

# SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR  
EVENT CALENDAR



# Becoming Age Verified at the Senior Enrichment Center

The Senior Enrichment Center is offering the issuance of an ID badge which will facilitate your entry to and use of Center programs and facilities. The badge would be picked up upon arrival and turned in at the end of your visit. Badges are issued without any cost to patrons.

It's easy to obtain an ID badge. Watch the orientation video <https://youtu.be/pTnSgB194uk> or scan this QR code with your phone's camera:



After watching the video make sure you visit 2275 Trane Road to obtain your ID badge Monday - Friday between 8:00 am -3:50 pm.

## WHAT TO BRING WHEN YOU VISIT:

1. Bring your picture ID along with current address
2. Bring your Emergency ID's phone number

## WHAT TO EXPECT WHEN YOU ARRIVE:

1. Let the front desk know you have viewed the orientation and you are ready to get your ID badge. You may be asked a question about what you learned during the video.
2. You will receive a registration form to be filled out before you get your badge. Everything in yellow is required or no badge can be printed (see above on "what to bring").
3. You will get a copy of the new information to retain along with a map of the property.
4. When you complete the form, turn it in along with picture ID and current address.
5. A picture will be taken and your badge will be issued on the spot.



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 12:00 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**  
Senior Enrichment Activity Coor.  
(928) 763-0193  
joliverio@bullheadcityaz.gov

**Jackie Jensen**  
Sponsorship & Advertising  
Newsletter Coordinator  
(928) 763-9400 X8246  
jjensen@bullheadcityaz.gov



# MONTHLY MENU

# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Meatloaf w/Gravy Mac & Cheese Mixed Veggies	<b>3</b> Chorizo Scrambled Eggs Potatoes Southwest Veggies	<b>4</b> Beef Tamale Fiesta Veggies Mexican Rice	<b>5</b> BBQ Pulled Pork Baked Beans Cobbler	<b>6</b> Spaghetti & Meatballs Dinner Roll Cobbler
<b>9</b> Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	<b>10</b> Breakfast Burrito Breakfast Potatoes Pork Sausage	<b>11</b> Chicken & Dumplings Peas & Carrots Cobbler	<b>12</b> Beef Fajitas Spanish Rice Cinnamon Apples	<b>13</b> Chicken Alfredo Dinner Roll Pears
<b>16</b> Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	<b>17</b> Cobb Salad Dinner Roll Dressing	<b>18</b> Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	<b>19</b> Sweet & Sour Meatballs Buttered Pasta Carrots	<b>20</b>  <b>CHRISTMAS PARTY</b> Ham Sweet Potatoes Mixed Veggies
<b>23</b> Diced Asian Chicken Japanese Veggies Fried Rice	<b>24</b> Denver Omelet Breakfast Potatoes Pork Sausage	<b>25</b> <b>CLOSED</b>  <b>Christmas Day</b>	<b>26</b> Sweet & Sour Chicken Seasoned Rice Mixed Veggies	<b>27</b> Sante Fe Chicken Egg Roll Fiesta Blend Cobbler
<b>30</b> Pork Chop Sweet Potatoes Green Beans	<b>31</b> Chicken Cordon Bleu Potatoes Mixed Veggies			

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.





# RELIABLE, RESPONSIBLE, RESPECTED

## ARIZONA'S ELECTRIC COOPERATIVES



MEC is an equal opportunity provider & employer

CommUnity Energy

# BULLHEAD CITY • ARIZONA SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY

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

### Angel's Essentials

**Durable medical equipment  
received by donation and  
donated to seniors in need.**

**Open on Tuesdays  
10:00 a.m. to 1:00 p.m.  
or by appointment  
(928) 763-0193**

### Senior Food Pantry

**Open to the public  
60 years of age and over  
Open Monday - Friday  
8am to 4pm**

Our December Volunteer Spotlight is shining on Tim Benson. Tim has been volunteering at the Senior Enrichment Center since 2021. He is a Meals on Wheels delivery person. Tim says his favorite part of volunteering is the people and all the puppies. He said that the dogs are always so excited to see him on his delivery route.

Tim grew up in Las Vegas, Nevada and lived in Ohio and Florida before moving here. He lives with his beautiful mother, and they have taken care of each other their entire lives. Tim is 53 years old, and his mother Kathy is 75 years old.

Tim has participated in swimming, bowling, and basketball. He is a Special Olympics participant. Tim has volunteered at the Firehouse for 8 years and this year Chief gave him an outfit so he could dress up as a fireman for Halloween. He loves spreading love to people.



## TIM BENSON, VOLUNTEER OF THE MONTH



Mirtha (Marilou) Rosales is in our Client Spotlight for the month of December. Mirth has been coming to the Senior Enrichment Center for 6 weeks. She said that her favorite part of coming to the center is making friends, socializing, and playing different games.

Mirtha (Marilou) grew up in Whittier, California. She retired at the age of 65 from the Auto Club of Southern California where she was a field adjuster for 35 years. She is married and has one child who lives in Miami, Florida. She is originally from Cuba; her family came to the United States in 1962.

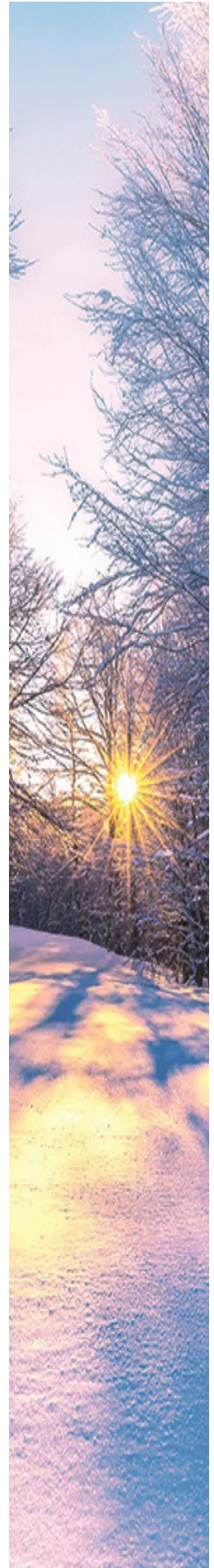
She loves to play bingo, dance, and socialize with people no matter where they are from. She is also bilingual.

## MIRTHA ROSALES, CLIENT OF THE MONTH

# 14 FACTS ABOUT WINTER SOLSTICE

The winter solstice occurs each year during the month of December in the northern hemisphere. In 2022, the winter solstice will take place on December 21 at 4:48 p.m. EST. Solstices are significant events that occur twice per year. One occurs in the winter and one in the summer. The winter solstice also is known as the first day of winter and occurs when the Earth's pole reaches its maximum tilt away from the sun. During the winter solstice, people will experience the shortest period of daylight and the longest period of nighttime of the year. Here are 14 fascinating facts about the winter solstice.

- 1. Depending on the hemisphere, the north or south pole will experience continuous darkness or twilight around its winter solstice.
- 2. The winter solstice sometimes is referred to by the term midwinter.
- 3. Even though the solstice is marked by a whole day on the calendar, it actually is just the brief moment of time when the sun is exactly over the Tropic of Capricorn.
- 4. The word "solstice" can be translated from Latin and means "sun stand still."
- 5. The Tropic of Capricorn is located at 23.5 degrees south of the equator.
- 6. Tourists flock to Stonehenge to track the movement of the sun. The stones will frame the sunset on the winter solstice and the sunrise on the summer solstice.
- 7. Ancient cultures viewed the winter solstice as a time of death and rebirth.
- 8. Important events in history have taken place on winter solstices. The Apollo 8 spacecraft launched on the solstice in 1968. Pilgrims also arrived at Plymouth on the winter solstice in 1620.
- 9. Each planet in the Earth's solar system has its own solstices and equinoxes.
- 10. The southern hemisphere experiences the winter solstice in June each year.
- 11. A full moon on a solstice is even more rare than a blue moon. The last full moon to occur on the winter solstice was in 2010 and the next one won't happen until 2094.
- 12. Earth is closer to the sun around the winter solstice in December. However, the northern hemisphere receives less sunlight and has cooler temperatures because it is tilted away from the sun during winter.
- 13. Even though the winter solstice features the shortest amount of daylight of any day during the year, it does not have the earliest sunset. That takes place roughly two weeks prior. In 2021 in New York, the winter solstice took place on December 21, but the earliest sunset occurred on December 7 at 4:28 p.m.
- 14. Meteorological winter begins on December 1 rather than December 21





# CHECK US OUT!



Bullhead City  
Meals on Wheels has  
launched their new website.  
Check them out at  
[www.mealsonwheelsbullhead.org](http://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

### *Holiday Party Ornament Exchange*

*Dec 20 10am-Noon  
Senior Enrichment Center*

*2275 Trane Rd, Bullhead City*

**Holiday Themed Snacks & Drinks**

#### **How to Play The Ornament Exchange**

Each participant brings a wrapped ornament for the game. Participants draw a random number to determine participant order. Starting with the person who picked #1. Each subsequent player will have the option of choosing a wrapped ornament or stealing an unwrapped ornament. If your ornament is stolen you have the choice of stealing or picking a wrapped ornament.

PAINT & SIP @ THE BELLE

JOIN US FOR AN EVENING OF  
PAINTING & SOCIALIZING!



WED. DECEMBER 11TH 6:00 P.M.  
@ BULLHEAD BELLE, 1251 HWY 95

BETTY WOOD  
INSTRUCTOR

\$30.00 PER PERSON

INCLUDES PAINTING SUPPLIES, INSTRUCTION,  
A BOWL OF LASAGNA SOUP, A BREAD STICK  
A SEASONAL SALAD AND APPLE CIDER.  
REGISTER AT [BULLHEADCITY.COM/RECDISK](http://BULLHEADCITY.COM/RECDISK)

QUESTIONS? CALL JANIE FIGUEROA (928)763-9400



HERE COMES  
SANTA PAWS



**Tues. December 10th**  
**Bullhead City Community Park Dog Park 10am-Noon**

Santa is coming! Santa is coming!  
Bring your cameras and snap your Fur-baby & Santa photos!  
Vendors & Fun! Accepting Vendor Applications Now.



QUESTIONS? CONTACT JANIE FIGUEROA, RECREATION SUPERVISOR  
(928) 763-0158 OR [jFIGUEROA@BULLHEADCITYAZ.GOV](mailto:jFIGUEROA@BULLHEADCITYAZ.GOV)

'Tis the season for  
Mohave Electric Prepay



**NO DEPOSIT** or monthly bills

**CUSTOMIZE** a payment schedule

Buy electricity at your **CONVENIENCE**

**PERSONALLY** monitor your energy usage



MEC is an equal opportunity provider & employer

# MERRY CHRISTMAS WORD SEARCH

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

## WORDS

ANGEL  
BIRTH  
CAROLS  
CHRISTMAS  
CHURCH  
COMPANY  
DECEMBER  
DINING  
EVERGREEN  
FRIENDS  
GARLAND  
GIFTS  
GREETING CARD  
HOLLY  
MAGICAL  
MANGER  
MERRIMENT  
MISTLETOE  
REMINISCE  
ROAST  
STAR  
TRAVEL  
TREE SKIRT  
WREATHS

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the holiday season.

REKUYT

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

Answer: Turkey

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to seniors.

ELHHAT

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

Answer: Health

Q. What do snowmen eat for breakfast on Christmas morning? A. Ice krispies!

Q. What do gingerbread men have on their bed? A. Cookie sheets!

Q. Who is never hungry on Christmas Day? A. The turkey—it's stuffed.

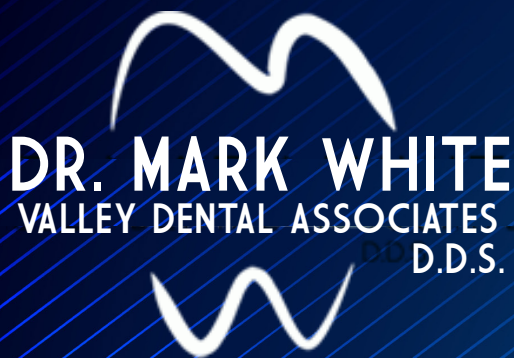
Q. What makes a candy cane a collector's item? A. It's in mint condition.

Q. What's Santa's favorite snack? A. Crisp Pringles.

Q. How does a gingerbread man get around with a broken leg? A. He uses a candy cane.







*Come Experience  
The Difference!*



**Services: Cosmetic Dentistry, Dental Implants, Root Canal Therapy, Orthodontics, Oral Surgery, TMJ Treatment, Dentures & Partials, Single Visit Crowns & Bridges, 3D Imaging, Preventive Dentistry. Courtesies Offered for Seniors, Military, Teachers, Police, Nurses, Firefighters and Family.**

## **HOLIDAY TOY DRIVE**

December 2-5

December 10-13

December 16-19

Tuesday - Thursday 8am-4pm

Friday 8am-2pm

New, unopened toys and books.

**Donations will go to  
The Fire Fighter Toy Drive.**

**Voted Best Dentist & Dentist Office  
2016-2024**



**Call or Text Us at (928) 763-8111  
1360 Ramar Road, Bullhead City, Arizona**





## Join us for the Birthday Month Celebration

**Sponsored by Joshua Springs Senior Living**  
**for all Seniors 50+ at Senior Enrichment Center on**  
**Tue, December 17th starting at 11:30 am**

### **December 2**

Cindy Kirk  
Laura Huber  
Carla Ramirez

### **December 3**

Kathlyn Schneider

### **December 4**

Victoria McClure  
Sandy Stewart, Sandy  
Vanessa Brewer

### **December 5**

Shari Sagen  
Susan Coffman  
Bruce Irot

### **December 6**

Karen Pennington-Williams

### **December 7**

Diana Baker  
Penny Hill

### **December 8**

Chuck Moulton  
Noel Stringer

### **December 9**

Joseph Malintino  
Angelita Ortiz  
Peggy Lemelle

### **December 10**

David Saunders

### **December 11**

Ray Andrews  
Judy Jansson

### **December 13**

Wally Ross

### **December 15**

Gerald Allison  
Vicki Fitzpatrick

### **December 16**

Cheryl Rodriguez

### **December 17**

Nancy Smith  
Manette Quinn

### **December 18**

Ginnie Brazaski

### **December 19**

Harry Harless  
Rose Irot  
Susan Loomis  
Wendy Rees

### **December 20**

Judy Woller

### **December 21**

Orville Weller

### **December 22**

Bertha Wilhelmsen

### **December 23**

Dennis McNulty  
Dorthy Hansen  
Connie Hieb

### **December 24**

Charles Gray  
Connie Lopez  
Lee Izzolena  
Lisa Harjo

### **December 25**

Clarence Dalsing

### **December 26**

Suzy Christ

### **December 27**

Arsenio Pomales  
Mert Stromire  
Patricia Gove  
Thomas Thomas

### **December 28**

Bill Fremion  
Karen Lanczok  
Lora Mallinger  
Denis Darcy

### **December 29**

Shirlee Goodwin  
Ellen Hartsfield

### **December 30**

Betty Shaw  
Micheal O'Conner  
Cherie Young

### **December 31**

Joe Keithley  
Joe Surace  
Ivy Yeomans



# BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

## DECEMBER ACTIVITIES CALENDAR

MONDAY

2

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 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.

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

TUESDAY

3

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 am to Noon  
10:00 a.m. to Noon  
Noon to 3:00 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 2:30 p.m.  
4:00 p.m. to 5:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Golden Games Horseshoes at Ken Fovargue Park  
S.H.I.P. Counselors on site Medicare changes  
Poker Card Game & Hand & Foot Card Game  
ART Therapy/Dot Painting Christmas Ornaments  
Line Dancing Class

WEDNESDAY

4

8:00 a.m. to 4:00 p.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 11:00 a.m.  
9:00 a.m. to Noon  
10:00 a.m. to 11:15 a.m.  
11:00 a.m. to Noon  
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 on-site  
Brain Savers Exercise -Limit 20  
Hot Cocoa Bar Wednesday  
Fast Track Game  
Wii Bowling  
Educational Cooking Presentation  
Bunco Group  
Bereavement Support Group  
Gamblers Anonymous Meeting

THURSDAY

5

9:00 a.m. to 9:45 a.m.  
9:00 p.m. to 10:00 a.m.  
Noon to 1:00 p.m.  
Noon to 3:00 p.m.  
Noon to 3:00 p.m.  
12:30 p.m. to 3:30 p.m.  
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
Bingocize  
Ice Cream Social Sponsored by Culver's  
Knit & Crochet Group  
Open Sewing Group  
Mahjong Tile / Double Deck Pinochle  
Pass the Trash Card Game/Potluck

FRIDAY

6

8:00 a.m. to Noon  
9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.m.  
11:30 a.m. to 12:30 p.m.  
Noon to 2:00 p.m.  
12:30 p.m. to 3:30 p.m.  
Pinochle Game

Wider Circle  
Brain Savers Exercise -Limit 20  
Friday Fun Crafts/Santa Sock Gnome  
Educational Video/Handout  
One on One Technology Tutoring (2 spots)  
Mexican Train Game ,Poker Card Game &



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

Level: Advanced

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

Level: Beginner



**MONDAY**

**9**

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 a.m.  
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.

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

**TUESDAY**

**10**

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 am to Noon  
Noon to 1:00 p.m.  
Noon to 2:30 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.  
4:00 p.m. to 5:00 p.m.

**Zumba Class**  
**Essentrics- Aging Backwards**  
**Bingocize**  
**Beading Group**  
**Hot Cocoa Event with National JR Honor Society**  
**Jewelry Class/Christmas Charm Bracelet**  
**S.H.I.P. Counselors on site / Medicare Changes**  
**Hand & Foot Card Game**  
**Poker Card Game**  
**Line Dancing Class**

**WEDNESDAY**

**11**

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

**Veterans Benefit Councilor on-site**  
**Brain Savers Exercise -Limit 20**  
**Hot Cocoa Bar Wednesday**  
**Fast Track Game**  
**Wii Bowling**  
**Planning for your pets with Gail Moscato**  
**Give, MAKE & Take/Grinch Christmas Cookies**  
**Euchre Card Game**  
**Bereavement Support Group**  
**Gamblers Anonymous Meeting**

**THURSDAY**

**12**

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

**Essentrics - Aging Backwards**  
**Bingocize**  
**Gingerbread House Contest**  
**Knit & Crochet Group**  
**Open Sewing Group**  
**Left, Right, Center Dice Game**  
**Mahjong Tile Game**  
**Double Deck Pinochle Card Game**  
**Pass the Trash Card Game/Potluck**

**FRIDAY**

**13**

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**  
**Brain Savers Exercise -Limit 20**  
**Friday Fun Crafts/Dot Painting Christmas Tree**  
**Mexican Train Game**  
**Poker Card Game**  
**Pinochle Game**

**MONDAY**

**16**

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 a.m.  
10:00 a.m. to 11:30 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.  
12:30 p.m. to 3:30 p.m.  
4:00 p.m. to 5:00 p.m.

Body Moves for Brain Power  
Relaxation and Mindfulness Exercise  
Free Bingo w/Prizes  
sponsored by Family Care Home Health Hospice  
Dog Toy Making Workshop  
Mexican Train Card Game  
Pinochle Card Game  
Poker Card Game  
Drum Circle

**TUESDAY**

**17**

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 a.m. to Noon  
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.  
4:00 p.m. to 5:00 p.m.  
6:00 p.m. to 9:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Beyond Wall Bingo with Televeda  
Birthday Celebration  
sponsored by Joshua Springs Assisted Living  
ART Therapy - Wooden Christmas Tag Holder  
Poker Card Game  
Hand & Foot Card Game  
Line Dancing Class  
Late Night Ladies Bunco Group

**WEDNESDAY**

**18**

8:00 a.m. to 4:00 p.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 11:00 a.m.  
9:00 a.m. to Noon  
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.  
7:00 p.m. to 8:00 p.m.

Veterans Benefit Council on-site  
Brain Savers Exercise -Limit 20  
Hot Cocoa Bar Wednesday  
Fast Track Game  
Wii Bowling  
Bunco Group  
Bereavement Support Group  
Gamblers Anonymous Meeting

**THURSDAY**

**19**

9:00 a.m. to 9:45 a.m.  
9:00 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.  
Noon to 3:00 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.  
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
Bingocize  
Rock Painting  
Tech Thursday  
Open Sewing Group  
Knit & Crochet Group  
Monthly Bingo sponsored by TNG Insurance  
Mahjong Tile Game  
Pass the Trash Card Ga

**FRIDAY**

**20**

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 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  
Brain Savers Exercise -Limit 20  
Exercise to Ease Arthritis Pain  
Holiday Party & Ornament Exchange  
Mexican Train Game  
Poker Card Game  
Pinochle Game



**MONDAY**

**23**

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 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.

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

**TUESDAY**

**24**

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 am to Noon  
11:00 a.m. to 1:00 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.  
4:00 p.m. to 5:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Resources & Preparation Assistance  
ART Therapy/Paper bag snowflakes  
Poker Card Game  
Hand & Foot Card Game  
Line Dancing

**WISHING YOU A MERRY CHRISTMAS**

**WEDNESDAY**

**25**



**SENIOR ENRICHMENT CENTER IS CLOSED  
WEDNESDAY, DECEMBER 25TH**

**THURSDAY**

**26**

8:00 a.m. to 11:30 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
Noon to 1:00 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.

National Candy Cane Day  
Essentrics - Aging Backwards  
Bingocize  
Ice Cream Social sponsored by Culver's  
Knit & Crochet Group  
Open Sewing Group  
Double Deck Pinochle Card Game  
Mahjong Tile Game  
Pass the Trash Card Game Potluck

**FRIDAY**

**27**

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  
Brain Savers Exercise -Limit 20  
Friday Fun Crafts/New Years Eve Party Hats  
Mexican Train Game  
Poker Card Game  
Pinochle Game

**MONDAY**  
**30**

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 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.

Body Moves for Brain Power  
Relaxation and Mindfulness Exercise  
Free Bingo w/Prizes

sponsored by Family Care Home Health Hospice

Mexican Train Card Game  
Pinochle Card Game  
Poker Card Game

**TUESDAY**  
**31**

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
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.  
4:00 p.m. to 5:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
ART Therapy NYE Top Hat Centerpieces  
Poker Card Game  
Hand & Foot Card Game  
Line Dancing

# HAPPY NEW YEARS



WISHING YOU HEALTH & HAPPINESS  
IN THE NEW YEAR



## Donations Wanted

December 1, 2024 to December 16, 2024  
Senior Enrichment Center  
2275 Trane Rd  
Bullhead City, AZ 86442

The holiday season is a time of giving, and what better way to give back to our community than by helping out our local animal shelter.

The Bullhead City Animal Shelter is always in need of donations, and this Christmas is no exception.

This year, we are asking for new toys, treats, and blankets to help keep the animals warm and happy during the winter months.



## Bullhead City Senior Enrichment Center's Senior Angel Tree Program



Choose a tag from the  
Senior Angel Tree and help a  
local senior in need this holiday season.

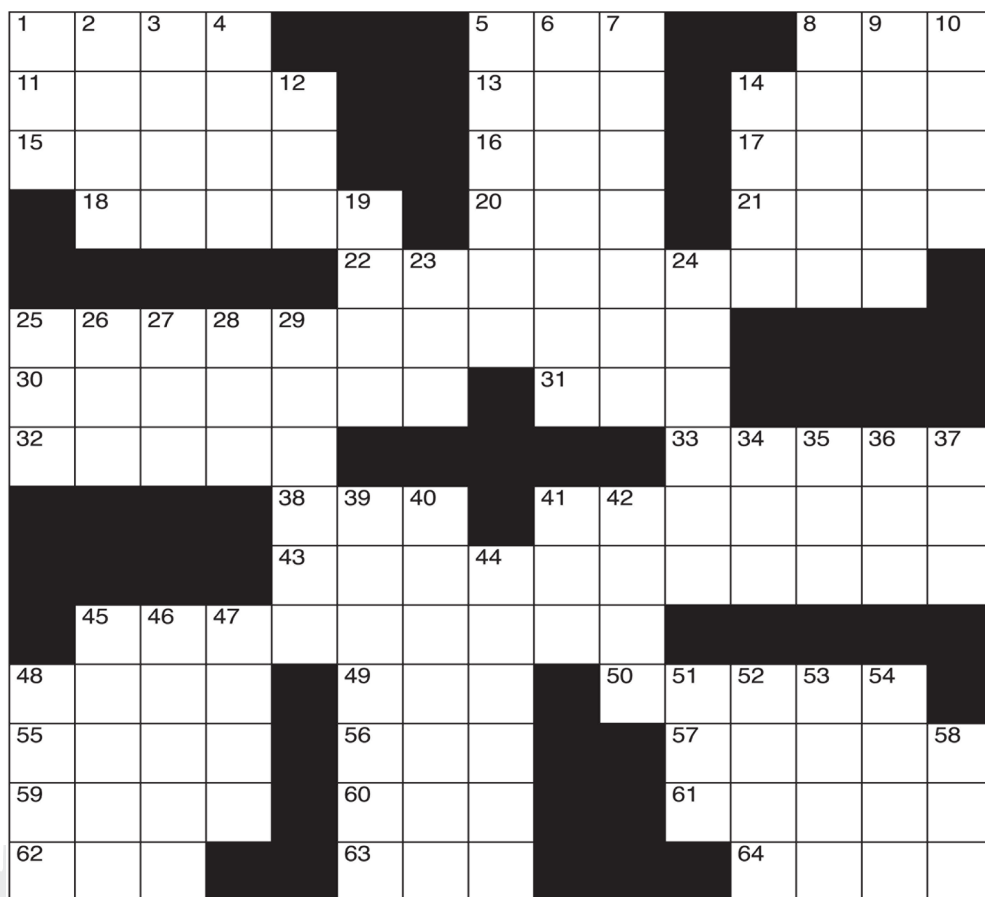
The Senior Angel Tree is located in the  
Senior Enrichment Center  
2275 Trane Road, Bullhead City.

Program begins November 25, 2025

Please return your wrapped gift with your  
Senior Angel Tree ornament attached by  
4pm on December 16, 2024.



# CROSSWORD

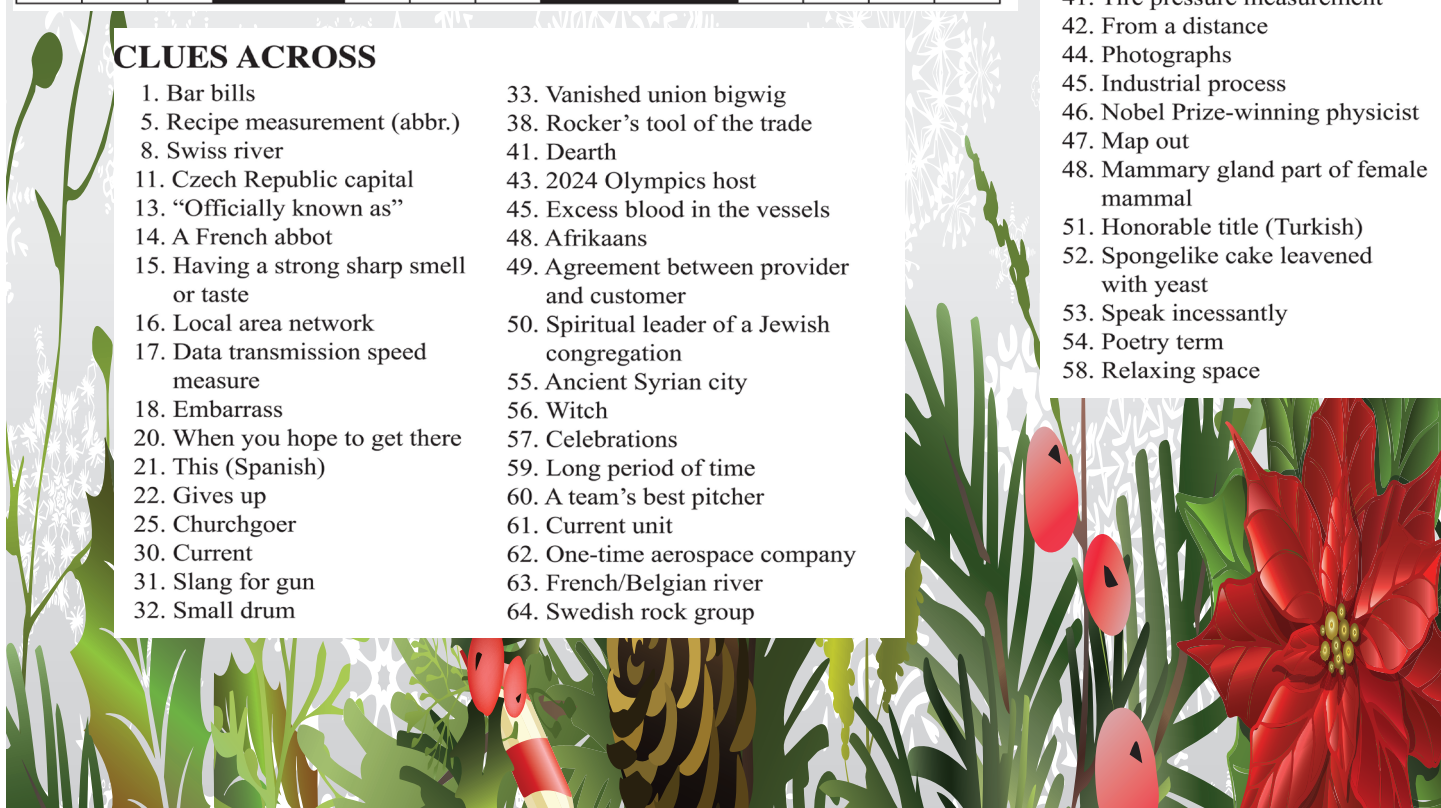


## CLUES DOWN

1. Yearly tonnage (abbr.)
2. Genus of clams
3. Remark
4. Actor LaBeouf
5. Ohio town
6. Olympic sport
7. Cure
8. Behave in a way that belittles
9. Shares a boundary with
10. Give advice
12. Promotional materials
14. Assist or encourage, usually in some wrongdoing
19. "Agatha All Along" actress Kathryn
23. Small piece
24. King of Camelot
25. Parts per thousand (abbr.)
26. Small Milky Way constellation
27. One who challenges authority (abbr.)
28. Equal (prefix)
29. Shawl
34. S. American wood sorrel relative
35. The end
36. Supervises interstate commerce
37. Yes vote
39. Officer of high rank
40. Church office
41. Tire pressure measurement
42. From a distance
44. Photographs
45. Industrial process
46. Nobel Prize-winning physicist
47. Map out
48. Mammary gland part of female mammal
51. Honorable title (Turkish)
52. Spongelike cake leavened with yeast
53. Speak incessantly
54. Poetry term
58. Relaxing space

## CLUES ACROSS

1. Bar bills
5. Recipe measurement (abbr.)
8. Swiss river
11. Czech Republic capital
13. "Officially known as"
14. A French abbot
15. Having a strong sharp smell or taste
16. Local area network
17. Data transmission speed measure
18. Embarrass
20. When you hope to get there
21. This (Spanish)
22. Gives up
25. Churchgoer
30. Current
31. Slang for gun
32. Small drum
33. Vanished union bigwig
38. Rocker's tool of the trade
41. Dearth
43. 2024 Olympics host
45. Excess blood in the vessels
48. Afrikaans
49. Agreement between provider and customer
50. Spiritual leader of a Jewish congregation
55. Ancient Syrian city
56. Witch
57. Celebrations
59. Long period of time
60. A team's best pitcher
61. Current unit
62. One-time aerospace company
63. French/Belgian river
64. Swedish rock group





**BULLHEAD  
CITY**

# SUPPORT OUR SENIORS



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



# Join us for 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 will be allowed to be taken outside the Senior Enrichment Center building. Upon payment for your breakfast you will receive a menu to circle your choices and the meal will be brought to your table by our kitchen volunteer. Drink refills are free.

## Bullhead Senior Enrichment Center

2275 Trane Rd. Bullhead City, Arizona

[www.bullheadcity.com](http://www.bullheadcity.com)





EVERY WEDNESDAY IN THE MONTH OF DECEMBER IS HOT COCOA BAR WEDNESDAY AT THE SENIOR ENRICHMENT CENTER!

HOT COCOA LOVERS CAN ENJOY A WARM CUP OF HOLIDAY CHEER AND SOCIALIZING WITH FRIENDS OR MAKING NEW FRIENDS FROM 9AM TO 11AM EVERY WEDNESDAY

THE COCOA IS FREE. IF YOU CAN MAKE A \$1 OR \$2 DONATION IT WILL GO TO BULLHEAD CITY MEALS ON WHEELS PROGRAM THAT PROVIDES NUTRITIOUS MEALS TO SENIORS IN NEED.

HAPPY HOLIDAYS!

## ALL THE ANSWERS YOU SEEK. . .

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

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



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

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

HAPPY HOLIDAYS &  
THANK YOU TO OUR  
AMAZING SPONSORS



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](mailto:jjensen@bullheadcityaz.gov)