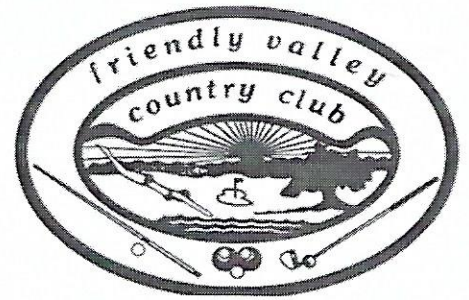


Villager Newsletter

January 12th, 2020 – January 25th, 2020

www.friendlyvalleycountryclubwebsite.com



Friendly Valley Voice

By: Michael Fennick, Board Member

Friendly Valley Recreational Association, Inc.

HAPPY NEW YEAR!!!

"You say you want a resolution?".....Do you wanna change your world? Quoting, or respectfully paraphrasing, Lennon / McCartney lyrics is always a good choice for a lead in.

Since I was old enough to remember, New Year's Day launched resolution. Changes, commitments, dedications and life style adjustments abounded. Sadly, for only about a week. For some, a wee bit more. Losing weight, stopping smoking or saving money after realizing the debt incurred by frivolous spending during the recently completed holiday season usually headed the list each January 1st. And losing weight meant just one thing.... get to a gym! Hit it heavy! Hit it hard! Bikini season will be here before you know it! Unfortunately, for many, it was a short-lived experience. The soreness and stiffness from overworking infrequently used muscles screamed loudly and lead to a point of no return after they healed. Pain quoted terms and it translated to "I never want to feel like this again!"

So don't. We all know the truth by now. Exercise, coupled with diet, is a major factor in achieving better health. It took years to put on those extra pounds we now fashionably hide under layers of clothing. It took a lot of time for us to get ourselves completely out of shape. Do you really think that a drastic change can occur overnight? I hate to be the megaphone that breaks the news to you that it can't.

So this year, make a resolution to start slow but keep going. You are lucky. We have a Fitness Center conveniently located on campus where you can progress at your own pace. But beware! ALL of the equipment will not be agreeable to ALL of you. Be CAUTIOUS. You CAN get hurt. Each of us will enter that door at a different level of physical conditioning. Your years on earth should be your best teacher by now. You should be able to realize and accept your own capabilities and understand your body and its limitations. If you don't, be honest and consider contacting a personal trainer to help you. It is a perfectly acceptable procedure in Friendly Valley to have one join you in the center to make sure you are training safely and efficiently; specifically to YOUR own personal requirements.

We have tried, and will continue to try, to improve our facility in order to maintain a safe and comfortable environment that is conducive to a SENIOR community. But ALL seniors are NOT created equal. It is up to the individual to look into their own mirror.

In the last year, we feel that we have made significant strides in attempting to make improvements that provide a variety of options to assist the cross-section of our residents. We have surveyed the usage of many of our machines and replaced several little-used or unsafe units with more beneficial equipment. It is up to YOU to understand which of these are helpful or dangerous to YOU. Don't fall into the trap of trying to emulate someone who is more advanced in their training habits. Any exercise is GOOD EXERCISE if it is done correctly. Our remodeling efforts will be continuous throughout the year as time and funds allow. This may cause some inconvenience to residents, but it will eventually result in a much more uplifting, user-friendly and well-balanced facility.

Thank you for your personal cooperation.

-Friendly Valley Recreational Association

AGELESS STRENGTH AND FITNESS FOR EVERY BODY

FREE Presentation by Diane Ghilardi, CPT, CES, FAS. Friday, January 17th @ 5:30pm in the Auditorium.
Come learn some take-home tips about fitness and wellness. Tour of the Fitness Center and new equipment to follow.
Please RSVP in the Business Office by January 15th.

GOLF CLUBS

MEN'S

Every 3rd Wednesday @ 11:00 am in the Golf Lounge.

WOMEN'S

Interested in joining? Member? Social? For more info call Golf Greeter: Terry Dodge (818-741-5649). Meetings 4th Thursdays @ 12:30pm in the Annex.

CLUBS, CLASSES, AND GROUPS

(Please call groups before attending to ensure space)

ACRYLIC PAINTING CLASS

Wednesdays from 12:30pm—2:30pm in the Annex. Teacher is Gina Leonard (661-977-1202).

BEGINNING TAI CHI

Join us for balance, memory, and mental stimulation. Saturdays 9:30—10am in the Auditorium, Annex, or Patio as posted. Call Kathy (661-360-9556)

BIBLE STUDY

Bible Study Tuesdays at 10 am in the Conference Room. (Carol Bennett 661-360-7028).

CATHOLIC ROSARY GROUP

Jan. 13 @ 7pm in the home of Willie Meyers (661-250-9716).
Jan. 20 & 27 @ 7pm in the home of Alicia Reidel 26703 N. Oak Pluma Court (661-424-1017). All are welcome. Any Questions call Eileen Kearns (661-298-2481).

CERAMICS

Try your hand at being creative with clay. The Ceramics Club is open for new members Mondays & Wednesdays from 9-11:30am and Thursdays from 6-8pm. Come explore your artistic side! For more info call Judy (661-360-9386).

CITY OF HOPE

Happy New Year! Start the new year off with our meeting: General Mtg Sat., Jan. 11 in the Auditorium @ 11:45am. Lunch \$5.00 @ 11:00am. Our speaker will be Dr. Dortha Chu.

DEBTORS ANONYMOUS

We offer hope for people whose use of unsecured debt causes problems & suffering. Compulsive debting is a problem and we find recovery using the D.A. program. Thursdays @ 6pm in the Conference Room. Adela (310-430-0336)

FRIENDLY 8

The Friendly 8's Pan (Panguine) Group is looking for card players interested in joining a weekly group. Will teach or refresh. Call Rena (661-298-1413).

F.V. COMMUNITY CHURCH

Sunday Service @ 10 am, all denominations welcome!

F.V. LAWN BOWLS CLUB

Come join us! Tues., Wed., Thurs., Sat. & Sun. meet 1:15pm, start 1:30pm. Free lawn bowls to use. For more info call Roy M. (323-850-6569). Meeting Thurs., Jan. 9th @ 3:30pm in the Lawn Bowls Clubhouse. All welcome. 50/50 raffle.

F.V. LITTLE THEATER

All! Bring your talent to the Little Theater meeting @ 7pm on Monday, January 13th to discuss participation in our 2020 show. Sound help needed. (Call Harry 661-644-1655)

F.V. VETERANS CLUB

Meeting Tues., Jan. 14th @ 7PM in the Annex. All invited, member or not. Guest speaker Steve Knight—should be a lot of information. Refreshments will be served.

GENTLE YOGA

Yoga enhances your life by connecting your body, mind, and spirit. We focus on breathing techniques, gentle poses, and meditation. Be good to yourself and join us Mondays @ 11am in the Annex. Bring a mat & a towel. Namaste.

HELPING HEARTS AND HANDS

Join us January 16 from 1—3pm @ FV Church to sew, knit, and crochet for veterans, nursing homes, hospitals, children, & homeless.

PARTY BRIDGE

Interested in playing bridge? We have Mon., Wed., and Fri. groups. Call Judy @ 559-250-2217 for more info. Beginning Bridge Thursdays @ 9:30am in Ladies' Card Room. (Call Joe 661-644-8720)

PICKLEBALL

Every Tuesday evening at 6:30pm in the Auditorium. Felicity (661-803-8397).

NAMI (National Alliance on Mental Illness)

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

NIP & TUCK PINOCHLE

1st, 3rd, 4th (& 5th) Thurs. from 12pm-4pm in the Men's Card Room. 2nd Thurs. 12pm in the Annex. (Al Lerch 661-644-2423)

NO PASS PINOCHLE

Tuesdays @ 12pm in the Men's Card Room. Al Lerch (661-644-2423).

SENIOR CENTER LUNCHES

SC Senior Center Lunches on Mon., Wed., & Thurs. @ 11:30am @ F.V. Church. Call 661-259-9444 for Reservation.

WATER EXERCISE

See you in the Spring! Keep on moving/swimming on your own.

WRITERS GROUP

Come share your thoughts, ideas, memories, or stories in writing or verbally. Tuesdays from 2pm-4pm in the Ladies' Card Room. For info call Jane Hills (661-299-9441).

ZUMBA

No charge—video only. 5:45pm on Fridays in the Annex. Wear comfortable clothes & non-gripping shoes. Call Rosemarie Sanchez-Fraser for more info.

Bookkeeping Availability

The Bookkeepers are currently working on December month-end and 2019 year-end tasks. Please submit questions in writing (either email or Request Form) and the Bookkeepers will get back to you. The Bookkeepers are unable to take walk-ins at this time. Thank you for your cooperation.

Business Office Closed

The Office will open at 10:00am on Tuesday, January 21st due to a Staff Meeting.

Request Forms

Request Forms are available in the Business Office & on the Friendly Valley website. To submit a request online: www.friendlyvalleycountryclubwebsite.com

Choose Contact > Associations > Click the Association you wish to contact > Scroll down until you see "Contact the Board" > Complete the form > Click "Submit"

THANK YOU

On behalf of the Business Office Staff, we would like to thank everyone that thought of us and brought a delicious treat for us to enjoy! You are so appreciated!

BINGO Cancelled

Bingo has been cancelled until further notice.

BOARD MEETINGS

Are you involved with your Association?

Assn. 11	January 9th	6:00 pm <i>Annex</i>
Assn. 3	January 10th	9:30 am <i>Annex</i>
Assn. 5	January 14th	2:00 pm <i>Annex</i>
Assn. 4	January 14th	6:00pm <i>Conference Room</i>
Assn. 6	January 16th	6:00 pm <i>Annex</i>
Assn. 6BC	January 20th	4:30pm <i>Conference Room</i>
Assn. 9	January 20th	6:00 pm <i>Pierce's Home</i>
Assn. 10	January 21st	5:00 pm <i>Ladies' Card Room</i>
Assn. 6A	January 21st	6:00 pm <i>Annex</i>
Assn. 7	January 22nd	2:00 pm <i>Conference Room</i>
Assn. 8	January 28th	2:00 pm <i>Conference Room</i>
Assn. 2	February 4th	10:00 am <i>Ladies' Card Room</i>
Assn. 1	February 4th	4:30 pm <i>Annex</i>

Community Council Meeting

Wednesday, February 5, 2020
@ 10 am in the Auditorium

Rec Board Meeting

Monday, January 13, 2020
@ 10 am in the Auditorium

SECURITY NEWS

We've noticed an increase in the number of people using their gate card to let unauthorized guests enter at the Whispering Leaves Gate. Reminder: it is a **\$100.00** fine to use your gate card to let anyone (other than emergency vehicles) into F.V.

Sunday January 12

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

Monday January 13

8:30 am **Aerobics**—Annex
 9:00 am **Ceramics Morning**
 10:00 am **Exercise 1**—Annex
 11:00 am **Gentle Yoga**—Annex
 11:30 am **Senior Center Lunch**—FV Church
 6:15 pm **Jazzercise** —Annex
 6:30 pm **5 Aces**—Poker Room
 7:00 pm **Billiards**—Game Room

Tuesday January 14

9:00 am **Strengthen & Tone** —Annex
 10:00 am **Bible Study** —Conference Room
 12:00 pm **No Pass Pinochle**—Men's Card Room
 1:15 pm **Lawn Bowls**
 2:00 pm **Writers Group**—Ladies' Card Room
 6:30 pm **Pickleball**—Auditorium
 7:00 pm **Darts** —Game Room

Wednesday January 15

Men's Golf Play AM
 8:30 am **Aerobics**—Annex
 9:00 am **Ceramics Morning**
 9:00 am **Party Bridge**—Both Card Rooms
 10:00 am **Exercise 1**—Annex
 12:30 pm **Acrylic Painting Class**—Conference Room
 1:15 pm **Lawn Bowls**
 6:15 pm **Jazzercise** —Annex
 6:30 pm **Mah Jong**—Ladies' Card Room
 6:30 pm **Dominoes** —Men's Card Room
 7:00 pm **Billiards**—Game Room

Thursday January 16

Women's Golf Play AM
 9:00 am **Strengthen & Tone**—Annex
 9:30 am **Beginning Bridge** — Ladies' Card Room
 11:30 am **Senior Center Lunch**—FV Church
 12:00 pm **Nip & Tuck Pinochle**—Men's Card Room
 1:00 pm **Pickleball**—Auditorium
 1:00 pm **Helping Hearts & Hands**—FV Church
 1:15 pm **Lawn Bowls**
 6:00 pm **Ceramics Evening**
 6:00 pm **Debtors Anonymous**—Conference Room
 6:30 pm **5 Aces**—Poker Room
 7:00 pm **Darts/Bumper Pool** —Game Room

Friday January 17

8:30 am **Aerobics**—Annex
 9:30 am **Party Bridge**—Both Card Rooms
 10:00 am **Exercise 1**—Annex
 12:00 pm **Friday Bridge**—Annex
 5:30 pm **Ageless Strength & Fitness**—Auditorium
 6:00 pm **Zumba Gold Dance Class** —Annex
 7:00 pm **Billiards**—Game Room

Saturday January 18

9:30 am **Beginning Tai Chi**—Location TBD
 1:15 pm **Lawn Bowls**
 6:30 pm **Dominoes**—Both Card Rooms

NEXT VILLAGER DEADLINE:

Monday, January 20

Sunday January 19

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

Monday January 20

8:30 am **Aerobics**—Annex
 9:00 am **Ceramics Morning**
 9:30 am **Party Bridge**—Ladies' Card Room
 10:00 am **Exercise 1**—Annex
 11:30 am **Senior Center Lunch**—FV Church
 6:15 pm **Jazzercise**—Annex
 7:00 pm **Billiards**—Game Room

Tuesday January 21

9:00 am **Strengthen & Tone** —Annex
 10:00 am **Bible Study** —Conference Room
 12:00 pm **No Pass Pinochle**—Men's Card Room
 1:15 pm **Lawn Bowls**
 2:00 pm **Writers Group**—Ladies' Card Room
 6:30 pm **Pickleball**—Auditorium
 7:00 pm **Darts** —Game Room

Wednesday January 22

Men's Golf Play AM
 8:30 am **Aerobics**—Annex
 9:00 am **Party Bridge**—Both Card Rooms
 10:00 am **Exercise 1**—Annex
 11:30 am **Senior Center Lunch**—FV Church
 12:30 pm **Acrylic Painting Class**—Conference Room
 6:15 pm **Jazzercise** —Annex
 6:30 pm **Dominoes**—Both Card Rooms

Thursday January 23

Women's Golf Play AM
 9:30 am **Beginning Bridge** — Ladies' Card Room
 11:30 am **Senior Center Lunch**—FV Church
 12:00 pm **Nip & Tuck Pinochle**—Men's Card Room
 1:00 pm **Pickleball**—Auditorium
 1:15 pm **Lawn Bowls**
 6:00 pm **Ceramics Evening**
 6:00 pm **Debtors Anonymous**—Conference Room
 6:30 pm **5 Aces**—Poker Room
 7:00 pm **Darts/Bumper Pool** —Game Room

Friday January 24

8:30 am **Aerobics**—Annex
 9:00 am **Scrapbooking Weekend** —Conference Room
 9:30 am **Party Bridge**—Both Card Rooms
 10:00 am **Exercise 1**—Annex
 12:00 pm **Friday Bridge**—Annex
 6:00 pm **Zumba Gold Dance Class** —Annex
 7:00 pm **Billiards**—Game Room

Saturday January 25

9:00 am **Scrapbooking Weekend** —Conference Room
 9:30 am **Beginning Tai Chi**—Location TBD
 1:15 pm **Lawn Bowls**
 6:30 pm **Dominoes**—Men's Card Room

NOTICE

On Friday, January 3rd, the solar components for the renovation project were delivered and are being stored on the patio adjacent to the Fireside Room. This location will assure construction crews a safe and convenient location to aid their efforts. Temporary fencing and notifications have been installed and will remain until it is once again safe to access the area. During this timeframe, for your own safety and for insurance purposes, please do not attempt to enter this location. Thank you for your cooperation.

**PLEASE FAMILIARIZE YOURSELF WITH THE FITNESS CENTER PROCEDURES THAT FOLLOW IN ORDER TO
ASSURE ALL RESIDENTS A SAFE AND REWARDING EXPERIENCE**

ALL PROVIDED EQUIPMENT IS TO BE USED AT YOUR OWN RISK!

USE PROPER SANITATION AND HEALTH PRACTICES

- Although our janitorial service uses safe and environmentally friendly solutions several times per week, make it a personal habit to use the provided disinfecting wipes and foam sanitizer BEFORE using any equipment.
- If you are “under the weather”, please consider either postponing your workout or practicing safe health habits to avoid spreading germs to others. The use of masks or gloves is encouraged.
- It is always a good idea to consult your physician prior to beginning a workout program in order to discuss health status BEFORE setting personal exercise goals and limits. Also consider consultation with a trainer that is experienced and well versed in working with SENIOR citizens.

EQUIPMENT

- ALWAYS register on the Sign-In Sheet at each Fitness Center visit.
- Use SAFETY FIRST at all times.
- NEVER use the treadmills without first securing the automatic safety stop key.
- Respect the equipment. Please DO NOT allow the weight plates on the universal gym to drop during exercising. That action will damage the plates and is also overall improper technique. You will get much more benefit by SLOWLY lowering the weight to complete your repetitions.
- A “spotter” should ALWAYS be used when attempting to lift heavier weights. Collars should ALWAYS be used to secure plates on bars. After completing sets on the weight bench, please replace the plates from both the bar and the leg extension rack to the weight storage bars. The person following you may not be able to remove heavier plates.
- If at any time, using a machine feels strenuous or uncomfortable, it probably is! Please inquire as to correct adjustments, proper form and technique and suitable weight or resistance levels before proceeding.
- Please use the Maintenance Report Form located in the Fitness Center ONLY to advise the staff of any perceived PROBLEMS with the equipment. Any SUGGESTIONS for the Fitness Center should be submitted to the Office on a Resident Request Form.

FITNESS CENTER ETIQUETTE

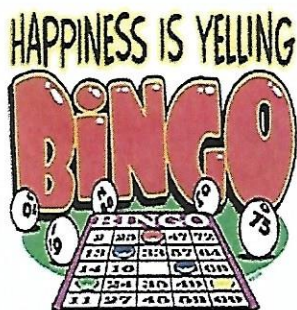
- Please make every attempt to practice courteous gym habits in order to allow ALL enthusiasts a rewarding experience at each and every workout. Respect the workout of those who follow you.
- Always try to come to an amenable agreement concerning room temperatures, lights, TV volume and equipment usage. The Fitness Center is an amenity for ALL residents to enjoy. Please use the storage boxes on the wall for purses, backpacks, etc. in order to avoid unnecessary obstacles in the workout areas.
- Please use caution when storing water or drinks near machines. If spills occur, it is YOUR responsibility to remedy it.

And above all, enjoy your facility and design your workouts in order to benefit from a much improved and healthier life!



CITY OF HOPE

Friendly Valley Chapter



BINGO & LUNCH

Saturday, January 25, 2020

Time: 1:00 PM

Place: Friendly Valley Auditorium

**\$22.00 Donation includes
Two Bingo Cards**

Additional Cards: \$1.00 each



SANDWICH * DESSERT * COFFEE * TEA



RSVP: BY MONDAY, JANUARY 20 TO:

Karen Doyle 818-424-9743

or

Janice Maynard 661-299-5312

Check payable to: City of Hope - #1152

Residents: Use COH mailbox in FV office

