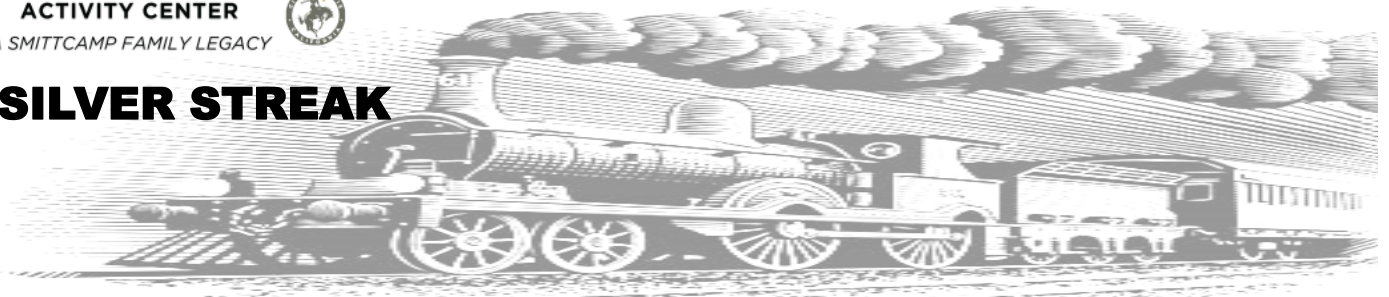


# THE SILVER STREAK



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.*

November 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

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



## THE SENIOR CENTER IS TURNING 1

Join us for a birthday celebration on Wednesday, November 20th featuring a special program, cake, tours, and live music! The party will begin at 9:30am, and music and dancing will begin at 10:30am. We hope to see you there as we celebrate one year in our beautiful new building. Free parking is available south of Third Street.

## THANKSGIVING LUNCHEON



The Clovis Salvation Army and the Clovis Senior Activity Center will be hosting their annual Thanksgiving Luncheon on Thursday, November 28, 2024. Doors open at 11:15am and meals will be served until food runs out. If you

would like to volunteer at the luncheon, please call the Clovis Senior Activity Center at 559-324-2750 to be added to our volunteer list. We ask that all volunteers arrive at the Clovis Senior Activity Center by 10:45am.

## MONTHLY CALENDAR OF ACTIVITIES

We are no longer including the Calendar of Activities with the mailed copy of our newsletter. A printed copy is available at the front counter. It can also be found on [www.cityofclovis.com](http://www.cityofclovis.com).

## NOVEMBER HOLIDAY CLOSURES

We will be closed for the holidays as follows:

- Veterans Day - Monday, November 11
- Thanksgiving - Thursday November 28 and Friday, November 29

Be safe and enjoy the holidays!



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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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

## **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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

## **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

NO CLASSES DEC. 23, 2024—JANUARY 1, 2025

## **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-INS. Pre-Registration mandatory at [www.MyActiveCenter.com](http://www.MyActiveCenter.com).*

8 students maximum per class.

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

Thursday 12:00-1:00pm

\$2.00 per class

NO CLASSES DECEMBER 23, 2024—JANUARY 1, 2025

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

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**

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

## **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.

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

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

\$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.

*Wednesday & Friday 9:00am–10:00am*

*\$2.00 per class NO CLASS NOVEMBER 20, 2024*

### **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.

*Tuesday & Thursday 7:00am–8:00am*

*\$2.00 per class*

*\*\*\*NO CLASSES IN DECEMBER & JANUARY\*\*\**

### **Senior Tabata Class**

Come join Stephanie for a fun 30-minute 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.

*Tuesday & Thursday 6:00pm–7:00pm*

### **Balance with Don**

This balance class will focus on the physical, mental, and psychological aspects of maintaining and improving balance in your body as well as focusing on improving core muscular strength, enhancing the mind body connection, and improving balance through repetition of various balance practices. The class will be beneficial to people at all levels. There will be multiple level offerings within the class to push your ability to balance whether you struggle with balancing or are a seasoned yoga practitioner. If you are interested in attending, please sign up on-line only through [www.myactivecenter.com](http://www.myactivecenter.com) to participate in this class. Be sure to sign up early as space is limited to 15.

*Wednesday 11:30am–12:30pm*

*\$2.00 per class*

*NO CLASSES DECEMBER 23, 2024–JANUARY 1, 2025*

### **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.

### **Beginning Karate with Kirk**

This 8-week beginning karate class is offered on Tuesdays. 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 [www.myactivecenter.com](http://www.myactivecenter.com) or by registering at the front desk.

*Current session: Tuesday, September 17–November 5, 2024*

*Time: 3:30pm–4:30pm*

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

*Next session: Tuesday, November 12–December 31, 2024*

### **Meditation with Kirk**

This 8-week meditation class is offered on Mondays. This class will cover the benefits of calming the mind. The practice of meditation can have many beneficial results including physical health, social altitudes, and a general positive affirmation. Pre-registration is mandatory either on [www.myactivecenter.com](http://www.myactivecenter.com) or by registering at the front desk.

*Current session: Monday, September 23–November 18, 2024*

*Time: 3:15pm–4:15pm*

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

*Next session: Monday, November 25–December 16, 2024*

### **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*

*\*\*\*NO CLASSES ON NOVEMBER 12, 13, 14 & 27, 2024; DECEMBER 24 & 26, 2024; AND JANUARY 2, 2025\*\*\**

### **PAYMENTS TO THE SENIOR CENTER**

The Clovis Senior Activity Center can only accept payments made in cash or by check. This includes payments for annual membership fees, classes, activity cards, special events, trips and tours, Taxi Scrip, etc. Checks should be made payable to the City of Clovis. We are not set up for debit or credit card transactions. However, if you register for classes online at [myactivecenter.com](http://myactivecenter.com), payment is made by credit card only. If you have any questions, please see office staff.

## **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**

**\*\*\*NEW ADDITIONAL DAY\*\*\***

Come join us for drop-in sessions of ping pong on Mondays, 10:00am–noon; Tuesdays, 9:00am–noon (patio area); Wednesdays, 9:00am–11:00am (patio area); and Thursdays, 3:15pm–5:15pm. Weather permitting on Tuesdays and Wednesdays. Players keep their own score. Standard playing rules apply.

### **Friday Afternoon Bridge**

The Bridge Group meets every Friday from noon–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*

### **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, 1:00pm–3:00pm*      *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! Register on myactive-center.com to reserve your spot.

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

### **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.

*Wednesday, 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*

### **American Mah-jongg**

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.

*Tuesday, 10:00am–noon*      *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**

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

## BEGINNING LINE DANCING

**\*\*\*TIME CHANGE\*\*\***

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 & Friday*

*1:30pm-3:00pm \$3.00 per class*

*Tuesday & Thursday*

*1:00pm-3:00pm \$4.00 per class*

*Friday—7:00pm-7:30pm - free Line Dance Lesson*



## SENIOR CENTER DANCES



Western:	Friday	11/1	7:30pm
Western:	Friday	11/8	7:30pm
Western:	Friday	11/15	7:30pm
Western:	Friday	11/22	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. Space is limited. Pre-registration can be made on [myactivecenter.com](http://myactivecenter.com). Otherwise, payment for classes to be made at the beginning of the class by using a pre-purchased Activity Card.

**Next session:** Saturday, November 2–November 30, 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

**\*\*\*NO CLASSES ON DECEMBER 14, 2024\*\*\***

## 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](http://myactivecenter.com) or simply show up on Wednesdays from 5:00pm to 8:00pm.

**Cost:** \$4.00 per session/per person

## LIVE ENTERTAINMENT

### TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, November 6, 13, 20 and 27, 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, November 1, 8, 15 and 22, 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!

### 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. **The Clovis Chorale is currently on hiatus and will resume on January 14, 2025 from 6:30pm–8:00pm at the Clovis Senior Activity Center.**

### IT'S THE TIME OF YEAR TO BRING GOOD CHEER

Are you ready to get into the holiday spirit? Come and enjoy Voices United Chorus on Wednesday, November 13, 2024 at 3:00pm in the Main Hall. This wonderful group will entertain you in a four-part harmony with songs that will encourage you to sing along and bring joy to your heart as we head into the holiday season. If you are interested in attending, all we ask is that you show up with some holiday spirit! *No fee*

**Event date:** Wednesday, November 13, 2024

**Time:** 3:00pm



### CHRISTMAS PROGRAM WITH THE CLOVIS CHORALE

Come and join the Clovis Chorale as they sing holiday classics and fun holiday tunes that you will enjoy and get you into the holiday spirit. This performance will take place in the Main Hall at the Clovis Senior Activity Center. Light snacks and drinks will be provided. Tickets will go on sale starting Monday, November 4th at the Senior Center front desk.

**Event date:** Saturday, December 7, 2024

**Time:** 1:00pm

**Cost:** \$5.00

## **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. November classes are on the 1st, 8th, 15th and 22nd.

**\*\*\*NO CLASSES IN DECEMBER\*\*\***

### **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.

Next Session: November 1–November 22, 2024

Cost: \$25.00 for 4-week session

**\*\*\*NO CLASSES IN DECEMBER\*\*\***

### **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 November are on the 4th and 18th.

**\*\*\*NO CLASSES IN DECEMBER\*\*\***

### **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, October 21–December 16, 2024

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

## **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. Space is limited.

Current Session: Monday, October 21–December 16, 2024

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

### **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, October 24–December 19, 2024

Time: 10:00am–1:00pm

Cost: \$50.00 for 8-week session

### **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 [www.myactivecenter.com](http://www.myactivecenter.com) right away. This class session will take place on Tuesdays for 4 weeks.

Current Session: Tuesday, November 5–November 26, 2024

Time: 11:15am–1:15pm

Cost: \$35.00 for a 4-week session

**\*\*\*NO CLASSES IN DECEMBER\*\*\***

### **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 [www.myactivecenter.com](http://www.myactivecenter.com) right away. This class session will take place on Thursdays.

Current Session: Thursday, November 7–November 21, 2024

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 3-week session

**\*\*\*NO CLASSES IN DECEMBER\*\*\***



## **POSH DECORATING WITH APRIL**

This 4-week class encourages students to bring 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, November 5–November 26, 2024

**Time:** 5:00pm–7:00pm

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

**\*\*\*NO CLASSES IN DECEMBER\*\*\***

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

In this class, students can choose between Hobby Ceramics and Hand Building with Clay. Hobby Ceramics covers Greenware, Bisque, Glazing, and more, while Hand Building with Clay teaches students to use slabs and coils with moist clay for projects. Necessary supplies for both options can be found at the Senior Center front counter. Clay cards are available for \$20.00 for a hands-on clay experience. No external clay is allowed in class.

**Current Session:** Wednesday, November 6–December 18, 2024 [**NO CLASS NOVEMBER 27, 2024**]

**Time:** 10:00am–12:00noon

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

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

## **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, November 6–December 18, 2024 [**NO CLASS NOVEMBER 27, 2024**]

**Time:** 1:00pm–4:00pm

**Cost:** \$55.00 for 6-week session

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

## **MAGICAL INKS WITH MAXINE**

Explore the world of alcohol ink in this 4-week class. Learn ink color theory, blending techniques, and create projects on ceramic tiles, paper and glass. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for our new class sessions.

**Next session:** Watch for future class dates in December newsletter.

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

## **GELLI PLATE PRINTING WITH MAXINE**

This 4-week class uses a Gelli plate, a firm jello like substrate that is painted with mostly acrylic paint that is spread over the plate with a brayer. Many types of paper may be used 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.” These pulls can be used to create collages, framed pieces, greeting card backgrounds, book marks, wrapping paper, journal pages, etc. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for our new class sessions.

**Next session:** Watch for future class dates in December newsletter.

**Time:** 3:30–5:00pm

**Cost:** \$30.00

## **DECOUPAGE ART WITH MAXINE**

Learn how to make beautiful keepsakes in a fun and friendly environment. This class will make decorative plates, vases, decoupaged rocks and special gifts for holidays and birthdays. This will be a 4-week class session on Tuesdays. Maxine will introduce her students to a new project each week. If you are interested in the class, please sign up at [www.myactivecenter.com](http://www.myactivecenter.com). Space is limited.

**Current Session:** Tuesday, November 5–November 26, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

## **WINTER WONDERLAND PAINT PARTY**

Come enjoy an afternoon of acrylic painting with Kristina. Instead of a “paint night,” this is a special afternoon treat! Let’s celebrate the holiday season with cookies, cocoa, and close friends! If you are interested in attending, please sign up on-line only through [myactivecenter.com](http://myactivecenter.com). Be sure to sign up early as space is limited. Class includes: canvas, paint, cookies and cocoa.

**Date:** Tuesday, December 3, 2024

**Time:** 1:30pm–5:30pm

**Cost:** \$40.00

## **DRAWING FOR FUN WITH KIRK**

Come have fun for 4 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.

**Current Session:** Friday, November 15–December 13, 2024

**Time:** 11:15am–12:15pm

**Cost:** \$25.00

**\*\*\*NO CLASS NOVEMBER 29, 2024\*\*\***

## MIXED MEDIA ART 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 suggest 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 for this class at [www.myactivecenter.com](http://www.myactivecenter.com).

**Current Session:** Thursday, September 19–November 7, 2024

**Time:** 1:30pm–2:30pm

**Cost:** \$40.00 (for 8 weeks)

**Next Session:** Thursday, November 14–December 12, 2024  
(\$25.00 for 4 weeks)

## 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 4-week class will have you explore your pallet of art through personal objects. Sign up for this class at [www.myactivecenter.com](http://www.myactivecenter.com).

**Current Session:** Friday, November 15–December 13, 2024

**Time:** 10:00am–11:00am

**Cost:** \$25.00

## SEWING WITH JOAN

This sewing class with Joan will be based around the 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 **Mondays** as set forth below.

**Current Session:** October 14 & 28, November 25 & December 9, 2024

**Time:** 12:30pm–5:00pm

**Cost:** \$20.00

## MONDAY SIT AND SEW

This drop-in session will take place the first **Monday** of each month. This will allow 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 in attending, you **must** call the Clovis Senior Activity Center to reserve your spot for the following dates: **November 4 and December 2, 2024**. You are welcome to attend more than one of these dates.

**Time:** 12:30pm–5:00pm

## NATIVE AMERICAN CREATION STORIES: WHAT BECAME OF THE SACRED BELIEFS?

For many, many generations, and for thousands of years, Native Americans stayed connected to the Whole, meaning to Mother Earth and all She carries. In these connections, the People were taught their responsibility of Her protection in Sacred Ways. Join Laura as she shares how this was abandoned, the impact it had on Her and All She holds, and how today, Natives are at the forefront of seeing their responsibilities realized once more along the side of all Indigenous Peoples.

**Current Session:** Tuesday, October 29–November 19, 2024

**Time:** 9:00am–11:00am

**Cost:** \$25.00

**Next Session:** November 26–December 17, 2024 (Native American Stories and Their Meanings)

## 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*

## 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*

## 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*

## BOOK CLUB



Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. November's book is “Zero Fail: The Rise And Fall Of The Secret Service” by Carol Leonnig. The cost is \$2.00 per person per class. December's book is “Winter Street” by Elin Hilderbrand. Sign up at [myactivecenter.com](http://myactivecenter.com).

**Current Session:** Monday, November 4–25, 2024

**Current Session:** Tuesday, November 5–26, 2024

\*\*\***NO CLASS ON NOVEMBER 11, 2024**\*\*\*



## MEMOIR WRITING CLASS

\*\*\*NEW TIME\*\*\*



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 9:00am-11:00am. The cost of the class is \$2.00 per class and signups are online at [myactivecenter.com](http://myactivecenter.com). November classes will be on the 7th and 14th only. There will also be no class on December 19, 2024. Space is limited.

## HEALTH INFO. & SERVICES

### 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.

Next session: Wednesday, November 6–November 20, 2024

Time: 5:30pm–6:30pm

Cost: \$25.00 for a 3week session

### 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: Wednesday, September 18–November 13, 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: Monday, November 4, 18 and 25, 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

## WHAT IS MY PURPOSE?

If you're curious and want a fresh perspective of your life, please join our group on this amazing journey to find our new purpose as we read "Stand Firm" by John MacArthur. Kelly is the moderator. Sign up on [myactivecenter.com](http://myactivecenter.com).

Date: Tuesday, November 5–November 26, 2024

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

## UNDERSTANDING YOUR MEDICARE PLAN

Come join Christine as she discusses understanding your Medicare plan. We will be meeting on the dates listed below. Please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited. No fee.

Tuesday, 10:00am–noon

November 5, 12, 19 and 26, 2024

Wednesday, 12:30pm–3:30pm

November 13 and 27, 2024

## BLOOD PRESSURE CHECKS

An RN will be offering free blood pressure checks at Clovis Senior Activity Center on Tuesdays, 9:00am-10:00am in the Main Hall. Drop-in to monitor your health.

## HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on November 21, 2024, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

## EYEGLOSS CLINIC

April Lachawicz will be at Clovis Senior Activity Center on November 18, 2024, from 9:30am-10:30am to repair and adjust eyeglasses in Meeting Room A. No appointment needed.

## 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](http://myactivecenter.com) or by registering with staff in the office. New speakers every week. Space is limited.

Current Session: Wednesday, September 4–November 6, 2024

Time: 1:00pm–3:00pm

Cost: \$20.00 for 10-week series

## 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) \*\*\*NEW DAY AND TIME\*\*\*

HICAP is back at the Clovis Senior Activity Center offering free Medicare counseling. Gyan Shanker, a counselor since 2021, is available for appointments on Wednesday afternoons. During the annual enrollment period, Gyan will also be available on Monday afternoons (from October 21–December 2, 2024). Whether you're new to Medicare, currently on Medicare, or have been a victim of Medicare fraud, HICAP can assist. You'll also have the opportunity to review 2025 prescription drug plans and Medicare Advantage plans and choose a new plan if you wish. Call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

**Monday Appointment Times:** 3:00pm–4:00pm or 4:00pm–5:00pm

**Wednesday Appointment Times:** 1:30pm–2:30pm or 3:00pm–4:00pm

**Walk-Ins:** 4:00pm–5:00pm

## ALZHEIMER'S ASSOCIATION PRESENTATIONS \*\*\*DATE & TIME CHANGE\*\*\*

A representative of the Alzheimer's Association will host a free educational class each month on a variety of topics. The November class is entitled "Supporting Independence/People Living with Alzheimer's or Dementia." This class is on **Monday, November 18, 2024 from 3:30pm to 4:30pm.** Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

## FINANCIAL PRESENTATION: "Financial First Aid"

Come and join a representative from Pacific Service Credit Union as they present to you "Financial First Aid." A financial crisis can throw any money management plan into chaos. This session focuses on ways to gain control of a crisis. 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, November 20, 2024

**Time:** 1:30pm

**Next presentation:** December 3, 2024 "Identity Theft Solutions"

## SUPPORT GROUP FOR DEMENTIA

The Alzheimer's Association is providing a free support group for **ALL** caregivers/family/friends that will help build a support system for those dealing with a loved one that has dementia **only**. This support group will be conducted by trained facilitators that will provide a safe place for caregivers, family or friends working with a person that has dementia. This group will provide the following:

- Developing a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

If you are interested in attending one of the following support group sessions, we ask that you call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

**Dates:** November 7; or December 5, 2024

**Time:** 10:00am–11:00am

## SENIOR SCAM AWARENESS

Please come and join the Better Business Bureau (BBB) as they host a free event for the senior community to speak about Scam Awareness. BBB is partnered with the Federal Trade Commission to discuss the statistics that come from our combined reports for the affected age groups 45+. Topics that will be discussed in this presentation are the following:

1. Investment/Cryptocurrency Scams
2. Online Purchase Scams
3. Home Improvement Scams
4. Romance Scams

This presentation will provide you with the resources that you need to know how to protect your identity as well as other relevant topics. If you are interested in attending, please call the Clovis Senior Activity Center to secure your spot.

**Date:** Wednesday, November 6, 2024

**Time:** 2:00pm–3:00pm

## 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 from 3:00pm–5:00pm on the following dates: November 5 & 12; and December 3, 2024.

In addition, we also have a Clark Intermediate student who will provide technology help through December 27, 2024. Kyle will be here on Fridays for 30-minute appointments from 3:15pm–5:15pm. Check availability at the front counter. Space is limited.

## HOW DOES THE 911 SYSTEM WORK IN THE CITY OF CLOVIS

Have you ever wondered what happens when you dial 911? Are you interested in information about 911 communications and technology that Public Safety Dispatchers use 24 hours a day, 365 days a year? Join us for a free presentation with a 911 Dispatcher from the Clovis Police Department.

**Event date:** Friday, November 15, 2024

**Time:** 9:00am–10:00am

**Location:** Transit Training Room, 785 Third St., Clovis

### HAPPINESS FORMULA FOR CAREGIVERS

Please come and join Allison Howell of AseraCare Hospice as she speaks about the Happiness Formula for Caregivers on **Wednesday, November 20, 2024 from 1:30pm to 2:30pm**. Allison will give a holistic approach to caregiving. She'll also discuss how to use the Science of Happiness to improve your caregiving skills and your home life. If you are interested in attending, call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. No fee.

**Future presentation:** December 4, 2024 "Living with Cognitive Impairment."

### INTEREST LISTS

- **Pointillism Acrylic Art:** Join Kirk in this fun art form using acrylic paint dots to create your own art. You'll be using both sides of the brush to create unique colorful art. No knowledge of art required, just a desire to have fun, learn and express yourself.
- **Energetic Walking:** Experience a refreshing morning stroll with Kirk as you engage in outdoor aerobic walking. Discover exciting and innovative techniques to boost your stamina while exploring the Clovis Trail. This class is ideal for anyone eager to enhance their fitness, adopt a healthier lifestyle, and connect with new friends.

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

### NEWSLETTER FOLDING DAYS

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

**Upcoming folding dates:** November 19, and December 17, 2024; January 21, February 18, and March 18, 2025.

### TEMPERATURE CONTROL

Thermostats in our Senior Center are calibrated to maintain consistent temperatures throughout the year. Bring a sweater for comfort in cooler areas, as temperature settings cannot be adjusted.

## INFORMATION CORNER

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

## BUS TRIP DAY TOURS

Looking for a day trip without the hassle of driving? Check out our upcoming destinations. All prices are per person.

- November 2—Taste & See in Paso Robles Wine Tasting, \$155.00
- November 25—Ronald Reagan Christmas Around the World, \$155.00
- November 28—Thanksgiving Buffet at Tenaya Lodge, \$155.00
- December 7—Cambria Christmas Market, \$130.00
- December 14—Hearst Castle Holiday Tour, \$130.00

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.



## FUTURE EVENTS

Thanksgiving Luncheon—November 28 / 11:30am

Veterans Bingo—December 17 / 10:00am

Clovis Kiwanis Christmas Luncheon—December 21 / 11:00am

Noon Year's Eve Party— December 27 / 10:30am–11:30am

## RESOURCE INFO / THEATER DATES

**ROGER ROCKA'S GOOD COMPANY PLAYERS:** The Secret Garden, September 19–November 10, 2024. Call 559-266-9494.

**SAROYAN THEATRE:** Come Fly Away, November 12–13, 2024. Call 559-445-8100.

**ROGER ROCKA'S SECOND SPACE:** Little Women, November 1–December 22, 2024. Call 559-266-9494.

**SAVE MART CENTER:** Air 1 Worship Now, November 15, 2024. Call 559-278-3400.

## KIWANIS NEEDS VOLUNTEERS

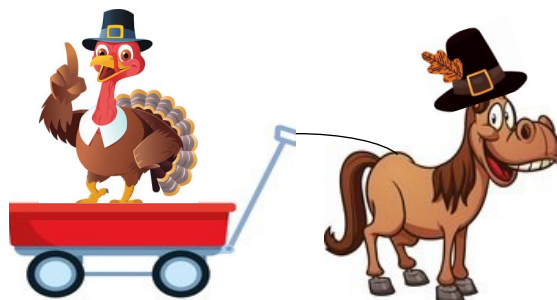
Looking for a way to give back to your community? Consider volunteering with the East Fresno Kiwanis. The mission of Kiwanis is to serve the children of the world one child and one community at a time. Contact Wayne Fox at 559-232-0736 if you want to learn more about Kiwanis. Meetings are at noon on Fridays at the Redeemer Lutheran Church, 1084 West Bullard Avenue in Fresno.

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, November 21, 2024. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is lasagna, vegetable, bread and dessert. The entertainment for November's Jolly Times will be Tim Mattos and the cost of the meal is \$15.00. December's Jolly Times tickets will go on sale November 21, 2024, at 9:00am.

### EMPOWERING YOUR AGING JOURNEY

Come and join Fresno State students from the Physical Therapy Department as they provide our participants with a frailty clinic. This clinic will provide you with tips on frailty, musculoskeletal changes and fall prevention. Students will educate you on the natural aging of muscles and bones. Participants will also learn activity and habit modifications that assist with slowing down the natural process and managing the already present effects. You will learn your level of frailty, the importance of physical activity, how to understand your current aging process, and reactive responses to generate specific reflex responses to prevent falls. If you are interested in attending this clinic, please contact the Clovis Senior Activity Center to secure your half-hour appointment spot. Space is limited. No fee.

**Event date:** Monday, November 4, 2024

**Time:** 5:30pm-8:30pm

### VETERANS CAFÉ HOUR

AseraCare Hospice is hosting a Veteran's Café Hour on Friday, November 8, 2024 from 10:00am to 11:00am. This is a social coffee hour where Veterans can attend to simply listen, share their stories, or just enjoy the provided refreshments. If you are interested in attending, call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. If you are a Veteran, be sure to let us know what branch of the military you served in. Space is limited.

### PLANNING FINAL ARRANGEMENTS

Please join Angel Montes of Consolidated Financial Services as he talks about planning for the future. He'll share insights on various funeral and cremation options, helping you make informed decisions about how you want your final arrangements to be handled. Planning brochures will be provided to guide you through the process. These options can help alleviate the financial burden associated with your funeral or cremation, ensuring that your family can focus on grieving without the added stress of unexpected costs. This presentation is on Wednesday, November 13, 2024 from 1:00pm to 2:00pm. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. Space is limited.