



# August 2020 VIRTUAL EVENTS

**Register/Info:**

**Call (805) 372-1826**

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

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

## THREE WAYS TO JOIN VIRTUALLY:

1

### From a Smart Phone

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

2

### From your iPad or Tablet

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

3

### From your Computer:

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

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

### Friendly Reminders

- Let's try and stick to the meeting topic
- Given the technical limitations of video conferencing, if three people speak at one time for example, nobody will be able to hear anybody. Feel free to raise your hand during a busy call ☺

*(Note: If using a Mac or Windows PC, an Android or Apple phone or 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. Just click at the scheduled time and you should be in!**

**8/3, 17, 8/31, 9/21 (Mondays) 9:30-10:15**

### **Coffee and Conversation with Barbara**

Enjoy coffee, breakfast if you choose, and conversation with fellow CVV members at a virtual cafe.

**(Tuesdays & Thursdays) 9:30-10:30**

### **Chair Yoga offered by Senior Planet**

Participate in a free online chair yoga class with seniors from around the country.

**8/6, 13, 20, 27, 9/3, 9/10... (Thursdays) 12:30-1:15**

### **Mental Fitness with Mindy**

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.

**8/3, 10, 17, 24, 31, 9/7 (Mondays) 10:30-11:30**

### **FUNctional Fitness with Jen!**

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!

**8/4, 9/1 (1<sup>st</sup> Tuesday) 2:00-3:00**

### **Planning Ahead with Tony**

Join Tony as he helps us to "Plan Ahead".

\*Power outages – August

\*Emergency Evacuation - September

**8/6 (Thurs.) 2:00-3:00**

### **Birthday Bash!**

Come one, come all to celebrate August birthdays together via ZOOM! We will reminisce about our favorite birthday memories.

<p><b><u>8/9 (Sun.) 4:30-5:30</u></b>  <b><u>Travel Trivia Happy Hour with Sandra</u></b>  Sandra Cherry will quiz you about places and things you may/may not know about traveling the world. Bring paper and a pen/pencil to write down your answers.</p>	<p><b><u>8/11 (Tues.) 2:00-3:00</u></b>  <b><u>Nancy's Community News</u></b>  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 are aware of.</p>
<p><b><u>8/12, 26, 9/9 (Wednesdays) 4:00-5:00</u></b>  <b><u>Deep Relaxation/Meditation</u></b>  This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.</p>	<p><b><u>8/14 (Fri.) 5:00-6:00</u></b>  <b><u>Film Noir – Alfred Hitchcock Presents.</u></b>  Nancy and Loretta will explain classic Film Noir and then all will watch an episode of Alfred Hitchcock Presents, with analysis afterwards.</p>
<p><b><u>8/15 (Sat.) 11:00-12:00</u></b>  <b><u>Travel Reflections with Danny</u></b>  Danny will share photos and reflections of the amazing Bristlecone Pine Forest, where some trees are more than 4,000 years old!</p>	<p><b><u>8/16 (Sun.) 5:30-6:30</u></b>  <b><u>Bunnie's Handy Household Hints</u></b>  Join Bunnie to share a household hint or two with other CVV members. We all have household secrets worth passing on!</p>
<p><b><u>8/17 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is, "Balzac and the Little Chinese Seamstress", by Dai Sijie. Please let Barbara B. know if you are interested in joining.</p>	<p><b><u>8/18, 25 (Tues.) 2:00-3:00</u></b>  <b><u>What's On Your Mind?</u></b>  Join hosts Penny on the 18<sup>th</sup> and Karen on the 25<sup>th</sup> for a discussion of "What's on Your Mind?"</p>
<p><b><u>8/21 (Fri.) 3:00-4:00</u></b>  <b><u>Journaling with CVV</u></b>  Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.</p>	<p><b><u>8/22 (Sat.) 2:00-3:00</u></b>  <b><u>Enriching Hour – Local Wild Birds</u></b>  Join Danny as he discusses wild local birds, including which ones are most likely to appear in your backyard and how to feed them.</p>
<p><b><u>8/23 (Sun.) 2:00-3:00</u></b>  <b><u>Travel and Tour w/ Sandra</u></b>  Sandra Cherry will share photos of her trip to New Zealand last December &amp; January. Be ready to be wowed by the gorgeous scenery.</p>	<p><b><u>8/28 (Fri.) 1:00-2:00</u></b>  <b><u>Simple Recipe Exchange</u></b>  Bring your favorite microwave recipe to share. Deborah M. will share some of her and Carr's favorites. She will email all the recipes afterwards.</p>
<p><b><u>8/30 (Sun.) 5:30-6:30</u></b>  <b><u>Bunnie's Funny Happy Hour</u></b>  Come ready to laugh, as Bunnie shares her jokes and tickles your fancy. Lighten up with levity! Don't forget to bring jokes to share.</p>	