



## FORTUNA SENIOR CENTER

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

707-726-9203 [admin@fortunasenior.org](mailto:admin@fortunasenior.org)

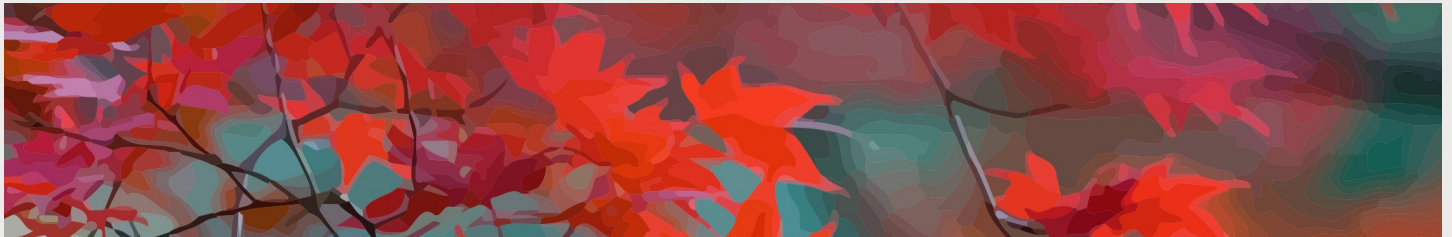
Vol. XI No. 10 September– October 2023

### LAST WEEKEND IN SEPTEMBER: THE SECOND ANNUAL TREASURE SALE

This will be our second big treasure sale event. It 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. We hope you'll join us September 28, 29, 30.

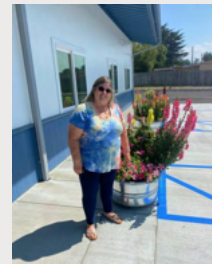
### CLEARING OUT THE GARAGE?

We can take donations off your hands at the Senior Center on September 25, 26 and 27th. We'll have plenty of volunteers to unload the heavy stuff from your vehicles. If September 25, 26 and 27 don't work for your schedule, please leave us a message at (707) 726-9203. and we'll work out a way to accept your donation. Thank you for your support.



Lynda Flaherty, President of the Fortuna Garden Club.

The Fortuna Garden Club donated \$2,500 for the lovely flower boxes in front of the new Senior Center building. Senior Center members set up and planted them, and Kevin Johnson takes care of watering.



A loved one or friend can always be remembered by making a donation or gift to Fortuna Senior Center. A donation form is accessible on our website [www.fortunasenior.org](http://www.fortunasenior.org) or simply send a note to Fortuna Senior Center 3000 Newburg Rd., Ste B Fortuna, CA 95540

TD Ameritrade, the best online broker for online stock trading, long-term investing, and retirement planning is now available to you at the Fortuna Senior Center. It offers a large range of investment options, including stocks, bonds, ETFs, mutual funds, futures, bitcoin futures, etc. It is one of the best online brokerages for beginners. Call for more information.

Vol. X— No. 11 September October 2023

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

### Board of Directors

Marsha Hays –President	Chuck Dwelly
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Tami Trent	Rick Center

**Newsletter** - Alice Oliphant

**Membership** - Candy Hackett

**Treasury** –Pat Johnson



## In Loving Memory

**Eldon Whitehead**  
**Dick Ecker**  
**Marvin Remington**  
**Barbara (Cookie) Heile**

Hello, members...

How exciting our future is looking at this time.

On August 25,2003 a group of folks got together to discuss increasing their church membership at the Presbyterian Church on Ross Hill Rd. I don't know if their membership grew but a group by the name of Fortuna Senior Center was born.... Little did they imagine that 20 years later, that vision would become a 7700 sq ft building hosting over 500 members.

We are grateful to all the foundations, groups and just plain folks who donated to this center.

We especially are grateful the McLean Foundation for granting us the money to finish the project.

When we started this 3 years ago, we made the decision to only do what we would be able to pay for. We felt if we stayed within a strict budget ,we would be able to finish this without a debt .

We especially have nothing but praise and thanks to DCI for working with us. Byran asked every month just what we had money to pay for and that is what they did each month.

The exciting part now has been selecting all the interior particulars and watching it develop into what we hope will be the BEST SENIOR CENTER in the Eel River Valley. *Marsha*

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Inward tilt of foot      Outward tilt of foot

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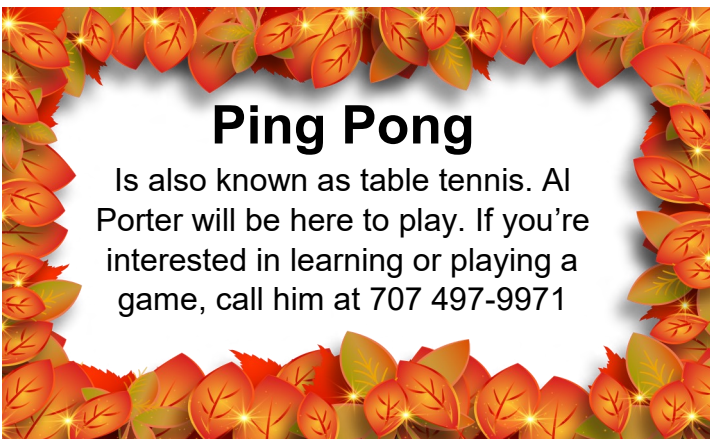
# BINGO

**Sunday, September 17 Sunday, October 15th**

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

Is also known as table tennis. Al Porter will be here to play. If you're interested in learning or playing a game, call him at 707 497-9971

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

**September  
Blue Ox**

**October  
Fortuna Iron**



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



## Saturday Social Potluck

Third Saturday of the Month  
**September 16 October 21**

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 dessert I-Q- Bring salad or veg

R-Z Bring entree

Greens Pharmacy will be giving flu shots on Thursdays, midday, once the shipment arrives.



## Open Mic

4th Sunday of the Month **2-4**  
Monday Club

**September 24  
October 29**



## Gnome Class

October 30  
12:30 ish  
Terry Schmidt  
Call for a spot



## The Winners from the monthly Pinocle Tournaments are

July

**Women**

**Men**

**1st Jess Hickey**

**1st Don Davis**

**2nd Judy Roberts**

**2nd Dick Wall**

**August**

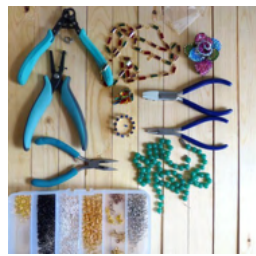
**1st Judy Roberts 1st Les Reynolds**

**2nd Nadine Houk 2nd Bobby Doerr**

**Writing Class**  
With Cecelia Howard  
Orientation meeting  
Tuesday  
September 19  
4—5:30



We are looking to see if there is any interest in a class on jewelry repair! If you are interested please contact the office.



Vanessa Viggers | Sr. Branch Office Administrator

Greg Seiler | Financial Advisor

**Edward Jones**

1960 Main St. Ste. A

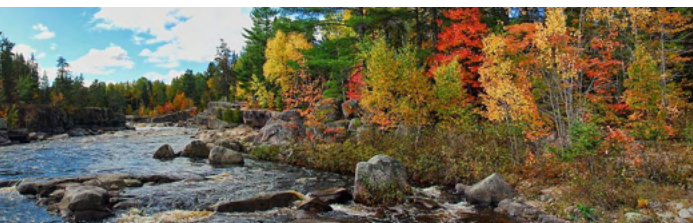
Fortuna, CA 95540

Ph: (707) 725-5098

## Mini Trips—fun and informative!



We are offering a  
**Video Yoga class on  
Tuesday and Thurs-  
day from 9:00 to  
9:45.**



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Email: [Jeremy@jeremystanfieldhomes.com](mailto:Jeremy@jeremystanfieldhomes.com)

125 12th Street  
Fortuna, CA 95540



**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”**



Work is progressing nicely. We appreciate all the donations and fundraising projects that have helped us!



Bicycle group out and about in Old Town taking in the sights.

The McLean Foundation Board was eager to approve a grant for \$500,000 to FSC to help complete their new facility building project and get them in the doors!

With the stock market gains in June and July, the McLean Foundation was able to gift this unbudgeted amount to this worthy project and our friends at FSC.

The McLean Foundation has been a long-time supporter of the FSC, and its programs and we are so happy for this next step in allowing its members to gain occupancy in their new and lovely building-where they can come HOME!

The programs and connectivity FSC provide to our beloved community do not go unnoticed and we want you all to thrive in your new digs! Congratulations!



Let's have fun with Redwood Coast Pace

## Summer Luncheon

September 20, 2023

Noon Lunch

Fortuna Senior Center

2280 Newburg Rd. Fortuna

Lunch provided by Redwood  
Coast Pace with chances to win  
a prized Gift Basket

More information

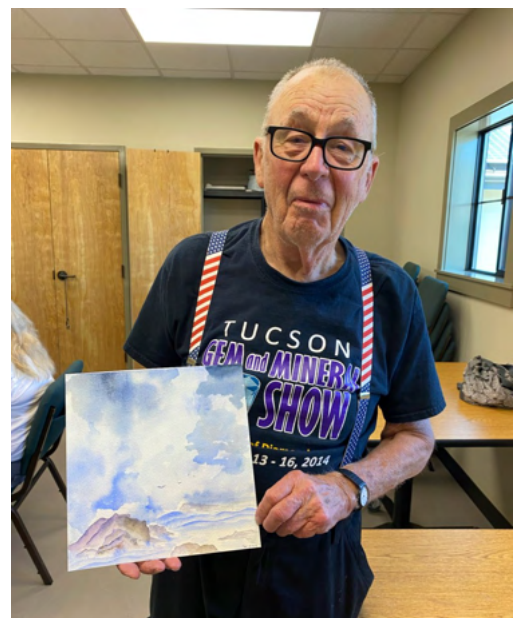
Call 707 443-9747 Ext 4231



Walking groups enjoy the sunny blue skies. One group walks the Riverwalk Levee on M-T-W. The hiking group, for the more adventuresome walkers, heads out on Friday at 9:00.



Peggy Murray, a local artist, invites artists and folks who would like to try doing art to come to her classes on Wednesdays at 1:00 upstairs in the art room. Supplies are provided or you can bring you own. Enjoy chatting and visiting while you work. There are varying skill levels. Experiment in water color, acrylic, gouache, pencil crayon, pastel and watercolor pencils.



# Fortuna Chiropractic

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drchrishealth@gmail.com

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**725-7625 \$2.50 one-way**



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www.a1aa.org

Fortuna Senior Services, Inc.  
3000 Newburg Rd. Suite B  
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, 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](mailto:admin@fortunasenior.org)    Web: [www.fortunasenior.org](http://www.fortunasenior.org)



## September



## October

1 Maria Wilson, William Munkirs  
3 Maggie Philipsen, Raquel Melenudo  
4 JoAnne Center  
5 Daniel Harris  
6 Ruth Olsen  
8 John Maxwell, Gail Walton, Anna Barbata  
11 Jim Seiler, Nancy Armenta  
13 Roxane Bessette  
14 Lalia Blake, Dianne Bitte  
15 Terry Freymuth, Carlotta Heflin,  
17 Brigid Young, Carol Maytorena,  
Ronnie Cummings  
18 Tom Mullholland, Herb Colby  
20 Becky Giacomini, Susana Coleman  
21 Alan Rice  
22 Marilyn Bennett, Peter West  
23 Susan Fitz, Bonnie Blair  
24 Gregory Perry  
25 Lois Schultz  
28 Bob Yates, Pat Casey,  
29 Sue McLaughlin, Robert Marinez,

3 Deborah Ecker, Dick McDowell,  
4 Marilyn Martino, Elaine Barnhart, Doreen Garton  
6 Kathryn Finley  
7 Kathy Machado  
8 Vicky Aust  
10 Cheryl Bahneman  
11 Denis Ledbetter  
12 Susan Rogers, Kemset Moore, Marty Collings  
13 Dolly Krasinski  
14 Lee Rowley, Eugene Womack  
16 Victoria Garzouzi, Donna Throgmorton  
17 Meryl Olson, Leslie Mull  
18 Ralph Linerick  
20 Bea Bruno, Shirley Russell  
21 Salley Conley, Janet Hogan, Clayton Schneider  
22 Alvin Dunnegan,  
24 Kathryn Youngberg,  
25 Joseph Mellet, Aliece Friederich, Patricia Eaton  
26 Peggy Radcliffe, Marsha Hays, Pamela Smith, Jack C Saffell  
27 Linda Speier, Evvy Colivas,  
28 Robert Russell,  
31 Kevin Johnson, Eric Furman, Jeanne Dorris, Larry Cornwell,

**It seems the birthday list submitted for July and August was woefully lacking in names.**

**Our apologies to those we missed!**

### July missed

3 Layyong Borst  
5. Linette Bourassa, Dennis Lewis  
6. Denise McClellan  
7 Chris Wennerholm  
9 Sue Snyder, K. Dale Blevens,  
Carolyn Crinich, Susan Nessen  
10. Nancy Koeppel  
11. Vincent Peloso  
12 Shirley Corwin  
15 Terri Emmons, Chris Whitworth  
16 Orval Garrison, Janelle Palmer  
19 James Neal, Donna Queen  
20. Betty Treder  
25. Lewis Rooker

### August missed

3. Linda Larsen, John Mogel, Neena Olsen,  
Anne Sicotte  
4 Pat Texler  
5 Janet Glenni  
6 John Morrison  
7 Sandy Hansen

8. Mary Massi, Michael Ness, Kerry Freedman  
9 Wanda Rigby, Sue Snyder  
10 Dee Meyer,  
12. Doris Delong  
13. Jerry Ireland, Nannette Long  
14. Linda Gillette, Beccy Hash  
15. Mardi Siekman, Ronald Musgrave  
16 Margaret Grow, Kristie Anderson, Becky Murphy  
17. Chuck Dwelley  
18. Barbara Murry  
20 Diane Brown  
21 Aldene Frye, Molly Cate  
22 Frannie Paytz  
23. David Buescher, Dale Harris  
24 Sharla Forwood  
25. JoAnn Blevens  
26 Joseph Michlig  
27. Gwenda Ashburn, Linda Crosby,  
Don Davis, Mary Ellen Musgrave  
Linda Treadwell  
28. John Holt, Linda Brito, Cathy Tuley  
29. Fredy Champagne  
31. Geraldine Glaser, Michelle Radcliffe

## FORTUNA SENIOR CENTER

<b>DAILY</b>	Books and Puzzles, lobby (open 9-4 daily)
<b>MONDAYS</b>	
8 a.m,	Walk the Riverwalk Levee (M-T-W)
10-11:30 a.m.	Tai Chi (M-W), main room
11:00-noon	Computer Class, upstairs
12:30-1:00 p.m.	Ukelele for Beginners -preparation for Beginners
1-2 p.m.	Beginning Ukelele, main room
1:15-3:00 p.m.	Games (all kinds, your choice), upstairs
1-2 p.m.	Beginning French, upstairs
2-3 p.m.	Book Club, art room (1st Monday only)
2:30-4 p.m.	Ukelele Group, main room
<b>TUESDAYS</b>	
8 a.m.	Walk the Riverwalk Levee (M-T-W) -
9-9:45am	Yoga by Video- (Upstairs)
10-11 a.m.	Senior Tone Zone (T-Th) upstairs (Aerobics/Seniors)
1-2 p.m.	Stitchery, lobby
1:30-2:30 p.m.	Recorder Group, art room
2-3 p.m.	Seated Tai Chi, main room
2-3 p.m.	Guitar Practice, upstairs
<b>WEDNESDAYS</b>	
8 a.m.	Walk the Riverwalk Levee (M-T-W)
10-11:30 a.m.	Tai Chi (M-W), main room
12-1 p.m.	Brown Bag Bunch (bring your lunch, and sing-along)
1-3 p.m.	Art - upstairs, art room (supplies provided, or BYO)
3:30-4 p.m.	(Resuming in September) Practical Self Defense
<b>THURSDAYS</b>	
9-11 a.m.	Cribbage, downstairs
9-9:45am	Yoga by Video (Upstairs)
10-11 a.m.	Senior Tone Zone (T-Th), upstairs (Aerobics /Seniors)
11-noon	Qigong - Mind Body Exercise (Upstairs Art Room)
1-3:30 p.m.	Mah Jongg, upstairs
1-4 p.m.	Pinochle, main room
<b>FRIDAYS</b>	
9 a.m.	Bike Club (call Jack Rogers 707-599-2944 or Susan Rogers 707-599-7971location)
9 a.m.	Hiking Group (call Lyn Crosthwait 707-725-7953)
9:30-12:30	Pinochle, main room ( <i>learn to play</i> )
1-3 p.m.	Scrabble, main room
2-4 pm	BINGO-CIZE exercise/health/fun
7-9:30 p.m.	Camera Club, art room last Friday only)