

# FORTUNA SENIOR SCENE

Vol. XV, No. 2

March—April 2018

## Qigong (Tai Chi)

Sundays, 10:30-11:30am, MGC

The class is designed for individuals interested in developing body awareness and improving body mechanics through relaxing and low impact exercises. No experience is required.

Classes begin with warm-ups and gentle stretching to loosen up the joints, release tension, and increase blood and Qi ("chee," bio-energy) flow throughout the body. The next segment targets the upper body with gentle movements from the spine extending to the shoulders and arms. These exercises can strengthen and increase mobility of the back.

Lower body exercises consist of stances and footwork to increase flexibility, build strength, and in turn, improve balance. Practicing these Qigong ("energy work") exercises can help students develop awareness of tight areas and improve control of their body.

The versatility of these exercises is that they can be practiced in the gentlest manner for relaxation, improving flexibility, mobility, and balance. Students can also train with lower stances for strength conditioning.

**Instructors:** Michelle Lin & Jonathan Chang

Please contact Michelle ([michellelin@gmail.com](mailto:michellelin@gmail.com)) for more information and any class cancellations.



### 2018 VOLUNTEER OF THE YEAR—Marsha Hays

President Gary Markegard presents Marsha with the award. We had 102 wonderful volunteers in 2017. You all



## Community Center Update

- The bids are out for our building to four local contractors and are due in by April 1.
- Greenway Partners are finalizing the plans with the city of Fortuna for the permits.
- Humboldt Senior Resource Center will have a new building east of us for their Adult Day Care and PACE programs.
- We do not have to move from our current space until we move into the new community center.



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**Senior Scene** is a bimonthly publication of  
Fortuna Senior Center

P.O. Box 336

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[admin@fortunasenior.org](mailto:admin@fortunasenior.org)

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Newsletters available online at [www.fortunasenior.org](http://www.fortunasenior.org)

Like Fortuna Senior Center on Facebook!!!

## PRESIDENT'S THOUGHTS

At our Volunteer Luncheon on February 18, we recognized 102 volunteers who helped our organization this past year. This is great! As I have said in the past, we could not do what we do without their help!

We also recognized Marsha Hays as Volunteer of the Year. Marsha participates in more of our sponsored events than anyone I know. She has been president of our organization for many years and has been a major promoter of the work we do. Marsha certainly deserved the honor!

Another group that does an outstanding job for us is the Board of Directors! They have stepped up to lead us into becoming better and stronger as an organization. They are a great group and a joy to work with! The Board includes: Vice President - Chris Wennerholm, Secretary - Wanda Rigby, Treasurer - Pat Johnson, and Board members: Kent Wrede, Margaret Stockes, Larry Rogers, Evvy Colivas, and Don Mederios. They are volunteers and great supporters of our organization.

*Gary Markegard*

Happy St. Paddy's  
Day!



## HELP!



There are 2 positions open on the Board of Directors for a three-year term (2018-2021.) There are very important issues for the Board to address—moving into the new center and hiring a new director.

If you are interested and want more information, please talk with Carol Kinser, Don Mederios, Diana LaVen, or Naomi.

## BINGO

4	27	32	55	73
15	25	41	58	75
8	26	0	59	70
7	22	33	54	62
13	17	43	48	67

## BINGO

Sundays— March 18th &  
April 15th  
4:00-8:00pm MGC

Cash pay-outs. Food available for purchase.  
Members can bring guests.  
Come join the fun!

## WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the MGC

### Monday

8:30am *Walking Group*, River Walk  
9:00am *Moving It Off*, Methodist Church  
9:00am *Tai Chi*  
10:30am *Beginning to Exercise*, Methodist Church  
11:00am *Line Dance*  
12:00noon *STRONG Exercise*, Rio Dell Baptist Church  
1:45pm *Book Club* (1<sup>st</sup> Monday)  
3:30pm *Ukulele Group*  
5:00pm *S.T.R.O.N.G. Exercise*

### Tuesday

8:30am *Walking Groups*, River Walk & Rohner Park  
9:00am *Maintaining Mobility*, Methodist Church  
1:30pm *Senior Stitches*  
2:00pm *Seated Tai Chi*  
3:00pm *Recorder Group*

### Wednesday

8:30am *Walking Group*, River Walk  
9:00am *Moving It Off*, Methodist Church  
10:30am *Beginning to Exercise*, Methodist Church  
12:00noon *STRONG Exercise*, Rio Dell Baptist Church  
Noon *Senior Lunch Bunch* (1<sup>st</sup> Wed.), call Chris  
725-2020 or Carol 725-2931  
1:00pm *Tai Chi*  
5:00pm *S.T.R.O.N.G. Exercise*

### Thursday

8:30am *Walking Group*, Rohner Park  
9:00am *Cards*  
9:00am *Maintaining Mobility*, Methodist Church  
1:00pm *Mah Jongg*  
2:00pm *Seated Tai Chi*  
3:00pm *Bocce Ball*, Rohner Park

### Friday

9:00am *Biking Group*, call Dick 725-1229  
9:00am *Hiking Group*, call Lynn 725-7953  
9:30am *Cards & Games*  
12:00noon *STRONG Exercise*, Rio Dell Baptist Church  
2:00pm *Scrabble Group*  
7:30pm *Fortuna Camera Club* (last Fri.), Meth. Chur.

### Sunday

10:30am *Qigong Class* (\$10 instructor fee)

The Mission of Fortuna Senior Center is to  
**“Enrich, Empower, and Involve  
Boomers and Beyond  
of the Eel River Valley Area”**

## MONTHLY SOCIALS

2280 Newburg Road, MGC

### March 17—Saturday Social: Speaker

Maggie Kraft, A1AA, will talk about the new Medicare cards being issued and how to protect yourself from fraud. There will be time for questions.

11:00am MGC

### April 21—Saturday Social: Potluck

Last names beginning with A-I, bring a dessert. Last names beginning with J-Z, bring a main dish or salad.

11:00am MGC

## MINI—TRIPS

To make a reservation or for information, call the office at 726-9203. Please let us know by Thursday before the tour if you need to cancel.

**March 30—Recology Recycling (Samoa)**

**April 27—Soulshine Arts (glassblowing)**

## Pinochle Tournament Winners

### January—high score

Men: 1st Don Rassbach      Women: 1st Betty Mederios  
2nd John Arruda              2nd Bobbi Bennetzen

### February—most games won

Men: 1st Dick Wall              Women: 1st Linda Wall  
2nd Ron LaPlace              2nd Imogene Dewarns  
Judy Roberts

The tournament is held on the third Thursday of each month, starting at 9am. We also play bridge and cribbage. Everyone is welcome on Thursdays and Fridays.

# OPEN MIC MUSIC JAMBOREE



*Fortuna Monday Club 2-4pm*

M  
A  
R  
C  
H

25



## *Vicky Cassar & John Boomer*

Vicky has been playing the ukulele for about 15 years & has attended Hawaiian Music Camps on the Hawaiian Islands several times. She sings numerous songs in the Hawaiian language. Vicky has been giving private ukulele lessons at the Ferndale Music Company for over three years & loves it.

John has been playing the guitar for several years & has grown to love the Hawaiian steel guitar. He also attended Keola Beamers Aloha Hawaiian Music Camp with Vicky in 2014 on the Island of Kauai. He has also learned to play slack key guitar.

Vicky & John met playing music & formed "The Lost Coasters" band. They play at the Humboldt Artisans Craft & Music Festival, the Humboldt County Fair, and Farmers Market every year. They have played at weddings, numerous luaus, fundraisers & birthday parties.

A  
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22



## *Corina Holland & Bill Bryant*

Corina was born into a musical family in Oklahoma. Growing up, she was surrounded by music and musical instruments. Corina has written songs and made records. About five years ago, she started to learn to play the ukulele. Now, it is her favorite instrument.

Bill was born in Southern California, and he was also surrounded by music and musical instruments. In high school, he played drums in a surf band. Bill has an antique baritone ukulele that he still plays. But, today, his favorite instrument is his guitar.

Corina and Bill started playing music together about five years ago. They have played at church functions, in nursing homes, during Wildwood Days in Rio Dell, and at the Fortuna Monday Club.

## REDWOOD COAST MUSIC FEST

April

The special \$25 Senior Ticket for Saturday, Apr

Contact the Fortuna Senior Center for info and to re

## FORTUNA CAMERA CLUB

One of Fortuna Camera Club's 2017 yearly winners was a photograph by Ron Irvin, titled "Ballooning Spiders." Ron took the photo in October 2017 just south of Ft. Klamath, Oregon. According to Wikipedia, spiders balloon as a means of moving. "The spider climbs to a high point, stands on its toes and points its abdomen to the sky, releasing fine silk threads from its spinneret until lift-off occurs." Ballooning spiders can live up to 25 days without food, and have been found as far away as on weather balloons, five kilometers above the earth.

The Fortuna Camera Club meets on the last Friday of the month at 7:30 PM at the Fortuna United Methodist Church. It is open to anyone who is interested in photography. Skill level is irrelevant as is the kind of photographic equipment you have. The club also has a field trip once a month, usually to a local destination.

For more information, call club president, Jackie Wales, 725-3871.



## MAKING A DIFFERENCE

Fortuna Senior Center would like to welcome Lifetime Members:



**Larry and Sharon Rogers**

**Nancy Kirtley**

Any individual or couple who makes a contribution of \$1,000 will be offered a Lifetime Membership. If you have any questions, talk with Naomi.

## VOLUNTEERS—Thank You!!!

### Bingo

Don Mederios	Betty Mederios
Marsha Hays	Alice Brown
Laura Clark	Sharon Rogers
Dennis Doty	Nora Doty
Vera Braud	Pat Johnson
Bob Johnson	

*If you would like to be a volunteer, call the office.*

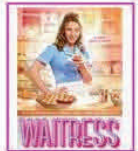
## FALL TRIPS

### Waitress the Musical

**October 19-21 OR November 10-12, 2018**

Music and Lyrics by Sara Bareilles (grew up here)  
Orchestra Seating, Chancellor Hotel

Fee: \$630/person double  
\$870/person single



### Reno - Great Italian Festival

**October 5-7, 2018**

Fee: \$410/person double  
\$530/person single



For Information: call Debbie at  
**Dalianes Travel, 443-2778**

## TIVAL—Blues, Jazz, Zydeco, Country

5-8, 2018

April 7th from 10:00am-5:00pm will be available again.

Reserve and pay for your tickets. **Deadline is March 23rd.**



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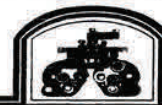
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# !!! HAPPY BIRTHDAY !!!

## March

- 1 Cathie Bryant, Joe Clem, Robert McCutchen, Linda Shapeero, Susan Whiteside
- 2 Gloria Gold, Steve Harrow, Wanda Rigby
- 5 Bill Henry, Marvin Remington
- 7 Linda Colivas, Larry Dalton
- 8 Barbara East, Michael Goodwin
- 9 Jeanne Rollins
- 10 Vanta Schuetzle
- 11 Thomas Schultz
- 12 John Arruda
- 13 Don Scoville
- 14 Charlene Schwartz
- 15 Linda Wall
- 16 Rhonda O'Kane
- 17 Bill Shapeero
- 18 Allison Grundman, Gene Lodes, Pat Marston
- 20 Bill Didio, Lee McDowell
- 21 Tom Grundman, Audrey Miller
- 22 Elaine Cooney
- 23 Christine Frey, Jackie Wales
- 24 Kathy King
- 25 Janet Belisle
- 26 Dottie Riffenburg
- 27 Calvin Calvert, Bill Stoltz
- 28 Patricia Coleman, Catherine Schultz
- 29 Joy Wotherspoon
- 30 Jean King

## April

- 1 Gloria Malcomb, Anne Nicksic
- 2 Kathie Faloon
- 3 Carolee Thrift
- 4 Suzanne Flocchini, Sharon Holt, Les Miranda
- 5 Ruth Allen
- 6 Wilma Thompson
- 7 Lydia Rieman, Elaine St. Aubin, Jim Thomson
- 8 Christine Mengel
- 9 Marla Markegard
- 10 Judith Massey
- 11 Marion Jorgenson
- 12 Gary Markegard, Lewis Richey
- 13 Dave Harris
- 14 Ivey Bryant-Boyd
- 17 David Milton, Sharon Rogers, John Swierstra
- 18 Lavina Kinch
- 19 Deloris Scales
- 20 Penny Mann
- 21 Pat Cavanagh, Ranada Laughlin
- 22 Katy Garrison
- 24 Mary Thomas
- 28 Stan Howe
- 29 Bruce Krasinski, Marvin Schwartz
- 30 Mary Wynne



## COMPUTER Tutoring

Wednesdays, 3:30-5:30pm

Larry Rogers is available for appointments regarding computer questions.

Fee: half hour appt. \$5 Hour appt. \$10

Call the office to make an appointment: 726-9203

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