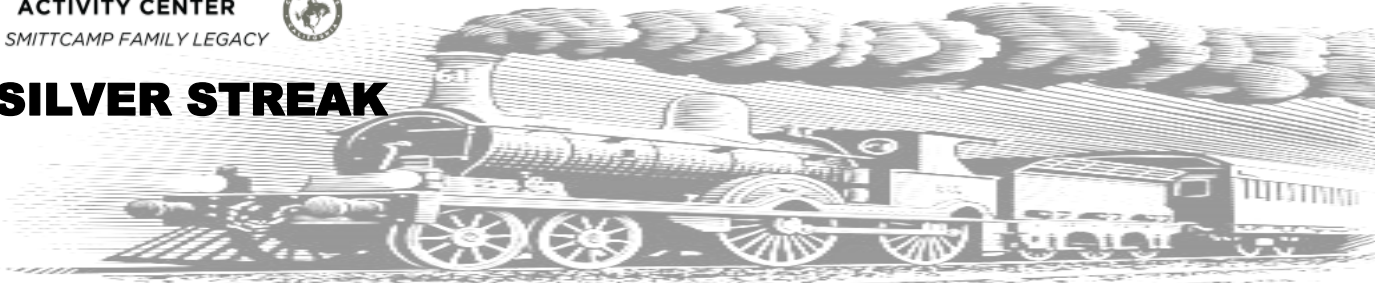




# THE SILVER STREAK



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.*

September 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

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



## END OF SUMMER BBQ BASH

The End of Summer BBQ Bash is scheduled on Wednesday, September 25, 2024 from 10:00am to noon in the Main Hall. Lunch will be prepared by Old Town Clovis Kiwanis chefs and includes tri-tip, rice pilaf, green salad, ranch beans, beverage and dessert. You must have a purchased ticket to attend this exclusive event. Tickets are \$15.00 and can be acquired by inquiring at the Front Desk regarding their availability. No tickets will be sold the day of the event. The live entertainment will be provided by JT & Sarah.



## CLOVIS LIONS SPAGHETTI DINNER



The Clovis Lions Club is hosting its annual Spaghetti Dinner on Friday, September 27, 2024 at 6:00pm in the Main Hall. This event is only for seniors ages 50+. Tickets are available for pick up at the Senior Center starting September 2<sup>nd</sup>. Maximum two (2) tickets per person since there are limited tickets. No walk-ins. Doors open at 5:30pm.



## FALL RUMMAGE SALE & CRAFTS FAIR



Our Fall Rummage Sale and Crafts Fair is on October 3, 2024 from 8:00am to noon. We will be accepting gently used items for the Fall Rummage Sale from Monday, September 16 through Tuesday, October 1, 2024. We will sort on Wednesday, October 2<sup>nd</sup> at 1:00pm. If you would like to help sort with us, please call the Clovis Senior Activity Center at (559) 324-2750. All proceeds benefit the senior center programs. Individuals may rent tables to sell their own items starting September 16 on a first-come/first-served basis. The cost is \$25.00 for an 8 foot table. Space is limited so make your reservations promptly. Reservations and payment are due at the front desk. We accept cash or checks only (no cards).



## ANNUAL CAR SHOW 2024



Join us for a spectacular display of vehicles on Saturday, October 12, 2024 from 8:00am to 11:00am. This event is free for spectators and car entries. If you would like to register your car, please email Mai Kou Yang at MaikouY@cityofclovis.com to receive a car entry form. Breakfast burritos and coffee will be available for purchase. Registration on the day-of-event will not be accepted due to space restraints. All spectators, please park south of Third Street in the public parking.

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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

### **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

### **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

### **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. **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

### **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 ZUMBA SEPTEMBER 25, 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*

## 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.

*Tuesday & Thursday 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*



### \*\*\*IMPORTANT INFORMATION FOR ONLINE REGISTRATIONS FOR CLASSES\*\*\*

When registering for classes online through Myactivecenter.com, be sure to complete the entire registration process by clicking on your cart and inserting your credit card information. Otherwise, you will be on a wait list and not enrolled in the class. If you have any questions, please contact Senior Center staff at 559-324-2750.

## Beginning Karate with Kirk

This 8-week beginning karate class is offered on Tuesdays and Fridays. This is a noncontact class focused on balance, strength, flexibility and fun. The class will cover Japanese Karate movements and movement routines called Forms. The instructor has taught Japanese Karate in different schools with students of different needs. Pre-registration is mandatory either on myactivecenter.com or by registering at the front desk.

*Current session:* Tuesday, July 23–September 10, 2024

*Time:* 3:30pm–4:30pm

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

*Next session:* September 17–November 5, 2024

*OR*

*Current session:* Friday, September 20–November 8, 2024

*Time:* 6:30pm–7:30pm

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

## 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 altitudes, and a general positive affirmation. Pre-registration is mandatory either on myactivecenter.com or by registering at the front desk.

*Current session:* Monday, July 22–September 16, 2024

*Time:* 3:15pm–4:15pm

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

*Next session:* September 23–November 18, 2024

*OR*

*Current session:* Friday, September 20–November 8, 2024

*Time:* 5:00pm–6:00pm

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



## 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**

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

NO PING PONG ON WEDNESDAY, SEPTEMBER 25, 2024.

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

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*



### **VETERANS BINGO**



On Tuesday, September 17, 2024, we will salute our veterans and play bingo. Veterans bingo is open for everyone to play and is held once a quarter at the Senior Center. Games start at 10:00am and all games pay in cash. Come have some fun and show tribute to our veterans.

### **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**

Are you interested in learning how to play American Mah-jongg? Please come and join Marianne Kast who has played the game of American Mah-jongg for 15 years. This game takes about three sessions to learn the basics, followed by continuing practice to comfortably play the game. American Mah-jongg is played with four players using mah-jongg tiles. The goal of the game is to be the first, by picking and discarding, to match ones tiles to a specific hand from the distributed scorecard. No registration required.

*Tuesday, 10:00am–noon*      *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*

### **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	9/6	7:30pm
Western:	Friday	9/13	7:30pm
Western:	Friday	9/20	7:30pm
Western:	Friday	9/27	7:30pm



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



### **TEMPERATURE CONTROL**

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

## **VOCAL LESSONS WITH SKYLA**

**\*\*\*DAY CHANGES\*\*\***

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. Otherwise, payment for classes to be made at the beginning of the class by using a pre-purchased Activity Card.

*Next session:* Saturday, September 7–September 28, 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:* Sunday, September 1–September 29, 2024

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

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

## **LIVE ENTERTAINMENT**

### **TOP DOLLAR BAND MUSIC**

Come to hear the Top Dollar Band play on Wednesdays, September 4, 11, and 18, 2024 from 10:30am–11:45am. Everyone enjoys their music so come by to see and hear for yourself! **\*\*\*NO LIVE MUSIC ON SEPTEMBER 25\*\*\***

### **DE LEON BROTHERS BAND MUSIC**

Enjoy the sounds of the De Leon Brothers' great music on Fridays, September 6, 13, 20 and 27, 2024 from 10:30am-11:45am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

### **KARAOKE NIGHT WITH SKYLA**

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

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



### **CLOVIS CHORALE SINGING GROUP**

Do you like singing in the shower or in the car? If so, you'll love singing with us in the Clovis Chorale. We welcome new members in our relaxed, fun atmosphere. No auditions. The Clovis Chorale meets every Tuesday from 6:30pm–8:00pm at the Clovis Senior Activity Center. We love to sing!



## **ARTS & CRAFTS**

### **DECORATIVE CARD/ PAPER CRAFTING WITH KRISTINA**

Prepare to explore the creative and fun art of card making and paper crafting. Pre-cut and measured cards make it easy for you to learn the techniques for layered and themed cards. Each is beautiful and one of a kind. This is a drop-in class on Fridays from 1:00pm to 3:00pm. The cost is \$5.00 per person, per class. October classes are on the 4th, 11th, 18th and 25th. **NO CLASSES IN SEPTEMBER**

### **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:** October 4–October 25, 2024

**Cost:** \$25.00 for 4-week session

**NO CLASSES IN SEPTEMBER**

### **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 September are on the 9th, 16th, 23rd and 30th.

### **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, July 29–September 23, 2024

**Time:** 1:00pm–3:00pm

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

**Next Session:** October 21–December 16, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 2024**

## **BEGINNERS TO INTERMEDIATE WATERCOLOR WITH DEBORAH**

This 8-week class will work from beginning to end of your paintings, learning new techniques and skills along the way. You are welcome to bring your own favorite brushes or art supplies. **Spaces are limited.**

**Current Session:** Monday, July 29–September 23, 2024

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

**Next Session:** October 21–December 16, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 2024**

### **ADVANCED WATERCOLOR WITH DEBORAH**

Deborah will go beyond basics and teach more advanced techniques through hands-on exercises and personalized instruction. This 8-week class will delve into color mixing, composition, and brushwork, with an emphasis on individual creativity.

**Current Session:** Thursday, August 1–September 19, 2024

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

**Next Session:** October 24–December 19, 2024

**NO CLASSES SEPTEMBER 24–OCTOBER 19, 2024**

### **MAKE AND TAKE (1) WITH APRIL**

April will instruct how to make two fun and seasonal craft projects. This class is designed for those that are new to the Senior Center or a beginner to making crafts. This class is very popular so sign up on [myactivecenter.com](http://myactivecenter.com) right away. This class session will take place on Tuesdays for 4 weeks.

**Current Session:** Tuesday, September 3–September 24, 2024

**Time:** 11:30am–1:30pm

**Cost:** \$35.00 for a 4-week session

**Next Session:** October 8–October 29, 2024

### **MAKE AND TAKE (2) WITH APRIL**

April will instruct how to make two fun and seasonal craft projects. This class will be more advanced and students that are interested in registering for this class must have already taken at least 8 or more Make and Take (1) 4-week sessions to participate. These classes are always popular so sign up on [myactivecenter.com](http://myactivecenter.com) right away. This class session will take place on Thursdays for 4 weeks.

**Current Session:** Thursday, September 5–September 26, 2024

**Time:** 3:00pm–6:00pm

**Cost:** \$35.00 for a 4-week session

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

## **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. **NO CLASSES IN AUGUST**

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

**Time:** 5:00pm–7:00pm

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

**Future Session:** October 8–October 29, 2024

## **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, August 21–Sept. 25, 2024

**Time:** 10:00am–12:00noon

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

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

**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, August 21–Sept. 25, 2024

**Time:** 1:00pm–4:00pm

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

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

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

## **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*

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

## **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.

**New session:** Monday, September 9–September 30, 2024

**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, decoupage rocks and special gifts for holidays and birthdays. This will only be a 4-week class session on Tuesdays. Maxine will introduce her students to a new project each week. If you are interested in the class, please sign up at [www.myactivecenter.com](http://www.myactivecenter.com). **Space is limited.**

**Current Session:** Tuesday, September 3–September 24, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

## **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.

**Current session:** Tuesday, October 1–October 22, 2024

**Time:** 2:00pm–4:00pm

**Cost:** \$25.00

## **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*

## **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*

## 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 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.

**Current Session:** Thursdays, July 25–September 12, 2024

**Time:** 1:30pm–2:30pm

**Cost:** \$40.00

**Next Session:** September 19–November 7, 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.

**Next Session:** Friday, September 20–November 8, 2024

**Time:** 10:00am–11:00am

**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.

**Next Session:** Friday, September 20–November 8, 2024

**Time:** 11:15am–12:15pm

**Cost:** \$40.00

## 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:**

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



## SEWING WITH JOAN \*\*\*DAY AND TIME CHANGE\*\*\*

This class with Joan 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. Starting in August, classes will take place on the 2nd and 4th Monday of each month for remainder of this 8-week series.

**Current Session:** Saturdays, June 8 & 22; July 13 & 27; Mondays, August 12 & 26; & Sept. 9 & 23, 2024 (8-weeks)

**Time for August & September classes:** 12:30pm–5:00pm

**Cost:** \$30.00

**Next Session:** October 14 & 28, November 25 & December 9, 2024 (4 weeks for \$20.00)

## MONDAY SIT AND SEW \*\*\*DATE AND TIME CHANGE\*\*\*

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 on the following dates: October 7, November 4 and December 2, 2024.

**Time:** 12:30pm–5:00pm

## NATIVE AMERICAN HISTORY: FOOD AS MEDICINE

Join Laura as you learn about the local indigenous plants and their usage as medicines for the tribal People. Enjoy some fun field trips to learn about these plants, how to harvest and prepare them, and how basket weavers used them as materials and dyes for their baskets. There will be presenters with their baskets explaining each detail of the basket's journey to its home. You will also learn of the impact the loss of indigenous plants has had on the health of Native Peoples.

**Current Session:** Tuesday, September 3–24, 2024

**Time:** 9:00am–11:00am

**Cost:** \$25.00

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

## MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:30am-11:30am. The cost of the class is \$2.00 per class and signups are online at [myactivecenter.com](http://myactivecenter.com). September classes will be on the 5th, 12th, 19th, and 26th. Space is limited.



## BOOK CLUB

Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. September's book is "Cloud Cuckoo Land" by Anthony Doerr. The cost is \$2.00 per person per class. October's book is "Ghosts of Gold Mountain" by Gordon Chang. Sign up at [myactivecenter.com](http://myactivecenter.com).

Current Session: Monday, September 9–30, 2024

Current Session: Tuesday, September 3–24, 2024

## HEALTH INFO. & SERVICES

### WHAT IS MY PURPOSE?

If you're curious and want a fresh perspective of your life, please join our group on this amazing 4-week journey to find our new purpose as we read "Don't Give The Enemy A Seat At Your Table" by Louie Giglio. Kelly is the moderator. Sign up on [myactivecenter.com](http://myactivecenter.com).

Date: Tuesday, September 3–September 24, 2024

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

### SPANISH FOR BEGINNERS

Come join Ellie for a beginning Spanish class where she'll explore the roots of where the Spanish language came from and how to speak and write basic Spanish. It'll be a fun culture and linguistic learning experience! Todos bienvenidos! All are welcome!

Current session: Friday, September 6–September 27, 2024

Time: 10:00am–11:30am

Cost: \$25.00

### 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.

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

Time: 1:00pm–3:00pm

Cost: \$20.00 for 10-week series

### TECHNOLOGY HELP IS BACK!

Do you need help with your iPad, Laptop or Smart Phone? Several students from California Health Sciences University will be here assisting participants with technology issues. They will be here for 30-minute appointments from 3:30-5:00pm on the dates listed below. Check availability at the front counter. Space is limited.

Dates: September 3 & 17; October 1, 15 & 29; November 5 & 12; and December 3, 2024.

## GRIEF SUPPORT GROUP

This Grief Support Group is facilitated by retired social worker Regina Contreras, MSW. Pre-registration is required as the group is limited to 12 participants per 8-week session. If you are interested, please call the Clovis Senior Activity Center 559-324-2750 to reserve your spot. No fee

Next session: Wednesday, Sept. 18–November 6, 2024

Time: 10:00am-11:00am

## NAVIGATING GRIEF

This is a drop-in session that offers people a chance to come together to discuss their emotions and experiences while dealing with grief. This group is led by Kelly Orender.

Current session: Monday, Sept. 9, 16, 23 & 30, 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

## 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

October 22 and 29, 2024; Nov. 5, 12, 19 and 26, 2024

Wednesday, 12:30pm–3:30pm

November 13 and 27, 2024

## EYEGLASS CLINIC

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

## HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on September 19, 2024, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

## BLOOD PRESSURE CHECKS

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

## 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)

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. Whether you're new to Medicare, currently on Medicare, or have been a victim of Medicare fraud, HICAP can assist. Call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

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

Walk-Ins: 4:00pm–5:00pm

## MEDICARE 101

Come join us at the 2024 Medicare 101 class. We will be meeting on the dates listed below. Listen to the presentation and ask questions. Please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Tuesday, 10:00am–11:00am

September 17, October 1, 15 and 29, 2024

Wednesday, 1:00pm–2:00pm

September 4, 2024

Wednesday, 6:00pm–7:00pm

October 9 and October 23, 2024



## NUTRITION EDUCATION PRESENTATION

Please come and join John Varina, Consulting Dietitian from Fresno/Madera Area Agency on Aging (FMAAA) who would like to share some important information regarding the most essential nutrients that many need to maintain good health as well as how to stay adequately hydrated. This presentation will take place right before we serve lunch. If you are interested in attending, just simply show up!

Date: Thursday, September 12, 2024

Time: 11:15am

**\*\*\*SAVE THE DATE\*\*\***

## Senior Law Day is Back!

The Senior Citizens Law Day is scheduled for Saturday, October 19, 2024 from 8:30am to noon at the San Joaquin College of Law. Session topics are coming soon. Watch for further information in our October newsletter.

## SELF CARE RETREAT

This workshop will be led by three of our Clovis Senior Activity Center instructors: Kirk Cruz, Don Kolz, and Ellie Mendez. This class will be exploring and experiencing some ways you can find healing and rejuvenation. The Retreat will include:

- \* Gentle yoga time
- \* Meditation time
- \* Aroma therapy time
- \* Sound healing time



This is an excellent way to find your peace, balance and move toward your general well-being. Wear comfortable clothes and bring pillows and mats for relaxation. Light snacks/refreshments will be offered during your relaxation time. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this new class.

Date: Saturday, September 7, 2024

Time: 9:00am–1:00pm

Cost: \$40.00

## FINANCIAL PRESENTATION: “Saving With Purpose”

Come and join a representative from Pacific Service Credit Union as they present to you “Saving With Purpose.” This presentation covers saving money is much easier with a goal in mind. This workshop shows participants how to choose the right goals and overcome barriers to achieving them. 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, October 9, 2024

Time: 1:30pm

Next session: November 20, 2024 “Financial First Aid”

## 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, September 4, 2024

Time: 1:00–2:00pm

## 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:** September 12; October 10; November 7; or December 5, 2024

**Time:** 10:00am - 11:00am

## ALZHEIMER'S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer's Association will host a free educational class each month on a variety of topics. The September class is entitled "Managing Money: Caregivers Guide." The class is on **Thursday, September 26, 2024 from 10:00am to 11:00am**. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

**Future presentation:** October 24, 2024 on Building Foundation of Caregiving.

## NUTRITION ANNOUNCEMENT

Lunches at the Clovis Senior Activity Center have quickly become a popular event. This is a federally funded program for individuals aged 60 and above.

Enrolling in the lunch meal program is separate from becoming a senior center member. Simply inform a volunteer at the front desk to fill out the form for you.

Lunches are served Monday to Friday from 11:45am to 12:15pm. Ensure you add yourself to the roster at least one day in advance by phone or in person. On lunch day, sign in between 11:00am and 11:30am to receive your ticket for lunch. Please note, if you come in after 11:30am, your lunch may be given to someone on the waiting list. If you can't make it, inform the front desk to be placed on the cancellation list. Forgot to sign up? Let the front desk know for the waiting list.

**Remember, being on the waiting list does not guarantee a meal due to catering limitations.** Sign up to enjoy a meal with friends in a safe and welcoming environment at the center!

## 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.

- October 17—Sacramento Old Town with Historic River Cruise, \$135.00
- October 19—Clam Festival at Pismo Beach, \$75.00
- October 23—Cambria Scarecrow Festival with Cayucos, \$75.00
- 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.

## RESOURCE INFO / THEATER DATES

**ROGER ROCKA'S GOOD COMPANY PLAYERS:** Sound of Music, July 18-September 15, 2024. Call 559-266-9494.

**SAROYAN THEATRE:** Swan Lake, September 28, 2024. Call 559-445-8100.

**ROGER ROCKA'S SECOND SPACE:** Our Town, August 16—October 6, 2024; Little Women, November 1—December 22, 2024. Call 559-266-9494.

**SAVE MART CENTER:** Lainey Wilson, September 19, 2024. Call 559-278-3400.

**CENTERSTAGE CLOVIS:** Joseph and the Amazing Technicolor Dreamcoat, October 5-19, 2024 [at Clovis Veterans Memorial District Auditorium].

## NEWSLETTER FOLDING DAYS

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

**Upcoming folding dates:** September 17, October 22, November 19, and December 17, 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, September 19, 2024. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is taco salad, bread and dessert. The entertainment for September’s Jolly Times will be Eddie Hoffman and the cost of the meal is \$15.00. October’s Jolly Times tickets will go on sale September 19, 2024, at 9:00am.

### SENIOR CENTER CLOSURE



The Clovis Senior Activity Center will be closed on Monday, September 2, 2024 in honor of Labor Day.

### FUTURE EVENTS

Clovis Choral -6:30pm—8:00pm every Tuesday  
Veterans Bingo—September 17 / 10:00am—11:00am  
End of Summer Bash—September 25 / 10:00am—noon  
Clovis Lions Spaghetti Dinner—Sept. 27 / 6:00pm—8:00pm  
Fall Rummage Sale—October 3 / 8:00am—noon  
Car Show—October 12 / 8:00am—11:00am  
Halloween Party—October 30 / 10:30am—11:30am  
Thanksgiving Luncheon—November 28 / 11:30am  
Noon Year’s Eve Party— December 27 / 10:30am—11:30am



### 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, payment is made by credit card only. If you have any questions, please see office staff.

### INTEREST LISTS

- **Beginning Stage Presence:** Come have fun as you develop your reading, singing or movement skills. Beginning stage presence can help with everyday communication skills (i.e., reading a story to your grandchild, speaking to a small group, talking to a receptionist at the doctor’s office, etc.).
- **Theater Boot Camp:** Theater Boot Camp will include improvisation, vocalization and dialogs. Everyone will get the chance to explore all aspects of Theater, while improving their talents. Come join us and have fun.
- **Artists Discussion Group:** Are you an artist looking to share and discuss your artwork in a supportive and non-threatening environment? Join us for our monthly artists’ discussion group! Bring up to three of your favorite pieces to share with fellow artists. You’ll have the opportunity to showcase your creative process, discuss the mediums you used and highlight what you love about your work. This is a fantastic chance to learn from others, discover new approaches to art, and explore different mediums you might want to try in the future. **All artistic mediums are welcome.**
- **Drop-In Chess:** Chess is a board game for two players, called White and Black, each controlling an army of chess pieces in their color, with the objective to checkmate the opponent’s king. Players must have knowledge on how to play the game.

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