

March 2021 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:



From a Smart Phone Click Here

https://zoom.us/j/5595144773

2

From your iPad or Tablet

Click Here

https://zoom.us/j/5595144773



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 <u>Events</u> 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 <u>Events Calendar</u>

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!

3/4, 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.

3/6, 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.

3/8, 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.

3/9 (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.

3/10, 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.

3/10, 24 (Wednesdays) 4:00-5:00

Deep Relaxation/Meditation

This focused relaxation uses spoken words to help you feel relaxed and peaceful. Barbara J. will facilitate this virtual journey.

3/12 (Fri.) 5:00-6:00 HAPPY HOUR!

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. ©

3/14 (Sun.) 2:00-3:00

Travel Trivia with Sandra

Sandra will quiz you about *Parts Unknown*, so put on your thinking cap and be ready to answer her quiz.

3/17 (Wed.) 4:00-5:00

Happy St. Patrick's Day!

Join Sandra for nostalgic trivia about St. Patrick's Day. Bring your "Luck Of The Irish" and Wear Green!

3/20 (Sat.) 4:00-5:00

Travel Reflections with Danny

Let's travel vicariously through Danny! He will present, New Zealand & Australia, "A Cruise Down Under". Explore the majestic peaks and sparkling lakes on this beautiful zoom.

3/23 (Tues.) 2:00-3:00

What's on Your Mind?

Join hosts Penny and Karen for a lively discussion. I'm sure there is a lot on everyone's mind these days!

3/29 (Mon.) 4:00-5:00

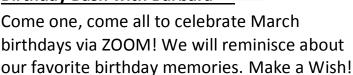
Fun with Bun on Mon. - Please Come!

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!

3/11 (Thurs.) 2:00-3:00

Birthday Bash with Barbara



3/13 (Sat.) 4:00-5:00

<u>Enriching Hour – TED Talk – "A Walk Through the</u> <u>Stages of Sleep" by sleep scientist Matt Walker</u>

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.

3/15 (Mon.) 5:30-6:30

CVV Book Club

The book this month is "The Birth of Venus" by Sarah Dunant. Please let Barbara B. know if you are interested in joining.

3/19 (Fri.) 3:00-4:00

Journaling with CVV

Let your creative juices flow with a guided journaling exercise. Each month a different topic will be offered to journal about.

3/21 (Sun.) 4:00-5:00

Welcome to Spring!

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?

3/26 (Fri.) 5:00-6:00

Alfred Hitchcock Presents

Enjoy this classic again with Loretta and Nancy. Nostalgia to remind us of the *good ol'* days. Reflections following the show.

3/30 (Tues.) 10:00-11:00

A Spring Walk in the Park with Sharon & Marv

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.