FOUNTAINGLEN LAGUNA NIGUEL 55+ APARTMENT HOMES

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

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SOCAL GAS (877) 238-0092

SDGE (800) 411-7343

SEA COUNTRY SENIOR CENTER (949) 425-5151

OC ANIMAL CARE (714) 935-6848

WEDNESDAY SUNDAY **TUESDAY SATURDAY** MONDAY **THURSDAY** FRIDAY (A) & (C) 9:30am (A) **Morning Coffee Coffee & Donuts** 12:30-2:00 (C) **FG Chorus** 1:30 (A) **Penny Poker** Office Closed 9:30am (A) (A) & (C) (A) & (C) (A) & (C) **Daylight Savings** Morning Coffee 10:30 (C) **Morning Coffee** Morning Coffee **Morning Coffee Morning Coffee Coffee & Donuts** November 3rd 10:30 (C) Strength Training w/Jasmine 10:30 (C) Set your clocks 10:30 (C) 12:30-2:00 (C) Chair Yoga 2:30 (C) HICAP "Medicare-Chair Yoga back an hour **Strength Training** Flow/Qigong Flow/Qigong **FG Chorus** with Jasmine with Jasmine What's New in 2025?" with Jasmine 1:30 (A) 3:30 (C) Resident Roundtable 1:00 (A) 1:30pm (A) 6:30pm (A) **Chicken Foot Dominoes Penny Poker** Bingo Bunco After HICAP Presentation Office Closed Office Closed REFER TO FLYER FOR MORE INFORMATION **ANNUAL INSPECTION** (A) & (C) 9:30am (A) 10 Morning Coffee **Morning Coffee Morning Coffee Morning Coffee Morning Coffee Coffee & Donuts** 10:30 (C) Strength Training w/Jasmine 10:30 (C) 10:30 (C) 10:30 (C) 12:30-2:00 (C) Chair Yoga Flow/Qigong Chair Yoga Strenath Training FG Chorus 1:00 (A) with Jasmine Flow/Qigong with Jasmine 1:30 (A) **Chicken Foot Dominoes** with Jasmine 1:30pm (A) 2:30 (C) Doc Tuesday (A) Penny Poker 3:30 (C) Bunco' 6:30pm (A) Celebrate November 7:00pm (C) "Night on Earth" 44min Bingo FG Chorus Sing Along & VETERANS DAY Birthdays & Welcome Office Closed Office Closed **New Neighbors** Karaoke **ANNUAL INSPECTION** (A) & (C) 9:30am (A) (A) & (C) (A) & (C) (A) & (C) (A) & (C) 21 Morning Coffee 10:30 (C) Strength Training w/Jasmine Morning Coffee **Morning Coffee Morning Coffee Morning Coffee** Coffee & Donuts 10:30 (C) 10:30 (C) 10:30 (C) 12:30-2:00 (C) Strength Training Chair Yoga Chair Yoga with Jasmine **FG Chorus** Flow/Qigong Flow/Qigong 2:30 (A) with Jasmine with Jasmine 1:30 (A) **Doc Tuesday** 6:30pm (A) 2:30pm (A) Thanksgiving Luncheon & Food Drive **Penny Poker** 1:30pm (A) "Dancing with Birds" Bingo Office Closed Office Closed Bunco 52min 9:30am (A) (A) & (C) Morning Coffee (A) & (C) (A) & (C) (A) & (C) Office Closed **Coffee & Donuts Morning Coffee Morning Coffee Morning Coffee** 10:30 (C) 10:30 (C) 10:30 (C) Chair Yoga **Strength Training** 12:00-2:00 (C) Chair Yoga Flow/Qigong with Jasmine **FG Chorus** with Jasmine with Jasmine 2:30 (C) Doc Tuesday (A) 1:30pm (A) 6:30pm (A) 1:30 (A) 'Our Great National Parks" **Bunco & Prize Party** Office Closed **Penny Poker** Office Closed Bingo 50min