



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 5 08/2024

BULLHEAD SENIOR CAMPUS NEEDS YOU!

Drivers or Delivery Persons: Work 1 day a week 9 am-12 pm. Two (2) people go on various routes delivering meals using our fleet of vehicles. Routes go out Tuesday and Thursday.

Meal Pick Up Person: 1 hour a week M-F 8:30-9:30 am

Breakfast Servers: Work 1 day a week 8:30-10:30 am. Serving breakfast items from our continental breakfast menu. No cooking necessary!

Lunch Servers: Work 1 day a week 11:15 am –1:15 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.

Friendly Visitors: Visit a meals on wheels client who is lonely. Share stories, watch TV, play games, read a story. Then report back to the Senior Nutrition Coordinator. Whatever your schedule allows. Most visits are an hour or two once a week.

Angels Essential Worker: Open our room to assist individuals with donated durable medical equipment. Tuesdays 9 am –1 pm

Newsletter Delivery: Once a month deliver hundreds of newsletters to prerouted locations. Usually takes place on a Tuesday or Friday and with two (2) people takes about 4 hours.

Community Store Worker: Watch over and track sales in the community store. Work 1 day a week 10 am-1 pm or 1-4 pm.

Technology Savvy Helpers: Come in based on your schedule weekly for an hour or two to help people with computers, phone tech, or tablets.



VOLUNTEERS



Volunteers must be 18 or older, be able to pass a background check. Some positions require a level 1 fingerprint clearance card and drug screening. Kitchen Volunteers must take a food handlers course.

To get started, contact
Kim Cool, Senior Services Program Manager
(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 Services
Program Manager
(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
			1 Pulled Pork Baked Beans Cherry Cobbler	2 Spaghetti & Meatballs Dinner Roll Cobbler
5 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	6 Breakfast Burrito Breakfast Potatoes Sausage Patty	7 Chicken & Dumplings Peas & Carrots Cobbler	8 Beef Fajitas Spanish Rice Cinnamon Apples	9  Pulled Pork Sandwich Hawaiian Slaw Pineapple Cake
12 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	13 Cobb Salad Dinner Roll Dressing	14 Salisbury Steak Mashed Potatoes Green Beans	15 Sweet & Sour Meatballs Buttered Pasta Mixed Veggies	16 Chicken Enchilada Fiesta Blend Spanish Rice
19 Asian Diced Chicken Japanese Veggies Fried Rice	20 Denver Omelet Breakfast Potatoes Pork Sausage	21 Stuffed Cabbage Corn Cobbler	22 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	23 Sante Fe Chicken Egg Roll Fiesta Blend Rice
26 Pork Chop Mashed Sweet Potatoes Green Beans	27 Chicken Cordon Bleu Potatoes Mixed Veggies	28 Beef Cutlet w/Gravy Mashed Potatoes Steamed Carrots	29 Beef Lasagna Dinner Roll Steamed Broccoli	30 Salisbury Steak w/ Gravy Rice Pilaf Green Beans

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.



Aloha
It's a
LUAAU

Join us at the Bullhead City
SENIOR CAMPUS

.....
Friday, August 9th 11:30 am to 12:30 pm
.....

**PULLED PORK SANDWICHES, HAWAIIAN SLAW, AND
PINEAPPLE CAKE!
PLUS, A HAWAIIAN DRESS CONTEST.**

Sponsored By:





Dawn Miller is our Volunteer of the Month for August 2024. Dawn has been volunteering at the Senior Campus for 3 months in the kitchen. Dawn enjoys meeting new people and hearing all about their lives. Dawn's father lives in Delaware and has Alzheimer's. She is not able to be with him but feels she is paying it forward by volunteering at the Senior Campus.

Dawn was born in New Jersey and moved to Delaware when she was a teenager. Dawn retired a year ago after 25 years of working as an administrative assistant for three different engineering firms.

Dawn and her husband Rocky moved to Bullhead two years ago. They love it here but miss the family they left behind on the east coast including their son, daughter and four grandchildren.

Dawn and her husband moved to the area to be closer to Laughlin. They enjoy gambling and going to the shows and concerts. She says that she has attended over 200 concerts. In her spare time she reads, does jigsaw puzzles and cross stitch.

DAWN MILLER, VOLUNTEER OF THE MONTH

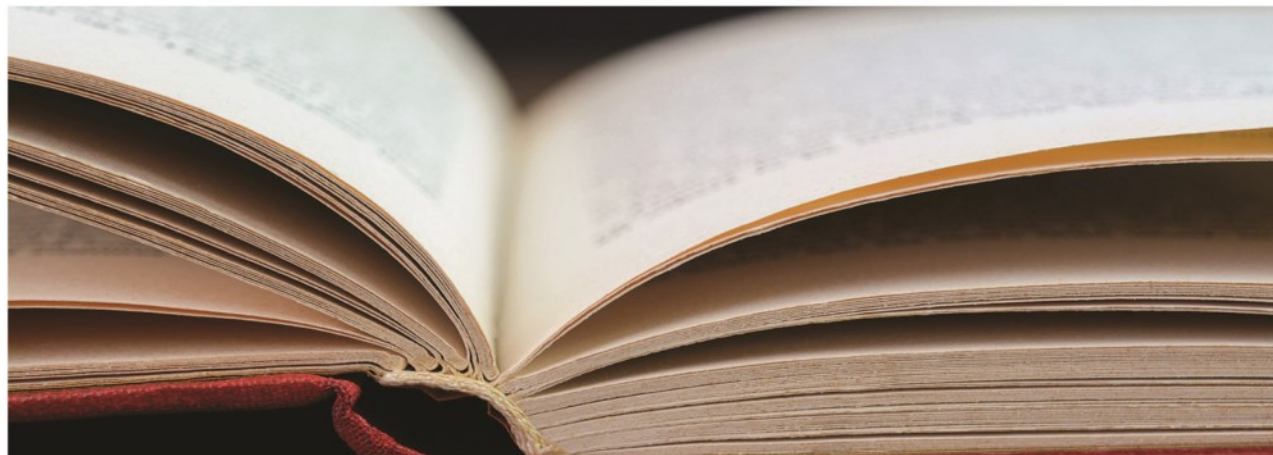
August's Client Spotlight shines bright on Joyce Thrasher. Joyce has been attending the Senior Campus for 4 years. Joyce says that her favorite part about attending the Campus is meeting new members. She said "I've really got into playing Mexican Train and loves Pass the Trash." She also enjoys helping others in need.

Joyce grew up in Flint, Michigan. She is married to Mike Stettler who also attends the Senior Campus.



JOYCE THRASHER, CLIENT OF THE MONTH

The impact of reading on personal health



Books transport people to different times, provide a sense of escapism and introduce readers to different schools of thought. Individuals may read for pleasure and/or to expand their intellectual horizons. It's important to note that reading also may help improve mental and physical health. With so much to gain from reading, now is a great time to embrace those book clubs, resolve to read more and explore how picking up a good book may be just what the doctor ordered.

Reduces stress: Immersing yourself in a story requires focus and concentration. According to researchers at the University of Sussex, it took just six minutes of reading for study participants to experience slower heart rates and reduced muscle tension. Stress is one of the biggest threats to overall health, as the stress hormone cortisol can lead to inflammation in the body that may impede the immune system, according to Piedmont Health. Finding ways to reduce stress, including through activities like reading, is a win for anyone who wants to improve his or her health.

Impacts longevity: According to the 2016 study, a chapter a day: Association of book reading with longevity, a by Bavishi A, Slade M.D., reading exerts its influence on longevity by strengthening the mind. Reading positively impacts the way the brain creates synapses, optimizing neurological function. It also expands vocabulary, and helps with memory.

Changes the brain: A 2014 study published in Neuroreport determined reading involves a complex system of signaling and networking in the brain. As one's ability to read matures, these networks become stronger and more sophisticated. MRI scans found that brain connectivity increased throughout studied reading periods and for days afterward.

Increases empathy: Through literary fiction, readers are exposed to the situations, feelings and beliefs of others. This can help a person develop a greater ability to empathize with others, according to Healthline.

Helps improve sleep: Reading is an effective way to wind down and relax before going to bed. It can be a positive nighttime ritual, provided one reads a paper book or utilizes an e-reader that is not backlit, as bright lights from digital devices may hinder sleep quality. In fact, doctors at the Mayo Clinic often suggest reading as part of a regular sleep routine.

Reduces depressive feelings: Individuals diagnosed with depression may feel isolated and estranged from other people. Books may reduce those feelings by helping a person temporarily escape his or her world into another. Also, books can serve as a common ground through which conversations over shared interests can begin with others.

Reading has many positive health benefits, which is why resolving to read more can be beneficial.



THURS.
AUGUST 15

SPONSORED BY:

KARO TNGRIAN



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

702-624-3161
TNGMEDICARE.COM

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



Tree Sales

August 26 - October 3

Member Service Office
928 Hancock Road
Bullhead City, AZ 86442

7:00am - 5:30pm
928-763-1100

**OPERATION
COOL SHADE**

\$9.00 EACH
UP TO 8 TREES PER MEMBER

MEC is an equal opportunity provider & employer

FROZEN DESSERT WORD SEARCH

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

WORDS

- BANANA SPLIT
- BROWNIE
- CHERRY
- CHOCOLATE SYRUP
- COLD
- CONE
- COOKIE DOUGH
- CUP
- FROZEN YOGURT
- GELATO
- HOT FUDGE
- ICE CREAM
- ICE MILK
- ICES
- MIXED
- NUTS
- PEANUT BUTTER
- REFRESHING
- SHERBET
- SORBET
- SPRINKLES
- SUNDAE
- WAFFLE
- WHIPPED CREAM

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to ice cream.

RYUSP

--	--	--	--	--

Answer: Syrup

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to bargains.

LUEVA

--	--	--	--	--

Answer: Value



Riddle 1: I am the eighth chapter in the book of time, my heat delights, my festivals chime. What am I?

Riddle 2: Golden petals facing the sun's glow, I stand tall and in the summer I show. What am I?

Riddle 3: I am the break you seek from grind and toil, embracing adventure or resting on soil. What am I?

Riddle 4: A haven for castles and a place to get tanned, by the waves of the ocean's vast land. What am I?

Answer 1: August, Answer 2: Sunflower, Answer 3: Vacation, Answer 4: Beach

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**



August 2

Sue Deters
Susan Fullmer
Manuela Garcia
Robert Hardwick
Linda Rude
Gayle Wright

August 3

Michael Blomquist
Elviro Rilloraza
Joyce Seaman

August 4

John O. Davis
Robert Mericle

August 5

Tina Baker
Darlene Senio

August 6

Shelly Basta
Kelly Downey
Robert Olivares
Pam Riebel

August 8

Nina Parmer

August 9

Donald Bower
Yvonne Brady
William Vertrees
Holly Rose

August 10

Robert Compton
William Devore
Debbie Spolar
Karen Stearns

August 11

Mary Rawlenson
Yolanda Schminke
Brigitte Janssen
Eileen Hoenshell

August 12

Irene Ramos

August 13

Richard Duarte

August 14

Allyn Kelley
Pauline Patterson
Emma Bauwin
Eddie Winemiller

August 15

Eugene Collier
Alfonso Sandoval

August 16

Joseph Lantz
Lorenzo Rodriguez
Gene Wolkowycki

August 17

Jerry Towne
Vivian Waite

August 18

Steve Irwin
Robert Raduziner

August 19

Margarete Taylor

August 20

Bernardine Clegg
David Rolbiecki

August 21

Carol Cole
Rosa Horne
Connie Ridenour

August 22

Allen Hoschouer
Terri Franklin
Wayne Black
Daniel Brown

August 23

Charlotte Decker
Jose Aguilar
Diane DeNard
Terry Metcalf

August 25

Katolynn Gariepy
Henry Jr. Sanford
Shirley Walker

August 26

Dean Leatham

August 27

Jim Leiter
Steve Ringler

August 28

Vicki Garcia
LeRoy Hansen

August 29

Grace Clerico



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



AUGUST ACTIVITIES CALENDAR

THURSDAY

1

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

Bingocize
 Essentrics - Aging Backwards
 Ice Cream Social Sponsored by Culver's
 Knit & Crochet Group
 Open Sewing Group
 Left, Right, Center Dice Game
 Mahjong Tile Game
 Double Deck Pinochle Card 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.
 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
 Friday Fun Crafts - Fabric Clay Pots - Sponsor Needed
 One on One Technology Tutoring - 2 spots
 Mexican Train Game
 Poker Card Game
 Pinochle Game

MONDAY

5

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

Body Moves for Brain Power
 Relaxation and Mindfulness Exercise
 Free Bingo w/Prizes
 sponsored by Family Care Home Health Hospice
 Pinochle Card Game
 Poker Card Game

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 9:45 a.m.
 9:00 am to Noon
 11:00 a.m. 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
 Planning your future
 Poker Card Game & Hand & Foot Card Game
 ART Therapy - Card Making - Sponsor Needed :)
 Line Dancing Class

WEDNESDAY

7

8:00 a.m. to 4:00 p.m.
 9:00 a.m. to 9:40 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.

Veterans Benefit Councilor on-site
 Brain Savers Exercise -Limit 20
 Wii Bowling
 Bunco Group
 Bereavement Support Group
 Gamblers Anonymous Meeting

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

Level: Beginner

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

Level: Advanced



THURSDAY

8

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

Bingocize
Essentrics - Aging Backwards
Technology Basics 101
Knit & Crochet Group
Open Sewing Group
Left, Right, Center Dice Game
Mahjong Tile Game
Double Deck Pinochle Card Game

FRIDAY

9

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

Brain Savers Exercise -Limit 20
Friday Fun Crafts - Cactus Canvas Thumb Painting
Hawaiian Luau Party
sponsored by Family Care Home Health Hospice
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

12

9:00 a.m. to 9:45 a.m.
9:15 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 1:00 p.m.
Noon to 1:30 p.m.
12:30 p.m. to 3:30 p.m.

Body Moves for Brain Power
Relaxation and Mindfulness Exercise
Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Voter Registration
Dementia Support Group
Happy Hour w/ Games - **Sponsor Needed :)**
Mexican Train, Pinochle and Poker Games

TUESDAY

13

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 12:30 p.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.
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
Laughlin Library Event
Beading Class - Earrings
Hand & Foot Card Game
Poker Card Game
Grief & Loss Support Group
Line Dancing Class

WEDNESDAY

14

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 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 2:30 p.m.
1:00 p.m. to 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor on-site
Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Wii Bowling
Give, MAKE & Take -Chocolate Chip Cookies
Bereavement Support Group
Gamblers Anonymous Meeting



THURSDAY

15

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

Essentrics - Aging Backwards
Bingocize
Rock Painting
Technology Basics 101
Knit & Crochet Group
Open Sewing Group
Monthly Bingo sponsored by TNG Insurance
Pass the Trash Card Game/Potluck

FRIDAY

16

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.
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
Friday Fun Crafts - Champagne cork mushrooms
Exercise to Ease Arthritis Pain
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

19

9:00 a.m. to 9:45 a.m.
9:15 a.m. to 10:00 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.

Body Moves for Brain Power
Relaxation and Mindfulness Exercise
Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Mexican Train Card Game
Pinochle Card Game
Poker Card Game

TUESDAY

20

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 - Wine glass painting (limit 15)
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

21

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 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.

Veterans Benefit Council on-site
Brain Savers Exercise -Limit 20
Relaxation & Mindfulness Exercise
Wii Bowling
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY
22

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

23

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
Friday Fun Crafts - Seashell Picture Frame
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

26

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

Body Moves for Brain Power
Relaxation and Mindfulness Exercise
Free Bingo w/Prizes
sponsored by Family Care Home Health Hospice
Voter Registration
Root beer Floats
Alzheimer/Dementia Support Group
Mexican Train Game
Pinochle Card Game
Poker Card Game

TUESDAY

27

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 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.
1:30 p.m. to 2:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Fall Risk Screening & Prevention
Bingocize
Beading Group
Bingo sponsored by Wellcare
Resources & Preparation Assistance
Poker Card Game
Hand & Foot Card Game
ART Therapy - Key Chain (limit 15)
Grief & Loss Support Group
Line Dancing

WEDNESDAY

28

8:00 a.m. to 4:00 p.m.
9:00 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 2:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Council on-site
Brain Savers Exercise -Limit 20
Wii Bowling
Monthly Trivia sponsored by Dot Foods
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

29

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 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
Tech Thursday
Knit & Crochet Group
Open Sewing Group
Mahjong Tile Game
Pass the Trash Card Game Potluck

FRIDAY

30

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
Friday Fun Crafts -Cigar box art design
Mexican Train Game
Poker Card Game
Pinochle Game



Follow us on Facebook!
@ Bullhead City Senior Campus

The background of the advertisement is a light pink color with scattered, colorful sprinkles in shades of purple, blue, yellow, and white. On the left, there is a large, stylized logo for 'Ice Cream Social' in pink and blue script, enclosed in a white oval with a red border. Below the logo, the text 'Sponsored by: Calver's' is written in a blue, cursive font. On the right side, there is a list of event details in a bold, teal font.

**Join us for
Ice Cream
& Socializing!**
**Thurs, August 1
Thurs, August 22
Noon to 1:00 p.m.**
**Senior Campus
2275 Trane Rd
Bullhead City**

SENIOR CAMPUS Newsletter



Bullhead City
Senior
Campus



SCAN FOR MONTHLY EVENT CALENDAR
BULLHEAD CITY SENIOR CAMPUS NEWSLETTER VOL. 3 ISSUE 4 07/2024



BULLHEAD CITY SENIOR CAMPUS
2275 TRANE RD. BULLHEAD CITY, AZ

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.

Email artwork or request to
jjensen@bullheadcityaz.gov.

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

Distribution areas include Senior Campus,
homebound meal recipients, participating local
businesses and Bullhead City Senior Campus's
Facebook page.

SENIOR CAMPUS

For more information please contact
Jackie Jensen, Sponsorship Coordinator
City of Bullhead City, 2355 Trane Rd. Bullhead City, AZ 86442
jjensen@bullheadcityaz.gov

SENIOR CAMPUS

Sponsorships

Arts & Crafts Sponsor: Sponsorship funds will be used to purchase supplies for arts, crafts, beading and jewelry making classes and groups. These activities are provided free of charge.

Arts & Crafts	6 Months \$1,200	Annual \$2,000
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Bingo Sponsors: Sponsorship funds will be used to purchase supplies including bingo cards, daubers and prizes.

Monthly Bingo	6 Months \$750	Annual \$1,200
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Weekly Bingo	6 Months \$1,500	Annual \$2,400
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Bi-Monthly Ice Cream Social	6 Months \$750	Annual \$1,200
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Sponsor funds will be used to purchase supplies like ice creams, toppings, spoons, bowls, napkins

Monthly Happy Hour	6 Months \$1,500	Annual \$2,400
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Sponsor funds will be used to purchase supplies like snacks, plates, cups, napkins, ingredients for "mock-tails", prizes for games and activities.

Monthly Birthday Celebration	Monthly \$200	Annual \$2,400
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Sponsor funds will be used to purchase supplies a large birthday cake, goodie bags with small gifts, plates, cups, napkins and birthday party decorations

Monthly Holiday Event	6 months \$1,500	Annual \$2,400
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Sponsor funds will be used to purchase supplies like snacks, beverages, cups, plates, plastic-ware, decorations, activities, prizes and games.

Monthly Trivia Time	6 Months \$750	Annual \$1,200
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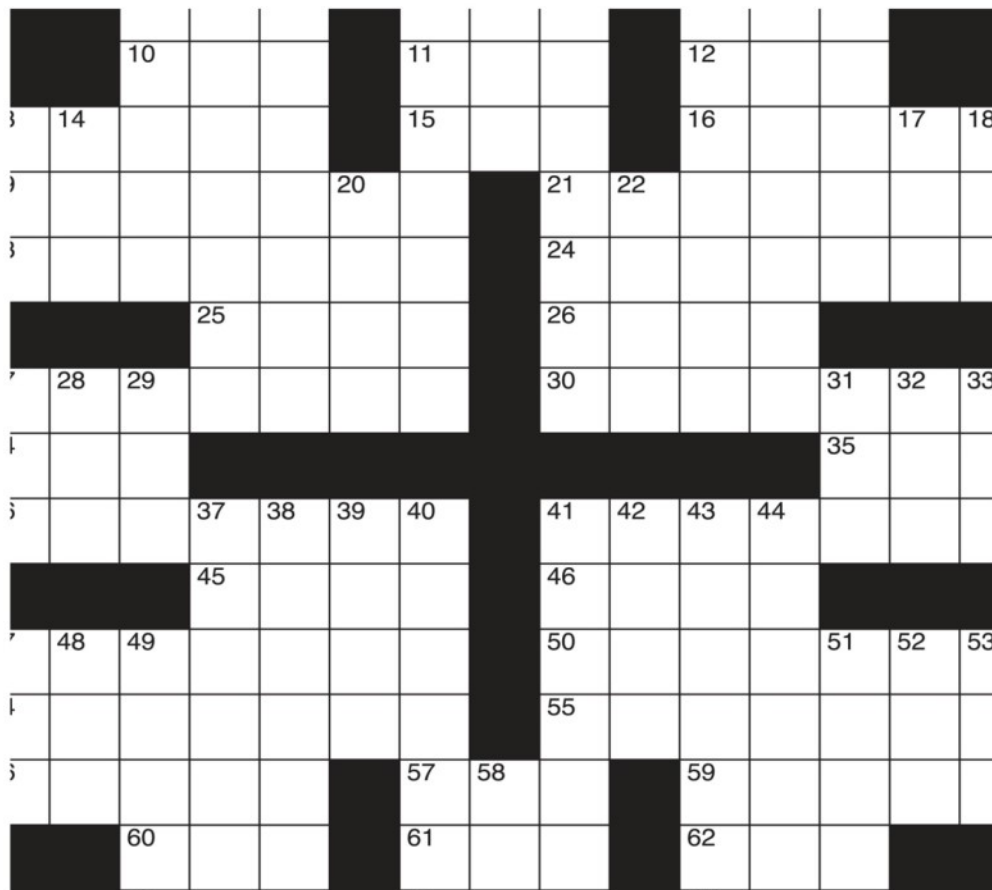
Sponsorship funds will be used to purchase supplies and prizes.

What's Available?

- **Weekly Arts & Crafts, August 2024 - July 2025**
- sold** ● **Weekly Bingo, August 2024 - July 2025**
- sold** ● **Monthly Birthday Parties, August 2024 - July 2025**
- **Monthly Holiday Parties, Sept 2024- August 2025**
- **Monthly Happy Hour, August 2024 - July 2025**



CROSSWORD



CLUES DOWN

1. Policemen (French)
2. Toy dog
3. Inflamed colon disease
4. Can't move
5. Helps little firms
6. Lists of names, subjects, etc.
7. Takes down
8. Makes possible
9. Wife of Julius Constantius
13. Engine additive
14. Arctic explorers (abbr.)
17. Written account
18. Consumed
20. Something the first shall be
22. No (slang)
27. Gov't lawyers
28. Peyton's little brother
29. Small amount
31. Investment vehicle
32. Fall behind
33. Midway between northeast and east
37. Head pain
38. Popular sport in England and India
39. King Charles's sister
40. Boat race
41. About fish
42. Maidservant
43. Able to be marketed
44. Tinier
47. Parts per billion (abbr.)
48. Paddle
49. Oneness
51. Bitter chemical
52. Not around
53. Very fast airplane
58. Swiss river

CLUES ACROSS

- | | |
|---|---|
| 1. Major American automaker (abbr.) | 35. Moved quickly |
| 4. Pressure measurement | 36. Passenger's place on a motorbike |
| 7. Two-year-old sheep | 41. A way through |
| 10. Indigenous person from Laos or Thailand | 45. Former US Secretary of Education Duncan |
| 11. Up in the air (abbr.) | 46. Leader |
| 12. Actress de Armas | 47. Flowing |
| 13. Not moving | 50. Greetings |
| 15. Cool! | 54. Remedy |
| 16. Bog arum genus | 55. Soft lightweight fabric |
| 19. Perceptible by touch | 56. Building material |
| 21. Type of test | 57. Sea bream |
| 23. Monetary units | 59. A way to cause to be swollen |
| 24. Collection of various things | 60. One and only |
| 25. Sum of five and one | 61. People get one in summer |
| 26. Type of sword | 62. Wreath |
| 27. Hates | 63. Thus far |
| 30. Immobile | 64. They __ |
| 34. Pie __ mode | 65. Sea eagle |





**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

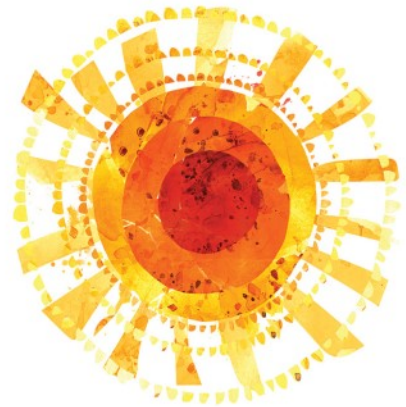


**JOIN US FOR
BINGOCIZE**
Tuesday & Thursday
Starting at 9 a.m.
Bullhead City
Senior Campus
2275 Trane Road

ALL THE ANSWERS YOU SEEK. . .

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

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



PUZZLE SOLUTION

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

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

A Great Big

THANK YOU TO OUR SPONSORS

**Monthly Birthday
Celebration Sponsor**



**Monthly Bingo Game
Sponsor**



**Bi-Monthly Ice Cream
Social Sponsor**



**Weekly Bingo Game
Sponsor**



**Monthly Trivia Game
Sponsor**



**We are currently seeking sponsors for Arts & Crafts, Monthly
Holiday Parties and Monthly Happy Hour.**

Interested in learning more about becoming a sponsor?

Contact Jackie Jensen at (928) 763-9400 or jjensen@bullheadcityaz.gov