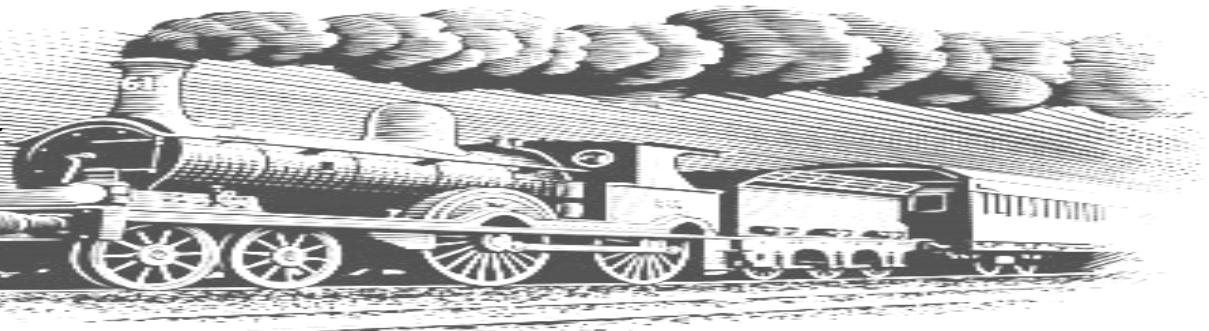


THE SILVER STREAK



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.*

July 2018

850 4th Street, Clovis, CA 93612

(559) 324-2750

www.cityofclovis.com

Upcoming Events

TRIBUTE TO VETERANS

Come join us for a Tribute to Veterans on Thursday, July 26, 2018 from 10:00am-11:00am to honor the men and women who have served and continue to serve this country. We are trying something new and different for our Veterans event. The first 15 veterans to call us at 324-2750 will receive a complimentary lunch at the Clovis Senior Activity Center after the event. We will be taking reservations beginning July 2, 2018 through July 24, 2018. Danny Millsap Band will entertain.



JOLLY TIMES

Jolly Times will meet Thursday, July 12, 2018 at the Clovis Senior Activity Center. Coffee and donuts will be served at 9:00am, followed by the Top Dollar Music Dudes at 9:30am. Entertainment will feature the “Sound of Freedom”, a retired military band. The August menu will be BBQ chicken, potato salad, coleslaw, corn muffins and dessert. August lunch tickets will go on sale at 8:00am the morning of July’s Jolly Times. The meal cost is \$7.00.

HEALTH AND WELLNES FAIR

You are invited to our Health and Wellness Fair on Monday, July 9, 2018 from 9:30-11:00am at the Clovis Senior Activity Center. You will receive information about services in the surrounding community and have your questions answered. There will be blood pressure and vision screening, information on nutrition, senior programs, and more! Light refreshments will be provided and door prizes too.

What’s Inside:



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Like us on Facebook.

Find the newsletter on the City of Clovis website:

www.cityofclovis.com/seniorservices

Or under the Departments tab Senior Services



The Clovis Senior Activity Center offers a wide variety of programs and services available to all seniors age 50 and over.

INFORMATION CORNER

- ◆ **Nutrition Meeting:** Monday, 7/2, 10:00am
- ◆ **Volunteer Staff Meeting:** No Meeting
- ◆ **Trips & Tours “Pathfinders” Committee Meeting:** No Meeting
- ◆ **Jolly Times:** Thursday, 7/12, 9:00am
- ◆ **Senior Appreciation Dinner:** Monday, 7/30, 5:00-6:30pm, Valley Friends Church, 980 Gettysburg
- ◆ **Fresno County Crime Victim Assistance:** 3rd Tuesday, 8:30am—10am
- ◆ **NARFE Meeting:** 3rd Friday, 1pm, Yosemite Falls, 4020 N. Cedar Ave.
- ◆ **Arts and Crafts Veterans Activity:** Mondays, 10am-Noon, Memorial Building
- ◆ **Free Bread:** Tuesday, (except 1st Tuesday), Wednesday and Thursday, 9am-noon, Salvation Army
- ◆ **Health Insurance Counseling:** Tuesday and Thursday, 1:00-3:00pm
- ◆ **Grief Support Group:** Thursday, 9:00-10:30am

THANK YOU FOR YOUR DONATIONS

Recent donations were made by Fran Sheltenberger, Marvin Thomas Belden, and Larry and Genevieve Dale. Norma Rowe made a donation in memory of Izean Rim. Your donations are appreciated. Thank you.

FARMER’S MARKET COUPONS

Thank you Bonnie for coming to the Clovis Senior Center to hand out Farmer’s Market coupons. This yearly program helps our seniors to be able to get fresh fruits and vegetables from our local vendors. What a great way to start off the summer!



SPORTS & FITNESS

Yoga

This all levels Yoga class will focus on developing clear and safe alignment in foundation poses, taught by instructor John Shanoian

Tuesdays—5:30pm–6:30pm; \$3.00 each session

Wednesdays—2:00pm–3:00pm; \$3.00 each session

The Yoga class below is held at the Clovis Recreation Center, 3495 Clovis Ave:

Fridays—10:00am–11:00am; \$3.00 each session; (ages 13+)

Exercise

This class is designed to increase flexibility, balance, coordination, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance with plenty of friendly fun.

MTWThF—10:00am–11:00am; Christy Cole; \$1.00 (Activity Card)

Tai Chi

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

Mondays—5:15pm–6:15pm; Bill Titus; \$1.00 (Activity Card)

Intermediate Tai Chi

Thursdays—8:30am–9:30am; Intermediate Tai Chi; Instructor Jeannette;

Zumba

Wednesdays—Zumba!! Chair: 12:00–12:45pm

Wednesdays—Low Intense Zumba!!: 1:00–1:45pm

Wednesdays—Intense Zumba!!: 3:00–4:00pm

NEW MEDICARE CARDS

Many are confused about the new Medicare card. As Medicare begins to mail new ID cards to its 60 million members, many know little or nothing about the initiative to use newly assigned ID numbers as their identification. Six in 10 believe they might have to pay for a new card, they don’t. That belief could make them vulnerable to scam artists. Cards for current beneficiaries display a combination of 11 letters and numbers, rather than a beneficiary’s SSN. Replacing cards is a yearlong process that began in May. The new cards are a step forward for fraud prevention, but con artists are working overtime on new ways to scam seniors. Scammers posing as Medicare representatives are already calling beneficiaries demanding a processing fee. Other fraudsters are telling beneficiaries that they are owed a refund from transactions on their old card, asking for bank account information to process the reimbursement. Medicare will never ask an enrollee for a bank account number and no refunds are owed. Medicare.gov/NewCard for more information.

DANCE & MUSIC

Beginning Line Dance

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

Monday & Friday—1:00pm-3:00pm; \$20.00 (Monthly fee)

Tuesday & Thursday—1:00pm-3:00pm; \$20.00 (Monthly fee)

Friday—7:00pm-7:30pm; FREE LINE DANCE LESSON

Intermediate Line Dance

Intermediate Line Dance is the same as beginning except at a higher level. Students taking this course should already know the basic steps for line dancing.

Tuesday & Thursday—3:00pm -5:00pm; \$20.00 (Monthly fee)

Team Dancing

This is a precision team. The instructor choreographs the routine and team competes in Cambria early Spring.

Monday & Friday—3:00pm-5:00pm; \$20.00 (Monthly fee)

Couple Western Dance

Couples will be introduced to series of pattern Western style dances.

Monday—7:00pm-9:00pm; \$12.00 per person (Monthly fee)

Friday—5:00pm-7:00pm; \$12.00 per person (Monthly fee)



SENIOR GAMES

There are no paid instructors for the following group activities.

Billiards

Tournaments are held the third Monday of every month. Open play is closed during the duration of all tournaments. Use your monthly \$10.00 pool card to play.

\$10.00 (Monthly Pool fee)

Mah-Jongg

Join your friends on Mondays to play Mah-Jongg. A Chinese board game that gained U.S. popularity in the 1920's. No registration required.

Mondays—12:00pm-3:30pm; \$1.00 (Activity Card)

Hand n Foot

This strategic game, full of excitement and daring entertainment, is similar to Canasta, but much more exciting. Come and find out. No registration required.

Tuesday—12:00pm & Fridays—1:00pm-3:30pm; \$1.00 (Activity Card)

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.

Thursdays—12:30-3:30pm (Activity Card)

NOTARY SERVICES



Notary Services are available at the senior center Monday through Friday during regular business hours. Nella Audas is our notary. Any senior (50 or older) may make an appointment to come in and have their documents notarized. There is a \$10.00 charge. Call 324-2757 for an appointment.

PARKING PERMITS

Parking permits are required to park in the senior parking lot north of the senior center. The \$1.00 permits do not expire and can be placed on your vehicle's dashboard. Occasionally the police patrol the lot, so display your permit.

WELLNESS PROGRAM

A representative from Rite Aid will be discussing and sharing information about their Wellness Program offered to local seniors. The presentation, Thursday, July 19, 2018 at 1:00pm, will cover different benefits of the program and how you can register for the program to collect these benefits. If interested please sign up at the front desk.

LOW COST AUTO INSURANCE

There will be a presentation on Tuesday, July 10, 2018 at 10:00am explaining California's Low Cost Auto Program. Sponsored by the California Department of Insurance it is to help qualified households afford low cost automobile insurance to comply with the State's minimum financial responsibility laws. There will also be information shared regarding PG&E's Energy Savings Assistance and Moderate Income Direct Install Programs. This will help qualified households obtain no-cost installation of weatherization. Sign up at front desk. (Maximum 10 people.)

An Activity Card is a punch card that is used in place of cash to pay for classes. They are \$10 for ten \$1 credits. Purchase your card

SENIOR EXCURSIONS

Saturday, July 14, 2018–Sugar Pine Railroad Moonlight Special: \$70 includes BBQ dinner and train excursion

Tuesday, July 24, 2018–Yosemite National Park: \$35 (Spots are limited, sign up by calling 324-2750)

Tuesday, August 28, 2018–Chukchansi Casino:

Saturday September 8, 2018–Morro Bay Avocado

REGISTERING FOR A TRIP

Fees are due same day you sign up for a trip. You will be provided information about the destination, fee, departure and estimated return time. Unregistered participants must complete purple confidential form and waiver of liability prior to making reservations.

WALKING GROUP

The Senior Walking Group will not be meeting during July and August as a group due to the hot weather. Find a mall or cool place to keep up your exercising. The senior center offers an exercise class each weekday morning from 10:00am-11:00am where it's also cool. Zumba!!, Tai chi, yoga and line dancing are all available at the center for you to participate in

DE LEON BROTHERS MUSIC

Enjoy the variety of music the De Leon Brothers play on Friday mornings July 6 and 20, 2018 from 10:00am-11:00am.

MORE LIVE MUSIC!

Pat Leeper will play his western music next on Friday, August 31, 2018 from 10:00-11:00am in the multi-purpose room.

NICK JONES MUSIC

Monday, July 23, 2018 from 10:00-11:00am, Nick Jones will entertain



ARTS & CRAFTS

The following classes are taught by instructor Valerie Ward

Ceramics

This class is designed for students who have an interest in working with clay and bisque, and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques.

Fridays–9:30am–12:30pm; \$40.00 (8 weeks)

Pastels

This class will introduce students to the essential information needed to draw and paint still life and landscape using the pastel medium. Demonstrations and individual instruction will be given before moving on to defining shapes.

Thursdays–10:00am –1:00pm; \$45.00 (8 weeks)

Oil Painting

Basic painting techniques with an emphasis on classic and contemporary applications of oil and acrylic media.

Tuesdays– 9:30am-12:30pm; \$45.00 (8-weeks course)

Thursdays– 1:30pm-4:00pm; \$45.00 (8-weeks course)

Watercolor

Learn the fundamentals of playing and exploring with watercolors.

Enjoy a morning or afternoon of experimentation and fun while you learn the fundamentals of watercolor.

Mondays–12:30pm; \$45.00 (8-weeks course)

Mondays–1:00pm–4:00pm; \$45.00 (8weeks course)

Tuesdays–9:30am–12:30pm; \$45.00 (8-weeks course)

Wednesdays–1:00pm-4:00pm; \$45.00 (8-weeks course)

Advanced Sketch and Draw

Tuesdays–1:00pm-4:00pm; \$45.00 (8-weeks course)

Crafts

Knitting, crocheting, embroidery, cross-stitching, quilting. Friendly people there to help you. All levels are welcome. There is no instructor for this class, other participants will help you with your project.

Scrapbooking

Learn to create and preserve your family history. Have fun sharing and making new friends.

Monday–9:00am–12:00pm; \$25.00 Open class–ongoing

Memoir II Class

Continue to explore your past and develop a written account of your special memories. (You don't have to complete Memoir I to participate)

Wednesday–9:00am–11:am; \$20.00 (begins 7/18/2018)

The Clovis Senior Activity Center is not an adult day care and seniors must be able to care for their personal needs. However, seniors are welcome to bring an attendant or care-

THEATER DATES

CENTERSTAGE CLOVIS COMMUNITY THEATRE 2018: Disney's The Little Mermaid runs July 27, 28, August 2, 3, and 4 at 7:30pm. For more information 907-4294

CHILDREN MUSICAL THEATRE: Once Upon An Island, July 13-22; Beauty and The Beast, Aug 3-12

CHUKCHANSI: Hunter Hayes, Aug 4; Dwight Yoakam, Aug 25

FRESNO CITY COLLEGE: New Wrinkles, now-June 10 442-4600

FRESNO PHILHARMONIC: Saroyan Theatre. 261-0600S

GOLDEN CHAIN THEATRE: Oakhurst, Aristo Cats, July 14-15 683-7112

RIVER CITY THEATRE REEDLY: 638-6500

ROGER ROCKA'S GOOD COMPANY PLAYERS: Joseph & the Amazing Technicolor Dreamcoat, now-July 15; Into The Woods, July 19-Sept 6 266-9494

PLAYHOUSE MERCED: Sisters Act, July 13-30

SAROYAN THEATRE: Bret Floyd, July 10; The Drifters, Aug 8 445-8100

SAVEMART CENTER: Shania Twain, Aug 1; Willie Nelson & Alison Krass, Aug 7 278-3401

SECOND SPACE: Proof, now Aug 12; Steel Magnolias, Aug 16-Oct 14

SELMA ARTS CENTER: Bring It On Musical, July 19-28

STAGEWORKS: Fun Home, now-July 15; Urinetown, July 20-Aug 5

WOODWARD SHAKESPIERE FESTIVAL: Twelfth Night, July 8; Andronicus, Aug 3

MARKETS THROUGHOUT THE YEAR:

RIVER PARK: 5:00-8:00pm Tuesdays

VINEYARD: 7:00am-noon Saturday and 3:00-6:00 pm Wednesday

KAISER: 8:00am-1:30pm Wednesday

MANCHESTER CENTER: 8:00am-4:00pm Friday

OLD TOWN CLOVIS: 8:00am-11:30am Sat

OLD TOWN CLOVIS SEASONAL: 5:30pm-9:00pm Friday.

NUTRITION PROGRAMS

Nutrition programs (in-center and home-delivered meals) are available to those 60 and over. In-center meals are served at the Clovis Senior Activity Center Monday through Friday except the second Thursday of each month. Participants of our in-center meals program are not required to be a resident of Clovis. Lunch reservation is required one working day prior before 11:00am. New participants must fill out a nutrition form. A voluntary suggested meal contribution of seniors age 60+ is \$2.00. There is no obligation to pay and no eligible senior will be denied service due to inability to pay. Call 559-324-2750.

Homebound meals are delivered to the home of Clovis seniors who are unable to visit the senior center for meals and have difficulty shopping or preparing their meals. A home assessment is required prior to homebound deliveries to determine eligibility. A voluntary monthly contribution of \$50.00 is suggested.

LOAN CLOSET

The Clovis Senior Activity Center has a mobility aids loan closet with medical equipment available for Clovis residents to borrow. A \$50.00 deposit is required to borrow a wheelchair for six weeks. Other equipment such as walkers, canes, crutches and bedside commodes can be borrowed for a period of three months, no deposit required.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

Wayne McMillen, HICAP counselor, is here to help you make a decision on your Medicare medical plan. Call for an appointment, 324-2750. HICAP offers free confidential consultation, Tuesdays and Thursdays, 1:00-3:00pm by appointment.

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent raising your grandchildren we will be offering a unique group in August. If you are interested please sign-up at the front desk, or call 324-2750.

JULY DANCES

Western:	Friday	7/6	7:30pm	\$5
Western:	Friday	7/13	7:30pm	\$5
Smooth:	Sunday	7/15	2:00pm	\$10
Western:	Friday	7/20	7:30pm	\$5
Western:	Friday	7/27	7:30pm	\$5

NEW INSTRUCTOR, KELLY

Hi, my name is Kelly Orender and I am a new instructor at the senior center, teaching a Memoir class, and a Scrapbooking class. I am also facilitating a Grief Support Group. I have been married 31 years and have lived in Clovis for 24 years, originally from the Bay Area. My husband is a Clovis High graduate!! Previously I worked 10 years for the Clovis Police Dept. as a CSO and the last two years for Hinds Hospice. We have four biological children and three adoptive children. I love to read, camp, eat delicious food and spend time with my grandchildren.

Upcoming: Support group for Grandparents who are raising their grandchildren, The Artist In Me event (August) and Intergeneration program (September).

NEW INSTRUCTOR, MARY

Please welcome our Zumba!! instructor Mary Bastos. Mary is from Venezuela and is 45 years old. Mary has been a certified Zumba!! instructor for 11 years. She is married to a former Naval Intelligence officer, who is a Doctor of Pharmacy, employed by Veterans Hospital working out of Fresno and Oakhurst supervising patients with their medications. For fun Mary loves to travel, dance and volunteer. She volunteers for the American Red Cross and is a member of the American Disaster Team. As a City of Clovis employee it is her personal goal to work hard to keep all her students involved, active and living a healthy lifestyle. Mary and her husband have two rescue dogs, "Kenny Rogers" and "Nancy" they are training to become therapy dogs. Mary said, "Thank you for taking me in and making me feel like I am part of the Clovis Senior Center family".

55 ALIVE DRIVING CLASS

Wednesday and Thursday, July 11 and 12, 2018, 12:30-4:40pm are the days and times for the next 55 Alive Driving class. The charge is \$15.00 for AARP members and \$20.00 for non-AARP, with a \$2.00 chair fee. To make your reservation, call 324-2750.

HOW TO DEAL WITH HOT WEATHER !

Mary Bastos our Zumba!! instructor is also a volunteer with the American Red Cross. On Friday, July 13, 2018 at 1:00pm she will give a presentation on "How to Prepare For Summer Heat". You won't want to miss the information she will share. Below is more on how to survive the hot summer days.

Hot Weather Tips:

- * Drink plenty of liquids and avoid alcohol and caffeine
- * Eat light meals, enjoying the summer's harvest
- * Wear loose-fitting-light colored clothing, sunscreen and broad-brimmed hats
- * Use misters or small battery operated hand fans
- * Stay in the coolest part of the house
- * A shady area outside may be cooler if there is a breeze
- * Spend a few hours at a Mall or go to a movie

Cool your house by closing drapes or shades on sunny windows, use portable or ceiling fans and clean or replace air filters.

Heat related illnesses include:

- * Dizziness, fatigue, faintness, headache
- * Skin pale, clammy, pulse rapid and weak
- * Breathing fast and shallow

Heatstroke is often preceded by heat exhaustion, skin is hot, dry, flushed, no sweating, may have rapid heartbeat, with high body temperatures and confusion.

**IF YOU ARE EXPERIENCING A HEAT
EMERGEN- CY CALL 911**



***TO MAKE THE WORLD A FRIENDLY PLACE,
ONE MUST SHOW IT A FRIENDLY FACE.***

TRIP POLICY

We only accept cash or checks payable to the City of Clovis. Reservations are on a first-come, first-served basis, paid in full to secure a seat. A full refund will be provided to participants who cancel 14 or more days prior to the trip. Cancelling within 13 days of the trip will not receive a refund. You are responsible finding another senior to take your place. If you do not find a replacement and do not show up for the trip, the fee is forfeited. Trips cancelled by the senior center or the transportation service will be given a full refund. Please inform staff when you make your reservation if you have any accessibility concerns.

TUESDAY BRIDGE SCORES

Rex Rothe	10,030
Sandy Fox	7,940
Bob Lehman	6,260
Carolyn Neumann	5,860

Bridge begins at 12:00 noon on Tuesdays. Come join the group and let's make it grow!

BLUEGRASS IN THE PARK

Bluegrass in the Park's 2018 summer schedule:

<u>June 29</u>	<u>Red Dog Ash</u>
<u>July 6</u>	<u>Tall Can Koozi</u>
<u>July 13</u>	<u>Morgan Canyon Band</u>
<u>July 20</u>	<u>Narrow Gauge Ramblers</u>
<u>July 27</u>	<u>The Gilly Girls Band</u>

August 3—No Concert

Music is from 6:30pm until dusk, 901 5th St in Liberty Park, behind the senior center.

ATTENTION!

Please don't ask at the front desk for us to make change for \$20 or larger bills. We are unable to make change for big bills. Try to be prepared when you come to the senior center

FUTURE EVENTS

SUGAR PINE RAILROAD MOONLIGHT SPECIAL—SATURDAY, JULY 14, 2018

END OF THE SUMMER BASH—WEDNESDAY, SEPTEMBER 26, 2018

LIONS SPAGHETTI DINNER—FRIDAY, SEPTEMBER 28, 2018

FALL RUMMAGE SALE—THURSDAY, OCTOBER 4, 2018

SENIOR DAY AT THE BIG FRESNO FAIR—MONDAY, OCTOBER 8, 2018

CLASSIC CAR SHOW—FRIDAY, OCTOBER 19, 2018



FALL PREVENTION AND BALANCE

Kaiser's Rehabilitation Department will be hosting an educational presentation on Fall Prevention and Balance. This presentation will help participants become aware of common contributors to falls for our seniors, how to recover from a fall, what causes some to be at an increased fall risk, strategies to minimize falls, and activities that help promote balance. There will also be time for Q&A at the end of the presentation. If you are interested in attending this presentation that will take place on July 26, 2018 from 1:30-2:30pm in our exercise room, we ask you that you sign up at the front desk. Seats are limited so please signup soon.

HEARD THE BUZZZZ?

Mosquitos are more than a nuisance, they can carry diseases that can infect you and your family and make you sick. West Nile and Zika virus's are diseases that can be carried by mosquitos. Prevent mosquitos from developing in water sources around your home. Dump and drain containers that hold water at least once a week. Avoid mosquito bites by using insect repellents with active ingredients such as DEET. Report mosquito problems to Consolidated Mosquito Abatement District: (559) 896-1085. www.mosquitobuzz.net

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

PRST STD
U.S. POSTAGE
PAID
CLOVIS, CA 93612
PERMIT NO. 16

Clovis Senior Activity Center

850 Fourth Street

Clovis, CA 93612

(559) 324-2750

Hours: 8 am—5 pm

Monday—Friday



ADDRESS SERVICE REQUEST-



Address Label Here

POOL WINNERS

June tournament winners were:

1st: Buck Sterling & Fritz Smith

2nd: Danny Quinonez & Paul Smith

3rd: Bob Dale & John Benninger

Another good tournament! Be sure to stop by and watch our next one on July 16, 2018 or even better

CORNY CORNER

MURPHY'S REAL LAWS

- * Everyone has a photographic memory. Some don't have film.
- * He who laughs last thinks slowest.
- * Change is inevitable, except from a vending machine.
- * Back up my hard drive? How do I put it in reverse?
- * She's always late. In fact her ancestor arrived on the "Juneflower."
- * I wonder how much deeper the ocean would be without sponges?
- * Honk if you love peace and quiet.
- * Despite the cost of living, have you noticed how it remains so popular?
- * It is hard to understand how a cemetery can raise its burial costs and blame it on the higher cost of living.



San Francisco Cable cars are the only mobile National Monuments.



The Clovis Senior Activity Center thanks our partners for their financial support of our activities and events: Clovis Veterans Memorial District, Fresno-Madera Area Agency on Aging, Health Net, and you!