

October NEWSLETTER



BULLHEAD CITY'S SENIOR CAMPUS



Greetings Bullhead Area Seniors & Business Partners,

Your Senior Campus is ready for an action-packed October. Our numbers have been steadily growing with increased activities. This month we plan to pack the Campus, please remember to be kind and patient as we have multiple events going on.

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 October 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.

We are so excited to have so many new activities added to this month calendar. October's new activities include:

- Flu & Covid Vaccine Clinic, Monday, Oct. 3, hosted by Riverside Pharmacy
- Medicare & Dessert Event, Mon., Oct 3 - Fri., Oct 7 hosted by Suzette Roberts licensed local agent
- Meet & Greet Picnic, Friday, Oct. 7, hosted by the Senior Campus board of directors.
- Genealogy Club, 1st & 3rd Wednesday of each month. ?? Call Kate Sprague (661) 342-7652.
- Estate Planning Series, Part 1: Wills, Thursday, Oct 13, hosted by Tri-State Paralegal Services
- BingoPalooza, Tuesday, October 18 hosted by WellCare
- Senior Campus Halloween Party, Monday, October 31, sponsored by Compassus Hospice

Looking forward to seeing you soon,

Kim Cool

Kim Cool – Senior Services Program Manager
(928) 763-0193 Office / (928) 254-7959 (Cell)
kcool@bullheadcityaz.gov





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



Arizona Statewide Bingo Tournament

BINGO PALOOZA

2 October 18, 2022
10AM (AZ)
60 seats available at 2275 Trane Road

Play against folks from all across Arizona!
Join in-person at your local community center or
play virtually from the comfort of your home

Win Grand Prizes | Goody-bags for Attendees | Enjoy Yummy Snacks



Scan now to Register!



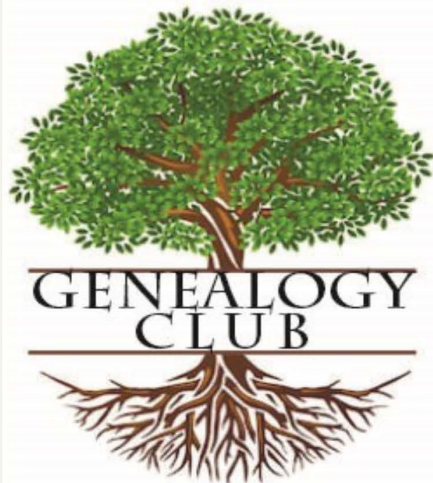
Call (928) 763-0193



Thursday, October 13
10:30-12:30
Pumpkin Bread

Thursday, October 20
10:30-12:30
Orange Bread

Sponsored by



Join Kate Sprague, family history expert and learn how to trace your family tree.

1st & 3rd Wednesday of each month at the Senior Campus, located at 2275 Trane Road Bullhead City 12:30 p.m. to 2:00 p.m.

Questions?
Kate Sprague (661) 342-7652 or treetracer57@yahoo.com

YOU'RE INVITED

SENIOR CAMPUS HALLOWEEN PARTY

MONDAY, OCTOBER 31 NOON - 2P.M.

BULLHEAD CITY SENIOR CAMPUS 2275 TRANE RD

COSTUME CONTEST, GAMES, PRIZES AND MORE!

Serving with
Heartfelt Compassion
Compassus™



An Employer with a Focus on You

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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 96 | Suite 7
Fort Mohave, AZ 86426
928.278.7891 (O) | 928.577.2354 (F)

www.arizonalifehospice.com

LIVE WELL. FINISH WELL.

Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 COUNTRY FRIED STEAK MASHED POTATO MIXED VEGGIES	4 CHICKEN & MUSHROOM GRAVY RICE PILAF CHUCKWAGON BLEND	5 BEEF TAMALES MEXICAN RICE FIESTA BLEND	6 CABBAGE ROLLS BAKED BEANS CHERRY COBBLER	7 PICNIC IN THE PARK SEE PAGE 9
10 NO LUNCH CITY HOLIDAY	11 ROAST TURKEY MASHED POTATOES GREEN BEANS	12 CHICKEN POT PIE BISCUIT COBBLER	13 PORK CHOPS MASHED POTATO/GRAVY CALIFORNIA BLEND	14 HAM STEAK POTATO WEDGES SAUTEED CABBAGE
17 GREEN CHILI CHZ TAMALES FIESTA BLEND SPANISH RICE	18 BBQ CHICKEN RICE PILAF VEGETABLE MEDLEY	19 BEANIE WEINIES GREEN BEANS PEACH COBBLER	20 SWEET N SOUR MEAT BALLS STEAMED RICE CARROTS	21 CHICKEN ENCHILADA FIESTA BLEND RICE
24 ASIAN DICED CHICKEN RICE JAPANESE BLEND VEGGIES	25 DENVER OMELET BREAKFAST POTATOES SAUSAGE PATTY	26 HAM/PINEAPPLE GLAZE BAKED BEANS VEGETABLE MEDLEY	27 SWEET N SOUR CHICKEN BUTTERED PASTA MIXED VEGGIES	28 TURKEY CUTLET STUFFING STEAMED PEAS
31 PORK STEAK/GRAVY MASHED SWEET POTATO BROCCOLI				

Meals are prepared by WARMC. Meal costs partially funded by: WACOG &

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 Mitch & Eileen!

Client Spotlight



MITCH BAHER

Mitch Baher has been coming to the Senior Campus for six years. He says his favorite part is all the nice people.

Mitch was a general contractor for 60 years and is currently as a reliable handyman in Bullhead City and Laughlin. Mitch grew up in Teheran, Iran and has twelve grand kids and one great grandchild. He enjoys playing games, good food and friends.

Volunteer Spotlight

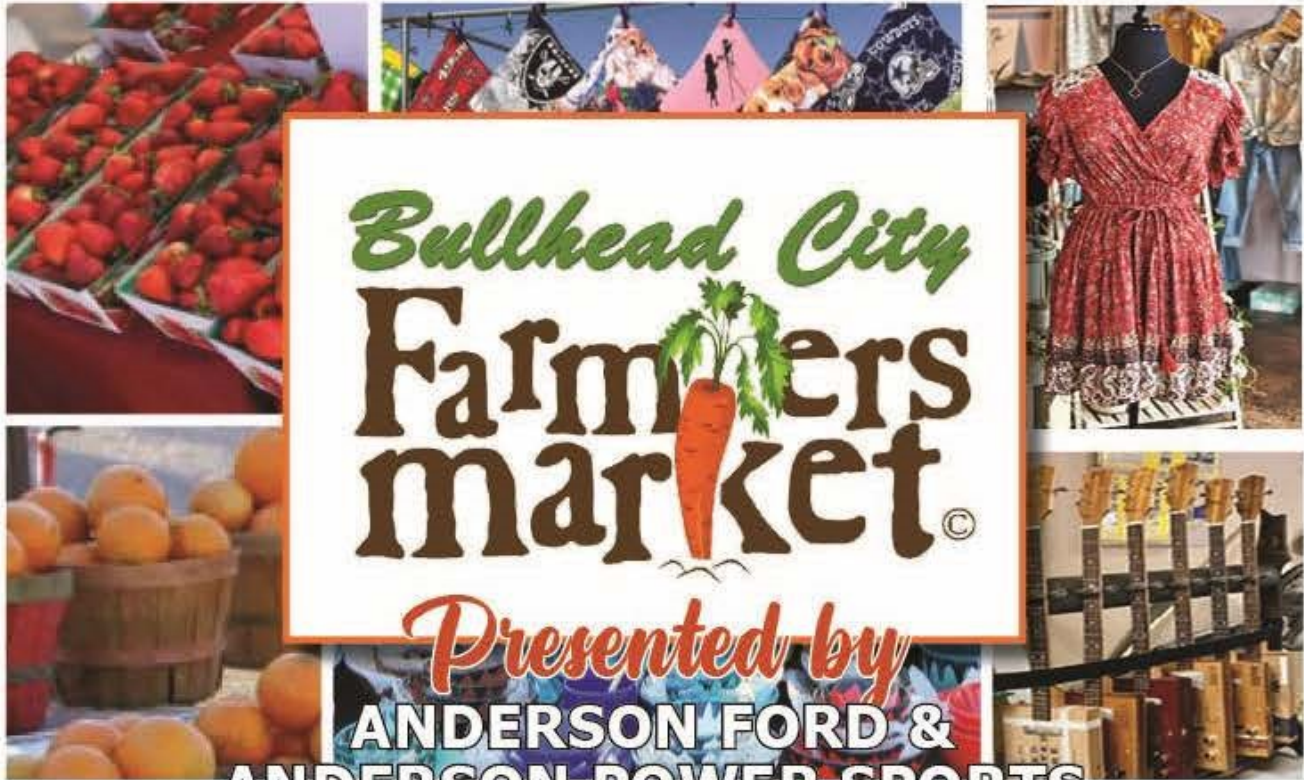


EILEEN BARNES

Eileen Barnes has been volunteering at the Senior Campus for four months with Meals on Wheel. She says her favorite part of volunteering is talking with the clients every week. She is also the Volunteer Coordinator for River Valley Hospice and has been there for three years.

Eileen grew up in California and has been married to her husband Brad for twenty years. She has two dogs and recently recused a third she calls her "baby girl". Eileen enjoys the river, fishing and their Bass boat.





Bullhead City
Farmers Market[®]

Presented by

**ANDERSON FORD &
ANDERSON-POWER-SPORTS**

SAT, OCT 1, 2022

COMMUNITY PARK, 1251 HWY 95

9AM - 1PM FARMER'S MARKET

VENDORS FOOD TRUCKS BOUNCE HOUSES

MAIN STAGE

11AM - NOON HOWL-O-WEEN PET COSTUME CONTEST

NOON-3PM 50 SHADE OF ROCK

COLORADO RIVER MUSEUM

10AM - 2PM PUMPKIN PATCH & MORE

SPONSORED BY



WWW.BULLHEADCITYFARMERSMARKET.COM



Meals on Wheels Board of Directors
Picnic
Meet & Greet

Friday, October 7, 2022

8:30 a.m. to 12:30 p.m. Lunch at 11:30 a.m.

Ken Fovargue Park, 2255 Trane Road. Next to Senior Campus.

Who's invited: Area Seniors 50+ years of age or younger disabled individuals with a suggested donation of \$3.00. Caregiver or significant other cost \$4.00.

Sign-ups close September 30.

Food catered by Meals on Wheels Board of Directors

Games & Prizes Sponsored by:



Questions? Kim Cool - Senior Services Program Manager (928) 763-0193 or kcool@bullheadcityaz.gov





1-Oct
Alice Chester
Jerry Newman
Michael Mulcahy

2-Oct
Leota Steel
3-Oct
Geneva Arbogast

5-Oct
Mark Rugh
Riccie Jacobb

7-Oct
Juliette Cowall

8-Oct
Doris Javine
Connie Niswonger

9-Oct
Milton Tate
Yong Sutton

10-Oct
Dorothy Welch
Kim Tyler
Michele Macklin
Steve Watson

11-Oct
Marilou Corrao

12-Oct
Yvetia Worton

13-Oct
Barbara Dixon,
Brian Driscoli

14-Oct
Steve Roberts

17-Oct
Sandy Conrad
Betty Taylor

18-Oct
Carol Stone

19-Oct
Norbert Sosa
Addy Moulton

20-Oct
Richard Roberts

21-Oct
Karla Turner
Bruce Marian

22-Oct
Mitch Baher
Dan Gerety

24-Oct
Kim Hoggatt

26-Oct
Don Lee

27-Oct
Edith Shofner

29-Oct
Elsa Christensen
Pamela Spadafora
Debbie Perales

30-Oct
Charles Clever

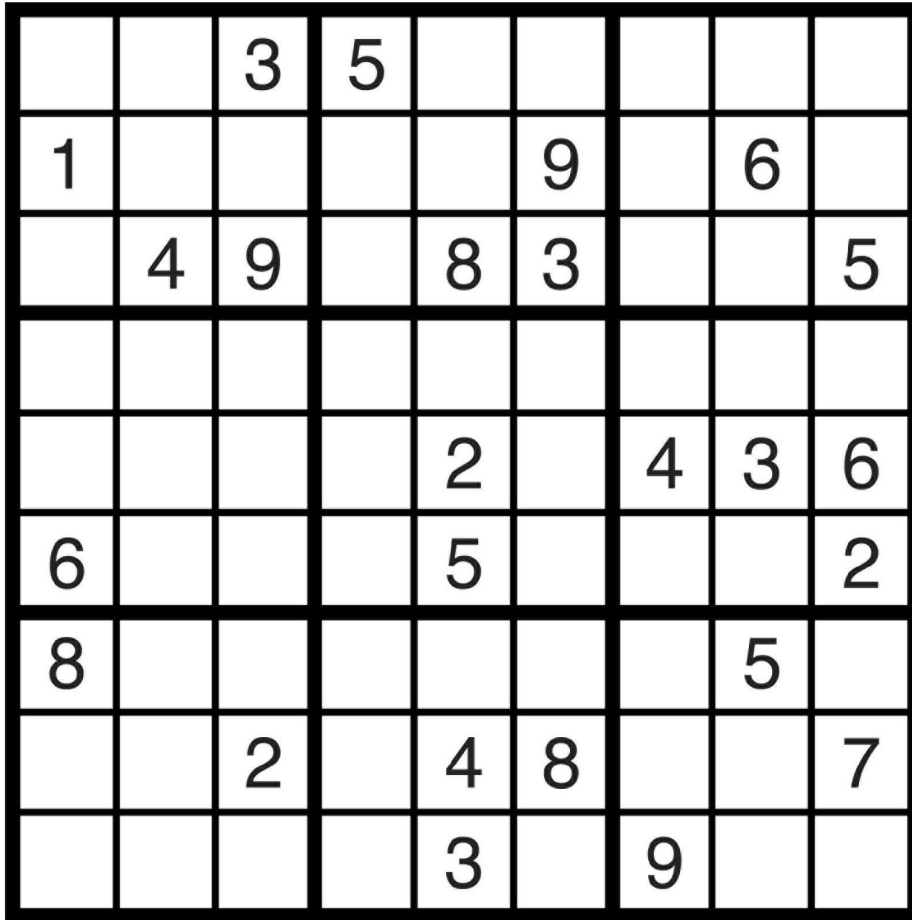


Are You an October Baby?

Join us for the October Birthday Month Celebration for all Seniors 50+ at the Senior Campus on Tuesday, October 18 starting at 11:30 am



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



Level: Intermediate

☺ ** ☞ ☝ ☪ ☹ ☎ ☏ ☐ ☑ ☒ ☓ ☔ ☕ ☖ ☗ ☘ ☙ ☚ ☛ ☜ ☝ ☞ ☟ ☠ ☡ ☢ ☣ ☤ ☥ ☦ ☧ ☨ ☩ ☪ ☫ ☬ ☭ ☮ ☯ ☰ ☱ ☲ ☳ ☴ ☵ ☶ ☷ ☸ ☹ ☺ ☻ ☼ ☽ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♔ ♕ ♖ ♗ ♘ ♙ ♚ ♛ ♜ ♝ ♞ ♟ ♠ ♡ ♢ ♣ ♤ ♥ ♦ ♧ ♨ ♩ ♪ ♫ ♬ ♭ ♭♭ ♮ ♯

CRYPTO FUN

☐ ☑ ☒ ☓ ☔ ☕ ☖ ☗ ☘ ☙ ☚ ☛ ☜ ☝ ☞ ☟ ☠ ☡ ☢ ☣ ☤ ☥ ☦ ☧ ☨ ☩ ☪ ☫ ☬ ☭ ☮ ☯ ☰ ☱ ☲ ☳ ☴ ☵ ☶ ☷ ☸ ☹ ☺ ☻ ☼ ☽ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♔ ♕ ♖ ♗ ♘ ♙ ♚ ♛ ♜ ♝ ♞ ♟ ♠ ♡ ♢ ♣ ♤ ♥ ♦ ♧ ♨ ♩ ♪ ♫ ♬ ♭ ♭♭ ♮ ♯

Determine the code to reveal the answer!

Solve the code to discover words related to painting.
Each number corresponds to a letter.
(Hint: 24 = o)

A. 14 5 12 20 23
Clue: Painting tool

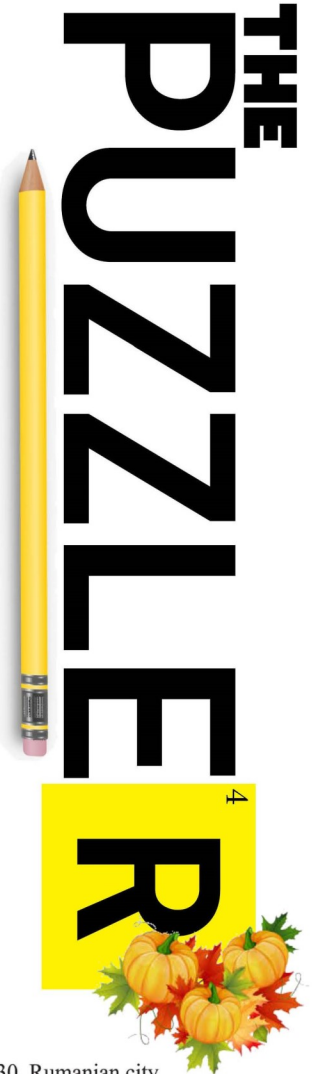
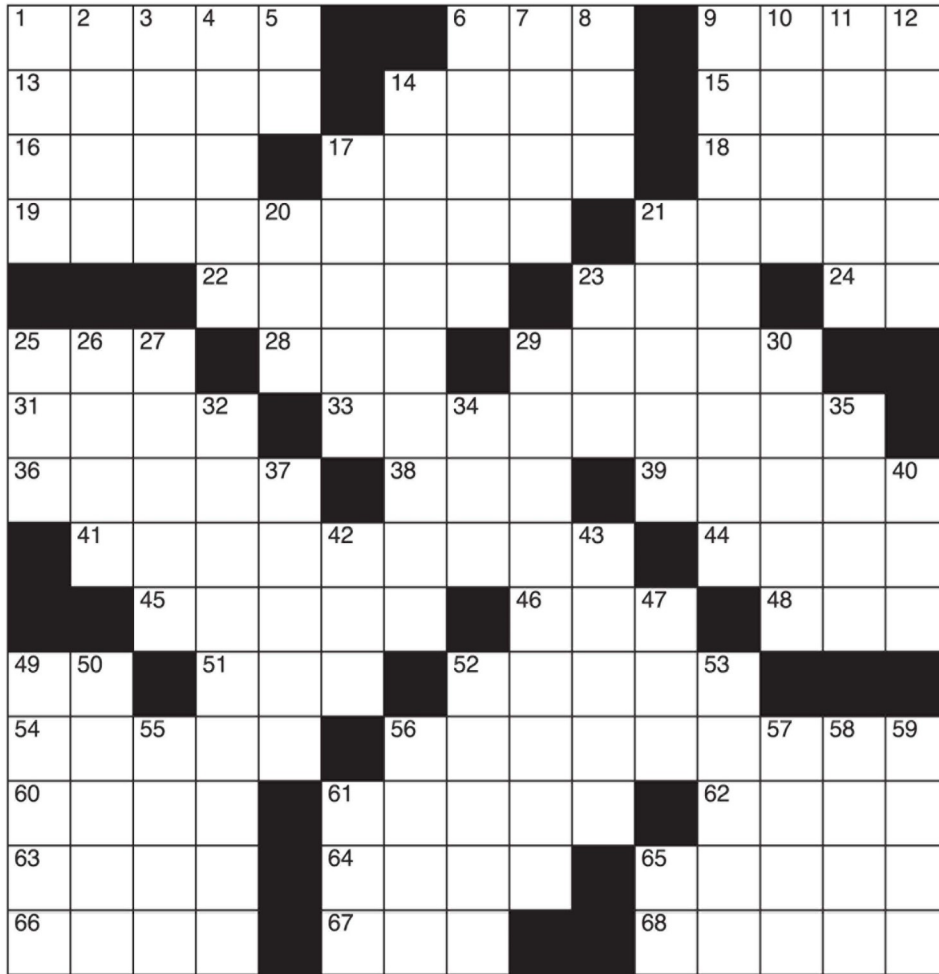
B. 8 24 18 24 5
Clue: Hue

C. 21 11 20 2 15 26
Clue: Style

D. 23 24 13 11
Clue: Residence

Answers: A. brush B. color C. design D. home





CLUES ACROSS

- 1. Fertile desert spots
- 6. Married woman
- 9. Some animals travel in one
- 13. Fear
- 14. Hawaiian island
- 15. Fit to work
- 16. Electronic counter-countermeasures
- 17. Former Senator Specter
- 18. Cambodian currency
- 19. Dave Matthews Band hit
- 21. Lists ingredients
- 22. Endangered antelope
- 23. Jerry's TV partner
- 24. Blue grass state
- 25. Obstruct
- 28. Luke's mentor __-Wan
- 29. Fencing swords
- 31. Oh, heavens!
- 33. Insensitive to changes in price
- 36. Hillsides
- 38. Brew

- 39. Gland secretion
- 41. A typical example
- 44. Get up
- 45. You put it on your pasta
- 46. Expresses surprise
- 48. News organization
- 49. Disorder of the lungs (abbr.)
- 51. One millionth of a gram
- 52. Some are of the "suit" variety
- 54. Group of organisms
- 56. Produces
- 60. Passage into a mine
- 61. __ and cheeses
- 62. Semitic fertility god
- 63. Dry or withered
- 64. Religious ceremony
- 65. __ Winger, actress
- 66. German river
- 67. Midway between northeast and east
- 68. Take something or somebody somewhere

CLUES DOWN

- 1. Lyric poems
- 2. Genus of saltwater clams
- 3. Ingroup
- 4. Type of lounge chair
- 5. Memory card
- 6. Archipelago
- 7. Common Korean surname
- 8. It's up there
- 9. Quantity that helps to define
- 10. First month of the Jewish ecclesiastical year
- 11. Metal-headed golf club
- 12. A shade of green
- 14. Begin
- 17. A good thing to have
- 20. Language spoken in Laos
- 21. Loosely compacted sediment
- 23. Naturally occurring protein
- 25. Woman
- 26. Central Indian city
- 27. Volcanic craters
- 29. Largest existing land animals

- 30. Rumanian city
- 32. Equal to 10 meters
- 34. Historic Nevada city
- 35. A point of transition
- 37. Remove
- 40. Overwatch character
- 42. Records electric currents linked to the heart
- 43. Settles in calmly
- 47. Partner to his
- 49. Banking giant
- 50. Slowly disappeared
- 52. End
- 53. Sword with a v-shaped blade
- 55. Fabric with smooth, shiny surface
- 56. Wild cherry tree
- 57. Traditional Japanese socks
- 58. Make of your hard work
- 59. Stony waste matter
- 61. Woman (French)
- 65. Unit of loudness

IT'S VACCINATION TIME!



FREE Flu & COVID Vaccine Clinic
Monday, October 3, 2022
Senior Campus, 2275 Trane Road
10:00 a.m. to 1:00 p.m.
Bring your insurance card.

Sponsored by:



ESTATE PLANNING SERIES

Sponsored by



Diara Young with Tri-State Paralegal Services will be offering free information to help you get started in making important decisions that your family will appreciate.

The four-part series will be held at the BULLHEAD CITY SENIOR CAMPUS (2275 Trane Road, Bullhead City) on **Thursdays from 10:30 am –11:30 am**

October 13, 2022 - Wills
January 12, 2023 - Health Care Power of Attorney
April 13th, 2023 - Financial Power of Attorney
July 13th, 2023 - Trusts



Please sign up to ensure she has enough materials for added questions reach out to
Diara at: (928) 758-5858 diana@tristateparalegalservices.com

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) 372-7883

October 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, October 3rd

9:30 – 10 am Body Moves for Brain Power
10 am – 1 pm FREE Flu & Covid Clinic- bring ins.
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, October 4th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 11:30 am Chronic Disease Self-Mgmt Workshop
9 – 9:45 am Essentrics- Aging Backwards
10 – 11:30 am Watercolor Painting Class w/Pro Inst.
12 – 2 pm Learn & Make-Halloween Earrings
12 – 2 pm Weekly Craft Group
12 – 1 pm Learn to Draw
12 – 1 pm Breath Work Exercise
12 – 1 pm Medicare & Dessert Event
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, October 5th

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 Medicare & Dessert Event
12:30 – 3:30 pm Bunco Group
12:30 – 2 pm Genealogy Club
1 – 3 pm Watercolor II- Painting Class
1 – 2 pm Bereavement Support Group
7 – 8 pm Gamblers Anonymous Meeting

Thursday, October 6th

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 Ice Cream Social
12 – 1 pm Medicare & Dessert Event
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, October 7th

8:30 am – 12:30 pm MOW Board "Meet&Greet" Picnic
9:30 – 10 am Body Moves for Brain Power
10 am – 2 pm Sewing /Quilting call: 707-372-7883
12 – 1 pm Medicare & Dessert Event
12:30 – 3:30 pm Mexican Train Game
12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Tuesday, October 11th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 11:30 am Chronic Disease Self-Mgmt Workshop
9 – 9:45 am Essentrics- Aging Backwards
10 – 11:30 am Watercolor Painting Class w/Pro Inst.
10- 11 am "We Care" Cancer Support Meeting

12 – 2 pm Learn & Make-Halloween Earrings
12 – 2 pm Weekly Craft Group
12 – 1 pm Learn to Draw
12 – 1 pm Breath Work Exercise
12 – 1 pm Medicare & Dessert Event
12:30 – 3:30 pm Hand & Foot Card Game
12:30 – 3:30 pm Poker Card Game
4 – 5 pm Line Dancing Instruction

Wednesday, October 12th

8 am – 5 pm Mobile Mammogram
9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
12 – 1 pm Trivia Time
1 – 3 pm Watercolor II- Painting Class
1 – 2 pm Bereavement Support Group
7 – 8 pm Gamblers Anonymous Meeting

Thursday, October 13th

9 – 9:45 am Essentrics - Aging Backwards
10:30 – 11:30 am Estate Planning 101 – Wills
12 – 3 pm Knit & Crochet Group
12 – 2 pm Give, MAKE, & Take (Pumpkin Bread)
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, October 14th

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
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, October 17th

9:30 – 10 am Body Moves for Brain Power
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, October 18th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 11:30 am Chronic Disease Self-Mgmt Workshop
9 – 9:45 am Essentrics- Aging Backwards
10 am – 12 pm Bingo Palooza
10 – 11:30 am Watercolor Painting Class w/Pro Inst.
11:30 am – 12:30 pm Birthday Month Celebration
12 – 2 pm Weekly Craft Group
12 – 1 pm Learn to Draw
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
6 – 9 pm Evening Bunco Group

Wednesday, October 19th

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
12:30 – 3:30 pm Bunco Group
12:30 – 2 pm Genealogy Club
1 – 3 pm Watercolor II- Painting Class
1 – 2 pm Bereavement Support Group
7 – 8 pm Gamblers Anonymous Meeting

Thursday, October 20th

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

Friday, October 21st

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
5 – 10 pm Cornfest (Meals on Wheels Fundraiser)
Gary Keith Civic Park, 2345 Hwy 95

Saturday, October 22nd

Cornfest (Meals on Wheels Fundraiser)

Monday, October 24th

9:30 – 10 am Body Moves for Brain Power
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, October 25th

8:15 – 9 am Zumba Class
9 am – 12 pm Beading Group
9 – 11:30 am Chronic Disease Self-Mgmt Workshop
9 – 9:45 am Essentrics- Aging Backwards
10 – 11:30 am Watercolor Painting Class w/Pro Inst.
12 – 2 pm Weekly Craft Group
12 – 1 pm Learn to Draw
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, October 26th

9:15 – 10 am Relaxation & Mindfulness Exercise
9:30 – 10 am Body Moves for Brain Power
11:30 am – 12 pm Grocery Shopping Online
12 – 1 pm FREE Bingo w/prizes
1 – 3 pm Watercolor II- Painting Class
1 – 2 pm Bereavement Support Group
7 – 8 pm Gamblers Anonymous Meeting

Thursday, October 27th

9 – 9:45 am Essentrics - Aging Backwards
10:30 am – 12 pm Resource & Prep. Assistance
12 – 3 pm Knit & Crochet Group
12 – 1 pm Ice Cream Sundae Social
5:30 – 9:30 pm Pass the Trash-Card Game/Pot Luck

Friday, October 28th

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
12:30 – 3:30 pm Mexican Train Game

12:30 – 3:30 pm Pinochle Group
12:30 – 3:30 pm Poker Card Game

Monday, October 31st

9:30 – 10 am Body Moves for Brain Power
10 – 11:30 am Free Bingo w/Prizes
12 – 2 pm Halloween Party

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](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
Valley Dental Associates
TWN Communications

Advocate Sponsors:
Dot Foods
Suzette Roberts-Medicare Agent
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
- Tri-state AC Heroes



*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.



Bullhead City Senior Campus, 2275 Trane Rd, Bullhead City

Medicare and Dessert

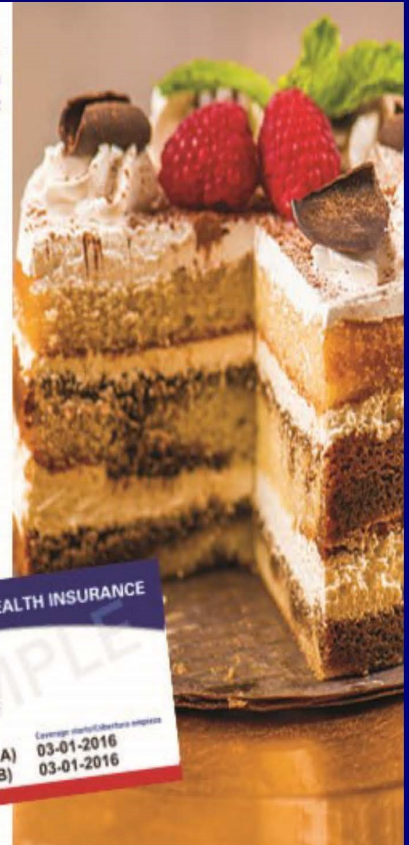
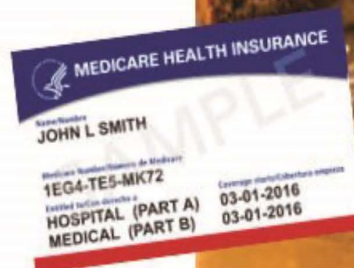
Raffles, Games, Prizes & FUN!
Monday, October 3 -Friday, October 7
at Noon

Senior Campus, 2275 Trane Road

No obligation.



Suzette Roberts
Licensed Local Agent



⊙*⊛☺☹~☐☑☎☒☓☔☕☖☗☘☙☚☛☜☝☞☟☠☡☣☤☥☦☧☨☩☪☫☬☭☮☯☰☱☲☳☴☵☶☷☸☹☺☻☼☽☾☿♁♂♂♀♃♄♅♆♇♈♉♊♋♌♍♎♏♐♑♒♓♔♕♖♗♘♙♚♛♜♝♞♟♠♡♢♣♤♥♦♧♨♩♪♫♬♭♮♯♰♱♲♳♴♵♶♷♸♹♺♻♼♽♾♿ⓂⓃⓄⓅⓆⓇⓈⓉⓊⓋⓌⓍⓎⓏⓐⓑⓒⓓⓔⓕⓖⓗⓘⓙⓚⓛⓜⓝⓞⓟⓠⓡⓢⓣⓤⓥⓦⓧⓨⓩ⓪⓫⓬⓭⓮⓯⓰⓱⓲⓳⓴⓵⓶⓷⓸⓹⓺⓻⓼⓽⓾⓿

CRYPTO FUN

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Determine the code to reveal the answer!

Solve the code to discover words related to baking and decorating.
Each number corresponds to a letter.
(Hint: 6 = E)

Answers: A. cake B. fondant C. sift D. create

A. 1 21 16 6
Clue: Confection

B. 24 22 12 10 21 12 3
Clue: Sugary cake topping

C. 20 18 24 3
Clue: Separate flour

D. 1 9 6 21 3 6
Clue: Make something

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to baking.

OPSSNO

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

Answers: Spoons

Guess Who?

I am an actress and talk show host born in New Jersey on October 2, 1970. I was a cheerleader and ballet dancer during high school. I spent 12 years on an ABC soap opera before landing a gig as a morning talk show host.

Answers: Kelly Ripa

1950s SLANG WORD SEARCH

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

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

WORDS

- APPLE
- BABY
- BALLAD
- BASH
- BIT
- BLAST
- BREAD
- BURN
- BUTTER
- CAT
- CHARIOT
- CLANKED
- CLYDE
- COOKIN
- COOTIES
- CRANKED
- CUBE
- DEUCE
- EYEBALL
- FAR OUT
- FLICK
- GERM
- GIG
- GRODY
- HANG
- HEP
- HORN
- JACKETED
- JETS
- KEEPER
- KICK
- KOOKIE
- LID
- MOST
- NEST
- PUNK



Lollipops

Makes about 12

- 2 cups granulated sugar
- 2/3 cup light (white) corn syrup
- 1 cup water
- 1/2 teaspoon food coloring of choice
- 1/2 teaspoon oil flavoring of choice
- 2 large baking sheets
- 2 quart heavy saucepan
- Candy thermometer & Lollipop sticks

In a heavy saucepan over medium heat, bring the sugar, corn syrup and water to a boil, stirring until the sugar dissolves and the mixture begins to boil.

Cover and cook 2 to 3 minutes to dissolve the sugar crystals on the sides of the pan. Remove the lid. Cook, without stirring to the hard crack stage (300 F).

Remove from the heat. Quickly add the coloring and flavoring, stirring only until mixed. Let the candy cool for about 5 minutes or until starting to thicken.

To check if it's ready, spoon a small amount onto the prepared baking sheet. It should flow and spread slowly rather than spreading very quickly to a thin disc.

Once the candy is ready, quickly drop from the tip of a large spoon onto the prepared baking sheet, making certain the drops are round. Press a lollipop stick into the edge of each lollipop before it hardens. If desired, spoon a little more of the candy on top of the stick to cover.

Press any decorations into the lollipop at the same time. Loosen the lollipops from the pan before they get too cold or they will crack. To store, wrap the cooled lollipops in cellophane or waxed paper.

ANSWERS

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

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

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

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