

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.



VALLEY VIEW
General Surgery

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

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Assisted Living



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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!



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Shauna Cates

Sponsorship Coordinator
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scates@bullheadcityaz.gov



MONTHLY MENU

FEBRUARY



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

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**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

ADMIRER
ADORATION
AFFECTION
BOUQUET
CANDLELIGHT
CARD
CHERISH
CHOCOLATE
CUPID
DEVOTION
EMBRACE
FLIRT
HEART
KEEPSAKE
LETTERS
LOVE
PASSION
PROPOSAL
ROMANCE
ROSES
SENTIMENT
SOULMATE
SWEETHEART
VELVET

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	N	L	N	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
S	T	R	A	E	H	T	E	E	W	S	R	P	N	W	O	R	U	N	E
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	U	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 SCRAMBLE

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

I S S K S E

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

Answer: Kisses

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

I W H T E G

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

Answer: Weight

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the library.

S B K O O

--	--	--	--	--

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.

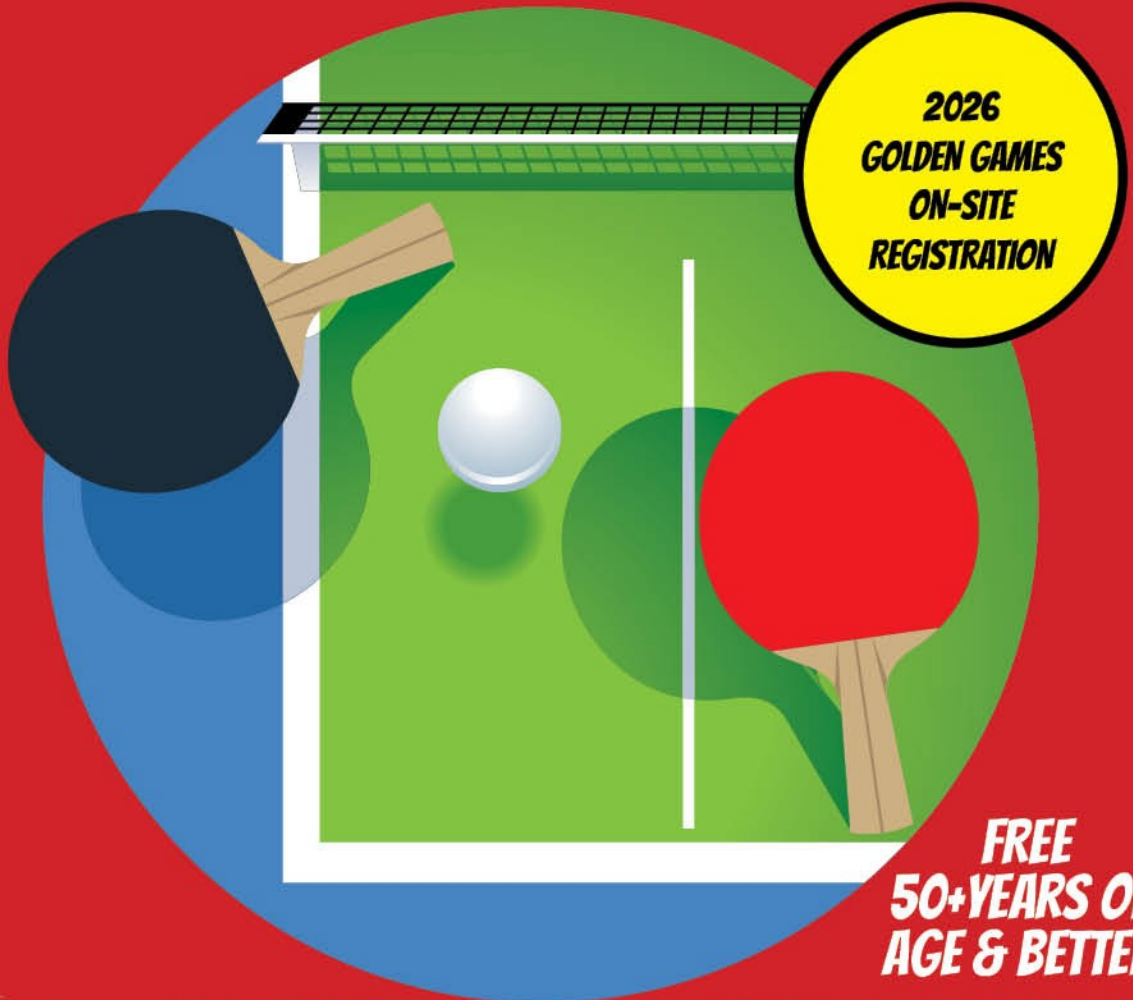
Guests will enjoy the live music by the Sacred Mirrors Band, featuring favorite hits from the 1950s, 60s, 70s, and 80s, bringing back wonderful memories and creating the perfect soundtrack for the afternoon. It was a delightful way to connect with friends, enjoy great music, and share the spirit of Valentine's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

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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)






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- **Have Medicare & Medicaid?**
- **Losing Coverage?**

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📞 702-219-4217

📍 3680 S Maryland Pkwy
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**SENIOR ENRICHMENT
CENTER**
2275 TRANE ROAD
BULLHEAD CITY

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GAME sponsor



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

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

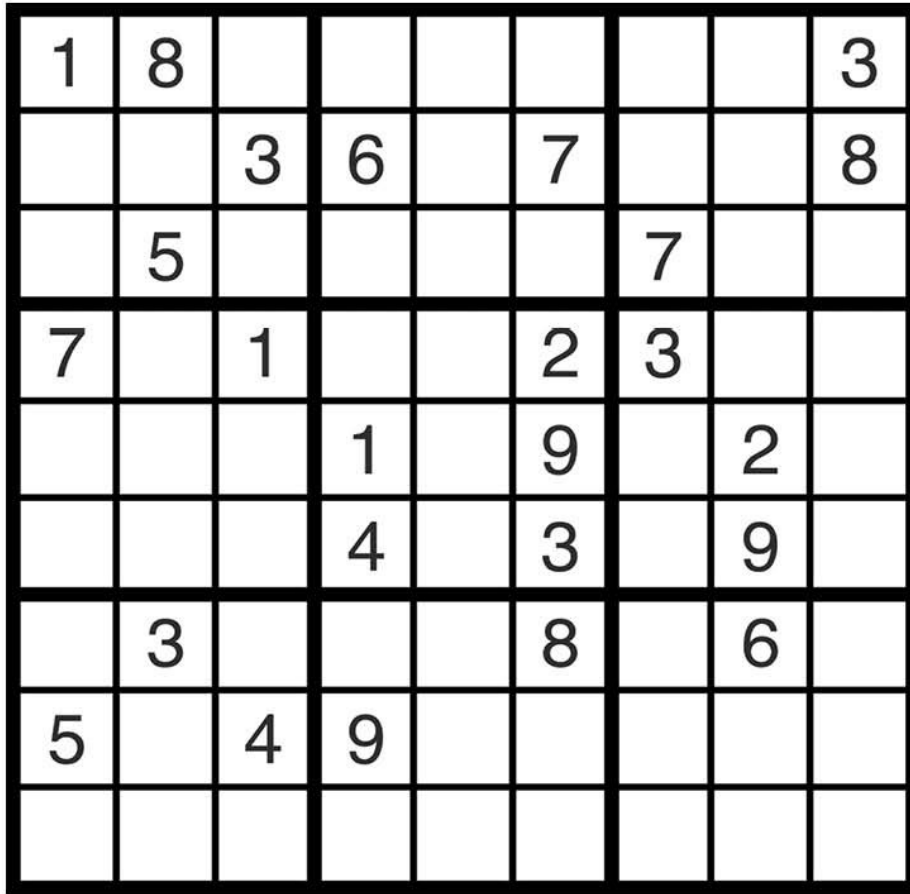
Aging and change go hand in hand. Physical changes associated with aging, such as graying hair or reduced muscle mass, may garner the most attention. But personal relationships also can change as people age.

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.

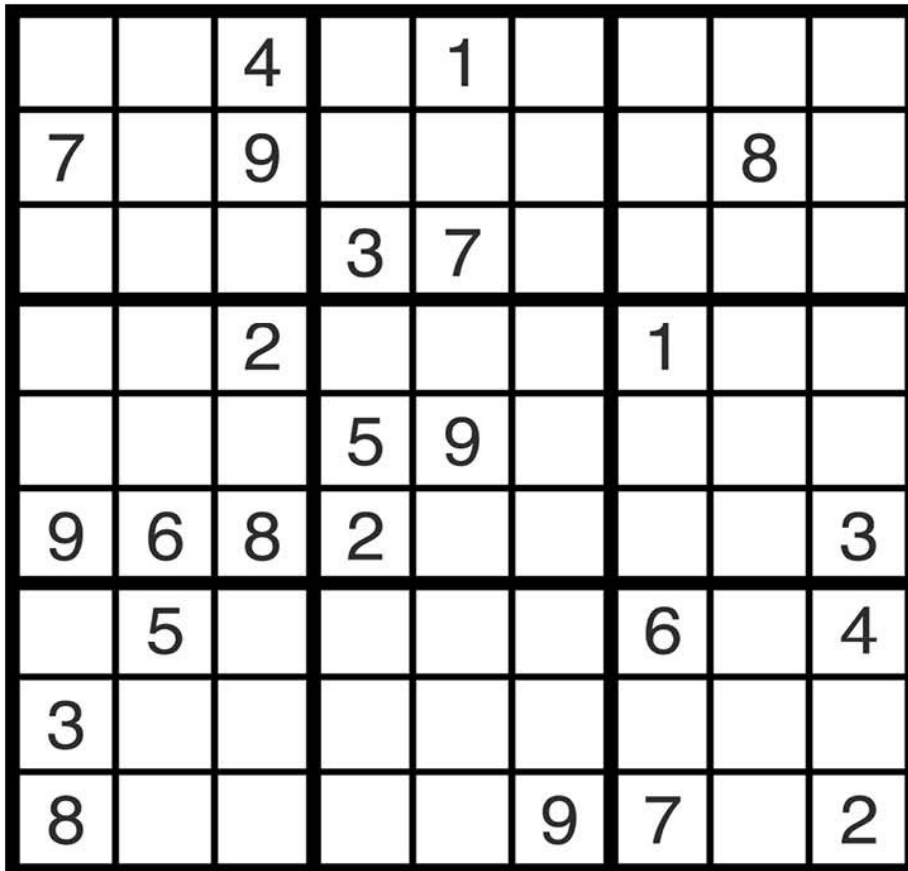
It is important to have a solid group of friends. Psychology Today reports that a strong social network reduces the risk of early death by around 45 percent. Recent data even indicates that loneliness is as great a health risk as smoking half a pack of cigarettes per day. Starting fresh and making friends 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.



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.

Tech Support/Mark Rosenthal/Library
Body Moves for Brain Power/Exercise Room
Sponsored by: Arizona Advanced Wound Care

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

Free Bingo w/Prizes/Great Room
Sponsored by Family Care Home Health & Hospice

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

Mexican Train/Game Room
Sponsored by: VooDoo Cove

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

Poker/Game Room
Sponsored by: VooDoo Cove

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

Pinochle/Great Room
Sponsored by: VooDoo Cove

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

Tech Support/Miriam Brown/Library

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

Beginner Line Dancing/Nutrition Center

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

Line Dancing Group/Nutrition Center

EVERY

TUESDAY

9:00 a.m. to Noon

Beading Circle/Craft Room

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

Chair Zumba Class/Exercise Room
Sponsored by: Arizona Advanced Wound Care

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

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

10:00 am to Noon

Ping Pong/Great Room

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

Poker Game/Game Room
Sponsored by: VooDoo Cove

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

Hand & Foot Card Game/Game Room
Sponsored by: VooDoo Cove

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

Tech Assistance/Pam Beaushay/Library

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

Tai Chi Class/Exercise Rm

Sponsored by: Arizona Advanced Wound Care

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

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

Sponsored by Arizona Advanced Wound Care

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

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

Sponsored by Arizona Advanced Wound Care

Wednesday, February 11

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

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health and Hospice

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

Happy Hour/Great Room

Sponsored by WellCare

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

Sweep Card Game/Great Room

Sponsored by Voo Doo Cove

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

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

Sponsored by Beacon of Hope Hospice

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

Brain Games/Televeda/Great Room

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

Left, Right, Center Dice Game/ Game Room

Sponsored by Voo Doo Cove

Friday, February 13

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

Valentine's Friendship Gathering

Sponsored by TWN Communications

Monday, February 16

CLOSED FOR PRESIDENT'S DAY

Tuesday, February 17

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

Art Therapy Class/Craft Room/Color Pencil to Watercolor Workshop
Sponsored by Mohave College Community Education

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

Birthday Month Celebration/Great Room

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
Sponsored by Arizona Advanced Wound Care
12:30 p.m. to 1:30 p.m. 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 AD BULLHEAD CITY


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MONTHLY root beer FLOATS

Mon, Feb 23rd Noon - 1pm

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License 8692764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

HAPPY HOUR



Delicious MOCK TAILS

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!**

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**VALENTINE'S
SUGAR COOKIES**

Wed. Feb 11 1pm-3pm

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



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FREE MINI HEALTH CLINIC

- **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**

CLINIC DATE
FEB 12TH
11AM to 1PM (AZ Time)

LOCATED INSIDE SENIOR ENRICHMENT CENTER AT
2275 TRANE RD, BULLHEAD CITY

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

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



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

Astilla, 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
Krmption, 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

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

February 20

Trulli, Barbara
Patterson, Patrick
Peterson, Gail
Kee, Rhonda
Shackelford, Marti
Schmite, 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
Chaidez, Martha

February 24

Nickerson, Terry
Wroten, 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

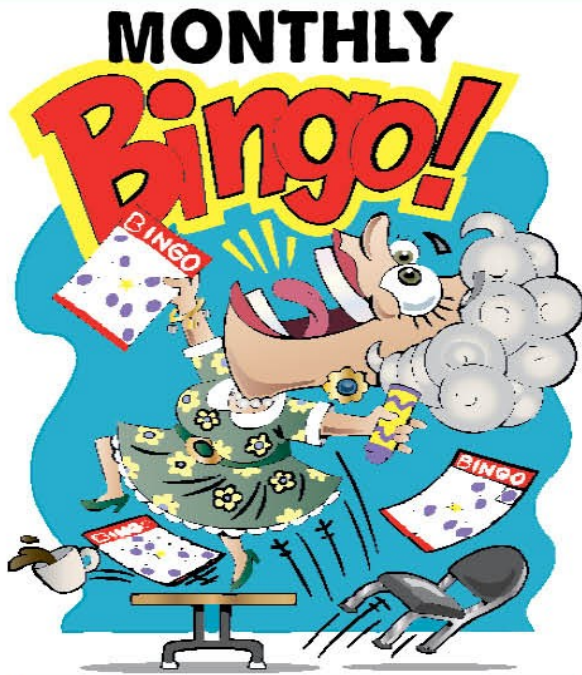
Brader, Geraldine
Vandal, Gary
Heath, Janis
Spawn, Chloe
Mallory, Nancy
Twining, Nancy
Durham, Stephen
Lane, Donald

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**

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



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

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classroom use
an extra \$200?



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**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

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**Join us on
Wednesday,
February 25
at Noon.**

Have Fun & WIN PRIZES!



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



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Plans Starting at \$49.95*
Speeds up to 2* Gbps
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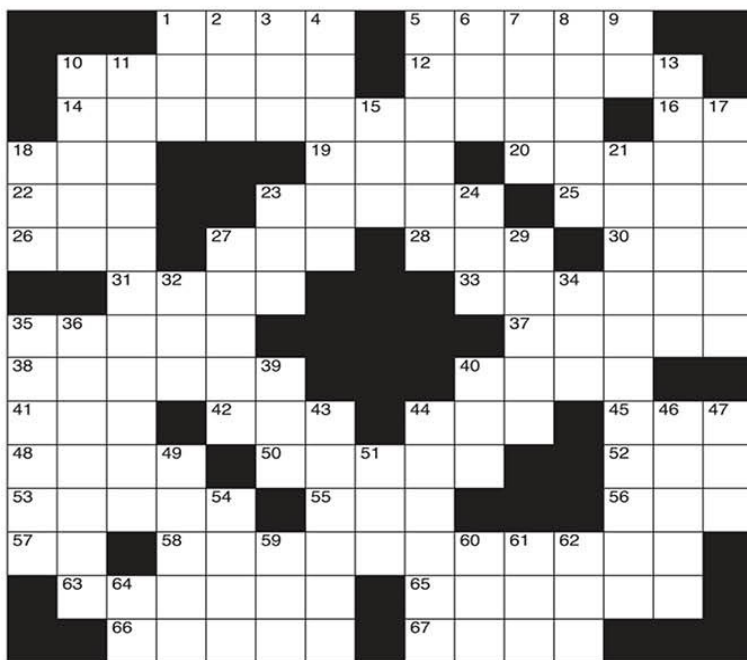
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- ALTCS Accepted

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Bullhead City, AZ 86442

928-704-7000

silvercreekll@frontiernet.net
www.silvercreekassistedliving.com

CROSSWORD



CLUES ACROSS

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

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



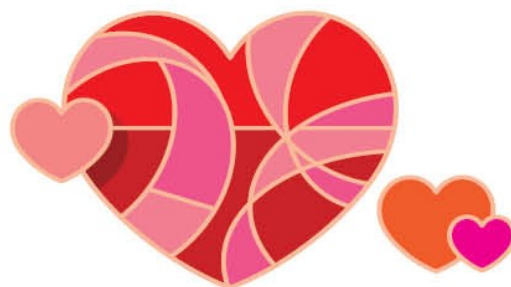
2275 Trane Road
Bullhead City AZ, 86442

ALL THE ANSWERS YOU SEEK...

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

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

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



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


**Valentine's
Dinner Special!**
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Golf Rates:

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

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

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

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

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