



# The Welcome Hand

## OCTOBER 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!**

### SAVE THE DATE

Mon. Oct. 12 - Indigenous Peoples Day (CLOSED)

Thu., Oct. 22 - Annual Health Fair

Fri., Oct. 30 - Indigenous Peoples Day Dinner

Wed., Nov. 11 - Veteran's Day (CLOSED)



Thu, Nov. 26 & Fri., Nov. 27 -  
THANKSGIVING (CLOSED)

Fri., Nov. 30 - HARVEST Dinner

Fri., Dec. 18 - HOLIDAY (Xmas & New Years)  
Dinner

Thu., Dec. 24 & Fri., Dec. 25 - CHRISTMAS  
(CLOSED)

Thu., Dec. 31 - NEW YEARS EVE (CLOSED)

**Florence Douglas Center**  
SERVING THE COMMUNITY SINCE 1974

*A Place to Thrive.  
A Community that Cares.*

TOGETHER,  
WE MAKE LIFE  
BETTER EVERY DAY!

# INDIGENOUS PEOPLES Dinner

Join us for an intentional evening  
honoring the rich history, resilience,  
and living cultures of Indigenous peoples.

**Friday  
OCTOBER 30, 2026**  
DOORS OPEN AT 4:30 PM

### MENU

| STARTERS                            | ENTREE                                   | PASTA                  |
|-------------------------------------|------------------------------------------|------------------------|
| • Seasonal Soup<br>• Seasonal Salad | • Chicken<br>• Fish<br>• Wild Rice Pilaf | • Meatballs<br>• Bread |

**DESSERT**  
• Ice Cream

**TICKETS**  
MEMBERS \$20  
NON-MEMBERS \$23

**DANCING**  
Dance the night  
away to your  
favorite tunes!

**RAFFLE**  
Exciting prizes  
you'll love!

**50/50  
RAFFLE**  
Win big and  
support your  
center!

*Become a  
Member  
Today!*  
Enjoy events, activities  
and community  
all year long!

**SUPPORT. DONATE. VOLUNTEER.**  
*Help us continue serving our community for generations to come.*

VISIT OUR WEBSITE  
[www.florencedouglas.org](http://www.florencedouglas.org)  
for events, programs & more!

707-643-1044  
333 AMADOR ST., VALLEJO, CA 94590

EVERY CONTRIBUTION  
MAKES AN IMPACT.  
*Thank you for supporting  
our mission!*

FRIENDSHIP ♦ WELLNESS ♦ ACTIVITIES ♦ COMMUNITY

**Florence Douglas Center**  
SERVING THE COMMUNITY SINCE 1974

# Harvest DINNER

Good Food • Great Company • A Time to Celebrate!

**Friday, November 20<sup>th</sup>, 2026**  
Doors Open at 4:30 pm

**Ticket Price**  
Members \$20.00  
Non-Members \$23.00

**Menu:**  
Traditional  
Turkey Dinner

**Entertainment & Refreshments**  
*Join us for a delicious  
meal, wonderful  
entertainment and  
great company!*

*All are welcome!*



## DIRECTOR'S CORNER

Welcome to October,

Bringing rich heritage, cultural celebration, and peaceful living. We proudly honor Health Day, Filipino American History Month, and our beloved Indigenous community—culminating in our wonderful upcoming Indigenous People's dinner. Please remember we also honor domestic violence, Alzheimer's, lupus, and breast cancer awareness month. Community wellness is central to our mission; please join us for our health fair on October 22nd.

Our Live Solano, Give Solano campaign is live right now, and please donate right now! You have until October 7th at midnight to donate via their website by searching our name to help reach our high five-figure goal. Operating in a financially strained county puts extra pressure on local region groups, so please consider our center for donations anytime. You may also give to our separate entity, the Friends of Florence Douglas.

As holidays approach, keep our center in mind for rentals and gatherings. We warmly invite our entire senior membership community to utilize our AT&T Connected Learning Center. We proudly assisted 700 unduplicated individuals through our Innovate and food bank programs last month; please continue turning to us for this vital support. With a humble heart, we will continuously stand and thrive.

Thank you for your partnership and for being our community's heartbeat.

All the best,

Emmanuel Carrie

Executive Director

## BINGO



**Wednesday, 1pm to 4pm  
Friday, 10am to 1pm**

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) for \$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're heading to the store, here 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 and 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
- Paper Cups (Hot & Cold)

## MATTER OF BALANCE

**This program emphasizes to manage falls. Many older adults experience concerns about falling that restrict their activities.**

**Advance registration is required. No Cost**

**Nov. 4 thru Dec. 4 – Wednesday & Friday (NO CLASS ON WED., 11/11)**

**Sign-up with the Participant Services or contact Joseph Braida, Fall Prevention Trainer @ 707-372-7011**

## 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

### 2026 PREMIER TRAVEL TOURS

- Oct. 2 - Albuquerque Balloon Fiesta & Santa Fe
- Oct. 7 - Highlights of Scotland
- Nov. 3 - Italy's Amalfi Coast & Rome

**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 X15*  
*Mon-Thurs: 10:00am-2:00pm*  
*Fri: 10:00am-Noon*

## digitalLIFT

**ATTENTION:** For those individuals that signed-up to “LEARN TO USE THE INTERNET WITH A FREE TABLET” below are the new dates scheduled for the upcoming classes:

OCTOBE: 12, 15, 19, & 22 (MON & THU)  
NOVEMBER: 11, 12, 18 & 19 (WED & THU)  
DECEMBER: 3, 4, 10 & 11 (THU & FRI)

## COMPUTER BASICS

**First 3 Tuesdays of the month**  
(OCTOBER 6,13,20) from 9:00am to 10:00am in the COMPUTER ROOM (CLC)  
Sign-up with the Participant Services.

## CRAFT DAY

**Wednesday, 9 am–11am**

Quilting, Knitting, Social

Join Max for jewelry repairs

## QUILT RAFFLE

### ATTENTION :

**Tickets are still on sale. You still have time to purchase your raffle tickets..**

### Raffle Tickets Prices:

- (1) Ticket for \$1.00
- (6) Tickets for \$5.00
- (15) Tickets for \$10.00
- (40) Tickets for \$20.00

**DRAWINGS WILL BE HELD IN THE NOVEMBER DINNER...**



## GARDENING CLUB



**Meets every 3rd Thursday of the month at 1:00pm, in the Carl Manner Room.**

Hosted by Steve Etter

Offers a wide range of topics including gardening techniques & organic garden-

## TECHNOLOGY ASSISTANCE

**Every last Friday of the month (OCTOBER 30) from 9:00am to Noon**  
**COMPUTER ROOM (CLC)**  
Have any questions about your iPhone, Android, Laptop, or Tablet? Techies from the JFK library can help you one-on-one with a 30 min appointment. Sign up at Participant Services

## 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  
 Vallejo Numismatic Society  
 Vallejo Chamber of Commerce  
 Supervisor Cassandra James  
 Solano Care Hospice  
 Supervisor Cassandra James  
 El Sol Restaurant (Rodeo & Richmond)

## BOARD OF DIRECTORS

**President** - Ray Martin  
**Vice President** - Debbie Young-Hurt  
**Secretary** - Michael Turrini  
**Treasurer** - Don Hill

**Members At Large:**  
 Carol Westover  
 Tara Beasley-Stansberry  
 Jackie Highbaugh

## BOARD 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:** Chairperson (TBA) members include Shelagh McKinney, Jan Janik, Lynn Winter, and 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

## MEMBERSHIP

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

**ANNUAL MEMBERSHIP: NEW OR RENEWAL**

*Check One: Method of Payment:*  
☐ CASH ☐ CHECK ☐ CREDIT CARD

☐ 1-Year FDC Membership \$25.00  
☐ 2-Year FDC Membership \$40.00  
☐ 3-Year FDC Membership \$55.00

## SENIOR ROUNDTABLE

**1st Monday of the month  
 OCTOBER 1, 2026  
 1:30pm-3:00pm, ROOM A**

**GUEST SPEAKER:** Dawn Hoffman, Fighting Back

**TOPIC:** Senior Housing authority services typically involve managing and providing access to affordable housing options for seniors, ensuring they receive necessary support and accommodations. These services can include assistance with application, evaluations for housing needs, and connecting seniors with local resources.

**Facilitators:** Tom Bartee & Mel Orpilla  
**Coordinator:** Michael Turrini, Board Sec.

# Annual HEALTH Fair

Join us for a morning of health, wellness, and resources for the whole community!

Everyone is welcome!

**FREE  
ADMISSION!**

Your Health.  
Your Community.

*Stronger  
Together!*

Take Charge of  
**YOUR HEALTH  
TODAY!**

**WORKOUT DEMO!**



*Healthie Choices. Strong Community.*



**FREE  
Health  
Screenings**



**WORKOUT  
DEMO  
Get Moving!**



**COMMUNITY  
RESOURCES  
Information &  
Support**



**HEALTHY LIVING  
Nutrition Tips,  
Education & More!**



**GIVEAWAYS  
& Much More!**



**THURSDAY  
OCTOBER 22<sup>ND</sup>, 2026**



**9AM - NOON**



*All are welcome!  
Let's build a healthier  
community—together.*

*The*  
**FLORENCE  
DOUGLAS  
— CENTER —**  
*A Legacy of Service. A Future of Wellness.*



333 Amador St.  
Vallejo, CA 94590



707-643-1044



**Florence Douglas Center**  
SERVING THE COMMUNITY SINCE 1974



**LIVESOLANOGIVESOLANO**

**Live Solano  
Give Solano**  
**Donations**

**Early giving is open!**  
**Give Local this October!**

**Investing in local nonprofits  
creates direct, visible impact  
in your own community.**



**livesolanogivesolano.org**

**Stronger  
Nonprofits.  
A Brighter  
Solano.**



## 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

### MEDITATION MONDAY'S

**Every 2nd, 3rd, 4th Monday of the mo. 11:00am to 12:00pm in the Carl Manner Rm**

Instructor: Emmanuel Carrie, Ex. Dir.

### LAUGHTER YOGA CLASS

**Laugh more. Stress less. Feel better.**

Teena Miller - Laughter Yoga Teacher, Lifelong Vallejo Resident, & Global Speaker

**Every MONDAYs from 1:00 to 2:00pm, Carl Manner Room (CM) - \$5 per class. Sign up at the Participant Services. Come laugh with us!**

Laughter Yoga for seniors...Yes, there are numerous **health benefits** associated with **laughter yoga**, especially for **older adults**, it can enhance the immune system, improve cardiovascular health, and promote relaxation.



### 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

**Our Lives are full of Stories**

**Every 2nd & 4th Mondays**

**12:45-2:00pm, Computer Room**

**First class is free; \$5.00 a month**

**Monday, OCT. 5 & 19**

**Monday, NOV. 9 & 23**

**Instructor: Mary Bustamante**

**Sign-up at Participant Services**

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

### ZUMBA

**ZUMBA GOLD... a fitness program that combines Latin & Int'l music with low impact dance moves for seniors.**

**Monday, Tuesday & Thursday:  
10:30 to 11:30am - B Room**

**1st Class is COMPLIMENTARY. \$5.00 per class OR \$35.00 per mo. Instructor: Yuli**

### SCRABBLE

**Let's Get Scrabbling!  
Weekly Scrabble Game**

**Every Wednesday 1:00pm-4:00pm  
LIBRARY; all are welcome to join Loretta  
beginners encouraged  
Hosted by: Loretta Sulser**

## 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 9:30am - 11:00am in the Computer Rm. Sponsored by Faith in Action.

## FOOD RESOURCES

**FOOD IS FREE BAY AREA - GROCERY BAG**  
Free Food; 1st Wed of the mo., 9:00 to 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

## NEW \*\*\* DRUM CIRCLE \*\*\*

3rd TUESDAY of the mo. Beginning OCT. 20, from 12:30 to 1:30pm.. - "Halloween Theme".

**MAKE A JOYFUL NOISE"** ... Instructor: Karen Tougas - Phone No.: 707-410-7199. COST: \$5.00  
Sign-up at Participant Services. Refer to flyer...

## 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.

## TRANSPORTATION PROVIDERS

### SOLANO MOBILITY 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!**

## NARFE

**NARFE IS OFF SITE FOR THE MONTH OF OCTOBER.**

National Active & Retired Federal Employees (NARFE) Chapter 16 meets on 2nd Tuesday of the mo. Website: <http://www.narfe.org/chapter0016>. Next meeting will be NOV. 10th at 1:30pm.-3:00pm, A Room. **BOARD MEETING from 12:30pm to 1:30pm.**

## 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  
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Emmanuel Carrie - Executive Director, Ext. 11  
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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: Ext. 12  
[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: Ext. 13

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

### TRAVEL DEPT. HOURS: Ext. 15

Monday-Thursday: 10:00am to 2:00pm  
Friday: 10:00am to NOON

## 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 & proof of residence on your first visit to the program. Only one member per household can register. Call 1-855-309-3663 for more information.

## 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. Oct. 14th @ 1:00 pm (CM room). To register: call (707) 638-5970 to register OR <https://linktr.ee/diabetestuca>