



December 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



Holiday Reflections

Wishing you a blessed holiday season.

“Christmas reminds us that blessings multiply when shared, growing stronger with each act of kindness we extend to fellow humans.”

“Christmas blessings teach us that giving is receiving, that love multiplies, and that faith can move mountains when truly believed.”

“I wish you Christmas blessings of pure joy that makes you laugh out loud, dance without inhibition, and celebrate life’s goodness.”

*Thank
you!*

Many thanks to all who made this year's Fall Festival our BIGGEST success...ever! We could not have done it without all of the dedicated volunteers who entertained, cooked, served, sorted, sewed, set-up, cleaned-up and helped in so many other ways. The 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 all of the support from those in our wonderful community who partnered with us so we can 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 Lydia Vickery

Thank you to our Fall Festival Sponsors! Ultimate Sponsor



Diamond Sponsors

BAY COUNTY
SHERIFF'S OFFICE
Sheriff Tommy Ford



BENJAMIN F. EDWARDS
INVESTMENTS for GENERATIONS®

Platinum Sponsors



Emerald Coast Hospice Care

Silver Sponsors



Gold Sponsors



Bronze Sponsors



FIRST FEDERAL BANK



Southern Cleaning Supply





Thank you to our In Kind all Festival Sponsors!



Chick-Fil-A (23rd St.) Color Press Ga Foods

Grocery Outlet—Panama City Kiwanis Club

Knights of Columbus Lowe's (23rd St) Oglesby Nursery

Panama City Fire Department St. Andrews Ukes

Publicity

WJHG - Channel 7 WMBB - Channel 13



Bay County Council on Aging Volunteer Program



Merry Christmas Volunteers!

We appreciate our volunteers all year long. At the end of the year, we especially recognize the dedication our volunteers have shown to our agency. Their willingness and commitment to our programs are the reasons for our success. Their standards for service reflect the highest and best character traits needed to serve seniors in need. Come join our program and share your talents as a volunteer. Just as our kitchen staff adds spice to our meals, our volunteer staff adds spice to our programs.

Share your talents and your special spices with our seniors!



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

Please notify our volunteer program, if you are interested in special deliveries to our seniors during this Christmas season.

Our Senior Santa program helps to bring gift givers from the community to our agency for our most needy of seniors. After completing our “grantor of wishes” form, these participants purchase, wrap, and tag gifts to be delivered to our evaluated participants. Volunteers will be requested to make many of these deliveries. We welcome your help for this distribution.

If you are interested in participating as a “grantor of wishes”, drop by the volunteer office to complete the form and receive instructions for the program. THANK YOU!

Happy Birthday December Birthday Volunteers



*Ava - Beverly- Dan - Don - Glenda
Jim - John - Madison—Margaret—Noel*



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

Caregiver Connections

Information for Caregivers

Monthly Caregiver Support Groups

DECEMBER

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, December 12, 2025

1:00 PM

There will not be an
Educational Group Meeting
due to the Christmas holiday.

Merry Christmas!

JANUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, January 9, 2026

1:00 PM

Educational Group Meeting
4th Wednesday, January 28, 2026
Guest speaker TBA.



Meal Site Activities - December

Callaway Fellowship Center

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

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

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

11:00 - Lunch

December 18th - Q & A with Nurse: Dixie Williams, R.N. Bay Co. Health Dept.

Christmas Lunch

December 24th - 25th - Closed for Christmas

December 30st - New Year's Lunch



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

December 1st. - Bingo

December 15th - Christmas Dinner

December 29th - New Year's Party



St. Andrews Towers

Mondays, Tuesdays & Wednesdays

17th—Christmas Dinner

December 24th & 25th - Closed for
Christmas

30th—New Year's Dinner

For residents of St. Andrews Towers.

December

Senior Center & Meal Site Activities

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.

Monday

1

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



Tuesday

2

9:30 - Exercise
10:00 - **PANAMA CITY BALLET**
10:30 - Games & Trivia
11:00 - Lunch
1:00 - Exercise Class

Wednesday

3

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



Thursday

4

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



Friday

5

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

8

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



9

9:30 - Exercise
10:00 - **Q&A with the nurse: Dixie Williams, R.N. Bay Co. Health Dept.**
10:30 - Games & Trivia
11:00 - Lunch
1:00 - Exercise Class

10

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

11

9:30 - Exercise
10:00 - **Cooking with Jo**
11:00 - Lunch
1:00 - Exercise Class



12

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

15

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



16

9:30 - Exercise
10:00 - **Karaoke Christmas**
11:00 - Lunch
1:00 - Exercise Class



17

9:30 - Exercise
10:00 - Bingo
11:00 - **Christmas Dinner**
Birthday Celebration



18

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



19

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



22

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

23

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

24

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



25

26

29

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

30

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

31

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
News Years Party

Merry Christmas
Senior Center Closed

December



Monday

1

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.
1% Milk

Tuesday

2

3 oz. Meatballs & Pasta in Marinara
1/2 c. Green Beans
1 sl. Whole Wheat Bread 1 Margarine Cup 1pk
Graham Crackers
4 oz. Citrus Fruit cup
8 oz. 1% Milk

Wednesday

3

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

Thursday

4

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
8 oz. 1% Milk

Friday

5

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

8

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
1 Lemon Cookie
8 oz. 1% Milk

9

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 Cup 8 oz. 1% Milk

10

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

11

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.
Peach Cup
8 oz. 1% Milk

12

3 oz. Manicotti w/ Tomato Sauce
1/2 C. Mixed Vegetables
1 sl. Whole Grain Bread
1 pk. Strawberry Sandwich Cookies
4 oz. Applesauce
8 oz. 1% Milk

15

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 Cookies
8 oz. 1% Milk

16

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

17

3oz. NY Strip w/ Pizzillo 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

18

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

19

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

22

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

23

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

24

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

25

26

Merry
Christmas

Senior Center Closed

29

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. 1% Milk

30

3 oz. Meatballs & Pasta in Marinara
1/2 c. Green Beans
1 sl. Whole Wheat Bread
1 Margarine Cup
1pk Graham Crackers
4 oz. Citrus Fruit cup
8 oz. 1% Milk

31

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



Meals subject to
change without
notice

*all meals served
with 1% fat milk

*Low sodium meals
contain less than
1,400 mg of sodium



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)

(850) 769-3468



Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL

(850) 769-3468

Open: Tuesdays & Thursdays

Fountain Fellowship Center

First Baptist Church of Fountain

18906 North Highway 231

Fountain, FL 32438

(850) 769-3468

Open: Mondays

