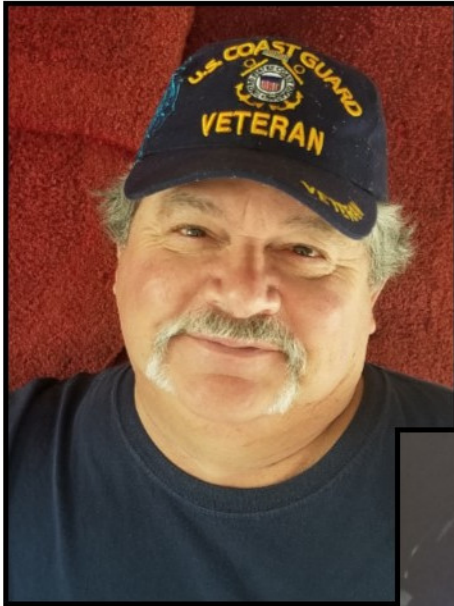


# FORTUNA SENIOR SCENE

Vol. XVI, No. 6

November—December 2019



ABOVE: Richard Cortez, 2019  
RIGHT: Richard Cortez receiving The Coast Guard Medal from then Secretary of Transportation, Elizabeth Dole, circa 1985-86



## VETERANS' DAY CELEBRATION! Join us Monday, November 11th @ 2pm to hear about RESCUE MISSIONS & SAVING LIVES!

Richard Cortez served in the Coast Guard for 10 years. He remained a Bos'n Mate 3rd Class because of his family-taught passion for boating on the ocean. Although Richard is the recipient of the Coast Guard Medal (which was from The Office of Transportation at the time), he is very humble, kind-hearted, and genuinely giving of himself to help others. When asked what made him want to go into the service, he explained that he entered at the end of the draft; Richard chose the Coast Guard because he was, "More into saving lives than taking lives".

Receiving the Coast Guard Medal is the highest peacetime medal and requires that the enlisted serviceman "distinguishes themselves by heroism not involving actual conflict with an enemy." As our guest speaker this Veterans' Day, Richard Cortez will share this story along with other rescue missions. When Cortez was in the Coast Guard, they lived by the 'surfman's motto', "You have to go out, but you don't have to come back." Come join us and listen to harrowing tales at sea.

## THANK YOU to all of our VOLUNTEERS!

*DO GOOD, FEEL GOOD!*

### Oktoberfest

Marsha Hays  
Pat Greene  
Carol Kinser  
Linda Cyr  
Dick McDowell  
Donna Fedderson  
Mary L. Greene  
Gladys Burres  
Caprice Kessinger  
Evvy Colivas

Nola Sharp  
Gary Markegard  
Susan Tappan  
Lee McDowell  
Kent Wrede  
Colleen West  
Pat Johnson  
Leon Cormerer  
Bob Besanceney

Ruth Allen  
Tom Trump  
Margaret Stockes  
Carolee Thrift  
Joan Woodcock  
Kevin Johnson  
Bob Johnson  
Alicia Beinick  
Chris Wennerholm

Mary Greene  
Neena Olson  
Linda Wrede  
Sharon Holt  
Jan Syvertson  
Jim Stanfield  
Betty Medeiros  
Vera Braud  
Don Medeiros  
Lou Eldrige

### Mini-trip Committee

Marsha Hays  
Laila Blake  
Linda Gillette  
Colleen West  
Carol Kinser  
Lee McDowell  
Neena Olson  
Tami Berg

If you would like to volunteer, please come into the office or give Val a call (707) 726-9203

### Bingo

Tom Trump  
Darlene Medeiros  
Carolee Thrift  
Pat Johnson  
Sue Trump  
Diana McAllister  
Sharon Rogers  
Bob Johnson

Alicia Beinick



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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](http://www.fortunasenior.org)

Like Fortuna Senior Center on Facebook!!!

## PRESIDENT'S THOUGHTS

Happy Fall to All!

We now have permission to advertise and open Bingo to the public. It is one way that you will be able to support the Center on a monthly basis. Come enjoy a Sunday evening with your family and friends. This will be a fun way to help sustain us in the new Center. The games will be played the 3rd Sunday of every month. The doors open at 4pm and we start playing at 5pm and are usually finished by 7:30pm. The group playing now is friendly and fun.

Another fun time we have at this time of the year is to volunteer to help at the Humboldt Ice Rink. We will be volunteering at numerous times and all you need to do is DRESS WARM, and look forward to enjoying the festive surroundings and the delightful school children. Don't worry, we do NOT need to skate.... they have other volunteers for that!!! Please call me at 707-834-4637 or e-mail me @ [pagalinca@yahoo.com](mailto:pagalınca@yahoo.com).

Thank you and Happy Thanksgiving!

*Marsha Hays*

**THIRD  
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

**NOVEMBER 17  
AND  
DECEMBER 15**

Doors open @ 4pm, bingo starts @ 5pm  
Cash pay-outs! Food available for purchase.  
Public 18+ are welcome! Come join the fun!

## A FEW ODDS AND ENDS

**POWER OUTAGES** - If the power is out, then the office will be closed and classes may have to close. If phone calls cannot be made, then notes will be put on the main door. If you need any help during an outage, **RIVERLODGE** will be available to provide shelter and electricity, so head over for help.

**CAL-FRESH** - Changes have been made to the Cal-Fresh food program and more seniors qualify now. Cal-Fresh provides double the amount of credit at the Farmer's Market here in Fortuna and up in Arcata! If you want to check for qualification, call 1-877-410-8809 and they can help.

### Pinochle Tournament Winners

#### September - High Score

Men: 1st Jim Stanfield  
2nd Ron Irvin  
Women: 1st Ellen Eammons  
2nd Bernice Reynolds

#### October - Most Games Won

Men: 1st Ron LaPlace  
2nd Bobbi Bennentzen  
Women: 1st Marsha Hays  
2nd Diana McAllister

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 HELP IS GOLDEN!!!!

You can always help the Fortuna Senior Center by donating in memory of, giving tax-free directly from your IRA, donating a bequest, creating an endowment, or volunteering (your time is money).



The Mission of the Fortuna Senior Center is to

“**Enrich, Empower, and Involve Boomers and Beyond of the Eel River Valley Area**”



### Open Mic Jamboree closes out 2019

performances this coming 4th Sunday, November 24th

Be sure to join the musicians and audience Nov. 24 at the Monday Club as the Senior Jam will hold its last performance of 2019, taking a break before resuming the monthly 2-hour music fest in January. The venue, at 610 Main Street in Fortuna, will once again host a number of local and talented artists performing music in several genres, which typically include country, old time, gospel, blues and soft rock in vocal and instrumental ensembles ranging from soloists to the large and enthusiastic string band, the Ukelaliens.



Selections range from old favorites to recent, original works, and from world music to stories about, and from, our own county. Performers typically include seasoned regulars like Pete West, Les Craig, Deb Woods and emcee Nola Sharpe, as well as instrumental virtuoso David Buescher on violin, as well as newcomers encouraged by the welcoming atmosphere to try or stretch their performing wings. Delicious baked goods, coffee and punch round out the experience, and it's all free, with donations appreciated to help fund the facility rental.

So stop by and get your holiday season off to a great start, with seasonal and other tunes that will make you thankful you came, and the fellowship of friends and neighbors, the Sunday before Thanksgiving, from 2 to 4 p.m.



Our Bocce Ball players had a great time at the tournaments this year! To the left is when the Fortuna Senior Center team was enjoying the Ferndale tournament. They didn't win, but certainly had a great time! On the right, Richard and Leon are holding the 'golden balls', because they took 1st place in the Fortuna tournament during the rodeo. Congratulations! Bocce Ball is only one of many outdoor activities that we have at the center.



The hiking group is a great way to get our and see nature while exercising and enriching your life! Get the endorphins going and smile, smile, smile!



This page of the Fortuna Senior Scene is designed to celebrate what we do here at the center. If you would like your activity featured, email Val at [admin@fortunasenior.org](mailto:admin@fortunasenior.org) or bring the information into the office at 2280 Newberg Rd. Thank you!

Our OKTOBERFEST celebration this year was FABULOUS! If you didn't make it out this year, there's always next year! We hope you enjoy the lovely photos of the missed entertainment! Thank you to everyone who donated their time and/or auction items!







## November

- 2 Colleen Foster, Loene Gossett, Corinne Stanfield, Judy Wechsel.
- 3 Raemel Oliveira
- 4 Raymond Lovell
- 5 Nancy Spruance
- 6 Bobbi Bennetzen, Naomi DeMayo, Nancy Kirtley
- 7 Earl Jacobs
- 8 Margie Yates
- 9 Kim Browning, Wanda Cope
- 10 Kathleen Lovell, Betty Medeiros, Jeri Thomson
- 11 Cindy Neuman
- 12 Dennis Berg
- 13 Lester Reynolds
- 14 John Heile
- 15 Winona Bevins
- 16 Tami Berg
- 17 Donald Fregeau, John Hamilton, Diane Harrow
- 19 Pat Johnson
- 20 Nathalie Giacomini, Gail Morrison, Chris Sutter, Susan Tappan
- 21 Debra Strahan
- 23 Richard Leamon, Carol Youkey
- 24 Shan Anderson
- 25 Judy Dockweiler, Willy Fogg
- 26 Janet Lukas, Diane Taylor
- 27 Don Rassbach
- 28 Donna Kay Johnson, Jean Pacheco, Francis Sweet
- 29 Joan Woodcock

## December

- 1 Kay Ellen Deckert
- 2 Irma Silva, Doris Gajic, Lynn Marchand, Robert Siekmann
- 3 Linda Gaffin, Edgar Roberts
- 4 Albert Miller
- 5 Ilene Harris, Lucile Scilacci
- 6 Fred Oliveira, Kent Wrede
- 7 Mary Greene
- 8 Rochelle Clarke
- 9 Ron Irvin, Richard Philipsen
- 10 Mary Dias, Mary L. Greene
- 11 Carol Bess, Judy DeGraff, Peggy Murray, James Scaife, Gayle Scott
- 12 Velma Embree
- 13 William Roth
- 14 John Prevost, Judy Roberts
- 15 Mike Murray
- 17 Raven Lang
- 18 Jay Johnson, Terry Schmidt
- 19 Leafy Briggs, Sandie Myers
- 20 Paula Swihart
- 21 Ava Zampatti
- 22 Susan Whitchurch
- 24 Gary Richmond, Dave Settle
- 25 Camille Fellion, Joyce Thurman
- 28 Maurice McMorries, Wilma Mendes, Deborah Smith
- 29 Sue Leamon, Faith Platt
- 31 Michael McClellan, Charlotte Peters

### IN LOVING MEMORY



Betty Hurst

If you have lost a loved one and would like to honor them, call Val at the office (707) 726-9203. Thank you.

### MAKING A DIFFERENCE

**Do you order things from Amazon?**

Well, go to smile. 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.**





# HERE'S WHAT'S HAPPENING IN THE COMMUNITY!



## A Touch of Humor Goes a Long Way!

Senior Scene jokes contributed by Linda Gaffin

- 1) I feel like my body has gotten totally out of shape. So I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was over!?!
- 2) My grandma started walking 5 miles a day when she was 60... She's 97 now and we don't know where she is!
- 3) A 6-year old was asked where his grandpa lives. "Oh", he said, "he lives at the airport and when we want him, we just go get him. Then when we're done visiting, we take him back to the airport."
- 4) An elderly couple was having lunch. The wife said, "This morning, I looked at myself in a full-length mirror and I look like hell. Can you say something that will make me feel better?" "Well," the husband replied, "your eyes still work!"
- 5) I like to do things with my grandchildren, like buy them toys I've always wanted to play with.

## FREE PRODUCE MARKET!

Wednesday, November 20th & Wednesday, December 18th

From 11:30 am - 12:30 pm (No appointment necessary.)

In the Fortuna Adventist Community Services Parking Lot!

2331 Rohnerville Road, Fortuna, CA

**PLEASE BRING YOUR OWN BAGS.**

Call Food For People at (707) 445-3166 for more info.

**River Life Foundation** is currently taking walks every Friday at 10 am. If you are interested in getting out and seeing the clean-up along the railroad from Redi-Rents to Palmer, then join them! Call Sean at (707) 362-9384 for more information.

**VOLLEYBALL!** - Are you over 50? Looking for a bit of exercise? Then join our group of co-ed volleyball players. We play each Saturday from 10:00am to Noon at the Fortuna High School. It's all for FUN and exercise. Call Dolly Lockett @ 725-3709 for more information.

## A NOTE FROM VAL...

First, I want to take the time to thank everyone who helped with Oktoberfest. Whether you sold tickets, volunteered at the event, were a committee member, or donated items for auction! The event went well, thanks to ALL OF YOU! Thank you.

On another note, I realize that power outages may be more commonplace. I will do my best to navigate through each outage. *Please* understand that since they are unpredictable, I will not have answers to many questions until the point when I know whether or not the power is on. At this point, activities and classes may resume as long as the activity leader is willing to participate. If the power is out, then the office will be closed, as I have no phone, computer, or internet essential to running the office. Sorry for any inconvenience this may cause.

Thanks! Val 😊



## WEEKLY EVENT CALENDAR

## MONTHLY SOCIALS

2280 Newburg Road, MGC

*Unless otherwise noted, activities are at the MGC*

### Monday

- 8:30am *Walking Group, River Walk*
- 9:00am *Tai Chi*
- 11:00am *Line Dance*
- 11:30am *Exercise Group, Rio Dell Chamber Office*
- 1:45pm *Book Club (1<sup>st</sup> 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*
- 11:30am *Exercise Group, Rio Dell Chamber Office*
- Noon *Senior Lunch Bunch (1<sup>st</sup> 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*
- 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*
- 11:30am *Exercise Group, Rio Dell Chamber Office*
- 2:00pm *Scrabble Group*
- 7:30pm *Fortuna Camera Club (last Fri.), Methodist*

### Saturday

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

### Sunday

- 4:00pm *Bingo (3rd Sun.)*  
doors open @ 4pm  
Play begins @ 5pm
- 2:00pm *Open Mic (4th Sun.)*  
(No open mic in December.)

### November 16th - Saturday Social: Speaker

11:00am Senior Center

Joyce Hays, Executive Director of the Humboldt Senior Resource Center will be talking about the meal program. Come with questions! Cookies and coffee will be served.

### December 21st - Saturday Social: Potluck HOLIDAY THEMED POTLUCK!

11:00am Senior Center

Join us for a delicious holiday meal by bringing your favorite signature dish to share with everyone! Last name beginning in **J-P**, please bring **dessert**. Last name beginning in **A-I or Q-Z**, please bring **main dish, side dish or salad**. *The Center will not be able to provide a turkey, so if you would like to volunteer to bring in a turkey, call (707) 726-9203 and let us know.*

Thank you!

## MINI—TRIPS

Mark your calendars, the next mini-trip will be to the

### LOST COAST BREWERY!

The trip will be January 24th. More Details TBA!

To make a reservation or for information, call the office at 726-9203. If you want to go on a Mini-Trip, you must have a medical form filled out and turned into the office by the Monday before the trip. Also, please let the tour leader know by the Thursday before the tour if you need to cancel.

# UPCOMING EVENTS AND OPPORTUNITIES!

## VETERANS' DAY PROGRAM!

We are looking forward to the program this year for Veteran's Day. Our speaker is Richard Cortez. He was in the Coast Guard for a decade and was the recipient of the highest Peacetime Medal when his crew saved a man from drowning! He is currently the leader of the Ferndale Native Sons. Just as many other veterans, he has had a lifetime of service to his country and his community. We are excited to honor all veterans for their service!

Mark your calendars and join us for our Veterans' Day celebration on November 11th at 2:00 pm at the Fortuna Veterans' Hall! President Marsha Hays, will be the emcee for this year's program.



## BINGO IS BACK!!!!

We have been approved through the City of Fortuna to receive a permit and be able to play Bingo every 3rd Sunday! Doors will open at 4pm and game play begins at 5pm. We have some more EXCITING NEWS! Bingo is now **completely open to the public!** This means that the pots might increase and we might be able to raise more money for center programs and activities! Hope to increase participation and FUN!

## FUTURE VOLUNTEER OPPORTUNITIES on the HORIZON!

**CLASSES** - We need to hear your ideas about what classes you would like to see in the upcoming year. Once we move into the new center, we will have more available space. If you would like to join us for our meeting, call the office at 726-9203, and we will let you know the time and date. You may also simply send us your ideas at [admin@fortunasenior.org](mailto:admin@fortunasenior.org).

**FINANCE COMMITTEE** - If you have financial expertise, we could use your help in planning this next year!

**FUNDRAISING COMMITTEE** - We are hoping to increase fundraising and looking for ideas. If you have some, call or email at the above information. We would love to have our committee grow if this is something you have experience in, your input would be helpful!

**RECEPTIONIST** - When moving to the new building, we will need two receptionists per day for the front desk.



# YOUR LOCAL BUSINESS AD HELPS FUND OUR NEWSLETTER - THANK YOU!

**St. Joseph Pantry Shelf** IN NEED OF A VOLUNTEER  
2292 Newburg Rd, Fortuna Back-up assistant  
(707)725-1148

Katy Garrison, coordinator of the St. Joseph Pantry Shelf Program, is in need of help. She is looking for an assistant who is capable of helping with specific tasks, including: **Food ordering, stocking, heavy lifting (up to 50 lbs. in order to move food boxes), and must be able to read & write English (as all food labels and directions are in English).** Do you have these qualifications?  
HOURS ARE FLEXIBLE. Some benefits can be discussed. If you have it in your heart to help, call and leave a message for Katy!

**St. Joseph's Pantry Shelf**  
2292 Newburg Road Fortuna, CA 95540  
(707) 725-1148

THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEHAP)  
2019 **MAXIMUM HOUSEHOLD INCOME** GUIDELINES:

Household Size:	Monthly Income:	Annual Income:
1	\$1,561.25	\$18,735
2	\$2,113.75	\$25,365
3	\$2,666.25	\$31,995

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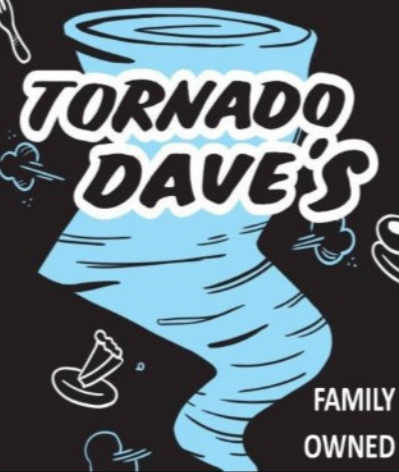
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**ANNUAL SUGGESTED DONATION:**

**July 1, 2019 through June 30, 2020** (Please circle one.)

Life Membership \$1,000	Visionary \$500	Supporter \$250	Sponsor \$150
Friend \$100	Couple \$60	Individual \$36	Other \$_____

(Please specify amount here)

Name(s) (1) \_\_\_\_\_ (2) \_\_\_\_\_  
Address \_\_\_\_\_ City/Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Email \_\_\_\_\_  
Birthdate (1) \_\_\_\_\_ (2) \_\_\_\_\_

Tell me about volunteer opportunities  Send announcements by email  
 Send the newsletter by email

**Make check payable to:** Fortuna Senior Center  
**Mail to:** PO Box 336, Fortuna, CA 95540

Telephone: (707) 726-9203

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

Web: [www.fortunasenior.org](http://www.fortunasenior.org)