

Bullhead City Senior Campus Newsletter July 2023



0108. 2 9591E 4 7/2023

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. Beverage only is \$1 and Continental Breakfast is \$2.



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, phone 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'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

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



Senior Nutrition Center Monthly Meal Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Chop Mashed Potatoes W/Gravy California Blend	4 CLOSED <i>Happy</i> ***** INDEPENDENCE ***** <i>Day!</i>	5 Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	6 Beef Lasagna Dinner Roll Steamed Broccoli	7 Salisbury Steak Rice Pilaf Green Beans
10 Bratwurst Sauerkraut Potatoes Au Gratin	11 Swedish Meatballs Buttered Pasta Seasoned Corn	12 Stuffed Peppers California Blend Warm Apples	13 Asian Chicken Salad Dinner Roll Asian Dressing	14 Cheese Omelet Sausage Patty Hash Browns
17 Meatloaf Slice Mac & Cheese Mixed Veggies	18 Chorizo & Eggs Tater Tots Southwest Veggies	19 Beef Tamales Fiesta Blend Mexican Rice	20 Pulled BBQ Pork Baked Beans Cherry Cobbler	21 Roasted Turkey Stuffing w/Gravy Steamed Peas
24 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	25 Breakfast Burrito Breakfast Potatoes Sausage Patty	26 Chicken & Dumplings Peas & Carrots Cobbler	27 Pepperoni Pizza Hot Pocket Side of Marinara Chips	28 Meatloaf Mac & Cheese Chef's Blend
30 Cobb Salad Dinner Roll Dressing				

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.



Kathleen has been volunteering at the Bullhead City Senior Campus for five years. Kathleen is a Meals on Wheels program driver. Her favorite part of volunteering is meeting new people and learning more about the community she lives in.

She retired in February 2017 after working 40 plus years in various industries (electrical, pharmaceutical, beauty and apparel). In 2003 she joined the La Habra Woman's Club where we fund raise for scholarships for students at the high schools in our area.

She was born in Los Angeles, CA and raised in Whittier, CA. She is married to Carl and will be celebrating 46 years in December. They retired to Bullhead City in June 2017.

She is enjoying life and the slower pace here in Bullhead City. They do travel several times a year with their 2 cats Oscar and Sadie to visit our kids.

KATHLEEN STOUT, VOLUNTEER OF THE MONTH

Terisa Hart has been coming to the Senior Campus for about 15 years. One of her favorite activities is the Beading Group.

Terisa grew up in Florence, Kentucky. She was a cocktail waitress at the Tropicana for 15 years. She is a widow and has two children. One child is in Kentucky and the other is in Indiana.

Terisa enjoys diamond beading, sewing and crafting and has a booth at the local Farmer's Market. She likes cats and dogs and has a cat that likes to swim. Terisa also enjoys playing dominoes.



TERISA HART, CLIENT OF THE MONTH

BILLING & PAYMENTS PHONE NUMBER CHANGE!

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3. SmartHub App | Desktop Computer
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6. Drop Box | Member Service Office
7. Easy Pay Program
8. Mail | PO Box 52091, Phoenix, AZ 85072

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TRI-STATE A/C HERO

"MAKE SURE YOU ARE ALWAYS GIVING OPTIONS WHEN IT COMES TO REPLACING YOUR UNIT. MOST OF THE TIME IT CAN BE FIXED."

10% DISCOUNT FOR SENIOR COMMUNITY

YOUR FRIENDLY NEIGHBORHOOD HVAC TEAM

we live where you live

928-444-4395

www.tristateachero.com

3030 Hwy 95 • Bullhead City, AZ 86442

REPAIRS - REPLACEMENTS

**24 HOUR
EMERGENCY SERVICE**

ROC# 311760



ARTS & Crafts

Sponsored by

Bullhead City Senior Campus
MONTHLY NEWSLETTER



100% OF THE PROCEEDS BENEFIT THE SENIOR CAMPUS.

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**CONTACT: JACKIE JENSEN,
(928) 763-9400 X 8246
JENSEN@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

Join the **DRUM CIRCLE**



**No Experience Necessary.
Everyone Welcome.**

**Bullhead City Senior Campus,
2275 Trane Road**

**Monday, July 10th
3:30pm-5pm**

**Drum Circle Benefits:
Lowers Blood Pressure
Burns Calories
Relieves Depression
Boosts Cardio
Increases Energy
Improves Circulation**

Questions?

Contact Julie at juliehassett1@gmail.com

Sound Therapy & Meditation

Join us on the
**4th Tuesday of each month
10 am -11 am
starting July 25 at
Bullhead City Senior Campus**



Sound has an ancient kinship with meditation and healing. Sound healing has ancient roots in cultures all over the world, including Australian aboriginal tribes who used the didgeridoo as a sound healing instrument for over 40,000 years to ancient such as Tibetan or Himalayan singing bowl spiritual ceremonies.

Sound meditation is a form of focused awareness type of meditation. One kind that has become more popular is called "sound baths," which uses Tibetan singing bowls, quartz bowls, and bells to guide the listener. These practices highlight themes of how the experience of sound manifests not only through hearing but through tactile physical vibrations and frequencies.

Science is still catching up to understanding how sound heals, but the current research is promising. A review of 400 published scientific articles on music as medicine found strong evidence that music has mental and physical health benefits in improving mood and reducing stress. In fact, rhythm in particular (over melody) can provide physical pain relief.

Sponsored by River Valley Home Health & Hospice.

Questions

Contact Christie Ball at (928) 450-5977

⊙* ☐☺☹~ ♪♫◇✦✧✨✩✪✫✬✭✮✯✰✱✲✳✴✵✶✷✸✹✺✻✼✽✾✿ⓂⓃⓄⓅⓆⓇⓈⓉⓊⓋⓌⓍⓎⓏ

CRYPTO FUN

☐ ☹ ☺ ✦ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿

Determine the code to reveal the answer!

Solve the code to discover words related to community papers.
Each number corresponds to a letter.
(Hint: 3 = N)

Answers: A. print B. news C. local D. community

- A. 18 10 22 3 5**
Clue: Text on paper
- B. 3 23 17 24**
Clue: Newly received information
- C. 14 8 15 20 14**
Clue: Belonging to a neighborhood
- D. 15 8 9 9 7 3 22 5 11**
Clue: Local area

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to grilling.

ERIF

--	--	--	--

Answer: Fire

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to pets.

ODVEL

--	--	--	--	--

Answer: Loved

COMMUNITY PAPER WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ADVERTISEMENT
- ARTICLES
- CLASSIFIEDS
- COMMUNITY
- DELIVERY
- EDITOR
- EXPOSURE
- FEATURE
- INFORMATION
- JOURNALIST
- LEARN
- LOCAL
- NEWS
- NEWSPAPER
- ONLINE
- OPINION
- PAGES
- PRINTED
- READING
- REGIONAL
- REPORT
- RESOURCE
- SUBSCRIPTION
- TABLOID

HAPPY BIRTHDAY

Join us for the
Birthday Month Celebration
Sponsored by Joshua Springs Senior Living
for all Seniors 50+ at the Senior Campus on
Tuesday, July 18th starting at 11:30 am

July 1

Edward Ingstad
Craig Maddox
Paul Vanwinkel
Patrice Brownell

July 2

Delphia Mullins

July 3

Barbara Abbott

July 4

William Bell

July 6

Robert Howell
Arlene Luth

July 7

Donna Long Barrows

July 8

Bruce Hilts
Deanne Buzzell

July 9

John Thomson

July 10

Phailboon Tiemsanjai

July 11

LaVa Williams
John Young
William Cathcart
Robert Longmire
John Neal
Mary Serna

July 12

Sharon Hogan
Dorine Hall
Maria Raygosa

July 13

Steven John
Linda Marlatt
Fred Mundt
Cynthia Stasik

William Tyler

July 14

Ralph Jones
Frances Moynihan

July 15

Russell Robert
Linda Grinde
Carolyn Smith

July 16

Thomas Gibben
Thomas Czaplicki

July 17

Nora Calugas
Delores Gradowski

July 18

Ryan Welty
Steven Brown
Maria Waitas

July 19

Kim Murphy

July 20

David Rolbiecki

July 21

Deborah Carter
Michael England

July 22

Jim Carroll, Jim
Theresa Connolly

Fern Derie

Michael Ortega

July 23

Paul Lyon

July 25

Kerry Park

July 26

Mark Hoenshell
Guy Leslie
David Moore
Joann Nicholson

July 27

Peter Lepore
George Lizotte
Donna Madison

July 28

Samuel Angelov
L Harris

Arce Jimenez

Jeffery Stevens

Cordell Vaught,

July 29

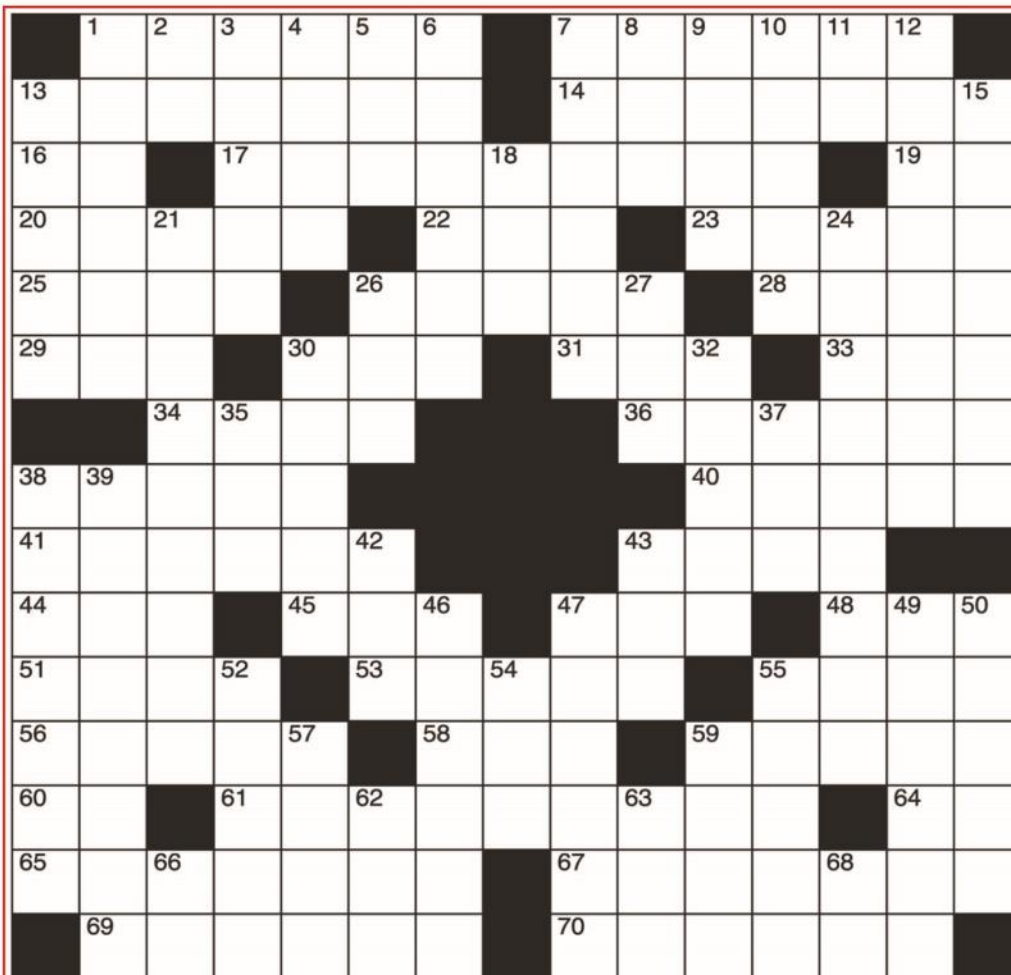
Gilbert Moreno
Beatrice Hundley
Diane Matthewson

July 30

Julie Hughes



Nicole Collins, Sales Director
(928) 763-1212
ncollins@watermarkcommunities.com



CLUES ACROSS

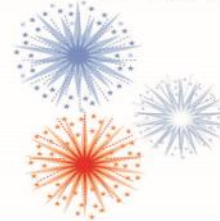
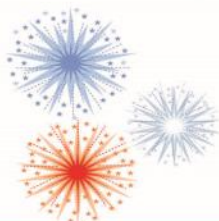
- 1. Bonus materials
- 7. Formal names
- 13. Free from restraints
- 14. One who scrapes away
- 16. Type of device
- 17. Skin cancers
- 19. The Show Me State
- 20. Plate glasses
- 22. Red-brown sea bream
- 23. Small (Fr.)
- 25. Flightless Australian birds
- 26. High IQ group
- 28. Stiff structures
- 29. Revolutions per minute
- 30. Where a bachelor lives
- 31. Licensed for Wall Street
- 33. A place to park
- 34. Energy, style and enthusiasm
- 36. An important creed in Catholic Church

- 38. 18-year astronomical period
- 40. Furies
- 41. Removes from the record
- 43. Noted child psychiatrist
- 44. Feline
- 45. High schoolers' test
- 47. Not happy
- 48. They ___
- 51. On top
- 53. Precious stones unit of weight
- 55. Moved quickly
- 56. Seagulls
- 58. A seed with hooks or teeth
- 59. Partner to "oohed"
- 60. Exclamation of surprise
- 61. Most unpleasant
- 64. Organization help service meml
- 65. Type of cockatoo
- 67. Humorous criticisms
- 69. Went through and organized
- 70. Wakes up

CLUES DOWN

- 1. Settle in tents
- 2. Big
- 3. Books
- 4. Masses of eggs in fish
- 5. Language
- 6. Not standing
- 7. Chinese philosophy
- 8. Computer giant
- 9. A device to catch
- 10. Emits coherent radiation
- 11. Actor O'Neill
- 12. Smallest interval in western music
- 13. Not lower
- 15. Revolves
- 18. Leavened bread
- 21. Number above the line in a fraction
- 24. Cable
- 26. Adult male
- 27. Airborne (abbr.)

- 30. Bullfighting maneuvers
- 32. Broadcast
- 35. ___ Angeles
- 37. Vehicle
- 38. Not religious
- 39. North American peoples
- 42. A baglike structure
- 43. Body art (slang)
- 46. Picked for a role
- 47. Actress Tomei
- 49. Former hoopster "Big Country"
- 50. Icelandic poems
- 52. More pleasant
- 54. It can add flavor to meat
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. ___ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. In reply (abbr.)



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

Level: Intermediate

4th of July Laughs!

Q. How come there aren't any knock-knock jokes about America?
A. Because freedom rings.

Q. What kind of tea did the American colonists want?
A. Liber-tea.

Q. What was George Washington's favorite tree?
A. The infantry.

Q. What's the difference between a duck and George Washington?
A. One has a bill on his face, and the other has his face on a bill.



BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



JULY 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.
5:00 p.m. to 6:00 p.m.

Body Moves for Brain Power
Free Bingo w/Prizes *sponsored by Tristate AC Hero*
Voter Registration
Mexican Train Game
Pinochle Card Game
Poker Card Game
"The Discussion" - Inspirational Messages

TUESDAY

4

CLOSED



4TH JULY

INDEPENDENCE DAY

CLOSED



WEDNESDAY

5

9:00 a.m. to Noon
9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
11:00 a.m. to Noon
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 p.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.

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

THURSDAY

6

9:00 a.m. to 9:45 a.m.
10:00 a.m. to Noon
Noon to 1:00 p.m.
Noon to 2:00 p.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
Roy Rogers & TV Cowboy Memorial Show
Ice Cream Social *sponsored by Dot Foods*
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.
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
Pour Paint Class
Mexican Train game
Poker card game
Pinochle game

MONDAY 10

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 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.
 5:00 p.m. to 6:00 p.m.

Body Moves for Brain Power
 Photography Class for Veterans
 Free Bingo w/Prizes *sponsored by Tristate AC Hero*
 Dementia Support group
 Happy Hour with games
 Mexican Train game
 Pinochle Card game
 Poker Card game
 Drum Circle Beginning
 "The Discussion" - Inspirational Messages

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 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 *(flower memory wire bracelets)*
 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 11:00 a.m.
 1:00 p.m. to 2:00 p.m.
 1:00 p.m. to 3:00 p.m.
 2:30 p.m. to 3:30 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)*
 Amputee/Trauma Support Group
 Gamblers Anonymous Meeting

THURSDAY

13

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:30 a.m. to 11:30 a.m.
 Noon to 3:00 p.m.
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
 Photography Class for Veterans
 Estate Planning 101 - Trusts
 Knit & Crochet Group
 Pass the Trash card game & Potluck

FRIDAY

14

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

17

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:00 a.m. to Noon
 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.
 5:00 p.m. to 6:00 p.m.

Body Moves for Brain Power
 Photography Class for Veterans
 Voter Registration
 Free Bingo w/Prizes *sponsored by Tristate AC Hero*
 Mexican Train game
 Pinochle Card game
 Poker Card game
 "The Discussion" - Inspirational Messages

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 Party *sponsored by Joshua Springs*
 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.
 12:30 p.m. to 3:30 p.m.
 12:30 p.m. to 2:00 p.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
 Bunco Group
 Genealogy Club
 Bereavement Support Group
 Fast Track Game (Come Learn)
 Gamblers Anonymous Meeting

THURSDAY

20

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:00 a.m. to 11:00 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
 Photography Class for Veterans
 Exercise to Ease Arthritis Pain
 Knit & Crochet Group
 Open Sewing 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.
 10:00 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
 Pour Paint Class
 Mexican Train game
 Poker card game
 Pinochle game



SC SPONSORS



MONDAY
24

9:00 a.m. to 9:45 a.m.
9:30 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
Noon to 1:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
5:00 p.m. to 6:00 p.m.

Body Moves for Brain Power
Photography Class for Veterans
Free Bingo w/Prizes sponsored by Tristate AC Hero
Dementia Support Group
Mexican Train game
Pinochle Card game
Poker Card game
"The Discussion" - Inspirational Messages

TUESDAY
25

8:15 a.m. to 9:00 a.m.
9:00 am to Noon
9:00 a.m. to 10:00 a.m.
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.
4:00 p.m. to 5:00 p.m.
4:30 p.m. to 5:30 p.m.

Zumba Class
Beading Group
Fall Risk Prevention & Screening
Essentrics- Aging Backwards
Sound Therapy & Meditation
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 11:00 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
Free Bingo w/prizes sponsored by Dot Foods
Fast Track Game (Come Learn)
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY
27

9:00 a.m. to 9:45 a.m.
9:30 a.m. to 11:30 a.m.
10:00 a.m. to 11:00 a.m.
10:30 a.m. to Noon
11:30 a.m. to 11:45 a.m.
Noon to 1:00 p.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
Photography Class for Veterans
Trivia against other centers in AZ
Resources & Preparation Assistance
Meal Plan & Prep video/handout
Ice Cream Sundae Social sponsored by Dot Foods
Knit & Crochet Group
Open Sewing Group
Pass the Trash-Card Game/Pot Luck

FRIDAY
28

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
Pinochle Card game
Poker Card game

MONDAY
31

9:00 a.m. to 9:45 a.m.
9:30 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.
5:00 p.m. to 6:00 p.m.

Body Moves for Brain Power
Photography Class for Veterans
Free Bingo w/Prizes sponsored by Tristate AC Hero
Mexican Train Game
Pinochle Card Game
Poker Card Game
"The Discussion" - Inspirational Messages

Senior Campus Genealogy Club helps reunite a family!

Have you seen this couple around the Bullhead City Senior Campus? If you have, you should shake their hand and offer them a hearty congratulations!

Eric and Lisa Wagner came to the Bullhead City Senior Campus Genealogy Club last November hoping to learn how to find Eric's biological parents. He had grown up with wonderful adoptive parents who let him know that he was adopted. After their passing, he found more documents that they had stored away for him.

They came to our Genealogy Club where Kate Sprague, PLCGS suggested that Eric take a DNA test instead of spending the time writing letters to adoption agencies for information.

Eric took the test through Ancestry.com and based on his results, Kate was able to match him with both of his biological parents. Who were living a stones throw away from each other in Bakersfield, California. A few weeks later, after many phone calls back and forth and 60 years of waiting. Eric was able to meet both of his biological parents plus his two half-siblings.

We are so excited that our Genealogy Club was able to help him.

Bullhead City Senior Campus Genealogy Club meets on July 5th and July 19th from 12:30 p.m. to 2:00 p.m. at the Bullhead City Senior Campus. We'll see you there!



Photo above: Eric with his mother Carol.



Photo above: Lisa, Eric with his father Bob.



Photo above: Eric with Carol and Kate



Join our **FREE Monthly Bingo game**
4th Wednesday of each month
10 a.m. to 11 a.m.

WED. JULY 26TH

Sponsored by:



Join us for **FREE Weekly Bingo game every Monday**
10 a.m. to 11:30 a.m.

Sponsored by:



Bullhead City Senior Campus
located at 2275 Trane Rd

Technology Volunteers **WANTED**



The Bullhead City Senior Campus is looking for individuals to help area seniors with technology questions.

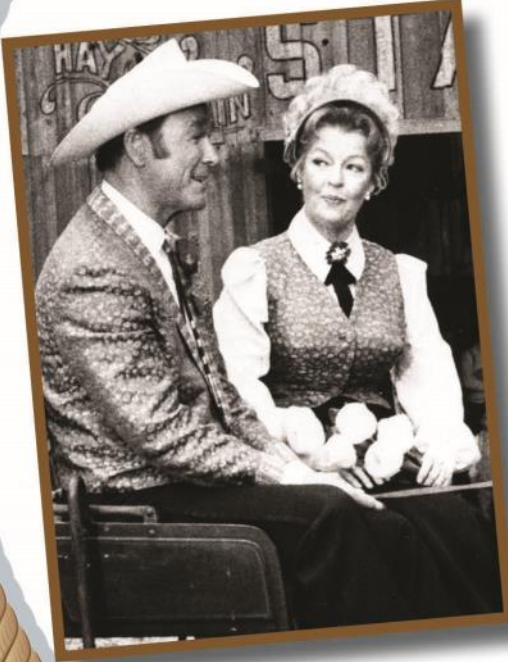
No experience necessary. If you love technology and know how to Google questions and relay the information you can help a senior in need.

Here's how it works

Sign up to help by providing your information to our Program Manager. Agree to accept a weekly text message and claim one or two individuals who you will agree to call and set up a time to meet at the Senior Campus. Have them bring in their device at the agreed time and then assist them with their questions. We have two computers which you may use as well.

It's simple but is a world of help.
To help out contact Kim Cool
Senior Services Program Manager
(928) 763-0193
kcool@bullheadcityaz.gov or
2275 Trane Rd, Bullhead City

ROY ROGERS & TV COWBOYS MEMORIAL SHOW



FREE EVENT

NO REGISTRATION REQUIRED

Thursday, July 6, 2023

10 am - Noon

Bullhead City Senior Campus 2275 Trane Rd

Bring your cowboy gear and get ready for music, stories and check out a life's worth of collector memories. Plus, a trivia contest with prizes!

WEDNESDAY, JULY 12, 2023

10:30 AM TO 12:30 PM

RECREATION OFFICE, 2285 TRANE RD

\$10 per person

Space is limited to 30 participants.

Reserve your spaces at

bullheadcity.com/recdesk

Join one of Bullheads Master Gardener Chelsie Kelly and learn what it takes to have a successful producing garden in our desert environment. Learn what plants work best with low water Xeriscaping Landscapes. End the class with building your very own terrarium.

GARDEN
Gone Right!

With Master Gardener, Chelsie Kelly



QUESTIONS? CONTACT KENNE PROBST, RECREATION SUPERVISOR
928.763.9400 OR KPROBST@BULLHEADCITYAZ.GOV



JULY 10TH-AUGUST 17TH VETERAN'S PHOTOGRAPHY CLASS

This is a free 6-week photography course that requires you to sign up before starting. Classes are twice a week and two hours long from 9:30am to 11:30am on Monday's and Thursdays. You must be committed to all classes prior to signing up.

Journey to the Center of Hope is a Nonprofit Photography Organization serving Veterans through creativity workshops and community.

For more information, please visit [Journeytothecenterofhope.com](https://journeytothecenterofhope.com) or Call Vicki Buckholz at (928) 550-1364



All supplies and materials are provided through generous donations. If you would like to donate, please visit <https://journeytothecenterofhope.com/donation/>

**ALL CLASSES BEGIN AT THE SENIOR CAMPUS
2275 TRANE ROAD BULLHEAD CITY AZ**

ANSWERS

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5	4	9	1	6	8	3	2	7
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Join us for our
Ice Cream Social
Thursday, July 6
& Thursday, July 27
Noon to 1:00 p.m. at the
Bullhead City Senior Campus
located at 2275 Trane Rd

Sponsored by:



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BEYOND WALLS at Bullhead

TRIVIA CHALLENGE

On July 27th, join your community for a hybrid game of trivia in-person at your center and enter a raffle to win a gift basket! Ask your center which events they're participating in this month!



TRIVIA:
July 27th at 10am AZ Time

To join this event:

- Sign up for a free account on live.televeda.com.
- Enter your center's name in your registration form.
- On the day of the event, come to your center in-person to participate in this class and **meet your Event Volunteer**, or join from home online.

FDA U.S. FOOD & DRUG ADMINISTRATION
Food Safe Meal Prep
 March 2018



Following these tips when cooking and chilling leftovers can help prevent foodborne illness

DO  **DON'T**

Wash hands with soap and water for at least 20 seconds before preparing food

Wash meat, poultry, seafood, or eggs

DO  **DON'T**

Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner

Use soap or detergent on foods

DO  **DON'T**

Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw

Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw

DO  **DON'T**

Clean cooking surfaces and utensils with hot, soapy water after every use

Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water

DO  **DON'T**

Cook meat, poultry, and seafood to a safe minimum internal temperature

Serve cooked meat, poultry, or seafood without checking the temperature with a food thermometer



Beef, pork, veal, & lamb (chops, roasts, steaks):
145 °F
 with a 3-minute rest time



Poultry:
165 °F



Ground meats:
160 °F



Fish & seafood:
145 °F

DO  **DON'T**

Keep meat, poultry, and seafood warm (140 °F or above) between cooking and serving

Allow food to cool before refrigerating

DO  **DON'T**

Use the USDA FoodKeeper App to check how long foods can be safely stored

Let food sit out for more than 2 hours, or 1 hour in air temperatures above 90 °F

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

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)

WWW.SENIORGAMES.CO
CALL TOLL FREE 855-924-6882