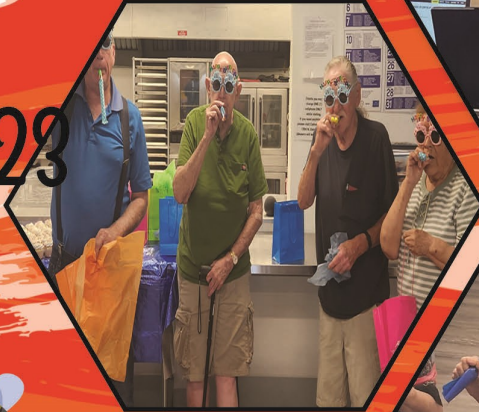


Bullhead City Senior Campus Newsletter September 2023



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SCAN FOR
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS



Tree Sales

September 1 - October 6

Member Service Office
928 Hancock Road
Bullhead City, AZ 86442
8:00am - 4:30pm
928-763-1100



**OPERATION
COOL SHADE**
\$9.00 EACH
UP TO 8 TREES PER MEMBER

MEC is an equal opportunity provider & employer



Ice Cream Social

Join us for our
Ice Cream Social
Thursday, Sept 7
& Thursday, Sept 28
Noon to 1:00 p.m. at the
Bullhead City Senior Campus
located at 2275 Trane Rd

Sponsored by:



**Buying or Selling.
Let Us Guide You Home!**

Three great locations to serve you
928.577.2349
www.BlackMountainValleyRealty.com

5455 Hwy 95, Ft. Mohave, AZ
Designated Broker, Cheyanne Burns
#BR670520000





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 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



BULLHEAD CITY'S SENIOR CAMPUS

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

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

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



Senior Nutrition Center Monthly Meal Calendar



September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 Breakfast Burrito Breakfast Potatoes Sausage Patty	6 Chicken & Dumplings Peas & Carrots Cobbler	7 Pepperoni Pizza Hot Pocket Side of Marinara Chips	8 Meatloaf Mac & Cheese Chef's Blend
11 Cobb Salad Dinner Roll Dressing	12 Green Chili Cheese Tamales Fiesta Blend Spanish Rice	13 Salisbury Steak Mashed Potatoes Green Beans	14 Sweat & Sour Meatballs Buttered Pasta Carrots	15 Chicken Enchilada Fiesta Blend Spanish Rice
18 Asian Diced Chicken Rice Japanese Veggies	19 Denver Omelet Breakfast Potatoes Pork Sausage Patty	20 Breaded Chicken Sandwich Chips Coleslaw	21 Sweat & Sour Chicken Seasoned Rice Mixed Veggies	22 Roasted Turkey Stuffing w/Gravy Steamed Peas
25 Pork Chop Mashed Potatoes W/Gravy Green Beans	26 Chicken Cordon Blue Potato Wedges Steamed Carrots	27 Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots	28 Lasagna Dinner Roll Steamed Broccoli	29 Salisbury Steak Rice Pilaf Green Beans

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.



September's Volunteer spotlight is on Deborah Meyerriecks. Deborah has been volunteering at the Senior Campus for 3 months. When asked what she does at the Campus she replied, "I do whatever is needed." Her favorite part of volunteering is being helpful, making people feel welcome, wanted, and appreciated at the Senior Campus.

Deborah grew up in New York City. She has two children, a son and a daughter she calls them her "Dynamic Duo". They are grown but she speaks to them daily and visits with them often.

Before retiring in 2012 she was an EMT and later a Lieutenant for NYC EMS and FDNY EMS. She enjoys teaching and elevating others to better understand themselves and the world around them. She is a published author and facilitates private retreats.

DEBORAH MEYERRIECKS, VOLUNTEER OF THE MONTH

Our September Client spotlight is on Robert and Debbie Mericle. Robert and Debbie have been coming to the Senior Campus for a year and a half. They said their favorite part about the Campus is the people, the staff and all the laughter.

Robert was a Marine for 21 years and a mail carrier for 22 years. Debbie ran a daycare, coached high school gymnastics, and ran a Girl Scouts Day Camp.

They were married in 1985 and they have two grown daughters.







They love to play cards, board games, country dancing, and square dancing. Debbie says she loves to play Bunco but it's Robert that keeps the group laughing.

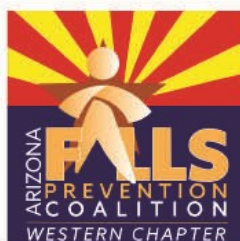


THE MERICLE'S CLIENT OF THE MONTH

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

 <p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>



To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | [@NCOAging](https://twitter.com/NCOAging) | ©2021 | All Rights Reserved.





Join our **FREE Monthly Bingo game**
12:00 p.m. to 1:00 p.m.

WED. SEPT. 27TH

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

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

Bullhead City Senior Campus MONTHLY NEWSLETTER



100% OF THE PROCEEDS BENEFIT THE SENIOR CAMPUS.

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

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.

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

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

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

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒
 Determine the code to reveal the answer!

Solve the code to discover words related to mold awareness.
 Each number corresponds to a letter.
 (Hint: 25 = E)

- A. 4 18 7 16**
Clue: Structure fungi can form
- B. 4 6 7 16 25 1**
Clue: White type of mold
- C. 4 18 6 17 5 20 21 25**
Clue: Dampness
- D. 10 21 25 13 5 8 25**
Clue: Inhale/exhale

Answers: A. mold B. mildew C. moisture D. breathe

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to getting a job.

FOECIF

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

Answer: Office

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mold.

TRWHOG

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

Answer: Growth

JOB SEEKING WORD SEARCH

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

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

WORDS

- ADVERTISEMENT
- APPLY
- ATMOSPHERE
- ATTIRE
- BENEFITS
- COMPANY
- COVER LETTER
- EMPLOYMENT
- EXPERIENCE
- FOLLOW-UP
- INTERVIEW
- JOB
- KEYWORDS
- LISTING
- MATCH
- NEGOTIATE
- OFFER
- RECRUIT
- RESUME
- SALARY
- SEEK
- SKILLS

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, September 19th starting at 11:30 am

September 1

Carolyn Longmire
Bryan Wible

September 2

Shirley Fagerstrom
Susan Corbishley
Gaynel Hensley

September 3

John Redieske

September 4

Arnie Kassiner
Calvin Odell

September 5

Cheryl Hollis,

September 7

Bonnie Malizia

September 8

Estella Marie Vigil
Steven Watts

September 9

Connie German

September 11

Eddie Miller
Danetta Shelton

September 12

Mario Gutierrez

September 13

Anna Wilson

September 14

Frank Meeker

September 15

Lawrence Lehman

September 18

Mary O'Guinn

September 19

K.C. Cool

September 21

Gerald Jensen

September 22

Ron Hines
Monna Edwards
Russ Bryant

September 25

Nelia Ahle

September 27

Alma Key
Ken Brock
Paul Gauthier

September 29

Bruce Ridgley
Katherine Freeman
David Johnson

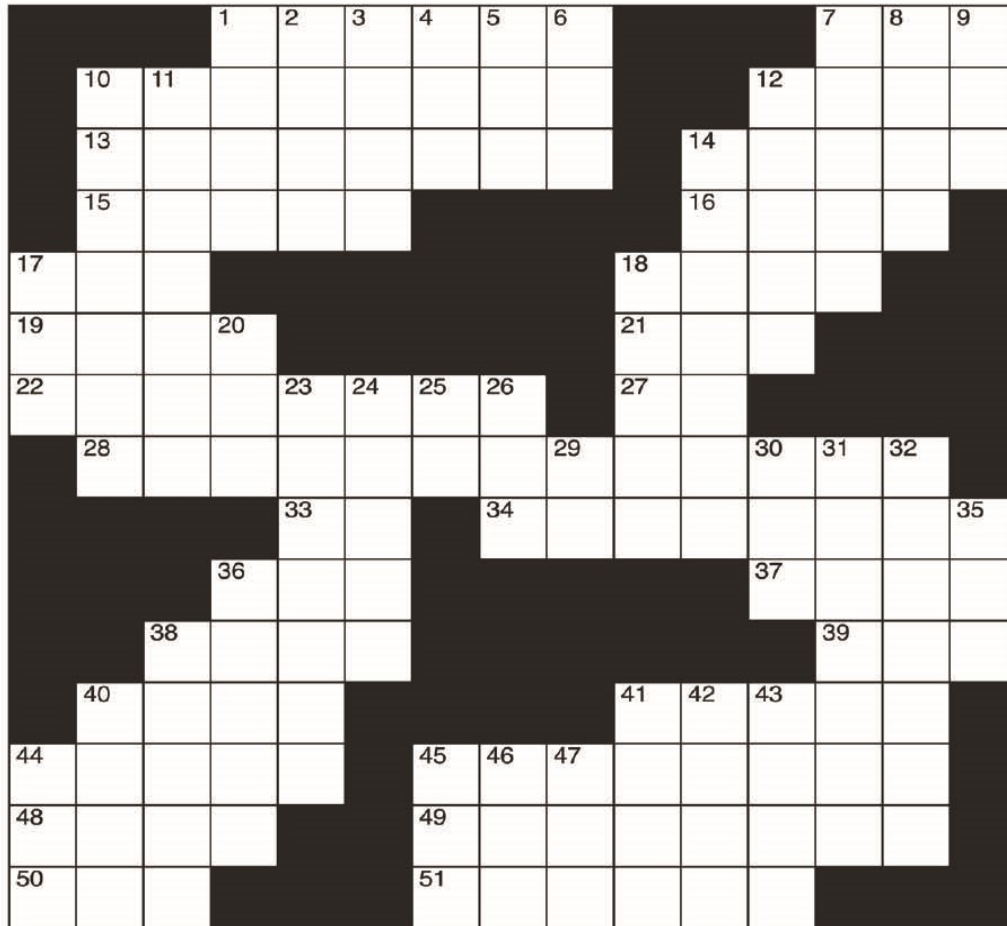
September 30

Owen Fowler
Arlene Judd



Nicole Collins, Sales Director
(928) 763-1212

ncollins@watermarkcommunities.com



CLUES ACROSS

- 1. Type of crayon
- 7. Fashion accessory
- 10. Most cerebral
- 12. Incline from vertical
- 13. Dependent on
- 14. Broken in
- 15. Strongly desires
- 16. Mounted soldier
- 17. Ad __: when necessary
- 18. Cattle
- 19. Ottoman military commanders
- 21. __ student, learns healing
- 22. Composed in poetic meter
- 27. Promotional material
- 28. Where people live
- 33. Sodium
- 34. Embarrassing
- 36. Medical man
- 37. Mother of Hermes
- 38. One who saves the day
- 39. Tooth caregiver
- 40. Not clothed
- 41. Slope covered with loose stones
- 44. Used to cook
- 45. Praises enthusiastically
- 48. Rooney is a famous one
- 49. Beekeeper
- 50. Pigpen
- 51. Potato chip brand

CLUES DOWN

- 1. Living quarters
- 2. Horizontal passage
- 3. Attacks
- 4. Vietnamese offensive
- 5. Midway between east and southeast
- 6. Confined (abbr.)
- 7. Book of Esther antagonist
- 8. Port in Yemen
- 9. CNN's founder
- 10. Type of bulb
- 11. Prepare
- 12. Promoted
- 14. Dinner jackets
- 17. Partner to cheese
- 18. Nebraska city
- 20. Human gene
- 23. Pays no attention to
- 24. Lowland South American plain
- 25. Blood group
- 26. Mauna __, Hawaiian volcano
- 29. Atomic #37
- 30. Unit of electrical resistance
- 31. Jeweled crowns
- 32. Nastiest
- 35. Traditional cars need it
- 36. Bowler hat
- 38. Robust
- 40. Not straight
- 41. Stony waste matter
- 42. Have an interest in
- 43. Jacob __, journalist
- 44. Maintains possession of
- 45. Swiss river
- 46. Average cost of market goods
- 47. Spanish soldier: El __



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

Level: Advanced

A BELLY LAUGH...

Q. Why are trees so carefree and easy going?
 A. Because every fall, they let loose.

Q. Why did the scarecrow win a Nobel Prize?
 A. He was outstanding in his field.

Q. What do pirates wear at autumn?
 A. Pumpkin patches.

Q. What's James Bond's favorite hot drink?
 A. Pumpkin spy-ce latte.



BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



SEPTEMBER 2023

ACTIVITIES CALENDAR



CLOSED MONDAY, SEPT 4



TUESDAY

5

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

6

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.
10:30 a.m. to 11:30 a.m.
11:00 a.m. to Noon
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
Caregiver Support Group in person & Zoom
Karaoke with Connie
Educational Cooking Presentation
Genealogy Club
Bunco Group
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

7

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 2:00 p.m.
Noon to 3:00 p.m.
Noon to 4:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Photography Class for Veterans - must sign up
Fall Prevention & Education Presentation
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

8

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

Body Moves for Brain Power
Let's Craft (Free style) sponsor Black Mountain Valley Realty
Mexican Train game
Poker card game
Pinochle game
Ageless Innovations Reach Out & Play Event

MONDAY

11

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 1:30 p.m.
Noon to 1:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Photography Class for Veterans
Free Bingo w/Prizes sponsored by Tristate AC Hero
Happy Hour with games
Dementia Support group
Mexican Train game
Pinochle card game
Poker card game

TUESDAY

12

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 (cherry earrings)
Hand & Foot card game & Poker game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

13

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
10:30 a.m. to 11:30 a.m.
Noon to 1:00 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
Karaoke with Connie
Consumer Scams, Fraud Prevention & Awareness
Bereavement Support Group
Fast Track game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

14

9:00 a.m. to 9:45 a.m.
9:30 a.m. to 11:30 a.m.
11:30 a.m. to 11:45 a.m.
Noon to 12:30 p.m.
Noon to 3:00 p.m.
Noon to 4:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Photography Class for Veterans - must sign up
Budgeting Nutritious Meals video & handouts
Computer Basics 101
Knit & Crochet Group
Open Sewing Group
Pass the Trash card game & Potluck

FRIDAY

15

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

Body Moves for Brain Power
Let's Craft (Free style) sponsor Black Mountain Valley Realty
Pour Painting Class
Mexican Train game
Poker card game
Pinochle game

MONDAY**18**

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.

Body Moves for Brain Power
 Photography Class for Veterans -must sign up
 Voter Registration
 Free Bingo w/Prizes sponsored by Tristate AC Hero
 Mexican Train game
 Pinochle card game
 Poker card game

TUESDAY**19**

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**20**

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.
 10:30 a.m. to 11:30 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
 Caregiver Support Group in person & Zoom
 Karaoke with Connie
 Genealogy Club
 Bunco Group
 Bereavement Support Group
 Fast Track Game (Come Learn)
 Gamblers Anonymous Meeting

THURSDAY**21**

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.
 Noon to 3:00 p.m.
 Noon to 4:00 p.m.
 Noon to 12:30 p.m.
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
 Photography Class for Veterans - must sign up
 Exercise to Ease Arthritis Pain
 Rock Painting craft
 Knit & Crochet Group
 Open Sewing Group
 Computer Basics 101
 Pass the Trash card game/Pot Luck

FRIDAY**22**

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) sponsor Black Mountain Valley Realty
 Mexican Train game
 Poker card game
 Pinochle game

MONDAY

25

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

Bi-Annual Craft & Overstock Sale
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

TUESDAY

26

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

27

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

THURSDAY

28

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
 Noon to 1:00 p.m.
 Noon to 3:00 p.m.
 Noon to 4:00 p.m.
 12:30 p.m. to 2:00 p.m.
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Photography Class for Veterans - must sign up
Trivia vs. other centers in Arizona
Resources & Preparation Assistance
Ice Cream Social sponsored by Dot Foods
Knit & Crochet Group
Open Sewing Group
Bingo w/ Liz and prizes sponsored by Dot Foods
Pass the Trash card game/Pot Luck

FRIDAY

29

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



Bullhead City Senior Campus Invites You To The

BI-ANNUAL CRAFT & OVERSTOCK



Monday, September 25th from 9 am to 3 pm

at the Senior Campus, located at 2275 Trane Road, Bullhead City

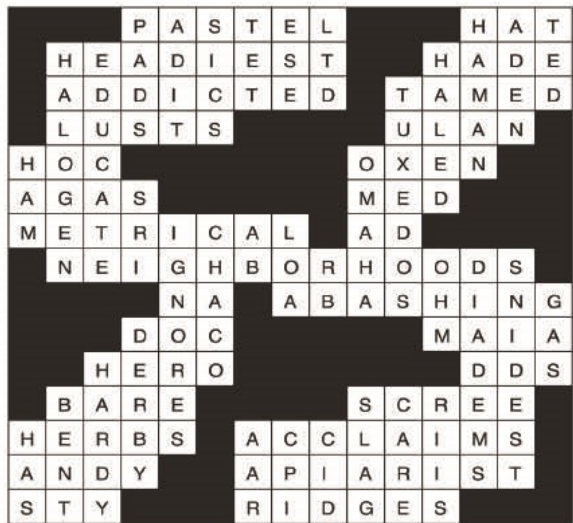
The sale will consist of individual items made at the Senior Campus.

Including artwork, jewelry, knitting, crocheted items, sewing projects, cards, and more. As well as crafting materials and other overstock items.

Donations are welcome. Donations must be delivered by September 11, 2023. Please no clothing or large furniture.



100% of the proceeds benefit Bullhead City Senior Campus.



The Season

Saturday, October 7
 Theme: Pumpkin Patch
 Location: Community Park

Saturday, November 25
 Theme: Holiday Market
 Location: Community Park

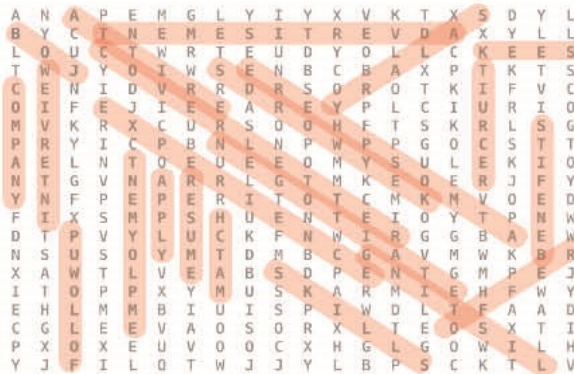
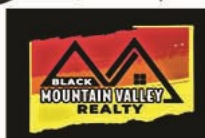
Saturday, February 3
 Theme: I Heart the Market
 Location: Community Park

Saturday, March 2
 Theme: St. Patrick's Day
 Location: Community Park

Saturday, April 13
 Theme: Cottontail Market
 Location: Community Park

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

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Smoke and CO Alarms for People who are Deaf or Hard of Hearing

Working smoke and carbon monoxide (CO) alarms save lives. People who are deaf or hard of hearing may not be able to depend on typical alarms to let them know there is danger.

There are special alarms and devices to ensure everyone can be alerted in case of fire or high CO levels.

- ▶ When the smoke alarm sounds, strobe lights flash to alert people who are deaf or hard of hearing of a possible fire when they are awake.
- ▶ When they are asleep, a pillow or bed shaker should be used to wake and alert them to fire conditions so they can escape. This device is activated by the sound of a standard smoke alarm. People who are deaf may find that the shaker paired with a high-intensity strobe light is helpful to wake them.
- ▶ Smoke and CO alarms can be installed that use a low-frequency sound. These will work better to wake a sleeping person who has mild to severe hearing loss.
- ▶ These special devices and alarms can also signal when the battery is low.

Research the different products and select the ones that fit the needs of the people in your home. These can be easily installed without a professional. Products can be found in home improvement stores, online, and on manufacturer websites. Pick devices that are listed by a qualified testing laboratory, which is often disclosed on the product's packaging.

Did You Know?

According to the National Institute of Health, one in eight people in the United States (13 percent, or 30 million) aged 12 years or older has hearing loss in both ears, based on standard hearing examinations.

Smoke Alarms

- ▶ Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home, including the basement.
- ▶ For the best protection, choose interconnected smoke alarms. When one sounds, they all sound.
- ▶ Test alarms at least once a month using the test button.
- ▶ Replace smoke alarms if they are over 10 years old.

Carbon Monoxide (CO) Alarms

- ▶ Install CO alarms outside each separate sleeping area and on every level of the home. This includes the basement and attic. Do not place alarms near fireplaces or fuel-burning appliances. Check to see what the law is in your community for placement.
- ▶ Replace CO alarms between 5-10 years or as stated in the manufacturer's instructions.

Reduce Your Risk!

Installing both smoke alarms and fire sprinklers reduces the risk of death in a home fire by 82 percent, compared to having neither installed.

Make a Plan

Everyone in the home should know the sounds and signals of the smoke and CO alarms. When the alarm sounds, get outside and stay outside. Have an outside meeting place to make sure that everyone gets out safely. Call 9-1-1 from outside your home from a mobile phone or a trusted neighbor's phone.



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The leading information and knowledge resource
on fire, electrical and related hazards



"After more than a year of planning, we're incredibly excited to see this project breaking ground," said Human Services Director Jeff Tipton. "It's going to make a great difference for our seniors and our community."

The new senior campus expansion will add 9,000 square feet of space to the building, including 7,700 square footage of indoor activity and meeting space and 1,300 square feet of covered outdoor patio space.

"With the added 7,700 square feet of indoor expansion, we will be able to not only expand our indoor activities but allow for individual space for activities that require a little more peace and quiet," said Senior Services Program Manager Kim Cool. "The current nutrition center serves both as the nutrition and the activities center. This can be challenging for some of our seniors."

Construction of the new building will be completed by T.R. Orr, Inc. of Kingman, Arizona, over the next 10-12 months, with an emergency backup generator being added a month later.

"I would like to thank our Mohave County Supervisor, Hildy Angius, for the generous donation of 350,000.00 to fund the generator for this project to ensure power if there is an outage," said Public Works Director Angie Johnson. "The lead time for a generator is 13 months."

The expansion is being funded through \$1,031,696.00 of grant funding, in addition to \$2,073,473.00 from the City's General fund and \$202,363.00 from the City's general Contingency fund. – Courtesy of the Bullhead Bee



7,700 SQ. FOOT EXPANSION

EXISTING BLDG

SENIOR NUTRITION

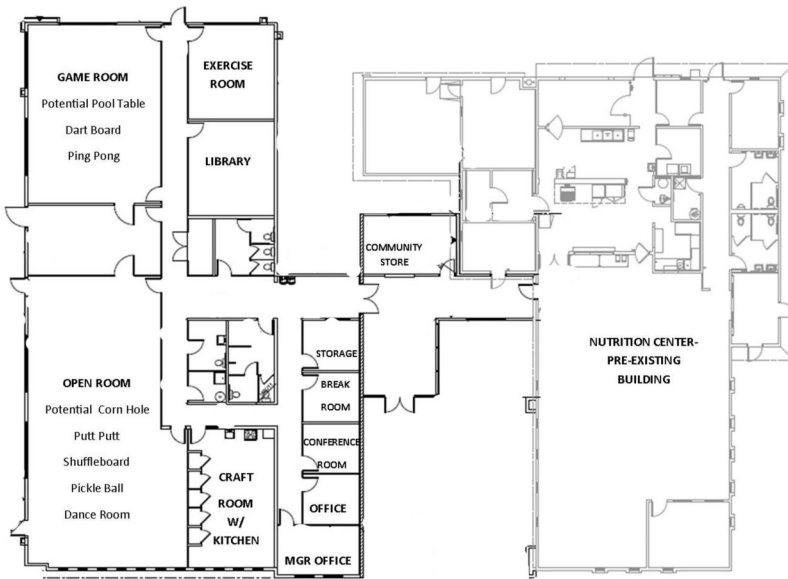


Overall View—Building entrance will face south toward City Hall

Close up view of outdoor seating and front entrance

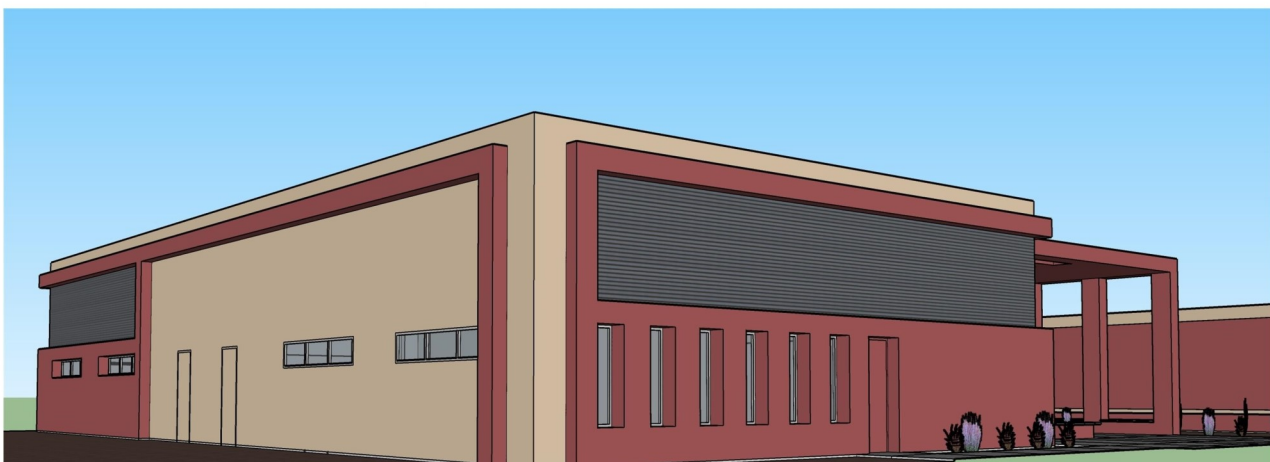


FUTURE ACTIVITY CENTER



ADDITIONAL FEATURES OF NEW BUILDING

- LARGER MENS AND LADIES RESTROOMS
 - FAMILY RESTROOM
- CRAFT ROOM WILL HAVE FULL KITCHEN FOR BAKING AND COOKING EDUCATION
- LIBRARY WILL HAVE HONOR SYSTEM CHECK-OUT WITH DVD'S AND MORE
 - LIBRARY WILL HAVE COMPUTER ACCESS
- ALL CURRENT PROGRAMS HAPPENING IN THE NUTRITION CENTER WILL CONTINUE IN THE NEW BUILDING BUT THERE WILL BE ROOM FOR MANY MORE THROUGHOUT THE DAY





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BEYOND WALLS at Bullhead

SEPTEMBER 29TH 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:
September 29th
10am AZ Time



To join this event, scan this QR code or:

- Sign up for a free account on 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.



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to seniors in need.**



**Bullhead City
Senior Campus
2275 Trane Road
Bullhead City, Arizona 86442**



*Every Friday
10:00 am to 11:30 am*

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