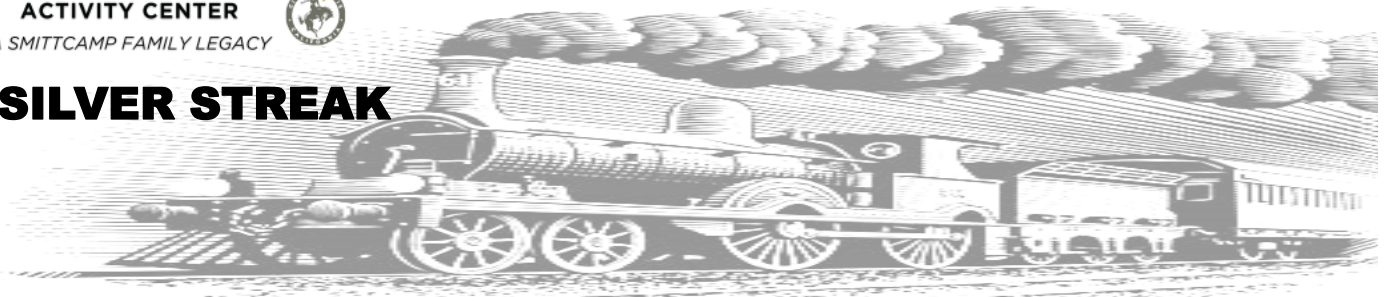




# THE SILVER STREAK



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.*

October 2024

735 Third Street, Clovis, CA 93612

(559) 324-2750

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



## FALL RUMMAGE SALE & CRAFTS FAIR



It's almost here! Our Fall Rummage Sale and Crafts Fair is on October 3, 2024 from 8:00am to noon. We will be accepting gently used items for the Fall Rummage Sale through Tuesday, October 1, 2024. We will sort on Wednesday, October 2<sup>nd</sup> at 1:00pm. If you would like to help sort with us, please call the Clovis Senior Activity Center at (559) 324-2750.



## ANNUAL CAR SHOW 2024



Our annual car show is just around the corner too. Join us for a spectacular display of vehicles on Saturday, October 12, 2024 from 8:00am to 11:00am. This event is free for spectators and car entries. Breakfast burritos and coffee will be available for purchase. Registration on the day-of-event will not be accepted due to space constraints. All spectators, please park south of Third Street in the public parking.

## NEW ACRYLIC PAINTING CLASS WITH KRISTINA FOR OCTOBER ONLY

Come and join Kristina for something new! It's a Friday Fall Fun Acrylic "Welcome" sign. This unique two-session class will allow students to create their own welcome sign with the front side of pumpkins with a thankful theme and then creating the backside with winter trees to display a Christmas theme. If you are interested in attending, please sign up on-line only through myactivecenter. Be sure to sign up early as space is limited. The dates are Friday, October 18 and October 25, 2024. The time is 3:00pm to 5:00pm and the cost is \$30.00.



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

**Find the newsletter on the City of Clovis website:  
[www.clovisseniors.org](http://www.clovisseniors.org)**

**Hours of Operation  
Monday thru Friday  
8:00am-5:00pm  
(Exception: National Holidays)**

## **SPORTS & FITNESS**

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

### **Yoga**

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

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

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

### **Gentle Stretch & Strengthen Exercise**

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

Don Kolz Instructor \$2.00 per class

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

### **Traditional Exercise**

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

Don Kolz Instructor \$2.00 per class

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

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

### **Circuit & Equipment Training**

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

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

8 students maximum per class.

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

Thursday 12:00-1:00pm

\$2.00 per class

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

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

Monday 8:30am-9:30am

\$2.00 per class

### **Tai Chi Beyond Basics with Bill**

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

Wednesday 4:00pm-5:00pm

\$2.00 per class

### **Aerobic Kickboxing with Kirk**

Come join Kirk as he whips you into shape showing you a fun way to exercise. This class will use simple boxing moves that everyone can do. You will incorporate the legs, hips and lower extremities to a rhythmic beat of music.

Thursday 11:30am-12:30pm

2.00 per class

### **Walking Workout with Shay**

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

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

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

\$2.00 per class

### **Dance Aerobics with Shay**

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

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

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

\$2.00 per class

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

### **Zumba Gold with Stephanie**

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

*Wednesday & Friday 9:00am–10:00am*

*\$2.00 per class*

### **Zumba Chair with Stephanie**

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

*Tuesday & Thursday 7:00am–8:00am*

*\$2.00 per class*

### **Senior Tabata Class**

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

*Tuesday & Thursday 6:00pm–7:00pm*

*\$2.00 per class*



### **Balance with Don \*\*\*NEW CLASS\*\*\***

This new balance class starting on October 9, 2024, will be offered on Wednesdays and will focus on the physical, mental, and psychological aspects of maintaining and improving balance in your body. Losing one's balance and falling is still a leading cause of injury and physical decline in the senior population. This class will focus 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 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*

### **Beginning Karate with Kirk**

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

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

*Time: 3:30pm–4:30pm*

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

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

### **Meditation with Kirk**

This 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 myactivecenter.com or by registering at the front desk.

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

*Time: 3:15pm–4:15pm*

*Cost: \$20.00 for 4-week series*

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

### **Fast Fitness with Beth**

This class is designed to increase flexibility, balance, coordination, muscular strength, and cardiovascular endurance. The workout combines some weight lifting and resistance with plenty of friendly fun. All fitness levels welcome! This class is offered Tuesdays, Wednesdays and Thursdays.

*Tuesday through Thursday 6:00am–6:45am*

*\$2.00 per class*



### **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**

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

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

### **Friday Afternoon Bridge**

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

### **Wednesday Free Play Bridge**

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

*Wednesday, noon–4:00pm*      *No fee*

### **Mexican Train**

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

*Monday, 9:00am–noon*      *No fee*

*Thursday, 12:30pm–4:00pm*      *No fee*

### **2500 Card Game**

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

*Monday, 1:00pm–3:00pm*      *No fee*

### **Bingo**

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

### **Bunco**

Bunco is a social dice game played at the Senior Activity Center. 100% luck, no skill! Register on myactive-center.com to reserve your spot.

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

### **Beginning Hand N Foot**

New to Hand N Foot? Who wants to learn this fun and exciting game! There will be participants willing to teach others how to play the game. Come and try it out. No registration required. No longer played on Mondays.

*Wednesday, 1:00pm–4:30pm*      *No fee*

### **Intermediate/Advanced Hand N Foot**

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

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

### **Pinochle**

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

*Tuesday, 8:30am–11:30am*      *No fee*

### **American Mah-jongg**

American Mah-jongg is played with four players using mah-jongg tiles. The goal of the game is to be the first, by picking and discarding, to match ones tiles to a specific hand from the distributed scorecard. No registration required.

*Tuesday, 10:00am–noon*      *No fee*

### **Billiards**

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



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

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

## **DANCE & MUSIC**

### **COUPLES WESTERN DANCE**

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

*Beginner Class, Friday 5:00pm-7:00pm*

*\$4.00 per person per class*

*Intermediate Class, Monday 7:00pm-9:00pm*

*\$4.00 per person per class*

### **PRE-BEGINNING LINE DANCING**

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

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

### **BEGINNING LINE DANCING**

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

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

*Monday & Friday*

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

*Tuesday & Thursday*

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

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



### **SENIOR CENTER DANCES**



Western:	Friday	10/4	7:30pm
Western:	Friday	10/11	7:30pm
Western:	Friday	10/18	7:30pm
Western:	Friday	10/25	7:30pm

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



### **TEMPERATURE CONTROL**

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

## **VOCAL LESSONS WITH SKYLA**

### **\*\*\*NEW DAY & TIME\*\*\***

This group vocal program is available to all experience levels. It features fun, easy exercises and songs that you'll be singing with friends. Space is limited. Pre-registration can be made on [myactivecenter.com](http://myactivecenter.com). Otherwise, payment for classes to be made at the beginning of the class by using a pre-purchased Activity Card.

*Next session: Saturday, October 5–October 26, 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: Tuesday, October 1–October 29, 2024*

*3 time options: 5:00-6:00pm; 6:00-7:00pm; or 7:00-8:00pm*

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

## **LIVE ENTERTAINMENT**

### **TOP DOLLAR BAND MUSIC**

Come to hear the Top Dollar Band play on Wednesdays, October 2, 9, 16, 23 and 30, 2024 from 10:30am–11:45am. Everyone enjoys their music so come by to see and hear for yourself!

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

Enjoy the sounds of the De Leon Brothers' great music on Fridays, October 4, 11, 18 and 25, 2024 from 10:30am-11:45am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

### **KARAOKE NIGHT WITH SKYLA**

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

Cost: \$4.00 per session/per person



### **CLOVIS CHORALE SINGING GROUP**

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

## **ARTS & CRAFTS**

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

Prepare to explore the creative and fun art of card making and paper crafting. Pre-cut and measured cards make it easy for you to learn the techniques for layered and themed cards. Each is beautiful and one of a kind. This is a drop-in class on Fridays from 1:00pm to 3:00pm. The cost is \$5.00 per person, per class. October classes are on the 18th and 25th.

### **BASIC, EASY, FUN ACRYLIC LANDSCAPE PAINTING WITH KRISTINA**

This class welcomes artists of all levels from beginner to experienced. Class does not include canvases. You may bring your own or buy them from the Senior Activity Center. Canvases are \$5.00 each for either a 12x12 or 16x20 size and can be purchased at the front counter. This class is on Fridays from 3:00pm to 5:00pm.  
Next Session: November 1–November 22, 2024  
Cost: \$25.00 for 4-week session

### **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 October are on the 21st and 28th.

### **BEGINNING DRAWING CLASS WITH DEBORAH**

This class will start with simple objects and move into more complex subjects. Beginners will gain confidence in their skills and learn to develop their own unique style and approach to drawing. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) or at the front counter to register for our new class sessions.

Current Session: Monday, October 21–December 16, 2024  
Time: 1:00pm–3:00pm  
Cost: \$40.00 for 8-week session

### **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*

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

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

Current Session: Monday, October 21–December 16, 2024  
Time: 10:00am–noon  
Cost: \$40.00 for 8-week session

### **ADVANCED WATERCOLOR WITH DEBORAH**

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

Current Session: Thursday, October 24–December 19, 2024  
Time: 10:00am–1:00pm  
Cost: \$50.00 for 8-week session

### **MAKE AND TAKE (1) WITH APRIL \*\*\*NEW TIME\*\*\***

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

Current Session: Tuesday, October 8–October 29, 2024  
Time: 11:05am–1:15pm  
Cost: \$35.00 for a 4-week session  
Next Session: November 5–November 26, 2024

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

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

Current Session: Thursday, October 3–October 24, 2024  
Time: 3:00pm–6:00pm  
Cost: \$35.00 for a 4-week session  
Next Session: November 7–November 21, 2024

## **POSH DECORATING WITH APRIL**

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

Current Session: Tuesday, October 8–October 29, 2024

Time: 5:00pm–7:00pm

Cost: \$50.00 for 4 week session

Next Session: November 5–November 26, 2024

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

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

Next Session: Wednesday, November 6–December 18, 2024

[NO CLASS NOVEMBER 27, 2024]

Time: 10:00am–12:00noon

Cost: \$50.00 for 6-week session

**NO CLASSES IN OCTOBER**

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

## **CERAMICS P.M. WITH VICKIE**

This class will allow students to learn about Greenware, Bisque, Glazing and more through your ceramic journey! A list of supplies students will need to purchase for class is available at the Senior Center front counter. This is a 3-hour class

Nex Session: Wednesday, November 6–December 18, 2024

[NO CLASS NOVEMBER 27, 2024]

Time: 1:00pm–4:00pm

Cost: \$55.00 for 6-week session

**NO CLASSES IN OCTOBER**

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

## **CRAFT, STITCHERY AND CROCHET SOCIAL GROUP**

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

Wednesday 9:00am–noon No fee

## **GELLI PLATE PRINTING WITH MAXINE**

This 4-week class uses a Gelli plate, a firm jello like substrate that is painted with mostly acrylic paint that is spread over the plate with a brayer. Many types of paper may be used on top of the painted Gelli plate and “pulled” off the plate, creating a print that will allow you to add more paint or other fun pieces such as leaves, stencils or marks to give texture for another “pull.” These pulls can be used to create collages, framed pieces, greeting card backgrounds, book marks, wrapping paper, journal pages, etc. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for our new class sessions.

Current session: Monday, October 7–October 28, 2024

Time: 3:30–5:00pm

Cost: \$30.00

## **DECOUPAGE ART WITH MAXINE**

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

Next Session: November 5–November 26, 2024

Time: 2:00pm–4:00pm

Cost: \$25.00

## **MAGICAL INKS WITH MAXINE**

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

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

Time: 2:00pm–4:00pm

Cost: \$25.00

## **SOCIAL KNITTING / CROCHET GROUP**

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

## **NEWSLETTER FOLDING DAYS**

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

Upcoming folding dates: October 22, November 19, and December 17, 2024; January 21, February 18, and March 18, 2025.

## MIXED MEDIA ART WITH KIRK

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

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

**Time:** 1:30pm–2:30pm

**Cost:** \$40.00

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

## EXPLORING YOUR PALLET WITH ACRYLIC PAINTING

Enjoy acrylic painting by using different colors. Explore the different styles of art and creating your own color pallet. It's encouraged to bring your own photographs or objects to paint on canvas. This 4-week class will have you explore your pallet of art through personal objects. Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this class.

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

**Time:** 10:00am–11:00am

**Cost:** \$25.00

*NO CLASS NOVEMBER 29, 2024*

## DRAWING FOR FUN WITH KIRK

Come have fun for 4 weeks drawing different elements, backgrounds, family, friends, and family pets. This class will explore the use of pencil, pen and charcoal drawing. It's encouraged that you bring your own photographs. Let the drawing begin! Sign up at [www.myactivecenter.com](http://www.myactivecenter.com) to register for this new class.

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

**Time:** 11:15am–12:15pm

**Cost:** \$25.00

*NO CLASS NOVEMBER 29, 2024*



## MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:30am–11:30am. The cost of the class is \$2.00 per class and signups are online at [myactivecenter.com](http://myactivecenter.com). October classes will be on the 2nd, 9th, 16th, 23rd, and 30th. **Space is limited.**

## SEWING WITH JOAN

### \*\*\*DAY AND TIME CHANGE\*\*\*

This class with Joan will be based around the beginner to advanced sewist that will be set to allow for all skill-set based projects. If you do not have a sewing machine, there will be sewing machines that can be checked out to students during the time of the class. Classes will take place on Mondays as set forth below.

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

**Time:** 12:30pm–5:00pm **Cost:** \$20.00

## MONDAY SIT AND SEW

### \*\*\*DATE AND TIME CHANGE\*\*\*

This drop-in session will take place the first Monday of each month. This will allow participants time to catch up on unfinished projects from home or a class. Bring your own project and sewing machine (unless you are in our sewing class, at which time you can check out your assigned sewing machine). Our sewing instructors, Joan and Andrea, will be available if you need assistance during this drop-in session. If you are interested in attending, you must call the Clovis Senior Activity Center to reserve your spot for the following dates: **October 7, November 4 and December 2, 2024**. You are welcome to attend more than one of these dates.

**Time:** 12:30pm–5:00pm

## NATIVE AMERICAN HISTORY: COMING OF AGE CEREMONIES

Join Laura as she shares how one of the highest sacred times for all tribes was their “coming of age” ceremonies for all young ladies and men. These were the times when the youth accepted their purpose to the tribe as a whole, their gift from their Creator, and were taught the strictness of their responsibilities. You will also learn of the loss of these traditions and how they are being brought back in these contemporary times.

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

**Time:** 9:00am–11:00am

**Cost:** \$25.00

**Next Session:** October 29–November 19, 2024 (Creation Stories: What Became of the Sacred Beliefs?)



## HALLOWEEN COSTUME CONTEST

Get your best, magical, and other worldly costume ready for our costume contest for a chance to win 1st, 2nd, and 3rd place on Wednesday, October 30<sup>th</sup>, from 10:30am to 11:30 am.





## BOOK CLUB

Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. October's book is "Ghosts of Gold Mountain" by Gordon Chang. The cost is \$2.00 per person per class. November's book is "Zero Fail: The Rise And Fall Of The Secret Service" by Carol Leonnig. Sign up at myactivecenter.com.

Current Session: Monday, October 7–28, 2024

Current Session: Tuesday, October 1–29, 2024

## HEALTH INFO. & SERVICES

### WHAT IS MY PURPOSE?

If you're curious and want a fresh perspective of your life, please join our group on this amazing journey to find our new purpose as we continue reading "Don't Give The Enemy A Seat At Your Table" by Louie Giglio. Kelly is the moderator. Sign up on myactivecenter.com.

Date: Tuesday, October 1–October 22, 2024

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

### SPANISH 2 (INTERMEDIATE)

#### \*\*\*NEW CLASS\*\*\*

Welcome to Spanish 2! The only requirement for this intermediate class is that students must have completed our Spanish for Beginners class before registering for Spanish 2. This class will continue to add on to what you previously have learned including more common phrases, sentence building, and pronunciation as well as practicing actual conversations in class. Come join Ellie as she continues to explore the Spanish language! If you are interested in attending this class, please register online at myactivecenter.com.

New Session: Wednesday, October 9–October 30, 2024

Time: 5:30pm–6:30pm

Cost: \$25.00

### FRUGAL LIVING CLASS

Join us as we continue living our best lives by arming ourselves with life enhancing information and knowledge.

Pre-registration is mandatory either on myactivecenter.com or by registering with staff in the office. New speakers every week. Space is limited.

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

Time: 1:00pm–3:00pm

Cost: \$20.00 for 10-week series

## 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 NO MEETING ON SEPT. 25.

Next session: Wednesday, Sept. 18–November 13, 2024

Time: 10:00am-11:00am

## NAVIGATING GRIEF

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

Current session: Monday, October 7, 14, 21 & 28, 2024

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

## PEER SUPPORT GROUP

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

## UNDERSTANDING YOUR MEDICARE PLAN

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

Tuesday, 10:00am–noon

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

Wednesday, 12:30pm–3:30pm

November 13 and 27, 2024

## EYEGLOSS CLINIC

April Lachawicz will be at Clovis Senior Activity Center on October 14, 2024, from 9:30-10:30 am to repair and adjust eyeglasses in Meeting Room A. No appointment needed.

## HEARING AIDS CLEANED

Susan and Bianca from HearingLife will be at Clovis Senior Activity Center on October 17, 2024, from 1:00pm to 2:00pm, offering to clean hearing aids and help improve hearing to reconnect with the world.

## BLOOD PRESSURE CHECKS

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

## NOTARY SERVICES

Notary Services are available at the Senior Activity Center Monday through Friday during regular business hours. Nella Audas is our notary. Any senior (age 50 or older) may make an appointment to come in and have their documents notarized. There is a \$5.00 per document charge. Call 324-2757 for appointments.

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

HICAP is back at the Clovis Senior Activity Center offering free Medicare counseling. Gyan Shanker, a counselor since 2021, is available for appointments on Wednesday afternoons. Whether you're new to Medicare, currently on Medicare, or have been a victim of Medicare fraud, HICAP can assist. Call the Clovis Senior Activity Center at 559-324-2750 to secure your spot.

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

Walk-Ins: 4:00pm–5:00pm

## MEDICARE 101

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

Tuesday, 10:00am–11:00am

October 1, 15 and 29, 2024

Wednesday, 6:00pm–7:00pm

October 9 and October 23, 2024



## SUPPORT GROUP FOR DEMENTIA

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

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

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

Dates: October 10; November 7; or December 5, 2024

Time: 10:00am–11:00am

## FINANCIAL PRESENTATION: "Saving With Purpose"

Come and join a representative from Pacific Service Credit Union as they present to you "Saving With Purpose." This presentation covers saving money is much easier with a goal in mind. This workshop shows participants how to choose the right goals and overcome barriers to achieving them. If you are interested in attending, please call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot. Space is limited. No fee.

Date: Wednesday, October 9, 2024

Time: 1:30pm

Next presentation: November 20, 2024 "Financial First Aid"

## ALZHEIMER'S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer's Association will host a free educational class each month on a variety of topics. The October class is entitled "Building Foundation of Caregiving." This class is on **Thursday, October 24, 2024 from 10:00am to 11:00am**. Call the Clovis Senior Activity Center at 559-324-2750 or stop by the front counter to reserve your spot.

## NUTRITION ANNOUNCEMENT

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

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

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

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

## 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 3:30pm–5:00pm on the following dates: October 1, 15 & 29; November 5 & 12; and December 3, 2024.

In addition, we also have a Clark Intermediate student who will provide technology help from October 25 through December 27, 2024. Kyle will be here on Fridays for 30-minute appointments from 3:15pm–5:15pm. Check availability at the front counter. Space is limited.

## INTEREST LISTS

- **Pointillism Acrylic Art:** Join Kirk in this fun art form using acrylic paint dots to create your own art. You'll be using both sides of the brush to create unique colorful art. No knowledge of art required, just a desire to have fun, learn and express yourself.
- **Energetic Walking:** Join Kirk to get your aerobic walking in. Kirk will introduce new and fun ways of increasing stamina thru walking. Classes will be introduced to the different distances and speeds of walking while still allowing individuals to go at their own pace. The focus will be on flexibility, strength and balance.
- **Artists Discussion Group:** Are you an artist looking to share and discuss your artwork in a supportive and non-threatening environment? Join us for our monthly artists' discussion group! Bring up to three of your favorite pieces to share with fellow artists. You'll have the opportunity to showcase your creative process, discuss the mediums you used and highlight what you love about your work. This is a fantastic chance to learn from others, discover new approaches to art, and explore different mediums you might want to try in the future. **All artistic mediums are welcome.**
- **Drop-In Chess:** Chess is a board game for two players, called White and Black, each controlling an army of chess pieces in their color, with the objective to checkmate the opponent's king. Players must have knowledge on how to play the game.

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



## INFORMATION CORNER

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

## BUS TRIP DAY TOURS

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

- October 17—Sacramento Old Town with Historic River Cruise, \$135.00
- October 19—Clam Festival at Pismo Beach, \$75.00
- October 23—Cambria Scarecrow Festival with Cayucos, \$75.00
- November 2—Taste & See in Paso Robles Wine Tasting, \$155.00
- November 25—Ronald Reagan Christmas Around the World, \$155.00
- November 28—Thanksgiving Buffet at Tenaya Lodge, \$155.00
- December 7—Cambria Christmas Market, \$130.00
- December 14—Hearst Castle Holiday Tour, \$130.00

A full refund will be provided to members who cancel 14 or more days prior to the trip. Those cancelling within 13 days of the trip will not receive a cash refund.

## FUTURE EVENTS



Clovis Chorale -6:30pm–8:00pm every Tuesday  
Fall Rummage Sale—October 3 / 8:00am–noon  
Car Show—October 12 / 8:00am–11:00am  
Halloween Party—October 30 / 10:30am–11:30am  
Thanksgiving Luncheon—November 28 / 11:30am  
Noon Year's Eve Party— December 27 / 10:30am–11:30am

## RESOURCE INFO / THEATER DATES

### ROGER ROCKA'S GOOD COMPANY PLAYERS:

The Secret Garden, September 19–November 10, 2024.  
Call 559-266-9494.

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

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

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

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

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, sex or disability.

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## Clovis Senior Activity Center: A Smittcamp Family Legacy

735 Third Street  
Clovis, CA 93612  
(559) 324-2750  
Hours: 8 am—5 pm  
Monday—Friday



ADDRESS SERVICE REQUESTED



### JOLLY TIMES

Jolly Times will be held on Thursday, October 17, 2024. Coffee and donuts are served at 9:00am with the De Leon Brothers & Friends playing at 9:15am. Lunch menu is pork chops, roasted potatoes, vegetable, bread and dessert. The entertainment for October's Jolly Times will be Tula-re Dust and the cost of the meal is \$15.00. November's Jolly Times tickets will go on sale October 17, 2024, at 9:00am.

### WINTER WONDERLAND PAINT PARTY

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

Date: Tuesday, December 3, 2024

Time: 1:30pm–5:30pm      Cost: \$40.00

### 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.

### ANNUAL FLU SHOT

Mark your calendar for our annual free flu shot clinic that will take place on October 23, 2024, from 3:00p.m. to 6:00p.m. in the Main Hall at the Clovis Senior Activity Center. For everyone 6 months of age and over. No appointment needed.

Date: October 23, 2024

Time: 3:00pm–6:00pm



Tear Here

### TEAR AND SHARE IDEAS

The Clovis Senior Activity Center is interested in your thoughts for new workshops for our members. If you have any ideas/suggestions, feel free to jot them down in the space below and turn this form in at the front desk.

I am interested in: \_\_\_\_\_

Return to: Clovis Senior Activity Center, 735 Third Street, Clovis, CA 93612

