



# JANUARY 2018

## CVV MEMBER EVENTS

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

### Join us for these fun member events – REGISTER EARLY!

**1/8/18 (Mon.) 9:30-10:30 – Oaks Mall Walk with Sharon**

Need steps? Stroll the Mall at your own pace with fellow CVV members and reward yourself afterward with coffee! Meet at Coffee Bean and Tea Leaf near JC Penney.

**1/10/18 (Wed.) 10:15-12:15 – Mexican Train**

Jump aboard the Mexican Train! This fun game played with dominos will keep you entertained as you try to be the first to use all of your dominos on the train chain.

**1/11/18 (Thurs.) 9:30-10:30 – Coffee and Conversation with Barbara**

Come and enjoy coffee, breakfast if you so choose, and conversation with fellow CVV members at The Goebel Cafe.

**1/16/18 (Tues.) 2:00-4:00 – Rummikub**

Join us for a fun game of Rummikub! We will teach you how to play this fun game that combines elements of rummy and mahjong.

**1/17/18 (Wed.) 2:30-4:30 – Meet and Greet at Brendan’s Restaurant**

What better way to start the New Year than with a Village Gathering at a favorite local restaurant! See you all there!

**1/18/18 (Thurs.) 8:30-10:30 – Nature Hike with Julie**

Enjoy the great outdoors with a leisurely 1-3 mile hike and learn about our local flora and fauna. (Turn around option for those who do not want to go the full distance). Location to be determined by the trail conditions and weather.

**1/22/18 (Mon.) 9:45-11:45 - Library Tour**

Join us for a tour and discussion to learn about ALL the great things our local Grant R. Brimhall Library has to offer. Following the tour, we may wander over to a local restaurant to continue the conversation.

**1/25/18 (Thurs.) 2:00 ish – Movie Matinee with Nancy**

Come enjoy a movie with fellow Villagers! Nancy will notify us a week before which movie she has chosen to entertain the moviegoers. Stay tuned!

**1/26/18 (Fri.) 3:00 – 4:00 - Joy of Journaling – Re-discover yourself**

Bring a notebook and pen for an enlightening hour of journaling. Learn how to tap into your many layers. Explore your life stories and the stories others bring to their writing. Learn how to be more mindful and positive!

**2/8/18 (Thurs.) 3:00 – 5:00 - Candy making**

Back by popular demand! Join us for a Sweet Time at Newberry Candy, our local chocolatier. We will be making, dipping and decorating chocolate goodies! Make, taste and take all for \$15.75. Please RSVP by 2/5/18

**2/12/18 (Mon.) 1:45-3:45 – Conejo Valley Village Recruitment Event**

Invite your friends to come learn about the benefits of becoming a member and/or volunteer of our Village. We are part of the nationwide Village movement of Neighbors helping Neighbors as we get older – Join Us! Goebel Center.

*Other Member Events and Community sponsored events are listed on our online Events Calendar at [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org). Register for an event online or call our Call Manager at 805-372-1826 to reserve your spot. CVV events are subject to change and may have limited space.*

**Remember your Full Membership includes free transportation - Call us if you need a ride to an event.**

# Community Events - Bring your Friends!

*Note: These events are not sponsored by Conejo Valley Village*

## **1/9/18 (Tues.) 4:00 – 5:30 - Senior Concerns Pathway to Positive Aging Seminar – Navigating Placement Choices**

A community seminar to identify warning signs when home care isn't enough, explore the differences between skilled nursing, assisted living & board and care, and understand what to expect during the placement process. RSVP 805-497-0189. Senior Concerns.

## **1/10/18 (Wed.) 1:00-2:30 –Alzheimer’s vs Dementia – Presented by the City of Thousand Oaks Council on Aging**

Los Robles Hospital’s Dr. Bader Iqbal, Family Practice for 25 years, will be presenting this very important subject. Dr. Iqbal founded Agoura Family Practice and is Board Certified in Hospice and Palliative Medicine. Dr. Iqbal sees patients who cannot afford healthcare coverage at the Conejo Free Clinic in Thousand Oaks and provides medical services to seniors who find it hard to travel and live at Assisted Living Facilities. For more info: call (805) 381-7362, visit [www.toaks.org/seniors](http://www.toaks.org/seniors), email: [councilonaging@toaks.org](mailto:councilonaging@toaks.org). Civic Arts Plaza.

## **1/12/18 (Fri.) 2:30-4:00 - Downsizing: What To Do With Your Stuff**

Whether you plan to sell a few collectibles or an entire household in an estate sale, learn the typical commission rates for auctions, consignment stores, resale websites, ‘apps,’ and estate sales. Speaker: Annette Broersma, M.S. Call (805) 381-2744 for reservations. Goebel Center

## **1/17/18 (Wed.) 9:00-1:00 – 2018 Wellness Fest**

The annual Wellness Fest is designed for everyone with a passion for changing lives through health and wellness. We want to inspire, motivate, educate, and meet you on your journey to be healthy - for ALL ages and lifestyles! Area non-profit organizations and local businesses come together for Wellness Fest, providing free information, screenings, and giveaways. **Stop by our Conejo Valley Village table too!** Goebel Center

## **1/25/18 (Thurs.) 11:00am-12:00pm - Financial Elder Abuse**

The State of CA Department of Insurance offers a Financial Elder Abuse presentation. Become aware of how to protect yourself from fraudulent activity used by insurance agents/brokers when it comes to life insurance, annuities, investments, and burial final expense coverage, as well as, the abuses in the sale of annuities and the characteristic traits of broker agents/scam artists. Call (805) 381-2744 for reservations. Goebel Center

## **2/7/18 (Wed.) 8:45 – 2:30- ENHANCE YOUR LIFE: EMBRACE TECHNOLOGY!**

This year’s Senior Congress XIV will be a day filled with 8 different speakers talking about how technology can enhance your life. **Stop by our CVV table too!** \$10. Per person-limited seating-lunch provided. Reservations required, on a first come, first served basis. A Conejo/Las Virgenes Future Foundation Event. Call 818-880-1054 or [www.clvff.org](http://www.clvff.org). St. Maximilian Kolbe Catholic Church, Westlake.