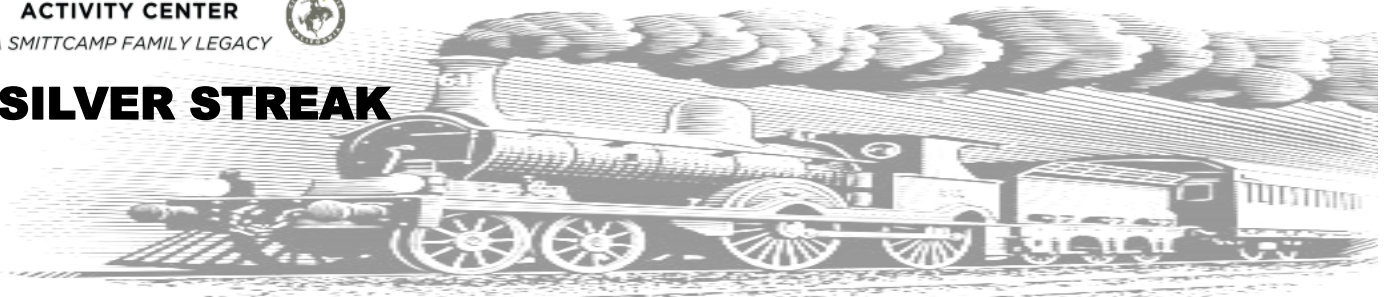


# THE SILVER STREAK



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.* July 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

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

## **BUS TRIP DAY TOURS**

Looking to get out of town for the day and don't feel like driving? We've got several opportunities for you. Check out the destinations listed below. All prices are per person.

- July 3, 2024—Chukchansi Gold Casino, \$30.00
- July 8, 2024—Monterey Cannery Row, \$75.00
- July 13, 2024—Morro Bay Lunch Cruise, \$140.00
- July 20, 2024—San Francisco Pier 39, \$80.00
- July 31, 2024—Yosemite Sugar Pine Moonlight Dinner/Train, \$150.00
- August 1, 2024—Santa Barbara Old Spanish Days Fiesta, \$90.00
- August 3, 2024—Watsonville Strawberry Festival, \$75.00
- 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. All pickup and returns are from the Clovis Senior Activity Center. Check frequently for upcoming trips. 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. If you are unable to attend within the 14-day prior window, it is your responsibility for finding another senior to take your place.



**THE CLOVIS SENIOR ACTIVITY CENTER  
 WILL BE CLOSED ON THURSDAY, JULY 4TH**

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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

### **Traditional Exercise**

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

Don Kolz Instructor \$2.00 per class

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

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

### **Gentle Stretch & Strengthen Exercise**

This class is designed to gently stretch your muscles to increase your flexibility and movement with low impact moves that can be done sitting, standing, or on the floor.

Don Kolz Instructor \$2.00 per class

Monday, Wednesday & Friday 9:00am-10:00am

### **Circuit & Equipment Training**

Come join Don Kolz for this workout routine that mixes cardio and strength training, has you in and out of the gym in 30 minutes, and leaves you looking forward to your next workout. Circuit training is a style of workout where you cycle through several exercises (usually 5-10) targeting different muscle groups with minimal rest in between each movement. The result is a workout that improves strength and endurance and builds your 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-IN. Pre-Registration mandatory at [www.MyActiveCenter.com](http://www.MyActiveCenter.com).**

8 students maximum per class. \$2.00 per class

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

Thursday 12:00-1:00pm

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

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

Monday 8:30am-9:30am

\$2.00 per class

### **Tai Chi Beyond Basics with Bill Titus**

This class will cover the basic concepts of Tai Chi: posture, relaxed deep breathing, flowing movement, and a basic understanding of mind-body connection. Class is designed to improve body awareness and balance.

Wednesday 4:00pm-5:00pm

\$2.00 per class

### **\*\*\*NEW 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. This new class starts July 25, 2024.

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

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

\$2.00 per class

### **Dance Aerobics with Shay**

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

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.

*Wednesdays & Fridays 9:00am–10:00am*

*\$2.00 per class*

## Zumba Chair with Stephanie

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

*Tuesdays & Thursdays 7:00am–8:00am*

*\$2.00 per class*



## Senior Tabata Class

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

*Tuesdays & Thursdays 6:00pm–7:00pm*

*\$2.00 per 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 9, 2024

**Time:** 3:15pm–4:15pm

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

**Next session:** September 16–November 4, 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**

We now have two ping pong tables. 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 12:00pm–4:00pm. Players with intermediate or better skills are welcome to join the group for some good bridge playing! There is a \$1.00 per person per session fee.

### **Wednesday Free Play Bridge**

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

*Wednesday–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*

### **Bingo**

Tuesday is the day for Bingo! We play from 10:00am to 11:00am. Bingo is free and prizes are given to the winners. Come and “B1” of the many players having fun! *No fee*

### **Bunco**

Bunco is a social dice game played at the Senior Activity Center. 100% luck, no skill!

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

### **2500 Card Game**

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

*Monday–1:15pm–3:15pm      No fee*

### **Beginning Hand N Foot**

New to Hand N Foot? Who wants to learn this fun and exciting game! There will be participants willing to teach others how to play the game. Come and try it out. No registration required. No longer played on Mondays.

*Wednesdays– 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*

### **Billiards**

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

### **\*\*\*NEW SENIOR GAME\*\*\***

#### **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.

*Monday–1:00pm–3:00pm      No 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 & Fridays 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 7/5 7:30pm

Western: Friday 7/12 7:30pm

Western: Friday 7/19 7:30pm

Western: Friday 7/26 7:30pm

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

### **BEGINNING MUSIC CLASS WITH SKYLA**

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

*Next session: Friday, July 19–September 6, 2024*

*Time: noon–2:00pm or 2:00pm–4:00pm*

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

*Future session: Friday, September 13–November 1, 2024*

### **VOCAL LESSONS WITH SKYLA**

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

*Next session: Wednesday, July 3, 10, 17, 24 & 31, 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, July 11, 18 & 25, 2024  
3 time options: 12:00-1:00pm; 1:00-2:00pm; or 2:00-3:00pm*

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

## **LIVE ENTERTAINMENT**

### **TOP DOLLAR BAND MUSIC**

Come to hear the Top Dollar Band play on Wednesdays, July 3, 10, 17, 24, and 31, 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, July 5, 12, 19, and 26, 2024 from 10:30am–11:45am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

### **KARAOKE NIGHT WITH SKYLA**

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

Cost: \$4.00 per session/per person

### **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. Come join us 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. July classes are on the 5th, 12th, 19th, & 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: July 5–July 26, 2024

Cost: \$25.00 for 4-week session

Next Session: August 2–August 23, 2024

### **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 July are on the 1st, 8th, 15th, 22nd & 29th.

### **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, June 3–July 22, 2024

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

Next Session: July 29–September 23, 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, June 3–July 22, 2024

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

Next Session: July 29–September 23, 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, May 16–July 11, 2024

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

Next Session: August 1–September 19, 2024

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

### **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, July 9–July 30, 2024

Time: 11:30am–1:30pm

Cost: \$35.00 for a 4-week session

Next Session: August 6–August 27, 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, July 11–July 25, 2024

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 4-week session

Next Session: August 1–August 22, 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](http://www.myactivecenter.com) to register for our new class sessions.

**Current session:** Tuesday, July 9–July 30, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

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

## **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, May 22–July 3, 2024 (6-week session cost is \$55.00)

**Time:** 1:00pm–4:00pm

**Next Session:** July 10–August 14, 2024

**There will also be a \$5.00 firing fee for each project fired.**

**Purchase \$5.00 firing cards at the front counter.**

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

This class will allow students to have a choice of doing Hobby Ceramics or Hand Building with Clay in this class session only. **Hobby Ceramics:** Students will 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. **Hand Building with Clay:** Students will learn how to work with moist clay using lacy slabs and coils. We will be doing several projects during the session. Come play with clay and get your hands dirty. No outside clay permitted in this class. Clay cards can be purchased at the front counter for \$20.00.

**Current Session:** Wednesday, May 22–July 3, 2024

**Time:** 10:00am–12:00noon

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

**Next Session:** July 10–August 14, 2024

**There will also be a \$5.00 firing fee for each project fired.**

**Purchase \$5.00 firing cards at the front counter.**

## **DECOUPAGE ART WITH MAXINE**

Learn how to make beautiful keepsakes in a fun and friendly environment. This class will make decorative plates, vases, decoupage 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

**NO CLASSES IN AUGUST**

## **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:** Tuesday, July 9–July 30, 2024

**Time:** 5:00pm–7:00pm

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

**Next Session:** August 6–August 27, 2024

## **CALIFORNIA NATIVE AMERICAN SACRED SITES**

Join Laura as she leads this journey through documentaries, books, and field trips to the beautiful sacred sites of our Native American tribes. Discover the meanings of each site for the tribal Peoples and the healings they receive through generations. We will also explore the impact of losing the protection of the Sacred Sites to the tribes.

**Current Session:** Tuesday, July 2–July 23, 2024

**Time:** 9:00am–11:00am

**Cost:** \$25.00

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

**NO CLASSES IN AUGUST**

## **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



## MIXED MEDIA ART CLASS WITH KIRK

This class will have you use a variety of different art mediums in order to create your own individual art. The class will explore 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

## 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:

- Friday, July 12, 2024 / 9:00-11:00am
- Wednesday, August 28, 2024 / 2:00-4:00pm
- Monday, October 7, 2024 / 1:00-3:00pm
- Friday, December 6, 2024 / 2:00-4:00pm

## 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

## 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

## SEWING WITH JOAN

Please join Joan whose skill set includes garment sewing, to general sewing, to quilting and long arm quilting. This class 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. Classes will take place on the 2nd and 4th Saturday of each month for an 8-week series.

Current Session: Saturdays, June 8 & 22; July 13 & 27; August 10 & 24; and September 14 & 28, 2024 (8-weeks)

Time: 11:00am–3:00pm

Cost: \$30.00

Next Session: October 12 & 26 and November 9 & 23, 2024 (4 weeks for \$15; no classes in December due to holidays)

## SATURDAY SIT AND SEW

This drop-in session will take place the first Saturday of the month starting July. This will allow our 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: July 6, August 3, September 7, October 5, November 2 and December 7, 2024.

Time: 11:30am–3:30pm

## 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

## BOOK CLUB

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

Current Session: Monday, July 8–July 29, 2024

Current Session: Tuesday, July 9–July 30, 2024

## 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](http://myactivecenter.com). July classes will be on the 11th, 18th, and 25th. Space is limited.



## **HEALTH INFO. & SERVICES**

### **WHAT IS MY PURPOSE?**

“What on earth am I here for? Knowing why you were created will reduce your stress, focus your energy, simplify your decisions, and give meaning to your life,” said Rick Warren, author of “The Purpose Driven Life.” If you are curious and want a fresh perspective of your life, please join our group on this amazing 12-week journey to find our new purpose as we read “The Purpose Driven Life.” Kelly is the moderator. Sign up on myactivecenter.com.

**Date:** Tuesday, May 14–July 30, 2024

**Time:** 1:00pm–2:00pm

**Cost:** 25.00

### **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. Classes that are held on Wednesdays will be taught in English and classes on Saturdays will be taught in Spanish.

**Next Wednesday session (English):** August 7–August 28, 2024

**Time:** 5:30pm–6:30pm

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

**Future Session:** September 4–September 25, 2024

**Next Saturday session (Spanish):** August 3–August 31, 2024

**Time:** 10:00am–11:00am

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

**Future Session:** September 7–September 28, 2024

### **WHAT IS WELBE HEALTH?**

Come join Melissa Payton, an Outreach Specialist from Welbe Health, who will be sharing some important information regarding their all-inclusive program for seniors 55+ who live in Fresno, Kings, Madera, and Tulare Counties. Welbe Health offers a variety of benefits such as physician care, physical therapy, transportation, medication delivery to home, caregivers, dental, labs, short term rehab and more. If you are interested in receiving more information and attending this presentation, please contact the Senior Center front office to reserve your spot.

**Date:** Wednesday, July 24, 2024

**Time:** 1:00pm

## **INFORMATION CORNER**

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

### **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, July 1, 8, 15, 22 & 29, 2024

**Time:** 2:00pm-3:00pm No fee

### **PEER SUPPORT GROUP**

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

### **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. 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 on Tuesdays from 3:30-5:00pm beginning **July 16, 2024** and continuing through December 10, 2024. Check availability at the front counter. Space is limited.

## 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)

We are excited to announce HICAP has returned to the Clovis Senior Activity Center! We are introducing Gyan Shanker, registered HICAP Counselor since 2021. He has a background in telecommunications with AT&T and was a New York Life agent. He will be here on Wednesday afternoons and taking two appointments per week, as well as walk-ins when time is available. Whether you are new to Medicare, currently on Medicare, or a victim of Medicare fraud, the Health Insurance Counseling and Advocacy Program (HICAP) can help! Fresno and Madera HICAP is a State Health Insurance Program that provides free, confidential, and unbiased one-on-one counseling services for Medicare beneficiaries of all ages. Contact the Clovis Senior Activity Center at 559-324-2750 to reserve 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

July 10, 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: July 23, August 20, September 17, October 22, November 19, and December 17, 2024.

## FRESNO AGAINST SENIOR EXPLOITATION

Come join Ken Jonah, the Red Cross Regional Adult Presentation Trainer, who has been with the Red Cross since 2022. Prior to joining the Red Cross, Ken was with the Fresno Police Department as a volunteer for nine years. Ken will be covering the following scams: financial, romance, lottery/sweepstakes, grandparents, Medicare, computer, and prescription drugs. If you are interested in attending this presentation, please contact the front desk to secure your spot. Space is limited. No fee.

Date: Wednesday, July 31, 2024

Time: 1:00pm

## FINANCIAL PRESENTATIONS: "21 Ways to Trim Your Budget"

Come and join a representative from Pacific Service Credit Union as they present to you 21 Ways to Trim Your Budget. This presentation will guide you on how to master the art of budget trimming necessary for achieving your financial goals. Participants will learn invaluable insights into astute methods of economizing on essentials including food, healthcare, insurance, and beyond. 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, July 10, 2024

Time: 2:00pm

Next session: August 7, 2024 "Understanding Credit"

## BE RED CROSS READY

Come join Ken Jonah, the Red Cross Regional Adult Presentation Trainer, who has been with the Red Cross since 2022. Prior to joining the Red Cross, Ken was with the Fresno Police Department as a volunteer for nine years. Ken will be sharing with you in detail what is needed to do PRIOR to a disaster (fire, earthquake, flood, etc.). The Be Red Cross Ready presentation will explain how to "Get a Kit," "Prepare a Plan," and "Be Informed." If you are interested in attending this presentation, please contact the front desk to secure your spot. Space is limited. No fee.

Date: August 14, 2024

Time: 1:00pm

## **IPHONE 101 WITH NORA**

This 4-week pilot program will be taught by Nora Velasquez. Nora teaches business and technology as adjunct faculty at Fresno City College. Teaching tech is her passion. This program will consist of four classes, lasting one hour each. Nora recommends that her students attend all four classes which will allow each student to build from the basic concepts like gestures to more complex reminders and security functions. Topics that will be covered include security settings, location tracking, downloading apps, which apps to trust, better picture taking, and how to create groups for frequent contacts through texting. This class must be paid in full when reserving your spot. Space is limited. Sign up on myactivecenter.com.

**Current session:** Wednesday, June 12–July 3, 2024

**Time:** 4:00pm-5:00pm

**Cost:** \$18.00

## **DO YOU NEED YOUR HEARING AIDS CLEANED?**

Please join Susan and Bianca from HearingLife as they come to the Senior Center to clean your hearing aids. They are both licensed and have the experience to go beyond technology to understand everyone's unique needs and lifestyle. Susan and Bianca are members of our community that are committed to enhancing hearing health. As a hearing care provider and patient care coordinator, they specialize in recommending and fitting appropriate hearing aid technology tailored to meet the unique needs of everyone. Susan and Bianca look forward to serving everyone by cleaning their hearing aids, empowering them to reconnect with the world of sound and embrace life to the fullest. If you are interested in getting help to enhance your hearing, join us on **July 18, 2024** from 1:00 to 2:00pm.

## **EYEGLASS CLINIC**

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

## **BLOOD PRESSURE CHECKS**

An RN will be at the Clovis Senior Activity Center on Tuesdays from 9:00am-10:00am in the Main Hall to provide free blood pressure checks. Stop by to monitor your blood pressure and stay on track to keeping healthy.

## **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.
- **Acoustic Music Jam:** Do you like to sing along with your guitar, mandolin, ukulele, auto harp, banjo, etc.? Come sit in the circle to share your favorite tunes and meet new friends and fellow musicians. This would be two hours a week in the afternoon. All skill levels welcome.
- **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.

## **FUTURE EVENTS**

Clovis Choral -6:30pm–8:00pm every Tuesday

Health & Wellness Fair–July 24/ noon–3:00pm

Senior Prom–August 17/ 5:00pm–9:00pm

Housing & Tenant Resource Fair–August 21/ 12noon–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

## **RESOURCE INFO / THEATER DATES**

### **ROGER ROCKA'S GOOD COMPANY PLAYERS:**

Sugar, The Some Like It Hot Musical, May 16-July 14, 2024; 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.

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, July 18, 2024. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is turkey croissant sandwich, macaroni salad, fruit and dessert. The entertainment for July’s Jolly Times will be South 65 and the cost of the meal is \$15.00. August’s Jolly Times tickets will go on sale July 18, 2024, at 9:00am.

### NOVELLA DEAN BOOK READING

Come and join local Clovis author Novella Dean for a special book reading of “Ta-Thump, Ta-Thump,” a new children’s book. You are welcome to bring a young child to enjoy this special book reading.

Experience the heartwarming adventure of Mama Cheetah and Baby Cheetah, complete with an engaging Animal Science introduction to these enchanting creatures!

Giveaways and fun activities included! If you are interested in attending, please call or stop by the Clovis Senior Activity Center to secure your spot.

Date: Friday, July 19, 2024

Time: 9:00am

### SENIOR PROM—AUGUST 17, 2024

Check out our flyer providing information on the upcoming Senior Prom with a Great Gatsby theme. Roaring 20s fashion is encouraged.

### HEALTH & WELLNESS RESOURCE FAIR

Be sure to mark your calendar for the Health and Wellness Fair happening on Wednesday, **July 24, 2024**, from 12:00pm to 3:00pm at the Clovis Senior Activity Center’s Main Hall. Don’t miss out on this opportunity to access complimentary health services including Emergency Preparedness, Transportation Services, Cal-Fresh Application Assistance, Food Programs, Senior Services, Nutrition, In-Home Caregiving, Medicare Advantage, and many more! Participate in the raffle for a chance to win fantastic prizes (attendance required to claim prize).

A free “Grab & Go” lunch (hot dog, chips and drink) is available, but you must stop by the Senior Center front counter **prior to July 17, 2024** to pick up your lunch ticket. No lunch tickets will be provided after July 17<sup>th</sup> and you must show your ticket to receive lunch.

### BLUEGRASS IN THE PARK

Bluegrass in the Park is back! Music will be on Fridays from 6:30pm until dusk at 901 Fifth Street at Liberty Park just east of Old Town Clovis and the Veterans Memorial Building. Bring a chair or blanket, a picnic supper, your family and friends and be ready for a good time. Bluegrass in the Park is sponsored by the California Bluegrass Association. Check them out on Facebook or check with the Clovis Senior Activity Center front counter for performance dates and band names/musicians.