



# The Welcome Hand

## January 2024

333 Amador Street, Vallejo, CA 94590

(707) 643-1044 ext. 10

[www.fdcvallejo.org](http://www.fdcvallejo.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 !**

### Monthly Dinner

#### 70s Disco Dinner and Dance Party

**Grab your bell bottoms and get in the disco mood! We'll be groovin' and shakin'!**

Friday, January 26, 2024

Doors open at 4:30 pm

Dinner at 5:00 pm

\$12 members, \$20 non-members



Menu: Chow Mein, Spicy & Salty Chicken (mild), Sweet 'n Sour Pork, Salad, Dessert and Beverage

Appetizer: Cheese Fondue

Vegan/Vegetarian Option: TBA

Entertainment: Auxiliary Experience

#### Black History Month Dinner

Friday, Feb. 23

Doors open at 4:30 pm, Dinner at 5:00 pm

Menu: TBA

Program: TBA

### Price Increase for 2024

Due to rising costs, we will increase tickets for **non-members to \$20.00. Members stay the same.**

We will be closed on Mon., Jan. 15 to celebrate Martin Luther King, Jr.



*encouraging powerful aging in Vallejo, California*



### Save The Dates

Tue, Jan. 2—Center reopens

Wed, Jan. 3—Start of Winter Safety class, page 7

Wed, Jan. 3—Chicago Steppin' Style, page 7

Thu, Jan. 4—Start of Healthy Eating, page 7

Tue, Jan. 9—NARFE Spkr on new Driving Laws, pg 8

Wed, Jan. 10—Shoe Fit Event, page 2

Wed, Jan. 17—Acrylic Painting, page 7

Mon, Jan. 22—Start of Matter of Balance, page 7

Fri, Jan. 26—70s Disco Dinner, page 1

Tue, Jan. 30—Ameriprise Financial-Retirement, pg 5

Tue, Jan. 30—Travel Planning Ideas, page 3

Thu, Feb. 1—Vision Screening, page 7

Fri, Feb. 23—Black History Dinner, page 1

Sat, Apr. 20—Soiree Dinner & Auction, page 4

### AARP Taxes

We are happy to announce that AARP Tax Preparation Team will be here at the Center again. Make your tax appointment starting Monday, Jan. 29 by calling the Center at (707) 643-1044 ext. 10.

Due to the number of calls, please **DO NOT LEAVE A MESSAGE.** Please call back.

Tax preparation will start on Wednesday, Feb. 7 through Wednesday, April 10 and their hours are: 9 am—3 pm.

## Executive Director's Corner

Dear Active Adults of the Florence Douglas Center,

Happy New Year!

I want to thank everyone who helped, participated and was part of the Center during 2023. We made it a successful year, thanks to you all.

We start the New Year with many new classes and seminars added to the menu of activities to support you on your journey of encouraging powerful aging at the Center. If you want to see a class or seminar added to the menu of activities, stop by Participant Services and we'll add it to the interest list.

Grey skies are going to clear up so put on a happy face. Remember the song sung by Dick Van Dyke, I do. I happened to stumble upon his 98<sup>th</sup> Birthday Celebration on TV. He is an icon and I remember so many of his shows and the reruns shall for ever live on.

Remember the winter blues with the grey skies and less light during the winter months can affect us. Do the following things: go outdoors, go for walk, call family and friends, or even come to the Center for some cheering up to shake off the winter blues. If it seems to linger, check in with your doctor.

Our Annual Gala is coming up this year on Saturday, April 20. Check out the donation form and information on page 4.

I look forward to seeing you around the Center in the New Year!

Good things,

Peter Wilson  
Executive Director



## Caring & Sharing

“Because growing older ain't easy!”

**Fridays from 9:30—11:00 am, Computer Room**

Discussion Topics:

Adapting to change, living a safe, healthy and fulfilling life, coping with loneliness, loss, depression and illness, creating a caring support network.

Solano County residents age 60 & over are welcome! No cost, but donations are appreciated. Call (707) 643-1044 to register. Facilitated by Faith in Action.

## 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**—Meets on the 1st and 3rd Tuesday of the month from 1pm—3 pm in the Computer Room. This Grief Support group will combine in a safe space, the ability for participants to share and express feelings about loss while prompted to create a project that reminds them of their healing and their loved one. Processing grief through your mind, your body and your creativity. Projects will vary: collage, journal creation, memory boxes, rock painting, and vision boards. Please sign-up at Participant Services or call the Center at:

707-643-1044 x 10

Instructor: Ellen Creighton



## Bingo

**WEDNESDAY 1 pm to 4 pm**  
**FRIDAY 9 am to 12 pm**

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 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. State-of-the-art equipment!

## Erin's Office Hours

Wednesday, Jan. 10, 9 am -11 am

Visit with Solano County Supervisor Erin Hannigan and Team Hannigan during office hours.

## Shoe Fit Event

Wednesday, Jan. 10, 9 am—12 noon in the Rec Rm. If you signed up by Fri., Dec. 15, you will be contacted. If you didn't sign up, you can for the next Shoe Fit Event.



Sutter Health and Supervisor Erin Hannigan are sponsoring complimentary pair of shoes. Their goal is to encourage participants to start walking which has great benefits.



## Wednesday Craft Day

WEDNESDAY, 9 am–11 am

Quilting, knitting and adult coloring. Learn a new skill and make new friends! \$1 donation.

**New classes on Wednesday:**

**Calligraphy and Acrylic Painting—see page 7**

## 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.

**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.

### 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). **ADA Assessment at the Center on Thursdays, from 9:30 to 1:00 pm.** Call 707-541-7184 to make an appointment.

## Vallejo Senior Roundtable

Monday, Jan. 8, 1:30 to 2:30 pm, Room A

Speaker: TBA

District Director for State Senator Bill Dodd, Tom Bartee; Executive Director at FDC, Peter Wilson and Michael Turrini, Secretary are the coordinators of the Senior Roundtable.

**Wishing you a New Year  
filled with New Hope, New Joy  
and New Beginnings.**

## Meals on Wheels Lunch



*Come and enjoy a well-balanced meal in the company of others. Lunch is served from 11:30 am-12:30. Meals on Wheels feed from the heart and it's more than just a meal!*

*Call 48 hours in advance*

*Phone 1-800-788-5114 or 707-425-0638 ext. 2  
Voluntary contribution \$4.00, Guest under 60  
years \$7.00*

*To get home delivery, call 48 hours in advance to  
make reservations.  
(707) 425-0638 ext. 2*

**Lunchtime Entertainment :**

**1st and 3rd Monday: ULOV (Ukulele Lovers of Vallejo), 11:45 am—12:45 pm**

## Travel

**JOIN US In 2024 FOR FUN DAY TRIPS!**

Join us for an exciting update on upcoming trips and outings with Geri Spearman on **Tue., Jan 30, 1:00 pm in the Carl Manner Room.** Bring your ideas of places you want to travel.

Please RSVP to reserve your seat by calling the Center 707-643-1044 ext 10 or by stopping by Participant Services.

**Travel Department**

*(707) 643-1044 ext. 15*

*Mon-Thu 9:00 am—2:00 pm, Fri-closed*

**Suggestions for Day Trips and overnights are always welcome!**



Here are the things we always need to serve our members and participants. For those who shop online we created a list on Amazon which can be found on our website [fdcvallejo.org](http://fdcvallejo.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**

**Postage Stamps**

**Folgers Coffee**

**Sugar/Creamer**

**Kleenex**

**Copy Paper—8.5 x 11 and 11 x 17**

**Batteries—AA, AAA, D and C**

**Soda - Coke, Pepsi, Diet Soda, 7up, Dr Pepper**

**Clorox Wipes**

**Gift Cards: Costco, Smart & Final & Visa**



# “Soiree” Dinner & Auction

*a fundraiser to support the Florence Douglas Center*

**Tell your friends, family, and coworkers about this event it is sure to sell out fast.**

This year’s theme is “**Soiree**”. A soiree is a fancy evening affair that comes from the French word for “evening”. Festivities include dinner, music, raffles, a grand silent auction, and an exciting live auction. The auctions will feature items donated by local supporters exclusively for this event. The goal of the annual event is to bring the community together to raise much-needed funds for the Center’s programs & operations.

Saturday, April 20, 2024, Doors Open at 6:00 p.m.

Tickets: General Public \$100

FDC Members: \$65 (early bird discount from 1/8-1/31)

After 1/31, \$75

*Ticket Inclusive of Food & Beverages*

*Soiree Attire Encouraged – Purchase Your Tickets on January 8, 2024*

*Call 707-643-1044 ext. 10 or come by the Center*

Your support through donations makes the Soiree auction a success.

Donate a themed basket for the Auction

We are looking for a wide array of contributions, such as weekend getaways, VIP experiences, spa packages, jewelry, artwork, gift certificates to your favorite store or restaurant, gift baskets, or any other ideas you may have for an auction.

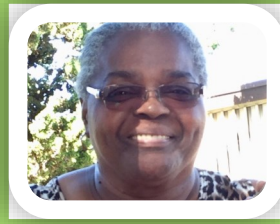
Please include the auction donation form with your donation. Thank you for your support!

<b>Name:</b>		
<b>Attendees:</b>		
<b>Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Phone:</b>	<b>Cell Phone:</b>	
<b>Tickets FDC Members: \$65 (early bird discount 1/8-1/31), \$75 after 1/31</b> <b>General Admission: \$100</b>		
<b>I am unable to attend. Enclosed is my Donation to support the Florence Douglas Center</b> <b>\$ _____</b>		
<b>Auction Donation Item:</b>	<b>Value:</b>	
<input type="checkbox"/> <b>Credit Card</b> _____ <b>exp</b> _____ <b>CVV</b> _____		
<b>Billing Zip Code</b> _____	<b>Authorized Signature</b> _____	
<input type="checkbox"/> <b>Check enclosed, please make check payable to: Vallejo Senior Citizens Council, Inc.</b>		

## Board of Directors



President  
Deborah Oldham



Vice President  
Shelagh McKinney



Secretary  
Michael S. Turrini



Treasurer  
Jan Janik



New Member-At-Large  
Ann Stevens



New Member-At-Large  
Velma Smith



New Member-At-Large  
Deborah Young-Hurt

## Board of Directors Committees

Join us on a committee of the Board of Directors to support the Center:

**Bingo Committee:** Open - Chairperson; members include Shelagh McKinney, Ann Stevens, Jan Janik, Lynn Winter, Beth Danahy, Peter Wilson.

**Fundraising Committee:** Peter Wilson - Chairperson; members include all Board members plus volunteers.

**Membership & Outreach Committee:** Members include Deborah Oldham, and Rosalie Reed. Ethel Singleton and Phyllis Briceno are members of the Membership Committee only.

**Strategic Planning:** Peter Wilson - Chairperson; members include Jan Janik, Lynn Winter.

**Sunshine Committee:** Members: Delores Lewis and Shirley Charles.

## Cookie Decorating Classes

Wed., Jan 10—Mini Cookie Decorating, 9:30-11 am, no fee. Come join the fun to decorate a cookie or two.

Sat., Jan. 13, 10 am—11:30 am in the CM Rm, Fee: Member \$45 per class, Non-member and general public \$55 per class. Wet on wet and layering technique. All decorating supplies are provided. Open to children 12 to 112! Children must be accompanied by a class paying adult and also pay for class. Sign up at Participant Services and pay by check at time of sign up. Make check payable to Woody Cookie Co.

## Technology Assistance

Do you have any questions about your iPhone, Android, laptop or tablet?

Young Techies from the Springstowne Library can help you one-on-one with your half an hour appointment on the last **Friday of each month**. Register at Participant Services or call 707-643-1044 ext. 10.

## Thrift Store

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-Thu 9:00 AM—2:00 PM, Fri 9:00 AM—1:00 PM

## Ameriprise Financial Services

**Ameriprise Financial Services, LLC** invites you to a special hybrid event on Tue., Jan. 30, 2 pm– 3pm in-person at the Center and online.

**Topic: Retirement  
Investing for the life you've earned:  
Today & Tomorrow**

Join your host Mark Anthony Porter, CRPC, Private Wealth Advisor with Ameriprise Financial. Please reserve your spot and request your Webex.com link by Friday, Jan. 26. Space is limited. RSVP by calling Robinn Meneses at 415-288-7320 or email [robbinn.meneses@ampf.com](mailto:robbinn.meneses@ampf.com).

## Classes

### ***Jazzercise Lo*** **Mondays, Tuesdays & Thursdays** **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. Price update as of 3/1/23:

1 class \$6 walk-in; month \$69 (unlimited classes) expires every month.

Option at 20% discount:

10 classes for \$48, 20 classes for \$96 .

Instructor: Leonor Olbera

### ***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.

### ***Zumba Gold*** **Tuesdays and Thursdays** **11:30 am—12:30 am** **\$5 per class, B Room**

Zumba Gold is a fitness program that combines Latin and international music with **low impact dance moves** for active adults. What are the benefits? Tones the entire body, improves coordination, relieves stress, and boosts your heart health. Signup at the Front Desk.

Instructor: Irene Gopez.

### ***Soul Line Dancing*** **Mondays, 3 pm to 4 pm** **\$5 per class, A 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.

Instructor: Dawnita Perryman

### ***Beginning Line Dancing*** **Fridays starting Jan. 5** **12:30-1:30 in CM Room**

Improve your memory, balance, and physical fitness with this exciting low impact activity. Dancing provides a mood-lifting experience while making new friends. Learn dance routines from country to top 40 tunes that makes exercising fun.

Instructor: Lois Butler

### ***Chi-Gong*** **Wednesdays, 11 am—12 noon** **\$3 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 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 with chronic conditions! Excellent for balance and posture! Instructor: Barbara Gaea

### ***Laughter Yoga & Brain Fitness*** **2nd and 4th Tuesdays, 1-2:30 pm** **\$5 per month, CM Room**

1:00-1:30 pm - Laughter Yoga by Peter Wilson, our Exec. Director. 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!

Instructors: Peter Wilson & Elizabeth Badua-Smail

### ***Story Telling*** **1st and 3rd Tuesdays, 1:30-2:30 pm** **\$5 per month, CM Room**

Listen to old folk tales and enjoy a lively and different narration, learn how to tell short stories and also learn the skill of story telling. Sign up at Participant Services. Instructor: Mary Bustamante

### ***YOGA*** **Mondays, 10 am—11 am** **\$5 per class, , CM Room**

As you get older, your flexibility usually decreases, especially if you spend a lot of time sitting, which leads to pain and immobility. Yoga can help reverse this process. Bring your own floor mat and water. Class starts at 10 am sharp, so please be punctual. Pay for class at Participant Services.

Instructor: Asha Allen

Asha is a certified yoga and meditation teacher and has been teaching yoga for over 10 years. She specializes in Yin/Restorative and Vinyasa styles, and her classes are known for their gentle and supportive atmosphere.

## Classes

### Have Fun with *calligraphy*

**1st Wednesday of the Month**  
**9:30-11 am, B Room**

Come and join Sandi in Calligraphy doing drills and practice strokes leading to building words and phrases. Each lesson will include a simple craft using Calligraphy and will be making a bookmark, weather gram or birthday card. \$25 for materials or you can purchase pen and ink from Amazon or Michael's. Sign up at Participant Services.  
Instructor Sandi MacFadden

**Afro Peruvian Salsa**  
**Thursdays, 1:30-2:30 pm**  
**CM Room, \$5 per class**

Beginning Salsa steps with movements of Afro and Peruvian steps. Sign up at Participant Services.  
Instructor: Mariella Morales

**Hula and Tahitian Dancing**  
**Mondays, 6 pm-7pm**  
**B Room, \$30 month, \$10 drop in**



Come and learn basic steps and dances in Hawaiian and Tahitian. The benefits to Hawaiian and Tahitian dancing are: increase coordination and muscle strength, stamina, energy and joy. Sign up at Participant Services. Instructor: Michelle Ganzon-Bonnit & James Bonnit

### **Pickleball**

**Wednesdays, 9:30-10:30 am at the Amador Tennis Courts (weather permitting), limit 8 participants, 6 classes:**

*Member: \$36 /6 classes, drop-in member \$7*  
*Non-members: \$42 /6 classes, drop-in non-member \$8*

Introduction to Pickleball for seniors is an exciting paddle sport that provides fitness and fun. This introductory class is a six-week course who are new to this sport. You will learn how to effectively hit the ball, maintain a rally, and know the rules.  
Instructor: Millie Pagtanac

### **Matter of Balance**

**Mondays - Jan. 22 through Mar. 18, No class on Feb. 19, 12 noon—2 pm, CM Room, No fee**

Do you have concerns about falling? Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Who should attend? Seniors, age 60 and over, who are:

- Concerned about falls
  - Interested in improving balance, flexibility & strength
  - Who haven't fallen in the past, and have fear of falling.
- Sign up by calling Participant Services at 707-643-1044 ext 10. Instructor: Wil Ford

## New Classes

### **Winter Safety**

**Wednesdays—January 3, 10, 24 from 12:30 pm to 1:30 pm (no class on Jan. 17), CM Room, \$5 per session plus materials fee (optional).**

Every winter many seniors struggle to stay warm, to have enough to eat, to feed their pets, to travel in adverse conditions and so much more. If you, or someone you care about would like to know more about Winter Safety, please join our 3-session interactive workshop. Sign up at Participant Services.

Instructor Rachel E. Ford, ThM

### **Healthy Eating on a Budget**

**Thursdays—Jan. 4, 11, 18 & 25 from 9:30 am to 11:30 am. CM Room, \$5 per session plus materials fee (optional).**

Join Rachel in this interactive workshop as we work together to learn and understand that we can eat ALL things in moderation...and discover how to do so, with a little change left in our pocket. Reduce, reuse, recycle is just the beginning! Instructor: Rachel E. Ford, ThM

### **Basics of Acrylic Painting**

**Wednesdays starting Jan. 17 from 9:30—11 am, Room A, \$5 fee.**

Purchase your own acrylic paints and 5x7 or 8x10 canvas. Learn the basic composition, aerial perspective, landscapes and still life. Sign-up at Participant Services. Instructor: Odile Epps

### **Steppin' Chicago Style With A California Twist**

Wednesdays, 6—7:30 pm starting Jan. 3 Cost \$30.00 Per Month / Drop In \$15.00. Room A. Sign-up at Participant Services.

Chicago Steppin' benefits your body, mind and soul. It is movement for longevity. Steppin' incorporates salsa and soul line dancing. Dance to RnB old school Motown classics and today's music. Dancing is an exceptional way to have fun, socialize and stay in shape or start a new fitness routine. Ladies no partner is required to learn Steppin'

Instructor and Disc Jockey is DJ Steppin Lee James. He has been doing Steppin and Disc Jockey for 20 yrs.

## Vision Screening

The Lions Center for the Visually Impaired will be offering free vision screening for seniors, 55 years old and over on Thursday, Feb. 1 from 10 am to 1 pm in the CM Room. Call Participant Services to sign up.

For other information on events, activities, excursions, discussion groups, etc. Call 925-665-8076 (24-hours a day)

## 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.cardonationsservices.com>

## NARFE

National Active and Retired Federal Employees (NARFE) Chapter 16 will meet on Tue, Jan. 9, 1:30-3:00 pm. Speaker is Michael Simonini, CHP Officer and topic will be on new driving laws for the year. Everyone is invited to join.

## 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 10:30-11:30 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 and Thursdays from 1:30—4:00 pm. Everyone is welcome.

### Card Games and Clubs

<b>Name</b>	<b>Dues</b>	<b>Day(s) of the Month</b>	<b>Time</b>	<b>Room</b>
Bid Whist	DUES	Monday & Thursday	1:00 pm-4:00 pm	REC
Canasta	DUES	Tuesday	9:30 am-1:00 pm	REC
Pinochle	\$1.00	Friday	9:30 am-1:30 pm	REC
Puzzle Table	N/A	Everyday	9:00 am-4:00 pm	REC
Coin Club	DUES	1st Thursday	6:30 pm-8:30 pm	B
Fifty Plus Club	DUES	2nd & 4th Monday	11:30 am-1:00 pm	B
Napa-Solano Audubon Soc.	DUES	2nd Thu & 4th Wed	7:00 pm-9:00 pm	A
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 Saturday	9:00 am-4:00 pm	A
Scrapbooking	DUES	3rd Wednesday	1:00 pm-5:00 pm	CM
Ukulele Lovers of Vallejo	N/A	1st & 3rd Thursday	6:00 pm-8:30 pm	CM
Dominoes	N/A	Tuesday	1:30-4:00 pm	A
Mahjong	DUES	Tuesday	TBA	R
Mahjong	DUES	Thursday	9:30-1:00 pm	R

Florence Douglas Center  
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Executive Director: Peter Wilson—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@fdcvallejo.org](mailto:Cora.pasco@fdcvallejo.org)

Activities Coordinator: Elizabeth Badua-Smail—Ext. 12  
[clerical44@comcast.net](mailto:clerical44@comcast.net)

Maintenance: Phil Limutau—Ext. 10

Center/Office Hours:  
Monday-Thursday 9:00am - 2:00pm  
Friday 9:00am - 1:00pm