



NOVEMBER 2017

CVV MEMBER EVENTS

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

Join us for these fun member events – REGISTER EARLY!

<p><u>November 10 (Fri.)</u> <i>Please register by 11/7</i> Gardens of the World – 1:15 Enjoy a beautiful afternoon at the Gardens and learn about the many different gardens represented to commemorate the various cultures of the world. There is limited parking in the back, some handicap parking.</p>	<p><u>November 13 (Mon.)</u> Mall Stroll and Coffee with Sharon – 9:30-10:30 Need steps? Stroll the Oaks Mall at your own pace with fellow CVV members and reward yourself afterward with coffee! Meet downstairs at the Coffee Bean and Tea Leaf.</p>
<p><u>November 14 (Tues.)</u> Malibu Creek State Park Hike - 9:00-11:00 Enjoy the fresh air at one of our beautiful local parks with Julie. A moderate hike through oaks with interpretation along the way. Meet at Freddy’s Frozen Custard and Steakburgers parking lot for carpooling.</p>	<p><u>November 14 (Tues.)</u> Rummikub – 2:00-4:00 Rummikub is a fun tile based game for 2-4 players combining elements of the card game rummy and mahjong. Come learn how to play! Goebel - Chaparral Room.</p>
<p><u>November 15 (Wed.)</u> Country Harvest Thanksgiving Dinner – 2 pm Join our CVV Thanksgiving Dinner celebration at Country Harvest in Newbury Park. Great entrée choices (traditional turkey & fixins’, country ham, orange roughy or pasta) plus salad, coffee/tea, apple/pumpkin pie. Also includes tax and tip for just \$18. <i>Guests Welcome!</i></p>	<p><u>November 22 (Wed.)</u> Jump on the Mexican Train – 10:15–12:15 This is a fun and classic domino game where you match the domino number ends on your “train” and race your opponents to get rid of your dominos first. The game encourages matching, strategy, planning, and good sportsmanship. We will teach you how to play! Goebel – Chaparral Room.</p>
<p><u>November 27 (Mon.)</u> Walk Off Thanksgiving Calories with Sharon 9:30 After a weekend of excess - Exercise! Walk off some of that pumpkin pie with friends from the Village. Shopping and coffee as a reward afterwards! Meet downstairs at Oaks Mall at Coffee Bean and Tea Leaf.</p>	<p><u>November 29 (Wed.)</u> Legendary Corrigan’s Steakhouse Dinner – 4:30–6:00 Join fellow CVV members for an early dinner or half price appetizers. Enjoy great food in an authentic Western atmosphere! We’ll see ya’ there – or be square!</p>
<p><u>December 2 (Sat)</u> Village Voices Concert – 2:30 pm The Village Voices Chorale “Holiday Magic” concert is a treat you won’t want to miss. Join us at their 50th season, performing at the TO Civic Arts Plaza. CVV has reserved a limited block of seats, tickets are \$25. Payment must be received by November 29.</p>	<p>SAVE THE DATE: <u>December 6 (Wed.)</u> Candy Making at Newberry Candy – 2:00-4:00 Local candy maker John Newberry will let us make the sweets we all love, just in time for gift giving! (chocolate dipped goodies, and small candy bars) \$15.75 covers everything including samples! <i>Please RSVP by 12/1</i></p>

Other Member Events and Community sponsored events are listed on our online Events Calendar at 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.

MEDICARE OPEN ENROLLMENT!

One Stop Shops: November 6 and November 20 Get the answers to your questions on Medicare coverage at the ONE STOP SHOP. HICAP Counselors will run a prescription drug plan comparison and help with a prescription drug plan that is best for you. Pick up Medicare Plan Comparison forms at Goebel front desk and return to HICAP/VCAAA (information on form). For more information call: (805) 477-7310 or (800) 434-0222.

Starting November 1st - Goebel Café Opens for Breakfast! – 8:30-11:00

\$5 and under: Breakfast burrito, Egg sandwich, Breakfast plate (eggs, bacon or sausage, and potatoes or toast), blueberry almond oatmeal, bagel and cream cheese, fresh fruit bowl, fruit and yogurt parfait with homemade granola. Start your day with great nutrition and help keep breakfast at Goebel beyond the two-month trial period. Proceeds help support Conejo Senior Volunteer Program.

November 14 – Tues. – “Know the 10 Signs of Alzheimer’s” Seminar- 5:30-7:00

This informative seminar, led by Monica Schrader, Education and Outreach Director for the Alzheimer’s Association in Ventura County, will focus on what Alzheimer’s Disease is, why early detection is crucial, and what signs to look for. Seminar attendees will learn how to tell the difference between Alzheimer’s and typical aging, steps to take if you recognize a warning sign in yourself or someone you know, the process to receiving an Alzheimer’s diagnosis. Note: Limited seating. To make a reservation, please contact Senior Concerns at 805-497-0189. Light refreshments will be served. A donation of \$10 is requested. Senior Concerns, 401 Hodencamp Road, Thousand Oaks.

November 18 – Sat. – Walk with a Doc – 7:30-8:30 am – Triunfo Park

Walk with a Doc is a walking program for everyone interested in taking steps toward a healthier lifestyle. While you move at your own pace, you’ll have the opportunity to chat with local UCLA Health physicians and other people from the community. You don’t need any special gear and there are no special rules. Just put on a pair of comfortable shoes and walk alone, with a partner, or a group, with family or friends. What better way to start your weekend than on your feet making strides to better health!

November 19 – Sun. – History Comes Alive – “America’s Sweetheart” Mary Pickford, “The Little Tramp” Charlie Chaplin – Goebel Community Center – 2:00-3:30

Ventura County author and long-time New York Times syndicated columnist, Ivor Davis, reveals the behind the scenes personal stories about his unique experiences with these Hollywood legends. Tickets \$5. Purchase tickets at Goebel front desk beginning 10/25.

November 8, 15, 29 and December 6 – Food for Thought = Energy for Life

Learn how food can play a role in regaining energy and vitality in this four-part series. Taught by Holistic Health Coach Karen Choske-Anderson. \$45 for Camarillo/Somis residents, \$49 for non-residents. Camarillo Health Care District at 3639 E Las Posas Rd., Building E, Suite 117 in Camarillo, CA 93010 phone: 805-388-1952