

SENIOR ENRICHMENT CENTER

BULLHEAD CITY, ARIZONA



HELPING SENIORS THRIVE IN OUR COMMUNITY

SCAN FOR
EVENT CALENDAR



MEC SCHOLARSHIP PROGRAM

UP TO \$10,000

Scan to Apply!



MEC is an equal opportunity provider and employer



Applications due April 25



SHAKE YOUR SHAMROCKS



GET READY TO GO GREEN

JOIN US AT THE
SENIOR ENRICHMENT CENTER
ON ST. PATRICK'S DAY
MONDAY, MARCH 17, 2025
NOON TO 2:00PM

FESTIVITIES WILL INCLUDE:
DELICIOUS GREEN MOCKTAILS & TREATS

WEAR YOUR GREEN CONTEST
SHOW US YOUR ST. PATTY'S DAY
MOST FESTIVE OUTFIT

PUTT-PUTT GOLF AND CORNHOLE
COMPETITION WITH PRIZES



SENIOR ENRICHMENT CENTER
2275 TRANE ROAD, BULLHEAD CITY



The Bullhead City Senior Enrichment Center provides an integrated system of services, resources, and opportunities to help people improve their lives through recreational, social services and health and wellness services. The Senior Enrichment Center offers a variety of activities and programs for seniors ages 50+. The programs are specially designed to allow every adult of any activity level to participate in a safe and inviting environment. The Center offers more than 50 weekly activities designed to support independence, promote lifelong learning and sustain a healthy and engaged lifestyle.

Senior Enrichment Center is also home to the Bullhead City Nutrition Center. The Nutrition Center provides meals for individuals 50+. Meal options include a continental breakfast and lunch. Continental breakfast is served Monday through Friday from 8:30 a.m. to 10:30 a.m. for \$2, or \$1 for coffee only. Lunch is available Monday-Friday from 11:30 a.m. to 12:30 p.m. A suggested donation of \$3 is requested for each meal for individuals 60+ or disabled with a statement of need from a physician. Individuals 50+ can get lunch for \$5.

If you are unable to attend in person, they also offer a home delivery meal program through Meals on Wheels-Bullhead City, AZ. Interested in learning more or signing up. Call 1-(800)782-1886 and leave a message with your name, phone number and interest in Meals on Wheels in Bullhead City, to start the qualification process .

Bullhead City Senior Enrichment Center also offers a transportation service to those in need. Whether you need a ride to the Senior Enrichment Center, medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round trip rides.

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!



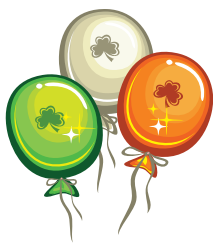
Jeff Tipton
Human Services Director
(928) 763-9400 X8157
jtipton@bullheadcityaz.gov

Kim Cool
Senior Services Program Manager
(928) 763-0193
kcool@bullheadcityaz.gov

John Kearns
Senior Enrichment Nutrition Coor.
(928) 763-0193
jkearns@bullheadcityaz.gov

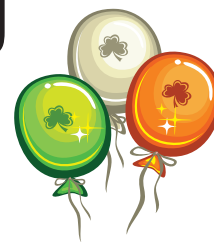
Jenny Oliverio
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Jackie Jensen
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Newsletter Coordinator
(928) 763-9400 X8246
jjensen@bullheadcityaz.gov



MONTHLY MENU

March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	4 Breakfast Burrito Breakfast Potatoes Pork Sausage	5 Chicken & Dumplings Peas & Carrots Cobbler	6 Beef Fajitas Spanish Rice Cinnamon Apples	7 Chicken Alfredo Dinner Roll Pears
10 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	11 Cobb Salad Dinner Roll Dressing	12 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	13 Sweet & Sour Meatballs Buttered pasta Carrots	14 Chicken Enchilada Fiesta Veggies Rice
17  Stuffed Cabbage Corn Cobbler 	18 Denver Omelet Breakfast Potatoes Pork Sausage Patty	19 Asian Chicken Veggies Fried Rice	20 Sweet & Sour Chicken Seasoned Rice Veggies	21 Chicken Egg Roll Fiesta Blend Rice
24 Pork Chop Sweet Potatoes Green Beans	25 Chicken Cordon Bleu Potatoes Veggies	26 Beef Cutlet w/Gravy Mashed Potatoes Carrots	27 Beef Lasagna Dinner Roll Steamed Broccoli	28 Salisbury Steak w/ Gravy Rice Pilaf Green Beans
31 Bratwurst Sauerkraut Potatoes Au Gratin				

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 - 12:30 am 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.

Effective exercises for seniors

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimes grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.



Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

Water aerobics: Sometimes referred to as aqua aerobics, water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis. **Resistance band workouts:** Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive, and don't take up a lot of space, making them ideal for people who like to exercise at home but don't have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back.

Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

Pilates: Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

Strength training: Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

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.

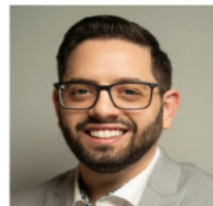
Please share the new website
with friends and family.



MARCH 20TH
12:30 P.M. TO 2:00 P.M.
SENIOR ENRICHMENT
CENTER

SPONSORED BY

KARO TNGRIAN



Independent Insurance Broker
Medicare Advantage • Medicare Supplement
Part D • Dental & Vision • Critical Care

702-624-3161
TNGMEDICARE.COM

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

\$5

wiiSports

WII BOWLING

**EVERY
WEDNESDAY
10:15 A.M.**

**SENIOR
ENRICHMENT
CENTER**

GOING THE EXTRA MILE

**SAFE.
RELIABLE.
RESPONSIBLE.
AFFORDABLE.**



CommUnity Energy

ARIZONA'S ELECTRIC COOPERATIVES

MOHAVE
electric cooperative
A Touchstone Energy® Cooperative

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

ST. PATRICK'S DAY WORD SEARCH

WORDS

T	A	K	C	T	O	L	I	V	J	L	K	L	J	A	G	G	L	O	N
O	D	A	R	E	B	K	K	S	I	U	E	A	N	J	I	G	E	D	U
E	A	B	J	B	D	E	D	M	F	O	R	T	U	N	E	U	P	K	E
E	U	E	P	V	J	V	A	D	M	I	D	O	O	P	H	R	R	C	O
I	O	K	A	B	G	R	G	D	F	P	R	A	H	R	F	C	E	O	F
B	J	H	T	F	B	E	G	G	A	E	L	I	C	M	I	I	C	R	E
I	J	P	R	I	J	V	V	T	G	C	C	A	E	D	U	G	H	M	I
D	N	F	I	P	E	O	H	V	V	A	E	D	C	A	V	A	A	A	H
S	S	V	C	V	R	L	T	N	F	C	L	C	G	D	G	M	U	H	C
M	R	T	K	P	I	C	G	K	E	U	T	A	L	G	N	F	N	S	S
O	H	B	K	O	N	H	D	L	E	I	I	U	T	J	F	A	V	R	I
M	S	S	M	V	N	L	E	T	P	M	C	P	M	B	R	J	L	J	M
H	K	E	C	C	A	B	N	S	T	H	P	P	U	E	M	N	B	S	S
J	C	K	K	R	R	I	J	D	J	N	O	I	T	I	D	A	R	T	I
J	U	R	E	A	A	G	G	N	O	M	P	A	R	A	D	E	S	M	M
R	L	M	T	S	G	F	O	A	T	S	V	H	B	I	U	K	R	L	S
A	E	I	F	M	P	L	L	L	B	N	A	B	E	N	F	U	H	V	J
A	O	H	C	R	A	M	D	E	V	R	O	V	B	K	N	E	V	T	L
N	R	D	H	S	I	R	I	R	P	J	F	J	H	O	J	P	T	G	J
A	S	P	R	G	F	U	H	I	C	D	N	E	G	E	L	U	L	E	R

CELEBRATION
 CELTIC
 CLOVER
 EMERALD
 ERIN
 FORTUNE
 GAELIC
 GOLD
 HARP
 IRELAND
 IRISH
 ISLAND
 JIG
 LEGEND
 LEPRECHAUN
 LUCK
 MAGIC
 MARCH
 MISCHIEF
 PARADES
 PATRICK
 SAINT
 SHAMROCK
 TRADITION

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to crochet.

LRSCOO

--	--	--	--	--	--

Answer: Colors

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to St. Patrick's Day.

LYKCU

--	--	--	--	--

Answer: Lucky



ICE CREAM SUNDAE SOCIAL

Join us for Ice Cream & Socializing!

March 6 & 27

Noon-1:00 pm

SENIOR ENRICHMENT CENTER

Sponsored By



SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY

Join us for
**FREE Weekly
Bingo game**
Every Monday
10 a.m. - 11:30 a.m.
sponsored by



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

Sponsored by Joshua Springs Senior Living for all Seniors 50+ at
Bullhead City Senior Enrichment Center located at 2275 Trane Road

Tue, March 18th starting at 11:30 am

March 1

Licona Coutts
Johnny Gonzales

March 2

Larry Laud
Louis Knutson

March 3

Carol Mundt
Jeff Helke

Fernando Lopez

March 4

Evelyn Hammond
Lorraine Fritzler
Elizabeth Kachelmier
Greg Miller
Tommy Temple

March 5

Cheryle Howard
Mimi Lee
Celia Linder

March 6

Dona Lee Downing
Steve Wagner
Julie Hassett

March 7

Dallas Kleine
Wes Franklin
Steven Brader

March 8

Sandy Wolosuk
Dorothy Wilson
Lance Larue
Karen Brown

March 9

Joyce Kline
Richard Arensberg
Ruthie Tevebaugh

Roxie Ramage

Dan Mathers

March 10

Jackie Stockhill

March 13

Robert Houfburg
Faith Tomkiewicz
Jim Blake

March 14

Evelyn Hammond
Susan Mcgrane
Jo Ann Biss

Linda Kakala

Leona Delia
Randy Foreman
Mary Calderon

March 15

Judi Tollefson
Darrell Jones
Salvatore Bruno

March 16

Wayne Wilson
Jason Jay Porter

March 17

Cindy Stern
Pat House

Bob Gordan

March 18

Cindy Brey
Richard Brunt
Michiko Budo
Dawn Russell
Linda Saldana

March 19

Bob Healey
Stanley Wilhelmsen
Mary Nutbourne

March 20

Helen Hayden
Gary Timms
Gayle Aikisson
Betty Fenwick

March 21

Sherry Hornbeck

March 22

Sara Rose,
Mary Addis
John Valentine

March 24

Kathy Slenker

March 25

Allen Ledford
Carolyn Krupp
Trisha Jaeger
Cynthia Haile

March 26

Mona Guerrero
Jim Merryman
Bonnie Whitfield
Victoria Juhlin

March 27

Mary Beniche

March 28

Michael Brady
Jerome Koenig

March 29

Melba Justus
Mary Thomas
Alan Reed

March 30

Chris Kelly
J.D. Delacruz Martinez

March 31

Donna Cobb
Grace Felsner
Helen Sloan-Manning
Dorene Juengling
Marla Merryman



Cheryl Hartley, Sales Director
(928) 763-1212

chartley@watermarkcommunities.com

VOLUNTEERS



SENIOR ENRICHMENT CENTER NEEDS YOU !

Driver/Delivery Person

Wellness Check Caller

Friendly Visitor

Meal Pick-up Person

Breakfast Server

Lunch Server

Newsletter Delivery

Angels Essential Room Worker

Community Store Worker

Technology Savoy Helper

**Ambassador for the
Senior Enrichment Center**

**Learn more about our volunteer
positions at
MEALSONWHEELSBULLHEAD.ORG**



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.

You're invited to the
BULLHEAD CITY SENIOR ENRICHMENT CENTER

GRAND OPENING



The celebration will take place on
TUESDAY, MARCH 4, 2025

from 8:00am to 5:00pm
Ribbon Cutting is at 8:00am

at the
Bullhead City Senior Enrichment Center
2275 Trane Road
Bullhead City, Arizona 86442

Refreshments will be provided



GRAND OPENING CELEBRATION!

Join us for the Grand Opening of the new Senior Enrichment Center on Tuesday, March 4, 2025.

The City of Bullhead City broke ground on the expansion of the Senior Enrichment Center on August 14, 2023. The new senior expansion has added 9,000 square feet of space to the building, including 7,700 square footage of indoor activity and meeting space and 1,300 square feet of covered outdoor patio space.

The center features a dedicated space for exercise, a game room, an open activity room, a library, crafting room, conference room, a community store, and more! This new, inviting space will bring people together for socialization, and activities, enhancing the health of our seniors and strengthening our community.

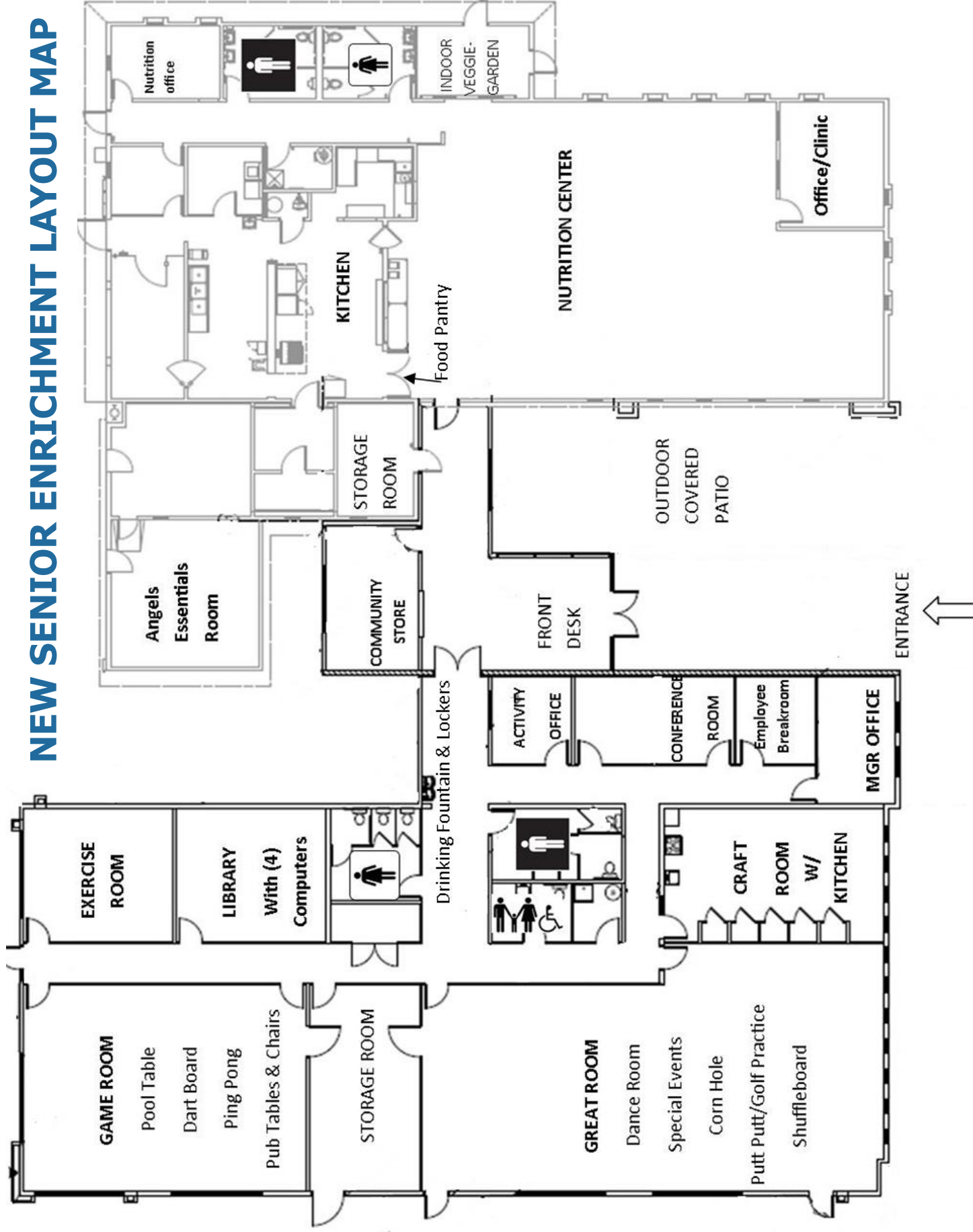
This transforms the Senior Enrichment Center into a vibrant hub for our community's senior population, offering opportunities for socialization, engagement, enrichment, and empowerment. Together, we can create a space where seniors can thrive, connect, and engage in meaningful activities that promote health, happiness, and social connection.

BEFORE PHOTOS





NEW SENIOR ENRICHMENT LAYOUT MAP



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

Level: Advanced

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

Level: Intermediate



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

2275 TRANE RD, BULLHEAD CITY, AZ 86442 (928) 763-0193

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



March

ACTIVITIES CALENDAR

MONDAY

3

11:30 a.m. to Noon

Grab & Go Lunches Only

TUESDAY

4

GRAND
OPENING

GRAND
OPENING

8:00 a.m. to 8:30 a.m.
8:30 a.m. to 10:30 a.m.
9:30 a.m. to 9:30 a.m.
9:00 a.m. to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 12:30 p.m.
11:30 p.m. to 12:30 p.m.
11:30 p.m. to 1:30 p.m.
12:00 p.m. to 12:10 p.m.
12:00 p.m. to 2:00 p.m.
12:00 p.m. to 2:00 p.m.
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.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 4:00 p.m.
2:30 p.m. to 3:30 p.m.
4:00 p.m. to 5:00 p.m.

Grand Opening/Ribbon Cutting/Outdoor Patio
Breakfast/Nutrition Center
Line Dancing/Great Room (Everyone welcome)
Beading Group/Craft Room
Exercise to Ease Arthritis Pain/Exercise Room
Bingocize/Exercise Room
Quilting Group/Craft Room
Lunch/Nutrition Center & Great Room
Live Music - The Kid & Nic Show/Great Room
Celebratory Toast & Cake Cutting/Great Room
Ice Cream Bar/Great Room
Chocolate Fountain/Great Room
Art Therapy/Craft Room - St. Patty's Centerpieces
Hand & Foot Game/Game Room
Poker Card Game/Game Room
Jacobo Getaways/Conference Room
Snack Time/Great Room
Drum Circle/Great Room
Line Dancing/Great Room (Everyone welcome)

WEDNESDAY

5

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
11:00 p.m. to Noon
Noon to 1:30 p.m.

Noon to 3:00 p.m.
12:30 p.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Wii Bowling/Great Room
Educational Cooking Presentation/Great Room
Social Isolation & Financial Exploitation
/Conference Room
Open Sewing/ Craft Room
Genealogy Club / Library
Bunco Group/Great Room
Euchre Game/Game Room
Bereavement Support Group/Conference Room
Gamblers Anonymous Meeting/Nutrition Center

THURSDAY

6

10:00 p.m. to 11:00 a.m.
Noon to 1:00 p.m.

Noon to 1:30 p.m.
Noon to 3:00 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.
5:30 p.m. to 9:30 p.m.

Bingocize/Exercise Room
Ice Cream Social/Great Room
Sponsored by Culver's
Government Imposter Scams/Library
Knit & Crochet Group
Open Sewing Group
Mahjong Tile Game /Game Room
Double Deck Pinochle Game/Game Room
Pass the Trash Card Game/Potluck

*Old Senior Center 2285 Trane Rd. West of the Senior Enrichment Center

FRIDAY

7

8:00 a.m. to Noon
9:00 a.m. to 9:45 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/Nutrition & Activity Center
Brain Savers Exercise/Exercise Room
Friday Fun Crafts/Craft Room/ St. Patty's Wreath
Mexican Train Game/Game Room
Poker Card Game/Game Room
Pinochle Game/Game Room

MONDAY

10

9:00 a.m. to 9:45 a.m.
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.
3:45 p.m. to 4:15 p.m.

Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes /Great Room
sponsored by Family Care Home Health Hospice
Dementia Support Group/Conference Room
Mexican Train/Game Room
Pinochle/Game Room
Poker Games/Game Room
Relaxation and Mindfulness Exercise/
Exercise Room

TUESDAY

11

9:00 am to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
11:15 a.m. to 1:15 p.m.
12:30 p.m. to 2:30 p.m.
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.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Zumba Class/Exercise Room
Bingocize/Exercise Room
SBI Benefits Event/Conference Room
Art Therapy/Craft Room - Painting Garden Pots
Jewelry Making/ Craft Room - Shamrock Earrings
Hand & Foot Card/Game/Game Room
Poker Card Game/Game Room
Line Dancing Class/Great Room

WEDNESDAY

12

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
10:15 a.m. to 11:15 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 2:30 p.m.

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

1:30 p.m. to 2:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Wii Bowling/Great Room
Open Sewing Group/Craft Room
Give, MAKE & Take/Nutrition Center
Shamrock Cookies
Sweep Card Game/Great Room
Bereavement Support Group/
Conference Room
Happy Hour/Great Room
Gamblers Anonymous Meeting/
Nutrition Center

THURSDAY

13

10:00 a.m. to 11:00 A.m.
Noon to 2:00 p.m.
Noon to 3:00 p.m.
12:30 p.m. to 1:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
5:30 p.m. to 9:30 p.m.

Bingocize/Exercise Room
National Popcorn Day/Great Room
Knit & Crochet Group
Left, Right, Center Dice Game/Game Room
Double Deck Pinochle/Game Room
Mahjong Tile Game/Game Room
Pass the Trash Card Game & Potluck

*Old Senior Center 2385 Trane Rd. West of the Senior Enrichment Center

FRIDAY

14

8:00 a.m. to Noon
9:00 a.m. to 9:45 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.
1:00 p.m. to 1:30 p.m.

Wider Circle/Nutrition & Activity Center
Brain Savers Exercise/Exercise Room
Friday Fun Craft/Craft Room Fairy Light Garden Jar
Mexican Train Game/Game Room
Poker Card Game/Game Room
Pinochle Card Game/Game Room
Family Care Meet & Greet
/Conference Room

MONDAY

17

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 2:00 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.
3:45 p.m. to 4:15 p.m.

4:00 p.m. to 5:00 p.m.

Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes /Great Room
sponsored by Family Care Home Health Hospice
St. Patty's Day Fun/Great Room
Mexican Train/Game Room
Pinochle/Game Room
Poker Games/Game Room
Relaxation and Mindfulness Exercise
/Exercise Room
Drum Circle/Great Room

TUESDAY

18

9:00 a.m. to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
11:30 a.m. to 12:30 p.m.
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.
12:30 p.m. to 3:30 p.m.
4:00 p.m. to 5:00 p.m.
6:00 p.m. to 9:00 p.m.

Beading Group/Craft Room
Zumba/Exercise Room
Bingocize/Exercise Room
Birthday Celebration/Great Room
sponsored by Joshua Springs Assisted Living
ART Therapy/Craft Room Acrylic Floral Painting
Poker Card Game/Game Room
Hand & Foot Card Game/Game Room
Pegs & Jokers Game/Game Room
Line Dancing Class/Great Room
Late Night Ladies Bunco Group
/Nutrition Center

WEDNESDAY

19

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:15 a.m.
10:00 a.m. to 11:15 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Prices is Right Game/Great Room
Wii Bowling/Great Room
Open Sewing/Craft Room
Genealogy Club/Library
Bunco Group/Great Room
Euchre Game/Game Room
Bereavement Support Group/Conference Room
Gamblers Anonymous Meeting/Nutrition Center

THURSDAY 20

10:00 a.m. to 11:00 a.m.
10:00 a.m. to 11:00 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 2:00 p.m.

12:30 p.m. to 3:30 p.m.
3:30 p.m. to 5:30 p.m.
5:30 p.m. to 9:30 p.m.

Bingocize/Exercise Room
Rock Painting/Craft Room
Knit & Crochet Group
Monthly Bingo/Game Room
Sponsored by TNG Insurance
Double Deck Pinochle/Game Room
Virtual Dementia Tour/Conference Room
Pass the Trash Card Game & Potluck

*Old Senior Center 2285 Trane Rd. West of the Senior Enrichment Center

FRIDAY 21

8:00 a.m. to Noon
9:00 a.m. to 9:45 a.m.
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.
Noon to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Wider Circle/Nutrition & Activity Center
Brain Savers Exercise/Exercise Room
Exercise to Ease Arthritis/Exercise Room
Friday Fun Crafts/Craft Room
Decoupage Water Can
Mexican Train Game/Game Room
National Mocktail Day/Great Room
Poker Card Game/Game Room
Pinochle Game/Game Room

MONDAY 24

9:00 a.m. to 9:45 a.m.
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.
3:45 p.m. to 4:15 p.m.

Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes /Great Room
sponsored by Family Care Home Health Hospice
Root Beer Floats/Great Room
Alzheimer/Dementia Support Group
/Conference Room
Mexican Train/Game Room
Pinochle/Game Room
Poker Games/Game Room
Relaxation and Mindfulness Exercise
/Exercise Room

TUESDAY 25

9:00 am to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 11:00 a.m.
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.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Zumba Class/Exercise Room
Bingocize/Exercise Room
Beyond Walls Bingo/Great Room
Art Therapy/Craft Room - Diamond Art Painting
Hand & Foot Card/Game/Game Room
Poker Card Game/Game Room
Line Dancing Class/Great Room

WEDNESDAY 26

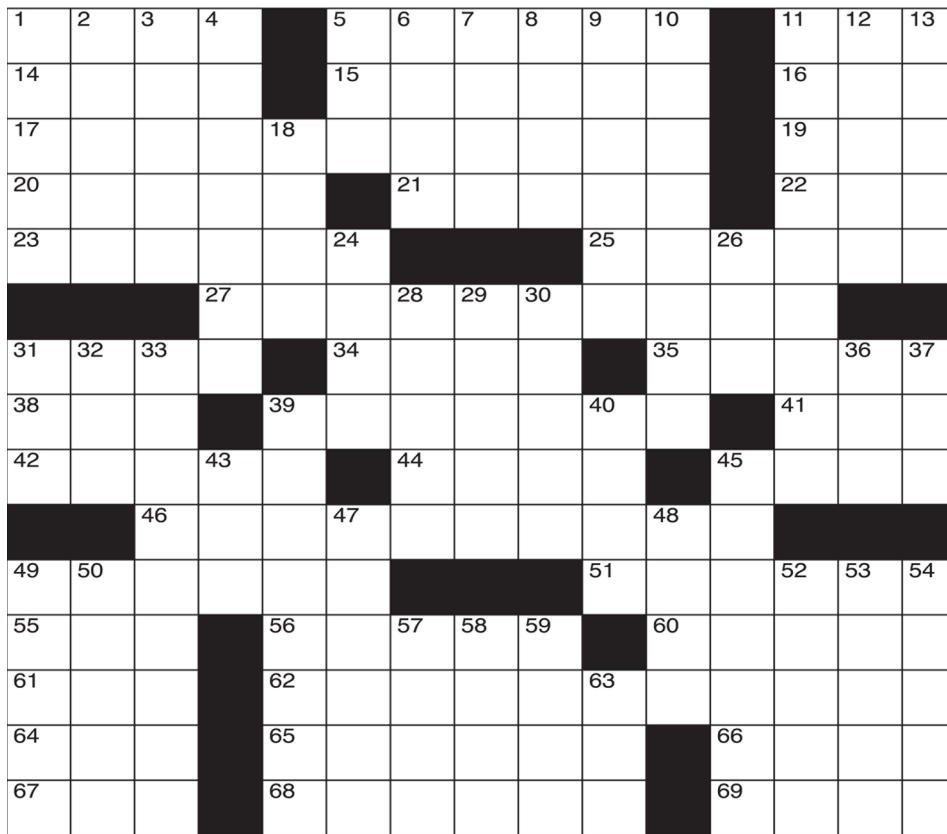
8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
10:15 a.m. to 11:15 a.m.
Noon to 1:00 p.m.

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

1:30 p.m. to 2:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Wii Bowling/Great Room
Monthly Trivia/Great Room
Sponsored by Dot Foods
Open Sewing Group/Craft Room
Sweep Card Game/Great Room
Bereavement Support Group/
Conference Room
Happy Hour/Great Room
Gamblers Anonymous Meeting/
Nutrition Center

CROSSWORD



CLUES DOWN

1. Brushed aside
2. Water sprite
3. Ones to look up to
4. Monetary units
5. A number everyone has
6. Marine invertebrate
7. One who takes you to court
8. Indicates outer
9. Parallelograms
10. Strains
11. Cross
12. A way to remove
13. Some pages are dog-__
18. Ukraine city
24. A citizen of Denmark
26. Summer month (abbr.)
28. Hindu queens
29. Jewelry brand
30. Fictional rider of Rohan
31. Wet dirt

CLUES ACROSS

1. Cut a little bit off
5. State with confidence
11. River in NE Scotland
14. Not narrow
15. Lacking social polish
16. Amount of time
17. Frame
19. Automobile
20. Toadstools
21. High school dances
22. Utilize
23. Challenged
25. One-sided
27. Showing extreme greed
31. Potted plants
34. Everyone has one
35. Lake in Botswana
38. E.T. rode in one
39. Juniors' parents
41. Small amount
42. Mother of Perseus
44. Ornamental box
45. Gov't investigators
46. Uncertain
49. A cotton fabric with a satiny finish
51. The vast grassy plains in S. America
55. Your consciousness of your own identity
56. Noted consumer advocate
60. Spanish sports club
61. Body part
62. Tractability
64. Woman (French)
65. Ready and willing to be taught
66. Muslim ruler title
67. Depressed
68. Gradually gave way
69. Clear-thinking



THURSDAY

27

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

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

12:30 p.m. to 3:30 p.m.
5:30 p.m. to 9:30 p.m.

Bingocize/Exercise Room
Rock Painting/Craft Room
Tech Tuesday with Televeda
/Conference Room
Knit & Crochet Group
Ice Cream Social/Great Room
Sponsored by Culver's
Double Deck Pinochle/Game Room
Pass the Trash Card Game & Potluck

*Old Senior Center 2285 Trane Rd. West of the Senior Enrichment Center

FRIDAY

28

8:00 a.m. to Noon
9:00 a.m. to 9:45 a.m.
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/Nutrition & Activity Center
Brain Savers Exercise/Exercise Room
Exercise to Ease Arthritis/Exercise Room
Friday Fun Crafts/Craft Room
Paper Flower Lantern
Mexican Train Game/Game Room
Poker Card Game/Game Room
Pinochle Game/Game Room

MONDAY

31

9:00 a.m. to 9:45 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.
3:45 p.m. to 4:15 p.m.

Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes /Great Room
sponsored by Family Care Home Health Hospice
Mexican Train/Game Room
Pinochle/Game Room
Poker Games/Game Room
Relaxation and Mindfulness Exercise
/Exercise Room



Join us on the fourth
Wednesday of each month
for starting at Noon.

Have Fun and WIN PRIZES!



ALL THE ANSWERS YOU SEEK. . .

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

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

S	N	I	P		A	S	S	E	R	T		D	E	E
W	I	D	E		G	A	U	C	H	E		E	R	A
E	X	O	S	K	E	L	E	T	O	N		C	A	R
P	I	L	E	I		P	R	O	M	S		U	S	E
T	E	S	T	E	D				B	I	A	S	E	D
			A	V	A	R	I	C	I	O	U	S		
M	U	M	S		N	A	M	E		N	G	A	M	I
U	F	O		S	E	N	I	O	R	S		T	A	D
D	A	N	A	E		I	N	R	O		F	E	D	S
		I	R	R	E	S	O	L	U	T	E			
S	A	T	E	E	N				P	A	M	P	A	S
E	G	O		N	A	D	E	R		B	A	R	C	A
E	A	R		A	M	E	N	A	B	I	L	I	T	Y
M	M	E		D	O	C	I	L	E		E	M	I	R
S	A	D		E	R	O	D	E	D		S	A	N	E

T	A	K	C	T	O	L	I	V	J	L	K	L	J	A	G	G	L	O	N
O	D	A	B	E	J	B	B	D	V	K	E	D	M	F	O	R	T	U	N
E	E	I	O	K	P	A	T	F	B	E	G	G	D	F	P	R	A	H	
I	B	J	P	R	I	J	E	V	V	T	G	C	C	A	E	D	U	G	A
I	D	N	F	I	C	P	V	R	I	C	G	L	T	N	F	C	D	G	M
S	M	R	T	B	K	P	O	N	L	E	T	P	M	C	P	M	B	J	F
M	H	S	S	M	K	C	C	R	R	I	J	D	J	N	O	I	T	I	D
H	K	C	K	K	R	A	B	N	S	T	H	P	P	U	E	M	N	B	S
J	J	U	R	E	A	A	G	F	G	O	L	L	B	N	A	B	E	N	I
R	A	E	I	F	M	P	L	D	E	V	R	O	V	B	K	N	E	V	T
A	N	R	D	H	S	I	R	I	R	C	D	N	E	G	E	L	U	L	E
A	S	P	R	G	F	U	H	I	C										



THANK YOU TO OUR AMAZING SPONSORS



We are currently seeking sponsors for Arts & Crafts, Holiday Parties and Happy Hour.
Interested in learning more about becoming a sponsor?
Contact Jackie Jensen at (928) 763-9400 or jjensen@bullheadcityaz.gov