

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.

12/4, 11, 18, 1/1 (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!*

12/5, 12, 19 (Mondays) 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.

12/7 (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

12/11 (Sun.) 4:00-5:00

Fun with Bun on Sun. – Please Come! (Zoom) (M, V)

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. 😊

12/14, 28 (2nd & 4th 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.

12/15 (Thurs.) 12:00-2:00

CVV HOLIDAY CELEBRATION LUNCHEON (M,V)

Join us for a complimentary buffet lunch at the beautiful Los Robles Greens. Let us celebrate the Season together.

There will be entertainment and photo opportunities for all those interested in taking pictures with their friends!

Please register by 12/8.

<p><u>12/19 (3rd Monday) 5:30-6:30</u> <u>CVV Book Club - (Zoom) (M, V)</u> The book this month is “Crossing the Line” by Kareem Rosser. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>	<p><u>12/21 (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>12/22 (Thurs.) 2:00-3:30</u> <u>CVV Holiday Cookie Exchange! (M, V)</u> Tis the Season for Holiday Cookies! Bring 1 dozen (+ a few to sample), of your favorite holiday cookies and take home an assortment brought by others. Enjoy a cup of coffee as you savor the goodies. Marv and Geri will be our Merry Hosts.</p>	<p><u>12/23 (Fri.) 9:45-11:15</u> <u>Mall Walk and Talk (M)</u> Walk off those holiday cookies and treats 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>12/25 (Sun.) 11:45- ?</u> <u>Holiday Get Together @ Pizza Nosh & Matinee Movie to follow @ Regency Agoura Hills (M, V)</u> Join Sandra for an afternoon of eating and entertainment. Enjoy the camaraderie of CVV friends.</p>	<p><u>1/12 (Thurs.) 3:30-5:00</u> <u>CVV’s 1st Meet & Greet of 2023! BJ’s Restaurant (M, V, G)</u> Come one, Come All! Bring friends and family for great food and libation. We will ring in the new year together and celebrate a new beginning for 2023.</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 CANCEL REGISTRATION on the event page or call CVV.