



# March 2019

## CVV MEMBER EVENTS

**Register/Info:**

**Call (805) 372-1826**

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

**Join us for these fun member events – REGISTER EARLY!**

### Registration Requested For All Events

***Please wear your name badge to the events!***

<p>3/6/19 (Wed.) 1:00-3:00  <b><u>Mexican Train (M)</u></b>            Jump aboard the Mexican Train! This fun game played with dominos will keep you entertained as you try to be the first to use all of your dominos on the train chain.</p>	<p>3/12/19 (Tues.) 10:00-11:00  <b><u>An Easy-Paced Walk in the Park (M)</u></b>            Join Julie for a walk in Beautiful Wildwood Park! All abilities welcome! Enjoy wildflowers, fresh air and nature interpretation.</p>
<p>3/13/19 (Wed.) 12:30-12:50 (1:00 Lunch at food court)  <b><u>In Focus: Ansel Adams – Highlights from the Lawrence Janss Collection (M)</u></b>            CVV private tour of this amazing collection at the California Museum of Art Thousand Oaks. (Oaks Mall)</p>	<p>3/14/19 (Thurs.) 3:30-5:30  <b><u>Pre-St. Patrick's Day Meet &amp; Greet At Brendan's Restaurant (M V G)</u></b>            Let's celebrate St. Patrick's Day with an Irish Happy Hour!</p>
<p>3/18/19 (Mon.) 9:30-10:30  <b><u>Mall Walk with Sharon (M)</u></b>            Walk the mall with friends from CVV. Shopping and coffee as a reward afterwards.            Meet downstairs at Oaks Mall at Coffee Bean.</p>	<p>3/18/19 (Mon.) 5:30-6:30  <b><u>CVV Book Club (M)</u></b>            Join fellow CVV Bookworms to discuss, "The Art of Racing in the Rain". Sandra Cherry will host. [All 10 slots filled, contact Barbara Balke for future slots]</p>
<p>3/20/19 (Wed.) 1:00-3:00  <b><u>Rummikub (M)</u></b>            Join us for a game of Rummikub! We will teach you how to play this fun game that combines elements of rummy and mahjong. Barbara Sontag's home.</p>	<p>3/21/19 (Thurs.) 1:45-3:30  <b><u>Enriching Hour: A DVD showing of Topics to Enlighten and Inspire us! (M)</u></b>            This month's DVD is, Walt: The Man Behind The Myth. A revealing portrait of Walt Disney. Part 2</p>
<p>3/22/19 (Fri.) 3:00-4:00  <b><u>Joy of Journaling (M)</u></b>            Join us for an enlightening hour of journaling. Explore your life stories, the stories others bring to their writing. Learn to be mindful and positive!</p>	<p>3/27/19 (Wed.) 2:00-4:00  <b><u>BIRTHDAY BASH! (M V)</u></b>            Let's celebrate CVV first quarter birthdays at Conejo Creek Park North (behind TO Library) All Welcome! We will provide Cake, Conversation and Conviviality!</p>
<p>5/5/19 (Sun.) 2:00-4:00  <b><u>Theater Time! – Mama Mia @ High Street Arts Theater Moorpark (M V G)</u></b>            Contact Sharon about tickets (\$23.) and carpooling. 818-917-3239. We need to get tickets early!</p>	

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

Register for an event online or call our 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 and Community sponsored events. CVV events are subject to change and may have limited space.

**Full Members: Remember to request transportation - Call us if you need a ride to an event.**

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## **March Community Events – Bring your Friends!**

(Note: These events are not sponsored by Conejo Valley Village)

### **3/6/19 (Wed.) 1:00 – 2:00 – Nutrition and Supplements: Facts and Myths – Civic Arts Plaza 3<sup>rd</sup> Plaza Level**

The Thousand Oaks Council On Aging will present guest speaker Dr. Diana Sarkisyan from UCLA Health to discuss the different types of vitamins and supplements which most benefit seniors.

### **3/10/19 (Sun.) 2:00-3:30 – National Women’s History Month-Women Composers: Music for Flute & Piano– Grant R. Brimhall Library Meeting Room**

Historically, notable women composers have not always had the same recognition as their male counterparts, although equally talented. Internationally acclaimed musicians Ann Erwin and Edith Orloff will perform selections from famous women composers.

### **3/14/19 (Thurs.) – Healthy Aging Using Technology – 600 Hampshire Rd. T.O**

Ferdi Villegas, Sr. Territory Manager for Philips Home Monitoring will present information on Personal Emergency Response Systems, fall detection, GPS solutions and, the latest innovations for home safety. 805-300-5848

### **3/15/19 (Fri.) 9:00-1:30 - Caregiver Recognition Day Event – Los Robles Greens**

Caring for an aging loved one? Join this FREE Caregiver Recognition Day featuring Special Guest Comedian, Fritz Coleman of NBC4! Reservation required: 805-497-0189

### **3/26/19 (Tues.) 4:00-5:30 – Path to Positive Aging Series – Understanding Dementia: Signs, Symptoms & Treatment - Senior Concerns**

Dr. James Sutton, MD will examine the latest research on dementia. Attendees will also learn to recognize the symptoms of dementia and understand what caregivers can expect after their loved one is diagnosed with dementia. \$10. Suggested donation.

### **3/28/19 (Thurs.) 6:30-7:30 – Financial Literacy: ID Theft - Grant R. Brimhall Library Community Room**

Learn the methods that identity thieves use to access confidential information, tools for preventing ID theft, and steps to take if ID theft occurs. Presented by Ventura County Credit Union.