

Bullhead City Senior Campus Newsletter June 2023



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SCAN FOR
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS

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.

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

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



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

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Jackie Jensen
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Newsletter Coordinator
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Senior Nutrition Center Monthly Meal Calendar

June 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | | 1 Lasagna Bread Stick Mixed Veggies | 2 Salisbury Steak Rice Pilaf Stewed Tomatoes |
| 5 Bratwurst Sautéed Cabbage Potatoes Au Gratin | 6 Swedish Meatballs Buttered Pasta Steamed Carrots | 7 Stuffed Peppers Steamed Corn Warm Apples | 8 Teriyaki Chicken Fried Rice Japanese Blend Veggies | 9 Cheese Omelet Sausage Patty Hash Browns |
| 12 | 13 Beef Tamales Fiesta Blend Mexican Rice | 14 Chicken Mushroom Gravy Rice Pilaf Chuck Wagon Blend | 15 Cabbage Rolls Baked Beans Cherry Cobbler | 16 Turkey Cutlet Stuffing Steamed Peas |
| 19  CLOSED | 20 Roasted Turkey Mashed Potatoes Green Beans | 21 Chicken Pot Pie Biscuit Cobbler | 22 Pork Chop Mashed Potatoes W/Gravy California Blend | 23 Ham Steak Potato Wedges Sautéed Cabbage |
| 26 Green Chili Cheese Tamales Fiesta Blend Spanish Rice | 27 Meatloaf Slice Mac & Cheese Green Beans | 28 BBQ Chicken Rice Pilaf Vegetable Medley | 29 Sweet & Sour Meatballs Steamed Rice Carrots | 30 Chicken Enchilada Fiesta Blend Spanish Rice |

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.



Mary O'Guinn has been volunteering at the Senior campus for 5 years. Mary assists with the Meals on Wheels home deliveries.

Her favorite part of volunteering at the Campus is interacting with the people she delivers food to. She said they are always appreciative. She also likes getting to know other volunteers.

Before retiring in 2010 she was a 9-1-1 dispatcher and supervisor. She was born and grew up in Southern California, in the San Gabriel Valley. Her current "children" are her fur babies, she has two dogs and three cats. All rescue animals.

MARY O'GUINN, VOLUNTEER OF THE MONTH

Ronald Robinson has been coming to the Senior Campus for 8 years. He started coming in 2014 with his wife to play bingo. His wife passed away in 2022 in Missouri. He came back to Bullhead City and the Senior Campus.

Ronald said he enjoys the games, the food, and the friendships he has made at the Senior Campus.

He was born in Tucson, Arizona and grew up in the Chicagoland area. Before retiring Ronald worked in security for 35 years and in a steel mill in Northwestern Indiana for 22 years. Ronald served in the Navy from 1970 to 1973. He was a sonar technician. He said he hunted submarines and he found them. Ronald has two sons, two daughters and seven grandchildren. He enjoys action and romance comedies. He is a die-hard Cubs fan (since 1957) and a Chicago Bulls Fan (Since 1966).



RONALD ROBINSON, CLIENT OF THE MONTH

May was the Bullhead City Senior Campus Month to get "Caught Being Kind"

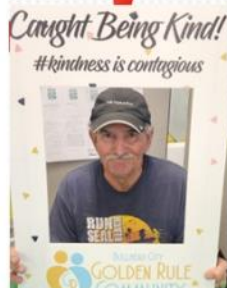


From May 1st to May 31st nominees were put into a drawing for great prizes from a free family photo shoot from DayjaLite Photography Productions to free ice cream from Culvers.

All the person had to do was be kind and get caught. This initiative was created by the committee to ignite the message and promote Bullhead City to become a Golden Rule Community!

Being kind is appreciated and doing unto others as you would have them do unto you is the simple act of thinking first and helps to make the world a better place.

Congratulations to all these amazing nominees!





Join the Drum Circle!



It's Good For You!

**Join the BRAND NEW Fun in Bullhead City!
No Experience Necessary. Everyone Welcome.
Bullhead City Senior Campus, 2275 Trane Road, BHC, AZ**

Monday, June 12th at 4:00

Drum Circle Benefits:

**Lowers Blood Pressure Burns Calories
Relieves Depression Boosts Cardio
Increases Energy Improves Circulation**

Drum Circle is being built with members of the community and future circles will be discussed to determine the best schedule for those participating. For information contact Julie at (928) 727-9100

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



Level: Intermediate

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cats.

R G S M O O

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

Answer: Grooms

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to headaches.

O R I S S U E

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | | | | |
|--|--|--|--|--|--|--|

Answer: Serious

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the sea.

S H F I

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Answer: Fish

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to hurricanes.

O F R E C

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

Answer: Force

HAPPY BIRTHDAY

Join us for a Birthday Month Celebration
for all Seniors 50+ at the Senior Campus on
Tuesday, June 20th starting at 11:30 am

June 1

Lee Christensen
Dutchann Biazio

June 2

Lynda LaVerne

June 3

Jack Sawyer

June 4

Cindy Mihld
Theresa Moore

June 5

Jeanne Hardy

June 6

Sheila Goodman
Barbara Schliep
Harold Smith

June 7

Claire Drews
Jere Simmons

June 8

Deborah Mannor
Don Randall Sr.
Catherine Wyatt

June 9

Deanne Underwood

June 10

Paul Centanne

June 11

Stanley Warhol

June 12

Tedina Allen
Lillian Elizabide

Thomas Hogue

Sharon Marks

Anthony Speltz

June 13

Marchell Wilson-Olson

June 14

Mary Ann Castaneda

June 15

Maria Jeromino

Brian Sedlar

Donna Ash

June 16

Lorene Hayden

Timothy Lukasit

June 17

Clara King

June 18

Barb Anderson

Yolanda Garcia

June 19

Jean Strum

June 21

Win Barley

Larry Coley

Betty Riecke

Barbara Thorne

June 22

Sarah Schurman

June 23

Mike Flambures

Ray Hatfield

Ken Peterson

Douglas Strum

June 24

Gary Chapman

Jeff Dragotto

Susan Prichard

June 25

Delma Kilpatrick

Charleen Winograd

June 26

Barry Clark

Kathleen Gregson

Caryn Johnson

Laura Loucks

Joseph Sherrill

Frank Howard

Randy Thompson

June 28

Mariel Gabowsky

June 29

Sonja Allen

June 30

Sharon Lowry

Melody Padilla



Sponsored by: Joshua Springs Senior Living

Nicole Collins, Sales Director

(928) 763-1212 ncollins@watermarkcommunities.com

SUN & SAND WORD SEARCH

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

WORDS

BASKET
 BEACH
 BOARDWALK
 BREEZY
 BRIGHT
 COASTAL
 CRASHING
 FOAM
 LAUGHTER
 MARINE
 OCEAN
 RELAXATION
 RIPTIDE
 SAIL
 SANDCASTLE
 SANDY
 SEAWEED
 SUNGLASSES
 SURFING
 SWIMMING
 SWIMSUIT
 TAN
 UMBRELLA
 UNDERTOW

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 cats.
 Each number corresponds to a letter.
 (Hint: 11 = E)

A. 18 11 6 22 14 11

Clue: Cat

B. 12 7 5 3

Clue: Spring off ground

C. 17 6 2 25 23

Clue: Sharp nails

D. 23 1 13 11 1 17 4

Clue: Extend limbs/body

Answers: A. feline B. jump C. claws D. stretch

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

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

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

Determine the code to reveal the answer!

Solve the code to discover words related to the beach.
 Each number corresponds to a letter.
 (Hint: 2 = S)

A. 2 10 4 2 25 24 4 14

Clue: Warm light

B. 2 25 5 23 14

Clue: Coastline

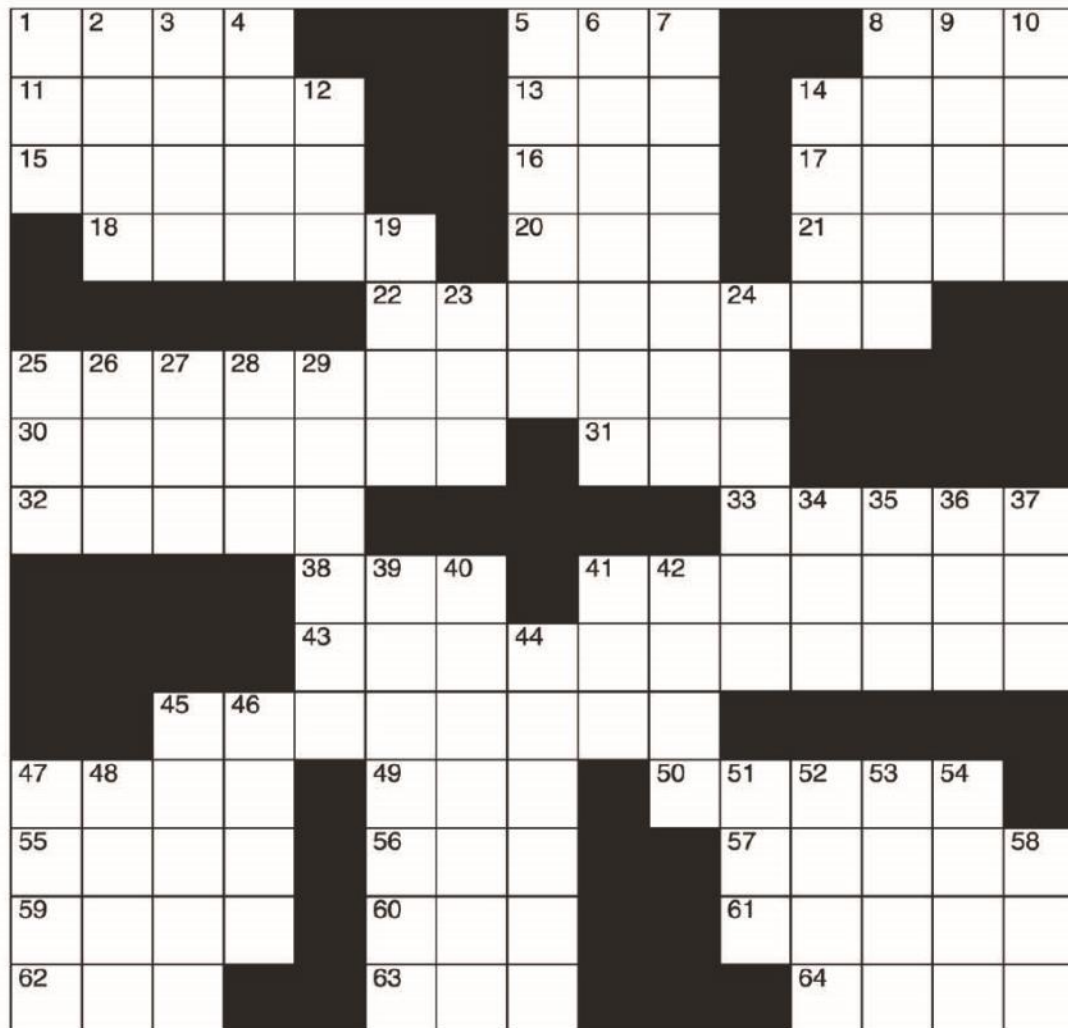
C. 11 5 18 13 24 4 12

Clue: Water hobby

D. 22 18 26 14 2

Clue: Ocean swells

Answers: A. sunshine B. shore C. boating D. waves



11
C
R
O
S
S
W
O
R
D

CLUES ACROSS

- 1. In a place to sleep
- 5. Chemical compound (abbr.)
- 8. A way to fish
- 11. Classic Linklater film “___ and Confused”
- 13. Legume
- 14. Indonesian island
- 15. Smooth, creamy substance
- 16. Arctic
- 17. Wood sorrels
- 18. Defied
- 20. Cattle
- 21. Tableland
- 22. Honorably retired and retaining one's title
- 25. Repossession
- 30. Danced
- 31. Adult males
- 32. A type of section
- 33. Type of Japanese animation
- 38. Satisfaction
- 41. Fit
- 43. “Ain't No Sunshine” singer
- 45. Failure
- 47. Israeli city
- 49. French river
- 50. Cavalry-sword
- 55. Nocturnal S. American rodent
- 56. Liquefied natural gas
- 57. Afflicted
- 59. Electronic counter-countermeasures
- 60. Popular HBO fantasy series (abbr.)
- 61. Spiritual leader of a Jewish congregation
- 62. Large body of water
- 63. ___kosh, near Lake Winnebago
- 64. Impudence

CLUES DOWN

- 1. Payroll firm
- 2. Unit of transmission
- 3. Rockers Better Than ___
- 4. Bambi is one
- 5. Highest parts of something
- 6. Correct behavior
- 7. Batty
- 8. Cyprinid fishes
- 9. Expression of sorrow or pity
- 10. Site of the famous Leaning Tower
- 12. American rocker Snider
- 14. W. African language
- 19. Symbol to mark for removal
- 23. ___ Squad
- 24. Resident
- 25. Federal savings bank
- 26. Paddle
- 27. Returned material authorization (abbr.)
- 28. One point south of due east
- 29. Winter melon
- 34. Last or greatest in an indefinite large series
- 35. Anger
- 36. Central European river
- 37. First responders
- 39. Spanish noble
- 40. Persons with absence of skin pigment
- 41. Defunct airline
- 42. Small island (British)
- 44. The extent of something from beginning to end
- 45. Capital of Bangladesh
- 46. Dutch cheese
- 47. Imitates
- 48. A contest of speed
- 51. Swiss river
- 52. Prejudice
- 53. Actor Idris
- 54. UNLV's are Runnin'
- 58. Criticize

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



JUNE 2023

ACTIVITIES CALENDAR

THURSDAY

1

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

2

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

5

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to Noon
Noon to 12:15 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes
Voter Registration
Fall Prevention & Back Health w/Dr. Kevin Cox
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY

6

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
Hand & Foot Card Game
Poker Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

7

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

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

THURSDAY

8

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

Essentrics - Aging Backwards
 Knit & Crochet Group
 Free Health & Resource Fair
 Open Sewing Group
 Pass the Trash card game & Potluck

FRIDAY

9

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.

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

MONDAY

12

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.
 4:00 p.m. to 5:00 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
 Drum Circle Beginning



TUESDAY

13

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 (Red, White & Blue Necklace)
 Hand & Foot Card game & Poker game
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)

WEDNESDAY

14

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 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
 Caregiver Support Group-In person/Zoom
 Bereavement Support Group
 Fast Track Game (Come Learn)
 Gamblers Anonymous Meeting



THURSDAY

15

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

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

Essentrics - Aging Backwards
Exercise to Ease Arthritis Pain
Physical Fitness & Health Information
Related to Nutrition
Knit & Crochet Group
Open Sewing Group
Pass the Trash-Card Game/Pot Luck

FRIDAY

16

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.

Body Moves for Brain Power
Let's Craft - Free style
FREE Mini Clinic (9 spots)
Mexican Train game
Poker card game
Pinochle game

MONDAY

19



CLOSED

TUESDAY

20

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

21

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

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

THURSDAY
22

| | |
|-------------------------|------------------------------------|
| 9:00 a.m. to 9:45 a.m. | Essentrics - Aging Backwards |
| 10:30 a.m. to Noon | Resources & Preparation Assistance |
| Noon to 3:00 p.m. | Knit & Crochet Group |
| Noon to 1:00 p.m. | Ice Cream Sundae Social |
| 12:15 p.m. to 2:00 p.m. | Free Bingo w/ Prizes |
| 2:00 p.m. to 3:00 p.m. | Quilt Trunk Event |
| 2:00 p.m. to 5:00 p.m. | Open Sewing Group |
| 5:30 p.m. to 9:30 p.m. | Pass the Trash-Card Game/Pot Luck |

FRIDAY
23

| | |
|--------------------------|----------------------------|
| 9:00 a.m. to 9:45 a.m. | Body Moves for Brain Power |
| 10:00 a.m. to 11:30 a.m. | Let's Craft - Free Style |
| 12:30 p.m. to 3:30 p.m. | Mexican Train game |
| 12:30 p.m. to 3:30 p.m. | Pinochle Card game |
| 12:30 p.m. to 3:30 p.m. | Poker Card game |

MONDAY
26

| | |
|--------------------------|----------------------------|
| 9:00 a.m. to 9:45 a.m. | Body Moves for Brain Power |
| 10:00 a.m. to 11:30 a.m. | Free Bingo w/Prizes |
| Noon to 1:00 p.m. | Dementia Support Group |
| 12:30 p.m. to 3:30 p.m. | Mexican Train game |
| 12:30 p.m. to 3:30 p.m. | Pinochle Card game |
| 12:30 p.m. to 3:30 p.m. | Poker Card game |

TUESDAY
27

| | |
|-------------------------|---|
| 8:15 a.m. to 9:00 a.m. | Zumba Class |
| 9:00 am to Noon | Beading Group |
| 9:00 a.m. to 10:00 a.m. | Fall Risk Prevention & Screening |
| 9:00 a.m. to 9:45 a.m. | Essentrics- Aging Backwards |
| 12:30 p.m. to 3:30 p.m. | Poker Card game |
| 12:30 p.m. to 3:30 p.m. | Hand & Foot Card game |
| 4:00 p.m. to 5:00 p.m. | Line Dancing Instruction (Beginner) |
| 4:30 p.m. to 5:30 p.m. | Line Dancing Instruction (Improver Level) |

WEDNESDAY
28

| | |
|--------------------------|--|
| 9:00 a.m. to 9:45 a.m. | Body Moves for Brain Power |
| 9:15 a.m. to 10:00 a.m. | Relaxation & Mindfulness Exercise |
| 10:00 a.m. to 11:00 a.m. | Caregiver Support Group-In person/Zoom |
| 10:00 a.m. to 11:00 a.m. | Free Bingo w/prizes |
| 1:00 p.m. to 3:00 p.m. | Fast Track Game (Come Learn) |
| 1:00 p.m. to 2:00 p.m. | Bereavement Support Group |
| 7:00 p.m. to 8:00 p.m. | Gamblers Anonymous Meeting |



THURSDAY
29

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

Essentrics - Aging Backwards
Knit & Crochet Group
Open Sewing Group
Pass the Trash-Card Game/Pot Luck

FRIDAY

30

9:00 a.m. to 9:45 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 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
Pinochle Card Game
Poker Card Game

Fall Risk Prevention & Screening

"I tripped over the dog."

"I really had to go to the bathroom and was just clumsy."

"I wasn't paying attention; I had a lot on my mind...."

... Sometimes it's not an accident. Falls are not uncommon as we get older, but many older adults do not realize how many different factors can lead to a fall.

Join us!

4th Tuesday of each month (starting June 2023)

9 am -10 am

Bullhead City Senior Campus, 2275 Trane Rd

Questions: Jeff Balser – 614-506-6623

Email: stabilitymobilized@gmail.com



STABILITY
Mobilized



Live Your Best Life!

Bullhead City's Recreation Division's
**INDEPENDENCE DAY
TIE DYE PARTY**

Friday, June 30, 2023
1:00 pm to 3:00pm
Recreation Office, 2285 Trane Road
Make Your Shirt & Wear On The 4th!
Each child will receive a white t-shirt and
all other supplies and instructions.



Space is limited. Register Today!
www.bullheadcity.com/recdesk

Questions?
Call Claire Adams, (928) 763-9400 x8306
Sponsored by




Scan here to register.

SAY
YES TO 100% FIBER
INTERNET FROM TWN



NO BUFFERING
TERM COMMITMENTS
PRICE JUMPS
DATA CAPS
UP TO SPEEDS

PRE-REGISTER NOW! TWNCOMM.COM/MOHAVE



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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**

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**

ANSWERS



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SPONSORS NEEDED

What is the Senior Campus??

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 so much 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.

How can you help our seniors? Sponsor a program or activity, purchase a meal gift card or make a donation.

The 2023 Sponsorships begin July 1!

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

Bi-Monthly Ice Cream Social

6 Months ~~\$1,200~~ 6 Months \$600
 Sponsor funds will be used to purchase supplies like ice creams, toppings, spoons, bowls, napkins

Monthly Happy Hour

Monthly \$200 OR 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 OR 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

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

Monthly Bingo
 6 Months ~~\$1,200~~ 6 Months \$600

Weekly Bingo
 6 Months \$1,200 6 Months \$1,200

Monthly Holiday Event

6 Months ~~\$1,200~~ 6 Months \$1200
 Sponsor funds will be used to purchase supplies like snacks, beverages, cups, plates, plastic-ware, decorations, activities, prizes and games.

Monthly Trivia Time

6 Months \$1,200 6 Months \$1,200
 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

OUR JULY 1ST DEADLINE IS QUICKLY APPROACHING...

LET'S ALL DO OUR PART TO SUPPORT OUR LOCAL SENIORS AND THE SENIOR CAMPUS.

31 Tips to Boost Your Mental Health

- 1. Track gratitude and achievement with a journal.** Include 3 things you are grateful for and 3 things you are able to accomplish each day.
- 2. Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- 3. Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
- 4. Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
- 5. Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
- 6. "You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr.** Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
- 7. Experiment with a new recipe, write a poem, paint or try a Pinterest project.** Creative expression and overall well-being are linked.
- 8. Close, quality, relationships are key for a happy, healthy life.**
- 9. Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.** The flavonoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- 10. "There is no greater agony than bearing an untold story inside of you."-Maya Angelou.** If you have personal experience with mental illness or recovery, share on Twitter, Instagram and Tumblr with #mentalillnessfeelslike.
- 11. Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- 12. Feeling anxious? Take a trip down memory lane and do some coloring** for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
- 13. Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
- 14. Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
- 15. Dance around while you do your housework.** Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).
- 16. Go ahead and yawn.** Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
- 17. Relax in a warm bath once a week.** Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

18. Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.

19. Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

20. "What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen." - Henry David Thoreau. Practice mindfulness by staying "in the present."

21. Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

22. Try prepping your lunches or picking out your clothes for the work week. You'll save some time in the mornings and have a sense of control about the week ahead.

23. Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.



24. Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

25. "What appear to be calamities are often the sources of fortune." - Disraeli. Try to find the silver lining in something kind of cruddy that happened recently.

26. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

27. Send a thank you note - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.

28. Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

29. Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

30. Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

31. "Anyone who has never made a mistake has never tried anything new." -Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.

Free Health & Resource Fair

Thur, June 8th 2023 Noon - 2:00 p.m.
Bullhead City Senior Campus, 2275 Trane Rd



- Learn about Resources
- Chat with Business Professionals
- Grab a few Freebies

Brought to you by:



For more information email Dani Lagana at lagand@mohave.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

REGISTRATION OPENS MAY 1ST

LODGING PARTNER: [HTTPS://LUCIDTRAVEL.US/EVENT/7571](https://lucidtravel.us/event/7571)

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CALL TOLL FREE 855-924-6882