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EVENT CALENDAR





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HAPPY HOUR



October 8th
12:30pm to 1:30pm
Mock-tails,
with Fun & Games
in the Great Room

Senior Enrichment Center
2275 Trane Rd, Bullhead City

Sponsored by



Rosalina Chen
Licensed insurance Agent
928-486-1490
AZ Ins License: 19003122



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 and Friday
8:00 a.m. to 4:00 p.m.
Tuesday-Thursday
8:00 a.m. to 6:00 p.m.
For more information call
(928) 763-0193
Follow us on Facebook!



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Shauna Cates

Sponsorship Coordinator
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scates@bullheadcityaz.gov



MONTHLY MENU

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Lasagna Dinner Roll Steamed Broccoli	2 Sweet & Sour Chicken w/Rice Mixed Veggies Roll	3 Bratwurst Sauerkraut Potatoes Au Gratin
6 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	7 Denver Omelet Breakfast Potatoes Pork Sausage	8 Stuffed Cabbage Corn Cobbler	9 Sweet & Sour Meatballs Buttered pasta Carrots	10 Beef Lasagna Dinner Roll Steamed Broccoli
13 CLOSED <i>Columbus Day</i>	14 Chicken Cordon Bleu Potato Wedges Mixed Veggies	15 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	16 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	17 Spaghetti & Meatballs Roll Cobbler
20 Salisbury Steak w/ Gravy, Rice Pilaf Green Beans	21 Swedish Meatballs Buttered Pasta Corn & Roll	22 Stuffed Peppers California Veggies Warm Apples	23 Asian Chicken Salad Dinner Roll Dressing	24 Cheese Omelet Pork Sausage Hash Brown
27 Meatloaf w/Gravy Mac & Cheese Veggies	28 Diced Ham & Eggs Tater Tots Southwest Veggies	29 Stuffed Cabbage Corn Cobbler	30 Pulled BBQ Pork Baked Beans Cobbler	31 Chicken Alfredo w/Peas & Carrots Roll & Pears

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.

OVERCOME A LACK OF MOTIVATION TO EXERCISE

Exercise has its fair share of devotees and millions of others who recognize its value but still struggle to include workouts in their daily routines. Motivation can be a significant hurdle when it comes to exercise, and recent studies are a testament to that difficulty.

In a 2021 survey from the global fitness brand Orangetheory™ Fitness and Kelton Global, 43 percent of respondents indicated they suffered from a lack of motivation to exercise. Lack of motivation can affect people of all ages, including seniors. However, seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands. Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.



Exercise away from home. During the early days of the COVID-19 pandemic, a phenomenon that has been characterized as “basement burnout” developed. That referred to the lack of enthusiasm to exercise at home when gyms and other fitness facilities were forced to close as a public safety measure. Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that’s available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates. ✕ Employ the buddy system. Seniors also can enlist friends and family members to join them when they exercise. Encourage neighbors or friends to come along to the gym for a favored fitness class, or invite friends and family on hiking excursions or daily walks. The National Institute on Aging notes that turning exercise into a social activity is a great way for seniors to maintain their motivation to exercise.

Track your progress and celebrate your successes. The NIA touts the benefits of tracking progress when trying to stay motivated to exercise. As exercise efforts pay increasing dividends, seniors may find it’s no longer hard to stay motivated. Success can be measured in various ways. Some might aspire to produce healthier blood test results at the doctor’s office, while others may hope to lose a few pounds. However you define success, celebrate when you achieve your fitness goals. Rewards such as a spa day, a night out at the theater or a weekend getaway can provide all the motivation you need to stay the course.

Be flexible with your routine. Mobility issues and other physical limitations may affect seniors. But such issues need not prevent aging men and women from exercising, even if it does mean they won’t be able to hit the gym four or five days per week. Mix up your routine so you can still exercise even if physical limitations make traditional workout routines more challenging. Go for nature walks on days when your body needs a break from strength-training, and check the forecast at the start of each week so you can rearrange your routine if Mother Nature makes outdoor exercise impossible on certain days.

Many people find it hard to stay motivated to exercise. Seniors can try a few strategies to ensure they stay the course with their fitness routines.

Friday Fun Crafts

Every Friday in the Craft Room from 10:30 a.m. to 11:30 a.m.

- 10/3 Spooky Blooms
- 10/10 Ghost Door Hanger
- 10/17 Glow & Boo Lantern
- 10/24 Witch Hat Workshop
- 10/31 Spooky Mason Jars



Limited to the
first 15
participants



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- Snacks
- Transportation
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- Telephone
- Community Designated Smoking Areas



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SENIOR ENRICHMENT CENTER
2275 TRANE RD, BULLHEAD CITY

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PUMPKIN
SCARY
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SPIDER
SPOOKY
TRICK OR TREAT
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WEREWOLF
WITCH
ZOMBIE

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

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

SPOOKY WORD SCRAMBLE

SUTMEOC

MYMUM

LEESOTNK

SWITCH

IEPAVRM

RTTEA

DIRSEP

OHSGT

OBZIEM

ACYND

ANSWERS: COSTUME, SKELETON, VAMPIRE, SPIDER, ZOMBIE, MUMMY, WITCHES, TREAT, GHOST, CANDY

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**SENIOR ENRICHMENT CENTER
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BULLHEAD CITY**

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This October, get the screenings you need so you can live your healthiest life.

Take our Breast Health Risk Assessment at ValleyViewMedicalCenter.net/Mammo.

To schedule your mammogram, call **928.788.7038**. Same-day appointments available.



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GIVE. MAKE & TAKE

**Let's Make
Brown Sugar
Oatmeal Cookies!**

Wed. Oct 8 1pm-3pm

**Senior Enrichment Center
2275 Trane Rd, Bullhead City**



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SBI LIFE & HEALTH BENEFITS PRESENTS

MEDICARE 101 SNACKS & FACTS

A NO COST Informative & Educational Event

**Wednesday,
October 1st, 2025**

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

**Located inside
Bullhead City's
Senior Enrichment Center
2275 Trane Road,
Bullhead City, Arizona.**



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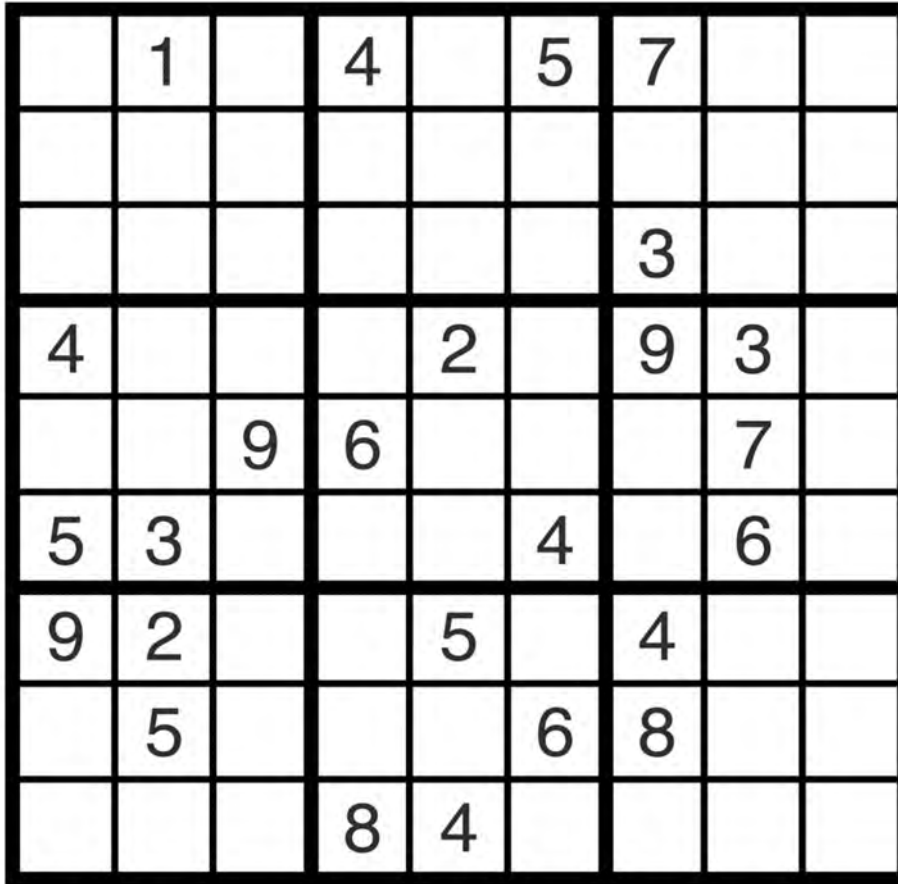


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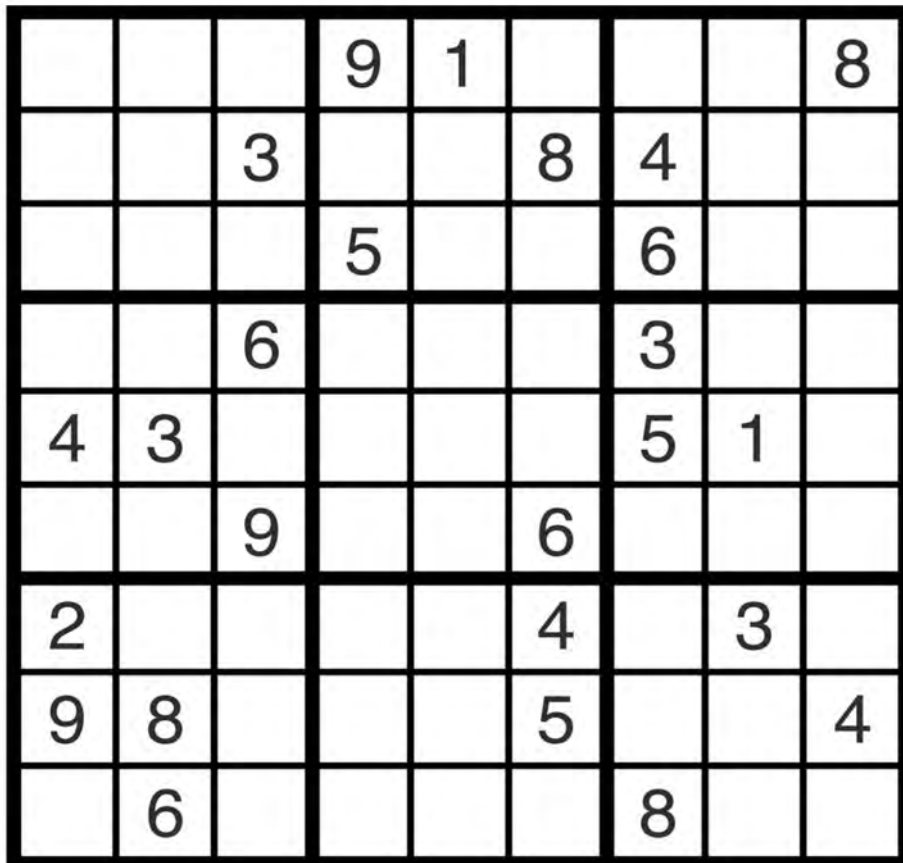
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Level: Intermediate



Level: Advanced



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

OCTOBER

WEEKLY ACTIVITIES

EVERY

MONDAY

9:00 a.m. to 11:00 a.m.

9:00 a.m. to 9:45 a.m.

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

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

1:00 p.m. to 3:00 p.m.

1:30 p.m. to 2:30 p.m.

Tech Support/Mark Rosenthal/Library

Body Moves for Brain Power/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

Beginner Line Dancing/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Mexican Train/Game Room

Sponsored by: Voodoo Cove

Poker/Game Room

Sponsored by: Voodoo Cove

Pinochle/Great Room

Sponsored by: Voodoo Cove

Tech Support/Miriam Brown/Library

Line Dancing Group/Exercise Room

Sponsored by: Arizona Advanced Wound Care

EVERY

TUESDAY

9:00 a.m. to Noon

9:00 a.m. to 9:30 a.m.

9:30 a.m. to 10:30 a.m.

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

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

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

12:30 p.m. to 4:00 p.m.

1:00 pm to 3:00 p.m.

3:30 p.m. to 4:15 p.m.

4:15 p.m. to 5:15 p.m.

Beading Group/Craft Room

Chair Zumba Class/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Bingocize/WACOG/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Ping Pong/Great Room

Essentrics YouTube Video w/founder

Miranda Esmode-White/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Poker Game/Game Room

Sponsored by: Voodoo Cove

Hand & Foot Card Game/Game Room

Sponsored by: Voodoo Cove

Tech Assistance/Pam Beaushay/Library

Relaxation & Mindfulness/Exercise Rm

Sponsored by: Arizona Advanced Wound Care

Line Dancing /Exercise Room

Sponsored by: Arizona Advanced Wound Care



EVERY

WEDNESDAY

8:00 a.m. to 4:00 p.m.
 9:00 a.m. to 11:00 a.m.
 9:30 a.m. to 10:30 a.m.
 10:00 a.m. to 11:00 a.m.
 Noon to 3:00 p.m.
 12:30 p.m. to 1:30 p.m.
 12:30 p.m. to 1:30 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
Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Wii Bowling/Great Room
Open Sewing Group/Craft Room
Line Dancing/Beginner/ Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Hit the Bullseye/Electronic Darts/Game Room
 Sponsored by: VooDoo Cove
Bereavement Support Group/Conference Room
Cue Masters Club & Lessons/Game Room
 Sponsored by: VooDoo Cove
Gamblers Anonymous Meeting/Nutrition Center

EVERY

THURSDAY

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to Noon
 10:00 a.m. to 10:45 a.m.
 11:00 a.m. to 11:30 a.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.

Chair Yoga Better Health /Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Morning Poker/Game Room
 Sponsored by: VooDoo Cove
Bingocize/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Knit & Crochet Group/Craft Room
Mahjong Tile Game/Game Room
 Sponsored by: VooDoo Cove
Double Deck Pinochle/Game Room
 Sponsored by: VooDoo Cove
Pass the Trash Game & Potluck
 Located in the old Senior Center, 2285 Trane Rd

EVERY

FRIDAY

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

Wider Circle Event/Free Breakfast & Lunch
 Located in the Nutrition Center & Activity Center
Brain Savers Exercise/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Shuffleboard Friday/Game Room
 Sponsored by: VooDoo Cove
Friday Fun Crafts/Craft Room/Limit 15/SEE PAGE 6
 Sponsored by Mohave College - Community Education
Mexican Train/Game Room
 Sponsored by: VooDoo Cove
Pinochle/Great Room
 Sponsored by: VooDoo Cove
Poker/Game Room
 Sponsored by: VooDoo Cove
Zumba Live/Beth Humphrey/ Exercise Room
 Sponsored by: Arizona Advanced Wound Care

SPECIAL EVENTS & ACTIVITIES

Wednesday, October 1

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

Medicare 101 Snacks & Facts Educational Presentation/Great Room
Sponsored by SBI Life & Health Benefits

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

Genealogy Club/Library

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

Bunco Group/Great Room

Thursday, October 2

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

Consumer Fraud Protection/AZ Attorney General's Office /Great Room

12:00 p.m. to 1:00 p.m.

Ice Cream Social/Great Room

Sponsored by Culver's of Bullhead City

Friday, October 3

11:30 p.m. to 1:30 p.m.

2nd Annual Oktoberfest Chili Cook-off/Great Room

Sponsored by TWN Communications

Monday, October 6

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

Substance Use & The Brain/Mohave County Public Health/Conference Rm

12:30 p.m. to 2:30 p.m.

Basic Beading Class/Craft Room/ Limit 10

Tuesday, October 7

12:30 p.m. to 2:30 p.m.

Art Therapy/Haunted Canvas/Craft Room

Sponsored by: Mohave College Community Education

1:00 p.m. to 2:00 p.m.

Colorado River Concerts Meeting/Conference Room

Wednesday, October 8

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

White Elephant Bingo/Great Room

12:30 p.m. to 1:30 p.m.

Happy Hour/Great Room

Sponsored by WellCare

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

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

1:00 p.m. to 3:00 p.m.

Give, Make & Take / Brown Sugar Oatmeal Cookies/Nutrition Center

Sponsored by Canyon Home Care & Hospice

Thursday, October 9

11:00 p.m. to 1:00 p.m.

Free Health Mini Clinic/ Nutrition Center

Sponsored by Beacon of Hope Hopice

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

Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

12:30 p.m. to 1:30 p.m.

Left, Right, Center Dice Game/Game Room

Sponsored by VooDoo Cove

1:00 p.m. to 3:00 p.m.

Tech Assistance/ Pam Beaushay/Library

Friday, October 10

Monday, October 13

Closed for Columbus Day



SPECIAL EVENTS & ACTIVITIES

Tuesday, October 14

12:30 p.m. to 2:30 p.m.

1:00 p.m. to 2:00 p.m.

Jewelry Class/Pink Pumpkin Earrings/Craft Room

Sound Bowl Breathing Healing Body & Soul/Exercise Room

Sponsored by Arizona Advanced Wound Care

Wednesday, October 15

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

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

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

Legal Services/Maricopa County Public Defender's Office/Conference Rm

Genealogy Club/Library

Bunco Group/Great Room

Thursday, October 16

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

11:00 a.m. to Noon

11:00 a.m. to Noon

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

1:00 p.m. to 3:00 p.m.

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

Rock Painting/Colorado River Women's Council/Craft Room

Brain Games with Televeda/Great Room

Talk & Seek Discovery Hour/Great Room

Monthly Bingo/Great Room

Sponsored by TNG Insurance

Tech Assistance/Pam Beaushay/Library

Virtual Dementia Tour/Conference Room

Friday, October 17

11:30 a.m. to 1:30 p.m.

Meals on Wheels Fall Show & Luncheon/Great Room

Monday, October 20

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

1:00 p.m. to 2:00 p.m.

2:30 p.m. to 3:30 p.m.

Nutrition & Mental Health/Mohave County Dept. of Public Health /Conference Rm

Golden Rule Steering Committee/Conference Room

Drum Circle/Exercise Room

Sponsored by Arizona Advanced Wound Care

Tuesday, October 21

12:00 p.m. to 3:00 p.m.

12:30 p.m. to 2:30 p.m.

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

6:00 p.m. to 9:00 p.m.

SHIP Medicare Counselor/By Appointment/Nutrition Center

Art Therapy/Macrame Pumpkin/Craft Room

Sponsored by Mohave College - Community Education

Birthday Month Celebration/Great Room

Sponsored by Joshua Springs Senior Living

Late Night Ladies Bunco Group/Nutrition Center

Wednesday, October 22

12:00 p.m. to 1:00 p.m.

12:30 to 3:30 p.m.

1:30 p.m. to 2:30 p.m.

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

Sweep Game/Great Room

Game Room Karaoke/ Game Room



SPECIAL EVENTS & ACTIVITIES

Thursday, October 23

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

12:00 p.m. to 1:00 p.m.

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

1:00 p.m. to 3:00 p.m.

NAU In-Service Training/Conference Room

Ice Cream Social/Great Room

Sponsored by Culver's of Bullhead City

Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

Tech Assistance/Pam Beaushay/Library

Friday, October 24

Monday, October 27

12:00 p.m. to 1:00 p.m.

12:00 p.m. to 1:00 p.m.

Dementia Support Group/Conference Room

Root Beer Floats/Great Room

Sponsored by Mohave Medicare Plans

Tuesday, October 28

12:00 p.m. to 3:00 p.m.

12:30 p.m. to 2:30 p.m.

12:30 p.m. to 1:30 p.m.

SHIP Medicare Counselor/By Appointment/Nutrition Center

Art Therapy/Halloween Ribbon Centerpiece/Craft Room

Sponsored by Mohave College - Community Education

Monthly Mixer/Pumpkin Crafting Mixer/Great Room

Sponsored by Legacy Rehab & Care center

Wednesday, October 29

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

Bunco Group/Great Room

Thursday, October 30

11:00 a.m. to Noon

1:00 p.m. to 3:00 p.m.

Beyond Walls Bingo/Televeda/Great Room

Tech Assistance/Pam Beaushay/Library

Friday, October 31

11:30 a.m. to 1:30 p.m.

Halloween Murder Mystery Party/Great Room

Sponsored by TWN Communications





Now Open in Bullhead City!

Accepting New Primary Care & Wound Care Patients

Call Now! (928) 897-3771

Arizona Advanced Wound Care is part of JD Medical group. We are a multi-specialty clinic that provides compassionate, patient-centered quality care to patients in office and at home visits. We are bringing our services to Laughlin, Bullhead City and Kingman.



Dino Alfonso
Chief Executive Officer



PRIMARY CARE

We offer comprehensive annual wellness visits, preventative care, management of acute and chronic conditions.



ADVANCED WOUND CARE

We treat acute, chronic and complex wounds using evidenced-based practice and advanced technology.



MOBILE IN-HOME VISIT

We come to you! Our advanced practitioners are certified specialists that provide concierge care in the comfort of your home!



WOUND CARE SUPPLIES

We provide our own supplies so that you don't have to! Our team will provide enough wound care supplies until the next visit!

TYPES OF WOUNDS TREATED

- | | |
|------------------------|----------------------------|
| • Diabetic Foot Ulcers | • Arterial Ulcers |
| • Pressure Ulcers | • Trauma / Surgical Wounds |
| • Venous Leg Ulcers | • Burns |

**WE TAKE
TRADITIONAL
MEDICARE!**



Jill Alfonso, FNP-BC, CWS, CFCS
Chief Financial Officer

No more waiting rooms. No more costly hospital visits.

ARIZONA ADVANCED WOUND CARE

2755 Silver Creek Road, Suite 107 Bullhead City, AZ 86442

Phone: (928) 897-3771 Fax: (725) 214-1171 aawc.jdmg@gmail.com



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

October 1

Yarbrough, Mary
Eaves, Don
Park, Jerry
Szymanski, Edward
Bowling, Sharon

October 2

Mesa, Angel
Goldsberry, Karen
Yoakum, Albert
Meecham, Lynell
Wright, Bonnie
Vickery, Lon
Sherwood-Risner, Penny
Luck, Ginger

October 3

White, Harriet
Yuen, Fred
Miller, Debra

October 4

Lash, Terry
Montano, Steve
O'Campo, Yolanda
Jaramillo, Francisco

October 5

Wellbrock, Phyllis
Dawson, Henry
Hillhouse, Harold
Tibbetts, Deborah
Mathis, Alan
Bisbee, James

Hermance, Melody
Pierson, Donna

Cooke, Dora

Cagle, Cheryl

Mitchell, James

October 6

Christie, Florance
Frisna, Rosina
Valentine, Kathy

Ojeda, Lillian

Hansen, Rosalie

Renard, Cheyenne

October 7

Welsh, Patrick
Grove, Carol
Sugden, James
Saar, Ted
Leeper, Carolyn
Wilson, Jan
Quinn, Charlene

October 8

Romero, Albert
Jackson, Deeanna
Lovelace, Donna
Coryell, Eric
Ferrell, Jack

October 9

Vandal, Barbara
Fitzgerald, Charlotte
Schaner, Gary
Deering, Gertrude
Sutton, Yong
Denise, Wallack
Schonhofer, Eleonora

October 10

Dye, Sharon
Crumly, Robert
Crumly, Ginger
Williams, Ricky

October 11

Corrao, Marilou
Teran, Oscar
Wimer, Jeanne
Strucel, Susie
McClay, Julie
Banks, Kathy

October 12

Frassel, John
Klohr, Jeri
Edwards, Linda
Salceda, Tina
Brown, Miriam
Leverick, Traci

October 13

Linder, Nathalie
Heady, Marjorie
Hensley, Paul

October 14

Mlyniec, Frank
Dearden, Denise
Lieb, Raymond
Spolar, Curtis

October 15

Hollis, Leroy
Pokorney, Pamela
Lisk, Richard
Welliver, Shirley
Casanzio, Mary
Lou
Carpenter, Robin
Thomas, MaryJane
Pearson, Barbara
Coyle, Michael



Jessee Martinez, Sales Director
(928) 763-1212
jmartinez@watermarkcommunities.com



October 16

Brosseit, Jim
Pennington, Carolyn
Wiggins, Timothy

October 17

De Los Reyes, Al
Swiston, Lynne
Hamilton, Marilou
Conrad, Sandra
Najera, Henry
Watkins, Cathy
Palmer, Darlene
Brimlow, Monique

October 18

Farmer, David
Zinniker, Janice Ann
Beaushay, Pam
Kindred, Kathleen
Leisle, Rebecca
Gunther, Susan
Kovac, Leona
Patterson, Elizabeth

October 19

Montoya, Frances
Moulton, Karen
Bookey, Sheryl
Christie, Kathleen
Welch, Linda
Stewart, Morris
Cunningham, Sharon
Jiggins, Warren
Click, Christine
Reyes, Kim
Martinez, Laura

October 20

Harrold, Barbara
Duval, Kathryn

October 21

Morgan, Cynthia
Torres, Ludivina
Hughes, Donna
O'Neal, Penny
Johnson, Gail
Garcia, Armando
Szopa, Terri
Brock, Mystie

October 22

Barragan, Jamie
Jones, John
Baher, Mitch
Gerety, Daniel
Arnds, David
Robison, Daniel
Ponce, Natalie

October 23

Huff, Frank
Sayeg, Lawrence
Cleland, Jean
Komanek, Diane

October 24

St. Martin, Clarence
McGraw, Douglas
Staley, Mary Ann
Horner, Nathaniel

October 25

Egelin, Donna
Clairville, Beverly
Vasquez, Isabella
MacGregor, Michelle
Loguice, Randaall
Mitchell, Christie

October 26

Hair, Dandy
Smith, Ron
Harrold, Barbara
Duval, Kathryn

October 26

Lee, Don
Mehling, Dana
Soder, Randy
Contreras, Bonnie
Yarnell, Mona

October 27

Zaun, Betty
Conlisk, Les
Dayton, Terry
Carroll, Sheree
Busckohl, Jim

October 28

DeJacimo, Steve
Martinez, Mario
Burrue, Susan
Neal, Loren

October 29

Spadafora, Pamela
McCool, Earl
Dubic, Mary
Overstreet, Judy
Christensen, Elsa
Robinson, Ronald
Perales, Debbie
Baltierra, Michael

October 30

Bouse, Karen
Jackson, Leroy
Burns, Roxanne
Calogero, Carol
Tejeda Camacho, Maria
Rosario, Marcelino
Snell, Robin

October 31

Terry, Hartman
Hartman, Terry
Wendland, Maggie
Helwig, Danette
Miller, Jacqueline

**The Birthday Month Celebration is for all Seniors 50+
at Senior Enrichment Center located at
2275 Trane Road, Bullhead City**

Tue, October 21st starting at 12:30



Sponsored by Joshua Springs Senior Living

ANYTHING MEDICAL IS CELEBRATING 21 YEARS!

PROUDLY SERVING THE TRI-STATE AREA SINCE 2004.

*Clearance Specials & Flash Sales All Month Long!
Follow us on Facebook for details.*

JOIN US ON WEDNESDAY, OCTOBER 15
ENJOY SWEET TREATS, GIVEAWAYS, AND ONE DAY ONLY
SPECIALS DURING OUR ANNIVERSARY CELEBRATION !



2636 HIGHWAY 95, SUITE 5 & 6
BULLHEAD CITY, AZ 86442

928-763-5959 ANYTHINGMEDICAL.LIFE



Want to
Your Monthly Electricity Bill?
You Can!
With Budget Billing!
Registration ends Oct 31!

928-763-1100

MEC is an equal opportunity provider and employer

Attention All Neighbors



We now have a new communication system that will be made available through your phone for Senior Enrichment Center & Meals on Wheels participants.

If you have provided us with your telephone number, you will get a WELCOME message sometime in July, inviting you to the platform where you will receive constant communication to keep you in the know of things at the Senior Enrichment Center. Please note you can opt out anytime but we suggest you give it a try. It will be used to tell you about new events, canceled events, meal changes, events you can sign up for, community emergencies that we are alerted to and so much more.

If you only own a landline, the messages will be read out loud when you answer. Cellphone users will receive the messages via text.

These messages are coming through Blooming Health but the system is fully controlled by the Enrichment Center so even if a link is included in the message you know it's SAFE to click it. To assure you each time you get a message it will start out with the Senior Services Program Manager saying, "Hi this is Kim Cool with the Senior Enrichment Center and Meals on Wheels Program, please listen to the following message:"

We look forward to giving you the best service ever.



BLOOMING HEALTH

POWERING HEALTHY AGING IN-PLACE



5K ROAD RACE
5K RIVER RUN
BOWLING
CHAIR VOLLEYBALL
CLAY TRAP SHOOTING
CORNHOLE
GOLF
HORSESHOES
KAYAK

OLYMPIC WEIGHT-LIFT
PADDLE BOARDING
PICKELBALL
PISTOL SHOOTING
POWERLIFT
POWERWALK
RIFLE SHOOTING
SOFTBALL
SWIM

TABLE TENNIS
TENNIS
TRACK & FIELD
AND MORE!

BULLHEAD CITY, AZ
LAUGHLIN, NV

APRIL 2026
5TH TO 12TH

REGISTRATION
OPENS IN OCTOBER



GOLDENGAMESBHC.COM

JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0188 or jfigueroa@bullheadcityaz.gov



Locally owned, compassionately involved.

Led by local ownership, guided by compassion,
dedicated to families in our community.

Call today for your FREE consultation
and let us help you and your loved ones find peace of mind.

928-788-0027 | Serenityhhh.com



MONTHLY root beer **FLOATS**

Mon, Oct 27th Noon - 1pm

SPONSORED BY



**LOCAL
RELIABLE
TRUSTED**
*Serving our community for
over 14 years!*



928-600-2628 TTY-711

Shirley Martinez
Insurance Agent/Broker
License 8695764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY



FREE MINI HEALTH CLINIC

- **MEMORY SCREENING**
To test for early signs of Dementia or Alzheimer's
- **BLOOD PRESSURE CHECKS**
- **HEIGHT & WEIGHT MONITORING**
Weight Loss/Diabetic and Nutrition Counseling
- **RESOURCES & REFERRALS**

CLINIC DATES
OCT 09 & DEC 11
11AM to 1PM (AZ Time)

LOCATED INSIDE SENIOR ENRICHMENT CENTER AT
2275 TRANE RD, BULLHEAD CITY

Tests provided are not diagnoses and for informational purposes to be reviewed by your primary physician.

CALL TODAY AND RESERVE YOUR SPACE
(928) 763-0193
LIMITED TO 6 SPOTS PER CLINIC.

FREE DOG ADOPTION EVENT!

**NOW OPEN
SUNDAYS IN
SEPTEMBER
NOON - 3PM!**

FIRST 50 DOG ADOPTIONS ARE FREE!

Adoption includes

Spay/neuter surgery, age-appropriate vaccinations, medical check-up, microchip, free behavior consult with a trainer, grooming discounts, free dog license for Bullhead City residents, 24/7 lap side assistance.

Sponsored by:



928-704-2222 Swantys.com



Bullhead City Animal Resource Center

2270 Trane Road Bullhead City, AZ 86442

Phone: (928) 763-6000

Hours: Mon - Thu 10 a.m.-6 p.m.

Public access to animals: Mon-Thu Noon - 5:30 p.m.

Closed: Fridays, Saturdays & Holidays

Consumer Fraud Prevention and Awareness for Seniors

October 2, 2025
10:30 am to 11:30 am
Senior Enrichment Center
2275 Trane Rd
Bullhead City, AZ 86442



Join us for an important and informative presentation on Consumer Fraud Prevention and Awareness for Seniors, led by MaryAnn Deminsky on behalf of the Arizona Attorney General's Office.

Signup sheet Available at the
Senior Enrichment Center
or
call 928-763-0193



Music & Mocktails

Colorado River Concerts invites you to lend your influence in selecting our 2026-2027 season!

Your input makes a difference. Join us on Tuesday, October 7, 2025 in the Great Room at the Senior Enrichment Center. Drop by anytime between 2:00 pm - 5:00 pm for music, mocktails, and munchies.

Enjoy a sneak preview of upcoming performers and cast your vote to help shape the season.

Several lucky people will win FREE tickets to concerts in the upcoming 2025-2026 season which begins November 13.

FALL FASHION SHOW LUNCHEON MEALS ON WHEELS FUNDRAISER

OCTOBER 17TH, 2025

11:30 AM TO 1:30 PM

SENIOR ENRICHMENT CENTER
2275 TRANE RD
BULLHEAD CITY, AZ 86442



\$15.00 PRE-SALE (ENDS 10/13)
\$20.00 AT THE DOOR



SCAN TO BUY ONLINE

CREAMY ROASTED BUTTERNUT SQUASH
PASTA
HARVEST FALL SALAD
FRESH DINNER ROLL
DESSERT
SPARKLING ICE TEA

PRESENTED BY:
**BREAST CANCER
AWARENESS MONTH**



\$1.00 PER TICKET RAFFLE PRIZES



Did You Know?

Pickleball is a great **cardiovascular workout**, says Anytime Fitness.



The Sports & Fitness Industry Association reports the popularity of **pickleball has grown by 223.5 percent over the last three years**, with participation increasing across all age groups. The average age of a pickleball player is now 35. Pickleball attracts players for a number of reasons. In addition to promoting socialization and serving as a generally entertaining activity, pickleball offers a number of health benefits. Anytime Fitness says that pickleball is a great cardiovascular workout. It is estimated that a pickleball game can burn up to 600 calories per hour. Pickleball also helps to improve lung function and can strengthen the heart. A 2018 study published in the International Journal of Research in Exercise Physiology found playing pickleball may lower the risk of heart disease by positively modifying risk factors like blood pressure and cholesterol levels. Since pickleball is a fast-paced game, it may help improve cognitive function and memory recall due to the quick thinking the game requires. Also, because pickleball is played on a smaller court than a regulation tennis court, it can be easier on players' joints since it doesn't require covering as much ground.

SENIOR ENRICHMENT CENTER
2275 TRANE RD, BULLHEAD CITY

OKTOBERFEST

CHILI COOK-OFF

FRI, OCT 3RD
11:30 AM - 1:30 PM

*A Meals on Wheels
Fundraiser*



Join us for some Oktoberfest fun!

Seniors 50+ are welcome to the
FREE party with pretzels,
beer cheese, mocktail festbier beer
and lots of fun & games!

Plus, the Meals on Wheels
Chili Cook-off Fundraiser

Contest entry fee \$5
Sampling wristband \$5

Proceeds benefit Bullhead City Meals on Wheels.

*Great prizes for chili
contest winners.*

Sponsored by:



Questions?
Call Jenny at
(928) 763-0193



Where The LOCALS GO

At **Davis Place** our Assisted Living community is made up of friends, neighbors and colleagues. We are passionate about preserving local connections and making new memories while offering the peace of mind that comes from knowing you or your loved one is being cared for like family.

Call **928.433.4076** or visit us online to schedule your free lunch and tour!

SAVE UP TO
\$3,000

On Select Apartment Homes*

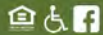


DAVIS PLACE

An Integral Senior Living Community

DavisPlaceSeniorLiving.com

2943 Desert Sky Boulevard, Bullhead City, AZ 86442
Assisted Living



*New residents only. Limited-time offer. Restrictions apply. ©2025 Integral Senior Living Management, LLC. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed by Integral Senior Living Management, LLC. DVPL-0003 08/25



OCT 2ND & 23RD
NOON-1PM

**BULLHEAD CITY
SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY, AZ**

SPONSORED BY





Oct. 16th

12:30 P.M. - 2:00 P.M.

**INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2275 TRANE RD**

**SPONSORED BY
KARO TNGRIAN**



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TNGMEDICARE.COM

**SPONSORED BY
LEGACY REHAB&CARE CENTER**

MONTHLY MIXER

**JOIN US AT
SENIOR ENRICHMENT CENTER**

LET'S MIX & MINGLE!

Our Monthly Mixer is a fun and friendly gathering for seniors to socialize and make connections.

We will "mix" it up each month with a new theme and activity. Make new friends and enjoy refreshments and snacks.

Tuesday, October 28

12:30 pm - 1:30 pm

**PUMPKIN CRAFTING
MIXER**

SPONSORED BY

**THE
LEGACY**
REHAB & CARE CENTER

**BULLHEAD CITY
SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY, AZ**







GAME sponsor

Do you love card games? So do we!

Senior Enrichment Center offers a variety of engaging and social card games that bring fun, strategy, and laughter to your day. Whether you're a seasoned pro or just learning, there's something for everyone!

- Pinochle
- Sweep Card
- Poker
- Hand and Foot
- Mexican Train
- Mahjong Tiles

- Hit the Bulls Eye
- Cue Masters Club
- Left, Right, Center
- & More!



We welcome new players and new games! If you're interested in joining, or even starting a card group, we'd love to help make it happen. Come by for a personal tour and see our card rooms in action.



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

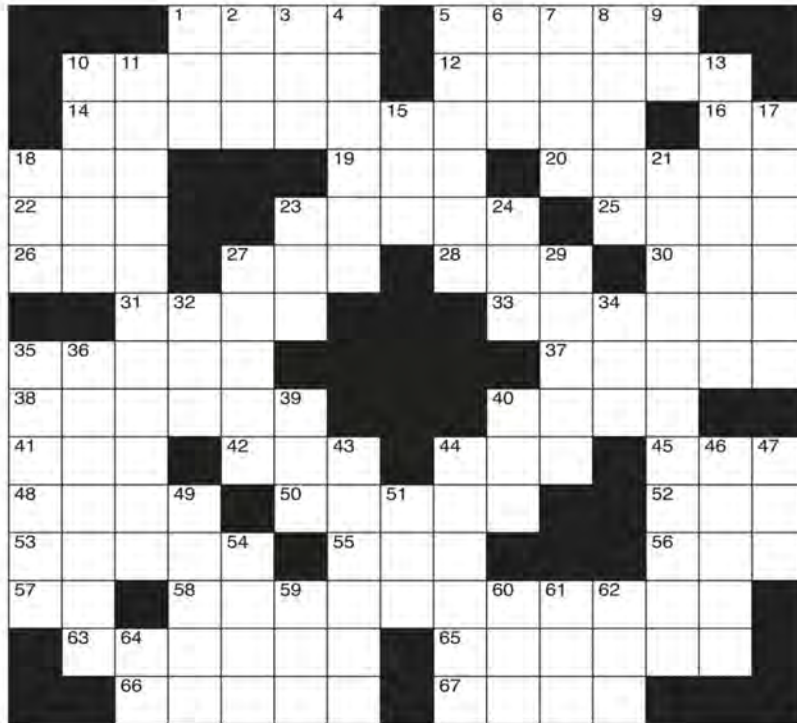
Have Fun & WIN PRIZES!

Sponsored by



Bullhead Senior Enrichment Center
2275 Trane Rd. Bullhead City, Arizona

CROSSWORD



CLUES DOWN

1. Witch
2. Utilize
3. Writing utensil
4. Where rockers work
5. Becomes less intense
6. Consume
7. Type of catfish
8. "Horsetown, U.S.A."
9. Atomic #50
10. The Muse of lyric poetry
11. Brings back to life
13. Humorous critiques
15. Cool!
17. Worst
18. Wet dirt
21. Useful
23. Hebrew unit of liquid capacity
24. High schoolers' test
27. Internet device
29. City in India
32. A place to rest
34. Chat responder
35. A way to move on
36. What consumers are given
39. Digital audiotape
40. More (Spanish)
43. Disfigured
44. White (Spanish)
46. Church building
47. Georgia rockers
49. Surgeon's tool
51. "Much ___ about nothing"
54. Make by braiding
59. Local area network
60. Unit of work
61. Indigenous person of Thailand
62. Liquefied natural gas
64. Distance to top

CLUES ACROSS

1. Native American people of CA
5. Long periods of time (Brit.)
10. Classroom tool
12. Rods
14. One who renews
16. They start the alphabet
18. Periodical (slang)
19. Smooth singer Cole
20. Dorsal sclerites in insects
22. One from Utah
23. The world of the dead
25. Singer Redding
26. Mafia head
27. Wrongly
28. Unhappy
30. Anger
31. Dark olive black
33. Places to sit and eat
35. Made a mistake
37. Damp
38. Banned fuel type
40. Actor Damon
41. What thespians do
42. A polite address for a woman
44. Disallow
45. Swiss river
48. A banana has one
50. Afrikaans
52. Relative biological effectiveness (abbr.)
53. Agave
55. Journalist Tarbell
56. One-time tech leader
57. Incidentally (abbr.)
58. Intestinal bacterium
63. Loose sheaths around the spinal cord
65. Accompanies nook
66. Vogue
67. Highly excited

*By the pricking of my thumbs, Something
wicked this way comes.*

- William Shakespeare, Macbeth



Breakfast

8:30 a.m. to 10:30 a.m.



Your choice of:

Beverage Only: Coffee, Tea or Juice only
\$1 per person or Continental Breakfast
& Beverage only \$2 per person

All food must be eaten in the building.
No food is allowed to be taken outside
the Senior Enrichment Center building.
Drink refills are free.

Bullhead City's
Senior Enrichment Center
2275 Trane Rd.
Bullhead City, Arizona
www.bullheadcity.com



**Proud to Support Senior Fitness
Activities at Bullhead City Senior
Enrichment Center**

- **Chair Yoga**
- **Zumba**
- **Tai Chi**
- **Bingocize**
- **Esentrics**
- **Body Moves for Brain Power**
- **And MORE!**

ALL THE ANSWERS YOU SEEK. . .

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

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

			H	U	P	A		A	E	O	N	S		
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D	O	N		M	I	S		S	A	D		I	R	E
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L	E	A	D	E	D					M	A	T	T	
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		T	R	E	N	D			A	G	O	G		



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



PRESENTED BY
CLAYTON HOMES &
ARROWHEAD CREDIT UNION

SATURDAY
10:00
04

COMMUNITY PARK
1251 HWY 95
9AM TO 1PM

IT'S GONNA BE A
PUMPKINPALOOZA

OVER 80 VENDORS

BIG AL'S TRADING POST,
CIRCLE T HONEY BEE RESCUE,
DOT ROCK, THE GOURMET
CUPBOARD, HERO ELECTRONICS,
KREBS KITCHEN, MOUNTAIN VIEW
POTTERY, SM CRAFT, THE CRAFTY
PEDDLER & MORE!

FOOD TRUCKS

ROLLIN' J'S, INFUZE INERGY,
HONEY PAWS BBQ, RIVER SIPPIN,
THE FOODINI'S, KONA ICE,
THE CORNMAN & WILLIE'S KETTLE
CORN

FREE FAMILY FUN

BOUNCE HOUSES, FACE
PAINTING, BALLOON ANIMALS,
PUMPKIN THEMED

FOR MORE INFORMATION CONTACT:
CLAIRE ADAMS, FARMERS MARKET MANAGER
OFFICE: (928)763-0158
EMAIL: CADAMS@BULLHEADCITYAZ.GOV

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