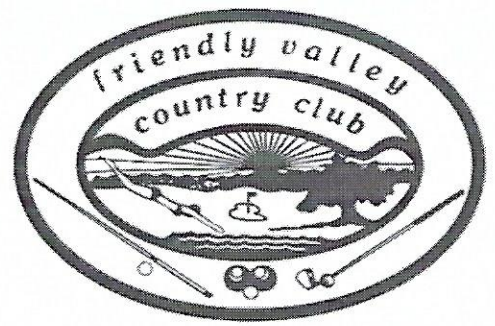


# ***Villager Newsletter***

***March 10th, 2019 – March 23rd, 2019***

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



***Friendly Valley Voice***

***By: Michael Fennick, Board Member***

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

## **Upcoming Event**

The Rec Board is proudly hosting Diane Ghilardi, a certified Personal Trainer and Functional Aging & Corrective Exercise Specialist. Diane is offering a complimentary presentation on the benefits of exercise, how to incorporate it into your day, and how it can improve your quality of life. See the flyer included with this Villager.

## **Ping Pong Players**

The rain has put a damper on outdoor activities and to remedy some of this, a Ping Pong table will be moved into the Annex for play on Sunday, **March 10th, 17th, and 31st** from 2-4 PM and on Wednesday, **March 13th, 20th, and 27th** from 12- 2 PM. Paddles and balls must be checked out at the Security Office and returned when play is completed. If residents feel that a second table is required during the trial period, notify the Rec. Board via Request Form. On April 1st, we will review and determine if additional indoor play will continue.

## **Pool Sharks**

We realize that the Pool Room has been unavailable for several months. It's been decided to move a pool table to the Meeting Place and to incorporate the old Pool Room as a part of the Business Office. This space is much needed for filing cabinets and other business-related items. The conversion of the Meeting Place into the new Pool Room will begin shortly and we hope that billiards will again be available by **April 1, 2019**. We are very sorry for any inconvenience this hiatus has caused to residents wishing to play. Thank you for understanding.

## **1390: Here's the Scoop**

Occasionally, the Rec. Board still receives correspondence from residents concerning 1390, the now defunct Time Warner TV channel that once provided a basic source of information to our residents. 1390 was broadcast via an analog system that is no longer an industry standard. When Spectrum purchased Time Warner, the antiquated system was replaced by digital broadcasting and 1390 has become extinct with the advancement in technology. **There is no replacement for 1390.** Here are a few alternatives to help keep residents informed of noteworthy and newsworthy items:

1. **The Villager** is a bimonthly, Friendly Valley publication that reaches all 1290 of our homes.
2. **Facebook**. Some FV community members find the Friendly Valley Country Club Facebook page useful. It is a closed group and only FV residents are allowed to join. All new members are vetted and must answer questions before given access to the group. Facebook users can access the page by typing "Friendly Valley Country Club" in the search window.
3. **Hi-Five**. The bimonthly publication is offered courtesy of Frank Jordan and Association #5. The page keeps the association abreast of many issues occurring inside the gates of our village. Frank has extended the invitation to subscribe to Hi-Five via email request to [HiFive@socal.rr.com](mailto:HiFive@socal.rr.com)
4. **Auditorium Bulletin Board**. Our office staff posts resident's memos on the Bulletin Board located in the Auditorium hallway outside of the Library.

Keeping residents informed and keeping the lines of communication open is important to the Rec Board. If you have an idea that is not already incorporated, please submit your proposal to the Rec Board via Request Form and it will be taken into consideration. Thank you.



## **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 March 11 & 18 @ 7pm in the home of Angie Sanchez 19201 Avenue of the Oaks, Unit C (248-701-7268). 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**

-Board Mtg Tues., April 16 @ 5pm in the Meeting Place  
-General Mtg Sat., April 20 @ 12pm in the Auditorium;  
Lunch 11:00am, \$4.00. Entertainment: "Harmony Singing Group"

### **FRIDAY BRIDGE**

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

### **FRIDAYS WITH THE PROFESSORS**

1pm at the Friendly Valley Church. March 8: Cancelled.  
March 15: "Finding Joy in Retirement through Lifelong Learning." March 22: "Elder Care Financial Abuse."

### **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. TWIRLERS SQUARE DANCE**

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)

### **FV VETERANS CLUB**

Meeting Tues., March 12th @ 7PM in the Annex. Come one, come all. All invited, member or not. Featured Speaker: George H. Dixon USA (Ret) Supervisor Veterans Services. Refreshments.

### **HELPING HEARTS AND HANDS**

Join us March 21 @ FV Church from 1:00—3:00pm 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.

### **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**

Pinochle 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 LUNCHESES**

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

### **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 on Fridays in the Annex. Wear comfortable clothes & non-gripping shoes. Call Rosemarie Sanchez-Fraser for more info.



### **Whispering Leaves Gate:**

To help the flow of traffic coming into FV at the Whispering Leaves Gate, all residents should advise their guests and delivery persons to use the Main Entrance on FV Parkway.

### **Business Office Closed**

The Office will open at 10:00 am Tuesday, March 19th due to a Staff Meeting.

### **Directory Reminder:**

The Business Office is currently working on the 2019 FV Directory. Please let the Business Office know if you would (or would not) like your phone number listed in the Directory. The target date for the Directory to be available is early April. Stay tuned for more information.

### **Memorial Day Parade:**

No one stepped up to take over this year's parade. I am sorry but I must retire. Thank you to everyone who participated and/or donated in the past. There will not be a parade this year.  
—Judy Plese

### **BOARD MEETINGS**

Are you involved with your Association?

Assn. 3	March 8th	9:30 am Conference Room
Assn. 5	March 12th	2:00 pm Annex
Assn. 4	March 12th	6:00 pm Conference Room
Assn. 6BC	March 13th	4:30 pm Conference Room
Assn. 11	March 14th	6:30 pm Annex
Assn. 9	March 18th	6:00 pm Pierce's Home
Assn. 10	March 19th	5:00 pm Ladies' Card Room
Assn. 6A	March 19th	6:00 pm Annex
Assn. 6	March 21st	6:00 pm Annex
Assn. 8	March 26th	2:00 pm Conference Room
Assn. 7	March 27th	2:00 pm Meeting Place
Assn. 2	April 2nd	10:00 am Meeting Place
Assn. 1	April 2nd	7:00 pm Annex

### **Community Council Meeting**

Wednesday, April 3, 2019  
@ 10 am in the Auditorium

### **Rec Board Meeting**

Monday, March 11th, 2019  
@ 10 am in the Auditorium

### **SECURITY NEWS**

Reminder: If you see someone suspicious in the community, DO NOT approach or question them. Report it to the Security Office *immediately.*



**Sunday March 10**

10:00 am **Service**—FV Community Church  
 2:00 pm **Ping Pong**—Annex

**Monday March 11**

8:30 am **Aerobics**—Annex  
 10:00 am **Exercise 1**—Annex  
 11:30 am **Senior Center Lunch**—FV Church  
 2:00 pm **Writers Social**—Sewing Room  
 6:30 pm **Jazzercise** —Annex

**Tuesday March 12**

9:00 am **Strengthen & Tone**—Annex  
 10:00 am **Bible Study**—Conference Room  
 11:30 am **FV Twirlers Square Dance** —Annex  
 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**—Ladies' Card Room

**Wednesday March 13**

*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  
 12:00 pm **Ping Pong** —Annex  
 1:30 pm **Bingo**—Auditorium  
 6:30 pm **Jazzercise** —Annex  
 6:30 pm **Dominoes**—Both Card Rooms

**Thursday March 14**

*Women's Golf Play am*  
 9:00 am **Strengthen & Tone**—Annex  
 11:30 am **2nd Thursday Pinochle**—Annex  
 11:30 am **Senior Center Lunch**—FV Church  
 1:15 pm **Lawn Bowls**  
 6:00 pm **Ceramics Evening**  
 6:00 pm **Debtors Anonymous** —Conference Room

**Friday March 15**

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 March 16**

1:15 pm **Lawn Bowls**  
 6:30 pm **Dominoes**—Both Card Rooms

**NEXT VILLAGER DEADLINE:**

**Monday March 18th**

**Sunday March 17**

10:00 am **Service**—FV Community Church  
 2:00 pm **Ping Pong**—Annex

**Monday March 18**

8:30 am **Aerobics**—Annex  
 10:00 am **Exercise 1**—Annex  
 10:00 am **Monday Social Bridge**—Ladies Card Room  
 11:30 am **Senior Center Lunch**—FV Church  
 2:00 pm **Writers Social**—Meeting Place  
 6:30 pm **Jazzercise** —Annex

**Tuesday March 19**

9:00 am **Strengthen & Tone**—Annex  
 10:00 am **Bible Study**—Conference Room  
 11:30 am **FV Twirlers Square Dance** —Annex  
 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 March 20**

*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  
 12:00 pm **Ping Pong** —Annex  
 1:30 pm **Bingo**—Auditorium  
 5:30 pm **Friendly 8**—Meeting Place  
 6:30 pm **Mah Jongg**—Ladies' Card Room  
 6:30 pm **Jazzercise** —Annex  
 6:30 pm **Dominoes**—Men's Card Room

**Thursday March 21**

*Women's Golf Play am*  
 9:00 am **Strengthen & Tone**—Annex  
 11:00am **Nip & Tuck Pinochle**—Men's Card Room  
 11:30 am **Senior Center Lunch**—FV Church  
 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

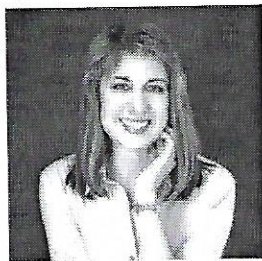
**Friday March 22**

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 March 23**

1:15 pm **Lawn Bowls**  
 6:30 pm **Dominoes**—Both Card Rooms

*On March 15<sup>th</sup>, 2019, at 11:15 AM, your F.V. Recreation Board is proudly hosting Diane Ghilardi, a certified Functional Aging/Corrective Exercise Specialist. Diane is offering a complimentary and informative presentation in the FV Fireside Room, followed by a demonstration in the Fitness Center.*



## **Ageless Strength and Fitness for EVERY Body**

by Diane Ghilardi, Certified Personal Trainer, Corrective Exercise Specialist and Functional Aging Specialist.

She will share information about the benefits of exercise, how to incorporate it into your day and how it can improve your quality of life. Don't know what to do?

Diane will also provide a demonstration of how to use the equipment in the Friendly Valley Fitness Center using proper form and resistance.

**Meet the Trainer:** Diane's passion for assisting seniors to improve or maintain their health stems from her own experience with her mother, Cecile, who was a happy, healthy, active resident of Friendly Valley for over 35 years. After the life-changing, rapid decline of her mother from a fall resulting in a hip fracture, Diane was moved to make a difference in helping and teaching people to remain healthy, strong and on their feet.

For a senior, staying fit and strong is the difference between aggravating pre-existing medical conditions and living independently. This is one of many reasons that every senior, regardless of their physical condition, personal hobbies or interests, must take part in some form of physical activity in order to live their lives to the fullest.

### **Important Tips from Diane:**

- Seniors who take part in physical activity tend to remain independent for longer allowing them to continue to be involved with their personal hobbies. Those seniors who have less trouble completing their required activities of daily living (ADL's) have more energy and time to spend doing the things they enjoy.
- Performing exercises that improve strength, balance, mobility, health and fitness is the single most important activity adults can do to stay active and reduce pain, as well as their chances of falling.
- The CDC Physical Activity Guidelines for Americans recommends 150 minutes of moderate exercise a week. That averages 30 minutes five days a week. AND Muscle-strengthening activities for two or more days a week that work all major muscle groups.

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If you plan on attending, please fill out this form and return to the Business Office by March 12<sup>th</sup>.

**DATE:** March 15, 2019      **TIME:** 11:15 AM      **PLACE:** Fireside room in auditorium complex

Name \_\_\_\_\_

Phone \_\_\_\_\_





*The Little Theater of Friendly Valley*

Proudly Presents our 2019 Production of:

***“A Good Time Musical Extravaganza”***

*Directed by Doris Sipotz and Erica de Poor*

*Choreographed by Doris Sipotz*

*Produced by Dayna Marks*

*Mark your calendars*

**Saturdays & Sundays**

**April 6, 7, 13, 14 @ 2:00pm**

**&**

**Friday April 12 @7:00pm**

**Tickets will be \$5.00 at the door or from anyone in our  
production**

**We look forward in entertaining you!**