

# Bullhead City Senior Campus Newsletter May 2023



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SCAN FOR  
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS

# The Golden Rule



## May is Bullhead City Senior Campus Month

Come in and get caught for your certificate and a chance to win a fabulous prize from the Golden Rule Committee.

Recipients must get caught and take a photo in our **"Caught Being Kind"** Frame

Our purpose is to engage our community in ways that increase our capacity to cooperate and take regular, unified action based on the fundamentally human qualities of character.

On Sept 6, 2022, the Mayor and City Council unanimously proclaimed Bullhead City, AZ as a Golden Rule City urging all its citizens, businesses, public and private agencies, religious and educational institutions to operate under the principles of kindness, empathy, equality, respect, justice and civility. Naming ourselves a principal-based community is essential, but not enough. Our Colorado River Women's Council Committee is in place to further projects that translate these noble words into action.

### Our Process:

Using the decision-making process of consultation we

- Invite any community members and agencies to offer simple, measurable community projects in support of the Golden Rule principles
- Implement selected projects quarterly, over 3 months
- Meet together quarterly to review the projects, reflect on their results, consult on how we will proceed for the next quarter.

### How It Works:

Link to Video - Although, our organization did not produce this video, it explains how we see kindness working in our community at <https://www.randomactsofkindness.org/rak-day>

For Questions contact: Emily Ternes, Chair  
Bullheadcitygoldenrule@gmail.com



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 Senior 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!***

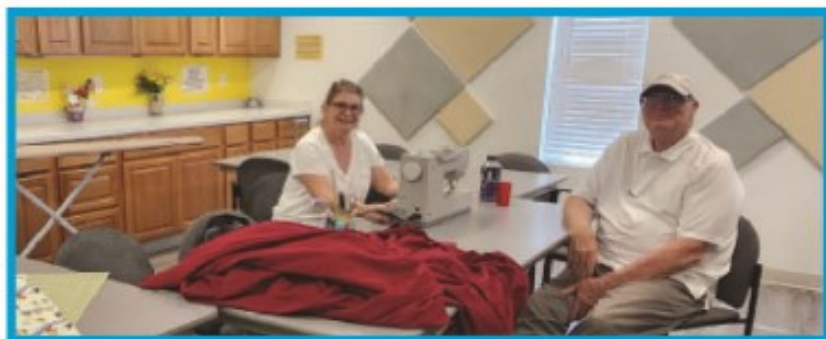


## BULLHEAD CITY'S SENIOR CAMPUS

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  
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Newsletter Coordinator  
(928) 763-9400 x 8246  
jjensen@bullheadcityaz.gov



# Senior Nutrition Center Monthly Meal Calendar

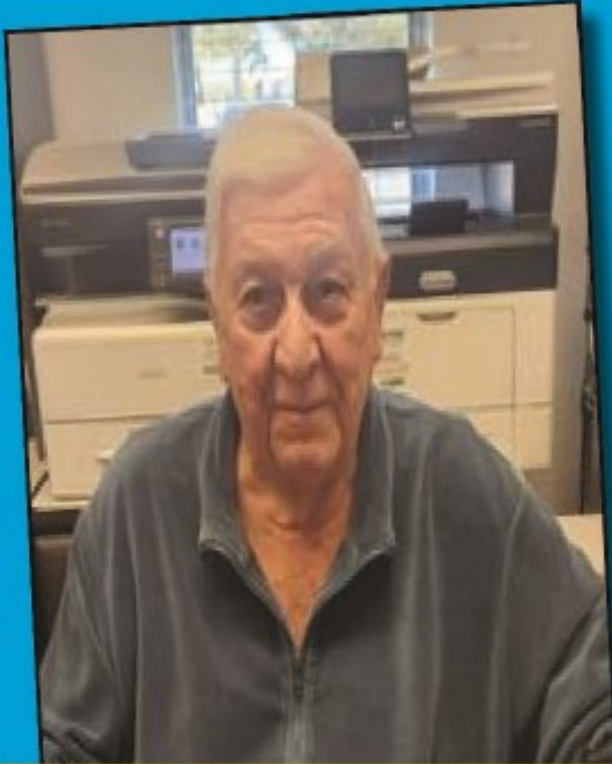
## May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Country Fried Steak Mashed Potatoes Mixed Veggies	<b>2</b> Beef Tamales Fiesta Blend Mexican Rice	<b>3</b> Chicken Mushroom Gravy Rice Pilaf Chuck Wagon Blend	<b>4</b> Cabbage Rolls Baked Beans Cherry Cobbler	<b>5</b> Turkey Cutlet Stuffing Steamed Peas
<b>8</b> Lemon Pepper Chicken Mac & Cheese Veggie Medley	<b>9</b> Roasted Turkey Mashed Potatoes Green Beans	<b>10</b> Chicken Pot Pie Biscuit Cobbler	<b>11</b> Pork Chop Mashed Potatoes W/Gravy California Blend	<b>12</b> Ham Steak Potato Wedges Sautéed Cabbage
<b>15</b> Green Chili Cheese Tamales Fiesta Blend Spanish Rice	<b>16</b> Beanie Wienies Green Beans Peach Cobbler	<b>17</b> BBQ Chicken Rice Pilaf Vegetable Medley	<b>18</b> Sweet & Sour Meatballs Steamed Rice Carrots	<b>19</b> Chicken Enchilada Fiesta Blend Spanish Rice
<b>22</b> Asian Diced Chicken Rice Japanese Blend Veggies	<b>23</b> Denver Omelet Breakfast Potatoes Pork Sausage Patty	<b>24</b> Ham w/ Pineapple Glaze Baked Beans Veggie Medley	<b>25</b> Sweet & Sour Chicken Buttered Pasta Pasta Mixed Veggies	<b>26</b> Turkey Cutlet Stuffing Steamed Peas
<b>29</b>  CLOSED	<b>30</b> Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	<b>31</b> Lasagna Bread Stick Mixed Veggies		

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.



Bob Fredericksen volunteers at the Senior Campus as a Meals on Wheels driver and has been a volunteer at the Campus for six years. Bob says his favorite part of volunteering is helping others and talking with all the participants.

Bob is from Chicago, Illinois. Prior to retiring in 2002 he was in corporate management, real estate, and taught advanced income tax and security. Bob was married for 57 years to his high school sweetheart Kathy before she passed away in 2016. He has two children, Robin, who lives in Ft. Mohave, and Keith who lives in Illinois.

Bob enjoys bikes, cars, casino entertainment, traveling and being a handy man.

## BOB FREDERICKSEN, VOLUNTEER OF THE MONTH

Carl Montoya has been coming to the Senior Campus for over 25 years. He enjoys coming to the Campus to eat and socialize.

Carl is from Trinidad, Colorado. Carl served 25 years in the United States Navy in Korea and Vietnam on U.S.S. Ranger aircraft carrier. He was 19 years old when he joined the Navy. He retired from the Navy in 1977. After the Navy, Carl worked for 12 years in the United States Postal Service until he retired.

Carl has been widowed twice and has two sons and two daughters. His youngest son served 20 years in the Navy and his oldest son is a merchant marine.

Carl enjoys hunting deer and elk, western movies and good musicals.



## CARL MONTOYA, 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!**

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](mailto:jjensen@bullheadcityaz.gov).

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

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

## The Ultimate Bakery Style Chocolate Chip Muffins

Author: Michelle Dunster - DishesAndDustBunnies.com

Total Time: 37 minutes Yield: 12 Muffins

Find it online: <https://dishesanddustbunnies.com/the-ultimate-chocolate-chip-muffins/>

### INGREDIENTS

- 2  $\frac{3}{4}$  cups all purpose flour
- 1 tbsp +  $\frac{1}{4}$  tsp baking powder
- 1  $\frac{1}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{4}$  cups sugar
- $\frac{1}{2}$  cup unsalted butter, melted and cooled
- 3 large eggs
- $\frac{1}{2}$  cup milk
- 3 tsp vanilla
- 2 cups semi sweet chocolate chips
- Optional – 1 tbsp coarse sugar – the clear kind that's used for decorating confections, etc

### INSTRUCTIONS

1. Pre-heat the oven to 425°F.
2. Using cooking spray coat the muffin pan. Make sure that the whole top of the muffin pan is covered, not just the part that the batter goes into.
3. Place paper muffin/cupcake liners into the muffin pan.
4. Combine dry ingredients (flour, baking powder, baking soda, salt, sugar) in a medium bowl using a whisk so that everything is well combined. Stir in 1  $\frac{3}{4}$  cups of the chocolate chips.
5. In a separate bowl combine all the wet ingredients (melted butter, eggs, milk, vanilla), making sure the eggs are well incorporated.
6. Pour the wet ingredients into the dry and stir until \*just\* combined. **IMPORTANT:** Avoid over mixing! If you stir too much, the muffins will become too dense, not rise and become more like a puck. The muffins should be fluffy and moist, so all you need to do is combine the ingredients until \*just\* combined. Once the dry ingredients dissolve into the wet, you're done mixing!
7. Scoop out the batter evenly into each section of the muffin pan. Try to fill the muffin tins as close to the top as possible in order to help those delicious muffin top dome rise!
8. Sprinkle the tops of the batter with the remaining chocolate chips and the coarse decorative sugar.
9. Bake in the oven for 7 minutes at 425°F (middle rack) then reduce the heat to 375°F and bake for 15-20 min. (The muffins stay in the oven when you lower the temperature)
10. Once the muffins are finished baking cool in the muffin pan for 5-10 minutes.
11. Transfer muffins to a cooling rack. They're great served warm with a little butter.

The change in temperature during the baking process is important in creating the domed muffin top. High heat, in the beginning, will make the domes pop up, then when heat is reduced it'll safely finish the baking process without burning or overdoing the muffins.

### NOTES

If you're nervous about the change of temperatures during the baking process, no worries! Many of my readers have baked their muffins at 350°F for 15-20 minutes total and have had no issues! Personally, I find that starting with the higher temperature, then lowering it has an amazing effect in creating those lovely large muffin tops we all love!



Join us at the Senior Campus on  
Thursday, May 11  
Noon—2pm  
The Ultimate Bakery Style  
Chocolate Chip Muffins

Sponsored by









# TAI CHI IN THE PARK

WEDNESDAY, MAY 10, STARTING AT 9:00AM  
COMMUNITY PARK, 1251 HIGHWAY 95

JOIN US FOR TAI CHI IN THE PARK WITH MASTER TAI CHI PERRY TAYLOR. ENJOY THE SERENITY OF THE MOUNTAIN VIEWS, FLOWING RIVER, AND WILDLIFE SURROUNDING YOU AS YOU GET IN TOUCH WITH YOUR MIND WHILE PERRY GUIDES YOU THROUGH TAI CHI MEDITATION. THIS EVENT IS FREE AND OPEN TO THE PUBLIC.



QUESTIONS? CONTACT KENNE PROBST, RECREATION SUPERVISOR AT (928) 763-9400 OR [KPROBST@BULLHEADCITYAZ.GOV](mailto:kprobst@bullheadcityaz.gov)

## GOING FOR GOLD



### SAVE THE DATE JAN 14-21, 2024

ALL MEN & WOMEN 50 YEARS OF AGE OR BETTER WELCOME!

5K ROAD RACE. POWERWALKING. BOWLING. BASKETBALL. CORNHOLE. HORSESHOES. KAYAK RACE. PICKLEBALL. POWERLIFTING. SOFTBALL. TABLE TENNIS. SWIM TRAP & SKEET SHOOTING. TRACK & FIELD. GOLF  
LODGING PARTNER: [HTTPS://LUCIDTRAVEL.US/EVENT/7571](https://lucidtravel.us/event/7571)

**REGISTRATION OPENS MAY 1ST**

[WWW.SENIORGAMES.CO](http://WWW.SENIORGAMES.CO)  
CALL TOLL FREE 855-924-6882

## Most Patriotic Pet

Online Costume Contest



Participants register, pay and upload their pet photos online. Entry fee is \$5 per pet. 100% of the proceeds benefit the Bullhead City Animal Shelter. Limit one photo per entry fee. Submission deadline is Wednesday, May 17, 2023 at Noon. Photos will be posted on Facebook.com Bullhead City, Arizona Thursday, May 18, 2023 through Tuesday, May 30, 2023 at 10am. The three photos with the most likes will receive a certificate, a prize pack and the pet with the most likes will receive a trophy. Winners will be announced on Tuesday, May 30, 2023.



### SPONSORS NEEDED!

- (1) SPONSOR \$500
- (2) SPONSORS \$250

Sponsor logos will be on the flyers, billboards, social media and contest trophies.

Contact Jackie Jensen, Sponsorship Coordinator (928)763-9400 x8246 [jjensen@bullheadcityaz.gov](mailto:jjensen@bullheadcityaz.gov)

# FISHING 101

LEARN TO FISH FROM LOCAL GUIDES



FREE CLASS! MAY 6, 11:00



**REGISTER TODAY ON RECDISK**



RECREATION DIVISION OFFICE 2285 TRANE RD  
FOR INFO CONTACT KAREN SPLETZER 928-763-9400 X8838

# HAPPY BIRTHDAY

Join us for a Birthday Month Celebration  
for all Seniors 50+ at the Senior Campus on  
Tuesday, May 16th starting at 11:30 am

**May 1**

Carol Tracy

**May 3**

Vincent Ferrari

Gary Toberty

**May 4**

Charlie Johnson

Alba Kucharski

Yvonne Tebroski

**May 5**

Daniel Casazza

Mary Diffenderffer

John Silagy

**May 6**

Carl Montoya

**May 7**

Barbara Lee

Gorden Wolf

**May 8**

Willis Smith

**May 9**

Jerome Haywood

Scott Sawyer

Robert Tebroski

**May 10**

LeRoy Blickenstaff

Michael McGraw

**May 11**

Nana Hanlon

Maryalice Mimmack

**May 12**

Neri Cadena

**May 13**

Janet Jovissen

**May 14**

Kurt Person

Caroline Pinkney

**May 15**

Nadin Gurriere

**May 16**

Michael Kontra

**May 17**

Betty Kothe

**May 18**

John Haller

**May 20**

Sharon Vanwey

**May 21**

Glenn Bowman

Gay Dixon

**May 22**

Ron Cudmore

Gina Fields

**May 23**

Susan McComb

**May 24**

Kittie Washburn

**May 25**

Jim Di Guilio

**May 26**

Christopher Miller

Gerald Randall

**May 27**

Karen Castro

Victoria Garcia

Lee Glidden

William Thompson

**May 28**

Cindy Zucconi

**May 29**

Debbie Wong

**May 30**

Roxanne Dominguez

**May 31**

Sarah Luthe

Donald Meyer



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

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

# BURGER JOINT SLANG WORD SEARCH

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

## WORDS

ALL-THE-WAY  
 BLOWOUT  
 BLUE  
 BUTTER BURGER  
 COMBO  
 DOUBLE MEAT  
 EAST COAST  
 FACIAL  
 HAMMERED  
 LTO  
 MID-RARE  
 MINIBURGER  
 NO FUN  
 ON WHEELS  
 PATTY  
 PLAIN JANE  
 RABBIT FOOD  
 RATIO  
 SALLY  
 SEAR  
 SLIDER  
 SLUG  
 SMASH BURGER  
 SPECIAL SAUCE

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 hamburgers.  
 Each number corresponds to a letter.  
 (Hint: 9 = N)

**A. 24 19 6 6 14 9 17 21**

Clue: Lettuce and tomato are two

**B. 17 18 14 5 5**

Clue: Cooking device

**C. 15 13 24**

Clue: Oily or greasy matter

**D. 3 16 9 21**

Clue: Burger breads

Answers: A. toppings B. grill C. fat D. buns

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

# CRYPTO FUN

⊕ ⊖ ⊗ ⊘ ⊙ ⊚ ⊛ ⊜ ⊝ ⊞ ⊟ ⊠ ⊡ ⊢ ⊣ ⊤ ⊥ ⊦ ⊧ ⊨ ⊩ ⊪ ⊫ ⊬ ⊭ ⊮ ⊯ ⊰ ⊱ ⊲ ⊳ ⊴ ⊵ ⊶ ⊷ ⊸ ⊹ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿  
 Determine the code to reveal the answer!

Solve the code to discover words related to salad.  
 Each number corresponds to a letter.  
 (Hint: 15 = E)

**A. 5 11 15 25 25 6 4 10**

Clue: Salad topping

**B. 9 15 13 13 2 18 15**

Clue: Leafy greens

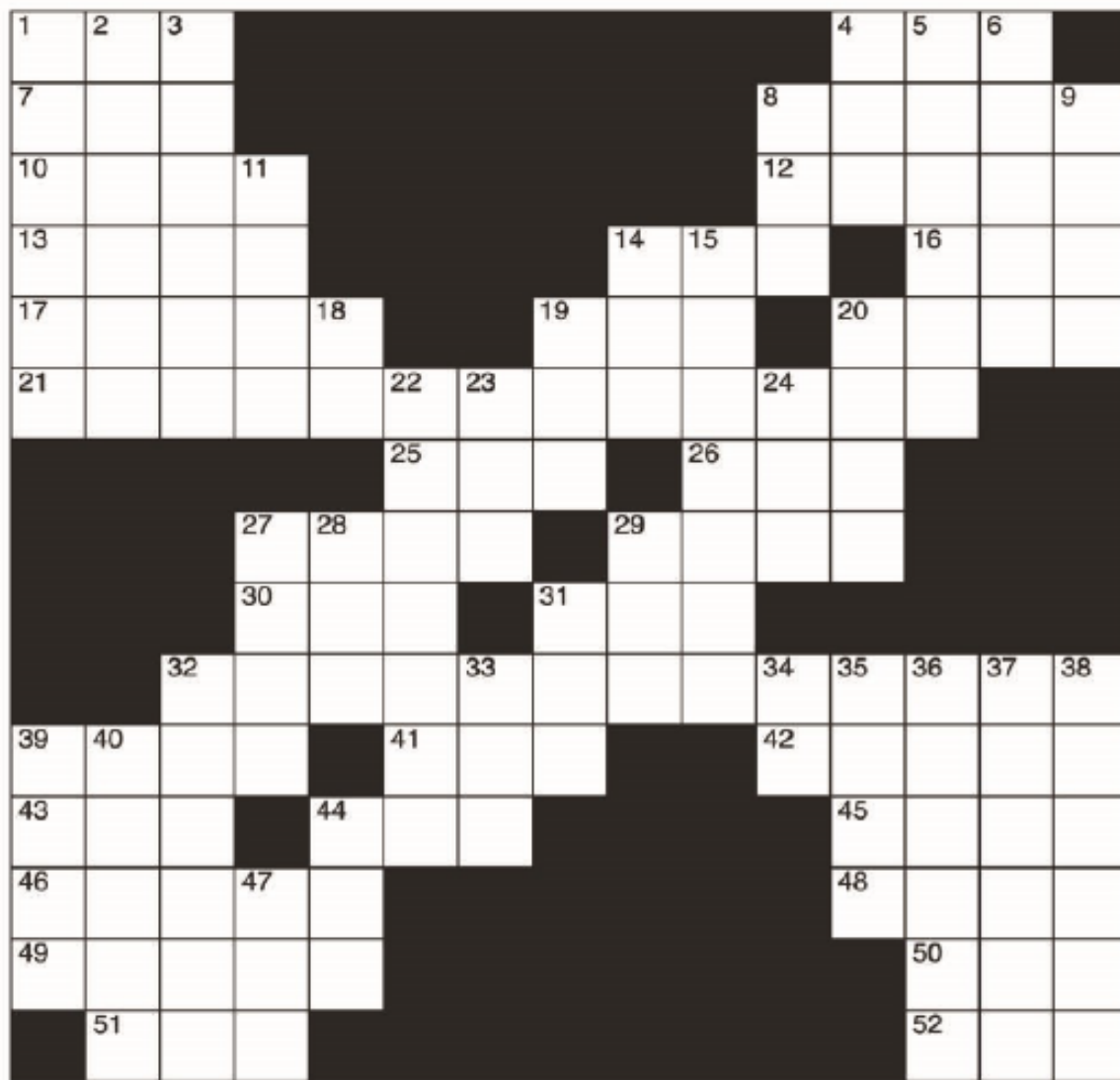
**C. 13 8 7 1 13 8**

Clue: Red, seeded food

**D. 18 17 8 22 22 15 5**

Clue: Cut up

Answers: A. dressing B. lettuce C. tomato D. chopped



11  
C  
R  
O  
S  
S  
W  
O  
R  
D

**CLUES ACROSS**

- 1. Relative biological effectiveness (abbr.)
- 4. Chinese philosophical principle
- 7. Branch
- 8. Jewish spiritual leader
- 10. Slang for requests
- 12. "So Human An Animal" author
- 13. Rocker Billy
- 14. British Air Aces
- 16. Type of tree
- 17. "Tough Little Boys" singer Gary
- 19. State attorneys
- 20. Goddess of fertility
- 21. Localities
- 25. Beloved singer Charles
- 26. Clue
- 27. Ridge of jagged rock below sea surface
- 29. Helsinki neighborhood
- 30. Farm resident
- 31. Ocean
- 32. Where ballplayers work
- 39. Unable to hear
- 41. Cool!
- 42. Cape Verde capital
- 43. One point north of due east
- 44. Kilo yard (abbr.)
- 45. Middle Eastern nation
- 46. It yields Manila hemp
- 48. People operate it (abbr.)
- 49. Regenerate
- 50. Not healthy
- 51. Chinese sword
- 52. Mild expression of surprise

**CLUES DOWN**

- 1. Unit of angle
- 2. Headgear to control a horse
- 3. Clots
- 4. Follows sigma
- 5. A woman who is the superior of a group of nuns
- 6. Greek units of weight
- 8. Radio direction finder (abbr.)
- 9. Systems, doctrines, theories
- 11. Stony waste matter
- 14. Bravo! Bravo! Bravo!
- 15. Hostile to others
- 18. U.S. State
- 19. Not wet
- 20. Something one thinks up
- 22. Where beer is made
- 23. Clumsy person
- 24. Belonging to us
- 27. Canadian flyers
- 28. Greek goddess of the dawn
- 29. Snake-like fish
- 31. Unhappy
- 32. Fruit
- 33. Not good
- 34. Zero degrees Celsius
- 35. Goo Goo Dolls' hit
- 36. Crawls into the head (folklore)
- 37. Legally responsible
- 38. Move in a playful way
- 39. Regarded with deep affection
- 40. Partner to flowed
- 44. Native American tribe
- 47. Head honcho

# BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



## MAY 2023 ACTIVITIES CALENDAR

### MONDAY

# 1

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

# 2

8:15 a.m. to 9:00 a.m.  
9:00 am to Noon  
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.  
4:00 p.m. to 4:30 p.m.  
4:30 p.m. to 5:30 p.m.

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

### WEDNESDAY

# 3

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.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 2:00 p.m.  
1:00 p.m. to 3:00 p.m.  
1:00 p.m. to 2:00 p.m.  
7:00 p.m. to 8:00 p.m.

Body Moves for Brain Power  
Relaxation & Mindfulness Exercise  
Caregiver Support Group - (In person/Zoom)  
Bunco Group  
Genealogy Club  
Fast Track Game (Come Learn)  
Bereavement Support Group  
Gamblers Anonymous Meeting

### THURSDAY

# 4

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

# 5

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.  
11:30 a.m. to 11:45 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  
Quilling Group Instruction  
Let's Craft - Free Style  
Food & Drug Interactions video/handout  
Mexican Train game  
Poker card game  
Pinochle game

## MONDAY

# 8

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

# 9

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 2:00 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  
Learn, Make & Take (Bumble Bee Bookmarks)  
Hand & Foot Card game & Poker game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

## WEDNESDAY

# 10

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

Body Moves for Brain Power  
Relaxation & Mindfulness Exercise  
Bereavement Support Group  
Fast Track Game (Come Learn)  
Gamblers Anonymous Meeting

## THURSDAY

# 11

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

Essentrics - Aging Backwards  
Give, MAKE, & Take (Chocolate Chip Muffins)  
Knit & Crochet Group  
Open Sewing Group  
Pass the Trash card game & Potluck

## FRIDAY

# 12

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****15**

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****16**

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****17**

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.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 2:00 p.m.  
 1:00 p.m. to 3:00 p.m.  
 1:00 p.m. to 2:00 p.m.  
 7:00 p.m. to 8:00 p.m.

Body Moves for Brain Power  
 Relaxation & Mindfulness Exercise  
 Caregiver Support Group (in person /Zoom)  
 Bunco Group  
 Genealogy Club  
 Fast Track Game (Come Learn)  
 Bereavement Support Group  
 Gamblers Anonymous Meeting

**THURSDAY****18**

9:00 a.m. to 9:45 a.m.  
 10:00 a.m. to 11:00 a.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  
 Open Sewing Group  
 Knit & Crochet Group  
 Pass the Trash-Card Game/Pot Luck

**FRIDAY****19**

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

Body Moves for Brain Power  
 Let's Craft - Free style  
 Mexican Train game  
 Poker card game  
 Pinochle game

## MONDAY

# 22

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

# 23

8:15 a.m. to 9:00 a.m.  
9:00 am to Noon  
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.  
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  
Poker Card game  
Hand & Foot Card game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

## WEDNESDAY

# 24

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.  
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 w/prizes  
Fast Track Game (Come Learn)  
Bereavement Support Group  
Gamblers Anonymous Meeting

## THURSDAY

# 25

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

# 26

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.  
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  
Let's Craft - Free Style  
Mexican Train game  
Pinochle Card game  
Poker Card game

*We ♥ our  
Volunteers*



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

Level: Intermediate

THIS DAY IN...



**HISTORY**

• **1866:** MEMORIAL DAY IS FIRST CELEBRATED IN THE UNITED STATES AT WATERLOO, NY.

• **1904:** CY YOUNG OF THE BOSTON AMERICANS THROWS THE FIRST PERFECT GAME IN THE MODERN ERA OF BASEBALL.

• **1973:** SECRETARIAT WINS THE KENTUCKY DERBY.

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skin care.

DAIC

--	--	--	--

*Answer: Acid*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to salad.

YCERLE

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

*Answer: Celery*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to hamburgers.

TKEUPHC

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

*Answer: Ketchup*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to vision.

SAHL

--	--	--	--

*Answer: Lash*

MONDAY

29



SENIOR CAMPUS  
CLOSED

TUESDAY

30

8:15 a.m. to 9:00 a.m.  
9:00 am to Noon  
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.  
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  
Poker Card game  
Hand & Foot Card game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

WEDNESDAY

31

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.  
1:00 p.m. to 3:00 p.m.  
1:00 p.m. to 2:00 p.m.  
7:00 p.m. to 8:00 p.m.

Body Moves for Brain Power  
Relaxation & Mindfulness Exercise  
Caregiver Support Group in-person/Zoom  
Fast Track Game (Come Learn)  
Bereavement Support Group  
Gamblers Anonymous Meeting

SAY

YES

TO 100% FIBER  
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BUFFERING  
TERM COMMITMENTS  
PRICE JUMPS  
DATA CAPS  
UP TO SPEEDS

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

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Bullhead City, Arizona 86442**

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**Breakfast**

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Continental Breakfast & Beverage  
only \$2 per person

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2275 Trane Rd.  
[www.bullheadcity.com](http://www.bullheadcity.com)**



## DRUG INTERACTIONS: WHAT YOU SHOULD KNOW

There are more opportunities today than ever before to learn about your health and to take better care of yourself. It is also more important than ever to know about the medicines you take. If you take several different medicines, see more than one doctor or have certain health conditions, you and your doctors need to be aware of all the medicines you take to avoid potential problems, such as drug interactions. Drug interactions may make your drug less effective, cause unexpected side effects or increase the action of a particular drug. Some drug interactions can even be harmful to you. Reading the label every time you use a nonprescription or prescription drug and taking the time to learn about drug interactions may be critical to your health. You can reduce the risk of potentially harmful drug interactions and side effects with a little bit of knowledge and common sense. Drug interactions fall into three broad categories:

- **Drug-drug interactions** occur when two or more drugs react with each other. This drug interaction may cause you to experience an unexpected side effect. For example, mixing a drug you take to help you sleep (a sedative) and a drug you take for allergies (an antihistamine) can slow your reactions and make driving a car or operating machinery dangerous.
- **Drug-food/beverage interactions** result from drugs reacting with foods or beverages. For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions.
- **Drug-condition interactions** may occur when an existing medical condition makes certain drugs potentially harmful. For example, if you have high blood pressure you could experience an unwanted reaction if you take a nasal decongestant.

Over-the-counter (OTC) drug labels contain information about ingredients, uses, warnings and directions that is important to read and understand. The label also includes important information about possible drug interactions. Further, drug labels may change as new information becomes known. That's why it's especially important to read the label every time you use a drug. The "Active Ingredients" and "Purpose" sections list:

- the name and amount of each active ingredient
- the purpose of each active ingredient

The "Uses" section of the label:

- tells you what the drug is used for
- helps you find the best drug for your specific symptoms

The "Warnings" section of the label provides important drug interaction and precaution information such as:

- when to talk to a doctor or pharmacist before

- the medical conditions that may make the drug less effective or not safe
- under what circumstances the drug should not be used
- when to stop taking the drug

The "Directions" section of the label tells you:

- the length of time and the amount of the product that you may safely use
- any special instructions on how to use the product

The "Other Information" section of the label tells you:

- required information about certain ingredients, such as sodium content, for people with dietary restrictions or allergies

The "Inactive Ingredients" section of the label tells you:

- the name of each inactive ingredient (such as colorings, binders, etc.)

The "Questions?" or "Questions or Comments?" section of the label (if included):

- provides telephone numbers of a source to answer questions about the product

**Drug Interactions and Over-the-Counter Medicines** Talk to your doctor or pharmacist about the drugs you take. When your doctor prescribes a new drug, discuss all OTC and prescription drugs, dietary supplements, vitamins, botanicals, minerals and herbals you take, as well as the foods you eat. Ask your pharmacist for the package insert for each prescription drug you take. The package insert provides more information about potential drug interactions. Before taking a drug, ask your doctor or pharmacist the following questions:

- Can I take it with other drugs?
- Should I avoid certain foods, beverages or other products?
- What are possible drug interaction signs I should know about?
- How will the drug work in my body?
- Is there more information available about the drug or my condition (on the Internet or in health and medical literature)?

Know how to take drugs safely and responsibly. Remember, the drug label will tell you:

- what the drug is used for
- how to take the drug
- how to reduce the risk of drug interactions and unwanted side effects

If you still have questions after reading the drug product label, ask your doctor or pharmacist for more information. Learning More About Drug Interactions Remember that different OTC drugs may contain the same active ingredient. If you are taking more than one OTC drug, pay attention to the active ingredients used in the products to avoid taking too much of a particular ingredient. Under certain circumstances — such as if you are pregnant or breast-feeding — you should talk to your doctor before you take any medicine. Also, make sure to know what ingredients are contained in the medicines you take to avoid

**DRUG INTERACTIONS: WHAT YOU SHOULD KNOW CONTINUED**

possible allergic reactions. The following are examples of drug interaction warnings that you may see on certain OTC drug products. These examples do not include all of the warnings for the listed types of products and should not take the place of reading the actual product label.

**Category Acid Reducers H2 Receptor Antagonists** (drugs that prevent or relieve heartburn associated with acid indigestion and sour stomach) **Antacids** (drugs for relief of acid indigestion, heartburn and/or sour stomach) **Drug Interaction Information** For products containing cimetidine, ask a doctor or pharmacist before use if you are: ■ taking theophylline (oral asthma drug), warfarin (blood thinning drug) or phenytoin (seizure drug) Ask a doctor or pharmacist before use if you are: ■ allergic to milk or milk products if the product contains more than 5 grams lactose in a maximum daily dose ■ taking a prescription drug Ask a doctor before use if you have: ■ kidney disease

**Category Antiemetics** (drugs for prevention or treatment of nausea, vomiting or dizziness associated with motion sickness) **Antihistamines** (drugs that temporarily relieve runny nose or reduce sneezing, itching of the nose or throat, and itchy watery eyes due to hay fever or other upper respiratory problems) **Drug Interaction Information** Ask a doctor or pharmacist before use if you are: ■ taking sedatives or tranquilizers Ask a doctor before use if you have: ■ a breathing problem, such as emphysema or chronic bronchitis ■ glaucoma ■ difficulty in urination due to an enlarged prostate gland When using this product: ■ avoid alcoholic beverages Ask a doctor or pharmacist before use if you are taking: ■ sedatives or tranquilizers ■ a prescription drug for high blood pressure or depression Ask a doctor before use if you have: ■ glaucoma or difficulty in urination due to an enlarged prostate gland ■ breathing problems, such as emphysema, chronic bronchitis or asthma When using this product: ■ alcohol, sedatives and tranquilizers may increase drowsiness ■ avoid alcoholic beverages

**Category Antitussives Cough Medicine** (drugs that temporarily reduce cough due to minor throat and bronchial irritation as may occur with a cold) **Bronchodilators** (drugs for the temporary relief of shortness of breath, tightness of chest and wheezing due to bronchial asthma) **Laxatives** (drugs for the temporary relief of constipation) **Nasal Decongestants** (drugs for the temporary relief of nasal congestion due to a cold, hay

fever or other upper respiratory allergies) **Drug Interaction Information** Ask a doctor or pharmacist before use if you are: ■ taking sedatives or tranquilizers Ask a doctor before use if you have: ■ glaucoma or difficulty in urination due to an enlarged prostate gland Ask a doctor before use if you: ■ have heart disease, high blood pressure, thyroid disease, diabetes or difficulty in urination due to an enlarged prostate gland ■ have ever been hospitalized for asthma or are taking a prescription drug for asthma Ask a doctor before use if you have: ■ kidney disease and the laxative contains phosphates, potassium or magnesium ■ stomach pain, nausea or vomiting Ask a doctor before use if you: ■ have heart disease, high blood pressure, thyroid disease, diabetes or difficulty in urination due to an enlarged prostate gland

**Category Nicotine Replacement Products** (drugs that reduce withdrawal symptoms associated with quitting smoking, including nicotine craving) **Nighttime Sleep Aids** (drugs for relief of occasional sleeplessness) **Drug Interaction Information** Ask a doctor before use if you: ■ have high blood pressure not controlled by medication ■ have heart disease or have had a recent heart attack or irregular heartbeat since nicotine can increase your heart rate Ask a doctor or pharmacist before use if you are: ■ taking a prescription drug for depression or asthma (your dose may need to be adjusted) ■ using a prescription non-nicotine stop-smoking drug Do not use: ■ if you continue to smoke, chew tobacco, use snuff or use other nicotine-containing products Ask a doctor or pharmacist before use if you are: ■ taking sedatives or tranquilizers Ask a doctor before use if you have: ■ a breathing problem such as emphysema or chronic bronchitis ■ glaucoma ■ difficulty in urination due to an enlarged prostate gland When using this product: ■ avoid alcoholic beverages

**Category Pain Relievers** (drugs for the temporary relief of minor body aches, pains and headaches) **Stimulants** (drugs that help restore mental alertness or wakefulness during fatigue or drowsiness) **Topical Acne Products** (drugs for the treatment of acne) **Drug Interaction Information** Ask a doctor before taking if you: ■ consume three or more alcohol containing drinks per day (The following ingredients are found in different OTC pain relievers: acetaminophen, aspirin, ibuprofen, ketoprofen, magnesium salicylate and naproxen. It is important to read the label of pain reliever products

## DRUG INTERACTIONS: WHAT YOU SHOULD KNOW CONTINUED

to learn about different drug interaction warnings for each ingredient.) When using this product: ■ limit the use of foods, beverages and other drugs that have caffeine – too much caffeine can cause nervousness, irritability, sleeplessness and occasional rapid heartbeat ■ be aware that the recommended dose of this product contains about as much caffeine as a cup of coffee When using this product: ■ increased dryness or irritation of the skin may occur immediately following use of this product or if you are using other topical acne drugs at the same time. If this occurs, only one drug should be used unless directed by your doctor.

This information is brought to you by the Council on Family Health in cooperation with the National Consumers League and the U.S. Food and Drug Administration



- **Drivers or Delivery Persons**– Work 1 day a week 9 am-12 pm. Two (2) people go on various routes delivering meals using our fleet of vehicles. Routes go out Monday, Wednesday and Thursday. Also, **Meal Pick Up** 1 hour a week M-F 8:30-9:30 am
- **Kitchen Helpers**—Work 1 day a week 11 am –1 pm. Serving precooked meals in a congregate setting. Clean up and preparation for next day. No cooking necessary!
- **Wellness Check Callers**– Work for 2 hours between 9 am –12 pm calling homebound clients on Tuesday or Friday. Read from a script and share a smile to make sure they are okay and ready for the next delivery.
- **Front Desk Worker**– Position is all inclusive and you learn as you go. Working the front desk puts you in front of lots of people coming into the center. Currently we have workers Monday-Friday 8-10 am, 10 am-12 pm & 12 pm-3 pm. You can work any one day, any one shift, or multiple shifts. Desk workers answer phones, direct new clients coming in for the first time, Serve as an Ambassador to the Senior Campus and hand out newsletters.
- **Angels Essential Worker**– Open our room to assist individuals with donated durable medical equipment. Tuesdays 9 am –1 pm
- **Newsletter Delivery**–Once a month deliver hundreds of newsletters to pre-routed locations. Usually takes place on a Tuesday or Friday and with two (2) people takes about 4 hours.

Volunteers must be 18 or older, able to pass a background check to include receiving a level 1 fingerprint clearance card and drug screening. Kitchen Volunteers must take a food handlers course through the Mohave County Health Department. Potential volunteers will incur no cost for any of the services. Go to [www.bullheadcity.com/jobs](http://www.bullheadcity.com/jobs) and search for Senior Campus Volunteer to apply. If you have any questions please contact the Senior Services Program Manager– Kim Cool at (928) 763-0193

