



December 2023

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
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 *Holiday Reflections*



"It's not how much we give but how much love we put into giving." ~*Mother Theresa*

"Impossible is just an opinion." ~*Paulo Coelho*

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us." ~*Terri Marshall*

"Love the giver more than the gift." ~*Brigham Young*

"This holiday season give yourself the gift of self love and self acceptance. Your season will bloom into ultimate bliss." ~*Amy Leigh Mercree*

"There are two ways of spreading light: to be the candle or the mirror that reflects it." ~*Edith Wharton*

"Be the change you wish to see in the world." ~*Mahatma Gandhi*

Wishing you a blessed holiday season.



Thank you!

Many thanks to all who made our Fall Festival a HUGE success! Many dedicated volunteers entertained, cooked, served, sorted, sewed, set-up, cleaned-up and helped in so many other ways. The many hours of planning and hard work along with literally hundreds of donors, sponsors, volunteers and participants resulted in a perfect day for our annual fund raiser. This could not have happened without your help. Thank you for being partners with us to serve senior adults in Bay County helping them stay active, healthy, and independent!

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.



Thank you to our Fall Festival Sponsors!

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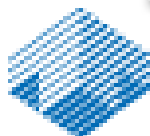
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Thank you to our Fall Festival Sponsors!



In Kind Sponsors

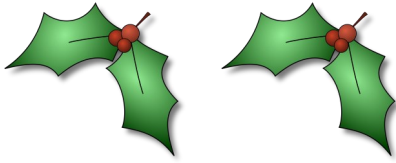
Battery Source Coca Cola Color Press
Grocery Outlet - Lynn Haven GA Foods
Gulf Coast Electric Cooperative Kiwanis Club
Knights of Columbus Oglesby Nursery
Panama City Fire Department Panhandle Credit Union
Sam's Club Winn Dixie - 23rd Street

Publicity

WJHG - Channel 7 WMBB - Channel 13



Bay County Council on Aging Volunteer Program



It's sign up time for
Senior Santa 2023!



Please call the volunteer program
office and sign up.

Everyone is eligible to be a
Secret Santa Grantor of Wishes.

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Volunteers may sign up as  
Secret Santa Delivery Drivers.

Share the joy of the season and  
bring a smile to a senior's face this  
Christmas.



**Arrive with holiday cheer and bring a smile to a senior this year!**

Thank you Knights of Columbus for preparing Christmas dinners for our Meals on Wheels clients. Volunteers interested in this special meal delivery may contact Jannifer Neal, our MOW Coordinator. Or, sign up for our request online. Remember only enrolled volunteers may deliver.



Pictured to the left are members of Saint Andrew Bay Quilters' Guild. They donate stockings each year for our "Senior Santa" program to bring joy to our clients during the holiday season.



*Thank you!*

**HAPPY BIRTHDAY DECEMBER BIRTHDAY VOLUNTEERS**

**We wish for Santa to be extra special to you!**

Brenda - Dan - David - Don - Glenda - Hilary - Jim - John - Jolene - Karen  
Margaret - Noel - Paulette - Payton



**PASS THE WORD!**

**We need volunteers!!**

**Pick up an enrollment form - Share your experience.**

**Pick up a time sheet - Record your service.**



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

# **Caregiver Connections**

## **Information for Caregivers**

It's Christmas time and family and friends want to give presents. Often they ask what you would like or what you need. Here are some really practical wishes that they can fulfil for you. And it's okay to make suggestions, if they ask, because they really do want to know.

- Gift cards to eat out at your favorite restaurant. Even if your loved one is unable to go you could go with a friend for lunch when you have respite care provided.
- Gift cards to the grocery store or your preferred gas station. Let others know you don't need more trinkets, if that's the case. Why not get what you really need?
- Those gifts that come every month, like fruit of the month, or chocolate, or flowers, or coffee, or special bath treats. All of these can be set up so you receive a gift every month. How nice to have a treat to look forward to every month, and all types of things you can eat or use and not have to find a place to put them.
- Nice new sheets for something new and soft to sleep on. It would provide a "mini makeover" for your bedroom.
- Another great gift is music. Tell them the kind of music or artists you enjoy. It will provide something for you to relax to or to dance to, depending on your personality.
- Respite care coupons. They can make homemade coupons that say they will come sit for you or buy a gift certificate to pay for a day of professional respite care for you.



Picture books are a great way to talk about Christmas with a person who has dementia. You can also use your own albums with family pictures from Christmas down through the years. All of these listed books are available online. The *Sing-A-Long Carols* would be an excellent choice for those with dementia. Music and songs are often what brings a response from a loved one.

### Monthly Caregiver Support Groups

| <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <p><b>DECEMBER</b></p> <p><b>At the Respite Center Building</b></p> <p><b><u>Sharing and Caring Group Meeting</u></b></p> <p><b>2nd Friday, December 8, 2023</b></p> <p><b>1:00 PM</b></p> <p><b>There is no</b></p> <p><b>Educational Group Meeting</b></p> <p><b>in December due to the</b></p> <p><b>Christmas Holiday.</b></p> </div> <div> <div></div> <div></div> <div></div> <div></div> </div> | <div> <div></div> <div></div> <div></div> <div></div> </div> <div> <p><b>JANUARY</b></p> <p><b>At the Respite Center Building</b></p> <p><b><u>Sharing and Caring Group Meeting</u></b></p> <p><b>2nd Friday, January 12, 2024</b></p> <p><b>1:00 PM</b></p> <p><b>Educational Group Meeting</b></p> <p><b>4th Wednesday January 24, 2024</b></p> <p><b>1:00 PM</b></p> <p><b>Program - TBA</b></p> </div> <div> <div></div> <div></div> <div></div> <div></div> </div> |
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# Meal Site Activities - December

## Coulliéte Senior Center Programs & Activities

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

**9:30 - 9:45** - Exercise

**9:45 - 11:00** - Program, Bingo, Games & Socialization

**11:00** - Lunch



### December Programs

**December 6th** - Mini Health Fair

**December 7th** - Making Christmas Ornaments

**December 14th** - Cooking with Jo

**December 20th** - Christmas Celebration with entertainment by Panama City A Cappella Choir

**December 25th & 26th** - Closed for the Christmas Holidays

**January 1st** - Closed for New Year's Day



### December Activities

**Mondays & Wednesdays** -

1:00 - 4:00 pm Cards

**Thursdays** - 12:00 - 1:00 pm Line Dancing



## Callaway Fellowship Center

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

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

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

**11:00** - Lunch



**December 21st** - Christmas Celebration

**December 26th** - Closed for the Christmas Holidays



## Fountain Fellowship Center

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

**9:30 - 11:00** - Bingo & Socialization

**11:00** - Lunch

**December 18th** - Christmas Celebration

**December 25th** - Closed for Christmas

**January 1st** - Closed for New Year's Day



## St. Andrews Towers

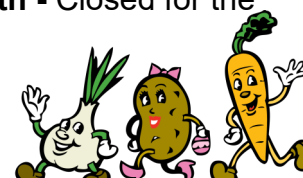
**Mondays, Tuesdays & Wednesdays**

**2:45 pm** - Lunch

*For residents of St. Andrews Towers.*

**December 25th & 26th** - Closed for the Christmas Holidays

**January 1st** - Closed for New Year's Day







# December

Monday

Tuesday

Wednesday

Thursday

Friday



4

4 oz. Orange Juice  
**3 oz. Diced Chicken**  
1/2 c. Green Beans  
1/2 c. Yellow Rice w/  
Tomatoes & Chives  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

5

**2.1 oz. Omelet w/  
Western Sauce &  
Sausage Links**  
1/2 c. Breakfast Potatoes  
1/2 c. Strawberry  
Applesauce Crisp  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

6

4 oz. Orange/Pineapple  
Juice  
**3 oz. Hamburger Patty**  
1/2 c. Carrots  
1/2 c. Mashed Potatoes  
1 sl. Whole Grain  
Hamburger Bun  
1 Margarine Cup  
8 oz. 1% Milk

7

◆ All meals served with  
bread and low 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.

4 oz. Orange Juice  
**3 oz. NY Strip Patty w/  
Mushroom Gravy**  
1/2 c. Mixed Vegetables  
1/2 c. Garlic Mashed  
Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

8

4 oz. Orange Juice  
**3 oz. Chicken w/Italian  
Sauce**  
1/2 c. Green Beans  
1/2 c. Garlic Mashed  
Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

**8 oz. Manicotti Alfredo**  
1/2 c. Corn  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
2 Margarine Cups  
4.5 oz. Unsweetened  
Applesauce  
8 oz. 1% Milk

11

4 oz. Orange Juice  
**3 oz. Pork Riblet in BBQ  
Sauce**  
1/2 c. Mixed Vegetables  
1/2 c. Sweet Potatoes  
1 sl. Whole Grain Bread  
2 Margarine Cups  
8 oz. 1% Milk

12

4 oz. Blended Juice  
**8 oz. Twisted Mac &  
Cheese**  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

13

**3 oz. Meatloaf w/Apple  
Brown Gravy**  
1/2 c. Stewed Tomatoes  
1/2 c. Skin-On Potatoes  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

14

4 oz. Blended Juice  
**3 oz. Beef Patty w/  
Brown Gravy**  
1/2 c. Mixed Vegetables  
1/2 c. Brown Rice  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

15

4 oz. Orange Juice  
**2.1 oz. Cheese Omelet  
& 3 Sausage Links**  
1/2 c. Fruited Granola  
1/2 c. Parsley Potatoes  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

18

4 oz. Apple Juice  
**3 oz. Honey Mustard  
Chicken**  
1/2 c. Carrots  
1/2 c. Garlic Mashed  
Potatoes  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

19

4 oz. Orange Juice  
**3 oz. Battered-Dipped  
Fish Nuggets**  
1/2 c. Carrots  
1/2 c. Garlic Mashed  
Potatoes  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

20

4 oz. Orange Juice  
**3 oz. Chicken w/Thai  
Ginger Red Curry**  
1/2 c. Green Beans  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

21

**3 oz. Pork Chop Patty  
w/Gravy**  
1/2 c. Brussels Sprouts  
1/2 c. Sweet Potatoes  
1 sl. Whole Grain Bread  
1 Oatmeal Raisin Cookie  
8 oz. 1% Milk

22

4 oz. Orange Juice  
**8 oz. Meatballs and  
Pasta in Sauce**  
1/2 c. Broccoli  
1 sl. Whole Grain Bread  
2 Margarine Cups  
8 oz. 1% Milk

25

*Closed for the  
Christmas  
Holidays.*

26

27

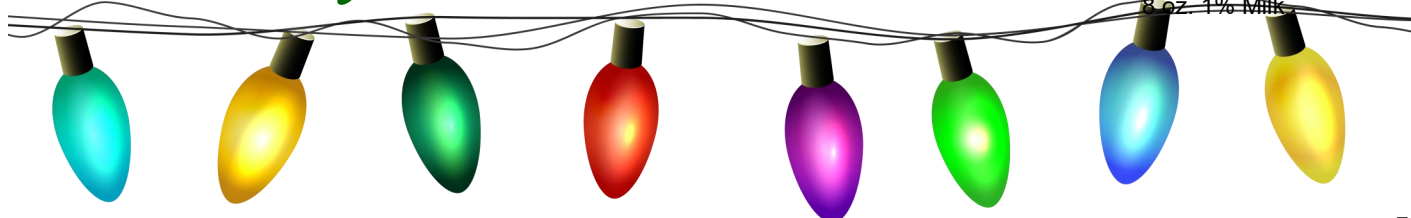
4 oz. Orange Juice  
**8 oz. Three Cheese  
Macaroni & Cheese**  
1/2 c. Green Beans  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

28

4 oz. Blended Juice  
**3 oz. Meatballs w/  
Orange Sauce**  
1/2 c. Green Peas  
1/2 c. White Rice  
1 sl. Whole Grain Bread  
8 oz. 1% Milk

29

4 oz. Orange Juice  
**3 oz. Chicken w/  
Italian Sauce**  
1/2 c. Green Beans  
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)



### Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL

(850) 874-0031

Open: Tuesdays & Thursdays

### Fountain Fellowship Center

First Baptist Church of Fountain

18906 North Highway 231

Fountain, FL 32438

Open: Mondays

