

SENIOR ENRICHMENT CENTER

HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR
EVENT CALENDAR



Education, Training, & Information

**Giving back to
our communities**

**Not-for-profit
Nonpartisan**

MEC is an equal opportunity provider & employer



CommUnity Energy



**marvelous
mondays**

May 5th Fresh Fruit Bar

An assortment of seasonal fresh fruit.

May 12th Pancakes

Fresh made pancakes with selection of toppings you can customize yourself.

May 19th Ham & Eggs

2 scrambled eggs, a slice of ham and a slice of toast.

May 26th - Closed for Memorial Day

Marvelous Mondays!

Seniors age 60+ 8:30 a.m. to 10:30 a.m.

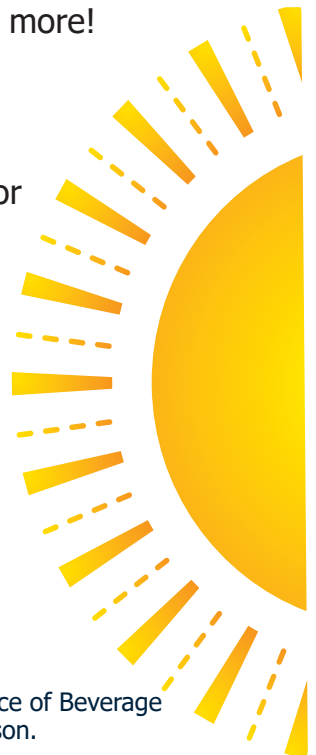
Add a Marvelous Monday
upgrade to your Continental Breakfast
on Mondays for \$1 more!

Receive a special
yummy item created by
Senior Enrichment Center's
very own Nutrition Coordinator
John Kearns!



John Kearns

Senior Enrichment center's Continental Breakfast Mon-Fri 8:30 am -10:30 am Your choice of Beverage
Only: Coffee, Tea or Juice only \$1 per person or Continental Breakfast & Beverage only \$2 per person.





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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(928) 763-9400 X8157
jtipton@bullheadcityaz.gov

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Senior Enrichment Activity Coor.
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Newsletter Coordinator
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MONTHLY MENU

May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sweet & Sour Chicken Rice Mixed Veggies	2 Chicken Egg Roll Fiesta Blend Veggies Cobbler
5 Pork Chop Mashed Potatoes Green Beans	6 Chicken Cordon Bleu Potato Wedges Mixed Veggies	7 Beef Cutlet w/Gravy Potatoes Mixed Veggies	8 Beef Lasagna Dinner Roll Steamed Broccoli	9 Salisbury Steak w/ Gravy Rice Veggies
12 Bratwurst Sauerkraut Potatoes Au Gratin	13 Swedish Meatballs Buttered Pasta Corn	14 Stuffed Peppers Mixed Veggies Warm Apples	15 Asian Chicken Salad Dinner Roll Dressing	16 Cheese Omelet Pork Sausage Hash Brown
19 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	20 Chorizo & Eggs Tator Tots Southwest Veggies	21 Beef Tamale Fiesta Veggies Rice	22 Pulled Pork Baked Beans Cobbler	23 Spaghetti & Meatballs Roll Cobbler
26 	27 Breakfast Burrito Breakfast Potatoes Pork Sausage	28 Chicken & Dumplings Peas & Carrots Cobbler	29 Beef Fajitas Rice Cinnamon Apples	30 Chicken Alfredo Dinner 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.

Cardiovascular fitness and Alzheimer's disease

Dementia is a general term for various brain disorders that can affect behavior, thinking and memory. Among the condition that qualify as dementia, Alzheimer's disease (AD) is the most common.

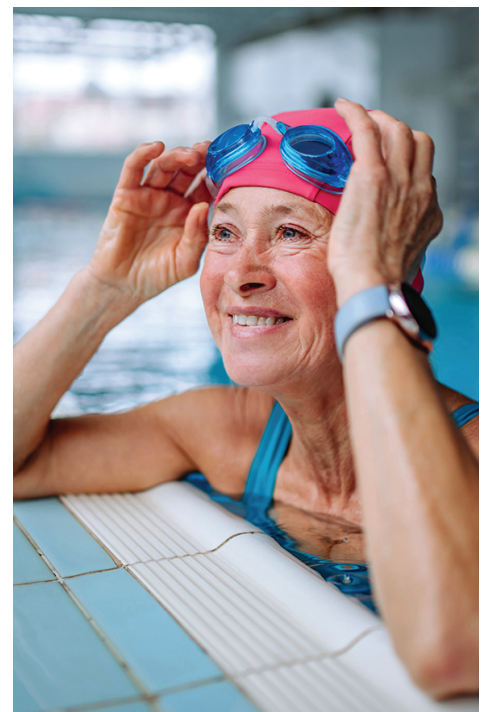
According to the Texas Department of State Health Services, AD is an irreversible condition that destroys memory, thinking and the ability to carry out daily activities. Although initial AD symptoms may be mild, the disease worsens over time and eventually people with AD will need full-time care. Many people are interested in any way they can reduce the severity of AD or stave off its progression. Cardiovascular fitness could be an important tool in that fight. Cardiovascular activity may help lessen the impact of dementia and AD in particular. According to a 2018 study published in the journal *Neurology*, a population-based sample of 1,462 Swedish women between the ages of 38 and 60 was examined in 1968, and then followed up with in various intervals until 2009. Researchers found that women who partook in high fitness regimens saw their age of dementia onset delayed by 9.5 years. Time to dementia onset was delayed by five years compared to medium fitness participants. Another study from 2020 published in the journal *Frontiers in Neuroscience* looked at exercise for those who already have AD as a method of slowing the decline in activities of daily living (ADL). The study found that ADL decline was slower among individuals who engaged in an hour of aerobic exercise training twice a week compared to those in the non-active group. However, there was no effect on behavioral symptoms, depression or nutritional scores. Aerobic exercise programs aimed at improving cardiovascular fitness seem to have moderate effects on cognitive function among healthy older persons. But data from current randomized control trials are insufficient to show that these improvements are due exclusively to improved cardiovascular fitness. Still, incorporating cardiovascular exercise in all stages of life is important. Here are a few notable ways exercise could affect AD outcomes.

Improved blood flow: Regular cardiovascular exercise facilitates blood circulation to the brain. Better blood flow delivers adequate oxygen and nutrients to the brain, which is important for maintaining cognitive function.

Risk factor reduction: Cardio helps manage several risk factors associated with AD, such as diabetes, high cholesterol and high blood pressure. By lowering these risk factors, individuals may reduce their likelihood of developing forms of dementia.

Reduced inflammation and oxidative stress: Physical activity can reduce inflammation and oxidative stress in the body, each of which are linked to neurodegenerative diseases. The American Brain Foundation says high levels of inflammation of the brain may accelerate brain aging and contribute to the progression of neurodegenerative diseases like AD, Parkinson's disease and Lewy body dementia.

Improved sleep: Regular exercise can help promote more regular sleep patterns, which improves mood and cognitive health. Although cardiovascular exercise cannot prevent dementia, it may help delay its onset



CHECK US OUT!



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

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

Please share the new website
with friends and family.



80TH ANNIVERSARY LOGO CONTEST

\$100 Cash Prize

*TO CELEBRATE WE WOULD LIKE YOUR
HELP CREATING OUR 80TH LOGO*

MEC Members may submit artwork that includes:

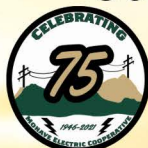
- **MEC colors**
- **Full cooperative name**
- **Original ideas**

EMAIL SUBMISSIONS TO

MECPA@MOHAVEELECTRIC.COM BY JUNE 30, 2025



MEC Traditional Logo



MEC 75th Logo



MEC 80th Logo

MEC reserves the rights and ownership of the design for the anniversary logo as it will be featured in all print and digital materials. MEC is an equal opportunity provider & employer.

PLEASE JOIN US FOR



**NACHO BAR,
SALAS CONTEST AND
MOCK-TAIL MARGARITAS**

**MAY 5, 2025 | NOON -2PM
SENIOR ENRICHMENT CENTER
2275 TRANE RD, BULLHEAD CITY**

SPONSORED BY

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**

PHOTO TIME WORD SEARCH

WORDS

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

ANGLE
APERTURE
CAMERA
DEPTH OF FIELD
DIGITAL
EXPOSURE
FOCUS
F-STOP
ISO
LENSES
LIGHT
LIGHT METER
PHOTOGRAPHER
POSING
PRINTS
PROOFS
SETTING
SHOOT
SHUTTER
SMILE
SPEED
TELEPHOTO
VIEWFINDER
ZOOM

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



Why was Cinderella so bad at soccer? She kept running away from the ball!

Why do cows wear bells? Because their horns don't work.

What do you call a pig that practices karate? A pork chop.

How many tickles does it take to make an octopus laugh? Ten-tickles.

What did the worker at the rubber band factory say when he was fired? Oh, snap.

Why did the golfer bring two pairs of pants? In case he got a hole-in-one.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to building safety.

P E R R I A

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

Answer: Repair

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to taking photos.

N E L S

--	--	--	--

Answer: Lens

MEMORIAL DAY

A DAY TO REMEMBER

THE PUBLIC IS INVITED TO HANG A MESSAGE IN MEMORY OF A LOVED ONE WHO SERVED ON THE MEMORIAL TREE DISPLAY, A SIGN OF REMEMBRANCE.

HELP US FILL THE BRANCHES WITH LOVE AND REMEMBRANCE

MAY 25, 2025 11:30AM-12:30 PM

SENIOR ENRICHMENT CENTER, 2275 TRANE RD, BULLHEAD CITY



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

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



FAMILY CARE
HOME HEALTH & HOSPICE
928.299.5100

HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

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

Tue, May 20th starting at 11:30 am

May 2

Treutler, Eydie
DeJacimo, Lety
Ashmore, Steven

May 3

Pagenkope, David
Tafoya, Linda
Kleman, Kimberly

May 4

Pisacane, John
Tebroski, Yvonne
Luboch, Art
Krouse, Barbara

May 5

Pennington, Shirley
Panula, Larry
Hutchison, Sandra
Silagy, John

May 6

Thomas, Susan
Gray, Nancy

May 7

Burton, Ferdrick
Gonzales, Laura
Gonzalez, Tracy

May 8

Santschi, Karen
Ruiz, Carmen

May 9

Pezzeti, John
Guse, Ray
Stanowski, Maria
Stoddard, Lorrie S
Gonzales, Jess
Haywood, Jay

May 10

Blickenstaff, Leroy
Short, Frankie
McGraw, Michael
Mackey, Paula

May 11

Sanchez, Lulu
Landers, Kenneth
Zuhlke, Elaine

May 13

Long, Kay
Russell, Woodrow
Jorissen, Janet Rae
Clark, Rachel Rae
Francisco Cadena-Rodriguez

May 14

Owens, Linda
Wells, Debbie

May 15

Gabrys, Ron
Burgos, Charlie
Gerritsen, Jeffrey
Bartna, Paul
Merrel, Linda

May 16

Kontra, Mike
Hammer, Geri
Marmor, David
St. James, Jennessa
Reyna, Irene

May 17

Edens, Bradley
Wheeler, Steven
Davis-Cherry, Malinda
Miannay, Lilia

May 18

Ehman, Doug
Humble, Cynthia
Penn, Susan

May 19

Bullis, Lila
Barley, Jack
Gaskill, Linda
Schnick, Christine

May 20

Oland, Dale
Butler, Linda
Klos, Linda

May 21

Liming, Issac
Rupp, Darlene
Bowman, Glenn

May 22

Wagner, Emma
Juhlin, C.R.
Fields, Gina

May 24

Payne, Stephen

May 25

Luboch, Sabrina

May 26

Horn, Jenninne
Bega, Rachael

May 27

Glidden, Lee
Torrance, John
Cortez, Debra
Estill, Linda

May 28

Wright, Carolyn
Rushton, Jeanette
Zucconi, Cindy
Flores, Laura

May 29

Bohnenkamp, Gwen
Aladjadjian, Zareh
Myers, Kim
Tsosie, Raylene
Winters, Holly

May 30

Underwood, Kathy

May 31

Baumann, Cynthia
Haas, Jill

VOLUNTEERS



SENIOR ENRICHMENT CENTER NEEDS YOU !

Driver/Delivery Person

Wellness Check Caller

Friendly Visitor

Meal Pick-up Person

Breakfast Server

Lunch Server

Newsletter Delivery

Angels Essential Room Worker

Community Store Worker

Technology Savoy Helper

**Ambassador for the
Senior Enrichment Center**

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



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



Meals On Wheels *Cinco De Mayo* Fundraiser

SENIOR ENRICHMENT CENTER

MAY 1ST 5PM-7PM

2 STREET TACOS

GROUND BEEF OR CHICKEN

TOSTADA

\$7

ADVANCED

ON-LINE

@MealsOnWheelsBullhead.org

RICE AND BEANS

CHURRO

AND A DRINK

\$9

AT THE DOOR

TO GO

ORDERS ALSO

AVAILABLE

SPONSORED BY:



b Billet Health™



SCAN FOR TICKETS



Presented by

CATO

Mother's Day Fashion Show and Luncheon

Thursday, May 8, 2025 11:30 am -1:30 pm

**Lunch: Lemon Ricotta Pasta with Spinach, Spring Salad,
Roll and Sherbet Ice Cream**

Bullhead City Senior Enrichment Center

Limited Free Tickets (Age 50+)

Must Reserve Tickets by 5/1/25

Plus, Raffle Prizes & Mother's Day Favor Gift



Scan to reserve your tickets

Sponsored by

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**



Senior Community Forum

Get Ready to Shape Our Future! The Senior Community Forum is HERE!

Mark your calendars, Bullhead City! Your chance to IGNITE CHANGE and make your voice heard is just around the corner! Join us for the very first Senior Community Forum at our dazzling new Senior Enrichment Center on Tuesday, June 3rd, 2025, from 12:30 PM to 2:30 PM!

This isn't just another meeting – it's your opportunity to be a driving force in shaping the vibrant future of our senior community! Come and

- **SPEAK UP & BE HEARD!** Share your ideas, voice your opinions, and contribute to the conversations that matter most to you. This is YOUR platform to influence what happens at our incredible new center!
- **DISCOVER A WORLD OF FUN!** Get the inside scoop on exciting new activities, programs, and events coming your way. Prepare to be inspired and find your next passion!
- **POWER UP OUR POTENTIAL!** Learn how we can collectively raise funds to make even BIGGER and BETTER things happen at the Senior Enrichment Center. Your participation can directly contribute to enhanced resources and opportunities!
- **BECOME A CHAMPION!** We're on the lookout for enthusiastic volunteers to join our fundraising dream team! Discover how you can help brainstorm creative fundraising ideas and make them a reality. Let's work together to build something truly special!

Don't miss this electrifying opportunity to connect, contribute, and celebrate the exciting possibilities ahead at our state-of-the-art Senior Enrichment Center!

For more information contact Kim Cool, Senior Services Program Manager
(928) 763-0193 or kcool@bullheadcityaz.gov

ARTS & CRAFTS

Senior Enrichment Center Arts & Crafts are sponsored by
Mohave Community College

Fun Friday Crafts
Art Therapy
Bending Group
Knit & Crochet Group
Open Sewing
Rock Painting
Jewelry Making
and MORE!

HAPPY HOUR

Senior Enrichment Center Happy Hour with Mock-tails and Games
is sponsored by Mohave Community College

May 14th

1:00 pm to 2:30 pm

Mock-tails, with fun & Games
in the Great Room

Sponsored by:

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**

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

Level: Intermediate

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

Level: Advanced

fun
Sudoku

BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



MAY

ACTIVITIES CALENDAR

THURSDAY

1

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

Energizing Chair Yoga/Exercise Room

Better Health Live with Marge

9:30 a.m. to Noon

Morning Poker/Game Room

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

Bingocize/Exercise Room

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

Essentrics YouTube Video/Exercise Room

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

Tech Assistance w/Monica Pratcher/Library

Noon to 1:00 p.m.

Ice Cream Social/Great Room

Sponsored by Culver's Bullhead City

Noon to 3:00 p.m.

Knit & Crochet Group/Craft Room

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

Double Deck Pinochle/Game Room

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

Mahjong Tile Game/Game Room

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

Tech Assistance w/Pam Beaushay/Library

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

Zumba Live w/Beth Humphrey/Exercise Rm

5:00 p.m. to 7:00 p.m.

Meals on Wheels -Cinco De Mayo Fundraiser

Nutrition Center/Tickets at www.mealsonwheelsbullhead.org

FRIDAY

2

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

Wider Circle Event/Free Breakfast & Lunch

Located in the Nutrition Center & Activity Center

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

Tech Assistance w/Steve Page/Library

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

Brain Savers Exercise/Exercise Room

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

Fun Friday Crafts/Craft Room/Limit 15

Decoupage Bird House Sponsored by Mohave Community College

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

Tech Assistance w/Steve Page/Library

11:30 a.m. to 1:00 p.m.

Advance Directives Workshop/

Located in the Nutrition Center/Front Office

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

Mexican Train/Great Room

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

Pinochle/Game Room

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

Poker/Game Room

2:00 p.m. to 3:00 p.m.

Brain Savers Exercise/ Exercise Room

MONDAY

5

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

Body Moves for Brain Power/Exercise Room

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

Free Bingo w/prizes/Great Room

Sponsored by Family Care Home Health & Hospice

11:30 a.m. to 11:45 a.m.

Food & Drug Interactions Video/Handout

Located in the Conference Room

Noon to 2:00 p.m.

Cinco De Mayo Celebration/Great Room

Sponsored by Mohave Community College

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

Line Dancing/Beginner/Exercise Room

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

Diamond Art Painting/Craft Room

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

Mexican Train/Game Room

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

Poker/Game Room

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

Pinochle/Game Room

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

Line Dancing/Basic/Exercise Room

TUESDAY

6

9:00 a.m. to Noon
9:00 a.m. to 11:00 p.m.
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 1:00 p.m.

11:00 a.m. to 1:00 p.m.
11:00 a.m. to 11:30 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.
12:30 p.m. to 4:00 p.m.
1:00 p.m. to 3:00 p.m.
3:30 p.m. to 4:15 p.m.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Tech Assistance w/Steve Page/Library
Zumba Class/Exercise Room
Bingocize/Exercise Room
Ping Pong/Great Room
Brain Health Workshop & Memory Screening
Located in the Conference Room

Tech Assistance w/Steve Page/Library
Essentrics YouTube Video/Exercise Room
Wills & Trusts Workshop/Nutrition Center
Art Therapy/Craft Room/Card Making

Sponsored by Mohave Community College

Poker Game/Game Room
Hand & Foot Card Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Relaxation & Mindfulness/Exercise Room
Line Dancing with Connette/Great Room

WEDNESDAY

7

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.
11:00 a.m to 11:30 a.m.
11:00 a.m. to Noon
Noon to 1:00 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.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m. to 3:00 p.m.
2:30 p.m. to 4:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
By appointment

Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/Exercise Room
Medicare 101 Workshop/Nutrition Center
Educational Cooking Presentation/Great Rm
Golden Games/Parks & Rec/Conference Rm
Open Sewing Group/Craft Room
Genealogy Club/Library
Bunco Group/Great Room
Bereavement Support Group/Conference
Tech Assistance w/Pam Beaushay/Library
Brain Savers Exercise/Exercise Room
Billiards Club & Lessons/Game Room
Gamblers Anonymous Meeting/Nutrition Ctr

THURSDAY

8

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

Energizing Chair Yoga/Exercise Room
Better Health Live with Marge

Morning Poker/Game Room
Bingocize/Exercise Room
Essentrics YouTube Video/Exercise Room
Brain Games w/Televeda/Conference Rm
Tech Assistance w/Monica Pratcher/Library
Mother's Day Fashion Show & Luncheon
Located in the Great Rm Sponsored by Mohave Community College
Knit & Crochet Group/Craft Room
Double Deck Pinochle/Great Room
Mahjong Tile Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Zumba Live w/Beth Humphrey/Exercise Rm
Pass the Trash Game & Potluck
Located in the old Senior Center, 2285 Trane Rd

FRIDAY

9

8:00 a.m. to 12:30 p.m.
9:00 a.m. to 11:00 a.m.
9:30 a.m. to 10:30 a.m.
10:30 p.m. to 11:30 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.
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
Tech Assistance w/Steve Page/Library
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Limit 15
Macramé Key Chain Sponsored by Mohave Community College
Tech Assistance w/Steve Page/Library
Mexican Train/Game Room
Pinochle/Great Room
Poker/Game Room
Brain Savers Exercise/ Exercise Room

MONDAY

12

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

Body Moves for Brain Power/Exercise Room
Free Bingo w/prizes/Great Room
Sponsored by Family Care Home Health & Hospice
Food & Drug Interactions Video/Handout
Located in the Conference Room
Dementia Support Group/Conference Rm
Line Dancing/Beginner/Exercise Room
Diamond Art Painting/Craft Room
Mexican Train/Game Room
Poker/Game Room
Pinochle/Great Room
Line Dancing/Basic/Exercise Room

TUESDAY

13

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

Beading Group/Craft Room
Tech Assistance w/Steve Page/Library
Zumba Class/Exercise Room
Bingocize/Exercise Room
Ping Pong/Great Room
Tech Assistance w/Steve Page/Library
Essentrics YouTube Video/Exercise Room
Jewelry Making/Craft Room/Wire Bracelet
Sponsored by Mohave Community College
Poker Game/Game Room
Hand & Foot Card Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Relaxation & Mindfulness/Exercise Room
Line Dancing with Connette/Great Room

WEDNESDAY

14

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 2:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 2:30 p.m.
2:00 p.m. to 3:00 p.m.
2:30 p.m. to 4:30 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/Exercise Room
White Elephant Bingo/Great Room
Open Sewing Group/Craft Room
Give, MAKE, & Take/Nutrition Ctr/Cookies
Sweep Card Game/Great Room
Bereavement Support Group/Conference
Dementia Friend Presentation/Conference Rm
Happy Hour w/Fun & Games/Great Room
Sponsored by Mohave Community College
Brain Savers Exercise/Excercise Room
Billiards Club & Lessons/Game Room
Gamblers Anonymous Meeting/Nutrition Ctr

THURSDAY 15

7:30 a.m. to 11:30 a.m.
9:15 a.m. to 10:00 a.m.

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

12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
3:30 p.m. to 5:30 p.m.
4:00 p.m. to 5:00 p.m.

4:30 p.m. to 5:00 p.m.
5:30 p.m. to 9:30 p.m.

Mobile Mammogram/On Site/Appointment
Energizing Chair Yoga/Exercise Room
Better Heath Live with Marge

Morning Poker/Game Room
Bingocize/Exercise Room
Rock Painting/Craft Room
Essentrics YouTube Video/Exercise Room
Cyber Squad -Tech Skills/Conference Room
Tech Assistance w/Monica Pratcher/Library
Knit & Crochet Group/Craft Room
Monthly Bingo/Great Room
Sponsored by TNG Insurance

Double Deck Pinochle/Game Room
Mahjong Tile Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Virtual Dementia Tour/Conference Rm
Dine & Learn Blood Pressure The Secret Killer
Located in the Great Room Presented by Dr. Waheed Zehri
Zumba Live w/Beth Humphrey/Exercise Rm
Pass the Trash Game & Potluck
Located in the old Senior Center, 2285 Trane Rd

FRIDAY 16

8:00 a.m. to 7:00 p.m.
8:00 a.m. to 12:30 p.m.

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

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

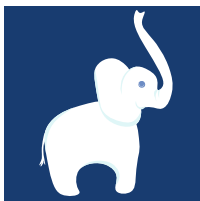
Mind Crowd Lab/OnSite/Appointment
Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center
Tech Assistance w/Steve Page/Library
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Limit 15
Shell Frame Chain Sponsored by Mohave Community College
Exercise to Ease Arthritis Pain/Exercise Rm
Tech Assistance w/Steve Page/Library
Mexican Train/Game Room
Pinochle/Great Room
Poker/Game Room
Brain Savers Exercise/ Exercise Room

MONDAY 19

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

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

Mind Crowd Lab/OnSite/Appointment
Body Moves for Brain Power/Exercise Room
Free Bingo w/prizes/Great Room
Sponsored by Family Care Home Health & Hospice
Dementia Support Group/Conference Rm
Line Dancing/Beginner/Exercise Room
Diamond Art Painting/Craft Room
Mexican Train/Game Room
Poker/Game Room
Pinochle/Great Room
Line Dancing/Basic/Exercise Room
Drum Circle/Exercise Room



JOIN US FOR WHITE ELEPHANT BINGO
WEDNESDAY, MAY 14TH AT 10 AM / GREAT ROOM
BRING YOUR WHITE ELEPHANT ITEM
TO BE GIVEN AWAY.

TUESDAY 20

8:00 a.m. to 7:00 p.m.
 9:00 a.m. to Noon
 9:00 a.m. to 11:00 p.m.
 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 1:00 p.m.
 11:00 a.m. to 11:30 a.m.
 11:00 a.m. to Noon
 Noon 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 4:00 p.m.
 1:00 p.m. to 3:00 p.m.
 3:30 p.m. to 4:15 p.m.
 4:00 p.m. to 5:00 p.m.
 6:00 p.m. to 9:00 p.m.

Mind Crowd Lab/OnSite/Appointment
 Beading Group/Craft Room
 Tech Assistance w/Steve Page/Library
 Zumba Class/Exercise Room
 Bingocize/Exercise Room
 Ping Pong/Great Room
 Tech Assistance w/Steve Page/Library
 Essentrics YouTube Video/Exercise Room
 Chiropractor Workshop/Conference Room
 Birthday Month Celebration
 Sponsored by Joshua Springs Senior Living
 Art Therapy/Craft Room/Felt Workshop
 Sponsored by Mohave Community College
 Poker Game/Game Room
 Hand & Foot Card Game/Game Room
 Tech Assistance w/Pam Beaushay/Library
 Relaxation & Mindfulness/Exercise Room
 Line Dancing with Connette/Great Room
 Late Night Ladies Bunco/Nutrition Center

WEDNESDAY 21

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 11:15 a.m.
 11:00 a.m. to Noon
 Noon to 3:00 p.m.
 12:30 p.m. to 2:00 p.m.
 12:30 p.m. to 3:30 p.m.
 1:00 p.m. to 2:00 p.m.
 1:00 p.m. to 2:00 p.m.
 2:00 p.m. to 3:00 p.m.
 2:30 p.m. to 4:30 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/Exercise Room
 Price is Right Game/Great Room
 Legal Services Director/Zoom/Conference Rm
 Open Sewing Group/Craft Room
 Genealogy Club/Library
 Bunco Group/Great Room
 Bereavement Support Group/Conference
 Dementia Friend Presentation/Conference Rm
 Brain Savers Exercise/Exercise Room
 Billiards Club & Lessons/Game Room
 Gamblers Anonymous Meeting/Nutrition Ctr

THURSDAY 22

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

Energizing Chair Yoga/Exercise Room
 Better Heath Live with Marge
 Morning Poker/Game Room
 Bingocize/Exercise Room
 Essentrics YouTube Video
 Beyond Walls Bingo/Televeda/Great Room
 Nutrition Event/Conference Room
 Tech Assistance w/Monica Pratcher/Library
 Knit & Crochet Group/Craft Room
 Ice Cream Social
 Sponsored by Culver's
 Monthly Bingo/Great Room
 Sponsored by TNG Insurance
 Double Deck Pinochle/Game Room
 Mahjong Tile Game/Game Room
 Tech Assistance w/Pam Beaushay/Library
 Virtual Dementia Tour/Conference Rm
 Zumba Live w/Beth Humphrey/Exercise Rm
 Pass the Trash Game & Potluck
 Located in the old Senior Center, 2285 Trane Rd

FRIDAY

23

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

Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center

Tech Assistance w/Steve Page/Library
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Limit 15
Watercolor Poppies Sponsored by Mohave Community College
Tech Assistance w/Steve Page/Library
Free Mini Clinic/Nutrition Ctr/6 spots avail.
Memorial Day/A Day to Remember/Nutrition Ctr
Mexican Train/Game Room
Pinochle/Great Room
Poker/Game Room
Brain Savers Exercise/ Exercise Room

MONDAY

26

CLOSED



Memorial Day May 26, 2025

TUESDAY

27

9:00 a.m. to Noon
9:00 a.m. to 11:00 p.m.
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 1:00 p.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.
12:30 p.m. to 4:00 p.m.
1:00 p.m. to 3:00 p.m.
3:30 p.m. to 4:15 p.m.
4:00 p.m. to 5:00 p.m.
6:00 p.m. to 9:00 p.m.

Beading Group/Craft Room
Tech Assistance w/Steve Page/Library
Zumba Class/Exercise Room
Bingocize/Exercise Room
Ping Pong/Great Room
Tech Assistance w/Steve Page/Library
Essentrics YouTube Video/ Exercise Room
Art Therapy/Craft Room/Diamond Painting
Sponsored by Mohave Community College
Poker Game/Game Room
Hand & Foot Card Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Relaxation & Mindfulness/Exercise Room
Line Dancing with Connette/Great Room
Late Night Ladies Bunco/Nutrition Center

WEDNESDAY

28

8:00 a.m. to 7:00 p.m.
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.
Noon to 1:00 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.
1:00 p.m. to 2:00 p.m.
2:00 p.m. to 3:00 p.m.
2:30 p.m. to 4:30 p.m.
7:00 p.m. to 8:00 p.m.

Mind Crowd Lab/OnSite/Appointment
Veterans Benefit Councilor/Nutrition Center
Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/Exercise Room
Monthly Trivia/Great Room
Sponsored by Dot Foods
Open Sewing Group/Craft Room
Sweep Card Game/Great Room
Bunco Group/Great Room
Bereavement Support Group/Conference
Brain Savers Exercise/Exercise Room
Billiards Club & Lessons/Game Room
Gamblers Anonymous Meeting/Nutrition Ctr

THURSDAY 29

8:00 a.m. to 7:00 p.m.
9:15 a.m. to 10:00 a.m.

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

Mind Crowd Lab/OnSite/Appointment
Energizing Chair Yoga/Exercise Room
Better Health Live with Marge
Morning Poker/Game Room
Bingocize/Exercise Room
Essentrics YouTube Video/ Exercise Room
Tech Assistance w/Monica Pratcher/Library
Knit & Crochet Group/Craft Room
Double Deck Pinochle/Game Room
Mahjong Tile Game/Game Room
Tech Assistance w/Pam Beaushay/Library
Pass the Trash Game & Potluck
Located in the old Senior Center, 2285 Trane Rd

FRIDAY 30

8:00 a.m. to 7:00 p.m.
8:00 a.m. to 12:30 p.m.

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

10:30 p.m. to 11:30 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.
12:30 p.m. to 3:30 p.m.
2:00 p.m. to 3:00 p.m.
4:30 p.m. to 5:00 p.m.

Mind Crowd Lab/OnSite/Appointment
Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center
Tech Assistance w/Steve Page/Library
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Limit 15
Crystal Plants Sponsored by Mohave Community College
Exercise to Ease Arthritis Pain/Exercise Rm
Tech Assistance w/Steve Page/Library
Mexican Train/Game Room
Pinochle/Great Room
Poker/Game Room
Brain Savers Exercise/Exercise Room
Zumba Live w/Beth Humphrey/Exercise Rm

MINI Clinic



FREE SERVICES:

- Memory Screening to test for the early signs of dementia or Alzheimer's
- Blood Pressure check
- Urine Analysis
- Blood Sugar Levels (Glucose)*must be fasting at least 8 hours
- Stress Assessment
- Spine & Posture Screening
- Brain Health Assessment
- Height & Weight Monitoring
- Weight Loss/Diabetic & Nutritional Counseling
- Resources, References & Referrals

Dr. Sheila Barnett will be at Senior Enrichment Center on **Friday, May 23rd from 11am-1pm.** She is providing a variety of screenings to make sure you are healthy and your medications are working. **Space is limited to 6 patients.**
Make your appointment today!



Reserve your spot! (928) 763-0193

Weekly On Site Veterans Benefit Counselor

The Senior Enrichment Center hosts an on site Veterans Benefit Counselor, Angela Kruse, every Wednesday from 8:00 AM to 4:00 PM.

The Senior Enrichment Center, is committed to honoring our veterans and their families. The presence of an on site Veterans Benefit Counselor ensures that veterans have direct access to the expert guidance they need to make informed decisions and receive the benefits they've worked hard for. This resource is not only important for veterans but for their families as well, helping them navigate the often overwhelming processes and securing the assistance they need to live fulfill, well-supported lives.

Angela's services are offered by appointment only. To schedule an appointment, please visit the Senior Enrichment Center during its regular business hours. For more information or to make your own appointment call (602) 535-1215 or visit <https://calendly.com/akruse-azdvs/bullheadcityseniorcenter>



**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025



May 2, 2025, 11:30 am -1:00 pm

Advanced Directive Workshop

May 6, 2025, 11:00 am-1:00 pm

Brain Health Workshop & Memory Screening

Presented by NAU

May 6, 2025, 11:00 am -11:30 am

Trust & Will Workshop

Presented by Trust & Will

May 7, 2025, 11:00 am -11:30 am

Medicare 101

Presented by MED CARE

May 7, 2025, Noon - 1:00pm

Golden Games

Presented by Bullhead City Parks & Recreation

May 14, 2025, 1:00 pm – 2:00 pm

Dementia Friends Presentation

Presented by WACOG

May 16, 2025, 11:00 am – Noon

Dr. Noah Sparks Chiropractor Workshop

Presented by Polly's Chiropractic

May 21, 2025, 11:00 am – Noon

Free Legal Services, Elizabeth Gongora

Presented by WACOG

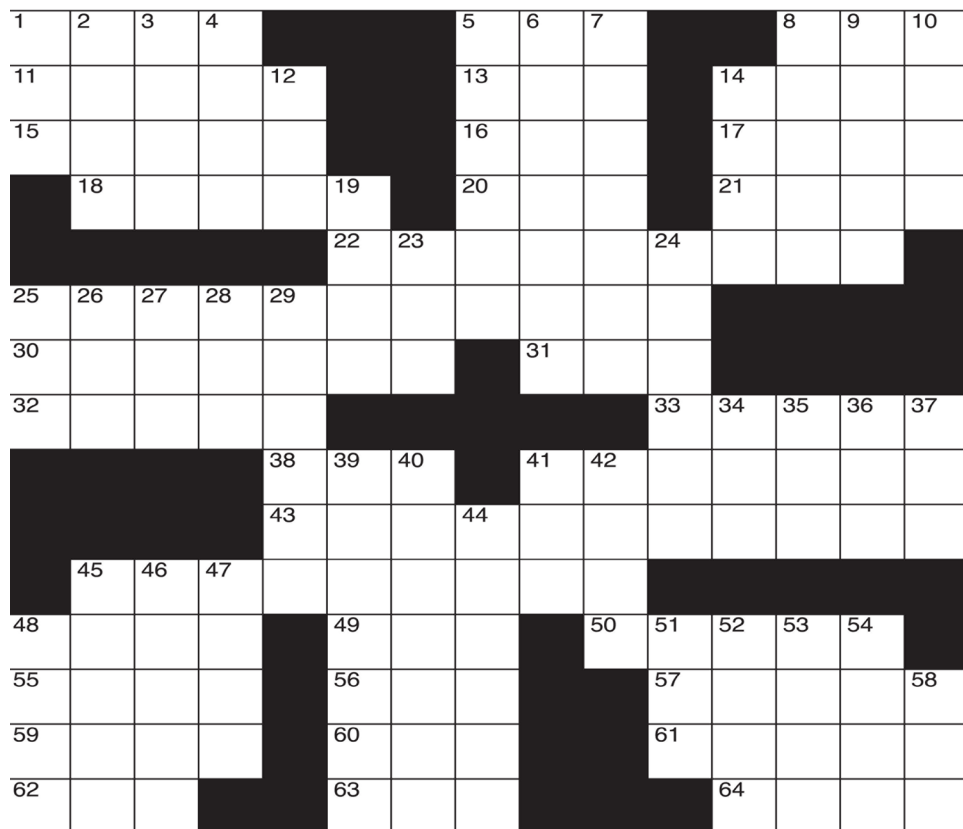
May 22, 2025, 11:00 am – Noon

Nutrition with Connie

Presented by WACOG

**Join us at the Senior Enrichment Center
located at 2275 Trane Road, Bullhead**

CROSSWORD



CLUES DOWN

1. A place to unwind
2. Helped (archaic)
3. Razorbill genus
4. Bleached
5. Continent
6. Fruit preserved in syrup
7. Impediment to one's freedom
8. Nocturnal rodents
9. Earthy pigment
10. Relieved oneself
12. Golf score
14. Tech hub __ Alto
19. Sportscaster Andrews
23. Records electric currents
24. Popular Hitchcock film
25. Revolutions per minute
26. NY Giants legend
27. Sports radio host Patrick
28. When you hope to get somewhere

CLUES ACROSS

- | | |
|---|--|
| 1. Herring-like fish | 33. Husks of corn |
| 5. Perform on stage | 38. Green vegetable |
| 8. Soda | 41. Showing guilt |
| 11. Small growth | 43. Soldier |
| 13. In support of | 45. Photographers |
| 14. Step taken when walking | 48. Language spoken in Nigeria |
| 15. Hollyhocks | 49. Mimic |
| 16. Returned material authorization (abbr.) | 50. Expressed pleasure |
| 17. Feel pain | 55. Ancient Greek sophist |
| 18. San Diego ballplayer | 56. Beverage container |
| 20. Inches per minute (abbr.) | 57. Night monkey genus |
| 21. Fat from a pig's abdomen | 59. Lace bugs |
| 22. Create again | 60. Hogshead (abbr.) |
| 25. Honors once more | 61. Frameworks |
| 30. Thin coating of gold | 62. Keyboard key |
| 31. Welsh river | 63. Greek goddess of the dawn |
| 32. Japanese novelist Mizumura | 64. Influential Korean independence figure |



SUMMER FUN @ THE POOL

PRESENTED BY
TWN
Communications

MAY

MAY 23RD FREE SWIM DAY 10AM-4PM
MAY 23RD DIVE IN MOVIE 7PM -9PM MOANA 2
MAY 26TH MEMORIAL DAY POOL PARTY 10AM-4PM

DISNEY'S MOANA 2 IS RATED PG FOR ACTION/PERIL.



JUNE 20TH FREE SWIM DAY 10AM-4PM
JUNE 20TH DIVE IN MOVIE 7PM -9PM LILO & STITCH

DISNEY'S LILO & STITCH IS RATED PG FOR MILD SCI-FI ACTION.

JUNE

JULY

JULY 11TH FREE SWIM DAY 10AM-4PM
JULY 11TH DIVE IN MOVIE 7PM -9PM THE MEG
JULY 4TH INDEPENDENCE DAY POOL PARTY 10AM-4PM

THE MEG IS RATED PG-13 FOR ACTION/PERIL, BLOODY IMAGES AND SOME LANGUAGE.



AUGUST 2ND FREE SWIM DAY 10AM-4PM
SEPTEMBER 1ST LABOR DAY POOL PARTY 10AM-4PM

AUG



SCAN TO FOLLOW
BULLHEAD CITY PARKS & REC



BULLHEAD CITY MUNICIPAL POOL, 2255 TRANE RD
QUESTIONS? CONTACT GILBERT HERRERA, RECREATION SUPERVISOR
928-763-0159 BULLHEADCITY.COM

BULLHEAD CITY RECREATION DIVISION

Rifle Shooting



\$15 per person
BRING YOUR OWN
GUN AND AMMO PRICE IS
\$5 per person



2026 GOLDEN GAMES TRAINING EVENT
MUST BE 30 YEARS OF AGE OR MORE

SATURDAY
05.24.25
10AM-12PM

TRISTATE SHOOTING RANGE
4831 BOUNDARY CONE RD. MOHAVE VALLEY
REGISTER AT BULLHEADCITY.COM/RECDESK
JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0188 OR JFIGUEROA@BULLHEADCITYAZ.GOV

BULLHEAD CITY RECREATION DIVISION



Cinco de Mayo Chair Volleyball

FREE
ENTRY



2026 GOLDEN GAMES TRAINING EVENT

MONDAY
05.05.25
10AM-2PM / 6 TEAMS
ADULTS OVER 30

OPTIMUM COMMUNITY CENTER
2380 OPTIMUM WAY, BULLHEAD CITY, ARIZONA
REGISTER AT BULLHEADCITY.COM/RECDESK
JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0188 OR JFIGUEROA@BULLHEADCITYAZ.GOV

TRIVIA

Join us on the fourth
Wednesday of each month
starting at Noon.
Have Fun and WIN PRIZES!

Sponsored by



ALL THE ANSWERS YOU SEEK. . .

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

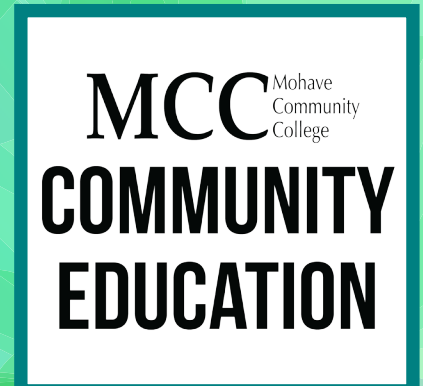
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9	5	1	7	4	3	2	8	6
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5	8	6	9	3	1	7	4	2
1	2	9	6	7	4	5	3	8
8	1	3	4	9	5	6	2	7
6	9	2	1	8	7	4	5	3
4	7	5	3	2	6	8	9	1

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



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

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