



Capital City Village <bonniegilson@capitalcityvillage.org>

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## It's the CCV Newsletter!

1 message

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

Wed, Jun 1, 2022 at 10:00 AM

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Capital City Village Office: (512) 524-2709  
Volunteer Director: (512) 468-5594

June 1, 2022



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

## Featured Events



**The History and Status of the Texas Electrical Grid**  
**A Conversation with Jim Woodrick**  
**Sunday, June 12 at 2 pm**  
**Tarrytown United Methodist Church or Online**

**You may attend this event either in-person or online. When you RSVP, please indicate in the COMMENTS whether you will be attending at Tarrytown United Methodist Church or on zoom.**

Join CCV members, volunteers and friends for an informative and interesting "Conversation With Jim Woodrick". He'll discuss the status and history of the Texas electric grid, something that we're all interested in. To read more about Jim and to RSVP, [click here](#), and don't forget to indicate whether you'll be in-person or online.

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Photo by Beverly Hamilton – May Lunch at 5280 Burger

**Men's and Women's Lunch**  
**Yarborough Library – 2200 Hancock**  
**Wednesday, June 15 at 12 Noon**

Our venue for the next [CCV Joint Lunch meeting](#) will be the meeting room in the Yarborough Branch of the Austin Public Library, located at [2200 Hancock Drive](#) (just west of the Burnet Road intersection).

**Important Note:** [When you RSVP](#), you MUST indicate your meal choice. If you do not, unfortunately nothing will be ordered for you.

Our speaker will be Lila Valencia, Austin Texas Demographer. Her role as the city demographer allows her to study the pulse of fast-growing Austin and work with local governments, businesses and community members to plan for the future. [To read more about Dr. Valencia AND to see and select meal options, click here.](#)

## Village Event Calendar



Libby and Kay at Stan's 100th

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

- Wednesday, June 1 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, June 2 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, June 2 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern
- Thursday, June 9 at 9:30 am – [Virtual Coffee Hour](#)
- Wednesday, June 15 at 12 pm – [Men's and Women's Lunch](#)
- Thursday, June 16 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, June 17 at 9:30 am – [Book Club](#) (Virtual)
- Wednesday, June 22 at 9 am – [Virtual Village Buddy Check-in Tutorial](#)
- Wednesday, June 22 at 11 am – [Virtual Village Buddy Check-in Tutorial](#)
- Wednesday, June 22 at 2 pm – [Virtual Poetry Group](#)
- Thursday, June 23 at 9:30 am – [Second Cup at Central Market North Lamar](#)
- Sunday, June 26 at 11 am – [Fourth Sunday at Wheatsville](#)
- Wednesday, June 29 at 2 pm – [Positive Aging with Dr. Mark Carlson](#) (Virtual Presentation)

**Join the Group for "The McAdo"**



GILBERT &amp; SULLIVAN AUSTIN PRESENTS



**The McAdo**  
**Saturday, June 11 at 6:30 pm**  
**Worley Barton Theatre at Brentwood Christian School**  
**11908 N Lamar**

The Gilbert & Sullivan Society is presenting “The McAdo” (formerly “Mikado”). We'd like to go as a group, but there's a short RSVP window. [Sign up by June 3](#) – at that point you are committed to buy a ticket. Member/Volunteer Rick will purchase the group tickets and you may reimburse him. Tickets will be \$25.

Masks are required. Proof of vaccination is not required.

We'll start out with a pre-performance talk by Director Michelle Hache at 6:30 pm and the show begins at 7:30 pm. [Click here to learn more about the show and to secure your ticket.](#)

**CCV in the News!**



## CCV Board President Featured on Local Radio Program

Our Board President, Scott Blech, was recently interviewed by John Zenor of FM 94.5 and 1370 AM. [Listen here to hear Scott's update on all the great things happening at Capital City Village.](#)

## New Interest Group



**Fourth Sunday Gathering at Wheatville South (5/22/22)**

**Ellen, Joe, Pam, Helen, Ginny**

**Barbara, Gail, Joanne**



We asked a young man to take our photo. Realizing that English was not his first language, we asked him where he was from. He is from Ukraine and was able to leave early in the war because he has a sister in Austin.

Open to all. [Please join us on June 26th!](#)

Place: Wheatsville Coop (south location)

Time: 11:00 - 1:00

Date: 4th Sunday of the month

## Member and Volunteer Birthdays



Ed's 95th! Photo by Elisa Graadwoihl

Margit, Ora, Ed, Jim, Arnie

If you see these members and volunteers, be sure and wish them a happy June birthday:

Louis L.

Max S. (volunteer)

Karen A.

Mah J.

Mickey S.

## Positive Aging



**Positive Aging**  
**A Virtual Conversation with Dr. Mark Carlson**  
**Wednesday, June 29 at 2 pm**

This is an online presentation. [Register to receive your zoom link.](#)

**Positive Aging**

For some of us, growing older can be challenging, even scary at times. However, there are many positive aspects that can make older adults feel happy, content, energized and optimistic. The truth is, so much of our abilities come from our perspective on the matter. Join Dr. Carlson for an enlightening conversation on Positive Aging. He will discuss the psychology of aging and share 9 key principles on Positive Aging. [Read more about Dr. Carlson and RSVP here.](#)

**From Our Volunteers**

Phyllis is sharing this useful information – get your shredding done – you don't have to be a credit union member.

**Free Shred Day at A+FCU**

**When:** Saturday, June 11, 2022

**Time:** 10 am – 1 pm (or until trucks are full)



**Where:** A+FCU 290/Main Branch Office parking lot, 6420 E US 290 SVRD,  
Austin, 78723

### KEEP IN MIND:

- **STRICT** limit of 4 regular-sized boxes (no larger than 24" L x 20" W x 20" H) OR 5 grocery-sized bags (paper/reusable bags) PER VEHICLE.
- **Do not exit your vehicle.** Event staff will take items from your vehicle and return your boxes or bags to you.
- **No walk-ups accepted.**
- **Personal materials only.**
- **Do not arrive before 10 am.** Shredding will not begin earlier.
- It's not necessary to remove staples, rubber bands, tape, adhesive labels, paper clips, or plastic tabs.
- **Wait times are possible.**

### NOT ACCEPTED:

- Hard plastics
- Plastic bags
- Electronic media
- Binders or materials in metal prong fasteners, brass fasteners, or binder clips
- Bound materials such as spiral notebooks or books
- Business records
- Wet boxes/bags/materials

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## Psychologists Against Ageism Wednesday, June 1 at 1 pm

Could be of interest to CCVers. FYI. Henry

## Psychologists Against Ageism: Promoting Productive Narratives & Inclusivity about Aging

### Webinar 2

Wednesday, June 1  
1:00-2:30pm EST

Featuring Alan Castel, Sheri Levy, and Patricia D'Antonio:



Alan Castel, PhD

Dr. Castel's presentation, *Memory that Matters in Older Age: A Value-Directed Remembering Approach*, will touch on strategies older adults can use to focus on remembering what is most important.



Sheri R. Levy, PhD

Dr. Levy's presentation, *Reducing Ageism Toward Older Adults and Improving Intergenerational Relations* will discuss factors contributing to ageism, ageism reduction strategies, and the PEACE model.



Patricia D'Antonio BSPharm, MS,  
MBA, BCGP

Patricia D'Antonio's presentation *A Generation's Work – Reframing Aging Together*, will discuss the gap between public and expert understanding on aging, and how to productively frame messages about aging.

[Register Here](#)



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 (Volunteer Director)  
– call us if you need us!



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