The Golden Edition

OCTOBER

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



All areas will need help before, during and after the event.

- Set up a chair, move a table, wrap a package, arrange a gift basket, sell food tickets, sell raffle tickets, drive a golf cart, help seniors with packages, take out the garbage, give directions, eat great food and buy treats.

Your efforts will help our fundraiser be a success!

The Golden Edition is edited by Lydia Vickery

BAY COUNTY COUNCIL ON AGING

VOLUNTEER PROGRAM

We need your statistics!

PLEASE REMEMBER TO TURN IN YOUR TIME SHEET!

Our VOLUNTEERS MAKE THE DIFFERENCE!

JOIN OUR MISSION TO FEED THOSE IN NEED!

Become a volunteer and feel the happy!



Volunteers celebrating Birthdays in October!

WISHING YOU ALL A VERY HAPPY BIRTHDAY!



Gene
Karen
Kimberly
Lynne
Mark
Pat
Roberta
Sharon
Tom
William

Our Volunteers do different tasks throughout each month.
We will find a place for you.
Come fill your life with a grateful spirit.
Be a part of our mission to serve.







Call Bingo
Give Smiles

Serve
Seniors
Get
Smiles



FALL FESTIVAL APPEAL FOR BASKETS & GOODIES

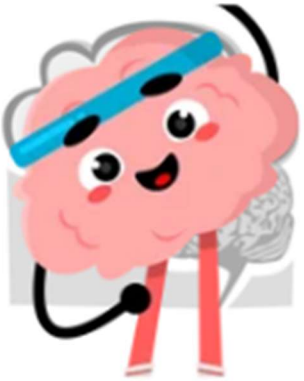
DROP BASKETS BY THE VOLUNTEER PROGRAM OFFICE

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

What behaviors support my brain health?

Physical and mental activity*.

- Heart-healthy exercises to your routine to help reduce your risk of high blood pressure, diabetes and high cholesterol.
- Activities that engage your mind and strengthen social connections.
- Exercises you enjoy and stay consistent.

Heart-healthy diet*.

- Green, leafy vegetables: kale, spinach, collards, and broccoli.
- Walnuts and fatty fish that are rich in omega-3 fatty acids: salmon, cod, canned light tuna and pollock.
- Berries rich in flavonoids: blackberries, blueberries, cherries and raspberries.

Social life

- Free or low-cost activity, like a walking group or book club.
- Spending time with friends and family.
- Activities that are meaningful to you.

Brain engagement

- Learning a new skill, such as an instrument or language.
- Finding new ways to complete familiar tasks.
- A puzzle or strategy-based game.

Consult your healthcare provider before making changes to your diet or physical regimen.

Your invited to attend the BCCOA BRAINHealth Program
Eli Lilly and Company
Edited by Lynn McCrory, Ph.D.



Edited by: Lynn McCrory, Ph.D.

Dr. James & Flo Nixon Respite Center

OCTOBER
At the Respite Center Building
Sharing and Caring Group Meeting
Friday, Oct. 9, 2026 1:00 PM
Educational Group Meeting
4th Wednesday, Oct. 28, 2026
Guest speaker



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

Sudden Memory Loss: Causes, Symptoms, and Treatment

Written by Kathryn Whitbourne
Medically Reviewed by Jabeen Begum, MD on August 08, 2024

Vitamin B12 Deficiency

- Too little vitamin B12 in your diet can also affect your memory. This nutrient helps your body use energy from food, and it protects nerve cells so you can think clearly.Your body doesn't make vitamin B12. You get it from animal products such as meat, fish, milk, cheese, and eggs. Some vegans might not get enough vitamin B12 from diet alone. If you're low in this vitamin, ask your doctor about taking a supplement.

Thyroid Problems

- The thyroid gland in your neck produces hormones that control how quickly your body burns food for energy. When your thyroid makes too little of its hormones — called hypothyroidism – your whole body slows down. You can feel tired, depressed, and forgetful. Your doctor will do a blood test to check your thyroid hormone levels. If they're low, you'll be prescribed thyroid hormone pills.

Alcohol Abuse

- If you binge drink — have many drinks in a short time — you may sometimes "black out." This means you have no or only partial memory of what happened while you were binge drinking. You might not remember holding certain conversations or having sex, for instance. Alcohol stops your brain from forming new long-term memories. This problem increases with the amount of liquor you drink. Binge drinking and doing drugs together can increase the chance of a blackout. If you keep drinking too much, memory loss can become permanent.

Head Injuries

- A fall, car accident, or other hard knock to the head can leave you unable to remember people or events. Even if the injury doesn't knock you unconscious, it can lead to sudden memory loss. Depending on how severe the hit to your head was, the memory issues might go away within 24 hours or be permanent.

Strokes

- A stroke happens when a blockage or weak area in a blood vessel cuts off blood flow to part of your brain. Without oxygen-rich blood, brain cells start to die. A stroke can cause short-term or long-term memory loss. You might start forgetting things you've learned or get easily confused. To protect your blood vessels and prevent more strokes:
- Control your blood pressure and cholesterol levels with diet, exercise, and medicine.
- Treat high blood sugar if you have diabetes
- Don't smoke

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

Oct. 6 - Mary Mathis to sing 9:30

Oct. 8 - Filipino dancers at 10:00



Oct. 13 - Debbie from Encompass 9:30



Oct. 20 - Bay County Health Dept. Dixie 9:30

Oct. 22 - Jean Hooper master gardener 9:30

Oct. 27 - Maxine w/ Spay Bay 9:30

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

11:30-12 Anytime Fitness

For Residents Only



St. Andrews Towers



Mondays—Wednesday—Fridays

2:30 pm - Dinner

For Residents Only



October Activities

Coulliette Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Pastries & Coffee 11:00 Lunch 1:00 Anytime Fitness	2 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
5 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	6 9:00 Pastries & Coffee 11:00 Lunch 1:00 Anytime Fitness	7 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	8 9:00 Pastries & Coffee 9:30 Coram's Entertainment 11:00 Lunch 1:00 Anytime Fitness	9 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
12 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	13 9:00 Pastries & Coffee 9:30 Puppy Love 11:00 Lunch 1:00 Anytime Fitness	14 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	15 9:00 Pastries & Coffee 10:00 Filipino dancers 11:00 Lunch 1:00 Anytime Fitness	16 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
19 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	20 9:00 Pastries & Coffee 9:30 Gardening by Sandy McInnis 11:00 Lunch 1:00 Anytime Fitness	21 9:00 Pastries & Coffee 9:30 Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	22 9:00 Pastries & Coffee 9:30 Debbie from Encompass 11:00 Lunch 1:00 Anytime Fitness	23 9:00 Pastries & Coffee 10:00 BINGO 11:00 Lunch
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

October Menu

*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			1 **3 oz. Baked Manicotti Alfredo** 1/2 C. Carrots 1/2 C. Corn 1 sl. Whole Grain Bread 1 Margarine Cup 4 oz Mandarin Cup 8 oz. 1% Milk	2 **3 oz. Pork Chop Patty in Savory Sofrito** 1/2 C. Green Peas 1/2 C Sweet Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup 1 Pk. Sandwich Cookies 8 oz 1% Milk
5 **3 oz. Italian-Style Meatballs w/ Pasta** 1/2 C Green Beans 1 sl. Whole Grain Bread 4 oz. Mixed Fruit Cup 8 oz. 1% Milk	6 **3 oz. NY Strip in Mustard Sage Sauce** 1/2 C. Carrots 1/2 c Diced Potatoes 1 sl. Whole Grain Bread 1 pk. Graham Crackers 1 pk. Sandwich Cookies 8 oz. 1% Milk	7 **6.7 oz. Egg & Veggie Hash** 1/2 C Breakfast Potatoes w/ Onion 1/2 C Cranberry Apples 1 Margarine Cup 1 pk. Oatmeal 4 oz. Citrus Fruit Cup 8 oz. 1% Milk	8 **8.5 oz. Twisted Mac & Cheese** 1/2 C Mixed Vegetables 1 sl. Whole Wheat Bread 1 pk. Graham Crackers 1 pk. Sandwich Cookies 8 oz 1% Milk	9 **3 oz. Italian-Style Chicken** Marinara 1/2 C Green Beans 1/2 C Diced Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup 1 pk. Sandwich Cookies 8 oz. 1% Milk
12 **7.3 oz. Three Cheese Macaroni & Cheese** 1/2 C. Carrots 1/2 C. Green Beans 1 sl. Whole Grain Bread 1 Margarine Cup 1 pk Graham Crackers 8 oz 1% Milk	13 **15 oz Savory Lentil Stew** 1/2 C Apple Peach Pineapple 1 pk Salad Wafer Cracker 1 Peanut Butter 8 oz 1% Milk	14 **3 oz Breaded Chicken in Country Pepper Gravy** 1/2 C Mixed Vegetable & Squash Medley 1/2 C Brussels Sprouts 1 sl. Whole Wheat Bread 1 pk Salad Wafer Crackers 1 pk Sandwich Cookies 8 oz 1% Milk	15 4 oz. Blended Juice **2.1 oz. Zesty Spanish Omelet** 1/2 C Sweet Potatoes 1/2 C Kidney Beans 1 sl. Whole Grain Bread 1 pk Oatmeal 8oz 1% Milk	16 **3 oz. Tropical Chicken** 1/2 C Edamame & Carrots 1/2 C Coconut Brown Rice 1 sl. Whole Grain Bread 1 Margarine Cup 8 oz. 1% Milk
19 **3 oz. Sweet & Sour Pork** 1/2 C Corn 1/2 C Fried Rice 1 sl. Whole Wheat Bread 1 Margarine Cup 1 pk. Graham Crackers 4 oz. Peach Cup 8 oz. 1% Milk	20 **4.4 oz. Batter Dipped Crispy Fish Nuggets** 1/2 C Carrots 1/2 C Green Beans w/ Red Peppers 1 sl. Whole Grain Bread 1 pkt Tartar Sauce 1 pk Sandwich Cookies 8 oz. 1% Milk	21 **3 oz. Hearty Meatloaf in Tomato Braise** 1/2 C Parslied Mashed Potatoes 1 sl. Whole Grain Bread 1 Snickerdoodle Cookie 8 oz. 1% Milk	22 4 oz. Apple Juice **3 oz. Manicotti & Tomato Sauce** 1/2 C Mixed Vegetables 1 sl. Whole Grain Bread 1 pk. Sandwich Cookies 8 oz 1% Milk	23 **2.1 oz Western Style Omelet** 1/2 C Breakfast Potatoes 1/2 C Cinnamon Applesauce 1 Nature Valley Granola Bar 1 pk. Oatmeal 8 oz. 1% Milk
26 **3 oz. Classic Meatloaf Sandwich w/ Onions** 1/2 C Peas & Carrots 1/2 C Sweet Potatoes 1 Hamburger Bun 1 Pkt. Ketchup 1pk. Sandwich Cookies 8oz. 1% Milk	27 4 oz. Apple Juice **3 oz. BBQ Glazed Pork Riblet** 1/2 C Mixed Vegetables 1/2 C Garlic Mashed Potatoes 1 sl. Whole Grain Bread 8 oz. 1% Milk	28 **3 oz. Meatballs in Tangy** Orange Sauce 1/2 C Green Beans 1/2 C White Rice 1 sl. Whole wheat Bread 1 pk Sandwich Cookies 4 oz. Peach Cup 8 oz. 1% Milk	29 **3 oz. Baked Manicotti Alfredo** 1/2 C. Carrots 1/2 C. Corn 1 sl. Whole Grain Bread 1 Margarine Cup 4 oz Mandarin Cup 8 oz. 1% Milk	30 **3 oz. Pork Chop Patty in Savory Sofrito** 1/2 C. Green Peas 1/2 C Sweet Potatoes 1 sl. Whole Wheat Bread 1 Margarine Cup 1 Pk. Sandwich Cookies 8 oz 1% Milk

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
(805)769-3468



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