



The Many Gifts of Conejo Valley Village



By Billie Sontag

Since CVV opened its virtual doors in April of 2017, we have blossomed into an amazing group where everyone cares for and about each other. Seniors from all over the Conejo Valley, who didn't know each other, have come together and found a lot in common. **There are many gifts we all give and receive by belonging to the CVV family, starting with the gift of community.**

According to one of my doctors, it's extremely important for seniors' health and well being to belong to a community. He loved hearing about how Conejo Valley Village has brought seniors of all ages together in a unique community of friendship and people helping people. Lori shared a takeaway from a recent podcast about how important it is for seniors to stay engaged socially...even more important than diet and exercise. Sandra believes that in some cases community can be more important than family.

Our members and volunteers offer an abundance of varied and rich life experiences, accomplishments, and interests to share with each other as we make new friends, enjoy events, expand our horizons, and help each other age happier. CVV provides many opportunities to socialize at potlucks, lunches, and happy hour get-togethers and in smaller special interest groups hosted by volunteers. We have Walks in the Park with Julie, Joy of Journaling with Barbara J., Book Club with Barbara B., Mall Walks with Sharon, Coffee and Conversation with Barbara K.,

and Rummikub with Barb S. Our committee members and the Board of Directors utilize their business, management, healthcare, charitable, volunteering, and gerontology



backgrounds to keep CVV running smoothly. Some, like Steve and Danny, offer computer, handyman, and gardening help to full members who need assistance. We depend on our wonderful call managers, who work hard to respond to ride and service requests. We appreciate Lori, Julie, Barbara K., and Bunnie, who have graciously opened their homes to us for parties. (We are a group that likes to party!) As Karen says, "Time spent helping other people is the greatest gift to give."

The Village has made a significant impact on our lives, giving many of us the gift of a new and more fulfilled life. Whether we've lost a loved one, our ability to drive, our physical mobility, or the full schedules and sense of purpose provided by our pre-retirement lives, our lives have changed. Dena saw her world shrink when she suddenly found herself stuck in her house most of the time. Others have similar stories. They didn't like having to ask their children, family and friends for rides and help. One of our

newest members, Adrienne, told me how happy she is that she won't have to depend on her daughter as much for errands and they can just get together now for fun. Dick and many other villagers shared that this gift of independence is priceless. Many members found their social lives had changed and wanted to meet new people. Now they are excited about all the new friends they have made and look forward to seeing them at events. **The energy, the conversation, the laughter, the kindness, the hugs we exchange when we get together are truly heartfelt gifts.** We all love seeing so many people attending events and being so happy. As we keep growing, we'll have the opportunity to make even more good friends.

Thank you all for being an integral part of the CVV community and sharing your own special gifts with everyone. We wish you a very happy holiday season and hope to see you at our Holiday Celebration luncheon for members and volunteers on December 17th (see insert for details)!



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Upcoming Events

Thankful for A Beautiful Day in the Village

Over 60 village members, volunteers and their guests enjoyed a heart-warming Thanksgiving dinner and visiting with friends old and new at Country Harvest restaurant. We are so very thankful for the opportunity to bring together and support this wonderful community. It's definitely a beautiful day in the Village neighborhood!



Clockwise from top left: Cheers to everyone - Niki and Ann, Nick and Edna, Barbara S and Julie, Bunnie and Jill, Leon and Bill, and Emerald and Adrienne.



All of us, at some time or other, need help. Whether we're giving or receiving help, each of us has something to bring to this world. That's one of the things that connects us as neighbors - in our own way, each of us is a giver and a receiver.

~Fred Rogers, from "The World According to Mister Rogers"



Clockwise from top left: Enjoying lots of great conversation - Lilo and Christal, Bill, Dena and David A., Fabienne and Jean, David C. and Rene, and Marv and Emiko.

Photos courtesy of Maryann Gitt

Tulips, Castles & The Matterhorn: Danny & Mary visit Europe

By Loretta Allen

Adventurous travelers Danny and Mary White began their trip at the end of April in Amsterdam. There they visited the world famous Keukenhof tulip gardens where more than seven million bulbs were in bloom. Beautiful! In the world's largest flower park they viewed spectacular mixes of color showing off the best of Dutch tulips, crocuses, narcissus (daffodils), and other bulb flowers in a park setting that has many art pieces, special displays, restaurants, and a real Dutch windmill.

From there they boarded a boat to cruise along 460 miles of the Rhine River, including the 40-mile gorge where robber-barons built castles from the tolls they had forcibly collected from the boats passing through their area. These castles are in various stages of repair, some mere shells standing on the hillside as proud relics of a time past while others are in various



stages of repair and are open for visitors.

The last leg of their journey in May took them to Switzerland where they rode trains each day and traveled in a clockwise circle through the Alps rising to elevations of 8,000 to 10,000 feet. During their

Switzerland train tour they had very interesting stays in Zurich, St. Moritz, Geneva, and Lucerne. They really enjoyed the train network in Switzerland where the trains always run on time, the train stations are easy to navigate, and the passenger cars are both clean and comfortable.

In Zermatt they were truly blessed to have breath-taking views of the Matterhorn which rises 15,000 feet above the valley floor. There they took a cable car up the mountain to view the valley and surrounding mountain peaks.

Watch for more adventures of this traveling couple in future issues.



Holiday Shopping Ideas

**CVV Gift Wrap Fundraiser Dates at
TO Barnes & Noble**

Shop at B&N, let us wrap your gifts!

Sun, 12/1, 1-5 pm	Sun, 12/15, 1-5 pm
Wed, 12/11, 1-5 pm	Wed, 12/18, 1-5 pm
Thurs, 12/12, 1-5 pm	Fri, 12/20, 1-5 pm
Sat, 12/14, 5-9 pm	Sun, 12/22, 1-5 pm
Mon, 12/23, 1-5 pm	

Welcome New Villagers!

Welcome

New Members & Volunteers!

We are happy you have joined the Village! We look forward to serving you and seeing you at upcoming events. Join us at our Holiday Party!

**Help Raise Funds for CVV
Shop at Amazon SMILE!**



Go to www.smile.amazon.com and logon with your regular Amazon account ID and password. Register Conejo Valley Village as your charity to support, and Amazon will donate 0.5% of your purchase to CVV. Be sure to make future Amazon purchases via www.smile.amazon.com.

New Members

Genevieve S. David C. Adrienne R.
Lilo K. Marv F. Ann E.

New Volunteers

David A. Pat S. Sandra D.
Linda S. Elizabeth S. John S.
Angela J. William R.

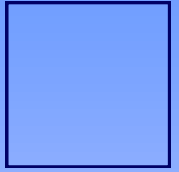




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The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.



Neighbors Helping Neighbors Stay Independent, Active and Connected



Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

VILLAGE CONNECTIONS

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Volunteer Spotlight

Volunteers: Please email your total volunteer hours estimated through the end of the month by the **25th** to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!



Thank You Volunteers for warming our hearts and lifting our spirits during the holidays and every day!

Members & Volunteers - Join us for CVVs 3rd Annual



Holiday Celebration

Tuesday, December 17, 12 - 2 pm

Los Robles Greens, TO

Complimentary luncheon, holiday photos, fun & friendship, door prizes

Full members needing transportation should request rides by 12/9. RSVP at **(805) 372-1826**.