



March 2018

CVV MEMBER EVENTS

Register/Info:

Call (805) 372-1826

Email cvv@conejovalleyvillage.org

Join us for these fun member events – REGISTER EARLY!

3/6/18 (Tues.) 10:00-12:00

Behind the Scenes with Seerden

THEATER LOVERS! Take a Peek Behind the Curtain with veteran stage actor, Jim Seerden. Learn all that goes into bringing a show to the stage. We will explore all aspects of Live Theater and attend a show together!

3/8/18 (Thurs.) 9:30-10:30

Coffee and Conversation

Come and enjoy coffee, breakfast if you so choose, and conversation with fellow CVV Members at The Goebel Cafe.

3/14/18 (Wed.) 10:15-12:15

Yahtzee! *Yahtzee* is a dice game. The objective of the game is to score points by rolling five dice to make certain combinations. No talent required and we will show you how to play!

3/19/18 (Mon.) 9:30-10:30

Mall Walk and Talk

Need steps? Stroll the Mall at your own pace with fellow CVV members and reward yourself afterward with coffee! Meet at Coffee Bean and Tea Leaf near JC Penney. All fitness levels welcome!

3/23/18 (Fri.) 3:00 – 4:00

Joy of Journaling

Bring a notebook and pen for an enlightening hour of journaling. Learn how to tap into your many layers. Explore your life stories and the stories others bring to their writing. Learn how to be more mindful and positive!

3/27/18 (Tues.) 12:00 – 2:00 **BINGO!**

Join us for a fun afternoon of Bingo! This is 21st century bingo, not your grandma's bingo. CVV will have our own table and Nancy will be teaching us the ropes. Don't miss the fun! \$10 and many chances to *WIN*.

3/7/18 (Wed.) 10:15-12:15

Mexican Train

Jump aboard the Mexican Train! This fun game played with dominos will keep you entertained as you try to be the first to use all of your dominos on the train chain.

3/13/18 (Tues.) 2:00-4:00

Creative Collaging Let your creative juices flow! Join us for an afternoon of fun and creativity as we each create a unique collage! We supply the materials. If you choose, you can bring pictures and other things that may make your collage even more personal.

3/15/18 (Thurs.) 5:00-7:00

Pre St. Patrick's Day Bash

Join fellow CVV members as we start the St. Patrick's Day celebration at Crown and Anchor!



3/21/18 (Wed.) 10:15 – 12:15

Rummikub

Rummikub is a fun tile based game for 2-4 players combining elements of the card game rummy and mahjong. Come learn how to play! Goebel - Chaparral Room.

3/25/18 (Sun.) 2:00 - 4:00 – Conejo Players

Theater Presents: Candide

We will attend this matinee as a group to see Jim Seerden perform in this Leonard Bernstein's comedic operetta based on Voltaire's satire of innocence, optimism and the unexpected lessons of life. (Please get your tickets ahead of time)

Other Member Events and Community sponsored events are listed on our online Events Calendar at www.conejovalleyvillage.org. Register for an event online or call our Call Manager at 805-372-1826 to reserve your spot. CVV events are subject to change and may have limited space.

Remember your Full Membership includes free transportation - Call us if you need a ride to an event.

March Community Events - Bring your Friends!

Note: These events are not sponsored by Conejo Valley Village

3/1/18 - 4/16/18 – CSVP Free Tax Preparation

CSVP is offering FREE Tax Preparation services for Seniors 60 years of age or older (any income level) OR persons with an income of \$54,000 or less, regardless of age. No appointments taken. Call 805-381-2742 for more details.

3/2/18 – Fri. – 9:30 – 1:30 pm - Caregivers Matter...Conejo Cares

A half-day program and luncheon honoring family caregivers who are caring for aging loved ones. Reservations are required and may be made by visiting www.seniorconcerns.org or calling [805-497-0189](tel:805-497-0189). No walk-ins will be allowed. Admission is free. Limited free in-home respite is available by request upon reservation. Los Robles Greens, 209 Moorpark Road in Thousand Oaks.

3/15/18 – Thurs. - 11:00-12:00 – Connectivity at Home for Seniors

Did I miss my doctor's appointment? Do you keep a calendar on your computer and on your cell phone too? This connectivity at home class will teach you how to be more "mindful" of your scheduled routines. Find out how to share your calendar and let your Amazon Echo tell you what's in there too. Goebel Adult Center

3/18/18 – Sun. – 2:00-3:30 - Music Comes Alive – Forever Rod Stewart

A tribute to Rod Stewart, featuring his greatest hits from the 70's and 80's. Tickets \$5. At the Goebel Adult Center.

3/19/18 – Mon. – 4:00-5:00pm:

Traveling through Life's Transitions -1 Step at a Time

During the fall of 2016, Pam spent 6 weeks walking the Camino de Santiago. She will be to sharing her experience of walking over 500 miles carrying everything she needed on her back, and the life changing lessons she learned along the way. Goebel Adult Center

3/22/18 – Thurs. - 12:00-1:00pm: Diagnosing and Treating Back Pain

Dr. Alexander P. Hersel and Dr. Bradley Spiegel of Pain Management and Injury Relief Medical Center will present the causes, diagnosis, and treatment options to treat chronic neck and back pain. Both physicians are spine specialists. Goebel Adult Center

3/27/18 – Tues. – 4:00-5:30 – Medications and the Aging Brain

Dr. Lanyard Dial will speak about how certain medications affect your brain and what to avoid. Held at Senior Concerns, RSVP by March 26th to (805)-497-0189. Respite care is available with an advance reservation.