



BULLHEAD CITY ARIZONA
SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY

JUNE '26
NEWSLETTER
VOLUME 05 ISSUE 03

SCAN FOR
 EVENT CALENDAR



SCAN TO FOLLOW
 US ON FACEBOOK





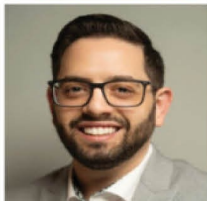
June 18

12:30 P.M. - 1:30 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



JUNE 4 & 25

NOON-1PM



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

SPONSORED BY





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 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

JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	2 Chicken Cordon Bleu Potato Wedges Mixed Veggies	3 Chicken & Dumplings Peas & Carrots Cobbler	4 Chicken Fajitas w/ Peppers and Onions Spanish Rice Cinnamon Apples	5 Spaghetti & Meatballs Roll Cobbler
8 Salisbury Steak w/Gravy Rice Pilaf Green Beans	9 Cobb Salad Dressing Roll	10 Vegetable Lasagna Dinner Roll Broccoli	11 Sweet & Sour Chicken W/Rice Mixed Veggies Roll	12 Chicken Enchilada Mixed Veggies Rice
15 Meatloaf w/ Gravy Mac & Cheese Veggies	16 Denver Omelet Breakfast Potatoes Pork Sausage	17 Stuffed Cabbage Corn Cobbler	18 Sweet & Sour Meatballs Pasta & Carrots	19 CLOSED 
22 Pulled BBQ Pork Baked Beans Cobbler	23 Chicken Cordon Bleu Potato Wedges Mixed Veggies	24 Lemon Pepper Chicken Mashed Potatoes Carrots	25 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	26 Spaghetti & Meatballs Roll Cobbler
29 Salisbury Steak w/Gravy Rice Pilaf Green Beans	30 Swedish Meatballs Pasta Corn			

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.

GRAB BAG BINGO

WED. JUNE 10
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. DVPL-0016 03/26

LIVE MUSIC & MORE



NOW APPEARING:
**KARAOKE
WITH
SUPERMAN**

WED. JUNE 24
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



fitness sponsor



**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



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

DIPS AND FLIPS WORD SEARCH



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

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

- | | |
|-------------|------------|
| AIRTIME | DROP |
| ANGLED | ELEVATED |
| ASCEND | FLOORLESS |
| BANKING | GRAB BARS |
| BARREL ROLL | INVERSION |
| BOOMERANG | LAUNCH |
| BRAKES | LOOPS |
| CAMELBACK | STANDUP |
| COASTER | TURNAROUND |
| COBRA ROLL | TWISTER |
| CORKSCREW | WOODEN |
| CURVES | |
| DIVE | |



★ 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



You are Invited:
STRONGER TOGETHER!
**“Building A Safer Future for
Seniors” Seminar**

Please join us as we share information about Elder Abuse; How to Recognize and Report it!
Hear Practical Tips, Find Resources, and Connect to Services that are Available in Our Community.

Date: Wednesday, June 24th, 2026

Time: 10:00am – 12:00 pm

Location: Bullhead Senior Enrichment Center



Guest Presenters:

Carol Brown & Susan Tanira-Roybal
WACOG - Area Agency on Aging
“Elder Abuse - Know the Signs.”



Caring about Elder Abuse is caring about justice for all. As a community, we are committed to ensuring the just treatment of all people. Unfortunately, Elder Abuse violates this value. The cost of elder abuse is unacceptable for our family, friends, neighbors and society alike.

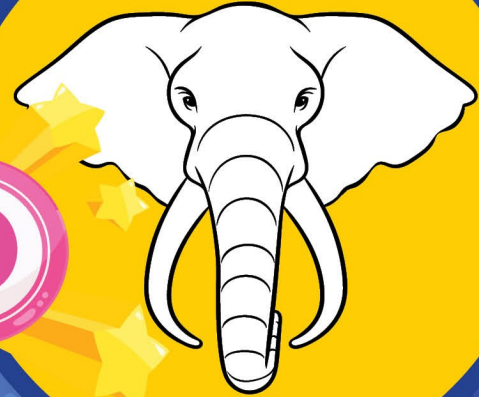


For More Information Please Contact: Carol Brown, 928-217-7115 email: CarolB@Wacoq.com or
Susan Tanira-Roybal, 928-377-4703 email: SusanT@Wacoq.com

Region IV Elder Abuse Awareness & Prevention Task Force

MONTHLY WHITE ELEPHANT

BINGO



Friday, June 5
12:30 p.m. - 1:30 p.m.

SENIOR ENRICHMENT CENTER
2275 TRANE RD. BULLHEAD CITY

SPONSORED BY



Jackie Frazier
Licensed Insurance Agent

jfrazier7031@gmail.com

702-219-4217

3680 S Maryland Pkwy
Suite #402 Las Vegas
NV 89169



MONTHLY MOVIE MATINEE



WICKED FOR GOOD

THURSDAY JUNE 18

2:00 p.m. - 4:30 p.m.

SENIOR ENRICHMENT CENTER 2275 TRANE RD, BULLHEAD CITY

SPONSORED BY



FUNERALS, CREMATIONS, & GEMETERIES

Family Owned Family Operated Family Values

SINCE 1966

TWN COMMUNICATIONS PRESENTS

Summer POOL SERIES

**Memorial Day through
Labor Day!**

FREE EVENTS

**MEMORIAL DAY
POOL PARTY**

May 25 10:00 am - 4:00 pm

**DIVE IN MOVIE
CAPITAN AMERICA**

June 20 6:30 pm - 9:00 pm

**DIVE IN MOVIE
JAWS**

June 27 6:30 pm - 9:00 pm

**INDEPENDENCE DAY
POOL PARTY**

July 4 10:00 am - 2:00 pm

**DIVE IN MOVIE
ZOOTOPIA**

August 15 6:30 pm - 9:00 pm

**DIVE IN MOVIE
THE SANDLOT**

September 5 6:30 pm - 9:00 pm

**LABOR DAY
POOL PARTY**

September 7 10:00 am - 4:00 pm



**FOLLOW
BULLHEAD CITY
PARKS AND RECREATION
ON FACEBOOK!**

FREE OPEN SWIM DAYS 10AM-4PM

May 23 June 6 July 11 August 15



**BULLHEAD CITY'S
COMMUNITY POOL
KEN FOVARGUE PARK
2255 TRANE ROAD
(928) 763-0159**



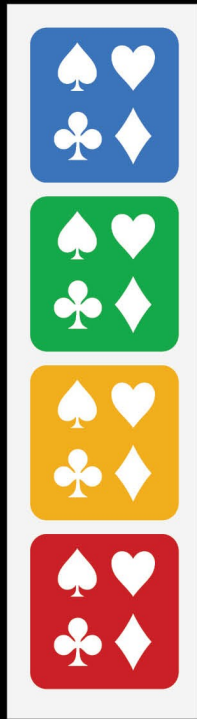
Join us for
**FREE Weekly
Bingo game**
Every Monday
10 a.m. - 11:30 a.m.

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.

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

June 4, 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.



Welcome

Valley View Medical Center is pleased to welcome two orthopedic surgeons to our community.



David
VanDeWyngaerde,
MD



Albert
Pearsall,
MD

Specializing in:

- Sports medicine
- Knee replacement
- Pediatric orthopedics
- Fracture care
- Hip replacement
- Knee reconstruction
- Rotator cuff disorders

Valley View Orthopedics

5300 S. Hwy. 95, Suite C, Fort Mohave, AZ 86426



Online scheduling available. Scan here.



Now accepting new patients. Appointments may be made by calling 928.788.7920.

ValleyViewMedicalCenter.net



DIAMOND ART PAINTING

Join us for
Diamond Art
Creations Workshop
 June 1st
 12:30pm - 2:30pm
 Senior Enrichment Center's
 Craft Room

Sponsored by:  **LEGACY**
 FOUNDATION

SENIOR SPLASH

SPLASH PAD TAKE OVER
FRIDAY, JUNE 26

12:30 P.M. TO 2:30 PM

AT **KEN FOVARGUE PARK**

2255 TRANE RD, BULLHEAD CITY. RIGHT
BEHIND THE SENIOR ENRICHMENT CENTER

SENIORS 50 YRS AND BETTER!
BRING YOUR CHAIR, WATER,
TOWEL AND SUNBLOCK!

**FREE
SLUSHIES**
WHILE SUPPLIES LAST!



FOR MORE
INFORMATION
CONTACT
BULLHEAD CITY
RECREATION
SUPERVISOR
JANIE FIGUEROA
928.763.0188



MONTHLY root beer FLOATS

Mon, June 22 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 8695764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY



CORNHOLE

**JUNE 6 10AM-4PM
JUNE 27 10AM-10PM**

**\$10 PER PERSON ENTRY
OPTIMUM COMMUNITY CENTER**

CASH PRIZES

ALL AGES WELCOME.

**FOOD & DRINKS
AVAILABLE FOR
PURCHASE**

REGISTER AT

BULLHEADCITYAZ.GOV/RECDESK

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

					1			
4		2					9	
9			8	4				7
	9			1				6
		4					1	
	8		9	7	4		2	
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Level: Intermediate

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

Level: Beginner



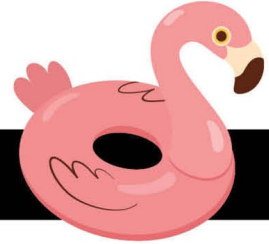
BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

JUNE

WEEKLY ACTIVITIES



EVERY

MONDAY

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

Body Moves for Brain Power/Exercise Room

Sponsored by: Arizona Advanced Wound Care

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

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

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

Mexican Train/Game Room

Sponsored by: VooDoo Cove

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

Poker/Game Room

Sponsored by: VooDoo Cove

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

Pinochle/Great Room

Sponsored by: VooDoo Cove

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

Tech Support/Miriam Brown/Library

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

Beginner Line Dancing/Nutrition Center

EVERY

TUESDAY

9:00 a.m. to Noon

Beading Circle/Craft Room

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

Chair Zumba Class/Exercise Room

Sponsored by: Arizona Advanced Wound Care

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

BAND-O-CIZE/Exercise Room

Sponsored by: Arizona Advanced Wound Care

10:00 a.m. to Noon

Ping Pong/Great Room

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

Poker Game/Game Room

Sponsored by: VooDoo Cove

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

Hand & Foot Card Game/Game Room

Sponsored by: VooDoo Cove

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

Tech Assistance/Pam Beaushay/Library

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

Line Dancing /Nutrition Center

3:45 p.m. to 4:15 p.m.

Tai Chi Class/Exercise Rm

Sponsored by: Arizona Advanced Wound Care



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 Womens 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.
9:30 a.m. to 10:30 a.m.
10:00 a.m. to 11:00 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.
2:00 p.m. to 2:30 p.m.

Wider Circle Event/Free Breakfast & Lunch
Located in the Nutrition Center & Activity Center
Brain Savers Exercise/Exercise Room
Provided by: Meals on Wheels Board
Shuffleboard Friday/Game Room
Sponsored by: VooDoo Cove
Friday Fun Crafts/Craft Room
Mexican Train/Game Room
Sponsored by: VooDoo Cove
Pinochle/Nutrition Center
Sponsored by: VooDoo Cove
Poker/Game Room
Sponsored by: VooDoo Cove
Chair Zumba/Exercise Room
Sponsored by: Arizona Advanced Wound Care

Friday Fun Crafts
6/5 Seashell
Picture Frame
6/12 Sunflower
Wooden
Door Hanger
6/26 Coastal
Keepsake
Shadow Box



SPECIAL EVENTS & ACTIVITIES

Monday, June 1

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

Diamond Art Painting/Bookmarks/Craft Room

Tuesday, June 2

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

Art Therapy/Card Making/Craft Room

Wednesday, June 3

11:00 a.m. to Noon

Legal Services/State of Arizona/Conference Room

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

Genealogy Club/Library

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

Bunco Game Day/Great Room

Thursday, June 4

8:30 a.m. to 10:00 a.m.

Donut Worry/National Donut Day

Noon to 1:00 p.m.

Ice Cream Social/Nutrition Center

Sponsored by Culver's of Bullhead City

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

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

Friday, June 5

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

White Elephant Bingo/Great Room

Sponsored by SBI Benefits

Tuesday, June 9

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

Meals on Wheels Board Meeting/Conference Room

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

Jewelry Making/4th of July Wire Bracelet/Craft Room

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

Sound Bowl Breathing Healing Body & Soul/Exercise Room

Sponsored by Arizona Advanced Wound Care

Wednesday, June 10

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

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health and Hospice

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

Happy Hour/Great Room

Sponsored by WellCare

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

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

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

Give, Make & Take/Brownie Cookies

Nutrition Center/Sponsored by Canyon Home Care & Hospice

Thursday, June 11

11:00 a.m. to Noon

Brain Games/Televeda/Great Room

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

Mini Health Clinic/ Nutrition Center

Sponsored by Beacon of Hope Hospice

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

Left, Right, Center Dice Game/Game Room

Sponsored by VooDoo Cove

Friday, June 12

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

Father's Day Social Event/Great Room

Sponsored by TWN Communications

Monday, June 15

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

Physical Fitness & Health Information/Nutrition Center

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

Drum Circle/Exercise Room

SPECIAL EVENTS & ACTIVITIES

Tuesday, June 16

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

Birthday Month Celebration/Great Room

Sponsored by Joshua Springs Assisted Living

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

Art Therapy/Watercolor Sunflower/Craft Room

Currently Seeking a Sponsor

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

The River Watch Meeting/Conference Room

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

Late Night Ladies Bunco Group/Nutrition Center

Wednesday, June 17

11:00 a.m. to Noon

Legal Services/State of Arizona/Conference Room

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

Genealogy Club/Library

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

Bunco Game Day/Great Room

Thursday, June 18

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

Rock Painting/Craft Room/Provided by CRWC

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

Monthly Bingo/Great Room

Sponsored by TNG Insurance

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

Monthly Movie Matinee/Great Room

Sponsored by Desert Lawn Funerals, Cremations and Cemeteries

Friday, June 19

Senior Enrichment Center is closed.

Monday, June 22

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

Root Beer Floats/Great Room

Sponsored by Mohave Medicare Plans

Tuesday, June 23

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

Neighborly News & Networking/Great Room

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

Monthly Mixer/Great Room

Sponsored by Legacy Rehab & Care Center

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

Art Therapy/Sunflower Stencil Tote/Craft Room

Wednesday, June 24

10:00 a.m. to Noon

Elder Abuse Seminar/Great Room

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

Monthly Trivia Event/Great 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, June 25

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

Beyond Walls Bingo/Televeda/Great Room

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

Ice Cream Social

Sponsored by Culver's of Bullhead City

Friday, June 26

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

Senior Splash/Ken Fovargue Park

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

Poker/Game Room

Sponsored by VooDoo Cove

Tuesday, June 30

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

Art Therapy/Blooming Bottle Caps/Craft Room



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
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Three Daily Meals & Snacks
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Bullhead City, AZ 86442

928-704-7000

silvercreekll@frontiernet.net
www.silvercreekassistedliving.com

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LEGACY REHAB & CARE CENTER

MONTHLY MIXER

JOIN US AT
SENIOR ENRICHMENT CENTER

LET'S MIX & MINGLE!

Enjoy a variety of tasty appetizers, cool
lemonade flavors, and lively conversation!

**Come celebrate the season with
sunshine, smiles, and refreshing
summertime treats!**

Tuesday, June 23

12:30 pm - 1:30 pm

LEMONADE
SOCIAL



SPONSORED BY

THE
LEGACY
REHAB & CARE CENTER

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



- 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



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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

HAPPY HOUR



Wed, June 10
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



Where
Connections
Enrich
Lives!
♥



Senior Enrichment Center

♥ *Connect. Learn. Thrive. Together.* ♥



Neighborhood News & Networking

this month!



JUNE 23



10:00 AM – 11:00 AM



*Stronger together.
Better together.*

This month: **Connect with Kim Cool**, Senior Services Program Manager, during this interactive and informal forum designed to bring Bullhead City neighbors together with valuable local resources.



KIM COOL
Senior Services
Program Manager
Bullhead City



This month's topic:

Medicaid



928-763-0193



2275 Trane Road
Bullhead City, Arizona



Senior Enrichment Center

♥ *Connect. Learn. Thrive. Together.* ♥

Let Freedom Ring!



**BULLHEAD CITY HOSTS THE FREEDOM TRUCK
AMERICA 250 CELEBRATION**

JUNE 17-19 9AM-5PM

OPTIMUM COMMUNITY CENTER

2380 OPTIMUM WAY

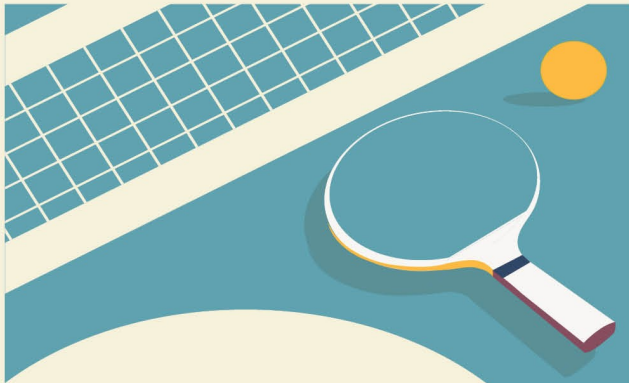


Celebrate with Us!
**LOTS OF GAMES AND ACTIVITIES
FOR THE ENTIRE FAMILY!**



FOR MORE INFORMATION CONTACT
JESSICA NUNNALLY AT (928)763-9400
OR EMAIL [JNUNNALLY@BULLHEADCITYAZ.GOV](mailto:jnunnally@bullheadcityaz.gov)

PING PONG Tournament



June 30 • 10am - 1pm
Senior Enrichment Center
Free Entry • Win Prizes!

Sign up at the Senior Enrichment Center or
BullheadCityAZ.gov/RecDesk

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



**Let's Make
BROWNIE COOKIES**
Wed. June 10
1pm-3pm

Senior Enrichment Center
2275 Trane Rd,
Bullhead City, AZ

SPONSORED BY:



Senior Enrichment Center of Bullhead
City, AZ

2.5K followers • 162 following

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facebook®



Scan here for the
Senior
Enrichment Center
Facebook Page



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

June 1

Andersen, Patricia
Christensen, Lee
Bernstein, Susan
Merrick, Terry
Radford, Sandra
Ross, Brandi

June 2

Sanders, Jim
Wisch, Linda
Hendrickson, Genie
Ferring, Laurie
Hardesty, Denise

June 3

Paulson, Ruth
Barker, Dana
Bouvier, Jane
Robarge, Julie
Drought, Darryl
Black, Terry
Spice, Leonard
Cupp, Victoria
Lee, Joyce
Benson, Tim

June 4

Schoener, Noreen
Allen, Willie
Smith, Harold
Cerde, Sergio
Villeneuve, Joanne
Moore, Theresa

June 4

Reeder, Roxana
Bicaci, Zack
Valles, Josephine

June 5

Glenn, Karen
Leisure, Marilyn
Haase, Wallace
Schaefer, Pam
Roberts, Melinda
Parker, Lynette
Broesder, Mary
Janovich, Kevin
Wilson, Cathy

June 6

Larson, Karen
Brown, Wallace
Wesch, Carol
Brinkoetter, Donna
Rivera, Eddy
Bolieu, Claudette
Cisneros Mendoza, Jorge

June 7

Drews, Clare
Blakeslee, Debra
Flanagan, Teresa
Wills, Debbie
Blunt, Mona Lee

June 8

Survillas, Ronald
Holland, Carol
Mannor, Dede

June 9

Russell, Blaine
Bulmer, Maria
Segich, Hilda

June 10

Harraman, Margaret
Christie, Sumner
Kemp-McBride, Linda
Bode, Richard
McCully, Brian
Ortiz, Lisa

June 11

Wannamaker, Betty
Underdown, Jon
Yarbrough, Mark
Padula, Aleida
Stolworthy, Steve
Clements, Cheryl
Ferea, Eileen

June 12

Thompson, Maria
Brunner-Rich, Annette
Hardesty, Mark
Caylor, Sandi
Knutson, Karan

June 13

Regan, Donna
Blaber, Ronald
Ryan, Patricia
Gilmore, Maria
Wilson-Olson, Marchell
Bryant, Virgil

June 14

Castaneda, Mary Ann
Altman, Louise
Laliberte, Wanda
Hartwell, Hozumi
Lerner, Gloria
Jolliffe, Dennis
Malizia, Nicholas
Brown, Catherine
Quirke, Richard

June 15

Ash, Donna
Stempien, Sandra
Comitz, Orchid
Docken, Candace
Alschbach, Geoffrey
Gerritson, Linda
White, Katherine
Harmon, Joni
Grewing, Cheryl
Sedlar, Brian
Macias-Szymanski, Migdalia
Rosenthal, Marc
Noel, Kathleen

June 16

Hayden, Lorene
Rice, Don
Miller, Elizabeth
Glusac, Peter
Brown, Thomas
Sotello, Lynda
Hatt, Bryon



June 17

Dultz, Bob
Docken, David
Phelps, Howard
Berdrow, Karen
Quigley, Patrick
Mazuc-Morris, Tammie

June 18

Garcia, Yolanda
Seel, Mike
Rifenbary, Antonio
Dumel, Christina
Anderson, Barbara
Morales, Rick
Walsh, Mary Lynn
Hillhouse, Nancy
Block, Lawrence
Davila, Carrie

June 19

Marshall, Don
Frederickson, David
Peters, Denny
Bartlett, Nora
Sturm, Jean
Saliendra, Rizalina
Oneil, Arthur
Calogero, Frank
Pittelkow, Corey
Elliott, Martin
Wiggins, Cynthia
Birchmier, Elizabeth

June 20

Cagle, Sondra
Kater, Louise
Moore, Linda
Jerabek, Susan
Buck, Cindy
Brunner, Michael
Strong, Brian

June 21

Woodall, James
Girard, Leslie
Gilbert, Wendy
Laliberte, Michelle

June 22

Nelson, James
Couch, Julia
Mitchell, Clinton
Hauck, Danny
Meeker, Arlys
Brubakken, June
West, Lisa Bella
Kleuskens, Patricia

June 23

Ahlmeyer, Richard
Schaneman, Kathleen
Bisvano, Alicia
Romero, Lalo
Ternes, Emily
Gomez, Alice
Robinson, Steve
Rivera, Manuel
Harrold, Beverly

June 24

Mitchell, Frank
Topeka, Michael
Steele, Stephen
Seefelt, Cheryl
Gonzalez, Linda
Kern, Linda
Martinez, Cecilia
Chapman, Gary
Dragotto, Jeff Sr
Underwood, Brenda

June 25

Busking, Alberta
Mayworm, Mary
Davis, Deve
Alpert, Sharon
Mares, Grace
Lowrey, Michael
Ruble, Victoria
Doyle, Patrick
Faulke, Carl

June 26

Agony, Peter
Speltz, Anthony
Gomez, Juan
Mrkvicka, Nancy
Bergstedt, Arvin
Girard, Mary
Halajian, John
Virchow, Roy
Johnson, Karen

June 26

Carranza, Louie
Sherrill, Joseph

June 27

Halloran, John
Haman, Bud
Ozmun, Ray
Moen, Linda
Deitz, Loretta
Quehrn, Mary
Donnelly, Anna
Morgan, Harold
Milchak, George
Taylor, Dana
Eagen, Cherrie
Neuman, Joie
Blair, Alonzo

June 28

Gordon, Ruth
Jackson, Charlene
Ganowsky, Mariel
Hamby, Debra
Moderegen, Susan
Jackson, Janet
Friel, Debbi

June 29

Trigalet, Roger
Mrkcicka, Charles
Walters, Bonnie
Burrows, Earl
Russell, Val
Allison, Beverly
Wozniak, Jane
Bruecker, Pamela
Andrews, David

June 30

Colbenson, Juanita
Pelshaw, Judith
Cavaliere, Steve
Shields, Norma
Swain, Robert
Highstreet, Becky
Watkins, Vicki
Quitmeyer, Vincent
Espinoza, Jesus
Thornton, Olivia
Padilla, Melody

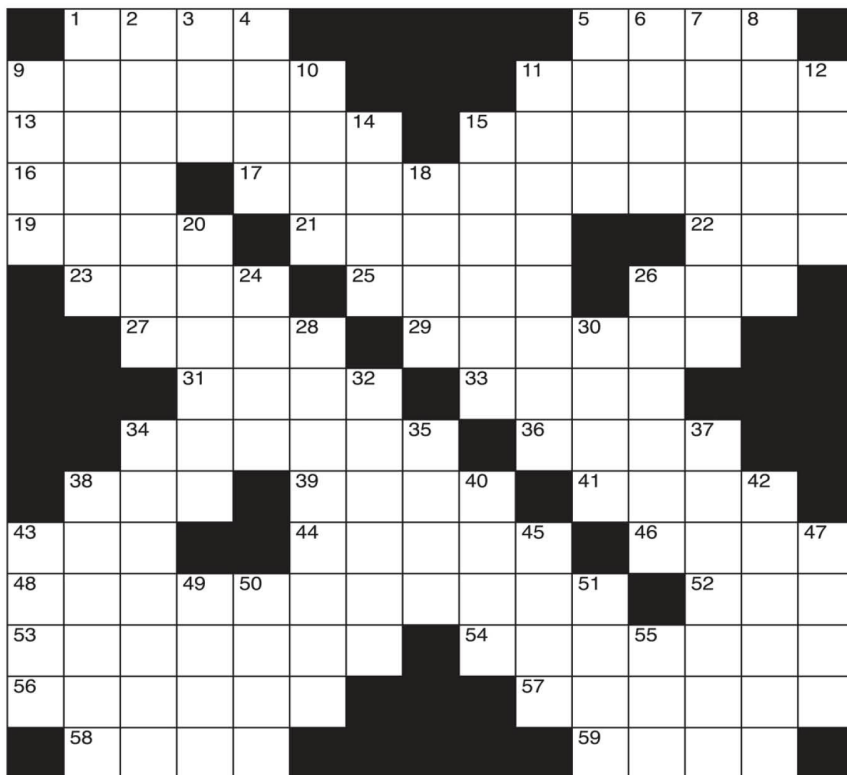


**The Birthday Month Celebration is for all
Seniors 50+ at Senior Enrichment Center located at
2275 Trane Road, Bullhead City**

Tue, June 16 starting at 12:30

Sponsored by Joshua Springs Senior Living

CROSSWORD



CLUES ACROSS

- | | |
|------------------------------------------------|---------------------------------------|
| 1. Understand intuitively | 31. One-time Yankees rookie sensation |
| 5. Two of something | 33. Gordon and Snider are two |
| 9. Not involving computer tech | 34. Body parts |
| 11. Acclaimed | 36. Arranges |
| 13. Undermine | 38. Fiddler crabs |
| 15. The condition of being concealed or hidden | 39. Mimics |
| 16. Irritate | 41. Witnesses |
| 17. The process of developing a theory | 43. They __ |
| 19. Ceramic jar | 44. Lasso |
| 21. Not fresh | 46. Runs down |
| 22. Dad's fashion accessory | 48. In response to |
| 23. Popular review site | 52. Bird-like dinosaur |
| 25. New Mexico county | 53. Metamorphic stages |
| 26. ' __ death do us part | 54. Conditions of incapacity |
| 27. Fees | 56. Sodas are sold in these units |
| 29. Takes with force | 57. Break away from |
| | 58. Ethereal |
| | 59. Boggy |

CLUES DOWN

1. Mangled
2. Ruffled some feathers
3. Not young
4. Lakers legend
5. Nocturnal S. American rodent
6. Direction (Scottish)
7. Intestinal inflammation
8. Spring back in fear
9. Owl genus
10. Girls
11. Unbeliefs
12. Force unit
14. Expired trade agreement
15. Went alone
18. Animal noises
20. Woman who graduated from a specific school
24. The very top
26. Organs in males
28. Earnings
30. Z Z Z
32. Reddish browns
34. A salt or ester of acetic acid
35. A place to get off your feet
37. More disreputable
38. Kidney condition
40. Cease moving
42. Quick
43. Extra seed covering
45. "Survivor: Panama" winner
47. Six
49. One who inspects lamps
50. Small parrot
51. Primordial matter of the universe
55. __ fi (slang)



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



Sponsored by



Join us on
Wednesday,
June 24, 2026
at Noon.

Have Fun & WIN PRIZES!

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

Hobbies to get seniors out and about

The threat posed by social isolation has been known to medical researchers and health care professionals for years, but the issue gained wider attention during the pandemic. Restrictions on social gatherings during the pandemic opened millions of people's eyes to the ill effects of social isolation, and while that threat proved temporary for the majority of people across the globe, many seniors continue to live largely isolated lives.

According to the Mayo Clinic, depression, anxiety, increased risk of suicide, and various chronic health problems are some of the outcomes associated with loneliness. That's a troubling assessment that becomes even more disconcerting when considering a general decline in socialization as evidenced by the 2021 American Perspectives Survey. Survey participants indicated they have fewer close friendships than they once did, speak with their friends less often and rely less on friends for personal support. That's challenging for adults of all ages, but it can be especially difficult for aging adults, who may be dealing with the loss of a spouse or other close confidantes they would otherwise rely on when confronting personal problems. Hobbies that promote socialization can help aging adults reestablish friendships and build new ones, paying dividends that can have a profound impact on their overall health. With that in mind, adults who feel as though their social circles are shrinking in mid-life or in retirement can look to these activities as means to rebuilding their social lives.

Book club: A book club offers multiple benefits to adults. Book clubs are inherently social and tend to bring like-minded individuals together, which can help build new and lasting friendships that extend beyond weekly discussions. A 2021 study published in the journal *Neurology* also linked regular reading to a lower risk of developing dementia.

Sports: Sports provide another avenue to socialize with like-minded individuals. Golf is not a team sport, but it is typically played in groups of two or four, making it an ideal activity for adults with free time on their hands to get out and about and meet other people. Leagues for softball, bowling and pickleball also provide opportunities to socialize, and many adults are participating in such leagues for that very reason. A CivicScience study released in 2025 found that 49 percent of adults who planned to participate in adult recreational sports leagues were doing so for social interaction and the chance to make friends.

Travel: Travel can provide another means for aging adults to make friends. Group tours to foreign countries, day trips to local attractions arranged by township recreational offices or even overseas trips with friends you've fallen out of touch with can be a great means to build new friendships and reinvigorate old ones, all the while getting you out of the house.

These are just some ways for men and women to get out of the house and socialize with others their age, a worthy endeavor that can be highly beneficial to adults' overall health.





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.



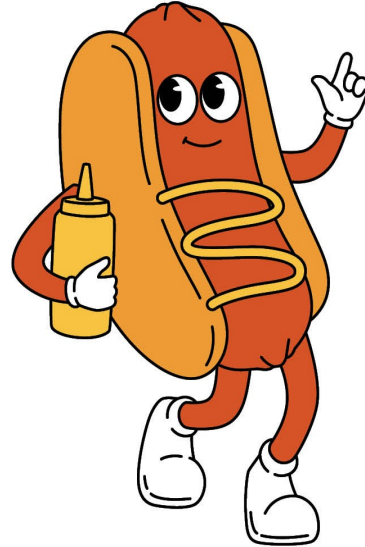
Stars and Stripes Lunch Fundraiser

**Thursday, July 2, 2026
11:30 am to 12:30 pm**

**Held at Senior Enrichment Center -2275 Trane Rd
under the tent by Ken Forvargue Par**

Questions call John (928) 763-0193 10 am-3 pm

**Hot Dog
Chips
Cookie
Water or Soda
\$5.00**



All proceeds go to :



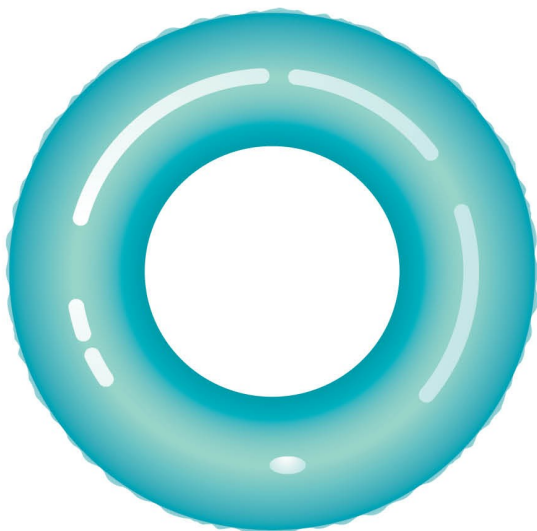
Advance Ticket Purchase

ALL THE ANSWERS YOU SEEK...

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

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

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	A	E	R	Y						M	I	R	Y	



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

SUMMER SPECIALS

Monthly Unlimited Golf Deal!
June, July & August 2026 ONLY.

Monthly packages with no long term commitment

Couples only \$250 Singles only \$150

Price is per month.

Enjoy unlimited golf with a cart!

Summer Sundays

\$25 per person

Unlimited Golf All Day, Cart Included!

Valid June, July & August 2026.

**VETERANS
GOLF FREE
Memorial Day
July 4th
Unlimited Golf
All Day
With Cart**

Wednesday Seniors Day

\$15 per Senior includes

9 Holes, Cart, Coffee, & Breakfast Sandwich

Valid in June 2026. Seniors 55 years of age and better!
Special valid 6 am to 10 am.



**1260 MOHAVE DR,
BULLHEAD CITY, AZ
928.758.3939**

CHAPARRALGOLFBHC.COM