



May 2019

CVV MEMBER EVENTS

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

Join us for these fun member events – REGISTER EARLY!

Registration Requested For All Events

Please wear your name badge to the events!

<p>5/1/19 (Wed.) 1:00-3:00 <u>Mexican Train (M)</u> 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.</p>	<p>5/2/19 (Thurs.) 6:00-9:00 <u>Piano Bar at Sunland Winery (M)</u> Join us at "The Piano Bar". Mark Anthony will play songs from Frank Sinatra to Elton John. Come and croon with us! Food by The Taco Guy.</p>
<p>5/13/19 (Mon.) 9:30-10:30 <u>Mall Walk with Sharon (M)</u> Walk the mall with friends from CVV. Shopping and coffee as a reward afterwards. Meet downstairs at Oaks Mall at Coffee Bean.</p>	<p>5/14/19 (Tues.) 9:30-10:30 <u>An Easy-Paced Walk in the Park (M)</u> Join Julie for a nature walk! All abilities welcome! Enjoy wildflowers, fresh air and nature interpretation. Meet at Chumash Museum.</p>
<p>5/15/19 (Wed.) 1:00-3:00 <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.</p>	<p>5/16/19 (Thurs.) 6:00 – 9:00 <u>Improv Comedy Night at Sunland Winery (M)</u> Let's laugh the night away at Sunland Winery! -> BB's Kitchen food truck will be there to satisfy our hunger.</p>
<p>5/20/19 (Mon.) 5:30-6:30 <u>Conejo Valley Village Book Club (M)</u> Join fellow CVV book lovers for our monthly book club. "The Curious Incident of the Dog in the Nighttime" by Mark Haddon will be our book to read this month. Contact Barbara Balke for a copy of the book.</p>	<p>5/22/19 (Wed.) 1:00-3:00, 3:30-5:00 <u>Thousand Oaks Public Works Tour (M)</u> <u>Chili's Meet and Greet (M V G)</u> Celebrate National Public Works Week with this annual tour. Get acquainted with services provided by the city. Bring a friend to our Meet and Greet at Chili's!</p>
<p>5/23/19 (Thurs.) 4:00 ish <u>Movie Matinee @ Janss with Nancy (M)</u> Enjoy a movie with fellow Villagers. Nancy will notify us a week before, which movie she has chosen to entertain the moviegoers.</p>	<p>5/24/19 (Fri.) 3:00-4:00 <u>Joy of Journaling (M)</u> Bring a notebook and pen for an enlightening hour of journaling. Explore your life stories, the stories others bring to their writing. Learn how to be more mindful and positive!</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 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.

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May Community Events – Bring your Friends!

(Note: These events are not sponsored by Conejo Valley Village)

5/4/19 (Sat.) 12:00 – 4:00 - Arts Council of the Conejo Valley 50th Anniversary Event – Hillcrest Center of the Arts.

Come one! Come all! To the 50th anniversary celebration of the Arts Council of the Conejo Valley! Games, Performances, Activities, Refreshments... and the best part, it's FREE!

5/5/19 (Sun.) 12:00 – 5:00 - Thousand Oaks Chili Cook-Off and Craft Brew Festival – Conejo Creek Park North

The 43rd Annual Thousand Oaks Chili Cook-Off & Craft Brew Festival. Over 40 chili tasting booths with FREE unlimited Chili Tasting. Also returning is the Craft Brew Festival with a multitude of participating breweries! Plenty of live music on two lively stages and 15+ food trucks and beverage booths.

5/9/19 (Thurs.) 12:00 – 1:00 - Disaster Preparedness - 600 Hampshire Rd. T.O

The seminar will feature Robert Lewin, an emergency response expert, who will discuss the impacts on communities and how government responds during a disaster. He will also cover how individuals, families, and those with access and functional needs can prepare for any coming disasters, including protection strategies and “must do” checklists.

5/9/19 (Thurs.) 4:00 – 5:30 - Meeting the Challenge of Solo Aging - Senior Concerns

Join this workshop to learn how to be your own best advocate in the years ahead, explore options on where you wish to live, discover resources in lieu of family to provide what you need as you age, identify what matters to you most. Facilitated by Dr. Sara Zeff Geber, Ph.D, author of, Essential Retirement Planning for Solo Agers. \$10 suggested donation.

5/15/19 (Wed.) 6:30 – 7:30 - Thousand Oaks Library Hosts Author Ken Davis - TO Library

Ken Davis is a three-time Emmy award winning writer, producer, and on-air reporter. He has come face-to-face with a notorious serial killer and was nearly shot by a world-famous music producer. Along the way, he also hung out with everyone from Barack Obama to Walter Cronkite to Sting.

5/18/19 (Sat.) 10:00 – 1:00 - Be Prepared Safety Fair – Thousand Oaks Civic Arts Plaza

This free, family-friendly event will feature safety booths covering topics from earthquakes, fires and floods, to CPR, bike safety and much more. It will include presentations to teach people about scams, fire safety and there will be an active shooter workshop.

5/21/19 (Tues.) 4:00 – 5:30 - East/West Medicine - Senior Concerns

Learn the basics of Eastern Medicine, discover the foundations for preserving health and nourishing life with Eastern Medicine, and understand Eastern Medicine's view on aging. Facilitated by Raina Tsuda, DAOM, L.AC., CMT Clinical Specialist with UCLA's Center for East-West Medicine. \$10 suggested donation.

6/13/19 (Thurs.) 5:30 – 7:00 – City of Thousand Oaks Senior of the Year Dinner & Award Ceremony

Please join the City of Thousand Oaks Council on Aging in honoring 6 amazing seniors for their exemplary service to our community. Tickets available at Goebel for \$6.00. Purchase in early May as they are expected to sell out early. If you want to sit with fellow CVV members, please call Tony Gitt at (805) 558-6170 by June 3. Event held at Goebel Adult Community Center.