

September NEWSLETTER



BULLHEAD CITY'S SENIOR CAMPUS

SEPTEMBER

Greetings Bullhead Area Seniors & Business Partners,

Your Senior Campus is growing! The Campus has seen an increase in activities and participants including record breaking crowds for congregate lunch. I look forward to seeing our attendance numbers continue to grow with our winter blessings coming back to town. Fingers crossed they bring cooler weather with them.

We have recently rearranged the main room to accommodate bigger crowds and give everyone a little more space for groups and their activities. We appreciate everyones patience while we make room for our newcomers.

If you're 50 years young or older, I would love for you to come join us and share in some fun. Please hold onto your copy of this newsletter throughout the month of September, and refer to it for upcoming events and information about the Senior Campus.

We need volunteers! If you have a couple of hours a week to donate, please stop in and talk to me so we can get you started.

The Meals on Wheels Board of Directors are preparing for several events including the Suicide Awareness Walk at Rotary Park on Saturday, September 10th. Please stop by our table and say hello. Then be sure to save the date for "Meet & Greet" Picnic on Friday, October 7th from 8:30-12:30 at the Senior Campus. Come by and meet the board of directors, play games, and enjoy a special lunch prepared by the board members.

Preparations for the new activity building are still underway. If you missed the presentation by the architect, you are welcome to stop by the Senior Campus and view the drawings. We are looking for ways to fund the things needed. Please check out our ways to donate page included in this newsletter and see how you can help.

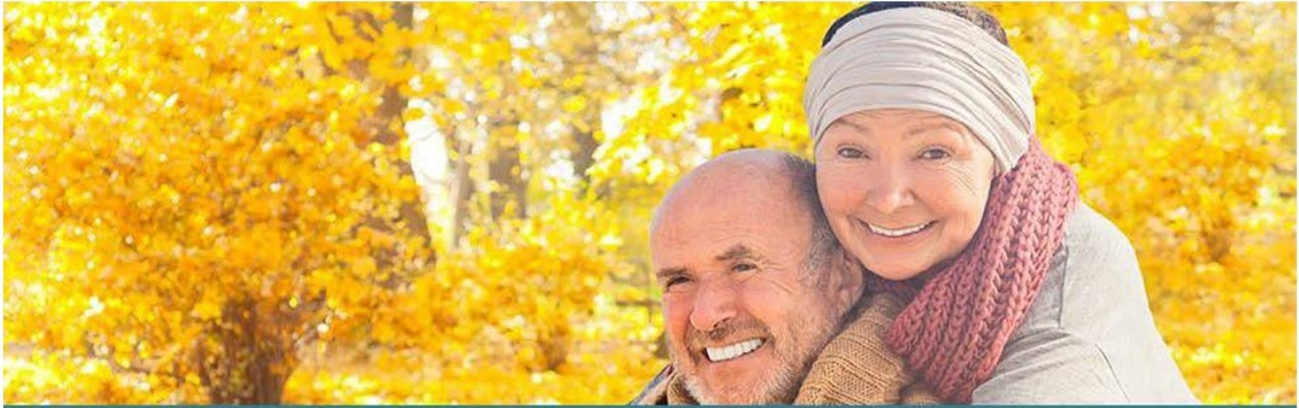
Looking forward to seeing you soon,

Kim Cool

Kim Cool – Senior Services Program Manager

(928) 763-0193 Office / (928) 254-7959 (Cell)





Do you have a chronic condition that is having a negative impact on your life? There is a workshop just for you that can help.

Free
Class

Free
Book

Chronic Disease Self-Management Workshop

An Evidence-Based Self-Management Workshop originally developed at Stanford University

The workshop goals are designed to educate individuals how to self-manage chronic diseases such as heart disease, diabetes, cancer, arthritis, strokes and much more.

When: Tuesdays from Sep. 27 to
Nov. 1, 2022

Time: 9:00 am to 11:30 am

Bullhead City Senior Campus, 2275 Trane Rd.

Part of the

Get Healthy Program

Sponsored by



If you are interested in participating in the Chronic Disease Self-Management Workshop, please contact:

Connie Fulkerson

WACOG

208 N. 4th Street

Kingman, AZ 86401

constancea@wacog.com

(928) 377-4963

Nicole Manuelito

nicolem@wacog.com

928-377-4703

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



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



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.**



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



Sep. 8th 10:30-12:30
Panini Grilled Cheese & Creamy
Tomato Basil Soup

Sep. 15th 10:30-12:30
Panini Swiss Cheese & Loaded
Baked Potato Soup

Sponsored by



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
- Dietitians
- Therapeutic Services
- Volunteer Services
- Spiritual Care
- Wound Care



CASSIE PEGG / 928.296.0779 (C)
5225 Highway 95 | Suite 7
Fort Mohave, AZ 86426
928.278.7691 (O) | 928.577.2354 (F)

www.arizonalifehospice.com

LIVE WELL. FINISH WELL.

Senior Nutrition Center Monthly Meal Calendar

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pork Chop Mashed Potato/ Gravy California Blend Veggies	2 Ham Steak Potato Wedges Sauteed Cabbage	3
4	5 CLOSED LABOR DAY	6 BBQ Chicken Rice Pilaf Vegetable Medley	7 Beanie Weenies Green Beans Peach Cobbler	8 Sweet & Sour Meatballs Steamed Rice and Carrots	9 Chicken Enchilada Fiesta Blend Rice	10
11	12 Asian Diced Chicken Rice Japanese Blend Veggies	13 Chili Relleno Refried Beans Chuckwagon Blend	14 Ham w/ Pineapple Glaze Baked Beans Vegetable Medley	15 Sweet & Sour Chicken Pasta Marinara Mixed Veggies	16 Turkey Cutlet Stuffing Steamed Peas	17
18	19 Pork Steak w/ Gravy Sauteed Cabbage Potatoes Au Gratin	20 BBQ Chicken Potato Wedges Mixed Veggies	21 Beef Cutlet w/ Gravy Mashed Potatoes Steamed Carrots	22 Vegetarian Lasagna Breadstick Mixed Veggies	23 Salisbury Steak Rice Pilaf Stewed Tomatoes	24
25	26 Bratwurst Sauteed Cabbage Potatoes Au Gratin	27 Swedish Meatballs Buttered Pasta Steamed Carrots	28 Stuffed Peppers Steamed Corn Warm Apples	29 Teriyaki Chicken Fried Rice Japanese Blend Veggies	30 Cheese Omelet Sausage Parry Hash Browns	

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

Everyone Meet Judy & Kenneth!

Client Spotlight



JUDY WOLLER

Judy has been attending Senior Campus activities since 2015. She enjoys the camaraderie, getting to know new people and personalities. She likes the variety of activities that is offered to the senior community. She is looking forward to the new addition and the expanded activities.

She grew up in Auburndale, Wisconsin and lived there for 19 years. She moved to Libby, Montana with her husband. She worked in the medical field most of her career in accounts receivable and as an administrative assistant. She retired in 2003 when she and her husband became fulltime Rv'ers for a few years. Judy's husband passed away in 2015. She has one son who lives in San Diego and no grandchildren. . . .yet!

Judy participates in the Senior Campus knit & crochet group. "They have a great group of ladies who produce beautiful items which we donate to various local organizations," said Judy. She also enjoys acrylic painting, crocheting, laughing and visiting with friends and family. Life is good.

Volunteer Spotlight



KENNETH GORTZ

Kenneth has been volunteering at the Senior Campus as a driver and senior campus helper for 10 months. He enjoys picking up the food from WARMC and delivering it to the senior campus so the route drivers can deliver hot meals to the clients. He enjoys the smiles the food brings to people's faces.

Kenneth grew up on a farm in Indianan and before becoming a full time RV'er, Kenneth was in the military. He was in United States Air Force where he served and then worked on Aerospace ground equipment. He retired from the United States Army where he worked in payroll, audit and was Deputy Finance Office and Department First Sargent. Kenneth has held positions in sales, customer service, maintenance, and is an electrician.

He has been married to his wife Marilyn for 47 years and together for 50 years. He is an active volunteer at his church and with various veteran and community organizations including Tri-State Honor Guard where he serves as a Chaplin at times. He enjoys motorcycling, singing, dancing, and traveling with his wife.



Bullhead City Senior Campus

2275 Trane Road, Bullhead City, AZ 86442 (928) 763-0193
Includes the Senior Nutrition Center & the Senior Activity Center



How can your Senior Campus help you?

1. Individuals 50+ are welcome to participate in our full activity schedule Monday-Friday from 8a-4p. To view the event schedule go to: www.BullheadCity.com>Community>Senior Services, on Facebook search Bullhead City Senior Campus and click events for a detailed description of each event, come in pick up a monthly schedule, sign-up for E-mail or get the link for our live Google calendar. Activities include: social, physical and educational opportunities to keep the mind, body and spirit alive. New activities are always being added so check back often.
2. If you are homebound, 60+ or disabled, and unable to prepare your own meals we can bring them to you through our *Meals on Wheels* program. Call 1-800-782-1886 and leave your name and phone number, then say you're looking for home delivered meals in Bullhead City to have a case manager get you set up.*
3. If you are 60+ or disabled, you can come to the Senior Campus for congregate (group gathering) meals Monday– Friday from 11:30a-12:00p.* Caregivers and spouses under 60 may also eat for \$4. **Suggested donation is \$3 per meal to keep our meal programs going*
4. The Bullhead City Senior Campus is your best resource for research and questions regarding what opportunities are available to seniors in our area. The city is always partnering and networking so you can get the answers you need to make educated decisions. The Campus has many individuals who visit and share their knowledge for free including healthcare workers, health insurance experts, legal assistance and veterans services. Let us help point you in the right direction.
5. The Angel's Essentials Area is a room dedicated to holding donated durable medical equipment for individuals in need. The room is open Tuesday's from 10 am– 1 pm where individuals can come browse for necessary items and borrow them for whatever amount of donation they are able to make. Wheelchairs, Walkers, Adult Diapers are generally in stock.
6. Senior Transportation service is available locally by calling (928) 704-2287. Service is available Monday-Friday from 8 am to 2 pm at a cost of \$2 round trip within City limits and \$5 round trip to Fort Mohave. Paratransit service is available with approved application. Monday-Friday from 6 am–7 pm and Saturday 8 am-3 pm for \$2 a ride. Visit BullheadCity.com>Community> Dial-a-Ride to print an application.



Bullhead City Senior Campus

2275 Trane Road, Bullhead City, AZ 86442 (928) 763-0193
Includes the Nutrition Center & the Activity Center



Ways to donate

1. Do you shop on Amazon? Then you can allow \$.05 of every dollar you spend to help us without costing you ANYTHING! It's easy and only takes a minute set up. Join AmazonSmile. If you aren't yet an AmazonSmile member, sign up at smile.amazon.com using a web browser. 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 your donations local).
2. If you shop at Smith's you can ask that your purchase get credited toward their donation to Bullhead City Meals on Wheels. It won't cost you anything, but each quarter, your purchases complied by Smith's and they will send us a check for a percentage of your spending.
3. Make a donation to our 501(c)3 certified State of Arizona Charitable Tax Donation. Do you pay Arizona State Income Tax? You can redirect up to \$400 for an individual and \$800 for a family that will provide direct support and assistance to the Bullhead City Meals on Wheels program.
4. Donate a vehicle (844) 411-5768 or property (844) 277-4663 and say you'd like to donate to "Bullhead City Meals on Wheels" (it's important to say Bullhead City so your donation stays local), or visit <https://CarEasy.org/Bullhead-City-Meals-On-Wheels> and fill out the short form to schedule your vehicle pick up. For property visit <https://givingproperty.org/home>, scroll down and select Bullhead City Meals on Wheels and fill out the form. It's so easy!
5. Donate to our Angel's Area. This area of our campus accepts senior related equipment and supply donations Monday-Friday 8a-4p. The donations will then be re-gifted for donation to seniors or those who are disabled on Tuesdays from 10a-1p or by special appointment when time allows **All donation monies received from the re-gifting directly help senior campus programs
6. Donate new or gently used books, games, craft items (sewing machines), computers/electronic equipment. Please call if you are donating a larger item so we can be sure we can accept it. We also accept food pantry items.
7. Become a volunteer. The campus has lots of opportunities for both young and old. Contact Senior Services Program Manager, Kim Cool at (928) 763-0193 or KCool@bullheadcityaz.gov. Volunteer needs include administrative, front-desk, Angel's Area workers, activity coordinators, drivers/delivery personal for Meals on Wheels kitchen servers/clean-up, wellness check callers.




- | | | | |
|------|--------------------------|------|-----------------|
| 9/2 | Shirley Fagerstrom | 9/21 | James Kern |
| 9/4 | Frank Duval | | Mark Snuggs |
| | Margaret Ireland | | Gerald Jensen |
| | Arnie Kassirer | 9/25 | Nelia Ahle |
| 9/6 | Karyn Davis | | John Pray |
| | Connie Harlow | 9/27 | Alma Key |
| 9/8 | Cheryl Avery | | Kennith Brock |
| 9/9 | Patricia Holguin | | Paul Gauthier |
| 9/10 | Donna Defillips-Gonzalez | 9/29 | Bruce Ridgley |
| 9/12 | Mario Gutierrez | | David Johnson |
| 9/14 | Patricia Kern | 9/30 | Owen Fowler |
| | Frank Meeker | | Naomi Havenhill |
| 9/15 | Paul Puccetti | | |
| | Pauline Gleason | | |
| | Lawrence Lehman | | |
| 9/19 | Rosemary Robinson | | |

Are You a September Baby?

Join us for the September Birthday Month Celebration for all
Seniors 50+ at the Senior Campus on
Tuesday, September 20th 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, SEPTEMBER 14,, 2022
NOON TO 1:00 PM
SENIOR CAMPUS, 2275 TRANE RD.

Sponsored by




Questions? Kristin Bragg (928) 453-2111

RESOURCES & PREPARATION ASSISTANCE



THURS. SEPT. 22, 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



September 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

Thursday, September 1st

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 slots)
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, September 2nd

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting/Call 707.372.7883
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Tuesday, September 6th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group – Angel/Fairy Earrings
9 – 9:45 am Essentrics- Aging Backwards
12 – 2 pm Weekly Craft Group
12 – 1 pm Breath Work Exercise
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, September 7th

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group-Via Zoom
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, September 8th

9 – 9:45 am Essentrics - Aging Backwards
12 – 3 pm Knit & Crochet Group
10:30 am–12:30 pm Give,MAKE &Take-Panini's/Soup
12:30 – 1:30 pm Watercolor Painting Group
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, September 9th

9 – 11 am Veteran's Benefit Assistance
9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting/Call 707.372.7883
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game
9:30 – 10 am Body Moves for Brain Power
10 am – 12 pm Voter Registration

Monday, September 12th

10 – 11:30 am Free 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, September 13th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group - Diagonal Bracelets
9 – 9:45 am Essentrics- Aging Backwards
10 – 11 am "We Care" Cancer Support Meeting
12 – 2 pm Weekly Craft Group
12 – 1 pm Breath Work Exercise
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, September 14th

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
11:30 – 11:45 am Budgeting Nutritious Meals
12 – 1 pm Trivia Time
1 – 2 pm Bereavement Support Group (all welcome)
7 – 8 pm Gamblers Anonymous Meeting

Thursday, September 15th

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

Friday, September 16th

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting/Call 707.372.7883
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Monday, September 19th

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

Tuesday, September 20th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
11:30 am – 12:30 pm Birthday Month Celebration
12 – 2 pm Weekly Craft Group
12 – 1 pm Breath Work Exercise
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, September 21st

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
10 – 11 am Caregiver Support Group- Via Zoom
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, September 22nd

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, September 23rd

9 – 11 am Well Being & Current Events
9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting/Call 707.372.7883
11 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, September 26th

9:30 – 10 am Body Moves for Brain Power
10am – 12 pm Voter Registration
10 – 11:30 am Free Bingo w/Prizes
12 – 1 pm Dementia Support Group
12 – 1 pm Let's Craft - Supplies & Instruction
12:30 – 3:30 pm Pinochle Card Game
12:30 – 3:30 pm Poker Card Game

Tuesday, September 27th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 9:45 am Essentrics- Aging Backwards
12 – 2 pm Weekly Craft Group
12 – 1 pm Breath Work Exercise
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, September 28th

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

Thursday, September 29th

9 – 9:45 am Essentrics - Aging Backwards
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, September 30th

9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting/Call 707.372.7883
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card 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 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
- Southwest Gas



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



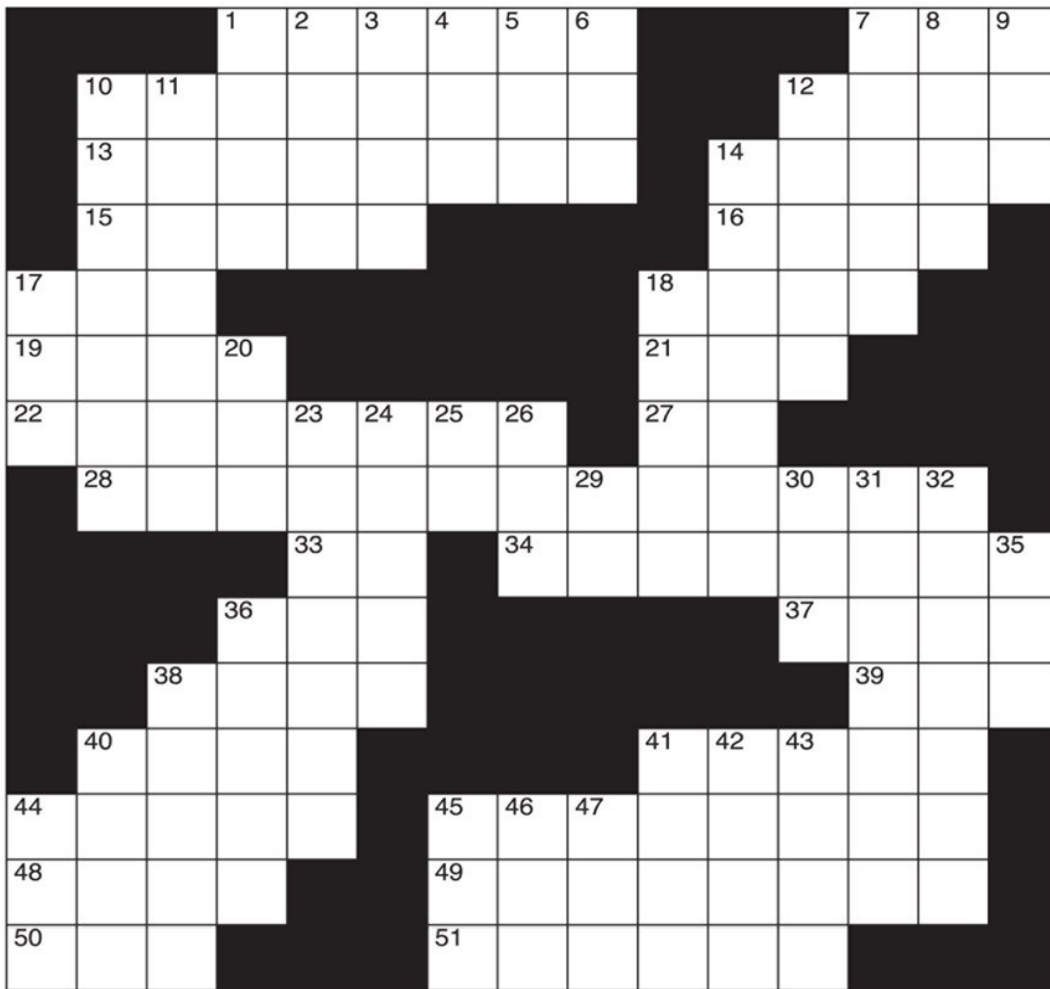
SENIOR CAMPUS FOOD PANTRY

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.





CLUES ACROSS

- 1. Grievous
- 7. Queens ballplayer
- 10. Honorable title
- 12. Created
- 13. Grillmasters do it
- 14. Wartime German cargo ship
- 15. Cocoplum
- 16. Hebrew calendar month
- 17. British thermal unit
- 18. Brews
- 19. One of Thor's names
- 21. Decorative scarf
- 22. Clothes
- 27. - __: denotes past
- 28. A way to address a lover

- 33. Commercial
- 34. Utters repeatedly
- 36. Google certification (abbr.)
- 37. Taxis
- 38. Belgian village in Antwerp
- 39. Talk excessively
- 40. Broad volcanic crater
- 41. Surgical instrument
- 44. Listens to
- 45. Revelation of a fact
- 48. Paddles
- 49. Heard
- 50. Tooth caregiver
- 51. Metric capacity units

CLUES DOWN

- 1. Protein-rich liquids
- 2. Musician Clapton
- 3. Wine
- 4. When you hope to arrive
- 5. Something one can get stuck in
- 6. Midway between east and southeast
- 7. Mothers
- 8. German river
- 9. Israeli city __ Aviv
- 10. Discharged
- 11. Areas near the retina
- 12. Greek mythological sorceress
- 14. Very unpleasant smell
- 17. " __ Humbug!"
- 18. White poplar
- 20. Journalist Tarbell
- 23. Teachers
- 24. One older than you
- 25. Long Russian river
- 26. Run batted in
- 29. Beloved Hollywood alien
- 30. Holiday (informal)
- 31. Furniture with open shelves
- 32. Argued
- 35. Sino-Soviet block (abbr.)
- 36. Cars have them
- 38. Volcanic craters
- 40. Made of fermented honey and water
- 41. Shelter for mammals or birds
- 42. One who utilizes
- 43. Moves swiftly on foot
- 44. Builder's trough
- 45. Architectural wing
- 46. 12
- 47. Pacific Standard Time



GOOD DOG WORD SEARCH

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

WORDS

- AGILITY
- APRON
- BALANCE
- BARK
- BEARD
- BELLY
- BREED
- BRINDLE
- CANINE
- CAPE
- CHAMPION
- CLUB
- CRATE
- CROUP
- DOCKED
- DOG
- HOCKS
- NEUTER
- PET
- SHOW
- SPAY
- TAIL
- VETERINARY
- WITHERS

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



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to food safety.

SWESHA

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

Answer: Washes

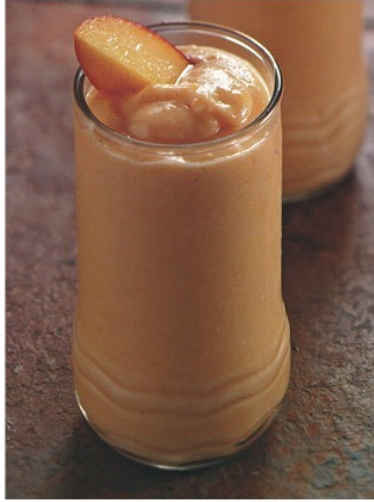
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dogs.

LORACL

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

Answer: Collar



APRICOT PEACH SMOOTHIE

Makes 4 1-cup servings

- 1 cup chilled apricot nectar
- 1/2 cup silken tofu
- 1/2 cup unsulfured dried apricots
- 1 1/2 cups peach slices, frozen
- 1/2 cup vanilla frozen yogurt
- 4 peach wedges for garnish, optional

Combine apricot nectar, tofu and dried apricots in a blender or smoothie maker. Blend on high speed for 45 seconds, or until mixture is pureed and smooth. Add peach slices and frozen yogurt, and blend on high speed again until mixture is smooth. Serve immediately, garnished with peach wedges, if desired.

ANSWERS

PUZZLE SOLUTION

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

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

Word search grid with words highlighted in orange:

CRATE ABASS SGRAR C L
 INOIPMAHCLSKAWUPND
 LGMRI CB BBYKAAWUNGD
 TOBI OY LLEBE EVPUAUEG
 ENMNV OBYBCUKAYHVUHU
 VPKMVPDUAAAYIITRPPRTW
 SHCECKSRGR TAILKDWERD
 HKA CA O EKRAVVLN CADYIRRA
 UYAS YDBNWRIS IGBVIVCKR
 RBMP LBEIGUGGKTBA IVCCK
 ORW EICRLMAWDBHYLBNIMD
 RIDGBEDRDIBL AYL AASBD
 PNME THDYT E WVM LTNBNIVD
 KDBEE OTHTVYI VVEACVVTSD
 MLVUUGREBUTLPUMSEW OHS
 NEGD LRB YEHDULYGD P YRR
 GEUGS SCUTMBOYP ENINAC O
 IHODNDHOCKS PBSIOMCS I
 IU EVGR ESGRYV RWYAPSE P
 BGGKTDEUPULHLHUDKBP N

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