



# November 2020 VIRTUAL EVENTS

**Register/Info:**

**Call (805) 372-1826**

Email [cvv@conejovalleyvillage.org](mailto:cvv@conejovalleyvillage.org)

Connect with the Village While Being Comfortable and Safer 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**

### Friendly Reminder - ZOOM Passcode Required

ZOOM now requires everyone to enter events with a passcode, which is **CVV2020**. (case sensitive, uppercase CVV2020)

- Members can access directly from the [Events Calendar](#)

## Join us for these fun Member & Volunteer Virtual Events

**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!**

### **Free Daily Online Classes at Senior Planet**

Whether it's fitness, yoga, lunch and learn, balance and strength, or a course on using your smartphone, you can join directly at:

<https://seniorplanet.org/get-involved/online/>

### **11/2, 9, 16, 23, 30, 12/7 (Mondays) 10:30-11:30** **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!

### **11/5, 12, 19, 12/3, 10 (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.

### **11/2, 16, 12/7 (Mondays) 9:15-10:15**

### **Coffee and Conversation with Barbara**

Enjoy coffee, breakfast if you choose, and conversation with fellow CVV members at a virtual café.

### **11/3, 12/1 (Tuesday) 2:00-3:00**

### **Planning Ahead with Tony**

Join Tony as he helps us to "Plan Ahead".

\*Preparing for emergencies-rain, flooding-11/3

\*Winter Weather – 12/1

### **11/5 (Thurs.) 2:00-3:00**

### **Birthday Bash!**

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

<p><b><u>11/10 (Tues.) 2:00-3:00</u></b>  <b><u>Nancy's Community News</u></b>  Join Nancy for an update on what is happening in the Conejo Valley. Share your latest revelations about upcoming events.</p>	<p><b><u>11/11 (Wed.) 11:00-12:00</u></b>  <b><u>Senior Nutrition - Facts &amp; Fallacies</u></b>  Join VCAAA Registered Dietician, Patti Jaeger, for a discussion about nutrition for seniors. Each week a new topic will be presented. Handouts will be included.</p>
<p><b><u>11/11, 25 (Wednesdays) 4:00-5:00</u></b>  <b><u>Deep Relaxation/Meditation</u></b>  This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.</p>	<p><b><u>11/13 (Fri.) 1:00-2:00</u></b>  <b><u>Simple Recipe Exchange</u></b>  Bring your favorite Thanksgiving recipe to share (including leftovers). Deborah M. will share some of her and Carr's favorites. She will email all the recipes afterwards.</p>
<p><b><u>11/13 (Fri.) 5:00-6:00</u></b>  <b><u>Alfred Hitchcock Presents</u></b>  Enjoy this classic again with Loretta and Nancy. Friday the 13<sup>th</sup>! Yikes!  Reflections following the show.</p>	<p><b><u>11/15 (Sun.) 2:00-3:00</u></b>  <b><u>Travel Trivia Happy Hour with Sandra</u></b>  Sandra Cherry will quiz you about places and things you may/may not know about traveling the world. Bring paper and a pen/pencil to write down your answers.</p>
<p><b><u>11/16 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is, "Three Junes", by Julia Glass. Please let Barbara B. know if you are interested in joining</p>	<p><b><u>11/17, 24 (Tues.) 2:00-3:00</u></b>  <b><u>What's On Your Mind?</u></b>  Join hosts Penny on the 17<sup>th</sup> and Karen on the 24<sup>th</sup> for a discussion of "What's on Your Mind?"</p>
<p><b><u>11/20 (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>11/21 (Sat.) 4:00-5:00</u></b>  <b><u>Travel Reflections with Danny</u></b>  Let's travel to Europe! Danny will present, "Two Great Cities – London &amp; Paris, A Few Days in Each One".</p>
<p><b><u>11/25 (Wed.) 2:00-4:00</u></b>  <b><u>Pre-Thanksgiving ZOOM Gathering</u></b>  Let's all come together on ZOOM and share what we are <b>Thankful</b> for! Drop in when you can.</p>	<p><b><u>11/29 (Sun.) 4:00-5:00</u></b>  <b><u>Fun with Bun on Sun – Please Come!</u></b>  Come ready to laugh, as Bunnie shares her jokes and tickles your fancy. Lighten up with levity! Don't forget to bring jokes to share.</p>
<p style="text-align: center;"><b><u>CVV WISHES EVERYONE</u></b>  <b><u>A HAPPY, HEALTHY THANKSGIVING!</u></b></p>	