



FORTUNA SENIOR CENTER
3811 Rohnerville Road, Fortuna, CA 95540
707-726-9203 admin@fortunasenior.org
Vol. XI No. 14 July - August 2024

Welcome to New Board Members!



People enjoy seeing each other when they come to class. It's a great place to make friends!

A HUGE THANK YOU to
Board Members leaving.

Joan Woodcock, Dennis Doty, Ray Lovell, Gary Markegard, Pam Goodwin and Marsha Hays for their years of service to the Fortuna Senior Center.

These past couple of years your time and talents have been greatly appreciated as we worked together to finally occupy our "HOME".

Hope to see you all enjoying this fabulous space.

Thank you to the remaining
Board Members
Kevin Johnson, Jerry Murry,
Chuck Dwelley and Kathy
Finlay.

We sincerely appreciate your
involvement in the
Fortuna Senior Center.



We enjoy the great food prepared for events by this crew!

Vol. XI No. 14 July-August 2024

A Bimonthly Publication of
Fortuna Senior Center
3811 Rohnerville Road (707) 726-9203
Fortuna CA 95540
admin@fortunasenior.org

Board of Directors

TBA

Advisory Council Members

Hec Wood

Keith Borges

Chris Broadstock

Jeff Nelson

Dennis Scott

Tami Trent

Nancy Kirtley

Sally Conley

Jon Sapper

Jeremy Stanfield

Rick Center

Newsletter - Alice Oliphant

Facebook - Judy Trimble

Membership - Candy Hackett

Website - Pat Johnson

We want to thank the teams of cleaning, maintenance and other work helpers who keep our Center spic and span. You do a great job and we appreciate all you do!



Life Plan Humboldt

IN DEVELOPMENT

A not-for-profit, resident-led life plan community for active older adults in Humboldt County.

This grassroots project will include 144 independent residences with assisted living and memory care all on one campus in McKinleyville.

[Www.lifeplanhumboldt.org](http://www.lifeplanhumboldt.org)



Art display this month is works done by Norlene Gregory



FOOT PROBLEMS? WE CAN HELP!

Inward tilt of heel Outward tilt of heel

FOOT PROBLEMS AFFECT YOUR ANKLES, KNEES, HIPS AND ATTITUDE... LET US HELP YOU FEEL BETTER!

The shoe store that still measures your foot.

Strehl's
FAMILY SHOES & REPAIR
CORNER OF 12TH & MAIN • FORTUNA • (707) 725-2610

WE'RE CERTIFIED TO WORK WITH DIABETIC & PEDORTHIC FOOT NEEDS!

Marilyn Strehl, C.PED
Certified Pedorthic
ID: CPED-2262

HUMMEL TIRE & WHEEL, INC.

Tires • Auto • Trucks • Tractors
Brakes • Shocks • Alignments

260 S. Fortuna Blvd.
Fortuna, CA 95540

Lisa Hummel Owner Wendy Hummel Owner

Phone: 707-725-4120
www.hummeltire.com

BINGO

Sunday, July 21 Sunday, August 18

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 \$20.00 for a set of cards for 18 games.

Exciting news for bingo players! Starting in May, the price for the blackout game will increase by \$1 with a **guaranteed payout each month of \$175!!**



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.



Open Mic

4th Sunday of the Month **2 - 4**
At the Fortuna Senior Center
July 28
August 25

Now that the weather is improving, 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
August 17

No Potluck Scheduled for July

11-12:00 Social Hour

12-2 Potluck

Hamburgers, hot dogs, buns, condiments and beverages supplied. If your last name begins with

A-M: Bring side dish

N-Z: Bring Dessert

Mayor Tami Trent is tentatively scheduled to say a few words about various projects and activities happening in the city of Fortuna.

Campton Heights Market
2915 School Street
Fortuna, California
707 725-2675



Juggling on the 2nd and 4th Thursday of the month at 2:30. Look for Sign Up sheet. Three bags available for \$12.



PG&E offers a "Budget Billing". It offsets the high winter rates with the lower summer rates so customers can plan on their monthly payments. Available by phone, online or you can speak to a representative. 1-888-489-4689

Joan Owens 725-1934

**Monthly Pinoche
Tournament Winners
May**



Women	Men
1st Nancy Hodgson	1st Rob Chittenden
2nd Birdie Brownfield	2nd Ted Leichte

Vanessa Viggers | Sr. Branch Office Administrator

Greg Seiler | Financial Advisor

Edward Jones

1960 Main St. Ste. A

Fortuna, CA 95540



We will begin playing poker every **Monday at 3:00**. The game will last approx. 3 to 4 hours and there are only 6 seats available at this time, as we are going to start only one table. If there is enough interest we will add tables as necessary. Each week the first 6 to sign up will have those seats.



Jeremy Stanfield, Broker

DRE #01339550



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

EP Operation Fortuna LLC

Providing transportation for

**Sequoia Springs Senior
Living Community**

707-726-0111

**The Mission of
the Fortuna
Senior Center is to
Enrich,
Empower
Involve.**



**SUGGESTIONS
& COMMENTS**
There is now a
box at the FREE
TABLE where
you are able to
deposit ideas
and needs for
the Board to
consider.



One of our cheerful greeters, Sandy Marlowe, has a big smile for visitors as they come into the Fortuna Senior Center.

We want to send out a big THANK YOU to Joan Woodcock. She generously pays for the Crystal Springs water each month so the members have lovely, clear water to drink!



Hikers are out enjoying the incredible beauty of our area and getting the benefits from camaraderie and exercise.

There is a discussion group on Friday from 2-3 that talks about various topics. Dottie Riffenburg hosts this group and they meet in the small lounge.



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

**Massage Therapy by Sharon
Swedish, Deep Tissue, Lymphatic**

Sharon Ledbetter Moulton, CMP
707-548-5074
3106 School St.
Fortuna, CA 95540



It's time to be outside enjoying the weather, exercise and fellowship of other seniors. The Bocce Ball courts are in great shape and waiting for you all to throw some balls! Beginners are welcome. NO need to sign-up, just come on Thursdays from 3-4pm. (Sometimes longer). Courts are in Rohner Park next to the Rodeo Grounds.



The pool table is drawing in players who enjoy the great table and the rooms atmosphere. John Schmidt and Jim Stanfield rack em up!



Nola Sharp sings a song.



Open mic is drawing good crowds. It is now being held at the **Fortuna Senior Center** and the musicians and participants seem to like the new home.

Fortuna Chiropractic

Dr. Chris Campagna
drchrishealth@gmail.com

707-682-6155
www.fortunachiropractic.com



1336 Main Street
Fortuna, CA 95540

(707) 725-1135

Mon. - Fri., 8:30am - 5pm

CRYSTAL LEWIS
Broker License: CA-0D77118

After hours appt. available
24/7 Good Neighbor Service

HORIZON
BUSINESS PRODUCTS

www.horizonbusinessproducts.com

Loene Gossett

Store Owner & Notary Public

OFFIC SUPPLY STORE

1137 Main Street Phone: 707-725-6542
Fortuna, CA 95540 Fax: 707-725-6541

Email: print@horizonbusiness.com

AGE 60+ ENJOY FREE PRIMETIME CHECKING!



- No monthly service charge
- **FREE** box of standard checks per calendar year*
- Three free Cashier's Checks per month
- \$20 discount on safe deposit box
- Enjoy a full array of products and services

*Limit one box per calendar year of custom checks.
Must open a checking & Membership Savings account.

445-8801



People Helping People

Belonging Never Felt Better®
Coast Central
Credit Union
coastccu.org



City of Fortuna BUS Transit Service For YOU!

If you are **50 or Older** or a person with a **Disability** you qualify for **TRANSPORTATION**
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

PEPPER'S

**OPEN FOR BREAKFAST,
LUNCH, AND DINNER!**

Located in:

Redwood Village Shopping Center
719 S. Fortuna Blvd.

Phone number:

(707) 725-5580

Hours of operation:

Sunday - Thursday 6 AM - 9 PM

Friday & Saturday 6 AM - 10 PM

**ASK US ABOUT OUR
KIDS'/SENIORS' MENU!**

GREEN'S FORTUNA PHARMACY

ROBERT JOHNSON
PHARMACIST

1058 MAIN ST
FORTUNA, CA 95540

7077254431

7077252671

greensrx@att.net

www.greenfortuna.com

I ♥ RCB



EUREKA - FORTUNA - ARCATA

redwoodcapitalbank.com

AREA 1
Agency on Aging

HICAP

HEALTH INSURANCE COUNSELING &
ADVOCACY PROGRAM

707.444.3000

800.434.0222

333 J STREET
EUREKA, CA 95501

www.facebook.com/A1AA.org

www.a1aa.org

Fortuna Senior Center
3811 Rohnerville Road
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, 2024 through June 30, 2025 (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 Send the newsletter by email

Make check payable to: Fortuna Senior Center

Mail to: 3811 Rohnerville Road, Fortuna, CA 95540

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

WOW! 804 Members

This is the current membership enrollment!!! Amazing and thanks to the original folks that came together 24 years ago to begin this project! They would be elated about how far their ideas have grown!!! We are happy!



This 3 piece luggage set made by Lalia Blake is the raffle of the month.



Seniors wishing well and Suggestion box.

You are invited to come in and view the One Thousand Cranes display. There are cranes offered to you for good luck! Feel free to take one.



Every visitor to the Fortuna Senior Center is greeted by an amazing mural. Marilyn Fung came up with the idea and corralled the skills of several artists and craftsmen to bring together this magnificent mural.



Movie Afternoon

Every second Sunday of the month

2 pm till end of movie

Bring comfy lawn chairs or Center will provide chairs

Bring your own favorite beverage

Popcorn will be provided

Donations will be accepted

All proceeds will go to Senior Center Funds.



WJ CHALTON SOLUTIONS

Walt Chalton

*Website Design
and Services*

1001 11th Street
Fortuna, CA 95540
(707) 499-7079
walt@wjchalton.com

FORTUNA SENIOR CENTER

DAILY Books and Puzzles, Main Room (open 9-4 daily)

MONDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W)
10-11:30 a.m. Tai Chi (M-W), Exercise Room
Fabric Workshop -Craft Room 1
11:00-noon Computer Class, Art Room
12:30-1:00 p.m. Ukelele for Beginners—Preparation for Beginners Classroom 2
1-2 p.m. Beginning Ukelele, Classroom 2
1:15-3:00 p.m. Games (all kinds, your choice), Main Room
1-2 p.m. Beginning French, Art Room
2-3 p.m. Book Club, Board Room (1st Monday only)
2:30-4 p.m. Ukelele Group, Classroom 2
3:00- Poker-main room

TUESDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W) -
9-9:45am Yoga by Video— Classroom 2
10-11 a.m. Senior Tone Zone (T-Th) (Aerobics/Seniors) Exercise Room
1-2 p.m. Stitchery, Craft Room
1- Pool Tournament (Sign –up necessary)
1:30-2:30 p.m. Recorder Group, art room
2-3 p.m. Seated Tai Chi, Classroom 2
2-3 p.m. Guitar Practice, Small Lounge

WEDNESDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W)
10-11:30 a.m. Tai Chi (M-W), main room
10:30—12:00 Debs Rock Painting
12-1 p.m. Brown Bag Bunch (bring your lunch, and sing-along)
1-3 p.m. Art - Art Room (supplies provided, or BYO)

THURSDAYS

9-11 a.m. Cribbage, Main Room
9-9:45am Yoga by Video Classroom 2
10-11 a.m. Senior Tone Zone (T-Th), (Aerobics /Seniors)
11:15-12:00 Seatercize-chair exercise
1-3:30 p.m. Mah Jong, Classroom 2
1-2:30 p.m. Fabric Craft Classroom 1
3-4:00 p.m. Bocce Ball** - Rohner Park—Beginners Welcome (Contact: John 707-617-2180)
1-3:30 p.m. Pinochle, main room

FRIDAYS

9:30am Bike Club (call Jack Rogers 707-599-2944 or
Susan Rogers 707-599-797 for location)
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
7-9:30 p.m. Camera Club, Art Room (Last Friday of the month only)

SATURDAYS

11am-Noon Potluck Social* (3rd Saturdays Only)
Noon-2 pm Potluck (3rd Saturdays Only)

SUNDAYS

2pm-TBD Movies* (2nd Sundays Only)
2pm-TBD Bingo (3rd Sundays Only)
2pm-4pm Open Mic*(4th Sundays Only)