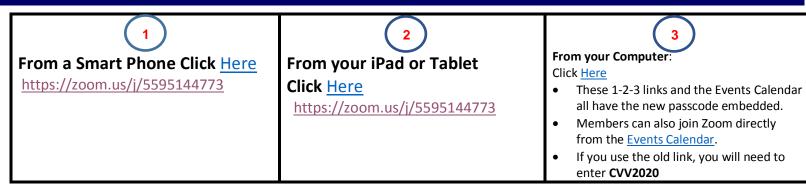


August 2022 EVENTS

<u>Register/Info:</u> Call (805) 372-1826

Email <u>cvv@conejovalleyvillage.org</u>

Connect with the Village While Being Comfortable At Home! THREE WAYS TO JOIN VIRTUALLY:



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	8/3 (1 st Wed.) 1:30-3:30
<u> Mental Fitness Fun with Mindy – (Zoom) (M,V)</u>	Rummikub (M)
This is a group activity that is designed to flex	Join us for a game of Rummikub! We will teach
your thinking muscles using activities that are	you how to play this fun game that combines
fun, varied, and designed to stimulate your	elements of rummy and mahjong.
brain.	Meet @ The Thousand Oaks Library – Tech.
	Training Rm
<u>8/7, 14, 21, 28, 9/4 (Every Sunday) 10:00-11:00</u>	8/10, 24 (2 nd & 4 th Wed.) 4:00-5:00
FUNctional Fitness with Jen! – (Zoom) (M,V)	Deep Relaxation/Meditation – (Zoom) (M, V)
This FUN activity involves exercises designed to	This focused relaxation uses spoken words to
improve your balance, strength, and endurance.	help you feel relaxed and peaceful. Barbara J.
Maintain your functional independence right	will facilitate this virtual journey. Your body and
from your living room! All levels welcome!	mind will thank you.
	Breathe, Relax, and Rejuvenate.
<u>8/14 (Sun.) 2:00-3:00</u>	<u>8/14 (Sun.) 5:00-7:00</u>
<u> Travel Trivia with Sandra – (Zoom) (M, V)</u>	Summer Concerts @ The Park - The Everly
Sandra will quiz you about Parts Unknown, so	Brothers Experience – Conejo Community Park @
put on your thinking cap and be ready to answer	Dover and Hendrix Avenues
her quiz. Learn interesting facts and figures	Bring your blankets, lawn chairs, and picnics,
about our beautiful world from someone who	then sit back and enjoy the music!
has seen a lot.	CVV will reserve a lawn spot for us.
	(Look for the balloon).

8/15 (2rd Monday) 5:20 6:20	8/17 (Wod) 12:00 1:00
$\frac{8/15 (3^{rd} \text{ Monday}) 5:30-6:30}{(N/ N)}$	$\frac{8/17 \text{ (Wed.) } 12:00-1:00}{Widows Support Group - (Zoom) (M)}$
<u>CVV Book Club - (Zoom) (M, V)</u>	<u>Widows Support Group – (Zoom) (M)</u>
The book this month is "Saturday" by lan	Sharon Bloom, Ph.D., is hosting a Zoom group
McEwan. Please let Barbara B. know if you	for widows who are ready to move forward in
are interested in joining. Stimulating	their lives and would like to share experiences
conversation and discussion! (She can provide	with others who are going through similar
the book.)	challenges. Contact Sharon at 818 917-3239 if
	you are interested in joining.
<u>8/18 (Thurs.) 2:00-3:00</u>	<u>8/19 (Fri.) 2:00-3:00</u>
Wild Fork Foods Tour and Educational Presentation	Enriching Hour-TED Talks with Carr – (Zoom) (M,
<u>– (M, V)</u>	<u>V)</u>
Attention all Foodies! Join CVV for a private	Carr will present 3 enlightening talks:
tour of this new meat and seafood store. They offer	*Surprise!
great prices, small portions, recipes, same day	*"Inside the Mind of a Master Procrastinator" by
delivery and could be the answer to, "what should I	Tim Urban
make today?"	*"Ultimate Troll!" by James Veitch.
(Max. 15 – will schedule another tour if we exceed 15)	Join us to expand your knowledge!
<u>8/21 (Sun.) 4:00-5:00</u>	<u>8/23 (Tues.) 4:00-6:00</u>
Fun with Bun on Sun. – Please Come! – (Zoom)	Meet and Greet HAPPY Hour @ Cisco's
<u>(M, V)</u>	<u>(M, V, G)</u>
Lighten up with some levity! Come laugh with us, as	Come one, come all to our favorite fiesta spot.
Bunnie shares jokes and tickles our fancy. Bring a	Great Food, Friends and Fun!
joke to share. Lots of laughs for all!	Invite neighbors and friends to sip a cool drink and
It is good for the soul. \bigcirc	enjoy a yummy mexican meal with CVV friends.
<u>8/25 (Thurs.) 3:00-4:00</u>	8/26 (Fri.) 9:45-11:15
Bunnie's Hot Topics – How Do Airplanes Fly? –	
<u>(Zoom) (M, V)</u>	Mall Walk and Talk (M) Walk at the mall with friends from CVV. Meet
Bunnie & Carr will answer the fascinating	downstairs, outside the food court. Walk at your own
question, "How do airplanes fly, even though	pace, & connect with fellow members. When we are
they weigh mega-tons?" Intriguing facts and	done, we can meet outside of Nordstrom's for coffee
stories will be shared.	and conversation. Join us!

(*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 <u>www.conejovalleyvillage.org</u> 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.