



November 2021 EVENTS

Register/Info:

Call (805) 372-1826

Email cvv@conejovalleyvillage.org

Connect with the Village While Being Comfortable 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

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, or go to the online calendar on the date and "click to join"!

11/1, 8, 15, 22, 29, 12/6 (Mondays) 11:00-12:00

Mental Fitness Fun with Mindy (M, V)

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.

11/5 (Fri.) 5:00-6:00

Alfred Hitchcock Presents (M, V)

Enjoy this classic again with Loretta and Nancy. Drama, thriller, horror, crime and mystery all will be featured. Remember the refrain, "Good Evening....."
Reflections following the show.

11/7, 21, 12/5, 19 (Sundays) 10:30-11:30

FUNctional Fitness with Jen! (M,V)

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!

11/8, 22 (Mondays) 9:30-10:30

Coffee and Conversation with Michaela (M,V)

Let's gather on Zoom with our morning "cup of Joe" and enjoy conversation with fellow CVV Villagers. What better way to start the day, than to see a friendly smile greet you with, "Good Morning!"

11/10 (Wed.) 9:30-10:30

A Walk in the Park with Cathy & Barbara (M,V)

Rise and Shine! Please gather at the park behind the library for a leisurely walk. Enjoy nice fresh air, bird songs, blue sky and CVV friends. It's just what the doctor ordered!
(Weather dependent, check CVV website for updates.)

11/10, 24, 12/8 (Wednesdays) 4:00-5:00

Deep Relaxation/Meditation (M, V)

This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey. Your body and mind will thank you.
Breathe, Relax, Rejuvenate

<p><u>11/11 (Thurs.) 1:00-3:00</u> <u>Moorpark Underwood Family Farms (M)</u> It's Fall Harvest and time to head out to our local farm for some Fun! Enjoy the Animal Center (emu, alpaca, cows, chickens, goats...), and Shop @ the Farm Market for fresh fruits, nuts, homemade goodies & veggies. If able, tour the farm on a hay wagon and pick your own veggies. \$4.00 admission. Weather permitting.</p>	<p><u>11/12 (Fri.) 2:00-3:00</u> <u>Enriching Hour – Ageism (M, V)</u> Join Loretta as she shares a presentation about Ageism by Tracey Gendron, PhD. associate professor and Chair of the Department of Gerontology at Virginia Commonwealth University. Her research is focused on the language, expression, and perpetuation of ageism and aging anxiety as well as on elderhood as a stage of development. Lively discussion to follow!</p>
<p><u>11/14 (Sun.) 2:00-3:00</u> <u>Travel Trivia with Sandra (M, V)</u> Sandra will quiz you about <i>Parts Unknown</i>, so put on your thinking cap and be ready to answer her quiz. Learn interesting facts and figures about our beautiful world from someone who has seen a lot.</p>	<p><u>11/15 (Mon.) 5:30-6:30</u> <u>CVV Book Club (M, V)</u> The book this month is "The Trust" by Ronald H. Balson. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book!)</p>
<p><u>11/16 (Tues.) 9:30-11:00</u> <u>Mall Walk and Talk with Sharon (M)</u> Walk the mall with friends from CVV. Meet at the bench in the mall by the Cheesecake Factory. (Parking is outside, not in the structure). Walk at your own pace. Get exercise while you window shop. When we are done, we can meet outside of Nordstrom's for coffee and conversation. Join us!</p>	<p><u>11/16 (Tues.) 2:00-4:00</u> <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. Meet @ Goebel Card Room.</p>
<p><u>11/17 (Wed.) 3:00-5:00</u> <u>CVV Thanksgiving @ Country Harvest (M, V, G)</u> Join us for our annual Thanksgiving (Friendsgiving) feast! \$20 includes, traditional turkey, or ham or orange roughly. Plus, salad, roll, and sides (see CVV website for detailed descriptions), pumpkin or apple pie and coffee, tea, or soda. Wine will be provided by CVV. Tax and tip included. What a deal! Come one come all!!! Reservations required. Please sign up by 11/12. Pre-pay and choose your entrée on our website.</p>	<p><u>11/19 (Fri.) 4:00-5:00</u> <u>Keeping Your Brain Sharp-Your Brain Can be Better (M)</u> 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 strategies for better brain health!</p>

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

Register for an event or gathering online, or phone a Call Manager at **805-372-1826** to reserve your spot!

See our online Events Calendar at www.conejovalleyvillage.org for other Member Events.

Please note that CVV events are subject to change and may have limited space

Full Members: Please remember to call for transportation requests at least one week in advance ☺