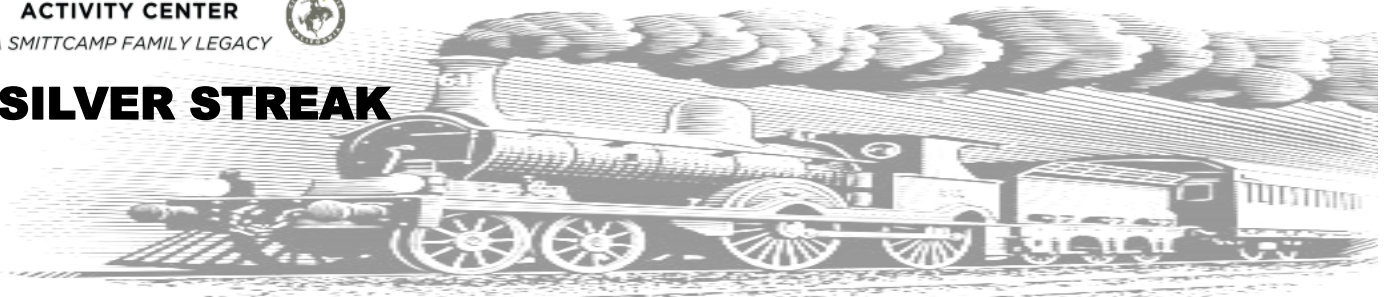


THE SILVER STREAK



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.*

January 2025

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

EMBRACING WELLNESS: A NEW CHAPTER AFTER 50

Save the Date! Mark your calendars and make plans to attend our first day-long symposium focusing on strategies to promote happy and healthy living. This day-long event will be held on Saturday, February 15, 2025, at the Clovis Senior Activity Center. We've invited the best speakers and experts to talk about safety, security, finances, health, and other hot topics. Tickets are \$20.00 and will go on sale at the Senior Center on January 2, 2025. The event includes breakfast and lunch. There are a limited number of tickets available so buy your tickets early!

LOOKING FORWARD TO 2025

We look forward to providing many new events, activities and classes in 2025. We value the suggestions and input of our members and try to accommodate all. In response, our talented instructors have come up with great options so be sure to check out what's new in the newsletter.

EXTENDED SENIOR CENTER HOURS

We are thrilled to announce that the Clovis Senior Activity Center will now be open until 8:00pm! The extension provides our valued members with more time to enjoy the following amenities such as, our fitness room, billiards, and various events and classes. Please note that with these extended hours, our evening classes will now be exclusive to Senior Center members aged 50+. To participate in our activities, you must meet this age requirement and be a registered member. If you are not a member, simply visit our front counter to pick up a registration form or head to our website www.cityofclovis.com to sign up. We look forward to welcoming you to our community.

HOLIDAY CLOSURES

We will be closed for the holidays as follows:
 New Years Day—Wednesday, January 1
 Martin Luther King Jr. Day—Monday, January 20
 Be safe and enjoy the holidays!



What's Inside:



General Information.....	1
Sports & Fitness	2-3
Senior Games.....	4
Dance & Music.....	4-5
Live Entertainment	5
Arts & Crafts	6-8
Health Information & Services.....	9-11
Bus Trip Day Tours	11
Interest Lists.....	11
Future Events.....	11

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

NO CLASSES UNTIL JANUARY 2, 2025

Gentle Stretch & Strengthen Exercise

This class is designed to gently stretch your muscles to increase your flexibility and movement with low impact moves that can be done sitting, standing, or on the floor.

Don Kolz Instructor \$2.00 per class

Monday, Wednesday & Friday 9:00am–10:00am

NO CLASSES UNTIL JANUARY 3, 2025

Traditional Exercise

The workout combines aerobic, flexibility, and resistance with plenty of friendly fun.

Don Kolz Instructor \$2.00 per class

Monday, Wednesday & Friday 10:15am–11:15am

Tuesday & Thursday 1:30pm–2:30pm

NO CLASSES UNTIL JANUARY 2, 2025

Circuit & Equipment Training

Come join Don Kolz for this workout routine that mixes cardio and strength training, has you in and out of the gym in 30 minutes, and leaves you looking forward to your next workout. Circuit training is a style of workout where you cycle through several exercises (usually 5-10) targeting different muscle groups with minimal rest in between each movement. The result is a workout that improves strength and endurance and builds your cardiorespiratory system.

In this class we will be working our way through a series of exercises using weights, bicycles, steps, and machines to experience a full body workout and cardio routine in a 30 minute session. **NO DROP-INS. Pre-Registration mandatory at www.myactivecenter.com.**

8 students maximum per class.

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

Thursday 12:00–1:00pm

\$2.00 per class

NO CLASSES UNTIL JANUARY 2, 2025

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. First class will start on January 8, 2025.

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

NO CLASSES UNTIL JANUARY 8, 2025

Tai Chi Beginning Basics with Bill

This class is for beginners. Learn to move in a series of slow, balanced, connected movements. Tai Chi helps with calming the mind, reducing stress and improving balance.

Monday 8:30am–9:30am

\$2.00 per class

Tai Chi Beyond Basics with Bill

This class will cover the basic concepts of Tai Chi: posture, relaxed deep breathing, flowing movement, and a basic understanding of mind-body connection. Class is designed to improve body awareness and balance.

Wednesday 4:00pm–5:00pm

\$2.00 per class

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

Let's Have A Ball

Come and enjoy a new fun and dynamic class starting **January 7, 2025!** Stephanie will lead this 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.

*Tuesday (at Clovis Rec. Center) (starting Jan. 7, 2025)
9:00am–10:00am*

*Wednesday & Friday (at Senior Center)
9:00am–10:00am*

*And starting January 8, 2025: 8:00am–8:45am
\$2.00 per class*

Zumba Chair with Stephanie

*****DAY & TIME CHANGE*****

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 (starting Jan. 2, 2025)
\$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.**

Current session: NO CLASSES IN JANUARY

Time: 3:30pm–4:30pm

Cost: \$40.00 for 8-week series

Meditation with Kirk

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

Current session: NO CLASSES IN JANUARY

Time: 3:15pm–4:15pm

Cost: \$20.00 for 4-week series

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

****NO CLASSES IN JANUARY****

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

****NO CLASS ON JANUARY 2, 2025****



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

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

Friday Afternoon Bridge

The Bridge Group meets every Friday from **noon–4:00pm**. Players with intermediate or better skills are welcome to join the group for some good bridge playing! There is a \$1.00 per person per session fee.

Wednesday Free Play Bridge

Come on Wednesday and play for casual fun. This session of Bridge is open to all levels of experience from beginners and up.

Wednesday, noon–4:00pm *No fee*

Mexican Train

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

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

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.

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

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–3:00pm \$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



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.

Western: Friday Jan. 3 7:30pm–10:00pm

Western: Friday Jan. 10 7:30pm–10:00pm

Western: Friday Jan. 17 7:30pm–10:00pm

Western: Friday Jan. 24 7:30pm–10:00pm

Western: Friday Jan. 31 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, January 14, 21 & 28, 2025; 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, January 8, 15, 22 and 29, 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 sounds of the De Leon Brothers' great music on Fridays, January 3, 10, 17, 24 and 31, 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 is currently on hiatus and will resume on January 14, 2025 from 6:00pm–8:00pm at the Clovis Senior Activity Center.

*****CLOVIS CHORALE WILL BE DARK ON JANUARY 28, 2025*****

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.

*****NO CLASSES IN JANUARY*****



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: Currently on hiatus

Cost: \$25.00 for 4-week session

*****NO CLASSES IN JANUARY*****

EASY CREATIVE GARDEN PAINTING WITH KRISTINA

Learn to paint flowers, leaves and garden critters. Kristina will help you practice painting the first hour. Then the second hour of the class you will get the opportunity to paint on canvas, terra cotta pots, or rocks. Teacher's choice. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class.

*****NO CLASSES IN JANUARY*****

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, January 7–January 28, 2025

Time: 11:15am–1:15pm

Cost: \$35.00 for a 4-week session

Next Session: February 4–February 25, 2025

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, January 2–January 23, 2025

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 4-week session

Next Session: February 6–February 27, 2025

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, January 7–January 28, 2025

Time: 5:00pm–7:00pm

Cost: \$50.00 for 4 week session

Next Session: February 4–February 25, 2025

CERAMICS A.M. WITH VICKIE

*****NEW TIME*****

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

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.

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

Time: 2:00pm–4:00pm

Cost: \$30.00

Future Session: April 8–April 29, 2025

GELLI PLATE PRINTING WITH MAXINE

*****NEW DAY/TIME*****

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.

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

Time: 9:00am–11:00am

Cost: \$45.00

Future Session: March 2–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, decoupage 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, January 7–January 28, 2025

Time: 2:00pm–4:00pm

Cost: \$35.00

Future Session: March 4–March 25, 2025

NEW CLASSES BY DEBORAH

Watch future newsletters for new classes offered in March by Deborah. These include Art Journaling (a creative practice that uses visual art to express feelings and emotions); Zen Doodling (an expressive art form that has no rules and relies on marks in repetitive patterns and shapes); and Urban Sketching (real life sketching). We look forward to seeing these creative and exciting art forms.

MIXED MEDIA ART WITH KIRK

TIME CHANGE

This class will have you use a variety of different art mediums in order to create your own individual art. The class will explore a variety of techniques in which the student can use various mediums together. The instructor will suggest new materials ideas at the beginning of each class. The student will start off with mixed media drawing and progress at an individual rate of readiness to explore. Sign up for this class at www.myactivecenter.com.

Current Session: **NO CLASSES IN JANUARY**

Time: 12:45pm–1:45pm

Cost: \$40.00 (for 8 weeks)



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. The class cost covers any supplies you may need for the 12-week session. 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

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 January 6, February 3, March 3, April 7, May 5 & June 2, 2025.

Time: 12:30pm–5:00pm

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*

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

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 9:00 to noon. *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*

BOOK CLUB



Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. January's book is “Frozen River” by Ariel Lawhon. The cost is \$2.00 per person per class. February's book is “The Immoralists” by Chloe Benjamin. Sign up at www.myactivecenter.com.

Current Session: Monday, January 6–January 27, 2025

Current Session: Tuesday, January 7–January 28, 2025

MEMOIR WRITING CLASS

NEW TIME

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:00am-11:00am. The cost of the class is \$2.00 per class and signups are online at www.myactivecenter.com. January classes are on the 2nd, 9th, 23rd, and 30th. Space is limited. (No class on the 3rd Thursday of each month due to Jolly Times.)

HEALTH INFO. & SERVICES

AROMATHERAPY AND ESSENTIAL OIL CLASS WITH ELLIE

This class will explore the topic of aromatherapy and the natural benefits it has. Ellie will show you how to make homemade scrubs that are very beneficial to the skin. You will learn what essential oils are, how they can be used to relieve pain, reduce migraines/headaches, and how to help reduce stress. Ellie will also teach you the history and medicinal uses essential oils have.

Next session: Wednesday, January 8–January 29, 2025

Time: 5:00pm–6:00pm

Cost: \$30.00

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.

Current session: Monday, January 6, 13 and 27, 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

OSHER LIFELONG LEARNING INSTITUTE

Would you like to know more about Osher Lifelong Learning Institute at Fresno State University? This learning center offers access to enriching courses such as history, health, science and spanning arts. For more information, please call 559-278-0008.

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, January 7–January 28, 2025

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on **January 17, 2025**, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.



EYEGGLASS CLINIC

April Lachawicz will be at Clovis Senior Activity Center on **January 13, 2025**, from 9:30am to 10:30am to repair and adjust eyeglasses in Meeting Room A. No appointment needed.



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

55 ALIVE DRIVING CLASS

If your certificate is about to expire, AARP is offering a one-day, 4-hour refresher course on Friday, January 17, 2025, from noon to 4:00pm. The cost is \$23.00 for AARP members and \$28.00 for non-AARP members. We **are not** taking registrations over the phone. You must pre-register in person at the Clovis Senior Activity Center. Registrations begin January 3rd. The class fee is due at the time of registration (cash or check only).

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

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: January 14 & 28, February 11 & 18, March 18, and April 1, 8, 15 & 29, 2025. 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

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.

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, January 30, 2025

Time: 10:00am–11:00am

UNDERSTANDING YOUR FINANCES

Come and join Jeff King who is a Financial Planner with Edward Jones as he will be providing free educational presentations throughout the year. The first topic is entitled "Charitable Give 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 *Social Security 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*.

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: Thursday, January 23, 2025

Time: 10:00am–11:00am

ALZHEIMER'S ASSOCIATION HOTLINE

The Alzheimer's Association has a 24/7 Helpline available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families, and the public, including care specialists for assessment and planning. Reach out to 1-800-272-3900 or visit them online at www.alz.org/norcal for online support and tools including a community resource finder, support groups, online resources, and a virtual library of information on topics ranging from safety to medication therapies.

RED CROSS PREPAREDNESS

Come and join the Red Cross as they offer FREE emergency preparedness training. This training will go over how to build your confidence by learning simple steps to help you prepare and protect your family. This training is an education curriculum for adults taught by certified presenters from the Red Cross. The curriculum will mix and match emergency preparedness modules on relevant local hazards such as preparedness essentials, home fires, earthquakes, wildfires, extreme heat, and more. If you are interested in attending, please contact the Clovis Senior Activity Center to secure your spot. Space is limited.

Date: Thursday, January 9, 2025

Time: 9:30am–10:30am



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.

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

We look forward to traveling with you in 2025. We are working hard to plan fun and exciting trips. Check future newsletters for further information.

FUTURE EVENTS



Eye Glasses Clinic—January 13 / 9:30am

Jolly Times—January 16 / 9:00am

Valentine's Celebration—February 14 / 10:30am

Eye Glasses Clinic—February 10 / 9:30am

Valentine's Celebration—February 14 / 10:30am

Jolly Times—February 20—9:00am

Veteran's Bingo—March 18 / 10:00am

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.

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.

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.

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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Standard
US postage
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PWD

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, January 16, 2025. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is beef stew, roll and dessert. The entertainment for January's Jolly Times will be Lost Highway and the cost of the meal is \$15.00. February's Jolly Times tickets will go on sale January 16, 2025, at 9:00am.

RECYCLED BATTERIES



Starting in January 2025, the Clovis Senior Activity Center will no longer accept dead batteries for recycling. For Clovis residents, you can place them in a ziplock bag and put the bag on top of the lid of your blue recycle bin from home. Alternatively, batteries may be dropped off at a hazardous waste facility.

SENIOR HELPERS

Do you or someone you know have a "volunteer heart" and a desire to make a positive difference? Senior Helpers is looking for active seniors who want to share their time and talents, offering support to other seniors in the community. Working with Seniors Helping Seniors means flexible hours, a chance to earn extra income, and the opportunity to build meaningful relationships. If you or someone you know is interested in becoming a caregiver, please call 559-500-3070.

TALENT SHOW

Come and join us as the 99 Lamb Foundation hosts a talent show for the Clovis Senior Activity Center. This talent show will give children a platform to express their skills in a friendly environment, helping to build their creativity, thoughtfulness, confidence and character. Tickets go on sale Friday, January 11, 2025. If you are interested in attending, please stop by the Senior Center front office to purchase your ticket.

Date: Saturday, January 11, 2025

Time: 2:00pm—4:00pm

Cost: \$1.00

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 starting January 10th to make an appointment at another location.



NEWSLETTER FOLDING DAYS

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

Upcoming folding dates: January 21, February 18, March 18, April 22, and May 20, 2025.