

Mid-January 2018 Newsletter

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Oh Those Aching Bones!

Would you like to know more about osteoporosis, osteopenia and other forms of arthritis? Join CCV members, volunteers and friends **Sunday, January 28 from 2:00-4:00pm** at a member home (North Austin) for "[Dem Bones](#)", presented by **Brian Sayers, M.D.** Board certified in rheumatology, Dr. Sayers has practiced in Austin since 1986. He is involved in patient care, teaching and clinical research. Dr. Sayers was recognized by the Travis County Medical Society as "Physician of the Year" in 2017 for his work in medicine, community outreach. and leadership. He is married to Marv Ann Brumlev Savers. and they

have four grown children.

Dr. Sayers will speak on osteoporosis and osteopenia, but will answer questions about any form of arthritis. [Click here to RSVP.](#)

Events:

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

- Wednesday, January 17, 12-1:30pm, Men's Lunch at Andiamo Ristorante, 2521 Rutland Dr ([click for more info/RSVP](#)) From the organizer in regard to possible weather: **if AISD is in session at any time**



- before noon on Wednesday morning, we will go ahead with the lunch.**
- Thursday, January 18, 11:30am-1pm, [Lunch and Laughter](#), Wheatsville, 4001 S Lamar
- Tuesday, January 23, Managing Mindfulness at a member home. ([click for more info/RSVP.](#))
- Wednesday, January 24, 11:30-1pm, Women's Lunch featuring Judith Helburn at Andiamo Ristorante, 2521 Rutland Dr ([click for more info/RSVP.](#)) *See article below.*
- Thursday, January 25, 9:30-10:30am, Coffee, Caffeine and Conversation at Kneaded Pleasures, [3573 Far West Blvd](#) ([click for more info/RSVP.](#))
- Sunday, January 28, 2:00-4:00pm, Dem Bones, at a member home. ([click for more info/RSVP.](#)) *See feature article.*
- Thursday, February 8, 2:00-4:00pm, Annual Member Meeting and Volunteer Recognition, Westminster Senior Living, 4100 Jackson Avenue. ([Limited to CCV Members and Volunteers - click here for more info/RSVP.](#)) *See article below.*

[View All CCV Events and Details, and RSVP!](#)



Annual Member Meeting and Volunteer Recognition Event

Thursday, February 8, 2-4pm, Westminster Senior Living, 4100 Jackson Ave.

Capital City Village Members and Volunteers are invited to the annual Member Meeting, which this year will be combined with the Volunteer Recognition Event. We are excited to put our members and volunteers together, to share CCV's accomplishments, recognize volunteer achievements, and hear from all of you. Please [RSVP](#) so food and drink can be planned.

UPDATE: CCV in the News

CCV'S segment that aired Wednesday, December 6 on [KXAN's Studio 512](#) will NOT rebroadcast Tuesday, January 16. When the new date is known we will let everyone know.





Women's Lunch to Feature Judith Helburn

The Women's Luncheon will be on **Wednesday, January 24, 11:30am-1pm**, at Andiamo Italian Ristorante, [2521 Rutland Drive](#). Our speaker will be Judith Helburn on "Sage-ing", or aging with wisdom. Remember to [RSVP](#) and to bring \$20 cash for your lunch. All CCV women members, volunteers and friends are welcome!



Update: New Website

While the new website is up and running for the general public, if you wish to get access to member information you'll need a password. The member access area is not yet complete, but if you want early access it is necessary to send an email to bonniegilson@capitalcityvillage.org for a password link.

For those who prefer to wait for a more robust member area and possibly some hands-on assistance, we will have a "New Website" table at the Member Meeting. See you there!



Save the date for Austin's 24-hour period of giving, **Amplify Austin, March 1-2 6pm to 6pm!** Watch our newsletters for more information.

In the Community



January Programs at the JCC

- Flex Your Brain- Join us on Thursdays at 10am in Room 150D. This class will keep your brain strong and flexible utilizing group games and challenges that provide intellectual stimulation.
- Armchair Astronomy- This month join us on Tuesday, January 16th at 11am in Room 150C for a look at Auroras Beyond Earth: Northern and Southern Lights on Earth and Beyond.
- TLC Tai Chi- We are now offering both Tai Chi level 1 and 2. If you've been contemplating trying out a class now is a great time as Tai Chi 1 is just starting. Please let Annie know if you have any interest in signing up.



Winter Safety Tips from City of Austin

Know Before You Go!

The best advice for winter weather is to **remain indoors** if at all possible and remain “Weather Aware”. Stay tuned to local weather forecasts for weather advisories, traffic updates, and road closures. Consider a battery or solar powered weather alert or AM/FM radio for your residence to keep you informed in the event of a power failure.

Tips for People, pets, and Property at: <http://www.austintexas.gov/page/winter-weather-safety>



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