

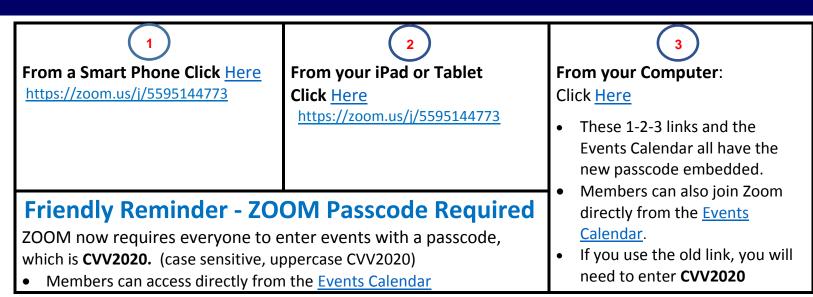
## **November 2020** *VIRTUAL* EVENTS

<u>Register/Info:</u>

Call (805) 372-1826

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

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



## Join us for these fun Member & Volunteer Virtual Events

## 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!

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Free Daily Online Classes at Senior Planet	<u>11/2, 16, 12/7 (Mondays) 9:15-10:15</u>
Whether it's fitness, yoga, lunch and learn,	Coffee and Conversation with Barbara
balance and strength, or a course on using your	Enjoy coffee, breakfast if you choose, and
smartphone, you can join directly at:	conversation with fellow CVV members at a
https://seniorplanet.org/get-involved/online/	virtual café.
11/2, 9, 16, 23, 30, 12/7 (Mondays) 10:30-11:30	<u>11/3, 12/1 (Tuesday) 2:00-3:00</u>
FUNctional Fitness with Jen!	Planning Ahead with Tony
This FUN activity involves exercises designed to	Join Tony as he helps us to "Plan Ahead".
improve your balance, strength and endurance.	*Preparing for emergencies-rain, flooding-11/3
Maintain your functional independence right	*Winter Weather – 12/1
from your living room! All levels welcome!	
<u>11/5, 12, 19, 12/3, 10 (Thursdays) 12:30-1:15</u>	<u>11/5 (Thurs.) 2:00-3:00</u>
Mental Fitness Fun with Mindy	Birthday Bash!
This is a group activity that is designed to flex	Come one, come all to celebrate
your thinking muscles using activities that are	November birthdays via ZOOM! We will
fun, varied, and designed to stimulate your brain.	reminisce about our favorite birthday
	memories.

<u>11/10 (Tues.) 2:00-3:00</u>	11/11 (Wed.) 11:00-12:00
Nancy's Community News	Senior Nutrition - Facts & Fallacies
Join Nancy for an update on what is	Join VCAAA Registered Dietician, Patti Jaeger,
happening in the Conejo Valley. Share your	for a discussion about nutrition for seniors. Each
latest revelations about upcoming events.	week a new topic will be presented. Handouts
	will be included.
11/11, 25 (Wednesdays) 4:00-5:00	<u>11/13 (Fri.) 1:00-2:00</u>
Deep Relaxation/Meditation	Simple Recipe Exchange
This focused relaxation uses spoken words to	Bring your favorite Thanksgiving recipe to share
help you feel relaxed and peaceful. Barbara J. will	(including leftovers). Deborah M. will share
facilitate this virtual journey.	some of her and Carr's favorites. She will email
	all the recipes afterwards.
<u>11/13 (Fri.) 5:00-6:00</u>	<u>11/15 (Sun.) 2:00-3:00</u>
Alfred Hitchcock Presents	Travel Trivia Happy Hour with Sandra
Enjoy this classic again with Loretta and	Sandra Cherry will quiz you about places and
Nancy. Friday the 13 <sup>th</sup> ! Yikes!	things you may/may not know about traveling
Reflections following the show.	the world. Bring paper and a pen/pencil to write
5	down your answers.
<u>11/16 (Mon.) 5:30-6:30</u>	<u>11/17, 24 (Tues.) 2:00-3:00</u>
<u>CVV Book Club</u>	What's On Your Mind?
The book this month is, "Three Junes", by Julia	Join hosts Penny on the 17 <sup>th</sup> and Karen on
Glass. Please let Barbara B. know if you are	the 24 <sup>th</sup> for a discussion of "What's on Your
interested in joining	Mind?"
<u>11/20 (Fri.) 3:00-4:00</u>	<u>11/21 (Sat.) 4:00-5:00</u>
Journaling with CVV	Travel Reflections with Danny
Let your creative juices flow with a guided	Let's travel to Europe! Danny will present,
journaling exercise. Each month a different topic	"Two Great Cities – London & Paris, A Few
will be offered to journal about.	Days in Each One".
	Days in Each One .
<u>11/25 (Wed.) 2:00-4:00</u>	<u>11/29 (Sun.) 4:00-5:00</u>
Pre-Thanksgiving ZOOM Gathering	Fun with Bun on Sun – Please Come!
Let's all come together on ZOOM and share	Come ready to laugh, as Bunnie shares her jokes
what we are <b>Thankful</b> for! Drop in when you	and tickles your fancy. Lighten up with levity!
can.	Don't forget to bring jokes to share.
CVV WISHES EVERYONE	
	Carlos and
<u>A HAPPY, HEALTHY THANKSGIVING!</u>	