

Calendar of Activities - July 2024

Note: This does not include all activities & events.

Monday - July 1	Tuesday - July 2	Wednesday - July 3	Thursday - July 4	Friday - July 5
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation with Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-11:00a Calif. Native American Sacred Sites 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p My Purpose 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:30-3:30p Yoga with Don 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 4:00-5:00p iPhone 101 with Nora 5:00-8:00p Karaoke Night	 4th of July CENTER IS CLOSED	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:00n-2:00p & 2:00-4:00p Beq. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beq.Couples Western Dance 7:00-7:300p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - July 8	Tuesday - July 9	Wednesday - July 10	Thursday - July 11	Friday - July 12
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00 & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p Garden Painting 7:00-9:00p Inter. Couples Western Dance	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Calif. Native American Sacred Sites 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-1:30p Make & Take 1 with April 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:00p Medicare 101 1:00-4:00p Ceramics with Vickie 2:00-3:00p Trim Budget Financial Presentation 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong (on patio) 9:00-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take 2 with April 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Wreath Making w/Krystal 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:00n-2:00p & 2:00-4:00p Beq. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beq.Couples Western Dance 7:00-7:300p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - July 15	Tuesday - July 16	Wednesday - July 17	Thursday - July 18	Friday - July 19
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00 & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p Garden Painting 7:00-9:00p Inter. Couples Western Dance	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Calif. Native Amer. Sacred Sites 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-1:30p Make & Take 1 with April 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p My Purpose 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 1:00-4:30p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong (on patio) 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-2:00p Hearing Aids Cleaning 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take 2 with April 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-10:00a Novella Dean Book Reading 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:00n-2:00p & 2:00-4:00p Beq. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beq.Couples Western Dance 7:00-7:300p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - July 22	Tuesday - July 23	Wednesday - July 24	Thursday - July 25	Friday - July 26
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00 & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation with Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Calif. Native American Sacred Sites 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-1:30p Make & Take 1 with April 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p My Purpose 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 3:30-4:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Health/Wellness Resource Fair 12:00-4:00p Bridge 1:00-2:00p What is Welbe Health presentation 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing w/Kirk 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take 2 with April 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun with Kirk 12:00n-1:00p & 1:00-2:00p Circuit/Equip Training 12:00n-2:00p & 2:00-4:00p Beq. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation with Kirk 5:00-7:00p Beq.Couples Western Dance 7:30-10:00p Western Dance
Monday - July 29	Tuesday - July 30	Wednesday - July 31	 ***THE JULY LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT OFFICE*** 	
8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00 & 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00p & 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beq. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation with Kirk 5:30-7:30p Garden Painting	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Calif. Native American Sacred Sites 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 11:30a-1:30p Make & Take 1 with April 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p My Purpose 1:00-3:00p Beq. Western Line Dance 1:30-2:30p Trad'l Exercise with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 3:30-4:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:00p Fresno Against Sr. Exploitation 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night		