

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](#)

- The links have the passcode embedded.
- Members can also join Zoom directly from the [Events Calendar](#).

**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"**



### Pre-4th of July Potluck

**ALL MEMBERS AND VOLUNTEERS ARE WELCOME!**

**Thursday, July 01, 2021, 5:00 PM until 7:00 PM**

Let's all get together at the North Ranch Center  
1400 North Westlake Blvd. in Westlake,  
and enjoy some of our favorite foods!

Please bring your favorite starter, side, salad, or entrée.  
(No stress if you are unable to provide a dish - we will have plenty!)

**7/1, 8, 15, 22, 29 (Thursdays) 12:30-1:15**

**Mental Fitness Fun with Mindy (M, V)**

This is a group activity designed to flex your thinking muscles using activities that are fun, varied, and designed to stimulate your brain.

**7/9 (Fri.) 2:00-3:00**

**Enriching Hour – TED Talks – “The Single Biggest Health Threat Women Face” & “Why Bees are Disappearing” (M, V)**

Join Loretta to learn more about these two very important topics. “Knowledge is the Power”!

**7/11 (Sun.) 4:00-5:00**

**Fun with Bun on Sun. – Please Come! (M, V)**

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! “Laughter is the Best Medicine!”

**7/8 (Thurs.) 2:00-3:00**

**Birthday Bash with Barbara (M, V)**



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

**7/11, 18, 25, 8/1 (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!

**7/13 (Tues.) 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.

<p><b><u>7/14, 28 (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. Let your cares float away...  <i>Breathe, Relax, Rejuvenate</i></p>	<p><b><u>7/16 (Fri.) 3:00-4:00</u></b>  <b><u>Journaling with CVV (M, V)</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>7/16 (Fri.) 5:00-6:00</u></b>  <b><u>Alfred Hitchcock Presents (M, V)</u></b>  Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the <i>good ol' days</i>. Reflections following the show.</p>	<p><b><u>7/19 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club (M, V)</u></b>  The book this month is "All the Light We Cannot See" by Anthony Doerr. Please let Barbara B. know if you are interested in joining. (She can provide the book!)</p>
<p><b><u>7/20 (Tues.) 9:30-11:00</u></b>  <b><u>Mall Walk with Sharon (M)</u></b>  Walk the mall with friends from CVV. Meet downstairs at the Food Court. Walk @ 9:30, Coffee @ 10:15. If you don't want to walk, meet us for coffee and chat.</p>	<p><b><u>7/22 (Thurs.) 4:30-6:00</u></b>  <b><u>CVV Happy Hour @ Cisco's (M)</u></b>  Join us for food and friendly conversation. Meet and greet new members. Celebrate being together again.</p>
<p><b><u>8/3 (Tues.) 2:30-4:00</u></b>  <b><u>ICE CREAM SOCIAL @ Little Calf Creamery (TO) (M, V)</u></b>  Beat the heat and enjoy a nice cool ice cream on us! Choose from their many amazing flavors to tickle your fancy. We will also celebrate August Birthday's</p>	<p><b><u>8/10 (Tues.) 1:00-2:00</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 tables.</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 and Community sponsored 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.**