



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>

Sun, Oct 16, 2022 at 9:59 AM

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

To: Bonnie <bonniegilson@capitalcityvillage.org>

## Featured Programs



**A shot from John's travels**

**Men's and Women's Lunch**  
**A Skeptic's View of Northwest European History with John Berry**  
**Wednesday, October 19 at Noon**

We'll meet this time at the AGE of Central Texas St. David's Conference Room, 3710 Cedar Street. This will be a "brown bag", bring-your-own lunch (and drink) event.

Back by popular demand, our October speaker will be CCV Member John Berry, with his own, fascinating perspective on Northwest European history. The title of his talk is quite a mouth-full: "A Skeptic's View of Northwest European History: Fish, Fuel, Forests and Foundries: Fear, Fighting and Fleeing". If CCV offered an annual prize for Absolutely Awesome Alliteration, John would be the

winner, no contest!

[Read more about John's presentation and RSVP here.](#)

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### **Austin's Black History with Erna Smith Sunday, October 23 at 2 pm**

Join CCV members, volunteers and friends online for "Austin's Black History" with Erna Smith. She'll be speaking about the history of the Black community in Austin, as well as the drama of naming MLK Boulevard, among other things. Village Member Ginny Fredricks will be moderating the program.

Erna Smith has taught journalism since 1989, most recently at USC's Annenberg School for Communication and Journalism where she directed a graduate internship program in Cape Town, South Africa, and the master's of specialized journalism program for mid-career journalists and other professionals. [Read more about Erna and RSVP to get your zoom link here.](#)



Capital City Village Office: (512) 524-2709

October 16, 2022



## UPCOMING EVENTS HERE



**Recycling Program with Dena Houston**

**Dena, Rick, Tom & Kay, Emy Lou**

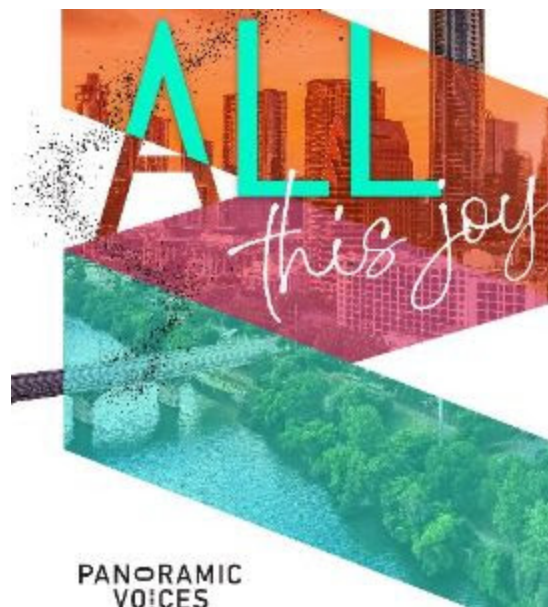
**Gail, Sue, Ketty, Carl**

**Barbara, Ellen, John, Helen**

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

- Sunday, Oct 16 at 4 pm – ["All This Joy"](#) with Panoramic Voices
- Wednesday, Oct 19 at 12 pm – [Men's and Women's Lunch](#) with John Berry
- Thursday, Oct 20 at 9:30 am – [Virtual Coffee Hour](#)
- Saturday, Oct 22 at 9 am – [Carfit Event for CCV Volunteer and Member Drivers](#) at AGE Building
- Sunday, Oct 23 at 11 am – [Fourth Sunday](#) at Wheatsville S. Lamar
- Sunday, Oct 23 at 2 pm – [Austin's Black History](#), a virtual event with Erna Smith
- Wednesday, Oct 26 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Oct 27 at 9:30 am – [Second Cup](#) at Central Market N. Lamar

## **About and From Our Members and Volunteers**



## CCV Member Singing with Panoramic Voices

Support fellow CCV member, John Berry by attending [this performance](#).

The program will include "Baba Yetu" (Swahili), "Bridge over Troubled Water", "Cornerstone", "Gonna Let it Shine", "Indodana" (S.Africa), "Let the River Run", "My Soul's Been Anchored", "Some Nights", "You Will be Found", "All This Joy", "As I Am", "Down in the River", "La Lluvia", "Lord Make Me an Instrument", and "No Time".

Parking is located on E. 5th St. (across from Justine's Brasserie) and there is street parking in the neighborhood.

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## Martha Goes Out in Style

Although we lost our dear member Martha Ward, her family rode to Oakwood Cemetery in a style befitting her. Another of our members, Aralyn, who was a friend of Martha's, had sold her art car to friends Don and Alberto. They led a very long procession from central Austin through East Austin to get Martha to the family resting place.

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## Check your Utility Bill

Member Marie sent along [this important information](#). You may be paying fees you don't have to pay.



**TEXAS AGING & LONGEVITY CONSORTIUM**  
The University of Texas at Austin

305 E. 23rd Street, RLP 2.602 • [liberalarts.utexas.edu/talc](http://liberalarts.utexas.edu/talc)

## Community Engagement Meet & Greet

Volunteer Henry felt this could be of interest.

Community Engagement Meet & Greet, Wednesday October 19, 5:30 pm to 6:30 pm, Glickman Center Room 1.302B, Robert L. Patton (RLP) Building

Please join the Texas Aging & Longevity Consortium for a chance to mingle with UT students interested in working with and researching older adults. They love to learn more about opportunities and activities at community organizations.



## From the Office

CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP, and the American Occupational Therapy Association.



**Get Your Car Checked for Free!**  
**AGE of Central Texas Building**  
**3710 Cedar St**  
**Saturday, October 21 9 – 11 am**

As we age, one of the most significant factors in maintaining independence is the ability to drive. To encourage safe driving for as long as possible, CCV is hosting a free CarFit check reserved for CCV member and volunteer drivers. [RSVP](#) TODAY and Johanna will contact you (or you can contact her at 512-524-2709 or [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org)) with available appointment times. The CarFit check takes about 30 minutes with a trained professional who will complete a 12-point CarFit checklist. Please keep in mind this is not a driving test or mechanical inspection. Learn more about CarFit [HERE](#).

**Let's Keep Aging Weird!**

AUSTIN COMMUNITY VOLUNTEERS  
HELPING SENIORS LIVE WELL AND  
STAY IN THEIR HOMES

**KEEP AGING WEIRD**  
8th Annual "Funraiser"

*Please join us for —  
Young at Heart!*

LUNCH NOV. 10  
NORTHCROSS CENTER  
CAPITAL CITY  
*Village*

WWW.CAPITALCITYVILLAGE.ORG  
512-524-2709

REGISTER TODAY!  
bit.ly/CCVFUN



**Save the Date for Keep Aging Weird "Young at Heart"**  
**– our 8th Annual "Funraiser"**  
**Thursday, November 10 at 11:30 am**  
**Norris Conference Center, 2525 W Anderson Ln**

Join Capital City Village members, volunteers, supporters and friends for our 8th Annual Keep Aging Weird Luncheon. We are honored to present our keynote speaker, Evan Smith. Get your ticket(s) [here](#) – or become a sponsor [here](#)!

Evan Smith, cofounder/editor and CEO of Texas Tribune, will share *The "State" of Texas: Where We Are, Where We're Headed*, his personal story on how he came to Texas from New York, his experience as editor of Texas Monthly magazine and cofounder/editor of the Texas Tribune, and his thoughts on the current and future "state" of Texas.

Stay tuned for the raffle, which will include entertainment gift cards, gift baskets, and a special San Miguel one-week stay at a luxurious private residence!

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*NEIGHBORS OF*  
The Northwest Hills

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**Jim Fryer**  
**Dave & Barbara Gamble**

## **Thanks to our Keep Aging Weird Sponsors!**

You can become a sponsor too by visiting our [sponsor page here](#).

From our business sponsors:

"At [Westminster](#), we're committed to doing everything we can to make our Life Plan community the best senior living community in Austin, TX. That's why we're excited to announce our management company, [Life Care Services](#)®, An LCS®; Company, has been awarded the highest score in the J.D. Power 2020, 2021 and 2022 Senior Living Satisfaction Surveys."

"When you have an account with [Frost](#), you have a relationship with Frost. We'll answer the phone when you call 24/7, right here in Texas. And we'll be here for you with a square deal and prudent financial advice and tools to help you with all the milestones in the years ahead."

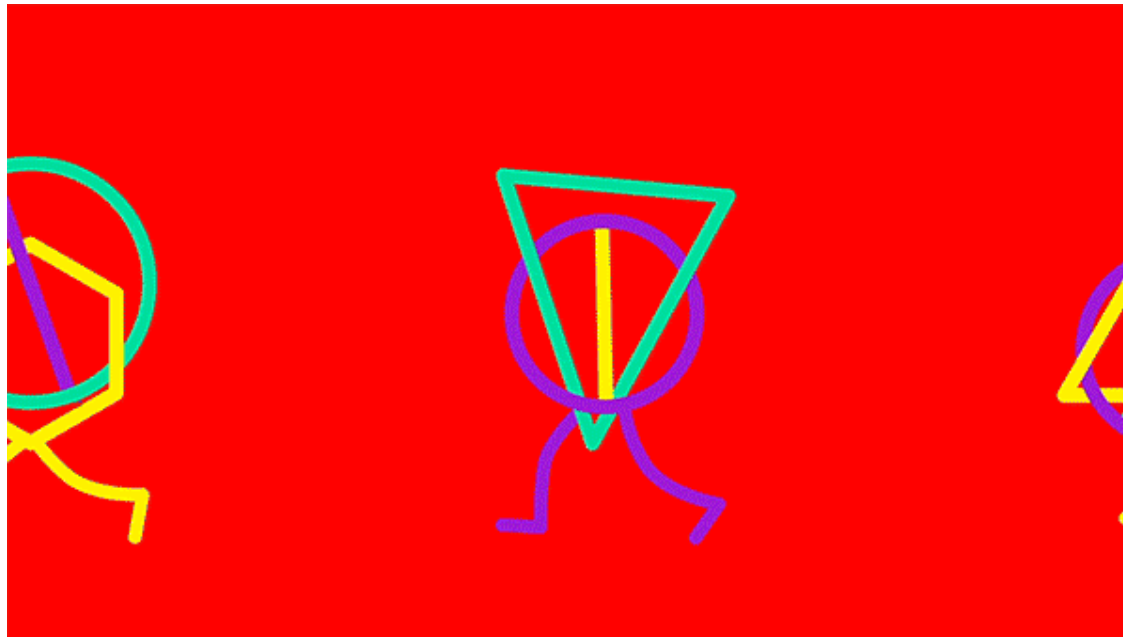
"At [Austin National Financial Services](#), we implement behavioral finance — an approach to understanding people's financial behaviors that relies not just on their income, assets and debts but also their habits, emotions and desires."

"*Neighbors of Tarrytown & Northwest Hills* serves local businesses and residents by providing professional, family-friendly publications that bring people together."

"[Austin Regional Clinic](#) (ARC) is a multi-specialty medical group committed to providing comprehensive healthcare services throughout Central Texas."

"Over 115 years ago, [HEB](#) opened our doors to help make the lives of hard-working Texans better."

"At [Dochan Realtors](#), our multigenerational team of agents loves Austin, and we love to show it."



**Cultures and ecosystems alike thrive when they are most diverse.**

**– Mitchell Thomashow –**

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

Call us at 512-524-2709 if you need us!



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