

NRICHMENT

SCAN FOR **EVENT CALENDAR**



HELPING SENIORS THRIVE IN OUR COMMUNITY









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



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

Kim Cool

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John Kearns

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

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Jackie Jensen

Director of Marketing, Sponsorships & Tourism (928) 763-9400 ext. 8246 jjensen@bullheadcityaz.gov

Shauna Cates

Sponsorship Coordinator (928) 763-9400 ext. 8358 scates@bullheadcityaz.gov



MONTHLY MENU

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salisbury Steak w/ Gravy, Rice Pilaf Green Beans	Swedish Meatballs Buttered Pasta Corn & Roll	Stuffed Peppers Mixed Veggies Warm Apples	Asian Chicken Salad Dinner Roll Dressing	Cheese Omelet Pork Sausage Hash Brown
8 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	Diced Ham & Eggs Scramble Tater Tots Veggies	10 Stuffed Cabbage Corn Cobbler	BBQ Pulled Pork Baked Beans Cobbler	12 Chicken Alfredo w/Peas & Carrots Roll & Pears
Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	16 Chicken Cordon Bleu Potato Wedges Mixed Veggies	17 Chicken & Dumplings Peas & Carrots Cobbler	18 Chicken Fajitas w/ Peppers and Onions Spanish Rice Cinnamon Apples	Spaghetti & Meatballs Roll Cobbler
22 Salisbury Steak w/ Gravy, Rice Pilaf Veggie Blend	Cobb Salad Roll Dressing	Ham w/ Pineapple Glaze Baked Beans Veggie Medley	25 CLOSED	26 Chicken Enchilada Fiesta Veggies Rice
Meatloaf w/Gravy Mac & Cheese Veggies	Denver Omelet Breakfast Potatoes Pork Sausage	31 Stuffed Cabbage Corn Cobbler		

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.

Symptoms suggestive of cataracts

The eyes are amazing organs that utilize various parts working in conjunction with one another. When working correctly, eyes enable crisp vision and process a vast array of vivid hues. When the eyes are compromised by illness or other conditions, various impairments may be the culprit.

Cataracts often affect aging individuals. The American Academy of Ophthalmology says a cataract forms when the natural lens in the eye, which is responsible for refracting light rays that come in the eye to help a person see, becomes cloudy. As a result, vision can be compromised and seem like a person is looking through a foggy or dirty car windshield, says the AAO.



The National Eye Institute advises that cataracts are common as people get older. More than half of Americans age 80 years or older either have cataracts or have had surgery to remove cataracts. Cataracts may initially produce mild symptoms of blurry or hazy vision, or surroundings may seem less colorful. Over time, cataracts can lead to vision loss if not treated. The following are some common symptoms of cataracts:

- Cloudy or blurry vision that still occurs despite the usage of corrective prescription glasses or contacts
- Colors look faded
- · Compromised night vision
- Halos appearing around lights
- Oncoming headlights, lamps, or sunlight seem too bright
- Double vision
- Frequent changes to visit prescriptions

Researchers have identified certain things that may contribute to the changes that occur in the lenses that lead to the formation of cataracts. Exposure to ultraviolet light from the sun or other sources is a main risk factor. Diabetes, hypertension, obesity, smoking, prolonged use of corticosteroid medications, and other factors come into play as well.

All About Vision says cataracts can be broken down into various types, and some are much more common than others.

- Nuclear: These cataracts are the most common and form in the center of the lens, gradually worsening.
- Cortical: Cortical cataracts generally start as spoke-like opaque areas at the edges of the lens that grow inward. They tend to be responsible for more night glare.
- Congenital: Some people are born with cataracts.
- Trauma-induced: These cataracts form anywhere and often develop into a rosette shape.
- Post subcapsular cataracts: Initially developing at the central back surface of the lens, these
- cataracts often develop faster than other types. Vision around bright light and colors is affected.

Eye doctors generally diagnose cataracts during dilated eye exams. The NEI says anyone age 60 or older should get dilated eye exams every one to two years. Surgery may be recommended only at the point when cataracts start to severely interfere with daily activities. Until then, people can mitigate cataracts by updating eyeglass prescriptions, turning lights up when possible and wearing anti-glare sunglasses.

Art Therapy class

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

- 12/02 Paper Bag Snowflakes
- 12/16 Rhinestone Canvas Christmas Tree
- 12/23 Christmas Gift Tags
- 12/30 New Year's Toasting Wine Glass Painting



Friday Fun crafts

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

- 12/5 Merry Button Tree
- 12/12 Santa Claus Ornament
- 12/19 Clothes Pin Ornament
- 12/26 Flower Bird House

Limited to the first 15 participants



MOHAVE COLLEGE COMMUNITY EDUCATION







Proud to Support Senior Fitness
Activities at Bullhead City Senior
Enrichment Center

- Chair Yoga
- Zumba
- · Toi Chi
- Bingocize
- Essentrics
- Body Moves for Brain Power
- · And MORE!

SHOPPING WORD SEARCH

S Т S R S C C В G Н N Н U T Е G D U В E N C L C P P Т P F N 0 S E Ι F 0 0 0 A H P 0 Н D A L В ٧ U A D A C Т D P N E D P C N В E Q M Ε P Ι В S Ε Ρ Ε C 0 0 C R 0 U D Ε Н D C N 0 K N G H B K E V C E P E Т R A Т N 0 N S F C B L R 0 I C U I R В C N C A K Y N F D I U Н G G E Y N S Н R D 0 S В S C C L N T S Q R Т V A M Q н V V K A E M Ε Α Α E 0 0 Α K N Ρ U R C Н A S Ε Т Α C C Т E T Y L K D 0 Ι K U A Н 0 N L A R G Т C Y I S N L 0 I V U 0 I Т Ε S G R D V D P 0 0 N L 0 V A N P V E P T V S G U Н M G 0 L ٧ G ٧ U 0 F Ε G Т 0 R F Е 0 Т S 0 0 I U V N M N R D G C Ι Y R E V Ι L E R N I ٧ K T L D S P I S P Q М Q L U I 0 В D В I Н В В L G V S Ι В 0 U Т Ι 0 U E Ι 0 S I I I E D 0 C R A C 0 D 0 U S В R E Y

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

WORDS

AISLE BAG BARCODE BOUTIQUE BUDGET CART CASHIER CHECKOUT CLEARANCE COUPON DELIVERY DISCOUNT INVENTORY MALL **MERCHANDISE** ONLINE PRICE **PURCHASE** RECEIPT **REFUND** RETAIL SALE SHOPPER **STOREFRONT**

Rearrange the letters to spell something pertaining to food service.

TCIDRE



Answer: Credit

yourself, but is better when given to someone else. What is it?

Rearrange the letters to spell something pertaining to business.

LPAOLRY



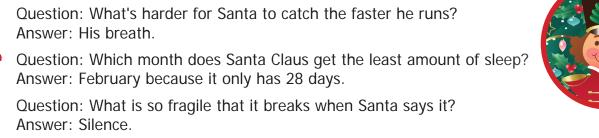
Answer: Payroll











Question: This gift can't be bought, but can be exchanged. It's something you can give to



The elves at Swanty's of Bullhead City are ready to help you with your holiday shopping!

\$500 Walmart Gift Card

with every new or used vehicle purchase in the month of December!





5K ROAD RACE
5K RIVER RUN
BOWLING
CHAIR VOLLEYBALL
CLAY TRAP SHOOTING
CORNHOLE
GOLF
HORSESHOES
KAYAK

OLYMPIC WEIGHT-LIFT
PADDLE BOARDING
PICKELBALL
PISTOL SHOOTING
POWERLIFT
POWERWALK
RIFLE SHOOTING
SOFTBALL
SWIM

TABLE TENNIS TENNIS TRACK & FIELD AND MORE!

BULLHEAD CITY, AZ LAUGHLIN, NV APRIL 2026 5TH to 12TH REGISTER TODAY!



GOLDENGAMESBHC.COM

JANIE FIGUEROA, RECREATION SUPERVISOR (928) 763-0188 or jfigueroa@bullheadcityaz.gov



Celebrate with us during our

THE TWELVE DAYS OF CHRISTMAS SURPRISES!

DECEMBER 1–16, 2025

Each day at Noon we'll draw a lucky winner from everyone who's checked into the center. One lucky winner will kick off the fun by choosing the First Day of Christmas surprise, with new surprises revealed each day!

"Shake it, jingle it, open it—holiday fun awaits!"

For more information contact Jenny at 928-763-0193



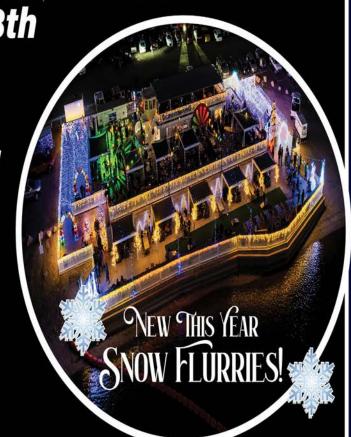
Bullhead Belle's Christmas Kick-off Monday, December 8th

4pm -7pm

First 200 people get a free Belle Christmas ornament!

Live music, over 100,000 Christmas lights and visit with Santa & Friends!

Plus, a Hot Cocoa Bar & Special Menu available!



Bullrend Belle

Located along the Colorado River at 1251 Highway 95, inside Bullhead City's Community Park.

Follow us on Facebook! bullheadbelle.com







GAME /pon/or



- · Pinochle
- · Sweep Card
- · Poker
- Hand and foot
- Mexican Train
- Mahjong Tiles

- · Hit the Bulls Eye
- · Cue Marters 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.



Urnament Exchange Party

Friday, December 19, 2025 11:30 am to 1:00 pm

Bring a wrapped ornament and join in the fun exchange. You never know what charming treasure you'll unwrap!

Enjoy holiday drinks, tasty treats, appetizers, cheerful conversation, and a sprinkle of holiday magic as we celebrate the season together. Plus, don't miss a special surprise visit from Santa and family!

Sponsored by



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

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

Level: Beginner

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

Level: Advanced



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

2275 TRANE RD, BULLHEAD CITY, AZ 86442 (928) 763-0193
FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

DECEMBER

WEEKLY ACTIVITIES

MONDAY

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

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

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

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

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

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

1:00 p.m. to 3:00 p.m. 1:30 p.m. to 2:30 p.m. Tech Support/Mark Rosenthal/Library

Body Moves for Brain Power/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

Beginner Line Dancing/Exercise Room

Spensored by: Arizona Advanced Wound Care

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

Line Dancing Group/Exercise Room

Sponsored by: Arizona Advanced Wound Care

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

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

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

 \equiv

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

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

1:00 pm to 3:00 p.m. 3:30 p.m. to 4:15 p.m.

4:15 p.m. to 5:15 p.m.

Beading Group/Craft Room

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

Bingocize/WACOG/Exercise Room Sponsored by: Arizona Advanced Wound Care

Ping Pong/Great Room

Essentrics YouTube Video w/founder

Miranda Esmode-White/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Poker Game/Game Room

Sponsored by: VooDoo Cove

Hand & Foot Card Game/Game Room

Sponsored by: VooDoo Cove

Tech Assistance/Pam Beaushay/Library

Relaxation & Mindfulness/Exercise Rm

Sponsored by: Arizona Advanced Wound Care

Line Dancing / Exercise Room

Sponsored by: Arizona Advanced Wound Care

EVER



EVERY MEDINESDAY

VERV

8:00	a.m. to	4:00	p.m.
9:00	a.m. to	11:0	0 a.m.
	- m to		

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.

12:30 p.m. to 1:30 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 Tech Assistance w/Leanne Jolly/Library

Brain Savers Exercise/WACOG/Exercise Room Sponsored by: Arizona Advanced Wound Care

Wii Bowling/Great Room

Line Dancing/Beginner/ Exercise Room

Sponsored by: Arizona Advanced Wound Care

Hit the Bullseye/Electronic Darts/Game Room

Sponsored by: VooDoo Cove

Cue Masters Club & Lessons/Game Room

Sponsored by: VooDoo Cove

Gamblers Anonymous Meeting/Nutrition Center

9:00 a.m. to Noon 9:00 a.m. to 9:45 a.m.

9:30 a.m. to Noon

10:00 a.m. to 10:45 a.m.

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

1:00 p.m. to 3:00 p.m. 5:30 p.m. to 9:30 p.m.

Secret Santa Angel Tree

Chair Yoga Better Health / Exercise Room

Sponsored by: Arizona Advanced Wound Care

Morning Poker/Game Room

Sponsored by: VooDoo Cove

Bingocize/WACOG/Exercise Room
Sponsored by: Arizona Advanced Wound Care

Essentrics YouTube Video w/founder

Miranda Esmode-White/Exercise Room Sponsored by: Arizona Advanced Wound Care

Knit & Crochet Group/Craft Room

Mahjong Tile Game/Game Room

Sponsored by: VooDoo Cove

Double Deck Pinochle/Game Room

Sponsored by: VooDoo Cove

Tech Support/Pam Beaushay/Library

Pass the Trash Game & Potluck

Located in the old Senior Center, 2285 Trane Rd

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

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

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

10:30 p.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 3:00 p.m.

Wider Circle Event/Free Breakfast & Lunch

Located in the Nutrition Center & Activity Center

Brain Savers Exercise/WACOG/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Shuffleboard Friday/Game Room

Sponsored by: VooDoo Cove

Friday Fun Crafts/Craft Room/Limit 15 Sponsored by Mohave College - Community Education

Mexican Train/Game Room

Sponsored by: VooDoo Cove

Pinochle/Great Room

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, December 1

8:00 a.m. to Noon Day 1 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree Colorado River Concerts Meeting/Conference Room Diamond Painting Creation Workshop/Great Room

Tuesday, December 2

8:00 a.m. to Noon Day 2 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

Noon to 3:00 p.m. S.H.I.P. Counselors on-site by appointment /Nutrition Center Office

12:30 p.m. to 2:30 p.m. Art Therapy/Craft Room

Sponsored by Mohave College Community Education

Medicare Made Easy Updates for 2026/Great Room/ TNG Insurance

Wednesday, December 3

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

8:00 a.m. to Noon Day 3 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree 12:30 p.m. to 2:00 p.m. Genealogy Club/Library

12:30 p.m. to 3:30 p.m. Bunco Group/Great Room

1:00 p.m. to 2:00 p.m. Bereavement Support Group/Conference Room

Thursday, December 4

8:00 a.m. to Noon Day 4 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree Noon to 1:00 p.m. Ice Cream Social/Great Room

Sponsored by Culver's of Bullhead City

Friday, December 5

8:00 a.m. to Noon Day 5 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

Monday, December 8

8:00 a.m. to Noon Day 6 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree 12:30 p.m. to 2:30 p.m. Basic Beading/Craft Room (Limit 10)

Tuesday, December 9

8:00 a.m. to Noon Day 7 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree 12:30 p.m. to 1:30 p.m. Jewelry Making/Craft Room/Beaded Ornaments 1:00 p.m. to 2:00 p.m. Sound Bowl Breathing Healing/Exercise Room

Sponsored by Arizona Advanced Wound Care

Wednesday, December 10

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

8:00 a.m. to Noon Day 8 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

10:00 a.m. to 11:00 a.m. White Elephant Bingo/Great Room 12:30 p.m. to 1:30 p.m. Christmas Happy Hour/Great Room

Sponsored by WellCare

12:30 p.m. to 3:30 p.m. Sweep Card Game/Great Room 1:00 p.m. to 3:00 p.m. Sweep Card Game/Great Room Give, Make & Take/ Nutrition Center

> Sponsored by Canyon Home Care & Hospice Bereavement Support Group/Conference Room

SPECIAL EVENTS & ACTIVITIES

Thursday, December 11

8:00 a.m. to Noon Day 9 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

11:00 a.m. to Noon Brain Games w/ Televeda/Great Room

11:00 a.m. to 1:00 p.m. Mini Clinic/Nutrition Center/Sponsored by Beacon of Hope Hospice.

12:30 p.m. to 1:00 p.m. Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

12:30 p.m. to 1:30 p.m. Left, Right and Center Dice Game/Game Room

Sponsored by VooDoo Cove

Friday, December 12

8:00 a.m. to Noon Day 10 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

Monday, December 15

8:00 a.m. to Noon Day 11 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

12:30 p.m. to 2:30 p.m. Santa's Ornament Workshop/Craft Room

Sponsored by Mohave College Community Education

2:30 p.m. to 3:30 p.m. Drum Circle/Exercise Room

Tuesday, December 16

8:00 a.m. to Noon Day 12 of the 12 Days of Christmas Secret Surprise 9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

12:30 p.m. to 1:00 p.m. Birthday Month Celebration/Great Room Sponsored by Joshua Springs Senior Living

12:30 p.m. to 2:30 p.m. Art Therapy/Craft Room

Sponsored by Mohave College Community Education

6:00 p.m. to 9:00 p.m. Late Night Ladies Bunco/Nutrition Center

Wednesday, December 17

9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

10:00 a.m. to 11:30 a.m. Annual Gingerbread House Decorating Contest/Great Room

Sponsored by Mohave College Community Education

11:00 a.m. to Noon Legal Services/Maricopa County Public Defender's Office/Conference Rm

12:30 p.m. to 2:00 p.m. Genealogy Club/Library 12:30 p.m. to 3:30 p.m. Bunco Group/Great Room

1:00 p.m. to 2:00 p.m. Bereavement Support Group/Conference Room

Thursday, December 18

9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

10:00 a.m. to 11:00 a.m. Rock Painting/Craft Room/CRWC

12:30 p.m. to 1:30 p.m. Monthly Bingo/Great Room/Sponsored by TNG Insurance

Friday, December 19

9:00 a.m. to Noon Senior Enrichment Center Secret Santa Angel Tree

11:30 a.m. to 1:00 p.m. Mingle & Jingle Ornament Exchange

Sponsored by TWN Communications

SPECIAL EVENTS & ACTIVITIES

Monday, December 22

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

Root Beer Floats/Great Room Sponsored by Mohave Medicare

Tuesday, December 23

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

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

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

Monthly Mixer/Ugly Sweater Contest/Great Room

Sponsored by The Legacy Rehab & Care Center Santa & Friends - Kringle Konnection/Great Room Sponsored by Lois Briesemeister, US Southwest Realty

Art Therapy/Craft Room

Sponsored by Mohave College Community Education

Wednesday, December 24

10:00 a.m. to 11:00 a.m. 12:00 p.m. to 1:00 p.m.

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

1:30 p.m. to 2:30 p.m. Thursday, December 25 NAU Volunteer Meeting/Conference Room

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

Sweep Card Game/Great Room/ Sponsored bu VooDoo Cove

Game Room Karaoke/ Game Room

----- CLOSED-----



Tuesday, December 30

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

Art Therapy/Craft Room

Sponsored by Mohave College Community Education

Wednesday, December 31

12:30 p.m. to 3:30 p.m. Bunco Group/Great Room







Calling all Secret Santa's

Bullhead City Senior Enrichment Center is hosting a Secret Santa Tree for local seniors in need of some holiday cheer. Secret Santa Tags will be available for selection starting Tuesday, November 25.

All gifts are due back to the Senior Enrichment Center by December 19, 2025.

Are you in need of some holiday cheer?

Are you a local senior in need of some holiday cheer? Stop by the activity window inside the Senior Enrichment Center starting November 3 to pick up a Senior Secret Santa participation form.

Complete details are available at the Senior Enrichment Center.

Form deadline is Monday, November 24, 2025.

Join us in spreading joy and making the season brighter for everyone! Your kindness and generosity can make someone's holiday truly special.

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

HAPPY HOUR



Wed. Dec 10th
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



LET'S MIX & MINGLE!

Wear your ugliest, funniest, or most creative holiday sweater for a chance to win festive prizes as our Ugly Sweater Champion! Enjoy delicious seasonal treats, holiday drinks, appetizers, and plenty of laughter as we mix, mingle, and celebrate the season together.



UGLY SWEATER MIXER

Tuesday, December 23 12:30 pm -1:30 pm

SPONSORED BY



SENIOR ENRICHMENT CENTER 2275 TRANE RD BULLHEAD CITY, AZ

Is your Medicare plan still the right fit for 2026? Your needs change and so do Medicare plans.

DON'T MISS OUT! Annual Enrollment is here Oct 15th - Dec 7th

Do you have questions about Medicare?

- 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 <u>NO COST</u> Medicare consultation/review to further discuss your needs and help you find a plan that's a good fit for you.

Calling the number above will direct you to a licensed sales agent. Not affiliated with or endorsed by Disversment or Federal Medicare Program. S8I Senefits is an independent insurance Agency.









White Chocolate Shortbread Cookies!

Wed. Dec 10 1pm-3pm

Senior Enrichment Center 2275 Trane Rd, Bullhead City





December 1

Aranda, Terrilee App, Katherine Cantu, Debbie Scott, Laura Sorg, Trudy Hammond, Lynn Nakahodo, Liane

December 2

Rodriguez, Dorothy Jensen, Steven Kirk, Cindy Huber, Laura Ramirez, Carla

December 3

Schneider, Kathlyn Greilick, Dianne Campbell, Dorothea Boland, James Dinkins, Deborah Marshall, Mark Quitmeyer, Dawna Westphal, Laura Menissian, Lisa Pidgeon, Kimberly

December 4

Dippolito, Doris

December 4

Stewart, Sandy Keane, Debbi Brewer, Vanessa Sullivan, Michele Roberts, Michelle

December 5

Sagen, Shari Coffman, Susan Irot, Bruce Scarr, Darrell Tuck, Steve

December 6

Strauber, Carolyn Benson, Rosita Taylor, Kendra Pennington-Williams, Karen Werner, Janet Arce, Pamela Hache. Charlene

December 7

George, Linda Wadley, Ida

December 7

Baker, Diana Hill, Penny Tolzien, Danielle

December 7

Ogaz, David Harris, Betty

December 8

Neill, Karen Mallet, Marilou McLerran, Karen Moulton, Chuck Sirch, Linda Judson Price Jr., William Stumlin, Bruce Gloudemans, Kathy Ogaz, Aurora Manning, Doug Stringer, Horse Wolters, Darrell

December 9

Malatino, Joseph Ortiz, Angelita Wimer, John Carter Beck, Linda Geoghegan, Nancy Hatcher, Lana Lemelle, Peggy Henry, Christine Pease, Alan

December 10

Potter, Sandra Marquis, Phyllis Maxwell, Karen

December 10

Quinn, Michael Stobble, Debra Saunders, David

December 11

Thielman, Ann Andrews, Ray Hensler, Susan Petrini, Carol Jansson, Judy Todd, Anthony Beam, Nancy Henzie, Timothy Jackson, Crystal

December 12

Hays, James Thomas, Dorothy Bremer, Susan Protzman, Tanya Frausto, Ruth Frey, Tammey Williams, Guadalupe

December 13

Wheeler, Rita Ross, Wally Lillis, Bonnie

December 14

Muro, Geraldine



Jessee Martinez, Sales Director (928) 763-1212

jmartinez@watermarkcommunities.com

December 15

Allison, Gerald Kelly, Diana Ferguson, Toni Fitzpatrick, Vicki Williams, Timothy Roberts, Kimberly

December 16

Gayle, Willberta Kitch, Suzanne Rodriguez, Cheryl

December 17

Oliver, Judith Chambers, Yawaluck Garcia, Manuel Baker, Catherine Smith, Nancy Quinn, Manette Lipshin, Donna Williams, Retha Castillo, Efrain

December 18

Brazaski, Ginnie Johnson, Sharon Brown-Red, LuWanda Stanley, George Clowes, Ronald Emde, Ramona Lawson, Lorna Hurd, Sheilia

December 19

Lay, Terence Irot, Rose Loomis, Susan Shaw, Ronald Rees, Wendy Anderson, Mark

December 19

Phillips, Melinda Thompson, Camie

December 20

Emter, Jean Volkman, Sharon Woller, Judy Hull, Marsha

December 20

Lister Talley, Susan Coffey, Laura

December 21

Weller, Orville Hughes-Scarr, Denise Bramlett, Terri

December 22

Wilhelmsen, Bertha Valikoski, Maureen Villagas, Pamela Gardner, Donald Ari. Newman Gallego, Jennifer

December 23

McNulty, Shawn Hansen, Dorothy Hieb, Connie Kelly, Margaret Renner, Karen McNulty, Dennis Ressegger, Joy M

December 24

Gray, Charles Pankopf, David Lopez, Connie Kremer, James Izzolena, Lee Passafinume, Robert Kohler, Elaine Russell, Yolanda Winters, Josephine Graff, Fred Howell, Karen Smith, Chervl Harding, Tyrone Lott, Evelyn Harjo, Lisa

December 25

Dalsing, Clarence Barragan, Mary Krueger, Carl Eger, Thomas Claspill, Drusilla Brattain, Michele

December 26

Kendall, Helen Jack, Naomi Christ, Suzy

December 27 Stromire, Mert Rivera, Connie Gove. Patricia Portello, Henrietta Thomas, Tony Cortez, Juan Bixby, Joni Banas-Branch, Cecelia Chale, Jose Haywood, Judith Gledhill, Tiana Seabury, Christine Arce, Adam

December 28

Fremion, Bill Kartes, Terence Lanczok, Karen Mallinger, Lora Darcy, Denis

December 29

Goodwin, Shirlee Hartsfield, Ellen Green, Patricia Schaffer, Robert Lock, Kevin

December 30

Shaw, Betty Shore, Annabelle Lebo, Phyllis O'Conner, Micheal Roush, Melinda Young, Cherie Heckland, William Davis, Steve

December 31

Edelman, Phillip Dusenberry, Richard Surace, Joseph Paterno, Roe Yeomans, Ivy Stanford, Kelli Jo Pendarvis, Susanne Kline, Jammie Keithley, Joe







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

Tue, December 16 starting at 12:30 Sponsored by Joshua Springs Senior Living



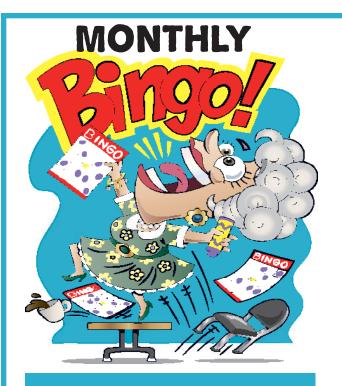


- MEMORY SCREENING To test for early signs of Dementia or Alzheimer's
- BLOOD PRESSURE CHECKS
- HEIGHT & WEIGHT MONITORING Weight Loss/Diabetic and Nutrition Counseling
- RESOURCES & REFERRALS

CLINIC DATES
DEC 11
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.



Dec 18th

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

INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2275TRANE RD

SPONSORED BY

KARO TNGRIAN





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

702-624-3161 TNGMEDICARE.COM



Thursday, December 4 Noon-1pm



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



Where The LOCALS GO

At **Davis Place** our Assisted Living community is made up of friends, neighbors and colleagues. We are passionate about preserving local connections and making new memories while offering the peace of mind that comes from knowing you or your loved one is being cared for like family.

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

\$3,000 On Select Apartment Homes





DAVIS PLACE

An Integral Senior Living Community

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. DVPL-0003 08/25



Join us on Wednesday, December 24th at Noon.

Have Fun & WIN PRIZES!



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



Monthly root beer FLOATS

Mon Dec 22 Noon - 1pm

SPONSORED BY



LOCAL RELIABLE TRUSTED Serving our community for over 14 years!



928-600-2628 TTY-711

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY



TNG Insurance Presents

Medicare Made Easy Updates for 2026

An Informational Presentation by Karo Tngrian

Tuesday, December 2, 2025 3:30 p.m. -4:30 p.m.

Senior Enrichment Center 2275 Trane Road, Bullhead City, Arizona

Enjoy holiday pie while learning about new benefits and changes for 2026.



To ensure holiday pie for all, please call or text to RSVP (702)624-3161 or email Karo@TNGMedicare.com



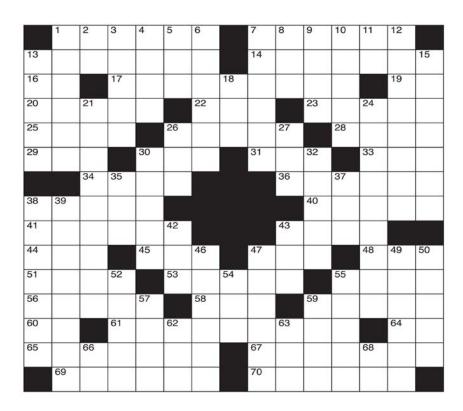


KARO TNGRIAN

INDEPENDENT INSURANCE BROKER MEDICARE ADVANTAGE ●MEDICARE SUPPLEMENT PART D ● DENTAL & VISION ● CRITICAL CARE

Not affiliated with the U.S. Government or Federal Medicare Plan. Does not offer every plan in your area. Any information provided is limited to those plans offered in your area. Please contact medicare.gov or 1-800-medicare to get information on all your options.

CROSSWORD



CLUES ACROSS

- 1. Spiritual leaders
- 7. A type of solution
- 13. Fortified wine
- 14. Edible mollusk
- 16. They precede C
- 17. A way to compare
- 19. Government lawyer
- 20. "Game of Thrones" actor Ciaran
- 22. The eighth month (abbr.)
- 23. Very willing
- 25. __ ex Machina
- 26. Makes happy
- 28. Type of berry
- 29. A doctrine
- 30. Popular Dodge truck model
- 31. Dekagram
- 33. Naturally occurring solid
- 34. Company officer
- 36. Villains
- 38. Cricket frogs

- 40. Influential German psychologist
- 41. Endured
- 43. A female domestic
- 44. You can get stuck in one
- 45. Cigarette (slang)
- 47. Fiber optics network
- 48. Group of blood disorders (abbr.)
- 51. Employee stock ownership plan
- 53. Belonging to the bottom layer
- 55. Sound
- 56. MLB legend Hank
- 58. Very attractive person
- 59. Late beloved sportscaster Craig
- 60. South Dakota
- 61. Mocking
- 64. Symbol for gold
- 65. Longtime Braves pitcher Julio
- 67. Humor
- 69. Shaw
- Preliminary patient assessment

CLUES DOWN

- 1. Animal disease
- 2. Commercial
- 3. Necklace material
- 4. Containers
- 5. A way to save for your future
- 6. Colorado Heisman winner Rashaan
- 7. Dipped down
- 8. Head injury (abbr.)
- 9. Lay about
- 10. Intestinal
- 11. Opposite of yes
- 12. Caused to be loved
- 13. Spiritual leader of Islam
- 15. Businesslike
- 18. Not in
- 21. Number above the line in a fraction
- 24. An animal with its own day
- 26. Pouch
- 27. Swedish krona
- 30. Start over
- 32. Field flowers
- 35. Fourteen
- A visual way to interact with a computer
- 38. Up-to-date
- 39. Campaigns
- 42. Touch lightly
- 43. "Boardwalk Empire" actress Gretchen
- 46. Violent seizure of property
- 47. Supporter of the Pope
- 49. Anxiety
- 50. Body fluid
- 52. One who's faking it
- 54. Title of respect
- 55. Chilean city
- 57. City in central Japan
- 59. Silk garment
- 62. A form of dance
- 63. Automobile
- 66. The man
- 68. Justice Dept. head honcho

Maybe Christmas, he thought doesn't come from a store, Maybe Christmas, perhaps, means a little bit more. - The Grinch



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

Hypel'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

HOT COCOA BAR



A SWEET AND RELAXING TIME TO UNWIND, CHAT WITH FRIENDS,
AND ENJOY A DELICIOUS CUP OF HOT CHOCOLATE TOPPED JUST THE WAY
YOU LIHE IT.

WEDNESDAYS 10:00 AM TO NOON
BULLHEAD CITY SENIOR FURICHMENT CENTER
2275 TRANE ROAD



r Piii.

ALL THE ANSWERS YOU SEEK . . .

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

7	8	9	5	6	4	2	3	1
6	2	5	7	3	1	8	ഗ	4
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2	9	1	3	4	5	6	7	8
5	3	7	8	2	6	1	4	9
8	4	6	1	7	9	3	5	2
4	6	2	9	8	7	5	1	3
9	5	8	6	1	3	4	2	7
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Е	S	0	Р		В	Α	S	Α	L		Т	0	Ν	Е
Α	Α	R	0	Z		Р	1	Р		S	Α	G	E	R
S	D		S	Α	Т	1	R	1	С	Α	L		Α	U
Т	Е	Н	Е	R	Α	Ν		S	Α	R	С	Α	S	М
	S	Е	R	Α	Р	Е		Т	R	1	Α	G	Е	





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