10:00 Exercise &amp; Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>29</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>

# May



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>*all meals served with 1% fat milk</p> <p>*Low sodium meals contain less than 1,400 mg of sodium</p> <p>*Breaded meats contain 1oz breading</p> <p>*Meals subject to change w/o notice</p>		1
4	5	6	7	8
<p>4oz. Apple Cherry Juice</p> <p><u>3oz. Manicotti w/ Tomato Sauce</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1pk. Graham Crackers</p> <p>8oz. 1% Milk</p>	<p><u>1.5 oz. Egg W/Sausage Country Pepper Gravy</u></p> <p>1/2 C. Diced Breakfast Potatoes</p> <p>1/2 C. Maple Cinnamon Apples</p> <p>1 sl. Whole Grain Bread</p> <p>1pk. Oatmeal</p> <p>8oz. 1% Milk</p>	<p><u>4.4 oz. Batter Dipped Fish Nuggets</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Green Beans w/ Red Peppers</p> <p>1 sl. Whole grain Bread</p> <p>1 pk. Tartar Sauce</p> <p>1 pk. Sandwich Cookies</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Apple Juice</p> <p><u>8.3 oz. Twisted Mac &amp; Cheese</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1 sl. Whole Wheat Bread</p> <p>0.75 oz. Peanut Butter</p> <p>8 oz. 1% Milk</p>	<p>3oz. Meatloaf in Stewed Tomatoes</p> <p>1/2 C. Parslied Mashed Potatoes</p> <p>1 sl. Whole Grain Bread</p> <p>1 Lemon Cookie</p> <p>8oz 1% Milk</p>
11	12	13	14	15
<p>4ox. Apple Cherry Juice</p> <p><u>7.3 oz. Three Cheese Macaroni &amp; Cheese</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Green Beans</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>8oz. 1% Milk</p>	<p>4 oz. Blended Juice</p> <p><u>3 oz. Breaded Chicken w/ Country Pepper Gravy</u></p> <p>1/2 C. Mixed Vegetable &amp; Squash Medley</p> <p>1/2 C Brussels Sprouts</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>8oz. 1% Milk</p>	<p><u>3oz. Grilled Veal Chop in Mustard Sage Sauce</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Diced Potatoes</p> <p>1 sl Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1 pk Sandwich Cookies</p> <p>8 oz. 1% milk</p>	<p>4 oz. Apple Juice</p> <p><u>3 oz. Meatballs in Orange Sauce</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. White Rice</p> <p>1 sl. Whole Grain Bread</p> <p>2 Margarine Cups</p> <p>8oz. 1% Milk</p>	<p>4 oz. Blended Juice</p> <p><u>8 oz. Oatmeal w/ Mixed Berry compote</u></p> <p>1/2 C. Sweet Potato Hash</p> <p>0.75 oz. Peanut Butter</p> <p>8 oz. 1% Milk</p>
18	19	20	21	22
<p><u>3 oz. General Tao's Chicken</u></p> <p>1/2 C. Peas &amp; Carrots</p> <p>1/2 C. Gingered Rice</p> <p>1 sl. Whole Grain Bread</p> <p>0.75 oz. Peanut Butter</p> <p>1oz. Raisins</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Blended Juice</p> <p><u>3 oz. BBQ Pork Riblet</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1/2 C. Garlic Mashed Potatoes</p> <p>1 sl. Whole Wheat Bread</p> <p>1 Margarine Cup</p> <p>8 oz 1% Milk</p>	<p><u>3 oz. Mushroom Swiss Chicken</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. Carrots</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1 pk. Sandwich Cookies</p> <p>8 oz. 1% Milk</p>	<p><u>1.5 oz. Egg patty &amp; 2 Whole Wheat Pancakes</u></p> <p>1 Turkey Sausage Link</p> <p>1/2 C. Strawberry Compote</p> <p>1 sl. Whole Grain Bread</p> <p>1 pk. Graham Crackers</p> <p>4 oz. Applesauce Cup</p> <p>8oz 1% Milk</p>	<p>4 oz. Blended Juice</p> <p><u>3oz. NY Strip in Picadillo Sauce</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. Corn</p> <p>2 Margarine Cups</p> <p>1 Cherry Cookie</p> <p>8oz. 1% Milk</p>
25	26	27	28	29
<p><u>3 oz. Sweet &amp; Sour Pork</u></p> <p>1/2 C. Corn</p> <p>1/2 C. Fried Rice</p> <p>1sl. Whole grain bread</p> <p>1 Margarine Cup</p> <p>4 oz. applesauce Cup</p> <p>8oz. 1% Milk</p>	<p><u>3oz. Hamburger patty</u></p> <p>1/2 C Carrots</p> <p>1/2 C Diced Potatoes</p> <p>1 Hamburger Bun</p> <p>1pkt. Ketchup</p> <p>1.5 oz. Cranberry Vanilla Granola Mix</p> <p>8oz. 1% Milk</p>	<p><u>2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce</u></p> <p>1/2 c. Corn</p> <p>1sl. Whole Grain Bread</p> <p>1pk. Sandwich Cookies</p> <p>4oz. Applesauce Cup</p> <p>8oz 1% Milk</p>	<p><u>2.1 oz. Western Style Omelet</u></p> <p>1/2 C Diced Breakfast Potatoes</p> <p>1/2 C. cinnamon Applesauce</p> <p>1 sl. Whole wheat bread</p> <p>2 Margarine Cups</p> <p>1 pk Oatmeal</p> <p>8oz. 1% milk</p>	<p>4 oz. Apple Juice</p> <p><u>3oz. Meatballs &amp; Pasta in Marinara</u></p> <p>1/2 C. Green Beans</p> <p>1 sl. Whole Grain Bread</p> <p>8oz. Milk</p>



# BAY COUNTY

*Council on Aging*

Non Profit  
US Postage paid  
Permit #162

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: Tuesday & Thursday



Siena Gardens  
901 W. 19th St.  
Panama City, Fl. 32405  
Open: Monday & Wednesday  
(for residents of Siena Gardens)

St. Andrews Towers  
24 Harrison Avenue  
Panama City, FL 32401  
Open: Monday, Tuesday & Wednesday -  
afternoons  
(for residents of St. Andrews Towers)



Fountain Fellowship Center  
First Baptist Church of Fountain  
18906 North Highway 231  
Fountain, FL 32438  
(850) 769-3468  
Open: Monday