



# February 2021 ***VIRTUAL* EVENTS**

**Register/Info:**

**Call (805) 372-1826**

Email [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)

Connect with the Village While Being Comfortable and Safer 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**

### Friendly Reminder - ZOOM Passcode Required

ZOOM now requires everyone to enter events with a passcode, which is **CVV2020**. (case sensitive, uppercase CVV2020)

Members and Volunteers can access directly from the [Events Calendar](#)

## 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!**

**2/1, 8, 15, 22, 3/1 (Mondays) 10:30-11:30**

### **FUNctional Fitness with Jen!**

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!

\*Start the New Year with FUN Fitness!

**2/4, 11, 18, 25, 3/4 (Thursdays) 12:30-1:15**

### **Mental Fitness Fun with Mindy**

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.

**2/7 (Sun.) 2:00-3:00**

### **Travel Trivia with Sandra**

Sandra will quiz you about *Parts Unknown*, so put on your thinking cap and be ready to answer her quiz.

**2/8, 22 (Mondays) 9:15-10:15**

### **Coffee and Conversation with Barbara**

Let's start the morning off with a cup of something warm and stimulating conversation with fellow CVV friends.

**2/9 (Tues) 2:00-3:00**

### **Nancy's Community News**

Join Nancy for an update on what is happening in our community. Check out our, "Community Information" tab on the CVV website.

**2/10, 24 (Wednesdays) 11:00-12:00**

### **Senior Nutrition – Fact and Fallacies**

Join VCAAA Registered Dietician, Patti Jaeger, for a discussion about nutrition for seniors. Handouts will be included, and questions answered.

<p><b><u>2/10, 24 (Wednesdays) 4:00-5:00</u></b>  <b><u>Deep Relaxation/Meditation</u></b>  This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.</p>	<p><b><u>2/11 (Thurs.) 2:00-3:00</u></b>  <b><u>Birthday Bash with Barbara</u></b>  Come one, come all to celebrate February birthdays via ZOOM! We will reminisce about our favorite birthday memories. Make a Wish!</p>
<p><b><u>2/12 (Fri.) 4:00-5:00</u></b>  <b><u>Simple Recipe Exchange</u></b>  It's Sweet Month! Bring your favorite low calorie dessert recipes to share. Deborah and Carr will share some of their favorites. Emails with recipes to follow.</p>	<p><b><u>2/14 (Sun.) 2:00-3:00</u></b>  <b><u>Nostalgic Trivia – Valentine’s Day Themed</u></b>  Sandra will lead us down, “Memory Lane” with fun facts and questions about the <i>beloved</i> traditions of Valentine’s Day.</p>
<p><b><u>2/15 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is “Then We Came to the End” by Joshua Ferris. Please let Barbara B. know if you are interested in joining.</p>	<p><b><u>2/16, 23 (Tuesdays) 2:00-3:00</u></b>  <b><u>What’s on Your Mind?</u></b>  Join host Penny on the 16<sup>th</sup> and Karen on the 23<sup>th</sup> for a lively discussion. I’m sure there is a lot on everyone’s mind these days!</p>
<p><b><u>2/19 (Fri.) 3:00-4:00</u></b>  <b><u>Journaling with CVV</u></b>  Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p>	<p><b><u>2/20 (Sat.) 4:00-5:00</u></b>  <b><u>Enriching Hour – TED Talk – “3 Secrets of Resilient People”</u></b>  Join Loretta as we learn three strategies for developing the capacity to brave adversity and overcome struggle with fortitude and grace.</p>
<p><b><u>2/25 (Thurs.) 3:00-4:00</u></b>  <b><u>Share Your Creative Side with Sharon</u></b>  Remember, “Show and Tell” from school? This is the CVV version. Share what you have created, or what you are creating now. (Painting, writing, sewing, cooking, drawing, knitting, crafts, gardening, etc.)</p>	<p><b><u>2/26 (Fri.) 5:00-6:00</u></b>  <b><u>Alfred Hitchcock Presents</u></b>  Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the <i>good ol’ days</i>. Reflections following the show.</p>
<p><b><u>2/27 (Sat.) 4:00-5:00</u></b>  <b><u>Travel Reflections with Danny</u></b>  Let’s travel vicariously through Danny! He will present, “The Emerald Island – Ireland”. We can hum, “When Irish Eyes are Smiling”.</p>	<p><b><u>2/28 (Sun.) 4:00-5:00</u></b>  <b><u>Fun with Bun on Sun – Please Come!</u></b>  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><b><u>3/6 (Sat.) 4:00-5:00</u></b>  <b><u>Keeping Your Brain Sharp-Your Brain Can be Better</u></b>  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 how to protect your mind from decline.</p>