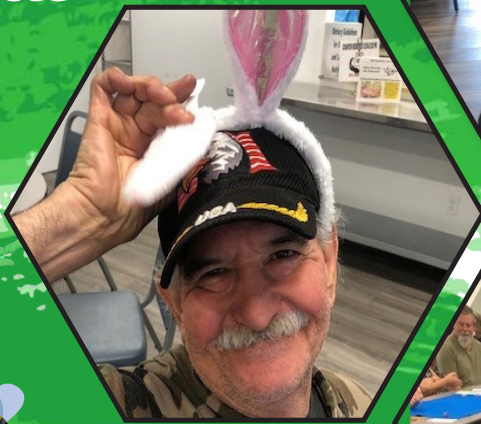


Bullhead City Senior Campus Newsletter March 2024



03/2024

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



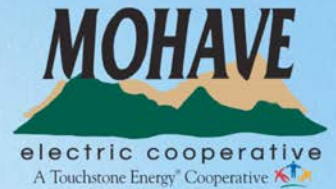
Every Friday
10:00 am to 11:30 am

Sponsored by



MEC SCHOLARSHIP PROGRAM

SCAN NOW TO APPLY!
DEADLINE 5 P.M., APRIL 26



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 8:30 a.m. - 10:30 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

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Senior Nutrition Center Monthly Meal Calendar

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Enchilada Fiesta Blend Spanish Rice
4 Asian Diced Chicken Japanese Blend Veggies Fried Rice	5 Denver Omelet Breakfast Potatoes Pork Sausage Patty	6 Salisbury Steak w/ Gravy Rice Pilaf Green Beans	7 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	8 Sante Fe Chicken Egg Roll Fiesta Blend
11 Pork Chop Mashed Sweet Potatoes Green Beans	12 Chicken Cordon Blue Potato Wedges Mixed Veggies	13 Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	14 Beef Lasagna Dinner Roll Steamed Broccoli	15 Stuffed Cabbage Corn Cobbler
18 Bratwurst Sauerkraut Potatoes Au Gratin	19 Swedish Meatballs Buttered Pasta Seasoned Corn	20 Stuffed Peppers California Blend Veggies Warm Apples	21 Asian Chicken Salad Dinner Roll Asian Dressing	22 Cheese Omelet Sausage Patty Hash Browns
25 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	26 Chorizo Scrambled Eggs Tater Tots Southwest Veggies	27 Beef Tamale Fiesta Veggies Mexican Rice	28 Pulled Pork Baked Beans Cherry Cobbler	29 Spaghetti & Meatballs Dinner Roll Cobbler

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

Sponsored by:



Bullhead City Senior Campus
located at 2275 Trane Rd

St. Patrick's Day Event



Friday, March 15th
10am to 11am
Games & Prizes!

Wear your Green Contest
Gold Coin Toss Game
Potato Bowling Game
Rainbow Sherbet Treat

Sponsored by:



Bullhead City Senior Campus
2275 Trane Rd.



Our March Volunteer Spotlight is shining on Dennis J. Moore. Dennis has been volunteering at the Senior Campus for 9 months. He delivers Meals on Wheels to our homebound clients. Dennis says his favorite part of the job is meeting new people.

Dennis retired in January 2016, before that he worked in cement and block labor for 12 years. He also worked in shipping and receiving machine operator, security, and a school bus driver. Dennis grew up in Minnesota and served 6 years in the National Guard.

He is married and has 1 child and 3 grandchildren. Dennis enjoys walking and lifting light weights.



DENNIS J. MOORE, VOLUNTEER OF THE MONTH

Carol Stone is March's Client of the Month! Carol has been coming to the Senior Campus for 5 years. She loves playing games including bingo, campus parties, events and food.

She moved to Bullhead City in the early 80's and worked at the Riverside Resort for over 25 years as a floor supervisor.

She grew up in Washington State and was married for 51 years. She has 2 sons, 13 grandchildren and 3 great-grandchildren. She enjoys word search and puzzles.



CAROL STONE CLIENT OF THE MONTH

5 common identity theft scams

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow. The Identity Theft Research Center (ITRC) reported a record number of data compromises in the United States in 2021, amounting to a 68 percent increase over 2020. The Federal Trade Commission's Consumer Sentinel Network received more than 5.7 million reports of fraud and identity theft in 2021.

In Canada, there are 12 victims of identity theft per every 100,000 residents and 52 victims of ID fraud. Many North Americans have been victims of COVID-19-related fraud, including scams involving fake testing, vaccines and treatments, and charities.

The FTC says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, Social Security numbers, or medical insurance numbers. Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or going through trash, many times people inadvertently share personal information with scammers themselves. Here's a look at five common scams.

1. Phone scams

Phone scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. Please confirm account information or We'll need your financial information to process are some of the phrases these scams utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

2. Text links

The Pew Research Center says 81 percent of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will request personal information. Do not respond to such texts and avoid clicking on the links.

3. Phishing emails

Phishing emails look like they are coming from legitimate sources, but they often contain malware that can infiltrate computers and other devices to steal identity data. Phishing increased during the COVID-19 lockdowns as more people were working from home, according to the ITRC.

4. Medicare card verification

Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers. Medicare numbers should be carefully guarded, and seniors should keep in mind it's highly unlikely Medicare representatives will contact them in this way.

5. Data breaches

It's not just a home computer or phone breach you need to worry about. According to ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email addresses and home addresses, has been circulating for some time. While it's impossible for private citizens to prevent this type of data breach, a credit monitoring service can alert consumers if their information shows up where it seemingly doesn't belong.



Along The Colorado River

FREE ADMISSION
APRIL 6TH
LAUGHLIN BULLHEAD AIRPORT



PRESENTED BY FINDLAY MOTORS



AERIAL DISPLAYS

STATIC DISPLAYS

FLIGHT LINE FAMILY SEATING
BRING YOUR WAGON WITH CHAIRS AND PERSONAL UMBRELLAS

RETAIL VENDOR AND CONCESSION SPACE

SPONSORSHIPS AND EXHIBIT SPACE

FAMILY STEM ZONE

MORE REMOTE PARKING LOTS AND ADA BUSES

FREE TRAM SERVICE END TO END OF THE EVENT SITE

EVENT IS FREE - ENHANCED EXPERIENCES ARE AVAILABLE

AFTER PARTY AT THE BULLHEAD BELLE IN COMMUNITY PARK



**SCAN
HERE!**



WWW.LAUGHLINBULLHEADAIRSHOW.COM

ST. PATRICK'S DAY WORD SEARCH

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

WORDS

CELEBRATION
 CELTIC
 CLOVER
 EMERALD
 ERIN
 FORTUNE
 GAELIC
 GOLD
 HARP
 IRELAND
 IRISH
 ISLAND
 JIG
 LEGEND
 LEPRECHAUN
 LUCK
 MAGIC
 MARCH
 MISCHIEF
 PARADES
 PATRICK
 SAINT
 SHAMROCK
 TRADITION

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to St. Patrick's Day.

LYKCU

--	--	--	--	--

Answer: Lucky

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to basketball.

BLRDEIB

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

Answer: Dribble



What kind of spells do leprechauns use? Lucky Charms!

How did leprechauns get to the moon? In a sham-rocket.

How can you spot a jealous shamrock? It will be green with envy.

What dance move do leprechauns pull at a party? The shamrock shake.

What do you call a big Irish spider? A Paddy long legs!



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, March 19th starting at 11:30 am

March 1

Cynthia Anderson

March 2

Stan Dyson

March 3

Carol Mundt

March 4

Mary Duarte
Melinda Pessin
Greg Miller

March 5

Masumi Lee
Shelley Reese
Jon Riley

March 6

Julie Hassett
March 7
Dallas Kleine
Debe Love
Robert Mathson
Julieann Cantrell
Wes Franklin

March 8

Lancelot Larue

March 9

Ruth Tevebaugh

March 10

Norma Mekelburg

March 13

Robert Houfburg
Faith Tomkiewicz

March 14

Randy Foreman
Linda Kakala
Carolyn Stegall
Susan McGrane

March 15

Daniel Hansen

March 16

Terry Serine
Wayne Wilson

March 17

Cindy Stern

March 18

Dawn Russell
Brenda Zook
Linda Saldana
Michiko Budo

March 19

Robert Healey

March 20

Helen Hayden
Cynthia Sykes

March 21

Brenda Long
Sherry Hornbeck

March 22

Sara Rose
John Valentine

March 23

Allen Ledford
Adelina Rosales-Serrano

March 24

Sally Curtis
David Ross

March 25

Luke St. Claire
Trisha Jaeger

March 26

Ramona Guerrero

March 27

Mary Beniche



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITY

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.



MARCH ACTIVITIES CALENDAR

FRIDAY 9:00 a.m. to 9:40 a.m.
10:00 a.m. to 11:30 a.m.

1

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

4

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.
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

Mexican Train Game

Pinochle Card Game

Poker Card Game

Mosaics with Deborah (limit 8)

"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
10:00 a.m. to 11:00 a.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.
4:00 p.m. to 5:00 p.m.

Zumba Class

Essentrics- Aging Backwards

Beading Group

Living Advanced Directives

Hand & Foot Card Game

Poker Game

ART Tuesdays - Wire Wrapping Rocks

sponsored by Black Mountain Valley Realty

Line Dancing Class



WEDNESDAY

6

9:00 a.m. to 9:40 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 Noon
12:30 p.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 2:00 p.m.
1:00 p.m. to 3:00 p.m.
7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20 sponsored by WACOG

Relaxation & Mindfulness Exercise

Caregiver Support Group in person & Zoom

Educational Cooking Presentation

Genealogy Club

Bunco Group

Bereavement Support Group

Fast Track Game (Come Learn)

Gamblers Anonymous Meeting

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

Level: Advanced

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

Level: Intermediate



THURSDAY

7

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

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

11

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:30 a.m.
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.
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
Voter Registration
Dementia Support Group
Happy Hour with Games
Mexican Train Game
Pinochle Card Game
Poker Card Game
Energy Wellness Options
Mosaics with Deborah limit 8
"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 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Beading Group
St. Patrick's Day Earrings Class
Hand & Foot Card Game
Poker Card Game
ART Tuesday Acrylic Cactus Painting
sponsored by Black Mountain Valley Realty
Line Dancing Class

WEDNESDAY

13

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
12:30 p.m. to 1:30 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
St. Patrick Gnome's
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting

THURSDAY

14

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 - Brownie Cookies
Mahjong Tile Game
Double Deck Pinochle Card Game
Pass the Trash Card Game/Potluck

FRIDAY

15

9:00 a.m. to 9:45 a.m.
10:00 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.
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
St. Patrick's Day Party
sponsored by Family Care Home Health & Hospice
Exercise to ease Arthritis Pain
Mexican Train Game
Poker Card Game
Pinochle Game



MONDAY

18

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.
1:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 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
Mexican Train Game
Pinochle Card Game
Poker Card Game
Mosaics with Deborah limit 8
Brand New Drum Circle - Ages 21+
"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 3:30 p.m.
12:30 p.m. to 3:30 p.m.
1:00 p.m. to 3:00 p.m.
4:00 p.m. to 5:00 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 - Mixed Media Book
sponsored by Black Mountain Valley Realty
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

20

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 a.m.
10:00 a.m. to 11:00 a.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:00 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
Caregiver Support Group in person & Zoom
Bunco Group
Genealogy Club
Bereavement Support Group
Fast Track Game (Come Learn)
Gamblers Anonymous Meeting



THURSDAY**21**

9:00 a.m. to 9:45 a.m.
 10:30 a.m. to 11:00 a.m.
 Noon to 12:30 p.m.
 12:30 p.m. 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
 Rock Painting
sponsored by Black Mountain Valley Realty
 Computer Basics 101
 Bingo sponsored by TNG Insurance
 Knit & Crochet Group
 Open Sewing Group
 Mahjong Tile Game
 Pass the Trash Card Game/Potluck

FRIDAY**22**

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.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.

Brain Savers Exercise -Limit 20 sponsor WACOG
 Let's Craft (Free style)
Sponsored by Black Mountain Valley Realty
 Talking Book - Library Presentation
 Mexican Train Game
 Poker Card Game
 Pinochle Game

MONDAY**25**

9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.m.
 10:00 a.m. to 11:30 a.m.
 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
 Voter Registration
 Root Beer Floats
 Alzheimer/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****26**

8:15 a.m. to 9:00 a.m.
 9:00 a.m. to 9:45 a.m.
 9:00 am to Noon
 10:00 a.m. to 11:00 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.
 4:00 p.m. to 5:00 p.m.

Zumba Class
 Essentrics- Aging Backwards
 Beading Group
 Sound Therapy & Meditation
 Bingo
 Resources & Preparation Assistance
 Poker Card Game
 Hand & Foot Card Game
 ART Tuesday Gum Paste Flowers
sponsored by Black Mountain Valley Realty
 Grief & Loss Support Group
 Line Dancing

WEDNESDAY**27**

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 1:30 p.m.
 1:00 p.m. to 2:00 p.m.
 7:00 p.m. to 8:00 p.m.

Brain Savers Exercise -Limit 20 sponsor WACOG
 Relaxation & Mindfulness Exercise
 Easter Contest
sponsored by Family Care Home Health & Hospice
 Monthly Trivia sponsored by Dot Foods
 Bereavement Support Group
 Gamblers Anonymous Meeting

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
EVERY TUESDAY!

FROM
1 TO 3 PM

CLASSES ARE FREE - DONATIONS ACCEPTED

MARCH 5



**WIRE WRAP
TREE
NECKLACE**

MARCH 12

**ACRYLIC
CACTUS
PAINTING**



MARCH 19



MIXED MEDIA BOOK

MARCH 28

GUM PASTE FLOWERS



Sponsored by



Reservations only - one week ahead for classes
Send your name and class to shemarketing@gmail.com
or text name and class to 714.623.8360

THURSDAY 9:00 a.m. to 9:45 a.m.
 10:00 a.m. to 11:30 a.m.
28 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
 Tech Thursday with Televeda
 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 9:00 a.m. to 9:45 a.m.
29 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.

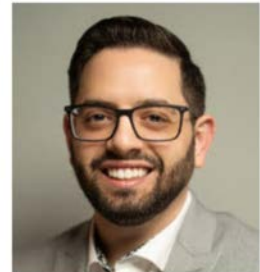
Brain Savers Exercise -Limit 20 sponsor WACOG
 Let's Craft (Free style)
 Sponsored by Black Mountain Valley Realty
 Mexican Train Game
 Poker Card Game
 Pinochle Game



Bullhead City Senior Campus
 located at 2275 Trane Rd

Join our **FREE**
 Monthly Bingo game
 12:30 p.m. to 2:00 p.m.
THURS. MAR 21

KARO TNGRIAN



Independent Insurance Broker
 Medicare Advantage • Medicare Supplement
 Part D • Dental & Vision • Critical Care

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www.BlackMountainValleyRealty.com

5455 Hwy 95, Ft. Mohave, AZ
Designated Broker, Cheyanne Burns
#BR670520000



Ice Cream Social

Thursday, March 7 & 28
Noon to 1:00 p.m.
Bullhead City Senior Campus
2275 Trane Rd



Sponsored by:

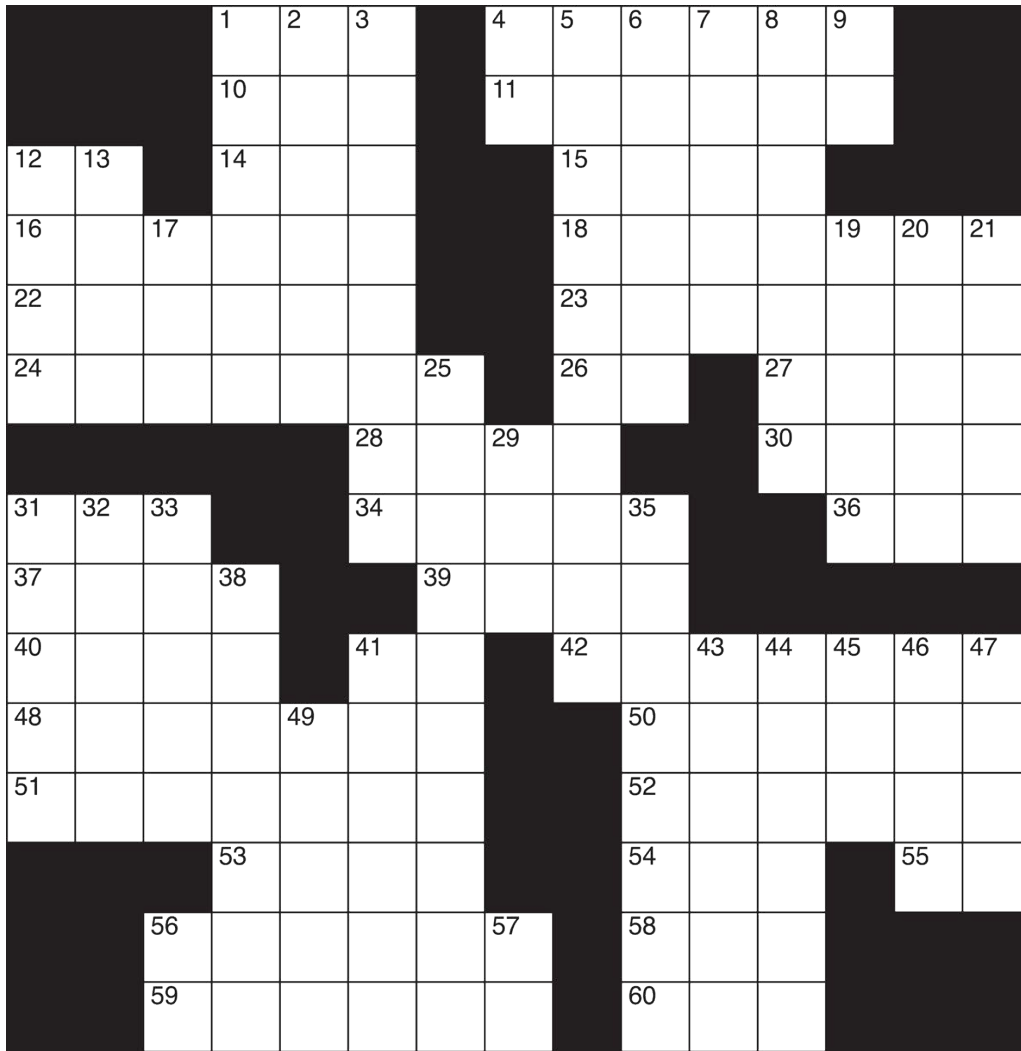


Sponsored by:



Monday, March 11
Noon-1:30pm
Mock-tails & Games!

CROSSWORD



CLUES ACROSS

1. Small Eurasian deer
4. Irish county
10. A major division of geological time
11. Broadway actor Lane
12. Canadian province (abbr.)
14. Human gene
15. Two
16. A famous one is blue
18. Utter repeatedly
22. Ring-shaped objects
23. Spoils
24. Occurs
26. Commercial
27. Near
28. Products you may need
30. Pledge thrown down as a challenge
31. TV network

34. Silk or cotton garments
36. Soviet Socialist Republics
37. Retired American football coach Dean
39. Hot dish
40. A type of gin
41. Atomic #84
42. Sawhorse
48. About ground
50. Medicine man
51. Seedless raisin
52. Capital of Albania
53. Appendage
54. OJ trial judge
55. By the way (abbr.)
56. Bicycle parts
58. Barbie's friend
59. Moved one's neck to see
60. Commercials

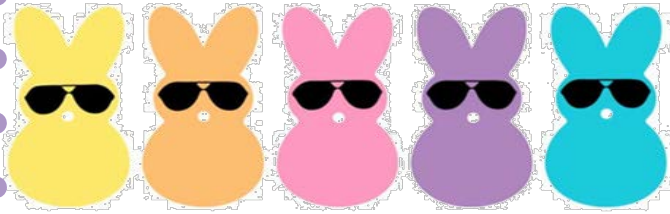
CLUES DOWN

- | | |
|---|---|
| 1. Make up for | 31. Recesses |
| 2. Baltimore ballplayer | 32. W. Pacific island group |
| 3. Salary | 33. Tolkien character |
| 4. Influential world body | 35. Ancient symbol co-opted by the Nazi party |
| 5. Engravers | 38. Pioneer |
| 6. Declared as fact | 41. Scribe |
| 7. One who steals | 43. Painted a bright color |
| 8. Jewelry | 44. Lowest members of British nobility |
| 9. Hospital employee (abbr.) | 45. Actress Thurman |
| 12. Nonsense (slang) | 46. Type of sugar |
| 13. Town in Galilee | 47. Crest of a hill |
| 17. Value | 49. N. American people of British Columbia |
| 19. A fake name | 56. Device |
| 20. Sheep in their second year | 57. The Mount Rushmore State |
| 21. Town in Surrey, England | |
| 25. Appropriate for a particular time of year | |
| 29. Creative works | |

Spring Riddle

There are five holes in the ground and four seeds. A little boy plants one seed in the second hole. Then, a seed exactly to the right of that seed. Next, he plants a seed in the 5th hole, and finally, he plants a seed four holes to the left of that. Which hole did not get a seed?





Senior Campus Easter Contests

Wednesday, March 27
10am to 11am
Bullhead City
Senior Campus
2275 Trane Rd.

Easter Egg Design Contest.
categories: Most Creative, Best
Design & Best in Show

Easter Bonnet & Hat Contest.
categories: Most Creative, Best
Design & Best in Show

Sponsored by:



VOLUNTEERS



NEEDED

Bullhead City
Community Garden is
seeking volunteers to assist
with putting together raised
garden beds.

If you are interested in
becoming a volunteer please
contact Danielle Bruch at
(928) 763-9400.



2285 Trane Road, Bullhead City

Join us for Breakfast

8:30 a.m. to 10:30 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
JJENSEN@BULLHEADCITYAZ.GOV**



ZUMBA CLASS

Tuesday's 8:15 am to 9:00 am
Bullhead City Senior Campus 2275 Trane Road

ALL THE ANSWERS YOU SEEK...

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

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



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

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

Senior Campus Sponsors



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Interested in becoming a Senior Campus Sponsor?



Contact Jackie Jensen for more information.

928-763-9400 or jjensen@bullheadcityaz.gov

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