



The Welcome Hand

JUNE 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 !

HAWAIIAN LUAU DINNER

**Don't miss out on our
Tropical**

Summer Party aka LUAU!!!

Friday, June 26

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

\$25 members, \$30 non-members

Menu:

REGULAR: Teriyaki Chicken, Hawaiian Macaroni Salad, Tropical Salad or Summer Veggies, Rice, Mango and Beverage

VEGAN/VEGETARIAN: Vegan Chicken Katsu (TOFU), Macaroni Salad, Garlic Rice, Dessert (Pandan Cake w/ Vegan whipped cream), Beverage

Entertainment:

Ukulele Lovers of Vallejo Band
(ULOV)

Last day to purchase tickets on
Wednesday, June 17

encouraging powerful aging in Vallejo, California

SAVE THE DATE

Mon., Jun 8– Membership Meeting

Sun., Jun 14 - Flag Day

Fri., Jun 19—”JUNETEENTH” Closed

Sun., Jun 21 - Father’s Day

Fri., Jun 26- Hawaiian LUAU Dinner

Fri., Jul 3 - Independence Day (CLOSED)

Sat., July 4 - INDEPENDENCE DAY



DIGITAL LIFT

Join digitalLIFT

Learn to use the internet with a FREE tablet. NEW CLASSES DATESSS: TUESDAY’s in JUNE 9, 16, 23, 30 from 2:30 to 4:30pm in the Carl Manner Room. If you are interested, please sign up at Participant Services.

MEMBERSHIP MEETING

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JUNE 8, 2026 at 1:30 pm.

VOTE FOR
MEMBER-AT-LARGE

Executive Director's Corner



June fills our hearts with pure joy and profound gratitude. This vibrant month offers a beautiful opportunity to honor men's mental health awareness and generalized men's wellness. We proudly celebrate the strength and dedication of fathers everywhere this Father's Day. Furthermore, we recognize the deep historical significance of Juneteenth for the African-American community, alongside celebrating the rich cultural heritage of Caribbean Heritage Month. As the first day of summer arrives, our center beams with renewed life, energy, and purpose.

We are incredibly grateful and deeply moved to announce a magnificent, confidential five-figure financial contribution. This remarkable generosity directly strengthens our mission and ensures our community thrives. We also extend our heartfelt appreciation to the outstanding individuals who stepped forward for our recent board nominations. Thank you for your dedication, and we wish the absolute best of luck to everyone participating in this leadership process.

To every single person who steps through our doors: you are part of a beautifully united front. We intentionally foster an atmosphere dedicated exclusively to greatness, relaxation, and genuine support. We are always here to help you navigate life with dignity and joy. However, sustaining this level of excellent programming means we continually rely on your vital financial support.

As we enter these warm summer months, please remember our stunning, spacious 14,000-square-foot facility for your upcoming private rental needs. It is the absolute perfect venue for hosting unforgettable family reunions, milestone birthday parties, or beautiful community gatherings.

Thank you for your enduring partnership, your vibrant energy, and your dedication to making our center a true sanctuary. Together, we are building a legacy of care, wellness, and celebration that unites us all. Have a wonderful, safe, and truly blessed start to your summer season.

MEMBER SPOTLIGHT

All The Best,

Emmanuel Carrie

Emmanuel Carrie



**The Get Along Gang !
Frank, Eunice & Linda**

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.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!

- 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**

CHP AGE WELL DRIVE SMART CLASS

ATTENTION: As everyone had been asking... its finally here!

The "Mature Driving Class" will begin on Thursday, June 11 from 10:00am to 12Noon in the Carl Manner Room. Officer Scott Heitman from the Solano Area CHP is the instructor. Please sign up at the Participant Services. Thank you.

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!!!

CACHE CREEK 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:

JUNE 2, 9, 16

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

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

JUNE 26, 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

Combo Express

North Bay Rose Society

Vallejo Piecemakers Quilting Guild

Sharky's Chicken & Fish

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 - 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, 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

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:

SolTrans

TOPIC OF DISCUSSION: Update on
NEW bus routes & schedules for Vallejo,
Solano County, Amtrak & BART

Facilitator: Tom Bartee

**ATTENTION: RENTAL BANQUET
HALL AT FDC IS A PLACE TO BE!**

**HOST YOUR NEXT CELEBRATION
WITH US!** For inquiries, please call
(707) 643-1044.

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> | |
| <i>Do you use a computer? </i> <input type="checkbox"/> <i>YES</i> <input type="checkbox"/> <i>NO</i> | |
| <i>What is the best way to contact you: </i> <input type="checkbox"/> <i>Telephone</i> <input type="checkbox"/> <i>Email</i> <input type="checkbox"/> <i>US Mail</i> | |
| <i>Emergency Contact: Name: </i> _____ <i>Phone: (</i> _____ <i>)</i> _____ | |
| <input type="checkbox"/> <i>I would like to be a "Friend of Florence Douglas" by donating monthly</i> | |
| <input type="checkbox"/> <i>\$20</i> <input type="checkbox"/> <i>\$25</i> <input type="checkbox"/> <i>\$50</i> <input type="checkbox"/> <i>\$75</i> <input type="checkbox"/> <i>\$100</i> <i>OTHER: \$</i> _____ | |
| <i>METHOD OF PAYMENT: (</i> <input type="checkbox"/> <i>CASH</i> <input type="checkbox"/> <i>CHECK</i> <input type="checkbox"/> <i>CREDIT/DEBIT</i> | |
| ANNUAL MEMBERSHIP: NEW OR RENEWAL | |
| <i>Check One: Method of Payment:</i> | |
| <input type="checkbox"/> <i>1-Year FDC Membership \$25.00</i> | <input type="checkbox"/> <i>Cash</i> |
| <input type="checkbox"/> <i>2-Year FDC Membership \$40.00</i> | <input type="checkbox"/> <i>Check</i> |
| <input type="checkbox"/> <i>3-Year FDC Membership \$55.00</i> | <input type="checkbox"/> <i>Credit/Debit</i> |
| <i>Memberships with the Florence Douglas Center entitles you to:</i> | |
| <ul style="list-style-type: none"> • <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</i> _____ <i>No</i> _____ | <i>Do you live in a mobile home or trailer? Yes</i> _____ <i>No</i> _____ |
| <i>Do you have a disability? Yes</i> _____ <i>No</i> _____ | <i>Do you have any pets? Yes</i> _____ <i>No</i> _____ |
| <i>Do you have a walker? Yes</i> _____ <i>No</i> _____ | <i>Are you low income? Yes</i> _____ <i>No</i> _____ |
| <i>Signature</i> _____ <i>Date</i> _____ | |

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.

**Every Tuesdays' from 2:00 to 3:00pm,
Carl Manner Room (CM) - \$5 per class.
Sign up at the Participant Ser-
vices. 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

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

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

ADDITIONAL ZUMBA DAY!!!

**MONDAY: 10:00am to 11:00am, B Rm.
TUES & THUR @ 10:30 to 11:30am CM
Rm. 1st Class is COMPLIMENTARY.
COST: \$ 5.00 per class OR \$35.00 per
month.**

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.

A MATTER OF BALANCE

**JUNE 8 THRU JULY 1ST, 2026
MONDAY AND WEDNESDAY FROM
12:00PM TO 2:00PM**

**ADVANCE REGISTRATION IS REQUIRED. CLASS
SPACE LIMITED TO NEW PARTICIPANTS.**

**FOR MORE INFORMATION, CONTACT JOSEPH
BRAIDA, FALLS PREVENTION TRAINER AT (707)
372-7011.**

**THIS WORKSHOP IS COMPRISED OF A SERIES OF 8
CLASSES THAT ARE MEANT TO BE TAKEN IN SE-
QUENCE. THESE ARE NOT STAND-ALONE CLASSES
BECAUSE EACH CLASS BUILDS ON THE ONE BEFORE
IT.**



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, June 9th, 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 & 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>

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 |

Emmanuel Carrie - Executive Director, Ext. 11
emmanuelcarrie@aol.com

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

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