

Bullhead City Senior Campus Newsletter November 2023



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SCAN FOR
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS

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."



Every Friday
10:00 am to 11:30 am

Sponsored by



'Tis the season for Mohave Electric Prepay



- NO DEPOSIT** or monthly bills
- CUSTOMIZE** a payment schedule
- Buy electricity at your **CONVENIENCE**
- PERSONALLY** monitor your energy usage

MEC is an equal opportunity provider & employer



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!

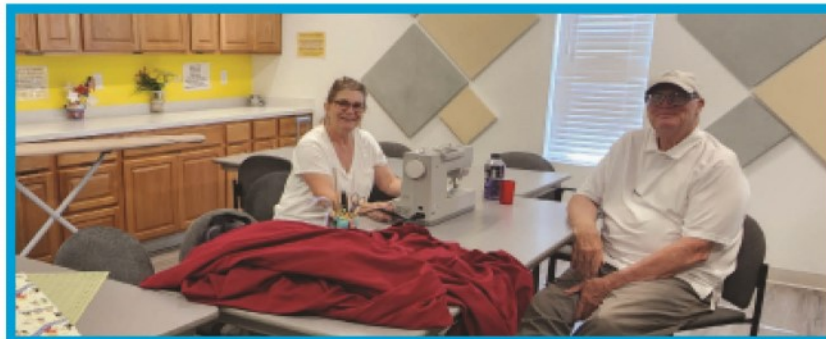


BULLHEAD CITY'S SENIOR CAMPUS

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(928) 763-9400 x 8157
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Senior Campus Senior Services
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(928) 928-763-0193
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Senior Nutrition Center Monthly Meal Calendar

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Stuffed Cabbage Corn Cobbler	2 Sweat & Sour Chicken Buttered Seasoned Rice Mixed Veggies	3 Sante Fe Egg Roll Fiesta Blend Cobbler
6 Pork Chop Mashed Potatoes W/Gravy Green Beans	7 Chicken Cordon Blue Potato Wedges Mixed Veggies	8 Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots	9 Beef Lasagna Dinner Roll Steamed Broccoli	10  CLOSED
13 Bratwurst Sauerkraut Potatoes Au Gratin	14 Swedish Meatballs Buttered Pasta Seasoned Corn	15 Stuffed Peppers California Blend Warm Apples	16 Asian Chicken Salad Dinner Roll Asian Dressing	17 Cheese Omelet Sausage Patty Hash Browns
20 Meatloaf Mac & Cheese Mixed Veggies	21 Chorizo & Eggs Tater Tots Southwest Veggies	22 FRIENDS GIVING CELEBRATION  Like Thanksgiving but with time to make new friends.	23  CLOSED	24  CLOSED
27 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	28 Breakfast Burrito Breakfast Potatoes Sausage Patty	29 Chicken & Dumplings Peas & Carrots Cobbler	30 Beef Fajitas Spanish Rice Cinnamon Apples	

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.



Our November Volunteer Spotlight shines on Sandy Conrad. Sandy has been volunteering all over the city for the past 15 years but has settled in at the Senior Campus. She said her favorite part about volunteering at the Senior Campus is seeing everyone's smiling face and sharing a laugh with them.

Before retiring in 2005 Sandy worked for 35 years as a food service manager in Southern California. She grew up in Lakewood, California.

Sandy has two sons, four grandchildren and two great grandchildren. She is single and lives with her 10-year-old West Highland Terrier.

She walks three miles every day, volunteers and works as a personal assistant. She loves reading and sing karaoke.

SANDY CONRAD, VOLUNTEER OF THE MONTH

Our November Client Spotlight is on Norma Nixon. Norma has been coming to the Senior Campus for 20+ years. Her favorite activities are Hand and Foot, and Crocheting group. She said the Card group is like her 2nd family and the Crocheting group is her "AA", attitude adjustment friends. She loves seeing their smiling faces.

Norma retired in 2002 after working for 23 years as a medical biller for a hospital in Lawrence, Kansas. She lived in Lawrence, Kansas from the age of 4 until she moved here.

Norma was married for 64 years and had been widowed for 3 years. She has a son who is a realtor in Sun City, Arizona, along with his wife and son.

Norma is a HUGE sports fan – Kansas University Jayhawks and Kansas City Chiefs. She said " Even though we are miles apart, I am sure they can hear me cheering from Arizona!"



NORMA NIXON, CLIENT OF THE MONTH

Reporting Medicare Fraud and Abuse



Medicare fraud and abuse can happen anywhere, and usually results in higher health care costs and taxes for everyone.

Some examples include:

- A provider that bills Medicare for services or supplies they never gave you, like charging you for a visit you never had, or a back brace you never got.
- A provider that charges Medicare twice for a service or item that you only got once.
- A person who steals your Medicare number or card and uses it to submit fraudulent claims in your name.
- A company that offers you a Medicare drug plan that Medicare hasn't approved.

How to spot & prevent Medicare fraud & abuse

If you think you've spotted fraud, you may want to call your provider's office to ask about it. They may be able to help you understand the charges, or if they made a billing error. If you suspect that Medicare is being charged for an item or service you didn't get, or your Medicare card or number was stolen, use the contact information below to report suspected fraud or abuse.

If you experience provider fraud or abuse in Original Medicare (including a fraudulent claim, or a claim from a provider you didn't get care from) contact **1-800-MEDICARE** (1-800-633-4227) or the U.S. Department of Health & Human Services, Office of the Inspector General.

If you experience provider fraud or abuse in a Medicare Advantage Plan or a Medicare drug plan (including a fraudulent claim) contact 1-800-MEDICARE (1-800-633-4227) or the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379), or by US mail: Qlarant, 28464 Marlboro Avenue, Easton, MD 21601, Attn: I-MEDIC

When you call, have this information ready:

- Your name and Medicare Number.
- The name of the provider that you're reporting, along with any identifying information you have.
- The service or item you're questioning and when you supposedly got it.
- The amount that Medicare approved and paid.
- The date on your Medicare Summary Notice, health or drug plan's Explanation of Benefits, or claim.

Information provided from Medicare.gov website



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

WED. NOV 22

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

TURKEY DAY WORD SEARCH

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

WORDS

- APPLE PIE
- BISCUITS
- BRINE
- CASSEROLE
- CIDER
- CORNBREAD
- CORNUCOPIA
- DINNER
- ENTERTAIN
- FAMILY
- FRIENDS
- FULL
- GRACIOUS
- GRATITUDE
- GRAVY
- GREEN BEANS
- HOLIDAY
- MEAL
- OVEN
- SOUP
- STUFFING
- THANKSGIVING
- TURKEY
- YAMS

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Thanksgiving.

ARTOS

--	--	--	--	--

Answer: Roast

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to caregiving.

RWEKLA

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

Answer: Walker

Question: According to the Guinness Book of World Records, how much does the heaviest turkey on record weigh?

Answer: 86 pounds



Yes, you read that right — a whopping 86 pounds. According to Guinness, a turkey named Tyson who weighed 86 pounds was sold at a charity auction in London in 1989 for about \$6,692. For comparison, a typical Thanksgiving turkey usually weighs around 15 pounds. - Good Housekeeping

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

Level: Beginner

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

Level: Intermediate



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, November 21st starting at 11:30 am

November 1

Jo Berry
Lloyd Boaz

November 4

Albert Herrington
Angela Ritsema

November 5

Debra Saumur

November 8

Cecilla Wells
Dwayne Harral
Dave Camadine

November 10

Donna Fleig
Robert Pond

November 11

Peter Atchley
Margaret Gallagher
Anna Ruiz

November 14

Charleen Babcock
Valerie Peterson

November 15

Leona Eckman
Larry Pool
Sundae Schor

November 17

Howard Uncapher

November 18

Sharon Matlock
Deb Kern

November 20

Vick Kelley
Christopher Pino
Patty Smith

November 21

Jane Bakash

November 23

Delbert Pragnell

November 24

Doris McMaster
Carter Fairbanks
William Moran
Susan Schreffler

November 25

Michael Ellis
Claudette Garcia
Helen McKennon
Jeannie Smith

November 26

Alex Preski

November 27

Richard Swartz
James Ahle

November 28

Ray Bene

November 29

Marshall Goldblatt
Regina Stewart

November 30

Carl Eppich



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

BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



NOVEMBER



ACTIVITIES CALENDAR

WEDNESDAY

1

9:00 a.m. to 10:00 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
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

2

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

Essentrics - Aging Backwards
Photography Class for Veterans
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/Potluck

FRIDAY

3

9:00 a.m. to 10:00 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
Let's Craft (Free style) sponsor Black Mountain Valley Realty
Pour Paint Class
Quilling Group Instruction
Mexican Train
Poker Card
Pinochle Games

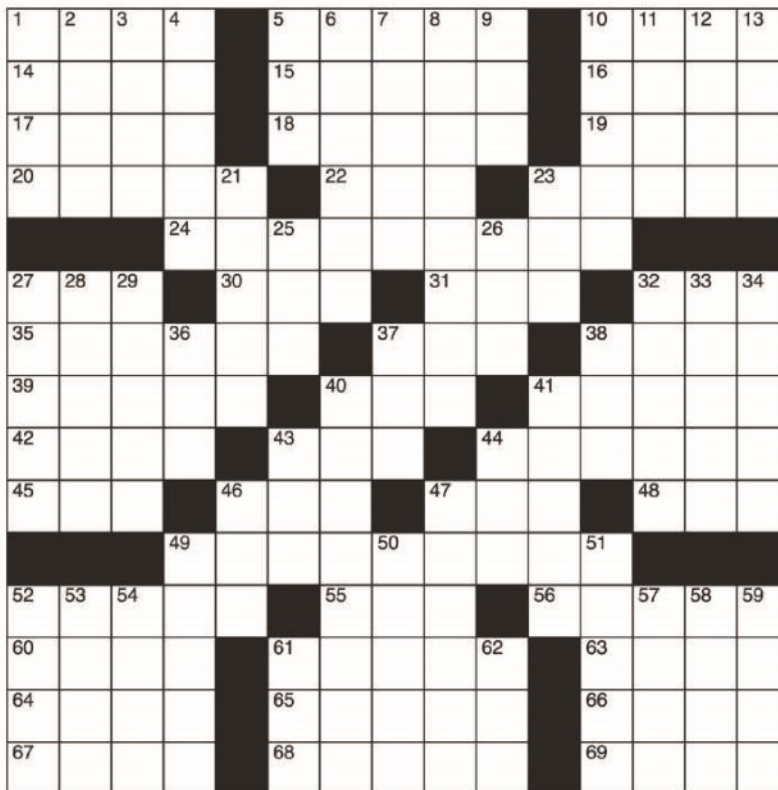


MONDAY

6

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.
 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



CLUES ACROSS

- 1. Boat structure
- 5. Affirmatives
- 10. From end to end
- 14. Ancient Syrian city
- 15. Plant parts
- 16. Anatomical feature of worms
- 17. Invests in little enterprises
- 18. Cuts the skin off
- 19. Noted child psychiatrist
- 20. Satisfies
- 22. Take by sips
- 23. Matched
- 24. It changed the world
- 27. U.S. Founding Father Adams
- 30. Father
- 31. Swiss river
- 32. They hold music
- 35. Spoke
- 37. Used to write
- 38. Cold wind
- 39. More competent
- 40. Test for high schoolers

- 41. Mild analgesic
- 42. Indian industrial city
- 43. Fellas
- 44. Short-tailed martens
- 45. No seats available
- 46. Golf score
- 47. A way to sink
- 48. Type of investment account
- 49. Songs
- 52. Type of sword
- 55. ___ King Cole, musician
- 56. Type of vaccine
- 60. Site of the Taj Mahal
- 61. Languished
- 63. Ethnic group in South China
- 64. Prevent from seeing
- 65. Word of farewell
- 66. Charity given to the poor
- 67. Chops
- 68. Swiss capital
- 69. One point east of southeast

CLUES DOWN

- 1. Type of hall
- 2. Swedish rock group
- 3. Long, narrow cut
- 4. Indicating silence
- 5. Talk at length
- 6. Wiped away
- 7. Sweet substance (alt. sp.)
- 8. Babar is one
- 9. Soviet Socialist Republic
- 10. French avant-garde composer
- 11. Commoner
- 12. Swiss river
- 13. A single-minded expert
- 21. Passover feast and ceremony
- 23. Indie record label (abbr.)
- 25. Fellow
- 26. Strong tree
- 27. Drenches
- 28. Spindle
- 29. North Dravidian language
- 32. Lounges about
- 33. Preamble

- 34. Essential for nachos
- 36. Afternoon beverage
- 37. 007's creator
- 38. Founder of Babism
- 40. Music played in open air
- 41. Profoundly wise men
- 43. Disfigure
- 44. Unhappy
- 46. Prefix denoting "in a"
- 47. Cotton fabric; satiny finish
- 49. Closes tightly
- 50. The lowest point
- 51. Semitic sun god
- 52. Grads wear one
- 53. Phil ___, former CIA
- 54. Fermented rather than distilled
- 57. Aids digestion
- 58. Unstressed-stressed
- 59. Body part
- 61. Wonderful
- 62. Expected at a certain time

Just for laughs . . .

- I just found out I'm colorblind. The news came out of the orange!
- Did you hear that laughing too loudly is illegal in Hawaii? They only permit a-low-ha.
- I hate my job — all I do is crush cans all day. It's soda pressing.
- I found a wooden shoe in my toilet — it was clogged.
- If a pig loses its voice, does it become disgruntled?



TUESDAY

7

8:15 a.m. to 9:00 a.m.
9:00 a.m. to 9:45 a.m.
9:00 a.m. to Noon
9:00 a.m. to 3:00 p.m.
12:30 p.m. to 2:00 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
Essentrics- Aging Backwards
Beading Group
S.H.I.P. Counselors on-site by appt. Making Medicare Changes
Open Studio Art Instruction
Hand & Foot Card Game & Poker Game
Grief & Loss Support Group
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

8

9:00 a.m. to 10:00 a.m.
9:15 a.m. to 10:00 a.m.
10:30 a.m. to 11:30 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
Relaxation & Mindfulness Exercise
Karaoke with Connie
Bereavement Support Group
Fast Track game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

9

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

Essentrics - Aging Backwards
Wii Bowling Tournament w/ Mayor D'Amico
Photography Class for Veterans
Flu Shot Clinic
Knit & Crochet Group
Computer Basics 101
Open Sewing Group
Give, Make & Take - Soft Gingerbread Cookies
Left, Right, Center Dice Game
Pass the Trash Card Game & Potluck

CLOSED FRI, NOV 10TH VETERANS DAY



MONDAY

13

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.
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
Dementia Support Group
Happy Hour with Games
Mexican Train Game
Pinochle Card Game
Poker Card Game
Energy Wellness Options
"The Discussion" - Inspirational Conversations



TUESDAY

14

8:15 a.m. to 9:00 a.m.
 9:00 a.m. to 9:45 a.m.
 9:00 am to Noon
 9:00 a.m. to 3:00 p.m.
 Noon to 2:00 p.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
 Essentrics- Aging Backwards
 Beading Group
 S.H.I.P. Counselors on-site by appt. Making Medicare Changes
 Learn, Make & Take - Acron Earrings -LIMIT 14
 Open Studio Art Instruction
 Hand & Foot Card Game -
 Poker Card Game
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)

WEDNESDAY

15

9:00 a.m. to 10:00 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.
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 7:00 p.m. to 8:00 p.m.

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 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

16

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:00 a.m. to 11:00 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 2:00 p.m.
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards
 Photography Class for Veterans
 Exercise to Ease Arthritis Pain
 Rock Painting Craft
 Computer Basics 101
 Knit & Crochet Group
 Open Sewing Group
 Bingo w/ Liz & Prizes
 Pass the Trash card game/Potluck

FRIDAY

17

9:00 a.m. to 10:00 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
 Let's Craft (Free style) Sponsored by Black Mountain Valley Realty
 Pour Painting Class
 Mexican Train Game
 Poker Card Game
 Pinochle Game



MONDAY

20

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:00 a.m. to 11:30 a.m.
 12:30 p.m. to 3:30 p.m.
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21

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 6:00 p.m. to 9:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Beading Group
S.H.I.P. Counselors on-site by appt. Making Medicare Changes
Birthday Month Party sponsored by Joshua Springs
Open Studio Art Instruction
Poker Card Game
Hand & Foot Card Game
Grief & Loss Support Group
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)
Late Night Ladies Bunco Group

WEDNESDAY

22

9:00 a.m. to 10:00 a.m.
 9:15 a.m. to 10:00 a.m.
 10:00 a.m. to 11:00 a.m.
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 1:00 p.m. to 2:00 p.m.
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Relaxation & Mindfulness Exercise
Free Bingo w/prizes sponsored by Dot Foods
Friendsgiving Celebration sponsored by Walmart
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

**CLOSED THURS, NOV 23 & FRI NOV 24
 THANKSGIVING HOLIDAY**



MONDAY

27

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 10:00 a.m. to 11:30 a.m.
 Noon to 1:00 p.m.
 Noon 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 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
Dementia Support Group
Root Beer Floats
Mexican Train Game
Pinochle Card Game
Poker Card Game
Energy Wellness Options
"The Discussion" - Inspirational Conversations

TUESDAY

28

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 3:00 p.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.
 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
S.H.I.P. Counselors on-site by appt. Making Medicare Changes
Fall Risk Prevention & Screening
Sound Therapy & Meditation
Open Studio Art Instruction
Poker Card Game & Hand & Foot Card Game
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

29

9:00 a.m. to 10:00 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
Relaxation & Mindfulness Exercise
Caregiver Support Group in person & Zoom
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

30

9:00 a.m. to 9:45 a.m.
9:30 a.m. to 11:30 a.m.
10:00 a.m. to 11:00 a.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
Statewide Trivia - vs. other AZ Centers
Knit & Crochet Group
Open Sewing Group
Pass the Trash card game/Potluck



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Ice Cream Social

**Thursday, November 2nd
Noon to 1:00 p.m.
Bullhead City Senior Campus
2275 Trane Rd**





Sponsored by: 



Malnutrition is highest in older adults

Aged 85+	3,754
Aged 65-84	1,487
Aged 40-64	437
Aged 18-39	107

Source: AHRQ 2018

We all understand the importance of having access to food for our survival. But it's just as critical to make sure we're getting the right food with a balance of nutrients to keep us healthy. For America's seniors, getting the right nutrition is a struggle, and malnutrition among older adults is higher than any other age group in the nation.

That's why we're shining a light on this issue for Malnutrition Awareness Week. By understanding the signs and spreading awareness, you can help save lives in your home, your family, your community and beyond.

Detecting senior malnutrition early is crucial. It can easily go unnoticed and can affect people of all shapes and sizes, which is why keeping an eye out can truly make a difference. And that's what Meals on Wheels does each and every day for millions of seniors across the country. You can identify the signs and help, too.

Here are some common signs of malnutrition to look out for:



For many of our senior neighbors, it's a struggle to get the right kind of food. Meals on Wheels delivers nutritious meals is unique and life-changing. Call 1 (800) 782-1886 to find out more.

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

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**

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10% DISCOUNT FOR SENIOR COMMUNITY

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REPAIRS - REPLACEMENTS

**24 HOUR
EMERGENCY SERVICE**

ROC# 311760



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

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JENSEN@BULLHEADCITYAZ.GOV**

Senior Health Insurance



**Advantage Plans w/
Extra Benefits**

 **Dental & Vision**
stand alone

Gap Insurance 
Supplement Plans



Suzette Roberts
Licensed Agent
928.234.7742
TDY:711





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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

SPONSORED BY



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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.



PLEASE JOIN US FOR
FRIENDSGIVING

WEDNESDAY, NOVEMBER 22ND 11AM-1PM
BULLHEAD CITY SENIOR CAMPUS, 2275 TRANE RD

FRIENDS, FOOD, GAMES, & FUN!
SPONSORED BY WALMART



Medicare Open Enrollment is Coming.... October 15, 2023 to December 7, 2023

Plans change every year. So can your health needs.

- Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2024.
- Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered.
- Look for plans that best meet your changing health, life, and financial needs.

Sign Up for a My Medicare Account at [MyMedicare.gov](https://www.mymedicare.gov)

Medicare Counselors will be available during Open Enrollment every Tuesday (9:00 am to 3:00 pm) at the Bullhead City's Senior Campus 2275 Trane Road To make an Appointment with a WACOG Counselor In Mohave County Call- 928-377-4364

This project was supported, in part by grant number 90SAPG0083, 90SAPG0022, 2201AZM18H, 2201AZM1AA, & 2201AZM1DR from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



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Blog

If you love our work then tell the world!

Stories about us from people like you will help us make an even bigger impact in our community. GreatNonprofits – the #1 source of nonprofit stories and feedback – is honoring highly regarded nonprofits with their 2023 Top-Rated List.

Won't you help us raise visibility for our work by posting a brief story of your experience with us? All content will be visible to potential donors and volunteers. It's easy and only takes 3 minutes! Go here to get started! <https://greatnonprofits.org/reviews/write/bullhead-city-meals-on-wheels>

1. At the top click the star level (1 is low-5 is best)
2. A couple words about your experience with us
3. Choose your role (volunteer, client served, donor, board member or professional with expertise in the field)
4. Click Post review
5. This screen will pop up just to verify you are a real person. Submit your email address, create a user name and character password and then click sign up.

GreatNonprofits is the leading platform for community-sourced stories about nonprofits. These stories are submitted by people who know you best -- your clients, donors, volunteers, and others -- all those who have experienced the impact of nonprofit work up close!



December Events!

Friday, December 1, 10am
Winter Wonderland Ornament Workshop ★
Bullhead City Recreation Office
2285 Trane Rd, Bullhead City



Friday, December 8, 9am
Snowman Hot Cocoa Spoons ★
Bullhead City Recreation Office
2285 Trane Rd, Bullhead City

Saturday, December 16, 10am -6pm
Christmas Festival - Vendors, Food Trucks & Entertainment!
Anderson Auto Group Fieldhouse, 3663 Bullhead Pkwy
Wristbands \$15 per person - Rides, Inflatables and Roller-Skating

Tuesday, December 19-Thursday, December 23
Holiday Shootout High School Basketball Tournament

Mohave High School, 2251 Hwy 95, Bullhead City
Boys & Girls Club of the Colorado River, 2250 Highland Rd, Bullhead City
Entry Fee \$10 per person, per day or \$25 per person for the 3 days

Friday, December 22, 11am
Gingerbread House Decorating ★
Bullhead City Recreation Office
2285 Trane Rd, Bullhead City



Reserve Your
Space Today!



★ Reserve your space at bullheadcity.com/recdesk
Contact Bullhead City Recreation Division
for more event information (928) 763-0158