



## FORTUNA SENIOR CENTER

3811 Rohnerville Road, Fortuna, CA 95540

HOURS: Monday through Friday 9 a.m. - 4 p.m.

**MAY/JUNE 2025**

707-726-9203 admin@fortunasenior.org

## FORTUNA SENIOR CENTER

### GOLF BALL FUNDRAISER

Saturday - May 17, 2025 at 3:00 pm

Redwood Empire Golf & Country Club



**\$20 per ball/ticket**

This is one of our biggest fundraisers. All proceeds go to help with costs of running the center. The buckets of balls will be dumped from a man-lift. The golf ball that lands closest to the hole wins.

### Don't forget your ticket(s)!

Tickets are available at the center or you can send a check and we will let you know what ball number(s) you have.

A big THANK YOU to **SUNBELT RENTALS** for the donation of the man-lift and to **REDWOOD EMPIRE GOLF AND COUNTRY CLUB** for the site to drop the balls

**Need not be present to win.**

## MARCH SATURDAY SOCIAL Author talk with Jack Saffell



Over 20 people attended the cozy and quaint gathering. FSC Member Jack Saffell shared details of his inspiration and process of writing. His book, "My Splendor", tells a story about his wife Danielle, who became deaf in childhood and, later, as an adult, lost her sight. It is an amazing love story; insightful, informative and moments that tug at the heartstrings. If you haven't read it yet, I encourage you to check it out. There is usually a copy in the FSC library available. Much appreciation to Jack for a wonderful afternoon. Thank you also to everyone who helped with cleanup, too! Jack and Danielle were married for 40 years and raised 4 children together. He recently facilitated a class in American Sign Language at FSC.

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

### BOARD OF DIRECTORS

Kathy Finlay	Harolyn Salter
Kevin Johnson	Pam Goodwin
Jerry Murry	Linda Wall
Chuck Dwelley	Jack Saffell
John Schmidt	

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Jeff Nelson	Dennis Scott
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Jim & Corrine Stanfield	

**Newsletter** - Kathy Finlay/John Schmidt and  
Mairead Dodd

**Facebook** - Judy Trimble

**Membership** - Candy Hackett

**Website** - Walt Chalton

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

## Volunteer of the Year

The Volunteer of the Year will be announced at the Potluck on Saturday, June 21st. The plaque is with the engravers soon to reveal this year's recipient.

# Volunteers needed

- **FUNDRAISING**
- **TYPIST**
- **PANTRY CHAIR**
- **FACILITIES CHAIR**
- **MONTHLY LOBBY RAFFLE**
- **HELP GAIL WITH  
RECEPTIONISTS-NEED SUBS**

### SUBMISSION FOR NEWSLETTERS

If there is something you would like to submit to the newsletter, you can either send it to our email address with newsletter in the subject line or we now have a manila envelope outside the office door where you can put a hard copy. Please be sure to give contact information in case we have any questions.

### YOGA CLASS CHANGES



Yoga is now taught via Video Session on Tuesday and Thursdays, 9:00 to 9:45 a.m. in the Fitness Room.

### AIKIDO NEW DAY AND TIME!

**TUESDAYS 9 - 10 A.M.  
ROOM TWO**

# OPEN MIC

**Fortuna Senior Center**  
**4th Sunday of the Month**  
**2 - 4 p.m.**

**SUNDAY \* MAY 25**  
**SUNDAY \* JUNE 22**

**FOR MORE INFORMATION:**  
**Jan Kelley or David Buescher**  
**(941) 809-4034**



Pictured upper right: Nola and Beginning Ukulele Class and  
below right: David, Michael and Sal.



## BOARD MEETINGS

**MAY 14TH**  
**JUNE 11TH**  
**2 PM**

**Submissions Deadline!**  
**JULY/AUGUST**  
**NEWSLETTER**  
**JUNE 15**

## Fortuna Senior Center Saturday - June 21st POTLUCK

**Elections  
and  
Volunteer of the Year**

12 pm - 2 pm  
**DOOR PRIZE!**  
**50/50 RAFFLE!**

Please bring enough food  
for 8 to 10 people.

If your name begins with:

- A-J: Dessert
- K-N: Salad or Vegetable
- O-Z: Entree

**Coffee, Tea and Punch are Provided**

Sign up Sheet on June 1st at front desk  
to RSVP or call: Fortuna Senior Center  
(707) 726-9203



Pictured above is Don Davis at a recent gathering held in his honor at FSC. Don is moving out of the area and we all send him best wishes on his new adventures! You will be missed!

**HAPPY SPRING!**





Welcome to our new **Potluck and Saturday Social Co-Committee Chair**, Vikki Nesvold. She will be taking over for Mairead Dodd. Vikki and her husband recently returned to Fortuna after living in Hawaii for 40 years. She and her sister, Deborah Ecker, a long-time Fortuna resident and other family members in Calif. made the move easier. She retired in May '24. Vikki loves cooking and serving others, delivering many meals for people in need at her last church – Harvest Kumulani-Maui. Her motto being “It is better to give, than to receive.”



Vikki enjoys volunteering for worthy causes and is looking forward along with Kathy Finlay to hosting the monthly Potluck and Socials at The Fortuna Senior Center.



**SUNDAY**

**MAY 18**

**JUNE 15**

Bingo is open to all over 18 years of age. Need not be a member to play. Cost is \$20 for set of 18 games. The Blackout game has a guaranteed payout of at least \$175 every session. Snack bar offering goodies, too!

**Campton Heights Market**

**2915 School Street**

**Fortuna, California**

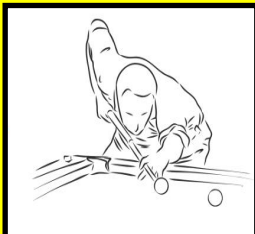


REMEMBER  
AND  
HONOR

**Memorial Day - May 26**



Several people gathered together the end of March to send best wishes to Miss Elaina on her annual trek as a Pony Camp Instructor in Southern California. She will be missed but her classes will resume in November upon her return. Yoga classes will continue via video in the Fitness Room on Tues. Thurs. mornings from 9:00 - 9:45 am.



**FORTUNA SENIOR CENTER**

**POOL TOURNAMENT**

**Tuesdays at 1 p.m.**

## MINI TRIPS

Mini Trips take place the 4th Friday of the month. A sign-up sheet with info. will be up on the Main Bulletin Board at the Center when it gets closer to the date of the trip. Members have the opportunity to join others for lunch at a local food venue afterwards. There can be an occasional fee for outings, such as admission to ride on the Madaket Cruise in Eureka.

### Upcoming Trips:

**May 23      Sequoia Springs  
Lunch for Nominal Fee**

**June 27      Botanical Gardens  
Gills by the Bay**

For more information please contact:  
Margaret Stockes (707) 726-9203

**BIRTHDAYS:** There has been some feedback regarding birthdays (which are posted on the main information board at the Center) of persons inadvertently omitted or who have passed. With over 600 members, and the changes in membership and operating as an all-volunteer organization, can be challenging at times to keep up to date, etc. This is where we can use your help. Please let us know of any changes needed or if a name has been omitted. Thank you for your patience and understanding. Contact Colleen West at 726-9203 with any information.

(Submitted by Mairead Dodd)

### Monthly Pinochle Tournament Winners

#### **MARCH : Most Wins**

##### **Women:**

##### **1st Place:**

Gloria Ambrosini (4-0)

##### **2nd Place:**

Carol West (3-1)

Several people had 3-1 but she had highest score

##### **Men:**

##### **1st Place:**

John Stibi (4-0)

##### **2nd Place:**

Lee Tomasini (4-0)

Winners for April and May printed in the July/  
August Newsletter.



Thank you!

Strehl's Family Shoes is closing after 45 years of doing business on Fortuna's Main Street. The owners are retiring. We'd like to thank Strehl's for their support over the years as a sponsor of our newsletter. Best wishes!

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# FORTUNA SENIOR CENTER

MAY/JUNE 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)
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 am -11:50 am	Drum Circle in Lounge
10:00 am - 1:00 pm	Oil Painting in Classroom 1
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
2:00 pm	Poker in Main Room (NEW TIME!)

## TUESDAYS

8:00 am	Walk the Riverwalk Levee (M-T-W)
9:00 am - 9:45 am	Yoga on Video in Fitness Room
9:00 am - 10:00 am	Aikido in Room 2
10:00 am - 12:00 pm	iPad Basics (4/29 thru 5/29) in Classroom 1
10:00 am - 11:00 am	Senior Tone Zone (Senior Aerobics) (T-TH) in Fitness Room
1:00 pm - 3:00 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 Fitness Room
2:00 pm - 3:00 pm	Guitar Practice in Small Lounge
3:15 pm - 4:15 pm	Country Line Dancing Class in Fitness Room
6:00 pm - 8:00 pm	Bunco (3rd Tuesday) in Main Room (NEW TIME!)

## WEDNESDAYS

8:00 am	Walk the Riverwalk Levee (M-T-W)
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 on Video in 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 (4/29 thru 5/29) in Classroom 1
11:15 am -12:00 pm	Seatersize (Chair Exercise) in Room 2
1:00 pm - 2:00 pm	Beginning Spanish
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 Schmidt 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)
1:00 pm - 3:00 pm	Scrabble in Main Room
1:00 pm - 3:00 pm	Art Class with Louise in Room 4 (2nd Friday of month only)
7:00 pm - 9:30 pm	Camera Club in Art Room (Last Friday of the month only)

### **SATURDAYS**

11:00 am -12:00 pm	<b>Potluck Social Hour</b> (3rd Saturday Only in Feb/Apr/June/Aug/Oct/Dec)
12:00 pm - 2:00 pm	<b>Potluck</b> (3rd Saturday Only in Feb/Apr/June/Aug/Oct/Dec)
12:00 pm - 2:00 pm	<b>Saturday Social Gatherings</b> (Speakers, Activities, etc.) 3rd Saturday of the month in Jan/Mar/May/Sept/Nov (No July)

### **SUNDAYS**

2 pm- TBD	BINGO (3rd Sunday Only)
2 pm- 4 pm	Open Mic* (4th Sunday Only)

**\*Seasonal/Special Schedule    \*\*Outdoor Activity**

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



revised 4/2025



**Redwood Coast  
Energy Authority**

**ENERGY  
ASSESSMENT**

Derek Hilson from RCEA (Redwood Coast Energy Authority), a Senior Energy Technician, recently visited Fortuna Senior Center to provide an energy assessment, focusing on efficient energy use in the daily operation of the Center. Along with Board Member John Schmidt, Derek took notes and talked energy, providing us with an in-depth analysis of how we are doing with both cost and conservation. The assessment shows, since we operate between low peak hours (9 am to 4 pm), we are saving money on costs. The information also will be helpful information when determining the needs of our future Solar plans.



**BOARD NEWS : Upcoming Elections**

What better way to help the Senior Center thrive than becoming a Board Member? We have 3 seats open for our Fortuna Center Board. Each term is for 3 years and board members may run for a second term if they wish. If you are interested, see a current Board Member, stop in or call the office for an application. Applications need to be in by May 31st and the election will be held on June 21st at the potluck.

**TREASURER REPORT**

**HUD UPDATE:** All of the paperwork for the grant has been completed. Now we just have to wait for the Grant Funds to be released.

**FORTUNA SENIOR CENTER  
MAY SOCIAL GATHERING**

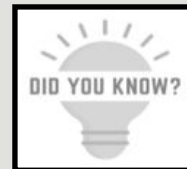
**Saturday - May 17  
12 - 2 P.M.**

**“NEWNESS”**

**Screening of a short play  
(15 minutes long) produced,  
directed & starring our own  
FSC Member, Harolyn Salter.**

*Enjoy socializing with others  
and taking part in this cultural  
arts presentation.*

**Please bring sweet or savory finger  
- type food to share. Coffee, tea and  
punch provided. A sign-up sheet  
will be available May 1st which  
helps gives us an idea how many to  
prepare for.**



**FUN  
FACT**

There are two Fortuna Senior Centers. One in Fortuna, CA. and one in Jacksonville, FLA.



**Cat Motto:** No matter what you've done wrong, always try to make it look like the dog did it! -Unknown-

**We are always looking for  
various ideas and information to  
put in the newsletter. Let us know!**



**Greg Seiler**  
Financial Advisor

1960 Main Street  
Suite A  
Fortuna, CA 95540  
Bus. 707-725-5098 Cell 707-845-9489  
Fax 866-481-4834  
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Today, on a cold gray morning, 11 riders in the Fortuna Senior Biking Club met for a ride along the wetlands and the Hikshari Trail to the north end of the Waterfront Trail, a 14-mile ride, round trip. On the way back, we stopped at Ramone's for hot drinks and something sweet to get us back to our vehicles. Two of our stalwarts, ages 85 and 87, completed the ride, along with the younger seniors. I love this group, always ready for adventure! (Submitted by Jack Rogers)



**FEBRUARY MINI TRIP:** Fortuna Depot Museum located in Rohner Park. Fun times!



**MARCH MINI TRIP:** National Weather Service on Woodley Island.

Mini Trip photographer:  
Colleen West



## LOOKING FOR SOMETHING FUN TO DO?



### KINETIC GRAND CHAMPIONSHIP

In 1969, the inspiration for a race took place on Main Street in Ferndale, CA. Metal Sculptor Hobart Brown took his son's tricycle, making several modifications to it. It became a sculpture in motion known as the "Pentacycle". Jack Mayes, a fellow gallery owner challenged him to a race. The rest is History. Hobart and Mayes' two-block dash down Ferndale's Main Street is now a three-day marathon event celebrating over 50 years in Humboldt County. People-powered machines traveling 40 miles over land, sand, water and mud every Memorial Day Weekend! A fun time for people of all ages! Here are places you can check it out!

**SATURDAY, MAY 24th:** Arcata Plaza. Start of the race. Come check out all the sculptures and ride your own bikes with them through Arcata Bottoms to Manila Community Center. One lane of 255 is closed to traffic during this time.

**SUNDAY, May 25th:** Water Crossing on the Bay in Eureka. Can be seen from various locations. Will enter either Samoa Bridge Launch or Wharfinger dependent on the tide. Fun to watch on the Boardwalk or kayak on the Bay alongside the sculptures.

**MONDAY, May 26th:** Sculptures arrive at around 1 p.m. in Ferndale on Main Street where you can get a close up look at these amazing machines.

(Submitted by Mairead Dodd)



## Pollinators

Attracting pollinators helps increase the yield of your garden. In fact, some squash need several visits from a pollinator for one flower to create one squash! There has been a decrease in populations due to disease and pesticide use. Unfortunately, pesticide use on weeds and pests kills not only the bad bugs but the beneficial ones, too. Plant some flowers in your garden to attract pollinating insects. Borage is easy to grow and attracts large numbers of bees. Pollinating insects are various types of bees, flies, wasps, butterflies and even hummingbirds. Happy Gardening!

### Pollinator Friendly Pest Control:

For Weeds: 1 gallon of white vinegar, 1 cup salt, 1 TBSP dish soap. Mix well. Put in spray bottle. Shake well before use. Thoroughly saturate weed only. May need to re-apply for stubborn ones.

For Pests: 1-2 TBSP liquid castile soap (or other mild pure soap) to 4 cups water. Mix. Use spray bottle to apply. Great on aphids!

***As sad as we are to announce the passing of Alice Herman, we do so with smiles and gratefulness that she was a member of FSC for many years. Alice was one of the kindest ladies that came to our home here. She always had a smile and a pleasant word to give to you. She was one of the first to volunteer to do a chore or bring a treat to share. She was truly a "gift" to us and we will miss her very much. May God rest her gentle soul.***



Fortuna Senior Center  
3811 Rohnerville Road  
Fortuna, CA 95540

**ELECTRONIC SERVICE REQUESTED**

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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 \_\_\_\_\_

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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

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