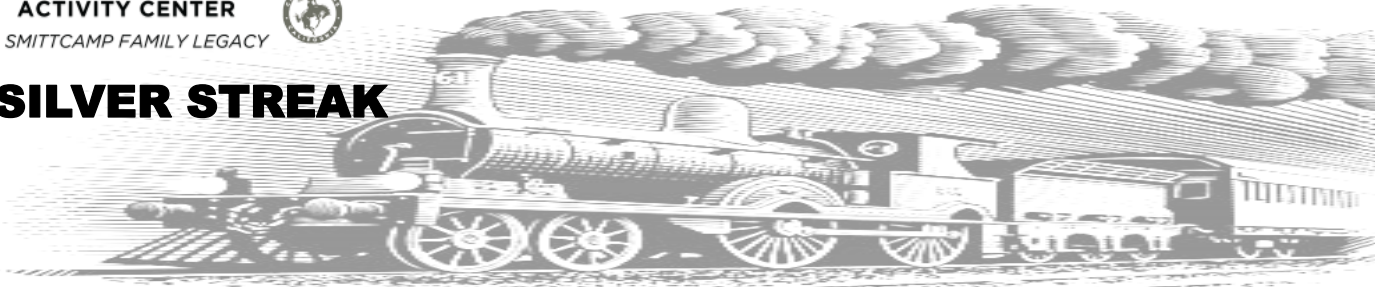


THE SILVER STREAK



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 2025

735 Third Street, Clovis, CA 93612

(559) 324-2750

www.clovisseniors.org

MASTERING TECHNOLOGY DEVICES



Are you ready to throw your smartphone out the window? Do you struggle with basic computer skills? Don't fret, you're not alone. We have several options to help you. Check them out below.

I-PHONE MASTERY FOR BEGINNERS WITH NORA V!

This beginner-friendly class is designed to help everyone who uses an iPhone to unlock their full potential with ease and confidence. Learn how to navigate the home screen, send messages, make calls, and use essential apps like Photos and Safari. We'll also dive into basic settings, safety tips, and personalizing your device to fit your needs. This will be a 4-week class session for 1-hour. Attendance for all 4-sessions is required to ensure you get the most out of your learning experience. If you are interested in attending, please stop by the front desk to register and pay your fee. Payment must be received at the time of registration to secure your spot. Space is limited.

Date: Wednesday, April 9–April 30, 2025

Time: 11:00am–12:00pm

Cost: \$50.00

Future Session: May 7–May 28, 2025



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: March 18, and April 1, 8, 15 & 29, 2025. Check availability at the front counter. Space is limited. No fee.

We are also pleased to have two additional volunteers providing technology assistance to our seniors. Gunner McDaniel of the Transition Resource and Assessment Center through Clovis Unified is here on Mondays and Fridays from 9:00am–2:00pm and on Wednesdays from 9:00am–1:00pm for 30-minute appointments. Angelique will be here on Tuesdays and most Thursdays from 9:00am–2:00pm beginning March 11, 2025. These are also 30-minute appointments. Check availability at the front counter. Space is limited. No fee.

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Like us on Facebook for updates and information.

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

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



SPORTS & FITNESS

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

Yoga

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

Tuesday & Thursday 2:30pm–3:30pm \$2.00 per class

Gentle Stretch & Strengthen Exercise

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

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

*****DAY CHANGE*****

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

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

Pre-Registration mandatory at www.myactivecenter.com.

8 students maximum per class.

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

Tuesday 12:00–1:00pm

\$2.00 per class

Senior Center Fitness Room

Our fitness room is open Monday-Friday 8:00am to 8:00pm. You're invited to use this equipment at your own risk. For your own safety, see staff for instructions on 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.**

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 toward what is sacred, or most important to us.

Wednesday 1:15pm–2:15pm

\$2.00 per class

Balance with Don

*****NEW DAY ADDED*****

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 is 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.

Wednesday 11:30am–12:30pm

Thursday 11:45am–12:45pm

\$2.00 per class

Tai Chi Beginning Basics with Bill

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

Monday 8:30am–9:30am

\$2.00 per class

Tai Chi Beyond Basics with Bill

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

Wednesday 4:00pm–5:00pm

\$2.00 per class

Let's Have A Ball

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

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

Ripped Muscle Resistance ***NEW CLASS***

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 weights and resistance bands.

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

Zumba Gold with Stephanie ***NEW DAY/TIMES***

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

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

\$2.00 per class

Zumba Chair with Stephanie

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

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

Senior Tabata Class

Come join Stephanie for a fun 60-minute upbeat Cardio Interval Class for active older adults. This 8-cycle workout consists of 20-second cardio circuits and weights, 10-second rest with a 1-minute rest in between. The circuits are repeated for 4 sets. Go at your own pace.

*Tuesday & Thursday 6:00pm–7:00pm
\$2.00 per class*

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: Monday, February 10–March 10, 2025

Time: 4:00pm–5:00pm

Cost: \$20.00 for 4-week series

Next session: March 17–April 7, 2025

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: Tuesday, February 11–April 1, 2025

Time: 4:30pm–5:30pm

Cost: \$40.00 for 8-week series

Next session: April 8–May 27, 2025

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.

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

Fast Fitness with Beth

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

*Tuesday through Thursday 6:00am–6:30am
\$2.00 per class*

Strength Training with Weights ***NEW CLASS EFF. 3/3/25***

Come and join Shay as she introduces you to a new class involving weights. This class will help you build strength and mobility through weightlifting exercises done to music.

*Monday (at Clovis Rec. Center) 10:00am–11:00am
Thursday (at Senior Center) 10:00am–11:00am
\$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

*****TIME CHANGE*****

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

Thursday (at Senior Center) 9:00am–10:00am

\$2.00 per class

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

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

*****DAY/TIME CHANGE EFF. 3/3/25*****

Come join us for drop-in sessions of ping pong on Mondays, Tuesdays, Thursdays, and Fridays from 9:00am to 11:00am at the Clovis Transit Training Room. Players keep their own score. Standard playing rules apply. No fee.

Friday Afternoon Bridge

The Bridge Group meets every Friday from 12:15pm–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

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.

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

*****TIME CHANGE EFF. 3/4/25*****

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, 9:30am–noon No fee

2500 Card Game

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

Monday, 1:00pm–3:00pm No fee

Billiards

We have a Billiards Room with 4 pool tables that are available to members for a \$10.00 monthly fee. Open play is available Monday through Friday 8:00am to 8:00pm (except on Tuesday evenings when Clovis Chorale is using the room). Check the board for tournament dates and time. **\$10.00 monthly pool fee**

DANCE & MUSIC

COUPLES WESTERN DANCE

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

Beginner Class, Friday 5:00pm–7:00pm

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

\$4.00 per person per class

LINE DANCING FOR EVERYONE

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

Monday & Friday

1:30pm–3:30pm \$4.00 per class and

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

Tuesday & Thursday

1:00pm–3:00pm \$4.00 per class

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. There's plenty of room for freestyle dancing and to perfect your moves.

Western: Friday March 7 7:30pm–10:00pm

Western: Friday March 14 7:30pm–10:00pm

Western: Friday March 21 7:30pm–10:00pm

Western: Friday March 28 7:30pm–10:00pm

Each Friday session is \$5.00 per person.

SCANDINAVIAN FOLK DANCE

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, March 11, 18 & 25, 2025; April 8, 15, 22 & 29, 2025; May 13 & 27, 2025



LIVE ENTERTAINMENT

TOP DOLLAR BAND MUSIC

Come to hear the Top Dollar Band play on Wednesdays, March 5, 12, 19 and 26, 2025 from 10:30am–11:45am. Everyone enjoys their music so come by to see and hear for yourself!

DE LEON BROTHERS BAND MUSIC

Enjoy the great music of the De Leon Brothers on Fridays, March 7, 14, 21 and 28, 2025 from 10:30am–11:45am. Dance or sing along to the brothers and friends' music. It's always a good morning with these guys!

CLOVIS CHORALE SINGING GROUP

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

KARAOKE NIGHT

Grab a mic and sing your favorite songs on Karaoke Night, the best way to enjoy music with friends! All 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. **Must be 50+ years of age to participate.**

Cost: \$4.00 per session/per person

ARTS & CRAFTS

DECORATIVE CARD/ PAPER CRAFTING WITH KRISTINA

Prepare to explore the creative and fun art of card making and paper crafting. Pre-cut and measured cards make it easy for you to learn the techniques for layered and themed cards. Each is beautiful and one of a kind. This is a drop-in class on Fridays from 1:00pm to 3:00pm. The cost is \$5.00 per person, per class. Classes in March are on the 7th, 14th, 21st and 28th.

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 7–March 28, 2025

Cost: \$25.00 for 4-week session

Next Session: April 4–April 25, 2025

EASY CREATIVE GARDEN PAINTING WITH KRISTINA

Learn to paint flowers, leaves and garden critters. Kristina will help you practice painting the first hour. Then the second hour of the class you will get the opportunity to paint on canvas, terra cotta pots, or rocks. Teacher's choice. This is a drop-in class on Mondays from 5:30pm to 7:30pm. Cost is \$5.00 per person, per class. Classes in March are on the 3rd, 10th, 17th, 24th and 31st.

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

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*

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.

Next Session: Thursday, May 8–June 26, 2025

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

Future Session: July 10–August 28, 2025

MAKE AND TAKE WITH APRIL (BEGINNING/INTERMEDIATE)

*****ADDITIONAL CLASS SESSION*****

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 4-week class session will take place on Tuesdays. **Starting in April, a second 4-week session is offered for Tuesdays from 4:30pm–6:30pm.** Each 4-week session is \$35.00.

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

Time: 11:15am–1:15pm

Next Session: April 1–April 22, 2025

MAKE AND TAKE WITH APRIL (ADVANCED)

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 (Beginning/Intermediate) 4-week sessions to participate. These classes are always popular so sign up on www.myactivecenter.com right away.

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

Time: 3:00pm–6:00pm

Cost: \$35.00 for a 4-week session

Next Session: April 3–April 24, 2025

POSH DECORATING WITH APRIL *****TIME/DAY CHANGE*****

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. ****Starting in April, 2025, POSH will change to a 2-week session on the 1st and 3rd Friday of each month. The time will be 4:00pm–6:00pm and the cost will be \$35.00. Students will make one project for each 2-week session.**

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

Time: 5:00pm–7:00pm

Cost: \$50.00 for 4 week session

Next Session: April 4 & April 18, 2025

CERAMICS A.M. WITH VICKIE

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

Current Session: Wednesday, February 19–March 26, 2025

Time: 9:30am–12:30pm

Cost: \$55.00 for 6-week session

Next Session: April 2–May 7, 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, February 19–March 26, 2025

Time: 1:00pm–4:00pm

Cost: \$55.00 for 6-week session

Next Session: April 2–May 7, 2025

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

DROP-IN CRAFTERS

This is a drop-in knitting, crocheting, embroidery, cross-stitching and quilting social group. There is no instructor; other participants will help you with your project. This group will meet in our East Lobby on Wednesdays from 9:00am to noon. *No fee*

DROP-IN ART *****NEW DAY/TIME*****

Starting March 6, 2025, “Drop-In” Art will be on Thursdays from 12:45pm–2:30pm. After May 1st, the time will change to 12:30pm–2:30pm. Bring your projects and work independently on them. *No fee*

MAGICAL INKS WITH MAXINE

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

Next Session: Tuesday, April 8–April 29, 2025

Time: 2:00pm–4:00pm

Cost: \$30.00

Future Session: June 3–June 24, 2025

GELLI PLATE PRINTING **WITH MAXINE** *****TIME CHANGE EFF. 3/7/25*****

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. A list of supplies needed for this class is available at the front counter. Sign up at www.myactivecenter.com.

Current Session: Friday, March 7–April 25, 2025

Time: 10:00am–noon

Cost: \$45.00

Next Session: May 2–June 20, 2025

DECOUPAGE ART WITH MAXINE

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

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

Time: 2:00pm–4:00pm

Cost: \$35.00

Next Session: May 6–May 27, 2025



MEMOIR WRITING CLASS

Explore your past and develop a written account of your special memories. This class is structured by facilitator C. Jeanie Miller and classes are on Thursdays from 9:00am–11:00am. The cost of the class is \$2.00 per class and signups are online at www.myactivecenter.com. March classes are on the 6th, 13th, 20th and 27th. Space is limited. (Class on the 3rd Thursday of each month will be held in the Transit Building conference room.)

ART JOURNALING BY DEBORAH *****NEW CLASS*****

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

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

Time: 10:00am–noon

Cost: \$40.00 for 8-week session

Future Session: July 28–September 22, 2025

ZENDOODLING BY DEBORAH *****NEW CLASS*****

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

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

Time: 1:00pm–3:00pm

Cost: \$40.00 for 8-week session

Future Session: July 28–September 22, 2025

SEWING WITH JOAN

This sewing class with Joan will be based around the beginner to advanced sewist that will be set to allow for all skill-set based projects. If you do not have a sewing machine, there will be sewing machines that can be checked out to students during the time of the class. **A list of the supplies you'll need for this 12-week class is available at the front counter.** Classes will take place on Mondays as set forth below.

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

Time: 12:30pm–5:00pm

Cost: \$35.00–for 12-week session

Next Session: starts July 14, 2025



URBAN SKETCHING BY DEBORAH *****NEW CLASS*****

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

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

Time: 9:30am–12:30pm

Cost: \$40.00 for 8-week session

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

NATIVE AMERICAN HISTORY

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

Current Session: Tuesday, February 18–March 25, 2025

Time: 9:00am–11:00am

Cost: \$30.00

Next Session: April 1–May 6, 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 March 3, April 7, May 5 and June 2, 2025.

Time: 12:30pm–5:00pm

BOOK CLUB



Book Club is on Mondays and Tuesdays from 9:00am-10:00am with Kelly moderating. March's book is "The Curious Charms of Arthur Pepper" by Phaedra Patrick. The cost is \$2.00 per person per class. April's book is "Here One Moment" by Liane Moriarty.

Current Session: Monday, March 3–March 31, 2025

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

HEALTH INFO. & SERVICES

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: Thursday, January 23–March 27, 2025

Time: 1st class: 10:00am–11:30am

All other classes: 10:00am–11:00am

Next session: May 8–July 10, 2025

NO CLASS ON MARCH 20, 2025

NAVIGATING GRIEF

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

Date: Monday, March 3–March 31, 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

EYEGLASS CLINIC



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

HEARING AIDS CLEANED

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

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 "Experiencing God" by Henry T. Blackaby. Kelly is the moderator.

Date: Tuesday, March 4–March 25, 2025

Time: 1:00pm–2:00pm

Cost: \$2.00 per person per class

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. **New speakers every week. Space is limited.**

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

Time: 1:00pm–3:00pm

Cost: \$30.00 for 10-week series

Next Session: June 4–June 25, 2025 (\$15.00 for 4 weeks)

STROKE RECOGNITION AND HOW TO RESPOND

Please come and join Joyce Eden, a Registered Nurse who is a CHS Stroke Supervisor at Neuroscience. She will be providing you instructions on how to activate care and touch on where to get rehab after a stroke, if needed. This presentation will cover the symptoms of a stroke and provide examples for each symptom listed below. If you are interested in attending, please call the Clovis Senior Activity Center at 559-324-2750 to secure your spot for either Option 1 or Option 2. No fee.

B balance

E eye/vision disturbance

F-face changes

A arm/leg weakness

S-speech loss /garbled

T-time to call 911

Option 1: Monday, March 17 2025, 6:00pm–7:00pm or

Option 2: Thursday, March 20, 2025, 1:00pm–2:00pm

CREDIT CARD MAKEOVER: GETTING OUT OF DEBT

Come and join Michael Bodourian from Pacific Service Credit Union as he shares some great pointers on how to get out of credit card debt. Credit cards can be a great financial tool, but for some, can lead to debt and financial trouble. This presentation provides participants an overview of credit card usage and reconstructing existing credit. If you are interested in attending, please call the front office to secure your spot. No fee.

Date: Wednesday, April 16, 2025

Time: 1:30pm–2:30pm

NOTARY SERVICES

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

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

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

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

Walk-Ins: 4:00pm–5:00pm

UNDERSTANDING YOUR FINANCES

Come and join Jeff King, an Advisor with Edward Jones Financial in Clovis, as he hosts free educational presentations throughout the year. The March topic is entitled “The Four Pillars of the New Retirement.” this presentation will provide an in-depth look at health, family, purpose and finances. You will be empowered to think through your own circumstances, goals, and challenges so you can impact your quality of life in retirement. 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: Thursday, March 6, 2025

Time: 9:30am–10:30am

Future presentation topics: April 9–Be Alert to Financial Fraud; May 8–Key Life Decisions: Are You Prepared?; and June 12–Medicare and Finance.

HOLISTIC BLENDING WITH NATURAL OILS CLASS

Please come and join Ellie for a 4-week essential oils class where you will learn how to blend and make your own perfume, body and face scrubs, and body oil. You'll have plenty of beautiful smelling creations to take home or give to family or friends! Not only will you learn how to make different blends, you will also learn the purpose of each pure naturally derived oil. If you are interested in attending, please register online at myactivecenter.com. Space is limited.

Current session: Wednesday, March 5–26, 2025

Time: 6:00pm–7:00pm

Cost: \$30.00

Next session: April 9–30, 2025

SUPPORT GROUP FOR DEMENTIA

The Alzheimer's Association is providing a free support group for **ALL** caregivers/family/friends that will help build a support system for those dealing with a loved one that has dementia **only**. This caregiver 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. 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, March 27, April 24, May 29, June 26, and July 31, 2025

Time: 10:00am–11:00am

DEMENTIA EDUCATION CLASSES

Please join Adriana from Seva Hospice as she provides different educational presentations regarding dementia. She will be covering a different topic each month. The March topic will be “Communication With People With Dementia.” 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: Tuesday, March 25, 2025

Time: 11:30am–1:00pm

Future class topics: 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.

MEDICARE 101

Come join Christine for Medicare 101 presentations. She will be here on the dates listed below. Listen to the presentation and feel free to ask questions. If you are interested in attending, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited. No fee.

Dates: Thursday, March 6 & 20, 2025; April 3 & 17, 2025; May 1 & 15, 2025

Time: 9:00am–10:00am

QUESTIONS ABOUT YOUR MEDICARE PLAN

Come join Christine from Medicare Advocates as she answers questions about your Medicare plan. She will be here from 9:00am to noon every **Tuesday** for individual 30-minute appointments to assist you on the dates listed below. Please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. No fee.

Dates: March 4–25, 2025; April 1–29, 2025; May 6–27, 2025

INFORMATION CORNER

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

END-OF-LIFE OPTIONS AND MEDICAL AID WHEN DEALING WITH DEATH

California is one of 10 states that offers the legal option of medical aid-in-dying for those who might wish to choose it at end-of-life. This presentation is to help ensure Californians have access to the full range of end-of-life options. The presentation leader is Fresno resident Fred Philippi, a volunteer with Compassion & Choices, the oldest, largest and most active national non-profit organization dedicated exclusively to improving care expanding options and empowering everyone to chart their end-of-life journey. If you are interested in attending this presentation, please call the Clovis Senior Activity Center at 559-324-2750 to reserve your spot. Space is limited.

Date: Monday, March 10, 2025

Time: 7:00pm-8:00pm

ALZHEIMER'S ASSOCIATION PRESENTATIONS

A representative of the Alzheimer's Association will host free educational classes on a variety of topics throughout 2025. The March class is entitled "Let's Get Moving for 2025-Healthy Habits!" This class is on **Thursday, March 13, 2025 from 9:30am to 10:30am**. If you are interested in attending, call the Clovis Senior Activity Center or stop by the front counter to reserve your spot.

HEALTH AEROBIC WORKSHOP

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

Date: Saturday, March 29, 2025

Time: 9:00am-12:30pm

Cost: \$20.00

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.

NEWSLETTER FOLDING DAYS

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

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



BUS TRIP DAY TOURS



- ◆ March 1, 2025—Girlfriend Getaway: Menopause the Musical at Gallo Center, \$135.00
- ◆ March 15, 2025—Monterey Fisherman's Wharf, \$75.00
- ◆ April 12, 2025—San Francisco Alcatraz Tour, \$155.00
- ◆ May 7, 2025—Mamma Mia: San Francisco @ Orpheum Theatre, \$230.00
- ◆ May 17, 2025—California Strawberry Festival in Oxnard, \$85.00
- ◆ June 21, 2025—A Beautiful Noise: Neil Diamond Musical @ Golden Gate Theatre, \$230.00

Reservations must be made in person at the front desk. Payment must be made in full (cash or check only) at the time of registration. All pickup and returns are from the Clovis Senior Activity Center. Please park in the East parking lot near the buses. A full refund will be provided to members who cancel 14 or more days prior to the trip. Those cancelling within 13 days of the trip will not receive a cash refund. If you are unable to attend within the 14-day prior window, it is your responsibility for finding another senior to take your place.

FUTURE EVENTS

Veteran's Bingo—March 18 / 10:00am
Jolly Times—March 20 / 9:00am
Birthday Celebration with Cake—March 28 / 10:30 am
Big Band Dinner Dance—March 29—5:00pm
Jolly Times—April 17 / 9:00am
Easter Luncheon—April 20 / 12:00pm



INTEREST LISTS

- **Stamp Collection Club:** If you are one of many stamp collectors and would like to socialize and share your collection/knowledge with others, we would like to start a Stamp Collectors Club.

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

TAX PREPARATION

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



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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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, March 20, 2025. 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, a roll and dessert. The entertainment for March's Jolly Times will be the Celtic Band and the cost of the meal is \$15.00. April's Jolly Times tickets will go on sale March 20, 2025, at 9:00am.

JOLLY TIMES DANCE

Come and enjoy your evening with some friends and dance the night away. The Jolly Times Dance is on Saturday, May 3, 2025 from 5:00pm to 7:00pm. The entertainment for the evening will be the Southern Comfort Band. Tickets are \$10.00 per person and go on sale March 1, 2025 at the front desk. Last day to purchase tickets will be April 25, 2025. One soda and a bag of chips will be given to each attendee.

NUTRITION PROGRAM VOLUNTEER

Are you interested in volunteering in the Nutrition department? There is a class and testing to certify for the program in March. If you would like to attend to become a certified volunteer, please sign up at the Senior Center front desk.

TRAUMA-INFORMED: A PATH TO UNDERSTAND AND SUPPORT

Join us for a two-part series on Trauma-Informed Caregiving presented by Community Engagement Specialist Kathleen Hernandez from Aspiranet. In Session 1, Kathleen will explore the foundations of trauma-informed care, equipping participants with practical tools and strategies to create safe, supportive environments for individuals impacted by trauma. In Session 2, she will dive deeper into sensory processing and mental health through a trauma-informed lens. This session will provide insights into how trauma influences sensory experiences and mental health, empowering caregivers to respond with compassion and effectiveness. Each 90-minute session offers engaging discussions, evidence-based practices, and actionable steps to enhance caregiving skills for grandchildren or caregiving for our parents. If you are interested in attending both sessions, please call the front desk to reserve your spot. Space is limited. No fee.

Session 1: Wednesday, March 26, 2025

Session 2: Wednesday, April 2, 2025

Time: 1:00pm–3:30pm



VETERANS BINGO

Tuesday, March 18, 2025

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!