

# Bullhead City Senior Campus Newsletter August 2023



ISSUE 5 8/2023

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



# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Green Chili Cheese Tamales Fiesta Blend Spanish Rice	<b>2</b> Salisbury Steak Mashed Potatoes Green Beans	<b>3</b> Sweat & Sour Meatballs Buttered Pasta Carrots	<b>4</b> Chicken Enchilada Fiesta Blend Spanish Rice
<b>7</b> Asian Diced Chicken Rice Japanese Veggies	<b>8</b> Denver Omelet Breakfast Potatoes Pork Sausage Patty	<b>9</b> Breaded Chicken Sandwich Chips Coleslaw	<b>10</b> Sweat & Sour Chicken Buttered Seasoned Rice Mixed Veggies	<b>11</b> Roasted Turkey Stuffing w/Gravy Steamed Peas
<b>14</b> Pork Chop Mashed Potatoes W/Gravy Green Beans	<b>15</b> Chicken Cordon Blue Potato Wedges Steamed Carrots	<b>16</b> Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	<b>17</b> Beef Lasagna Dinner Roll Steamed Broccoli	<b>18</b> Salisbury Steak Rice Pilaf Green Beans
<b>21</b> Bratwurst Sauerkraut Potatoes Au Gratin	<b>22</b> Swedish Meatballs Buttered Pasta Seasoned Corn	<b>23</b> Stuffed Peppers California Blend Veggies Warm Apples	<b>24</b> Asian Chicken Salad Dinner Roll Asian Dressing	<b>25</b> Cheese Omelet Sausage Patty Hash Browns
<b>28</b> Meatloaf w/Gravy Mac & Cheese Mixed Veggies	<b>29</b> Chorizo & Eggs Tater Tots Southwest Veggies	<b>30</b> Beef Tamales Fiesta Blend Mexican Rice	<b>31</b> Pulled BBQ Pork Baked Beans Cherry Cobbler	

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.



Scott Sawyer has been volunteering at the Bullhead City Senior Campus for 13 years, he drives the Meals on Wheels route. He says his favorite part of volunteering is riding with his Meals on Wheels delivery partner Lou, they have been partners for seven years.

Scott grew up in Minnesota. He retired from UPS after 28 years, including a period of postal work at the St. Paul International Airport. He has two children Christopher, 44 years old and April 42 years old.

Scott collects baseball cards circa 1947-1972, and railroad artifacts from 1930-1960's. He also collects old time country music and 1960's rock music and instrumental easy listening music.



## SCOTT SAWYER, VOLUNTEER OF THE MONTH

Anna Marie Fierro has been coming to the Bullhead City Senior Campus for over two years. Her favorite things to do at the Campus are participating in the exercise classes, playing games and having coffee and lunch with the women.

Anna Maria grew up in East Los Angeles, California. She retired from the California State Income Tax office in 1999 after 29 years. Anna Maria is widowed after 54 years of marriage. Her only son lives in Phoenix with her two grandchildren and one great-grand child.

Anna Maria works part-time at a children's daycare. She enjoys reading and belongs to two book clubs. She belongs to three Senior Centers, Laughlin, Bullhead and Senior Circle. Anna enjoys going on day trips with Laughlin's Senior Center



## ANNA MARIA FIERRO, CLIENT OF THE MONTH

# BILLING & PAYMENTS PHONE NUMBER CHANGE!

## MEC HAS 8 WAYS TO PAY YOUR BILL

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your payments!*



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2. SmartHub App | Smart Phone
3. SmartHub App | Desktop Computer
4. In-Person Payment | Member Service Office
5. Outside Kiosk | Member Service Office
6. Drop Box | Member Service Office
7. Easy Pay Program
8. Mail | PO Box 52091, Phoenix, AZ 85072

MEC IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

HEATING • A/C • REFRIGERATION



# 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."

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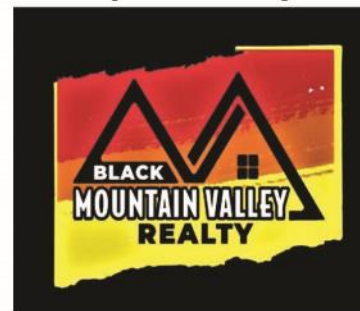
REPAIRS - REPLACEMENTS

**24 HOUR  
EMERGENCY SERVICE**

ROC# 311760



Sponsored by





## COOL OFF

**Bullhead City's  
Community Pool offers  
Water Aerobic,  
Lap Swim, and Water Walking!**

**And they have a Senior Discount!**

**Check them out online at  
[www.bullheadcity.com](http://www.bullheadcity.com)**

**Bullhead City Community Pool is  
located at Ken Fovargue Park,  
2255 Trane Road. Right behind  
the Bullhead City Senior Campus.**



Join us for  
**Breakfast**  
9:00 a.m. to 11:00 a.m.



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

All food must be eaten in the building. No food will be allowed to be taken outside the Senior Campus building. A tray will be provided upon purchase for one trip to the breakfast area. Drink refills are free.

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

# Join the **DRUM CIRCLE**



**No Experience Necessary.  
Everyone Welcome.**

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

**Mon, Aug 14th  
3:30pm-4:30pm**

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

Questions?  
Contact Julie at [juliehassett1@gmail.com](mailto: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 the dog days of summer.  
Each number corresponds to a letter.  
(Hint: 11 = M)

**A. 12 8 11 15 10**

Clue: Water vapor in the air

**B. 3 13 22 6 11 9**

Clue: Warm and moist

**C. 3 8 11 11 22 5**

Clue: Hot season

**D. 3 4 9**

Clue: Atmosphere seen from earth

Answers: A. humid B. steamy C. summer D. sky

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dog days of summer.

**DCLOEO**

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

Answer: Cooled

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to immunizations.

**JITCNE**

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

Answer: Infect

## DOG DAYS WORD SEARCH

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

## WORDS

AIR CONDITIONER  
 AUGUST  
 BASEBALL  
 BEACH  
 BOATING  
 CAMP  
 CANOE  
 CLOUDS  
 DIVING  
 FANS  
 GARDENING  
 HEAT  
 HOT  
 HUMID  
 ICE CREAM  
 INDOORS  
 MUGGY  
 OCEAN  
 POPSICLE  
 SHADE  
 SUMMER  
 TEMPERATURE  
 THUNDERSTORM  
 VACATION

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

# 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, August 15th starting at 11:30 am**

**August 1**  
Teresa Ballard  
Kathleen Tonn

**August 2**  
Cheryl Askay  
Bob Hardwick  
Thomas Sheehan  
Paul Babcock

**August 3**  
Elviro Rilloraza  
Beverly Roy  
Joyce Seaman

**August 4**  
Belinda Spigner

**August 5**  
Richard Harlow  
Gerald Wright  
Darlene Senio

**August 6**  
Michael Earis  
Robert Olivares

**August 7**  
Diedra Wright

**August 8**  
Nina Parmier

**August 9**  
Donald Benoit  
Yvonne Brady  
Joyce Himango  
Holly Rose  
Helenn Kluth  
Raela Uthoff

**August 10**  
Linda Hatfield  
Debbie Spolar

**August 11**  
Douglas Fleig  
Mary Rawlinson  
Yolanda Schminke

**August 12**  
Eve Ferrari  
Linda Sears  
James Tilley

**August 13**  
Karen Shope

**August 14**  
Victor Ferrari

**August 15**  
Ronald Dunlap  
Victoria Hernandez  
Ken Hosley  
Greg Johnson  
Mary Ramirez

**August 16**  
Bruce Adsit  
Bobette Baze  
Joe Kovars  
Pam Riebel  
Fred Timmons

**August 17**  
Brenda Haney-Mitchell  
Wanda Mitchell  
Randy Romack

**August 18**  
Bob Raduziner

**August 20**  
Albert Castaneda  
Bernardine Clegg

**August 21**  
Marvis Harlin  
Rosa Horne  
Michael McDowall  
Rosa Horne

**August 22**  
Terri Franklin  
Joseph Marcotte  
John Waitas

**August 23**  
Terrance Metcalf  
Diane DeNard

**August 25**  
Robert Kenton

**August 26**  
Gary Bullock  
Dean Leatham  
Jo AnnVaught

**August 28**  
Bobbi Morrill

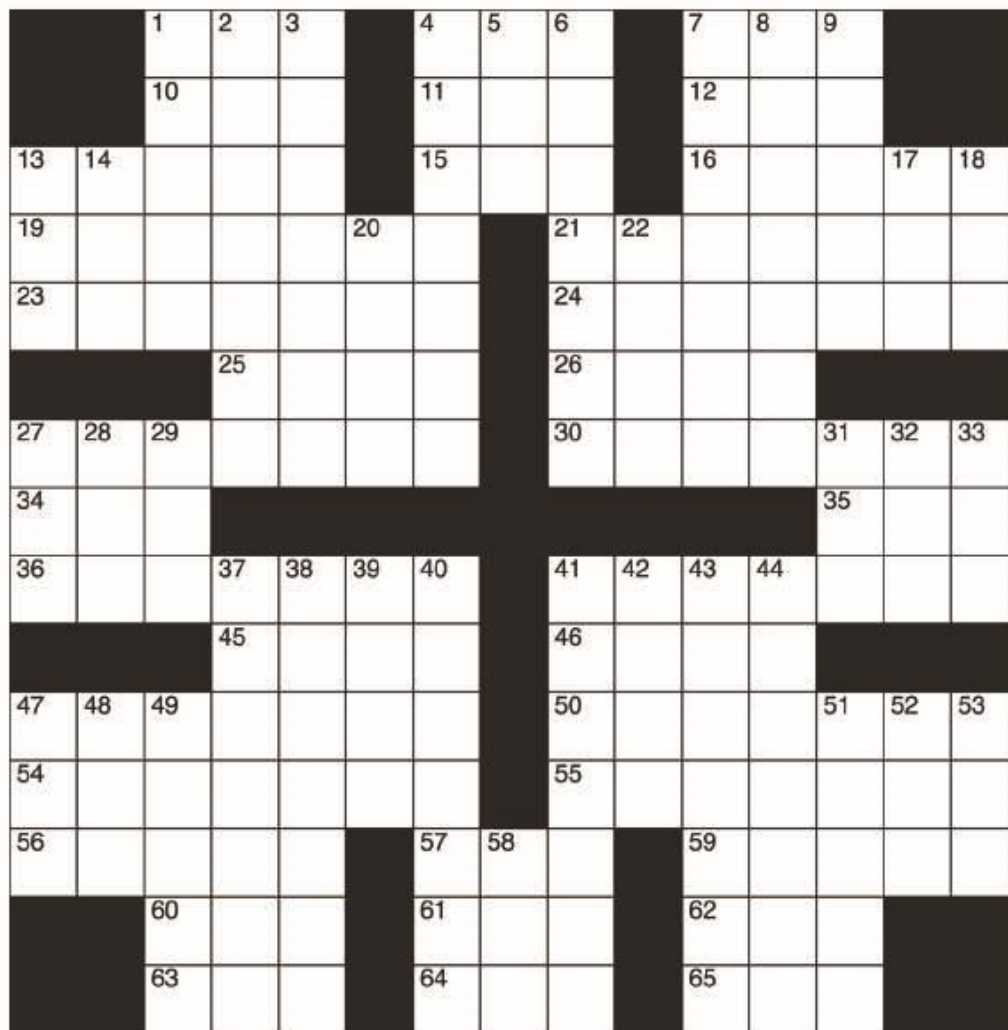
**August 29**  
Leann Galliway  
George Moore  
Grace Clerico

**August 30**  
Judith Colton  
Eileen Hoenshell

**August 31**  
Linda White



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



**CLUES ACROSS**

- 1. Indicates tire pressure
- 4. Request
- 7. Clairvoyance
- 10. 007's creator
- 11. Adult male
- 12. Scandinavian god of battle
- 13. Cloths spread on a coffin
- 15. Breeze through
- 16. Ladyfish genus
- 19. It's good to take them
- 21. Noble-governed territory
- 23. Members of U.S. Navy
- 24. Card game resembling rummy
- 25. Affected by injury
- 26. Member of a Semitic people
- 27. Left
- 30. Woman's cloak
- 34. S. American plant

- 35. Prohibit
- 36. Offense
- 41. Dish soap brand
- 45. Ottoman military commanders
- 46. Ancient Greek City
- 47. Makes unhappy
- 50. Discuss again
- 54. Medical instrument
- 55. Promote
- 56. A beloved carb
- 57. Tag the base runner to get him out
- 59. Prehistoric people
- 60. Large African antelope
- 61. Vehicle
- 62. Georgia rockers
- 63. Scientific instrument (abbr.)
- 64. A major division of geological time
- 65. Attempt

**CLUES DOWN**

- 1. Plant of the nettle family
- 2. Fit to be sold
- 3. Rather
- 4. Collected
- 5. A baglike structure in a plant or animal
- 6. Patella
- 7. Ageless
- 8. Lists of course requirements
- 9. Pokes at
- 13. TV network
- 14. They \_\_\_
- 17. Cooking hardware
- 18. U.S. Army title
- 20. Iron-containing compound
- 22. Swiss river (alt. spelling)
- 27. Former French coin
- 28. Electronic countermeasures
- 29. Taxi
- 31. Helps little firms
- 32. Woeful
- 33. Midway between northeast and east
- 37. Glowing
- 38. Tasks which should be done
- 39. An informal body of friends
- 40. Intrinsic nature
- 41. Neural structures
- 42. Brews
- 43. Where ships unload cargo
- 44. Singer
- 47. Sino-Soviet block (abbr.)
- 48. Southwest Scotland town
- 49. Most worthless parts
- 51. Viscous
- 52. Put to work
- 53. Old world, new
- 58. Swiss river

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

Level: Beginner



## BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# AUGUST 2023

## ACTIVITIES CALENDAR



### TUESDAY

# 1

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 am to Noon  
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  
Essentrics-Aging Backwards  
Beading Group  
Hand & Foot Card Game  
Poker Card Game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

### WEDNESDAY

# 2

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 2:00 p.m.  
12:30 p.m. to 3:30 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  
Karaoke with Connie  
Genealogy Club  
Bunco Group  
Bereavement Support Group  
Fast Track Game (Come Learn)  
Gamblers Anonymous Meeting

### THURSDAY

# 3

9:00 a.m. to 9:45 a.m.  
9:30 a.m. to 11:30 a.m.  
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  
Photography Class for Veterans - must sign up  
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

# 4

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

THANK YOU  
SENIOR CAMPUS  
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Walmart



**MONDAY**

**7**

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.  
 6:00 p.m. to 7:00 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**

**8**

8:15 a.m. to 9:00 a.m.  
 9:00 a.m. to 9:45 a.m.  
 9:00 a.m. to Noon  
 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  
 Essentrics- Aging Backwards  
 Beading Group  
 Learn, Make & Take (ice cream cone earrings)  
 Hand & Foot card game & Poker game  
 Line Dancing Instruction (Beginner)  
 Line Dancing Instruction (Improver Level)

**WEDNESDAY**

**9**

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 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  
 Karaoke with Connie  
 Bereavement Support Group  
 Fast Track game (Come Learn)  
 Gamblers Anonymous Meeting

**THURSDAY**

**10**

9:00 a.m. to 9:45 a.m.  
 9:30 a.m. to 11:30 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 - must sign up  
 Knit & Crochet Group  
 Open Sewing Group  
 Pass the Trash card game & Potluck

**FRIDAY**

**11**

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

THANK YOU  
 SENIOR CAMPUS  
 SPONSORS



**MONDAY**

**14**

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.  
 3:30 p.m. to 4:30 p.m.  
 6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power  
 Photography Class for Veterans -must sign up  
 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**

**15**

8:15 a.m. to 9:00 a.m.  
 9:00 a.m. to 9:45 a.m.  
 9:00 am to Noon  
 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  
 Essentrics- Aging Backwards  
 Beading Group  
 Birthday Month Party sponsored by Joshua Springs  
 Hand & Foot card game  
 Poker card game  
 Line Dancing Instruction (Beginner)  
 Line Dancing Instruction (Improver Level)  
 Late Night Ladies Bunco Group

**WEDNESDAY**

**16**

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 2:00 p.m.  
 12:30 p.m. to 3:30 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  
 Karaoke with Connie  
 Genealogy Club  
 Bunco Group  
 Bereavement Support Group  
 Fast Track Game (Come Learn)  
 Gamblers Anonymous Meeting

**THURSDAY**

**17**

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.  
 10:00 a.m. to 11:00 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 - must sign up  
 Champions Support Gathering  
 Exercise to Ease Arthritis Pain  
 Rock Painting craft  
 Knit & Crochet Group  
 Open Sewing Group  
 Pass the Trash card game/Pot Luck

**FRIDAY**

**18**

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

# MONDAY 21

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.  
6:00 p.m. to 7:00 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 22

8:15 a.m. to 9:00 a.m.  
9:00 am to Noon  
9:00 a.m. to 9:45 a.m.  
9:00 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 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  
Fall Risk Prevention & Screening  
Sound Therapy & Meditation  
Poker card game  
Hand & Foot card game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

# WEDNESDAY 23

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.  
Noon to 3:00 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  
Caregiver Support Group-In person/Zoom  
Single Seniors Meet & Greet  
Bereavement Support Group  
Fast Track Game (Come Learn)  
Gamblers Anonymous Meeting

# THURSDAY 24

9:00 a.m. to 9:45 a.m.  
10:30 a.m. to Noon  
Noon to 3:00 p.m.  
12:30 p.m. 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  
Resources & Preparation Assistance  
Knit & Crochet Group  
Bingo w/ Liz and prizes sponsored by Dot Foods  
Open Sewing Group  
Pass the Trash card game/Pot Luck

# FRIDAY 25

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

THANK YOU  
SENIOR CAMPUS  
SPONSORS





## IMPORTANT CONTACTS FOR SENIORS

**Bullhead City Senior Campus** 2275 Trane Rd,  
Bullhead City, AZ 86442 **(928) 763-0193**

**Bullhead City Hall** 2355 Trane Rd, Bullhead  
City, AZ 86442 **(928) 763-9400 ext. 8149**

**Bullhead City Meals On Wheels /WACOG**  
Mohave County Meals on Wheels approval  
**(800) 782-1886**

**Laughlin Meals on Wheels** through Silver Rider  
**(702) 298-4435**

**Needles Meals on Wheels** through Senior Center  
**(760) 326-4789**

*If you are on Medicaid contact your case manager for assistance and have the case manager contact the Bullhead City Senior Campus.*

**Transportation Senior Van**  
**(928) 704-2287** (Call up to 2 weeks in advance) M-F 8a-2p \$2 round trip

**Para-transit Services** with Dr. authorization  
M-F 6a-7p & Sat 8a-3p \$2 per ride  
**BullheadCity.com>Community>Dial-a-Ride**  
**Laughlin(702) 298-4435**  
**Needles (760) 326-4789**

**Non-Emergency Police (928) 763-1999**  
**Police/Fire/Ambulance Emergency: 911**

**Bullhead City Food Bank** @ Praise Chapel  
**(928) 758-7717** or 590 Hancock Rd

**River Fund, Inc.** Electric Bill, Rent Eviction, Domestic Violence, Appliance Break down, Memory Care Assistance. Mike Conner, CEO **BHC (928) 704-0039** or 1343 Hancock Rd **Laughlin (702) 298-0611**

**Mohave County HUD housing services**  
**(866) 559-2264**

**Free Tax Services** through VITA tax **Mike Mathews (928) 768-5976**

**Free Phones (888) 594-0579** Entouch  
Wireless- Free government phone program

**Taxi Services** Bullhead City Taxi 201-6076  
Classy Taxi 577-9357 D-Cab 763-1001  
Frankie's 201-6944 JB Cab 219-2296

**State Health Insurance** Provider S.H.I.P.  
Coordinator Dale Gibbons **(928) 377-4364**

**Veteran's Benefit Councilor (602) 535-1215**  
to set up appointment/will meet at the Senior  
Campus by appointment only.

**Homeless Vets (877) 424-3838**  
**Emergency Jim Loebler (928) 362-2790**

**Nation's Finest Veterans Services**  
**(928) 444-1135**  
1343 Hancock Rd Bullhead City AZ 86442

**Homeless Shelter Catholic Charities /SSVF**  
**Housing Services (928) 758-4872** or  
**(928) 260-6452** for Veterans services

**Senior Living/HUD Housing Western Arizona**  
**Senior Living** contact **Angie**  
**(928) 955-9075**

**Seniors Helping Seniors**  
**Grace Hecht (928) 444-2896** or  
makebullheadbetter@gmail.com-  
*Yard clean up, computer assistance, light housekeeping (dust/vacuum), meal prep, grocery shopping, pet walking, decorating)*

**Community Legal Services (928) 681-1177**  
**or County Legal through WACOG (800)**  
**293-9393** or **State Attorney General's Office**  
**(602) 542-5025**

**Mohave County Public Health: (928) 753-**  
**8665 (Main County Office in Kingman) 1130**  
**Hancock Rd, Bullhead City (928) 758-0704**



Join our FREE Monthly Bingo game  
12:30 p.m. to 2:00 p.m.

**THURS AUG 24TH**

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

# MONDAY 28

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.  
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power  
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 29

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 am to Noon  
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  
Essentrics- Aging Backwards  
Beading Group  
Poker card game  
Hand & Foot card game  
Line Dancing Instruction (Beginner)  
Line Dancing Instruction (Improver Level)

# WEDNESDAY 30

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 31

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:00 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  
Trivia against other AZ Centers  
Ice Cream Social sponsored by Dot Foods  
Knit & Crochet Group  
Open Sewing Group  
Pass the Trash-Card Game/Pot Luck





# 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.

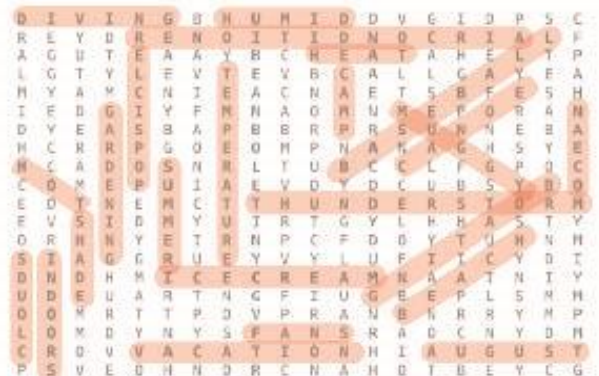
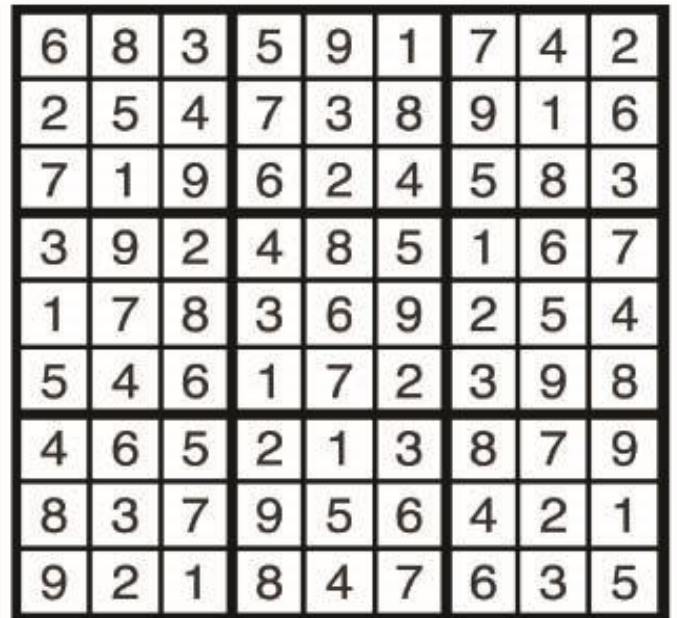
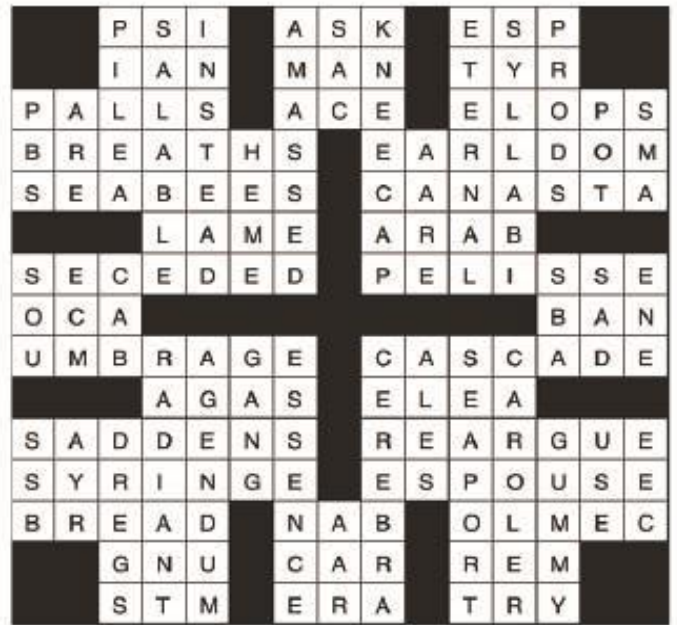
Journey to the Center of Hope is a Nonprofit Photography Organization serving Veterans through creativity workshops and community.

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**





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 #BR67052000




**Ice Cream Social**

Join us for our  
**Ice Cream Social**  
 Thursday, Aug 3  
 & Thursday, Aug 31  
 Noon to 1:00 p.m. at the  
**Bullhead City Senior Campus**  
 located at 2275 Trane Rd

Sponsored by:




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 VALLEY DENTAL ASSOCIATES  
 D.D.S.



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**televeda**

# BEYOND WALLS at Bullhead

## AUGUST 31 TRIVIA EVENT!

On the last Thursday of every month, join your community for a hybrid game of trivia in-person at your center! Ask your center which events they're participating in this month!



**TRIVIA:**  
**August 31st at 10am AZ Time**



**To join this event, scan this QR code or:**

- Sign up for a free account on [live.televeda.com](https://live.televeda.com)
- Enter referral code: **BULLHEAD667**
- 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.



# Bullhead City Senior Center



**RECOMMENDED  
ON RESTAURANT GURU  
2023**



restaurantguru.com

*Congrats to  
the Bullhead City Senior Center team*

Andrew Priest, Executive Director

*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 IS OPEN NOW**

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

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