

Bullhead City Senior Campus Newsletter

December 2023



12/2023

SCAN FOR
EVENT CALENDAR



BULLHEAD CITY SENIOR CAMPUS

HEATING • A/C • REFRIGERATION



TRI-STATE A/C HERO

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

10% DISCOUNT FOR SENIOR COMMUNITY

YOUR FRIENDLY NEIGHBORHOOD

HVAC TEAM

we live where you live

928-444-4395

www.tristateachero.com

3030 Hwy 95 • Bullhead City, AZ 86442

REPAIRS - REPLACEMENTS

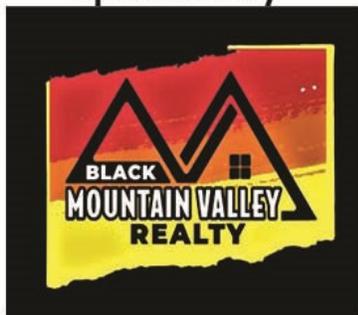
**24 HOUR
EMERGENCY SERVICE**

ROC# 311760




ARTS & Crafts

Every Friday
10:00 am to 11:30 am
Sponsored by



**BLACK
MOUNTAIN VALLEY
REALTY**



You Can Help!

MEC members can make a difference by voluntarily donating \$1.00 to From The Heart with River Fund on their electric bill payment each month.

Call or Scan
for Details!
928-763-1100



MOHAVE
electric cooperative
A Touchstone Energy® Cooperative

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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Senior Nutrition Center Monthly Meal Calendar

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Alfredo Dinner Roll Pears
4 Green Chili Cheese Tamale Fiesta Blend Spanish Rice	5 Cobb Salad Dinner Roll Dressing	6 Salisbury Steak Mashed Potatoes Green Beans	7 Sweet & Sour Meatballs Buttered Pasta Carrots	8 Chicken Enchilada Fiesta Blend Spanish Rice
11 Asian Diced Chicken Fried Rice Japanese Veggies	12 Denver Omelet Breakfast Potatoes Pork Sausage Patty	13 Stuffed Cabbage Corn Cobbler	14 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	15 Santa Fe Chicken w/ Gravy Rice Pilaf Green Beans
18 Pork Chop Mashed Sweet Potatoes Green Beans	19 Chicken Cordon Blue Potato Wedges Mixed Veggies	20 Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots	21 Beef Lasagna Dinner Roll Steamed Broccoli	22 Salisbury Steak w/ Gravy Rice Pilaf Green Beans
25 CLOSED 	26 Swedish Meatballs Buttered Pasta Seasoned Corn	27 Stuffed Peppers California Blend Warm Apples	28 Asian Chicken Salad Dinner Roll Asian Dressing	29 Cheese Omelet Sausage Patty Hash Browns

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 December Volunteer Spotlight shines bright on Ramona Guerrero. Ramona has been volunteering at the Campus for two years. She works at the desk and loves talking to people as they enter the Campus and making new friends.

She grew up in Gallup New Mexico. She has been married to her wonderful husband Fred for 50 years and they have 2 children.

Ramona has done quite a few things in her life. She worked at a bank right out of high school. Then she moved to California and worked and eventually bought the Montclair Florist. Later she was a teacher's aide.

Her hobbies include making jewelry and she loves to travel. Her favorite trip so far has been a river cruise down the St. Lawrence River and up the Atlantic to Canada.

RAMONA GUERRERO, VOLUNTEER OF THE MONTH

Betty Zaun, AKA Betty Boop is our Client of the Month for December. Betty has been coming to the Campus for about a year. She loves all the programs offered but her favorite is exercising and making new friends.

She grew up in Bolivia, South America and is a retired Realtor from Burbank, California. She has been married 55 years and has two children. She lives with her son here in Bullhead City and her daughter lives in California.

Her hobbies include exercise, stain glass work, knitting, crochet, gardening, cooking, and she loves classical music.



BETTY ZAUN, CLIENT OF THE MONTH

How to make homes safer from fires



Over a five-year period, fire departments across the United States responded to roughly 347,000 home structure fires per year. That data, courtesy of the National Fire Protection Association, underscores the significance of home fire protection measures.

Smoke detectors are a key component of fire protection, but there's much more homeowners can do to protect themselves, their families, their belongings, and their homes from structure fires.

Routinely inspect smoke detectors. Smoke detectors can only alert residents to a fire if they're working properly. Battery-powered smoke detectors won't work if the batteries die. Routine smoke detector check-ups can ensure the batteries still have juice and that the devices themselves are still functioning properly. Test alarms to make sure the devices are functioning and audible in nearby rooms. Install additional detectors as necessary so alarms and warnings can be heard in every room of the house.

Hire an electrician to audit your home. Electricians can inspect a home and identify any issues that could make the home more vulnerable to fires. Ask electricians to look over every part of the house, including attics and crawl spaces. Oft-overlooked areas like attics and crawl spaces pose a potentially significant fire safety threat, as data from the Federal Emergency Management Association (FEMA) indicates that 13 percent of electrical fires begin in such spaces.

Audit the laundry room. The laundry room is another potential source of home structure fires. NFPA data indicates around 3 percent of home structure fires begin in laundry rooms each year. Strategies to reduce the risk of laundry room fires include leaving room for laundry to tumble in washers and dryers; routinely cleaning lint screens to avoid the buildup of dust, fiber and lint, which the NFPA notes are often the first items to ignite in fires linked to dryers; and ensuring the outlets washing machines and dryers are plugged into can handle the voltage such appliances require. It's also a good idea to clean dryer exhaust vents and ducts every year.

Look outward as well. Though the majority of home fires begin inside, the NFPA reports that 4 percent of such fires begin outside the home. Homeowners can reduce the risk of such fires by ensuring all items that utilize fire, including grills and fire pits, are always used at least 10 feet away from the home. Never operate a grill beneath eaves, and do not use grills on decks. Never leave children unattended around fire pits, as all it takes is a single mistake and a moment for a fire to become unwieldy.

Sweat the small stuff. Hair dryers, hair straighteners, scented candles, clothes irons, and holiday decorations are some additional home fire safety hazards. Never leave candles burning in empty rooms and make sure beauty and grooming items like dryers, straighteners and irons are unplugged and placed in a safe place to cool down when not in use.

Fire departments respond to hundreds of thousands of home fires each year. Some simple strategies and preventive measures can greatly reduce the risk that a fire will overtake your home.

Campus Christmas CELEBRATION



Friday, December 22, 2023 10am - Noon
Come to celebrate with us!

Whether you are a first timer or have been coming for years we welcome you to experience the magic of the holiday season at the Senior Campus. Make new friends, play games, and win prizes.

If you would like to take part in a fun gift exchange bring a nice \$10 wrapped gift for exchange. When you come in the gifts will be collected and you will draw a number. At 10:30 we will begin the gift exchange. Number 1 will have the opportunity to select the first gift and will open it in front of everyone. The gift will be placed on the table in front of them. Next number 2 will go but they will have the opportunity to steal the gift from number 1 or pick a new gift item. This will continue until all gifts are opened. The rule of stealing is that a gift is up for stealing up to 3 times then it is permanently claimed by the 3rd steal and goes under the table. If an item is stolen from you, you are unable to steal it back right away but in another scenario, you can reclaim the item. Questions? contact the Senior Campus at (928) 763-0193

Sponsored by:



SAVE THE DATE

Bullhead City's CHRISTMAS Festival

SATURDAY, DEC 16
ANDERSON AUTO GROUP FIELDHOUSE



WANTED
SPONSORS
& VENDORS

HOLIDAY BAKING WORD SEARCH

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

WORDS

- BAKED
- CHOCOLATE
- COOKIES
- CREAM
- CRUMBS
- DESSERT
- EGGS
- FOLD
- FRUITCAKE
- GINGERBREAD
- INGREDIENTS
- KNEAD
- PASTRY
- PLATTER
- PUDDING
- PUMPKIN PIE
- RECIPE
- ROLLING PIN
- SPRINKLES
- STRUDEL
- TEMPERATURE
- TORTE
- TREATS
- VANILLA

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to holiday decorating.

N G L E A

--	--	--	--	--

Answer: Angel

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to holiday baking.

G E R N G I

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

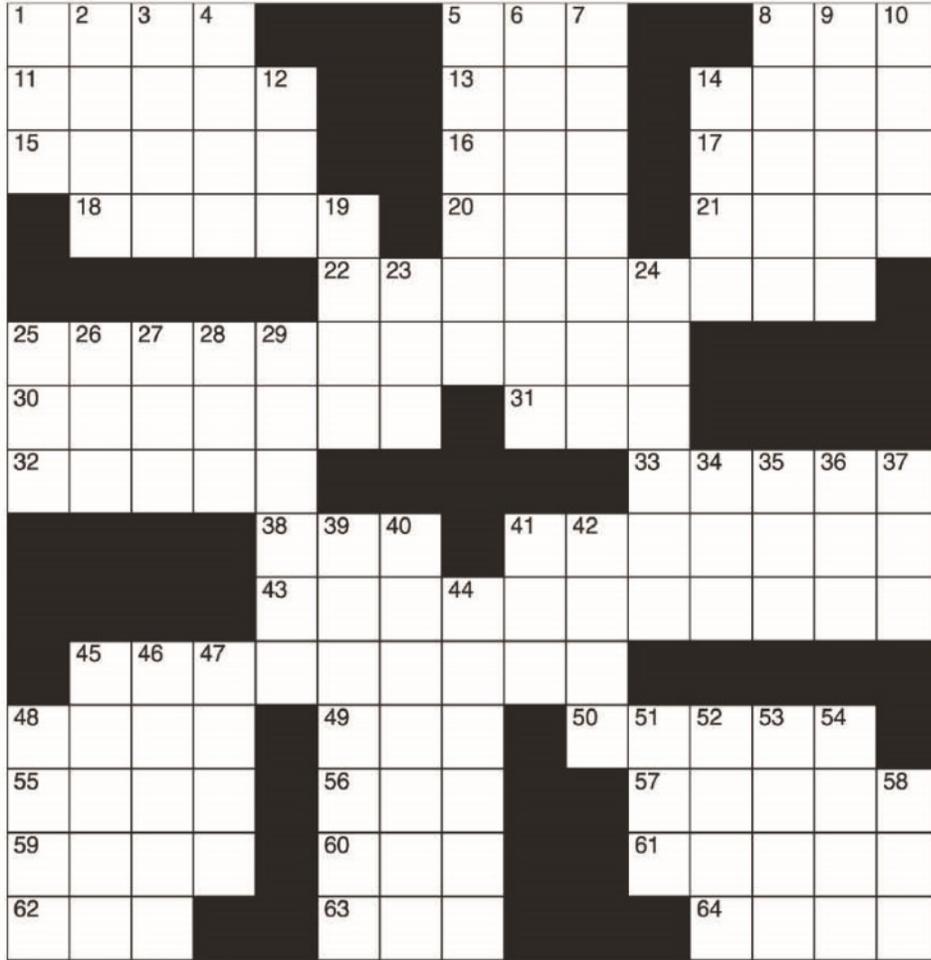
Answer: Ginger

Candy canes originated in Germany

The National Confectioners Association says a choirmaster originally gave the red-and-white-striped candies to young children to keep them quiet during marathon church services back in 1670. It wasn't until a German-Swedish immigrant decorated his tree with candy canes in 1847 that they became popular as a Christmas candy. Nowadays, they're available in a wide variety of colors and flavors like cherry, green apple and watermelon.



CROSSWORD



CLUES ACROSS

1. A way to injure
5. Mutual savings bank
8. Rock TV channel
11. Large number of fish swimming together
13. Military mailbox
14. Female of a horse
15. Category
16. City
17. Breezed through
18. Officer who bears a mace
20. Tax collector
21. "Cheers" actress Perlman
22. Pauses before acting
25. Extracted information from a wave
30. Tendency to revert to something ancestral
31. No seats available
32. Nocturnal rodents
33. Moves gently to and fro
38. Not good
41. A way to ready
43. One who makes something better
45. Things associated with American history
48. Ancient Phoenician fertility god
49. A continuous portion of a circle
50. Volcanic craters
55. Units of electrical resistance
56. Gamble on
57. Ethiopian town
59. One point east of northeast
60. Polynesian garland of flowers
61. Spiritual leader of a Jewish congregation
62. State of fuss
63. Keyboard key
64. Partner to relaxation

CLUES DOWN

- | | |
|---------------------------------|-------------------------------------|
| 1. Type of hall | 34. Essential for nachos |
| 2. Swedish rock group | 36. Afternoon beverage |
| 3. Long, narrow cut | 37. 007's creator |
| 4. Indicating silence | 38. Founder of Babism |
| 5. Talk at length | 40. Music played in open air |
| 6. Wiped away | 41. Profoundly wise men |
| 7. Sweet substance (alt. sp.) | 43. Disfigure |
| 8. Babar is one | 44. Unhappy |
| 9. Soviet Socialist Republic | 46. Prefix denoting "in a" |
| 10. French avant-garde composer | 47. Cotton fabric; satiny finish |
| 11. Commoner | 49. Closes tightly |
| 12. Swiss river | 50. The lowest point |
| 13. A single-minded expert | 51. Semitic sun god |
| 21. Passover feast and ceremony | 52. Grads wear one |
| 23. Indie record label (abbr.) | 53. Phil __, former CIA |
| 25. Fellow | 54. Fermented rather than distilled |
| 26. Strong tree | 57. Aids digestion |
| 27. Drenches | 58. Unstressed-stressed |
| 28. Spindle | 59. Body part |
| 29. North Dravidian language | 61. Wonderful |
| 32. Lounges about | 62. Expected at a certain time |
| 33. Preamble | |



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, December 19th
starting at 11:30 am

December 3

Eileen Hunt
Kathlyn Schnieder
Judith Topeka
Daniel Zapien

December 4

Donna Parsons
Sandy Stewart
Victoria McClure

December 6

Rita Benson

December 7

Betty Harris

December 8

Mary Lou Frenz
Chuck Moulton

December 9

Angelita Ortiz
Larry Turner

December 12

David Brown
Dorothy Thomas

December 13

Walter Ross

December 15

Kimberly Roberts
Vicki Fitzpatrick

December 16

Kathryn Reynolds

December 17

Karen Ambrose
Manuel Garcia

December 19

Eugene (Harry) Harless

December 20

Sherry St. Martin

December 22

Celeste Carvalho
Carol Gairo
Bertha Wilhelmsen

December 23

Karen Renner
Dennis McNulty
Sue Bartleson

December 24

Lee Izzolena
Connie Lopez

December 25

Sharin Lekas
James Willis

December 27

Patricia Gove

December 29

Ellen Hartsfield
Shirlee Goodwin

December 30

Betty Shaw

December 31

Lawrence Clayton
Dorleen (Dee) Mickle



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.



DECEMBER



ACTIVITIES CALENDAR

FRIDAY

1

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 - Decorate Christmas Bags
sponsored by Black Mountain Valley Realty
Pour Paint Class
Quilling Group Instruction
Mexican Train
Poker Card
Pinochle Games



MONDAY

4

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

5

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.
 Noon 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
Ask me about Medicare
Open Studio Art Instruction
Hand & Foot Card Game & Poker Game
Grief & Loss Support Group
Line Dancing Instruction (Beginner)
Line Dancing Instruction (Improver Level)

WEDNESDAY

6

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

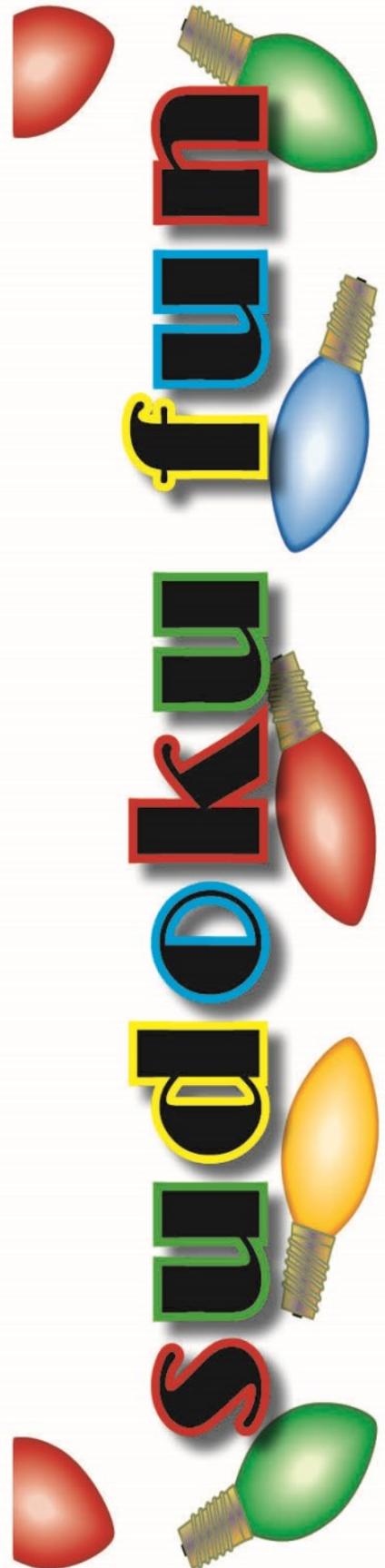


	7					8		
1				9				
9	8	6		3	7			
5	9					1	6	
					4			
	6	8			2			
				4		7		9
				8		6		
8	3			1		2		4

Level: Intermediate

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

Level: Advanced



THURSDAY

7

9:00 a.m. to 9:45 a.m.
 9:30 a.m. to 11:30 a.m.
 11:30 a.m. 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
 Hand Sanitation video/handout
 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

8

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

Brain Savers Exercise -Limit 20 sponsored by WACOG
 Let's Craft - Decorate Christmas Bags
sponsored by Black Mountain Valley Realty
 Lunch & Love - River Valley Sunrise Rotary Interact Club
 Mexican Train
 Poker Card
 Pinochle Games

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 12:30 p.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
 Planning for your pet
 Dementia Support Group
 Happy Hour with Games
 Mexican Train Game
 Pinochle Card Game
 Poker Card Game
 Energy Wellness Options
 "The Discussion" - Inspirational Conversations

TUESDAY

12

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 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
 Learn, Make & Take -Christmas Earrings-LIMIT 14
 Open Studio Art Instruction
 Hand & Foot Card Game
 Poker Card Game
 Line Dancing Instruction (Beginner)
 Line Dancing Instruction (Improver Level)



WEDNESDAY

13

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.
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)
Art Guild Christmas Celebration
Gamblers Anonymous Meeting

THURSDAY

14

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 3:00 p.m.
Noon to 3:00 p.m.
12:30 p.m. to 1:30 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
Computer Basics 101
Cookies & Cocoa with Young Scholar Academy
Knit & Crochet Group
Open Sewing Group
Left, Right, Center Dice Game
Give, MAKE, & Take - Brown Butter Espresso Brownies
Pass the Trash card game/Potluck

FRIDAY

15

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

18

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

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 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
Essentrics- Aging Backwards
Beading Group
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)

WEDNESDAY

20

9:00 a.m. to 10:00 a.m.
 9:15 a.m. to 10:00 a.m.
 10:30 a.m. to 11:20 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG
 Relaxation & Mindfulness Exercise
 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.
 Noon to 12:30 p.m.
 Noon to 1:00 p.m.
 Noon to 3:00 p.m.
 Noon to 3:00 p.m.
 12:30 p.m. to 1:30 p.m.
 12:30 p.m. to 2:30 p.m.

Essentrics - Aging Backwards
 Photography Class for Veterans
 Trivia against other AZ centers
 Computer Basics 101
 Cookies & Cocoa with Young Scholar Academy
 Knit & Crochet Group
 Open Sewing Group
 Left, Right, Center Dice Game
 Give, MAKE, & Take - Brown Butter Espresso Brownies

FRIDAY

22

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

Brain Savers Exercise -Limit 20 sponsored by WACOG
 Campus Christmas Celebration sponsored by Walmart
 Mexican Train Game
 Poker Card Game
 Pinochle Game

**CLOSED
 MONDAY,
 DECEMBER
 25TH**



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 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
 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)

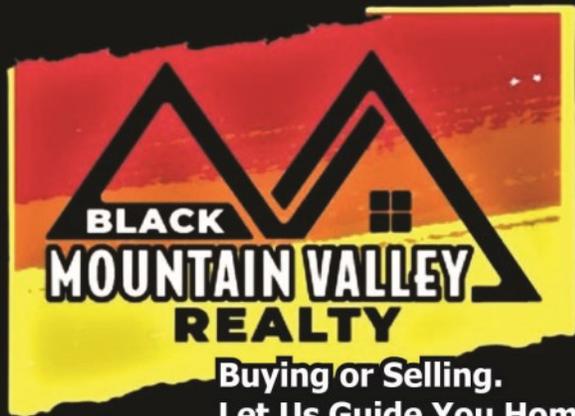
MEC's Hours Are Changing January 2, 2024

Extended Member Service Hours:

*7:00 am - 6:00 pm
Monday - Thursday*

*Closed Friday - Sunday &
MEC-Recognized Holidays*

MEC is an equal opportunity provider & employer



Three great locations to serve you

928.577.2349

www.BlackMountainValleyRealty.com

5455 Hwy 95, Ft. Mohave, AZ
Designated Broker, Cheyanne Burns
#BR67052000



Ice Cream Social

**Thursday, December 7 &
Thursday, December 28
Noon to 1:00 p.m.**

**Bullhead City Senior Campus
2275 Trane Rd**



Sponsored by: 

WEDNESDAY

27

9:00 a.m. to 10:00 a.m.
9:15 a.m. to 10:00 a.m.
12:30 p.m. to 3:30 p.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
Bunco Group
Caregiver Support Group in person & Zoom
Bereavement Support Group
Fast Track Game
Gamblers Anonymous Meeting

THURSDAY

29

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

Essentrics - Aging Backwards
Photography Class for Veterans
Resource & Preparation Assistance
Ice Cream Social sponsored by Dot Foods
Knit & Crochet Group
Open Sewing Group
Let's Talk Art
Pass the Trash card game/Potluck

FRIDAY

30

9:00 a.m. to 10:00 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
Mexican Train Game
Poker Card Game
Pinochle Game



Join us for Breakfast

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

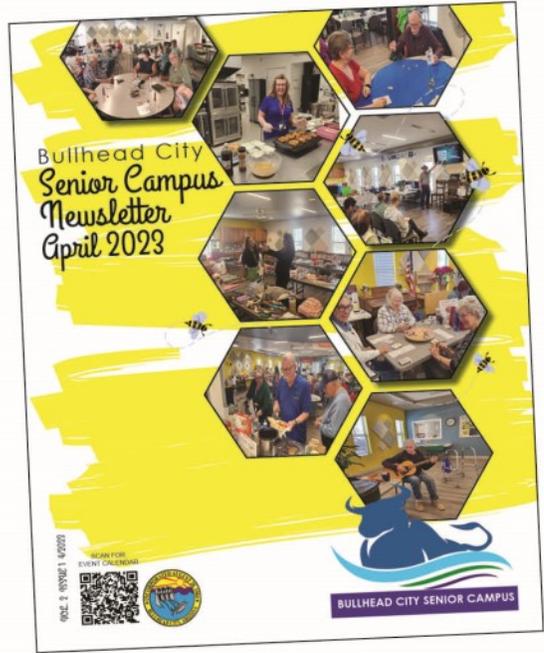


Your choice of
Beverage Only: Coffee, Tea or Juice
only \$1 per person or
Continental Breakfast & Beverage
only \$2 per person

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**

HOLIDAY TRIVIA



Question: Which popular Christmas beverage is also called "milk punch?"

Answer: Eggnog

Question: What did the other reindeer not let Rudolph do because of his shiny red nose?

Answer: Join in any reindeer games

Question: How many ghosts show up in A Christmas Carol?

Answer: Four

Question: The movie Miracle on 34th Street is based on a real-life department store. What is it?

Answer: Macy's

Question: What are the two other most popular names for Santa Claus?

Answer: Kris Kringle and Saint Nick

Question: Elvis isn't going to have a white Christmas he's going to have a....

Answer: Blue Christmas

Question: In the classic Christmas movie, How The Grinch Stole Christmas, the Grinch was described with three words. What are they?

Answer: Stink, stank, stunk

Question: In the movie It's A Wonderful Life, what happened every time a bell rang?

Answer: An angel got his wings

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**



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

THURS. DEC 21

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

M	A	I	M			M	S	B			M	T	V				
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GINGERBREAD HOUSE DECORATING PARTY

FRIDAY, DEC 22 11AM
BULLHEAD CITY RECREATION OFFICE
2285 TRANE ROAD



QUESTIONS? CONTACT CLAIRE ADAMS,
RECREATION SUPERVISOR (928) 763-0159



RESERVE YOUR SPACE BULLHEADCITY.COM/RECDESK



LUNCH AND LOVE

W/RIVER VALLEY SUNRISE INTERACT CLUB
STUDENTS MAKING BLANKETS FOR SENIORS



FRIDAY, DECEMBER 8TH
11:30 a.m. to 12:30 p.m.



GreatNonprofits Blog

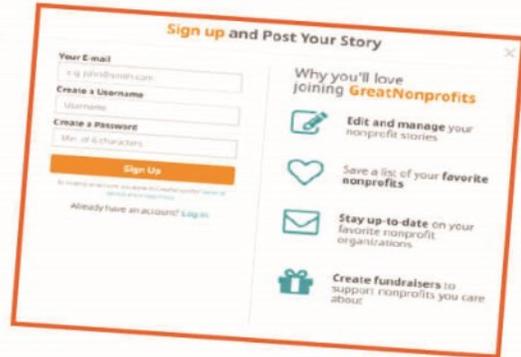
REVIEWS THAT MAKE A DIFFERENCE

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!

REGISTER TODAY

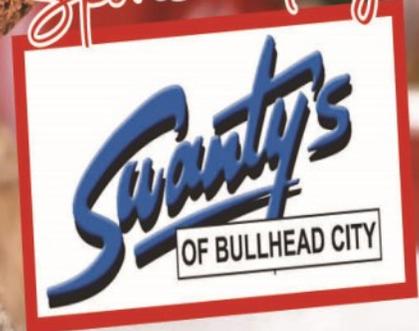
MEN & WOMEN 50 YEARS OF AGE OR BETTER
 JAN 14-21, 2024
 WWW.SENIORGAMES.CO

Give the gift of a Home

Free
Cat & Dog
Adoptions in
December

First 50 adoptions are free.

Sponsored by:



Bullhead City Animal Shelter, 2270 Trane Rd, (928) 763-6000



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 808APG0083, 808APG0022, 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.

Christmas @ The BELLE NUTCRACKER Decorating Contest

2023

**Decorate a Nutcracker
and you could WIN a
\$100 Bullhead Belle Gift Card!**
All sizes welcome! Show us what you got!

Contest entries must be dropped off at the Bullhead Belle by December 8, 2023, any time between 11 a.m. and 7 p.m. Arizona Time. Bullhead Belle is located inside Community Park at 1251 Highway 95, Bullhead City.

The Bullhead Belle Nutcracker contest will have two sets of winners, one chosen on Facebook and one chosen on site. Prizes are Bullhead Belle gift cards. 1st place \$100 gift card, 2nd place \$75 gift card, 3rd place is \$50 gift card.

Voting will take place December 9-15, 2023. The winners will be announced on December 16, 2023, at the Bullhead Belle at 7:30 p.m.

One set of winner will be selected on The River AZ Facebook page by the most likes. The other winner will be selected by patrons of the Bullhead Belle. Patrons will receive one voting ballot with a food or beverage purchase at the Bullhead Belle between Dec 9-15, 2023.

By participating entrants acknowledge that all nutcracker entries become permanent property of the Bullhead Belle and will not be returned to entrant.

Management reserves all rights. Rules are subject to change or cancellations. Questions? Call Bullhead Belle at 623-79-BELLE.

