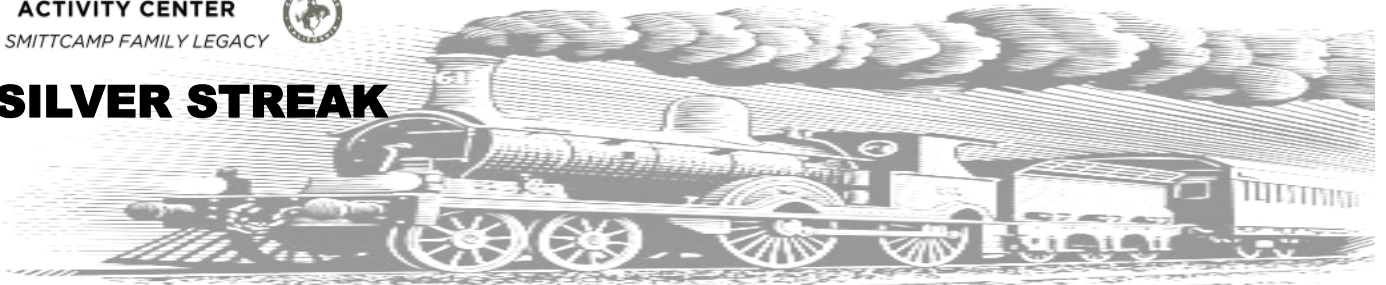




THE SILVER STREAK



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.*

December 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org



END OF YEAR MESSAGE

As the holiday season approaches, we, the entire staff at the Clovis Senior Activity Center, would like to take a moment to express our sincere gratitude to all of our members. We are grateful and appreciate the opportunity to serve this community.

As we begin our second year in the new center, there will a few changes we'd like to share with you. The work on converting the north-west portion of the building to usable classroom space has begun in earnest. We are planning for construction to begin in 2025 and we will keep you all informed of the progress. Our goal is to minimize any disruptions to our schedules so any changes will be shared.

Another change is that Amy Hance will be transitioning into a new position with the city and we will be hiring a new manager for the senior center. Amy will be the General Services Director and will be moving out of the senior center by the end of December. Her responsibilities will still include the senior center so you will see her around the building but not as frequently.

As we close out 2024, we wish you and your loved ones a joyful, peaceful, and restful holiday season!



NOON YEARS EVE PARTY



Join us in ringing in the new year on Friday, December 27, 2024, at 10:30am! We'll dance to the sounds of the De Leon Brothers and Joe, enjoy delicious appetizers, toast a glass of sparkling cider at noon, and come together for a group photo in the main hall.

HOLIDAY CLOSURES

We will be closed for the holidays as follows:
Christmas—Wednesday, December 25, 2024
New Years Day—Wednesday, January 1, 2025
Be safe and enjoy the holidays!



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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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

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 cardiorespiratory 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.*

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

NO CLASSES DECEMBER 23, 2024—JANUARY 1, 2025

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

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

Balance with Don

This balance class will focus on the physical, mental, and psychological aspects of maintaining and improving balance in your body as well as focusing on improving core muscular strength, enhancing the mind body connection, and improving balance through repetition of various balance practices. The class will be beneficial to people at all levels. There will be multiple level offerings within the class to push your ability to balance whether you struggle with balancing or are a seasoned yoga practitioner. If you are interested in attending, please sign up on-line only through www.myactivecenter.com to participate in this class. Be sure to sign up early as space is limited to 15.

Wednesday 11:30am—12:30pm

\$2.00 per class

NO CLASSES DECEMBER 23, 2024—JANUARY 1, 2025

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

NO CLASSES ON DECEMBER 24 & 26, 2024 AND JANUARY 2, 2025

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

Let's Have A Ball

Come and enjoy a new fun and dynamic class starting **January 7, 2025!** Stephanie will lead this 60-minute class recommended for healthy older adults. After a 10-minute warm up, we will use resistance bands and use play balls to increase hand/eye coordination. This class will also help increase your strength, coordination and overall fitness. You may sit or stand during the class and work out at your own pace.

*Tuesday (at Clovis Rec. Center) 10:15am–11:15am
\$2.00 per class*

Zumba Gold with Stephanie

*****NEW DAY/TIMES*****

This class is designed to build cardiovascular health by challenging the heart and working the muscles of the lower body with fun dance moves.

*Tuesday (at Clovis Rec. Center) (starting Jan. 7, 2025)
9:00am–10:00am*

Wednesday & Friday (at Senior Ctr.)

9:00am–10:00am

(and starting January 8, 2025: 8:00am–8:45am)

\$2.00 per class

Zumba Chair with Stephanie

*****DAY & TIME CHANGE*****

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.

Thursday 7:30am–8:30am (starting Jan. 2, 2025)

\$2.00 per class

*****NO CLASSES IN DECEMBER*****

Senior Tabata Class

Come join Stephanie for a fun 60-minute upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20-second cardio circuits and weights, 10-second rest with a 1-minute rest in between. The circuits are repeated for 4 sets. Go at your own pace.

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.**

Beginning Karate with Kirk

This 8-week beginning karate class is offered on Tuesdays. 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.**

Current session: Tuesday, Nov. 12–December 31, 2024

Time: 3:30pm–4:30pm

Cost: \$40.00 for 8-week series

Next session: Tuesday, January 7–February 25, 2025

Meditation with Kirk

This 4-week meditation class is offered on Mondays. This class will cover the benefits of calming the mind. The practice of meditation can have many beneficial results including physical health, social altitudes, and a general positive affirmation. **Pre-registration is mandatory** either on www.myactivecenter.com or by registering at the front desk.

Current session: Monday, Nov. 25–December 16, 2024

Time: 3:15pm–4:15pm

Cost: \$20.00 for 4-week series

Next session: January 6–February 3, 2025

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

TEMPERATURE CONTROL

Thermostats in our Senior Center are calibrated to maintain consistent temperatures throughout the year. Bring a sweater for comfort in cooler areas, as temperature settings cannot be adjusted.

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 ADDITIONAL DAY*****

Come join us for drop-in sessions of ping pong on Mondays, 10:00am–noon; Tuesdays, 9:00am–noon (patio area); Wednesdays, 9:00am–11:00am (patio area); and Thursdays, 3:15pm–5:15pm. Weather permitting on Tuesdays and Wednesdays. Players keep their own score. Standard playing rules apply.

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

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*

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! Register on myactive-center.com to reserve your spot.

Monday, 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*

American Mah-jongg

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, 10:00am–noon *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 & Friday

1:30pm-3:00pm \$3.00 per class

Tuesday & Thursday

1:00pm-3:00pm \$4.00 per class

Friday—7:00pm-7:30pm - free Line Dance Lesson



SENIOR CENTER DANCES



Western:	Friday	12/6	7:30pm
Western:	Friday	12/13	7:30pm
Western:	Friday	12/20	7:30pm
Western:	Friday	12/27	7:30pm

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

SCANDINAVIAN FOLK DANCE

*****NEW*****

Come and join our new Scandinavian folk dance class for beginning and intermediate dancers that will take place on Tuesday evenings. Our dances are done with partners, however, you do not need to come with a partner. The beginning dance class emphasizes learning easy dances; dance patterns in these dances are repeated. The intermediate dance class offers dance practice and learning dances with more involved sequences. All classes will include some instruction and or review. We usually dance to recorded music; about once a month, we enjoy having the Great Danes, a local Scandinavian folk music band, play dance music for us. To join all you need to do is register and pay your class fee on myactivecenter.com or purchase an activity card.

Beginners Class: 7:00pm - 7:55pm

Intermediate Class: 8:10pm - 9:00pm

Cost: \$2.00 per person per class

Dates: Tuesdays, January 14, 21 & 28, 2025; February 11, 18 & 25, 2025; March 11, 18 & 25, 2025

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: Saturday, December 7–December 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

*****NO CLASSES ON DECEMBER 14, 2024*****

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, December 4, 11 and 18, 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, December 6, 13, 20 and 27, 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!



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. **The Clovis Chorale is currently on hiatus and will resume on January 14, 2025** from 6:30pm–8:00pm at the Clovis Senior Activity Center.

*****CLOVIS CHORALE WILL BE DARK ON JANUARY 28, 2025*****

CHRISTMAS PROGRAM WITH THE CLOVIS CHORALE

Come and join the Clovis Chorale as they sing holiday classics and fun holiday tunes that you will enjoy and get you into the holiday spirit. This performance will take place in the Main Hall at the Clovis Senior Activity Center. Light snacks and drinks will be provided. Tickets are available for purchase at the Senior Center front desk.

Event date: Saturday, December 7, 2024

Time: 1:00pm

Cost: \$5.00



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.

*****NO CLASSES IN DECEMBER & JANUARY*****



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.

Next Session: Currently on hiatus

Cost: \$25.00 for 4-week session

*****NO CLASSES IN DECEMBER & JANUARY*****

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.

*****NO CLASSES IN DECEMBER & JANUARY*****

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.

Current Session: Monday, October 21–December 16, 2024

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

Next Session: January 6–March 10, 2025



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. **Space is limited.**

Current Session: Monday, October 21–December 16, 2024

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

Next Session: January 6–March 10, 2025

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, October 24–December 19, 2024

Time: 10:00am–1:00pm

Cost: \$50.00 for 8-week session

Next Session: January 9–February 27, 2025

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 www.myactivecenter.com right away. This class session will take place on Tuesdays for 4 weeks.

Next Session: Tuesday, January 7–January 28, 2025

Time: 11:15am–1:15pm

Cost: \$35.00 for a 4-week session

*****NO CLASSES IN DECEMBER*****

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 www.myactivecenter.com right away. This class session will take place on Thursdays.

Next Session: Thursday, January 2–January 23, 2025

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 4-week session

*****NO CLASSES IN DECEMBER*****

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.

Next Session: Tuesday, January 7–January 28, 2025

Time: 5:00pm–7:00pm

Cost: \$50.00 for 4 week session

*****NO CLASSES IN DECEMBER*****

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, November 6–December 18, 2024

Time: 10:00am–12:00noon

Cost: \$50.00 for 6-week session

Next Session: January 8–February 12, 2025

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, November 6–December 18, 2024

Time: 1:00pm–4:00pm

Cost: \$55.00 for 6-week session

Next Session: January 8–February 12, 2025

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

DRAWING FOR FUN WITH KIRK

Come have fun for 4 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 to register for this new class.

Current Session: Friday, November 15–December 13, 2024

Time: 11:15am–12:15pm

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 to register for our new class sessions.

Next session: Tuesday, February 4–February 25, 2025

Time: 2:00pm–4:00pm

Cost: \$30.00

GELLI PLATE PRINTING WITH MAXINE *****NEW DAY/TIME*****

This 8-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 to register for our new class sessions.

Next session: Friday, January 10–February 28, 2025

Time: 9:00am–11:00am

Cost: \$45.00

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 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. Space is limited.

Next Session: Tuesday, January 7–January 28, 2025

Time: 2:00pm–4:00pm

Cost: \$35.00

WINTER WONDERLAND PAINT PARTY

Come enjoy an afternoon of acrylic painting with Kristina. Instead of a “paint night,” this is a special afternoon treat! Let's celebrate the holiday season with cookies, cocoa, and close friends! If you are interested in attending, please sign up on-line only through myactivecenter.com. Be sure to sign up early as space is limited. Class includes: canvas, paint, cookies and cocoa.

Date: Tuesday, December 3, 2024

Time: 1:30pm–5:30pm

Cost: \$40.00

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 suggest 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 for this class at www.myactivecenter.com.

Current Session: Thursday, November 14–December 12, 2024

Time: 1:30pm–2:30pm

Cost: \$25.00 (for 4 weeks)

Next Session: Thursday, January 2–February 20, 2025 (8-week series for \$40.00; time change to: 12:45pm–1:45pm)

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 4-week class will have you explore your pallet of art through personal objects. Sign up for this class at www.myactivecenter.com.

Current Session: Friday, November 15–December 13, 2024

Time: 10:00am–11:00am

Cost: \$25.00

SEWING WITH JOAN

This sewing class with Joan will be based around the 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. Classes will take place on **Mondays** as set forth below.

Current Session: October 14 & 28, November 25 & December 9, 2024

Time: 12:30pm–5:00pm

Cost: \$35.00

Next Session: January 13 & 27; February 10 & 24; March 10 & 24; April 14 & 28; May 12 & 19; and June 9 & 23, 2025.

MONDAY SIT AND SEW

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 in attending, you **must** call the Clovis Senior Activity Center to reserve your spot for **December 2, 2024; January 6, February 3, March 3, April 7, May 5 & June 2, 2025.**

Time: 12:30pm–5:00pm

NATIVE AMERICAN STORIES AND THEIR MEANINGS

Winter is story telling time for Native Peoples. Through all Native stories are teachings for the People. The youth depend on these stories for their guidance, especially when they hear them from their Elders. Come and listen to many of the stories, their meanings and purpose. We invite you to regress to your own youth and become mesmerized at what you learn!!!

Current Session: Tuesday, Nov. 26–December 17, 2024

Time: 9:00am–11:00am

Cost: \$25.00

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*

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*

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*

BOOK CLUB



Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. December's book is “Winter Street” by Elin Hilderbrand. The cost is \$2.00 per person per class. January's book is “Frozen River” by Ariel Lawhon. Sign up at myactivecenter.com.

Current Session: Monday, December 2–30, 2024

Current Session: Tuesday, December 3–31, 2024

MEMOIR WRITING CLASS

*****NEW TIME*****

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 9:00am-11:00am. The cost of the class is \$2.00 per class and signups are online at myactivecenter.com. December classes will be on the 5th, 12th and 26th only. There will be no class on December 19, 2024. **Space is limited.**

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 session: Wednesday, January 8–January 29, 2025

Time: 5:30pm–6:30pm

Cost: \$30.00

GRIEF SUPPORT GROUP

*****NEW DAY*****

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: Thursday, January 23–March 27, 2025

Time: 1st class: 10:00am–11:30am

All other classes: 10:00am–11:00am

NO CLASSES ON FEBRUARY 20 & MARCH 20, 2025

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, December 2–30, 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 myactive-center.com or by registering with staff in the office. **New speakers every week. Space is limited.**

Next Session: Wednesday, January 15–March 19, 2025

Time: 1:00pm–3:00pm

Cost: \$30.00 for 10-week series

WHAT IS MY PURPOSE?

If you're curious and want a fresh perspective of your life, please join our group on this amazing journey to find our new purpose as we read "Stand Firm" by John MacArthur. Kelly is the moderator. Sign up on myactive-center.com.

Date: Tuesday, December 3 - December 31, 2024

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on **December 19, 2024**, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

EYEGLOSS CLINIC

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

HEALTH & SAFETY TIPS

Please come and join ER nurse Daniel Sievers as he educates you on the topics listed below. Daniel will help you understand how your body works and will encourage you on how to prioritize exercise and nutrition as a part of healing, rather than solely relying on medications. If you are interested in attending any of these presentations, please call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

Fall and Injury Prevention: Covers basic mobility aids to help prevent falls and home safety tips to prevent injuries. On Monday, December 9, 2024 from 3:30pm–4:30pm or on Friday, December 20, 2024 from 8:30am–9:30am.

Common Medication Errors and Proper Use: Review of common medications and how to take safely and avoid medication issues. On Tuesday, December 10, 2024, from 1:00pm–2:00pm or Monday, December 16, 2024 from 3:30pm–4:30pm.

Infection Prevention: Science backed solutions to prevent common infections/illnesses. On Thursday, December 12, 2024 from 1:00pm–2:00pm or Tuesday, December 17, 2024 from 3:30pm–4:30pm.

Vital Sign Monitoring: Blood pressure and vital sign checks as well as how to use or buy your own at-home blood pressure and oxygen sensors. On Thursday, December 12, 2024 from 8:30am–9:30am or Friday, December 20, 2024 from 1:00pm–2:00pm.

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

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) ***NEW DAY AND TIME***

HICAP is back at the Clovis Senior Activity Center offering free Medicare counseling. Gyan Shanker, a counselor since 2021, is available for appointments on Wednesday afternoons. During the annual enrollment period, Gyan will also be available on Monday afternoons (from October 21–December 2, 2024). Whether you're new to Medicare, currently on Medicare, or have been a victim of Medicare fraud, HICAP can assist. You'll also have the opportunity to review 2025 prescription drug plans and Medicare Advantage plans and choose a new plan if you wish. Call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

Monday Appointment Times: 3:00pm–4:00pm or 4:00pm–5:00pm

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

Walk-Ins: 4:00pm–5:00pm

ALZHEIMER'S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer's Association will host a free educational class on a variety of topics. There are two presentations in December. The first class is entitled "UAD (Understanding Alzheimer's and Dementia)." This class is on **Tuesday, December 10, 2024 from 2:30pm to 3:30pm.**

The second presentation is entitled "Communicating Effectively." It will be on **Friday, December 20, 2024 from 10:00am to 11:00am.** Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot for either of these two presentations.

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 from 3:00pm–5:00pm.

In addition, we also have a Clark Intermediate student who will provide technology help through December 27, 2024. Kyle will be here on Fridays for 30-minute appointments from 3:15pm–5:15pm. Check availability at the front counter. Space is limited.

SUPPORT GROUP FOR DEMENTIA

The Alzheimer's Association is providing a free support group for **ALL** caregivers/family/friends that will help build a support system for those dealing with a loved one that has dementia **only**. This support group will be conducted by trained facilitators that will provide a safe place for caregivers, family or friends working with a person that has dementia. This group will provide the following:

- Developing a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

If you are interested in attending one of the following support group sessions, we ask that you call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

Date: December 5, 2024

Time: 10:00am–11:00am

PLANNING FINAL ARRANGEMENTS

Please join Angel Montes of Consolidated Financial Services as he talks about planning for the future. He'll share insights on various funeral and cremation options, helping you make informed decisions about how you want your final arrangements to be handled. Planning brochures will be provided to guide you through the process. These options can help alleviate the financial burden associated with your funeral or cremation, ensuring that your family can focus on grieving without the added stress of unexpected costs. This presentation is on **Wednesday, December 18, 2024 from 1:30pm to 2:30pm.** Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. Space is limited.

FINANCIAL PRESENTATION: "Identity Theft Solutions"

Come and join a representative from Pacific Service Credit Union as they present to you "Identity Theft Solutions." Identity theft is becoming more common and sophisticated than ever. Participants will learn the methods that identity thieves use to access confidential information, tools for preventing identity theft, and steps to take should identity theft occur. 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: Tuesday, December 3 2024

Time: 11:30am–12:30pm

HAPPINESS FORMULA FOR CAREGIVERS

Please come and join Allison Howell of AseraCare Hospice as she speaks about "Living with Cognitive Impairment" on **Wednesday, December 4, 2024 from 1:30pm to 2:30pm**. This presentation will discuss what is a cognitive impairment, how it affects daily living and what can be done to compensate or improve a cognitive impairment.

In addition, Allison will give an additional presentation on **Wednesday, December 11, 2024 from 1:30pm to 2:30pm** on "Coping with Holiday Depression & Stress." She will discuss what causes "Holiday Blues," what you can do about it, coping ideas and what not to do. If you are interested in attending either of these presentations, call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. 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 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 this presentation, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Thursday, January 23, 2025

Time: 10:00am

BLOOD PRESSURE CHECKS

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

SENIOR HELPERS

Do you or someone you know have a "volunteer heart" and a desire to make a positive difference? Senior Helpers is looking for active seniors who want to share their time and talents, offering support to other seniors in the community. Working with Seniors Helping Seniors means flexible hours, a chance to earn extra income, and the opportunity to build meaningful relationships. If you or someone you know is interested in becoming a caregiver, please call 559-500-3070.

NEWSLETTER FOLDING DAYS

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

Upcoming folding dates: December 17, 2024; January 21, February 18, and March 18, 2025.

INFORMATION CORNER

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

BUS TRIP DAY TOURS

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

- December 7—Cambria Christmas Market, \$130.00
- December 14—Hearst Castle Holiday Tour, \$130.00 (SOLD OUT)

A full refund will be provided to members who cancel 14 or more days prior to the trip. Those cancelling within 13 days of the trip will not receive a cash refund. **We will have more trips in 2025. Stay tuned.**



FUTURE EVENTS

City of Clovis Christmas Tree Lighting—December 2 / 6:00pm
Veterans Bingo—December 17 / 10:00am
Clovis Kiwanis Christmas Luncheon—December 21 / 11:00am
Noon Year's Eve Party— December 27 / 10:30am—11:30am
Jolly Times—January 16 / 9:00am
Valentine's Celebration—February 14 / 10:30am

INTEREST LISTS

- **Pointillism Acrylic Art:** Join Kirk in this fun art form using acrylic paint dots to create your own art. You'll be using both sides of the brush to create unique colorful art. No knowledge of art required, just a desire to have fun, learn and express yourself.
- **Energetic Walking:** Experience a refreshing morning stroll with Kirk as you engage in outdoor aerobic walking. Discover exciting and innovative techniques to boost your stamina while exploring the Clovis Trail. This class is ideal for anyone eager to enhance their fitness, adopt a healthier lifestyle, and connect with new friends.

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

RESOURCE INFO / THEATER DATES

ROGER ROCKA'S GOOD COMPANY PLAYERS: The Carole King Musical, January 17—March 16, 2025. Call 559-266-9494.

FRESNO CONVENTION CENTER: Central California Ballet's The Nutcracker, December 14-15, 2024; World Ballet Company's Nutcracker, December 21, 2024. Call 559-621-8789.

ROGER ROCKA'S SECOND SPACE: Chapter Two, January 3—February 23, 2025. Call 559-266-9494.

SAVE MART CENTER: Harlem Globetrotters, February 13, 2025. Call 559-278-3400.

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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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, December 19, 2024. Coffee and donuts are served at 9:00am with the DeLeon Brothers & Friends playing at 9:15am. Lunch menu is turkey, dressing, mashed potatoes/gravy, vegetable, roll and dessert. We're expecting a special guest to join us. The entertainment for December's Jolly Times will be John Pemberton and the cost of the meal is \$15.00. (We will not be having the option of purchasing tickets for the entertainment only.) January's Jolly Times tickets will go on sale December 19, 2024, at 9:00am.



CLOVIS KIWANIS CHRISTMAS LUNCHEON



Clovis Kiwanis Club is hosting a traditional holiday turkey luncheon for seniors on Saturday, December 21, 2024. Food will be served at noon; doors open at 9:00am. There will be musical entertainment for your enjoyment. Purchase your \$1.00 ticket at the Clovis Senior Activity Center. Tickets go on sale December 2, 2024. For questions, call 559-324-2750.

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



VETERANS BINGO

On Tuesday, December 17, 2024, we will salute our veterans and play bingo. Veterans bingo is open for everyone to play and is held once a quarter at the Senior Center. Games start at 10:00am and all games pay in cash. Come have some fun and show tribute to our veterans.



RECYCLED BATTERIES

Starting in January 2025, the Clovis Senior Activity Center will no longer accept dead batteries for recycling. For Clovis residents, you can place them in a ziplock bag and put the bag on top of the lid of your blue recycle bin from home. Alternatively, batteries may be dropped off at a hazardous waste facility.

HOLIDAY DECORATION WORKSHOP

Come and join April and Kirk's holiday workshop. Start your holiday season by creating your very own Snowman picture and decorating your festive holiday frame to place your snowman picture inside. With the help of our creative instructors, this class will allow you to think outside the box. Join our workshop as we celebrate the holidays with fun, color and holiday cheer.

Date: Friday, December 6, 2024

Time: 3:00pm-6:00pm

Cost: \$20.00

