

OCTOBER 2024 NEWSLETTER V03 107



BULLHEAD CITY ARIZONA
**SENIOR
ENRICHMENT
CENTER**



HELPING SENIORS THRIVE IN OUR COMMUNITY

SCAN FOR
EVENT CALENDAR



Becoming Age Verified at the Senior Enrichment Center

The Senior Enrichment Center is offering the issuance of an ID badge which will facilitate your entry to and use of Center programs and facilities. The badge would be picked up upon arrival and turned in at the end of your visit. Badges are issued without any cost to patrons.

It's easy to obtain an ID badge. Watch the orientation video <https://youtu.be/pTnSgB194uk> or scan this QR code with your phone's camera:



After watching the video make sure you visit 2275 Trane Road to obtain your ID badge Monday - Friday between 8:00 am -3:50 pm.

WHAT TO BRING WHEN YOU VISIT:

1. Bring your picture ID along with current address
2. Bring your Emergency ID's phone number

WHAT TO EXPECT WHEN YOU ARRIVE:

1. Let the front desk know you have viewed the orientation and you are ready to get your ID badge. You may be asked a question about what you learned during the video.
2. You will receive a registration form to be filled out before you get your badge. Everything in yellow is required or no badge can be printed (see above on "what to bring").
3. You will get a copy of the new information to retain along with a map of the property.
4. When you complete the form, turn it in along with picture ID and current address.
5. A picture will be taken and your badge will be issued on the spot.



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!



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Human Services Director
(928) 763-9400 X8157
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Senior Services Program Manager
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MONTHLY MENU

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Denver Omelet Breakfast Potatoes Pork Sausage	2 Stuffed Cabbage Corn Cobbler	3 Sweet & Sour Chicken Seasoned Rice Mixed Veggies	4 Sante Fe Chicken Egg Roll Fiesta Blend Cobbler
7 Pork Chop Sweet Potatoes Green Beans	8 Chicken Cordon Bleu Potatoes Mixed Veggies	9 Beef Cutlet w/Gravy Mashed Potatoes Carrots	10 Beef Lasagna Dinner Roll Steamed Broccoli	11 Salisbury Steak w/ Gravy Rice Pilaf Green Beans
14 CLOSED 	15 Swedish Meatballs Buttered Pasta Corn	16 Stuffed Peppers Steamed Veggies Warm Apples	17 Asian Chicken Salad Dinner Roll Asian Dressing	18 Cheese Omelet Pork Sausage Hash Browns
21 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	22 Chorizo Scrambled Eggs Tater Tots Southwest Veggies	23  Oktoberfest Bratwurst Sauerkraut Au Gratin Potatoes	24 Pulled Pork Baked Beans Cobbler	25 Spaghetti & Meatballs Dinner Roll Cobbler
28 Lemon Pepper Chicken Mashed Potatoes Mixed Veggies	29 Breakfast Burrito Breakfast Potatoes Pork Sausage	30 Chicken & Dumplings Peas & Carrots Cobbler	31 Beef Fajitas Spanish Rice Cinnamon Apples	

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

Open Monday - Friday
8am to 4pm

Angel's Essentials

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

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

Senior Enrichment Center
2275 Trane Rd.
Bullhead City, Arizona

Coffee with the Vice Mayor



Dan Alfonzo, Vice Mayor

Join us for a casual conversation with Vice Mayor Dan Alfonzo over coffee.

October 10th 9am-10am
Senior Enrichment Center

This is a great opportunity to discuss local issues, share your thoughts and get to know your community leader.

Free coffee for all who sit with Dan.

Questions, contact
Jenny Oliverio,
Activity Coordinator
(928) 763-0193





Our October Volunteer Spotlight shines on Loa Roberts. She has been working with Meals on Wheels for 3 months. Loa's favorite part of volunteering with Meals on Wheels is the people both those she works with and those she serves.

Loa grew up in La Canada, California. Her last job was at a jet propulsion lab and before that she sold real estate. She is a widow with one daughter and 2 stepdaughters.

Loa was a volunteer at WARMC for a few years and served as the membership chair for the Colorado River Concert Association. Currently she is a volunteer with Laughlin's VIPs. When Loa isn't volunteering, she enjoys kayaking, water-skiing and riding her bike.

LOA ROBERTS, VOLUNTEER OF THE MONTH

The October Client of the month spotlight is shining on Penny Risner. Penny has been attending the Senior Enrichment Center for 4 months.

Penny enjoys helping around the center, playing games, and doing crafts and puzzles at the Center. She said she also enjoys the people, the potlucks and the food.

Penny grew up in Torrance, California. Penny herself is not a veteran but her father, husband, son and grandson are. Penny was a respiratory therapist for 30 years before retiring. She was a ROP medical class instructor and a Red Cross instructor for 10 years.

Penny is currently not married but very happy. She has a son and a daughter. Her daughter passed away in March of 2024. She said that this loss is the reason she started coming to the Senior Enrichment Center.

She enjoys baking, and often donates her baked items to care boxes for overseas service personnel.



PENNY RISNER-SHERWOOD, CLIENT OF THE MONTH

Family history increases risk for breast cancer

Millions of people across the globe will be diagnosed with breast cancer this year. In fact, only certain skin cancers affect more women than breast cancer within the United States and Canada. The World Cancer Research Fund International says breast cancer is the most commonly diagnosed cancer in women across the globe. Belgium, The Netherlands and Luxembourg had the highest number of breast cancer cases in 2020, while Barbados and Fiji had the greatest number of deaths attributed to the disease. Some of these high case numbers may be attributed to women with family histories of breast cancer something that increases risk significantly.

BreastCancer.org indicates that women with close relatives who have had breast cancer, such as sisters, mothers or grandmothers, are at considerably higher risk of developing breast cancer themselves. Also, breast cancer may occur at a younger age in women with family histories of the disease. Understanding breast cancer risk is vital for women's health. The following breakdown, courtesy of the Centers for Disease Control and Prevention, can help women from all backgrounds understand their risk for breast cancer.

Average risk: No first- or second-degree relatives with breast or ovarian cancer, or one second-degree female relative with breast cancer (in one breast only) diagnosed after age 50. **Moderate risk:** This is a somewhat higher risk that may not turn into breast cancer. It occurs when there is one or two first-degree or two second-degree female relatives with breast cancer (in one breast only), with both relatives diagnosed after age 50; otherwise, one or two first- or second-degree relatives with high grade prostate cancer.

Strong: Women with strong risks have much higher chances of developing breast cancer than the general population. Conditions like having one or more first- or second-degree relatives with breast cancer diagnosed at age 45 or younger, triple negative breast cancer, primary cancer of both breasts, and both breast and ovarian cancer in the same relative are warning signs of increased risk. It's important for women with increased risk for breast cancer due to family history to discuss options with their doctors.



More frequent mammograms and other screening tests may be recommended, and screening at younger ages than the standard age also may be considered. Women who are at high risk may be urged to undergo genetic counseling and testing for hereditary breast and ovarian cancer markers. Breast cancer can be an especially scary prospect for women with family histories of the disease. By familiarizing themselves with their risks for breast cancer, women can take the necessary steps to protect their long-term health.



2025 GAME SCHEDULE

SUNDAY, JANUARY 12

GOLF, CHAPARRAL GOLF COURSE
 OPENING CEREMONIES, LOCATION TBD
 ATHLETE MIXER, LOCATION TBD

MONDAY, JANUARY 13

PICKLEBALL, ROTARY PARK
 CHAIR VOLLEYBALL,
 OPTIMUM COMMUNITY CENTER

TUESDAY, JANUARY 14

GOLF, CHAPARRAL GOLF COURSE
 PICKLEBALL, ROTARY PARK
 CHAIR VOLLEYBALL,
 OPTIMUM COMMUNITY CENTER

WEDNESDAY, JANUARY 15

GOLF, CHAPARRAL GOLF COURSE
 PICKLEBALL, ROTARY PARK

THURSDAY, JANUARY 16

CLAY TRAP SHOOTING,
 TRISTATE SHOOTING PARK
 POWERWALKING, ROTARY PARK
 BASKETBALL SKILLS,
 OPTIMUM COMMUNITY CENTER
 BOWLING, RIVERSIDE LANES

TBD
 9AM
 NOON

9AM
 10AM

TBD
 9AM
 10AM

TBD
 9AM

8AM
 10AM
 NOON
 1PM

FRIDAY, JANUARY 17

POWER / WEIGHT LIFT, BULLHEAD HEALTH CLUB 9AM
 5K RUNNING, LOCATION TBD 9AM
 TRACK & FIELD, MOHAVE HIGH SCHOOL 9AM
 HORSESHOES, KEN FOVARGUE PARK 9AM
 TABLE TENNIS, LOCATION TBD 2PM

SATURDAY, JANUARY 18

5K RIVER RUN, ROTARY PARK 8AM
 SWIMMING, KEN FOVARGUE PARK NOON
 BULLHEAD BELLE COUNTRY LINE DANCE NOON
 WITH LINE-DANCING INSTRUCTOR JULIE

SUNDAY, JANUARY 19

CORNHOLE, ROTARY PARK 8AM
 CLOSING CEREMONIES, LOCATION TBD NOON



**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

THURS. OCTOBER 17TH

SPONSORED BY:



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

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*Don't be spooked by your electric bill.
Pay the same amount every month!*




Budget Billing Levels Your Monthly Payment



MAKE EQUAL PAYMENTS ALL YEAR LONG!

JUL AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN



**Registration for the Budget Payment
Plan ends October 31**

MEC is an equal opportunity provider & employer.

HALLOWEEN WORD SEARCH

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

WORDS

- BONE
- BOO
- CANDY
- CAT
- COSTUME
- DRACULA
- GOBLIN
- GRAVE
- HALLOWEEN
- HAUNTED
- MONSTER
- MOON
- NIGHT
- OCTOBER
- PUMPKINS
- SCARE
- SCREAM
- SKELETON
- SPIDER
- SPOOKY
- TREAT
- TRICK
- VAMPIRE
- WITCH

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Halloween.

E V A R I M P

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

Answer: Vampire

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to popcorn.

T U R E T B

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

Answer: Butter

RIDDLES

Q1: What do you use to mend a jack-o-lantern?

Q2: What do you get when you drop a pumpkin?

Q3: Who helps the little pumpkins cross the road?

Q4: I'm tall when I'm young, short when I'm old, and I stand inside Jack-o-lanterns every Halloween. What am I?

Q5: Why is Dracula so easy to fool?

Answers 1: A pumpkin patch, Answer 2: Squash, Answer 3: A crossing gourd, Answer 4: A Candle, Answer 5: Because he's a sucker



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FREEDOM DAY

Thursday, October 10, 2024
Free Exams, Free X-rays, Free Extractions,
Free Simple Fillings - VETERANS ONLY
Must reserve appointment and complete forms prior to appointment.
Request your appointment via phone, email, or social media.

**Voted Best Dentist & Dentist Office
2016-2024**

ANNUAL CANDY BUY BACK

November 1, 2024 8am-2pm
November 4-7, 2024 8am-4pm
All Candy Collected goes to Tri-State Military Moms.

ANNUAL FOOD DRIVE

November 18-21 * November 25-27
Tuesday - Thursday 8am-4pm Friday 8am-2pm
New, unopened cans and boxed food.
Donations will go to The Salvation Army.

HOLIDAY TOY DRIVE

December 2-5 * December 10-13 * December 16-19
Tuesday - Thursday 8am-4pm Friday 8am-2pm
New, unopened toys and books.
Donations will go to The Fire Fighter Toy Drive.



**Call or Text Us at (928) 763-8111
1360 Ramar Road, Bullhead City, Arizona**





October 1

Jerry Park

October 2

Lon Vickery

Penny Sherwood-Risner

October 4

Terry Lash

October 5

Harold Hillhouse

Melody Hermance

Mark Rugh

October 6

Cheyenne Hollis

Kathy Valentine

October 7

Carol Grove

Patrick Welsh

October 8

Ruby Douglas

October 9

Char Fitzgerald

October 11

Marilou Corrao

October 12

Jeri Klohr

Yetiva Wroten

October 15

Leroy Hollis

Robin Carpenter

October 16

Jim Brosseit

October 17

Cathy Watkins

Sandy Conrad

October 18

Pam Beaushay

David Farmer

October 19

Addy Moulton

Frances Montoya

October 21

Armando Garcia

October 22

Dan Gerety

Mitch Baher

October 24

Clarence St. Martin

October 25

Donna Egelin

Michelle MacGregor

October 26

Bonnie Contreras

Don Lee

October 27

Betty Zaun

Jim Busskohl

Les Conlisk

October 28

Darryl Smeby

Steve DeJacimo

October 29

Debbie Perales

Ronald Robinson

Pamela Spadafora

October 30

Joanna Allison

Karen Bouse

October 31

Maggie Wendland



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.

OCTOBER ACTIVITIES CALENDAR

TUESDAY

1

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
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 2:30 p.m.
4:00 p.m. to 5:00 p.m.

Zumba Class
Essentrics- Aging Backwards
Bingocize
Beading Group
Foot Card Game
Poker Card Game
ART Therapy/ Halloween Card Making
Line Dancing Class

WEDNESDAY

2

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 3:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor on-site
Brain Savers Exercise -Limit 20
Wii Bowling
Medicare Part D - Information on changes to the program.
Bunco Group
Gamblers Anonymous Meeting

THURSDAY

3

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

4

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/Fall Napkin Luminaries
Mexican Train Game
Poker Card Game
Pinochle Game

SATURDAY

5

9:00 a.m. to 3:00 p.m.

Virtual Dementia Tour

Register for the Virtual Dementia Tour with the Bullhead City Senior Enrichment Center in person or by calling (928) 763-0193.

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

Level: Advanced

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

Level: Intermediate



MONDAY

7

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.
12:30 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
Mexican Train, Pinochle and Poker Games

TUESDAY

8

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/Halloween Skull Earrings
Hand & Foot Card Game
Poker Card Game
Line Dancing Class

WEDNESDAY

9

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.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor on-site
Brain Savers Exercise -Limit 20
Wii Bowling
Educational Program Aides Information Session
Give, MAKE & Take/ Salted Caramel Chocolate Chip Cookies
Gamblers Anonymous Meeting

THURSDAY

10

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

Golden Games 5k River Run, Rotary Park
Essentrics - Aging Backwards
Bingocize
Coffee Talk with Vice Mayor Dan Alfonzo
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

11

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

Wider Circle Group Attending
Brain Savers Exercise -Limit 20
Friday Fun Crafts/Pumpkin Button Shadow Box
Medicare Talking Event with Suzette Roberts
Mexican Train Game
Poker Card Game
Pinochle Game



MONDAY
14

**SENIOR
ENRICHMENT
CENTER
CLOSED**



TUESDAY
15

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
11:30 a.m. to 12:30 p.m.
12:00 p.m. to 3:00 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
S.H.I.P. Counselors on-site by appt.
(Making Medicare Changes)
Poker Card Game
Hand & Foot Card Game
ART Therapy - Q-Tip Fall Painting (limit 15)
Line Dancing Class
Late Night Ladies Bunco Group

WEDNESDAY

16

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 3:30 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor on-site
Brain Savers Exercise -Limit 20
Wii Bowling
C.A.S.A. Presentation
Bunco Group
Gamblers Anonymous Meeting

THURSDAY

17

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

Essentrics - Aging Backwards
Bingocize
Rock Painting
Open Sewing Group
Monthly Bingo sponsored by TNG Insurance
Pass the Trash Card Game/Potluck

FRIDAY

18

9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 a.m.
10:00 a.m. to 11:00 a.m.
10:00 a.m. to 2:00 p.m.
11:00 a.m. to 2:00 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.

Brain Savers Exercise -Limit 20
Friday Fun Crafts - Haunted Bird House
Exercise to Ease Arthritis Pain
Golden Games Track & Field Event
at Mohave High School
Free Mini Clinic (9 spots) *Make your Mini Clinic Appt with the Bullhead City Senior Enrichment Center in person or by calling (928) 763-0193.
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY
21

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.
12:30 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, Pinochle and Poker Games
Drum Circle

TUESDAY
22

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.
Noon to 1:00 p.m.

Noon to 3:00 p.m.

12:30 p.m. to 2:30 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
Bingo with Wellcare
Resource & Preparation Assistance
National Jr High Honor Society
Ice Cream Sundae Bar
S.H.I.P. Counselors on-site
(Medicare changes)
Art Therapy Class - Fall Leaf Paper Lantern
Hand & Foot Card & Poker Games
Line Dancing Class

WEDNESDAY
23

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.
11:30 a.m. to 1:00 p.m.
7:00 p.m. to 8:00 p.m.

Veterans Benefit Councilor on-site
Brain Savers Exercise -Limit 20
Wii Bowling
Oktoberfest
Gamblers Anonymous Meeting

THURSDAY
24

9:00 a.m. to 9:45 a.m.
9:00 p.m. to 10:00 a.m.
10:00 p.m. to 11:00 a.m.
Noon to 3:00 p.m.
Noon to 3:00 p.m.
12:00 p.m. to 1:00 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 Talk
Knit & Crochet Group
Open Sewing Group
Ice Cream Sundae Social Sponsored by Culver's
Mahjong Tile Game
Double Deck Pinochle Card Game
Pass the Trash Card Game/Potluck

FRIDAY
25

8:00 a.m. to Noon
9:00 a.m. to 9:45 a.m.
10:00 a.m. to 11:30 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.

Wider Circle
Brain Savers Exercise -Limit 20
Friday Fun Crafts/Fall Dot Rock Painting
Grocery Shopping Online
Educational Video / handout
Mexican Train Game
Poker Card Game
Pinochle Game

MONDAY

28

8:30 a.m. to 10:30 a.m.

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

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

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

Breakfast with the Meals on Wheels

Board of Directors

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

29

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 3:00 p.m.

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

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

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

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

Zumba Class

Essentrics- Aging Backwards

Bingocize

Beading Group

S.H.I.P. Counselors on-site

(Medicare changes)

Poker Card Game

Hand & Foot Card Game

ART Therapy

Halloween Pumpkin Dot Painting (limit 15

Line Dancing

WEDNESDAY

30

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.

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

12:30 p.m. to 3:30 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

Bunco Group

Gamblers Anonymous Meeting

THURSDAY

31

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

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

11:00 a.m. to 12:30 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

Halloween Fun & Games

Knit & Crochet Group

Open Sewing Group

Mahjong Tile Game

Pass the Trash Card Game Potluck



Join us for our October events!



Oct 23, 2024 11:30 am -1:00 pm
Located at Senior Enrichment Center
2275 Trane Road, Bullhead City

Fun & Games!
Bratwurst, Sauerkraut,
Au Gratin Potatoes, Soft Pretzels,
Cheese and Oktoberfest Punch

HALLOWEEN

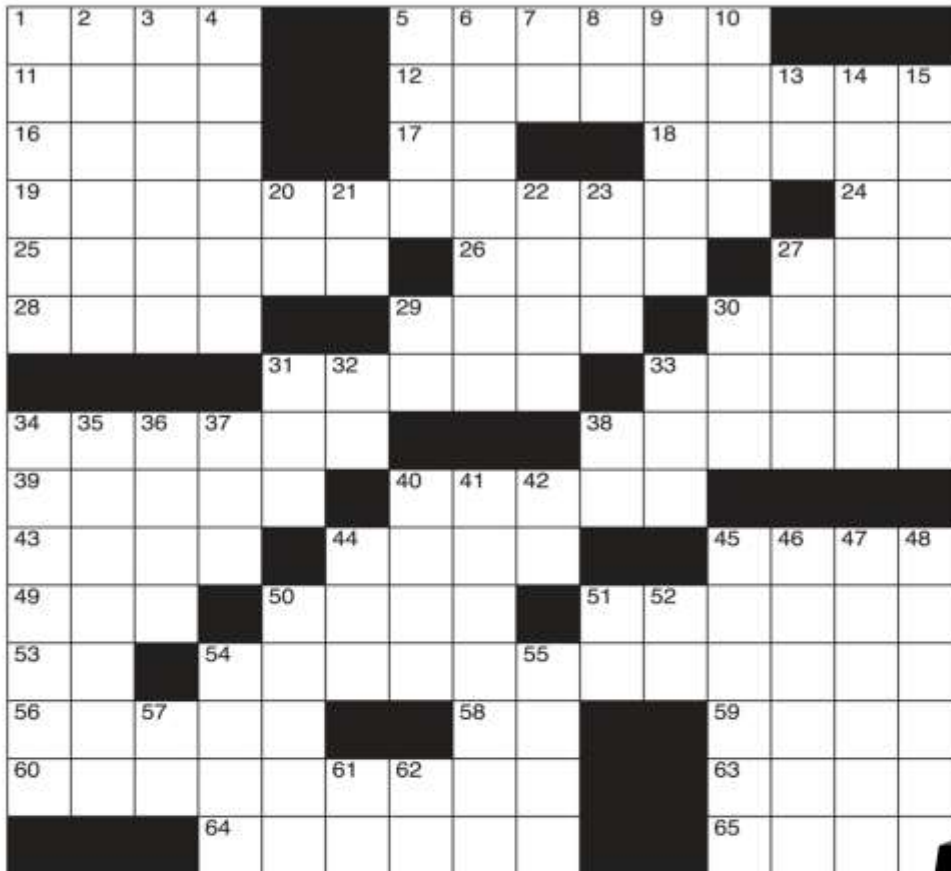
FUN AND GAMES

Oct 31, 2024 11am -12:30 pm
Located at Senior Enrichment Center
2275 Trane Road, Bullhead City

Costume Contest, Games & Prizes
Creepy Crawly Candy Bar, Popcorn,
and Mock-tail Witches Brew



CROSSWORD



CLUES DOWN

1. Open-roofed entrance
2. Japanese religion
3. Dancer's garments
4. Distributes
5. Yemeni port
6. Spanish doctors
7. It cools your house
8. Engine variant
9. Makes more manageable
10. Days (Spanish)
13. Milliliter
14. Spread out from
15. With two replaceable hydrogen atoms
20. Respectful title for a man
21. Equally
22. Scarlett's home
23. Big Blue
27. Subway dwellers
29. One-tenth of a liter
30. Central European river
31. Distress signal
32. Expression of sympathy

CLUES ACROSS

- | | |
|---|--|
| 1. ___ Spumante (Italian wine) | 38. Astronomy unit of distance |
| 5. Highly impressed | 39. Romanian village |
| 11. Pronoun to identify something specific | 40. Bears first overall pick Williams |
| 12. Uttered in an impassioned way | 43. Irritated |
| 16. Outfits | 44. Clothing for sale has them |
| 17. "Westworld" actor Harris | 45. One-time world power |
| 18. Stewed game casserole | 49. When you anticipate arriving |
| 19. Indignities inflicted on others | 50. Farm building |
| 24. Blood type | 51. Organize thoughtfully |
| 25. Says beneath one's breath | 53. Detective |
| 26. Taxis | 54. One who reduces |
| 27. Transmits genetic information from DNA to the cytoplasm | 56. Nursemaids |
| 28. NFL great Randy | 58. Partner to "Pa" |
| 29. Where college students live | 59. World's longest river |
| 30. Brief Yankees sensation Kevin | 60. Commemorates |
| 31. Condiment | 63. Compound |
| 33. -frutti | 64. The Lannisters and Starks fought for one |
| 34. Polish city | 65. Email function |





**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.



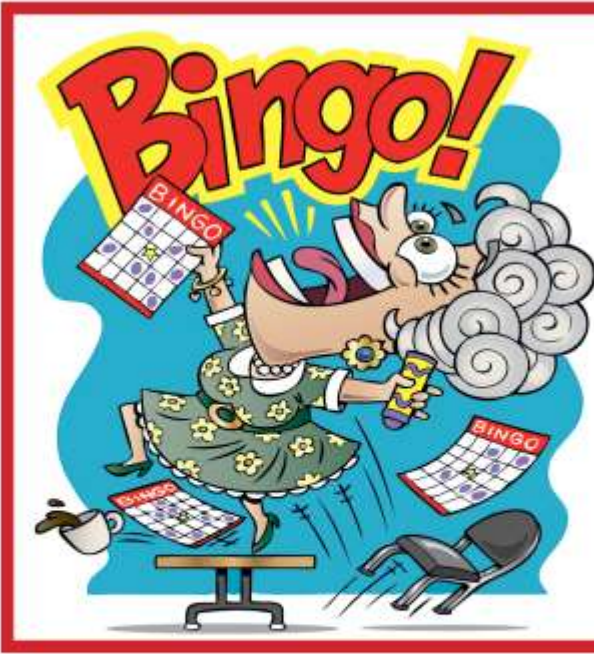
Your choice of
Beverage Only: Coffee, Tea or Juice only \$1 per person or
Continental Breakfast & Beverage only \$2 per person

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



BINGOPALOOZA

Play Bingo against other Senior Centers across the US Live on Televeda

November 7, 2024

Registration starts at 9:00 am
Game starts at 10:00 am

Senior Enrichment Center
2275 Trane Road
Bullhead City, Arizona

ALL THE ANSWERS YOU SEEK. . .

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

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



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



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

