

# Bullhead City Senior Campus Newsletter January 2024



01/2024 10 01/2024

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**

**ARTS &  
Crafts**

Every Friday  
10:00 am to 11:30 am

Sponsored by



**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**



**MOHAVE**  
electric cooperative  
A Touchstone Energy Cooperative

MEC is an equal opportunity provider & employer



The 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 for \$2. A nutritious congregate setting lunch is served Monday - Friday from 11:30 a.m. to 12:00 p.m. A donation of \$3.00 is requested for each meal.



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

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

# JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED</b>	<b>2</b> Chorizo & Eggs Tater Tots Southwest Veggies	<b>3</b> Beef Tamales Fiesta Blend Mexican Rice	<b>4</b> Pulled BBQ Pork Baked Beans Cherry Cobbler	<b>5</b> Spaghetti & Meatballs Dinner Roll Cobbler
<b>8</b> Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	<b>9</b> Breakfast Burrito Breakfast Potatoes Sausage Patty	<b>10</b> Chicken & Dumplings Peas & Carrots Cobbler	<b>11</b> Beef Fajitas Spanish Rice Cinnamon Apples	<b>12</b> Chicken Alfredo Dinner Roll Pears
<b>15</b>  <b>CLOSED</b>	<b>16</b> Cobb Salad Dinner Roll Dressing	<b>17</b> Salisbury Steak Green Beans Mashed Potatoes	<b>18</b> Sweet & Sour Meatballs Buttered Pasta Carrots	<b>19</b> Chicken Enchilada Fiesta Blend Spanish Rice
<b>22</b> Asian Diced Chicken Japanese Blend Veggies Spanish Rice	<b>23</b> Denver Omelet Breakfast Potatoes Pork Sausage Patty	<b>24</b> Stuffed Cabbage Corn Cobbler	<b>25</b> Sweet & Sour Chicken Seasoned Rice Mixed Veggies	<b>26</b> Sante Fe Chicken Egg Roll Fiesta Blend Cobbler
<b>29</b> Pork Chop Mashed Potatoes Green Beans	<b>30</b> Chicken Cordon Blue Potato Wedges Mixed Veggies	<b>31</b> Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots		

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.



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

**THURS. JAN 19**

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

⚡ SENIOR CAMPUS ⚡  
**Crock Pot  
CHILI  
COOK-OFF**

January 19th, 2024 at 11 am-12 pm

**BRING THE HEAT!**

Hot Prizes for the best chili!

2275 Trane Road, Bullhead City, AZ

Questions call Jenny (928) 763-0193



**1ST, 2ND & 3RD  
PLACE PRIZES**



Our January Volunteer Spotlight shines on Susan Berilla. Susan has been volunteering at the Campus for 4 years. She works in the kitchen and serves lunch. She says her favorite part of volunteering at the Senior Campus is seeing all the smiling faces as she serves lunch. She said she loves her senior family.

Susan was born in Hammond, Indiana. She worked for 28 years in the tax department for a manufacturing company in downtown Chicago. She is a widow, who was married for 27 years. She does not have children, but she does have fur-babies.

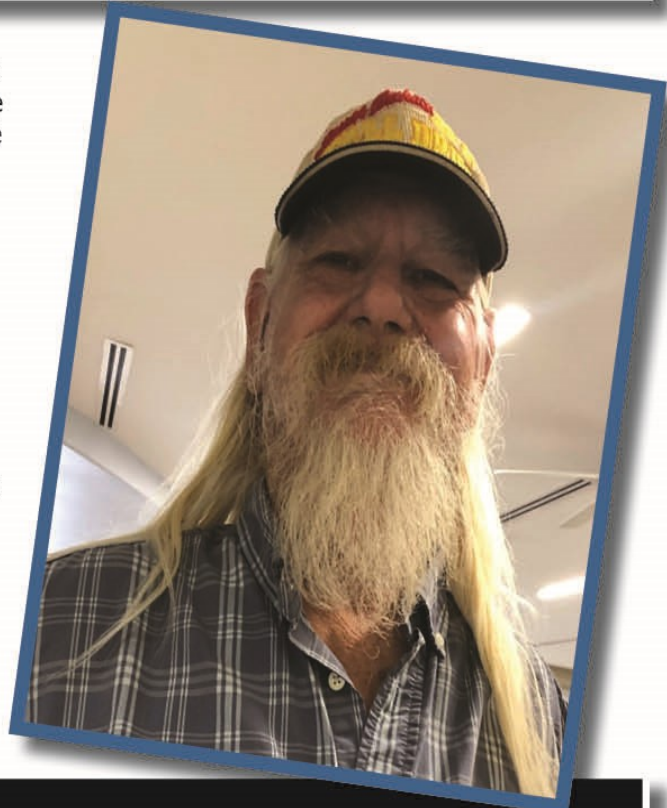
She enjoys baking, crochet and reading. When she was working she would read a book a week on the train during her commute.

## SUSAN BERILLA, VOLUNTEER OF THE MONTH

Everyone this is Raymond Lane; this month our Client Spot shines on him. Raymond has been coming to the Campus for 6 years. His favorite part of coming to the Campus is playing Pinochle on Mondays, Thursdays, and Fridays.

Raymond was born in Buckeye, Ohio. He served in the Navy as a boiler technician on Navy ships and as a civilian.

Raymond says his wife Connie Jane is a loving wife because she puts up with him. His daughter Heather lives here in Bullhead City and his son Jeff lives in Oregon. In his spare time Raymond likes to work with wood.



## RAYMOND LANE, CLIENT OF THE MONTH

## Give life with blood and plasma

Financial donations and volunteering are popular ways to give back to nonprofit organizations. However, there are many additional ways to give back, including donations that can help save lives. someone looking to make a difference. The U.S. Department of Health and Human Services says every two seconds someone in the United States needs blood or blood products. When people think donating whole blood. However, there's a need for deeper look at what's involved in the blood and plasma donation process.



**Blood versus plasma** Whole blood donations include donating all four blood components: red blood cells, white blood cells, platelets, and plasma. Whole blood is used to treat blood loss that occurs during an injury or surgery. Patients in need of plasma may have cancer, immunodeficiencies or rare diseases that can benefit from plasma treatment. Additionally, there is a global demand for plasma-derived medicine, such as immunoglobulin, according to the Immune Deficiency Foundation. One patient who needs IG for a year requires 130 to 1,200 plasma donations to procure enough plasma. Plasma is separated from whole blood, and there is not enough plasma in the whole blood supply to cover the demand for whole blood as well as plasma separately.

**Eligibility** Donors must meet some eligibility requirements, according to the American Red Cross. **Blood:** Blood can be donated once every 56 days. Individuals must be in good health, at least 16 years old in most areas, and must weigh at least 110 pounds. **Plasma:** All blood types can give plasma, but only AB plasma type is universal. People with AB blood are considered elite plasma donors. Plasma can be donated once every 28 days. Good health is required, and donors must be at least 17 years old and weigh no less than 110 pounds. Donors also can donate red blood cells and platelets separately from whole blood or plasma. There are different eligibility requirements for these blood components.

**Time commitment** It takes roughly 60 minutes to make a whole blood donation, says HHS. Plasma donation wait times can vary. An initial donation can take about two hours, while subsequent donations may be 90 minutes.

**Benefits** Apart from the feeling of satisfaction from helping others, donating blood can help save the lives of up to three people. Since plasma donations are so important, and there is a greater time commitment to donation, some plasma donors are financially reimbursed.

**Preparation** Individuals interested in donating blood products are urged to maintain a healthy lifestyle. Twenty-four hours before the appointment, the American Red Cross recommends drinking nine to 13 cups of water, and an additional two cups prior to the donation. Meals full of iron and protein are essential, and caffeine, alcohol, tobacco, and fatty foods should be avoided. Donating whole blood, plasma and other blood products can make a difference in the lives of many.

Visit [www.redcrossblood.org](http://www.redcrossblood.org) to learn more about becoming a blood donor.



# Meet Our New Team Members

**JOHN  
KEARNS**  
SENIOR CAMPUS  
PROGRAM  
ASSISTANT



**RACHEL  
MIGNEAULT**  
SENIOR CAMPUS  
AIDE



**JENNY  
OLIVERIO**  
SENIOR CAMPUS  
COORDINATOR



**DIANNA  
DORN**  
SENIOR CAMPUS  
COORDINATOR



**BULLHEAD CITY'S  
SENIOR CAMPUS**



# COMPUTER TERMS WORD SEARCH

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

## WORDS

- APPLE
- APPLICATION
- BACKUP
- COMPUTER
- DESKTOP
- EJECT
- FILES
- HARD DRIVE
- INPUT
- INTELLIGENCE
- KEYBOARD
- LAPTOP
- MEMORY
- MOTHERBOARD
- OFFICE
- OUTPUT
- PERSONAL
- PREFERENCES
- REBOOT
- SLUGGISH
- SOFTWARE
- SPAM
- STARTUP
- TRASH

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to organization.

T S M Y E S

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

Answer: System

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to New Year's Eve.

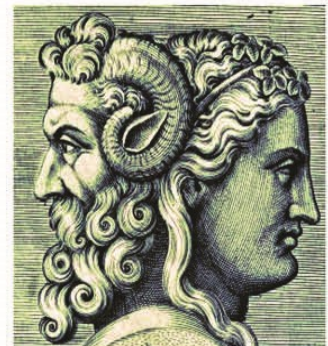
A T T O S S

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

Answer: Toasts

## January Fun Fact!

January's name comes from the Roman god Janus, the god of beginnings and endings. According to historians, January is believed to have been named after Jupiter, the king of the Roman gods. The ancient Romans celebrated the beginning of each new year on January 1st, the same day as the modern western world.



*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**

# **SENIOR CAMPUS FOOD PANTRY**



**Open to the public  
50 years of age and over  
Monday -Friday  
8am to 4pm**



**Located at  
2275 Trane Rd. Bullhead City, AZ**

# HAPPY BIRTHDAY



## Join us for the Birthday Month Celebration

**Sponsored by Joshua Springs Senior Living  
for all Seniors 50+ at the Senior Campus on  
Tue, Jan. 16 starting at 11:30 am**

**January 1**

Maureen Davenport  
Yvonne Fowler  
Eunice Moussette

**January 2**

Carol Poole  
Ragina Pillary

**January 3**

Martin Cole

**January 4**

Dale Roney

**January 5**

John Barber, John  
Cassandra Bertchi  
David Scott  
Diane Fuerst

**January 11**

Evelyn Bice

**January 12**

Bill Corrao

**January 13**

Adam Brumble  
Edward (EJ) Wroten

**January 14**

Bob Fredericksen  
Debbie Welsh  
Judy Critz  
Jose Gutierrez  
Patricia Wurm

**January 16**

Erik Dibble

**January 17**

Patricia Garcia  
Regina Kish

**January 18**

Steve Phillips

**January 19**

Susan Berilla  
Michael Stettler  
Bruce Wall  
Betty Wortman  
Henry Yap

**January 20**

Erika Klemm

**January 21**

Alice Rascon

**January 23**

Rocky Fielding  
Kimberly Wigley  
Julie Young

**January 24**

Deborah Blackmon  
Dolores Orth  
Norma Pope  
Walt Reddoch  
Carla Smith

**January 25**

Sereta Leiter

**January 26**

Bob Warren  
Rick Percy  
Barbara Valentine  
Mabel Wilson  
Pauline Garton  
Mark Hoenshell

**January 27**

Joy Blonska

**January 29**

Ben Black  
Bob Jose

**January 30**

Raul Gonzales

**January 31**

Cookie Gibbens



**Nicole Collins, Sales Director  
(928) 763-1212**

**[ncollins@watermarkcommunities.com](mailto: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.



# JANUARY

## ACTIVITIES CALENDAR



### CLOSED JANUARY 1 - NEW YEARS DAY

#### TUESDAY

# 2

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to Noon  
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.

Zumba Class  
Essentrics- Aging Backwards  
Beading Group  
Open Studio Art Instruction  
Hand & Foot Card Game & Poker Game  
Grief & Loss Support Group

#### WEDNESDAY

# 3

9:00 a.m. to 10:00 a.m.  
9:15 a.m. to 10:00 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  
Educational Cooking Presentation  
Genealogy Club  
Bunco Group  
Bereavement Support Group  
Fast Track game (Come Learn)  
Gamblers Anonymous Meeting

#### THURSDAY

# 4

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.  
12:30 p.m. to 3:30 p.m.  
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
Photography Class for Veterans  
Educational Presentation on Skin Cancer  
Ice Cream Social sponsored by Dot Foods  
One on One Technology Tutoring - 2 spots  
Knit & Crochet Group  
Open Sewing Group  
Double Deck Pinochle Card Game  
Pass the Trash-Card Game/Potluck

#### FRIDAY

# 5

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  
sponsored by Black Mountain Valley Realty  
Pour Painting Class  
Quilling Group Instruction  
Mexican Train  
Poker Card  
Pinochle Games



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

Level: Intermediate

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

Level: Beginner

# SUDOKU FUN

**MONDAY**

**8**

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**

**9**

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.

Zumba Class  
 Essentrics- Aging Backwards  
 Beading Group  
 Learn, Make & Take -Beaded Pin Charms-LIMIT 14  
 Open Studio Art Instruction  
 Hand & Foot Card Game  
 Poker Card Game

**WEDNESDAY**

**10**

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.  
 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  
 Cherokee Style Jewelry Making  
 Bereavement Support Group  
 Fast Track Game (Come Learn)  
 Gamblers Anonymous Meeting

**THURSDAY**

**11**

9:00 a.m. to 9:45 a.m.  
 9:00 a.m. to 10:00 a.m.  
 9:30 a.m. to 11:30 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 1:30 p.m.  
 12:30 p.m. to 3:30 p.m.  
 12:30 p.m. to 2:30 p.m.  
 5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
 Coffee Talk with the Mayor  
 Photography Class for Veterans  
 Computer Basics 101  
 Knit & Crochet Group  
 Open Sewing Group  
 Left, Right, Center Dice Game  
 Double Deck Pinochle Card Game  
 Give, MAKE, & Take - Coffee Cake Cookies  
 Pass the Trash card game/Potluck

**FRIDAY**

**12**

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

**SAT, JAN 13 9:00 a.m. to 3:00 p.m. Dementia Tour - Limit 24**

## CLOSED JANUARY 15 - MARTIN LUTHER KING JR DAY

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

"The Discussion" - Inspirational Conversations

### TUESDAY

# 16

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.

6:00 p.m. to 9:00 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

Late Night Ladies Bunco Group

### WEDNESDAY

# 17

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

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

12:30 p.m. to 2:00 p.m.

12:30 p.m. to 3:30 p.m.

1:00 p.m. to 2:00 p.m.

1:00 p.m. to 3:00 p.m.

7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20 sponsored by WACOG

Relaxation & Mindfulness Exercise

Genealogy Club

Bunco Group

Bereavement Support Group

Fast Track Game (Come Learn)

Gamblers Anonymous Meeting

### THURSDAY

# 18

9:00 a.m. to 9:45 a.m.

9:30 a.m. to 11:30 a.m.

10:00 a.m. to 11:00 a.m.

10:00 a.m. to 11:00 a.m.

Noon to 12:30 p.m.

Noon to 2:00 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

Exercise to Ease Arthritis Pain

Rock Painting Craft

Computer Basics 101

Bingo w/ Liz

Knit & Crochet Group

Open Sewing Group

Give, MAKE, & Take - Brown Butter Espresso Brownie

Pass the Trash Card Game/Potluck

### FRIDAY

# 19

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

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

11:00 a.m. to Noon

11:00 a.m. to 2:00 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.

Brain Savers Exercise -Limit 20 sponsored by WACOG

Let's Craft Free Style sponsored by Black Mountain Valley Realty

Crockpot Chili Cook-Off

Mini Clinic (9 spots)

Mexican Train Game

Poker Card Game

Pinochle Game



**MONDAY**

**22**

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**

**23**

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 11:00 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.

Zumba Class  
 Beading Group  
 Essentrics- Aging Backwards  
 Sound Therapy & Meditation  
 Open Studio Art Instruction  
 Poker Card Game  
 Hand & Foot Card Game

**WEDNESDAY**

**24**

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 <sup>~Limit 20 sponsored by WACOG</sup>  
 Relaxation & Mindfulness Exercise  
 Caregiver Support Group <sup>In person & Zoom</sup>  
 Bereavement Support Group  
 Fast Track Game  
 Gamblers Anonymous Meeting

**THURSDAY**

**25**

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.  
 10:30 a.m. to Noon  
 Noon to 1:00 p.m.  
 Noon to 3:00 p.m.  
 Noon to 3:00 p.m.  
 12:30 p.m. to 3:30 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  
 Trivia against other AZ centers  
 Resource & Preparation Assistance  
 Ice Cream Social <sup>sponsored by Det Foods</sup>  
 Knit & Crochet Group  
 Open Sewing Group  
 Double Deck Pinochle Game  
 Let's Talk Art  
 Pass the Trash card game/Potluck

**FRIDAY**

**26**

9:00 a.m. to 10:00 a.m.  
 10:00 a.m. to 11:30 a.m.  
 11:00 a.m. to 2:00 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.

Brain Savers Exercise <sup>~Limit 20 sponsor WACOG</sup>  
 Let's Craft <sup>(Free style)</sup>  
<sup>Sponsored by Black Mountain Valley Realty</sup>  
 Mini Clinic - 9 spots  
 Mexican Train Game  
 Poker Card Game  
 Pinochle Game





# Free Community Presentation On Brain Health



Eric Cerino, Ph.D.  
Assistant Professor

- ❖ **Learn and discuss strategies for promoting memory and brain health in daily life**
- ❖ **Learn about opportunities to participate in research studies**
- ❖ **Refreshments will be provided**

**Date:** Wednesday, February 14<sup>th</sup>, 2024

**Time:** 12:00pm-1:00pm

**Location:** Bullhead City Senior Campus

**Address:** 2275 Trane Road, Bullhead City, AZ 86442



**NORTHERN  
ARIZONA  
UNIVERSITY**



**The Northern Arizona  
Memory Study**



## MONDAY

# 29

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

# 30

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to Noon  
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.

Zumba Class  
Essentrics- Aging Backwards  
Beading Group  
Open Studio Art Instruction  
Hand & Foot Card Game & Poker Game  
Grief & Loss Support Group

## WEDNESDAY

# 31

9:00 a.m. to 10:00 a.m.  
9:15 a.m. to 10:00 a.m.  
1:00 p.m. to 2:00 p.m.  
1:00 p.m. to 3:00 p.m.  
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise \*Limit 20 sponsor WACOG  
Relaxation & Mindfulness Exercise  
Bereavement Support Group  
Fast Track game (Come Learn)  
Gamblers Anonymous Meeting

## Dust of Snow

Robert Frost, 1874 - 1963

The way a crow  
Shook down on me  
The dust of snow  
From a hemlock tree  
Has given my heart  
A change of mood  
And saved some part  
Of a day I had rued.





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Designated Broker, Cheyanne Burns  
#BR670520000



# Ice Cream Social

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



Sponsored by:



## Bullhead City Senior Campus

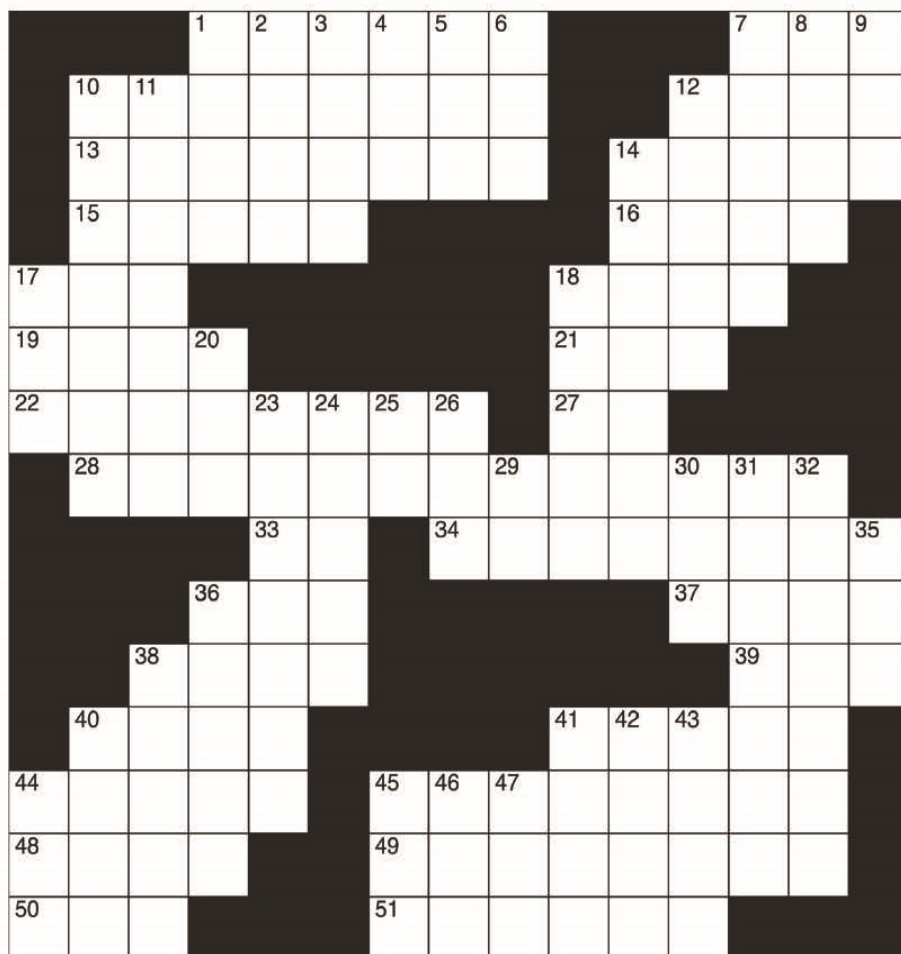
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**HAPPY BIRTHDAY!**  
monthly  
birthday parties



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# CROSSWORD



## CLUES ACROSS

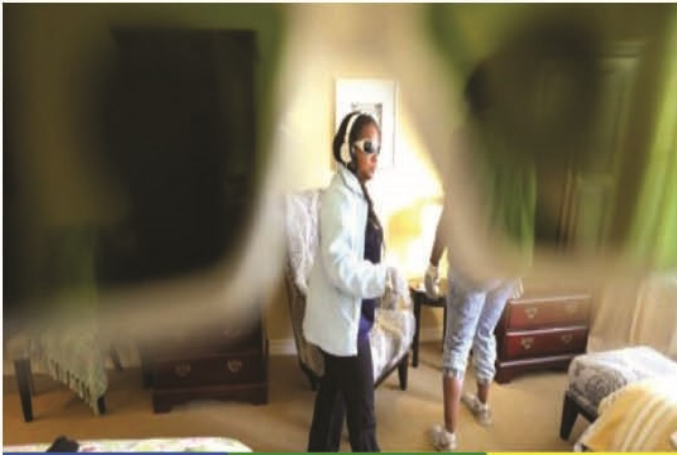
1. Winged nut
7. \_\_ Humbug!
10. One who sets apart
12. Circle above a saint's head
13. Unpleasantly loud and harsh
14. Expressed pleasure
15. Feminine given name
16. Company of badgers
17. Popular Dodge pickup truck
18. Witty sayings
19. Leader
21. Autonomic nervous system
22. Premolar
27. Atomic #28
28. Holiday decorative item
33. Exclamation of surprise
34. Rusk or cracker
36. Returned material authorization (abbr.)
37. Scottish or Irish Gaelic language
38. Eat
39. Marxist economics theory (abbr.)
40. Ceases to exist
41. Male Arabic name
44. Series of ridges on an organ wall
45. Places where bees are kept
48. One-time Yankees sensation Kevin
49. Church office
50. Single lens reflex
51. Pieces of fibrous tissue

## CLUES DOWN

- |                                     |   |
|-------------------------------------|---|
| 1. Classify                         | 24. Exclamation of disgust                    |
| 2. Dismounted                       | 25. Stephen King novel                        |
| 3. Produced                         | 26. Without armies                            |
| 4. Consumed                         | 29. Expression of sympathy                    |
| 5. Director Howard                  | 30. Relative biological effectiveness (abbr.) |
| 6. The products of human creativity | 31. Previously                                |
| 7. Thai monetary units              | 32. Illegal drug                              |
| 8. Away from wind                   | 35. Kiloelectronvolt                          |
| 9. Builder's trough                 | 36. Large, flightless birds                   |
| 10. Relating to Islam               | 38. For smoking                               |
| 11. It can sometimes ache           | 40. Binary                                    |
| 12. Small quantities (Scot.)        | 41. Competition                               |
| 14. Poisonous plant                 | 42. Mark resembling an arrow                  |
| 17. Laugh at                        | 43. Containers                                |
| 18. Vogul                           | 44. Root mean square (abbr.)                  |
| 20. C. European river               | 45. Commercials                               |
| 23. Type of cat                     | 46. I.M. __, architect                        |
|                                     | 47. 007's creator                             |



**Q: What do you say on January 1st?**  
**A: Last year just seems like yesterday!**



## Virtual Dementia Tour®

The Virtual Dementia Tour® (VDT®) is the original patented, evidence-based scientific method of building a greater understanding of dementia by building awareness and empathy in individuals caring for people living with dementia.



VIRTUAL DEMENTIA TOUR®

# THE VIRTUAL DEMENTIA TOUR

Now offer at Bullhead City Senior Campus located at 2275 Trane Rd.

The Virtual Dementia Tour temporarily alters participants' physical and sensory abilities using sensory tools and instruction based on research conducted by P.K. Beville, geriatric specialist and founder of Second Wind Dreams®.

When used regularly, the Virtual Dementia Tour has been shown to decrease psychoactive medication and acute hospitalization for behavioral incidents. The Virtual Dementia Tour offers hope by providing practical ways to provide insight and support.

More than 3 million people have experienced the Virtual Dementia Tour and it is used in a variety of settings including healthcare, higher education, and the community. The Virtual Dementia Tour meets and exceeds federal mandates for additional training for every healthcare entity providing care to people with memory impairments.

Trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care. And here's another special feature... proceeds from the Virtual Dementia Tour are used to fulfill the mission of Second Wind Dreams to make dreams come true for elders who live in long-term care.

## January 13, 2024 9am-3pm

24 spots available - Call (928) 763-0193  
to schedule your appointment

# Join us for Breakfast

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



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

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

Drink refills are free.

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

## Bullhead City Senior Campus MONTHLY NEWSLETTER



**100% OF THE PROCEEDS BENEFIT THE  
SENIOR CAMPUS.**

Distribution include Senior Campus,  
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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
<b>Special Pages</b>		
Back Page	7.5" x 10"	\$600
Page 3	7.5" x 10"	\$400
Double Truck	16" x 10"	\$1000

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file or jpg files. No bleed. Free ad designs are  
available upon request.

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

# Some Winter Laughs

Where does a snowman get the weather report? The winternet.

What's the weatherman's favorite food in winter? Brrr-itos!

Why did the bear keep getting fired? He always disappeared in the winter.

What can you catch in the winter, even with your eyes closed? A cold.

What did the tree say after a long, cold winter? What a re-leaf!

What did the icy road say to the car? Wanna to go for a spin?

What does a barbershop serve in winter? Cold cuts!



## ALL THE ANSWERS YOU SEEK.

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

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



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

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

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