

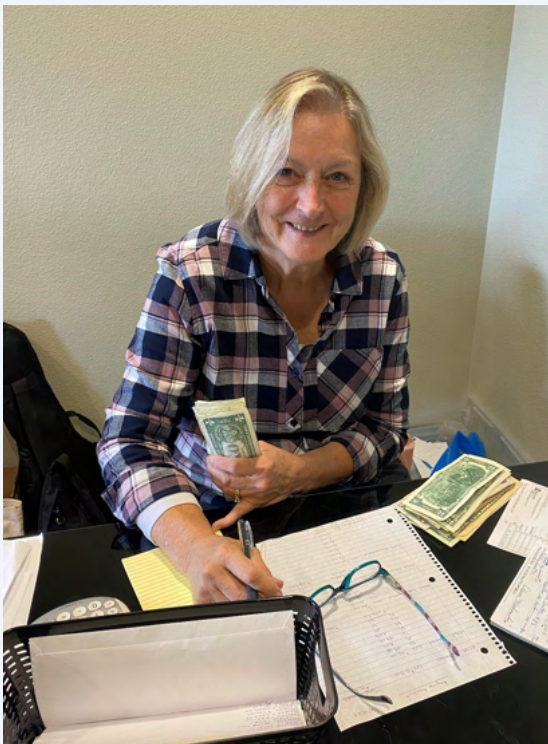
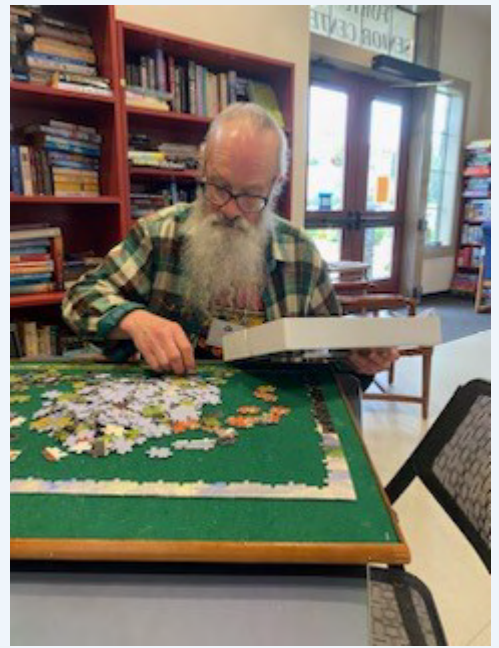
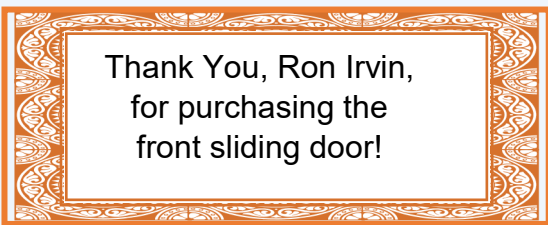


FORTUNA SENIOR CENTER

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

707-726-9203 admin@fortunasenior.org

Vol. XI No. 10 July- August 2023



Like Pictures??? We do, too! We'd love to include any good ones you have of folks being involved in activities at the Fortuna Senior Center. Include what event, who's in the picture, and date. Send to

fortunaseniors@gmail.com



A Bimonthly Publication of
Fortuna Senior Center
3000 Newburg Rd. Ste. B (707) 726-9203
Fortuna CA 95540
admin@fortunasenior.org

I think we have finally found some sun!

First, I would like to THANK everyone who has supported our fundraiser at Peppers.

It really has been fun to be there when the place is filled with friends. We are so very lucky that Joe has offered this opportunity for us. Every month it is getting closer to having those wide glass doors opening in the front of our new Center.

We need to be very proud of this group as we have paid out over a million and a half dollars so far to reach our goal AND it is getting closer!

If anyone would like a tour... please call the office and leave a message.

I would like to thank the outgoing Board members : Nola Sharp, Neena Olson and Ron Irvan. Welcome to new members; Chuck Dwelly, Pam Goodwin and Jerry Murray.

They are all musicians, so I am hoping to be serenaded at our future meetings!

Thank you, members, for your participation in our many activities. *Marsha*

Board of Directors

- | | |
|----------------------------|---------------|
| Marsha Hays –President | Chuck Dwelly |
| Neena Olson-Vice President | Dennis Doty |
| Jerry Murray | Joan Woodcock |
| Gary Markegard - Secretary | Ray Lovell |
| Kevin Johnson | Kathy Finley |
| Pamela Goodwin | |

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- | | |
|------------------|------------------|
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| Keith Borges | Nancy Kirtley |
| Chris Broadstock | Sally Conley |
| Jeff Nelson | Jon Sapper |
| Dennis Scott | Jeremy Stanfield |
| Tami Trent | Rick Center |

Newsletter - Alice Oliphant

Membership - Candy Hackett

Treasury –Pat Johnson

Bingocize

Starts August 11th. From 2—4
Join Gabe for two hours of discussions,
Bingo and prizes!

In Loving Memory

- Mary L Greene**
- Sue Patterson**
- William McBride**
- Helen Broadwater**
- Martha Howard**
- Gail Morrison**
- Mark Larsen**

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Inward tilt of heel Outward tilt of heel

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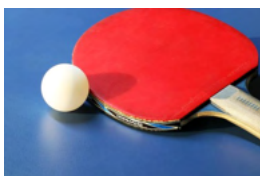
BINGO

Sunday, July 16st Sunday, August 20th

Doors will open at 12:30 pm, starts at 2
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.

Ukulele

Beginner class! Monday at 12:30 to 1:00.
The regular group continues to meet from 1 to 2 and intermediate is 2:30 - 4:00.



Ping Pong

Table open for use. Give a call to see if available.

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



Mini Trips

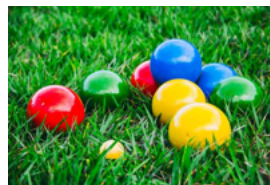
July -None

August -County Fair

Bike riding is a great way to enjoy our beautiful area and get fresh air and exercise!

Fridays at 9 a.m.-

Call Jack Rogers @707-599-2944 or Susan Rogers @ 707-599-7976



Bocce Ball
Thursdays
4:00
Sign Up!

Saturday Social Potluck

Third Saturday of the Month
JULY NINE AUGUST 19

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 veg.



July 23
August 27

Open Mic

4th Sunday of the Month
Monday Club

2- 4



John Schmidt– Our Computer Guru!!!!

I gently closed the door when I entered the building to the Fortuna Senior Center. Tai Chi class was in session and I momentarily stopped to watch the rhythmic sway of bodies and the graceful sweep of arms. Later as I pecked away at the newsletter, happy chatter and laughter floated in from the upstairs lounge to a background of ukelele music.

“We play dominos, dice and card games,” they explained when I walked by. “Sometimes two games on the same day,” they laughed. New players are invited to come and join the fun.

John Schmidt rummaged through the closet for the laptop for his computer class which gave way to Beginning French class by Chris Wennerholm. All the while music drifted up the stairs.

Sometimes the summer grey can feel oppressive. There is a place where you can go to find respite from the dull grey of summer. Come and join in! There’s lots to do!

The winners from the monthly Pinocle Tournaments are

Women

- 1st –Linda Wall
- 2nd– LouAnn Bean

June Winners

Women

- 1st – Nancy Hodgson
- 2nd – Evie Colivas

Men

- Leon Comerer
- John Stivi

Men

- Lester Reynolds
- Rob Chittenden

Greg Seiler
Financial Advisor

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Trish Foster
MANAGER

(707)725-2351
1100 Main Street, Suite A
Fortuna, CA 95540
@bartowsjewelers

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

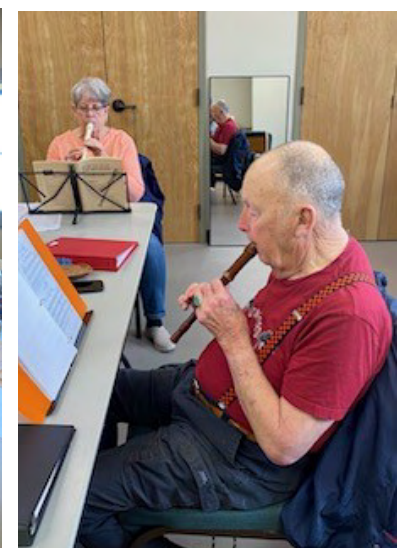
Senior Lunch Program

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.





HAPPY BIRTHDAY

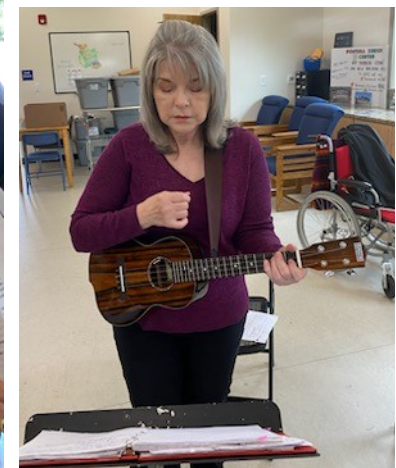


July

- 2 Diane Larkin
- 3 Dennis Doty, Mj Goble, Julie Meade
- 4 Dennis Sousa
- 7 Chris Wennerholm
- 9 Sue Snyder
- 12 Karen Colby
- 13 Alice Brown
- 15 Mardi Siekmann, Terri Emmons, Dale Cooley
- 16 Orval Garrison , Becky Murphy, Lanova Allender
- 17 John Gaffin
- 18 Lori Dutton
- 19 Pat Stolte
- 21 Aldene Frye
- 23 Anne Christen, Mike Willis
- 24 John Koerschgen
- 28 Dick LaVen, Helen McRostie
- 29 Sharyn Lodes
- 30 Connie Schneider

August

- 2 Joyce Rocha
- 4 Judy Willis, Claudia Nelson
- 5 Estelle Trammell, Deb Woods
- 6 Arlene Rose
- 7 Beverly Russell
- 9 JoAnne Taylor
- 10 Patti Zerlang
- 16 Mary Rovai
- 20 Richard Smith
- 21 Claudia Rogers
- 22 Karen Wallace
- 24 Johanna Rodoni
- 26 Andrea Sousa
- 30 Jim Stanfield, Joyce Sterns



Fortuna Chiropractic

Dr. Chris Campagna
drchrishealth@gmail.com

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725-7625 \$2.50 one-way



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Tuesdays-make medical appts.
Between 10am - 2pm only

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Friday & Saturday 6 AM - 10 PM

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www.a1aa.org

Fortuna Senior Services, Inc.
3000 Newburg Rd. Suite B
Fortuna, CA 95540

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

ANNUAL SUGGESTED DONATION:

July 1, 2023 through June 30, 2024 (please circle one.)

Life Membership \$1,000 Visionary \$500 Supporter \$250 Sponsor \$150
Friend \$100 Couple \$72 Individual \$40 Other \$_____

Name(s) (1) _____

(2) _____

Address _____

City/Zip _____

Telephone _____

Email _____

Birthdate (1) _____

(2) _____

Tell me about volunteer opportunities

Send announcements by email

Donation to the Fortuna Senior Center Building Fund

Email Newsletter **(Please specify amount here)**

Make check payable to: Fortuna Senior Center

Mail to: 3000 Newburg Rd. Ste. B, Fortuna, CA 95540

Telephone: (707) 726-9203 Email: admin@fortunasenior.org Web: www.fortunasenior.org



Senior Tone Zone is Aerobics for seniors which should be named Tons of Fun Zone. The music is lively and the participants are having a great time.



The early Romans were among the first to play a game resembling what we know as bocce today. In early times they used coconuts brought back from Africa and later used hard olive wood to carve out bocce balls. Beginning with Emperor Augustus, bocce became the sport of statesman and rulers. From the early Greek physician Hippocrates to the great Italian Renaissance man Galileo, the early participants of bocce have noted that the game's athleticism and spirit of competition rejuvenates the body.

If you're interested in playing Bocce Ball, Thursdays at 4:00, call the office or come in and sign up.

Coming in September

TREASURE SALE

THURSDAY, FRIDAY, SATURDAY

28, 29, 30

Bring items in Tuesday, Wednesday, Thursday
25,26,27

This has been a great fundraiser as well as an opportunity to donate well loved items. There was such great camaraderie, sharing and fun last year we're looking forward to this year's event.



Watch for the Fortuna Senior Center Float at the Fortuna Parade, Saturday July 15th at 11:00.

