

FORTUNA SENIOR SCENE

Vol. XVII, No. 4

July - August 2019

HELP US RECOGNIZE OUR 1 NEW, 1 RE-ELECTED, AND 1 STAND-IN BOARD MEMBERS!!!



Joan Woodcock has stepped into her role with strength, caring, and thoughtfulness! Welcome Joan!



Chris Wennerholm is continuing to advocate for our organization with true sincerity and skillfulness. Thanks!



Jim Stanfield has stepped back into a role as board member in a time when his experience and expertise are needed!

ABOUT OUR CURRENT BOARD OF DIRECTORS

During this time of transition into the new center, the power of our board is immensely important. These three individuals add to the over-all quality of our already strong Board of Directors! As your Executive Director, I can tell you from my personal experience of being a board member for a non-profit, our board is full of the qualities necessary to be successful and guide us through any bumps we may find along the way. They are all dedicated and passionate, and their diversities and personal strengths create a beautiful balance. Most importantly, all of our board members have the livelihood of our organization as their priority. I could not be more proud to work with such a wonderful board, nor could I be more proud of working for this organization! Be proud of your board members, as they are working hard to honor you all!

MAKING A DIFFERENCE

There is no time like now to show us your support, and there are several ways that you can contribute!

- ◆ Include us as a percentage in your will or trust, or set up a memorial fund in your loved one's name.
- ◆ If you are 71 or older, you can give directly from your IRA to the Fortuna Senior Center without paying federal income tax on the withdrawal.
- ◆ Simply shop at smile.amazon.com/ch/20-0322659 and AmazonSmile donates to Fortuna Senior Services Inc
- ◆ Volunteer! If there is an activity, class, program, committee, etc. that you would like to donate your time to, please do so! Your time is worth money and volunteerism is our greatest form of support!
- ◆ Turn in your recycling and donate the proceeds to our organization!
- ◆ Help grow our membership base! Spread the word in our community and encourage others to participate!
- ◆ Pitch in with fundraising by buying and selling golf ball drop tickets, donate your time to Oktoberfest, take on a shift at the ice-skating rink, and feel free to bring ideas!!!
- ◆ Increase your membership donation to friend, sponsor, supporter, visionary, or life membership.
- ◆ Create an endowment for the Fortuna Senior Center.

If you have any questions or ideas, feel free to call the office at (707) 726-9203. Thank you for your support!

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Senior Scene is a bimonthly publication of
Fortuna Senior Center
P.O. Box 336
Fortuna CA 95540
2280 Newburg Road (707) 726-9203
admin@fortunasenior.org

Board of Directors

Marsha Hays	Jim Stanfield
Margaret Stockes	Pat Johnson
Neena Olson	Wanda Rigby
Chris Wennerholm	Joan Woodcock
Kent Wrede	

Advisory Council Members

Clif Clendenen	Craig Berry
Bob Besanceney	Keith Borges
Chris Broadstock	Sally Conley
Jeff Nelson	Jon Sapper
Dennis Scott	Jeremy Stanfield
Tami Trent	Hec Wood
Bob Zigler	

BINGO UPDATES

There will be a temporary pause in playing Bingo while we make a few changes. We are applying for a permit and will be OFFICIAL! The games will then be open to the general public. This will give us the opportunity to build a wonderful program funded by Bingo. The program will be filled with activities to enlighten your brain power! We will be engaging in friendly, yet competitive games that help promote healthy mental stimulation and social interaction! If you have any activity that you would like to see, let us know! We are excited to enrich, empower, & involve all Seniors!

PRESIDENT'S THOUGHTS

Hello to all!

I guess I will begin this blurb with the answer to the question that everyone wants to know.... when are we moving??? I don't know!!! We are currently working on the Lease with McLean. We will announce the information when everything is signed.

By now everyone should have received their new membership cards. We raised the individual membership \$4.00 to \$36 and the couple membership to \$60. If there is anyone that will not be able to pay this amount please let us know and we will work with you. We want everyone to be able to belong. What would really help is if you decided to move one or two levels up in your membership if you are able to support us in this way.

Our new board member is Joan Woodcock and Chris Wennerholm was re-elected. Jim Stanfield has graciously filled a vacancy for us and will be on the board for just one year.

We welcome these new members and are happy they will join us in our building!
Happy Summer to all.

Marsha Hays

Pinochle Tournament Winners

May - High Score

Men: 1st Jim Stanfield	Women: 1st Imogene Dewarns
2nd John Arruda	2nd Evvy Colivas & Mary Greene

June - Most Games Won

Men: 1st Richard Ashburn	Women: 1st Marsha Hays
2nd Don Mederios	2nd Bernice Reynolds

The tournament is held on the **third Thursday** of each month, starting at **9am**. Everyone is welcome on Thursdays and Fridays. We also play *cribbage*. Come join us!

WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the MGC

Monday

8:30am Walking Group, River Walk
9:00am Tai Chi
11:00am Line Dance
11:30am Exercise Group, Rio Dell Chamber Office
1:45pm Book Club (1st Monday)
3:30pm Ukulele Group
5:00pm S.A.I.L. Exercise

Tuesday

8:30am Walking Groups, River Walk & Rohner Park
1:30pm Senior Stitchers
2:00pm Seated Tai Chi
3:00pm Recorder Group

Wednesday

8:30am Walking Group, River Walk
9:00am Floor Barre
11:30am Exercise Group, Rio Dell Chamber Office
Noon Senior Lunch Bunch (1st Wed.), call Chris
725-2020 or Carol 725-2931
1:00pm Tai Chi
5:00pm S.A.I.L. Exercise

Thursday

8:30am Walking Group, Rohner Park
9:00am Cards
1:00pm Mah Jongg
2:00pm Seated Tai Chi
3:00pm Bocce Ball, Rohner Park

Friday

9:00am Biking Group, call Chuck 725-5095
9:00am Hiking Group, call Lynn 725-7953
9:30am Cards & Games
11:30am Exercise Group, Rio Dell Chamber Office
2:00pm Scrabble Group
7:30pm Fortuna Camera Club (last Fri.), Methodist

Saturday

11:00am Saturday Social Speaker/Potluck (3rd Sat.)

Sunday

2:00pm Open Mic (4th Sun.)
4:00pm Bingo (temporary hold)

Note: We have a new weekly floor barre exercise activity taught by Nanette! Yoga has been moved from a weekly activity to focused class option. Qi Gong has stopped as we no longer have an instructor. If anyone would like to donate their time for this activity, please call the office! (707) 726-9203.

The Mission of the Fortuna Senior Center is to
“**Enrich, Empower, and Involve**
Boomers and Beyond”

MONTHLY SOCIALS

2280 Newburg Road, MGC

July - No Social

The Fortuna Rodeo is here again! Take your family members to the Parade and celebrate our Friendly City!

August - Saturday Picnic in the Park

Last name ending in **A-O**, please bring **side dish or salad**. Last name ending in **P-Z**, please bring **dessert**.

11:00am Senior Center

MINI—TRIPS

To make a reservation or for information, call the office at 726-9203. Please let the tour leader know by the Thursday before the tour if you need to cancel.

July 26 - Annual Mini-Trip Meeting

If you would like to participate in planning and/or would like to volunteer to be a tour leader, please come and to our annual meeting! We will meet **Friday, 10am** in the board room at the MGC.

August 23 - Fortuna Open Door Clinic

We have been lucky enough to have some wonderful staff from the Fortuna Community Health Center (aka Open Door Clinic) come and speak to us in our wellness speaker series! Now it's time to take it to the next level and take a guided tour throughout the Center. They have so much to offer the community, and this trip will get people excited about the possibilities!

Our Saturday potlucks are a ton of fun and our speakers are quite knowledgeable!

Fionna Davis, LCSW, was our May wellness speaker. She was full of humor and very Informative. Fionna explained how seniors can be negatively affected by loneliness, grief, decrease in mobility, increase in pain and anxiety, etc. One of her main lessons is to be aware of integrating the mind/body, and understand how they work together. Sometimes our thoughts can be negative, directly impacting our bodies, leading to increased blood pressure, heart rate, and stress levels. She suggested ways to fill an emptiness you may be experiencing. She likened our minds to a car that keeps pulling to the right, or a border collie running around like crazy. Bringing our mind to a neutral, or even a happy place, can be very beneficial. Fionna suggested that at the end of the day, it's helpful to write five things down that you may have found enjoyable. They don't have to be BIG, like winning the lottery, but rather simple, like enjoying a cup of tea in the morning. Small, manageable changes may improve your mood, hence improving your blood pressure, reducing stress, and managing chronic pain, etc. If you are interested in connecting with Fionna, call the office and Val will provide you with her contact information. She accepts medi-care and will make house calls.



The smiles that you see on the faces to the left are typical during our potlucks! The food is always incredibly delicious, since seniors have had plenty of time to learn how to cook! This June was our annual meeting, where we voted on our board of directors. We also ate well and laughed a lot. We played an "ad-lib" game where Val pretended that she was running for office. We filled in the blanks with adjectives, nouns, and verbs, without knowing the surrounding context. The results were quite hilarious! Apparently, she's going to make sure that there is an umbrella in every submarine!

We also had several new members and guests come to our last potluck, and Marsha graciously let them get in line and fill their plates first. It was exciting to see so many new people. If you haven't been participating in our Saturday potlucks, you simply don't know what you are missing. We hope to see you there sometime. The socialization is absolutely priceless!

OFFICE HOURS
BY APPOINTMENT
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FORTUNA SENIOR ACTIVITIES!



To the left we have our hiking group, ready to trek into their next adventure. Just try and wipe the smiles off of those faces!

To the right we have a couple of ladies from our walking group taking a leisurely rest and soaking up some of the summer sun!

If you would like contact information for either of these groups, call the office.



Our Mini-Trips are WONDERFUL! Above left our members are relaxing at Humboldt Honey wine, where they were able to see how the wine was bottled and given samples of the deliciousness! Above middle is Lee, obviously very intently watching and listening to the tour guide. These trips are a beautiful way to learn about our county while also learning about each other. Those who want to, are always welcome to join others for a lunch afterward. What a wonderful way to expand your horizons and meet new people. Above right is our core group of those who love Zumba! In the middle is our instructor, Renee McNutt. She is certified in Zumba Gold, which is designed for seniors. Renee is wonderful at working with you know matter what your level of fitness. You can hear celebration once a routine has been completed. We are offering another Zumba class, this time for eight weeks! Join the fun!



The golf ball drop was a good time! Several of us met before the drop and had a nice lunch at the Redwood Empire Country Club. Patrick, the equipment driver and ball dropper, brought his daughter along for the ride. We were all amazed that there was a hole in one!!! Unreal! First place went to Alice Oliphant for \$1,000 Second place to Tyrus Bachar for \$500, and third place to Jack Foster for \$250. They were all very grateful for their win! We would like to thank Reddi-Rents for the donation of the equipment. And thank you to the Redwood Empire Golf Course for giving us a place! The fundraiser was fun, raising a little over \$8,200!!!



IN LOVING MEMORY OF

We would like to take the time to honor those members who have left us and entered the afterlife. May their journeys beyond this earth be full of love, joy, and peace. Help us honor the following:



Chuck Achridge

Harold Fellion

Rob Pearce

Jim Yates

If you have lost a loved one who was a member of our organization, please call and let us know. We would like to honor them if you wish, as well as respectfully remove them from our mailing list. Wishing you warmest regards.

Sincerely, The Fortuna Senior Center (707) 726-9203

VOLUNTEERS—Thank You!!!

Bingo

Marsha Hays	Lou Eldrige
Diana McAllister	Sharon Rogers
Tom Trump	Larry Rogers
Margaret Stockes	Pat Johnson
Bob Johnson	Brigid Young
Jim Dell'Era	Darlene Mederios
Laura Clark	Sue Trump

Golf Ball Drop

Wanda Rigby	Neena Olson
Margarette Stockes	Kent Wrede
Linda Wrede	Pat Johnson
Carol Kinser	Lou Eldrige
Marsha Hays	Bernice Reynolds
Chris Wennerholm	Clif Clendenan
Jeremy Stanfield	Chris Broadstock
Jeff Nelson	Dennis Stock
Hec Wood	Joan Woodcock
Bob Besanceney	Val Vosburg

**THANK YOU TO EVERYONE WHO SOLD OR
PURCHASED A GOLF BALL DROP TICKET (OR MORE)!
THIS EVENT WAS A GREAT SUCCESS!!!
WE COULD NOT HAVE DONE IT WITHOUT YOU!**

*If you would like to be a volunteer, call the office.
(707) 726-9203*

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HAPPY BIRTHDAY!

July

- 2 Diane Larkin
 - 3 Dennis Doty
 - 4 Sharon Cox, Donna Feddersen, Dennis Sousa
 - 5 Linette Bourassa, Dennis Lewis
 - 6 Denise McClellan
 - 7 Bill McBride, Chris Wennerholm
 - 9 Carolyn Crnich, Wayne Deckert, Susan Nessen,
Sue Snyder
 - 10 Nancy Koeppel
 - 11 Vincent Peloso
 - 12 Karen Colby, Shirley Corwin
 - 13 Alice Brown
 - 15 Dale Cooley, Terry Emmons, Mardi Siekmann
 - 16 Merryetta Fournier, Orval Garrison,
Becky Murphy
 - 17 John Gaffin, Jim Willits
 - 18 Diane Clem, Lori Dunton
 - 19 Susann Dobson, James Neal, Donna Queen,
Patricia Stolte
 - 20 Betty Treder
 - 21 Dorothy Giacomini
 - 23 Christen Anne, Mike Willis
 - 24 John Koerschgen
 - 25 Billie Boyett
 - 27 Pat Arruda
 - 28 Betty Freitas, Richard LaVen, Sue Patterson
 - 29 Teri Langs, Sharyn Lodes
 - 31 William Beck, Laura Clark, Ellen Emmons, Bob
Rode, Val Vosburg
- July Birthday - Sarah Pegg



August

- 1 Sandra Hunsaker
- 2 Joyce Rocha
- 3 Linda Burns, John Mogel, Neena Olson, Annie Sicotte
- 4 Claudia Nelson, Judy Willis
- 5 Barbara Simmons, Estelle Trammell
- 6 Arlene Rose
- 7 Sandy Hansen, Beverly Russell
- 9 Kenneth Rigby, JoAnne Taylor
- 11 Joshua Lockett, Carol Sisemore
- 12 Doris Delong
- 14 Jacquie Davis, Linda Gillette
- 15 Ronald Musgrave
- 16 Bob Besanceney, Dean Glaser, Margret Gow,
Karen Hall, Mary Rovai
- 17 Chuck Dwelley
- 20 Vickie Collins, Marjorie Colwell
- 21 Molly Cate, Claudia Rogers, Norma Wynne
- 23 Lee Bartkowski, David Buescher, Dale Harris
- 24 Johanna Rodoni
- 25 JoAnn Blevins
- 27 Gwenda Ashburn, Mercedes Crispin, Linda Crosby,
Jim DeHaan, Mary Ellen Musgrave, Linda Treadwell
- 28 Linda Brito
- 30 Jim Stanfield
- 31 Geraldine Glaser



A Special shout out to
ROBERT FUEL
Who's birthday I missed last month
On June 25th
Happy Belated Birthday!

Fortuna Senior Services, Inc.
P.O. Box 336
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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, 2019 through June 30, 2020

Life Membership \$1,000	Visionary \$500	Supporter \$250	Sponsor \$150
Friend \$100	Couple \$60	Individual \$36	Other \$ _____

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(2) _____ (Please specify amount here)

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City/Zip _____

Telephone _____

Email _____

Birthdate (1) _____

(2) _____

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