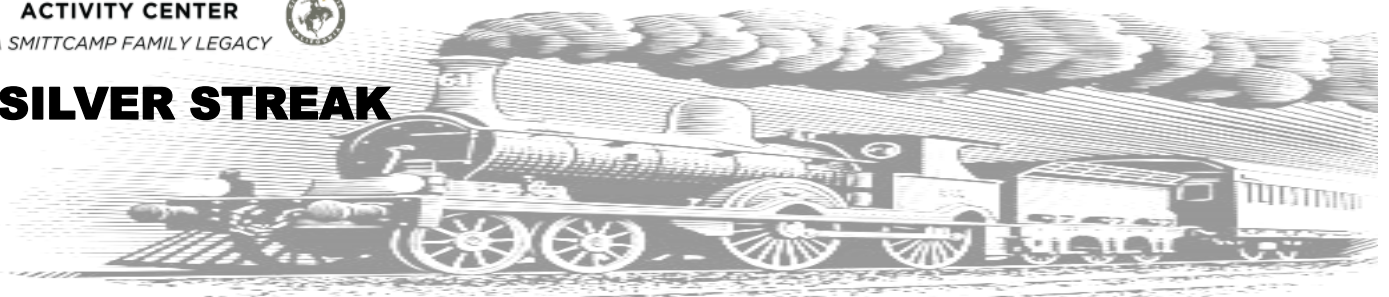


THE SILVER STREAK



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.* February 2025

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

WELCOME BETHANY BERUBE!



I'm Bethany Berube, and I'm excited to serve as the new Deputy General Services Director for the City of Clovis. Clovis has always been home to me—I attended elementary school here and later returned to attend law school. It's truly an honor to give back to a community that's been such an important part of my life.

Over the years, I've been fortunate to work in roles that focus on helping others. As the Public Guardian and Division Manager for Adult Protective Services in Tulare County, I dedicated nearly a decade to protecting seniors' rights and supporting some of the most vulnerable members of our neighboring communities. Most recently, as Transit Manager for Clovis, I had the privilege of working alongside an incredible team to enhance transit services and strengthen connections for our residents.

My passion has always been about building relationships and creating programs that bring people together. Whether it's ensuring services are accessible or finding new ways to support our community, I'm here to listen, collaborate, and make a difference.

Outside of work, my family keeps me grounded. I've been married for 26 years to my husband, who's a fire captain in the Bay Area, and we have three children—two grown and one still at home. When I'm not spending time with my family, I enjoy playing chess, teaching criminology at Fresno State, and taking time to connect with others in the community. I'm looking forward to this new role and the opportunity to work closely with our incredible team and partners. If you see me around, feel free to say hello—I'd love to hear your ideas and thoughts on how we can continue to support the Clovis Way of Life.

You can reach me anytime at bethanyb@clovisca.gov or (559) 324-2771.



HOLIDAY CLOSURE

We will be closed on
 Monday, February 17, 2025
 in honor of Presidents' Day
 Be safe and enjoy the holiday!

What's Inside:



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Like us on Facebook for updates and information.

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

**Hours of Operation
 Monday thru Friday
 8:00am—8:00pm
 (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 & 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.

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

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.

*****The Clovis Recreation Center is located at 3495 Clovis Avenue, Clovis.*****

*****NEW CLASS*****

Vinyasa Yoga

Please come and join Don as he introduces a new style of yoga. Vinyasa is a style of yoga characterized by stringing postures together so that you move from one posture to another, seamlessly, using breath, commonly referred to as "flow" yoga. The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day. Vinyasa classes integrate cardio workouts with strength and flexibility training to provide a complete exercise program. Vinyasa, is a breath initiated practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us.

Wednesday 1:15pm–2:15pm

\$2.00 per class

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 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

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

Let's Have A Ball

Stephanie will lead this new fun and dynamic 60-minute class recommended for healthy older adults. After a 10-minute warm up, we will use resistance bands and use play balls to increase hand/eye coordination. This class will also help increase your strength, coordination and overall fitness. You may sit or stand during the class and work out at your own pace.

*Tuesday (at Clovis Rec. Center) 10:15am–11:15am
\$2.00 per class*

NEW CLASS

Ripped Muscle Resistance

Please come and join Stephanie as she introduces a new level of workout. Her Ripped Muscle Resistance class is designed for healthy older adults. This class will be a complete strength training program to help you increase your strength and get ripped. The main goal of this class is to increase muscle mass and decrease body fat. This is an intermediate/advanced workout class using for this class will be weights and resistance bands. *This class starts February 4, 2025.*

*Tuesday & Thursday 4:00pm–5:00pm
\$2.00 per class*

Zumba Gold with Stephanie

NEW DAY/TIMES

This class is designed to build cardiovascular health by challenging the heart and working the muscles of the lower body with fun dance moves. **The Wednesday and Friday 8:00am classes are designed for beginning students. The Tuesday, Wednesday and Friday 9:00am classes are geared for non-beginning students.**

*Tuesday (at Clovis Rec. Center) 9:00am–10:00am
Wednesday & Friday (at Senior Center)
8:00am–8:45am
Wednesday & Friday (at Senior Center)
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.

*Thursday 7:00am–8:00am
\$2.00 per class*

Senior Tabata Class

Come join Stephanie for a fun 60-minute upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20-second cardio circuits and weights, 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*

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.**

Next session: Tuesday, February 11–April 1, 2025

Time: 4:30pm–5:30pm

Cost: \$40.00 for 8-week series

Meditation with Kirk

TIME CHANGE

This 4-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 or by registering at the front desk.

Next session: Monday, February 10–March 10, 2025

Time: 4:00pm–5:00pm

Cost: \$20.00 for 4-week series

Aerobic Kickboxing with Kirk

NEW DAY AND TIME

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.

*Tuesday 3:30pm–4:30pm
2.00 per class*

Fast Fitness with Beth

TIME CHANGE

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–6:30am
\$2.00 per class*

Senior Center Fitness Room

Our fitness room is open Monday-Friday 8:00am to 8:00pm. 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.**

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

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.*****

*****NEW*****

Drop-in Chess

Calling all Chess Players! The Senior Center is finally offering a drop-in Chess session that will take place every Wednesday from 12:30pm to 3:30pm. If you are interested, simply show up.

Ping Pong

*****SEE PAGE 12 FOR NEW DROP-IN PLAY POLICY EFFECTIVE FEBRUARY 3, 2025*****

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 2:45pm–4:45pm; 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. *****Effective February 7, 2025, the starting time changes to 12:15pm.*****

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.

Mexican Train

Enjoy this game played with domino tiles. The object of the game is to rid your hand of as many dominoes as possible and be the first to do so.

Monday, 9:00am–noon No fee
Thursday, 12:30pm–4:00pm No fee

Bingo

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

Bunco

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

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

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 8:00pm (except on Tuesday evenings when Clovis Chorale is using the room). Check the board for tournament dates and time. **\$10.00 monthly pool fee**



DANCE & MUSIC

COUPLES WESTERN DANCE

Couples will learn western style dances incorporating patterns such as two-step, cha cha and swing. Learn classic circle dances such as Cowboy Cha Cha, Schottische and many, many more. No prior dancing experience necessary. Come join the fun and meet new people!

Beginner Class, Friday 5:00pm–7:00pm

Intermediate Class, Monday 7:00pm–9:00pm

\$4.00 per person per class

LINE DANCING FOR EVERYONE

TIME CHANGE

Country line dancing is a type of dance that does not require previous dance skills. It's a social activity where people get together and dance as a group. Dancing is a fun way to exercise. Dance instructor, Jim Ray, is a Clovis icon in the country western dance community. Jim is known for his patience and kindness and his ability to teach anyone. Come join one of our classes for guaranteed fun, and to make new friends.

Monday & Friday

1:30pm–3:30pm \$4.00 per class and

3:30pm–5:00pm (slower paced) \$3.00 per class

Tuesday & Thursday

1:00pm–3:00pm \$4.00 per class



SENIOR CENTER DANCES



This is where you get to come practice what you've learned, dance what you already know, mingle with others and have fun in a safe, friendly environment. There's plenty of room for freestyle dancing and to perfect your moves.

Western: Friday Feb. 7 7:30pm–10:00pm

Western: Friday Feb. 14 7:30pm–10:00pm

Western: Friday Feb. 21 7:30pm–10:00pm

Western: Friday Feb. 28 7:30pm–10:00pm

Each Friday session is \$5.00 per person.

SCANDINAVIAN FOLK DANCE

NEW

Come and join our new Scandinavian folk dance class for beginning and intermediate dancers that will take place on Tuesday evenings. Our dances are done with partners, however, you do not need to come with a partner. The beginning dance class emphasizes learning easy dances; dance patterns in these dances are repeated. The intermediate dance class offers dance practice and learning dances with more involved sequences. All classes will include some instruction and or review. We usually dance to recorded music; about once a month, we enjoy having the Great Danes, a local Scandinavian folk music band, play dance music for us. To join all you need to do is register and pay your class fee on www.myactivecenter.com or purchase an activity card.

Beginners Class: 7:00pm–7:55pm

Intermediate Class: 8:10pm–9:00pm

Cost: \$2.00 per person per class

Dates: Tuesdays, February 11, 18 & 25, 2025; March 11, 18 & 25, 2025

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, February 5, 12, 19 and 26, 2025 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 great music of the De Leon Brothers on Fridays, February 7, 14, 21 and 28, 2025 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 meets on Tuesdays from 6:00pm–8:00pm at the Clovis Senior Activity Center.

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 www.myactivecenter.com or simply show up on Wednesdays from 5:00pm to 8:00pm.

Cost: \$4.00 per session/per person

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. Classes in March are on the 7th, 14th, 21st and 28th.

*****NO CLASSES IN FEBRUARY*****

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: March 7–March 28, 2025

Cost: \$25.00 for 4-week session

Future Session: April 4–April 25, 2025

*****NO CLASSES IN FEBRUARY*****

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 March are on the 3rd, 10th, 17th, 24th and 31st.

*****NO CLASSES IN FEBRUARY*****

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.

Current Session: Monday, January 6–March 10, 2025

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

Next Session: May 19–July 14, 2025



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, January 6–March 10, 2025

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

Next Session: May 19–July 14, 2025

ADVANCED WATERCOLOR WITH DEBORAH *NEW TIME*****

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, January 9–February 27, 2025

Time: 10:00am–noon

Cost: \$50.00 for 8-week session

Next Session: May 8–June 26, 2025

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

Current Session: Tuesday, February 4–February 25, 2025

Time: 11:15am–1:15pm

Cost: \$35.00 for a 4-week session

Next Session: March 4–March 18, 2025 [3 weeks]

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 right away. This class session will take place on Thursdays.

Current Session: Thursday, February 6–February 27, 2025

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 4-week session

Next Session: March 6–March 20, 2025 [3 weeks]

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, February 4–February 25, 2025

Time: 5:00pm–7:00pm

Cost: \$50.00 for 4 week session

Next Session: March 4–March 18, 2025 [3 weeks]

CERAMICS A.M. WITH VICKIE

Hand Building With Clay. In this class, students will learn how to work with moist clay using clay slabs and coils. You will do several projects during this session. Come play with clay and get your hands dirty! No outside clay permitted; please purchase a Clay Card for \$20.00 at the front counter.

Current Session: Wednesday, January 8–February 12, 2025

Time: 9:30am–12:30pm

Cost: \$55.00 for 6-week session

Next Session: February 19–March 26, 2025

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

Hobby Ceramics. In this class you will learn about Greenware, Bisque, Glazing and more through your ceramic journey! A list of supplies students will need to purchase for class is available at the Senior Center front counter.

Current Session: Wednesday, January 8–February 12, 2025

Time: 1:00pm–4:00pm

Cost: \$55.00 for 6-week session

Next Session: February 19–March 26, 2025

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

HUMAN FIGURE DRAWING WORKSHOP

Come and join two of our talented art instructors, Kirk and Deborah, as they teach you how to develop your hand/eye coordination so that you're drawing what you see. You will learn new techniques and have a live human figure model to draw from. This is an opportunity to take your art skills to the next level. Open to all artists who are looking to sharpen their skills.

Date: Saturday, February 8, 2025

Time: 10:00am–12:30pm

Cost: \$25.00



DROP-IN ART

"Drop-In" Art is now in the East Lobby from 8:00am–10:00am on Wednesdays. Bring your projects and work independently on them. *No fee*

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 to register for our new class sessions.

Current Session: Tuesday, February 4–February 25, 2025

Time: 2:00pm–4:00pm

Cost: \$30.00

Next Session: April 8–April 29, 2025

GELLI PLATE PRINTING WITH MAXINE

This 8-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 to register for our new class sessions.

Current Session: Friday, January 10–February 28, 2025

Time: 9:00am–11:00am

Cost: \$45.00

Next Session: March 7–April 25, 2025

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. Space is limited.

Next Session: Tuesday, March 4–March 25, 2025

Time: 2:00pm–4:00pm

Cost: \$35.00

Future Session: May 6–May 27, 2025

DROP-IN CRAFTERS

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 on Wednesdays from 9:00am to 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 to 12:15pm. Bring your own supplies. *No fee*

ART JOURNALING BY DEBORAH

*****NEW CLASS*****

Art Journaling is a creative practice that uses visual art to express feelings and emotions and is unique to each person. It usually involves some kind of sketchbook. You can use pens, inks, acrylic paints, inks, pencils, collage and may sometimes include written elements. Old books can also be used as your sketchbook. Some of the materials will be provided (such as glue, pencils, pens, and papers for collage). Students are encouraged to bring whatever they want to use. No art experience is necessary and there are no specific rules to this form of art.

Next Session: Monday, March 17–May 5, 2025

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

Future Session: July 28–September 22, 2025

ZENDOODLING BY DEBORAH

*****NEW CLASS*****

Doodling is a practice that encourages personal expression through mark making and creating without boundaries or judgments. Doodling is an expressive art form that has no rules and relies on marks in repetitive patterns and shapes which can be geometric or organic, and are usually drawn in a fluid, spontaneous manner. The focus is in the process and not the end result. There is no right or wrong way to doodle. Zendoodling is just doing this art form in a relaxed meditative state. Most of the materials will be supplied, but plain paper and an Ultra Fine Sharpie pen are a must. You can bring what art materials you have. If you have watercolors bring those. Anything is possible with this art form. Come and enjoy creating without boundaries.

Next Session: Monday, March 17–May 5, 2025

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

Future Session: July 28–September 22, 2025

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 February 3, March 3, April 7, May 5 & June 2, 2025.

Time: 12:30pm–5:00pm

URBAN SKETCHING BY DEBORAH

*****NEW CLASS*****

Urban Sketching is the practice of drawing or sketching urban environments. Emphasis on place, architecture, people and everyday life. This class will include some interiors. A variety of materials are used such as pencils, pens, watercolors, and markers. We will be creating on pre-scheduled locations outside of the Clovis Senior Activity Center, as well as in the classroom. Materials needed include a good sketchbook that will take mixed media, such as pens, pencils, markers and watercolor (whatever you want to use). Also bring a hat, folding chair, a tote bag to haul your stuff, water and a snack. Some drawing skills required.

Next Session: Thursday, March 6–May 1, 2025

Time: 9:30am–12:30pm

Cost: \$50.00 for 8-week session

Future Session: September 4–September 25, 2025 (\$30)

NATIVE AMERICAN HISTORY

Join Laura as she leads classes filled with learning about the local Native American Community and other tribes throughout our Turtle Island. Learn about Native History, the contributions made throughout Indian Country, meet local Native speakers and artisans hearing how traditions and culture are beginning to thrive once again! You will see documentaries with open discussions, learn of Native American Historical Trauma and challenges still facing Native Tribes. We will go on fun and informative field trips and so much more! It's a time of coming together to explore and build newfound awareness! Sign up for this class at www.myactivecenter.com.

Current Session: Tuesday, January 7–February 11, 2025

Time: 9:00am–11:00am

Cost: \$30.00

Next Session: February 18–March 25, 2025

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. A list of the supplies you'll need for this 12-week class is available at the front counter. Classes will take place on Mondays as set forth below.

Current Session: January 13 & 27, February 10 & 24, March 10 & 24, April 14 & 28, May 12 & 19, and June 9 & 23, 2025

Time: 12:30pm–5:00pm

Cost: \$35.00–for 12-week session

Next Session: starting July 14, 2025



BOOK CLUB

Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. February's book is "The Immortalists" by Chloe Benjamin. The cost is \$2.00 per person per class. March's book is "Here One Moment" by Liane Moriarty. Sign up at www.myactivecenter.com.

Current Session: Monday, February 3, 10 and 24, 2025

Current Session: Tuesday, February 4–February 25, 2025

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 9:00am-11:00am. The cost of the class is \$2.00 per class and signups are online at www.myactivecenter.com. February classes are on the 6th, 13th, 20th and 27th. **Space is limited.** (Class on the 3rd Thursday of each month will be held in the Transit Building conference room.)

HEALTH INFO. & SERVICES

GRIEF SUPPORT GROUP

*****NEW DAY*****

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: Thursday, January 23–March 27, 2025

Time: 1st class: 10:00am–11:30am

All other classes: 10:00am–11:00am

NO CLASSES ON FEBRUARY 20 & MARCH 20, 2025

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.

Date: Monday, February 3, 10 & 24, 2025

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 10:00am–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 www.myactivecenter.com.

Date: Tuesday, February 4–February 25, 2025

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class



EYEGGLASS CLINIC

April Lachawicz will be at Clovis Senior Activity Center on **February 10, 2025**, from 9:30am to 10:30am for eyeglass repairs and adjustments in Meeting Room B. To accommodate high volume and better assist you, please take a number at the front desk, and remain in the lobby until your number is called. This is a first come, first served basis. We appreciate your understanding and patience.

HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on **February 20, 2025**, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

TAX PREPARATION

The Clovis Senior Activity Center will not be providing tax preparation assistance at the center this year. You can, however, contact Volunteer Income Tax Assistance (VITA) at 1-866-559-4211 to make an appointment at another location.



FRUGAL LIVING CLASS

Whether you've always been a money master, just now striving to survive during these financially challenging times or wanting to enrich your life through meaningful learning, please join us as we continue our frugal journey in living abundantly and joyfully while saving money. **Pre-registration is mandatory** either by registering with staff in the office or online at www.myactivecenter.com. **New speakers every week. Space is limited.**

Current Session: Wednesday, January 15–March 19, 2025

Time: 1:00pm–3:00pm

Cost: \$30.00 for 10-week series

Next Session: June 4–June 25, 2025

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 an appointment.

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

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: February 11 & 18, March 18, and April 1, 8, 15 & 29, 2025. Check availability at the front counter. Space is limited.

We are also pleased to have Gunner McDaniel of the Transition Resource and Assessment Center through Clovis Unified who will be here assisting our seniors with technology help on Mondays and Fridays from 9:00am–2:00pm and on Wednesdays from 9:00am–1:00pm starting February 10, 2025. These are 30-minute appointments. Check availability at the front counter. Space is limited.

HANDS-ONLY CPR

Come and join the Red Cross as they offer a FREE hands-only CPR class. This class will teach you how to increase the chance of someone surviving a cardiac emergency. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared. This class is taught by certified presenters from the Red Cross. If you are interested in attending, please contact the Clovis Senior Activity Center to secure your spot. Space is limited.

Date: Thursday, February 6, 2025

Time: 10:00am–11:00am

NEWSLETTER FOLDING DAYS

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

Upcoming folding dates: February 18, March 18, April 22, May 20, and June 17, 2025.

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.

Date: Thursday, February 27, 2025

Time: 10:00am–11:30am

UNDERSTANDING YOUR FINANCES

Come and join Jeff King, an Advisor with Edward Jones Financial in Clovis, as he hosts free educational presentations throughout the year. The first topic is entitled "Charitable Giving and Your Financial Strategy. Giving back looks different for everyone. This presentation will help investors like yourself find the appropriate charitable-giving path for their unique financial strategy and life stage. If you are interested in attending, please call the Senior Center at 559-324-2750 or sign up at the front counter to reserve your spot. Space is limited.

Date: Friday, February 14, 2025

Time: 1:30pm–2:30pm

Future presentation topics: *The Four Pillars of the New Retirement; Be Alert to Financial Fraud; Key Life Decisions: Are You Prepared?; and Medicare and Finance.*

DEMENTIA EDUCATION CLASSES

Please join Adriana from Seva Hospice as she provides six different educational presentations regarding dementia. She will be covering different topics each month. The first class will be on "Behavior Management." If you are interested in attending, please call the Senior Center at 559-324-2750 or stop by the front counter to reserve your spot.

Date: Friday, February 7, 2025

Time: 1:00pm–2:30pm

Future class topics: *Communication with People with Dementia; Fall Risk and Prevention in People with Dementia; Managing Difficult Behaviors of Dementia; Expected Physical Behaviors Found in Dementia; and Frontotemporal Low Bar, Degeneration Dementia.*

INFORMATION CORNER

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

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, February 10, 2025

Time: 3:30-4:30pm

Future Presentation: March 10, 2025 at 7:00pm

ALZHEIMER'S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer's Association will host free educational classes on a variety of topics throughout 2025. The first class is entitled "Understanding Alzheimer's and Dementia." This class is on Friday, February 21, 2025 from 1:00pm to 2:00pm. 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.



BLOOD PRESSURE CHECKS

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

HEALTH AEROBIC WORKSHOP

Start the New Year with an introduction aerobic health. It doesn't matter what level of condition you may be in. Aerobics is meant to increase your ability to breathe. Enjoy participating in this workshop with dancing, walking and yoga. This may be your start to an exciting new way of living. If you are interest in attending this class, please register at myactivecenter.com..

Date: Saturday, March 29, 2025

Time: 9:00am-12:30pm

Cost: \$20.00



BUS TRIP DAY TOURS

- ◆ February 17, 2025—Strike it Rich at Eagle Mountain Casino, \$30.00
 - ◆ February 19, 2025—Taste & See: Blossom Trail, \$80.00
 - ◆ March 1, 2025—Girlfriend Getaway: Menopause the Musical at Gallo Center, \$135.00
 - ◆ March 15, 2025—Monterey Fisherman's Wharf, \$75.00
 - ◆ April 12, 2025—San Francisco Alcatraz Tour, \$155.00
- Reservations must be made in person at the front desk. Payment must be made in full (cash or check only) at the time of registration. All pickup and returns are from the Clovis Senior Activity Center. Please park in the East parking lot near the buses. A full refund will be provided to members who cancel 14 or more days prior to the trip. Those cancelling within 13 days of the trip will not receive a cash refund. If you are unable to attend within the 14-day prior window, it is your responsibility for finding another senior to take your place.

FUTURE EVENTS



Eye Glasses Clinic—February 10 / 9:30am
Valentine's Celebration—February 14 / 10:30am
Embracing Wellness Symposium—February 15 / 8:30am
Jolly Times—February 20 / 9:00am
Veteran's Bingo—March 18 / 10:00am
Big Band Dinner Dance—March 29—5:00pm
Easter Luncheon—April 20 / 12:00pm

INTEREST LISTS

- **Stamp Collection Club:** If you are one of many stamp collectors and would like to socialize and share your collection/knowledge with others, we would like to start a Stamp Collectors Club. Please call the Clovis Senior Activity Center at 559-324-2750 to add your name to our interest list.

RESOURCE INFO / THEATER DATES

ROGER ROCKA'S GOOD COMPANY PLAYERS:

The Carole King Musical, January 17—March 16, 2025. Call 559-266-9494.

SELLAND ARENA: Disney on Ice, January 1—February 2, 2025; Shen Yun, February 4-5, 2025. Call 559-621-8789.

SAROYAN THEATER: Annie, February 11-12, 2025; The Great Gatsby Ballet, February 16, 2025. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Chapter Two, January 3—February 23, 2025. Call 559-266-9494.

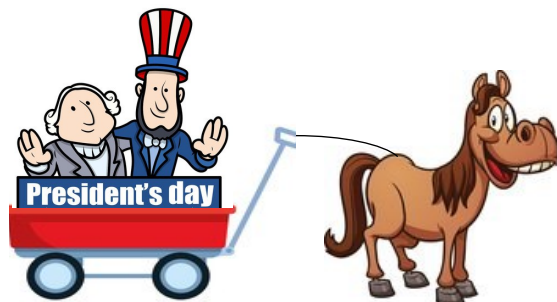
SAVE MART CENTER: Harlem Globetrotters, February 13, 2025. Call 559-278-3400.

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—8 pm
Monday—Friday



ADDRESS SERVICE REQUESTED



JOLLY TIMES

Jolly Times will be held on Thursday, February 20, 2025. Coffee and donuts are served at 9:00am with the DeLeon Brothers & Joe playing at 9:15am. Lunch menu is chicken and rice casserole, green beans, dinner roll and dessert. The entertainment for February's Jolly Times will be JT & Sarah and the cost of the meal is \$15.00. March's Jolly Times tickets will go on sale February 20, 2025, at 9:00am.

55 ALIVE DRIVING CLASS

AARP is offering a full 8-hour Smart Driver course in February. This class is offered in two 4-hour sessions.

- ◆ First Session: Wednesday, February 12, 2024 from 12:00—4:00pm at the Transit Building.
- ◆ Second Session: Thursday, February 13, 2025 from 12:00—4:00pm at the Transit Building.

You must attend both sessions. 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. Registrations begin February 3rd. The class fee is due at the time of registration (cash or check only).

NEW PING-PONG PLAY POLICY

Starting February 3, 2025, we will be introducing a new policy for our drop-in ping pong play sessions to ensure safety and manage the high volume of participants.

Key Changes:

- 1-hour sessions: Drop-in play time will be limited to 1-hour sessions.
- Numbered entry system: Upon arrival, players must pick up a numbered card from the front desk. Only the first 20 players to receive a numbered card will be allowed to play during each session.
- One card per player: Each player will receive only one numbered card. No exceptions.
- The first group of 20 players will play for the first hour.
- After the first hour, a new group of 20 players will be allowed to play for the second hour and so on.

Please make sure to return all numbered cards back to the front desk after your session is complete. This new policy will help us maintain a safe and enjoyable environment for all participants. Thank you for your understanding and cooperation!

