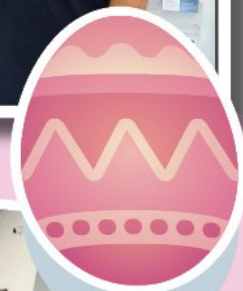


SENIOR ENRICHMENT CENTER

HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR
EVENT CALENDAR





RELIABLE, RESPONSIBLE, RESPECTED

CommUnity Energy
ARIZONA'S ELECTRIC
COOPERATIVES

MOHAVE
electric cooperative
A Touchstone Energy Cooperative

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

marvelous mondays

April 7th Build your own Breakfast Burrito

Comes with eggs, potato, and cheese.
You can add bacon, ham, onions, and peppers.

April 14th Home-style Breakfast

2 eggs scrambled, 2 bacon strips,
hash browns, slice of toast.

April 21st Build your own Yogurt Bar

Yogurts, granola, fresh fruits available
for you to build your own.

April 28th Biscuit and Sausage Gravy

A Delicious Southern staple!

Senior Enrichment center's Continental Breakfast Mon-Fri 8:30 am -10:30 am Your choice of Beverage
Only: Coffee, Tea or Juice only \$1 per person or Continental Breakfast & Beverage only \$2 per person.

Marvelous Mondays!

Seniors age 60+ 8:30 a.m. to 10:30 a.m.

Add a Marvelous Monday
upgrade to your Continental Breakfast
on Mondays for \$1 more!

Receive a special
yummy item created by
Senior Enrichment Center's
very own Nutrition Coordinator
John Kearns!





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-Friday
8:00 a.m. to 4:00 p.m.
For more information call
(928) 763-0193
Follow us on Facebook!



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

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

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

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

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



MONTHLY MENU

April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Swedish Meatballs Buttered Pasta Corn	2 Stuffed Peppers California Blend Veggies Warm Apples	3 Asian Chicken Salad Dinner Roll Dressing	4 Cheese Omelet Pork Sausage Hash Browns
7 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	8 Chorizo & Eggs Scramble Tator Tots Southwest Veggies	9 Beef Tamale Fiesta Veggies Mexican Rice	10 BBQ Pulled Pork Baked Beans Cobbler	11 Spaghetti & Meatballs Dinner Roll Cobbler
14 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	15 Breakfast Burrito Breakfast Potatoes Pork Sausage	16 Chicken & Dumplings Peas & Carrots Cobbler	17 Beef Fajitas Spanish Rice Cinnamon Apples	18 Chicken Alfredo Dinner Roll Pears
21 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	22 Cobb Salad Dinner Roll Dressing	23 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	24 Sweet & Sour Meatballs Buttered Pasta Carrots	25 Chicken Enchilada Fiesta Veggies Rice
28 Asian Chicken Asian Veggies Fried Rice	29 Denver Omelet Breakfast Potatoes Pork Sausage	30 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.

What to know about exercise and dementia risk

Three seconds go by in a flash, but that's enough time for another person to join the masses already diagnosed with dementia. According to Alzheimer's Disease International, every three seconds someone in the world develops dementia, a condition that more than 55 million people were living with in 2020. The World Health Organization notes that various diseases and injuries that affect the brain can contribute to dementia. As menacing a threat as dementia presents, individuals are not helpless against it. In fact, exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a valuable ally against dementia as well.

What is the link between exercise and dementia? Dementia remains something of a mystery, but the Alzheimer's Society notes that evidence is now strong enough to support the assertion that lack of physical exercise increases a person's risk of developing dementia. The Alzheimer's Society also notes that researchers have discovered improvements in thinking and memory and reduced rates of dementia among middle-aged and older adults who exercised compared to those that did not. Is cardio the most effective exercise at lowering dementia risk? Speaking with CNBC, Silky Singh Pahlajani, a clinical professor of behavioral neurology and neuropsychiatry at Weill Cornell Medicine, noted that cardiovascular exercise, often referred to as cardio, can provide the biggest benefit for brain health of any form of exercise. Cardiovascular exercise can increase heart rate, which helps deliver oxygen cells to the brain. The National Institutes of Health notes that oxygen shortages prevent the brain from working as well as it should, and a 2023 study published in the journal *Redox Biology* found that oxygen abnormality plays a crucial role in the occurrence and progression of Alzheimer's disease. How should aging adults approach exercise if they have been largely sedentary? Middle-aged and older adults who have not been physically active throughout their adult life but want to begin incorporating exercise into their daily routines are urged to speak with their physicians prior to beginning a fitness regimen. Preexisting conditions may make it difficult, if not impossible, to engage in certain forms of exercise. A personal physician can consider a patient's unique medical history and then recommend certain exercises that won't put him or her in jeopardy of suffering an injury or illness. A gradual approach to exercising is typically best for individuals who have lived a sedentary lifestyle. Starting off slowly with a short walk or light physical activity like gardening can help the body acclimate to physical activity at a safe pace. As adults bodies' become more accustomed to exercise, men and women can then gradually increase the intensity of their workouts, switching from walking to jogging on a treadmill when possible. There is no cure for dementia, but adults are not helpless against the various forms of the condition. Researchers have discovered that preventive measures like routine exercise can be an effective way to reduce dementia risk.



CHECK US OUT!



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

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

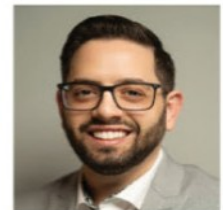
Please share the new website
with friends and family.



APRIL 17
12:30 P.M. TO 2:00 P.M.
SENIOR ENRICHMENT
CENTER

SPONSORED BY

KARO TNGRIAN



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Medicare Advantage • Medicare Supplement
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Books For Boomer presents
THE ARIZONA KID by Elena E. Smith
*'...as if Judy Blume had written
Little House on the Prairie...'*



Nellie, family and friends navigate dilemmas as simple as a missing marble, as complex as the loyalty of friendships.

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E-BOOK \$1.99**



DOWNLOAD TODAY!

Available locally at
**PAPERBACK
BOOK EXCHANGE**
1960 Highway 95, Bullhead City

\$5

wii sports

WII BOWLING

**April 2 & 9
10:00 a.m.**

SENIOR
ENRICHMENT
CENTER

MEC SCHOLARSHIP PROGRAM

**UP TO
\$10,000**

Scan to Apply!



MEC is an equal opportunity provider & employer



SPRING HAS SPRUNG WORD SEARCH



WORDS

APRIL
AWAKENING
BLOOMS
BREEZE
BUDDING
BUNNY
CHIRPING
EGGS
FLOWERS
GARDEN
GREEN
GROWS
INSECTS
NEST
POLLEN
REBIRTH
SAPLING
SHOWERS
SPRING
SUNNY
SUNSHINE
TREES

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

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



Q: What is more useful when it is broken?

A: An egg.

Q: I am easy to lift, but hard to throw. What am I?

A: A feather.

Q: Where do you take a sick boat?

A: To the dock-tor.

Q: Which fish costs the most?

A: A goldfish.

Q: What goes up, but never comes down?

A: Age.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to distracted driving.

HPNEO

--	--	--	--	--

Answer: Phone

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to sports safety.

DHEA

--	--	--	--

Answer: Head

ICE CREAM SUNDAE SOCIAL

Join us for Ice Cream & Socializing!

April 3rd & 24th

Noon-1:00 pm

SENIOR ENRICHMENT CENTER

Sponsored By



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

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY





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

Tue, April 15th starting at 11:30 am

April 1

Lenore Osko
Lori Hosley

April 2

Lynn Bauer
Robert Shorkey

April 3

Reg Thibault
Bruce Volkman
Hank Bauwin
Carmen Stiller
Rosie Campbell

April 5

Scott Gavigan
Fred Noel
Terri Russell

April 6

Gloria Valles
Debra Van Norman

April 7

Jane Mertes
Richard Tudor

April 8

Joyce Thrasher
Arturo Varela Jr

April 9

Deborah
Oneal-Rohracker
Raul Gonzalez
Jesus Peralta

April 10

Lisa Wagner
Ronald Deering
Ernie Casias
Anna Marie Fierro

April 11

Ricky Jay
John Bricker

April 12

Karen Taketa
Roger Wolford
Bob Murray
Karen Astorga
Andrea Jolliffe
Natalia Wasylyszyn
Lavina Gott

April 13

John Landry
Margaret Eaves
Mari Beth Landry

April 14

Jackie Stokesberry
Peggy Archer
Linda J Stone

April 15

David Dingle
Donna Marie Loesch
Annette
Wegmann-Wood

April 16

Samantha Wright

April 17

Kate Donahue
Assunta Manning
Lorraine Werner

April 19

Terisa Hart
Pearl Ridgeway
Ron Smith

April 20

Sandra Hebert
Alyce Bennett
Roy Miles
Eileen Greene
Bruce Hoffman

April 21

Ann Kasik

April 22

Julie Belling
Odette Morrison
Stu McHenry
Arlo Thompson

April 23

Derek Deason
Richard Swiston

April 24

Flavia Markham
Kathleen Hendershot
Kelley Houghtaling
Kim Cool

April 25

Walter Timm
Dana Larkin
Beverly
Stolworthy

April 26

Barbara Stinson
Linda Mae
Debruin
Tony Armandan

April 27

Mary Hampton
Ken Herczeg

April 28

Ymelda Campbell
Janet Cronkrite

April 29

Arthur Valenzuela
Mark Massengale
Donald Hall
Beverly

Mc Queeney

April 30

Suzette Roberts
Jaymie
Witherspoon



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

VOLUNTEERS

SENIOR ENRICHMENT CENTER NEEDS YOU !

Driver/Delivery Person

Wellness Check Caller

Friendly Visitor

Meal Pick-up Person

Breakfast Server

Lunch Server

Newsletter Delivery

Angels Essential Room Worker

Community Store Worker

Technology Savoy Helper

**Ambassador for the
Senior Enrichment Center**

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



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



GET READY TO SHARPEN YOUR EAGLE EYES AND HONE YOUR BASKET-CARRYING SKILLS, BECAUSE THIS HUNT IS ON!

WE'LL HAVE A DELIGHTFUL ASSORTMENT OF PRIZES, FROM SWEET CHOCOLATE BUNNIES JELLY BEANS, AND PERHAPS EVEN A FEW SURPRISES THAT WILL BRING A SMILE TO EVERYONE'S FACE.

MAKE SURE TO BRING YOUR DECORATIVE EASTER BASKET TO COLLECT EGGS AND WIN A PRIZE FOR THE BEST EASTER BASKET DESIGN. ENJOY OUR CHOCOLATE FOUNTAIN AND FRESH FRUIT AND TREAT BAR.

WHO KNOWS MAYBE A VIST FROM THE EASTER BUNNY HIMSELF

IN HONOR OF NATIONAL ADOPT A SHELTER PET DAY



FIRST 50 CAT & DOG ADOPTIONS ARE
FREE IN THE MONTH OF APRIL



SPONSORED BY



Bullhead City Animal Shelter

2270 Trane Road Bullhead City, AZ 86442

Phone: (928) 763-6000

Hours: Mon - Thur: 10 a.m. - 6 p.m.

Public access to animals:

Mon-Thu, Noon - 5:30 p.m.

Closed: Friday, weekends & holidays

Adoption includes
Spay/neuter surgery,
age-appropriate
vaccinations, medical
check-up, behavior evaluation,
general grooming, microchip,
free behavior consult with a trainer,
grooming discounts, free dog license for
Bullhead City residents, 24/7 lap side
assistance, and 100,000 purring guarantee.

DRUM CIRCLE

A drum circle is a communal gathering where participants, regardless of experience, come together to play drums and other percussion instruments in a circular formation, focusing on creating a shared rhythm and beat. Drum circles offer numerous health benefits, including stress reduction, improved mood, boosted immunity, and increased social connection, by engaging in rhythmic activity and fostering a sense of community.

- **Stress Reduction:** Drum circles are known to reduce stress and anxiety by promoting relaxation and releasing endorphins, the body's natural painkillers.
- **Improved Mood:** The rhythmic nature of drumming can lift spirits, increase feelings of well-being, and even help alleviate symptoms of depression.
- **Enhanced Self-Expression:** Drumming provides a creative outlet for self expression and allows individuals to connect with their inner selves.
- **Increased Social Connection:** Drum circles foster a sense of community and be-longing, which can be particularly beneficial for individuals who feel isolated or dis-connected.
- **Mindfulness and Focus:** The rhythmic and repetitive nature of drumming can help improve focus and concentration, promoting a state of mindfulness.
- **Boosted Immune System:** Studies suggest that drumming can increase the activity of white blood cells, which play a crucial role in the immune system.
- **Lowered Blood Pressure:** The rhythmic nature of drumming can help lower blood pressure and improve cardiovascular health.
- **Improved Cardiovascular Health:** Drumming can be a form of physical activity, helping to improve cardiovascular health and endurance.
- **Pain Relief:** Drumming can help reduce chronic pain by releasing endorphins and promoting relaxation.
- **Improved Cognitive Function:** Drumming can improve cognitive function, including memory, attention, and decision-making skills.

Whether you're looking to try something new, rediscover a love for music, or simply enjoy a fun and inclusive activity, the Drum Circle class at the Senior Enrichment Center is the perfect way to tap into the power of rhythm and enjoy the many benefits of group drumming. The next Drum Circle event is on April 21st at 2:30 p.m.

For more information contact Jenny, Activity Coordinator 928-763-0193



ARTS & CRAFTS

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

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

HAPPY HOUR

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

April 2 1:00 pm to 2:30 pm

with Games

April 9 1:30 pm to 2:30 pm

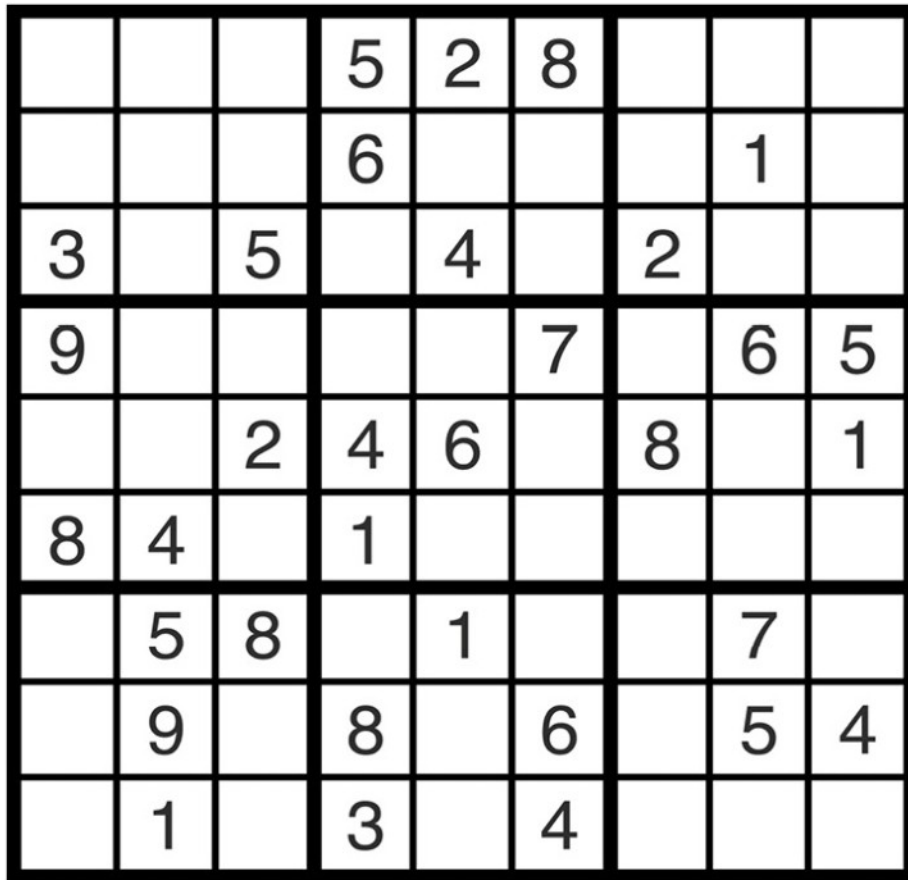
with Games

April 30 2pm to 3pm

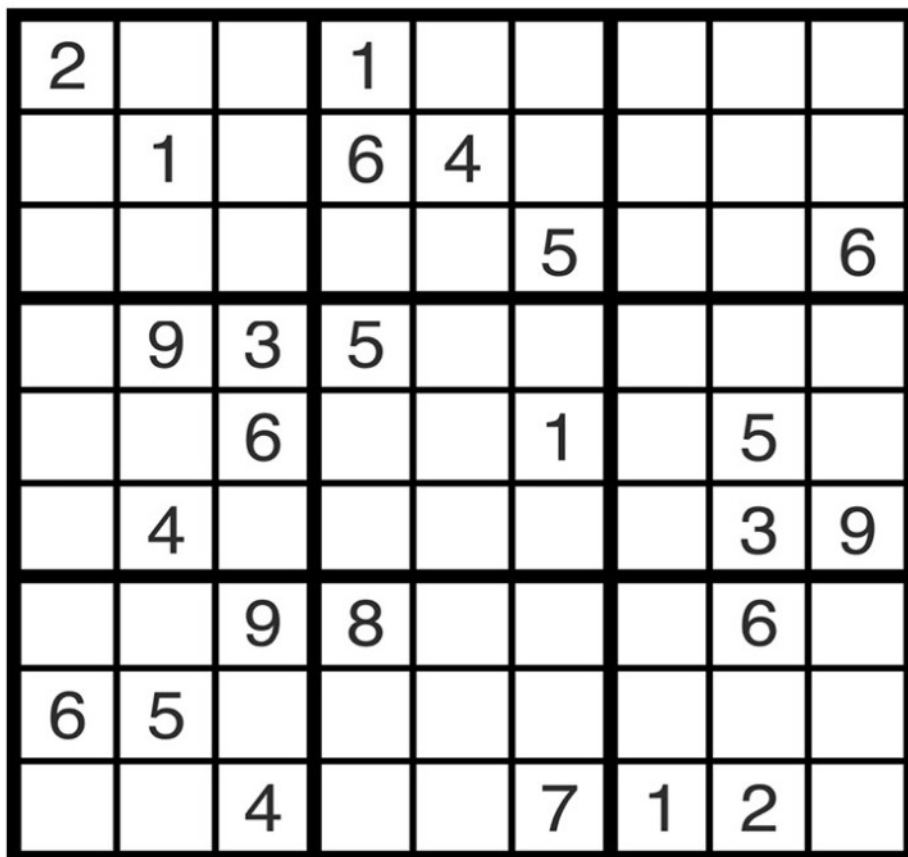
with Karaoke

Sponsored by:

MCC Mohave
Community
College
**COMMUNITY
EDUCATION**



Level: Beginner



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.

APRIL ACTIVITIES CALENDAR



TUESDAY

1

9:00 a.m. to Noon
9:15 a.m. to 11:00 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.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.
3:30 p.m. to 4:14 p.m.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Zumba Class/Exercise Room
Bingocize/Exercise Room
Essentrics Aging Backwards/Exercise Room
Art Therapy/Craft Room/Easter Card Class
Hand & Foot Card Game/Game Room
Poker Game/ Game Room
Relaxation & Mindfulness/Exercise Room
Line Dancing/Great Room

WEDNESDAY

2

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
11:00 p.m. to Noon
Noon to 3:00 p.m.
12:30 p.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:30 p.m.

1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Wii Bowling/Great Room
Educational Cooking Presentation/Great Room
Open Sewing/Craft Room
Genealogy Club/Library
Bunco Group/Great Room
Happy Hour/Game Room
sponsored by Mohave Community College
Bereavement Support Group/Conference Room
Gamblers Anonymous Meeting/Nutrition Center

THURSDAY

3

9:15 a.m. to 9:45 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.m.
Noon to 1:00 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.
5:30 p.m. to 9:30 p.m.

Energizing Chair Yoga/Exercise Room
Bingocize/Exercise Room
Essentrics Aging Backwards/Exercise Room
Ice Cream Social/Great Room
Sponsored by Culver's Bullhead City
Knit & Crochet Group/Craft Room
Double Deck Pinochle/Game Room
Mahjong Tile Game/Game Room
Pass the Trash Game-Potluck/
Old Senior Center

FRIDAY

4

8:00 a.m. to Noon
10:00 a.m. to 11:00 a.m.
10:00 p.m. to 11:30 a.m.

12:30 p.m. to 1:20 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.

Wider Circle Event/Nutrition Center
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/
Easter Door Hanger
Skin Cancer Presentation/Conference Room
Mexican Train/Great Room
Pinochle/Game Room
Poker/Game Room

MONDAY

7

9:00 am to 11:00 a.m.
9:00 a.m. to 9:45 a.m.
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.
12:30 p.m. to 3:30 p.m.

Estate Planning/Conference Room
Body Moves for Brain Power/Exercise Room
Free Bingo w/prizes/Great Room
Sponsored by Family Care Home Health & Hospice
Mexican Train/Game Room
Poker/Game Room
Pinochle/Game Room

TUESDAY

8

9:00 am to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.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.
3:30 p.m. to 4:15 p.m.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Zumba Class/Exercise Room
Bingocize/Exercise Room
Essentrics Aging Backwards/Exercise Room
Jewelry Making/ Craft Room/*April Shower Earrings*
Hand & Foot Card/Game/Game Room
Poker Card Game/Game Room
Relaxation & Mindfulness/Exercise Room
Line Dancing Class/Great Room

WEDNESDAY

9

8:00 a.m. to 4:00 p.m.
10:00 a.m. to 11:00 a.m.
10:00 p.m. to 11:00 a.m.
10:00 a.m. to 11:30 a.m.
12:30 p.m. to 2:30 p.m.
12:30 p.m. to 3:00 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 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
Long Term Care Ombudsman Program/
Conference Room
Wii Bowling/Great Room
Give, Make & Take/Nutrition Center/*Easter Cookies*
Open Sewing Group/Craft Room
Sweep Card Game/Game Room
Bereavement Support Group/Conference Room
Happy Hour/Game Room
sponsored by Mohave Community College
Gamblers Anonymous Meeting/
Nutrition Center

THURSDAY

10

9:15 a.m. to 9:45 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.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.
5:30 p.m. to 9:30 p.m.

Energizing Chair Yoga/Exercise Room
Bingocize/Exercise Room
Essentrics Aging Backwards/Exercise Room
Left, Right, Center Dice Game/Game Room
Knit & Crochet Group/Craft Room
Double Deck Pinochle/Game Room
Mahjong Tile Game/Game Room
Pass the Trash Game & Potluck/

FRIDAY

11

8:00 a.m. to Noon
10:00 a.m. to 11:00 a.m.
10:00 p.m. to 11:30 a.m.
11:00 a.m. to 1:00 p.m.
12:30 p.m. to 1:20 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.

Wider Circle Event/Nutrition Center
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Bunny Pot
Mini Clinic (6 spots)/Nutrition Center
Skin Cancer Presentation/Conference Room
Mexican Train/Great Room
Pinochle/Game Room
Poker/Game Room

MONDAY

14

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.

Body Moves for Brain Power/Exercise Room
Free Bingo w/prizes/Great Room
Sponsored by Family Care Home Health & Hospice
Dementia Support Group/Conference Room
Mexican Train/Game Room
Poker/Game Room
Pinochle/Game Room

TUESDAY

15

9:00 am to Noon
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.m.
11:30 p.m. to 12:30 p.m.

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

Beading Group/Craft Room
Zumba Class/Exercise Room
Bingocize/Exercise Room
Essentrics Aging Backwards/Exercise Room
Birthday Celebration/Great Room
Sponsored by Joshua Springs Senior Living
Solar Financing & Consumer Protection/
Conference Room
Art Therpy/ Craft Room/Faberge Eggs
Hand & Foot Card/Game/Game Room
Poker Card Game/Game Room
Relaxation & Mindfulness/Exercise Room
Line Dancing Class/Great Room

WEDNESDAY

16

8:00 a.m. to 4:00 p.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 11:15 a.m.
Noon to 3:00 p.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.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Price is Right Game/Great Room
Open Sewing Group/Craft Room
Genealogy Club/Library
Bunco/Great Room
Bereavement Support Group/Conference Room
Gamblers Anonymous Meeting/Nutrition Center

THURSDAY

17

9:15 a.m. to 9:45 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 11:00 a.m.
11:00 a.m. to 11:30 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 2:0 p.m.

12:30 p.m. to 3:30 p.m.
5:30 p.m. to 9:30 p.m.

Energizing Chair Yoga/Exercise Room
Bingocize/Exercise Room
Rock Painting/Craft Room
Essentrics Aging Backwards/Exercise Room
Knit & Crochet Group/Craft Room
Monthly Bingo/Game Room
Sponsored by THG Insurance
Mahjong Tile Game/Game Room
Pass the Trash Game & Potluck/

FRIDAY

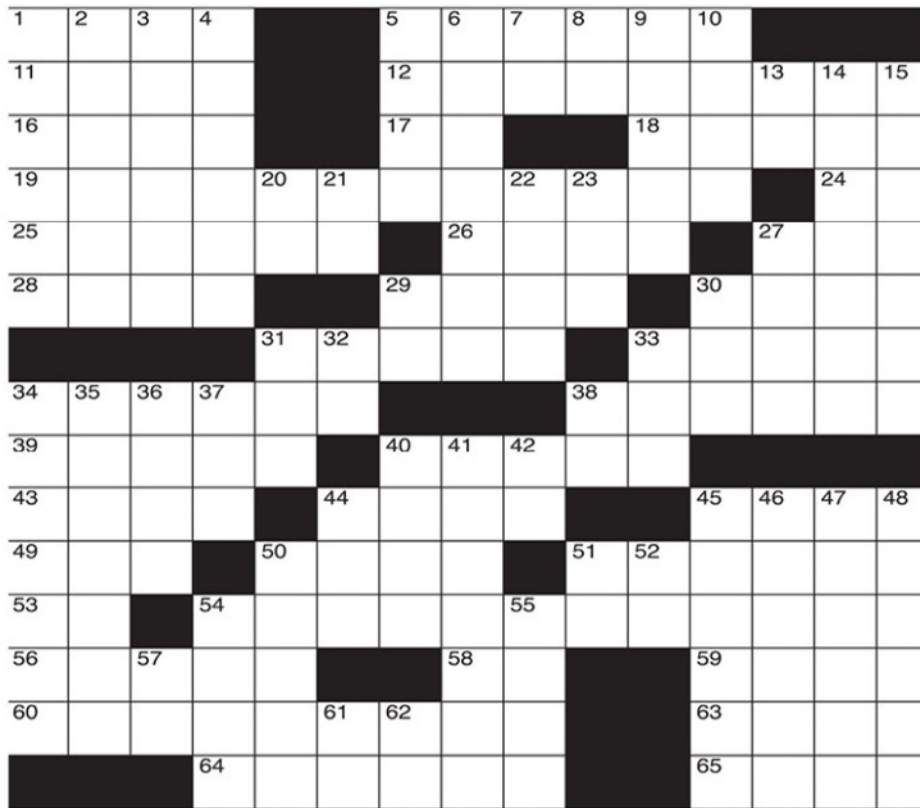
18

8:00 a.m. to Noon
10:00 a.m. to 11:00 a.m.
10:00 p.m. to 11:30 a.m.
10:00 p.m. to 11:00 a.m.
Noon 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.

Wider Circle Event/Nutrition Center
Brain Savers Exercise/Exercise Room
Fun Friday Crafts/Craft Room/Dot Paint Pot
Exercise to Ease Arthritis/Conference Room
Easter Egg Hunt Event/Great Room
Mexican Train/Great Room
Pinochle/Game Room
Poker/Game Room

MONDAY	21	<p>9:00 a.m. to 9:45 a.m. 10:00 a.m. to 11:30 a.m.</p> <p>Noon to 3:00 p.m.</p> <p>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. 2:30 p.m. to 3:30 p.m.</p>	<p>Body Moves for Brain Power/Exercise Room Free Bingo w/prizes/Great Room Sponsored by Family Care Home Health & Hospice Colorado River Concert Meeting/ Conference Room Mexican Train/Game Room Poker/Game Room Pinochle/Game Room Drum Circle/Exercise Room</p>
TUESDAY	22	<p>9:00 am to Noon 9:15 a.m. to 10:00 a.m. 10:00 a.m. to 11:00 a.m. 10:00 a.m. to 11:00 a.m. 11:00 a.m. to 11:30 a.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. 3:30 p.m. to 4:15 p.m. 4:00 p.m. to 5:00 p.m.</p>	<p>Beading Group/Craft Room Zumba Class/Exercise Room Bingocize/Exercise Room Beyond Walls Bingo/Great Room/Televeda Essentrics Aging Backwards/Exercise Room Art Therpy/ Craft Room/Dot Painting Hand & Foot Card/Game/Game Room Poker Card Game/Game Room Relaxation & Mindfulness/Exercise Room Line Dancing Class/Great Room</p>
WEDNESDAY	23	<p>8:00 a.m. to 4:00 p.m. 10:00 a.m. to 11:00 a.m. Noon to 3:00 p.m. Noon to 1:00 p.m.</p> <p>12:30 p.m. to 3:30 p.m. 1:00 p.m. to 2:00 p.m. 7:00 p.m. to 8:00 p.m.</p>	<p>Veterans Benefit Councilor/Nutrition Center Brain Savers Exercise/Exercise Room Open Sewing Group/Craft Room Monthly Trivia/Conference Room Sponsored by Dot Foods Sweep Card Game/Game Room Bereavement Support Group/Conference Room Gamblers Anonymous Meeting/Nutrition Center</p>
THURSDAY	24	<p>9:15 a.m. to 9:45 a.m. 10:00 a.m. to 11:00 a.m. 10:00 a.m. to 11:00 a.m. 11:00 a.m. to 11:30 a.m. Noon to 1:00 p.m.</p> <p>Noon to 3:00 p.m. 12:30 p.m. to 3:30 p.m. 12:30 p.m. to 3:30 p.m. 5:30 p.m. to 9:30 p.m.</p>	<p>Energizing Chair Yoga/Exercise Room Bingocize/Exercise Room Tech Thursday/Televeda/Conference Room Essentrics Aging Backwards/Exercise Room Ice Cream Social/Great Room Sponsored by Culver's of Bullhead City Knit & Crochet Group/Craft Room Mahjong Tile Game/Game Room Double Deck Pinochle/Game Room Pass the Trash Game & Potluck/</p>
FRIDAY	25	<p>8:00 a.m. to Noon 10:00 a.m. to 11:00 a.m. 10:00 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. 4:00 p.m. to 7:00 p.m.</p>	<p>Wider Circle Event/Nutrition Center Brain Savers Exercise/Exercise Room Fun Friday Crafts/Craft Room/Floral Wreath Mexican Train/Great Room Pinochle/Game Room Poker/Game Room Meals on Wheels Volunteer Appreciation Dinner</p>

CROSSWORD



CLUES DOWN

1. Unshaven facial hair
2. More thin
3. Show up
4. Seethed
5. Ancient Greek city
6. Poisonous plant
7. Hello
8. College sports official
9. Monetary unit of Russia
10. Wings
13. Take too much of a substance
14. A citizen of Uganda
15. Most appealing
20. Atomic #18
21. Global investment bank (abbr.)
22. Jewish calendar month
23. Popular sandwich
27. Swiss river
29. Incorrect letters
30. Popular entree
31. Foot (Latin)
32. A driver's license is one form

CLUES ACROSS

1. Narrow piece of wood
5. African desert
11. Waxy covering on birds' beaks
12. Sour
16. Infrequent
17. Former AL MVP Vaughn
18. Policemen wear one
19. Out of the question
24. Used to chop
25. Symptoms
26. Not moving
27. Folk singer DiFranco
28. Comedian Armisen
29. Quantitative fact
30. Incline from vertical
31. Scottish musician
33. Rooney and Kate are two
34. Positioned
38. A very short time
39. Tropical American shrubs
40. Yemen capital
43. Spanish municipality
44. Medical professionals
45. Fibrous material
49. Confined condition (abbr.)
50. Without covering
51. "Mad Men" honcho Don
53. Hockey position
54. Taste property
56. Fertile spots in a desert
58. They precede C
59. "Requiem for a Dream" actor Jared
60. Try a criminal case
63. Liberal rights organization
64. Spoke
65. Insect repellent



MONDAY 28	8:30 a.m. to 10:30 a.m.	Breakfast with Meals on Wheels Board/ Nutrition Center
	9:00 a.m. to 9:45 a.m.	Body Moves for Brain Power/Exercise Room
	10:00 a.m. to 11:30 a.m.	Free Bingo w/prizes/Great Room <small>Sponsored by Family Care Home Health & Hospice</small>
	Noon to 1:00 p.m.	Alzheimer/Dementia Support Group/ Conference Room
	Noon to 1:00 p.m.	Root Beer Floats/Great Room
	12:30 p.m. to 3:30 p.m.	Mexican Train/Game Room
	12:30 p.m. to 3:30 p.m.	Poker/Game Room
	12:30 p.m. to 3:30 p.m.	Pinochle/Game Room

TUESDAY 29	9:00 am to Noon	Beading Group/Craft Room
	9:15 a.m. to 10:00 a.m.	Zumba Class/Exercise Room
	10:00 a.m. to 11:00 a.m.	Bingocize/Exercise Room
	10:00 a.m. to 11:00 a.m.	Beyond Walls Bingo/Great Room/ Televeda
	11:00 a.m. to 11:30 a.m.	Essentrics Aging Backwards/Exercise Room
	12:30 p.m. to 2:30 p.m.	Art Therapy/ Craft Room/Diamond Art
	12:30 p.m. to 3:30 p.m.	Hand & Foot Card/Game/Game Room
	12:30 p.m. to 3:30 p.m.	Poker Card Game/Game Room
	3:30 p.m. to 4:15 p.m.	Relaxation & Mindfulness/Exercise Room
	4:00 p.m. to 5:00 p.m.	Line Dancing Class/Great Room

WEDNESDAY 30	8:00 a.m. to 4:00 p.m.	Veterans Benefit Councilor/Nutrition Center
	10:00 a.m. to 11:00 a.m.	Brain Savers Exercise/Exercise Room
	Noon to 3:00 p.m.	Open Sewing Group/Craft Room
	1:00 p.m. to 2:00 p.m.	Bereavement Support Group/Conference Room
	2:00 p.m. to 3:00 p.m.	Karaoke Happy Hour/Great Room <small>Sponsored by Mohave Community College</small>
	7:00 p.m. to 8:00 p.m.	Gamblers Anonymous Meeting/Nutrition Center



**** Monthly calendar events, times and locations are subject to change. ****

Be sure to download Bullhead City Direct app for access to the most up to date event calendar. Bullhead City Direct is available for Android and iOS devices from the Google Play Store and App Store. You can access the online calendar by scrolling to the Senior Enrichment Activities Calendar. The calendar also provides access to additional details about the events and a direct phone number for any questions.

TRIVIA

Join us on the fourth Wednesday of each month for starting at Noon.
Have Fun and WIN PRIZES!

Sponsored by



ALL THE ANSWERS YOU SEEK. . .

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

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

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

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



THANK YOU TO OUR AMAZING SPONSORS



We are currently seeking a sponsor for Holiday Parties.
Interested in learning more about becoming a sponsor?
Contact Jackie Jensen at (928) 763-9400 or jjensen@bullheadcityaz.gov