



# The Welcome Hand

## May 2024

333 Amador Street, Vallejo, CA 94590

(707) 643-1044 ext. 10

**NEW WEB ADDRESS - [www.thefdc.org](http://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!

### Save The Dates

Wed, May 1—Start of Ukulele, page 7

Wed, May 1—Calligraphy Class, page 7

Mon, May 6—Senior Roundtable, page 7

Thu, May 9—Peter's Retirement Party, page 1

Fri, May 10—Volunteer Appreciation Dinner, page 1

Mon, May 13— Board Interest Form Due, page 5

Tue, May 21—Cache Creek Trip, page 3

Tue, May 28—Ameriprise Financial Services, pg 5

Mon, Jun 10—Membership Meeting, page 2

Mon, Jun 3—Mindfulness Meditation, page 6

Sat, Jun 29—SF Bay Cruise, page 3

### June Monthly Dinner

Mexican Fiesta

Friday, June 21

Menu: TBA

More information to follow soon!

### Renew Membership

Renew your Membership now, so you can join us for the Membership Meeting on Monday, June 10 from 1:30—2:30 pm. The Agenda is on page 2. Members will be voting for the President, Vice President, Treasurer and Secretary. Membership needs to be current to vote so members need to be current 30 days before May 30. Refreshments will be provided. So plan on joining us for this important meeting!

### Retirement Party

THE LEGEND  
HAS RETIRED

Please join us for a retirement party honoring our Executive Director, Peter Wilson  
Thursday, May 9 at 1:30- 3:00 pm

Please RSVP by calling  
707-643-1044.

Happy Retirement

## Executive Director's Corner

Dear Active Adults,

### Farewell to the Florence Douglas Center.....

#### *A Decade of Dedication*

In the heart of our community, where laughter echoes through sunlit halls, I've woven a tapestry of care and compassion. For ten years, my tireless efforts have nurtured the Florence Douglas Center, transforming it into a haven for connection, and vibrant living.

**The Welcome Hand Newsletter:** my words danced across its pages, bridging gaps and inviting souls. Each issue carried hope, like a warm cup of tea on a chilly morning. It painted stories of resilience, shared recipes for joy, and whispered secrets of silver-haired dreams.

**Automated Calls:** My voice, a gentle breeze, reached out to our members. "Hello this is Peter Wilson," I would say, and suddenly, the day felt brighter. Announcements, and reminders—my calls wove a safety net of belonging.

**Themed Dinners:** Ah, those enchanting evenings! The lights twinkling, tables adorned with memories. The aroma of shared stories mingled with the flavors of camaraderie. It orchestrated magic, turning meals into memories etched in hearts.

**Menu of Activities:** Like a seasoned director, I led a symphony of empowerment, seminars on resilience, exercise classes that defied gravity, and art sessions where creativity bloomed like wildflowers. I whispered to each participant, "You are more than age; you are possibility."

**Retirement Dawns:** As I step into this new chapter, I imagine mornings wrapped in dew-kissed grass. My pups, loyal companions, tails wagging in rhythm with my heartbeat. The Flock of Cluckers—eccentric, feathered philosophers—will share their wisdom as I sip coffee by the coop.

**Michael Wilson:** my husband in love and life. Together, we'll write chapters filled with sunsets, laughter, and quiet moments.

**Legacy:** The Florence Douglas Center, like an ancient oak, stands firm. Its branches cradle memories, and its roots anchor hope. As I pass the torch, I know that my legacy is etched in the laughter lines of those I've touched.

**Cheers:** Here is to empowering aging, for celebrating life, for making the ordinary extraordinary. 🍷

**Life is Good,**

*Peter*

Peter Wilson  
Executive Director  
Florence Douglas Center



## Membership Meeting

Vallejo Senior Citizens Council, Inc.  
Florence Douglas Center  
June 10, 2024 at 1:30 pm

### Meeting Agenda

1. Call to Order
2. Pledge of Allegiance
3. Call for a Quorum
4. Approval of the Agenda
5. Members comments on items not on Agenda (2 min. per speaker)
6. President's Report
7. Treasurer's Report
8. Ballots Collected and Counted
  - Voting— President, Vice President, Secretary, Treasurer
9. Center Update

**Ballots will be available at the meeting. Absentee ballots will be available on Friday, June 7 from 9–1 pm.**



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**

## In Loving Memory

JoAnne van der Bruggen passed away peacefully in Vallejo, CA on Thurs., Feb. 15, 2024. She was President of the Florence Douglas Center from 2003-2008 and termed out after 6 years.



Thank you JoAnne for supporting the Florence Douglas Center with your legacy.

## Wednesday Craft Day

**WEDNESDAYS, 9 am–11 am**

Quilting, knitting and adult coloring. Come have coffee, socialize, learn a new skill and make new friends! \$1 donation.

## 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.**

## 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



## 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

### Cache Creek Casino, Tuesday, May 21

- Bus pick up at Safeway on Admiral Callaghan and Redwood
- Our bus is a special bus just for FDC and will depart at 8:45 am
- Cost \$16 and CC gives \$25 in free play.
- Sign up and pay the \$16 at FDC by 5/1 and full pymt will be due on 5/13. We must have at least 30 people but no more 53.
- Money will be refunded if we fail to meet 5/1 and 5/13 requirement. No refunds after May 13.

### 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!**

## 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 !

## Erin's Office Hours

Wednesday, May 8, 10, 9 am -11 am  
Visit with Solano County Supervisor Erin Hannigan and Team Hannigan during office hours.





# Florence Douglas Center

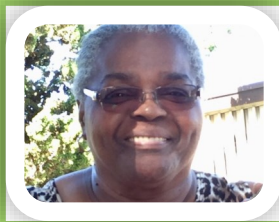
## Membership Form

<b>Member Name:</b>		
<b>Business Name (if applicable):</b>		
<b>Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Phone:</b>	<b>Cell Phone:</b>	
<b>E-mail:</b>		
<p><b>Do you use a computer?</b> ___ YES ___ NO</p> <p><b>What is the best way to contact you:</b> ___ Telephone ___ Email ___ US Mail</p> <p><b>Emergency Contact</b></p> <p><b>Name:</b> _____ <b>Phone:</b> (     ) _____</p>		
<p>___ I would like to be a "Friend of Florence Douglas by donating monthly:</p> <p>___ \$10    ___ \$25    ___ \$50    ___ \$75    ___ \$100    OTHER: \$ _____</p> <p><b>FDC Membership included with the "Friend of Florence Douglas" monthly donation.</b></p>		
<p><b>Check One:</b></p> <p>___ 1-Year FDC Membership \$20.00</p> <p>___ 2-Year FDC Membership \$35.00</p> <p>___ 3-Year FDC Membership \$50.00</p>	<p><b>Method of Payment:</b></p> <p>___ Cash</p> <p>___ Check</p> <p>___ Credit/Debit</p>	
<p><i>Memberships with the Florence Douglas Center entitles you to:</i></p> <ul style="list-style-type: none"> <li>• Discounts on Computer and Spanish classes</li> <li>• Discounts on our Monthly Special Dinners</li> <li>• 20% discount at the Thrift Store</li> <li>• 10% Banquet Rental Discount</li> </ul> <p><i>In case of emergency or natural disaster, please provide us with the following information so we can call you:</i></p> <p>Do you live alone? Yes ___ No ___                      Do you live in a mobile home or trailer? Yes ___ No ___</p> <p>Do you have a disability? Yes ___ No ___                      Do you have any pets? Yes ___ No ___</p> <p>Do you have a walker? Yes ___ No ___</p>		
<b>Signature</b> _____		<b>Date</b> _____

## Board of Directors



President  
Deborah Oldham



Vice President  
Shelagh McKinney



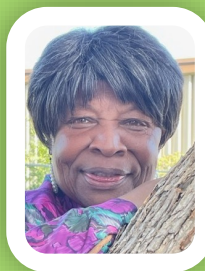
Secretary  
Michael S. Turrini



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., May 28, 2 pm– 3pm in-person at the Center and online.

**Topic: Four Trending Investment Topics**  
**This seminar will cover four investment topics like Artificial Intelligence (AI), Real Estate, Commodities and Cryptocurrency**

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, May 24. Space is limited. RSVP by calling Robinn Meneses at 415-288-7320 or email

## 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** **\$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

### ***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.



### ***Mindfulness Meditation*** **Mondays starting June 3** **11:15 am -11:45 am** **Fee: \$5 per class, CM Room**

Meditation helps to create a quiet time for calm reflection that sharpens the mind, improves cognitive function and relieves stress. Meditation calms the breath and mind, improves circulation and regulates the heart rate. Sign up at Participant Services.

## 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.

**Story Telling  
Mondays, 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

**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.

This group program focuses on healthy eating, increasing physical activity, reducing stress, problem solving and losing a modest amount of weight.

Program is sponsored by Touro University students. Please RSVP by calling Participants Services at 707-643-1044 or Touro at 707-638-5970.

**Matter of Balance  
Mondays - 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't 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, May 6, 1:30 to 2:30 pm, Room A**

**Speaker: Bart Ney of CALTRANS  
Topics: Updates on SR 37, Hwy 29, AmCan  
and Hwy 37, I-80 Express, etc.**

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

## 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.



## 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, May 14, 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](http://www.fdcvallejo.org)

Executive Director: Peter Wilson—Ext. 11  
[Peter.Wilson@fdcvallejo.org](mailto:Peter.Wilson@fdcvallejo.org)

Bookkeeper: Nancy Pudlak—Ext. 14  
[Bookkeeper1044@comcast.net](mailto:Bookkeeper1044@comcast.net)

Activities Coordinator: Hannah Woody—Ext. 12  
[clerical44@comcast.net](mailto:clerical44@comcast.net)

Maintenance: Phil Limutau—Ext. 10

Meals on Wheels/Kitchen: Rina Addiego

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