



# August 2022 EVENTS

**Register/Info:**

**Call (805) 372-1826**

Email [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)

Connect with the Village While Being Comfortable At Home!

## THREE WAYS TO JOIN VIRTUALLY:

1

From a Smart Phone Click [Here](#)

<https://zoom.us/j/5595144773>

2

From your iPad or Tablet

Click [Here](#)

<https://zoom.us/j/5595144773>

3

From your Computer:

Click [Here](#)

- These 1-2-3 links and the Events Calendar all have the new passcode embedded.
- Members can also join Zoom directly from the [Events Calendar](#).
- If you use the old link, you will need to enter **CVV2020**

**To join a Virtual Event please call 805-372-1826 to sign up or register on-line**

**Once you have signed up, you will get an email with the CVV Zoom link. Just click the link at the scheduled time and you should be in, or go to the online calendar on the date and click the link.**

**8/1, 8, 15, 22, 29 (Every Monday) 11:00-12:00**

**Mental Fitness Fun with Mindy – (Zoom) (M,V)**

This is a group activity that is designed to flex your thinking muscles using activities that are fun, varied, and designed to stimulate your brain.

**8/3 (1<sup>st</sup> Wed.) 1:30-3:30**

**Rummikub (M)**

Join us for a game of Rummikub! We will teach you how to play this fun game that combines elements of rummy and mahjong.  
Meet @ The Thousand Oaks Library – Tech. Training Rm

**8/7, 14, 21, 28, 9/4 ( Every Sunday) 10:00-11:00**

**FUNctional Fitness with Jen! – (Zoom) (M,V)**

This FUN activity involves exercises designed to improve your balance, strength, and endurance. Maintain your functional independence right from your living room! *All levels welcome!*

**8/10, 24 (2<sup>nd</sup> & 4<sup>th</sup> Wed.) 4:00-5:00**

**Deep Relaxation/Meditation – (Zoom) (M, V)**

This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey. Your body and mind will thank you.  
Breathe, Relax, and Rejuvenate.

**8/14 (Sun.) 2:00-3:00**

**Travel Trivia with Sandra – (Zoom) (M, V)**

Sandra will quiz you about *Parts Unknown*, so put on your thinking cap and be ready to answer her quiz. Learn interesting facts and figures about our beautiful world from someone who has seen a lot.

**8/14 (Sun.) 5:00-7:00**

**Summer Concerts @ The Park - The Everly**

**Brothers Experience – Conejo Community Park @ Dover and Hendrix Avenues**

Bring your blankets, lawn chairs, and picnics, then sit back and enjoy the music!  
CVV will reserve a lawn spot for us.  
(Look for the balloon).

<p><b><u>8/15 (3<sup>rd</sup> Monday) 5:30-6:30</u></b>  <b><u>CVV Book Club - (Zoom) (M, V)</u></b>  The book this month is "Saturday" by Ian McEwan. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>	<p><b><u>8/17 (Wed.) 12:00-1:00</u></b>  <b><u>Widows Support Group – (Zoom) (M)</u></b>  Sharon Bloom, Ph.D., is hosting a Zoom group for widows who are ready to move forward in their lives and would like to share experiences with others who are going through similar challenges. Contact Sharon at 818 917-3239 if you are interested in joining.</p>
<p><b><u>8/18 (Thurs.) 2:00-3:00</u></b>  <b><u>Wild Fork Foods Tour and Educational Presentation – (M, V)</u></b>  Attention all Foodies! Join CVV for a private tour of this new meat and seafood store. They offer great prices, small portions, recipes, same day delivery and could be the answer to, "what should I make today....?"  (Max. 15 – will schedule another tour if we exceed 15)</p>	<p><b><u>8/19 (Fri.) 2:00-3:00</u></b>  <b><u>Enriching Hour-TED Talks with Carr – (Zoom) (M, V)</u></b>  Carr will present 3 enlightening talks:  *Surprise!  *"Inside the Mind of a Master Procrastinator" by Tim Urban  *"Ultimate Troll!" by James Veitch.  Join us to expand your knowledge!</p>
<p><b><u>8/21 (Sun.) 4:00-5:00</u></b>  <b><u>Fun with Bun on Sun. – Please Come! – (Zoom) (M, V)</u></b>  Lighten up with some levity! Come laugh with us, as Bunnie shares jokes and tickles our fancy. Bring a joke to share. Lots of laughs for all!  It is good for the soul. 😊</p>	<p><b><u>8/23 (Tues.) 4:00-6:00</u></b>  <b><u>Meet and Greet HAPPY Hour @ Cisco's (M, V, G)</u></b>  Come one, come all to our favorite fiesta spot. Great Food, Friends and Fun!  Invite neighbors and friends to sip a cool drink and enjoy a yummy mexican meal with CVV friends.</p>
<p><b><u>8/25 (Thurs.) 3:00-4:00</u></b>  <b><u>Bunnie's Hot Topics – How Do Airplanes Fly? – (Zoom) (M, V)</u></b>  Bunnie &amp; Carr will answer the fascinating question, "How do airplanes fly, even though they weigh mega-tons?" Intriguing facts and stories will be shared.</p>	<p><b><u>8/26 (Fri.) 9:45-11:15</u></b>  <b><u>Mall Walk and Talk (M)</u></b>  Walk at the mall with friends from CVV. Meet downstairs, outside the food court. Walk at your own pace, &amp; connect with fellow members. When we are done, we can meet outside of Nordstrom's for coffee and conversation. Join us!</p>

**(M V G) Attendance Legend: M = Member, V = Volunteer, G = Guest**

*Register for an event or gathering online, or phone a Call Manager at **805-372-1826** to reserve your spot!  
See our online Events Calendar at [www.conejovalleylvillage.org](http://www.conejovalleylvillage.org) for other Member Events.*

Please note that CVV events are subject to change and may have limited space

***Full Members: Please remember to call for transportation requests at least one week in advance 😊***

**Important Reminder:**

**Please remember to register for events. If you signed up & cannot attend, please mark CANCEL REGISTRATION on the event page or call CVV.**