

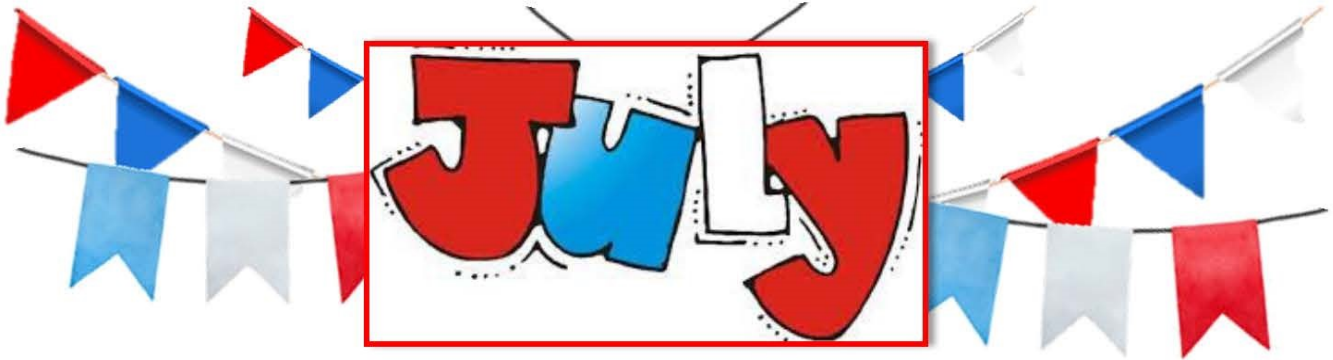
July

NEWSLETTER



7/2022 ISSUE 4

BULLHEAD CITY'S SENIOR CAMPUS



Greetings Bullhead Area Seniors & Business Partners,

With rising temperatures this past month our client population within the Senior Campus has grown. We are providing great daily activities to keep everyone cool and entertained. If you're 50 years young or older and reading this I would love for you to come join us and share in some fun. Please hang onto this copy of the newsletter throughout the month of July. You can refer to it for upcoming events and information about the Senior Campus.

I am so pleased to announce we have used our end of year budget to add many great new amenities to the Senior Campus including an ice maker, refrigerated section to our give and take donation area, air fryer, juicer, blender, commercial mixer and many other useful items. As we continue to grow be on the lookout for our new activity building. Plans are in the final stages as we will be looking to break ground just west of our existing building in 2023.

This past month we were so blessed by so many donations to our Angels Essential Area which is open for shopping to the general public Tuesdays from 10 am-1 pm. Our Meals on Wheels Board President and area nurse Irene Reyna has done an amazing job keeping the space clean and stocked so we can help those who cannot afford the medical supplies and equipment they need. Although there are no promises, Irene keeps a list of needs and as soon as items come in, she calls and follows up with requests. We are thankful to have such a caring individual in charge.



I would be remiss if I didn't give a shout out to The Anderson Fieldhouse – Ed Catalfamo & Joleen Stein who recently offered Meals on Wheels –Bullhead City the opportunity to fundraise during the annual Family Fun Day on June 11th. I was able to sell 30 vendor booths, the Board of Directors put together 18 gift baskets for a fun Chinese raffle and we sold 50/50 raffle tickets at the event. We managed to profit \$2,600 after expenses that go right back into the Meals on Wheels- Bullhead City program. Last year we did an internal fundraiser of the same caliber and having the venue definitely upped our game.

Looking forward to seeing you soon,

Kim Cool

Kim Cool, Senior Services Program Manager, kcool@bullheadcityaz.gov

Free Mini Clinic

3rd Friday of the month



FEATURED FREE SERVICES INCLUDE:

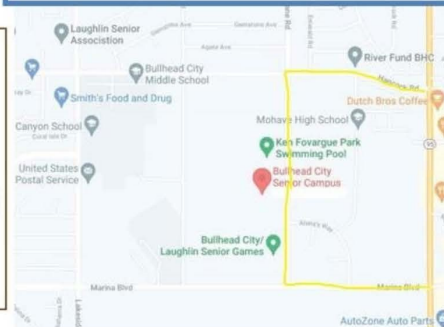
- ◆ MEMORY SCREENING—TO TEST FOR EARLY SIGNS OF DEMENTIA OR ALZHEIMER'S
- ◆ STRESS ASSESSMENT
- ◆ BLOOD PRESSURE CHECKS
- ◆ GLUCOSE TESTING—BE SURE TO FAST FOR AT LEAST 8 HOURS PRIOR TO TESTING
- ◆ URINE ANALYSIS
- ◆ HEIGHT & WEIGHT MONITORING
- ◆ WEIGHT LOSS/DIABETIC AND NUTRITION COUNSELING
- ◆ SPINAL SCREENING -ERGONOMICS ASSIST
- ◆ BRAIN HEALTH ASSESSMENT
- ◆ RESOURCE REFERENCES & REFERRALS

Tests provided are not diagnoses and for informational purposes to be reviewed by your primary physician.

FREE Clinic is provided by
Total Health Clinic of Chiropractic
at Bullhead City Senior Campus
2275 Trane Road, Bullhead City, AZ

TAKE HIGHWAY 95 IN BULLHEAD CITY TO HANCOCK OR MARINA BLVD AND TURN WEST TOWARD THE RIVER. GO TO TRANE ROAD AND THE SENIOR CAMPUS IS LOCATED BETWEEN KEN FOVARGUE PARK AND CITY HALL

Call (928) 763-0193 to schedule
your free appointment (ONLY 12 SLOTS AVAILABLE)
Clinic Hours: 11:00 am—2:00 pm (AZ time)
(Walk in's will only be seen if time allows)



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 BUNCO FUN!

**** DATE CHANGE ****

1st & 3rd Wednesday

July 6th & 20th 12:30 PM - 3:30 PM

Bullhead City Senior Campus

Sponsored by:



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.**



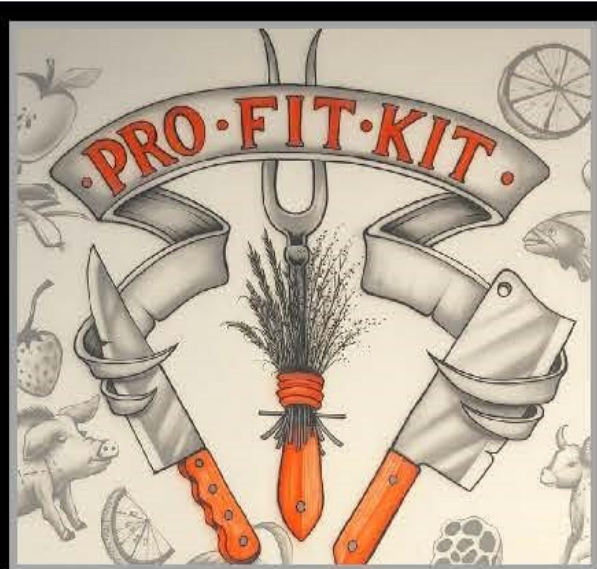
DotFoodsCareers.com/now-hiring

#DiscoverDot | @DotFoodsCareers



#DriveForDot | @DriveForDot

Dot Foods Arizona is a proud sponsor of the Bullhead City Pickle Club and a 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

<i>JULY 2022</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Salisbury Steak, Rice Pilaf, Stewed Tomatoes	2
3	4 CLOSED 	5 Swedish Meatballs, Buttered Pasta, Steamed Carrots	6 Stuffed Peppers, Steamed Corn, Warm Apples	7 Teriyaki Chicken, Fried Rice, Japanese Blend Veggies	8 Cheese Omelet, Sausage Patty, Hash Browns	9
10	11 Country Fried Steak, Mashed Potatoes, Mixed Veggies	12 Chicken & Mushroom Gravy, Rice Pilaf, Chuckwagon Blend	13 Beef Tamales, Fiesta Blend Mexican Rice	14 Cabbage Rolls, Baked Beans, Cherry Cobbler	15 Turkey Cutlet, Stuffing, Steamed Peas	16
17	18 Lemon Pepper Chicken, Macaroni & Cheese, Veggie Medley	19 Denver Omelet, Pork Sausage	20 Roasted Turkey, Mashed Potatoes, Green Beans	21 Liver & Onions, Mashed Potatoes, Gravy, California Blend	22 Ham Steak, Potato Wedges, Sauteed Cabbage	23
24	25 Green Chili Cheese Tamale, Spanish Rice	26 BBQ Chicken, Rice Pilaf, Veggie Medley	27 Beanie Weenies, Green Beans, Peach Cobbler	28 Sweet & Sour Meatballs, Steamed Rice & Carrots	29 Chicken Enchilada, Spanish Rice	30
31						

1% 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



Carolyn A. Scott

Everyone Meet Carolyn

Carolyn Scott has been coming to the Senior Campus since October 2021. She enjoys coming to the Senior Campus and interacting with other seniors and participating in all the activities. The Senior Campus gives seniors who are normally home alone a place to socialize.

Carolyn grew up in Glendale and Camp Verde, Arizona. She worked in construction, retail and hospitality over the years. She has 2 grown children, 4 grandchildren and 1 great grandchild. Her hobbies are fishing, swimming, and volunteering at the Senior Campus.

Volunteer Spotlight



James Carroll

Everyone Meet James

James is a driver for the Senior Campus and has been volunteering at the Campus for 3 years. James enjoys getting out of the house and helping others.

James grew up in southern California and worked 24 years as an appliance dispatch and delivery driver. He has a dog named Buddy that lives with him. His family is spread out across the country with his closest brother being in Lake Havasu. James is not into technology and refuses to use computers because he says he appreciates a simpler time. James's Meals on Wheels friends say that he is a pleasure to work with and he's a great guy who always makes people laugh.



What's Going On?

SECOND SATURDAY
SIP & SHOP
 #SUPPORTLOCAL **VENDOR POP-UP MARKET**
JULY 9TH | 10AM - 2PM
FIRST 25 SHOPPERS WILL RECEIVE A FREE GIFT!
 EVERY PURCHASE IS A FREE ENTRY INTO THE **VENDOR RAFFLE!**
 (WINNERS DO NOT NEED TO BE PRESENT TO WIN.)
 FIND THE PERFECT GIFT FOR YOURSELF OR FOR YOUR **Special Someone**
OVER 20 VENDORS TO VISIT
 SHOP FROM:
 CUSTOM JEWELRY & DÉCOR, BAKED GOODS & PACKAGED GOODS, COSMETICS & SKIN CARE, LASHES & LASH KITS, PHOTO BOOTH MINI SESSIONS (WALK-IN'S AVAILABLE!)
 NAILS, LOTIONS, SCRUBS, SOAPS, & CANDLES, CUSTOM & NAME BRAND APPAREL, & MORE!
LUNCH W/ DA TACO JOINT

LOCATED AT: 2580 MIRACLE MILE RD, BHC, AZ

Stay in the Loop!

BullheadCityLaughlinEvents.com
Our free community calendar

Follow Bullhead City Laughlin Events on Facebook too!

PAINT & PINOT
 Every 1st Friday
 6:30PM
 \$35
 Includes canvas, supplies, instruction, & 2 drinks.

MIRACLE MILE EVENT CENTER
 All Welcome - Open Book

& Events

LAUGHLIN WRITER'S CLUB



Interested in Writing?

Join local authors both published and unpublished to work on your craft and share ideas.
No experience needed!

MONDAYS AT 1:00 PM

Summer Schedule

June 6, 13, 20 & 24 July 11, 18 & 25 Aug. 1, 8, 15, 22 & 29

This program is free and open to the public.
For more information (702) 507-4063

FIESTA
Auction & Margaritas
 July 15th, 2022
 5:30 - 9:30pm
 2020 S. Casino Dr. Laughlin, NV
 Tickets available, call 928.763.1411

BOYS & GIRLS CLUBS OF THE COLORADO RIVER

Findlay BULLHEAD CITY

4TH OF JULY
 HAPPY INDEPENDENCE DAY



GIVE, MAKE & TAKE

GIVE, MAKE & TAKE CLASSES ARE TWICE A MONTH AT THE SENIOR CAMPUS FROM NOON TO 2PM. CLASSES ARE LIMITED TO 10 PARTICIPANTS.

THURSDAY, JULY 14TH

PROJECT: SMOOTHIES

THURSDAY, JULY 21ST

PROJECT: SALAD BAR



SPONSORED BY:



**Beacon
of Hope
Hospice**

Lori Labriola, Senior Hospice Care Consultant/Liaison

Cell Number: (928) 219-0726

3550 North Lane, Bullhead City, AZ 86442

Office: (928) 444-8122 Website: bohospice.org



Are You a July Baby?

Join us for the July Birthday Month Celebration for all Seniors 50+ at the Senior Campus on Tuesday, July 19th starting at 11:30 am

- 7/1 Patricia House
- 7/2 James Epps
- 7/4 Phyllis Navarette
- 7/6 Violet Hopper
- 7/7 Clarence St Martin
- 7/8 David P. Johnson
- 7/8 George McQuiston
- 7/9 John Davis and Robert Tebroski
- 7/13 Joe Tovar
- 7/14 Linda Hatfield, Gail Johnson, Theresa Moore, and Kay Vallie
- 7/15 Gerald Jensen
- 7/16 Vernite Eddards and Katri Rajaniemi
- 7/17 Linda Bosch
- 7/18 Johnny Smith and Reg Thibault
- 7/19 Alex Huerta and Karen Morris
- 7/21 Michael McGraw
- 7/22 Ethel Carr, Pat Collier, Joyce Milkovich, Sharon Cunningham, and Anna Marie Declonette
- 7/23 Gail Olsen
- 7/24 Rosa Horne
- 7/25 Janet Anderson, Richard Bradley, and Mary Ingels
- 7/27 Dona Giles
- 7/28 William Corrao and Stephanie Olson
- 7/29 Ralph McAlister
- 7/30 Rae Albro and Karen Kooistra
- 7/31 Ernest Valdez



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



Ice Cream Social

**You're
Invited!!**

**Ice Cream Sundae
Social Hour**

**4th Thursday of the
Month**

Noon—1pm

**Senior Campus,
2275 Trane Rd**

Questions?

Call Sue (928) 404-2559

Sponsored by:



Moose Lodge 1860

Women of the Moose Chapter 1842



Sewing & Quilting Group

Beginners to Pro's Welcome

Every Friday

10:00 am to 2:00 pm

*Senior Campus,
2275 Trane Road*

Questions?

Call Grace (707) 372-7889





July 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, July 1

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginner/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, July 4 CLOSED

Tuesday, July 5

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
12 – 2 pm Learn/Make-Memory Wire Bracelet-(14 spt)
12 – 2 pm Weekly Craft Group- TinCan Project (10 spt)
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, July 6

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

Thursday, July 7

9 am – 12 pm Veteran's Benefit Counselor ONSITE
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 -1:30 pm Watercolor Painting Group Meets
5:30 – 9:30 pm Pass the Trash - Card Game/Pot Luck

Friday, July 8

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's)
12 – 2 pm Meet with the Staff of Paul Gosar
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
12:30 – 3:30 pm Mexican Train Game

Monday, July 11

9:30 – 10 am Body Moves for Brain Power
10 am – 12 pm Voter Registration
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, July 12

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 – 2 pm Weekly Craft Group-TinCan Projects (10 spt)
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-Supply Inc. (8 spots)
4 – 5 pm Line Dancing Instruction

Wednesday, July 13

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

Thursday, July 14

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 (Smoothies-10 spots)
12:30 -1:30 pm Watercolor Painting Group Meets
5:30 – 9:30 pm Pass the Trash - Card Game/Pot Luck

Friday, July 15

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting Group (Beginner/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
12:30 – 3:30 pm Mexican Train Game

Monday, July 18

9:30 – 10 am Body Moves for Brain Power
10 am – 12 pm Voter Registration
10 – 11:30 am Bingo w/prizes
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, July 19

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-TinCan Projects (10 spt)
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, July 20

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
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, July 21

9 am – 12 pm Veteran's Benefit Counselor ONSITE

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 (Salad Bar-10 Spots)
12:30 -1:30 pm Watercolor Painting Group Meets
5:30 – 9:30 pm Pass the Trash - Card Game & Pot

Friday, July 22

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/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
12:30 – 3:30 pm Mexican Train Game

Monday, July 25

9:30 – 10 am Body Moves for Brain Power
10 am – 12 pm Voter Registration
10 – 11:30 am Bingo w/prizes
12 – 1 pm Dementia Support Group
12:00 – 1:30 pm Let's Craft – Supply/Inst. (10 spots)
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, July 26

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 (10 spots)
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, July 27

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group (In Person/ Zoom)
11:30 – 11:45 am Meal Planning and Prep Video/Handout
12 – 1 pm FREE Bingo w/Prizes
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, July 28

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 – 1 pm Ice Cream Sundae Social
12:30 -1:30 pm Watercolor Painting Group Meets
5:30 – 9:30 pm Pass the Trash - Card Game & Pot

Friday, July 29

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

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](https://www.facebook.com/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:

Arizona Life Hospice

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
- Moose Lodge 1860
- Women of the Moose Chapter 1742

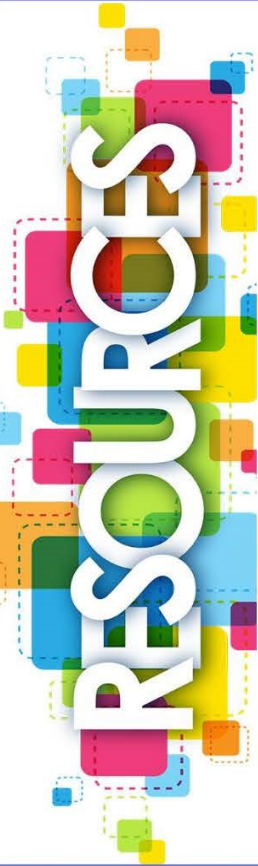


*Come Join Our Amazing
Group of Volunteers*



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



Resources & Preparation Assistance

4th Thursday of the Month

10:30 am to Noon

Senior Campus, 2275 Trane Road

Questions?

Call Amy Devine (928) 201-8486

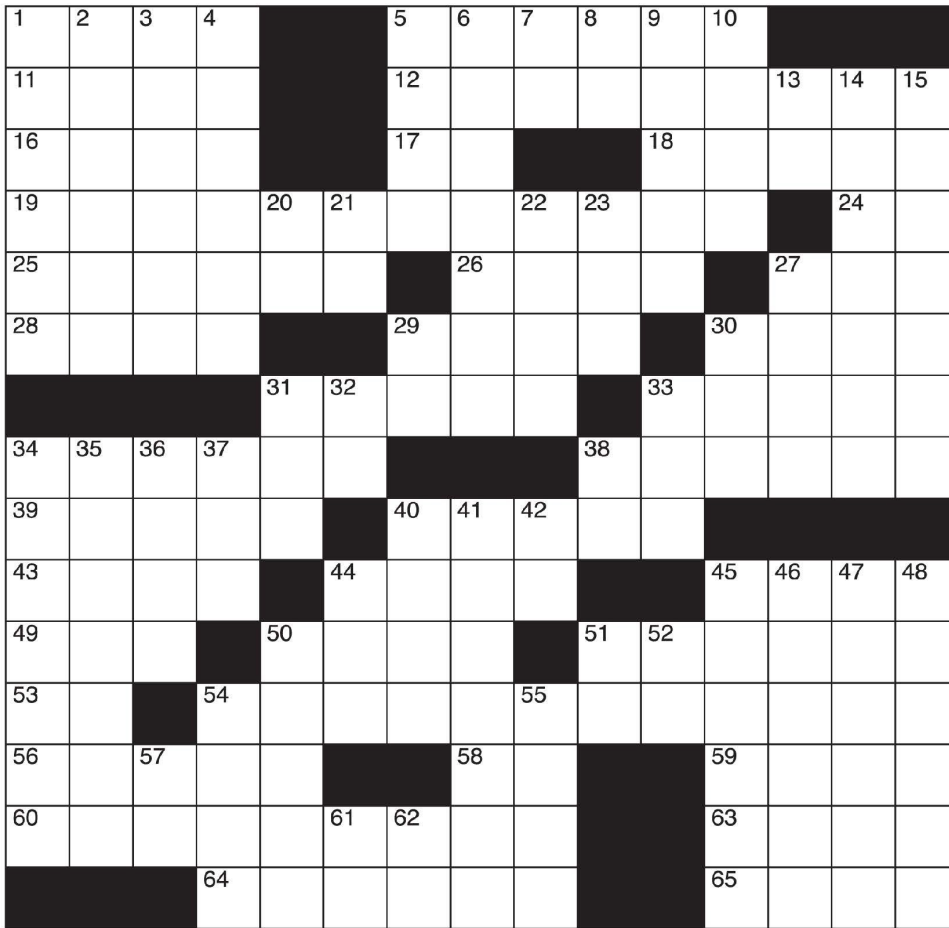


FREE BINGO WITH PRIZES

**EVERYONE WELCOME! GAMES START AT 12PM
AT THE SENIOR CAMPUS 2275 TRANE ROAD ON
THURSDAY, JULY 27, 2022**

SPONSORED BY

Health
CHOICE



CLUES ACROSS

- 1. Ancient Greek sophist
- 5. Genus of insects
- 11. Culinary herb
- 12. Neutralizing antibody
- 16. Plan
- 17. Pa's partner
- 18. A city in S Louisiana
- 19. TNT sportscaster
- 24. Atomic #25 (abbr.)
- 25. Well-known bug
- 26. Body parts
- 27. Monetary unit of Albania
- 28. Kids' play things
- 29. Coastal city in Malaysia
- 30. Famed French physician
- 31. Flourishing
- 33. Excessively overweight
- 34. Pampered
- 38. Emerged
- 39. Order of tailless amphibians
- 40. Indian term of respect
- 43. Shift sails (Brit.)
- 44. Beloved Mexican dish
- 45. Scottish tax
- 49. Health insurance
- 50. Monetary unit of Samoa
- 51. Move about
- 53. Execute or perform
- 54. Taste property
- 56. Unit of dry measure
- 58. Blood group
- 59. Something you can up
- 60. In great need
- 63. Breezes through
- 64. Spoke
- 65. Become acquainted with

CLUES DOWN

- 1. A particular part
- 2. Spanish neighborhood
- 3. Business
- 4. Reddish browns
- 5. Extinct Hawaiian bird
- 6. Disney town
- 7. Part of the Bible (abbr.)
- 8. Atomic #22 (abbr.)
- 9. The distinctive spirit of a people or an era
- 10. In a moment
- 13. Monetary unit of Vietnam
- 14. Submerge in a liquid
- 15. Yellowish cotton cloth
- 20. -, denotes past
- 21. Hoopster Morant
- 22. Not
- 23. Indian title of respect
- 27. Horsley and Marvin are two
- 29. One thousandth of a liter (abbr.)
- 30. Hoover's organization
- 31. Round globular seed
- 32. University officia
- 33. Spherical body
- 34. Iraq's capital
- 35. To any further extent
- 36. Swollen lymph node
- 37. Anger
- 38. Technological marvel
- 40. Peruvian district
- 41. Salt of acetic acid
- 42. What Santa says
- 44. Israeli city __ Aviv
- 45. Late Heisman winner
- 46. Reveal the presence of
- 47. Long upholstered seat
- 48. Most wily
- 50. Sword
- 51. Respiratory disease
- 52. The Ocean State
- 54. Fleshy watery fruit
- 55. Lying down
- 57. Superheavy metal
- 61. The ancient Egyptian sun god
- 62. Indicates position

WATER QUALITY WORD SEARCH

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

WORDS

AQUIFER
 CHEMICAL
 COMMUNITY
 CONTAMINANT
 DATA
 DRINKING
 ECOLOGICAL
 ECOSYSTEM
 EFFLUENT
 EXPOSURE
 HABITAT
 MANAGEMENT
 MEASURE
 MONITORING
 ORGANISMS
 PARAMETERS
 QUALITY
 RECLAIMED
 SEDIMENT
 SPECIES
 STANDARDS
 TURBIDITY
 WASTEWATER
 WILDLIFE

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cooking.

L I G L R

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Answer: Grill

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to blueberries.

A R T T

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Answer: Tart

JUST FOR LAUGHS!!



Q: What was Thomas Jefferson's favorite dessert?

A: Monti-jello



Watermelon Wedge Steakhouse Salad (Serves 4)

For the dressing:

- 1/3 cup finely diced watermelon
- 1 cup sour cream
- 1/3 cup peeled and finely diced watermelon rind
- 1/4 cup watermelon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper

For the salad and toppings:

- 4 thick wedges of watermelon
 - 4 tablespoons real bacon crumbles
 - 4 tablespoons blue cheese crumbles
 - 2 tablespoons pecan chips
 - 1 scallion, sliced
1. Place all ingredients for the dressing into a medium bowl and mix gently to combine.
 2. Place each watermelon wedge onto a serving plate and top with 1/4 of the dressing.
 3. Sprinkle the bacon, blue cheese, pecans, and scallions over the top of the salads before serving.

ANSWERS

PUZZLE SOLUTION

A	B	A	S	S	A	G	E	P	R	E	P	E	R	N	I	E	J	O	H	N	S	O	N	L	E	K	M	A	N	T	E	S	O	X	I	N	
D	E	S	P	E	R	A	T	E	D	A	B	A	R	D	E	B	A	T	A	B	I	L	I	S	E	S	S	A	C	E	S	M	E	E	T		
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