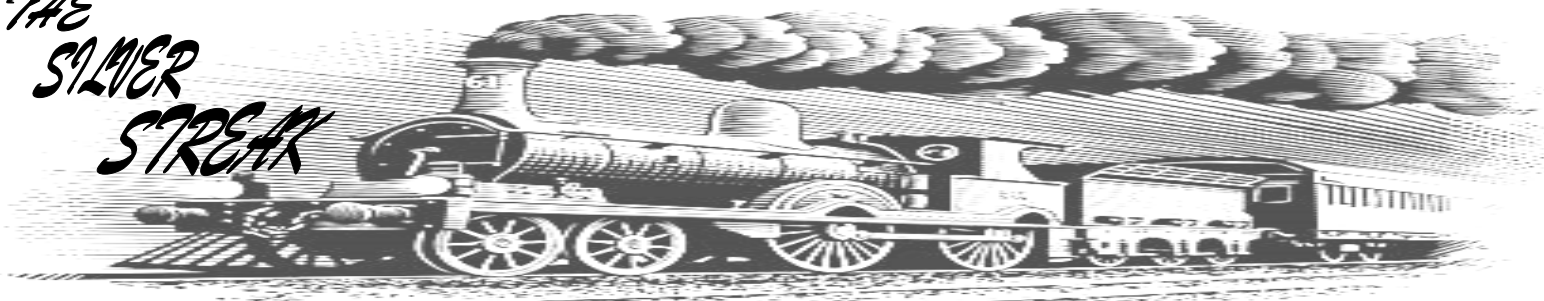


THE SILVER STREAK



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.* **October 2022**

850 4th Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

Computers vs Activity “Punch” Cards

The Clovis Senior Activity Center now offers two different options to pay for classes.

Option #1 – sign-up and pay on-line for classes through www.myactivecenter.com

OR

Option #2 – pay in person by purchasing an Activity “Punch” Card at the front counter.

Participants only need to use one of the two options when paying for classes.

However, there are some session classes with a limited number of spots available and to guarantee your spot we encourage you to register ahead of time. If you have any questions or concerns, please feel free to contact the Clovis Senior Activity Center at 559-324-2750.



HALLOWEEN PARTY AT THE CENTER

Join us on Friday, October 28, 2022 and have some Spook-tacular fun! Party starts at 10:00am. There will be a contest for best costumes, and we will serve finger foods and beverages. The band will play for your entertainment. Come dance, listen to the music, have a bite to eat and enter the costume contest!



CLASSIC CAR SHOW

The annual Classic Car Show is coming Saturday, October 8, 2022, from 8:00am-11:00am at the Clovis Senior Activity Center. Check out our breakfast burritos, baked goods and coffee for sale. Free for spectators. For car registration or vendor information, call Mai Kou Yang at 559-324-2756 or email her at MaiKouY@cityofclovis.com.

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Like us on Facebook for updates and information.

Find the newsletter on the City of Clovis website:

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 everyone age 50 and over.

INFORMATION CORNER

- ◆ **Nutrition Volunteer Meeting:** No meeting until further notice
- ◆ **Free Bread:** Tuesday, (except 1st Tuesday), Wednesday and Thursday, 9am-noon, Salvation Army
- ◆ **Senior Support Group:** Tuesday 10:00am - 11:00am S Center Library—No cost to attend

DE LEON BROTHERS AND FRIENDS MUSIC

Enjoy the sounds of the De Leon Brothers' great music on Fridays, October 7, 14, 21 & 28, 2022 from 10:00am-11:15am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

MUSIC DUDES

Come to hear the Top Dollar Band play on Thursdays October 6, 13 & 27, 2022 from 10:00am-11:15am. (The 20th is Jolly Times!) Everyone enjoys their music so come by to see and hear for yourself!

MUSIC LESSONS

Wilbert Rimper, graduate of SF Conservatory of Music and Ecole de Musique de national de Paris, France, instructor in 7 countries, would like to offer private lessons free of charge for 25 minutes to students who are beginning or intermediate level musicians for Woodwind, Brass, String and Keyboard. Wilbert will contact all those who are interested to set up a schedule for lessons. Please call 559-324-2759.

MAKE AND TAKE CRAFTS WITH APRIL

This 4-week class is for all skills levels. April will instruct how to make two fun and seasonal craft projects. This will be a popular class so sign up on myactivecenter.com right away.

Mondays - 3:15pm-5:15pm - \$30
October 3, 10, 17 and 24, 2022

SPORTS & FITNESS

All fitness classes are at the Senior Center unless noted on the class listing

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

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

Don Kolz instructor

Tuesday 2:30pm-3:30pm \$2.00 per session at the Recreation Center

Thursday 9:00am-10:00am \$2.00 per session

Traditional 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.

Don Kolz instructor \$2.00 per session

Monday, Wednesday, Thursday and Friday 10:15am-11:15am

Tuesday 1:30pm-2:30pm at the Recreation Center

Gentle Stretch & Strengthen Exercise

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. Don Kolz instructor

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

Tai Chi with Bill Titus

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

Wednesday 4:00pm-5:00pm \$2.00 per session

Zumba Class

This is an effective and fun dance fitness class. It combines elements of muscle conditioning, balance and flexibility with a cardio foundation. All fitness levels welcome! This class is held at the Clovis Recreation Center.

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

Fast Fitness with Beth

This class is designed to increase flexibility, balance, coordination, muscular strength and cardiovascular endurance. The workout combines some weight lifting and resistance with plenty of friendly fun. All fitness levels welcome! This class is held at the Clovis Recreation Center.

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

DANCE & MUSIC

Beginning Line Dance

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

Monday, Tuesday, Thursday and 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. Jim Ray instructor.

Tuesday & Thursday—3:00pm –5:00pm \$4.00 per session

Team Dancing

This class concentrates on precision steps. The instructor choreographs the routine and the team competes in Cambria early Spring.

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

Couples Western Dance

Couples will be introduced to a series of patterns and Western style dances. Jim Ray instructor.

Monday—7:00pm-9:00pm - Intermediate Class \$4.00 per person per session
Thursday—6:00pm-8:00pm - Beginner Class \$4.00 per person per session

SENIOR GAMES

Billiards

There are no tournaments scheduled at this time. Open play is available Monday through Friday 8:00am—5:00pm. \$10.00 Monthly Pool Fee

Mah-Jongg

Meet new friends on Mondays to play Mah-Jongg. This game gained U.S. popularity in the 1920's. No registration required. Go to www.nationalmahjongleague.org to order the Hands and Rules card. We play American Mah Jongg. Everyone is welcome to play.

Monday—1:00pm—3:30pm No Charge

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—3:30pm & Fridays—12:30pm—3:30pm No Charge

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.

Thursday—12:30pm-3:30pm No Charge

2500 Card Game

We have started a new game for you to enjoy. Come and learn this game with friends and have a lot of fun.

Monday—1:15pm-2:30pm No Charge

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.

BEGINNERS TO INTERMEDIATE WATERCOLOR WITH DEBORAH PEPIN **10 Student Max**

Join fellow watercolor artists and learn to watercolor and advance your watercolor skills. This will be an 8-week class. This class will work from beginning to end of your paintings, learning new techniques and skills along the way. Students will learn about new products that can help with their painting processes. Bring your creativity, a willingness to have some fun, and join the watercolor class. Supplies are provided but you are welcome to bring your own favorite brushes or art supplies. Spaces are limited.

Start: Monday, October 10, 17, 24 and 31
and

November 7, 14, 21 & 28, 2022

Time: 10:00am-Noon

Cost: \$40.00 per session

Friday Afternoon Bridge

The Bridge Group meets every Friday beginning at 12:00pm. Players with intermediate or better skills are welcome to join the group for some good bridge playing! There is a \$1.00 per person per session fee.

Bunco

Bunco is a social dice game played at the Senior Activity Center. 100% luck, no skill!

Monday - 11:00am \$5.00 per person

Register on myactivecenter.com to secure your spot today!

Bingo

Tuesday is the day for Bingo! We play from 10:00am to 11:00am. Bingo is free and prizes are given to the winners. Come and "B1" of the many players having fun!

ART WITH KRISTINA

Register for your spot at myactivecenter.com. Call if you need assistance—we are happy to help. All art classes are 4-week sessions and cost \$20.00. The classes are limited to 25 students, so sign up early!

DECORATIVE CARD/PAPER CRAFTING

Prepare to explore the creative and fun art of card making and paper crafting. Pre-cut and measured cards ready for you to learn the techniques to making layered and themed cards. Each is beautiful and one of a kind.

Class is Tuesdays from 9:00am to 11:00am and costs \$20 for 4-week session.

Upcoming sessions: October 4 through 25, 2022;

November 1 through November 22, 2022.

No classes in December.

BASIC, EASY, FUN ACRYLIC PAINTING

This class welcomes artists of all levels from beginner to experienced. Class will no longer include canvases. You may bring your own or buy them from the Senior Activity Center. Canvases are \$5.00 each for either a 12x12 or 16x20 size and can be purchased at the front counter. Class is Thursdays from 9:00am to 11:00am and costs \$20 for 4-week session.

Upcoming sessions: October 6 through 27, 2022;

November 3 through December 1, 2022.

No classes in December.

CREATIVE DOODLING WITH DEBORAH PEPIN

Doodling is a way to relax, create something beautiful from your own heart and you don't need any art experience to Doodle. We are offering an 8-week session for you to express yourself in a unique and fun way. Sign up at www.myactivecenter.com to register for our next session. Space is limited. **10 Student Max**

Mondays, October 10, 17, 24, 31 & November 7, 14, 21 & 28, 2022.

Time: 1:00pm-3:00pm

Cost: \$40.00

CRAFT, STITCHERY AND CROCHET SOCIAL GROUP

Knitting, crocheting, embroidery, cross-stitching and quilting. There is no instructor, other participants will help you with your project.

Wednesdays—9:00am—11:30am - No Charge

SOCIAL CROCHET / KNITTING GROUP

Already have a project or want to learn how to crochet or knit? We are offering drop-in sessions that will take place on Mondays and Fridays from 10:00am—12:00pm. Bring your own supplies. There is no charge; just show up! There is no instructor, but they are a friendly group and are happy to share their skills and lively conversation.



BOOK CLUB

The next session of Book Club will feature the book, “Just Mercy” by Bryan Stevenson. Book Club meets on Monday mornings at 9:00am and Kelly is your moderator. Cost is \$10.00 per person per session. Sign up on myactivecenter.com and join in with others for a lively discussion. This book starts October 3, 2022.



MEMOIR WRITING CLASS

Join a group of people who are eager to write their memoirs. Explore your past and develop a written account of your special memories. Classes are Wednesdays from 9:30am-11:30am and will be in the library. The cost of the class is \$2.00 per class and signups are on the computer at myactivecenter.com. This class is facilitated by volunteers.

SENIOR THEATER CLASS WITH KELLY

Tuesdays 11:00am - \$30.00 8-week session

October 4 through November 22, 2022

Sign up at myactivecenter.com

Come have fun, make new friends, and perform! NO acting experience needed! NO need to memorize scripts. The group will explore acting classes, improvisations, storytelling, short plays and variety shows. Spaces are limited.

We are planning to perform for the holidays, so sign up now!

The Clovis Senior Activity Center is not an adult day care and participants must be able to take care of their personal needs. However, family members, caregivers, and attendants are welcome to join in order to enjoy our services and programs.

THEATER DATES

GOLDEN CHAIN THEATRE: The Sound of Music, November 4-December 18, 2022 Call 559-683-7112

ROGER ROCKA'S GOOD COMPANY PLAYERS: Young Frankenstein September 15-November 6, 2022 Call 266-9494 to make your reservation.

SAROYAN THEATRE: Cocomelon Live, October 22, 2022 . Call 559-445-8100

ROGER ROCKA'S SECOND SPACE: A Man for All Seasons August 19–October 16, 2022; The Best Christmas Pageant Ever, November 4-December 23, 2022. Call 559-266-9494

TOWER THEATER: Miranda Sings, October 29, 2022. Call 559-485-9050

BIG FRESNO FAIR: Dwight Yoakam Oct. 5; Ice Cube Oct. 6; Paul Rodriguez/Tower of Power Oct. 11; Midland Oct. 12; Dana Carvey Oct. 13; Phil Wickham Oct. 14. Call 559-650-FAIR

Please be sure to double check dates and locations in case of changes and COVID-19 restrictions.



SENIOR CENTER DANCES



Western:	Friday	10/7	7:30pm
Western:	Friday	10/14	7:30pm
Western:	Friday	10/21	7:30pm
Western:	Friday	10/28	7:30pm

Each dance is \$5.00 per person and open to anyone who wants to dance and have fun!

Newsletter Folding Dates



Every month we rely on our volunteers to come to the Senior Activity Center and help out by folding our newsletters. Newsletter folding is always on a Tuesday morning starting at 8:00am. Below are the dates that we will be folding the newsletters. Come join us. We will look forward to your help and your company.

October 25th, November 22nd and December 20th

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 you may have. Call for an appointment, 324-2750. HICAP offers free confidential consultation on Tuesdays and Thursdays, 1:00pm-3:00pm.

FRUGAL LIVING THROUGH CHALLENGING TIMES

Wednesdays from 1:00pm - 2:30pm starting September 7 through October 26, 2022 at the Clovis Senior Activity Center. Topics include mastering your money, winning the grocery game, and wills and trusts. Valley Caregiver Resources will speak on personal safety and Red Cross will discuss disaster prep for seniors holiday planning and budgeting. Sign up at the front counter to reserve your spot. No cost to attend.

PAUL MITCHELL STUDENTS ARE BACK FOR HAIR CUTS!

Paul Mitchell students will be back on Friday, October 21, 2022 from 9:30am–12:30pm to provide free haircuts and/or style for our seniors. Space is limited so sign up at the front desk or call 324-2750 to reserve your spot. No perms or hair coloring. They will be available to cut both men and women’s hair. Remember, self-care should always be your #1 priority.

FRESNO BONSAI SOCIETY

The Fresno Bonsai Society expands the knowledge and skills of Bonsai while offering opportunities for appreciation of this art form to the broader community. Future dates for Bonsai meetings from 9:00am-noon at the Senior Activity Center are:

- October 15, 2022—General Meeting
- *No meeting at the Senior Center in November. Fall plant sale at the Clovis Botanical Garden
- December 10, 2022—General Meeting
- March 11, 2023—General Meeting (this may be cancelled for the annual Home and Garden Show)
- May 13, 2023—General Meeting
- June 10, 2023—General meeting
- *July and August are vacation months for the FBS

55 ALIVE DRIVING CLASS IS BACK!

Driving classes are back for you to take. There will be no classes in October. The November class will be on the 16th and will be the Refresher course only. If your certificate has not expired and you need it renewed, sign up today!

Class will be from 12:00pm–4:00pm in the Exercise Room

- AARP members will pay \$20.00 and non-members will pay \$25.00 with an additional \$3.00 chair fee, per person. This is a good chance to refresh yourself with the rules of the road as well as provide you with a discount on your auto insurance. Call the Senior Activity Center at 559-324-2750 to reserve your spot. There are only 25 spaces available for each class.
- Instructor will no longer accept fees directly. Arrive early to pay and get your seat.

JEWELRY CLASS WORKSHOP

As many of you are aware, our jewelry class workshop is a great success. Many of you have signed up and are on our wait list to take the workshop. These are one-hour classes. Starting in November, 2 workshops will be offered for students once a month. Students will receive approximately 4 Thursday classes each month. We will contact members who are currently on the wait list for November. Students must reserve their spot at the front desk or by telephone. We are accepting only 10 students per class and there will be **NO DROP-INS** allowed due to the high interest of this workshop. Individuals may sign up for every other month's session, so that everyone on our wait list will have a chance to take this highly popular class. If there are spaces available at the beginning of the month, we will contact previous class members to give them an opportunity to take the current month's class. If you have any questions or concerns, please call the Senior Activity Center. Please note that due to holiday closures, there will only be 3 classes offered in November and December. Dates for November and December classes are as follows:

November 3, 10 and 17; December 1, 8 and 15, 2022



Fall Rummage Sale

Our semi-annual Rummage Sale and Silent Auction will be Thursday, November 3, 2022 from 8:00am to 12:00pm at the Senior Center. We will accept gently used items starting Monday, October 10 through Tuesday, November 1, 2022. Please make sure the items you donate are in good condition and that they are saleable. Hot dogs, chili dogs, nachos, donuts and beverages will be available for sale. Food is sponsored by Jolly Times!

There will be vendor tables for those who want to reserve a space and sell their own items. Call 324-2750 for more information. Vendor spaces are available for \$15.00 for a card table and \$25.00 for an 8ft table. We look forward to seeing you there!

FREE HEALTH SCREENINGS BY HORIZON HEALTH CARE

We will have Horizon Health Care coming to provide free health screening on October 27, 2022 from 9:00am-10:00am in the classroom. Health screening includes checking your overall wellness through testing blood pressure, cholesterol and diabetes screening. Sign up by calling the Senior Activity Center at (559) 324-2750. Starting in January, Horizon Health will be here on the last Thursday of the month from 9:00am-10:00am. Look in the next newsletter for the November dates.

Have you ever played Left, Center or Right?

Left, Center or Right is a fast-paced change game, where each player tries to be the last one holding chips at the end of the game. It's a game of luck, no skill needed. We are starting an interest list at the front counter. If enough people sign up, we will start playing in November.

CLOVIS CHORALE SINGING GROUP

The Clovis Chorale is a new singing group open to people of all ages and experience levels. The chorale will be rehearsing at the Clovis Senior Activity Center from 6:30pm-8:00pm every Tuesday evening. If you are interested, just simply *show up!*

ANNUAL FLU SHOT

Mark your calendar for our annual free flu shot clinic that will take place on October 12th from 3:00pm to 6:00pm at the Clovis Senior Activity Center. No appointment needed. All ages welcomed.



BLOOD PRESSURE CHECKS

A registered nurse will be at the Senior Activity Center on the 2nd & last Wednesdays of each month from 9:00am-11:00am in the lobby to provide free blood pressure checks. Stop by and visit the nurse to monitor your blood pressure and stay on track to keep healthy.

IT'S TIME TO CALL!

HICAP
Health Insurance
Counseling and
Advocacy Program

**OPEN ENROLLMENT IS
OCTOBER 15 - DECEMBER 7**

CALL TO SCHEDULE YOUR APPOINTMENT TO REVIEW YOUR MEDICARE PLAN CHOICES

HICAP is a program of the Valley Caregiver Resource Center serving Medicare beneficiaries in Fresno and Madera counties. HICAP counseling services are provided by counselors registered with the California Department of Aging who are acting in good faith to provide information about health insurance policies and benefits to you, the client. Counseling is free, confidential, and unbiased.

www.valleycrc.org
(559) 224-9117 • (800) 434-0222

UNDERSTANDING MEDI-CAL (Presentation by Jeff Swain, Senior Insurance Services)

Join us for an educational presentation about understanding Medi-Cal, its benefits and how to enroll. Please call 324-2750 to sign up.

- Thursday, October 6, 2022: 12:00pm - 2:00pm
- Wednesday, November 2, 2022: 9:00am - 11:00am
- Friday, December 2, 2022: 1:00pm - 3:00pm

MEDICARE 101

Come join us at the Medicare 101 class. We will be meeting October 4, 11, 18 & 25, 2022 from 2:00pm-3:00pm and October 6, 13, 20 & 27 from 10:00am-11:00am in our library. Listen to the presentation and ask questions. We hope to see you there!

FUTURE EVENTS

Annual Car Show — October 8

Big Fresno Fair —October 10

Halloween Party/Birthday—October 28

Rummage Sale — November 3

Thanksgiving Luncheon—November 24

Christmas Kiwanis Lunch—December 17

Noon Year's Eve Party—December 30

Bus Trip Day Tours!

All tickets are per person and must be paid in full by check or cash at the Senior Activity Center front counter at the time of reservation. Please be sure to read the policy below regarding cancellations. Seats are limited.

Rubel Castle & Pasadena (October 19, 2022) -\$115.00

Cambria Scarecrow Festival with Cayucos (October 22, 2022) \$75.00

Ronald Reagan Presidential Library & Museum: An American Christmas Story: Tour & Lunch (November 26, 2022) \$140.00

A full refund will be provided to participants who cancel 14 or more days prior to the trip. There will be no refund for cancelling within 13 days or less of the trip. You are responsible for finding another senior to take your place. If you do not find a replacement and/or do not show up for the trip, the fee is forfeited. Trips cancelled by the Senior Activity Center will receive a full refund.

LIVING WITH MACULAR DEGENERATION

Please join Dr. Andrew Bock, a Low Vision Specialist practicing in Fresno, who will educate you on how to cope with Macular Degeneration in your everyday lifestyle. Macular Degeneration is the number one cause of vision loss in the senior population. It causes central vision loss. When the macula is damaged, the ability to read, see TV and drive can become difficult but there are some vision aides. Dr. Bock will introduce some low vision devices that can be extremely helpful as you deal with Macular Degeneration. There will be an educational presentation on Thursday, November 10, 2022 at 6:00pm. If you are interested, please call the Senior Activity Center to reserve your spot. 559-324-2750

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

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Clovis Senior Activity Center

850 Fourth Street

Clovis, CA 93612

(559) 324-2750

Hours: 8 am—5 pm

Monday—Friday



ADDRESS SERVICE REQUESTED



JOLLY TIMES

Jolly Times will be held on Thursday, October 20, 2022. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:30am. Lunch menu is pulled pork sandwiches, coleslaw, salad and dessert. You don't want to miss this event so get your tickets and come join us for some fun! The entertainment for October's Jolly Times will be JT & Sarah. Entertainment and the cost of the meal is \$10.00. November's Jolly Times tickets will go on sale at 8:00am the morning of the October's Jolly Times.



SENIOR DAY AT THE BIG FRESNO FAIR

The bus rides to The Big Fresno Fair have reached maximum capacity. For those that have already made arrangements with Clovis Transit for transportation to the fair, be sure to check in at the Clovis Senior Center and pay the \$5.00 fee the morning of October 10. You'll then receive a bus pass to give to the driver upon boarding. If you have any questions, please call Clovis Transit at (559) 324-2760.

ONE STROKE DECORATIVE PAINTING WITH KRISTINA

One stroke painting is a multi-loading style of decorative painting that is very painter friendly. It's an attractive, less structured style that lends itself to free-hand painting. One stroke painting is an easy way for the novice painter to produce incredible results with just a few supplies. You may bring your own canvas or buy one for \$5.00. No classes in December.

*Mondays 5:00pm–9:00pm \$20 per session
Upcoming sessions: October 10 through 31, 2022;
November 7 through November 28, 2022*

SHELFIE CLASS WITH MAXINE FUENTES (10 Student Max)

Learn how to make beautiful keepsakes in a fun and friendly environment. This new class will make decorative plates, vases, decoupage rocks and special gifts for holidays and birthdays. This is a 4-week session on Tuesdays. Maxine will introduce her students to a new project each week. If you are interested in the class, please sign up at www.myactivecenter.com. Spaces are limited.

Tuesday, October 11, 18, 25 & November 1, 2022
Time: 2:00pm-4:00pm Cost: \$20.00