



BULLHEAD CITY ARIZONA
**SENIOR
ENRICHMENT
CENTER**



HELPING SENIORS THRIVE IN OUR COMMUNITY

SCAN FOR
EVENT CALENDAR



SENIOR ENRICHMENT CENTER 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 Bullhead City Senior Enrichment Center provides an integrated system of services, resources, and opportunities to help people improve their lives through recreational, social services and health and wellness services. The Senior Enrichment Center offers a variety of activities and programs for seniors ages 50+. The programs are specially designed to allow every adult of any activity level to participate in a safe and inviting environment. The Center offers more than 50 weekly activities designed to support independence, promote lifelong learning and sustain a healthy and engaged lifestyle.

Senior Enrichment Center is also home to the Bullhead City Nutrition Center. The Nutrition Center provides meals for individuals 50+. Meal options include a continental breakfast and lunch. Continental breakfast is served Monday through Friday from 8:30 a.m. to 10:30 a.m. for \$2, or \$1 for coffee only. Lunch is available Monday-Friday from 11:30 a.m. to 12:00 p.m. A suggested donation of \$3 is requested for each meal for individuals 60+ or disabled with a statement of need from a physician. Individuals 50+ can get lunch for \$5.

If you are unable to attend in person, they also offer a home delivery meal program through Meals on Wheels-Bullhead City, AZ. Interested in learning more or signing up. Call 1-(800)782-1886 and leave a message with your name, phone number and interest in Meals on Wheels in Bullhead City, to start the qualification process .

Bullhead City Senior Enrichment Center also offers a transportation service to those in need. Whether you need a ride to the Senior Enrichment Center, medical appointments, or to run errands. Call (928) 704-2287 to set up your \$2 round trip rides.

Senior Enrichment Center
2275 Trane Road
Bullhead City, AZ 86442
Monday-Friday
8:00 a.m. to 4:00 p.m.
For more information call
(928) 763-0193
Follow us on Facebook!



Jeff Tipton

Human Services Director
(928) 763-9400 X8157
jtipton@bullheadcityaz.gov

Kim Cool

Senior Services Program Manager
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John Kearns

Senior Enrichment Nutrition Coor.
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jkearns@bullheadcityaz.gov

Jenny Oliverio

Senior Enrichment Activity Coor.
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Jackie Jensen

Sponsorship & Advertising
Newsletter Coordinator
(928) 763-9400 X8246
jjensen@bullheadcityaz.gov



MONTHLY MENU

September

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 2 CLOSED | 3 Swedish Meatballs Buttered Pasta Corn | 4 Stuffed Peppers Steamed Veggies Warm Apples | 5 Asian Chicken Salad Dinner Roll Asian Dressing | 6 Cheese Omelet Pork Sausage Hash Browns |
| 9 Meatloaf w/Gravy Mac & Cheese Mixed Veggies | 10 Chorizo Scrambled Eggs Tater Tots Southwest Veggies | 11 Beef Tamale Fiesta Veggies Mexican Rice | 12 Pulled Pork Baked Beans Cobbler | 13 Spaghetti & Meatballs Dinner Roll Cobbler |
| 16 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies | 17 Breakfast Burrito Breakfast Potatoes Pork Sausage | 18 Chicken & Dumplings Peas & Carrots Cobbler | 19 Beef Fajitas Spanish Rice Cinnamon Apples | 20 Chicken Alfredo Dinner Roll Pears |
| 23 Green Chili Cheese Tamale Fiesta Veggies Spanish Rice | 24 Cobb Salad Dinner Roll Dressing | 25 Salisbury Steak Mashed Potatoes Green Beans | 26 Sweet & Sour Meatballs Buttered Pasta Carrots | 27 Chicken Enchilada Fiesta Blend Spanish Rice |
| 30 Asian Diced Chicken Japanese Veggies Fried Rice | | | | |

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.

SENIOR FOOD PANTRY



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

Sponsored by:



HELPING SENIORS THRIVE IN OUR COMMUNITY

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

Donations by Seniors for Seniors



Angel's
ESSENTIAL AREA

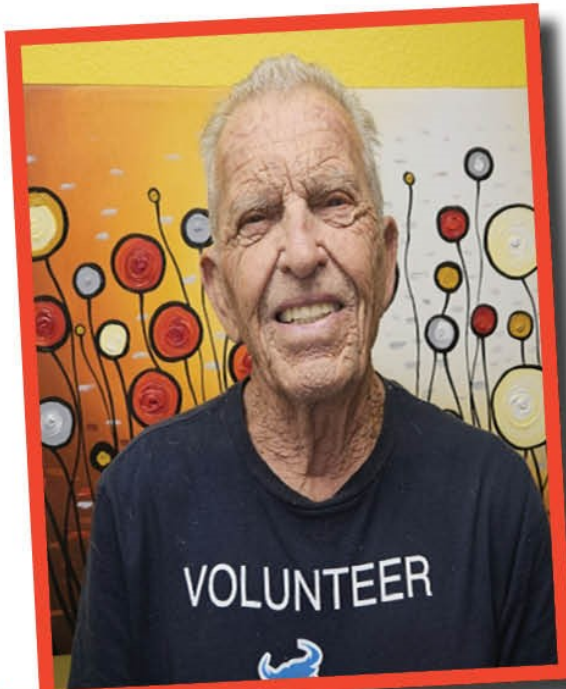
Open on Tuesdays
10:00 a.m. to 1:00 p.m.
or by appointment (928) 763-0193

**Durable medical
equipment received by
donation and donated
to seniors in need.**



HELPING SENIORS THRIVE IN OUR COMMUNITY

**2275 Trane Road
Bullhead City, Arizona 86442**



Drum Roll Please. . . Let's give Bob Raduziner a round of applause for being our Volunteer of the Month for September. Bob has been delivering meals to the homebound Meals on Wheels clients for 4 months. Bob says his favorite parts of the job are meeting new people and seeing genuine appreciation from the homebound clients he delivers to.

Bob grew up in Southern California and was in the U.S. Air Force from 1948-1952 in the personnel department. He worked various construction jobs until he opened his open business as a sun-contractor. He retired in 1990 and moved to Bullhead City, Arizona.

He has been married for 71 years and has 5 daughters, 7 grandchildren and 5 great-grandchildren. Bob played guitar in a group of 4. He was also an amateur radio operator for over 30 years. He volunteered for over 22 years in the U.S. Coast Guard Aux. in Bullhead City.

Thank you for your service and your hard work at the Senior Enrichment Center.

BOB RADUZINER, VOLUNTEER OF THE MONTH

Our Senior Enrichment Center Client Spotlight shines bright this month on Angelita Ortiz. Angelita has been attending the Enrichment Center for a year and a half. She said her favorite things to do at the Center are playing bingo and making crafts. She said, "all the people are very nice and friendly."

Angelita grew up in Coachella, California. She was an instructional aid in Banning, California before becoming a caregiver. She was a caregiver for her youngest child who passed away at the age of 20. She is divorced and has six children. She moved to Bullhead City 3 and half years ago.

She loves sewing, crocheting, crafting and taking care of her plants that she grows from seedlings. She loves jogging and going to the river.



ANGELITA ORTIZ, CLIENT OF THE MONTH

TIPS TO MANAGE YOUR CHOLESTEROL

Cholesterol is a complex topic that can be difficult to understand. Cholesterol is present in the body, and it also can be found in food. That can make it hard for people to understand why cholesterol is often seen in such a negative light. Any confusion surrounding cholesterol can serve as the perfect springboard to learn more about it.

What is cholesterol? A waxy, chemical compound, cholesterol often gets a bad rap. However, the American Heart Association says it is needed to build cells. The liver makes all the cholesterol a person needs. Additional cholesterol comes from diet. There are two types of cholesterol carried through the blood. Low-density lipoprotein (LDL) transports cholesterol particles throughout the body. This is considered "bad" cholesterol because it can build up in the walls of the arteries. High-density lipoprotein (HDL) picks up excess cholesterol and takes it back to the liver, which is why it is considered "good" cholesterol.

In terms of measuring cholesterol, a total cholesterol level of less than 200 mg/dL is desirable. High HDL numbers are best, and any amount less than 40 mg/dL is a red flag. In regard to LDL, less than 100 mg/dL is optimal.

Why is cholesterol sometimes concerning? When present in the right amounts, cholesterol is instrumental in building healthy cells. When there is too much bad cholesterol in the blood, that can pose a problem. That's because it can increase risk for heart disease, warns the Mayo Clinic. In high amounts, LDL cholesterol can deposit fatty residue in the blood vessels. These deposits will grow over time and harden, blocking off the flow of blood through the arteries and making vessels less flexible, a condition known as atherosclerosis. Sometimes cholesterol deposits break off suddenly from the walls of blood vessels and then form a clot that can lead to a heart attack or stroke.

In addition to cholesterol, doctors will measure triglycerides during lipid profiles. The Mayo Clinic says triglycerides are a type of fat in the blood. Having high triglyceride levels also can increase risk for heart disease. Managing cholesterol levels High



cholesterol is one of the major risk factors for coronary heart disease, though it is controllable. By making some changes and being cognizant of cholesterol numbers, individuals can improve their overall health significantly. It is important that individuals know the baseline numbers in their lipid profile, including HDL, LDL and triglyceride levels. Doctors may differ in their interpretations of how cholesterol levels factor into the bigger picture of a person's lifestyle and overall health. But people can still do their best to keep bad cholesterol levels down.

Make changes to a diet to reduce consumption of foods high in saturated fats, trans fats and animal proteins. Reduce weight to have a body mass index lower than 30. Increase exercise, which will help boost HDL naturally. Quit smoking, which can lower levels of HDL. Consume alcohol in moderation. Alcohol tends to increase total cholesterol levels. Individuals are urged to speak to their doctors if they have concerns about cholesterol.

THURS.
SEPTEMBER
19TH



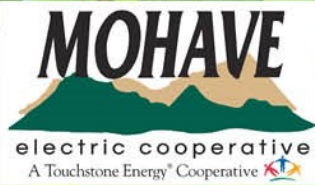
JOIN OUR FREE
MONTHLY BINGO GAME
12:30 P.M. TO 2:00 P.M.

KARO TNGRIAN



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

702-624-3161
TNGMEDICARE.COM



Tree Sales Now
Through October 3
or while supplies last

Member Service Office
928 Hancock Road
Bullhead City, AZ 86442
Monday - Thursday
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

GET SEWING WORD SEARCH

WORDS

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

ANCHOR
 APPLIQUE
 BASTE
 BIAS
 BOBBIN
 BODICE
 BUTTONHOLE
 CASING
 DART
 FACING
 FOLD
 GRAIN
 HEM
 LENGTH
 MACHINE
 NOTCH
 PATTERN
 PINS
 PLEAT
 SEAM
 SELVEDGE
 STITCHING
 TACK
 TENSION

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to yoga.

EMATNAS

| | | | | | | |
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Answer: Namaste

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to healthy aging.

NIESROS

| | | | | | | |
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Answer: Seniors



Q1: I am always old, but sometimes also new. While I'm never sad, sometimes I am blue. I am never empty, but only sometimes full. I never push, but I always pull. What am I?

Q2: If you give me a drink, I die, but if you feed me, I grow. What am I?

Q3: What word starts with E, ends with E, but only holds a single letter?

Q4: What has many rings even though it has no fingers?

Answers 1: The Moon, Answer 2: Fire, Answer 3: Envelope, Answer 4: A Telephone



**WALK-INS
WELCOME!**

**JOIN US FOR
SENIOR GAMES**

FREE

HORSESHOES & CORNHOLE
and Barbecue!

GET IN GOLD MEDAL SHAPE WITH COACH BOB

FRI. SEPT. 20, 2024

2:00 PM - 6:00 PM

**KEN FOVARGUE PARK
2255 TRANE RD, BULLHEAD CITY**



**QUESTIONS? CONTACT JANIE FIGUEROA, RECREATION SUPERVISOR
(928) 763-0158 OR JFIGUEROA@BULLHEADCITYAZ.GOV**

2025 SENIOR GAMES REGISTRATION OPENS OCTOBER 1, 2024

ALL MEN & WOMEN 50 YEARS OF AGE OR BETTER WELCOME!

JANUARY 12 - 19, 2025

WWW.SENIORGAMES.CO OR 855-924-6882



September 1

Carolyn Longmire
Bryan Wible

September 2

Eleanor Brown
Shirley Fagerstrom
GaynelHensley
Jenny Oliverio

September 3

Kim Wittropp

September 4

Gilbert Nolan

September 5

Emma Anderson
Cheryl Hollis

September 6

Anthony Cota
Maria Ortiz

September 7

Bonnie Malizia

September 8

Estella M.Vigil

September 11

Lupita Goebel
Toni Lamborn
Danetta Shelton

September 12

Rosa Aguilar
Mario Gutierrez
Chris Read

September 13

Grace Graeber
Anna Wilson

September 14

Frank Meeker

September 15

John Bastio

September 16

Betty Lamirault

September 17

Linda Kyle

September 18

Judy McClanahan
Mary O'Guinn

September 19

Leo Barrios
Kenneth Cool

September 20

John Archer

September 21

Gerald Jensen
Jim Stevens

September 22

Mona Edwards
Ron Hines

September 24

Mercy Garcia
Fred Guerrero

September 25

Nellie Ahle

September 27

Robert Greenwell
Alma Key
Lissa Rosewicz

September 29

Gloria Labarre
Bruce Ridgley

September 30

Naomi Havenhill
Owen Fowler
Lori Wagner



Cheryl Hartley, Sales Director
(928) 763-1212
chartley@watermarkcommunities.com

BULLHEAD CITY'S SENIOR ENRICHMENT CENTER

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

FOR SENIORS 50+ SOME ACTIVITIES REQUIRE ADVANCE REGISTRATION.

SEPTEMBER ACTIVITIES CALENDAR

MONDAY

2



SENIOR ENRICHMENT CENTER CLOSED

TUESDAY

3

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
Educational Cooking Presentation
Poker Card Game & Hand & Foot Card Game
ART Therapy/Card Making *Sponsor Needed
Line Dancing Class

WEDNESDAY

4

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

THURSDAY

5

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

FRIDAY

6

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
Friday Fun Crafts/Seashell Spider Dish *Sponsor Needed
Mexican Train Game
Poker Card Game
Pinochle Game

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

Level: Intermediate

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

Level: Advanced

SUDOKU FUN

MONDAY

9

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

10

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.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Jewelry Class/ Beaded Earrings *Sponsor Needed
Hand & Foot Card Game
Poker Card Game
Line Dancing Class

WEDNESDAY

11

8:00 a.m. to 4:00 p.m.
9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:15 a.m.
11:00 a.m. to 11:30 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 Council on-site
Brain Savers Exercise -Limit 20
Wii Bowling
September's Senior Health Month
Give, MAKE & Take/Strawberry Poke Cake
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

12

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

FRIDAY

13

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/Wooden Pumpkin Door Hanger
Mexican Train Game
Poker Card Game
Pinochle Game

HAPPY FRIDAY THE 13TH!



MONDAY

16

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.
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.
4:00 p.m. to 5:00 p.m.

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

TUESDAY

17

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 - Witches Hats (limit 15)
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

18

8:00 a.m. to 4:00 p.m.
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.
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
Fall Prevention & Education Event
Bunco Group
Bereavement Support Group
Gamblers Anonymous Meeting

THURSDAY

19

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 3:00 p.m.
Noon to 3:00 p.m.
12:30 p.m. to 2:00 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
Knit & Crochet Group
Open Sewing Group
Monthly Bingo sponsored by TNG Insurance
Mahjong Tile Game
Pass the Trash Card Game/Potluck

FRIDAY

20

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 - Halloween Shadow Box
Exercise to Ease Arthritis Pain
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY
23

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.

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, Pinochle & Poker Game

TUESDAY
24

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/Halloween Rag Bow (limit 15)
Fall Risk Screening & Prevention
Line Dancing

WEDNESDAY
25

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

THURSDAY
26

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
27

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/Fabric Pumpkins
Education Event w/SBI Insurance Senior Benefit's 2025
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY
30

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.
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
Alzheimer/Dementia Support Group
Mexican Train, Pinochle, & Poker Game



BULLHEAD
CITY

SUPPORT OUR SENIORS



The new Activity Wing will add 7,700 square feet of indoor activity and meeting space and 1,300 square feet of covered outdoor patio space to the Senior Enrichment Center.

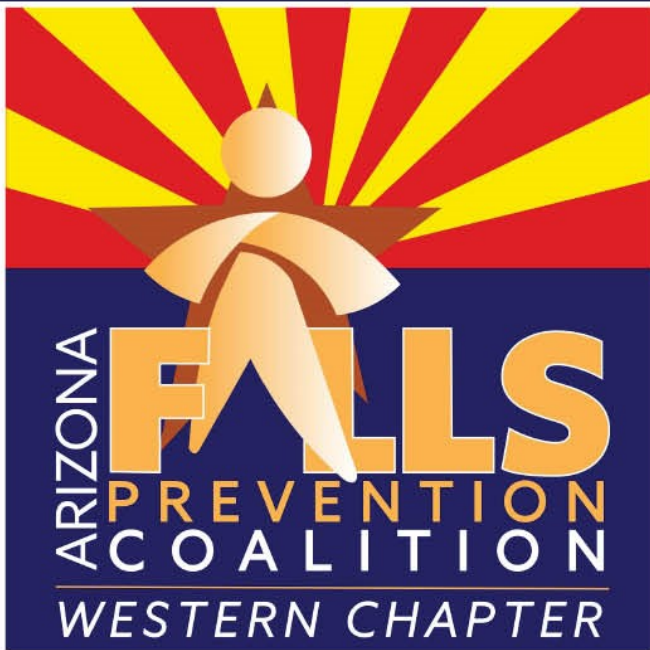
This newly enhanced and inviting space will bring people together for socialization and activities, enhancing the health of our seniors and strengthening our community.

Support us!

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.

Scan to learn more





FALL PREVENTION & EDUCATION

When: September 18, 2024

Time: 10:00 am - 11:30 am

Where: Senior Enrichment Center
2275 Trane Rd, Bullhead City, AZ 86442

Call: (928) 763-0193

RSVP: (928) 763-0193 or in person at the Senior Enrichment Center

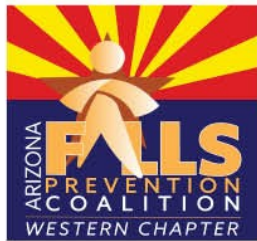
SEPTEMBER IS FALL PREVENTION MONTH

The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy of education that will help seniors and their loved ones to be made more aware of how to prevent falls and fatal injuries. Unintentional Falls were the leading cause of injury-related mortality among Arizona residents 65 years and older.

Stop falls this Fall by joining us for this free prevention and education event. Participants are encouraged to ask questions. Information and resources will be made available to take home. Topics of discussion to include: physical and occupational therapy, in-home safety, medication understanding.

*"An Ounce of Prevention is Worth a Pound of Cure."
Benjamin Franklin*

BROUGHT TO YOU BY:



The Purchased Power Adjustor has been reduced to 1¢ per kWh

The PPA changes based on decreases or increases in the cost of wholesale purchased power



MEC is an equal opportunity provider & employer



Scan for more info



Follow us on Facebook!

@ Bullhead City Senior Enrichment Center

A colorful poster for an "Ice Cream Social" event. The background is pink with scattered ice cream sticks. A large, stylized logo for "Ice Cream Social" is on the left. Text on the right provides event details. The Culver's logo is at the bottom left.

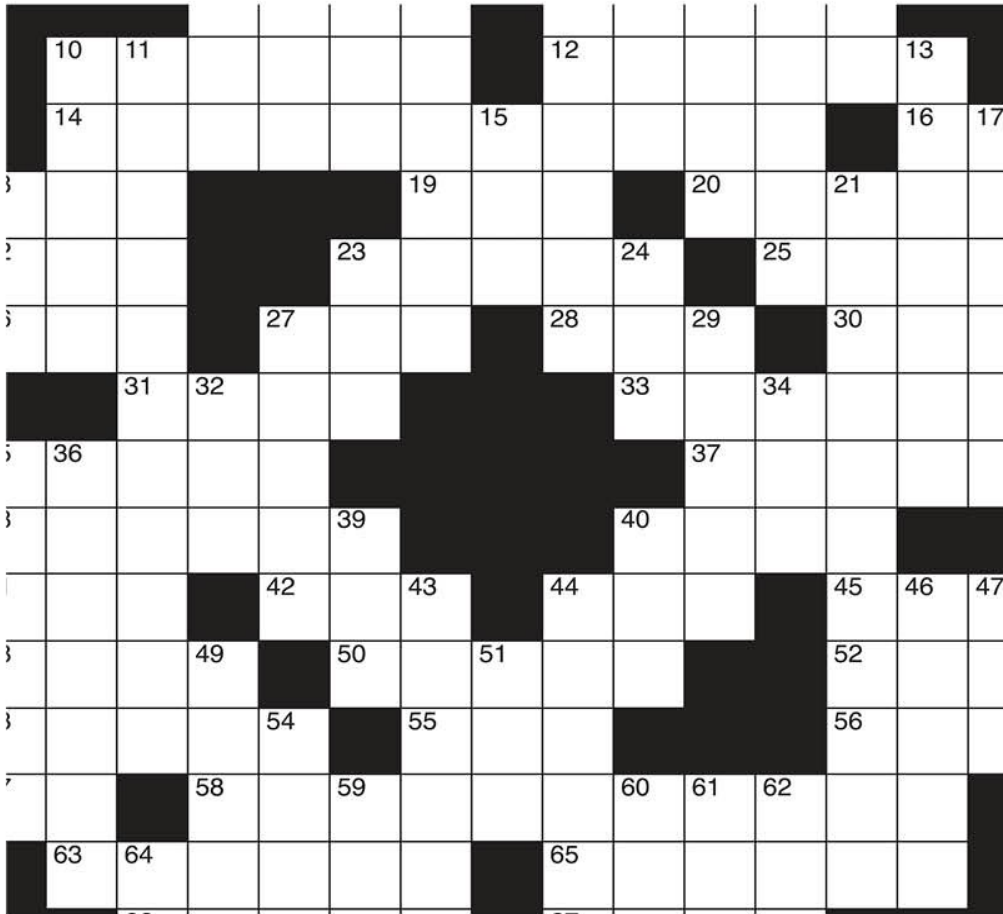
**Join us for
Ice Cream
& Socializing!**

**Thurs, Sept 5
Thurs, Sept 26
Noon to 1:00 p.m.**

**Senior Enrichment Center
2275 Trane Rd
Bullhead City**

Sponsored by:
Culver's

CROSSWORD



CLUES DOWN

1. Greenwich Time
2. Metropolis
3. Complete
4. Scheduled
5. One who obeys
6. Resinlike substance secreted by certain lac insects
7. Days (Spanish)
8. Unsaturated hydrocarbon radical
9. Region of the U.S. (abbr.)
10. Tributary of the Alabama River
11. One who eliminates
13. Ballroom music
15. Officer in the Book of Mormon
17. Denies
18. Barrels per day (abbr.)
21. Make vital
23. Former NFLer Newton
24. Kashmiri tribe
27. Indigenous S. American person
29. Capacitance unit
32. MLB great Scherzer
34. Taxi
35. Boggy
36. Artist's workroom
39. Feline
40. Prosecutors
43. Freshwater perches
44. Young ladies
46. Whittles
47. Licensed for Wall Street
49. Type of gene
51. Express displeasure
54. Fly high
59. Norwegian krone
60. Investment account
61. Chinese surname
62. Language
64. By the way (abbr.)

CLUES ACROSS

- | | |
|------------------------------------|-----------------------------------|
| 1. Wrest | 37. Tears down |
| 5. Russian river | 38. Uncoordinated |
| 10. Grupo Montparnasse founder | 40. Touches lightly |
| 12. One who quits prematurely | 41. Soak |
| 14. Related to the nature of being | 42. Founder of Babism |
| 16. Early multimedia | 44. Not good |
| 18. Indigenous Tibetan religion | 45. Inches per minute (abbr.) |
| 19. Tease | 48. Type of casino game |
| 20. J.M. __, Irish dramatist | 50. Skills assessments for adults |
| 22. Pounds per square inch | 52. Check |
| 23. Surrendered | 53. Gives a job |
| 25. Notable Dallas Cowboy Leon | 55. Fifth note of a major scale |
| 26. Dash | 56. Small, faint constellation |
| 27. Man who behaves dishonorably | 57. Thou |
| 28. British Air Aces | 58. Reduce |
| 30. Data executive | 63. Another recording |
| 31. Spiritual leader | 65. Removes for good |
| 33. Flower cluster | 66. Jill and Catherine are two |
| 35. Of the check | 67. Cruise |





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

sponsored by



Bullhead City Senior Enrichment Center
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 Enrichment Center building. A tray will be provided upon purchase for one trip to the breakfast area. Drink refills are free.

Bullhead Senior Enrichment Center

2275 Trane Rd. Bullhead City, Arizona

www.bullheadcity.com

WiiSports

BOWLING

EVERY WEDNESDAY

10:00 A.M. TO 11:15 A.M.

(NO WII BOWLING ON 9-18)

Bullhead City Senior Enrichment Center

ALL THE ANSWERS YOU SEEK. . .

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



PUZZLE SOLUTION

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

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