

May

NEWSLETTER



BULLHEAD CITY'S SENIOR CAMPUS

5/2022 ISSUE 2



Greetings Bullhead Area Seniors & Business Partners,

May is here and we are *blooming* with fun at the Senior Campus! This month is filled with some great events and activities including one of my favorites, the Collaborative Resource Sharing event on Thursday, Amy 5th at 9am. This event is free and is a great way to learn about all the valuable resources we have in our area. This event can be attended either in person or online. We are also hosting the AARP smart driving course to help individuals save money on their car insurance. Cost is only \$20 for AARP members and \$25 for non-members. This will take place on Monday, May 9th from 4:00 pm - 8:00 pm.

We celebrated Volunteer Appreciation Day last month by honoring our volunteers at a special party. We had an excellent Mexican dinner prepared by DA Taco and showed our appreciation for our volunteers with well deserved awards, certificates and a ton of gratitude. We are so very lucky to work with all of these amazing individuals.

We also started a new Give, MAKE, & Take group on Thursday's Noon -2 pm where clients get to on make nutritious food. Each participant gets to take home samples and donate samples to our Meals on Wheels clients. This great event is all paid for by Beacon of Hope Hospice and instruction is led by council woman Grace Hecht. Sign up and join us this month to get in on the fun.

Looking forward to seeing you soon,

Kim Cool

Kim Cool
Senior Services Program Manager
kcool@bullheadcityaz.gov



LET'S GET FIT! *body, mind AND soul!*

Join us at the Senior Campus for these great weekly classes.

Monday

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)

9:30 – 10 am Body Moves for Brain Power

Tuesday

8:15 – 9 am Zumba Class

9 – 9:45 am Essentrics Aging Backwards

Wednesday

9:15 – 10 am Relaxation & Mindfulness Exercise Class

9:30 – 10 am Body Moves for Brain Power

Thursday

10 – 10:45 am Exercise to Ease Arthritis Pain

Friday

9:30 – 10 am Body Moves for Brain Power



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

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

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.

"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



COMPASSUS[®]

compassus.com



FUNDRAISING



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 set 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 & home-bound 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.

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 towards 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 revisit 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





CINCO DE MAYO Happy Hour

MONDAY, MAY 9 AT NOON
SENIOR CAMPUS, 2275 TRANE RD

Enjoy Snacks and Mocktails while making new friends.
Games will also be played so come join in on the fun.

Sponsored by Arizona Life Hospice. For more
information call Cassie Pegg (928) 296-0779.



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Dot Foods Arizona is a proud sponsor of the Bullhead City Rotary Club and member of the Bullhead City community.



PRO-FIT KITCHEN

**WHERE HEALTHY FOOD
MEETS UNMATCHED TASTE!**

2350 MIRACLE MILE SUITE 306
BULLHEAD CITY, ARIZONA 86442
(928) 278-4220 PROFITKITCHEN.COM

Senior Nutrition Center Monthly Meal Calendar

May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Marsala, Rice Pilaf, Carrots	3 Deconstructed Shepard's Pie, Dinner roll	4 Turkey Primavera w/ Pasta, Breadstick	5 Chef's Choice 	6 Cheese Omelet, Sausage, Del Monico Potatoes	7
8	9 Chef's Choice 	10 BBQ Chicken, Rice Pilaf, Veggie Medley	11 Ham w/ Pineapple Glaze, Baked Beans, Veggie Medley	12 Herbed Chicken Pasta, Zucchini, Squash	13 Sweet & Sour Meatballs, Steamed Rice & Carrots	14
15	16 Garlic Pork Loin, Mashed Sweet Potatoes,	17 BBQ Chicken, Rice Pilaf, Veggie Medley	18 Veal Cutlet w/ Gravy, Mashed Potatoes, Steamed	19 Chef's Choice 	20 Salisbury Steak, Rice Pilaf & Stewed Tomatoes	21
22	23 Bratwurst, Sautéed Cabbage, Potatoes Au Gratin, Warm Apples	24 Swedish Meatballs, Pasta, Steamed Carrots, Fruit Crumble	25 Stuffed Peppers, Steamed Corn, Fruit crumble	26 Chicken Pot Pie, Biscuit, Collard Greens & Warm Apples	27 Turkey Cutlet, Stuffing, Steamed Peas, Fruit Crumble	28
29	30 NO LUNCH 	31 Balsamic Chicken and Mushrooms, Rice Pilaf, Veggie Medley				

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

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.



SENIOR CAMPUS SPOTLIGHT



Client Spotlight



JOYCE THRASHER & MIKE STETTLER

Everyone Meet Joyce & Mike

Mike and Joyce have been coming to the Senior Campus for about a year now. They both enjoy volunteering and socializing with other seniors at the Senior Campus as well as participating in the exercising events and bingo.

Joyce is from Flint, Michigan where she worked in taking care of elderly patients. Joyce shared that she felt like she had lost her purpose after becoming disabled in 2000, but all of that changed after Kim gave her a volunteer position at the Senior Campus. Joyce enjoys walking, fishing, and bowling but is limited on what she can do.

Mike is from California and is a Veteran, he was a mechanic in the Army. Mike enjoys drawing, star gazing and hiking. Mike and Joyce celebrated their 3rd anniversary together on March 31, 2022.



Volunteer Spotlight



RUTH TEVEBAUGH

Everyone Meet Ruth

Ruth has been a volunteer at the Senior Campus for 8 years. She delivers meals to the Meals on Wheels clients. She also volunteers at the library and with the local Veterans. Ruth says her favorite part of being a volunteer at Senior Campus is interacting with the seniors, she loves to hear their stories. Ruth likes to stay active and involved in her community. She enjoys giving back and helping others.

Ruth is from North Hollywood, California. She was married for 53 years. Her husband was a truck driver and an Air Force veteran. Ruth's husband passed away 4 years ago. Ruth has a son that is in the Air Force (23 years), a second son who is a Marine (4 years) and her daughter's husband is in the National Guard. Ruth also has five beautiful grandchildren.

Ruth enjoys gardening, boating, camping, doing puzzles and reading when she finds the time.

What's Going On?

MAY 8, 2022

HAPPY Mother's Day

DESERT CANYON EVENTS, LLC

mother's day GIFT & Craft Show

May 7th & 8th
Saturday 9 am - 5 pm
Sunday 9 am - 4 pm

FREE ADMISSION

Staples Shopping Center
3320 Stockton Hill Road
Kingman, AZ
(across from KRMC)

Shop all our vendors for the perfect Mother's Day Gift

Food ~ Music ~ 50/50 ~ Raffles

Vendor Inquiries: Contact Frank 702-375-7694
DesertCanyonEventsLLC@gmail.com
DesertCanyonEvents.com

SECOND SATURDAY SIP & SHOP

FIRST 25 SHOPPERS WILL RECEIVE A FREE GIFT!

A #SUPPORTLOCAL VENDOR POP-UP MARKET

COMING TO YOU THE 2ND SATURDAY OF EACH MONTH
YOUR NEXT EVENT: MAY 14TH, 2022 | FREE ADMISSION | 10AM-2PM
MIRACLE MILE EVENT CENTER LOCATED AT 2580 MIRACLE MILE, BULLHEAD CITY, AZ 86442

VENDORS Wanted

INDOOR/OUTDOOR EVENT! FULL BAR SERVICE!
FIRE PIT! 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
Event Station
Mojave Shrine Club

ARMED FORCES DAY

MAY 21, 2022

Havasis Hats & Horses Kentucky Derby Party

BREAK OUT THE HATS & DRESS TO IMPRESS

SATURDAY, MAY 7TH AT 12:00 PM

FOUR CLOVERS RESTAURANT
790 N. LAKE HAVASU AVE #25

All proceeds to benefit local charities
For more info Email HavasisLHC@gmail.com

Bullhead City SWAP MEET & Community Carnival

Second Saturday of each month 8:00AM-1:00PM
Mohave Community College (3400 Hwy 95)

REGISTER AS A VENDOR AT WWW.MAKEBULLHEADBETTER.COM

MEMORIAL DAY

REMEMBER & HONOR

MAY 30, 2022



JOIN US FOR WEEKLY BINGO EVERY MONDAY 10AM TO 11:30 AM AT THE SENIOR CAMPUS

Sponsored by:  HOSPICE
COMPASSUS



MONTHLY BINGO

WEDNESDAY MAY 18, 2022

**GAMES START AT 12PM
AT THE SENIOR CAMPUS
2275 TRANE ROAD**

SPONSORED BY

 Health
CHOICE
ARIZONA



- | | | | | | |
|------|------------------|------|-----------------|------|----------------------------|
| 5/1 | Raven Kantor | 5/13 | Dionne Lee | 5/22 | Sarah Bina |
| 5/2 | Gary Angello | | Robert Sagen | | Ronald Cudmore |
| | Johnny Smith | 5/14 | Kurt Person | | Elsie Franzen |
| 5/3 | Gary Toberty | | Caroline Pinkey | 5/23 | Ruth Pimentel |
| 5/4 | Robert Tebroski | | Vincent Wooley | 5/24 | David Nunez |
| | Yvonne Tebroski | 5/15 | Sandra Doyle | | Kay Vallie |
| 5/5 | Jay Murray | 5/16 | David Marmore | | Kathleen (Kittie) Washburn |
| | Melinda Sobraske | | Carolyn Scott | 5/25 | Brenda Crabb |
| 5/9 | Jerome Haywood | 5/18 | Jack Barley | 5/26 | Eliza Stanlake |
| | Scott Sawyer | 5/19 | Terri Stacy | 5/27 | William (Bill) Thompson |
| 5/10 | Deb Friedman | 5/20 | Clara Gammel | 5/28 | Debbie Wong |
| 5/12 | David W. Johnson | 5/21 | Glenn Bowman | 5/30 | Roxanne Domineguez |
| | Janette Sherman | | Thomas Raddatz | | |
| | | | Robert Reischke | | |

Let's Celebrate!

Are You a May Baby?

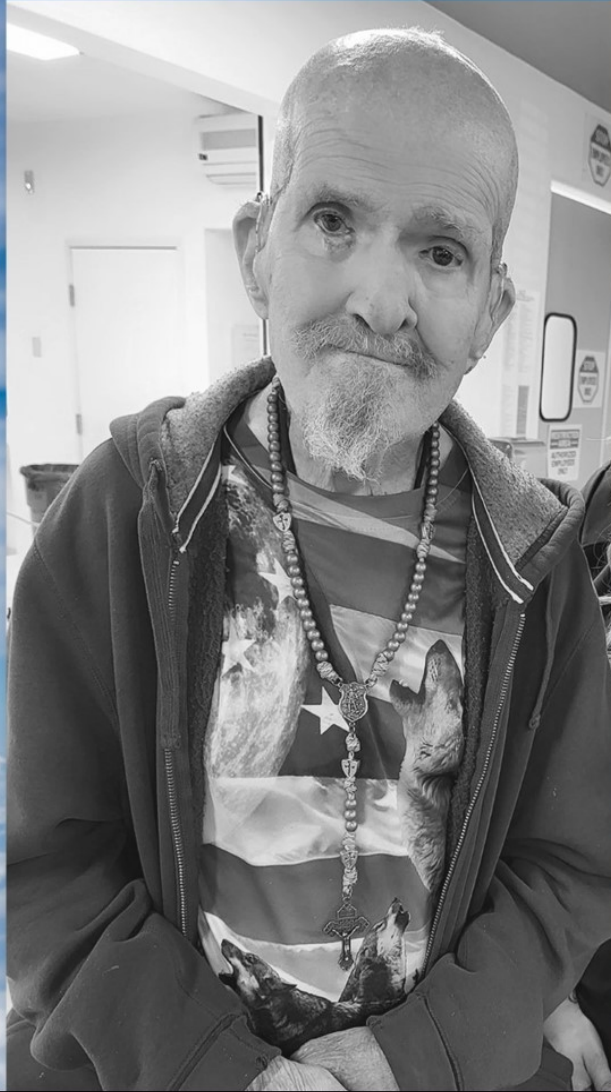
Join us for the
May Birthday Month Celebration for all
Seniors 50+ at the Senior Campus on
Tuesday, May 17th 11:30 am-12:30 pm



Sponsored by: Joshua Springs Senior Living.
Nicole Collins, Sales Director
(928) 763-1212 ncollins@watermarkcommunities.com



REST IN PEACE



JERRY BROPHY

3/26/38—4/14/22

A Celebration of Life will take place at the Senior Campus on
Wednesday, May 4th at Noon. Everyone is welcome.

May 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

Monday, May 2nd

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10 – 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, May 3rd

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 w/Pro Instructor
12 – 1:30 pm Learn to Draw
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, May 4th

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)
11 am – 12 pm Educational Cooking Presentation
12 – 2 pm Weekly Craft Group
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, May 5th

9 – 11 am Collaborative Resource Exchange
Online: [Meet.Google.com/kzt-qwjb-ngk](https://meet.google.com/kzt-qwjb-ngk)
10 – 10:45 am Exercise to Ease Arthritis Pain
11:30 – 11:45 am Food & Drug Interactions Video
12 – 3 pm Knit & Crochet Group
12 – 2 pm Give, MAKE, & Take
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
8:30 am – 3 pm Full-Body Ultrasound Screenings offered

Friday, May 6th

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

Monday, May 9th

9:15 – 10 am Rocking Seniors (Chair/Dance Exercise)
9:30 – 10 am Body Moves for Brain Power
10 – 11:30 am Bingo w/prizes
11:30 am – 12:30 pm Lunch & Learn
Food & Drug Interaction
12 – 1:30 pm Happy Hour (Cinco de Mayo) with Games
12 – 1 pm Dementia Support Group
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game
4 – 9 pm AARP Smart Driver Program

Tuesday, May 10th

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 w/Pro Instructor
10 – 11 am "We Care" Cancer Support Meeting
12 – 1:30 pm Learn to Draw
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
12:30 – 2:30 pm Card Making -supplies included (8 spots)
4 – 5 pm Line Dancing Instruction

Wednesday, May 11th

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

Thursday, May 12th

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 Education and Harm Reduction Tools
12 – 2 pm Give, MAKE, & Take
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, May 13th

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, May 16th

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

Tuesday, May 17th

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
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction
6-8 pm Susie's Evening Bunco Group



Wednesday, May 18th

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)
12 – 1 pm FREE Bingo w/Prizes
12 – 2 pm Weekly Craft Group

Wednesday, May 18th

1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, May 19th

9 – 9:45 am Essentrics - Aging Backwards
10 – 11 am Exercise to Ease Arthritis Pain
12 – 3 pm Knit & Crochet Group
12 – 2 pm Give, MAKE, & Take
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, May 20th

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)
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
1 – 3:30 pm Mexican Train Game

Monday, May 23rd

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

Tuesday, May 24th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
12 – 1 pm Let's Craft- Free Supplies & Instruction
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, May 25th

9:15 – 10 am Relaxation & Mindfulness Exercise Class
9:30 – 10 am Body Moves for Brain Power
11:30 am – 12:30 pm Lunch & Learn with Dr. Basala- Uro-gynecology - Specialized Care for Women
12 – 2 pm Weekly Craft Group
12 – 1 pm Skipbo Card Game
12:30 – 3:30 pm Bunco Group (new players welcome)
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, May 26th

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 – 2 pm Give, MAKE, & Take
12:30 – 3:30 pm Double Deck Pinochle Card Game
5:30 – 9:30 pm Pass the Trash - Card Game & Pot Luck

Friday, May 27th

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

Tuesday, May 31st

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



WE ALSO OFFER WEBINARS DAILY AT 1 PM. WE HAVE WEBINAR CLASSES ON USING YOUR SMART PHONE, COMPUTER SKILLS, ONLINE ORDERING AND MORE.

TAKE A LOOK AT THE ON LINE CALENDAR WEBINAR CLASSES, CANCELLATIONS AND UPDATES.

WEBINAR LINKS BELOW:

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 any-time.

CLICK THE INDIVIDUAL EVENT FOR ADDED DETAILS AND CONTACT INFORMATION

OR ON FACEBOOK SEARCH

[BullheadCitySeniorCampus/events](https://www.facebook.com/BullheadCitySeniorCampus/events)



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 Arizona 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.

RESERVE YOUR VENDOR SPACE

Give, MAKE & Take Thursday's at Noon



Give, MAKE, & Take

Bread Baking, Soup Making, and other great nutritious recipes will be taught each week. You will make a double batch. One for you to take and one for you to give back to a Meals on Wheels recipient. (10 spots available)

Sign up at the Senior Campus. This event is sponsored by Beacon of Hope Hospice and questions can be directed to Grace Hecht (928) 444- 2896 or makebullheadbetter@gmail.com



JOIN US FOR
VETERANS
COFFEE



CLUB

FRIDAY, MAY 13
9AM TO 11AM
SENIOR CAMPUS
2275 TRANE ROAD,
BULLHEAD CITY

ANDERSON FIELDHOUSE AUTO GROUP

ANDERSON Ford Bullhead City

MEALS ON WHEELS Bullhead City, AZ

ALOHA

4th Annual Family Fun Festival

NEAR ZONE

Toddler Zone

99¢ only STORES

WEST CARE

SUZU BOUNCE PARTY BOUTIQUE

EL GUERO MEXICAN RESTAURANT

Waterslides
Obstacle courses

Bounce Houses
Boxing Ring

Tossing Ring
Carnival Games

Face Painting
Arts and Crafts

Vendors and Concessions

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

@andersonfieldhouse

f t i

www.andersonautogrouppfieldhouse.com



Join us for BUNCO FUN!

Wednesday, May 11 12:30 pm to 3:30 pm

Wednesday, May 25 12:30 pm to 3:30 pm

Bullhead City Senior Campus



Bullhead City

PARKS & RECREATION



Horseshoes Tournament *First Tuesday of every month at Ken Fovargue Park at 8am*

Suddenlink Community Center, 2380 Suddenlink Way

Pickleball Mon-Sat 8am-Noon

Table Tennis Mon-Thu 8am-Noon

Corn Hole Tue & Fri 4pm-10pm

Civic Pool, Ken Fovargue Park, 2255 Trane Rd

Lap Swim/Water Walking

Mon -Fri 8am-8:55am / 11am-11:55am

Water Aerobics

Mon-Fri 9am-9:55am / 10am-10:55am

Check out bullheadcity.com for fee schedule.

ICE CREAM
Meet & Mingle
SOCIAL!



Thursday, May 5th,
NOON-1PM
BULLhead city senior
campus



FOLLOW US

ON FACEBOOK

@ Bullhead City Senior Campus

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 sponsorship, 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

FOR MORE INFORMATION ON BECOMING A SENIOR CAMPUS SPONSOR
CONTACT JACKIE JENSEN AT JJENSEN@BULLHEADCITYAZ.GOV

Thank you

FOR YOUR SUPPORT

We want to take a moment to thank all those who have generously supported the Senior Campus through donations and sponsorships.

Hospice Compassus

Dot Foods

Suzette Roberts-Medicare Agent

Pro-Fit Kitchen

Western Arizona Medical Center

W.A.C.O.G

United Health Care

Aquarius Resort & Casino

Health Choice of Arizona

Joshua Springs Senior Living

Mohave County Health Department

Beacon of Hope Hospice

Wings of an Angel Homecare

River Valley Home Health & Hospice

"We Care" Cancer Support

Arizona Life Hospice

Mesteno Ranch Counseling

Living Waters Hospice

Total Health of Chiropractic



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



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!



Date & Time:

Monday May 9, 2022

4:00PM to 8:00PM

Location:

Bullhead City Senior Center
2285 Trane Rd.
Bullhead City, AZ 86442

Register:

623-776-5697

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

**collaborative
resource
sharing**



Thursday, May 5th @ 9 am

All Seniors 50+ are invited to learn more about local resources and how to use them. During the meeting, you will be introduced to local resource leaders, receive their contact information, and get a better understanding of what they offer if you need their help. Resources will attend virtually and be shown on the Activity Center TV.

Bullhead City Senior Campus

2275 Trane Road, Bullhead City, AZ 86442

For questions or to share your resource contact:

Kim Cool –Senior Services Program Manager

(928) 763-0193 or kcool@bullheadcityaz.gov



SENIOR CAMPUS

AREA RESOURCES use the link meet.google.com/kzt-qwjb-ngk
Or dial: +1 219-401-0122 PIN: 813766234# **All Welcome to learn and share**

GET FIT WORD SEARCH

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

WORDS

AEROBIC
 BALANCE
 CIRCUIT
 COMPOUND
 COOL DOWN
 DEADLIFT
 ENERGY
 FITNESS
 HEART
 INTERVAL
 ISOMETRICS
 LUNGE
 MOVEMENT
 MUSCLES
 OXYGEN
 RECOVERY
 RESISTANCE
 STAMINA
 STRENGTH
 STRETCH
 WARM UP
 WORKOUT
 YOGA

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

☉ ** 📦 ☺ ⚡ ~ 🕒 ♀ ✨ ✖ ✨ + 🌀 ✨ 📐 ☾ ✨ ♂ ✨ ✨ 🌀 📈 ☹ ☹
 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

📦 ☾ ☹ ✨ ♂ 🌀 ✨ ~ ✨ +
 Determine the code to reveal the answer!

Solve the code to discover words related to gardens.
 Each number corresponds to a letter.
 (Hint: 18 = L)

- A. 26 18 5 10 8 11**
Clue: *Living organisms*
- B. 11 25 6 18**
Clue: *Upper layer of Earth*
- C. 8 6 18 18 6 10 22**
Clue: *Cultivating land*
- D. 5 20 12 10 9**
Clue: *Modify*

Answers: A. plants B. soil C. tilling D. amend

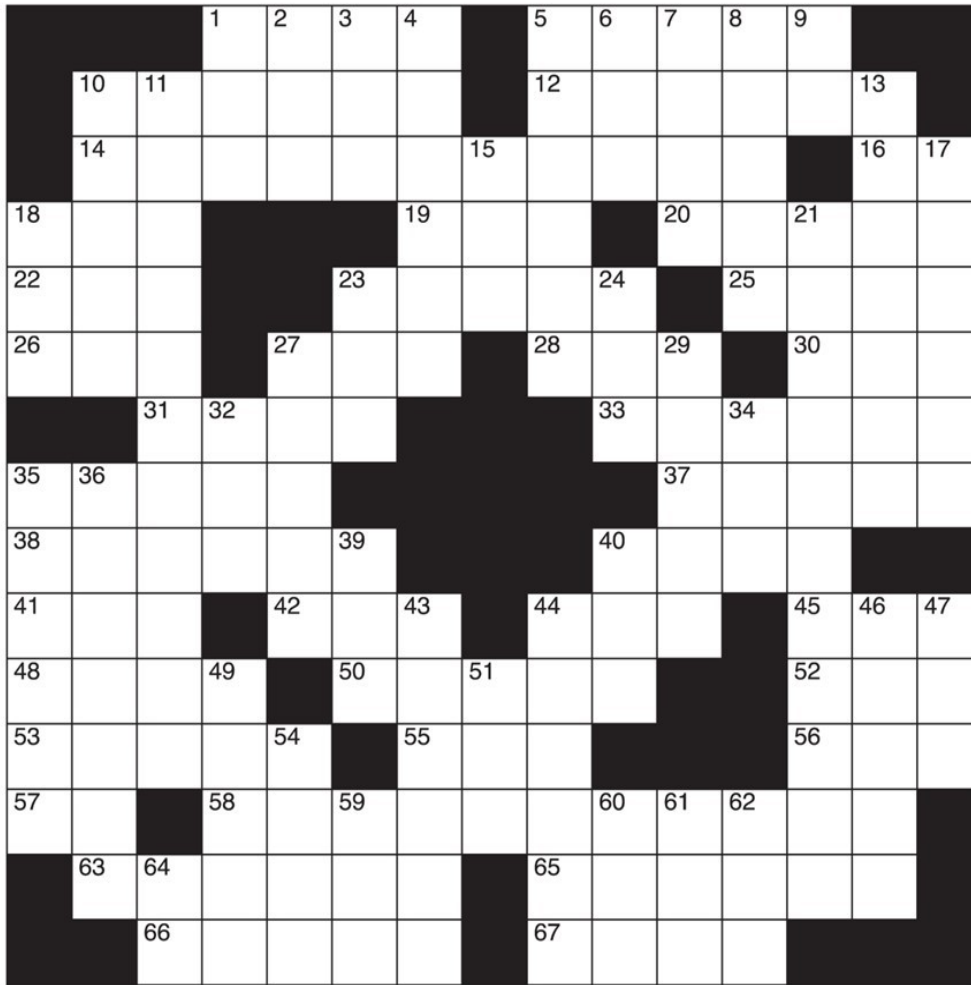
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardening.

DRTI

Answer: *Dirt*





CLUES ACROSS

- 1. Amounts of time
- 5. A ship's place at a wharf
- 10 Point a finger at
- 12 Large, burrowing rodent
- 14. Raises the stakes
- 16. Measure of illumination
- 18. Cast out
- 19. One who is staid
- 20. A word used for emphasis
- 22. Military missions
- 23. Wet with rain
- 25. Selling at specially reduced prices
- 26. Word element meaning ear
- 27. ___ student,
- 28. Blood relation
- 30. Make into leather
- 31. One billionth of a second (abbr.)
- 33. Containing salt
- 35. A seat

- 37. A type of fine pottery
- 38. You're caught red-__!
- 40. "Heat" director Michael
- 41. Expression of creative skill
- 42. Title of respect
- 44. Crony
- 45. Payroll experts
- 48. Actress Remini
- 50. Famed consumer advocate
- 52. Indigenous Thai person
- 53. Fitzgerald and Baker are two
- 55. Cooking tool
- 56. Decorate a cake with frosting
- 57. The seventh note of a major scale
- 58. Transfer from private to state ownership
- 63. A set of five
- 65. Removes
- 66. Foolish persons
- 67. Lower parts of a wall

CLUES DOWN

- 1. Old EU money
- 2. Some put it on steak
- 3. Sign language
- 4. Sowed on the ground
- 5. Tags
- 6. Everyone has one
- 7. Arguments
- 8. N. African capital
- 9. Midgame (abbr.)
- 10. Change as needed
- 11. Functioning as a consonant
- 13. An island in the north Atlantic
- 15. Carpenter's tool
- 17. Small football player
- 18. Ghosts say it
- 21. Explain through logic
- 23. Having ten
- 24. Criticize
- 27. Arms of the sea
- 29. Belonging to a bottom layer
- 32. ___ Caesar, comedian
- 34. Licensed health care pro (abbr.)
- 35. Swiss cottage
- 36. Cleft lip
- 39. Loud, unpleasant noise
- 40. Disfigure
- 43. Kayakers traverse them
- 44. Authored
- 46. Small freshwater fishes
- 47. Macabre poet
- 49. Carthaginian statesman
- 51. Principle underlying the universe
- 54. Common Japanese surname
- 59. The bill in a restaurant
- 60. Small constellation
- 61. Chap
- 62. Equal
- 64. One quintillion bytes (abbr.)



SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to baseball.

K S I E R T

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

Answer: Strike



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardening.

L U H C M

--	--	--	--	--

Answer: Mutch

Margaritas inspire summer daydreams



Margaritas are wildly popular cocktails that can be enjoyed in standard and frozen varieties. Typically made with tequila and lime juice, margaritas lend a tropical flair to most any occasion and are the ideal accompaniment to Latin-inspired cuisine.

Jack Kerouac's Margarita

Serves 1

- 2 ounces silver tequila
- 3/4 ounce Cointreau
- 3/4 ounce lime juice, freshly squeezed
- 1 teaspoon agave nectar (optional)

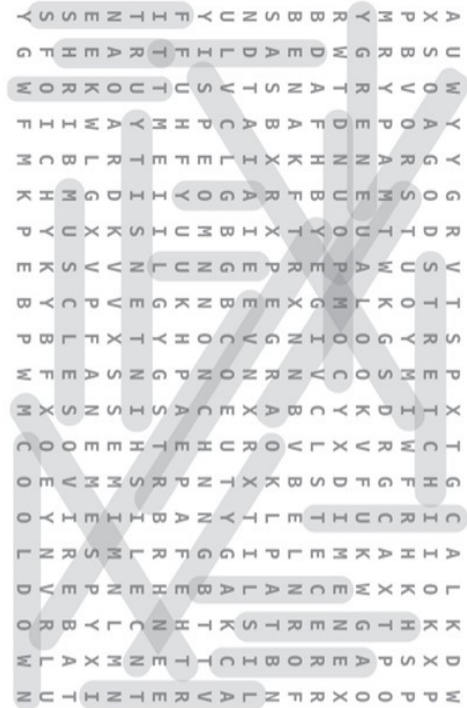
Rock salt for garnishing

Lime wedge for garnishing

Pour salt onto small plate. Rub a lime wedge around the lip of a rocks glass and dip the rim in the salt. In a cocktail shaker filled with ice, combine tequila, Cointreau, lime juice, and agave, if using. Shake vigorously. Strain into the salt-rimmed rocks glass over ice. Garnish with the lime wedge.

PUZZLE SOLUTION

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



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



BULLHEAD CITY SENIOR CAMPUS



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