

Bullhead City Senior Campus Newsletter October 2023



10/2023 7 10/2023

SCAN FOR
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS



Want to
Your Monthly Electricity Bill?
You Can!
With Budget Billing!
Registration ends Oct 31!
928-763-1100

MEC is an equal opportunity provider and employer

Ice Cream Social

Thursday, October 5th
& Thursday, October 19th
Noon to 1:00 p.m.
Bullhead City Senior Campus
2275 Trane Rd



Sponsored by: DOT



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.



A nutritious congregate setting lunch is served to those 60 years of age or better Monday - Friday from 11:30 a.m. to 12:00 p.m. A donation of \$3.00 is requested for each meal.

If you are unable to attend in person we also offer a home delivery program called Meals on Wheels. By calling 1- (800) 782-1886 and leaving your name, number and interest in Bullhead City Meals on Wheels you can get qualified.

Senior Transportation- We offer transportation service to those in need to help get you to the Senior Campus, medical appointments, or to run errands.

Bullhead City Senior Campus is located at 2275 Trane Road, Bullhead City. The Campus is open Mon - Fri 8 a.m. to 4 p.m. For more information call 928-763-0193

Be sure to follow us on Facebook!



BULLHEAD CITY'S SENIOR CAMPUS

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

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

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





Senior Nutrition Center Monthly Meal Calendar



OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bratwurst Sauerkraut Potatoes Au Gratin	3 Swedish Meatballs Buttered Pasta Seasoned Corn	4 Stuffed Peppers California Blend Veggies Warm Apples	5 Asian Chicken Salad Dinner Roll Asian Dressing	6 END OF SUMMER Picnic IN THE PARK Homebound will receive meal on Thursday.
9 CLOSED  Columbus Day	10 Chorizo & Eggs Tater Tots Southwest Veggies	11 Beef Tamales Fiesta Blend Mexican Rice	12 Pulled BBQ Pork Baked Beans Cherry Cobbler	13 Roasted Turkey Stuffing w/Gravy Steamed Peas
16 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	17 Breakfast Burrito Breakfast Potatoes Sausage Patty	18 Chicken & Dumplings Peas & Carrots Cobbler	19  Chef's Choice	20 Meatloaf w/Gravy Mac & Cheese Chef's Blend
23 Green Chili Cheese Tamales Fiesta Blend Spanish Rice	24 Cobb Salad Dinner Roll Dressing	25 Salisbury Steak Mashed Potatoes Green Beans	26 Sweet & Sour Meatballs Buttered Pasta Carrots	27 Chicken Enchilada Fiesta Blend Spanish Rice
30 Asian Diced Chicken Rice Japanese Veggies	31 Denver Omelet Breakfast Potatoes Pork Sausage Patty			

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.



The October Senior Campus Volunteer Spotlight is shining on Faith Tomkiewicz. Faith has been volunteering at the Senior Campus for 9 months. Faith works the front desk at the Senior Campus. Her favorite part of volunteering is meeting new clients and learning their names. She loves to call people by their names and making them feel welcome.

Faith grew up in North central Oklahoma. Before retiring she was a banking officer. She has been married for 9 years. Her favorite things to do are craft and play Mexican train with friends.



FAITH TOMKEWICZ, VOLUNTEER OF THE MONTH

The Bullhead City Senior Campus October Client Spotlight is on Carolyn Krupp. Carolyn has been coming to the Senior Campus for over 7 months. She says that her favorite part of coming to the Senior Campus is meeting new people and participating in the classes.

Carolyn retired 15 years ago, before retiring she was a real estate and escrow officer. She grew up in San Bernardino and Redlands, California. Carolyn had two daughters, the surviving daughter lives in Mohave Valley, Arizona.

Carolyn enjoys reading good books, cooking, concerts, being active and traveling with family and friends.



CAROLYN KRUPP, CLIENT OF THE MONTH

BULLHEAD CITY SENIOR CAMPUS

HALLOWEEN

Tuesday, October 31st, 2023
10:00 am to 11:30 am
Bullhead City Senior Campus
2275 Trane Rd, Bullhead City

Games, Prizes,
and a Costume Contest

Sponsored by: **Walmart**



Bullhead City's
STRIPER CLASSIC

ESTD 2023

TOURNAMENT & EXPO

\$5,000 Striper Classic Tournament
cash & prizes
Oct 13-15, 2023
Fish the Colorado River from the Davis Dam to Avi Bridge

Friday, October 13th
Check in 2pm-5pm at the Bullhead Belle
Tailgate Party & Bonfire from 5pm-8pm

Saturday, October 14th
Opening Ceremonies @ Community Park
Fishing opens up at 4 am
Outdoor Expo Noon-5:30 pm
Weigh-in 11:30 am-3:30 pm

Sunday, October 15th
Fishing opens at 4 am
Weigh-in 11:00 am-1:00 pm
Awards 2:30 pm -4:00 pm

NOTICE
** Wednesday, October 11-13
Fishing closed from
Davis Dam -Needles Bridge &
Lake Mohave from
Davis Dam to Cottonwood Cove.

Striper Classic events are located inside
Community Park located at 1251 Hwy 95, Bullhead City.
Complete rules are posted at bullheadcity.com/recdesk.

Kenne Probst, Recreation Supervisor
(928) 763-9400 ext 8294
kprost@bullheadcityaz.gov



Got Health Insurance?

**Are you new to the Mohave Valley?
Are you 65 years or more? Are you on disability?
Low income?**

If you answered yes to any of these questions, you need to call us and let us give you a free review of your Insurance. What you had before may not be the best now but we can find you the best. We sell Medicare and Affordable Care Act Insurance through Healthcare.gov and Nevada Healthlink. Your Insurance may be free or a lot cheaper than you thought. We are appointed by 13 different companies and I am sure one is right for you!

Call the two who work for you all year to help you!



JIM WILLIS
805-459-1911



KANYA KUMLA
702-903-5767

"We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options."



Join our FREE Monthly Bingo game
10:00 p.m. to 11:30 p.m.

WED. OCT. 25TH

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

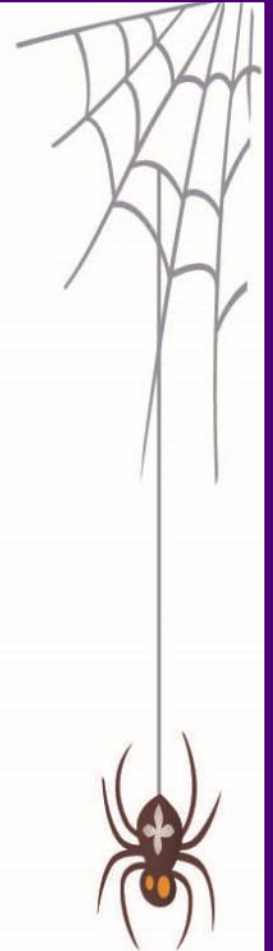
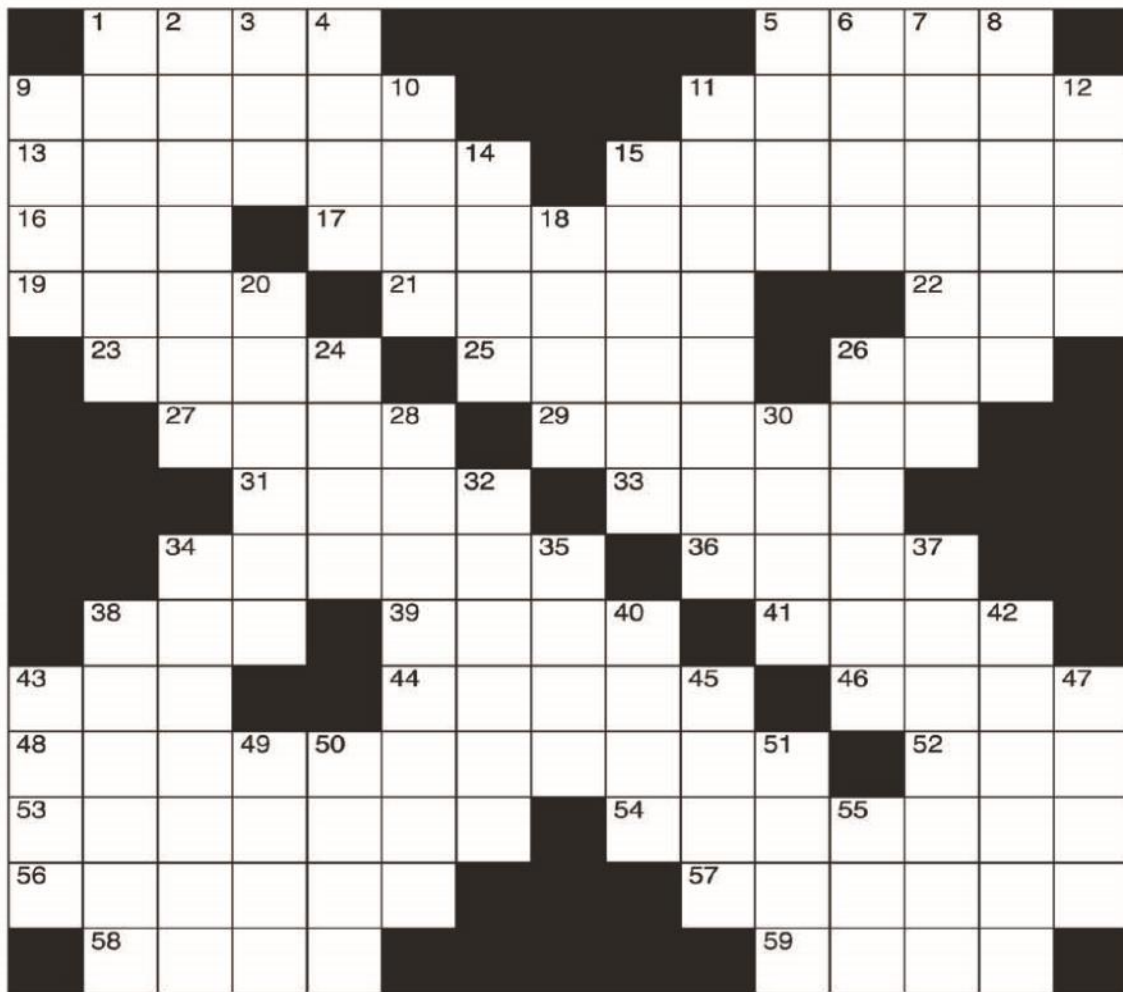
9:00 a.m. to 11:00 a.m.



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



CLUES ACROSS

- 1. Male children
- 5. Robert Wagner series "Hart to ___"
- 9. Unfolded
- 11. Digestive disease
- 13. Wednesday
- 15. Malignant tumor
- 16. Conscientious investment strategy (abbr.)
- 17. Slowed
- 19. Letter of the Semitic abjads
- 21. Weights of cars without fuel
- 22. Former CIA
- 23. Asian country
- 25. Instead
- 26. Ancient Egyptian King
- 27. Privies
- 29. Shopping trips
- 31. Paradoxical anecdote
- 33. It's on the table
- 34. Ancient Persia ruler
- 36. Small American rail
- 38. File extension
- 39. Days (Spanish)
- 41. Everyone has one
- 43. South American plant
- 44. About ilium
- 46. Vanished American hoopster Bison
- 48. A type of breakfast
- 52. Uncooked
- 53. Examined
- 54. Christian recluse
- 56. Strong posts
- 57. Some are for pasta
- 58. Skinny
- 59. School-based organizations

CLUES DOWN

- 1. Ringlet
- 2. Type of complex
- 3. Midway between north and northwest
- 4. It becomes something bigger
- 5. German courtesy title
- 6. Genus of birds
- 7. Marked by public disorder
- 8. Least aggressive
- 9. Russian city
- 10. Insect repellent
- 11. Interruptions
- 12. Scoundrels
- 14. 1,000 calories
- 15. What one does overnight
- 18. Dwarf planet
- 20. Pipe
- 24. Black powdery substance
- 26. Set of four
- 28. Canned fishes
- 30. North Carolina college
- 32. Secured
- 34. A disgraceful event
- 35. Physical suffering
- 37. The home of the free
- 38. Some are boys
- 40. Satisfy
- 42. Makes very happy
- 43. South American plants
- 45. Modes of transportation
- 47. Female sheep
- 49. Type of torch
- 50. Piece of merchandise
- 51. Jump over
- 55. Wife of Amun



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CRYPTO FUN

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Determine the code to reveal the answer!

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

A. 16 11 6 10 17 9

Clue: Move or tweak

B. 17 23 21 22 25

Clue: Keeps people upright

C. 23 16 21 22

Clue: Hurting

D. 5 25 14 21 25 24

Clue: Ease of pain

Answers: A. adjust B. spine C. pain D. relief

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to animal care.

SRUEEC

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

Answer: Rescue

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dental hygiene.

LSOSF

--	--	--	--	--

Answer: Floss

ANIMAL WELFARE WORD SEARCH

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

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

WORDS

- AGRESSION
- ANIMAL
- BEHAVIOR
- COMMUNITY
- COMPASSION
- CRATE
- DECLAW
- DISEASED
- ETHICS
- FOSTER
- GENETIC
- GROOM
- HOARDING
- HUMANE
- OUTCOME
- PROTECT
- RESPONSIBLE
- RIGHTS
- SHELTER
- TESTING
- TRAINING
- VACCINATION
- VETERINARIAN
- WELFARE

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, October 17th starting at 11:30 am

October 1

Richard Park

October 5

Mark Rugh

October 6

Cheyenne Renard

October 7

Irene Barrios
Barbara Goldblatt

October 9

Milton Tait

October 10

Michelle Macklin
Dorothy Welch

October 11

Marilou Corrao

October 12

Yetiva Wroten

October 15

Leroy Hollis
Glenn Guernsey
Emanuele Catavoella

October 16

Allen Sokolay
Rebecca (Becky) Torres

October 17

Sandy Conrad
Betty Taylor

October 18

Carol Stone

October 19

Frances Montoya
Mo Stewart

October 20

Arthur Caylor
Brian Donovan

October 21

Karla Turner
LuLu Torres

October 22

James Aufdeniserg
Mitch Baher

October 24

Clarence St Martin

October 26

Bonnie Contreas

October 27

Edith Shofner
Betty Zaun

October 29

Pamela Spadafora
Debbie Perales
Ronald (Ron) Robinson

October 30

Charles Clever



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITY

Nicole Collins, Sales Director

(928) 763-1212

ncollins@watermarkcommunities.com



Ice Cream Included

HOW TO GET THE TELEMARKEETERS TO STOP!!



Wednesday
Oct 11th 12 PM

RSVP or www.jamiehindley.com/oct11-2023

Is your phone ringing off the hook?
Are you receiving calls before 8am or after 9pm?
On the Do Not Call list but still getting calls?

TIPS TO FIND SAVINGS ON PRESCRIPTION DRUGS



Don't struggle to afford your medications. Drug costs will increase for many in 2024. Come learn about your options.



Ice Cream Included



BHC Senior Campus
2275 Trane Rd.

Thursday
OCTOBER 19
1 pm

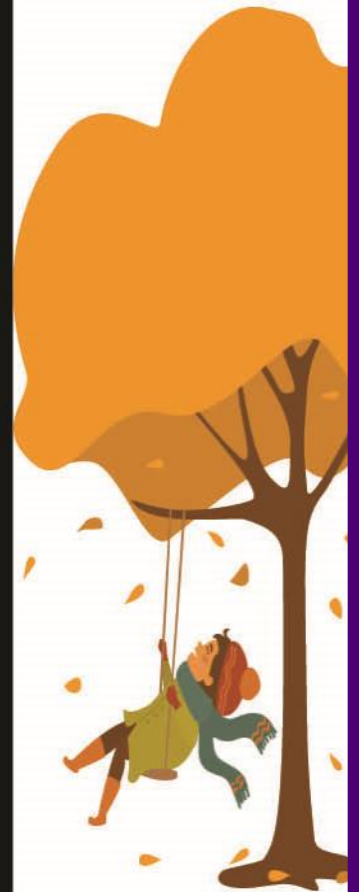
JAMIE HINDLEY
702-483-7099



Scan me to RSVP

Licensed Insurance Agent AND Drug Savings Expert
or www.jamiehindley.com/Oct19-2023

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



Level: Advanced

Trick OR Treat Trivia

Question: How many pounds of candy corn are produced each year?

Answer: A whopping 35 million pounds of candy corn is made every year—amounting to about 9 billion pieces.

Question: Who was the first First Lady to decorate the White House for Halloween?

Answer: Mamie Eisenhower in 1958.

Question: What famous magician died on Halloween?

Answer: Harry Houdini.

Question: Who sang the original "Monster Mash"?

Answer: Bobby Pickett.

Question: What was The Munsters' address?

Answer: 1313 Mockingbird Lane

Question: What candy was given to soldiers in battle in the Korean War?

Answer: Tootsie Rolls



BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



OCTOBER 2023

ACTIVITIES CALENDAR

MONDAY

2

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.
10:00 a.m. to Noon
Noon to 12:30 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
Free Bingo w/Prizes sponsored by Tristate AC Hero
Voter Registration
Medicare Basics with Suzette
Mexican Train Game
Pinochle Card Game & Poker Card Game
"The Discussion" - Inspirational Conversations

TUESDAY

3

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 am to Noon
Noon to 12:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 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
Medicare Basics with Suzette
Hand & Foot Card Game & Poker Card Game
Open Studio Art Instruction
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

4

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.
Noon to 12:30 p.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
Medicare Basics with Suzette
Genealogy Club
Bunco Group
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

5

9:00 a.m. to 9:45 a.m.
9:30 a.m. to 11:30 a.m.
Noon to 12:30 p.m.
Noon to 1:00 p.m.
Noon to 2:00 p.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
Photography Class for Veterans
Medicare Basics with Suzette
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

6

9:00 a.m. to 12:30 p.m.
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.

End of Summer Picnic ****Must sign up****
Body Moves for Brain Power
Let's Craft (Free style) sponsor Black Mountain Valley Realty
Pour Paint Class
Quilling Group Instruction
Mexican Train, Poker Card & Pinochle Games

MONDAY

9

CLOSED



CLOSED

TUESDAY

10

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.
 12:30 p.m. to 2:00 p.m.
 1:30 p.m. to 2:30 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 (Halloween Bracelet limit 14)
 Hand & Foot Card Game & Poker Game
 Open Studio Art Instruction
 Grief & Loss Support Group
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)

WEDNESDAY

11

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
 How to get the Telemarketers to STOP
 Bereavement Support Group
 Fast Track game (Come Learn)
 Gamblers Anonymous Meeting

THURSDAY

12

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

Essentrics - Aging Backwards
 Photography Class for Veterans
 Statewide Bingo
 Computer Basics 101
 Knit & Crochet Group
 Open Sewing Group
 Give, Make & Take - Apple Hand Pies
 Pass the Trash Card Game & Potluck

FRIDAY

13

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.m.
 11:00 a.m. to 2:30 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) sponsor Black Mountain Valley Realty
 Free Mini Clinic (9 spots)
 Mexican Train Game
 Poker Card Game
 Pinochle Game



MONDAY
16

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

TUESDAY
17

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.
12:30 p.m. to 2:00 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
Open Studio Art Instruction
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)
Late Night Ladies Bunco Group

WEDNESDAY
18

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
19

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

Essentrics - Aging Backwards
Photography Class for Veterans
Exercise to Ease Arthritis Pain
Computer Basics 101
Knit & Crochet Group
Open Sewing Group
Tips to Saving on Prescription Drug Costs
Pass the Trash card game/Potluck

FRIDAY
20

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)
Sponsored by Black Mountain Valley Realty
Pour Painting Class
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY 23

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 12:30 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.
 1:00 p.m. to 2:00 p.m.
 6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power
 Photography Class for Veterans
 Free Bingo w/Prizes sponsored by Tristate AC Hero
 Root Beer Floats
 Dementia Support group
 Mexican Train Game
 Pinochle Card Game
 Poker Card Game
 Energy Wellness Options
 "The Discussion" - Inspirational Conversations

TUESDAY 24

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 2:00 p.m.
 12:30 p.m. to 3:30 p.m.
 12:30 p.m. to 3:30 p.m.
 1:30 p.m. to 2:30 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
 Open Studio Art Instruction
 Poker Card Game
 Hand & Foot Card Game
 Grief & Loss Support Group
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)

WEDNESDAY 25

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 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
 Free Bingo w/prizes sponsored by Dot Foods
 Aetena Medicare Sales
 Bereavement Support Group
 Fast Track Game (Come Learn)
 Gamblers Anonymous Meeting

THURSDAY 26

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

Essentrics - Aging Backwards
 Photography Class for Veterans
 Trivia vs. other centers in Arizona
 Resources & Preparation Assistance
 Online Grocery Shopping Video /Handout
 ICE Presentation (In Case of Emergency)
 Ice Cream Social sponsored by Dot Foods
 Knit & Crochet Group
 Open Sewing Group
 Bingo w/ Liz and prizes sponsored by Dot Foods
 Let's Talk Art
 Pass the Trash card game/Potluck

FRIDAY 27

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
30

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

TUESDAY
31

8:15 a.m. to 9:00 a.m.
9:00 am to Noon
9:00 a.m. to 9:45 a.m.
10:00 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.
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
HALLOWEEN PARTY & Costume Contest
Open Studio Art Instruction
Poker Card Game
Hand & Foot card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)



**END OF SUMMER
PICNIC
IN THE PARK**

Join us on Friday, October 6, 2023

9:00 a.m to 12:30 p.m. Lunch served at 11:30

Located inside Ken Fovargue Park, 2255 Trane Road
Next to Bullhead City Senior Campus

Who's Invited? Area seniors 60+ or younger disabled individuals with a suggested donation of \$3.
Caregivers and significant others cost \$4.

Sign up required. Sign up at the Senior Campus
by September 29, 2023

Meats prepared by: JT's Backyard BBQ
Games and prizes provided by:
Family Care Home Health & Hospice



Questions?

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

Donations by Seniors for Seniors



Angel's
ESSENTIAL AREA

Open on Tuesdays

10:00 a.m. to 1:00 p.m.
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Durable medical
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donation and donated
to seniors in need.



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

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

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Half Page (V) 3.50" x 9.625" \$175

Quarter Page 3.625" x 4.75" \$100

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Page 3 7.5" x 10" \$400

Double Truck 16" x 10" \$1000

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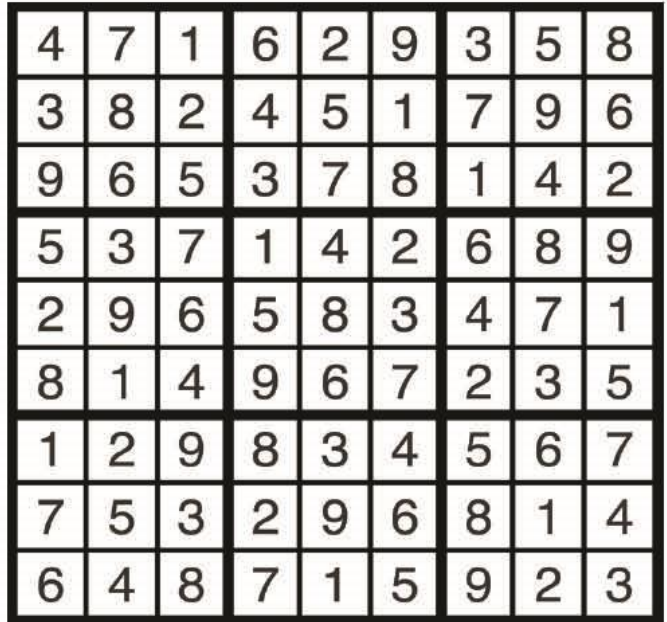
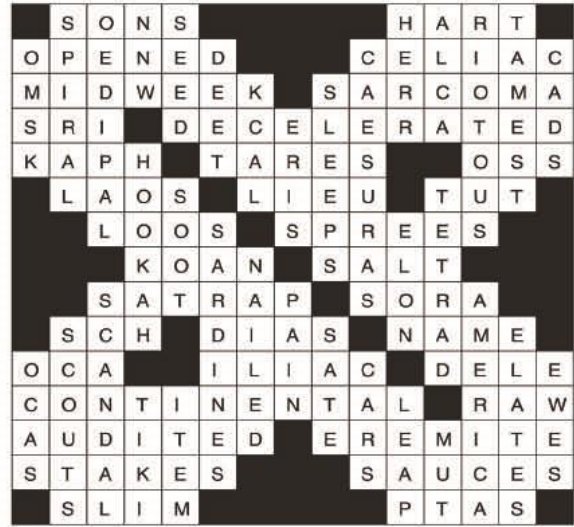



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PICKLEBALL POWERLIFT POWER WALKING SOFTBALL SWIM
TABLE TENNIS AND TRACK & FIELD

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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

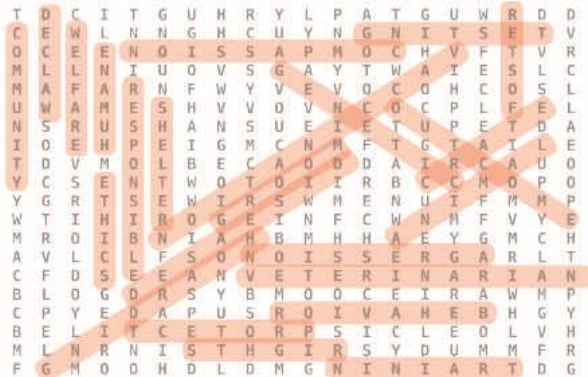
Saturday, March 2
Theme: St. Patrick's Day
Location: Community Park

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

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The Mayor's **Wii Sports** *Bowling Tournament*

Thu. Nov 9 Starting at 9 am
@ Bullhead City Senior Campus

Registration is now open!

Register today by calling (928) 763-0193
Players must include their name and email address.
Registered players will receive an email on November 8th
with the tournament bracket and schedule. Registration
closes Friday, November 3. Tournament Entry is free to
everyone 50 years of age or older.

Four (4) players compete at a time.
The top player will receive the inaugural
Senior Campus Wii Bowling Tournament Trophy.

The first round will be played at 9 am and the tournament
will continue until there is a final winner.

Who will beat the Mayor ??
Perhaps You?
Come Join the Fun.

The Mayor's Wii Bowling Tournament is
sponsored by City of Bullhead City

Senior Campus Breakfast
will be available for \$2.

10 Things You Need to Know About Social Security

Answers to frequently asked questions about your retirement benefits

By Andy Markowitz

Social Security provides benefits to more than 66 million people, and those monthly payments have an enormous impact on older Americans' financial health. According to Census Bureau data:

- Social Security accounts for at least 50 percent of income for more than half of households headed by someone 65 or older.
- It provides nearly 80 percent of income for 1 in 5 such households.
- It keeps more than 26.5 million people from falling below the poverty line.

An institution that looms so large in American life is bound to generate questions about what it does and how it works. Here are the answers to some of the most frequently asked questions about Social Security. You'll find more detailed information on these and many more issues in AARP's Social Security Resource Center.

1. Is Social Security Just For Retired Workers?

No. As of March 2023, 74 percent of beneficiaries were retirees. The remainder were spouses, ex-spouses and children of retirees (4 percent); disabled workers and their families (13 percent); and survivors of deceased beneficiaries (9 percent).

2. At What Age Can I Start Collecting Social Security Benefits?

You can begin receiving retirement benefits at age 62, but your payments will be greater if you wait until your full retirement age (between 66 and 67, depending on year of birth). If you are eligible for survivor benefits or Social Security Disability Insurance (SSDI), you can start collecting earlier.

3. How Do I Sign Up For Social Security?

You can apply for retirement, spousal or disability benefits online, by phone at 800-772-1213 or in person at your local Social Security office. For survivor benefits, you can apply by phone or in person. Local offices reopened to walk-in traffic in April 2022 after being largely closed to visitors for more than two years due to the COVID-19 pandemic, but the Social Security Administration (SSA) strongly recommends calling ahead to make an appointment.

4. How Long Do I Need To Work To Become Eligible For Benefits?

For retirement benefits, at least 10 years. Social Security uses a system of credits, which you collect by working and paying Social Security taxes. You can earn up to four credits a year, and you need 40 credits to qualify for retirement benefits. The credit threshold may be lower for disability benefits.

5. Must I Stop Working To Collect Retirement Benefits?

No, you can receive benefits while working. But if you are below full retirement age and earn more than a certain amount, your monthly benefits will be temporarily reduced. Once you reach full retirement age, the reduction is eliminated, and your benefits will be increased to make up for what was lost over time.

6. How Much Will I Get From Social Security?

That depends on a number of factors, most crucially your lifetime earnings from work in which you paid Social Security taxes. Social Security takes your 35 highest-earnings years, calculates an inflation-adjusted average, and plugs that into a progressive formula that determines your "basic" benefit. The amount will also be affected by how old you are when you claim benefits. You won't know it for sure until you file, but you can use the AARP Social Security Calculator to get an estimate.

7. What's The Maximum Monthly Social Security Benefit?

For a worker claiming Social Security in 2023 at full retirement age, the highest monthly amount is \$3,627. That's a little less than double the average retirement benefit (\$1,833 in March 2023). To draw the top benefit, your earnings must have exceeded Social Security's maximum taxable income — the annually adjusted cap on how much of your income is subject to Social Security taxes — for at least 35 years of your working life.

8. How Can I Boost The Amount Of My Benefit?

The longer you wait to start collecting after you become eligible, the more you will receive. Say you were born in 1960. If you claim Social Security upon turning 62, you'll get 70 percent of the benefit amount calculated from your lifetime earnings. If you wait until full retirement age — in this case, 67 — you'll get 100 percent. Delay past full retirement age and Social Security increases your benefit 8 percent a year until you hit 70. There's no financial incentive to delay past age 70.

9. Can I Receive Social Security Benefits Based On An Ex-Spouse's Earnings?

You may be able to claim a divorced-spouse benefit if the marriage lasted at least 10 years, you are at least 62 years old and you have not remarried. If so, you could get up to 50 percent of your former spouse's full benefit amount — but only if that exceeds your own retirement benefit. Social Security will pay the higher of the two amounts, not both.

10. When Someone Dies, How Does Social Security Know?

The SSA receives reports of beneficiaries' deaths from family members, funeral homes and government agencies. Even if you know another entity will report the death of a member of your family, it's a good idea to inform Social Security yourself (by calling at 800-772-1213) as soon as possible.

Editor's note: This article, originally published Sept. 14, 2020, has been updated with more recent information. Kelly Miller contributed to the reporting of this story.



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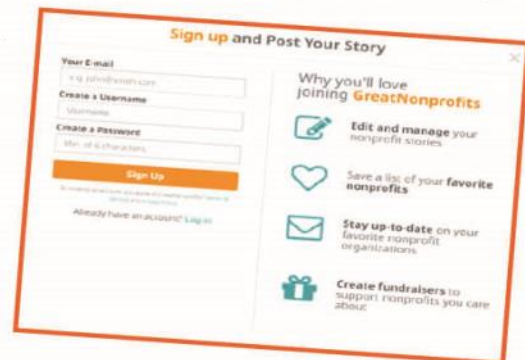
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BULLHEAD CITY'S
October Events!

Sat. Oct 7 9am-1pm
The Pumpkin Patch Farmer's Market presented
by Swanty's, Community Park, 1251 Hwy 95

Sat. Oct 13-15
Striper Classic Fishing Tournament & Expo
Community Park, 1251 Hwy 95
Register at bullheadcity.com/recdesk

Sat. Oct 14 10am - 2pm
The Mayor's Cup RC Drag Race
East Soccer Field Parking Lot

Sat. Oct 28 11am-3pm
The Great Pumpkin Race
Community Park, 1251 Hwy 95
\$5 per race entry



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BULLHEAD BELLE
Open 11am-7pm Daily

Inside Community Park on the Colorado River



Contact Bullhead City Recreation Division
for more event information (928) 763-9400