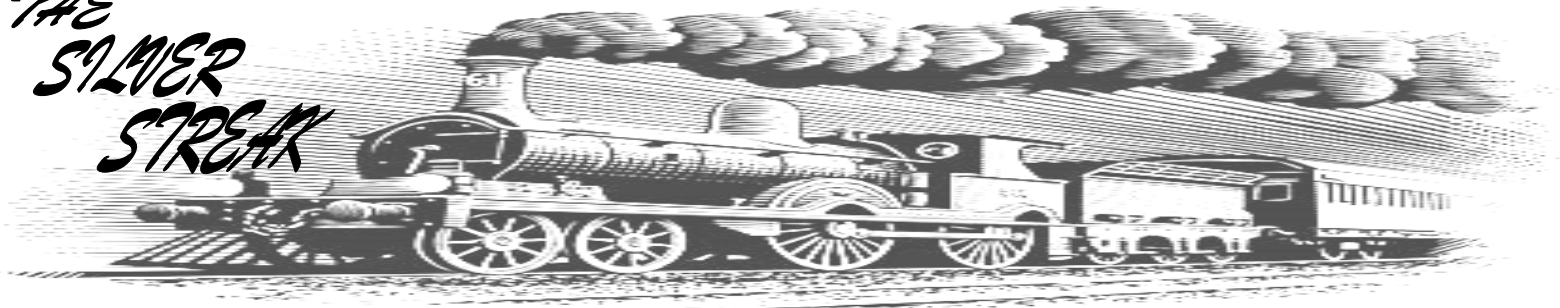


THE SILVER STREAK



Our Mission: *The mission of the Clovis Senior Activity Center is to provide seniors with activities and services to help them maintain a fulfilling and active life.* **September 2023**

850 4th Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

IMPORTANT INFORMATION

A Message From the Senior Center Staff

As we continue to prepare for our move to our new Clovis Senior Activity Center on Third Street, you will notice that things will begin to look a little different inside our Fourth Street building. Just like any move, we are sorting and cleaning out closets, storage areas, and cabinets—some items will be sold, others set aside for use inside the new building, and a few will be thrown away due to poor condition. Our instructors will be going through the same process and for a while, our normally tidy center may be chaotic. We ask for your patience as we go through this process. Our staff is working diligently to maintain all our programs and classes during this transition. We continue to be dedicated to providing the best experience for all of you, so please understand if we are distracted or extra busy—we are doing two big jobs at once!

Our new building is entering its final stages of construction and we anticipate opening in the fall. Once we have a firm understanding of the timeline, we will announce opening dates. Planning for the ribbon cutting has already begun and we can't wait to share the details with all of you. Our community will have a lot to be proud of with our new senior activity center and transit building. Clovis is dedicated to its citizens and both of the new buildings represent that commitment.

If you have any questions about what's coming up in the next few months, please ask any of our wonderful staff—we are here for you. If you'd like to speak to Amy directly, stop by her office, call her on her office line at (559) 324-2750, or send an email to amyh@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)

INFORMATION CORNER

- ◆ **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, 3495 Clovis Ave, 93612
NO CLASS ON OCTOBER 10, 2023

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 10:15-11:15am

Tuesday 1:30-2:30pm at the Recreation Center, 3495 Clovis Ave., 93612 NO CLASS ON OCTOBER 10, 2023.

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 & Saturdays 10:00am-11:00am

\$2.00 per class NO CLASSES SEPTEMBER 30 and

OCTOBER 10 & 12, 2023. **NOW ON SATURDAYS**

Walking Workout with Shay

This 40 minute, low impact 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, 3495 Clovis Ave.

Tuesdays, Thursdays & Saturdays 9:00am-9:45am

\$2.00 per class NO CLASSES SEPT. 30 & OCT. 10 & 12.

CLASS NOW OFFERED ON SATURDAYS TOO.

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, 3495 Clovis Ave., 93612

Monday through Friday 6:00am—6:45am \$50.00 a month

NO CLASSES OCTOBER 10 THROUGH 16, 2023.

Zumba Gold with Stephanie

This class is designed to build cardiovascular health by challenging the heart and working the muscles of the lower body with fun dance moves. This class is held at the Clovis Recreation Center, 3495 Clovis Ave. NO CLASSES ON OCTOBER 11 & 13, 2023. Zumba Gold will start Friday, September 1, 2023*

Wednesdays & Fridays 9:00-10:00am \$2.00 per class

SENIOR GAMES

****All games will start no earlier than the designated time. Set up time is no earlier than 15 minutes prior to game time.****

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

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!

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

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

Beginning Hand N Foot

New to Hand N Foot? Who wants to learn this fun and exciting game! There will be participants willing to teach others how to play the game. Come and try it out. No registration required.

Mondays— 3:00-5:00pm No Charge

Wednesdays— 1:00-4:30pm No Charge

Intermediate/Advanced Hand N Foot

This strategic game, full of excitement and daring entertainment, is similar to Canasta, but much more exciting. We ask that all players know the basics of the game to participate. 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. *Mondays and Fridays, 3:00pm-5:00pm \$4.00 per class*



SENIOR CENTER DANCES



Western:	Friday	9/1	7:30pm
Western:	Friday	9/8	7:30pm
Western:	Friday	9/15	7:30pm
Western:	Friday	9/22	7:30pm
Western:	Friday	9/29	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.

Beginner Class — Thursday 6:00pm-8:00pm \$4.00 per person per class

Intermediate Class — Monday 7:00pm-9:00pm \$4.00 per person 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 rehearsals are 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, September 6, 13, 20 and 27, 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, September 1, 8, 15, 22 and 29, 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!

OPEN MIC & KARAOKE NIGHT WITH SKYLA

Grab a mic and sing your favorite songs on Karaoke Nights, the best way to enjoy music with friends! All ages and experience levels are invited. For those interested in attending please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. *Wednesdays, 6:00-8:00pm*

Drop-in sessions:

- Wednesday, September 6—Karaoke Night
- Wednesday, September 13—Open Mic Night
- Wednesday, September 20— Karaoke Night
- Wednesday, September 27—Open Mic Night

Cost: \$4.00 per session/per person

VOCAL LESSONS WITH SKYLA

This group vocal program is available to all experience levels. This program will feature fun, easy exercises and songs that you will be singing with friends. Spaces are limited. If interested, please sign up at www.myactivecenter.com to register for our new classes.

Next session: *Wednesday, August 2-September 20, 2023*

3 time options: 12:00-1:00pm; 1:00-2:00pm; or 2:00-3:00pm

[5 students max] \$40.00 per 8-week session

Alternate session: *Thursday, August 3-September 21, 2023*

3 time options: 12:00-1:00pm; 1:00-2:00pm; or 2:00-3:00pm

[5 students max] \$40.00 per 8-week session

ARTS & CRAFTS

NEW DAY AND TIME

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. Starting in August, this class is on Fridays from 3:00pm to 5:00pm.

Cost: \$20.00 for 4-week session

NO CLASSES IN SEPTEMBER.

Next Session: *October 6 through October 27, 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. 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. **NO CLASSES IN SEPTEMBER.** October classes are on the 2nd, 9th, 16th, 23rd, and 30th.

NEW DAY AND TIME

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 Fridays from 1:00pm to 3:00pm. The cost is \$5.00 per class, per person.

NO DECORATIVE CARD CLASSES IN SEPTEMBER.

October 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. 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.

Current Session: *Mondays, August 7 through October 2, 2023*

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

Next Session: *October 16 through December 4, 2023*

BEGINNERS TO INTERMEDIATE WATERCOLOR WITH DEBORAH

This 8-week class will work from beginning to end of your paintings, learning new techniques and skills along the way. You are welcome to bring your own favorite brushes or art supplies. Spaces are limited.

Current Session: *Mondays, August 7 through October 2, 2023*

Time: 10:00am to noon Cost: \$40.00 for 8-week session

Next Session: *October 16 through December 4, 2023*

ADVANCED WATERCOLOR WITH DEBORAH

This is an exciting opportunity to further explore and enhance your skills in the watercolor medium. Deborah will go beyond basics and teach more advanced techniques through hands-on exercises and personalized instruction. This 8-week class will delve into color mixing, composition, and brushwork, with an emphasis on individual creativity.

Current Session: *Thursdays, August 10-September 28, 2023*

Time: 10:00-noon Cost: \$40.00 for 8-week session

Next Session: *October 12 through December 7, 2023*

MAKE AND TAKE CRAFTS WITH APRIL

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.

Current Session: *Thursdays, September 7-September 28, 2023*

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

Next Session: *Thursdays, October 5-October 26, 2023 (\$25.00 for 4-week session)*

DECOUPAGE ART WITH MAXINE

Learn how to make beautiful keepsakes in a fun and friendly environment. This class will make decorative plates, vases, decouped 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, September 5 through September 26, 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, October 10 through October 31, 2023

Time: 2:00pm–4:00pm Cost: \$25.00

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.

NO CLASSES IN SEPTEMBER

Next Session: Fridays, October 6 through October 27, 2023

Time: 9:00am–11:00am Cost: \$25.00

CERAMIC ARTS 101 WITH VICKIE

In this 6-week session students will learn about Greenware, Bisque, Glazing and more through your ceramic journey! Check out the class details at www.myactivecenter.com when you register for our upcoming classes. A list of supplies students will need to purchase for the first class is available at the Senior Center front counter.

Current Session: Wednesdays, August 30 through October 4, 2023 (6-week session cost is \$45.00) Time: 1:30pm–3:30pm

Next Session: October 11 through November 15, 2023

There will also be a \$5.00 firing fee for each project fired. Purchase \$5.00 firing card at the front counter.

MEMOIR WRITING CLASS

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.

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 10:15am–12:15pm. 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.

CRAFTING NATIVE AMERICAN DREAMCATCHERS

Laura Wass, Mountain Maidu Tribe, will be sharing with you the crafting of Dreamcatchers used for generations to ward off any negativity from dreams and to give protection for you personally, or individuals from your family and friends. This 4-week class will provide the history along with all materials needed to craft a Dreamcatcher for your personal needs. We look forward to sharing with you and guiding your path!!

New Session: Tuesday, September 5 through September 26

Time: 9:00–10:00am Cost: \$25.00

NATIVE AMERICAN CONTEMPORARY HISTORY

Laura Wass, Mountain Maidu Tribe, will be sharing contemporary history of Indians from Turtle Island (this continent) through Native American videos laced with open discussions on the history and the results from efforts to find resolve for balance. Laura invites you to attend her 4-week class to understand how important it is to know the value our Indian Peoples continue to hold for the unity of All.

New Session: Tuesday, September 5 through September 26

FRUGAL LIVING THROUGH CHALLENGING TIMES

Our Fall 2023 series of “Optimal & Frugal Living through Challenging Times” will be held Wednesdays from September 20 through November 15, 2023 from 1:00pm to 2:30pm at the Clovis Senior Activity Center. The cost is \$20.00 per person for the 9-week series. Sign up at the front counter or on myactivecenter.com to secure your spot.

ARE YOU READY TO DOWNSIZE?

Come and join Goldenway Home Solutions on Wednesday, October 11, 2023, at 11:00am for an educational presentation on understanding your different options when it's time to downsize. Whether you are down-sizing, moving in with family or even moving into a senior community, Goldenway Home Solutions offers services that they would like to share. These services include sorting, packing, estate sale liquidation, managing the movers, prepping your house to sell, etc. If you are interested in attending this free educational presentation, please call the Clovis Senior Activity Center at 324-2750 to reserve your spot.

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.



BOOK CLUB

The September session of Book Club will feature the book "Demon Copperhead" by Barbara Kingsolver. This book starts September 11, 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 \$6.00 per person for the 3-class sessions. Sign up on myactivecenter.com and join in with others for a lively discussion. The featured book for October will be Animal, Vegetable Miracle by Barbara Kingsolver.



- FUTURE EVENTS**
- Kiwanis Pancake Breakfast—September 2**
 - Veterans Bingo—September 19**
 - Farewell Party—September 27**
 - Clovis Lions Spaghetti Dinner—October 6**
 - Senior Day at the Fair—October 9**
 - Flu Shot—October 18**
 - Halloween Party—October 27**

THEATER DATES

GOLDEN CHAIN THEATRE: You're A Good Man, Charlie Brown, August 18-September 10, 2023. Call 559-683-7112.

ROGER ROCKA'S GOOD COMPANY PLAYERS: The Little Mermaid, July 13-September 10, 2023; Pirates of Penzance, September 14-November 5, 2023. Call 266-9494.

SAROYAN THEATRE: Ana Barbara, September 1, 2023. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Arsenic & Old Lace, August 18-October 8, 2023. Call 559-266-9494.

TOWER THEATER: Al Stewart, September 19, 2023. Call 559-485-9050.

SAVE MART CENTER: WWE Super Show, September 24, 2023. Call 559-278-3400.

ONE DAY GETAWAY



- September 16—Solvang Danish Day, \$80
- October 21—Cambria Scarecrow Festival & Cayucos, \$75
- November 29—An American Christmas Story at Ronald Reagan Library, \$155 per person, includes lunch.

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.

SENIOR DAY AT THE BIG FRESNO FAIR

We will have one bus to the Big Fresno Fair on Senior Day, October 9, 2023. You will need to call the Clovis Transit starting September 18th at [559-324-2760](tel:559-324-2760) to make your reservation. Transit will allow you to call for yourself and your partner, but your friends and neighbors must call for themselves. Cost is \$5.00 per person round trip. Spaces are limited.

PAUL MITCHELL HAIRCUTS

Paul Mitchell has partnered with the Clovis Senior Activity Center to offer free haircuts, blow dry, style, or a simple shampoo and style to 15 of our participants on the first Thursday of each month, starting on September 7, 2023. If you are interested, please call the Senior Activity Center at 559-324-2750 to secure your spot. You can use your own vehicle and meet at Paul Mitchell at 10:00am or, join staff who will be using a city vehicle to take a small group of no more than 7 to and from Paul Mitchell. When you secure your spot, please let us know if you're going to meet us at Paul Mitchell or if you'll need a city vehicle ride. The city vehicle will leave the Senior Activity Center at 10:00am. Please be on time. Remember, space is limited. Future dates are October 5, November 2 and December 7.

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. **Upcoming folding dates:** September 26, October 24, November 21, and December 19, 2023

FREE HEALTH SCREENINGS BY HORIZON HEALTH CARE

Horizon Health Care will be here to provide free health screening on September 28 and October 26, 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.



TECHNOLOGY HELP

Do you need help with your iPad, Laptop or Smart Phone? Starting August 16 through December 15, 2023, we will have an FSU student, Jacob, that will be at the Clovis Senior Activity Center assisting participants with technology issues. Please call 324-2750 for an appointment. Jacob will be here on Wednesdays and Fridays from 11:00am to noon for 20-minute appointments. Spaces are limited, so book your appointment now.

In addition, we have another student, Callista, that will be here assisting participants with technology issues. She will be here for 20-minute appointments on Tuesday mornings from 8:30am to 10:30am on the following dates: September 19 and 26; October 3, 17 and 31; November 7 and 14; and December 12, 2023. Check availability at the front counter. Spaces are limited.

SCAM & FRAUD PREVENTION

Come join Cal Sierra Insurance Services as they partner up with our local police or sheriff's department as they offer an educational presentation on Scams and Frauds. You will learn about common scams and fraud (including healthcare scams and Medicare fraud) that affect seniors. This educational event serves to capture a larger audience of seniors in attendance and to inform them of the red flags to watch out for when it comes to scams and frauds. If you are interested in attending, please call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

Date: Wednesday, September 13, 2023

Time: 1:00-2:30pm

LUNCH AND LEARN

The Clovis Senior Activity Center has partnered up with South Bay Health Insurance Services (SBHIS) to provide our participants with a lunch and learn. Bring a friend and come learn what to do about your Medi-Cal redetermination and how it can affect you if you received notice. It is very important that you do not lose your benefits. If you are interested in attending, please call the Clovis Senior Activity Center to secure your spot. Spaces are limited.

Date: September 6, 2023

Time: 1:00-2:30pm

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 Old Town Kiwanis will be preparing a delicious lunch on the last Wednesday of the month; however, they **will not** have a luncheon in September. The October lunch event will take place on Wednesday, October 25th, at 11:30 am in the main hall. The lunch menu for October will be chicken tortilla casserole, Mexican salad, and dessert. Tickets are \$5.00 per person/per ticket and will be available for purchase at the Senior Activity Center front desk starting **October 9, 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.

GRIEF SUPPORT GROUP

This Grief Support Group is 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. The 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.

Next session: Thursday, September 28–November 16, 2023

Time: 10:00am-11:30am for September 28th only; 10:00-11:00am for October 5 through November 16, 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 Clovis Senior Activity Center on the following dates: **September 16, 2023: General Meeting**



EYEGGLASS CLINIC

April Lachawicz will be here at the Senior Activity Center on Monday, September 11 and October 9, 2023, to clean, tighten, and properly fix your reading/prescription glasses. Stop by from 9:30am to 10:30am to see her in the Lobby. No appointment is necessary.

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, September 21, 2023. Coffee and donuts are served at 8:45am with the Top Dollar Band playing at 9:15am. Lunch menu is Chicken Enchilada Casserole, beans, rice, chips, fresh and blended salsa, and churros with vanilla ice cream. The entertainment for September’s Jolly Times will be Fender Bender and the cost of the meal is \$15.00. October’s Jolly Times tickets will go on sale at 8:00am the morning of the September’s Jolly Times.

PRIVATE FENCING LESSONS



Are you interested in 30-minute private fencing lessons? Learning the unique sport of fencing through engaging in low physical demand, hand-eye coordination, and exercise. Participants will progressively learn the physical skills of fencing. Fencing is about the use of finesse, not force where the precise use of distance, timing and proper technique are required. We are now starting an interest list for those that may be interested in fencing lessons. Please call the Clovis Senior Activity Center at 559-324-2750 to be placed on the interest list.

1ST ANNUAL VASD FALL FROLIC

The Valley Association of Square Dancers is having their First Annual Fall Frolic on Saturday, October 21, 2023, at the Clovis Senior Activity Center. Caller is Kip Garvey; Cuer is Mirdza Ward. Tickets are \$10 in advance; \$12 at the door. Contact Patt Hendricks for additional information and/or tickets sales at 559-999-2363.



FREE SMARTPHONE TRAINING

Having difficulty seeing or hearing on your smartphone? California Connect will be here to teach you how to make your smartphone work better for you. Learn how make your smartphone louder and easier to hear; send or receive text messages; connect Bluetooth devices; operate the basic functions of your smartphone; and much more! The first hour trainings cover the smartphone basics and accessibility features in the second hour. Sign up with MaiKou at the front counter or by calling her at the Clovis Senior Activity Center at (559) 324-2750. Space is limited and prior registration is mandatory.

For Android training: September 7, 2023 9:00-11:00a.m.

For iPhone training: September 14, 2023 9:00-11:00a.m.

STOP THE BLEED

With three quick actions, you can be trained to save a life. The number 1 cause of preventable death after injury is bleeding. That’s why we’re offering training on how to “STOP THE BLEED.” Instructors will teach you live-in person, using training materials specially developed to teach bleeding control techniques. They will not only instruct you, they will be available to check your movements as you practice three different bleeding control actions. They will keep working with you until you demonstrate the correct skills to “STOP THE BLEED® and save a life.” This free class will be held at the Clovis Senior Activity Center. Call 559-324-2750 or stop by the front counter to reserve your spot.

Date: Wednesday, September 6, 2023

Time: 1:00 to 2:30p.m.