

JULY 2025 NEWSLETTER V04 104

BULLHEAD CITY ARIZONA

SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR
EVENT CALENDAR



SUNWATTS EDUCATION GRANT REQUIREMENTS:

CURRICULUM MUST BE BASED ON
RENEWABLE ENERGY, AND INCLUDE:

SUBJECT OUTLINE
MATERIALS
SUPPLIES
COST BREAKDOWN



MEC IS AN EQUAL OPPORTUNITY PROVIDER + EMPLOYER

SEND WRITEUP TO:
MOHAVE ELECTRIC COOPERATIVE
C/O COURTNEY NIXON
P.O. BOX 22530
BULLHEAD CITY, AZ 86439

APPLICATION DEADLINE
AUGUST 31 AT 5PM



Michael Stumpf, DO

Valley View General Surgery

Surgery and Colonoscopies

With more than 17 years of surgical experience, Dr. Michael J. Stumpf has provided exceptional care for patients across Arizona. He specializes in breast cancer surgery, thyroid, skin and soft tissue, gastrointestinal and hernia surgeries and is proud to bring his expertise to Valley View Medical Center.

Dr. Stumpf can schedule screening colonoscopies within 30 days of receiving the referral. Often no consultation is required prior to the screening colonoscopy, saving time and expense.



A Department of Valley View Medical Center

Phone: 928.788.7920 Fax: 928.788.7921
5300 S. Highway 95, Suite C • Fort Mohave, AZ 86426



The Bullhead City Senior Enrichment Center provides an integrated system of services, resources, and opportunities to help people improve their lives through recreational, social services and health and wellness services. The Senior Enrichment Center offers a variety of activities and programs for seniors ages 50+. The programs are specially designed to allow every adult of any activity level to participate in a safe and inviting environment. The Center offers more than 50 weekly activities designed to support independence, promote lifelong learning and sustain a healthy and engaged lifestyle.

Senior Enrichment Center is also home to the Bullhead City Nutrition Center. The Nutrition Center provides meals for individuals 50+. Meal options include a continental breakfast and lunch. Continental breakfast is served Monday through Friday from 8:30 a.m. to 10:30 a.m. for \$2, or \$1 for coffee only. Lunch is available Monday-Friday from 11:30 a.m. to 12:30 p.m. A suggested donation of \$3 is requested for each meal for individuals 60+ or disabled with a statement of need from a physician. Individuals 50+ can get lunch for \$5.

If you are unable to attend in person, they also offer a home delivery meal program through Meals on Wheels-Bullhead City, AZ. Interested in learning more or signing up. Call 1-(800)782-1886 and leave a message with your name, phone number and interest in Meals on Wheels in Bullhead City, to start the qualification process .

Bullhead City Senior Enrichment Center also offers a transportation service to those in need. Whether you need a ride to the Senior Enrichment Center, medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round trip rides.

Senior Enrichment Center
2275 Trane Road
Bullhead City, AZ 86442
Monday and Friday
8:00 a.m. to 4:00 p.m.
Tuesday-Thursday
8:00 a.m. to 6:00 p.m.
For more information call
(928) 763-0193
Follow us on Facebook!



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

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

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



MONTHLY MENU

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chorizo & Eggs Tator Tots Southwest Veggies	2 Beef Tamale Fiesta Veggies Mexican Rice	3 Pulled BBQ Pork Baked Beans Cherry Cobbler	4  CLOSED
7 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	8 Breakfast Burrito Breakfast Potatoes Pork Sausage	9 Chicken & Dumplings Peas & Carrots Cobbler	10 Beef Fajitas Spanish Rice Cinnamon Apples	11 Chicken Alfredo Dinner Roll Pears
14 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	15 Cobb Salad Dinner Roll Dressing	16 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	17 Sweet & Sour Meatballs Buttered pasta Carrots	18 Chicken Enchilada Fiesta Veggies Rice
21 Diced Asian Chicken Asian Veggies Fried Rice	22 Denver Omelet Breakfast Potatoes Pork Sausage	23 Stuffed Cabbage Corn Cobbler	24 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	25 Chicken Egg Roll Fiesta Blend Cobbler
28 Pork Chop Mashed Sweet Potatoes Green Beans	29 Chicken Cordon Bleu Potato Wedges Mixed Veggies	30 Beef Cutlet /Gravy Mashed Potatoes Carrots	31 Beef Lasagna Dinner Roll Steamed Broccoli	

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.

Common Health Issues The Affect Aging Pets

Pet owners' devotion to their companion animals is evidenced in the lengths modern pet parents go to keep their furry friends happy and healthy. A recent survey from GOBankingRates found that 70 percent of pet owners spent between \$600 and \$1,200 on their pets in 2023, which underscores how important companion animals are to the people who take care of them.

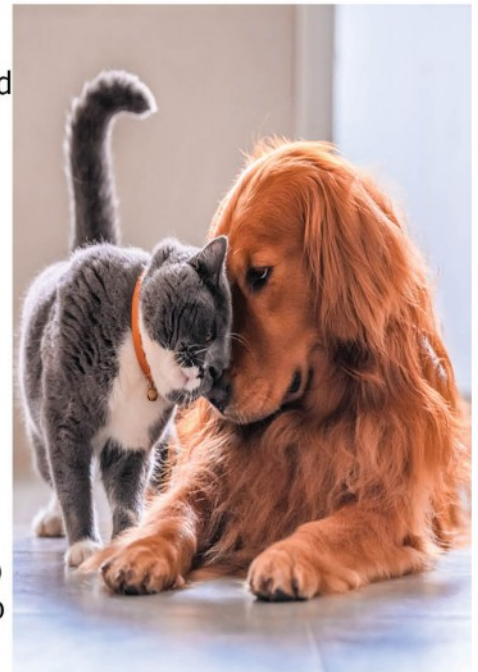
Millions of pet owners might admit there's no limit to what they would do to protect their pets, but even the most devoted dog owner or cat caregiver recognizes that age can catch up to companion animals. Much like humans can't stop their own bodies from aging, pet owners have little recourse against Father Time when it comes to caring for their pets. The American Veterinary Medical Association notes that cats and dogs are living longer now than ever before, so it's good for pet owners to familiarize themselves with common health issues that can affect older pets.

Senior pets The AVMA notes that cats are generally considered Seniors after 10 years of age. It's a little harder to pinpoint when dogs enter their golden years, as the size disparity between breeds affects their senior status, or lack thereof. The AVMA notes small, or toy breeds (less than 20 pounds) acquire Senior status between eight and 11 years of age; medium-sized breeds (20 to 50 pounds) between eight and 10 years of age; large breeds (50 to 90 pounds) between eight and nine years of age; and giant breeds (more than 90 pounds) between six and seven years of age.

Cancer and senior pets The AVMA reports that cancer is the cause of death in roughly 50 percent of all dogs and around one-third of senior cats. Cancer in pets may produce a variety of symptoms, including: Abdominal swelling, Bleeding from the mouth or nose or other body openings, Difficulty eating or swallowing, Breathing difficulties, Lumps, bumps or discolored skin, Sores that will not heal, Persistent diarrhea or vomiting, Decreased appetite or body weight, Swelling, heat, pain, or lameness that cannot be explained.

Though cancer is responsible for a significant percentage of deaths among senior cats and dogs, it's not the only issue that can affect aging pets. The AVMA notes a number of common health problems affect pets as they age, including:

- **Heart disease:** The Animal Medical Center, a New York-based nonprofit organization, notes degenerative valve disease, dilated cardiomyopathy and heartworm disease are common types of heart disease in dogs. Hypertrophic cardiomyopathy is a common heart disease found in cats.
- **Kidney or urinary tract disease:** The Veterinary Diagnostic Library at Michigan State University notes that chronic kidney disease affects up to 10 percent of aging dogs and 35 percent of aging cats.
- **Liver disease & Diabetes:** The AVMA reports that diabetes is most often diagnosed in dogs between the ages of seven and 10 and in cats older than six years of age.
- **Joint or bone disease**
- **Overweight or obesity**
- **Vision or hearing loss:** The AVMA notes senior pets can develop cataracts that affect their vision and may not respond as well to voice commands as they did when they were younger.



Cats and dogs are living longer. Pet parents can prepare for their pets' golden years by learning about common ailments that affect aging animals.

Friday Fun Crafts

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

July 11th/Personal Book marker

July 18th/Memory Box

July 25th /Cactus Painting



MCC Mohave
Community
College
**COMMUNITY
EDUCATION**



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.





THURSDAY, JULY 3, 2025

11:30 AM TO 1:30 PM

11:30 -12:30

HOT DOG, CHIPS, & WATER COMBO \$5 (ALL AGES WELCOME)

12:00 -12:30

FREE ICE CREAM, LEMONADE AND ICE TEA

BE SURE TO ENTER THE PATRIOTIC OUTFIT CONTEST

12:30 - 1:30

TRIVIA WITH PRIZES

SPONSORED BY



SENIOR ENRICHMENT CENTER
2275 TRANE ROAD, BULLHEAD CITY, ARIZONA

SWIM TEAM**WORD SEARCH**

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

WORDS

BACKSTROKE
BREASTSTROKE
BUTTERFLY
CAP
COURSE
DECK
DISTANCE
DIVING
DRILL
FLIP
FLOAT
FREESTYLE
GOGGLES
KICK
LANE
LAP
PACE
PADDLE
POOL
SWIMMING
TEAM
TIMED
TURN
WADE

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



What did the colonists wear to the Boston Tea Party? Tea-shirts.

What was the most popular dance in 1776? Indepen-dance.

What does the Statue of Liberty stand for? It can't sit down.

If you cross a patriot and a dog with curly hair, what do you get? A Yankee Poodle.

What ghost haunted King George III? The spirit of '76.

What is the most popular sport on the 4th of July? Flag football.

Did you hear the one about the Liberty Bell? Yeah, it cracked me up too!

What is red, white, blue and green? A seasick Uncle Sam.

What does the Statue of Liberty say when visitors leave?"Stay in torch!"

**WORD SCRAMBLE**

Rearrange the letters to spell something pertaining to swimming.

SICKK

--	--	--	--	--

Answer: Kicks

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the beach.

LAYST

--	--	--	--	--

Answer: Salty

friday fun crafts

volunteer craft Leaders Needed

Every Friday The Senior Enrichment Center invites seniors to partake in Friday Fun Crafts. Friday Fun Crafts help seniors engage in creative expression and connect with others in a welcoming environment. These sessions offer a variety of hands-on projects that promote relaxation, socialization, and enjoyment.

They are currently seeking Volunteer Craft Leaders to share their time and talents by leading craft sessions. If you have a passion for creativity and would like to contribute to our vibrant community, we encourage you to get in touch.

For more information or to express your interest, please contact Jenny, Activity Coordinator, at (928) 763-0193.

SENIOR ENRICHMENT CENTER, 2275 TRANE RD, BULLHEAD CITY

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



FAMILY CARE
HOME HEALTH & HOSPICE
928.299.5100

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

HAPPY BIRTHDAY

Join us for the
Birthday Month Celebration

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

Tue, July 15th starting at 11:30 am

July 1

Muchewicz, Stanley
Brownell, Patrice
Stevens, Patty

July 2

Mullins, Delphia
Noel, Carol
Pringle, Betty
Dunchok, Ron

July 3

Sisk, Bud
Schnepf, Judith
Perez, Lovey
Muffuletto, Linda
Antwine, Janine
Ward, Tonya

July 4

Bell, William
Russell, Della
Glass, Dennie
Middlebrook, Ed
Olsen, Ellann
Paul, Theresa

July 5

Jones, Kathleen
Sites, Sherry
Alderete, Barbara
Paul, Theresa

July 6

Furr, J.D
Luth, Arlene
Ridenor, Phillip

July 7

Gamble, Marjorie
Couch, Gerald
Michels, Constance
Buckley, Elaine

July 8

Lander, Otto
Jones, Donna
Heilbrun, Edward
Ortloff, Joann
Strawn, Rochelle

July 9

Tschanz, Robert
Collins, Cyndi
Haltom, Cynthia
Rael, Kelly

July 10

Lau, Dorothy
Patton, Pat
Pace, Steven

July 11

Longmire, Bob
Serna, Mary Lee
Seibert, Dianne
Kriznar, Cheryl

July 11

Gayler, Judy
Fields, Ken
Miller, Dawn

July 12

Quinn, Kim
Acuna, Ralph
Redieske, Kathleen
Chapman-Colton, Kelly

July 13

Batterson, Nancy
John, Henry
Pagenkope, Caroline
Hill, Charles Charlie
Mundt, Fred

July 14

Ronchetti, Dan

July 15

Johnson, Gregg
Grinde, Linda

Landrey, Penny

Baker, Mary Elizabeth

July 16

Fahring, Sanford Reid

July 17

Surdi, Edward
Riego De Dios, Zenie
Schell, Geraldine
Gradowski, Delores
Hartwell, Roland
McCauley, Burn

July 17

Venture, Colleen
Rebh, Kristine
Bookey, Dustin

July 18

Welty, Ryan
Gutierrez, Carmen
Stone, Helyn
Block, Peter
Waitas, Maria

July 19

McNeill, Mary
Anderson, Diane
Gott, Percy
Coffey, Martin
Galentine, Ed

July 20

Riley, John
Delgado, Roselie

July 21

England, Michael
Carter, Deborah
Ylizaliturri, Lilah
Hartline, Ed

July 22

Grigsby, Karleen
Derie, Fern
Carroll, James Jim
Payne, Tracy
Ramp, Kathy
DeRuyter, Cornelia

July 23

Mattison, Robert
Adams, Tyler

July 24

Fuchs, Judy
Wilde, Trudi Lynn

July 25

Park, Kerry
Hanson, Terri

July 26

Ramirez, Rich
Surette, James
Nicholson, Joann
Ramsey, Larry
Gabrys, Laurie
Busskohl, Peggy

July 27

Lepore, Peter
Madison, Donna
Baumchen, Terry
Clowes, Jacqueline

July 28

Angelov, Samuel
Verstynen, Carolus
Szafasz, Rich S.
Hernandez, Shelly

July 29

Hundley, Beatrice
Hess, Gary
Bronniche, Siri



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

VOLUNTEER FAIR

GET INVOLVED, GIVE BACK, MAKE A DIFFERENCE!

**Last Friday of Every Month, 8:00 am - 10:30 am
@ 2285 Trane Road behind the Senior Enrichment Center**



Looking for ways to get involved and give back?

Join us for our monthly Volunteer Fair, where you can:

- Explore meaningful opportunities to support city departments
- Discover where your skills and interests can make the biggest impact
- Learn what to expect before you volunteer

What's in it for you?

- Make a difference in your community
- Get early insight into upcoming projects and services
- Meet like-minded people focused on positive change
- Free popcorn and refreshments available

What opportunities are available at the Senior Center?

Driver or Delivery Person
Wellness Check Caller
Friendly Visitor
Food Bank Helper
Newsletter Delivery
Fundraising & Promotions

Breakfast or Lunch Servers
Tech Savvy Helpers
Meal Pick Up Driver
Angels Room Worker
Ambassador for the Center
Community Store Worker

Come curious, leave inspired.

We can't wait to meet you!

**Email or attend one of our events to
learn more!**

volunteerinfo@bullheadcityaz.gov



Scan to learn more

SPLISH SPLASH

SENIOR SPLASH PAD TAKE OVER!

**WEDNESDAY
JULY 16TH
NOON - 2PM**

**KEN FOVARGUE PARK
2255 TRANE ROAD
SPLASH PAD**

**CALLING SENIORS 50 YRS AND BETTER!
BRING YOUR CHAIR, TOWEL, SUNBLOCK!
WE'LL PROVIDE ICE POPS & FUN!**

FOR MORE INFORMATION CONTACT
JANIE FIGUEROA, RECREATION SUPERVISOR
928.763.0188
JFIGUEROA@BULLHEADCITYAZ.GOV



Attention All Neighbors

We now have a new communication system that will be made available through your phone for Senior Enrichment Center & Meals on Wheels participants.



If you have provided us with your telephone number, you will get a WELCOME message sometime in July, inviting you to the platform where you will receive constant communication to keep you in the know of things at the Senior Enrichment Center. Please note you can opt out anytime but we suggest you give it a try. It will be used to tell you about new events, canceled events, meal changes, events you can sign up for, community emergencies that we are alerted to and so much more.

If you only own a landline, the messages will be read out loud when you answer. Cellphone users will receive the messages via text.

These messages are coming through Blooming Health but the system is fully controlled by the Enrichment Center so even if a link is included in the message you know it's SAFE to click it. To assure you each time you get a message it will start out with the Senior Services Program Manager saying, "Hi this is Kim Cool with the Senior Enrichment Center and Meals on Wheels Program, please listen to the following message:"

We look forward to giving you the best service ever.



BLOOMING HEALTH

POWERING HEALTHY AGING IN-PLACE

Celebrate Social Wellness Month This July at Our Senior Enrichment Center!

July is **Social Wellness Month**, a time dedicated to promoting and nurturing healthy relationships and overall well-being.

At our **Senior Enrichment Center**, we understand how important social wellness is, especially for adults aged 50 and over. That's why we're committed to creating a welcoming environment filled with activities, programs, and events designed to help seniors stay connected, active, and engaged.

From group fitness classes and educational workshops to games and art sessions, our center offers a wide variety of opportunities to make new friends, learn new skills, and have fun. These activities are not only enjoyable but also essential for reducing feelings of isolation and improving quality of life.

We invite you to come down for a tour of our brand-new center and see all that we have to offer. Whether you're looking to meet new people, explore your interests, or just enjoy a warm and friendly atmosphere, there's something here for everyone.

Celebrate Social Wellness Month with us—because staying connected is key to living well!





Life Uninterrupted

Work, learn, connect,
with 100% fiber internet from
TWN Communications and
Mohave Electric Cooperative.

Unlimited Data | Speeds up to 2* Gbps

Plans starting at \$49.95*

Special Savings for Seniors (55+)
and MEC Members†

SIGN UP TODAY!

888-227-2095 | twncomm.com/mohave

Store: 2020 Silver Creek Rd., Ste. 113D
Bullhead City, AZ

*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. †Promotional discounts applicable to fiber residential internet service only. Up to \$12 max savings. \$5 MEC member discount may be combined with \$2 autopay discount, and only one additional \$5 discount, either \$5 active military or \$5 senior discount. Active military and senior discounts may not be stacked together. Proof of eligibility required. Only one autopay discount applicable per customer. MEC Q3 SeniorCenter 3.5x9.625.pdf

HAPPY HOUR

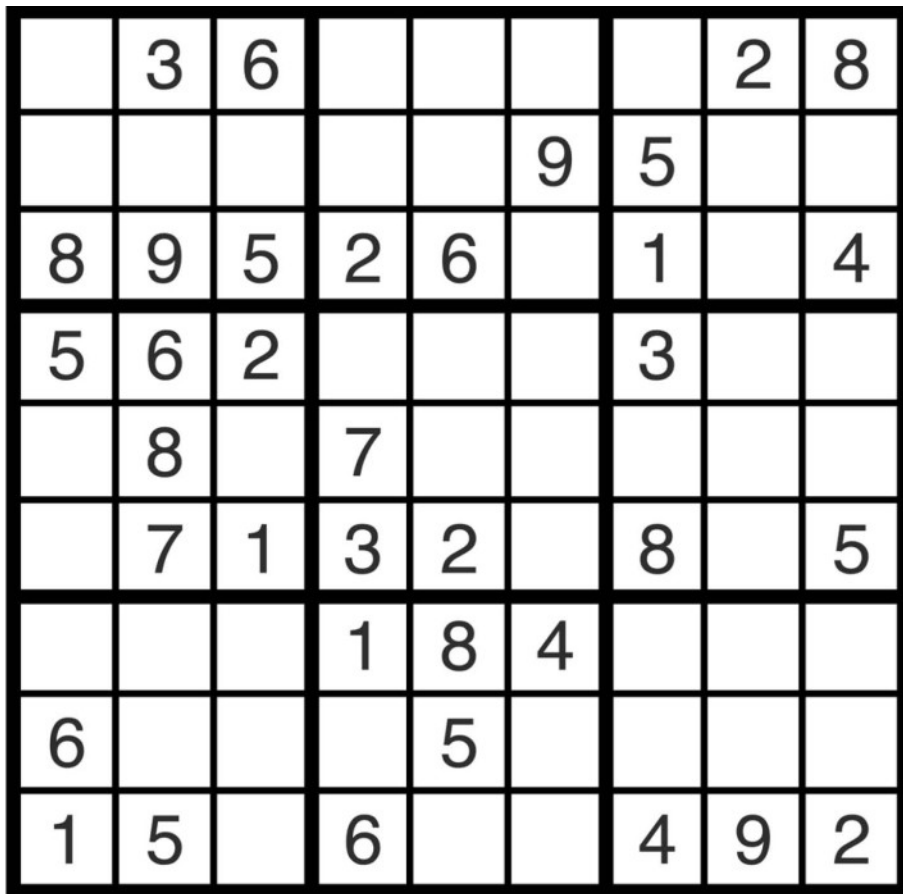


Delicious MOCK TAILS

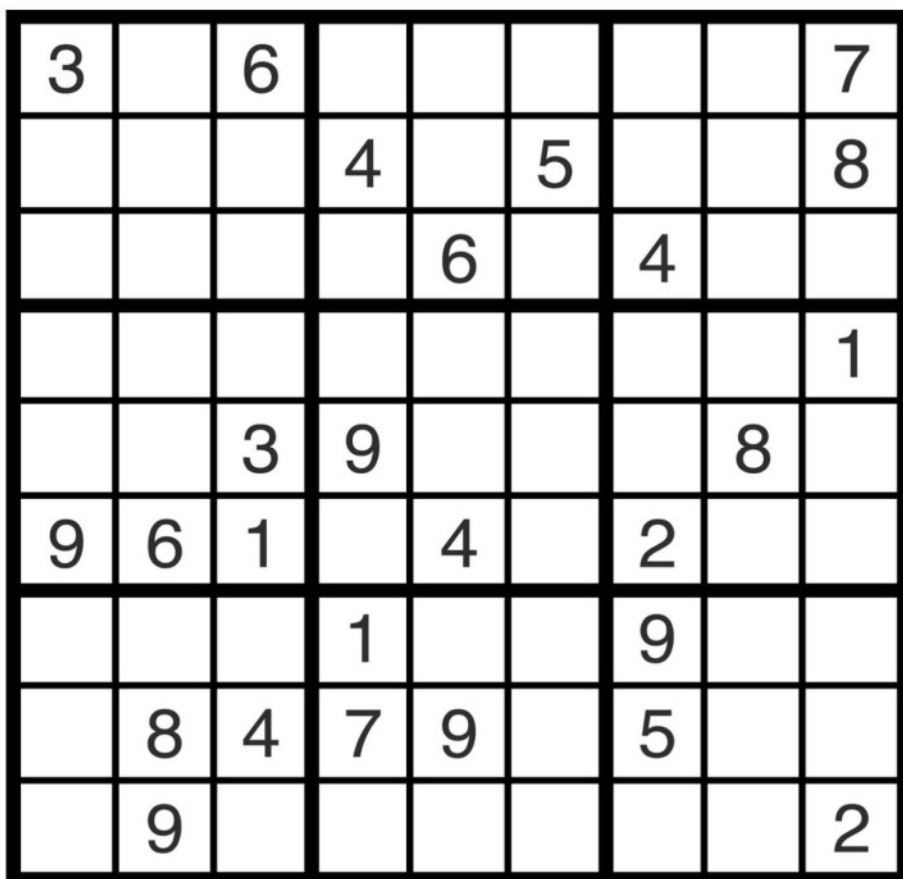
**July 9th
1:00 pm to 2:30 pm
Mock-tails,
with Fun & Games
in the Great Room**

**Senior Enrichment Center
Happy Hour with Mock-tails and Games
is 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.



JULY

ACTIVITIES CALENDAR



WEEKLY ACTIVITIES

EVERY

MONDAY

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

10:00 a.m. to Noon
12:30 p.m. to 1:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
1:30 p.m. to 2:30 p.m.

Tech Support/Mark Rosenthal/Library
Body Moves for Brain Power/Exercise Room
Free Bingo w/Prizes/Great Room
Sponsored by Family Care Home Health & Hospice
NAU Summer Educational Series/Conference Rm
Line Dancing/Beginner/Exercise Room
Mexican Train/Game Room
Poker/Game Room
Pinochle/Great Room
Tech Support/Miriam Brown/Library
Line Dancing/Basic/Exercise Room

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

12:30 p.m. to 3:30 p.m.
12:30 p.m. to 4:00 p.m.
3:30 p.m. to 4:15 p.m.
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room
Chair Zumba Class/Exercise Room
Bingocize/Exercise Room
Ping Pong/Great Room
Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
Poker Game/Game Room
Hand & Foot Card Game/Game Room
Relaxation & Mindfulness/Exercise Room
Line Dancing /Great Room

EVERY

WEDNESDAY

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 11:00 a.m.
9:30 a.m. to 10:30 a.m.
Noon to 3:00 p.m.
12:30 p.m. to 1:30 p.m.
1:00 p.m. to 2:00 p.m.
2:30 p.m. to 4:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/Exercise Room
Open Sewing Group/Craft Room
Hit the Bullseye/Electronic Darts/Game Room
Bereavement Support Group/Conference Room
Cue Masters Club & Lessons/Game Room
Gamblers Anonymous Meeting/Nutrition Center

WEEKLY ACTIVITIES

EVERY

THURSDAY

9:15 a.m. to 10:00 a.m.

Chair Yoga /Exercise Room

Better Heath Live with Marge

9:30 a.m. to Noon

Morning Poker/Game Room

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

Bingocize/Exercise Room

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

Essentrics YouTube Video w/founder

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

Miranda Esmode-White/Exercise Room

Noon to 3:00 p.m.

Tech Assistance w/Monica Pratcher/Library

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

Knit & Crochet Group/Craft Room

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

Double Deck Pinochle/Great Room

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.

Wider Circle Event/Free Breakfast & Lunch

Located in the Nutrition Center & Activity Center

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

Brain Savers Exercise/Exercise Room

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

Shuffleboard/Game Rom

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

Friday Fun Crafts/Craft Room/Limit 15

Sponsored by Mohave Community College - Community Education

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

Mexican Train/Game Room

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

Pinochle/Great Room

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

Poker/Game Room

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

Brain Savers Exercise/ Exercise Room

SPECIAL EVENTS & ACTIVITIES

TUE

01

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

Art Therapy/July 4th Clothes Pin Planter

Limit 15/Craft Room

Sponsored by Mohave Community College

WED

02

11:00 a.m. to Noon

Educational Cooking Presentation/ Nutrition Ctr

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

Genealogy Club/Library

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

Bunco Group/Great Room

SPECIAL EVENTS & ACTIVITIES

THU
03

11:30 a.m. to 12:30 p.m.
12:00 p.m. to 1:00 p.m.
12:30 p.m. to 1:30 p.m.
12:30 p.m. to 3:30 p.m.
1:30 p.m. to 2:30 p.m.

Stars & Stripes Meals on Wheel Fundraiser -
\$5 Hot Dog Combo /Nutrition Center
Stars & Stripes Free Ice Cream/Great Room
Sponsored by TWN Communications
Stars & Stripes Trivia/Game Room
Sponsored by TWN Communications
Mahjong Tile Game/Exercise Room
Seed to Supper /Nutrition Center

FRI
04

**Senior Enrichment
Center is Closed.**



MON
07

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

Basic Beading/Limit 15/Craft Room

TUE
08

10:00 a.m. to Noon
12:30 p.m. to 2:30 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.

NAU Summer Educational Series/Conference Rm
Jewelry Class/Beaded Pin & Key Chain/Craft Rm
Sound Bowl Breathing Healing Body & Soul/
Exercise Room
Tech Assistance/Pam Beaushay/Library

WED
09

10:00 p.m. to 11:00 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 3:00 p.m.

White Elephant Bingo/Great Room
Sweep Card Game/Great Room
Happy Hour/Great Room
Sponsored by Mohave Community College
Give, MAKE, Take/Chocolate Chip Brownies/
Nutrition Center

THU
10

9:00 a.m. to 10:00 a.m.
10:00 a.m. to Noon
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.
1:30 p.m. to 2:30 p.m.

Coffee Talk with Vice Mayor Dan Alfonzo
/Nutrition Center
NAU Summer Educational Series/Conference Rm
Left, Right, Center Dice Game/Game Room
Mahjong Tile Game/Exercise Room
Tech Assistance/Pam Beaushay/Library
Seed to Supper /Nutrition Center

SPECIAL EVENTS & ACTIVITIES

FRI 11	11:00 a.m. to Noon 11:00 a.m. to 1:00 p.m.	Stay Hydrated This Summer/Great Room Free Mini Clinic/6 spots/Nutrition Center
MON 14	11:30 a.m. to 2:30 p.m. 12:00 p.m. to 1:00 p.m.	Lunch & Empower Workshop/Conference Rm Dementia Support Group/Conference Room
TUE 15	10:00 a.m. to Noon Noon to 12:30 p.m. 12:30 p.m. to 2:30 p.m. 1:00 p.m. to 3:00 p.m. 6:00 p.m. to 9:00 p.m.	NAU Summer Educational Series/Conference Rm Birthday Month Celebration/Great Room/ Sponsored by Joshua Spring Assisted Living Art Therapy/Glass Pebble Bottle Art/Craft Room Sponsored by Mohave Community College Tech Assistance/Pam Beaushay/Library Late Night Ladies Bunco/Nutrition Center
WED 16	10:00 a.m. to 11:15 a.m. 11:00 a.m. to 11:30 a.m. 11:00 a.m. to Noon Noon to 2:00 p.m. 12:30 p.m. to 2:00 p.m. 12:30 p.m. to 3:30 p.m.	Price is Right Game/ Great Room Zumba LIVE/Beth Humphrey/Exercise Room Legal Services/Desiree Bender/Conference Rm Senior Splash Pad Take OVER/ Ken Fovargue Park / Recreation Divison Genealogy Club/Library Bunco Group/Great Room
THU 17	10:00 a.m. to 11:00 a.m. 11:00 a.m. to Noon 12:30 p.m. to 2:00 p.m. 1:00 p.m. to 3:00 p.m. 1:30 p.m. to 2:30 p.m. 3:30 p.m. to 5:30 p.m.	Rock Painting Craft/Craft Room Sponsored by Mohave Community College Brain Games/Game Room Monthly Bingo /Great Room Sponsored by TNG Insurance Tech Assistance/Pam Beaushay/Library Seed to Supper/Nutrition Center Virtual Dementia Tour/Conference Room
FRI 18	10:00 a.m. to 11:30 a.m. 11:00 a.m. to 1:00 p.m.	Exercise to Ease Arthritis Pain/Exercise Free Mini Clinic/6 spots/Nutrition Center

SPECIAL EVENTS & ACTIVITIES

MON 21	1:00 p.m. to 2:00 p.m.	Golden Rule Steering Community
	2:30 p.m. to 3:30 p.m.	/Conference Room Drum Circle/Exercise Room
TUE 22	10:00 a.m. to Noon	NAU Summer Educational Series Workshop/
	12:30 p.m. to 1:30 p.m.	Conference Room
	12:30 p.m. to 2:30 p.m.	Monthly Mixer/Great Room
	1:00 p.m. to 3:00 p.m.	Sponsored by Legacy Rehab & Care Center Art Therapy/Lady Bug Rock Painting/Craft Rm Sponsored by Mohave Community College Tech Assistance/Pam Beaushay/Library
WED 23	11:00 a.m. to 11:30 a.m.	Zumba LIVE/Beth Humphrey/Exercise Room
	Noon to 1:00 p.m.	Monthly Trivia/Game Room
	12:30 p.m. to 3:30 p.m.	Sponsored by Dot Foods Sweep Card Game/Great Room
THU 24	10:00 a.m. to Noon	NAU Summer Educational Series Workshop/
	11:00 a.m. to Noon	Conference Room
	Noon to 1:00 p.m.	Cyber Squad/Game Room
	1:00 p.m. to 3:00 p.m.	Ice Cream Social/Great Room
	4:00 p.m. to 5:30 p.m.	Sponsored by Culver's of Bullhead City Tech Assistance/Pam Beaushay/Library Dine & Learn/Blood Pressure/Great Room
FRI 25	10:30 a.m. to 11:30 a.m.	Mind-Body Wellness Class/Exercise Room
	Noon to 1:00 p.m.	Planning for the Future/Nutrition Center
	1:30 p.m. to 2:30 p.m.	Recognize the Warning Signs Suicide /Conference Rm

SPECIAL EVENTS & ACTIVITIES

MON 8:30 a.m. to 10:30 a.m. Breakfast with Meals on Wheel
28 Noon to 1:00 p.m. Board of Directors/Nutrition Center
Noon to 1:00 p.m. Dementia Support Group/Conference Room
Root Beer Floats/Great Room

TUE 10:00 a.m. to Noon NAU Summer Educational Series Workshop/
29 12:30 p.m. to 2:30 p.m. Conference Room
1:00 p.m. to 3:00 p.m. Art Therapy/Diamond Art Painting/Craft Room
Sponsored by Mohave Community College
Tech Assistance/Pam Beaushay/Library

WED 11:00 a.m. to 11:30 a.m. Zumba LIVE /Beth Humphrey/Exercise Room
30 12:30 p.m. to 3:30 p.m. Bunco Group/Great Room
1:30 p.m. to 2:30 p.m. Game Room Karaoke/Game Room

THU 10:00 a.m. to Noon NAU Summer Educational Series/Conference Rm
31 11:00 p.m. to Noon Beyond Walls Bingo/Televeda/Great Room
1:00 p.m. to 3:00 p.m. Tech Assistance/Pam Beaushay/Library



SPONSORED BY



JULY 24TH NOON TO 1:00 P.M.

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



JULY 17
12:30 P.M. - 2:00 P.M.

**INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2288 TRANE RD**

**SPONSORED BY
KARO TNGRIAN**



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**SPONSORED BY
LEGACY REHAB & CARE CENTER**

MONTHLY MIXER

**JOIN US AT
SENIOR ENRICHMENT CENTER**

LET'S MIX & MINGLE!

Our Monthly Mixer is a fun and friendly gathering for seniors to socialize and make connections. We will "mix" it up each month with a new theme and activity. Make new friends and enjoy refreshments and snacks.

Tuesday, July 22 / 12:30 pm
Meet Legacy Rehab & Care Center

Tuesday, August 26 / 12:30 pm
Senior Speed Dating

Tuesday, September 23 / 12:30 pm
Make a Connection BINGO

SPONSORED BY

**THE
LEGACY**
REHAB & CARE CENTER

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

BRAIN SAVERS!

Join us at the Senior Enrichment Center for our weekly Brain Savers class designed to help keep your mind sharp, focused, and active!

Classes are held every Wednesday and Friday from 9:30 am to 10:30 am, with an additional Friday afternoon session from 2:30 pm to 3:30 pm.

Each session features engaging brain-boosting activities, memory challenges, group discussions, and techniques that support cognitive wellness and mental fitness. Whether you come once a week or attend all three sessions, it's a fun and supportive way to take care of your brain health while connecting with others.

Come join the fun and give your brain a workout! For more information contact Jenny Activity Coordinator 928-763-0193



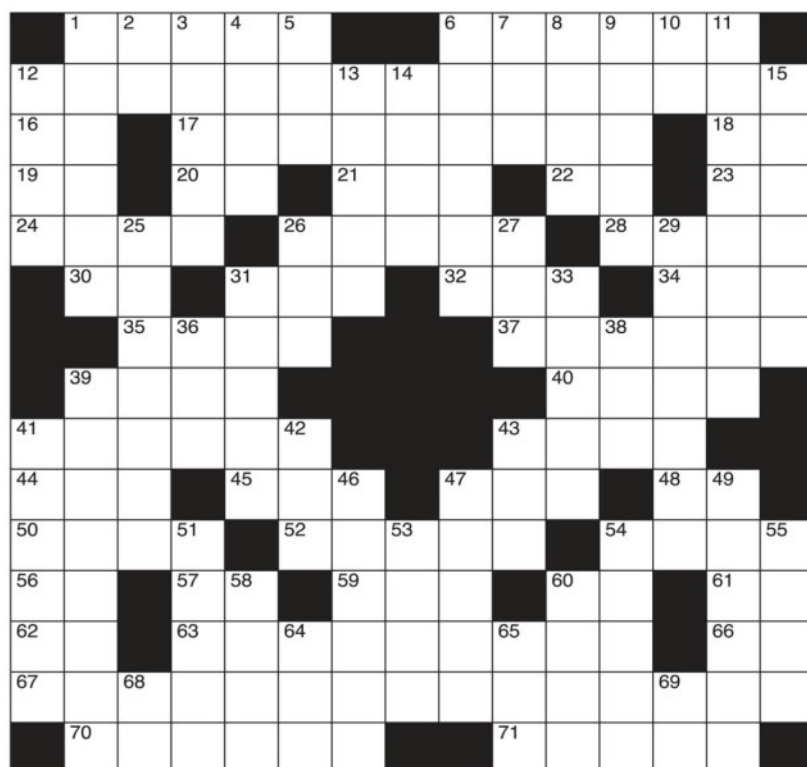
Sponsored by

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



BULLHEAD SENIOR ENRICHMENT CENTER
2275 TRANE RD. BULLHEAD CITY, ARIZONA
WWW.BULLHEADCITY.COM

CROSSWORD



CLUES DOWN

1. Follower of Islam
2. Trauma center
3. French young women
4. Norse god
5. U.S. commercial flyer (abbr.)
6. Merchant
7. Peyton's younger brother
8. Jungle planet in "Star Wars" galaxy
9. Tree-dwelling animal of C. and S. America
10. "Pollack" actor Harris
11. Stuck around
12. Put on
13. Influential Norwegian playwright
14. Christian __, designer
15. Fulfills a debt
25. Style
26. More (Spanish)
27. A baglike structure in a plant or animal
29. Remedy
31. Disturbance
33. "The Martian" actor Matt
36. Express delight
38. Brooklyn hoopster
39. 1900 lamp
41. Motionless
42. One's mother (Brit.)
43. Relative biological effectiveness (abbr.)
46. Compels to act
47. Gardening tool
49. Ancient country
51. Frightening
53. Wimbledon champion Arthur
54. Popular plant
55. Database management system
58. Gasteyer and de Armas are two
60. Where soldiers eat
64. Tenth month (abbr.)
65. Illuminated
68. Atomic #18
69. Adults need one to travel

CLUES ACROSS

1. Notes
6. Long-haired dog breed
12. ESPN's nickname
16. Spanish be
17. Disadvantage
18. Of I
19. Actor Pacino
20. On your way: __ route
21. Fifth note of a major scale
22. Companies need it
23. News agency
24. Faces of an organization
26. Ponds
28. Samoa's capital
30. Partner to "Pa"
31. Adult male
32. Cool!
34. Used of a number or amount not specified
35. No No No
37. Hosts film festival
39. British place to house convicts
40. Made of fermented honey and water
41. Chief
43. College army
44. Thyroid-stimulating hormone
45. Consume
47. One point north of due east
48. For instance
50. Brews
52. Alaskan river
54. Not soft
56. Atomic #22
57. "The Golden State"
59. "The world's most famous arena"
60. Larry and Curly's pal
61. One billion gigabytes
62. Conducts inspections
63. Malaria mosquitoes
66. Unit to measure width
67. Features
70. Affairs
71. Letter of Semitic abjads

Join us for Breakfast

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



All food must be eaten in the building. No food will be allowed to be taken outside the Senior Enrichment Center building. Upon payment for your breakfast you will receive a menu to circle your choices and the meal will be brought to your table by our kitchen volunteer. Drink refills are free.

Bullhead Senior Enrichment Center
2275 Trane Rd. Bullhead City, Arizona
www.bullheadcity.com

ALL THE ANSWERS YOU SEEK. . .

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

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



9TH ANNUAL GOLDEN GAMES

Stay Golden!



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

OLYMPIC WEIGHT-LIFT
OPEN SWIM
PADDLE BOARDING
PICKELBALL
PISTOLE SHOOTING
POWERLIFT
POWERWALK
RIFLE SHOOTING

SOFTBALL
SWIM
TABLE TENNIS
TENNIS
TRACK & FIELD
AND MORE!

BULLHEAD CITY, AZ
LAUGHLIN, NV

APRIL 2026
5TH TO 12TH

REGISTRATION
OPENS IN OCTOBER



WWW.SENIORGAMES.CO

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