



# The Welcome Hand

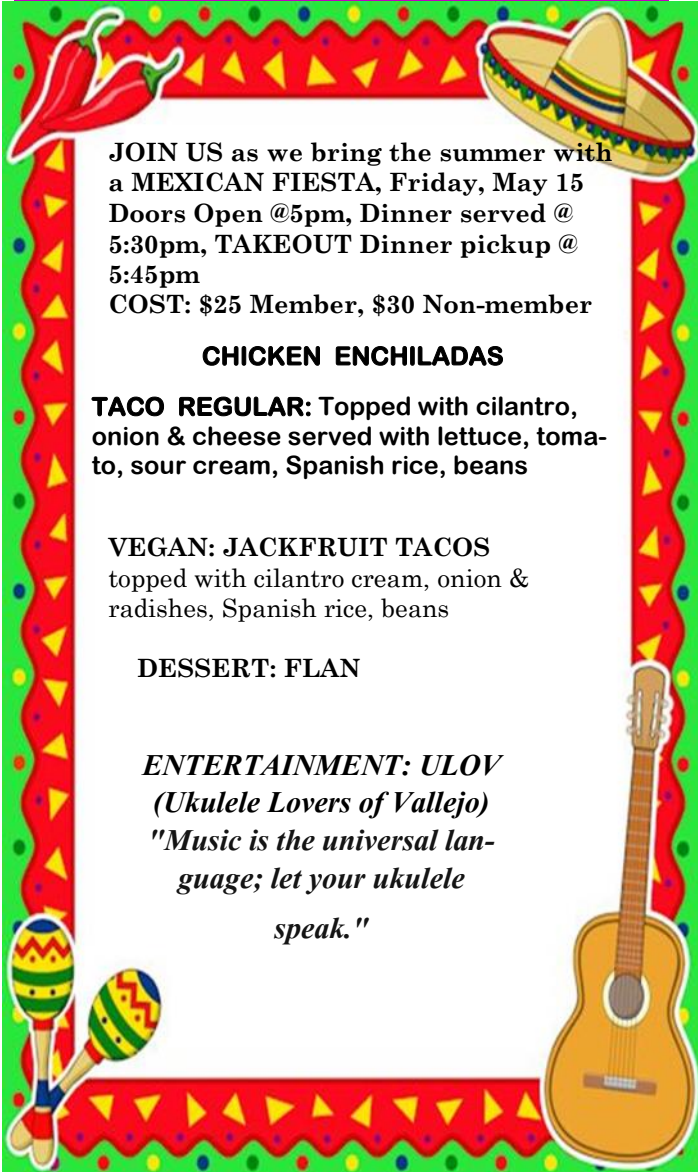
## MAY 2026

333 Amador Street, Vallejo, CA 94590  
(707) 643-1044 ext. 10  
[www.florencedouglas.org](http://www.florencedouglas.org)

**Encouraging Powerful Aging in Vallejo, California**

**Mission: To foster and promote educational, physical, mental health, social, spiritual and recreational programs and services to those 50 PLUS !**

### MEXICAN FIESTA DINNER



JOIN US as we bring the summer with a MEXICAN FIESTA, Friday, May 15  
Doors Open @5pm, Dinner served @ 5:30pm, TAKEOUT Dinner pickup @ 5:45pm  
COST: \$25 Member, \$30 Non-member

#### CHICKEN ENCHILADAS

**TACO REGULAR:** Topped with cilantro, onion & cheese served with lettuce, tomato, sour cream, Spanish rice, beans

**VEGAN: JACKFRUIT TACOS** topped with cilantro cream, onion & radishes, Spanish rice, beans

**DESSERT: FLAN**

**ENTERTAINMENT: ULOV**  
*(Ukulele Lovers of Vallejo)*  
*"Music is the universal language; let your ukulele speak."*

### SAVE THE DATE

Fri., May 15 - Fiesta Dinner  
Mon., May 25 - "MEMORIAL DAY" Closed  
Mon. June 8- Membership Meeting 1:30 pm  
Fri. June 19—"JUNETEENTH" Closed  
Friday, June 26 - LUAU Dinner

### DIGITAL LIFT

Learn to use the internet with a free tablet.

Tuesday's JUNE 2, 9, 16 & 24th from 2:30 -4:30 pm. Who is eligible? Solano County Resident, 60 years or older, Adults with disabilities age 18 or above. Those that do not have a digital device (tablet, laptop, computer, except a cell phone). Call Independent Living Resources to apply (707) 435-8174

### LUAU



#### Tropical Summer Party

**Don't miss out on our Tropical Summer Party aka LUAU!!!**

Friday, June 19

Doors Open 5:00 pm, Dinner at 5:30 pm

\$25 members, \$30 non-members

Menu:

Meatballs w/ Pineapple, Macaroni Salad, Green Salad or Summer Veggies, Rice, Beverage

Vegan/Vegetarian: TBD

Entertainment: Ukulele Lovers of Vallejo Band and Ohana O' Lokomaika'i Group

Last day to purchase tickets on

Wednesday, June 17

Center will be closed for  
**MEMORIAL DAY**

On

**MONDAY, MAY 25, 2026**

*encouraging powerful aging in Vallejo, California*

## Executive Director's Corner



This season marks a significant time for reflection, as we honor the maternal figures in our lives and prioritize the mental well-being that keeps us grounded. Celebrating the wisdom of our aging population and the vibrant heritage of our Asian American Pacific Islander community adds such a rich layer of gratitude to these sunny days, and we are absolutely thrilled to announce that we have been awarded the AT&T Grant—a wonderful win that provides essential support for our non-operational costs. In addition to this milestone, we want to give a massive shout-out to the AARP team, our dedicated volunteers, the staff here at the Florence Douglas Center, and the City of Vallejo for making our beautiful, shiny new floors a reality; we also extend a heartfelt thank you to the Solano Community Foundation for their wonderful recent contribution. While we celebrate these achievements, our eyes remain open for new funding opportunities to maintain our momentum, making your continued partnership more vital now than ever. As the warm weather fastly approaches, we want to be your first choice for fun and connection; whether for family gatherings, milestone celebrations, or summer extravaganzas, please keep the center at the top of your list. We are here to host your events and bridge connections because we aren't just a building—we are a hub for the entire Vallejo community. We thrive when we work together, so let's keep this incredible energy moving forward and make this our best and most unforgettable season yet.

All The Best,

*Emmanuel Carrie*

Emmanuel Carrie

## BINGO



**WEDNESDAY, 1pm to 4p  
FRIDAY, 9am to 12p**

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 Book (6 on) from \$10. We play 15 regular games plus 2 specials \$13. We have drawings and door prizes, smoke-free environment, and snacks.

## WISH LIST

Here are the things we always need to serve our members and participants. For those who shop online, we created a list of Amazon products which can be found on our website ([www.florencedouglas.org](http://www.florencedouglas.org)).

If you don't shop on Amazon and are headed out to go shopping, here's are 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!

**Pots & Pan (LARGE)**  
**Hand Soaps**  
**Hand Sanitizers**  
**Rolls of Paper Towels**  
**Commercial Can Opener**  
**Postage Stamps**  
**Ground Coffee**  
**Sugar/Creamer**  
**Kleenex**  
**Copy Paper (8.5 x 11 and 11 x 17)**  
**Gift Cards: Costco, Smart & Final & Visa**

## Diabetes Prevention

**Are you at risk for Diabetes? Do you have Pre-Diabetes? Do you have Gestational Diabetes? If YES, this program is for you.**

**April 29th @ 1:00 pm (CM room)  
Oct. 14th @ 1:00 pm (CM room)**

**Three in-person meetings at Florence Douglas Center. (including the first at 6 months and last) The rest of the session will happen via Zoom.**

## LUNCH BUDDY BISTRO

Come for nutritious meals, friendship, and fun! Lunch is served Mon - Thurs from 11:30am -12:15pm

Free for Over 60; Under 60 suggested donation . Call 707-684-4376 to make a reservation 48 hours in advance.

### Lunchtime Entertainment:

1st & 3rd Monday from 11:45am-12:45pm  
ULOV (Ukelele Lovers of Vallejo)

## TRAVEL

**Booked now before its gone!!!**

**RIVER ROCK CASINO  
SATURDAY, MAY 15th**

**Cost: \$50 MBR,  
\$55 NMBR**

\*\*\*\*\*

**GRATON CASINO  
FRIDAY, JULY 10th**

**Cost: \$50 MBR, \$55 NMBR**

\*\*\*\*\*

**Italian Festival in Reno  
October 10th & 11th  
See Travel for Prices**

**Premier Travel Tours in 2026  
Sept. 10 - Best of Chicago  
Oct. 7 - Scotland**

All Premier Travel excursion trips donate 10% of trip cost back to the Center. Trips are open to the public. You need not be a senior to participate in any of the trips. For detailed info on trips, please visit the FDC Travel Dept.

*Travel Department : (707) 643-1044 ext 15  
Mon-Thu 9:00am-2:00pm, Fri 9:00am-Noon*

## COMPUTER BASICS

**First 3 Tuesdays of the month:  
MAY 5,12,19**

from 9:00am to 10:00am, Carl Manner Rm. Sign-up with the Participant Services.

## SCRABBLE

**Let's Get Scrabbling!**

**Weekly Scrabble Game**

**Every Wednesday 1:00pm -4:00 pm  
Room: Library**

**All are welcome, join Loretta  
beginners encouraged**

## Craft Day

**WEDNESDAY, 9 am-11 am**

Quilting, Knitting, Social, "SPRING" Cookie

### Craft Day Specials:

**SOLANO POST ACUTE (formerly WINDSOR)**

**Every 2nd Wednesday of the month  
9:30 to 11:00 a.m.**

**GLUCOSE & BLOOD PRESSURE**

## FAITH IN ACTION

Provides non-acute, non-medical support services to homebound seniors by matching them with trained volunteers or linking them to other resources. The assistance provided by the network of volunteers through the caregiving programs is intended to help improve the quality of life for those whom they serve.. Call 707-469-6668 fore more information.

## CUDDLE CLUB

**Every 3rd Wednesday of the month.  
11:00am-12:00pm, Computer Room  
Humane Society of North Bay.  
Cuddle Club Committee Meeting.  
Hosted by Carlene Coury**

## GARDENING CLUB



**Meets every 3rd Thursday of the mo.  
at 1:00pm, Carl Manner Room.  
Hosted by Steve Etter  
Offers a wide range of topics including gardening techniques & organic**

## TECHNOLOGY ASSISTANCE

**Every last Friday of the month  
from 9:00am to Noon  
May 29, 2026**

**Have any questions about your  
iPhone, Android, Laptop, or Tablet?  
Techies from the JFK library can  
help you one-on-one with a half-hour  
appointment.**

## SPONSORS

**Kolaboration Ventures—Garrett Toles**

**Messina Realty—Peppino Messina**

**Fighting Back Partnership**

**Vallejo Executive Lions**

**Col. Nestor Aliga &**

**Rozzana Verder– Aliga**

**US Bloom—Scott Foster**

**Minuteman Press**

**Ameriprise Financial Services, LLC. -  
Mark Porter**

**Noonie’s Place (Tara Beasley Stansberry)**

**Combo Express**

**North Bay Rose Society**

**Vallejo Piecemakers Quilting Guild**

**Skarky’s Chicken & Fish**

**Vallejo Numismatic Society**

**Vallejo Chamber of Commerce**

**Supervisor Cassandra James**

**Solano Care Hospice**

**Supervisor Cassandra James**

## Board of Directors

President - Debbie Young-Hurt

Vice President - Shelagh McKinney

Secretary - Michael Turrini

Treasurer - Don Hill

Members– At– Large: Carol Westover, (2) Open  
Position

## Board of Directors Committees

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

If you are interested, inquire at the Participants Services:

**Bingo Committee:** Open - Chairperson; members include Shelagh McKinney, Jan Janik, Lynn Winter, Beth Danahy.

**Fundraising Committee:** Chairperson (TBA); members include all Board members plus volunteers.

**Membership & Outreach Committee:** Members include Deborah Oldham & Rosalie Reed.

## Thrift Store

Our Thrift Store offers a variety of handmade consignment items, gently used women’s and men’s clothes, jewelry, collectables, art work, lots of craft items, household items, and more.

### STORE HOURS:

**Monday to Thursday, 9:00am - 2:00pm**

**Friday, 9:00am - 12:00pm**

**Now accepting your donations**

## Vallejo Senior Roundtable

### VALLEJO SENIOR ROUNDTABLE

**1st Monday of the month**

**1:30PM-3:00PM, ROOM A**

### **SPEAKER:**

**Vallejo PD, Chief Ta and Associate**

**TOPIC OF DISCUSSION:** The latest report on declining Vallejo crime statistics and the addition of the sheriffs to citywide patrols

**Facilitator: Tom Bartee**

# Membership

**Support the Center—Be a member or renew your membership!**

<i>Member Name:</i>		
<i>Business Name (if applicable):</i>		
<i>Address:</i>		
<i>City:</i>	<i>State:</i>	<i>Zip:</i>
<i>Phone:</i>	<i>Cell Phone:</i>	
<i>E-mail:</i>		
<b>ANNUAL MEMBERSHIP: NEW OR RENEWAL</b>		
<i>Check One: Method of Payment:</i>		
<input type="checkbox"/> 1-Year FDC Membership \$25.00	<input type="checkbox"/> Cash	
<input type="checkbox"/> 2-Year FDC Membership \$40.00	<input type="checkbox"/> Check	
<input type="checkbox"/> 3-Year FDC Membership \$55.00	<input type="checkbox"/> Credit/Debit	

**Ballot Nomination**

Vote for the following Candidates

- President: Ray Martin  
 Vice President: Deborah Young-Hurt  
 Treasurer: Don Hill  
 Secretary: Michael Turrini

To request a ballot ask participant services for a copy. Ballots must be received by NOON on MONDAY, JUNE 8th. Voting for candidates absentee ballot must be received by MONDAY, JUNE 1st.

**Member– At-Large**

Vote for Two

- Tara Beasley-Stansberry  
 Jackie Highbaugh  
 Shari Gayle  
 Mariella Morales

## Member Spotlight

Shout out to FDC member Quentin Hager! Quentin, an aerospace technician, was part of the crew who built the Orion spaceship which was used for the Artemis II mission to the moon. That spacecraft successfully carried astronauts around the moon and back, a major step in human lunar exploration. One of Quentin’s projects was working on the heat shield that protected the crew from the unimaginable heat during re-entry. Quentin (son of Sandy Hager) has worked for Lockheed Martin in Sunnyvale for many years. He builds satellites. His work is truly “out of this world”!



## In Memoriam

**Dawn Dodson**

**Puzzle master and friend to many, supported the Florence Douglas Center and was loved by all. Dawn will be deeply missed, and will forever live in our hearts. Passed away peacefully on Wednesday, April 29, 2026.**



## CLASSES

### 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.

### SOUL LINE DANCING

Monday- 3pm to 4pm, No Cost, B 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. Provided by the Innovative Health Solutions.

Instructor: Dawnita Perryman

### HICAP

Free, Unbiased

**MEDICARE COUNSELING**

2nd & 4th Mondays of the mo.  
9, 10:15, & 11:30am

Call HICAP to schedule  
(707) 526-4108 OR 800-434-0222

### LAUGHTER YOGA CLASS

*Laugh more. Stress less. Feel better.*

With *Teena Miller*, Laughter Yoga Teacher.

Starting Tuesday, May 5, every week from 2:00 to 3:00pm, Carl Manner Room (CM)  
DONATION: \$5 per class

Sign up at the Participant Services. Come laugh with us



### CHI GONG

Wednesdays, 11 am—12 noon  
\$5 per class, CM Room

Chi Gong is the oldest and most popular healing art, science practice in the world. Taught not as an exercise, but like a slow, moving, meditative acupressure. “Qi” means “life force energy” & “Gong” is work, movement or practice! 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

### STORYTELLING CLASS

*Our Lives are full of Stories*

Every 2nd & 4th Mondays

12:45-2:00pm, Computer Room

MAY 11 & 18

(no class on Memorial Day)

First class is free; \$5.00 a month

NOTE: JUNE 22 (only one class in June)

Instructor: Mary Bustamante

Sign-up at Participant Services

Come learn techniques for telling different types of stories. Listen to entertaining stories.

### MEDITATION MONDAY'S

Every 2nd, 3rd, 4th Monday of the mo. 11:00am to 12:00pm, Carl Manner Rm-Instructor: Emmanuel Carrie, Ex. Dir.

### ZUMBA

Monday 10:00 am (B) Room

Tuesday 10:30 am (A) Room

Thursday, 10:30 am (A) Room

Thursday, 4:00 pm (B) Room

\$ 5.00 per class/ \$ 35.00 per month

Zumba & Zumba Gold... a fitness program that combines Latin & Int'l music with low impact dance moves for seniors. Starting May 11th & May 12

## SUPPORT GROUPS

**Caregivers Support Group** - Group is currently meeting on Zoom on the 2nd and 4th Tuesdays from 10:30am-12:30pm. Call the Center for more information.

**Grief Support Group** - Grief is a deeply personal journey, and creativity can be a powerful tool for healing. The Creative Bereavement Support Group, guided by Ellen Creighton of ACE Hospice, offers a compassionate space where those who have lost a loved one can express their emotions through art, writing, and meaningful discussion. Through activities like memory collages, guided journaling and storytelling, participants explore their grief in a supportive, understanding community. There is no charge to attend, and you are welcome to bring a small creative project you're working on, such as knitting, needlework, or a craft. Whether you enjoy creative expression or are simply looking for a new way to process your loss, this group welcomes you.

**Join us on the 1st and 3rd Tuesday of each month from 1:00 to 2:30 pm.**

**Caring & Sharing** - every Friday of the month from 9:30a - 11:00a in the Computer Rm. Sponsored by Faith in Action.

## AMERIPRISE FINANCIAL SERVICES,LLC

### Ameriprise Financial Services, LLC

invites you to a special seminar on

**TBA** from 2pm-3pm, in-person and virtual

**Taking Control of your Workplace Retirement Benefits.**

Join your host Mark Anthony Porter, CRPC, Private Wealth Advisor with Ameriprise Financial.

Please RSVP to reserve your spot and receive your access credentials for the virtual event. Space is limited. RSVP by calling Apurva Niboria at (415) 288-7320 or Email [Apurva.Niboria@ampf.com](mailto:Apurva.Niboria@ampf.com)

## FOOD RESOURCES

### FOOD IS FREE BAY AREA

**Grocery Program, Free Food**

**First Wednesday of every month**

**9:00am - 10:00am**

**Everyone is Welcome**

**For more information on food distribution, refer to the calendar at [www.fifbayarea.org](http://www.fifbayarea.org). Main Office Telephone No. (707) 690-0945**

## 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. To apply for local or intercity taxi card program.

**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 or visit [solanomobility.org](http://solanomobility.org).**

### 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). This does not include disabilities that only make use of accessible transit service difficult or inconvenient. To apply for certification, call 707-541-7184. For rides, call 707-648-4666 or visit **[Soltrans.org](http://Soltrans.org)**

## 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 meets on 2nd Tuesday of the month, May 12, 1:30pm to 3:00pm, A Room. Website: <http://www.narfe.org/chapter0016>.

**OPEN TO PUBLIC**

## 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 10:00-11:00am 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 or Thursdays from 1-4 pm,  
Everyone is welcome.

## CARDS & GAMES

Name	Dues	Day(s) of the Month	Time	Room
Gardening Club	DUES	3rd Thursday	1:00 pm—3:00 pm	CM
Bid Whist	N/A	Monday & Thursday	1:00 pm-4:00 pm	A
Canasta	N/A	Tuesday	9:00 am-3:00 pm	LIB
Dominoes	N/A	Tuesday	1:30-4:00 pm	A
Puzzle Table	N/A	Everyday	9:00 am-4:00 pm	LIB
Coin Club	DUES	1st Thursday	6:30 pm-8:30 pm	B
Fifty Plus Club	DUES	2nd & 4th Mondays	11:30 am-1:00 pm	B
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 Saturdays	9:00 am-4:00 pm	A
Scrapbooking	DUES	3rd Wednesday	1:00 pm-5:00 pm	CM
Ukulele Lovers of Vallejo	DUES	2nd & 4th Thursdays	6:00 pm-8:30 pm	CM
Pinochle	N/A	Friday	1:30 pm-4:00 pm	LIB

Florence Douglas Center  
333 Amador St., Vallejo, CA 94590  
(707) 643-1044  
[www.florencedouglas.org](http://www.florencedouglas.org)

Emmanuel Carrie - Executive Director, Ext. 11  
[emmanuelcarrie@aol.com](mailto:emmanuelcarrie@aol.com)

Bookkeeper: Nancy Pudlak - Ext. 14  
[bookkeeper1044@comcast.net](mailto:bookkeeper1044@comcast.net)

Participant Services: Cora Pasco - Ext. 10  
[cora.pasco@comcast.net](mailto:cora.pasco@comcast.net)

Activities Coordinator: OPEN - Ext. 9  
[clerical44@comcast.net](mailto:clerical44@comcast.net)

Phil Limutau - Building Maintenance

CENTER/OFFICE HOURS:  
Monday-Thursday: 9:00am - 2:00pm  
Friday : 9:00am - 1:00pm

THRIFT STORE HOURS  
Monday to Thursday - 9:00am to 2:00pm  
Friday: 9:00am to 12NOON

TRAVEL DEPT. HOURS:  
Monday-Thursday: 9:00am to 2:00pm  
Friday: 9:00am to NOON