

Katherine Heights

Community Poll

- More community events?
- Services available to the community?
- Upcomming events in Bullhead City?
- Weather forcasts
- Something else?

Let us know by submitting your suggestion to the front office.



**Thank you for being
a part of our community!**

Watch for kids!

School is back in session and our kids are out and about. Have a fun and safe Labor Day weekend!

Please drive carefully!

Annual Garage Sale Notice

The Katherine Heights annual garage sale is coming up next month. If you would like to be a part of this event and host a garage sale please notify the office no later then September 5th. This will allow a timely advertisement resulting in a greater response for our community! Again - if you'd like to have a garage sale in October, let the office know by September 5th!

Join us for BINGO!!

Tuesday & Thursday Nights at 7:pm
Community House.

Harry Potter!

Movie Night will be returning in October!
Featuring: Harry Potter series 1 through 8.

Move out notices

Please note that you must inform the office of your intent to move out no less than 30 days before your move. Any further advance notification is greatly appreciated.

Work Orders

Workorder requests may be submitted via e-mail to katherineheights2@acmc-utah.com

Aquatic Sessions

Free aquatic sessions are being provided 3 days a week at the community pool.

Teach others how to relieve or control aches, pains and inflammation.

These sessions are open to the public however private or one on one sessions can be arranged. You can show up for theses sessions during this time frame or anytime during these sessions.

Session days and time are:

Tuesdays, Wednesdays and Thursdays

Morning: 8:00 am - 10:00 am

Afternoon: 2:00 pm-4:00 pm

Heath Problems? Aquatic Sessions are good for:

- Blood pressure
- Diabetes
- Arthritis and Fibromyalgia
- Knee and Hip replacements
- Weight control, body trimming and Toning

More benefits of Acquatic sessions are:

- Better Health
- Flexibility
- Sleep or relaxation

* Please bring bottled water, hat (if needed) towel and swimsuit

* Instructor qualifications 15 years water trainer for all above health issues.

Any questions please contact:
Annette Davis (928) 681-2347