



# June 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!**

**6/3, 10, 17, 24, 7/1 (Thursdays) 12:30-1:15**

**Mental Fitness Fun with Mindy**

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.

**6/6, 13, 20, 27 (Sundays) 10:00-11:00**

**FUNctional Fitness with Jen!**

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!

**6/9, 23 (Wednesdays) 4:00-5:00**

**Deep Relaxation/Meditation**

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*

**6/10 (Thurs.) 2:00-3:00**

**Birthday Bash with Barbara**



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

**6/13 (Sun.) 4:00-5:00**

**Fun with Bun on Sun. – Please Come!**

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 Remember: "Laughter is the Best Medicine!"

**6/14, 28 (Mondays) 9:30-10:30**

**Coffee and Conversation with Barbara**



Let's start the morning off with a cup of something warm and stimulating conversation with fellow CVV friends.

<p><b><u>6/15 (Tues.) 9:30-10:30</u></b>  <b><u>A Leisurely Spring Walk in the Park with Sharon &amp; Barbara</u></b>  Let's gather at the park behind the library and get some fresh air! Smell the flowers, soak in the sights and sounds and connect with CVV friends.</p>	<p><b><u>6/15 (Tues.) 2:00-3:00</u></b>  <b><u>Travel Trivia with Sandra</u></b>  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 parts of our beautiful world from someone who has seen a lot of places.</p>
<p><b><u>6/16 (Wed.) 4:30-6:30</u></b>  <b><u>CVV's 1<sup>st</sup> Meet &amp; Greet of 2021!</u></b>  Come One, Come All to StoneFire Grill for an early dinner/happy hour. Bring a friend to introduce them to our great CVV Village Community.</p>	<p><b><u>6/18 (Fri.) 3:00-4:00</u></b>  <b><u>Journaling with CVV</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>6/21 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is "The Honey Bus" by Meredith May. Please let Barbara B. know if you are interested in joining. (She can provide the book!)</p>	<p><b><u>6/22 (Tues.) 1:00-2:00</u></b>  <b><u>CVV ZINGO! (Zoom Bingo)</u></b>  Who will call out ZINGO first? Register by 6/18, so Sandra can email you your Bingo cards. You can play on the computer or print out 6 cards, 1 for each game. We'll play 5-6 games. Good Luck!</p>
<p><b><u>6/25 (Tues.) 2:00-3:00</u></b>  <b><u>Bunnie's Hot Topics</u></b>  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><b><u>7/1 (Thurs.) 5:00-7:00</u></b>  <b><u>Pre-4<sup>th</sup> of July Potluck</u></b>  <b><u>ALL MEMBERS &amp; VOLUNTEERS ARE WELCOME!</u></b>  Let's all gather together at the North Ranch Center 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!)</p> <p style="text-align: right;">   Patriotic Attire Encouraged . </p>