

FORTUNA SENIOR SCENE

Vol. XVI, No. 3

May - June 2019

Fortuna Senior Center

Golf Ball Fundraiser

**Saturday, May 11, 2019
2:00pm**

Buy a golf ball. 500 golf balls are dropped on the green. The golf ball that lands closest to the flag wins!

**\$20 per ball/ticket. Buy a ticket!
Call Fortuna Senior Center at 726-9203.
Need not be present to win.**

**1st Prize \$1,000
2nd Prize \$500
3rd Prize \$250**

**Sponsor:
Redi-Rents**



**Sponsor:
Redwood
Empire Golf &
Country Club**

THIS IS OUR BIGGEST FUNDRAISER!

Our goal is to sell **\$10,000** in Golf Ball Drop Tickets.
We have sold **\$3,600**, we have **\$6,400** remaining!!!

WE CAN HAVE A NET PROFIT OF \$8,200!

We have incurred additional costs this year, so **ANY HELP** in making this a **SUCCESS** would be appreciated!

WHAT CAN YOU DO TO HELP?

You can come into the office and purchase tickets, or you can take a packet of 5 (\$100 worth) with you to sell.
The following have tickets for sale: Marsha Hays, Bernice Reynolds, Neena Olson, Carol Kinser, Lou Eldrige, Pat Johnson, Larry Rogers, Wanda Rigby, Chris Wennerholm, Joan Woodcock, and Val Vosburg.



A SPECIAL RECOGNITION: THE PASSING OF JACK EAST



Jack East passed away April 4, 2019. We would like to share what an integral role he played in founding the Fortuna Senior Services, Inc. Jack, with his loving wife Barbara beside him, worked with determination to get our organization incorporated back in August of 2003. Along with a few other original members, they started activities at the Redeemer Presbyterian Church up on Ross Hill. Jack was a pioneer, but his dedication didn't stop there. He has volunteered his time with legal services since the inception of the Fortuna Senior Center. Jack was also planning to continue volunteering after settling into retirement. Instead, he left us to join his wonderful wife. Thank you, Mr. Jack East, for everything that you have done for us. We are forever grateful. May you rest in peace!



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Senior Scene is a bimonthly publication of
Fortuna Senior Center
P.O. Box 336
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Board of Directors

Marsha Hays, President	Larry Rogers, Vice-President
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Wanda Rigby	Chris Wennerholm
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Tami Trent	Hec Wood
Joan Woodcock	Bob Zigler

Executive Director - Val Vosburg

Newsletter - Val Vosburg

Membership - Diana LaVen, Pat Johnson

Newsletters available online at www.fortunasenior.org

Like Fortuna Senior Center on Facebook!!!

PRESIDENT'S THOUGHTS

Hopefully we will be in the new building by the end of the year. It has been suggested that we change our name and we would like the members to think about what we should be called. We are asking our members to also bring new ideas for activities to offer. Brainstorm with your friends and let us know what you all think. The suggestions will be presented at one of our future socials.

We still have Golf Ball Tickets available at the office or through a Board member. It is our big fundraiser where we sell 500 tickets. If every member purchased one ticket it would be very easy to take care of all the tickets. May 11 we will drop the 500 balls at the Redwood Golf Course and the 3 closest balls to the hole will be the winners. Please do your part and purchase a ticket.

Thank you to all the volunteers!

Marsha Hays

VOLUNTEERS—Thank You!!!

Bingo

Marsha Hays	Lou Eldrige
Diana McAllister	Sharon Rogers
Tom Trump	Larry Rogers
Margaret Stockes	Pat Johnson
Bob Johnson	Brigid Young
Jim Dell'Era	Darlene Mederios
Laura Clark	Sue Trump

*If you would like to be a volunteer, call the office.
(707) 726-9203*

**3rd
Sunday
of the
Month**

B	I	N	G	O
2	17	31	48	63
6	20	38	51	68
7	22	FREE	54	69
12	23	39	57	72
15	27	44	60	75

**May 19th
and
June 16th**

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

Pinochle Tournament Winners

March - High Score

Men: 1st Don Fregeau	Women: 1st Imogene Dewarns
2nd LeRoy McCrigler	2nd Bernice Reynolds

April - Most Games Won

Men: 1st Lewis Richey	Women: 1st Nancy Hodgson
2nd Don Fregeau	2nd Mary Greene

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!

AARP TAX SERVICES REPORT

I want to thank you for taking part in our AARP tax service program this year. We saw a total of 176 clients this year but not all required filing a tax return. We filed 133 federal and state tax returns for the year.

I look forward to working with you next year, possibly in the new senior center.

Thanks, Bob

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* (Lydia Rieman taking over for Letha Rogers)
- 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* (Lydia Rieman taking over for Letha Rogers)
- 5:00pm *S.A.I.L. Exercise*

Thursday

- 8:30am *Walking Group*, Rohner Park
- 9:00am *Cards*
- 9:30am *Yoga for Seniors* (Sugg. donation 6 classes=\$54)
- 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* (Suggested donation \$10)
- 2:00pm Open Mic (4th Sun.)
- 4:00pm doors open for *Bingo*, 5pm start (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

May 18 - Saturday Social: Speaker

Fionna M. Davis, LCSW, will be our speaker this May. She is excited to discuss her new Mental Health Therapy Practice. She has experience with grief and loss, anxiety, depressed mood, and adjusting to major life events and changes. She provides home visits in Fortuna! Bring your questions and a desire to learn.

11:00am Senior Center

June 15 - Saturday Social: Potluck

Last name ending in A-I, please bring **main dish or salad**. Last name ending in J-Z, please bring **dessert**.
Board of Directors elections to take place.

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.

May 24 - The Blue Ox

This fully guided tour will take you through the wood-working, lathe room, textiles, blacksmith shop, etc. and will include demonstrations of human powered tools! You will hear historical perspectives and mingle with the farm animals too! All for only \$15/person!

June 28 - Sun Valley Bulb Farm

NOTE: The date for this tour has been changed, if you were already signed up, you are still signed up. This mini-trip is almost full, so call ASAP to join in the fun!

OPEN MIC CORNER

Ring! Ring! Ring! Calling all budding musicians! You have been sitting in your living room, practicing some of your favorite tunes. And you are sounding pretty good. Now is your chance to get out there and try it in front of a supportive and enthusiastic crowd.



The word is getting out there and the audience is growing each month. We had a full house for the March Open Mic! We had such a good time!

Lorna and Irene have been rocking the house with favorites like "These Boots are Made for Walking" and "Proud Mary". Joy Sinclair stepped right up to share her version of "You're No Good" (Linda Ronstadt) and "Dance Me to the End of Love" (Love those Tangos...thanks Leonard Cohen).

John Muno is getting to be an old hand now. We just loved his version of "Both Sides Now" (Joni Mitchell)

And that Pete West who could substitute for Willie Nelson never disappoints. "Danny Boy" brings out the Irish, and his rendition of "Blue Eyes Crying in the Rain" was very moving.



Springtime cheer was offered by Nola Sharp singing "Love is Like a Sunny Day", "Happy Wanderer" and of course "Humboldt County Rain" (sorry Bob B. but we love it).

The Ukelaliens showed up and provided us with old favorites, "Country Road", "Hobo's Lullaby" and "Keep on the Sunny Side" which everyone sang.



David and Jan played some old time fiddle tunes "Oopick Waltz", and "Whiskey before Breakfast". Deb Woods and Steve Sterback brought us the humorous "Wrecking Ball",



"Rose of My Heart" and led us all in our usual finale, "Wagon Wheel". Love it!! You just never know who will show up to entertain, but it is never boring!

Much thanks to our volunteers! David and Jan on setup and cleanup, our wonderful cookie ladies, Pete and Colleen for all they do, and Nola Sharp, our emcee. A special shout out to Tracy for her fab memory, and taking notes for the newsletter.



Come on down and share the fun! Remember, due to the Memorial holiday, we will not have an Open Mic in May but we will be rocking it all summer on the fourth Sunday of every month at the Monday Club at 2pm on Main Street in Fortuna!

For more information, contact (707) 726-9203



Fortuna Senior Center 2019 Board of Directors Nominees

Elections for new Directors will be held at the **June 15 Potluck**. You may also vote by absentee ballot at the office. There are 2 seats open for the 2019-2020 Board. Each term is for three years, two terms may be served. Don Mederios will not be running for a second term, but will continue volunteering! Chris Wennerholm is running for a second term. Joan Woodcock is running for her first term, the second time. Gloria Gold is running for her first time.



CHRIS WENNERHOLM has served several terms on the board of directors.

I have enjoyed serving on the Fortuna Senior Board and am running again to help make the transition to our new center and get settled in there.

I would also like to share my years of Board experience with other members, to provide input, as needed, and also to continue to serve our organization and our members in every way possible.

Thank you,
Chris Wennerholm



JOAN WOODCOCK has been an active member of the advisory council for a few years.

I want to be on the cutting edge of all workings of the Fortuna Senior Center and help wherever I can to promote and support the leadership necessary to continue the programs that bring seniors together in our area.

I am very interested in the future of the Fortuna Senior Center as it moves forward to occupy its new location and continues to be an active part of our community.

Sincerely,
Joan Woodcock



GLORIA GOLD has led the ukulele group for more than four years now.

I want ukuleles to be played all over the world! But on a serious note, I am new to this, but fresh eyes can bring a new and different perspective. I believe it is more helpful to look at the bigger picture when we have more people involved.

I volunteer as a driver for Area 1 Agency on Aging as well as the leading the ukulele group, because I care about helping the seniors in our community.

Thank you,
Gloria Gold

If you're not coming to the Saturday Socials, then you are truly missing out on a wonderful part of our organization.

Our March speaker, Dr. McAtee, gave a very informative talk about maintaining your health as you age. She explained that hydration, exercise, and nutrition are the three main factors in improving general health. To improve cognitive decline, keep your mind active by reading out loud, writing by hand, and solving math problems. There is so much more you would have learned had you been here. Don't miss your opportunity to learn!

Our April Potluck was a ton of fun! The food spread was incredible, with delicious salads and casseroles, as well as desserts galore! Some of the members even helped themselves to the dessert table before the main course. We played a fun "Easter egg hunt" game where if you fell into the category called out, you got to pick a plastic egg filled with goodies. Some only had candy, while others had prizes! The two grand prizes were \$25 gift certificates donated by Tomado Dave's out in Carlotta. If you haven't been there, you should go! We had an extremely joyful time at our April potluck. We hope to see you at the next one! Don't miss out on the fun! (And don't forget that elections will be held in our next meeting! Let your voice be heard.)

I ♥ RCB



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125 12th Street
Fortuna, CA 95540

!!! HAPPY BIRTHDAY !!!

MAY

- 1 Imogene Dewarns
- 2 Ron Laplace
- 3 Sally Dwelly, Nola Sharp
- 6 Joan Shaffer
- 7 Margery Sotomayor
- 8 Jim Dell'Era, Joe Graves
- 9 Eleanor Burger, Edwin Eaton
- 11 Donna Diebner, Alayne Hunt
- 12 Irene Graetsch
- 13 Ellen Orlofsky
- 16 Jeanne Johnson
- 17 Carolyn Eldridge, George Jutila
- 18 Kady Dunleavy, Don Mederios, Sandra Rhoads
- 20 Pat Kesterson, Larry Lincoln
- 21 Karen Hammet, Nanette Heidtman, Gadie McBride, John Muno, Thomas Silva
- 23 Jackie Appleton, Doris Maire, Rene Nesty, Ron Queen, Lee Tomasini
- 25 Steven Smith
- 27 Mary Noble, Barbara LaPlace
- 30 Marilyn Lewis, Julie Wright
- 31 June Anderson, Nora Doty, Glenda Wilson



JUNE

- 1 Jack Coleman, Shirley Cooley
- 2 Dan McClellan
- 3 Gean Perkins, Thomas Trump
- 5 Darlene Calvert, Lainie Lewis, Diana McAllister
- 7 Janice Hughes, Dolly Locket, Rick Pelren
- 8 Toddy Shepherd, Fred Wechsel
- 10 Bonnie Swift
- 11 Lou Eldrige, Rosalie Hay
- 15 Beverly Neal
- 16 Sylvia Jutila
- 18 Janelle Murdoch
- 19 Vera Braud, Ronald Eldridge
- 20 Joan Liu, Smithie Richardson
- 21 Meryl King, Carol Kinser
- 22 Patricia Moe
- 24 William (Bill) Crnich, Diana LaVen, Zada Ann Smith
- 25 John Hay
- 26 Lou Ann Bean
- 27 Diana Paleck, Bob Riffenburg
- 29 Elenor Mahouski
- 30 Nancy Hodgson



IN LOVING MEMORY OF

We would like to take the time to honor those members who have left us and entered the afterlife. May their journeys beyond this earth be full of love, joy, and peace. Help us honor the following:



DON BURRES	JACK EAST
MILTON FREITAS	SHEILA GANGEMI
STAN HOWE	LORRAINE MIRANDA
MARY MOORE	JUSTIN OLSON
LETHA ROGERS	WILMA THOMPSON

Letha Rogers was dedicated to her peers and taught Tai Chi here at the center for 10 years! Thank you Letha! Lydia Rieman has been her student for 8 years and is getting certified to continue teaching Tai Chi.

If you have lost a loved one who was a member of our organization, please call and let us know. We would like to honor them if you wish, as well as respectfully remove them from our mailing list. Wishing you warmest of regards.

Sincerely, The Fortuna Senior Center (707) 726-9203