



April 2019
CVV MEMBER EVENTS

Register/Info:
Call (805) 372-1826
Email cvv@conejovalleyvillage.org

Join us for these fun member events – REGISTER EARLY!

Registration Requested For All Events

Please wear your name badge to the events!

<p>4/7/19 (Sun.) 4:00-6:00 <u>Conejo Valley Village 2nd Anniversary Fiesta!</u> (M V) Let's Celebrate our two-year anniversary together with a Mexican Feast at Barbara Balke's Clubhouse.</p>	<p>4/9/19 (Tues.) 9:30-11:00 <u>An Easy-Paced Walk in the Park (M)</u> Join Julie for a nature walk! All abilities welcome! Enjoy wildflowers, fresh air and nature interpretation. Meet at Freddy's Frozen Custard.</p>
<p>4/15/19 (Mon.) 9:30-10:30 <u>Mall Walk with Sharon (M)</u> Walk the mall with friends from CVV. Shopping and coffee as a reward afterwards. Meet downstairs at Oaks Mall at Coffee Bean.</p>	<p>4/15/19 (Mon.) 5:30-6:30 <u>Conejo Valley Village Book Club (M)</u> "Sing, Unburied, Sing" will be our book to read this month. Contact Barbara Balke for a copy of the book. 818-991-8110. Join us for discussion @ Fusion Grill.</p>
<p>4/17/19 (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.</p>	<p>4/17/19 (Wed.) 4:00-6:00 <u>CVV Meet & Greet at Toppers Pizza (M V G)</u> Come one, come all to Toppers Pizza for pizza, salad and chit, chat. Invite a friend who wants to learn more about our group!</p>
<p>4/25/19 (Thurs.) 10:30-11:30 <u>Get to Know Goebel Senior Adult Center (M)</u> Want to learn more about our amazing Goebel Center? Join us for a tour! Introduction of classes and activities. Meet at Rendezvous Café.</p>	<p>4/25/19 (Thurs.) 1:00 ish <u>Movie Matinee @ Muvico with Nancy (M)</u> Enjoy a movie with fellow Villagers. Nancy will notify us a week before, which movie she has chosen to entertain the moviegoers.</p>
<p>4/26/19 (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>5/5/19 (Sun.) 2:00-4:00 <u>Theater Time! – Mama Mia @ High Street Arts Theater Moorpark (M V G)</u> Contact Sharon about tickets (\$23) and carpooling. 818-917-3239. We need to get tickets early!</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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April Community Events – Bring your Friends!

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

4/3/19 (Wed.) – 1:00 – 2:00 – Strokes, Blood Clots & Neuro-Intervention/Critical Care Neurology – Civic Arts Plaza 3rd Plaza Level

The Thousand Oaks Council On Aging will present guest speaker Dr. Muhammad Asif Taqi, Department Head of Neurology at Los Robles Medical Center. He will discuss how to prevent strokes, and blood clots and how they are treated once they happen.

4/7/19 (Sun.) – 2:00-4:00 – An Afternoon with Robert Kurson – Author of Rocket Men – Thousand Oaks Civic Arts Plaza Fred Kavli Theater

The 2018 Thousand Oaks Reads: One City One Book is *Rocket Men* by Robert Kurson. It tells the story of the incredibly dangerous fight to get the Apollo 8 mission to orbit the Moon off the ground in 1968. Set amidst a backdrop of political and social unrest, the dedicated men and women of NASA look less like heroes and more like miracle workers as they beat impossible odds to get the spacecraft in the air – and around the moon – successfully in just four months. Tickets are required! Pick up at library.

4/12/19 (Fri.) – 2:30-4:00 – How to Hold a Profitable Garage or Estate Sale – Goebel

From advertising to staging, doing it well will make a difference in your profit margin. Annette Broersma, M.S., shares her tips and cautions.

4/18/19 (Thurs.) – 12:00 – 1:00 PM – Housing Plans for Thriving in Place– 600 Hampshire Rd. T.O – Lunch will be served

Eileen Gould – Designer/Owner will discuss aging place and about what you need to do to be comfortable in your own home as you get older. She will give a handout with checkpoints to get everyone organized to make their space perfect for them no matter the age or condition. 805-300-5848

4/23/19 (Tues.) – 1:00-5:00 – Path to Positive Aging Series – Dealing with Dementia Workshop - Senior Concerns

Attendees will gain a better understanding of dementia, develop habits of stress management, and will receive a copy of the new Dealing with Dementia Guide. \$10. Suggested donation.

5/1/19 (Wed.) – 9:00-1:30 – Senior Expo – Agoura Hills Recreation and Event Center

This event is designed to offer general education and awareness of products and services that are available to older adults and is free to the public.

5/3/19 (Fri.) – 5:00 – 7:00 – Cinco de Mayo Fiesta – Goebel

Celebrate Cinco de Mayo at Casa De Goebel. Enjoy dinner, live music and dancing! \$10.