



The Welcome Hand

March 2024

333 Amador Street, Vallejo, CA 94590
(707) 643-1044 ext. 10
www.thefdc.org

Encouraging Powerful Aging in Vallejo, California
Mission: To foster and promote educational, physical, social, spiritual and recreational programs and services to those 50 PLUS !

Monthly Dinner

St. Patrick's Dinner
Friday, March 8, 2024
Doors open at 4:30 pm
Member: \$12
Non-Members \$20



Menu:

Corned Beef and Cabbage and Potatoes,
Carrots, Dessert, Beverage
RSVP by Wed., Mar 6 by calling Participant
Services

Save The Dates

Mon, Mar. 4—Senior Roundtable, page 3
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**Volunteers are Sunshine
In the Garden of Life**
Volunteer Appreciation Dinner
Friday, May 10, 2024

Menu: TBD

We thank our volunteers for their devoted time and contribution allowing the Center to offer an exceptional experience for all seniors to enjoy! Please RSVP at Participant Services!

Volunteers & Guests only!

Diabetes Prevention Program

Mar. 21, 2024—Feb. 25, 2025, 9:30 am—11:30 am

The National DPP (Diabetes Prevention Program) Lifestyle Change Program is a FREE 1-year program proven to reduce your risk of getting type 2 diabetes. Are you at **RISK** for Diabetes? Do you have **Pre-diabetes**? Did you have **Gestational Diabetes**? If **YES** - this program is for **YOU!**

Join us for Tea Time chat on Thu, 3/21 from 10 -11 am and find out about a lifestyle change program that can help you achieve that with support from others like you. This group program focuses on healthy eating, increasing physical activity, reducing stress, problem solving and losing a modest amount of weight. Reduce your risk of type 2 diabetes, heart disease and stroke!

Program is sponsored by Touro University students. Please RSVP by calling Participant Services or Touro at 707-638-5970.

AARP Taxes

We are happy to announce that AARP Tax Preparation Team will be here at the Center again. Make your tax appointment by calling the Center at (707) 643-1044 ext. 10. Due to the number of calls, please **DO NOT LEAVE A MESSAGE**. Please call back.

Tax preparation will start on Wednesday, Feb. 7 through Wednesday, April 10 and their hours are: 9 am—2:15 pm.

Executive Director's Corner

Dear Active Adults,

The [Ides of March](#) has a non-threatening history. Kalends, Nones and Ides were ancient markers used to reference dates in relation to lunar phases. Ides simply referred to the first full moon of a given month, which usually fell between the 13th and 15th. In fact, the Ides of March once signified the new year, which meant celebrations and rejoicing.

We have entered a new chapter of the year for all of us at the Center. Elizabeth was sent on her new journey of retirement with a fabulous breakfast to share with many who showed up to celebrate her 12 years at the Center. As Elizabeth retired she has agreed to continue instructing her Brain Fitness class and offer support to the staff as needed.

Please join me in welcoming Hannah Woody who has joined the staff as our new Activities Coordinator and Rina Addiego has joined us in working as a part-time maintenance staff.

Can one believe it's been almost ten years since I joined the Florence Douglas Center as the Executive Director? I have been reflecting on my time here at the Center. Many fond memories of supporting the members and participants and community come to mind, the Napa earthquake in August 2014. The staff and I began calling all members past and present to make sure everyone was safe. Calling members and participants has stayed with us a part of our regular menu of activities to get in touch with everyone and reduce isolation. It feels wonderful to reflect on the many new and exciting things that are a regular part of the Florence Douglas Center. People from outside the Center still find it hard to believe we host each month a dinner for an average of 150 people for only \$12 a month!

Let's keep smiling as it makes them wonder what we've been up to.

Life is good,



Peter Wilson
Executive Director
Florence Douglas Center



encouraging powerful aging in Vallejo, California

Support Group

Grief Support Group—Meets on the 1st and 3rd Tuesday of the month from 1pm—3 pm in the Computer Room. This Grief Support group will combine in a safe space, the ability for participants to share and express feelings about loss while prompted to create a project that reminds them of their healing and their loved one. Processing grief through your mind, your body and your creativity. Projects will vary: collage, journal creation, memory boxes, rock painting, and vision boards. Please sign-up at Participant Services or call the Center at:

707-643-1044 x 10

Instructor: Ellen Creighton



Bingo

WEDNESDAY 1 pm to 4 pm
FRIDAY 9 am to 12 pm

We invite you back and bring your family and friends! Join us!

Open to the public - 18 years of age and older. Buy-in 1 pack (6 on) from \$10 on. We play 15 regular games and 2 specials. We have drawings and door prizes, smoke-free environment, and snack bar. State-of-the-art equipment!



Here are the things we always need to serve our members and participants. For those who shop online we created a list on Amazon which can be found on our website fdcvallejo.org. If you don't

shop on Amazon and are headed out to go shopping, here's a few things to add to your list, if you are able. Let us know you are dropping the items off at the Center and we will meet you at your car. Thank you for your support!

Rolls of Paper towels

Postage Stamps

Folgers Coffee

Sugar/Creamer

Kleenex

Copy Paper—8.5 x 11 and 11 x 17

Batteries—AA, AAA, D and C

Gift Cards: Costco, Smart & Final & Visa

Wednesday Craft Day

WEDNESDAY, 9 am–11 am

Quilting, knitting and adult coloring. Learn a new skill and make new friends! \$1 donation.

See new classes on Wednesdays during Craft time: Calligraphy and Acrylic Painting—see page 7

Transportation Providers

Solano Mobility Call Center

One stop shop for all transit/mobility programs and services in Solano County providing information and travel trip planning. Friendly, trained, local staff available to take your call.

Please call 800-535-6883 to schedule your appointment.

GoGo Grandparent

Want to use Uber or Lyft, but don't have a smartphone? GoGo Grandparent helps older adults maintain their independence by accessing on-demand services like Uber & Lyft with a simple phone call (no smartphone required). Registering is easy and allows access to 24/7 operator assistance, the ability to set up automatic rides for fixed medical appointments and keep family members informed with updates. For more information, call Solano Mobility at : 800-535-6883.

ADA Paratransit

SolTrans ADA Paratransit bus service is available to qualified, certified persons with disabilities unable to board a regular SolTrans fixed route bus, access a SolTrans bus stop, or otherwise navigate the regular fixed route bus system due to a disabling condition as defined by the Americans with Disabilities Act (ADA). **ADA Assessment at the Center on Thursdays, from 9:30 to 1:00 pm. Call 707-541-7184 to make an appointment.**

Erin's Office Hours

Wednesday, Mar. 13, 9 am -11 am
Visit with Solano County Supervisor Erin Hannigan and Team Hannigan during office hours.

Vallejo Senior Roundtable

Monday, Mar. 4, 1:30 to 2:30 pm, Room A

Speaker: Debbie McQuilkin from STA
Topic: STA Senior Mobility Program

District Director for State Senator Bill Dodd, Tom Barte; Executive Director at FDC, Peter Wilson and Michael Turrini, Secretary are the coordinators of the

Meals on Wheels Lunch



Come and enjoy a well-balanced meal in the company of others. Lunch is served from 11:30 am-12:30. Meals on Wheels feed from the heart and it's more than just a meal!

Call 48 hours in advance

*Phone 1-800-788-5114 or 707-425-0638 ext. 2
Voluntary contribution \$4.00, Guest under 60 years \$7.00*

*To get home delivery, call 48 hours in advance to make reservations.
(707) 425-0638 ext. 2*

Lunchtime Entertainment :

**1st and 3rd Monday: ULOV (Ukulele Lovers of Vallejo),
11:45 am—12:45 pm**

Travel

**SF Cruise Brunch on Saturday, June 29
\$135 (Brunch and Cruise only)
\$75 deposit is required by Feb. 29*
\$60 by May 29**

Florence Douglas Center and Geri Spearman, Travel Coordinator, invite you to "Come Sail with Us". Celebrate the summer at the water with bottomless mimosas, delicious brunch, and epic views of San Francisco iconic sites you can see only on the water. Departing from Pier 3, 2-Hour Cruise with sites including the GG Bridge, Bay Bridge, Alcatraz, Treasure Island and the SF skyline.

Brunch Menu:

Breakfast Pastries Assorted Muffins and Danishes
Scottish Smoked Salmon Display, Scrambled Eggs
Applewood Smoked Bacon, Pork Sausage Links
Breakfast Potatoes Caramelized Onions, Sweet Bell Peppers

French Toast Whipped Cream, Maple Syrup
Salads: Caesar Salad,, Greek Salad, Pasta Salad
Baked Orecchiette Pasta
Birria Style Chicken, Oven Roasted Salmon
Hand Carved Strip Loin
Individual Desserts, Seasonal Fresh Fruit

*Fill out registration form and drop off payment. A drop box will be stationed at the reception area at the Center for your registration form **AND** a check made payable to **Geri Spearman on or before the deadline.**

In addition, you need to pick up Senior Clipper card at Walgreens for a discounted ferry ride. Load it with \$10.00 which will cover your round trip fare (\$4.60 each way). We will take the 9:15 am ferry from Vallejo to the SF Ferry Terminal . It is a five minute walk to Pier 3. Any questions, please call Participant Services at (707) 643-1044 ext. 10.



SOIRÉE in PARIS

Dinner & Auction

A fundraiser to celebrate and support the Florence Douglas Center

This year's theme is **Soirée in Paris**. A soiree is a fancy evening affair that comes from the French word for "evening". Festivities include dinner, music, raffles, a grand silent auction, and an exciting live auction. The auctions will feature items donated by local supporters exclusively for this event. The goal of the annual event is to bring the community together to raise much-needed funds for the Center's programs & operations.

Saturday, April 20, 2024, Doors Open at 6:00 p.m.

Tickets: General Public \$100

FDC Members: \$65 (early bird discount from thru March 15), after March 15, \$75

Ticket Inclusive of Food & Beverages

Soiree Attire Encouraged – Purchase Your Tickets

Call 707-643-1044 ext. 10 or come by the Center

Your support through donations makes the Soiree auction a success.

Donate a themed basket for the Auction

We are looking for a wide array of contributions, such as weekend getaways, VIP experiences, spa packages, jewelry, artwork, gift certificates to your favorite store or restaurant, gift baskets, or any other ideas you may have for an auction. Please include the auction donation form with your donation. Thank you for your support!

Name:		
Attendees:		
Address:		
City:	State:	Zip:
Phone:	Cell Phone:	
Tickets FDC Members: \$65 (early bird discount thru 3/15/24), \$75 after 3/15/24		
General Admission: \$100		
I am unable to attend. Enclosed is my Donation to support the Florence Douglas Center		
\$ _____		
Auction Donation Item:		Value:
<input type="checkbox"/> Credit Card _____ exp _____ CVV _____		
Billing Zip Code _____ Authorized Signature _____		
<input type="checkbox"/> Check enclosed, please make check payable to: Vallejo Senior Citizens Council, Inc.		

Board of Directors



President
Deborah Oldham



Vice President
Shelagh McKinney



Secretary
Michael S. Turrini



Treasurer
Jan Janik



New Member-At-Large
Ann Stevens



New Member-At-Large
Velma Smith



New Member-At-Large
Deborah Young-Hurt

Board of Directors Committees

Join us on a committee of the Board of Directors to support the Center:

Bingo Committee: Open - Chairperson; members include Shelagh McKinney, Ann Stevens, Jan Janik, Lynn Winter, Beth Danahy, Peter Wilson.

Fundraising Committee: Peter Wilson - Chairperson; members include all Board members plus volunteers.

Membership & Outreach Committee: Members include Deborah Oldham, and Rosalie Reed. Ethel Singleton and Phyllis Briceno are members of the Membership Committee only.

Strategic Planning: Peter Wilson - Chairperson; members include Jan Janik, Lynn Winter.

Sunshine Committee: Members: Delores Lewis and Shirley Charles.



Technology Assistance

Do you have any questions about your iPhone, Android, laptop or tablet?

Young Techies from the Springstowne Library can help you one-on-one with your half an hour appointment on the last **Friday of each month**. Register at Participant Services or call 707-643-1044 ext. 10.

Thrift Store

Offering a variety of handmade consignment items & gently used women's and men's clothes, jewelry, collectables, art work, household items, small furniture, and more. Hours: Mon-Thu 9:00 AM—2:00 PM, Fri 9:00 AM—1:00 PM

Ameriprise Financial Services

Ameriprise Financial Services, LLC invites you to a special hybrid event on Tue., Mar. 26, 2 pm—3pm in-person at the Center and online.

Topic: TBD

Join your host Mark Anthony Porter, CRPC, Private Wealth Advisor with Ameriprise Financial. Please reserve your spot and request your Webex.com link by Friday, Feb. 23. Space is limited. RSVP by calling Robinn Meneses at 415-288-7320 or email robbinn.meneses@ampf.com.

Classes

Jazzercise Lo **Mondays, Tuesdays & Thursdays** **10:15-11:15 am, A & B Room**

The fun Jazzercise program (going strong for 50+ years) for Seniors or for those who would like a fun workout with modifications. Jazzercise is designed to improve balance, strength and flexibility. Class formats vary to include cardio and strength exercises. Price update as of 3/1/23:

1 class \$6 walk-in; month \$69 (unlimited classes) expires every month.

Option at 20% discount:

10 classes for \$48, 20 classes for \$96 .

Instructor: Leonor Olbera

Tai Chi **Tuesdays and Thursdays** **9:00 am—9:45 am** **\$5 per class, \$20 per month, A Room**

Tai Chi consists of a series of slow, graceful movements that bring your body, mind, and spirit together to enhance your well-being. Hundreds of seniors have benefited from this ancient practice. This is a student-led group. First lesson is complimentary.

Zumba Gold **Tuesdays and Thursdays** **11:30 am—12:30 am** **\$5 per class, B Room**

Zumba Gold is a fitness program that combines Latin and international music with **low impact dance moves** for active adults. What are the benefits? Tones the entire body, improves coordination, relieves stress, and boosts your heart health. Signup at the Front Desk.

Instructor: Irene Gopez.

Soul Line Dancing **Mondays, 3 pm to 4 pm** **\$5 per class, A Room**

Soul Line Dancing is an easy and energizing way to get some exercise while enjoying some great music and good company. Each dance is a choreographed routine set to music from the latest R&B artists to classic hits of the Motown and funk era, hip-hop, and everything in between.

Instructor: Dawnita Perryman

Beginning Line Dancing **Fridays, 12:30-1:30, no class 3/11** **\$5 per class, CM Room**

Improve your memory, balance, and physical fitness with this exciting low impact activity. Dancing provides a mood-lifting experience while making new friends. Learn dance routines from country to top 40 tunes that makes exercising fun.

Instructor: Lois Butler

Chi-Gong **Wednesdays, 11 am—12 noon, CM Room** **\$5 per class effective March 6, 2024**

Chi Gong is the most popular healing practice in the world. Taught not as an exercise, but like a slow, moving, meditative acupressure. Since it energizes when tired, and calms when over-stimulated, it is known for relieving stress, depression, and pain. The senior version is simpler and done partially sitting. Ideal for seniors with chronic conditions! Excellent for balance and posture! Instructor: Barbara Gaea

Laughter Yoga & Brain Fitness **2nd and 4th Tuesdays, 1-2:30 pm** **\$5 per month, CM Room**

1:00-1:30 pm - Laughter Yoga by Peter Wilson, our Exec. Director. Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins that makes a person more positive and calm.

1:30-2:30 pm - Brain Fitness by Elizabeth - Brain Fitness helps enhance your memory through mental aerobics using word puzzles, music, reading, creative games, laughter, story telling and various activities.

Join us for this dynamic duo class that will keep you laughing and giving your brain a workout!

Instructors: Peter Wilson & Elizabeth Badua-Smail

Story Telling **Mondays, Mar. 4 and 11, 1:30-2:30 pm** **\$5 per month, CM Room**

Listen to old folk tales and enjoy a lively and different narration, learn how to tell short stories and also learn the skill of story telling. Learn to incorporate writing and speaking techniques. Sign up at Participant Services. Instructor: Mary Bustamante

YOGA **Mondays, 10 am—11 am** **\$5 per class, CM Room**

As you get older, your flexibility usually decreases, especially if you spend a lot of time sitting, which leads to pain and immobility. Yoga can help reverse this process. Bring your own floor mat and water. Class starts at 10 am sharp, so please be punctual. Pay for class at Participant Services.

Instructor: Asha Allen

Asha is a certified yoga and meditation teacher and has been teaching yoga for over 10 years. She specializes in Yin/Restorative and Vinyasa styles, and her classes are known for their gentle and supportive atmosphere.

Have Fun with calligraphy

**1st Wednesday of the Month
9:30-11 am, B Room**

Come and join Sandi in Calligraphy doing drills and practice strokes leading to building words and phrases. Each lesson will include a simple craft using Calligraphy and will be making a bookmark, weather gram or birthday card. \$25 for materials or you can purchase pen and ink from Amazon or Michael's. Sign up at Participant Services.

Instructor Sandi MacFadden

**Steppin' Chicago Style With A California Twist
Wednesdays, 6 pm—7:30 pm. Cost \$30.00 Per Month / Drop In \$10.00, Room A
Dance class 6-7 pm, open dancing 7-8 pm
Sign-up at Participant Services.**

Chicago Steppin' benefits your body, mind and soul. It is movement for longevity. Steppin' incorporates salsa and soul line dancing. Dance to RnB old school Motown classics and today's music. Dancing is an exceptional way to have fun, socialize and stay in shape or start a new fitness routine. Ladies no partner is required to learn Steppin'.

Instructor and Disc Jockey is DJ Steppin Lee James. He has been doing Steppin' and Disc Jockey for 20 yrs.

**Ukulele Beginner Class
Wednesdays starting Mar. 6 for five weeks
6:00-7:30 pm in CM Rm**

The focus of the class will be getting students to play songs right away. The best way to master the instrument is by playing and singing. Topics covered will be chord formation, strumming, rhythm and left hand fingering technique. Class will be tailored to the various levels of the students. \$25* plus \$10 materials fee paid to FDC.

* \$5 credit for returning students

All ages welcome. Space is limited.

Instructor: John Latini has been teaching for over 10 years.

Pickleball

**Wednesdays, 9:30-10:30 am at the Amador Tennis Courts (weather permitting), limit 8 participants, 4 classes: Mar 6, 13, 20 & 27
Member: \$60 mo. /4 classes, drop-in fee \$20**

Introduction to Pickleball for seniors is an exciting paddle sport that provides fitness and fun. This introductory class is a four-week course who are new to this sport. You will learn how to effectively hit the ball, maintain a rally, and know the rules.

Instructor: Millie Pagtanac

Basics of Acrylic Painting

**Wednesdays from 9:30—11 am Room A
register at Participants Services, \$5 fee.**

Purchase your own acrylic paints and 5x7 or 8x10 canvas. Learn the basic composition, aerial perspective, landscapes and still life. Sign-up at Participant Services. Instructor: Odile Epps

Matter of Balance

**Mondays - Jan. 22 through Mar. 18
12 noon—2 pm, CM Room, No fee**

Do you have concerns about falling? Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Who should attend? Seniors, age 60 and over, who are:

- Concerned about falls
- Interested in improving balance, flexibility & strength
- Who haven't fallen in the past, and have fear of falling.

Sign up for the next class by calling Participant Services at 707-643-1044 ext 10. Next class will be from Apr. 8—May 27. Limited to 12 people
Instructor: Wil Ford

**Hula and Tahitian Dancing
Mondays, 6 pm-7pm**

**Classes will no longer be held at the Center
Call Michelle at 707-208-7930.**

Caring & Sharing

"Because growing older ain't easy!"

Fridays from 9:30—11:00 am, Computer Room

Discussion Topics: Adapting to change, living a safe, healthy and fulfilling life, coping with loneliness, loss, depression and illness, creating a caring support network.

Solano County residents age 60 & over are welcome! No cost, but donations are appreciated. Call (707) 643-1044 to register. Facilitated by Faith in Action.

encouraging powerful aging in Vallejo, California

Car Donation

When you donate a car or vehicle such as an RV or motorcycle, you will be providing much needed support to the Center. In addition you get a tax deduction! Car Donation Services has been helping charities here in the San Francisco Bay Area since 1990. Pick the **Florence Douglas Center!** IT'S EASY WITH THEIR FRIENDLY STAFF! Call 1 (888) 686-4483 or go online <http://www.cardonationservices.com>

NARFE

National Active and Retired Federal Employees (NARFE) Chapter 16 will meet on Tue, Mar. 12, 1:30-3:00 pm. Everyone is invited to join.

Speaker: Trevor Allen E.D. of the Vallejo Museum

Senior Food Program

The Food Bank of Contra Costa-Solano has a Senior Food Program. Qualifying senior citizens receive free groceries twice per month on 2nd and 4th Wednesday from 10:30-11:30 at **the Florence Douglas Center**. Requirements: must be 55 yrs old, reside in Contra Costa or Solano County. To apply for the Senior Food Program, please provide the information with copies of documents to verify your age and residence on your first visit to the program. Only one member per household can register. For more information, call 1-855-309-3663.

Bid Whist

Come and learn how to play Bid Whist on Mondays and Thursdays from 1:30—4:00 pm. Everyone is welcome.

Card Games and Clubs

Name	Dues	Day(s) of the Month	Time	Room
Bid Whist	DUES	Monday & Thursday	1:00 pm-4:00 pm	REC
Canasta	DUES	Tuesday	9:30 am-1:00 pm	REC
Pinochle	\$1.00	Friday	9:30 am-1:30 pm	REC
Puzzle Table	N/A	Everyday	9:00 am-4:00 pm	REC
Coin Club	DUES	1st Thursday	6:30 pm-8:30 pm	B
Fifty Plus Club	DUES	2nd & 4th Monday	11:30 am-1:00 pm	B
Napa-Solano Audubon Soc.	DUES	2nd Thu & 4th Wed	7:00 pm-9:00 pm	A
NARFE	DUES	2nd Tuesday	1:30 pm-3:00 pm	A
North Bay Rose Soc.	DUES	2nd Sunday	2:00 pm-4:00 pm	A
Piecemakers Quilting	DUES	1st & 3rd Saturday	9:00 am-4:00 pm	A
Scrapbooking	DUES	3rd Wednesday	1:00 pm-5:00 pm	CM
Ukulele Lovers of Vallejo	N/A	1st & 3rd Thursday	6:00 pm-8:30 pm	CM
Dominoes	N/A	Tuesday	1:30-4:00 pm	A
Mahjong	DUES	Tuesday	9:30-1:00 pm	R

Florence Douglas Center
333 Amador St., Vallejo, CA 94590
(707) 643-1044
www.fdcvallejo.org

Executive Director: Peter Wilson—Ext. 11
Peter.Wilson@fdcvallejo.org

Bookkeeper: Nancy Pudlak—Ext. 14
Bookkeeper1044@comcast.net

Participant Services: Cora Pasco—Ext. 10
Cora.pasco@fdcvallejo.org

Activities Coordinator: Hannah Woody—Ext. 12
clerical44@comcast.net

Maintenance: Phil Limutau—Ext. 10

Center/Office Hours:
Monday-Thursday 9:00am - 2:00pm
Friday 9:00am - 1:00pm