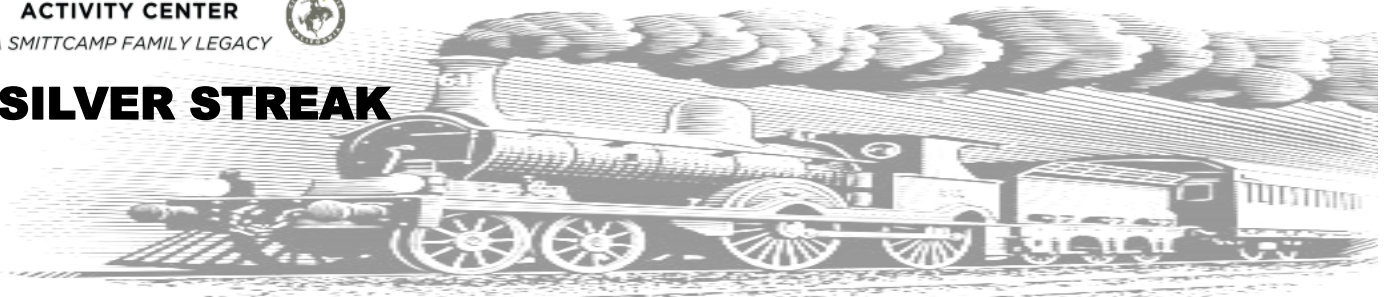


# THE SILVER STREAK



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.*

June 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

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

## **WELCOME DEVIN**

Hello, my name is Devin Rodriguez. I was born in Fresno, California and raised in Clovis, California. I attended Clark Intermediate Junior High School and then went to Clovis High School.....go Cougars!!

I started working for the City of Clovis in 2016 for the General Services Department with Facility Maintenance as a Senior Custodian. I have been a full-time employee with the City of Clovis for 8 years and counting. I have a beautiful wife of 8 years that I met through mutual friends and a beautiful 2 1/2 year old son.

I enjoy bike rides and long walks on the beach. I am very pleased to be working at the Clovis Senior Activity Center and can't wait to experience all of the wonderful memories that I will be making with each and every one of our participants. If you see me around the building please stop and introduce yourself. This place is very special and I am truly blessed to not only be a part of such a great team of people that I work with but, that I can surround myself with fun and positive participants like yourselves.....so let the fun begin!



## **What's Inside:**



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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 cardio-respiratory system.

In this class we will be working our way through a series of exercises using weights, bicycles, steps, and machines to experience a full body workout and cardio routine in a 30 minute session.

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; **NO DROP-IN. Pre-**

**Registration mandatory at [www.MyActiveCenter.com](http://www.MyActiveCenter.com).**

### **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 CLASS**

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

Date: Thursday, July 25th, 2024

Time: 11:30-12:30pm

Cost: \$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.

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

*Thursdays 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!

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

*Thursdays (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

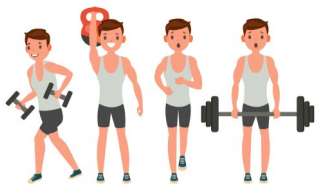
Come join Stephanie for a fun 30-min upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20 second cardio circuits, 10 second rest with a 1-minute rest in between. The circuits are repeated for 4 sets. Go at your own pace.

*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 or 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, May 7–June 25, 2024

**Time:** 3:30pm–4:30pm \*\*\*Time Change\*\*\*

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

**Next session:** July 23–September 10, 2024

**OR**

**Current session:** Friday, May 10–June 28, 2024

**Time:** 6:30pm–7:30pm

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

**Next session:** July 26–September 13, 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, May 6–July 1, 2024

**Time:** 3:15pm–4:15pm

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

**Next session:** July 22–September 9, 2024

**OR**

**Current session:** Friday, May 10–June 28, 2024

**Time:** 5:00pm–6:00pm

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

**Next session:** July 26–September 13, 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**

**\*\*\*Additional Day\*\*\***

We now have two ping pong tables. Come join us for drop-in sessions of ping pong on Mondays, 10:00am–noon, Thursdays, 9:00am–11:00am (on the 3rd Thursday of each month Ping Pong is scheduled in our patio area) Wednesdays, 9:00-11:00am (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—12:00pm—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.

*Mondays—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!

*Mondays—1:15 pm—3:15 pm      No fee*

## **Beginning Hand N Foot**

**\*\*\*DAY CHANGE\*\*\***

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— 1:00 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.

*Tuesday & Friday – 12:30pm—4:00pm      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*

### **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**

### **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 & Fridays, 3:00pm-5:00pm      \$4.00 per class*

### **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*

## **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	6/7	7:30pm
Western:	Friday	6/14	7:30pm
Western:	Friday	6/21	7:30pm
Western:	Friday	6/28	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. 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, June 5, 12, 19 & 26, 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, June 6, 13, 20 & 27, 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**

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.

**Current session:** *Friday, June 7–July 26, 2024*

**Time:** *noon–2:00pm or 2:00pm–4:00pm*

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

## **LIVE ENTERTAINMENT**

### **TOP DOLLAR BAND MUSIC**

Come to hear the Top Dollar Band play on Wednesdays, June 5, 12, 19 and 26, 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, June 7, 14, 21 and 28, 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*

**\*\*\*NO KARAOKE ON JUNE 12, 2024\*\*\***

### **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**

### **WREATH CLASSES WITH KRYSTAL**

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

**Class Dates/Times:**

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

## **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. June classes are on the 7th, 14th, 21st and 28th.

## **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: June 7–June 28, 2024

Cost: \$25.00 for 4-week session

Next Session: July 5–July 26, 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 June are on the 3rd, 10th, 17th and 24th.

## **DROP-IN ART \*\*\*NEW TIME\*\*\***

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

## **\*\*\*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 right away. This class session will take place on Tuesdays for 4 weeks.

Next Session: Tuesdays, June 4–June 25, 2024

Time: 11:30am–1:30pm Cost: \$35.00 for a 4-week session

Future Session: July 9–July 30, 2024

## **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: Mondays, 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: Mondays, 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: Thursdays, May 16–July 11, 2024

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

Next Session: August 1–September 19, 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 taken at least 8 or more Make and Take (1) classes to participate. 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, June 6–June 27, 2024

Time: 3:00pm–6:00pm Cost: \$35.00 for a 4-week session

Next Session: July 9–July 30, 2024

**\*\*\*STARTING IN JUNE 2024, THE COST FOR THIS CLASS WILL BE \$35.00\*\*\***

## **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, June 4–June 25, 2024

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

**Next Session:** July 9–July 30, 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 Cetner front counter. This is a 3-hour class

**Current Session:** Wednesdays, May 22–July 3, 2024 (6-week session cost is \$55.00) **NO CLASS JUNE 19TH**

**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:** July 10–August 14, 2024

## **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 desk for \$20.00.

**New Session:** Wednesdays, May 22–July 3, 2024

**Time:** 10:00am–12:00noon **NO CLASS JUNE 19TH**

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

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

*\*\*\* For Each Ceramics class there is a \$5.00 firing fee for each project fired. Firing cards can be purchased at the front desk \*\*\**

## **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*

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

**Time:** 2:00pm–4:00pm **Cost:** \$25.00

**Next session:** October 1–October 22, 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 only be a 2-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:** Tuesdays, June 4–June 25, 2024

**Time:** 2:00pm–4:00pm **Cost:** \$25.00

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

**NO CLASSES IN AUGUST**

## **NATIVE AMERICANS TODAY!!!**

Come and enjoy and celebrate what is going on in Indian Country today! Laura will bring speakers as well as invite you to attend many of the programs happening to heal and celebrate being Native. Documentaries will also be shown of the various tribes doing the work needed so Natives thrive once again!

**Current Session:** Tuesdays, June 4–June 25, 2024

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

**Next Session:** California Native American Sacred Sites: Tuesdays, July 2–July 23, 2024

## **EXPLORING YOUR PALLET WITH ACRYLIC PAINTING**

Enjoy acrylic painting by using different colors. Explore the different styles of art and creating your own color pallet. It's encouraged to bring your own photographs or objects to paint on canvas. This 8-week class will have you explore your pallet of art through personal objects. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this class.

**Current Session:** Fridays, May 10–June 28, 2024

**Time:** 10:00am–11:00am

**Cost:** \$40.00

**Next Session:** July 26–September 13, 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*

## 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, May 10–June 28, 2024*

**Time:** *11:15am-12:15pm*

**Cost:** *\$40.00*

**Next Session:** *July 26–September 13, 2024*

## SEWING WITH JOAN

Please join Joan whose skill set includes garment sewing, to general sewing, to quilting and long arm quilting. Joan manages a quilt shop in Visalia. She currently teaches at the City of Kerman Senior. 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.

There will be a **mandatory meeting** for all registered students on May 24, 2024, at 1:00pm. This meeting will give students a chance to meet the instructor, go over the list of supplies, and Q&A.

**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 \$20; no classes in December due to holidays)*

## BOOK CLUB \*\*\*NEW DAY\*\*\*



The Book Club is now offered on **Monday**s and **Tuesday**s from 9:00am to 10:00am. Kelly is your moderator. The June session of Book Club will feature the book “The Only Woman In The Room” by Marie Benedict. Cost is \$8.00 per person for the 4 class sessions in June. Sign up on [myactivecenter.com](http://myactivecenter.com). The featured book for July will be “The Thursday Murder Club” by Richard Osman.

## 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.

*Wednesdays from 9:00am–noon*      *No fee*

## SUMMER ART CAMP WITH GRANDKIDS

Come join the summer fun at the Clovis Senior Activity Center with your grandchild. The only requirement for this camp is to register one senior participant with one young child. This Art Camp is designed to explore drawing, painting and paper cutting abstracts. Snacks will be provided. There will be a sing-along time during the snack break. Space is limited. You can register for this class on [myseniorcenter.com](http://myseniorcenter.com).

**Date:** *Wednesday, June 26, 2024*

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

**Time:** *1:00pm–5:00pm*



## MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:30am-11:30am. The cost of the class is \$2.00 per class and signups are online at [myactivecenter.com](http://myactivecenter.com). June classes will be on the 6th, 13th, 20th and 27th. **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 [myactive-center.com](http://myactive-center.com).

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

**Time:** 1:00pm–2:00pm

**Cost:** 25.00

### **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

**Current session:** Wednesdays, May 8–June 26, 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:** Mondays, June 3–June 24, 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

### **ALZHEIMER'S: 10 WARNING SIGNS**

A representative of the Alzheimer's Association will host periodic educational classes on a variety of topics. The June class is entitled “10 Warning Signs.” The class is on June 13, 2024, from 10:00am–11:00am. If you are interested in attending this presentation, call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. No fee

## **INFORMATION CORNER**

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

### **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.

### **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](http://myactive-center.com) or by registering with staff in the office. New speakers every week. **Spaces are limited.**

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

**Time:** 1:00pm to 3:00pm

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

### **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. Spaces are limited.

**Tuesdays, 10:00am–11:00am**

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

**Wednesdays, 1:00pm–2:00pm**

June 5, July 10, August 14 and September 4, 2024

**Wednesday, 6:00pm–7:00pm**

October 9 and October 23, 2024

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

### **AMERICAN MAHJONGG**

Are you interested in learning how to play American Mahjongg? Please come and join Marianne Kast who has played the game of American Mahjongg for 15 years. This game takes about three sessions to learn the basics, followed by continuing practice to comfortably play the game. American Mahjongg is played with four players using mahjongg 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. This drop-in session will start **Monday, June 10, 2024.**

**Mondays–1:00 pm–3:00 pm** No fee

## 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 is returning to the Clovis Senior Activity Center beginning May 1, 2024! We are introducing Gyan Shanker, registered HICAP Counselor since 2021. Gyan is a resident of Clovis. He has a background in telecommunications with AT&T and was a New York Life agent. Currently he volunteers for American Red Cross and HICAP. 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 Time: 1:30pm–2:30pm or 3:00pm–4:00pm

Walk-Ins: 4:00pm–5:00pm

## IMPORTANT PARKING LOT INFORMATION

Good news—Stagline buses are now servicing the bus stop at the Armstrong Transit Building across from the Senior Center. To allow the buses to safely operate, use only the main driveway to enter and exit the Senior Center parking lot. DO NOT use the alleyway as this is the path of travel for the buses. They are unable to back up if a passenger vehicle is in the alley. Thank you for your understanding!

## LOST AND FOUND

Can't find your favorite sweater, umbrella, cane, reading glasses, etc.? The Clovis Senior Activity Center has a Lost and Found box that's overflowing. Stop by the front counter to see if your missing items are here.

## Fresno Against Senior Exploitation:

Come join Ken Jonah a retired Police Commissioner who worked for Contra Costa County. Ken is a volunteer for both the California Highway Patrol and Fresno Police Department. Ken has extensive experience in doing presentations for law enforcement and the American Red Cross. The FASE (Fresno Against Senior Exploitation) presentation is timely as it covers numerous scams including financial, romance, computer, Grandparents, prescription drugs plus many more. Tips on how to avoid being scammed will also be discussed. Contact the Clovis Senior Activity Center at 559-324-2750 to reserve your spot.

Date: Wednesday, June 12, 2024

Time: 1:00pm

## Access To Technology Program Presentation

Fresno EOC is excited to offer a Free Access to Technology program to eligible seniors who will receive iPad training, home internet payment assistance and an iPad on course completion. This class will meet twice a week for five weeks, each meeting will last an hour. Eligibility requirements are as follows: 60 years or older, limited or no access to technology or internet, and live alone or have mobility issues. If you are eligible and meet the requirements, please sign up for this presentation so we can get you one step closer to participate in this program and to receive your very own iPad. Contact the Clovis Senior Activity Center at 559-324-2750 to reserve your spot.

Date: Wednesday, June 19th, 2024

Time: 1:00pm

## EYEGGLASS CLINIC

April Lachawicz will be at the Clovis Senior Activity Center on Monday, June 10, 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.



## FREE SMARTPHONE TRAINING

California Connect will be here to teach you how to make your smartphone work better for you. Learn how make your smartphone louder and easier to hear; send or receive text messages; connect Bluetooth devices; operate the basic functions of your smartphone; and much more! The first hour trainings cover the smartphone basics and accessibility features in the second hour. **Mandatory sign up** by calling 559-324-2756 or email MaikouY@ci.clovis.ca.us. Space is limited. **First timers attending the training is priority.** Space is limited. Please arrive 10 minutes early.

### **June Session:**

For iPhone training: Monday, June 3, 2024; 9:00am–11:00am

For Android training: Tuesday, June 11, 2024; 9:00am–11:00am



## 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.

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

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

**Cost:** \$18.00

## 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  
End of Summer Bash–Sept 25/ 10:00am-noon

## BUS TRIP DAY TOURS!

June 1, 2024–Pismo Beach Car Show, \$70.00pp

June 11, 2024–Eagle Mountain Casino, \$30.00pp

June 19, 2024–Yosemite National Park, \$65.00pp

July 3, 2024–Chukchansi Gold Casino, \$30.00pp

July 8, 2024–Monterey Cannery Row, \$75.00pp

July 13, 2024–Morro Bay Lunch Cruise, \$140.00pp

July 20, 2024–San Francisco Pier 39, \$80.00pp

July 31, 2024–Yosemite Sugar Pine Moonlight Dinner/  
Train, \$150.00pp

August 1, 2024–Santa Barbara Old Spanish Days Fiesta,  
\$90.00pp

August 3, 2024–Watsonville Strawberry Festival, \$75.00pp

\*\*pp = per person

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. Please park in the East parking lot near the buses. 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.

## 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:** Smokey Robinson, June 14, 2024; Sesame Street Live–Say Hello, June 18, 2024. Call 559-445-8100.

**ROGER ROCKA'S SECOND SPACE:** On Golden Pond, April 26-June 9, 2024; The Complete Works Of William Shakespeare: Abridged, June 21-August 4, 2024. Call 559-266-9494.

**TOWER THEATER:** Zep-La & Purplish, a tribute to Led Zeppelin and Deep Purple. Call 559-485-9050.

**SAVE MART CENTER:** Brooks & Dunn, June 6, 2024; Blink-182, July 8, 2024; Cole Swindell, July 13, 2024. Call 559-278-3400.

**FRESNO CITY COLLEGE:** A Million Dreams: New Wrinkles 2024, May 30-June 8, 2024.

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, June 20, 2024. Coffee and donuts are served at 9:00am with the DeLeon Brothers & Friends playing at 9:15am. Lunch menu is zucchini boats, salad, bread and dessert. The entertainment for June’s Jolly Times will be Auberry Road and the cost of the meal is \$15.00. July’s Jolly Times tickets will go on sale June 20, 2024, at 9:00am.

### NEWSLETTER FOLDING DAYS

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

Upcoming folding dates: June 18, July 23, August 20, September 17, October 22, November 19, and December 17, 2024.

### INTEREST LISTS

- **Gelli Plate Printing Class:** Using a Gelli plate, a firm jello like substrate is painted with acrylic paint that is spread over the plate with a roller. Many types of paper may be used to be placed 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.” Such fun! These “pulls” can be used to create collages, framed pieces, greeting card backgrounds, book marks, wrapping paper, journal pages, etc.

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



### VETERANS BINGO

Tuesday, June 18, 2024  
10:00am to 11:00am

Come play bingo and salute our veterans. Veterans Bingo is played every quarter and the payouts are cash! See you there!



### 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 June 20, 2024 from 1:00 to 2:00pm.