

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 to join"!

**Happy
Summer!**



8/3 (Tues.) 2:30-4:00

ICE CREAM SOCIAL @ Little Calf Creamery (TO)! (M, V)

Beat the heat and enjoy a nice cool ice cream on us! Choose from their many amazing flavors to tickle your fancy. We will also celebrate August Birthdays.



8/5, 12, 19, 26, 9/2 (Thursdays) 12:30-1:15

Mental Fitness Fun with Mindy (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.

8/9, 23 (Mondays) 9:30-10:30

Coffee and Conversation with Michaela (M)

Come and enjoy coffee, breakfast if you choose, and conversation with fellow CVV Members at the Goebel Café.

8/10 (Tues.) 9:30-11:00


Mall Walk and Talk with Barbara (M)

Walk the mall with friends from CVV. Meet downstairs at the Food Court. Walk at your own pace in the cool, air-conditioned mall. Get exercise while you window shop. 😊

8/10 (Tues.) 2:00-3:00

Travel Trivia with Sandra (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.

<p><u>8/11, 25 (Wednesdays) 4:00-5:00</u> <u>Deep Relaxation/Meditation (M, V)</u> This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey. Let your cares float away..... <i>Breathe, Relax, Rejuvenate.</i></p>	<p><u>8/13 (Fri.) 2:00-3:00</u> <u>Enriching Hour - 2 TED Talks: The Single Biggest Health Threat Women Face - part 2 & How to Motivate People to Do Good for Others (M, V)</u> Join Loretta to learn more about these two very important topics.</p>
<p><u>8/15 (Sun.) 4:00-5:00</u> <u>Fun with Bun on Sun. – Please Come! (M, V)</u> 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! Remember: “Laughter is the Best Medicine!”</p>	<p><u>8/16 (Mon.) 5:30-6:30</u> <u>CVV Book Club (M, V)</u> The book this month is “Never Let Me Go” by Kazuo Ishiguro. Please let Dinah F. know if you are interested in joining. (Shel can provide the book!)</p>
<p><u>8/18 (Wed.) 4:00 ish</u> <u>Matinee of the new movie, “Respect” @ Westlake Village Twin (M)</u> Sandra will meet you at the entrance to enjoy this much anticipated movie about Aretha Franklin. Dinner afterwards if desired.</p>	<p><u>8/20 (Fri.) 1:30-2:30</u> <u>Bunnie’s Hot Topics (M, V)</u> Join Bunnie to discuss matters that are important to all of our lives. Each month she will present a new discussion topic. Let’s dive deep into issues that affect us all. Check out the event calendar online or call a Call Manager for the latest topic</p>
<p><u>8/24 (Tues.) 4:30-6:00</u> <u>Meet and Greet at Toppers Pizza Place. (M, V, G)</u> Bring your friends to introduce them to Conejo Valley Village and enjoy the County’s favorite pizza! Meet new CVV members and volunteers.</p>	
<p><u>8/27 (Fri.) 11:00-12:30</u> <u>Rummikub (M)</u> Join us for a fun game of Rummikub that combines elements of rummy and mahjong. For new and experienced players. We’ll teach you! Meet @ Goebel cardroom tables.</p>	<p><u>8/27 (Fri.) 5:00-6:00</u> <u>Alfred Hitchcock Presents (M, V)</u> Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the <i>good ol’ days</i>. Reflections following the show.</p>

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

Register for an event online or call **805-372-1826** to reserve your spot. See our online Events Calendar at www.conejovalleyvillage.org for updates. CVV events are subject to change and may have limited space.

Full Members: Call us if you need a ride to an event
Remember to request transportation at least one week in advance of an event