



# October 2021 EVENTS

**Register/Info:**

**Call (805) 372-1826**

Email [cvv@conejovalleyvillage.org](mailto: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"!**

**10/3, 17, 31, 11/7 (Sundays) 10:30-11:30**

**FUNctional Fitness with Jen! (She's Back 😊) (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!

**10/4, 11, 18, 25, 11/1 (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.

**10/8 (Fri.) 2:00-3:00**

**Enriching Hour – 3 short *climate change* themed TED Talks: see our online calendar for details (M, V)**

Join Loretta and watch these 3 very relevant TED videos together. Climate change is on all of our minds these days! Lively Discussion to follow.

**10/10 (Sun.) 2:00-3:00**

**Travel Trivia with Sandra (M, V)**

Sandra will quiz you about *Parts Unknown*, 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.

**10/11, 25 (Mon.) 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!"

**10/12 (Tues.) 8:30-9:30**

**A Walk in the Park with Cathy & Barb (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.)

<p><b><u>10/13 (Wed.) 12:30-2:00</u></b>  <b><u>Rummikub (M)</u></b>  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 Foothill Lupine Room.</p>	<p><b><u>10/13, 27 (Wednesdays) 4:00-5:00</u></b>  <b><u>Deep Relaxation/Meditation (M, V)</u></b>  This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.  <i>Breathe, Relax, Rejuvenate</i></p>
<p><b><u>10/14 (Thurs.) 4:00-6:00</u></b>  <b><u>Happy Hour @ Holdren's (M, V, G)</u></b>  It's time for our CVV Meet and Greet! Bring a friend to introduce them to our great group! Enjoy food and libation while you socialize with your friends.</p>	<p><b><u>10/18 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club (M, V)</u></b>  The book this month is "Olive Kitteridge" by Elizabeth Strout. Please let Barbara B. know if you are interested in joining.  (Shel can provide the book!)</p>
<p><b><u>10/19 (Tues.) 9:30-11:00</u></b>  <b><u>Mall Walk and Talk with Sharon (M)</u></b>  Walk the mall with friends from CVV. Meet downstairs at the Food Court. Walk at your own pace in the cool, air-conditioned mall. Exercise while you window shop. ☺ Then meet outside of Nordstrom's for coffee and conversation. Join us!</p>	<p><b><u>10/20 (Wed.) 4:00 ish</u></b>  <b><u>Movie Matinee with Sandra (M)</u></b>  Check our CVV website calendar a week before to see which movie and time she has chosen. Sandra will meet you at the entrance to the AMC Theater @ the Oaks Mall 15 min. before the show. Dinner afterwards if desired.</p>
<p><b><u>10/22 (Fri.) 12:00-1:00</u></b>  <b><u>California Museum of Art Thousand Oaks – Oaks Mall (M)</u></b>  The exhibit, GIFTED, features over 50 paintings from 1919-1956 and is one of the nation's outstanding collections of early 20<sup>th</sup> century California art.  We are limited to 15 people, so please sign up on our website. Lunch to follow at the Food Court.</p>	<p><b><u>10/22 (Fri.) 5:00-6:00</u></b>  <b><u>Alfred Hitchcock Presents (M, V)</u></b>  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.</p>
<p><b><u>10/28 (Thurs.) 4:00-6:00</u></b>  <b><u>Halloween Potluck! (Oct. Birthday Bash) (M, V)</u></b>  Come One, Come All, to our annual Halloween Potluck @ North Ranch Center. Costumes encouraged. If possible, please bring a salad, side, appetizer or entrée. CVV brings dessert!</p>	<p><b><u>10/29 (Fri.) 4:00-5:00</u></b>  <b><u>Keeping Your Brain Sharp-Your Brain Can be Better (M)</u></b>  Loretta will lead this science driven discussion guided by the book, "Keep Sharp: Building a Better Brain at Any Age" by Dr. Sanjay Gupta.</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](http://www.conejovalleyvillage.org) for other Member Events. 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.***