



April 2021 VIRTUAL EVENTS

Register/Info:

Call (805) 372-1826

Email 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 and Volunteers can access directly from the [Events Calendar](#)

Join us for these fun Member & Volunteer Virtual Events

To sign up for a Virtual Event please call 805-372-1826 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!

4/1, 8, 15, 22, 29, 5/6 (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.

4/5, 12, 19, 26, 5/3 (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!

4/8 (Thurs.) 2:00-3:00

Birthday Bash with Barbara



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

4/11 (Sun.) 2:00-3:00

Travel Trivia with Sandra

Sandra will quiz you about *Parts Unknown*, so put on your thinking cap and be ready to answer her quiz.

4/12, 16 (Mondays) 9:15-10:15

Coffee and Conversation with Barbara



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

4/13 (Tues.) 2:00-3:00

Nancy's Community News

Join Nancy for an update on what is happening in our community. Check out our, "Community Information" tab on the CVV website.

<p><u>4/14 (Wed.) 11:00-12:00</u> <u>Senior Nutrition – Fact and Fallacies</u> Join VCAA Registered Dietician, Patti Jaeger, for a discussion about nutrition for seniors. Handouts will be included and questions answered.</p>	<p><u>4/14 (Wed.) 2:00-3:00</u> <u>Bunnie’s Hot Topics –</u> <u>The Impact of Technology on Our Lives.</u> 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.</p>
<p><u>4/14, 28 (Wednesdays) 4:00-5:00</u> <u>Deep Relaxation/Meditation</u> This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.</p>	<p><u>4/16 (Fri.) 3:00-4:00</u> <u>Journaling with CVV</u> Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p>
<p><u>4/19 (Mon.) 5:30-6:30</u> <u>CVV Book Club</u> The book this month is “Maine” by J. Courtney Sullivan. Please let Barbara B. know if you are interested in joining.</p>	<p><u>4/20 (Tues.) 2:00-3:00</u> <u>CVV ZINGO! (Zoom Bingo)</u> Who will call out ZINGO first! Register by 4/18, so Sandra can email you your Bingo cards. You can play on the computer or print out 6 cards, 1 for each game. We will play 5 or 6 games. Good Luck!</p>
<p><u>4/22 (Thurs.) 4:00-5:00</u> <u>When & How Can a Long Term Care Ombudsman Help Me?</u> Retired Program Manager for VC Ombudsman Program, Kathy Terry, will discuss the benefits of the local Ombudsman advocacy program. Topics will include rehab choices after hospitalization, Medicare payments, local care facility options, discharge disputes, etc.</p>	<p><u>4/25 (Sun.) 4:00-5:00</u> <u>Fun with Bun on Sun. – Please Come!</u> 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! Remember: “Laughter is the Best Medicine!”</p>
<p><u>4/27 (Tues.) 10:00-11:00</u> <u>A Spring Walk in the Park with Sharon & Marv</u> Let’s gather at the park and get some fresh air! Smell the flowers, soak in the sights and sounds and connect with CVV friends. Masks and social distancing required.</p>	<p><u>4/27 (Tues.) 2:00-3:00</u> <u>What’s on Your Mind?</u> Join hosts Penny and Karen for a lively discussion. There is a lot on everyone’s mind these days!</p>
<p><u>4/28 (Wed.) 12:00-2:00</u> <u>CVV 4th Anniversary Luncheon- Munch & Mingle</u> Let’s gather at Conejo Creek Park to celebrate our 4th Anniversary! Please RSVP by 4/13: CVV will provide individual boxed lunches & drinks. <i>It will be great to see all of your smiling faces!</i> (Masks and social distancing required)</p>	<p>HAPPY SPRING!</p> 