

Join us for these fun member events – REGISTER EARLY!

Registration Requested For All Events

Please wear your name badge to the events!

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| <p>1/2/19 (Wed.) 1:00-3:00 <u>Mexican Train (M)</u> Jump aboard the Mexican Train! This fun game played with dominos will keep you entertained as you try to be the first to use all of your dominos on the train chain.</p> | <p>1/8/19 (Tues.) 9:00-10:00 <u>A Walk in the Park (M)</u> Stroll through Conejo Creek Park North with Julie. All fitness levels welcome! Enjoy the beauty and fresh air!</p> |
| <p>1/14/19 (Mon.) 9:30-10:30 <u>Oaks Mall Walk with Sharon (M)</u> Tis the Season of Eat - Now Exercise! Walk the mall with friends from CVV. Shopping and coffee as a reward afterwards. Meet at Coffee Bean downstairs</p> | <p>1/16/19 (Wed.) 1:00-3:00 <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. Goebel – Chaparral Room</p> |
| <p>1/17/19 (Thurs.) 9:30-10:30 <u>Coffee and Conversation (M)</u> Come and enjoy coffee, breakfast if you so choose, and conversation with fellow CVV Members at The Goebel Cafe.</p> | <p>1/17/19 (Thurs.) 1:45-3:30 ish <u>Enriching Hour: A DVD showing of Topics to Enlighten and Inspire us! (M)</u> This month's DVD is, Walt: The Man Behind The Myth. A revealing portrait of Walt Disney.</p> |
| <p>1/22/19 (Tues.) 1:00-2:30 <u>Treat Yourself to Lunch at Rustico with CVV Friends (M)</u> Rustico's famous "Build a Salad" will be on the menu for all to enjoy. \$7.75</p> | <p>1/23/18 (Wed.) 1:00 ish <u>Movie Matinee with Nancy at the Janss (M)</u> Come enjoy a movie with fellow Villagers! Nancy will notify us a week before which movie she has chosen to entertain the moviegoers. Stay tuned!</p> |
| <p>1/25/19 (Fri.) 3:00-4:00 <u>Joy of Journaling (M)</u> Bring a notebook and pen for an enlightening hour of journaling. Explore your life stories, the stories others bring to their writing. Learn how to be more mindful and positive!</p> | <p>1/30/19 (Wed.) 3:30-5:30 <u>CVV Happy Hour at Crown and Anchor (MVG)</u> Share food and drinks with fellow Villagers in the cozy ambiance of Crown and Anchor Restaurant. Bring a friend!</p> |
| <p>2/7/19 (Thurs.) 3:30-5:30 - <u>Conejo Valley Village Recruitment Event (MVG)</u> Invite your friends to come learn about the benefits of becoming a member and/or volunteer of our Village. We are part of the nationwide Village movement, Aging Better Together! Join Us! Goebel Center.</p> | |

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

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

Full Members: Remember to request transportation - Call us if you need a ride to an event.

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January Community Events – Bring your Friends!

(Note: These events are not sponsored by Conejo Valley Village)

1/6/19 (Sun.) 3:00 – 4:00 – Birdwalk Rancho Potrero Open Space – Rancho Potrero Trailhead

Explore this habitat to see raptors including White-tailed Kites, American Kestrel and more. They will focus on the many sparrow species seen there. Meet at the trailhead west of Rocking K Horse Rental..

1/16/19 (Wed.) 9:00 – 1:00 – WELLNESS FEST – A World of Wellness – Goebel

Interactive courses, 50+ vendors, courtesy shuttle from library and park, raffle entry, health screenings, energy healing, lunch, master gardener tours and more! **Stop by our Conejo Valley Village table too!**

1/18/19 (Fri.) 2:30-4:00 – Preparing for the Unexpected – Goebel

With all the recent events plaguing our community, it is vitally important to be prepared for any unexpected life changing event. From a natural disaster to the sudden loss of a friend, family member, or spouse. Are you prepared? This informative session will help you plan, get ideas and answer your questions.

1/20/19 (Sun.) 2:00-3:30 – On Stage: Petrella & Mixed Influence – Grant R. Brimhall Library Meeting Room

Petrella, The First Lady of Country Soul, and her band "Mixed Influence" will play their blend of R&B, Blues, Country with a Rock edge featuring songs from her 25th year Anniversary CD entitled "Shine on Me" as well as other tunes including her hit "I Found Somebody" written by Glen Frey (Eagles) and other cover songs.

1/22/19 (Tues.) 4:00-5:30 – Path to Positive Aging presents: Now I am Wise – Senior Concerns

Attendees will learn about ways to choose new paradigms that embrace depth and meaning, discover the power of retelling your life story and find wisdom in slowing down. \$10. Suggested donation.

1/28/19 (Mon.) 1:00-2:00 – Healthy Habits for a Healthy You – Thousand Oaks Library

This workshop is for individuals of any age who are looking for information on ways to age as well as possible. At any age, there are lifestyle habits we can adopt to help maintain or even possibly improve health.