

AUGUST 2025 NEWSLETTER V04 105

BULLHEAD CITY ARIZONA

SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR
EVENT CALENDAR





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HAPPY HOUR



Delicious MOCK TAILS

August 13
1:30 pm to 2:30 pm
Mock-tails,
with Fun & Games
in the Great Room

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

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**



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
 Human Services Director
 (928) 763-9400 ext. 8157
jtipton@bullheadcityaz.gov

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 Senior Services Program Manager
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 Sponsorships & Tourism
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Shauna Cates
 Sponsorship Coordinator
 (928) 763-9400 ext. 8358
scates@bullheadcityaz.gov



MONTHLY MENU

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salisbury Steak w/ Gravy, Rice Veggies
4 Bratwurst Sauerkraut Potatoes Au Gratin	5 Swedish Meatballs Buttered Pasta Corn	6 Stuffed Peppers Mixed Veggies Warm Apples	7 Asian Chicken Salad Dinner Roll Dressing	8 Cheese Omelet Pork Sausage Hash Brown
11 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	12 Chorizo & Eggs Tator Tots Southwest Veggies	13 Beef Tamale Fiesta Veggies Mexican Rice	14 Pulled BBQ Pork Baked Beans Cobbler	15 Spaghetti & Meatballs Roll Cobbler
18 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	19 Breakfast Burrito Breakfast Potatoes Pork Sausage	20 Chicken & Dumplings Peas & Carrots Cobbler	21 Beef Fajitas Spanish Rice Cinnamon Apples	22 Chicken Alfredo Dinner Roll Pears
25 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	26 Cobb Salad Dinner Roll Dressing	27 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	28 Sweet & Sour Meatballs Rice Mixed Veggies	29 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 - 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.

What is Parkinson's Disease?

Who hasn't tapped fingers on a desk with anxiety or shook a leg under a table awaiting some sort of news? These motor impulses may seem involuntary, but they largely are under the control of the individual. For a portion of the population, fidgeting and tremors are out of their control, and are hallmarks of a movement disorder called Parkinson's disease.

The Parkinson's Foundation says Parkinson's disease (PD) affects 10 million people worldwide. PD is a progressive neurodegenerative disorder that predominantly affects the dopamine-producing neurons in an area of the brain called the substantia nigra.

Since PD affects the nervous system, various parts of the body controlled by nerves can be impacted by the disease. Symptoms often start slowly and may be virtually undetectable to the average person. The Mayo Clinic says the first symptoms may be a barely noticeable tremor in just one hand. Stiffness or slowing of movement also can be an early marker of the disease. Some people with PD may begin to have expressionless faces and speech may become soft or slurred. Symptoms worsen as the condition progresses.

The National Institute of Neurological Disorders and Stroke identify these four primary symptoms of PD, though it should be noted that everyone experiences symptoms differently.

Tremor: Shaking often begins in a hand, although a foot or the jaw may be first affected. One tremor characteristic of PD is a rhythmic back-and-forth motion that may involve the thumb and forefinger and appear as pill rolling. It is most obvious when the hand is at rest.

Rigidity: Muscle stiffness and resistance to movement affects many people with PD. The muscles remain constantly tense and contracted so that a person aches or feels stiff. This rigidity can become obvious when another person tries to move the individual's arm, which will only move in short, jerky movements known as Cogwheel's

Bradykinesia: This is a slowing down of spontaneous and automatic movement. Activities that were once easily performed now take much longer. There often is a decrease in facial expression, called masked face. A person with PD may not move his or her arms while walking.

Postural instability: This impaired balance and change in posture can increase the risk of falls. Postural instability also may affect walking gait. Someone with PD may appear to be shuffling.

The cause of PD remains unknown. Scientists believe a combination of genetic and environmental factors are at the root of the disease. There is no cure for PD, although there are treatment options that may help alleviate some symptoms. Currently there is no treatment to slow the progression of PD.

The Mayo Clinic says changes occur in the brains of people with PD. Notably there is the presence of clumps of substances called Lewy bodies. These Lewy bodies often show a widespread protein called alpha-synuclein, which cells can't break down. Researchers have found alpha-synuclein in the spinal fluid of people who later develop PD.

The Parkinson's Foundation says people with PD take dopaminergic medications to replace missing dopamine in the brain. This helps to treat various symptoms. Ongoing research into PD has led researchers to find ways to identify biomarkers for PD that can lead to earlier diagnoses and more tailored treatments.

Various conditions can produce symptoms similar to PD. It is best to discuss any concerns with a doctor. A consultation with a neurologist likely will be recommended. With the right treatment and support, someone with PD can still live a quality life for years after diagnosis.

Friday Fun Crafts

Every Friday in the Craft Room from 10:30 a.m. to 11:30 a.m.

- 8/1 Blossom Glow Jar
- 8/8 Cactus Garden Rocks
- 8/15 Crafty Pops
- 8/22 Corky Cutie Key Chains
- 8/29 Bloom & Pour Resin Coaster Art Class

Limited to the first
15 participants



sponsored by:

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**



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.



HULA ON OVER TO OUR LUAU

FRIDAY, AUGUST 8
11:30 AM – 1:30 PM

HAWAIIAN BEST DRESSED CONTEST
HAWAIIAN LUAU TRIVIA
HAWAIIAN THEME CHARADES
PRIZES: \$10 WALMART GIFTS

SPONSORED BY



SENIOR ENRICHMENT CENTER
2275 TRANE ROAD, BULLHEAD CITY

MENU

- PULLED PORK SANDWICHES
- HAWAIIAN PINEAPPLE RICE
- PINEAPPLE COOKIES
- ICE TEA
- HAWAIIAN MOCK-TAILS

SCHOOL YEAR WORD SEARCH



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

WORDS

ASSIGNMENT
 BACKPACK
 BLACKBOARD
 CALCULATOR
 CHAIR
 CHALK
 CLASSROOM
 DESK
 EXAM
 GRADE
 HIGHLIGHTER
 HOMEWORK
 LESSON
 LIBRARY
 MARKER
 NOTEBOOK
 PRINCIPAL
 RECESS
 RULER
 SCHEDULE
 STUDENT
 TEACHER
 TEXTBOOK
 WHITEBOARD

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to farmers markets.

W L F S R E O

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

Answer: Flowers

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to family fun.

C H A E B

--	--	--	--	--

Answer: Beach



THIS POPULAR SPORT PLAYED
 WITH A BALL AND CLUBS IS
 BELIEVED TO HAVE ORIGINATED
 IN ST. ANDREWS, SCOTLAND
 IN 1552.

ANSWER: GOLF



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Care & Services starting at \$3,100

Assisted Living: Studio, One Bedroom, or Second Occupant Room

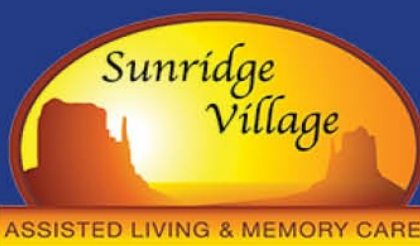
Memory Care: Private Room or Shared Room

Additional Services: Level of Care 1, 2, or 3

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Pets are Welcome!**

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- Laundry Services
- Medication Assistance
- In-House Provider
- Labs
- Appointment Scheduling
- 24-Hour Supervision
- Activity Programs
- Outings
- 3 Meals per Day
- Snacks
- Transportation
- Utilities
- Cable
- Telephone



839 LANDON DRIVE
BULLHEAD CITY, ARIZONA 86429

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& a Tour TODAY!**

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Bingo game
Every Monday
10 a.m. - 11:30 a.m.
sponsored by**

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





HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

August 1

Miller, David
Tada, Evelyn
Olson, Marlene

August 2

Shoemaker, Thomas
Askay, Sherry
Rude, Linda
Lane, Raymond Hammer
Miles, Rita
Mehling, Peter
Hardwick, Robert

August 3

Rilloraza, Elviro
Seaman, Joyce
Lewis, Ray
Williams, Steven
Anderson, Linda A
Perry, Michael

August 4

Davis, John
Flores, John M Jr
Mericle, Robert

August 5

Tovar, Jose
Skupien, David
Little, Heidi
DeSchane, Janet
Turner, Star

Kriznar, Brad
Luhrsen, Laura
Johnston, Janice
Haman, Todd

August 6

Riebel, Pam
Olivares, Robert
Sorgenfrey, Brenda
Hilton, Frances
Morris, Maura

August 7

Benefield, Beverly
Lane, Connie

August 8

Parmer, Nina
Merkelbach, Francis
Armstrong, Margie
Metsker, Sandra
Martinez, Larry

August 9

Brady, Yvonne
Kluth, Helen
Quinn, William
Bowar, Don

August 10

Beyer, Kenneth
Spolar, Debbie
Porter, Laurel
Ferrell, Lisa

August 11

Rawlinson, Mary
Robertson, Vern
Janssen, Brigitte
Pearson, Ken
Mollohan, Cherie

August 12

Elmore, Wanda
Goldfield, Dixie
Rede, Darlene
McCannon, Dale

August 13

Mauceri, Carmen
Norman, Ronald

August 14

Patterson, Pauline
Grasty, Carla

August 15

Collier, Gene
Dunlap, Ron
Johnson, Gregory
Aviles, Delia

August 16

Donnelly, Martin
Wolkowycski, Eugene
Gerety, Sandra

August 17

Haney-Mitchell, Brenda
Thompson, Karen
Bash, Lorna
Potter, Thomas
Hilton, Loye

Towne, Jerry
Munsinger, Betty
McMahan, Brian

August 18

Calvert, Dottie
Brey, Chuck
Ojeda, John
Munoz, Beatriz
Gibson, Denise Jill
Page, Steven



Jessee Martinez, Sales Director
(928) 763-1212

jmartinez@watermarkcommunities.com



August 19

Nicolas, Helen
Sparks, Lee
McCool, Nenita
Gass, Craig

August 20

DeHerrera, Gerri
Kennon, Sandra Ann
McNally, Robert
Johnson, Dennis
Hushti, Angela
Way, Kari
Hafenstein, Sue

August 21

Wallace, Nadine
Ortiz, Jean F
Harlin, Marvis
Cole, Carol
Piper, Beverly
Horne, Rosa
Kulinski, Sandra
Evans, Sherry
Bates, Charles
Contreras, Sylvia
Sheila, Ford
Benson, Jon
Ridenour, Connie

August 22

Hoschouer, Allan
Waitas, John
Wysinger, Sherry
Franklin, Terri
Black, Wayne
Piech, Allison
Alli Brown, Daniel
Saunders, Sandra



August 23

Decker, Charlotte
Aguilar, Jose Luis
Metcalf, Terrance M
Yoakum, Sandra
DeNard, Diane

August 24

Gray, Bernard
Lambe, Shirley
Havens, Theresa
Greer, Debra
Dunn, Marsha

August 25

Walker, Shirley
Knudsen, Jo
Garipey, Karolynn
San Miguel, Letty

August 26

Sorg, Ernest
Greene, Wayne
Paez, Tony
Arden, Sherry

August 27

Leiter, Jimmy
Wilson, Carolyn Sue
Palaski, Darlene
Moen, David
Crispin, Marc
Jones, Mary
Kinman, Robert
Reyes, Melissa

August 28

Stanoff, Claryce
Morrill, Roberta
Morales, Nick
Cantrell, Jane
Carter, Patty
Schommer, Lois
Grimsby, Linda
Hansen, LeRoy
Ivie, Yolanda

August 29

Laforge, Joseph
McNally, Beth
Zipf, Debra
Wear, Linda
Clerico, Grace
Recksiek, Tammy

August 30

Mayworm, Richard
Zuhlke, Gerald
Layman, Clifford
Pilson, David
Mericle, Debbie
Kohl, June

August 31

Fry, Connie



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

Tue, August 19th starting at Noon

Sponsored by Joshua Springs Senior Living

BULLHEAD CITY PARKS & RECREATIONS CELEBRATIONS

THURS
AUG
21ST

NATIONAL SENIOR CITIZENS DAY

WEAR
YOUR FAV
NFL
JERSEY

FREE SENIOR POOL PARTY

9AM-11AM

BULLHEAD CITY POOL

FREE 50 YRS +

FREE SNOW CONES
PROVIDED BY SENIOR
ENRICHMENT CENTER

FREE EPIC MOVIE AFTERNOON

FEATURING

80 FOR BRADY

2PM-5PM

OPTIMUM
COMMUNITY CENTER

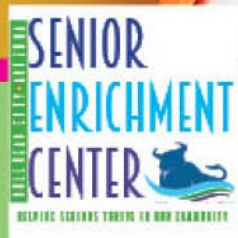
FREE POPCORN
& PIZZA HUT PIZZA

WHILE SUPPLIES LAST. EVERYONE IS WELCOME



BULLHEAD CITY POOL
2255 TRANE RD

OPTIMUM COMMUNITY CENTER
2380 OPTIMUM WAY



Fort Mohave



(928) 758-7550

FOR MORE INFORMATION CONTACT
JANIE FIGUEROA
RECREATION SUPERVISOR
928.763.0188
JFIGUEROA@BULLHEADCITYAZ.GOV

Attention All Neighbors

We now have a new communication system that will be made available through your phone for Senior Enrichment Center & Meals on Wheels participants.



If you have provided us with your telephone number, you will get a WELCOME message sometime in July, inviting you to the platform where you will receive constant communication to keep you in the know of things at the Senior Enrichment Center. Please note you can opt out anytime but we suggest you give it a try. It will be used to tell you about new events, canceled events, meal changes, events you can sign up for, community emergencies that we are alerted to and so much more.

If you only own a landline, the messages will be read out loud when you answer. Cellphone users will receive the messages via text.

These messages are coming through Blooming Health but the system is fully controlled by the Enrichment Center so even if a link is included in the message you know it's SAFE to click it. To assure you each time you get a message it will start out with the Senior Services Program Manager saying, "Hi this is Kim Cool with the Senior Enrichment Center and Meals on Wheels Program, please listen to the following message:"

We look forward to giving you the best service ever.



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POWERING HEALTHY AGING IN-PLACE



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Dr. Stumpf can schedule screening colonoscopies within 30 days of receiving the referral. Often no consultation is required prior to the screening colonoscopy, saving time and expense.



VALLEY VIEW
General Surgery

A Department of Valley View Medical Center

Phone: 928.788.7920 Fax: 928.788.7921
5300 S. Highway 95, Suite C • Fort Mohave, AZ 86426



Bullhead City Councilwoman, Karen Dallman
Tuesday, August 12th 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



BILL PAYMENT ADDRESS CHANGE!

Effective June 24, 2025

Mail | PO Box 60693, City of Industry, CA 91716-0693



Don't forget to update the address for Online Bill Pay with your bank!

Our financial institution has changed their mailing address for MEC payments.



MEC IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



LET'S MAKE PEANUT BUTTER COOKIES!

WED. AUGUST 13 1PM-3PM

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



SPONSORED BY:



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

Level: Advanced

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

Level: Intermediate



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



AUGUST



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

Tech Support/Mark Rosenthal/Library
Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes/Great Room
Sponsored by Family Care Home Health & Hospice
Line Dancing/Beginner/Exercise Room
Mexican Train/Game Room
Poker/Game Room
Pinochle/Great Room
Tech Support/Miriam Brown/Library
Line Dancing/Basic/Exercise Room

EVERY

TUESDAY

9:00 a.m. to Noon
9:00 a.m. to 9:30 a.m.
9:00 am to 11:00 a.m.
9:30 a.m. to 10:30 a.m.
10:00 am to 11:00 a.m.
11:00 a.m. to 11:30 a.m.

12:30 p.m. to 1:30 p.m.
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 4:15 p.m.
4:15 p.m. to 5:15 p.m.

Beading Group/Craft Room
Chair Zumba Class/Exercise Room
Tech Assistance/Monica Prather/Library
Bingocize/Exercise Room
Ping Pong/Great Room
Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
Tai Chi /Great Room/ 8 week commitment
Poker Game/Game Room
Hand & Foot Card Game/Game Room
Tech Assistance/Pam Beaushay/Library
Relaxation & Mindfulness/Exercise Room
Line Dancing /Great Room

EVERY

WEDNESDAY

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.
11:00 a.m. to 11:30 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 1:30 p.m.
1:00 p.m. to 2:00 p.m.
1:30 p.m. to 2:30 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
Wii Bowling/Great Room
Zumba Live /Beth Humphrey/Exercise Room
Open Sewing Group/Craft Room
Hit the Bullseye/Electronic Darts/Game Room
Bereavement Support Group/Conference Room
Cue Masters Club & Lessons/Game Room
Gamblers Anonymous Meeting/Nutrition Center

EVERY
EVERY

WEEKLY ACTIVITIES

THURSDAY

9:15 a.m. to 10:00 a.m. Chair Yoga /Exercise Room
Better Heath Live with Marge
9:30 a.m. to Noon Morning Poker/Game Room
10:00 a.m. to 10:45 a.m. Bingocize/Exercise Room
11:00 a.m. to 11:30 a.m. Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
Noon to 3:00 p.m. Knit & Crochet Group/Craft Room
12:30 p.m. to 3:30 p.m. Double Deck Pinochle/Great Room
5:30 p.m. to 9:30 p.m. Pass the Trash Game & Potluck
Located in the old Senior Center, 2285 Trane Rd

FRIDAY

8:00 a.m. to 12:30 p.m. Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center
9:30 a.m. to 10:30 a.m. Brain Savers Exercise/Exercise Room
10:00 a.m. to 11:00 a.m. Shuffleboard Friday/Game Rom
10:30 p.m. to 11:30 a.m. Friday Fun Crafts/Craft Room/Limit 15
Sponsored by Mohave College - Community Education
12:30 p.m. to 3:30 p.m. Mexican Train/Game Room
12:30 p.m. to 3:30 p.m. Pinochle/Great Room
12:30 p.m. to 3:30 p.m. Poker/Game Room
2:00 p.m. to 3:00 p.m. Zumba Live/Beth Humphrey/ Exercise Room

SPECIAL EVENTS & ACTIVITIES

FRI

01

MON

04

12:30 p.m. to 2:30 p.m. Basic Beading/Craft Room Limit 10
1:00 p.m. to 2:00 p.m. Dementia Friends Presentation/WACOG
/Conference Room

SPECIAL EVENTS & ACTIVITIES

TUE
05

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

Art Therapy/Crafty Cactus
Limit 15/Craft Room /Sponsored by
Mohave College Community Education

WED
06

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.

Genealogy Club/Library
Bunco Group/Great Room
Bereavement Support Group/Conference Room

THU
07

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

Ice Cream Social/Great Room
Sponsored by Bullhead City Culver's
Mahjong Tile Game/Game Room
Sponsored by Voo Doo Cove

FRI
08

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

Luau/Game Room
Sponsored by TWN Communications

MON
11

TUE
12

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

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

Coffee Talk with City Council Woman
Karen Dallman/Nutrition Center
Jewelry Class/Genie Bottle Earrings/Craft Room
Tech Assistance/Pam Beaushay/Library
Sound Bowl Breathing Healing the Body & Soul
/Exercise Room

SPECIAL EVENTS & ACTIVITIES

WED
13

10:00 a.m. to 11:00 a.m.
1:00 p.m. to 3:00 p.m.

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

White Elephant Bingo/Great Room
Give, Make & Take/Peanut Butter Cookies
/Nutrition Center Sponsored by
Canyon Home Care & Hospice
Sweep Card Game/Great Room
Happy Hour/ Great Room Sponsored by
Mohave College Community Education

THU
14

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

Brain Games w/ Televeda/Great Room
Left, Right, Center Dice Game/Game Room
Mahjong Tile Game/Game Room

FRI
15

MON
18

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

Golden Rule Committee/Conference Room
Drum Circle/Exercise Room

TUE
19

Noon to 12:30 p.m.
12:30 p.m. to 2:30 p.m.
6:00 p.m. to 9:00 p.m.

Birthday Month Celebration/Great Room/
Sponsored by Joshua Spring Assisted Living
Art Therapy/Seaside Dot Art/Craft Room
Sponsored by Mohave Community College
Late Night Ladies Bunco/Nutrition Center

WED
20

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

Grab Bag Bingo/ Great Room
Legal Services/Desiree Bender/Conference Rm
Genealogy Club/Library
Bunco Group/Great Room

SPECIAL EVENTS & ACTIVITIES

THU
21

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

National Senior Citizens Day/Pool Party
Voter Registration/Conference Room
Rock Painting/Craft Room

11:00 a.m. to 12:00 p.m.
12:30 p.m. to 2:00 p.m.

Talk & Seek Discovery Hour/Great Room
Monthly Bingo/ Great Room
Sponsored by TNG Insurance

FRI
22

10:00 a.m. to Noon
10:30 a.m. to 11:30 a.m.
Noon to 2:00 p.m.

NAU Updates Training/Events/Great Room
Mind Body Wellness/ Exercise Room
Senior Splash Pad Take Over/Community Park

MON
25

Noon to 1:00 p.m.
Noon to 1:00 p.m.

Dementia Support Group/Conference Room
Root Beer Floats/ Great Room

TUE
26

12:30 p.m. to 1:30 p.m.
12:30 p.m. to 2:30 p.m.

Monthly Mixer/Great Room
Sponsored by Legacy Rehab & Care Center
Art Therapy/Diamond Art/Craft Room
Sponsored by Mohave College Community Education

WED
27

Noon 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/Game Room
Sponsored by Dot Foods
Sweep Card Game/Great Room
Karaoke/Superman Ed/Game Room

THU
28

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

Beyond Walls Bingo /Televeda/Great Room
Ice Cream Social/Great Room
Sponsored by Culver's of Bullhead City
Tech Assistance/Pam Beaushay/Library

SPECIAL EVENTS & ACTIVITIES

FRI

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

Stay Hydrated this Summer/Great Room

29



AUG 7 & AUG 28
NOON -1PM

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

SPONSORED BY

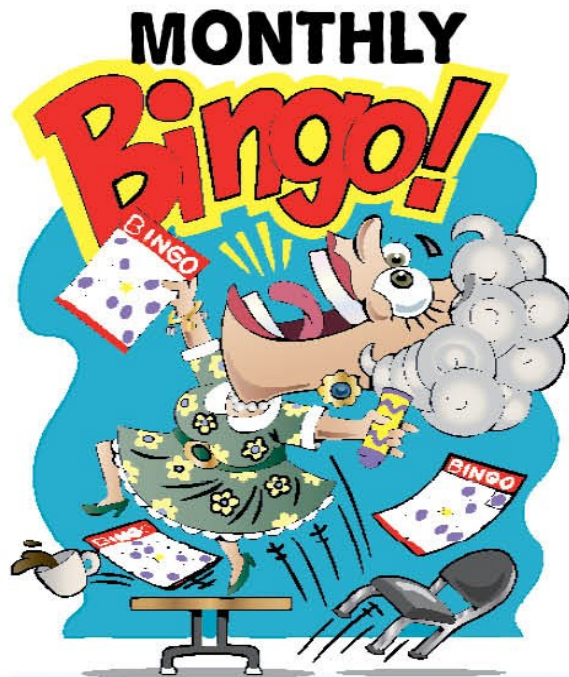


The family of Eileen Hoenshell announces her peaceful passing at her Granddaughter's home in Bullhead City overnight on July 24th, 2025.

Eileen enjoyed Pinochle and all her friends at Bullhead City Senior Enrichment Center, as well as those at the Crescent Bay Boat Club in California; her family thanks them for being such a wonderful part of her life. Eileen would have been 98 on August 11th.



Eileen Hoenshell
—1927-2025—



AUG 21

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

**INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2288 TRANE RD**

**SPONSORED BY
KARO TNGRIAN**



Independent Insurance Broker
Medicare Advantage • Medicare Supplement
Part D • Dental & Vision • Critical Care

702-624-3161
TNGMEDICARE.COM

**SPONSORED BY
LEGACY REHAB&CARE CENTER**

MONTHLY MIXER

**JOIN US AT
SENIOR ENRICHMENT CENTER**

LET'S MIX & MINGLE!!

**Our Monthly Mixer is a fun and friendly gathering
for seniors to socialize and make connections.
We will "mix" it up each month with a new theme
and activity. Make new friends and enjoy
refreshments and snacks.**

Tuesday, August 26 / 12:30 pm
Senior Speed Dating

Tuesday, September 23 / 12:30 pm
Make a Connection BINGO

SPONSORED BY

**THE
LEGACY**
REHAB & CARE CENTER

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

Let's Cut the Deck Together!

Card Games Galore @ Senior Enrichment Center

Do you love card games? So do we! At the Senior Enrichment Center, we offer a variety of engaging and social card games that bring fun, strategy, and laughter to your day. Whether you're a seasoned pro or just learning, there's something for everyone!

- **Pinochle:** A classic favorite that challenges your mind and brings people together in friendly competition.
- **Sweep Card:** A lively and fun game perfect for all skill levels, great for keeping your brain sharp.
- **Poker:** Test your skills and enjoy the thrill of the game in a relaxed, friendly setting.
- **Hand and Foot:** A rummy-style game that's easy to learn and hard to stop playing once you start!

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



For more information,
call Jenny or Callie at 928-763-0193

Let's get your game on!

GAME SPONSOR



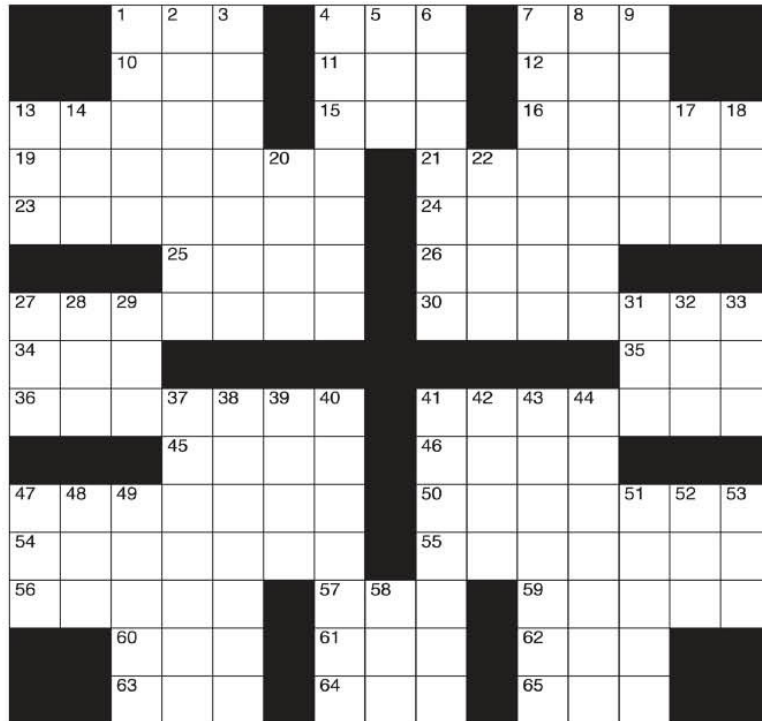
Sponsored by



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

BULLHEAD SENIOR ENRICHMENT CENTER
2275 TRANE RD. BULLHEAD CITY, ARIZONA
WWW.BULLHEADCITY.COM

CROSSWORD



CLUES ACROSS

1. Auto manufacturer
4. The 23rd letter of the Greek alphabet
7. Two-year-old sheep
10. Member of indigenous people in Asia
11. Airborne (abbr.)
12. Actress de Armas
13. Not moving
15. Cool!
16. Plants of the arum family
19. Perceptible by touch
21. Rorschach test
23. Monetary units
24. Art
25. Cardinal number
26. Dueling sword
27. Hates
30. Fixed in one place
34. Pie ___ mode
35. Moved on foot
36. Passenger's spot on a motorcycle
41. A way through
45. "Rule, Britannia" composer
46. Leader
47. Flowing
50. Common greetings in Arabic countries
54. Solution for all difficulties
55. Soft clothing fabric
56. Building material
57. Sea bream
59. A way to cause to be swollen
60. One and only
61. Skin color
62. Wreath
63. Nevertheless
64. They ___
65. Sea eagle

CLUES DOWN

1. Policemen (French)
2. Toy dog
3. Inflamed colon disease
4. Muscular weaknesses
5. Helps little firms
6. References
7. Takes down
8. Facilitates
9. One-time empress of the Roman Empire
13. Engine additive
14. Chemistry solution
17. Written account
18. Consumed
20. Coming after all others
22. No (slang)
27. Government lawyers
28. Super Bowl winner Manning
29. Small amount
31. A way to save for your future
32. A way to travel behind
33. Midway between northeast and east
37. Head pain
38. Loud lawn insect
39. Actress Hathaway
40. Boat race
41. About fish
42. Nursemaid in India
43. Marketable
44. Tinier
47. Parts per billion (abbr.)
48. Paddle
49. Oneness
51. Bitter compound
52. Not around
53. Very fast airplane
58. Swiss river



Join us for Breakfast

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



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

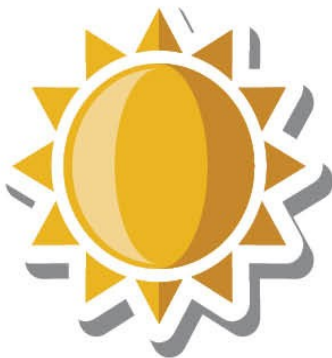
www.bullheadcity.com

ALL THE ANSWERS YOU SEEK. . .

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

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

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



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



Scan to purchase your tickets before
September 14th for \$15 each

SPAGHETTI FUNDRAISER DINNER

Wednesday, September 17th from 4:00-5:30 pm
at the Senior Enrichment Center -2275 Trane Road, Bullhead City



Spaghetti alla Vodka

Comes with
Salad/Italian
Dressing
Garlic Bread
Ice Tea or
Lemonade



Spaghetti w/Marina

\$15 a plate if purchased by September 14th /\$17 at the door



All proceeds will help feed local seniors and disabled

CONTACT US

 (928) 763-0193

SEC@bullheadcityaz.gov

