



Bullhead City Senior Campus



SCAN FOR
MONTHLY EVENT
CALENDAR



BULLHEAD CITY SENIOR CAMPUS

2275 TRANE RD, BULLHEAD CITY, AZ

BULLHEAD CITY SENIOR CAMPUS NEWSLETTER VOL. 3 ISSUE 2 05/2024

BULLHEAD SENIOR CAMPUS NEEDS YOU !

Drivers or Delivery Persons: Work 1 or 2 day(s) a week, 9 am-12 pm. Two (2) people go deliver meals to homebound individuals using the City's fleet of vehicles. Routes go out Tuesdays and Thursdays.

Kitchen Helpers: Work 1 or more day(s) a week, 11 am –1 pm. Serving precooked meals in a congregate setting. Clean up and preparation for next day. No cooking necessary!

Wellness Check Callers: Work for 2 hours between 9 am –12 pm calling homebound clients on Monday or Friday. Read from a script and share a smile to make sure they are okay and ready for the next delivery.

Front Desk Worker: This position is all inclusive and you learn as you go. Working the front desk puts you in front of lots of people coming into the center. Currently we have workers Monday-Friday 8 am-10 am, 10 am-12 pm and 12 pm-3 pm. You can work any one day, any one shift or multiple. Answer phones, direct clients to events, pass out newsletters and serve as an Ambassador for the Senior Campus.

Angels Essential Worker: Open the Angel's Essential room to assist individuals with donated durable medical equipment. Tuesdays 10 am –1 pm

Technology Volunteers: Help a seniors with minor cellphone and computer issues. You get a text message to set up a time with them and can meet here at the Senior Campus.

Newsletter Delivery: Once a month deliver hundreds of newsletters to a pre-routed locations. Usually takes place on a Tuesday or Friday and with 2 people takes about 4 hours.

Friendly Visitor: The clients are homebound and sometimes the Meals on Wheels delivery personnel are the only people they see all week. Work 1 day a week for an hour or more spending some quality time with someone in need.



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.



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

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

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

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

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



BULLHEAD CITY'S SENIOR CAMPUS

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SENIOR CAMPUS MONTHLY MENU

★ ★ MAY ★ ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stuffed Peppers California Blend Veggies Warm Apples	2 Asian Chicken Salad Dinner Roll Asian Dressing	3 Chicken Enchilada Fiesta Blend Spanish Rice
6 Meatloaf Mac & Cheese Mixed Veggies	7 Chorizo Scrambled Eggs Tater Tots Southwest Veggies	8 Beef Tamale Fiesta Veggies Mexican Rice	9 Pulled Pork Baked Beans Cherry Cobbler	10 Spaghetti & Meatballs Dinner Roll Cobbler
13 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	14 Breakfast Burrito Breakfast Potatoes Sausage Patty	15 Chicken & Dumplings Peas & Carrots Cobbler	16 Beef Fajitas Spanish Rice Cinnamon Apples	17 Chicken Alfredo Dinner Roll Pears
20 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	21 Cobb Salad Dinner Roll Dressing	22 Salisbury Steak Mashed Potatoes Green Beans	23 Sweet & Sour Meatballs Buttered Pasta Carrots	24 Cheese Omelet Sausage Patty Hash Browns
27 CLOSED  Memorial Day	28 Denver Omelet Breakfast Potatoes Pork Sausage Patty	29 Stuffed Cabbage Corn Cobbler	30 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	31 Sante Fe Chicken Egg Roll Fiesta Blend 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 to Noon to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.

8 WAYS TO PAY YOUR BILL

*Take control of
your payments!*



1. Phone (855) 939-3789
2. SmartHub App | Smart Phone
3. SmartHub App | Desktop Computer
4. In-Person Payment | Member Service Office
5. Outside Kiosk | Member Service Office
6. Drop Box | Member Service Office
7. Easy Pay Program
8. Mail | PO Box 52091, Phoenix, AZ 85072

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER



MAY 28, 2024 - JUNE 28, 2024
REGISTRATION IS OPEN!

City of Bullhead City Presents 2024 Bullhead City Summer Camps Series

Expand your child's horizons this summer while they explore their favorite hobbies, take on a new adventure or try something brand new during one of our Summer Camps.

Register online at
www.bullheadcity.com/recdesk.

Step by step instructions will be available on the City website. Additional assistance will be provided by staff at the Recreation Building located at 2285 Trane Road, Monday - Friday 8am-4pm. Registration will be available online until each camp has met its maximum capacity.

Register online at bullheadcity.com/recdesk. Space is limited and will be filled on a first come, first serve basis. Registration assistance is provided at the Recreation Office located at 2285 Trane Road, Mon-Fri 8am-4pm.



Our volunteer spotlight shines bright in May on a 12 plus year volunteer, Annette Wegmann-Wood. Annette's favorite part of volunteering is sharing life stories, making everyone feel welcome and providing emotional support. She said, "it feels good to help others and socialize with everyone."

Annette grew up in Corpus Christi, Texas. She is married and has three amazing children and will soon be a grandmother. Annette is not retired, she works in marketing, public relations, and community relations. Annette enjoys working out, giving back, fine dining and a cocktail or two.



ANNETTE WEGMANN-WOOD, VOLUNTEER OF THE MONTH

May's Client Spotlight shines on Ila Loken. Ila has been coming to the Senior campus for 3 months. Ila's favorite part of the coming to the Campus is seeing and talking to all the people and playing games.

She grew up in North Dakota. Ila is a widow that was married for 32 years before losing her husband. She has four children, thirteen grandchildren and three great-grandchildren. Before retiring she was a truck driver for 20 years. Ila enjoys sewing, gardening, cooking, and farming. Welcome to the Senior Campus Ila!



ILA LOKEN, CLIENT OF THE MONTH

What to do after being diagnosed with high blood pressure

Hypertension, a condition marked by abnormally high blood pressure, is more common than many people may recognize. A 2021 report from the U.S. Department of Health and Human Services indicated that nearly half of adults in the United States, or roughly 116 million people, have hypertension. And hypertension isn't exclusive to Americans, as the World Health Organization notes that the number of people living with the condition has doubled to 1.28 billion since 1990.

Despite its prevalence, hypertension is not normal, nor is it something to take lightly. In fact, the American Heart Association notes that, if left undetected or uncontrolled, hypertension can lead to an assortment of serious, and potentially deadly, conditions, including heart attack, stroke, heart failure, and kidney disease. Since the threat posed by high blood pressure is so significant, it's imperative that individuals know what to do upon being diagnosed with hypertension. The AHA notes that individuals diagnosed with hypertension can try various strategies to get their number down to a normal, healthy range.



Eat a healthy, low-salt diet. A diet that's rich in fruits, vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils ensures people are getting ample nutrition from healthy sources. The DASH (Dietary Approaches to Stop Hypertension) eating plan is designed specifically to help people manage their blood pressure and emphasizes limiting salt, red meat and foods with added sugars, including sweets and sugary beverages. It's important that all people, and especially those with high blood pressure, limit their salt intake, as sodium is known to increase blood pressure. Avoid excessive alcohol consumption. The AHA notes that excessive alcohol consumption can raise blood pressure. In addition, despite what popular misconceptions may suggest, there is no evidence to suggest that red wine consumption is good for heart health. Like other alcoholic beverages, red wine should be consumed in moderation, if at all. The AHA urges individuals to limit their alcohol intake to no more than two drinks per day for men and no one more than one drink per day for women. Exercise regularly. Routine exercise benefits the heart in myriad ways, including helping people control high blood pressure. Individuals recently diagnosed with high blood pressure who are unaccustomed to physical activity should work with their physicians and a personal trainer to design an exercise regimen that's within their abilities. As their bodies get used to increased physical activity, people can then work with the same individuals to tweak their routines so they can keep making progress toward their fitness goals. Routine exercise also helps to reduce stress, which the AHA notes is another step people with hypertension should take to lower their blood pressure. Shed extra weight. Each of the aforementioned strategies can help people shed extra weight, which is another step the AHA recommends for people with high blood pressure. The AHA notes that losing as few as 10 pounds can help to manage high blood pressure. Maintaining a healthy weight also reduces strain on the heart, thus lowering the risk for high blood pressure and the conditions that can arise from it. More than 1.2 billion people across the globe are currently living with high blood pressure. Taking steps to reduce hypertension is a great way to promote long-term health and overcome this often silent killer.



Join us for
INCO DE MAYO

Friday, May 3
10:30 a.m. to 12:30 p.m.


- Hot Sauce Contest with Prizes!
- Mocktail Margarita's
- Nachos

Free Party - All Seniors Welcome!
Senior Campus,
2275 Trane Rd, Bullhead City

Sponsored By:




FAMILY CARE
HOME HEALTH AND HOSPICE




Every Friday
10:00 am to 11:30 am

Sponsored by



HEATING • A/C • REFRIGERATION



**TRI-STATE
A/C HERO**

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


10% DISCOUNT FOR SENIOR COMMUNITY

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

928-444-4395
www.tristateachero.com
3030 Hwy 95 • Bullhead City, AZ 86442

REPAIRS - REPLACEMENTS

**24 HOUR
EMERGENCY SERVICE**



ROC# 311760

HONOR AND PRIDE WORD SEARCH

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

WORDS

BRANCH
CEMETERY
DRAFT
DUTY
ENLIST
FALLEN
FEARLESS
FLAG
HEROES
HONOR
MEMORIAL
MEMORY
MILITARY
OBSERVED
PLATOON
REMEMBER
RESPECT
SACRIFICE
SERVICE
SOLDIER
SOMBER
THANKS
TOUR
VETERAN

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardens.

T C M O O S P

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

Answer: Compost

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to salad.

T N R O C U O

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

Answer: Croun



Q. A cowboy rode into town on Friday. He stayed in town for three days and rode out on Friday. How was that possible?

A: Friday was the name of his horse.

Q: What belongs to you but is used more by others?

A: Your name.

Donations by Seniors for Seniors



Angel's
ESSENTIAL AREA

Open on Tuesdays

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

or by appointment (928) 763-0193

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



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

SENIOR CAMPUS FOOD PANTRY



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



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

HAPPY BIRTHDAY



Join us for the Birthday Month Celebration

Sponsored by Joshua Springs Senior Living
for all Seniors 50+ at the Senior Campus on
Tue, May 21st starting at 11:30 am

May 2

Maria DeJacimo
Bernaldine Ross

May 3

Wendell Williams
Kim Kleman
David Pagenkope

May 4

Yvonne Tebroski

May 5

Shirley Pennington
Robert Cruz
David Lloyd
John Silagy

May 6

Susan Thomas
Carl Montoya

May 7

Barbara Lee
Guadalupe Perales

May 9

George Fortin
Jerome Haywood
Scott Sawyer
Robert Tebroski

May 10

Leroy Blickenstaff
Michael McGram

May 12

Kat Alvidrez
Neri Cadena
Charlie Son
Kristine Tossie

May 13

Cleo Carroll
Janet Jorissen
Woodrow Russell

May 15

Wanda Mitchell
Mmi Goodrich
Penny Ketchersid

May 16

Irene Reyna
Michael Kontra
Linda Phalen

May 17

Rebecca Ofstehage

May 18

Lona LaDoge

May 19

Mark Brown

May 21

Glenn Bowman
Grace Podsiedlik
Darlene Rupp

May 22

Ronald Cudmore
Gina Fields

May 23

Cynthia Heimforth
Donald Orth

May 24

Sue Mathews
David Nunez

May 25

Jim Di Guilio
Laurence Easterday

May 27

Werner Lee Glidden
Marina Schachter

May 28

Philip Daniel Putt, Sr

May 29

Cassandra Lewis

May 30

Richard Schoeder



Nicole Collins, Sales Director
(928) 763-1212

ncollins@watermarkcommunities.com

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



MAY

ACTIVITIES CALENDAR



WEDNESDAY

1

9:00 a.m. to 9:40 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:15 a.m.
11:00 a.m. to Noon
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
7:00 p.m. to 8:00 p.m.

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

THURSDAY

2

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

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

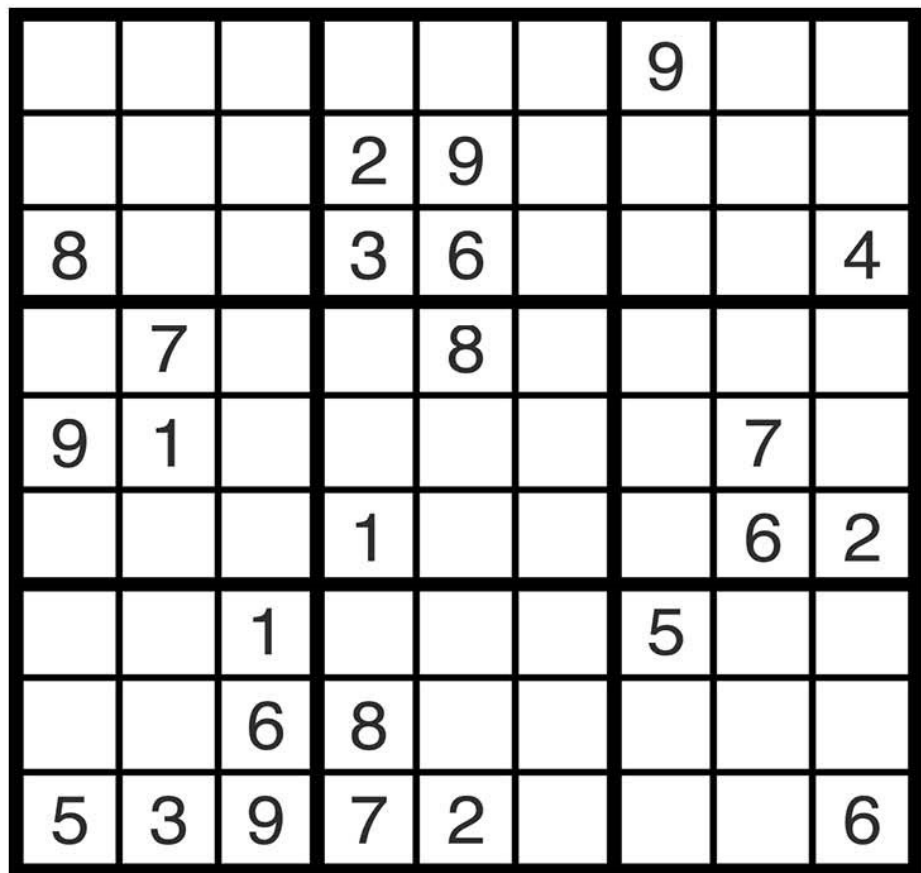
FRIDAY

3

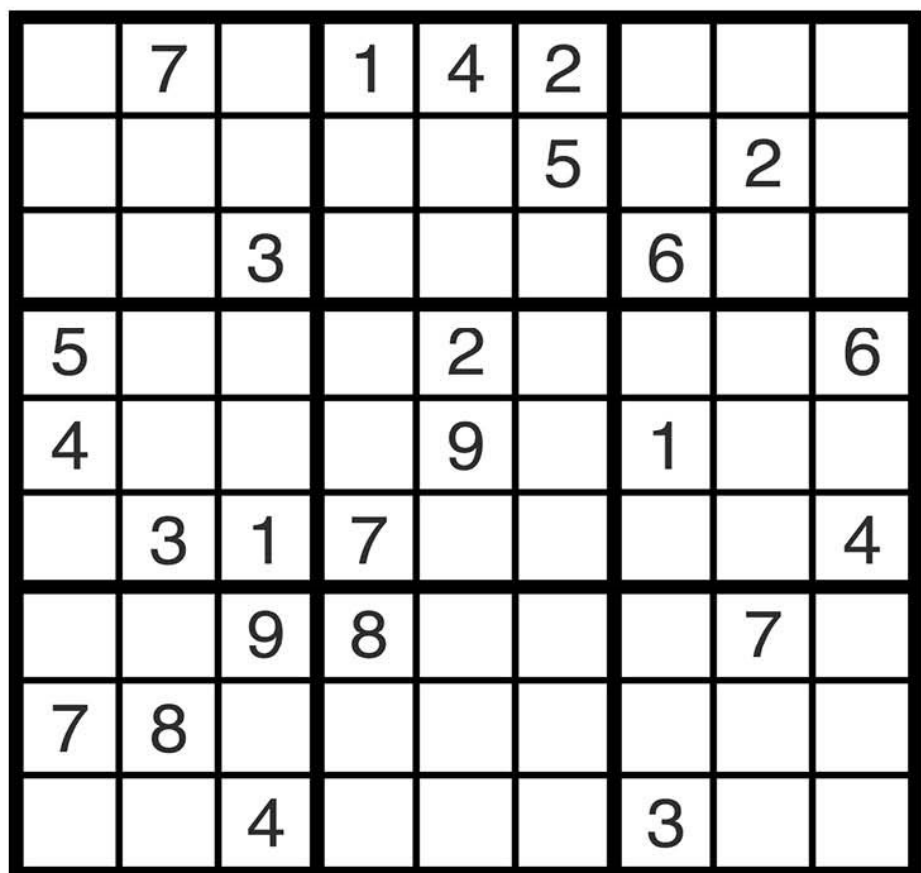
9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
11:00 a.m. to 12:30 p.m.
Noon to 2:00 p.m.
12:30 p.m. to 3:30 p.m.

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





Level: Intermediate



Level: Advanced



MONDAY 6

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.
1:00 p.m. to 3:00 p.m.
2:00 p.m. to 3:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
How to Combat Brain Aging
Mexican Train, Pinochle and Poker Games
Mosaics with Deborah limit 8
Bingocize

TUESDAY 7

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.

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

Zumba Class
Essentrics- Aging Backwards
Beading Group
Hand & Foot Card Game
Poker Card Game
ART Therapy - Hot Glue Glass Canvus (limit 15)
Sponsored by Black Mountain Valley Realty
Line Dancing Class

WEDNESDAY 8

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

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

THURSDAY 9

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

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

FRIDAY 10

8:00 a.m. -7:00 p.m.
9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:00 a.m.

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.

Mind Crowd Lad on-site Brain Scan Study
Brain Savers Exercise -Limit 20
Let's Craft Free Style
sponsored by Black Mountain Valley Realty
Mother's Day Tea Party & Craft
sponsored by Family Care Home Health & Hospice
Mexican Train Game
Poker Card Game
Pinochle Game



MONDAY
13

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

Mind Crowd Brain Scan Study - Lab onsite
Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Voter Registration
Dementia Support Group
Happy Hour with Games
Pinochle Card Game
Poker Card Game

TUESDAY
14

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

1:30 p.m. to 2:30 p.m.
4:00 p.m. to 5:00 p.m.

Mind Crowd Brain Scan Study - Lab onsite
Zumba Class
Essentrics- Aging Backwards
Beading Group
Jewelry / Barrette Class
Poker Card Game
Hand & Foot Card Game
ART Therapy - Wire Wrap Necklace (limit 15)
sponsored by Black Mountain Valley Realty
Grief & Loss Support Group
Line Dancing Class

WEDNESDAY
15

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

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

THURSDAY
16

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

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

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

FRIDAY
17

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

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

Brain Savers Exercise -Limit 20
Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
Exercise to Ease Arthritis Pain
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY
20

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
12:00 p.m. to 12:30 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.
2:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes sponsored by Tristate AC Hero
Rootbeer Floats
Mexican Train Game
Pinochle Card Game
Poker Card Game
Mosaics with Deborah limit 8
Bingocize
Drum Circle

TUESDAY
21

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
10:00 a.m. to 11:00 a.m.
11:30 a.m. to 12:30 p.m.

12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.

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

Zumba Class
Essentrics- Aging Backwards
Beading Group
Sound Therapy & Meditation
Birthday Celebration
sponsored by Joshua Springs Assisted Living
Poker Card Game
Hand & Foot Card Game
ART Therapy - Canvas Art Magnets (limit 15)
sponsored by Black Mountain Valley Realty
Line Dancing
Late Night Ladies Bunco Group

WEDNESDAY
22

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

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

THURSDAY
23

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

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

FRIDAY
24

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.

Brain Savers Exercise -Limit 20
Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
Mexican Train Game
Poker Card Game
Pinochle Game





The Mobile Brain Health Laboratory

Neuroscience in your neighborhood

Participate in our BRAIN STUDY

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

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

What We Test



Memory & Attention



Scent Detection




Grip Strength



Blood Collection




Brain Scan



As a token of our appreciation

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



Your privacy is very important to us

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

Sharing helps science:

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



Benefits and Risks



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



Questions?

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

MONDAY

27

CLOSED



TUESDAY

28

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

1:30 p.m. to 2:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Fall Risk Screening & Prevention
Beading Group
Resource & Preparation Assistance
Poker Card Game
Hand & Foot Card Game
ART Therapy - Soap Making (limit15)
sponsored by Black Mountain Valley Realty
Grief & Loss Support Group
Line Dancing

WEDNESDAY

29

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

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

THURSDAY

30

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:00 a.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
12:30 p.m. to 3:30 p.m.
2:00 p.m. to 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Tech Thursday
Knit & Crochet Group
Open Sewing Group
Mahjong Tile Game
Bingocize
Pass the Trash Card Game Potluck

FRIDAY

31

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.

Brain Savers Exercise -Limit 20
Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
Mexican Train Game
Poker Card Game
Pinochle Game



Mother's Day Tea Party

You're cordially invited to
the Mother's Day Tea Party
on Friday, May 10, 2024
10:00 a.m. to 11:30 a.m.

Partake in Tea, English
Biscuits, and our Mother's
Day Craft - Soap Making
with Dry Flowers and
Essential Oils.

Located inside the
Bullhead City
Senior Campus at 2275
Trane Rd.

Sign up at the Bullhead
City Senior Campus.

Sponsored by



FAMILY CARE
HOME HEALTH AND HOSPICE

In partnership with
**Canyon Home Care &
Hospice**

Ice Cream Social

Thursday, May 2 & 23
Noon to 1:00 p.m.
Bullhead City Senior Campus
2275 Trane Rd



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Let Us Guide You Home!

Three great locations to serve you

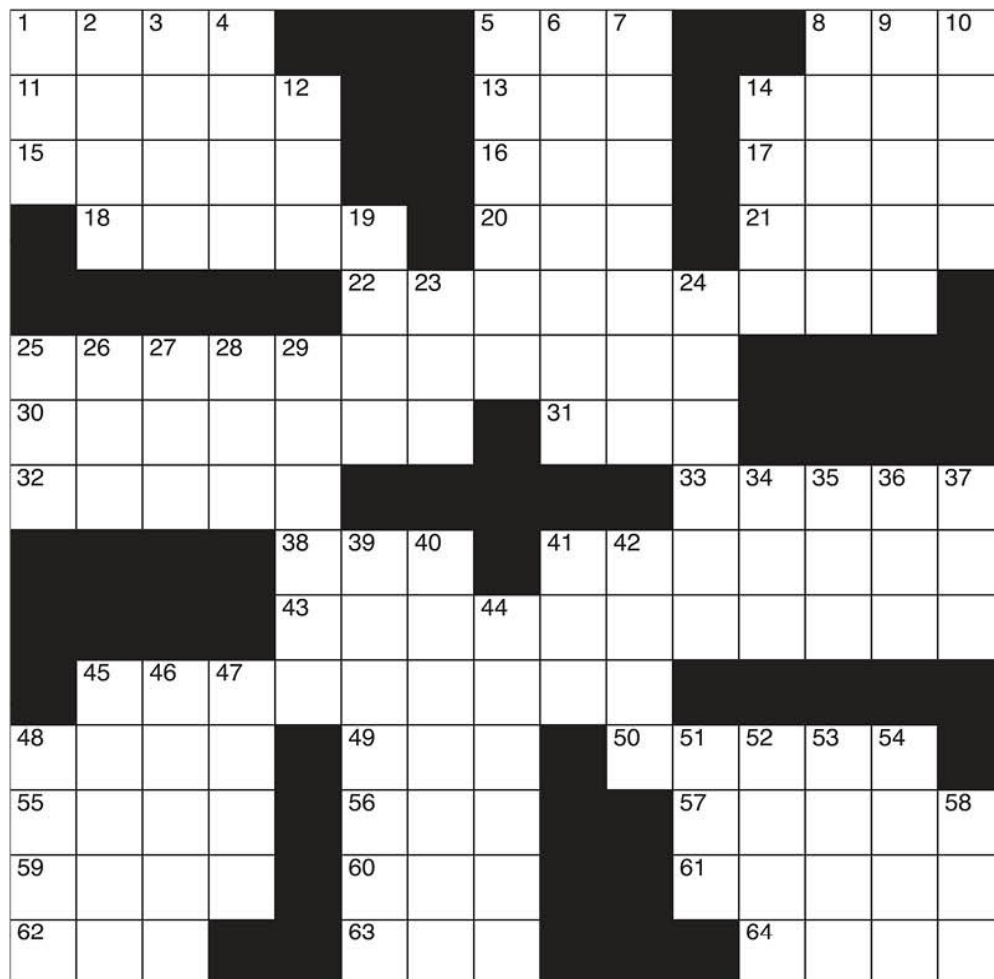
928.577.2349

www.BlackMountainValleyRealty.com

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



CROSSWORD



CLUES DOWN

1. Cool!
2. Hebrew unit of measure
3. Swedish rock group
4. College army
5. Favor over another
6. Called it a career
7. Egg-shaped wind instrument
8. Israeli statesman
9. Hurries
10. Slog
12. Midway between south and southeast
14. Benedictine monk
19. Self-immolation by fire ritual
23. Family of regulator genes
24. Surrendering
25. Political action committee
26. S. American plant
27. Long-term memory
28. Bark
29. Breathes in
34. Take hold of
35. Everyone has one
36. Valentine's Day color
37. Drivers' licenses and passports
39. Outer walls of castles
40. Enters with force
41. One thousandth of an inch
42. Deceased Chinese politician
44. Sugary secretion of plants
45. Expressed pleasure
46. Shelter
47. Utilizes
48. Forest resident
51. Fashion accessory
52. A sharply directional antenna
53. ___ Kristofferson, actor
54. A bad place to end up
58. MLBer Gordon

CLUES ACROSS

1. Lions do it
5. In favor of
8. Rest here please (abbr.)
11. Pulpits
13. Leisure activity
14. Fertility god
15. Financial obligations
16. When you anticipate getting somewhere
17. Spanish river
18. Sporting events
20. Type of tree
21. Ceased to be
22. Persons
25. Synthetic resin
30. Relates to photochemical reactions
31. Father
32. Former Cowboys coach
33. City in Finland
38. Run batted in
41. Got through
43. They darken skin
45. In a harmful way
48. Form of weaving
49. City of Angels hoopster
50. Caucasian language
55. Syngman ___, Korean president
56. Sun up in New York
57. Paddled
59. Fishes
60. Affirmative
61. Nimble
62. Doctor of Education
63. Soviet Socialist Republic
64. A small island





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

sponsored by



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



Join us on the
fourth
Wednesday
of each month
starting at Noon.

Have Fun and
WIN PRIZES!

Sponsored by



Join us for Breakfast

8:30 a.m. to 10:30 a.m.



Your choice of
Beverage Only: Coffee, Tea or Juice
only \$1 per person or
Continental Breakfast & Beverage
only \$2 per person

All food must be eaten in the building. No food
will be allowed to be taken outside the Senior
Campus building. A tray will be provided upon
purchase for one trip to the breakfast area.

Drink refills are free.

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



JOIN OUR FREE
MONTHLY BINGO GAME
12:30 P.M. TO 2:00 P.M.

THURS.
MAY 16

SPONSORED BY:

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702-624-3161
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**JOIN US FOR
BINGOCIZE
Monday's
2 pm to 3 pm
Bullhead City
Senior Campus
2275 Trane Road**

ALL THE ANSWERS YOU SEEK...

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

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



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

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



BULLHEAD
CITY

SUPPORT OUR SENIORS



Scan to learn more



The new Adult Activities wing will add 7,700 square feet of indoor activity and meeting space to the Senior Campus.

This newly enhanced and inviting space will bring people together, enhancing the health of our seniors and strengthening our community.

Support us!

Visit Bullheadcity.com/SupportSeniors to Help us deck out the Adult Activities Center with these items!



We envision a beautiful, welcoming space for all seniors. City staff has worked hard to identify the right items and amenities for each room and space.

Help us bring the vision to life through a financial contribution.

With your support, we can equip the new facility with the necessary furnishings for socializing, and playing games such as table tennis and pool. Your donation will also enable us to outfit arts and crafts studios with workspaces, supplies, and storage facilities, fostering creativity and lifelong learning among senior participants.