

# Bullhead City Senior Campus Newsletter February 2024



02/2024

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**

ROC# 311760



# ARTS & Crafts

Every Friday  
10:00 am to 11:30 am

Sponsored by

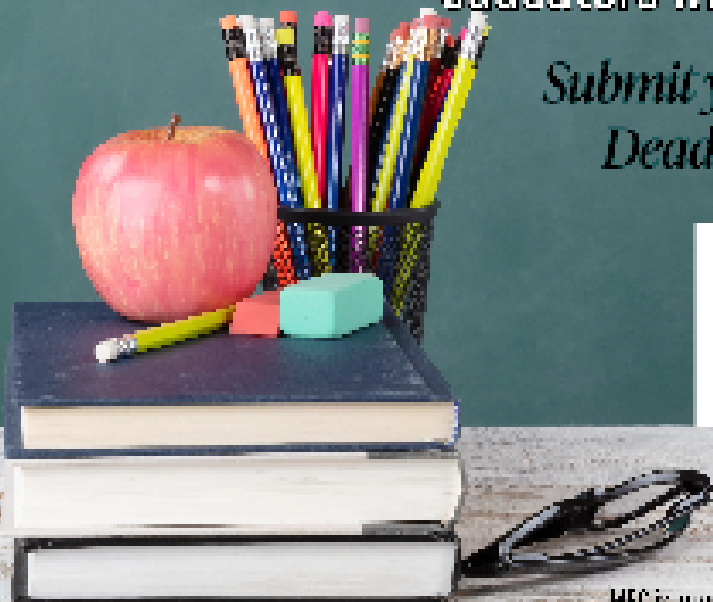


# CLASSROOM GRANTS

Eighteen \$200 grants will be awarded to educators within MEC's service territory

*Submit your application today!*

*Deadline: March 15, 2024*



MEC is an equal opportunity provider and 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 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, to medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round-trip ride.

**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  
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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

# FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Beef Lasagna Dinner Roll Steamed Broccoli	<b>2</b> Salisbury Steak w/ Gravy Rice Pilaf Green Beans
<b>5</b> Bratwurst Sauerkraut Potatoes Au Gratin	<b>6</b> Swedish Meatballs Buttered Pasta Seasoned Corn	<b>7</b> Stuffed Peppers California Blend Veggies Warm Apples	<b>8</b> Asian Chicken Salad Dinner Roll Asian Dressing	<b>9</b> Cheese Omelet Sausage Patty Hash Browns
<b>12</b> Meatloaf Mac & Cheese Mixed Veggies	<b>13</b> Chorizo Scrambled Eggs Tater Tots Southwest Veggies	<b>14</b> Beef Tamale Fiesta Veggies Mexican Rice	<b>15</b> BBQ Pulled Pork Baked Beans Cherry Cobbler	<b>16</b> Spaghetti & Meatballs Dinner Roll Cobbler
<b>19</b>  PRESIDENTS' DAY! <b>CLOSED</b>	<b>20</b> Breakfast Burrito Breakfast Potatoes Sausage Patty	<b>21</b> Chicken & Dumplings Peas & Carrots Cobbler	<b>22</b> Beef Fajitas Spanish Rice Cinnamon Apples	<b>23</b> Chicken Alfredo Dinner Roll Pears
<b>26</b> Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	<b>27</b> Cobb Salad Dinner Roll Dressing	<b>28</b> Salisbury Steak Mashed Potatoes Green Beans	<b>29</b> Sweet & Sour Meatballs Buttered Pasta 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. FEB 15**

Sponsored by:



**KARO TNGRIAN**  
INDEPENDENT INSURANCE BROKER

MEDICARE ADVANTAGE • MEDICARE SUPPLEMENT  
PART D • DENTAL & VISION • CRITICAL CARE

TNGMEDICARE.COM • 702-624-3161 • KARO@TNGMEDICARE.COM

**Bullhead City Senior Campus**  
located at 2275 Trane Rd

Valentine's  
Day  
Ice Cream Brownie  
Sundae



**February 14, 2024**

**12:30pm**

Sponsored By





Our February Volunteer Spotlight is on Theresa Moore. Theresa has been volunteering at the Senior Campus for a year and a half. She started with Meals on Wheels and now volunteers at the front desk. Her favorite part of volunteering at the Campus is talking to all the guests and helping them feel comfortable with the programs and activities. She said most people are so grateful for her taking the time to chat with them and answering all their questions.

Theresa grew up in Reseda, California. She has one son and two granddaughters. She became a great grandmother in December. She moved to the area in 1999 and worked at the Head Start preschool and a local hotel before moving to Wisconsin to take care of her ill mother. She moved back to Bullhead City in 2020. She now volunteers two days a week and "plays" the rest of the week.

Theresa enjoys riding her bike around the Davis Dam, playing dominoes and games with her friends, and trying new restaurants.

## THERESA MOORE, VOLUNTEER OF THE MONTH

The February Client Spotlight is on Michelle Burnett. Michelle has been coming to the Senior Campus for two months. She says her favorite part of coming to the Campus is the atmosphere. She said everyone is very welcoming and nonjudgmental. She enjoys the exercise and bingo events.

Michelle is a retired fitness instructor from Los Angeles, California. She loves puzzles, music, working out, bingo and trying new cuisines.



## MICHELLE BURNETT, CLIENT OF THE MONTH

# Rising Utility Costs

Much like the cost of a loaf of bread or a carton of eggs now costs consumers considerably more than it did a couple of years ago, the price to heat and cool a home has risen considerably. Various factors, from climate-related events to supply chain issues to the Russian invasion of Ukraine, have been cited as contributors to the rise in utility costs, which is not just a North American problem. Following pandemic-induced lows in 2020, natural gas prices have risen consistently, even during off-peak months, over the last year-plus.



The cost of natural gas that's delivered through pipes was up 24 percent in February from the year prior. Electricity has gone up as well. According to Choose Energy, an energy reporting resource, electricity rates have risen across the 50 states in 2022 by anywhere from 1.7 percent over 2021 (Alaska) to 46.1 percent (Maine). The national average increase is 11.3 percent. CBS News reported in 2019 that Americans are paying up to 30 percent more on water and wastewater bills in less than a decade. Water and sewer bills are rising faster than inflation rates, having increased for an eighth consecutive year in a study of the country's 50 largest metropolitan regions. People concerned with the rising costs of utilities may have to be creative. Running appliances during off-peak hours; turning off lights and unplugging devices when not in use; investigating solar power; and investing in water-saving faucets, shower heads and toilets can help individuals curtail their energy consumption.



· SPREAD LOVE ·

# SHOW YOUR LOVE BY SUPPORTING GOOD CAUSES!



DURING THE MONTH OF FEBRUARY

- ♥ DONATE BLANKETS,  
AND PET FOOD FOR  
THE BULLHEAD CITY  
ANIMAL SHELTER
- ♥ DONATE CANNED  
GOODS FOR THE  
SENIOR CAMPUS  
FOOD PANTRY

**2275 TRANE ROAD, BULLHEAD CITY, AZ**



# SWEETHEARTS WORD SEARCH

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

## WORDS

BOUQUET  
 BOYFRIEND  
 CARDS  
 CELEBRATE  
 CHOCOLATES  
 DATE  
 DINNER  
 ENAMORED  
 FEBRUARY  
 GESTURE  
 GIFTS  
 GIRLFRIEND  
 HEART  
 JEWELRY  
 LOVE  
 LOVING  
 MOVIES  
 PROPOSAL  
 RED  
 RELATIONSHIP  
 ROMANTIC  
 ROSES  
 SPOUSE  
 VALENTINE

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Valentine's Day.

S L O E V

--	--	--	--	--

Answer: Loves

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to time management.

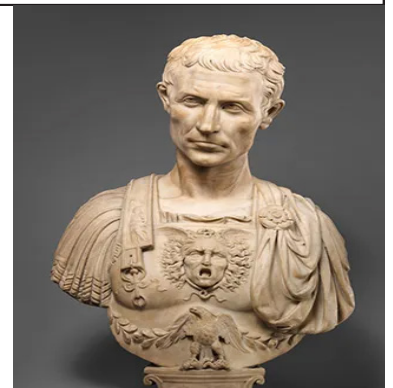
T N S E E V

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

Answer: Events

## February Fun Fact!

February was named after a purification ritual which was like an early Roman spring cleaning festival. The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.



*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, Feb 20th starting at 11:30 am**

**February 1**

Ron McCaul

**February 2**

Gino Rodarte  
Teresa Atkins  
Kathi Fahring  
Kenneth Goetz

**February 4**

Sheryl Kennedy  
Renee Pulfer

**February 5**

Sharleen DeTomaso

**February 7**

Linda Price  
John Wortman

**February 9**

Barbara Ousley  
Rose Delorme

**February 11**

Carlos Cancino

**February 12**

Patricia Chace  
Ronnie Havenhill  
Carlos Cancino

**February 15**

Denise Peters  
Frank Szopa

**February 16**

Laurence Gardner

**February 17**

Lon Pearson  
Dennis Moore

**February 18**

Ronalds Garton

**February 19**

David Bourg  
Kathleen Stout

**February 20**

Barbara Trulli  
Patrick Patterson

**February 21**

Billy Oehring

**February 22**

Dian Foreman  
Sandy Shepherd

**February 24**

Mike Reese

**February 25**

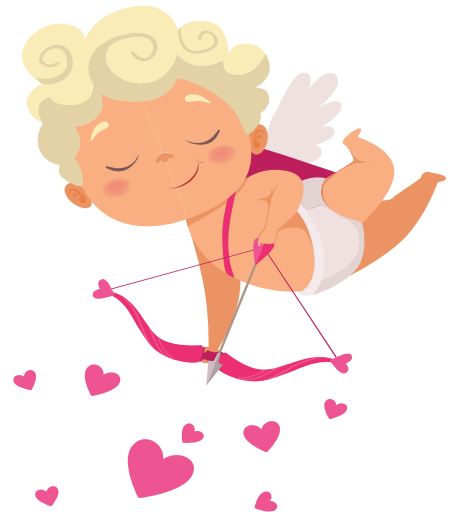
JoAnn Phillips

**February 27**

Mark Judd

**February 28**

Joan Thaning



**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.



# FEBRUARY



## ACTIVITIES CALENDAR

### THURSDAY

### WEAR RED DAY!

# 1

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

Essentrics - Aging Backwards  
Ice Cream Social sponsored by Culver's  
Knit & Crochet Group  
Open Sewing Group  
Double Deck Pinochle Card Game  
Mahjong Tile Game  
Pass the Trash-Card Game/Potluck



### FRIDAY

# 2

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.  
Noon 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  
Quilling Group Instruction  
sponsored by Black Mountain Valley Realty  
One on One Technology Tutoring 2 spots  
Mexican Train  
Poker Card  
Pinochle Games

### MONDAY

# 5

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power  
Free Bingo w/Prizes sponsored by Tristate AC Hero  
Mexican Train Game  
Pinochle Card Game  
Poker Card Game  
"The Discussion"  
Inspirational Conversations



### TUESDAY

# 6

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

Zumba Class  
Essentrics- Aging Backwards  
Beading Group  
Hand & Foot Card Game  
Poker Game



ART Tuesdays - Stamp Card Making Class  
sponsored by Black Mountain Valley Realty

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

Level: Intermediate

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

Level: Beginner



## WEDNESDAY

# 7

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.  
11:30 a.m. to 12:30 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  
Caregiver Support Group in person & Zoom  
Lunch & Learn Dietary Guidelines for older adults  
Genealogy Club  
Bunco Group  
Bereavement Support Group  
Fast Track Game (Come Learn)  
Gamblers Anonymous Meeting

## THURSDAY

# 8

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

Essentrics - Aging Backwards  
Computer Basics 101  
Knit & Crochet Group  
Open Sewing Group  
Left, Right, Center Dice Game  
Give, MAKE, & Take- Lemon Pound Cake  
Double Deck Pinochle Card Game  
Mahjong Tile Game  
Pass the Trash Card Game/Potluck



## FRIDAY

# 9

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 - Valentine Ideas & Supplies  
Sponsored by Black Mountain Valley Realty  
Mexican Train Game  
Poker Card Game  
Pinochle Game

## MONDAY

# 12

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.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  
Free Bingo w/Prizes sponsored by Tristate AC Hero  
Happy Hour with Games  
Mexican Train Game  
Pinochle Card Game  
Poker Card Game  
Energy Wellness Options  
"The Discussion" - Inspirational Conversations



## TUESDAY

# 13

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

Zumba Class  
Essentrics- Aging Backwards  
Beading Group  
Learn, Make & Take -Zipper Pull Jewelry limit 14  
Hand & Foot Card Game  
Poker Card Game  
ART Tuesday Valentine's Crepe Flowers  
sponsored by Black Mountain Valley Realty

## WEDNESDAY

# 14

9:00 a.m. to 10:00 a.m.  
9:15 a.m. to 10:00 a.m.  
12:00 p.m. to 1:00 p.m.  
12:30 p.m. to 1:00 p.m.  
1:00 p.m. to 2:00 p.m.  
1:00 p.m. to 3:00 p.m.  
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20 sponsored by WACOG  
Relaxation & Mindfulness Exercise  
Valentine's Day Brownie Sundaes  
Brain Health Workshop  
Bereavement Support Group  
Fast Track Game (Come Learn)  
Gamblers Anonymous Meeting



## THURSDAY

# 15

9:00 a.m. to 9:45 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 3:30 p.m.  
5:30 p.m. to 9:30 p.m.

Essentrics - Aging Backwards  
Exercise to Ease Arthritis Pain  
Rock Painting Craft  
sponsored by Black Mountain Valley Realt  
Computer Basics 101  
Bingo w/ Liz  
Knit & Crochet Group  
Open Sewing Group  
Mahjong Tile Game  
Pass the Trash Card Game/Potluck

## FRIDAY

# 16

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



## MONDAY

# 19



### PRESIDENTS' DAY!

**SENIOR CAMPUS  
CLOSED**

## TUESDAY

# 20

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 am to Noon  
11:30 a.m. to 12:30 p.m.  
12:30 p.m. to 3:30 p.m.  
12:30 p.m. to 3:30 p.m.  
1:00 p.m. to 3:00 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  
Poker Card Game  
Hand & Foot Card Game  
ART Tuesday - Relief Tile Making  
sponsored by Black Mountain Valley Realty  
Late Night Ladies Bunco Group

## WEDNESDAY

# 21

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.  
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  
Genealogy Club  
Bunco Group  
Bereavement Support Group  
Fast Track Game  
Gamblers Anonymous Meeting



## THURSDAY

# 22

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

Essentrics - Aging Backwards  
Resource & Preparation Assistance  
Ice Cream Social sponsored by Culver's  
Knit & Crochet Group  
Open Sewing Group  
Double Deck Pinochle Game  
Mahjong Tile Game  
Pass the Trash Card Game/Potluck

## FRIDAY

# 23

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 -Limit 20 sponsor WACOG  
Let's Craft (Free style)  
Sponsored by Black Mountain Valley Realty  
Mini Clinic - 9 spots  
Mexican Train Game  
Poker Card Game  
Pinochle Game

## MONDAY

# 26

9:00 a.m. to 9:45 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.  
1:00 p.m. to 3:00 p.m.  
6:00 p.m. to 7:00 p.m.

Body Moves for Brain Power  
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  
Mosaics with Deborah limit 8  
"The Discussion" - Inspirational Conversations



## TUESDAY

# 27

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 10:00 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.  
11:00 a.m. to 1:00 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 3:00 p.m.  
1:30 p.m. to 2:30 p.m.

Zumba Class  
Fall Risk Screening and Prevention  
Beading Group  
Essentrics- Aging Backwards  
Sound Therapy & Meditation  
Resources & Preparation Assistance  
Poker Card Game  
Hand & Foot Card Game  
ART Tuesday Cactus Painting  
sponsored by Black Mountain Valley Realty  
Grief & Loss Support Group



# BULLHEAD BELLE

*On The Colorado River*



**OPEN DAILY 11AM TO 7PM.**  
***BEST VIEWS OF THE COLORADO RIVER!***

INSIDE COMMUNITY PARK, 1251 HWY 95.  
LARGE GROUP RESERVATIONS CALL 623-79-BELLE.  
ALL PROFITS ARE REINVESTED INTO COMMUNITY PARK.

Tuesdays  
**ART**

**Everyone  
Welcome!**

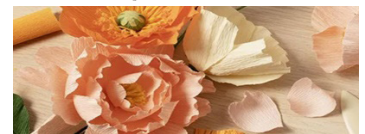
Every Tuesday  
Bullhead City  
Senior Campus  
1p.m. to 3p.m.

Sign up today!  
shemarketing@gmail.com

**Feb 6 Stamp Card**



**Feb 13 Valentine's  
Crepe Flowers**



**Feb. 20 Relief Tile  
Making**



**Feb. 27 Cactus Painting**



Sponsored by:



# WEDNESDAY

# 28

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

# THURSDAY

# 29

9:00 a.m. to 9:45 a.m.  
10:00 a.m. to 11:30 a.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  
Trivia against other AZ centers  
Knit & Crochet Group  
Open Sewing Group  
Mahjong Tile Game  
Pass the Trash Card Game

**NATIONAL WEAR RED SOCKS DAY!**



Sponsored by:



**Join us for FREE  
Weekly Bingo game  
every Monday  
10 a.m. to 11:30 a.m.**



Three great locations to serve you

**928.577.2349**

[www.BlackMountainValleyRealty.com](http://www.BlackMountainValleyRealty.com)

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



# *Ice Cream Social*

Thursday, February 22  
Noon to 1:00 p.m.  
Bullhead City Senior Campus  
2275 Trane Rd



Sponsored by:



**HAPPY BIRTHDAY!**  
monthly birthday parties

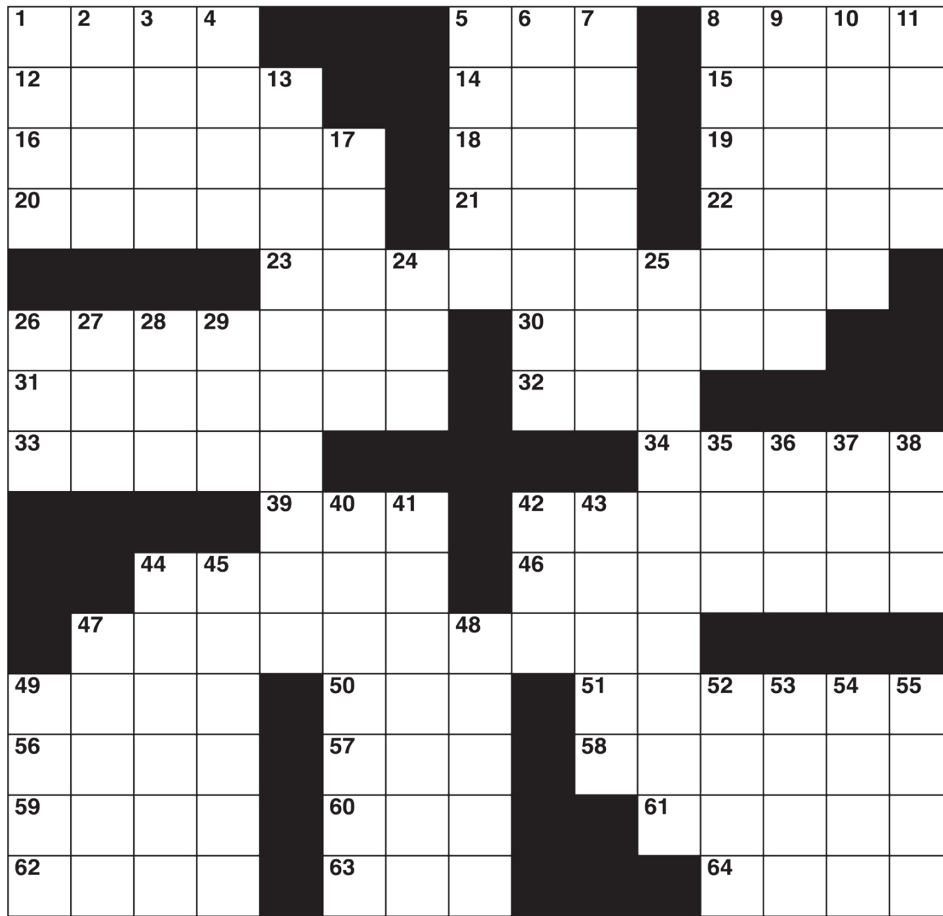
Sponsored by:

**JOSHUA SPRINGS**  
SENIOR LIVING  
A WATERMARK RETIREMENT COMMUNITY™



Monday, February 12  
Noon-1:30pm  
Mock-tails & Games!

# CROSSWORD



## CLUES ACROSS

1. Home of Iowa State University
5. \_\_\_-fi (slang)
8. Mottled green and yellow fruit
12. Capable of thinking and expressing oneself clearly
14. Sports broadcaster Eagle
15. Midday
16. Kinsmen
18. Cable network
19. Simpleton
20. Brunch beverage
21. Fed
22. European capital
23. Native inhabitants
26. Mechanical device
30. Rare geese native to Hawaii
31. Bedroom furnishing
32. The products of human creativity
33. Mass transit option
34. Made a mistake
39. Sacred sound symbol
42. Large N. American reindeer
44. Dull and flat
46. Partner to huffing
47. Written works
49. Monetary unit of Serbia
50. Midway between east and southeast
51. Peninsula of southwestern Asia
56. Widely used multiuser OS
57. Aggressive dog
58. Varnished
59. Hindu queen
60. Time units, abbr.
61. Farm animals
62. Capital of Latvia
63. Where golfers begin
64. Takes to civil court

## CLUES DOWN

1. One who graduated
2. An inspired holy person
3. Electronic counter-countermeasures
4. A place to store things
5. Indian instrument
6. Spanish saloon
7. Whole number
8. Not fastened
9. Gives a boost
10. Lounges about
11. Interested in
13. Remove salt
17. Type of sword
24. Naturally occurring solid material
25. Gets involved without being invited
26. Feline
27. Bobby \_\_\_, NHL champ
28. "Kill Bill" actress Thurman
29. Hawaiian dish
35. Moroccan coastal region
36. Baseball statistic
37. Long period of time
38. Moved earth
40. Central Netherlands city
41. Take stock of
42. Central processing unit
43. Distinctive qualities one generates
44. Getting stuck
45. Loss of bodily movements
47. Veranda
48. Abrupt
49. What cats do
52. Expresses pleasure
53. Type of cheese
54. Professional STEM organization
55. Automatic data processing systems



**Q: What Valentine's message can you find in a honeycomb?**

**A: Bee mine**



# FUNBELIEVABLE Fridays

Free Funbelievable Friday Events For Kids!  
Explore, learn, make friends and have fun.

Register today at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)  
to reserve your space!

## February

- 2 Cookies and Cupid
- 9 Don't Clay with my Heart
- 16 3..2..1 BLAST Paper Rockets
- 23 Fruit Smoothies

## March

- 1 Dr. Seuss Celebration
- 8 March Madness Basketball Skills
- 15 Leprechaun Scavenger Hunt
- 22 Splish Splash Mermaid Bash
- 29 Easter Bunny & Egg Decorating



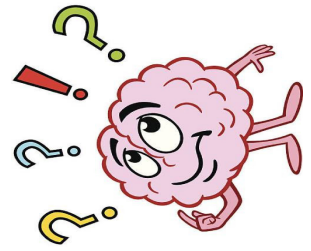
## BULLHEAD CITY RECREATION DIVISION

2285 TRANE RD, BULLHEAD CITY, AZ 86442

(928) 763-0158

[BULLHEADCITY.COM/RECDESK](http://BULLHEADCITY.COM/RECDESK)

*Class Full? Join the wait-list to be notified if additional sessions are added.*



TRIVIA AGAINST OTHER  
SENIOR CENTERS IN ARIZONA  
THURSDAY, FEBRUARY 29TH  
10AM-11:30 AM

# TRIVIA

# 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, 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
<b>Special Pages</b>		
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  
JJENSEN@BULLHEADCITYAZ.GOV**

# Valentine Giggles



Who always has a date on Valentine's Day? A calendar.

How did the coin propose to his girlfriend? He gave her a jingle.

Why are artichokes so beloved? They're known for their hearts.

What do you call a colorful heart that loves books? Well-red.

How did the orca ask the other to be their Valentine? Whale you be mine?

What do you call two sparrows who just got engaged? Lovebirds.

What's the most romantic ship? Courtship.

## ALL THE ANSWERS YOU SEEK...

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

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



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

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

we **LOVE** our sponsors!



*Interested in becoming a Senior Campus Sponsor?*

*Contact Jackie Jensen for more information.*  
928-763-9400 or [jjensen@bullheadcityaz.gov](mailto:jjensen@bullheadcityaz.gov)

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#BullheadCitySeniorCampus