



# May 2021

**(Mostly) 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!**

**5/2, 16, 23, 30, 6/6 (Sundays) 10:00-11:00 (New Day!)**

### **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!

**5/6, 13, 20, 27, 6/3 (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.

**5/6 (Thurs.) 2:00-3:00**

### **Birthday Bash with Barbara**



Come one, come all to celebrate May birthdays via ZOOM! We will reminisce about our favorite birthday memories. Make a Wish!

**5/7 (Fri.) 5:00-6:00**

### **HAPPY HOUR!**

Sharon wants everyone to bring their favorite beverage and let's toast to what we can be HAPPY about. Share HAPPY experiences, conversations, or times you've had. Cheers! 😊

**Sunday, May 9**



**5/10, 24 (Mondays) 9:30-10:30**

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



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

<p><b><u>5/11 (Tues.) 2:00-3:00</u></b>  <b><u>Nancy's Community News</u></b>  Join Nancy for an update on what is happening in our community. Check out our, "Community Information" tab on the CVV website.</p>	<p><b><u>5/12, 26 (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. Let your cares float away.....<i>Breathe, Relax, Rejuvenate</i></p>
<p><b><u>5/14 (Fri.) 2:00-3:00</u></b>  <b><u>CVV ZINGO! (Zoom Bingo)</u></b>  Who will call out ZINGO first! Register by 5/12, so Sandra can email you your Bingo cards. You can play on the computer or print out 6 cards, 1 for each game. We will play 5 or 6 games. Good Luck!</p>	<p><b><u>5/16 (Sun.) 2:00-3:00</u></b>  <b><u>Travel Trivia with Sandra</u></b>  Sandra will quiz you about <i>Parts Unknown</i>, so put on your thinking cap and be ready to answer her quiz.</p>
<p><b><u>5/17 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is "When the Emperor was Divine" by Julie Otsuka. Please let Barbara B. know if you are interested in joining.</p>	<p><b><u>5/18 (Tues.) 10:00-11:00</u></b>  <b><u>A Leisurely Spring Walk in the Park with Sharon &amp; Barbara</u></b>  Let's gather at the park behind the library and get some fresh air! Smell the flowers, soak in the sights and sounds and connect with CVV friends. Masks and social distancing required.</p>
<p><b><u>5/18 (Tues.) 2:00-3:00</u></b>  <b><u>Bunnie's Hot Topics – "Amazon-Angel or Devil"</u></b>  Join Bunnie to discuss matters that are important to all of our lives. Each month she will present a new discussion topic. Let's dive deep into issues that affect us all.</p>	<p><b><u>5/21 (Fri.) 11:00-12:00</u></b>  <b><u>Common Cyber Scams – Staying Safe and Smart Online and on the Phone</u></b>  Debbie Deem, Coordinator, F.A.S.T (Financial Abuse Specialist Team) Ventura County, will present information and tips to help keep you safe from scammers that prey on older adults.</p>
<p><b><u>5/21 (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>5/23 (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!  Remember: "Laughter is the Best Medicine!"</p>
<p><b><u>5/25 (Tues.) 2:00-3:00</u></b>  <b><u>What's on Your Mind?</u></b>  Join hosts Penny and Karen for a lively discussion. There is a lot on everyone's mind these days! What's keeping you up at night, stuck in your craw, or left you pondering....?</p>	<p><b><u>5/28 (Fri.) 9:00-10:00</u></b>  <b><u>Birdwatching with Thelma</u></b>  Let's meet at the Botanical Gardens (Gainsborough entrance) for a lesson in birding. Thelma will point out local flocks and teach us how to identify our feathered friends. Binoculars provided. (Don't forget your masks 😊)</p>