



April 2026

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



Greetings!

I want to thank each of you for such a warm welcome to the Bay County Council on Aging. As you can imagine, I have big shoes to fill following Beth Coulliette's 40 plus years of exceptional leadership and service as the Chief Executive Officer of BCCOA. I have known Beth for many years and have immense respect for her, both personally and professionally. As I take on this herculean task, I will rely on her (yes, I stay in contact with her), the board and each of you to ensure that the BCCOA continues to offer quality services that assist senior adults to maintain their health and independence and to lead healthy, active lives as members of their families and communities.

After about 5 weeks on the job, my bottom line assessment as BCCOA's new CEO is that we have amazing staff and volunteers doing extraordinary work every day! Each morning when I arrive at work, there are volunteers already hard at work unloading donations and preparing food for delivery with our Meals on Wheels program. The kitchen staff is working tirelessly preparing meals for the day and moving at a pace that makes this ole boy's head spin. There is a constant stream of volunteers throughout the morning working harder than most folks would be that are getting paid for their services. What is even more incredible is that everyone, volunteers and staff alike, conduct their work with joy and a focused sense of purpose. It is truly a well oiled machine!

Upon interacting with our clients, I quickly realize why this amazing workforce is able to work cohesively together with such motivation and joy; they are serving a population that is truly grateful to receive their help. Whether it is a single elder at home by herself receiving a meal or a group of ladies who regularly attend the congregate meal site to enjoy fellowship, games and a warm meal, all of them express genuine gratitude for the services that they receive. Interacting with a volunteer may be the only contact that some may have for the entire day and they truly cherish the human connection that the BCCOA provides them.

I am honored to join this amazing organization and look forward to the work that lies ahead to ensure that the Bay County Council on Aging continues to thrive and assist as many senior adults in our community as possible. Blessings to you all and to God be the glory!

Joel Booth
CEO

HELP US STAY IN TOUCH! Call (850)769-3468 to share updated address and phone information.
THE GOLDEN EDITION is edited by Lydia Vickery



Bay County Council on Aging Volunteer Program



Thank you
Gulf Coast Women's Club

“If a man measures life by what others do for him, he is going to be very disappointed; but if he measures life by what he does for others, there is no time for despair.” unknown author



Thank you MADISON for all that you

Thank you Northstar
Church Group for
throwing our clients a
Valentine's party.
Congratulations to the
BIG CANDY WINNER!



One of my favorite quotes speaks of our larger community. And this author was a leader in our local community. Dr. Terry Jack, PhD.

Dr. Jack expressed this quote in an article he authored in 2017,

“The future depends on the *“habits of the heart”* citizens develop, and on the health of the VOLUNTARY ASSOCIATIONS in which the heart is formed: families, neighborhoods, classrooms, congregations, workplaces, local government, and other places where strangers meet.”

Our meal sites are places where strangers meet. We help participants to develop “habits of the heart”.

WOW—THANK YOU TO THE COUNCIL ON AGING VOLUNTEERS WHO HAVE DEVELOPED “HABITS OF THE HEART” WHICH THEY CHOOSE TO SHARE WITH OUR BAY COUNTY SENIORS!

Happy Birthday to Volunteer's celebrating April Birthday!



Bill—Cathy—Chris—Gary L.—Gary W.—James—Kim—Kimberly—Lee—Mark—
Mallory—Nancy—Sharon—Susan—Vivian

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



BRAINHealth



Dr. Sanjay Gupta’s approach to brain health, detailed in *Keep Sharp*, focuses on building cognitive reserve through five pillars: daily physical exercise, 7-9 hours of restorative sleep, a Mediterranean-style diet (low sugar, high nutrients), new mental challenges, and consistent social interaction. He emphasizes that brain health is trainable at any age.

Key Brain Health Pillars (S.H.A.R.P.)

Based on his research, Dr. Gupta recommends the following strategies to maintain cognitive function and reduce dementia risk:

- **Move Regularly:** Exercise increases, repairs, and maintains brain cells. Even 2 minutes of activity every hour can boost brain health.
- **Sleep for "Cleanup":** 7 to 9 hours of sleep is crucial for the brain to remove metabolic waste and consolidate memories.
- **S.H.A.R.P. Dietary Protocol:** This includes reducing added sugars, staying hydrated, consuming more Omega-3 fatty acids (nuts, fish), reducing portion sizes, and planning meals.
- **Constant Learning:** Challenging the brain with new, difficult tasks (e.g., learning a new language or musical instrument) helps build new neural pathways.
- **Social Connection:** Maintaining a "vibrant social life" is critical for reducing stress and slowing cognitive decline.

Additional Insights

- **Manage Stress:** Chronic stress negatively impacts the brain, making activities like meditation and nature walks essential.
- **"Use It or Lose It":** The brain can get sharper with age, but requires consistent stimulation to prevent decline.

Neuroplasticity: It is never too late to develop new brain pathways.

Dr. Gupta emphasizes that what is good for the heart is generally good for the brain.

Please come join us for the next session of BRAINHealth beginning April 21st thru May 28th.

Contact Lynn McCrory at 850-769-3468 for more information.

APRIL
 Brain Health Classroom
 North side of Respite Center
 Session Begins
 April 21st 10am-2pm
Professional speakers—Lunch will be served
Smart Fit brain health enhancement
Exercise

JUNE
 Brain Health Classroom
 North side of Respite Center
 Session Begins
 June 9th 10am-2pm
Professional speakers - Lunch will be served
Smart Fit brain health enhancement
Exercise



Caregiver Connections

Information for Caregivers

WARNING SIGNS OF ALZHEIMER'S

If you notice any of these signs, take action. Use this information to note your concerns so you can address them with a friend, family member or doctor.

NOTE: It's possible for individuals to experience one or more of these signs in varying degrees. It is not necessary to experience every sign in order to raise concern.

MEMORY LOSS THAT DISRUPTS DAILY LIFE
CHALLENGES IN PLANNING OR SOLVING PROBLEMS
DIFFICULTY COMPLETING FAMILIAR TASKS
CONFUSION WITH TIME OR PLACE
TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIP
MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS
DECREASED OR POOR JUDGMENT
WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES
CHANGES IN MOOD OR PERSONALITY.

WHAT'S NEXT? If you're concerned that you or someone you know is displaying any of these signs, take action.

- Talk to someone you trust. It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit alz.org/memoryconcerns.
- See a doctor. Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore treatment options. To learn more about the diagnostic process, visit alz.org/evaluatememory. Get support and information. Call the Alzheimer's Association 24/7 Helpline (800.272.3900) or visit alz.org/10signs. Note: This list is for information only and not a substitute for a consultation with a qualified medical professional.

Edited by: Lynn McCrory, Ph.D.

Monthly Caregiver Support Groups

APRIL

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, April 10, 2026

1:00 PM

Educational Group Meeting

4th Wednesday, April 22, 2026

Guest speaker

Alexis Jones with Alzheimers's Asso.

MAY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, May 8, 2026

1:00 PM

Educational Group Meeting

4th Wednesday, May 27, 2026

Guest speaker

FREE INCOME TAX ASSISTANCE INFORMATION

AARP Foundation Tax-Aide

Free Income Tax Service in Bay County www.FL6.taxaide.aarpfoundation.org

Panama City Beach Library - Mondays & Saturdays 12500 Hutchison Blvd., Panama City Beach

Trinity Lutheran Church - Thurs. & Fri. - 1001 West 11th Street (corner of 11th Street and Balboa Av. PC

The Arc of the Bay - Wednesdays 1804 Carolina Avenue, Lynn Haven

The taxpayer must have an appointment to attend the site. Appointments may be scheduled by calling (850) 583-4606. Leave a voicemail with your name and phone number with area code. The greeting on that phone number should repeat those instructions. Someone will return your call to schedule and appointment at one of these sites.

United Way's Volunteer Income Tax Assistance (VITA)

For more information:

www.unitedwaynwfl.org/vita-bay-county-fl or call United Way at (850) 785-7521

A.D. Harris Learning Village 819 East 11th Street, Panama City

No appointment needed. Tuesdays, Wednesdays, Thursdays, & Saturdays - 9 am to 2 pm, through April 11th



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch



St. Andrews Towers

Mondays—Tuesdays—Wednesdays

2:30 pm - Dinner For Residents Only

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



Siena Gardens

Mondays & Wednesdays

10:00am Bingo—11am Lunch

For Residents Only

Every Tuesday & Thursday

















9:00-10:00 Anytime Fitness

Exercise

April

Couliette Senior Center 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	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>2</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>3</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>
<p>6</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p> 	<p>7</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>8</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch </p> <p><u>2:00 pm</u> <u>Andrew Wiggins Paint with a twist</u></p>	<p>9</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>10</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p> 
<p>13</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>14</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p><u>10:00 Neysa Wilkins</u> </p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>15</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>16</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>17</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>
<p>20</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>21</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>22</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>23</p> <p>9:00 Pastries & Coffee</p> <p>9:30-1st Federal Fraud</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>24</p> <p>9:30 - Exercise</p> <p>10:00 - Bingo</p> <p>11:00 - Lunch</p>
<p>27</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>28</p> <p>9:00 Pastries & Coffee</p> <p>Music by Mr. Taylor</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	<p>29</p> <p>9:30am Anytime Fitness Exercise </p> <p>10:00am Bingo</p> <p>11:00am Lunch</p>	<p>30</p> <p>9:00 Pastries & Coffee</p> <p>10:00 Exercise & Games</p> <p>11:00 Lunch</p> <p>1:00pm Anytime Fitness Exercise</p>	

April



Monday		Tuesday	Wednesday	Thursday	Friday
<p>*all meals served with 1% fat milk</p> <p>*Low sodium meals contain less than 1,400 mg of sodium</p> <p>*Breaded meats contain 1oz breading</p> <p>*Meals subject to change w/o notice</p>			<p>1</p> <p><u>2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce</u></p> <p>1/2 c. Corn</p> <p>1sl. Whole Grain Bread</p> <p>1pk. Sandwich Cookies</p> <p>4oz. Applesauce Cup</p> <p>8oz 1% Milk</p>	<p>2</p> <p><u>2.1 oz. Western Style Omelet</u></p> <p>1/2 C Diced Breakfast Potatoes</p> <p>1/2 C. cinnamon Applesauce</p> <p>1 sl. Whole wheat bread</p> <p>2 Margarine Cups</p> <p>1 pk Oatmeal</p> <p>8oz. 1% milk</p>	<p>3</p> <p>4 oz. Apple Juice</p> <p><u>3oz. Meatballs & Pasta in Marinara</u></p> <p>1/2 C. Green Beans</p> <p>1 sl. Whole Grain Bread</p> <p>8oz. Milk</p>
		<p>6</p> <p>4oz. Apple Cherry Juice</p> <p><u>3oz. Manicotti w/ Tomato Sauce</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1pk. Graham Crackers</p> <p>8oz. 1% Milk</p>	<p>7</p> <p><u>1.5 oz. Egg W/Sausage Country Pepper Gravy</u></p> <p>1/2 C. Diced Breakfast Potatoes</p> <p>1/2 C. Maple Cinnamon Apples</p> <p>1 sl. Whole Grain Bread</p> <p>1pk. Oatmeal</p> <p>8oz. 1% Milk</p>	<p>8</p> <p><u>4.4 oz. Batter Dipped Fish Nuggets</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Green Beans w/ Red Peppers</p> <p>1 sl. Whole grain Bread</p> <p>1 pk. Tartar Sauce</p> <p>1 pk. Sandwich Cookies</p> <p>8 oz. 1% Milk</p>	<p>9</p> <p>4 oz. Apple Juice</p> <p><u>8.3 oz. Twisted Mac & Cheese</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1 sl. Whole Wheat Bread</p> <p>0.75 oz. Peanut Butter</p> <p>8 oz. 1% Milk</p>
<p>13</p> <p>4oz. Apple Cherry Juice</p> <p><u>7.3 oz. Three Cheese Macaroni & Cheese</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Green Beans</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>8oz. 1% Milk</p>	<p>14</p> <p>4 oz. Blended Juice</p> <p><u>3 oz. Breaded Chicken w/ Country Pepper Gravy</u></p> <p>1/2 C. Mixed Vegetable & Squash Medley</p> <p>1/2 C Brussels Sprouts</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>8oz. 1% Milk</p>	<p>15</p> <p><u>3oz. Grilled Veal Chop in Mustard Sage Sauce</u></p> <p>1/2 C. Carrots</p> <p>1/2 C. Diced Potatoes</p> <p>1 sl Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1 pk Sandwich Cookies</p> <p>8 oz. 1% milk</p>	<p>16</p> <p>4 oz. Apple Juice</p> <p><u>3 oz. Meatballs in Orange Sauce</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. White Rice</p> <p>1 sl. Whole Grain Bread</p> <p>2 Margarine Cups</p> <p>8oz. 1% Milk</p>	<p>17</p> <p>4 oz. Blended Juice</p> <p><u>8 oz. Oatmeal w/ Mixed Berry compote</u></p> <p>1/2 C. Sweet Potato Hash</p> <p>0.75 oz. Peanut Butter</p> <p>8 oz. 1% Milk</p>	
<p>20</p> <p><u>3 oz. General Tao's Chicken</u></p> <p>1/2 C. Peas & Carrots</p> <p>1/2 C. Gingered Rice</p> <p>1 sl. Whole Grain Bread</p> <p>0.75 oz. Peanut Butter</p> <p>1oz. Raisins</p> <p>8 oz. 1% Milk</p>	<p>21</p> <p>4 oz. Blended Juice</p> <p><u>3 oz. BBQ Pork Riblet</u></p> <p>1/2 C. Mixed Vegetables</p> <p>1/2 C. Garlic Mashed Potatoes</p> <p>1 sl. Whole Wheat Bread</p> <p>1 Margarine Cup</p> <p>8 oz 1% Milk</p>	<p>22</p> <p><u>3 oz. Mushroom Swiss Chicken</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. Carrots</p> <p>1 sl. Whole Grain Bread</p> <p>1 Margarine Cup</p> <p>1 pk. Sandwich Cookies</p> <p>8 oz. 1% Milk</p>	<p>23</p> <p><u>1.5 oz. Egg patty & 2 Whole Wheat Pancakes</u></p> <p>1 Turkey Sausage Link</p> <p>1/2 C. Strawberry Compote</p> <p>1 sl. Whole Grain Bread</p> <p>1 pk. Graham Crackers</p> <p>4 oz. Applesauce Cup</p> <p>8oz 1% Milk</p>	<p>24</p> <p>4 oz. Blended Juice</p> <p><u>3oz. NY Strip in Picadillo Sauce</u></p> <p>1/2 C. Green Beans</p> <p>1/2 C. Corn</p> <p>2 Margarine Cups</p> <p>1 Cherry Cookie</p> <p>8oz. 1% Milk</p>	
<p>27</p> <p><u>3 oz. Sweet & Sour Pork</u></p> <p>1/2 C. Corn</p> <p>1/2 C. Fried Rice</p> <p>1sl. Whole grain bread</p> <p>1 Margarine Cup</p> <p>4 oz. applesauce Cup</p> <p>8oz. 1% Milk</p>	<p>28</p> <p><u>3oz. Hamburger patty</u></p> <p>1/2 C Carrots</p> <p>1/2 C Diced Potatoes</p> <p>1 Hamburger Bun</p> <p>1pkt. Ketchup</p> <p>1.5 oz. Cranberry Vanilla Granola Mix</p> <p>8oz. 1% Milk</p>	<p>29</p> <p><u>2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce</u></p> <p>1/2 c. Corn</p> <p>1sl. Whole Grain Bread</p> <p>1pk. Sandwich Cookies</p> <p>4oz. Applesauce Cup</p> <p>8oz 1% Milk</p>	<p>30</p> <p><u>2.1 oz. Western Style Omelet</u></p> <p>1/2 C Diced Breakfast Potatoes</p> <p>1/2 C. cinnamon Applesauce</p> <p>1 sl. Whole wheat bread</p> <p>2 Margarine Cups</p> <p>1 pk Oatmeal</p> <p>8oz. 1% milk</p>		



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 Panama City, Fl. 32405
Open: Monday & Wednesday
(for residents of Siena Gardens)

St. Andrews Towers

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



Fountain Fellowship Center

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