

June

NEWSLETTER



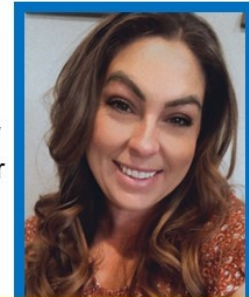
BULLHEAD CITY'S SENIOR CAMPUS



Greetings Bullhead Area Seniors & Business Partners,

The June heat is on but the cool air at the Senior Campus will keep you comfortable. Please hang onto this newsletter throughout the month of June. This way you can refer to it for upcoming events and information about the Senior Campus which includes the Activity Center and Nutrition Center. If you've never been to the Campus and you're over 50 years young, I suggest you make your way here and join the fun.

I am so pleased to announce our newest addition to the Bullhead City Senior Campus, our new Senior Services Program Assistant, Shainna Tice. Shainna is a long time Bullhead City resident who graduated from Mohave High School. She resides in Mohave Valley with her husband Matt and 3 sons, Noah, Delynn, and Lennon. Prior to working for the city Shainna worked as office manager for her husband's business Infinity Concepts Landscaping. Shainna graduated with a Bachelor's of Science and Nutrition Degree making her the perfect fit for the Bullhead City Senior Nutrition Program.



Shainna Tice

This past month we hosted one of my favorite events, the Collaborative Resource Sharing event. Guests and participants alike had the opportunity to learn more about our area's resources. If you missed the event, be sure to catch the next one on Thursday, August 11th at 9 am. You can attend the event in person or online at meet.google.com/kzt-qwjb-ngk.

On Wednesday, June 8th at 10:30 a.m. we will be hosting a free first-time event for anyone who would like to learn more about the NAU AmeriCorps Seniors, (WACOG) Western Arizona Council of Governments and the Red Cross. Community liaisons will be on hand to explain how their programs work and how you can get involved. Bring a friend and get educated together. If you have questions, you can call Nicole Manuelito at

Kim Cool

Kim Cool
Senior Services Program Manager
kcool@bullheadcityaz.gov



Join us for BUNCO FUN!

Wednesday, June 8 12:30 pm to 3:30 pm

Wednesday, June 22 12:30 pm to 3:30 pm

Bullhead City Senior Campus

Sponsored by



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
Cornhole 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.



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



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 & 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.

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





JOIN US FOR
VETERANS COFFEE
C L U B

FRIDAY, JUNE 10 9AM TO 11AM
SENIOR CAMPUS, 2275 TRANE ROAD,
BULLHEAD CITY



An Employer with a
Focus on You

Now Hiring Drivers & Warehouse Material Handlers

Apply Today or Call 928-404-1778 for More Information



DriveForDot.com

TRUSTED **VALUES.**
INNOVATIVE **SOLUTIONS.**
SHARED **GROWTH.**



DotFoodsCareers.com/now-hiring

#DiscoverDot | @DotFoodsCareers



#DriveForDot | @DriveForDot

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

JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chef's Choice 	2 BBQ Pulled Pork, Biscuit, Baked Beans, Coleslaw	3 Tuna Noodle Casserole	4
5	6 Lemon Pepper Chicken, Mac & Cheese, Veggie Medley	7 Sausage Veggie Frittata, Salsa, Warm Pears	8 Roast Turkey, Red Potatoes, Green Beans	9 Chef's Choice 	10 Ham Steak Pierogies, Onion Sauteed Cabbage	11
12	13 Chicken Marsala, Rice Pilaf, Steamed Carrots	14 Deconstructed Shepard's Pie, Dinner Roll	15 Turkey Primavera, Pasta, Bread Stick	16 Chef's Choice 	17 Cheese Omelet, Sausage Delmonico Potatoes	18
19	20 CLOSED JUNETEENTH NO MEAL	21 BBQ Chicken, Rice Pilaf, Veggie Medley	22 Ham, Pineapple Glaze, Baked Beans, Veggie	23 Herbed Chicken, Pasta, Zucchini & Squash	24 Sweet & Sour Meatballs, Steamed Rice, Carrots	25
26	27 Garlic Pork Loin, Mashed Sweet Potatoes, Broccoli	28 BBQ Chicken, Potato Wedges, Zucchini & Squash	29 Veal Cutlet, Gravy, Mashed Potatoes, Steamed Carrots	30 Chef's Choice 		

2% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal. 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 to Noon 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.



SENIOR CAMPUS SPOTLIGHT



Client Spotlight



THERESA CONNELLY

Everyone Meet Theresa

Theresa has been coming to the Senior Campus for 5 months. She likes coming to the Campus because there are a lot of people there and lots of activities. She loves listening to everyone's stories and says the food is always good.

Theresa's father was in the Air Force, so she lived in Japan until she was 10 years old and then in Las Vegas for 40 years. In 1983 Theresa was hit by a car while jogging and has been in a wheelchair ever since.

Theresa worked at Dunes Heath Spa, Gold Coast theater and Goodwill over the years. She is an avid reader and enjoys the art classes at the Senior Campus.

Volunteer Spotlight



JUDITH CRITZ

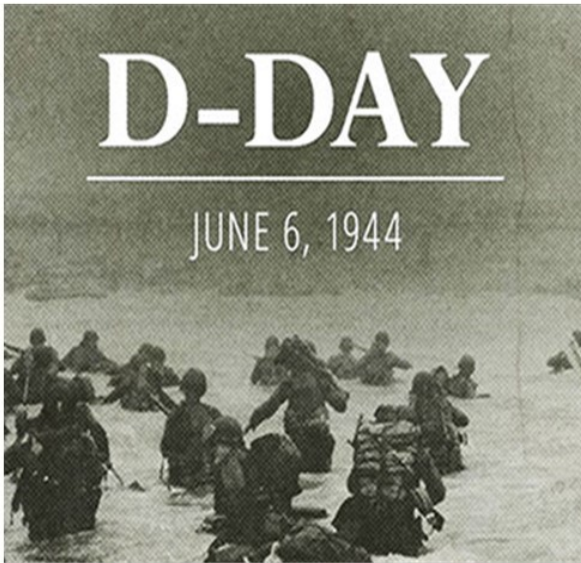
Everyone Meet Judith

Judith has been volunteering in the Tri-State area for over 10 years. She has volunteered at WARMC, as a Laughlin VIP and the Bullhead Senior Campus. She loves helping others whether it's helping someone find their way or making someone smile. She loves giving back to the community.

Judith has spent most of career in transportation. She started as a school bus driver and then became the supervisor of over 800 bus drivers in Las Vegas. She transported people at the Winter Olympic and the Rose Parade. Judith was the first women commander for the Power Squadron in the Coast Guard Auxiliary.

Judith has two sons, one daughter, twenty-eight grandchildren and three great, great grandchildren.

What's Going On?



A colorful poster for the "ALOHA 4th Annual Family Fun Festival". The background is blue with white wavy lines. At the top, it says "ANDERSON FIELDHOUSE AUTO GROUP" and "ANDERSON Bullhead City". The word "ALOHA" is written in large, pink, bubbly letters. Below it, "4th Annual Family Fun Festival" is written in yellow and pink. There are several logos and icons: "NERF ZONE", "Poddler zone", "Waterslides", "Obstacle courses", "Bounce Houses", "Boxing Ring", "Tossing Ring", "Carnival Games", "Face Painting", "Arts and Crafts", and "Vendors and Concessions". A central wooden sign says "June 11th, 2022 10AM - 4PM Admissions: \$5 per person". There are also social media icons for Facebook, Twitter, and Instagram, and the website "www.andersonautogrouppfieldhouse.com".





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

SPONSORED BY



MONTHLY BINGO

**GAMES START AT 12PM
AT THE SENIOR CAMPUS
2275 TRANE ROAD ON
WEDNESDAY, JUNE 15, 2022**

SPONSORED BY





Happy Birthday

June 1

Lee Christensen

June 4

Theresa Moore

June 5

Wayne Crabb

June 7

Jere Simmons

June 8

John Thomas

June 9

Brian Moore

June Rogers

Joyce Milkovich

June 11

David DeLuna

Rosie Pagay

Tonger (Don)

Thorkildson

June 12

Thomas Hogue

Alice Rowe

June 13

Diane Mason

Marchell Wilson-Olsen

June 15

Brian Sedlar

Laurie Smithers

June 16

Timothy Lukasik

June 17

Roger Yell

June 18

Shanon Comp

Yolanda Garcia

June 19

Don Marshall

June 20

Fred Kooistra

Victor Martinez

Douglas Steen

June 21

Chip Rowden

Carroll Tucker

June 22

Eldon Ferrer

Barbara Walton

June 23

Ray Hatfield

Agripin Romero

June 24

Gary Chapman

Nina Tucker

June 25

Delma Kilpatrick

Victoria Ruble

Charleen Winogard

June 26

Kathy Abbs

Mark Hoenshell

June 28

Ruth Gordon

June 30

Daniel Rodeback

Are You a June Baby?

Join us for the June Birthday Month Celebration for all Seniors 50+ at the Senior Campus on Tuesday, June 21 starting at 11:30 a.m.

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



BHC SENIOR CAMPUS



JOIN US!

Please Join NAU AmeriCorps Seniors, WACOG, and the Red Cross at a **FREE** information event on Wednesday, June 8th at 10:30am.

You will learn about three community programs, how they help Bullhead City, and how you can get involved!

GIVEAWAYS!

RSVP to Kim Cool at 928-763-0193 or kcool@bullheadcityaz.gov to reserve your seat! Bring a friend!



American Red Cross

NAU NORTHERN ARIZONA UNIVERSITY

Center for Service and Volunteerism



June 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



Wednesday, June 1st

9:15 – 10 am Relaxation & Mindfulness Exercise
 9:30 – 10 am Body Moves for Brain Power
 10 – 11 am Caregiver Support Group (Here or Zoom)
 12 – 2 pm Weekly Craft Group
 1 – 2 pm Bereavement Support Group (all welcome)
 7 – 8 pm Gamblers Anonymous Meeting

Thursday, June 2nd

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 Give, MAKE, & Take
 12 – 2 pm One on One Technology Tutoring (2 slots)
 12 – 1 pm FREE Ice Cream Social
 5:30 – 9:30 pm Pass the Trash - Card Game/ Pot Luck

Friday, June 3rd

9:30 – 10 am Body Moves for Brain Power
 10 am – 2 pm Sewing/Quilting Group- beginner to pro
 12:30 – 3:30 pm Pinochle Group
 12:30 – 3:30 pm Poker Card Game
 1 – 3:30 pm Mexican Train Game

Monday, June 6th

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, June 7th

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

Wednesday, June 8th

9:15 – 10 am Relaxation & Mindfulness Exercise
 9:30 – 10 am Body Moves for Brain Power
 10:30 am WACOG, ARC, NAU Resource Presentation
 12:30 – 3:30 pm Bunco Group
 1 – 2 pm Bereavement Support Group (all welcome)
 7 – 8 pm Gamblers Anonymous Meeting

Thursday, June 9th

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 Give, MAKE, & Take
 5:30 – 9:30 pm Pass the Trash - Card Game/Pot Luck

Friday, June 10th

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 (Beginner-Pro)

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



Saturday, June 11th

10 am – 4 pm Meals on Wheels Fundraiser
 @Anderson Fieldhouse –During Family Fun Day

Monday, June 13th

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 – 1:30 pm Happy Hour with Games
 12 – 1 pm Dementia Support Group
 12:30 – 3:30 pm Pinochle Card Game
 12:30 – 3:30 pm Poker Card Game

Tuesday, June 14th

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
 12 – 1 pm Dementia Support Group
 12:30 – 3:30 pm Hand & Foot Card Game
 12:30 – 3:30 pm Poker Card Game
 12:30 – 2:30 pm Card Making Class - (8 spots)
 4 – 5 pm Line Dancing Instruction

Wednesday, June 15th

9:15 – 10 am Relaxation & Mindfulness Exercise
 9:30 – 10 am Body Moves for Brain Power
 10 – 11 am Caregiver Support Group (Here or Zoom)
 11:30 – 11:45 am Physical Fitness & Health Information Related to Nutrition Video/Handout
 12 – 2 pm Weekly Craft Group
 12 – 1 pm FREE Bingo w/Prizes
 1 – 2 pm Bereavement Support Group (all welcome)
 7 – 8 pm Gamblers Anonymous Meeting

Thursday, June 16th

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
 5:30 – 9:30 pm Pass the Trash - Card Game/Pot Luck

Friday, June 17th

9:30 – 10 am Body Moves for Brain Power
 10 am – 2 pm Sewing /Quilting Group-beginner to pro
 10 am – 2 pm FREE Mini Clinic (12 spots)
 12:30 – 3:30 pm Poker Card Game
 1 – 3:30 pm Mexican Train Game

Monday, June 20th

9:30 – 10 am Body Moves for Brain Power
10 – 11:30 am Bingo w/prizes
11:30 am – 12:30 pm Lunch & Learn: PE & Health Info
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, June 21st

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 – 9 pm Evening Bunco Group

Wednesday, June 22nd

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

Thursday, June 23rd

9 – 9:45 am Essentrics - Aging Backwards
10 – 11 am Falls Prevention Training
10:30 am – 12 pm Resources/Preparation Assistance
12 – 3 pm Knit & Crochet Group
12 – 2 pm Give, MAKE, & Take
12 – 1 pm Ice Cream Sundae Social
5:30 – 9:30 pm Pass the Trash - Card Game/ Pot Luck

Friday, June 24th

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-Beginner to Pro
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, June 27th

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
1:30 – 2:30 pm Let's Craft - Supplies & Instruction

Tuesday, June 28th

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

Wednesday, June 29th

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group (Here or Zoom)
12 – 2 pm Weekly Craft Group
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, June 30th

9 – 9:45 am Essentrics - Aging Backwards
12 – 3 pm Knit & Crochet Group
12 – 2 pm Give, MAKE, & Take
5:30 – 9:30 pm Pass the Trash - Card Game/Pot Luck

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 TYPE THE LINKS BELOW INTO YOUR DEVICES BROWSER. THIS ALLOWS YOU TO LOOK AT A LIVE VIEW OF OUR CAMPUS CALENDAR FOR CANCELLATIONS 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

**TECHNOLOGY TUTORS
WILL HELP YOU WITH
YOUR
COMPUTER/TABLET OR
CELLPHONE**

SIGN UP AT THE CAMPUS



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.

Champion Sponsors:

Living Waters Hospice

Guardian Sponsors:

Hospice Compassus

Supporter Sponsors

Advocate Sponsors:

Dot Foods

Suzette Roberts-Medicare Agent

Pro-Fit Kitchen

In-Kind Sponsors

- Western Arizona Regional 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 & Delivery
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

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

SUDOKU

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

Level: Intermediate

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!



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!

⊙ ✱ ☉ ⚗ ⚖ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☉ ☽ ♏ ♈ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽

Determine the code to reveal the answer!

⊙ ✱ ☉ ⚗ ⚖ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☉ ☽ ♏ ♈ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽ ☽

Determine the code to reveal the answer!

Solve the code to discover words related to meditation.
Each number corresponds to a letter.
(Hint: 17 = e)

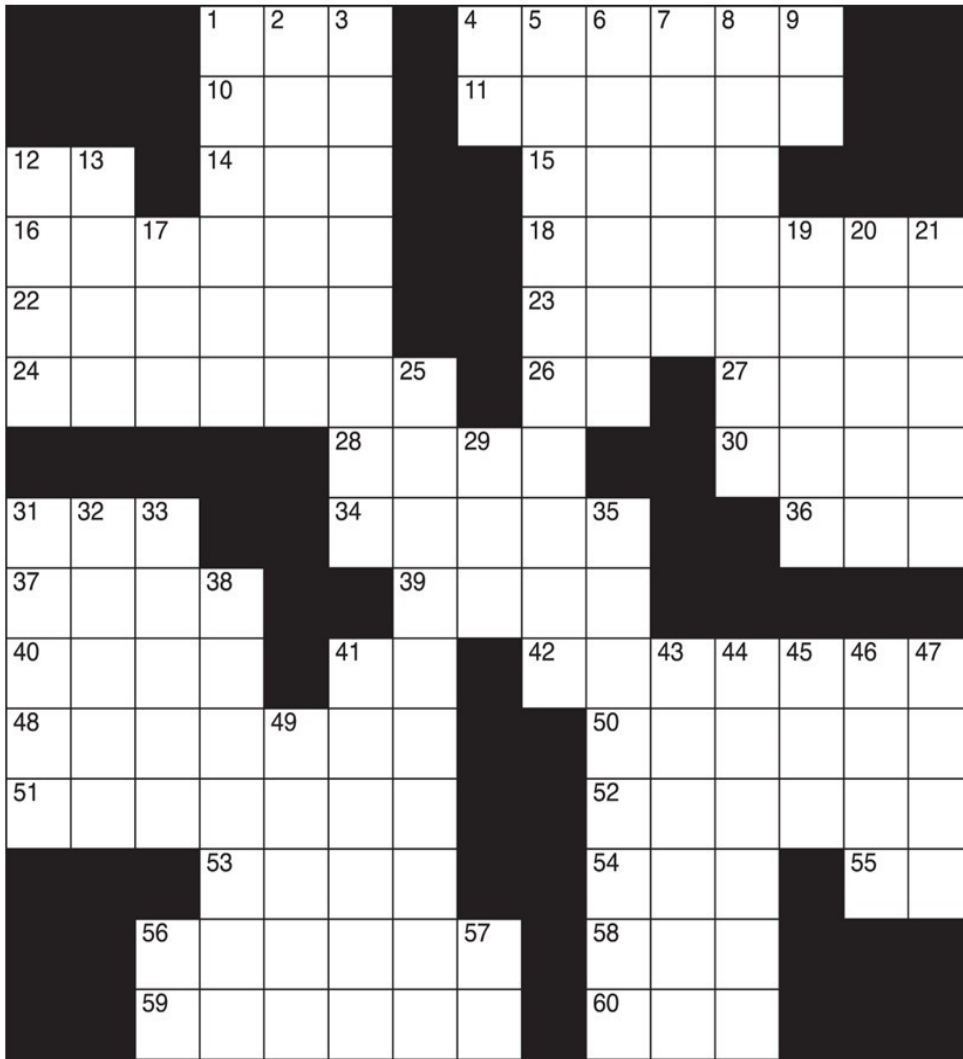
- A. 1 16 3 10**
Clue: Peaceful
- B. 22 8 19 17 13**
Clue: Void of noise
- C. 9 17 3 16 21 17 4**
Clue: Feeling calm
- D. 10 19 11 4**
Clue: Thinks and feels

Answers: A. calm B. quiet C. relaxed D. mind

Solve the code to discover words related to gardening.
Each number corresponds to a letter.
(Hint: 1 = O)

- A. 18 24 1 22 8 16**
Clue: Garden tool
- B. 2 1 17 16**
Clue: Dirt
- C. 5 13 16 18 17 20 21 18 8**
Clue: Prepare land
- D. 14 24 1 22 17 15 14**
Clue: Getting bigger

Answers: A. trowel B. soil C. cultivate D. growing



CLUES ACROSS

- 1. Maintains possession of
- 4. Other side
- 10. Comedienne Gasteyer
- 11. Lawn buildup
- 12. Southeast
- 14. Negative
- 15. Greek temple pillar
- 16. Blue
- 18. Pointless
- 22. Complete
- 23. Supervisor
- 24. Where kids bathe
- 26. Radio frequency
- 27. Cruel Roman emperor
- 28. Young woman (French)
- 30. Within
- 31. Civil Service Commission
- 34. Sarongs

- 36. Father
- 37. It grows on heads
- 39. A Spanish river
- 40. Boundary
- 41. Contains music
- 42. Causes to feel sorrow
- 48. Used to restrain
- 50. Fictional kids character
- 51. South American country
- 52. Devote resources to
- 53. Beginner
- 54. Everyone has one
- 55. University worker (abbr.)
- 56. Resist an attack
- 58. Unifying Chinese dynasty
- 59. Blood-sucking African fly
- 60. CNN's founder

CLUES DOWN

- 1. __ and her sisters
- 2. Smear or rub with oil
- 3. Holy places
- 4. Indicates position
- 5. Drives around
- 6. Price
- 7. Semiaquatic mammal
- 8. With three uneven sides
- 9. Sacrifice hit
- 12. Covers a wound
- 13. Jaguarundi
- 17. Works produced by skill and imagination
- 19. A way to improve
- 20. River along India and Nepal border
- 21. Hairnet

- 25. DePaul University athletes
- 29. Bachelor of Laws
- 31. Game of skill
- 32. Holy man
- 33. Cylinder of tobacco
- 35. Most ingratiating
- 38. Repeats aloud
- 41. Red wine
- 43. Debilitating tropical disease
- 44. Entirely lacking
- 45. Female sheep
- 46. Where a bird lives
- 47. Stalk that supports the capsule
- 49. Cutlery
- 56. Symptom of withdrawal (abbr.)
- 57. Delaware



TOIL IN THE SOIL WORD SEARCH

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

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

WORDS

ANNUAL
 BARE ROOT
 BIENNIAL
 BUD
 BULB
 CANE
 CHITTING
 CLOCHE
 COMPOST
 CORDON
 CORM
 CROWN
 CULTIVAR
 DEADHEAD
 DECIDUOUS
 ERICACEOUS
 EVERBEARING
 FERTILE
 FRAME
 GERMINATION
 GRAFTED
 HARDY
 HERBACEOUS
 HYBRID
 MULCH
 ORGANIC
 PERENNIAL
 POLLINATION
 PROPAGATE
 REPRODUCING
 ROOTSTOCK
 RUNNER
 SOW
 TUBER
 UNION
 YIELD

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardening.

L U H C M

□ □ □ □ □

Answer: Mulch

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to meditation.

E R A H T B

□ □ □ □ □ □

Answer: Breath

STAY HYDRATED



Zucchini & Tomato Salad



Zucchini and tomato provide excellent nutrition and can be hydrating, which can come in handy once the weather starts to warm. These versatile ingredients can be combined to form a robust salad to accompany any meal or one that can be enjoyed on its own.

Raw Zucchini Salad (Serves 2)

- 1 medium zucchini, shredded or sliced paper thin
- 6 cherry tomatoes, halved
- 3 tablespoons olive oil
- Juice of 1 lemon
- Sea salt and freshly ground pepper, to taste
- 3 to 4 basil leaves, thinly sliced
- 2 tablespoons freshly grated low-fat Parmesan cheese



Layer the zucchini slices on two plates in even layers. Top with the tomatoes. Drizzle with the olive oil and lemon juice. Season to taste.

Top with the basil and sprinkle with cheese before serving.



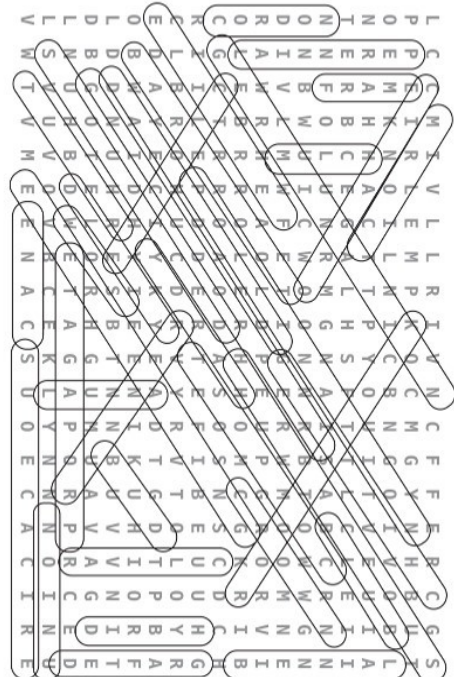
ANSWERS

PUZZLE SOLUTION

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

ANSWER:

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





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