

FORTUNA SENIOR SCENE

Vol. XVI, No. 2

March - April 2019



GARY MARKEGARD

THANK YOU TO OUR VOLUNTEERS OF THE YEAR!

And to all who volunteer throughout the year! We would not be this amazing organization without your contribution

NOT PRESENT:
DIANA LAVEN



BETTY MEDERIOS

INTERESTED IN SWIMMING POOL ACCESS?

Redwood Riverwalk Hotel is offering free swim to the public in their facilities **Monday-Friday from 11am to 3pm**. If you enjoy swimming and would like to experience low impact exercise, then head over to the pool at the Redwood Riverwalk Hotel.

Mention that you are a member of the Fortuna Senior Center and the cost to you is only **\$2!!!**

OUR ANNUAL VOLUNTEER LUNCHEON WAS A SUCCESS!

We began our luncheon with beautifully decorated tables, thanks to Vera Braud. Our luncheon consisted of delicious home cooked meats, including smoked tri-tip prepared by Doreen Hastings and baked chicken by Valerie Vosburg. Feel free to stop by and thank Mel Berti out at Campton Heights market for giving us a deal on the meat! The salads brought to you by the board of directors were so delicious that mere morsels remained. Our Luncheon was completed with a lemon meringue pie provided by Doreen Hastings, and an AMAZINGLY beautiful and delicious cake *donated* to us by the new bakery, CakennBaconn, located on main street. They also donated bread rolls, lettuce, and tomatoes! Please take a minute to stop in and say thank you!

And maybe even treat yourself to one of their tasty sweets or savory dishes. If you didn't make it to this year's luncheon, you should try to make it next year! Fun for all!!!



THANK YOU TO OUR CAKE CUTTER: CHRIS WENNERHOLM

SPRING CLASSES

Back by popular demand, we will continue Zumba during our spring semester of classes!

IN THE WORKS

Acrylic painting - beginner to intermediate; students will need to bring supplies.

Gentle stretch - simple stretching for seniors.

Nutritional cooking classes - this will focus on food preparation for seniors with diabetes and will be at the Open Door Clinic.

WHAT CLASSES WOULD YOU LIKE???

I am in the process of trying to schedule the aforementioned classes, but I am interested in your opinion. Do the classes that are 'in the works' sound appealing to you? What classes might you want to participate in? PLEASE GIVE ME A CALL at the office and let me know what tickles your fancy! Thanks!

(707) 726-9203

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Fortuna Senior Center
P.O. Box 336
Fortuna CA 95540
2280 Newburg Road (707)726-9203
admin@fortunasenior.org

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Newsletter - Val Vosburg

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Newsletters available online at www.fortunasenior.org

PRESIDENT'S THOUGHTS

If you have not met the new Executive Director, Val Vosburg, stop by the office sometime and introduce yourself to her. We all think she is awesome. She seems to have tremendous energy and is really enjoying her new position.

Driving down Newburg Rd and looking to the right where our new building will be... it appears that we are going to need a boat to get into the building. As soon as they are able to start paving the parking lot, it will not be too long until we are in the new space at the Gene Lucas Building.

In the new building, we are planning to be open more hours and we will be needing more volunteers, so think about having an active part in the center.

We are again doing our big fundraiser with the Golf Ball Drop. The tickets will be \$20... they will be available from the office or from any member. Please help to support your organization.

Marsha Hays

AARP TAX SERVICES REPORT

We are pleased to announce that the tax service provided by AARP is once again a great success. To date, Bob Ywaski and his team (including our treasurer Pat Johnson) have completed 24 returns that have been accepted by both the State of California and the Federal IRS.

The appointments are booked through March, but we still have some slots we can fill on *April 1st* and *April 8th*. If you would like to make an appointment, call the office at (707) 726-9203.

If you had an appointment this year, then you will be on the call list for next year. If you didn't get an appointment this year, but would like to be on the call list, then call the office.

Remember, these services are FREE to seniors!

3rd
Sunday
of the
Month

BINGO

10				
BINGO				
4	27	32	55	73
15	25	41	58	75
8	26	Q	59	70
7	22	33	54	62
13	17	43	48	67

March 17th
and *maybe*
April 21st

*(It's Easter, so
call the office
to confirm)*

Doors open @ 4pm, bingo starts @ 5pm
Cash pay-outs! Food available for purchase.
Members can bring guests. Come join the fun!

Pinochle Tournament Winners

January - High Score

Men: 1st Imogene Dewarns Women: 1st Nancy Hodgson
2nd Lee Tomasini 2nd Ellen Emmons

February - Most Games Won

Men: 1st Linda Wall Women: 1st Lou Anne Bean
2nd Ron LaPlace 2nd Nancy Hodgson

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

(Your eyes are not deceiving you, the women who won in the men's group substituted and played against the men)

WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the MGC

Monday

- 8:30am *Walking Group, River Walk*
- 9:00am PE for Seniors, Methodist Church
- 9:00am *Tai Chi*
- 10:30am PE for Beginners, Methodist Church
- 11:00am *Line Dance*
- 1:45pm *Book Club* (1st Monday)
- 3:30pm *Ukulele Group*
- 5:00pm *S.A.I.L. Exercise*

Tuesday

- 8:30am *Walking Groups, River Walk & Rohner Park*
- 1:30pm *Senior Stitchers*
- 2:00pm *Seated Tai Chi*
- 3:00pm *Recorder Group*

Wednesday

- 8:30am *Walking Group, River Walk*
- 9:00am PE for Seniors, Methodist Church
- 10:30am PE for Beginners, Methodist Church
- Noon *Senior Lunch Bunch* (1st Wed.), call Chris 725-2020 or Carol 725-2931
- 1:00pm *Tai Chi*
- 5:00pm *S.A.I.L. Exercise*

Thursday

- 8:30am *Walking Group, Rohner Park*
- 9:00am *Cards*
- 9:30am *Yoga for Seniors* (6 classes \$54, first class free)
- 1:00pm *Mah Jongg*
- 2:00pm *Seated Tai Chi*
- 3:00pm *Bocce Ball, Rohner Park*

Friday

- 9:00am *Biking Group*, call Chuck 725-5095
- 9:00am *Hiking Group*, call Lynn 725-7953
- 9:30am *Cards & Games*
- 2:00pm *Scrabble Group*
- 7:30pm *Fortuna Camera Club* (last Fri.), Meth. Chur.

Saturday

- 11:00am *Saturday Social Speaker/Potluck* (3rd Sat.)

Sunday

- 10:30am *Qigong Class* (\$10 instructor fee)
- 2:00pm *Open Mic* (4th Sun.)
- 4:00pm *doors open for Bingo* (3rd Sun.)

Note: If you are interested in Pickle Ball, this is provided through Parks & Rec. Call 725-7620 for details

The Mission of the 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 16 - Saturday Social: Speaker

Dr. McAtee from the Fortuna Open Door Clinic will be here to tell you a little bit about herself. She desires to work with the senior population and will be talking about health issues related to aging. Please come and familiarize yourself with her and bring your questions!

11:00am Senior Center

April 20 - Saturday Social: Potluck

Last name ending in A-I, please bring **dessert**. Last name ending in J-Z, please bring **main dish or salad**.

BRING YOUR EASTER EGG HUNTING SKILLS!!!

11:00am Senior Center

MINI—TRIPS

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

March 22 - Foodwise Kitchen

There will be a food demonstration followed by a nice lunch of seasonal soup and salad with local bread. This will only cost \$20, which will include the demonstration, recipe cards, and lunch! Sounds fun and filling!

April 26 - Sun Valley Bulb Farm

Enjoy this spring trip to see the beautiful fields of flowers at Sun Valley. It's the perfect opportunity to see the artistry of Mother Nature in bloom!

OPEN MIC CORNER



Our first Open Mic of the year took place on January 27. There was no Open Mic in December due to the holidays. Many people were out of town and the weather was doing what the weather does, but we still had our faithful cast and crew who do not miss any Open Mic events. The music was great. There were some good laughs and, as usual, the treats were delicious. Many, many thanks to our regular musicians who not only gift us with their talents but volunteer in making it happen.

We would like to congratulate beginning musicians who must overcome their fears to stand before an audience and present the results of hours of practice and playing alone at home. We support you!! Do it again and again and you will continue to improve. All musicians had a beginning somewhere. No performance is ever as scary as that first time.



Kerry Mccauley performed for the first time and did a great job.

Irene Jorgensen and Lorna Heim Hahner have performed at the Open Mic several times now and wow! Their version of the old favorite *My Bonnie* had everyone smiling and singing.



Joy has been working with Nola Sharp in private lessons and the results are showing! We would like to encourage others who want to give the stage a try to come on down to a safe environment with a supportive group of music lovers for a fun and enriching experience.

Being a part of the audience is very cool, too! Our audience has been very supportive and doing a great job of making all the performers feel special. We love you guys!

The Open Mic Jamboree takes place on the fourth Sunday of every month except December and May.

It is sponsored by the Fortuna Senior Center but is open to the public and free.

Upcoming Open Mic events will be March 24th and April 28th.

Mark your calendars!

Join us for a real fun time.

VOLUNTEERS—Thank You!!!

Bingo

Don Mederios	Betty Mederios
Marsha Hays	Lou Eldrige
Diana McAllister	Sharon Rogers
Dennis Doty	Larry Rogers
Margaret Stockes	Pat Johnson
Bob Johnson	Brigid Young
Jim Dell'Era	Darlene Mederios

Volunteer Luncheon

Lee McDowell	Dick McDowell
Chris Wennerholm	Alice Herman
Vera Braud	Carol Kinser
Betty Mederios	Margaret Stockes
Sharon Rogers	Donna Fedderman
Kent Wrede	Linda Wrede
Marsha Hays	Doreen Hastings
Don Mederios	Jim Stanfield
Pat Johnson	Bob Johnson

If you have volunteered, but your name was not listed, I apologize! Please call me at the office and let me know so I can put you on our volunteer list. We want to recognize your contribution to our wonderful organization and honor you at next year's volunteer luncheon! Thank you! Sincerely, Val (707) 726-9203

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

Community Center Update

- They are completing the drywall
- Most of the interior is painted
- Flooring and interior finishings are preparing to be worked on
- Appliances will then be installed
- The rains have halted the completion of the parking area, delaying our move
- September is the new estimation for being able to occupy our new space in the Gene Lucas Community Center

MAKING A DIFFERENCE

Do you order things from Amazon?

Well, go to [smile. Amazon.com](https://www.amazon.com) and, at the prompt, go to Fortuna Senior Services, Inc. under registered charities. Amazon will **donate 0.5% of your order to us.**

Every little bit helps. We received \$28.61 during the holiday season, so if you're planning on ordering online for Easter, Mother's Day, or even Father's Day, look for the Fortuna Senior Services, Inc. and support us while you do your shopping!



AARP SAFE DRIVING

Currently, Area 1 Agency on Aging is hosting Smart Driving Classes in the beginning of March in Eureka. If interested, call (707) 442-3763.

We are planning to hold classes here at the Fortuna Senior Center. If you are interested in the class, **PLEASE CALL THE OFFICE** at (707) 726-9203 and we will take your name and number. We need to have enough people interested in the class in order to move forward with scheduling, so be sure to call us and let us know so we are able to have a class for you here in Fortuna. Thank you!

A NOTE FROM VAL

Hello everyone here at the Fortuna Senior Center! I just wanted to write you a quick note to let you all know how grateful I am for having the honor of becoming your new Executive Director. You have all welcomed me with open arms and made me feel right at home. I absolutely LOVE my new career path within this organization. You are a wonderful group of people. I am so blessed to participate in our community and proud to be a part of our future growth and expansion!

Thank you, Val 😊

I ♥ ROCB



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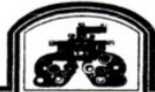
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Call the office to make an appointment: 726-9203

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!!! HAPPY BIRTHDAY !!!

MARCH

- 1 Cathie Bryant, Joe Clem
- 2 Gloria Gold, Steve Harrow, Wanda Rigby
- 4 Ed Paul
- 5 Bill Henry, Marvin Remington
- 6 Ron Swihart, T.A. Willits
- 7 Linda Colivas, Larry Dalton
- 8 Michael Goodwin
- 9 Jeanne Rollins
- 10 Vanta Schuetzle
- 11 Thomas Schultz
- 12 John Arruda
- 13 Don Scoville
- 14 Charlene Schwartz
- 15 Linda Wall
- 18 Allison Grundman, Gene Lodes, Pat Marston
- 20 Lee McDowell
- 21 Tom Grundman, Audrey Miller
- 22 Elaine Cooney
- 23 Christine Frey, Jackie Wales
- 24 Kathy King
- 25 Faith Ellison
- 26 Susan Brower, Dorothy Riffenburg, Donna Terry
- 27 Calvin Calvert, Judy Kochheiser, Kathy Moeller, Bill Stoltz
- 28 Patricia Coleman, Catherine Schultz
- 29 Joy Wotherspoon



ADRIIL

- 1 Gloria Malcomb, Anne Nicksic
- 2 Kathy Faloon
- 3 Carolee Thrift
- 4 Suzanne Flocchini, Sharon Holt, Les Miranda
- 5 Ruth Allen
- 7 Lydia Rieman, Elaine St. Aubin, Jim Thomson
- 8 Christine Mengel
- 9 Marla Markegard
- 10 Judith Massey
- 11 Marion Jorgensen
- 12 Gary Markegard, Lewis Richey
- 13 Jim Cady, Dave Harris
- 14 Sharon Miros-Schafle
- 17 David Milton, Sharon Rogers
- 18 Lavina Kinch
- 19 Deloris Scales
- 21 Pat Cavanagh, Ranada Laughlin
- 22 Katy Garrison
- 24 Mary Thomas
- 25 Maurelle Wyeth
- 26 Jan Overby
- 29 Bruce Krasinski, Marvin Schwartz
- 30 Mary Wynne



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 PHARMACIST
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 FORTUNA, CA 95540
 7077254431
 7077252671
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A NOTE FROM NAOMI

Thank you to everyone who came to my retirement reception (what a surprise), contributed to the gift of money (amazing), and wished me well. I left the reception on a "hugs high." You will still see Earl and me around as we will be back as volunteers.

Naomi

