



The Welcome Hand

April 2024

333 Amador Street, Vallejo, CA 94590

(707) 643-1044 ext. 10

NEW WEB ADDRESS - 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 !

Volunteer Dinner

**Volunteers are Sunshine
In the Garden of Life**
Volunteer Appreciation Dinner
Friday, May 10, 2024

We thank our volunteers for their devoted time and contributions allowing the Center to offer an exceptional experience to all participants!

Please RSVP by Friday, May 3.

**Menu: Pasta w/ Sauce, Meatballs
Bread, Salad, Dessert, and Beverage**

**Vegan: Chick Pea Pasta
w/ Pesto Sauce**

**Volunteers are no cost
One Guest of Volunteer \$12**

**Please join us as we celebrate
our amazing volunteers!**

June Monthly Dinner

Celebrate Summer
Friday, June 14
Theme & Menu: TBD

More information to follow soon!

AARP Taxes

We are totally booked so we are no longer taking appointments. Thank you to all the AARP Tax volunteers for getting us through this tax season. We couldn't have done it without their hard work and patience! Still need your Taxes Done Call 211 for Information.



SOIRÉE in PARIS

Dinner & Auction, Sat., Apr. 20

A fundraiser to celebrate and support the Florence Douglas Center. See page 4.

Save The Dates

Mon, Apr. 1—Senior Roundtable, page 7

Wed, Apr. 3—Calligraphy, page 7

Thu, Apr. 4—Diabetes Prevention Pgm, page 1

Sat, Apr. 6—River Rock Casino, page 3

Mon, Apr. 8—Start of Matter of Balance, page 7

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Tue, Apr. 30—Ameriprise Financial Svcs, page 5

Wed, May 1—Start of Ukulele, page 7

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Mon, May 13— Board Interest Form Due, page 7

Sat, Jun 29—SF Bay Cruise, page 3

Diabetes Prevention Program

April 4—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!**

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 Participants Services at 707-643-1044 or Touro at 707-638-5970.

Executive Director's Corner

Dear Active Adults,

Join us to celebrate and support the Florence Douglas Center on **Saturday, April 20, 2024 at the "Soirée in Paris"** dinner and auction. I would personally like to invite you to celebrate and support the Center as I celebrate 10 years with the Florence Douglas Center as the Executive Director.

This year the theme is "Soirée in Paris". Festivities include dinner, music, raffle, 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 celebrate and raise much-needed funds for the Center's programs & operations. Dinner and auction form is on page 4.

The Florence Douglas Center, now in its 47th year of operation, serves the 50+ community of Vallejo and surrounding areas. Our daily calendar is filled with classes, activities, and seminars designed for members and participants age 50+. The Center is **a hub of positive energy in Vallejo**, encouraging powerful aging, community engagement and healthy vibrant lifestyles for all our participants.

Encourage your family and friends to attend and support this event that supports your Florence Douglas Center.

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
From Ace Home Health & Hospice



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 thefdc.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, Apr. 10, 9 am -11 am
Visit with Solano County Supervisor Erin Hannigan and Team Hannigan during office hours.

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

April 6—River Rock, 12:00 pm until 6:00 pm

- Pickup at FDC at 11:45 am.
- Trip cost is \$5 paid to the driver.
- Please sign up at Participant Services by Wednesday, Apr. 3
- New guests, first time signing up—get \$25 in free play and an additional \$25 on your return if within 30 days.
- Returning guests will get \$15 in free play

Cache Creek Casino

- Mon—Fri—depart Vallejo at 8:30 and arrive CC at 10:15. Depart CC at 2:45 and arrive Vallejo at 4:00 pm.
- Sat & Sun Depart Vallejo 10:15, arrive CC at 11:45. Depart CC 4:45 pm, arrive Vallejo at 6:00 pm
- Pay driver \$15 when you get to Vacaville stop
- Each guest get \$25 free play at the casino
- Blackout game of Bingo after Vacaville

SF Cruise Brunch on Saturday, June 29—all booked

Travel Department

(707) 643-1044 ext. 15

Mon-Thu 9:00 am—2:00 pm, Fri-closed

Suggestions for Day Trips and overnights are always welcome!

encouraging powerful aging in Vallejo, California



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". Join us to celebrate and support the Center as our Executive Director Peter Wilson Celebrates 10 years with the Center. 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: \$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

Pet Basket, Coffee Basket, Party Basket, Baby Basket, Barbeque Basket are just a few ideas.

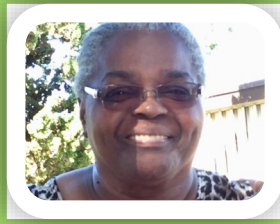
We are looking for a wide array of contributions, such as weekend getaways, VIP experiences, spa packages, jewelry, artwork, gift certificates to your favorite store or restaurant, gift baskets, or any other ideas you may have for an auction. Please include the auction donation form with your donation.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

Name:		
Attendees:		
Address:		
City:	State:	Zip:
Phone:	Cell Phone:	
Tickets FDC Members: \$75		
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.

WANTED—Forward Thinking, Glass Half Full FDC Members to hold Board Positions

We need these type of FDC Members to step up to hold Officers positions: Board President, Vice President, Secretary and Treasurer. Please complete a Board Interest form **before May 13, 2024**.

Interest forms are available at the Front Office or call the Center to have one emailed or mailed to you. All interested FDC Members must be a member. Join as a Member for 30 days prior to May 13, 2024.

Elections will be held at the next Membership Meeting on Monday, June 10, 2024.

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., April 30, 2 pm– 3pm in-person at the Center and online.

Topic: A Guide to Teaching Financial Responsibility

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, Apr. 26. 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.

Classes

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 for four weeks—May 1, 8, 15, 22
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. \$15* plus \$10 materials fee paid to FDC.

- \$5 credit for returning students.

All ages welcome. Hurry! Space is limited.
Instructor: John Latini has been teaching for over 10 years.

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.

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 - Apr. 8, 15, 25, May 6, 13, 20 & June 3
No class on May 27, Memorial Day
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 fallen in the past, and have fear of falling.

This program emphasizes practical strategies to manage falls.

Sign up for the next class by calling Participant Services at 707-643-1044 ext 10. Limited to 12 people
Instructor: Wil Ford

Vallejo Senior Roundtable

Monday, Apr. 1, 1:30 to 2:30 pm, Room A

Topic: Listening Sessions

We need your help to shape Solano Master Plan for Aging

Seniors will have the opportunity to provide input on what they feel are unmet needs and proposed solutions to best support seniors in the areas of:

- Awareness and access to services and supports; Safety, physical and mental health, and well-being through coordinated long-term services and supports, emphasizing livable communities and healthy aging; Affordable housing and options to assist people through all stages of aging; Enhancing transportation options.

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

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.cardonationervices.com>

NARFE

National Active and Retired Federal Employees (NARFE) Chapter 16 will meet on Tue, Apr. 9 1:30-3:00 pm. Everyone is invited to join.

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