

# FEBRUARY 2026 NEWSLETTER V04 111

# BULLHEAD CITY, ARIZONA SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR  
EVENT CALENDAR





**Hesham Sahawneh, DO** **Michael Stumpf, DO**



### **Hesham Sahawneh, DO**

Valley View General Surgery

Dr. Sahawneh is a Board-certified General Surgeon with over 25 years of surgical experience. He commonly provides surgical treatment for hernia, conditions of the gallbladder, breast cancer, colon cancer, and gastro-esophageal reflux disease, among other conditions.

### **Michael Stumpf, DO**

Valley View General Surgery

With more than 17 years of surgical experience, Dr. Michael J Stumpf has provided exceptional care for patients cross Arizona. He specializes in breast cancer surgery, thyroid, skin and soft tissue, gastrointestinal and hernia surgeries.



A Department of Valley View Medical Center

**Phone: 928.768.1200 Fax: 928.768.1209**  
5300 S. Highway 95, Suite D Fort Mohave, AZ 86426

## **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

\*New residents only. Limited-time offer. Restrictions apply. ©2025 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-0010 12/25



UNLOCK SAVINGS UP TO  
**\$3,000**  
on select  
apartment homes<sup>+</sup>

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





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](mailto:jtipton@bullheadcityaz.gov)

**Kim Cool**  
Senior Services Program Manager  
(928) 763-0193  
[kcool@bullheadcityaz.gov](mailto:kcool@bullheadcityaz.gov)

**John Kearns**  
Senior Enrichment Nutrition Coor.  
(928) 763-0193  
[jkearns@bullheadcityaz.gov](mailto:jkearns@bullheadcityaz.gov)

**Jenny Oliverio**  
Senior Enrichment Activity Coor.  
(928) 763-0193  
[joliverio@bullheadcityaz.gov](mailto:joliverio@bullheadcityaz.gov)

**Jackie Jensen**  
Director of Marketing,  
Sponsorships & Tourism  
(928) 763-9400 ext. 8246  
[jjensen@bullheadcityaz.gov](mailto:jjensen@bullheadcityaz.gov)

**Shauna Cates**  
Sponsorship Coordinator  
(928) 763-9400 ext. 8358  
[scates@bullheadcityaz.gov](mailto:scates@bullheadcityaz.gov)



# MONTHLY MENU

# FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Salisbury Steak Rice Pilaf Green Beans	<b>3</b> Cobb Salad Roll Dressing	<b>4</b> Vegetable Lasagna Dinner Roll Broccoli	<b>5</b> Sweet & Sour Chicken w/Rice Mixed Veggies	<b>6</b> Chicken Enchilada Fiesta Blend Rice
<b>9</b> Meatloaf Mac & Cheese Veggies	<b>10</b> Denver Omelet Breakfast Potatoes Pork Sausage	<b>11</b> Stuffed Cabbage Corn Cobbler	<b>12</b> Sweet & Sour Meatballs Buttered Pasta Carrots	<b>13</b> Beef Lasagna Dinner Roll Broccoli
<b>16</b>  <b>CLOSED</b>	<b>17</b> Chicken Cordon Bleu Potato Wedges Mixed Veggies	<b>18</b> Lemon Pepper Chicken Mashed Potatoes Carrots	<b>19</b> Salisbury Steak Mashed Potatoes Green Beans	<b>20</b> Spaghetti & Meatballs Roll Cobbler
<b>23</b> Salisbury Steak Rice Pilaf Green Beans	<b>24</b> Swedish Meatballs Pasta Corn Roll	<b>25</b> Stuffed Peppers Mixed Veggies Warm Apples	<b>26</b> Asian Chicken Salad Dinner Roll Dressing	<b>27</b> Cheese Omelet Pork Sausage Hash Brown

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.



## *Where the River Runs Red, White & Blue*

A six-month, cross-border celebration of America's 250th Birthday in Laughlin, Nevada and Bullhead City, Arizona.

**From January to July 2026, residents and visitors can expect monthly events in both Laughlin and Bullhead City each reflecting the shared commitment to history, education, community pride, and celebration.**

*For ongoing updates, event announcements, and ways to participate, visit [www.TheRiver250.com](http://www.TheRiver250.com) and follow [facebook.com/theriver250](https://facebook.com/theriver250) on Facebook.*

# ARTS & CRAFTS

## Art Therapy CLASS

Tuesday in the Craft Room from 12:30 p.m. to 2:30 p.m.

- 2/3 Floral Ceramic Coaster Set
- 2/17 Color Pencil to Watercolor Workshop
- 2/24 Beads & Design Lanyards



## Friday Fun crafts

Friday in the Craft Room from 10:00 a.m. to 11:30 a.m.

- 2/6 Valentine Cutie Craft
- 2/13 Cupid's Paddle
- 2/20 Dot Art Treasure Box
- 2/27 Shabby Chic Book Marker

Limited to the  
first 15  
participants



sponsored by:

**MOHAVE  
COLLEGE**  
COMMUNITY EDUCATION

# LIVE MUSIC & MORE



Now appearing:  
**KARAOKE  
WITH  
SUPERMAN ED**

**WEDNESDAY, FEB 25  
1:30PM - 2:30 PM  
IN THE GAME ROOM**

SENIOR ENRICHMENT CENTER  
2275 TRANE ROAD

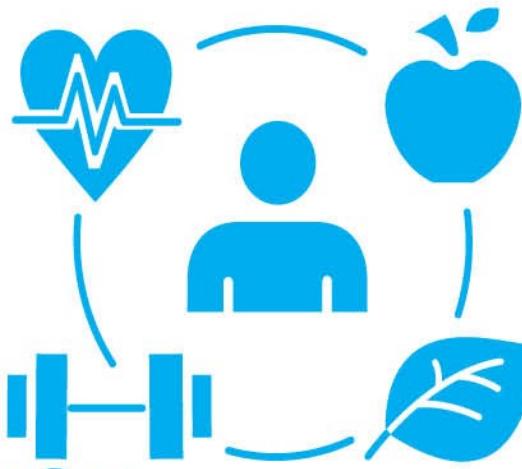
**SPONSORED BY**



**US SOUTHWEST  
REAL ESTATE**

**Lois Briesemeister**  
Branch Manager / Associate Broker  
US Southwest, LLC

*Buying or Selling, Give me a Call*  
Phone: 928-201-0267 Email: [lois@ussw.net](mailto: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!**

## VALENTINE'S WORD SEARCH



## WORDS

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

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

## WORD SCRABBLE

Rearrange the letters to spell something pertaining to Valentine's Day.

ISSKSE

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

Answer: Kisses

## WORD SCRABBLE

Rearrange the letters to spell something pertaining to heart health.

IWHTEG

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

Answer: Weight

## WORD SCRABBLE

Rearrange the letters to spell something pertaining to the library.

SBKOO

--	--	--	--	--

Answer: Books



# VALENTINE'S FRIENDSHIP GATHERING

**FRIDAY,  
FEBRUARY 13**

**12:00 PM TO 1:30 PM**

**SENIOR ENRICHMENT CENTER**

Participants will come together to celebrate friendship while enjoying mocktails and appetizers, generously sponsored by TWN Communications, in a warm and festive atmosphere.

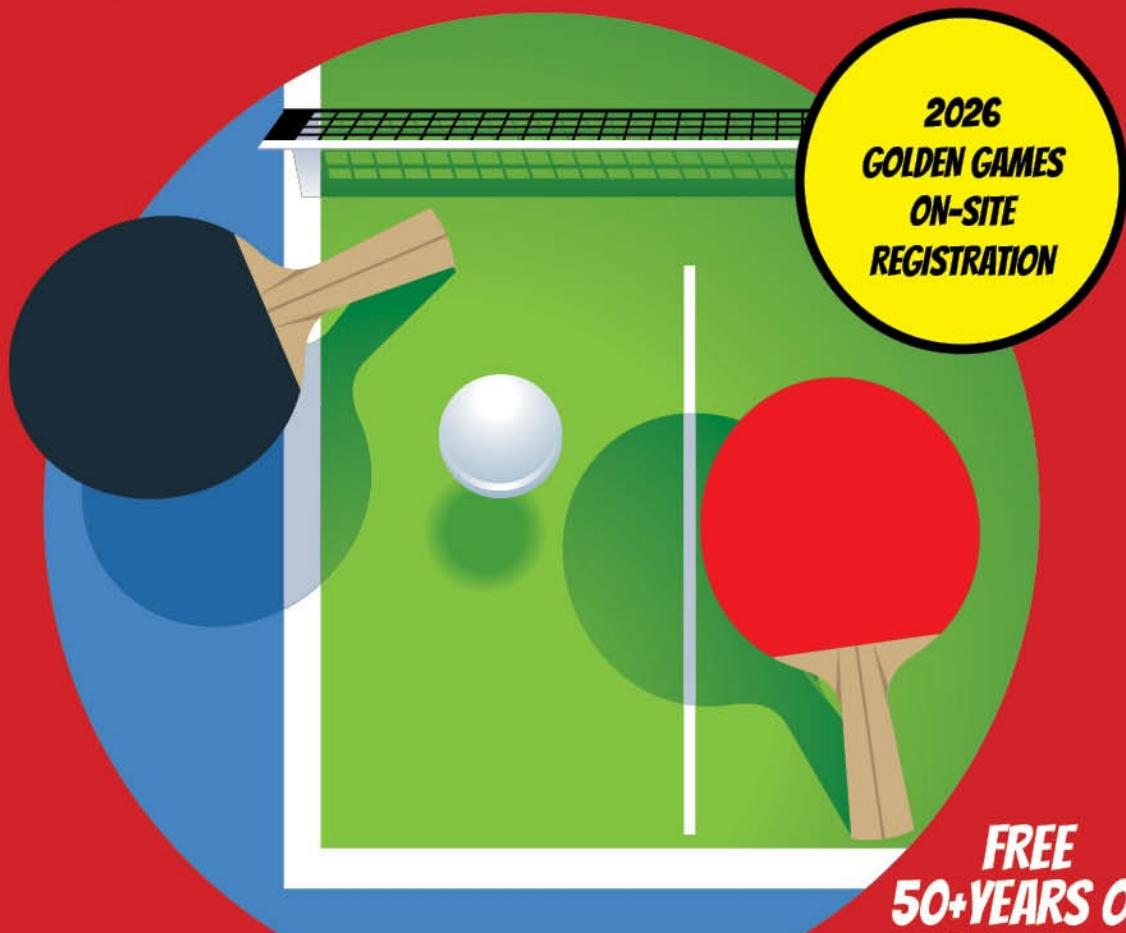
Guests will enjoy the live music by the Sacred Mirrors Band, featuring favorite hits from the 1950s, 60s, 70s, and 80s, bringing back wonderful memories and creating the perfect soundtrack for the afternoon. It was a delightful way to connect with friends, enjoy great music, and share the spirit of Valentine's Day together at the Center.

**SPONSORED BY**

**TWN**  
*Communications*

BULLHEAD CITY RECREATION DIVISION

# Table Tennis



**FREE  
50+YEARS OF  
AGE & BETTER**



**2026 BULLHEAD CITY LAUGHLIN GOLDEN GAMES  
TRAINING EVENT**

**TUESDAY  
02.10.26  
10AM-NOON**

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

JANIE FIGUEROA, RECREATION SUPERVISOR  
(928) 763-0188 OR [JFIGUEROA@BULLHEADCITYAZ.GOV](mailto:JFIGUEROA@BULLHEADCITYAZ.GOV)



## Fast Solutions for Unwanted Guests

We tackle bugs, scorpions, and more—effortlessly for you.



Serving Bullhead City, Mohave Valley, Fort Mohave, Topock, Laughlin (NV), and Needles (CA)

AZ/NV (928) 758-5499

CA (760) 437-1020

Whether you're buying or selling, Rachael has you covered!



**Rachael Bega**

REALTOR

**(928)444-2689**

rachaelbega@yahoo.com



2580 HIGHWAY 95, SUITE 211 • BULLHEAD CITY, AZ 86442

## ARE YOU UNHAPPY WITH YOUR CURRENT MEDICARE PLAN? *IS YOUR CURRENT PLAN NOT WORKING FOR YOUR NEEDS?*

**LET'S TALK ABOUT AVAILABLE OPTIONS!**

**Do you have questions  
about Medicare or need help  
navigating the process?**

- Turning 65?
- New to Medicare?
- Have Medicare & Medicaid?
- Losing Coverage?

**If you answered "Yes" to any of the questions above, I can help you with a NO COST Medicare consultation/review to further discuss your needs and help you find a plan that's a good fit for you.**

**702-219-4217**

Calling the number above will direct you to a licensed sales agent. Not affiliated with or endorsed by Government or Federal Medicare Program. SBI Benefits is an independent insurance Agency.



Licensed Insurance Agent

jfrazier7031@gmail.com

702-219-4217

3680 S Maryland Pkwy  
Suite #402 Las Vegas  
NV 89169

SBI BENEFITS



SENIOR ENRICHMENT  
CENTER  
2275 TRANE ROAD  
BULLHEAD CITY

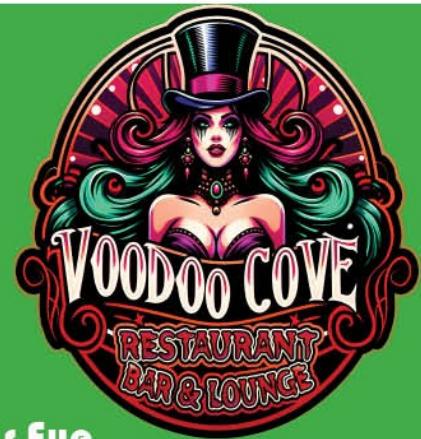
Join us for  
FREE Weekly  
Bingo game  
Every Monday  
10 a.m. - 11:30 a.m.

SPONSORED BY



# GAME sponsor

- Pinochle
- Sweep Card
- Poker
- Hand and Foot
- Mexican Train
- Mahjong Tiles
- Hit the Bull's 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.*

Aging and change go hand in hand. Physical changes associated with aging, such as graying hair or reduced muscle mass, may garner the most attention. But personal relationships also can change as people age.

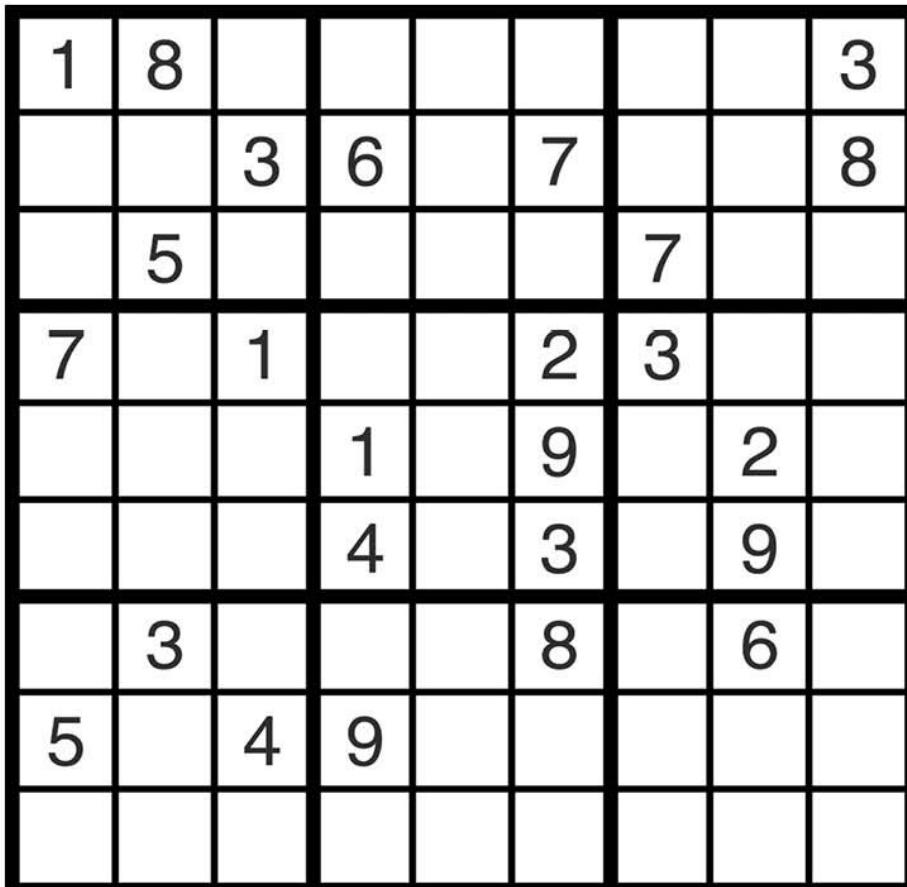
As a person ages, interests could change and home base may not be what it once was. People move after retirement, and friends you might once have seen with frequency may no longer be as close by. Children are older, and the friends you made from these early parenthood relationships may change as well.

It is important to have a solid group of friends. Psychology Today reports that a strong social network reduces the risk of early death by around 45 percent. Recent data even indicates that loneliness is as great a health risk as smoking half a pack of cigarettes per day. Starting fresh and making friends at 50 or older might seem challenging. Although making new friends after 50 may take more effort than it did when you were younger, it is certainly not impossible. Here are some tips for making friends after 50.

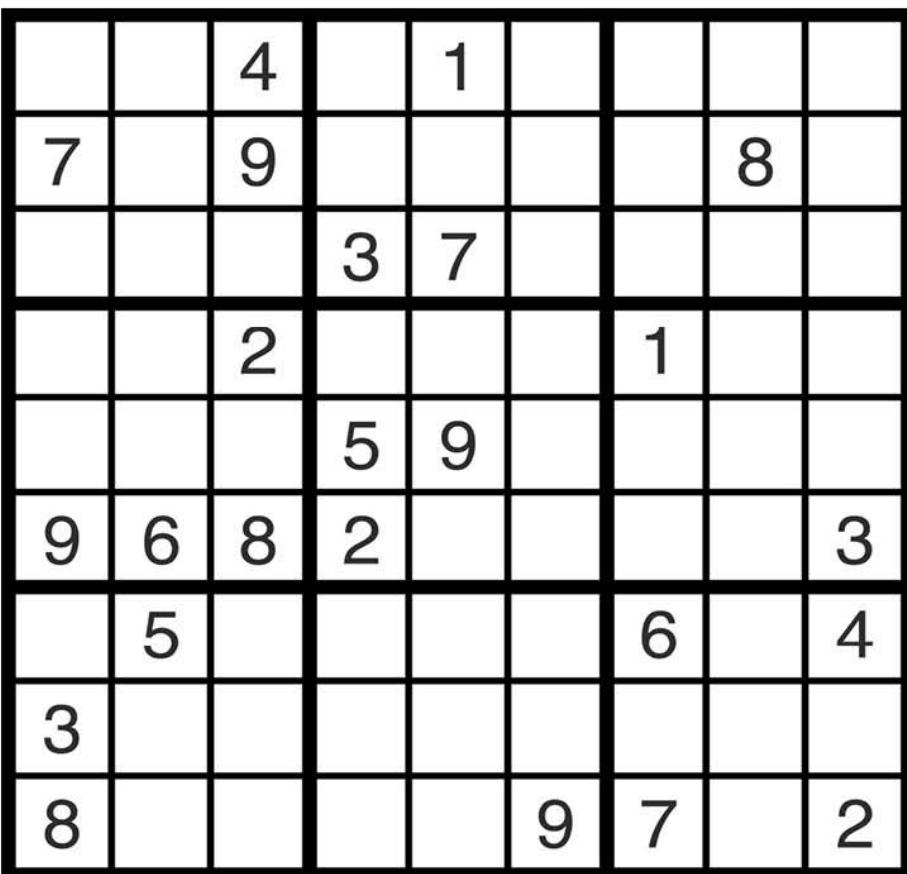
- Join a networking group. Networking isn't just for advancing your career. Networking groups that focus on friendships can help individuals meet one another. Perhaps there is a neighborhood group in which people from a particular housing development or several streets in town get together? Shared interests can include the place where you live.
- Organize a get-together. Sometimes making friends involves effort on your part. You might need to step out of your comfort zone and initiate first contact with others. Maybe there is a person at a store you run into frequently, or someone whose path you cross regularly that can be asked out to a get-together?
- Get involved with activities. A church group or a volunteer activity can be a great place to meet new people. In fact, volunteers often get involved for the express purpose of getting to know others and to be integral members of the community.
- Consider other generations. Friends need not be the same age and from the same generation. Keep an open mind that friends can come in all ages and from all walks of life.

Making friends after 50 requires some effort, but a sizable social network can benefit individual well-being into one's golden years.

# MAKING FRIENDS IN YOUR GOLDEN YEARS



Level: Advanced



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.

# FEBRUARY

## 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.  
1:00 p.m. to 3:00 p.m.  
1:30 p.m. to 2:30 p.m.  
2:30 p.m. to 3:30 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  
Tech Support/Miriam Brown/Library  
Beginner Line Dancing/Nutrition Center  
Line Dancing Group/Nutrition Center

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 am 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.  
 10:00 a.m. to 11:00 a.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.  
 1:30 p.m. to 2:30 p.m.  
 7:00 p.m. to 8:00 p.m.

**Veterans Benefit Councilor/Nutrition Center**  
**Brain Savers Exercise/Exercise Room**  
 Provided by: Meals on Wheels Board  
**Wii Bowling/Great Room**  
**Hit the Bullseye/Electronic Darts/Game Room**  
 Sponsored by: VooDoo Cove  
**Bereavement Support Group/Craft Room**  
**Line Dancing/Beginner/ Exercise Room**  
 Sponsored by: Arizona Advanced Wound Care  
**Cue Masters Club & Lessons/Game Room**  
 Sponsored by: VooDoo Cove  
**Gamblers Anonymous Meeting/Nutrition Center**

**EVERY****THURSDAY**

9:00 a.m. to 9:45 a.m.  
 9:30 a.m. to Noon  
 10:00 a.m. to 10:30 a.m.  
 Noon to 3:00 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 4:30 p.m.  
 5:30 p.m. to 9:30 p.m.

**Chair Yoga Better Health /Exercise Room**  
 Sponsored by: Arizona Advanced Wound Care  
**Morning Poker/Game Room**  
 Sponsored by: VooDoo Cove  
**BAND-O-CIZE/Exercise Room**  
 Sponsored by: Arizona Advanced Wound Care  
**Knit & Crochet Group/Craft Room**  
**Mahjong Tile Game/Game Room**  
 Sponsored by: VooDoo Cove  
**Tech Support/Pam Beaushay/Library**  
**Double Deck Pinochle/Nutrition Center**  
 Sponsored by: VooDoo Cove  
**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.  
 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.  
 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.  
 2:00 p.m. to 2:30 p.m.

**Wider Circle Event/Free Breakfast & Lunch**  
 Located in the Nutrition Center & Activity Center  
**Tech Assistance/Margaret Nelson/Library**  
**Brain Savers Exercise/Exercise Room**  
 Provided by: Meals on Wheels Board  
**Shuffleboard Friday/Game Room**  
 Sponsored by: VooDoo Cove  
**Friday Fun Crafts/Craft Room/Limit 15**  
 Sponsored by Mohave College - Community Education  
 Craft Projects: 2/6 Valentine's Cutie Craft, 2/13 Cupid's Paddle,  
 2/20 Dot Art Treasure Box, 2/27 Shabby Chic Book Marker  
**Mexican Train/Game Room**  
 Sponsored by: VooDoo Cove  
**Pinochle/Nutrition Center**  
 Sponsored by: VooDoo Cove  
**Poker/Game Room**  
 Sponsored by: VooDoo Cove  
**Zumba Live/Beth Humphrey/ Exercise Room**  
 Sponsored by: Arizona Advanced Wound Care

## SPECIAL EVENTS & ACTIVITIES

### **Monday, February 2**

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

Diamond Painting Creations/Crafts Room

### **Tuesday, February 3**

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

Art Therapy Class/Craft Room/Floral Ceramic Coaster Set  
Sponsored by Mohave College Community Education

### **Wednesday, February 4**

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

Genealogy Club/Library

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

Bunco Game/Great Room

### **Thursday, February 5**

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

Stayin' Alive Dancing to the Oldies/Exercise Room

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

Sponsored by Arizona Advanced Wound Care

Ice Cream Social

Sponsored by Bullhead City Culvers

### **Friday, February 6**

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

White Elephant Bingo/Great Room

Currently Seeking a Sponsor!

### **Tuesday, February 10**

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

Sound Bowl Breathing Healing Body Soul/Exercise Room

### **Wednesday, February 11**

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

Grab Bag Bingo/Great Room

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

Sponsored by Serenity Home Health and Hospice

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

Happy Hour/Great Room

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

Sponsored by WellCare

Sweep Card Game/Great Room

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

Sponsored by Voo Doo Cove

Give, Make & Take/Nutrition Center/Valentine Sugar Cookies  
Sponsored by Canyon Home Care & Hospice

### **Thursday, February 12**

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

NAU AmeriCorps Introduction Orientation/Conference Room

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

NAU AmeriCorps Training/Conference Room

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

Mini Health Clinic/Nutrition Center

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

Sponsored by Beacon of Hope Hospice

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

Brain Games/Televeda/Great Room

Left, Right, Center Dice Game/ Game Room

### **Friday, February 13**

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

Sponsored by Voo Doo Cove

### **Monday, February 16**

### **Tuesday, February 17**

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

**CLOSED FOR PRESIDENT'S DAY**

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

Art Therapy Class/Craft Room/Color Pencil to Watercolor Workshop

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

Sponsored by Mohave College Community Education

Birthday Month Celebration/Great Room

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

Sponsored by Joshua Spring Senior Living

## SPECIAL EVENTS & ACTIVITIES

### **Wednesday, February 18**

11:00 a.m. to 12:00 p.m. Legal Services/Zoom/ Conference Room  
12:30 p.m. to 2:00 p.m. Genealogy Club/Library  
12:30 p.m. to 3:30 p.m. Bunco Game/Great Room

### **Thursday, February 19**

10:00 a.m. to 11:00 a.m. Rock Painting/CRWC/Craft Room Room  
10:00 a.m. to 12:30 p.m. NAU in-Service Training/Conference  
11:00 a.m. to 11:30 a.m. Stayin' Alive Dancing to the Oldies/Exercise Room  
12:30 p.m. to 1:30 p.m. Sponsored by Arizona Advanced Wound Care  
Monthly Bingo  
Sponsored by TNG Insurance

### **Monday, February 23**

12:00 p.m. to 1:00 p.m. Root Beer Floats/Great Room  
Sponsored by Mohave Medicare

### **Tuesday, February 24**

12:30 p.m. to 1:30 p.m. Monthly Mixer/Mocktails /Great Room  
Sponsored by The Legacy Rehab & Care Center  
12:30 p.m. to 2:30 p.m. Art Therapy/Beads & Design Lanyard/Craft Room  
Sponsored by Mohave College Community Education

### **Wednesday, February 25**

10:00 a.m. to 11:00 a.m. NAU Volunteer Meeting/Conference Room  
12:00 p.m. to 1:00 p.m. Monthly Trivia Event/Game Room  
Sponsored by Dot Foods  
12:30 p.m. to 3:30 p.m. Sweep Card Game/Great Room  
Sponsored by Voo Doo Cove  
1:30 p.m. to 2:30 p.m. Karaoke/Game Room  
Sponsored by Lois Briesemeister US Southwest Realty

### **Thursday, February 26**

10:00 a.m. to 12:30 p.m. NAU in-Service Introduction/Orientation/Conference  
11:00 a.m. to Noon NAU in-Service Training/Conference  
12:00 p.m. to 1:00 p.m. Beyond Walls Bingo/Televeda/Great Room  
12:00 p.m. to 1:00 p.m. Ice Cream Social/Great Room  
Sponsored by Bullhead City Culver's



**Happy  
Ground Hog  
Day  
February 2nd**

# GRAB BAG BINGO

WED. FEB 11TH  
10 A.M. - 11 A.M.  
SENIOR ENRICHMENT CENTER  
2275 TRANE RD BULLHEAD CITY

SPONSORED BY



**38**

**25**

**17**

**7**

**24**

**29**

**35**

**5**

**19**

**31**

**1**

**13**

**57**

**68**

**54**

**3**

**10**

**12**

**14**

**16**

**18**

**20**

**22**

**26**

**28**

**30**

**32**

**34**

**36**

**38**

**40**

**42**

**44**

**46**

**48**

**50**

**52**

**54**

**56**

**58**

**60**

**62**

**64**

**66**

**68**

**70**

**72**

**74**

**76**

**78**

**80**

**82**

**84**

**86**

**88**

**90**

**92**

**94**

**96**

**98**

**99**

**100**

**101**

**102**

**103**

**104**

**105**

**106**

**107**

**108**

**109**

**110**

**111**

**112**

**113**

**114**

**115**

**116**

**117**

**118**

**119**

**120**

**121**

**122**

**123**

**124**

**125**

**126**

**127**

**128**

**129**

**130**

**131**

**132**

**133**

**134**

**135**

**136**

**137**

**138**

**139**

**140**

**141**

**142**

**143**

**144**

**145**

**146**

**147**

**148**

**149**

**150**

**151**

**152**

**153**

**154**

**155**

**156**

**157**

**158**

**159**

**160**

**161**

**162**

**163**

**164**

**165**

**166**

**167**

**168**

**169**

**170**

**171**

**172**

**173**

**174**

**175**

**176**

**177**

**178**

**179**

**180**

**181**

**182**

**183**

**184**

**185**

**186**

**187**

**188**

**189**

**190**

**191**

**192**

**193**

**194**

**195**

**196**

**197**

**198**

**199**

**200**

**201**

**202**

**203**

**204**

**205**

**206**

**207**

**208**

**209**

**210**

**211**

**212**

**213**

**214**

**215**

**216**

**217**

**218**

**219**

**220**

**221**

**222**

**223**

**224**

**225**

**226**

**227**

**228**

**229**

**230**

**231**

**232**

**233**

**234**

**235**

**236**

**237**

**238**

**239**

**240**

**241**

**242**

**243**

**244**

**245**

**246**

**247**

**248**

**249**

**250**

**251**

**252**

**253**

**254**

**255**

**256**

**257**

**258**

**259**

**260**

**261**

**262**

**263**

**264**

**265**

**266**

**267**

**268**

**269**

**270**

**271**

**272**

**273**

**274**

**275**

**276**

**277**

**278**

**279**

**280**

**281**

**282**

**283**

**284**

**285**

**286**

**287**

**288**

**289**

**290**

**291**

**292**

**293**

**294**

**295**

**296**

**297**

**298**

**299**

**300**

**301**

**302**

**303**

**304**

**305**

**306**

**307**

**308**

**309**

**310**

**311**

**312**

**313**

**314**

**315**

**316**

**317**

**318**

**319**

**320**

**321**

**322**

**323**

**324**

**325**

**326**

**327**

**328**

**329**

**330**

**331**

**332**

**333**

**334**

**335**

**336**

**337**

**338**

**339**

**340**

**341**

**342**

**343**

**344**

**345**

**346**

**347**

**348**

**349**

**350**

**351**

**352**

**353**

**354**

**355**

**356**

**357**

**358**

**359**

**360**

**361**

**362**

**363**

**364**

**365**

**366**

**367**

**368**

**369**

**370**

**371**

**372**

**373**

**374**

**375**

**376**

**377**

**378**

**379**

**380**

**381**

**382**

**383**

**384**

**385**

**386**

**387**

**388**

**389**

**390**

**391**

**392**

**393**

**394**

**395**

**396**

**397**

**398**

**399**

**400**

**401**

**402**

**403**

**404**

**405**

**406**

**407**

**408**

**409**

**410**

**411**

**412**

**413**

**414**

**415**

**416**

**417**

**418**

**419**

**420**

**421**

**422**

**423**

**424**

**425**

**426**

**427**

**428**

**429**

**430**

**431**

**432**

**433**

**434**

**435**

**436**

**437**

**438**

**439**

**440**

**441**

**442**

**443**

**444**

**445**

**446**

**447**

**448**

**449**

**450**

**451**

**452**

**453**

**454**

**455**

**456**

**457**

**458**

**459**

**460**

**461**

**462**

**463**

**464**

**465**

**466**

**467**

**468**

**469**

**470**

**471**

**472**

**473**

**474**

**475**

**476**

**477**

**478**

**479**

**480**

**481**

**482**

**483**

**484**

**485**

**486**

**487**

**488**

**489**

**490**

**491**

**492**

**493**

**494**

**495**

**496**

**497**

**498**

**499**

**500**

**501**

**502**

**503**

**504**

**505**

**506**

**507**

**508**

**509**

**510**

**511**

**512**

**513**

**514**

**515**

**516**

**517**

**518**

**519**

**520**

**521**

**522**

**523**

**524**

**525**

**526**

**527**

**528**

**529**

**530**

**531**

**532**

**533**

**534**

**535**

**536**

**537**

**538**

**539**

**540**

**541**

**542**

**543**

**544**

**545**

**546**

**547**

**548**

**549**

**550**

**551**

**552**

**553**

**554**

**555**

**556**

**557**

**558**

**559**

**560**

**561**

**562**

**563**

**564**

**565**

**566**

**567**

**568**

**569**

**570**

**571**

**572**

**573**

**574**

**575**

**576**

**577**

**578**

**579**

**580**

**581**

**582**

**583**

**584**

**585**

**586**

**587**

**588**

**589**

**590**

**591**

**592**

**593**

**594**

**595**

**596**

**597**

**598**

**599**

**600**

**601**

**602**

**603**

**604**

**605**

**606**

**607**

**608**

**609**

**610**

**611**

**612**

**613**

**614**

**615**

**616**

**617**

**618**

**619**

**620**

**621**

**622**

**623**

**624**

**625**

**626**

**627**

**628**

**629**

**630**

**631**

**632**

**633**

**634**

**635**

**636**

**637**

**638**

**639**

**640**

**641**

**642**

**643**

**644**

**645**

**646**

**647**

**648**

**649**

**650**

**651**

**652**

**653**

**654**

**655**

**656**

**657**

**658**

**659**

**660**

**661**

**662**

**663**

**664**

**665**

**666**

**667**

**668**

**669**

**670**

**671**

**672**

**673**

**674**

**675**

**676**

**677**

**678**

**679**

**680**

**681**

**682**

**683**

**684**

**685**

**686**

**687**

**688**

**689**

**690**

**691**

**692**

**693**

**694**

**695**

**696**

**697**

**698**

**699**

**700**

**701**

**702**

**703**

**704**

**705**

**706**

**707**

**708**

**709**

**710**

**711**

**712**

**713**

**714**

**715**

**716**

**717**

**718**

**719**

**720**

**721**

**722**

**723**

**724**

**725**

**726**

**727**

**728**

**729**

**730**

**731**

**732**

**733**

**734**

**735**

**736**

**737**

**738**

**739**

**740**

**741**

**742**

**743**

**744**

**745**

**746**

**747**

**748**

**749**

**750**

**751**

**752**

**753**

**754**

**755**

**756**

**757**

**758**

**759**

**760**

**761**

**762**

**763**

**764**

**765**

**766**

**767**

**768**

**769**

**770**

**771**

**772**

**773**

**774**

**775**

**776**

**777**

**778**

**779**

**780**

**781**

**782**

**783**

**784**

**785**

**786**

**787**

**788**

**789**

**790**

**791**

**792**

**793**

**794**

**795**

**796**

**797**

**798**

**799**

**800**

**801**

**802**

**803**

**804**

**805**

**806**

**807**

**808**

**809**

**810**

**811**

**812**

**813**

**814**

**815**

**816**

**817**

**818**

**819**

**820**

**821**

**822**

**823**

**824**

**825**

**826**

**827**

**828**

**829**

**830**

**831**

**832**

**833**

**834**

**835**

**836**

**837**

**838**

**839**

**840**

**841**

**842**

**843**

**844**

**845**

**846**

**847**

**848**

**849**

**850**

**851**

**852**

**853**

**854**

**855**

**856**

**857**

**858**

**859**

**860**

**861**

**862**

**863**

**864**

**865**

**866**

**867**

**868**

**869**

**870**

**871**

**872**

**873**

**874**

**875**

**876**

**877**

**878**

**879**

**880**

**881**

**882**

**883**

**884**

**885**

**886**

**887**

**888**

**889**

**890**

**891**

**892**

**893**

**894**

**895**

**896**

**897**

**898**

**899**

**900**

**901**

**902**

**903**

**904**

**905**

**906**

**907**

**908**

**909**

**910**

**911**

**912**

**913**

**914**

**915**

**916**

**917**

**918**

**919**

**920**

**921**

**922**

**923**

**924**

**925**

**926**

**927**

**928**

**929**

**930**

**931**

**932**

**933**

**934**

**935**

**936**

**937**

**938**

**939**

**940**

**941**

**942**

**943**

**944**

**945**

**946**

**947**

**948**

**949**

**950**

**951**

**952**

**953**

**954**

**955**

**956**

**957**

**958**

**959**

**960**

**961**

**962**

**963**

**964**

**965**

**966**

**967**

**968**

**969**

**970**

**971**

**972**

**973**

**974**

**975**</p

# HAPPY HOUR



**Wed. Feb 11**  
**12:30 pm to 1:30 pm**  
**Mock-tails,**  
**with Fun & Games**  
**in the Great Room**

Senior Enrichment Center  
Happy Hour is sponsored by



Rosalina Chen  
Licensed insurance Agent  
928-486-1490  
AZ Ins License: 19003122

SPONSORED BY  
LEGACY REHAB&CARE CENTER

# MONTHLY MIXER

JOIN US AT  
SENIOR ENRICHMENT CENTER

## LET'S MIX & MINGLE!

Join us for a fun, Paris-inspired social hour! Neighbors can enjoy French-themed appetizers and refreshing mock-tails, including mini quiches, a cheese platter, fresh fruit, and sparkling cider punch. And games, get the ring on the Eiffel tower Mix, mingle, and make new friends. Ooh la la!

**Tuesday, February 24**  
**12:30 pm -1:30 pm**  
**PARDON MY**  
**FRENCH**

SPONSORED BY

THE  
**LEGACY**  
REHAB & CARE CENTER

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

**BULLHEAD CITY  
SENIOR  
ENRICHMENT  
MONTHLY  
NEWSLETTER  
ADVERTISING**

**A GREAT WAY TO PROMOTE  
YOUR BUSINESS OR SERVICE  
AND SUPPORT LOCAL SENIORS!**

**CALL SHAUNA TO LEARN MORE.**

**SHAUNA CATES  
SPONSORSHIP COORDINATOR  
(928) 763-9400 EXT. 8358  
SCATES@BULLHEADCITYAZ.GOV**

# WE WANT YOUR CAR

Paid for or not - we will come to you!



**Have an extra car?**

Sell it to us today or trade in to upgrade



**WWW.SWANTYS.COM**

**928.704.2222**



**GIVE, MAKE & TAKE**

**VALENTINE'S  
SUGAR COOKIES**

**Wed. Feb 11 1pm-3pm**

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



**SPONSORED BY:**



Brought to you by:



# FREE MINI HEALTH CLINIC

**CLINIC DATE**  
**FEB 12TH**  
**11AM to 1PM** (AZ Time)  
LOCATED INSIDE SENIOR ENRICHMENT CENTER AT  
2275 TRANE RD, BULLHEAD CITY

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

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

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

# HAPPY BIRTHDAY

Join us for the  
Birthday Month Celebration



**February 1**

Oland, Carolyn  
Anderson, Ricky  
Avina, Diane  
Boaz, Alan  
McCaul, Ron  
Kleman, Richard  
Lowell, Lori  
Ashburn, Will

**February 2**

Nordquist, Robert  
Cole, Gary  
O'Neil, Timothy  
Lewis, Leslie  
Goozey, Roddy  
Venus, David  
Atkins, Teresa  
Gutowski, Peter  
Rule, Rhonda

**February 3**

Nelson, Carol  
Carsey, Karen  
Davis, Penny  
Russell, Judy  
Green, Jeff

**February 4**

Saliendra, Jose  
Reible, Janet  
**February 5**  
Flowers, Norman  
DeTomaso, Sharleen  
Jarvis, Georgi  
Testerman, Janet  
Davenport, Tim  
Gene, Jeffrey  
Edwards, Teresa

**February 6**

Giles, Dona  
Renk, Dale  
Allen, Susie  
Miller, Connette  
Thompson, Carl

**February 7**

Patterson, Linda  
Wortman, John  
Mattson, Michael  
Champion, Mark  
**February 8**  
Marsh, Roberta  
Fread, Roger  
Morales Mowreader, Carol

**February 8**

Herrera, Douglas  
Stanley, Trudy  
**February 9**  
Ousley, Barbara  
Geer, Judy  
Hampton, Rosetta  
Moya - Krok, Olivia  
Mlyniec, Mari  
Torres, Diana

**February 10**

Frantom, Marilyn  
Mort, Valentina M  
Kramer, Jean  
Roberts, Patsy  
Tidwell, Linda  
Burnice, Russ  
McCance, Gaylon

**February 11**

Astill, Carmen  
Aguayo, Lourdes  
**February 12**  
Plechsmid, William  
Loucks, Linda  
Rodriguez Jr., Lorenzo  
Peters, Phillip  
Poulos, Robert  
Cameron, Jody

**February 13**

Allen, Myrna  
Bockrath, Joseph  
Lynn, Robert  
Ruff, Gregory  
Alvarez, Doreen  
Wolosuk, Mick  
Guettler, Richard  
Brown, Leland  
Weeber, Nena

**February 14**

Coffelt, Mary  
Truett, Carol  
Crowson, Peggy  
Beasley, Jeryl  
Brennan, Kathleen  
Zimmerman, Jeff  
Kempf, Sonya  
Spice, Ann  
Lambert, Veronica

**February 15**

Mann, Clifford  
Szopa, Frank  
Brown, Karen  
Hedblom, Gail  
Nitschke, Jovie  
Peters, Denise  
Rivera, Virginia  
Dorn, Dianna

**February 16**

Gardner, Laurance  
Alvarez, Jill  
Kaub, Kathryn  
Rood, Clyde  
Light, Cat

**February 17**

Stanton, Dixie  
Ernst, Russell  
Pearson, Harley  
Imel, Linda  
Couch, Alberta  
Rutherford, Roxanne  
Tatro, Darla  
Bullock, David  
Dickendasher, Lorene  
Reid, Scott  
Krmotion, Michelle

**February 18**

Glisson, Jean  
Alexander, David  
Souza, Rosalee  
Garton, Ronald  
Bradarich, Karen  
Schenck, Donald  
Withers, Ronnie



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



**February 19**

Holguin, Mia  
Stout, Kathleen  
Bourg, Mitchell  
Bryant, Debbie  
Garrison, Joyce

**February 20**

Trulli, Barbara  
Patterson, Patrick  
Peterson, Gail  
Kee, Rhonda  
Shackelford, Marti  
Schmitz, Mary

**February 21**

Nail, Mary Lou  
Budzynski, Maria  
Tolleson, Constance  
Braun, Pinky  
Oering, Billy  
DeRuyter, Jacob  
Kanner, Debra  
Van, Gary  
Acosta, Albert

**February 22**

Shepherd, Sandra  
Starcevic, John  
Reel, Jackie  
Foreman, Dian  
Reeter, Brett  
Burke, Wendy  
Mejia, Juan

**February 23**

Meyers, Carol  
Chavez, Martha

**February 24**

Nickerson, Terry  
Wrotten, Robert  
Doty-Idsinga, Leanne  
Esakoff, Alma  
Anderson, Robert  
Penton, Marjory  
Kendall, Donald  
Nicol, Cheryl  
Taylor, Kristine

**February 25**

Howard, Richard  
Granger, Donna  
Spataro, Joanne  
Beck, Lynn  
Ball, Kathy  
Johnson, Edward

**February 26**

Rule, Thomas  
Leo, Robert  
Bejonja, Maxine  
Vialpando, Esther  
Scaturro, Bernadette  
Daniel, Terri  
Hayes, Dawn

**February 27**

Cardoza, Cynthia  
Barron, Juanita  
King, Leanna  
Judd, Mark  
Close, Janet

**February 28**

Brader, Geraldine  
Vandal, Gary  
Heath, Janis  
Spawn, Chloe  
Mallory, Nancy  
Twining, Nancy  
Durham, Stephen  
Lane, Donald

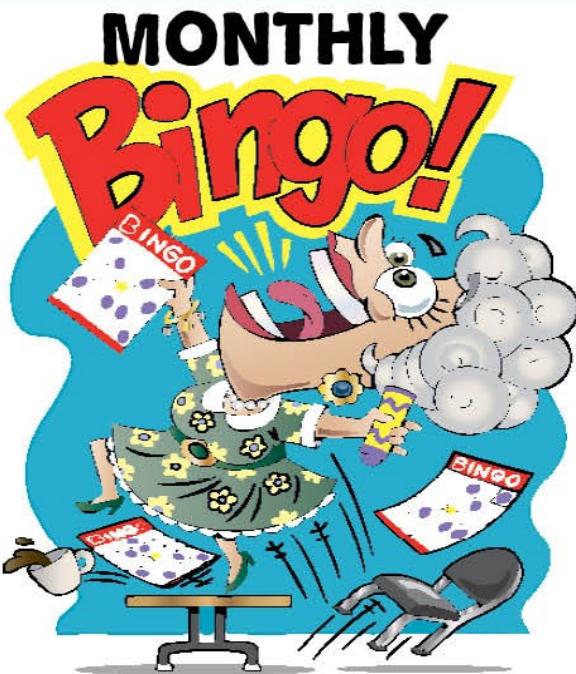
**February 29**

Deloach, Dora  
DuBray, Suzette  
Lister, Billy Ann  
Hernandez, Santiago



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

**Tue, February 17 starting at 12:30  
Sponsored by Joshua Springs Senior Living**



**Feb 19th**

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

INSIDE  
BULLHEAD CITY'S  
SENIOR  
ENRICHMENT CENTER  
2275 TRANE RD

**SPONSORED BY**

**KARO TNGRIAN**



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

**702-624-3161**  
**TNGMEDICARE.COM**



**THURSDAY  
FEB 5 & FEB 26  
NOON-1PM**



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

**SPONSORED BY**



Could your  
classroom use  
an extra \$200?



## CLASSROOM GRANTS

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

Applications Open  
Now - March 15

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER



# TRIVIA

Sponsored by



Join us on  
Wednesday,  
February 25  
at Noon.

Have Fun & WIN PRIZES!

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



# BETTER INTERNET. BETTER LIFE.

Fiber Internet

Plans Starting at \$49.95\*

Speeds up to 2\* Gbps

No Term Commitments

Unlimited Data

*Discounts  
available for  
55+ and  
Mohave Electric  
Co-op Members<sup>†</sup>*



**SIGN UP TODAY!**

888.227.2095 | [twncomm.com/mohave](http://twncomm.com/mohave)

\*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](http://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. <sup>†</sup>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 SeniorCenter 8.5x11 Q1 2026.pdf

# SILVER CREEK

Leisure Living - Assisted Living

*A great place to call home...*



**Studio &  
1 Bedroom  
Units**



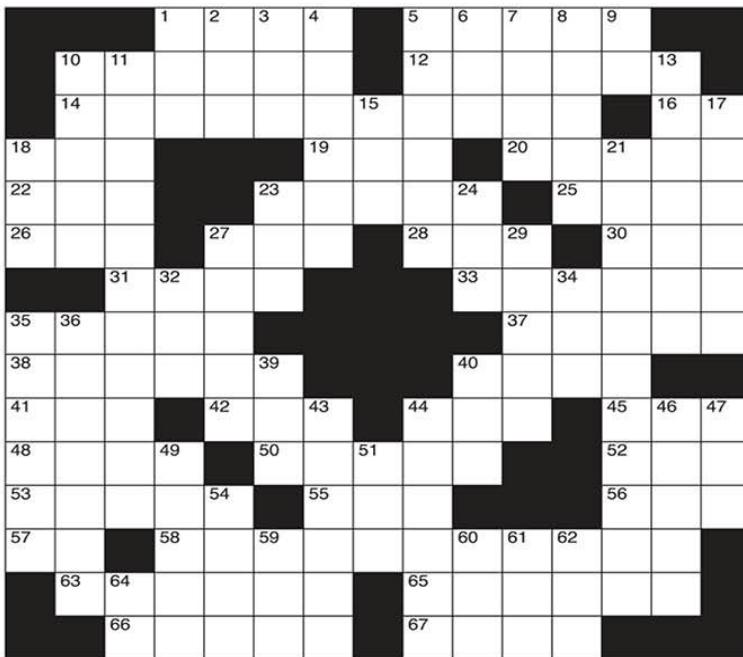
**Restaurant  
Style Dining**

- Nurse and Medical Supervision
- State-Certified Caregivers Available 24/7
- Restaurant-Style Dining  
Three Daily Meals & Snacks
- Transportation  
Local Doctors & Shopping
- Studio & 1-Bedroom Units
- Beautifully Decorated Common Areas
- Landscaped Outdoor Areas Walking Paths
- Housekeeping & Linen Services
- Emergency Call System
- ALTCS Accepted

1670 Highway 95  
Bullhead City, AZ 86442

**928-704-7000**  
[silvercreekll@frontiernet.net](mailto:silvercreekll@frontiernet.net)  
[www.silvercreekassistedliving.com](http://www.silvercreekassistedliving.com)

# 1 CROSSLWORD



## CLUES ACROSS

- 1. Native American group of N. California
- 5. Geological times (Brit. sp.)
- 10. Tool to remove
- 12. Rods
- 14. One who renews
- 16. They precede C
- 18. Chatter incessantly
- 19. \_\_ King Cole, musician
- 20. Insect parts
- 22. One from Utah
- 23. The world of the dead
- 25. Singer Redding
- 26. NBA legend Nelson
- 27. Indicates wrongly
- 28. Unhappy
- 30. Anger
- 31. Dark brown
- 33. Some are in kitchens
- 35. Made a mistake
- 37. Damp
- 38. Type of fuel
- 40. Actor Damon
- 41. What thespians do
- 42. One's mother
- 44. Disallow
- 45. Swiss river
- 48. A banana has one
- 50. Philippines lake and volcano are two
- 52. Relative biological effectiveness (abbr.)
- 53. Agave
- 55. Journalist Tarbell
- 56. One-time tech giant
- 57. Indicates upon
- 58. Intestinal bacteria
- 63. Loose sheaths around the spinal cord
- 65. It goes with nook
- 66. A fashion
- 67. Very eager to hear or see



## CLUES DOWN

- 1. Witch
- 2. Utilize
- 3. Writing utensil
- 4. Where rockers go to work
- 5. Subsides
- 6. Consume
- 7. Greek mythological figures
- 8. California mountain town
- 9. Tin
- 10. Muse of lyric and love poetry
- 11. Animates anew
- 13. Humorous criticisms
- 15. Cool!
- 17. Worst
- 18. Wet dirt
- 21. Designed to be useful
- 23. Hebrew unit of liquid capacity
- 24. High schoolers' test
- 27. Computer device
- 29. Indian territory \_\_ and Diu
- 32. A place to sleep
- 34. AI tool
- 35. Pass or go by
- 36. Indicates a purchase
- 39. A digital tape recording of sound
- 40. More (Spanish)
- 43. Disfigured
- 44. White (Spanish)
- 46. Church building
- 47. Georgia rockers
- 49. Type of surgery
- 51. Much \_\_ about nothing
- 54. Make by braiding
- 59. Local area network
- 60. Unit of work or energy
- 61. Member of indigenous people of Thailand
- 62. Liquefied natural gas
- 64. Distance to top



# 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*

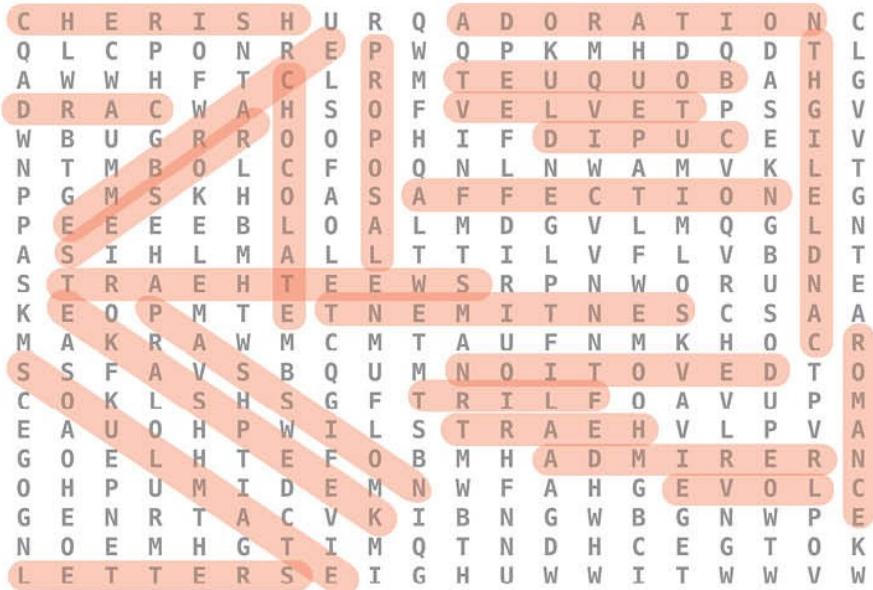
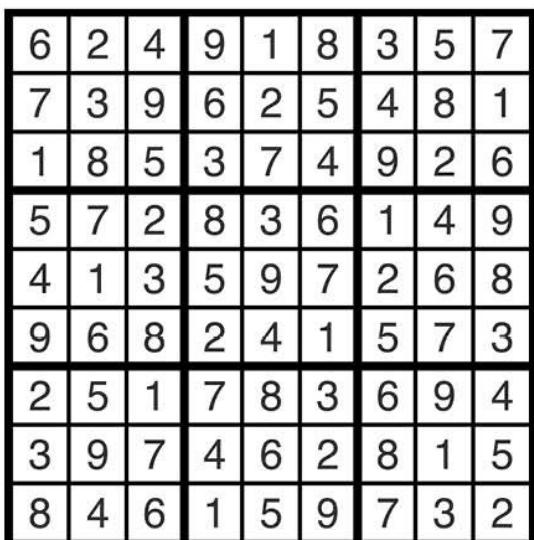
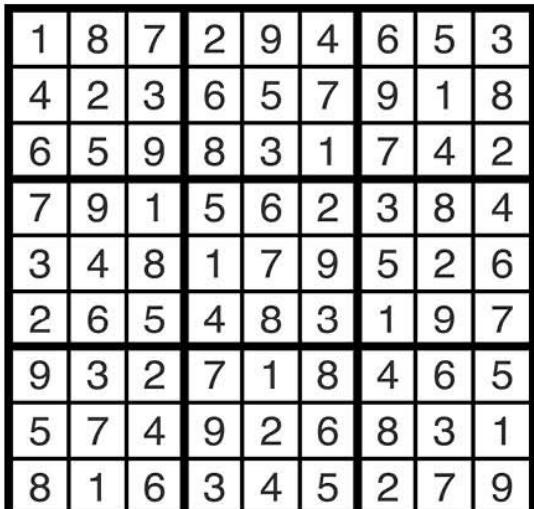
Durable medical equipment  
received by donation  
and donated  
to seniors in need.

**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...**





**Valentine's  
Dinner Special!**  
Follow us on Facebook for details.



## Golf Rates:

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

# WE'RE OPEN FOR BUSINESS



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

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

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

**New • Affordable • Open to the Public  
Municipal Golf Course, Restaurant & Lounge**

Follow us on Facebook!

[Chaparralgolfbhc.com](http://Chaparralgolfbhc.com)