



The Welcome Hand

MARCH 2026

333 Amador Street, Vallejo, CA 94590

(707) 643-1044 ext. 10

www.florence douglas.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 !

St. Patrick's Dinner

SAVE THE DATE

Florence Douglas Center
333 Amador Street, Vallejo, CA 94591
Telephone No.: (707) 643-1044

St. Patrick's Day Dinner
Date: Friday, March 20, 2026
Door Opens: 4:30PM
Dinner Served: 5:30PM
Pickup Time: 6:00PM
Please specify meal choice:
REGULAR or VEGAN
Dinner Prepared by: Chef Ray Martin
COST: \$25 Me

MENU
REGULAR:
Corned Beef with Cabbage, Carrots, Potatoes, Dinner Rolls, Beverage, and Dessert

VEGAN:
Plant based Chicken with Carrots, Cabbage and Potatoes, Beverage, and Vegan Dessert

- Sun. Mar. 8 - Daylight Saving Time
- Tue., Mar, 17 - St. Patrick's Day
- Fri., Mar. 20 - St. Patrick's Dinner
- Fri., Apr, 17 - Spring Dinner
- Fri. Apr. 24 - "VOLUNTEER APPRECIATION"
- Fri., May 15 - Fiesta Dinner
- Mon., May 25 - Office Closed
- "MEMORIAL DAY"

SPRING FLING DINNER

Friday, April 17th

Doors open at 4:30

VOLUNTEER LUNCHEON

Friday, April 24th

At 1:00 pm



FDC CLOSED Monday, May 25

UKES 4 PEACE

Please join our ukulele jam to promote peace, love & harmony!
Your hosts: ULOV: Ukulele Lovers of Vallejo
Saturday, March 14—Noon to 2:30 pm
RSVP: John Latini Email: sunnyvalekid1@gmail.com



encouraging powerful aging in Vallejo, California



Reflecting on this past month, my heart is full. We have just completed a truly **historic Black History Month celebration**. Serving as the first African-American man to lead this center as your Executive Director is not just humbling-it is groundbreaking. I am wonderfully blessed to continue this journey with you all.

We've already seen such success together, including our recent **Senior Citizen Prom**, which was a night to remember! As we move forward, let's keep that momentum going by staying united. We have great work to do in the Vallejo community, and we do it best when we stand together.

Please remember while inside of FDC, you must always be relaxed, happy and calm as nothing problematic is allowed

Upcoming Events & Opportunities

We have a busy March ahead, and I personally invite you to join us for:

St. Patrick's Day Dinner: Come celebrate with good food and even better company!

Relaxation & Meditation: I am prioritizing wellness for our center. Join the team for our guided meditation on **March 9th, 16th, and 23rd**. Let's embrace peace and grace together.

Starting in March we will have counseling & therapy available for individuals interested.
Dates & Times TBD

Let's continue to give each other space, time, and grace as we grow. Thank you all for allowing me to lead this incredible community.

All The Best,

Emmanuel Carrie

Emmanuel Carrie



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.floencedouglas.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.

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.

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

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!!!
HOUSELY NAPA VALLEY WINE TASTING ROOM, Friday, March 27,
Cost: \$40 MBR, \$45 NMBR

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:
MARCH 3, 10, 17
from 9:00am to 10:00am
in the Carl Manner Room. Sign-up with the Participant Services.

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

Craft Day

WEDNESDAY, 9 am-11 am

Quilting, Knitting, Social, etc.

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 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

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

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.

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: () _____ | |
| <input type="checkbox"/> I would like to be a "Friend of Florence Douglas" by donating monthly (includes membership): | |
| <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$75 <input type="checkbox"/> \$100 OTHER: \$ _____ | |
| METHOD OF PAYMENT: () CASH () CHECK () CREDIT/DEBIT | |
| ANNUAL MEMBERSHIP: NEW OR RENEWAL | |
| Check One: Method of Payment: | |
| <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 |
| Memberships with the Florence Douglas Center entitles you to: | |
| <ul style="list-style-type: none"> • Discounts on specified classes • Discounts on our Monthly Special Dinners • 20% discount at the Thrift Store | |
| In case of emergency or natural disaster, please provide us with the following information so we can call you: | |
| Do you live alone? Yes _____ No _____ | Do you live in a mobile home or trailer? Yes _____ No _____ |
| Do you have a disability? Yes _____ No _____ | Do you have any pets? Yes _____ No _____ |
| Do you have a walker? Yes _____ No _____ | Are you low income? Yes _____ No _____ |
| Signature _____ Date _____ | |

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**

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

Board of Directors

President—Lanette Simpkins

Vice President—Debbie Young– Hurt

Secretary— Open

Treasurer—Don Hill

Members– At– Large

Carol Westover, Shelagh McKinney, Joseph Underwood

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

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 & Rosalie Reed.

Strategic Planning: Open Chairperson

Vallejo Senior Roundtable

VALLEJO SENIOR ROUNDTABLE

1st Monday of the month

1:30PM—3:00PM, ROOM A

**SPEAKER: Pippin Dew
Former Vice Mayor**

TOPIC: Water Emergency Transportation Authority known as “FERRY BUILDING SERVICE” and CALIFORNIA LEAGUE OF CITIES

Facilitator: Tom Barte

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 MONDAY'S

MEDITATION MONDAY'S

from 11:00am to 12:00pm

Every 2nd, 3rd, 4th Mondays' Carl Manner Rm-

Instructor:

Emmanuel Carrie,

Ex Director

*YOUR GUIDE TO
FINDING
INNER PEACE*



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 acupuncture. "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 Gaea L.P.T MSW

STORYTELLING CLASS

**Every 2nd & 4th Mondays
12:45—2:00 pm, Computer Room**

Mar.9 & 23, Apr. 13 & 27, 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.

UKULELE CLASS

Learn to play Ukulele

Beginner Ukulele class starts

Wednesday April 1, 2026 from 6:00 –7:30 pm

Four week class total is \$15 plus \$10 materials fee. \$5 credit for returning students .

Sign up at participant services

Listening Session & AMA

You're Invited !

Monday, March 30th 11am –1:30pm

Join the listening session, share your priorities, ask Tara anything, group roundtables.

Tara Beasley-Stansberry

Vallejo City Council, District 5

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

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. 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.**

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>

NARFE

National Active and Retired Federal Employees (NARFE) Chapter 16 meets on 2nd Tuesday of the month, 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

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: OPEN - Ext. 9
clerical44@comcast.net

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