



May 2022 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 the link.

5/1, 8, 15, 22, 29 (Every Sunday) 10:00-11:00

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!*

5/2, 9, 16, 23, 30 (Every Monday) 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.

5/9 (Mon.) 4:00-5:00

Journaling with CVV (M)

Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.

5/10 (Tues.) 12-1:30

Spring Picnic in the Park (M)

What better time than now to enjoy a picnic @ Conejo Creek Park North – Willow Bend Pavilion. Breathe the fresh air, smell the sweet flowers and enjoy each other's company. BYO Lunch. Cookies to be provided by CVV.

5/11, 25 (Wed.) 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, and Rejuvenate.

5/13 (Fri.) 5:00-6:00

Alfred Hitchcock Presents (M, V)

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

<p><u>5/15 (Sun.) 2:00-3:00</u> <u>Travel Trivia on Zoom with Sandra (M, V)</u> Sandra will quiz you about <i>Parts Unknown</i>, 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>	<p><u>5/16 (3rd Monday) 5:30-6:30</u> <u>CVV Book Club on Zoom (M, V)</u> The book this month is "Rocket Men" by Robert Kurson". Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book!)</p>
<p><u>5/18 (Wed.) 8:15-5:00</u> <u>CVV Day @ The Huntington Gardens (M, V)</u> To show our appreciation to all of our Members and Volunteers we will enjoy a day at The Huntington Gardens. Pre-registrations Required. Meet the bus @ Goebel.</p>	<p><u>5/19 (Thurs.) 1:00-2:00</u> <u>Guided Autobiography Q & A on Zoom (M)</u> Learn about GAB (Guided Autobiography), and how we can make writing your memoir fun, interactive and enjoyable. We all have a story to tell! (See Flyer for details – 5 week session in June)</p>
<p><u>5/20 (Fri.) 2:00-3:00</u> <u>Enriching Hour-TED Talk: Depressed dogs, cats with OCD-What animal madness means for us humans (M,V)</u> Tune in to learn what we humans can learn from watching animals cope with depression, sadness and other all-too-human problems.</p>	<p><u>5/22 (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!</p>
<p><u>5/25 (Wed.) 12:00-1:00</u> <u>Widows Support Group (M)</u> Sharon Bloom, Ph.D., is hosting a Zoom group 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 at 818 917-3739 if you are interested in joining.</p>	<p><u>5/26 (Thurs.) 9:45-11:15</u> <u>Mall Walk and Talk with Sharon (M)</u> Walk at the mall with friends from CVV. 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!</p>
<p><u>5/26 (Thurs.) 3:00-4:00</u> <u>Bunnie's Hot Topics – Miniaturization of Computers (M, V)</u> Bunnie & Carr will discuss how far we have come in reducing the size of electronics. Fascinating facts and stories will be shared.</p>	<p><u>5/27 (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>5/31 (Tues.) 11:00-12:00</u> <u>Brunch & Munch @ Breakfast Café (M)</u> Rise and Shine! Enjoy a yummy breakfast at Breakfast Cafe. Sip your coffee and savor your favorite breakfast foods with CVV friends.</p>	<p><u>6/1 (Wed.) 1:30-3:30</u> <u>Rummikub (M)</u> Join us for a game of Rummikub! We will teach you how to play this fun game that combines elements of rummy and mahjong. Meet @ The Thousand Oaks Library – Tech. Training Rm</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 ☺