

Bullhead City Senior Campus Newsletter April 2023





NOV. 2 1999 1 4/2023

SCAN FOR
EVENT CALENDAR




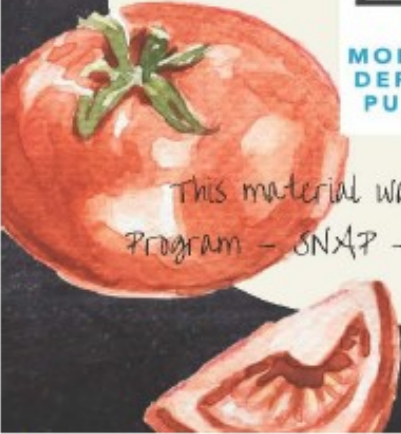
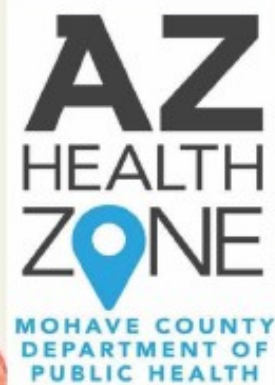
BULLHEAD CITY SENIOR CAMPUS



Senior Nutrition Presentation

Join Sarah Hancock from AZ Health Zone for
a one hour educational presentation all about
senior nutrition!

wednesday, April 12th from 10-11am
at the Bullhead Senior campus
2275 Trane Road, Bullhead City



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP - through the AZ Health Zone. This institution is an equal opportunity provider and employer.



Senior Campus is a gathering place for Bullhead City's 50+ active adult community. Seniors can get together to socialize, exercise, play games, get support and information on senior resources.

The Senior Nutrition Program is also available at the Campus. Breakfast items and coffee are made available Monday - Friday 9 a.m. - 11 a.m.



A nutritious congregate setting lunch is served Monday - Friday from 11:30 a.m. to 12:00 p.m. A donation of \$3.00 is requested for each meal.

If you are unable to attend in person we also offer a home delivery program called Meals on Wheels. By calling 1(800) 782-1886 and leaving your name, number and interest in Bullhead City Meals on Wheels you can get qualified.

Senior Transportation
We offer transportation service to those in need to help get you to the campus, medical appointments, or to run errands.

Bullhead City Senior Campus is located at 2275 Trane Road, Bullhead City. The Campus is open Mon - Fri 8 a.m. to 4 p.m. For more information call 928-763-0193

Be sure to follow us on Facebook!



BULLHEAD CITY'S SENIOR CAMPUS

Jeff Tipton
Human Services Director
(928) 763-9400 x 8157
jtipton@bullheadcityaz.gov

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

Jackie Jensen
Sponsorship & Advertising
Newsletter Coordinator
(928) 763-9400 x 8246
jjensen@bullheadcityaz.gov



Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Green Chili Cheese Tamales Fiesta Blend Mexican Rice	4 Beanie Wienies Green Beans Peach Cobbler	5 BBQ Chicken Rice Pilaf Vegetable Medley	6 Sweet & Sour Meatballs Steamed Rice Carrots	7 Chicken Enchilada Fiesta Blend Rice
10 Asian Diced Chicken Rice Japanese Blend Veggies	11 Denver Omelet Breakfast Potatoes Pork Sausage Patty	12 Ham w/ Pineapple Glaze Baked Beans Veggie Medley	13 Sweet & Sour Meatballs Steamed Rice Carrots	14 Turkey Cutlet Stuffing Steamed Peas
17 Pork Steak w/ Gravy Mashed Sweet Potatoes Steamed Broccoli	18 Beef Cutlet / Gravy Mashed Potatoes Steamed Carrots	19 BBQ Chicken Potato Wedges Mixed Veggies	20 Vegetarian Lasagna Bread Stick Mixed Veggies	21 Salisbury Steak Rice Pilaf Stewed Tomatoes
24 Bratwurst Sautéed Cabbage Potatoes Au Gratin	25 Swedish Meatballs Buttered Pasta Steamed Carrots	26 Stuffed Peppers Steamed Corn Warm Apples	27 Teriyaki Chicken Fried Rice Japanese Blend Veggies	28 Cheese Omelet Sausage Patty Hash Browns

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.



Julie started volunteering at the Senior Campus in February 2021. She enjoys delivering Meals on Wheels and serving on the MOW Board of Directors. She also likes working at the front desk, showing new people all that the Senior Campus offers, and helping with various activities.

Julie was born in Wisconsin and grew up in Scottsdale, Arizona where her five siblings and Mom still reside. She came to Bullhead City in 1986. She started volunteering for various organizations and has been busy ever since. She has two children: a son in Bullhead City and a daughter in Pinehurst, North Carolina, and five beautiful grandchildren.

Julie has a passion for performing arts. She is President of the Colorado River Concerts, an all-volunteer, non-profit group in Bullhead City since 1975. Julie is drumming up a new activity for the Senior Campus and can hardly wait to share it with all of you.

JULIE HASSETT, VOLUNTEER OF THE MONTH

Grace has been coming to the Senior Campus for 5 years. Her favorite part of the Campus is the thing she values most from Senior Campus is the friendships she has developed. They are her family away from home. The Campus is also helpful in bringing in professionals to assist with medical, electronic devices and activities and provides a great environment for to socialize with other seniors.

Grace grew up in Detroit, Michigan. She worked in the auto industry for 30 years. She was one of four women hired on the assembly line and the first women to supervise an assembly line. Grace is widowed and has one son, two young granddaughters. Grace has her master's degree in occupational health and safety and fire science. She enjoys working in those fields and helping others.



GRACE MARIE FELSNER, CLIENT OF THE MONTH

Bullhead City Senior Campus MONTHLY NEWSLETTER

100% OF THE PROCEEDS BENEFIT THE SENIOR CAMPUS.

Distribution areas include Senior Campus, homebound meal recipients, participating local businesses and Bullhead City Senior Campus's Facebook page.



ADVERTISING RATES

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.

RESERVE YOUR SPACE TODAY!

**EVENT & ACTIVITY
SPONSORSHIP
PACKAGES
ARE ALSO AVAILABLE!**

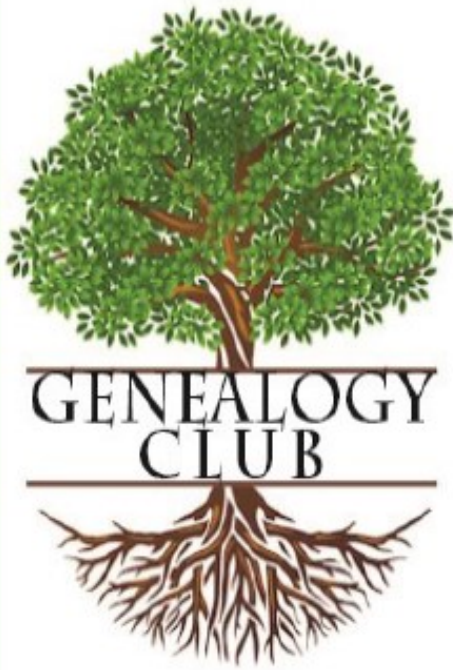
Artwork is due by the 15th of each month.

PDF file or jpg files. No bleed.

Free ad designs are available upon request.

Email artwork or request to
jjensen@bullheadcityaz.gov.

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



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



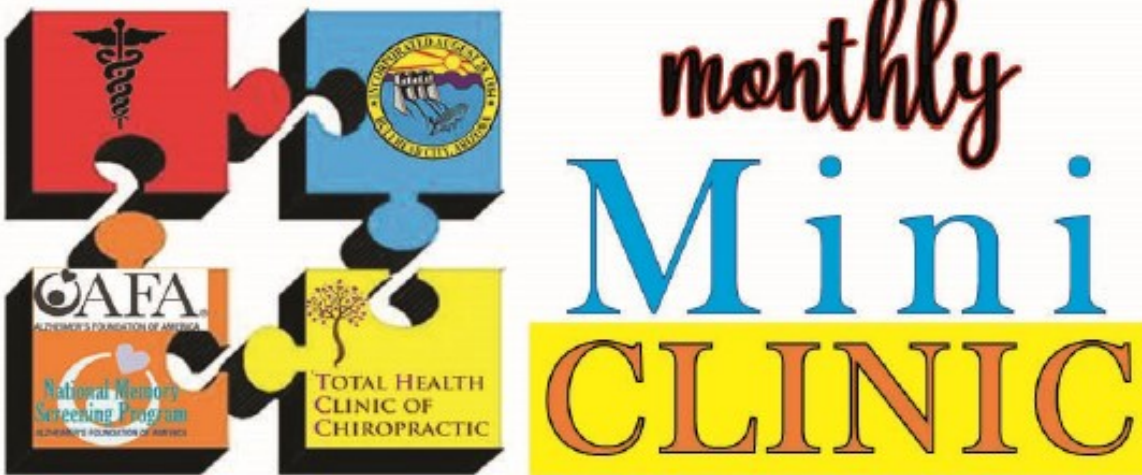
Did someone say Bunco..

Join us for some fun.

April 5 & 19

12:30 p.m. @

Senior Campus, located at 2275 Trane Road Bullhead City



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.

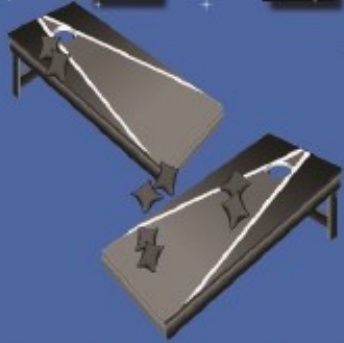
(928) 763-0193

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

CORNHOLE

Free Tournament

Sun, April 2 Noon to 4pm
Rotary Park, Riverview
Legacy Ramada



Join Bullhead City Cornhole League for a free day of Cornhole fun! Open to all ages and skill levels. Bullhead City Cornhole League will be giving lessons followed by a free tournament starting at 1:00 pm



Space is limited to 40 athletes.
Reserve your space at bullheadcity.com/redesk



Questions? Contact Kenne Probst, Recreation Supervisor, (928) 763-9400 or kprobst@bullheadcityaz.gov

JOIN US FOR FREE EASTER CAKE POPS DECORATING



FRIDAY, APRIL 7
STARTING AT 11AM

@ RECREATION BUILDING 2285 TRANE RD.

SPACE IS LIMITED. SIGN UP TODAY AT
BULLHEADCITY.COM/RECDESK



QUESTIONS?
KAREN SPLETZER, RECREATION SUPERVISOR
(928) 763-9400 X 8838
KSPLETZER@BULLHEADCITYAZ.GOV

SAT, APRIL 8
9AM TO 1PM
COMMUNITY PARK
1251 HIGHWAY 95

Easter Bunny Photos &
Bunny Hop Races
Bring your Camera!

Presented by



BULLHEADCITYFARMERSMARKET.COM



HAPPY BIRTHDAY

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

April 3

Vicki Wilson
Leah Yellowbird
Reg Thibault

April 4

David Dinsmore
Joni McGlynn

April 5

Victor Gutierrez
Melinda Harris

April 7

Linda Enriquez-Curtis
Joyce Thrasher
Gean Cress

April 9

Raul Gonzales
Elizabeth Mallett

April 10

Anna Marie Fierro
Christine Aguilar

April 11

Eileen Main

April 12

Natalia Wasyllyszyn

April 13

Ted Moore

Jim Kruse

April 15

Susan Wiley

April 16

Pamela Steiner
MaryAnn Clonts

April 17

Cynthia Klaut

April 18

Rick White

Roy Amspaugh

April 19

Shawn Kilpatrick
Sandes Mcfadden

Reed Tracy

April 20

Bruce Hoffman
Christine McGowan

April 22

Kenneth Dillard

April 23

Ruth Raduziner
Angela Briggs

April 24

William Houghton
Charlotte Roth

April 25

Barbara Cepaitis
Theresa Martinez

April 26

Bill Losasso
Sylvia Medina

April 29

Bernie Rottinghaus

April 30

Michelle Cummings
Gary Himango
Bill McDonald
Robert Shands



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

(928) 763-1212 ncollins@watermarkcommunities.com

LETTER WRITING WORD SEARCH

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

WORDS

ADDRESS
 CARD
 COMPUTER
 CORRESPONDENCE
 DISCOVERY
 DRAFT
 EMAIL
 ENVELOPE
 FILES
 LETTER
 MEANING
 MESSAGE
 PENCIL
 PENMANSHIP
 PENPAL
 PLUME
 POSTAGE
 SCROLL
 SEALED
 SECRET
 SHEET
 STATIONERY
 TEXT
 WORDS

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 financial literacy.
 Each number corresponds to a letter.
 (Hint: 12 = E)

- A. 18 5 23 12 21**
 Clue: Currency
- B. 4 6 6 5 2 23 13**
 Clue: Banking relationship
- C. 14 4 22 4 23 6 12**
 Clue: Make even
- D. 20 12 14 16 13**
 Clue: Payment made or owed

Answers: A. money B. account C. balance D. debt

☉ ☼ ☽ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
 ABCDEFGHIJKLMNOPQRSTUVWXYZ

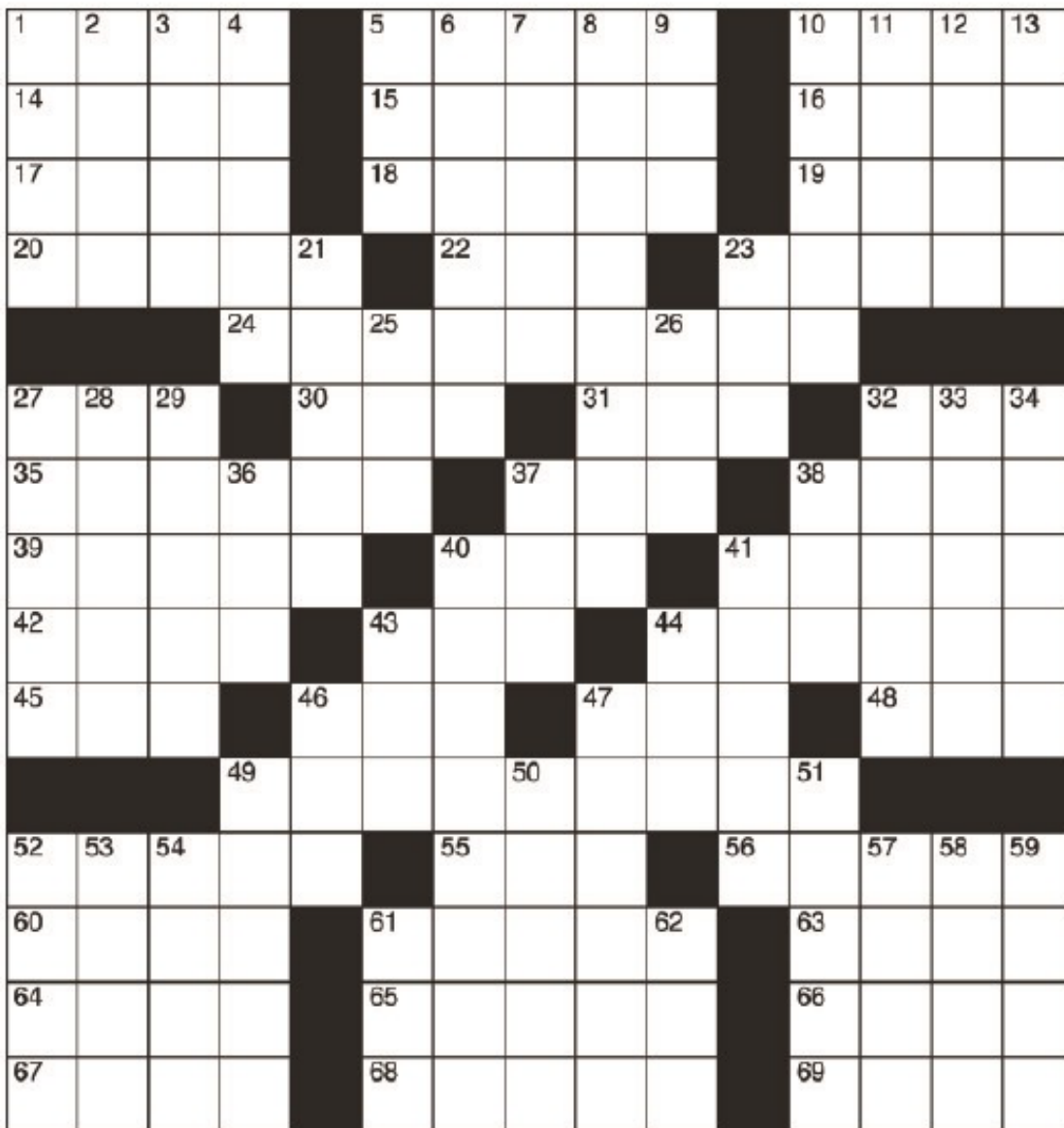
CRYPTO FUN

☐ ☑ ☒ ☓ ☔ ☕ ☖ ☗ ☘ ☙ ☚ ☛ ☜ ☝ ☞ ☟ ☠ ☡ ☢ ☣ ☤ ☥ ☦ ☧ ☨ ☩ ☪ ☫ ☬ ☭ ☮ ☯ ☰ ☱ ☲ ☳ ☴ ☵ ☶ ☷ ☸ ☹ ☺ ☻ ☼ ☽ ☿ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
 Determine the code to reveal the answer!

Solve the code to discover words related to letter writing.
 Each number corresponds to a letter.
 (Hint: 1 = E)

- A. 2 1 15**
 Clue: Writing device
- B. 2 19 2 1 16**
 Clue: Thin sheet material
- C. 20 1 24 21 26 19 16 6**
 Clue: Part of a computer
- D. 10 5 26 8 17 5 10 14**
 Clue: Cognitive processes

Answers: A. pen B. paper C. keyboard D. thoughts



11
C
R
O
S
S
W
O
R
D

CLUES ACROSS

- 1. Dylan and Marley are two
- 5. Makes healthy
- 10. The Who's "O'Riley"
- 14. Side sheltered from wind
- 15. Flat-bottomed sailboats
- 16. Egyptian supreme god
- 17. Advice
- 18. Mass of small, loose stones
- 19. Online learning services provider
- 20. "Lords" in Northwest Semitic languages
- 22. Off she
- 23. A place to relax
- 24. Critical and mocking
- 27. Consumed
- 30. You got one in summer
- 31. Bath
- 32. Luxury automaker
- 35. Spiders spin one
- 37. Guy (slang)
- 38. Greek personification of Earth
- 39. Large instruments

- 40. Domestic cattle genus
- 41. Appetizer
- 42. Oil group
- 43. Where to put groceries
- 44. Speak incessantly
- 45. Popular color
- 46. A place to sleep
- 47. Make fun of
- 48. Former CIA
- 49. Salsa
- 52. Bleated
- 55. Never sleeps
- 56. Sword
- 60. Water (Spanish)
- 61. Cyprinids
- 63. "Dark Knight" actor Christian
- 64. Fictional demon
- 65. Old World lizard
- 66. The content of cognition
- 67. Makes a mistake
- 68. A way to make wet
- 69. Tide

CLUES DOWN

- 1. One-liner
- 2. Evergreen genus
- 3. College in Rome
- 4. Prevents from seeing
- 5. Cycles/second
- 6. Mischievous child
- 7. Less common
- 8. Honorably retired
- 9. Midway between south and southeast
- 10. A confusion of voices and other sounds
- 11. Boxy fish genus
- 12. Type of pear
- 13. Egyptian cross
- 21. Satisfies
- 23. Founder of Babim
- 25. Bar bill
- 26. Chicago ballplayer
- 27. Performer
- 28. Hairpiece
- 29. Partner to flowed
- 32. Aircraft formation

- 33. You have 3 per day
- 34. Goes into
- 36. College athletic organization
- 37. Wet, muddy ground
- 38. Talk
- 40. Witty conversation
- 41. Gurus
- 43. "French Price of ___ Air"
- 44. Sports equipment
- 46. Try to get
- 47. Flower cluster
- 49. Sea dwellers
- 50. Palmlike subtropical plant
- 51. Polio vaccine developer
- 52. Baseball's Ruth
- 53. Gelatinous substance
- 54. Hungarian violinist Leopold
- 57. Offered
- 58. Ancient Greek City
- 59. A way to derive
- 61. Touch lightly
- 62. Witnessed

BULLHEAD CITY SENIOR CAMPUS
2275 TRANE RD, BULLHEAD CITY, AZ 86442 (928) 763-0193
FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



APRIL 2023

ACTIVITIES CALENDAR



MONDAY

3

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

4

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 2:00 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
Learn, Make & Take (Carrot/Bunny Earrings)
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

5

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.
12:00 p.m. 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
Beginner Watercolor Painting w/Pro
Caregiver Support Group - (In person/Zoom)
Learn to Draw
Bunco Group
Genealogy Club
Fast Track Game (Come Learn)
Advanced Watercolor Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

6

9:00 a.m. to 9:45 a.m.
Noon to 1:00 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
One on One Technology Tutoring - 2 spots
Knit & Crochet Group
Open Sewing Group
Pass the Trash-Card Game/Pot Luck

FRIDAY

7

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

Body Moves for Brain Power
 Quilling Group Instruction
 Let's Craft - Free Style
 Mexican Train game
 Poker card game
 Pinochle game

MONDAY

10

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.

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

TUESDAY

11

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 11:00 a.m.
 Noon to 1:00 p.m.
 12:30 p.m. to 2:30 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
 We Care Cancer Support Meeting
 Breath Work Exercise
(in person or meet.google.com/cqb-noecqus)
 Card Making Class (8 spots)
 Hand & Foot Card game & Poker game
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)

WEDNESDAY

12

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 11:00 a.m.
 10:30 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.
 7:00 p.m. to 8:00 p.m.

Body Moves for Brain Power
 Relaxation & Mindfulness Exercise
 Beginner Watercolor Painting w/Pro
 Senior Nutrition Presentation
 Beginner Watercolor Painting w/ Pro
 Learn to Draw
 Advanced Watercolor Painting
 Fast Track Game (Come Learn)
 Bereavement Support Group
 Gamblers Anonymous Meeting

THURSDAY

13

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

Essentrics - Aging Backwards
 Estate Planning 101 Financial Power of Attorney
 Give, MAKE, & Take (Salted Brownie Cookies)
 Knit & Crochet Group
 Open Sewing Group
 Pass the Trash card game & Potluck

FRIDAY

14

9:00 a.m. to 11:00 a.m.
9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 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.

Veteran's Assistance Program
Body Moves for Brain Power
Let's Craft - Free Style
Mexican Train game
Poker card game
Pinochle game

MONDAY

17

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

18

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

Zumba Class
Beading Group
Essentrics- Aging Backwards
Birthday Month Celebration
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)
Ladies Night Bunco Group

WEDNESDAY

19

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 11:00 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
Beginner Watercolor Painting w/Pro
Caregiver Support Group (in person /Zoom)
Learn to Draw
Bunco Group
Genealogy Club
Fast Track Game (Come Learn)
Advanced Watercolor- Painting Class
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

20

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 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
Give, Make & Take
Open Sewing Group
Knit & Crochet Group
Pass the Trash-Card Game/Pot Luck

FRIDAY

21

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

Body Moves for Brain Power
 Let's Craft - Free style
 Free Mini Clinic (9 Spots)
 Mexican Train game
 Poker card game
 Pinochle game
 Meals on Wheels Appreciation Dinner

MONDAY

24

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 w/Supplies & Instructions
 Mexican Train Game
 Pinochle Card Game
 Poker Card Game

TUESDAY

25

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

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

WEDNESDAY

26

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 11:30 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.
 7:00 p.m. to 8:00 p.m.

Body Moves for Brain Power
 Relaxation & Mindfulness Exercise
 Free Bingo with prizes
 Beginner Watercolor Painting w/Pro
 Learn to Draw
 Fast Track Game (Come Learn)
 Advanced Watercolor Painting Class
 Bereavement Support Group
 Gamblers Anonymous Meeting

THURSDAY

27

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.
 12:15 p.m. to 2:00 p.m.
 5:30 p.m. to 9:30 p.m.

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

FRIDAY

28

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

Well Being & Current Events
 Body Moves for Brain Power
 Let's Craft - Free Style
 Mexican Train Game, Pinochle Group and
 Poker Card Game

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

Level: Advanced

THIS DAY IN...



HISTORY

• **1865:** PRESIDENT ABRAHAM LINCOLN DIES AFTER BEING SHOT THE PREVIOUS EVENING BY JOHN WILKES BOOTH.

• **1912:** THE BRITISH PASSENGER LINER RMS TITANIC SINKS IN THE NORTH ATLANTIC AT 2:20 A.M., TWO HOURS AND FORTY MINUTES AFTER HITTING AN ICEBERG.

• **1947:** JACKIE ROBINSON BREAKS THE COLOR BARRIER IN BASEBALL.

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to soy.

I M K L

--	--	--	--

Answer: Milk

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to letter writing.

T S D F R A

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

Answer: Drafts

How they SAY that in...

ENGLISH: Drive

SPANISH: Conducir

ITALIAN: Guidare

FRENCH: Conduire

GERMAN: Auto fahren



Irritable bowel syndrome is a condition that can make eating challenging. When a person has IBS, certain foods can elicit painful digestion responses. By avoiding certain foods and leaning strongly on others, namely Low-FODMAP ingredients, it is easier to find relief and enjoy mealtime.

This recipe for Mediterranean Chicken Kebabs from *The Complete IBS Diet Plan* (Rockridge Press) by Amanda Foote, R.D.,

Mediterranean Chicken Kebabs
Serves 2

- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
Juice of 1/2 lemon
- 1 tablespoon dried oregano
Grated zest of 1/2 lemon, plus additional for garnish
- 2 4-ounce boneless, skinless chicken breasts, cut into 1/2-inch cubes
Nonstick cooking spray
- 1/2 cup mixed yellow and red bell pepper chunks
- 1/2 cup zucchini chunks
Sea salt
Freshly ground black pepper

1. Soak two wooden skewers in water for at least 30 minutes.
2. In a medium bowl, whisk together the olive oil, vinegar, lemon juice, oregano, and lemon zest (if using). Add the chicken and stir to coat the cubes. Cover the bowl and refrigerate for at least 30 minutes.
3. Preheat the oven to 400 F. Line a rimmed baking sheet with aluminum foil and spray it with cooking spray. Set aside.
4. Skewer the marinated chicken, bell pepper chunks, and zucchini chunks, and place the skewers on the baking sheet.
5. Bake for 20 minutes, then turn the oven to broil and broil the kebabs for 2 minutes on each side, watching them carefully so they don't burn.
6. Garnish the kebabs with more lemon zest (if using).

ANSWERS

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

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

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

Sponsors Needed

Bullhead City Senior Campus provides a vibrant and fun location for seniors to enjoy socializing, club meeting, arts and crafts, games, activities, workshops, seminars and more. The Campus also provides meals to our homebound clients as well as the seniors on Campus. The Senior Campus stays in communication with local seniors with it's wildly popular monthly newsletter print and e-edition and its fast growing Facebook page.

We are currently seeking sponsors for our activities starting in June 2023.

Arts & Crafts Sponsor: Sponsorship funds will be used to purchase supplies for arts, crafts, beading and jewelry making classes and groups. These activities are provided free of charge.

Arts & Crafts	Annual \$1,000
Beading & Jewelry	Annual \$1,000

Bingo Sponsors: Sponsorship funds will be used to purchase supplies including bingo cards, daubers and prizes.

Monthly Bingo	6 Months \$600	Annual \$1,200
Weekly Bingo	6 Months \$1,200	Annual \$2,400

Event Sponsors:

Bi-Monthly Ice Cream Social 6 Months \$600 Annual \$1,200
Sponsor funds will be used to purchase supplies like ice creams, toppings, spoons, bowls, napkins

Monthly Happy Hour Monthly \$200 Annual \$2,400
Sponsor funds will be used to purchase supplies like snacks, plates, cups, napkins, ingredients for "mock-tails", prizes for games and activities.

Monthly Birthday Party Monthly \$200 Annual \$2,400
Sponsor funds will be used to purchase supplies a large birthday cake, goodie bags with small gifts, plates, cups, napkins and birthday party decorations

Monthly Holiday Event Monthly \$200 Annual \$2,400
Sponsor funds will be used to purchase supplies like snacks, beverages, cups, plates, plastic-ware, decorations, activities, prizes and games.

Monthly Trivia Time Monthly \$100 Annual \$2,400
Sponsorship funds will be used to purchase supplies and prizes.

**For more information contact
Jackie Jensen, Sponsorship Coordinator
(928) 763-9400 x8246 or
jjensen@bullheadcityaz.gov**

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**

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



*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.



LET'S CRAFT

@ BULLHEAD CITY SENIOR CAMPUS

Calling All Crafters!

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) 763-0193**





5 Common Identity Theft Scams

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow.

The Identity Theft Research Center (ITRC) reported a record number of data compromises in the United States in 2021, amounting to a 68 percent increase over 2020.

The Federal Trade Commission's Consumer Sentinel Network received more than 5.7 million reports of fraud and identity theft in 2021.

In Canada, there are 12 victims of identity theft per every 100,000 residents and 52 victims of ID fraud. Many North Americans have been victims of COVID-19-related fraud, including scams involving fake testing, vaccines and treatments, and charities. The FTC says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, Social Security numbers, or medical insurance numbers. Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or going through trash, many times people inadvertently share personal information with scammers themselves.

Here's a look at five common scams.

1. Phone scams

Phone scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. Please confirm account information or we'll need your financial information to process are some of the phrases these scams utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

2. Text links

The Pew Research Center says 81 percent of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will request personal information. Do not respond to such texts and avoid clicking on the links.

3. Phishing emails

Phishing emails look like they are coming from legitimate sources, but they often contain malware that can infiltrate computers and other devices to steal identity data. Phishing increased during the COVID-19 lockdowns as more people were working from home, according to the ITRC.

4. Medicare card verification

Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers. Medicare numbers should be carefully guarded, and seniors should keep in mind it's highly unlikely Medicare representatives will contact them in this way.

5. Data breaches

It's not just a home computer or phone breach you need to worry about. According to ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email addresses and home addresses, has been circulating for some time. While it's impossible for private citizens to prevent this type of data breach, a credit monitoring service can alert consumers if their information shows up where it seemingly doesn't belong.

Identity theft is an ever-present threat and consumers must exercise due diligence to protect their personal information.

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 'SAVATION 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

televeda

How to Sign Up

1. Go online to live.televeda.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

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!

For in-home set-up call Aaron Headley at (480) 250-9720

FINDLAY MOTOR COMPANY PRESENTS

A-10 Demo Team



Brad Wursten



The Fear Boss



LAUGHLIN BULLHEAD

Air Show

EST 2023

Vicky Benzing



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

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

**Gates Open
10 AM**

**Bring Your
chairs!**

Findlay
BULLHEAD CITY



laughlinbullheadairshow.com

Aircraft and schedule are subject to change or cancel without notice.

