



# March 2023 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.**

### **3/1, 4/5 (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.

This month will be at Goebel Foothill Lupine room. April will be back at the TO Library

### **3/2 (Thurs.) 10:00-12:00**

#### **Lunch & Learn with Rosa Lee (M)**

If you like to cook, or want to just have lunch with CVV friends, join Rosa Lee as she prepares a 3 course lunch in her home and teaches you how to do it yourself.

Simple Recipes included! Menu to follow. Donations encouraged and will support CVV. **Space limited to 8. Register by 2/25.**

### **3/3 (Fri.) 2:00-3:30**

#### **Ready or Not - Plan Ahead for Life's Unforeseen Events (M, V, G)**

Hear a personal story about "what I wish I knew" when life dealt them an unexpected loss. In addition, Barbara B. will discuss palliative care and hospice. Held at Bunnie's home.

### **3/12, 19, 26, 4/2 (Sundays) 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!*

### **3/6, 13, 20, 27, 4/3 (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.

### **3/8, 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.***

<p><b><u>3/16 (Thurs.) 4:30-6:00</u></b>  <b><u>Pre-St. Patrick's Day Happy Hour Meet &amp; Greet @ California Pizza Kitchen (M, V, G)</u></b>  Bring on the Green and Schmooze with CVV. Enjoy great food with friends. Happy hour prices on food and drinks.  Invite someone new to introduce them to CVV!</p>	<p><b><u>3/17 (Fri.) 2:00-3:30</u></b>  <b><u>Ready or Not – Plan Ahead for Life's Unforeseen Events (M, V, G)</u></b>  Learn about the Death with Dignity act and the facts about end-of-life advocacy and policy. The law empowers people with terminal illness to have the control they want during the last days of their lives. Held @ Bunnies home.</p>
<p><b><u>3/20 (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 "The Night Watchman" by Louise Erdrich. Please let Barbara B. know if you are interested in joining. Stimulating conversation and discussion! (She can provide the book.)</p>	<p><b><u>3/22 (Wed.) 11:45-12:45</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 818 917-3239 if you are interested in joining.</p>
<p><b><u>3/23 (Thurs.) 9:45-11:15</u></b>  <b><u>Mall Walk and Talk (M)</u></b>  Walk at the mall with friends from CVV. The temperature is perfect! 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 for coffee @ 10:30, even if you don't walk.</p>	<p><b><u>3/27 (Mon.) 4:00-5:00</u></b>  <b><u>Fun for Everyone with Bun on Mon. – 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 jokes to share. Lots of laughs for all!  It is good for the soul. 😊</p>
<p><b><u>4/4 (Tues.) 12:00-1:30</u></b>  <b><u>Lunch Meet &amp; Greet @ P&amp;L Burgers (M, V, G)</u></b>  Let's grab lunch at our hometown favorite P&amp;L Burgers. For almost 40 years this humble neighborhood restaurant has delivered great food with a varied menu for all appetites. Join us!</p>	<p style="text-align: center;"><i><b><u>Welcome Spring!</u></b></i></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 😊***

**Important Reminder:**

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