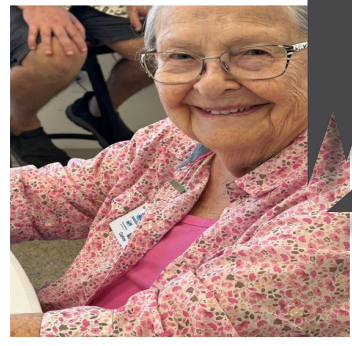
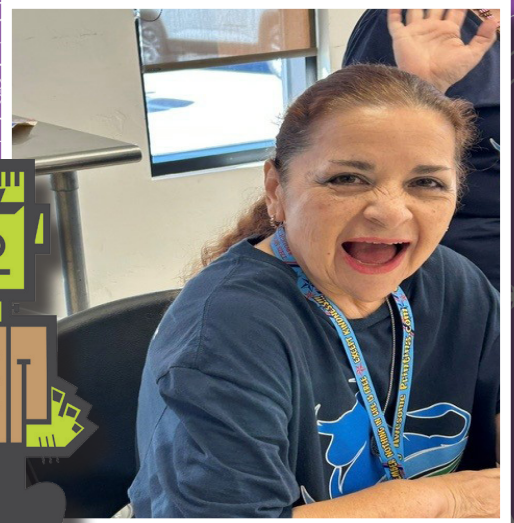
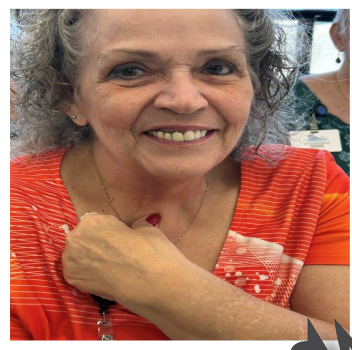


BULLHEAD CITY ARIZONA

SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY

OCT 2026 NEWSLETTER VOLUME 05 ISSUE 07

SCAN FOR
EVENT CALENDAR



SCAN TO FOLLOW
US ON FACEBOOK



GRAB BAG BINGO

WED. OCTOBER 14
10AM-11AM

SENIOR ENRICHMENT CENTER
2275 TRANE RD BULLHEAD CITY

SPONSORED BY



QUALITY ASSISTED LIVING *Where Life Feels More Connected*



CALL TO UNLOCK SAVINGS!*

Where life happens matters, but how it feels matters more. At **Davis Place**, our welcoming community goes beyond the ordinary, bringing residents together through engaging activities and inviting spaces that inspire connection. With personalized assistance and everyday comforts thoughtfully woven together, life flows with ease and enjoyment. This is Assisted Living shaped by independence, warmth, and heart.

SCHEDULE YOUR TOUR TODAY AND ENJOY LUNCH ON US!

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 and for specific units 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. Used where prohibited by law. Managed by Integral Senior Living Management, LLC. License #ALP786C, DVP, 0023 R/26



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

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

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

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

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



Jeff Tipton

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

Kim Cool

Senior Services Program Manager
(928) 763-0193
kcool@bullheadcityaz.gov

John Kearns

Senior Enrichment Nutrition Coor.
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jkearns@bullheadcityaz.gov

Jenny Oliverio

Senior Enrichment Activity Coor.
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joliverio@bullheadcityaz.gov

Jackie Jensen

Director of Marketing,
Sponsorships & Tourism
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jjensen@bullheadcityaz.gov

Shauna Cates

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

MONTHLY MENU

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Enchiladas Spanish Rice Refried Beans	2 Spaghetti & Meatballs Veggies Fruit Crisp
5 Salisbury Steak w/Gravy Rice Pilaf Green Beans	6 Swedish Meatballs Over Pasta Corn & Roll	7 Stuffed Peppers Veggies Beignet (warm donut)	8 Asian Chicken Salad Dinner Roll Dressing	9 Cheese Omelet Pork Sausage Hash Brown
12 CLOSED 	13 Ham w/ Pineapple Yams Mixed Veggies	14 Chicken Nuggets Mashed Potatoes Corn	15 BBQ Pulled Pork Baked Beans Cobbler	16 Chicken Alfredo Peas & Carrots Pasta Pears
19 Seasoned Chicken w/ Gravy Mashed Potatoes Veggies	20 BBQ Chicken Thigh Potato Wedges Green Beans	21 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	22 Chicken Fajitas w/ Peppers and Onions Spanish Rice Refried Beans	23 Spaghetti & Meatballs Veggies Roll
26 Salisbury Steak w/Gravy Rice Pilaf Green Beans	27 Cobb Salad Roll Dressing	28 Vegetable Lasagna Dinner Roll Broccoli	29 Sweet & Sour Chicken W/Rice Mixed Veggies Roll	30 Chicken Enchiladas Rice Fiesta Blend

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.

JOIN US FOR THE
3RD ANNUAL

Oktoberfest!

GOOD FOOD GREAT MUSIC GOOD COMPANY

Sponsored By:

TWN
Communications

Live Music by

Laughlin's
Easy Street

Laughlin's Easy Street Band

FRIDAY, OCTOBER 2ND
11:30 A.M. – 2:00 P.M.

Celebrate the spirit of Oktoberfest with friends and neighbors!

ENJOY!



DELICIOUS GERMAN
FOOD & APPETIZERS



LIVE MUSIC &
ENTERTAINMENT



GOOD FOOD,
GREAT MUSIC,
GOOD COMPANY

OKTOBERFEST APPETIZERS!



Soft Pretzel Bites
with Beer Cheese Dip



Pup Bites
with Mustard



Cheese & Fruit Board



And Sweet Treats!



MOCKTAIL BEER!

Enjoy a refreshing
mocktail beer—
crafted to taste
just like the
real thing!



50 PLUS

SENIORS WELCOME
SENIOR ENRICHMENT CENTER
2275 Trane Rd
Bullhead City, AZ
928-763-0193

GOOD FOOD.
GREAT MUSIC.
GOOD COMPANY.

LIVE MUSIC & MORE



NOW APPEARING:
KARAOKE
WITH
SUPERMAN

WED. OCT. 28
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

HAPPY HOUR



Wed, October 14
12:30 pm to 1:30 pm
Mock-tails,
with Fun & Games
in the Great Room

Located at
Bullhead City
Senior Enrichment Center
2275 Trane Road



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

FRIGHT NIGHT WORD SEARCH



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

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

BATS
BLACK CAT
CANDY
COBWEB
COSTUME
GHOST
GHOUL
HAUNTED
JACK-O'-LANTERN
MONSTER
MOON

OCTOBER
PUMPKIN
SCARY
SKELETON
SPIDER
SPOOKY
TRICK OR TREAT
VAMPIRE
WEREWOLF
WITCH
ZOMBIE



HAUNTED HARVEST HALLOWEEN HOEDOWN

★ FRIDAY, OCTOBER 30 | 11:30 A.M. – 2:00 P.M. ★

LIVE MUSIC
WITH THE
**LONESOME
JOE BAND!**



Put on your favorite costume and join us for a *spook-tacular* afternoon at the Senior Enrichment Center's *Haunted Harvest Halloween Hoedown!*

Get ready to kick up your heels and enjoy **LIVE MUSIC** with the *Lonesome Joe Band!*

Dance along to great music and celebrate Halloween with friends and neighbors.

POTION MOCKTAIL BAR

Stop by our
Potion Mocktail Bar
for a wickedly
delicious drink!



CANDY & TREAT BAR

Indulge in
sweet treats
galore!



TASTY APPETIZERS

Enjoy a variety
of delicious
appetizers!



COSTUME CONTEST!

Come dressed
to impress!
★ Show off your
creativity and
win a prize and,
of course,
bragging rights!



Whether you come dressed as a classic character,
a spooky ghoul, a cowboy or cowgirl, or something unique,
you'll enjoy an afternoon filled with

**LIVE MUSIC, DANCING, LAUGHTER, FRIENDSHIP,
AND HALLOWEEN FUN!**

★ 50 Plus Seniors Welcome ★

SPONSORED BY:

TWN
Communications

Senior Enrichment Center
2275 Trane Rd • Bullhead City, AZ

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.



VALLEY VIEW
MEDICAL CENTER

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

ValleyViewMedicalCenter.net



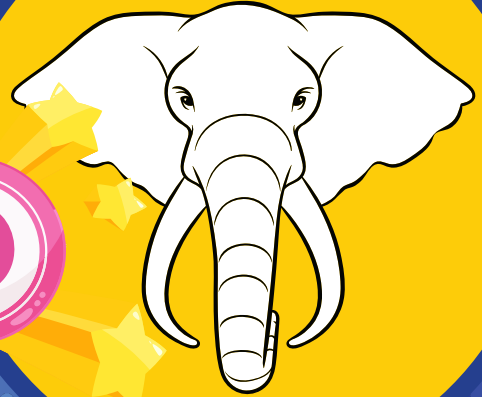
**DIAMOND ART
PAINTING**

Sponsored by: **BH HS** **LEGACY**
FOUNDATION

Join us for
**Diamond Art
Creations Workshop**
Monday, October 5
12:30pm - 2:30pm
Senior Enrichment Center's
Craft Room

MONTHLY WHITE ELEPHANT

BINGO



Friday, October 9th
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

 **ProtectHealth**
A Company of BSC Agency, LLC.

Movie Matinee

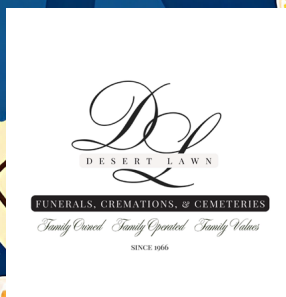
OCTOBER 15 - 2PM - 4:30PM

PROJECT HAIL MARY

SENIOR ENRICHMENT CENTER
2275 TRANE RD, BULLHEAD CITY



SPONSORED BY





FUNDRAISER SPAGHETTI DINNER



THURSDAY, OCTOBER 8TH

Serving from 4:00 PM – 5:30 PM

TO BENEFIT:



MEALS on WHEELS

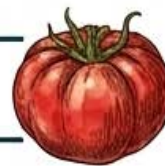
BULLHEAD CITY, AZ

SENIOR ENRICHMENT CENTER

2275 TRANE ROAD, BULLHEAD CITY, AZ



COST: \$12.00 PER PLATE



YOUR MEAL INCLUDES:



- Spaghetti or Penne Noodles
- Meat Sauce or Alfredo Sauce
- Salad with Italian Dressing
- Garlic Bread
- Iced Tea, Lemonade, or Water
- To go available

QUESTIONS?

Contact John at:

(928) 763-0193

jkearns@bullheadcityaz.gov



**SCAN TO LEARN MORE
OR DONATE**

Help Feed Our Seniors!

optimum.

Online Safety & Sandwiches

**Thur, October 22nd
Noon - 1:00 pm**

**Learn about online safety,
discuss scams and safety
strategies for the digital age.**

**Free sandwich lunch and
giveaways!**

While supplies last.



**FREE & EVERYONE 50 YRS +
OF AGE WELCOME!**

**Located inside Senior Enrichment Center
2275 Trane Road, Bullhead City, Arizona**

PROTECTHEALTH PRESENTS

MEDICARE 101 SNACKS & FACTS

A NO COST Informative & Educational Event

**Thursday,
October 8th, 2026
11:00 a.m.**

**Located inside
Bullhead City's
Senior Enrichment Center
2275 Trane Road,
Bullhead City, Arizona.**



Jackie Frazier

Licensed Insurance Agent

✉ jfrazier7031@gmail.com

☎ 702-219-4217



ProtectHealth
A Company of B&C Agency, LLC.

**No advance sign-ups required.
We've saved a spot just for you!
Bring a friend, spouse or
loved one to learn about
Medicare basics.**

For accommodation of persons with special needs at meetings call 888-333-7808 TTY711.
Not affiliated with or endorsed by the U.S. Government or the Federal Medicare program.



Presented
By



Arrowhead
credit union



Meet Me at the Market

Bullhead City's 2026-2027 Farmers Market Season

Each Market boasts over 80 vendors, food trucks, live music,
free kid zone with bounce houses, themed activities and so much more!

Follow us



on Facebook!

OCT 03 Haunted Harvest
Community Park 9am-1pm
1251 HWY 95

FEB 06 XOXO
Community Park 9am-1pm
1251 HWY 95

NOV 14 Homegrown Holiday
Community Park 9am-1pm
1251 HWY 95

MAR 06 Some Bunny Luvs You!
Community Park 9am-1pm
1251 HWY 95

JAN 09 New Year, Fresh Start
Optimum Community Center
9am-1pm 2380 Optimum Way

APR 03 Spring Garden
Community Park 9am-1pm
1251 HWY 95



Sponsored by:



Jess Nunnally, Farmers Market Manager
(928)763-0158 jnunnally@bullheadcityaz.gov
bullheadcityfarmersmarket.com



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.

Tips to safeguard your mental health each day

When seeking to be as healthy as possible, it's important that people do not overlook the importance of protecting mental health. The World Health Organization says more than a billion people across the globe live with a mental health condition. The need for action on mental health is urgent and undeniable, as safeguarding mental health is integral to a person's well-being.

The National Institute of Mental Health says that mental health is more than just the absence of a mental illness. It includes emotional, psychological and social well-being. Self-care and action play key roles in maintaining good mental health and getting support and treatment if a serious issue is present. Here are steps anyone can take each day to protect their mental health.

Exercise regularly. Just 30 minutes of exercise most days, which can include walking, can boost a person's mood and improve health. The NIMH says small amounts of exercise add up, so it's possible to spread out the 30 minutes over the course of the day. Exercising outdoors also exposes a person to natural sunlight, which is proven to boost mood.

Foster relationships. Good relationships are important for mental well-being. If possible, a person should take time each day to be with family, friends or colleagues. Volunteer work at a local school, community group or hospital can foster socialization for those who may not be able to get together with friends or family with regularity.

Learn new skills. The United Kingdom-based NHS Services says research shows learning new skills can improve mental well-being by boosting self-esteem and self-confidence. It also helps identify a sense of purpose.

Relax. People should schedule time for relaxation and stress management. Yoga, meditation, reading, or spending time in nature are great ways to slow down, relax and recharge.

Seek help. Anyone with a mental health concern should seek someone to talk to. For some, simply talking things through with a friend or family member may be enough to resolve issues. Others may find that talking to a therapist or counselor is the best course of action. There also are support groups where others who understand similar experiences can provide validation and support.

Curtail harmful behaviors. Some people turn to drugs and alcohol to mitigate mental health issues. This self-medication is harmful and can exacerbate mental health conditions. Individuals should consult with medical professionals if they suspect they may need medication or additional help to treat mental health issues.

Efforts to safeguard mental health are essential. Anyone who has concerns about their mental health or the mental health of others should speak first to a primary care provider. He or she can then offer a referral to a qualified mental health professional.

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

Level: Intermediate

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

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.

OCTOBER

WEEKLY ACTIVITIES

EVERY

MONDAY

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

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

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

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

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

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

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

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

Body Moves for Brain Power/Exercise Room

Essentrics Aging Backwards/Exercise Room

(starts 10/5)

Free Bingo w/Prizes/Great Room

Sponsored by Family Care Home Health & Hospice

Tech Support/Linda Kern/Library (starts 10/5)

Mexican Train/Game Room

Sponsored by: Cook Family Trust

Poker/Game Room

Sponsored by: Cook Family trust

Pinochle/Great Room

Sponsored by: Cook Family Trust

Beginner Line Dancing/Nutrition Center

EVERY

TUESDAY

9:00 a.m. to Noon

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

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

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

10:00 am to 12:00 p.m.

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

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

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

3:00 p.m. to 5:00 p.m.

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

Beading Circle/Craft Room

Chair Zumba Class/Exercise Room

BAND-O-CIZE/Exercise Room

Chair Zumba Class/Exercise Room

Ping Pong/Great Room or Patio

Poker Game/Game Room

Sponsored by: Cook Family Trust

Hand & Foot Card Game/Game Room

Sponsored by: Cook Family Trust

Line Dancing /Nutrition Center

Veterans Support /Nutrition Center

Tai Chi Class/Exercise Room



EVERY

WEDNESDAY

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.

10:00 a.m. to 11:00 a.m.
10:00 a.m. to Noon
11:00 a.m. to 1:00 p.m.
12:30 p.m. to 1:30 p.m.

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

7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Essentrics Aging Backwards/Exercise Room
Brain Savers Exercise/Exercise Room
Provided by: Meals on Wheels Board
Wii Bowling/Great Room
Sewing Circle/Craft Room
Tech Support/Linda Kern/Library (starts 10/7)
Hit the Bullseye/Electronic Darts/Game Room
Sponsored by: Cook Family Trust
Bereavement Support Group/Craft Room
Cue Masters Womens Club & Lessons/Game Rm
Sponsored by: Cook Family Trust
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.

1:30 p.m. to 4:30 p.m.

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

Chair Yoga Better Health /Exercise Room
Morning Poker/Game Room
Sponsored by: Cook Family Trust
BAND-O-CIZE/Exercise Room
Bull Dog Pool League/Game Room
Sponsored by: Cook Family Trust
Knit & Crochet Group/Craft Room
Mahjong Tile Game/Game Room
Sponsored by: Cook Family Trust
Double Deck Pinochle/Nutrition Center
Sponsored by: Cook Family Trust
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 11:30 a.m.

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

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

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

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

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

Brain Savers Exercise/Exercise Room
Provided by: Meals on Wheels Board
Friday Fun Crafts/Craft Room
Sponsored by: Da Kine Connection
Shuffleboard Friday/Game Room
Sponsored by: Cook Family Trust
Mexican Train/Game Room
Sponsored by: Cook Family Trust
Pinochle/Nutrition Center
Sponsored by: Cook Family Trust
Poker/Game Room
Sponsored by: Cook Family Trust
Chair Zumba /Exercise Room

NOTICE TIME CHANGE FRIDAY FUN CRAFTS
10/2 9:30 -10:30 & 10/30 9:30 -11:00

SPECIAL EVENTS & ACTIVITIES

Thursday, October 1

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

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

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

Friday, October 2

11:30 a.m. to 2:00 p.m.

Monday, October 5

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

Tuesday, October 6

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

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

Wednesday, October 7

11:00 a.m. to Noon

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

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

Thursday, October 8

11:00 a.m. to Noon

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

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

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

Friday, October 9

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

Monday, October 12

Tuesday, October 13

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

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

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

Wednesday, October 14

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

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

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

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

Ice Cream Social/Nutrition Center

Sponsored by Culver's of Bullhead City

Tech Assistance w/Pam Beaushay/Library

3rd Annual Oktoberfest Celebration/Great Room

Sponsored by TWN Communications

Diamond Painting/Boo Coasters/Craft Room

Sponsored by: BHHS Legacy Foundation

Art Therapy/Card Making/Craft Room

Good Old Days Classic TV/Great Room

Legal Services/State of Arizona/Conference Room

Genealogy Club/Library

Bunco Game Day/Great Room

Lunch & Learn Medicare 101/ProtectHealth/Great Room

Left, Right & Center Dice Game/ Game Room

Sponsored by Cook Family Trust

Spaghetti Fundraiser/ Meals on Wheels/ Nutrition Center

Pass the Trash Card Game/2285 Trane Rd

White Elephant Bingo/Great Room

Sponsored by ProtectHealth

CLOSED/COLUMBUS DAY

Coffee talk with Mayor Karen Dallman/Nutrition Center

Jewelry Making/ Skull Earrings/Craft Room

Sound Bowl Breathing & Healing/Great Room

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health & Hospice

Happy Hour/Great Room

Sponsored by WellCare

Sweep Card Game/Great Room

SPECIAL EVENTS & ACTIVITIES

Thursday, October 15

12:30 p.m. to 1:30 p.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 pm. to 4:30 p.m.

Monthly Matinee/Hail Mary Project/Great Room

Sponsored by Desert Lawn Funeral Home

Friday, October 16

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

Young Scholar's academy Hot Cocoa Event/Nutrition Center

Monday, October 19

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

Drum Circle/Exercise Room

Tuesday, October 20

9:00 a.m. to 2:00 p.m.

SHIP Counselors/By Appointment/Medicare Changes/Nutrition Office

10:00 a.m. to Noon

Art Therapy/Witch Hat Workshop/Craft Room

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

Birthday Month Celebration/Great Room

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

Good Old Days Classic TV/Great Room

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

Late Nite Ladies Bunco Group/Nutrition Center

Wednesday, October 21

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

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

Neighbor's Kitchen Recipe Club/Nutrition Center

Thursday, October 22

9:30 a.m. to 1:00 p.m.

NAU In-Service Training/Conference Room

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

Optimum Online Safety & Sandwiches/Great Room

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

Tech Assistance w/ Pam Beaushay/Library

Monday, October 26

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

Root Beer Floats/Great Room

Tuesday, October 27

9:00 a.m. to 2:00 p.m.

SHIP Counselors/By Appointment/Medicare Changes/Nutrition Office

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

Neighborly News & Networking/ Navigating Ai/Great Room

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

Art Therapy/Corky Candy Corn/Craft Room

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

Monthly Mixer/Boo! Who Knew Halloween Trivia/Great Room

Sponsored by: The Legacy Rehab & Care Center

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

Tech Assistance w/ Pam Beaushay/Library

Wednesday, October 28

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

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

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

Sweep Card Game/Game Room

Sponsored by Cook Family Trust

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

Karaoke/Game Room

Sponsored by Lois Briesemeister/US Southwest Realty

SPECIAL EVENTS & ACTIVITIES

Thursday, October 29

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

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

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

Friday, October 30

11:30 a.m. to 2:00 p.m.

Beyond Walls Bingo/Televeda/Great Room

Ice Cream Social/Great Room

Sponsored by Culver's

Tech Assistance w/ Pam Beaushay/Library

Haunted Harvest Halloween Hoedown/Great room

Sponsored by: TWN Communications



Sponsored by:

Da Kine Connection
Bullhead City's Oldest Smoke Shop
928-754-1117

Join us for **Friday Fun Crafts**

Every Friday
10:00am - 11:30am
Senior Enrichment Center's
Craft Room

October's Schedule

- 10/02 Boo-tiful Halloween Bucket * 9:30AM-10:30AM
- 10/09 Mason Jar Scarecrow
- 10/16 Pumpkin Macrame' Key-chain
- 10/23 Boo-Board Craft
- 10/30 Spooky Shadow Decoupage * 9:30 AM TO 11AM

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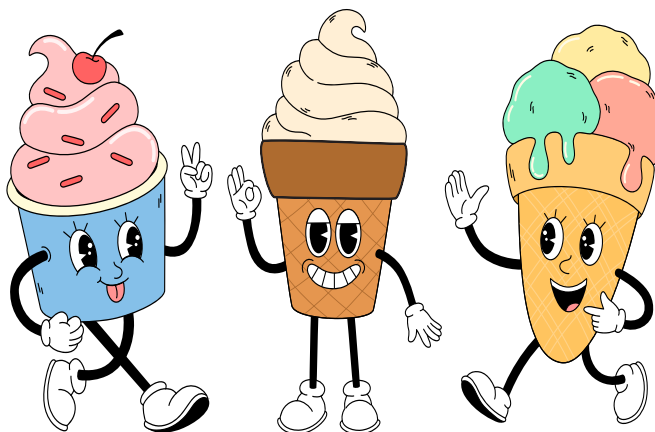
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JOIN US FOR A SWEET TREAT!



Oct 1 NOON-12:30PM

Oct 29 NOON-1PM

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2275 TRANE ROAD BULLHEAD CITY, AZ**

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Fall Fashion, FABULOUS FOOD & Fundraising!



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BULLHEAD CITY, AZ
www.MealsOnWheelsBullhead.org

2nd Annual Fall Fashion Show Luncheon

a special fundraiser benefiting **Meals on Wheels!**

Enjoy an afternoon filled with fashion, food, and fall fun as **Cato** showcases beautiful seasonal looks and the latest fall fashions. Sit back, relax, and enjoy the show while savoring a delicious autumn-inspired luncheon.

FALL LUNCHEON MENU

-  Creamy Roasted Butternut Squash Pasta
-  Harvest Fall Salad
-  Dinner Roll
-  Cranberry Harvest Fizz
-  Dessert



FRIDAY, NOVEMBER 6TH

11:30 AM – 1:30 PM



Senior Enrichment Center
2275 Trane Rd
Bullhead City, AZ 86442



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CENTER

\$15.00

EVENT TICKETS
per person

\$1.00

RAFFLE TICKETS
for your chance to
win fabulous prizes!

Gather your friends, wear your favorite fall colors, and join us for a wonderful afternoon of style, delicious food and community spirit—all for a great cause!



Senior Enrichment Center

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



Neighborhood News & Networking

= this month! =



OCTOBER 27



10:00 AM – 11:00 AM



*Stronger together.
Better together.*

This month: **Navigating AI**
Join us for an informative and engaging session led by Kim Cool, Senior Services Program Manager, as we explore how artificial intelligence can simplify daily tasks, spark creativity, and help us stay connected.



KIM COOL
Senior Services
Program Manager
Bullhead City



This month's topic:

Navigating AI



928-763-0193



**2275 Trane Road
Bullhead City, Arizona**



Senior Enrichment Center

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



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

October 1

Yarbrough, Mary
Eaves, Don
Park, Richard Jerry
Szymanski, Edward
Bowling, Sharon
Hampson, Donna

October 2

Mesa, Angel
Goldsberry, Karen
Yoakum, Albert
Meecham, Lynell
Wright, Bonnie
Vickery, Lon
Sherwood-Risner, Penny
Luck, Ginger

October 3

White, Harriet
Walsh, Edwin
Yuen, Fred
Miller, Debra
Donwen, Diane

October 4

Lash, Terry
Gehring, Nancy
Hedblom, Michael
Robinson, Ellen
Knagin, Alexei
Bishop, Stephen
Montano, Steve
Schamel, Jeffery
O'Campo, Yolanda
Jaramillo, Francisco

October 5

Wellbrock, Phyllis
Dawson, Henry
Hillhouse, Harold

October 5

Tibbetts, Deborah
Mathis, Alan
Bisbee, James
Hermance, Melody
Pierson, Donna
Cooke, Dora
Nielsen, Michael
Cagle, Cheryl
Bolls, Cynthia
Proctor, Ronda
Mitchell, James
Wozniak, Christopher
Godwin, Kimberly
Black, Christy

October 6

Christie, Florance
Frisna, Rosina
Valentine, Kathy
Buice, Anita
Ojeda, Lillian
Hansen, Rosalie
Renard, Cheyenne
Anderson, Jennifer
Chen, Rosalina

October 7

Welsh, Patrick
Goldblatt, Barbara
Sugden, James
Sonnenfeld, Wayne
Saar, Ted
Brown, Nancy
Leeper, Carolyn
Putnam, Peter
Wilson, Jan

October 7

DeWinter, James
Augustine, Tamara
Williams Jr, Vincent
Quinn, Charlene

October 8

Romero, Albert
Lovelace, Donna
Hopkins, Trina
Coryell, Eric
Carter, Vivian
Poncedeleon, David
Ferrell, Jack
Carter, Sherry

October 9

Vandal, Barbara
Fitzgerald, Char
Schaner, Gary
Deering, Gertrude
Sutton, Yong
Johnson, Patricia
Denise, Wallack
Wallack, Denise
Schonhofer, Eleonora
Edwards, Judi

October 10

Dye, Sharon
Crumly, Robert
Crumly, Ginger
Williams, Ricky
Zink, Dorothy
Scheller, Janet

October 11

Corrao, Marilou
Teran, Oscar
Wimer, Jeanne
Kaufman, Rhonda
Strucel, Susie
Smith, Karla
McClay, Julie
Banks, Kathy
Hillier, Paul

October 12

Edwards, John
Frassel, John
Bisuanos, Jesus
Paul, Mary Jane
Klohr, Jeri
Edwards, Linda
Salceda, Tina
Parker, Kelly Ann
Brown, Miriam
Wadkins, Kelly
Leverick, Traci

October 13

Linder, Nathalie
Blyther, Gary
Tung, Francis
Heady, Marjorie
Hensley, Paul
Hickok, Lorraine
Crabill, Dennis
Coleman, Jerry
Ramsey, Marina
Stegall, Donna

Currently Seeking A Sponsor

**October 14**

Mlyniec, Frank
Dearden, Denice
Caudill, Gregory
Jeffress, Terri
Anderson, Haydee
Lieb, Raymond
Spolar, Curtis
Mendes, Andrea

October 15

McKain, Richard
Shackelford, Beverly
Spataro, Alan
Chon, Yong
Pokorney, Pamela
Lisk, Richard
Welliver, Shirley
Fultz, Chris
Casanzio, Mary Lou
Carpenter, Robin
Baxter, Clyde
Thomas, MaryJane
Pearson, Barbara
Coyle, Michael 1
Grimes, Shyanne

October 16

Chapin, Keiko
Pennington, Carolyn
Patchin, Nancy
Lloyd, John
Radford, Gary
Beach, Cheryl
Wiggins, Timothy
McDaniel, Donna
Reibling, Sharon

October 17

De Los Reyes, Al
Swiston, Lynne
Hamilton, Marilou
Conrad, Sandra
Najera, Henry
Watkins, Cathy
Palmer, Darlene
Brimlow, Monique

October 18

Farmer, David
Flores, Edna
Zinniker, Janice Ann
Beaushay, Pam

October 18

Stumlin, Judy
Kindred, Kathleen
Noack, Martha
Leisle, Rebecca
Gunther, Susan
Kovac, Leona
Patterson, Elizabeth
Nelson, Vicki

October 19

Montoya, Frances
Moulton, Karen
Bookey, Sheryl
Christie, Kathleen
Welch, Linda
Stewart, Morris
Cunningham, Sharon
Jiggins, Warren
Click, Christine
Reyes, Kim
Enriquez, Cynthia
Martinez, Laura

October 20

Bell, Theryl
Harrold, Barbara
Sentner, Barbara
Hastings, Cherrie
Duval, Kathryn
Gee, Elizabeth

October 21

Kendrick, Judy
Morgan, Cynthia
Roberts, Nancy
Torres, Ludivina
Hughes, Donna
O'Neal, Penny
Johnson, Gail
Garcia, Armando

October 22

Szopa, Terri
Brock, Mystie
Rossi, Adam
Barragan, Jamie
Jones, John
Pfof, Sherry
Baher, Mitch
Feren, James
Gerety, Daniel
Arnds, David
Marsh, Michael
Robison, Daniel

October 22

McAlister, Valerie
Ponce, Natalie

October 23

Huff, Frank
Sayeg, Lawrence
Cleland, Jean
Scott, Barbara
Duggan, Ann
Komanek, Diane
Schmidt, Kyra

October 24

McGraw, Douglas
Staley, Mary Ann
Horner, Nathaniel
Portillo, Ana
White, Charles
Stafford, Dannette

October 25

Steele, Leanora
Egelin, Donna
Sonnenfeld, Diane
Clairville, Beverly
Vasquez, Isabella
MacGregor, Michelle
Loguice, Randaall
Mitchell, Christie
Rodgers, Mike
McGinnis, Rosa
Hair, Dandy
Smith, Ron
Brown, Rev. James

October 26

Lee, Don
Shaphran, Bruce
Mehling, Dana
Soder, Randy
Contreras, Bonnie
Yarnell, Mona
Willmore, Jill

October 27

Conlisk, Les
Sauer, Kathleen
Dayton, Terry
Carroll, Sheree
Busskohl, Jim

October 28

DeJacimo, Steve
Bollinger, Judy
Doran, Jan
Martinez, Mario
Burrue, Susan
Johnson, Barbara
Neal, Loren
Sawyer, Teresa

October 29

Spadafora, Pamela
McCool, Earl
Dubic, Mary
Overstreet, Judy
Laturno, Dwight
Christensen, Elsa
Robinson, Ronald
Andrus, Dorothy
Perales, Debbie
Baltierra, Michael

October 30

Welton, Willard
Bouse, Karen
Adkins, Claude
Jackson, Leroy
Herzig, Patricia
Burns, Roxanne
Calogero, Carol
Tejeda Camacho, Maria
Crow, John
Rosario, Marcelino
Snell, Robin

October 31

Van Dyke, Helen
Pappas, James
Hartman, Terry
Faulkner, Mark
Wendland, Maggie
Mattila, Judy
Helwig, Danette
Miller, Jacqueline
Gallagher, Renee'



**The Birthday Month Celebration is for all
Seniors 50+ at Senior Enrichment Center located at
2275 Trane Road, Bullhead City
Tue, October 20th starting at 12:30**



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**EVERY TUESDAY
3:45 PM TO 4:15 PM
EXERCISE ROOM**



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



**THURSDAY
OCT 15**

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

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MONTHLY MIXER

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SENIOR ENRICHMENT CENTER**

**BOO!
WHO-KNEW?
HALLOWEEN TRIVIA**

**Tuesday, October 27
12:30 pm - 1:30 pm**

Test your knowledge with
Halloween-themed trivia featuring
spooky movies, creepy creatures,
Halloween traditions, music, and
more. Enjoy delicious appetizers and
festive mocktail drinks while you
mix, mingle.

Come for the trivia, stay for the
treats and spooky good fun!

**LET'S MIX &
MINGLE!**
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LEGACY**
REHAB & CARE CENTER



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**Join us on
Wednesday,
October 28th
at Noon.
Have Fun &
WIN PRIZES!**

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



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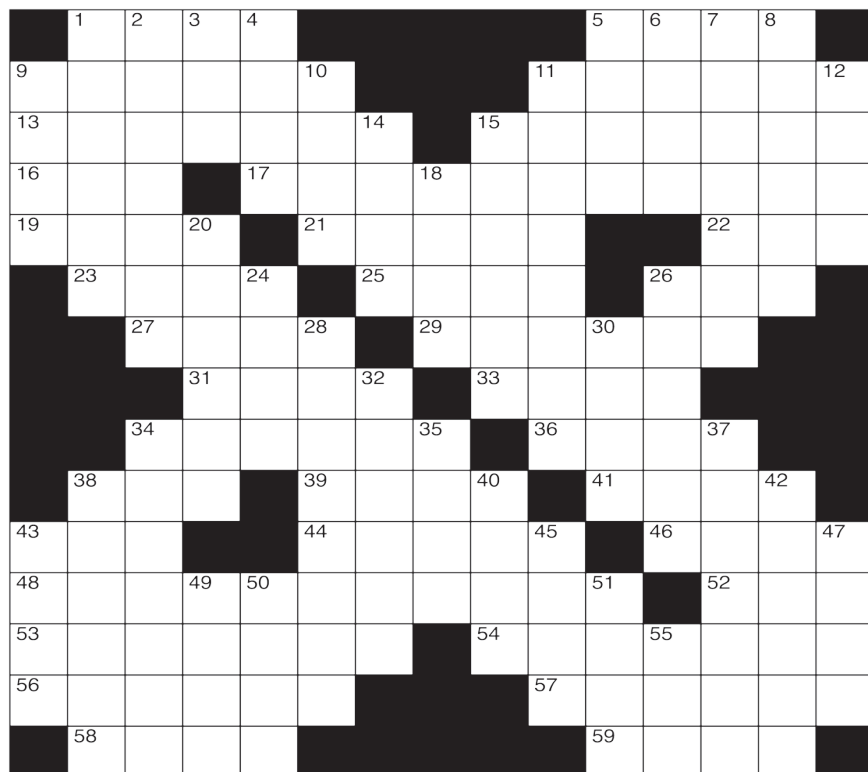
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or by appointment
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Senior Enrichment Center
2275 Trane Rd.
Bullhead City, Arizona

CROSSWORD



CLUES DOWN

1. Brave
2. A state of excitement
3. Jest at
4. Sandwich store
5. Chapter of the Koran
6. Dismounted from a horse
7. Small vehicle
8. Irrked
9. A disreputable man
10. Monetary unit of Samoa
11. A list of woes
12. Weight unit
14. Alone, single
15. Broadway legend Bernadette
18. Monetary unit of Serbia
20. Worn by exposure to the weather
24. A body of traditions
26. Students seek one

28. Hydrophilic amino acid
30. Nasal mucus
32. Branch of U.S. Congress
34. Swinish
35. Russian assembly
37. Grant an exemption to
38. Set up in advance
40. Satisfy
42. Felt
43. Mild yellow Dutch cheese made in balls
45. Witnesses
47. Strong insects
49. Gasteyer and de Armas are two
50. One of an ancient people inhabiting Scotland
51. Cheerless
55. Unhealthy

CLUES ACROSS

1. Difficult
5. Coarsely ground corn
9. A group of similar things ordered one after another
11. Loved Romeo
13. Something to solve
15. Pelvic areas
16. Informal debt instrument
17. Ineffective
19. A device attached to a workbench
21. Related on the mother's side
22. "Fresh Prince of ___ Air"
23. Astronomer Sagan
25. C. Utah city
26. Turkey
27. Informal terms for money
29. Awakens
31. Those who favored Prohibition
33. Blabbed
34. Looked through
36. Rhode Island rebellion
38. A type of "cast"
39. One's duty
41. Where golfers begin
43. Make a mistake
44. Semitic Sun god
46. Ancient Greek City
48. Removed someone's head
52. A place to stay
53. Unwise
54. Most unnatural
56. "Dennis" is a notable one
57. Ointments
58. Examination
59. Leaked fluid





WESTERN ARIZONA SURGICAL SPECIALISTS

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Kristina Merino, DO



Madeline Mulligan, PA-C

Make an appointment at **WARMCdocs.com** or call (928) 704-7163.



Monthly root beer FLOATS

Mon, October 26 Noon - 1pm

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ALL THE ANSWERS YOU SEEK...

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

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

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V	I	S	E		E	N	A	T	E			B	E	L	
	C	A	R	L		O	R	E	M		D	U	D		
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M	E	N	A	C	E				S	A	L	V	E	S	
	T	E	S	T						B	L	E	D		



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

Senior Summit & Pumpkin Patch

Date
Saturday
October 17

Time
9:00 am to
2:00 pm

Location
2275 Trane Rd.
Bullhead City

**Bullhead City Senior Enrichment Center is partnering with
Bullhead Community Garden to host a
Fall Senior Summit & Community Pumpkin Patch!**

Fun for the entire family!

- Pumpkin Patch - *Buy a pumpkin!*
- Resources
- Services
- Vendors
- Food Trucks
- Games & Activities
- Live Entertainment
- **& More!**

**SPONSOR &
VENDOR BOOTHS
AVAILABLE**

CONTACT
SHAUNA CATES
SCATES@BULLHEADCITYAZ.GOV
928-763-9400 EXT. 8358



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YOU BY**

