

JANUARY 2026 NEWSLETTER

V04 110

BULLHEAD CITY ARIZONA

# SENIOR ENRICHMENT CENTER



HELPING SENIORS THRIVE IN OUR COMMUNITY



SCAN FOR  
EVENT CALENDAR





**Hesham Sahawneh, DO** **Michael Stumpf, DO**



### **Hesham Sahawneh, DO**

Valley View General Surgery

Dr. Sahawneh is a Board-certified General Surgeon with over 25 years of surgical experience. He commonly provides surgical treatment for hernia, conditions of the gallbladder, breast cancer, colon cancer, and gastro-esophageal reflux disease, among other conditions.

### **Michael Stumpf, DO**

Valley View General Surgery

With more than 17 years of surgical experience, Dr. Michael J Stumpf has provided exceptional care for patients cross Arizona. He specializes in breast cancer surgery, thyroid, skin and soft tissue, gastrointestinal and hernia surgeries.



A Department of Valley View Medical Center

**Phone: 928.768.1200** **Fax: 928.768.1209**  
5300 S. Highway 95, Suite D Fort Mohave, AZ 86426

## **DISCOVER A NEW CHAPTER AT DAVIS PLACE**

An Integral Senior Living Community

Begin a new chapter in a place that feels like home. At **Davis Place**, residents experience the freedom of maintenance-free living, and are able to focus on what brings them joy. With a variety of social gatherings, engaging activities, and enriching programs, each day fosters connections and memorable experiences. From housekeeping and chef-prepared meals to personal support, everything is thoughtfully managed for comfort and peace of mind. Discover what this new beginning can bring at Davis Place Assisted Living, where comfort and connection await.

**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. LICENSE #AL9756C. DVPL-0010 12/25



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on select  
apartment homes\*

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your free lunch and tour!**





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  
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Senior Services Program Manager  
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[kcool@bullheadcityaz.gov](mailto:kcool@bullheadcityaz.gov)

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Senior Enrichment Nutrition Coor.  
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Senior Enrichment Activity Coor.  
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**Shauna Cates**  
Sponsorship Coordinator  
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[scates@bullheadcityaz.gov](mailto:scates@bullheadcityaz.gov)



## MONTHLY MENU

## JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>CLOSED</b> NEW YEAR'S Day January 1	2 Beef Lasagna Dinner Roll Steamed Broccoli
5 Pulled Pork Baked Beans Cobbler	6 Chicken Cordon Bleu Potato Wedges Mixed Veggies	7 Lemon Pepper Chicken Mashed Potatoes Carrots	8 Salisbury Steak Mashed Potatoes Green Beans	9 Spaghetti & Meatballs Roll Cobbler
12 Salisbury Steak Rice Pilaf Green Beans	13 Swedish Meatballs Pasta Corn Roll	14 Stuffed Peppers Mixed Veggies Warm Apples	15 Asian Chicken Salad Dinner Roll Dressing	16 Cheese Omelet Pork Sausage Hash Brown
19 <b>CLOSED</b> MLK DAY OF Service January 19, 2026	20 Diced Ham & Eggs Tater Tots Veggies	21 Stuffed Cabbage Corn Cobbler	22 Pulled Pork Baked Beans Cobbler	23 Chicken Alfredo w/Peas & Carrots Roll & Pears
26 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	27 Chicken Cordon Bleu Potato Wedges Mixed Veggies	28 Chicken & Dumplings Peas & Carrots Cobbler	29 Chicken Fajitas w/ Peppers and Onions Spanish Rice Cinnamon Apples	30 Spaghetti & Meatballs Roll Cobbler

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 &amp; 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 pm 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.

# HAPPY NEW YEAR!

Celebrating a Year of Tremendous Growth and Community

Dear Neighbors,

As we welcome the New Year, we are filled with immense gratitude and excitement. Looking back, it is truly breathtaking to see how far we have come together.

This past year has been nothing short of transformative for the Senior Enrichment Center. We began with around 500 neighbors. Everything changed with the big reveal of our brand-new activity Center on March 4th, 2025. That expansion opened the doors to incredible possibilities, and today, we are thrilled to be a second home to more than 2,500 active clients!

Because of this beautiful new space, we have been able to ramp up the fun and connection. Our schedule has blossomed from 150 events to over 170 events per month. Giving everyone more opportunities to learn, move, and socialize. We are especially grateful to our sponsors for supporting these efforts.

Our shared meals continue to be the heart of our community. The breakfast program, generously sponsored by the Meals on Wheels Board of Directors since 2023, has more than doubled in size over the last year! Additionally, our congregate lunch service remains a buzzing hub of friendship, consistently serving between 50 to 70 neighbors every single day.

We aren't slowing down in 2026! Please keep a close watch on the calendar, as we have a lineup of positive and engaging new programs ready to launch.

Thank you for being part of this vibrant, growing family.

Here is to a healthy, happy, and active New Year!

Warmly,  
Kim Cool  
Senior Services Program Manager



# Art Therapy CLASS

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

- 1/6 Diamond Dot Heart Design
- 1/20 Paper Curl Picture Frame
- 1/27 Treasure Hunt Art



# Friday FUN crafts

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

- 1/2 Heart Dot Painting
- 1/9 Be Mine Bug Rock
- 1/16 Hanging Heart Accents
- 1/23 Artful Clip Magnet
- 1/30 Looped Love Hearts

**Limited to the  
first 15  
participants**



sponsored by:

**MOHAVE  
COLLEGE**  
COMMUNITY EDUCATION

# LIVE MUSIC & MORE



Now appearing:  
**FRANK  
MARTAMELLI**

TUESDAY, JANUARY 27  
12:30PM - 1:30 PM

SENIOR ENRICHMENT CENTER  
1275 TRANE ROAD

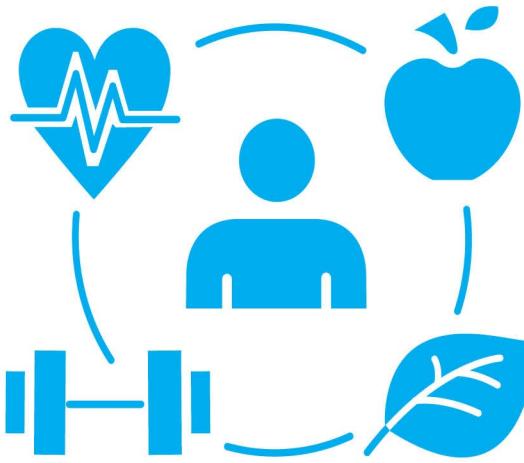
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# fitness sponsor



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

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

## RESOLUTIONS WORD SEARCH



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

### WORDS

ACCOUNTABILITY  
ACHIEVEMENT  
ASPIRATION  
CHANGE  
COMMITMENT  
DETERMINATION  
DISCIPLINE  
FOCUS  
GOAL  
HABIT  
IMPROVEMENT  
INTENTION  
MILESTONE  
MINDSET  
MOTIVATION  
OBJECTIVE  
PERSISTENCE  
PLAN  
PROGRESS  
PROMISE  
RENEWAL  
ROUTINE  
TRANSFORMATION  
VISION

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to resolutions.

KWOSR

--	--	--	--	--	--

Answer: Works

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skiing.

LOSPE

--	--	--	--	--	--

Answer: Poles

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to a cozy cabin.

TCLHEA

--	--	--	--	--	--

Answer: Chalet





**JOIN US FOR  
COFFEE & DONUTS  
WITH THE  
BULLHEAD CITY POLICE DEPARTMENT**

The Chief and Command Staff will be on hand to answer questions and address any concerns. Participants will receive a free Bullhead City Police coffee mug!

**THURSDAY, JAN 8, 2026 8:30 AM TO 10:00 AM**

Located at the Senior Enrichment Center 2275 Trane Rd Bullhead City, AZ

If you have any questions, please contact Lorrie Duggins at 928-763-9200.



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

REGISTER  
TODAY!



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Could your  
classroom use  
an extra \$200?



## CLASSROOM GRANTS

Mohave Electric Cooperative  
will award 18 grants of  
\$200 to K-12 educators.

Applications open February 2

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER



### 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

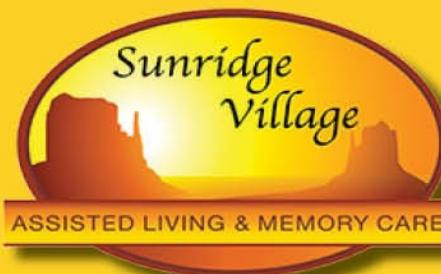
Secure Memory Care Unit: Private or Shared Room

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



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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



# 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.*

# WHAT SENIORS CAN DO TO SAFEGUARD THEIR MENTAL HEALTH

Mental health has increasingly been noted as a key ingredient to an individual health regimen. The stigma once assigned to mental health issues has largely dissipated, and many people now recognize that mental health should be just as big a priority as physical health.

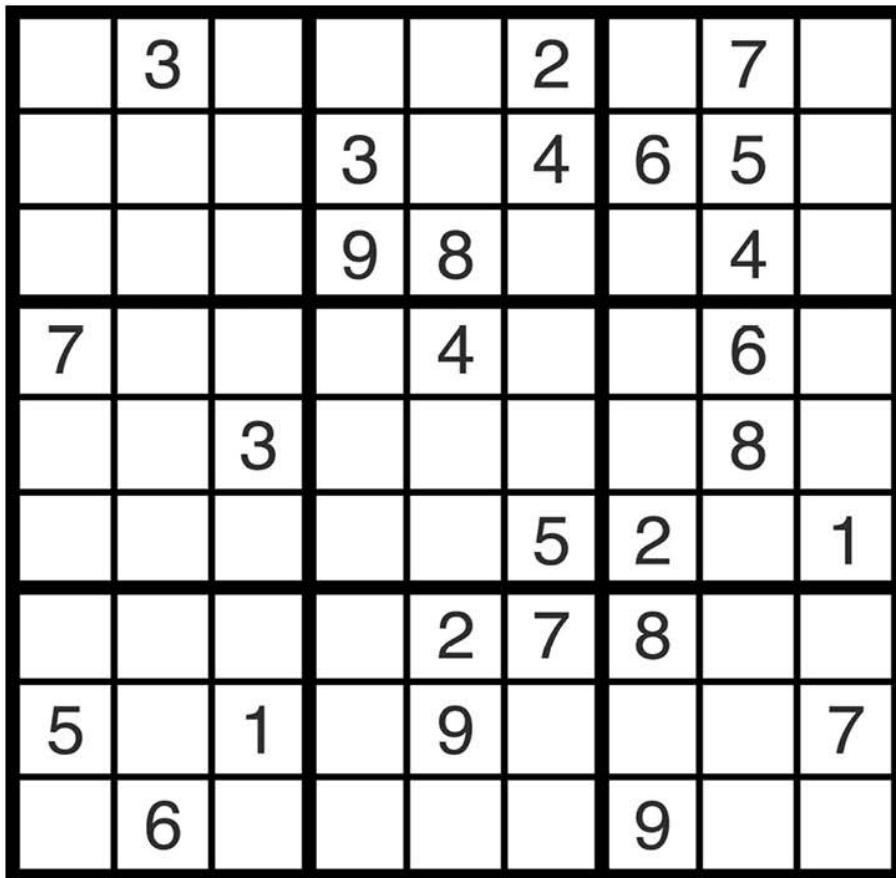
Seniors may not have come of age in a world where mental health was prioritized, and thanks to that aging men and women may not recognize where their mental health is suffering and what they can do to combat such problems. Recognition of the importance of mental health is a step in the right direction, and seniors also can consider these strategies to safeguard their mental health.

Recognize your vulnerability. The World Health Organization notes older adults are uniquely vulnerable to potential mental health issues. That's because mental health is shaped by numerous variables, including earlier life experiences and some notable stressors related to aging, such as a decline in functional ability that can cause psychological distress. Seniors also are more likely than others to experience adverse events like the loss of a loved one or even a loss of purpose, which can affect anyone upon retirement. Recognition of this vulnerability may be enough to compel seniors to seek advice and assistance on how to safeguard their mental health from age-related stressors.

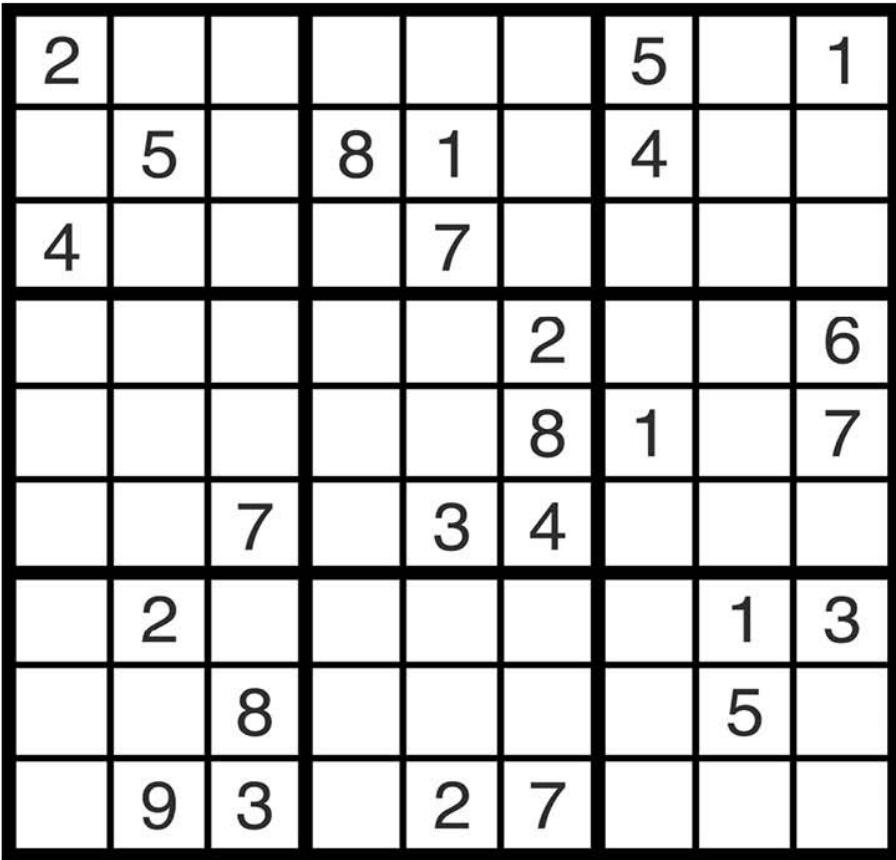
Take time out if you're a caregiver. The WHO notes that many older adults serve as caregivers for spouses with chronic health conditions, including dementia. The Alzheimer's Association reports that studies have found that 70 percent of caregivers report feeling stress related to coordination of care, while two in three caregivers have difficulty finding resources and support for their needs. Seniors who have taken on caregiving duties for a loved one must protect their own mental health by taking time out to care for themselves as well. Work with family members to share responsibilities when caring for a loved one. If family members cannot pitch in, then work with local government agencies to alleviate some of the stress of caregiving.

Make a concerted effort to socialize. A 2025 report from the WHO indicated that roughly one-fourth of all older adults are affected by social isolation and loneliness. Social connection can significantly improve mental health and provide a sense of life satisfaction while improving quality of life. Seniors are urged to prioritize socialization. Many community-based groups, including government offices, run programs designed specifically to facilitate socialization among older residents. Take advantage of such programs whenever possible. Seniors living alone also may want to consider relocating to communities exclusive to people age 55 and over, as such developments typically offer an array of socialization opportunities to residents. Seniors are particularly vulnerable to mental health issues, but older adults can take many steps to safeguard their mental health.





Level: Intermediate



Level: Advanced



## BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# JANUARY

## WEEKLY ACTIVITIES

EVERY

MONDAY

9:00 a.m. to 11:00 a.m.  
9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
1:00 p.m. to 3:00 p.m.  
1:30 p.m. to 2:30 p.m.  
2:30 p.m. to 3:30 p.m.

Tech Support/Mark Rosenthal/Library  
Body Moves for Brain Power/Exercise Room  
Sponsored by: Arizona Advanced Wound Care  
Free Bingo w/Prizes/Great Room  
Sponsored by Family Care Home Health & Hospice  
Mexican Train/Game Room  
Sponsored by: VooDoo Cove  
Poker/Game Room  
Sponsored by: VooDoo Cove  
Pinochle/Great Room  
Sponsored by: VooDoo Cove  
Tech Support/Miriam Brown/Library  
Beginner Line Dancing/Nutrition Center  
Line Dancing Group/Nutrition Center

EVERY

TUESDAY

9:00 a.m. to Noon  
9:00 a.m. to 9:30 a.m.  
9:30 a.m. to 10:30 a.m.  
10:00 am to 11:00 a.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 4:00 p.m.  
1:00 pm to 3:00 p.m.  
3:30 p.m. to 4:00 p.m.  
4:00 p.m. to 5:00 p.m.

Beading Group/Craft Room  
Chair Zumba Class/Exercise Room  
Sponsored by: Arizona Advanced Wound Care  
BAND-O-CIZE/Exercise Room  
Sponsored by: Arizona Advanced Wound Care  
Ping Pong/Great Room  
Poker Game/Game Room  
Sponsored by: VooDoo Cove  
Hand & Foot Card Game/Game Room  
Sponsored by: VooDoo Cove  
Tech Assistance/Pam Beaushay/Library  
Relaxation & Mindfulness/Exercise Rm  
Sponsored by: Arizona Advanced Wound Care  
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.  
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.  
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**  
**Hit the Bullseye/Electronic Darts/Game Room**  
Sponsored by: VooDoo Cove  
**Bereavement Support Group/Craft Room**  
**Line Dancing/Beginner/ Exercise Room**  
Sponsored by: Arizona Advanced Wound Care  
**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.  
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  
**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

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**  
Sponsored by Mohave College - Community Education  
**Mexican Train/Game Room**  
Sponsored by: VooDoo Cove  
**Pinochle/Nutrition Center**  
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

### **Tuesday, January 6**

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

Art Therapy Class/Craft Room/Diamond Art Heart  
Sponsored by Mohave College Community Education

### **Wednesday, January 7**

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

Genealogy Club/Library

### **Thursday, January 8**

8:30 a.m. to 10:00 a.m.

Coffee with a Cop/Nutrition Center

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

Brain Games with Televeda/Great Room

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

Left, Right, Center Dice Game/Game Room

Sponsored by Voo Doo Cove

### **Tuesday, January 13**

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

Jewelry Making/Craft Room/White Elephant Design

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

Sound Bowl Breathing Healing Body Soul

Sponsored by Mohave College Community Education

### **Wednesday, January 14**

8:00 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

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

Sponsored by WellCare

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

Sweep Card Game/Great Room

Sponsored by Voo Doo Cove

Give, Make & Take/Nutrition Center/Salty, Chewy Oatmeal Cookies

Sponsored by Canyon Home Care & Hospice

### **Thursday, January 16**

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

Rock Painting/CRWC/Craft Room

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

Stayin' Alive Dancing to the Oldies/Exercise Room

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

Sponsored by Arizona Advanced Wound Care

Monthly Bingo/Great Room

Sponsored by TNG Insurance

Sponsored by TNG Insurance

### **Wednesday, January 19**

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

Drum Circle/Exercise Room

### **Tuesday, January 20**

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

Art Therapy Class/Craft Room/Paper Curl Picture Frame

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

Sponsored by Mohave College Community Education

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

Birthday Month Celebration/Great Room

### **Wednesday, January 21**

11:00 a.m. to Noon

Sponsored by Joshua Spring Senior Living

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

Late Night Ladies Bunco Group/Nutrition Center

Legal Services/Desiree Bender/Conference Room Zoom

Genealogy Club/Library

## SPECIAL EVENTS & ACTIVITIES

### Thursday, January 22

10:00 a.m. to 12:30 p.m.

Noon to 1:00 p.m.

Noon to 1:00 p.m.

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

NAU in-Service Training/Conference Room

Cyber Squad Bingo/Televeda/Great Room

Ice Cream Social/Great Room

Sponsored by Culver's Bullhead City

Virtual Dementia Tour/Conference Room

### Monday, January 26

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

Root Beer Floats/Great Room

Sponsored by Mohave Medicare

### Tuesday, January 27

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

Monthly Mixer/Mocktails & Music/Great Room

Sponsored by The Legacy Rehab & Care Center

Art Therapy/Craft Room

Sponsored by Mohave College Community Education

### Wednesday, January 28

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

NAU Volunteer Meeting/Conference Room

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

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

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

Sweep Card Game/Great Room

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

Sponsored by Voo Doo Cove

Game Room Karaoke/Game Room

### Thursday, January 29

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

Beyond Walls Bingo/Televeda/Great Room



## MONTHLY root beer **FLOATS**

Mon Jan 26th Noon - 1pm

**SPONSORED BY**



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



**Shirley Martinez**  
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**928-600-2628 TTY-711**

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

# LIVE MUSIC AT THE BELLE

Every Friday Saturday Sunday  
Follow us on Facebook for the hours and lineup!

Sponsored by:



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Branch Manager / Associate Broker  
US Southwest, LLC  
*Buying or Selling, Give me a Call*  
Phone: 928-201-0267  
Email: [lois@ussw.net](mailto:lois@ussw.net)

**US SOUTHWEST REAL ESTATE ®**

## Karaoke Contest

**Monday, January 19**

**5pm sign-ups. Contest starts 6pm.**

**Free to enter. Winner gets \$500!**

**Bring your friends, the audience is the judge.**

**Complete details posted at the Bullhead Belle.**



**Bullhead Belle**  
On The Colorado River

LOCATED INSIDE COMMUNITY PARK,  
1251 HWY 95, BULLHEAD CITY, ARIZONA  
ALL PROFITS ARE REINVESTED INTO COMMUNITY PARK.  
**BULLHEADBELLE.COM**

# HAPPY HOUR



## Delicious **MOCK** **TAILS**

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

Senior Enrichment Center  
Happy Hour is sponsored by

wellcare

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

SPONSORED BY  
LEGACY REHAB&CARE CENTER

# MONTHLY MIXER

JOIN US AT  
SENIOR ENRICHMENT CENTER

## LET'S MIX & MINGLE!

Join us for an afternoon of delicious mocktails, friendly conversation, and live music performed by Frank Martanelli. It's the perfect way to relax, mingle, and enjoy some great entertainment with neighbors and friends.

**Tuesday, January 27**  
**12:30 pm -1:30 pm**  
**MOCKTAILS &**  
**MUSIC**

SPONSORED BY



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

# BULLHEAD CITY SENIOR ENRICHMENT MONTHLY NEWSLETTER ADVERTISING

V04 110

JANUARY 2026 NEWSLETTER



SCAN FOR  
EVENT CALENDAR



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

## A GREAT WAY TO PROMOTE YOUR BUSINESS OR SERVICE AND SUPPORT LOCAL SENIORS!

### CALL SHAUNA TO LEARN MORE.

**SHAUNA CATES  
SPONSORSHIP COORDINATOR  
(928) 763-9400 EXT. 8358  
SCATES@BULLHEADCITYAZ.GOV**

Brought to you by:



# FREE MINI HEALTH CLINIC

**CLINIC DATE  
FEB 12TH  
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.

- **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**

**CALL TODAY AND RESERVE YOUR SPACE**

**(928) 763-0193**

**LIMITED TO 6 SPOTS PER CLINIC.**

# HAPPY NEW YEAR!

## JANUARY 2026 SPECIALS

SWANTY'S  
SERVICE DEPARTMENT  
**10% OFF**  
SERVICE AND LABOR  
EVERY TUESDAY  
IN JANUARY 2026!

UP TO \$200. MOST MAKES & MODELS.  
COUPON MUST BE PRESENTED BEFORE  
SERVICE IS COMPLETE.

SWANTY'S  
LUBE & MUFFLER SHOP  
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SERVICE AND LABOR  
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IN JANUARY 2026!

UP TO \$200. MOST MAKES & MODELS.  
COUPON MUST BE PRESENTED BEFORE  
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(928) 704-2222 [SWANTYS.COM](http://SWANTYS.COM)



**Salty Chewy Oatmeal  
Cookies**

**Wed. Jan 14th 1pm-3pm**

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



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# HAPPY BIRTHDAY

Join us for the  
Birthday Month Celebration

**January 1**

Fletcher, SIR WM  
McCaffery, Lori  
Moussette, Eunice  
Hansen, Janet  
Dowell, Carol  
Hembree, Marshall  
Morgan, Gordon

**January 2**

Poole, Carol Ann  
Luna-Valdez, Adan  
Wesch, Ray  
Hernandez, Karon  
Rauchwater, Carol  
Akin, Rose  
Mejia, Angelica  
Johnson, Neal  
Deutsch, Rebecca  
Munoz Reyes, Hector

**January 3**

Pfau, Thomas  
Cole, Martin  
Simmons, Brenda  
Hosley, Kenneth  
Trejo, George  
Cupa, George

**January 4**

Ragusa, Mary  
Hultquist, Linda  
Farland, Wanda  
Gutowski, Janet  
Trani, Susan  
Wise, Denise

**January 5**

Ayres, Jim  
Forsyth, Zahra  
Riegger, Charles  
Sturms, Rob  
Fischer, Lynette  
Varney, Kim  
Cameron, James  
Lopez-Long, Gricelda

**January 6**

Frisa, Tony  
Kellogg, Jean  
Guy, Pam  
Porter, Debbie

**January 7**

Saunier, Patricia  
Bjorling, Robyn  
Dykeman, Arthur  
Ortiz, Deveda

**January 8**

Miles, Angela  
Valdez, William  
Greco, Kelly  
Renyolds, Lisa  
Bates, Stacy

**January 9**

Austin, Bill  
Worden, Gerri  
Smith, Anita  
Klingensmith, Tom  
Sampson, Sandra

**January 10**

Gumz, David  
Vanmarter, Linda  
Ronk, Mike  
Oliverio, Louie  
Supitilov, Natalya  
Perkins, Michael

**January 11**

DeLucia, Carol  
Nolan, Gerald  
Cardella, Cheryl Kay  
Littlejohn, Maxine  
Rockhold, Vernon

**January 12**

Ennen, Debra  
Morin, Susan  
Smith, Walter  
Corrao, Bill  
Ditslear, Elisie  
Woolard, Cliff  
Naidis, Elizabeth  
Simons, Pamela

**January 13**

Gorham, Holly  
Dowdy, Karla  
Wroten, EJ  
Hansen, Ivor  
Buchan, Wanda  
Lettman, Richard  
Aviles, Joe  
Thebodeau, Alicia

**January 14**

Welsh, Debbie  
Fredrickson, Bob  
McCaffery, Colin  
Carr, Ethel

**January 14**

Leininger, Don  
Robarge, Robert  
Gutierrez, Jose  
Harlin, Janis

**January 15**

Fenech, Leora  
Biss, Wayne  
Brandt, Barbie  
Kulinski, Timothy  
Smith, Marg  
Perry, Kathy

**January 16**

Czub, Robert  
Peoples, Ken  
Stump, Manford  
Mitchell, Steven  
Berilla, Sue

**January 17**

Bennett, Harry  
Garcia, Patricia  
Schaer, Sally  
Brode, Micheal  
Riggs, William  
Joanis, Triple  
Toly, Renata  
Hanna, Terry



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



**January 18**

Murphy, Richard  
McDowell, James  
Reynolds, Janice  
Cottrell, Maria  
Fish-Stiles, Donna

**January 19**

Ocker, Tracy  
Yap, Henry  
Nixon, Norma  
Correll, Charlene  
Harrison, Harry  
Wortman, Betty  
Michael, Stephen  
Barnes, Tamara  
Stettler, Michael  
Langham, Terri  
Wall, Bud

**January 20**

Klemm, Erika  
Kesting, Arline  
Maurice, Andrea

**January 21**

Rascon, Alice  
Jeffries, Vanola  
Prevail, Jim  
Lewin, Jane  
Jussila, Dianna  
Faulkner, Thomas

**January 22**

Holmes, Shelia  
Mason, Jack  
Marquez, Steven  
McDonald, Robbin

**January 23**

Muchmore, Gary  
Stamper, Faye  
Keller, Donna  
Sawinski, Cynthia  
Raboy, Nora  
Keoenig, Gladys  
Sanders, Barbara  
Ferguson, Keith  
Young, Julia



**January 24**

Roberts, Loa  
Melick, Ladora  
Smith, Carla  
Miller, Elsa  
Bagron, Geri

**January 25**

Leiter, Sereta  
Smith, Samuel  
Holguin, Ed  
Astorga, Steve  
Murillo, Richard  
McArdle, Gerri  
Jenkins, Sally  
Thebodeau, Phillip  
Panasuk, Angelique

**January 26**

Ennis, William  
Bacchi, Carol  
Cavaliere, Pauline  
Garton, Pauline  
Alexander, Sid  
Williams, Greg  
Najera, Darlene

**January 27**

Piety, Rod  
Jackson, Janet  
Suttles, James  
Little, Tim  
Johnson, Mary Ann

**January 28**

Campos, Henry  
Franklin, Susan  
Wolkowycki, Arlene  
Haislett, Sue  
Gonzalez, Martin

**January 29**

Gilbert, Sandy  
Black, Benjamin  
Joiner, Dennis  
Duval, Ronald



**January 30**

Gonzales, Raul  
Altomare, James  
MacDonald, Jerry  
Stemke, Virginia  
Romaine, Mellody

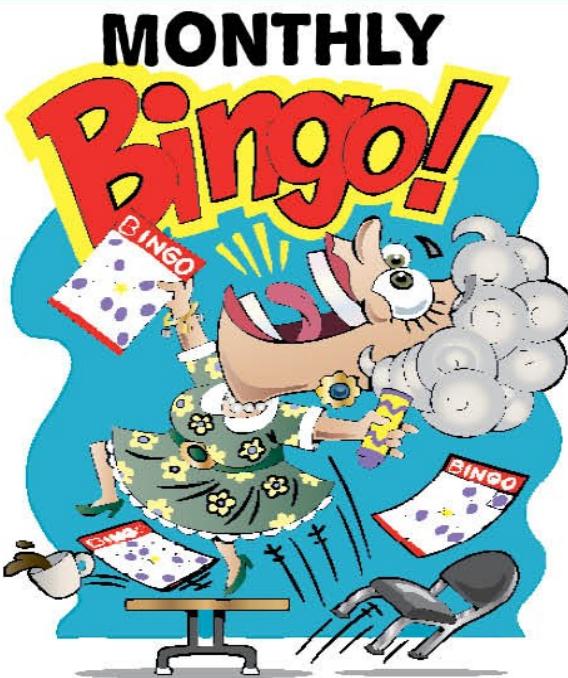
**January 31**

Pape, Barbara  
Hugdahl, Karen  
Rossi, Tracy  
Singer, Laura



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

**Tue, January 20 starting at 12:30  
Sponsored by Joshua Springs Senior Living**



**Jan 15th**

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

INSIDE  
BULLHEAD CITY'S  
SENIOR  
ENRICHMENT CENTER  
2275 TRANE RD

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**TNGMEDICARE.COM**



**THURSDAY,  
JAN 22ND  
NOON-1PM**



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

**SPONSORED BY**



# HOT COCOA BAR

WEDNESDAY



**WEDNESDAY JAN 7 10:00 AM TO NOON**  
BULLHEAD CITY SENIOR ENRICHMENT CENTER  
2275 TRANE ROAD

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# TRIVIA

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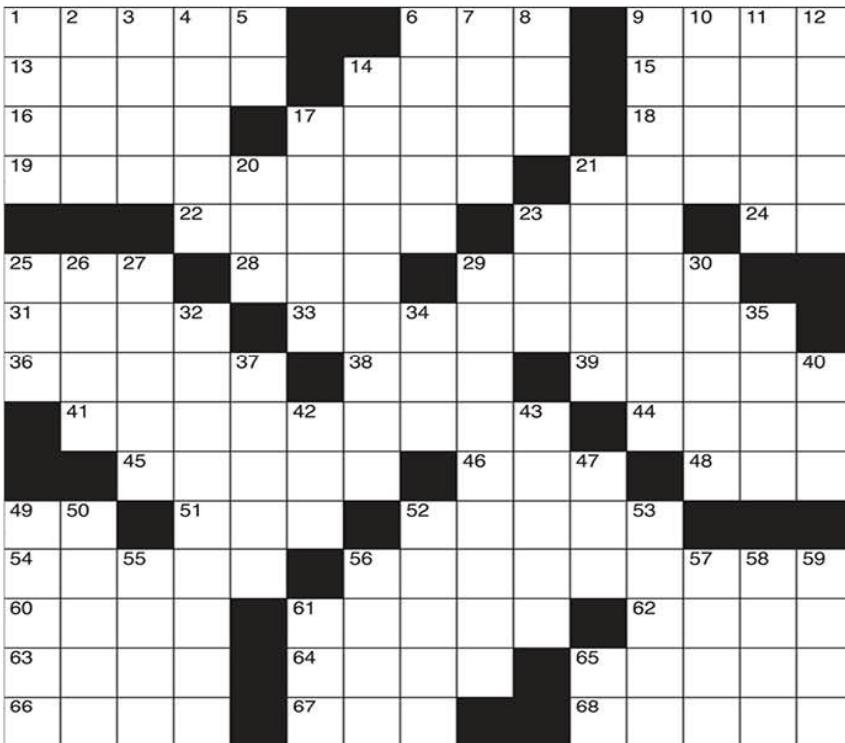


**Join us on  
Wednesday,  
January 28th  
at Noon.**

**Have Fun & WIN PRIZES!**

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

# 1<sup>st</sup> CROSSWORD



## CLUES ACROSS

- 1. Lakes
- 6. Electromotive force
- 9. Invests in little enterprises
- 13. Longtime Utah Jazz coach
- 14. Small sailboat
- 15. Actor Idris
- 16. Mild yellow Dutch cheese made in balls
- 17. System that detects objects under water
- 18. Harsh, grating noise
- 19. Steward
- 21. A fencing sword
- 22. Infections
- 23. Actress Ryan
- 24. Sodium
- 25. Swedish castle
- 28. A lump of slime
- 29. African antelope
- 31. Insurance providers
- 33. Choosy
- 36. Ringworm
- 38. Unpolished
- 39. Drenches
- 41. Pant style
- 44. Son of Noah
- 45. Spiritual being
- 46. Upton Sinclair novel
- 48. Journalist Tarbell
- 49. Popular sports highlight show
- 51. Born of
- 52. Rich tapestry
- 54. S. China seaport
- 56. State of being unclothed
- 60. Surrounded by
- 61. Residue
- 62. Away from wind
- 63. Dried-up
- 64. Visionary
- 65. A very large body of water
- 66. Garden tools
- 67. Screen type
- 68. Ancient Scandinavian poet

## CLUES DOWN

- 1. Millisecond
- 2. Spanish city
- 3. A sudden very loud sound
- 4. "The Indiana Jones of beer"
- 5. Tin
- 6. Sea eagles
- 7. Volcanic crater
- 8. Type of coat
- 9. Women's apartments in Ottoman palace
- 10. Divulge a secret
- 11. Norwegian playwright
- 12. "It's a Wonderful Life" director
- 14. Poisonous perennial plant
- 17. 18-year astronomical period
- 20. Clothes
- 21. Places to sit
- 23. Family of regulator genes
- 25. New York ballplayer
- 26. Impressive in size or scope
- 27. Jacques \_\_\_, French biologist
- 29. One from the Big Apple
- 30. Genus of woolly lemurs
- 32. Songs to one's beloved
- 34. Indigenous person of N.E. Thailand
- 35. Supplemented with difficulty
- 37. Farewell
- 40. Investment account (abbr.)
- 42. One from Utah
- 43. Begets
- 47. A male child
- 49. Break apart
- 50. Brief appearance
- 52. Partner to "oohed"
- 53. A light informal meal
- 55. Fabric with smooth, shiny surface
- 56. One billionth of a second
- 57. Ancient Italian-Greek colony
- 58. Close tightly
- 59. Mail out
- 61. Language
- 65. Computer characteristic

*Your success and happiness lies in you.  
Resolve to keep happy, and your joy  
and you shall form an invincible host  
against difficulties. - Helen Keller*

*Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.*  
- Benjamin Franklin



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Leisure Living - Assisted Living

*A great place to call home...*



Beautiful  
Common  
Areas

Studio &  
1 Bedroom  
Units



Restaurant  
Style Dining

- Nurse and Medical Supervision
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- Transportation  
Local Doctors & Shopping
- Studio & 1-Bedroom Units
- Beautifully Decorated Common Areas
- Landscaped Outdoor Areas Walking Paths
- Housekeeping & Linen Services
- Emergency Call System
- ALTCS Accepted

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Bullhead City, AZ 86442

**928-704-7000**  
[silvercreekll@frontiernet.net](mailto:silvercreekll@frontiernet.net)  
[www.silvercreekassistedliving.com](http://www.silvercreekassistedliving.com)

# 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

## Angel's ESSENTIAL ROOM



*Donations by Seniors for Seniors*

Durable medical equipment received by donation and donated to seniors in need.

Open Monday - Friday  
10 a.m. to 1 p.m.  
or by appointment  
(928) 763-0193



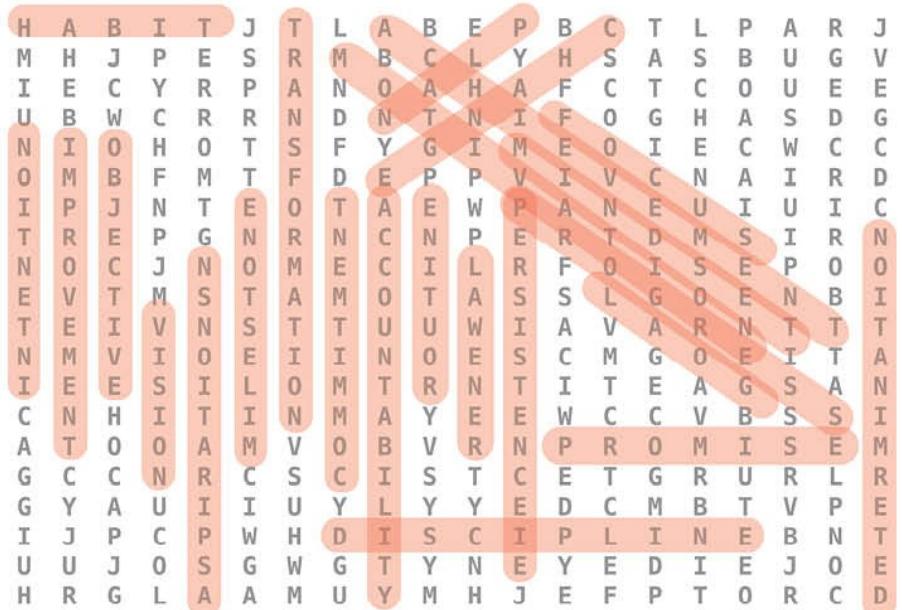
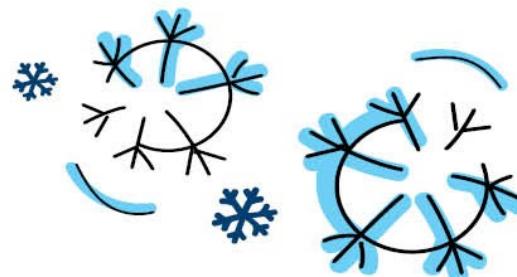
2275 Trane Road  
Bullhead City AZ, 86442

# ALL THE ANSWERS YOU SEEK...

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

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

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S	E	R	E		S	E	E	R		O	C	E	A	N	
H	O	E	S		L	C	D			S	K	A	L	D	



BULLHEAD CITY PRESENTS



**FRIDAY** | **6 PM**  
**22 JANUARY**

**AT OPTIMUM COMMUNITY CENTER**

JOIN US FOR AN AWESOME EVENING WITH THE LEGO MOVIE! BRING THE WHOLE FAMILY AND ENJOY A FUN-FILLED STORY ABOUT CREATIVITY, TEAMWORK, AND BELIEVING THAT EVERYTHING IS AWESOME! DON'T MISS THIS ACTION-PACKED NIGHT WITH BUILDING ACTIVITIES, CRAFTS, FACE PAINTING, POPCORN, AND TONS OF FUN!

Questions? Contact Claire Adams, Sr. Recreation Supervisor / Gilbert Herrera, Recreation Supervisor  
(928) 763-0158