



November 2020

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



Inside this issue:	
November News	1
Volunteer News	2
Trivia	3
Trivia Answers	4
November Menu	5
Caregiver News	6



The Golden Edition



Fall Festival News

Because of the Coronavirus pandemic, we will be postponing our Fall Festival, which is traditionally held on the first Saturday of November, until the spring. We have tentatively rescheduled the Festival for Saturday, April 3, 2021. Stay tuned...more details will be provided as we get closer to this date.

Historic 850 STRONG Throws

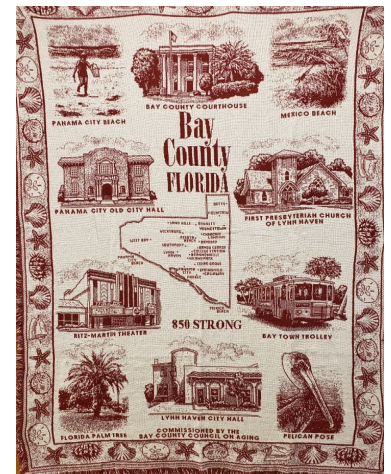
Available in:

Hunter Green, Sky Blue, Navy Blue,
and Burgundy.

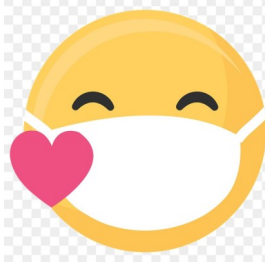
Only \$39.95

They make great Christmas presents!

Pick yours up today at the
Bay County Council on Aging
1116 Frankford Avenue, Panama City
For more information call (850) 769-3468.



Bay County Council on Aging Update...



We have still not scheduled a date to reopen our congregate meal sites. We hope everyone is staying healthy, safe and taking care of themselves. When the decision is made to reopen the meal sites, we will contact those who were attending prior to the Coronavirus pandemic. We look forward to seeing everyone in person again soon!

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. Thanks!

We welcome advertisements. Contact us for more information. Thank you for your support.



The Golden Edition is edited by Andrea Marsh.

Bay County Council on Aging Volunteer Program



Nature's Bounty and Nature's Beauty
Joy is often the ability to be happy
in small ways.

We all have the ability to give
comfort and encouragement.

Become a volunteer with us! Share your
joy while encouraging others to see the
comfort of life's joy in the small ways.



Thanksgiving meal delivery slots are still available. Please contact Yvette Hill, Meals on Wheels Coordinator, to schedule this volunteer opportunity!

A big THANK YOU to the **Knights of Columbus** for preparing the Thanksgiving meals for our clients.



KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.



Are you someone who once was active and wants once again to serve the needs of our elderly? Please consider reinvolving yourself through our volunteer program. Volunteers are needed in many areas. Even more opportunities to serve will open once the COVID restrictions are lifted, but right now please consider these areas of service:

- ♦ Meals on Wheels Delivery - Yvette Hill, Meals on Wheels Coordinator
- ♦ Client Shopping Assistance - Lydia Vickery, Volunteer Coordinator
- ♦ Transportation Services - Lydia Vickery, Volunteer Coordinator
- ♦ Staff Support, Clerical Help, Client Lawn Maintenance - Lydia Vickery, Volunteer Coordinator

*Volunteer this
season and exercise
your heart with
compassion!*



Happy Birthday to volunteers celebrating November birthdays!

Ann Marie - Arlena - Mary - Sean - Tiffany

VOLUNTEER OFFICE HOURS 9 am - 2 pm Monday-Friday (850) 769-3468 ext. 119 - email: lydia125coa@gmail.com

November Trivia

**Test your knowledge! See how many trivia questions you can answer.
Answers are on the back...no peeking!**



1. In what year did Alaska become a state?
2. Over what ocean did Amelia Earhart disappear?
3. What was John F. Kennedy called by his friends?
4. In what city did the Hindenburg airship disaster occur?
5. Who was the U.S. president at the end of the Great Depression?
6. What year saw the start of Prohibition in the United States?
7. How many of the Seven Dwarfs have beards?
8. Who wrote *Around the World in Eighty Days*?
9. Who wrote the music to *West Side Story*?
10. What actress originated the role Mame in the musical *Mame*?
11. What color was Moby Dick?
12. What John Steinbeck novel is based on the biblical story of Cain & Abel?
13. What cartoon legend became the first licensed lunch box character back in 1935?
14. The human heart weighs less than what?
15. On the day George Washington was first inaugurated as President of the United States, how many United States were there?
16. In 1998, John Glenn returned to space aboard which space shuttle?
17. What year did Barbie doll first appear on the market?
18. What is the number of the Mobile Army Surgical Hospital in the television show M*A*S*H?
19. During what century was the first Thanksgiving Day celebration?
20. Who won the first Super Bowl?



Source: RandomTriviaGenerator.com

November Trivia - Answers

1. 1959
2. The Pacific
3. Jack
4. Lakehurst, NJ
5. Franklin D. Roosevelt
6. 1920
7. 6
8. Jules Verne
9. Leonard Bernstein
10. Angela Lansbury
11. White
12. East of Eden
13. Mickey Mouse
14. 1 pound
15. 11
16. Discovery
17. 1959
18. 4077
19. 17th century
20. Green Bay Packers

How well did you do???



Source: RandomTriviaGenerator.com

November



Monday

Tuesday

Wednesday

Thursday

Friday

2

4 oz. Grape Juice
8 oz. Meatballs and Penne Pasta in Sauce
1/2 c. Broccoli
1/2 c. Italian Vegetable Blend
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

3

3 oz. Breaded Fish Fillet
1/2 c. Cheesy Mashed Potatoes
1/2 c. Mixed Vegetables
1/2 c. Strawberry Applesauce
1 Margarine Cup
8 oz. 1% Milk

4

3 oz. Teriyaki Beef
1/2 c. Steamed Rice
1/2 c. Mushroom, Onion & Green Pepper Medley
1/2 c. Peaches
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

5

4 oz. Apple Juice
3 oz. Pork Chop Patty Homestyle Gravy
1/2 c. Sweet Potatoes
1/2 c. Brussels Sprouts
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

6

4 oz. Orange Juice
3 oz. Chicken Parmesan
1/2 c. Rosemary Potatoes
1/2 c. Cheesy Spinach
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

9

4 oz. Blended Fruit Juice
3 oz. Chicken Marsala
1/2 c. Potato Onion Souffle
1/2 c. Spinach and Mushrooms
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

10

4 oz. Orange-Pineapple Juice
3 oz. Hamburger Patty
1/2 c. Potato Wedges
1/2 c. Carrots
1 pkt. Ketchup
1 pkt. Mustard
1 Oatmeal Raisin Cookie
8 oz. 1% Milk

11

3 oz. Sesame Chicken
1/2 c. Broccoli
1/2 c. Cauliflower w/Red Pepper
1/2 c. Pineapple
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

12

3 oz. Batter Dipped Fish Nuggets
1/2 c. Garlic Mashed Potatoes
1/2 c. Carrots
1/2 c. Cinnamon Applesauce
1 Margarine Cup
8 oz. 1% Milk

13

4 oz. Apple Juice
6 oz. Turkey and Cheese Lasagna w/Tomato Sauce and Cheese
1/2 c. Broccoli, Cauliflower, Bean Medley
1 Margarine Cup
8 oz. 1% Milk

16

3 oz. Chicken Teriyaki
1/2 c. Brown Rice
1/2 c. Stir Fry Vegetables
1/2 c. Gingered Carrots
1/2 c. Pears
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

17

4 oz. Orange Juice
3 oz. Beef Patty w/ Onion Gravy
1/2 c. Mashed Potatoes
1/2 c. Rutabaga/Red Pepper
1 Mini Moon Pie Cookie
1 Margarine Cup
8 oz. 1% Milk

18

4 oz. Blended Fruit Juice
3 oz. Pork Riblet in BBQ Sauce
1/2 c. Mashed Sweet Potatoes
1/2 c. Zesty Lemon Spinach
1 Margarine Cup
8 oz. 1% Milk

19

3 oz. Sliced Turkey Breast w/Country Pepper Gravy
1/2 c. Mashed Potatoes
1/2 c. Green Beans w/Almonds
1 oz. Raisins
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

20

4 oz. Grape juice
8 oz. Macaroni and Beef Casserole
1/2 c. Spinach
1/2 c. California Blend Vegetable
1 Margarine Cup
8 oz. 1% Milk

23

4 oz. Blended Fruit Juice
3 oz. Meatloaf w/ 3oz. White Pepper Gravy
1/2 c. Mashed Potatoes
1/2 c. Mixed Greens
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

24

4 oz. Pineapple Juice
8 oz. Cavatappi Bolognese
1/2 c. Italian Vegetables
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

25

26

27

Closed for the Thanksgiving Holiday



30

4 oz. Grape Juice
8 oz. Meatballs and Penne Pasta in Sauce
1/2 c. Broccoli
1/2 c. Italian Vegetable Blend
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

- ◆ All meals served with low fat milk and bread.
- ◆ Low sodium meals contain less than 1,400 mg of sodium.
- ◆ Breaded meats contain 1 oz. breading.
- ◆ Meals subject to change without notice.



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

Caregiver Connections

**SENIORS
for SENIORS**

Monthly Caregiver Support Groups

We are happy to announce that we will be resuming the monthly Caregiver Support Group Meetings starting in November!

NOVEMBER

**At the Respite Center Building
Sharing and Caring Group Meeting
2nd Friday, November 13, 2020**

1:00 PM

DECEMBER

**At the Respite Center Building
Sharing and Caring Group Meeting
2nd Friday, December 11, 2020**

1:00 PM

Seniors for Seniors is a TV talk show dedicated to topics on aging and the elderly and is produced by Bay County Council on Aging.



Taping of *Seniors for Seniors* has been postponed until further notice because of COVID 19. Visit our website or Facebook page to watch shows which were previously recorded.



**Gulf
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