



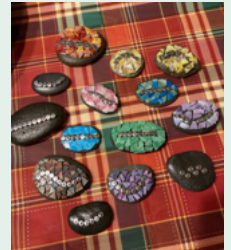
**FORTUNA SENIOR CENTER**  
**3000 Newburg Rd., Suite B, Fortuna, CA 95540**  
**707-726-9203 admin@fortunasenior.org**  
**Vol. XI No. 11 November- December 2023**



Marilyn and Marsha talk over the plan.

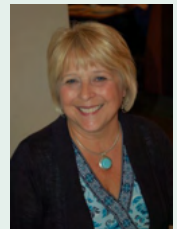
As we look forward to the grand opening of the new Fortuna Senior Center at 3811 Rohnerville Road, Marilyn Fung came up with an artistic idea that could be used as a vehicle for acknowledgements of donors, supporters, volunteers and other individuals who have made this dream a possibility. She envisioned a mural on the wall on the right as you enter the building. Marilyn proposed including historical background and the communities participating in activities offered at the Fortuna Senior Center.

“I want to visually draw people in with something that is comforting and personal,” she said. Marilyn presented her ideas to the board in a thorough and detailed way and they gave her the go ahead.



Mosaic Rocks

The mural depicts a redwood scene with a stream running through it. Her rough drawing was given to Peggy Murray and Marilyn Martino and they turned it into a more refined rendition. Volunteers helped draw gridlines, block in the background and rough paint sections so Peggy and Marilyn could come in afterwards and do the fine tuning.



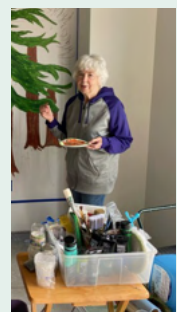
Brenda Brazil

The team decided to mosaic small, flat rocks to put up which would display the names of the different communities involved. Brenda Brazil invited Marilyn to her studio so she could join her and the ladies she mosaic's with to complete the mosaic on the rocks. A large metal sign will display Fortuna Senior Center's motto, Enrich, Empower, Involve. Marilyn was enthusiastic after finding a custom wishing well made by local artist, Kent Johnson, to place at the left of the mural. She wanted to use it to promote wishes and needs for the center.



Curious seniors stop by to see how it is going.

With perseverance, attention to detail and lots of effort, Marilyn has pulled together a stunning welcoming mural which will greet all those who pass through the doors of the new Fortuna Senior Center.



Volunteers come in and help with the painting

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

**Board of Directors**

- |                                |                |
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- Newsletter** - Alice Oliphant  
**Membership** - Candy Hackett  
**Treasury** –Pat Johnson



*In Loving Memory*  
**Jim Neal**

**Marsha’s Corner**

Over 50 members spent some time over the last week of September organizing our second Treasure Sale for the Fortuna Senior Center. It was a long week, but fellowship was a big part of the project and everyone enjoyed themselves. It was also a great time showing nonmembers just how much fun it is to be part of this organization

We very much appreciate the continued support that we have from our community and the surrounding areas in the Eel River Valley.

We were able to raise over \$10,000 which will be used to furnish the window treatments, furniture, and some fixtures for the inside of our new center.

We anticipate opening the new center before the end of this year and invite seniors over 50 in the Eel River Valley to come participate in over 35 weekly activities.

We are so proud of our members and donors who have enabled us to enter our building “debt free”. Also to the McLean Foundation for finishing the project.

I can not express enough of thanks to all the members that make this such a kind, friendly and safe environment for seniors of the entire EEL River Valley.

Happy Thanksgiving

Merry Christmas

Happy Holiday , *Marsha*

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# BINGO

Sunday, November 19 Sunday, December 17

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.

## Saturday Social Potluck

Third Saturday of the Month  
**November 18 December 16**  
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 des-  
sert

R-Z Bring Salad or Veg

Greens Pharmacy will be giving flu  
shots on Thursday, November 2nd.

**12:30-2:30PM**

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

**Fridays at 9 a.m.**

## Campton Heights Market

2915 school street  
Fortuna, CA 95540  
707 725-2675



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

## Celebrating their 800th hike!

Lynn Crosthwait was happy to note that their 800th hike was coming up the first or second week of Nov.



## Open Mic

4th Sunday of the Month **2- 4**  
**Monday Club**  
**November 26**





The Winners from the monthly  
Pinocle Tournaments are  
September

Women

Men

1st Nancy Hodgson

1st Ron Irwin

2nd Dottie Riffenburg

2nd Bobbie Doer

October

1st Nancy Hodgson

1st Tom Trump

2nd Lou Ann Bean

2nd-Lee Tomasini

You should have received your Raffle tickets in the mail by now. Please support the Center, either by mail or bring to event!

Elaina is returning to the center

She will be instructing her Yoga

and Movement classes beginning on

November 6th and 7th

9:00-9:45

Monday Tuesday,

Wednesday and Thursday



Vanessa Viggers | Sr. Branch Office Administrator

Greg Seiler | Financial Advisor

Edward Jones

1960 Main St. Ste. A

Fortuna, CA 95540

Ph: (707) 725-5098

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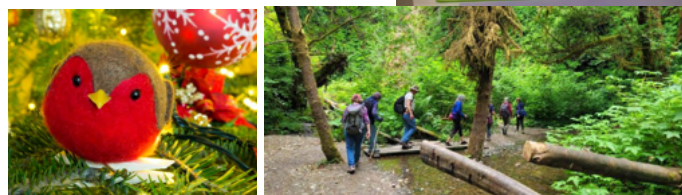
Bus: (707) 725-2852

Fax: (707) 725-4052

Cell: (707) 496-3806

Email: 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”**

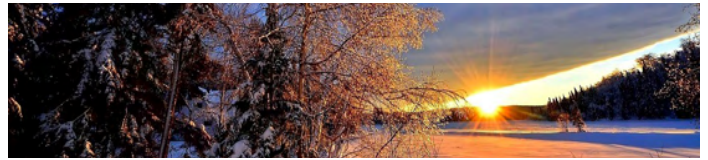
We anticipate being in the new center around the 1st of December. We will NOT be canceling any of our regular scheduled activities.

Activities will resume as normal.

The FSC will be open Monday– Friday 9-4.

Our new home will be 3811 Rohnerville Rd.

Fortuna, CA 95540



## Holiday Greeting Cards Workshop

Join Debbie Krukonis on Fridays from 12-4pm upstairs in the art room. We will meet 7 times from November 3rd to December 15th. Its **FREE** but please bring your favorite glue and a pair of scissors. I will provide card bases and lots and lots of materials to decorate them. We can make Thanksgiving, Christmas, Chanukah, and Winter Solstice cards. Come once, twice or on all 7 Fridays. If you have questions call Debby at 707 725-5957 (land line) or email me at [sunset@arcatanet.com](mailto:sunset@arcatanet.com) I look forward to making cards with you.



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



### 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 second annual Treasure Sale was a huge success!

The over 50 volunteers involved helped raise over \$10,000 for the Fortuna Senior Center's new building!



We are excited with the beautiful job Metal Artist Bryan McWaters of MaD MeTaLs has done with the sign destined to be mounted on the mural wall inside the new Fortuna Resource Center



Becky Wolverton will be starting

### **SELF DEFENSE FOR SENIORS**

**January 3, 2023**

**3:30– 4:00pm**

**Excellent class teaching us to at least be aware of our surroundings.**

## **Ideas are coming in for possible Mini Trips in 2024.**

### **We have tentatively mapped out;**

- 1/26 Bandoras with Marsha and lunch at Fernbridge,
- 2/23 Dick Taylor with Linda Gillette and lunch at Chappela's,
- 3/22 Light House for the Blind with Carolee and lunch at Lost Coast Brewery,
- 4/26 Access Humboldt with Colleen and lunch at Gills by the Bay,
- 5/24 Fern Cottage with Colleen and lunch at Ferndale Pizza,
- 6/28 Madaket with Lee and lunch at the Marina
- 7/ Humboldt Wild Life with Tami and lunch at Hunan's
- 8/ Humboldt County Fair Robotic Dairy with Tami and lunch at the Boardroom
- 9/20 Bird Alley with Carol and lunch at Slice of Humboldt Pie Company
- 10/25 Fortuna Museum with Tami and lunch at Smoking Barrels



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



**WITHIN CITY LIMITS:**  
Mon. - Fri., 8:30am - 4pm

**EUREKA MEDICAL APPTS:**  
Tuesdays-make medical appts.  
Between 10am - 2pm only

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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

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## NOVEMBER

2. Judy Weschel, Leone Gossett
  3. Raemel Oliveria
  4. Ray Lovell
  5. Susan Tobias
  6. Nancy Kirtley, Naomi DeMayo
  7. Earl Jacobs
  8. Margie Yates, Dennis Scott
  9. Wanda Cope, Kim Browning
  10. Jeri Thomson, Kathy Lovell
  11. Lewis Broddie, Jackie Simpson
  13. Lester Reynolds
  15. Winona Bevens
  16. Thomas Harrison
  19. Pat Johnson
  20. Richard Mull
  21. Debra Strahan
  22. Kelly Worrell, Pam Johnson,  
David Mellon
  23. Richard Leamon
  24. Shan Anderson
  25. Judy Dokweiler, Joan Hughes, Douglas Pressley, Jean Pacheco, Lori Hendrick
  26. Sherry Champagne, Janet Lukas,  
Gail Marshall
  27. Mike Nabayan, Patt Jones
  28. Michelle Klimesh, Donna Kay Johnson
- Just a note.....

**Margaret Stockes Birthday– October 21**

## DECEMBER

1. Arlene Stafford, Denise Lea
2. Doris Gajic, Lynn Marchand, Robert Seikaman,  
Steve Emmons
3. Judy Roberts, Linda Gaffin
4. Don Rowe
5. Illene Harris
6. Kent Wrede
7. Mary Green, Mairead Dodd
8. Dean Davidson
9. Ron Irvin
10. Mary Dias
11. Peggy Murray, Yuriko Womack, James Scaife,  
Carol Bess
13. Jerry Voorhees
14. Edgar Roberts
15. Mike Murray
16. Marion Weer
18. Terry Schmidt
19. Kathy Jacobs, Leafy Briggs
20. Virginia Kelly
21. Ava Zampatti, Joyce Boutwell
22. Anna Amos
24. Pierre Cousineau, Becky Wolverton, Dave Settle  
Bev Powers, Maryhelen Ness, Glennita Harrison
25. Camille Fallion, Dane Peterson,  
Jeffery Throgmorton, Jeffery Thurman
26. Nancy Murray
28. Maurice McMorries, Judy Bell,  
Deborah Crumbie, Marly Johnson
29. Sue Leamon. Faith Platt

## FORTUNA SENIOR CENTER

### DAILY

Books and Puzzles, lobby (open 9-4 daily)

### MONDAYS

8 a.m., Walk the Riverwalk Levee (M-T-W)  
9-9:45 a.m. Yoga with Elaina  
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

### TUESDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W) -  
9-9:45 a.m. Yoga with Elaina  
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

### WEDNESDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W)  
9-9:45 a.m. Yoga with Elaina  
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

### THURSDAYS

9-11 a.m. Cribbage, downstairs  
9-9:45 a.m. Yoga with Elaina  
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  
3-4:00 p.m. Bocce Ball (beginners welcome), Rohner Park  
1-4 p.m. Pinochle, main room

### FRIDAYS

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 (*learn to play*)  
1-3 p.m. Scrabble, main room  
2-4 pm BINGO-CIZE exercise/health/fun (starting in January)  
7-9:30 p.m. Camera Club, art room last Friday only)