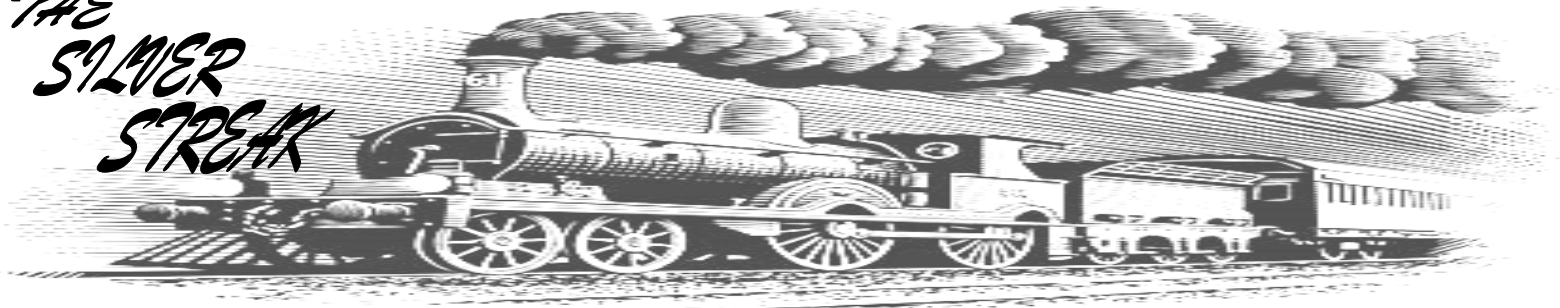


THE SILVER STREAK



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.* June 2023

850 4th Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

SENIOR SPOTLIGHT



My name is Ruben DeLeon.

I have been coming to the Clovis Senior Activity Center for about 7 years.

I was born in Mercedes Texas. I am the 2nd youngest in my family. I was raised with 5 brothers and 6 sisters. I was married to Mary Christine for 38 years. I have 3 children , 8 grand children and 1 great grand child.

We moved to California in 1964. I went to Clark Intermediate School the first year it was open and graduated from Clovis High School.

I worked for the City of Fresno for 33 years. When I retired, I was a Senior Heavy Equipment Operator.

I have always been interested in music. I started making money playing in bands when I was 15 years old. In high school I belonged to a Mariachi band. You may have seen me play the drums, but I also play other instruments. I can play bass and guitar. I even try singing sometimes.

I am currently performing in a band at the Clovis Senior Activity Center with my brother Jim and our friend Joe. We play on Friday mornings. Come on out and see us and stay to listen or dance to our music.

The Clovis Senior Activity Center was there 7 years ago when I needed a place to come to. I have met many friends and look forward to our new center where we will only grow stronger together.

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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.
- ◆ **Food Giveaway:** Tuesday, Wednesday and Thursday for Clovis residents, 9am-noon, Salvation Army, 210 Barstow, Clovis. Call 298-6797 for additional information.
- ◆ **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.

Don Kolz Instructor

Tuesday 2:30pm-3:30pm \$2.00 per class at the Recreation Center
Thursday 9:00am-10:00am \$2.00 per class

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 class

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 class

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 class

Dance Aerobics with Shay

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.

Tuesdays & Thursdays

10:00am-11:00am

\$2.00 per class

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! This class is held at the Clovis Recreation Center.

Tuesdays & Thursdays

9:00am-9:45am

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 and play with old 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-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

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*

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!

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!

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

Pre-Beginning Line Dancing

This class will be broken into group dances so that everyone will learn together in a comfortable atmosphere. The instructor will introduce many dance styles such as Country Western, Tango, Cha-Cha, and more. This class is perfect for first-time dancers who want to learn in a small, safe and supported environment that will improve your coordination and fitness while dancing with new friends. *Monday—3:00pm-5:00pm* *\$4.00 per class*

Pre-Intermediate Line Dancing

Students taking this course should already know the basic steps for line dancing, but are not comfortable enough for our intermediate class. This class is a step up from the beginners' class using the foundation learned while introducing more challenging dances. *Friday—3:00pm-5:00pm* *\$4.00 per class*

SENIOR CENTER DANCES



Western:	Friday	6/2	7:30pm
Western:	Friday	6/9	7:30pm
Western:	Friday	6/16	7:30pm
Western:	Friday	6/23	7:30pm
Western:	Friday	6/30	7:30pm



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

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 class

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 class

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 class

Beginner Class – Thursday *6:00pm-8:00pm*

\$4.00 per person per session

Vocal Lessons with Skyla

The love for the uniquely restorative art of singing is shared by people of all musical backgrounds and experience levels. This program will feature fun, easy exercises and songs that you will be singing with friends. Come and join Skyla who is a graduate from San Diego State University and is a professional vocal coach that will teach her students how to restore and enrich their voice while overcoming common challenges. Spaces are limited. If interested, please sign up at www.myactivecenter.com to register for our new class sessions.

Next session: Thursday, May 11-June 29, 2023

3 time options: 12:00pm-1:00pm; 1:00pm-2:00pm; or 2:00pm-3:00pm [5 students max] \$40.00 per 8-week session

Alternate session: Friday, May 12-June 30, 2023

3 time options: 12:00pm-1:00pm; 1:00pm-2:00pm; or 2:00pm-3:00pm [5 students max] \$40.00 per 8-week session

Drop-In Class: Tuesday, June 6-August 1, 2023 (no class on July 4) 6:30pm—8:00pm \$5.00 per class

Clovis Chorale Singing Group

The Clovis Chorale is our singing group and is open to people of all ages and experience levels. The chorale is on break for the summer but will start up again on August 8, 2023, with rehearsals at the Clovis Senior Activity Center every Tuesday from 6:30pm–8:00pm. If you are interested, just simply *show up!*

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on **Wednesdays**, June 7, 14, 21, and 28, 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**, June 2, 9, 16, 23, and 30, 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!

ARTS & 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: \$25.00 for 5-week session

Next Session: June 1 through June 29, 2023

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. June classes are on the 5th, 12th, 19th, and 26th.

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. June classes are on the 6th, 13th, 20th and 27th.

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. Sign up at www.myactivecenter.com to register for our new class sessions.

Next Session: Mondays, June 5 through July 24, 2023

Time: 1:00-3:00pm **Cost:** \$40.00 for 8-week session

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.**

Current Session: Mondays, June 5 through July 24, 2023

Time: 10:00am to 12:00pm **Cost:** \$40.00 for 8-week session

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, June 28, 2023

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



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, June 9 through June 30, 2023

Time: 9:00am–11:00am **Cost:** \$25.00

MAKE AND TAKE CRAFTS WITH APRIL

This class 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 June class session will take place on Thursdays for 5 weeks.

Next Session: *Thursdays, June 1-June 29, 2023*

Time: 3:00pm to 6:00pm **Cost:** \$30.00 for a 5-week session

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 session 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.

Current Session: *Wednesdays, May 17-June 7, 2023 (4-week session cost is \$30.00)*

Next Session: *Wednesdays, June 14-July 19, 2023 (6-week session cost is \$45.00)*

Time: 1:30pm-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.

DECOUPAGE ART WITH MAXINE

Learn how to make beautiful keepsakes in a fun and friendly environment. This class will make decorative plates, vases, decoupaged 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.

Next Session: *Tuesdays, July 11 through August 1, 2023*

Time: 2:00pm-4:00pm **Cost:** \$25.00

MAGICAL INKS WITH MAXINE

This fun 4-week class teaches basic ink color theory as well as the tools and techniques for color blending while discovering the magic of painting with the medium, alcohol ink. Projects will be created on ceramic tiles, special non-porous paper and glass. Inks may be dripped from the bottle, a felt applicator, blown, poured or painted with a brush. Sign up at www.myactivecenter.com to register for our new class sessions.

Next session: *Tuesdays, June 6 through June 27, 2023*

Time: 2:00pm-4:00pm **Cost:** \$25.00

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*

UNITY ART CLASS WITH KIRK

Come and join Kirk Cruz who teaches beginning Art in Clovis, Fresno, Visalia and Madera. Kirk will introduce a beginning art class that will allow for a participant to bring a child as they team up to learn the beauty of art together. The first hour of this art class will cover basic drawing and color to create a realistic drawing using basic elements of realism. The second hour will cover color mixing and basic color concepts that you can utilize in future art projects. Sign up at www.myactivecenter.com to register for our new class.

Date: *Thursday, July 13, 2023*

Time: 12:00pm to 2:00pm

Cost: \$10.00



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 sessions: *Wednesday, June 21, 2023 9:00am-11:00am*
or Thursday, June 22, 2023 6:00pm-8:00pm

Cost: \$25.00

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.

SCRAPBOOKING WITH KELLY

Learn to create and preserve your family history. This 4-week class will provide you the materials you need to create your own book of memories that you can share with friends and family. Plus, it will give you an opportunity to socialize with classmates and make new friends. If you are interested in the class, please sign up at www.myactivecenter.com. Space is limited.

Next Session: *Tuesdays, June 13-July 11, 2023 (no class July 4th)*

Time: 11:30am-1:30pm

Cost: \$20.00

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

**Community Connections Resource Fair—
June 14**

Jolly Times—June 15

Veterans Bingo—June 20

Birthday Celebration—June 30

Health & Wellness Fair—July 12

Jolly Times—July 20

THEATER DATES

GOLDEN CHAIN THEATRE: The Angel of Calamity Gulch, June 23-July 16, 2023. Call 559-683-7112.

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

SAROYAN THEATRE: Les Misérables, July 25-30, 2023. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Bad Seed, April 28-June 11, 2023; Pride & Prejudice, June 23-August 6, 2023. Call 559-266-9494.

TOWER THEATER: Yachtley Crew, June 16, 2023. Call 559-485-9050.

SAVE MART CENTER: Pepe Aguilar, July 22, 2023; Monster Jam, July 28-30, 2023. Call 559-278-3400.

ONE DAY GETAWAY

June 7—Shopping at Fig Garden Village (Columbia Store), \$5.

June 21—Yosemite Sugar Pine Moonlite Dinner & Train, \$130

July 8—Beat the Heat in Morro Bay, \$65.00

August 4—Yosemite National Park, \$55.00

September 9—Festa Italia at Monterey Fisherman's Wharf, \$70

September 13—Old Town Sacramento, Shop & Dine, \$70

September 16—Solvang Danish Day, \$80

October 21—Cambria Scarecrow Festival & Cayucos, \$75

Reservations are on a first-come, first-served basis, paid in full, cash or check, to secure a seat. A full refund will be provided to participants who cancel 14 or more days prior to the trip. There are no refunds for cancellations 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.

Community Connections Resource Fair Wednesday, June 14, 2023

1:00 pm—3:00 pm | Multipurpose Room

Discover volunteering opportunities. Connect with other organizations, service clubs, and non profit organizations. Explore services. This is a free, fun and interactive event for all ages and interests. Present at the event includes the Clovis Botanical Garden, Clovis Salvation Army and much more.



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.

Current session: Tuesday, May 23-June 27, 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: June 20, July 25, August 22, September 26, and October 24, 2023

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:

June 10, 2023:

General Meeting

July & August:

No Meetings



55 ALIVE DRIVING CLASS

AARP is offering a 4-hour refresher class on Wednesday, June 7, 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 Clovis 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.

HEALTHIER LIVING, HEALTHIER YOU

This workshop has improved the lives of community members since 2015. This 6-week program provides you with information on diabetes, arthritis and hypertension, among other topics. The program provides self-management and life skills to empower individuals to live a healthier lifestyle. You will receive a book and Certificate of Completion if you attend 4 or more classes.

Classes are Wednesdays, June 7 through July 12, 2023, from 12:00pm-2:30pm at the Clovis Senior Activity Center. If you are interested in attending, sign up at the Senior Activity Center's front counter. Space is limited so sign up early. No cost to attend.

FREE HEALTH SCREENINGS BY HORIZON HEALTH CARE

Horizon Health Care will be here to provide free health screening on 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, 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.

MEDICARE 101

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

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

BLOOD PRESSURE CHECKS

An RN 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 appointments.

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 June lunch event will take place on Wednesday, June 28th, from 12:15pm to 1:15pm in the main hall. The lunch menu for June will be spaghetti and meatballs, green salad, bread, and dessert. Tickets are \$5.00 per person/per ticket and will be available for purchase at the Senior Activity Center front desk starting **June 5, 2023**. 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.



EYEGLASS CLINIC

April Lachawicz will be here at the Senior Activity Center on Monday, June 12 and July 11, 2023, to clean, tighten, and properly fix your reading/prescription glasses. Stop by from 9:00am to 10:00am to see her in the Lobby. No appointment is necessary.



BOOK CLUB

The June session of Book Club will feature the book, "Step On A Crack" by James Patterson. This book starts June 5, 2023. Book Club meets on Monday mornings from 9:00am-10:00am and Kelly is your moderator. Book Club will discuss a different book each month. Cost is \$8.00 per person for the 4-class sessions. Sign up on myactivecenter.com and join in with others for a lively discussion. The featured book for July will be "The Rose Code" by Kate Quinn.



IMPROV & LAUGH WITH KELLY

This class is currently on hiatus and will resume in the near future. Keep checking the newsletter for updates on when the class will start up again.

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, June 15 2023. Coffee and donuts are served at 8:45am with the DeLeon Brothers & Friends playing at 9:15am. Lunch menu is pulled pork in a bun, potato salad, baked beans, coleslaw, and dessert. You don't want to miss this event so get your tickets and come join us for some fun! The entertainment for June's Jolly Times will be DJ David Crosby and the cost of the meal is \$15.00. July's Jolly Times tickets will go on sale at 8:00am the morning of the June Jolly Times.

BLUEGRASS IN THE PARK

Bluegrass in the Park is back! Music will be from 6:30pm until dusk at 901 Fifth Street at Liberty Park just east of Old Town Clovis and the Veterans Memorial Building. Bring a chair or blanket, a picnic supper, your family and friends and be ready for a good time. Bluegrass in the Park is sponsored by the California Bluegrass Association. Check them out on Facebook or check with the Clovis Senior Activity Center front counter for performance dates and band names/musicians.



VETERANS BINGO

Tuesday, June 20, 2023
10:00am to 11:00am



Come play bingo and salute our veterans. Veterans Bingo is played every quarter and the payouts are cash! See you there!

GRIEF SUPPORT GROUP

The Clovis Senior Activity Center is happy to announce that we're bringing back a Grief Support Group. This group will be facilitated by one of our volunteers, retired social worker Regina Contreras, MSW, who worked for 22 years for a local home health and hospice agency. This support group will meet on Thursdays for 8 weeks. Pre-registration is required as the group will be limited to 12 participants per 8-week session. If you are interested, please call the Clovis Senior Activity Center to reserve your spot.

Why join a Grief Support Group?

- * Be part of a safe environment where one can share his or her story and express feelings freely, knowing that others who are grieving the loss of a loved one will be understanding, non-judgmental, and supportive.
- * A space for establishing a connection with others to decrease the isolation that grief can bring.
- * A space for learning new coping skills, self-care, and daily survival skills.

Time: 10:00am-11:00am

Next session: Thursday, June 8 through July 27, 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.