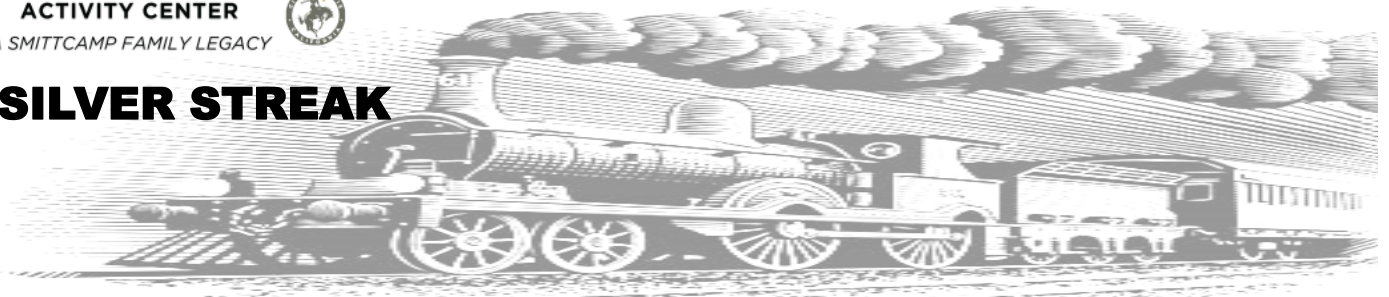


THE SILVER STREAK



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.* February 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

IMPORTANT INFORMATION

PROPOSED NEW CLASSES FOR 2024

We're always looking for new topics of interest for our seniors and Kirk Cruz, an instructor with the Clovis Senior Activity Center, has put together the following list of proposed classes he's offering to teach. If you're interested in any of these classes, please contact the Senior Center to have your name put on the appropriate interest list.

1. A "Mixed Media Art Class" will have students use a variety of different art mediums in order to create their 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. Students will start off with mixed media drawing and progress at an individual rate of readiness to explore.

2. A "Meditation Class" will cover the benefits of calming the mind. The practice of mediation can have many beneficial results including physical health, social altitudes and a general well-being. The class will practice from a seated position and will end with general positive affirmations.

3. An "Easy Beginner's Karate Class" is a non-contact 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.

4. A "Home Decorating Class" will use 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.

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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)



HOLIDAY CLOSURES

We will be closed in honor of Presidents' Day on Monday, February 19, 2024.

SPORTS & FITNESS

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 (NEW TIME)

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 (NEW TIME)

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

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

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. You're guaranteed to find a happier healthier you. 8 students maximum per class. \$2.00 per class

Monday & Friday 12:00-1:00pm or 2:00-3:00pm

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

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

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

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

Walking Workout with Shay

NEW TIME/LOCATION

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 (Rec. Center 3495 Clovis Ave)

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

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: 9:00am-10:00am & 10:00am-11:00am (Rec. Center 3495 Clovis Ave)

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

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

Ping Pong

We now have two ping pong tables. Come join us for drop-in sessions of ping pong on Mondays, noon-2:00pm (NEW DAY), and 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.

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

*****NEW ZUMBA CLASSES*****

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 class

SENIOR GAMES

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

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 NEW DAY & TIME *No fee*

Thursday—12:30pm-4:00pm NEW TIME *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*

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

*****NEW DAY & TIME*****

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*

Billiards

We have a Billiard 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

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. *****NEW TIME*****

Tuesday & Friday — 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—1:15pm-3:15pm *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*

Bingo

Tuesday is the day for Bingo! We play from 10:00am to 11:30am. Bingo is free and prizes are given to the winners. Come and “B1” of the many players having fun! *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 2/2 7:30pm

Western: Friday 2/9 7:30pm

Western: Friday 2/16 7:30pm

Western: Friday 2/23 7:30pm

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



VOCAL LESSONS WITH SKYLA

This group vocal program is available to all experience levels. The program will feature 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, February 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, February 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

BEGINNING MUSIC CLASS WITH SKYLA

Come and 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.

Next session: Friday, February 2 through March 22, 2024

Time: noon-2:00pm and 2:00 pm-3:00 pm

Cost: \$40.00 for 8-week series

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, February 7, 14, 21, and 28, 2024, from 10:30am-11:45am.

NEW TIME

DE LEON BROTHERS BAND MUSIC

Enjoy the sounds of the De Leon Brothers' great music on Fridays, February 2, 9, 16, and 23, 2024 from 10:30am-11:45am. ***NEW TIME***

TALENT SHOW

Join the Senior Center on February 14, 2024 in the main hall from 1:30pm to 3:30pm for a Talent Show. We will have singers, and performers showcase their talent. No tickets or reservations needed. Stop by for a good show.

LIVE CONCERT: WOMEN OF THE 20TH CENTURY

Come check out a live vocal performance on Friday, February 23, 2024 from 5:00pm-7:00pm featuring hits of Doris, Day, Patsy Cline, Carole King, Joni Mitchell, and more! This is a new event is hosted by Skyla Rayne and will be on the third Friday of each month.

Cost: \$5.00 per person paid online at myactivecenter.com or at the door using a pre-purchased activity card (no cash payments at the door).

MONTHLY SING ALONG! 50s & 60s

Dance and sing along with guest singers Skyla Rayne and Davis Press to famous hits of the 50s and 60s from Elvis, Motown, Hank Williams, Patti Page, Johnny Cash, and more in the Main Hall on February 14, 2024, 3:00pm-5:00pm. Cost is \$5.00 per person paid online at myactivecenter.com or at the door using a pre-purchased activity card (no cash payments at the door).

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. (NEW TIME)

Cost: \$4.00 per session/per person

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. February classes are on the 2nd, 9th, 16th and 23rd.

ONE STROKE DECORATIVE FLOWERS PAINTING WITH KRISTINA

One stroke painting is a multi-loading style of decorative painting that is very painter friendly. It's an attractive, less structured style that lends itself to freehand painting. You may bring your own canvas or buy one for \$5.00. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class. February classes are on the 5th, 12th, 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: February 2 through 23, 2024

Cost: \$25.00 for 4-week session

Next Session: March 1 through 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, January 8–March 11, 2024

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

Next Session: March 25–May 13, 2024

ADVANCED WATERCOLOR WITH DEBORAH

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

Current Session: Thursdays, January 11–February 29, 2024

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

Next Session: March 14–May 2, 2024

BEGINNING DRAWING CLASS WITH DEBORAH

Learn how to visually represent the world through basic lines, shapes, and shadow techniques. This class will start with simple objects and move into more complex subjects. Beginners will gain confidence in their skills and learn to develop their own unique style and approach to drawing. Sign up at www.myactivecenter.com or at the front counter to register for our new class sessions.

Current Session: Mondays, January 8–March 11, 2024

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

Next Session: March 25–May 13, 2024

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, March 5 through March 26, 2024

Time: 2:00pm–4:00pm **Cost:** \$25.00

Next session: May 7 through May 28, 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.

Wednesdays from 9:00am–noon

No fee

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, February 6 through 27, 2024

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

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, February 1–February 22, 2024

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

Next Session: March 7–March 28, 2024

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.**

Current Session: Tuesdays, February 6 through February 27, 2024

Time: 2:00pm–4:00pm **Cost:** \$25.00

Next Session: April 9 through April 30, 2024

CERAMIC CLASS WITH VICKIE

In this 6-week session students will learn about Greenware, Bisque, Glazing and more through your ceramic journey! Check out the class details at www.myactivecenter.com when you register for our upcoming classes. A list of supplies students will need to purchase for the first class is available at the Senior Center front counter. **This class is now a 3-hour class for \$55.00 per session.**

Current Session: Wednesdays, January 10 through February 14, 2024 (6-week session cost is \$55.00)

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: February 21 through April 3, 2024 (NO CLASS ON MARCH 27, 2024)

*****NEW DAY/TIME FOR DROP-IN ART*****

“Drop-In” Art is now on Wednesdays from 9:00am to noon. Bring your projects and work independently on them. No fee

The Clovis Senior Activity Center is not an adult day care and participants must be able to take care of their personal needs. However, family members, caregivers, and attendants are welcome to join in order to enjoy our services and programs.

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 cost.

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 sign-ups are online at myactivecenter.com. February classes will be on the 1st, 8th, 15th, 22nd and 29th.

DENIAL OF BEING NATIVE AMERICAN

Join Laura as she guides you through a hard journey where many seek to be in the Native way but do not have clarity of how difficult it has been for Natives to claim their heritage. Join us to understand and how to find healing; documentaries will be shared.

Current Session: Tuesdays, February 6–February 27 2024

Time: 9:00-11:00am **Cost:** \$25.00

Next Session: March 5-26, 2024

NATIVE AMERICAN CRAFTING OF CHILDREN'S TOYS

Laura will share with you how toys were crafted from our natural environment and guide you to putting together a beautiful toy for your own youth with love.

Current Session: Tuesdays, February 6–February 27, 2024

Time: 11:30am-12:30pm **Cost:** \$30.00

BOOK CLUB

The February session of Book Club will feature the book "The Hitchhikers Guide to the Galaxy" by Douglas Adams. This session will meet on Mondays, February 5, 12, and 26, 2024 from 9:00am-10:00am and Kelly is your moderator. Cost is \$6.00 per person for the 3-class sessions in February. Sign up on myactivecenter.com. The featured book for March will be "The Kitchen House" by Kathleen Grissom.

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, February 5, 12, and 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*

GRIEF SUPPORT GROUP

*****NOW ON WEDNESDAYS IN 2024*****

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 register on myactivecenter.com or stop by the Clovis Senior Activity Center front counter to reserve your spot. **The cost is \$10.00 for 8-week session.**

Current session: Wednesdays, January 17–March 6, 2024

Time: 10:00am-11:00am

SELF CARE WITH ELLIE

Pain Management I. In this class, Ellie will discuss pain as something we all have experienced or are currently experiencing. Learn ways to help ease and reduce pain so you can keep active and have more mobility as well as what inflammation and swelling are and when to use ice vs. heat or when to combine both.

Current Session: Fridays, February 2–February 23, 2024

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

Next Session: March 1-March 22, 2024

HEALTHIER LIVING, HEALTHIER YOU

Saint Agnes Medical Center is offering a free 6-week workshop program designed to help individuals gain self-confidence in their ability to control or manage chronic conditions and understand how their feelings may be affecting the relationships around them. This course teaches management skills through interaction, goal setting, and action planning with the support of community facilitators and workshop peers. Sign up by calling the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Wednesdays, February 7-March 13, 2024

Time: noon–2:30pm

TECHNOLOGY HELP

Do you need help with your iPad, Laptop or Smart Phone? Callista, a local student, will be here assisting participants with technology issues. She will be here for 30-minute appointments on Tuesday mornings from 8:30am to 10:30am on the following dates: February 6 & 13, March 26, April 9 and May 21, 2024. Check availability at the front counter. Spaces are limited.

We also have a second volunteer named Emily who will 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.

FREE SMARTPHONE TRAINING

California Connect will be here to teach you how to make your smartphone work better for you. Learn how the basics of making your smartphone louder and easier to hear; send or receive text messages; connect Bluetooth devices; operate the basic functions of your smartphone. The first hour trainings cover the smartphone basics and accessibility features in the second hour. Sign up by calling the Clovis Senior Activity Center at 559-324-2756 or email MaikouY@ci.clovis.ca.us. Space is limited and prior registration is mandatory. Please arrive 10 minutes early.

February Session:

For iPhone training: February 6, 2024; noon–2:00pm

For Android training: February 13, 2024; noon–2:00pm (FULL)

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 or by registering with staff in the office. **New speakers every week. Spaces are limited.**

Current Session: Wednesdays, January 10–March 13, 2024

Time: 1:00pm to 2:30pm Cost: \$20.00 for 10-week series

SNACK AND LEARN

AVOID ONLINE/PHONE SCAMS & FRAUD

Nancy Anderson from The Grove Senior Living will be hosting a once-a-month presentation on a variety of topics. Join us in learning how to avoid online/phone scams and fraud on March 6, 2024 from 1:30pm to 3:30pm. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

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 February class is entitled "Managing Money: a Caregiver's Guide to Finances." The class is on February 8, 2024 from 10:00-11:00am. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

SENIOR CENTER FITNESS ROOM

We are so excited to have our own separate fitness room with a variety of equipment. It's 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.

NOTARY SERVICES

Notary Services are available at the Senior Activity Center Monday through Friday during regular business hours. Nella Audas is our notary. Any senior (50 or older) may make an appointment to come in and have their documents notarized. There is a \$10.00 charge. Call 324-2757 for appointments.

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. This presentation is to help ensure Californians have access to the full range of end-of-life options. 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, March 7, 2024; 10:00 am

Next Session: April 10, 2024–3:00 pm

Future Session: May 20, 2024–7:00 pm

FUTURE EVENTS

Valentine's Celebration–February 9 -10:30am Main Hall

February 10, 2024: (8:00-5:00pm)-Bonsai Meeting

Talent Show–February 14

Jolly Times–February 15

Veterans Bingo–March 19

Jolly Times–March 21

ONE DAY GETAWAY SENIOR EXCURSIONS

Trips are available to our members. All fees with a trip are due the same day you sign up for a trip in person. We only accept cash or check. Limited Seatings.

Wheel of Fortune & Sony Tour–March 7, 2024, \$130 per person. (When you sign up, your name must match your DMV ID. No nicknames.)

Old Town Sacramento–March 20, \$70.00

"Fiddler on the Roof" Roger Rockas–March 28, \$130.00

Yosemite National Park–April 20, \$65.00

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.

TOM JARVIS MEMORIAL

We will be honoring Tom Jarvis on Wednesday, February 28, 2024 from 1:30 pm–3:30 pm in the Main Hall. Light refreshment will be provided. There will be an open-mic for anyone who may want to say a few words.

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, sex or disability.

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Clovis Senior Activity Center: 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, February 15, 2024. Coffee and donuts are served at 9:00am with the DeLeon Brothers & Friends playing at 9:15am. Lunch menu is Parmesan Chicken, rice pilaf, vegetable, bread and dessert. The entertainment for February’s Jolly Times will be Auberry Road and the cost of the meal is \$15.00. March’s Jolly Times tickets will go on sale February 15, 2024, at 9:00am.

AARP FOUNDATION TAX-AIDE

Tax Aide is back. Seniors can call AARP to schedule a free tax appointment Monday through Friday, between the hours of 11:15am to 3:30pm at (559) 691-4579. You do not have to be a member of AARP to take advantage of this service. Appointments are required and are made only by calling AARP, not the Senior Center. No walk-ins will be accepted.

NEWSLETTER FOLDING DAYS

Every month we rely on our volunteers to come to the Senior Activity Center and help out by folding our newsletters. Newsletter folding is always on a **Tuesday morning starting at 8:00am**. Below are the dates that we will be folding the newsletters. Come join us. Newsletter folding will take place in Classroom A, B, & C.

Upcoming folding dates: February 20, March 19, April 23, May 21, and June 18, 2024.

EYEGGLASS CLINIC

April Lachawicz will be at the Clovis Senior Activity Center on Monday, **February 12, 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.

BIG BAND & DINNER EVENT

Join us for a fun night out! The Clovis Senior Activity Center will be hosting a Dinner Dance on Friday, March 1, 2024 from 6pm–9pm. The entertainment will be, The Clovis Big Band. Tickets are \$25 single/\$35 couple. Purchase in advance. Tickets will not be sold at the door. Doors open at 5:30 pm. Dinner served at 6:00 pm and dance starts at 6:30 pm. Dinner provided by Classic Catering. Attire: Formal. Tickets will be available for purchase starting February 1st, 2024.

REGISTRATION FOR NUTRITION PROGRAM

Starting in February 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 one of these presentations, please stop by the front counter or call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. *No fee.*

Dates: March 20, 2024 1:00pm
and May 1, 2024 1:00pm