



Sept. 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"!

9/2, 9, 16, 23, 30 (Thursdays) 12:30-1:15

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.

9/8 (Wed.) 8:30-9:30

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

Let's get up and out early and gather at the park behind the library for a leisurely walk. Nice fresh air, bird songs, blue sky and CVV friends. It's just what the doctor ordered!

9/8, 22 (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. Let your cares float away..... *Breathe, Relax, Rejuvenate.*

9/9 (Thurs.) 10:00-1:00

It's Time For Dodger Baseball! (M, V)

Join your CVV friends at Goebel for a Dodger Watching Party. Enjoy Dodger Dogs, breakfast items, peanuts and other fun ballpark favorites. *Go World Champion Dodgers!* (Please call Goebel to reserve your spot by 9/7.)

9/10 (Fri.) 5:00-6:00

Alfred Hitchcock Presents (M, V)

Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the *good ol' days*. Reflections following the show.

9/12 (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.

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| <p><u>9/13, 27 (Mon.) 9:30-10:30</u> <u>Coffee and Conversation with Michaela (M,V)</u> Let's start the morning off with a cup of something warm and stimulating conversation with fellow CVV friends on Zoom.</p> | <p><u>9/17 (Fri.) 2:00-3:00</u> <u>Enriching Hour - 2 TED Talks: "How NOT to be Ignorant About the World" and "Older People are Happier" (M,V)</u> Join Loretta to learn more about these two very important topics. Lively discussion to follow.</p> |
| <p><u>9/19 (Sun.) 4:00-5:00</u> <u>Fun with Bun on Sun. – Please Come! (M, V)</u> 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><u>9/20 (Mon.) 5:30-6:30</u> <u>CVV Book Club (M, V)</u> The book this month is "State of Wonder" by Ann Patchett. Please let Barbara B. know if you are interested in joining. (She can provide the book!)</p> |
| <p><u>9/21 (Tues.) 2:00-3:00</u> <u>Birthday Bash! (M, V)</u> Come one, come all to celebrate September birthdays together via ZOOM! We will reminisce about our favorite birthday memories.</p> | <p><u>9/24 (Fri.) 11:00-12:30</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 cardroom tables.</p> |
| <p><u>9/24 (Fri.) 2:00-3:00</u> <u>Bunnie's Hot Topics (M, V)</u> 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. Check out the event calendar online or call a Call Manager for the latest topic.</p> | <p><u>9/29 (Wed.) 9:30-11:00</u> <u>Mall Walk and Talk with Sharon (M)</u> Walk the mall with friends from CVV. Meet downstairs at the Food Court. Walk at your own pace in the cool, air-conditioned mall. Get exercise while you window shop. 😊 When we are done we meet at Nordstrom's Bazille Café for coffee and conversation. Join us!</p> |
| <p><u>9/29 (Wed.) 4:00 ish</u> <u>Movie Matinee with Sandra (M)</u> 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><u>10/3, 17, 31 (Sundays) 10:30-11:30</u> <u>FUNctional Fitness with Jen! (She's Back 😊) (M,V)</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> |

(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. 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.