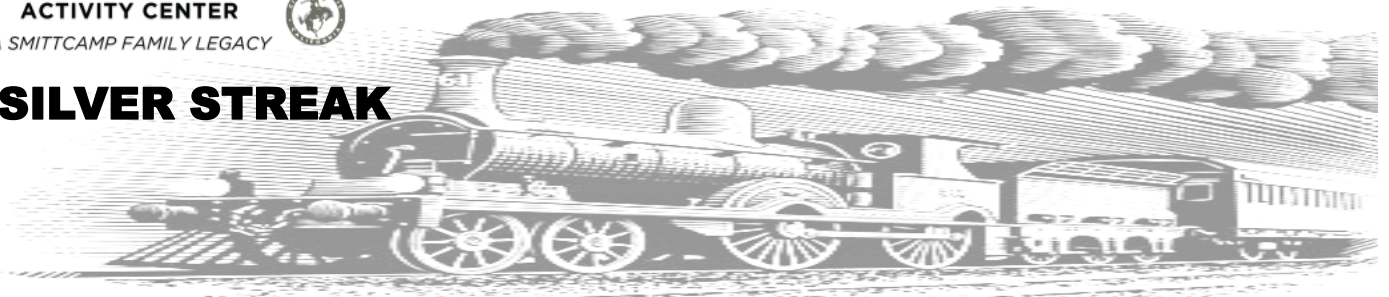




THE SILVER STREAK



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.*

May 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org



CLOVIS MEMORIAL RUN Saturday, May 25, 2024 7:00am—10:00am



Get ready to lace up your sneakers and join us in an exhilarating tribute to our heroes! Celebrating the bravery and service of our Military Servicemen and Servicewomen, this event is a heartfelt salute to those who've protected our freedom, as well as a cheer for Active Service-members and their families. With activities tailored for all abilities and ages, whether you are a seasoned athlete or a casual walker, you can choose from a timed 5K, a leisurely 2-mile, a fun-packed kid's 1/2 mile sprint, or join our seniors for a 1/2 mile walk and roll. Dive into the vibrant community spirit at our resource fair, featuring over 20 organizations loaded with health and wellness information. To register, please visit www.ClovisMemorialRun.com



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Like us on Facebook for updates and information.

**Find the newsletter on the City of Clovis website:
www.clovisseniors.org**

Hours of Operation

Monday thru Friday

8:00am-5:00pm

(Exception: National Holidays)



*****HOLIDAY CLOSURE*****



**THE CLOVIS SENIOR ACTIVITY CENTER
WILL BE CLOSED ON MONDAY, MAY 27TH
IN HONOR OF MEMORIAL DAY**

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.

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

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.

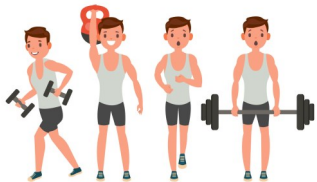
Tuesdays & Thursdays, 6:00pm–7:00pm, \$2.00 per class

Fast Fitness with Beth

*****CHANGE IN DAYS*****

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! Starting in May, this class will only be on 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 with staff in the office.

Current session: Tuesday, May 7–June 25th, 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 10th–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 with staff in the office.

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 am—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 and 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	5/3	7:30pm
Western:	Friday	5/10	7:30pm
Western:	Friday	5/17	7:30pm
Western:	Friday	5/24	7:30pm
Western:	Friday	5/31	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, May 1, 8, 15, 22 & 29th, 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, May 2, 9, 16, 23, & 30, 2024*

3 time options: 12:00-1:00pm; 1:00-2:00pm; or 2:00-3:00pm

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, April 12–May 31, 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, May 1, 8, 15, 22 and 29, 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, May 3, 10, 17, 24 and 31, 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:

- *Friday, May 10, 2024 /1:00-3:00pm*
- *Friday, June 7, 2024 /9:30-11:30am*
- *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. **NO CLASSES IN MAY.** 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.

NO CLASSES IN MAY

Next Session: June 7–June 28, 2024

Cost: \$25.00 for 4-week session

EASY CREATIVE GARDEN PAINTING WITH KRISTINA

Learn to paint flowers, leaves and garden critters. Kristina will help you practice painting the first hour. Then the second hour of the class you will get the opportunity to paint on canvas, terra cotta pots, or rocks. Teacher's choice. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class. **NO CLASSES IN MAY.** 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 or at the front counter to register for our new class sessions.

Current Session: Mondays, March 25–May 13, 2024

Time: 1:00pm-3:00pm

Cost: \$40.00 for 8-week session

Next Session: May 27–July 15, 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, March 25–May 13, 2024

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

Next Session: May 27–July 15, 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, March 14–May 2, 2024

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

Next Session: May 16–July 11, 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, May 2–May 23, 2024

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

Next Session: June 6–June 27, 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, May 7–May 28, 2024

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

Next Session: June 4–June 25, 2024

CERAMIC CLASS WITH VICKIE

In this 6-week session students will learn about Greenware, Bisque, Glazing and more through your ceramic journey! A list of supplies students will need to purchase for the first class is available at the Senior Center front counter. **This class is a 3-hour class for \$55.00 per session.**

Current Session: Wednesdays, April 10–May 15, 2024 (6 week session cost is \$55.00)

Time: 1:00pm–4:00pm

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

Next Session: May 22–June 26, 2024

MORNING CERAMICS WITH VICKIE

Starting in April, this NEW 6-week session on Wednesday mornings follows the same creativity program as Vickie's Wednesday afternoon class. This is a 2-hour class.

New Session: Wednesdays, April 10–May 15, 2024

Time: 10:00am–12:00noon

Cost: \$50.00 for 6-week session

Next Session: May 22–June 26, 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. 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.

MAGICAL INKS WITH MAXINE

This fun 4-week class teaches basic ink color theory, the tools and techniques for color blending while discovering the magic of painting with the medium, alcohol ink. Projects will be created on ceramic tiles, special non-porous paper and glass. Inks may be dripped from the bottle, a felt applicator, blown, poured or painted with a brush. Sign up at www.myactivecenter.com to register for our new class sessions.

Current session: Tuesdays, May 7–May 28, 2024

Time: 2:00pm–4:00pm Cost: \$25.00

Next session: July 9–July 30, 2024

TRADITIONAL NATIVE AMERICAN HEALING

Laura will guide you in the understanding of the purpose of healing throughout Indian County our Mother Earth's bounty, how it was used for centuries, and how it is used today. We will not only explore the uses, but also the plants and herbs and have "hands on" gatherings at the Native garden. It will be a beautiful time together to explore and just "BE."

Next Session: Tuesdays, May 7–May 28, 2024

Time: 9:00am–11:00am Cost: \$25.00

Future Session: June 4–June 25, 2024

*****NEW*****

Exploring your Palette with Acrylic Painting

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

Date: Fridays, May 10 through June 28, 2024

Time: 10:00–11:00am

Cost: \$40.00

Future Session: July 26 through September 13, 2024

CRAFT, STITCHERY AND CROCHET SOCIAL GROUP

This is a drop-in knitting, crocheting, embroidery, cross-stitching and quilting social group. There is no instructor; other participants will help you with your project. This group will meet in our East Lobby.

Wednesdays from 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

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 to register for this new class.

Date: Thursday, May 9–June 27, 2024

Time: 1:30pm-2:30pm

Cost: \$40.00

Next Session: Thursday, July 25–September 12, 2024

*****NEW*****

DRAWING FOR FUN W/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 to register for this new class.

Date: Fridays, May 10–June 28, 2024

Time: 11:15am-12:15pm

Cost: \$40.00

Next Session: Fridays, July 26th–September 13, 2024

*****NEW*****

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 11:30am. This meeting will give students a chance to meet the instructor, go over the list of supplies, and Q&A.

Next 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

Future 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 **Mondays and Tuesdays** from 9:00am to 10:00am. Kelly is your moderator. The May session of Book Club will feature the book “The Devil In The White City” by Erik Larson. Cost is \$6.00 per person for the 3 class sessions in May. Sign up on myactivecenter.com. The featured book for June will be “The Only Woman In The Room” by Marie Benedict.

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.

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. May classes will be on the 2nd, 9th, 16th, 23rd, and 30th. Space is limited.

HEALTH INFO. & SERVICES

*****NEW*****

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: 1:00–2:00pm

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

Next Session: September 18–November 6, 2024

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, May 6, 13 and 20, 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

END-OF-LIFE OPTIONS AND MEDICAL AID WHEN DEALING WITH DEATH

California is one of 10 states that offers the legal option of medical aid-in-dying for those who might wish to choose it at end-of-life. This presentation is to help ensure Californians have access to the full range of end-of-life options. The presentation leader is Fresno resident Fred Philippi, a volunteer with Compassion & Choices, the oldest, largest and most active national non-profit organization dedicated exclusively to improving care expanding options and empowering everyone to chart their end-of-life journey. If you are interested in attending this presentation, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Monday, May 20, 2024

Time: 7:00pm

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.

INFORMATION CORNER

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

PRESENTATION ON NUTRITION SAMPLE MEAL PREP. FOR SENIORS WITH DIABETES

Nancy Anderson from The Grove Senior Living will be hosting a once-a-month presentation on a variety of topics. Join us on May 8, 2024 for a presentation on Nutrition Sample Meal Prep. For Seniors With Diabetes. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. No fee

Time: 1:30–3:30pm

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

May 21, August 27, September 17, October 1, 15 and 29, 2024.

Wednesdays, 1:00pm–2:00pm

May 8, June 5, July 10, August 14 and September 4, 2024.

Wednesday, 6:00pm–7:00pm

October 9 and October 23, 2024.

55 ALIVE DRIVING CLASS

AARP is offering a one-day, 4-hour class on Monday, May 20, 2024, from noon to 4:00pm. The cost is \$23.00 for AARP members and \$28.00 for non-AARP members. We are **not** taking registrations over the phone. You must pre-register in person at the Clovis Senior Activity Center beginning May 1, 2024. The class fee is due at the time of registration (cash or check only).

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

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 \$10.00 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—Stageline 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.

INTEREST LISTS

- **American Mah-jongg:** Mah-jongg is a Rummy-like tile game where four payers take turns picking and throwing their tiles, one at a time, trying to match the tiles on their rack with one of the patterns on the National Mah-Jongg League card. It is a social game of skill, strategy, and a bit of luck.
- **Chess:** Have you ever been interested in learning how to play chess? Call us to add your name to the interest list.
- **How To Play Pool:** We are starting an interest list for those that may be interested in learning how to play pool correctly and getting tips on how to become a better pool player.
- **Support Group For Combat Vets:** If you are looking for a support group for Combat Vets and/or their spouses, we are starting an interest list.
- **10,000 Aces:** This is a simple, fast and fun dice game.
- **Aerobic Kick Boxing:** Great for fitness and discipline for the mind and body.
- **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.
- **Latin Dance Classes:** Good cardio workout and fun.

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



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.

May Session:

For Android training: Tuesday, May 7; 9:00am–11:00am

For iPhone training: Thursday, May 9; 9:00am–11:00am

TECHNOLOGY HELP

Do you need help with your iPad, Laptop or Smart Phone? Several students from California Health Sciences University will be here assisting participants with technology issues. They will be here for 30-minute appointments on Monday, May 20, 2024, from 3:30pm to 5:00pm and on Tuesday, May 21, 2024, from 8:30am to 10:30am. Check availability at the front counter. Space is limited.



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

BUS TRIP DAY TOURS!

Chukchansi Casino—May 22nd, \$30.00

Chukchansi Casino—July 3rd, \$30.00

Sign up starts May 1st. Paid passengers for Chukchansi trips are required to check-in at the senior center between 8am –8:30am. The return time to Clovis is scheduled for 3:45 pm.

Members: Reservations must be made in person at the front desk and paid in full by check or cash payment. Check frequently for upcoming trips.

RESOURCE INFO / THEATER DATES

ROGER ROCKA'S GOOD COMPANY PLAYERS: Fiddler On The Roof, March 14-May 12, 2024; Sugar, The Some Like It Hot Musical, May 16-July 14, 2024. Call 559-266-9494.

SAROYAN THEATRE: Aladdin, May 1-5, 2024; Smokey Robinson, June 14, 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: Riders in the Sky, May 12, 2024; Cedric Burnside, Hill Country Love, May 17, 2024; Beatles vs. Stones Musical Showdown, May 31, 2024. Call 559-485-9050.

SAVE MART CENTER: Chris Tomlin with CAIN, May 9, 2024; Gloria Trevi, May 24, 2024; Brooks & Dunn, June 6, 2024. Call 559-278-3400.

FRESNO CITY COLLEGE: A Million Dreams: New Wrinkles 2024, May 30-June 9, 2024.

FUTURE EVENTS

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

Clovis Trail Fest – May 4 / 8:00am-noon

Spring Rummage Sale – May 9 / 8:00am-noon

Clovis Memorial Run – May 25 / 7:00am-10:00am

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

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

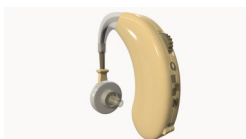


ADDRESS SERVICE REQUESTED



JOLLY TIMES

Jolly Times will be held on Thursday, May 16, 2024. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is pulled pork sandwich, citrus coleslaw, chips and dessert. The entertainment for May’s Jolly Times will be Fender Benders and the cost of the meal is \$15.00. June’s Jolly Times tickets will go on sale May 16, 2024, at 9:00am.



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 May 16, 2024 from 1:00-2:30pm.

FINANCIAL EXPLOITATION PRESENTATION

Please join FBI Special Agents Jacob Ricks and Adrian Ramirez and FBI Victim Specialist Holly Peacock as they provide you with some important information on Elder and Financial Fraud, why scammers target seniors, how to spot red flags to avoid being a victim of fraud and provide you the resources you need if you become a victim to Elder and Financial Fraud. If you are interested in attending this presentation, please stop by the front counter or call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. No fee.

Date: Wednesday, May 1, 2024
Time: 1:00pm



EYEGLASS CLINIC

April Lachawicz will be at the Clovis Senior Activity Center on Monday, May 13, 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.

NEWSLETTER FOLDING DAYS

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

Upcoming folding dates: May 21, June 18, July 23, August 20, September 17, and October 22, 2024.