

Quilling Group



Genealogy Group



# Our 1 Year Anniversary Edition!

Fast Track Game



# March NEWSLETTER



03 / 2023 ISSUE 12

SCAN FOR EVENT  
CALENDAR



**BULLHEAD CITY'S SENIOR CAMPUS**



**Are you a crafter?  
Do you want to learn a craft?**

Come to this self paced crafter space. Bring a project you're working on or help others and learn their craft. This is a social group so bring your best stories too!

This group will have access to the "Let's Craft Cabinet" supplies. The group will also work on special projects throughout the year

There are no restrictions here and it's a weekly open group for participation.

**WE MEET EVERY  
WEDNESDAY  
10 AM to 11:30 AM**

**BULLHEAD CITY SENIOR CAMPUS  
2275 TRANE RD.  
QUESTIONS?  
CALL KIM COOL (928) 769-0193**

# Gardening Basics

**Thurs. March 2, 2023  
10AM to 11:30 AM**

*An Arizona Health Zone Presentation*

**Grow Your Own Food &  
Taste the Difference**



**BULLHEAD CITY SENIOR CAMPUS  
SENIOR NUTRITION CENTER  
2275 TRANE RD.**

**QUESTIONS? CALL KIM COOL (928) 763-0193**

This material was funded by USDA Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer.

MARCH 2023

Greetings Bullhead Area Seniors & Business Partners.

The Senior Campus continues to grow in popularity with local seniors. We are so happy with all the new friendships that are coming out of what we have built here. As I type this letter I am consumed by the laughter of our ever growing Bunco Group. We are very thankful to our Parks & Recreation Department for sharing their building with us as our space fills up.

Speaking of outgrowing walls, I hope people have taken advantage of the new internet based programs we offer through Televeda. The instructions are included in this newsletter but if you need help to navigate the system we have a brand new volunteer representative from Wellcare that you may call and he will come to you and set up your device. His name is Aaron Headley and you can reach him at (480) 250-9720 or [solutions@hiamedicare.com](mailto:solutions@hiamedicare.com).

With March moving upon us I know we will soon be losing some of our Meals on Wheels volunteers as they head back to their summer homes up north. With that said, I need to put a plea out right now for more volunteers. The process for delivering meals, working in our kitchen or at the front desk requires a federal background check which can take up to 12 weeks to return. If you have between 2-3 hours once a week to help I would love to speak with you. Drivers need to have a valid driver's license and they use a car from our Meals on Wheels fleet.

Now for the most exciting part! Our Senior Campus has just grown with a brand new Senior Services Program Assistant, Shelly Drescher. Shelly will be heading up our Senior Nutrition Program. Her favorite part of being here so far is interacting with the community members both within the center and meeting the Meals on Wheels homebound recipients. Shelly's previous employment included working for Meals on Wheels in Laughlin, IT, Accounting, and being a payroll specialist in a Laughlin casino. She has two boys Taylor and Randy who live close by. Her hobbies include photography, scuba diving, paddle boarding, boating, hiking, camping, and being in the mountains. We are thrilled to have such a well-rounded individual leading our Meals on Wheels program.

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.

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](mailto:kcool@bullheadcityaz.gov)



**WELCOME!**  
Shelly Drescher  
Senior Services Program Assistant

# Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Ham w/ Pineapple Glaze Baked Beans Veggie Medley	<b>2</b> Sweat & Sour Chicken Buttered Pasta Pasta Mixed Veggies	<b>3</b> Turkey Cutlet Stuffing Steamed Peas
<b>6</b> Pork Steak w/ Gravy Mashed Sweet Potatoes Steamed Broccoli	<b>7</b> Beef Cutlet Gravy Mashed Potatoes Steamed Carrots	<b>8</b> BBQ Chicken Potato Wedges Mixed Veggies	<b>9</b> Vegetarian Lasagna Bread Stick Mixed Veggies	<b>10</b> Salisbury Steak Rice Pilaf Stewed Tomatoes
<b>13</b> Bratwurst Sautéed Cabbage Potatoes Au Gratin	<b>14</b> Swedish Meatballs Buttered Pasta Steamed Carrots	<b>15</b> Stuffed Peppers Steamed Corn Warm Apples	<b>16</b> Teriyaki Chicken Fried Rice Japanese Blend Veggies	<b>17</b> Cheese Omelet Sausage Patty Hash Browns
<b>20</b> Country Fried Steak Mashed Potatoes Mixed Veggies	<b>21</b> Beef Tamales Fiesta Blend Mexican Rice	<b>22</b> Chicken Mushroom Gravy Rice Pilaf Chuck Wagon Blend	<b>23</b> Cabbage Rolls Baked Beans Cherry Cobbler	<b>24</b> Turkey Cutlet Stuffing Steamed Peas
<b>27</b> Lemon Pepper Chicken Mac & Cheese Veggie Medley	<b>28</b> Roasted Turkey Mashed Potatoes Green Beans	<b>29</b> Chicken Pot Pie Biscuit Cobbler	<b>30</b> Pork Chop Mashed Potatoes Gravy California Blend	<b>31</b> Ham Steak Potato Wedges Sautéed Cabbage

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.

# Join us for Breakfast

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



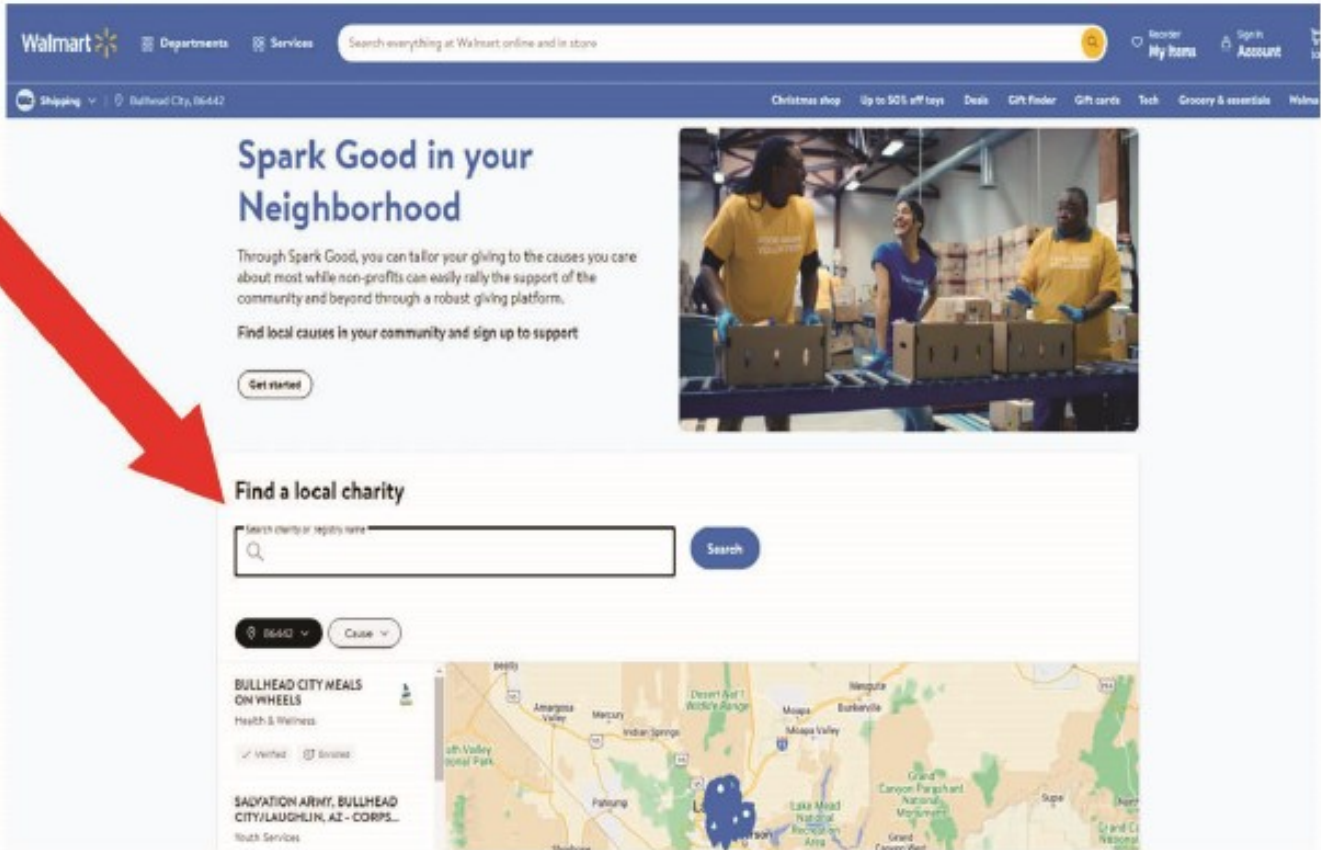
Your choice of  
Beverage Only: Coffee, Tea or Juice  
only \$1 per person  
or Continental Breakfast & Beverage  
only \$2 per person

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](http://www.bullheadcity.com)

# 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.



## 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](http://www.Walmart.com/SparkGood) to learn more

# SENIOR CAMPUS SPOTLIGHT

Everyone Meet Mario & Kerry

## Client Spotlight



### YVONNE TEBROSKI

Yvonne has been coming to the Senior Campus off and on for 20 years. She loves interacting with other seniors and really enjoyed all the activities offered in 2022. She said "being an amputee the Senior Campus gets her out of the house."

She was born in Germany and came to the United States in 1955. She lived in Vacaville, California before attending the University of Reno, Nevada for Management and was a restaurant manager before she retired. She has been married for 38 years. She enjoys swimming and working with plaster of paris.

## Volunteer Spotlight



### MELODY PADILLA

Melody has been volunteering at the Senior Campus since October 2022. She works with Meals on Wheels, does wellness checks and assists with the Senior Campus front desk.

She enjoys talking to other seniors and learning about their lives and experiences. She has been on sabbatical since 2014. She was an executive secretary for an industrial machinery distributor in Santa Fe Springs, California for 22 years.

Melody grew up in California and has been married to her husband Robert for 42 years. They have two sons, two grandsons and one granddaughter.

She enjoys traveling in their RV when the weather is not too hot.



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



EVERY WEDNESDAY  
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

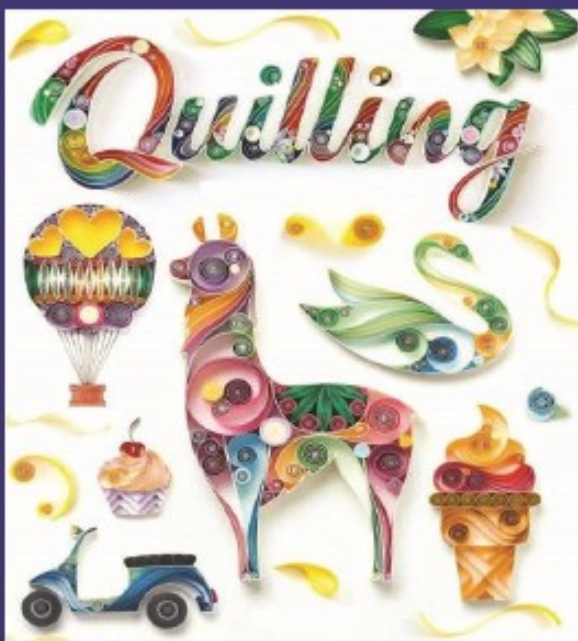
- Nurses visit as often as needed to carry out your specific care plan.
- Bereavement Counselors provide grief support and education for loved ones.
- Social Workers provide emotional support and can assist with living wills.
- Physicians and Nurse Practitioners
- Nurse Aides
- Skilled Therapists
- Dietitians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



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

[www.arizonalifehospice.com](http://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 March Baby?

# HAPPY BIRTHDAY

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

March 3

Steve Colton  
Philip Toomes

March 4

Theresa Connelly

March 5

Sandy Conrad

March 6

Bill Corrao  
Marilou Corrao  
Juliette Cowall  
Judy Critz

March 7

Ron Cudmore  
Julieann Cantrell  
William Spooore  
Michelle Cummings

March 9

John Cupa  
Sally Curtis

March 10

Donna Davis

March 13

Donna Defillips-Gonzalez

March 14

Leona Delia  
Susan McGrane

March 15

Eric Demaree  
Diane Denard  
Fern Derie

March 16

Brenda Desotela

March 18

Michiko Budo

March 19

Sharleen DeTomaso

March 20

Gay Dixon

March 21

Roxanne Dominguez  
Brenda Long

March 22

Jeff Dragotto  
Terry Champ

March 24

Janet Driggs  
Brian Driscoli

March 25

Austen Bay

March 26

Ronald Dunlap  
Michael Earis  
Leona Eckman  
Vernitaz Eddards  
Janet Elam  
Lillian Elizabide

March 27

Mary Beniche

March 29

Jean Emter  
Linda Enriquez-Curtis

March 30

James Epps

March 31

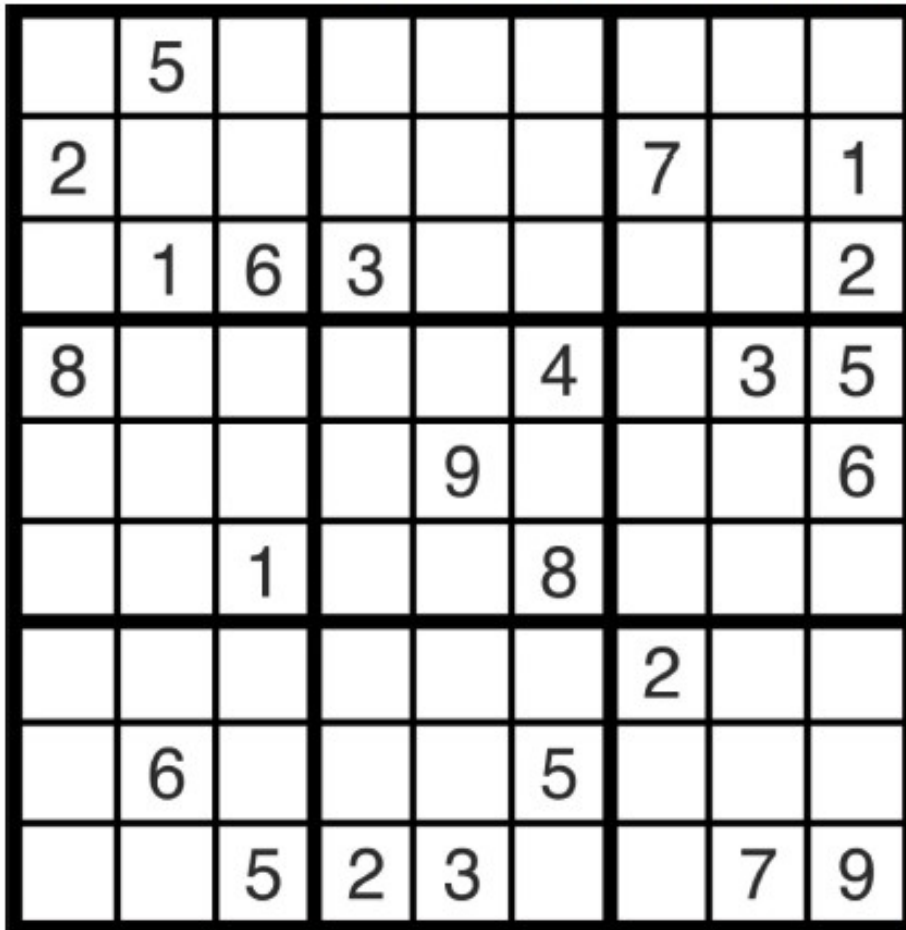
Grace Felsner



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

(928) 763-1212 [ncollins@watermarkcommunities.com](mailto:ncollins@watermarkcommunities.com)



⊙ ✨ ☒ ⊕ ~ Ⓞ Ⓜ ✧ \* ⚡ × ⚡ + ☼ ⚡ \* ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡  
**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

# CRYPTO FUN

☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒  
 Determine the code to reveal the answer!

Solve the code to discover words related to basketball.  
 Each number corresponds to a letter.  
 (Hint: 17 = e)

**A. 14 19 20 23 23 24 17**

*Clue: Bounce ball*

**B. 8 6 6 5**

*Clue: Net*

**C. 18 21 16 19 14**

*Clue: Block or protect*

**D. 5 6 20 1 15 11**

*Clue: Score*

Answers: A. dribble B. hoop C. guard D. points

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the peanuts.

**TBRUET**

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

*Answer: Butter*

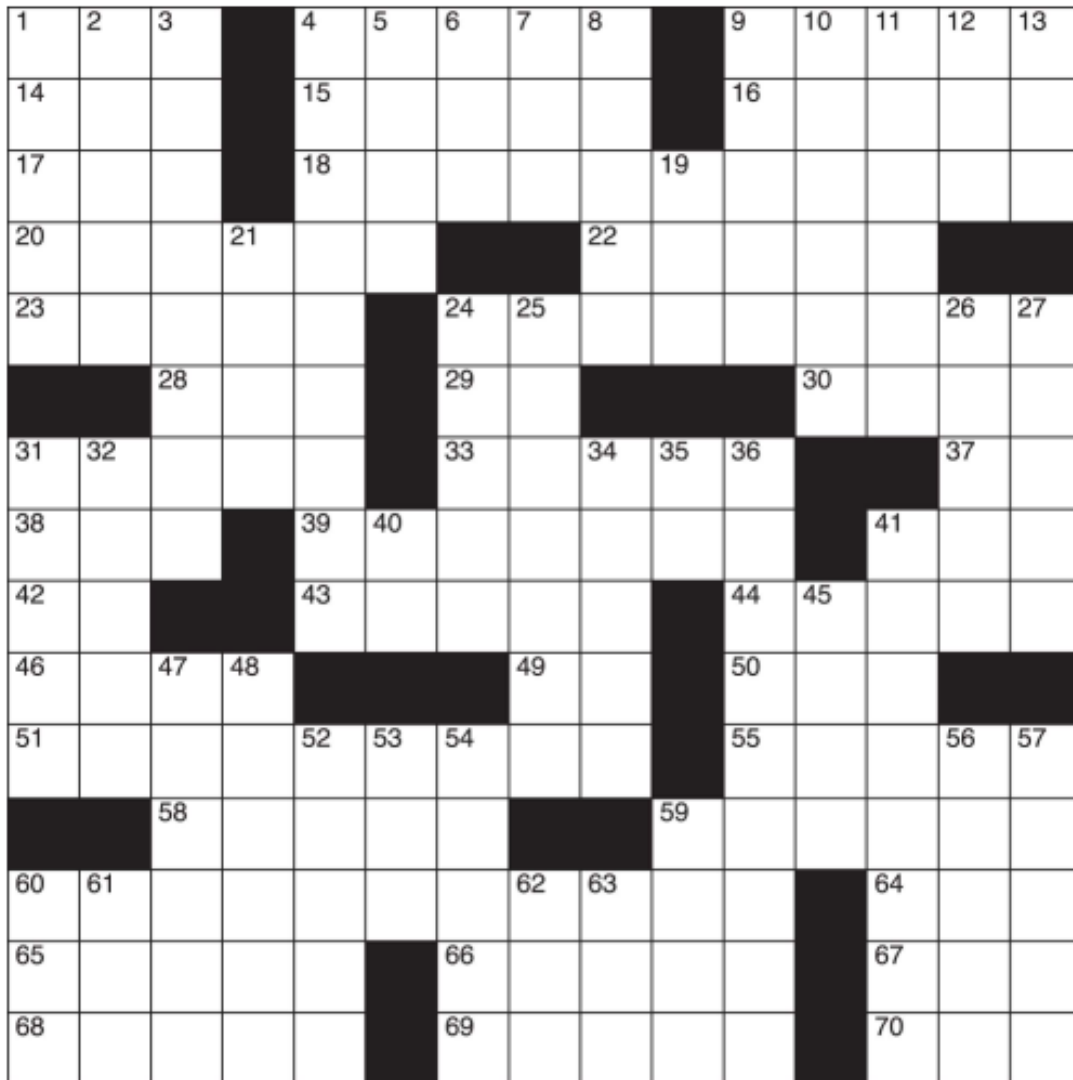
## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to umbrellas.

**CDUOL**

--	--	--	--	--

*Answer: Cloud*



# THE PUZZLER



## CLUES ACROSS

- 1. Public broadcaster
- 4. The media
- 9. Manila hemp
- 14. Not just "play"
- 15. Trailblazing German historian
- 16. Type of puzzle
- 17. Plant in the daisy family
- 18. Not young
- 20. Dennis is one
- 22. Revealed
- 23. But goodie
- 24. Absurd
- 28. Commercials
- 29. University of Dayton
- 30. Expression of annoyance
- 31. Stories
- 33. More critical
- 37. Of I
- 38. Time units (abbr.)
- 39. Arousing intense feeling
- 41. High schoolers' test
- 42. Trauma center
- 43. Astronomical period
- 44. Fights
- 46. Italian Lake
- 49. Rhenium
- 50. Baseball stat
- 51. State of consciousness
- 55. Some is dietary
- 58. Stringed instrument
- 59. \_\_\_ Kidman, actress
- 60. Orator
- 64. Ottoman military commander
- 65. Makes known
- 66. Type of font
- 67. Cool!
- 68. Short musical composition
- 69. Porticos
- 70. Not wet

## CLUES DOWN

- 1. The upper part of a duet
- 2. Carpenter's tool
- 3. Outrageous events
- 4. Procedures
- 5. Type of party
- 6. Between northeast and east
- 7. Sanskrit (abbr.)
- 8. NJ college \_\_\_ Hall
- 9. Sharp mountain ridge
- 10. Observed something remarkable
- 11. One who obeys
- 12. \_\_\_ de sac
- 13. Sign language
- 19. Predecessor to Protestantism
- 21. Right-hand man
- 24. \_\_\_ anglicus: sweating sickness
- 25. People who proof
- 26. Israeli Defence Forces sergeant
- 27. Remains as is
- 31. Receptacle
- 32. Archers' tool
- 34. Gets up
- 35. Unit of energy
- 36. Explains again
- 40. Pa's partner
- 41. Region bordering the sea
- 45. Type of acid
- 47. Lesotho capital
- 48. Gave a speech
- 52. Irregular as though nibbled away
- 53. Neither
- 54. Copyreads
- 56. Edward \_\_\_, British composer
- 57. Prepared
- 59. Launched Apollo
- 60. Relative biological effectiveness (abbr.)
- 61. Protects from weather
- 62. Feline
- 63. Equal



# SPRING BREAK WORD SEARCH

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

## WORDS

BEACH  
 BEVERAGES  
 BREAK  
 CELEBRATE  
 COLLEGE  
 CONTEST  
 CROWDS  
 ESCAPE  
 FRIENDS  
 MUSIC  
 NOISY  
 OCEAN  
 PARTY  
 REFRESHMENTS  
 REVELRY  
 SEMESTER  
 SOUTH  
 SPRING  
 SUNSHINE  
 SWIMSUIT  
 TRAFFIC  
 TRAVEL  
 VACATION  
 WARM

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 spring.  
 Each number corresponds to a letter.  
 (Hint: 26 = L)

**A. 12 11 16 5 24 22**

Clue: One of the seasons

**B. 25 5 26 2**

Clue: Not severe

**C. 10 26 18 1 14 16**

Clue: Part of a plant

**D. 21 26 18 18 25 5 24 22**

Clue: State of flowering

Answers: A. spring B. mild C. flower D. blooming



# BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# MARCH 2023 ACTIVITIES CALENDAR



## WEDNESDAY

# 1

9:00 a.m. to 9:45 a.m.  
 9:15 a.m. to 10:00 a.m.  
 10:00 a.m. to 11:30 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 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  
 Let's Craft - Free Style  
 Beginner Watercolor Painting w/Pro  
 Bunco Group  
 Genealogy Club  
 Fast Track Game (Come Learn)  
 Advanced Watercolor Painting Class  
 Bereavement Support Group  
 Gamblers Anonymous Meeting

## THURSDAY

# 2

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 2:00 p.m.  
 Noon to 2:00 p.m.  
 Noon to 3:00 p.m.  
 Noon to 3:00 p.m.

Essentrics - Aging Backwards  
 Gardening Program Presentation  
 Ice Cream Social  
 Quilling Group Instruction  
 One on One Technology Tutoring - 2 spots  
 Knit & Crochet Group  
 Open Sewing Group



## 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  
 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  
 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.  
12:30 p.m. to 3:30 p.m.  
4:00 p.m. to 4:30 p.m.  
4 :30 p.m. to 5:30 p.m.

Zumba Class  
Beading Group  
Essentrics- Aging Backwards  
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.  
10:30 a.m. to 11:30 a.m.  
10:30 a.m. to 11:30 a.m.  
Noon to 1:00 p.m.  
Noon to 1:00 p.m.  
1:00 p.m. tp 3:00 p.m.  
1:00 p.m. to 3:00 p.m.  
1:00 p.m. to 2:00 p.m.

Body Moves for Brain Power  
Relaxation & Mindfulness Exercise  
Caregiver Support Group *In person/Zoom*  
Let's Craft Free Style  
Beginner Watercolor Painting w/ Pro  
Learn to Draw  
Trivia Time  
Fast Track Game (Come Learn)  
Watercolor II- Painting Class  
Bereavement Support Group

## THURSDAY

# 9

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to Noon  
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  
Family Caregiver Day at the Capital *(Via Zoom)*  
Give, MAKE, & Take *(Shamrock Cookies)*  
Knit & Crochet Group  
Open Sewing Group  
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.  
Noon to 1:00 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.  
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  
Dementia Support Group  
Happy Hour with Games  
Mexican Train Game  
Pinochle Card Game  
Poker Card Game  
Colorado River Concert Association Meeting



## 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 11:00 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 4:30 p.m.  
4:30 p.m. to 5:30 p.m.

Zumba Class  
Beading Group  
Essentrics- Aging Backwards  
"We Care" Cancer Support Meeting  
Learn to Draw  
Breath Work Exercise in person or  
[meet.google.com/eqb-noec-qus](https://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.  
10:00 a.m. to 11:30 a.m.  
10:00 a.m. to 11:30 a.m.  
Noon to 1:00 p.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  
Let's Craft Free Style  
Beginner Watercolor Painting w/Pro  
Learn to Draw  
Bunco Group  
Genealogy Club  
Fast Track Game (Come Learn)  
Advanced Watercolor- Painting Class  
Bereavement Support Group  
Gamblers Anonymous Meeting

## THURSDAY

# 16

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:00 a.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  
Exercise to Ease Arthritis Pain  
Quilling Group Instruction  
Open Sewing Group  
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

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.

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





**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.  
 11:30 a.m. to 12:30 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  
 Birthday Month Celebration  
 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.  
 10:00 a.m. to 11:30 a.m.  
 10:00 a.m. to 11:30 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 – 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  
 Let's Craft - Free Style  
 Beginner Watercolor Painting w/Pro  
 Learn to Draw  
 Fast Track Game (Come Learn)  
 Advanced Watercolor Painting Class  
 Bereavement Support Group  
 Stories Read by Elena in person or  
[meet.google.com/zxp-yudw-ffk](https://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 9:45 a.m.  
 10:00 a.m. to 11:30 a.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  
 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.  
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 4:30 p.m.  
4:30 p.m. to 5:30 p.m.

Zumba Class  
Beading Group  
Essentrics- Aging Backwards  
Breath Work Exercise  
Hand & Foot Card Game  
Poker Card Game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)



**WEDNESDAY**

**29**

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 a.m.  
10:00 a.m. to 11:30 a.m.  
10:00 a.m. to 11:30 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  
Let's Craft - Free Style  
Beginner Watercolor Painting w/Pro  
Learn to Draw  
Watercolor II- Painting Class  
Bereavement Support Group  
Gamblers Anonymous Meeting

**THURSDAY**

**30**

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

**FRIDAY**

**31**

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



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**Bullhead City Senior Campus**

10 likes · 1,200 followers



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*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.

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TERM COMMITMENTS  
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DATA CAPS  
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# 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**

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Valley Dental Associates

TWN Communications

Tri-State Paralegals

## Advocate Sponsors:

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Suzette Roberts-Medicare Agent

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- 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

## DID YOU KNOW?



Consumers familiar with the disparity in price between organic fruits and vegetables and conventional alternatives may be curious if that difference in price pays off with healthier foods.

According to a 2014 study published in the British Journal of Nutrition, it does. Researchers behind the study concluded that the antioxidant compounds in organic fruits and vegetables deliver between 20 and 40 percent higher antioxidant activity. That's a significant benefit, as the Harvard T.H. Chan School of Public Health notes that antioxidant-rich fruits, vegetables and legumes are associated with a lower risk of various diseases, including cardiovascular diseases and cancer, and deaths from all causes.

In addition, the Mayo Clinic notes that organically grown produce has traditionally had lower levels of pesticide residue than conventionally grown alternatives, though safety measures governing conventional produce and residue levels have changed in recent years and reduced that gap.

# FINDLAY MOTORS PRESENTS

## LAUGHLIN BULLHEAD AirShow

EST 2023

**Gates Open 10 AM**

### SAT. APRIL 1 • FREE ENTRY

**Airshow Performances Start @ Noon**

Pitts Special Aerobatic Demo, MX-2 Aerobatic Demo, UH-1H Huey & AH-1 Cobra Helicopter Demo, F6F Hellcat / A6M3 Zero Aerial Fight, P-51D Mustang "Man o' War" Aerobatic Demo, Stearman Biplane Aerobatic Demo, Smoke N' Thunder Jet Car & Airplane 'Race', A-10 Thunderbolt II Demo and A-10 Thunderbolt II Heritage Flight

Military Aircraft Static Displays: T-1A Jayhawk, T-6A Texan II, T-6A Texan II, UH-60A Blackhawk and P-8 Poseidon  
Vintage Aircraft Static Displays: Douglas C-53 Skytrooper, PBJ Mitchell, T-33 Shooting Star, and T-6 Texan

**Free Parking & Free Shuttle Service**  
**Vendors, Food Trucks & So Much MORE!**

**Findlay BULLHEAD CITY** **DOT**

**GMC CHEVROLET**

**LAUGHLIN BULLHEAD Airport** **LTC LAUGHLIN TOURISM COMMISSION** **TRAVEL NEVADA TRAVELNEVADA.COM**

**ARIZONA OFFICE OF TOURISM** **Instagram** **facebook**

[laughlinbullheadairshow.com](http://laughlinbullheadairshow.com)

# ANSWERS

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




**HAPPY**


**ST. PATRICK'S DAY!**


“ May your pockets be heavy and your heart be light.  
 May good luck pursue you each morning and night. ”

— Irish Blessing

televēda

# How to Sign Up

1. Go online to [live.televēda.com/sign-up](http://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

E-MAIL ADDRESS  
Enter email

TEXT MESSAGE (optional)  
Enter phone number

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?  
[Text input field]

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](mailto:lorindahreeders@gmail.com)

VERIFICATION CODE  
Enter code from your email

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!

Contact Aaron Headley at (480) 250-9720 or [solutions@hiamedicare.com](mailto:solutions@hiamedicare.com)

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