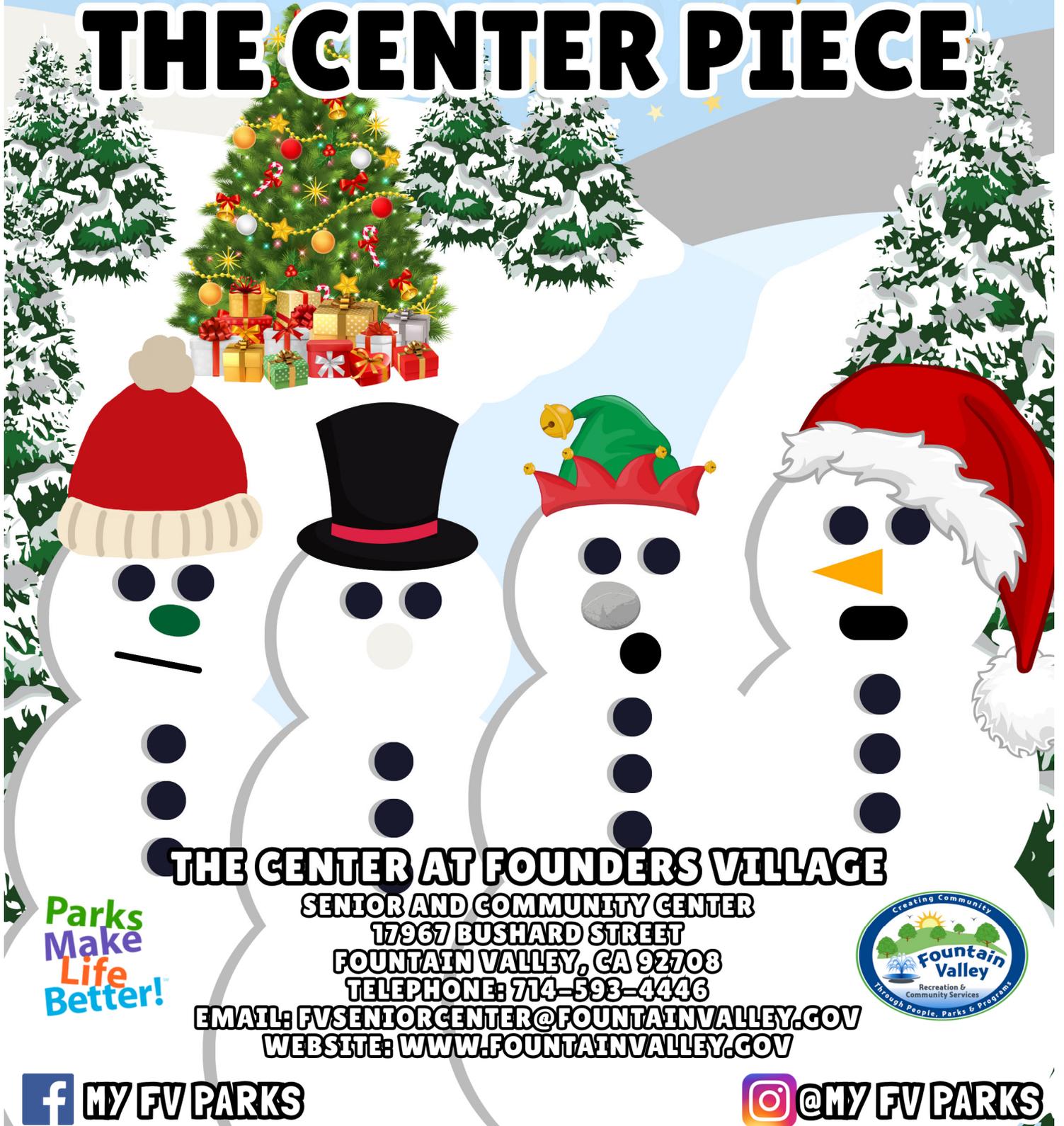


# DECEMBER 2025 & JANUARY 2026 THE CENTER PIECE



## THE CENTER AT FOUNDERS VILLAGE

SENIOR AND COMMUNITY CENTER

17967 BUSHARD STREET

FOUNTAIN VALLEY, CA 92708

TELEPHONE: 714-593-4446

EMAIL: [FVSENIORCENTER@FOUNTAINVALLEY.GOV](mailto:FVSENIORCENTER@FOUNTAINVALLEY.GOV)

WEBSITE: [WWW.FOUNTAINVALLEY.GOV](http://WWW.FOUNTAINVALLEY.GOV)

**Parks  
Make  
Life  
Better!**



 **MY FV PARKS**

 **@MY FV PARKS**

**Mission Statement**

*The Recreation and Community Services Department, in collaboration with our community partners, enriches lives by providing quality programs, human services and recreational opportunities that create positive and memorable experiences.*

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**City Council**

Ted Bui - Mayor  
 Jim Cunneen - Vice Mayor  
 Patrick Harper - Council Member  
 Kim Constantine - Council Member  
 Glenn Grandis - Council Member

**City Manager**

Maggie Le

**Community Services Director**

Rob Frizzelle

**Senior Center Staff**

Jenni Worsham, Community Services Manager  
 Ben Dieterle, Recreation Supervisor  
 Christy Quade, Recreation Coordinator  
 Meagan Gaydos, Recreation Specialist  
 Megan Nakaishi, Recreation Specialist  
 Natalie Nunez, Recreation Specialist  
 Mia Gallardo, Recreation Leader  
 Kyle Meis, Recreation Leader  
 Eric Nguyen, Recreation Leader  
 Darren Trinh, Recreation Leader  
 Ellys Vang, Recreation Leader

**Recreation and Community Services Staff**

Christie Araiza, Community Services Manager  
 Brian Karr, Recreation Supervisor  
 Jake Hopkins, Recreation Supervisor  
 Andrea Zepeda, Recreation Coordinator  
 Jacob Babbitt, Recreation Coordinator  
 Leo Atienza, Recreation Coordinator

**Important Telephone Numbers**

The Center at Founders Village 714-593-4446  
 Fountain Valley City Hall 714-593-4400  
 Recreation Center and Sports Park 714-839-8611  
 Fountain Valley Library 714-962-1324  
 Office On Aging 714-480-6450  
 800-510-2020

**Non Emergency Medical Transportation**

OCTA ACCESS 714-560-5956  
 Abrazar Non Emergency 714-891-9500  
 MemorialCare Orange  
 Coast Medical Center\* 714-378-5531

\*Doctors must be affiliated with the hospital

**UPCOMING FACILITY CLOSURES**

**CENTER CLOSURE**

**Monday, December 15<sup>th</sup> through  
 Thursday, January 1<sup>st</sup>**

**MARTIN LUTHER KING JR DAY**

**Monday, January 19<sup>th</sup>**

# MemorialCare Relaunches 24/7 Virtual Care Suite for Affordable, Accessible Health



MemorialCare, a leader in virtual care since 2020, has relaunched its virtual health suite to make care simpler, more affordable, and more convenient across Southern California. This comes as a recent UCSF Healthforce Center study reports California's average primary care wait time has climbed to 31 days in 2025, up from 26 days in 2022, driven by a growing physician shortage.

The new "Get Care Now" feature is open to anyone in California, offering the state's lowest-cost virtual care option- no MemorialCare affiliation required. "Healthcare costs continue to rise while access declines," says Eugene Kim, M.D., Chief Medical Officer, MemorialCare. "Value-based care means giving the right care, at the right time, for the best cost. We've achieved this with our relaunched virtual services."



Patients can access free tools like a 24/7 symptom checker, AI-powered chat, and live call center support. Care is delivered by MemorialCare clinicians- not third party contractors- ensuring continuity and quality. For \$20 QuickCare Visits, users submit symptoms online and receive a diagnosis or prescription within an hour, treating over 40 common conditions. Virtual Urgent Care is available for an insurance co-pay for \$75 self-pay, connecting patients to MemorialCare providers via secure video.

"Our goal is convenience without compromise," says Anne LaNova, Executive Director, Virtual Health. "Imagine a busy parent getting a prescription for a child's ear infection at midnight- without an ER visit." No subscriptions required. Mental health support is also available. Access care anytime by calling (877) 696-3622 or scanning the QR code.



# Upcoming Special Events

Purchase tickets by visiting the Front Desk.



## Holiday Luncheon

TUESDAY, DECEMBER 9<sup>TH</sup>  
11:30AM-1:00PM  
\$7 / TICKET

ENJOY LIVE ENTERTAINMENT BY TONY ODELL ROGERS, A WHOLE LOT OF DANCING, FUN OPPORTUNITY DRAWINGS, AND WONDERFUL COMPANY!

SPONSORED BY:  **MemorialCare**  
Orange Coast Medical Center



## LUNAR NEW YEAR LUNCHEON

TUESDAY,  
JANUARY 27<sup>TH</sup>  
11:30AM-1:00PM

2026 YEAR OF THE HORSE

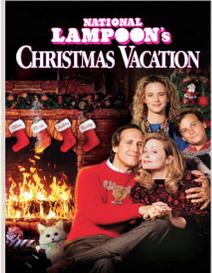
Sponsored by:  **MemorialCare**  
Orange Coast Medical Center

LASTDAY TO PURCHASE TICKETS IS JANUARY 22ND.

THE CENTER AT FOUNDERS VILLAGE PRESENTS

# MOVIE MONDAY

**FREE** FOURTH MONDAY OF EVERY MONTH  
WALK INS ARE WELCOME!  
MOVIE STARTS AT 1:30PM



**DECEMBER 8<sup>TH</sup>, 2025**  
NATIONAL LAMPOON'S CHRISTMAS VACATION (1989)  
COMEDY

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.



**JANUARY 26, 2026**  
THE ITALIANS (2025)  
COMEDY/DRAMA

A young Italian man brings his new girlfriend home to his eccentric family.

SPONSORED BY  **MemorialCare**  
Medical Group



Performance by *Perfecto*

**JANUARY 15 & 29**  
**12:30PM**

**JOIN THE FUN!**

# LIVE MUSIC

The Center at Founders Village Senior & Community Center  
714-593-4446

# Drop-In Activities

The Center at Founders Village offers a variety of ways to stay active and socialize. Drop-in to one of the activities today!

## Billiards



On the left side of the hallway, the billiards room has four pool tables, cue sticks, and billiards balls to use. First come, first serve. Please use the sign in sheet at the Front Desk.

**Billiards Room Hours:**

M/W/F - 8:30AM - 4:30PM

T/TH - 8:30AM - 7:00PM

**No Cost!**

**Features**

- ☑ Four Tables
- ☑ Billiards Balls
- ☑ Cue Sticks



## Sun Room



A game table, puzzles, two computers, and even a printer (.10 cents per black and white page). Our Sun Room has a fireplace to keep you warm while you sit and relax in the chairs and read from one of the books in our library.

**Sun Room Hours:**

M/W/F - 8:30AM - 4:30PM

T/TH - 8:30AM - 7:00PM

**No Cost!**

**Features**

- ☑ Library
- ☑ Puzzles
- ☑ Computers
- ☑ Printing



## Fitness Room

Stop by the Front Desk for more information and to pick up the membership packet and to watch the orientation video. Please use the sign in sheet at the Front Desk.

**Fitness Room Hours:**

Monday, Wednesday, and Friday - 8:30AM-4:30PM

Tuesday and Thursdays - 8:30AM-7:00PM

\*\*The Fitness Room is closed on Tuesdays and Thursdays from 1:30PM-3:30PM due to classes held by Coastline Community College. See page 12.

**Features:**

- ☑ Weights and Equipment
- ☑ Treadmills
- ☑ Exercise Bikes

**Membership Options**

- \$2.00 Daily
- \$10 for 10 Visits
- \$20 for 20 Visits
- \$100 for a Year

Sponsored by:



# Free iPad Rentals

The Center at Founders Village Senior and Community Center is now offering free iPad rentals for use inside of the facility!



All that is required is a valid form of ID.



For more information, or to rent an iPad, visit the Front Desk.

*This project is funded in whole or in part through a grant from the California Department of Aging.*

**FREE**

## Community Legal Aide

Every Third Tuesday of the Month

9:15am to 12:00pm

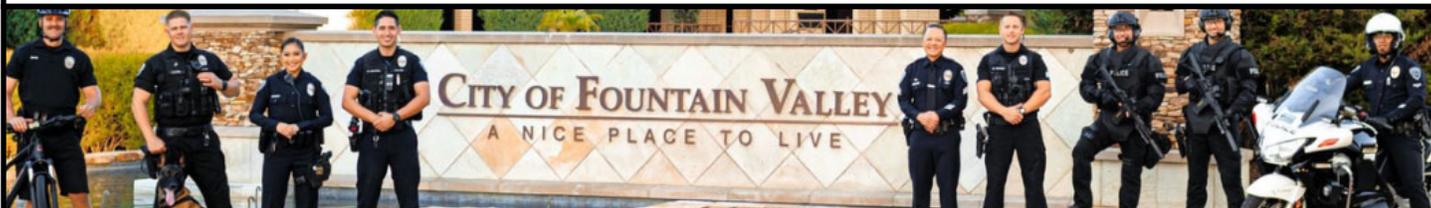
Appointment Required



The legal advocacy program (Legal Aid) provides seniors 60 years or older, residing in Orange and Los Angeles Counties with free counseling, referrals, and representation and in administrative and civil cases. A brief 20 minute consultation for adults 60 and older.

Advice and referrals are made are made by a paralegal under the direction of an attorney in area such as bankruptcy, small claims, wills, powers of attorney, conservatorship, personal injury, workers' compensation, family law and real estate.

**Call The Center at 714-593-4446 to make an in-person appointment for Tuesday, January 20!**



## Y.A.N.A. YOU ARE NOT ALONE

Y.A.N.A. is an out reach program for senior residents living alone and are homebound. Members of the Fountain Valley Retired Senior Volunteer Program (RSVP) regularly check on the well being of Y.A.N.A. participants through personal phone calls and/or home visits.

This service is free and available to Fountain Valley senior residents 65 and over.

For more information contact:

Fountain Valley Police Department 714-593-4526 or stop by the front desk at the Senior Center.



**City of Fountain Valley**  
**Fountain Valley**  
**FOUNTAIN VALLEY FIRE DEPARTMENT**  
**PARAMEDIC MEMBERSHIP PROGRAM**

- ✓ **COST:**  
ANNUAL \$60.00 COST
- ✓ **WHO IS COVERED:**  
ALL WHO RESIDE WITHIN YOUR HOME, & ANYWHERE IN FOUNTAIN VALLEY
- ✓ **WHERE DO I SIGN UP:**  
SIGN UP WITH OUR QR CODE AT THE BOTTOM -OR- COME INTO CITY HALL  
(714) 593-4436  
WWW.FOUNTAINVALLEY.ORG



**Are You Prepared?**  
**DON'T WAIT TO TAKE ACTION!**

Membership offers Fountain Valley residents Annual Paramedic Membership covering all "OUT OF POCKET" costs when insurance is billed for a 9-1-1 Emergency Medical Care or Ambulance Transport to hospital.




**FREE BLOOD PRESSURE CLINIC**  
**Friday, January 23, 2026**  
**10:00AM-10:30AM**

**Have your blood pressure taken monthly by the Fountain Valley Fire Department on the fourth Friday of every month for free.**




**Call The Center for more information at 714-593-4446!**

**HICAP**  
**HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

Health Insurance Counseling Advocacy Program (HICAP) is offered through the Council on Aging-Southern California. HICAP offers free unbiased and individualized counseling on Medicare, Medicare Policies, and other related health insurance topics. The HICAP counselor can assist you by improving your understanding of Medicare related benefits, enrollment requirements, supplemental plans, prescription drug plans, programs to help lower your costs, and long-term care services and support. Assistance with billing issues, including appeals, is also available.

There is no cost to schedule an appointment, but please register by calling our Front Desk at 714-593-4446.

**Tuesday, December 9**  
9:00AM-12:00PM

**Tuesday, January 27**  
9:00AM-12:00PM

**Tuesday, January 13**  
9:00AM-12:00PM





**TAX PREP SERVICES**

The Center provides free, one-hour appointments for tax assistance to people aged 60 and older. This program is run by the Tax Counseling for the Elderly (TCE) volunteers in cooperation with AARP and the IRS. The volunteers are IRS-certified and provide free assistance and basic income tax return preparation, including electronic filing, for qualified individuals.

Every Monday and Wednesday  
 1pm-3pm  
 1 hour Appointments

714-593-4446  
 Registration begins on January 5, 2026

# SENIOR CENTER FOUNTAIN PEN CLASSES

For more information, call us at The Center at 714-593-4446.

All classes listed are held at The Center at Founders Village Senior and Community Center.

**WINTER REGISTRATION OPENS MONDAY, DECEMBER 1 AT 8:30AM**

You can register online at fountainvalley.gov, in person, or through mail.

**NEW!**

## BEGINNER LINE DANCING - LEVEL 1

Kick, stomp, laugh, make friends and learn to line dance! Learn the classic and latest dances with basic patterns and terminology. Great social fun and exercise for the mind and body. No partners needed!

**Instructor:** Kimberly Gautney

CODE	AGE	DAYS	DATES	TIME	FEES
371137-A1	55+	W	1/14-2/18	1:00P-2:00P	\$106
371137-A2	55+	W	2/25-3/25	1:00P-2:00P	\$90



**NEW!**

## BEGINNER TWO STEP AND COUPLE'S DANCING - LEVEL 1

Laugh, Make Friends and Learn to Couples Two Step and Partner Dances. Learn the classic Country Two Step with basic patterns, turns and terminology and favorite partner dances like the Cowboy Cha Cha. Great social fun and exercise for the mind and body. Partners preferred but not required.

**Instructor:** Kimberly Gautney

CODE	AGE	DAYS	DATES	TIME	FEES
371505_A1	55+	Tu	1/14-2/18	2:00P-3:00P	\$106
371505_A2	55+	Tu	2/25-3/25	2:00P-3:00P	\$90

## INTEGRAL TAI CHI FOR SENIORS

Integral Tai Chi for seniors is a health improvement program, combining body movements, relaxation, breathing techniques, and meditation in one system that integrates body, mind, and spirit. They are designed to increase energy, flexibility, balance, and concentration. Yoga and water at room temperature are recommended.

**(Optional) Material Fee:** \$20 for t-shirt.

No Class: 1/19 and 2/16

**Instructor:** Compassionate Service Society

CODE	AGE	DAYS	DATES	TIME	FEES
371032-A1	55+	M	1/12-3/23	2:00P-3:30P	\$24

## INTEGRAL TAI CHI 1

The 10-form integral Tai Chi combines Yoga, Tai Chi and Qi Dong movements. It has been developed as a way to improve physical wellness, sharpen mental focus, and train meditative awareness through a combination of exercises, breathing, relaxation, visualization, and meditative techniques.

Yoga mat and water at room temperature are recommended.

**(Optional) Material Fee:** \$20 for t-shirt.

**Instructor:** Compassionate Service Society

CODE	AGE	DAYS	DATES	TIME	FEES
361031-A1	18+	Tu, Th	1/13-3/26	5:00P-7:00P	\$42

## INTEGRAL TAI CHI 2

A continued advancement from Integral Tai Chi I. The 10-form integral Tai Chi is designed to develop and maintain equilibrium in the center of the body's "spinning energy" to give practitioners a physical, mental, emotional, and spiritual balance. Achieving physical harmony will bring forth harmony and balance in life.

Yoga mat and water at room temperature are recommended.

**(Optional) Material Fee:** \$20 for t-shirt.

**Instructor:** Compassionate Service Society

CODE	AGE	DAYS	DATES	TIME	FEES
361032-A1	18+	Tu, Th	1/13-3/26	5:00P-7:00P	\$42

## DRAWING AND PAINTING FOR EVERYONE

A drawing and painting class for everyone. If you are interested in learning shading, contouring, perspective, then the class will start by introducing and mastering those areas. Continuing painting students will be supervised and instructed in composition, color mixing and proportion. Students will work in both a group and individual capacity. Materials list provided by instructor, students will purchase own supplies (Approximately \$150).

**Instructor:** Beth Chilcott

CODE	AGE	DAYS	DATES	TIME	FEES
373013-A1	55+	W	1/14-3/25	9:30A-11:30A	\$96



# SENIOR CENTER FOUNTAIN PEN CLASSES

For more information, call us at The Center at 714-593-4446.

All classes listed are held at The Center at Founders Village Senior and Community Center.

**WINTER REGISTRATION OPENS MONDAY, DECEMBER 1 AT 8:30AM**

You can register online at fountainvalley.gov, in person, or through mail.

## LINE DANCING FOR BEGINNERS

Come join the fun as you learn various basic steps of line dancing. No prior dance experience needed. Comfortable attire suggested.

**Instructor:** Edward Camarena

CODE	AGE	DAYS	DATES	TIME	FEES
371134-A1	55+	F	1/23-3/27	1:15P-2:30P	\$46

## LINE DANCING 2/3/4

This class will perform dances to many patterns and steps to different types of music and tempos. Line Dancing is proven to help with memory, balance, mobility, cardiovascular fitness, and can help with regular physical activity. Must be level 2 or 3 to take class, sorry no beginners. Remember it's for fun, and you do not need a partner! The A1 session is Line Dancing 3/4. The A2 session is Line Dancing 2/3.

No Class: 2/16

**Instructor:** Edward Camarena

CODE	AGE	DAYS	DATES	TIME	FEES
371133-A1	55+	M	1/26-3/23	10:00A-11:15A	\$46
371133-A2	55+	M	1/26-3/23	11:15A-12:30P	\$46



## MUSICAL CHAIR - SEATED FITNESS

Did you know moving to music is number one for warding off dementia? Challenge your brain, strengthen your muscles, protect your joints, and reduce your fall risk. Class taught while seated in the chair. You will love the fun music and uplifting instructor! \*\*\*NEWBIES: FIRST DAY, TRY-IT BEFORE YOU BUY IT 1/14\*\*\*

**Material Fee:** \$10

No Class: 2/18 and 3/18

**Instructor:** CS Dance Factory

CODE	AGE	DAYS	DATES	TIME	FEES
371131-A1	55+	W	1/14	10:45A-11:30A	FREE
371131-A2	55+	W	1/14-3/25	10:45A-11:30A	\$96



## PERSONAL TRAINING 30 MINUTE SESSION

Are you looking for a customized one-on-one fitness program suitable for your needs and abilities? Book a personal training session and make a positive change in your health. You can build muscle, endurance and flexibility at any age. Cathy will make your program suitable and at the level you are comfortable with. With over 12 years' experience working with the older population, she is an expert in helping clients reach their fitness goals and upgrading their quality of life.

NOTE: Must be available 10:30am-12:00pm. Trainer will notify you of the 30-minute slot you are assigned to for the session. Please fill out trainer's intake forms prior to first meeting. Walk-Ins are subject to availability, please call The Center at Founders Village Senior & Community Center for availability.

**Material Fee:** \$10.00

No Class: 3/19

**Instructor:** CS Dance Factory

CODE	AGE	DAYS	DATES	TIME	FEES
371192-A1	55+	Th	1/15-2/5	10:30A-12:30P	\$166
371192-A2	55+	Th	2/26-3/26	10:30A-12:30P	\$166



## ZUMBA GOLD

Keep your body and mind as healthy as you can. Did you know that dancing can reverse the signs of aging in the brain? Experience this and groove at your own pace in this Zumba Gold dance party workout for the young at heart! Easy-to-follow, low-impact, dance steps. Feel the JOY! \*\*\*NEWBIES: TRY IT BEFORE YOU BUY IT 1/15\*\*\*

No Class: 2/12, 2/19, and 3/19

**Instructor:** CS Dance Factory

CODE	AGE	DAYS	DATES	TIME	FEES
371130-A1	55+	Th	1/15	9:00A-10:00A	FREE
371130-A2	55+	Th	1/15-3/26	9:00A-10:00A	\$94

## STRETCH AND FLEX

This class helps condition muscles, joints, and range of motion with easy stretching exercises. The exercises are done in a chair to take any stress away from hips, knees, and lower back. Deep breathing techniques are used to increase oxygen intake and decrease everyday stress. This class will help with flexibility, balance, and mobility.

**Instructor:** Edward Camarena

CODE	AGE	DAYS	DATES	TIME	FEES
371132-A1	55+	Tu	1/20-3/24	3:15P-4:15P	\$46

# Clubs and Groups

All clubs and groups are free to join, no experience needed!

*If you have additional questions, please call The Center at 714-593-4446.*

## **Beading Buddies Club**

Join Christine Smith, jewelry instructor, as she leads the "Beading Buddies Club." This group meets on the second and fourth Friday of each month from 10am to 12pm in the Art Room.

## **Bluegrass Music Jam Session**

Join us on the second Thursday of the month from 5:00pm-8:00pm in the Lecture Room to participate in a jam session. Please bring your own instrument.

## **Board Game Club**

Every Thursday from 1:00pm-4:00pm in the Conference Room. Club members are encouraged to bring a board game to play.

## **Bridge Group (Monday)**

This group meets in two sessions every Monday in the Art Room. The first session meets from 12:00pm to 2:10pm and is an intermediate and refresher bridge game. The second session meets from 2:15pm to 4:15pm and is an experienced and intermediate bridge game. If you would like to play please contact Wanda Granato at [wandagranato@gmail.com](mailto:wandagranato@gmail.com)

## **Bridge Group (Tuesday)**

Play a game of odds! Join us for an evening of Bridge every Tuesday from 4:00pm to 6:30pm in the Conference Room. If you would like to play please contact Wanda Granato at [wandagranato@gmail.com](mailto:wandagranato@gmail.com)

## **Bridge Group (Friday)**

This group plays experienced Intermediate Bridge 12:30pm to 3:30pm every Friday in the Conference Room. If you would like to play contact Carol Jason at [carolandfrank@me.com](mailto:carolandfrank@me.com)

## **Chess Club**

Do you enjoy a fun, challenging game of chess? Do you want to learn how to play chess? Chess club meets every Friday from 12:30pm to 4:00pm in the Art Room.

## **Computer Group**

Our group meets weekly to explore ways of using Windows-based computers alongside iOS devices more effectively. Most members bring their laptops and iPhones/iPads. Each session lasts about two hours, and we often share and discuss current news and topics in science and technology.

## **Diabetes Support Group**

Diabetes education and support group is facilitated by Jane Herin, MSHS, RN BC, BSN on the first Thursday of this month from 10am to 11am in the Conference Room.

## **Fountain Valley Easy Riders**

Join seniors for easy recreational rides on mostly flat, protected terrain every month. All skill levels and bike types are welcome. Helmets required. Contact Henry DuBois for information and riding schedule at 714-962-3106 or email [henry.dubois@csulb.edu](mailto:henry.dubois@csulb.edu)

## **FV Senior Bingo Club**

Join this social group for bingo every Friday from 8:30am to 12:00pm in Hall A & B. Bingo cards are free! The club meeting begins at 9:30am. Thank you to our sponsor



## **FV Genealogy Club**

Have an interest in learning your family tree? Join this new club on Thursdays from 4:30pm-6:30pm in the Conference Room. Laptops are recommended, but not required.

## **Guitar Club**

Join this Vietnamese guitar group and learn how to play guitar and how to play Vietnamese songs. The guitar group is open to anyone wanting to learn to play! This group will be meeting every Wednesday from 9am to 12:30pm in Hall C.

## **Hand and Foot Club**

If you like canasta, this might be your game. Exercise your mind. This group meets every Wednesday from 12pm to 3pm in Hall B.

# Clubs and Groups

All clubs and groups are free to join, no experience needed!

*If you have additional questions, please call The Center at 714-593-4446.*

## **Hearts**

Hearts is a trick-taking game where players avoid cards. This group meets every Thursday from 1pm to 4pm in the Lecture Room.

## **Longevity Stick**

Join this group for easy stretching and deep breathing with a stick. This group meets every Tuesday and Thursday morning from 8:30am to 9:30am in the parking lot.

## **Mahjong Club**

Join the American version of mahjong every Thursday from 1:30pm to 4:30pm in Hall B.

## **Mixed Masters Art Club**

All levels and all medias can be used and are encouraged to attend. This club meets every Thursday 9am to 12pm in the Art Room.

## **Monthly Book Club**

Join the FV Library on the fourth Tuesdays of the month from 1pm to 2pm in the Conference Room. This book club will be led by an OC Librarian. Email [ocpl.fountainvalley@occr.ocgov.com](mailto:ocpl.fountainvalley@occr.ocgov.com) for more information.

## **Party Bridge**

Join an experienced and competitive party bridge game every Monday and Wednesday from 1pm to 4pm in the Lecture Room.

## **Point of View**

Participate in a facilitated, organized, friendly and open discussion. Join every Thursday from 1:00pm to 2:30pm in the Art Room.

## **Poker Club**

Join us for a few hands of Texas Hold'em. This club meets every Monday from 12pm to 3pm in the Conference Room. One dollar suggested donation for gift card is encouraged, but not required.

## **Prostate Cancer Support Group**

Our prostate cancer support group provides a safe space to connect with others coping with prostate cancer. This group meets on the third Thursday of every month from 5pm to 6pm in the Conference Room.

## **Quilting Club**

If you love to sew and to quilt, want to learn how to improve your skills, or learn how to quilt, then join the quilting club. Every Tuesday from 1:30pm to 4:30pm in the Art Room.

## **Scrabble Club**

Come play Scrabble every Friday of every month. Join the group in the Lecture Room from 10:30am to 3:30pm. Beginners are welcome. Bring a lunch!

## **Senior Strum and Sing**

Do you enjoy singing and/or playing traditional country, folk, pop and gospel music? This group meets the first and third Wednesdays of every month in Hall C from 1:00PM-3:30PM.

## **Table Tennis Club**

Do you enjoy a friendly match of table tennis? Whether you're experienced or beginner, join us every Wednesday in Hall B and Friday in Hall C from 8:30am to 11:00am. Closed toe shoes are required!





## Huntington Beach Adult School Classes

Class	Day	Time	Dates	Fees	Instructor
Writing Your Life Story	Wed	10am to 12pm	1/7 – 2/25	\$129	Antonia Zupancich

*You can register online at the Huntington beach Adult School website: [hbas.edu](http://hbas.edu). You can also do a walk-in registration at their location at 17231 Gothard Street, Huntington Beach, 92647 or by mail with a registration form. Classes may be cancelled when less than the minimum number needed have pre-registered. For additional information, please call 714-842-4227 ext.4405*

## Coastline Community College Classes

Join Coastline Community College's free group exercise course. This class is designed for students with physical limitations to reduce the risk of falls by using a multidimensional approach to maintain/improve balance and mobility.

Class	Day	Time	Dates	Location	Instructor
Adaptive Balance and Mobility	Tues/Thurs	9:00am to 10:00am	2/3-5/28	SC	Cordovil
Adaptive Balance and Mobility	Tues/Thurs	10:00am to 11:00am	2/3-5/28	SC	Cordovil
Adaptive Balance and Mobility	Tues/Thurs	11:00am to 12:00pm	2/3-5/28	SC	Cordovil
Adaptive Fitness	Tues	12:30pm to 1:30pm	2/3-5/28	SC	Jaeger
Adaptive Strength and Conditioning	Tues/Thurs	1:30pm to 3:30pm	2/3-5/28	SC Fitness Room	Jaeger

*Register by calling 714-241-6214. An intake form will be taken by phone and an application will be mailed to you. The office address is Newport Learning Center, 1515 Monrovia Avenue, Newport Beach, CA 92663*

**FREE!**

**CHAIR VOLLEYBALL**  
**Dec 11th & Jan 29th**  
**12:30pm-1:30pm**



# December Lecture Series

- 1 Alzheimer's Risk Reduction Strategies**  
Presented by: MemorialCare Orange Coast Medical Center  
Wednesday, December 10  
3:00P-4:30P

This lecture provides an overview of evidence-based lifestyle and health practices that may help reduce the risk of Alzheimer's disease. Participants will learn about the role of nutrition, physical activity, cognitive stimulation, sleep, social engagement, and chronic disease management in supporting long-term brain health. Practical tips and simple daily habits will be highlighted to empower individuals to take proactive steps toward protecting memory and cognitive function.

- 2 Responding to Dementia-Related Behaviors**  
Presented by: Syrentis  
Thursday, December 11  
1:30P-2:30P

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

# January Lecture Series

- 1 Understand Heart Attacks**  
Presented by: MemorialCare Orange Coast Medical Center  
Thursday, January 22  
3:30P-4:30P

*Prevention, Warning Signs, and Lifesaving Actions.* This lecture explains what a heart attack is, why it happens, and who is at risk. Participants will learn how to recognize early warning signs, understand common risk factors, and explore practical lifestyle strategies to support heart health. The session also highlights essential steps to take during a heart emergency to improve outcomes and save lives.

Visit the front desk or call (714) 593-4446 to register.

Drop ins are welcome, but pre-registration is highly encouraged to avoid cancellation.

# AARP Smart Driver Refresher Course

Refresh your driving skills with the AARP SMART DRIVER COURSE!

This is a single class refresher course for those who have already taken the AARP Driver's Safety Course and wish to refresh their knowledge.

**\$20.00 for AARP Members and \$25.00 for Non-AARP Members**



**Thursday, January 15 at 9:00AM-1:00PM**



The course will be held at  
The Center at Founders Village Senior and Community Center  
17967 Bushard Street, Fountain Valley



For additional information or to register, please call 714-593-4446



# ONGOING ACTIVITIES

## Monday

- 10:00am Line Dancing 3/4 \$ in Hall C
- 11:15am Line Dancing 2/3 \$ in Hall C
- 12:00pm Monday Bridge in the Art Room
- 12:00pm Poker Club in the Conference Room
- 1:00pm Party Bridge in the Lecture Room
- 2:00pm Integral Tai Chi for Seniors \$ in Hall BC

## Tuesday

- 8:30am Longevity Stick in Parking Lot
- 9:00am Balance and Mobility with Coastline in Hall C
- 9:00am Referral Services in Lecture Room
- 11:30am MOW Congregate Meal Program in Hall AB
- 1:00pm Adaptive Strength and Conditioning in Hall C
- 1:30pm Quilting Club in the Art Room
- 3:15pm Stretch and Flex \$ in Hall AB
- 3:30pm Tech Tutor with FVHS Leo Club in the Sun Room +
- 4:00pm Tuesday Bridge in the Conference Room
- 5:00pm Integral Tai Chi I & II \$ in Hall AB

## Wednesday

- 9:00am Guitar Club in the Hall C
- 8:30am Table Tennis in Hall B
- 9:30am Drawing & Painting for Everyone \$ in Art Room
- 10:00am Writing Your Life Story \$ with HBAS in Lecture Room
- 10:45am Musical Chair - Seated Fitness \$ in Hall A
- 11:00am Referral Services - Remote
- 12:00pm Hand and Foot Club in Hall B
- 1:00pm Party Bridge in the Lecture Room
- 1:00pm Beginner Line Dance - Level 1 in Hall A

## Thursday

- 8:30am Longevity Stick in Parking Lot
- 9:00am Balance and Mobility with Coastline in the Hall C
- 9:00am Mixed Masters Art Club in the Art Room
- 9:00am Zumba Gold \$ in Hall A
- 10:30am Personal Training \$ in Fitness Room
- 11:30am MOW Congregate Meal Program in Hall AB
- 12:30pm Tech Tutor - Cullan in Sun Room +
- 1:00pm Point of View in the Art Room
- 1:00pm Hearts Club in the Lecture Room
- 1:00pm Board Game Club in Conference Room
- 1:00pm Adaptive Strength and Conditioning in Fitness Room
- 1:30pm Mahjong in Hall B
- 3:30pm Tech Tutor with FVHS Public Works Club in Sun Room +
- 5:00pm Integral Tai Chi I & II \$ in Hall AB
- 4:30pm FV Genealogy Club in Conference Room

## Friday

- 8:30am Table Tennis in Hall C
- 9:00am Computer Group
- 9:30am FV Senior Club BINGO in Hall AB
- 10:30am Scrabble Club in Lecture Room
- 12:30pm Chess Club in Art Room
- 12:45pm Bridge in Conference Room
- 1:15pm Line Dancing For Beginners \$ in Hall C

		MONDAY	TUESDAY
	1		2 FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 2P-3P
	8	8 MOVIE MONDAY NATIONAL LAMPOON'S CHRISTMAS VACATION (1989) 1:30P	9 HICAP+ 9A-12P HOLIDAY LUNCHEON \$ \$7.00 11:30A-1:00P FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 2P-3P BRAIN GAMES 3:30P-4:30P
	48#		49
	55#	#	23
	29		30

CENT

### Calendar Key

- \$ Fee based class. Pre-Register before attending the class.
- + Sign up at The Front Desk
- < By Appointment Only

# DECEMBER

WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SENIOR STRUM AND SING 1:00P-3:30P</p> <p>FREE ART WORKSHOP 3:15P-4:30P</p>	<p>4</p> <p>DIABETES SUPPORT GROUP 10A-11A</p> <p>FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1P-3P</p>	<p>5</p>
<p>43# #</p> <p><b>CRAFT AND CHAT +</b> 12P-1P</p> <p><b>ALZHEIMER'S RISK REDUDCTION STRATEGIES+</b> MEMORIALCARE ORANGE COAST 3:00P-4:30P</p>	<p>44#</p> <p>FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1P-3P</p> <p>CHAIR VOLLEYBALL 12:30P-1:30P</p> <p><b>RESPONDING TO DEMENTIA-RELATED BEHAVIORS +</b> SYRENTIS 1:30P-2:30P</p> <p><b>CENTER CLOSSES AT 2:30P</b></p>	<p>45#</p> <p>BEADING BUDDIES 10A-12P</p>
<p>4:# #</p> <p>18</p> <p>4&lt;</p> <h1>ER CLOSED</h1>		
<p>24</p>	<p>25</p>	<p>26</p>
<p>31</p>		

# ONGOING ACTIVITIES

## Monday

- 10:00am Line Dancing 3/4 \$ in Hall C
- 11:15am Line Dancing 2/3 \$ in Hall C
- 12:00pm Monday Bridge in the Art Room
- 12:00pm Poker Club in the Conference Room
- 1:00pm Party Bridge in the Lecture Room
- 2:00pm Integral Tai Chi for Seniors \$ in Hall BC

## Tuesday

- 8:30am Longevity Stick in Parking Lot
- 9:00am Balance and Mobility with Coastline in Hall C
- 9:00am Referral Services in Lecture Room
- 11:30am MOW Congregate Meal Program in Hall AB
- 1:00pm Adaptive Strength and Conditioning in Hall C
- 1:30pm Quilting Club in the Art Room
- 2:00pm Beginner Two Step and Couple's Dancing \$ in Hall A
- 3:15pm Stretch and Flex \$ in Hall AB
- 3:30pm Tech Tutor with FVHS Leo Club in the Sun Room +
- 4:00pm Tuesday Bridge in the Conference Room
- 5:00pm Integral Tai Chi I & II \$ in Hall AB

## Wednesday

- 9:00am Guitar Club in the Hall C
- 8:30am Table Tennis in Hall B
- 9:30am Drawing & Painting for Everyone \$ in Art Room
- 10:00am Writing Your Life Story \$ with HBAS in Lecture Room
- 10:45am Musical Chair - Seated Fitness \$ in Hall A
- 11:00am Referral Services - Remote
- 12:00pm Hand and Foot Club in Hall B
- 1:00pm Party Bridge in the Lecture Room
- 1:00pm Beginner Line Dance - Level 1 in Hall A

## Thursday

- 8:30am Longevity Stick in Parking Lot
- 9:00am Balance and Mobility with Coastline in the Hall C
- 9:00am Mixed Masters Art Club in the Art Room
- 9:00am Zumba Gold \$ in Hall A
- 10:30am Personal Training \$ in Fitness Room
- 11:30am MOW Congregate Meal Program in Hall AB
- 12:30pm Tech Tutor - Cullan in Sun Room +
- 1:00pm Point of View in the Art Room
- 1:00pm Hearts Club in the Lecture Room
- 1:00pm Board Game Club in Conference Room
- 1:00pm Adaptive Strength and Conditioning in Fitness Room
- 1:30pm Mahjong in Hall B
- 3:30pm Tech Tutor with FVHS Public Works Club in Sun Room +
- 5:00pm Integral Tai Chi I & II \$ in Hall AB
- 4:30pm FV Genealogy Club in Conference Room

## Friday

- 8:30am Table Tennis in Hall C
- 9:00am Computer Group
- 9:30am FV Senior Club BINGO in Hall AB
- 10:30am Scrabble Club in Lecture Room
- 12:30pm Chess Club in Art Room
- 12:45pm Bridge in Conference Room
- 1:15pm Line Dancing For Beginners \$ in Hall C

		MONDAY	TUESDAY
	5	<i>TAX APPOINTMENT REGISTRATION OPENS</i>	6 FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P
	45# * #	<i>WINTER CLASS SESSION BEGINS</i>	46  HICAP+ 9A-12P  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P
	4<# #	<b>FHQ WHU# FOR VHG #</b> #	20  LEGAL AIDE+ 9:15A  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P
	26	<b>MOVIE MONDAY THE ITALIANS (2025)</b> 1:30P	27  HICAP+ 9A-12P  <b>LUNAR NEW YEAR LUNCHEON \$</b> \$7.00 11:30A-1:00P  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P  BOOK CLUB 1P-2P  BRAIN GAMES 3:30P-4:30P

### Calendar Key

- \$ Fee based class. Pre-Register before attending the class.
- + Sign up at The Front Desk
- < By Appointment Only

# JANUARY

WEDNESDAY	THURSDAY	FRIDAY
	1 <b>CENTER CLOSED</b>	2 <i>CENTER REOPENS</i>
:# SENIOR STRUM AND SING 1:00P-3:30P	;# DIABETES SUPPORT GROUP 10A-11A  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P  BLUE GRASS JAM SESSION 5P-8P	<# BEADING BUDDIES 10A-12P
47# #  FREE ART WORKSHOP 3:15P-4:30P	15 <b>AARP ONE DAY REFRESHER +</b> 9A-1P  PERFECTO PERFORMS WITH MOW 12:30P  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P  PROSTATE SUPPORT GROUP 5P-6P	49
21  <b>CRAFT AND CHAT+</b> 12:00P-1:00P  SENIOR STRUM AND SING 1:00P-3:30P	22  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P  <b>UNDERSTAND HEART ATTACKS +</b> MEMORIALCARE ORANGE COAST 3:30P-4:30P	23  BEADING BUDDIES 10A-12P  BLOOD PRESSURE CHECKS 10A
28	29  PERFECTO PERFORMS WITH MOW 12:30P  CHAIR VOLLEYBALL 12:30P-1:30P  FITNESS ROOM CLOSED FOR STRENGTH AND CONDITIONING 1:30P-3:30P	30



# Resource & Referral Program



The Center at Founders Village in partnership with Lighthouse Outreach offers support and assistance to help seniors get connected to a variety of resources that promote independence, dignity, and quality of life. Trained Social Workers are available to respond to questions or assist you with researching answers. Appointments are available in person and over the phone. Trained staff are able to connect you with resources for:

- Housing
- Food & Nutrition
- Caregivers or In-Home Support Services
- Eviction or Homelessness
- Legal Aid Referrals
- Employment



## Services

- ✓ **Resource Counseling**  
Tuesdays | 9:00am-11:30am  
Wednesdays | 11:00am-12:30pm (REMOTE)
- ✓ **Mobile Food Pantry**  
Groceries are distributed at no cost each week at two senior housing locations to those experiencing food insecurity and who do not have access to healthy food choices.

### CONTACT US



Schedule an appointment  
(714) 593-4446



For More Information  
[www.fountainvalley.gov](http://www.fountainvalley.gov)

The Center at Founders Village Senior and Community Services

# TECH ASSISTANCE PROGRAMS

NEED ASSISTANCE WITH YOUR PHONE, TABLET, OR LAPTOP? TRY ONE OF OUR ONE-ON-ONE TECH TUTORING APPOINTMENTS. EACH APPOINTMENT SLOT IS A HALF HOUR.

### FVHS LEO CLUB

Fountain Valley High School

Tuesdays  
3:30P-4:30P

### CULLAN - TECH TUTOR

Volunteer

Thursdays  
12:30P-2:30P

### FVHS PUBLIC WORKS CLUB

Fountain Valley High School

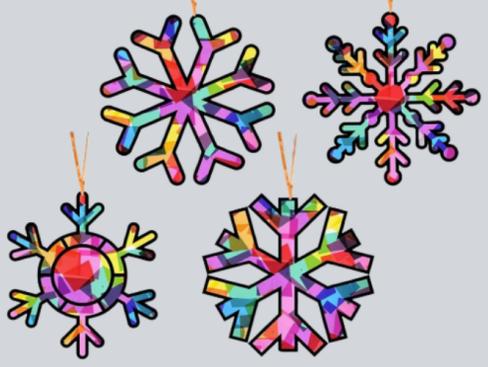
Thursdays  
3:30P-4:30P

TO REGISTER OR FOR MORE INFORMATION PLEASE CALL 714-593-4446 OR VISIT THE FRONT DESK.

**CRAFT**  
**&**  
**CHAT**

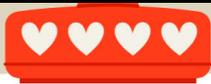
**FREE**

Join us for an opportunity to make friends and decorate your own snowflake suncatcher!



**WEDNESDAY**  
**JAN. 21st**  
**12PM-1PM**

**SPACE IS LIMITED TO 16 PEOPLE SO SIGN UP TODAY!**



Association of Designers and Artists (ADA)  
 Center at Founders Village Senior and Community Center

**FREE ART WORKSHOP**

Wednesday, December 3  
 3:15PM-4:30PM

Wednesday, January 14  
 3:15PM-4:30PM

ALL SUPPLIES PROVIDED. VOLUNTEER INSTRUCTORS FROM THE ASSOCIATION OF DESIGNERS AND ARTISTS WILL TEACH DIFFERENT TECHNIQUES IN CRAFT PAINTING, DRAWING, AND MORE!

EACH WORKSHOP WILL OFFER A SUPPORTIVE AND FUN ENVIRONMENT WHERE SENIORS CAN LEARN NEW SKILLS, TRY DIFFERENT ART FORMS, AND CONNECT WITH OTHERS THROUGH CREATIVITY!

FOR MORE INFO PLEASE CALL

714-593-4446



# FV PUBLIC LIBRARY

Tech Help by Appointment  
 Mon, Dec 1 - Thurs, Dec 4  
 11:00AM-12:00PM

Easy Acrylic Painting:  
 Holiday Cactus  
 Wednesday, December 10  
 4:00PM-6:00PM  
*\*Registration is in person only.*

Death by Chocolate  
*Homes, Marple, and Poe* by James  
 Patterson, Brian Sitts, and  
 Christine Lakin  
 Saturday, December 13  
 11:00AM-12:00PM

Library of Things  
 Cake Pan Demonstration  
 and Winter Tea Party  
 Saturday, December 13  
 2:00PM-4:00PM

Tech Help by Appointment  
 Mon, Dec 15 - Thurs, Dec 18  
 11:00AM-12:00PM

FV Adult Book Group  
*The Unexpected Mrs. Pollifax* by  
 Dorothy Gilman  
 Tuesday, December 16  
 1:00PM-2:00PM  
*\*SPECIAL at the FV Public Library\**

Movie Matinee  
*The Shop Around the Corner*  
 (1940, Approved)  
 Wednesday, December 17  
 2:00PM-4:00PM

Felt Ornament  
 Workshop  
 Saturday, December 20  
 11:00AM-1:00PM  
*\*Registration is required.*

The City of Fountain Valley Public Library  
 17635 Los Alamos, Fountain Valley, CA 92708  
 To register, please call 714-962-1324 or go in person to the Service Desk!

## SENIOR CENTER CODE OF CONDUCT

Please follow these rules out of respect and safety of our employees to ensure we can serve you to the best of our ability.

**PLEASE DO:**

- Respect everyone
- Be kind
- Be understanding
- Be patient
- Respect the rights of others
- Speak civilly and courteously

**PLEASE DO NOT:**

- Discriminate
- Be verbally or physically abusive or threatening
- Use offensive language
- Damage property
- Block doorways
- Use or possess weapons at City facilities
- Disrupt City business

Any individual that actually disrupts, disturbs, impedes, or renders infeasible the orderly conduct of City business may, after a warning, be removed from the City facilities.

Any individual that disrupts City business with a true threat of force may be removed immediately without warning.

## WHAT IS MEALS ON WHEELS?

Meals on Wheels is a nationwide network of community-based, non-profit programs dedicated to providing seniors in their communities with the support that enables them to remain living in their own homes, where they want to be. This support is typically a nutritious meal, a friendly visit and a quick safety check.



**CONGREGATE NUTRITIONAL MEAL PROGRAM**  
**EVERY TUESDAY AND THURSDAY**  
**11:00AM TO 1:00PM**



Once registered, a suggested donation of \$3.00 is requested, although no one is turned away for inability to pay. For more information, call Meals on Wheels Orange County at (714) 823-3294.

To view the menu go to page 21.

# December



## Senior Lunch Menu – December 2025

### Multi-Cultural



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	<b>Turkey Roast</b> Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk		<b>Baked Tilapia</b> Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	
8	9	10	11	**12**
	<b>**Senior Center                      Holiday Luncheon**</b> <b>\$7.00</b> Brown Sugar Glazed Ham Rice Pilaf Green Beans Garden Salad w/ Ranch		<b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	
15	16	17	18	19
Fountain Valley Senior Center Holiday Closure				
22	23	24	25 <b>**25**</b>	26
Fountain Valley Senior Center Holiday Closure				
29	**30**	31		
Fountain Valley Senior Center Holiday Closure				
		<b>Voluntary Contribution - \$3.00</b> <b>Meal Cost for Under Age 60 - \$5.00</b> <b>Meatless Meal</b>		

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.



## PROGRAM INFORMATION

### WHAT HOP ON PROVIDES:

-  WHEELCHAIR ACCESS
-  TRAVEL ANYWHERE WITHIN CITY LIMITS
-  ONE MILE OUTSIDE THE RADIUS

\$2.00 PER ONE WAY TRIP



Monday-Sunday  
8:00am-7:00pm



**MUST BE A RESIDENT OF FOUNTAIN VALLEY**



**60+ YEARS OF AGE**

### LET'S HOP INTO THE APPLICATION PROCESS

1. FILL OUT APPLICATION AND WAIVER FORM
2. IF A CAREGIVER IS NEEDED, THEY ARE REQUIRED TO FILL OUT AN APPLICATION
3. PROOF OF RESIDENCY, DRIVERS LICENSE OR UTILITY BILL
4. APPLICATION WILL NEED TO BE SUBMITTED TO THE CENTER AT FOUNDERS VILLAGE SENIOR AND COMMUNITY CENTER BY:
  - A. MAIL: 17967 BUSHARD ST. FOUNTAIN VALLEY, CA 92708
  - B. E-MAIL: [FVSENIORCENTER@FOUNTAINVALLEY.GOV](mailto:FVSENIORCENTER@FOUNTAINVALLEY.GOV)
  - C. IN-PERSON
5. THE CENTER AT FOUNDERS VILLAGE STAFF WILL REVIEW YOUR APPLICATION
6. IF APPROVED, YOU WILL BE MAILED OR E-MAILED INSTRUCTIONS FOR SCHEDULING YOUR UPCOMING TRIPS



FOR MORE INFORMATION, PLEASE CONTACT THE CENTER AT FOUNDERS VILLAGE AT (714) 593-4446 OR EMAIL [FVSENIORCENTER@FOUNTAINVALLEY.GOV](mailto:FVSENIORCENTER@FOUNTAINVALLEY.GOV)

## Sudoku 1

					3	4	9	
	8	2		1	5			
		6	4	9				
7							2	
		1						
8		7		6	2			
	9			2	6		5	
			8					

**FREE**

# BRAIN GAMES

Brainy & Zany - Let the Games Begin!

**Dec 9th & Jan 27**  
3:30pm-4:30pm

The Center at Founders Village Senior & Community Center

The City of Fountain Valley does not endorse or recommend the products or services seen on this page.

★ ★ ★ ★ ★

## HONORED HERO'S BANNER PROGRAM

SALUTING FOUNTAIN VALLEY RESIDENTS WHO ARE VETERANS OR SERVING ACTIVE DUTY IN THE UNITED STATES ARMED FORCES

SCAN TO PARTICIPATE & FOR MORE INFO, VISIT [FVCOMMUNITYFOUNDATION.ORG](http://FVCOMMUNITYFOUNDATION.ORG) OR CALL (714) 593-4447

Fountain Valley Community Foundation

IN PARTNERSHIP WITH

Alzheimer's Family Center  
CREATE HAPPIER AND HEALTHIER DAYS

Expert Memory Day Care  
Caregiver Support  
Caregiver Respite

9451 Indianapolis Ave - Huntington Beach, CA  
(714) 593-9630 - [www.AFSCenter.org](http://www.AFSCenter.org)

# INSTRUCTORS WANTED!

THE SENIOR CENTER IS LOOKING FOR NEW INSTRUCTORS TO TEACH FITNESS CLASSES TO OUR SENIOR COMMUNITY

CALL 714-593-4446 OR EMAIL [FVSENIORCENTER@FOUNTAINVALLEY.GOV](mailto:FVSENIORCENTER@FOUNTAINVALLEY.GOV)

# AltaMed

Your community health network

FOLLOW US    

## AltaMed Viva Gold is now open in Huntington Beach

Become part of a senior care community designed to improve your health and well-being, and enjoy:

- ✓ Low-cost medications delivered free, same-day
- ✓ A care team to help you reach your health goals
- ✓ A support line to assist with your care plan and rides to doctor visits
- ✓ 24/7 virtual urgent care through **AltaMed Now**



### AltaMed Viva Gold™

**AltaMed Medical and Dental Group — Huntington Beach, Main**

2100 Main St. Ste. 150,  
Huntington Beach, CA 92648

We are here for you! Call **(888) 885-0598** to join today.

**The City of Fountain Valley does not endorse or recommend the products or services seen on this page.**



## Beautiful Living Begins Here

Celebrate Family & Friends on the Gorgeous Grounds of Carmel Village

*Assisted Living & Memory Care*

We put our heart in your well-being.

Schedule a tour of our beautiful Carmel Village community and see senior living the way it was meant to be. Our extraordinary community amenities provides an environment that residents will love. Come and experience our wonderful community and caring staff for yourself.

**Call our friendly team at 714-962-6667 to schedule your personal tour today.**

17077 San Mateo, Fountain Valley, CA 92708  
714-962-6667 • WellQuestCV.com

CA RCFE #306005513 

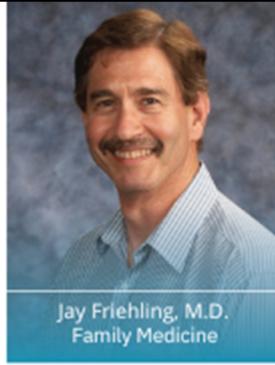
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Kathryn Allen, M.D.  
Family Medicine



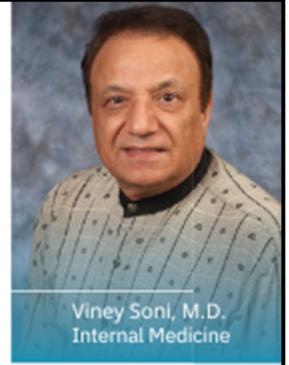
Brian Coyne, M.D.  
Family Medicine



Jay Friebling, M.D.  
Family Medicine



Jennifer Shoquist, M.D.  
Family Medicine



Viney Soni, M.D.  
Internal Medicine

## Primary care you can trust.

**150+ primary care doctors. 1,100+ specialists.**

When you choose a primary care physician with Greater Newport Physicians MemorialCare (GNPM), you receive personalized care and direct access to your doctor to help you maintain your best health. For nearly four decades, GNPM has remained one of the most highly acclaimed, independent physician organizations in Southern California. With leading specialists and nationally recognized hospitals, GNPM patients receive premier, high-quality care.

Greater Newport  
Physicians  
MemorialCare.



Learn More.  
[gnpweb.com/patients](http://gnpweb.com/patients)



### SeaCliff Home Care

Family owned and operated  
All employees are licensed, bonded & insured.

- \* Personal Care
- \* Homemaker
- \* Live-in or hourly
- \* Respite Services

Dementia and Memory Impaired Care

We provide compassionate and professional home care services to seniors in their own home!

714-274-9620

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

HCO# 304700102

# Living Trust

## Only \$750

25 Years of Experience

In-Home or Office Appointments Available

Call Greg  
(949) 851-4969

With **American Quality Care for the Elderly**, peace of mind starts with transparency.

- ♥ Full-time, live-in, 24-hour care
- ♥ Part-time, hourly care (Minimum of 4 hours per day)



American Quality Care  
for the Elderly

[aqcarefortheelderly.com](http://aqcarefortheelderly.com)

Toll-free Number: 1-877-497-2273

The City of Fountain Valley does not endorse or recommend the products or services seen on this page.

What  
Would  
You do  
Without  
Arthritis  
Pain?



(714) 962-5031 | [BENNETTACUPUNCTURE.COM](http://BENNETTACUPUNCTURE.COM)

**S**YRENTIS  
CLINICAL RESEARCH

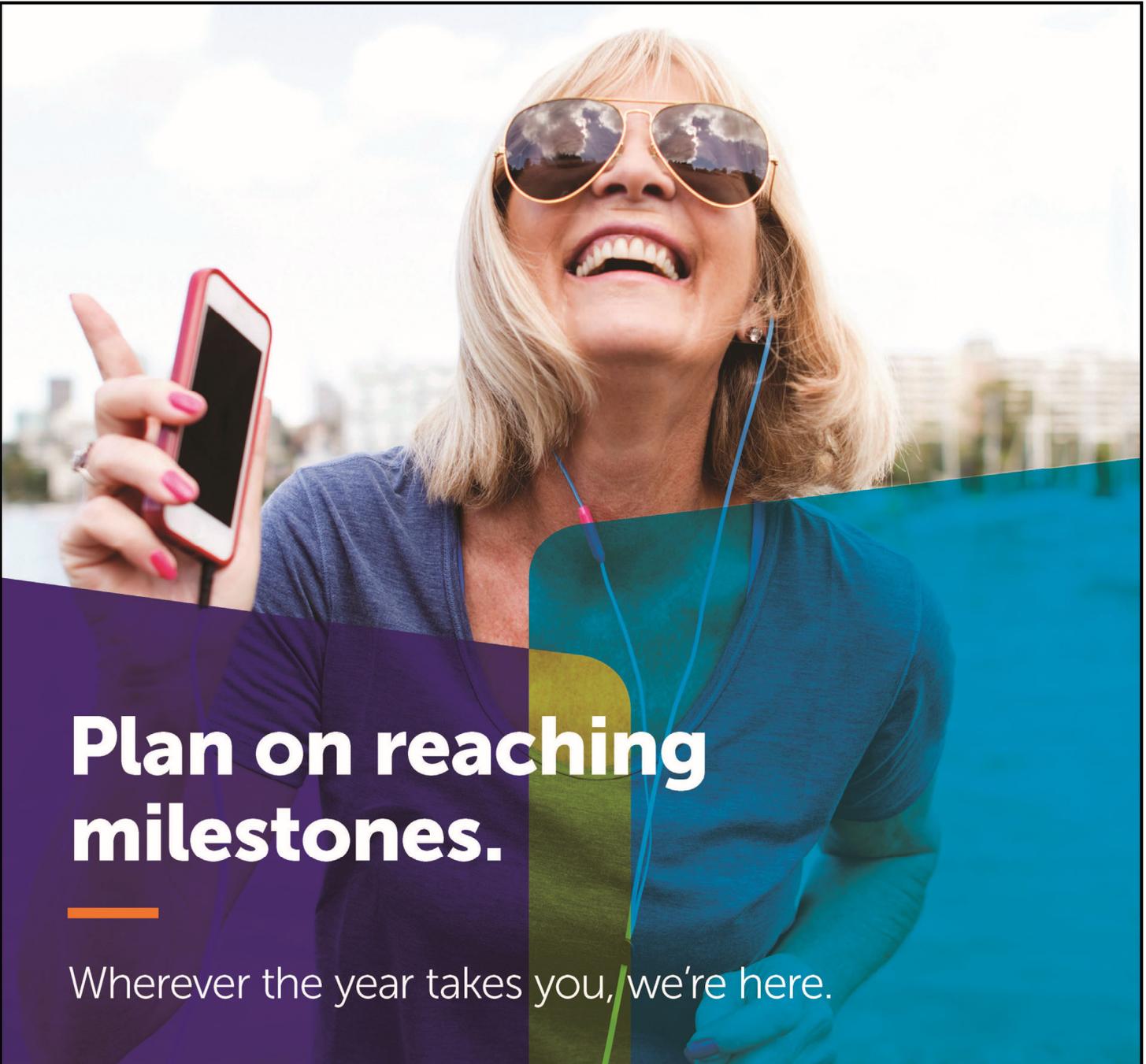


Worried about memory loss  
or diagnosed with  
memory issues?

Call: 1-800-NEW-STUDY

**Consider participating in a clinical research trial**

1401 N. Tustin Ave., Suite 130, Santa Ana, CA 92705 (714) 542-3008 | [www.Syrentis.com](http://www.Syrentis.com)



# Plan on reaching milestones.

Wherever the year takes you, we're here.

No matter how many years you've seen, each one brings its own set of unique challenges and meaningful moments. With MemorialCare's leading physicians and 200+ locations, you can plan on being ready for anything.

**877.MYMEMCARE**  
**choosememorialcare.org**

**MemorialCare**<sup>™</sup>  
Medical Group



**Fountain Valley Community Foundation**  
**Supporting Recreation & Community Services**  
17967 Bushard St.  
Fountain Valley, CA 92708

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*Forward Service Request*

**2025-26 WINTER CLOSURE**  
**THE CENTER AT FOUNDERS VILLAGE  
SENIOR & COMMUNITY CENTER**  
**WILL BE**  
**TAKING A WINTER SNOOZE!**  
**DATES OF CLOSURE**  
**DECEMBER 15, 2025-JANUARY 1, 2026**