



# Bullhead City Senior Campus



SCAN FOR  
MONTHLY EVENT  
CALENDAR



**BULLHEAD CITY SENIOR CAMPUS**

2275 TRANE RD, BULLHEAD CITY, AZ

BULLHEAD CITY SENIOR CAMPUS NEWSLETTER VOL. 3 ISSUE 3 06/2024

# **BULLHEAD SENIOR CAMPUS NEEDS YOU!**

**Drivers or Delivery Persons:** Work 1 or 2 day(s) a week, 9 am-12 pm. Two (2) people go deliver meals to homebound individuals using the City's fleet of vehicles. Routes go out Tuesdays and Thursdays.

**Kitchen Helpers:** Work 1 or more day(s) a week, 11 am –1 pm. Serving precooked meals in a congregate setting. Clean up and preparation for next day. No cooking necessary!

**Wellness Check Callers:** Work for 2 hours between 9 am –12 pm calling homebound clients on Monday or Friday. Read from a script and share a smile to make sure they are okay and ready for the next delivery.

**Front Desk Worker:** This position is all inclusive and you learn as you go. Working the front desk puts you in front of lots of people coming into the center. Currently we have workers Monday-Friday 8 am-10 am, 10 am-12 pm and 12 pm-3 pm. You can work any one day, any one shift or multiple. Answer phones, direct clients to events, pass out newsletters and serve as an Ambassador for the Senior Campus.

**Angels Essential Worker:** Open the Angel's Essential room to assist individuals with donated durable medical equipment. Tuesdays 10 am –1 pm

**Technology Volunteers:** Help a seniors with minor cellphone and computer issues. You get a text message to set up a time with them and can meet here at the Senior Campus.

**Newsletter Delivery:** Once a month deliver hundreds of newsletters to a pre-routed locations. Usually takes place on a Tuesday or Friday and with 2 people takes about 4 hours.

**Friendly Visitor:** The clients are homebound and sometimes the Meals on Wheels delivery personnel are the only people they see all week. Work 1 day a week for an hour or more spending some quality time with someone in need.



Volunteers must be 18 or older, able to pass a background check to include receiving a level 1 fingerprint clearance card and drug screening. Kitchen volunteers must take a food handlers course through the Mohave County Health Department. Potential volunteers will incur no cost for any of the services. Go to [bullheadcity.com/jobs](http://bullheadcity.com/jobs) and search for Senior Campus Volunteer to apply. If you have any questions please contact the Senior Services Program Manager, Kim Cool at (928) 763-0193.





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'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

**Bullhead City Senior Campus**  
**2275 Trane Road, Bullhead City**  
**Mon - Fri 8 a.m. to 4 p.m.**  
**For more information call**  
**928-763-0193**



# SENIOR CAMPUS MONTHLY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pork Chop Mashed Potatoes Green Beans	<b>4</b> Chicken Cordon Bleu Potato Wedges Mixed Veggies	<b>5</b> Beef Cutlet /Gravy Mashed Potatoes Steamed Carrots	<b>6</b> Beef Lasagna Dinner Roll Steamed Broccoli	<b>7</b> Salisbury Steak w/ Gravy Rice Pilaf Green Beans
<b>10</b> Pork Bratwurst Sauerkraut Potatoes Au Gratin	<b>11</b> Swedish Meatballs Buttered Pasta Seasoned Corn	<b>12</b> Stuffed Peppers California Blend Veggies Warm Apples	<b>13</b> Asian Chicken Salad Dinner Roll Asian Dressing	<b>14</b> Cheese Omelet Sausage Patty Hash Browns
<b>17</b> Meatloaf w/Gravy Mac & Cheese Mixed Veggies	<b>18</b> Chorizo Scrambled Eggs Tater Tots Southwest Veggies	<b>19</b> <b>CLOSED</b> 	<b>20</b> BBQ Pulled Pork Baked Beans Cherry Cobbler	<b>21</b> Spaghetti & Meatballs Dinner Roll Cobbler
<b>24</b> Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	<b>25</b> Breakfast Burrito Breakfast Potatoes Sausage Patty	<b>26</b> Chicken & Dumplings Peas & Carrots Cobbler	<b>27</b> Beef Fajitas Spanish Rice Cinnamon Apples	<b>28</b> Chicken Alfredo Dinner Roll Pears

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.

# Mohave Electric Prepay

**No deposit** or monthly bills

**Customize** a payment schedule

Buy electricity at your **convenience**

**Personally** monitor your energy usage



MEG is an equal opportunity provider & employer



**MAY 28, 2024 - JUNE 28, 2024**  
**REGISTRATION IS OPEN!**

## City of Bullhead City Presents 2024 Bullhead City Summer Camps Series

Expand your child's horizons this summer while they explore their favorite hobbies, take on a new adventure or try something brand new during one of our Summer Camps.

**Register online at**  
[www.bullheadcity.com/recdesk](http://www.bullheadcity.com/recdesk).

Step by step instructions will be available on the City website. Additional assistance will be provided by staff at the Recreation Building located at 2285 Trane Road, Monday - Friday 8am-4pm. Registration will be available online until each camp has met its maximum capacity.

Register online at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk). Space is limited and will be filled on a first come, first serve basis. Registration assistance is provided at the Recreation Office located at 2285 Trane Road, Mon-Fri 8am-4pm.



June's Volunteer Spotlight is shining on Lisa West. Lisa has been volunteering at the Senior Campus for nine months. She works at the front desk, Meals on Wheels, makes wellness calls and volunteers at the Animal Shelter.

Her favorite part of volunteering at the Campus is greeting everyone as they come in and having conversations with all the amazing clients. She said they are so appreciative of the meals and fun offerings at the Campus. She is very excited about the opening of the new facility.

Lisa grew up in Southern California. Family and family values are very important to Lisa, she stays in constant contact with her family. She said three is her number. She has three children, three grandchildren, three dogs and she is a three-time cancer survivor.

Before retiring she was a veterinarian assistant and a Starbucks barista. She completed Starbucks coffee academy and earned her black apron. She said being a CSR is where she is really in her element. She loves constant interaction with customers.

She loves the water and kayaking, hiking, walking, camping, concerts, and dancing.



## LISA WEST, VOLUNTEER OF THE MONTH

Nena Lee Weeber is our June Client of the Month. Nena has been attending the Senior Campus for two years. She says her favorite things about the Campus are the crafts, games and all the great people.

Nena is our first Client of the Month that grew up in Bullhead City. Nena was married for 11 years and is a widow. She has one child and three grandchildren. Before retiring she used to horseshoe horse.

Nena enjoys fishing and hanging out with her friends at Senior Campus.



## NENA LEE WEEBER, CLIENT OF THE MONTH

## The basics of thyroid cancer.

Thyroid cancer affects the thyroid gland, which is located in the neck. The thyroid is a part of the endocrine system and is responsible for a number of metabolic functions that help the body utilize energy. The thyroid also helps to regulate body temperature, blood pressure and heart rate, says the Cleveland Clinic.



When healthy, the thyroid gland, which is butterfly-shaped, cannot be felt. If the thyroid becomes impaired, changes in the shape or size of the thyroid may be

thyroid cancer, according to the American Cancer Society. Thyroid nodules, which are bumps or lumps on the thyroid, are typically benign. Two or three out of every 20 nodules turn up as cancerous. While these often cannot be detected by feeling the thyroid, the ACS says doctors use imaging technology to check for thyroid nodules if patients are experiencing symptoms that may be indicative of a thyroid that is not functioning properly. Thyroid cancer also may be detected when testing for other ailments.

### Thyroid cancer symptoms

Johns Hopkins Medicine says most thyroid cancers are asymptomatic. Others may produce pain, difficulty swallowing, voice changes, and enlarged lymph nodes. Thyroid cancer is typically diagnosed after the discovery of a nodule that is either felt or seen on an ultrasound or another imaging study. Biopsy is utilized to confirm a thyroid cancer diagnosis.

According to the Mayo Clinic, thyroid cancer rates are increasing. That spike is likely caused by improved imaging technology that helps doctors find small thyroid cancers on CT and MRI scans conducted when testing for other conditions.

### Types of thyroid cancer

Thyroid cancers can grow from a number of different cells.

- Papillary: This type accounts for around 80 percent of all thyroid cancers. It is a slow-growing cancer that responds well to treatment.
- Follicular: Up to 15 percent of cases of thyroid cancer are follicular. This type of cancer is more likely to spread to bones and other organs, says the Cleveland Clinic.
- Medullary: Only about 2 percent of thyroid cases are medullary. A faulty gene may be to blame, and one-quarter of patients with this type of thyroid cancer have a family history of the disease.
- Anaplastic: An aggressive thyroid cancer, this can be hard to treat because it can grow quickly and often spreads to surrounding tissue and other parts of the body. Only 2 percent of thyroid cancers are anaplastic.

### Treatment for thyroid cancer

One of the reasons thyroid cancer survival rates are high is that the primary treatment is to surgically remove a portion or all of the thyroid gland. Johns Hopkins says most thyroidectomies are quite successful. While the thyroid is an essential gland, the functions of the thyroid can be replicated with the use of synthetic thyroid hormones to keep the body's metabolic needs in balance.

Additional cancer treatment methods can include radioactive iodine and immunotherapy.

Radiotherapy and chemotherapy are infrequently used to treat thyroid cancer.

Thyroid cancer is highly treatable, rarely fatal and people can go on to live long lives even if surgery is needed to remove some or all of the thyroid gland.



# ARTS & Crafts

Sponsored by



Every Friday 10:00 am to 11:30 am



## CALLING ALL CRAFTERS!

**Bullhead City Senior Campus is looking for creative volunteers to lead fun and engaging craft session for active crafters.**

**Tuesdays 12:30 p.m. to 2:30 p.m.  
Most supplies provided**

**For more information and to discuss your craft expertise please contact Jenny Oliverio, Senior Campus Coordinator (928) 763-0193 or [joliverio@bullheadcityaz.gov](mailto:joliverio@bullheadcityaz.gov)**



# GRILL & BBQ WORD SEARCH

## WORDS

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

- ACIDIC
- ASADO
- BARBECUE
- BARK
- BASTE
- BRINE
- BRISKET
- BURGERS
- CARRYOVER
- CHAR
- CHARCOAL
- CHIMNEY
- DRY-AGED
- FLAME
- FLAT
- FORK-TENDER
- GRILL
- HEAT
- LEAN
- MARINADE
- RIBS
- RUB
- SMOKE
- TEMPERATURE

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the great outdoors.

W F R S L E O

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

Answer: Flowers

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to grilling.

R B G R U E

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

Answer: Burger



Q: I am an odd number. Take away a letter and I become even. What number am I?

A: Seven

Q: They come out at night without being called, and are lost in the day without being stolen. What are they?

A: Stars

*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, June 18th starting at 11:30 am**

**June 1**

Dutch Ann Biazo  
Lee Christensen  
Terry Merrick

**June 2**

Lynda LaVerne  
Lucila Leonard  
Joanie Pollaccia

**June 3**

Tim Benson

**June 4**

Theresa Moore

**June 5**

Arthur Lacey  
Curtis Phalen

**June 6**

Darrell Herbst  
Karen McConville

**June 7**

Claire Drews

**June 8**

Susan Friedrich  
Donald Randall  
Nita Eckley

**June 9**

Jerry Gasaway  
Rick Gerg  
Marilyn Lloyd

**June 10**

Donald Moore  
Blaine Russell

**June 11**

Sumner Christie  
Stanley France  
Gary Glasco

**June 12**

Brian McCully  
Sharon Marks

**June 13**

Marchell Wilson-Olson

**June 14**

Nick Malizia  
Dexter Heath

**June 15**

Donna Ash  
Linda Naranjo  
Brian Sedlar

**June 16**

Lorene Hayden  
Donald Rice

**June 17**

Raymond Goodrich  
Gloria Knutson

**June 18**

Barbara Anderson  
Laura Valley

**June 19**

David Frederickson  
Don Marshall  
Dennis Peters

**June 20**

Mary Knofsinger  
Robert Maragno  
Leah Moore

**June 21**

Gary Oliver  
Douglas Steen

**June 22**

Harold Crawford  
Lisa West  
Alice Galvan

**June 23**

Mike Flambures  
Pamela Keller  
Manny Rivera

**June 24**

Gary Chapman  
Lorette Deitz  
Joy Mell

**June 25**

Nina Tucker  
Michael Topeka

**June 26**

Deve Davis  
Carolyn Krupp  
John Mohun

**June 27**

Gary Rhoads  
Charleen Winograd  
Wendy Gunter



**Cheryl Hartley, Sales Director**  
**(928) 763-1212**

**[chartley@watermarkcommunities.com](mailto:chartley@watermarkcommunities.com)**

# BULLHEAD CITY SENIOR CAMPUS

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.



# JUNE ACTIVITIES CALENDAR



## MONDAY

# 3

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

Body Moves for Brain Power  
Free Bingo w/Prizes sponsored by Tristate AC Hero  
Pinochle Card Game  
Poker Card Game  
Mexican Train Game  
Mosaics with Deborah limit 8



## TUESDAY

# 4

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 am to Noon  
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  
Bingocize  
Beading Group  
Poker Card Game & Hand & Foot Card Game  
ART Therapy - Decoupage Coasters (limit 15)  
sponsored by Black Mountain Valley Realty  
Line Dancing Class

## WEDNESDAY

# 5

9:00 a.m. to 9:40 a.m.  
9:15 a.m. to 10:00 a.m.  
10:00 a.m. to 11:15 a.m.  
12:30 p.m. to 3:30 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  
Relaxation & Mindfulness Exercise  
Wii Bowling  
Bunco Group  
Bereavement Support Group  
Gamblers Anonymous Meeting

## THURSDAY

# 6

9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 9:45 a.m.  
Noon to 1:30 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.

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

## FRIDAY

# 7

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.

Brain Savers Exercise -Limit 20  
Let's Craft - Free Style  
Sponsored by Black Mountain Valley Realty  
Quilling Group Instruction  
One on One Technology Tutoring (2 spots)  
Mexican Train Game, Poker Card Game & Pinochle Game

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

Level: Advanced

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

Level: Beginner



## MONDAY

# 10

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

**Body Moves for Brain Power**  
**Free Bingo w/Prizes** sponsored by Tristate AC Hero  
**Voter Registration**  
**Dementia Support Group**  
**Happy Hour w/ Games**  
**Mexican Train, Pinochle and Poker Games**  
**Mosaics with Deborah limit 8**

## TUESDAY

# 11

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 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.  
  
1:30 p.m. to 2:30 p.m.  
4:00 p.m. to 5:00 p.m.

**Zumba Class**  
**Essentrics- Aging Backwards**  
**Bingocize**  
**Beading Group**  
**Jewelry Making - Red, White & Blue Bracelet**  
**Hand & Foot Card Game**  
**Poker Card Game**  
**ART Therapy - Decoupage Rocks (limit 15)**  
Sponsored by Black Mountain Valley Realty  
**Grief & Loss Support Group**  
**Line Dancing Class**

## WEDNESDAY

# 12

9:00 a.m. to 9:45 a.m.  
9:15 a.m. to 10:00 a.m.  
10:30 p.m. to 11:15 a.m.  
1:00 p.m. to 2:00 p.m.  
7:00 p.m. to 8:00 p.m.

**Brain Savers Exercise -Limit 20**  
**Relaxation & Mindfulness Exercise**  
**Wii Bowling**  
**Bereavement Support Group**  
**Gamblers Anonymous Meeting**

## THURSDAY

# 13

9:00 p.m. to 10:00 a.m.  
9:00 a.m. to 9:45 a.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.

**Bingocize**  
**Essentrics - Aging Backwards**  
**Knit & Crochet Group**  
**Open Sewing Group**  
**Left, Right, Center Dice Game**  
**Give, MAKE & Take - Cornbread**  
**Mahjong Tile Game**  
**Double Deck Pinochle Card Game**  
**Pass the Trash Card Game/Potluck**

## FRIDAY

# 14

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

**Brain Savers Exercise -Limit 20**  
**Let's Craft Free Style**  
sponsored by Black Mountain Valley Realty  
**Physical Fitness & Health Information**  
**Father's Day Fun & Games**  
sponsored by Family Care Home Health & Hospice  
**Mexican Train Game**  
**Poker Card Game**  
**Pinochle Game**



**MONDAY**

**17**

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

Body Moves for Brain Power  
Free Bingo w/Prizes sponsored by Tristate AC Hero  
Mexican Train Card Game  
Pinochle Card Game  
Poker Card Game  
Mosaics with Deborah (limit 8)

**TUESDAY**

**18**

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 a.m. to Noon  
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.  
  
4:00 p.m. to 5:00 p.m.  
6:00 p.m. to 9:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Birthday Celebration  
sponsored by Joshua Springs Assisted Living  
Poker Card Game  
Hand & Foot Card Game  
ART Therapy -Painting Bird Houses (limit 15)  
sponsored by Black Mountain Valley Realty  
Line Dancing Class  
Late Night Ladies Bunco Group

**WEDNESDAY**

**19**

**CLOSED**



**THURSDAY**

**20**

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



**FRIDAY**

**21**

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.  
11:30 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  
Let's Craft (Free style)  
Sponsored by Black Mountain Valley Realty  
Exercise to Ease Arthritis Pain  
Lunch Time Treat - National Peaches & Cream Day  
Mexican Train Game  
Poker Card Game  
Pinochle Game

# MONDAY 24

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 3:00 p.m.

Body Moves for Brain Power  
Free Bingo w/Prizes sponsored by Tristate AC Hero  
Voter Registration  
Root beer Floats  
Dementia Support Group  
Mexican Train Game  
Pinochle Card Game  
Poker Card Game  
Mosaics with Deborah limit 8

# TUESDAY 25

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 am to Noon  
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.  
  
2:30 p.m. to 3:30 p.m.  
4:00 p.m. to 5:00 p.m.

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Bingo sponsored by Wellcare  
Resources & Preparation Assistance  
Poker Card Game  
Hand & Foot Card Game  
ART Therapy - God Bless America Wine Cork (limit 15)  
sponsored by Black Mountain Valley Realty  
Fall Risk Screening & Prevention  
Line Dancing

# WEDNESDAY 26

9:00 a.m. to 10:00 a.m.  
9:15 a.m. to 10:00 a.m.  
10:00 a.m. to 11:15 a.m.  
12:30 p.m. to 1:30 p.m.  
1:00 p.m. to 3:00 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  
Relaxation & Mindfulness Exercise  
Wii Bowling  
Monthly Trivia sponsored by Dot Foods  
Fast Track Game  
Bereavement Support Group  
Gamblers Anonymous Meeting

# THURSDAY 27

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.  
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  
Bingocize  
Tech Thursday  
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 28

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.

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





# FUNBELIEVABLE Fridays

## FREE & FUN ACTIVITIES FOR KIDS ON FRIDAYS

**TIE DIE PARTY**  
 Let's tie die beach bags!  
**June 14, 2024**  
 starts at 11AM  
**RECREATION OFFICE**  
 2285 TRANE RD BULLHEAD CITY  
 FREE EVENT OPEN TO KIDS  
 4 TO 17 YEARS OF AGE.  
 SUPPLIES WILL BE PROVIDED.  
 REGISTRATION OPENS 05/13/24  
 REGISTER AT BULLHEADCITY.COM/RECDESK  
 QUESTIONS? (928) 763-0158  
 FUNBELIEVABLE  
 Fridays  
 MOHAVE DOT FARMERS INSURANCE  
 Class Full! Join the wait-list to be notified if additional sessions are added.

**BUBBLEMANIA**  
 GET SWEEP AWAY IN A WHIRLWIND OF  
 BUBBLY BLISS AT OUR BUBBLEMANIA!  
**JUNE 21, 2024 11AM**  
 KEN FOVARGUE PARK  
 2285 TRANE RD. BULLHEAD CITY  
 FREE EVENT FOR KIDS 4 TO 17 YEARS OF AGE.  
 SUPPLIES WILL BE PROVIDED.  
 REGISTRATION OPENS 05/27/24  
 REGISTER AT BULLHEADCITY.COM/RECDESK  
 QUESTIONS? (928) 763-0158  
 FUNBELIEVABLE  
 Fridays  
 MOHAVE DOT FARMERS INSURANCE  
 Join the wait-list to be notified if additional sessions are added.

**INDEPENDENCE DAY  
 CELEBRATION**  
**FRIDAY, JUNE 28, 2024**  
 starts at 11AM  
**ICE CREAM SUNDAE BAR  
 & 4TH OF JULY CRAFTS**  
**RECREATION OFFICE**  
 2285 TRANE RD BULLHEAD CITY  
 FREE EVENT OPEN TO KIDS  
 4 TO 17 YEARS OF AGE.  
 REGISTRATION OPENS 05/23/24  
 REGISTER AT BULLHEADCITY.COM/RECDESK  
 QUESTIONS? (928) 763-0158  
 FUNBELIEVABLE  
 Fridays  
 MOHAVE DOT FARMERS INSURANCE  
 Class Full! Join the wait-list to be notified if additional sessions are added.

For More  
 Information  
 Follow Us On  
**FACEBOOK**  
  
 Bullhead City  
 Parks & Recreation

# REGISTER TODAY! BULLHEADCITY.COM/RECDESK

# Ice Cream Social

**Join us for Ice Cream  
& Socializing!**

**Thursday, June 6th**

**Thursday, June 27th**

**Noon to 1:00 p.m.**

**Senior Campus  
2275 Trane Rd, Bullhead City**

**Sponsored by:**



**Follow Bullhead Belle on Facebook  
You could win your share of  
over \$2500 in prizes!**



# FATHER'S DAY FUN & GAMES

**JUNE 14, 2024**  
**12:30 P.M. TO 3:30 P.M.**

**MEXICAN TRAIN • PINOCHLE  
POKER • RAFFLE • PRIZES  
ROOT BEER FLOATS &  
CHEESE AND PRETZELS**

**LOCATED INSIDE THE  
BULLHEAD CITY SENIOR CAMPUS  
LOCATED AT 2275 TRANE RD.**



**SPONSORED  
BY**



**FAMILY CARE**  
HOME HEALTH AND HOSPICE



**Buying or Selling.  
Let Us Guide You Home!**

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



**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](http://www.tristateachero.com)

3030 Hwy 95 • Bullhead City, AZ 86442

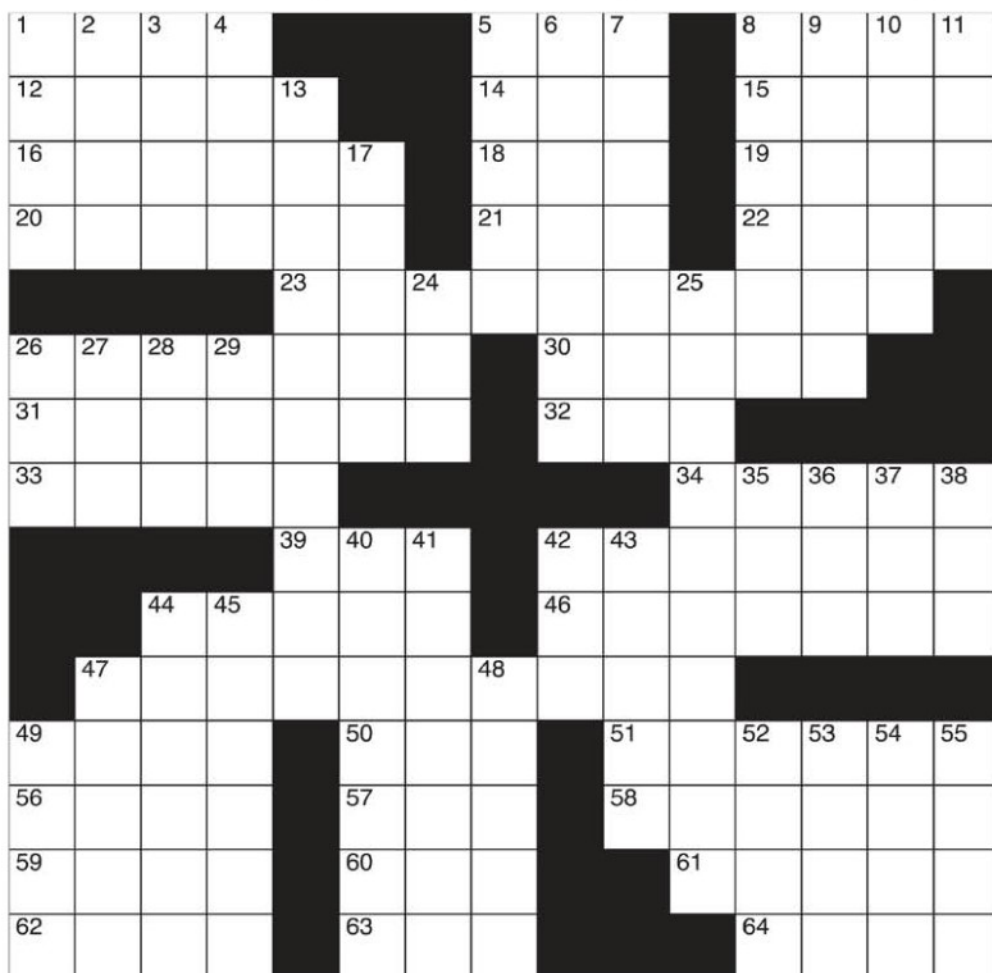
**REPAIRS - REPLACEMENTS**

**24 HOUR  
EMERGENCY SERVICE**



ROC# 311760

# CROSSWORD



## CLUES DOWN

1. Post-traumatic stress disorder
2. Goat-like mammal
3. Swiss river
4. Slithered
5. Humiliate
6. Tumbled
7. Popular alcoholic drink
8. Small round hole in a leather cloth
9. Fertilizer
10. State of affairs that seems deliberately contrary
11. Count on
13. One who discriminates against
17. New Hampshire city
24. One who cares for teeth
25. Sent off
26. Mutual savings bank
27. Initial public offering
28. Denial
29. Northeastern institution of higher learning (abbr.)
35. A doctrine
36. Consumed
37. Trent Reznor's band
38. Perform in a movie
40. Schoolhouse implements
41. Mathematical term
42. Man who behaves dishonorably
43. Expression of regret
44. Martens
45. Approval
47. Pleasantly warm
48. The Eurasian hoopoe
49. NBAer Bradley
52. Engineering organization
53. Horsefly
54. Type of sandwich
55. A day in the middle of the month

## CLUES ACROSS

- |   |                                      |
|---|--------------------------------------|
| 1. Volunteer school groups                          | 34. Silklike nylon fabric            |
| 5. Cash machine                                     | 39. CNN's founder                    |
| 8. Title of various Muslim rulers                   | 42. Sarcastic in a bitter way        |
| 12. Indian hand clash cymbals                       | 44. Minute reproductive unit         |
| 14. Scarf   | 46. Nourishment                      |
| 15. Easily manageable                               | 47. Large predatory tropical fish    |
| 16. Cry   | 49. Small, rich sponge cake          |
| 18. Financial term                                  | 50. Drink a small amount             |
| 19. Reactive structure in organic chemistry (abbr.) | 51. Golfer Rodriguez                 |
| 20. Clean out a riverbed                            | 56. Norse personification of old age |
| 21. Seaport (abbr.)                                 | 57. Large flightless bird            |
| 22. English seascape painter                        | 58. Capsized                         |
| 23. Bring back again                                | 59. Convicted American spy           |
| 26. Subtracted from                                 | 60. Music genre                      |
| 30. Related on the mother's side                    | 61. Makes tractors                   |
| 31. Mooches   | 62. Undergo cell disintegration      |
| 32. Commotion                                       | 63. Patti Hearst's captors           |
| 33. Boer War general                                | 64. Selfs                            |





**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**



Join us on the  
fourth  
Wednesday  
of each month  
starting at Noon.

Have Fun and  
WIN PRIZES!

Sponsored by



# 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](http://www.bullheadcity.com)



JOIN OUR FREE  
MONTHLY BINGO GAME  
12:30 P.M. TO 2:00 P.M.

THURS.  
JUNE 20

SPONSORED BY:

**KARO TNGRIAN**



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

**702-624-3161**  
**TNGMEDICARE.COM**



**JOIN US FOR  
BINGOCIZE**  
**Tuesday & Thursday**  
**Starting at 9 a.m.**  
**Bullhead City**  
**Senior Campus**  
**2275 Trane Road**

**ALL THE ANSWERS YOU SEEK...**

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

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



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

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



**BULLHEAD  
CITY**

# SUPPORT OUR SENIORS



Scan to learn more



The new Adult Activities wing will add 7,700 square feet of indoor activity and meeting space to the Senior Campus.

This newly enhanced and inviting space will bring people together, enhancing the health of our seniors and strengthening our community.

## Support us!

Visit [Bullheadcity.com/SupportSeniors](http://Bullheadcity.com/SupportSeniors) to Help us deck out the Adult Activities Center with these items!



We envision a beautiful, welcoming space for all seniors. City staff has worked hard to identify the right items and amenities for each room and space.

Help us bring the vision to life through a financial contribution.

With your support, we can equip the new facility with the necessary furnishings for socializing, and playing games such as table tennis and pool. Your donation will also enable us to outfit arts and crafts studios with workspaces, supplies, and storage facilities, fostering creativity and lifelong learning among senior participants.