



FORTUNA SENIOR CENTER

3811 Rohnerville Road, Fortuna, CA 95540

707-726-9203 admin@fortunasenior.org

January - February 2025

KATHY'S COMMENTS

FSC Board President

The holidays kept the senior center very busy with activities. November 11th was our Veteran's Day presentation. All the people in charge were very appreciated: Chuck Dwelley, Sandie Marlowe, Bill Hummel, Kevin Johnson, Margaret Stokes and DAR-for refreshments.

Open Mic will be back in January! Yeah! All of us missed this event.

When we reconvene, we will be missing Leroy Ebert, as he passed in November from Lung Cancer. His memorial at Calvary Lutheran Church in Fortuna, was a fitting tribute to him with family and friends.

TREASURER'S REPORT

It's been awhile coming but we finally have the USPS mailing labels ready to print for our first bulk mailing of the newsletter. We will be sending 348 newsletters at an average cost of \$0.32 per recipient which is a savings of \$142 for this issue. In addition, we will save approximately \$250 for every bulk mailing of letters to members such as the year end appeal, Overall, I estimate a total savings of \$1500 to \$1600 per year for mailing costs. Much thanks to Carol Kinser for researching what needed to be done to implement non-profit bulk mailing for us.

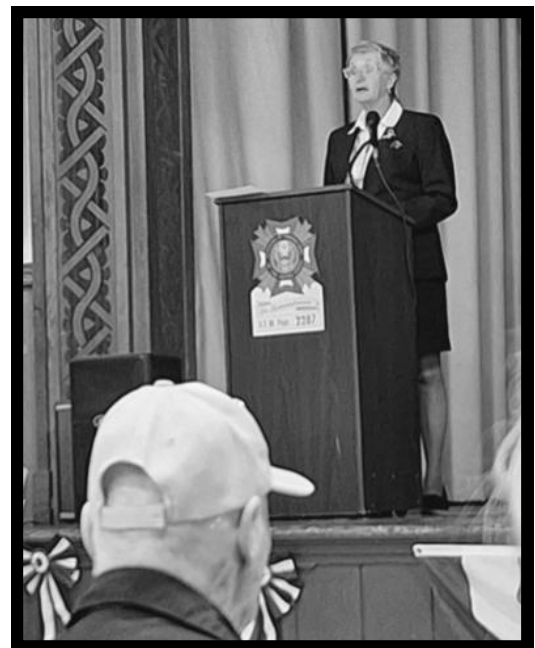
NEW CLASSES!

American Sign Language

Jack Saffell will teach the class on Fridays at 11 a.m. beginning in January. The class is one hour long and will be 12 weeks (or longer). Sign up sheet is in the lobby.

Aikido

Aikido is a defensive martial art that came originally from Japan. It is an excellent way to stay in shape and learn basic self-defense techniques. Class begins in January on Fridays 10-11 am with instructor Paul Landrum.



Sandie Marlowe at Veteran's Day Ceremony

JANUARY - FEBRUARY

A Bimonthly Publication of :

Fortuna Senior Center

3811 Rohnerville Road (707) 726-9203

Fortuna CA 95540

admin@fortunasenior.org

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Newsletter - Kathy Finlay/John Schmidt and Mairead Dodd

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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 or simply send a note to:

The Fortuna Senior Center
3811 Rohnerville Road,
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Fortuna Senior Center
is to
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WANT TO POST SOMETHING AT THE CENTER?

Please have anything approved,
dated & initialed by Kathy Finlay

DEADLINE FOR MARCH
APRIL NEWSLETTER:
FEBRUARY 15, 2025



Sunday

January 19 and February 16

Doors open at 12:30 pm. Games start at 2 pm.

Bingo is open to all over 18 years of age. Need not be a member. Cost will be \$20.00 for a set of 18 cards.

Exciting news for Bingo players! The price for the blackout game is \$2 per sheet with a guaranteed payout of \$175.

**FORTUNA SENIOR CENTER
JANUARY SOCIAL GATHERING**

SATURDAY—JANUARY 18

12 - 2 p.m.



Shelley Reider of Redwood Community Action Agency will be our guest speaker. RCAA has numerous programs such as Utility Assistance Programs, Energy/ Heating Bill Assistance, Weatherization, Financial Literacy Programs and more.

Please sign up at the front desk and bring a savory or sweet finger type food to share. Tea, coffee and punch provided.

**QUESTIONS? Call Kathy Finlay
(707) 726-9203**

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



Monthly Pinochle

NOVEMBER

Women:

1st: Nadine Hawk
2nd: Lou Ann Bean

Men

1st: Tom Trump
2nd: Kelly Worrell

DECEMBER

Women

1st: Cindy Fischer
2nd: Jan Overby

Men

1st: Dennis Doty
2nd: Tom Trump

CORRECTION: The winner of the November Men's Pinochle was misspelled and should have read: Bobby Doerr.



Leanne Langston (Speaker) from Area One Agency on Aging at the November Saturday Social Gathering with her Mom and FSC Board President, Kathy Finlay. 20 people attended the event.

POTLUCK NEWS!

50+ people attended the December Potluck. There were photos with Santa in the lobby, a reading of the Cajun Night before Christmas and a White Elephant Gift Exchange, that was a lot of fun. Thank you Harolyn for facilitating it! There was plenty of good food, yummy desserts and a wonderful time visiting not only with old friends but meeting new ones, too! A BIG thank you to the Kitchen Crew and those helping with overall clean up. It was a delightful day!

Potlucks are bi-monthly happening in February, April, June, August, October and December. (Submitted by Mairead Dodd)



Photos from December 21 Potluck Holiday Luncheon

FOOT PROBLEMS? WE CAN HELP!

Inward tilt of heel Outward tilt of heel

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ELAINA IS BACK!

CLASSES with ELAINA

Mondays

9:00 am - 9:45 am: **Latin Dance**

“Get your Groove on!”

12:00 pm - 12:45 pm: **Intro to Ballet for Posture**

Tuesdays

9:00 am - 9:45 am: **Yoga**

*Chair Yoga Beginning in January

Wednesdays

9:00 am - 9:45 am: **Latin Dance**

“Get your Groove on!”

Thursdays

9:00 am - 9:45 am: **Yoga**

Instructor: Miss Elaina (415) 879-1687

TUESDAY SENIOR DISCOUNT DAY!

- * Humboldt Herbals in Eureka (10% off)
- * Eureka Natural Foods (62 and over)
- * \$5.00 Movie at Broadway Cinema
- * Grocery Outlet (Eureka Only)
- * “Ross” Dress for Less (55+ over)



(Submitted by Harolyn Salter)

We are in the process of updating and editing the on-line calendar. Please refer to the schedule in newsletter and posted at Center for most current days, times and activities.



Are you interested in teaching a new class? Here are the steps you need to take...

1. Talk to Kathy Finlay. She will bring your idea to the Board.
2. An interest survey will be posted on the white board.
3. If there is interest, Instructor will fill out yellow class proposal half-sheet. Check out weekly schedule for a free time. Check with Kathy.
4. The Board will review and approve it or not.



DEBBI'S CARDMAKING CLASS
 Nine people helped make 137 Winter Holiday Cards that will be donated to Fortuna's Assisted Living Facilities. (Submitted by Debbi Krukonis)

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NEW CLASS! iPad Class will be starting January 14th on Tuesdays and Thursday from 10 am to 12 pm for 5 weeks. Free iPads will be offered to the first six students, based on need. Tom Silva will be the instructor, with the assistance of John Schmidt, who are both certified by Senior Planet. You can sign up at the Center's front desk, if you are interested.



SEATERSIZE THURSDAYS

11:15 am - 12 pm

Chair-based fitness class

Harolyn Salter

(Instructor)



Saturday * February 15

12 - 2 p.m.

THIS IS TO HONOR VOLUNTEERS BUT ALL ARE WELCOME.

Lunch will be provided. Create your own sandwiches, vegetable and fruit salads, dessert and beverages provided. Sign up will be available after February 1st.

FORTUNA SENIOR CENTER

January/February 2025

DAILY: Books and Puzzles Main Room (Open 9 am to 4 pm daily)

MONDAYS

8:00 am	Walk to Riverwalk Levee (M-T-W)
9:00– 9:45 am	Latin Dance with Elaina in Fitness Room
10:00 am-11:30 am	Tai Chi (M-W) Fitness
10:00 am– 12:00 pm	Introduction to Computers in Room 4 (4 week course)
11:30– 11:50 am	Drum Circle in Lounge
10:00 am- 1:00 pm	Oil Painting in Classroom 1
12:00 pm– 12:45 pm	Ballet for Posture with Elaina
12:30 pm- 1:00 pm	Ukulele for Beginners (Preparation for Beginners) Classroom 2
1:00 pm- 2:00 pm	Beginning Ukulele in Classroom 2
1:15 pm- 3:00 pm	Games (All kinds-Your Choice) in Main Room
1:00 pm- 2:00 pm	Intermediate French in Classroom 4
2:00 pm- 3:00 pm	Computer Café in Classroom 1
2:00 pm- 3:00 pm	Book Club (1st Monday only) in Classroom 4
2:30 pm- 4:00 pm	Ukulele in Classroom 2
3:00 pm	Poker in Main Room

TUESDAYS

8:00 am	Walk the Riverwalk Levee (M-T-W)
9:00 am- 9:45 am	Yoga with Elaina in Fitness Room
10:00 am- 12:00 pm	iPad Basics in Classroom 1 (10 sessions)
10:00 am- 11:00 am	Senior Tone Zone (Senior Aerobics) (T-TH) in Fitness Room
1:00 pm- 2:00 pm	Stitchery in Classroom 1
1:00 pm	Pool Tournament (Signup is Necessary)
1:30 pm- 2:30 pm	Recorder Group in Classroom 4
2:00 pm- 3:00 pm	Seated Tai Chi in Classroom 2
2:00 pm- 3:00 pm	Guitar Practice in Small Lounge
4:00 pm- 6:00 pm	Bunco (3rd Tuesday) in Main Room

WEDNESDAYS

8:00 am	Walk the Riverwalk Levee (M-T-W)
9:00 am- 9:45 am	Latin Dance with Elaina
10:00 am-11:30 am	Tai Chi (M-W) in Fitness Room
10:30 am-12:00 pm	Deb's Rock Painting in Classroom 1
12:00 pm- 1:00 pm	Brown Bag Lunch (Bring your Lunch & Sing Along) in Main Room
1:00 pm- 3:00 pm	Art (Supplies provided or BYO) in Room 4

THURSDAYS

9:00 am-11:00 am	Cribbage in Main Room
9:00 am- 9:45 am	Yoga with Elaina Fitness Room
10:00 am- 11:00 am	Senior Tone Zone (Senior Aerobics) (T-TH) in Fitness Room
10:00 am- 12:00 pm	iPad Basics in Classroom 1 (10 sessions)
11:15 am-12:00 pm	Seatersize (Chair Exercise) in Room 2
1:00 pm- 3:30 pm	Mah Jong in Classroom 2
1:00 pm- 2:30 pm	Open Lab Craft Individually in Classroom 1
1:00 pm- 3:30 pm	Pinochle in Main Room
2:00 pm- 4:00 pm	Bocce Ball** at Rohner Park. Beginners Welcome (Contact: John at 707-617-2180)

FRIDAYS

9:30 am	Bike Club (Call Jack Rogers 707-599-2944 or Susan Rogers 707-599-7976) for location.
9:00 am	Hiking Group (Call Lyn Crosthwait 707-725-7953)
9:30 am-12:30 pm	Pinochle in Main Room (Learn to Play)
10:00 am– 11:00 am	Aikido in Fitness Room
11:00 am– 12:00 pm	American Sign Language in Room 4
1:00 pm- 3:00 pm	Scrabble in Main Room
2:00 pm - 3:00 pm	Discussion Group (Lounge) Dottie Riffenburg-Chair
7:00 pm- 9:30 pm	Camera Club in Art Room (Last Friday of the month only)

SATURDAYS

11:00 am-12:00 pm	Potluck Social Hour (3rd Saturday Only in Feb/Apr/June/Aug/Oct/Dec)
12:00 pm- 2:00 pm	Potluck (3rd Saturday Only in Feb/Apr/June/Aug/Oct/Dec)
12:00 pm– 2:00 pm	SATURDAY SOCIAL GATHERINGS (Speakers, Activities, etc.) 3rd Saturday of the month in Jan/Mar/May/Sept/Nov

SUNDAYS

2 pm- TBD	Movies (2nd Sunday) -Starting in February
2 pm- TBD	BINGO (3rd Sunday Only)
2 pm- 4 pm	Open Mic* (4th Sunday Only)

***Seasonal/Special Schedule **Outdoor Activities/Location Varies**

Call if you have any questions: 707-726-9203



Revised 12/2024

Board Member Highlight



JACK SAFFELL

Jack is one of our newest members on the Board. He was a professional gardener for the Pacific Lumber Company in Scotia for 30 years. Jack's wife, Danielle was a Scotia

Native, and at three years old, became deaf. Jack met his wife at College of the Redwoods. They married and had four children and he is blessed with 5 grandchildren living locally. Once FSC found out Jack knew a lot about plants, he was encouraged to become chair of the Landscaping Committee, where he and Jim Stanfield caretake the large metal planters around the building. Since Jack's wife was deaf, Jack teaches sign language at Loleta Elementary School. Jack (along with Harolyn) were instrumental in helping get the new floor in, with hopes for more fitness and dance classes, including dance socials. Jack is looking forward to having our ribbon-cutting ceremony on our new fitness floor where he enjoys the Senior Tone Zone class on Tuesdays and Thursdays. Jack will offer a class in American Sign Language (ASL) in January on Fridays 11 a.m. to 12 p.m.

BOCCE BALL **New Time!**

With the time change and less daylight, the new hours for Bocce Ball is 2-4 pm at Rohner Park. Weather permitting. If you have any questions, you can call:

John at 707-617-2180

BEGINNERS ARE WELCOMED!

Ukulele

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

Bike-riding is a great way to enjoy our beautiful area and get fresh air and exercise! **Fridays at 9:30 am.** For more information or to get on the mailing list with details about upcoming rides, please call:



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



OPEN MIC

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 from 2:00 to 4:00 pm.

Next Open Mic Days are:

January 26

February 23

A BIG THANK YOU to the Stitchery Group for their donation to Leanne Langston of Area One Agency on Aging's Christmas drive for the Skilled Nursing Center!

Greg Seiler
Financial Advisor

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Happy New Year

 Friends are like Flowers in the Garden of Life...



Member Artwork created in Ted Lichti's Oil Painting Class.



Laugh for the day... How many of us have looked around our family reunion and thought, "Well, aren't we just two clowns short of a circus?"



iPad class (Pictured: Tom, Sandy and John)



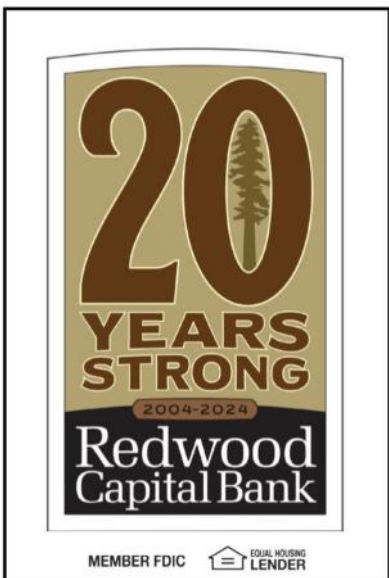
THANK YOU TO EAST HIGH AT FORTUNA HIGH SCHOOL FOR THE LOVELY GINGER-BREAD MANSION!



Tom Mulholland feeling festive!

DRUM CIRCLE is every Monday in the Lounge from 11:30—11:50 pm facilitated by Harolyn Salter. Bring your own drum or somebody else's. Drum circle goes on even without Me. (Submitted by Harolyn Salter)

The mightiest oak tree in the forest is just a little nut that held it's ground.



FORTUNA SENIOR CENTER ART GALLERY

Check out the FSC Art Gallery in the Main Room. Photographers and Artists are featured monthly. If you are interested in displaying your work, contact Peggy Jane Murray.



Pictured: Samurai Cat Warrior by Peggy Jane Murray
December's Featured Art Exhibit



BEING A RIPPLE

By Mairead Dodd

As volunteers we reach out into places where we may not always realize the effect it has on others.

At a recent Saturday Potluck, I read a poem entitled "Make New Friends But Keep the Old" by Joseph Parry (1841-1903). I soon found out from someone attending the Potluck, Girl Scouts often sang this poem in rounds as part of their scouting activities.

The next day I attended a concert at Humboldt Botanical Gardens. I was talking to a group of friends when a woman stopped, turned to me and said, were you the person at The Senior Center who read that poem? (It turns out, she had stopped by the Center to pick out some books and grab some puzzles while the Potluck was going on). She continued to tell me how it was meaningful for her hearing it. For me, it was one of those special moments when I saw a ripple which went beyond all of us sitting at the tables that day.

Remember...we all make a difference in this world. Any act, big or small just may be a highlight of someone's day. A TREMENDOUS thank you to all the volunteers who help keep The Fortuna Senior Center operating and providing support to our members. Join us on in honoring those individuals on Saturday, February 15 at the Volunteer Appreciation Luncheon. (See details in this newsletter).

Pinochle in Main Room on Thursdays

1:00—3:30 p.m.



\$12,000 was raised from generous donors for the fitness room floor. Local business Johnny's Flooring in Fortuna will begin the installation soon. Upon completion, there will be a ribbon cutting ceremony and dance

A silent auction will be a part of the event. All monies made will be used for various fitness class related needs and other activities at the Center. If you'd like to donate an item for the auction please contact: Jack Saffell or Harolyn Salter at 726-9203.



*Ballet for Posture
with Miss Elaine*

Mondays

12 - 12:45 pm

Fitness Room



CHRIS

Parlez-vous francais? (Do you speak French?) Long time FCS Volunteer, Chris Wennerholm is teaching Intermediate French in Room 4 on Mondays at 1 p.m.

For more information call the Senior Center @ 707-726-9203

VOLUNTEERS NEEDED:

- Type Monthly Schedule of Classes
- Fix white clothing tree
- Monthly Lobby Raffle

