

FORTUNA SENIOR SCENE

Vol. XVII, No. 2

March - April 2020



Our first Saturday Social at the new center was our annual Volunteer Recognition Luncheon. We were finally able to award Don Mederios with Volunteer of the Year! He has

*Don Mederios
Volunteer of the Year
2020*

been extremely dedicated to this organization in so many ways and we are so incredibly grateful for his help! Thank you to ALL of our volunteers! We are a SUCCESS because of YOU!

THANK YOU to all of our VOLUNTEERS! DO GOOD, FEEL GOOD!

Receptionists

| | |
|------------------|-------------------|
| Marilyn Forsell | Susan Tappan |
| Jim Stanfield | Vincent Peloso |
| Pam Smith | Colleen West |
| Kay Dunnigan | Donna Fedderson |
| Neena Olson | Wanda Cope |
| Diana McAllister | Corrine Stanfield |

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

Bingo

| | |
|------------------|------------------|
| Tom Trump | Sue Trump |
| Darlene Mederios | Diana McAllister |
| Carolee Thrift | Sharon Rogers |
| Pat Johnson | Bob Johnson |
| Neena Olson | Judy Ingrahm |
| Marsha Hays | Margie Pullen |

Volunteer Luncheon

Board Members
Donna Fedderson
Doreen Hastings
Jesse Hastings
Val Vosburg

Move to the New Center

| | | | |
|----------------|----------------|-----------------|---------------|
| Gary Markegard | Kent Wrede | Jim Stanfield | Ben Herman |
| Tom Trump | Marsha Hays | Jackie Hamilton | Don Mederios |
| Leon Comerer | Carol Kinser | Susan Dobson | Kathie Faloon |
| Wanda Rigby | Dale Dobson | Nola Sharp | Diana LaVen |
| Linda Wrede | Linda Gillette | Jesse Hastings | Linda Gaffin |
| Neena Olson | Leafy Briggs | Donna Fedderson | Jackie Whales |

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Senior Scene is a bimonthly publication of
Fortuna Senior Center
3000 Newburg Rd. Ste. B (707) 726-9203
Fortuna CA 95540
admin@fortunasenior.org

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Newsletter - Val Vosburg

Membership - Diana LaVen

Newsletters available online at www.fortunasenior.org

Like Fortuna Senior Center on Facebook!!!

PRESIDENT'S THOUGHTS

Happy Spring To All!

We are finally here at the new center and we are adjusting to the space. One of our new projects that we are promoting is a monthly raffle. Each month we are asking a local artist, craft person or someone to sponsor a basket or goodies to raffle. If we sell 100 sets of \$5.00 raffle tickets a month we can increase our budget by \$6,000 a year . . . what an easy fundraiser if you all participate . So please stop in the office and help us to reach this monthly goal.

Also, plan on coming to the 3rd Sunday of the month for a fun night of bingo! We pay back 80% of the money that comes in. We have snacks to eat and it is a fun evening.

You may also come to the center and meet your friends to play games, cards, put puzzles together, do some stitchery, read a book or just have a cup of coffee with a friend. It is the only place in town to get a free cup of coffee and some great fellowship! Hope to see you at the center!!

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 |

**MARCH 15
AND
APRIL 19**

Doors open @ 4pm, bingo starts @ 5pm
Cash pay-outs! Food available for purchase.
Public 18+ are welcome! Come join the fun!
3000 NEWBURG RD. SUITE B

There are still a few AARP tax appointments available!
Call (707) 726-9203 to make an appointment.
You will need to pick up paperwork from the
Fortuna Senior Center, 3000 Newburg Rd. Ste. B.
The appointments are still at Rohner Park.

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).

Pinochle Tournament Winners

January - Most Games Won

Men: 1st Les Reynolds Women: 1st Imogene DeWarns
2nd Jack Coleman 2nd Gadie McBride

February - High Score

Men: 1st Linda Wall Women: 1st Judy Roberts
2nd Ron Cummings 2nd Jan Overby

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!

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



Above is our Tai Chi class. They focus on improving balance and working with people who have arthritis. Qi Gong, as an energetic movement, is integrated into the program.



Our Stitchers have made this cozy space upstairs! Thank you to Velma Embree for lending her beautiful photography and creating a warm and inviting space!



Open Mic is OPEN TO THE GENERAL PUBLIC! Show your support, sit back and listen if you don't play! Join us on the 4th Sunday of the month from 2-4pm! Music, fun and refreshments for all!

Happy to have our Camera Club joining us at the new center! Beautiful!



To the left is our S.A.I.L. Exercise class: Stay Active and Independent for Life! The focus is on balance, fall prevention, and increased strength.

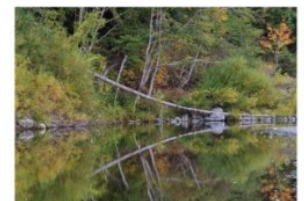


"Sonoma Hills" by Debbie Tull

Below are our 2019 pinochle tournament winners. Congratulations to Imogene DeWarns for winning the Grand Champion with most games/highest score combined!



"Let Me Out" by Sue Pfau



"River Bend" by Debbie Tull



March

- 1 Cathie Bryant
- 2 Gloria Gold, Steve Harrow, Wanda Rigby
- 4 Beccy Hash, Ed Paul
- 5 Bill Henry, Marvin Remington
- 6 Ron Swihart, T.A. Willits
- 7 Larry Dalton
- 8 Michael Goodwin
- 9 Jeanne Rollins
- 10 Vanta Schuetzle
- 11 Thomas Schultz
- 13 Don Scoville
- 14 Charlene Schwartz
- 15 Maureen Conwell, Linda Wall, Maria Winters
- 18 Gene Lodes, Pat Marston
- 20 Lee Mc Dowell, David Scott
- 21 Tom Grundman, Audrey Miller
- 22 Elaine Cooney
- 23 Christine Frey, Jane Guy, Jackie Wales
- 24 Kathy King
- 25 Faith Ellison
- 26 Dorothy Riffenburg
- 27 Calvin Calvert, Judy Kochheiser, Kathy Moeller, Bill Stoltz
- 28 Linda Crozier
- 29 Joy Wotherspoon



April

- 1 Gloria Malcomb, Anne Nicksic
- 2 Kathie Faloon
- 3 Carolee Thrift
- 4 Suzanne Flocchini, Sharon Holt
- 5 Dave Nicholson, Ruth Allen
- 7 Elaine St. Aubin, Jim Thomson
- 8 Christine Mengel
- 9 Marla Markegard
- 10 Jeanne Giannini, Judith Massey
- 11 Marion Jorgensen
- 12 Gary Markegard, Lewis Richey
- 13 Jim Cady, Dave Harris
- 15 Michelle Conover
- 17 David Milton, Sharon Rogers
- 18 Lavina Kinch
- 19 Deloris Scales
- 20 Harmony Salter
- 21 Pat Cavanagh, Ranada Laughlin
- 22 Katy Garrison
- 24 Mary Thomas
- 26 Jan Overby
- 29 Bruce Krasinski, Marvin Schwartz
- 30 Ted Silva, Mary Wynne



IN LOVING MEMORY

Joshua Lockett
Betty Mederios

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

The new center hours are from 9:00 AM - 4PM!
(Office hours remain 10AM - 12PM and by APPT.)

Everyone is welcome to come and enjoy the space! We have a lounge area upstairs where people can come and do puzzles, read, and socialize. There will be coffee, tea, and hot chocolate available to all! Come on up, pull up a chair, relax, and enjoy!

THE UKULELE GROUP will be playing in the main hall downstairs on Mondays, beginning at 3:00 PM and members are welcome to sit and listen! But be aware, they are amazing and may bring a few tears.

OPEN MIC is still happening the 4th Sunday of the month from 2-4PM at the Monday Club. You DON'T have to be a musician to come, sit, and soak up the wonderful talent of others! Some baked goods and other refreshments are provided and the **GENERAL PUBLIC** is cordially invited to join in!

Please know that signing up with **AMAZON PRIME** can truly make a difference! One of our supporters received a message that they had contributed more than \$100 to the Fortuna Senior Center via Amazon Prime. All you have to do is sign up! Simple!

A Touch of Humor Goes a Long Way! Senior Scene jokes contributed by Linda Gaffin

- 1) Grandma was in the bathroom, putting on her makeup under the watchful eye of her young granddaughter. After she applied her lipstick and started to leave, the little girl said, "But grandma, you forgot to kiss the toilet paper goodbye!"
- 2) Two elderly grandparents from a retirement center were sitting on a bench under a tree. One turns to the other and says, "I'm 83 now and I'm just full of aches and pains. You're about my age, how do you feel?" The other one replies, "I feel like a newborn baby - no teeth, no hair and I think I just wet my pants."
- 3) My grandson called the other day to wish me a happy birthday. He asked how old I was and I told him 80. My grandson was quiet for a while; then he asked, "Did you start at 1?"

A1AA will be offering HICAP (Health Insurance Counseling and Advocacy Program) services here at the new center! This will be by appointment only, alternating Tuesday one week and Wednesday the next week. If you are interested in making an appointment, please call A1AA at (707) 444-3000.

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.



We have lost our beloved Betty Mederios. She was a mean pinochle player within our organization. She loved bingo and somehow was a little luckier than many. Betty was recognized as Volunteer of the Year 2019, and wouldn't stop. She was so giving that she volunteered at Oktoberfest, but we only let her if she stayed seated, so she sold tickets for us that afternoon. She will be greatly missed and our support goes out to her family.

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

If you fall below the maximum,
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UPCOMING EVENTS AND OPPORTUNITIES!



GOLF BALL DROP!

MARK YOUR CALENDARS!!!

Our Golf Ball Drop will once again be the day before Mother's day! Saturday, May 9th @ 2PM at the Redwood Empire Golf Course and Country Club.

If you would like to join us for lunch, be sure to call the office at 726-9203 to sign up!
Space is limited and the food is good!

PLEASE COME IN TO THE FORTUNA SENIOR CENTER AND PURCHASE A TICKET OR PICK SOME UP AND HELP SELL!!!

FUTURE VOLUNTEER OPPORTUNITIES on the HORIZON!

Since we are at the new center now, we are able to expand our activities, classes, and workshops! Please pay special attention to the weekly calendar, as an extra Tai chi, Line dancing, S.A.I.L. exercise class, and an afternoon cards & games have been added to our activities! We have more activities that will be added soon, including:

OPEN FREE TIME IN THE ART ROOM, GUIDED BY PEGGY MURRAY

BRIDGE IN THE MAIN HALL

REIKI AND A WRITING GROUP IN ONE OF OUR UPSTAIRS ROOMS

BEGINNING UKULELE IN THE ART ROOM, GUIDED BY NOLA SHARP

OPEN FREE TIME IN OUR EXERCISE ROOM

and MUCH, MUCH MORE!!!!

The dates and times of these added activities are soon to be determined, based on the schedule of the activity directors and those who show interest. Call us at (707) 726-9203 and let us know if you are interested in any of these activities, or if you have an activity you would like to lead! Your interest and help is what makes these additions successful!

WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the FSC
3000 Newburg Rd. Suite B

Monday

- 8:30am *Walking Group*, River Walk
- 9:00am *Tai Chi*
- 11:00am *Line Dancing*
- 11:30am *Exercise*, Rio Dell River Bluff Cottages
- 1:45pm *Book Club* (1st Monday)
- 3:00pm *S.A.I.L. Exercise*
- 3:30pm *Ukulele Group*

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 *Tai Chi*
- 11:30am *Exercise*, Rio Dell River Bluff Cottages
- Noon *Senior Lunch Bunch* (1st Wed.), call Chris
725-2020 or Carol 725-2931
- 3:00pm *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
- 4:00pm *Line Dancing*

Friday

- 9:00am *Biking Group*, call Chuck 725-5095
- 9:00am *Hiking Group*, call Lynn 725-7953
- 9:00am *Tai Chi*
- 9:00am *Cards & Games*
- 11:30am *Exercise*, Rio Dell River Bluff Cottages
- 1:00pm *Cards & Games*
- 2:00pm *Scrabble Group*
- 3:00pm *S.A.I.L. Exercise*
- 7:30pm *Fortuna Camera Club* (Last Fri.)

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.), Monday Club

MONTHLY SOCIALS

3000 Newburg Road Ste. B, FSC

March 21st - Saturday Social: Speaker

11:00am Fortuna Senior Center

Tobin McKee, Middleway Network Program Coordinator, will discuss how he might help with senior nutrition, weight management, controlling blood sugar, etc. Come with questions! Cookies and coffee will be served.

April 18th - Saturday Social: Potluck

11:00am Fortuna Senior Center

Come and join us for our very first Potluck at the new Fortuna Senior Center!!! 3000 Newburg Rd. Ste. B. Last names beginning with A-I, **bring a dessert**. Last names beginning with J-Z, **bring a main dish or salad**.

MINI—TRIPS

March 27—Left in Stitches!

Come tour the facility and learn about their manufacturing in the garment industry, from prototype to production sewing!

April 24—Ferndale Museum!

Travel to Ferndale and learn about the culture and heritage of the town and both Eel River and Mattole Valleys! It will be a wonderful historical and educational experience for all.

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.

Fortuna Senior Services, Inc.
P.O. Box 336
Fortuna, CA 95540

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MEMBERSHIP is open to everyone 50 and older, and residing in the Eel River Valley or the county.

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) _____

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Telephone _____ Email _____

Birthdate (1) _____ (2) _____

Tell me about volunteer opportunities

Send announcements by email

Send the newsletter by email

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Email: admin@fortunasenior.org

Web: www.fortunasenior.org