

August NEWSLETTER



8/2022 ISSUE 5

BULLHEAD CITY'S SENIOR CAMPUS



Greetings Bullhead City Seniors & Business Partners,

Temperatures have been steadily rising outside but inside the Senior Campus we stay cool as cucumbers. We kept our active seniors busy all month long with a slew of great events and activities in July. August promises to be just as busy!

Please hang onto your copy of this newsletter throughout the month of August. You can refer to it for upcoming events and information about the Senior Campus.

If you're 50 years young or older, and have been thinking about stopping by, please let me personally invite you to join us. Senior Campus is open Monday through Friday 8 a.m. to 4 p.m. There is something for everyone here at the Senior Campus and this is such a great place to make new friends.

The Senior Campus means a lot to our senior population whether it is a meal, events, activities, or services. With all of these activities we need volunteers. I am challenging all our retired seniors out there; I want to see you give back even if it's just a couple hours a week. Please come talk to me about your interests, and let's see where you fit in.

The Bullhead City Senior Campus and Meals on Wheels relies heavily on volunteers.

The Campus is currently seeking volunteers:

Dishwashers and Kitchen clean-up Monday – Friday 11:15 a.m. -12:45 p.m.

Kitchen help to deliver meals in house Friday from 11:00 a.m.-12:30 p.m.

Front desk Tuesday 8:00 a.m.-10:00 a.m. and from 12:00 p.m. -3:00 p.m.

Meals on Wheels drivers or floater and just fill in when others are out.

Person willing to go to WARMC to pick up the meals at 8:45 a.m. Monday to Friday.

This person would be done by 9:15 a.m. or they could stick around and help with packing of meals for future deliveries and still be done by 11:00 a.m. This volunteer task does require lifting and a brief time spent in the walk-in freezer.

If you are interested in any of these volunteer positions, please contact me and I will get you set up. All volunteers need to be drug tested, fingerprinted and background checked, being able to obtain a level 1 fingerprint clearance card. Those working with food or in the kitchen need to have a current food handler card. The city will cover the cost of the process.

Looking forward to seeing you soon,

Kim Cool

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



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 senior citizens please send your contribution to the address listed below.

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

**BULLHEAD CITY
 SENIOR CAMPUS**

PLACEMAT ADVERTISING

Whether you're promoting your business or simply interested in supporting our local Senior Campus. Placemat advertising is for you!

For as little as **\$50 a week** you can make a difference and get your name in the hands our seniors.

	BUSINESS CARD AD \$50 2.5139" x 1.7389"	BUSINESS CARD AD \$50 2.5139" x 1.7389"	BUSINESS CARD AD \$50 2.5139" x 1.7389"									
CORNER AD \$100 2.5139" x 4.1289"	BACK IN 1930 <table border="1"> <tr> <th>30'S SLANG</th> <th>AVERAGE COST</th> <th>AVERAGE INCOME</th> </tr> <tr> <td> OBSCURE JUICE BLOW YOUR WIFE CLAM EGGS BLIF ME A FIVE GRIFTER </td> <td> ALCOHOL CYCLED FUN TIME SHAVE WAXES CON MAN </td> <td> First class stamp \$6.02 gallon of gas \$6.20 Dozen eggs \$6.45 Movie ticket \$6.35 New house \$7,145 </td> </tr> <tr> <td colspan="2"></td> <td style="text-align: center;"> Per Year \$1,368 </td> </tr> </table>		30'S SLANG	AVERAGE COST	AVERAGE INCOME	OBSCURE JUICE BLOW YOUR WIFE CLAM EGGS BLIF ME A FIVE GRIFTER	ALCOHOL CYCLED FUN TIME SHAVE WAXES CON MAN	First class stamp \$6.02 gallon of gas \$6.20 Dozen eggs \$6.45 Movie ticket \$6.35 New house \$7,145			Per Year \$1,368	BUSINESS CARD AD \$50 2.5139" x 1.7389"
30'S SLANG	AVERAGE COST	AVERAGE INCOME										
OBSCURE JUICE BLOW YOUR WIFE CLAM EGGS BLIF ME A FIVE GRIFTER	ALCOHOL CYCLED FUN TIME SHAVE WAXES CON MAN	First class stamp \$6.02 gallon of gas \$6.20 Dozen eggs \$6.45 Movie ticket \$6.35 New house \$7,145										
		Per Year \$1,368										
BUSINESS CARD AD \$50 2.5139" x 1.7389"	ON THE RADIO Irving Berlin, "Across the breakfast table" Edger Latta & Walter Donaldson, "After a million dreams" Dan Dougherty & Edmund Goulding, "Alone in the rain" Elsie Janis & Jack King, "Any time's the time to fall in love" Gus Kahn & Harry Archer, "Alone with my dreams" William Kamell, "Beware of love"	U.S. PRESIDENT HERBERT HOOVER INVENTIONS Scotch Tape was patented Frozen food process patented Neoprene is invented Hooper Testicles are invented The differential analyzer or analog computer is invented by Vannevar Bush at MIT.	IN THEATERS HELLS ANGELS THE BLUE ANGEL THE BIG TRAIL LITTLE NASCALS BEST OF OUR GANG ALL QUIET ON THE WESTERN FRONT CENTER AD \$300 5.0925" X 4.116"	CORNER AD \$100 2.5139" x 4.1289"								
BUSINESS CARD AD \$50 2.5139" x 1.7389"	BUSINESS CARD AD \$50 2.5139" x 1.7389"	BUSINESS CARD AD \$50 2.5139" x 1.7389"										

Advertising is sold on weekly run cycles. Advance booking is welcome. Advertising space is only secured with payment.

Artwork is b/w printed on color paper. Free artwork is available upon request. Artwork can be pdf or jpg files. Email artwork or requests to jjensen@bullheadcityaz.gov

Reserve Your Space Today!

Jackie Jensen, (928) 763-9400 or jjensen@bullheadcityaz.gov

2275 TRANE RD, BULLHEAD CITY
(928) 763-0193 WWW.BULLHEADCITY.COM
FOLLOW US ON FACEBOOK



DOT

An Employer with a
Focus on You

Now Hiring Drivers & Warehouse Material Handlers

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



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SHARED **GROWTH.**



DotFoodsCareers.com/now-hiring

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

COMMUNITY-MINDED HOSPICE SERVICES, TAILORED TO YOU

We bring LIFE to hospice services, empowering you to finish well. You deserve integrity, understanding, and customized care during end-of-life. That's where we step in. **We're here for you, Arizona.**

OUR SERVICES

- Nurses visit as often as needed to carry out your specific care plan.
- Bereavement Counselors provide grief support and education for loved ones.
- Social Workers provide emotional support and can assist with living wills.
- Physicians and Nurse Practitioners
- Nurse Aides
- Skilled Therapists
- Dieticians
- Therapeutic Services
- Volunteer Services
- Spiritual Care
- Wound Care



CASSIE PEGG / 928.296.0779 (C)
5225 Highway 95 | Suite 7
Fort Mohave, AZ 86428
928.278.7681 (O) | 928.577.2354 (F)

www.arizonalifehospice.com

LIVE WELL. FINISH WELL.

Senior Nutrition Center Monthly Meal Calendar

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Asian Diced Chicken Rice Japanese Veggies	2 Chili Relleno Refried Beans Chuckwagon Blend	3 Ham w/ Pineapple Glaze Baked Beans Veggie Medley	4 Sweet and Sour Chicken Pasta Marinara Mixed Veggies	5 Turkey Cutlet Stuffing Steamed Peas	6
7	8 Pork Steak w/ Gravy Mashed Sweet Potato Broccoli	9 BBQ Chicken Potato Wedges Mixed Veggies	10 Beef Cutlet w/ Gravy Mashed Potatoes Streamed Carrots	11 Vegetarian Lasagna Breadstick Mixed Veggies	12 Salisbury Steak Rice Pilaf Steamed Tomatoes	13
14	15 Bratwurst Sauteed Cabbage Potatoes Au Gratin	16 Swedish Meatballs Buttered Pasta Steamed Carrots	17 Stuffed Peppers Steamed Corn Warm Apples	18 Teriyaki Chicken Fried Rice Japanese Veggies	19 Cheese Omelet Sausage Patty Hash Browns	20
21	22 Country Fried Steak Mashed Potatoes Mixed Veggies	23 Chicken & Mushroom Gravy Rice Pilaf Chuckwagon Blend	24 Beef Tamales Fiesta Blend Mexican Rice	25 Cabbage Rolls Baked Beans Cherry Cobbler	26 Turkey Cutlet Stuffing Steamed Peas	27
28	29 Lemon Pepper Chicken Macaroni and Cheese Veggie Medley	30 Denver Omelet Turkey Breast Pork Sausage Patty	31 Roast Turkey Mashed Potatoes Green Beans	Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.		

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



Ellen Hartsfield

Everyone Meet Ellen!

Ellen Hartsfield has been coming to the Senior Campus for 10 years. She loves meeting up with old friends and playing Bingo.

Ellen grew up in Aquidneck Island, Rhode Island and has been widowed twice. Before retiring she was a librarian, a dog groomer, and a dog trainer. Ellen has also volunteered at the Senior Campus. She ran Bingo on Thursdays and Fridays for eight years.



Volunteer Spotlight



Eunice Moussette

Everyone Meet Eunice!

Eunice Moussette, has been volunteering for Meals on Wheels for 10 years. She says her favorite part of delivering meals is putting smiles on peoples faces and comforting them.

She retired in 1996 from the State of Alaska, Job Service Placement agency in Fairbanks, Alaska. Her job was to screen applicates for job placement. She especially enjoyed being the Veteran's representative for special programs.

Eunice grew up in Los Angeles, California. She has four children three boys and one girl. All her boys are in construction in California and her daughter is retired from the State of Florida Corrections.

Eunice has been fostering dogs since 2012 for our local S.A.I.N.T. She loves being able to give the dogs a safe home, a yard, and love until they are placed in their forever home.

What's Going On?

NATIONAL



Friendship Day
AUGUST 1



NATIONAL
SENIOR CITIZEN'S DAY
AUGUST 21



SUMMER CORNHOLE

This summer we are offering **FREE** indoor cornhole!
Second Friday of the Month
Hosted - Double Elimination Mini Tournament
6-10pm

JOSH TURNER
AUG 13, 2022
E CENTER
Tickets from \$50



EDGEWATER

NATIONAL S'MORES DAY
Aug. 10



National
DOG DAY
August 26




SENIORS & VETERANS

6X multiplier

SENIOR MONDAY VETERAN TUESDAY SENIOR WEDNESDAY

SWIPE AT ANY KIOSK TO RECEIVE YOUR **6X POINT MULTIPLIER***

* 20 per 20 slots only. Visit Avi Rewards for more details. Monday and Wednesday refers to Seniors 21 and over. Seniors limited to Registered Veterans 21 and over. Excludes Video Poker and the slots. Avi Rewards & Casino reserves the right to modify or cancel these offers, promotions, or hours of operation at any time without prior notice.



PAINT & PINOT

Every 1st Friday
6:30PM
\$35

Includes canvas, supplies,
instruction, & 2 drinks.

MIRACLE MILE EVENT CENTER
At Mirabeau Senior Club

& Events

collaborative
resource
sharing



Thursday, August 11th @ 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



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



It's BINGO Time!

Every Monday 10 AM TO 11:30 AM

senior campus, 2275 Trane Rd

Sponsored by



FAMILY CARE
HOME HEALTH AND HOSPICE



8/1	Nanette Young	8/11	Yolanda Schminke	8/24	Eldon Ferrer
8/2	Valerie Patter		Joyce Christensen	8/25	Richard Gammel
	Robert Hardwick	8/13	Sandra Doyle		Janet Lawson
8/3	Gerald Ranke	8/15	Allen Bauchnan		Micheal Sinovcic
8/4	Milton Laite		Cheryl Johnson	8/26	Gary Bullock
	Belinda Spigner		Mariene Jones		Ernest Garcia
8/5	Frank Hargitay		Carol Player	8/27	Robert Reischke
	Darlene Senio	8/17	Frank Aduna	8/28	Huguetta Hamelin
	Pablo Santiago		Wanda Mitchell	8/29	June Rogers
	Bill Thompson		Brenda Haney-Mitchell	8/31	Susan Kirouac
8/6	Jay Murray		Tommy Long		John Valentine
	Donna Ranke	8/20	Bernardine Clegg		
	Josephine Romero		Ralph Gibbs		
8/7	John Pray		Louie Olivares		
8/9	Jim Gerhardt	8/21	Carol Gairo		
	Holly Rose		Thomas Hogue		
	Georgean Hensley	8/22	Wayne Black		
	Helen Kluth		Richard Fincher		
		8/23	Marganta McQuiston		


Are You an August Baby?

Join us for the August Birthday Month Celebration for all
Seniors 50+ at the Senior Campus on

Tuesday, August 16th starting at 11:30 am




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



TRIVIA TIME!

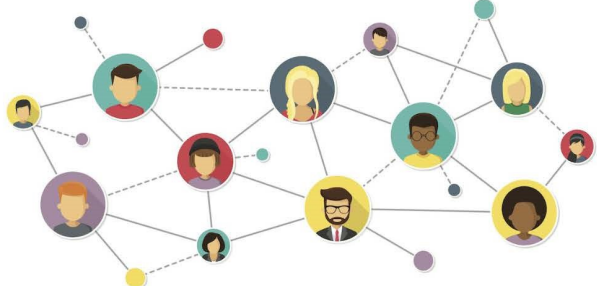
JOIN US FOR
TRIVIA TIME!
WEDNESDAY, AUGUST 10TH, 2022
NOON TO 1:00 PM
SENIOR CAMPUS, 2275 TRANE RD.

Sponsored by




Questions? Kristin Bragg (928) 453-2111

RESOURCES & PREPARATION ASSISTANCE



THURS. AUG 25, 2022
10:30 AM TO NOON
SENIOR CAMPUS, 2275 TRANE RD.

SPONSORED BY



QUESTIONS? AMY DEVINE AT (928) 577-4511

Sewing & Quilting Group



*Everyone
welcome!*

**Beginners to Pro's
Every Friday
10:00 am - 2:00 pm
Senior Campus
2275 Trane Rd**

Must sign-up with Grace at (707) 372-7889



August 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, August 1

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
 12:30 – 3:30 pm Mexican Train Game

Tuesday, August 2

8:15 – 9 am Zumba Class
 9 am – 12 pm Beading Group
 9 – 9:45 am Essentrics- Aging Backwards
 12 – 2 pm Memory Wire Bracelet Class (14 spots)
 12 – 2 pm Weekly Craft Group (T-Cup Minis)
 12:30 – 3:30 pm Hand & Foot Card Game
 12:30 – 3:30 pm Poker Card Game
 4 – 5 pm Line Dancing Instruction

Wednesday, August 3

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

Thursday, August 4

9 am – 12 pm Veteran's Benefit Counselor (by appt)
 9 – 9:45 am Essentrics - Aging Backwards
 12 – 3 pm Knit & Crochet Group
 12 – 2 pm One on One Technology Tutoring (2 spots)
 12 – 1 pm FREE Ice Cream Social
 12:30 – 1:30 pm Watercolor Painting Group
 5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, August 5

9:30 – 10 am Body Moves for Brain Power
 10 am – 2 pm Sewing /Quilting -Must Sign up
 12:30 – 3:30 pm Mexican Train Game
 12:30 – 3:30 pm Pinochle Group
 12:30 – 3:30 pm Poker Card Game

Monday, August 8

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
 12:30 – 3:30 pm Mexican Train Game

Tuesday, August 9

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 (T-Cup Minis)

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, August 10

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)
 12 – 1 pm Trivia Time (NEW)
 1 – 2 pm Bereavement Support Group (all welcome)
 7 – 8 pm Gamblers Anonymous Meeting

Thursday, August 11

9 – 11 am Collaborative Resource Sharing Event
 In-person or GO TO meet.google.com/kzt-qwjb-ngk
 10 am – 12 pm Give, MAKE, & Take (Salad)
 12 – 3 pm Knit & Crochet Group
 12:30 – 1:30 pm Watercolor Painting Group
 5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, August 12

9 – 11 am Calling All Veteran's (Coffee Club)
 9:30 – 10 am Body Moves for Brain Power
 10 am – 2 pm Sewing /Quilting -Must Sign up
 12:30 – 3:30 pm Mexican Train Game
 12:30 – 3:30 pm Pinochle Group
 12:30 – 3:30 pm Poker Card Game

Saturday, August 13

10 am – 3 pm CR Concert Association Meeting

Monday, August 15

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
 12:30 – 3:30 pm Mexican Train Game

Tuesday, August 16

8:15-9:00 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 (Sock Gnomes)
 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, August 17

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

Thursday, August 18

9 am – 12 pm Veteran's Benefit Counselor (by appt)
9 – 9:45 am Essentrics - Aging Backwards
10 am – 12 pm Give, MAKE, & Take (Milk Shakes)
12 – 3 pm Knit & Crochet Group
12:30 – 1:30 pm Watercolor Painting Group
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, August 19

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting -Must Sign up
10 am – 2 pm FREE Mini Clinic (12 spots)
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Monday, August 22

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 – 1 pm Let's Craft – Supply & Instruction
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game
12:30 – 3:30 pm Mexican Train Game

Tuesday, August 23

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

Wednesday, August 24

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)
12 – 1 pm FREE Bingo w/prizes
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, August 25

9 – 9:45 am Essentrics - Aging Backwards
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
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, August 26

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 -Must Sign up
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Monday, August 29

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

12:30 – 3:30 pm Mexican Train Game

Tuesday, August 30

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

Wednesday, August 31

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

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 SCANNING THE QR CODE BELOW. THIS ALLOWS YOU TO LOOK AT A LIVE VIEW OF OUR CAMPUS CALENDAR FOR CANCELLATIONS AND UPDATES



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:

Arizona Life Hospice

Valley Dental Associates

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
- 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
- Family Care Home Health & Hospice



*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



SENIOR CAMPUS FOOD PANTRY

Senior Campus Food Pantry is open to the public
Monday—Friday 8am –4pm.
Below is a list of approved items for donation.

- | | | |
|----------------------|----------------------------|------------------------------------|
| Canned Goods | Grains and Rice | Garlic |
| Dry Goods | Bread | Onions |
| Boxed Pasta | White and Brown Rice | Sweet Potatoes |
| Tomato Paste | Oats | Butternut / Butternut Squash |
| Pasta Sauce | Cold Cereal | Carrots |
| Canned fish | Protein | Whole Mushrooms |
| Canned Vegetables | Hummus | Nuts and Dried Fruit |
| Caned fruit in water | Peanut or Nut Butter | Hazelnuts |
| Chickpeas | Shelf-Stable boxes of Milk | Raisins |
| Black Beans | Apples | Boxed Macaroni and Cheese |
| Chicken Broth | Oranges | Long lasting Fruits and Vegetables |
| Jerky | Pomegranates | Sun-dried Tomatoes |
| Granola Bars | Potatoes | Dried Apricots |
| Trail Mix | Dates | Applesauce and other fruit purees |
| Cashews | Almonds | |

Bullhead City Senior Campus located at 2275 Trane Rd, Bullhead City.



SUDOKU

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



Level: Intermediate

⊙ ★ ◻ ⊕ ⊞ ∼ Ⓡ Ⓢ ✪ ✫ ✬ ✭ ✮ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ Ⓛ Ⓜ Ⓝ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ

CRYPTO FUN

Ⓛ Ⓝ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ ✪ ✫ ✬ ✭ ✮ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿

Determine the code to reveal the answer!

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

- A. 25 23 4 16 16 17 1 1 10**
Clue: Space for learning
- B. 15 18 19 7**
Clue: Age for first schooling
- C. 21 7 4 25 6 7 17**
Clue: One who educates
- D. 16 25 6 1 1 23**
Clue: Education building

Answers: A. classroom B. five C. teacher D. school

⊙ ★ ◻ ⊕ ⊞ ∼ Ⓡ Ⓢ ✪ ✫ ✬ ✭ ✮ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ Ⓛ Ⓜ Ⓝ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ

CRYPTO FUN

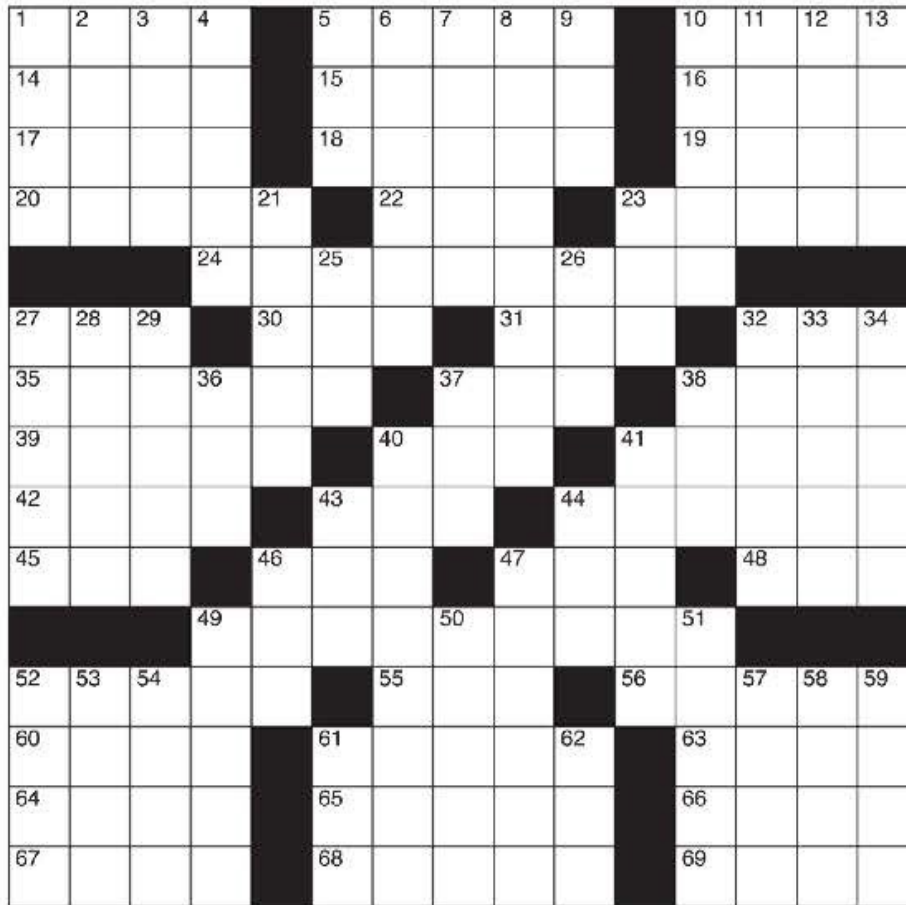
Ⓛ Ⓝ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ ✪ ✫ ✬ ✭ ✮ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿

Determine the code to reveal the answer!

Solve the code to discover words related to golf.
Each number corresponds to a letter.
(Hint: 5 = C)

- A. 4 18 18**
Clue: Cleared area on golf course
- B. 5 23 20 22 10**
Clue: Used in golf play
- C. 5 1 20 2 10 18**
Clue: Where to play golf
- D. 26 25 21 17 16 5 25 3**
Clue: Average number of strokes over par

Answers: A. tee B. clubs C. course D. handicap



CLUES ACROSS

- 1. Female parent
- 5. NY city
- 10. Israeli diplomat Abba
- 14. Surrounded by
- 15. Car part
- 16. Simple aquatic plant
- 17. Tough skin of fruit
- 18. Finnish lake
- 19. Composition
- 20. Very willing
- 22. One and only
- 23. Cluster cups
- 24. Famed Hollywood director
- 27. Score perfectly
- 30. Important lawyers
- 31. Undivided
- 32. Part of the foot
- 35. Spun by spiders
- 37. Married woman
- 38. Reagan's Secretary of State
- 39. Instruments
- 40. The A-Team drove one

- 41. Short-tailed marten
- 42. Oil organization
- 43. Predecessor to the EU
- 44. "Hotel California" rockers
- 45. Color at the end of the spectrum
- 46. Actress Ryan
- 47. Digital audiotape
- 48. Expression of creative skill
- 49. Scientific instrument
- 52. Dog-__: marked for later
- 55. Israeli city __ Aviv
- 56. Fencing sword
- 60. Turkish title
- 61. Wise individuals
- 63. Cold wind
- 64. Popular type of shoe
- 65. The territory occupied by a nation
- 66. Tattle
- 67. Chop up
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. Female of a horse
- 2. Bowfin
- 3. Chinese dynasty
- 4. Small venomous snake
- 5. Global news agency
- 6. Common fractions
- 7. American state
- 8. Tired
- 9. Boxing's GOAT
- 10. Made less severe
- 11. A group of countries in special alliance
- 12. God of fire (Hindu)
- 13. Northeast Indian ethnic group
- 21. Anchor ropes
- 23. They __
- 25. Apprehend
- 26. Autonomic nervous system
- 27. A theatrical performer
- 28. 2-door car
- 29. Partner to flowed
- 32. Pair of small hand drums
- 33. Former Houston footballer

- 34. Discharge
- 36. Former women's branch of the military
- 37. Partner to cheese
- 38. Witch
- 40. Live in a dull way
- 41. Satisfies
- 43. Snake-like fish
- 44. Consume
- 46. Type of student
- 47. Frase
- 49. Instruct
- 50. Girl's given name
- 51. Spiritual leader of a Jewish congregation
- 52. Every one of two or more things
- 53. Indian city
- 54. Greek letters
- 57. Weapon
- 58. Geological times
- 59. Cycle in physics
- 61. Soviet Socialist Republic
- 62. Witness

TRAFFIC SAFETY WORD SEARCH

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

WORDS

- ACCELERATE
- ACCIDENT
- AIRBAG
- ASPHALT
- AUTOMOBILE
- AVENUE
- BOULEVARD
- BRAKES
- BRIDGE
- CLOVERLEAF
- CRASH
- CRUISING
- CURVE
- DANGER
- DEFENSIVE
- DENT
- EXHAUST
- EXPRESSWAY
- FAST
- FUEL
- GEAR
- INTERCHANGE
- LICENSE
- PATROL

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



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to golf.

LABL

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Answer: Ball

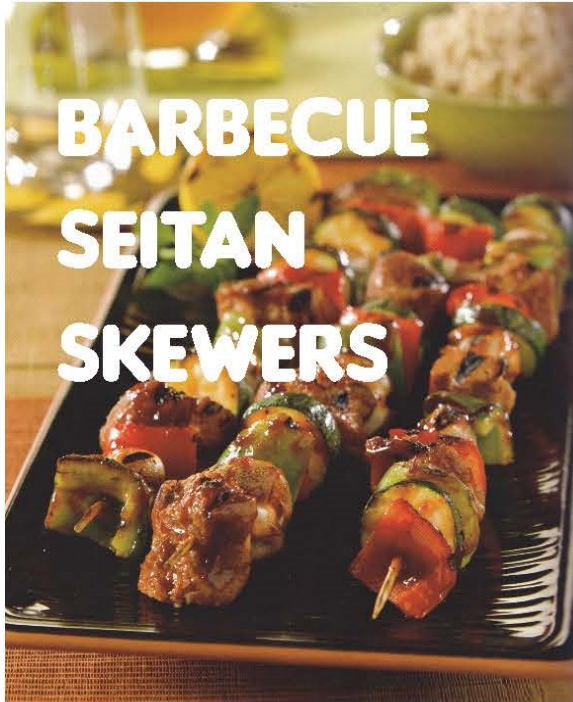
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to kindergarten.

UTYHO

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Answer: Youth



BARBECUE SEITAN SKEWERS

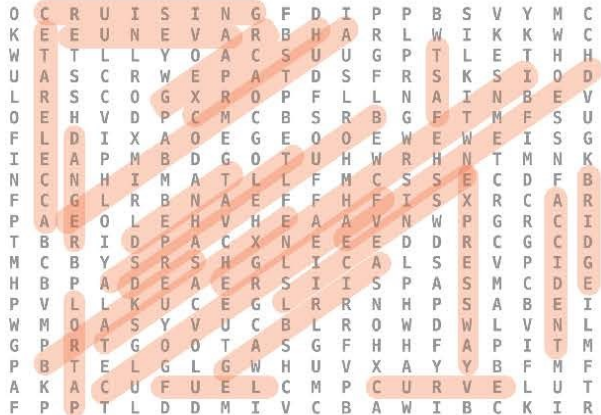
Makes 4 servings

- 1 package (8 ounces) seitan, cubed
 - 1/2 cup barbecue sauce, divided
 - 1 red bell pepper, cut into 12 pieces
 - 1 green bell pepper, cut into 12 pieces
 - 12 white or cremini mushrooms
 - 1 zucchini, cut into 12 pieces
1. Place seitan in medium bowl. Add 1/4 cup barbecue sauce; stir to coat. Marinate in refrigerator 30 minutes. Soak four bamboo skewers in water 20 minutes.
 2. Oil grill. Prepare grill for direct cooking. Thread seitan, bell peppers, mushrooms, and zucchini onto skewers.
 3. Grill skewers, covered, over medium-high heat for 8 minutes or until seitan is hot and glazed with sauce, brushing with some of remaining sauce and turning occasionally.

ANSWERS

PUZZLE SOLUTION

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



ANSWER:

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

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