



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

**JULY '26
NEWSLETTER
VOLUME 05 ISSUE 04**

SCAN FOR
EVENT CALENDAR



SCAN TO FOLLOW
US ON FACEBOOK





SILVER CREEK

Leisure Living - Assisted Living

A great place to call home...



Beautiful
Common
Areas

Studio &
1 Bedroom
Units



Restaurant
Style Dining

- Nurse and Medical Supervision
- State-Certified Caregivers Available 24/7
- Restaurant-Style Dining
 - Three Daily Meals & Snacks
- Transportation
 - Local Doctors & Shopping
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- Landscaped Outdoor Areas Walking Paths
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- ALTCS Accepted

1670 Highway 95
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 delicious summertime appetizers and refreshing mocktails while socializing with friends and neighbors. Gather your team and join in on exciting cornhole games for a chance to win prizes.



Tuesday, July 28
12:30 pm - 1:30 pm

RED, WHITE & BLUE
MIXER & CORNHOLE

SPONSORED BY



THE
LEGACY

REHAB & CARE CENTER

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



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
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Kim Cool

Senior Services Program Manager
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Shauna Cates

Sponsorship Coordinator
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scates@bullheadcityaz.gov



MONTHLY MENU

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stuffed Peppers Mixed Veggies Warm Apples	2 Sweet & Sour Meatballs Pasta Carrots	3 CLOSED <i>Independence Day</i>
6 BBQ Pulled Pork Baked Beans Cobbler	7 Chicken Cordon Bleu Potato Wedges Mixed Veggies	8 Seasoned Chicken w/ Gravy Mashed Potatoes Carrots	9 Cheese Enchiladas Rice Refried Beans	10 Spaghetti & Meatballs Mixed Veggies Cherry Crisp
13 Salisbury Steak w/ Gravy Rice Pilaf Green Beans	14 Swedish Meatballs on Pasta Corn Roll	15 Stuffed Peppers Mixed Veggies Beignet	16 Asian Chicken Salad Dinner Roll Dressing	17 Cheese Omelet Pork Sausage Hash Brown
20 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	21 Ham w/ Pineapple Yams Mixed Veggies	22 Chicken Nuggets Mashed Potatoes Mixed Veggies	23 Pulled BBQ Pork Baked Beans Cobbler	24 Chicken Alfredo w/Peas & Carrots Roll Pears
27 Seasoned Chicken w/ Gravy Mashed Potatoes Carrots	28 BBQ Chicken Thigh Potato Wedges Green Beans	29 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	30 Chicken Fajitas w/ Peppers and Onions Spanish Rice Refried Beans	31 Spaghetti & Meatballs Mixed Veggies Roll

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.

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



Sponsored by:  **LEGACY**
FOUNDATION

Join us for
Diamond Art
Creations Workshop
July 6th
12:30pm - 2:30pm
4th of July Table Top Decor
Senior Enrichment Center's
Craft Room



LIVE MUSIC & MORE



ROCKIN' RED, WHITE & BLUE KARAOKE

WED. JULY 22
1:30 PM - 2:30 PM
IN THE GAME ROOM

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

SPONSORED BY

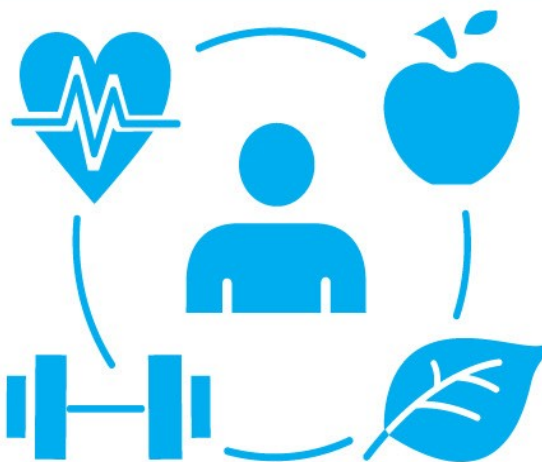


US SOUTHWEST®

Lois Briesemeister
Branch Manager / Associate Broker
US Southwest, LLC

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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

AT THE GRILL

WORD SEARCH

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

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

BACKYARD
BARBECUE
BURGER
CHARCOAL
CHICKEN
DELICIOUS
FLAME
FLAREUP
GRATE
HEAT
MARINADE
PROPANE
SAUSAGES

SEAR
SEASONING
SIZZLE
SKEWERS
SMOKE
SPATULA
STEAK
SUMMER
TEMPERATURE
TONGS
VEGETABLES


happy **250th**
★ ★ ★ ★ ★ ★ ★ ★ ★ ★
BIRTHDAY
AMERICA



250th AMERICAN ENRICHMENT JUBILEE

JULY CELEBRATION SCHEDULE

Join us all month long as we celebrate America's 250th Anniversary with food, games, music, social events, and community fun!

★ JULY 1 ★

**WHITE ELEPHANT BINGO
FIREWORKS & FUNNY
FIND BINGO**
10:00 AM – 11:00 AM
*Sponsored by:
SDI Benefits*



★ JULY 2 ★

HOT DOG LUNCHEON
(Meals on Wheels Fundraiser)
11:30 AM – 12:30 PM

**CELEBRATE AMERICA
ICE CREAM SOCIAL**
Sponsored by: Culver's
12:00 PM – 1:00 PM



★ JULY 6 & JULY 13 ★

**RED, WHITE &
SLUSHY SOCIAL HOUR**
12:30 PM – 1:30 PM



★ JULY 8 ★

**GRAB BAG BINGO –
STARS & STRIPES**
10:00 AM – 11:00 AM
*Sponsored by:
Serenity Home Health
and Hospice*

**STAR SPANGLED
HAPPY HOUR**
Sponsored by: Wellcare
12:30 PM – 1:30 PM



★ JULY 10 ★

**AMERICA'S 250TH
JUBILEE PARTY**
ALL-AMERICAN APPETIZERS
& LIVE MUSIC
*Sponsored by:
TWN Communications*
12:00 PM – 2:30 PM



★ JULY 16 ★

**USA BINGO
CELEBRATION**
12:30 PM – 1:30 PM
*Sponsored by:
TNG Insurance*



★ JULY 17 ★

**SPLASH PAD
YAHTZEE
SUMMER SOCIAL**
at Ken Fovargue Park
12:00 PM – 2:30 PM
Roll the dice, cool off, and enjoy
a summer afternoon of laughter
and friendly competition!



★ JULY 22 ★

**ROCKIN' RED,
WHITE & BLUE
KARAOKE**
1:30 PM – 2:30 PM
*Sponsored by:
US Southwest
Real Estate*



★ JULY 23 ★

**RED, WHITE &
SUNDAE SOCIAL**
Sponsored by: Culver's
12:00 PM – 1:00 PM



★ JULY 27 ★

**STRAWBERRY SODA
ICE CREAM FLOATS**
*Sponsored by:
Mohave Medicare Plans*
12:00 PM – 1:00 PM



★ JULY 28 ★

**RED, WHITE & BLUE
MONTHLY MIXER
CORNHOLE GAMES**
*Sponsored by:
Legacy Rehab Care Center*
12:30 PM – 1:30 PM



Join us for good times,
great food, and amazing
community connections
all month long!

**★ Let's Celebrate
AMERICA! ★**

★ Celebrate 250 Years of American Spirit! ★

★ FOOD ★ GAMES ★ MUSIC ★ REFRESHMENTS ★ FRIENDSHIP

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD ★ BULLHEAD CITY, AZ



Splash Pad **YAHTZEE** *for* OUR AMAZING SENIORS

A Special Event for Our Amazing Seniors!

★ PRESENTED BY ★
SENIOR ENRICHMENT CENTER
AND BULLHEAD CITY PARKS AND RECREATION

**THURSDAY
JULY 17**

**12:00 PM - 2:30 PM**

**KEN FOVARGUE PARK
BULLHEAD CITY**

**COME TAKE OVER
the **SPLASH PAD!****

★ **FOR SENIORS
50 AND OVER** ★

**SPLASH PAD
YAHTZEE!**

**COOL DOWN
WITH SNOWCONES!**

**SPLASH, LAUGH
& HAVE FUN!**

**SENIOR
ENRICHMENT
CENTER**
HELPING SENIORS THRIVE IN OUR COMMUNITY

Stay Active. Stay Cool. Stay Connected. ❤️

★ **LET'S MAKE A SPLASH TOGETHER!** ★



fireworks & funny finds
WHITE ELEPHANT BINGO

Wed, July 1
10a.m. - 11a.m.

Join us at the
Senior Enrichment Center
located at
**2275 Trane Rd,
Bullhead City, AZ**

SPONSORED BY


Jackie Frazier
Licensed Insurance Agent
jfrazier7031@gmail.com
702-219-4217
3680 S Maryland Pkwy
Suite #402 Las Vegas
NV 89169
SBI BENEFITS

**MONTHLY
MOVIE MATINEE**


**TOP GUN
MAVERICK**

**THURSDAY
JULY 16**
2:00 p.m. - 4:30 p.m.

SPONSORED BY


DESERT LAWN
FUNERALS, CREMATIONS, & CEMETERIES
Family Owned Family Operated Family Values
SINCE 1966

SENIOR ENRICHMENT CENTER 2275 TRANE RD, BULLHEAD CITY



WED. JULY 1 STARTS 11AM BULLHEAD BELLE LIVE MUSIC • FOOD • FIREWORKS & MORE

TYLER HALSEY
THE RIVER-TOWN BANDITS
FRANK RODRIGUEZ
ADEN MONTGOMERY
TIM LAMB

SPECIAL \$6 MENU
BBQ PORK
SANDWICHES,
BURGERS,
HOT DOGS,
CAESAR SALADS

ZAMBELLI'S
FIREWORKS SHOW
STARTS AT 9:00 PM
PRESENTED BY FINDLAY

40% OFF
RIVER SHOP
FREE BOMB POPS
WHILE SUPPLIES LAST



**MOST PATRIOTIC
OUTFIT CONTEST**
ENTER INSIDE THE BULLHEAD BELLE
11AM-4PM. WINNER ANNOUNCED
AT 5PM. WINNER DOES NOT HAVE
TO BE PRESENT.
ALL AGES WELCOME.



SPONSORED BY:



Bullhead Belle
LOCATED INSIDE COMMUNITY PARK
1251 HWY 95, BULLHEAD CITY

FOR MORE INFORMATION: BULLHEADBELLE.COM



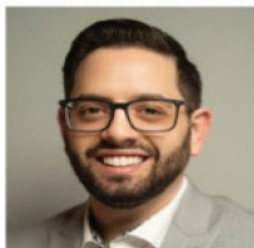
USA MONTHLY BINGO

**THURSDAY
JULY 16**

12:30 P.M. - 1:30 P.M.

**INSIDE
BULLHEAD CITY'S
SENIOR ENRICHMENT CENTER
2275 TRANE RD**

KARO TNGRIAN



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Medicare Advantage • Medicare Supplement
Part D • Dental & Vision • Critical Care

702-624-3161
TNGMEDICARE.COM

ICE CREAM SOCIAL

**CELEBRATE AMERICA
JULY 2 NOON-12:30**

**RED, WHITE & SUNDAE SOCIAL
JULY 23 NOON-1PM**

SPONSORED BY



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

THIS MONTH AT THE



Where
Connections
Enrich
Lives!

Senior Enrichment Center

♥ Connect. Learn. Thrive. Together. ♥



Neighborhood News & Networking

this month!



JULY 28



**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:

Power of Attorney



928-763-0193



**2275 Trane Road
Bullhead City, Arizona**



Senior Enrichment Center

♥ Connect. Learn. Thrive. Together. ♥



Stars & Stripes Edition
**GRAB BAG
BINGO**

**WED. JULY 8
10 A.M. - 11 A.M.**

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

SPONSORED BY



SERENITY
HOSPICE & HOME HEALTH



FREEDOM TO
Thrive

**Honoring 250 Years of the American Promise:
Independence, Choice and Belonging**

Patriotic holidays remind us of core American ideals: independence, opportunity, community, and dignity. At **Davis Place**, these values guide daily life. Residents enjoy choices in dining, activities, and personal expression while finding connection through learning, creativity, and shared experiences.

As the nation celebrates 250 years of independence, we honor the freedoms that continue to inspire our senior living community.

UNLOCK SAVINGS NOW!*

Experience Daily Life Shaped by Independence, Choice, and Belonging. **Schedule a Personalized Tour Today!**

DAVIS PLACE™

An Integral Senior Living Community

928.433.4076

DavisPlaceSeniorLiving.com

2943 Desert Sky Boulevard, 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-0020 06/26



Travel tips for the over 50 crowd

Travel has long been viewed as a positive hobby that can pay short-and long-term dividends. Some of those benefits may surprise even the most devoted jet-setters. For example, a joint study from the Global Commission on Aging and the Transamerica Center for Retirement Studies found that women who vacationed twice a year had a considerably lower risk of heart attack than women who vacationed once every six years. The same study noted men who did not take an annual vacation had a 30 percent greater risk of heart disease than men who did vacation each year.

Traveling after 50 may necessitate a slightly different approach than it did when individuals were younger. Though adults over 50 can reap the same travel-related rewards they did when they were younger, some additional safety measures may be necessary at this point in travelers' lives.

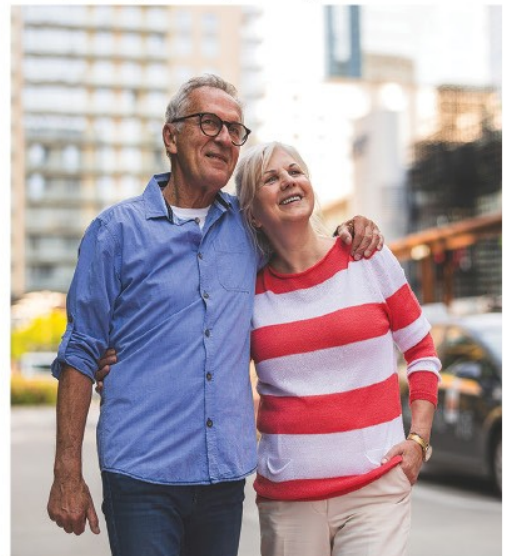
Determine vaccination requirements if you plan to travel overseas. The Health In Aging Foundation urges older travelers hoping to go overseas to identify vaccination requirements in countries they plan to visit. Make this part of your early planning, as the HIAF notes some countries require vaccinations be administered at least six weeks prior to entry. Information regarding travel-related vaccinations can be found on the Centers for Disease Control and Prevention website at <https://wwwnc.cdc.gov/travel/page/travel-vaccines>.

Get a pre-trip medical checkup. A pre-trip medical checkup can ensure adults over 50 are healthy enough to travel. A doctor visit also can be a great opportunity to update vaccinations and discuss medications. It can be tricky to manage medications when crossing time zones, and travelers can work out a schedule with their physicians to ensure they don't miss any doses. This also can be a good time to renew prescriptions to ensure you don't run out while away from home. Work with your physician and pharmacist to create a list of prescription and over-the-counter medications you take, which the HIAF notes will make it easier to get through customs and get replacement medicines should you need them while traveling.

Beware of deep-vein thrombosis (DVT) and how to avoid it. The Mayo Clinic notes DVT occurs when a blood clot forms in one or more of the deep veins in the body, typically in the legs. Lack of movement is a risk factor for DVT, which can affect immobile travelers during long flights, train rides or road trips. DVT risk can be reduced by getting up and walking around when allowed to do so on long flights or train rides. If you'll be driving long distances, make frequent pit-stops to get out of the car and stretch your legs.

Stay hydrated. The Cleveland Clinic notes that dehydration can cause dizziness, elevate a person's heart rate, contribute to swollen feet and muscle cramps, and result in fatigue, among other side effects. Travel is exciting, and it can be easy to forget to hydrate during engaging trips. But the HIAF recommends individuals bring a large bottle of water with them and drink even if they do not feel thirsty.

These simple safety precautions can protect travelers 50 and over from health issues that might not have posed as significant a threat when they traveled in years past.





Join us for
**FREE Weekly
Bingo game**
Every Monday
10 a.m. - 11:00 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.

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

Level: Intermediate

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

Level: Advanced



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



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 Rm
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.
11:00 a.m. to 4:00 p.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
Bull Dog Pool League/Game Room
Sponsored by: VooDoo Cove
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

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.
1:00 p.m. to 3:00 p.m.
2:00 p.m. to 2:30 p.m.

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
Tech Support/Dana Larkin/Library
Chair Zumba/Exercise Room
Sponsored by: Arizona Advanced Wound Care

Friday Fun Crafts

7/10 Patriotic Gnome
7/17 Dot Creation
7/24 Clothes Pin Creation
7/31 Rag Bow



SPECIAL EVENTS & ACTIVITIES

Wednesday, July 1

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

Fireworks & Funny Finds White Elephant Bingo/Great Room

Sponsored by SDI Benefits

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, July 2

11:30 a.m. to 12:30 p.m.

Stars & Stripes Luncheon/Meals on Wheels Fundraiser/Nutrition Center

Noon to 12:30 p.m.

Celebrate America Ice Cream Social/Nutrition Center

Sponsored by Culver's of Bullhead City

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

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

Friday, July 3

CLOSED FOR INDEPENDENCE DAY

Monday, July 6

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

Diamond Art Painting/4th of July Tabletop Decor/Craft Room

Sponsored by BHHS Legacy Foundation

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

Red, White & Slushy Social/Great Room

Tuesday, July 7

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

Art Therapy/All Occasions Card Making/Craft Room

Wednesday, July 8

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.

Star Spangled 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/Sparkly Sugar Cookies/Nutrition Center

Sponsored by Canyon Home Care & Hospice

Thursday, July 9

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

Left, Right, Center Dice Game/Game Room

Sponsored by VooDoo Cove

Friday, July 10

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

America's 250th Jubilee/Great Room

Sponsored by TWN Communications

Monday, July 13

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

Red, White & Slushy Social/Great Room

Tuesday, July 14

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

Jewelry Making/Bee Charm 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, July 15

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, July 16

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.

USA Celebration Monthly Bingo/Great Room

Sponsored by TNG Insurance

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

Monthly Movie Matinee/Top Gun Maverick/Great Room

Sponsored by Desert Lawn Funerals, Cremations & Cemeteries

SPECIAL EVENTS & ACTIVITIES

Friday, July 17

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

Splash Pad Yahtzee & Summer Social/Ken Forvargue Park

Monday, July 20

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

Drum Circle/Exercise Room

Sponsored by Arizona Advanced Wound Care

Tuesday, July 21

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

Birthday Month Celebration/Great Room

Currently Seeking a Sponsor

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

Art Therapy/Fireworks on Canvas/Craft Room

Currently Seeking a Sponsor

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

Late Night Ladies Bunco Group/Nutrition Center

Wednesday, July 22

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.

Rockin' Red, White & Blue Karaoke/Game Room

Sponsored by Lois Briesemeister, US Southwest Realty

Thursday, July 23

9:30 a.m. to 12:30 p.m.

NAU In-Service Training/Conference Room

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

Red, White & Sundae Social Ice Cream Social

Sponsored by Culver's of Bullhead City

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

Left, Right & Center Card Game/Game Room

Sponsored by VooDoo Cove

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

Virtual Dementia Tour/Conference Room

Monday, July 27

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

Strawberry Soda Ice Cream Floats/Great Room

Sponsored by Mohave Medicare Plans

Tuesday, July 28

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

Neighborly News & Networking/Great Room

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

Red, White & Blue Monthly Mixer/Great Room

Sponsored by Legacy Rehab & Care Center

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

Art Therapy/Red, White & Blue Beaded Plant/Craft Room

Thursday, July 30

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

Beyond Walls Bingo/Televeda/Great Room





SPECIAL strawberry FLOATS

Mon, July 27 Noon - 1pm

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SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

Did You Know?

America's Birthday

July 4, 1776, is an important date in American history that is widely considered the birthday of the United States of America. But some people argue that August 2 should actually be America's birthday, since that was when the Declaration of Independence was signed. The National Archives says that the Second Continental Congress adopted the United States Declaration of independence on July 4, 1776, formally severing ties with Britain. The approved Declaration was printed on July 5. On July 19, Congress ordered that the document be engrossed on parchment, which is a process of copying an official document in large hand. It is surmised that the engrosser was Timothy Matlock, an assistant to Charles Thomson, secretary to the Congress. It was nearly a month after the Declaration was adopted before the document began to be signed by delegates. The signing of the Declaration of Independence occurred primarily on August 2, 1776, at the Pennsylvania State House in Philadelphia, a building later renamed Independence Hall. John Hancock, who was the President of the Congress, was the first to sign the engrossed copy. Signatures were arranged by states from northernmost to southernmost. Fifty-six delegates eventually signed the document, although not all were present to sign on August 2. Some delegates never managed to sign the Declaration, including Robert R. Livingston of New York, who was a member of the Declaration's drafting committee.





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Bullhead City
Parks & Recreation

SATURDAY JULY 25, 2026

KEN FOVARGUE PARK 2255 TRANE RD, BULLHEAD CITY



QUESTIONS? CONTACT RECREATION DIVISION AT (928) 234-7668



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HAPPY HOUR



**Wed, July 8
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 0695764

928-600-2628 TTY-711



**TWN COMMUNICATIONS
PRESENTS**

FREE OPEN SWIM

SAT, JULY 11, 2026

10:00 AM – 4:00 PM

BULLHEAD CITY'S MUNICIPAL POOL

KEN FOVARGUE PARK, 2255 TRANE ROAD

QUESTIONS?

CALL GILBERT HERRERA (928) 763-0159



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TWN
Communications

TWN COMMUNICATIONS PRESENTS

**4TH OF JULY
POOL PARTY**

SAT. JULY 4 10AM-2PM



BULLHEAD CITY MUNICIPAL POOL



TWN COMMUNICATIONS PRESENTS

**DIVE IN MOVIE
ZOOTOPIA**

SAT. AUG 15 6:30 PM

BULLHEAD CITY MUNICIPAL POOL





**3rd Annual
LUAAU
FUNDRAISER**

Friday, August 14
11:30 a.m. – 2:00 p.m.
Senior Enrichment Center
2275 Trane Rd, Bullhead City, AZ

**\$15
per person**

Join us for our 3rd Annual Luau, a fun-filled tropical celebration benefiting Meals on Wheels. Put on your favorite Hawaiian attire and enjoy an afternoon of delicious food, refreshing drinks, and sweet treats while supporting a great cause.

YOUR \$15 MEAL INCLUDES:

- Pulled Pork Sandwich
- Hawaiian Coleslaw
- Authentic Hawaiian Macaroni Salad
- Tropical Mocktail Drinks
- A variety of sweet treats

Scan the QR Code to Secure your



SENIOR ENRICHMENT CENTER



MEALS ON WHEELS
BULLHEAD CITY, AZ
www.MealsOnWheelsBullhead.org

Come experience the spirit of the islands with good food, great company, and plenty of aloha, all while helping support Meals on Wheels and the vital services it provides to our community.



Senior Enrichment Center of Bullhead City, AZ

2,542 followers • 162 following

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facebook®**



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Senior
Enrichment Center
Facebook Page



GIVE, MAKE & TAKE



**Let's Make
Sparkly
Sugar Cookies**
Wed. July 8
1pm-3pm

Senior Enrichment Center
2275 Trane Rd,
Bullhead City, AZ

Sponsored by:



Canyon
Home Care & Hospice®



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

July 1

Muchewicz, Stanley
Taylor, Belinda
Baxter, Glenn
Shephard, Boonlom
Bisbee, Josefina
Carter, Manetta
Close, James
Stevens, Patty
Cesena, Lucy

July 2

Mullins, Delphia
Noel, Carol
Pringle, Betty
Haugen, Jacqueline
Priest, Angela
Dunchok, Ron
Mattson, Arline
Johnson, John
Andre, Nancy
Jorgenson, Tina

July 3

Sisk, Bud
Seay, Dorothy
Schnepf, Judith
Perez, Helen
Boelkens, Ron
Smith, Susan
Cook, Charles
Muffuletto, Linda
Antwine, Janine
Ward, Tonya
Cannedy, Morgan

July 4

Knight, Wayne
Bell, William
Russell, Della
Glass, Dennie

July 4

Middlebrook, Ed
Olsen, Ellann
Paul, Theresa

July 5

Horn, Robert
Werner, Carol
Jones, Kathleen
Sites, Sherry
Pardun, Raymond
Alderete, Barbara
Brice, Colleen

July 6

Furr, J.D.
Hulse, Nubia
Luth, Arlene
Farquharson, Jacalyn
Ridenor, Phillip
Valdez, Jerry
Tanira-Roybal, Susan

July 7

Gamble, Marjorie
Couch, Gerald
Michels, Constance
Stitzel, Ricky
Buckley, Elaine
Lopez, Toomy
Walton, Michelle
Gettmann, Stefanie
Iverson, Jean

July 8

Heilbrun, Edward
Doi, Dede
Mulholland, Westel
Erdberg, Marcia
Reyes, Jim
St. Clair, Karla
Orloff, Joann

July 8

Lopez, Angelica
Jones, Donna
July 9
Gilliam, Melvin
Tschanz, Robert
Collins, Cyndi
Haltom, Cynthia
Buller, Mary
Rael, Kelly
Gamache, Richard

July 10

Dupuy, Roberta
Patton, Pat
Quintana, Joyce
Pace, Steven

July 11

Longmire, Bob
Serna, Mary Lee
Weiss, Judith
Schiller, Phyllis
Seibert, Dianne
Hokett, Terry
Dechape, Alan
Collins, Robin
Kriznar, Cheryl
Gayler, Judy
Fields, Ken
Miller, Dawn

July 12

Quinn, Kim
Acuna, Ralph
Mohlmann, Debra
Redieske, Kathleen
Chapman-Colton, Kelly
Nance, Dawn
Miler, Jane

July 13

Batterson, Nancy
John, Henry
Pagenkope, Caroline
Weber, Robert
Holcomb, Greg
Hill, Charlie
Mundt, Fred
Mecolick, Sandy
Brown, Randy
Baker, Earnestine

July 14

Ronchetti, Dan
July 15
Austin, Sally
Johnson, Gregg
Grinde, Linda

July 16

Landrey, Penny
Willcoxson, Kelly
Baker, Mary Elizabeth
Daisy, Marilyn
Farpelha, George
Harper, Loretta
Fahring, Reid
Rassi, Milena
Fariello, William
Brennan, Brett
Wagner, Harold
Hushti, Joseph
Silva, Manuel
July 17
Surdi, Edward
Campbell, Betty
Riego De Dios, Zenie
Schell, Geraldine
Gradowski, Delores
Hartwell, Roland

July 17

Douglas, Scott
McCauley, Berna
Davis, Lillian
Venture, Colleen
Rebh, Kristine
Bookey, Dustin
Larson, Al

July 18

Gutierrez, Carmen
Stone, Helyn
Richie, Vicki
Block, Peter
Waitas, Maria
Faalafua, Karen
Dubiel, Ken

July 19

Negrete, Frank
McNeill, Mary
Anderson, Diane
Johnson, Richard
Gott, Percy
Coscarelli, Carolyn
Coffey, Martin
Elam, Andrea
Martinez, Deborah
Handy, Anna

July 20

Riley, John
Delgado, Roselie
Parker, Brenda

July 21

Carter, Deborah
England, Michael
Crank, Mary Ann
Ylizariturri, Lilah
Hartline, Ed



July 21

Carpenter, Lawrence
Hanrahan, Collene

July 22

Judd, Janet
Heuschkel, Philip
Grigsby, Karleen
Derie, Fern
Carroll, Jim
Payne, Tracy
Paulson, Lori
Molina, Robert
DeRuyter, Cornelia
Ramp, Kathy
Torrez, Angelina
Crotty, Kevin
Brozovich, Robin

July 23

Bingman, Della
Mattison, Robert
Robinson, Deborah
Tuasina, Faaferai

July 24

Seaman, Lawrence
Paul, Rodney
Wold, Russell
Fuchs, Judy
Wilde, Trudi Lynn
Campos, Elsy

July 25

Seaman, Elaine
Bennett, Mittie
Park, Kerry
Kindel, Steven
Solverson, Sandra
Hanson, Terri
Bernard, Dennis
Fitzpatrick, Rory
Matthews, Melinda
Hernandez, Anita
Spisak, Karen

July 26

Ramirez, Rich
Leslie, Guy
Surette, James
Nicholson, Joann
Ramsey, Larry
Nikolai, Joe
Gabrys, Laurie
Brock, Marie
Busskohl, Peggy
Schwab, Denise

July 27

Lepore, Peter
Madison, Donna
Kiser, Evelyn
Flint, Pamela
Collinge, William
Baumchen, Terry
Spencer, Randall
Clowes, Jacqueline
Pooley, Staria
Bartholomew, Steve
Withrow, Debra

July 28

Yeomans, William
Angelov, Samuel
Harbuck, Marilyn
Davis, Sherry
Verstynen, Carolus
Spencer, John
Woolsey, May
Szafasz, Rich
Hernandez, Shelly
Stevenson, Kim

July 29

Hall, Flora
Sentner, Robert
Hess, Gary
Reed, Bonny
Bronniche, Siri
Mcintosh, Raelene
Sweatt, Diana

July 30

Homer, Marta
Caldwell, Barbara
Uber, Michael

July 31

Perkins, Wayne
Franklin, Patricia
Sindelir, Terry



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

Tue, July 21st starting at 12:30

A colorful, hand-drawn style poster for the Bull Dogs Pool League. The poster features a bulldog wearing a blue hat and holding a pool ball with the number 8. The title 'BULL DOGS POOL LEAGUE' is in large, bold, blue and orange letters. There are several pool balls with numbers 3, 8, and 9 scattered around. A photograph shows four seniors (three men and one woman) smiling and playing pool. The text is arranged in a fun, casual layout with stars and decorative elements. The bottom right corner features a cartoon character of a man playing pool.

BULL DOGS POOL LEAGUE

FREE TO ENTER!
Sign Up When You Arrive!

COME JOIN THE FUN!
CASUAL. FRIENDLY. FOR SENIORS (50+).


**SENIOR
ENRICHMENT
CENTER**

**LOCATION: 2275 TRANE ROAD
BULLHEAD CITY, AZ 86442**

WHAT TO EXPECT:

- * Friendly games
- * Relaxed atmosphere
- * Meet new people
- * **NO ENTRY FEE!**

COME JOIN THE FUN!
CASUAL. FRIENDLY.

**EVERY THURSDAY
11:00 AM – 4:00 PM**

**BEGINNERS & ALL SKILL
LEVELS WELCOME!**

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MEC

SCHOLARSHIP PROGRAM

SCAN NOW FOR INFORMATION
APPLICATIONS DUE JULY 15



MEC is an equal opportunity provider & employer

TRIVIA

**Join us on
Wednesday,
July 22, 2026
at Noon.
Have Fun &
WIN PRIZES!**

Sponsored by



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





Stars and Stripes Lunch Fundraiser

Thursday, July 2, 2026

11:30 am to 12:30 pm

**Held at Bullhead City Senior Enrichment Center,
located at 2275 Trane Road, under the tent by
Ken Fovargue Park.**

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

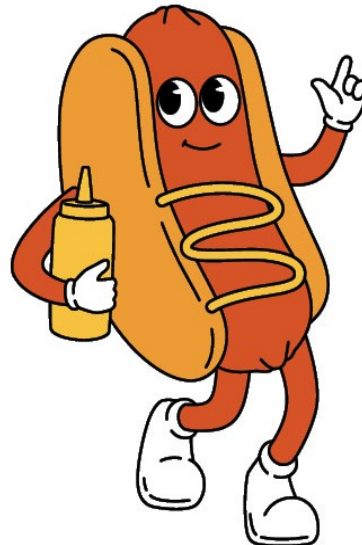
Hot Dog

Chips

Cookie

Water or Soda

\$5.00

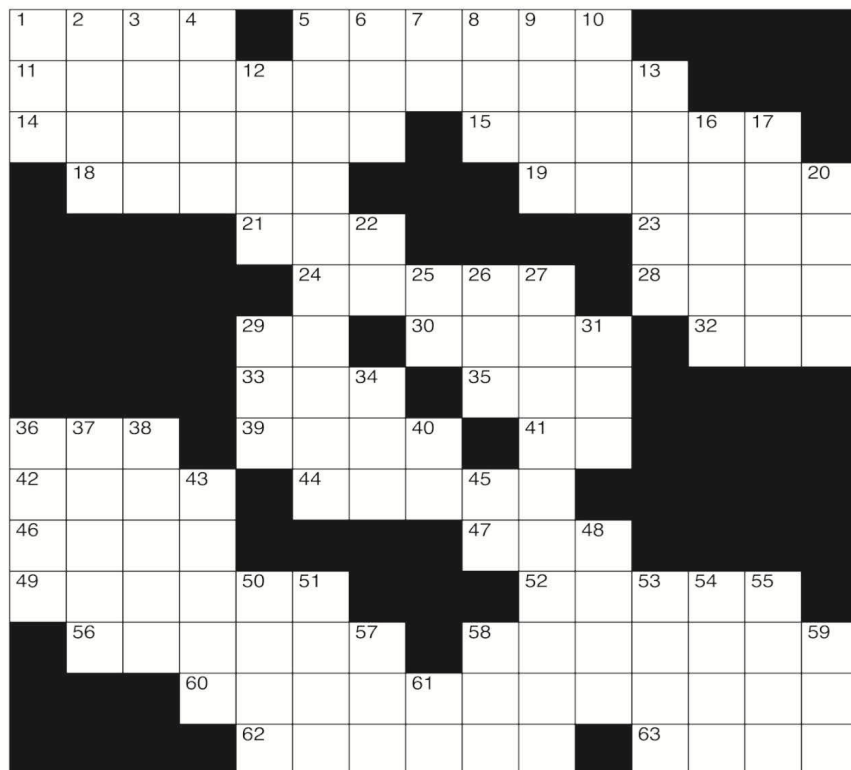


All proceeds go to :



Advance Ticket Purchase

CROSSWORD



CLUES ACROSS

- | | |
|---|---|
| 1. ___ chat | 36. Drivers' licenses count |
| 5. Statue near the Pyramids | 39. Snakelike fishes |
| 11. A process to change the look | 41. They precede C |
| 14. Herb | 42. Popular personal computers |
| 15. Think about excessively | 44. Intermediate community stage in ecological succession |
| 18. Bass vocal part | 46. Wings |
| 19. Supreme Allied Cmdr. of NATO | 47. Indicates position |
| 21. A major division of geological time | 49. Pleasantly smooth or soft |
| 23. New Zealand parrot | 52. Jeweled headdress |
| 24. Cognitive contents | 56. In slow tempo |
| 28. Lump of yarn | 58. ___ Falls |
| 29. Atomic #109 | 60. Reassertions |
| 30. Let go of | 62. Eras |
| 32. Indian title of respect | 63. Hyphen |
| 33. Whereabouts unknown | |
| 35. Electronic data processing | |

CLUES DOWN

1. Corporate executive
2. A plant used for flavoring food
3. Opinion or belief
4. Sheep in their second year
5. Intensities of sound
6. Indicates support for
7. Expression of laughter
8. OJ trial judge
9. Pointed ends of pens
10. True bugs genus
12. Lawyers argue theirs
13. Body parts
16. Closes tightly
17. World Heritage site in Nigeria
20. Islamic calendar month
22. Commercial
25. "Westworld" actor Harris
26. They ___
27. Religious guilds
29. Woman (French)
31. Parts per billion (abbr.)
34. Brew
36. Spiritual leader
37. Indigo bush
38. Burn with a hot liquid
40. Older citizen
43. Scad fish genus
45. Morning
48. Line passing through the center (abbr.)
50. Double S-shaped curve
51. Small, thin person
53. Older
54. Mars crater
55. Humanities
57. Word element meaning ear
58. To the ___ degree
59. Residue
61. It cools your home





Angel's ESSENTIAL ROOM

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and donated to seniors in need.

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10 a.m. to 1 p.m.
or by appointment
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Senior Enrichment Center, 2275 Trane Rd. Bullhead City, Arizona



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MEMORY SCREENING

To test for early signs of Dementia or Alzheimer's



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Weight Loss/Diabetic and Nutrition Counseling



BLOOD PRESSURE CHECKS



RESOURCES & REFERRALS

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(928) 763-0193

LIMITED TO 6 SPOTS PER CLINIC.

CLINIC DATE
AUGUST 13TH
11AM to 1PM (AZ Time)

LOCATED INSIDE SENIOR ENRICHMENT CENTER AT
2275 TRANE RD, BULLHEAD CITY

Tests provided are not diagnoses and for informational purposes to be reviewed by your primary physician.

ALL THE ANSWERS YOU SEEK...

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

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

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



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

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in June is Senior Day!**

**Senior Day
Special**

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- Cart
- A Coffee
- Breakfast Sandwich

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