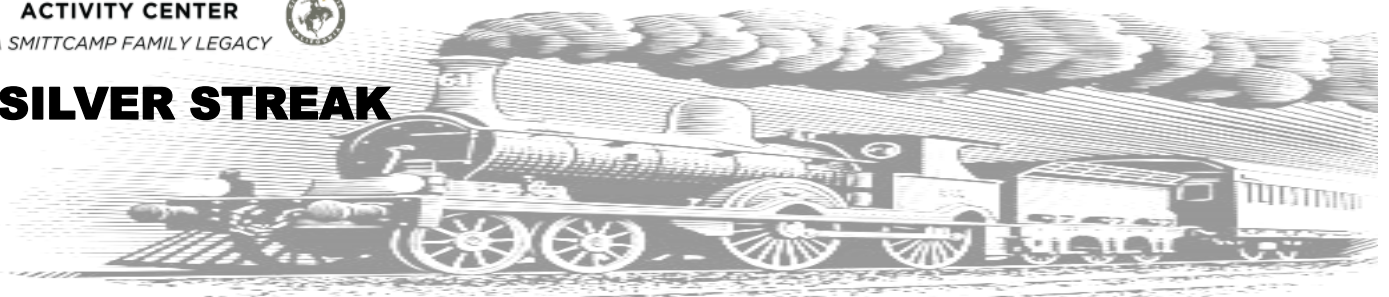


# THE SILVER STREAK



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.*

August 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

[www.clovisseniors.org](http://www.clovisseniors.org)

## SENIOR CENTER UPDATE

As we reflect on the first six months in the new senior center, we'd like to share a few interesting statistics and a big announcement.

First, we are happy to report that since December 1, 2023, we've added 2,518 new members to the center. Of those new members, a little over 50% reside outside of Clovis city limits. This confirms our center is truly a regional resource for seniors. We continue to welcome anyone age 50 and better. If you haven't joined yet, there's no time like the present. If you are a member and haven't been in to see us in a while, stop on by. We'd love to see you.

Now, for the big announcement. You may not be aware, but the senior center building has an additional 4,000 square feet of space originally planned for a tenant. Due to the overwhelming response and popularity of the senior center, our city council has approved a proposal to expand the center into that space. There is much planning to be done and the project is estimated to take up to two years to complete. We are excited to create more space for programs and classes, and are grateful to the city council for always supporting our vision for the Clovis Senior Activity Center.

We are also thankful for all of you. You are the reason the center is outstanding. You volunteer, collaborate, connect, and share your time and talents with your community every day. We are better because you are here.



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**Like us on Facebook for updates and information.**

**Find the newsletter on the City of Clovis website:  
[www.clovisseniors.org](http://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

### **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

### **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

### **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. **NO DROP-INS. Pre-Registration mandatory at [www.MyActiveCenter.com](http://www.MyActiveCenter.com).**

8 students maximum per class.

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

Thursday 12:00-1:00pm

\$2.00 per class

### **Tai Chi Beginning Basics with Bill**

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**

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

### **Aerobic Kickboxing with Kirk**

Come join Kirk as he whips you into shape showing you a fun way to exercise. This class will use simple boxing moves that everyone can do. You will incorporate the legs, hips and lower extremities to a rhythmic beat of music.

Thursday 11:30am-12:30pm

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.

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

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

\$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!

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

Thursday (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.

*Wednesday & Friday 9:00am–10:00am*

*\$2.00 per class NO ZUMBA SEPTEMBER 25, 2024*

## 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.

*Tuesday & Thursday 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.

*Tuesday & Thursday 6:00pm–7:00pm*

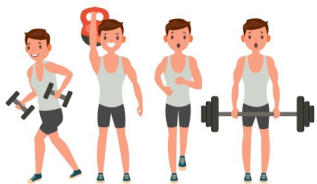
*\$2.00 per class*

## 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 offered Tuesdays, Wednesdays and Thursdays.

*Tuesday through Thursday 6:00am–6:45am*

*\$2.00 per class*



## 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 at the front desk.

*Current session: Tuesday, July 23–September 10, 2024*

*Time: 3:30pm–4:30pm*

*Cost: \$40.00 for 8-week series*

*Next session: September 17–November 5, 2024*

*OR*

*Current session: Friday, July 26–September 13, 2024*

*Time: 6:30pm–7:30pm*

*Cost: \$40.00 for 8-week series*

*Next session: September 20–November 8, 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 at the front desk.

*Current session: Monday, July 22–September 16, 2024*

*Time: 3:15pm–4:15pm*

*Cost: \$40.00 for 8-week series*

*Next session: September 23–November 18, 2024*

*OR*

*Current session: Friday, July 26–September 13, 2024*

*Time: 5:00pm–6:00pm*

*Cost: \$40.00 for 8-week series*

*Next session: September 20–November 8, 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**

Come join us for drop-in sessions of ping pong on Mondays, 10:00am–noon; Wednesdays, 9:00am–11:00am (patio area); and Thursdays, 9:00am–11:00am (on the 3rd Thursday of each month ping pong is played in our patio area). Players keep their own score. Standard playing rules apply and will be posted.

### **Friday Afternoon Bridge**

The Bridge Group meets every Friday from noon–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, noon–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.

*Monday, 9:00am–noon      No fee*

*Thursday, 12:30pm–4:00pm      No fee*

### **2500 Card Game**

**\*\*\*NEW TIME\*\*\***

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

*Monday, 1:00pm–3:00pm      No fee*

### **Bunco**

Bunco is a social dice game played at the Senior Activity Center. 100% luck, no skill! No regular bunco on August 5, 2024.

*Monday, 11:00am–1:00pm      \$5.00 per person*

### **\*\*\*Intergenerational Bunco\*\*\***

Bring on the food, drinks and fun! You may bring your grandchild ages 6+. To register your grandchild, please call the Clovis Senior Activity Center at 559-324-2750. Register yourself online at myactivecenter.com.

*Monday, August 5, 2024*

*11:00am–1:00pm      \$5.00 per person*

### **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. No longer played on Mondays.

*Wednesday, 1:00pm–4:30pm      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. No registration required.

*Tuesday & Friday, 12:30pm–4:00pm      No fee*

### **Pinochle**

This is a card game for two or more players using a double deck consisting of four of each card from ten to ace, the object being to score points for various combinations and to win tricks. No registration required. Single deck players welcome.

*Tuesday, 8:30am–11:30am      No fee*

### **\*\*NEW DAY & TIME\*\***

### **American Mah-jongg**

Are you interested in learning how to play American Mah-jongg? Please come and join Marianne Kast who has played the game of American Mah-jongg for 15 years. This game takes about three sessions to learn the basics, followed by continuing practice to comfortably play the game. American Mah-jongg is played with four players using mah-jongg tiles. The goal of the game is to be the first, by picking and discarding, to match ones tiles to a specific hand from the distributed scorecard. No registration required.

*Tuesday, 10:00 am–noon      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*

### **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**

## **DANCE & MUSIC**

### **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*

### **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.

*Monday & Friday, 3:00pm-5:00pm \$4.00 per class*

### **BEGINNING LINE DANCING**

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*



### **SENIOR CENTER DANCES**



Western:	Friday	8/2	7:30pm
Western:	Friday	8/9	7:30pm
Western:	Friday	8/16	7:30pm
Western:	Friday	8/23	7:30pm
Western:	Friday	8/30	7:30pm

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

### **PAYMENTS TO THE SENIOR CENTER**

Just a reminder that the Clovis Senior Activity Center can only accept payments made in cash or by check. This includes payments for annual membership fees, classes, activity cards, special events, trips and tours, Taxi Scrip, etc. Checks should be made payable to the City of Clovis. We are not set up for debit or credit card transactions. If you have any questions, please see office staff.

### **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. Space is limited. Pre-registration can be made on myactivecenter.com. Otherwise, payment for classes to be made at the beginning of the class by using a pre-purchased Activity Card.

**Next session:** Wednesday, August 7, 14, 21 & 28, 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, August 1, 8, 15, 22 & 29, 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

## **LIVE ENTERTAINMENT**

### **TOP DOLLAR BAND MUSIC**

Come to hear the Top Dollar Band play on Wednesdays, August 7, 14, and 28, 2024 from 10:30am–11:45am. Everyone enjoys their music so come by to see and hear for yourself! **\*\*\*NO LIVE MUSIC ON AUGUST 21\*\*\***

### **DE LEON BROTHERS BAND MUSIC**

Enjoy the sounds of the De Leon Brothers' great music on Fridays, August 2, 9, 16, 23 and 30, 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

### **CLOVIS CHORALE SINGING GROUP**

Do you like singing in the shower or in the car? If so, you'll love singing with us in the Clovis Chorale. We welcome new members in our relaxed, fun atmosphere. No auditions. Although the Clovis Chorale is currently **on hiatus**, it will be starting back up on August 20, 2024 and continuing every Tuesday from 6:30-8:00pm at the Clovis Senior Activity Center. We love to sing!

## **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. August classes are on the 2nd, 9th, 16th, 23rd and 30th. **NO CLASSES IN SEPTEMBER**

### **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:** August 2–August 23, 2024

**Cost:** \$25.00 for 4-week session

**NO CLASSES IN SEPTEMBER**

### **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 August are on the 5th, 12th, 19th and 26th.

### **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](http://www.myactivecenter.com) or at the front counter to register for our new class sessions.

**Current Session:** Monday, July 29–September 23, 2024

**Time:** 1:00pm-3:00pm

**Cost:** \$40.00 for 8-week session

**Next Session:** October 21–December 16, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 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:** Monday, July 29–September 23, 2024

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

**Next Session:** October 21–December 16, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 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:** Thursday, August 1–September 19, 2024

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

**Next Session:** October 24–December 19, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 2024**

### **MAKE AND TAKE (1) WITH APRIL**

April will instruct how to make two fun and seasonal craft projects. This class is designed for those that are new to the Senior Center or a beginner to making crafts. This class is very popular so sign up on [myactivecenter.com](http://myactivecenter.com) right away. This class session will take place on Tuesdays for 4 weeks.

**Current Session:** Tuesday, August 6–August 27, 2024

**Time:** 11:30am–1:30pm

**Cost:** \$35.00 for a 4-week session

**Next Session:** September 3–September 24, 2024

### **MAKE AND TAKE (2) WITH APRIL**

April will instruct how to make two fun and seasonal craft projects. This class will be more advanced and students that are interested in registering for this class must have already taken at least 8 or more Make and Take (1) 4-week sessions to participate. These classes are always popular so sign up on [myactivecenter.com](http://myactivecenter.com) right away. This class session will take place on Thursdays for 4 weeks.

**Current Session:** Thursday, August 1–August 22, 2024

**Time:** 3:00pm–6:00pm

**Cost:** \$35.00 for a 4-week session

**Next Session:** September 5–September 26, 2024

## **POSH DECORATING WITH APRIL**

This 4-week class encourages students to bring their creativity to the next level. Students will learn how to make boutique decorations for their home décor or give as gifts. **NO CLASSES IN AUGUST**

**Next Session:** Tuesday, September 3–September 24, 2024

**Time:** 5:00pm–7:00pm

**Cost:** \$50.00 for 4 week session

## **CERAMICS A.M. WITH VICKIE**

In this class, students can choose between Hobby Ceramics and Hand Building with Clay. Hobby Ceramics covers Greenware, Bisque, Glazing, and more, while Hand Building with Clay teaches students to use slabs and coils with moist clay for projects. Necessary supplies for both options can be found at the Senior Center front counter. Clay cards are available for \$20.00 for a hands-on clay experience. No external clay is allowed in class.

**Current Session:** Wednesday, July 10–August 14, 2024

**Time:** 10:00am–12:00noon

**Cost:** \$50.00 for 6-week session

**Next Session:** August 21–September 25, 2024

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

## **CERAMICS P.M. WITH VICKIE**

This class will allow students to learn about Greenware, Bisque, Glazing and more through your ceramic journey! A list of supplies students will need to purchase for class is available at the Senior Center front counter. This is a 3-hour class

**Current Session:** Wednesday, July 10–August 14, 2024 (6-week session cost is \$55.00)

**Time:** 1:00pm–4:00pm

**Next Session:** August 21–September 25, 2024

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

## **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***

**\*\*\*NEW\*\*\***

## **GELLI PLATE PRINTING WITH MAXINE**

This 4-week class uses a Gelli plate, a firm jello like substrate that is painted with mostly acrylic paint that is spread over the plate with a brayer. Many types of paper may be used on top of the painted Gelli plate and “pulled” off the plate, creating a print that will allow you to add more paint or other fun pieces such as leaves, stencils or marks to give texture for another “pull.” These pulls can be used to create collages, framed pieces, greeting card backgrounds, book marks, wrapping paper, journal pages, etc. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for our new class sessions.

**\*\*\*Mandatory Meeting: Thursday, August 29, 2024 at 3:00pm\*\*\***

**New session:** Monday, September 9–September 30, 2024

**Time:** 3:30–5:00pm

**Cost:** \$30.00

## **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 4-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](http://www.myactivecenter.com). Space is limited.

**Current Session:** Tuesday, September 3–September 24, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

## **MAGICAL INKS WITH MAXINE**

Explore the world of alcohol ink in this 4-week class. Learn ink color theory, blending techniques, and create projects on ceramic tiles, paper and glass. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for our new class sessions.

**Current session:** Tuesday, August 6–August 27, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

**Next session:** October 1–October 22, 2024

## **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.

Wednesday 9:00am–noon

***No fee***

## MIXED MEDIA ART 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 a 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](http://www.myactivecenter.com) to register for this new class.

**Next Session:** Thursdays, July 25–September 12, 2024

**Time:** 1:30pm-2:30pm **Cost:** \$40.00

**Next Session:** September 19–November 7, 2024

## EXPLORING YOUR PALLET WITH ACRYLIC PAINTING

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 canvas. This 8-week class will have you explore your pallet of art through personal objects. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this class.

**Current Session:** Friday, July 26–September 13, 2024

**Time:** 10:00am–11:00am

**Cost:** \$40.00

**Next Session:** September 20–November 8, 2024

## DRAWING FOR FUN WITH KIRK

Come have fun for 8-weeks drawing different elements, backgrounds, family, friends, and family pets. This class will explore the use of pencil, pen and charcoal drawing. It's encouraged that you bring your own photographs. Let the drawing begin! Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this new class.

**Date:** Fridays, July 26–September 13, 2024

**Time:** 11:15am-12:15pm **Cost:** \$40.00

**Next Session:** September 20–November 8, 2024

## WREATH CLASSES WITH KRYSTAL

Come and join Krystal as she teaches you how to create your very own festive wreaths. Perfect to keep for yourself or as a gift for a friend or loved one. This class is free, but space is limited. To participate, we ask that you call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. Limit is 2 classes per person.

**Class Dates/Times:**

- Wednesday, August 28, 2024 /2:00-4:00pm
- Monday, October 7, 2024 /1:00-3:00pm
- Friday, December 6, 2024 /2:00-4:00pm

## SEWING WITH JOAN \*\*\*DAY AND TIME CHANGE\*\*\*

This class with Joan will be based around beginner to advanced sewist that will be set to allow for all skill-set based projects. If you do not have a sewing machine, there will be sewing machines that can be checked out to students during the time of the class. Starting in August, classes will take place on the 2nd and 4th Monday of each month for remainder of this 8-week series.

**Current Session:** Saturdays, June 8 & 22; July 13 & 27; Mondays, August 12 & 26; & Sept. 9 & 23, 2024 (8-weeks)

**Time for August & September classes:** 12:30pm–5:00pm

**Cost:** \$30.00

**Next Session:** October 14 & 28, November 25 & December 9, 2024 (4 weeks for \$20.00)

## MONDAY SIT AND SEW \*\*\*DATE AND TIME CHANGE\*\*\*

This drop-in session will take place the first Monday of each month. This will allow participants time to catch up on unfinished projects from home or a class. Bring your own project and sewing machine (unless you are in our sewing class, at which time you can check out your assigned sewing machine). Our sewing instructors, Joan and Andrea, will be available if you need assistance during this drop-in session. If you are interested, just simply show up on the following dates: August 5, October 7, November 4 and December 2, 2024.

**Time:** 12:30pm–5:00pm

## NATIVE AMERICAN HISTORY: FOOD AS MEDICINE

Join Laura as you learn about the local indigenous plants and their usage as medicines for the tribal People. Enjoy some fun field trips to learn about these plants, how to harvest and prepare them, and how basket weavers used them as materials and dyes for their baskets. There will be presenters with their baskets explaining each detail of the basket's journey to its home. You will also learn of the impact the loss of indigenous plants has had on the health of Native Peoples.

**Current Session:** Tuesday, September 3–24, 2024

**Time:** 9:00am–11:00am

**Cost:** \$25.00

**Next Session:** October 1–October 22, 2024

**NO CLASSES IN AUGUST**

## 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](http://myactivecenter.com). August classes will be on the 1st, 8th, 15th, 22nd and 29th. **Space is limited.**



## INFORMATION CORNER

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

## SUMMER ART CAMP WITH GRANDKIDS

Come join the summer fun at the Clovis Senior Activity Center with your grandchild. The only requirement for this camp is to register one senior participant with one young child. This Art Camp is designed to explore drawing, painting and paper cutting abstracts. Snacks will be provided. The instructor will contact each registered participant regarding items that need to be brought to the class for family collages. Space is limited. You can register for this class on [myseniorcenter.com](http://myseniorcenter.com).

**Date:** Saturday, August 17, 2024

**Cost:** \$20.00 per group of 2

**Time:** 1:00pm–5:00pm

## BOOK CLUB

The Book Club is now offered on Mondays and Tuesdays from 9:00am to 10:00am. Kelly is your moderator. The August session of Book Club will feature the book “The Phoenix Crown” by Kate Quinn. Cost is \$8.00 per person for the 4 class sessions in August. Sign up on [myactivecenter.com](http://myactivecenter.com). The featured book for September will be “Cloud Cuckoo Land” by Anthony Doerr.

**Current Session:** Monday, August 5–August 26, 2024

**Current Session:** Tuesday, August 6–August 27, 2024

## DROP-IN ART

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

## HEALTH INFO. & SERVICES

### AROMATHERAPY AND ESSENTIAL OIL CLASS WITH ELLIE

This class will explore the topic of aromatherapy and the natural benefits it has. Ellie 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.

**Next Friday session:** August 9–August 30, 2024

**Time:** 5:30pm–6:30pm

**Cost:** \$30.00 for a 4-week session

**Future Session:** DARK IN SEPTEMBER

## 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*

**Next session:** Wednesday, September 18–November 6, 2024

**Time:** 10:00am-11:00am

## 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:** Monday, August 5, 12, 19 & 26, 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*

## FRUGAL LIVING CLASS

Join us as we continue living our best lives by arming ourselves with life enhancing information and knowledge. **Pre-registration is mandatory** either on [myactivecenter.com](http://myactivecenter.com) or by registering with staff in the office. **New speakers every week. Space is limited.**

**Next Session:** Wednesdays, September 4–November 6, 2024

**Time:** 1:00pm–3:00pm

**Cost:** \$20.00 for 10-week series

## TECHNOLOGY HELP IS BACK!

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 from 3:30-5:00pm on the dates listed below. Check availability at the front counter. Space is limited.

**Dates:** August 13 & 27; September 3 & 17; October 1, 15 & 29; November 5 & 12; and December 3, 2024.

## 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 \$5.00 per document charge. Call 324-2757 for appointments.

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

HICAP, offering free Medicare counseling, is back at Clovis Senior Activity Center. Gyan Shanker, a counselor since 2021, will be available for appointments on Wednesday afternoons. Whether you're new to Medicare, currently on it, or have been a victim of fraud, HICAP can assist. Call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

Appointment Times: 1:30pm–2:30pm or 3:00pm–4:00pm

Walk-Ins: 4:00pm–5:00pm

## 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. Space is limited.

Tuesday, 10:00am–11:00am

August 27, September 17, October 1, 15 and 29, 2024

Wednesday, 1:00pm–2:00pm

August 14 and September 4, 2024

Wednesday, 6:00pm–7:00pm

October 9 and October 23, 2024

## NEWSLETTER FOLDING DAYS

Join us for newsletter folding each month starting at 8:00 a.m. on the **Tuesdays** listed below:

Upcoming folding dates: August 20, September 17, October 22, November 19, and December 17, 2024.

## HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on August 15, 2024, from 1:00 to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

## SELF CARE RETREAT

This workshop will be led by three of our Clovis Senior Activity Center instructors: Kirk Cruz, Don Kolz, and Ellie Mendez. This class will be exploring and experiencing some ways you can find healing and rejuvenation. The Retreat will include:

- \* Gentle yoga time
- \* Meditation time
- \* Aroma Therapy time
- \* Sound healing time

This is an excellent way to find your peace, balance and move towards your general well-being. Wear comfortable clothes and bring pillows and mats for relaxation. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this new class.

Date: Saturday, September 7, 2024

Time: 9:00am–1:00pm

Cost: \$40.00

## FINANCIAL PRESENTATION: “Understanding Credit”

Come and join a representative from Pacific Service Credit Union as they present to you “Understanding Credit.” This presentation covers all aspects of becoming an educated credit consumer, including how lenders evaluate credit approval, factors that impact credit qualification and how credit scoring works. If you are interested in attending, please call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. Space is limited. No fee.

Date: Wednesday, August 7, 2024

Time: 1:30pm

Next session: October 9, 2024 “Saving With Purpose”

## SENIOR SCAM AWARENESS

Please come and join the Better Business Bureau (BBB) as they host a free event for the senior community to speak about Scam Awareness. BBB is partnered with the Federal Trade Commission to discuss the statistics that come from our combined reports for the affected age groups 45+. The topics that will be discussed in this presentation are the following:

1. Investment/Cryptocurrency Scams
2. Online Purchase Scams
3. Home Improvement Scams
4. Romance Scams

This presentation will provide you with the resources that you need to know how to protect your identity as well as other relevant topics. If you are interested in attending, please call the Clovis Senior Activity Center to secure your spot.

Date: Wednesday, September 4, 2024

Time: 1:00–2:00pm



## **IPHONE 101: SKILLS FOR THE NOVICE USER**

Are you new to the iPhone world? Want to use your device for more than just making calls? Want to gain the confidence to send messages, surf the web, make video calls, download apps and more? Join us for this 8-week class designed as a guided tour for the iPhone beginner. You will learn the basics and how to navigate, customize your screen, settings and iCloud. To participate, you must have an iPhone 7 or higher model and a positive attitude! Call the senior center at 559-324-2750 to reserve a spot. Payment will be due the day you register.

**New session:** Monday, August 12, 2024–October 7, 2024

**Time:** 11:30am–12:30pm

**Cost:** \$40.00

## **IPHONE 102: BEYOND THE BASICS**

This 8-week class will help you gain the confidence to edit photos, share images, connect with family and friends and understand more about privacy. We'll learn how to navigate and customize using widgets; about our system settings and features designed to protect our privacy, useful alerts and settings; everything from iCloud storage to the camera tool. This class is the best fit for those who have a basic understanding of functions like connecting to Wi-Fi, the App Store, and internet navigation. To participate, you must have an iPhone 7 or higher model and a positive attitude! Call the senior center at 559-324-2750 to reserve a spot. Payment will be due the day you register.

**New session:** Tuesday, August 13, 2024–October 1, 2024

**Time:** 10:00am–11:00am

**Cost:** \$40.00

## **IPHONE 103: BETTER PICTURES USING IPHONE**

Did you know your iPhone is a powerful photography tool? If you wish to know more about the camera on your device and all it can do then join us in this 4-week class to learn how to take great shots, edit them, make collages, add text, and share. We'll also learn simple apps that help us take our photo game to a whole new level. This will be a hands-on class, so be ready to shoot, edit and share! To participate, you must have an iPhone 7 or higher model and a positive attitude! Call the senior center at 559-324-2750 to reserve a spot. Payment will be due the day you register.

**New session:** Tuesday, August 13, 2024–Sept. 3, 2024

**Time:** 11:30am–12:30pm

**Cost:** \$20.00

**\*\*\*NEW\*\*\***

## **SPANISH FOR BEGINNERS**

Come join Ellie for a beginning Spanish class where she'll explore the roots of where the Spanish language came from and how to speak and write basic Spanish. It'll be a fun culture and linguistic learning experience! Todos bienvenidos! All are welcome!

**New session:** Saturday, August 3–August 24, 2024

**Time:** 10:00–11:30am

**Cost:** \$25.00

## **UNDERSTANDING YOUR MEDICARE PLAN**

Come join Christine as she discusses understanding your Medicare plan. We will be meeting on the dates listed below. Please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited. No fee.

**Tuesday, 10:00am–noon**

October 22 and 29, 2024; November 5, 12, 19 and 26, 2024

**Wednesday, 12:30pm–3:30pm**

November 13 and 27, 2024

## **BUS TRIP DAY TOURS**

Looking for a day trip without the hassle of driving? Check out our upcoming destinations. All prices are per person.

- August 14, 2024–Chukchansi Gold Casino, \$30.00
- August 24, 2024–Santa Cruz Beach Boardwalk, \$70.00
- September 4, 2024–Chukchansi Casino, \$30.00
- September 7, 2024–Festa Italia at Monterey Fishermans Wharf, \$75.00
- September 14, 2024–Yosemite Sugar Pine Moonlite Dinner/Train, \$150.00
- September 21, 2024–Solvang Danish Day, \$80.00

Reservations must be made in person at the front desk. Payment must be made in full (cash or check only) at the time of registration.

## **RESOURCE INFO / THEATER DATES**

**ROGER ROCKA'S GOOD COMPANY PLAYERS:** Sugar, Sound of Music, July 18-September 15, 2024. Call 559-266-9494.

**SAROYAN THEATRE:** Swan Lake, September 28, 2024. Call 559-445-8100.

**ROGER ROCKA'S SECOND SPACE:** The Complete Works Of William Shakespeare: Abridged, June 21-August 4, 2024. Call 559-266-9494.

**SAVE MART CENTER:** Lainey Wilson, September 19, 2024. Call 559-278-3400.

**CENTERSTAGE CLOVIS:** Joseph and the Amazing Technicolor Dreamcoat, October 5-19, 2024 [at Clovis Veterans Memorial District Auditorium].

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## 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, August 15, 2024. Coffee and donuts are served at 9:00am with the De Leon Brothers & Friends playing at 9:15am. Lunch menu is chili with toppings, corn bread and dessert. The entertainment for August’s Jolly Times will be John Pemberton and the cost of the meal is \$15.00. September’s Jolly Times tickets will go on sale August 15, 2024, at 9:00am.

### ALZHEIMER’S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer’s Association will host a free educational class each month on a variety of topics. The August class is entitled HLBB (Health Living for Your Brain and Body). The class is on **Wednesday, August 21, 2024 from 1:00pm to 2:00pm**. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

Future presentation: September 26, 2024 on Managing Money: Caregivers Guide.

### FUTURE EVENTS

- Clovis Choral –6:30pm–8:00pm every Tuesday beginning August 20, 2024
- Senior Prom–August 17/ 5:00pm–9:00pm
- Tenant & Housing Resource Fair–August 21/ 1:00 pm–3:00pm
- End of Summer Bash–Sept. 25/ 10:00am–noon
- Clovis Lions Spaghetti Dinner–Sept. 27/6:00pm–8:00pm
- Fall Rummage Sale–October 3/ 8:00am–noon
- Car Show–October 12/ 8:00am–11:00am

### INTEREST LISTS

- **Beginning Stage Presence:** Come have fun as you develop your reading, singing or movement skills. Beginning stage presence can help with everyday communication skills (i.e., reading a story to your grandchild, speaking to a small group, talking to a receptionist at the doctor’s office, etc.). The class’s focus is to have fun as we look at: 1) voice projection; 2) word articulation; 3) listener awareness; and 4) practice awareness.
- **Theater Boot Camp:** Come join three of our best Theater instructors. Theater Boot Camp is sure to be fun for all participants. The Boot Camp will include improvisation, vocalization and dialogs. Everyone will get the chance to explore all aspects of Theater, while improving their talents. You’ll find our instructors supportive and encouraging. Come join us and have fun.

Please call the Clovis Senior Activity Center at 559-324-2750 to add your name to our interest lists.

### EYEGLOSS CLINIC

April Lachawicz will be at Clovis Senior Activity Center on August 12, 2024, from 9:30-10:30 am to repair and adjust eyeglasses in Meeting Room A. No appointment needed.

### BLOOD PRESSURE CHECKS

An RN will be offering free blood pressure checks at Clovis Senior Activity Center on Tuesdays, 9:00-10:00am in Main Hall. Drop-in to monitor your health.