



The Welcome Hand

JANUARY 2026

333 Amador Street, Vallejo, CA 94590

(707) 643-1044 ext. 10

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 !

Special Message

Dear Membership:

As 2025 has come to a close, we hope you have created wonderful memories with your loved ones and your Florence Douglas friends. As your Board of Director's, we would like to take a moment to update you on 2026 annual budget. We continue to face ongoing economic challenges that require thoughtful decisions to ensure the FDC long-term financial health. This includes monthly contract and monthly dinner cost.

Your Board aims to maintain cost-effective services and amenities for FDC members. However, rising expenses beyond our control necessitate an increase. Just like maintaining your home, the increase comes with recurring costs. Maintenance is essential for keeping our Center well maintained and up to standards for members/communities for enjoyment now and in the future.

As your Board, we are committed to upholding our fiduciary responsibility while ensuring that your center continues to deliver the value that you have come to expect.

The Florence Douglas Center Director and the Board of Directors will focus on the highlights as listed below. This year 2026 Florence Douglas Highlights:

- Kitchen Maintenance
- Floor Maintenance
- Re-organizations of space
- Additional educational classes
- Different themes for our monthly dinners
- Initiate and nurture collaborative relationships

SAVE THE DATE

Mon., Jan. 19- OFFICE CLOSED

(Martin Luther King Day)

Mon., Feb. 2 - GROUNDHOG Day

Mon., Feb. 16 - OFFICE CLOSED (President's Day)

Fri., Feb. 20 - Chinese New Year Dinner

Mon., Feb. 23 - Black History Luncheon Pro-

gram Sun. Mar. 2 - Daylight Saving Time

Mar, 17 - St. Patrick's Day

Fri., Mar. 20 - St. Patrick's Dinner

Fri., Apr, 17 - Spring Dinner

Fri., May 15 - Fiesta Dimmer

Quote of the Day

**“Every day may not be good,
but there's something
good in every day.”**

— Alice Morse Earle

encouraging powerful aging in Vallejo, California

Executive Director's Corner



Happiest New Year! As 2026 begins, I am energized by our December success raising over \$4,900, with a \$20,000, + Kaiser Grant pending. As Executive Director, I am rebuilding community trust and offer a sincere apology for past wrongdoings, specifically to Mr. Carsten Charles (CC) Sabathia Jr., as we move forward with integrity.

Please welcome our new Vice President-Deborah Young-hurt and Member at Large-Shelagh McKinney as we seek a Board Secretary; I also extend my deepest thanks to those who provided information putting me in contact with Florence Doug-

While I personally facilitate our Wellness and Meditation groups and review new partnerships, we urgently seek an Industrial Cleaning Manager volunteer, painters, and administration support for our facility's purification. We continue to welcome thrift store donations and financial gifts.

Friday, January 16, 1:00pm to 2:30pm , we are having a celebratory event for Sandy J. Hager, outgoing Board President. We are having a Potluck, bring your special dish good for 10pp, so we can have a variety. Advise the Front Office by Wednesday,

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).

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!

**Rolls of Paper Towels
Commercial Can Opener
Postage Stamps
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.

TBA

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.

**To register: <https://linktr.ee/diabetestuca>
(707) 638-5970**

LUNCH BUDDY BISTRO

Come for nutritious meals, friendship, and fun! Lunch is served 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

JANUARY 9 - CACHE CREEK CASINO

*** WAIT LIST AVAILABLE***

Premier Travel Tours in 2026

May 14— North Carolina
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 Center.

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:

JANUARY 6, 13, 20

FEBRUARY 3, 10, 17

from 9:00am to 10:00am
in the Carl Manner Room. Sign-up

SCRABBLE

Let's Get Scrabbling!

Weekly Scrabble Game

Every Friday 9:00 am –11:00 am
Room: Library

All are welcome, join Loretta
beginners encouraged

NURSE

Solano Care Hospice
4th Wednesday 9:00 –11:00 am
Blood Pressure Testing

Craft Day

WEDNESDAY, 9 am–11 am

Quilting, Knitting, Social, etc.

Craft Day Specials:

TBA

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 for more information.

CUDDLE CLUB

Every 3rd Wednesday of the mo.
EXCEPT: Wednesday, Jan. 14, 2026
Hosted by Tina

GARDEN CLUB



ANNOUNCEMENT:

Every 3rd Thursday of the month at
1:00pm in the Carl Manner Room.
Hosted by Steve Etter

TECHNOLOGY ASSISTANCE

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.

Every last Friday of the month from
9:00am to Noon.

Sign up at Participant Services

Membership

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

Member Name:		
Business Name (if applicable):		
Address:		
City:	State:	Zip:
Phone:	Cell Phone:	
E-mail:		
Do you use a computer? <input type="checkbox"/> YES <input type="checkbox"/> NO		
What is the best way to contact you: <input type="checkbox"/> Telephone <input type="checkbox"/> Email <input type="checkbox"/> US Mail		
Emergency Contact: Name: _____ Phone: () _____		
<i>I would like to be a “Friend of Florence Douglas” by donating monthly (includes membership):</i>		
<input type="checkbox"/> \$20 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$75 <input type="checkbox"/> \$100 OTHER: \$_____		
<i>METHOD OF PAYMENT: (<input type="checkbox"/>) CASH (<input type="checkbox"/>) CHECK (<input type="checkbox"/>) CREDIT/DEBIT</i>		
ANNUAL MEMBERSHIP: NEW OR RENEWAL		
<i>Check One: Method of Payment:</i>		
<input type="checkbox"/> 1-Year FDC Membership \$20.00	<input type="checkbox"/> Cash	
<input type="checkbox"/> 2-Year FDC Membership \$35.00	<input type="checkbox"/> Check	
<input type="checkbox"/> 3-Year FDC Membership \$50.00	<input type="checkbox"/> Credit/Debit	
<i>Memberships with the Florence Douglas Center entitles you to:</i>		
<i>• Discounts on specified classes</i>		
<i>• Discounts on our Monthly Special Dinners</i>		
<i>• 20% discount at the Thrift Store</i>		
<i>In case of emergency or natural disaster, please provide us with the following information so we can call you:</i>		
<i>Do you live alone? Yes _____ No _____</i>	<i>Do you live in a mobile home or trailer? Yes _____ No _____</i>	
<i>Do you have a disability? Yes _____ No _____</i>	<i>Do you have any pets? Yes _____ No _____</i>	
<i>Do you have a walker? Yes _____ No _____</i>	<i>Are you low income? Yes _____ No _____</i>	
<i>Signature _____</i>		<i>Date _____</i>

Board of Directors

President

Lanette Simpkins

Vice President

Debbie Young-Hurt

Secretary

OPEN

Treasurer

Don Hill

Member-At-Large

Carol Westover

Member-At-Large

Shelagh McKinney

Member-At-Large

Joseph Underwood

Board of Directors Committees

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

If you are interested ask at 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, and Rosalie Reed.

Strategic Planning: Open Chairperson

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

Vallejo Senior Roundtable

VALLEJO SENIOR ROUNDTABLE

1st Monday of the month

1:30PM—3:00PM, ROOM A

SPEAKER:

**JD Miller *trusted advisor
CPA to talk about what's
NEW in 2026 taxes ***

**Coordinators: Tom Bartee and Michael
Turrini, Board Secretary**

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

MEDITATION MONDAYS'

NEW CLASS ...

MEDITATION MONDAYS'
with Executive Director
from 1:00pm to 3:00pm begin-
ning Monday, January 26,
2026-Computer Room.
Contact: Emmanuel Carrie

CHI GONG

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

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 L.P.T MSW

**SPECIAL MEDICAL QI GONG: Wed., Jan. 14
@ 11AM Learn about special ACUPUNCTURE
POINTS & SIMPLE MOVES TO HELP MANY
PHYSICAL AILMENTS, FROM MASTER HUI
LIU (Teach of Kaiser Qi Gong class for many years!!) via El Cerrito Wen Wu School's**

STORYTELLING CLASS

Every 2nd & 4th Mondays
12:45—2:00 pm, Computer Room
Jan.12 & 26, Feb. 9 & 23, 2026
First class is free; \$5.00 a month
Instructor: Mary Bustamante
Sign up at Participant Services

STORYTELLING is a great way to get to know each other. Each week will do fun activities and get a chance to share our stories. No experience needed, simply bring a photo to talk about. Drop in and check us out.

AARP Taxes

We do not accept tax appointments currently. The Center will not be able to schedule tax appointments until the last week in January. You may call the Center at (707) 643-1044 ext. 10 **ONLY to inquire**. Due to the number of calls, please do not leave a message.

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

Topic: Workplace Benefits, Health & Wellness:
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

FOOD RESOURCES

Innovative Health Solutions Grocery Program & Senior Food Box

First Wednesday of every month
9:00am - 10:00am

**Eligibility Requirements: Application,
Proof of address, Valid ID**

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.**

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

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>

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.

NARFE

National Active and Retired Federal Employees (NARFE) Chapter 16 meets on 2nd Tuesday of the month. Please contact Janeen Thomas at (707) 297-2575, email: janeen.thomas@gmail.com Website: <http://www.narfe.org/chapter0016>.

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
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
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(707) 643-1044
www.florencedouglas.org

Emmanuel Carrie - Executive Director, Ext. 11

Bookkeeper: Nancy Pudlak - Ext. 14
bookkeeper1044@comcast.net

Participant Services: Cora Pasco - Ext. 10
cora.pasco@comcast.net

Activities Coordinator: TBA - Ext. 9
clerical44@comcast.net

Maintenance: Phil Limutau - Ext. 10

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