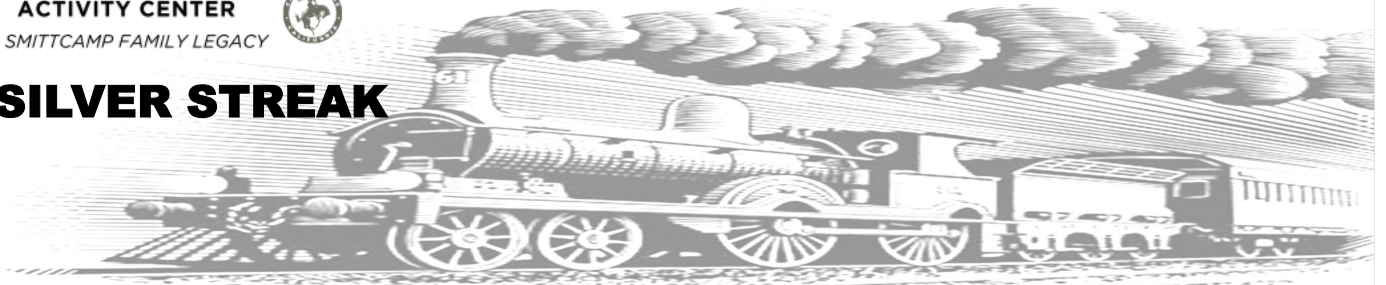




**CLOVIS SENIOR
ACTIVITY CENTER**
A SMITTCAMP FAMILY LEGACY



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 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

Upcoming May Events



A FAMILY-COMMUNITY EVENT

Saturday, May 4, 2024
8:00am—12:00pm

This free community event runs along the Old Town Trail and Dry Creek Trail from Treasure Ingmire Park to Dry Creek Park and Railroad Park. Start and stop at any location. Bring the family to enjoy activities and healthy snacks! Sponsor by Kaiser Permanente.

Rummage Sale & Craft Fair
Thursday, May 9, 2024
8:00am—12:00pm



Join us for our semi-annual Rummage Sale and Craft Fair. We will be accepting gently used items for the Rummage Sale from Monday, April 22 through Wednesday, May 8, 2024. All money raised from the Rummage Sale goes to the senior center for programs.

Individuals may rent tables to sell their own items. The cost is \$25.00 for an 8-foot table. Please do not bring your own tables. These spaces are limited so make your reservations right away to avoid missing out! Reservations and payments may be made at the front counter. We only accept cash or checks, no cards.



Saturday, May 25, 2024
7:00am—10:00am



Sign up for the run at www.clovismemorialrun.com. This event honors our military Servicemen and Servicewomen who made the ultimate sacrifice to secure our freedom. We also celebrate active Servicemembers and their families for devoting their time and talents to our great nation. We hope to see you at this annual event honoring all our men, women and canines who serve or have served our country.

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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)

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

Thursday 2:30pm-3:30pm \$2.00 per class

Traditional Exercise

The workout combines aerobic, flexibility, and resistance with plenty of friendly fun.

Don Kolz Instructor \$2.00 per class

Monday, Wednesday & Friday 10:15am-11:15am

Tuesday & Thursday 1:30pm-2:30pm

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

Circuit & Equipment Training

Come join Don Kolz for this workout routine that mixes cardio and strength training, has you in and out of the gym in 30 minutes, and leaves you looking forward to your next workout. Circuit training is a style of workout where you cycle through several exercises (usually 5-10) targeting different muscle groups with minimal rest in between each movement. The result is a workout that improves strength and endurance and builds your cardio-respiratory system.

In this class we will be working our way through a series of exercises using weights, bicycles, steps, and machines to experience a full body workout and cardio routine in a 30 minute session.

8 students maximum per class. \$2.00 per class

Monday & Friday 12:00-1:00pm or 1:00-2:00pm

Thursday 12:00-1:00pm; NO DROP-IN. Pre-Registration mandatory at www.MyActiveCenter.com.

Tai Chi Beginning Basics with Bill Titus

This class is for beginners. Learn to move in a series of slow, balanced, connected movements. Tai Chi helps with calming the mind, reducing stress and improving balance.

Monday 8:30am–9:30am

\$2.00 per class



Tai Chi Beyond Basics 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

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.

Mondays 8:00am-8:45am (at Clovis Rec. Center)

Thursdays 8:00am-8:45am (at Senior Center)

\$2.00 per class

Dance Aerobics with Shay

Moving to familiar music, you'll combine cardio, balance, and muscle toning through easy to follow aerobic movements. All fitness levels welcome!

Mondays (at Clovis Rec. Center) 9:00am-10:00am and 10:00am-11:00am

Thursdays (at Senior Center) 9:00am-10:00am and 10:00am-11:00am

\$2.00 per class



The Clovis Recreation Center is located at 3495 Clovis Avenue, Clovis.

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.

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

Zumba Chair with Stephanie

In this class, we dance while sitting in chairs. The moves are toned down and offered to people with limited mobility. We explore Latin, pop hits, and world music and incorporate musical music from the 40s, 50s and more.

Tuesdays & Thursdays, 7:00am - 8:00am, \$2.00 per class



Senior Tabata Class

Come join Stephanie for a fun 30-min upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20 second cardio circuits, 10 second rest with a 1-minute rest in between. The circuits are repeated for 4 sets. Go at your own pace.

Tuesdays & Thursdays, 6:00pm–7:00pm, \$2.00 per

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!

Monday through Friday 6:00am–6:45am

\$50.00 a month

Billiards

We have a Billiards Room with 4 pool tables that are available to members for a \$10.00 monthly fee. Open play is available Monday through Friday 8:00am to 5:00pm. Check the board for tournament dates and time. **\$10.00 monthly pool fee**

****NEW CLASSES****

BEGINNING KARATE WITH KIRK

This 8-week Beginning Karate class is offered on Tuesdays and Fridays. This is a noncontact class focused on balance, strength, flexibility and fun. The class will cover Japanese Karate movements and movement routines called Forms. The instructor has taught Japanese Karate in different schools with students of different needs. Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office.

Current session: Tuesday, March 12 through April 30, 2024

Time: 2:30pm–3:30pm

Cost: \$40.00 for 8-week series

Next session: May 7 through July 1, 2024

OR

Current session: Friday, March 8 through April 26, 2024

Time: 6:30pm–7:30pm

Cost: \$40.00 for 8-week series

Next session: July 5 through August 23, 2024

MEDITATION WITH KIRK

This 8-week meditation class is offered on Mondays and Fridays. This class will cover the benefits of calming the mind. The practice of meditation can have many beneficial results including physical health, social attitudes, and a general positive affirmation. **Pre-registration is mandatory** either on myactivecenter.com or by registering with staff in the office.

Current session: Monday, March 11 through April 29, 2024

Time: 3:15pm–4:15pm

Cost: \$40.00 for 8-week series

Next session: May 6 through June 25, 2024

OR

Current session: Friday, March 8 through April 26, 2024

Time: 5:00pm–6:00pm

Cost: \$40.00 for 8-week series

Next session: July 5–August 23, 2024



Senior Center Fitness Room

Our fitness room is open Monday-Friday 8:00am to 5:00pm. You're invited to use this equipment at your own risk. For your own safety, see staff for instructions on with how to operate any of the machines. Please be sure to attach the red emergency stop cord to your clothing prior to starting the treadmills. **FOOD IS NOT ALLOWED IN THE FITNESS ROOM AT ANY TIME.**

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.*****

Ping Pong

*****New Time on Mondays*****

We now have two ping pong tables. Come join us for drop-in sessions of ping pong on Mondays, 10:00am—noon and also on Thursdays, 9:00am—11:00am (except there's no ping pong on the 3rd Thursday of each month). Players keep their own score. Standard playing rules apply and will be posted.

Friday Afternoon Bridge

The Bridge Group meets every Friday from 12:00pm—4:00pm. Players with intermediate or better skills are welcome to join the group for some good bridge playing! There is a \$1.00 per person per session fee.

Wednesday Free Play Bridge

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

Wednesday—12:00pm—4:00pm *No fee*

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.

Mondays—9:00am—noon *No fee*

Thursday—12:30pm—4:00pm *No fee*

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! *No fee*

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*

2500 Card Game

This exciting and interesting card game is also known as 2500 Rummy. Come and play with friends and have a lot of fun!

Mondays—1:15 am—3:15 pm *No 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 fee

Wednesdays— 1:00 pm—4:30 pm

No fee

Intermediate/Advanced Hand N Foot

This strategic game, full of 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 — 12:30pm—4:00pm *No fee*

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 fee*

DANCE & MUSIC

Pre-Beginning Line Dancing

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*

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

Couples Western Dance

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

Beginner Class – Friday 5:00pm-7:00pm

\$4.00 per person per class

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

\$4.00 per person per class



SENIOR CENTER DANCES

Western: Friday 4/5 7:30pm

Western: Friday 4/12 7:30pm

Western: Friday 4/19 7:30pm

Western: Friday 4/26 7:30pm

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

BEGINNING MUSIC CLASS WITH SKYLA

Join Skyla as she covers the essentials including rhythm, notes, and ear training. This course is designed for beginners with little to no prior music experience seeking to explore the fundamentals. Spaces are limited. Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office.

Current session: Friday, April 12 through May 31, 2024

Time: noon–2:00pm and 2:00pm–3:00pm

Cost: \$40.00 for 8-week series

CEDARWOOD ELEMENTARY SCHOOL CHOIR PERFORMANCE

The Cedarwood Elementary School Choir will be visiting the Clovis Senior Activity Center to provide entertainment for our participants. The goal of the choir is to build musicianship skills, learn basic music reading, and promote music as a means of communication. The students can't wait to share their music with you again this year! To attend, we ask that you simply show up. This event will take place in the Main Hall.

Date: Tuesday, April 16, 2024

Time: 11:15am–11:30am

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, April 3, 10, 17 and 24, 2024 from 10:30am–11:45am. 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 5, 12, 19 and 26, 2024 from 10:30am–11:45am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

KARAOKE NIGHT WITH SKYLA

Grab a mic and sing your favorite songs on Karaoke Night, the best way to enjoy music with friends! All ages and experience levels are invited. For those interested in attending, register on myactivecenter.com or simply show up on Wednesdays from 5:00pm to 8:00pm.

Cost: \$4.00 per session/per person

VOCAL LESSONS WITH SKYLA

This group vocal program is available to all experience levels. It features fun, easy exercises and songs that you'll be singing with friends. Spaces are limited. Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office.

Next session: Wednesday, April 10, 17, & 24, 2024

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

[5 students max] \$5.00 per session/time slot

Alternate session: Thursday, April 11, 18, & 25, 2024

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

[5 students max] \$5.00 per session/time slot

CLOVIS CHORALE SINGING GROUP

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

ARTS & CRAFTS

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 person, per class. April classes are on the 5th, 12th, 19th and 26th.

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. This class is on Fridays from 3:00pm to 5:00pm.

Current Session: April 5–April 26, 2024

Cost: \$25.00 for 4-week session

Next Session: May 3–May 24, 2024

*****NEW*****

EASY CREATIVE GARDEN PAINTING WITH KRISTINA

Learn to paint flowers, leaves and garden critters. Kristina will help you practice painting the first hour. Then the second hour of the class you will get the opportunity to paint on canvas, terra cotta pots, or rocks. Teacher's choice. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class. Classes in April are on the 1st, 8th, 15th, 22nd and 29th.

POSH DECORATING WITH APRIL

This 4-week class encourages students to bring out their creativity to the next level. Students will learn how to make boutique decorations for their home décor or give as gifts.

Current Session: Tuesdays, April 9–April 30, 2024

Time: 5:00pm–7:00pm **Cost:** \$50.00 for 4 week session

Next Session: May 7–May 28, 2024

DROP-IN ART *NEW TIME*****

“Drop-In” Art is now from 8:00-10:00am on Wednesdays. Bring your projects and work independently on them. No fee

BEGINNING DRAWING CLASS WITH DEBORAH

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 or at the front counter to register for our new class sessions.

Current Session: Mondays, March 25–May 13, 2024

Time: 1:00pm-3:00pm

Cost: \$40.00 for 8-week session

Next Session: June 3 through July 22, 2024

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, March 25–May 13, 2024

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

Next Session: June 3–July 22, 2024

ADVANCED WATERCOLOR WITH DEBORAH

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, March 14–May 2, 2024

Time: 10:00am–1:00pm **Cost:** \$50.00 for 8-week session

Next Session: May 16–July 11, 2024

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, April 4–April 25, 2024

Time: 3:00pm–6:00pm **Cost:** \$30.00 for a 4-week session

Next Session: May 2–May 23, 2024 *****STARTING IN JUNE 2024, THE COST FOR THIS CLASS WILL BE \$35.00*****

CERAMIC CLASS WITH VICKIE

In this 6-week session students will learn about Greenware, Bisque, Glazing and more through your ceramic journey! A list of supplies students will need to purchase for the first class is available at the Senior Center front counter. **This class is a 3-hour class for \$55.00 per session.**

Current Session: Wednesdays, February 21-April 3, 2024
(6-week session cost is \$55.00) **(NO CLASS ON MARCH 27, 2024)**

Time: 1:00pm–4:00pm

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

Next Session: April 10–May 15, 2024

MORNING CERAMICS WITH VICKIE

Starting in April, this **NEW** 6-week session on Wednesday mornings follows the same creativity program as Vickie's Wednesday afternoon class. This is a 2-hour class.

New Session: Wednesdays, April 10–May 15, 2024

Time: 10:00am–12:00noon

Cost: \$50.00 for 6-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, decoupaged rocks and special gifts for holidays and birthdays. This will only be a 2-week class 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.

Current Session: Tuesdays, April 9–April 30, 2024

Time: 2:00pm–4:00pm

Cost: \$25.00

Next Session: June 4–June 25, 2024

SOCIAL KNITTING / CROCHET 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. No fee

MAGICAL INKS WITH MAXINE

This fun 4-week class teaches basic ink color theory, 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.

Current session: Tuesdays, May 7–May 28, 2024

Time: 2:00pm–4:00pm

Cost: \$25.00

Next session: July 2–July 23, 2024

TRADITIONAL NATIVE AMERICAN HEALING

Laura will guide you in the understanding of the purpose of healing throughout Indian Country our Mother Earth's bounty, how it was used for centuries, and how it is used today. We will not only explore the uses, but also the plants and herbs and have "hands on" gatherings at the Native garden. It will be a beautiful time together to explore and just "BE."

Next Session: Tuesdays, May 7–May 28, 2024

Time: 9:00–11:00am

Cost: \$25.00

Future Session: June 4–June 25, 2024

*****NEW CLASS*****

HOME DECORATING CLASS W/ KIRK

The instructor will help you explore the Google search site in order to develop ideas for Home decorating. The instructor is a colorist and artist who understands, lay outs, lighting, focal points and other design concepts. This 8-week class will help you develop your own ideas that work with the style that you are looking for. Sign up at www.myactivecenter.com to register for this new class.

Date: Monday, April 15 through June 10, 2024

Time: 6:00–7:00pm

Cost: \$25.00

CRAFT, STITCHERY AND CROCHET SOCIAL GROUP

This is a drop-in knitting, crocheting, embroidery, cross-stitching and quilting social group. There is no instructor; other participants will help you with your project. This group will meet in our East Lobby.

Wednesdays from 9:00am–noon

No fee

*****NEW CLASS*****

**MIXED MEDIA ART CLASS
WITH KIRK**

This class will have you use a variety of different Art mediums in order to create your own individual Art. The class will explore the variety of techniques in which the student can use various mediums together. The instructor will list suggestive new materials ideas at the beginning of each class. The student will start off with mixed media drawing and progress at an individual rate of readiness to explore. Sign up at www.myactivecenter.com to register for this new class.

Date: Thursday, April 18 through June 6, 2024

Time: 1:30pm-2:30pm

Cost: \$40.00

BOOK CLUB

The April session of Book Club will feature the book "Good Night Irene" by Luis Urrea. This session will meet on Mondays, April 1 through April 29, 2024 from 9:00am-10:00am and Kelly is your moderator. Cost is \$10.00 per person for the 5 class sessions in April. Sign up on myactivecenter.com. The featured book for May will be "The Devil in the White City" by Erik Larson.

MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:30am-11:30am. The cost of the class is \$2.00 per class and signups are online at myactivecenter.com. April classes will be on the 4th, 11th, 18th and 25th. **Spots are limited.**

**MASSAGE TECHNIQUES PART I
WITH ELLIE**

In this class we will explore massage techniques to help manage pain. How to identify trigger points, adhesions (knots), and tender spots and what can we do to reduce the soreness and tenderness that those disfunctions of the tissue cause. In addition to identifying them, we will also learn how to work on them!

Current Session: Fridays, April 5–April 26, 2024

Time: 10:00am–11:00am **Cost:** \$30.00

Next Session: Fridays, May 3–May 24, 2024



*****NEW*****

**AROMATHERAPY AND ESSENTIAL
OIL CLASS WITH ELLIE**

This 4-week class will explore the topic of Aromatherapy and the natural benefits it has. This class will show you how to make homemade scrubs that are very beneficial to the skin. You will learn what essential oils are, how they can be used to relieve pain, reduce migraines/headaches, and how to help reduce stress. Ellie will also teach you the history and medicinal uses essential oils have.

Current Session: Tuesdays, April 9 through April 30, 2024

Time: 10:00am–11:30am

Cost: \$30.00

HEALTH INFO. & SERVICES

GRIEF SUPPORT GROUP

This Grief Support Group is facilitated by retired social worker Regina Contreras, MSW. Pre-registration is required as the group is limited to 12 participants per 8-week session. If you are interested, please call the Clovis Senior Activity Center 559-324-2750 to reserve your spot. No fee

Current session: Wednesdays, May 8–June 26, 2024

Time: 10:00am-11:00am

Next Session: September 18–November 6, 2024

NAVIGATING GRIEF

This is a drop-in session that offers people a chance to come together to discuss their emotions and experiences while dealing with grief. This group is led by Kelly Orender.

Current session: Mondays, April 1, 8, 15, 22 & 29, 2024

Time: 2:00pm-3:00pm

No fee

PEER SUPPORT GROUP

This group is led by Kelly Orender and is for anyone who wishes to attend a group session to discuss your feelings and learn coping strategies to help you with everyday life experiences. Tuesdays at 10:00-11:00am - No fee

END-OF-LIFE OPTIONS AND MEDICAL AID WHEN DEALING WITH DEATH

California is one of 10 states that offers the 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 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. If you are interested in attending one of these presentations, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Thursday, April 10, 2024; 3:00 pm

Next Session: May 20, 2024; 7:00 pm

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

A representative of the Alzheimer's Association will host an educational class on the second Thursday of each month on a variety of topics. The April class is entitled "Understanding Alzheimer's and Dementia." The class is on April 11, 2024 from 10:00am-11:00am. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

BLOOD PRESSURE SCREENING

National University undergraduate nursing students will be holding a blood pressure screening event for seniors at the Clovis Senior Activity Center on the dates listed below. The screening will allow students to practice clinical skills with different age groups, increase visibility and promote health and engage in service. Engaging in hands-on opportunities helps prepare students for success. Students will have their own stations that will be set up throughout the building so please take some time and visit with the students while getting your blood pressure checked.

Dates: April 15 and 22, 2024

Time: 9:00am to Noon

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 keeping healthy.

TECHNOLOGY HELP

Do you need help with your iPad, Laptop or Smart Phone? Several students from California Health Sciences University will be here assisting participants with technology issues. They will be here for 30-minute appointments on Mondays from 3:30-5:00pm and on Tuesdays from 8:30am to 10:30am on the following dates: April 8 & 9, April 22 & 23, and May 20 & 21, 2024. Check availability at the front counter. Spaces are limited.

We are also pleased to have Emily who has volunteered to be here for 1-hour appointments assisting participants with technology issues on Mondays and Fridays from 9:00am to 1:00pm. Check availability at the front counter.

FINDING JOY & FULFILLMENT PRESENTATION

Nancy Anderson from The Grove Senior Living will be hosting a once-a-month presentation on a variety of topics. Join us on April 10, 2024 for a presentation on Finding Joy and Fulfillment. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

Time: 1:30-3:30pm

May Presentation: May 8, 2024; Nutrition Sample Meal Prep for Seniors with Diabetes

UNTOLD MAFIA TALES PRESENTATION

Join Gary Clement as he shares with you some history of legendary FBI Special Agent Peter C. Clemente and his 26 years ground zero organized crime battle with the American Mafia. This presentation is filled with the fascinating events and power brokers that led up to the final demise of the Mafia - - from the all-powerful RICO Act; legendary Mafia Boss of Bosses, Carlo Gambino; famed mob stool pigeon, Joe Valachi; the tectonic plate shift of power following the historic Mafia conclave in Apalachin, NY; as well as the man addicted to secrets himself, J. Edgar Hoover. Call the Senior Center at 559-324-2750 if you are interested in attending. Spaces are limited.

Date: Wednesday, April 17, 2024

Time: 1:00 pm-3:00 pm



SAVE THE DATE: HOSPICE PRESENTATION

Please join us for a presentation by Nancy Hinds, founder of Hinds Hospice, as she joins a panel of hospice experts in speaking on "What I learned about living while caring for the dying." Nancy founded her hospice more than 40 years ago, initially taking patients inside her home, while also caring for her three young sons as a young widow. Her amazing story is both inspirational and moving.

Join us on Wednesday, April 24, 2024 from 2:00-4:00pm at the Clovis Senior Activity Center. Call the Senior Center at 559-324-2750 or stop by the front counter to reserve your spot.

This presentation is free.

ADULT PROTECTIVE SERVICES PRESENTATION

Please come and join Waleska Banegas who is a Social Work Practitioner who has been working with the Adult Protective Services for Fresno County for two years. Waleska has ten years of experience and would like to share the type of services and resources that the Adult Protective Services has to offer for elder adults. This presentation is free and will provide you with some valuable resources. The following information will be discussed:

- The goal of Adult Protective Services that the elder/dependent adult can remain safely in their home to the greatest degree of independence.
- What is the role of Adult Protective Services.
- Who does Adult Protective Services serve.
- What is reportable abuse and the different types of abuse that can be reported.
- Who is a mandated reporter?
- How to file an Adult Protective Services Report.

Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

Date: Wednesday, April 3, 2024

Time: 1:00-3:00pm

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 (age 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.

INTEREST LISTS

- **American Mah-jongg:** Mah-jongg is a Rummy-like tile game where four payers take turns picking and throwing their tiles, one at a time, trying to match the tiles on their rack with one of the patterns on the National Mah-Jongg League card. It is a social game of skill, strategy, and a bit of luck.
- **Sewing Class:** This sewing group will bring their own sewing machines and sewing supplies. This class will allow for all skill-set based projects and the group is given a supply list of necessary items/fabric for the classes. Projects will include basic sewing skills up to advanced sewing.
- **How To Play Pool:** We are starting an interest list for those that may be interested in learning how to play pool correctly and getting tips on how to become a better pool player.
- **Support Group For Combat Vets:** If you are looking for a support group for Combat Vets and/or their spouses, we are starting an interest list. This group will start meeting in April.
- **Acrylic Painting with Kirk:** Enjoy acrylic painting by using different colors. Explore the different styles of art and creating your own color pallet. It's encouraged to bring your own photographs or objects to paint on the canvas.
- **Drawing for Fun with Kirk:** This class will explore the use of pencil, pen and charcoal drawing. It's encouraged that you bring your own photographs.
- **Childrens Color Book:** Create a special gift for that special child. Make a personal children's color book. The color book can have a personal name, element, images and story. It's encouraged that you bring photographs or objects to draw, but not necessary.

If you are interested in any of the above, please call the Clovis Senior Activity Center at 559-324-2750 to add your name to our interest list.

FREE SMARTPHONE TRAINING

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. Mandatory sign up by calling 559-324-2756 or email MaikouY@ci.clovis.ca.us. Space is limited. First timers attending the training is priority. Space is limited. Please arrive 10 minutes early.

April Session:

For Android training: Monday, April 15; 9:00 am–11:00 am

For iPhone training: Monday, April 22; 9:00 am–11:00 am

May Session:

For Android training: Tuesday, May 7; 9:00 am–11:00 am

For iPhone training: Thursday, May 9; 9:00 am–11:00 am

MEDICARE 101

Come join us at the 2024 Medicare 101 class. We will be meeting on the dates listed below. Listen to the presentation and ask questions. Please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Spaces are limited.

Tuesdays/ 10:00am–11:00am

April 23, May 21, August 27, September 17, October 1, 15 and 29, 2024.

Wednesdays/ 1:00 pm–2:00 pm

April 10, May 8, June 5, July 10, August 14 and September 4, 2024.

Wednesday/ 6:00 pm–7:00 pm

October 9 & October 23, 2024.

FRESNO HOSPICE IS LOOKING FOR VOLUNTEERS

If you would like to make a difference in someone's life by volunteering, contact Fresno Hospice at (559) 554-3326. Volunteers are key to helping others live life to the fullest by providing quality time and support to them and their families.

BUS TRIP DAY TOURS!

Keep your eyes out for our new trips. We will be scheduling them soon! Please check the front desk frequently for trip updates. Reservations must be made in person at the front desk and paid in full by check or cash payment.

INFORMATION CORNER

- ♦ **Food Giveaway:** Tuesday and Wednesday for Clovis residents, 9:00am-noon, Salvation Army, 210 Barstow, Clovis. Call 298-6797 for additional information.

FUTURE EVENTS

Clovis Choral –6-8pm every Tuesday

Clovis Trail Fest – May 4 / 8am-noon

Spring Rummage Sale – May 9/ 8am-noon

Clovis Memorial Run – May 25/ 7am-10am

Health & Wellness Fair–July 24/ 12pm–3pm

Senior Prom - August 17/ 5pm–9pm

Housing & Tenant Resource Fair–August 21

End of Summer Bash–Sept 25/ 10am-12pm

RESOURCE INFO THEATER DATES

ROGER ROCKA'S GOOD COMPANY PLAYERS:

Fiddler On The Roof, March 14-May 12, 2024. Call 559-266-9494.

SAROYAN THEATRE: Jerry Seinfeld, April 11, 2024; Drum Tao, April 13, 2024. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Moon Over Buffalo, March 1-April 14, 2024; On Golden Pond, April 26-June 9, 2024. Call 559-266-9494.

TOWER THEATER: Jim Messina with Pablo Cruise, April 7, 2024. Call 559-485-9050.

SAVE MART CENTER: Luis Miguel, April 13, 2024; Lauren Daigle, April 19, 2024. Call 559-278-3400.

COMMUNITY EASTER LUNCHEON

Menu Correction

Sunday, March 31, 2024

We invite seniors and their guest to our annual Community Easter Luncheon. The traditional Easter meal will be served at Noon. Doors open at 11:00am. If you would like to attend just simply show up for a delicious hot meal on Easter Sunday.

The menu includes: Ham, Rice Pilaf, Coleslaw, Roll and Cookie.

Clovis Senior Activity Center: A Smittcamp Family Legacy

735 Third 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 18, 2024. Coffee and donuts are served at 9:00am with the DeLeon Brothers & Friends playing at 9:15am. Lunch menu is hamburger, ranch beans, tater tots and dessert. The entertainment for April's Jolly Times will be Perry Brothers Band and the cost of the meal is \$15.00. May's Jolly Times tickets will go on sale April 18, 2024, at 9:00am.

MAKING IT EASIER!



You no longer have to dig through your purse or wallet to find your key card or activity punch card. The Clovis Senior Activity Center has card pouches with a red lanyard for sale at the front desk for \$1.00. This lanyard makes it easier and more convenient for you to carry the key card and activity card you need when coming to the Clovis Senior Activity Center.

REGISTRATION FOR NUTRITION PROGRAM

For those that want to sign up for the nutrition program, we now have set drop-in days and times for new participants to come by the Senior Center to complete the Nutrition In-Take Form in order to participate in our lunch program. These days and times are on **Wednesdays and Thursdays from 10:00 am to 3:00pm only**.

FINANCIAL EXPLOITATION PRESENTATION

Please join FBI Special Agents Jacob Ricks and Adrian Ramirez and FBI Victim Specialist Holly Peacock as they provide you with some important information on Elder and Financial Fraud, why scammers target seniors, how to spot red flags to avoid being a victim of fraud and provide you the resources you need if you become a victim to Elder and Financial Fraud. If you are interested in attending this presentation, please stop by the front counter or call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. No fee.

Date: May 1, 2024

Time: 1:00pm



EYEGGLASS CLINIC

April Lachawicz will be at the Clovis Senior Activity Center on Monday, April 8, 2024, to clean, tighten, and properly fix your reading/prescription glasses. Stop by from 9:30am to 10:30am to see her in Meeting Room A. No appointment is necessary.

NEWSLETTER FOLDING DAYS

Join us every month on a **Tuesday morning starting at 8:00am**.

Upcoming folding dates: April 23, May 21, June 18, July 23, and August 20, 2024.