



Playing the Organ



Halloween Party



Watercolor Painting



# December NEWSLETTER



12 / 2022 ISSUE 9

Scan for  
Activities Calendar



**BULLHEAD CITY'S SENIOR CAMPUS**



# BULLHEAD CITY **SENIOR** **CAMPUS**



2275 TRANE RD, BULLHEAD CITY  
(928) 763-0193 [WWW.BULLHEADCITY.COM](http://WWW.BULLHEADCITY.COM)  
FOLLOW US ON FACEBOOK  
NEWSLETTER ADVERTISING: JACKIE JENSEN  
(928) 763-9400 [JJENSEN@BULLHEADCITYAZ.GOV](mailto:JJENSEN@BULLHEADCITYAZ.GOV)

DECEMBER 2022

Greetings Bullhead Area Seniors & Business Partners,

Well, here we are in December, can you believe it? I am still struggling to remember to write 2022 and not 2021. As I reflect, the year seems to have gone so fast. Then again, I have made so many new friendships that it seems like a lifetime. I am grateful for all of you and a special THANK YOU to my team of over 100 volunteers. Thank you for volunteering your time to make the Senior Campus a success. I could not do this without you. Some of you may not know but without volunteers we could not keep our doors open.

Senior Campus volunteers do all the following:

- Pick up meals from the hospital daily
- Deliver meals to our homebound clients
- Serve meals and keep our kitchen clean
- Check people in and manage the front desk
- Perform wellness checks
- Maintain our fleet of vehicles
- Provide food pantry pick up
- Maintain the Angels Essential area
- Delivery of newsletters to public locations
- Managing the Board for our 501c3 "Bullhead City, AZ- Meals on Wheels"
- Conducting the 140 monthly activities

We are always looking for volunteers, if you have a couple of hours a week to donate, please stop in and talk to me.

I am excited to share that we are now serving continental breakfast Monday-Friday from 9:00 a.m. to 11:00 a.m. Beverage service includes coffee, tea, or juice for \$1 per person and includes refills or \$2 per person for continental breakfast with beverage service.

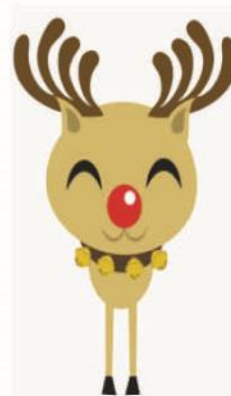
We are geared up for a magical month sharing holiday spirit. Please take time to browse through the newsletter and keep it on hand as a reminder of all the great activities for you to take advantage of.

May you and your family be blessed with lots of holiday cheer.

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



# Get into the Holiday Spirit!

LET YOUR CREATIVITY FLOW IN DECEMBER

THURSDAY  
DEC  
1

*Sewing Project Christmas Placemats*  
Noon - 3:00 p.m.



THURSDAY  
DEC  
8

*Give, Make & Take Peppermint Cookies*  
Noon - 2:00 p.m.



TUESDAY  
DEC  
13

*Card Making Class Christmas Card*  
Noon - 2:30 p.m.



TUESDAY  
DEC  
13

*Learn, Make & Take Christmas Earrings*  
Noon - 2:00 p.m.



THURSDAY  
DEC  
15

*Sewing Projects  
Christmas Drawstring Bags*  
Noon-3:00 p.m.



**BULLHEAD CITY SENIOR CAMPUS**  
2275 TRANE ROAD, BULLHEAD CITY, AZ

# SENIOR CAMPUS FOOD PANTRY

Senior Campus  
Food Pantry  
is open to the public  
age 50+  
Monday—Friday  
8am –4pm



Bullhead City  
Senior Campus  
2275 Trane Rd  
Bullhead City



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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



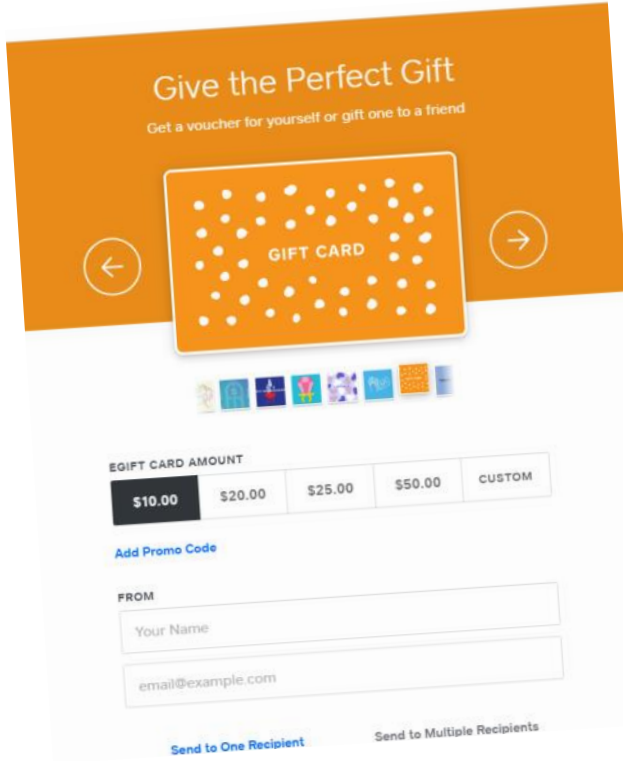
CASSIE PEGG / 928.296.0779 (C)  
5225 Highway 95 | Suite 7  
Fort Mohave, AZ 86426  
928.278.7691 (O) | 928.577.2354 (F)

www.arizonalifehospice.com

**LIVE WELL. FINISH WELL.**

# Give the Gift of Nutrition

*to a local senior in need*



Help a local senior in need by purchasing a Bullhead City Senior Campus e-giftcard.

You can email your e-giftcard to a senior or email it to Bullhead City Senior Campus and it will be shared with someone in need.

Purchase your e-giftcard at [www.bullheadcity.com/giftcard](http://www.bullheadcity.com/giftcard)

If you wish to donate your e-giftcard to the Senior Campus email it to [kcool@bullheadcityaz.gov](mailto:kcool@bullheadcityaz.gov)

SAY

# YES

TO 100% FIBER  
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# NO

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DATA CAPS  
UP TO SPEEDS

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# SENIOR CAMPUS SPOTLIGHT

## Everyone Meet Glen & Marilyn

### Client Spotlight



**GLEN BOWMAN**

Glen Bowman is our Client Spotlight for the month of December. Glen has been coming to the Senior Campus for a year and a half. He likes that it gets him out of the house, meeting new people and helps with loneliness. He likes playing bingo and poker with his friends at the Campus. He says the food is great and the price really helps with his fixed income.

Glen grew up in Granite City, Illinois and lived in Colorado for 35 years. He is divorced and has three sons seven grandchildren and nine great grandchildren.

Glen worked in insurance from 1969 through 1998 he was with Metropolitan Life insurance, then New York Life before opening his own insurance office. He moved to Bullhead City in 2004 and worked at Jenner's Furniture for 10 years.

Glen enjoys bass fishing and is a sports nut. He loves football and going to church every Sunday.

### Volunteer Spotlight



**MARILYNN MOODY**

Marilynn Moody is our Volunteer Spotlight recipient for the month of December. Marilyn has been coming to the Senior Campus for 8 years. She serves lunches, cleans tables, does the dishes, and helps wherever she is needed.

Marilynn says her favorite part of volunteering is sharing smiles, making friends, and teaching her grandson about service and caring. Her grandsons Gunner and Brody have been volunteers since 2010.

She grew up in Gardena, California. Marilyn is widowed and has three grown children including a son who served 30 years in the United States Army. She has four fantastic grandsons. She retired in 2007 from the Aquarius Resort, where she was the Casino Events Manager. She was responsible for all tournaments, special events, concerts, and parties.

Marilyn has been volunteering with her grandsons for 6 years at the Senior Campus. She has enjoyed sharing this experience with them and watching them grow up.

# Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Sweet & Sour Meatballs Steamed Rice Carrots	<b>2</b> Chicken Enchilada Fiesta Blend Rice
<b>5</b> Asian Diced Chicken Rice Japanese Blend Veggies	<b>6</b> Denver Omelet Breakfast Potatoes Pork Sausage Patty	<b>7</b> Ham w/ Pineapple Glaze Baked Beans Veggie Medley	<b>8</b> Sweet & Sour Chicken Buttered Pasta Noodles Mixed Veggies	<b>9</b> Turkey Cutlet Stuffing Steamed Peas
<b>12</b> Pork Steak Gravy Mashed Sweet Potatoes Steamed Broccoli	<b>13</b> BBQ Chicken Potato Wedges Mixed Veggies	<b>14</b> Beef Cutlet Gravy Mashed Potatoes Steamed Carrots	<b>15</b> Vegetarian Lasagna Bread Stick Mixed Veggies	<b>16</b> Salisbury Steak Rice Pilaf Stewed Tomatoes
<b>19</b> Bratwurst Sautéed Cabbage Potatoes Au Gratin	<b>20</b> Swedish Meatballs Mushroom Gravy Rice Pilaf Chuck Wagon Blend	<b>21</b> Stuffed Peppers Steamed Corn Warm Apples	<b>22</b> Teriyaki Chicken Fried Rice Japanese Blend Veggies	<b>23</b> Cheese Omelet Sausage Patty Hash Browns
<b>26</b> <b>CLOSED</b>  <i>Merry Christmas</i>	<b>27</b> Chicken Mushroom Gravy Rice Pilaf Chuck Wagon Blend	<b>28</b> Beef Tamales Fiesta Blend Mexican Rice	<b>29</b> Cabbage Rolls Baked Beans Cherry Cobbler	<b>30</b> Turkey Cutlet Stuffing Steamed Peas

1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal.  
 Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.

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.



# 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

# HAPPY BIRTHDAY

## ARE YOU A DECEMBER BABY?

Join us for the December Birthday Month Celebration for all Seniors 50+ at the Senior Campus on Tuesday, December 20th starting at 11:30 am

December 2  
Nancy Renner

December 5  
Sandy Worley

December 7  
Betty Harris

December 8  
Mary Lou Frenz  
Chuck Moulton

December 9  
David Britt

December 10  
Leslie Carr

December 13  
Sandy Broerman

December 14  
Claudia Osborn

December 15  
Gerald Allison  
Kenneth Harrison  
Maxine Sundberg

December 16  
Linda Kovich  
Jamie Russell

December 17  
Karen Ambrose  
Alex Carameros

December 18  
Stephan Hutchins

December 19  
Harry Harless  
Ronald Shaw

December 20  
Vernitaz Eddards  
Mike Hug

December 22  
Celeste Carvalho  
Carol Gairo  
Bertha Wilhelmsen

December 24  
Enid Wilmeth

December 29  
Frank Garcia  
Ellen Hartsfield

December 30  
Warren Tipton



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

Level: Intermediate



## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to safe driving.

**D P E S E**

--	--	--	--	--

*Answer: Speed*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to books.

**V C R S O E**

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

*Answer: Covers*





1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40					41			
42					43				44					
45				46				47				48		
			49					50			51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

**CLUES ACROSS**

- 1. Chop up
- 5. Ones who utilize
- 10. Sings with closed lips
- 14. South American hummingbird
- 15. Serves as a coxswain
- 16. Liquor distilled from coconut or rice
- 17. Spur
- 18. Senile
- 19. Tanzanian people
- 20. Cruel
- 22. Boxing's "GOAT"
- 23. Yokels
- 24. London soccer team
- 27. Chinese chess piece
- 30. Supervises flying
- 31. 007's creator
- 32. Shaft horsepower (abbr.)
- 35. A spider makes one
- 37. Liquefied natural gas
- 38. Opaque gem
- 39. Brazilian palm

- 40. Periodical (slang)
- 41. You might step on one
- 42. Marvin and Horsley are two
- 43. Partner to cheese
- 44. Unpleasant smell
- 45. Field force unit (abbr.)
- 46. Fashion accessory
- 47. Cool!
- 48. Time zone
- 49. Songs to one's lover
- 52. German river
- 55. Go bad
- 56. Sword
- 60. Very eager
- 61. Leaf bug
- 63. Italian seaport
- 64. Napoleon Dynamite's uncle
- 65. Member of Jamaican religion
- 66. Large wading bird
- 67. Carries out
- 68. Eternal rest
- 69. It holds up your headwords

**CLUES DOWN**

- 1. Not low
- 2. Small water buffalo
- 3. A mark left behind
- 4. Archaic form of have
- 5. Fiddler crabs
- 6. Popular Hyundai sedan
- 7. Deport
- 8. Making over
- 9. Midway between south and southeast
- 10. Arabic masculine name
- 11. Type of acid
- 12. Popular 1980s Cher film
- 13. Outdoor enthusiasts' tools
- 21. Chinese city
- 23. "Star Wars" character Solo
- 25. The bill in a restaurant
- 26. Old, ugly witch
- 27. Burn with a hot liquid
- 28. To claim or demand
- 29. "A Doll's House" playwright
- 32. Involuntary muscular contraction
- 33. Pea stems (British)

- 34. Double or multiple fold
- 36. No longer is
- 37. Lakers' crosstown rivals (abbr.)
- 38. S. American plant cultivated in Peru
- 40. Cloth or fabric
- 41. Flanks
- 43. Disfigure
- 44. Angry
- 46. Baltic coast peninsula
- 47. Large, flightless birds
- 49. Plants of the lily family
- 50. Medieval Norwegian language
- 51. Polio vaccine developer
- 52. Not soft
- 53. Exchange rate
- 54. Voice (Italian)
- 57. Baseball's Ruth
- 58. Famed guitarist Clapton
- 59. Take a chance
- 61. Wife
- 62. Elaborate handshake



## BULLHEAD CITY SENIOR CAMPUS

2275 TRANE RD, BULLHEAD CITY, AZ 86442 (928) 763-0193

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# DECEMBER 2022

## ACTIVITIES CALENDAR



1	<b>THURSDAY</b>	9:00 a.m. to Noon	Veteran's Benefit Counselor-by appt
		9:00 a.m. to 9:45 a.m.	Essentrics - Aging Backwards
		10:00 a.m. to 11:30 a.m.	Falls Prevention and Education Presentation
		11:30 a.m. to 12:30 p.m.	Sewing Projects -Christmas Placemat
		Noon to 3:00 p.m.	Knit & Crochet Group
		Noon to 2:00 p.m.	One-on-One Technology Tutoring-2 spots
		Noon to 1:00 p.m.	Ice Cream Social
		5:30 p.m. to 9:30 p.m.	Pass the Trash-Card Game/Pot Luck

### FRIDAY

9:00 a.m. to 9:45 a.m.	Body Moves for Brain Power
12:30 p.m. to 3:30 p.m.	Mexican Train Game
12:30 p.m. to 3:30 p.m.	Poker Card Game
12:30 p.m. to 3:30 p.m.	Pinochle Group



# 2

5	<b>MONDAY</b>	9:00 a.m. to 9:45 a.m.	Body Moves for Brain Power
		10:00 a.m. to 11:30 a.m.	Free Bingo w/Prizes
		12:30 p.m. to 3:30 p.m.	Mexican Train Game
		12:30 p.m. to 3:30 p.m.	Poker Card Game
		12:30 p.m. to 3:30 p.m.	Pinochle Group

8:15 a.m. to 9:00 a.m.	Zumba Class
9:00 a.m. to Noon	Beading Group
9:00 a.m. to 9:45 a.m.	Essentrics- Aging Backwards
10:00 a.m. to 11:30 a.m.	Watercolor Painting Class w/Pro Inst.
Noon to 1:30 p.m.	Learn to Draw
12:30 p.m. to 3:30 p.m.	Hand & Foot Card Game
12:30 p.m. to 3:30 p.m.	Poker Card Game
4:00 p.m. to 5:00 p.m.	Line Dancing Instruction

### TUESDAY

# 6

7	<b>WEDNESDAY</b>	9:00 a.m. to Noon	Cribbage Group (Forming now)
		9:00 a.m. to 9:45 a.m.	Body Moves for Brain Power
		9:15 a.m. to 10:00 a.m.	Relaxation & Mindfulness Exercise
		11:30 am to 12:30 p.m.	Hand Sanitation Video/Handout
		12:30 p.m. to 3:30 p.m.	Bunco Group
		12:30 p.m. to 2:00 p.m.	Genealogy Club
		1:00 p.m. to 3:00 p.m.	Watercolor II- Painting Class
		1:00 p.m. to 2:00 p.m.	Bereavement Support Group
		7:00 p.m. to 8:00 p.m.	Gamblers Anonymous Meeting

## THURSDAY

# 8

9:00 a.m. to 9:45 a.m.  
 Noon to 3:00 p.m.  
 Noon to 3:00 p.m.  
 Noon to 2:00 p.m.  
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
 Knit & Crochet Group  
 Sewing Demo for All & One-on-One (2 spots)  
 Give, MAKE, & Take (Oreo peppermint cookies)  
 Pass the Trash-Card Game/Pot Luck

9:00 a.m. to 11:00 a.m.  
 9:00 a.m. to 9:45 a.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.

Veteran's Assistance Program  
 Body Moves for Brain Power  
 Mexican Train Game  
 Pinochle Group  
 Poker Card Game



## FRIDAY

# 9

## MONDAY

# 12

9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:30 a.m.  
 Noon to 1:30 p.m.  
 Noon to 1:00 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power  
 Free Bingo w/Prizes  
 Happy Hour with Games  
 Dementia Support Group  
 Mexican Train Game  
 Pinochle Card Game  
 Poker Card Game

8:15 a.m. to 9:00 a.m.  
 9:00 am to Noon  
 9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:30 a.m.  
 10:00 a.m. to 11:00 a.m.  
 Noon to 1:30 p.m.  
 Noon to 1:00 p.m.  
 Noon to 2:00 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 2:30 p.m.  
 4:00 p.m. to 5:00 p.m.

Zumba Class  
 Beading Group  
 Essentrics- Aging Backwards  
 Watercolor Painting Class w/Pro Inst.  
 "We Care" Cancer Support Meeting  
 Learn to Draw  
 Breath Work Exercise  
 Learn, Make & Take X-mas Earrings  
 Hand & Foot Card Game & Poker Card Game  
 Card Making Class- 8 spots  
 Line Dancing Instruction

## TUESDAY

# 13

## WEDNESDAY

# 14

9:00 a.m. to Noon  
 9:00 a.m. to 9:45 a.m.  
 9:15 a.m. to 10:00 a.m.  
 10:00 a.m. to 11:00 a.m.  
 Noon to 1:00 p.m.  
 1:00 p.m. to 3:00 p.m.  
 1:00 p.m. to 2:00 p.m.  
 7:00 p.m. to 8:00 p.m.

Cribbage Group (Forming now)  
 Body Moves for Brain Power  
 Relaxation & Mindfulness Exercise  
 Caregiver Support Group In person/Zoom  
 Trivia Time  
 Watercolor II- Painting Class  
 Bereavement Support Group  
 Gamblers Anonymous Meeting

9:00 a.m. to Noon  
 9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:00 a.m.  
 11:30 a.m. to 12:30 p.m.  
 Noon to 3:00 p.m.  
 5:30 p.m. to 9:30 p.m.

Veteran's Benefit Counselor- by appt  
 Essentrics - Aging Backwards  
 Exercise to Ease Arthritis Pain  
 Sewing Projects - Draw String Gift Bags  
 Knit & Crochet Group  
 Pass the Trash-Card Game/Pot Luck

## THURSDAY

# 15

**FRIDAY**

**16**

9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 2:00 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power  
 FREE Mini Clinic (9 spots)  
 Mexican Train Game  
 Pinochle Group  
 Poker Card Game

9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:30 a.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power  
 Free Bingo w/Prizes  
 Mexican Train Game  
 Pinochle Card Game  
 Poker Card Game



**MONDAY**  
**19**

**TUESDAY**

**20**

8:15 a.m. to 9:00 a.m.  
 9:00 a.m. to Noon  
 9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:30 a.m.  
 11:30 a.m. to 12:30 p.m.  
 Noon to 1:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 4:00 p.m. to 5:00 p.m.

Zumba Class  
 Beading Group  
 Essentrics- Aging Backwards  
 Watercolor Painting Class w/Pro Inst.  
 Birthday Month Celebration  
 Learn to Draw  
 Hand & Foot Card Game  
 Poker Card Game  
 Line Dancing Instruction

9:00 a.m. to Noon  
 9:00 a.m. to 9:45 a.m.  
 9:15 a.m. to 10:00 a.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 2:00 p.m.  
 1:00 p.m. to 3:00 p.m.  
 1:00 p.m. to 2:00 p.m.  
 7:00 p.m. to 8:00 p.m.

Cribbage Group (Forming now)  
 Body Moves for Brain Power  
 Relaxation & Mindfulness Exercise  
 Bunco Group  
 Genealogy Club  
 Watercolor II- Painting Class  
 Bereavement Support Group  
 Gamblers Anonymous Meeting

**WEDNESDAY**  
**21**

**THURSDAY**

**22**

9:00 a.m. to 9:45 a.m.  
 10:30 a.m. to Noon  
 Noon to 3:00 p.m.  
 Noon to 1:00 p.m.  
 Noon to 12:30 p.m.  
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
 Resources & Preparation Assistance  
 Knit & Crochet Group  
 Ice Cream Sundae Social  
 Glenn's Church Group Christmas Songs  
 Pass the Trash-Card Game/Pot Luck

9:00 a.m. to 11:00 a.m.  
 9:00 a.m. to 9:45 a.m.  
 10:30 a.m. to 2:00 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 3:30 p.m.

Well Being & Current Events  
 Body Moves for Brain Power  
 Senior Campus Christmas Party  
 Mexican Train Game  
 Pinochle Group  
 Poker Card Game



**FRIDAY**  
**23**

**MONDAY**  
**26**

**SENIOR  
CAMPUS  
CLOSED**



8:15 a.m. to 9:00 am  
9:00 a.m. to Noon  
9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.m.  
Noon to 1:30 p.m.  
Noon to 1:00 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
4:00 p.m. to 5:00 p.m.

Zumba Class  
Beading Group  
Essentrics- Aging Backwards  
Watercolor Painting Class w/Pro Inst.  
Learn to Draw  
Breath Work Exercise  
Hand & Foot Card Game  
Poker Card Game  
Line Dancing Instruction

**TUESDAY**  
**27**

**WEDNESDAY**  
**28**

9:00 a.m. to Noon  
9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 a.m.  
10:00 a.m. to 11:00 a.m.  
Noon to 1:00 p.m.  
1:00 p.m. to 3:00 p.m.  
1:00 p.m. to 2:00 p.m.  
7:00 p.m. to 8:00 p.m.

Cribbage Group (Forming now)  
Body Moves for Brain Power  
Relaxation & Mindfulness Exercise  
Caregiver Support Group In person/Zoom  
FREE Bingo w/prizes  
Watercolor II- Painting Class  
Bereavement Support Group  
Gamblers Anonymous Meeting

9:00 a.m. to 9:45 a.m.  
Noon to 3:00 p.m.  
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
Knit & Crochet Group  
Pass the Trash-Card Game/Pot Luck

**THURSDAY**  
**29**



**FRIDAY**  
**30**

9:00 a.m. to 9:45 a.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power  
Mexican Train Game  
Pinochle Group  
Poker Card Game

**HAPPY NEW YEAR**



# GOOD BOOK WORD SEARCH

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

## WORDS

- ACCURACY
- AFFIXES
- ALLITERATION
- ANALOGY
- ANTONYM
- AUTHOR
- BIOGRAPHY
- BOOKMARK
- CHARACTER
- COLLECTION
- COMPREHENSION
- CONCEPTS
- HOBBY
- ILLUSTRATOR
- IMAGERY
- LIBRARY
- LITERARY
- NONFICTION
- PARAGRAPH
- PHONICS
- READER
- RELAXATION
- SENTENCES

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

⊙ \*\* ☐ ⊕ ⊗ ~ Ⓜ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ Ⓤ Ⓥ Ⓦ Ⓧ Ⓨ Ⓩ  
 ABCDEFGHIJKLMNOPQRSTUVWXYZ

# CRYPTO FUN

☐ ⊕ ⊗ ~ Ⓜ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ Ⓤ Ⓥ Ⓦ Ⓧ Ⓨ Ⓩ  
 Determine the code to reveal the answer!

Solve the code to discover words related to driver safety.  
 Each number corresponds to a letter.  
 (Hint: 2 = E)

- A. 13 3 21 21 25 21**  
 Clue: Reflective device
- B. 11 2 23 5 24 2 19 5**  
 Clue: Safety device
- C. 17 2 18 2 9 11 3 6 2**  
 Clue: Style of driving
- D. 20 23 7 5 3 25 9**  
 Clue: With care

Answers: A. mirror B. seat belt C. defensive D. caution

⊙ \*\* ☐ ⊕ ⊗ ~ Ⓜ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ Ⓤ Ⓥ Ⓦ Ⓧ Ⓨ Ⓩ  
 ABCDEFGHIJKLMNOPQRSTUVWXYZ

# CRYPTO FUN

☐ ⊕ ⊗ ~ Ⓜ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ Ⓤ Ⓥ Ⓦ Ⓧ Ⓨ Ⓩ  
 Determine the code to reveal the answer!

Solve the code to discover words related to reading books.  
 Each number corresponds to a letter.  
 (Hint: 3 = S)

- A. 2 6 9 17 8 19 20**  
 Clue: Division in a book
- B. 3 12 15 10 17 3 14 3**  
 Clue: Summary
- C. 8 6 19 16 19**  
 Clue: Topic or subject
- D. 3 19 8 8 14 15 11**  
 Clue: Location

Answers: A. chapter B. synopsis C. theme D. setting

# Champagne takes center stage



Enjoying champagne on its own in the requisite stemmed glass is tradition, but champagne also can be mixed into any number of cocktails from bellinis to mimosas.

This Blood Orange Champagne Cocktail is a variation on the classic mimosa, and doesn't necessarily need to be enjoyed at brunch. Serve it on New Year's Eve, or for any special occasion, courtesy of Martha Stewart.

## Blood-Orange Champagne Cocktail

- 2 1/4 cups freshly squeezed or frozen blood-orange juice
- 2 750-ml bottles champagne, chilled

Pour 3 tablespoons juice in each champagne flute. Fill flutes with champagne, and serve.



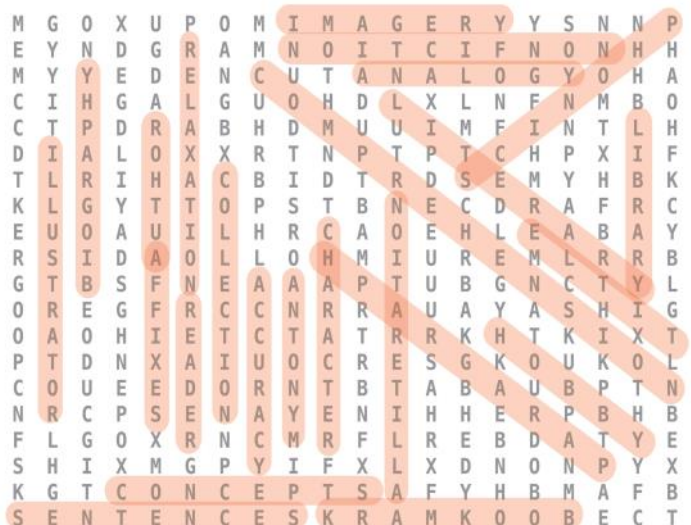
# ANSWERS



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

### ANSWER:

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



# Fall Prevention & Education Presentation



The Bullhead City Senior Campus has partnered with the Western Chapter of Arizona Falls Prevention Coalition, Bullhead City Fire Department, Valley View Medical Center, Riverside Pharmacy, and Western Arizona Council of Governments (WACOG) to bring you this life saving fall prevention and education presentation. The presentation educates seniors and their loved ones on how to prevent falls and fatal injuries. All participants are encouraged to ask questions. Topics of discussion include physical and occupational therapy, in-home safety, medication understanding, and resource information will be handed out for participants to take home.

Thursday, December 1, 2022 10:00 a.m. - 11:30 a.m.  
at Bullhead City Senior Campus,  
2275 Trane Rd, Bullhead City, Arizona 86442

Call to Register or RSVP: (928) 763-0193  
You can also RSVP at the Senior Campus

Brought to you by:



# 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**

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- "We Care" Cancer Support
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- Mesteno Ranch Counseling
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- Total Health of Chiropractic
- Moose Lodge 1860
- Women of the Moose Chapter 1742
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*Come Join Our Amazing Group of Volunteers*



Front Desk Check-In  
 Meals on Wheels Drivers & Delivery  
 Dining Room Server  
 Dining Room Server  
 Kitchen Help  
 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

Join us for . . .

## Morning Service

9:00 a.m. to 11:00 a.m.



Your choice of  
Beverage Only: Coffee, Tea or Juice  
only \$1 per person  
or Continental Breakfast & Beverage  
only \$2 per person

All food must be eaten in the building. No food will be allowed to be taken outside the Senior Campus building. A tray will be provided upon purchase for one trip to the breakfast area. Drink refills are free.

**Bullhead Senior Campus, 2275 Trane Rd.**  
[www.bullheadcity.com](http://www.bullheadcity.com)



Join us for the Senior Campus Christmas Party

Friday, December 23, 2022

Party starts at 10:30 a.m. (Arizona Time)

Bullhead City Senior Campus is located at  
2275 Trane Rd, Bullhead City, Arizona, 86442

**All seniors 50+ are welcome!**

The party kicks off at 10:30 a.m. with games and a craft sponsored by River Valley Home Health & Hospice and Davis Place Senior Living.

Congregate lunch will be served at 11:30 a.m. Seniors 60+ lunch is a suggested donation of \$3. Seniors 50-59 years of age, lunch is \$4 per person at the door.

At Noon we will finish with our always fun  
White Elephant Gift Exchange!  
(See White Elephant rules on the next page)





## **WHITE ELEPHANT RULES**

If you wish to participate you must bring a gift to exchange. If you're buying a gift spend no more than \$5.00. You also can gift a new item from your home that you don't want.

Be creative; funny gifts make it fun.

Examples: An old calendar with a lottery ticket taped to it. Don't reveal the lottery ticket until all the exchanges are done. Did you receive a gift you don't like or want? Wrap it up for the game. Like a fruitcake?

1. ALL ITEMS MUST BE GIFT WRAPPED.
2. Each participant gets a number.
3. Number one chooses a gift, unwraps it, and puts in on display for all to see.
4. Each subsequent player has two options, steal a gift or choose an unopened gift.
5. If your gift is stolen, you pick a new gift. You can steal a gift or take an unopened gift.
6. This continues until everyone has had a turn and all the gifts are gone.
7. An item can only be stolen 3 times. Once item has been stolen 3 times it is frozen with its owner.

*Donations by Seniors for Seniors*



*Angel's*  
**ESSENTIAL AREA**

**Open on Tuesdays**

**10:00 a.m. to 1:00 p.m.**

**or by appointment (928) 763-0193**

**Durable medical  
equipment received by  
donation and donated  
to seniors in need.**



**Bullhead City  
Senior Campus  
2275 Trane Road  
Bullhead City, Arizona 86442**

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EMAIL JACKIE JENSEN AT [JJENSEN@BULLHEADCITYAZ.GOV](mailto:JJENSEN@BULLHEADCITYAZ.GOV)

