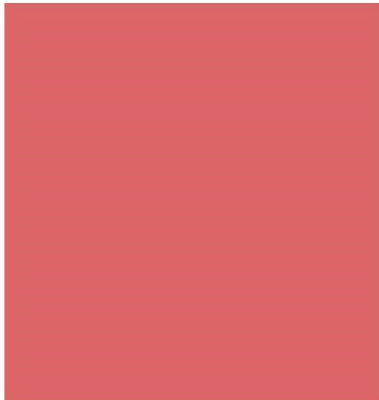




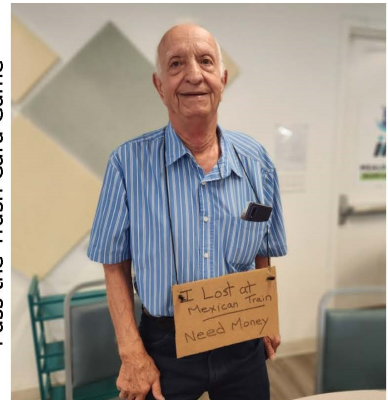
Beading Class



Breathe Work Exercise



Pass the Trash Card Game



November NEWSLETTER



BULLHEAD CITY'S SENIOR CAMPUS

NOVEMBER 2022

Greetings Bullhead Area Seniors & Business Partners,

Holy activity overload! October was an amazing month filled with a ton of great activities! I am thrilled to share that our numbers continue to grow, both participation and activities. In November we will continue to increase attendance and activities at the Senior Campus. Please remember to be kind and patient as we will have multiple events going on at once. If you're 50+ and have not been to the Senior Campus, come down and join us! The Bullhead City Senior Campus has something for everyone. We are always looking for volunteers to help keep things running smoothly. If you have a couple of hours a week to donate, please stop in and talk to me so we can get you started.

October was an activities extravaganza! It was the most action-packed month we've had to date. It began with all our regularly scheduled events that everyone loves. Then we had the Medicare and Dessert event hosted by Suzette Roberts licensed local agent. Our very first Genealogy Club had their first meeting and was well attended. Call Kate Sprague for details (661) 342-7652 on how you can get started.

The Meals on Wheels Board of Directors hosted a "Meet & Greet" picnic. JT's BBQ made an impressive lunch that was enjoyed by everyone. Desert Lawn Funeral Home provided fun games and prizes. Anita Hall sang sharing her amazing musical talent. I know this group is going places.

Tri-State Paralegal's Diana Morrison presented information on part (1) of four (4) on Wills. By mid-month you would have thought we were losing steam, but no! We participated in the very first statewide BingoPalooza on October 18th. I am so proud to announce that the next time you visit you will see the Bullhead City Senior Campus proudly displaying the "The Most Spirited Center" trophy on-site presented by BingoPalooza. That's right we won! Out of over 40 centers statewide, including much bigger centers in the Phoenix area, we were awarded the Most Spirited Center award. We showed those seniors how to party!

Several seniors helped to raise money at the Kiwanis's Corn-fest event by selling raffle tickets for a Senior Campus Booze basket, a beautiful afghan, beautiful handmade jewelry, and crocheted Halloween items. 100% of the profits go right back into the Senior Campus. Lastly, the month ended with a fun Halloween party hosted by Compassus Hospice complete with games, prizes, and a costume contest.

If you feel like you missed out, don't worry, we have an action-packed November as well. Be sure to look at the calendar pages included in this newsletter very carefully.

Looking forward to seeing you soon,

Kim Cool

Kim Cool – Senior Services Program Manager
(928) 763-0193 Office / (928) 254-7959 (Cell)
kcool@bullheadcityaz.gov



**THEN, NOW, &
FOREVER PROUD...
OUR HEROES**



**You're invited to the 14th Annual Paul Walsh
Veterans Day Parade presented by 1st Marine
Division Association.**

HONORING ALL THOSE WHO HAVE SERVED



Trophies will be awarded to the 1st, 2nd & 3rd
place Most Patriotic Floats. Parade float entry
deadline is 10/28/22.

SATURDAY ★ NOVEMBER 5, 2022

★ **PARADE BEGINS AT 10AM** ★
(ARIZONA TIME)

**PARADE ROUTE: SOUTH ON MIRACLE MILE
BETWEEN LEWIS DR & MARBLE CANYON DR**

**VETERANS
★ DAY ★**

For more information contact Patsy Walsh @ (928) 754-6247
or Debbie Hendren @ dhendren@bullheadcityaz.gov

PARADE

Senior Nutrition Center Monthly Meal Calendar

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic Pork Loin Mashed Sweet Potatoes Fresh Steamed Broccoli	1 BBQ Chicken Potato Wedges Zucchini & Squash	2 Veal Cutlet / Gravy Mashed Potatoes Steamed Carrots	3 Tuscan Turkey Sandwich Chips Mayo	4 Salisbury Steak Rice Pilaf Stewed Tomatoes
7 Bratwurst Sautéed Cabbage Potatoes Au Gratin Warm Apples	8 Swedish Meatballs Pasta Steamed Carrots Fruit Crumble	9 Stuffed Peppers Steamed Corn Fruit Crumble	10 Chicken Pot Pie Biscuit on top Collard Greens Warm Apples	11 CLOSED 
14 Country Fried Steak Mashed Potatoes Sautéed Spinach	15 Balsamic Chicken & Mushrooms Rice Pilaf Vegetable Medley	16 Beef Fajita Salad Ranch Dressing Breadstick	17 BBQ Pulled Pork Biscuit on top Baked Beans Coleslaw	18 Tuna Noodle Casserole
21 Lemon Pepper Chicken Macaroni & Cheese Vegetable Medley	22 Sausage Vegetable Frittata Salsa Warm Pears	23  FRIENDSGIVING DINNER	24 CLOSED 	25 CLOSED
28 Chicken Marsala Rice Pilaf Steamed Carrots	29 Deconstructed Shepard Pie Dinner Roll	30 Turkey Primavera with Pasta Breadstick	Asian Chicken Salad Dressing Wheat Crackers	Cheese Omelet Sausage Delmonico Potatoes

Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare. 1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal.

Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City. Congregate lunch is served Monday through Friday 11:30 am to Noon to those 60+ or with a disability.

Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.

SENIOR CAMPUS FOOD PANTRY

Senior Campus
Food Pantry
is open to the public
age 50+
Monday—Friday
8am –4pm



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



An Employer with a
Focus on You

Now Hiring Drivers & Warehouse Material Handlers

Apply Today or Call 928-404-1778 for More Information



DriveForDot.com

TRUSTED **VALUES.**
INNOVATIVE **SOLUTIONS.**
SHARED **GROWTH.**



DotFoodsCareers.com/now-hiring

#DiscoverDot | @DotFoodsCareers



#DriveForDot | @DriveForDot

Dot Foods Arizona is a proud sponsor of the Bullhead City Rotary Club and member of the Bullhead City community.

COMMUNITY-MINDED HOSPICE SERVICES, TAILORED TO YOU

We bring LIFE to hospice services, empowering you to finish well.
You deserve integrity, understanding, and customized care during end-of-life.
That's where we step in. **We're here for you, Arizona.**

OUR SERVICES

Nurses visit as often as needed to carry out your specific care plan.

Bereavement Counselors provide grief support and education for loved ones.

Social Workers provide emotional support and can assist with living wills.

Physicians and Nurse Practitioners

Nurse Aides

Skilled Therapists

Dieticians

Therapeutic Services

Volunteer Services

Spiritual Care

Wound Care



CASSIE PEGG / 928.296.0779 (C)
5225 Highway 95 | Suite 7
Fort Mohave, AZ 86426
928.278.7861 (C) | 928.577.2394 (F)

www.arizonalifehospice.com

LIVE WELL. FINISH WELL.

**collaborative
resource
sharing**



Thursday, November 10th @ 9 am

All Seniors 50+ are invited to learn more about local resources and how to use them. During the meeting, you will be introduced to local resource leaders, receive their contact information, and get a better understanding of what they offer if you need their help. Resources will attend virtually and be shown on the Activity Center TV.

Bullhead City Senior Campus

2275 Trane Road, Bullhead City, AZ 86442

For questions or to share your resource contact:

Kim Cool –Senior Services Program Manager

(928) 763-0193 or kcool@bullheadcityaz.gov



AREA RESOURCES use the link meet.google.com/kzt-qwjb-ngk
Or dial: +1 219-401-0122 PIN: 813766234# All Welcome to learn and share



You're Invited!!

**Ice Cream Sundae
Social Hour**

4th Thursday of the Month

Noon—1pm

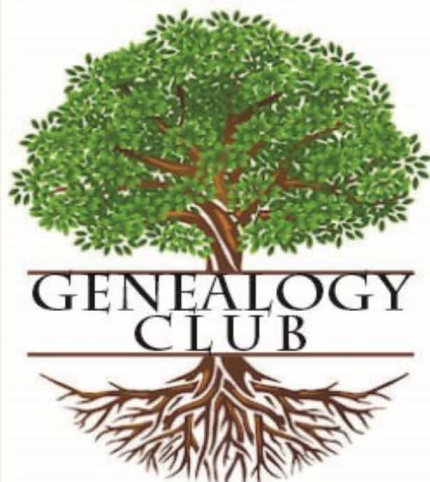
**Senior Campus,
2275 Trane Rd**

Questions?



Moose Lodge 1860

Women of the Moose Chapter 1842



Join Kate Sprague, family history expert and learn how to trace your family tree.

1st & 3rd Wednesday of each month at the
Senior Campus, located at
2275 Trane Road Bullhead City
12:30 p.m. to 2:00 p.m.

Questions?

Kate Sprague (661) 342-7652 or treetracer57@yahoo.com

SENIOR CAMPUS SPOTLIGHT

Everyone Meet Jerome & Rosa

Client Spotlight



JEROME HAYWOOD

Jerome Haywood has been coming to the Senior Campus for over a year. He said his favorite part about the Senior Campus is the food and the people.

Jerome grew up in Los Angeles, California. He was a chef and worked in a lot of great restaurants like IHOP, Golden Corral and Mom & Pops Diner. Jerome is married and has five daughters.

Volunteer Spotlight



ROSA HORNE

Rosa Horne has been volunteering at the Senior Campus since March of this year and does wellness checks on homebound clients. She says her favorite part of the job is talking to the clients and making sure their needs are met.

Rosa grew up in Paramount, California. She worked as a medical assistant for a doctor both in front and back-office duties. She has been widowed for 10 years and has three adult children, six grandchildren and five great grandchildren.

She enjoys spending time with her very active widows' group through Amazing Grace Church. She also enjoys playing cards and games.



JOIN US FOR *Friendsgiving*



Join us for
Friendship Dinner
Wed. November 23rd

at the Bullhead City
Senior Campus
located at 2275 Trane Road,
Bullhead City, Arizona

Festivities are from
10:30 A.M. to Noon

Food, Games & Fun!



Bullhead City Senior Campus
2275 Trane Road Bullhead City, Arizona

BULLHEAD CITY'S 2022 SENIOR CAMPUS SPONSORSHIPS

CHAMPION

- Exclusive Sponsorship of 1 Major Senior Campus Activity
- 2 months advertising in the Senior Campus (22x28 poster produced by sponsor)
- Four Facebook posts with a link to your business website (4 posts over 60 days)
- Business ad featured in the Senior Campus newsletter for 3 months (8.5"x11")
- 2 homebound delivery stuffer (must be used before the end of the calendar year)
- Recognized on Senior Campus web page with hyper link to business website

\$2000

GUARDIAN

- Sponsorship of 1 Major Senior Campus Activity
- 1 month advertising opportunity in the Senior Campus (22x28 poster produced by sponsor)
- Two Facebook posts with a link to your business website (2 posts over 30 days)
- Business ad in the Senior Campus newsletter for 2 months (7.25" x 4.75")
- Recognized on Senior Campus web page with hyper link to business website

\$1000

SUPPORTER

- Sponsorship of 1 Senior Center Activity
- Business ad in the Senior Campus newsletter for 2 months (7.25" x 4.75")
- One Facebook post with a link to your business website
- Recognized on Senior Campus web page with hyper link to business website

\$500

ADVOCATE

- Business name listed in the Senior Campus newsletter for 6 months
- Recognized on Senior Campus web page with hyper link to business website

\$250

Business Name _____

Contact Person _____

Address _____

City _____ **State** _____ **Zip** _____

Phone Number _____ **Fax Number** _____

Email _____

Website _____

Social Media _____

Level Requested _____ **Total \$** _____

Signature _____

Date _____

NON SPONSOR DONATION

\$

If you wish to support the Senior Campus of sponsorship, any monetary amount is appreciated and graciously accepted.

PLEASE REMIT PAYMENT TO : CITY OF BULLHEAD, C/O JACKIE JENSEN , 2355 TRANE RD, BULLHEAD CITY, AZ 86442

HAPPY BIRTHDAY

Are You a November Baby?

Join us for the November Birthday Month Celebration for all
Seniors 50+ at the Senior Campus on
Tuesday, November 22nd starting at 11:30 am

November 1
Hannelore Hosley
Janet Hansen

November 4
Julene Wells,

November 7
Rex Causey

November 8
Eric Demaree
Dave Camadine
Dawayne Harral

November 9
Cathy Goodman

November 10
Fred Holguin
Robert Pond
Michael Mix

November 11
Carl Eppich

November 20
Christopher Pino

November 21
Brenda Cawghey

November 22
Claretta "Loui" Leslie

November 23
Delbert Pragnell

November 25
Judy Owens

November 26
Rita Roberts

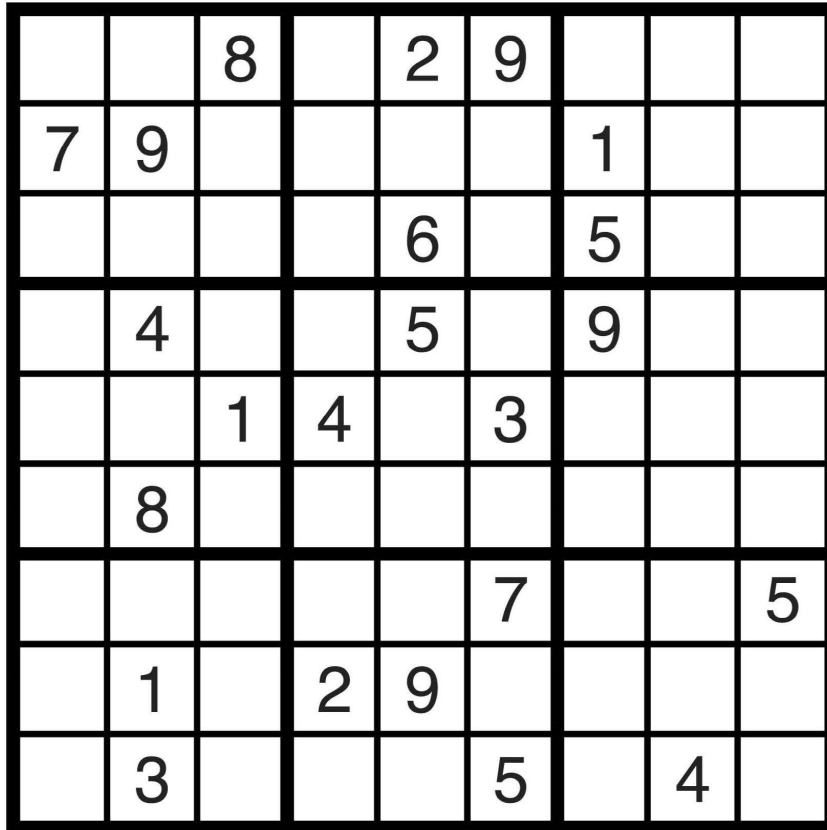
November 27
Jim Ahle
Tom Hanlon
Sarah Mendoza

November 28
Raymond Bene
Carlotta Ortiz

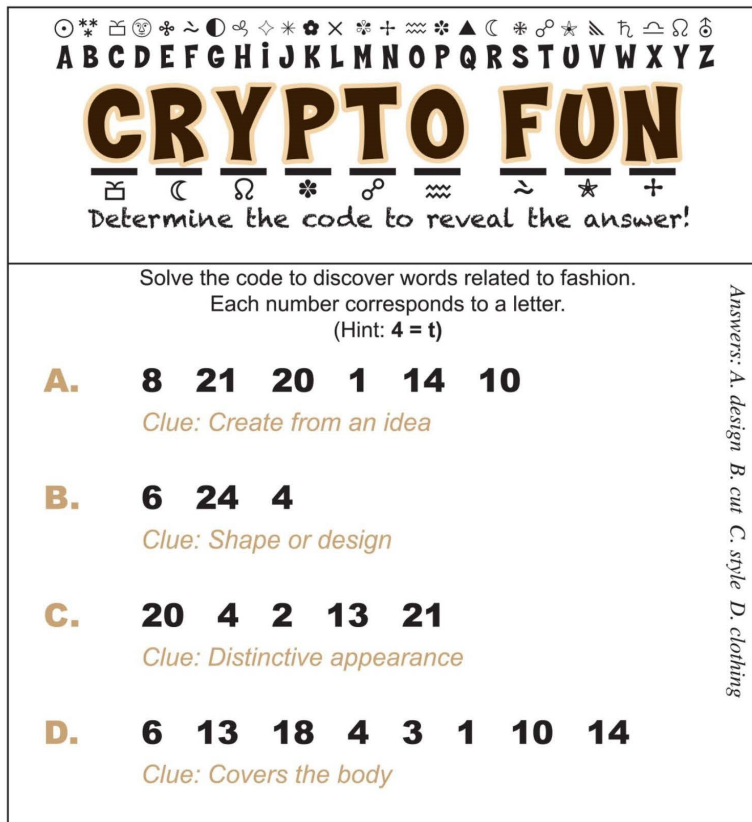
November 29
Haal Goldsmith



Sponsored by: Joshua Springs Senior Living.
Nicole Collins, Sales Director
(928) 763-1212 ncollins@watermarkcommunities.com



Level: Advanced



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to fashion.

H E S S O

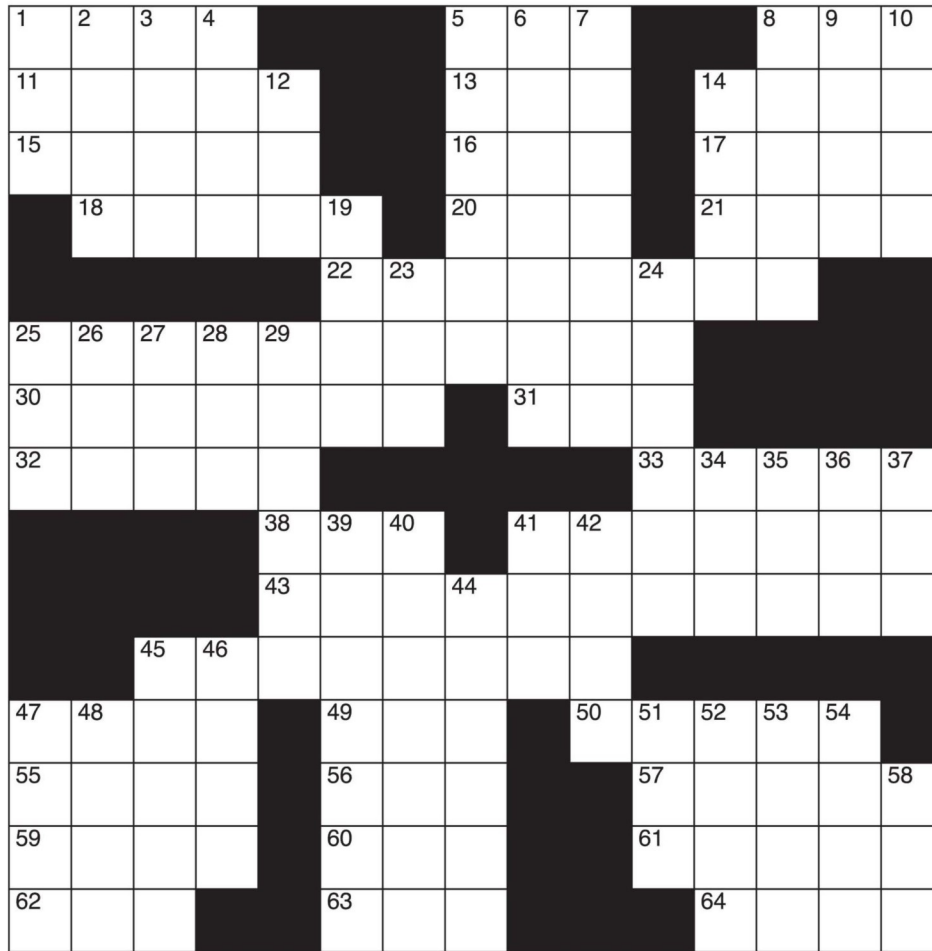
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Answer: Shoes

Guess Who?

I am a singer born in Tennessee on November 26, 1939. As a child, I picked cotton and later worked as a nurse's aid. Although I wanted to be a nurse, I had musical talent that helped earn me the nickname "The Queen of Rock and Roll."

Answer: Tina Turner



CLUES ACROSS

1. Dutch word for "language"
5. Popular music style
8. Body part
11. Largely dry valleys
13. Brew
14. Ancient Greek sophist
15. Where rockers play
16. Human gene
17. One point east of northeast
18. Adversary
20. Small cask or barrel
21. About ear
22. Benign tumors
25. In a different way
30. One charged with a crime
31. Chinese principle underlying the universe
32. Long, narrow straps
33. Passover
38. Ottoman military commander
41. One who does not succeed
43. Data
45. 3D image
47. Whale ship captain
49. Japanese title
50. Made of wood
55. Yokel
56. Exercise system ___-bo
57. Supreme being
59. Playing card with three spots
60. Hostelry
61. Spiritual leader
62. Single lens reflex
63. Time of the 90th meridian, used in the central U.S.
64. Thomas ___, American cartoonist

CLUES DOWN

1. Shuttered airline
2. Swiss river
3. Port city in Yemen
4. It can be straight
5. Tennis player's tool
6. Estranged
7. Garden archway
8. Assists
9. Grain crop
10. Millisecond
12. U.S. Founding Father Adams
14. Small, deerlike buffalo
19. Easily manageable
23. Male parent
24. Nearsightedness
25. Patriotic women
26. Decorate a cake with frosting
27. ___ fi (slang)
28. A joke rooted in wordplay
29. Attack violently
34. Keyboard key
35. ___ juris: independent
36. Corporate executive (abbr.)
37. Adult female bird
39. Pertains to knowledge
40. Pashtoes
41. Prefixed title for Italian monks
42. To be fired from a gun
44. A way to position
45. ___ process: produces ammonia
46. Follow instructions
47. Humanistic discipline
48. Throw
51. Swiss river
52. American hate group
53. Actor Idris
54. Seizes
58. Baseball stat

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



NOVEMBER 2022

ACTIVITIES CALENDAR



TUESDAY

1

8:15 a.m. to 9 a.m. Zumba Class
 9 a.m. to Noon Beading Group
 9 a.m. to 9:45 a.m. Essentrics- Aging Backwards
 10 a.m. to 11:30 a.m. Watercolor Painting Class w/Pro Inst.
 Noon to 1:30 p.m. Learn to Draw
 Noon to 1 p.m. Breath Work Exercise
 12:30 p.m. to 3:30 p.m. Hand & Foot Card Game
 12:30 p.m. to 3:30 p.m. Poker Card Game
 4 p.m. to 5 p.m. Line Dancing Instruction

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

Cribbage Group
 Relaxation & Mindfulness Exercise
 Body Moves for Brain Power
 Caregiver Support Group-In person/Zoom
 Educational Cooking Presentation
 Bunco Group
 Genealogy Club
 Watercolor II- Painting Class
 Bereavement Support Group
 Gamblers Anonymous Meeting

WEDNESDAY

2

THURSDAY

3

9 a.m. to Noon Veteran's Benefit Counselor-by appt
 9 a.m. to 9:45 a.m. Essentrics - Aging Backwards
 Noon to 3 p.m. Knit & Crochet Group
 Noon to 2 p.m. One-on-One Technology Tutoring-2 spots
 Noon to 1 p.m. Ice Cream Social
 5:30 p.m to 9:30 p.m. Pass the Trash-Card Game/Pot Luck

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

Free Flu Shot & Covid Vaccine (with insurance card)
 Body Moves for Brain Power
 Sewing /Quilting call: 707-372-7883
 Mexican Train Game
 Pinochle Group
 Poker Card Game

FRIDAY

4

MONDAY

7

9:30 a.m. to 10 am Body Moves for Brain Power
 10 a.m. to 11:30 am Free Bingo w/Prizes
 12:30 p.m. to 3:30 pm Pinochle Card Game
 12:30 p.m. to 3:30 pm Poker Card Game



TUESDAY

8

8:15 a.m. to 9 a.m.
9 a.m. to Noon
9 a.m. to 9:45 a.m.
10 a.m. to 11:30 a.m.
10 a.m. to 11 a.m.
12 p.m. to 1:30 p.m.
12 p.m. to 1 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:30 pm
4 p.m. to 5 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
"We Care" Cancer Support Meeting
Learn to Draw
Breath Work Exercise
Hand & Foot Card Game & Poker Card Game
Card Making Class- 8 spots
Line Dancing Instruction

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

Cribbage Group
Relaxation & Mindfulness Exercise
Body Moves for Brain Power
Trivia Time
Watercolor II- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

WEDNESDAY

9

THURSDAY

10

9 a.m. to 11 a.m. Collaborative Resource Sharing Event
View online: meet.google.com/kzt-qwjb-ngk
Noon to 3 p.m. Knit & Crochet Group
5:30 p.m. to 9:30 p.m. Pass the Trash-Card Game/Pot Luck



**SENIOR
CAMPUS
CLOSED**

FRIDAY

11

MONDAY

14

9:30 a.m. to 10 a.m.
10 a.m. to 11:30 a.m.
12 p.m. to 1:30 p.m.
12 p.m. to 1 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes
Happy Hour with Games
Dementia Support Group
Pinochle Card Game
Poker Card Game

8:15 a.m. to 9 a.m.
9 a.m. to 12 p.m.
9 a.m. to 9:45 a.m.
10 a.m. to 11:30 a.m.
11:30 a.m. to 12:30 p.m.
Noon to 2 p.m.
Noon to 1:30 p.m.
Noon to 1 p.m.
12:30 p.m. to 3:30 p.m.
4 p.m. to 5 p.m.
6 p.m. to 9 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
Birthday Month Celebration
Learn & Make-Fall Earrings
Learn to Draw
Breath Work Exercise
Hand & Foot Card Game & Poker Card Game
Line Dancing Instruction
Evening Bunco Group

TUESDAY

15

WEDNESDAY

16

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

Cribbage Group
Relaxation & Mindfulness Exercise
Body Moves for Brain Power
Caregiver Support Group (In person/Zoom)
Bunco Group
Genealogy Club
Watercolor II- Painting Class
Bereavement Support Group

9 a.m. to Noon
9 a.m. to 9:45 a.m.
Noon to 3 p.m.
5:30 p.m. to 9:30 p.m.

Veteran's Benefit Counselor- by appt
Essentrics - Aging Backwards
Knit & Crochet Group
Pass the Trash-Card Game/Pot Luck

THURSDAY

17

FRIDAY

18

9:30 a.m. to 10 a.m.
10 a.m. to 2 p.m.
10 a.m. to 2 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.

Body Moves for Brain Power
FREE Mini Clinic (12 spots)
Sewing /Quilting call: 707-372-7883
Mexican Train Game
Pinochle Group
Poker Card Game

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

Body Moves for Brain Power
Free Bingo w/Prizes
Pinochle Card Game
Poker Card Game

MONDAY

21

TUESDAY

22

8:15 a.m. to 9 a.m.
9 a.m. to 12 p.m.
9 a.m. to 9:45 a.m.
10 a.m. to 11:30 a.m.
Noon to 1:30 p.m.
Noon to 1 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
4 p.m. to 5 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
Learn to Draw
Breath Work Exercise
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction

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

Cribbage Group
Relaxation & Mindfulness Exercise
Body Moves for Brain Power
Friendsgiving Dinner
FREE Bingo w/prizes
Watercolor II- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

WEDNESDAY

23

THURSDAY

24

**SENIOR
CAMPUS
CLOSED**



**SENIOR
CAMPUS
CLOSED**

FRIDAY

25

MONDAY

28

9:30 a.m. to 10 a.m.
10 a.m. to 11:30 a.m.
Noon to 1 p.m.
Noon to 1 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes
Dementia Support Group
Let's Craft - Supplies & Instruction
Pinochle Card Game
Poker Card Game

8:15 a.m. to 9 a.m.
9 a.m. to 12 p.m.
9 a.m. to 9:45 a.m.
10 a.m. to 11:30 a.m.
Noon to 1:30 p.m.
Noon to 1 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
4 p.m. to 5 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
Learn to Draw
Breath Work Exercise
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction

TUESDAY

29

WEDNESDAY

30

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

Cribbage Group
Relaxation & Mindfulness Exercise
Body Moves for Brain Power
Caregiver Support Group (In person/Zoom)
Watercolor II- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting



⊙ * ☒ ☉ ☼ ☽ ☾ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☒ ☾ ☉ ☼ ☽ ☾ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

Determine the code to reveal the answer!

Solve the code to discover words related to diabetes.
Each number corresponds to a letter.
(Hint: 4 = E)

A. 21 16 1 9 5 19 4

Clue: Sugar

B. 15 10 19 1 16 15 10

Clue: Regulates sugar

C. 16 4 8 4 16 19

Clue: Measurements

D. 11 15 4 6

Clue: Foods you eat

Answers: A. glucose B. insulin C. levels D. diet

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to diabetes.

O B D L O

--	--	--	--	--

Answer: Blood

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to adoption.

Y P L A P

--	--	--	--	--

Answer: Apply

DIABETES WORD SEARCH

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

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

WORDS

ACIDOSIS
ADRENAL
ADVERSE
ALBUMINURIA
ASYMPTOMATIC
BASAL RATE
BETA
BLOOD
CARBOHYDRATE
CARDIOVASCULAR
CONTROL
DEHYDRATION
DIABETIC
DIETICIAN
ENDOCRINE
FEET
GLUCOSE
INSULIN
KETONES
MONITOR
NERVES
ONSET
PANCREAS
STRIP

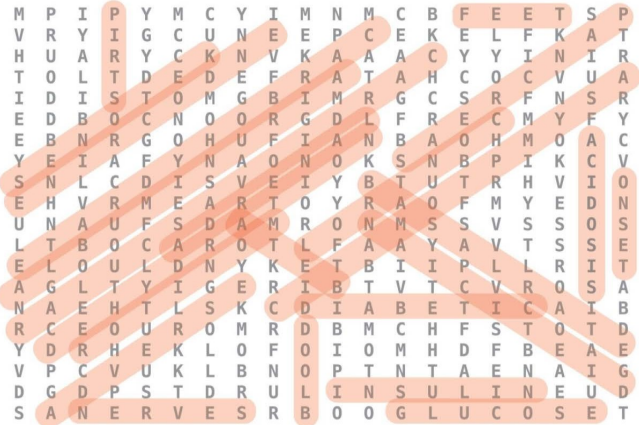
Serves 16

1. Combine the cider, orange slices, cloves, cinnamon, and honey in a large pot over medium heat.

If you are picky about things floating in your cider, make a little bundle out of cheesecloth and place the cinnamon and cloves inside before adding to the cider. Bring to a boil, and then reduce to a simmer over low heat for an hour or so to spread these lovely winter aromas around your home.



ANSWERS



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

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



Bullhead City Farmer's Market
Presented by
Anderson Ford & Anderson Power Sports

HOLIDAY MARKET

SAT. NOV 26 9AM - 1PM
GARY KEITH PARK

NEEDED
VENDORS
FOOD TRUCKS
LOCAL CHURCH & SCHOOL
CHOIRS TO PERFORM

HAVE A HOLLY JOLLY TIME AT THE MARKET

SPONSORED BY



For more information contact Claire Adams, Recreation Supervisor
(928) 763-9400 x 8306 or cadams@bullheadcityaz.gov

BULLHEADCITYFARMERSMARKET.COM

Thank you

FOR YOUR SUPPORT

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*Come Join Our Amazing
Group of Volunteers*



Front Desk Check-In
Meals on Wheels Drivers & Delivery
Dining Room Server
Dining Room Server
Kitchen Help
Host a Program
Wellness Check Phone Callers
Angels Essential Area Worker

<https://www.governmentjobs.com/careers/bullheadcity> and click on **Senior Campus Volunteer** to get started



Every Wednesday

Senior Campus

9 am-12 pm.

Join Master Cribbage player Gary Sands and he will teach you the art to winning cribbage.

Come play Cribbage !

LAUGHLIN RANCH
GOLF CLUB
ESTABLISHED IN 2004

Presents

We Care
Cancer Support Services

Golf Tournament

FUNDRAISER
November 11th

Help support We Care Cancer Support Center
With Golf at Laughlin Ranch!

\$75 A Player ◦ \$50 For Members ◦ Food Included

- 9:00am Shotgun Start
- 4 Person Scramble
- Rewards + Prizes + More

For more information contact
928-404-1255 or 928-754-1243



All Aboard!
THE POLAR EXPRESS

Colorado River Women's Council

2022 Christmas Boombox Parade
Friday, December 2, 2022

SPRIT OF GIVING

All Aboard!
THE POLAR EXPRESS

Contact: Jen Ronan 928-583-2397
OR email: president@coloradoriverwomenscouncil.info

Findlay
BULLHEAD CITY

KISS FM
MURPHY BROADCASTING

MOHAVE
electric cooperative
A "Touchstone Energy" Cooperative





Thursday, November 10th

Noon—2pm

Brownies

Thursday, November 17th

Noon– 2pm

Chocolate Chip Cookies

Sponsored by



Watercolor Painting Class

Every Tuesday

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

Senior Campus

Watercolor II Painting Class

Every Wednesday

1p.m. to 3p.m.

Senior Campus



We Got Games!!

Senior Campus Game Schedule

MONDAY: Free Bingo w/ Prizes, Pinochle and Poker

TUESDAY: Hand and Foot Card Game and Poker

WEDNESDAY: Cribbage and Bunco

THURSDAY: Pass the Trash & Bunco

FRIDAY: Pinochle and Poker

Check out the monthly
schedule for details!



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SENIOR CAMPUS
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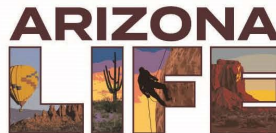
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