



# June 2022 EVENTS

**Register/Info:**

**Call (805) 372-1826**

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

Connect with the Village While Being Comfortable 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**

**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, or go to the online calendar on the date and click the link.**

**6/1, 7/6 (1<sup>st</sup> Wed.) 1:30-3:30**

**Rummikub (M)**

Join us for a game of Rummikub! We will teach you how to play this fun game that combines elements of rummy and mahjong.

Meet @ The Thousand Oaks Library – Tech. Training Rm

**6/2, 9, 16, 23, 30 (Every Thurs.) 1:00-2:30**

**Guided Autobiography Writing Class- (Zoom) (M)**

Begin writing your own memoir with the support of a trained facilitator. Enjoy the camaraderie of a group, write, and share your stories, while reflecting on your life. Have Fun! (5 week series – Next series to follow)

**6/5, 12, 19, 26, 7/3 ( Every Sunday) 10:00-11:00**

**FUNctional Fitness with Jen! – (Zoom) (M,V)**

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!*

**6/6, 13, 20, 27 (Every Monday) 11:00-12:00**

**Mental Fitness Fun with Mindy – (Zoom) (M,V)**

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.

**6/8, 22 (2<sup>nd</sup> & 4<sup>th</sup> Wed.) 4:00-5:00**

**Deep Relaxation/Meditation – (Zoom) (M, V)**

This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey. Your body and mind will thank you.

Breathe, Relax, and Rejuvenate.

**6/10 (Fri.) 5:00-6:00**

**Alfred Hitchcock Presents – (Zoom) (M, V)**

Enjoy this classic again with Loretta and Nancy. Drama, thrills, horror, crime and mystery will be featured. Remember the refrain, “Good Evening……” Reflections following the show.

<p><b><u>6/12 (Sun.) 2:00-3:00</u></b>  <b><u>Travel Trivia with Sandra – (Zoom) (M, V)</u></b>  Sandra will quiz you about <i>Parts Unknown</i>, so put on your thinking cap and be ready to answer her quiz. Learn interesting facts and figures about our beautiful world from someone who has seen a lot.</p>	<p><b><u>6/14 (Tues.) 4:00-6:00</u></b>  <b><u>Flag Day Meet and Greet @ Cronies (M, V, G)</u></b>  Let's celebrate our beautiful flag with friends from CVV! We will gather on their spacious patio for food and drinks at great prices. Bring a friend and introduce them to our fabulous group!</p>
<p><b><u>6/15 (Wed.) 12:00-1:00</u></b>  <b><u>Widows Support Group – (Zoom) (M)</u></b>  Sharon Bloom, Ph.D., is hosting a Zoom group for widows who are ready to move forward in their lives and would like to share experiences with others who are going through similar challenges. Contact Sharon at 818 917-3739 if you are interested in joining.</p>	<p><b><u>6/17 (Fri.) 2:00-3:00</u></b>  <b><u>Enriching Hour-TED Talk: 5 interesting short videos of Loretta's choice – (Zoom) (M, V)</u></b>  *How you can help save the Monarch butterfly—and the Planet  *Powerful photos that honor the lives of overlooked women  *How the Suez Canal changed the world  *How the James Webb Space Telescope will unfold the universe.  *Why are cockroaches so hard to kill?</p>
<p><b><u>6/20 (3<sup>rd</sup> Monday) 5:30-6:30</u></b>  <b><u>CVV Book Club - (Zoom) (M, V)</u></b>  The book this month is "Pachinko" by Min Jin Lee. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>	<p><b><u>6/21 (Tues.) 4:00-4:30</u></b>  <b><u>Learn about GetSetUp! – (Zoom) (M, V)</u></b>  GetSetUp is the world's only LIVE online community that is built exclusively for older adults and taught by older adults and features over 1000 different classes per month. Best of all this service is FREE for VC residents!</p>
<p><b><u>6/22 (Wed.) 9:45-11:15</u></b>  <b><u>Mall Walk and Talk with Sharon (M)</u></b>  Walk at the mall with friends from CVV. Meet downstairs, outside the food court. Walk at your own pace, &amp; connect with fellow members. When we are done, we can meet outside of Nordstrom's for coffee and conversation. Join us!</p>	<p><b><u>6/24 (Fri.) 4:00-5:00</u></b>  <b><u>Keeping Your Brain Sharp-Your Brain Can be Better – (Zoom) (M)</u></b>  Loretta will lead this science driven discussion guided by the book, "Keep Sharp: Building a Better Brain at Any Age" by Dr. Sanjay Gupta. Learn strategies for better brain health!</p>
<p><b><u>6/26 (Sun.) 4:00-5:00</u></b>  <b><u>Fun with Bun on Sun. – Please Come! – (Zoom) (M, V)</u></b>  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!  It is good for the soul. 😊</p>	<p><b><u>6/30 (Thurs.) 5:00-7:00</u></b>  <b><u>Pre-4<sup>th</sup> of July Firecracker Potluck (M, V)</u></b>  Our 5<sup>th</sup> annual 4<sup>th</sup> of July Potluck is sure to please everyone with our amazing spread of food and CVV camaraderie. If possible, please bring a salad, appetizer or main course to share. CVV will provide dessert.</p>

**(M V G) Attendance Legend: M = Member, V = Volunteer, G = Guest**

Register for an event or gathering online, or phone a Call Manager at **805-372-1826** to reserve your spot!  
See our online Events Calendar at [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org) for other Member Events.

Please note that CVV events are subject to change and may have limited space

**Full Members: Please remember to call for transportation requests at least one week in advance 😊**