



FORTUNA SENIOR CENTER

3000 Newburg Rd., Suite B, Fortuna, CA 95540

707-726-9203 admin@fortunasenior.org

Vol. XI No. 8

March—April 2023

Volunteer is a word that was in my family's vocabulary since I was a young child. We were a poor family and my father felt that we didn't have extra money to give but we had time to help do whatever project the church or groups needed. So here I am still volunteering at the age of 74.

I am not alone in Fortuna. The FSC has a robust group of volunteers. More than 15% of our members volunteer doing all the jobs here at the center. I'm happy to get a chance to talk about a few of those dedicated people.

Lydia Reiman

Lydia teaches Tai Chi to share the many physical, mental and emotional health benefits involved in the class. When the previous instructor passed away she became certified to teach the class. She is grateful to FSC, she said, for providing a warm and comfortable venue to meet and practice. "Volunteering is satisfying, rewarding and fun! I love my Tai Chi 'Family'" she said.

Carolee Thrift

Carolee is a receptionist and she loves meeting different people. The job at the front desk keeps her busy and able to find out all that is going on in our area. She enjoys the opportunity to help.

Vinnie Pelosie

Vinnie is an enthusiastic supporter of the Senior Center and all the benefits it brings to the Fortuna folk. "The friendly city at its best: communal, co-operative and caring!"

Wanda Cope

Wanda is the Thursday receptionist. She faithfully shows up and mans the front desk because she enjoys meeting people as they come and go. "I've made quite a few friends," she said. "There are always so many things going on to keep me occupied," she laughed. "This is my Happy Place!"

Peggy Murray

Peggy says she loves teaching the Drawing Class at FSC. "First off, teaching the class makes me organize my lesson and my thoughts. It's really good for me. Secondly, the seniors are so enthusiastic. I always feel I get more out of the class than they do. It is a joy to teach here!"

There are so many more volunteers who, hopefully, we will be able to mention in the subsequent publications. We have many opportunities at the Fortuna Senior Center to volunteer. We invite you to join us celebrating life, knowledge and friendships on a daily basis.

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 - Alice Oliphant



Happy New Year to you and your families!

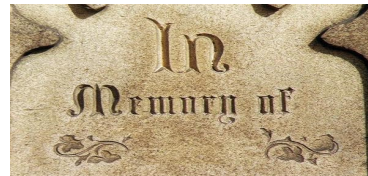
I have a feeling that 2023 is going to be a great year for FSC. I am feeling confident that this will be the year that we will be able to move to 3811 Rohnerville Road. The building should be painted when you receive this newsletter.

We will be having a couple of new classes when we open this year. Most of the classes have to deal with keeping our bodies and minds in shape. If there are any classes that you would like to see offered, please call me at the office.

I would like to thank **ALL** who come to the Center to teach, participate and socialize. You are the reason that we are so successful and growing. This past year, we have had new people applying for membership every week. It has been amazing how many seniors have become involved in some part of our organization.

I am so pleased that people have come to FSC and have found a safe friendly, warm and welcome home to spend our retired years.

Remember to get us to 3811 SOON!! Thank you so very much. *Marsha*



Sandy Myers
Mark Lawson
Bob Riffenburg



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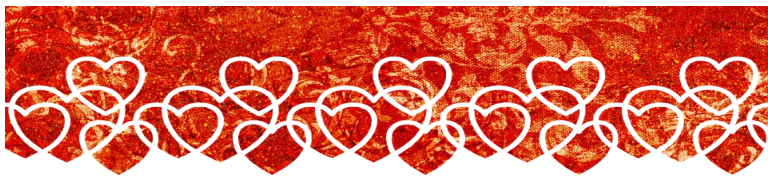
Sunday, January 15th Sunday, February 19th, 2022

Doors will open at 12:30 pm Bingo will start at 2:00pm.

Bingo is open to all over 18. Need not be a member. Cost will be \$19.00 for a set of cards for 18 games.

We pay out 80 % of funds received.

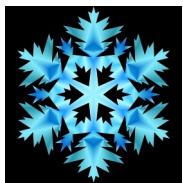
The proceeds benefit the sustainability of the
FORTUNA SENIOR CENTER.



Are you having problems understanding or need help to navigate insurance issues or Dr. bills?

Christine Davis has offered help with your questions.

Call the Center or you can meet with her here at the Senior Center. Call for an appointment .707-726-9203



**Saturday Social
Potluck
January 21**



Here at the Center from **11-1:00.**

***Honoring Volunteers
February 18***

Pick up your ticket at the front desk or call and reserve one.

Please remember to bring a dish for 10 people, ready to serve.

A-H- Bring salad or vegetable I-Q- Bring entree
R-Z Bring dessert

Open Mic

Sunday January 22 & February 26

2-4pm

Monday Club



Mini trips for January and February

1/27/23

Call Office

2/24/23

**Banderas
Leather**



Coming soon— Yoga! Designed to improve stretch and flow with a light dance movement that has the objective of getting

synovial fluid lubrication in all joints. Taught by Elaina Ashe-Harning. Starting Jan. 10

Bunco!!! January 17 at 6:30

Sponsored by the Soroptomist Club

Call Bernice Reynolds



**The winners from the monthly
Pinocle Tournaments are:**

November Winners

Women

Men

1st-Jan Overby Dick Wall
2nd- Bernice Reynolds Dale Pleven

December Winners

Women

Men

1st -Marilyn Martino Leon Commerer
2nd -Evy Colivas Lee Tomasini



A big thanks to **C&C Catering** and **Fresh on Main Street** for donating food to the Fortuna Senior Center.



The food was delicious!



Sponsor a door for inside the building for \$1000.00. Four gone. Only 8 left! Name a room sponsorship available.



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



Senior Transit Bus
Ride in luxury to the
HERITAGE CAFÉ

Senior Lunch Program

Tuesday and Thursday
at Noon

sponsored by Humboldt Senior Resource Center.

P.S. You could always stay at the Center and play cards, games, puzzles etc....they will take you home whenever you wish. The bus will be happy to bring you

Compute, Print, Enjoy!

It's there for you to use.





JANUARY

- 2. Jennie Canevari**
- 5. Janet Alexander**
- 6. Linda Wrede, Judy Richardson**
- 7. Carol Holzberger, Kay Dunnegan**
- 8. Marilyn Forsell**
- 10. Naomi Johnson**
- 11. Doris Cleaver, Pat Francesconi, Chet King**
- 13. Monte Taylor, Judy Beck, Al Porter**
- 14. Neal Kesterson, Patricia Fountain**
- 15. Sandi Marlow**
- 16. Bernice Reynolds, Nadine Seiler**
- 17. Christy Graham, Kenny Mahouski**
- 19. Loretta Davidson**
- 20. Colleen West, Suzi Dodson, Chris Wennerholm**
- 24. Lynn McCracken**
- 25. Patti Cady, Edith Dalton**
- 26. Lily Davidson**
- 27. Marcia Kelly, Mary Carroll**
- 29. Kelly Richeal, Robert Carey, Shirley Lipa
Bonnie Christiansen, Joy Sinclair**
- 30. Mary Lou Erickson, Walt Giacomini
Debbie Krukonis**

February

- 1. Joyce Sousa**
- 5. Linda Merson, Meryl King, Shawn Nichols,
Cheryl Nicholson, Sharon Richardson**
- 6. Laura Weare**
- 7. Jeanne Weiss**
- 8. Ed Kiger, Judy Irvin, Bonnie Settle, Bob Johnson
Jeaneane Wilsey**
- 9. Alice Herman**
- 10. Nancy Carey, Marlene Flannery, Mary Barth
Helen Broadwater**
- 11. Kurt Weiss, Fannette Downey-Allman,
Karen Majoribanks**
- 12. Frances Henry, Ben Herman, Cheryl Pepper,
John Schmidt, Richard Wall**
- 13. Pat Ireland, Deborah Bushnell**
- 15. Barbara Remington, Ward Mengel**
- 18. Pamela Goodwin**
- 19. Mike Diehl, Fawn Pratt, Leon Commerer,
Judy Ingraham, Deborah Scaife**
- 20. Carol Rode, Margaret Koerschgen,
Barbara Johnson**
- 21. Diane A. Smith, Meryl King**
- 22. Lynn Crosthwait, Nadine Houk**
- 23. Rick Center, Bob Wotherspoon**
- 24. Loretta Martinelli**
- 25. Linda Cyr, Deborah Prevost**
- 27. Sharon Welton, George Brito, Lee Woodcock**
- 28. Judy Dresser**

TAX HELP Once again we are fortunate to have volunteers, sponsored by AARP, who will be available to assist you with your taxes at Rohner Park in the building next to the trail head. They will be there from February through April. We will be making appointments beginning in February. Please make sure you pick up a form at the Fortuna Senior Center at 3000 Newburg Road, Suite B, any time between 9 to 4.

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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, 2022 through June 30, 2023 (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 _____

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(2) _____

Tell me about volunteer opportunities

Send announcements by email

Donation to the Fortuna Senior Center Building Fund

Send the newsletter by email