The Golden Edition

NOVEMBER 2026

Coulllette 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

Visit our website at www.baycouncilonaging.org

Bay County Council on Aging is also on

Like us on Facebook

Join us there for up-to-date information about activities, programs, services and news about seniors.

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HELP US STAY IN TOUCH!

Help us keep the "Golden Edition" mailing list growing. If you are receiving 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

UNITED WAY Affiliated Agency



Meet Lillian Jones. Lillian has been coming to the center since Aug. 2025 and was born & raised here. Being the fashionista she is, it is no surprise that her favorite pastime is shopping. Her restaurant of choice is seafood because her favorite food is shrimp.
Her message to future generations is, "Be Careful". That sounds like some pretty sage advice!

Our Council on Aging is very grateful for the support received for our Fall Festival!
A BIG THANK YOU to our Sponsors



Our Diamond Sponsor
Road Mart/Bay Town Tires



Our Platinum Sponsor
Benjamin F. Edwards



Our Silver Sponsors
Florida Power & Light
Nichols & Associates



Our Bronze Sponsors
Bill Cramer Chevrolet GMC
Clemons Company
First Federal Bank
Panhandle Credit Union
Reliant south Construction Group

MORE THANK YOUS FOR SPONSORS TO COME IN OUR DECEMBER NEWSLETTER.

Our newsletter printing time expired before the date for sponsors to make their contributions.

Come Early Come Late
We could not be a success without your!



A Special Thank you to Kiwanis for providing our Pancake Breakfast!

The Golden Edition is edited by Lydia Vickery

BAY COUNTY COUNCIL ON AGING

VOLUNTEER PROGRAM

Thank you!

Our Fall Festival Volunteers are Golden!
You helped to make another year's festival a grand success!

Organizing, donating, displaying, set up, transporting, lifting, and arranging.
All with a CAN DO spirit. It takes all of us and we appreciate your support for accomplishing this task. We look forward to working with you again! Yeah! VOLUNTEERS!

Volunteers celebrating Birthdays in October!

WISHING YOU ALL A VERY HAPPY BIRTHDAY!





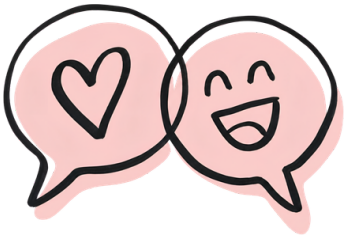
Bob
Charlie
Cindy
Deborah
Gayle
Jessica
Judith
Maria
Randy
Tony
Wanda
Ward



We need your statistics!
PLEASE REMEMBER TO TURN IN YOUR TIME SHEET!



Our clients love to laugh & so do volunteers



VOLUNTEERS
We will find a place for you.
Come fill your life with a grateful spirit.
Be a part of our mission to serve.

Our VOLUNTEERS MAKE THE DIFFERENCE!

JOIN OUR MISSION TO FEED THOSE IN NEED!

Become a volunteer and feel the happy!

Bay County Council on Aging Volunteer Program
VOLUNTEER OFFICE HOURS 9 am - 2 pm Monday-Friday (850) 769-3468 ext. 119 email:lydia.vickery@bccoa.net

NOVEMBER
BRAINHealth Classroom
North side of Respite Center
6 Week Session Begins
Nov. 10th - 10am-2pm
Professional speakers - Lunch will be served
SMARTfit
brain health enhancement
Exercise



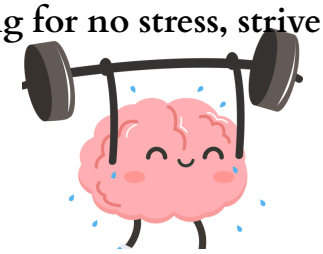
JANUARY
BRAINHealth Classroom
North side of Respite Center
6 Week Session Begins
January 5th - 10am-2pm
Professional speakers - Lunch will be served
SMARTfit
brain health enhancement
Exercise

Protect your brain from stress

Protect yourself from damaging stress

To better cope with stress, consider how you might minimize factors that make it worse. Here are some tips that can help you better manage stress and hopefully prevent some of the damaging effects it could have on your brain.

- **Establish some control over your situation. If stress isn't predictable, focus on controlling the things that are. "Having a routine is good for development and health," says Dr. Kerry Ressler, professor of psychiatry at Harvard Medical School. Predictability combats stress.**
- **Get a good night's sleep. Stress can result in sleep difficulties, and the resulting lack of sleep can make stress worse. "Sleep deprivation makes parts of the brain that handle higher-order functions work less well," says Dr. Ressler. Having healthy sleep habits can help. This includes going to bed and waking up at the same time each day, avoiding caffeine after noon, and creating a relaxing sleep environment.**
- **Get organized. Using strategies to help manage your workload can also reduce stress. For example, each day, create a concrete list of tasks you need to accomplish. This way, your duties won't seem overwhelming. Making a list also gives you a clear end point so you know when you are done. "Laying tasks out like this helps reduce the feeling that the brain is being bombarded," he says. It can also help you predict when you are likely to be stressed.**
- **Get help if you need it. Reaching out can help you become more resilient and better able to manage stress, which may ultimately protect your brain health. Earlier intervention may reduce disability caused by stress-related complications later on.**
- **Change your attitude toward stress. "A life without stress is not only impossible but also would likely be pretty uninteresting — in fact, a certain degree of stress is helpful for growth," says Dr. Ressler. So, rather than striving for no stress, strive for healthier responses to stress.**



Dr. Kerry Ressler, Havard Medical School

Edited by: Lynn McCrory, Ph.D.

Dr. James & Flo Nixon Respite Center

NOVEMBER
At the Respite Center Building
Sharing and Caring Group Meeting
2nd Friday, Nov. 13, 2026 1:00 PM
Educational Group Meeting
4th Wednesday, CANCELED FOR THANKSGIVING HOLIDAY



DECEMBER
At the Respite Center Building
Sharing and Caring Group Meeting
2nd Friday, Dec. 11, 2026 1:00 PM
Educational Group Meeting
4th Wednesday Dec. 23, 2026

The Holidays and Alzheimer's

The holidays are often filled with sharing, laughter and memories, but they can also bring stress, disappointment or sadness. A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced.

Involve the person in safe, manageable, holiday preparation activities that he or she enjoys:

Ask him or her to help you prepare food, wrap packages, help decorate or set the table.

Avoid using candies, artificial fruits and vegetables as decorations because some people living with dementia might confuse them with real food. Blinking lights may also be confusing.

When making holiday plans, consider what will be most comfortable and enjoyable for the person living with dementia, while keeping safety in mind. Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing.

Focus on the things that bring happiness and let go of activities that seem overwhelming, stressful or too risky. Taking on too many tasks can wear on both of you.

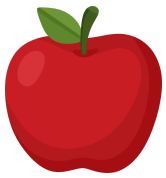
Build on traditions and memories and experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies.

Alzheimer's Association

Edited by: Lynn McCrory, Ph. D

MEAL SITES

COME AND GET IT!
WE'LL FEED YOU HERE!



Callaway Fellowship Center

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

9:00/9:30— Exercise

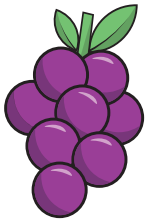
10:00 - 11:00 - Bingo, Games & Socialization

Special Events

Nov. 10th - 9:30 PC Youth Orchestra

Nov. 12th - Music by the Corams







Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

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

Nov. 9th - 9:30 Bay County Health Department





Siena Gardens

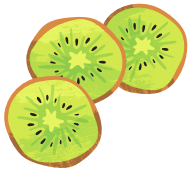
Mondays & Wednesdays

10:00am Bingo—11am Lunch

11:30-12 Anytime Fitness

For Residents Only





St. Andrews Towers

Mondays—Wednesday—Fridays

2:30 pm - Dinner

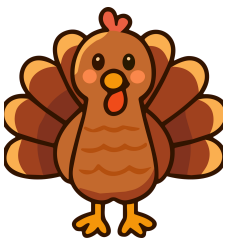
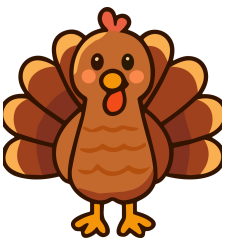
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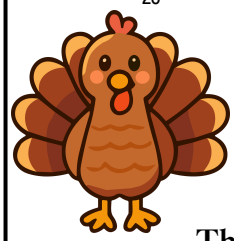
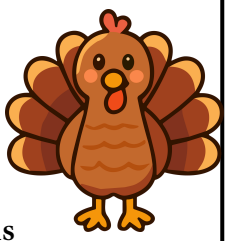


November Activities

Coulliette Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch	3 9:00 Pastries & Coffee 11:00 Lunch 1:00 Anytime Fitness	4 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	5 9:00 Pastries Coffee 11:00 Lunch 1:00 Anytime Fitness	6 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
9 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	10 9:00 Pastries & Coffee 10:00 Ukes 11:00 Lunch 1:00 Anytime Fitness	11 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	12 9:00 Pastries & Coffee 9:30 PC Youth Orchestra 11:00 Lunch 1:00 Anytime Fitness	13 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
16 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	17 9:00 Pastries & Coffee 9:30 Puppy Love 10:00 Tyndall Fed. Credit Union 11:00 Lunch 1:00 Anytime Fitness	18 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	19 9:00 Pastries & Coffee 10:00 Filipino dancers 11:00 Lunch 1:00 Anytime Fitness	20 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
23 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	24 9:00 Pastries & Coffee 9:30 11:00 Lunch 1:00 Anytime Fitness	25 CLOSED 	26 CLOSED THANKSGIVING HOLIDAYS	27 CLOSED 
26 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	27 9:00 Pastries & Coffee 10:00 Mary Lou Conch Blower 11:00 Lunch 1:00 Anytime Fitness	28 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	29 9:00 Pastries & Coffee 11:00 Lunch 1:00 Anytime Fitness	30 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch

November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 3 oz. Italian-Style Meat-balls w/ Pasta ½ C Green Beans 1 sl. Whole Grain Bread 4 oz. Mixed Fruit Cup 8 oz. 1% Milk	**2** **3 oz. NY Strip in Mustard Sage Sauce** **½ C. Carrots** ½ C Diced Potatoes 1 sl.Whole Grain Bread 1 pk. Graham Crackers 1 pk. Sandwich cookies 8oz. 1% Milk	3 6.7 oz. Egg & Veggie Hash ½ C. Breakfast Potatoes w/ Onions ½ C. Cranberry Apples 1 Margarine Cup 1 pk Oatmeal 4 oz. Citrus Fruit Cup 8oz. 1% Milk	4 8.5 oz. Twisted Mac & Cheese ½ C. Mixed Vegetables 1 sl. Whole Wheat Bread 1 pk. Grahm Crackers 1 pk. Sandwich Cookies 8oz. 1% Milk	5 3 oz. Italian Style Chicken Marinara ½ C. Green Beans ½ C. Diced Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup 1 pk. Sandwich Cookies 8oz. 1% Milk
9 **7.3 oz. Three Cheese Macaroni & Cheese** **½ C. Carrots** **½ C Green Beans** **1 sl. Whole Grain Bread** **1 Margarine Cup** **1 pk Graham Crackers** **8oz. 1% Milk**	**10** **15 oz. Savory Lentil Stew** **½ C. Apple Peach Pineapple** **1 pk Salad Wafer Crackers** **1 Peanut Butter** **8oz. 1% Milk**	11 3 oz. Breaded Chicken in Country Pepper Gravy ½ C. Mixed Vegetables & Squash Medley ½ C. Brussels Sprouts 1 s. Whole Wheat Bread 1 pk. Salad Wafer Crackers 1 pk. Sandwich Cookies 8oz. 1% Milk	**12** **4 oz. Blended Juice** **2.1 oz. Zesty Spanish Omelet** **½ C. Sweet Potatoes** **½ C Kidney Beans** **1 sl. Whole Grain Bread** **1 pk Oatmeal** **8oz. 1% Milk**	**13** **3oz. Tropical Chicken** **½ C. Edamame & Carrots** **½ C. Coconut Brown Rice** **1 al. Whole Grain Bread** **1 Margarine Cup** **8oz. 1% Milk**
16 3 oz. Sweet & Sour Pork ½ C Corn ½ C Fried Rice 1 sl. Whole Wheat Bread 1 Margarine Cup 1 pk Graham Crackers 4 oz. Peach Cup 8oz. 1% Milk	17 4.4 oz. Batter Dipped Crisy Fish Nuggets ½ C Carrots ½ C Green Beans w/ Red Peppers 1 sl. Whole Grain Bread 1 pkt Tartar Sauce 1 pk. Sandwich Cookies 8oz. 1% Milk	18 3 oz. Hearty Meatloaf in Tomato Braise ½ C. Parslied Mashed Potatoes 1 sl. Whole Grain Bread 1 Snickerdoodle Cookie 8oz. 1% Milk	19 4 oz. Apple Juice 3 oz. Manicotti & Tomato Sauce ½ C. Mixed Vegetables 1 sl. Whole Grain Bread 1 pk. Sandwich Cookies 8oz. 1% Milk	20 2.1 oz. Western Style Omelet ½ C. Breakfast Potatoes ½ C. Cinnamon Applesauce 1 Nature Valley Granola Bar 1 pk. Oatmeal 8oz. 1% Milk
23 3 oz. Classic Meatloaf Sandwich w/ Onions ½ C Peas & Carrots ½ C Sweet Potatoes 1 Hamburger Bun 1 pkt. Ketchup 1 pk. Sandwich Cookies 8oz. 1% Milk	24 4 oz. Apple Juice 3 oz. BBQ Glazed Pork Riblet ½ C Mixed Vegetables ½ C Garlic Mashed Potatoes 1 sl. Whole Grain Bread 8oz. 1% Milk	25 	26 HAPPY THANKSGIVING Closed for the Holiday	27 
30 3 oz. Italian Style Meatballs w/ Pasta ½ C Green Beans 1 Sll. Whole Grain Bread 4 oz. Mixed Fruit 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 • Meals subject to change w/o notice			

Thank You Knights of Columbus

BAY COUNTY
Council on Aging

Non Profit

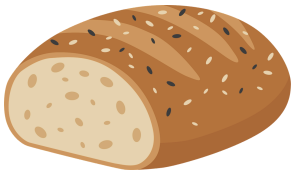
US Postage paid

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





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

Callaway Fellowship Center
Arts & Conference Center
500 Callaway Parkway
Callaway, FL
(850) 769-3468
Open: Tuesday & Thursday



St. Andrews Tower
FOR RESIDENTS ONLY
24 Harrison Ave.
Panama City, FL 32401
(850) 769-3468
Open: Monday, Tuesday & Wednesday afternoons
(850) 769-3468



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