



November 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

Wishing you a blessed Thanksgiving!

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?



Bay County Council on Aging
Fall Festival
SATURDAY NOVEMBER 1, 2025
1116 Frankford Avenue, Panama City
7AM till 2:30 PM



The Golden Edition is edited by Lydia Vickery

Don't forget to join us for our Fall Festival on Saturday, November 1st!



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!



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

Thanksgiving meal delivery slots are available.

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



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



Daylight Savings Time ends at 2:00 am on Sunday, November 2nd

**Remember to set your clock back by 1 hour
before you go to bed on Saturday night!**

Happy Birthday to volunteers celebrating

November birthdays!

Charlie—Gayle—Bob—Randy

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

6 Steps to Help Make Thanksgiving Dementia-Friendly

Factor the person's routine into scheduling the celebration. Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around their routine.

Consider holding celebrations earlier in the day to minimize the potential impact of "sundowning" – a common syndrome that can cause agitation and confusion in the late afternoon-early evening as the sun sets.

- Plan for help. Relatives and friends are often eager to assist but may not know how. Give them specific tasks that they can help with, such as asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.
- Prepare your loved one. Try to familiarize them with the guests beforehand by showing photos, sharing stories, or arranging a phone or Facetime chat prior to the celebration. You could also make an invitation to the event to share with your loved one so they know the details and that it will be happening.
- Prepare your guests. Consider sharing beneficial information with guests about your loved one—such as ways to communicate with the person, what they respond well to, and what may cause distress—especially if they have not seen the person recently. This will help facilitate positive interactions and engagement.
- Keep your loved one involved. Make adaptations that enable your loved one to participate in the celebration by focusing on what they can do, rather than what they cannot. Invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are forms of reminiscence that can bring joy and foster positivity during the celebration. Singing familiar songs, arts and crafts, and having a snack together are great intergenerational activities that kids can participate in as well.
- Have a quiet space available. Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes too much for them. Have familiar comfort items available (i.e., favorite blanket, sweater, stuffed animal) that will help them feel safe and comfortable. Try to control the flow of visitors when possible; those in the early stages are better able to interact than those in later stages.

Families who have questions about creating a dementia-friendly Thanksgiving celebration or any other question relating to dementia or caregiving can contact the Alzheimer's Foundation of America's Helpline, seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat (alzfdn.org).

Written by: Charles J. Fuschillo, Jr., AFFA's President & CEO Edited by: Lynn McCrory, Ph.D.

Medicare Moments No.16

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

Senior Medicare Patrol Part II:

How to Protect Yourself from Medicare Fraud and Abuse

Did you know that the best way to protect yourself from Medicare fraud and abuse is to prevent it before it happens? Though the following preventive steps are common sense, too few beneficiaries observe them.

Things You Can Do:

Ask questions when you see your doctor. You have the right to know and understand everything about your care, including how much it costs.

Keep a record of the dates of Medicare services you received. Obtain a free copy of **My Health Care Tracker** from your local SMP office or call 800-963-5337.

Review your Medicare Summary Notice (if you have Original Medicare Parts A and B) or your Evidence of Coverage (Medicare Advantage Plans) as soon as it arrives and compare it with what you wrote in **My Health Care Tracker** to ensure that you received the services or products listed, they were actually ordered by your doctor, and there was no duplicate billing.

Report any billing errors or questions to your medical provider's office.

Report any suspected fraud or abuse to your local SMP office (800-963-5337).

Things You Should Never Do:

Never share your Medicare number with anyone except your medical provider. Period! Treat your Medicare card like a credit card.

Do not respond to any phone calls, texts, or emails asking for your Medicare number—even if you are offered free services or they claim to be from Medicare. Medicare will never call you unprompted and ask for your personal information.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse, **DETECT** potential fraud, errors, and abuse, and **REPORT** your concerns. SMPs use trained senior volunteers to help educate and empower fellow seniors in the fight against healthcare fraud. Your SMP can also assist you with your questions, concerns, or complaints about potential fraud and abuse you observe. It provides information and educational presentations, too.

To contact your local SHINE Senior Medicare Patrol Program:

Visit www.floridashine.org



or call the **Elder Helpline** 800-963-5337



Caregiver Connections

Information for Caregivers

NOVEMBER	DECEMBER
<p>At the Respite Center Building</p> <p><u>Sharing and Caring Group Meeting</u></p> <p>2nd Friday, November 14, 2024</p> <p>1:00 PM</p> <p>There will not be an Educational Group Meeting due to the Thanksgiving holiday.</p> <p><i>Happy Thanksgiving!</i></p>	<p>At the Respite Center Building</p> <p><u>Sharing and Caring Group Meeting</u></p> <p>2nd Friday, December 12, 2024</p> <p>1:00 PM</p> <p>There will not be an Educational Group Meeting due to the Christmas holiday.</p> <p><i>Merry Christmas!</i></p>

Meal Site Activities - November

<p>Callaway Fellowship Center</p> <p> Tuesdays & Thursdays 9:00 am - 12:00 noon </p> <p>9:00/9:30 - 10:00 - Exercise</p> <p>10:00 - 11:00 - Bingo, Games and Socialization</p> <p>11:00 - Lunch</p> <p>November 13th—Q. & A Nurse Dixie Williams</p> <p>CLOSED FOR THANKSGIVING NOV. 26TH, 27TH, AND 28TH.</p>	<p>Siena Gardens</p> <p>Mondays & Wednesdays 10:00-12:00</p> <p>10:00—Activities & Bingo</p> <p>11:00—Lunch</p> <p>For residents of Siena Gardens</p> <p>November 12th—Birthday Lunch</p> <p>November 17th—Thanksgiving Lunch</p> <p>CLOSED FOR THANKSGIVING NOV. 26TH, 27TH, AND 28TH.</p>
<p>Fountain Fellowship Center</p> <p>Mondays 9:00 am - 12:00 noon</p> <p>9:30 - 11:00 - Bingo and Socialization </p> <p>11:00 - Lunch</p> <p>November 10th—Birthday Celebrations</p> <p>November 17th—Thanksgiving dinner</p> <p></p>	<p>St. Andrews Towers</p> <p>Mondays, Tuesdays & Wednesdays 2:45 pm - Lunch</p> <p>For residents of St. Andrews Towers.</p> <p>November 12th—Birthday Lunch</p> <p>November 19th—Thanksgiving Lunch</p> <p>CLOSED FOR THANKSGIVING NOV. 26TH, 27TH, AND 28TH.</p> <p> </p>

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

10

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



Tuesday

4

9:30 - Exercise
10:00 - Q&A Nurse
Dixie Williams, RN
10:30 - Games & Trivia
11:00 - Lunch
1:00 - Exercise Class

Wednesday

5

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



Thursday

6

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

Friday

7

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

10

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

11

9:30 - Exercise
10:00 - Ukulele
Orchestra
10:30 - Games & Trivia
11:00 - Lunch
1:00 - Exercise Class

12

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

13

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

14

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



17

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

18

9:30 - Exercise
10:00 - Karaoke—
Deryl Taylor, D.J.
11:00 - Lunch
1:00 - Exercise
Class



19

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
Thanksgiving Din-
ner

20

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

21

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

24

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

25

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



26

27

28

Closed ~ Closed ~

Happy
Thanksgiving



November



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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.	3 oz. Meatballs & Pasta in Marinara 1/2 c. Green Beans 1 sl. Whole Wheat Bread 1 Margarine Cup Graham Crackers 4 oz. Citrus Fruit cup	3 oz. Hamburger Patty 1/2 c Carrots 1/2 c Diced Potatoes 1 Hamburger Bun 1 pkg ketchup & mustard 1pk Banana Sandwich cookies 8oz. 1% Milk	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. Mixed Fruit Cup	4 oz. Apple Cherry Juice 8 oz. Oatmeal w/ Mixed Berry Compote 1/2 C. Sweet Potato Hash 1 sl. Whole Wheat Bread 1 Margarine Cup 0.75 oz. Peanut Butter 8 oz. 1% Milk
10	11	12	13	14
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	2.1 Western Style Omelet 1/2 c. Diced Breakfast Potatoes 1/2 C. Strawberry Applesauce 1 slice Whole Grain Bread 4 oz. Citrus Fruit	8 oz. Beef Stroganoff 1/2 c. Brussels Sprouts 1/2 c. Carrots 1 sl. Whole Wheat Bread 1 pk Lemon Sandwich Cookies 8 oz 1% Milk	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.	3 oz. Manicotti w/ Tomato Sauce 1/2 C. Mixed Vegetables 1 sl. Whole Grain Bread 1 pk. Strawberry Sandwich Cookies 4 oz. Applesauce
17	18	19	20	21
4.4 oz. Battered Dipped Fish 1/2 C. Carrots 1/2 C. Green Beans w/ Red Peppers 1 sl. Whole Wheat Bread 1 Margarine Cup 1 pk Tartar Sauce 1pk Lemon Sandwich	3 oz. Grilled Pork Chop in Homestyle Gravy 1/2 c. Brussels Sprouts 1/2 c. Parsley Mashed Potatoes 1 sl. Whole Grain Bread 2 Margarine Cups 4 oz. Peach Cup 8 oz. 1% Milk	3oz. NY Strip w/ Pica-dillo sauce 1/2 c. Green Beans 1/2 c. Confetti Corn 1 sl. Whole Grain Bread 2 Margarine Cups 1 pk. Graham Crackers 8 oz. 1% milk	4 oz. Blended Juice 5 oz Mexican Bean Burrito w/ Southwest Sauce 1/2 C Green Bean & Red Pepper Mix 1/2 c. Papas con Chile 1 Chocolate Chip Cookie 8 oz. 1% Milk	3oz. Breaded Chicken w/ Country Pepper Gravy 1/2 C. Mixed Vegetable & Squash Medley 1/2 C. Brussels Sprouts 1 sl. Whole Grain Bread 2 Margarine Cups 4 oz. Applesauce 8 oz. 1% Milk
24	25	26	27	28
3oz Beef Patty in Teriyaki Sauce 1/2 C Mixed Vegetables 1/2 C White Rice 1 sl. Whole Grain Bread 1 pk Graham Crackers 4 oz. Apple juice 1 Margarine Cup 8 oz. 1% Milk	3 oz. Pork Chop Patty in Sofrito Sauce 1/2 c. Green Peas 1/2 C Sweet Potatoes 1 sl. Whole Grain Bread 1 Margarine Cup 4oz Pear Cup 8 oz. 1% Milk	4 oz Blended juice 8.3 oz Twisted Mac & Cheese 1/2 c. mixed vegetables 1 sl. Whole Wheat Bread 1 Margarine Cup 1pk. Strawberry Sandwich Cookies 8 oz. 1% Milk	3oz Chicken in Italian Sauce 1/2 C. Green Beans 1/2 C. Diced Potatoes 1 sl. Whole Grain Bread 2 Margarine Cups 4oz. Citrus Fruit Cup 8 oz. 1% Milk	3oz. Classic Meatloaf Sandwich w/ Onions 1/2 C Peas & Carrots 1/2 C. Sweet Potatoes 1 Hamburger Bun 1 pkt Ketchup 1 pk Banana Sandwich Cookies 8oz 1% Milk

♦ ♦ All meals served with 1% fat milk.

♦ ♦ Low sodium meals contain less than 1,400 mg of sodium.

♦ ♦ Breaded meats contain 1 oz. breading.

Happy Thanksgiving



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
Thursday

Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL (850) 769-3468

Open: Tuesday &



St. Andrews Towers

24 Harrison Ave.

Panama City, FL 32401

Open: Monday, Tuesdays & 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: Mondays



Siena Gardens

901 W. 19th St.

Panama City, FL 32405

Open: Mondays & Wednesdays

For residents only

