



ABOUT US

Conejo Valley Village is an active community of local seniors building strong and supportive relationships through member and volunteer led programs, activities and services.

OUR MISSION is to provide our members access to activities and programs that help people remain in their homes, stay active, and enjoy our local community.

SERVICE AREA

Residents of Thousand Oaks, Newbury Park, Westlake Village and Oak Park.

WHAT ARE THE MEMBERSHIP DUES?

Conejo Valley Village is affordable and a great value! Monthly dues are:

Individual: \$50

Household: \$75, for up to three people.

Individual and household memberships include all services and social activities.

Social: \$15, activities and events only.

Financial support may be available for qualifying individual memberships.



"The Village gave me the confidence to better tackle the challenges and enjoy the opportunities of aging gracefully"

CONEJO VALLEY VILLAGE COMMUNITY ~ SUPPORT ~ FRIENDSHIP

CONTACT US:

- To obtain more information
- To become a member or volunteer
- To make a donation

CONEJO VALLEY VILLAGE
Email: cvv@conejovalleyvillage.org
Web: www.conejovalleyvillage.org
Phone: (805) 372-1826

Office Hours: Monday - Friday
9 am to 4 pm
Closed on major holidays

P.O. Box 3162
Westlake Village, CA 91359

Conejo Valley Village is a
501(c)(3) non-profit organization.

Donations are tax-deductible.



Welcome to
Conejo
VALLEY VILLAGE



AGING. BETTER. Together!

Conejo Valley Village is a vibrant group of local seniors who believe a better experience of aging is possible when we can grow with, and rely upon one another. We help each other navigate the challenges that life brings, and together we explore solutions to stay happy, healthy and in control of our lives!

Feeling lonely or even isolated? Meet others with similar interests and forge lasting friendships! We share a common vision of a better way to age by having fun, learning, and helping each other.

ENGAGE AND GROW WITH US!

Join us for the activities and services,
but stay with us for the community,
support and friendships!



HOW CONEJO VALLEY VILLAGE WORKS

As a member, you have access online or with just a phone call to a network of trained and background-checked local volunteers who provide activities and services to help you meet the challenges and opportunities of aging. We support your desire to look to the future with confidence, be active in our community, and stay independent in your home.

With our "neighbors helping neighbors" approach, Conejo Valley Village adapts to your changing needs as you get older. Knowing that local support is available will help give you and your family greater peace of mind.

We look forward to welcoming you to the Village!



WHAT DOES MEMBERSHIP INCLUDE?

Membership includes social activities, programs, and supportive services.

Social Activities and Programs:

Members can enjoy a variety of activities that are hosted or coordinated by our vetted volunteers, for example:

- **Social Events.** Enjoy monthly lunches and dinners at local restaurants, musical events, happy hours, movies, wine-tastings, or other special events of interest to members.
- **Education/Recreation.** Enjoy activities at local libraries, museums and theaters, learn and play games, join in Hot Topic conversations, or join a group to attend a community event or concert.
- **Fitness.** Enjoy leisurely nature walks on local trails, mall walks, or learn about wellness and nutrition.
- **Coffee and conversation gatherings.** Join with other members and volunteers.
- **Potlucks.** If it's not convenient to bring food, no problem... nobody ever leaves hungry!
- **ZOOM Join in from your home.** TED talks and discussion, meditation, mental fitness fun, book club, enriching hour, FUNctional Fitness class for all levels by certified fitness instructor.
- **Volunteer opportunities.** Share your time or skills to volunteer and help our members in various ways!



WHAT DOES MEMBERSHIP INCLUDE? (CONT.)

Supportive Services:

- **Drop-off or roundtrip transportation** to appointments, errands, or even shopping. By request, a volunteer can wait for you at a doctor's office or take notes during medical appointments.
- **Assistance with minor home repairs and maintenance.** Volunteers can help with changing light bulbs, batteries in smoke detectors, clearing out closets, home filing and organizing, decluttering, light gardening, patio clean up, etc.
- **Technology support.** Volunteers can help set up computers, printers, TV remotes, mobile phones, iPads, etc.
- **Checking-in.** Volunteers can make regular calls or friendly visits to members who are unable to leave their home or attend events.
- **Assistance with temporary pet care.** Volunteers can provide pet care on a temporary basis or accompany you and your pet to a veterinarian.
- **Special requests.** Call us and we'll see if we can help with special requests!



Services, activities and programs are subject to change, and may be limited by the availability of our vetted volunteers.

