



Tee Up for the 4th Annual CCV Golf Tournament!

Whether you're a golf fan or just like to hang out with people who are, join the fun at the [4th Annual Village Golf Tournament](#) Saturday, September 28. Shotgun start will be at 8:30am at Riverside Golf Course. Funds raised from the golf tournament are used to help make programs and services available to seniors regardless of their household income, and also to augment CCV operations.

[Register online](#) or pick up a registration form from the office at 3710 Cedar St, Suite 283.



Saturday, Sept. 28th Golf Tournament

**Presented by Capital City Village and
Tarrytown United Methodist Church**

Please join us for Capital City Village's 4th Annual Golf Tournament **Saturday, Sept. 28th**, 8:30am-1:00pm @ Riverside Golf Course. CCV helps local seniors age well in their homes & neighborhoods. Funds raised from the golf tournament will be used to augment CCV's operations and our scholarship membership program. Scholarship funds enable CCV to provide programs and services to seniors regardless of their household income.



**Tarrytown United
Methodist Church
(TUMC)**

**Co-Sponsored by
Tarrytown United
Methodist Church**

**Select Shot! Players
of all skill levels
welcome. Don't have a
team? We'll match
you with one!**

**\$85 registration
Includes green fee
and lunch. Play & Putt
package = \$100!
Opportunities for
sponsorship
\$100-\$250-\$500**

**Fun, fellowship and
fundraising for a
good cause!**

CAPITAL CITY VILLAGE
3710 Cedar St., Suite 283
Austin 78705
512-524-2709

www.capitalcityvillage.org

**Sat., Sept. 28th
8:30am-1:00pm**

With gratitude to our Golf sponsors:

Hole Sponsors:

**James Boyce*, Laurie Brown, Jeri Campbell,
William Childs, Karen Counts**, Brian Dinsmoor,
Chris Gamble***, David and Barbara Gamble, Randy
Goss, Mart and Sue Hoffman, Bob and Marcia**

**Hunnicut, Janet and Rickey McClurg, Paul Philippus,
Sandbox ABA, Scott Sayers, Mollie and Bob
Schluter, Jerry and Rosemary Sullivan, TUMC
Wesley Class**

Gold Supporters: Tom and Jennie McIlvain and John
Turney

Silver Supporters: Bert West and Carl Carter

* In memory of Ruth and Shell Boyce

** In memory of Kermit Counts

*** In honor of David and Barbara Gamble

Village Events



September Events

Click on any of these events to find out more and RSVP:

- Tuesday, Sept 17 - 9-11:30am [Volunteer Orientation](#) at AGE Bldg (C).
See article below.
- Wednesday, Sept 18 - 12-1pm [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Sept 19 - 11:30am-1pm [Lunch and Laughter](#) at Wheatsville S
Lamar

- Friday, Sept 20 - 11am-12:30pm [Book Club](#) at a member home (NW). *See Interest Group article below.*
- Tuesday, Sept 24 - 9-11:30am [Volunteer Orientation](#) at AGE Bldg (C). *See article below.*
- Tuesday, Sept 24 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Wednesday, Sept 25 - 11:30am-1pm [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Sept 26 - 9:30-10:30am [Coffee Caffeine and Conversation](#) at Trianon Coffee (W). *See Interest Group article below.*
- Saturday, Sept 28 - 8:30am-1pm [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E). *See feature article.*

Save the Date:

- Monday, Oct 7 - 1-3pm - [Technology Devices for Health and Safety](#) at AGE Computer Lab (C). *See article below.*
- Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC). *See article below.*

Volunteer at the Village!



Have you been thinking about volunteering? We need your help!

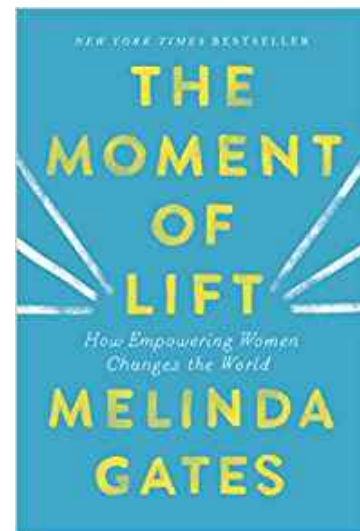
Volunteer Orientations are scheduled for 9-11:30 on [Tuesday, September 17](#) and [Tuesday, September 24](#). RSVP in advance to join one of these groups at

the AGE building in the St. David's conference room. Food and refreshments will be served. Members and current volunteers - please share this opportunity with friends and neighbors who would like to help the village with as little as 2 hours per month.

There are two kinds of gratitude: the sudden kind we feel for what we take; the larger kind we feel for what we give.

Interest Group Notes

The [Book Club](#) took a summer break and will now resume Friday, September 20, 11am-12:30pm for potluck and the book of the month. September's book has been changed to *The Moment of Lift* by Melinda Gates. (The member home location has also been changed - please RSVP and we'll send you the address.)



Equally (in-)convenient to everyone!!...Thursday, September 26, [Coffee, Caffeine and Conversation](#) will venture to Trianon Coffee in West Lake at 3654 Bee Caves Rd suite A, Austin, TX 78746. CCV will have a private conference room.

Program Opportunity



Long Center presents [Georgia on My Mind: A Celebration of Ray Charles and His Music](#), featuring Clint Holmes, Take 6, Nnenna Freelon, and Tom Scott Sunday, November 24 in Dell Hall at 7:30 pm.

CCV's Program Committee would like to know if there are those of you out there who would like to go. Group tickets range \$36 each, \$45 each and up. We would have to have a definite count of at least 10 committed people before we could order and pay for tickets.

Please [RSVP here](#) if you want one or more tickets. Once we have at least 10 we'll make a payment option available.

Men's and Women's Lunches Feature Intrepid Travelers!



Join the [CCV Men's Lunch](#) Wednesday, September 18 at Noon



The [CCV Women](#) will hear from Libby Beck and Rick Cloud about their trip to Northern Spain. All are welcome Wednesday, September 25 at 11:30am at Andiamo Ristorante, 2521 Rutland.

at Andiamo Ristorante, 2521
Rutland. Mart Hoffman will once
again regale us with tales from the
Appalachian Trail.

Please [RSVP](#). Lunch is \$22.

Please [RSVP](#). Lunch is \$22.

5th Annual Keep Aging Weird!



Pulitzer-Prize Winning Journalist Ken Herman, Austin American-Statesman; KXAN's Jim Spencer as MC



5th Annual *Keep Aging Weird* Luncheon Thursday, October 31, 11:00am-1:00pm at Norris Events Center

Join Capital City Village for our 5th annual Keep Aging Weird Luncheon Thursday, October 31 at 11am. In addition to entertaining speakers, there are a number of enticing "bucket raffles" for items from dinners to trips and more. The

lunch is good, and the event is loads of fun. Austin's favorite weatherman, Jim Spencer, keeps things going at a good pace and Ken Herman will be sure to be entertaining!

Columnist Ken Herman began his journalism career in 1975 at The Lufkin Daily News in East Texas. In 1977, he joined The Associated Press in Dallas, later working for the AP in Harlingen and Austin. From 1979-1988 he worked in the AP's Capitol Bureau. In 1988, he became Austin Bureau Chief for The Houston Post. When the Post folded in 1995, Herman joined the American-Statesman as Capitol Bureau Chief.

[Online registration now available.](#)

We could not do this without our sponsors, shown here. And look below for a sponsor feature.



- Tom and Kay McHorse
- Sara and Dick Rathgeber



- Ken and Tracy Snodgrass
and Paul and Kathy Spicer
- Sam and Beth Williams



- Carl and Libby Beck and Drew
and Emy Lou Sawyer
- Rick Cloud and Dell Gully



- Dave and Barbara Gamble and Dan and Phyllis Waddle
- Mart and Sue Hoffman
- Ed, Kevin and Paul McHorse



- Daniel Carl/BSA
- Carol Carl and Friends



KAW Sponsor Feature - CapMetro

Stop your stressing over going places. By letting public transit handle your commute, you can reclaim part of your day to get things done or just enjoy a moment of personal zen.

Capital Metro connects people, jobs and communities by providing quality transportation choices to Central Texas. Created in accordance with [Chapter 451 of the Texas Transportation Code](#), Capital Metro was established by a voter referendum on Jan. 19, 1985. The agency is funded in part by a 1 percent sales tax levied by its [service area members](#).

CapMetro's [services](#) include:

- MetroBus
- MetroExpress
- MetroRapid

- MetroRail
- Night Owl
- E-Bus
- University of Texas Shuttles
- MetroAccess
- MetroRideShare
- Freight rail

Save the Date!



Technology Devices for Health and Safety **Monday, October 7, 1-3pm, at AGE Computer Lab**

As technology evolves, learn how you can make monitoring your health easier with the latest health devices. You will see what technology devices are available for use in your home to monitor and improve your health and safety. Learn the benefits of specific models and get recommendations from the instructor. You will also get hands-on experience with some devices and see how they work. For the more complex devices, you will learn the basics on how to configure them using a computer or mobile device.

One 2-hour session. Fee: \$25 for one seminar. (If you are a CCV member, there is a 10% discount.) [Register through AGE here with mention of the](#)

[discount in the notes upon registration.](#)

Prerequisites: Some devices require understanding of computer and smartphone basics and the use of a web browser or a mobile app in order to install and update.

[For more information and to register, check our event page here.](#)

In the Community



Take the Pledge for Good Neighbor Day!

Here's a message from our partner [AARP](#).

Senior social isolation and loneliness are real and growing problems in our country. Right now, nearly one in five older adults in our country live in social isolation. And studies have shown that prolonged social isolation is just as bad for your health as smoking 15 cigarettes a day.

It's a crisis that often hides in plain sight because loneliness happens in silence. Today, there's an easy way for you to help: be a good neighbor. Ahead of National Good Neighbor Day on Saturday, September 28, we're asking you to select one neighborly act below and commit to being a good neighbor today!



I pledge to...

Reach out to a neighbor I haven't talked to in a while with a phone call or visit.

Plan a casual gathering with my neighbors, like a barbecue or potluck.

Look for a simple way to help out, like bringing my neighbor's trash can in from the curb.

All of the above!

Sometimes, all it takes to be a good neighbor is to say: you are not alone. That's the message AARP Foundation seeks to deliver this Good Neighbor Day and beyond. Even the simplest of kind gestures can boost the health and emotional well-being of a neighbor in need. On National Good Neighbor Day and throughout the year, we want to encourage our supporters to connect with lonely or isolated seniors in their community.



ATX AGING & INNOVATION SUMMIT

Where Good Ideas Get Better With Age

Join [AustinUP](#) and others Wednesday, October 23, 2019 from 9:30 a.m. – 3:30 p.m. at the Junior League of Austin Event Center, 5330 Bluffstone Lane, for the next [ATX Aging and Innovation Summit](#). This year's themes are equity, diversity and intergenerational community engagement. The objective is to encourage thought leadership and collaboration to expand aging innovation in Austin. Our keynote speaker will be Jewel Mullen, M.D., MPH, Director of Health Equity at Ascension Seton and Associate Dean for Health Equity at Dell Medical School. She is an internist, epidemiologist, public health physician leader and the former Principal Deputy Assistant Secretary for Health in the U.S. Department of Health and Human Services. She also is a passionate advocate for older adults and issues related to aging equity.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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