



WONDERFUL TIMES

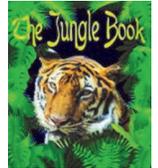
Vol. 34, No. 12

December 2016

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Dinner Theatre Thursday, December 1



Bay City Players & Bay Metro Transit are collaborating with Division on Aging to bring you The Jungle Book Thurs., Dec. 1. Enjoy Kipling's ageless story of the man-cub Mowgli, raised by wolves, protected by Baloo the bear and Begheera the black panther, and threatened by Shere Kahn the tiger.

5:30pm Social Hour 6:00pm Dinner at Riverside Activity Center 8:00pm Show at Bay City Players Shuttle service provided by Bay Metro Transit	Limited seating No refunds Register by Nov. 28 (or until full)
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Without transportation:
 \$9.00 age 60 and older
 \$11.75 under age 60

With transportation:
 \$12.75 age 60 and older
 \$15.50 under age 60

Cost includes show, bus transportation, cooking & maintenance fees, and suggested donation for dinner. Call 989-895-4100.

BAY COUNTY

DIVISION ON AGING

515 Center Avenue, Suite 202
 Bay City, MI 48708-5123

Phone: (989) 895-4100
 1-877-229-9960

TDD: (989) 895-4049
 FAX: (989) 895-4094

divonaging@baycounty.net

www.baycounty-mi.gov/Aging/

MISSION STATEMENT

Bay County Division on Aging is dedicated to providing continued opportunities for the community's older adults by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

Ron Mieske at Williams December 1

Country singer Ron Mieske will entertain us with his vocals and yodeling abilities. Ron brings his country and polka styles back to us. Enjoy a morning of fun and good eats.



Williams Activity Center
 1080 W. Midland Road, Auburn

Thursday, December 1
 10am Refreshments
 10:30-11:55am Music

Lunch served at noon
 \$2.50 suggested donation age 60+
 \$4.75 guest fee age 59 and under

Call Velda at 989-662-6521 by Nov. 28 for lunch reservations or transportation requests. You may choose the main entrée (Roasted Pork Loin), sandwich (Chicken Salad Wrap), or salad of the week (Fall Apple Salad).

You may visit the webpage, www.baycounty-mi.gov/Aging/, for more activities/opportunities; like us on Facebook, facebook.com Bay County Division on Aging.

Offices and Dining Centers closed for Christmas Holiday Fri. and Monday, December 23 and 26, and for New Year's Day Holiday Friday and Monday, December 30 and January 2.

Division on Aging Staff

Director

Tammy Roehrs

roehrst@baycounty.net

Nutrition Services Manager

Barbara Kraycsir, RD

kraycsirb@baycounty.net

Program/Event Manager

Debbie Keyes

keyesd@baycounty.net

Senior Services Manager

Beth Eurich, LBSW

euriche@baycounty.net

Senior Services Manager

Jessica Somerlott, LBSW

somerlottj@baycounty.net

Case Management Team:

Cathy Sujkowski, RN, BSN

Personal Care/
Caregiver Support

Sue Howard

Case Manager

Linda Carmien, BSW, RSST

Case Manager

Carl Rabideau, LLBSW

Case Manager/
Abuse in Later Life

Tara Howard, BSW

Case Manager

Bay County Division on Aging

515 Center Avenue, Ste. 202

Bay City, MI 48708-5123

Telephone: (989) 895-4100

1-877-229-9960

Office Hours:

8:00am to 5:00pm

Monday through Friday

Holiday Cookie Decorating at Kawkawlin

Come one, come all, and celebrate the Holidays with a good old-fashioned Cookie Decorating Day. There will be Holiday music playing, refreshments available, creative decorating supplies, and lots of joyful Holiday spirit. Wear your favorite apron and then stay for lunch. All participants will receive the works of our labor. Get into the Holiday mood with this fun activity! Reservations required.



Thursday, December 22
10-11am Decorating Holiday Cookies
Kawkawlin Activity Center
1800 East Parish Road, Kawkawlin

Lunch served at 11:30am

\$2.50 suggested donation for those age 60 and older
\$4.75 guest fee under age 60



Call Marla at 989-686-5127 Wednesday or Thursday from 9am to 12:30pm by December 21 to make dinner reservations or transportation requests. You may choose the main entrée (Chicken Parmesan) or the sandwich of the week (Grilled Chicken Sandwich) or the salad of the week (Chef Salad). The main office is open Monday through Friday from 8am to 5pm and can also assist you at 989-895-4100 or toll-free at 1-877-229-9960.

Like us on Facebook, www.facebook.com Bay County Division on Aging.

Linda Lee at Williams Monday, December 12

Back by popular demand is Linda Lee performing accordion music. She is well-known for her polka-style music at the Bavarian Inn Restaurant in Frankenmuth. Come and kick up your heels. Enjoy a fun time and a delicious meal.

Williams Activity Center
1080 West Midland Road, Auburn

Monday, December 12
10:30-11:45am

Lunch served at noon
\$2.50 suggested donation
for those age 60 and older
\$4.75 guest fee
for those under age 60

Call Velda at 989-662-6521 by December 8 to make lunch reservations or transportation requests. You may choose the main entrée (Savory Beef Stew with Vegetables) or the sandwich of the week (Creamy Egg Salad Sandwich) or the salad of the week (Spinach Salad).



Like us on Facebook,
www.facebook.com

Bay County Division
on Aging.

You may visit the webpage,
www.baycounty-mi.gov/Aging/, for
more activities and opportunities.

Riverside Activity Center Annual Holiday Party

It is that time of year again! It is time to gather at Riverside Activity Center, 800 J. F. Kennedy Drive, Bay City, to get into the Holiday spirit with yummy refreshments, special music, Holiday drawings (basket of goodies, plants, and meal coupons) and our annual Holiday auction (unisex \$3-\$5 gifts – must be **new** gifts, not slightly used), along with a delicious Holiday meal. Bring a friend, enjoy the festivities, and have a lot of laughs after dinner with the Holiday auction.

Thursday, December 15

Riverside Activity Center
800 J. F. Kennedy Drive
Bay City

10-11am Refreshments
10:30-11:30am Entertainment
Strings & Things
Eva Stone & Bob Barcalow
12 noon Dinner
12:30-12:45 Holiday drawings
1-3pm Holiday auction

Lunch served at noon

\$2.50 suggested donation
for those age 60 and older

\$4.75 guest fee
for those under age 60



Call Sandy at 989-893-7070 by December 13 to make lunch reservations or transportation requests. You may choose the main entrée (Ham Dinner) or the sandwich of the week (Creamy Egg Salad Sandwich) or the salad of the week (Spinach Salad).

Western Select Choir at Williams

Students from Western High School will sing before and during lunch. Feel Free to sing along or sit back and listen to these young singers and their harmony. Enjoy a morning of entertainment.

Williams Activity Center
1080 West Midland Road, Auburn

Thursday, December 15
10am Refreshments
11:45am-12:30pm Singing



Lunch served at noon
\$2.50 suggested donation
for those age 60 and older
\$4.75 guest fee
for those under age 60

Call Velda at 989-662-6521 by December 13 to make lunch reservations or transportation requests. You may choose the main entrée (Ham Dinner) or the sandwich of the week (Creamy Egg Salad Sandwich) or the salad of the week (Spinach Salad).

Visit the webpage, www.baycounty-mi.gov/Aging/, for more activities and opportunities.

Jolly Hammers & Strings at Williams

Williams Activity Center, 1080 West Midland Road, Auburn, offers a morning of delightful traditional music and folklore. The Jolly Hammers & Strings get together to make great music with dulcimer, autoharp, banjo, bass fiddle, guitar, harmonica, mandolin, and many other acoustic instruments. Join us for a relaxing entertaining event followed by lunch.

Wednesday, December 21
10am Refreshments
10:30-11:55am Music



Lunch served at noon
\$2.50 suggested donation
for those age 60 and older
\$4.75 guest fee
for those under age 60

Call Velda at 989-662-6521 by December 19 to make lunch reservations or transportation requests. You may choose the main entrée (Tangy BBQ Pork Chops) or the sandwich of the week (Grilled Chicken Sandwich) or the salad of the week (Chef Salad).

Like us on Facebook, www.facebook.com Bay County Division on Aging.

The Importance of Hearing Well

Join us for a significant program, "The Importance of Hearing Well Presentation" by Lynn Shawl, Community Outreach Coordinator for Miracle Ear. Hearing well means living well. When we do not hear all of the wonderful sounds in and around us, we are not enjoying or communicating to our fullest. Learn more about hearing loss, how to reduce or avoid some of that loss, and what options are available. This event will offer knowledge, along with free hearing screenings and hearing aid batteries to those who are interested. You will be entered into a drawing, and there will be plenty of time for questions and answers.

Wednesday, December 14
 Riverside Activity Center
 800 J. F. Kennedy Drive, Bay City



11-11:30am Presentation

Lunch served at noon
 \$2.50 suggested donation
 for those age 60 and older
 \$4.75 guest fee
 for those under age 60

Call Sandy at 989-893-7070 by December 12 to make lunch reservations or transportation requests. You may choose the main entrée (Tender Beef Tips over Egg Noodles) or the sandwich of the week (Creamy Egg Salad Sandwich) or the salad of the week (Spinach Salad).

Aging Well Chair Yoga

Division on Aging, in cooperation with the Bay County Recreation Department, offers Aging Well Chair Yoga – With Beth Trahan especially geared to the 60+ age group. This Class is designed to relax, restore, and renew body, mind, and spirit. Class emphasis includes proper breathing techniques, stretching, relaxation, and visualization components. This opportunity should go hand-in-hand with any other exercise class you might attend. This class is Level 1 or Level 2. Order a meal (choice of hot entrée, salad, or sandwich) and enjoy the whole experience.

Community Center
 800 J. F. Kennedy Drive, Bay City

Aging Well Chair Yoga – With Beth Trahan
 Tuesdays, December 6, 13, and 20
 and / or

Thursdays, December 8, 15, and 22
 11am to 11:45am, 12 noon Lunch



\$6 fee for 1-day 3-week session (Tues. or Thurs.)
 \$12 fee for 2-day 3-week session (Tues and Thurs)
 \$3 per class drop-in fee

\$2.50 suggested donation for lunch, age 60 and older
 \$4.75 guest fee for lunch, under age 60

For more information, call 989-895-4100 or toll-free at 1-877-229-9960. You may also call Beth Trahan at the Community Center at 989-894-0671.

Movie and a Meal at Alice and Jack Wirt Public Library

Division on Aging and the Bay County Library System continue the Movie and Lunch Series at Alice and Jack Wirt Public Library, 500 Center Avenue, Bay City:

Wednesday, December 21
Miracles From Heaven
 starring Jennifer Garner and
 Kylie Rogers

11:45am Registration
 12 noon Lunch/Movie

\$3.00 age 60 and older
 \$5.00 under age 60

Cost includes donated facilities, movie, and suggested donation for lunch.
 Reservations due one week in advance.

Call Division on Aging at 989-895-4100 or toll-free at 1-877-229-9960.

For more events, visit www.baycounty-mi.gov/Aging/.



Gift Certificates Available

The Holidays are here, and there are some people for which it is difficult to find the perfect gift. How about gift certificates for a class that your loved one might be interested in? We offer exercise classes, special events, and programs.

For those people who receive Home Delivered Meals or visit an Activity Center, you could give them prepaid meal coupons. Make the Holiday season a little less stressful; give them a gift that they would love.

For more details, call the main office at 989-895-4100 or toll-free at 1-877-229-9960, and ask for Debbie.

Volunteer Opportunity

Division on Aging is looking for some assistance at Kawkawlin Activity Center, 1800 East Parish Road, Kawkawlin, on Wednesdays and/or Thursdays. We are in need of anyone who likes to play cards, especially Euchre, who might be able to substitute when needed.



If you are interested and for more information, please call the Site Manager, Marla Backus, at 989-686-5127.

Looking for Hand & Foot Players

Riverside Activity Center, 800 J. F. Kennedy Drive, Bay City, has a few people playing the card game "Hand & Foot," and we would love to have more! This game is similar to Canasta, but is played with many more decks of cards. It is easy to learn and we would be happy to teach you. We play on Mondays at 12:30pm.



Thank You to Williams Participants

I would like to thank everyone for a very special and great year. I would not have made it through without the help of each and every one of you!

~ Velda Kowalsky, Site Manager
Williams Activity Center

MMCAA Food Assistance

Can you afford all the food you need? If not, Mid Michigan Community Action Agency can help. Food assistance is available for seniors age 60 and older who meet income guidelines.



Once per month, each eligible person receives a box of food with essentials like cheese, juice, canned goods, powdered milk, and more. Items vary per month.

For more information or to apply, contact Mid Michigan Community Action Agency, 989-894-9060, by e-mail at contactus@mmcaa.org, or in person at 111 Washington Avenue in Bay City. Do not wait to ask for help!

Thank You to the Witzgalls

A great big "Thank You" to Wayne and Doris Witzgall, owners of Witzgall Apple Orchard, for their generous donation of apples to the Home Delivered Meals program. The apples were bountiful this season, and the Witzgalls returned that bounty to our seniors. People like the Witzgalls make Bay County a great place to live. Thank you for thinking of our program. We are grateful and appreciative.



Thanks Magician Tommy Anderson

Our thanks go out to professional magician Tommy Anderson, who kept us all entertained at Riverside's annual Halloween Party October 31. His "sleight of hand" tricks, silly jokes, and card tricks made for a great morning. Thank you, Tommy!

Temporarily Away

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If your newsletter is returned, we will remove your name from the mailing list.

To get your name back on the mailing list, you must contact Division on Aging. If you plan to be away or are moving, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.



KAWKAWLIN

1800 East Parish Road, Kawkawlin, MI 48631
 Marla Backus 989-686-5127
 Wed & Thurs 9am-12:30pm

It's Christmas Time



Towards the end of November,
 You start to feel it in the air.
 Christmas time is coming,
 As it does but once a year.

So many things to get done,
 Presents, decorations and more.
 This rushing season has begun,
 Sometimes feeling like a chore.

But once things get done,
 You can relax a little more.
 Sit back and take in the season,
 All the favourite things you adore.

Enjoy all the music
 And the calmness that it brings.
 Sing about Rudolph,
 And the three wise kings.

Let the light aluminate,
 Your house, yard and tree.
 There is magic in the air,
 I think we'd all agree.

~ Julie Hebert

Wednesday, December 7 – *Blood Pressure Clinic*
 with Cathy Sujkowski, R.N., 11am

Thursday, December 8 – *Cookie Day*

Thursday, December 15 – *Christmas Party*

Dec. 22 – *Holiday Cookie Decorating* (see Page 2)

Thursday, December 29 – *Birthday Celebrations*

Wednesdays and Thursdays – *Smear and Euchre*
 at 9am (see Page 5)

Wednesdays – *Low-Impact Exercise with Milissa*
 at 11am; \$3 fee

Thursdays – *Bingo* at 12:30pm

HAMPTON A.M.

801 West Center Road, Essexville, MI 48732
 Susan Howell 989-895-5968
 Mon-Thurs 10am-2pm

Happy Holidays, Seniors!

"Have a safe and blessed Holiday season with
 your family and your friends."

Tuesday, December 6 *Birthday & Anniversary*
Day at 12:30pm with ice cream for
 everyone

Tuesday, December 13 *Blood Pressure Clinic*
 w/Cathy Sujkowski, R.N., 11:30am

Thursday, December 15 *Christmas Dinner* at
 12 noon. Please do not forget our annual
 Christmas meal and please bring a friend.

Monday, December 19 *Christmas Cookie Day*
 at 12 noon

Thursday, December 29 *New Year's Eve*
Party at 11:30am. Please join
 us for snacks, treats, and fun.



Mondays – Exercise Class at 10:30am

HAMPTON P.M.

801 West Center Road, Essexville, MI 48732
 Karen Bublitz 989-895-5968
 Mon-Fri 2pm-6pm

Every Tuesday and Friday at 3pm Karaoke,
 singing, and dancing with *Dynamite Dave*

Wednesday, December 7 *Christmas Craft Day* at
 3pm; candy cane wreath.

Thursday, December 8 *Band Day* – Music by
 the Variety Tones and 50/50 raffle at 3pm

Tuesday, December 13 *Blood Pressure Clinic*
 w/Cathy Sujkowski, R.N., 4:30pm

Thursday, December 15 *Band Day* – Music by
 the Variety Tones and 50/50 raffle at 3pm
 and *Christmas Dinner* at 5pm

Tuesday, December 20 *Hot Chocolate and*
Cookies at 3:30pm

and
Gift Exchange at 3:30pm – Bring a
 \$10 wrapped gift to exchange



RAINBOW

800 Livingston Avenue (Bay County Fairgrounds)
Bay City, MI 48708
Alice Webster 989-892-6605
Wed & Thurs 9:30am-1:30pm

Seeking bridge players. If you are interested in bridge, please call Site Manager Alice Webster at 989-892-6605 Wed. or Thurs., 9:30am-1:30pm. The main office is open Mon.-Fri., 8am-5pm, and can assist you at 989-895-4100 or 1-877-229-9960.

Wednesdays and Thursdays – *Indoor walking* from 9:30am to 12 noon followed by lunch

Thursday, December 1 – *Blood Pressure Clinic* w/ Cathy Sujkowski, RN, 11:15am

Thursdays, December 1 and 15 – *Grocery Bingo* at 10:30am



WILLIAMS

1080 West Midland Road, Auburn, MI 48611
Velda Kowalsky 989-662-6521
Mon-Thurs 9am-1pm

Dec. 1 – Country music, polka, Michigan yodeler *Ron Mieske* at 10:30am (see front cover)

Wednesday, December 7 – *Christmas Bingo* with our little friend from Zion Beaver School and *Blood Pressure Clinic* with Cathy Sujkowski, R.N., 11:30am

Dec. 12 – *Linda Lee* at 10:30am (see Page 2)

Dec. 15 – Singing during lunch with *Western High School Select Choir*. Christmas surprises throughout the day (see Page 3).

Wednesday, December 14 – Bingo compliments of *Heartland Health Care* at 10:15am

Monday, December 19 – Bingo compliments of *Caretel Inns of the Tri-Cities* at 10:15am

Wednesday, December 21 – *Jolly Hammers & Strings* at 10:30am (see Page 3)

Tues., Dec. 27 – *Birthday Celebrations*



Mondays and Wednesdays – *Bingo* from 10:15am to 12 noon; 25¢ per board; 25¢ to play.

Tuesdays and Thursdays

- *Euchre*, 10am to 12 noon; 25¢ to play
- *Low-Impact Exercise with Milissa*, 11am; \$3

RIVERSIDE

800 J. F. Kennedy Drive, Bay City, MI 48706
Sandy Jozwiak 989-893-7070
Mon-Fri 9am-2pm

The *Acrylic Painting Class* with instructor Steve Wood on Monday, December 5, is always a good time. You will create something beautiful, meet up with your friends, maybe make a new friend, and share loads of laughs with Steve! It is a great day! The cost is \$20.50, which includes all materials, instruction, and lunch. Call Sandy for further details.

Blood Pressure Clinic with Jan Richards, R.N., on Tuesday, December 13, at 11am

Please join us Wednesday, December 14, from 11am to 11:30am, for "*The Importance of Hearing Well Presentation*" by Lynn Shawl, Community Outreach Coordinator for Miracle Ear. Hearing well means living well. When we do not hear all of the wonderful sounds of life, we are not enjoying life to its fullest. Learn more about hearing loss, how to reduce or avoid some of that loss, and what sorts of options are available. This is a fun and educational event that offers free hearing screenings to those interested, free hearing aid batteries, and a chance to win a door prize. There will be plenty of time to ask questions. (See Page 4)



Riverside's Annual Holiday Dinner Party will be held Thursday, December 15. It is that time of year, time to gather at Riverside and get into the Holiday spirit with yummy refreshments, special music, and a delicious Holiday meal. Bring a friend, enjoy the atmosphere, and have lots of laughs after dinner, too, at the Holiday Auction. It all begins at 10am. See you there! Call Sandy for the full details. (See Page 3) There will be no Low Vision Support Group Meeting this month; members are invited to attend our Annual Holiday Dinner Party.

Birthdays and Anniversaries celebrated Tuesday, December 27, at noon

Home Delivered Meals



DECEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(5) POTATO HAM CHOWDER (24) Mixed Vegetables (10) Whole Wheat Dinner Roll (14) Mixed Fruit Cup (13) Chocolate Chip Cookie (26)	(6) CHINESE BEEF (12) OVER BROWN RICE (16) Broccoli Florets (4) Whole Wheat Bread (10) Orange (21)	(7) AL DENTE SPAGHETTI (20) w/ITALIAN SAUCE (9) Sliced Carrots (7) Tossed Salad & Dressing (2) Garlic Bread (12) Apple Slices w/Caramel Dip (34)	(8) HONEY MUSTARD ROAST CHICKEN (14) Oven-Baked Potato (28) California Blend Veggies (5) Whole Wheat Bread (10) Apple Dump Cake (47)
(12) SAVORY BEEF STEW w/VEGETABLES (13) Biscuit (23) Red Beets (11) Fruit Cocktail (16)	(13) CHICKEN BREAST w/TARRAGON GRAVY (4) OVER BROWN RICE (16) Colorful Peas & Carrots (8) Whole Wheat Bread (10) Snickerdoodle (29)	(14) TENDER BEEF TIPS (8) OVER EGG NOODLES (13) Parmesan Brussels Sprouts (9) Whole Wheat Bread (10) Stewed Apples (31)	(15) CHRISTMAS DINNER HAM (2) Scalloped Potatoes (20) Sautéed Bacon and Beans (4) Dinner Roll (23) Cranberry Salad (28) Coconut Cream Pie (48)
(19) PATTY MELT ON A (5) WHOLE WHEAT BUN (25) Down-Home Fries (15) Green and Yellow Beans (5) Peanut Butter Cookie (13)	(20) BAKED TURKEY (3) Mashed Potatoes (18) w/Chicken Gravy (2) Squash (10) Whole Wheat Bread (10) Fresh Pear (23)	(21) TANGY BBQ PORK CHOPS (19) Buttered Noodles (13) Cauliflower & Peas (7) Whole Wheat Bread (10) Lime Pear Jell-O (25)	(22) CHICKEN PARMESAN (6) w/SAUCE OVER AL DENTE SPAGHETTI (20) Italian Blend Vegetables (6) Mini Breadstick (13) Tropical Fruit Salad (21)
(26)  ALL OFFICES & MEAL SITES WILL BE CLOSED	(27) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (18) with Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Chocolate Mousse (26)	(28) SWEDISH MEATBALLS (20) Red-Skinned Potatoes (23) Buttered Cabbage (4) Whole Wheat Bread (10) Bite-Sized Peaches (12)	(29) PHILLY BEEF SANDWICH (2) ON A WHOLE WHEAT BUN (19) Sautéed Green Peppers and Onions (6) Oven-Baked Potato (28) Creamy Cucumbers (7) Ginger Pear Cake (40)

Winter Weather Closing Procedures

As we enter the cold weather months, we remind readers that Division on Aging will sometimes close Delivered Meals routes due to road conditions. When Division on Aging makes a decision to close Centers under "Bay County Division on Aging." The following TV stations are notified of our closing announcements:

WJRT-TV 12 WNEM-TV 5 WEYI-TV 25

The following FM radio stations are also notified of our closing announcements:

WHNN 96.1 WIOG 102.5 WKQZ 93.3
 WCEN 94.5 WGER 106.3 WTLZ 107.1
 WSGW 100.5 WILZ 104.5 AM radio station WSGW 790

Please tune in to one of these stations and watch or listen for our announcements. Normally, the business office remains open.

All Meals at the Dining Ce
 (Numbers next to the menu
 ALL LUNCHE
 HAMPTON P.M. D
 Reservations are encour
 Make reservations by c
 All menus are certifi

Please remember that the Division on Aging Home Delivered Meals program is **completely different** from the program called "Mobile Meals." The Mobile Meals program is run by McLaren Bay Region and provides meals for a fee to people of all ages and can meet special diet needs. When you see "Mobile Meals closed" on the television, it is referring to **THEIR** program. Our program is usually listed as "**Division on Aging – HDM routes closed.**"

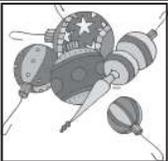


And All Dining Centers

SALAD AND SANDWICH

Salad and Sandwich choices are available at the Dining Centers only



FRIDAY
<p>(9) TOMATO RICE SOUP (15) Cheese Soldiers (13) Garden Green Peas (11) Three-Bean Salad (18) Oatmeal Raisin Cookie (27)</p>
<p>(16) SPANISH RICE WITH MEAT (20) Mexican Corn (31) Multigrain Dinner Roll (24) Apricots (15)</p>
 <p>ALL OFFICES & MEAL SITES WILL BE CLOSED</p>
 <p>ALL OFFICES & MEAL SITES WILL BE CLOSED</p>

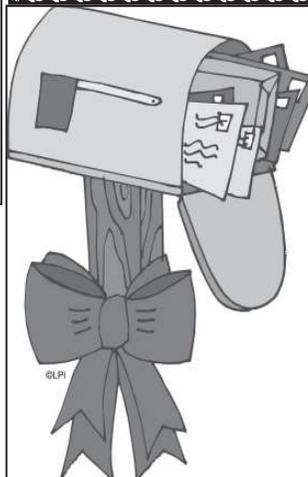
SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 12-5 THRU 12-9-16) <u>SWEET & SOUR CHICKEN SALAD</u> White-Meat Chicken Toasted Sesame Seeds Almonds Chinese Noodles Sweet & Sour Dressing Multi-Grain Dinner Roll</p>	<p><u>TURKEY/HAM & SWISS SANDWICH</u> Turkey Ham Swiss Cheese Rye Bread Cucumbers Carrots Honey-Mustard Dressing</p>
<p>(WEEK OF 12-12 THRU 12-16-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll</p>	<p><u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices</p>
<p>(WEEK OF 12-19 THRU 12-23-16) DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK</p>	<p>DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>
<p>(WEEK OF 12-26 THRU 12-30-16) DUE TO THE NEW YEAR'S DAY HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK</p>	<p>DUE TO THE NEW YEAR'S DAY HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>

Dining Centers and Home and/or routes, the notice is

Centers served with Fat-Free Milk (13) item indicate grams of carbohydrate.) SERVED AT 12 NOON. DINNER SERVED AT 5:00 PM.

ordered by noon one day in advance. calling your favorite Dining Center. served by our Registered Dietitian.

All Salads and Sandwiches served with Dessert and/or Fruit of the Day and Fat-Free Milk



Recipe Corner

Lasagna Bake for Two

- 2 lasagna noodles, uncooked
- ½ lb. extra-lean ground beef
- ½ cup chopped onions
- 1 clove garlic, minced
- 1 cup undrained canned diced tomatoes
(about $\frac{2}{3}$ of 14.5-oz. can)
- 2 Tbsp. Philadelphia Cream Cheese Spread
- 4 cups loosely packed baby spinach leaves
- ½ cup Kraft Finely Shredded
Italian Five-Cheese Blend, divided



Heat oven to 350°F. Cook noodles as directed on package, omitting salt. Meanwhile, brown meat with onions and garlic in large non-stick skillet. Add tomatoes and cream cheese spread; cook and

stir 2 to 3 minutes, or until cream cheese is melted and mixture just comes to a boil. Add spinach; cook and stir 1 minute. Remove from heat. Add ¼ cup shredded cheese; stir until melted.

Drain noodles. Spoon $\frac{1}{3}$ cup spinach mixture into each of two 2-cup ramekins; top with one noodle, letting excess noodle extend over rim of ramekin. Top each with $\frac{1}{3}$ cup spinach mixture; fold noodle back over dish to cover filling. Repeat until all filling is folded between noodle layers; top with remaining shredded cheese.

Bake 20 minutes, or until heated through. Let stand 5 minutes before serving.



This Month in History—December



December 1 The birth of the modern American civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a municipal bus. Her arrest resulted in a year-long boycott of the city bus system by African Americans and led to legal actions ending racial segregation on municipal buses throughout the South. (1955)

December 5 In Alabama, the Montgomery bus boycott began in response to the arrest of Rosa Parks for refusing to give up her seat on a municipal bus to a white man. Organized by the African American community, the boycott lasted until December 20, 1956, when a U.S. Supreme Court ruling integrated the public transportation system. (1955)

December 7 The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead. (1941)



December 11 A major turning point in World War II occurred as Japan's Axis partners, Italy and Germany, both declared war on the United States. The U.S. Congress immediately declared war on them. President Roosevelt then made the defeat of Hitler the top priority, devoting nearly 90% of U.S. military resources to the war in Europe. (1941)

December 15 Gone with the Wind had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable. (1939)

December 20 The Montgomery bus boycott ended after the U.S. Supreme Court ruling integrating the Montgomery bus system was implemented. The boycott by African Americans had begun on December 5, 1955, after Rosa Parks was arrested for refusing to give up her seat on a Montgomery bus to a white man. (1956)

December 26 An estimated 230,000 persons were killed and 1.5 million left homeless when a magnitude 9.3 earthquake on the seafloor of the Indian Ocean set off a series of giant tsunami waves that smashed into the shorelines of a dozen countries including Indonesia, Sri Lanka, Thailand, India, and Somalia. (2004)



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Overview of Alzheimer's & Other Dementias

Tuesday, December 13, 9:30am-12 noon
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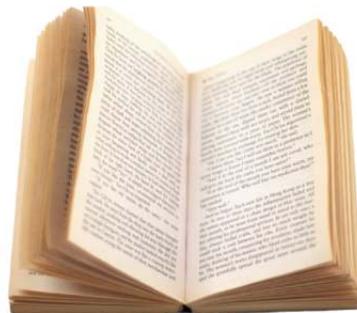
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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.