



Bullhead City Senior Campus



SCAN FOR
MONTHLY EVENT
CALENDAR



BULLHEAD CITY SENIOR CAMPUS

2275 TRANE RD, BULLHEAD CITY, AZ

BULLHEAD CITY SENIOR CAMPUS NEWSLETTER VOL. 2 ISSUE 1 04/2024

Along The Colorado River

FREE ADMISSION
APRIL 6TH

LAUGHLIN BULLHEAD AIRPORT



PRESENTED BY FINDLAY MOTORS



AERIAL DISPLAYS

STATIC DISPLAYS

FLIGHT LINE FAMILY SEATING
BRING YOUR WAGON WITH CHAIRS AND PERSONAL UMBRELLAS

RETAIL VENDOR AND CONCESSION SPACE

SPONSORSHIPS AND EXHIBIT SPACE

FAMILY STEM ZONE

MORE REMOTE PARKING LOTS AND ADA BUSES

FREE TRAM SERVICE END TO END OF THE EVENT SITE

EVENT IS FREE - ENHANCED EXPERIENCES ARE AVAILABLE

AFTER PARTY AT THE BULLHEAD BELLE IN COMMUNITY PARK



**SCAN
HERE!**



WWW.LAUGHLINBULLHEADAIRSHOW.COM



The Senior Campus is a gathering place for Bullhead City's 50+ active adult community. Seniors can get together to socialize, exercise, play games, get support and information on senior resources.

The Senior Nutrition Program is also available at the Campus. Breakfast items and coffee are made available Monday - Friday 8:30 a.m. - 10:30 a.m for \$2. A nutritious congregate setting lunch is served Monday - Friday from 11:30 a.m. to 12:00 p.m. A donation of \$3 is requested for each meal.

If you are unable to attend in person we also offer a home delivery program called Meals on Wheels. By calling 1- (800) 782-1886 and leaving your name, number and interest in Bullhead City Meals on Wheels you can get qualified.

We offer transportation service to those in need to help get you to the Senior Campus, to medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round-trip ride.

Bullhead City Senior Campus
2275 Trane Road, Bullhead City
Mon - Fri 8 a.m. to 4 p.m.
For more information call
928-763-0193



BULLHEAD CITY'S SENIOR CAMPUS

Jeff Tipton
 Human Services Director
 (928) 763-9400 x 8157
jtipton@bullheadcityaz.gov

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

Jackie Jensen
 Sponsorship & Advertising
 Newsletter Coordinator
 (928) 763-9400 x 8246
jjensen@bullheadcityaz.gov

SENIOR CAMPUS MONTHLY MENU



APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	2 Breakfast Burrito Breakfast Potatoes Sausage Patty	3 Chicken & Dumplings Peas & Carrots Cobbler	4 Beef Fajitas Spanish Rice Cinnamon Apples	5 Chicken Alfredo Dinner Roll Pears
8 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	9 Cobb Salad Dinner Roll Dressing	10 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	11 Sweet & Sour Meatballs Buttered Pasta Carrots	12 Chicken Enchilada Fiesta Blend Spanish Rice
15 Asian Diced Chicken Japanese Veggies Fried Rice	16 Denver Omelet Breakfast Potatoes Pork Sausage Patty	17 Stuffed Cabbage Corn Cobbler	18 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	19 Sante Fe Chicken Egg Roll Fiesta Blend Cobbler
22 Pork Chop Mashed Potatoes Green Beans	23 Chicken Cordon Blue Potato Wedges Mixed Veggies	24 Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	25 Beef Lasagna Dinner Roll Steamed Broccoli	26 Salisbury Steak w/ Gravy Rice Pilaf Green Beans
29 Pork Bratwurst Sauerkraut Potatoes Au Gratin	30 Swedish Meatballs Buttered Pasta Seasoned Corn			

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 to Noon 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.

MEC

SCHOLARSHIP PROGRAM

SCAN NOW TO APPLY!
DEADLINE 5 P.M., APRIL 26



MEC is an equal opportunity provider & employer



WESTERN DIGG'S SOCIAL HOUR

April 26, 2024 Noon - 1:00 pm
Senior Campus - Everyone is welcome!

Free Root Beer Floats,
Mini Hot Dogs in BBQ Sauce,
Country Music and a
Western Digg's Contest
with PRIZES!





April's Volunteer Spotlight shines bright on Mary Hampton. Mary has been volunteering at the Senior Campus for two months in the Angel Room and kitchen. Mary said, "her favorite part of volunteering at the Campus is hearing all the stories our seniors share." She said, "they hold some much history and knowledge."

Mary grew up in Southern California, she retired 12 years ago, prior to retirement she was an accountant. Mary said she is easy-going and gets along with almost everyone. She is trying to figure out what she likes to do other than hanging out around water.



MARY HAMPTON, VOLUNTEER OF THE MONTH

Laurence Nelson is our Client of the Month for April. He has been coming to the Senior Campus off and on again for several years. His favorite parts of the Senior Campus are the breakfast services, people and learning computers and technology.

Laurence grew up in Minneapolis, Minnesota but worked as an electronic technician in Boston, Los Angeles, Honolulu, Seattle, Albuquerque, Vietnam, and Thailand. He is single and has two sister's families in Minnesota.

He enjoys traveling in the western states, where he can stop and smell the roses and take photos. He uses the Internet every day like most people, begrudgingly.



LAURENCE NELSON, CLIENT OF THE MONTH

How to spot mold in your home

Homes are safe havens and relaxing spaces for their residents. No one wants to imagine the place they call home putting their health in jeopardy, but that's precisely the case for people who live in homes where mold is present. The United States Environmental Protection Agency notes that molds are not usually a problem indoors. However, when they are, molds produce allergens, irritants, and potentially toxic substances. Molds can become problematic when spores land on wet or damp surfaces and begin growing. If inhaled, those spores can cause allergic reactions in people with asthma who have mold allergies. Even people without such allergies may suffer from irritated eyes, skin, nose, throat, or lungs due to exposure to mold. Mold also can affect the home itself, as the EPA notes that mold gradually destroys the things it grows on, potentially leading to costly remediation and renovation expenses. Mold is sometimes visible in parts of a home. For example, mold problems in a bathroom may be recognizable when tiny black spots are present on surfaces that frequently get wet. Those areas may gradually expand from small spots and cover larger areas, such as windowsills and areas around the bathtub. Other signs indicating the presence of mold may be less recognizable though potentially just as harmful. That's one reason why it makes sense for everyone to learn how to spot mold in a home.



Learn what mold looks like. Not all molds are black. Some are white and look like thread, but they also can have a gray-brown or gray-green tint. When peeling old wallpaper, some people may notice orange, pink or purple growth on the newly exposed walls, and that's likely mold.

Identify problems with paint. If paint is peeling, bubbling, or cracking, it's likely indicative of a mold issue. In such instances, contact a mold remediation specialist rather than simply painting over the affected areas with a fresh coat of paint.

Conduct a smell test. Most molds will emit a damp, musty odor. However, a lack of this distinct and unpleasant smell should not lead individuals to conclude they don't have a mold issue, as some molds do not produce an odor. In addition, the EPA notes that the smell of indoor molds can differ depending on the type of mold present in the home. Homeowners who have experienced mold issues in the past should not ignore a foul odor simply because it smells different from a previous infestation. Contact a mold remediation professional if you suspect an unpleasant smell could be a byproduct of mold. Mold can be harmful to homes and humans. Anyone who suspects their home has a mold problem is urged to contact a remediation specialist as soon as possible.

What are the 10 warning signs of mold toxicity?

Mold toxicity symptoms include those you would commonly associate with seasonal allergies, such as the following: Wheezing/shortness of breath, rash, watery eyes, runny nose, itchy eyes, coughing, and redness of the eyes.

HEATING • A/C • REFRIGERATION



TRI-STATE A/C HERO

"MAKE SURE YOU ARE ALWAYS GIVING OPTIONS WHEN IT COMES TO REPLACING YOUR UNIT. MOST OF THE TIME IT CAN BE FIXED."

10% DISCOUNT FOR SENIOR COMMUNITY

**YOUR FRIENDLY NEIGHBORHOOD
HVAC TEAM**
we live where you live

928-444-4395

www.tristateachero.com

3030 Hwy 95 • Bullhead City, AZ 86442

REPAIRS - REPLACEMENTS

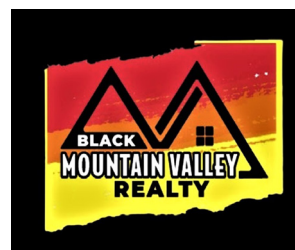
**24 HOUR
EMERGENCY SERVICE**

ROC# 311760



Every Friday
10:00 am to 11:30 am

Sponsored by



APRIL IS FREE CAT & DOG ADOPTION MONTH

**Bullhead City
Animal Shelter**
2270 Trane Rd
763-6000

*Limit first 50 adoptions.



SPONSORED BY:

Suatty's
OF BULLHEAD CITY

LAWN & GARDEN WORD SEARCH

WORDS

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

AMEND
 BLOOMING
 BORDER
 COMPOST
 CUT
 DRAINAGE
 DROUGHT
 EDGE
 FERTILIZE
 GARDEN
 GREEN
 HEALTHY
 INSECTS
 LANDSCAPING
 LAWN
 MOSSY
 MULCH
 POLLINATOR
 PRUNE
 SCENT
 SHRUBS
 SUNLIGHT
 TRIMMING
 WEEDS

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to laughter.

M C C I O

--	--	--	--	--

Answer: Comic

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to car care.

S F I R E L T

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

Answer: Filters



Pronounced as 1 letter, And written with 3, 2 letters there are, and 2 only in me. I'm double, I'm single, I'm black blue, and gray, I'm read from both ends, and the same either way. What am I?

A: Eye

Q: Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All 4 cars go, but none crash into each other. How is this possible?

A: They all made right-hand turns.

Donations by Seniors for Seniors



Angel's
ESSENTIAL AREA

Open on Tuesdays

10:00 a.m. to 1:00 p.m.
or by appointment (928) 763-0193

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



**Bullhead City
Senior Campus
2275 Trane Road
Bullhead City, Arizona 86442**

SENIOR CAMPUS FOOD PANTRY



**Open to the public
50 years of age and over
Monday -Friday
8am to 4pm**



**Located at
2275 Trane Rd. Bullhead City, AZ**

HAPPY BIRTHDAY



Join us for the Birthday Month Celebration

Sponsored by Joshua Springs Senior Living
for all Seniors 50+ at the Senior Campus on
Tue, April 16th starting at 11:30 am

April 1

Cleotus Perry

April 2

Robert Shorkey

April 3

Hank Bauwin

Reg Thibault

Scott Gavigan

Andrew Grabil

Julie Wetmore

April 6

Teresa Sweeney

April 7

Gean Cress

Linda Enriquez-Curtis

Ernest Garcia

Dorothy Shea

Joyce Thrasher

William Vlahos

April 9

Elizabeth Mallett

Raul (Rudy) Gonzalez

Jesus Peralta

Lisa Wagner

April 10

Ernest Casias

Anna Marie Fierro

April 11

John Bricker

Dorothy Holmes

April 12

Michael Maiorino

Kaorlyn Son

April 14

David Holmes

April 15

Annette Wegmann

Susan Wiley

April 16

Mary Ann Clonts

April 17

Jose Jimenez

Charlotte Thomas

April 18

Rick White

Roy Amspaugh

April 19

Joyce Favala

April 20

Bruce Hoffman

April 21

Judy Devore

Ronald Hansen

Karen Kooistra

Henry Podsiedlik

Deborah Meyerriecks

April 22

Betty Ann Burban

Derek Deason

Terry Schattilly

April 23

Mohawk Steiret

Richard Swiston

April 24

Kim Cool

Dana Larkin

April 25

Walter Timm

April 26

Bob Warren

Alan Armandan

Bill Losasso

Betty Stegall

April 27

Ymelda Campbell

April 28

Janet Cronkrite

Armando Castaneda

April 29

Mark Massengale

April 30

Michelle Cummings

Rudy Juarez

Barbara Webb



JOSHUA SPRINGS
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY

Nicole Collins, Sales Director
(928) 763-1212

ncollins@watermarkcommunities.com

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



APRIL ACTIVITIES CALENDAR

MONDAY

1

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.
2:00 p.m. to 3:00 p.m.
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Mexican Train Game
Pinochle Card Game
Poker Card Game
Mosaics with Deborah (limit 8)
Bingocize
"The Discussion" Inspirational Conversations

TUESDAY

2

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to Noon
10:00 a.m. to 11:00 a.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.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Beading Group
Living Advanced Directives
Hand & Foot Card Game
Poker Game
Art Therapy Class -Multi-media book
sponsored by Black Mountain Valley Realty
Line Dancing Class

WEDNESDAY

3

9:00 a.m. to 9:40 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
10:00 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.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Caregiver Support Group in person & Zoom
Wii Bowling
Genealogy Club
Bunco Group
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

4

9:00 a.m. to 9:45 a.m.
Noon to 1:00 p.m.
Noon to 1:30 p.m.
Noon to 3:00 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 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Educational presentation on skin cancer
Ice Cream Social sponsored by Culver's
Knit & Crochet & Open Sewing Group
Double Deck Pinochle Card Game
Mahjong Tile Game
Bingocize
Pass the Trash Card Game/Potluck

FRIDAY

5

9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 2:00 p.m.
12:30 p.m. to 3:30 p.m.

Brain Savers Exercise -Limit 20
Let's Craft - Free Style
Sponsored by Black Mountain Valley Realty
Quilling Group Instruction
One on One Technology Tutoring (2 spots)
Mexican Train Game, Poker Card Game &
Pinochle Game

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

Level: Advanced

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

Level: Intermediate



MONDAY**8**

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.m.
 10:00 a.m. to 11:30 a.m.
 Noon to 1:00 p.m.
 Noon to 1:30 p.m.
 12:30 p.m. to 3:30 p.m.
 1:00 p.m. to 3:00 p.m.
 2:00 p.m. to 3:00 p.m.
 6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
 Free Bingo w/Prizes sponsored by Tristate AC Hero
 Voter Registration
 Dementia Support Group
 Happy Hour with Games
 Mexican Train, Pinochle and Poker Games
 Mosaics with Deborah limit 8
 Bingocize
 "The Discussion" - Inspirational Conversations

TUESDAY**9**

8:15 a.m. to 9:00 a.m.
 9:00 a.m. to 9:45 a.m.
 9:00 am to Noon
 Noon to 2:00 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.
 4:00 p.m. to 5:00 p.m.

Zumba Class
 Essentrics- Aging Backwards
 Beading Group
 Beading Class - Earring Making
 Hand & Foot Card Game
 Poker Card Game
 ART Therapy - Blow Fish Lantern
 sponsored by Black Mountain Valley Realty
 Grief & Loss Support Group
 Line Dancing Class

WEDNESDAY**10**

9:00 a.m. to 9:45 a.m.
 9:15 a.m. to 10:00 a.m.
 10:30 p.m. to 11:15 a.m.
 1:00 p.m. to 2:00 p.m.
 1:00 p.m. to 3:00 p.m.
 7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20
 Relaxation & Mindfulness Exercise
 Wii Bowling
 Bereavement Support Group
 Fast Track Game (Come Learn)
 Gamblers Anonymous Meeting

THURSDAY**11**

9:00 a.m. to 9:45 a.m.
 Noon to 12:30 p.m.
 Noon to 3:00 p.m.
 Noon to 3:00 p.m.
 12:30 p.m. to 1:30 p.m.
 12:30 p.m. to 2:30 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 3:00 p.m.
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
 Computer Basics 101
 Knit & Crochet Group
 Open Sewing Group
 Left, Right, Center Dice Game
 Give, MAKE & Take - Chocolate Chip Cookies
 Mahjong Tile Game
 Double Deck Pinochle Card Game
 Bingocize
 Pass the Trash Card Game/Potluck

FRIDAY**12**

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 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.

Brain Savers Exercise -Limit 20
 Let's Craft Free Style
 sponsored by Black Mountain Valley Realty
 St. Patrick's Day Party
 sponsored by Family Care Home Health & Hospice
 Bingo with Buckeye Senior Center
 Mexican Train Game
 Poker Card Game
 Pinochle Game

SAT. APRIL 13

9:00 a.m. to 3:00 p.m. Virtual Dementia Tour - Senior Campus

MONDAY

15

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.
2:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 p.m.
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Mexican Train Game
Pinochle Card Game
Poker Card Game
Mosaics with Deborah limit 8
Bingocize
Drum Circle
"The Discussion" - Inspirational Conversations

TUESDAY

16

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
11:30 a.m. to 12:30 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.

4:00 p.m. to 5:00 p.m.
6:00 p.m. to 9:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Beading Group
Birthday Month Party sponsored by Joshua Springs
Poker Card Game
Hand & Foot Card Game
ART Therapy - Clothes pin angel
sponsored by Black Mountain Valley Realty
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

17

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 11:15 a.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Caregiver Support Group in person & Zoom
Wii Bowling
Bunco Group
Genealogy Club
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

18

9:00 a.m. to 9:45 a.m.
10:30 a.m. to 11:00 a.m.

Noon to 12:30 p.m.
12:30 p.m. to 2:00 p.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
12:30 p.m. to 3:30 p.m.
2:00 p.m. to 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Rock Painting
sponsored by Black Mountain Valley Realty
Computer Basics 101
Bingo sponsored by TNG Insurance
Knit & Crochet Group
Open Sewing Group
Mahjong Tile Game
Bingocize
Pass the Trash Card Game/Potluck

FRIDAY

19

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.

10:00 a.m. to 11:00 a.m.
11:00 a.m. to 2:00 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.

Brain Savers Exercise -Limit 20
Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
Exercise to ease arthritis pain
Free Mini Clinic (9 spots)
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY 22

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 12:30 p.m.
Noon to 1:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m. to 3:00 p.m.
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Voter Registration
Root Beer Floats
Alzheimer/Dementia Support Group
Mexican Train Game
Pinochle Card Game
Poker Card Game
Mosaics with Deborah limit 8
Bingocize
"The Discussion" - Inspirational Conversations

TUESDAY 23

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 1:00 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.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Beading Group
Sound Therapy & Meditation
Resources & Preparation Assistance
Poker Card Game
Hand & Foot Card Game
ART Therapy - Wine cork charms
sponsored by Black Mountain Valley Realty
Grief & Loss Support Group
Line Dancing

WEDNESDAY 24

9:00 a.m. to 10:00 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
12:30 p.m. to 1:30 p.m.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Wii Bowling
Monthly Trivia sponsored by Dot Foods
Fast Track Game
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY 26

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 1:00 p.m.
Noon to 3:00 p.m.
Noon to 3:00 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 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Tech Thursday
Ice Cream Social sponsored by Culver's
Knit & Crochet Group
Open Sewing Group
Double Deck Pinochle Card Game
Mahjong Tile Game
Bingocize
Pass the Trash Card Game Potluck

FRIDAY 27

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.

Noon to 1:00 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.

Brain Savers Exercise -Limit 20
Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
Western Digg's Social Hour
sponsored by Family Care Home Health & Hospice
Mexican Train Game
Poker Card Game
Pinochle Game



The Mobile Brain Health Laboratory

Neuroscience in your neighborhood

Participate in our BRAIN STUDY

Bullhead City Senior Campus, in partnership with the Translational Genomics Research Institute (TGen), is excited to announce the launch of an amazing new MindCrowd project. The study involves a visit to the state-of-the-art mobile laboratory, where in just under 1 hour you'll contribute to our transformative study of the brain.

Friday, May 10 - Tuesday, May 14 at the Bullhead City Senior Campus
RSVP at tgen.org/mindcrowd

What We Test



Memory & Attention



Scent Detection



Grip Strength



Blood Collection



Brain Scan



As a token of our appreciation



VIP

You receive a \$20 gift card for your time, a 3D-printed model of your brain and more ... !



Your privacy is very important to us

To the extent permitted by law, all personal information collected during this study will be kept confidential. We have many systems in place to protect your privacy.

Sharing helps science:

Sharing research data with other scientists helps advance scientific progress. We may share data from this study with other researchers, but we will not share anything that directly identifies you (like your name or date of birth).



Benefits and Risks

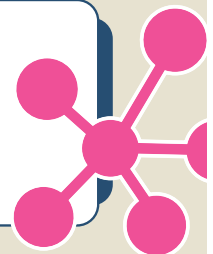


The MRI scanner uses powerful magnets. You should not participate in the study if you have metal implants, prosthetics, aneurism clips, cardiac pacemakers, deep brain stimulators, or similar. There is a slight risk that you may feel claustrophobic during your MRI scan. The capillary blood collection has a minor risk of pain, soreness, or bruising.



Questions?

Contact the study team at 602-343-8653 or mindcrowdquestion@tgen.org.



MONDAY

29

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.
2:00 p.m. to 3:00 p.m.
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power

Free Bingo w/Prizes sponsored by Tristate AC Hero

Mexican Train Game

Pinochle Card Game

Poker Card Game

Mosaics with Deborah limit 8

Bingocize

"The Discussion" - Inspirational Conversations

TUESDAY

30

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
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.
4:00 p.m. to 5:00 p.m.

Zumba Class

Essentrics- Aging Backwards

Beading Group

Poker Card Game

Hand & Foot Card Game

ART Therapy - Watercolor print art class
sponsored by Black Mountain Valley Realty

Line Dancing



**Join our FREE
Monthly Bingo game
12:30 p.m. to 2:00 p.m.**

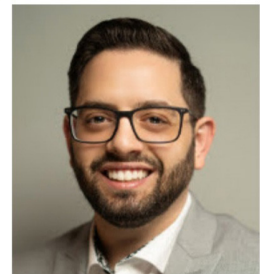
THURS. APRIL 18



**Bullhead City Senior Campus
located at 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**



Three great locations to serve you

928.577.2349

www.BlackMountainValleyRealty.com

5455 Hwy 95, Ft. Mohave, AZ
Designated Broker, Cheyanne Burns
#BR670520000



Ice Cream Social

Thursday, April 4 & 25
Noon to 1:00 p.m.
Bullhead City Senior Campus
2275 Trane Rd



Sponsored by:





BINGO

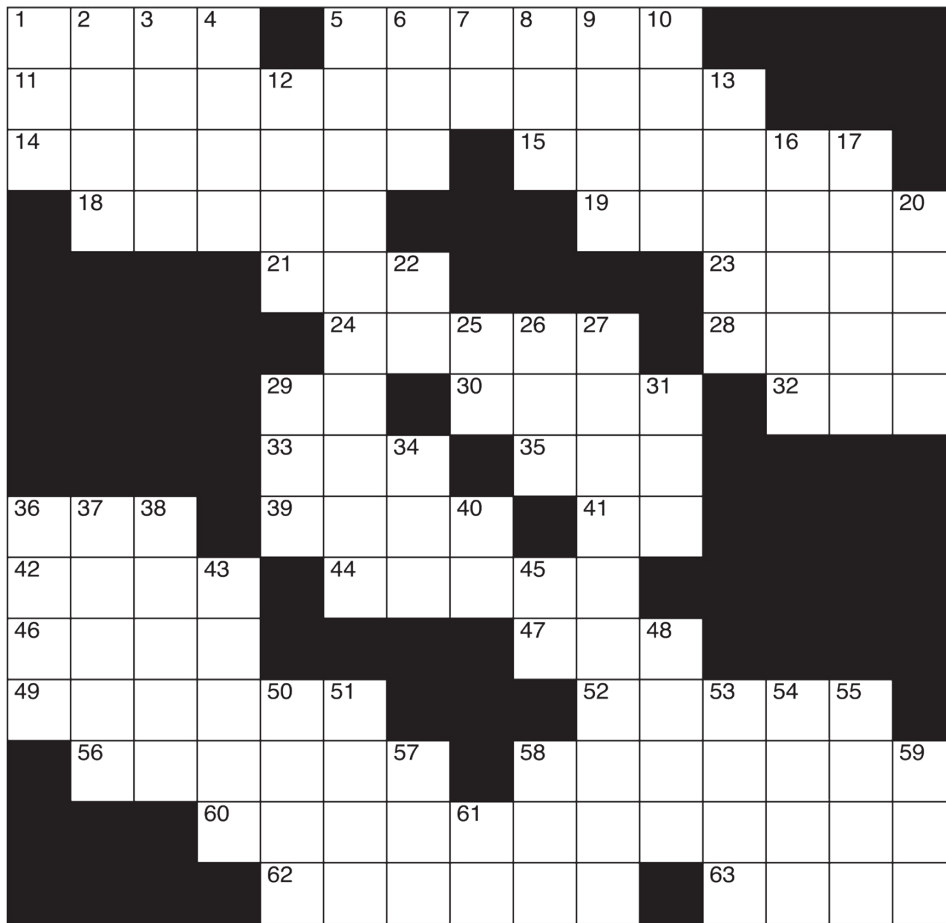
Bullhead City Senior Campus
2275 Trane Road
Bullhead City, Az 86442

FRIDAY APRIL 12, 2024
10:00AM 11:30AM

Come play Bingo with the Senior's from Buckeye Senior Center
Buckeye, Az



CROSSWORD



CLUES DOWN

1. Possesses
2. American Board of Orthopedic Surgery
3. Ancient Syrian city
4. Clip
5. In a way, misleads
6. Human gene
7. The Golden State (abbr.)
8. Lizard genus
9. Parasites that invade the skin
10. Took apart
12. Mild yellow Dutch cheese
13. S. California town
16. Suffix plural
17. Painting technique
20. Small Eurasian deer
22. Mr. T character
25. Microsoft
26. Shock therapy
27. Able to be sold

29. A doctrine
31. These three follow A
34. Pulse
36. Quantitative fact
37. Doctor __: children's book author
38. Hebrew calendar month
40. Designated hitter
43. Norther Poland village
45. A passport is one form
48. Hand (Spanish)
50. Hit with the open hand
51. Actor Idris
53. Shakespeare's nickname "The __"
54. Northern U.S. lake
55. Marvin and Horsley are two
57. Soak
58. Partner to cheese
59. Expression of disappointment
61. College dorm employee

CLUES ACROSS

1. A minute amount (British)
5. Mystical or magical
11. Shortening
14. More satisfying
15. Other side
18. Philippine island
19. More unnatural
21. Mutual savings bank
23. Famed designer Chanel
24. Makes less wild
28. At some prior time
29. The cops who investigate the cops
30. Immune system response
32. Distress signal
33. Engine additive
35. "No Scrubs" trio
36. Very fast airplane
39. A reward (archaic)
41. Commercial
42. Spots where golfers start
44. Polite form of address (Indian)
46. French river
47. Reduce the light
49. Blood-sucking fly
52. A way to categorize
56. Procrastinates
58. Tall slender tower
60. Where researchers work
62. Office of the Pope
63. Office furnishing





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

sponsored by



**Bullhead City Senior Campus
located at 2275 Trane Rd**

VOLUNTEERS



NEEDED

Bullhead City
Community Garden is
seeking volunteers to assist
with putting together raised
garden beds.

If you are interested in
becoming a volunteer please
contact Danielle Bruch at
(928) 763-9400.



Community Garden

2285 Trane Road, Bullhead City

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
Campus building. A tray will be provided upon
purchase for one trip to the breakfast area.

Drink refills are free.

Bullhead Senior Campus
2275 Trane Rd.
www.bullheadcity.com

Bullhead City Senior Campus MONTHLY NEWSLETTER



**100% OF THE PROCEEDS BENEFIT THE
SENIOR CAMPUS.**

Distribution include Senior Campus,
homebound meal recipients, participating local
businesses and Bullhead City Senior Campus's
Facebook page and the City's website.

Monthly Advertising Rates:

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		
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!**

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

**CONTACT: JACKIE JENSEN,
(928) 763-9400 x 8246
JJENSEN@BULLHEADCITYAZ.GOV**



ZUMBA CLASS

Tuesday's 8:15 am to 9:00 am
Bullhead City Senior Campus 2275 Trane Road

ALL THE ANSWERS YOU SEEK...

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

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



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

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

Thank You to our Senior Campus Sponsors



Interested in becoming a Senior Campus Sponsor?



Contact Jackie Jensen for more information.

928-763-9400 or jjensen@bullheadcityaz.gov

Follow us on Facebook!
#BullheadCitySeniorCampus