



September 2020 VIRTUAL EVENTS

Register/Info:
Call (805) 372-1826
 Email 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: <https://zoom.us/j/5595144773>

2

From your iPad or Tablet

Click: <https://zoom.us/j/5595144773>

3

From your Computer:

Click: <https://zoom.us/j/5595144773>

A window will appear for the meeting; you can join with or without sharing your video

Friendly Reminders

- Let's try and stick to the meeting topic
- Given the technical limitations of video conferencing, if three people speak at one time for example, nobody will be able to hear anybody. Feel free to raise your hand during a busy call 😊

(Note: If using a Mac or Windows PC, an Android or Apple iPhone or tablet, you may be prompted to download the 'ZOOM' application)

Join us for these fun Member & Volunteer Virtual Events

To join a Virtual Event please call CVV 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!

(Tuesdays & Thursdays) 9:30-10:30

Chair Yoga offered by Senior Planet

Participate in a free online chair yoga class with seniors from around the country.

9/1, 9/29 (Tuesdays) 2:00-3:00

Planning Ahead with Tony

Join Tony as he helps us to "Plan Ahead".

*Emergency Evacuation – September 1st

*Election Preparedness- September 29th

(See CVV website or call CVV for more information)

9/3, 9/10, 9/17, 9/24, 10/1 (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.

9/8 (Tuesday) 2:00-3:00

Nancy's Community News

Join Nancy for an update on what is happening in the Conejo Valley. Share your latest revelations.

9/9, 9/23, 10/14 (Wednesdays) 11:00-12:00

Senior Nutrition - Facts & Fallacies

Join VCAA Registered Dietician, Patti Jaeger, for a discussion about nutrition for seniors. Each week a new topic will be presented. Handouts will be included.

9/9, 9/23 (Wednesdays) 4:00-5:00

Deep Relaxation/Meditation

This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.

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| <p><u>9/10 (Thurs.) 2:00-3:00</u> <u>Birthday Bash!</u> Come one, come all to celebrate September birthdays together via ZOOM! We will reminisce about our favorite birthday memories.</p> | <p><u>9/11 (Friday) 5:00-6:00</u> <u>Alfred Hitchcock Presents</u> Enjoy this classic again with Loretta and Nancy. Reflections following the show.</p> |
| <p><u>9/13 (Sun.) 2:00-3:00</u> <u>Travel Trivia Happy Hour with Sandra</u> Sandra Cherry will quiz you about places and things you may/may not know about traveling the world. Bring paper and a pen/pencil to write down your answers.</p> | <p><u>9/14, 9/21, 9/28, 10/5 (Mondays) 10:30-11:30</u> <u>FUNctional Fitness with Jen!</u> 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!</p> |
| <p><u>9/15, 22 (Tues.) 2:00-3:00</u> <u>What's On Your Mind?</u> Join hosts Penny on the 15th and Karen on the 22nd for a discussion of "What's on Your Mind?"</p> | <p><u>9/18 (Fri.) 3:00-4:00</u> <u>Journaling with CVV</u> Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p> |
| <p><u>9/19 (Sat.) 4:00-5:00</u> <u>Travel Reflections with Danny</u> Danny will share photos and reflections of the beautiful Oregon and California coasts.</p> | <p><u>9/20 (Sun.) 5:30-6:30</u> <u>Bunnie's Funny Happy Hour</u> Come ready to laugh, as Bunnie shares her jokes and tickles your fancy. Lighten up with levity! Don't forget to bring jokes to share</p> |
| <p><u>9/21, 10/5, 10/19 (Mondays) 9:30-10:15</u> <u>Coffee and Conversation with Barbara</u> Enjoy coffee, breakfast if you choose, and conversation with fellow CVV members at a virtual cafe.</p> | <p><u>9/21 (Mon.) 5:30-6:30</u> <u>CVV Book Club</u> The book this month is, "Russian Winter", by Daphne Kalotay. Please let Barbara B. know if you are interested in joining</p> |
| <p><u>9/25 (Fri.) 1:00-2:00</u> <u>Simple Recipe Exchange</u> Bring your favorite salad recipe to share. Deborah M. will share some of her and Carr's favorites. She will email all the recipes afterwards.</p> | <p><u>9/26 (Sat.) 2:00-3:00</u> <u>Enriching Hour – TED Talk - "Ashton Applewhite – Let's End Ageism"</u> Join Loretta for a TED Talk about agesim and how we can think differently about growing older.</p> |
| <p><u>9/30 (Wed.) 5:30-6:30</u> <u>Bunnie's Handy Household Hints</u> Join Bunnie to share a household hint or two with other CVV members. We all have household secrets worth passing on!</p> | <p><u>STAY SAFE, STAY COOL, STAY IN TOUCH!</u></p> |