



Line Dancing



Senior Campus Art Show



Holiday Breakfast



February NEWSLETTER



02 / 2023 ISSUE 11

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**

FEBRUARY 2023

Greetings Bullhead Area Seniors & Business Partners,

Well we hit the ground running in 2023 and have had such an event filled month that I could hardly catch my breath after the holidays. Maybe I should look into Irma's class on Breath Work Exercise. Speaking of Irma did you know that you can currently tune into the Senior Campus for some of our activities. Her class and our brand new book reading are available to participate in just by downloading the FREE Google Meets app from your device. Once you've downloaded the app you just go to the Senior Campus calendar and click the link (by using the QR code on the front of the newsletter or visiting <https://www.bullheadcity.com/government/departments/human-services/senior-services/senior-center/senior-activities>). Keep your eyes out for these and other classes to be added to Televeda in the near future making it even easier to participate. If you're not familiar with Televeda take a moment to go online to live.televeda.com/sign-up and enter your center code: Bullhead667. Next create an account by filling in all the fields. You will receive a one-time verification message sent to your mobile device. Once you have verified you will be sent to the class schedules page and you can join classes and set up reminders. If you have any questions call (833) 299-1449 to speak with a representative.

The Senior Campus has lots of new events that are being planned so make sure you take the time to review the newsletter and get involved. The newest craft group is called quilling and you can come take advantage of learning how to create paper crafts from Michelle McGregor who has been quilling for many years. This is an excellent opportunity to meet new people and share in fun creativity. If you have questions before attending please contact Michelle at (928) 234-4591 or mitchy71@hotmail.com. Don't forget to mark your calendars for the upcoming Bi-Annual Craft and Overstock Sale that will be taking place within our building on Monday, February 27th from 9 am -3 pm. The sale will consist of individual items that have been made here at the Senior Campus. (Art work, jewelry, knit & crochet, sewing, cards, and more). We will also have excess craft materials and other overstock items for sale at discounted prices. If anyone has donation items to contribute to help the Senior Campus please have your donations here by Feb. 10th. Please no clothing or large furniture.

I'd also like to address the questions about our new activity center. I am confident in saying we will break ground by late spring or early summer. The final plan is under review with City Council and bids will be going out shortly to find our builder. I know it's been a long road in waiting but rest assured this project is going to make Bullhead City even more appealing to our senior citizens.

Please take time to browse through the rest of this newsletter and keep it on hand as a reminder of all the great activities for you to take advantage of.

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
		1 Stuffed Peppers Steamed Corn Warm Apples	2 Teriyaki Chicken Fried Rice Japanese Blend Veggies	3 Cheese Omelet Sausage Patty Hash Browns
6 Country Fried Steak Mashed Potatoes Mixed Veggies	7 Beef Tamales Fiesta Blend Mexican Rice	8 Chicken Mushroom Gravy Rice Pilaf Chuck Wagon Blend	9 Cabbage Rolls Baked Beans Cherry Cobbler	10 Turkey Cutlet Stuffing Steamed Peas
13 Lemon Pepper Chicken Mac & Cheese Veggie Medley	14 Roasted Turkey Mashed Potatoes Green Beans	15 Chicken Pot Pie Biscuit Cobbler	16 Pork Chop Mashed Potatoes Gravy California Blend	17 Ham Steak Potato Wedges Sautéed Cabbage
20 CLOSED 	21 Beanie Wienies Green Beans Peach Cobbler	22 BBQ Chicken Rice Pilaf Vegetable Medley	23 Sweet & Sour Meatballs Steamed Rice Carrots	24 Chicken Enchilada Fiesta Blend Corn Spanish Rice
27 Asian Diced Chicken Rice Japanese Blend Veggies	28 Denver Omelet Breakfast Potatoes Pork Sausage Patty			

2% 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.

In Memory of Marilynn Moody

(July 22, 1942 - January 4, 2023)

Beloved mother, grandmother, friend & Senior Campus volunteer



"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on it's stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." **Matthew 5:14-16**

Bullhead City Senior Campus Invites You To The

BI-ANNUAL CRAFT & OVERSTOCK



Monday, February 27th from 9 am to 3 pm

at the Senior Campus, located at 2275 Trane Road, Bullhead City

The sale will consist of individual items made at the Senior Campus.

Including artwork, jewelry, knitting, crocheted items, sewing projects, cards, and more. As well as crafting materials and other overstock items.

Donations are welcome. Donations must be delivered by February 10, 2023. Please no clothing or large furniture.



100% of the proceeds benefit Bullhead City Senior Campus.

SENIOR CAMPUS SPOTLIGHT

Everyone Meet Mario & Kerry

Client Spotlight



MARIO GUTIERREZ

Mario has been coming to the Senior Campus for three years. Mario said his favorite part of the Senior Campus is the friendly environment, comradery with his peers and the services they offer.

Mario was the speaker for the Steel Workers Union for Aquarius Resort employees and a banquet server for special events for 15 years. Prior to that he was an upholstery repairs and installer for 15 years. Mario has been "Happily divorced" for 22 years and his children are grown and married.

Mario enjoys scuba diving and he has participated in water aerobics at the city pool for 10 years. He enjoys motorcycle runs and cliff diving as well.



Volunteer Spotlight



KERRY LYNN PARK

Kerry has been volunteering at the Senior Campus for 6 months. Her duties have included food server and kitchen duties. Kerry loves interacting with all the people at the Campus whether it's with clients or co-workers. She loves giving back to the community and helping people. She said working at the Senior Campus has been the most rewarding thing she has ever done except for being a mom.

Kerry has lived in Hoboken, New Jersey, Frank Sinatra's hometown as well as Sherman Oaks, California. She was a legal assistant for 40 years. She is celebrating her 25th wedding anniversary on April 2, 2023. Kerry has two sons, 3 granddaughters, 1 grandson and a great-great granddaughter.

Kerry enjoys dancing whether it is square, round or line dancing. She loves going on cruises and has been on over 20. She is taking an around the world cruise in 2024.

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

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 FEB 1 & 15
1PM–3PM
EVERYONE WELCOME

BULLHEAD CITY
SENIOR CAMPUS

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

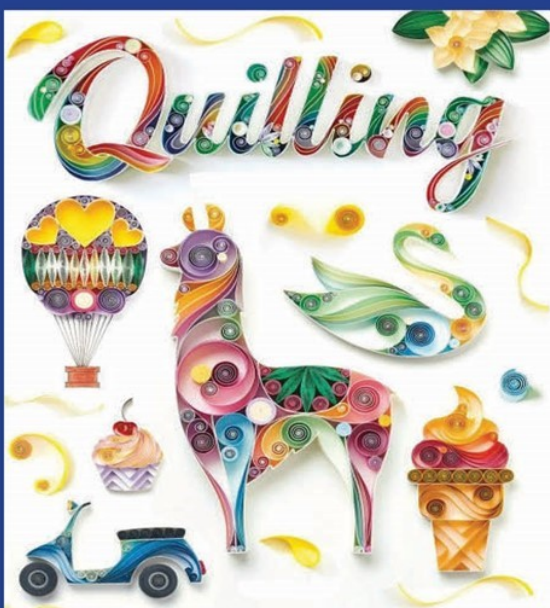
- Nurses visit as often as needed to carry out your specific care plan.
- Bereavement Counselors provide grief support and education for loved ones.
- Social Workers provide emotional support and can assist with living wills.
- Physicians and Nurse Practitioners
- Nurse Aides
- Skilled Therapists
- Dieticians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



Join us for *Quilling*

*The first and third
Thursday of each month
Noon to 2:00 pm
Senior Campus*

Everyone Welcome.
Supplies and instruction will be provided.

Are You a February Baby?

HAPPY BIRTHDAY

Join us for the February Birthday Month Celebration for all Seniors 50+ at the Senior Campus on Tuesday, February 21st starting at 11:30 am

February 1
Darwin Harrison

February 2
Gino Rodarte
Kenneth Goetz

February 3
Richard Vailant

February 4
Sheryl Kennedy
Gwen Hahn
Renee Pulfer
Patti Howard

February 5
Annette Ciuni
Sharleen DeTomaso
John Montoya

February 6
Lynn Green

February 7
Merye Pierce

February 8
Andre Hakim

February 9
Barbara Ousley
Rose Delorme
Paul Fuller

February 10
Bruce Borg
James Osburn

February 11
George Hall

February 12
Margarita Garcia
Ronnie Havenhill
Lorenzo Rodriguez

February 13
Nena Weeber

February 16
Eberhardt, Don
Lewis, Robert

February 17
Louis Herrera
Lon Pearson

February 19
David Bourg
Kathleen Stout

February 20
Barbara Trulli
Donald Hodge
Charlie Brown

February 21
Susie Helberg

February 22
Carol Hurlburt
Mejia, Juan Mejia
Sandy Shepherd

February 23
Chis Broerman
Allen Ledford

February 27
Peggy Hoggatt
Mark Judd

February 28
Charles Johnson
Joan Thaning

February 29
Brian Timmons



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

(928) 763-1212 ncollins@watermarkcommunities.com



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

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

THIS DAY IN...



HISTORY

- **1653:** THE CITY OF NEW AMSTERDAM, WHICH WILL LATER BE RENAMED THE CITY OF NEW YORK, IS INCORPORATED.
- **1876:** THE NATIONAL LEAGUE OF PROFESSIONAL BASEBALL CLUBS IS FORMED.
- **1922:** "ULYSSES" BY JAMES JOYCE IS PUBLISHED.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to vision.

SPUILP

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

Answer: Pupils



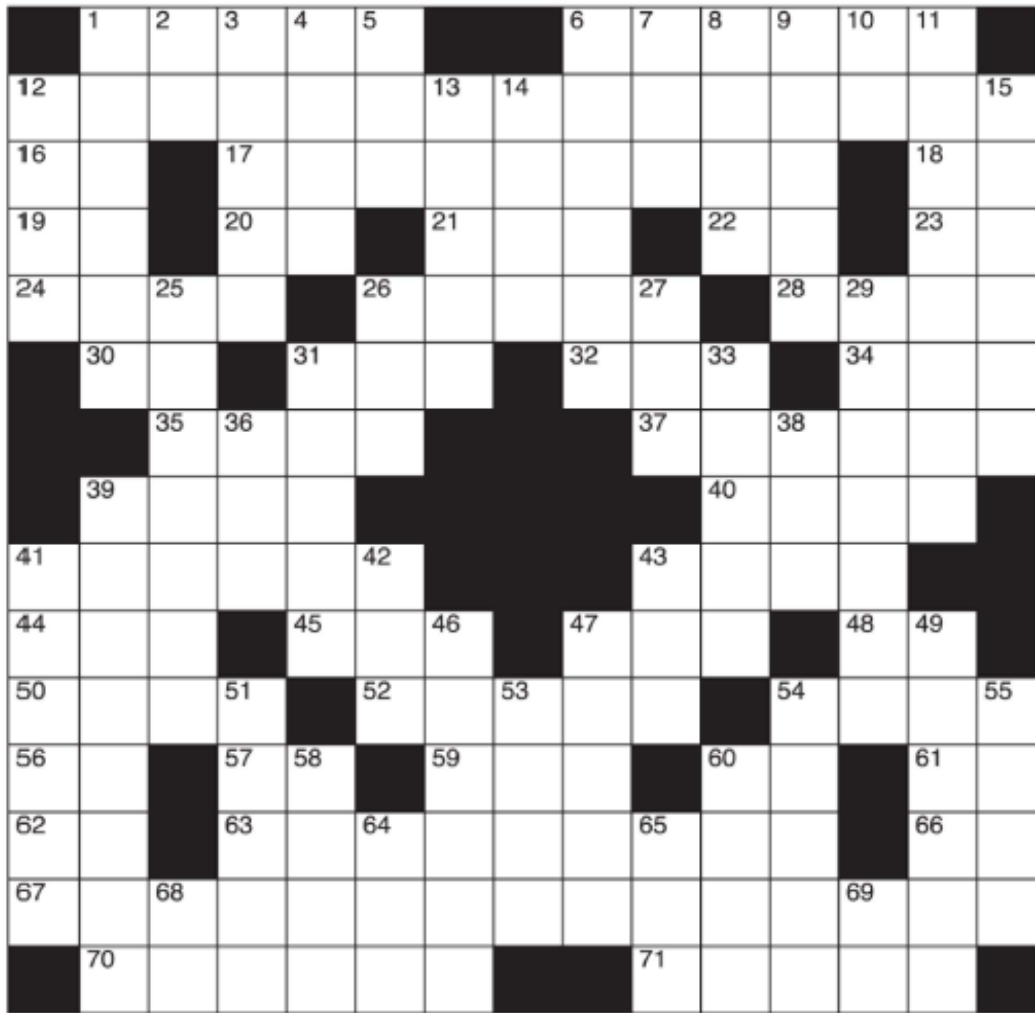
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the library.

OVEMUL

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

Answer: Volume



CLUES ACROSS

- 1. Struck firmly
- 6. Shirt part
- 12. Nevertheless
- 16. Article
- 17. Adornment
- 18. Educator's helper
- 19. Healthcare pro
- 20. Atomic number 28
- 21. Extinct flightless bird
- 22. Mystic syllable
- 23. College sports decision maker (abbr.)
- 24. Edible mushrooms
- 26. Venerable English monk
- 28. Surrounded by
- 30. Forming fractional numbers from 4 onwards
- 31. Eastern France river
- 32. Short cry or yelp
- 34. Brew
- 35. Ornamental box
- 37. In a way, surfaced
- 39. Attired
- 40. Peculation
- 41. Netted
- 43. It shows you paid (abbr.)
- 44. Payroll firm
- 45. Antidiuretic hormone
- 47. Japanese classical theater
- 48. The first two
- 50. Ancient burial chamber
- 52. Type of card
- 54. Expression of sorrow or pity
- 56. Hectoliter
- 57. Morning
- 59. NYC subway dweller
- 60. Law enforcement
- 61. Sodium
- 62. Elevated subway
- 63. Facility where wild animals are kept
- 66. Integrated circuit
- 67. Seaman's tool
- 70. Drink to
- 71. Small group

CLUES DOWN

- 1. Poem
- 2. Everest is one (abbr.)
- 3. Olympic legend Jesse
- 4. Portable tent
- 5. When you hope to get there
- 6. Unwavering
- 7. Back muscle
- 8. Within
- 9. Excessive fluid accumulation in tissues
- 10. Six
- 11. Involved as a necessary part
- 12. 2002 Liotta, Patric film
- 13. Living thing
- 14. Type of gin
- 15. Moved around in pursuit of fun
- 25. Makes light bulbs
- 26. Story of one's life
- 27. Small island in a river
- 29. A type of bliss
- 31. Genus of large herons
- 33. A way to make dry
- 36. One's grandmother
- 38. Vocal style
- 39. Pronunciation mark
- 41. American Indian chief or leader
- 42. Insecticide
- 43. Go bad
- 46. Capital of Zimbabwe
- 47. Polish river
- 49. Cast out
- 51. People of India and Sri Lanka
- 53. Cleaning fabrics
- 54. Very skilled
- 55. Pouches
- 58. Restaurant must-have
- 60. Native Americans from Arizona
- 64. Remaining after all deductions
- 65. Fleece
- 68. Dorm official
- 69. It cools your home

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



FEBRUARY 2023

ACTIVITIES CALENDAR



WEDNESDAY

1

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 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
Fast Track Game (Come Learn)
Watercolor II- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

2

9:00 a.m. to 9:45 a.m.
Noon to 1:00 p.m.
Noon to 2:00 p.m.
Noon to 2:00 p.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Ice Cream Social
Quilling Group Instruction
One on One Technology Tutoring - 2 spots
Knit & Crochet Group
Sewing Project: Love Letter Envelopes
Pass the Trash-Card Game/Pot Luck

FRIDAY

3

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
Poker card game
Pinochle game

MONDAY

6

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to Noon
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.
5:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes
Voter Registration
Dementia Support Group
Mexican Train Game
Pinochle Card Game
Poker Card Game
Colorado River Concert Association

TUESDAY

7

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.
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.
4:30 p.m. to 5:30 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
Learn to Draw
Learn, Make & Take Heart Necklace (12 spots)
Hand & Foot Card game & Poker game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

8

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 3:00 p.m.
1:00 p.m. to 2:00 p.m.
2:15 p.m. to 3:15 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
Fast Track Game (Come Learn)
Watercolor II- Painting Class
Bereavement Support Group
Stories Read by Elena *in person or*
meet.google.com/zxp-yudw-ffk
Gamblers Anonymous Meeting

THURSDAY

9

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

Essentrics - Aging Backwards
Give, MAKE, & Take *(Peanut Butter Cookies)*
Knit & Crochet Group
Sewing Demo *for all and one on one (2 spots)*
Pass the Trash card game & Potluck

FRIDAY

10

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
Poker card game
Pinochle game

MONDAY

13

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to Noon
Noon to 1:30 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
Voter Registration
Happy Hour with Games
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY

14

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.

12:30 p.m. to 3:30 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.
4:30 p.m. to 5:30 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 or*
meet.google.com/eqb-noec-qus
Hand & Foot Card Game
Poker Card Game
Card Making Class (8 spots)
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

15

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 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
Fast Track Game (Come Learn)
Watercolor II- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

16

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 2:00 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 - Quilted Zipper Pouch
Quilling Group Instruction
Knit & Crochet Group
Pass the Trash-Card Game/Pot Luck

FRIDAY

17

9:00 a.m. to 9:45 a.m.
11:00 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
Poker card game
Pinochle game

MONDAY

20

**SENIOR CAMPUS IS CLOSED
FOR PRESIDENT'S DAY**



TUESDAY

21

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 12:30 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.
4:30 p.m. to 5:30 p.m.
6:30 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
Poker Card Game
Hand & Foot Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)
Evening Bunco Group

WEDNESDAY

22

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.
10:00 a.m. to 11:00 a.m.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 2:00 p.m.
2:15 – 3:15 pm

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
Fast Track Game (Come Learn)
Watercolor II- Painting Class
Bereavement Support Group
Stories Read by Elena in person or
meet.google.com/zxp-yudw-ffk
Gamblers Anonymous Meeting

THURSDAY

23

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

Essentrics - Aging Backwards
Resources & Preparation Assistance
Knit & Crochet Group
Ice Cream Sundae Social
Pass the Trash-Card Game/Pot Luck

FRIDAY

24

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.

Well Being & Current Events
Body Moves for Brain Power
Mexican Train Game
Poker card game
Pinochle game

MONDAY

27

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

Bi-Annual Craft & Overstock Sale
Body Moves for Brain Power
Free Bingo w/Prizes
Voter Registration
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY

28

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.
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.
4:30 p.m. to 5:30 p.m.
6:30 p.m. to 9:00 p.m.

Zumba Class
Beading Group
Essentrics- Aging Backwards
Watercolor Painting Class w/Pro Inst.
Learn to Draw
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)
Evening Bunco Group

VISION CHECK WORD SEARCH

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

WORDS

- ABERROMETER
- ALLERGY
- ANISOCORIA
- ASTIGMATISM
- BENIGN
- BIFOCAL
- BLEPHARITIS
- BRIDGE
- CATARACT
- CHAMBER
- COATING
- CONE
- CORNEA
- DIOPTR
- DISORDER
- GLAUCOMA
- LENS
- MACULA
- OPTICAL
- REDNESS
- REFRACTIVE
- RETINA
- SWELLING
- TEARS

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 getting organized.
 Each number corresponds to a letter.
 (Hint: 26 = R)

- A. 12 26 7 19 26 4 25**
Clue: Methodically arranged
- B. 23 19 16 11**
Clue: Tidy
- C. 24 12 26 11**
Clue: Categorize
- D. 12 26 15 16 23 1 6 19**
Clue: Order

Answers: A. orderly B. neat C. sort D. organize

⊙ ⊛ ⊜ ⊝ ⊞ ⊠ ⊡ ⊢ ⊣ ⊤ ⊥ ⊦ ⊧ ⊨ ⊩ ⊪ ⊫ ⊬ ⊭ ⊮ ⊯ ⊰ ⊱ ⊲ ⊳ ⊴ ⊵ ⊶ ⊷ ⊸ ⊹ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿ ⊿

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

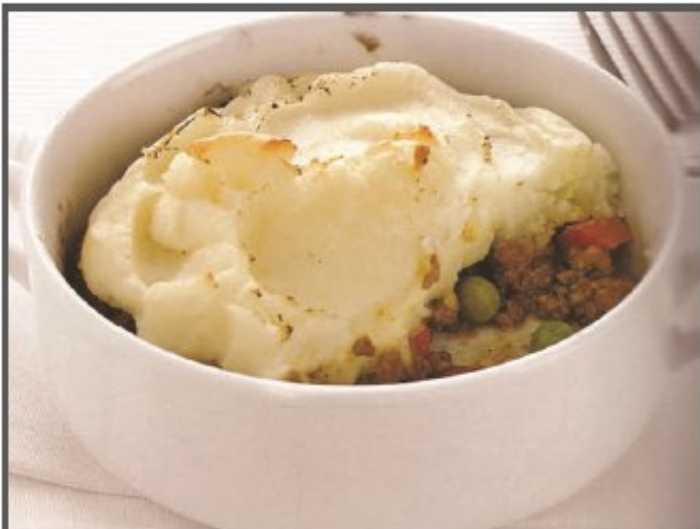
☒ ☑ ☎ ☏ ☐ ☑ ☒ ☓ ☔ ☕ ☖ ☗ ☘ ☙ ☚ ☛ ☜ ☝ ☞ ☟ ☠ ☡ ☢ ☣ ☤ ☥ ☦ ☧ ☨ ☩ ☪ ☫ ☬ ☭ ☮ ☯ ☰ ☱ ☲ ☳ ☴ ☵ ☶ ☷ ☸ ☹ ☺ ☻ ☼ ☽ ☾ ☿ ⊕ ⊖ ⊗ ⊘ ⊙ ⊚ ⊛ ⊜ ⊝ ⊞ ⊠ ⊡ ⊢ ⊣ ⊤ ⊥ ⊦ ⊧ ⊨ ⊩ ⊪ ⊫ ⊬ ⊭ ⊮ ⊯ ⊰ ⊱ ⊲ ⊳ ⊴ ⊵ ⊶ ⊷ ⊸ ⊹ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿ ⊿

Determine the code to reveal the answer!

Solve the code to discover words related to low vision.
 Each number corresponds to a letter.
 (Hint: 15 = S)

- A. 24 2 24 15**
Clue: Sight organs
- B. 24 8 11 12**
Clue: Test
- C. 6 16 15 16 3 13**
Clue: Ability to see
- D. 7 17 11 15 15 24 15**
Clue: Aids vision

Answers: A. eyes B. exam C. vision D. glasses



Cottage Pies

Serves 4

- 1 1/2 pounds Yukon gold potatoes (about 3), peeled and cut into 2-inch pieces
- Kosher salt and black pepper
- 1/2 cup whole milk
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 pound ground beef
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 1/2 cups frozen peas and carrots

Heat oven to 425 F. Place the potatoes in a large pot and add enough cold water to cover. Bring to a boil and add 2 teaspoons salt. Reduce heat and simmer until just tender, 15 to 18 minutes. Drain the potatoes and return them to the pot. Add the milk, butter, and 1/4 teaspoon each salt and pepper and mash to the desired consistency.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the beef and cook, breaking it up with a spoon, until no longer pink, 5 to 6 minutes. Stir in the ketchup, Worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Fold in the peas and carrots. Transfer the beef mixture to 4 individual baking dishes and top with the mashed potatoes. Bake until golden brown, 15 to 20 minutes.

ANSWERS

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

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

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

Join us for
Breakfast

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



For the Love  of Your Health

We all know that making sure our health is stable is important. Many seniors are on medications or have conditions that need monitoring. Sometimes getting into a doctor is difficult, especially if you are a snowbird. That is why Dr. Sheila Barnett volunteers at the Senior Campus the 3rd Friday of the month. She is available to screen various signs to make sure you are healthy and your medications are working.

She offers the following services free of charge:

- Memory Screening to test for the early signs of dementia or Alzheimer's
- Blood Pressure check
- Urine Analysis
- Blood Sugar Levels (Glucose)*must be fasting at least 8 hours
- Stress Assessment
- Spine and Posture Screening
- Brain Health Assessment
- Height and Weight Monitoring
- Weight Loss/Diabetic and Nutritional Counseling
- Resources, References and Referrals

Reserve your appointment time today.
(928) 763-0193

Dr. Barnett is available from 11 am - 2 pm the 3rd Friday of the month.

SAY

YES

TO 100% FIBER
INTERNET FROM TWN



NO

BUFFERING
TERM COMMITMENTS
PRICE JUMPS
DATA CAPS
UP TO SPEEDS

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*Services provided by TWN Communications. Not available in all areas. Restrictions, terms and conditions apply. Learn more at twncomm.com/terms-conditions. Taxes, regulatory, surcharges and other charges are applicable. Customers on qualifying internet plans will receive download/upload speeds of 25.0 Mbps to 1.0 Gbps, per respective plan. A 30-day notice is required to cancel service.

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

Tri-State Paralegals

Advocate Sponsors:

Dot Foods

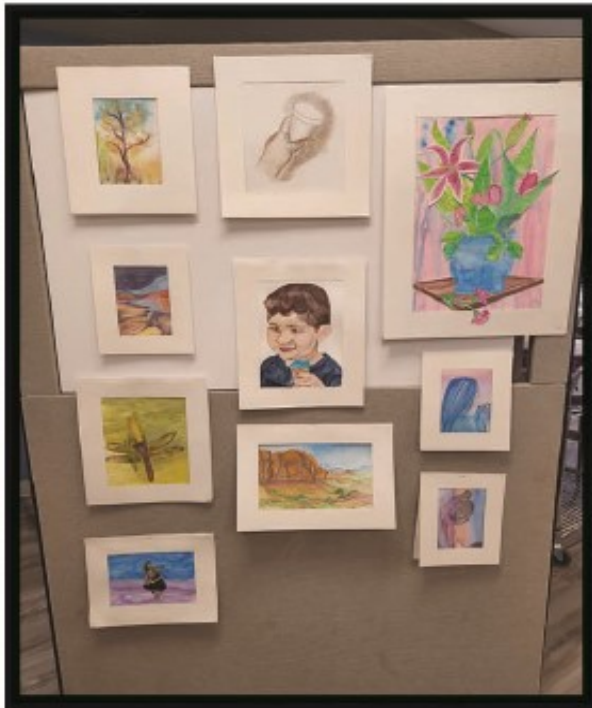
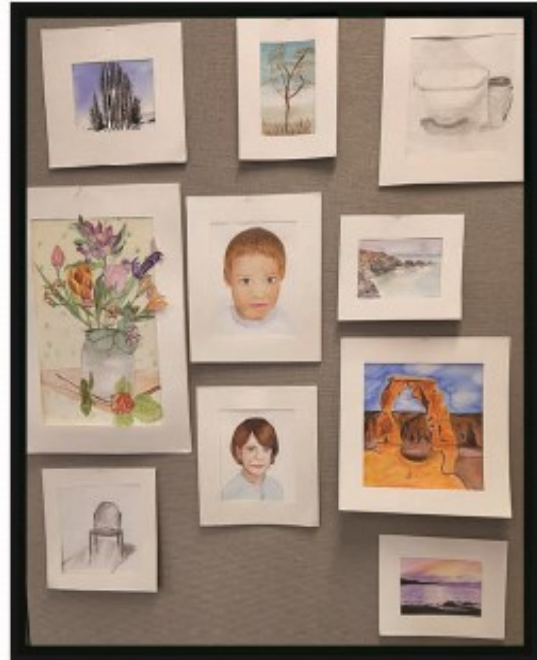
Suzette Roberts-Medicare Agent

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

Senior Art Exhibition

Bullhead City Senior Campus hosted an Art Exhibition on January 11, 2023 and showcased their clients amazing talent.



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.

The screenshot shows the Walmart Spark Good website. At the top, there's a navigation bar with the Walmart logo, 'Departments', 'Services', and a search bar. Below that, there's a 'Spark Good in your Neighborhood' section with a photo of volunteers. A red arrow points to the 'Find a local charity' section, which includes a search bar, a 'Search' button, and a map of the Bullhead City area. Below the map, there are two charity listings: 'BULLHEAD CITY MEALS ON WHEELS' and 'SADYATION ARMY, BULLHEAD CITY/LAUGHLIN, AZ - CORPS...'.

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

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.

Membership Registration
Privacy & Security First

1-time registration process

FULL NAME
Enter your full name

EMAIL ADDRESS
Enter email

TEXT MESSAGE (optional)
Enter phone number

Enter mobile number only
If it's a landline number, please call our support hotline for verification: 1-800-299-1449

TELL US ABOUT YOURSELF

I'm associated with a community

I'm not associated with a community, but interested in joining.

ENTER YOUR REFERRAL ID
Enter Referral ID

I don't have a Referral ID

HOW DID YOU HEAR ABOUT THE PROGRAM?
[Dropdown menu]

CONTINUE

By signing up, I agree to the Privacy Policy

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**.

Membership Registration

A 6-digit code has been sent to lorindahreeders@gmail.com

VERIFICATION CODE
Enter code from your email

Please open a new browser tab to access your email and keep this tab open to return and put in your code.

CONTINUE

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**

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SENIOR CAMPUS
SPONSORS

CHAMPION
LEVEL SPONSOR



GUARDIAN
LEVEL SPONSOR



SUPPORTER
LEVEL SPONSOR



ADVOCATE
LEVEL SPONSORS



INTERESTED IN BECOMING A SPONSOR?
EMAIL JACKIE JENSEN AT JJENSEN@BULLHEADCITYAZ.GOV