

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Leasing Office Open
Monday - Friday
9:00am - 6:00pm

EMERGENCY
911

NON-EMERGENCY
SHERIFF
(949) 770-6011

AFTER HOURS MAINTENANCE
(949) 249-3155

COURTESY PATROL
(855) 667-7247

FOUNTAIN GLEN OFFICE
(949) 249-3155
FAX (949) 249-1980
EMAIL

FGLAGUNA@SARES-REGIS.COM

COX CABLE
(949) 240-1212


SOCAL GAS
(877) 238-0092

SDGE
(800) 411-7343


SEA COUNTRY SENIOR CENTER
(949) 425-5151

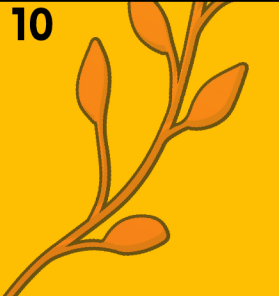
OC ANIMAL CARE
(714) 935-6848




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| <p>3 Daylight Savings November 3rd Set your clocks back an hour</p>  <p>Office Closed</p> | <p>4 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 1:30pm (A) Bunco</p> | <p>5 (A) & (C) Morning Coffee 10:30 (C) Strength Training w/Jasmine 2:30 (C) HICAP "Medicare- What's New in 2025?" 3:30 (C) Resident Roundtable After HICAP Presentation</p> | <p>6 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 6:30pm (A) Bingo</p> | <p>7 (A) & (C) Morning Coffee 10:30 (C) Strength Training with Jasmine 1:00 (A) Chicken Foot Dominoes</p> |
| ANNUAL INSPECTION REFER TO FLYER FOR MORE INFORMATION | | | | |

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| <p>1 (A) & (C) Morning Coffee 12:30-2:00 (C) FG Chorus 1:30 (A) Penny Poker</p> |
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| <p>2 9:30am (A) Coffee & Donuts</p>  <p>Office Closed</p> |
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| <p>10</p>  <p>Office Closed</p> |
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| <p>11 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 1:30pm (A) Bunco</p>  |
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| <p>12 (A) & (C) Morning Coffee 10:30 (C) Strength Training with Jasmine 2:30 (C) Doc Tuesday (A) "Night on Earth" 44min</p> |
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| <p>13 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 6:30pm (A) Bingo</p> |
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| <p>14 (A) & (C) Morning Coffee 10:30 (C) Strength Training w/Jasmine 1:00 (A) Chicken Foot Dominoes 3:30 (C) Celebrate November Birthdays & Welcome New Neighbors</p> |
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| <p>15 (A) & (C) Morning Coffee 12:30-2:00 (C) FG Chorus 1:30 (A) Penny Poker 7:00pm (C) FG Chorus Sing Along & Karaoke</p> |
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| <p>16 9:30am (A) Coffee & Donuts</p>  <p>Office Closed</p> |
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| <p>17</p>  <p>Office Closed</p> |
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| <p>18 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 1:30pm (A) Bunco</p> |
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| <p>19 (A) & (C) Morning Coffee 10:30 (C) Strength Training with Jasmine 2:30 (A) Doc Tuesday "Dancing with Birds" 52min</p> |
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| <p>20 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 6:30pm (A) Bingo</p> |
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| <p>21 (A) & (C) Morning Coffee 10:30 (C) Strength Training w/Jasmine</p>  <p>2:30pm (A) Thanksgiving Luncheon & Food Drive</p> |
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| <p>22 (A) & (C) Morning Coffee 12:30-2:00 (C) FG Chorus 1:30 (A) Penny Poker</p> |
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| <p>23 9:30am (A) Coffee & Donuts</p>  <p>Office Closed</p> |
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| <p>24</p>  <p>Office Closed</p> |
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| <p>25 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga Flow/Qigong with Jasmine 1:30pm (A) Bunco & Prize Party</p> |
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| <p>26 (A) & (C) Morning Coffee 10:30 (C) Strength Training with Jasmine 2:30 (C) Doc Tuesday (A) "Our Great National Parks" 50min</p> |
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| <p>27 (A) & (C) Morning Coffee 10:30 (C) Chair Yoga with Jasmine 6:30pm (A) Bingo</p> |
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| <p>28 Office Closed</p>  |
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| <p>29 (A) & (C) Morning Coffee 12:00-2:00 (C) FG Chorus 1:30 (A) Penny Poker</p> |
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| <p>30 9:30am (A) Coffee & Donuts</p>  <p>Office Closed</p> |
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