

**COVID-19 Safety Practices & Useful Information**  
**By: Board of Directors**  
**Friendly Valley Recreational Association, Inc.**

**Social Distancing**

Please abide by the following guidelines to protect yourself and others and prevent the spread of COVID-19:

- Stay home as much as possible and only leave the house for *essentials* like doctor's appointments, grocery shopping, picking up food from restaurants that offer drive thru or takeout, or exercise (like walking or biking), etc.
- Maintain a distance of 6 feet between yourself and others
- Think twice before having outside services like hairdressers, pet groomers, or cleaning staff come into Friendly Valley
  - If you must continue to have these types of services in your home, please demand that the workers practice the same safety measures that everyone else has been asked to practice to better ensure your safety and the safety of your neighbors.

**Golf Courses & Temporarily Amended Golf Rules**

With the city of Los Angeles' recent decision to close all public golf courses, some residents have expressed concerns regarding the FV Golf Courses remaining open. We would like to take this opportunity to remind everyone that Friendly Valley's Golf Courses are private courses. Our Golf Course Director has taken every available precaution to aid in the protection of our residents and prevent the spread of COVID-19.

The Golf Lounge, patio, and restrooms have been closed for use. We have also tried to eliminate many items of common contact such as the ball washers, rakes, and sand boxes for repairing divots. But please remember that for us to be safe, we must all take personal responsibility and do our part to help contain the virus. Please practice the following measures to help protect yourself and others:

- Remember the Golf Courses are open to Residents only, NO GUESTS
  - Golfers are required to carry their Badges with them
- **Maintain the recommended 6 feet of space between yourself and others**
- Do NOT touch:
  - Tees, balls, or clubs that aren't yours
  - Flag poles or the cup
- In addition, instead of the normal way of letting the one that's furthest out go first, whoever is putting should continue until the ball is "holed" then retrieve their ball and the next person putt until they have "holed" their ball and so on.

Please note that, if new mandates occur in the upcoming weeks that restrict play on private courses, Friendly Valley will comply with them. Until then, please feel free to use the Golf Courses with the abovementioned safety procedures in mind.

**Sheriff's Department**

If you need assistance with items like welfare checks, or are in *desperate* need of food, etc., please contact our local Sheriff's Department at **661-255-1121**.

A few very generous individuals have come forward offering help with grocery shopping for our residents. If you need assistance with grocery shopping, please call the Business Office for their contact information.

Many churches have closed to comply with the Safer at Home Order. If your church has closed, you may be able to livestream services online. Simply contact your church to see if they are offering that option.

## Continuing Precautions

Due to Governor Gavin Newsom's Safer at Home Order, the Business Office, Security Office, and Recreational Facilities will remain **CLOSED** through April 19, 2020. Please keep the following in mind:

- Staff will be available via phone and email only. **No walk-ins**.
- Request Forms are available on the Business Office door and may also be submitted online at <https://www.friendlyvalleycountryclubwebsite.com/>
- With the exception of Association 1, HOA Dues Payments and any correspondence may be mailed or submitted to the red "Association Dues" box in the Rotunda or in the slot on the door between the Business and Security Offices.
- Parking Permits and additions to your Guest List will still be processed via phone call to the Security Office.

## Reserved Shopping Hours for Seniors

- **Albertsons:** Tu & Th from 7am - 9am
- **Costco:** Tu & Th from 8am - 9am
- **Smart & Final:** Daily from 7:30am–8am
- **Stater Bros:** Daily from 7am – 8am
- **Target:** Wednesdays from 8am – 9am
- **Trader Joe's:** Mondays 9am - 10am
- **Vallarta:** Daily from 7am – 8am
- **Vons:** Tu & Th from 7am – 9am
- **Walmart:** Tuesdays from 6am – 7am
- **Whole Foods:** Daily from 7am – 8am

## Tips to Combat Boredom

Here are some suggestions for activities that will keep you from going stir-crazy:

- Physical activity/exercises
  - Not sure what to do? YouTube offers many tutorial and exercise videos for seniors
- Create a phone tree with people you know –enjoy laughs and good conversations with friends
- Get in touch with your crafty side – painting, knitting, coloring, etc.
- Read (or re-read) your favorite books or magazines
- Catch up on your favorite TV shows on Netflix
- Google "online games with friends" and discover online games that you can play with others that are far away
- Work on puzzles, crossword puzzles, or word searches
- Complete projects around the house (i.e. cleaning out the closet or garage, organizing your pantry, etc.)

## Final Thoughts

Many of you may be feeling depressed or hopeless about the current situation, but it is important to stay positive. We are fortunate to live in a beautiful and secure community. You don't have to stay cooped up in your house all day. Take advantage of the warmer weather and step outside or take a brief walk around the community. As long as you *maintain your distance from others*, some fresh air and exercise can do wonders to relieve stress or boredom.

Remember that we all have to work together in order to get through this. Look out for each other. Check in on your friends and neighbors. Most importantly, **STAY HOME** unless absolutely necessary. The more people that take these precautions seriously, the sooner we can return to "normal." Take care of yourselves and stay well.