













SENIOR ENRICHMENT CENTER

BULLHEAD CITY • ARIZONA

HELPING SENIORS THRIVE IN OUR COMMUNITY

NOV 2026 NEWSLETTER

VOLUME 05 ISSUE 08

SCAN FOR EVENT CALENDAR

SCAN TO FOLLOW US ON FACEBOOK

LIVE MUSIC & MORE



NOW APPEARING:

KARAOKE WITH SUPERMAN

WED. NOV. 25
1:30 PM - 2:30 PM
IN THE GAME ROOM

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD

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Angel's ESSENTIAL ROOM



Donations by Seniors for Seniors

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

Open Monday - Friday
10 a.m. to 1 p.m.
or by appointment
(928) 763-0193

Senior Enrichment Center
2275 Trane Rd.
Bullhead City, Arizona

BULLHEAD CITY ARIZONA
SENIOR ENRICHMENT CENTER
HELPING SENIORS THRIVE IN OUR COMMUNITY

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 $3, or $1 for coffee only. Lunch is available Monday-Friday from 11:30 a.m. to 12:30 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 and Friday
8:00 a.m. to 4:00 p.m.
Tuesday-Thursday
8:00 a.m. to 6:00 p.m.
For more information call
(928) 763-0193
Follow us on Facebook!



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Senior Services Program Manager
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SENIOR ENRICHMENT CENTER

MONTHLY MENU

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf w/ Gravy Mac & Cheese Veggies	**3** Denver Omelet Breakfast Potatoes Pork Sausage	**4** Chicken Nuggets Mashed Potatoes Corn	**5** Sweet & Sour Meatballs Pasta & Carrots	**6** Beef Lasagna Dinner Roll Broccoli
9 BBQ Pulled Pork Baked Beans Peach Cobbler	**10** Chicken Cordon Bleu Potato Wedges Mixed Veggies	**11** CLOSED VETERANS DAY November 11	**12** Chicken Enchiladas Rice Refried Beans	**13** Spaghetti & Meatballs Mixed Veggies Cherry Crisp
16 Salisbury Steak w/ Gravy Rice Pilaf Green Beans	**17** Swedish Meatballs Over Pasta Corn & Roll	**18** Swedish Meatballs Pasta / Corn Roll	**19** Asian Chicken Salad Dinner Roll Dressing	**20** Cheese Omelet Pork Sausage Hash Brown
23 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	**24** Ham Steak w/ Pineapple Yams Mixed Veggies	**25** Friendsgiving Meal Turkey Mashed Potatoes Stuffing & Extras	**26** CLOSED THANKSGIVING DAY	**27** CLOSED 
30 Seasoned Chicken w/ Gravy Mashed Potatoes Mixed Veggies				

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.

UnitedHealthcare Golden Rule Insurance Co.

WESTERN ARIZONA REGIONAL MEDICAL CENTER

WACOG Western Arizona Council of Governments

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 - 12:30 am 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.

KEEP MOVING

Understanding knee pain and your options for relief

Thurs, Nov 12th at 4pm

Free WARMC Presentation



Meal & gift provided.
Space is limited. RSVP Recommended.
Meal will be served after the presentation.

Sign up at Bullhead City Senior Enrichment Center in person or by phone.

Presentation Topics

- Why does your knee hurt?
- When should you get your knee checked?
- Every day ways to keep moving
- Relief without surgery
- When does knee replacement make sense?

Presented by Dr. Nathan Weaver

Orthopedic Surgeon

Nathan Weaver, DO, is a board-certified orthopedic surgeon and fellow of the prestigious American Academy of Orthopedic Surgeons who practices in Bullhead City. He is affiliated with Western Arizona Regional Medical Center, where he performs both inpatient and same-day surgeries, and sees patients in the office setting at Western Arizona Orthopedics and Sports Medicine.

Dr. Weaver treats patients of all ages. While he prefers to begin treatment with conservative measures whenever possible, his scope of practice includes shoulder, hip, and knee replacements; carpal tunnel treatment; arthroscopic knee and shoulder surgery for sports-related injuries in young and active adults; minor hand procedures; and surgical care for broken bones and torn tendons.

During his residency training, Dr. Weaver earned a Master of Science in Medical Education and takes pride in helping patients feel informed and educated about their condition and treatment options.



WESTERN ARIZONA REGIONAL MEDICAL CENTER
2735 SILVER CREEK RD, BULLHEAD CITY, AZ 86442
(928) 763-2273 WARMC.COM

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

Thanksgiving Themed Games & Friendsgiving Dinner

EVENT 1: THANKSGIVING THEMED GAMES

TWN Communications

On Wednesday, November 25th, 10:30 a.m. - 11:30 a.m.

Sponsored by TWN Communications. Join us for games, make new friends, and enjoy this interactive social hour. A great way to avoid holiday blues!

EVENT 2: FRIENDSGIVING DINNER

11:30 a.m. - 12:30 p.m.

Enjoy a heartwarming traditional Thanksgiving meal with friends in a warm and welcoming atmosphere. We invite everyone to bring a dessert to share to make the celebration even sweeter. A sign-up sheet is available at the activity window.

RESERVATION INFORMATION

SPACE IS LIMITED TO 200 PEOPLE!

Scan the QR code below to reserve your ticketed spot in either Great Room or Nutrition Center.

We look forward to celebrating friendship, gratitude, and good food with you at the Senior Enrichment Center, located at 2275 Trane Road.

ATTENDEES MUST BE 60+ OR DISABLED WITH A PHYSICIANS STATEMENT OF NEED

SENIOR ENRICHMENT CENTER

MEALS on WHEELS BULLHEAD CITY, AZ www.MealsOnWheelsBullhead.org

MONTHLY WHITE ELEPHANT BINGO



Friday, November 13
12:30 p.m. - 1:30 p.m.

SENIOR ENRICHMENT CENTER
2275 TRANE RD. BULLHEAD CITY

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Jackie Frazier
Licensed Insurance Agent
jfrazier7031@gmail.com
702-219-4217
ProtectHealth
A Company of B&C Agency, LLC.

MOVIE MATINEE

November 19 ▪ 2PM - 4:30PM

STAR WARS THE MANDALORIAN & GROGU

SENIOR ENRICHMENT CENTER
2275 TRANE RD, BULLHEAD CITY



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FUNERALS, CREMATIONS, & CEMETERIES
Family Owned Family Operated Family Values
SINCE 1956

THANKSGIVING TABLE WORD SEARCH

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

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

CASSEROLE
CENTERPIECE
CORNBREAD
CORNUCOPIA
CRANBERRY
DESSERT
DINNER
FEAST
GATHERING
GOURD
GRATITUDE
GRAVY
HARVEST
LEFTOVERS
MAYFLOWER
PARADE
PILGRIMS
PUMPKIN PIE
STUFFING
SWEET POTATOES
TABLE
TURKEY
WAMPANOAG
WISHBONE



HALF OFF TWO MONTHS OF SERVICE**

Savings Starting at $60***



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RELIABLE SERVICE.
CONNECTIONS YOU CAN COUNT ON.

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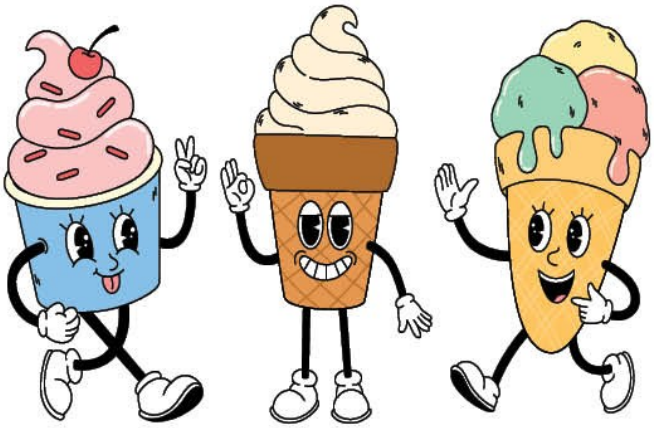
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*Services provided by TWN Communications. Not available in all areas. Restrictions, terms and conditions apply. Taxes, regulatory, surcharges and other charges are applicable. Rates are subject to change. Call for details or visit twncomm.com/terms-conditions for additional information and terms and conditions of services. Residential customers on qualifying internet plans will receive download speeds up to 2.0 Gbps, per respective plan. A 30-day notice is required to cancel service. †Promotional discounts applicable to fiber residential internet service only. Up to $12 max savings. $5 MEC member discount may be combined with $2 autopay discount, and only one additional $5 discount, either $5 active military or $5 senior discount. Active military and senior discounts may not be stacked together. Proof of eligibility required. Only one autopay discount applicable per customer. **Offers available on new residential internet service only. Receive half off the two full months of service with a 500 Mbps plan or greater. Credits apply to the 2nd and 3rd month of service. Offers expire December 31, 2026. MEC Currents Q32026.pdf

ICE CREAM SOCIAL

JOIN US FOR A SWEET TREAT!



NOVEMBER 5
NOON-12:30PM

NOVEMBER 19
NOON -1PM

SPONSORED BY Culver's ButterBurgers & Frozen Custard®

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD BULLHEAD CITY, AZ



24-7 In-Home Care For Seniors
Compassionate Care Giving

We serve Bullhead City, Laughlin, Kingman and surrounding areas. Some of our services include personal care, meal prep, light housekeeping, dementia care, to end of life care.

With 25 years of caregiving experience,we know that your loved one will be in great hands with "Wings Of An Angel".

Get 10% off First Month's Service When You Mention This Ad!

WINGS OF AN ANGEL
IN-HOME CARE

Call Us Today For A FREE In-Home Assessment for Your Loved One
928-404-2480

2020 Silver Creek Rd. Suite C-104 Bullhead City, AZ 86442
Email: Khollar@wingsofanangelhomecare.com Website: wingsofanangelhomecare.com



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 $3 per person

All food must be eaten in the building. No food is allowed to be taken outside the Senior Enrichment Center building.

Drink refills are free.

Senior Enrichment Center, 2275 Trane Rd. Bullhead City, Arizona


GRAB BAG
BINGO
WED. NOV 18
10:30AM-11:30AM
SENIOR ENRICHMENT CENTER
2275 TRANE RD BULLHEAD CITY
SPONSORED BY
SERENITY
HOSPICE & HOME HEALTH
BINGO
25
38
54
3


QUALITY
ASSISTED LIVING
Where Life Feels More Connected
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Where life happens matters, but how it feels matters more. At Davis Place, our welcoming community goes beyond the ordinary, bringing residents together through engaging activities and inviting spaces that inspire connection. With personalized assistance and everyday comforts thoughtfully woven together, life flows with ease and enjoyment. This is Assisted Living shaped by independence, warmth, and heart.
SCHEDULE YOUR TOUR TODAY AND ENJOY LUNCH ON US!
DAVIS PLACE
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DavisPlaceSeniorLiving.com
2943 Desert Sky Blvd., Bullhead City, AZ 86442
Assisted Living

Be Someone's Angel This Christmas!

Angel Tree

at the
Senior Enrichment Center

Kindness Makes Christmas Brighter

Share the Joy of Giving

Neighbors Helping Neighbors

Small Acts of Kindness Make a Big Difference

If you would like to be a
Gift-Giving Angel
this Christmas and help one of our local seniors:

1. Select an angel.
2. Let the Front Desk know which Angel you are taking.
3. Purchase the item.
4. Please wrap the item & attach the angel tag to the gift.
5. Bring the gift back to the Senior Enrichment Center no later then **December 18, 2026 at 3:00 pm.**
6. Enjoy Christmas knowing you made someone's day.

Thank you for being an Angel!

Dear Neighbors,

The Senior Enrichment Center is going to be offering help for the holidays through a gift giving angel tree which will be put up in our Senior Enrichment Center Lobby.

We are looking for Neighbors who won't have any family in for Christmas to send back this completed form and we will be finding a special Secret Santa to fulfill your wish in time for the big day.

Angel Tree Gift Form will be available Monday, November 9th.

Angel Selection will start Friday, December 4th.

Please return your completed form by November 23, 2026.

All requests will be handled with care and respect.

Together We Make a Brighter Tomorrow

Senior Enrichment Center
2275 Trane Rd | Bullhead City, AZ

Welcome

Valley View Medical Center is pleased to welcome two orthopedic surgeons to our community.





Specializing in:

- Sports medicine
- Knee replacement
- Pediatric orthopedics
- Fracture care
- Hip replacement
- Knee reconstruction
- Rotator cuff disorders

Valley View Orthopedics
5300 S. Hwy. 95, Suite C, Fort Mohave, AZ 86426

David VanDeWyngaerde, MD

Albert Pearsall, MD

Online scheduling available. Scan here.

VALLEY VIEW MEDICAL CENTER

Now accepting new patients. Appointments may be made by calling 928.788.7920. ValleyViewMedicalCenter.net

DIAMOND ART PAINTING

Sponsored by: BHHS LEGACY FOUNDATION

Join us for Diamond Art Creations Workshop

Monday, November 2
12:30pm - 2:30pm
Senior Enrichment Center's
Craft Room



Join us for FREE Weekly Bingo game Every Monday

10:15 a.m. - 11:15 a.m.

SENIOR ENRICHMENT CENTER
2275 TRANE ROAD
BULLHEAD CITY

SPONSORED BY

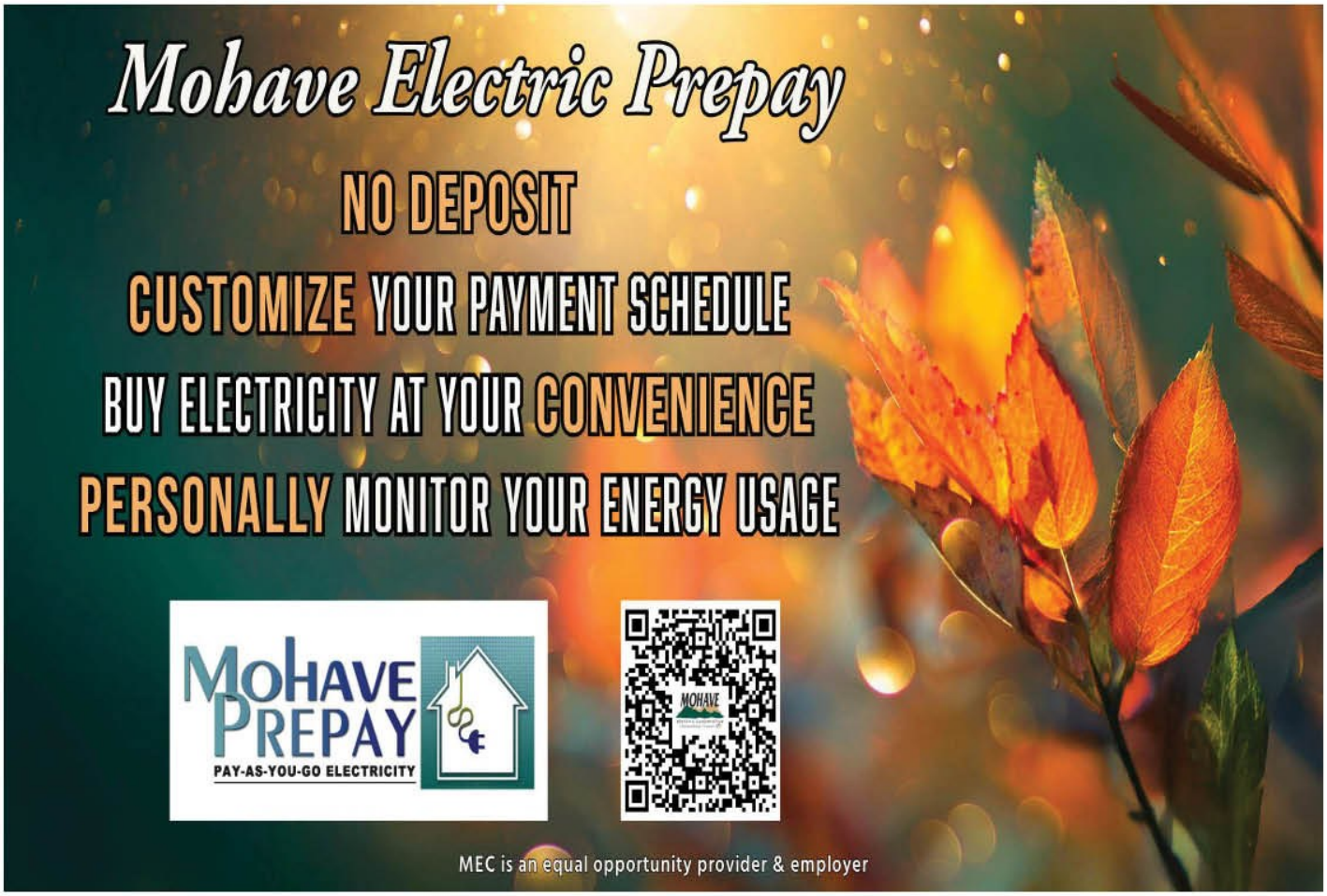
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GAME sponsor

Dennis & Stacy Cook
Family Trust

- Pinochle
- Sweep Card
- Poker
- Hand and Foot
- Mexican Train
- Mahjong Tiles
- Hit the Bulls Eye
- Cue Masters Club
- Left, Right, Center
- & More!

We welcome new players and new games! If you're interested in joining, or even starting a card group, we'd love to help make it happen. Come by for a personal tour and see our card rooms in action.



TRIVIA

Join us on Wednesday, November 25th at 12:30 p.m. Have Fun & WIN PRIZES!

Sponsored by DOT®

Bullhead Senior Enrichment Center
2275 Trane Rd. Bullhead City, Arizona

SPONSORED BY
LEGACY REHAB & CARE CENTER

MONTHLY MIXER

JOIN US AT THE
SENIOR ENRICHMENT CENTER

THANKFUL TO BE FRIENDS

November 24th
12:30 pm -1:30 pm

Join us for our Thankful to Be Friends Monthly Mixer. Enjoy delicious seasonal treats, festive fall inspired mocktails!

Let's toast to friendship, laughter, and all the little things that make life sweeter!

LET'S MIX & MINGLE!

SPONSORED BY

THE LEGACY
REHAB & CARE CENTER

SILVER CREEK

Leisure Living - Assisted Living

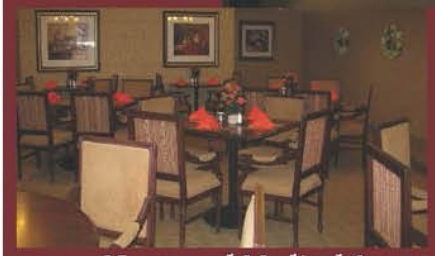
A great place to call home...



Beautiful Common Areas

Studio & 1 Bedroom Units





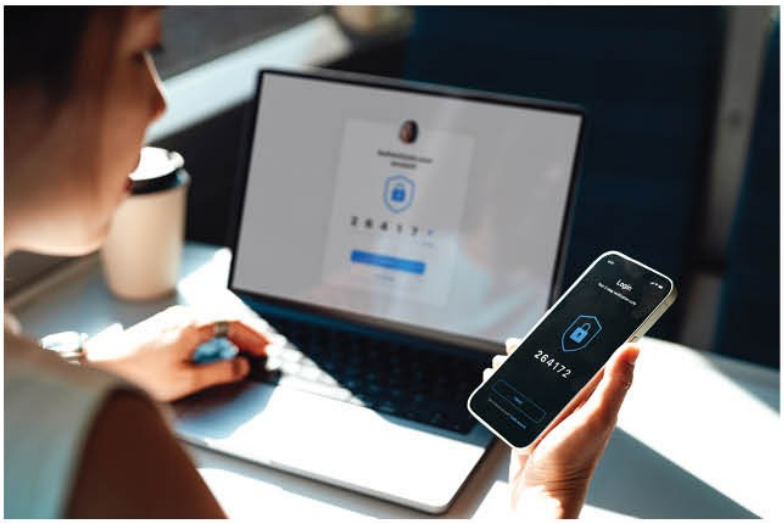
Restaurant Style Dining

- Nurse and Medical Supervision
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  Three Daily Meals & Snacks
- Transportation
  Local Doctors & Shopping
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- Landscaped Outdoor Areas Walking Paths
- Housekeeping & Linen Services
- Emergency Call System
- ALTCS Accepted

1670 Highway 95
Bullhead City, AZ 86442

928-704-7000
silvercreekll@frontiernet.net
www.silvercreekassistedliving.com

How to protect your personal data online



Long gone is the era when individuals could store their personal data almost exclusively on paper. Modern life mandates that much of society now does everything from banking to conversing to buying groceries online. That's a lot of personal information floating around out there on the internet.

Without the appropriate security measures, internet users' personal information could be vulnerable to hackers and criminals. Though there's no way to guarantee personal information cannot be hacked, the Federal Trade Commission offers various tips to users hoping to safeguard their personal data online.

Make sure software is up-to-date. Smartphone users undoubtedly are familiar with system updates. Such updates are designed to improve functionality on mobile phones, tablets, computers, and other devices, and they also tend to update security software to offer greater protection against hackers and other criminals. Users can open the settings function on their devices and set up automatic updates so systems are updated the moment the latest tweaks are available. System updates typically fix bugs and other issues with security software, internet browsers, operating systems, and even applications.

Utilize two-factor authentication. Two-factor authentication is an extra layer of security that typically sends users a verification passcode via text or email. Without that passcode, it's impossible to access an account. The passcode typically expires in a few minutes. Additional forms of two-factor authentication include a security key, which is an actual device that connects to a primary device and utilizes encryption to confirm the key is associated with the account that is trying to be accessed, and an authenticator app, which generates a verification password not unlike the passcode sent via more traditional two-factor authentication.

Pick strong and unique passwords and routinely change them. Passwords are a significant part of modern life. Whether you're trying to access your smartphone in the morning or watch a television show at night or log into a bank account during a midday break from work, you're liable to need a password to do each of those things. Passwords can be hard to remember, and that may encourage some users to employ the same ones for various accounts. But that makes user data particularly vulnerable to hackers, so it's best to pick a strong and unique password for each account and routinely reset all passwords. A simple password like "User1234" is easily decoded, as is one that's used for years on end across multiple accounts. Third-party password managers can help users overcome the inconvenience of remembering multiple passwords. All that's necessary to remember when employing such functions is the password to access the password manager, which will then auto-populate the password for a given app or site. Personal data is more vulnerable than ever. However, internet users can employ various strategies to safeguard their personal information online.

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

Level: Advanced

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

Level: Intermediate

SUDOKU FUN

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

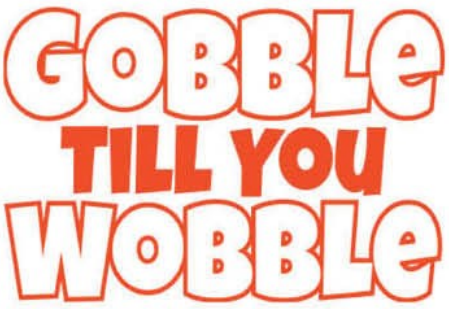
WEEKLY ACTIVITIES

EVERY MONDAY

9:00 a.m. to 9:45 a.m.	Body Moves for Brain Power/Exercise Room
9:00 a.m. to 10:00 a.m.	Essentrics Aging Backwards/Exercise Room
10:15 a.m. to 11:15 a.m.	Free Bingo w/Prizes/Great Room Sponsored by Family Care Home Health & Hospice
11:00 a.m. to 1:00 p.m.	Tech Support/Linda Kern/Library
12:30 p.m. to 3:30 p.m.	Mexican Train/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 3:30 p.m.	Poker/Game Room Sponsored by: Cook Family trust
12:30 p.m. to 3:30 p.m.	Pinochle/Great Room Sponsored by: Cook Family Trust
1:30 p.m. to 2:30p.m.	Beginner Line Dancing/Nutrition Center

EVERY TUESDAY

9:00 a.m. to Noon	Beading Circle/Craft Room
9:00 a.m. to 9:30 a.m.	Chair Zumba Class/Exercise Room
9:30 a.m. to 10:30 a.m.	BAND-O-CIZE/Exercise Room
10:00 a.m. to 10:30 a.m.	Chair Zumba Class/Exercise Room
10:00 am to 12:00 p.m.	Ping Pong/Great Room or Patio
12:30 p.m. to 3:30 p.m.	Poker Game/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 4:00 p.m.	Hand & Foot Card Game/Game Room Sponsored by: Cook Family Trust
3:00 p.m. to 4:00 p.m.	Line Dancing /Nutrition Center
3:00 p.m. to 5:00 p.m.	Veterans Support /Nutrition Center
3:45 p.m. to 4:15 p.m.	Tai Chi Class/Exercise Room






The HEROES AMONG US
VETERANS DAY
MORNING GATHERING
HONOR
GRATITUDE
COMMUNITY
Thank You Veterans
BRAVE MEN
BRAVE WOMEN
BRIGHTER TOMORROWS
Join us for a special morning dedicated to honoring the brave men and women who have served our country. Come together with friends and fellow Neighbors as we recognize and celebrate our Veterans and show our appreciation for their courage, sacrifice, and service.
TUESDAY
NOVEMBER 10
9:30 AM – 10:30 AM
Enjoy a light morning selection of:
Assorted Muffins ★ Fresh Fruit ★ Juice ★ Coffee

EVERY WEDNESDAY

8:00 a.m. to 4:00 p.m.	Veterans Benefit Councilor/Nutrition Center
11:00 a.m. to 1:00 p.m.	Tech Support/Linda Kern/Library
12:30 p.m. to 1:30 p.m.	Hit the Bullseye/Electronic Darts/Game Room Sponsored by: Cook Family Trust
1:30 p.m. to 3:30 p.m.	Cue Masters Womens Club & Lessons/Game Rm Sponsored by: Cook Family Trust
7:00 p.m. to 8:00 p.m.	Gamblers Anonymous Meeting/Nutrition Center

EVERY THURSDAY

9:00 a.m. to 9:45 a.m.	Chair Yoga Better Health /Exercise Room
9:30 a.m. to Noon	Morning Poker/Game Room Sponsored by: Cook Family Trust
10:00 a.m. to 10:30 a.m.	BAND-O-CIZE/Exercise Room
11:00 a.m. to 4:00 p.m.	Bull Dog Pool League/Game Room Sponsored by: Cook Family Trust
Noon to 3:00 p.m.	Knit & Crochet Group/Craft Room
12:30 p.m. to 3:30 p.m.	Mahjong Tile Game/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 4:30 p.m.	Double Deck Pinochle/Nutrition Center Sponsored by: Cook Family Trust
5:30 p.m. to 9:30 p.m.	Pass the Trash Game & Potluck Located in the old Senior Center, 2285 Trane Rd

EVERY FRIDAY

9:00 a.m. to 9:30 a.m.	Chair Zumba Class/Exercise Room
9:30 a.m. to 10:30 a.m.	Brain Savers Exercise/Exercise Room Provided by: Meals on Wheels Board
10:00 a.m. to 11:00 a.m.	Shuffleboard/Great Room Sponsored by: Cook Family Trust
12:30 p.m. to 3:30 p.m.	Mexican Train/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 3:30 p.m.	Pinochle/Nutrition Center Sponsored by: Cook Family Trust
12:30 p.m. to 3:30 p.m.	Poker/Game Room Sponsored by: Cook Family Trust
1:00 p.m. to 3:00 p.m.	Tech Assistance/Dana Larkin/Library
2:00 p.m. to 2:30 p.m.	Chair Zumba /Exercise Room

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November 23 Noon - 1pm

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SENIOR ENRICHMENT CENTER 2275 TRANE ROAD, BULLHEAD CITY

SPECIAL EVENTS & ACTIVITIES

Monday, November 2

12:30 p.m. to 2:30 p.m.	Diamond Painting/Pearls & Diamond of the Season/Craft Room Sponsored by: BHHS Legacy Foundation

Tuesday, November 3

9:00 a.m. to 2:00 p.m.	SHIP Counselors/By appointment only/Nutrition Center
12:30 p.m. to 2:30 p.m.	Art Therapy/Card Making/Craft Room
2:00 p.m. to 4:00 p.m.	Good Old Days Classic TV/Great Room

Wednesday, November 4

9:00 a.m. to 10:00 a.m.	Essentrics Aging Backwards/Exercise Room
10:00 a.m. to 11:00 a.m.	Brain Savers Exercise/Exercise Room Provided by: Meals on Wheels Board
10:00 a.m. to 11:00 a.m.	Wii Bowling/Great Room
10:00 a.m. to Noon	Sewing Circle/Craft Room
11:00 a.m. to Noon	Legal Services/State of Arizona/Conference Room
12:30 p.m. to 1:30 p.m.	Hit the Bullseye/Electronic Darts/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 2:00 p.m.	Genealogy Club/Library
12:30 p.m. to 3:30 p.m.	Bunco Game Day/Great Room
1:00 p.m. to 2:00 p.m.	Bereavement Support Group/Craft Room

Thursday, November 5

10:00 a.m. to 11:30 a.m.	Crafts/Scarecrow & Santa Bottle Buddies/Craft Room Sponsored by: Da Kine Connection
11:00 a.m. to 11:30 a.m.	Oldies in Motion Chair Dance/Exercise Room
12:00 p.m. to 4:00 p.m.	Monthly Texas Hold'em Poker Tournament/30 ppl/Great Room
12:00 p.m. to 12:30 p.m.	Ice Cream Social/ Nutrtion Center Sponsored by: Culver's of Bullhead City

Friday, November 6

11:30 p.m. to 1:30 p.m.	2nd Annual Meals on Wheels Fall Fashion Show Luncheon/Great Room

Monday, November 9

8:30 a.m. to 4:30 p.m.	Share your Christmas wish/Angel Tree Forms are available

Tuesday, November 10

9:00 a.m. to 2:00 p.m.	SHIP Counselors/By appointment only/Nutrition Center
9:30 a.m. to 10:30 a.m.	Heroes Among Us- Veterans Day Morning Gathering
12:30 p.m. to 2:30 p.m.	Jewelry Making/ Autumn leaves earrings/Craft Room
1:00 p.m. to 2:00 p.m.	Sound Bowl Breathing & Healing/Great Room

Wednesday, November 11 - Closed for Veterans Day

Thursday, November 12

11:00 a.m. to 12:00 p.m.	Monthly Bingo/Great Room Sponsored by: TNG Insurance
12:30 p.m. to 1:30 p.m.	Left, Right & Center Card Game/Game Room Sponsored by: Cook Family Trust
4:00 p.m. to 5:00 p.m.	FREE Keep Moving Presentation/WARMC/Great Room

SPECIAL EVENTS & ACTIVITIES

Friday, November 13

10:00 a.m. to 11:30 a.m.	Friday Fun Craft/Pearls & Pine Cone Christmas Tree/Craft Room Sponsored by Da Kine Connection
12:30 p.m. to 1:30 p.m.	White Elephant Bingo/Great Room Sponsored by: ProtectHealth

Monday, November 16

2:30 p.m. to 3:30 p.m.	Drum Circle/Exercise Room

Tuesday, November 17

9:00 a.m. to 2:00 p.m.	SHIP Counselors/By Appointment/Medicare Changes/Nutrition Office
12:30 p.m. to 2:30 p.m.	Art Therapy/Woodland Christmas Charm/Craft Room
12:30 p.m. to 1:00 p.m.	Birthday Month Celebration/Great Room
2:00 p.m. to 4:00 p.m.	Good Old Days Classic TV/Great Room
6:00 p.m. to 9:00 p.m.	Late Nite Ladies Bunco Group/Nutrition Center

Wednesday, November 18

9:00 a.m. to 10:00 a.m.	Essentrics Aging Backwards/Exercise Room
10:00 a.m. to 11:00 a.m.	Brain Savers Exercise/Exercise Room Provided by: Meals on Wheels Board
10:00 a.m. to 11:00 a.m.	Wii Bowling/Game Room
10:00 a.m. to Noon	Sewing Circle/Craft Room
10:30 a.m. to 11:30 a.m.	Grab Bag Bingo/Great Room Sponsored by: Serenity Home, Health & Hospice
11:00 a.m. to Noon	Legal Services/State of Arizona/Conference Room
12:30 p.m. to 1:30 p.m.	Hit the Bullseye/Electronic Darts/Game Room Sponsored by: Cook Family Trust
12:30 p.m. to 2:00 p.m.	Genealogy Club/Library
12:30 p.m. to 3:30 p.m.	Bunco Game Day/Great Room
1:00 p.m. to 2:00 p.m.	Bereavement Support Group/Craft Room
1:00 p.m. to 2:30 p.m.	Neighbor's Kitchen Recipe Club/ Mediterranean Chicken & Veggie bowls/Nutrition Center

Thursday, November 19

10:00 p.m. to 11:00 a.m.	Rock Painting/Craft Room Provided by: CRWC
11:00 a.m. to 11:30 a.m.	Oldies in Motion Chair Dance/Exercise Room
Noon to 1:00 p.m.	Ice Cream Social/Nutrition Center Sponsored by: Culver's of Bullhead City
Noon to 2:00 p.m.	Bingopalooza/Great Room
2:00 pm. to 4:30 p.m.	Monthly Matinee/Star Wars: The Mandalorian & Grogu/Great Room Sponsored by: Desert Lawn Funeral Home
3:30 p.m. to 5:30 p.m.	Virtual Dementia Tour/Conference Rom

SPECIAL EVENTS & ACTIVITIES

Friday, November 20

10:00 a.m. to 11:30 a.m.	Friday Fun Craft/Christmas Forest Birdhouse/Craft Room Sponsored by: Da Kine Connection

Monday, November 23

Noon to 1:00 p.m.	Root beer floats/ Great Room

Tuesday, November 24

10:00 a.m. to Noon	Neighborly News/Prepare for emergency/Great Room
12:30 p.m. to 1:30 p.m.	Monthly Mixer/Thankful to be Friends/Great Room Sponsored by: Legacy Rehab & Care Center
12:30 p.m. to 2:30 p.m.	Art Therapy/Gnome for the Holidays/Craft Room

Wednesday, November 25

10:30 a.m. to 11:30 a.m.	Thanksgiving Themed Games/Great Room & Nutrition Center Sponsored by: TWN Communications
11:30 a.m. to 12:30 p.m.	Friendsgiving Dinner/Nutrition Center & Great Room
12:30 p.m. to 1:30 p.m.	Monthly Trivia/Game Room Sponsored by Dot Foods
1:30 p.m. to 2:30 p.m.	Karaoke/Game Room Sponsored by: Lois Briesemeister/US Southwest Realty

Thursday, November 26 - CLOSED THANKSGIVING

Friday, November 27 - CLOSED THANKSGIVING



THIS MONTH AT THE

Where Connections Enrich Lives!



Senior Enrichment Center

Connect. Learn. Thrive. Together.

Neighborly News & Networking *this month!*

NOVEMBER 24

10:00 AM – 11:00 AM

Stronger together. Better together.

This month: Preparing for an Emergency

Join us for an informative session led by Kim Cool, Senior Services Program Manager, as we discuss essential steps to help you stay safe and prepared for unexpected situations. Learn helpful tips, resources, and simple ways to protect yourself and your loved ones.



KIM COOL
Senior Services Program Manager
Bullhead City

This month's topic:

Preparing for an Emergency

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Join us for the Birthday Month Celebration

NOVEMBER 1
Stitzel, Maliwan
Wear, Charles
Olson, Michele
Grasse Sprague, Gale
Kissinger, Jackie
Gombos-Smith, Emy

NOVEMBER 2
Hibbard, Robert
VanNatter, Gretchen
Kok, Alan
Pipas, Toni
Crispin, Tina
Purtle, Dennise

NOVEMBER 3
Keller, Mary
Selters, Harvey
Morse, Joan
Bartek, Vaughn
Costanza, Pamela
Bolen, Frank
Larkin-Norris, Connie
Wilson, Thomas
Fairbanks, Sandra

NOVEMBER 4
English, Betty
Starr, Carole
Ames, Brenda
McCann, George
Hull, Kerry
Wells, Sunny
Gandee, James
Ritsema, Angela
DeFrancisco, Vicki
Mesenhimer, Gregg
Roberts, Tency

NOVEMBER 5
Hernandez, Richard
Wheeler, Brenda
Chacon, Adam
Knittle, Anthony

NOVEMBER 6
Guild, David
Thorpe, Vicki
Espinoza, Stacy
King, Steve
Duquette, David
Thorne, Steven

NOVEMBER 7
Brown, Jack
Halvorson, Jerry
Beddow, Lynda
Emory, Denise
Small, Cathy
Rogge, Daniel
Kok, Catherine
Gaston, Cynthia
Matus, Teresa
Garcia-Romero, Maria

NOVEMBER 8
Harral, Dwayne
McBride, John
Buswell, Sonoma
Muth, Larry
Quinn, Eugene
Aranda, Michael
Webb, Glenda
Schott, Georgie
Morga, Marco
Bird, Laura
Ranzoni, James
Hanna, Christopher

NOVEMBER 9
Komen, Patsy
Lister, Betty Ann
Goodman, Catherine
Whisenhunt, Jimmy
Spreacker, Motor
Lowe, Edmund
Brimlow, Frank
Fenwick, Karen
Mallett, Gary
Jacobson, Joni
Boon , Patricia
Carreiro, Jerry

NOVEMBER 10
Hodan, Arthur
Meier, Billie
Vance, Sharon
Smith, Beatrice
Negrete, Mary
Kelly, Johnny
Peeters, Penny
Felker, Bruce
Bebaeff, Nick
Harris, Roy
Frost, Elizabeth

NOVEMBER 11
Shuman, Kate
Mackie, Carole
Van Sloten, Susana
Atchley, Peter
Rieser, Judy
Bacha, Trena
Sims, Philip
Ruiz, Anna
Weisbart, William
Ford, Heidi

NOVEMBER 12
Berndt, Shirley

NOVEMBER 12
Sorah, John
Lambert, John
King, Valerie
Pronovich, Mark
Sprague, Kate
Guild, Juanita
Stubblefield, Dennis
Medina, Angelina
Tuck, Renita
Spaur, Sandra

NOVEMBER 13
Fisher, Marrilee
Wright, David
Ramirez, Rosa
Harrington, Molly
Walker, Pamela
Veliz, Sandra
Menninga, Capri

NOVEMBER 14
Sandoval, Mary
Atnip, Jerilyn
Gordon, Linda
Peterson, Valerie
Gomez, Eric
Haas, Scott
Constantino, Terry
Rose, Arthur
Prather, Monica

NOVEMBER 15
Hattar, Sal
Schor, Sundae
Supitilov, Michael
Helton, David
Perez Miramontes, Alicia
Bayer, Melissa
Erice, Hermenehelda
Thomas, Deanna

Currently Seeking A Sponsor









NOVEMBER 16
Proctor, Bryce
Oliver, Lou
Thielman, I Mike
Wall, Mary
Russell, Cindy
Steves, Hilary
Talone, Susan
Eihausen, Julie

NOVEMBER 17
Uncapher, Howard
Burgmeier, Mary
Davis, Donna
Grewing, Melvin
Bench, Mary
Wagner, Dave
Howard, Linda
Andrus, Barry
Harmon, James

NOVEMBER 18
Pepito, Mark
McCarthy, Shannon

NOVEMBER 19
Traylor, Harriett
Kirpach, Harold
Bouchard, Lynn
Thurman, Clara
Maidel, Janice
Reeter, Kathy
Garcia, Dolores
Cameron, Dixie
Gutterud, Star
Stephens, Mark
Conkey, Lisa
Lewin, Charles

NOVEMBER 20
Pino, Christopher
Thomas, Judith
Wade, Timi
Scholsky, Barbra
Swisher, Jacquelyn
Smith, Patricia
Branch, Carey
Kelley, Vicki
Hays, Leslie
Rifenbary, Tina
Martinez, Shirley

NOVEMBER 21
Loken, Ila
Cournoyer , Barbara
Gavin, Patricia
Krechter, Mark

NOVEMBER 21
Fischer, Joan
Teubert, Scott

NOVEMBER 22
Haws, Lynne
Black, Nancy
Clingman, Sharon
Frederickson, Dee
Fowles, Marilyn
Hazel, John
Larson, Vickie
Dollins, Suzanne
Newman, Ari

NOVEMBER 23
Pragnell, Delbert
Valdez, Henry
Stewart, Yvonne
Berumen, Daniel
White, Patricia
Meister, Mary
Emig, Roger
Butcher, Charles
Cantril, Debbie
Hecker, Mitchell
Milchak, Colleen
Kelly, Michael
Doyle, Robert
Tuers-Welch, Crystal

NOVEMBER 24
Klee, Charles
Lara, Lulu
Martinez, Jose
Fairbanks, Carter
Canedo, Genevieve
Youngers, Suzanne
Skoug, Debra
Kakala, Isikeli
Deutsch, Gerry
Gimple, Sherry
Schreffler, Susan
Szanyi-Coffey, Mary

NOVEMBER 25
Hatinger, Susan
Gradowski, Tazz
Gee, Richard
Garcia, Claudette
Cargo, Michael
Johnson, Leslie
Owens, Judith

NOVEMBER 25
Hatinger, Susan
Gradowski, Tazz
Gee, Richard
Garcia, Claudette
Cargo, Michael
Johnson, Leslie
Owens, Judith

NOVEMBER 26
Cook, Carol
Gardner, Brenda
Troutman, Mary
Sperl, Steven
Tristan, Delfino
Chewning, Cheryl
Thornton, Mary
Poulson, Joy

NOVEMBER 27
Francis, Joyce
Hanlon, Thomas
Caldwell, William
Campbell, Karen
Rafferty, Shannon
Ahle, Jim
Bice, Lori
Villa, Lisa

NOVEMBER 28
Sands, Robert
Ortiz, Carlotta
Bradley, Jon
Gilmer, Marilyn
Ogden, Wayne
Steele, Robert
Quigley, Susan
Bartholomew, Maria
Ortloff, Rich
Zufall, Walter
Farrell, Patricia
Williams, Cameron
Reed, Rita
Kelly-Bellah, Joanne
De La Torre, Cheryl Lynn

NOVEMBER 29
Steinhauver, Lora
Goldblatt, Marshall
Roots, Dallas
Palmer, Edith
Vitale, Sandra
Butler, David
Osborn, Mitchell

NOVEMBER 29
Stewart, Regina
Wills, Scott
Buckley, Gail
Dalby, Dale
Myers, Irene
Carroll, Connie
Dirnberger, Jon

NOVEMBER 30
DeGeorge, Angelo
Miller, Dianne
Bare, Julie
Wright, Roy
Mund, Eugene
Fila, Laurie
Duff, Al
Segura, Debra
Jackson, Debra
Yang, Zhang
Lucas, Jennifer

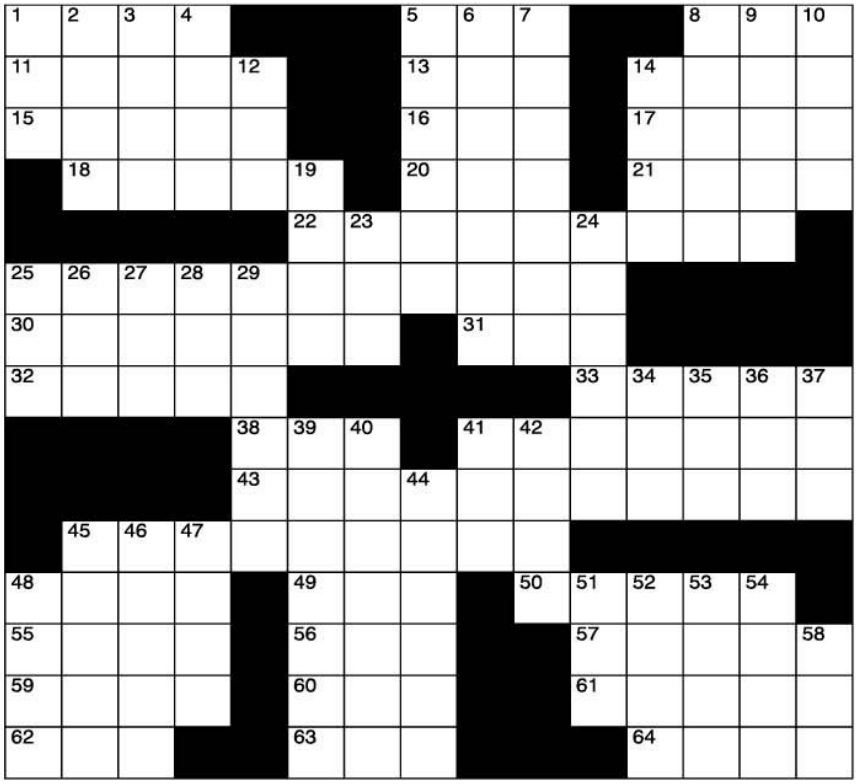


The Birthday Month Celebration is for all Seniors 50+ at Senior Enrichment Center located at 2275 Trane Road, Bullhead City

Tue, November 17 starting at 12:30


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CROSSWORD



CLUES ACROSS

1. Insect feeler
5. Central processing unit
8. Part of (abbr.)
11. Typical
13. Tall, rounded vase
14. __ Alto, California city
15. Lustrous, velvet-like fabric
16. "Fresh Prince of __ Air"
17. Hebrew calendar month
18. British surgeon who discovered bone disease
20. Agreement between debtor and creditor (abbr.)
21. Elongated part of anatomical structure
22. Acts slowly on
25. Keeps a little too safe
30. Greek seaport
31. "Baba O'Riley" rockers
32. Vision
33. Potassium nitrate in mineral form
38. Midway between northeast and east
41. Not a pro
43. Give a new look
45. Sensational
48. Nobel Prize-winning physicist
49. Annoy constantly
50. Vaccine developer
55. Lying down
56. Type of language (abbr.)
57. Flat-bottomed boat
59. Smallest or slightest
60. Bind
61. Speeds
62. The products of human creativity
63. Consume food
64. Ancient Greek sophist

CLUES DOWN

1. A young canine
2. As fast as can be done
3. Soviet moon probes
4. Sharp spasm of pain
5. One who adheres to a specific art movement
6. Show parts of
7. Unfasten
8. San Diego ballplayer
9. Santa
10. Rocky peaks
12. "Matt Houston" actor Horsley
14. A written agreement between two sides
19. Beginning to end (abbr.)
23. Greek goddess of the dawn
24. Not written in any key
25. Organized missions
26. Seven
27. Work unit
28. Bravo! Bravo! Bravo!
29. Broadway legend Bernadette
34. Belonging to a thing
35. Vietnamese offensive
36. Bitterly regret
37. Make a mistake
39. Newborn child
40. A combined landmass
41. Satisfaction
42. Hilly peninsulas in Denmark
44. Young swine
45. Type of sword
46. Siskel's partner
47. Brood of pheasants
48. Hindu model of ideal man
51. Suitable in the circumstances
52. La __ tar pits
53. Unstressed-stressed metrical foot
54. California wine country
58. Badly



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10:00 am – 11:00 am

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Senior Enrichment Center's
Craft Room

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November's Schedule

11/05* Scarecrow & Santa Buddie Bottles
11/13 Pearls & Pine Cone Christmas Tree
11/20 Christmas Birdhouse

BINGO!

MONTHLY BINGO

THURSDAY
NOV 12

11:00 A.M. - 12:00 P.M.

INSIDE
BULLHEAD CITY'S
SENIOR ENRICHMENT CENTER
2275 TRANE RD

KARO TNGRIAN



TNG INSURANCE
KARO TNGRIAN
MEDICARE RESOLVED

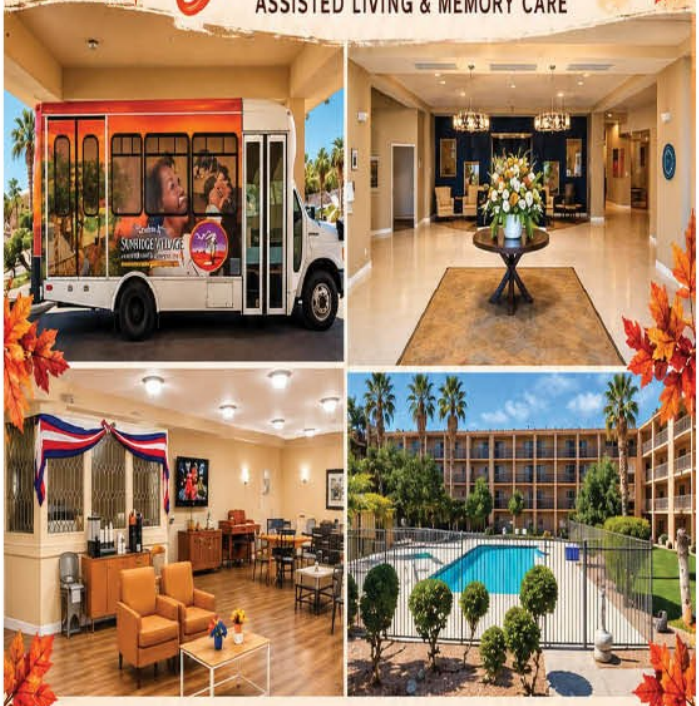
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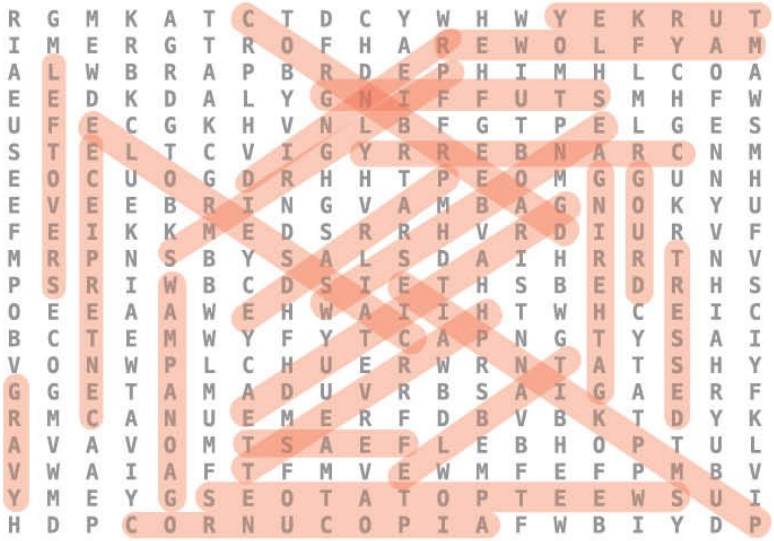
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6	7	9	2	5	1	4	3	8
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P	A	L	P				C	P	U			P	C	T			
U	S	U	A	L			U	R	N		P	A	L	O			
P	A	N	N	E			B	E	L		A	D	A	R			
	P	A	G	E	T		I	V	A		C	R	U	S			
					H	E	S	I	T	A	T	E	S				
O	V	E	R	P	R	O	T	E	C	T							
P	I	R	A	E	U	S		W	H	O							
S	I	G	H	T						N	I	T	R	E			
				E	N	E		A	M	A	T	E	U	R			
				R	E	U	P	H	O	L	S	T	E	R			
	S	E	N	S	O	R	I	A	L								
R	A	B	I		N	A	G		S	A	B	I	N				
A	B	E	D		A	S	L			P	R	A	A	M			
M	E	R	E		T	I	E			T	E	M	P	I			
A	R	T			E	A	T				A	B	A	S			







Presented by WESTERN ARIZONA REGIONAL MEDICAL CENTER

18th Annual Paul Walsh VETERANS DAY PARADE

HONORING ALL THOSE WHO HAVE SERVED

SATURDAY
NOVEMBER 07 10AM

PARADE ROUTE: SOUTH ON MIRACLE MILE
BETWEEN LEWIS DR & MARBLE CANYON DR
STAGING AREA: RIVERVIEW MALL PARKING LOT

WESTERN ARIZONA REGIONAL MEDICAL CENTER

Canyon View DENTAL CARE

DOT

INCORPORATED AUGUST 28, 1984 BULLHEAD CITY, ARIZONA