



The Welcome Hand

NOVEMBER 2025

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, social, spiritual and recreational programs and services to those 50 PLUS !



DINNER



HARVEST DINNER

Friday, November 21st

Doors Open: 4:30 pm, Dinner: 5:00 pm

Cost: \$15.00 Members, \$23 Non-Members

Menu:

**Turkey, Mashed Potatoes,
Vegetables, Dinner Roll, Dessert
& Beverage**

Vegan Menu:

**Vegan Turkey, Green Beans,
Stuffing, Dessert & Beverage**

Entertainment:

John Latini & ULOV

Ukulele Lovers of Vallejo

Purchase Tickets by Wednesday,

Nov. 19th

SAVE THE DATE

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

Fri., Nov 21st - Harvest Dinner

Thu., 11/27 & Fri., 11/28 - Thanksgiving Holiday (CLOSED)

Fri., Dec. 19th - Holiday Dinner

**Wed., Dec. 24, Thu. Dec. 25, Fri., Dec 26 -
CLOSED**

Sun., Dec. 28th- BINGO Time

SEE'S CANDY FUNDRAISER

Winter Yum-Raising Virtual Fundraising

Pre-Sell Orders Due 12/5

**Open Google Lens or cellphone camera
and Scan QR Code**

Go directly to our storefront page



encouraging powerful aging in Vallejo, California

Executive Director's Corner



Greetings to all!

Let me start by giving some long overdue acknowledgements, as the Executive Director role was open for 5 months at this time, I want to thank the board of directors, as well as the staff for keeping things going, open and operational. It is not a simple task for others to take their lives, goals, and objectives, for their own works within the organization rather staff, or volunteer, so for all that stepped up and wore those additional hats, we as an organization once again give you all the highest thank you.

As the month of October is extremely important for the awareness of Breast Cancer, Lupus, and Alzheimer's, as well as Domestic Violence, our Executive Director decided to post an intimate conversation and celebration dedicated to this month. We honor all those that have been diagnosed or affected by the above-mentioned, we care for you, we hear you, we love you, and we will always celebrate you!

FDC going forward will always have this type of honoring moments each month to celebrate monthly awareness and the reason behind the cause. A VERY SPECIAL THANKS TO ALL 40 INDIVIDUALS WHO PARTICIPATED IN THIS SPECIAL EVENT!!! Special thanks to Sandy Hager for over 800 volunteer hours.

October was a very exciting celebratory and groundbreaking month for our foundation. Thanks to the fundraising efforts of the Live Solano Give Solano fundraiser we were involved in, our craft fair, and our monthly dinner we are elated to announce that we raised approximately \$4,800.00! This is an outstanding highlight for this month, as we know that every dollar helps to keep us going and growing.

We are continuously working on our Building Beautiful Project, we also give SPECIAL THANKS to our coordinator Nancy Yingst, thank you for your services we wish you nothing but the best on your new endeavors as you enjoy retirement. I understand that members are concerned about the center closing. I assure you that we are doing our due diligence to gain additional funds, as our organization is not funded by the city, state, or government, yes and we heavily depend on individual funds and support at this time.

Thank you all so very much for your questions and please continue to work with us, as we are seeking additional funds to remain open as a pillar of the Vallejo community. Florence Douglas was a pillar of the community; this is a call of action asking for help in hopes that someone can assist us in finding her family members, so that they may be involved as well, thank you. And let us only display Grace and Hope for the future. Please keep a lookout for the November Awareness Event.

All The Best,

Emmanuel Carrie

Executive Director

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 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 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.

Starting Nov. 5th 1:00 pm

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

Starting Nov 3rd

NO LUNCH ON FRIDAYS

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

COMING SOON...

Premier Travel Tours in 2025

Dec 7- Smoky Mountains & Pigeon Forge Holiday
Jan 9– Cache Creek Casino

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

Storytelling Class

1st & 3rd Mondays

12:45—2:00 pm Computer Room

Nov. 3rd, 17th, Dec. 1st & 5th

First class is free; \$5.00 a month

Please bring a picture to talk about.

Instructor: Mary Bustamante

Sign up at 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

Hosted by: Loretta Sulser

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:

Join us for this free craft! Materials will be
provided. Register at Participant Services.
Space is Limited.

Sponsored by Welcome Home Care

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 im-
prove the quality of life for those whom they
serve.. Call 707-469-6668 fore more infor-
mation.

CUDDLE CLUB

Is coming back... Wednesday. Nov.
12, and Wednesday, December 17.

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 month. Scheduled for Fri.
Nov. 21st, 9:00am–Noon. No Meeting in
December due to the holidays.



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? ☐ YES ☐ NO What is the best way to contact you: ☐ Telephone ☐ Email ☐ US Mail Emergency Contact: Name: _____ Phone: () _____	
_____ I would like to be a “Friend of Florence Douglas” by donating monthly (includes membership): _____ \$20 _____ \$25 _____ \$50 _____ \$75 _____ \$100 OTHER: \$_____ METHOD OF PAYMENT: () CASH () CHECK () CREDIT/DEBIT	
ANNUAL MEMBERSHIP: NEW OR RENEWAL	
Check One: Method of Payment:	
☐ 1-Year FDC Membership \$20.00	☐ Cash
☐ 2-Year FDC Membership \$35.00	☐ Check
☐ 3-Year FDC Membership \$50.00	☐ Credit/Debit
Memberships with the Florence Douglas Center entitles you to: - 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 _____	

Board of Directors

President
Sandy Hager

Vice President
Lanette Simpkins

Secretary
Michael S. Turrini

Treasurer
Don Hill

New Member-At-Large
Carol Westover

Member-At-Large
Debbie Young-Hurt

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— Sandy Hager; members include all Board members plus volunteers.

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

Strategic Planning: Open Chairperson; members include Jan Janik, Lynn Winter.

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

Monday, November 3

1:30PM—3:00PM, ROOM A

SPEAKER: City Council Member Tonia Lediju

TOPIC: City of Vallejo Update

Coordinators: Tom Bartee and Michael Turrini, Board Secretary

Classes

Jazzercise Lo

Monday, Tuesday & Thursday
10:15—11:15 am, A & B Room

The fun Jazzercise program (going strong for 50+ years) for Seniors or for those who would like a fun workout with modifications. Jazzercise is designed to improve balance, strength and flexibility. Class formats vary to include cardio and strength exercises. \$59.00 a month, First class free \$10.00 drop in. Ask about our 4 & 8 class passes and senior discount.

Wheelchair accessible.

4 class pass \$33 Seniors/ \$44 under 65

8 class pass \$36.75/ \$49 under 65

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 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



Conversational Spanish

All Levels Welcome!

Every Tuesday beginning

Tuesday, September 30.

6 Weeks, ending November 4.

Computer Room

Cost: \$60 Members, \$65 Non-Members

Instructor: Nancy Reyes de Brown

Min of 6 students for class

COMPUTER BASICS

First 3 Tuesdays of the month: 4th, 18th, & 25th from 9:00am to 10:00am in the Carl Manner Room. Sign-up with the Participant Services.

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 acupuncture. 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

Laughter Yoga & Brain Fitness

2nd and 4th Tuesdays, 1-2:30 pm
\$5/month, Carl Manner Room

1:00-1:30 pm - Laughter Yoga by Peter Wilson.

Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins that makes a person more positive and calm.

1:30-2:30 pm - Brain Fitness by Elizabeth - Brain Fitness helps enhance your memory through mental aerobics using word puzzles, music, reading, creative games, laughter, story telling and various activities.

Join us for this dynamic duo class that will keep you laughing and giving your brain a workout!

MATTER OF BALANCE

Tuesdays & Thursdays 1:00-3:00 pm

Carl Manner Room

Starting Nov. 18th

Register in advance at Florence Douglas Center

For more information, contact Joseph Braid

Fall Prevention Trainer (707) 372-7011

Nov. 18, 20, Dec. 2, 4, 9, 11, 16, 18

UKELELE

Ukulele Class

4 Week class starting Wed. Oct. 1st

6:00 –7:30 pm

A Room

\$15 New Students: \$10 Returning Students
\$10.00 Materials Fee

Support Groups

Caregivers Support Group - Due to COVID-19, support group is currently meeting on Zoom on the 2nd and 4th Tuesdays from 10:30-12:30. 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

Ameriprise Financial Services, LLC

invites you to a special seminar on
Tue., September 30, 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 by Friday, September 26, 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

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.

HEALTH FAIR

The date for our annual Health Fair is
Thursday, October 23 from 9am to 12noon.

CRAFT FAIR

Join us for the Craft Fair on
Saturday, Oct. 11th
10 am—4 pm

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. Please contact Janeen Thomas at (707) 297-2575, email: janeen.thomas@gmail.com Website: <http://www.narfe.org/chapter0016/>

Next meeting will be November 18th 1:30 pm

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. Check in with Debbie Young-Hurt.

Card Games and Clubs

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	\$1.00	Friday	1:30 pm-4:00 pm	LIB

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

Executive Director: TBA Ext. 11

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

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

Activities Coordinator: Nancy Yingst - 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: 9am to 12Noon