



The Golden Edition

AUGUST

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



Inside this issue:

A Note from the Boss	1
Volunteer News	2
Brain Health	3-4
Meeting Schedules	5
Meal Site Activities	5
SR. Center Activities	6
June Menu	7
Meal Site Info	8



Greetings!

As I reflect on our country's 250th anniversary, I consider myself to be blessed to work at an organization that affords me the opportunity to interact with our seniors daily. Each day when I converse with different clients, I am reminded of what makes this country so great; it is the ones that have come before us and have laid the foundation for success for so many of us who follow.

On June 17th, we had numerous Florida Power & Light employees participate in distributing emergency meal kits to our seniors at our Frankford Avenue site (see the above picture). There were probably over a dozen young men and women from a variety of races, ethnicities, and genders....and all of them were engineers working for FPL right here in Panama City. When I took a moment to introduce them to our clients that morning and told them that they were all engineers, the room erupted with excited gasps and congratulations to these young people from our seniors. I wish you could have seen the smiles on the faces of those young people when our seniors expressed genuine joy for their accomplishments. That moment struck me. I realized that so many of our seniors have sacrificed themselves for the betterment of the next generation. For many of them, going to college and earning an engineering degree may have been unimaginable. I am sure that they reflected on the youth in front of them and took comfort in the knowledge that the doors that may have been shut for them in this country so many years ago are now open to so many more.

One of my favorite quotes is from the movie, *The Shawshank Redemption*: "Hope is a good thing, maybe the best of things, and no good thing ever dies." Hope has been the catalyst for our country's success since its inception and has enabled this democracy to survive through many challenges and hope will continue to carry us forward. May God continue to bless the United States of America!

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. 119. Thank you!

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



Bay County Council on Aging Volunteer Program



**OUR VOLUNTEERS MAKE THE DIFFERENCE!
JOIN OUR MISSION TO FEED THOSE IN NEED!
BECOME A VOLUNTEER AND FEEL THE HAPPY!**



Volunteers celebrating
Birthdays in August!

Anna
Cecile
Charlotte
Conner
Corissa
Guy
Mark
Marusya
Patricia
Polly
Rachel
Violet

Wishing you all a very
HAPPY BIRTHDAY!



In a world defined by rising anxiety, disconnection, and division, the need for service has never been more urgent. Volunteering isn't just a way to help others—it's one of the most powerful ways we create meaning, reduce loneliness, and feel connected to something larger than ourselves. The simple act of volunteering, for example, has been found to improve both mental and physical health.

Volunteers Make Communities Work

Volunteering does more than help other people. It improves the mental health of the person giving their time. It builds skills and confidence. It reduces loneliness and fosters belonging. It advances the missions of nonprofits and strengthens communities. In a world where anxiety and social isolation are on the rise, that kind of connection is no longer a luxury. It's essential.

Edited by Lydia Vickery from the text of Psychology Today by Soren Kaplan Ph.D.



**MASS APPEAL FOR
SUBSTITUTE DRIVERS TO
COVER THE VACANT ROUTES
OF VACATIONING
VOLUNTEERS.**

**SUMMERTIME CREATES THE
“VVV” EFFECT.**

Help us meet the
challenge of the Vx3

**CALL BOB PACE
MOW COORDINATOR**

Find your purpose
Fulfill the need
We have a place for you
to succeed.

Meals-on-Wheels,
Respite Care and Brain
Health too. Each program
has a place for you!

We need your statistics!

PLEASE REMEMBER TO TURN IN YOUR TIME SHEET!



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

JULY

Brain Health Classroom
North side of Respite Center
Session Begins
July 28th 10am-2pm
Professional speakers - Lunch
will be served
Smart Fit brain health
enhancement
Exercise



AUGUST

Brain Health Classroom
North side of Respite Center
Session Begins
Sept. 15th 10am-2pm
Professional speakers - Lunch
will be served
Smart Fit brain health
enhancement
Exercise

Brain health is vital because it dictates your overall quality of life, allowing you to think, remember, communicate, and regulate emotions. As the command center of the body, a healthy brain prevents cognitive decline, lowers the risk of conditions like dementia, and directly supports lifelong physical and emotional well-being. Maintaining optimal brain health is important for several key reasons: Cognitive Function:

Preserves your ability to learn, concentrate, and solve problems.

Emotional Regulation: Supports mental health, helping you manage stress and avoid conditions like depression. Physical Independence: Coordinates motor skills and balance, reducing the risk of injuries and allowing you to live autonomously as you age. You can actively protect and improve your brain health by staying physically active, getting restful sleep, and maintaining social connections. To evaluate and track your cognitive well-being, explore the resources and assessment tools provided by the Alzheimer's Association or learn more about optimizing your neurological wellness via the World Health Organization.

Edited by: Lynn McCrory. Ph.D.

You are invited to attend the upcoming BCCOA BrainHealth Program on July 28th thru September 3rd.

Please contact Lynn McCrory for further BrainHealth information @ 850-769-3468.



Prevention of Alzheimer's disease can't be prevented. But making lifestyle changes can lower your risk of getting the disease.

Research suggests that taking steps that lower your risk of cardiovascular disease may reduce the risk of dementia, as well. To follow heart-healthy lifestyle choices that may lower the risk of dementia:

Exercise regularly.

Eat a diet of fresh produce, healthy oils and foods low in saturated fat, such as a Mediterranean diet.

Work with your healthcare professionals to manage high blood pressure, diabetes and high cholesterol. Pay particular attention to your levels of low-density lipoprotein, known as LDL, cholesterol. High levels of LDL cholesterol in people younger than 65 raise the risk of dementia. But taking medicines to lower LDL cholesterol doesn't raise the risk.

If you smoke, ask your healthcare professional for help to quit.

One large, long-term study done in Finland found that making lifestyle changes helped reduce cognitive decline among people who were at risk of dementia. Those in the study were given individual and group sessions that focused on diet, exercise and social activities.

Several studies have found that following a Mediterranean diet leads to better cognitive function and a slower cognitive decline with age. A Mediterranean diet focuses on plant-based foods such as fruits, vegetables, grains, fish, poultry, nuts and olive oil. The diet includes less foods that are high in saturated fats and trans fats, such as butter, margarine, cheese, red meat, fried food and pastries.

It's also important to treat vision loss and hearing loss. Studies have found that vision loss isn't treated as a risk factor for cognitive impairment and dementia. Studies also have found that people who have hearing loss are at higher risk of dementia. But wearing hearing aids makes people less likely to get dementia.

Other studies have shown that staying engaged mentally and socially is linked to preserved thinking skills later in life and a lower risk of Alzheimer's disease. This includes going to social events, reading, dancing, playing board games, creating art, playing an instrument and other activities.

More Information

Alzheimer's disease care at Mayo Clinic

Alzheimer's prevention: Does it exist?

By Mayo Clinic Staff

Alzheimer's disease care at Mayo Clinic

Edited by Lynn McCrory, Ph.D.

* Please contact Bay County Council on Aging for information regarding monthly Caregivers Support Group, Education Support Group, and Dr. James and Flo Nixon Respite Center.

Monthly Caregiver Support Groups

AUGUST

At the Respite Center Building

Sharing and Caring Group Meeting

2nd Friday, Aug. 14, 2026 1:00 PM

Educational Group Meeting

4th Wednesday, Aug. 26th, 2026

Guest speaker



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SEPTEMBER

At the Respite Center Building

Sharing and Caring Group Meeting

2nd Friday, Sept. 11, 2026 1:00 PM

Educational Group Meeting

4th Wednesday, Sept. 23, 2026

Guest speaker

COME AND GET IT
WE'LL FEED YOU
HERE!



Callaway Fellowship Center

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

9:00— Exercise

9:30am Health Dept. Presentation August 4,2026

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

11:00 LUNCH

Every Tuesday & Thursday



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch



Siena Gardens

Mondays & Wednesdays

10:00am Bingo—11am Lunch

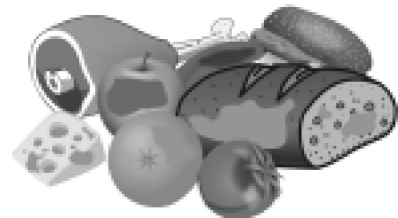
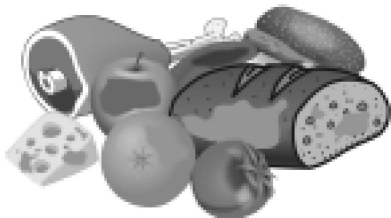
For Residents Only

St. Andrews Towers

Mondays—Tuesdays—Wednesday

2:30 pm - Dinner

For Residents only



Couliette Senior Center

August 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 at (850) 769-3468.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30am Anytime Fitness Exercise	9:30am Anytime Fitness Exercise	9:30am Pastries & Coffee	9:00 Pastries & Coffee	9:30 - Exercise
10:00am Bingo	10:00am Care Patrol	10:00 Bingo	10:00 Exercise & Games	10:00 - Bingo
11:00am Lunch	11:00am Lunch	11:00 Lunch	11:00 Lunch	11:00 - Lunch
			1:00pm Anytime Fitness Exercise	
10	11	12	13	14
9:30am Anytime Fitness Exercise	9:00 Pastries & Coffee	9:30am Pastries & Coffee	9:00 Pastries & Coffee	9:30 - Exercise
10:00am Bingo	10:00 Elder Affairs Sandra Wilson Elder Attorney	10:00 Bingo	10:00 Exercise & Games	10:00 - Bingo
11:00am Lunch	11:00 Lunch	11:00 Lunch	11:00 Lunch	11:00 - Lunch
	1:00pm Anytime Fitness Exercise		1:00pm Anytime Fitness Exercise	
17	18	19	20	21
9:30am Anytime Fitness Exercise	9:00 Pastries & Coffee	9:30am Anytime Fitness Exercise	9:00 Pastries & Coffee	9:30 - Exercise
10:00am Bingo	10:00 Exercise & Games	10:00am Bingo		10:00 - Bingo
11:00am Lunch	"Puppy Love" with Lynn and Ladybird	11:00am Lunch	11:00 Lunch	11:00 - Lunch
	11:00 Lunch		1:00pm Anytime Fitness Exercise	
	1:00pm Anytime Fitness Exercise			
24	25	26	27	28
9:30am Anytime Fitness Exercise	9:00 Pastries & Coffee	9:30am	9:00 Pastries & Coffee	9:30 - Exercise
10:00am Bingo	11:00 Lunch		10:00 Exercise & Games	10:00 - Bingo
11:00am Lunch	1:00pm Anytime Fitness Exercise	10:00am Bingo	11:00 Lunch	11:00 - Lunch
		11:00am Lunch	1:00pm Anytime Fitness Exercise	
31				
9:30am Anytime Fitness Exercise				
10:00am Bingo				
11:00am Lunch				

August



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<u>3 oz. Classic Meatloaf Sandwich w/ Onions</u> 1/2 C Peas & Carrots 1/2 C Sweet Potatoes 1 Hamburger Bun 1 Pkt. Ketchup 1pk. Sandwich Cookies	4 oz. Apple Juice <u>3 oz. BBQ Glazed Pork Riblet</u> 1/2 C Mixed Vegetables 1/2 C Garlic Mashed Potatoes 1 sl. Whole Grain Bread	<u>3 oz. Meatballs in Tangy Orange Sauce</u> 1/2 C Green Beans 1/2 C White Rice 1 sl. Whole wheat Bread 1 pk Sandwich Cookies 4 oz. Peach Cup	<u>3 oz. Baked Manicotti Alfredo</u> 1/2 C. Carrots 1/2 C. Corn 1 sl. Whole Grain Bread 1 Margarine Cup	<u>3 oz. Pork Chop Patty in Savory Sofrito</u> 1/2 C. Green Peas 1/2 C Sweet Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup 1 Pk. Sandwich Cookies
10	11	12	13	14
<u>3 oz. Italian-Style Meatballs w/ Pasta</u> 1/2 C Green Beans 1 sl. Whole Grain Bread 4 oz. Mixed Fruit Cup	<u>3 oz. NY Strip in Mustard Sage Sauce</u> 1/2 C. Carrots 1/2 c Diced Potatoes 1 sl. Whole Grain Bread 1 pk. Graham Crackers	<u>6.7 oz. Egg & Veggie Hash</u> 1/2 C Breakfast Potatoes w/ Onion 1/2 C Cranberry Apples 1 Margarine Cup	<u>8.5 oz. Twisted Mac & Cheese</u> 1/2 C Mixed Vegetables 1 sl. Whole Wheat Bread	<u>3 oz. Italian-Style Chicken Marinara</u> 1/2 C Green Beans 1/2 C Diced Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup
17	18	19	20	21
<u>7.3 oz. Three Cheese Macaroni & Cheese</u> 1/2 C. Carrots 1/2 C. Green Beans 1 sl. Whole Grain Bread	<u>15 oz Savory Lentil Stew</u> 1/2 C Apple Peach Pineapple 1 pk Salad Wafer Cracker	<u>3 oz Breaded Chicken in Country Pepper Gravy</u> 1/2 C Mixed Vegetable & Squash Medley 1/2 C Brussels Sprouts 1 sl. Whole Wheat Bread	4 oz. Blended Juice <u>2.1 oz. Zesty Spanish Omelet</u> 1/2 C Sweet Potatoes 1/2 C Kidney Beans 1 sl. Whole Grain	<u>3 oz. Tropical Chicken</u> 1/2 C Edamame & Carrots 1/2 C Coconut Brown Rice 1 sl. Whole Grain Bread 1 Margarine Cup
24	25	26	27	28
<u>3 oz. Sweet & Sour Pork</u> 1/2 C Corn 1/2 C Fried Rice 1 sl. Whole Wheat Bread	<u>4.4 oz. Batter Dipped Crispy Fish Nuggets</u> 1/2 C Carrots 1/2 C Green Beans w/ Red Peppers 1 sl. Whole Grain Bread	<u>3 oz. Hearty Meatloaf in Tomato Braise</u> 1/2 C Parslied Mashed Potatoes 1 sl. Whole Grain Bread 1 Snickerdoodle Cookie	4 oz. Apple Juice <u>3 oz. Manicotti & Tomato Sauce</u> 1/2 C Mixed Vegetables 1 sl. Whole Grain Bread	<u>2.1 oz Western Style Omelet</u> 1/2 C Breakfast Potatoes 1/2 C Cinnamon Applesauce 1 Nature Valley Granola Bar 1 pk. Oatmeal
31				
<u>3 oz. Classic Meatloaf Sandwich w/ Onions</u> 1/2 C Peas & Carrots 1/2 C Sweet Potatoes 1 Hamburger Bun 1 Pkt. Ketchup	 *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			



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

FOR RESIDENTS ONLY

24 Harrison Ave.
Panama City, FL 32401
Open: Monday, Tuesday & Wednesday -
afternoons
(for residents of St. Andrews Towers)
(850) 769-3468



Fountain Fellowship

First Baptist Church of Fountain

18906 North Highway 231
Fountain, FL 32438
Fountain, FL 32438
(850) 769-3468
Open: Monday