THE SILVER STREAK

JANUARY 2026

VISIT OUR WEBSITE FOR THE LATEST UPDATES
WWW.CLOVISCA.GOV/SENIORCENTER



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.***

From the Deputy Director's Desk: Welcome to the New Year

Happy New Year. January always feels like a fresh start, and I am grateful to begin 2026 with all of you. This Center is full of people who show up for one another, and that sense of community is what makes this place feel like home.

Clovis Transit rolled out new routes in November, and they've made getting between the Community Center and the Senior Center much easier for all of us. If you want to head over for pickleball, stop in for a dance class after lunch, or just move between the two buildings without the hassle of parking, the Red Route is an easy option. It stops right in front of both centers every 30 minutes, and it's free, so getting around feels simple and relaxed.

We are also getting ready to upgrade our software system. Our new platform, RecDesk, will make signing in and registering for classes much easier. We'll share updates soon and make sure everyone feels comfortable with the transition.

Our StoryBooth is up and running, and we've already begun recording the personal stories of our members. It is an honor to help preserve these memories. Alongside that, we are proud to introduce our new Wall of Honor, created to recognize the veterans who are part of our community. If you would like to honor a veteran, whether it is yourself, a family member, or someone meaningful in your life, we would be glad to help you include them on the wall. I will also be adding my dad's photo. He was a member here before his passing in June, and it means a great deal to me to honor him in this space.

As we step into the new year, we are continuing to grow programs, activities, and opportunities for connection. If you are new to the Center, welcome. If you have been with us for years, thank you for the heart you bring to this place. Your ideas and feedback help shape what we do, and we are always glad to hear from you.

Here is to a year filled with good company, shared moments, and a community that feels like family.

~Bethany



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LOCATION KEY: REFERENCE GUIDE FOR PROGRAMS

CSAC - CLOVIS SENIOR ACTIVITY CENTER... 735 THIRD ST
CCC - CLOVIS COMMUNTY CENTER.....850 FOURTH ST
CRC - CLOVIS RECREATION CENTER.....3495 CLOVIS AVE
TTR - TRANSIT TRAINING ROOM.....785 THIRD ST

Sports and Fitness

Fitness classes are at the Clovis Senior Activity Center unless noted otherwise.

Yoga
All levels welcome. This Yoga class uses bodily postures and breathing to stretch and align the body promoting circulation, balance and flexibility.
Instructor: Don Kolz
Day of Week: Tues. and Thurs. Time: 2:30-3:30 pm
Cost: $2.00

Gentle Stretch & Strengthen Exercise
Gentle stretching to increase flexibility and movement with low impact. Can be done sitting or standing.
Instructor: Don Kolz
Day of Week: Mon., Wed., & Fri. Time: 9:00-10:00 am
Cost: $2.00

Traditional Exercise
This workout combines aerobic, flexibility and resistance training.
Instructor: Don Kolz
Day of Week: Mon., Wed., & Fri. Time: 10:15-11:15 am
Day of Week: Tues. & Thurs. Time: 1:30-2:30 pm
Cost: $2.00

Circuit & Equipment Training
Quick 30 min. workout using weights, bicycles, steps, and machines to experience a full body and cardio workout. With a 15 min. warm up and cool down before and after the workout. PRE REGISTRATION REQUIRED
Instructor: Don Kolz
Day of Week: Mon. & Fri. Time: 12:00-1:00 pm or 1:00-2:00 pm
Day of Week: Tues. Time: 12:00-1:00 pm
Cost: $2.00

Vinyasa Yoga
This class is also known as "Flow" yoga. This method strings moves together into a sequence. Breathworks is a crucial part of this style of yoga.
Instructor: Don Kolz
Day of Week: Wed. Time: 1:15-2:15 pm
Cost: $2.00

Balance
Focus on physical, mental, and psychological aspects of maintaining and improving balance in your body.
Instructor: Don Kolz
Day of Week: Wed. Time: 11:30 am - 12:30 pm
Day of Week: Thurs. Time: 12:00 pm - 1:00 pm
Cost: $2.00

Tai Chi Beginning Basics
Learn to move in a series of slow, balanced, connected movements. Tai Chi helps calm the mind, reducing stress and improving balance.
Instructor: Bill Titus
Day of Week: Monday Time: 8:30-9:30 am
Cost: $2.00

Tai Chi Beyond Basics
This class will focus on posture, deep breathing, flowing movements, and a basic understanding of mind body connection.
Instructor: Bill Titus
Day of Week: Wed. Time: 4:00-5:00 pm Cost: $2.00

Cardio Drumming
A fun way to stay active and have some fun with friends. This Class has been designed with all different styles of drumming in mind, it allows for basic movements and provides and easy to follow workout that allows for basic movements and provides an easy to follow workout that is effective for improving muscle tone, heart, and stamina. We will practice drumming at the beat of familiar music from different genres and decades. Learn at your own pace, you may stand and sit during class. **PRE REGISTRATION REQUIRED**
Instructor: Stephanie Shannon
*Day of Week: Mon. Time: 9:30-10:30am **(CRC)***
Cost: $2.00

Let's Have a Ball
In this class you will use resistance bands and play balls to work on strength, hand/eye coordination and overall fitness. You may sit or stand for this class.
Instructor: Stephanie Shannon
*Day of Week: Tues. Time: 10:15-11:15 am **(CRC)***
Cost: $2.00

Ripped Muscle Resistance
This is a complete strength training program to help you increase your strength and get ripped. Intermediate/advance class using bands and weight.
Instructor: Stephanie Shannon
Day of Week: Tues. & Thurs. Time: 4:00-5:00 pm
Cost: $2.00

Zumba Gold
Class designed to help build cardiovascular health by challenging the heart and lower body muscles through fun dance moves.
Instructor: Stephanie Shannon
*Day of Week: Tues. Time: 9:00-10:00 am **(CRC)***
*Day of Week: Wed. & Fri. Time: 8:00-8:45 am **(CSAC) - Beginners Welcome!***
*Day of Week: Wed. & Fri. Time: 9:00-10:00 am **(CSAC)***
Cost: $2.00

Zumba Chair
Dance while sitting in a chair. Moves toned down to help those with limited mobility.
Instructor: Stephanie Shannon
Day of Week: Mon. & Thurs. Time: 7:00-8:00 am
Cost: $2.00

Senior Tabata
Join this upbeat cardio interval class that incorporates 8-cycle workout consisting of 20 second cardio circuit and 10 second rest. Repeat 4 sets. Go at your own pace.
Instructor: Stephanie Shannon
Day of Week: Tues. & Thurs. Time: 6:00-7:00 pm
Cost: $2.00

Zen Meditation
This 4-week meditation class begins Jan. 8th , 2026.
Pre-registration is required.
Instructor: D. Robert Wolff, M.D
Current session: Thur. Jan 8th —Jan. 29th
Time: 7:00pm—8:00pm
Cost: $20.00 for 4-week series

Energized Walking
Join Kirk for Energized Walking where you'll learn to warm up muscles, gain flexibility and increase your stamina.
Instructor: Kirk Cruz Location: CCC
Day of Week: Mon. Time: 2:30-3:30 pm
Cost: $2.00

Meditation
4-week meditation series. This class highlights the benefits of calming the mind.
Pre-registration is mandatory
Instructor: Kirk Cruz
Day of Week: Mon. Time: 4:00-5:00 pm
Current Session: Jan. 5th - Feb . 2nd Cost: $20.00

Aerobic Kickboxing
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.
Instructor: Kirk Cruz
Day of Week: Tues. Time: 3:30-4:30 pm
Cost: $2.00

Beginning Karate
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.
Current session: Nov. 25- Jan. 13
Next Session: Jan. 20th Mar. 10th
Time: 4:30pm—5:30pm Cost: $40.00 for 8-week series

Fast Fitness
This class is design to increase flexibility, balance, coordination, muscular strength, and cardiovascular endurance through weights and resistance training.
Instructor: Beth Nelson
Day of Week: Mon.-Fri. Time: 6:00-6:30 am
Cost: $2.00

Senior Games

Setup time is no earlier than 15 minutes prior to game time.

Bingo
Bingo is free and prizes are given to winners.
Instructor: Bonnie Audas
Day of Week: Tues. Time: 10:00-11:00 am
Cost: Free

Afternoon Bingo Bash
Enjoy bigger prizes and more bingo fun!
Instructor: Bonnie Audas
Day of Week: Fri. Time: 1:30-2:30 pm
Cost: Free

Bunco
Bunco is a fast-paced, social dice game typically played with 12 or more players divided into groups of four. The goal is to roll a specific number on each turn (the "target number") and score points by rolling as many of that number as possible.
Day of Week: Mon.
Time: 11:00-1:00 pm
Cost: $5.00

Open Game Play
Bonnie will be hosting Open Game Play in the Main Hall on Mondays (except the first Monday of each month) featuring Farkle, dice game. We also have Phase 10, Mexican Train, Cribbage, and more. Refreshments will be provided.
Day of Week: Mon. Time: 1:00-3:00pm
Cost: Free

Hand n Foot
Hand n Foot is a popular card game where players try to form sets and runs of cards to score points. Each player is dealt two sets of cards: a "hand" and a "foot."
Day of Week: Tues., Wed., & Fri. (CSAC)
Day of Week: Mon. & Thurs. (CCC)
Time: 12:30-4:00pm
Cost: Free

Pinochle
Pinochle is a trick-taking card game played with a 48-card deck. Players form teams and try to score points by creating "melds" and by winning tricks.
Day of Week: Tues. Time: 8:30-11:30 am
Cost: Free

Afternoon Trivia
Lively afternoon game of brain-teasing fun, friendly competition.
Instructor: Bonnie Audas
Day of Week: Wed. Time: 3:00-4:00 pm
Cost: Free

Bridge
Bridge is a classic trick-taking card game played with a standard 52-card deck, typically by four players in two teams of two. Wednesday is causal fun, and Friday welcome players with intermediate to advance skills.
Day of Week: Wed. Time: 12:00-4:00 pm Cost: Free
Day of Week: Fri. Time: 12:00-4:00 pm Cost: $1.00 ***Set up 11:45***

American Mah-Jongg
American Mah-Jongg is a tile-based game typically played by four players. The goal is to complete a hand by forming a set of specific combinations.
Day of Week: Tues. Time: 9:30 am - 12:00 pm
Cost: Free

Mexican Train
The objective is to be the first to play all of your dominoes or have the fewest left when the game ends.
Day of Week: Mon. Time: 9:00 am-12:00 pm Cost: Free
Day of Week: Thurs. Time: 12:30-4:00 pm Cost: Free

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!
Day of Week: Mon. Time: 1:00-3:00 pm Cost: Free

Billiards
We have 4 pool tables that are available to members.
Day of Week: Mon.-Fri. Time: 8:00 am - 8:00 pm
Cost: $10.00/ month

Chess
Open Drop-In Chess ♟ All skill levels welcome—come play, learn, and enjoy a friendly game!
Day of Week: Wed. Time: 12:30-3:30 pm Cost: Free

Dance & Music

Scandinavian Folk Dance

Scandinavian folk dance refers to a variety of traditional dances from the Nordic countries—Sweden, Norway, Denmark, Finland, and Iceland. Music once a month played by local band The Great Danes.

Beginners Day of Week: Tues. Time: 7:00-7:55 pm
Intermediate Day of Week: Tues. Time: 8:10-9:00 pm
Cost: $2.00

Folklórico

Beginner friendly class welcomes dancers of all levels to learn this beautiful historical dance.

Instructor: Sara Hernandez
Day of Week: Wed. Time: 9:00-10:00 am (CRC)
Cost: Free

Live Entertainment

Top Dollar Band

Day of Week: Wed. Time: 10:30-11:45 am

DeLeon Brothers Band

Day of Week: Fri. Time: 10:30-11:45 am

Karaoke Night

Grab a mic and show off your talents on the mic.

Day of Week: Wed. Time: 5:00-8:00 pm
Cost: Free

Bluegrass Jam

Afternoon of music hosted by Jeff Millard and the Trolley Park Trio.

Day of Week: First Mon. of the month Time: 3:00-5:00 pm
Cost: Free

Arts & Crafts

Beginning Watercolor

Learn how to mix colors, how NOT to make muddy colors, how to mix on paper as well as in your pallet. Learning basics in you brush work, as in glazing color, flat washes, blooms, lifting , and wet into wet skills.

Instructor: Deborah Pepin
Day of the Week: Mon.
Next Session: Jan. 5th -Feb. 2nd
Time: 1:00pm - 3:00 pm Cost: $20.00 for 4-week session

Advance Watercolor

Learn how to loosen up and let those colors flow with the water. Knowledge of color mixing, and beginning watercolor skills is a must have in this class. Students must have own materials.

Instructor: Deborah Pepin
Next Session: Feb. 9th -Mar. 30 Days of the Week: Mon.
Time: 10am-12pm Cost: $35 7-Week Session

Advance Drawing

Join us for an exciting 7-week series where you can immerse yourself in the art of drawing.

Instructor: Deborah Pepin
Day of the Week: Mon.
Instructor: Deborah Pepin
Next Session: Feb. 9th -Mar. 30
Time: 1:00pm-3:00pm
Cost: $35 7- Week Session

Beginning Drawing

Learn how shape, shadow, and light plays a crucial role in your drawing skills, How shadow and light can shape a form on a page, creating a 2-D image to a 3-D image

Instructor: Deborah Pepin
Day of the Week: Mon.
Next Session: Jan. 5th - Feb 2nd
Time: 10:00 - 12:00 pm
Cost: $20.00 for 4-week session

Mixed Media Art

Dive into texture, vibrant colors, and any paints you love- Craft pictures or objects alongside fun classmates, No experience required! Grab a list of home items to bring at the front desk.

Instructor: Maxine Fuentes
Next Session: Tuesday, Jan 6th -Jan. 27th
Time: 2:00pm-4:00pm Cost: $30.00

Gelli Plate Printing

This class teaches Gelli plate printing with acrylic paint and paper to create unique layered prints. Use them for collages, framed art, cards, bookmarks, wrapping paper, journals, and more. Supply list available at the front desk.

Please check front Desk for Supply list needed for class.

Instructor: Maxine Fuentes
Current: January 30th - March 20th
Time: 10:00 am -12:00pm
Cost: $45.00 for 8-week session

Sit & Sew

Pre-registration required

Day of Week: First Mon. of the month, Jan. 5th
Time: 12:30-5:00 pm Cost: Free

Knitting

Learn the knitting basics all great knitters need to know in this class.

Instructor: Andrew Green
Day of the week: Thurs. Times: Beginners 2:00pm-3:30pm
Intermediate: 3:30-5:00pm
Next Session: Jan 15th- Mar 26th
Cost: $5

Confections and Conversations

COMING IN FEBRUARY.

Valentine Edible Candy Box Class – A Sweet 2-Day Experience and a Cookie Decorating Class-One Day Winter Class

More details in the February newsletter. Stay tuned.

Instructor: Chauntey McDuff

Make and Take (Beginning/Intermediate)
Learn how to make two fun seasonal craft projects per session.
Instructor: April Lachawicz
Day of Week: Tues. Time: (AM) 10:30 am- 12:30 pm OR (PM) 4:30-6:30 pm
Current Session: Jan. 6th -Jan. 27th
Next Session: Feb. 3rd - Feb. 24th

Make and Take (Advanced)
Learn how to make two fun seasonal craft projects per session. Must have taken 8 or more Make and Take (Beginning/Intermediate) sessions to participate.
Instructor: April Lachawicz
Day of the Week: Thurs. Time: 3:00 - 6:00 pm
Current Session: Jan. 8th -Jan. 29th
Next Session: Feb. 5th - Feb 26th

Posh Decorating
Students will learn how to make boutique decorations for their home decor or give as gifts. Students will create one project per 2-week session.
Instructor: April Lachawicz
Day of the Week: Fri. Time: 4:00-6:00 pm
Current Session: January 2nd & Jan 16th
Next Session: Feb. 6th & Feb. 20th

Ceramics AM: Hand Building with Clay
Students will learn to work with clay slabs and coils.
No outside clay is permitted;
Purchase clay card at front counter
Instructor: Vickie Recchia
Day of the Week: Wed. Time: 9:30 am - 12:00 pm
Current Session: January 7th -Feb 11th
Next Session: March 4th - April 8th

Ceramics PM: Hobby Ceramics
In this class you will learn about greenware, bisque, glazing, and more. No outside clay is permitted; Purchase clay card at front counter.
Instructor: Vickie Recchia
Day of the Week: Wed. Time: 1:00-4:00 pm
Current Session: January 7th -Feb 11th
Next Session: March 4th - April 8th

Decorative Cards/ Paper Crafting
Explore the creative and fun art of card making and paper crafting. Pre-cut and measured cards make it easy for you to learn techniques. **Starts Jan. 9th**
Instructor: Kristina Palmer
Day of the Week: Fri. Time: 1:00-3:00 pm Cost: FREE

Acrylic Landscape Painting
This class welcomes all levels to drop-in and paint.
Canvases not included. Please check Front Desk to purchase canvas.
Instructor: Kristina Palmer
Series: Jan 9th-Jan 30th
Day of the Week: Fri. Time: 3:00 pm - 5:00 pm Cost: FREE

Garden Painting
Learn to paint flowers, leaves, and garden critters. You will get to paint on a variety of items including, but not limited to: canvas, terra cotta pot, or rocks. **Starts Jan. 12**
Instructor: Kristina Palmer
Day of the Week: Mon. Time: 5:30-7:30 pm Cost: FREE

Memoir Writing Class
Explore your past and develop a written account of your special memories.
Instructor: C. Jeanie Miller
Day of the Week: Thur. Time: 9:00-11:00 am
Cost: $2.00
(3rd Thur. of each month in Transit Building Conference Room)

Sewing Class
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.
Instructor: Joan Paine
Day of Week: 2nd and 4th Monday of the Month
Time: 12:30pm—5:00pm
Next Session: January 12, 2026 -June 22, 2026
Cost: $35.00

Health Info. & Services

Grief Support Group
This Grief Support Group is facilitated by retired social worker Regina Contreras, MSW. Pre-registration is required . If you are interested, please call the Clovis Senior Activity Center 559-324-2750 to reserve your spot.
Day of Week: Thurs. Time: 10:00-11:00 am
Cost: Free
Next Session: January 22 - March 12

Navigating Grief
Drop-in session that offers people a chance to come together to discuss their emotions and experiences while dealing with grief.
Instructor: Kelly Orender
Day of Week: Mon. Time: 2:00-3:00pm Cost: Free

Peer Support Group
Group session to discuss your feelings and learn coping strategies to help you with everyday life experiences.
Instructor: Kelly Orender
Day of Week: Tues. *Time: 10:00-11:00am Cost:* Free

Alzheimer's Association Presentations
A representative of the Alzheimer's Association will host free educational classes on a variety of topics throughout 2026. The January class is entitled "Building foundations of caregiving". Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. If you are interested in attending, call the Clovis Senior Activity Center or stop by the front counter to reserve your spot.
Date: Wednesday, January, 28
Time: 10:30am-11:30 am.
Next Class: Feb. 24

What is My Purpose?
Join our group on this amazing journey to find our new purpose as we read "Acts" by Max Lucado.
Instructor: Kelly Orender
Day of Week: Tues.
Dates: Jan 6th-27th Time: 1:00-2:00pm Cost: $2.00

Book Club
December Book
"The Authenticity Project" by Clare Pooley, moderated by Kelly Orender.
Date: Mon. Jan. 5th - Jan 26th Tues. Jan. 6th-27th
Time: 9:00-10:00am Cost: $2.00

Support Group for Dementia
The Alzheimer's Association support group provides a free support system for caregivers, family or friends dealing with a loved one that has dementia. Please call 559-324-2750 to reserve your spot or stop by the front counter.
Dates: Last Thursday of every month, Jan 28th
Times: 10:00-11:00am

Optimal and Frugal Living
Join us as we empower ourselves with helpful insights on mindful spending, nutrition, health, safety, and other key senior topics. Enjoy new speakers weekly, interactive discussions, fun raffles, and giveaways! *Pre-registration is mandatory.*
Instructor: Carol Lawson-Swezey
Day of the Week: Wed. Time: 1:00-3:00pm
Next Session: January 7th-March 11th
Cost: $30.00 10-week series

Blood Pressure Check
An RN will be offering free blood pressure checks in the Centers Main Hall
Dates: Tues. Time: 9:00-10:00am Cost: Free

Health Insurance Counseling and Advocacy Program (HICAP): Medicare Counseling
HICAP is a free, confidential and unbiased State Health Insurance Program offering one-on-one counseling with Gyan Shanker. Whether you're new to Medicare, currently enrolled, or dealing with Medicare fraud, HICAP can help. Wednesday afternoons. Call 559-324-2750 to secure your spot.
Appointment Times: Wed.
Times: 1:30-2:30pm or 3:00-4:00pm
Walk-Ins: 4:00-5:00pm Cost: Free

Hearing Aid Cleaning
Susan and Bianca from Hearing Life will be offering to clean hearing aids. Sign up today!
Date: Thursday, Jan. 18th Time: 1-2pm Cost: Free

Eyeglass Cleaning
April Lachawicz will be in the center for eyeglass repairs and adjustments. 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. First come, first basis.
Date: Mon Jan . 12 Time: 9:30-10:30am Cost: Free

Access to Technology Class
Fresno EOC is offering digital literacy courses for 2 hours. Eligibility requirements: 60 years of age, and access to mobile device. Bring your own device to class.
Date: Every Monday
Time: 1:00-3:00pm Cost: Free

Technology Help
One on one tech help.
Instructor: Student Volunteer Neha
Date: Fri. Times: Afternoons (Appt. required)
Check the front desk for availability.
Cost: Free

Notary Services
Notary Services are available at the Senior Activity Center Mon.-Fri by appointment only. Nella Audas is our notary. Any senior (age 50 or better) may make an appointment to come in and have their documents notarized. $5.00 per document charge. Call (559) 324-2757 for an appointment

Friday Movie Nights In January
Showing at 5:30 pm | Senior Center Main Hall

2nd – *A divorced dad poses as a nanny to see his kids and learns how to be a good parent. Meanwhile his ex-wife's new boyfriend enters the picture.*
9th – *A widowed father buys a rundown zoo.*
16th- *A beautiful drama about Walt Disney persuading the author of Mary Poppins to allow the film.*
23rd – *A couple that hit the road one last time.*
30th – *a 70-year-old senior intern at an online fashion company.*

Drop in Activities

Social Knitting and Crochet Group
Day of Week: Mon. & Fri. *Time*: 10:00 am - 12:15 pm
Cost: Free

Drop-in Art
Day of Week: Thurs. *Time:* 12:45-2:30pm *Cost:* Free

Drop-in Crafters
Day of Week: Wed. *Time:* 9:00 am - 12:00 pm *Cost:* Free

Senior Center Fitness Room
Day of Week: Mon.- Fri. *Time:* 8:00am-8:00pm
Cost: Free

Clovis Community Center
850 Fourth St. Clovis Ca

Yoga

Join us for Yoga with Sharae, in collaboration with Blue Moon Yoga and Wellness. This introductory class invites participants aged 18 and older to explore if yoga is the right fit for them. Registration is REQUIRED.
Days of the Week: Wed. and Fri. Time: 11:00AM
Cost: Free

Cornhole

Cornhole similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags. Contestants take turns pitching their bags at the board until a contestant reaches the score of 21 points.
Day of Week: Thurs. Time: 3:30-5:30 pm
Cost: $2.00

Senior Pickleball

Pickleball is a fast-paced, low-impact sport that combines elements of tennis, badminton, and ping-pong. Played on a court similar in size to a doubles badminton court.
Day of Week: Wed. Time: 2:00-5:00 pm Cost: Free
Day of Week: Fri. Time: 12:30 am - 6:00 pm Cost: Free
Day of Week: Sat. Time: 9:00-11:00 am Cost: Free

Ping Pong

Fast-paced indoor sport played on a rectangular table divided by a net. Players use small paddles to hit a lightweight ball back and forth
Day of Week: Mon., Tues., Thurs., & Fri.
Time: 9:00-12:00 pm Cost: Free
Day of Week: Sun. Time: 10:30 am -12:30 pm Cost: $2.00

18+ Ping Pong

Day of Week: Saturday
Time: 6:00-8:00 pm Cost: Free

Competition Ping Pong

Join us for a weekly Ping Pong Competition where players face off in a friendly matchups.
Day of Week: Mon. Time: 12:15pm -2:15 pm
Cost: $2.00

Open Mic Night

Bring an instrument, a poem, or just your voice and perform.
Day of Week: Tues. Time: 4:00-6:00 pm Cost: Free

Jewelry Making

This class is open to all seniors bring a grandchild or come alone. Great jewelry, and memories will be made.
Instructor: Lexie Koesterer
Day of Week: Tues. Time: 5:00-6:30 pm
Cost: Grandparent- $4.00 Grandchildren - Free

Line Dancing Therapy

Discover the joy of line dancing - an uplifting experience that heals through movement and music.
Instructor: Tammy
Day of Week: Tues. & Thur. Time: 1:00-3:00 pm
Cost: $4.00

Country Nights & Line Dancing
With music by John Pemberton

Dance to John's live music the first hour, follow Tammy's line dancing the second, and enjoy both again the last hour. Come early - food and drinks available for purchase. All levels welcome. **To sign up ahead, text "dancetherapy" to 234-324-3332** or visit country-dance.cheddarup.com. This weekly event is hosted by Friends of the Senior Center. Plus, there is a chance for you to walk away a winner - raffle prizes and 50/50 raffles.
Instructor: John and Tammy Pemberton
Day of Week: Wed. Time: 6:00-9:00 pm
Cost: $5.00 (members), $10 (non-members)

Couples Dance

Come dance and enjoy a night of music, dance and conversation with those around you.
Day of Week: Fri. Time: 6:30 pm - 8:30 pm
Cost: Free

Upcoming Trips and Tours

We will have more trips in beginning in February 2026. Stay tuned.

Trips are available to our members. All fees with a trip are due the same day members sign up in person. A full refund will be provided to members who cancel 14 or more days prior to the trip. Those cancelling within 13 days will not receive a refund.

Upcoming Events/ Center Closures

New Years Day, January 1st - Senior Center Closed
Eyeglass Clinic, January 12th / 9:30 am
Jolly Times, January 15th /9:00 am
Martin Luther King Jr. Day, January 19th Senior Center Closed
Valentine's Celebration, February 13th / 10:30 am
**Event sponsored by SCAN Health Plan **
Presidents Day, February 16th Senior Center Closed
Jolly Times, February 19th / 9:00 am
Veterans Bingo, March 17th / 10:00

Temperature Control

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

Jolly Times

Jolly Times will be held on *Thursday, January 15th , 2026.* Lunch will be Chicken, potatoes, vegetables, roll and dessert. Entertainment will be Top Dollar Band and John Holt-Lost Highway, the cost of the event is $15.00. February Jolly Times tickets will go on sale Jan 15th , 2026, at 9:00 am.

Clovis Senior Activity Center: ***A Smittcamp Family Legacy***

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

Like us on Facebook for updates and info.



Scan the QR code to check today's activities!

Presorted
Standard
US postage
Paid
PWD

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Ashlee's Nutrition Corner

A new year often inspires people to think about fresh starts and new goals. Here at the Center, we like to take things one step at a time. Even small changes can make a big difference, especially when they help us stay connected and supported.

One of the best places to feel that sense of connection is during our daily lunch program. Mealtime is more than sitting down for food — it is a chance to talk with friends, meet new people, and share a moment of community. We serve hundreds of meals every month, and this past Thanksgiving we were grateful to serve approximately 450 meals to our community. Each meal represents a conversation, a smile, or a moment of belonging.

If you have not joined us for lunch yet, we would love to welcome you. Please come in and we will be happy to help you get registered and answer any questions you may have. Our volunteers and staff are here to make the process easy and to make sure you feel at home. If you are looking for ideas and resources on healthy habits, visit www.myplate.gov for reliable, straightforward information.

Here's to a year filled with connection, good company, and opportunities to be part of something meaningful.

Happy New Year!
~Ash