The Welcome Hand – September 2018

Florence Douglas Center

333 Amador Street, Vallejo, CA 94590
(707) 643-1044 ext. 10
www.fdscvallejo.org

A positive place to recharge, relax, and reconnect!
Mission: To foster and promote educational, physical, social, spiritual and recreational programs and services to those 50 and better!

Monthly Dinner

Motown
Join us for Motown
...An Evening featuring
Soul Sensation and More!
Friday, September 14
5:00 pm Social
5:30 pm Dinner

Member $10, Non-member $15
Last day to purchase ticket is Sept. 13

After Sept 13, Members $15
Non-members $20

Menu: Fried Chicken, Green Salad, Green Beans, Potato Salad, Dinners Rolls, Dessert

Entertainment: DJ-Platinum Vibrations

Save the Dates

Tue, Sep. 4– Movie Matinee, page 3

Tue, Sep. 4 thru Sep 6—Open House, page 1

Fri, Sep. 14—Motown Soul Sensation, page 1

Tue, Sep. 18—Solano Partnership Against Violence, page 2

Tue, Oct. 9—Apple Hill, page 3

Sat, Oct. 13—Craft Fair, page 8

Thu, Oct. 18—Health and Technology Fair, page 8

Thu, Nov. 15—Holiday Sweets & Goodies

Monday, Sept. 3, for Labor Day!

Open House

September is National Senior Center Month and the theme this year is Building Momentum. At Florence Douglas Center, we will celebrate with an Open House on the first week of September. The Center has been bringing together seniors since 1977 and this year is our 41st Anniversary. Our celebration starts Tues., Sept. 5 and there will be special activities through the week in addition to our regular classes. **Please RSVP for the Breakfast Special and Afternoon Tea.**

Tue, Sept. 4	**1:00**	Movie Matinee with popcorn other snacks, see page 3
	1:30	Intro to Laughter Yoga led Peter Wilson
Wed, Sept. 5	**9:00**	Crafts and Breakfast Special, RSVP, complimentary, raffle prizes
	9:15	Art Class, see page 5
	2:00	Bingo
Thu, Sept. 6	**2:30**	Afternoon Tea - $5 fee Best Tea Hat will get a prize.

Musicians Needed

Do you know musicians who are retired and willing to share their talent? Musicians are needed to play music during lunch hour on Wednesday, Thursday, and Friday. Stop by the office and talk to Peter, Liz or call 643-1044.

Come and add to our weekly musical lineup during lunch from 11:45 am—12:45 pm

Monday, Chie Treagus
3rd Monday, Chie with ULOVE Ukelele Group
Tuesday, Just for Fun Band

Director's Corner

Dear Members and Supporters,

We are gearing up for a busy fall at the Florence Douglas Center. September begins with the Center's Open House September 4, 5, and 6 followed by Soul Sensation (Motown) social with dinner and entertainment. Purchase your tickets early as we were sold out last year. Come out and join us for these fun events.

October begins with the Vallejo Waterfront Weekend October 6 & 7. The Florence Douglas Center is one of the benefactors of the weekend's proceeds. We need 12 volunteers for each day to help direct attendees. Pleas, if you have time to volunteer 4 to 6 hours or longer, sign-up in Participant Services. Shifts begin at 8:45am through the day. Your support will support the center.

November brings a time for us to be thankful. To that end, we will be honoring the Florence Douglas Center instructors at our monthly dinner in November. More to follow on this special occasion.

Soon we will be planning the Adventure Trips for next year. Stop by the Travel Office and offer your suggestion for a trip. We have had great success with the most recent trips such as the Cache Creek Casino trip and we're sold out for the Santa Cruz Follies. We're looking for more people at Apple Hill in October, and Holiday Sweets and Goodies in November. We look to finish the year off right by continuing the success of full trips.

Good Things,

Peter Wilson
Executive Director

Board Members

We would like to welcome our new Officers and Board Members!

Vallejo Senior Citizen's Council, Inc.
Board of Directors

President - Sandy Hager
Vice President - Lynn Winters
Secretary - J. Jan Janik
Treasurer - Debbie Young
Member at Large - Shelagh McKinney
Member at Large - Billie Milne
Member at Large - Deborah Oldham

Meet with Board President Sandy Hager during her office hours at the Center; first and third Tuesday, 1:15 pm - 2:15 pm in the Health Office. Please contact the Center to schedule an appointment at 707-643-1044 ext 10 email vsccboard@comcast.net

You are welcome to contact the Board by email at info@FDCVallejo.org.

Solano Partnership Against Violence

September 18, 2018
1:30-4:30pm
Florence Douglas Center

Join Solano County District Atty. Krishna and County Supervisor Erin Hannigan for a discussion on a collaborative effort of these organizations—Solano County, District Attorney, Family Justice, and Potentiate to combat community violence.

RSVP to Lori Frank at 707-784-7635 or email Afrank@SolanoCounty.com

Florence Douglas Center
333 Amador St., Vallejo, CA 94590
(707) 643-1044; Fax 707-643-3224
www.fdscvallejo.org

Executive Director: Peter Wilson—Ext. 11
PWilson@FDSCVallejo.org

Bookkeeper: Nancy Pudlak—Ext. 14
Bookkeeper1044@comcast.net

Participant Services: Cora Pasco—Ext. 10
cpasco@fdscvallejo.org

Activities Coordinator: Liz Badua-Smail—Ext. 12
clerical44@comcast.net

Maintenance: Phil Limutau

Office Hours:
Monday-Thursday— 9:00 am - 4:00 pm
Friday— 9:00am - 3:00 pm

Bingo

JOIN US FOR BINGO and SUPPORT THE CENTER!

WEDNESDAY 2pm to 5pm
FRIDAY 9am to 12pm

Open to the public - 18 years of age and older. Buy-in 1 pack (6 on) from $10 on. We play 15 regular games and 2 specials. We have drawings and door prizes, smoke-free environment, and snack bar. New state-of-the-art equipment.

Craft Day

WEDNESDAY, 9:00am–11:00am

Beading, Quilting, Woodcarving, Knitting, Crocheting, Embroidery, Card Making, Adult Coloring and Tatting. An instructor is available at every table to assist. Learn a new skill and make new friends! $1 donation

Movie Matinee

Come join us for our complimentary Movie Matinee in the Carl Manner Room at 1:00 pm. Come make friends, have a few laughs, and enjoy popcorn:

Tuesday, Sept. 4—CoCo, The story follows a 12-year-old boy named Miguel who is accidentally transported to the Land of the Dead, where he seeks the help of his deceased musician great-great-grandfather to return him to his family among the living. The film's voice cast stars Anthony Gonzalez, Gael García Bernal, Benjamin Bratt, Alanna Ubach, Renée Victor, Ana Ofelia Murguía, and Edward James Olmos.

Like New Boutique

Offering a variety of handmade consignment items & gently used women's and men's clothes, jewelry, collectables, art work, household items, small furniture, and more.

Hours: Mon-Fri 9:00 AM—2:00 PM

Everything in the store is <u>50% off</u> except *consignment items. Come check out our store!*

Lunch Bunch Program

Meals on Wheels offers lunch service
Monday - Friday, 12:00 PM to 1:00 PM

Call 48 hrs in advance to make reservations.

Phone 1-800-788-5114 or 707-644-7444

Suggested donation $3.00
Guest under 60 years $7.00
Menu posted on bulletin board and Vallejo Times Herald.

Travel

<u>2018 Casino and One-Day Trips:</u>
Sep 15—Santa Cruz Follies
Oct 9—Apple Hill
Nov 15—Holiday Sweets & Goodies
Dec 9—Beach Blanket Babylon, SF

<u>2018 Venture Trips:</u>
Jul 27-Aug 2—Discover South Dakota
Sep 11-25—South Pacific Wonders
Sep 20—Fall Colors & Lighthouses of the Great Lakes
Sep 23-27—Las Vegas & Utah Canyon Royale
Oct 14—Great Trains & Grand Canyons
Oct 30—French Riviera Explorer
Nov 4-8—Spotlight on New Orleans
Nov 12-15—Queen Mary & Catalina

Trips are open to the public. You need not be a senior to participate in any of the trips. For detailed info on trips, or a complete listing of trips, please visit our website or visit the Center. Gift certificates are available for gift giving!

Travel Department
Monday through Thursday, 9:00am-3:00pm
Friday, 9:00am-12:00pm
707-643-1044 Ext. 15

Apple Hill
Tuesday, October 9, 2018
$75 Member, $80 Non-member

Many participants who have been on this trip. Tour includes round-trip transportation, Apple Hill Tour, lunch, snack. Lunch includes 1/4 BBQ chicken, macaroni salad, roll, apple pie with ice cream. Register by Sept. 18. A $20 non-refundable deposit is due with signup trips. For more details, contact the Travel Dept.

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Transportation Providers

SolTrans ADA Paratransit Bus Service is available to qualified certified persons with disabilities who are unable to board a regular SolTrans fixed-route bus, or otherwise navigate the regular fixed-route bus system due to a disability condition. Call (707) 541-7184 for an appointment.

SolTrans Taxi Scrip (707) 736-6991 is available to qualified persons with disabilities, Medicare, and seniors 65 years or older.

The following Non-profit transportation services can provide transportation for seniors and people with disabilities at reduced cost:

- Faith in Action / Ride with Pride (707) 469-6667. Provides round-trip rides, door-to-door, for seniors to appointments and events throughout Solano County. Donations are accepted.
- American Cancer Society (707) 425-5006. Provides transportation for ambulatory Solano County cancer patients. Call (800) 227-2345 a minimum of 4 days in advance (required).

Senior Roundtable

Do you have a concern that you wish to discuss with a City official?

Monday, Sept. 10 from 1:30 pm—3:00 pm, Rm A

Guest Speaker:
Dr. Clark, Vallejo City Unified School District Supervisor

The Vallejo Senior Round Table meets at the Florence Douglas Center on the 1st Monday of each month. Vallejo City Council Member Hermie Sunga; District Director for State Senator Bill Dodd, Tom Bartee; and Executive Director at FDC, Peter Wilson, are the coordinators of the Senior Roundtable. Light refreshments will be served.

Upcoming Class

Kundalini Yoga

Weight Watchers

Weight Watchers offers various products and services to assist weight loss and maintenance. Come and join us in the Carl Manner Room on these days:

Wednesday 9:00 am; Saturday 8:00 am, 9:30 am

Health and Legal Services

Health Insurance Counseling & Advocacy Program (HICAP) - Assists Medicare recipients, family members, those about to receive Medicare benefits, and disabled adults on Medicare. Information is provided on Medicare, long-term care insurance, and other health insurance. To make an appointment call 1-800-434-0222.

Nurse— Blood pressure and glucose screening are available on 2nd and 4th Wednesday, 9:30-11:00am.

Podiatry—Meet with Dr. Weiner every 3rd Tuesday of the month from 12:30-1:00pm for a routine checkup. Call Participant Services for an appointment.

Legal Questions— Seniors with legal problems related to housing needs, public benefits, issues related to health care, and some consumer or debt issues can make a 10-minute appointment on the 1st Wednesday of the month. Call Participant Services for an appointment.

Support Groups

Caregivers Support Group— 2nd & 4th Tuesdays, 10:30am-12 noon, no fee. A support group for those caring for a loved one.

Caring & Sharing—Group meets on Tuesdays from 9-10am. This discussion group shares ideas and resources about adapting to change; living a happy, fulfilling life; coping with loneliness, loss, depression and illness; and creating a caring support network. Come make new friends and support the group!

Grief Support Group

Have you experienced a loss? Are you living with someone in hospice?

Join us on **Mondays from 1:00-2:30pm** in the Conference Room. Elly Harkins, instructor, has a degree in Sociology and Psychology. She started the Hospice Volunteer Program in New York. Register at Participant Services.

Walking Group

Get Started Moving With FDC
Walking for Health Program

Monday and Wednesday at 9:30 am—Come join a walking group. Meet at the Center then pick a route and set a walking schedule. On Fridays at 9:00 am—Waterfront walk with Erin Hannigan, District 1 Solano County Supervisor, behind the Ferry Terminal.

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Classes

Computer Classes

All Computer Classes are from 10am-12 noon. Each session is 5 weeks. Fee per session: $18 members, $20 non-members. Minimum—5 students. Register at Participant Services.

- ***Computer Basic*—Tuesdays**
  Sept. 4—Oct. 2
- ***Beyond Basic*—Wednesdays**
  Sept. 5—Oct. 3
- ***Word, Excel & PowerPoint*—Thursdays**
  Sept. 6—Oct 4

Chi Gong

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 and chronic conditions! Excellent for balance and posture! Join us on **Wed., from 11 am-12 noon.**

Art Class

Wednesday, September 5

9:15 - 10:45 am

Don't miss the first art class on mixing colors! Join us and use primary colors to create a color wheel.

Get a basic understanding of the elements of art and principles of design. We will begin with the basics of color theory and how it is used to excite emotions and attract viewers. Other elements that we will explore include shapes, contrast, lines, and patterns (to name a few). Each project will focus on an element of art and design.

Sign up for a 10-week session to ensure your spot! It's ok to make up a missed class. $20 for materials. Drop-ins are welcome for $3 per class.

Spanish Classes

All classes are 10 weeks. Fee is $45 members, $50 non-members, Carl Manner Room. Register at Participant Services. Please note, all classes are now on Wednesdays and the Intermediate and Advanced Classes have been consolidated.

- ***Beginner A*—Wednesdays, 2:00-3:00pm**
  Sept. 5—Nov. 7, First Semester
- ***Beginner B*—Wednesdays, 3:00-4:00pm**
  Sept 5—Nov. 7, Second Semester
- ***Intermediate/Advanced*—Wednesdays, 1:00-2:00pm**, Sept. 5—Nov. 7

Tai Chi

Tuesdays and Thursdays
8:45 am—9:45 am
$5 per class, $20 per month

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 North Bay seniors have benefited from this ancient practice. This is a student-led group at this time until we find an instructor.

Yoga

Gentle flow yoga improves health and well being, balance, strength, stamina and endurance, mental clarity, spiritual connection, stretching, balancing, breathing, and meditation. Yoga can be done sitting down on a chair. Everyone is welcome.

Mondays from 11:00 am – 12:00 pm. $4 per class. Pay as you come.

Laughter Yoga

Tuesdays at 1:30 pm in B Room, $3 per session

Laughter does so much more than put you in a cheerful mood. Much like traditional yoga, Laughter Yoga offers the ability to access the present moment, providing a state of mind that allows you to live in the here and now.

Come and join Peter Wilson, Executive Director, and Debbie Young

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Exercise Classes				
Name	**Cost**	**Day**	**Time**	**Room**
Jazzercise Lite	$3.00 per class or 10 for $25.00	Mon., Tues., Thurs. (sit or stand)	10:15am-11:15am	A
Qi-Gong (CHI GONG)*	$3.00 per class	Wednesday (sit or stand)	11:00am-12:00 noon	CM
Tai-Chi	$20 a month or $5.00 per class	Tuesday & Thursday	8:45am-9:45am	A
Yoga	$4.00 per class	Monday	11:00am-12:00 noon	CM
Zumba Gold	$4.00 per class	Monday	8:45am-9:45am	A
Zumba Gold	$5.00 per class	Thursday	12:45pm-1:45pm	B
Dance Classes				
Intl. Line Dancing, Beginner	$6.00 per class	Thursday	10:00am-11:30am	
Intl. Line Dancing, Country	$6.00 per class	Mon., Tues.	10:00am-11:30am	B
Games & Cards				
Bid Whist		Monday & Thursday	1:00pm-4:00pm	REC
Chess		Everyday	9:00am-10:00am	REC
Canasta		Tuesday	9:30am-1:00pm	REC
Mah Jongg	$1.00	Thursday	9:00am-1:00pm	CM
Puzzle Table		Everyday	9:00am-4:00pm	REC
Senior Cards-Pinochle & Bridge	$1.00	Friday	9:30am-1:30pm	CM

Clubs:

Clown Connection	DUES	3rd Monday	2:00pm-4:00pm	B
Coin Club	DUES	1st Thursday	6:30pm-8:30pm	CM
Fifty Plus Club	DUES	2nd & 4th Mondays	11:30am-1:00pm	B
Napa-Solano Audubon Soc.	DUES	2nd Thu & 4th Wed	7:00pm-9:00pm	A
NARFE	DUES	2nd Tuesday	1:30pm-3:00pm	A
North Bay Rose Society	DUES	2nd Monday	7:30pm-9:30pm	A
Piecemakers Quilting	DUES	1st & 3rd Saturday	9:00am-4:00pm	A
Scrapbook				

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Scrapbooking

Ever wanted to put your photos in a scrapbook? Have a theme in mind? Get those birthday, anniversary, wedding, or baby pictures into a scrapbook. Bring all your photos and materials.

There is no instructor available. For experienced scrapbookers only. Come every third Wednesday of the month—$5 per person, 4:00-9:00 pm, CM Room.

Notary Public

Notary Public is now available on the 1st Tuesday of the month from 9:30 to 11:30am in the Health Room. Ana Mitchell is also a travelling Notary Public, so if you're not able to come to the Center, she can meet you at your place. Call Participant Services to make an appointment.

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

Financial Planning & Invest. Management

Ameriprise Financial
Invites you to join us for a special seminar
Tuesday, Sept. 25, 2:00 pm—3:00 pm, A Room

Can a Roth IRA help you be prepared for a more confident retirement?

A confident retirement doesn't just happen. This complimentary informative seminar could help you:

- Cut through the clutter and decide if a Roth IRA conversion is right for you
- Understand the value of balancing taxable with tax-free income in retirement
- Take full advantage of all the benefits of Roth conv.

Space is limited. Please make a reservation for you and a guest by calling FDC at 707-643-1044 or email trent.sova@ampf.com by Friday, September 21.

Hosted and presented by Mark Anthony Porter CRPC®, Private Wealth Advisor, Ameriprise Financial Services, Inc.

AARP Driver Safety

Drivers age 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges after completing this course. Please check with your insurance company or agent prior to taking this course for any additional requirements for eligibility.

8-hour class:
Friday, September 7—1:00-5:00 pm
Saturday, September 8—1:00-5:00 pm
Classes are full but you can be added to the waiting list.

Membership and Donation Form

Membership/Donation Form Vallejo Senior Citizens Council - Florence Douglas Center

Member Name:

Address:

City: *State:* *Zip:*

Phone: *Cell Phone:*

E-mail:

☐ *I would like to donate $_____ to support the Florence Douglas Center*

☐ *1-Year FDC Membership $20.00* ☐ *2-Year FDC Membership $35.00* ☐ *3 -Year FDC Membership $50.00*

☐ *Check Enclosed*

Please retum this Membership/Donation Form with your payment

New Classes

Income Tax for Seniors
Tuesdays, Oct. 2 thru Dec. 4
10 Sessions
1:30-3:30pm, Conference Room

You will learn the roles and responsibilities of a professional tax preparer, all applicable tax codes and requirements, how to correctly file federal tax returns for individuals and businesses, and a whole lot more.

Signup at Participant Services. Seats are limited.

Brain Fitness
2nd and 4th Tuesday, 1:00-2:30pm

1:00-2:30pm in the Carl Manner Room. $5/month.

Brain Fitness helps enhance your memory through mental aerobics using word puzzles, music, reading, creative games, exercises and various activities.

Health & Technology Fair

Join us at the

Health & Technology Fair

Thursday, October 18

9:00 am to 12 noon

- Healthy Living for Fabulous at 50 Plus
- For your whole well-being - Physical, Spiritual, Mental, Emotional, Financial & Technological
- No Cost Season Flu Shots provided by Solano County Health Department
- Health & Technology Resources and Screenings available
- Complimentary light and healthy breakfast will be available!
- Raffle Prizes!

Fascia Class

Mondays, 1:00-2:30pm

- Aug 13-Sept. 10 (no class on Sept 3)
- Sept. 24-Oct. 15
- Oct. 29-Nov. 19

$3.00 per class introductory price

Come and learn how to take care of your fascial organ system. What is fascia? It is a mass of connective tissue under the skin that covers the body's cells. Come learn to roll your fascia for a pain-free existence.

Classes are 4 weeks. The first class of each session will cover the explanation of fascia for 15-20 minutes. Fascianators are on loan the first class and will be available for purchase.

Please bring yoga mat, water bottle and wear something form fitting but comfortable to move in. Baggy or loose clothing can get caught in the rollers and hinder your movement. Register at Participant Services.

Craft Fair

Saturday, October 13

9 am—3 pm

Featuring a wide variety of handmade and homemade items, gifts, and treasures! Arts & crafts, jewelry, beading, embroidery, knitting, quilting, woodcarving, canning, and baked goods. To sign-up as a vendor, see Participant Services.

Vendor Form

FDSC Member $25, Non-member $35

Name: _____

Phone: _____

Email: _____

FDC Member # _____

Please reserve _____ spaces (Each space includes a 10-foot table and 2 chairs)

Need electrical hookup _____yes _____no

Signup by Wednesday, Oct. 10.

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