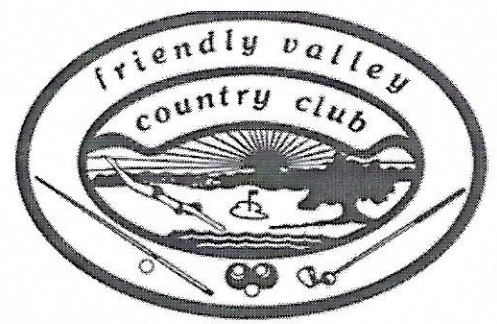


# ***Villager Newsletter***

***January 13th, 2019 – January 26th, 2019***

[www.friendlyvalleycountryclubwebsite.com](http://www.friendlyvalleycountryclubwebsite.com)



## ***Friendly Valley Voice***

***By: Ruth Gauthier, President***

***Friendly Valley Recreational Association, Inc.***

Hello All, I hope this article finds you well. I just returned from vacation but I feel like I've been run over by a bus. Having the flu is not a fun way to end a vacation. Being stuck at home has left me a lot of time to research and put together an article that will hopefully help you differentiate between a cold and a flu.

### **Symptoms**

Common symptoms of the flu include:

- Sneezing
- Coughing
- Running Nose
- Sore Throat
- Headache
- Reddened Eyes & Skin
- Fever
- Fatigue
- Body Aches
- Vomiting
- Diarrhea



### **Cold vs. Flu**

- Colds and flus are caused by different viruses.
- One way to know the difference between a cold and a flu is the onset of symptoms. Cold symptoms tend to occur gradually over a few days. Flu symptoms tend to happen quickly and all at once—you will know if you have the flu because you'll be fine one day and very sick the next.
- Body aches, fever, and chills are common with the flu, but not with colds.

### **Prevention**

- The flu is extremely contagious. If you know someone who has come down with the flu, it would be best to avoid contact with them. If you've become sick with the flu yourself, it is very important to limit your contact with others. This will aid in preventing the spread of the flu virus.
- Getting the annual flu shot may also prevent you from catching the flu.
- Be sure to wash your hands frequently and avoid touching your face, nose, and mouth.

### **When is it time to see a doctor?**

- Most often, the flu goes away with plenty of rest, fluids, and keeping symptoms at bay with over-the-counter medications.
- Pay attention to recurring symptoms: If you have the flu, then feel better for 1 day, then your symptoms come back worse, this could be a sign of pneumonia and you should see a doctor right away.
- If you experience shortness of breath, pressure in the chest, persistent vomiting, confusion, or dizziness, you should seek emergency medical attention.



### **PICKLEBALL:**

Pickleball starts Tuesday, January 15th @ 6:30pm in the Auditorium. We will have a live demonstration on how to play the game. Come check it out and see what a fun, easy game it is to play!

### **GOLF CLUBS**

#### **MEN'S**

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

#### **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.

### **CLUBS, CLASSES, AND GROUPS**

*(Please call groups before attending to ensure space)*

#### **ACRYLIC PAINTING CLASS**

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

#### **BIBLE STUDY**

Bible Study every Tuesday at 10 am in the Conference Room. (Carol Bennett 250-4590)

#### **CATHOLIC ROSARY GROUP**

Rosary Recitation Jan. 14 & 21 @ 7pm in the home of Alicia Reidel 26703 N. Oak Pluma Court (661-424-1017). All are welcome. Questions? Call Eileen Kearns (661-298-2481).

#### **CERAMICS**

Try your hand at being creative with clay. The Ceramics Club is open for new members every Wednesday from 9:00 to 11:30 and Thursday from 6:00 to 8:00 pm. Come explore your artistic side! For more info call Judy (661-360-9386).

#### **CITY OF HOPE**

-General Mtg Sat., Jan. 12th @ 12:00pm in the Auditorium; Lunch 11:00 am \$4.00. Entertainment: "Theatre for Change"

-Bingo: Jan. 26th @ 1:00pm. \$22.00. RSVP before Jan. 21st. (818-424-9743) or (661-299-5312)

#### **FRIDAY BRIDGE**

Duplicate Bridge Players wanted. Friday @ 12:30pm in the Annex. Call Harriet (661-299-6944).

#### **F.V. COMMUNITY CHURCH**

Sunday Service @ 10 am, all denominations welcome!

#### **F.V. LAWN BOWLS CLUB**

Afternoon Lawn Bowling Fun! Come join us! Tues., Thurs., & Sat. meet 1:15pm, start 1:30pm. Free lawn bowls to use & instruction. For more info call Judy (559-250-2217).

#### **F.V. LAWN BOWLS CLUB BUNCO**

Bunco! All invited to play with the Lawn Bowls Club on Sunday, Feb. 10th @ 6:45/7pm in the Golf Lounge.

#### **F.V. LITTLE THEATER**

Meeting Monday, Jan. 14th @ 6:45/7pm in the FV Auditorium.

#### **F.V. TWIRLERS SQUARE DANCE**

We will then take a break and start a new class on Feb. 5, 2019 in the Annex from 11:30am—1:30pm. Come and watch! See if you can do this low impact, fun way to exercise. (Joni 661-904-6142)

#### **HELPING HEARTS AND HANDS**

Join us Jan. 17 @ FV Church from 1:00—3:00pm (note: new time) to sew, knit, and crochet for Vets, hospitals, nursing homes, homeless, and children.

#### **PARTY BRIDGE**

Interested in playing bridge? We have Monday, Wednesday, and Friday groups. Call Judy @ 559-250-2217 for more info.

#### **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 PINOCCHLE**

Pinocchle joins on Thursdays from 12-5 pm in the Men's Card Room. (Carl Stephenson 859-582-4345)

#### **NO WILD POKER**

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

#### **SENIOR CENTER LUNCHES**

Santa Clarita Senior Center Lunches on Mondays, Wednesdays, and Thursdays at 11:30am at Friendly Valley Church. Call 661-259-9444 for Reservation.

#### **WATER EXERCISE**

Water Exercise will take a Winter Break until further notice.

#### **WRITERS SOCIAL**

Come share in writing or verbally your memories, ideas, thoughts, or stories. We meet Mondays from 2pm-4pm in the Meeting Place. For info call Jane Hills (661-299-9441).

#### **ZUMBA**

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



**Community Council:**

**Seeking Candidates for Chairperson**

Most votes will become Chairman, next highest number of votes will become Vice Chairman. Delegates will vote by secret ballot. Mailing with Candidate Nomination Forms was sent out on January 4th. Forms are due back in the Business Office by January 31st.

**Community Council:**

Seeking volunteers to be considered for Secretary of CC. Please submit your name and contact information to Community Council, ATTN: Shirley Gary, by March 1, 2019.

**Business Office Closed**

The Office will open at 10:00 am Tuesday, January 15th due to a Staff Meeting.

**Library Reminder:**

To those of you who enjoy the large print books—please return the ones you have finished. Our selection is dwindling because of non-returns. Sight-challenged residents rely on those books.  
Thank you.

**BOARD MEETINGS**

Are you involved with your Association?

Assn. 11	January 10th	6:00 pm Annex
Assn. 10	January 15th	5:00 pm Ladies' Card Room
Assn. 6A	January 15th	6:00 pm Annex
Assn. 6	January 17th	6:00 pm Annex
Assn. 9	January 21st	6:00 pm Pierce's Home
Assn. 8	January 22nd	2:00 pm Conference Room
Assn. 2	February 5th	10:00 am Meeting Place
Assn. 1	February 5th	4:30 pm Annex
Assn. 3	February 8th	9:30 am Annex
Assn. 5	February 12th	2:00 pm Annex
Assn. 4	February 12th	6:00 pm Conference Room
Assn. 6BC	February 13th	4:30 pm Conference Room
Assn. 7	February 27th	2:00 pm Meeting Place

**Community Council Meeting**

Wednesday, February 6, 2019  
@ 10 am in the Auditorium

**Rec Board Meeting**

Monday, January 14th, 2019  
@ 10 am in the Auditorium

**SECURITY NEWS**

Please be sure to call Security when you have a guest coming in that is not already on your list. This helps the Front Gate work more efficiently.  
Thank you.

**Sunday January 13**

10:00 am **Service**—FV Community Church

**Monday January 14**

8:30 am **Aerobics**—Annex

10:00 am **Exercise 1**—Annex

11:30 am **Senior Center Lunch**—FV Church

2:00 pm **Writers Social**—Meeting Place

6:30 pm **Jazzercise** —Annex

**Tuesday January 15**

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**

6:30 pm **Pickleball**— Auditorium

7:00 pm **No Wild Poker**—Meeting Place

**Wednesday January 16**

*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

11:30 am **Senior Center Lunch**—FV Church

1:30 pm **Bingo**—Auditorium

5:30 pm **Friendly 8**—Meeting Place

6:30 pm **Jazzercise** —Annex

6:30 pm **Mah Jongg**—Ladies' Card Room

6:30 pm **Dominoes**—Men's Card Rooms

**Thursday January 17**

*Women's Golf Play am*

9:00 am **Strengthen & Tone**—Annex

11:30 am **Senior Center Lunch**—FV Church

11:00am **Nip & Tuck Pinochle**—Men's Card Room

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

**Friday January 18**

8:30 am **Aerobics**—Annex

10:00 am **Party Bridge**—Both Card Rooms

10:00 am **Exercise 1**—Annex

12:00 pm **Friday Bridge**—Annex

12:30 pm **Acrylic Painting Class**—Conference Room

6:00 pm **Zumba Gold Dance Class** —Annex

**Saturday January 19**

1:15 pm **Lawn Bowls**

6:30 pm **Dominoes**—Both Card Rooms

**NEXT VILLAGER DEADLINE:**

**Monday January 21st**

**Sunday January 20**

10:00 am **Service**—FV Community Church

**Monday January 21**

8:30 am **Aerobics**—Annex

10:00 am **Exercise 1**—Annex

11:30 am **Senior Center Lunch**—FV Church

2:00 pm **Writers Social**—Meeting Place

6:30 pm **Jazzercise** —Annex

**Tuesday January 22**

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**

6:30 pm **Pickleball**— Auditorium

7:00 pm **No Wild Poker**—Meeting Place

**Wednesday January 23**

*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

11:30 am **Senior Center Lunch**—FV Church

1:30 pm **Bingo**—Auditorium

6:30 pm **Jazzercise** —Annex

6:30 pm **Dominoes**—Both Card Rooms

**Thursday January 24**

*Women's Golf Play am*

9:00 am **Strengthen & Tone**—Annex

11:30 am **Senior Center Lunch**—FV Church

11:30am **Nip & Tuck Pinochle**—Annex

1:15 pm **Lawn Bowls**

6:00 pm **Ceramics Evening**

6:00 pm **Debtors Anonymous** —Conference Room

**Friday January 25**

8:30 am **Aerobics**—Annex

10:00 am **Party Bridge**—Both Card Rooms

10:00 am **Exercise 1**—Annex

12:00 pm **Friday Bridge**—Annex

12:30 pm **Acrylic Painting Class**—Conference Room

6:00 pm **Zumba Gold Dance Class** —Annex

**Saturday January 26**

1:15 pm **Lawn Bowls**

6:30 pm **Dominoes**—Both Card Rooms