



Capital City Village <bonniegilson@capitalcityvillage.org>

## It's the CCV Newsletter!

1 message

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

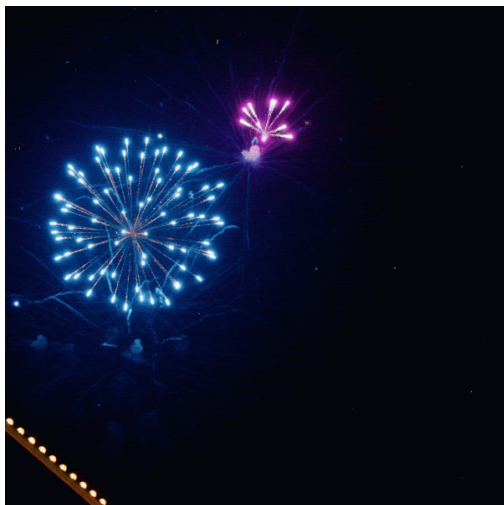
Fri, Jul 1, 2022 at 11:00 AM

[View this email in your browser](#)

## Happy Independence Day from Capital City Village!

The Village has helped Austin seniors live independently at home since 2011. We celebrate our freedom and independence to live our best lives!

Scroll on down to see what we're up to in July.



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

July 1, 2022

Featured Events

Events

From our Members

In the Community

Movies

Birthdays

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

## Featured Event



Western Wailing Wall

Photo by Harold Cain

### Men's and Women's Lunch Israel Adventure Wednesday, July 27 at 12:15 pm

Our next CCV lunch meeting will be held on Wednesday, July 27 at 12:15 pm. In July we will meet on the *fourth* Wednesday of the month at the Yarborough Branch of the Austin Public Library, [2200 Hancock Drive](#) (just before Burnet Road).

This month the traveling team of Sue and Mart, Kay and Tom will share perspectives and insights from their recent trip to Israel. You won't

want to miss this unusual lunch meeting and presentation, so [sign up](#) early!

This will be another box lunch event, catered by Schlotzky's. **All items cost \$14, and you should bring this amount with you, in cash, to the meeting.** [Click here to read more about the presentation, RSVP, and select your menu items.](#) (Indicate your choices in the COMMENTS section.)

## Village Event Calendar



May Reception for Our New Executive Director

Stan, Joan, Carol

Rick, David, Barbara, Mart, Carl, Liby

Photo by Ellen Ward

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

- Monday, July 4 – Office closed for Independence Day
- Wednesday, July 6 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, July 6 at 1 pm – [Virtual Village Buddy Check-in Tutorial](#)
- Wednesday, July 6 at 2 pm – [Virtual Village Buddy Check-in Tutorial](#)
- Thursday, July 7 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, July 7 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern
- Thursday, July 14 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, July 15 at 11 am – [Virtual Book Club](#)



- Thursday, July 21 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, July 24 at 11 am – [Fourth Sunday](#) at Wheatville S. Lamar
- Wednesday, July 27 at 12 pm – [Men's and Women's Lunch](#) at Yarborough Library
- Wednesday, July 27 at 2 pm – [Virtual Poetry Group](#)
- Thursday, July 28 at 9:30 am – [Second Cup](#) at Central Market N. Lamar

Save the date:

Saturday, September 24 – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course

## The Movie Group is Back!



Liby, Phyllis, Tom, Kay

Photo by Randy Stevens

From Volunteer Phyllis:

I am going to try and bring back the monthly movie group in August – on the last Tuesday of each month. We'll be meeting at Regal Arbor at Great Hills or Regal Gateway on Stonelake. Movies will be matinee times on last Tuesdays (discount days). To get the discount join [Regal Crown Club](#) (it's free).

I really would like to get a response ASAP for those interested in joining

the group so I can set up a contact email list. [They can send me a brief Yes by clicking here and I'll include their contact information.](#)

## July Birthdays

**If You See Any of These People – Wish Them a Happy Birthday!**

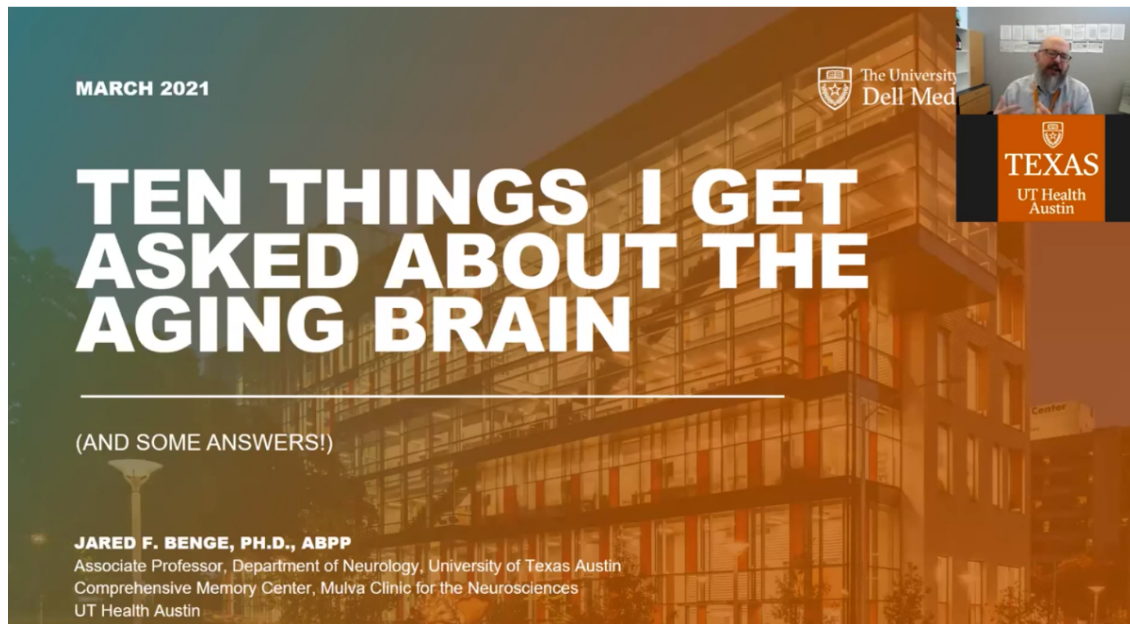
Beth W  
Elizabeth L  
Henry M  
John K  
Megan B  
Priscilla M  
Rich H  
Scott B



**From our Members**

**Ten Things I Get Asked About the Aging Brain**

Member, Board Member, and Volunteer Tom M has recommended [this article from UT Health](#).



## In the Community



### **Free East Austin Community Health Fair Givens Recreation Center Saturday, July 9 from 10 am to 12 pm**

AGE of Central Texas will partner with several East Austin community partners for a free Community Health Fair 10 am to 12 pm Saturday, July 9. The free community event will be held at the Givens Recreation

Center, located at [3811 E 12th Street](#) in Austin.

The event will include community and health resources from area organizations, including AGE of Central Texas, Alzheimer's Association, Austin Public Health, Alliance for African American Health, Black Men's Health Clinic, Central Texas Food Bank, Goodwill Central Texas, NAMI Central Texas, Texas A&M Agrilife, and more. Nurses and students from the University of Texas School of Nursing will also be on-hand with free COVID vaccinations and boosters. Attendees can also schedule their vaccinations or boosters for future dates. For more information, contact Angela Bigham at [abigham1@hotmail.com](mailto:abigham1@hotmail.com).

---



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!

---



*Copyright © 2022 Capital City Village, All rights reserved.*

You are receiving this email because you signed up for this mailing list on our the village website

**Our mailing address is:**

Capital City Village  
3710 Cedar St  
Ste 283  
Austin, TX 78705

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

