



October 2020 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:

<p>1</p> <p>From a Smart Phone Click Here -or- From the Zoom application, enter ID 559 514 4773 and password CVV2020 when prompted.</p>	<p>2</p> <p>From an iPad Click Here -or- From the Zoom application, enter ID 559 514 4773 and password CVV2020 when prompted.</p>	<p>3</p> <p>From your Computer Click Here</p> <ul style="list-style-type: none"> • These 1-2-3 links and the Events Calendar all have the new password embedded. • Members can also join Zoom directly from the Events Calendar. • If you use the old link, you will need to enter CVV2020
<p>New ZOOM Password Required</p> <p>Zoom now requires everyone to enter events with a password, which is 'CVV2020'. (case sensitive, so uppercase CVV2020)</p> <ul style="list-style-type: none"> • Members can access meetings directly from the Events Calendar too! 		

Join us for these fun Member & Volunteer Virtual Events

To join a Virtual Event please call 805-372-1826 to sign up, or register online!

Once registered, you will receive an email with the CVV Zoom link. Just click the link on the scheduled day/time, you'll be in! Or, from the Events Calendar click the [Join This Meeting](#) button.

<p><u>Free Daily Online Classes at Senior Planet</u> 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/</p>	<p><u>10/1, 8, 15, 22, 29, 11/5 (Thursdays) 12:30-1:15</u> <u>Mental Fitness Fun with Mindy</u> 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.</p>
<p><u>10/5, 10/19, 11/2 (Mondays) 9:15-10:15</u> <u>Coffee and Conversation with Barbara</u> Enjoy coffee, breakfast if you choose, and conversation with fellow CVV members at a virtual café.</p>	<p><u>10/5, 12, 19, 26, 11/2 (Mondays) 10:30-11:30</u> <u>FUNctional Fitness with Jen!</u> 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!</p>
<p><u>10/6, 11/3 (Tuesday) 2:00-3:00</u> <u>Planning Ahead with Tony</u> Join Tony as he helps us to "Plan Ahead". *Filling out File of Life online – 10/6 *Preparing for emergencies-rain, flooding-11/3</p>	<p><u>10/8 (Thurs.) 2:00-3:00</u> <u>Birthday Bash!</u> Come one, come all to celebrate October birthdays together via ZOOM! We will reminisce about our favorite birthday memories.</p>

<p><u>10/9 (Friday) 5:00-6:00</u> <u>Alfred Hitchcock Presents</u> Enjoy this classic again with Loretta and Nancy. Reflections following the show.</p>	<p><u>10/11 (Sun.) 2:00-3:00</u> <u>Travel Trivia Happy Hour with Sandra</u> 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><u>10/13 (Tuesday) 2:00-3:00</u> <u>Nancy's Community News</u> Join Nancy for an update on what is happening in the Conejo Valley. Share your latest revelations.</p>	<p><u>10/14, 28, 11/11 (Wednesdays) 11:00-12:00</u> <u>Senior Nutrition - Facts & Fallacies</u> Join VCAA 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><u>10/14, 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>10/16 (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>10/17 (Sat.) 4:00-5:00</u> <u>Travel Reflections with Danny</u> Danny will share photos and reflections of the beautiful Hawaiian Island of Kauai.</p>	<p><u>10/19 (Mon.) 5:30-6:30</u> <u>CVV Book Club</u> The book this month is, "Anything is Possible", by Elizabeth Strout. Please let Barbara B. know if you are interested in joining</p>
<p><u>10/20, 27 (Tues.) 2:00-3:00</u> <u>What's On Your Mind?</u> Join hosts Penny on the 20th and Karen on the 27th for a discussion of "What's on Your Mind?"</p>	<p><u>10/23 (Fri.) 1:00-2:00</u> <u>Simple Recipe Exchange</u> Bring your favorite soup or stew recipe to share. Deborah M. will share some of her and Carr's favorites. She will email all the recipes afterwards.</p>
<p><u>10/24 (Sat.) 2:00-3:00</u> <u>Enriching Hour – TED Talk – "Love Letters to What We Hold Dear" by Debbie Millman</u> Join Loretta for an uplifting talk about hopeful glimpses of the future.</p>	<p><u>10/25 (Sun.) 4:00-5:00</u> <u>Fun with Bun on Sun – Please Come!</u> 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><u>10/30 (Fri) 2:00-3:00</u> <u>Bunnie's Handy Household Hints and Gadgets</u> Join Bunnie to share a household hint or two with other CVV members. We all have household secrets worth passing on!</p>	<p><u>10/31 (Sat.) 4:00-5:00</u> <u>Halloween Spooktacular!</u> Join us for a short Spookie Movie to Frighten Your Fancy. Costumes welcome! Candy optional.</p>