



May 2020 ***VIRTUAL* EVENTS**

Register/Info:

Call (805) 372-1826

Email cvv@conejovalleyvillage.org

Connect with the Village While Being Comfortable and Safer At Home!

THREE WAYS TO JOIN VIRTUALLY:

1

**Call from your Home Phone
(Landline):**

Dial: 1 (877) 853-5257

Enter: Meeting ID **5595144773#**

2

Call from your Smart Phone
(or access from an email link or
text message link):

Dial: (877) 853-5257

Enter: Meeting ID **5595144773#**

3

From your Computer or iPad:

Click: <https://zoom.us/j/5595144773>

A window will appear for the
meeting; you can join with or
without sharing your video

For either a home phone or a smart phone, press the # key one more time to
enter a meeting (no Participant ID is needed)

Once you are on the call:

- To mute your phone so you can't be heard, press *6 (star button, then 6)
- To unmute your phone so your voice can be heard, press *6 again

*(Note: If using a Mac or Windows PC,
or an Android or iPhone phone/tablet,
you may be prompted to download
the 'ZOOM' application)*

Join us for these fun Member & Volunteer Virtual Events

To join a Virtual Event please call CVV to sign up or register on-line

Once you have signed up, you will get an email with the CVV Zoom link and phone instructions. Just click the link or call at the scheduled time and you should be in!

5/5, 19, 26 (Tuesdays) 2:00-3:00

What's on Your Mind?

Join different hosts for a discussion of
"What's on Your Mind?"

5/6, 13, 20, 27 (Wednesdays) 11:00-12:00

Connecting with CVV Friends!

Join Barbara J. to talk about what's
happening in our lives during this unique
time.

5/11, 25 (Mondays) 9:30-10:30

Coffee and Conversation with Barbara

Enjoy coffee, breakfast if you choose, and
conversation with fellow CVV members at
a virtual cafe. If this group fills up we will
have a second one at 11 AM-12 PM.

5/12 (Tues.) 2:00-3:00

Nancy's Community News

Join Nancy for an update on what is
happening in the Conejo Valley. She will
offer information about what the T.O.
community is up to. Share happenings
that you know of in the Conejo Valley.

Continued on next page

Continued from previous page

<p><u>5/14 (Thurs.) 11:00-12:00</u> <u>Travel Reflections with Danny</u> Let's explore some local places of interest via ZOOM. None of these require an overnight stay to visit from home, so they should be readily accessible when we can safely leave our "coronavirus caves". Slide show included!</p>	<p><u>5/15 (Fri.) 3:00-4:00</u> <u>Journaling with CVV</u> Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p>
<p><u>5/16 (Sat.) 4:00-5:00</u> <u>Happy Hour with CVV Friends</u> Where in the world would you want to be having Happy Hour if you were not here? Where was your most memorable Happy Hour?</p>	<p><u>5/18 (Mon.) 5:30-6:30</u> <u>CVV Book Club</u> The book this month is, "Ahab's Wife", by Sena Jeter Naslund. Contact Barbara Balke for information about getting a copy of the book.</p>
<p><u>5/20 (Wed.) 4:00-5:00</u> <u>Guided Imagery</u> This focused relaxation uses spoken word to engage active imagination and the senses to help you feel relaxed and peaceful. Meghan Fitch will teach this class.</p>	<p><u>5/21 (Thurs.) 2:00-3:30</u> <u>Irv's Man Cave</u> Irving Croshier will have a support/ personal discussion group for CVV male members and volunteers. Topics open.</p>
<p><u>5/23 (Sat.) 2:00-3:00</u> <u>Enriching Hour – TED Talks</u> Topic TBD – Stay Tuned!</p>	<p><u>5/24 (Sun.) 5:00-6:00</u> <u>Memorial Day Celebration!</u> Nancy Healey will host a Happy Hour for us to celebrate Memorial Day together via ZOOM.</p>
<p><u>5/27 (Wed.) 2:00-3:00</u> <u>See and Share our Pets with Nancy and Loretta</u> Bring your pets to ZOOM (or photos if they are unavailable). Discussion will include caring for them and the joy they bring!</p>	<p><u>5/28 (Thurs.) 2:00-3:00</u> <u>Birthday Bash!</u> Come one, come all to celebrate May birthday's together via ZOOM! We will reminisce about our favorite birthday memories.</p>