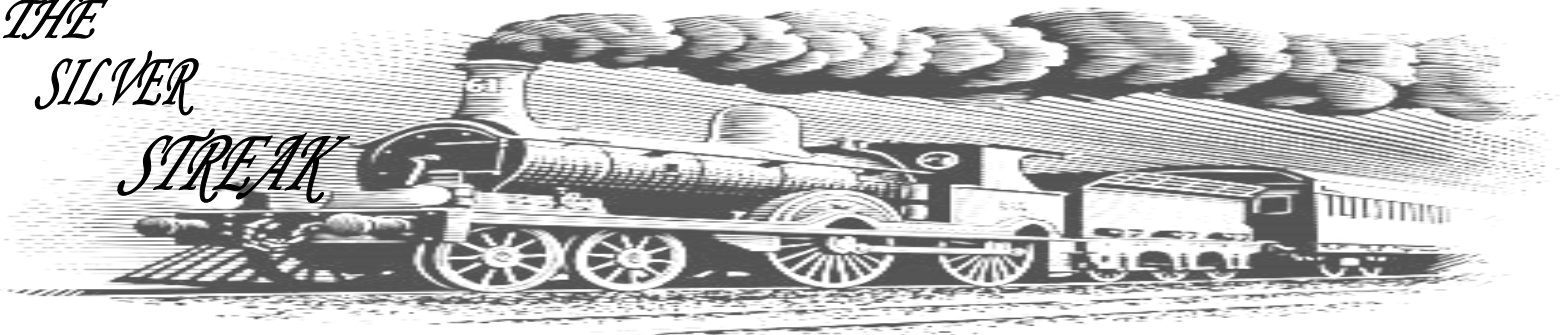


# THE SILVER STREAK



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.* **JULY 2021**

850 4th Street, Clovis, CA 93612

(559) 324-2750

[www.clovisseniors.org](http://www.clovisseniors.org)

## Grand Re-Opening July 1, 2021

### Come celebrate with us!

We are very excited to announce that the Clovis Senior Activity Center will be re-opening for programs and activities on Thursday, July 1st! To celebrate, we are throwing a party at Liberty Park located directly behind the center. There will be live music, dancing, carnival games, cake walk, raffle prizes, snow cones, cotton candy, popcorn and a free hot dog lunch for all older adults who attend. The event is from 10:00am-12:00pm. and will include giveaways for the first 100 people that visit the Senior Center table. We hope to see you there!

This event is open to everyone aged 50 and better!

#### Jolly Times

Jolly Times will meet on Thursday July 15, 2021. Coffee and donuts will be served at 9:00am with the Top Dollar Band playing at 9:15am. Those individuals who purchased a ticket for the April 9, 2020 event will be able to use them for admittance to the July event. Ask the front desk for your July ticket or check in on party day by name when you come to the party. Menu is Tri-Tip, rice and beans. Entertainment to be announced.

#### Hot Lunch Program

The hot meal program is not returning yet. Stay tuned for more information. If you know of someone who has food insecurity, contact FMAAA at 214-0299.

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**Like us on Facebook.  
Find the newsletter on the  
City of Clovis website:  
[www.clovisseniors.org](http://www.clovisseniors.org)**

**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 adults age 50 and over.**

### **Health Insurance Counseling Advocacy Program**

Wayne McMillen is our HICAP volunteer person. Call 324-2750 to make a reservation to speak with him regarding your insurance questions. He is onsite Tuesdays and Thursday from 1:00-3:00pm by appointment only.

### **Senior Social Support Group**

This group is led by Kelly Orender and is for anyone who wishes to attend a group session to discuss your feelings and learn coping strategies to help you with everyday life experiences.

Tuesdays at 10:00am in the Library - *no fee*

### **AARP 55 Alive Class**

This class will start up again in September. Dates will be posted in August.

### **De Leon Brothers' Music**

Enjoy the sounds of the De Leon Brothers great music on Fridays, July 2, 9, 16, 23 and 30 from 10:00am-11:00am. Dance or sing along to the Brothers' music. It's always a good morning with these guys!

### **Music Dudes**

Every Wednesday from 1:00pm-2:15pm enjoy the music of the Top Dollar Music Dudes. Everyone enjoys these musical Dudes, stop by to see and hear for yourself!

### **Help Wanted: Bingo Caller**

We are looking for a "Bingo Caller" who can be available on Tuesday mornings from 9:30am until 11:00am to call the numbers. If you are interested please contact Moni, 324-2759.

## **SPORTS & FITNESS**

### **Yoga**

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

**John Shanoian instructor**

*Mondays – 3:00pm-4:00pm; \$2.00 per session*

*Thursday – 3:00pm-4:00pm; \$2.00 per session*

**Don Kolz instructor**

*Tuesday and Thursday – 9:00am-10:00am; \$2.00 per session*

### **Tai Chi with Bill Titus - All Levels Welcome**

*Wednesdays 4:00pm-5:00pm; \$2.00 per session*

### **Traditional Exercise with Don Kolz**

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 through Friday 10:15am-11:15am \$2.00 per session*

### **Gentle Stretch & Strengthen Exercise with Don Kolz**

This class is designed to gently stretch your muscles to increase your flexibility and movement with low impact moves that can be done sitting, standing, or on the floor.

*Monday-Wednesday-Friday 9:00am-10:00am \$2.00 per session*

### **Zumba with Mary**

A total body workout combining all elements of fitness with a serious dose of awesome and fun!

*Tuesday & Thursdays 10:00-11:00am \$2.00 per session*

*(This class held at Clovis Recreation Center)*

### **Fast Fitness with Beth**

Join Beth for a workout that will increase your flexibility, balance, coordination, and cardiovascular endurance with plenty of fun. All fitness levels welcome!

*Monday through Friday 6:00am-6:45am \$2.00 per session*

*(This class held at Clovis Recreation Center)*

### **Friday Bridge**

The Bridge Group meets each Friday beginning at 12:00pm. Players with intermediate/or better skills are welcome to join group for some good bridge playing. *\$1.00 fee per session*

### **Bunco**

Bunco is a social dice game—100% luck, no skill, tons of fun!  
*Monday mornings 9:00am-11:00am; \$5.00 per session. Call 324-2750 to reserve your space.*

## DANCE & MUSIC

### Beginning Line Dance

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

Monday, Tuesday, Thursday & Friday—1:00pm-3:00pm;  
\$4.00 per session

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; \$4.00 per session

### Team Dancing

Precision team instruction with a competition 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. Open to all adults 18 years plus.

Monday—7:00pm-9:00pm; \$5.00 per person per session

Friday—5:00pm—7:00pm; \$5.00 per person per session



## SENIOR GAMES

### Billiards

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

### Drop In Games—No Charge—No Reservation Needed

#### 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

#### Hand n Foot

This strategic game full of excitement and daring entertainment is similar to Canasta, but much more fun.

Tuesday—12:00pm—3:30pm & Fridays—1:00pm—3:30pm;

#### 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

#### Tuesday Free Play Bridge

Come on Tuesday and play for casual fun. This session is open to all levels of experience from beginners and up. 12:30pm-3:30pm

## 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 schedule an appointment to come in and have their documents notarized. There is a \$10.00 charge. Call 324-2757 for an appointment.

### Game Day

Thursday mornings are game day in the main hall from 8:00am-11:00am. We will have games out for you and your friends to play. The games will include dominoes, cards and many more to choose from. Come in and play a game with old friends and new friends.

### Art Classes

Valerie Ward is unable to return to class until approximately September. We will have “Drop In” art in the classroom on Monday, Tuesday, Wednesday and Friday from 8:00am-11:am for you to bring your projects and work independently on them.

-no fee to use the classroom

### Book Club

Book Club meets on Mondays at 10:00am. Book Club is \$10.00 for five sessions and students must register prior to class using the Team-Sideline on-line system.

### My SeniorCenter Check-In

All participants are required to check-in when they enter the Clovis Senior Activity Center building by using the My Senior Center database. If you don't have a key card, let one of the staff or front office volunteers know—we will help get you all set up!

### FYI:

The main hall will be closed every Wednesday from 8am—12pm. The rest of the center is open so come on over.

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

## Clovis Senior Activity Center

850 Fourth Street

Clovis, CA 93612

(559) 324-2750

Hours: 8 am—5 pm

Monday—Friday



Address Label Here

### Open Pool Play

We're celebrating our center's re-opening with free open pool play all day. Come show your skills with friends and have some fun!

### Veterans' Bingo

Mark your calendar for Tuesday, July 20th for Veterans' Bingo. This event is sponsored by Jolly Times and will start at 10:00am. Cash prizes for the Blackout winners! Come out and honor our veterans and have some fun playing bingo.

### Medicare 101

There will be a Medicare 101 class on Tuesday, July 6, 2021 at 10:00am & 2:00pm in the senior center library. There will be a second Medicare 101 class on Tuesday July 20, 2021 at 10:00am & 2:00pm. You will always receive good information in these classes. Sign up at the senior center or call 324-2750 if you plan to attend.

### Upcoming Events

We are back and planning for fun! Car Show, Summer Bash, Senior Prom and bus trips are just a few of upcoming events. Watch the newsletters for dates and times.

### **NEW CLASS ENROLLMENT PROCESS**

You will need an email to register for programs, trips and tours, and special events. If you do not have an email, you can create your own email, or have a senior center staff help create one for you. Once you have created an email, please follow the instructions below. Here are the steps:

- 1) On the internet, type in [www.clovisseniors.org](http://www.clovisseniors.org)
- 2) At the top of the page, find 'Register for Classes' and click on the button.
- 3) Top left corner has Sign In box. If it is your first time, create your account according to directions. Each time after, sign in using your user name and password. Click on City of Clovis Recreation link at top of page to get to programs.
- 4) Scroll down to find the class/programs that you are interested in participating in.
- 5) Click on 'More Info' to view the details of the class (Make sure to select the correct date for the class).
- 6) Click on the Enroll Button and fill out the form for each class you want to take. You can add as many classes as you want.
- 7) When you are ready to pay for your classes that you have in your cart, click on 'Proceed to Checkout' finish the enrollment process and make your payment online.

If you need assistance, please visit the Clovis Senior Activity Center or contact us at 559-324-2750. We are happy to help!