



September 2022 EVENTS

Register/Info:

Call (805) 372-1826

Email 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.

9/4, 11, 18, 25, 10/2 (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!*

9/7 (1st 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

9/5, 12, 19, 26, 10/3 (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.

9/9 (Fri.) 2:00-3:00

Protecting Your Family and Leaving a Legacy: Why Most Estate Plans Fail and What to Do About It. Presented by Jeffrey A. Field, esq. from Field Law – Newbury Park Library (M, V)

This most informative presentation will cover 3 key areas: financial protection for you and your family, clarifying your end of life wishes, and leaving a Legacy. Don't miss it!

9/11 (Sun.) 2:00-3:00

Trivia with Sandra – (Zoom) (M, V)

Sandra will enlighten us with fascinating trivia! Learn new facts and figures to impress your friends and family.

9/14 (Wed.) 4:00-6:00

CVV Meet and Greet @ The Crown & Anchor (M, V, G)

Let's meet at our favorite neighborhood pub for great food and fun. Invite a friend!

<p><u>9/18 (Sun.) 4:00-5:00</u> <u>Fun with Bun on Sun. – Please Come! (Zoom)</u> <u>(M, V)</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! It is good for the soul. 😊</p>	<p><u>9/19 (3rd Monday) 5:30-6:30</u> <u>CVV Book Club - (Zoom) (M, V)</u> The book this month is “Before We Were Yours” by Lisa Wingate. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>
<p><u>9/20 (Tues.) 10:00-12:00</u> <u>Lunch and Learn with Rosa Lee (M)</u> If you like to cook, or want to just have lunch with CVV friends, join Rosa Lee as she prepares a 3 course gourmet lunch in her home and teaches you how to do it yourself. Recipes included! Donations encouraged and will support CVV. Space limited to 8. If full, Oct. event to follow.</p>	<p><u>9/21 (Wed.) 12:00-1:00</u> <u>Widows Support Group – (Zoom) (M)</u> 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 818 917-3239 if you are interested in joining.</p>
<p><u>9/22 (Thurs.) 2:00-3:00</u> <u>Wild Fork Foods Tour and Educational Presentation – (M, V)</u> Attention all Foodies! Join CVV for a private tour of this new meat and seafood store. They offer great prices, small portions, recipes, same day delivery and could be the answer to, “what should I make today....?” (Max. 10)</p>	<p><u>9/28 (Wed.) 4:00-5:00</u> <u>Deep Relaxation/Meditation – (Zoom) (M, V)</u> 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.</p>
<p><u>9/30 (Fri.) 9:45-11:15</u> <u>Mall Walk and Talk (M)</u> Walk at the mall with friends from CVV. Meet downstairs, outside the food court. Walk at your own pace, & connect with fellow members. When we are done, we can meet outside of Nordstrom’s for coffee and conversation. Join us!</p>	<p><u>9/30 (Fri.) 6:00-9:00</u> <u>Sunland Winery Live Music Night-Classic Rock & Blues (M, V, G)</u> A trio of professional musicians will entertain the crowd. \$10. Minimum drink order req. (non-alcoholic drinks ok) Food from Barone’s Italian can be brought in from next door.</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 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 😊

Important Reminder:

Please remember to register for events. If you signed up & cannot attend, please mark CANCEL REGISTRATION on the event page or call CVV.