

Bullhead City Senior Campus



SCAN FOR
MONTHLY EVENT
CALENDAR



BULLHEAD CITY SENIOR CAMPUS

2275 TRANE RD, BULLHEAD CITY, AZ

BULLHEAD CITY SENIOR CAMPUS NEWSLETTER VOL. 3 ISSUE 4 07/2024

VOLUNTEERS



BULLHEAD SENIOR CAMPUS NEEDS YOU !

Drivers or Delivery Persons: Work 1 day a week 9 am-12 pm. Two (2) people go on various routes delivering meals using our fleet of vehicles. Routes go out Tuesday and Thursday.

Meal Pick Up Person: 1 hour a week M-F 8:30-9:30 am

Breakfast Servers: Work 1 day a week 8:30-10:30 am. Serving breakfast items from our continental breakfast menu. No cooking necessary!

Lunch Servers: Work 1 day a week 11:15 am –1:15 pm. Serving precooked meals in a congregate setting. Clean up and preparation for next day. No cooking necessary!

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

Friendly Visitors: Visit a meals on wheels client who is lonely. Share stories, watch TV, play games, read a story. Then report back to the Senior Nutrition Coordinator. Whatever your schedule allows. Most visits are an hour or two once a week.

Angels Essential Worker: Open our room to assist individuals with donated durable medical equipment. Tuesdays 9 am –1 pm

Newsletter Delivery: Once a month deliver hundreds of newsletters to prerouted locations. Usually takes place on a Tuesday or Friday and with two (2) people takes about 4 hours.

Community Store Worker: Watch over and track sales in the community store. Work 1 day a week 10 am-1 pm or 1-4 pm.

Technology Savvy Helpers: Come in based on your schedule weekly for an hour or two to help people with computers, phone tech, or tablets.



Volunteers must be 18 or older, be able to pass a background check. Some positions require a level 1 fingerprint clearance card and drug screening. Kitchen Volunteers must take a food handlers course.

**To get started, contact
Kim Cool, Senior Services Program Manager
(928) 763-0193**



The Senior Campus is a gathering place for Bullhead City's 50+ active adult community. Seniors can get together to socialize, exercise, play games, get support and information on senior resources.

The Senior Nutrition Program is also available at the Campus. Breakfast items and coffee are made available Monday - Friday 8:30 a.m. - 10:30 a.m. for \$2. A nutritious congregate setting lunch is served Monday - Friday from 11:30 a.m. to 12:00 p.m. A donation of \$3 is requested for each meal.

If you are unable to attend in person, we also offer a home delivery program called Meals on Wheels. By calling 1- (800) 782-1886 and leaving your name, number, and interest in Bullhead City Meals on Wheels, you can get qualified.

We offer transportation service to those in need to help get you to the Senior Campus, to medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round-trip ride.

Bullhead City Senior Campus
2275 Trane Road, Bullhead City
Mon - Fri 8 a.m. to 4 p.m.
For more information,
call 928-763-0193



BULLHEAD CITY'S SENIOR CAMPUS

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SENIOR CAMPUS MONTHLY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	2 Cobb Salad Dinner Roll Dressing	3 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	4 CLOSED 	5  After 4th Party  Hot Dogs Beans Ice Cream
8 Asian Diced Chicken Japanese Veggies Fried Rice	9 Denver Omelet Breakfast Potatoes Pork Sausage	10 Stuffed Cabbage Corn Cobbler	11 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	12 Sante Fe Chicken Egg Roll Fiesta Blend Rice
15 Pork Chop Mashed Sweet Potatoes Green Beans	16 Chicken Cordon Bleu Potatoes Mixed Veggies	17 Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	18 Beef Lasagna Dinner Roll Steamed Broccoli	19 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans
22 Pork Bratwurst Sauerkraut Potatoes Au Gratin	23 Swedish Meatballs Buttered Pasta Corn	24 Stuffed Peppers California Blend Warm Apples	25 Asian Chicken Salad Dinner Roll Asian Dressing	26 Cheese Omelet Pork Sausage Hash Browns
29 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	30 Chorizo Scrambled Eggs Tater Tots Southwest Veggies	31 Beef Tamale Fiesta Veggies Mexican Rice		

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.

FREE ADOPTION MONTH

Brought to you by

Swanby's
OF BULLHEAD CITY



FREE  **DOM**

**First 50 Adoptions
in July are FREE!**

Ring

Bullhead City Animal Shelter

2270 Trane Road 928-763-6000 Hours: Mon - Thurs 10a.m. - 6p.m.

Animal viewing: Mon - Thurs Noon -5:30p.m



** Free Adoption includes: spay/neuter surgery, age-appropriate vaccinations, medical check-up, behavior evaluation, general grooming and 24/7 Lap side assistance.



July's Volunteer of the Month is Bertha Wilhelmsen. Bertha has been volunteering at the Senior Campus for a year assisting with Meals on Wheels. Bertha's favorite part of volunteering is seeing the clients smile when she delivers meals. She said the clients are friendly and so grateful for the Meals on Wheel program and deliveries. Bertha said she looks forward to coming to the Senior Campus to volunteer with other Seniors who are also seeking the opportunity to talk, engage, and socialize with their peers.

Bertha grew up in Salt Lake City, Utah. She was a stay-at-home mom and wife for her family including her 5 children. She also was a seamstress for her children and close friends and volunteered with multiple organizations.

Bertha has been married for 45 years, has 5 children, and 5 grandchildren. They shared their love for the outdoors with their children and grandchildren. Whether it was camping, fishing, boating, kayaking, or swimming. Once a year, the whole family get together for a outdoor family reunion.

Bertha likes to stay active and healthy by exercising at the gym every other day. She also does water aerobics, walks in the park, and kayaks.

BERTHA WILHELMSSEN, VOLUNTEER OF THE MONTH

Our Client Spotlight shines brightly on Cindy Zucconi this month. Cindy has been coming to the Senior Campus for 15 years on and off. She says her favorite parts of the Campus are the people, lunch, and all the games.

Cindy grew up in Montclair, California. She has been a cross-country truck driver, a professional diver, and a had a carpentry business where she made wooden boxes with secret compartments. She has one son who lives in California and is a master diesel mechanic.

Cindy loves the outdoors and nature including camping and water-fun. She is also an avid animal lover – all kinds of animals. She has rescued animals in the past and is always willing to help.



CINDY ZUCCONI, CLIENT OF THE MONTH

Habits that affect cognitive health

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case. Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.



Exercise frequently

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

Enjoy video games

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

Stay socially engaged

According to a study published in the journal *Experimental Aging Research*, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

Get help for sleep disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues.

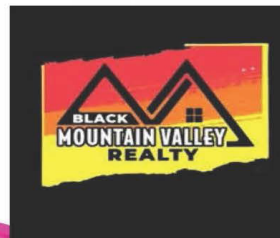
While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk.

A decorative border of various craft supplies including colorful beads, yarn spools, buttons, and sewing tools surrounds the central text.

FRIDAY FUN CRAFTS

10:00 to 11:30

Sponsored By:



SAVE *the* DATE

Tree Sales Begin

August 26

Member Service Office
928 Hancock Road
Bullhead City, AZ 86442
7:00am - 5:30pm
928-763-1100



**OPERATION
COOL SHADE**

\$9.00 EACH, LIMIT 8



MEC is an equal opportunity provider & employer

DIVE RIGHT IN WORD SEARCH

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

WORDS

ABOVE GROUND
ALGAE
BACKFLOW
BACKYARD
BROMIDE
CALCIUM
CHLORINE
CLEANER
COVER
DEPTH
DRAIN
FLOCCULANT
FLOW
HEATER
IN-GROUND
LINER
POOL
PUMP
SCALE
SHOCK
SKIMMER
STABILIZER
VALVES

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to sun safety.

D H S S A E

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

Answer: Shades

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to swimming.

S F I R E L T

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

Answer: Filters



Q: What was Thomas Jefferson's favorite dessert?

A: Monti-jello

Q: What did King George think of the American colonists?

A: He thought they were revolting.

Q: Where was the Declaration of Independence signed?

A: At the bottom

Q: What did one flag say to the other flag?

A: Nothing, it just waved.



Donations by Seniors for Seniors



Angel's
ESSENTIAL AREA

Open on Tuesdays

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

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



**Bullhead City
Senior Campus
2275 Trane Road
Bullhead City, Arizona 86442**

SENIOR CAMPUS FOOD PANTRY



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



**Located at
2275 Trane Rd. Bullhead City, AZ**

HAPPY BIRTHDAY



Join us for the Birthday Month Celebration

**Sponsored by Joshua Springs Senior Living
for all Seniors 50+ at the Senior Campus on
Tue, July 16th starting at 11:30 am**

JULY 1

PATRICE BROWNELL
LUCIA BOYER
JULY 2
DELPHIA MULLINS
BETTY PRINGLE

JULY 3

HUGO MONTOYA

JULY 4

WILLIAM BELL

JULY 5

RAY PARDUN

JULY 6

JD FURR
ROBERT HOWELL
PHILLIP RIDENOUR
JESUS VASQUEZ

July 8

DONNA JONES
OTTO LADNER
CARMEN GUTIERRE
BRUCE HILTS
YUWEN LI
WILLIAM WERNER

July 9

WALTER MIGAUD
10-Jul
PAT PATTON

July 11

DAWN MILLER
ROBERT LONGMIRE
LINDA WOLOVICH

July 12

SHARON HOGAN
KELLY REDIESKE

July 13

CHARLES HILL
FRED MUNDT
CAROLINE PAGENKOPE

July 14

DANIEL RONCHETTI

July 15

BOB RUSSELL
RAYMOND GO-
ODRICH
SALLY AUSTIN
FRANK BLONSKA

July 16

STANFORD FAHRING
ARLENE LUTH

July 17

RITA DIEHER
DELORES GRADOWSKI

July 18

RYAN WELTY

July 19

ED GALENTINE
KATHY SEGRETO

July 21

DEBORAH CARTER
MICHAEL ENGLAND

July 22

JIM CARROLL
JOHN H DAVIS JR
FERN DERIE

July 23

PAUL LYON
TYLER ADAMS

July 24

JUDY FUCHS

July 25

KERRY PARK
PHYLISS WARNHOFF
LARRY NELSON
JOANN PAULLIN

July 26

RICHARD RAMIREZ

July 27

PETER LEPORE
GEORGE LIZOTTE
DONNA MADISON

July 28

SAMUEL ANGELOV
NADINE SKENANDORE

July 29

GILBERT MORENO
ROBERT BLOOMFIELD
GERRY BOYKIN
BEATRICE HUNDLEY

July 31

ROBERT DUNN



**JOSHUA SPRINGS
SENIOR LIVING**
A WATERMARK RETIREMENT COMMUNITY

Cheryl Hartley, Sales Director
(928) 763-1212

chartley@watermarkcommunities.com

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



JULY

ACTIVITIES CALENDAR



MONDAY

1

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.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Pinochle Card Game
Poker Card Game
Mexican Train Game

TUESDAY

2

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
11:00 a.m. to Noon
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Planning your future
Poker Card Game & Hand & Foot Card Game
ART Therapy - Clay Flower Painting (limit 15)
sponsored by Black Mountain Valley Realty
Line Dancing Class

WEDNESDAY

3

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:40 a.m.
9:15 a.m. to 10:00 a.m.
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 Council on-site
Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Wii Bowling
Educational Cooking Presentation
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

4

CLOSED



CLOSED

FRIDAY

5

9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:30 a.m.
11:30 a.m. to 12:30 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.

Brain Savers Exercise -Limit 20
Friday Fun Crafts
Sponsored by Black Mountain Valley Realty
Happy 5th of July Red, White & Blue
Mexican Train Game
Poker Card Game
Pinochle Game

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

Level: Intermediate

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

Level: Beginner



MONDAY

8

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 1:00 p.m.
Noon to 1:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Voter Registration
Dementia Support Group
Happy Hour w/ Games
Mexican Train, Pinochle and Poker Games

TUESDAY

9

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

1:30 p.m. to 2:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Laughlin Library Event
Jewelry Making - Beading Necklace
Hand & Foot Card Game
Poker Card Game
ART Therapy - Button Picture Frame (limit 15)
Sponsored by Black Mountain Valley Realty
Grief & Loss Support Group
Line Dancing Class

WEDNESDAY

10

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
10:30 p.m. to 11:15 a.m.
12:30 p.m. to 2:30 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
Relaxation & Mindfulness Exercise
Wii Bowling
Give, MAKE & Take -Red, White & Blue Sugar Cookies
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

11

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

Bingocize
Essentrics - Aging Backwards
Technology Basics 101
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

12

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.

Brain Savers Exercise -Limit 20
Friday Fun Crafts
sponsored by Black Mountain Valley Realty
Mexican Train Game
Poker Card Game
Pinochle Game

**** Saturday, July 13 Virtual Dementia Tour 9:00 a.m. -3:00 p.m.****

MONDAY

15

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

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Mexican Train Card Game
Pinochle Card Game
Poker Card Game
Drum Circle

TUESDAY

16

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
11:00 a.m. to 1:00 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 3:00 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Birthday Celebration
sponsored by Joshua Springs Assisted Living
Poker Card Game
Hand & Foot Card Game
ART Therapy - Shadowbox Seashell Art (limit 15)
sponsored by Black Mountain Valley Realty
Line Dancing Class

WEDNESDAY

17

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
10:30 p.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
Relaxation & Mindfulness Exercise
Wii Bowling
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

18

9:00 a.m. to 9:45 a.m.
9:00 A.m. to 10:00 A.m.
10:30 a.m. to 11:00 a.m.
Noon to 12:30 p.m.
12:30 p.m. to 2:00 p.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Bingocize
Rock Painting
sponsored by Black Mountain Valley Realty
Technology Basics 101
Bingo sponsored by TNG Insurance
Knit & Crochet Group
Open Sewing Group
Pass the Trash Card Game/Potluck

FRIDAY

19

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

Brain Savers Exercise -Limit 20
Friday Fun Crafts
Sponsored by Black Mountain Valley Realty
Exercise to Ease Arthritis Pain
Mini Clinic (9 spots)
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY 22

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

Breakfast with the Meals on Wheels Board
Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Voter Registration
Root beer Floats
Dementia Support Group
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY 23

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 11:00 a.m.
11:00 a.m. to 1:00 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 3:00 p.m.

1:30 p.m. to 2:30 p.m.
2:30 p.m. to 3:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Bingo sponsored by Wellcare
Resources & Preparation Assistance
Poker Card Game
Hand & Foot Card Game
ART Therapy - Egg Carton Sunflowers (limit 15)
sponsored by Black Mountain Valley Realty
Grief & Loss Support Group
Fall Risk Screening & Prevention
Line Dancing

WEDNESDAY 24

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
12:30 p.m. to 1:30 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
Relaxation & Mindfulness Exercise
Wii Bowling
Monthly Trivia sponsored by Dot Foods
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY 25

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.
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.

Essentrics - Aging Backwards
Bingocize
Tech Thursday
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 26

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.

Brain Savers Exercise -Limit 20
Friday Fun Crafts
Sponsored by Black Mountain Valley Realty
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

29

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.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY

30

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

2:30 p.m. to 3:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Poker Card Game
Hand & Foot Card Game
ART Therapy - Dot Canvas Painting (limit 15)
sponsored by Black Mountain Valley Realty
Fall Risk Screening & Prevention
Line Dancing

WEDNESDAY

31

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
12:00 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
Relaxation & Mindfulness Exercise
Wii Bowling
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting



**Join us for Ice Cream
& Socializing!**

**Thurs, July 11th
Thurs, July 25th
Noon to 1:00 p.m.**

**Senior Campus
2275 Trane Rd, Bullhead City**

Sponsored by:
Calver's

★ ★ July 5, 2024 ★ ★

Bullhead City Senior Campus

11:30 to 12:30

BBQ

Hot Dogs, Baked Beans
And
Ice Cream Cups



Sponsored By:



FAMILY CARE

HOME HEALTH AND HOSPICE

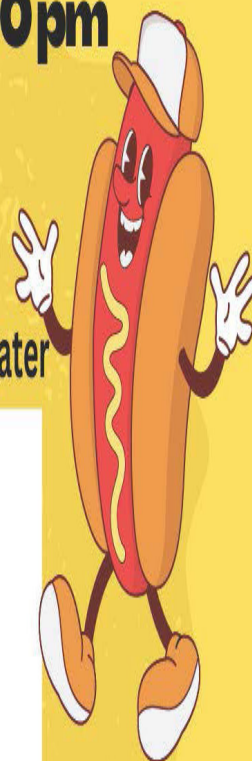
Bullhead City Meals on Wheels Fundraiser

July 5

11:30 am to 1:00 pm

\$5.00

Grilled Hotdogs
Chips, Cookie and Water



MEALS on WHEELS

Bullhead City, AZ

**Bullhead City Senior Campus Back
Parking Lot**

(Next to Ken Fovargue Park)

**2275 Trane Road
Bullhead City Az**



**JOIN US FOR
SENIOR GAMES
FREE SWIM TRAINING**

**GET IN GOLD MEDAL SHAPE WITH
SWIM COACH ED !**

SUN. JUNE 30, 2024 9:00 AM -10:00 AM

**BULLHEAD CITY MUNICIPAL POOL
2255 TRANE RD, BULLHEAD CITY**



QUESTIONS? CONTACT JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0158 OR JFIGUEROA@BULLHEADCITYAZ.GOV

2025 SENIOR GAMES REGISTRATION OPENS OCTOBER 1, 2024

ALL MEN & WOMEN 50 YEARS OF AGE OR BETTER WELCOME!

JANUARY 12 - 19, 2025
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Designated Broker, Cheyanne Burns
#BR670520000



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REPLACING YOUR UNIT. MOST OF THE TIME IT CAN BE FIXED."**

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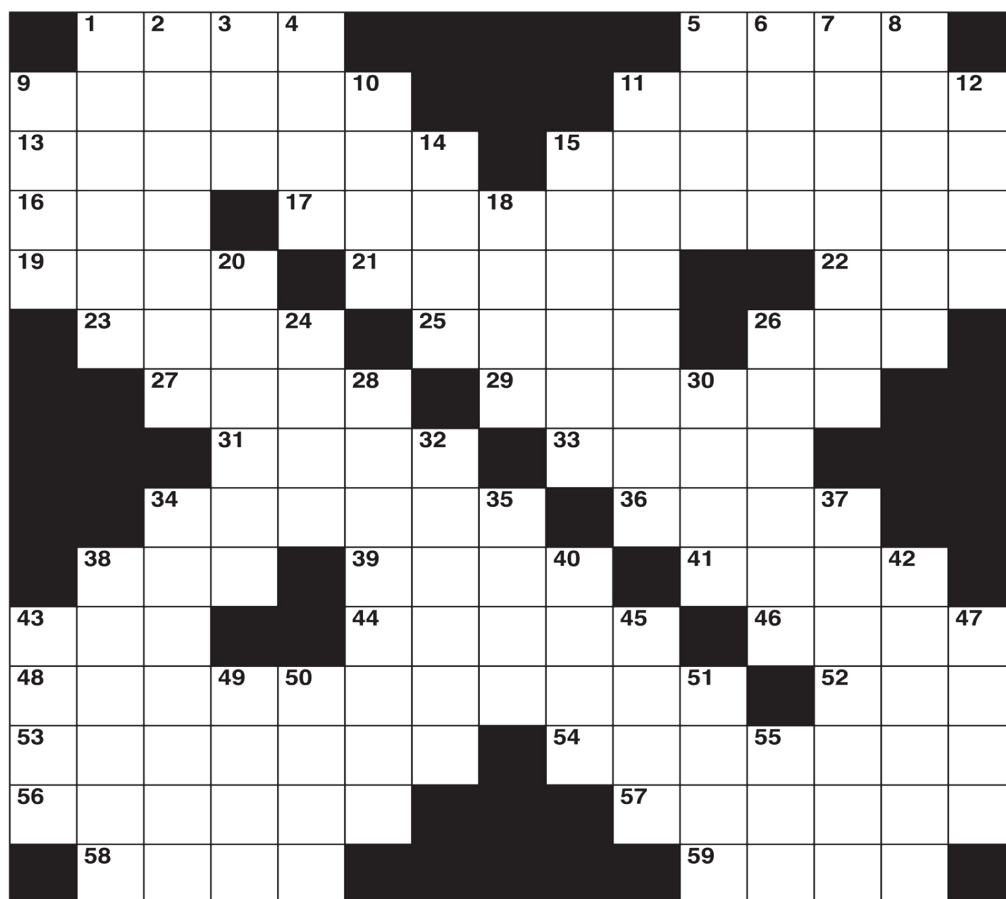
REPAIRS - REPLACEMENTS

**24 HOUR
EMERGENCY SERVICE**



ROC# 311760

CROSSWORD



CLUES DOWN

1. Mounted
2. Assign
3. Wrath
4. Self-immolation by fire ritual
5. Parts of an organism
6. Person from England
7. Tropical plants of the pea family
8. Body part
9. Practice boxing
10. Containers
11. Contrary beliefs
12. Bleached
14. Pre-Islamic Egyptian
15. A group of similar things ordered one after another
18. Innermost spinal cord membranes
20. Cassava

24. A restaurant's list of offerings
26. Annoy constantly
28. Orchestrate
30. Z Z Z
32. Astute
34. Highly decorated tea urn
35. Teach to behave
37. Endurance
38. Urinating
40. Barbie friend dolls
42. Repents
43. Man-eating giant
45. Jewish calendar month
47. Accelerated
49. Husband of Sita in Hindu
50. Lump of semiliquid substance
51. Lying in wait
55. Cease to exist

CLUES ACROSS

1. Six (Spanish)
5. Invests in little enterprises
9. Large dung beetle
11. Gored
13. Partially paralyzed
15. Still a little wet
16. Legal field media company
17. Not working
19. 500 sheets of paper
21. Church structure
22. Sheep disease
23. Small drink of whiskey
25. Weaving tradition
26. Pestilence
27. Body part
29. Nabs
31. Places to stay
33. Witnesses
34. Looked for
36. Arranges
38. Political action committee
39. Middle eastern nation (alt. sp.)
41. Hair-like structure
43. Parts producer
44. Greek city
46. Subway dwellers
48. Norm from "Cheers"
52. Clean a floor
53. Vied for
54. Canned fish
56. Inspire with love
57. Sent down moisture
58. Wrest
59. Partner to carrots





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

sponsored by



**Bullhead City Senior Campus
located at 2275 Trane Rd**



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

Have Fun and
WIN PRIZES!

Sponsored by



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
Campus building. A tray will be provided upon
purchase for one trip to the breakfast area.

Drink refills are free.

Bullhead Senior Campus
2275 Trane Rd.
www.bullheadcity.com

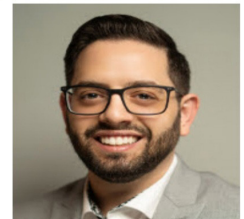


JOIN OUR FREE
MONTHLY BINGO GAME
12:30 P.M. TO 2:00 P.M.

THURS.
JULY 18

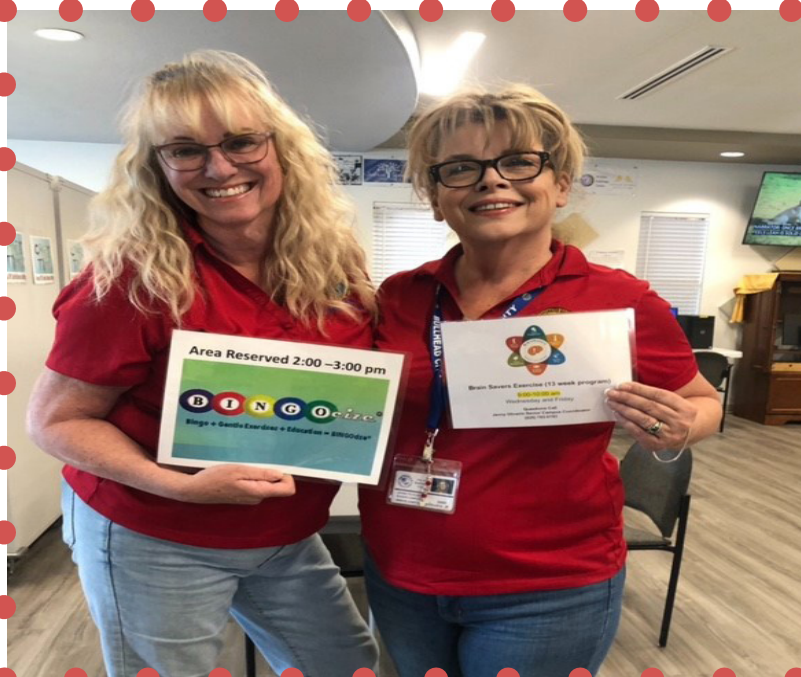
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**JOIN US FOR
BINGOCIZE**
Tuesday & Thursday
Starting at 9 a.m.
Bullhead City
Senior Campus
2275 Trane Road

ALL THE ANSWERS YOU SEEK. . .

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

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



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

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



stars & stripes bunco

Proceeds benefit
Bullhead City Animal Resource Center

FRI, JULY 26, 2024

DOORS OPEN AT 4:30 PM

GAME STARTS AT 6PM

JOIN US AT THE NEW SHELTER
LOCATION

2435 MIRACLE MILE,
BULLHEAD CITY, AZ



PRIZES: MOST BUNCO'S \$250, MOST WINS \$250, MOST LOSSES \$250
PLUS, RAFFLES & 50/50 DRAWING

PIZZA & BAR FOR PURCHASE

BUNCO WRISTBANDS ARE \$25 PER PERSON AND SOLD AT THE DOOR ONLY
STARS & STRIPES BUNCO WILL CONSIST OF 2 FULL ROUNDS
MUST BE 21 YEARS OF AGE OR OLDER.

sponsors & donations needed

Raffle Donation

Seeking raffle prize donations valued at a minimum of \$50. Donations may be combined unless otherwise directed not to. Raffle Donors will be posted on social media and list on the raffle donations poster at the event. If you are interested in donation a raffle prize, please contact

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For More Information Contact Jackie Jensen
(928) 763-9400 or jjensen@bullheadcityaz.gov



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