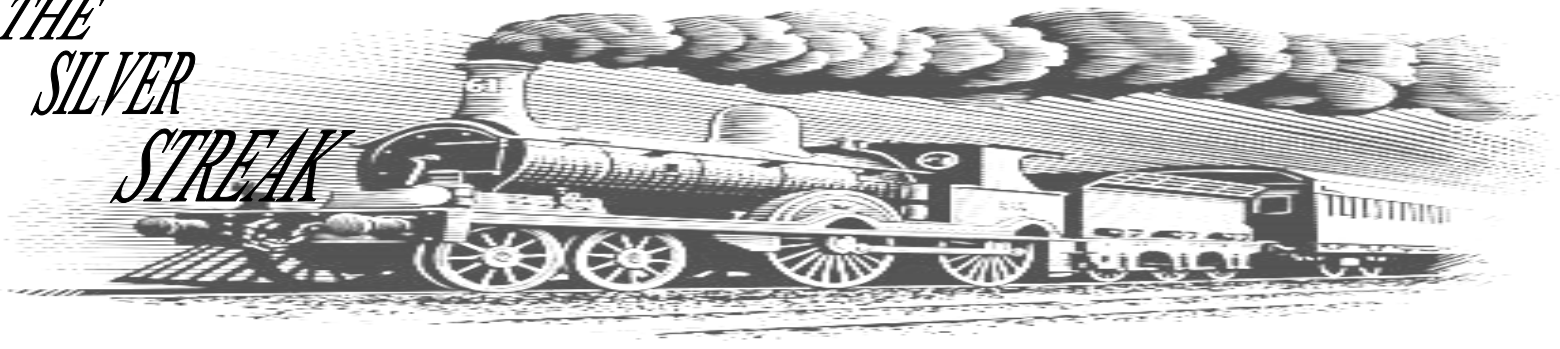


# THE SILVER STREAK



Our Mission: *The mission of the Clovis Senior Activity Center is to provide seniors with activities and services to help them maintain a fulfilling and active life.* **September 2019**

850 4th Street, Clovis, CA 93612

(559) 324-2750

[www.cityofclovis.com](http://www.cityofclovis.com)

## Upcoming Events

### JOLLY TIMES

Jolly Times will meet Thursday, September 12, 2019, at the Clovis Senior Activity Center. Coffee and donuts are served at 9:00am and the Top Dollar Music Dudes will play at 9:15am. The entertainment will be provided by our own DJ, Mr. Jim Ray. The September lunch menu is: chicken, rice pilaf, vegetable, roll and dessert. October lunch tickets will go on sale the morning of September's Jolly Times beginning at 8:00am. Entertainment and the cost of the meal is \$8.00

### FLU CLINIC

After you have enjoyed your morning of fun, games and a good lunch at the Summer BBQ Bash, spend the remainder of your afternoon at the senior center as Fresno County Public Health Department will be giving flu shots from 3:00pm until 6:00pm. (September 25, 2019)

### CELEBRATE VETERANS WITH BINGO!

Join us as we celebrate our Veterans with Bingo on Thursday, September 26, 2019, from 10:00am until 11:00am. Here's your chance to win great prizes such as: blankets, gift cards, a gas card, lunch to local eateries, movie certificates, a book of stamps and more! You don't need to sign up unless you want to stay for lunch.

### SAVE THE DATE!

The Big Fresno Fair is coming!!! Monday, October 7, 2019 is Senior Day at the Fair. Clovis Roundup will be taking seniors to the Fair that day. (More information inside the Silver Streak.)



## What's Inside:

<b>Upcoming Events</b> .....	<b>1</b>
<b>Information Corner</b> .....	<b>2</b>
<b>Sports &amp; Fitness</b> .....	<b>2</b>
<b>Dance &amp; Music</b> .....	<b>3</b>
<b>Senior Games</b> .....	<b>3</b>
<b>Arts &amp; Crafts</b> .....	<b>4</b>
<b>Nutrition Programs</b> .....	<b>5</b>
<b>Health Information &amp; Services</b> ....	<b>5</b>
<b>Senior Excursions</b> .....	<b>6</b>
<b>Future Events</b> .....	<b>7</b>
<b>Corny Corner</b> .....	<b>8</b>

**Like us on Facebook.**

**Find the newsletter on the City of Clovis website:**

**[www.cityofclovis.com/seniorservices](http://www.cityofclovis.com/seniorservices)**

**Or under the Departments tab**

**Senior Services**

**Hours of Operation**

**Monday thru Friday**

**8:00am-5:00pm**

**(Exception National Holidays)**



**The Clovis Senior Activity Center offers a wide variety of programs and services available to all seniors age 50 and over.**

### **INFORMATION CORNER**

- ◆ **Labor Day Holiday:** Closed 9/2
- ◆ **Volunteer Staff Meeting:** Wednesday, 9/4, 10:00am
- ◆ **Clovis Veterans Memorial District:** 9/5, 9:00am Board Meeting, Freedom Room
- ◆ **Nutrition Meeting:** Monday, 9/9, 10:00am
- ◆ **Jolly Times:** Thursday, 9/12, 9:00am
- ◆ **Senior Appreciation Dinner:** Monday, 9/30, 2019, 5:00-6:30pm, Valley Friends Church, 980 Gettysburg
- ◆ **Fresno County Crime Victim Assistance:** 3rd Tuesday, 8:30am—10am
- ◆ **Arts and Crafts Veterans Activity:** Mondays, 10am-Noon, Veterans Memorial Building
- ◆ **Free Bread:** Tuesday, (except 1st Tuesday), Wednesday and Thursday, 9am-noon, Salvation Army
- ◆ **Health Insurance Counseling:** Tuesday and Thursday, 1:00-3:00pm
- ◆ **Grief Support Group:** Thursday, 9:00-10:30am

### **DE LEON BROTHERS' MUSIC**

Enjoy the sounds of the De Leon Brothers on Fridays, September 6, 13, 20, and 27, 2019, 10:00-11:00am. Have fun dancing and singing along with their great music.

### **NICK JONES MUSIC**

On Monday, September 23, 2019, from 10:00-11:00am you will want to listen to Nick sing his country music. He's always full of energy, you'll want to dance to his music and stomp your feet!



### **MUSIC DUDES**

Wednesdays from 10:00-11:15am sing and dance or just listen to the music of Top Dollar Music Dudes. Everyone enjoys these musical Dudes, stop by and enjoy their music.

## **SPORTS & FITNESS**

### **Yoga**

This all levels "gentle" Yoga class uses bodily postures and breathing to stretch and align the body promoting circulation, balance and flexibility. John Shanoian instructor.

Tuesdays—5:30pm—6:30pm; \$3.00 each session

Wednesdays—3:00pm—4:00pm; \$3.00 each session

The Yoga class below is held at the Clovis Recreation Center, 3495 Clovis Ave:

Fridays—10:00am—11:00am; \$3.00 each session; (ages 13+)

### **Exercise**

This class is designed to increase flexibility, balance, coordination, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance with plenty of friendly fun.

Monday—Friday 9:00am-10:00am & 10:00am-11:00am

Tuesday—Wednesday 9:30am-10:30am & 10:30am-11:30am

Wednesday—9:30am-10:30am & 10:30am—11:30am

Thursday—10:00am-11:00am; Intense Exercise 11:00am-11:45am

Christy Cole; \$1.00 (Activity Card)

### **Tai Chi**

This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement, a basic understanding of mind-body connection; class to improve body awareness and balance.

Mondays—5:15pm—6:15pm; Bill Titus; \$1.00 (Activity Card)

### **Intermediate Tai Chi**

Thursdays—8:30am—9:30am; Intermediate Tai Chi; Instructor Jeannette; \$30/8-week session. Meets weekly.

### **Zumba**

Wednesdays—Chair and Low Intense Zumba!!: 12:45—1:45pm

Wednesdays—Intense Zumba!!: 1:50—2:50pm

Instructor, Mary; \$3.00 (Activity Card)

## **BIG FRESNO FAIR**

The Big Fresno Fair is coming to town beginning October 4, 2019, and Monday, October 7, 2019 is Senior Day at the Fair. Clovis Roundup Transit will be taking seniors from the senior center at 9:00am, 10:00am, and 11:00am, to the Fair, returning at 1:00pm, 2:00pm, and 3:00pm. Call Clovis Roundup at 324-2760 to make your reservation. (Individuals can only reserve for themselves and significant other.) The Roundup charge is \$5.00 each, round trip. There's a lot of good entertainment this year at the Paul Paul Theater. (More information on the entertainers on page 5 of the The Silver Streak.)

## DANCE & MUSIC

### Beginning Line Dance

This class will introduce many of the basic moves necessary for Line Dancing. Many dance styles covered in this class include Country Western, Tango, Cha-Cha & more. All dance classes below are taught by instructor Jim Ray.

Monday & Friday—1:00pm-3:00pm; \$20.00 (Monthly fee)

Tuesday & Thursday—1:00pm-3:00pm; \$20.00 (Monthly fee)

Friday—7:00pm-7:30pm; FREE LINE DANCE LESSON

### Intermediate Line Dance

Intermediate Line Dance is the same as beginning except at a higher level. Students taking this course should already know the basic steps for line dancing.

Tuesday & Thursday—3:00pm –5:00pm; \$20.00 (Monthly fee)

### Team Dancing

This is a precision team. The instructor choreographs the routine and team competes in Cambria early Spring.

Monday & Friday—3:00pm-5:00pm; \$20.00 (Monthly fee)

### Couple Western Dance

Couples will be introduced to series of pattern Western style dances.

Monday—7:00pm-9:00pm; \$12.00 per person (Monthly fee)

Friday—5:00pm—7:00pm; \$12.00 per person (Monthly fee)



## SENIOR GAMES

### Billiards

Tournaments are held the third Monday of every month. Open play is closed during the duration of all tournaments. \$10.00 (Monthly Pool fee)

### Mah-Jongg

Meet new friends Mondays to play Mah-Jongg. Two types of Mah-Jongg are offered, Chinese and American. This game gained U.S. popularity in the 1920's. No registration required.

Mondays—12:00pm—3:30pm; \$1.00 (Activity Card)

### Hand n Foot

This strategic game, full of excitement and daring entertainment, is similar to Canasta, but much more exciting. Come and find out. No registration required.

Tuesday—12:00pm & Fridays—1:00pm—3:30pm; \$1.00 (Activity Card)

### Mexican Train

Enjoy this game played with domino tiles. The object of the game is to rid your hand of as many dominoes as possible and be the first to do so.

Thursdays—12:30-3:30pm; \$1.00 (Activity Card)

### Bunco

Bunco is a social dice game played at the senior center for the first time. 100% luck, no skill! (September 11 & 25)

Wednesday—1:30-3:30pm; \$5.00 Call 324-2750 to reserve your space.

## NOTARY SERVICES



Notary Services are available at the senior center Monday through Friday during regular business hours. Nella Audas is our notary. Any senior (50 or older) may make an appointment to come in and have their documents notarized. There is a \$10.00 charge. Call 324-2757 for appointments.

## CALLING ALL CLASSIC CARS!

We are currently accepting vehicle registration and vendors for the annual car show on Saturday, October 19, 2019, from 11:00am—2:00pm. **NEW LOCATION** this year is at the Clovis Senior Activity Center, 850 4th Street in Clovis. More awards will be given such as Mayor's Favorite, 1st and 2nd Modified Category, People's Choice, Participant's Choice, and Kid's choice! Lunch of hamburger or hot dog with chips and a drink for \$5.00. Attendance is free! Registration is \$10.00. Call 559-324-2750 for more information.



## MEDICARE 101

Here are the dates of Medicare 101's presentations for September and October, 2019:

September 6, 2019 10:00am

September 11, 2019 5:30pm

September 20, 2019 10:00am

October 4, 2019 10:00am

October 9, 2019 5:30pm

October 18, 2019 10:00am

October 23, 2019 5:30pm

You will receive the latest information on Medicare by attending.

## FALL RUMMAGE SALE

Thursday, October 3, 2019 is the date for the Fall Rummage Sale. Tables will be for rent for you to sell your own items, card tables for \$10.00 and 8ft tables for \$15.00. You can sign up to rent tables beginning Monday, September 9, 2019. We will begin accepting your gently used items on Monday, September 16, 2019. Donuts and coffee, hot dogs, chili dogs, and nachos will be for sale. Come find the treasure you have been looking forever for.



## EASE INTO HEARING AIDS

Age-related hearing loss can impact your quality of life, as well as raise your risk of depression and dementia. Hearing aids help you hear clearly again—however, the sudden reintroduction of ambient noises such as air conditioners, wind, and background conversations can be overwhelming, causing some individuals to stop using their hearing aids. For a study published in *Clinical Nursing Research*, a small group of seniors who reported being unsatisfied with their hearing aids gradually increased their hearing-aid use over 30 days. At the end of follow-up, more than half the participants reported greater satisfaction with the devices. It is common practice for audiologists to recommend that their patients wear hearing aids all day when they first buy them, but not all people are able to do this comfortably. If you are having issues with your hearing aids, discuss gradual adaptation with your audiologist. (FOCUS ON HEALTHY AGING)

## ARTS & CRAFTS

### Ceramics

This class is designed for students who have an interest in working with clay and bisque, and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques.

*Fridays—9:30am–12:30pm; \$40.00 (8 weeks)*

### Pastels

This class will introduce students to the essential information needed to draw and paint still life and landscape using the pastel medium. Demonstrations and individual instruction will be given before moving on to defining shapes.

*Thursdays—10:00am –1:00pm; \$45.00 (8 weeks)*

### Oil Painting

Basic painting techniques with an emphasis on classic and contemporary applications of oil and acrylic media.

*Thursdays— 1:30pm-4:00pm; \$45.00 (8-weeks course)*

### Watercolor

Learn the fundamentals of playing and exploring with watercolors. Enjoy a morning or afternoon of experimentation and fun while you learn the fundamentals of watercolor.

*Mondays—1:00pm–4:00pm; \$6.00 per class*

*Tuesdays—9:30am–12:30pm; \$45.00 (8-weeks course)*

*Wednesdays—1:00pm-4:00pm; \$45.00 (8-weeks course)*

### Advanced Sketch and Draw

*Tuesdays—1:00pm-4:00pm; \$45.00 (8-weeks course)*

### Crafts—Stitchery

Knitting, crocheting, embroidery, cross-stitching, quilting. Friendly people there to help you.

*Wednesdays—9:00am–11:30am; \$1.00 (Activity Card)*

### Crochet Social Group

All levels are welcome. There is no instructor for this class, other participants will help you with your project.

*Monday & Friday—10:00am–12:00pm; \$1.00 (Activity Card)*

### Scrapbooking

Learn to create and preserve your family history. Have fun sharing and making new friends.

*Monday—9:00am–12:00pm; \$25.00 Open class*

### Memoir I Class

Continue to explore your past and develop a written account of your special memories. *Wednesday—9:00am–11:am; \$20.00 (Starting August 14th; 8-week course)*

**The Clovis Senior Activity Center is not an adult day care and seniors must be able to care for their personal needs. However, seniors are welcome to bring an attendant or caregiver with them in order to enjoy our services and programs.**

### **THEATER DATES**

ENGLEMAN CELLAR: Tribute to Elton John by Kenny Metcalf, Sept 6, \$15; Tribute to Queens by Queen Nation, Sept 13, \$15—Bring your own chair and a glass!

FRESNO STATE: Anon(ymous) Oct 4-12

GOLDEN CHAIN THEATRE: Peter Pan, Oct 14-27

ORPHEUM THEATRE SF: Hamilton, now-Jan 5, 2020

ROGER ROCKA'S GOOD COMPANY PLAYERS: Calamity Jane, now-Sept 15; Man of La Mancha, Sept 19-Nov 11 266-9494

SAROYAN THEATRE: JoKoy, Oct 9 & 10

SAVEMART CENTER: Chris Brown, Oct 17

SECOND SPACE: My Cousin Rachel, now-Oct 13; She Loves Me, Oct 25-Dec 22

SELMA ARTS CENTER: Beauty and the Beast, now-Oct 5; Cabaret, Nov 8-23

TOWER THEATER: Benise Fuego Spanish Guitar, Oct 4; Sinbad, Nov 7

VISALIA FOX: Beach Boys, Dec 5

WARNERS THEATRE: Queen Musical, Oct 10

WOODWARD SHAKESPERE: Measure for Measure, now-Oct 7

### **LOCAL EVENTS:**

Saturday Year Round Market, 8:00am-11:30am

Fresno County Fair Entertainment: Keith Sweat, Oct 4; Paul Anka, Oct 7; Ice Cube, Oct 11; Willy Nelson, Oct 14

### **WALKING GROUP**

We will be walking on Mondays, September 9 and 23, 2019, meeting at 7:30am in the NW corner of Shepherd and Fowler avenues in front of Me & Ed's Restaurant (located in the Meat Market parking lot). We will be heading east along the canal trail. Bring a hat and water bottle as we will be in some shade but mostly sun. Expect a 2-3 mile leisurely walk.

## **NUTRITION PROGRAMS**

Nutrition programs (in-center and home-delivered meals) are available to those 60 and over. In-center meals are served at the Clovis Senior Activity Center Monday through Friday except the second Thursday of each month. Participants of our in-center meals program are not required to be a resident of Clovis. Lunch reservation is required one working day prior before 11:00am. New participants must fill out a nutrition form. A voluntary suggested meal contribution of seniors age 60+ is \$2.00. There is no obligation to pay and no eligible senior will be denied service due to inability to pay. Call 559-324-2750. Homebound meals are delivered to the home of Clovis seniors who are unable to visit the senior center for meals and have difficulty shopping or preparing their meals. A home assessment is required prior to homebound deliveries to determine eligibility. A voluntary monthly contribution of \$50.00 is suggested.

## **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)**

Wayne McMillen, HICAP counselor, is here to help you make a decision on your Medicare medical plan. He can also help you with any medical billing problems. Call for an appointment, 324-2750. HICAP offers free confidential consultation, Tuesdays and Thursdays, 1:00-3:00pm

## **55 ALIVE SAFE DRIVING CLASS**

The next 55 Alive Safe Driving class is set for September 12 and 13, 2019, from 12:30-4:30pm each day. If you are an AARP member the class charge is \$15.00 and for a non-member it is \$20.00. There is a \$2.00 chair fee. Sign up by calling 324-2750. These classes are a good way to brush up on the rules of the road. (Unfortunately this class is full.)

## **SEPTEMBER DANCES**

Western:	Friday	9/6	7:30pm	\$5
Western:	Friday	9/13	7:30pm	\$5
Smooth:	Sunday	9/15	2:00pm	\$10
Western:	Friday	9/20	7:30pm	\$5
Western:	Friday	9/27	7:30pm	\$5

## TRIP POLICY

Reservations are on a first-come, first-served basis, paid in full, cash or checks, to secure a seat. A full refund will be provided to participants who cancel 14 or more days prior to the trip. Cancelling within 13 days of the trip will not receive a refund. You are responsible to find another senior to take your place. If you do not find a replacement and do not show up for the trip, the fee is forfeited. Trips cancelled by the senior center will receive a full refund.

### Upcoming trips:

- Ronald Reagan Library Saturday, September 28, 2019 \$80.00
- Cambria & Cayucos Saturday, October 12, 2019 \$40.00
- Chukchansi Casino Tuesday, October 15, 2019 \$20.00
- Poinsettia Farm and Hilmar Cheese Wednesday, November 13, 2019 \$33.00

## FALL PROOF YOUR HOME

Eliminating tripping hazards is one of the best ways to prevent falls. Get rid of throw rugs, or tape them down so they don't slide. Reposition coffee tables against walls or in corners, and make sure that lamp and extension cords don't run across high-traffic areas. Use a non-skid bathmat, and install grab-bars in the shower. Also make sure your home is adequately lit, particularly at the top and bottom of stairwells.

## WALKING HELPS YOUR HEALTH

Regular, brisk walking improves your circulation and helps your heart and lungs work more efficiently—it also burns calories that might otherwise contribute to a weight problem. A person weighing about 150 pounds can burn about 240 calories per hour if they sustain pace of about two miles per hour. Alongside these benefits to your physical health, walking also boost energy and can ease stress and tension—and if you walk with a relative or a friend, it can be a good way to keep up the social interaction that may help preserve cognitive well being. Join the senior exercise class which meets every weekday morning. They do exercises and take an outside walk.

## FRIDAY AFTERNOON BRIDGE

July 19, 2019, High Score: Roni Grove 7120. The Bridge Group meets each Friday at noon. All players with basic/intermediate skills are welcome to attend.

## CLOVIS TRANSIT OLD TIME TROLLEY

Need to transport a large group? The Clovis Transit trolley bus can accommodate 26–30 passengers in comfort. Trips must be within 50 miles of the City Corporation Yard at 155 N. Sunnyside Ave.

The Trolley is perfect for:

- ◇ Weddings
- ◇ Corporate/Non-Profit events
- ◇ Church groups
- ◇ Bachelor/Bachelorette Parties
- ◇ Parking lot shuttles
- ◇ Sightseeing/wine tasting
- ◇ Holiday celebration

This would be a perfect way to host your special event. For more information call the Transit Office, 559-324-2770.

## BLUEGRASS IN THE PARK 2019

September 13, 2019 will conclude the Bluegrass in the Park 2019 season. Music is played from 6:30pm until dusk in the grassy area south of the senior center at 901 Fifth St. We will see you all again next spring and summer!

<u>Date</u>	<u>Band Name</u>
August 30	Ripe For Pickin'
September 6	Red Dog Ash
September 13	The Grass Less Traveled

=====

Tsunami T is silent

Honest H is silent

Knee K is silent

Mom is mad—whole house is silent!

=====



## **TOY TRAIN SHOW**

Don't forget the Central California Model Railroad and Historical Society, Inc.'s 3rd Annual Toy Train Show, Saturday, September 14, 2019, 9:30am–3:30pm at the Clovis Senior Activity Center.

## **BIRTHDAY CLUB**

The Birthday Club will celebrate all September birthday “babies” at 10:00am on Friday, September 27, 2019. Humana will sponsor this event as they have the last Friday of each month with goodies a raffle to show their appreciation by celebrating you.

## **UNDERSTANDING ALZHEIMER'S**

On Friday, September 13, 2019 from 2:00-3:30pm, we will have a presentation, “Know the 10 Signs of Alzheimer's”. Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. The program covers:

- \*Typical age-related changes
- \*Common warning signs of Alzheimer's
- \*How to approach person about memory loss
- \*Early detection

On Friday, September 20, 2019 from 2:00-3:30pm, “Understanding Alzheimer's and Dementia”. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about:

- \*The impact of Alzheimer's and dementia
  - \*Alzheimer's disease stages and risk factors
  - \*The difference between Alzheimer's and dementia
- \*Current research and treatments available to address some symptoms. Sign up at the front counter or call 324-2750 if you plan to attend these educational presentations.

## **FUTURE EVENTS**

**END OF THE SUMMER BASH**—WEDNESDAY, SEPTEMBER 25, 2019

**FLU CLINIC**—WEDNESDAY, SEPTEMBER 25, 2019

**FALL RUMMAGE SALE**—THURSDAY, OCTOBER 3, 2019

**BIG FRESNO FAIR SENIOR DAY**—MONDAY, OCTOBER 7, 2019

**CLASSIC CAR SHOW**—SATURDAY, OCTOBER 19, 2019

**THANKSGIVING LUNCHEON**—THURSDAY, NOVEMBER 28, 2019

## **SUMMER BBQ BASH**

Get your ticket for the Summer Bash to be held Wednesday, September 25, 2019, 10:00am to 12:15pm. Enjoy the morning outside, south of the senior center, with carnival games, photos with your friends, a mini resource fair and music by JT and Sarah. Menu for the meal, cooked by Old Town Clovis Kiwanis' chefs, will include: tri-tip, beans, salad and roll. Price is \$8.00 and you must have a ticket to attend. **No tickets will be sold on day of event.** For questions, 324-2750.

## **VALLEY CENTER FOR THE BLIND**

We will have a low vision/blindness presentation by Valley Center for the Blind (VCB), Wednesday, October 2, 2019, at 1:00pm. VCB provides people with vision loss the training and support they need to be able to live independently. They will be here to help our visually impaired clients. Questions to be answered will include: How to stay independent with vision loss. How can I support someone I know who has a visual impairment? What tools and techniques make life easier and safer for a person with vision loss? Other subjects to be reviewed: How to remediate glare? Depth perception using stairs and curbs. Sign up at the front desk or call 324-2750 if you would like to attend this presentation.

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, sex or disability.

PRST STD  
U.S. POSTAGE  
PAID  
CLOVIS, CA 93612  
PERMIT NO. 16

### Clovis Senior Activity Center

850 Fourth Street  
Clovis, CA 93612  
(559) 324-2750  
Hours: 8 am—5 pm  
Monday—Friday



Address Label Here

ADDRESS SERVICE REQUESTED

### POOL WINNERS

#### August pool tournament winners:

1st: Bob Dale & Kent Billeter

2nd: Daniel Yanez and Aaron Taylor

Another exciting pool tournament. Don't miss the next tournament on Monday, September 16, 2019 from 12:00-3:00pm. Kerman Seniors gave our pool players a run for their money defeating Clovis Seniors on August 12, 2019.

### ACHES AND PAINS

Once again "Aches and Pains" will be the subject presented by Stuart Gong of ZHealth on Wednesday, September 18, 2019 beginning at 12:50pm. These presentations are always interesting with participation by those attending.

### THANK YOU FOR YOUR DONATIONS!

A special thank you to our friends who made donations to the senior center recently. Larry and Genevieve Dale, Georgette Gosney, Kathy Contreras, Merrily Runyan and David Wilson. We appreciate your donations, again we thank you.



### CORNY CORNER

#### Men vs Women

Bookseller conducting a market survey asked a woman. "Which book has helped you most in your life?" The wife answered, "My husband's check book!!"

A prospective husband in a book store asked "Do you have a book called "Husband - the Master of the House?" Sales girl: "Sir, fiction and comics are on the 1st floor!"

Someone asked an old man: "Even after 70 years, you still call your wife, darling, honey, luv'. What's the secret? Old Man: "I forgot her name and I'm scared to ask her."

Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription. Simply showing marriage certificate and wife's picture is not enough!"

A man was granted two wishes by God. He asked for the best drink and the best woman ever. Next moment he got mineral water and Mother Teresa.

The Clovis Senior Activity Center thanks our partners for their financial support of our activities and events:  
Fresno-Madera Area Agency on Aging, Health Net, and you!