

Volunteer Opportunities

*“Reach Out and Touch Someone—
Become a Volunteer”*

Volunteers are an integral and vital part of Senior Activity Center programs and operations. The friendly voice on the phone, the smiling face serving lunch and hundreds of others help the Senior Activity Center run smoothly. Your special talents can be enhanced by volunteering in a variety of areas including....

- ◇ Clerical/Administration
- ◇ Nutrition Program
- ◇ Committee on Aging
- ◇ Newsletter Folding
- ◇ Bi-annual Rummage Sale

Call the Volunteer Coordinator at 324-2750 for these and other volunteer opportunities.

Day Trips

Explore! Meet new friends and have fun as you explore local and out of town trips in the company of fellow travel enthusiasts. Pathfinder's Trips and Tours excursions are one-day trips to exciting destinations. Want to know more about our upcoming excursions? Stay up to date with all the latest by signing up for our monthly Silver Streak Newsletter.

Activities

When it comes to keeping busy, the Clovis Senior Activity Center hums with activity. Most services request a small fee to help offset the cost of the programs at the Senior Activity Center. Some of our classes have instructors provided by Clovis Adult School or the City of Clovis and therefore require a registration fee. Other classes have a small daily fee. Lunch is a donation. The following are just a few of the activities and services offered:

1. Leisure Activities:

Line Dancing
Book Club
Decoupaged Class
Billiards
Creative Doodling
Acrylic Painting
Bingo
Ceramics
Line Dancing
Mexican Train
Stitchery/Knitting
Crochet Social Group
Live Band Dances
Vocal Lessons

2. Educational:

Computer Assistance
Health & Nutrition
Education Seminars

3. Advocacy Services:

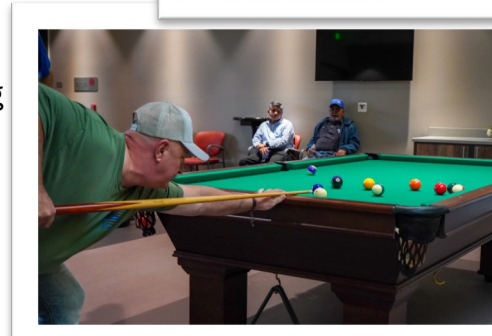
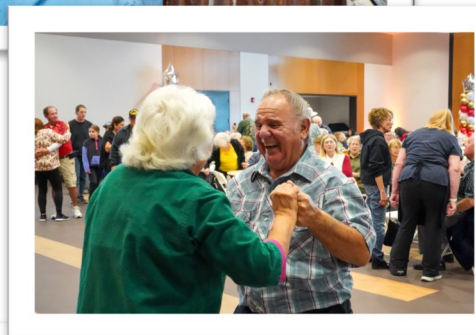
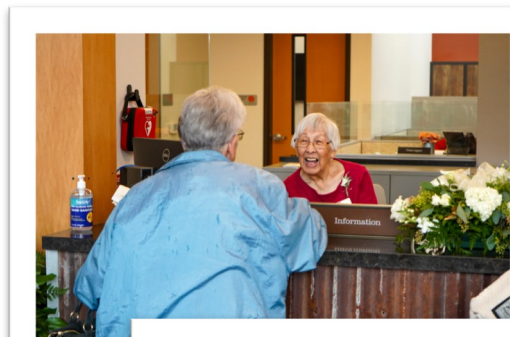
Transportation Prog.
Support Group
Housing information
HICAP-Health
Insurance Counseling
LIHEAP

4. Health & Fitness:

Blood Pressure
Yoga Classes
Exercise Classes
Tai Chi Classes
Zumba Classes
Recumbent Bikes

5. Trips & Tours:

Same day excursions



THE CLOVIS SENIOR ACTIVITY CENTER

A Smittcamp Family Legacy



Serving the social,
emotional and physical
needs of older adults
ages 50 and better

**735 Third Street
Clovis, CA 93612
(559) 324-2750**

The City of Clovis Senior Activity Center offers a wide variety of programs and services designed to promote an independent lifestyle for older adults. Many on and off site programs are offered such as:

- ◇ Educational Opportunities
- ◇ In Center and Homebound Nutrition
- ◇ Health/ Wellness/Fitness Programs
- ◇ Information/ Assistance /Referral
- ◇ Volunteer Opportunities
- ◇ Social Events
- ◇ Technology Assistance
- ◇ Health Insurance Assistance (HICAP)

Programs and services are available to all Seniors age 50 and over.

Nutrition programs (lunch and home-delivered meals) are available to those 60 and over.

Monthly Senior Activity Center “The Silver Streak” Newsletter

Get the latest information about the Center, hot off the presses! The monthly newsletter and calendar will be your best source for events at the Center. It also includes the daily and any special events or trips. Sign up to get it via mail, email, or find the newsletter on our website at www.CityofClovis.com/SeniorServices.

Senior Services

Friendship, community, service, education, music, nourishing meals, assistance, and much more. More than 3500 seniors live life to the fullest at the Clovis Senior Activity Center. The Senior Activity Center offers many programs and services to help older adults maintain an energetic and independent lifestyle. However, the Senior Activity Center is not an adult day care facility and all participants must be able to care for their personal needs.

Funding and the Committee on Aging

The goal of the Clovis Committee on Aging is “to promote independence and self sufficiency among the elderly and disabled adults of Clovis.” The committee’s purpose is to discuss area senior concerns, issues, develop and receive reports concerning actual service delivery. The Clovis Senior Activity Center is a community based, public, non-profit Multi-Purpose Senior Service Facility. Funding for the Clovis Senior Activity Center is provided jointly by The City of Clovis, the Fresno-Madera Agency on Aging and by donations from seniors. Contributions and legacy donations to the center are greatly appreciated!

Jolly Times

The Jolly Timers meet at the Clovis Senior Activity Center on the third Thursday of each month to entertain and be entertained and enjoy each other’s company. The cost of the meal is \$15.00 which, includes the main meal, dessert and drink. If you are interested in Jolly Times please sign up at the front desk with your payment of \$15.00 for the meal. Please come and join the fun and enjoy the great food and the company of great people.

Information & Referral

Looking for a new apartment in Clovis? Need a legal referral, health insurance help or someone to help you stay in your home? Would you like to seek educational or volunteer opportunities? Need respite care for a loved one? Help finding transportation? The Clovis Senior Activity Center is the place to call for resources and information for these and a variety of other services available to seniors in the San Joaquin Valley. Call us at 324-2750.

