



## March 2021 ***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 [Here](#)

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

2

From your iPad or Tablet

Click [Here](#)

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

3

From your Computer:

Click [Here](#)

- These 1-2-3 links and the Events Calendar all have the new passcode embedded.
- Members can also join Zoom directly from the [Events Calendar](#).
- If you use the old link, you will need to enter **CVV2020**

### Friendly Reminder - ZOOM Passcode Required

ZOOM now requires everyone to enter events with a passcode, which is **CVV2020**. (case sensitive, uppercase CVV2020)

Members and Volunteers can access directly from the [Events Calendar](#)

### Join us for these fun Member & Volunteer Virtual Events

**To join a Virtual Event please call 805-372-1826 to sign up or register on-line**

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

**3/1, 8, 15, 22, 29, 4/5 (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!

**3/6, 4/3 (Sat.) 4:00-5:00**

#### **Keeping Your Brain Sharp-Your Brain Can be Better**

Loretta will lead this science driven discussion guided by the book, "Keep Sharp: Building a Better Brain at Any Age" by Dr. Sanjay Gupta.

**3/9 (Tues.) 2:00-3:00**

#### **Nancy's Community News**

Join Nancy for an update on what is happening in our community. Check out our, "Community Information" tab on the CVV website.

**3/4, 11, 18, 25, 4/1 (Thursdays) 12:30-1:15**

#### **Mental Fitness Fun 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.

**3/8, 22 (Mondays) 9:15-10:15**

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



Let's start the morning off with a cup of something warm and stimulating conversation with fellow CVV friends.

**3/10, 24 (Wednesdays) 11:00-12:00**

#### **Senior Nutrition – Fact and Fallacies**

Join VCAAA Registered Dietician, Patti Jaeger, for a discussion about nutrition for seniors. Handouts will be included, and questions answered.

<p><b><u>3/10, 24 (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>3/11 (Thurs.) 2:00-3:00</u></b>  <b><u>Birthday Bash with Barbara</u></b>   Come one, come all to celebrate March birthdays via ZOOM! We will reminisce about our favorite birthday memories. Make a Wish!</p>
<p><b><u>3/12 (Fri.) 5:00-6:00</u></b>  <b><u>HAPPY HOUR!</u></b>  Bunnie wants everyone to bring their favorite beverage and let's toast to what we can be HAPPY about. Share HAPPY experiences, conversations, or times you've had. 😊</p>	<p><b><u>3/13 (Sat.) 4:00-5:00</u></b>  <b><u>Enriching Hour – TED Talk – “A Walk Through the Stages of Sleep” by sleep scientist Matt Walker</u></b>  Join Loretta as she presents a talk about the stages of sleep and the differences between REM and non-REM and how important it is to get enough of both.</p>
<p><b><u>3/14 (Sun.) 2:00-3:00</u></b>  <b><u>Travel Trivia with Sandra</u></b>  Sandra will quiz you about <i>Parts Unknown</i>, so put on your thinking cap and be ready to answer her quiz.</p>	<p><b><u>3/15 (Mon.) 5:30-6:30</u></b>  <b><u>CVV Book Club</u></b>  The book this month is “The Birth of Venus” by Sarah Dunant. Please let Barbara B. know if you are interested in joining.</p>
<p><b><u>3/17 (Wed.) 4:00-5:00</u></b>  <b><u>Happy St. Patrick's Day!</u></b>   Join Sandra for nostalgic trivia about St. Patrick's Day. Bring your “Luck Of The Irish” and Wear Green!</p>	<p><b><u>3/19 (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>3/20 (Sat.) 4:00-5:00</u></b>  <b><u>Travel Reflections with Danny</u></b>  Let's travel vicariously through Danny! He will present, New Zealand &amp; Australia, “A Cruise Down Under”. Explore the majestic peaks and sparkling lakes on this beautiful zoom.</p>	<p><b><u>3/21 (Sun.) 4:00-5:00</u></b>  <b><u>Welcome to Spring!</u></b>  Join Barbara B. and Lois to celebrate the season with reflections about what Spring means to you. April Showers? Longer days? Spring cleaning? Bedding plants? Wardrobe changes?</p>
<p><b><u>3/23 (Tues.) 2:00-3:00</u></b>  <b><u>What's on Your Mind?</u></b>  Join hosts Penny and Karen for a lively discussion. I'm sure there is a lot on everyone's mind these days!</p>	<p><b><u>3/26 (Fri.) 5:00-6:00</u></b>  <b><u>Alfred Hitchcock Presents</u></b>  Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the <i>good ol' days</i>. Reflections following the show.</p>
<p><b><u>3/29 (Mon.) 4:00-5:00</u></b>  <b><u>Fun with Bun on Mon. – Please Come!</u></b>  Lighten up with some levity! Come laugh with us, as Bunnie shares jokes and tickles our fancy.  Bring a joke to share! Lots of laughs for all!</p>	<p><b><u>3/30 (Tues.) 10:00-11:00</u></b>  <b><u>A Spring Walk in the Park with Sharon &amp; Marv</u></b>  Let's gather at the park and get some fresh air! Smell the flowers, soak in the sights and sounds and connect with CVV friends. Masks and social distancing required.</p>