



Capital City Village <bonniegilson@capitalcityvillage.org>

We ♥ our Volunteers!

1 message

Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

Sat, Apr 16, 2022 at 9:59 AM

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Happy Volunteers' Week – We ♥ Our Volunteers

From Member and Volunteer Services Director Johanna Mandel:

April is the month of JOY for giving and receiving. April 17–23 is National Volunteer Week. We celebrate our volunteers for the passion and commitment they have to improving the quality of life of our Village one CCV member at a time. Volunteers serve as the cornerstone of our Village by providing services and support that help our members to live fuller, healthier and more productive lives. We thank all of you and invite you to celebrate the helpful hands and cheerful hearts that make our Village strong.

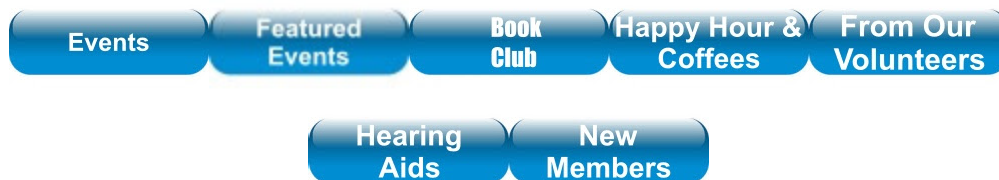
Two in-person gatherings will be held Tuesday, April 19 in the St. David's conference room, AGE building, 3710 Cedar Street. An [appreciation brunch](#) will start

the day at 9:30 am and a sweet treat social will power us through the afternoon from 2 to 3:30 pm. These are come and go gatherings so please, if you have some time on Tuesday, come celebrate with us--the more the merrier.



Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

April 16, 2022



Click on the button to go straight to your favorite section.

Featured Events



Megan Moncelli

Men's and Women's Lunch
"Cultivating Joy in Small Moments" with Megan Monacelli
Wednesday, April 20 at Noon

Megan Monacelli, our CCV intern from UT/Austin, is stepping up to offer us a presentation titled "Cultivating Joy in Small Moments", which will include an excellent video presentation by Ingrid Fetell Lee to kick things off. Here's Megan: "Sometimes our own limits or the circumstances of our life can get us down. And while that's a normal part of life, we don't have to be helpless in these situations. There are tangible ways we can notice and turn toward the small, joyful moments throughout our day. [Click here to read more and RSVP.](#)



**A Conversation with Dr. Mark Carlson
Hopes for a Vaccine for RSV
Friday, April 22 at 10 am**

Join Dr. Carlson for a conversation about RSV* and an upcoming clinical study for an RSV vaccine. After decades of research, hope is on the horizon for a vaccine to prevent this devastating disease. [Click here to read more about Dr. Carlson and to RSVP.](#)

* Respiratory Syncytial Virus (RSV) is a highly contagious seasonal respiratory virus. The virus is one of the most common causes of acute respiratory infections in older adults, young children and those with underlying health conditions.

Village Event Calendar



A Few from the Crowd at Stan's 100th

Kay, Vivian, Carol

Rick, Clint

Bonnie, Marie

There are some in-person events this month. "Virtual" indicates that the event is not in-person.

- Tuesday, Apr 19 at 9:30 am – [Volunteer Appreciation Brunch](#)
- Tuesday, Apr 19 at 2 pm – [Volunteer Sweet Treat Social](#)
- Wednesday, Apr 20 at Noon – Virtual Men's and Women's Lunch – ["Cultivating Joy in Small Moments" with Megan Monacelli](#)
- Thursday, Apr 21 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Apr 22 at 10 am – [Hopes for an RSV Vaccine](#) Virtual Event with Dr. Mark Carlson
- Wednesday, Apr 27 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Apr 28 at 9:30 am – [Virtual Coffee Hour](#)

The event formerly scheduled for April 24, "History and Status of Texas Electrical Grid" has been canceled and will be rescheduled at a later date.

Welcome New 2022 Members!



2022 has been a good year for adding new members. Here's a big CCV welcome to our newest members!

78703: Anne M

78704: Carol M, Jack S and Carol K

78721: Rosemary D

78741: Mary A

78745: Ray C and Elizabeth L

78757: Darlene P

78758: Eileen D

Happy Hour and Coffee Returning In-Person!



April Happy Hour at La Mancha

Marie, Priscilla, Carl, Liby, Mart, Sue, Rick, Stan, Kay

[In-person coffee](#) on May 19th at 9:30: Let's go to Central Market on Lamar – easy access – ground level outdoor seating (or tables upstairs indoors or upstairs outside terrace with elevator access).

[Happy Hour](#) – on May 5th at 4:30 at La Mancha.

Date Change for Book Club



Review "Our Woman in Moscow" May 20

The group will not be meeting this month as the meeting date would

have fallen on Good Friday. That gives you another month to read the book! [RSVP for the May 20 date here.](#)

From our Volunteers



From Volunteer of the Year Henry: "This sounds like the kind of event which would be of interest to all CCV members and volunteers." [Click here to register for the free virtual event.](#)

Useful Information: Hearing Aids Paired to Apple Devices

Apple has released a new iOS 15.4.1 update which solves the pairing issues experienced with the iOS 15.4 update. With this latest bug fix, users will no longer be required to re-pair their hearing aids to their mobile device each time it's restarted, nor should they encounter intermittent un-pairing.

To ensure a seamless experience, we suggest hearing aid users update to iOS 15.4.1. For some users, re-pairing your hearing aids may be required one more time after updating.



Annette – you look MAHvelous at 90!

It's not how old you are. It's how you are old!

Jules Renard



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

Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) – call us if you need us!



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3710 Cedar St
Ste 283
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