



## **FORTUNA SENIOR CENTER**

**3811 Rohnerville Road, Fortuna, CA 95540**

**707-726-9203 admin@fortunasenior.org**

**Vol. XI No. 14 September-October 2024**

### **Second Annual Treasure Sale!!!**

#### **Last weekend in September**

26th, 27th and 28th

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.

#### **Clearing out the Garage?**

We can take donations off your hands at the Senior Center on September 23rd-25th. We'll have plenty of volunteers to unload the heavy stuff from your vehicles. If these dates don't work for your schedule, please leave us a message at (707) 726-9203. We'll work out a way to accept your donation. Thank you for your support!



The concrete is hardening and the crew have finished installing the flag pole donated by DCI Builders and installed by John Smith, Brandon Katri and Spencer Chapman. Lighting provided by Bill White of Northcoast Electric. Bill Hummel has taken on the responsibility of heading up the committee that takes care of the operation of the flag and lights. We appreciate everyone's participation in this endeavor!

September October 2024

A Bimonthly Publication of

Fortuna Senior Center

3811 Rohnerville Road (707) 726-9203

Fortuna CA 95540

admin@fortunasenior.org

### Board of Directors

Kathy Finlay	Harolyn Salter
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To be added	

**Newsletter** - Alice Oliphant

**Facebook** - Judy Trimble

**Membership** - Candy Hackett

**Website** - Pat Johnson

# Help!

## We need volunteers for the Treasure Sale!!!

Pick up treasures

Set up Sept. 23-25

Sale worker 26—28

Clean up 28th

Sign in at the center or call and ask the receptionist for dates and times we need help.



Fun lunch at Ferndale pizza was enjoyed by Margret Stokes, Kristie Anderson, Carolee Thrift, Carol Batho, Colleen West, Carol Maytoreno, and Linda Gillette.

**Campton Heights Market**  
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# BINGO

**Sunday, September 15 October 20**

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! 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.

Monday was busy with a rigorous game of table tennis, a poker table, a fun card table and pool going on all at once.



Michael Wall practicing pool skills.



Games Monday 1:15—3:00



Poker Mondays 3-6

**F  
U  
N**



Table Tennis fun! For details text Chris at (650) 274-7666

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 @ 707-597976



## Saturday Social /Potluck

Third Saturday of the Month

Every Other Month

**October 19**

**11-12:00 Social Hour**

**12-2 Potluck**

Monthly Sign Up Sheet is available the 1st of every month where you can RSVP or call the Fortuna Senior Center to make your Reservation 726-9203. The potluck sign up sheet will let you know what you will be responsible to bring. An entrée, dessert, salad or vegetable will be assigned on a rotating basis month to month.

September A-J Salad or Veg K-N Entrée MZ Dessert  
October A-J Dessert K-N Salad or Veg M-Z Entrée

July 4th was great this year. Seniors enjoyed the fireworks display.



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



## Monthly Pinoacle Tournament Winners



### July

<b>Women</b>	<b>Men</b>
1st Lou Ann Bean 5/0	1st Bobby Doerr 5/0
2nd Nora Dotty 3/2	2nd Ron Cummings 4/1

### August

1st Lou Anne Bean 562	1st Leon Comerer 544
2nd Carol West 546	2nd Ted Liehti 510

**Vanessa Viggers | Sr. Branch Office Administrator**

**Greg Seiler | Financial Advisor**

**Edward Jones**

1960 Main St. Ste. A

Fortuna, CA 95540

The lucky winner of this month's raffle, which was a 3 piece luggage set hand made and donated by Lalia Blake, was won by Judy Roberts.



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.

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125 12th Street  
Fortuna, CA 95540



Another fun Mini Trip for our Seniors to Humboldt Access!



## 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.**



Bernice Reynolds greets Pinocle players as they arrive on Thursdays for the tournament. There's always a big turn out for this event.

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

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

**Its time to pay your  
membership dues!**

**Support The Fortuna  
Senior Center and get  
your dues for this year**

The Craft Room will be open lab for September and October. Crafters can bring in individual projects to work on.

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

The Fortuna Senior Center  
@ 3811 Rohnerville Road,  
Fortuna, California

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.



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It's time to be outside enjoying the weather, exercise and fellowship of other seniors. The Bocci 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.



**Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for weeks, months, maybe they won't bother you for years.**



We want to thank all of you volunteers who do such a good job keeping this facility ship shape and running. We couldn't do it without your help! Our bathrooms are always clean, the kitchen is working well and our greeters do a fantastic job!

## Don't forget!

Open mic is now being held at the **Fortuna Senior Center** and the musicians and participants seem to like the new home. Come on in and enjoy on the 4th Sunday of the Month, 2:00 to 4:00. **September 22 and October 27!**



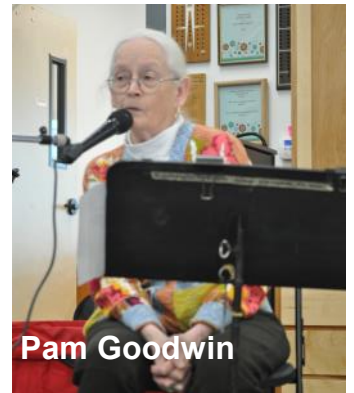
Lew Rooker



Nola Sharp



Jerry Murry



Pam Goodwin





# Fortuna Chiropractic

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Colleen West greets!

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Fortuna Senior Center  
3811 Rohnerville Road  
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, 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](mailto:admin@fortunasenior.org) Web: [www.fortunasenior.org](http://www.fortunasenior.org)





## Movie Afternoon

Every second Sunday of the month, **2 pm** till end of movie. Bring comfy lawn chairs or Senior Center will provide chairs. Bring your own favorite beverage.

### Popcorn will be provided

Donations will be accepted



**Darleen Sampson** generously gives of her time and comes in to clean the floors at the Fortuna Senior Center. Darleen, who has been a long-time member of our Camera Club, is actively involved in the community. She has entered photos in the upcoming Humboldt County Fair and will be judging a category of photos that will be representing Humboldt County. She encourages others to come and check out the Camera Club which meets on the last Friday of the month in the art room from 7-9:30 p.m.

## Mini Trips

### September 27

Humboldt County Jail with Carol and lunch at Chapala

### October 25

Humboldt Coffee Co

## Lending Library

Due to our current inventory and lack of storage space, please call before donating your books. Call Sandie at (707) 498 -4913



Seatersize with Harolyn.

## Non-Members

Are you interested in checking out the facilities at the Fortuna Senior Center? Non-members may use the facility twice before joining. Then you can pay a daily fee of \$5.00 to participate. Ideally we want to encourage you to join and become a member so we can welcome you to be involved in all the amazing things going on at our Fortuna Senior Center.

Newsletter—Special Insert: Harolyn's Corner

Please Note: New "Seatersize" Class on Thursdays 11:15-noon!



**Harolyn-Grace Spritz**



1d · 👤

I love my "Seatersize" Class. After 1hr. Of standing cardio in "Tone-Zone. It's such a nice break(Thanks Dr. John Chen for the CD) from Loma Linda Uni. ☆



At the BBQ Pot/Luck" on Sat Aug 17, 2024 our Guest Speaker was Tami Trent, Mayor of Fortuna!

Pictured to the Right:

Amber, Jack S, Harolyn, Janet & Debra Enjoyed the Pot Luck!





VERY POPULAR "TONE ZONE" Class is growing since moving in our new building!

Pictured are some of our Loyal Members



# FORTUNA SENIOR CENTER

**DAILY** Books and Puzzles, Main Room (open 9-4 daily) September—October 2024

## MONDAYS

8 a.m. Walk the Riverwalk Levee (M-T-W)  
10-11:30 a.m. Tai Chi (M-W), Exercise Room  
Open Lab -craft individually -Craft Room 1  
10:00-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  
4-6 Bunco, every 3rd Tuesday

## 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. Open Lab craft individually 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\* (2<sup>nd</sup> Sundays Only)  
2pm-TBD Bingo (3<sup>rd</sup> Sundays Only)  
2pm-4pm Open Mic\*(4<sup>th</sup> Sundays Only)

Coming in October:10 Sessions (two per week) on Digital Literacy (iPad Basics). Six iPads will be given to those attending.  
Revised 8/26/2024\*Seasonal/Special Schedule & \*\*Outside Activities / Location Varies- Call if you have any questions