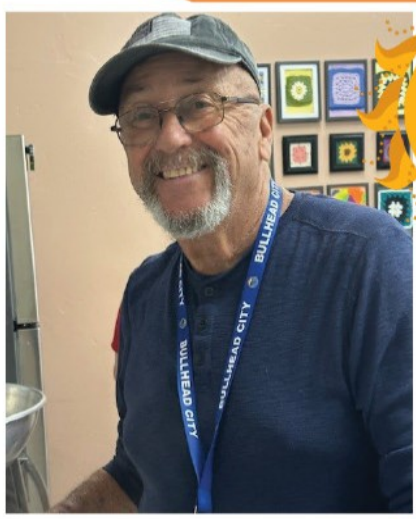


SENIOR ENRICHMENT CENTER

HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR
EVENT CALENDAR



SUNWATTS EDUCATION GRANT

REQUIREMENTS:

CURRICULUM MUST BE BASED ON
RENEWABLE ENERGY, AND INCLUDE:

SUBJECT OUTLINE
MATERIALS
SUPPLIES
COST BREAKDOWN



MEC IS AN EQUAL OPPORTUNITY PROVIDER + EMPLOYER

SEND WRITEUP TO:
MOHAVE ELECTRIC COOPERATIVE
C/O COURTNEY NIXON
P.O. BOX 22530
BULLHEAD CITY, AZ 86439

APPLICATION DEADLINE
AUGUST 31 AT 5PM

Bullhead City Mohave Valley Association of Realtors

invites you to their

**Search & Rescue &
Meals on Wheels Charity**



TICKETS
\$30



Friday, 20 June AT 5-8 PM



Dine & DONATE

FUNDRAISING EVENT

Dine In • Carryout • Delivery*

SUPPORTING

**We Care for Animals Positive Paws &
Bullhead City Animal Shelter BARC
Wednesday JUNE 18**

From open to close
Bullhead City Diner | 1751 Highway 95, Ste. 25

Present this code at the diner or enter the 9-digit number
online at BlackBearDiner.com to credit 20% of your food
order to this organization. Delivery orders must be placed
through BlackBearDiner.com.



533-537-330



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!



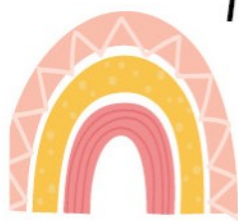
Jeff Tipton
 Human Services Director
 (928) 763-9400 X8157
jtipton@bullheadcityaz.gov

Kim Cool
 Senior Services Program Manager
 (928) 763-0193
kcool@bullheadcityaz.gov

John Kearns
 Senior Enrichment Nutrition Coor.
 (928) 763-0193
jkearns@bullheadcityaz.gov

Jenny Oliverio
 Senior Enrichment Activity Coor.
 (928) 763-0193
joliverio@bullheadcityaz.gov


Jackie Jensen
 Sponsorship & Advertising
 Newsletter Coordinator
 (928) 763-9400 X8246
jjensen@bullheadcityaz.gov



MONTHLY MENU

June



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 2 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice | 3 Cobb Salad Dinner Roll Dressing | 4 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans | 5 Sweet & Sour Meatballs Buttered Pasta Carrots | 6 Chicken Enchilada Fiesta Veggies Rice |
| 9 Asian Chicken Asian Veggies Fried Rice | 10 Denver Omelet Breakfast Potatoes Pork Sausage | 11 Stuffed Cabbage Corn Cobbler | 12 Sweet & Sour Chicken Rice Mixed Veggies | 13 Chicken Egg Roll Fiesta Blend Cobbler |
| 16 Pork Chop Sweet Potatoes Green Beans | 17 Chicken Cordon Bleu Potato Wedges Mixed Veggies | 18 Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots | 19  | 20 Salisbury Steak w/ Gravy Rice Pilaf Green Beans |
| 23 Bratwurst Sauerkraut Potatoes Au Gratin | 24 Swedish Meatballs Buttered Pasta Corn | 25 Stuffed Peppers California Veggies Warm Apples | 26 Asian Chicken Salad Dinner Roll Dressing | 27 Cheese Omelet Pork Sausage Hash Brown |
| 30 Meatloaf w/Gravy Mac & Cheese Mixed Veggies | | | | |

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.

Variables that could elevate your risk for stroke

The World Stroke Organization notes that more than 12.2 million individuals experience stroke each year across the globe. Perhaps even more telling, the WSO reports that, globally, one in four people over age 25 will have a stroke in their lifetime. Stroke is indeed a threat to public health. However, despite the prevalence of stroke, individuals are not helpless against it. Various risk factors for stroke are within individuals' control, and it's never too early for adults to prioritize stroke prevention. With that in mind, the following are some of the most common risk factors for stroke, courtesy of the WSO.



Elevated systolic blood pressure: The American Heart Association notes that an elevated systolic blood pressure means the upper number on a blood pressure reading is between 120 and 129. Systolic blood pressure measures the pressure your blood is pushing against the artery walls each time the heart beats. Individuals diagnosed with elevated systolic blood pressure are urged to discuss the ways to lower that number, as the American Stroke Association notes high blood pressure is the most significant controllable risk factor for stroke. **¥ High body mass index:** A 2022 study published in the journal PLOS One found that body mass index was associated with stroke risk among diabetes patients. The study found that the risk of ischemic stroke, which occurs when a blood clot or fatty plaque blocks a blood vessel in the brain, was higher among obese patients compared to patients who are overweight or normal weight.

Smoking: The WSO reports that someone who smokes 20 cigarettes a day is six times more likely to have a stroke compared to a non-smoker. One of the links between smoking and stroke risk surrounds carbon monoxide and nicotine. Smoke from cigarettes contains both carbon monoxide, which reduces the amount of oxygen in a smoker's blood, and nicotine, which makes a smoker's heart beat faster. Those variables combine to raise blood pressure, which has already been noted as a significant risk factor for stroke.

Alcohol consumption: A 2022 study published in the journal Neurology examined the link between alcohol consumption and stroke. The study found that high levels of alcohol consumption are associated with a higher risk for all types of stroke, and even moderate intake, defined as between seven to 14 drinks per week for women and seven to 21 drinks per week for men, was associated with higher risk for all types of stroke. These are not the only common risk factors for stroke. In fact, the WSO reports high fasting glucose, air pollution, low physical activity, poor diet, high LDL (i.e., "bad") cholesterol, and kidney dysfunction are some additional common risk factors for stroke. Though stroke affects more than 12 million individuals across the globe each year, many of its more common risk factors are manageable. More information about stroke is available at stroke.org.

CHECK US OUT!



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

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

Please share the new website
with friends and family.



80TH ANNIVERSARY LOGO CONTEST

\$100 Cash Prize

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

MEC Members may submit artwork that includes:

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

EMAIL SUBMISSIONS TO

MECPA@MOHAVEELECTRIC.COM BY JUNE 30, 2025



MEC Traditional Logo



MEC 75th Logo



MEC 80th Logo

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

JOIN US FOR A
**FATHER'S
DAY PARTY**

MEN 50+ YEARS OF AGE

**FRIDAY, JUNE 13, 2025
12:30 PM TO 3:30 PM**

GAMES & PRIZES

**POKER, PEA POOL TOURNAMENT &
SHUFFLE BOARD**

**SMOKE HOT DOG CHILI, SWEET CORNBREAD,
COWBOY COOKIES, TRAIL MIX,
ROOT BEER FLOATS, AND ICED TEA**

**SPONSORED
BY**



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

DIPS AND FLIPS WORD SEARCH

WORDS

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

AIRTIME
 ANGLED
 ASCEND
 BANKING
 BARREL ROLL
 BOOMERANG
 BRAKES
 CAMELBACK
 COASTER
 COBRA ROLL
 CORKSCREW
 CURVES
 DIVE
 DROP
 ELEVATED
 FLOORLESS
 GRAB BARS
 INVERSION
 LAUNCH
 LOOPS
 STANDUP
 TURNAROUND
 TWISTER
 WOODEN

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



What's a groundbreaking Father's Day gift to give to your dad? A shovel.

Why did the dad get an extra pair of golf pants for Father's Day? He got a hole-in-one.

How does Darth Vader like his toast cooked on Father's Day? On the dark side.

What do you call a person who is not a dad who makes dad jokes? A Faux Pa.

Why didn't the dad want to swim with the sharks on Father's Day? It would cost him an arm and a leg.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to candy.

F Y A F T

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Answer: Taffy

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dairy.

S E C E H E

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Answer: Cheese

friday fun crafts

Volunteer Craft Leaders Needed

Every Friday The Senior Enrichment Center invites seniors to partake in Friday Fun Crafts. Friday Fun Crafts help seniors engage in creative expression and connect with others in a welcoming environment. These sessions offer a variety of hands-on projects that promote relaxation, socialization, and enjoyment.

They are currently seeking Volunteer Craft Leaders to share their time and talents by leading craft sessions. If you have a passion for creativity and would like to contribute to our vibrant community, we encourage you to get in touch.

For more information or to express your interest, please contact Jenny, Activity Coordinator, at (928) 763-0193.

SENIOR ENRICHMENT CENTER, 2275 TRANE RD, BULLHEAD CITY

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

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



FAMILY CARE
HOME HEALTH & HOSPICE
928.299.5100

HAPPY BIRTHDAY

Join us for the
Birthday Month Celebration

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

Tue, June 17th starting at 11:30 am

June 1

Lee Christensen
Terry Merrick
Dutch Ann Biazio

June 2

Jim Saunders
Genie Hendrickson
Denise Hardesty

June 3

Jane Bouvier, Jane
Terry Black, Terry
Lenard Spice Jr.
Tim Benson

June 4

Willie Allen
Harold Smith
Theresa Moore
Zack Bicaci
Josephine Valles

June 5

Karen Glenn
Marilyn Leisure
Wallace Haase
Pam Schaefer
Lynette Parker
Cathy Wilson

June 6

Carol Wolosin-Wesch,
Jorge Cisneros Mendoza

June 7

Clare Drews

June 8

Susan Coyner
Julieann Cantrell
Ronald Survillas
Carol Holland
Dede Mannor

June 9

Blaine Russell
Maria Bulmer
Hilda Segich

June 10

Christie Sumner
Linda Kemp-McBride

June 11

Betty Wannamaker
Mark Yarbrough
Steve Stolworthy

June 12

Maria Thompson
Annette Brunner-Rich
June 13
Patricia Ryan
Marchell Wilson-Olson
Virgil Bryant

June 14

Hozumi Hartwell
Dennis Jolliffe
Nicholas Malizia
Catherine Brown

June 15

Donna Ash
Brian Sedler
Candace Docken
Linda Gerritsen
Marc Rosenthal
Kathleen Noel

June 16

Laurel Evans
Don Rice
Bryon Hatt

June 17

David Docken
Karen Berdrow
Patrick Quigley
Tammie Mazuc-Morris

June 18

Mike Seel
Antonio Rifembary
Christina Dumel
Barbara Anderson
Rick Morales
Nancy Hillhouse
Lawrence Block

June 19

Mary Knofsinger
Don Marshall
Denny Peters
Jean Sturm
Rizalina Saliendra
Frank Calogero

June 20

Sondra Cagle
Louise Kater
Cindy Buck
Michael Brunner
Brian Strong

June 21

Win Barley
James Woodall
Leslie Girard

June 22

Renon Puyear
Lisa West
Patricia Kleuskens

June 23

Emily Ternes
Manuel Rivera
Beveanne Harrold

June 24

Michael Topeka
Cheryl Seefelt
Cecilia Martinez
Gary Chapman
Jeff Dragotto, Sr

June 25

Mary June Mayworm
Deve Davis
Victoria Ruble

June 26

Peter Agoney
Anthony Speltz
Juan Gomez
Mary Girard
Reuben Roy Virchow

June 27

Edward Stinson
John Halloran
Ray Ozmun
Linda Moen
Lorette Dietz
Mary Quehrn
Bud Haman

June 28

Ruth Gordon
Charlene Jackson
Mariel Ganowsky

June 29

David Andrews
Roger Trigalet
Bonnie Walters
Val Russell
Beverly Allison

June 30

Robert Swain
Jesus Espinoza
Melody Padilla



Jessee Martinez, Sales Director
(928) 763-1212
jmartinez@watermarkcommunities.com

VOLUNTEERS



SENIOR ENRICHMENT CENTER NEEDS YOU !

Driver/Delivery Person

Wellness Check Caller

Friendly Visitor

Meal Pick-up Person

Breakfast Server

Lunch Server

Newsletter Delivery

Angels Essential Room Worker

Community Store Worker

Technology Savoy Helper

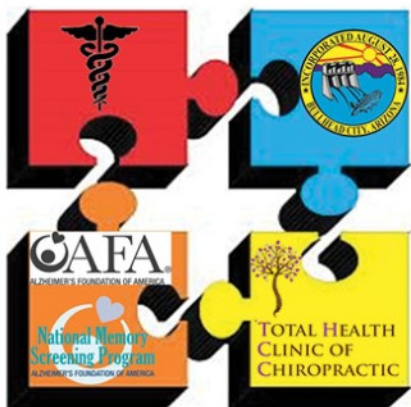
**Ambassador for the
Senior Enrichment Center**

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



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

MINI Clinic



FREE SERVICES:

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



Dr. Sheila Barnett will be at Senior Enrichment Center on **Friday, June 13th 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.**

Reserve your spot!
(928) 763-0193



Yes! You can RELY ON OUR FIBER INTERNET

Choosing the right internet provider can be challenging. With TWN Communications' 100% fiber internet, you receive a reliable connection, the fast speeds you pay for, and real people ready to assist whenever you need it.



Unlimited Data | Speeds up to 2* Gbps

Plans starting at \$49.95*

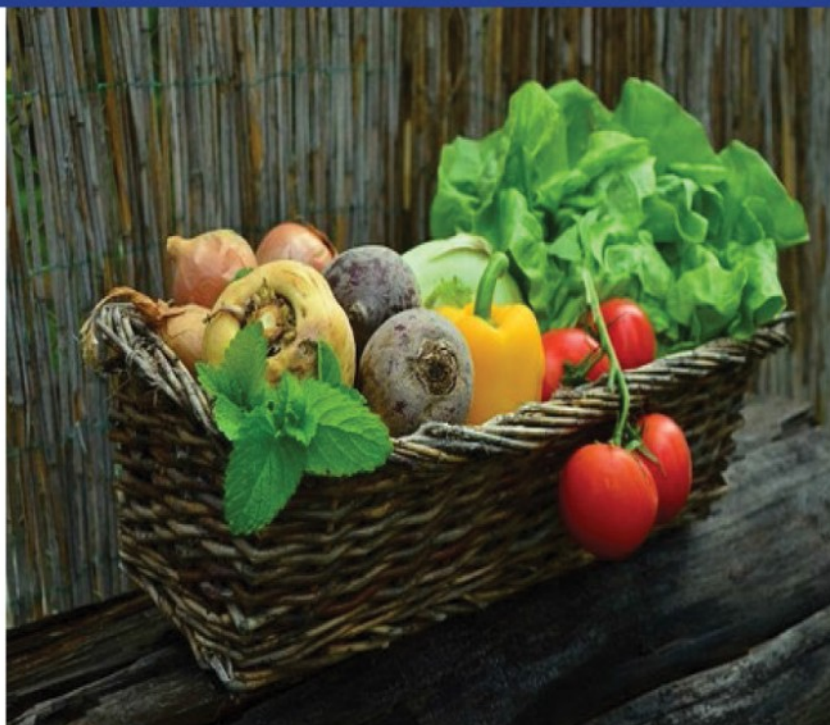
MEC Member Discounts Available†

SIGN UP TODAY!

888-227-2095 | twncomm.com/mohave

Store: 2020 Silver Creek Rd., Ste. 113D
Bullhead City, AZ

*Services provided by TWN Communications. Not available in all areas. Restrictions, terms and conditions apply. Taxes, regulatory, surcharges and other charges are applicable. Rates are subject to change. Call for details or visit twncomm.com/terms-conditions for additional information and terms and conditions of services. Residential customers on qualifying internet plans will receive download speeds up to 2.0 Gbps, per respective plan. A 30-day notice is required to cancel service. †Promotional discounts applicable to fiber residential internet service only. Up to \$12 max savings. \$5 MEC member discount may be combined with \$2 autopay discount, and only one additional \$5 discount, either \$5 active military or \$5 senior discount. Active military and senior discounts may not be stacked together. Proof of eligibility required. Only one autopay discount applicable per customer. MEC Q2 SeniorCenter 3.5x9.625.pdf



SEED TO SUPPER GARDEN WORKSHOPS

Workshop Series for Adults

Seed to Supper is a 6-session beginning gardening workshop series. Learn through hands-on activities how to plan and maintain your own garden and grow your own food. Please plan to attend all 6 sessions. Pre-registration is required. You will need to bring a valid ID to enter the location.

Topics:

- Planning your garden
- Building healthy soil
- Choosing your crops
- Caring for your growing garden
- Harvesting your bounty



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Mohave County



Join Us for **FREE**
Beginner Gardening
Classes

2275 Trane Road
Bullhead City, AZ

Open To Adults and
Independent
Learners

THURSDAYS
JUNE 12TH-JULY 24TH
1:30 PM - 2:30 PM

For Questions, Contact:

Bree Daugherty
daugherty@arizona.edu

TO SIGN UP:



<https://forms.gle/ee8GN>
[DadBjay9KhZA](https://forms.gle/ee8GN)



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

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

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

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

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

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

ARTS & CRAFTS

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

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

HAPPY HOUR

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

June 11th
1:00 pm to 2:30 pm
Mock-tails. with fun & Games
in the Great Room

Sponsored by:

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 2 | | 3 | | 7 |
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Level: Advanced

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

Level: Beginner



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



JUNE

ACTIVITIES CALENDAR

WEEKLY ACTIVITIES

**EVERY
EVERY
EVERY**

MONDAY

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 1:30 p.m.

Body Moves for Brain Power/Exercise Rm
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
Line Dancing/Basic/Exercise Room

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

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

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

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.
Noon to 3:00 p.m.
12:30 p.m. to 1:30 p.m.
1:00 p.m. to 2:00 p.m.
2:30 p.m. to 4:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/Exercise Room
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. Energizing 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
11:00 a.m. to 1:00 p.m. Tech Assistance w/Monica Pratcher/Library
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
1:00 p.m. to 3:00 p.m. Tech Assistance w/Pam Beaushay/Library
4:30 p.m. to 5:00 p.m. Zumba Live w/Beth Humphrey/Exercise Rm
5:30 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/Game Rom
10:30 p.m. to 11:30 a.m. Friday Fun Crafts/Craft Room/Limit 15
Sponsored by Mohave Community College
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. Brain Savers Exercise/ Exercise Room

SPECIAL EVENTS & ACTIVITIES

SUNDAY
01

8:00 a.m. to 7:00 p.m. Mind Crowd Lab/ On-Site/ Brain Scan Study

MONDAY
02

8:00 a.m. to 7:00 p.m. Mind Crowd Lab/ On-Site/ Brain Scan Study
12:30 p.m. to 2:30 p.m. Basic Beading/Craft Room

SPECIAL EVENTS & ACTIVITIES

TUE
03

8:00 a.m. to 7:00 p.m.
12:30 p.m. to 2:30 p.m.

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

Mind Crowd Lab/ On-Site/ Brain Scan Study
Art Therapy/ Card Making/Limit 15/Craft Room
Sponsored by Mohave Community College
Senior Community Forum/Great Room

WED
04

8:00 a.m. to 4:00 p.m.
10:12 a.m. to 11:15 a.m.
12:30 p.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m

Veterans Benefits Councilor/Nutrition Center
Wii Bowling/Great Room
Genealogy Club/Library
Bunco Group/Great Room

THU
05

Noon to 1:00 p.m.

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

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

MON
09

10:00 a.m. to Noon

Noon to 1:30 p.m

NAU Summer Educational Series Workshop/
Conference Room
Dementia Support Group/Conference Room

TUE
10

10:00 a.m. to Noon

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

NAU Summer Educational Series Workshop/
Conference Room
Jewelry Class/Bumble Bee Earrings/Craft Room
Sound Bowl Breathing Healing Body & Soul/
Exercise Room

WED
11

10:00 a.m. to Noon
Noon to 1:00 pm

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

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

White Elephant Bingo/Great Room
Senior Splish Splash Pad Event/
Ken Fovargue Park
Give, MAKE, Take/Sugar Cookies/
Nutrition Center
Sweep Card game/Great Room
Happy Hour/Great Room
Sponsored by Mohave Community College

SPECIAL EVENTS & ACTIVITIES

THU
12

10:00 a.m. to Noon

11:00 a.m. to Noon

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

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

NAU Summer Educational Series Workshop/
Conference Room

Brain Games w/Televeda/Great Room

Left, Right & Center Game/Game Room

Seed to Supper/6 week commitment/
Nutrition Center

FRI
13

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

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

Free Mini Clinic/6 Spots/Nutrition Center
Sponsored by Mohave Community College

Father's Day Party

Sponsored by TWN Communications

MON
16

10:00 a.m. to Noon

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

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

NAU Summer Educational Series Workshop/
Conference Room

Golden Rule Steering Community/
Conference Room

Drum Circle/Exercise Room

TUE
17

10:00 a.m. to Noon

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

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

NAU Summer Educational Series Workshop/
Conference Room

Birthday Month Celebration/Great Room

Sponsored by Joshua Spring Senior Living

Art Therapy/Cupcake Flowers/Limit 15/Craft Rm
Sponsored by Mohave Community College

WED
18

10:00 a.m. to 11:15 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.

Price is Right Game/Great Room

Legal Services/Zoom Meeting/ Conference Rm

Free 15 minutes - 4 spot limit

Genealogy Club/Library

Bunco Group/Great Room

THU
19



juneteenth
freedom day

**Senior Enrichment
Center is Closed.**

SPECIAL EVENTS & ACTIVITIES

FRI
20

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

Exercise to Ease Arthritis Pain/Exercise Room

MON
23

10:00 a.m. to Noon

NAU Summer Educational Series Workshop/
Conference Room

Noon to 1:00 p.m.

Alzheimer/Dementia Support Group/
Conference Room

Noon to 1:00 p.m.

Root Beer Floats/Great Room

TUE
24

10:00 a.m. to Noon

NAU Summer Educational Series Workshop/
Conference Room

10:00 a.m. to Noon

Beyond Walls Bingo w/Televeda/Great Room

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

Art Therapy/Diamond Art /Limit 15/Craft Rm
Sponsored by Mohave Community College

WED
25

Noon to 1:00 p.m.

Monthly Trivia Event/Great Room

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

Sponsored by Dot Foods

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

Sweep Card Game/Great Room

Karaoke/Game Room

THU
26

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

Fraud Training/Investigator Sharpe/Great Room

10:00 a.m. to Noon

NAU Summer Educational Series Workshop/
Conference Room

11:00 a.m. to Noon

Beyond Walls Bingo w/Televeda/Great Room

Noon to 1:00 p.m.

Ice Cream Sundae Social/Great Room

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

Sponsored by Culver's of Bullhead City

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

Mahjong Tile Game/Game Room

Seed to Supper/6 week commitment/

Nutrition Center

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

Dine & Learn Parkinson's Disease Risks & Symptoms
w/Rose Bard-Jensen FNP/ Great Room

MON
30

10:00 a.m. to Noon

NAU Summer Educational Series Workshop/
Conference Room

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

SENIOR (50+ YRS)

SPLISH

SPLASH

SPLASH PAD TAKE OVER!

WEDNESDAY
JUNE 11TH
NOON - 2PM

KEN FOVARGUE PARK
2255 TRANE ROAD
SPLASH PAD

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



Weekly On Site Veterans Benefit Counselor

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

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

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



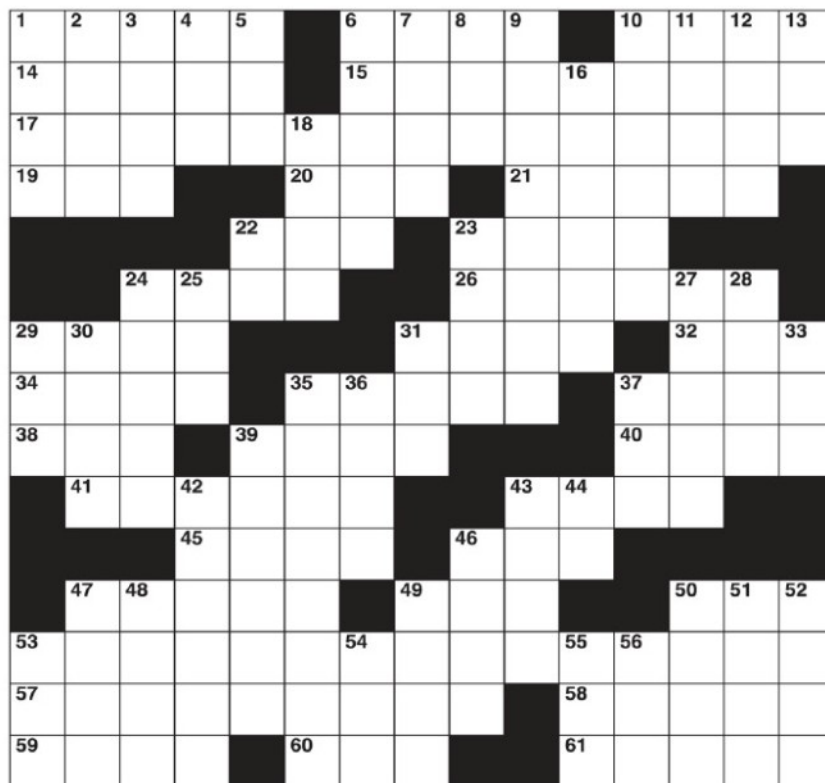
Sponsored by

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

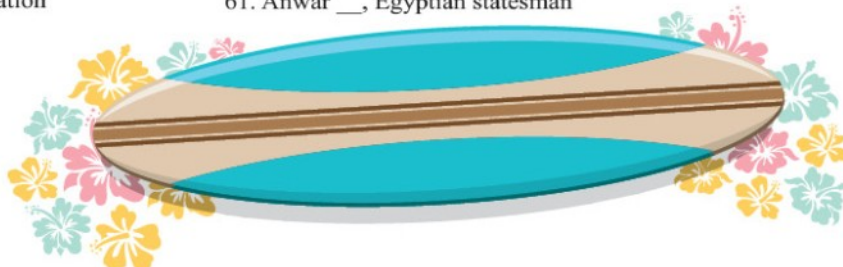


CLUES ACROSS

1. Marsh plant
6. Southern constellation ("The Peacock")
10. Fogginess
14. Home to Fools' Day
15. Absence of the sense of pain
17. Popular November holiday
19. Consume food
20. Buddy
21. Long-haired goat-antelope
22. Japanese honorific
23. Actor Malek
24. One point south of southeast
26. Illegal acts
29. As fast as can be done
31. Prevents harm to young
32. Exclamation of satisfaction
34. African nation
35. Slow-moving animal
37. Oh, goodness!
38. A team's best pitcher
39. Cleanser
40. Radioactivity units
41. Expecterated matter
43. Cover a wide range
45. The central area of a church
46. California capital (abbr.)
47. Dutch painter Klaver
49. 007's creator
50. Impression of dishonesty
53. Northeastern sports rivalry
57. Cloths
58. Stalin's police chief
59. Hostelrys
60. Bitterly regret
61. Anwar __, Egyptian statesman

CLUES DOWN

1. Satisfy
2. European health advocate
3. Expression of annoyance
4. Strong liquor
5. Large red deer
6. Holder of less common religious beliefs
7. West Indian shrub
8. Family of proteins
9. Wealthy, influential business leader
10. Low spirits
11. Approves food
12. Monetary unit of Iran and Oman
13. Mary __, cosmetics
16. Expressed in pithy maxims
18. Relaxing spaces
22. The NFL's big game
23. Proof of payment (abbr.)
24. Starchy preparation of dried orchid tubers
25. Indicates near
27. Minneapolis suburb
28. Herring-like fish
29. Doctors' group
30. Pouches
31. Bread dipping in sauce
33. Commercials
35. A reminder of past events
36. Affected by injury
37. Geological time
39. Stationary part of a motor
42. Brings together
43. Of sound mind
44. Personal computer
46. Without (French)
47. A bank might give you one
48. Agricultural testing organization
49. A small island
50. Type of gene
51. Murres
52. Card game
53. A measure of human health
54. Australian airline (abbr.)
55. One point south of due west
56. Affirmative



SENIOR ENRICHMENT

Newsletter

FEBRUARY 2025 NEWSLETTER V03 III



**SENIOR
ENRICHMENT
CENTER**
HELPING SENIORS THRIVE IN OUR COMMUNITY



| | | |
|---------------|----------------|-------|
| Full Page | 7.5" x 10" | \$300 |
| Half Page (H) | 7.5" x 4.75" | \$175 |
| Half Page (V) | 3.50" x 9.625" | \$175 |
| Quarter Page | 3.625" x 4.75" | \$100 |

Special Pages

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| Back Page | 7.5" x 10" | \$600 |
| Page 3 | 7.5" x 10" | \$400 |
| Double Truck | 16" x 10" | \$1000 |

FREE PROCESS COLOR!

SPACE IS LIMITED.

RESERVE YOUR SPACE TODAY!

100% OF THE PROCEEDS BENEFIT THE SENIOR ENRICHMENT CENTER

Distribution areas include Senior Enrichment Center, homebound meal recipients, participating local businesses, Bullhead City Senior Enrichment Center's Facebook page and E-blast list.

Artwork is due by the 15th of each month.
PDF file or jpg files. No bleed.
Free ad designs are available upon request.

Email artwork or request to
jjensen@bullheadcityaz.gov.

For more information please contact
Shauna Cates, Sponsorship Coordinator
City of Bullhead City, 2355 Trane Rd. Bullhead City, AZ 86442
928-763-9400 ext. 8358 scates@bullheadcityaz.gov

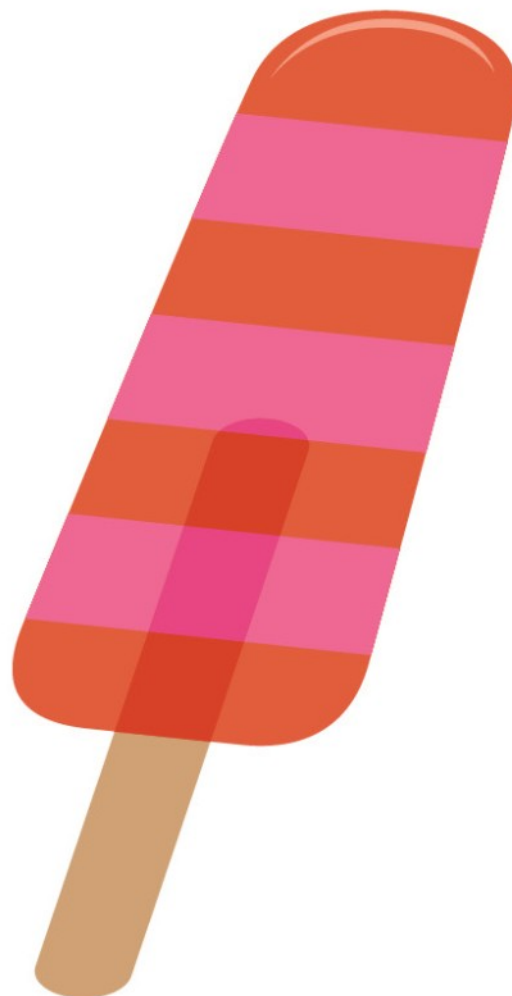
ALL THE ANSWERS YOU SEEK. . .

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SENIOR LIVING**
A WATERMARK RETIREMENT COMMUNITY



We are currently seeking sponsors.

Interested in supporting local seniors?

Contact Shauna Cates at (928) 763-9400 ext. 8358 or scates@bullheadcityaz.gov