

## It's the CCV Newsletter! Happy New Year!

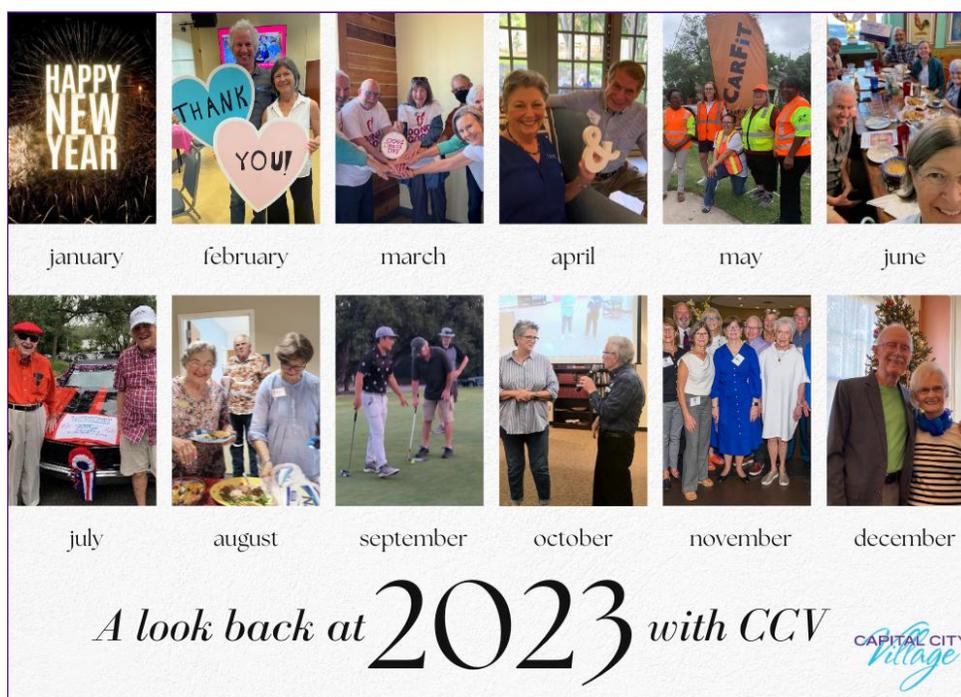
1 message

Capital City Village <info@capitalcityvillage.org>  
Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: Meredith <meredith@capitalcityvillage.org>

Tue, Jan 2, 2024 at 2:35 PM



### Latest News



## Happy New Year!

CCV has so many exciting things in store for 2024, but we wanted to take a quick moment to remember some of the special moments we shared in 2023. The photo collage above is just a snapshot of some of the programs CCV held, but we know that the happy hours, coffees, book club and so much more are where much of the magic happens – not to mention the one-on-one interactions between members and volunteers.

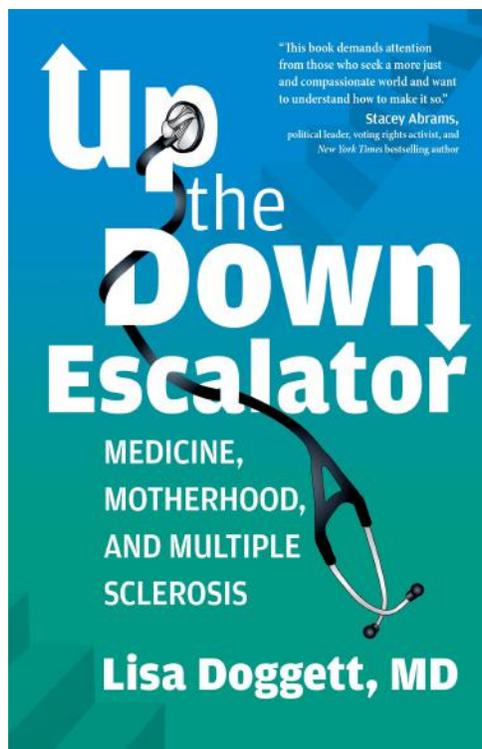
Looking forward, we are excited for our annual meeting, which will be held on February 26th at Tarrytown United Methodist. Starting in January and going

through April, we have a great series put together by Henry McCown for the [Third Wednesday Lunch](#) to answer any questions you may have about different living options (more information below). We're also pleased to announce we'll be working with [Aging is Cool](#) to bring in some fun new programming in 2024 sponsored by [Brookdale at Home](#) and [Obi Helpers](#) in partnership with Shalom Austin Dell JCC and WellMed South Austin Senior Center.

For those of you making New Year's resolutions, Aging is Cool has [free online fitness and wellness programs](#). One that looked particularly interesting is on January 18th at 11 a.m. when they'll be holding a free session called [Making Your 2024 Wellness Plan](#) (Password: Stretch).

You are all so appreciated and we can't wait to see you and make more magic happen this leap year!

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## Read to the End Contest!

Congratulations to Marie G. who correctly answered that Lisa Doggett is the author who presented her book [Up the Down Escalator](#) in December. She received a personalized signed copy of the book. Thank you to everyone who responded. Read to the end for this month's contest!

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If you are a CCV member or volunteer and are interested in attending virtually, send an email to [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org) for additional information.

## Featured Events

**JANUARY 17**

**FEBRUARY 21**  
WESTMINSTER

**MARCH 20**  
BROOKDALE  
SENIOR LIVING

**APRIL 17**  
Q & A

**oasis**  
SENIOR ADVISORS

**Part 1/4: Oasis Senior Advisors  
Third Wednesday BYOL  
St. Matthew's Episcopal Church  
Sanctuary Basement Room B-18/19  
Or Online  
Wednesday, January 17  
at 12 p.m.**

We all want to do everything we can to enjoy and prolong a high-quality-of-life environment in our own homes. But there may come a point when it's time to

move to a more secure and structured environment. So we're starting our Third Wednesday Lunch meetings for 2024 with a series of four presentations in which we will look at the options available to CCV members when they may need some help at home and then if they can no longer remain in their own homes.

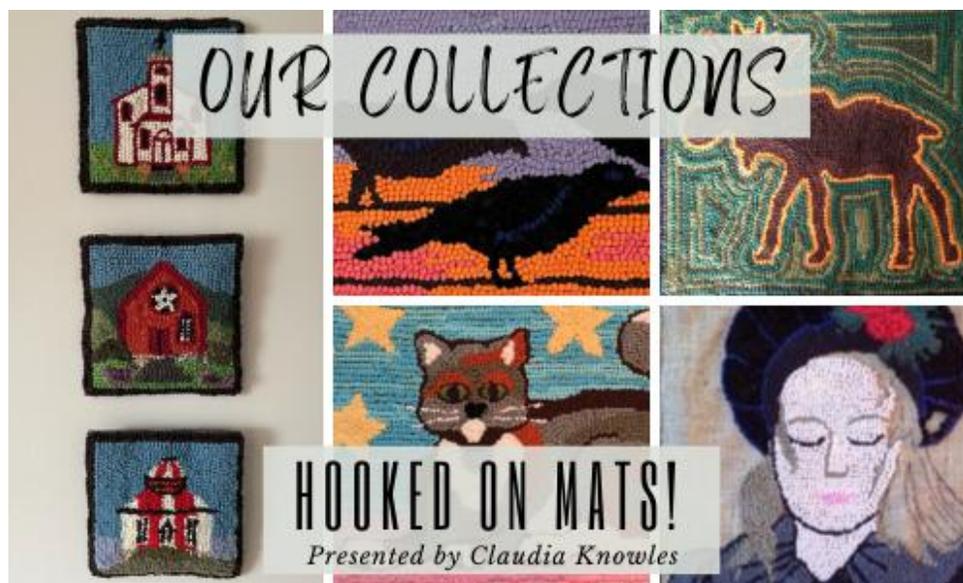
John Brown, CEO of Oasis Senior Advisors in Austin, will be our first speaker in this series. John will explain how a skilled Oasis Senior Advisor can help you sort through all the options and make an informed decision.

There are two basic business models which cover most of the options which we will discuss in this series, the buy-in model and the rental plan. To discuss the buy-in model, Jordan Bleeker of Westminster Manor will be our February BYOL speaker. Brookdale's rental plan will be the subject of our March BYOL meeting with presenter Brittani Johnson, Brookdale Westlake's Sales Manager.

And to wrap up this important series of presentations, at our meeting in April we will hear once again from John Brown of Oasis Senior Advisors. This time John will moderate a panel discussion so CCV members can "Ask the Experts" about their in-home and end-of-life options for assistance.

So, be sure to mark your calendars for our Third Wednesday BYO Lunch meetings. Get further details and RSVP at this [link](#).

RSVP Today!



**Our Collections**  
**Online Only**  
**Sunday, January 28**  
**at 2 p.m.**

This month we welcome Claudia Knowles, who will share her collection of handmade hooked mats which are on display at her summer home in

Newfoundland. She will show and explain each one along with a scenic tour of the beautiful Newfoundland locale.

**RSVP Now!**

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Capital City Village Office  
(512) 524-2709

[Back to Top](#) [Featured Events](#)  
[From the Office](#) [Birthdays](#) [In the Community](#)

## Events



You can now print out an easy to read copy of CCV's [monthly events](#). Masks are currently optional at our in-person events. If you are feeling unwell, please stay home. "Virtual" indicates that the event is not in person.

- Tuesday, Jan. 2 at 10 a.m. – [Virtual Volunteer Orientation](#)
- Thursday, Jan. 4 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Thursday, Jan. 4 at 4:30 p.m. – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Thursday, Jan. 11 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Wednesday, Jan. 17 at 12 p.m. – [Third Wednesday BYOL: Oasis Senior Advisors](#)
- Thursday, Jan. 18 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Friday, Jan. 19 at 11 a.m. – [Virtual Book Club](#)
- Sunday, Jan. 21 at 11 a.m. – [Third Sunday at Wheatsville South](#)
- Tuesday, Jan. 23 at 2:00 p.m. – [Examining White Privilege - Virtual](#)
- Thursday, Jan. 25 at 9:30 a.m. – [Second Cup at Central Market Upstairs](#)
- Sunday, Jan. 28 at 2:00 p.m. – [Our Collections: Hooked on Mats! - Virtual](#)



**Third Sunday**

## Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 a.m.

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am. Bring your own coffee, snacks, and a good story or two.

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## Happy Hour La Mancha Tex Mex Tavern 2203 Hancock Thursday, January 4 at 4:30 p.m.

[Join us](#) at 4:30 pm on the first Thursday of each month at La Mancha Tex Mex Tavern on Hancock across from the Yarborough Library.

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## Virtual Book Club Friday, January 19 at 11 a.m.

[Join our](#) virtual book club online! Bring your own lunch and join with others to review this month's book, which is "The Guncle" by Steven Rowley.

## Wheatsville Coop South Sunday, January 21 at 11 a.m.

A few South Austin "buddies" get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. This is a pleasant and quiet Sunday morning location with easy parking and a variety of food options. You can [RSVP here](#).

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## Examining White Privilege Virtual Meeting Tuesday, January 23 at 2 p.m.

[Join us for a monthly meeting](#) exploring White privilege and racism. Some of the things we will talk about are books/articles we have read, upcoming events related to the topic, any relevant experiences we have had, opportunities to be involved, and anything else related.

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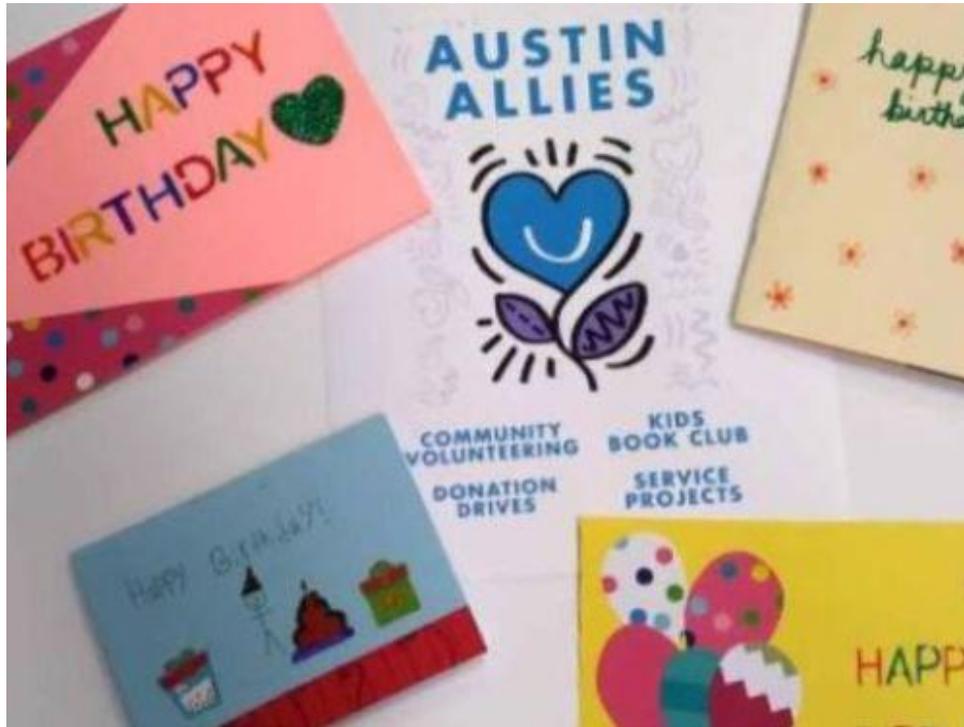


## Second Cup Central Market Upstairs Tuesday, January 25 at 9:30 a.m.

[Join us](#) for Second Cup, an in-person

coffee gathering at Central Market on N. Lamar on the 2nd floor above the Cafe.

## From the Office



### Celebrating Birthdays with Austin Allies

Capital City Village members and volunteers will be receiving handmade birthday cards through our partnership with [Austin Allies](#), which promotes family volunteering in Austin.



Having a plan and the right tools on hand can help get us prepared for any upcoming winter storms. Here is a [worksheet](#) to aid in creating an emergency communications plan and a checklist for anything someone might need in an emergency.

One item that many people end up needing is a water meter key (like the one pictured above) to easily turn off the water at the curb. Please email [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org) or call 512-524-2709 and we can get one to you.

Residents are encouraged to follow <https://www.austintexas.gov/readycentraltexas/stay-informed> for emergency information. Stay safe!

## Member and Volunteer Birthdays



If you see any of these members or volunteers, wish them a Happy Birthday!

Karen Y. (volunteer)  
Carol B. (volunteer)  
Tina W. member  
Victoria S. (volunteer)  
Victoria M. (volunteer)  
Gretchen S. member  
Halina P. (volunteer)  
Jenna B. (volunteer)

EmyLou S. member  
Gayle H. (volunteer)  
Sally F. member  
Ayne R. (volunteer)  
Trish R. (volunteer)  
Vivian M. member  
Carol L. member

## In the Community



# NEW SUPPORT GROUP FOR FAMILY MEMBERS OF PATIENTS WITH DEMENTIA

See this [flyer](#) for further information on this weekly support group.

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## UT Dell Medical School Study

Researchers at the Dell Medical School are inviting caregivers to participate in a study they are conducting. For more information and to sign up to participate, go to this [website](#).

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## Read to the End Contest

You've reached the end of the CCV newsletter! As a special bonus for reading this month, email [meredith@capitalcityvillage.org](mailto:meredith@capitalcityvillage.org) with a funny cartoon and one will be chosen to be featured in next month's newsletter!

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Visit the Capital City Village [website](#) for so much more information. Please let us know ways we can help you, from opportunities to socialize, to getting you to necessary doctor's appointments, to making sure you have food, meds and services essential to quality of life.

Call us at 512-524-2709 if you need us!



Facebook



CCV Website



Nextdoor



YouTube