



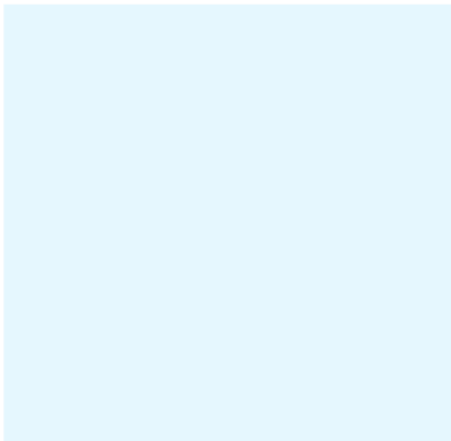
Cookie Decorating



Genealogy Club



Musicians



January NEWSLETTER



01 / 2023 ISSUE 10

SCAN FOR EVENT
CALENDAR



BULLHEAD CITY'S SENIOR CAMPUS

ALL NEW IN 2023

Bullhead City Senior Campus

ADVERTISING RATES

100% OF THE PROCEEDS BENEFIT THE SENIOR CAMPUS.

Distribution areas include Senior Campus, homebound meal recipients, participating local businesses and online.

Monthly Advertising Rates:

Full Page	7.5" x 10"	\$300
Half Page (H)	7.5" x 4.75"	\$175
Half Page (V)	3.50" x 9.625"	\$175
Quarter Page	3.625" x 4.75"	\$100

Special Pages

Back Page	7.5" x 10"	\$600
Page 3	7.5" x 10"	\$400
Double Truck	16" x 10"	\$1000

FREE PROCESS COLOR!

SPACE IS LIMITED.

Artwork is due by the 15th of each month. PDF file or jpg files. No bleed. Free artwork is available upon request. Email artwork or request to jjensen@bullheadcityaz.gov.

SPONSOR PACKAGES

Weekly Bingo (52)

Weekly Art (52)

Weekly Crafts (52)

Bi-Monthly Bunco (24)

Bi-Monthly Ice Cream Social (24)

Monthly Happy Hour (12)

Monthly Birthday Party (12)

Monthly Holiday Celebration

January	New Years
February	Valentine's
March	St. Patrick's Day
April	Easter
May	Cinco de Mayo
June	Summer Kickoff
July	Independence Day
August	Senior Citizen Day
September	1st day of Fall
October	Halloween
November	Friends-giving
December	Christmas

**CONTACT: JACKIE JENSEN, SPONSORSHIP COORDINATOR
(928) 763-9400 X 8246 JJENSEN@BULLHEADCITYAZ.GOV**



JANUARY 2023



Greetings Bullhead Area Seniors & Business Partners,

As we venture into a new year I look forward to a new beginning filled with hope and anticipation of touching more lives than ever before. During the last few months we have welcomed so many new faces to the Senior Campus. We have truly enjoyed meeting all our newcomers and making new friends. We can't wait to see who joins us in the new year.

The Bullhead City Senior Campus offers a wide variety of services and activities to our local senior population. The Senior Campus also serves as the nutrition center which provides "Meals on Wheels" to Bullhead City residents who are homebound. The center serves over 37,865 meals a year to our local homebound clients.

The Campus is open to seniors 50+ years old, Monday through Friday from 8am to 4pm and after hours for groups with special events. We start our mornings with activities mostly geared towards getting the body moving through various exercise. We serve continental breakfast Monday to Friday from 9 am to 11 am. Seniors can get coffee, tea or juice for \$1 with free refills on the same day or \$2 for drinks and breakfast. We serve a congregate lunch to individuals 60+ years old or disabled with physicians note for a suggested donation of \$3 from 11:30 am to noon. Individuals who are 50-59 years old and participating in activities, spouses or caregivers may also take part in congregate lunch for \$4.

Our afternoon activities are typically game playing, education and crafts. We also offer resource materials to help direct individuals who need help with senior issues. We have two computers on site that can be used during normal business hours. Take some time to browse through our resources and educate yourself early. Periodically have resource individuals on hand like Medicare assistance, Veteran's services and so much more. The senior campus has a mini library, video/DVD, and lots of puzzles. We have a small food pantry which is first come, first serve (limit of 1 per person). We also host Angel's Essential Area. The AEA accepts durable medical equipment donations and in returns offers them individuals in need. The Angel's Area accepts donations anytime, the AEA is open to pick up items on Tuesday from 10 am to 1 pm.

Please take time to browse through the newsletter and keep it on hand as a reminder of all the great activities being offered at the Senior Campus this month.

I would like to challenge everyone to try a new class this year and let me know what you think.

Happy New Year to you all!

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



Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 Roasted Turkey Mashed Potatoes Green Beans	4 Chicken Pot Pie Biscuit Cobbler	5 Pork Chop Mashed Potatoes Gravy California Blend	6 Ham Steak Potato Wedges Sautéed Cabbage
9 Green Chili Cheese Tamales Fiesta Blend Mexican Rice	10 Beanie Wienies Green Beans Peach Cobbler	11 BBQ Chicken Rice Pilaf Vegetable Medley	12 Sweet & Sour Meatballs Steamed Rice Carrots	13 Chicken Enchilada Fiesta Blend Rice
16 Asian Diced Chicken Rice Japanese Blend Veggies	17 Denver Omelet Breakfast Potatoes Pork Sausage Patty	18 Ham w/ Pineapple Glaze Baked Beans Veggie Medley	19 Sweet & Sour Chicken Buttered Pasta Noodles Mixed Veggies	20 Turkey Cutlet Stuffing Steamed Peas
23 Pork Steak w/ Gravy Mashed Sweet Potatoes Fresh Steamed Broccoli	24 Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots	25 BBQ Chicken Potato Wedges Mixed Veggies	26 Vegetarian Lasagna Bread Stick Mixed Veggies	27 Salisbury Steak Rice Pilaf Stewed Tomatoes
30 Bratwurst Sautéed Cabbage Potatoes Au Gratin	31 Swedish Meatballs Buttered Pasta Steamed Carrots			

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.

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 taken outside the Senior Campus property. 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

SAY

YES

TO 100% FIBER
INTERNET FROM TWN



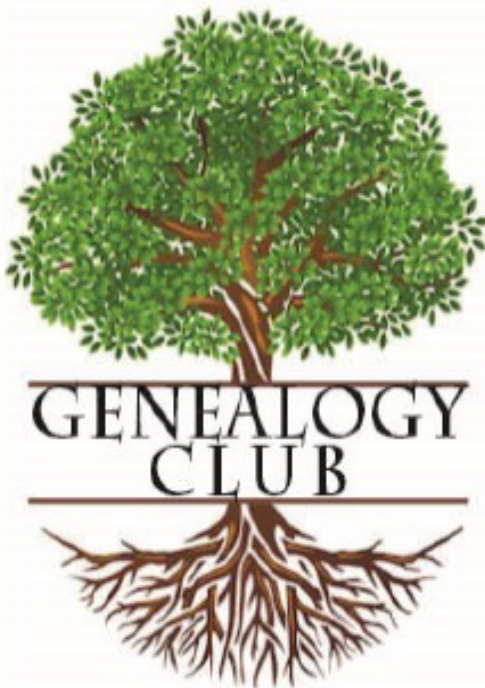
NO

BUFFERING
TERM COMMITMENTS
PRICE JUMPS
DATA CAPS
UP TO SPEEDS

PRE-REGISTER NOW! TWNCOMM.COM/MOHAVE



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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

SENIOR CAMPUS SPOTLIGHT

Everyone Meet Susan & Gina

Client Spotlight



**SUSAN JOHNSON
BEARDSLEY**

Susan has been with the Campus for a year. Her favorite part is the art classes she teaches, watercolor and drawing.

She grew up in Massachusetts. She is an artist and teacher. She is married and has stepchildren, grandchildren, great grandchildren, and great, great, great grandchildren. She loves anything creative, from art to architecture, knitting, sewing. She loves teaching, she feels that it is the most rewarding of all.



Volunteer Spotlight



GINA FIELDS

Gina has been volunteering at the Senior Campus for over a year. Gina makes weekly wellness calls on behalf of the Senior Campus. Gina says her favorite part of volunteering is meeting new people.

Gina grew up in Bellflower, California. Gina is married and has a daughter with three grandchildren, and two stepsons. Her eldest stepson has a 4-month-old baby.

Gina joined the women's lunch group when she moved to Bullhead City so she could meet people. She now belongs to the Card club, Bunco club, and plays Pass the Trash at the Senior Campus and Elks Lodge. She volunteers at the Laughlin Chamber of Commerce and was recently nominated Vice President of the VIPS. She loves cooking, making things, riding Harley's and helping her husband with woodworking.

FOOD PANTRY



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

Bullhead City Senior Campus 2275 Trane Rd



An Employer with a Focus on You

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



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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

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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.
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- Dieticians
- Therapeutic Services
- Volunteer Services
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- Wound Care



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9225 Highway 95 | Suite 7
Fort Mohave, AZ 86426
928.278.7881 (O) | 928.577.2354 (F)

www.arizonalifehospice.com

LIVE WELL. FINISH WELL.



You're Invited!!

Ice Cream Sundae Social Hour

4th Thursday of the Month

Noon—1pm

Senior Campus, 2275 Trane Rd

Questions?

Call Sue (928) 404-2559



Moose Lodge 1860

Women of the Moose Chapter 1842

JOIN US & LEARN
HOW TO PLAY

FAST TRACK



WED JAN 4 1PM—3PM
EVERYONE WELCOME

BULLHEAD CITY
SENIOR CAMPUS



Sponsored by



TRI-STATE
PARALEGAL SERVICES

Diana 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**

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

Diana at (928) 758-5858 diana@tristateparalegalservices.com



Breathe Work Exercise

In Person or Online

January 10 & 24 12:00 pm

Unable to attend?

Enter <http://meet.google.com/eqb-noec-qus>
in your web browser.

If you don't already have Google Meets please download the free "Google Meets" app before entering the URL above into your browser.

The breath is the most vital process of the body.

It influences the activities of every cell and, most importantly, is intimately linked with the performance of the brain. Although breathing is mainly an unconscious process conscious control of it may be taken at any time. In addition to influencing the quality of life, the length or quality of life is also dictated by the rhythm of the respiration.

Techniques of breath work will help enhance the lung capacity of good air coming in and carbon monoxide going out. Practicing every day will not only enhance your lungs but your overall health.

Questions? Contact Irma Wooliever (760) 908-3134



HAPPY BIRTHDAY

ARE YOU A JANUARY BABY?

Join us for the December Birthday Month Celebration for all
Seniors 50+ at the Senior Campus on
Tuesday, January 17th starting at 11:30 am

January 1

Daniel Zapien
James Epps
Eunice Mousette

January 2

Angelica Mejia
Carole Poole

January 3

Ronald Chester
John Cupa

January 4

Arlene Shaw

January 5

Cassandra Bertchi
David Scott
John Barber
Diane Losasso
Rob Sturms

January 6

Eloise Fox
Leonard Sullivan

January 7

Ida Cannon
Joseph Steel

January 9

Harvey McComb

January 10

Carla Bongiovanna
Thomas Southern

January 12

Bill Corrao
Jane Meyer

January 13

Adam Brumble
Edward Wroten

January 14

Ethel Carr
Bob Fredrickson

January 16

Susan Berilla
Janet Elam
Margo Sexton
Manfred Stumpp

January 17

Regina Kish

January 19

Michael Stettler

January 20

Erika Klemm

January 21

Alice Rascon

January 23

Rocky Fielding
Betty Reicke

January 25

Edward Holquin
Richard Murillo

January 26

William Smith

January 27

Stephenie Cangson
Mike Waldron
Ruth Young
Charles Piety

January 28

Morris Bernal

January 29

Bert Pettit
Ben Black

January 30

Louis Alanniz

January 31

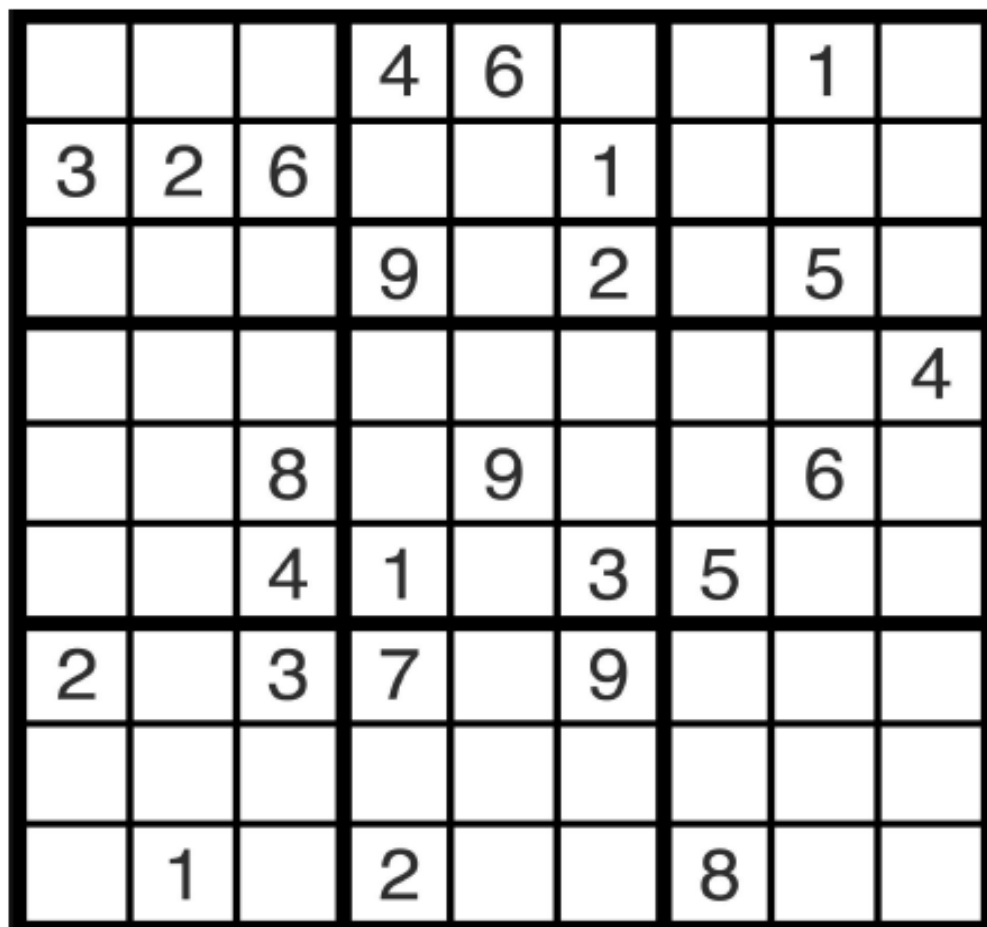
Cookie Gibbons
Tom Gallagher



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

(928) 763-1212 ncollins@watermarkcommunities.com



Level: Advanced



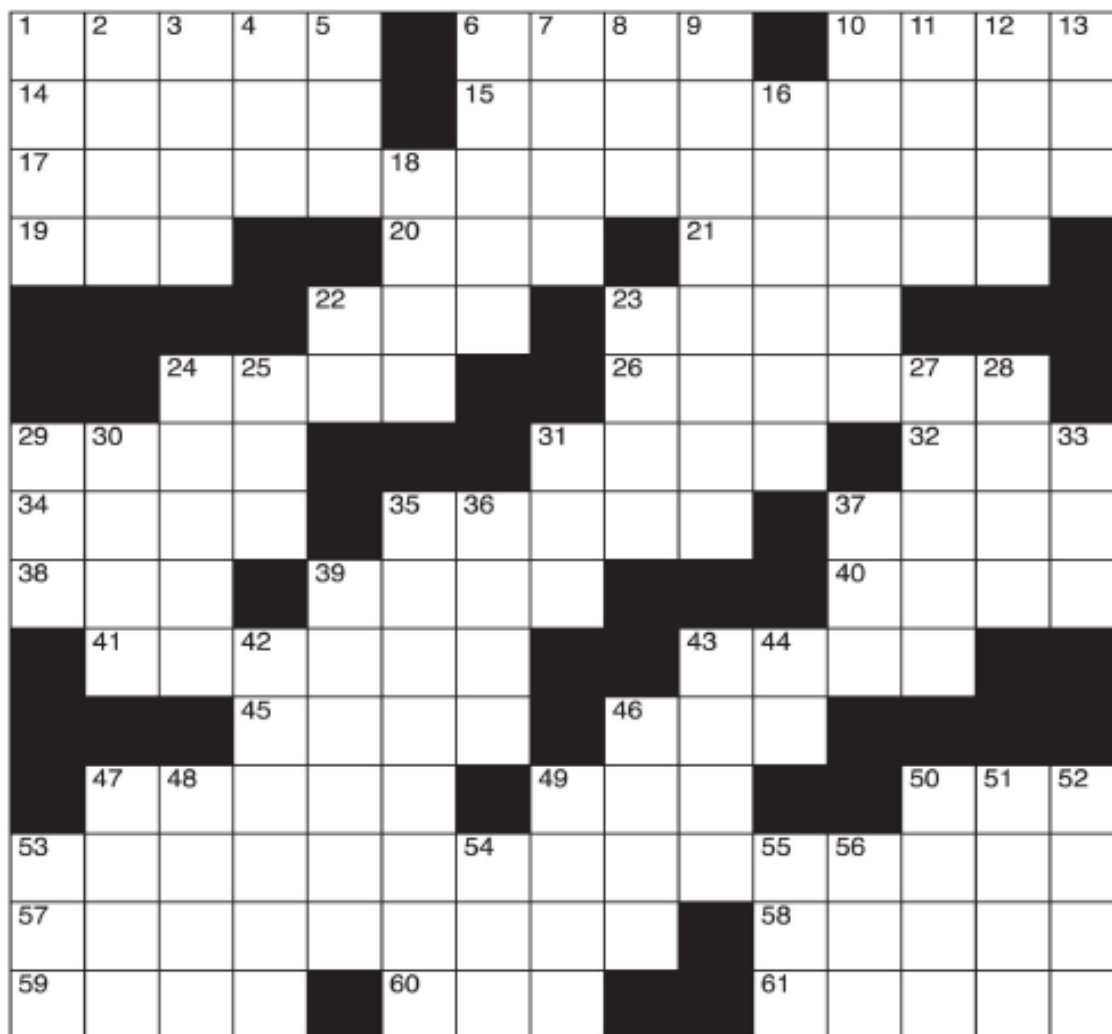
ESTATE PLAN WORD SEARCH

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

WORDS

ADMINISTRATOR
 ANCILLARY
 ANNUAL
 BENEFICIARY
 CHILDREN
 CODICIL
 CONSERVATOR
 CONTEST
 CREDITOR
 DEED
 DISCLAIM
 ESTATE
 EXCLUSION
 FIDUCIARY
 FUNDS
 GRANTOR
 HEIR
 INHERITANCE
 PROBATE
 PROPERTY
 PROXY
 TAXES
 TRUST
 WILL

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



**THE
PUZZLER**



R

CLUES ACROSS

- 1. Not invited
- 6. Whale ship captain
- 10. One point south of southwest
- 14. Small cavity in a rock
- 15. Recidivists
- 17. City of Angels hoopster
- 19. A way to mark with one's signature
- 20. OJ trial judge
- 21. Rice cooked in broth
- 22. One point east of due south
- 23. One point east of southeast
- 24. Complements an entree
- 26. Grouped by twos
- 29. Disfigure
- 31. Woods
- 32. Political action committee
- 34. Longer of 2 bones in the forearm

- 35. Kin groups
- 37. Philippine Island
- 38. Contrary to
- 39. Bluish-gray fur
- 40. Comprehend the written word
- 41. Natural depressions
- 43. Felines
- 45. Breathe noisily
- 46. Taxi
- 47. Pancake made from buckwheat flour
- 49. Swiss river
- 50. Foot (Latin)
- 53. Have surgery
- 57. Formal withdrawal
- 58. Monetary units of Peru
- 59. Greek war god
- 60. 2,000 lbs.

CLUES DOWN

- 1. Green and yellow citrus fruit
- 2. A bright color
- 3. Thicket
- 4. Journalist Tarbell
- 5. A place to work or relax
- 6. Sharp mountain ridge
- 7. Helicopter
- 8. Mimic
- 9. Suggests
- 10. More musty
- 11. Large, flightless rail
- 12. Make beer
- 13. Soviet Socialist Republic
- 16. People who account for you
- 18. Taunt
- 22. South Dakota
- 23. COVER the entirety of
- 24. Kids' favorite visitor
- 25. A way to save for retirement
- 27. Fencing swords
- 28. C. China mountain range
- 29. Type of sandwich
- 30. Team
- 31. Paddle
- 33. Partly digested food
- 35. Most cagey
- 36. Shoppers make one
- 37. Cathode-ray tube
- 39. Food supplies
- 42. Backbones
- 43. Concern
- 44. Blood group
- 46. Broadway songwriter Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Deity of a monotheistic cult
- 50. Type of bread
- 51. S. Nigerian people
- 52. SCULPIN BAK
- 53. Young women's association
- 54. Brazilian city
- 55. Hide of a young animal
- 56. Midway between north and northeast

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



JANUARY 2023

ACTIVITIES CALENDAR



TUESDAY

3

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

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

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.

Fast Track Game (Come Learn)

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

WEDNESDAY

4

THURSDAY

5

9:00 a.m. to 9:45 a.m.

Essentrics - Aging Backwards

Noon to 1:00 p.m.

Ice Cream Social

Noon to 3:00 p.m.

Knit & Crochet Group

Noon to 3:00 p.m.

Sewing Project: neck warmer

Noon to 2:00 p.m.

One on One Technology Tutoring - 2 spots

5:30 p.m. to 9:30 p.m.

Pass the Trash-Card Game/Pot Luck

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.

Pinochle Group

12:30 p.m. to 3:30 p.m.

Pinochle Card Game

12:30 p.m. to 3:30 p.m.

Poker Card Game

FRIDAY

6

MONDAY

9

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

Noon to 1:30 p.m.

Happy Hour with Games

Noon to 1:00 p.m.

Dementia Support Group

12:30 p.m. to 3:30 p.m.

Mexican Train Game

12:30 p.m. to 3:30 p.m.

Pinochle Card Game

12:30 p.m. to 3:30 p.m.

Poker Card Game

5:00 p.m. to 7:00 p.m.

Colorado River Concert Association

TUESDAY

10

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 in person & online
 Learn, Make & Take X-mas Earrings
 Hand & Foot Card Game & Poker Card Game
 Card Making Class- 8 spots
 Line Dancing Instruction

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.

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

WEDNESDAY

11

THURSDAY

12

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

Veteran's Assistants Program
 Essentrics - Aging Backwards
 Estate Planning *part 2 health care /power of attorney*
 Give, MAKE, & Take (Cornbread)
 Knit & Crochet Group
 Sewing Demo *for all and one on one (2 spots)*
 Pass the Trash card game & Potluck

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.
 12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
 Free Bingo w/Prizes
 Mexican Train Game
 Pinochle card game
 Pinochle group
 Poker card game

FRIDAY

13

MONDAY

16

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

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.
 11:30 a.m. to 12:00 a.m.
 Noon to 1:30 p.m.
 Noon to 2:00 p.m.
 12:30 p.m. to 3:30 p.m.
 4:00 p.m. to 5:00 p.m.
 6:00 p.m. to 9:00 p.m.

Zumba Class
 Beading Group
 Essentrics- Aging Backwards
 Watercolor Painting Class w/Pro Inst.
 Birthday Month Celebration
 Learn to Draw
 Learn & Make *(Design your own earrings & Memory wire bracelets)*
 Hand & Foot Card Game & Poker Card Game
 Line Dancing Instruction
 Evening Bunco Group

TUESDAY

17

WEDNESDAY

18

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.

Body Moves for Brain Power
 Relaxation & Mindfulness Exercise
 Bunco Group
 Genealogy Club
 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.
 Noon to 2:00 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 - Gaiter & Tote Bag
 Knit & Crochet Group
 Give, MAKE & Take
 Pass the Trash-Card Game/Pot Luck

THURSDAY

19

FRIDAY

20

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.
 12:30 p.m. to 3:30 p.m.

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

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.m.
 Noon to 1:00 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
 Dementia Support Group
 Let's Craft - Supplies and Instructions
 Mexican Train Game
 Pinochle Card Game
 Poker Card Game

MONDAY

23

TUESDAY

24

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.
 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
 Poker Card Game
 Hand & Foot Card Game
 Line Dancing Instruction

WEDNESDAY

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.

Body Moves for Brain Power
 Relaxation & Mindfulness Exercise
 Caregiver Support Group In person/Zoom
 Free Bingo with prizes
 Watercolor II- Painting Class
 Bereavement Support Group
 Gamblers Anonymous Meeting

25

THURSDAY

26

9:00 a.m. to 9:45 a.m. Essentrics - Aging Backwards
 10:00 a.m. to Noon Resources & Preparation Assistance
 Noon to 3:00 p.m. Knit & Crochet Group
 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

9:00 a.m. to 11:00 a.m. Well Being & Current Events
 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. Pinochle group
 12:30 p.m. to 3:30 p.m. Poker card game

FRIDAY

27

MONDAY

30

9:00 a.m. to 9:45 a.m. Body Moves for Brain Power
 Noon to 1:00 p.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. Pinochle group
 12:30 p.m. to 3:30 p.m. Poker card game

8:15 a.m. to 9:00 a.m. Zumba Class
 9:00 am 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
 Noon to 2:00 p.m. Learn & Make (Design your own earrings & Memory wire bracelets)
 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

31

DON'T FLURRY, BE HAPPY!



- Q. Why did the snowman hate ranch dressing?
 A. Because everyone was rubbing his nose in it.
- Q. What's a snowman's favorite sandwich?
 A. Anything that's not a melt.
- Q. What do you call a snowman with a six pack?
 A. An abdominal snowman.
- Q. What did the snowman say to his fiancée?
 A. I'll stop the world and melt with you.

⊙ ✨ ☄️ Ⓜ️ Ⓝ️ Ⓟ️ Ⓠ️ Ⓡ️ Ⓢ️ Ⓣ️ Ⓤ️ Ⓥ️ Ⓦ️ Ⓧ️ Ⓨ️ Ⓩ️
CRYPTO FUN
 ☄️ ☃️ ☂️ ☄️ ☃️ ☂️ ☄️ ☃️ ☂️
 Determine the code to reveal the answer!

Solve the code to discover words related to Chinese New Year.
 Each number corresponds to a letter.
 (Hint: 17 = A)

- A. 7 14 24 17 13**
Clue: Relating to the moon
- B. 3 19 13 19 23 6 19 5 26**
Clue: Prediction based on stars or symbols
- C. 6 3 11 24 17**
Clue: Asian country
- D. 10 26 23 22 11 12 17 7**
Clue: Large celebration

Answers: A. Lunar B. horoscope C. China D. festival

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Chinese new year.

TRABIB

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

Answer: Rabbit

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to organization.

LFDERO

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

Answer: Folder

⊙ ✨ ☄️ Ⓜ️ Ⓝ️ Ⓟ️ Ⓠ️ Ⓡ️ Ⓢ️ Ⓣ️ Ⓤ️ Ⓥ️ Ⓦ️ Ⓧ️ Ⓨ️ Ⓩ️
CRYPTO FUN
 ☄️ ☃️ ☂️ ☄️ ☃️ ☂️ ☄️ ☃️ ☂️
 Determine the code to reveal the answer!

Solve the code to discover words related to bath safety.
 Each number corresponds to a letter.
 (Hint: 3 = G)

- A. 8 15 24 10**
Clue: Slide
- B. 3 9 11 2**
Clue: Hold on
- C. 15 24 3 4 5 24 25 3**
Clue: Illumination
- D. 23 11 5 14 9**
Clue: H2O

Answers: A. slip B. grab C. lighting D. water

Q. What do you call a snowman that tells lies?

A. A snow-fake!

Q. What are the offspring of snowmen called?

A. Chill-dren.

Q. What did the snowman eat while dieting?

A. Iceberg lettuce.

THAT WAS THAW-SOME!





Irish Coffee

This recipe, courtesy of the Foynes Flying Boat and Maritime Museum, can be great for anyone who wants warm up with their own batch of Irish coffee at home.

Step One

Preheat your Foynes Irish coffee glass by filling it with boiling water for 5 seconds, then pour the water out. .

Step Two

Add 1 teaspoon of brown sugar and a good measure of Irish whiskey into the warmed glass.

Step Three

Fill the glass to within 1 centimeter of the brim with hot, strong black coffee. Stir well to dissolve all the brown sugar.

Step Four

Carefully pour lightly whipped cream over the back of a spoon so that it floats on top of the coffee.

Step Five

Do not stir after adding the cream; optimal flavor comes from drinking the coffee and Irish whiskey through the cream.

ANSWERS

U	N	B	I	D		A	H	A	B		S	W	B	S		
G	E	O	D	E		R	E	P	E	A	T	E	R	S		
L	O	S	A	N	G	E	L	E	S	L	A	K	E	R		
I	N	K				I	T	O		P	I	L	A	W		
					S	B	E			S	E	B	E			
			S	I	D	E			P	A	I	R	E	D		
S	C	A	R					O	A	K	S		P	A	C	
U	L	N	A			C	L	A	N	S		C	E	B	U	
B	U	T			V	A	I	R				R	E	A	D	
			B	A	S	I	N	S			C	A	T	S		
					P	A	N	T			C	A	B			
			B	L	I	N	I			A	A	R		P	E	S
G	O	U	N	D	E	R	T	H	E	K	N	I	F	E		
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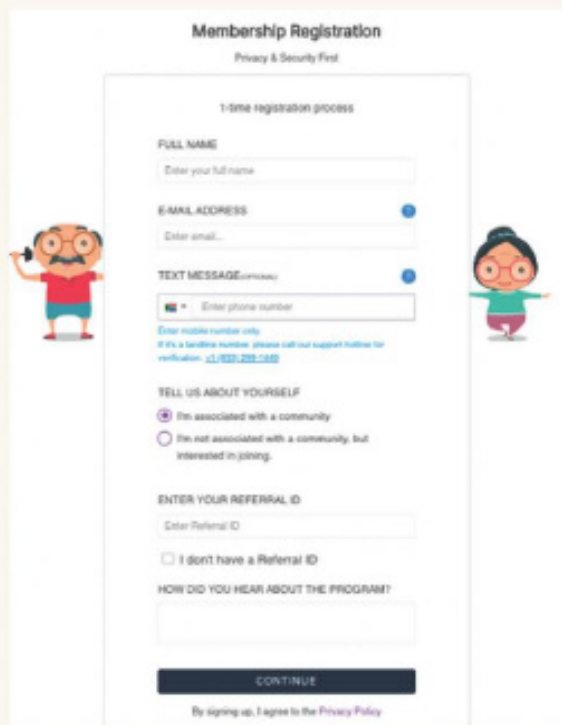
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7	3	8	5	9	4	2	6	1
6	9	4	1	2	3	5	8	7
2	6	3	7	8	9	1	4	5
8	4	9	3	1	5	7	2	6
5	1	7	2	4	6	8	9	3

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

televēda

How to Sign Up

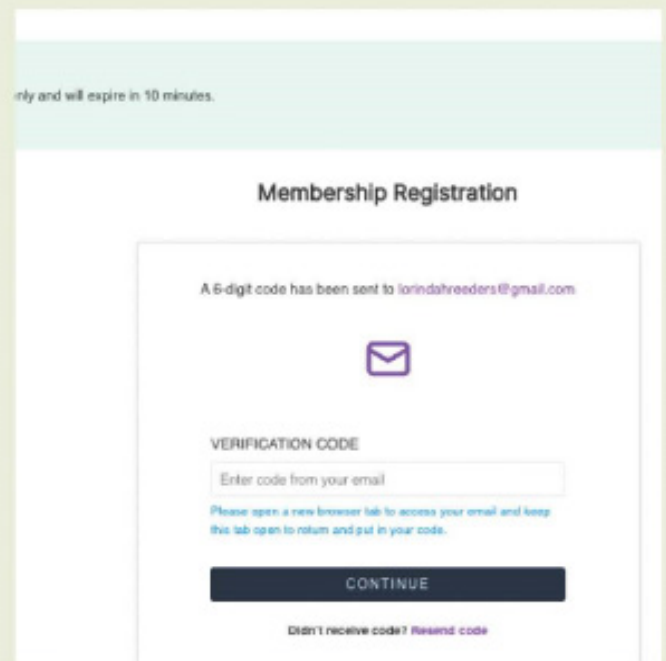
1. Go online to live.televēda.com/sign-up and enter your center's **Referral ID**. **BULLHEAD667**
2. Click on Create Account.
3. Fill in the required fields.



The screenshot shows the 'Membership Registration' form. At the top, it says 'Privacy & Security First' and '1-time registration process'. The form has several sections: 'FULL NAME' with a text input field; 'E-MAIL ADDRESS' with a text input field and a blue checkmark; 'TEXT MESSAGE (optional)' with a dropdown menu for country and a text input field for the phone number; 'TELL US ABOUT YOURSELF' with two radio buttons, the first of which is selected; 'ENTER YOUR REFERRAL ID' with a text input field and a checkbox for 'I don't have a Referral ID'; and 'HOW DID YOU HEAR ABOUT THE PROGRAM?' with a text input field. A 'CONTINUE' button is at the bottom, with a small note 'By signing up, I agree to the Privacy Policy' below it. There are two cartoon characters on the sides of the form.

Don't forget to call or email us if you need help! We are here to support you.

4. Please complete the one-time verification process by entering the code sent to your mobile phone or email. If you need help, **call us at (833) 299-1449**.



The screenshot shows the 'Membership Registration' verification screen. It says 'only and will expire in 10 minutes.' at the top. Below that, it says 'Membership Registration' and 'A 6-digit code has been sent to lorindahreeders@gmail.com'. There is an envelope icon. Below that, it says 'VERIFICATION CODE' and 'Enter code from your email'. There is a text input field for the code. Below that, it says 'Please open a new browser tab to access your email and keep this tab open to return and put in your code.' At the bottom, there is a 'CONTINUE' button and a link 'DIDN'T RECEIVE CODE? Resend code'.

5. After completing verification, you'll be sent to the Class Schedules page, where you can **JOIN CLASSES** and **SET REMINDERS** for upcoming classes. Take a look around and set your first reminder!

For help, please email support@televēda.com or call **(833) 299-1449**

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:

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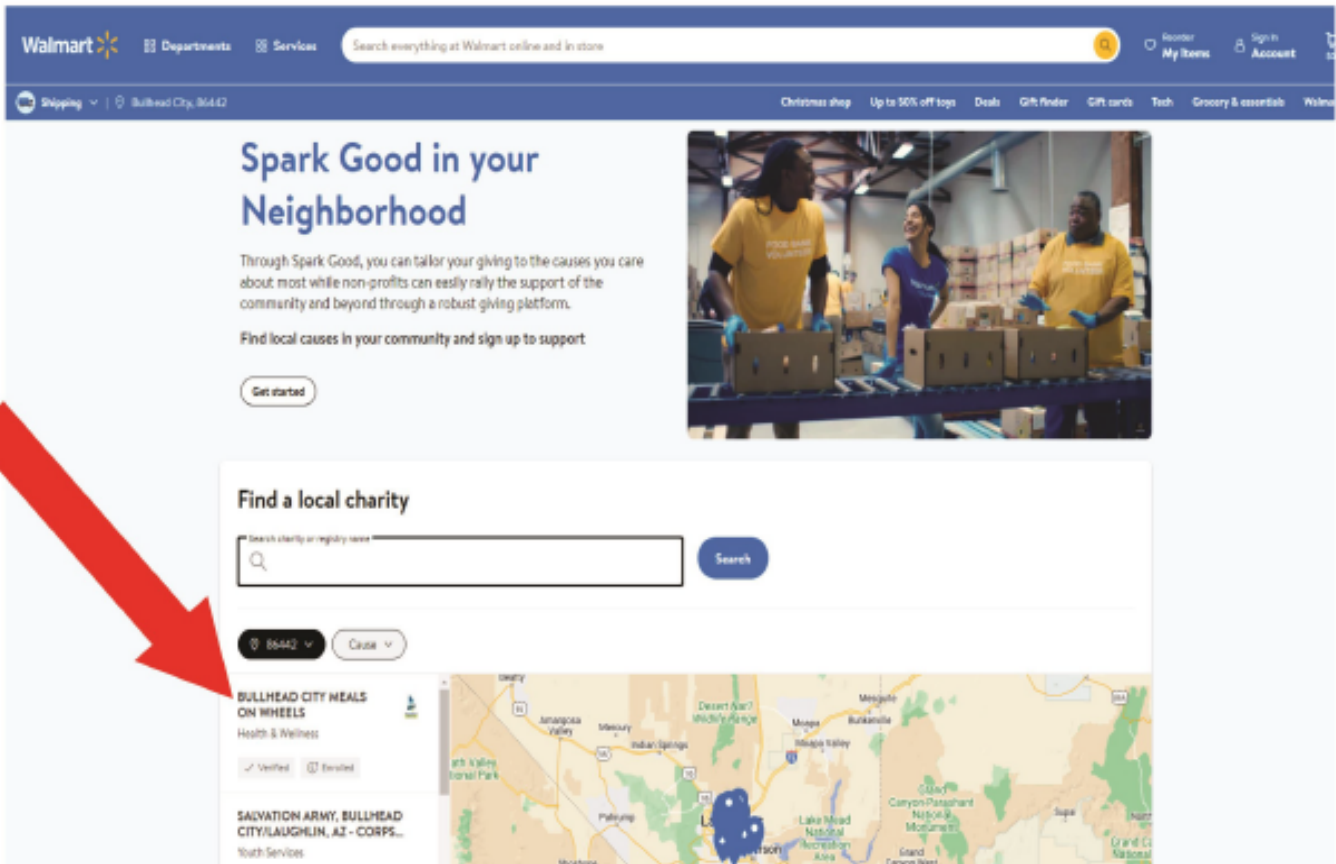
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- Joshua Springs Senior Living
- Mohave County Health Department
- Beacon of Hope Hospice
- River Valley Home Health & Hospice
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- Women of the Moose Chapter 1742
- Family Care Home Health & Hospice
- Southwest Gas
- Tri-state AC Heroes



Walmart Spark Good

Give back this season by rounding up your change and donating the remainder to us when you shop on Walmart.com or the Walmart app.

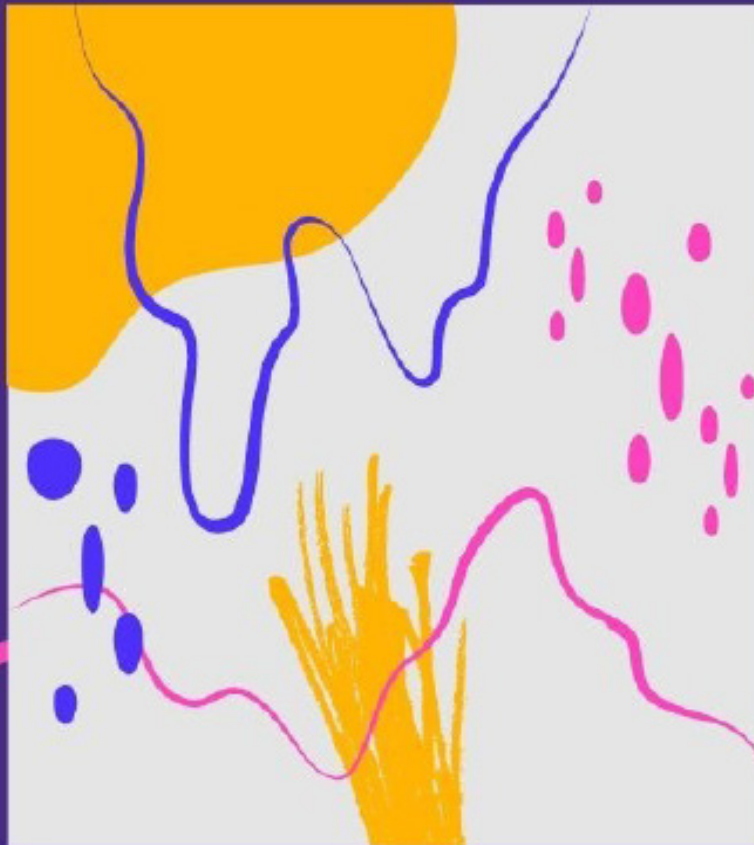
Between November 25- December 25, 2022, Walmart is matching all Round Up donations 1:1. And, if we get 20 donations, we unlock \$1000!



Check out our Wish List!

We are in need of essential items and have created a wish list on Walmart.com. You can donate straight from computer and the items come directly to us.

Visit www.Walmart.com/SparkGood to learn more



**BULLHEAD
CITY SENIOR
CAMPUS**


Tour
and
enjoy
great
artwork
from our
seniors!

SENIOR ART EXHIBITION

Wed., January 11th from 1-3 pm
2275 Trane Road, Bullhead City, AZ

Come browse what we've been
doing
Sales will next 50% back to the
Senior Campus

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SENIOR CAMPUS
SPONSORS

CHAMPION
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