



BULLHEAD CITY, ARIZONA
**SENIOR
ENRICHMENT
CENTER**

HELPING SENIORS THRIVE IN OUR COMMUNITY



AUGUST'26 NEWSLETTER

VOLUME 05 ISSUE 05

SCAN FOR
EVENT CALENDAR



SCAN TO FOLLOW
US ON FACEBOOK



MONTHLY WHITE ELEPHANT BINGO



Friday, August 7
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

MONTHLY MOVIE MATINEE



PROJECT HAIL MARY

THURSDAY
AUGUST 20
2:00 p.m. - 4:30 p.m.

SENIOR ENRICHMENT CENTER 2275 TRANE RD, BULLHEAD CITY

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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!



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

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Senior Services Program Manager
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kcool@bullheadcityaz.gov

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Shauna Cates

Sponsorship Coordinator
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MONTHLY MENU

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak w/Gravy Rice Pilaf Green Beans	4 Cobb Salad Roll Dressing	5 Vegetable Lasagna Dinner Roll Broccoli	6 Sweet & Sour Chicken Mixed Veggies Rice	7 Chicken Enchilada Fiesta Veggies Rice
10 Meatloaf w/ Gravy Mac & Cheese Veggies	11 Denver Omelet Breakfast Potatoes Pork Sausage	12 Chicken Nuggets Mashed Potatoes Mixed Veggies	13 Sweet & Sour Meatballs Pasta Carrots	14 Beef Lasagna Dinner Roll Broccoli
17 BBQ Pulled Pork Baked Beans Cobbler	18 Chicken Cordon Bleu Potato Wedges Mixed Veggies	19 Seasoned Chicken w/ Gravy Mashed Potatoes Carrots	20 Cheese Enchiladas Rice Refried Beans	21 Spaghetti & Meatballs Mixed Veggies Fruit Crisp
24 Salisbury Steak w/Gravy Rice Pilaf Green Beans	25 Swedish Meatballs on Pasta Corn Roll	26 Stuffed Peppers Mixed Veggies Beignet	27 Asian Chicken Salad Dinner Roll Dressing	28 Cheese Omelet Pork Sausage Hash Brown
31 Meatloaf w/Gravy Mac & Cheese Mixed Veggies				

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.



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

GRAB BAG BINGO

WED. AUGUST 12
10AM-11AM

SENIOR ENRICHMENT CENTER
2275 TRANE RD BULLHEAD CITY

SPONSORED BY



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

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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



LIVE MUSIC & MORE



NOW APPEARING:
KARAOKE
WITH
SUPERMAN

WED. AUG 26
1:30 PM - 2:30 PM
IN THE GAME ROOM

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

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REAL ESTATE

Lois Briesemeister

Branch Manager / Associate Broker

US Southwest, LLC

Buying or Selling, Give me a Call

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**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!**

PAR FOR THE COURSE WORD SEARCH

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

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

ALBATROSS
BIRDIE
BOGEY
BUNKER
CADDIE
DIMPLE
DIVOT
DRIVER
EAGLE
FAIRWAY
FORE
GREEN
HANDICAP

HAZARD
HOOK
IRON
MULLIGAN
PAR
PUTTER
ROUGH
SLICE
STROKE
TEE
WEDGE





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Bullhead City, AZ 86442

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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!

Pack your curiosity for a virtual journey
around the globe!

Explore famous landmarks, breathtaking
scenery, and hidden gems.

No Passport Required!

Share travel memories and enjoy
refreshments.

Tuesday, August 25

12:30 pm - 1:30 pm

GOOGLE EARTH GATEWAY

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THE
LEGACY

REHAB & CARE CENTER

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

NATIONAL SENIOR CENTER MONTH



Celebrating the Heart of Community



Join us as we celebrate National Senior Center Month and honor the friendships, connections, and sense of belonging that make our Senior Enrichment Center such a special place.



This year's theme, "*Celebrating the Heart of Community*," recognizes the important role senior centers play in enriching lives, promoting healthy aging, and bringing neighbors together.



Enjoy an afternoon of *great food, fun, laughter, and community* as we celebrate all that makes our center the heart of Bullhead City's 50+ community.



SENIOR ENRICHMENT CENTER



MEALS on WHEELS

BULLHEAD CITY, AZ

www.MealsOnWheelsBullhead.org



FRIDAY, SEPTEMBER 4
11:30 A.M. – 1:00 P.M.



**GREAT FOOD
FUN • LAUGHTER
COMMUNITY**

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TWN
Communications



Welcome

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



**David
VanDeWyngaerde,
MD**



**Albert
Pearsall,
MD**

Specializing in:

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- 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
Monday, August 3rd
12:30pm - 2:30pm
Senior Enrichment Center's
Craft Room

THIS MONTH AT THE



Where
Connections
Enrich
Lives!

Senior Enrichment Center

♥ Connect. Learn. Thrive. Together. ♥



Neighborly News & Networking

this month!



AUGUST 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:

Living Will



928-763-0193



2275 Trane Road
Bullhead City, Arizona



Senior Enrichment Center

♥ Connect. Learn. Thrive. Together. ♥



MONTHLY root beer FLOATS

Mon, August 24 Noon - 1pm

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928-600-2628 TTY-711

Shirley Martinez
Insurance Agent/Broker
License 8695764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

Did you know?

Conventional wisdom has long suggested adults should drink eight glasses of water each day, but the Mayo Clinic notes daily water consumption recommendations depend on variables that are unique to each individual. For example, people who engage in activities that make them sweat, like exercise, will need to consume extra water to make up for the loss of fluid. Water consumption needs also may change with the seasons, as people are more likely to lose fluid when temperatures are high and cause people to sweat than they are when temperatures are moderate or low. The Mayo Clinic notes high altitudes can increase the risk for dehydration, which may require people in high altitude locations to drink more water each day. People dealing with certain medical conditions, including bladder or urinary infections, or illnesses that cause fluid loss due to vomiting or diarrhea also may need to consume extra water each day to avoid dehydration.





WEDNESDAY SWAG DAY

**Every Wednesday
in August is Swag Day!**

**Swag Day
Special**

- **Unlimited Golf**
- **Cart**
- **FREE SWAG!**
- **8/5 Golf Towel**
- **8/12 Hat**
- **8/19 Can Koozie**
- **8/26 Visor**

\$25
per player

Valid August 2026 ONLY.



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HAPPY HOUR



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

**Senior Enrichment Center
Happy Hour is sponsored by**



Shirley Martinez
Insurance Agent/Broker
License 8695764

928-600-2628 TTY-711

Tips to ensure a better night's sleep

A state of sleep is necessary to give the body and mind time to recharge and prepare for the next day. Though such benefits are widely recognized, a significant percentage of individuals across the globe are failing to get sufficient rest, a dangerous reality that could be putting people at risk for various diseases and conditions.

Lack of sleep is such a prominent problem that the research team behind a 2024 study published in the journal *The Lancet: Diabetes & Endocrinology* dubbed insufficient sleep as a neglected public health issue. That study surveyed 2,000 adults in the United Kingdom and found that 90 percent of respondents reported current sleep problems, with two-thirds of those individuals indicating they had experienced their issues for more than six years. And it's not just adults suffering from sleep issues, as a 2023 peer-reviewed editorial written for the Centers for Disease Control and Prevention found that the modern 24-hour lifestyle and pervasive utilization of electronics and social media is normalizing insufficient sleep among children and adolescents.

Sleeping problems are not to be taken lightly, as the National Institutes of Health notes sleep deficiency has been linked to heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression. Children who are not getting enough sleep may experience difficulty paying attention, which could adversely affect their academic performance, and might be prone to misbehavior. Of course, many of these side effects can be avoided by getting sufficient sleep. With that in mind, adults, parents, children, and adolescents can consider these strategies to get a better night's sleep, courtesy of the Sleep Foundation.

Replace an old mattress. Old mattresses can be uncomfortable and thus make it harder to fall asleep.

Block out light. Light exposure adversely affects circadian rhythm, so keep external light out of your bedroom and dim lights as bedtime approaches. Avoiding bright light as you transition to bedtime can contribute to the production of the hormone melatonin, which facilitates sleep.

Set an appropriate temperature. The Sleep Foundation advises setting a bedroom temperature thermostat to between 65 and 68 degrees Fahrenheit to prevent feelings of being too hot or too cold when going to bed.

Wake up at the same time each day. A routine that includes the same wake-up time each day can acclimate the body to a healthy sleep routine.

Begin to relax 30 minutes before bed. A pre-bedtime routine focused on relaxation can facilitate sleep. The Sleep Foundation notes activities like quiet reading, low-impact stretching, listening to soothing music, and mindfulness meditation can help you ease into sleep.

Avoid devices an hour before bed. The light emitted by tablets, smartphones and laptops can suppress melatonin production, making it hard to fall asleep. Make the hour before bedtime each night a device-free time.

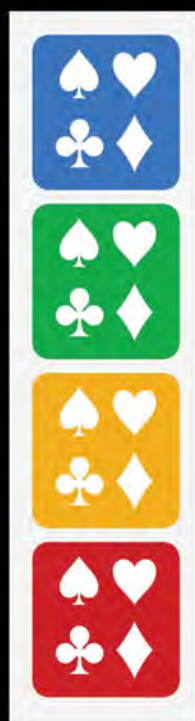
Exercise each day but avoid intense activity close to bedtime. Daily exercise has been found to promote sleep, but intense exercise right before bed can make it hard for the body to settle down. Insufficient sleep is an emerging issue for people of all ages across the globe. Some simple strategies can be employed to facilitate better night's rest.



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

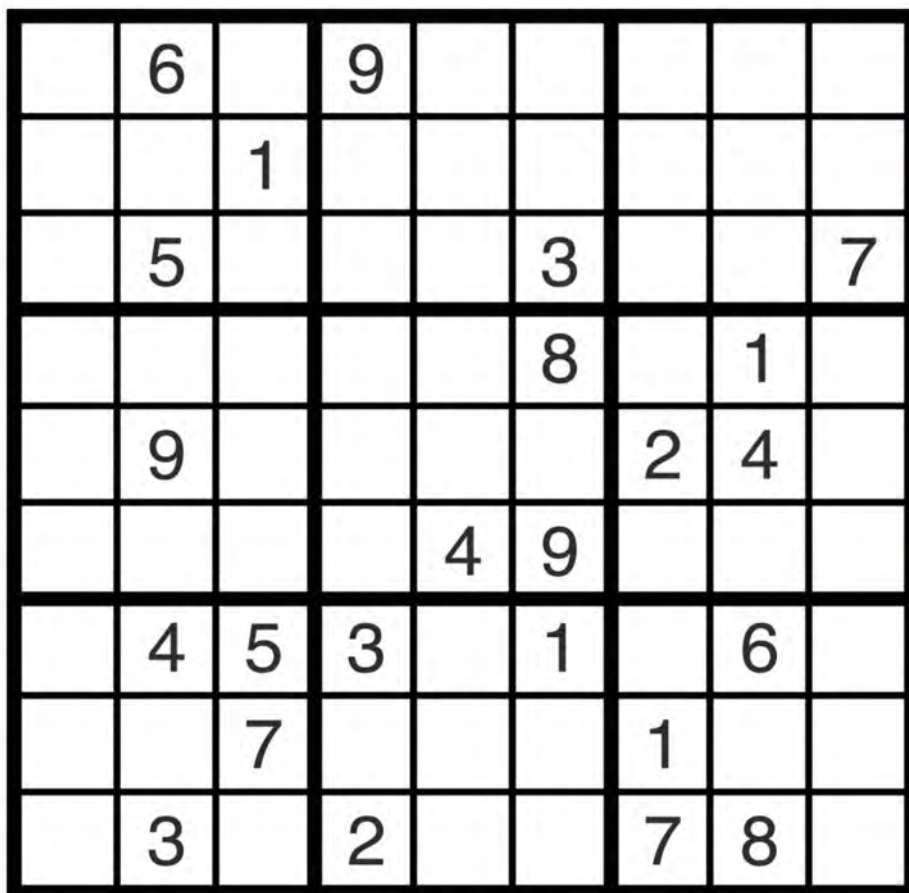


GAME sponsor

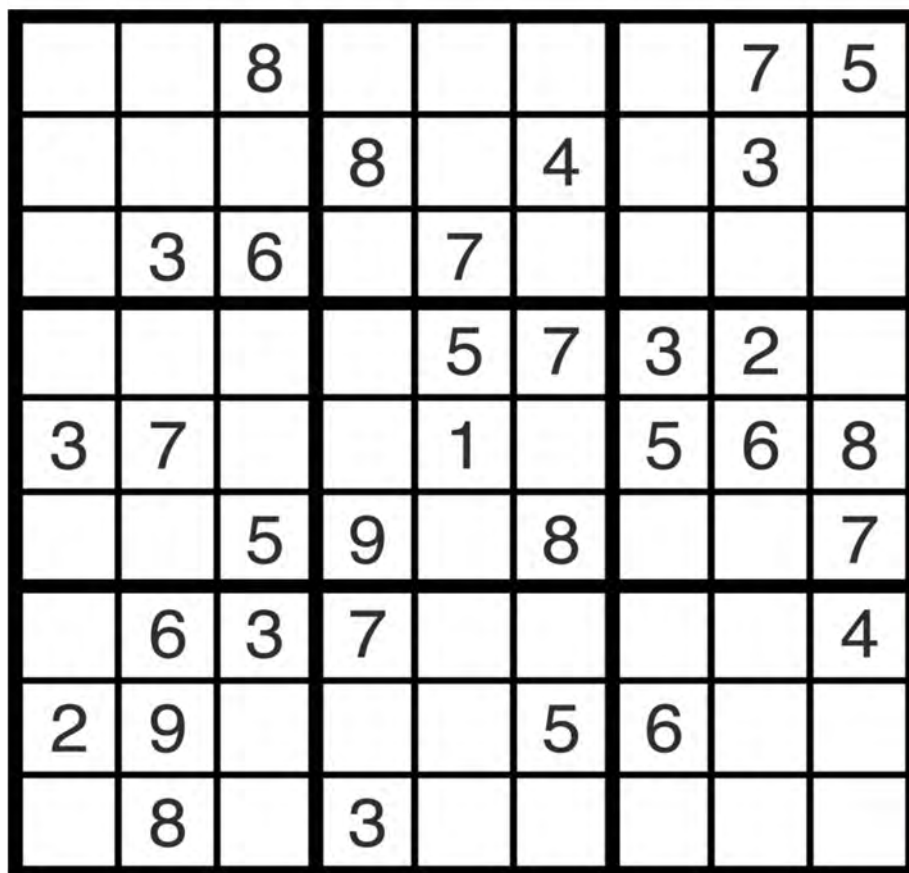


- Pinochle
- Sweep Card
- Poker
- Hand and Foot
- Mexican Train
- Mahjong Tiles
- Hit the Bulls Eye
- Cue Masters Club
- Left, Right, Center
- & More!

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.



Level: Advanced



Level: Beginner



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



AUGUST



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 2:30p.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.
 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
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



SPECIAL EVENTS & ACTIVITIES

Monday, August 3

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

Diamond Art Painting/Potted Plant Magnet/Craft Room
Sponsored by BHHS Legacy Foundation

Tuesday, August 4

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

Art Therapy/Cactus Card Making/Craft Room

Wednesday, August 5

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, August 6

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

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

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

Ice Cream Social/Nutrition Center

Sponsored by Culver's of Bullhead City

Friday, August 7

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

Fun Friday Crafts/Corky Crab Creation/Craft Room

Currently seeking a sponsor

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

White Elephant Bingo/Great Room

Sponsored by SDI Benefits

Tuesday, August 11

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

Jewelry Making/Pop Tab Earrings/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, August 12

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

Grab Bag Bingo/Great Room

Sponsored by Serenity Home Health and Hospice

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

Happy Hour/Great Room

Sponsored by WellCare

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

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

Thursday, August 13

11:00 a.m. to Noon

Brain Games/Televeda/Game Room

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

Mini Clinic/Nutrition Center

Sponsored by Beacon of Hope Hospice

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

Left, Right & Center Card Game/Game Room

Sponsored by VooDoo Cove

Friday, August 14

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

3rd Annual Meals on Wheels Luau/Fundraiser/Great Room

Monday, August 17

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

Drum Circle/Exercise Room

Tuesday, August 18

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

Monthly Birthday Celebration/Great Room

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

Art Therapy/Sparkle Desert Cactus Craft/Craft Room

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

Late Night Ladies Bunco/Nutrition Center

SPECIAL EVENTS & ACTIVITIES

Wednesday, August 19

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, August 20

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

NAU In-Service Training/Conference Room

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

Rock Painting/Craft Room

Provided by Colorado River Womens Council

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

Monthly Bingo Game/Great Room

Sponsored by TNG Insurance

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

Monthly Movie Matinee/Project Hail Mary/Great Room

Sponsored by Desert Lawn Funerals, Cremations & Cemeteries

Friday, August 21

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

Fun Friday Crafts/Cactus Cuties/Craft Room

Currently seeking a sponsor

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

National Senior Appreciation Splash Pad BBQ

Sponsored by TWN Communications

Monday, August 24

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

Root Beer Floats/Great Room

Sponsored by Mohave Medicare Plans

Tuesday, August 25

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

Neighborly News & Networking/Great Room

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

Monthly Mixer/Great Room

Sponsored by Legacy Rehab & Care Center

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

Art Therapy/Cactus Chic Purse Charm/Craft Room

Wednesday, August 26

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

Monthly Trivia Event/Great Room

Sponsored by Dot Foods

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

Sweep Card Game/Great Room

Sponsored by VooDoo Cove

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

Karaoke/Game Room

Sponsored by Lois Briesemeister, US Southwest Realty

Thursday, August 27

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

Beyond Walls Bingo/Televeda/Great Room

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

Ice Cream Social/Great Room

Sponsored by Culver's

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

Left, Right, Center Dice Game/Game Room

Sponsored by VooDoo

Friday, August 28

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

Fun Friday Crafts/Desert Bloom Pipe Art/Craft Room

Currently seeking a sponsor

A vibrant tropical-themed poster for a fundraiser. The top features the title '3rd Annual LUAAU FUNDRAISER' in large, stylized fonts. Below the title, the date and time 'Friday, August 14 11:30 a.m. – 2:00 p.m.' are listed, followed by the location 'Senior Enrichment Center 2275 Trane Rd, Bullhead City, AZ'. The ticket price '\$15 per person' is prominently displayed with decorative leaves. A paragraph of text describes the event as a fun-filled tropical celebration benefiting Meals on Wheels. A list of items included in the \$15 meal is provided in a bamboo frame. To the right, there is a QR code with the instruction 'Scan the QR Code to Secure your' and an image of a tropical drink. At the bottom, the logos for the Senior Enrichment Center and Meals on Wheels are shown, along with the website URL. The entire poster is decorated with tropical elements like hibiscus flowers, a ukulele, a tiki mask, and a plate of food.

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.

Falls PREVENTION

*Stay Active. Stay Independent.
Stay Safe.*



Join us for an informative and engaging event focused on reducing fall risks and promoting a safer, healthier life.

Learn About:



Safe
Movement



Home Safety
Tips



Balance
& Strength



Fall Risk
Reduction



**TUESDAY,
SEPTEMBER 15, 2026**
10:00 AM – 12:00 PM



**BULLHEAD SENIOR
ENRICHMENT CENTER**
2275 Trane
Bullhead City, AZ 86442



WACOG

Western Arizona Council of Governments

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Strengthening Communities. Empowering People.

*Small Steps Today,
Safer Tomorrow.*





**THURSDAY
AUGUST 20**

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

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

KARO TNGRIAN

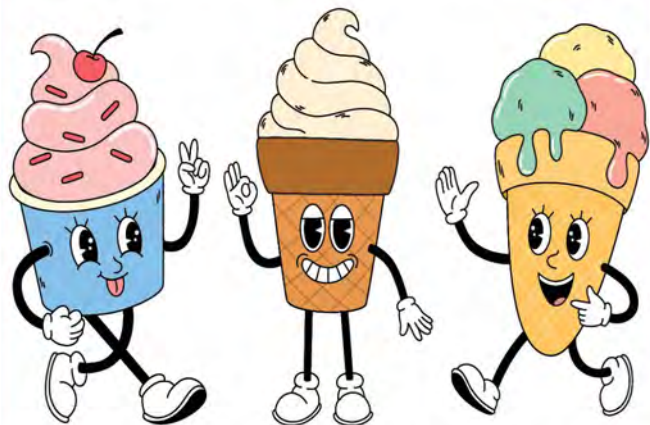


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AUGUST 6 NOON-12:30

AUGUST 27 NOON-1PM

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2275 TRANE ROAD BULLHEAD CITY, AZ**



Senior Enrichment Center of Bullhead City, AZ

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HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

August 1

Buswell, Robert
Miller, Dave
Tada, Evelyn
Olson, Marlene
Schmidt, Robert
Tejeda, Victor

August 2

Hardwick, Robert
Askay, Sherry
Rude, Linda
Lane, Raymond
Miles, Rita
Mehling, Peter
Aguilar, David

August 3

Suebert, Barbara
Rilloraza, Elviro
Seaman, Joyce
Lewis, Ray
Williams, Steven
Anderson, Linda A
Swim II, William
Perry, Michael
White, Susan

August 4

Finn, Lucille
Davis, John
Stevens, Ronald
Flores, John
Chamberlin, Larry
Godoy, Victor
Mericle, Robert
Campbell, Brad
Hays, Dana
Noriega, Maria

August 5

Jennings, Amelia
Kelly, Lucille
Sewell, Pat
Tovar, Jose
Skupien, David
Little, Heidi
DeSchane, Janet

August 6

Turner, Star
Kriznar, Brad
Shurte, Terry
Piemme, Karen
Luhrsen, Laura
Johnston, Janice
Haman, Todd
Ingerson, Kari

August 7

Karr, Myron
Riebel, Pam
Olivares, Robert
Burns, Barbara
Sorgenfrey, Brenda
Downey, Kelly
Hilton, Frances
Morris, Maura
Hannum, Kari
Myers, Terry
Benefield, Beverly
Preston, Charlotte
Lundstrom, Herbert
Lane, Connie
Elcess, Randall

August 8

Walker, Jeff
Parmer, Nina
Merkelbach, Francis
Armstrong, Margie
Berg, Kristine
Canedo, Antonio
Metsker, Sandra
Martinez, Larry

August 9

Rose, Holly
Brady, Yvonne
Gibson, Dale
Beaston, Gail
Stempien, Richard
Muro, Louis
Quinn, William
Comitz, Steve
Bowar, Don

August 10

Bennett, Gloria
Smith, Joe
Beyer, Kenneth
Wulf, Ronald
Spolar, Debbie
Porter, Laurel
Ferrell, Lisa

August 11

Harraman, Wallace
Rawlinson, Mare
Medeiros, Jerry
Linehan, Frank
Robertson, Vern
Janssen, Brigitte
Samples, Tami
Patrie, Mary
Pearson, Ken
Mollohan, Cherie

August 12

Elmore, Wanda
Goldfield, Dixie
Rede, Darlene
McCannon, Dale
Meister, Stacey
Ferrara, Eve

August 13

Henry, Diana
Mauceri, Carmen
Nygren, LaVern
Norman, Ronald
Mendelssohn, Brenda

August 14

Patterson, Pauline
Grasty, Carla
Farrara, Victor
Lewis, Ron

August 15

Collier, Gene
Dunlap, Ron
Roster, Bea
Johnson, Gregory
Aviles, Delia
Bartha, Paul
Meyer, Jaculyn

August 16

Roth, Lois
Donnelly, Martin
Wolkowycski, Eugene
Gerety, Sandra
Timmons, Fredrick
Maxim, Johnny
Walters, Aloha

August 17

Thompson, Karen
Bash, Lorna
Potter, Thomas
Schwartz, Rita
Hilton, Loye
Young, Wanda
Acridge, Kelly

August 18

Towne, Jerry
Hickmann, Thomas
Munsinger, Betty
McMahan, Brian
Link, Julie

August 19

Raduziner, Robert
Calvert, Dottie
Brey, Chuck
Ojeda, John
Sterns, Audrey
Schmidt, Linda
Munoz, Beatriz
Ysolde, Sonya
Keene, Michael
Gibson, Jill
Page, Steven
Puntar, James
Foutz, Jessie
Kluth, Helen
Sofka, Kurt
Nicolas, Helen
Sparks, Lee
McCool, Nenita
Dewolfe, William
Gass, Craig
Jorgensen, Susan
Burton, Susan
Booth, Gayle

Currently Seeking A Sponsor



August 20
Castaneda, Albert
DeHerrera, Gerri
Kennon, Sandra Ann
Mendoza, George
Rankin, Ronald
McNally, Robert
Johnson, Dennis
Hushti, Angela
Way, Kari
Hafenstein, Sue
Hancock, Sarah

August 21
Garlick, Gordon
Wallace, Nadine
Ortiz, Jean F
Harlin, Marvis
Cole, Carol
Horne, Rosa
Baker, Ken
Kulinski, Sandra
Evans, Sherry
Bates, Charles
Boulton, Elizabeth
Contreras, Sylvia
Ford, Sheila
Benson, Jon
Ridenour, Connie

August 22
Hoschouer, Allan
Waitas, John
Wysinger, Sherry
Franklin, Terri
Richardson, Patrick
Simmons, Dorothy
Black, Wayne
Piech, Alli
Brown, Daniel
Saunders, Sandra
Narvaez, Blanca

August 23
Silcock, Esther
Decker, Charlotte
Mauzy, Ralph
Metcalf, Terrance
Bryson, Eugene
Yoakum, Sandra
DeNard, Diane
Chapman, Diane
Shin, Pamela
Goodwin, Cheryl

August 24
Gray, Bernard
Lambe, Shirley
Havens, Theresa
Deluca, Rhonda
Kirby, Eva
Greer, Debra
Dunn, Marsha
Greenlee, Janice

August 25
Williams, Olivia
Walker, Shirley
Knudsen, Jo
Gariepy, Karolynn
San Miguel, Letty
Green, Steven
Facio, Joseph

August 26
Sorg, Ernest
Baker, Marcia
Greene, Wayne
Paez, Tony
Ardern, Sherry
Ransdell, Rebecca
Williams, Patricia
Closset, Linda
Wenger, Kelly
Eagen, James
Barnett, Sheila

August 27
Leiter, Jimmy
Ronlake, Thor
Wilson, Carolyn Sue
Palaski, Darlene
Moen, David
Crispin, Marc
Jones, Mary
Miles, Debbie
Kinman, Robert
Nance, Layton
Reyes, Melissa

August 28
Stanoff, Claryce
Morrill, Roberta
Morales, Nick
Cantrell, Jane
Tung, Janice
Johnson, Helen
Carter, Patty
Schommer, Lois
Grimsby, Linda
Hansen, LeRoy
Ivie, Yolanda

August 29
Love, Gloria
Laforge, Joseph
McNally, Beth
Zipf, Debra
Wear, Linda
Clerico, Grace
Lagueux, Louise
Recksiek, Tammy

August 30
Nickerson, Joann
Holtum, Mel
Mayworm, Richard
Zuhlke, Gerald
Layman, Clifford
Fagan, Edwin
Alcobia, Diane
Pilson, David
Mericle, Debbie
Kohl, June

August 31
Fry, Connie
Landry, Michael
Bianchini, Russell
Chapman, Brandy



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

Tue, August 18 starting at 12:30

18th Annual Paul Walsh **VETERANS DAY PARADE**



HONORING ALL THOSE WHO HAVE SERVED

SAVE THE DATE SATURDAY

NOVEMBER 07 10AM

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



**Questions/Float Registration Contact: Janie Figueroa, Recreation Supervisor
(928)763-0188 or jfigueroa@bullheadcityaz.gov**

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Contact Shauna Cates (928) 763-9400 ext 8358 or scates@bullheadcityaz.gov

SUNWATTS EDUCATION GRANT REQUIREMENTS:

CURRICULUM MUST BE BASED ON
RENEWABLE ENERGY, AND INCLUDE:

SUBJECT OUTLINE
MATERIALS
SUPPLIES
COST BREAKDOWN



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P.O. BOX 22530
BULLHEAD CITY, AZ 86439

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APPLICATION DEADLINE
AUGUST 31 AT 5PM



Join us on
Wednesday,
August 26, 2026
at Noon.
Have Fun &
WIN PRIZES!

Sponsored by



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

FREE SENIOR SPLASH PAD TAKE OVER

JOIN US AT THE FREE
NATIONAL SENIOR'S DAY PARTY
FOR SENIORS 50+ YRS OF AGE

KEN FOVARGUE PARK
SPLASH PAD
2255 TRANE RD
BULLHEAD CITY

FRIDAY
8/21/26
11:30-2:30PM

FREE MUSIC,
GAMES, PRIZES,
TREATS & BBQ
WHILE SUPPLIES LAST.

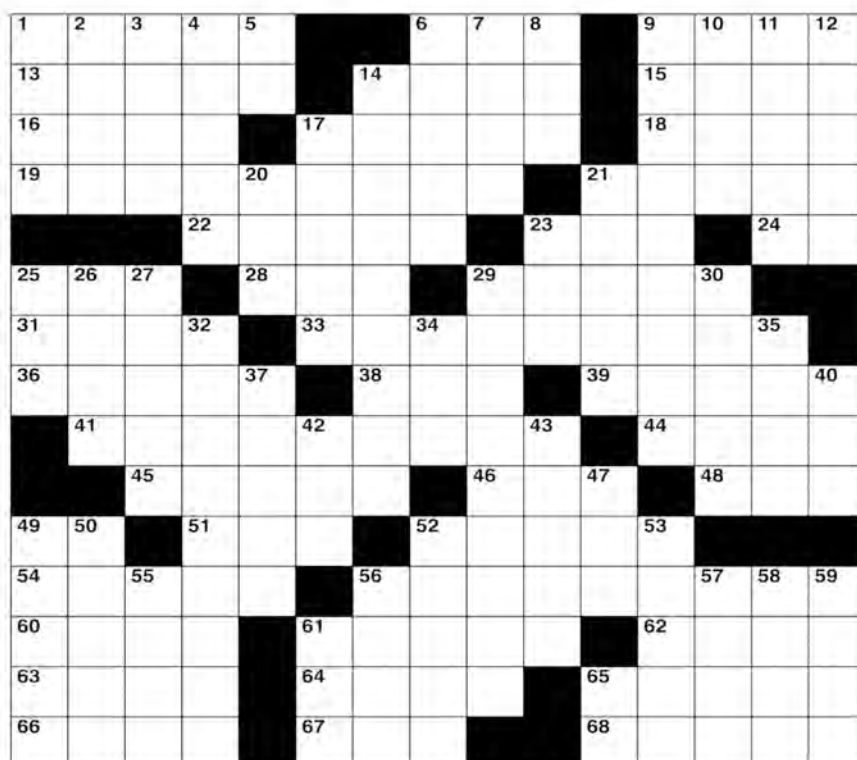
Be sure to enter the Coolest Towel Contest!

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QUESTIONS CONTACT, RECREATION SUPERVISOR, JANIE FIGUEROA (928) 234-0010
OR SEC ACTIVITIES COORDINATOR, JENNY OLIVERIO (928) 763-0193

CROSSWORD



CLUES ACROSS

- | | |
|---|---|
| 1. Bleated | 38. Lower and raise one's head |
| 6. Snakelike fish | 39. Private rendezvous |
| 9. Database management system | 41. In a way, improved |
| 13. Social evolution anthropologist Service | 44. A place to play |
| 14. American rocker Grohl | 45. Astronomical period of 18 years |
| 15. Greek personification of compassion | 46. Automobile |
| 16. Negatives | 48. Something you can take |
| 17. Rescued | 49. A radio band |
| 18. Self-immolation by fire ritual | 51. Jaws of a voracious animal |
| 19. Assigns tasks | 52. Short-billed rails |
| 21. Popular type of cigar | 54. Chinese province |
| 22. Discounts | 56. Shameless |
| 23. The whole quantity | 60. Horizontal passage from the surface into a mine |
| 24. New York Giants legend | 61. Indian respectful titles |
| 25. Indicates before | 62. Fail to entertain |
| 28. Lentils | 63. Dried-up |
| 29. Extremely angry | 64. Central Utah city |
| 31. Body part | 65. Southern U.S. |
| 33. "North Star State" | 66. German river |
| 36. David __, US playwright | 67. Necessary for breathing |
| | 68. Put into play |

CLUES DOWN

- | | |
|---|--|
| 1. Curved segment | 30. Words from which later words are derived |
| 2. Wings | 32. 10 meters |
| 3. Yellowish volatile liquid | 34. Neither |
| 4. Makes less severe | 35. Fungal sacs |
| 5. Debit note | 37. The law of God revealed to Moses |
| 6. Overhang | 40. A woolen cap of Scottish origin |
| 7. The nights before | 42. A promise |
| 8. Type of light | 43. Challenges |
| 9. Lacking enthusiasm | 47. British Air Aces |
| 10. Tattle | 49. Large bank |
| 11. Some is "heavy" | 50. Served as an omen |
| 12. One who is canonized | 52. Cavalry sword |
| 14. Indicates date and place of writing | 53. Vaccine developer |
| 17. "Peace" in Arabic | 55. Belgian WW2 resistance leader Jules |
| 20. "Olaf" actor Josh | 56. Italian Seaport |
| 21. Fragmented rock | 57. Hip joint |
| 23. They __ | 58. __ Clapton, musician |
| 25. Advanced degree | 59. Insect repellent |
| 26. Backside | 61. Constrictor snake |
| 27. Influential architect and design couple | 65 "The First State" (abbr.) |
| 29. An act of undue intimacy | |





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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...

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

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

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

Dive into Summer



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

THANK YOU :)

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