



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. Marsha

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 Pelosi

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. Its 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

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Marsha's Corner

Hello, Members.. SNOW.. Thought that it did not snow in Humboldt County.

As you drive past 3811 Rohnerville Rd, I am sure that you are not seeing any activity at the building.

We made the decision to only do work that we are able to pay for and, at this time, we are out of cash to proceed to the inside. We are anxious to begin building the inside walls, bathrooms and exercise spaces, etc. At this point, some of our classes are becoming pretty crowded.

There are many ways that you might be able to donate, and it is important that you speak with your family, lawyer and tax account about helping not only to build this site, but also guarantee that it will be here for the future seniors of the Eel River Valley. Thank you.

Special thanks for all you do. Marsha

*In Loving
Memory*

**Bill Roth
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BINGO

Sunday, March 19th

Sunday, April 23rd, 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



March 7th, Peppers

will donate 15% of your check to the Building fund! All day!!! Just mention Fortuna Senior Center! Enjoy a great meal and support FSC! Win win!



Mini Trips

March 11 - Eureka Library with Lee

April 28 - Glass Garage with Marsha



As the weather warms, bocci games will be resuming at the Fortuna Rohnerville park!



Saturday Social Potluck

Third Sunday of the Month

March 18th

April 15th

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

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 entree I-Q- Bring dessert

R-Z Bring salad or vegetable

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.



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

January Winners

Women

1st –Kathy Machado
2nd– Margaret Stockes

Men

Jim Stanfield
Rob Chittenden

February Winners

Women

1st – Nancy Hodgson
2nd – Birdie Brownfield

Men

Tom Trump
Lee Tomasini



Al Porter is here on Tuesdays from **2:00 to 3:30**. Bring your guitar and join in the fun strumming a few new songs and meeting other guitarists!



There are openings on the Board at Fortuna Senior Center. Think about being a Board Member and becoming involved.



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March 12 is Daylight Saving Time!
Set your clocks one hour ahead.



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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.

Compute, Print, Enjoy!

It's there for you to use.



During the five weeks before Valentine's Day, we had weekly workshops in the big room to make Valentine cards. We brought lots of materials and people made cards.

Wanda, Neena, Carollee, Marilyn, Don, Moriah, Carl, Harolyn and others made 96 extra cards to donate. I dropped them off at four places in Fortuna: Sequoia Springs, Fortuna Rehabilitation and Wellness, First Choice Care Home and the Veterans Hall. We had such a good time, we will do this again, certainly in the fall for Thanksgiving. But check the newsletter and the bulletin board in the front lobby for dates. You can also get on the list for future card making events by sending your name, number and email to [Debbi Krukoni at sunset@reninet.com](mailto:Debbi Krukoni@sunset@reninet.com) or at 707 725-5957. This article is by Debbi Krukoni .

New Class

Self Defense with Becky Wolverton

Wednesday from 3:30 to 4:00

Come join us to learn Self Defense in a safe environment. Learn simple steps to protect yourself. Classes open to all members.



Open Mic

March 26

April 23



Doctors say playing ping pong could help manage Parkinson's disease. A preliminary study showed a game of ping pong may have the potential as a form of physical therapy for PD. The patient played once a week for six months and showed significant improvement.

We have a ping pong set up available here at the Fortuna Senior Center. Give us a call to get some games going. It's fun, invigorating and gives everyone a workout!



March

1. Arloa Kupilik
2. Gloria Gold, Wanda Rigby
4. Dave Hash
5. Lorraine Colby, Bill Henry, Marvin Remington
7. Chris Davidson, Judy VanVleet
8. Michael Goodwin
10. Vanta Schotzle
11. Cheryl Maurer
14. Charlene Schwartz
15. Pam Drake
16. Cliff Chapman
18. Gene Lodes, Pat Marston
19. Ann Nabayan, Linda Wilkinson
20. Howard Glenn, Lee McDowell, Edeltraud Woods
21. Tom Grundman
22. Elaine Cooney
23. Christine Frey, Lynda Gleave, Jackie Nichols
24. John Senestraro
25. Faith Ellison, Ronald Lewis
26. Paul Holzberger, Claudine Springman
27. Judy Kochheiser, Kathy Moeller, Bill Stoltz
28. Linda Crozier, Dorothy Riffenburg
29. Joyce Wotherspoon
30. Rick Vavak
Bobbie Crane, Sue Crane

April

1. Ann Nicksic
2. Joan Prather
3. Jeani Chapman, Patti DeLaO, Carolee Thrift
4. Patricia Hudler
5. Ruth Allen
7. Elaine Aubin
9. Marla Markegard
10. Rainy Waite
11. Marion Jorgensen
12. Gary Markegard
13. Jim Cady, David Harris
17. David Milton, Sharon Rogers
18. Lavina Kinch
19. Delores Scales
20. Hardyn Salter, Polly Sovoie
21. Alice Oliphant, Michael Wall, Ranada Laughun
22. Katy Garrison
24. Aleta Eddy, Mary Thomas,
25. Veronica Peterson, Mark Springman
26. Jan Overbey
28. Nadine Plesnakov
29. Peggy Colina, Bruce Krasinski, Marvin Schwartz
30. Diane Porter, Ted Silva, Mary Wynne

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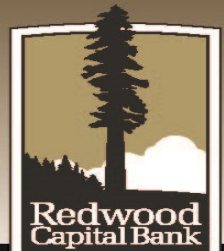
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MEMBERSHIP is open to everyone 50 and older, and residing in the Eel River Valley or the county.

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) _____

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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