



Capital City Village <bonniegilson@capitalcityvillage.org>

## It's the CCV Newsletter!

1 message

Capital City Village <info@capitalcityvillage.org>

Sat, Jul 16, 2022 at 10:59 AM

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

To: Bonnie <bonniegilson@capitalcityvillage.org>

[View this email in your browser](#)

## Join us for Lunch!



**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.)



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

July 16, 2022



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



Fourth Sunday at Wheatsville, June 26

From front left going around the table

Chuck, Tom, Ed, Joanne, Laurel, Ellen, Eileen, Kay, Pam, Helen, Rick, Marie, Stan, Barbara

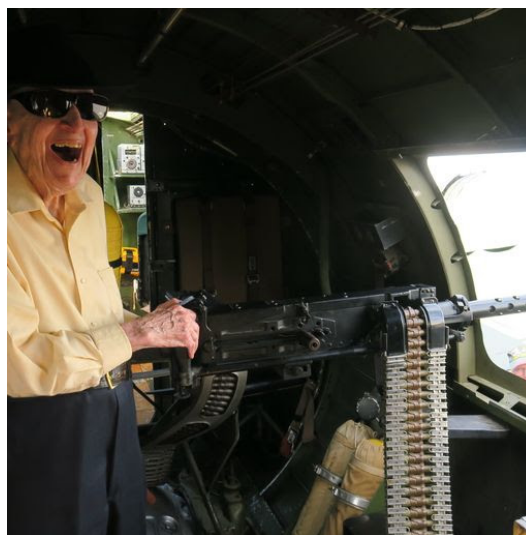
*There are some in-person events this month. "Virtual" indicates that the event is not in-person.*

- Tuesday, July 19 at 11 am – [Zoom Gentle Chair Yoga](#)
- Thursday, July 21 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, July 24 at 11 am – [Fourth Sunday](#) at Wheatsville 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:

- Wednesday, Aug 17 at Noon – Virtual [Men's and Women's Lunch](#) on Sleep Hygiene and Fatigue Management
- Saturday, September 24 – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course

## From our Members, Volunteers and Board Members



**Stan and the B-17**

From Member and Volunteer Rick:



Karen and I arranged for Stan to go to the airshow at ABIA on Saturday – we were told to park in the shade – UNDER THE WING OF THE B-17!!

---



## What's Your Travel Lifestyle?

[Here's another update from our member Aralyn!](#)

---



## Mask Up!

Volunteer Henry reminds us that we still need to take precautions against COVID, with [this article](#) (originally from Fortune, rebroadcast on Yahoo).

---



## Prosocial Behavior

Board Member Gayle is sharing [this short video](#) from The McCombs School of Business at UT.

## Chair Yoga



Join our friends at "A Mighty Good Time" Tuesday, July 19 at 11 am on zoom for some chair yoga. [You can register here.](#)

---



**Does this path have a heart? If it does, the path is good; if it doesn't, it is of no use.**

**– Carlos Castaneda –**

---



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](#).

