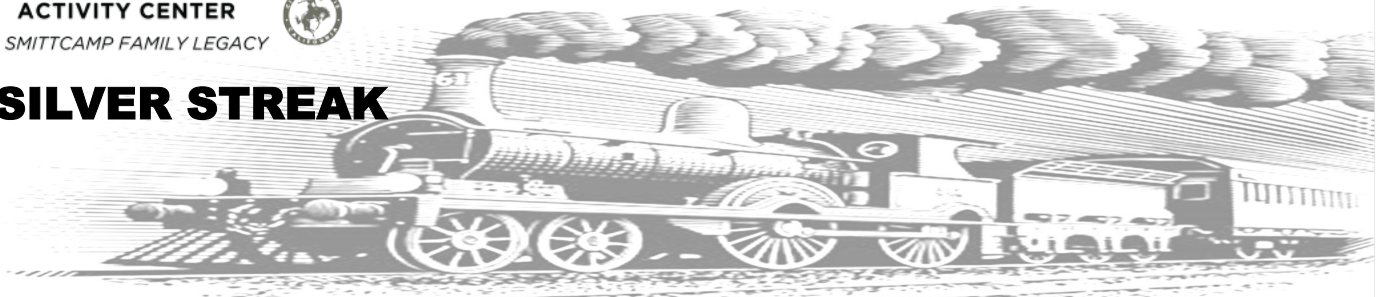




THE SILVER STREAK



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.*

March 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org



IMPORTANT INFORMATION

Since the grand opening on November 20, 2023, our new Clovis Senior Activity Center has been buzzing with activity. The new larger building has provided the opportunity to expand existing programs and offer many new classes. We've also brought back the popular hot lunch program as well more opportunities for our members to volunteer, socialize, and meet new friends.

If it seems like the building is bustling and busy, you are right! Here are some statistics to explain why:

- In our previous center, the average daily attendance was around 120 people a day.
- In our new center on Third Street, we have an average of about 550 people a day, and the number keeps growing.
- We've added almost 1,100 new members to our rolls with more joining every day.

We are committed to providing a great experience for all our members and friends. We thank you for your patience as we continue to grow. We want to remind all members to be sure to check in at our three kiosks in the lobby and if you need assistance, our Front Desk Ambassadors are happy to assist. We appreciate all of your support in making our new senior center on Third Street a success.

Don't forget Daylight saving time will begin on Sunday, March 10, at 2 a.m. when our clocks will go ahead one hour.

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**Like us on Facebook for updates
and information.**

**Find the newsletter on the
City of Clovis website:**

www.clovisseniors.org

Hours of Operation

Monday thru Friday

8:00am-5:00pm

(Exception: National Holidays)

SPORTS & FITNESS

All fitness classes are at the Senior Activity Center unless noted on the class listing

Yoga

This all levels “gentle” Yoga class uses bodily postures and breathing to stretch and align the body promoting circulation, balance, and flexibility. Don Kolz Instructor

Tuesday 2:30pm-3:30pm \$2.00 per class

Thursday 2:30pm-3:30pm \$2.00 per class

Traditional Exercise

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

Don Kolz Instructor \$2.00 per class

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

Tuesday & Thursday 1:30pm-2:30pm

Gentle Stretch & Strengthen Exercise

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

Don Kolz Instructor \$2.00 per class

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

Circuit & Equipment Training

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

8 students maximum per class. \$2.00 per class

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

Thursday 12:00-1:00pm; **NO DROP-IN. Pre-Registration mandatory at www.MyActiveCenter.com.**



Tai Chi Beginning Basics with Bill Titus

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

Monday 8:30am–9:30am

\$2.00 per class



Tai Chi Beyond Basics with Bill Titus

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

Wednesday 4:00pm–5:00pm

\$2.00 per class

Walking Workout with Shay

This 40 minute, low impact class makes getting your steps in FUN while improving your overall health. Walking Workouts are customizable to your personal ability and great for any age and fitness level.

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

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

\$2.00 per class

Dance Aerobics with Shay

Moving to familiar music, you'll combine cardio, balance, and muscle toning through easy to follow aerobic movements. All fitness levels welcome!

Mondays (at Clovis Rec. Center) 9:00am-10:00am and 10:00am-11:00am

Thursdays (at Senior Center) 9:00am-10:00am and 10:00am-11:00am

\$2.00 per class



Zumba Gold with Stephanie

This class is designed to build cardiovascular health by challenging the heart and working the muscles of the lower body with fun dance moves.

Wednesdays & Fridays, 9:00am–10:00am, \$2.00 per class

Zumba Chair with Stephanie

In this class, we dance while sitting in chairs. The moves are toned down and offered to people with limited mobility. We explore Latin, pop hits, and world music and incorporate musical music from the 40s, 50s and more.

Tuesdays & Thursdays, 7:00am - 8:00am, \$2.00 per class



Senior Tabata Class

Come join Stephanie for a fun 30-min upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20 second cardio circuits, 10 second rest with a 1-minute rest in between. The circuits are repeated for 4 sets. Go at your own pace.

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

Fast Fitness with Beth

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!

Monday through Friday 6:00am–6:45am

\$50.00 a month

Billiards

We have a Billiards Room with 4 pool tables that are available to members for a \$10.00 monthly fee. Open play is available Monday through Friday 8:00am to 5:00pm. Check the board for tournament dates and time. \$10.00 monthly pool fee

****NEW CLASSES** BEGINNING KARATE W/ KIRK**

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

Current session: Tuesday, March 12th through April 30th, 2024

Time: 2:30-3:30pm

Cost: \$40.00 for 8-week series

Next session: May 7th through July 1st, 2024

OR

Current session: Friday, March 8th through April 26th, 2024

Time: 5:00-6:00pm

Cost: \$40.00 for 8-week series

Next session: July 5th through August 23rd, 2024

MEDITATION W/ KIRK

This 8-week Meditation class is offered on Monday & Fridays. This class will cover the benefits of calming the mind. The practice of Meditation can have many beneficial results including physical health, social attitudes, and a general positive affirmations. **Pre-registration is mandatory** either on myactivecenter.com or by registering with staff in the office.

Current session: Monday, March 11th through April 29th, 2024

Time: 3:15-4:15pm

Cost: \$40.00 for 8-week series

Next session: May 6th through June 25th, 2024

OR

Current session: Friday, March 8th through April 26th, 2024

Time: 6:30-7:30pm

Cost: \$40.00 for 8-week series

Next session: July 5th through August 23rd, 2024

Senior Center Fitness Room

Our fitness room is open Monday-Friday 8:00am to 5:00pm. You're invited to use this equipment at your own risk. For your own safety, see staff for instructions on with how to operate any of the machines. Please be sure to attach the red emergency stop cord to your clothing prior to starting the treadmills. **FOOD IS NOT ALLOWED IN THE FITNESS ROOM AT ANY TIME.**

SENIOR GAMES

*****All games will start no earlier than the designated time. Set up time is no earlier than 15 minutes prior to game time.*****

Ping Pong

We now have two ping pong tables. Come join us for drop-in sessions of ping pong on Mondays, noon–2:00pm and also on Thursdays, 9:00am–11:00am (except there's no ping pong on the 3rd Thursday of each month). Players keep their own score. Standard playing rules apply and will be posted.

Friday Afternoon Bridge

The Bridge Group meets every Friday from 12:00pm–4:00pm. Players with intermediate or better skills are welcome to join the group for some good bridge playing! There is a \$1.00 per person per session fee.

Wednesday Free Play Bridge

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

Wednesday—12:00pm–4:00pm No fee

Mexican Train

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

Mondays—9:00am–noon No fee

Thursday—12:30pm–4:00pm No fee

Bingo

Tuesday is the day for Bingo! We play from 10:00am to 11:00am. Bingo is free and prizes are given to the winners. Come and “B1” of the many players having fun! *No fee*
VETERANS BINGO ON MARCH 19TH @ 10AM

2500 Card Game

This exciting and interesting card game is also known as 2500 Rummy. Come and play with friends and have a lot of fun!

Mondays—1:15 am–3:15 pm No fee

Bunco

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

Monday - 11:00am-1:00pm \$5.00 per person

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.

Mondays — 3:00-5:00pm

No fee

Wednesdays— 1:00 pm–4:30 pm

No fee

Intermediate/Advanced Hand N Foot

This strategic game, full of daring entertainment, is similar to Canasta, but much more exciting. We ask that all players know the basics of the game to participate. Come and try it out. No registration required.

Tuesday & Friday — 12:30pm–4:00pm No fee

Pinochle

This is a card game for two or more players using a 48 -card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. No registration required.

Tuesday—8:30am–11:30am No fee

DANCE & MUSIC

Pre-Beginning Line Dancing

The instructor will introduce many dance styles such as Country Western, Tango, Cha-Cha, and more. This class is perfect for first-time dancers who want to learn in a small, safe and supported environment that will improve your coordination and fitness while dancing with new friends.

Mondays and Fridays, 3:00pm-5:00pm \$4.00 per class

Beginning Line Dance

This class will introduce many of the basic moves necessary for Line Dancing. Several dance styles are covered in this class including Country Western, Tango, Cha-Cha, and more. All dance classes below are taught by instructor Jim Ray.

Monday, Tuesday, Thursday & Friday—1:00pm-3:00pm \$4.00 per class

Friday—7:00pm-7:30pm; Free Line Dance Lesson

Couples Western Dance

Couples will be introduced to a series of patterns and Western style dances.

Beginner Class – Friday 5:00pm-7:00pm

\$4.00 per person per class

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

\$4.00 per person per class

SENIOR CENTER DANCES

Western: Friday 3/8 7:30pm

Western: Friday 3/15 7:30pm

Western: Friday 3/22 7:30pm

Western: Friday 3/29 7:30pm

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



BEGINNING MUSIC CLASS WITH SKYLA

Join Skyla as she covers the essentials including rhythm, notes, and ear training. This course is designed for beginners with little to no prior music experience seeking to explore the fundamentals. Spaces are limited. Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office.

Current session: Friday, February 2 - March 22, 2024

Time: noon–2:00pm and 2:00pm–3:00pm

Cost: \$40.00 for 8-week series

Next session: March 29–May 17, 2024

VOCAL LESSONS WITH SKYLA

This group vocal program is available to all experience levels. It features fun, easy exercises and songs that you'll be singing with friends. Spaces are limited. Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office.

Next session: Wednesday, March 6, 13, 20 & 27, 2024

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

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

Alternate session: Thursday, March 7, 14, 21 & 28, 2024

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

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

The Clovis Senior Activity Center is not an adult day care and participants must be able to take care of their personal needs. However, family members, caregivers, and attendants are welcome to join in order to enjoy our services and programs.

LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, March 6, 13, 20 and 27, 2024, from 10:30am–11:45am.

DE LEON BROTHERS BAND MUSIC

Enjoy the sounds of the De Leon Brothers' great music on Fridays, March 1, 8, 15, 22 and 29, 2024 from 10:30am-11:45am.

KARAOKE NIGHT WITH SKYLA

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

Cost: \$4.00 per session/per person

MONTHLY SING ALONG! LOVE SONG HITS!

Dance and sing along with guest singers Skyla Rayne and Davis Press in the Main Hall on March 13, 2024, 3:00pm–5:00pm. Our sing-along this month will feature the most popular love songs from the 20th century across country, jazz, doo wop and pop. Bring a dance partner and enjoy food and beverages while we sing! Cost is \$5.00 per person paid online at myactivecenter.com or at the door using a pre-purchased activity card (no cash payments at the door).

ELEMENTARY SCHOOLS CHOIR PERFORMANCE

Weldon and Cedarwood Elementary School Choirs will be visiting the Clovis Senior Activity Center to provide entertainment for our participants. The goal of both choir groups is to build musicianship skills, learn basic music reading, and promote music as a means of communication. The students can't wait to share their music with you again this year! To attend, we ask that you simply show up. Both events will take place in the Main Hall.

Weldon Choir: Thursday, March 14, 2024 11:15-11:30am

Cedarwood Choir: Tuesday, April 16, 2024 11:15-11:30am

LIVE CONCERT: ETERNAL HARMONY

Come check out a live vocal performance on Friday, March 15, 2024 from 5:00pm–7:00pm featuring Eternal Harmony who will be playing a wide genre of popular music featuring the accordion, bongos, vocals and guitar. This concert is a new event is hosted by Skyla Rayne and will be on the third Friday of each month. Tickets can be purchased at the door.

Cost: \$5.00 per person.

CLOVIS CHORALE SINGING GROUP

The Clovis Chorale is our singing group and is open to people of all ages and experience levels. The chorale will be rehearsing at the Clovis Senior Activity Center from 6:30pm–8:00pm every Tuesday evening. If you are interested, just simply *show up!*

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. March classes are on the 1st, 8th, 15th, 22nd and 29th.

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.

Current Session: March 1–March 22, 2024

Cost: \$25.00 for 4-week session

Next Session: April 5 – April 26, 2024

ONE STROKE DECORATIVE FLOWERS PAINTING WITH KRISTINA

One stroke painting is a multi-loading style of decorative painting that is very painter friendly. It's an attractive, less structured style that lends itself to free-hand painting. You may bring your own canvas or buy one for \$5.00. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class. March classes are on the 4th, 11th, 18th, and 25th.

Spring Centerpiece

Demonstration Class

Come join Master Gardener Charlie Hindes for a Spring Centerpiece Demonstration at the Clovis Senior Activity Center on Wednesday, March 20th from 1 to 3pm! Charlie will demonstrate how to create affordable spring centerpieces and small garden inspired gifts. Join us for fun ideas and inspiration, snacks and a raffle prize or two! Sign up online [Myactive-center.com](https://myactivecenter.com)

Cost:\$5.00

Date: Wednesday, March 20th, 2024

Time: 1:00-3:00pm

BEGINNING DRAWING CLASS WITH DEBORAH

Learn how to visually represent the world through basic lines, shapes, and shadow techniques. This class will start with simple objects and move into more complex subjects. Beginners will gain confidence in their skills and learn to develop their own unique style and approach to drawing. Sign up at www.myactivecenter.com or at the front counter to register for our new class sessions.

Current Session: Mondays, January 8–March 11, 2024

Time: 1:00pm-3:00pm Cost: \$40.00 for 8-week session

Next Session: March 25–May 13, 2024

Next Session: June 3rd– July 22, 2024

BEGINNERS TO INTERMEDIATE WATERCOLOR WITH DEBORAH

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

Current Session: Mondays, January 8–March 11, 2024

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

Next Session: March 25–May 13, 2024

ADVANCED WATERCOLOR WITH DEBORAH

This is an exciting opportunity to further explore and enhance your skills in the watercolor medium. Deborah will go beyond basics and teach more advanced techniques through hands-on exercises and personalized instruction. This 8-week class will delve into color mixing, composition, and brushwork, with an emphasis on individual creativity.

Current Session: Thursdays, March 14–May 2, 2024

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

Next Session: May 16–July 11, 2024

DECOUPAGE ART WITH MAXINE

Learn how to make beautiful keepsakes in a fun and friendly environment. This class will make decorative plates, vases, decoupaged rocks and special gifts for holidays and birthdays. This will only be a 2-week class session on Tuesdays. Maxine will introduce her students to a new project each week. If you are interested in the class, please sign up at www.myactivecenter.com. Space is limited.

Current Session: Tuesdays, April 9-April 30, 2024

Time: 2:00pm–4:00pm **Cost:** \$25.00

Next Session: June 4–June 25, 2024

MAGICAL INKS WITH MAXINE

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

Current session: Tuesdays, March 5–March 26, 2024

Time: 2:00pm–4:00pm **Cost:** \$25.00

Next session: May 7–May 28, 2024

CERAMIC CLASS WITH VICKIE

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

Current Session: Wednesdays, February 21–April 3, 2024 (6-week session cost is \$55.00) **(NO CLASS ON MARCH 27, 2024)**

Time: 1:00pm–4:00pm

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

Next Session: April 10–May 15, 2024

MORNING CERAMICS WITH VICKIE

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

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

Time: 10:00am–12:00noon

Cost: \$50.00 for 6-week session

POSH DECORATING WITH APRIL

This 4-week class encourages students to bring out their creativity to the next level. Students will learn how to make boutique decorations for their home décor or give as gifts.

Current Session: Tuesdays, March 5–March 26, 2024

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

Next Session: April 9–April 30, 2024

MAKE AND TAKE CRAFTS WITH APRIL

April will instruct how to make two fun and seasonal craft projects. These classes are always popular so sign up on myactivecenter.com right away. This class session will take place on Thursdays for 4 weeks.

Current Session: Thursdays, March 7–March 28, 2024

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

Next Session: April 4–April 25, 2024

NATIVE AMERICAN YOUTH AND WELLNESS

Laura will share the beauty of Native American Youth taking charge of their own destiny! Learn how Native youth are healing their families, their communities and the environment as Caretakers of this land! Native speakers will give new perspective on the journeys of many youth and you get to take part in the healing of the Peoples and the Land!

Current Session: Tuesdays, March 5–March 26, 2024

Time: 9:00–11:00am **Cost:** \$25.00

Next Session: May 7–May 28, 2024

NO CLASSES IN APRIL.

NATIVE AMERICAN CRAFTING OF CORN HUSK DOLLS

Corn husk dolls were used by the Western Southern tribes for thousands of years. After which they were adopted by the pilgrims and other non-Native Peoples for their own children. Laura will teach you about their history, and how to create your own doll for generations to come.

Current Session: Tuesdays, March 5–March 26, 2024

Time: 11:30am–12:30pm **Cost:** \$30.00

Next Session: May 7–May 28, 2024

NO CLASSES IN APRIL.

CRAFT, STITCHERY AND CROCHET SOCIAL GROUP

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

Wednesdays from 9:00am–noon

No fee

SOCIAL KNITTING / CROCHET GROUP

Already have a project or want to learn how to crochet or knit? We are offering drop-in sessions that will take place on Mondays and Fridays from 10:15am-12:15pm. Bring your own supplies. *No fee*

DROP-IN ART

“Drop-In” Art is now on Wednesdays from 9:00am to noon. Bring your projects and work independently on them. *No fee*

SPRING CENTERPIECE DEMONSTRATION CLASS

Come join Master Gardener Charlie Hindes for a Spring Centerpiece Demonstration at the Clovis Senior Activity Center on Wednesday, March 20, 2024 from 1:00-3:00pm. Charlie will demonstrate how to create affordable spring centerpieces and small garden inspired gifts. Join us for fun ideas and inspiration, snacks and a raffle prize or two! Space is limited. Sign up online at myactivecenter.com. Cost: \$5.00

MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:30am-11:30am. The cost of the class is \$2.00 per class and signups are online at myactivecenter.com. March classes will be on the 7th, 14th, 21st and 28th.

BOOK CLUB

The March session of Book Club will feature the book “The Kitchen House” by Kathleen Grissom. This session will meet on Mondays, March 4, 11, 18 and 25, 2024 from 9:00am-10:00am and Kelly is your moderator. Cost is \$8.00 per person for the 4 class sessions in March. Sign up on myactivecenter.com. The featured book for April will be “Good Night Irene” by Luis Urrea.

EASTER WREATH CLASS WITH KRYSTAL

Come and join Krystal as she teaches you how to create your very own Easter wreath. Perfect to keep for yourself or as a gift for a friend or loved one. This class is free, but space is limited. To participate in this class, 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: March 18, 2024

Time: 1:00-3:00pm

HEALTH INFO. & SERVICES

HEALTHIER LIVING, HEALTHIER YOU

Saint Agnes Medical Center is offering a free 6-week workshop program designed to help individuals gain self-confidence in their ability to control or manage chronic conditions and understand how their feelings may be affecting the relationships around them. This course teaches management skills through interaction, goal setting, and action planning with the support of community facilitators and workshop peers. Sign up by calling the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Wednesdays, February 7-March 13, 2024

GRIEF SUPPORT GROUP

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

Current session: Wednesdays, January 17-March 6, 2024

Time: 10:00am-11:00am

Next Session: May 8-June 26, 2024

NAVIGATING GRIEF

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

Current session: Mondays, March 4, 11, 18 and 25, 2024

Time: 2:00pm-3:00pm *No fee*

PEER SUPPORT GROUP

This group is led by Kelly Orender and is for anyone who wishes to attend a group session to discuss your feelings and learn coping strategies to help you with everyday life experiences. Tuesdays at 10:00-11:00am - *No fee*



*****NEW*****

AROMATHERAPY AND ESSENTIAL OIL CLASS WITH ELLIE

This class will explore the topic of Aromatherapy and the natural benefits it has. This class 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.

Current Session: April 9th through April 30th, 2024

Time: 10:00am–11:30am **Cost:** \$30.00

PAIN MANAGEMENT FOR SELF CARE WITH ELLIE

Pain Management II. In this class, Ellie will continue discussing pain. She will cover tools that we might have seen before but didn't quite know how to use or if they're beneficial to help with pain; tools like cupping, massage gun, ointments like Biofreeze, essential oils, etc. She will show how and when to use these tools and discover their benefits to manage pain.

Current Session: Fridays, March 1–March 22, 2024

Time: 10:00am–11:00am **Cost:** \$30.00

Next Session: April 5–April 26, 2024 (Massage Techniques I)

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 the those who might wish to choose it. This presentation is to help ensure Californians have access to the full range of end-of-life options. If you are interested in attending one of these presentations, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Thursday, March 7, 2024; 10:00 am

Next Session: April 10, 2024–3:00 pm

Future Session: May 20, 2024–7:00 pm

55 ALIVE DRIVING CLASS

AARP is offering a full 8-hour class in March. This class is offered in two 4-hour sessions. **First Session:** Tuesday, March 26, 2024 from 9:00am-1:00pm. **Second Session:** Thursday, March 28, 2024 from 9:00am-1:00pm.

- AARP members will pay \$20.00 and non-members will pay \$25.00 with an additional \$3.00 chair fee, per person. Call the Senior Activity Center at 559-324-2750 to reserve your spot. There are only 25 spaces available for each class.
- Instructor will no longer accept fees directly. Arrive early to pay at the front desk and get your seat.
- **REGISTRATIONS BEGIN MARCH 1, 2024.**

HEALTHY HABITS FOR YOUR BRAIN AND BODY

A representative of the Alzheimer's Association will host an educational class on the second Thursday of each month on a variety of topics. The March class is entitled "Healthy Habits for Your Brain and Body." The class is on March 14, 2024 from 10:00am-11:00am. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

AVOID ONLINE/PHONE SCAMS & FRAUD

Nancy Anderson from The Grove Senior Living will be hosting a once-a-month presentation on a variety of topics. Join us in learning how to avoid online/phone scams and fraud on March 6, 2024 from 1:30pm to 3:30pm. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. *No fee*

Next class: April 10, 2024, 1:30-3:30pm

Topic: Finding Joy and Fulfilment

BLOOD PRESSURE CHECKS

An RN will be at the Clovis Senior Activity Center on Tuesdays from 9:00am-10:00am in the lobby to provide free blood pressure checks. Stop by to monitor your blood pressure and stay on track to keeping healthy.

TECHNOLOGY HELP

Do you need help with your iPad, Laptop or Smart Phone? Several students from California Health Sciences University will be here assisting participants with technology issues. They will be here for 30-minute appointments on Mondays from 3:30-5:00pm and on Tuesdays from 8:30am to 10:30am on the following dates: March 25 & 26, April 8 & 9, April 22 & 23, and May 20 & 21, 2024. Check availability at the front counter. Spaces are limited.

We have a second volunteer named Emily who will be here for 1-hour appointments assisting participants with technology issues on Mondays and Fridays from 9:00am to 1:00pm. Check availability at the front counter.

SAVE THE DATE: HOSPICE PRESENTATION

Please join us for a presentation by Nancy Hinds, founder of Hinds Hospice, as she joins a panel of hospice experts in speaking on "What I learned about living while caring for the dying." Nancy founded her hospice more than 40 years ago, initially taking patients inside her home, while also caring for her three young sons as a young widow. Her amazing story is both inspirational and moving.

Join us on Wednesday, April 24, 2024 from 2:00-4:00pm at the Clovis Senior Activity Center. This presentation is free.

NEWSLETTER FOLDING DAYS

Every month we rely on our volunteers to come to the Senior Activity Center and help out by folding our newsletters. Newsletter folding is always on a **Tuesday morning starting at 8:00am**. Below are the dates that we will be folding the newsletters. Come join us. Newsletter folding will take place in the Main Hall.

Upcoming folding dates: March 19, April 23, May 21, June 18, July 23, and August 20, 2024.

ADULT PROTECTIVE SERVICES PRESENTATION

Please come and join Waleska Banegas who is a Social Work Practitioner who has been working with the Adult Protective Services for Fresno County for two years. Waleska has ten years of experience and would like to share the type of services and resources that the Adult Protective Services has to offer for elder adults. This presentation is free and will provide you with some valuable resources. The following information will be discussed:

- The goal of Adult Protective Services that the elder/dependent adult can remain safely in their home to the greatest degree of independence.
- What is the role of Adult Protective Services.
- Who does Adult Protective Services serve.
- What is reportable abuse and the different types of abuse that can be reported.
- Who is a mandated reporter?
- How to file an Adult Protective Service Report.

Date: Wednesday, April 3, 2024

Time: 1:00-3:00pm

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 (50 or older) may make an appointment to come in and have their documents notarized. There is a \$10.00 charge. Call 324-2757 for appointments.

INTEREST LISTS

- **American Mah-jongg:** Mah-jongg is a Rummy-like tile game where four payers take turns picking and throwing their tiles, one at a time, trying to match the tiles on their rack with one of the patterns on the National Mah-Jongg League card. It is a social game of skill, strategy, and a bit of luck.
- **Sewing Class:** This sewing group will bring their own sewing machines and sewing supplies. This class will allow for all skill-set based projects and the group is given a supply list of necessary items/fabric for the classes. Projects will include basic sewing skills up to advanced sewing.
- **How To Play Pool:** We are starting an interest list for those that may be interested in learning how to play pool correctly and getting tips on how to become a better pool player.
- **Mixed Media Art:** This class will have students use a variety of different Art mediums in order to create their own individual Art. The class will explore the variety of techniques in which the student can use various mediums together. The instructor will list suggestive new materials ideas at the beginning of each class. The student will start off with mixed media drawing and progress at an individual rate of readiness to explore.
- **Home Decorating Class:** This class will use the Google search site in order to develop ideas for Home decorating. The instructor is a colorist and artist who understands, lay outs, lighting, focal points and other design concepts
- **Support Group For Combat Vets:** If you are looking for a support group for Combat Vets and/or their spouses, we are starting an interest list. This group will start meeting in April.

If you are interested, please call the Clovis Senior Activity Center at 559-324-2750 to add your name to our interest list.

COMMUNITY EASTER **LUNCHEON**

Sunday, March 31, 2024

There's no reason to be alone on Easter Sunday. Please join us for an afternoon of food and socializing.

We invite seniors and their guests to our annual Community Easter Luncheon. The traditional Easter meal will be served at Noon. Doors open at 11:00 am. The meal is provided at no charge. No tickets or reservations are required. You do not need to be a Clovis resident to attend.

The menu includes turkey, stuffing, vegetables, rolls and dessert.

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

The event will take place at the Clovis Senior Activity Center 735 Third Street, Clovis, Ca 93612. For any questions, please call (559) 324-2750.



INFORMATION CORNER

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

FUTURE EVENTS

Clovis Choral –6-8pm every Tuesday
Big Band Dinner Dance – March 1/ 6pm-9pm
Veterans Bingo – March 19/10am
Jolly Times – March 21
Easter Luncheon–March 31/11am
Clovis Trail Fest – May 4 / 8am-12p
Spring Rummage Sale – May 9/ 8am-12p
Clovis Memorial Run – May 25/ 7am-10am

ONE DAY GETAWAY SENIOR EXCURSIONS

Old Town Sacramento–March 20, \$70.00
“Fiddler on the Roof” Roger Rockas–March 28, \$130.00
Yosemite National Park–April 20, \$65.00

Trips are available to our members. All tickets are per person and must be paid in full at the Clovis Senior Activity Center front counter at the time of reservation. Acceptable payments are cash and check only. All pickups and return rides are from the Clovis Senior Activity Center.



RESOURCE INFO THEATER DATES

ROGER ROCKA'S GOOD COMPANY PLAYERS: Beautiful, January 11-March 10, 2024; Fiddler On The Roof, March 14-May 12, 2024. Call 559-266-9494.

SAROYAN THEATRE: Mean Girls the Musical, March 26-27, 2024; Jerry Seinfeld, April 11, 2024; Drum Tao, April 13, 2024. Call 559-445-8100.

ROGER ROCKA'S SECOND SPACE: Moon Over Buffalo, March 1-April 14, 2024; On Golden Pond, April 26-June 9, 2024. Call 559-266-9494.

TOWER THEATER: Roger Trout, March 8, 2024; Rumours ATL, a Fleetwood Mac Tribute, March 17, 2024; Jim Messina with Pablo Cruise, April 7, 2024. Call 559-485-9050.

SAVE MART CENTER: Blake Shelton, March 21, 2024; Mercy Me, March 23, 2024. Call 559-278-3400.

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735 Third Street

Clovis, CA 93612

(559) 324-2750

Hours: 8 am—5 pm

Monday—Friday



ADDRESS SERVICE REQUESTED



JOLLY TIMES

Jolly Times will be held on Thursday, March 21, 2024. Coffee and donuts are served at 9:00am with the Top Dollar Band playing at 9:15am. Lunch menu is Corned Beef, potatoes, carrots, cabbage, roll and dessert. The entertainment for March's Jolly Times will be Diamonds After Dark and the cost of the meal is \$15.00. April's Jolly Times tickets will go on sale March 21, 2024, at 9:00am.

AARP FOUNDATION TAX-AIDE

Tax Aide is back. Seniors can call AARP to schedule a free tax appointment Monday through Friday, between the hours of 11:15am to 3:30pm at (559) 691-4579. You do not have to be a member of AARP to take advantage of this service. Appointments are required and are made only by calling AARP, not the Senior Center. No walk-ins will be accepted.

REGISTRATION FOR NUTRITION PROGRAM

Starting in February for those that want to sign up for the nutrition program we now have set drop-in days and times for new participants to come by the Senior Center to complete the Nutrition In-Take Form in order to participate in our lunch program. These days and times are on Wednesdays and Thursdays from 10:00 am to 3:00pm only.

FINANCIAL EXPLOITATION PRESENTATION

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

Dates: March 20, 2024 1:00pm and
May 1 2024 1:00pm



EYEGGLASS CLINIC

April Lachawicz will be at the Clovis Senior Activity Center on Monday, March 11, 2024, to clean, tighten, and properly fix your reading/prescription glasses. Stop by from 9:30am to 10:30am to see her in Meeting Room A. No appointment is necessary.

VETERANS BINGO



Tuesday, March 19, 2024

10:00am to 11:00am

Come play bingo and salute our veterans. Veterans Bingo is played every quarter and the payouts are cash! See you there!

