



SENIOR ENRICHMENT CENTER

BULLHEAD CITY, ARIZONA



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!



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MONTHLY MENU

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2 Beef Lasagna Dinner Roll Steamed Broccoli	3 Salisbury Steak w/ Gravy Rice Pilaf Green Beans
6 Bratwurst Sauerkraut Potatoes Au Gratin	7 Swedish Meatballs Buttered Pasta Corn	8 Stuffed Peppers Veggie Blend Warm Apples	9 Asian Chicken Salad Dinner Roll Dressing	10 Cheese Omelet Pork Sausage Hash Browns
13 Meatloaf Mac & Cheese Mixed Veggies	14 Chorizo & Eggs Potatoes Southwest Veggies	15 Beef Tamale Fiesta Veggies Mexican Rice	16 Pulled Pork Baked Beans Cobbler	17 Spaghetti & Meatballs Dinner Roll Cobbler
20 CLOSED 	21 Breakfast Burrito Breakfast Potatoes Pork Sausage	22 Chicken & Dumplings Peas & Carrots Cobbler	23 Beef Fajitas Spanish Rice Cinnamon Apples	24 Chicken Alfredo Dinner Roll Pears
27 Green Chili Chicken Tamale Fiesta Veggies Spanish Rice	28 Cobb Salad Dinner Roll Dressing	29 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	30 Sweet & Sour Meatballs Buttered Pasta Carrots	31 Chicken Enchilada Fiesta Veggies 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.

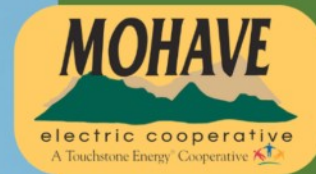


Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City. Congregate lunch is served Monday through Friday 11:30 am to Noon to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.



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RESPONSIBLE,
RESPECTED**

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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 Volunteer Spotlight shines bright in January for Louie Oliverio. Louie has been volunteering for Meals on Wheels for two months. Louie said his favorite part of volunteering for Meals on Wheels is connecting with older adults in his community. He said, "It's incredible rewarding to know that I'm making a difference in their lives, even in a small way."

Before Louie retired to Bullhead City, he was a finish carpenter in California for over 30 years. Louie grew up in Orange County, California. He is married and has five children, three grandsons and one granddaughter.

Louie always loves working with wood, hiking, camping, and walking his dog Rocco. He also loves the river and the ocean.



LOUIE OLIVERIO, VOLUNTEER OF THE MONTH



Our Client Spotlight shines on Regina E. Stewart for the month of January. Regina has been attending the Senior Enrichment Center for two years. She said her favorite part of visiting the Senior Enrichment Center is mingling with everyone and participating in the events and activities each week.

Regina grew up in New Jersey and was a legal secretary and a secretary for the school district before she retired in 2008. She is a widow with two children, and four grandchildren. She also has two german shepherds that keep her busy. Regina enjoys the Friday craft classes, painting rocks and completing puzzles and framing them.

REGINA E. STEWART CLIENT OF THE MONTH

SENIOR FRIENDLY INTERIOR RENOVATIONS

Home is where the heart is. That sentiment may be especially true for seniors who have spent decades living in their homes. A lot of hard work goes into home ownership, and seniors who have lived in the same space for a while undoubtedly have countless memories within the walls of their homes. A lifetime of experiences in a home can make it hard to leave, but many seniors experience diminished mobility as they age. Mobility issues can make it hard for seniors to traverse their homes, but aging homeowners can make various renovations to make a home more accessible. Revamp entryways and staircases. A 2020 study of 1,000 adults in the United Kingdom found that 28 percent of individuals age 65 and



older who don't exercise regularly struggle with activities like walking up stairs. The study, commissioned by Total Fitness, also found that 14 percent of men and women over 65 who regularly engage in moderate exercise still find it challenging to climb up and down a flight of stairs. Seniors facing similar challenges can install a ramp at their home's entryway so they can comfortably go in and out. Inside, a chair lift can ensure seniors are not struggling to move from one floor to another.

Raise the outlets throughout the home. They're easily overlooked, but outlets, particularly those outside the kitchen, tend to be close to the floor. AARP notes that's no accident, as outlets are generally placed at a height equal to the length of a hammer to save time with measuring when buildings are being constructed. Outlets close to the floor can be difficult for seniors with mobility issues to reach. Relocating the outlets a little higher off the floor is not an expensive renovation, but it can make a home more accessible for seniors who have difficulty bending down or getting down on one knee.

Install doorknob extensions. Verywell Health notes that nearly half of all people age 65 and older have arthritis or another rheumatic condition. Arthritis can make it difficult for seniors to grip and turn doorknobs. Doorknob extensions can make it easier for seniors with arthritis to open the doors in their homes. Such extensions are roughly five-inch levers that can be installed over an existing doorknob, making it easier to grab and pull down. Extensions save seniors the hassle of turning the knob, which some may find painful and almost impossible.

Renovate the bathroom. Bathroom renovation projects can be costly, but seniors with mobility issues should know that bathrooms can pose a particularly dangerous threat. The Centers for Disease Control and Prevention notes that roughly three million older adults are treated for fall injuries in emergency departments each year. A 2019 analysis published in *The Journals of Gerontology* noted that 22 percent of in-home falls resulted in a change in the person's walking ability. Replacing a step-over shower with a zero-step alternative can make it easier for seniors with mobility issues to get in and out of the shower, thus reducing their risk for falls. Grab bars along shower walls and a chair inside the shower can make it easier to bathe and towel off safely. Seniors with mobility issues can make their homes more accommodating through an assortment of simple, yet effective renovations.

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.



MEALSONWHEELSBULLHEAD.ORG

A festive graphic for the New Year. It features the text 'Happy New Year!' in a cursive font, followed by '2025' in large, gold, glittery numbers. To the left of the numbers, there are gold stars and streamers. Below the main text, it says 'Meet and Greet Happy Hour' and provides details for the event on January 17, 2025, at the Senior Enrichment Center. The background is a light gray with a subtle pattern of gold stars and streamers.

*Happy
New Year!*

2025

Meet and Greet Happy Hour

January 17, 2025
12:00 pm to 1:00 pm
Senior Enrichment Center
2275 Trane Rd
Bullhead City, AZ
Mocktail Drink and Appetizer
Enjoy meeting new people and learning about 2025 Events and Games
for the New Senior Enrichment Center

JANUARY 16TH

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

**SENIOR ENRICHMENT
CENTER**



SPONSORED BY

KARO TNGRIAN



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Part D • Dental & Vision • Critical Care

702-624-3161
TNGMEDICARE.COM

**Could your
classroom use
an extra \$200?**



CLASSROOM GRANTS

**Mohave Electric Cooperative
will award 18 grants of
\$200 to K-12 educators.**

Applications open February 1

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER



NEAT AND TIDY WORD SEARCH

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

WORDS

ACTIVITY
 CLOSETS
 CLUTTER
 COLLECTIBLES
 COMMON AREA
 CONTAINERS
 DONATION
 FILING
 GARAGE
 GROUPING
 LABELS
 MAINTENANCE
 MANAGEMENT
 ORGANIZING
 PACKRAT
 PERFECTIONIST
 PROCRASTINATION
 PURGING
 REPURPOSE
 SEQUENCING
 SORTING
 SYSTEM
 TIDYING
 VERTICAL SPACE

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to food service.

C C K E H

--	--	--	--	--

Answer: Check

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dog training.

Y S T A

--	--	--	--

Answer: Stay

Q: What do you say on January 1st? A: Last year just seems like yesterday!

Q: What do snowmen do in the New Year? A: Chill out.

Q: What was the snowman upset in January? A: He was having a meltdown.

Q: What do some couples do during the first month of the year? A: Get Janumarried.

Q: What's the best food to eat in January? A: Brrr-itos!

Q: What's the best thing about January? A: No more Christmas carollers!

Q: What was Dr. Frankenstein's new year's resolution? A: To make new friends.



ICE CREAM SUNDAE SOCIAL

Join us for Ice Cream & Socializing!
Thursday, January 2 & Thursday, January 23
Noon-1:00 pm
Bullhead City Senior Enrichment Center
Sponsored By



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

Bullhead City Senior Enrichment Center
located at 2275 Trane Rd





Join us for the Birthday Month Celebration

Sponsored by Joshua Springs Senior Living
for all Seniors 50+ at Senior Enrichment Center on
Tue, January 21st starting at 11:30 am

January 1

William Fletcher
Eunice Moussette

January 2

Carol Poole
Ray Wesch

January 3

Brenda Simmons
Martin Cole
Ken Hosley

January 4

Denise Gavigan

January 5

Cassandra Bertchi

January 6

Pam Guy

January 7

Stacy Bates
Robyn Bjorling
Patricia Saunier

January 8

Gerri Worden
Anita Smith
Tom Klingensmith

January 9

David Gumz
Mike Ronk
Louie Oliverio

January 10

Velma Pritchett
James Rhodes Jr

January 11

Carol De Lucia
Cheryl Kay Cardella

January 12

Walter Smith
Bill Corrao
Holly Gorham

January 13

EJ Wroten

January 14

Judith Critz
Bob Fredrickson
Ethel Carr
Don Leininger
Jose Gutierrez
Janis Harlin

January 15

Leora Fenech
Wayne Biss
Barbie Brandt
Marg Smith
Lynda Windsor

January 16

Ken Peoples
Sue Berilla

January 17

Bennett, Harry
Garcia, Patricia
Brode, Micheal
Joanis, Triple

January 18

Richard Murphy
Maria Cottrell

January 19

Bud Wall

January 20

Erika Klemm
Arlene Kesting

January 21

Jane Lewin
Alice Rascon

January 22

Shelia Holmes
Jack Mason

January 23

Rocky Fielding
gary Muchmore
Gladys Keoenig
Julia Young

January 24

Loa Roberts
Carla Smith

January 25

Steve Astorga
Richard Murillo
Gerri McArdle

January 26

Darlene Najera

January 28

Martin Gonzalez



Cheryl Hartley, Sales Director
(928) 763-1212

chartley@watermarkcommunities.com

BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

JANUARY ACTIVITIES CALENDAR

WEDNESDAY

1



HAPPY NEW YEAR!

SENIOR ENRICHMENT CENTER
IS CLOSED

THURSDAY

2

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

3

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

Wider Circle
Brain Savers Exercise -Limit 20
Friday Fun Crafts/Key to My Heart Craft
One on One Technology Tutoring (2 spots)
Mexican Train Game
Poker Card Game & Pinochle Game

MONDAY

6

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

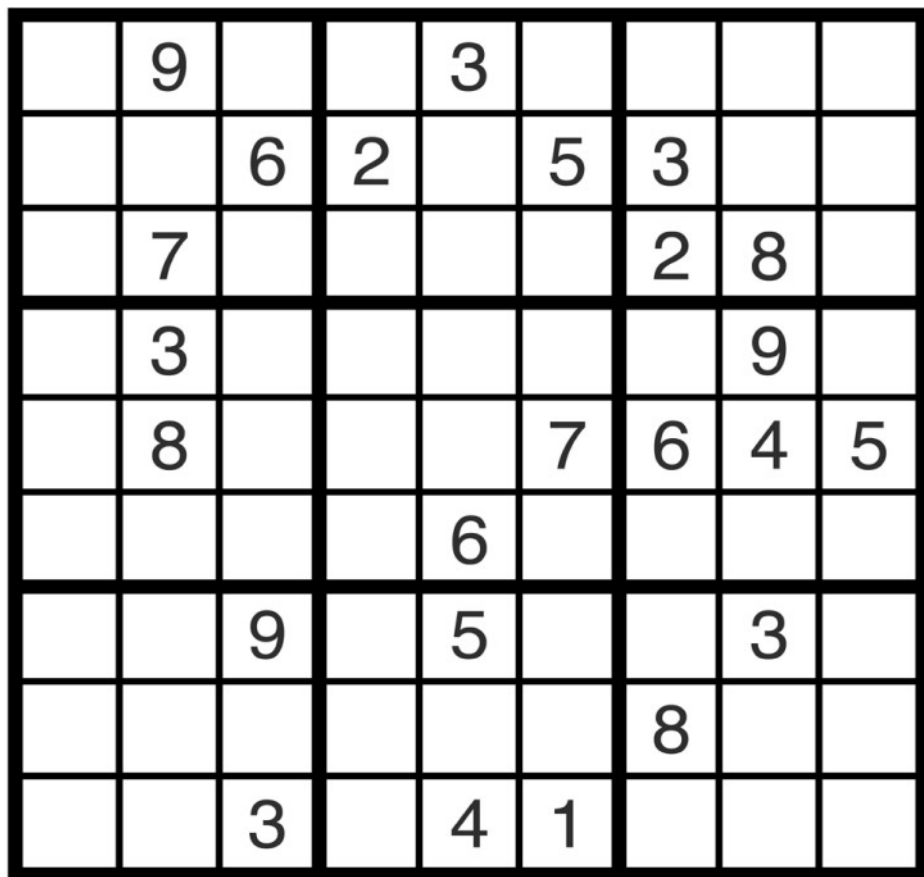
Body Moves for Brain Power
Advisement for Estate Planning
Relaxation and Mindfulness Exercise
Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Pinochle Card Game
Poker Card Game

TUESDAY

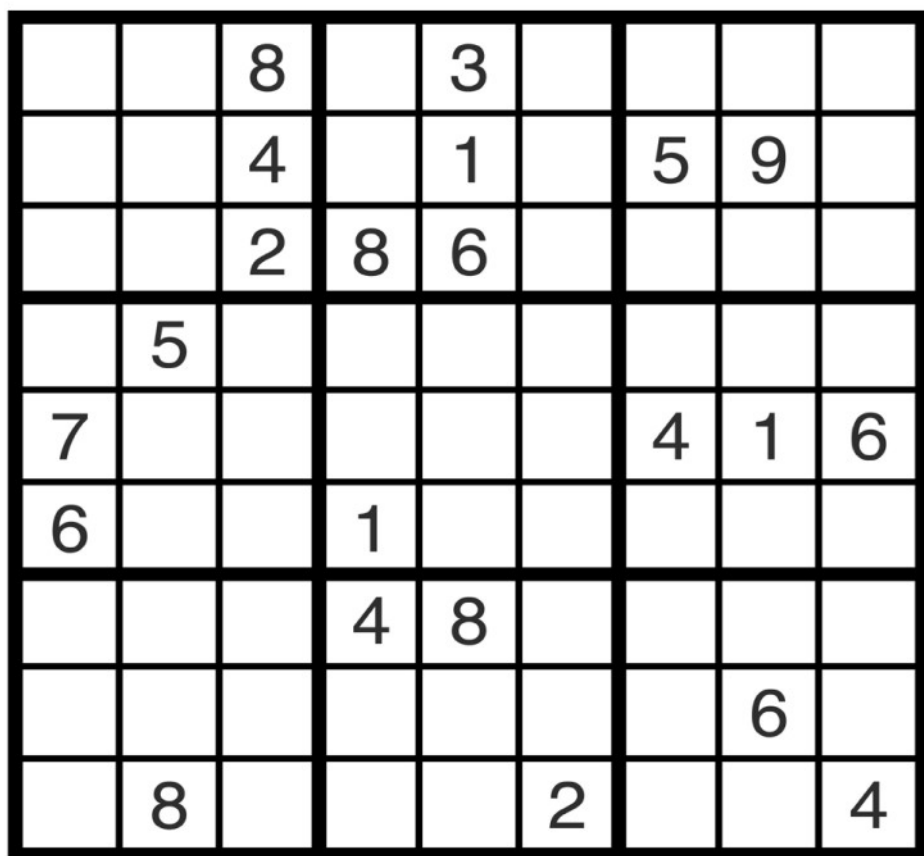
7

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

Zumba Class
Bingocize
Beading Group
ART Therapy/Valentine Card Making with Lisa
Poker Card Game & Hand & Foot Card Game
Line Dancing Class



Level: Intermediate



Level: Advanced



WEDNESDAY

8

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to Noon
10:00 a.m. to 11:15 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 Council on-site
Brain Savers Exercise -Limit 20
Fast Track Game
Wii Bowling
Give, MAKE & Take/Blizzard Cookies
Euchre Card Game
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

9

9:00 p.m. to 10:00 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.

Bingocize
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

10

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/Jeweled Tin Heart
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

13

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 1:30 p.m.
Noon to 1:00 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
Happy Hour with Games
Dementia Support Group
Mexican Train, Pinochle and Poker Games
Drum Circle

TUESDAY

14

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 10:00 a.m.
9:00 am to Noon
Noon to 2:00 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
Bingocize
Beading Group
Jewelry Class/Christmas Charm Bracelet
Hand & Foot Card Game
Poker Card Game
Line Dancing Class

WEDNESDAY

15

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 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 Councilor on-site
Brain Savers Exercise -Limit 20
Fast Track Game
Prices is Right Game
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

16

9:00 a.m. to 10:00 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.
5:30 p.m. to 9:30 p.m.

Bingocize
Rock Painting
Open Sewing Group
Knit & Crochet Group
Monthly Bingo sponsored by TNG Insurance
Pass the Trash Card Game & Potluck

FRIDAY

17

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

Wider Circle
Brain Savers Exercise -Limit 20
Exercise to Ease Arthritis Pain
Friday Fun Craft - Dot Painting Heart
Free Mini Clinic (6 spots)
Meet & Greet Happy Hour
Mexican Train Game
Poker Card Game

MONDAY

20



**SENIOR ENRICHMENT CENTER
IS CLOSED**

TUESDAY

21

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 10:00 a.m.
9:00 a.m. to Noon
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
Bingocize
Beading Group
Birthday Celebration
sponsored by Joshua Springs Assisted Living
ART Therapy - Wire Heart Fabric Wreath
Poker Card Game
Hand & Foot Card Game
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

22

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to Noon
10:00 a.m. to 11:15 a.m.
Noon to 1:00 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
Fast Track Game
Wii Bowling
Monthly Trivia Sponsored by Dot Foods
Euchre Card Game
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

23

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.
4:00 p.m. to 6:00 p.m.
5:30 p.m. to 9:30 p.m.

Bingocize
Ice Cream Social sponsored by Culver's
Knit & Crochet Group
Open Sewing Group
Double Deck Pinochle Card Game
Mahjong Tile Game
Virtual Dementia Tour Offered
Pass the Trash Card Game Potluck

FRIDAY

24

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/Valentines Shadowbox
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

27

8:30 a.m. to 10:30 a.m.
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 12:30 p.m.
Noon to 1:00 p.m.
12:30 p.m. to 3:30 p.m.

Breakfast with the Meals on Wheels
Board of Directors
Body Moves for Brain Power
Relaxation and Mindfulness Exercise
Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Root Beer Floats
Alzheimer/Dementia Support Group
Mexican Train, Pinochle & Poker Game

TUESDAY

28

8:15 a.m. to 9:00 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.
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
Bingocize
Beading Group
Beyond Walls Bingo with Televeda
ART Therapy/Heart Button Canvas Art
Poker Card Game
Hand & Foot Card Game
Line Dancing

WEDNESDAY

29

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to Noon
10:00 a.m. to 11:15 a.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
Fast Track Game
Wii Bowling
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

30

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

Bingocize
Knit & Crochet Group
Open Sewing Group
Double Deck Pinochle Card Game
Mahjong Tile Game
Pass the Trash Card Game Potluck

FRIDAY

31

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
Mexican Train Game
Poker Card Game
Pinochle Game



***Health and happiness to
you and yours in the
new year ahead!***

MINI Clinic

For the Love  of Your Health
fitness + nutrition + wellness



Dr. Sheila Barnett will be at Senior Enrichment Center on January 17th 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!**

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



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

Have Fun and
WIN PRIZES!

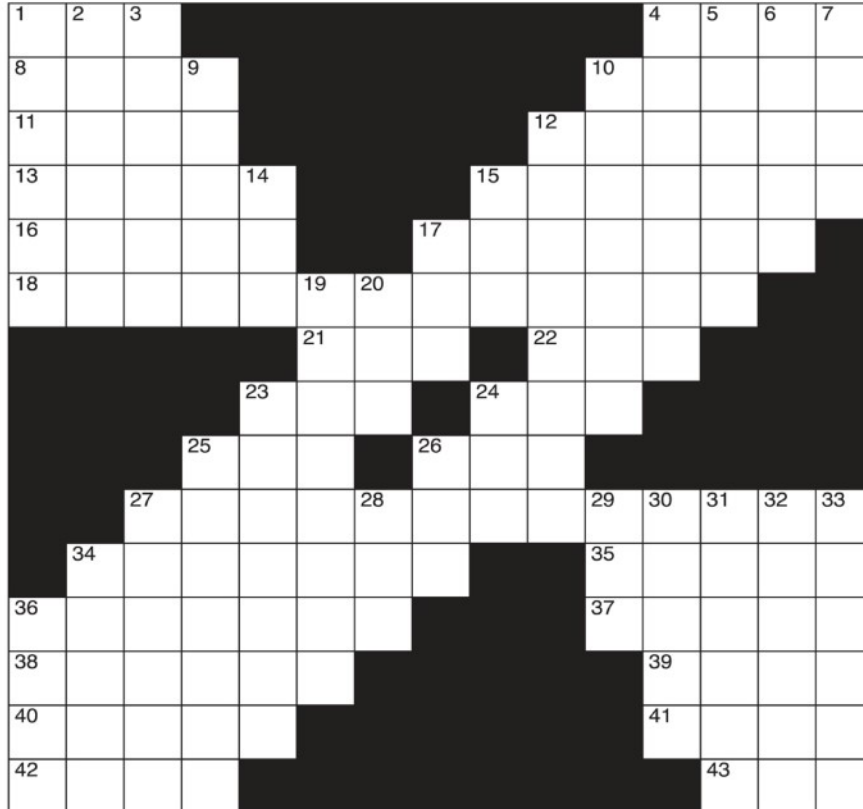
Sponsored by



Reserve your
appointment
(928) 763-0193
January 7th
11 am - 1 pm



CROSSWORD



CLUES DOWN

1. Counterbalancing debt
2. In slow tempo
3. Glamorous city
4. Japanese lute
5. Makes law
6. Informative book
7. Animal's body part
9. American playwright
10. Blood poisoning
12. Angels
14. Sino-Soviet block (abbr.)
15. Written account
17. Unwelcome pest
19. Saddle horses
20. Type of gibbon
23. Delta is one
24. NE Massachusetts cape
25. Soup cracker
26. Yes vote
27. Muddy ground
28. Physics apparatus (abbr.)
29. Type of drug
30. German city
31. Animal disease
32. Martini ingredients
33. Get away
34. Spanish municipality
36. Thrust a knife into

CLUES ACROSS

1. Americans' "uncle"
4. Chair
8. Ancient kingdom
10. Egyptian city
11. Alaskan glacier
12. One from Somalia
13. Ancient alphabets
15. Relating to vocabulary
16. Small mongrels
17. Natural settings
18. Weekend entertainments
21. Line from which light seemingly streams
22. Your own private code
23. Swiss river
24. Satisfaction
25. A person's brother or sister
26. Folk singer DiFranco
27. The Blonde Bombshell
34. Kids' school project
35. Bluish greens
36. Classifying
37. Cube-shaped
38. Choo-choos
39. Indian religious



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



Beyond Walls Bingo

Play Bingo against other Senior Centers
across the US Live on Televeda

January 28, 2025

Registration starts at 9:00 am
Game starts at 10:00 am

ALL THE ANSWERS YOU SEEK. . .

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

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



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

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

THANK YOU TO OUR AMAZING SPONSORS

The logo for DOT (Department of Transportation) is a blue circle with the white letters "DOT" inside.The logo for Joshua Springs Senior Living features a small square icon with a stylized tree or plant. Below the icon, the text "JOSHUA SPRINGS SENIOR LIVING" is written in a serif font, and below that, in a smaller font, "A WATERMARK RETIREMENT COMMUNITY".The logo for Family Care Home Health & Hospice features a stylized icon of three people under a house. Below the icon, the text "FAMILY CARE" is written in a bold, red, sans-serif font, followed by "HOME HEALTH & HOSPICE" in a smaller, black, sans-serif font, and the phone number "928.299.5100" in a large, bold, black, sans-serif font.

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