

NOVEMBER 2024 NEWSLETTER V03 108



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!



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

**Kim Cool**  
Senior Services Program Manager  
(928) 763-0193  
kcool@bullheadcityaz.gov





**John Kearns**  
Senior Enrichment Nutrition Coor.  
(928) 763-0193  
jkearns@bullheadcityaz.gov

**Jenny Oliverio**  
Senior Enrichment Activity Coor.  
(928) 763-0193  
joliverio@bullheadcityaz.gov

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

# MONTHLY MENU

# November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Chicken Alfredo Dinner Roll Pears
<b>4</b> Green Chili Cheese Tamale Fiesta Veggies Spanish Rice	<b>5</b> Cobb Salad Dinner Roll Dressing	<b>6</b> Salisbury Steak w/ Gravy Rice Pilaf Green Beans	<b>7</b> Sweet & Sour Meatballs Buttered Pasta Carrots	<b>8</b> Chicken Enchilada Fiesta Blend Spanish Rice
<b>11</b> <b>CLOSED</b>  November 11	<b>12</b> Denver Omelet Breakfast Potatoes Pork Sausage	<b>13</b> Stuffed Cabbage Corn Cobbler	<b>14</b> Sweet & Sour Chicken Seasoned Rice Mixed Veggies	<b>15</b> Chicken Egg Rolls Fiesta Blend Rice
<b>18</b> Pork Chop Mashed Sweet Potatoes Green Beans	<b>19</b> Chicken Cordon Bleu Potatoes Mixed Veggies	<b>20</b> Beef Cutlet w/Gravy Mashed Potatoes Carrots	<b>21</b> Beef Lasagna Dinner Roll Steamed Broccoli	<b>22</b> Salisbury Steak w/ Gravy Rice Pilaf Green Beans
<b>25</b> Bratwurst Sauerkraut Potatoes Au Gratin	<b>26</b> Swedish Meatballs Buttered Pasta Corn	<b>27</b>  <b>Friendsgiving</b> Traditional Thanksgiving Dinner	<b>28</b> <b>CLOSED</b> 	<b>28</b> <b>CLOSED</b> 

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.



HELPING SENIORS THRIVE IN OUR COMMUNITY

### Senior Food Pantry

**Open to the public 60 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**

## **VOLUNTEERS NEEDED**



HELPING SENIORS THRIVE IN OUR COMMUNITY

**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 Tue and Thurs.

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

**Breakfast Servers:** Work 1 day a week 8:15-10:45 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.

**Angels Essential Worker:** Open our room and assist individuals with donated durable medical equipment. 10am –1 pm

**Newsletter Delivery:** Once a month deliver newsletters to pre-routed locations. Usually takes place on a Monday, Wednesday 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 once a week for a two hours to help people with computers, phone tech, or tablets. 9-11am, 11am-1 pm or 1-3 pm

**Volunteers must be 18 or older, 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 the Senior Services Program Manager, Kim Cool at (928) 763-0193**

Our November Volunteer Spotlight shines brightly on Dennise Purtle. Dennise has been volunteering with Meals on Wheels for two and half months. Dennise said her favorite part about volunteering is meeting all the clients and volunteers and helping others. She said she loves to help get things done.

She was born and raised in Southern California. She was a 911 dispatch supervisor for 20 years. Dennise is married to her husband Steve who retired from Southern California Edison after 37 years.

She loves all types of music and enjoys living in our great little Bullhead City all year long.



## DENNISE PURTLE, VOLUNTEER OF THE MONTH



November's Client Spotlight shines on Terry Black. Terry has been coming to the Senior Enrichment Center for a year. Terry enjoys playing games like Pinochle, Pass the trash, and working on jigsaw puzzles. "The Senior Enrichment center staff always make him feel welcome," said Terry.

Terry was a mailman for 36 years in Arlington Heights, Illinois. He retired on December 24, 2021, and move to Laughlin, Nevada on December 25, 2021. He grew up in the southwest suburbs of Chicago, Willow Springs, Illinois.

He is single and has three sisters and one brother. Terry enjoys traveling, going on cruises, jigsaw puzzles and gambling was a big part of his life before he quit. He has not gambled in over 252 days.

## TERRY BLACK, CLIENT OF THE MONTH

# Consider these gratifying Thanksgiving Facts

Thanksgiving is a time to gather with family and friends and reflect on one's blessings. In anticipation of this holiday, here are some interesting facts about the Thanksgiving celebration.

American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.

The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).

The Butterball hotline answers roughly 100,000 calls every year on its turkey question hotline.

In 1953, the Swanson company overestimated the number of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it up, repackaged it and created the first frozen TV dinners.

Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565 Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine, and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.

Thanksgiving didn't become a civic holiday until Abraham Lincoln made it one after the Civil War tragedy. Thanksgiving was declared a national holiday on October 20, 1864.

The Pilgrims did not refer to themselves as pilgrims. They used the word separatists as they were separating themselves from a larger belief system.

In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia, and the Netherlands celebrate their own versions of Thanksgiving.

Each year, the American president pardons a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset that his family's turkey that was going to be killed for Thanksgiving dinner.

According to the U.S. Calorie Control Council (CCC), an average American may consume 4,500 calories and 229 grams of fat on Thanksgiving Day.

The Macy's Thanksgiving Day Parade is an annual tradition. People line the parade route in New York City or tune in to watch the parade on television. It originated in 1924 and the famed balloons were added in 1927.



BULLHEAD CITY LAUGHLIN

# GOLDEN GAMES

WWW.SENIORGAMES.CO



## 2025 GAME SCHEDULE

### SUNDAY, JANUARY 12

GOLF, CHAPARRAL GOLF COURSE TBD  
OPENING CEREMONIES, LOCATION TBD 9AM  
ATHLETE MIXER, LOCATION TBD NOON

### MONDAY, JANUARY 13

PICKLEBALL, ROTARY PARK 9AM  
CHAIR VOLLEYBALL, OPTIMUM COMMUNITY CENTER 10AM

### TUESDAY, JANUARY 14

GOLF, CHAPARRAL GOLF COURSE TBD  
PICKLEBALL, ROTARY PARK 9AM  
CHAIR VOLLEYBALL, OPTIMUM COMMUNITY CENTER 10AM

### WEDNESDAY, JANUARY 15

GOLF, CHAPARRAL GOLF COURSE TBD  
PICKLEBALL, ROTARY PARK 9AM

### THURSDAY, JANUARY 16

CLAY TRAP SHOOTING, TRISTATE SHOOTING PARK 8AM  
POWERWALKING, ROTARY PARK 10AM  
BASKETBALL SKILLS, OPTIMUM COMMUNITY CENTER NOON  
BOWLING, RIVERSIDE LANES 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 WITH LINE-DANCING INSTRUCTOR JULIE NOON

### 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**





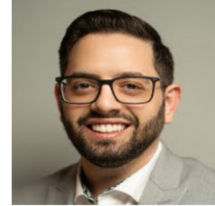
JOIN OUR FREE  
MONTHLY BINGO GAME  
12:30 P.M. TO 2:00 P.M.

THURS.

NOV 21ST

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# FALL SEASON WORD SEARCH

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

## WORDS

APPLES  
 AUTUMNAL  
 CHESTNUT  
 CHILLY  
 COOLER  
 CORN  
 CORNUCOPIA  
 COZY  
 CRISP  
 EQUINOX  
 FALL  
 FIREPLACE  
 FOGGY  
 FOLIAGE  
 GOURD  
 HARVEST  
 HARVESTING  
 HAY  
 LEAF  
 OCTOBER  
 PUMPKIN  
 RAKE  
 SCARECROW  
 SWEATER

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cooking.

**B E R L D I O**

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

Answer: Broiled

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to decorating.

**I S A D E**

--	--	--	--	--

Answer: Ideas

- Q: Why did the turkey cross the road? A: To prove he wasn't chicken.  
 Q: What do you call unhappy cranberries? A: Blueberries.  
 Q: Why did all the pecans go to space? A: They were Astro-nuts!  
 Q: Where do you find a turkey with no legs? A: Right where you left it.  
 Q: Which side of the turkey has the most feathers? A: The outside.



**HAPPY THANKSGIVING**

**DR. MARK WHITE**  
VALLEY DENTAL ASSOCIATES  
D.D.S.

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### **ANNUAL CANDY BUY BACK**

November 1, 2024 8am-2pm

November 4-7, 2024 8am-4pm

**All Candy Collected goes to Tri-State Military Moms.**

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

### **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**





Join us for the  
**Birthday Month  
 Celebration**

**Sponsored by Joshua Springs Senior Living**  
**for all Seniors 50+ at Senior Enrichment Center on**  
**Tue, October 15th starting at 11:30 am**



November 1  
 Gale Sprague  
 Jackie Kissinger

November 2  
 Dennise Purtie

November 3  
 Gail Long

November 6  
 Jean Dalsing

November 7  
 Denise Emory

November 8  
 John McBride  
 Eric Demaree  
 Dwayne Harral

November 9  
 Patricia Boon

November 10  
 Robert Pano  
 Patricia Edelberg

November 11  
 Carole Mackie

November 12  
 John Lambert

November 13  
 Rosa Ramirez  
 Mary Greenwell  
 Marrilee Fisher  
 Lawrence Olson

November 14  
 Mary Sandoval  
 Valerie Peterson

November 15  
 Sundae Schor

November 16  
 Bryce Proctor  
 Julie Eihausen

November 17  
 Howard Uncapher  
 Dave Wagner

November 19  
 Clara Thurman

November 20  
 Christopher Pino

November 21  
 Ila Loken  
 Barbara Cournoyer

November 22  
 Diana Frederickson

November 23  
 Del Pragnell

November 24  
 Aurora Lara  
 Susan Schreffler  
 Dorris McMaster

November 27  
 Jim Ahle

November 28  
 Rich Ortloff  
 Carlotta Ortiz  
 Rita Reed

November 29  
 Lora Steinhauer

November 30  
 Carl Eppich



**Cheryl Hartley, Sales Director**  
**(928) 763-1212**  
**[chartley@watermarkcommunities.com](mailto: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.

# NOVEMBER

## ACTIVITIES CALENDAR

### FRIDAY

# 1

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

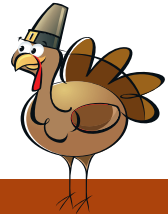
Brain Savers Exercise -Limit 20  
Friday Fun Crafts/Stencil Painting on Canvas  
One on One Technology Tutoring (2 spots)  
Mexican Train Game  
Poker Card Game  
Pinochle Game

### MONDAY

# 4

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.  
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  
Mexican Train Game



### TUESDAY

# 5

8:15 a.m. to 9:00 a.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to 10:00 a.m.  
9:00 am to Noon  
10:00 a.m. to 11:00 a.m.  
11:00 a.m. to Noon  
Noon to 3:00 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  
Living Advanced Directives  
Educational Cooking Presentation  
S.H.I.P. Counselors on site Medicare changes  
Poker Card Game & Hand & Foot Card Game  
ART Therapy/Holiday Card Making  
Line Dancing Class

### WEDNESDAY

# 6

8:00 a.m. to 4:00 p.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to Noon  
10:00 a.m. to 11:15 a.m.  
11:00 a.m. to Noon  
12:30 p.m. to 3:30 p.m.  
1:00 p.m. to 2:00 p.m.

Veterans Benefit Councilor on-site  
Brain Savers Exercise -Limit 20  
Fast Track Games  
Wii Bowling  
Educational Cooking Presentation  
Bunco Group  
Bereavement Support Group

### THURSDAY

# 7

9:00 p.m. to 10:00 a.m.  
9:00 a.m. to 9:45 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.  
5:30 p.m. to 9:30 p.m.

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

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

Level: Intermediate

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

Level: Beginner



## FRIDAY

# 8

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

Brain Savers Exercise -Limit 20  
Friday Fun Crafts/Christmas birdhouse ornament  
Golden Games Powerwalking Event at Rotary Park  
Mexican Train Game  
Poker Card Game  
Pinochle Game

## MONDAY

# 11



**SENIOR  
ENRICHMENT CENTER  
IS CLOSED**

## TUESDAY

# 12

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

Zumba Class  
Essentrics- Aging Backwards  
Bingocize  
Beading Group  
Jewelry Class/Pumpkin Earrings  
S.H.I.P. Counselors on site / Medicare Changes  
Hand & Foot Card Game  
Poker Card Game  
Line Dancing Class

## WEDNESDAY

# 13

8:00 a.m. to 4:00 p.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to Noon  
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  
Fast Track Game  
Wii Bowling  
Give, MAKE & Take/Strawberry Poke Cake  
Bereavement Support Group  
Gamblers Anonymous Meeting

## THURSDAY

# 14

8:00 a.m. to 5:00 p.m.  
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.

Mobile Mammogram Bus on site  
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/Potlu



**FRIDAY****15**

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

**Brain Savers Exercise** -Limit 20  
**Friday Fun Crafts**  
 Marshmallow Wooden Spoon Ornament  
**Exercise to Ease Arthritis Pain**  
**Lemonade & Laughs**  
**Mexican Train Game**  
**Poker Card Game**  
**Pinochle Game**

**MONDAY****18**

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.  
 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  
**Mexican Train Card Game**  
**Pinochle Card Game**  
**Poker Card Game**  
**Drum Circle**

**TUESDAY****19**

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  
 10:00 a.m. to Noon  
 11:00 a.m. to 12:30 p.m.  
 12:00 p.m. to 2:30 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.  
 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**  
**Golden Games Basketball Skills at Ken Fovargue Park**  
**Birthday Celebration**  
sponsored by Joshua Springs Assisted Living  
**ART Therapy - Holiday Bow Making** (Bring Ribbon)  
**S.H.I.P. Counselors on site / Medicare Changes**  
**Poker Card Game**  
**Hand & Foot Card Game**  
**Line Dancing Class**  
**Late Night Ladies Bunco Group**

**WEDNESDAY****20**

8:00 a.m. to 4:00 p.m.  
 9:00 a.m. to 9:45 a.m.  
 9:00 a.m. to Noon  
 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  
**Fast Track Game**  
**Wii Bowling**  
**Bunco Group**  
**Bereavement Support Group**  
**Gamblers Anonymous Meeting**

**THURSDAY****21**

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.  
 10:00 a.m. to 11:00 a.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**  
**Tech Thursday**  
**Open Sewing Group**  
**Monthly Bingo** sponsored by City of Senior Enrichment Center in person or by calling (928) 763-0193.  
**Mahjong Tile Game**  
**Pass the Trash Card Game/Potluck**

\*Make your Mini Clinic Appt with the Bullhead Center in person or by calling (928) 763-0193.



**FRIDAY**

**22**

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/Clay Gingerbread House Pot  
Mexican Train Game  
Poker Card Game  
Pinochle Game

**MONDAY**

**25**

**ALL DAY SENIOR ANGEL TREE EVENT**

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

**TUESDAY**

**26**

**ALL DAY SENIOR ANGEL TREE EVENT**

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.  
12:00 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 2:30 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  
S.H.I.P. Counselors on site / Medicare Changes  
Poker Card Game  
Hand & Foot Card Game  
ART Therapy/Santa/Snowman Paint Brush  
Line Dancing

**WEDNESDAY**

**27**

**ALL DAY SENIOR ANGEL TREE EVENT**

8:00 a.m. to 4:00 p.m.  
9:00 a.m. to 9:45 a.m.  
9:00 a.m. to Noon  
10:00 a.m. to 11:15 a.m.  
11:00 a.m. to 12:30 p.m.  
12:00 p.m. to 1:00 p.m.  
1:00 p.m. to 2:00 p.m.

Veterans Benefit Councilor on-site  
Brain Savers Exercise -Limit 20  
Fast Track Game  
Wii Bowling  
Friendsgiving Celebration  
Monthly Trivia sponsored by Dot Foods  
Bereavement Support Group

**WISHING YOU A HAPPY THANKSGIVING!**



**SENIOR ENRICHMENT CENTER IS CLOSED  
THURSDAY NOV 28 & FRIDAY NOV 29**

# BULLHEAD CITY'S November Events!

## 1 Funbelievable Friday: Feathered Friends

Recreation Office, 2285 Trane Rd. 11am Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)

## 2 Farmer's Market Presented by Swanty's of Bullhead City

Community Park, 1251 Hwy 95, 9am-1pm Free & open to the public

## 8 Funbelievable Friday: Scarecrow Seek & Find

Recreation Office, 2285 Trane Rd. 11am Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)

## 8 Golden Games 5k Powerwalk Training

Rotary Park, 2315 Balboa Dr, 10am Free & open to anyone over the age of 50

## 9 16th Annual Paul Walsh Veterans Day Parade

Miracle Mile, Bullhead City starts at 10am

## 14 Golden Games Bowling Training

Riverside Lanes, Riverside Resort, Laughlin 10am (AZ Time) Free & open to anyone over the age of 50

## 15 Funbelievable Friday: Tiny Turkey Trot

Rotary Park, 11am Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)

## 15 Golden Games Chair Volleyball

Ft. Mohave Wellness Center, 2pm Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)

## 19 Golden Games Basketball Skills

Ken Fovargue Park, 2255 Trane Rd 10am Free & open to anyone over the age of 50

## 22 Funbelievable Friday: Turkey Time Bash

Recreation Office, 2285 Trane Rd. 11am Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)

## 22 UNO Showdown

Recreation Office, 2285 Trane Rd. 6pm

## 27 Funbelievable Friday: Melting Snowman Slime

Recreation Office, 2285 Trane Rd. 11am Register at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)



### Celebrate Christmas at the North Pole Adventure!

**Free Activities:** Meet and Greet, with Santa, Mrs. Claus, Frosty and Rudolph! Bring your camera to snap photos! Santa Letter Writing Station, Express North Pole Mailbox, crafts and a day of free holiday entertainment.

**Wristband includes:** Santa's North Pole Express Train, 35' Alpine Tubing Slide, 40 ft x 40 ft Inflatable Snowman Maze, 25 ft Disco Snowman Bounce, Christmas Round-About, 26 ft Climbing Mountain, Minnie's Plush Snowball Fight, Candy Cane Challenge, Santa's Sleigh Ride, Bungee Trampoline, 3 Lane Elf Ninja Obstacle Course, Santa's Swings, Ornament Station Holiday Carousel, Gingerbread Obstacle Course, Candy Play Land, 27ft Gingerbread Slide and Mrs. Claus's Ferris Wheel.

## Save the Date

Sat, December 14th

Anderson Auto Group Fieldhouse 10am-6pm

**Discount Wristbands December 1-8, 2024**

Save \$5 per wristband at [bullheadcity.com/recdesk](http://bullheadcity.com/recdesk)  
no refunds, non-transferable.



**BULLHEAD CITY RECREATION DEPT.**  
2285 TRANE RD, BULLHEAD CITY  
(928)763-0158



# Ice Cream Social

Thurs, Nov 7  
Noon to 1:00 p.m.  
Senior Enrichment  
Center  
2275 Trane Rd  
Bullhead City

Sponsored by:



# Join us for FRIENDS GIVING

It's Thanksgiving among friends.

November  
Wednesday  
27

11:00 am - 12:30 pm, AZ Time

Senior Enrichment Center,  
2275 Trane Road,  
Bullhead City, Arizona



## Food, Games & Fun!



## Bullhead City Senior Enrichment Center's Senior Angel Tree Program

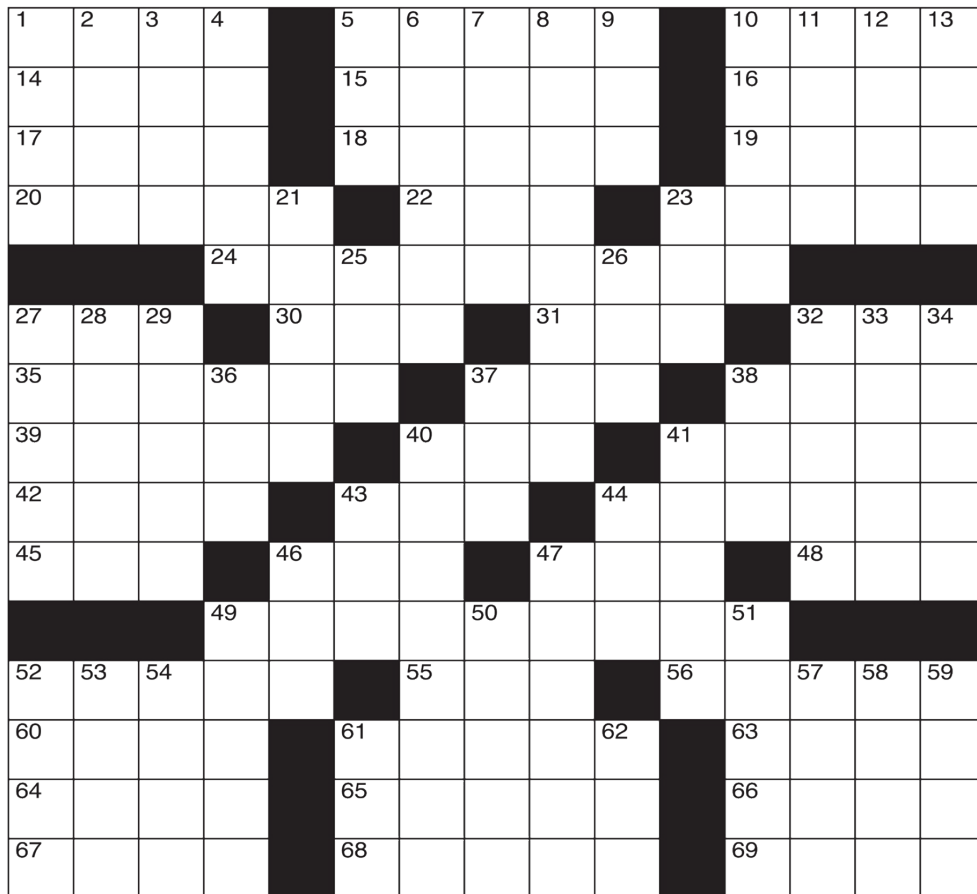
Choose a tag from the Senior Angel Tree and help a local senior in need this holiday season.

The Senior Angel Tree is located in the  
Senior Enrichment Center  
2275 Trane Road, Bullhead City.

Program begins November 25, 2025

Please return your wrapped gift with your  
Senior Angel Tree ornament attached by  
4pm on December 16, 2024.

# CROSSWORD



## CLUES DOWN

1. Piece of felted material
2. Ancient Greek City
3. Aquatic plant
4. Potentially harmful fungus (Brit. sp.)
5. Body art (slang)
6. One who follows the rules
7. Ordinary
8. Honorably retired from assigned duties and retaining one's title
9. Relaxing space
10. Japanese socks
11. Indian city
12. Rip
13. Icelandic book
21. Satisfies
23. Where golfers begin
25. Small amount
26. Snag
27. Determine the sum of
28. A distinctive smell
29. Exposed to view
32. Stain or blemish

## CLUES ACROSS

- |   |  |
|---|--|
| 1. Long piece of squared timber             | 41. ___ and Venzetti                   |
| 5. Emaciation                               | 42. Exclamation at the end of a prayer |
| 10. "Bewitched" boss Larry                  | 43. Hawaiian dish                      |
| 14. Combining form meaning "different"      | 44. Aggressively proud men             |
| 15. Current unit equal to 10 amperes        | 45. Fellow                             |
| 16. Older                                   | 46. Mark Wahlberg comedy               |
| 17. Large, stocky lizard                    | 47. Mock                               |
| 18. Ringworm                                | 48. When you expect to get somewhere   |
| 19. Actor Pitt                              | 49. Songs                              |
| 20. Indian hand clash cymbals               | 52. Pair of small hand drums           |
| 22. Data at rest                            | 55. Play                               |
| 23. Jeweled headdress                       | 56. Sword                              |
| 24. Indicators of when stories were written | 60. Evergreens and shrubs genus        |
| 27. Check                                   | 61. Filmed                             |
| 30. Cigarette (slang)                       | 63. Italian Seaport                    |
| 31. Arctic explorers (abbr.)                | 64. Ancient kingdom near Dead Sea      |
| 32. Yearly tonnage (abbr.)                  | 65. Pores in a leaf                    |
| 35. Delivered a speech                      | 66. U. of Miami mascot is one          |
| 37. A place to bathe                        | 67. Snakelike fishes                   |
| 38. Postmen deliver it                      | 68. Pretended to be                    |
| 39. Surface in geometry                     | 69. Body part                          |
| 40. More (Spanish)                          |  |





**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. Upon payment for your breakfast you will receive a menu to circle your choices and the meal will be brought to your table by our kitchen volunteer. Drink refills are free.

## Bullhead Senior Enrichment Center

2275 Trane Rd. Bullhead City, Arizona

[www.bullheadcity.com](http://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. . .

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

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



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

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



**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

