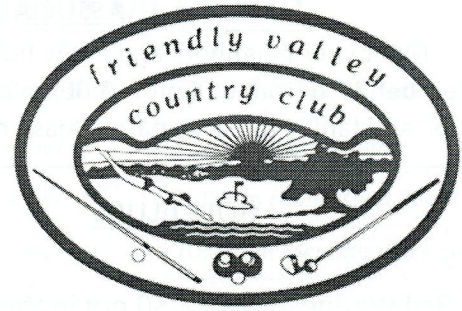


Villager Newsletter

December 17th, 2017 – December 30th, 2017

Friendly Valley Channel 1390

www.friendlyvalleycountryclubwebsite.com



Friendly Valley Voice

By: Sharon Devol

Merry Christmas Edition

Hail the heavenly Prince of Peace! Hail the Sun of Righteousness!
Light and life to all He brings, Risen with healing in His wings.
Mild He lays His glory by, Born that man no more may die.
Born to raise the sons of earth, Born to give them second birth.
Hark! the herald angels sing, "Glory to the newborn King!"
("Hark! The Herald Angels Sing" by Felix Mendelssohn)

Holiday Music

Take a break from your busy December schedule to hear seasonal music performed by the Santa Clarita Concert Band this Wednesday, December 20 at 7:00 p.m. for just a \$5 donation at the door. The band, founded in 1984 and conducted by Tim Durand, has kindly presented this concert for Friendly Valley residents for many years, and it's always a fun musical time!



Get Your Square Dance On!

Are you interested in learning how to square dance (or refreshing your skills)? A new class taught by Friendly Valley resident Joni Micals will begin on January 2, 2018 and continue every Tuesday from 10:00 a.m. to 12:00 Noon in the Auditorium. Wear comfy clothing and shoes! If you are interested in this, or a future class and have not already spoken with Joni, please give her a call at (661) 904-6142.

Successful Events

- Apparently, the Golf Cart Christmas Parade was quite the hit! Yours Truly missed it because of a concert rehearsal, but I heard many residents enjoyed the decorated carts and music as they drove by. I hope it will happen again next year.
- And so was the City of Hope fund-raiser to the Ronald Reagan Presidential Library. A good time was enjoyed by all!
- And thanks to new F.V. residents Michael & Daria, there may still be some Sleighframes at the Friendly Valley office. Pick yours up and frame your license plate with Christmas cheer!

Truth or Fiction: "Eating turkey makes you drowsy"

Scientific studies do show that tryptophan, which is an amino acid present in turkey, is involved in sleep and mood control and can cause drowsiness. However, turkey doesn't contain enough tryptophan to knock you out. Bet you didn't know this: Turkey, chicken and ground beef contain nearly equivalent amounts of tryptophan, while pork and cheese have more than turkey! If you're sleepy after eating turkey, chances are you ate a lot more than just the meat. Any large meal can make you sleepy -- with or without turkey.

If you have any comments or wish to submit an article for the Villager Voice, please contact Sharon at music5353@gmail.com or leave a message at (661) 776-5515. To correct information on the inside pages, call the Friendly Valley office at (661) 252-3223.



ASSOCIATION 9 HOLIDAY LIGHTS EXTRAVAGANZA



Meet your neighbors and enjoy hot apple cider and cookies by the fire pits. Swing by on Wednesday, **December 27th** from 6:00pm—9:00pm on Anzel Circle. Association 9 welcomes Friendly Valley residents, friends, and family to participate. Please note: parking is very limited; walking and carpooling are strongly advised.

GOLF CLUBS

MEN'S

Every 3rd Wednesday @ 2:30 pm in the Annex.

WOMEN'S

Meeting every 4th Thursday at 12:30 pm in the Annex. If you know the basic rules and etiquette of golf, all are welcome. Call Greeter Sharlene Wicks at 252-0959.

GROUPS / CLUBS

(Please call the groups before attending to ensure space)

BIBLE STUDY

Bible Study every Tuesday at 10 am in the Conference Room. (Kenneth Liskum 250-7841)

CATHOLIC ROSARY GROUP

Rosary recitation in the home of Sheila Griffin: 26757 -B Whispering Leaves. Mon. Dec. 18th and Tues. Dec. 26th @ 7pm (661-298-4227)

CERAMICS

Express yourself through clay! The Ceramics Club holds workshops every Wednesday from 9:00am—11:30am and now on Thursdays from 6:00pm—8:00pm. Come explore your artistic side! For more information call Judy (661-360-9386) or Mary (208-631-8607).

CITY OF HOPE

Board Meeting: Wed. Jan. 10th @ 9:30am in the Meeting Place.

General Meeting: Sat. Jan. 13th @ 11:00am in the Auditorium. Lunch available \$4.00. Entertainment—All welcome.

F.V. COMMUNITY CHURCH

Sunday Service @ 10 am, all denominations welcome!

FV LAWN BOWLS CLUB

Lawn Bowls Change of daily play time to 1:15PM (check in) 1:30PM (play). New member coaching M & F. Call Roy (323-850-6569).

FRIENDLY VALLEY TWIRLERS

Did you know FVCC had a square dance club? The Friendly Valley Twirlers beginner class will start in January either 10am - 12pm or 1pm - 3pm (day and room TBD). Please contact Joni Micals if interested (904-6142).

F.V. VETERANS CLUB

There will be no Holiday Party this year because of a reservation snafu. Sorry.

HELPING HEARTS & HANDS

No meeting on Dec. 21st. Join us on Jan. 4th @ FV Church from 12:30pm-2:30pm to sew, knit, crochet, and help with other projects for hospitals, nursing homes, veterans, children, homeless, etc. Our grateful thanks to all who made this a successful year. A Happy Holiday to all!

NAMI (National Alliance on Mental Illness)

No cost ongoing support groups. Call Zee @ 818-371-9381. Various location, day, and times. Info on FREE education programs.

NIP & TUCK PINOCHLE

Pinochle joins on Thursdays from 12-5 pm in the Men's Card Room. 2nd Thursdays in the Annex (Al Lerch 644-2423)

NO WILD POKER

Poker players needed. Tuesday nights from 7-10 pm. Meeting Place. (Al Lerch 644-2423)

SARI'S ART CLASS

I have a great painting class to teach. Make great X-mas gifts! Beginners welcome, no experience needed. Free classes every Friday 12:00pm-2:00pm in the Conference Room. Call Sari Kyle for more info. (914-629-1780). Join the fun!

WRITERS CLUB

Learn how to improve your writing. Bring your memories, ideas, thoughts, or stories to the Writer's Group meeting. Mondays from 2pm-4pm in the Meeting Place. For info call Dona Alsover (661-299-4355).

Community Council

Wednesday January 3rd, 2018
@ 10 am in the Auditorium

Rec Board Meeting

Monday December 18th, 2017
@ 10 am in the Auditorium

ATTENTION:

Please note that the Rec Board Meeting
has been rescheduled to **Monday,
Dec. 18th** at 10am in the Auditorium

SECURITY NEWS

Reminder: No dogs are allowed on
the Golf Course. Thank you for your
cooperation.

Senior Club

Santa Clarita Concert Band
Wed. Dec. 20th @ 7PM in the
Auditorium. \$5.00 pay at the door. Do
not miss this great band!!

FV Lawn Bowls Club

New Year's Eve Celebration
Sunday, December 31st @ 6:15pm in
the Auditorium. \$20 each. BYOB. Check/
money order payable to FVLBC in the
Lawn Bowl Slot @ the Business Office
by 12/20. Call Freda @ (818-317-0644)
for more info.

BOARD MEETINGS

Are you involved with your Association?

Assn. 9	December 18 th	6:00 pm <i>Pierce Home</i>
Assn. 8	December 18 th	7:00 pm <i>Ladies Card Room</i>
Assn. 6BC	December 19 th	10:00 am <i>Meeting Place</i>
Assn. 10	December 19 th	5:00 pm <i>Ladies Card Room</i>
Assn. 6A	December 19 th	6:00 pm <i>Annex</i>
Assn. 6	December 27 th	6:00 pm <i>Annex</i>
Assn. 2	January 2 nd	10:00 am <i>Meeting Place</i>
Assn. 1	January 2 nd	4:30 pm <i>Annex</i>
Assn. 3	January 5 th	9:30 am <i>Conference Room</i>
Assn. 4	January 9 th	6:00 pm <i>Conference Room</i>
Assn. 7	January 10 th	2:00 pm <i>Meeting Place</i>
Assn. 5	January 10 th	4:00 pm <i>Annex</i>
Assn. 11	January 11 th	6:00 pm <i>Annex</i>

Library Reminder:

Please put all incoming items (books,
magazines, DVDs, CDs, puzzles) in the
incoming box on the table. Do not put
anything on the shelves. Thank you for
your help.

City of Hope Bingo & Lunch

Saturday, **January 27, 2018** at
1:00pm in the Friendly Valley
Auditorium. \$20.00
RSVP January 23rd. Call Phyllis
(661-298-8003) or Harriet (661-299-
6944). Make check payable to City of
Hope. Residents leave donation in
the City of Hope box in the Business
Office.

Sunday December 17

10:00 am **Service**—FV Community Church
1:15 pm **Lawn Bowls**

Monday December 18

8:30 am **Aerobics**—Annex
10:00 am **Exercise 1**—Annex
10:00 am **Rec Board Meeting**—Auditorium
1:15 pm **Lawn Bowls**
2:00 pm **Water Exercise**—Pool (Weather Permitting)
2:00 pm **Writers Group**—Meeting Place

Tuesday December 19

9:00 am **Strengthen & Tone**—Annex
1:00 pm **Pinochle**—Men's Card Room
1:15 pm **Lawn Bowls**
3:30 pm **Shuffleboard**

Wednesday December 20

Men's Golf Play am
8:30 am **Aerobics**—Annex
9:00 am **Ceramics Morning**
10:00 am **Exercise 1**—Annex
1:15 pm **Lawn Bowls**
1:30 pm **Bingo**—Auditorium
2:00 pm **Water Exercise**—Pool (Weather Permitting)
6:30 pm **Dominoes**—Men & Ladies Card Room

Thursday December 21

Women's Golf Play am
9:00 am **Strengthen & Tone**—Annex
12:00 pm **Nip & Tuck Pinochle**—Annex
1:15 pm **Lawn Bowls**
6:00 pm **Ceramics Evening**

Friday December 22

8:30 am **Aerobics**—Annex
10:00 am **Exercise 1**—Annex
12:00 pm **Duplicate Bridge**—Annex
12:00 pm **Sari's Art Class**—Conference Room
1:15 pm **Lawn Bowls**
2:00 pm **Water Exercise**—Pool (Weather Permitting)
3:30 pm **Shuffleboard**

Saturday December 23

1:15 pm **Lawn Bowls**
6:30 pm **Dominoes**—Men & Ladies Card Room

NEXT VILLAGER DEADLINE:

Tuesday December 26th

Sunday December 24

10:00 am **Service**—FV Community Church
1:15 pm **Lawn Bowls**

Monday December 25

Merry Christmas!

Tuesday December 26

9:00 am **Strengthen & Tone**—Annex
1:00 pm **Pinochle**—Men's Card Room
1:15 pm **Lawn Bowls**
3:30 pm **Shuffleboard**

Wednesday December 27

Men's Golf Play am
8:30 am **Aerobics**—Annex
9:00 am **Party Bridge**—Men & Ladies Card Room
9:00 am **Ceramics Morning**
1:15 pm **Lawn Bowls**
2:00 pm **Water Exercise**—Pool (Weather Permitting)
6:30 pm **Dominoes**—Men & Ladies Card Room

Thursday December 28

Women's Golf Play am
9:00 am **Strengthen & Tone**—Annex
12:00 pm **Nip & Tuck Pinochle**—Men's Card Room
1:15 pm **Lawn Bowls**
6:00 pm **Ceramics Evening**

Friday December 29

8:30 am **Aerobics**—Annex
9:00 am **Party Bridge**—Men & Ladies Card Room
12:00 pm **Duplicate Bridge**—Annex
12:00 pm **Sari's Art Class**—Conference Room
1:15 pm **Lawn Bowls**
2:00 pm **Water Exercise**—Pool (Weather Permitting)
3:30 pm **Shuffleboard**

Saturday December 30

1:15 pm **Lawn Bowls**
6:30 pm **Dominoes**—Men & Ladies Card Room