



April 2024 EVENTS

Register/Info:

Call (805) 372-1826

Email 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 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.

4/1, 8, 15, 22, 29, 5/6 (Mondays) 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.

4/4, 11, 18, 25, 5/2 (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!

4/4, 5/2 (Thurs.) 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.

4/5, 12, 19, 26, 5/3... (Every Fri.) 11:00-3:00

Hand, Knee and Foot Canasta - (M)

Come and play this great game with fellow CVV members. Knowledge of this game required. BYO snacks. Join the fun! Library Tech Training Room.

4/10, 24 (2nd & 4th 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.

4/12 (Fri.) 5:00-6:00

Perry Mason – “The Case of the Sleep Walker’s Niece” - (Zoom) (M, V)

Loretta will share some of her favorite Perry Mason episodes as we walk down memory lane. It remains one of the longest-running and most successful legal themed television series. Enjoy suspense, intrigue and drama. Are they guilty? **You will find out.** 😊

4/15 (3rd Monday) 5:30-6:30

CVV Book Club – (Zoom) - (M, V)

The book this month is “Miller’s Valley” by Anna Quindlan. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)

4/16 (Tues.) 4:30-6:30

CVV 7th Anniversary Party! – (M, V)

Let’s all celebrate our 7th anniversary together! We will sponsor a scrumptious dinner at the North Ranch Center. Lively Entertainment for All!

<p><u>4/17 (Wed.) 12:00-1:00</u> <u>Widows Support Group – (Zoom) - (M)</u> 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><u>4/18 (Thurs.) 5:00-6:00</u> <u>Enrichment Hour with Loretta – (Zoom) - (M, V)</u> Join Loretta as she shares an enriching video. This month’s video is titled, “Sleep: Why Deep Sleep is so Important”. The video will enlighten us about the benefits of deep sleep and how we can improve our sleep each night. Let’s enrich our knowledge. A Lively discussion to follow.</p>
<p><u>4/18 (Thurs.) 2:00-3:00</u> <u>CVV Financial Q & A Seminar: Round 2 – (Zoom) – (M, V)</u> CVV volunteer Ralph Gould, will lead a panel discussion to answer questions about financial issues of interest to CVV members such as, “have I saved enough for retirement?”, “should I have a ROTH IRA”, or “how could I best fund the education of my grandchildren”?</p>	<p><u>4/21 (Sun.) 4:00-5:00</u> <u>Fun for Everyone with Bun on Sun.-Please Come! (Zoom) - (M, V)</u> Lighten up with some levity! Come laugh with us as Bunnie shares jokes and tickles our fancy. Lots of laughs for all! It is good for the soul. 😊</p>
<p><u>4/24 (Wed.) 10:00-11:00</u> <u>Men’s Breakfast – (M, V)</u> Calling all CVV Men. Join us for a casual breakfast @ Side Street Cafe. Chitchat, make new friends and discover what we have in common.</p>	<p><u>4/25 (Thurs.) 9:45-11:15</u> <u>Mall Walk and Talk - (M)</u> Walk at the mall with friends from CVV. The temperature is perfect! Meet downstairs, outside the food court. Walk at your own pace, & 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>
<p><u>4/26 (Fri.) 5:00-6:00</u> <u>Alfred Hitchcock Presents – “Terror at Northfield” (Zoom) - (M, V)</u> “Good Evening...” Join Loretta and Nancy to once again enjoy this classic show. Drama, suspense, mystery, horror, and crime will all be featured. Reflections of the show will follow.</p>	<p><u>4/29 (Mon.) 9:30-10:30</u> <u>A Leisurely Walk in the Park – (M, V)</u> Let's gather at Conejo Creek Park (behind the library) and get some fresh air! Smell the flowers, soak in the sights and sounds and connect with CVV friends.</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 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.