



BULLHEAD CITY ARIZONA
SENIOR ENRICHMENT CENTER
 HELPING SENIORS THRIVE IN OUR COMMUNITY



MAY '26
NEWSLETTER
 VOLUME 05 ISSUE 02

SCAN FOR
 EVENT CALENDAR



SCAN TO FOLLOW
 US ON FACEBOOK



GRAB BAG BINGO

WED. MAY 13
10 A.M. - 11 A.M.
SENIOR ENRICHMENT CENTER
2275 TRANE RD BULLHEAD CITY

SPONSORED BY




The BEST Senior Living VALUE in Bullhead City

At **Davis Place**, residents find more than just a place to live—they become part of a welcoming community. With opportunities for meaningful connection, a variety of daily activities, and delicious restaurant-style dining, every aspect is designed to support a well-rounded lifestyle. With everything conveniently located under one roof, the community offers comfort, connection, and peace of mind—all at a value that makes sense.

Come See WHAT MAKES US DIFFERENT

- 
 Three Delicious, Chef-Prepared Meals Daily
- 
 Weekly Housekeeping and Maintenance Services
- 
 Scheduled Transportation and Robust Activity Calendar
- 
 Personalized Care and Support Services



UNLOCK SAVINGS NOW!

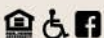
DAVIS PLACE™

An Integral Senior Living Community

928.433.4076 | DavisPlaceSeniorLiving.com

2943 Desert Sky Blvd., Bullhead City, AZ 86442

Assisted Living



*Savings for new residents only. Speak to the community's Director of Sales for more details. ©2026 Integral Senior Living Management, LLC. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed by Integral Senior Living Management, LLC. LICENSE #AL9756C.DVPL0016 03/26



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 \$3, 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
Senior Services Program Manager
(928) 763-0193
kcool@bullheadcityaz.gov

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

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

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

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Enchilada Mixed Veggies Rice
4 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	5 Denver Omelet Breakfast Potatoes Pork Sausage	6 Stuffed Cabbage Corn Cobbler	7 Sweet & Sour Meatballs Buttered Pasta Carrots	8 Beef Lasagna Dinner Roll Broccoli
11 Pulled BBQ Pork Baked Beans Cobbler	12 Chicken Cordon Bleu Potato Wedges Mixed Veggies	13 Lemon Pepper Chicken Mashed Potatoes Carrots	14 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	15 Spaghetti & Meatballs Roll Cobbler
18 Salisbury Steak w/Gravy Rice Pilaf Green Beans	19 Swedish Meatballs Over Pasta Corn Roll	20 Stuffed Peppers Mixed Veggies Warm Apples	21 Asian Chicken Salad Dinner Roll Dressing	22 Cheese Omelet Pork Sausage Hash Brown
25 CLOSED 	26 Diced Ham & Egg Tater Tots Southwest Veggies	27 Stuffed Cabbage Corn Cobbler	28 Pulled Pork Baked Beans Cobbler	29 Chicken Alfredo w/Peas & Carrots Roll Pears

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.



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 \$3 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.

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



Bullhead City Vice Mayor, Dan Alfonso
Thursday, May 7 9am-10am
Senior Enrichment Center 2275 Trane Road

Join us for casual conversation over coffee. This is a great opportunity to discuss local issues, share your thoughts, and get to know a community leader. Free coffee for all those who sit with Dan. Questions, contact Jenny, Activities Coordinator (928) 763-0193



LIVE MUSIC & MORE



NOW APPEARING:
**KARAOKE
WITH
SUPERMAN**

WED. MAY 27
1:30 PM - 2:30 PM
IN THE GAME ROOM

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

SPONSORED BY



US SOUTHWEST
REAL ESTATE

Lois Briesemeister
Branch Manager / Associate Broker
US Southwest, LLC
Buying or Selling, Give me a Call

Phone: 928-201-0267 Email: lois@ussw.net



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

- **Chair Yoga**
- **Zumba**
- **Tai Chi**
- **Bingocize**
- **Body Moves for Brain Power**
- **And MORE!**



24-7 In-Home Care For Seniors Compassionate Care Giving

We serve Bullhead City, Laughlin, Kingman and surrounding areas. Some of our services include personal care, meal prep, light housekeeping, dementia care, to end of life care.

With 25 years of caregiving experience, we know that your loved one will be in great hands with "Wings Of An Angel".

Get 10% off First Month's Service When You Mention This Ad!



WINGS OF AN ANGEL
IN-HOME CARE

2020 Silver Creek Rd. Suite C-104 Bullhead City, AZ 86442

Email: Khollar@wingsofanangelhomecare.com Website: wingsofanangelhomecare.com

Call Us Today For A FREE
In-Home Assessment for
Your Loved One

928-404-2480

CONSUMER FRAUD PREVENTION & AWARENESS FOR SENIORS

Friday, May 22, 2026 10:30 am to 11:30 am
Senior Enrichment Center, 2275 Trane Road, Bullhead City



Join us for an important and informative presentation on Consumer Fraud Prevention and Awareness for Seniors, led by MaryAnn Deminsky on behalf of the Arizona Attorney General's Office.



Sign-up sheet is available at the Senior Enrichment Center
or call (928)763-0193.

LOVE FISHING WORD SEARCH

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

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

ANGLER
 BAG
 BAIT
 BOBBER
 CAST
 CATCH
 CHUMMING
 DRAG
 FISHING
 HOOK
 JIGGING
 LEADER
 LIMIT

LURE
 RELEASE
 SIGHT
 SINKER
 SKUNKED
 SPAWNING
 STRIKE
 STRUCTURE
 TACKLE
 TERMINAL
 TROLLING



MEC SCHOLARSHIP PROGRAM

SCAN NOW FOR INFORMATION
APPLICATIONS OPEN APRIL 15



College



MEC is an equal opportunity provider & employer

TRIVIA

**Join us on
Wednesday,
May 27, 2026
at Noon.**

Sponsored by



Have Fun & WIN PRIZES!

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

Fashion Show Provided By:

CATO

Mother's Day Fashion Show and Luncheon

Friday, May 8, 2026

11:30 am - 1:30 pm

**Lunch: Chicken alfredo served over pasta,
a garden salad, dinner roll, dessert
and sparkling punch**

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

Celebrate Mom's age 50+ Grab your free ticket by scanning below.

Scan to reserve



your FREE tickets

Sponsored by



Welcome

Tracy Osborne, FNP

Primary Care

Specializing In:

- Adult primary care
- Pediatric primary care
- Urgent care
- Wellness



Valley View Medical Center

5330 S. Hwy. 95, Fort Mohave, AZ 86426

To schedule an appointment, call **928.788.1911**.

Learn more at ValleyViewMedicalCenter.net.



**DIAMOND ART
PAINTING**

Join us for
**Diamond Art
Creations Workshop**
May 4th
12:30pm - 2:30pm
Senior Enrichment Center's
Craft Room

Sponsored by: **BH HS LEGACY**
FOUNDATION



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

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

SPONSORED BY



GAME sponsor



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

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

Working out after age 50

Exercise is an important component of healthy living at any age. Physical activity helps to maintain a healthy body weight and offers mental benefits like reduced stress and the potential to reduce risk for cognitive decline. But it's important to point out that appropriate exercise for a person at age 20 may look quite different from the right exercise regimen for someone who is 50 or older.

WebMD says exercise is important for quality of life as one ages and is a key to independence. It is important to think of exercise as a tool, and as with all tools, the right ones should be used with a goal to avoid injury. Fitness after 50 should prioritize some practices and avoid others.

Focus on resistance training. Cardiovascular exercise is important for heart health and general health, but strength training also is essential to counter some of the normal effects of aging. Continuum Care, a private duty home care service, says aging results in a decline in bone density and muscle mass. Resistance exercise performed several times each week can help combat muscle loss and bone density decline.

Opt for low-impact activities. Low-impact exercises that involve less jumping and pounding will be easier on the joints. A doctor, physical therapist or athletic trainer can help to customize or adapt activities based on a person's limitations or medical conditions.

Warm up before working out. Older adults are advised to warm up muscles before exercising to avoid injury, particularly if it has been some time since you last exercised. Harvard Medical School recommends five minutes of brisk walking or time on an elliptical machine to get blood flowing to muscles and make them pliable. After working out, it's advisable to stretch afterwards.

Switch to interval training. Interval training, which alternates between intense exercises and less demanding rest periods, offers greater benefits compared to a consistent exercise pace. Interval training helps burn extra calories and maximizes oxygen consumption. Interval training may allow for shorter workouts as well.

Increase the number of rest days. Focusing on recovery after age 50 is important. Tissue takes more time to recover as the body ages, and that may require longer rest periods between workouts.

Pay attention to what your body is saying. Scripps Health says that even with a doctor or professional trainer guiding workouts, an individual is the best judge if physical activity is too much or too little. Everyone should pay attention to signs of overexertion, such as dizziness, excessive fatigue or chest pain. Other signs of discomfort, such as joint pain, may mean the intensity needs to be dialed down or other exercises chosen.

An exercise regimen may need a reboot after a person turns 50. Modified activities and a slowing of pace can promote a healthy, injury-free lifestyle.



GO FOR THE GOLD
WITH TWN
HIGH-SPEED
INTERNET

- Premium Performance Starting at \$49.95*
- Up to 2 Gig Speeds for Today's Demands
- No Term Commitments • Unlimited Data
- Real Support from Real People — Right Here in Our Community
- Proud Employer of US Veterans



CONNECT TODAY!
888.227.2095 | twncomm.com/mohave

*Services provided by TWN Communications. Not available in all areas. Restrictions, terms and conditions apply. Taxes, regulatory, surcharges and other charges are applicable. Rates are subject to change. Call for details or visit twncomm.com/terms-conditions for additional information and terms and conditions of services. Residential customers on qualifying internet plans will receive download speeds up to 2.0 Gbps, per respective plan. A 30-day notice is required to cancel service. MEC SeniorCenter 8.5x11 Q2 2026.pdf

SILVER CREEK
Leisure Living - Assisted Living
A great place to call home...

Beautiful Common Areas

Studio & 1 Bedroom Units

Restaurant Style Dining

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

1670 Highway 95
Bullhead City, AZ 86442
928-704-7000
silvercreekll@frontiernet.net
www.silvercreekassistedliving.com

BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



MAY



WEEKLY ACTIVITIES

EVERY

MONDAY

ALL DAY

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

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

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

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

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

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

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

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

Brain Scan Study/Parking Lot

Tech Support/Mark Rosenthal/Library

Body Moves for Brain Power/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

Mexican Train/Game Room

Sponsored by: VooDoo Cove

Poker/Game Room

Sponsored by: VooDoo Cove

Pinochle/Great Room

Sponsored by: VooDoo Cove

Tech Support/Miriam Brown/Library

Beginner Line Dancing/Nutrition Center

EVERY

TUESDAY

9:00 a.m. to Noon

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

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

10:00 a.m. to Noon

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

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

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

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

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

Beading Circle/Craft Room

Chair Zumba Class/Exercise Room

Sponsored by: Arizona Advanced Wound Care

BAND-O-CIZE/Exercise Room

Sponsored by: Arizona Advanced Wound Care

Ping Pong/Great Room

Poker Game/Game Room

Sponsored by: VooDoo Cove

Hand & Foot Card Game/Game Room

Sponsored by: VooDoo Cove

Tech Assistance/Pam Beaushay/Library

Tai Chi Class/Exercise Rm

Sponsored by: Arizona Advanced Wound Care

Line Dancing /Nutrition Center



EVERY

WEDNESDAY

8:00 a.m. to 4:00 p.m.
9:30 a.m. to 10:30 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to Noon
12:30 p.m. to 1:30 p.m.
1:00 p.m. to 2:00 p.m.
1:30 p.m. to 2:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Brain Savers Exercise/Exercise Room
Provided by: Meals on Wheels Board
Wii Bowling/Great Room
Sewing Circle/Craft Room
Hit the Bullseye/Electronic Darts/Game Room
Sponsored by: VooDoo Cove
Bereavement Support Group/Craft Room

Cue Masters Club & Lessons/Game Room
Sponsored by: VooDoo Cove
Gamblers Anonymous Meeting/Nutrition Center

EVERY

THURSDAY

9:00 a.m. to 9:45 a.m.
9:30 a.m. to Noon
10:00 a.m. to 10:30 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
1:30 p.m. to 4:30 p.m.
5:30 p.m. to 9:30 p.m.

Chair Yoga Better Health /Exercise Room
Sponsored by: Arizona Advanced Wound Care
Morning Poker/Game Room
Sponsored by: VooDoo Cove
BAND-O-CIZE/Exercise Room
Sponsored by: Arizona Advanced Wound Care
Knit & Crochet Group/Craft Room
Mahjong Tile Game/Game Room
Sponsored by: VooDoo Cove
Tech Support/Pam Beaushay/Library
Double Deck Pinochle/Nutrition Center
Sponsored by: VooDoo Cove
Pass the Trash Game & Potluck
Located in the old Senior Center, 2285 Trane Rd

EVERY

FRIDAY

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

Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center
Tech Assistance/Margaret Nelson/Library
Brain Savers Exercise/Exercise Room
Provided by: Meals on Wheels Board
Shuffleboard Friday/Game Room
Sponsored by: VooDoo Cove
Mexican Train/Game Room
Sponsored by: VooDoo Cove
Pinochle/Nutrition Center
Sponsored by: VooDoo Cove
Poker/Game Room
Sponsored by: VooDoo Cove
Chair Zumba Video/Beth Humphrey/Exercise Room
Sponsored by: Arizona Advanced Wound Care

SPECIAL EVENTS & ACTIVITIES

Friday, May 1

All Day

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

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

Monday, May 4

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

4:00 p.m. to 5:30 p.m.

Tuesday, May 5

All Day

11:30 a.m. to 11:45 a.m.

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

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

Wednesday, May 6

All Day

11:00 a.m. to Noon

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

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

Thursday, May 7

All Day

9:00 a.m. to 10:0 a.m.

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

Noon to 1:00 p.m.

12:00 p.m. to 5:00 p.m.

Friday, May 8

All Day

11:30 a.m. to 1:30 p.m.

Tuesday, May 12

All Day

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

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

Wednesday, May 13

All Day

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

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

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

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

Brain Scan Study/Min Crowd Lab/Parking Lot

Friday Fun Craft/Pipe Cleaner Lavender Blooms/Craft Room

White Elephant Bingo/Great Room

Diamond Art Painting/Craft Room

Sponsored by: BHHS Legacy Foundation

Cinco de Mayo Fundraiser/Meals on Wheels

Brain Scan Study/Min Crowd Lab/Parking Lot

Food & Drug Interactions Video/Handouts

Cinco de Mayo Salsa Contest/Meals on Wheels/Great Room

Art Therapy/Card Making/Craft Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Legal Services/State of Arizona/Conference Room

Genealogy Club/Library

Bunco Game Day/Great Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Coffee talk with Vice Mayor Dan Alfonzo/Nutrition Center

Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

Ice Cream Social/Nutrition Center

Sponsored by Culver's of Bullhead City

Monthly Texas Hold'em Tournament/Limit 30 players/ Great Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Mother's Day Fashion Show & Luncheon/Great Room

Sponsored by TWN Communications

Brain Scan Study/Min Crowd Lab/Parking Lot

Meals on Wheels Board Meeting/Conference Room

Jewelry Making/Pearl Earrings/Craft Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health and Hospice

Happy Hour/Great Room

Sponsored by WellCare

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

Give, Make & Take/White Chocolate Cranberry Cookies

Nutrition Center/Sponsored by Canyon Home Care & Hospice

SPECIAL EVENTS & ACTIVITIES

Thursday, May 14

All Day

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

11:00 a.m. to Noon

11:00 a.m. to Noon

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

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

Friday, May 15

All Day

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

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

Monday, May 18

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

Tuesday, May 19

All Day

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

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

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

Wednesday, May 20

All Day

10:00 a.m. to 12:30 p.m.

11:00 a.m. to Noon

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

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

Thursday, May 21

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

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

11:00 a.m. to Noon

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

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

Friday, May 22

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

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

Tuesday, May 26

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

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

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

Brain Scan Study/Min Crowd Lab/Parking Lot

NAU Americorps/Intro Orientation/Conference Room

Brain Games/Televeda/Great Room

NAU Americorps/Volunteer Training/Conference Room

Left, Right, Center Game/Game Room

Sponsored by VooDoo Cove

Wardrobe Refresh/Meals on Wheels/Great Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Friday Fun Craft/Lavender & Honey Bee Garden Bucket/Craft Room

Mental Health 101/Mohave County Health Dept/Conference Room

Drum Circle/Exercise Room

Brain Scan Study/Min Crowd Lab/Parking Lot

Birthday Month Celebration/Great Room

Sponsored by Joshua Springs Senior Living

Art Therapy/Watercolor Q-tip Lavender Painting/Craft Room

Late Night Ladies Bunco Group/Nutrition Center

Brain Scan Study/Min Crowd Lab/Parking Lot

NAU In-Service Training/Conference Room

Legal Services/State of Arizona/Conference Room

Genealogy Club/Library

Bunco Game Day/Great Room

Rock Painting/Craft Room/Provided by CRWC

Stayin' Alive Dancing to the Oldies/Exercise Room

Sponsored by Arizona Advanced Wound Care

Cyber Squad Bingo/Great Room

Monthly Bingo/Great Room

Sponsored by TNG Insurance

Virtual Dementia Tour/Conference Room

Friday Fun Craft/Seaside Trinket Holder/Craft Room

Consumer Fraud Prevention & Awareness/Great Room

Neighborly News & Networking/Great Room

Monthly Mixer/Stack & Snack Jenga/Great Room

Sponsored by Legacy Rehab & Care Center

Art Therapy/Enchanted Fairy Bottle/Craft Room

SPECIAL EVENTS & ACTIVITIES

Wednesday, May 27

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

Monthly Trivia Game/Game Room

Sponsored by Dot Foods

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

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

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

Karaoke/Game Room

Sponsored by Lois Briesemeister/US Southwest Realty

Thursday, May 28

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

NAU Americorps/Into-Orientation/Conference Room

11:00 a.m. to Noon

Beyond Walls Bingo/Televeda/Great Room

11:00 a.m. to Noon

NAU Americorps/Volunteer Training/Conference Room

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

Ice Cream Social/Great Room

Sponsored by Culver's of Bullhead City

Friday, May 29

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

Friday Fun Craft/Honey Bee Delight Jar/Craft Room



MONTHLY root beer FLOATS

Mon, May 18 Noon - 1pm

SPONSORED BY



**LOCAL
RELIABLE
TRUSTED**
*Serving our community for
over 14 years!*



928-600-2628 TTY-711

Shirley Martinez
Insurance Agent/Broker
License 0695764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

HAPPY HOUR



Delicious MOCK TAILS

Wed, May 13
12:30 pm to 1:30 pm
Mock-tails,
with Fun & Games
in the Great Room

Senior Enrichment Center
Happy Hour is sponsored by



Shirley Martinez
Insurance Agent/Broker
License 8695764

928-600-2628 TTY-711

SPONSORED BY
LEGACY REHAB & CARE CENTER

MONTHLY MIXER

JOIN US AT
SENIOR ENRICHMENT CENTER

LET'S MIX & MINGLE!

Test your skills and steady hands with a friendly game of Jenga! Socialize, enjoy delicious treats, and see how high you can stack the blocks.

There's something for everyone.

Tuesday, May 26

12:30 pm - 1:30 pm

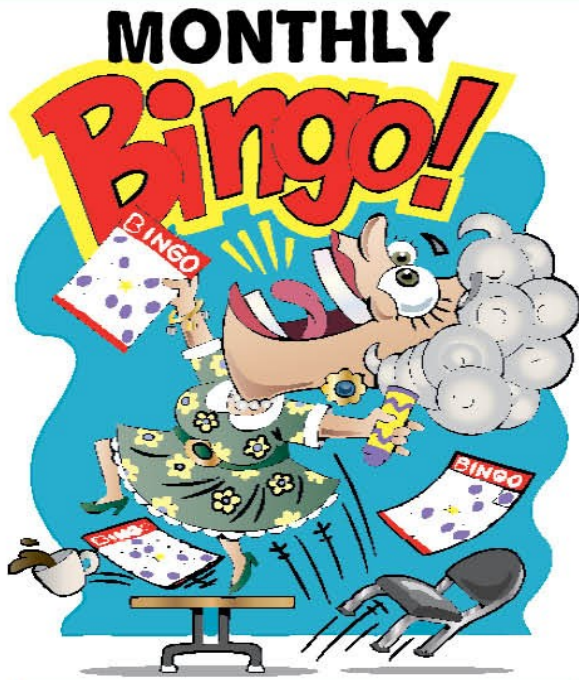
STACK & SNACK

SPONSORED BY

THE LEGACY

REHAB & CARE CENTER

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



May 21

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

INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2275 TRANE RD

SPONSORED BY

KARO TNGRIAN



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

702-624-3161
TNGMEDICARE.COM



MAY 7 & MAY 28

NOON-1PM



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

SPONSORED BY



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



Rachael Bega

REALTOR®

(928)444-2689

rachaelbega@yahoo.com



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

**DONUT worry – It's National
DONUT Day**

**June 5, 2026
8:30 am to 10:00 am
Senior Enrichment Center
2275 Trane Rd
Bullhead City, AZ**

You're invited to join us for National
DONUT Day - although we actually like
to call them "crime-fighting cakes."
with your Bullhead City Police
Department

The Senior Enrichment Center will be
providing one free cup of coffee and a donut
during that time as we build relationships and
make lasting connections with community
members.



**WHITE CHOCOLATE
CRANBERRY COOKIES**

Wed. May 13 1pm-3pm

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



SPONSORED BY:





HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

May 1

Gregory, Michael
Brummett, Louis
Sadowski, Victoria
Noone, Cynthia
Dalby, Linda
Grunewald, Terri

May 2

Treutler, Eydie
DeJacimo, Lety
Ashmore, Steven
Taylor, Dawn

May 3

Pagenkope, David
Deloach, Lonny
Lafraicain, Jonnia
Tafoya, Linda
Miller, Kenneth
Kleman, Kimberly
Dickendasher, Mark
Restani, Nicki
Facio, Alice
Williams, Gary

May 4

Pisacane, John
Tebroski, Yvonne
Luboch, Art
Heckethorn, Lisa
Krouse, Barbara
Osorio, Cruz

May 5

Pennington, Shirley
Wolf, Mary
Cruz, Robert
Panula, Lawrence
Hutchison, Sandra
Sindelir, Rae

Silagy, Pharaoh
Burns, Sheila

May 6

Thomas, Susan
Gray, Nancy
Rauchwater, Joe
Guy, Sharon

May 7

Paulson, Russ
Sugden, Patricia
Vaclavik, Tommy
Burton, Ferdrick
Gonzales, Laura
Gonzalez, Tracy
Blechen, Marta

May 8

Corner, Kay
De Los Reyes, Maggie
Capron, Warren
Divita, Michael
Santschi, Karen
Ball, Jarie
Keene, Cynthia
Ruiz, Carmen

May 9

Fortin, George
Pezzeti, John
Glusac, Pamela
Guse, Ray
Stanowski, Maria
Stoddard, Lorrie
Kole, Harry
Gonzales, Jess
Smith, Kim

Fabrizio, Brad
Haywood, Jay

May 10

Heruth, Beverly
Blickenstaff, Leroy
Short, Frankie
Dickey, Mary
McGraw, Michael
Williams, Ray
Mackey, Paula
Keller, Vanessa

May 11

Hanlon, Nana
Zavichas, Rebecca
Sanchez, Lulu
McCauley, David
Domino, Mark
Thomas, Kathleen
Landers, Kenneth
Currier, Ronnie

May 12

Cadena Rodriguez, Fransisco
Zuhlke, Elaine
Gregory, Susan
Livinggood, Terry
Pearson, Kim
Foster, William

May 13

Young, William
Long, Kay
Russell, Woodrow
Trevisano, Tony
Jorissen, Janet Rae

May 14

Glass, Rita
Halajian, Marylee
Johnson, Richard
Miller, Peggy
Patterson, Angie
Clark, Rachel Rae

May 15

Owens, Linda
Angle, Roslyn
Haynes, Greta
Wells, Debbie
Mitchell, Wanda
Peters, Celeste
Gabrys, Ron
Burgos, Charlie
Nunan, Venus
Dopson, Susan
Gerritsen, Jeffrey

May 15

Pinkney, Caroline
Maas, Joyce
Bartna, Paul
Merrel, Linda

May 16

Kontra, Mike
Voight, Alice
Hammer, Geri
Marmor, David
St. James, Jennessa

Simmons, Stephen
Grosser, Carol
Reyna, Irene

May 17

Edens, Bradley
Stegall, Kenneth
Walker, Clifford
Wheeler, Steven
Carlin, Paul

Davis-Cherry, Malinda
Miannay, Lilia

May 18

Chambers, Frank
Ehman, Doug
Humble, Cynthia
Penn, Susan
Korol, Keith
Bullis, Lila
Barley, Jack



Jessee Martinez, Sales Director
(928) 763-1212
sales@joshuaspringsssl.com



May 19

Gaskill, Linda
Schnick, Christine
Villa, Guilda
Everton-Tolliver, Katherine
Stack, Samalea

May 20

Oland, Dale
Butler, Linda Kay
Klos, Linda
Schonhofer, Karl
Ramirez, Maria
Peterson, Marie
Carreon, Geneva
Quinn, Keith

May 21

Liming, Issac
Bonebrake, Ellen
Williams, Sandra
Rupp, Darlene
Bowman, Glenn
Smith, Evan
Hallwas, Christina

May 22

Aram, Paul
Kitzmiller, Linda
Parson, Sheila
Wagner, Emma
Juhlin, Charles
Fields, Gina

May 23

Wakefield, Marilyn
Cena, Yolanda
Degroat, Ed
Wilson, Ryan
Schulzkump, Sandra

May 24

Lovely, Regine
Payne, Stephen
Washburn, Kathleen
Dewolf, Lori

May 25

Bonazza, Benedict
Bragassa, Sandra
Luboch, Sabrina
Milkowski, Eric

May 26

Bell, Theodore
Arias, George
Delgado, Pat
Horn, Jenninne
Longshore, Edward
White, Richard
Bega, Rachael
Campbell, John

May 27

Glidden, Lee
Torrance, John
Cortez, Debra
Wagner, Rose Marie
Estill, Linda
Bell, Laurie
Hall, Donald
Fulkerson, Constance

May 28

Wright, Carolyn
McCabe, Margaret
Gludemans, Lee
Rushton, Jeanette
Zucconi, Cindy
Flores, Laura
Axley, Claudette
Thomas, Cortez
Torrence, Diana
Chamberlin, Joanna

May 29

Bohnenkamp, Gwen
Aladjajian, Zareh Ray
Myers, Kim
Lafontaine, Delmore
Lewis, Cassandra
Tsosie, Ray'E
Winters, Holly

May 30

Tokar, Margaret
Evans, Shaleen
Underwood, Kathy
Abbott, Ralph
Lagemann, Murphy
Mathews, Michelle

May 31

Paez, Olivia
Taylor, Brent
Baumann, Cynthia
Haas, Jill
Stringfield, Joseph
Muscarello, Thomas
Campbell, Denise
Shuman, Dolores

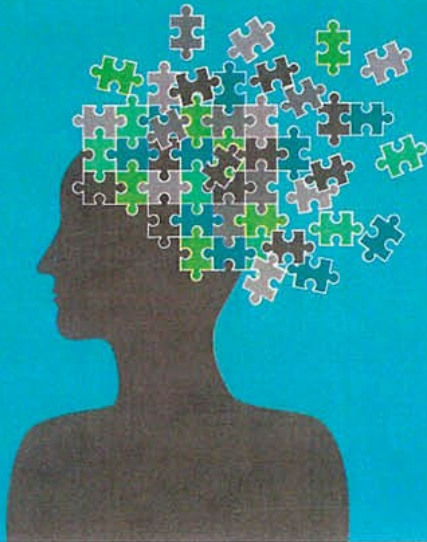


**The Birthday Month Celebration is for all
Seniors 50+ at Senior Enrichment Center located at
2275 Trane Road, Bullhead City**

Tue, May 19 starting at 12:30

Sponsored by Joshua Springs Senior Living

JOIN OUR MENTAL HEALTH 101 CLASS!



Mental health is just as important as physical health.

Join us for a supportive, easy-to-understand class that helps you recognize the signs, understand common conditions, and learn how to get help when it's needed.

WHAT YOU'LL LEARN:

- An overview of common mental health conditions, including depression and anxiety
- How to recognize early warning signs in yourself or a loved one
- What treatment options are available (therapy, medication, support groups, and more)
- How to start a conversation about mental health
- Where and how to access local resources and support

**Friday
May 15th
10 am
In the
Conference
Room**

Join us for a relaxed and engaging class focused on strengthening everyday skills.



THE WARDROBE REFRESH

Out with the Old, In with the New!

Thursday, May 14, 2026

12:30 pm to 4:30 pm

Senior Enrichment Center

2275 Trane Road, Bullhead City, AZ

Join your neighbors for a clean, fun, social, and eco-friendly clothing exchange. This is your chance to trade in items you no longer wear for something new-to-you!

Bring your items early, no later than May 13, 2026 3:00 p.m. Drop off clean, gently used clothing, handbags, and shoes at the Senior Enrichment Center.

For every accepted item, you will receive exchange ticket(s) from Jenny

Shop with tickets on May 14th starting at 12:30 pm! Use your tickets to choose items from the 1, 2, or 3 ticket sections in the Great Room

No items to exchange? No problem! You can still buy tickets for just \$2.00 each. All proceeds go directly to Meals on Wheels to support seniors in our community.

Don't Miss The Final One-Ticket
BLOW-OUT SALE!

The Great Room will close at 4:00 p.m., and neighbors can line up for a final sale of remaining items starting at 4:10 p.m., for just 1 ticket per item.

*Questions, contact Jenny Oliverio,
Senior Enrichment Activities Coordinator at
(928) 763-0193 or joliverio@bullheadcityaz.gov*



★ VIP

VIP ★



YOU'RE INVITE TO A

Father's Day Social

Enjoy an exciting afternoon of
poker games, great company, and
the chance to win raffle prizes!

FRIDAY **12TH** OF JUNE
DAY

12:00 PM to 3:00 PM

Celebrate dads, grandfathers,
and special men in our community.

Special menu featuring mini hot dog
appetizers, nachos with cheese, and
refreshing root beer, ice tea & sweet
treats. It's the perfect way to relax,
socialize, and enjoy some friendly
competition.

Located at the
Senior Enrichment Center
at 2275 Trane Rd, Bullhead City, AZ

Sponsored by

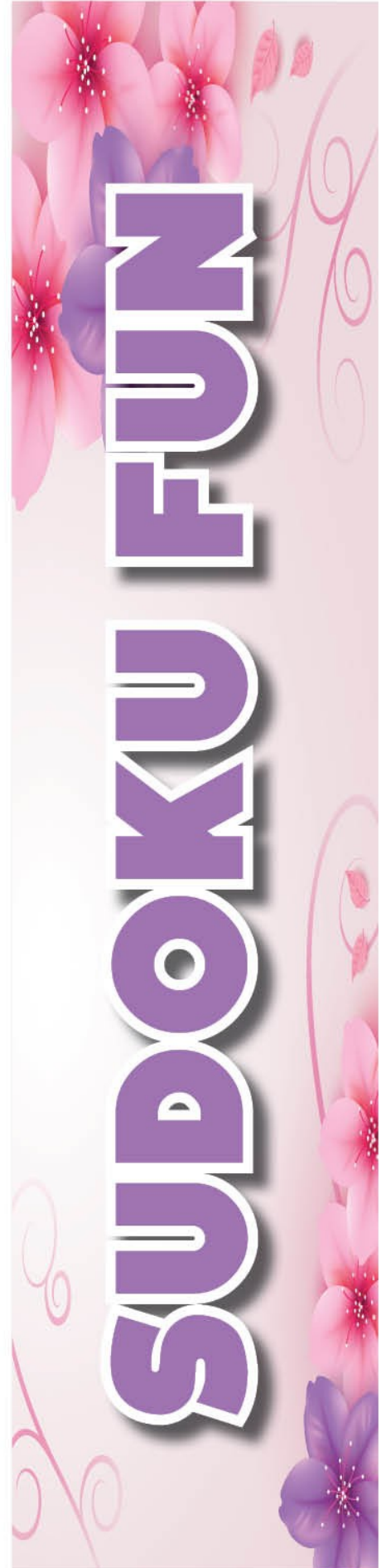
TWN
Communications

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

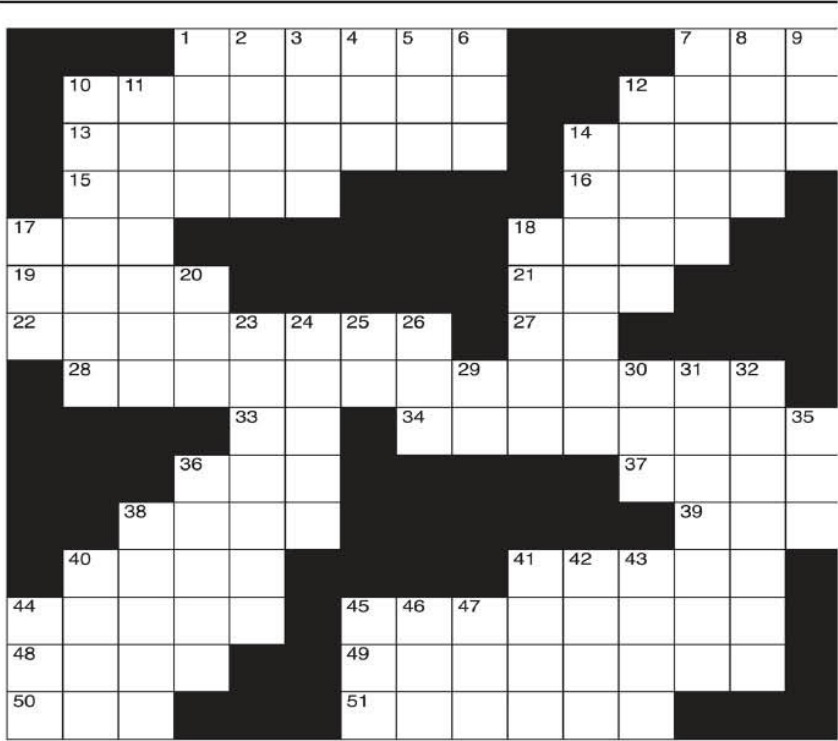
Level: Advanced

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

Level: Beginner



CROSSWORD



1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep
20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decameter
31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak

CLUES ACROSS

- | | |
|--|---------------------------------------|
| 1. Large dung beetle | 28. Beloved March holiday |
| 7. Gambling game __-lo | 33. 12th letter of the Greek alphabet |
| 10. Further along | 34. More impudent |
| 12. Type of tobacco | 36. Indicates center |
| 13. Looked for | 37. Young woman (French) |
| 14. Silk fabric | 38. A cause of distress |
| 15. Computer method to solve equations | 39. Santa's helper |
| 16. As fast as can be done (abbr.) | 40. Hillside |
| 17. Tear | 41. Many wombs |
| 18. Brews | 44. Is afraid of |
| 19. "Famous" cookie baker | 45. Popular baked goods ingredient |
| 21. Women's Army Corps | 48. Popular computers |
| 22. Front parts of an animal | 49. Conceiving of |
| 27. It's causing quite a stir | 50. Google certification (abbr.) |
| | 51. Sturdy |





Angel's ESSENTIAL ROOM

Donations by Seniors for Seniors

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

Open Monday - Friday

10 a.m. to 1 p.m.

or by appointment

(928) 763-0193

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



FREE MINI HEALTH CLINIC

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

CLINIC DATE

JUNE 11TH

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.

ALL THE ANSWERS YOU SEEK...

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

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

Yay, Springtime!



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

THANK YOU :))



SENIOR ENRICHMENT CENTER SPONSORS