



**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.**



*It is hard to believe the year is already coming to a close. Since joining the Clovis Senior Activity Center, I have been continually inspired by the kindness, laughter, and sense of belonging that make this place so special. Each day brings new connections, new smiles, and new reasons to appreciate this wonderful community.*

*One of our biggest changes over the past two years is related to our membership and visitor numbers. We went from being a small center with 100 daily visitors, to now welcoming over 650 members who attend the Center in person each day.*

*Over the past few months, I have enjoyed spending time with many of you, playing trivia, learning Mexican Train, helping out with bingo, and checking you in for dance nights. Last month, our City Manager hosted a community chess tournament here at the Center, and it turned out to be a lively and fun event for everyone involved. Moments like these remind me how much joy and friendship come from simply showing up.*

*With more than 70 programs and activities each week, there is something for everyone. Come in and play during Open Game, test your talent at Open Mic Night, try your dance moves at Folklorico, relax during Meditation or Tai Chi, or catch a Friday night movie with friends. However you choose to participate, I hope you continue to explore, connect, and share your ideas with us.*

*It takes a team of incredibly talented volunteers, instructors, and administrators to make all of this come together, and I am so grateful for their dedication and energy.*

*Thank you to everyone who helps make this Center such a welcoming and vibrant place. I look forward to seeing you around and hearing your thoughts as we move into a new year together. Wishing you peace, joy, and good company this holiday season.*

*Please call me at 559-324-2771 if you are interested in signing up for StoryBooth.*

*~Bethany*

## **LOCATION KEY: REFERENCE GUIDE FOR PROGRAMS**

**CSAC** - CLOVIS SENIOR ACTIVITY CENTER... 735 THIRD ST

**CCC** - CLOVIS COMMUNITY CENTER.....850 FOURTH ST

**CRC** - CLOVIS RECREATION CENTER.....3495 CLOVIS AVE

## **What's Inside:**

**General Information.....1**

**Sports and Fitness.....2**

**Senior Games.....3**

**Dance & Music.....4**

**Live Entertainment.....4**

**Arts and Crafts.....4-5**

**Health Info and Services.....5-6**

**Drop-In Activities.....6**

**Upcoming Events.....7**

**Upcoming Trips & Tours.....7**

**Clovis Community Center.....7**

## 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 an 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 3-week meditation class begins Dec. 4, 2025.

**Pre-registration is required.**

Instructor: D. Robert Wolff, M.D

Current session: Thur. Dec 4—Dec 18.

Time: 7:00pm—8:00pm

Cost: \$15.00 for 3-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: Dec. 8<sup>th</sup> - Dec. 29th 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

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)

NO Class Dec. 24, and 31st.

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. 5<sup>th</sup> -Feb. 2<sup>nd</sup>

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. 9<sup>th</sup> -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. 9<sup>th</sup> -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. 5<sup>th</sup> - Feb 2<sup>nd</sup>

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 6<sup>th</sup> -Jan. 27<sup>th</sup>

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: Fridays Nov 7<sup>th</sup> -Jan. 16<sup>th</sup> NO CLASS DEC. 19, 26

Next Session: January 30<sup>th</sup> - March 20<sup>th</sup>

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, Dec. 1st

Time: 12:30-5:00 pm Cost: Free

### Knitting

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

Instructor: Andrew Green

Day of the week: Thurs. Times: Beginners 2:00pm-3:30pm

Intermediate: 3:30-5:00pm

Dates: Dec. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

Cost: \$5

### December POSH Holiday Project \*\*NEW\*\*

Join our Instructors April and Kelly for a 1 day and one of a kind holiday project you wont want to miss.

Instructor: April + Kelly

Date: Thursday Dec. 11th Time: 3pm-7pm

Cost: \$35

### **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) 11:15 am- 1:15 pm OR

(PM) 4:30-6:30 pm

Next Session: January 6<sup>th</sup>

### **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

Next Session: January 8<sup>th</sup>

### **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

Next Session: January 2<sup>nd</sup> -

### **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

Next Session: January 7<sup>th</sup>

### **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

Next Session: January 7<sup>th</sup>

### **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. There will be no instructor for this class for the month of December.

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. There will be no instructor for this class for the month of December. NO CLASS DEC. 5<sup>th</sup>

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. There will be no instructor for this class in the month of December.

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

(3<sup>rd</sup> 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: 2<sup>nd</sup> and 4<sup>th</sup> Monday of the Month

Time: 12:30pm–5:00pm

Next Session: January 12, 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 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.

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

### **Safe Sleep/ SIDS Presentation \*\*NEW\*\***

Share resources to create a safe sleep plan and promote safe sleep in the community.

Pre-registration Required

Instructor: Fresno County Public Health Department

Date: Dec. 10<sup>th</sup> 2025

Time: 1-2pm

Location: TTR

Cost: Free

## 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: Dec. 4<sup>th</sup> -25<sup>th</sup> Time: 1:00-2:00pm Cost: \$2.00

## Book Club

December Book

*"The Last Christmas in Paris" by Hazel Gaylor, moderated by Kelly Orender.*

Date: Mon. Dec 1<sup>st</sup> -29<sup>th</sup> Tues. Dec. 2<sup>th</sup>-30<sup>th</sup>

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: Back in January

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 7<sup>th</sup>-March 11<sup>th</sup>

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, Dec. 18<sup>th</sup> Time: 1-2pm Cost: Free

## Access to Technology Class

Fresno EOC is offering digital literacy courses for 8-weeks for 1 hour to new participants. Eligibility requirements: 60 years of age, access to mobile device. Bring your own device to class.

Date: Every other Mon. Sept. 8<sup>th</sup> - December 15<sup>th</sup>

Time: 2:00-3:00pm 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

## Technology Help

Instructor: Student Volunteer Neha

Date: Fri. Time: Afternoons (Appt. required)

*Check the front desk for availability.*

Cost: Free

## Cyber Seniors

Cyber Seniors helps you understand the ins and outs of your smart phone, tablet, or laptop.

Date: Every Other Mon., Dec. 8<sup>th</sup>, 22<sup>nd</sup>, Time: 1:00-3:00pm

Cost: Free

*Pre-registration required by calling the Senior Center.*

## FRIDAY MOVIE NIGHT

Day of Week: Fri. Time: 5:30pm Cost: Free

*Popcorn, soda and snacks will be available for purchase.*

**December 5th:** 2 business men must struggle to travel home from New York to Chicago for Thanksgiving.

**December 12th:** "You've really had a wonderful life. Don't you see what a mistake it would be to throw it away?"

**December 19th:** Accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's little helpers.

**December 26th:** An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve.

## 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

### 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.*

# 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

**Trip listings with details and refund policy will be available at the front desk for pickup.**

**Saturday, Dec. 6<sup>th</sup> Cambria Christmas Market \$130**

This beloved, annual event will feature 2 million twinkling Christmas lights, complete with themed vignettes, visits from Santa, cozy fire pits, delicious food and drink, and an authentic German Christmas Market.

## Upcoming Events/ Closures

**\*Additional information about these events can be found on the back page\***

**City's Tree Lighting, Monday, Dec 1<sup>st</sup> 6:00 pm**

**Clovis Chorale Holiday Performance, Sunday, Dec 7<sup>th</sup> 3:00pm**

**Christmas Piano Recital, Monday Dec. 15<sup>th</sup> 5:00pm**

**Veterans Bingo, Tuesday\*, Dec. 16<sup>th</sup> 10:00 am**

**Kiwanis Christmas Luncheon - Dec. 20<sup>th</sup> 11:00am - tickets \$1/person max 2 per person.**

**Winter Hula-day Show, Monday Dec. 22<sup>nd</sup> 5:30pm**

**Christmas Day, Dec 25<sup>th</sup>- Senior Center Closed**

**New Years Day, Jan 1<sup>st</sup>- Senior Center Closed**

## Jolly Times

Jolly Times will be held on Thursday, December 18<sup>th</sup> , 2025. Lunch will be turkey, mashed potatoes, stuffing, green beans, roll and dessert. Entertainment will be John Pemberton, and the cost of the event is \$15.00. January's Jolly Times tickets will go on sale Dec 18<sup>th</sup> , 2025, 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

ADDRESS SERVICE REQUESTED

### Ashlee's Nutrition Corner

Welcome to Ashlee's Nutrition Corner, a space dedicated to supporting your health and well-being through good nutrition. We know that recent concerns about SNAP benefits and food access have been challenging for many. In response, the staff at the Clovis Senior Activity Center has worked diligently to provide meaningful support to our community. Through secured funding, we were able to distribute more than 100 shelf-stable food bags and provide over 100 sack lunches for members to take home on days when our regular lunch program was not offered. We also invite all community members age **60 and older** to participate in our **Lunch Program**. You do not need to be a member of the Clovis Senior Activity Center to join us. Meals are served Monday through Friday with a reservation. The lunch program is **free**, and participation is open to everyone. Our goal is to ensure that every older adult in our community has access to nutritious meals and the opportunity to connect with others.



If you have questions about the lunch program, please contact us at **(559) 324-2752**.  
We look forward to seeing you at lunchtime!

### Christmas Piano Recital

Ms. Andrea Piano student cordially invite you to our Annual Christmas Recital. We look forward to welcoming you on December 15<sup>th</sup> 2025 at 5:00PM. We have students of all ages who would love to share the Christmas season of joyous music. Hope to see you there!

### Veterans Bingo

Come play bingo and salute our veterans on Tuesday, December 16, 2025 from 10:00am to 11:00am. Veterans Bingo is played every quarter and the payouts are cash! See you there!

### Clovis Chorale Holiday Performance

Join us Dec. 7<sup>th</sup> to hear a variety of Holiday songs to usher in the Christmas Season. \$5.00 per tickets can be purchased at the Senior Center or at the door. Refreshments will be served.

### Winter Hula-day Show

The beauty of the Hawaiian culture blends with the magic of the holidays as graceful dancers share stories of aloha, connection and island traditions. Festive songs will keep you merry and the warmth of aloha will brighten your winter night. Dec. 22<sup>nd</sup> 5:30pm. No tickets needed. Hot cocoa and cookies will be provided. Doors open at 5pm. All ages welcome.