

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.



VALLEY VIEW
General Surgery

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

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CHAPTER AT
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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.

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Assisted Living



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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 \$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

Shauna Cates

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



MONTHLY MENU

JANUARY



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | | 1 CLOSED 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 CLOSED 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 & 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.

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 trans-formative 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 r 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



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MARTAMELLI**

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

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

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

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

RESOLUTIONS WORD SEARCH



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

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

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to resolutions.

K W O S R

| | | | | |
|--|--|--|--|--|
| | | | | |
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Answer: Works

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skiing.

L O S P E

| | | | | |
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Answer: Poles

WORD SCRAMBLE

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

T C L H E A

| | | | | | |
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| | | | | | |
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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!

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LAUGHLIN, NV

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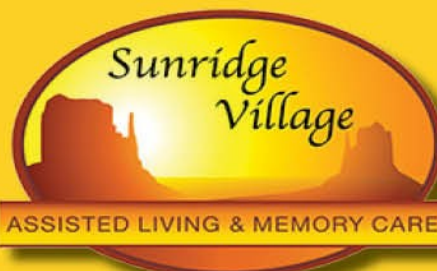
Secure Memory Care Unit: Private or Shared Room

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



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



**839 LANDON DRIVE
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CENTER
2275 TRANE ROAD
BULLHEAD CITY**

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GAME sponsor



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- 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

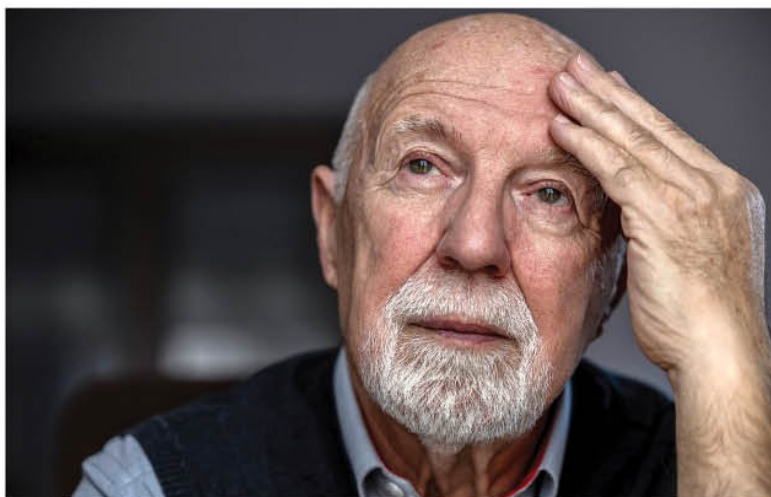
Mental health has increasingly been noted as a key ingredient to an individual health regimen. The stigma once assigned to mental health issues has largely dissipated, and many people now recognize that mental health should be just as big a priority as physical health.

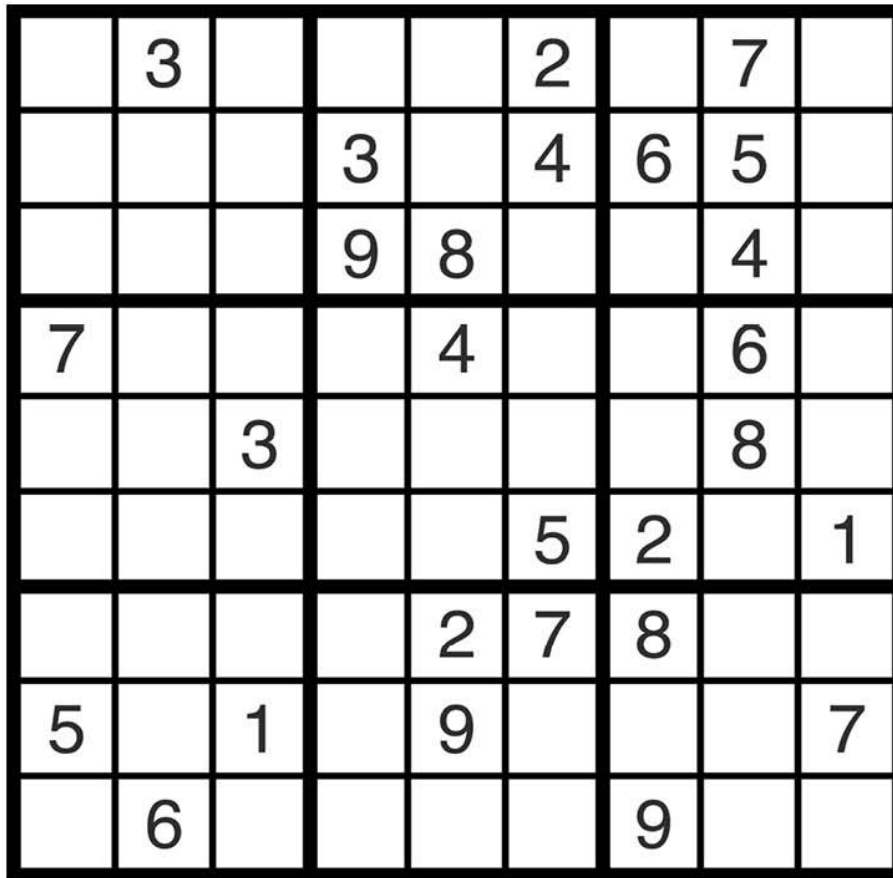
Seniors may not have come of age in a world where mental health was prioritized, and thanks to that aging men and women may not recognize where their mental health is suffering and what they can do to combat such problems. Recognition of the importance of mental health is a step in the right direction,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

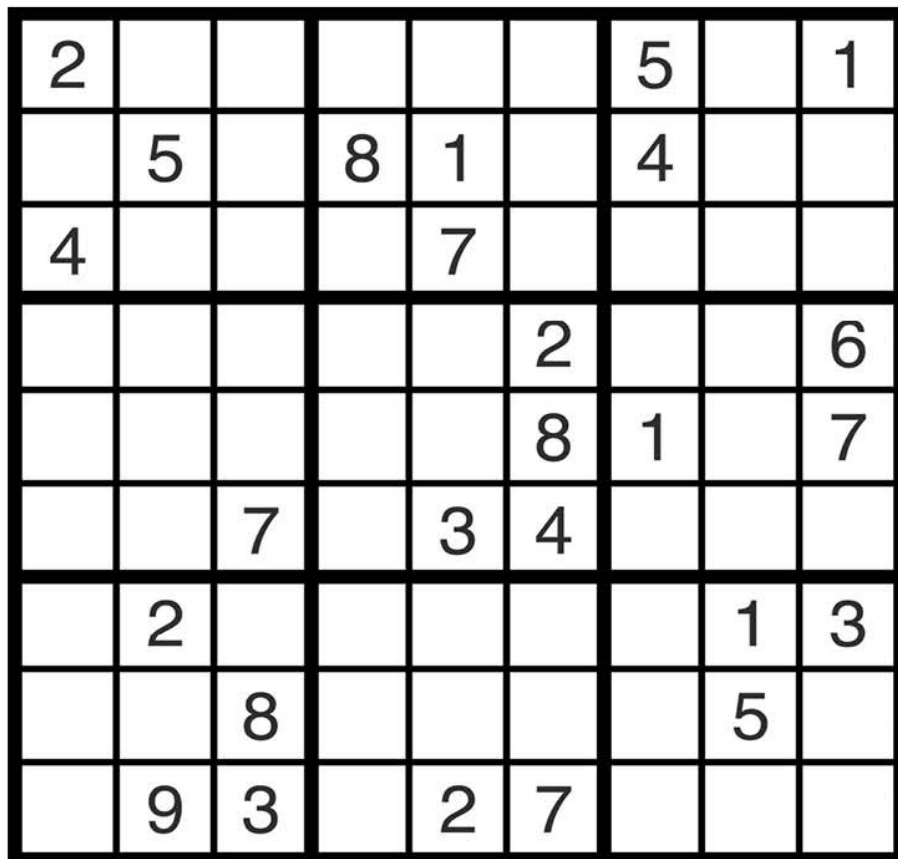
Take time out if you're a caregiver. The WHO notes that many older adults serve as caregivers for spouses with chronic health conditions, including dementia. The Alzheimer's Association reports that studies have found that 70 percent of caregivers report feeling stress related to coordination of care, 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.

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

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

Coffee with a Cop/Nutrition Center
Brain Games with Televeda/Great Room
Left, Right, Center Dice Game/Game Room
Sponsored by Voo Doo Cove

Tuesday, January 13

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

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

Jewelry Making/Craft Room/White Elephant Design
Sound Bowl Breathing Healing Body Soul
Sponsored by Mohave College Community Education

Wednesday, January 14

8:00 a.m. to 11:00 a.m.

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

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

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

White Elephant Bingo/Great Room
Happy Hour/Great Room
Sponsored by WellCare
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.

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

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

Rock Painting/CRWC/Craft Room
Stayin' Alive Dancing to the Oldies/Exercise Room
Sponsored by Arizona Advanced Wound Care
Monthly Bingo/Great Room
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.

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

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

Art Therapy Class/Craft Room/Paper Curl Picture Frame
Sponsored by Mohave College Community Education
Birthday Month Celebration/Great Room
Sponsored by Joshua Spring Senior Living
Late Night Ladies Bunco Group/Nutrition Center

Wednesday, January 21

11:00 a.m. to Noon

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

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

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

Art Therapy/Craft Room

Sponsored by Mohave College Community Education

Wednesday, January 28

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

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

NAU Volunteer Meeting/Conference Room

Monthly Trivia Event/Game Room

Sponsored by Dot Foods

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

Sweep Card Game/Great Room

Sponsored by Voo Doo Cove

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

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

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over 14 years!*



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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:



Lois Briesemeister
Branch Manager / Associate Broker
US Southwest, LLC
Buying or Selling, Give me a Call
Phone: 928-201-0267
Email: 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.



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



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

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YOUR BUSINESS OR SERVICE
AND SUPPORT LOCAL SENIORS!**

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- **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 DATE
FEB 12TH

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.

HAPPY NEW YEAR!

JANUARY 2026 SPECIALS

SWANTY'S
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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

10% OFF

SERVICE AND LABOR
EVERY WEDNESDAY
IN JANUARY 2026!

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



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BULLHEAD CITY, ARIZONA 86442

(928) 704-2222 SWANTYS.COM



GIVE. MAKE & TAKE

**Salty Chewy Oatmeal
Cookies**

Wed. Jan 14th 1pm-3pm

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



SPONSORED BY:





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

January 7

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

January 7

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

January 8

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

January 9

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

January 10

Pritchett, Velma
Reeve, Diana
Patraw, Doris
Payne, Joy
Pickalski, Patricia
Collins, Phyllis
Rhodes, James Jr

January 11

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

January 11

Ennen, Debra
Morin, Susan

January 12

Smith, Walter
Corrao, Bill
Ditslear, Elsie
Woolard, Cliff
Naidis, Elizabeth
Simons, Pamela
Gorham, Holly
Dowdy, Karla

January 13

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
Jinkins, 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, Melody

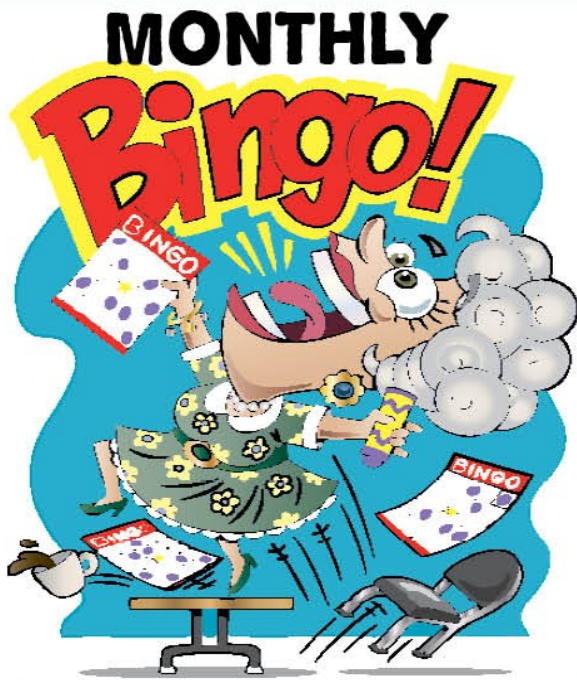
January 31

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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**THURSDAY,
JAN 22ND**

NOON-1PM



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

SPONSORED BY



HOT COCOA BAR

WEDNESDAY



A SWEET AND RELAXING TIME TO UNWIND, CHAT WITH FRIENDS,
AND ENJOY A DELICIOUS CUP OF HOT CHOCOLATE TOPPED JUST THE WAY
YOU LIKE IT.

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

SPONSORED BY



Sponsored by

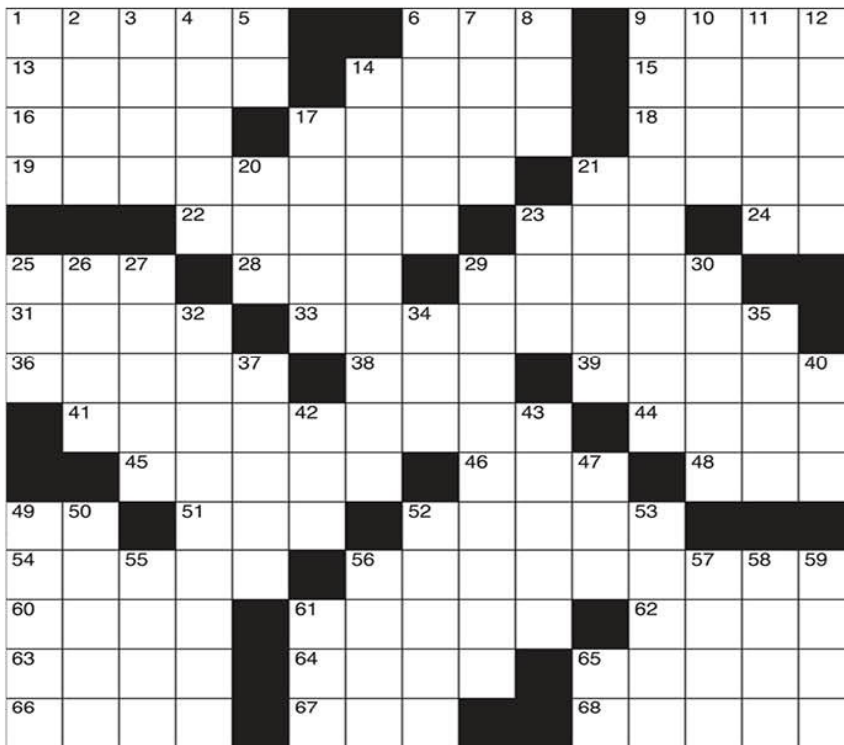


Join us on
Wednesday,
January 28th
at Noon.

Have Fun & WIN PRIZES!

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

CROSSWORD



CLUES ACROSS

- | | |
|---|-----------------------------------|
| 1. Lakes | 38. Unpolished |
| 6. Electromotive force | 39. Drenches |
| 9. Invests in little enterprises | 41. Pant style |
| 13. Longtime Utah Jazz coach | 44. Son of Noah |
| 14. Small sailboat | 45. Spiritual being |
| 15. Actor Idris | 46. Upton Sinclair novel |
| 16. Mild yellow Dutch cheese made in balls | 48. Journalist Tarbell |
| 17. System that detects objects under water | 49. Popular sports highlight show |
| 18. Harsh, grating noise | 51. Born of |
| 19. Steward | 52. Rich tapestry |
| 21. A fencing sword | 54. S. China seaport |
| 22. Infections | 56. State of being unclothed |
| 23. Actress Ryan | 60. Surrounded by |
| 24. Sodium | 61. Residue |
| 25. Swedish castle | 62. Away from wind |
| 28. A lump of slime | 63. Dried-up |
| 29. African antelope | 64. Visionary |
| 31. Insurance providers | 65. A very large body of water |
| 33. Choosy | 66. Garden tools |
| 36. Ringworm | 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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Bullhead City, AZ 86442

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silvercreekll@frontiernet.net
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



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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



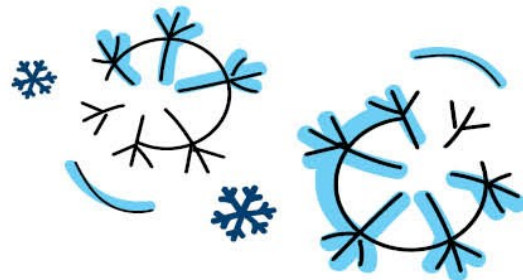
2275 Trane Road
Bullhead City AZ, 86442

ALL THE ANSWERS YOU SEEK...

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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
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