



December 2021 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 **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"!

12/3 (Fri.) 5:00-6:00

Alfred Hitchcock Presents – Holiday Edition! (M, V)

Enjoy this classic again with Loretta and Nancy. Drama, thriller, horror, crime and mystery all will be featured. Remember the refrain, "Good Evening....."
Reflections following the show.

12/5 (Sun.) 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.

12/8, 22 (Wednesdays) 4:00-5:00

Deep Relaxation/Meditation (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, Rejuvenate

12/5, 19, 1/2 (Sundays) 10:30-11:30

FUNctional Fitness with Jen! (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!*

12/6, 13, 20, 27, 1/3 (Mondays) 11:00-12:00

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.

12/9 (Thurs.) 2:00-3:30

CVV Holiday Cookie Exchange! (M, V)

Tis the Season for Holiday Cookies! Bring 1 dozen (+ a few to sample), of your favorite holiday cookies and take home an assortment brought by others. Enjoy a cup of coffee as you savor the goodies. Marv will host this event in his garage.

<p><u>12/10 (Fri.) 2:00-3:00</u> <u>Enriching Hour-TED Talk: The best way to help is often just to listen. (M, V)</u> Join Loretta as she shares this talk to learn why the simple act of listening (instead of giving advice) is often the best way to help someone in need. Lively discussion to follow.</p>	<p><u>12/12 (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>12/13, 27 (Mondays) 9:30-10:30</u> <u>Coffee & Conversation with Michaela (M,V)</u> Let’s gather on Zoom with our morning “cup of Joe” and enjoy conversation with fellow CVV Villagers. What better way to start the day, than to see a friendly smile greet you with, “Good Morning!” Share what’s on your mind and spread some cheer.</p>	<p><u>12/14 (Tues.) 12:00-2:00</u> <u>CVV Holiday Celebration Luncheon (M,V)</u> Let’s celebrate the Holidays together! Join us for a complimentary buffet luncheon for all of our <i>wonderful members and volunteers</i> at the beautiful Los Robles Greens. There will be photo opportunities for those interested in taking photos with your friends! Please register by 12/7.</p>
<p><u>12/17 (Fri.) 4:00-5:00</u> <u>Keeping Your Brain Sharp-Your Brain Can be Better (M)</u> Loretta will lead this science driven discussion guided by the book, “Keep Sharp: Building a Better Brain at Any Age” by Dr. Sanjay Gupta. Learn strategies for better brain health!</p>	<p><u>12/20 (Mon.) 5:30-6:30</u> <u>CVV Book Club on Zoom (M, V)</u> The book this month is “Fall on Your Knees” by Ann-Marie MacDonald. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book!)</p>
<p><u>12/21 (Tues.) 9:45-11:15 (Note: New Time)</u> <u>Mall Walk and Talk with Sharon (M)</u> Walk off the turkey calories at the mall with friends from CVV. Meet downstairs, outside the food court. Walk at your own pace. Get exercise while you window shop. When we are done, we can meet outside of Nordstrom’s for coffee and conversation. Join us!</p>	<p><u>12/28 (Tues.) 9:30-10:30</u> <u>A Leisurely Outdoor Walk with Barbara and Cathy (location TBD) (M)</u> Rise and Shine! Enjoy the nice fresh air, blue skies, bird songs and comradery. Location will be determined the week of the walk. Check the online calendar for location.</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 ☺