



# June 2023 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 the passcode **CVV2020**

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

**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.**

**6/1 (Thurs.) 9:30-10:30**

**A Leisurely Walk in The Park (M)**

Let's gather at Conejo Creek Park (behind the library) and get some steps in! Smell the flowers, soak in the sights and sounds and connect with CVV friends.

**6/1, 8, 15, 22, 29, 7/6 (Thurs.) 9:45-10:45**

**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! **NOTE: NEW DAY & TIME***

**6/5, 12, 19, 26, 7/3 (Mondays) 11:00-12:00**

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

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

**6/7, 7/5 (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. TO Library Tech Room.

**6/12 (Mon.) 4:00-5:00**


**Fun for Everyone with Bun on Mon. – Please Come! (Zoom) (M, V)**

Lighten up with some levity! Come laugh with us, as Bunnie shares jokes and tickles our fancy. Bring jokes to share if you can. Lots of laughs for all! It is good for the soul.

**6/14 (Wed.) 12:00-2:00**

**Summer Picnic in the Park (M)**

It's Picnic Time! Enjoy lunch with friends, while enjoying the fresh air and bird songs. BYOL - Bring your own lunch. Meet at the Willow Bend Pavilion at Conejo Creek Park North (behind the Library). If you so desire, you can walk around the park after lunch to walk off a few calories.

<p><b>Deep Relaxation/Meditation will return in July</b></p> <p>Barbara is relaxing and recharging on vacation 😊</p>	<p><b><u>6/18 (Sun.) 2:00-3:00</u></b>  <b><u>Trivia with Sandra (M, V)</u></b>  Sandra will enlighten us with fascinating trivia! Learn new facts and figures to impress your friends and family! Can you guess the answers before she tells us the facts?</p>
<p><b><u>6/19 (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 “Remarkably Bright Creatures” by Shelby Van Pelt. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>	<p><b><u>6/21 (Wed.) 12:00-1:00</u></b>  <b><u>Widows Support Group – (Zoom) (M)</u></b>  Sharon Bloom, Ph.D., hosts Zoom gatherings 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 in advance at 818-917-3239 if you are interested in joining.</p>
<p><b><u>6/21 (Wed.) 5:00-7:00</u></b>  <b><u>Holdren’s Meet &amp; Greet (M, V, G)</u></b>  It’s time for a CVV Happy Hour at one of our hometown favorite restaurants. Come One, Come All! Bring a Friend. We will enjoy a yummy meal, great atmosphere, and exceptional camaraderie. What is better than Friends and Food? 😊</p>	<p><b><u>6/22 (Thurs.) 10:00-12:00</u></b>  <b><u>Lunch and Learn with Rosa Lee (M, V)</u></b>  If you like to cook, or want to just have lunch with CVV friends, join Rosa Lee as she prepares a 3-course lunch in her home and teaches you how to do it yourself... simple recipes included! Menu to follow. Donations encouraged and will support CVV. <b>Space limited to 8. Register by 6/16</b></p>
<p><b><u>6/29 (Thurs.) 9:45-11:15</u></b>  <b><u>Mall Walk and Talk (M)</u></b>  Walk at the mall with friends from CVV. The temperature is perfect! 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 for coffee @ 10:30, even if you don’t walk.</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.conejovalleyvillage.org](http://www.conejovalleyvillage.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 CANCEL REGISTRATION on the event page or call us at 805-372-1826.**