

The Welcome Hand-February 2012

OFFICE HOURS

Monday through Thursday

8:00 AM—12:00 PM

12:30 PM to 2:00 PM

Friday-8:00 AM-12:00 PM

www.vallejoseniorcenter.com

333 Amador Street · Vallejo, CA · 94590
(707) 643-1044

MISSION - *To foster and promote the charitable, educational, social and recreational programs and services, which meet the needs of senior citizens*



Upcoming Events, Programs & Senior Center Information



Mardi Gras Celebration



Friday, February 24, 2012 * 4:30 seating & 5pm dinner

AT The Florence Douglas Senior Center—333 Amador St., Vallejo CA 94590

\$10 for member & \$12 for non-members

Wear your beads, masks, costumes, and join the parade to the senior center

MENU: Chicken/Sausage Gumbo, Red Beans & Rice, Cole Slaw, Rolls, Pineapple Upside Down Cake, Beverages

Entertainment: Alvon, international blues artist

****Sponsor: Merrill Gardens at Vallejo **Deadline for ticket sales is Wednesday, February 22, at customer service**



**Our Volunteers
Are Love In Motion!**

Thanks for Sharing the Love

DISASTER PREPAREDNESS TRAINING PROGRAM

Presented by Captain Eric Storm of the Vallejo Fire Department

Monday, February 27, 2012 at 12:45pm in the A Room.

Held at the Florence Douglas Senior Center.333 Amador St., Vallejo

LEARN HOW TO PREPARE YOUR HOME, AND YOURSELF, FOR AN EMERGENCY!

***Register at customer service**

***FREE Giveaways & Refreshments**

You're Invited

The Florence Douglas Senior Center is here to meet the needs of active adults age 50+. Please see the activity schedule for a listing of all offerings. If you see something that interests you, stop at the customer service counter in our lobby for more details.



Nancy's Notes

The CPR Saturday on January 28 was a huge success with over 80 people attending. Kudos to the Vallejo Fire Department for volunteering their time to give people an awareness of what to do in case of an emergency. We plan to have other Saturday trainings like this in the future. I urge everyone to take advantage of these free programs. Keep reading the Welcome Hand and bulletin boards to find out the dates.

We welcome your ideas and suggestions; please fill out the suggestion forms and put them in the box on top of the display case by the front door. Also, complete the survey that is on the desk opposite Customer Service. This is your Center, your input is valued.

Tax time is coming up so the Center will be very busy with people coming in to use that service provided by AARP volunteers. Be patient with staff as they try to accommodate everyone's needs. Don't forget to phone ahead with Meals on Wheels to make a reservation if you are going to be eating lunch here, the number is 707-426-3079.

Keep sharing with others in our community about all the wonderful activities at FDSC. I plan to have a program on VCAT (Vallejo Community Access Television), Channel 27, called "Senior Snapshots" where the Center's activities and members will be highlighted. Shaaron Fox-Bent will be the producer and camera person. We will get your permission to be filmed; this is another way to publicize the Center.

In the coming months a revolving art exhibit will be displayed in the Center's foyer. Let me know if you are interested in displaying any of your art work. Some items will be for sale, and for everyone to enjoy.

On Saturday, February 25 from 10am to noon in the A Room, the Area Agency on Aging is sponsoring a free program to Spanish speakers on "How to Control Your Diabetes". There will be giveaways and refreshments. Please call Dianna at 707-246-3631 for information.

El Sabado 25 de Febrero, 10 de la manana hasta las 12:00 de la tarde en FDSC, el Area Agency on Aging le invita a este taller informativo y gratuito sobre la diabetes.



Collette Travel Meeting

Tuesday, February 14, 2012 at

The Florence Douglas Senior Center

In the Carl Manner Room.

Meeting will be from 11am to 1pm

****Collette Travel will have a slide show presentation****

Weekly Activities

Monday—Zumba Gold, 9 to 10 am, \$3 per class; Line Dancing (Beginners), 10 to 11:15 am, \$6 per session, coupons available; Jazzercise Lite, 10:15 to 11:15 am, \$3.00 per class, 12 classes for \$30; Yoga, 11 am to noon, \$4 per session, bring towel or mat. Computer Free Internet 12 pm.

Tuesday—Tai Chi, 9 to 10 am, \$10 per month; Caring & sharing, 9 to 10:30am; Line Dancing (Intro-Beginners), 11:30 am, \$6 per session, coupons available; Jazzercise Lite, 10:15 to 11:15 am, \$3.00 per class, 12 classes for \$30; Line Dance (Beginners), 10:30 to 11:30 am, \$6 per session, coupons available. Wii game Free 1st & 3rd Tuesdays at 12:45 to 1:45 pm.

Wednesday— Crafts: crocheting, knitting, embroidery, quilting, beading, quilling, woodcarving. Costs vary per activity. Hours: 9 to 11:30 am. For info. Call 707 643-1044. Chi Gong, 11am; Bingo, 2 to 5 pm.

Thursday — Tai Chi (no class on third Thursday), 9 to 10 am, \$10 per month; Line Dancing (Intro-beginners), 10 to 10:30 am, free; Line Dancing (Basic-beginners) 10:30 to 11:30 am, \$6; Jazzercise Lite, 10:15 to 11:15 am, \$3.00 per class, 12 classes for \$30; Mah Jongg, 9 am to 1:00 pm. \$1 per session; Scrabble group, 11am to 2pm, \$1; Zumba Gold, 12:45 to 1:45 pm, \$3 per class.

Friday — Bingo 9:30 AM to 12:00 PM Computer Free Internet 10:30am to 12 pm. Senior Cards —\$2; 9:30 AM to 1:30 pm.

Information in this newsletter is as complete and accurate as possible at the time of print. Errors are not intentional and changes do occur. Thank you for your cooperation and understanding.



HEALTH SERVICES



Podiatry

Tuesday February 21 , 2012 from 12:15 PM - 12:35 PM

Dr. Paul Weiner performs foot screenings (does not cut toenails) in the Health Services Room by appointment only on the 3rd Tuesday of each month.

Please Call 707 643-1044 for an appointment.

HICAP Counselor

February 24, 2012 from 9:00 AM - 1:00 PM

A Health Insurance Counseling and Advocacy Program (HICAP) representative will meet with clients on the 4th Friday of each month by appointment only.

Please call 1-800-434-0222.

HICAP provides objective information and assistance to people who need help in understanding Medicare, supplemental insurance, long-term care insurance, senior HMO plans, and assistance with Medicare billing and claims.

Diabetic Educator

Wednesday March 7, 2012

9:30 AM - 12:30 PM

RN Certified Diabetic Educator Lynn Fugate will provide free monthly blood sugar (glucose) checks and diabetic education the 1st Wednesday each month , in "B" room. . Call 707 643-1044 for an appointment.

Diner's Delight

Hosted by Meals on Wheels Offers Lunch service

Monday through Friday

12:00 PM to 1:00 PM

Call 24hrs in advance to make reservations.

Phone 1-800-788-5114 or 707-426-3079

Suggested donation \$3.00-Guest under 60 years \$6.75

Vallejo Senior Round Table

February 9, 2012 at 2:00 PM, in "A" Room

David Kleinschmidt, Public Works Director will be the speaker.

The Vallejo Senior Round Table meets at the Florence Douglas Senior Center on the 2nd Thursday of each month

Memory Screening

Friday February 17, 2012 in the health office Gwen Gates from the University of California, Davis, will be holding memory screenings.

Pre-Registration at customer service is required

Legal Questions



1st Wednesday of every month. 9:30 AM to 10:30 AM.

Call for an appointment at

707 643-1044

SENIOR WHEELERS

Travels, Trips and Tours

February 21, 2012 — Red Hawk

March 15—27, 2012 — Spain's Costa Del Sol

March 19, 2012— River Rock

April 13-28, 2012 — Hawaii onboard the Star Princess

April 16, 2012 — Twin Pines Casino & Hotel



Like New Boutique

Offering gently used, new women's and men's clothes , Jewelry, collectables, selection of art, household items and more.

Open to public from 9:00 AM to 1:30 PM , Monday through Thursday and from 8:00 AM to 11:30 AM on Friday.

NEW HOURS: Open every First Saturday of the Month from 10:00 AM to 2:00 PM

Giving Tree Donations

Your Giving Tree donations are greatly needed and appreciated, and we would like to thank you for your generosity

*January Donations by: Peter & Kay Yap,
Wednesday Bingo,*

*Julieta Ramsey, Alice Kalamaras,
George & Bobbie Hawkins*

Donations from
January to December 2012

\$490.00

Memorial Donations for January
IN MEMORY OF
Mae Hess & Margaret Kuykendall
Memorial Donations from
January to December 2012
\$100.00

JOIN US FOR BINGO

WEDNESDAYS 2pm TO 5:00pm

FRIDAY 9:30am to 12:00pm

Open to the Public (18 years of age and older)

We Now Play Paper Only!

Buy-in 1 Pack (6 on) \$10.00

We Play 15 Regular Games

2 Specials

New Bingo Equipment

with Color Monitor

Pots Figured on Percentage Basis

The More the Merrier

We have Drawings and Door Prizes

Smoke Free Environment

Snack Bar

No bilingual or caregiving services available

Some very true words to ponder.

As I've aged , I've become kinder to myself, and less critical of myself. I've become my own friend. I have seen too many dear friends leave this world , too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play, on the computer until 4 AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60, & 70's, and if I, at the same time , wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not be broke, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But, broken hearts are what give us strength , understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.

So to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

A One of a Kind Retirement Community

- Anytime DiningSM
- A Variety of Activities
- Spacious Apartments
- 24-Hour Staff
- Weekly Housekeeping
- Small Pets Welcome



MERRILL GARDENS

A one of a kind retirement community

www.merrillgardens.com

**Assisted Living
Services Available**

Equal Housing Opportunity

North Bay

(707) 552-3336

2261 Tuolumne

Vallejo, CA 94589

License #486800120

Vallejo

(707) 553-2698

350 Locust Drive

Vallejo, CA 94591

License #486801862

RETIREMENT & ASSISTED LIVING

ASCENSION ARMS APARTMENTS

301 BUTTE ST., VALLEJO

(707) 644-2666

Affordable rent (utilities included)

SECTION 8 ACCEPTED

FOR PEOPLE 62 OR OLDER

Equal Housing Opportunity

Office Hours ... Mon - Fri 8 AM - 5 PM



Abba In-Home Care Services

1055 Azuar Drive, Mare Island, Vallejo, CA 94592

Telephone No. 707-704-6489

Personal Care, Meals Preparation, Medication
Management, Light Housekeeping, Range of Motion
Exercises, Errands and Companionship and many more

