



SCAN FOR EVENT CALENDAR





Bullhead Belle offers a variety of menu options including a crowd pleasing favorite, Brez'n Beach Board. This popular item features our signature seasoned Bavarian Brahuaus jumbo pretzel served with beer cheese for dipping, an array of meats, cheeses, gourmet olives, an premium chocolates. They have something for everyone!

Special Events!

Winter Wanders
Starts on National Make a Friend Day, Feb. 11th

Starts on National Make a Friend Day, Feb. 11th
Join us each day as we celebrate the diverse flavors and traditions of our cherished winter visitors. Our daily food and beverage specials will play tribute to the rich culture brought to us from different regions coast to coast.

Live Music!

Every Friday, Saturday & Sunday 11am to 3:00 pm Open daily from 10:30 am to 4pm.



Notice of Modified Senior Services in February

In preparation for the completion and opening of the Activities wing of the Senior Enrichment Center, the Senior Enrichment Center office will close through February and provide a modified list of services and activities.

"With the Adult Activities Center set to open soon, we need to close the building to allow for the final phases of construction and for the decorating, furnishing, and prepping of the facility to serve the public," said Bullhead City Senior Services Program Manager Kim Cool. "Our team is working hard to provide as many services as possible from satellite locations through the month of February to minimize the disruption."

Senior services staff will be providing activities and congregate lunches at the Bullhead City Mohave Realtor Association at 841 Hancock Rd on February 3-5, 7, 10-11, 14, 18-19, 21, and 24. Senior services staff will be providing activities and congregate lunches at the old Bullhead Senior Center at 2288 Trane Rd on February 6, 20, 25, and 27-28.

On February 12 and 26, the Senior Enrichment Center will provide congregate lunches as a drive-through pick-up service but will not provide activities. No Senior Services will be provided on February 17.

Activities provided for seniors will include organized card and table games, crafting sessions, art activities, and more. "We were able to preserve the majority of the services we provide at the Senior Enrichment Center and will be providing them at the Realtors Association and old Senior Center," Cool said. "Some activities are being cut in February for logistical reasons."

Senior Services will not provide its standard continental breakfast in February or host its after-hours activities.

For questions about the Senior Enrichment Center or other senior resources in our area, contact Kim Cool at (928) 763-0193 Monday-Friday between 8 a.m. and 4 p.m. or by email KCool@BullheadCityAZ.gov

Senior Enrichment Center 2275 Trane Road Bullhead City, AZ 86442 Monday-Friday 8:00 a.m. to 4:00 p.m. For more information call (928) 763-0193 Follow us on Facebook!



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MONTHLY MENU

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
Asian Chicken Veggies Fried Rice	Denver Omelet Breakfast Potatoes Pork Sausage	5 Stuffed Cabbage Corn Cobbler	Sweet & Sour Chicken Seasoned Rice Mixed Veggies	7 Chicken Egg Roll Fiesta Blend Cobbler						
Pork Chop Sweet Potatoes Green Beans	11 Chicken Cordon Bleu Potatoes Mixed Veggies	Beef Cutlet w/Gravy Mashed Potatoes Carrots	Beef Lasagna Dinner Roll Steamed Broccoli	Salisbury Steak w/ Gravy Rice Pilaf Green Beans						
17 *★* CLOSED PRESIDENTS' PRESIDENTS'	18 Swedish Meatballs Buttered Pasta Corn	19 Stuffed Peppers Veggie Blend Warm Apples	20 Asian Chicken Salad Dinner Roll Dressing	21 Cheese Omelet Pork Sausage Hash Browns						
Meatloaf Mac & Cheese Veggies	25 Chorizo & Eggs Potatoes Southwest Veggies	Beef Tamale Fiesta Veggies Mexican Rice	27 Pulled BBQ Pork Baked Beans Cobbler	28 Spaghetti & Meatballs Dinner Roll Cobbler						
PICK UP & GO MEAL DAYS										

1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal. **Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.**

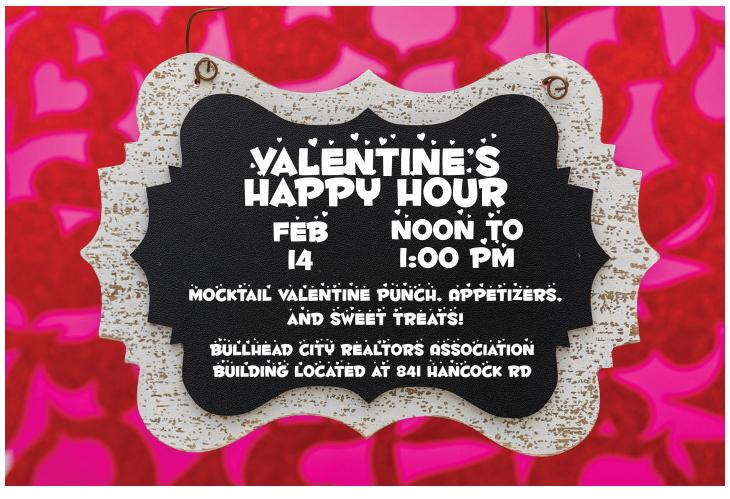






Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City. Congregate lunch is served Monday through Friday 11:30 am to Noon to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.





Where did **Cupid** come from?

What would Valentine's Day be without images of a golden-tressed boy armed with bow and arrows? The arrows represent feelings of love and desire, and they are aimed and cast at various individuals, causing them to fall deeply in love - or fall out of it.

In Roman mythology, the boy is known as Cupid and is the son of Venus, the goddess of love. Portrayed as a cherubic and mischievous toddler, this magical boy was purported to be the matchmaker of gods and mortals alike.

For students of Greek mythology, Cupid represents Eros, the Greek word for "desire." He was the son of Aphrodite, Venus' Hellenistic counterpart, and would play with the hearts of mortals and gods, sometimes leaving mayhem in his wake. In Greek mythology, Eros was more teenager than bubbly baby, and capitalized on his status as a heartthrob rather than the cherubic status of Roman mythology, according to Richard Martin, a Stanford University professor. While Cupid may have been an adorable imp, some historians say Eros had a darker side, going so far as to describe him as calculating and sinister - forcing the wrong people into lovelorn matches.

According to Museum Hack, while Cupid could make people fall in and out of love, he also was once in love himself. In this telling, Cupid is a young man when Venus learns that a mortal girl is born with such great beauty that others start to forget to worship Venus, adoring this girl instead. Upset about the misdirected adoration toward this mortal, Venus asks Cupid to have the girl, Psyche, fall in love with a monster. Cupid agrees, but once he sees Psyche he "accidentally" hits himself with one of his own golden arrows and falls in love with Psyche. The resulting match does not prove easy, and through a series of unfortunate events, Psyche must prove her love to Cupid and accomplish various tasks to win back his heart. Eventually, Psyche does and achieves goddess status.

Cupid has been portrayed both as a young man and child through Renaissance art and beyond. When Valentine's Day became popular in the 18th and 19th centuries, Cupid was linked to Valentine's Day celebrations due to his matchmaking abilities. His popularity only continued in the early 20th century, when Hallmark began to manufacture Valentine's Day cards featuring Cupid.

Cupid helped push people together in ancient mythology, and he can even be the catalyst for modern day matchmaking as well. HOW ACTIVE SENIORS CAN LOWER THEIR INJURY RISK

Physical activity is one of the key components of a healthy lifestyle. Though physical activity benefits people of all ages, it can be especially helpful for seniors by making it easier for them to overcome some of the obstacles associated with aging. According to the Centers for Disease Control and Prevention, physical activity supports daily living activities and independence. That's a significant benefit for seniors who are worried that age-related physical and mental decline



might one day compromise their ability to live independently. The CDC also notes that physical activity lowers the risk for early death, heart disease, type 2 diabetes, and certain cancers. The CDC reports that physical activity is generally safe for fit individuals who are 65 and older and have no existing conditions. Despite that, it's best for any senior to consult his or her physician prior to beginning a new exercise regimen. Once doctors give seniors the go-ahead to begin a new workout routine, seniors can take the following steps to reduce their risk for injury.

¥ Warm up before working out. Seniors may think they don't need to warm up before exercising because their workouts are not as high intensity as they might have been when they were younger. But Harvard Medical School notes that warming up pumps nutrient-rich, oxygenated blood to the muscles and helps increase heart rate. The American Council on Exercise reports that warming up helps reduce workout-related injury risk by improving tissue elasticity. So, prior to beginning a workout, regardless of how moderate- or low-intensity that regimen will be, seniors should warm up for five to 10 minutes. ¥ Start with a routine that's commensurate with your abilities. Seniors excited by the prospect of working out must temper that excitement if they're not accustomed to physical activity. Such individuals should consider working with a personal trainer. Personal trainers design exercise regimens based on each individual client's fitness levels and goals. As clients make progress and their bodies become acclimated to routine physical activity, personal trainers can then tweak regimens to make them more challenging. Seniors can take on these responsibilities themselves but are urged to begin slowly and gradually build up their exercise tolerance.

¥ Don't skip strength training. Seniors may think lifting weights is for young people who want to look buff, but the AARP" notes that muscle-strengthening activities protect the joints, reducing seniors' risk for injury as a result. The Department of Health & Human Services recommends seniors who have been cleared to exercise engage in strength training at least twice per week. ¥ Stretch after your workout. Harvard Medical School reports that efforts to cool down after a workout, including stretching, can prevent muscle cramps and dizziness and lengthen muscles throughout the body, which improves range of motion. Harvard Medical School recommends holding each stretch for 10 to 30 seconds, as the longer a stretch can be held the more flexible individuals' muscles will be. Physical activity is an essential component of a healthy lifestyle for seniors. Active seniors can take various steps to reduce their injury risk so they can continue to reap the rewards of exercising for years to come.

CHECK US OUT!



Bullhead City Meals on Wheels has launched their new website. Check them out at www.mealsonwheelsbullhead.org

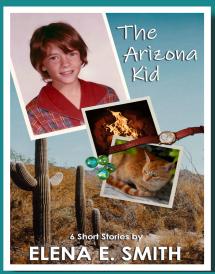
The new look and layout make it a breeze to learn about events, volunteer and donate.

Please share the new website with friends and family.



MEALSONWHEELSBULLHEAD.ORG

Books For Boomer presents THE ARIZONA KID by Elena E. Smith '...as if Judy Blume had written Little House on the Prairie...'



Nellie, family and friends navigate dilemmas as simple as a missing marble, as complex as the loyalty of friendships.

NOW AVAILABLE E-BOOK \$1.99







DOWNLOAD TODAY!

Available locally at **PAPERBACK BOOK EXCHANGE** 1960 Highway 95, Bullhead City



Hey! You're hungry for great tasting burgers... and we're hungry for money. So let's get together!

On the date indicated, come to the Carl's Jr.º restaurant listed below and order your favorite meal. Our organization will receive a percentage of sales generated from you and other customers who present this flyer with their purchase.

Meals on Wheels-BHC, AZ

20% of sales (less tax) will donated



Carl's Jr. 640 Hwy. 95(by Sam's Club) **Bullhead City, AZ 86429** Saturday, February 8th



Time: 7 am—6 pm only Thanks for your help!









VALENTINE'S DAY WORD SEARCH

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WORDS

ADORE AFFECTION BELOVED BOYFRIEND CANDY **CHAMPAGNE CHERUB CHOCOLATE CUPID** DATE **FLOWERS GIFTS GIRLFRIEND HEARTS** HUG **KISS** LOVE **MOVIE POEM** RED **ROMANCE ROSES SWEETHEART VALENTINE**

Find the words hidden vertically, horizontally, diagonally, and backwards.



Rearrange the letters to spell something pertaining to Valentine's Day.

OLVE



Answer: Love



Rearrange the letters to spell something pertaining to children's teeth.

VCATYI



Answer: Cavity



Q: What starts with a 'P', ends with an 'E', and has thousands of letters?

A: A post office



Q: What goes up but never comes back down?

A: Your age



Q: If you drop me, I'm sure to crack, but smile at me and I'll smile back. What am I?

A: A mirror







Sponsored by Joshua Springs Senior Living for all Seniors 50+ at Bullhead City Realtors Association Building located at 841 Hancock Rd

Tue, February 18th starting at 11:30 am

February 1

Carolyn Oland Diane Avina

Alan Boaz

Ron McCaul

February 2

Rick Percy Will Ashburn Ken Goetz

Timothy Lee O'Neil

Roddy Goozey

February 5

Shar DeTomaso Tim Davenport

February 6

Dona Giles Carolyn Susie Allen Connette Miller

February 7

Carl Thompson John Wortman Michael Mattson Mark Champion February 8

Roger Fread

Carol Morales Mowreader

February 9

Barbara Ousley Diane Torres

February 10

Russ Burnice

February 12

Patrica Chace Ron Havenhill

Lorenzo Rodriguez Jr

February 13

Gregory Ruff David Spence Mick Wolosuk

Nena Weeber

February 14

Peggy Crowson Kathleen Brennan Sonya Kempf Ann Spice February 15

Karen Brown Denise Peters

Dianna Dorn

February 16

Laurance R. Gardner

Jill Alvarez Cat Light

February 17

Lon Harley Pearson Dennis Moore

David Bullock

February 18

Rosalee Souza Karen Bradarich

February 19

Kathleen Stout Brian Sexton

David Mitchell Bourg

February 20

Barbara Trulli Patrick Patterson Gail Peterson

February 21

Mary Lou Nail Pinky Braun February 21

Billy Oering Jacob DeRuyter

Gary Van

February 22 Dian Foreman

February 24

Robert Wroten Alma Esakoff

Robert Anderson

February 25

Richard Howard Donna Granger Lynn N Beck

Kathy Ball

February 26

Robert James Leo

February 27

Leanna King Cynthia Cardoza

February 28

Geraldine Brader Nancy Mallory

February 29

Dora Deloach Santiago Hernardez



Cheryl Hartley, Sales Director (928) 763-1212

chartley@watermarkcommunities.com

BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

FEBRUARY

ACTIVITIES CALENDAR

**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

3

10:00 a.m. to 11:30 a.m.

12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Free Bingo w/Prizes sponsored by Family Care Home Health Hospice Pinochle Card Game Poker Card Game Mexican Train Game



• ***LOCATION: BHC /REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

4

9:00 am to Noon 12:30 p.m. to 2:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Beading Group ART Therapy/Canvas Water Color Paint Heart Poker Card Game Hand & Foot Card Game

**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

Sepressor Sepres

12:30 p.m. to 3:30 p.m. 1:00 p.m. to 2:00 p.m.

Bunco Group Bereavement Support Group

** LOCATION: OLD SENIOR CENTER, 2288 TRANE RD, BULLHEAD CITY **

THURSD,

Noon to 1:00 p.m. Noon to 3:00 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Ice Cream Social sponsored by Culver's Knit & Crochet Group Double Deck Pinochle Mahjong Tile



**LOCATION: BHC /REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

FRIDAY

8:00 a.m. to Noon 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m.

Wider Circle (No Breakfast - Lunch Only)
Mexican Train Game
Poker Card Game
Pinochle Game
Sat, Feb 8th 7am
Carl's Jr Fundraise

Sat, Feb 8th 7am-6pm Carl's Jr Fundraiser for Meals on Wheels No added costs. Take inside ad with you!

Don't Forget Our Fundraiser

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	7					6	8	

Level: Intermediate

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9			2			7		

Level: Advanced



10:00 a.m. to 11:30 a.m.

12:00 p.m. to 1:00 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Free Bingo w/Prizes sponsored by Family Care Home Health Hospice Alzheimer/Dementia Support Group

Pinochle Card Game Poker Card Game Mexican Train Game

**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD

UESDAY

9:00 am to Noon 12:30 p.m. to 2:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Beading Group Jewelry Making Class: Heart Earrings Poker Card Game Hand & Foot Card Game

EDNESDA 2

CLOSED

**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

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Noon to 3:00 p.m. 12:30 p.m. to 3:30 p.m. 5:30 p.m. to 9:30 p.m. Knit & Crochet Group Double Deck Pinochle Mahjong Tile



**LOCATION: BHC /REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

8:00 a.m. to Noon 10:00 a.m. to 11:30 a.m. Noon to 1:00 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m.

Wider Circle (No Breakfast - Lunch Only)
Friday Fun Crafts: Valentine's Gnomes
Valentine's Day Happy Hour
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY



CLOSED

**LOCATION: BHC /REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

18

9:00 am to Noon 11:30 p.m. to 12:30 p.m.

12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Beading Group Birthday Month Celebration sponsored by Joshua Springs Senior Living

Poker Card Game Hand & Foot Card Game



**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

Per Education of the Second of

9:00 a.m. to 4:00 p.m. 10:00 a.m. to 11:15 a.m. 12:30 p.m. to 3:30 p.m. 1:00 p.m. to 2:00 p.m. National Chocolate Mint Day Price is Right Game Bunco Group Bereavement Support Group



**LOCATION: OLD SENIOR CENTER, 2288 TRANE RD, BULLHEAD CITY **

\$20 20

12:00 p.m. to 3:00 p.m. 12:30 p.m. to 2:30 p.m. Knit & Crochet Group Monthly Bingo sponsored by TNG Insurance



**LOCATION: BHC / REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD **

21

8:00 a.m. to Noon 10:00 a.m. to 11:00 a.m. 10:00 a.m. to 11:30 a.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Wider Circle (No Breakfast - Lunch Only) Exercise to Ease Arthritis Pain Friday Fun Crafts: Water Color Floral Mexican Train Game Poker Card Game Pinochle Game

CLOCATION: BHC //REALTORS ASSOCIATION BUILDING, 841 HANCOCK RD

24

10:00 a.m. to 11:30 a.m.

Noon to 12:30 p.m. Noon to 1:00 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Root Beer Floats
Alzheimer /Dementia Support Group
Pinochle Card Game
Poker Card Game
Mexican Train Game

LOCATION: OUD SENIOR GENTER, 2288 TRANSRD, BULLHEAD GOLY **

25

9:00 am to Noon 12:30 p.m. to 2:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Beading Group Art Therapy Class:Diamond Art Painting Poker Card Game Hand & Foot Card Game

26 CLOSED

LOCATION OUD SENIOR CENTER, 2288 TRANERD, BULLHEAD CITY (13)

27 27

Noon to 3:00 p.m. 12:30 p.m. to 3:30 p.m. 5:30 p.m. to 9:30 p.m. Knit & Crochet Group Double Deck Pinochle Mahjong Tile



**LOCATION: OLD SENIOR CENTER, 2288 TRANE RD, BULLHEAD CITY **

28

8:00 a.m. to Noon 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. Wider Circle (No Breakfast - Lunch Only) Mexican Train Game Poker Card Game Pinochle Game

Kissing Booth Competition





Senior Activity Coordinator



Senior Nutrition Coordinator

PUCKER UP FOR A GOOD CAUSE.

Donate \$1 (or more) for a pair of paper lips. Then place your lips on either side of kissing booth to vote for Meals on Wheels or the Senior Enrichment Center.

Get your "LIPS" before February 14th!

100% of your donation will go to the winner, either Meals on Wheels or Senior Enrichment Center Activities.

Can't wait to see who wins!

Questions? Call (928) 763-0193 or email SEC@bullheadcityaz.gov
Please see the event calendar for daily locations.



SENIOR ENRICHMENT GENTER NEEDS YOU!

Drivers or Delivery Persons: Work 1 or 2 day(s) a week, 9 am-12 pm. Two (2) people go deliver meals to homebound individuals using the City's fleet of vehicles. Routes go out Tuesdays and Thursdays.

Kitchen Helpers: Work 1 or more day(s) a week, 11 am −1 pm. Serving precooked meals in a congregate setting. Clean up and preparation for next day. No cooking necessary!

Wellness Check Callers: Work for 2 hours between 9 am −12 pm calling homebound clients on Monday or Friday. Read from a script and share a smile to make sure they are okay and ready for the next delivery.

Front Desk Worker: This position is all inclusive and you learn as you go. Working the front desk puts you in front of lots of people coming into the center. Currently we have workers Monday-Friday 8 am-10 am, 10 am-12 pm and 12 pm-3 pm. You can work any one day, any one shift or multiple. Answer phones, direct clients to events, pass out newsletters and serve as an Ambassador for the Senior Campus.

Angels Essential Worker: Open the Angel's Essential room to assist individuals with donated durable medical equipment. Tuesdays 10 am - 1 pm

Technology Volunteers: Help a seniors with minor cellphone and computer issues. You get a text message to set up a time with them and can meet here at the Senior Campus.

Newsletter Delivery: Once a month deliver hundreds of newsletters to a pre-routed locations. Usually takes place on a Tuesday or Friday and with 2 people takes about 4 hours.

Friendly Visitor: The clients are homebound and sometimes the Meals on Wheels delivery personnel are the only people they see all week. Work 1 day a week for an hour or more spending some quality time with someone in need.



Volunteers must be 18 or older, able to pass a background check to include receiving a level 1 fingerprint clearance card and drug screening. Kitchen volunteers must take a food handlers course through the Mohave County Health Department. Potential volunteers will incur no cost for any of the services. Go to bullheadcity.com/jobs and search for Senior Campus Volunteer to apply. If you have any questions please contact the Senior Services Program Manager, Kim Cool at (928) 763-0193.

CROSSWORD

1	2	3									4	5	6	7
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38											39			
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42												43		

CLUES ACROSS

- 1. Racquet sport group (abbr.)
- 4. Norse god of thunder
- 8. Russian industrial city
- 10. What's good for the ___
- 11. Round-ish shape
- 12. Baltimore MLBer
- 13. French modernist painter
- 15. Burned with water
- 16. Intestinal issue
- 17. Take the lead
- 18. Prove oneself worthy
- 21. None
- 22. Tax collector
- 23. Swiss river
- 24. Gymnast Raisman

- 25. Baby's dining accessory
- 26. Canadian beer distributor
- 27. Iconic American tourist destination
- 34. More expansive
- 35. Alert
- 36. Popular boots Doc ___
- 37. Showings
- 38. Conclusion
- 39. Share a common boundary
- 40. Shooting sport
- 41. Popular side dish
- 42. Global energy firm
- 43. Chronicles (abbr.)

CLUES DOWN

- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers
- 5. Covered
- 6. Johns Hopkins Hospital founder
- 7. Plant of the grass family
- 9. Island person of the Bering Sea
- 10. Storehouse
- 12. Scarlet-flowered desert shrub
- 14. A pituitary hormone
- 15. Female sibling
- 17. Monetary unit of Afghanistan
- 19. Empowering
- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies
- 26. Nuclear reactor (abbr.)
- er 27. Droves
- 28. Affirmative
- a 29. Male parent
 - 30. Utter obscenities
 - 31. Type of verse
 - 32. Unpleasant person
 - 33. One who settles down
 - 34. Founder of source-based history
 - 36. A way to snarl









The new Activity Wing will add 7,700 square feet of indoor activity and meeting space and 1,300 square feet of covered outdoor patio space to the Senior Enrichment Center.

This newly enhanced and inviting space will bring people together for socialization and activities, enhancing the health of our seniors and strengthening our community.

Support us!

With your support, we can equip the new facility with the necessary furnishings for socializing, and playing games such as table tennis and pool. Your donation will also enable us to outfit arts and crafts studios with workspaces, supplies, and storage facilities, fostering creativity and lifelong learning among senior participants. Scan to learn more



Where am I going?



BHC/ Mohave Valley Realtors Association, 841 Hancock Rd. Across the street from Bethel Community Church



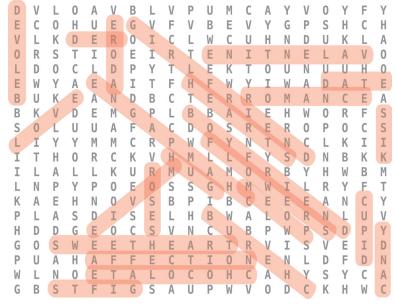
The Old Senior Center / Recreation Office 2288 Trane Rd. Right next to the Senior Enrichment Center

ALL THE ANSWERS YOU SEEK. . .

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4	9	8	3	7	5	2	1	6
7	2	6	4	1	9	8	5	3
6	4	7	1	2	8	5	3	9
8	3	9	5	6	7	1	4	2
2	5	1	9	3	4	7	6	8
5	6	2	8	4	1	3	9	7
9	8	3	7	5	6	4	2	1
1	7	4	2	9	3	6	8	5

8	9	3	4	5	6	1	2	7
7	1	5	8	9	2	4	3	6
2	4	6	3	7	1	8	9	5
5								
1	3	7	9	2	5	6	4	8
6	8	9	1	3	4	5	7	2
4	5	2	6	1	7	3	8	9
3	7	8	5	4	9	2	6	1
9	6	1	2	8	3	7	5	4

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С	U	Т	Т	Н	Е	М	U	s	Т	Α	R	D		
					Z	I	L		_	R	S			
				Α	Α	R		Α	L	Υ				
			В	I	В		В	D	L					
		Н	0	L	L	Υ	W	0	0	D	s	T	G	N
	R	0	0	М	1	Е	R			Α	W	Α	R	Е
М	Α	R	Т	Е	Ν	S				D	Е	М	0	S
Е	Ν	D	1	Ν	G						Α	В	U	Т
S	K	Е	Е	Т							R	I	С	Е
Н	Е	S	S									С	Н	R





HAPPÝ VÁLENTINE'S DÁÚ



We are currently seeking sponsors for Arts & Crafts, Monthly Holiday Parties and Monthly Happy Hour. Interested in learning more about becoming a sponsor?

Contact Jackie Jensen at (928) 763-9400 or jjensen@bullheadcityaz.gov