

NOVEMBER 2025 NEWSLETTER V04 108

BULLHEAD CITY ARIZONA

SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR EVENT CALENDAR





BLACKFRIDAYDEAL

100% FIBER INTERNET

ONE MONTH FREE**

when you sign up
by November 30

Unlimited Data

Speeds up to 2* Gbps

Plans starting at \$49.95*

**Plus Special Savings for Seniors (55+)
and MEC Members†**

SIGN UP TODAY!

888-227-2095 | twncomm.com/black-friday

Store: 2020 Silver Creek Rd., Ste. 113D
Bullhead City, AZ

*Services provided by TWN Communications. Not available in all areas. Restrictions, terms and conditions apply. Taxes, regulatory, surcharges and other charges are applicable. Rates are subject to change. Call for details or visit twncomm.com/terms-conditions for additional information and terms and conditions of services. Residential customers on qualifying internet plans will receive download speeds up to 2.0 Gbps, per respective plan. A 30-day notice is required to cancel service. **Free promo is applied to the 4th Month. Free promotional discount applicable to new residential internet service only and is valid through November 30, 2025. Account must be in good standing. †Promotional discounts applicable to fiber residential internet service only. Up to \$12 max savings. \$5 MEC member discount may be combined with \$2 autopay

HAPPY HOUR



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

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

Sponsored by



Rosalina Chen
Licensed Insurance Agent
928-486-1490
AZ Ins License: 19003122



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 \$2, or \$1 for coffee only. Lunch is available Monday-Friday from 11:30 a.m. to 12:30 p.m. A suggested donation of \$3 is requested for each meal for individuals 60+ or disabled with a statement of need from a physician. Individuals 50+ can get lunch for \$5.

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

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

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



Jeff Tipton

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

Kim Cool

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

John Kearns

Senior Enrichment Nutrition Coor.
(928) 763-0193
jkearns@bullheadcityaz.gov

Jenny Oliverio

Senior Enrichment Activity Coor.
(928) 763-0193
joliverio@bullheadcityaz.gov

Jackie Jensen

Director of Marketing,
Sponsorships & Tourism
(928) 763-9400 ext. 8246
jjensen@bullheadcityaz.gov

Sauna Cates

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



MONTHLY MENU

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	4 Chicken Cordon Bleu Potato Wedges Mixed Veggies	5 Chicken & Dumplings Peas & Carrots Cobbler	6 Beef Fajitas w/Peppers & Onions Spanish Rice Apples	7 Spaghetti & Meatballs Roll Cobbler
10 Salisbury Steak w/ Gravy, Rice Pilaf Green Beans	11  CLOSED	12 Beef Lasagna Dinner Roll Steamed Broccoli	13 Sweet & Sour Chicken W/Rice Mixed Veggies Roll	14 Chicken Enchilada Fiesta Veggies Rice
17 Meatloaf w/Gravy Mac & Cheese Veggies	18 Denver Omelet Breakfast Potatoes Pork Sausage	19 Stuffed Cabbage Corn Cobbler	20 Sweet & Sour Meatballs Buttered pasta Carrots	21 Beef Lasagna Dinner Roll Steamed Broccoli
24 Pulled Pork Baked Beans Cobbler	25 Chicken Cordon Bleu Potato Wedges Mixed Veggies	26  FRIENDSGIVING	27  CLOSED	28  CLOSED

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.

Treatment options after a glaucoma diagnosis

Glaucoma affects tens of millions of individuals across the globe. According to the World Glaucoma Association, roughly 112 million people are likely to have glaucoma in 2040, which would mark an increase of 30 million in just 20 years. The National Eye Institute notes that glaucoma is not an individual disease but rather a group of eye diseases that can cause vision loss and blindness. The NEI also notes that there is no cure for glaucoma, though individuals diagnosed with it might be presented with the following treatment options.



Medicine: The NEI notes that prescription eye drops are the most common treatment for glaucoma. Eye drops work by lowering the pressure in the eye and preventing damage to the optic nerve, which is located in the back of the eye. Eye drops are not a cure, but they can keep glaucoma from getting worse. Eye drops are used every day, and some must be administered up to four times per day. The NEI reports that eye drops are typically used as long as they're proving effective, so they are a long-term treatment plan.

Laser treatment: Doctors may utilize laser treatment to drain fluid out of the eye. The NEI characterizes laser treatment as a simple procedure that can be performed in the eye doctor's office. Most patients receiving laser treatment for glaucoma feel little or no pain or discomfort, though they might see flashes of bright green or red light during treatment. Most patients can return to normal daily activities the day after laser treatment. Laser treatment may need to be repeated more than once, as its effects can wear off over time.

Surgery: Various surgeries may be considered to treat glaucoma, but the NEI notes that these may be recommended only after medicine and laser treatment have proven ineffective. Surgery for glaucoma aims to lower pressure in the eye. Once surgery is completed, patients will be prescribed eye drops with a goal of preventing swelling and infections. The NEI notes that eye drops prescribed after surgery are different from other glaucoma eye drops, and patients may need to use them for several weeks after surgery. Routine checkups to gauge how an eye is healing will be necessary, and patients may need to avoid activities like heavy lifting for a few weeks after surgery. Some people end up needing surgery again, so patients can ask about the likelihood of that when their doctors recommend this treatment.

There is no cure for glaucoma, but these treatments can help to stop its progression and prevent vision loss.

Art Therapy Class

Every Tuesday in the Craft Room from 12:30 p.m. to 2:30 p.m.

- 11/04 Acorn Earrings
- 11/18 Pumpkin Buttons & Bows
- 11/25 Snowman Smiles Door Decor



Friday Fun Crafts

Every Friday in the Craft Room from 10:30 a.m. to 11:30 a.m.

- 11/07 Reindeer Christmas Tie Craft
- 11/14 Holiday Poinsettia Blooms
- 11/22 Macrame Christmas Tree

**Limited to the
first 15
participants**



sponsored by:
MOHAVE
COLLEGE
COMMUNITY EDUCATION

Is your Medicare plan still the right fit for 2026? *Your needs change and so do Medicare plans.*

DON'T MISS OUT! Annual Enrollment is here Oct 15th - Dec 7th

Do you have questions about Medicare?

- **Turning 65?**
- **New to Medicare?**
- **Have Medicare & Medicaid?**
- **Losing Coverage?**

If you answered **"Yes"** to any of the questions above, I can help you with a **NO COST** Medicare consultation/review to further discuss your needs and help you find a plan that's a good fit for you.

Calling the number above will direct you to a licensed sales agent. Not affiliated with or endorsed by Government or Federal Medicare Program. SBI Benefits is an independent insurance Agency.



Licensed Insurance Agent

jfrazier7031@gmail.com

702-219-4217

3680 S Maryland Pkwy
Suite #402 Las Vegas
NV 89169

Best Senior Living Value in the Area



We are dedicated to providing you with quality services and accommodations in Assisted Living and Memory Care that enable you to live life to the fullest, in a manner that best suits your interests and desires.

Power Scooters & Pets Welcome!

Care & Services starting at \$3,100

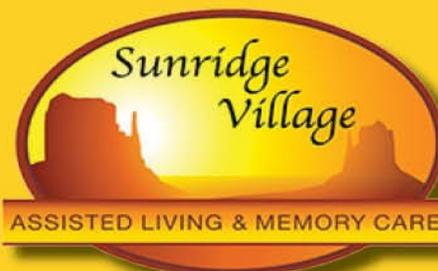
Assisted Living: Studio, One Bedroom, or Second Occupant Room

Memory Care: Private Room or Shared Room

Additional Services: Level of Care 1, 2, or 3

Included Amenities:

- Housekeeping
- Laundry Services
- Medication Assistance
- In-House Provider
- Labs
- Appointment Scheduling
- 24-Hour Supervision
- Activity Programs
- Outings
- 3 Meals per Day
- Snacks
- Transportation
- Utilities
- Cable
- Telephone
- Community Designated Smoking Areas



**839 LANDON DRIVE
BULLHEAD CITY, ARIZONA 86429**

Call for an Assessment & a Tour TODAY!

928-754-0700

We accept AHCCCS/ ALTCS

Visit us at
MySunridgeVillage.com

SENIOR SAFETY WORD SEARCH



WORDS

- BALANCE
- BATHROOM
- CAREGIVERS
- COGNITIVE
- ELDER ABUSE
- EMERGENCY
- FALL PREVENTION
- FIRES
- GRAB BARS
- HEARING AIDS
- HOME SAFETY
- HYPOTHERMIA
- LIGHTING
- MEDICATION
- MOBILITY AIDS
- NON-SLIP
- PERSONAL ALARM
- PREPAREDNESS
- SAFE DRIVING
- SCAMS
- SECURITY SYSTEM
- STAIRLIFT
- VISION

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

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



Happy THANKSGIVING

TURKEY TALK

Funnies for the whole family!

Q. Why was the turkey in trouble?

A. He was suspected of fowl play.

Q. Why were there no cookies on the Thanksgiving table?

A. Nobody wanted the "crumby" job of baking them.

Q. Why did the turkey put down his fork?

A. He was stuffed!

Q. Why did the turkey get kicked out of his rock band?

A. He lost his drumsticks.

SPELLING SCRAMBLE

Unscramble these Thanksgiving mystery words!

MGILIRP _____

KYERUT _____

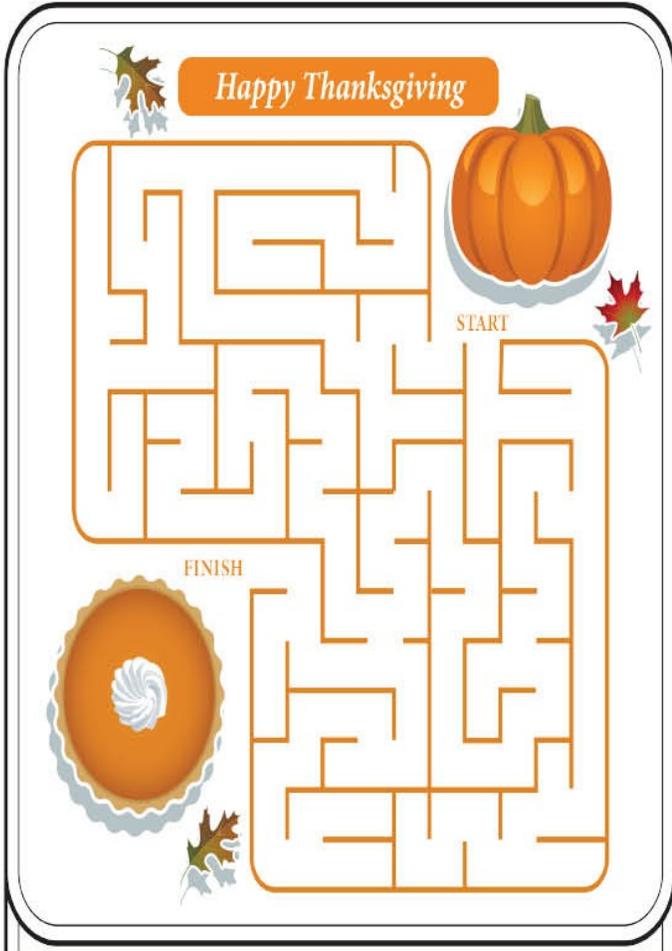
YGRVA _____

FFUSNITG _____

ERNVMEOB _____



Answers: Pilgrim, Turkey, Gravy, Stuffing, November



Mar Medina's Home Haircuts



Haircuts in the Home Starting at \$25

Serving Homebound Individuals
Men's Facial Grooming
Available Upon Request

928-278-9866

ABCMarthaMedina@gmail.com
English/Spanish License #11100746



SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY

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



FAMILY CARE
HOME HEALTH & HOSPICE
928.299.5100



Michael Stumpf, DO

Valley View General Surgery

Surgery and Colonoscopies

With more than 17 years of surgical experience, Dr. Michael J. Stumpf has provided exceptional care for patients across Arizona. He specializes in breast cancer surgery, thyroid, skin and soft tissue, gastrointestinal and hernia surgeries and is proud to bring his expertise to Valley View Medical Center.

Dr. Stumpf can schedule screening colonoscopies within 30 days of receiving the referral. Often no consultation is required prior to the screening colonoscopy, saving time and expense.



A Department of Valley View Medical Center

Phone: 928.788.7920 Fax: 928.788.7921

5300 S. Highway 95, Suite C • Fort Mohave, AZ 86426



Let's Make
Chewy Pumpkin Cookies!

Wed. Nov 12 1pm-3pm

Senior Enrichment Center
2275 Trane Rd, Bullhead City



SPONSORED BY:



CELEBRATING OUR VETERANS

Heroes Among Us Event

Friday, November 7, 2025

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

Join us at Bullhead City's
Senior Enrichment Center
for a special program showcasing
our American heroes.

Enjoy free barbecue meatballs, cheese &
cracker tray and apple pie.

While supplies last.

Sponsored By

TWN
Communications

Senior Enrichment Center
2275 Trane Road
(928) 763-0193

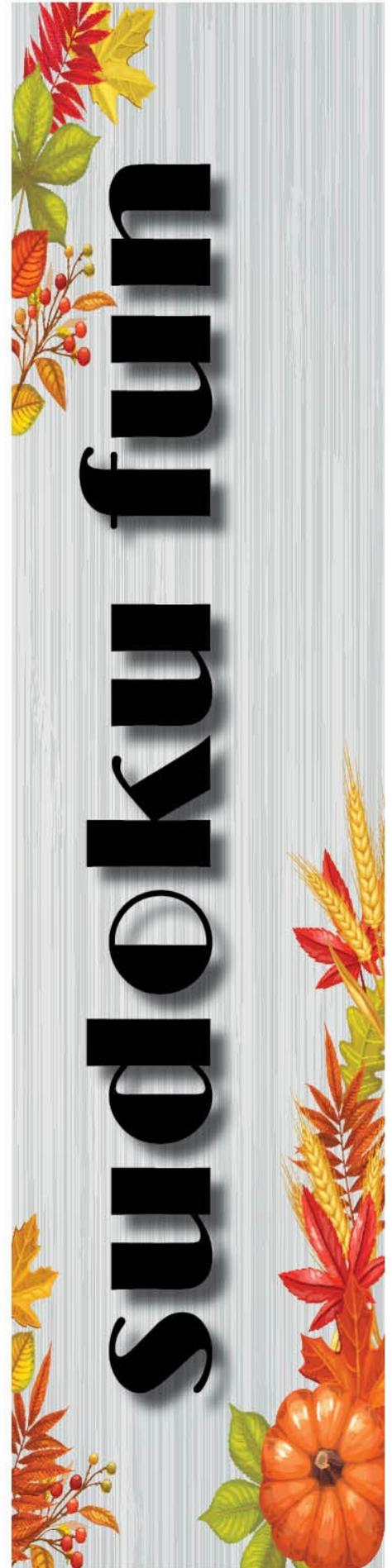


			7	1			6	
					8	1		4
5	6							
	4			5	7	2		
3			4					
	2							6
				2	1			
		5				6	3	
		9		3				7

Level: Advanced

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

Level: Intermediate



BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

NOVEMBER

WEEKLY ACTIVITIES

EVERY

MONDAY

- 9:00 a.m. to 11:00 a.m. Tech Support/Mark Rosenthal/Library
- 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 1:30 p.m. Beginner Line Dancing/Exercise Room
Sponsored by: Arizona Advanced Wound Care
- 12:30 p.m. to 3:30 p.m. Mexican Train/Game Room
Sponsored by: VooDoo Cove
- 12:30 p.m. to 3:30 p.m. Poker/Game Room
Sponsored by: VooDoo Cove
- 12:30 p.m. to 3:30 p.m. Pinochle/Great Room
Sponsored by: VooDoo Cove
- 1:00 p.m. to 3:00 p.m. Tech Support/Miriam Brown/Library
- 1:30 p.m. to 2:30 p.m. Line Dancing Group/Exercise Room
Sponsored by: Arizona Advanced Wound Care

EVERY

TUESDAY

- 9:00 a.m. to Noon Beading Group/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. Bingocize/WACOG/Exercise Room
Sponsored by: Arizona Advanced Wound Care
- 10:00 am to 11:00 a.m. Ping Pong/Great Room
- 11:00 a.m. to 11:30 a.m. Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
Sponsored by: Arizona Advanced Wound Care
- 12:00 p.m. to 3:00 p.m. S.H.I.P. Counselors/Nutrition Center Office
- 12:30 p.m. to 2:30 p.m. Art Therapy Class/Craft Room
Sponsored by: Mohave College Community Education
- 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
- 3:30 p.m. to 4:15 p.m. Relaxation & Mindfulness/Exercise Rm
Sponsored by: Arizona Advanced Wound Care
- 4:15 p.m. to 5:15 p.m. Line Dancing /Exercise Room
Sponsored by: Arizona Advanced Wound Care



EVERY

WEDNESDAY

8:00 a.m. to 4:00 p.m.
 9:00 a.m. to 11:00 a.m.
 9:30 a.m. to 10:30 a.m.
 10:00 a.m. to 11:00 a.m.
 Noon to 3:00 p.m.
 12:30 p.m. to 1:30 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 2:30 p.m.
 7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor/Nutrition Center
Tech Assistance w/Leanne Jolly/Library
Brain Savers Exercise/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Wii Bowling/Great Room
Open Sewing Group/Craft Room
Line Dancing/Beginner/ Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Hit the Bullseye/Electronic Darts/Game Room
 Sponsored by: VooDoo Cove
Bereavement Support Group/Conference Room
Cue Masters Club & Lessons/Game Room
 Sponsored by: VooDoo Cove
Gamblers Anonymous Meeting/Nutrition Center

EVERY

THURSDAY

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to Noon
 10:00 a.m. to 10:45 a.m.
 11:00 a.m. to 11:30 a.m.
 Noon to 3:00 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.
 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
Bingocize/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Essentrics YouTube Video w/founder
Miranda Esmode-White/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Knit & Crochet Group/Craft Room
Mahjong Tile Game/Game Room
 Sponsored by: VooDoo Cove
Double Deck Pinochle/Game Room
 Sponsored by: VooDoo Cove
Tech Support/Pam Beaushay/Library
Pass the Trash Game & Potluck
 Located in the old Senior Center, 2285 Trane Rd

EVERY

FRIDAY

8:00 a.m. to 12:30 p.m.
 9:30 a.m. to 10:30 a.m.
 10:00 a.m. to 11:00 a.m.
 10:30 p.m. to 11:30 a.m.
 12:30 p.m. to 3:30 p.m.
 12:30 p.m. to 3:30 p.m.
 12:30 p.m. to 3:30 p.m.
 2:00 p.m. to 3:00 p.m.

Wider Circle Event/Free Breakfast & Lunch
 Located in the Nutrition Center & Activity Center
Brain Savers Exercise/WACOG/Exercise Room
 Sponsored by: Arizona Advanced Wound Care
Shuffleboard Friday/Game Room
 Sponsored by: VooDoo Cove
Friday Fun Crafts/Craft Room/Limit 15/SEE PAGE 6
 Sponsored by Mohave College - Community Education
Mexican Train/Game Room
 Sponsored by: VooDoo Cove
Pinochle/Great Room
 Sponsored by: VooDoo Cove
Poker/Game Room
 Sponsored by: VooDoo Cove
Zumba Live/Beth Humphrey/ Exercise Room
 Sponsored by: Arizona Advanced Wound Care

SPECIAL EVENTS & ACTIVITIES

Monday, November 3

10:00 a.m. to Noon Diamond Painting Creation Workshop/Great Room

Wednesday, November 5

12:30 p.m. to 2:00 p.m. Genealogy Club/Library
 12:30 p.m. to 3:30 p.m. Bunco Group/Great Room

Thursday, November 6

Noon to 1:00 p.m. Ice Cream Social/Great Room
 Sponsored by Culver's of Bullhead City

Friday, November 7

11:30 p.m. to 12:30 p.m. Celebrating Our Veterans The Heroes Among Us /Great Room
 Sponsored by TWN Communications

Monday, November 10

12:30 p.m. to 2:30 p.m. Basic Beading/Craft Room (Limit 10)



Tuesday, November 11 **Closed for Veterans Day**

Wednesday, November 12

10:00 a.m. to 11:00 a.m. White Elephant Bingo/Great Room
 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
 1:00 p.m. to 3:00 p.m. Give, Make & Take/ Nutrition Center
 Sponsored by Canyon Home Care & Hospice

Thursday, November 13

11:00 a.m. to Noon Brain Games w/ Televeda/Great Room
 12:30 p.m. to 1:00 p.m. Stayin' Alive Dancing to the Oldies/Exercise Room
 Sponsored by Arizona Advanced Wound Care
 12:30 p.m. to 1:30 p.m. Monthly Bingo/Great Room
 Sponsored by TNG Insurance
 12:30 p.m. to 1:30 p.m. Left, Right and Center Dice Game/Game Room
 Sponsored by VooDoo Cove

Monday, November 17

2:30 p.m. to 3:30 p.m. Drum Circle/Exercise Room

Tuesday, November 18

12:30 p.m. to 1:00 p.m. Birthday Month Celebration/Great Room
 Sponsored by Joshua Springs Senior Living
 6:00 p.m. to 9:00 p.m. Late Night Ladies Bunco/Nutrition Center

Wednesday, November 19

11:00 a.m. to Noon Legal Services/Maricopa County Public Defender's Office/Conference Rm
 12:30 p.m. to 2:00 p.m. Genealogy Club/Library
 12:30 p.m. to 3:30 p.m. Bunco Group/Great Room

SPECIAL EVENTS & ACTIVITIES

Thursday, November 20

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

Rock Painting/Craft Room/CRWC

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

Talk & Seek Discovery Hour/Conference Room

Noon to 1:00 p.m.

Bingopalooza/Great Room

Monday, November 24

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

Root Beer Floats/Great Room

Sponsored by Mohave Medicare

Tuesday November 25

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

Diabetes Handouts/Kim Cool

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

Monthly Mixer/Laughlin Time Capsule/Great Room

Sponsored by The Legacy Rehab & Care Center

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

Easy Street Band/Great Room

Sponsored by Lois Briesemeister, US Southwest Realty

Wednesday, November 26

11:30 to 1:30 p.m.

Friendsgiving Celebration/ Great Room

Sponsored by TWN Communications

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

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

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

Game Room Karaoke/ Game Room

Thursday, November 27 **Closed for Thanksgiving**

Friday, November 28 **Closed for Thanksgiving**





9TH ANNUAL GOLDEN GAMES

Stay Golden!

5K ROAD RACE
5K RIVER RUN
BOWLING
CHAIR VOLLEYBALL
CLAY TRAP SHOOTING
CORNHOLE
GOLF
HORSESHOES
KAYAK

OLYMPIC WEIGHT-LIFT
PADDLE BOARDING
PICKELBALL
PISTOL SHOOTING
POWERLIFT
POWERWALK
RIFLE SHOOTING
SOFTBALL
SWIM

TABLE TENNIS
TENNIS
TRACK & FIELD
AND MORE!

BULLHEAD CITY, AZ
LAUGHLIN, NV

APRIL 2026
5TH TO 12TH

REGISTRATION
OPENS IN OCTOBER



GOLDENGAMESBHC.COM

JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0188 or jfigueroa@bullheadcityaz.gov



PLEASE JOIN US FOR
FRIENDSGIVING

Wednesday, November 26th

11:30am - 1:30pm

Friends, Food, Games & Fun!

Bring & share a dessert!

The dessert sign-up sheet is located in the Senior Enrichment Center.

Senior Enrichment Center
2275 Trane Road, Bullhead City

SPONSORED BY



LIVE MUSIC & MORE



NOW APPEARING: LAUGHLIN'S EASY STREET BAND



**TUE NOV 25TH
12:30PM**

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

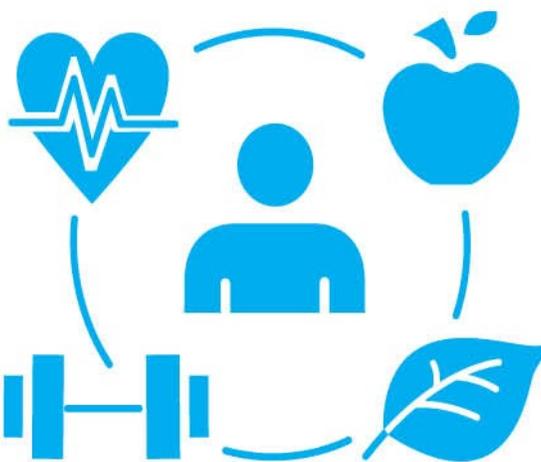
SPONSORED BY



**US SOUTHWEST
REAL ESTATE**

Lois Briesemeister
Branch Manager / Associate Broker
US Southwest, LLC
Buying or Selling, Give me a Call

Phone: 928-201-0267 Email: lois@ussw.net



fitness sponsor



**Proud to Support Senior Fitness
Activities at Bullhead City Senior
Enrichment Center**

- **Chair Yoga**
- **Zumba**
- **Tai Chi**
- **Bingocize**
- **Esstentrics**
- **Body Moves for Brain Power**
- **And MORE!**



HAPPY BIRTHDAY

Join us for the Birthday Month Celebration

November 1

Grasse Sprague, Gale
Kissinger, Jackie

November 2

Burks, Melvina
Vigil, Estella Marie
Goetschius, Rob
Hibbard, Robert
Boaz, Lloyd
Kok, Alan
Pipas, Toni
Crispin, Tina
Purtle, Dennise

November 3

Long, Gail
Selters, Harvey
Morse, Joan
Bartek, Vaughn
Costanza, Pamela
Grund, William
Bolen, Frank
Larkin-Norris, Connie
Wilson, Thomas
Fairbanks, Sandra

November 4

English, Betty
McCann, George
Wells, Sunny
Ritsema, Angela
DeFrancisco, Vicki

November 5

Hernandez, Richard
Wheeler, Brenda
Chacon, Adam
Knittle, Anthony

November 6

Guild, David
Thorpe, Vicki
Thorne, Steven

November 7

Halvorson, Jerry
Beddow, Lynda
Emory, Denise
Rogge, Daniel
Alexander, Kim
Kok, Catherine
Garcia-Romero, Maria

November 8

Harral, Dwayne
McBride, John
Muth, Larry
Aranda, Michael
Webb, Glenda
Schott, Georgie

Morga, Marco
Ranzoni, James
Hanna, Christopher

November 9

Komen, Patsy
Lister, Betty Ann
Goodman, Catherine
Spreacker, Moe

Lowe, Edmund
Brimlow, Frank

November 10

Mallett, Gary
Jacobson, Joni
Boon, Patricia
Carreiro, Jerry
Smith, Beatrice
Negrete, Mary
Kelly, Johnny
Peeters, Penny
Bebaeff, Nick

November 11

Shuman, Kate
Mackie, Carole
Atchley, Peter
Rieser, Judy
Bacha, Trena
Ruiz, Anna

Weisbart, William

November 12

Berndt, Shirley
Sorah, John
Lambert, John
Sprague, Kate
Guild, Juanita
Stubblefield, Dennis
Medina, Angelina
Tuck, Renita

November 13

Fisher, Marrilee
Wright, David
Ramirez, Rosa
Harrington, Molly
Walker, Pamela

November 14

Sandoval, Mary
Gordon, Linda
Peterson, Valerie



Jessee Martinez, Sales Director
(928) 763-1212
jmartinez@watermarkcommunities.com



November 14

Gomez, Eric
Haas, Scott
Constantino, Terry
Prather, Monica

November 15

Hattar, Sal
Schor, Sundae
Supitilov, Michael

November 16

Proctor, Bryce
Oliver, Lou
Thielman, Mike
Russell, Cindy
Steves, Hilary
Eihausen, Julie

November 17

Uncapher, Howard
Davis, Donna
Bench, Mary
Wagner, Dave

November 18

McCarthy, Shannon

November 19

Kirkpach, Harold
Bouchard, Lynn
Thurman, Clara
Reeter, Kathy
Garcia, Dolores
Cameron, Dixie
Stephens, Mark
Conkey, Lisa
Lewin, Charles

November 20

Pino, Christopher
Thomas, Judith
Wade, Timi
Smith, Patricia
Branch, Carey
Rifenbary, Tina

November 21

Loken, Ila
Cournoyer, Barbara

November 22

Black, Nancy
Haws, Lynne
Frederickson, Dee
Larson, Vickie
Moscoso, Brenda
Newman, Ari

November 23

Pragnell, Del
Berumen, Daniel
White, Patricia Ann
Meister, Mary
Butcher, Charles
Cantril, Debbie
Hecker, Mitchell
Milchak, Colleen
Tuers-Welch, Crystal

November 24

Klee, Charles J
Lara, Lulu
Fairbanks, Carter
Youngers, Suzanne
Skoug, Debra
Kakala, Isikeli
Gimple, Sherry
Schreffler, Susan
Szanyi-Coffey, Mary

November 25

Gradowski, Tazz
Garcia, Claudette
Johnson, Leslie

November 26

Cook, Carol
Gardner, Brenda
Troutman, Mary
Sperl, Steven
Poulson, Joy

November 27

Francis, Joyce
Hanlon, Thomas
Caldwell, William
Ahle, Jim
Villa, Lisa

November 28

Bradley, Jon
Quigley, Susan
Ortloff, Rich
Farrell, Patricia
Williams, Cameron
Reed, Rita
De La Torre, Cheryl Lynn

November 29

Steinhauer, Lora
Roots, Dallas
Palmer, Edith
Butler, David James
Stewart, Regina
Wills, Scott
Buckley, Gail
Dalby, Dale
Myers, Irene
Dirnberger, Jon

November 30

Bare, Julie
Mund, Eugene
Duff, Alfred Al
Jackson, Debra
Yang, Zhang
Lucas, Jennifer



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

Tue, November 18 starting at 12:30

Sponsored by Joshua Springs Senior Living



Your Local Medical
Supply Store for 21 Years

FALL SPECIAL

Honoring our Veterans

10% OFF

for all veterans

Show this ad and your Veteran ID in store

928-763-5959 | Anythingmedical.life

2636 AZ-95, Suite 5&6
Bullhead City, AZ 86442

cannot combine promos or coupons

Mohave Electric Prepay

NO DEPOSIT

CUSTOMIZE YOUR PAYMENT SCHEDULE

BUY ELECTRICITY AT YOUR CONVENIENCE

PERSONALLY MONITOR YOUR ENERGY USAGE



MEC is an equal opportunity provider & employer

Attention All Neighbors



We now have a new communication system that will be made available through your phone for Senior Enrichment Center & Meals on Wheels participants.

If you have provided us with your telephone number, you will get a WELCOME message sometime in July, inviting you to the platform where you will receive constant communication to keep you in the know of things at the Senior Enrichment Center. Please note you can opt out anytime but we suggest you give it a try. It will be used to tell you about new events, canceled events, meal changes, events you can sign up for, community emergencies that we are alerted to and so much more.

If you only own a landline, the messages will be read out loud when you answer. Cellphone users will receive the messages via text.

These messages are coming through Blooming Health but the system is fully controlled by the Enrichment Center so even if a link is included in the message you know it's SAFE to click it. To assure you each time you get a message it will start out with the Senior Services Program Manager saying, "Hi this is Kim Cool with the Senior Enrichment Center and Meals on Wheels Program, please listen to the following message:"

We look forward to giving you the best service ever.



**BLOOMING
HEALTH**

POWERING HEALTHY AGING IN-PLACE

Brought to you by:



FREE MINI HEALTH CLINIC

- **MEMORY SCREENING**
To test for early signs of Dementia or Alzheimer's
- **BLOOD PRESSURE CHECKS**
- **HEIGHT & WEIGHT MONITORING**
Weight Loss/Diabetic and Nutrition Counseling
- **RESOURCES & REFERRALS**

CLINIC DATES

DEC 11

11AM to 1PM (AZ Time)

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

CALL TODAY AND RESERVE YOUR SPACE

(928) 763-0193

LIMITED TO 6 SPOTS PER CLINIC.

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



Compassionate Care When it Matters Most

Locally Owned & Operated

Dedicated to delivering compassionate hospice and home health services throughout the Tri-State.



Call today for a FREE Consultation | 928-788-0027



MONTHLY root beer FLOATS

Mon, Nov 24 Noon - 1pm

SPONSORED BY



**LOCAL
RELIABLE
TRUSTED**
*Serving our community for
over 14 years!*



928-600-2628 TTY-711

Shirley Martinez
Insurance Agent/Broker
License 9663764

SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

Where The LOCALS GO

At **Davis Place** our Assisted Living community is made up of friends, neighbors and colleagues. We are passionate about preserving local connections and making new memories while offering the peace of mind that comes from knowing you or your loved one is being cared for like family.

Call **928.433.4076** or visit us online to schedule your free lunch and tour!

SAVE UP TO
\$3,000

On Select Apartment Homes*



DAVIS PLACE™

An Integral Senior Living Community

DavisPlaceSeniorLiving.com

2943 Desert Sky Boulevard, Bullhead City, AZ 86442
Assisted Living



*New residents only. Limited-time offer. Restrictions apply. ©2025 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. DVPL-0003 08/25

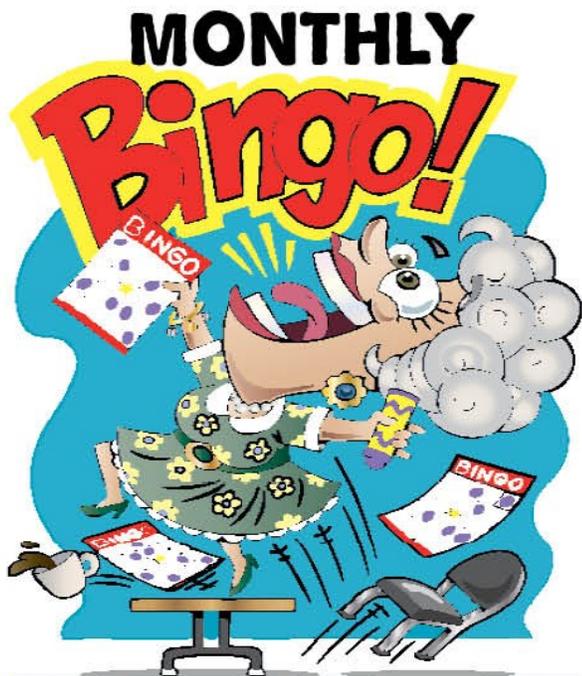


**THURSDAY,
NOVEMBER 6TH
NOON-1PM**

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

SPONSORED BY





Nov. 13th

12:30 P.M. - 2:00 P.M.

INSIDE
BULLHEAD CITY'S
SENIOR
ENRICHMENT CENTER
2275 TRANE RD

SPONSORED BY
KARO TNGRIAN



Independent Insurance Broker
Medicare Advantage • Medicare Supplement
Part D • Dental & Vision • Critical Care

702-624-3161
TNGMEDICARE.COM

SPONSORED BY
LEGACY REHAB & CARE CENTER

MONTHLY MIXER

JOIN US AT
SENIOR ENRICHMENT CENTER

LET'S MIX & MINGLE!

Our Monthly Mixer is a fun and friendly gathering for seniors to socialize and make connections. We will "mix" it up each month with a new theme and activity. Make new friends and enjoy refreshments and snacks.

Tuesday, November 25
12:30 pm - 1:30 pm

LAUGHLIN TIME
CAPSULE

SPONSORED BY



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



GAME sponsor



Do you love card games? So do we!
Senior Enrichment Center offers a variety of engaging and social card games that bring fun, strategy, and laughter to your day. Whether you're a seasoned pro or just learning, there's something for everyone!

- 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.

TRIVIA

Join us on the fourth
Wednesday of each
month starting
at Noon.

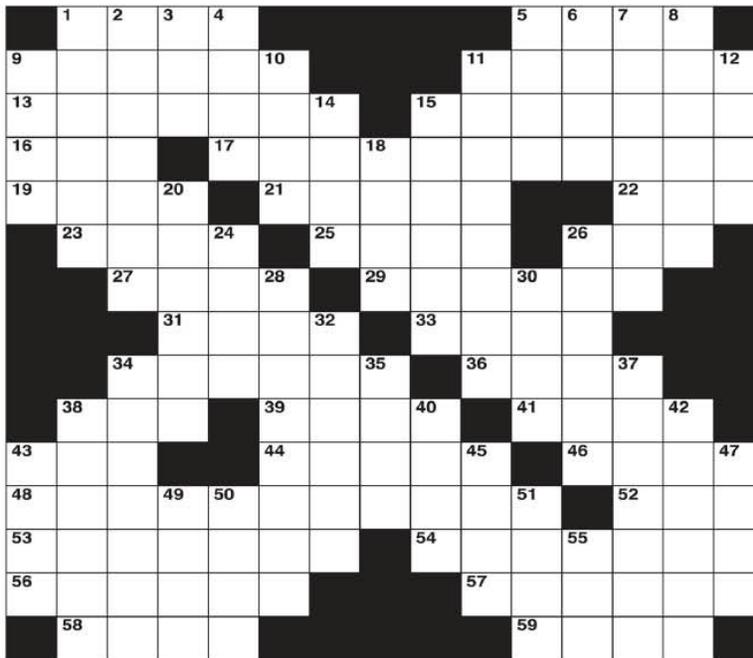
Have Fun & WIN PRIZES!

Sponsored by



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

CROSSWORD



CLUES DOWN

1. Brave
2. Act of awakening
3. Jest at
4. Sandwich store
5. Chapter of the Koran
6. Dismounted
7. Small vehicle
8. Irrked
9. One who earns by disreputable dealings
10. Monetary unit of Samoa
11. Long, mournful lamentation
12. Weight unit
14. Alone, single
15. Decreases
18. Indicates beside
20. Worn by exposure to the weather
24. A body of traditions
26. College students' ultimate goal
28. Amino acid
30. Nasal mucus
32. US government entity
34. Swinish
35. Legislative body in Russia
37. Grant an exemption to
38. Put in advance
40. Satisfy
42. Felt
43. Mild yellow Dutch cheese made in balls
45. Witnesses
47. Picnic invaders
49. Gasteyer and de Armas are two
50. Ancient person of Scotland
51. Cheerless
55. Unwell

CLUES ACROSS

- | | |
|--------------------------------------|-------------------------------------|
| 1. Difficult | 33. Serenaded |
| 5. Coarsely ground corn | 34. Looked intensely |
| 9. There's one for the "world" | 36. U.S. Air Force expert Robert F. |
| 11. Loved Romeo | 38. A type of cast |
| 13. Sticky situation | 39. One's duty |
| 15. Pelvic areas | 41. Where golfers begin |
| 16. An informal debt instrument | 43. Make a mistake |
| 17. Cannot be repaired surgically | 44. Semitic sun god |
| 19. A device attached to a workbench | 46. Ancient Greek City |
| 21. Related on the mother's side | 48. Having had the head cut off |
| 22. Sound unit | 52. A place to stay |
| 23. ___ Sagan, astronomer | 53. Unwise |
| 25. Utah city | 54. Most unnatural |
| 26. A disappointing effort | 56. Dennis is a notable one |
| 27. Steal goods during a riot | 57. Ointments |
| 29. Wakes up | 58. Students' exam |
| 31. Hair salon service | 59. Leaked blood |

Peering from some high window, at the gold of November sunset and feeling that if day has to become night, this is a beautiful way."

-E. E. Cummings



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 \$2 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.

Bullhead City's Senior Enrichment Center
2275 Trane Rd.
Bullhead City, Arizona
www.bullheadcity.com

REPUBLIC SERVICES PRESENTS
THE MAGIC OF CHRISTMAS

BUY EARLY & SAVE!
Purchase wristbands
Nov 1st - 28th
only **\$2** per person

Wristbands will be sold at the event for \$5 per person. Children 2 and under are free. Wristbands are required for rides and inflatables.

SAT. DEC. 13TH 10AM-6PM
ANDERSON AUTO GROUP FIELDHOUSE

Free Entertainment Santa Claus 30Ft Zip Line Rides Slides Vendors Inflatables Petting Zoo & More!







FOR MORE INFORMATION CONTACT:
CLAIRE ADAMS, SR. REC SUPERVISOR (928) 763-9400 EXT. 8306
SHAUNA CATES, SPONSORSHIP COOR. (928) 763-9400 EXT. 8358



Bullhead City's
Farmers Market
 SERVING THE TRISTATE SINCE 2012

Presented By



Arrowhead

credit union

Sponsors & Media Partners



Authentic Machines for Home Entertainment



Suzi BoUnCo RENTALS



NOV 01
 MARKET THEME:
 THANKFUL FOR
 COMMUNITY
 LOCATED AT
 BULLHEAD CITY'S
 COMMUNITY PARK
 1251 HWY 95
 9AM TO 1PM
 FREE
 CANVAS TOTE BAG
 FIRST COME, FIRST SERVE. WHILE SUPPLIES LAST.
 LIVE MUSIC FEATURING
 MAX SAY SHUN
 OVER 80 VENDORS
 BIG AL'S TRADING POST,
 CIRCLE T HONEY BEE
 RESCUE, DOT ROCK,
 THE GOURMET
 CUPBOARD, HERO
 ELECTRONICS, KREBS
 KITCHEN, MOUNTAIN VIEW
 POTTERY, SM CRAFT, THE
 CRAFTY PEDDLER & MORE!
 FOOD TRUCKS
 ROLLIN'J'S, INFUZE INERGY,
 HONEY PAWS BBQ,
 PUFFER G'Z, THE FOODINI'S,
 KONA ICE, THE CORNMAN &
 WILLIE'S KETTLE CORN
 FREE FAMILY FUN
 BOUNCE HOUSES,
 FACE PAINTING,
 CAKE WALK, CRAFTS & FUN!

CLAIRE ADAMS, FARMERS MARKET MANAGER
 (928)763-0158
 CADAMS@BULLHEADCITYAZ.GOV