

April NEWSLETTER



BULLHEAD CITY'S SENIOR CAMPUS



Greetings Bullhead City Seniors,

I am so excited to share our very first Senior Campus Newsletter with all of you. We will be producing a newsletter every month to help keep our seniors informed of all our activities and offerings. Please hang onto your copy through the end of the month as reference for upcoming events and information happening at the Senior Campus which includes the Activity Center and Nutrition Center. The monthly newsletter is being put together monthly with the help of the very talented Jackie Jensen, Bullhead City Sponsorship Coordinator.

I am very happy to share that our monthly newsletter will be featuring spotlight volunteers and clients. This will be our special way to say Thank you to those great businesses and individuals who help us make great things happen for the senior community. Please feel free to give me your suggestions on who we should shine the light on by filling out one of the spotlight forms at the Campus.

If you've never been to the Senior Campus and you're over 50 years young I suggest you make your way here and check us out. The Senior Campus is growing daily as new people learn about all we are doing.

Looking forward to seeing you soon,

Kim Cool

Kim Cool
Senior Services Program Manager
kcool@bullheadcityaz.gov

**BE THE
CHANGE**
VOLUNTEER &
MAKE THE DIFFERENCE





Giveback to



MEALS ON WHEELS
Bullhead City, AZ

1. Go to SmithsFoodandDrug.com and sign into your account or create one.

2. Next create a digital account

A digital account is needed to participate in Smith's Inspiring Donations. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

3. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the **Smith's Inspiring Donations** selection on your digital account. **A)** Sign in to your digital account. **B)** Search for Bullhead City Meals on Wheels or NPO number KK124 if you wish to support us. **C)** Click "Save"

Your selected organization will also display in the Smith's Inspiring Donations section of your account. If you need to review or re-visit your organization, you can always do so under your Account details.

4. The BHC Meals on Wheels organization earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to BHC Meals on Wheels at no added cost to you. Smith's Inspiring Donations will donate 0.5% of all eligible spending to organizations that customers have linked to their Rewards Card.

If you have any questions, please contact Bullhead City Senior Services Program Manager—Kim Cool @ (928) 763-0193



Is it
time for
hospice?

Signs of decline with
terminal illness

GENERAL SIGNS OF DECLINE

Weight loss

- usually 10% in a six month period or 5% in 3 months
- wearing baggy clothing or needing extra notches on belts if weight is uncertain

Increased assistance with activities of daily living

- requiring help for dressing, bathing, toileting, meal preparation and/or eating
- decreased walking or increased assistance with walking
- spending most of the time in the bed or a chair
- needing assistance of a person, walker or cane for walking short distances

Increased sleeping

- spending more hours asleep than awake
- requiring more naps during the day

Please note that these signs do not necessarily imply a limited life-expectancy. Someone may show decline in these areas but may improve if there is an underlying illness that is cured with treatment. However, when the decline is related to an incurable condition, it is most appropriate to refer to hospice to receive a nursing assessment.

Decreased food and drink intake

- eating 2 or less small meals a day
- drinking only 2 or less cans of supplements such as Ensure or Boost

Weakness and fatigue

- complaining of feeling tired most of the time
- shortness of breath is noted with activities
- more frequent falls

More frequent need for doctor visits and hospitalizations

- often related to recurrent infections or falls

"I wish I had known about hospice services earlier."

- The most frequent comment made by our hospice families.

Compassus Hospice

928-763-6433

Bullhead City, Kingman, Lake Havasu

P 928-763-6433 F 928-763-6437





FUNDRAISING



RESERVE YOUR VENDOR SPACE

ANDERSON FIELDHOUSE
AUTO GROUP

ANDERSON
Ford Bullhead City

ALOHA

4th Annual Family Fun Festival

ANDERSON FIELDHOUSE PRESENTS
NERF ZONE

MEALS ON WHEELS
Bullhead City, AZ



SUZIE BOUNCE PARTY RENTALS



June 11th, 2022
10AM - 4PM
Admissions: \$5 per person

@andersonfieldhouse



www.andersonautogrouppfieldhouse.com

Waterslides
Obstacle courses

Bounce Houses
Boxing Ring

Tossing Ring
Carnival Games

Face Painting
Arts and Crafts

Vendors and
Concessions





Fundraiser for



The ANDERSON FIELDHOUSE will be hosting the 4th annual Family Fun Day on Saturday, June 11th from 10 am – 4 pm. The FIELDHOUSE has generously offered to allow the Bullhead City "Meals on Wheels" program to sell vendor booth space during the event and all proceeds will be donated to Bullhead City Meals on Wheels. This is your opportunity to sell your wares and assist a great cause. If you wish to participate with early bird pricing return this form by Thurs. May 12th

Business Name _____

Email Address: _____ Phone: _____ Cell: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Contact Person: _____

Number of 8'X 8" Booth Space Request(s) _____ @ \$50/each = \$ _____

Add Electricity to _____ Booth(s) @ \$10 /each = \$ _____ (bring your extension cord)

Total \$ _____

NO FOOD BOOTHS ALLOWED UNLESS PREPACKED FOR OFF-SITE CONSUMPTION (All items must be appropriate for family friendly viewing) NO GARAGE SALE ITEMS-ALCOHOL-TOBACCO-CBD OR WEAPONS

Booth Category: _____

Booth Description: _____

Signature _____ Date _____

VENDORS MUST PROVIDE THEIR OWN TABLES AND CHAIRS

Attach a copy of Arizona Sale Tax Permit and your Bullhead City Business License. Bring this completed application and payment to the Bullhead City Senior Campus at 2275 Trane Road, Bullhead City, AZ 86442 or email kcool@bullheadcityaz.gov, Kim Cool –Bullhead City Senior Services Program Manager for Bullhead City. Phone Number (928) 763-0193 or cell (928) 254-7959.

APPLICATIONS ARE NON-TRANSFERABLE / NO REFUNDS

A confirmation email will be sent when your application has been processed. Set up will be Friday, June 10th from 10 am –2 pm (Enter North East Corner of the Fieldhouse). Vendors may check in Saturday between 8-9 am. Break down will begin at 4 pm . Your area must be left fully cleaned and undamaged. You will be required to check out with Joleen– Event coordinator before leaving.

Bullhead City Senior Nutrition Center Monthly Meal Calendar



April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SENIOR NUTRITION CENTER 2275 TRANE RD, BULLHEAD CITY CONGREGATE LUNCH SERVED MONDAY THROUGH FRIDAY 11:30 AM TO NOON TO THOSE 60+ OR WITH A DISABILITY.					1 Sweet & Sour Meatballs, Steamed Rice & Carrots	2
3	4 Garlic Pork Loin, Mashed Sweet Potatoes & Steamed Broccoli	5 BBQ Chicken, Potato Wedges, & Zucchini	6 Veal Cutlet, Gravy Mashed Potatoes & Steamed Carrots	7 Chef's Choice 	8 Salisbury Steak, Rice Pilaf & Stewed Tomatoes	9
10	11 Bratwurst, Sauteed Cabbage, Potatoes Au Gratin & Warm Apples	12 Swedish Meatballs, Pasta, Steamed Carrots & Fruit Crumble	13 Stuffed Peppers, Steamed Corn & Fruit Crumble	14 Chicken Pot Pie, Biscuit, Collard Greens & Warm Apples	15 Turkey Cutlet, Stuffing, Steamed Peas & Fruit Crumble	16
17	18 Country Fried Steak, Mashed Potatoes & Sauteed Spinach	19 Balsamic Chicken & Mushrooms, Rice Pilaf & Vegetable Medley	20 Chef's Choice 	21 BBQ Pulled Pork, Biscuit, Baked Beans & Coleslaw	22 Tuna Noodle Casserole	23
24	25 Lemon Pepper Chicken, Macaroni & Cheese & Veggie Medley	26 Sausage Vegetable Frittata, Salsa & Warm Pears	27 Roast Turkey, Red Potatoes & Green Beans	28 Chef's Choice 	29 Ham Steak Pierogies and Onions & Sauteed Cabbage	30

2% milk and fruit are included with each meal. \$3.00 per meal is the suggested donation. Menu is subject to change.



SUPER STAR SPOTLIGHT



HARRY HARLESS
CLIENT SPOTLIGHT



MARCHELL WILSON-OLSON
VOLUNTEER SPOTLIGHT

Everyone Meet Harry

Eugene Harless, better known as Harry Harless has been apart of the Senior Campus family for two years. Harry enjoys having lunch at the Campus and appreciates having someone to talk too.

Harry grew up in Cortez, Colorado and was in the Navy. He retired from IBM in 2008 and is divorced. Harry enjoys playing Pass the Trash and Bingo on Mondays.



Everyone Meet Marchell

Marchell has been volunteering at the Senior Campus for a year. She assists with front desk duties, Meals on Wheels and anything else that is asked of her. When asked what she enjoys most about volunteering at the Campus she replied, "Meeting new people and learning new things but mostly just sharing a laugh, a hug or a smile with others. It brings me joy."

Marchell grew up in Gary, Indiana and lived in Minneapolis, Minnesota before moving to Laughlin, Nevada. Marchell's son Jay lives in Minnesota with his wife and son Eli. Her daughter Tasha lives in Indiana with her daughter Janyah and son Johnie.

Marchell is an outgoing person who loves reading, traveling, exercising, and cooking. She also loves music including R&B, Country, Jazz and loves going to concerts. She also enjoys spending time with Makenzie, her dog.

WHAT'S GOING ON?



Join us for
**Bullhead City's
 Farmer's Market**
 Rotary Park
 Saturday, April 2nd
 9am-1pm

The Market will be held at the large ramada near the basketball courts at Rotary Park located at 2315 Balboa Dr.

**SECOND SATURDAY
 SIP & SHOP**

FIRST 25 SHOPPERS WILL RECEIVE A FREE GIFT!

A SUPPORT LOCAL VENDOR POP-UP MARKET

COMING TO YOU THE 2ND SATURDAY OF EACH MONTH
 YOUR NEXT EVENT: APRIL 9, 2022 | FREE ADMISSION | 10AM-2PM
 MIRACLE MILE EVENT CENTER LOCATED AT 2580 MIRACLE MILE, BULLHEAD CITY, AZ 84442

**VENDORS
 Wanted**

INDOOR/OUTDOOR EVENT FULL BAR SERVICE | FREE FISH PATIO SEATING! FOOD TRUCK!

NOW ACCEPTING APPLICATIONS IN ADVANCE!
 PREPAY FOR UPCOMING MONTHS & RESERVE YOUR BOOTH SPACE TODAY!

LIMITED SPACE AVAILABLE | APPLY AT LOADEDBAKEDCOOKIES@GMAIL.COM

MIRACLE MILE EVENT CENTER at the Mohave Shrine Club | Event Station | Mohave Shrine Club

MOHAVE SHRINE CLUB'S
 2ND ANNUAL
BBQ COOKOFF

THINK YOU HAVE THE BEST BBQ AROUND? | CALLING ALL BBQ MASTERS!

Competition
APRIL 16, 2022
 MEAT READY AND PREPARED TO SERVE BY 1:00PM

\$20 TO COMPETE. WE PROVIDE THE MEAT. MUST BE COOKED ON LOCATION IN GRILL PROVIDED BY YOU. FOR MORE INFORMATION CONTACT: 928-219-1597

CORNHOLE TOURNAMENT
 April 16th
 Team Check In: 11AM
 Bags Fly: 12PM
 \$30 per team
 DOUBLE ELIMINATION
 \$\$\$ CASH PRIZES FOR 1ST & 2ND

MIRACLE MILE EVENT CENTER at the Mohave Shrine Club

WWW.JJEVENTSINFO.COM & Events



**Bullhead City
 SWAP MEET
 & Community Carnival**

Second Saturday of each month 8:00AM-7:00PM
 Mohave Community College Parking Lot

REGISTER AS A VENDOR AT WWW.MAKEBULLHEADBETTER.COM

Mohave High School Drama Presents:

**Little Women
 The Musical**

Performances Dates:
 April 13th, 14th, 15th, 16th

Performances: 7:00pm
 Lobby Opens: 6:00pm
 House Opens: 6:30pm

If you have questions:
 Mr. Pnett: cpnett@orski2.org - Choir Room
 Mr. Stoud: rstoud@orski2.org - B-106



*Come Join Our Amazing
Group of Volunteers*

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

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



*You're Invited To Our
Ice Cream Social*

THURSDAY, APRIL 7
NOON TO 1:00PM
AT THE SENIOR CAMPUS,
22 75 TRANE ROAD,
BULLHEAD CITY, ARIZONA



APRIL BIRTHDAYS

April 1
Theresa Brockbank

April 2
George McQuiston

April 3
Reg Thibault

April 7
Richard Moore
Joyce Thrasher

April 9
Harriet Smith

April 10
David Davis

April 12
Frank Schmeister
Joan Schulke

April 13
Rita Tovar

April 14
Marganta McQuiston

April 16
Mike Christian

April 17
Cynthia Klaudt

April 20
Bruce Hoffman
Joe Vinito

April 21
Karen Kooistra

April 24
John Day

April 25
Romona Ambriola

April 26
Neleta Monroe

April 28
Donald Hall

April 30
William McDonald



JOIN US FOR
**VETERANS
COFFEE
CLUB**

Friday, April 8th 9am to 11am
Senior Campus
2275 Trane Road, Bullhead City



APRIL
Craft

WEDNESDAY, APRIL 6

1PM-3PM

SENIOR CAMPUS

**CRAFT PROJECT: EASTER
WREATH**

EVERYONE WELCOME!



**JOIN US
FRIDAY, APRIL 1
AT 11:30 AM
INSIDE THE
SENIOR CAMPUS
FOR
COOKIES & MILK
WITH THE
GIRL SCOUTS**



Girl Scout Cookie Trivia!

Thin Mints are the most popular of all Girl Scout Cookies sold amounting to at least 25% of all GS Cookie sales each year. When did Thin Mint sales begin and what was the original name for this cookie?

A. 1939 / Cooky Mints

What year was the first Girl Scout Cookie Sale recorded?

A. 1917, Mistletoe Troop, Muskogee, OK

Girl Scout Cookies have gone to space. True or False ?

A. True. In 1992 Girl Scout alumna Jan Davis, the 1st woman to be a space shuttle commander took Girl Scout cookies into space aboard space shuttle Endeavour.

What famous ballplayer pitched Girl Scout cookies during the "Million Cookie Drive" of 1942?

A. Babe Ruth

April 2022 Bullhead City Senior Campus Activity Calendar

2275 Trane Road, Bullhead City, AZ 86442 / Phone: (928) 763-0193 (FOR SENIORS 50+)

Items below with limited spots require sign up in advance

Friday, April 1st

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginners to Pro's)
11:30 am – 1 pm Cookies and Milk with the Girl Scouts
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

Monday, April 4th

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10:00 – 11:30 am Bingo w/prizes
12 – 1 pm Bullhead Amputee Support Group
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, April 5th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
12 – 2 pm Weekly Craft Group
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, April 6th

9:15-9:45 Am Relaxation & Mindfulness Exercise Class
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group (In person & Zoom)
1 – 3 pm Easter Wreath Craft - Limit 6 people
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, April 7th

9 – 9:45 am Essentrics - Aging Backwards
10 – 10:45 am Exercise to Ease Arthritis Pain
12 – 3 pm Knit & Crochet Group
12 – 2 pm One on One Technology Tutoring (2 slots)
12 – 1 pm FREE Ice Cream Social
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, April 8th

9 – 11 am Calling All Veteran's (Coffee Club)
9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginners to Pro's)
10:30 – 11:30 am Karaoke with Connie
12 – 1 pm Short Stories Read Out Loud by Melinda
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

Monday, April 11th

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10:00 – 11:30 am Bingo w/prizes
12 – 1:30 pm Happy Hour with Games
12:30 – 3:30 pm Pinochle Card Game

12:30 – 3:30 pm Poker Card Game

Tuesday, April 12th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
10 – 11 am "We Care" Cancer Support Meeting
11:30 am – 1:30 pm Card Making Class (8 spots)
12 – 2 pm Weekly Craft Group
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, April 13th

9:15 – 10 am Relaxation & Mindfulness Exercise Class
9:30 – 10 am Body Moves for Brain Power
12 – 1 pm Skipbo Card Game
12:30 – 3:30 pm Bunco Group
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, April 14th

9 – 9:45 am Essentrics - Aging Backwards
10 – 10:45 am Exercise to Ease Arthritis Pain
12 – 3 pm Knit & Crochet Group
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, April 15th

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginners to Pro's)
10 am – 2 pm FREE Mini Clinic (12 spots) /Podiatry added
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

Monday, April 18th

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10:00 – 11:30 am Bingo w/prizes
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, April 19th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
11:30 am – 12:30 pm Birthday Month Celebration
12 – 2 pm Weekly Craft Group
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction
6 – 9 pm Evening Bunco Group

Wednesday, April 20th

9:15 – 10 am Relaxation & Mindfulness Exercise Class
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group (In person & Zoom)
12 – 1 pm Bingo w/Prizes
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, April 21st

9 – 9:45 am Essentrics - Aging Backwards
10 – 11 am Exercise to Ease Arthritis Pain
12 – 3 pm Knit & Crochet Group
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, April 22nd

9 – 11 am What's Going On? (Men's Coffee Club)
9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginners to Pro's)
10:30 – 11:30 am Karaoke with Connie
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

Monday, April 25th

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10:00 – 11:30 am Bingo w/prizes
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, April 26th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
10 – 11:30 am Watercolor Painting Classes w/Instructor
12 – 2 pm Weekly Craft Group
12 – 1 pm Dementia Support Group
12 – 1 pm Let's Craft- Free Supplies/Instruction Provided
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, April 27th

9:15 – 10 am Relaxation & Mindfulness Exercise Class
9:30 – 10 am Body Moves for Brain Power
12 – 1 pm Skipbo Card Game
12:30 – 3:30 pm Bunco Group
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, April 28th

9 – 9:45 am Essentrics - Aging Backwards
10 – 11 am Falls Prevention Training (6 Classes Rotate)
10:30 am – 12 pm Resources & Preparation Assistance
12 – 3 pm Knit & Crochet Group
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, April 29th

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginners to Pro's)
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

TECHNOLOGY TUTORING AVAILABLE THROUGH "SENIORS HELPING SENIORS". SIGN UP AT THE SENIOR CAMPUS TO GET AN APPOINTMENT

ADDITIONALLY AT 1:00 PM WE OFFER WEBINARS BROADCASTING THINGS LIKE USING YOUR SMART PHONE, COMPUTER SKILLS, ONLINE ORDERING AND MORE. OFFERED CLASSES LISTED THE FRIDAY BEFORE FOR THE FOLLOWING WEEK, AT THE CAMPUS OR BY TYPEING THE LINKS BELOW INTO YOUR DEVICES BROWSER. THIS ALLOWS YOU TO LOOK AT A LIVE VIEW OF OUR CAMPUS CALENDAR FOR CANCEL-LATIONS AND UPDATES

PC/ANDROID LINK:

<https://tiny.one/htyvtusv>

APPLE/MAC/IPHONE LINK:

<https://tiny.one/kwhj29nc>

Save these links to your home screen and you will be able to access the calendar anytime.

CLICK THE INDIVIDUAL EVENT FOR ADDED DETAILS AND CONTACT INFORMATION_OR ON FACEBOOK SEARCH [BullheadCitySeniorCampus/events](https://www.facebook.com/BullheadCitySeniorCampus/events)

amazonsmile
You shop. Amazon gives.

Go to smile.amazon.com Each Time You Shop.
A Portion of Your Purchase Will Support Barnert!

It's as Easy as 1-2-3!

- 1**
Go to smile.amazon.com
- 2**
Select Barnert Temple as Your Charity
- 3**
Shop!

Do you buy from AMAZON? Would you allow \$.05 of every dollar you spend to help others locally if it didn't cost you ANYTHING? The Bullhead City "Meals on Wheels" would love to be that charitable donation spot. It's easy and only takes a minute to it up. Once your account is set up AMAZON will donate to Bullhead City "Meals on Wheels" quarterly to help sustain feeding our local disabled & homebound senior population. Every donation counts! HOW MANY PEOPLE WILL YOU HELP FEED IN 2022?

Step 1: Join AmazonSmile

If you aren't yet an AmazonSmile member, sign up at smile.amazon.com using a web browser (mobile or desktop). You'll sign in with your Amazon credentials, and the site will walk you through the process. Amazon will ask you to choose your favorite charity. This is where you search for and choose BULLHEAD CITY "MEALS ON WHEELS" (be sure you put BULLHEAD CITY in front to keep the donations local)

Step 2: Open the Amazon Shopping app on your phone

If you don't have the app already, download it from the [Apple App Store](#) or [Google Play](#).

Step 3: Open Settings within the app

Open Settings by tapping the three horizontal lines (aka the "hamburger") at the top left and tapping "Settings."

Step 4: Tap AmazonSmile

Step 5: Tap the button for "Turn on AmazonSmile"

You'll need to follow the three-step setup process. Note that Amazon requires you to turn on notifications to be able to use AmazonSmile on your phone.

Step 6: Make note of your renewal date

Amazon asks that you renew your AmazonSmile donation every six months. This is easy but required. When six months are up, you'll have to choose your favorite charity again. If you don't, purchases made until you do will not count.

Step 7: Confirm that AmazonSmile is active before your next purchase

Look for AmazonSmile at the top of the app as you browse. You'll also see your chosen charity on the confirmation screen.

Sponsors Needed!

BULLHEAD CITY'S 2022 SENIOR CAMPUS SPONSORSHIPS

CHAMPION

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

\$2000

GUARDIAN

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

\$1000

SUPPORTER

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

\$500

ADVOCATE

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

\$250

Business Name _____

Contact Person _____

Address _____

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

Phone Number _____ **Fax Number** _____

Email _____

Website _____

Social Media _____

Level Requested _____ **Total \$** _____

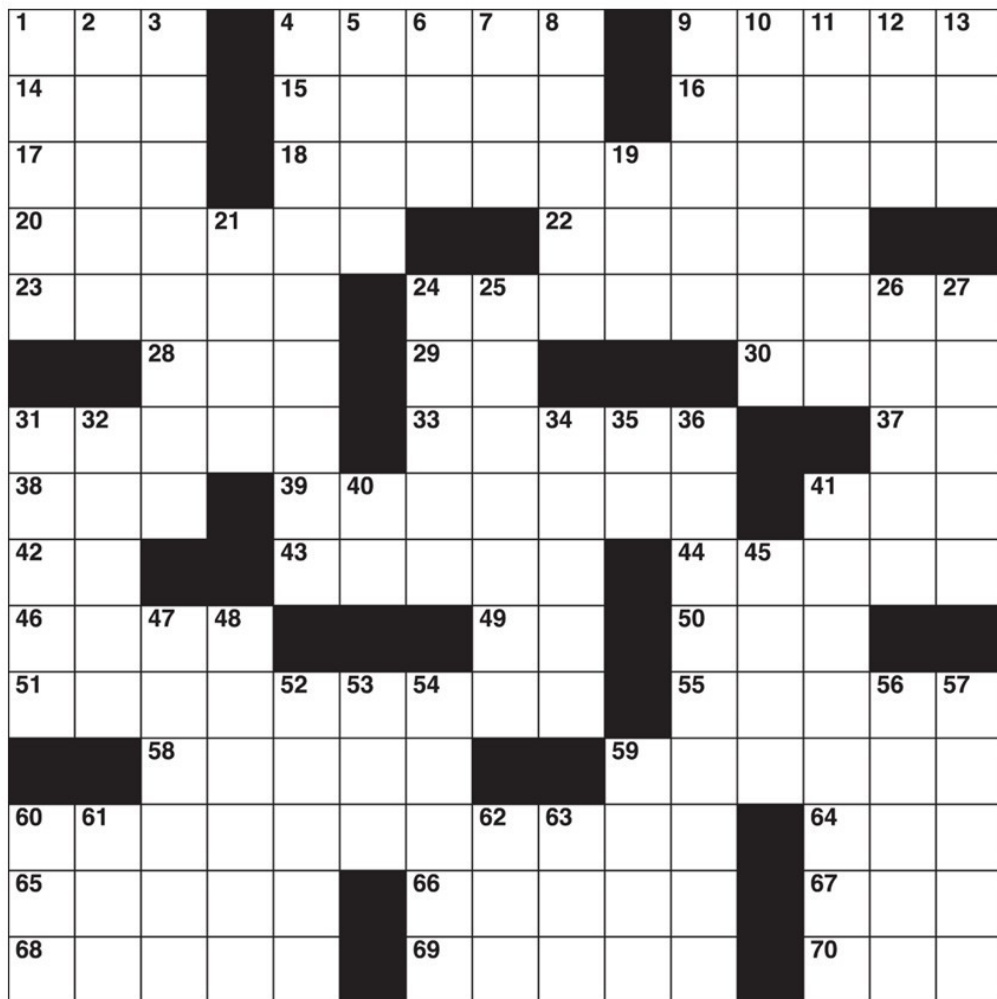
Signature _____

Date _____

NON SPONSOR DONATION

\$ _____
If you wish to support the Senior Campus of sponsorships, any monetary amount is appreciated and graciously accepted.

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



THE PUZZLER



CLUES ACROSS

1. Midway between south and southeast
4. Celebrations
9. Pulpits
14. Pin
15. Rare laughing
16. Parts of the circulatory system
17. Financial term
18. Pearl Jam frontman
20. Cores of vascular plants
22. Strong sharp smell or taste
23. City in S. Korea
24. One from Damascus
28. Short message at the end of an email
29. It cools your home
30. Towards the mouth or oral region
31. Intestinal pouches
33. Boys and men
37. The 12th letter of the Greek alphabet

38. Former CIA
39. A way to arrange
41. Body cavity
42. The Great Lake State
43. A type of seal
44. Stop for a moment
46. Ancient kingdom
49. Of I
50. White clerical vestment
51. Songs to a lover
55. Prices
58. Sun-dried brick
59. Where to park a boat
60. One who values reason and knowledge
64. Partner to feather
65. Sailboats
66. Actress Zellweger
67. Type of screen
68. Country singer Haggard
69. Puts together in time
70. When

CLUES DOWN

1. An involuntary muscular contraction
2. PA transit system
3. Leaves a place
4. Sweet greenish fruit
5. Lends support to
6. Chap
7. Singer Di Franco
8. Water at boiling temperature diffused in the atmosphere
9. Asserts to be the case
10. Doctor (Spanish)
11. Auction attendee
12. Characterized by unity
13. Soviet Socialist Republic
19. Way to analyze video (abbr.)
21. Nonclerical
24. Tree resin
25. The academic world
26. Khoikhoi peoples
27. Infer from data

32. Apart
34. Takes on cargo
35. Beloved Hollywood alien
36. Takes apart
40. Dorm official
41. Secondary or explanatory descriptor
45. Relating to wings
47. Speaker
48. Situated in the middle
52. Loop with a running knot
53. Alaska nursing group (abbr.)
54. Beloveds
56. Establish by law or with authority
57. Border river between India and Nepal
59. Millisecond
60. Revolutions per minute
61. They ___
62. ESPN broadcaster Bob
63. A place to stay

HAPPY *Easter*





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Level: Intermediate



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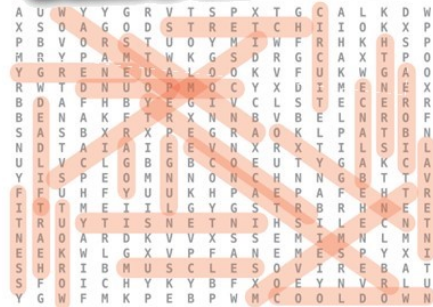
Cowboy Cookies

Makes 50 to 52 cookies

- 2 cups all-purpose flour, spooned and leveled
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 cups old-fashioned rolled oats
- 1 cup (2 sticks) unsalted butter, softened
- 1 cup packed light brown sugar
- 2/3 cup granulated sugar
- 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 1/2 cups semisweet chocolate chips
- 3/4 cup sweetened shredded coconut
- 1 cup chopped pecans (see baking tip)



ANSWERS



1. In a large mixing bowl, whisk together the flour, baking soda, ground cinnamon, and salt until well combined. Stir in the old-fashioned rolled oats and set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter, brown sugar and granulated sugar together for 1 to 2 minutes, or until well combined.
3. Mix in the eggs, one at a time, then mix in the vanilla extract until fully combined, making sure to stop and scrape down the sides of the bowl as needed.
4. Mix in the dry ingredients until just combined, then mix in the chocolate chips, shredded coconut and chopped pecans on low speed until fully incorporated.
5. Cover tightly and refrigerate for at least 1 hour.
6. Preheat the oven to 350 F. Line large baking sheets with parchment paper or silicone baking mats and set aside.
7. Using a 1/2-tablespoon cookie scoop, scoop the cookie dough onto the prepared baking sheets, making sure to leave a little room between each one. Gently press each ball of cookie dough down to slightly flatten it.
8. Bake for 10 to 13 minutes, or until the tops of the cookies are set and the edges are lightly browned. Remove from the oven, and allow the cookies to cool on the baking sheets for 5 to 10 minutes, then carefully transfer the cookies to a wire rack to cool completely.
9. Store the cookies in an airtight container at room temperature for up to one week.

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