



Celebrating 5 years of Senior Enrichment Center Newsletters!

BULLHEAD CITY, ARIZONA

SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY

APRIL '26 NEWSLETTER VOLUME 05 ISSUE 01

SCAN FOR EVENT CALENDAR



SCAN TO FOLLOW US ON FACEBOOK



SENIOR ENRICHMENT CENTER

# DISCOVER A NEW CHAPTER AT DAVIS PLACE™

An Integral Senior Living Community

Begin a new chapter in a place that feels like home. At **Davis Place**, residents experience the freedom of maintenance-free living, and are able to focus on what brings them joy. With a variety of social gatherings, engaging activities, and enriching programs, each day fosters connections and memorable experiences. From housekeeping and chef-prepared meals to personal support, everything is thoughtfully managed for comfort and peace of mind. Discover what this new beginning can bring at Davis Place Assisted Living, where comfort and connection await.

**DavisPlaceSeniorLiving.com**

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

\*Savings for new residents only. Speak to the community's Director of Sales for more details. ©2026 Integral Senior Living Management, LLC. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed by Integral Senior Living Management, LLC. LICENSE #AL9756C. DVPL-0015 03/26



## UNLOCK SAVINGS NOW!\*

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



# GRAB BAG BINGO

WED. APRIL 8  
10 A.M. - 11 A.M.  
SENIOR ENRICHMENT CENTER  
2275 TRANE RD BULLHEAD CITY

SPONSORED BY





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!



**Jeff Tipton**

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Director of Marketing,  
Sponsorships & Tourism  
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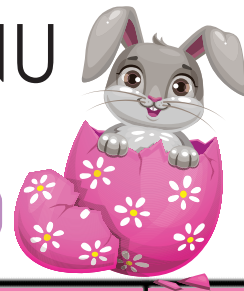
**Shauna Cates**

Sponsorship Coordinator  
(928) 763-9400 ext. 8358  
scates@bullheadcityaz.gov



# MONTHLY MENU

# APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	<b>2</b> Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	<b>3</b> Spaghetti & Meatballs Roll Cobbler
<b>6</b> Salisbury Steak w/Gravy Rice Pilaf Green Beans	<b>7</b> Swedish Meatballs Pasta Corn Roll	<b>8</b> Stuffed Peppers Mixed Veggies Warm Apples	<b>9</b> Asian Chicken Salad Dinner Roll Dressing	<b>10</b> Cheese Omelet Pork Sausage Hash Brown
<b>13</b> Meatloaf w/Gravy Mac & Cheese Mixed Veggies	<b>14</b> Diced Ham & Egg Tater Tots Southwest Veggies	<b>15</b> Stuffed Cabbage Corn Cobbler	<b>16</b> BBQ Pulled Pork Baked Beans Cobbler	<b>17</b> Chicken Alfredo w/Peas & Carrots Roll Pears
<b>20</b> Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	<b>21</b> Chicken Cordon Bleu Potato Wedges Mixed Veggies	<b>22</b> Chicken & Dumplings Peas & Carrots Cobbler	<b>23</b> Chicken Fajitas w/ Peppers and Onions Spanish Rice Cinnamon Apples	<b>24</b> Spaghetti & Meatballs Roll Cobbler
<b>27</b> Salisbury Steak w/Gravy Rice Pilaf Green Beans	<b>28</b> Cobb Salad Roll Dressing	<b>29</b> Vegetable Lasagna Dinner Roll Broccoli	<b>30</b> Sweet & Sour Chicken Mixed Veggies Roll	

1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal.  
**Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.**



Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City. Congregate lunch is served Monday through Friday 11:30 am - 12:30 am to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.

# Helping Seniors & Families Stay Safe at Home

*Reliable Care • 24/7 Availability • Short-Notice Support • Immediate Start*

Violet Residential Service Agency (VRSA) provides trusted, non-medical in-home care with a compassionate, person-centered approach for adults, seniors, and families. With 24/7 availability and short-notice support, we help individuals remain safe, comfortable, and independent at home.

## OUR SERVICES INCLUDE

- Companion Care & Supervision
- Personal Care Assistance (Bathing, Dressing, Grooming)
- Respite Care for Family Caregivers
- Light Housekeeping & Meal Preparation
- Transportation & Errands
- Overnight & 24/7 Care

## PROUDLY SERVING

Serving Phoenix • Mesa • Chandler • Tempe • Bullhead City • Fort Mohave & surrounding areas

Call Today for Immediate Care Support & Free Care Consultation Available

**928-515-0730**



**Bullhead City Councilwoman, Karen Dallman**  
**Friday, April 10th 9am-10am**  
**Senior Enrichment Center 2275 Trane Road**

Join us for casual conversation over coffee. This is a great opportunity to discuss local issues, share your thoughts, and get to know a community leader. Free coffee for all those who sit with Karen. Questions, contact Jenny, Activities Coordinator (928) 763-0193



# LIVE MUSIC & MORE



NOW APPEARING:  
**KARAOKE  
WITH  
SUPERMAN**

**WED. APRIL 22**  
**1:30 PM - 2:30 PM**  
**IN THE GAME ROOM**

SENIOR ENRICHMENT CENTER  
2275 TRANE ROAD

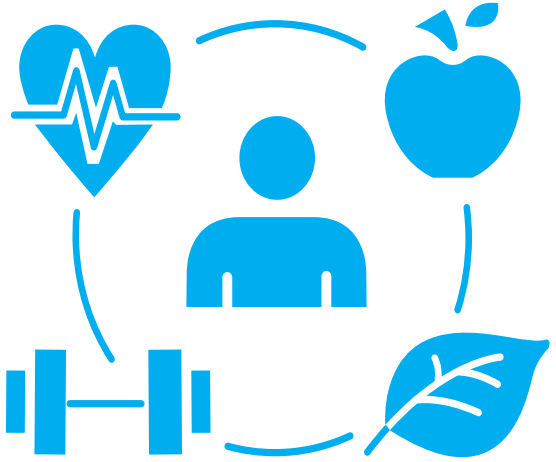
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**US SOUTHWEST**  
REAL ESTATE ®

**Lois Briesemeister**  
Branch Manager / Associate Broker  
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Phone: 928-201-0267 Email: lois@ussw.net



# fitness sponsor



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

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



## 2<sup>nd</sup> Annual Salsa Contest

Cinco de Mayo Salsa Contest  
Meals on Wheels Fundraiser



May 5, 2026

12:00 pm to 1:30 pm

Senior Enrichment Center

2275 Trane Road

Bullhead City, AZ 86442



Put your salsa skills to the test or sample a variety of delicious homemade creations, from mild to wild.

\$5.00 All-You-Can-Judge Tasting

\$5.00 Entry Fee to Compete



1<sup>st</sup> Prize Winner

2<sup>nd</sup> Prize Winner

3<sup>rd</sup> Prize Winner



# LOTS OF LAUGHS WORD SEARCH



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

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

AMUSING  
 BANTER  
 CHUCKLE  
 COMEDY  
 FACETIOUS  
 FUNNY  
 GUFFAW  
 HILARITY  
 IRONY  
 JESTING  
 JOCLAR  
 LEVITY  
 MERRIMENT

PARODY  
 PUNCHLINE  
 QUIP  
 SATIRE  
 SLAPSTICK  
 SNICKER  
 TEDIUM  
 TICKLE  
 UPROARIOUS  
 WITTICISM  
 ZANY





ROUTE

66

# SOCK HOP SOCIAL

FRIDAY, APRIL 17 NOON TO 1:30 PM

DRESS THE PART!!  
BREAK OUT YOUR POODLE SKIRTS,  
SADDLE SHOES AND BLUE JEANS!

NOSH ON RETRO DINER INSPIRED TREATS  
SLIDERS, CHIPS, AND ROOT BEER FLOATS

LIVE MUSIC  
**ARIZONA  
THUNDER**  
THE GOOD TIME BAND

JOIN US AT THE  
SENIOR ENRICHMENT CENTER  
2275 TRANE RD BULLHEAD CITY

SPONSORED BY

**TWN**  
Communications





# DIAMOND ART PAINTING

Sponsored by:  **LEGACY**  
FOUNDATION

Join us for  
**Diamond Art**  
**Creations Workshop**  
April 6th  
12:30pm -2:30pm  
Senior Enrichment Center's  
Craft Room

# Welcome

**Tracy Osborne, FNP**  
Primary Care

**Specializing In:**

- Adult primary care
- Pediatric primary care
- Urgent care
- Wellness



**Valley View Medical Center**  
5330 S. Hwy. 95, Fort Mohave, AZ 86426

To schedule an appointment, call **928.788.1911**.  
Learn more at **ValleyViewMedicalCenter.net**.



# Rock the Belle! KARAOKE CONTEST

## SIGN UPS ARE FREE!

One winner goes home  
with \$500 and  
qualify for the  
Championship Round!

Qualifying Rounds:

**Fri, February 20, Fri, March 20, & Fri, April 17**

Championship Event:

**Fri April 24, 2026**

**5pm sign-ups. Contest starts 6pm. Free to enter.**

**Winner gets \$500!**

**Winner moves on to the Championship Round!**

*Bring your friends, the audience is the judge for  
qualifying rounds.*

*Must be 18 yrs of age or older with a  
valid photo ID to participate.  
Contestant can only win one  
qualifying round. Winner responsible  
for all applicable taxes. Management  
reserves all rights. Complete rules &  
details posted at the Bullhead Belle.*

*Sponsored by:*



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Branch Manager / Associate Broker  
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Email: lois@ussw.net

**US SOUTHWEST**  
REAL ESTATE®

# Bullhead Belle



Located along the Colorado River at 1251 Highway 95,  
inside Bullhead City's Community Park.

**Follow us on Facebook! [bullheadbelle.com](http://bullheadbelle.com)**



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

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

**SPONSORED BY**



# GAME sponsor



- Pinochle
- Sweep Card
- Poker
- Hand and foot
- Mexican Train
- Mahjong Tiles
- Hit the Bulls Eye
- Cue Masters Club
- left, Right, Center
- & More!

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

# What to look for in a second act

A fiftieth birthday is often viewed as a milestone moment in an individual's personal and professional life. Upon turning 50, some adults might have felt as though they could see the light at the end of their professional tunnel, but that that's not necessarily so in the modern era.

According to the Pew Research Center, the number of adults 65 and older who are still working has nearly doubled since the late 1980s. The researchers at Pew also note the rate of workers 75 and older who are still working has quadrupled since 1964. So while 50 might once have been viewed as an age when it's time to start thinking about a professional exit strategy, modern adults 50 and over may now be looking for a second act so they can keep working for decades to come.

No two professionals are the same, so what makes for an ideal second act for some might not do the same for others. Everyone must identify their own professional priorities, but the following are a handful of qualities to look for in your second act.

**Transferability:** Professionals change careers for a wide range of reasons, including a desire to do something wholly different from their current job. But even if a chance to do something new is your primary motivation, it can be beneficial to find a second act where skills from your existing career transfer over. Transferability can help bridge the experience gap, making it easier to land a first job in a new field. Transferability also can make the transition easier on you, as you're less likely to feel your existing reservoir of skills in your new job.



**Flexibility:** Flexibility also can be useful when changing careers. Teaching is a flexible field that many established professionals look to when pondering a second act. If you prefer to try before you buy, then look for a flexible teaching position like an adjunct professor's role at a local college or consider substitute teaching. Flexibility also can pertain to where you work. Pew reports that one in four workers 55 and older teleworked in 2024, so if you're switching careers to spend more time at home and with your family, then a second act that offers the flexibility of remote working might be just what you need.

**Opportunity:** If you aren't decided on what you'd like your second act to be, then researching growth fields that figure to offer plenty of opportunities can be a great place to start. Read up on burgeoning new fields or established professions experiencing staffing shortages. If you aspire to relocate to a locale that's more retiree-friendly, then look into places you're interested in and see which types of professional opportunities are available so you can continue to work as long as you'd like in your new home.

A second act that allows professionals to utilize their existing skills and offers plenty of flexibility and opportunity can be just what professionals need to make a successful transition to a new line of work.

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

Level: Intermediate

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

Level: Advanced



# BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# APRIL



## WEEKLY ACTIVITIES

**EVERY**

**MONDAY**

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

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

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

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

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

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

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

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

Tech Support/Mark Rosenthal/Library

Body Moves for Brain Power/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

Mexican Train/Game Room

Sponsored by: VooDoo Cove

Poker/Game Room

Sponsored by: VooDoo Cove

Pinochle/Great Room

Sponsored by: VooDoo Cove

Beginner Line Dancing/Nutrition Center

Tech Support/Miriam Brown/Library

**EVERY**

**TUESDAY**

9:00 a.m. to Noon

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

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

10:00 a.m. to Noon

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

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

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

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

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

Beading Circle/Craft Room

Chair Zumba Class/Exercise Room

Sponsored by: Arizona Advanced Wound Care

BAND-O-CIZE/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Ping Pong/Great Room

Poker Game/Game Room

Sponsored by: VooDoo Cove

Hand & Foot Card Game/Game Room

Sponsored by: VooDoo Cove

Tech Assistance/Pam Beaushay/Library

Tai Chi Class/Exercise Rm

Sponsored by: Arizona Advanced Wound Care

Line Dancing /Exercise Room

Sponsored by: Arizona Advanced Wound Care



# EVERY

## WEDNESDAY

8:00 a.m. to 4:00 p.m.  
9:30 a.m. to 10:30 a.m.

Veterans Benefit Councilor/Nutrition Center  
Brain Savers Exercise/Exercise Room  
Provided by: Meals on Wheels Board

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

Wii Bowling/Great Room  
Sewing Circle/Craft Room  
Hit the Bullseye/Electronic Darts/Game Room  
Sponsored by: VooDoo Cove

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

Bereavement Support Group/Craft Room

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

Cue Masters Club & Lessons/Game Room  
Sponsored by: VooDoo Cove

7:00 p.m. to 8:00 p.m.

Gamblers Anonymous Meeting/Nutrition Center

# EVERY

## THURSDAY

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

Chair Yoga Better Health /Exercise Room  
Sponsored by: Arizona Advanced Wound Care

9:30 a.m. to Noon

Morning Poker/Game Room  
Sponsored by: VooDoo Cove

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

BAND-O-CIZE/Exercise Room  
Sponsored by: Arizona Advanced Wound Care

Noon to 3:00 p.m.

Knit & Crochet Group/Craft Room

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

Mahjong Tile Game/Game Room  
Sponsored by: VooDoo Cove

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

Tech Support/Pam Beushay/Library

1:30 p.m. to 4:30 p.m.

Double Deck Pinochle/Nutrition Center  
Sponsored by: VooDoo Cove

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

Pass the Trash Game & Potluck  
Located in the old Senior Center, 2285 Trane Rd

# EVERY

## FRIDAY

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

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

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

Tech Assistance/Margaret Nelson/Library

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

Brain Savers Exercise/Exercise Room  
Provided by: Meals on Wheels Board

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

Shuffleboard Friday/Game Room  
Sponsored by: VooDoo Cove

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

Friday Fun Crafts/Craft Room/Limit 15  
(Currently Seeking A Sponsor)

4/3 Bunny Hop Gnome 4/10 Floral Picture Frame  
4/17 Design a Birdhouse 4/24 Crafty Clip Magnets

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

Mexican Train/Game Room  
Sponsored by: VooDoo Cove

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

Pinochle/Nutrition Center  
Sponsored by: VooDoo Cove

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

Poker/Game Room  
Sponsored by: VooDoo Cove

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

Zumba Live/Beth Humphrey/ Exercise Room  
Sponsored by: Arizona Advanced Wound Care

# SPECIAL EVENTS & ACTIVITIES

## **Wednesday, April 1**

11:00 a.m. to 12:00 p.m.

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

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

Legal Services/Zoom/ Conference Room

Genealogy Club/Library

Bunco Game/Great Room

## **Thursday, April 2**

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

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

12:00 p.m. to 5:00 p.m.

Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

Ice Cream Social

Sponsored by Bullhead City Culvers

Monthly Texas Hold'em Tournament (30 ppl)/Great Room

## **Friday, April 3**

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

White Elephant Bingo/Great Room

Currently Seeking a Sponsor!

## **Monday, April 6**

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

Diamond Art Painting Creations Workshop/Craft Room

Sponsored by BHHS Legacy Foundation

## **Tuesday, April 7**

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

Art Therapy/Spring Card Making /Craft Room

Currently Seeking a Sponsor!

## **Wednesday, April 8**

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

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

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

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

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health and Hospice

Sweep Card Game/Great Room

Sponsored by Voo Doo Cove

Happy Hour/Great Room

Sponsored by Wellcare

Give, Make & Take/Nutrition Center/Easter Candy Cookies

Sponsored by Canyon Home Care & Hospice

## **Thursday, April 9**

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

11:00 a.m. to 2:00 p.m.

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

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

NAU Americorps Intro/Orientation/Conference Room

NAU Americorps Training/Conference Room

Mini Health Clinic / Nutrition Center

Sponsored by Beacon of Hope Hospice

Left, Right, Center Dice Game/Game Room

Sponsored by Voo Doo Cove

## **Friday, April 10**

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

Coffee talk with Councilwoman Karen Dallman/Nutrition Center

## **Monday, April 13**

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

An Afternoon with Dominic Di Giamarino Memoir Telephone Call

From Cleveland/Great Room

# SPECIAL EVENTS & ACTIVITIES

## **Tuesday, April 14**

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

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

Jewelry Making Class/Pastel Floral Earrings/Craft Room  
Sound Bowl Breathing Healing the Body & Soul/Exercise Room  
Sponsored by Arizona Advanced Wound Care

## **Wednesday, April 15**

11:00 a.m. to 12:00 p.m.

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

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

Legal Services/Zoom/ Conference Room  
Genealogy Club/Library  
Bunco Game/Great Room

## **Thursday, April 16**

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

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

11:00 a.m. to Noon

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

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

Conflict Resolution/ Mohave County Health Dept./Conference Room  
Rock Painting/CRWC/Craft Room  
Brain Games/Televeda/Great Room  
Stayin' Alive Dancing to the Oldies/Exercise Room  
Sponsored by Arizona Advanced Wound Care  
Monthly Bingo  
Sponsored by TNG Insurance

## **Friday, April 17**

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

Get Your Kicks on Route 66 Sock Hop/Great Room  
Sponsored by TWN Communications

## **Monday, April 20**

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

Drum Circle/Exercise Room

## **Tuesday, April 21**

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

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

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

Monthly Birthday Celebration/Great Room  
Sponsored by Joshua Springs Senior Living  
Art Therapy/Watercolor Pencil 101/Craft Room  
Sponsor Needed!  
Late Night Ladies Bunco Group/Nutrition Center

## **Wednesday, April 22**

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

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

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

Monthly Trivia Event/Game Room  
Sponsored by Dot Foods  
Sweep Card Game/Great Room  
Sponsored by Voo Doo Cove  
Karaoke with Superman/Game Room  
Sponsored by Lois Briesemeister, US Southwest Realty

## **Thursday, April 23**

10:00 a.m. to 12:30 p.m.

11:00 a.m. to Noon

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

NAU In-Service Training/Conference Room  
NAU Americorps Volunteer Training/ Conference Room  
Ice Cream Social/Great Room  
Sponsored by Bullhead City Culver's

## **Monday, April 27**

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

Root Beer Floats/Great Room  
Sponsored by Mohave Medicare Plans

# SPECIAL EVENTS & ACTIVITIES

## Tuesday, April 28

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

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

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

Neighboring News & Networking/ Great Room  
Monthly Mixer/Shuffle into Spring/Great Room  
Sponsored by Legacy Rehab & Care Center  
Art Therapy /Beaded Floral Art/Craft Room  
Sponsor Needed!

## Thursday, April 30

11:00 p.m. to Noon

Beyond Walls Bingo/Televedia/Great Room



**ADOPT A  
SHELTER PET  
DAY** *April 30* 



Monthly  
root beer  
**FLOATS**

Mon, April 27rd Noon - 1pm

**SPONSORED BY**



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*Serving our community for  
over 14 years!*



**Shirley Martinez**  
Insurance Agent/Broker  
License: 8695764

**928-600-2628 TTY-711**

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

# HAPPY HOUR



## Delicious MOCKTAILS

**Wed, April 8  
12:30 pm to 1:30 pm  
Mock-tails,  
with Fun & Games  
in the Great Room**

Senior Enrichment Center  
Happy Hour is sponsored by

wellcare™



**Shirley Martinez**  
Insurance Agent/Broker  
License 8695764

**928-600-2628 TTY-711**

SPONSORED BY  
LEGACY REHAB & CARE CENTER

# MONTHLY MIXER

JOIN US AT  
SENIOR ENRICHMENT CENTER

## LET'S MIX & MINGLE!

Let's celebrate the season with a fun, relaxing afternoon of old-fashioned shuffleboard.

Enjoy delicious springtime treats and refreshing mocktails. It's the perfect way to welcome the new season with laughter, good company, and a little classic fun.

**Tuesday, April 28**

**12:30 pm - 1:30 pm**

SHUFFLE INTO  
SPRING

SPONSORED BY

THE  
**LEGACY**

REHAB & CARE CENTER

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

Fashion Show Provided By:

CATO

# Mother's Day Fashion Show and Luncheon

Wednesday, May 8, 2026

11:30 am - 1:30 pm

Lunch: Chicken alfredo served over pasta,  
a garden salad, dinner roll, dessert  
and sparkling punch

Bullhead City Senior Enrichment Center  
2275 Trane Rd, Bullhead City

Celebrate Mom's age 50+ Grab your free ticket by scanning below.

Scan to reserve



your FREE tickets

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**GIVE, MAKE & TAKE**

**EASTER CANDY  
COOKIES**

**Wed. April 8 1pm-3pm**

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



**SPONSORED BY:**



**Canyon**

Home Care & Hospice®



# HAPPY BIRTHDAY

## Join us for the Birthday Month Celebration

### **April 1**

Osko, Lenore  
Hosley, Lori  
Graham, Daniel  
Lafontaine, Gloria  
Hamann, Julie

### **April 2**

Lopriato, Bruni  
Turnquist, Arlene  
Kitch, Allen  
Bauer, Lynn  
Shorkey, Robert  
Mitchell, Rose Marie

### **April 3**

Thibault, Reg  
Bauwin, Hank  
Kurth, Donald  
Volkman, Bruce  
Stiller, Carmen  
Schott, John  
Campbell, Rosie  
Wetmore, Julie  
Bright, Rebecca  
Vergara, Michael  
Craig, Santa  
Wallendar, Shannon  
Gavign, Scott

### **April 4**

Varian, Richard  
Walker, Sandra  
Paulson, Gary

### **April 5**

Hall, Mary  
Vandergarden, Bruce  
Noel, Fred  
Frye, Dean  
Russell, Terri  
Thomason, Danette  
Valles, Gloria  
Mowery, Faith

### **April 6**

Peterson, Kaye  
Van Norman, Deb  
Steiner, Pamela  
Mertes, Jane  
Martinez, Dean

### **April 7**

Tudor, Richard  
Thrasher, Joyce  
Couch, Connie  
Val, Pamela  
Bragas, William

### **April 8**

Ellison, Shirley  
Fox, John  
Ronchetto, Jane Liz  
Varela, Arturo

### **April 9**

Gonzalez, Raul  
Peralta, Jesus  
Mallett, Elizabeth  
Wagner, Lisa

### **April 10**

Lawrence, Charlene  
Deering, Ronald  
Casias, Ernie  
Fierro, Anna Marie  
Isza, Robert  
Trimmell, Mary  
Jay, Ricky

Maloney, Doug  
Spencer, Michele  
Schotts, Christopher  
Craig, Cynthia

### **April 11**

Bricker, John  
Taketa, Karen  
Walsh, JoAnn  
Burks, Cliff  
Bruegge, Carol  
Lanasa, Maureen  
Booth, Michael

### **April 12**

Stoddard, Gini  
Foulke, Marion  
Wolford, Roger  
Murray, Bob  
Jolliffe, Andrea  
Bosler, Thomas

### **April 12**

Wasylyszyn, Natalia  
Gott, Lavina  
Hart, Randall  
Landry, John

### **April 13**

Snyder, Malcolm  
Garcia, Rolando  
Eaves, Margaret  
Wichmann, Jeffery  
Pettebone, Sandra  
Sherman, Cindy  
Landry, Mari Beth  
Stokesberry, Jackie

### **April 14**

Archer, Peggy  
Stone, Linda  
Thompson, Torchy  
Chovanec, Donald  
Williams, Edith Ann  
Dingle, David

### **April 15**

Loesch, Donna Marie  
Stevens, Cynthia  
Wood, Annette  
Farino, Johnene  
Wright, Samantha

### **April 16**

Roundpoint, Louis  
Clonts, Maryann  
Donahue, Kate  
Pieknik, Deborah

### **April 17**

Bellusci, Socorro  
Atwater-Vallon, Denise  
Manning, Assunta  
Martinez, Gloria

Zimmerman, Christina  
Werner, Lorraine  
Hart, Terisa  
Grossman, Carlos

### **April 18**

Nelson, Margaret

### **April 19**

Darrough, Jacqueline  
Ridgeway, Pearl  
Stanowski, Tadeusz  
Schmidt, Richard  
Smith, Ron  
Hebert, Sandra  
Sanders, Pearl

### **April 20**

Bennett, Alyce  
Miles, Roy  
Greene, Eileen  
Chovanec, Pat  
Hoffman, Bruce  
Dizdar, Nick  
Kasik, Ann

### **April 21**

McDonald, Clyde  
Hall, Ina Rae  
Ryan, Daniel  
Jeffress, Ted  
Murray, Scott



**April 21**

Belling, Julie

**April 22**

Vanassa, Rose Mary  
Lambell, Janice  
Stephenson, Elizabeth  
Morrison, Odette  
Prince, Elinor  
McHenry, Stu  
Thompson, Arlo  
Skinner, Teresa  
Deason, Derek

**April 23**

Guyer, Dale  
Swiston, Richard  
Pearson, Carol  
Markham, Flavia  
Bickham, Joy

**April 24**

Hendershot, Kathleen  
Houghtaling, Kelley  
Cool, Kim  
Larkin, Dana

**April 25**

Timm, Walter  
McConkey, Kathleen  
Armagost, James  
Stolworthy, Beverly Jane  
Harrington, Joseph  
Penn, Jeff  
Debruin, Linda Mae  
Mooney, Andrea

**April 26**

Armandan, Tony  
Damron, Joan  
Medina, Sylvia  
Fetterman, Linda  
Fisher, Scott  
Colonica, John  
Hampton, Mary  
Matzdorff, Kanday  
Hauck, Dennise  
Fusco, Kathleen

**April 27**

Herczeg, Ken  
Parrish, Linda  
Buller, Allen  
Campbell, Ymelda  
Duff, Debra  
Spencer, Maryalice

**April 28**

Cronkrite, Janet  
Hall, Donald  
Bidwell-Gardner, Valorie  
Zinger, Tamara

**April 29**

Massengale, Marcus  
Valenzuela, Arthur  
McQueeney, Beverley  
Seibert, Robert  
Kaub, Danny  
Roberts, Suzette  
Morgan, JoAnn

**April 30**

Shull, Rolene  
Epper, Dawn  
Kidwell, Patricia  
Kirouac, Susan  
Barrington, William  
Beck, Debra  
Autrey, Loree  
Miller, Rachele  
Witherspoon, Jaymie



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

**Tue, April 12th starting at 12:30**

**Sponsored by Joshua Springs Senior Living**

# JOIN OUR DE-ESCALATION CLASS!



**Thursday  
April 16th  
10 am  
In the  
Conference  
Room**

Join us for a relaxed and engaging class focused on strengthening everyday skills.



## FREE MINI HEALTH CLINIC

**CLINIC DATE  
APRIL 9TH  
11AM to 1PM** (AZ Time)  
LOCATED INSIDE SENIOR ENRICHMENT CENTER AT  
2275 TRANE RD, BULLHEAD CITY

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

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

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



**April 16**

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

INSIDE  
BULLHEAD CITY'S  
SENIOR  
ENRICHMENT CENTER  
2275 TRANE RD

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Part D • Dental & Vision • Critical Care

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**TNGMEDICARE.COM**



**Thursday  
April 2 &  
April 23**

**Noon-1pm**



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

**SPONSORED BY**



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APPLICATIONS OPEN APRIL 15



College



MEC is an equal opportunity provider & employer

# TRIVIA

Sponsored by



Join us on  
Wednesday,  
April 22, 2026  
at Noon.

Have Fun & WIN PRIZES!

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



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THE GOLD**  
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- State-Certified Caregivers Available 24/7
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Three Daily Meals & Snacks
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- Housekeeping & Linen Services
- Emergency Call System
- ALTCS Accepted

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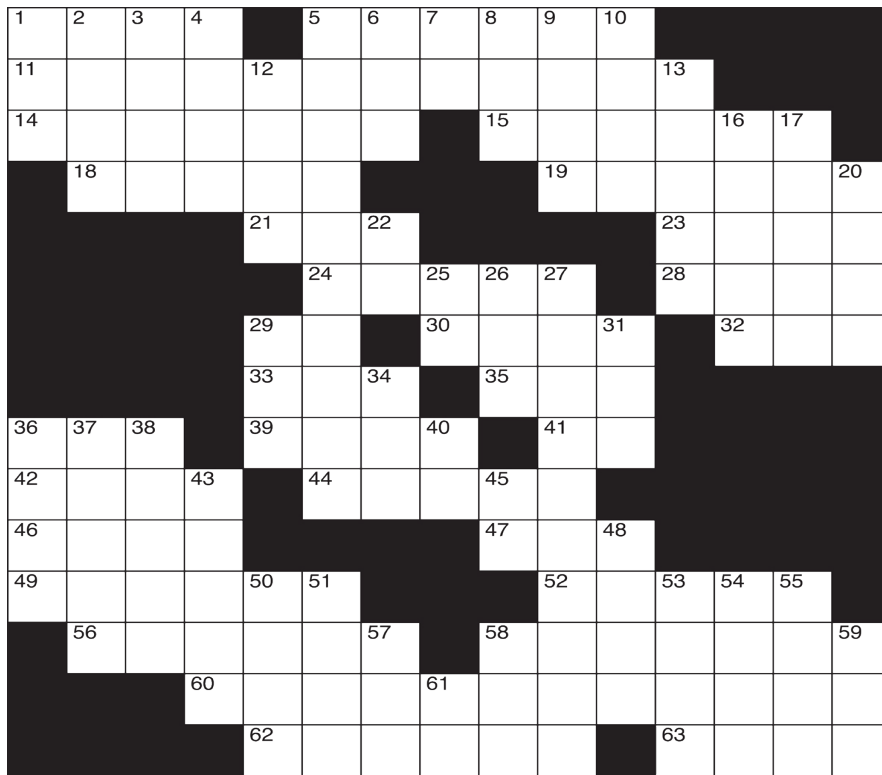
Bullhead City, AZ 86442

**928-704-7000**

[silvercreekll@frontiernet.net](mailto:silvercreekll@frontiernet.net)

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

# CROSSWORD

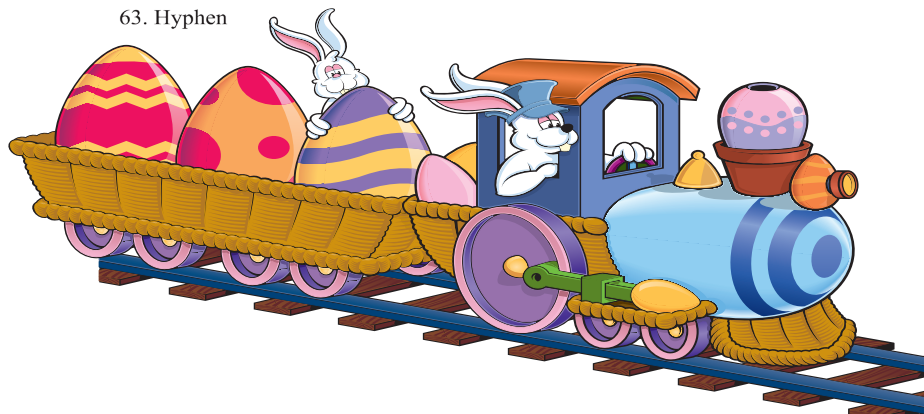


## CLUES DOWN

1. Body part
2. Mimics
3. Expel or eject (variant sp.)
4. Sea eagle
5. Taxonomic category
6. Chinese languages
7. Mr. T's "A-Team" character
8. Consumed
9. Chinese dynasty
10. NFL legend Randy
12. Ireland
13. Palm trees with creeping roots
16. Fungal disease
17. Tall, slender-leaved plants
20. Affirmative! (slang)
22. It says who you are
25. Atlantic coast state
26. Grow older
27. Associations
29. Woman (French)
31. Sunscreen rating
34. Brew
36. Leader
37. Indigo bush genus
38. Burn with a hot liquid
40. Junior's father
43. Mackerel genus
45. Morning
48. Straight line from side to side (abbr.)
50. Type of molding
51. Small, thin or twisted bunch
53. Worn by exposure to the weather
54. Mars crater
55. Humanities
57. Relating to the ears
58. "To the \_\_\_ degree"
59. Residue when something is burned
61. It cools a home

## CLUES ACROSS

1. Absence of difficulty
5. Preserve a dead body
11. Gratitude
14. The act of coming together again
15. More cushy
18. Visionaries
19. Large fish-eating bird
21. Indicates near
23. Former CIA and CIA critic
24. Icelandic poems
28. Pop
29. Hammer is one
30. Selfs
32. Thyroid-stimulating hormone
33. Nowhere to be found
35. Electronic data processing
36. Drivers' licenses and passports are two
39. Snake-like fishes
41. Air Force
42. Popular personal computers
44. Stages in ecological succession
46. Wings
47. In the center
49. Pleasantly smooth
52. Jeweled headdress
56. In slow tempo
58. \_\_\_ Falls
60. Reiterations
62. Eras
63. Hyphen



# Breakfast

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

Your choice of:

Beverage Only:

Coffee, Tea or Juice only \$1 per person or Continental Breakfast

& Beverage  
only \$2 per person



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

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

## Angel's ESSENTIAL ROOM



*Donations by Seniors for Seniors*

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

Open Monday - Friday  
10 a.m. to 1 p.m.  
or by appointment  
(928) 763-0193



2275 Trane Road  
Bullhead City AZ, 86442

# ALL THE ANSWERS YOU SEEK...

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

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

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



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

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- 9 Holes \$25pp + Cart \$5
- 18 Holes \$30pp + Cart \$10  
(Plus Tax)



**Daily Lunch Specials  
11am-3pm**

**Thursday Home Cooking  
5pm-7pm \$15.00**

**Friday Fish Fry  
5pm-7pm \$16.50**

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