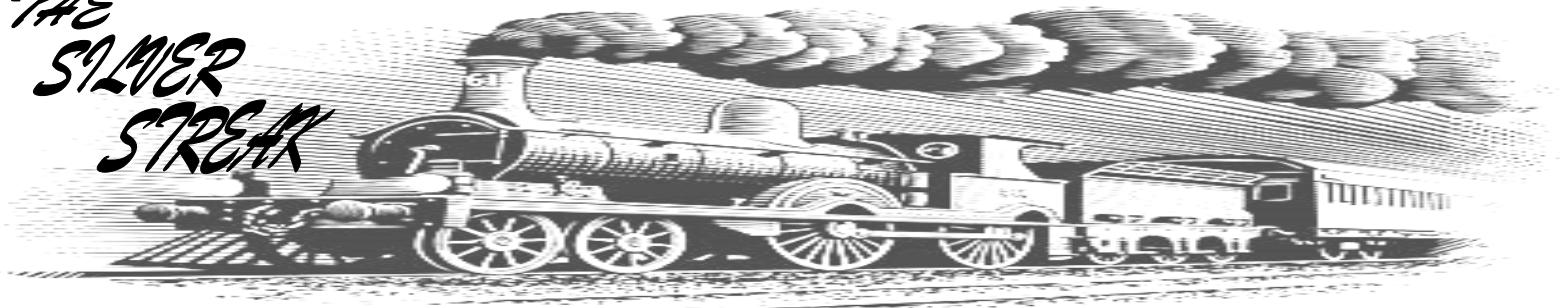


THE SILVER STREAK



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.* April 2023

850 4th Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

REGISTERING FOR CLASSES ON-LINE USING MYACTIVECENTER.COM

For our participants who register for classes online, we would like to share with you the easy and simple way to complete your registration. Here are the steps to register for a class on-line:

- Sign-In to your MyActiveCenter account.
- Review the list of classes and click on the class name to register for classes that you would like to participate in. Please keep in mind there are some classes that are identified as a series class. Series classes are either 4, 6, or 8-week sessions. You would only click on one of the session dates from the calendar to add to your cart. If you are interested in a class that is not identified as a series class, you can click on multiple dates that you plan to attend a class and add those dates from the calendar to your cart.
- Once you have clicked on the classes from the calendar that you would like to participate in, please click on the Button: Add to Cart.
- Once you have added your classes to your cart, we ask that you pay for your classes in full as the system allows you to securely add your credit card number, expiration date and your CVV Code. Once you have entered all your credit card information, please click on the Green Button: Pay Now to complete your transaction.
- If for some reason you have a class in your cart that you do not want in your cart, simply click on the Red Unregister Button to remove the class from your shopping cart.
- It is very important that you do not leave any classes in your cart. Saving your classes in your cart does not hold your spot for that class. Leaving classes in your cart affects your account in MySeniorCenter and will not guarantee your spot in the class unless you pay for your class in full.

We hope you give this easy and convenient registration system a try. If you have any questions, please ask any staff at the front desk.

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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 Senior Activity Center Library—No cost to attend

SPORTS & FITNESS

All fitness classes are at the Senior Activity 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.

After 9 years of teaching yoga classes on Thursday afternoons at the Senior Center, John Shanoian is hanging up his yoga mat and retiring. John, will truly be missed as he was part of our senior center family however, Don Kolz is still leading classes on Tuesday afternoons and Thursday mornings as set forth below.

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 & 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 \$2.00 per session

Monday, Wednesday & Friday 9:00am-10:00am

Tai Chi with Bill Titus

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

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

Zumba

There are currently no Zumba classes being offered. Keep checking the newsletter for updates regarding Zumba.

Dance Aerobics with Shay

*****NEW DAYS & TIMES*****

This class is designed to make fitness fun! Moving to familiar music, you'll combine cardio, balance, and muscle toning through easy to follow aerobic movements. All fitness levels welcome! This class is held at the Clovis Recreation Center.

Monday 12:00-1:00pm

Tuesdays & Thursdays 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

\$50.00 a month

SENIOR GAMES

Pinochle

Meet new friends playing Pinochle. This is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. No registration required.

Tuesday–8:30am–11:30am

No Charge

Mah-Jongg

Meet new friends on Mondays to play Mah-Jongg. This game gained U.S. popularity in the 1920's. No registration required. You may go to www.nationalmahjonggleague.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

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

Friday Afternoon Bridge

The Bridge Group meets every Friday from 12:00pm-3:30pm. 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.

Tuesday Free Play Bridge

Come on Tuesday and play for casual fun. This session of Bridge is open to all levels of experience from beginners and up.

Tuesday—12:00pm—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

Bunco

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

Monday - 11:00am-1:00pm \$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!

Billiards

Open play is available Monday through Friday 8:00am to 5:00pm. Check the board for tournament date and time.

\$10.00 Monthly Pool Fee

Hand N Foot

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

Tuesday & Friday—12:00pm—3:30pm No Charge

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 & 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

Couples Western Dance

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

Intermediate Class — Monday—7:00pm-9:00pm

\$4.00 per person per session

Beginner Class — Thursday—6:00pm-8:00pm

\$4.00 per person per session

Team Dancing

This class concentrates on precision steps and creating dance routines that can be performed.

Monday & Friday—3:00pm-5:00pm

\$20.00 (Monthly fee)



SENIOR CENTER DANCES



Western: Friday 4/7 7:30pm

Western: Friday 4/14 7:30pm

Western: Friday 4/21 7:30pm

Western: Friday 4/28 7:30pm

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

Vocal Lessons with Skyla

Love for the uniquely restorative art of singing is shared by people of all musical backgrounds and experience levels. In this 8-week group vocal program featuring fun, easy exercises and songs with friends, San Diego State University graduate and professional vocal coach Skyla Rayne will teach you how to restore and enrich your voice while overcoming common challenges. We are creating an interest list for anyone who would like to join Skyla to improve on your vocals. Call the Clovis Senior Activity Center at 559-324-2750 to be placed on the interest list.

Clovis Chorale Singing Group

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

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, April 5, 12, 19, and 26, 2023, from 10:00am—11:15am. Everyone enjoys their music so come by to see and hear for yourself!

DE LEON BROTHERS BAND MUSIC

Enjoy the sounds of the De Leon Brothers' great music on Fridays, April 7, 14, 21, and 28, 2023, from 10:00am-11:15am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

CLOVIS CHORALE SPRING CONCERT

The Clovis Senior Activity Center and Clovis Chorale are partnering up to host our first Spring choir performance. The Spring Concert will be full of uplifting songs, some patriotic music, a swing number, and a short walk down Broadway. Light refreshments and drinks will be provided. Come and join us as we provide the community with some great entertainment and a chance to listen to our local talent. Tickets will be sold at the Clovis Senior Activity Center front desk starting April 3, 2023.

Clovis Chorale is a group of community members who rehearse at the Clovis Senior Activity Center every Tuesday at 6:00pm and share their music throughout the community all year long. Please visit our website at clovischorale.com for more information about the choir and how to become a choir member.

When: Tuesday, April 25, 2023 **Time:** 6:30pm

Location: Clovis Senior Activity Center

Cost: \$5.00 Entry Fee

ART & CRAFTS

BASIC, EASY, FUN ACRYLIC LANDSCAPE PAINTING WITH KRISTINA

This class welcomes artists of all levels from beginner to experienced. Class does not 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.

Cost: \$20.00 for 4-week session

Next session: April 6-April 27, 2023

NO CLASSES IN MAY.

ONE STROKE DECORATIVE FLOWERS 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 freehand 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.

This is a drop-in class on Mondays from 5:00pm to 7:00pm. Cost is \$5.00 per person, per class. April classes are on the 10th, 17th, and 24th. **NO CLASSES IN MAY.**

DECORATIVE CARD/ PAPER CRAFTING WITH KRISTINA

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

This is a drop-in class on Tuesdays from 9:00am to 11:00am. The cost is \$5.00 per class, per person. April classes are on the 11th, 18th, and 25th. **NO CLASSES IN MAY.**

MAKE AND TAKE CRAFTS WITH APRIL

This 4-week session is for all skills levels. April will instruct how to make two fun and seasonal craft projects. These classes are always popular so sign up on myactivecenter.com right away. This class session will take place on Thursdays for 4 weeks.

Next session: Thursdays, April 6-April 27, 2023

Upcoming session: Thursdays, May 4-May 25, 2023

Time: 3:00pm to 6:00pm **Cost:** \$25.00 for a 4-week session

SHELFIE CLASS WITH MAXINE

Learn how to make beautiful keepsakes in a fun and friendly environment. This 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. **Space is limited to 10 students.**

Next session: Tuesdays, April 11th through May 2, 2023

Time: 2:00pm-4:00pm **Cost:** \$25.00 for a 4-week session

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! No instructor, but this is a friendly group that are happy to share their skills and lively conversation.

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

CREATIVE DOODLING WITH DEBORAH

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 to 15 student max.

Next Session: Mondays, April 3 through May 22, 2023

Time: 1:00pm-3:00pm Cost: \$40.00

CRAFTY CRAFTS WITH NELLA

Have some fun making craft items with beads and other great materials. You will learn how to make necklaces, bracelets, earrings, craft projects, and more while enjoying the company of others who like crafting. This is a 4-week session on Fridays. Sign up at www.myactivecenter.com. **Space is limited.**

Next Session: Fridays, April 7 through April 28, 2023

Time: 9:00am-11:00am Cost: \$25.00

CERAMIC ARTS 101 WITH VICKIE

Come and join Vickie as you learn how to paint ceramics or maybe you have experience and just need some time to paint your piece! In this 6-week class students will learn about Greenware, Bisque, Glazing and more through your ceramic journey! Sign up at www.myactivecenter.com to register for our upcoming classes.

Next session: Wednesdays, April 5-May 10, 2023 (6-week session—cost is \$45.00)

Upcoming session: Wednesdays, May 17-June 7, 2023 (4-week class only—cost is \$30.00)

Time: 1:30-3:30pm

There will also be a \$5.00 firing fee for each project fired. Instructor will collect the \$5.00 from each student once projects are ready to be fired.

BEGINNERS TO INTERMEDIATE WATERCOLOR WITH DEBORAH

Join fellow artists of all abilities and learn to 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. Watercolor kits are available for \$25.00, but you are welcome to bring your own favorite brushes or art supplies. **Spaces are limited.**

Next Session: Mondays, April 3 through May 22, 2023

Time: 10:00am to noon

Cost: \$40.00 for a 8-week session

FUNDAMENTALS OF FLOWER ARRANGING WITH JENNIFER

Come and join Jennifer as she offers two one-day beginner's classes to teach you how to make tall vase flower arrangements. Learn the basics of making a beautiful spring arrangement that anyone can enjoy. Jennifer will go over how to match colors, cut flowers, set designs and the basics of design. At the end of this class, students will be taking home their own flower arrangement that they designed that can be displayed on a desk or as a centerpiece. Sign up at www.myactivecenter.com to register for our next session. Space is limited to 10 student maximum.

Next session: Wednesday April 19, 2023 9:00am-11:00am
Thursday April 20, 2023 6:00pm-8:00pm

Cost: \$25.00

BOW MAKING CLASS WITH JENNIFER

Please join Jennifer who has over 20 years of experience as a flower designer/bow maker. There are a variety of design styles used to make bows. This class will teach students three different techniques of bow making using different types of ribbon and will teach the way designers made bows 20 years ago. At the end of this class, you will know how to make perfect bows for holidays, birthdays, or for your own décor. Sign up at www.myactivecenter.com to register for our next session. Space is limited to 15 student maximum.

One-Day Session: Wednesday, April 26, 2023

Time: 9:00am-11:00am Cost: \$15.00



BOOK CLUB

The next session of Book Club will feature the book, "Lessons in Chemistry," by Bonnie Garmus. Book Club meets on Monday mornings at 9:00am and Kelly is your moderator. Book Club will discuss a different book each month. Cost is \$6.00 per person for 3 class sessions. Sign up on myactivecenter.com and join in with others for a lively discussion. This book starts April 10, 2023.



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 meet 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.

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.

FUTURE EVENTS

- Tri-tip Dinner/Dance—April 1**
- Big Hat Days—April 1-2**
- Easter Luncheon-April 9**
- Jolly Times—April 20**
- Clovis Rodeo—April 26-30**
- Birthday Celebration—April 28**
- Clovis Trail Fest—May 6**
- Spring Rummage Sale—May 11**
- Clovis Memorial Run—May 27**

THEATER DATES

GOLDEN CHAIN THEATRE: The Hunchback of Notre Dame, April 14-May 21, 2023. Call 559-683-7112.

ROGER ROCKA'S GOOD COMPANY PLAYERS: Rumors, March 16-May 7, 2023; All Shook Up, May 11-July 9, 2023. Call 266-9494.

SAROYAN THEATRE: Mariachi Vargas de Tecalitlan, April 14, 2023; Riverdance, April 25, 2023. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Kalamazoo, March 3-April 16, 2023; Bad Seed, April 28-June 11, 2023. Call 559-266-9494.

TOWER THEATER: Elton Dan Rocket Band A Tribute to Elton John, April 13, 2023; Judy Collins, May 9, 2023. Call 559-485-9050.

SAVE MART CENTER: Journey & Toto, April 23, 2023. Call 559-278-3400.

IMPROV & LAUGH WITH KELLY

Come have fun, make new friends, and perform! Do you want to develop new interpersonal skills? Would you like to learn to inspire and motivate others? One of our goals will be to perform short vignettes. Join us if you would like to become a better communicator, connect with others, and have fun. Sign up at myactivecenter.com.

Tuesdays 11:00am-1:00pm - \$35.00 8-week session

Current Session: March 7-May 2, 2023

(No Class April 4th)



BUS TRIP DAY TOURS!

April 1—San Francisco Alcatraz, \$135.00.

April 12—Hearst Castle, \$115.00.

May 6—Morro Bay Lunch Cruise, \$120.00.



All tickets are per person and must be paid in full at the Clovis Senior Activity Center front counter at the time of reservation. Acceptable payments are cash and check only. All pickups and return rides are from the Clovis Senior Activity Center.

INTRODUCTION TO THE LOCAL NATIVE AMERICAN COMMUNITY

Instructor Laura Wass, Mountain Maidu from Mt. Lassen will conduct a 4-week course introducing our participants to the local Native American Tribes, their customs, traditions, history, foods, medicines, and more. Included in this class is a day-trip to the Native American Garden "Luhpin" located just North of Woodward Park where we will explore the garden and indigenous plants used for centuries. Sign up at www.myactivecenter.com to register for our next session. Space is limited.

Next session: April 4 through April 25, 2023

Time: 11:30am-1:30pm

Cost: \$20.00

NEWSLETTER FOLDING DAYS

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.

Upcoming folding dates: April 25, May 23, June 20, and July 25, 2023

TECHNOLOGY HELP



Do you need help with your iPad, Laptop or Smart Phone? On Tuesdays from 3:30-4:30pm we will have a student that will be at the Clovis Senior Activity Center assisting participants with technology issues. If you are interested in getting some help, please call 324-2750 for an appointment. Spaces are limited, so book your appointment now.

55 ALIVE DRIVING CLASS

AARP is offering a 4-hour refresher class on Thursday, April 20, 2023 from noon to 4:00pm. This is only for those who have previously taken the 8-hour course.

- AARP members will pay \$20.00 and non-members will pay \$25.00 with an additional \$3.00 chair fee, per person. 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 at the front desk and get your seat.

END OF LIFE OPTIONS AND MEDICAL AID WHEN DEALING WITH DEATH

California is one of 10 states that offers the totally legal option of medical aid-in-dying for the those who might wish to choose it at end-of-life. This presentation is to help ensure Californians have access to the full range of end-of-life options. The presentation leader is 79-year-old Fresno resident Fred Philippi, a volunteer with Compassion & Choices, the oldest, largest and most active national non-profit organization dedicated exclusively to improving care expanding options, and empowering everyone to chart their end-of-life journey. The dates for a presentation are Wednesday, April 19, 2023, at 3:00pm; and Wednesday, May 17, 2023, at 7:00pm. If you are interested in attending one of these presentations, please call the Clovis Senior Activity Center at 324-2750 to reserve your spot.

FREE HEALTH SCREENINGS BY HORIZON HEALTH CARE

Horizon Health Care will be here to provide free health screening on April 27, May 25 and June 29, 2023, from 1:00pm-2:00pm. Health screening includes checking your blood pressure, blood sugar check, chronic disease self-management education, fall risk assessment by physical therapist, chronic disease self-management education and how you can maintain a healthy lifestyle that reduces risk of falling. Sign up at the front desk or by calling the Clovis Senior Activity Center at (559) 324-2750.



BLOOD PRESSURE CHECKS

An LVN will be at the Clovis Senior Activity Center on Tuesdays from 9:00am-10:00am in the lobby to provide free blood pressure checks. Stop by to monitor your blood pressure and stay on track to keep healthy.

NOTARY SERVICES



Notary Services are available at the Senior Activity 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 ap-

LUNCH WITH OLD TOWN KIWANIS CLUB

The Kiwanis Club of Old Town Clovis is excited to offer a new opportunity for seniors at the Clovis Senior Activity Center. The Old Town Kiwanis will be preparing a delicious lunch on the last Wednesday of the month. The first lunch event will take place on Wednesday, May 31st, from 12:15pm to 1:15pm in the main hall. The lunch menu for May will be Tri-tip, scalloped potatoes, corn, roll and dessert. Tickets are \$5.00 per person/per ticket and will be available for purchase at the beginning of each month with the first ticket sales taking place May 1st. Please keep in mind participants are allowed to only purchase up to two (2) tickets per month since the number of diners is limited to 50.

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. Everyone is welcome. Bonsai meetings are on Saturdays from 8:00am-noon at the Senior Activity Center on the following dates:

April 15, 2023:	General Meeting
May 13, 2023:	General Meeting
June 10, 2023:	General Meeting



MEDICARE 101

Come join us at the 2023 Medicare 101 class. We will be meeting from 3:00-4:00pm on the dates listed below. Listen to the presentation and ask questions. We hope to see you there!

April 27; May 25; June 15; July 20; August 17; September 14; October 12 & 26; November 9 & 16; and December 5.

ATTN: SENIOR CENTER PARTICIPANTS:

It is very important to make sure your telephone number is up to date in our computer system. We use your phone number to send out text messages to inform you about class cancellations, changes for events and presentations, and for emergency purposes. We ask you provide us with your cell number so that it makes it easier for staff to contact you when changes arise and we have to contact participants immediately. 7

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, April 20, 2023. Coffee and donuts are served at 8:45am with the De Leon Brothers & Friends playing at 9:15am. Lunch menu is Lemon Chicken, mashed potatoes, and veggie salad. You don't want to miss this event so get your tickets and come join us for some fun! The entertainment for April's Jolly Times will be Free Country. Entertainment and the cost of the meal is \$15.00. May's Jolly Times tickets will go on sale at 8:00am the morning of the April Jolly Times.



WALKING WORKOUT WITH SHAY

Walking Workout is a low impact exercise class that offers different forms of walking at various speeds to upbeat oldies music! This 40 minute class makes getting your steps in FUN while improving your overall health.

Walking Workouts are customizable to your personal ability and great for any age and fitness level. If you can walk, you can join the fun! We are creating an interest list for anyone who would like to join Shay to get your daily steps in a fun and active way. Call the Clovis Senior Activity Center at 559-324-2750 to be placed on the interest list for classes that will start in May.

BEGINNING DRAWING CLASS WITH DEBORAH



Learn how to visually represent the world through basic lines, shapes, and shadow techniques. Develop your understanding of proportion, perspective, composition, and other fundamentals of art. This class will start with simple objects and move into more complex subjects. Beginners will gain confidence in their skills and learn to develop their own unique style and approach to drawing. We are creating an interest list for anyone who would like to join Deborah in beginning drawing. Call the Clovis Senior Activity Center at 559-324-2750 to be placed on the interest list for classes that will start in June.

COME SUPPORT THE WELDON CHOIR 5TH & 6TH GRADE STUDENTS



Come and show our support for the Weldon Choir that is comprised of 5th and 6th grade students. Students would like to share their musicianship skills with our participants here at the Clovis Senior Activity Center. This event will take place right after our entertainment on Wednesday, April 26, 2023, at 11:30 am in the Main Hall. To participate, we ask you to simply show up and support the kids! Weldon Choir appreciates the opportunity to perform at the Clovis Senior Activity Center!