



J M <johanna@capitalcityvillage.org>

It's the CCV Newsletter!

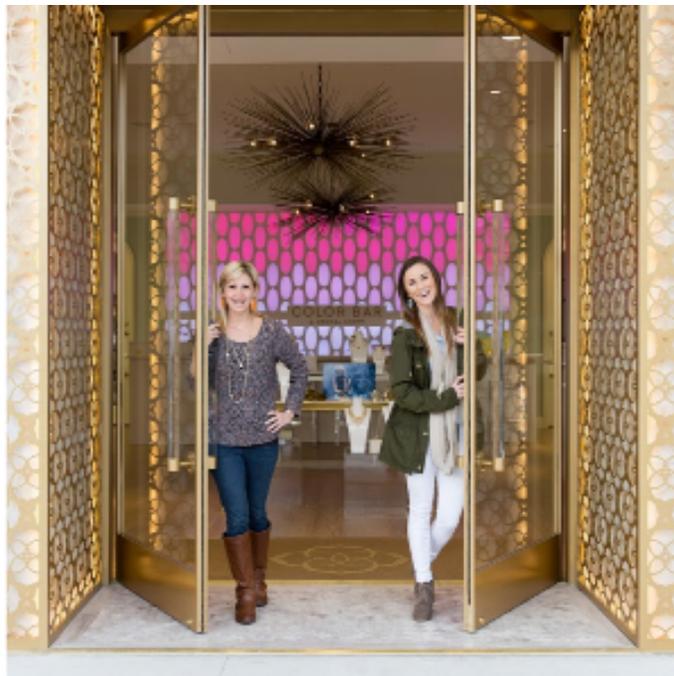
1 message

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

Sat, Jul 1, 2023 at 11:19 AM



Featured Event



Kendra Gives Back fundraising event 3800 N. Lamar Friday, July 28 12 pm online and in-store

Give back while you shop at Kendra Scott in-store and Kendra Scott online!

Join us Friday, July 28th from noon to 2 p.m. for sips and sweets at Kendra Scott N. Lamar. Mention Capital City Village when you check out and 20% of your purchase in-store will come back to benefit CCV programs and services designed to help Austin neighbors age well at home! [RSVP here](#) for the in-store event.

Can't make it? Shop online at kendrascott.com on July 28-30 and be sure to use the code **GIVEBACK-EJHQM** at checkout in order for CCV to receive 20% of your purchase as a donation.



Capital City Village Office: (512) 524-2709

July 1, 2023

- Featured Events
- Events**
- In Memory
- Birthdays
- In the Community

Events



May 2023

Ed, Arnie, Stan, John, Bill (left to right)

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

- Tuesday, July 4 – OFFICE CLOSED; HAPPY INDEPENDENCE DAY!
- Wednesday, July 5 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, July 6 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, July 6 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern
- Monday, July 10 – Dominoes Group canceled. See you in August!
- Thursday, July 13 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, July 16 at 11 am – [Third Sunday](#) at Wheatsville S. Lamar
- Wednesday, July 19 at 12 pm – [Third Wednesday Lunch](#) – "Tips and Resources for Partial Vision Loss"
- Thursday, July 20 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, July 21 – Virtual Book Club will resume in September
- Tuesday, July 25 at 2 pm – [Examining White Privilege](#) (Virtual)
- Thursday, July 27 at 9:30 am – [Second Cup](#) at Central Market N. Lamar, upstairs
- Friday, July 28 at 12 pm – Kendra Gives Back fundraising party at 3800 N. Lamar. [RSVP here](#) for the in-store event.

- Friday, July 28–Sunday, July 30 – Kendra Gives Back on–line. Use code **GIVEBACK–EJHQM** at checkout and CCV will receive 20% of your purchase as a donation.

Save the Date:

- Tuesday, August 8 – Our Collections on–line program. Click [here](#) for more information or to RSVP.
- Monday, August 21 – [Mark your calendar for the CCV Summer Potluck Supper!](#) More information to come in the August newsletter.
- Saturday, September 23 at 7 am – [8th Annual CCV Golf Tournament](#)



**Third Wednesday Lunch
with Regina Budet
St. Matthews
Episcopal Church
4121 Steck
Sanctuary basement
Room B–13
Wednesday, July 19 at Noon**

This program may be attended in–person or on zoom. [When you RSVP](#), please indicate in the **COMMENTS** box whether you will be in person or online. It's a BYOL (bring your own lunch) event. *There is a limit of 15 in–person attendees.*



**Our Collections
Next Meeting Tuesday, Aug 8
at 2 pm**

YOU...our fellow CCV members and volunteers are some of the most interesting people we know and conversations with YOU are the most interesting opportunities. The "things" we save often reflect stories about our history, our travels, our hobbies and more. This CCV series will give us opportunities to share those stories and hopefully spark comments and connections among participants.

There will be no July meeting, but you can [RSVP here](#) for the August

"Tips and Resources for Partial Vision Loss"

Regina Budet is the founder of Empower Occupational Therapy, a company which assists people who are experiencing partial vision loss or low vision.

Regina works to equip her clients with skills and resources to become more independent in their homes and maintain community connections. She will discuss strategies that will allow them to compensate for their vision loss and continue doing the things that are important to them.



Second Cup Thursday, July 27 at 9:30 am

Join us for Second Cup at Central Market on N. Lamar – 2nd floor above the cafe. Elevator access available. If you need a ride, [indicate that on your RSVP](#).

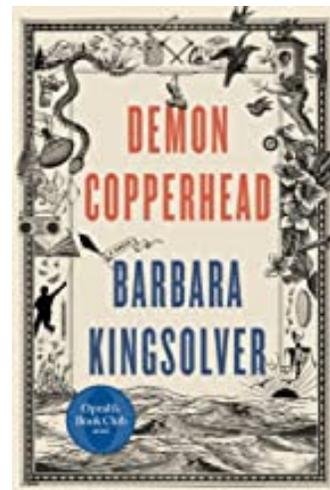
Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 am

meeting.



Examining White Privilege Tuesday, July 25 at 2 pm

[Join us for a monthly meeting](#) exploring White privilege and racism. Some of the things we will talk about are books/articles we have read, upcoming events related to the topic, any relevant experiences we have had, opportunities to be involved, and anything else related.



Virtual Book Club Adjourned for the Summer

See you in September, when the book is Demon Copperhead by Barbara

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am (except the fourth Thursday). Bring your own coffee, snacks, and a good story or two.



Happy Hour Thursday, July 6 at 4:30 pm

[Join us](#) at 4:30 pm on the first Thursday of each month at La Mancha Tex Mex Tavern on Hancock across from the Yarborough Library.



Third Sunday Sunday, July 16 at 11 am

A small “buddy” group of South Austin folks get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. This is a pleasant and quiet Sunday morning location with easy parking and a variety of food options.

Kingsolver. You can [RSVP here](#).

Keep on reading!



Dominoes No July meeting

The domino group will take July off and resume in August.



In Memory



Julia "Julie" Ann Kyle Totten (February 9, 1929 – June 20, 2023) age 94, of Austin, Texas, has moved gracefully from this world to the next. Fond memories and expressions of sympathy may be shared at

<https://www.dignitymemorial.com/obituaries/austin-tx/julia-kyle-totten-11341501> for the Totten family.

Member and Volunteer Birthdays



If you see any of these members or volunteers in July, wish them a happy birthday!

- Beth W.
- Casey B. (volunteer)
- Scott B.
- Rich H. (volunteer)
- Joanna H.
- John K. (volunteer)
- Megan B.
- Henry M. (volunteer)
- Priscilla M.
- Lisa L.
- Elena E. (volunteer)

In the Community



As you all know, Austin is experiencing a severe heat wave. We want to make sure everyone has the information needed to keep our older adults safe.

For information on Cooling Centers at Parks and Recreation and Library locations visit austintexas.gov/alerts to find the most up-to-date information on where to go if you need a place to cool off. Also, please be advised that there is free transportation to cooling centers through CapMetro. And if you need a fan, contact [Family Eldercare](#).

Tips for Extreme Heat:

1. Make a plan to stay cool,
2. Drink lots of water, even if you do not feel thirsty,
3. Know the symptoms of heat-related illnesses, and
4. Protect yourself, your family, and your pets! Never leave pets or people unattended in a vehicle.



Aging Answers Podcast

**The First Wednesday of Each Month
11:30 am via Zoom**

<https://TinyURL.com/AgingAnswersPodcast>

Join AGE of Central Texas on July 5 at 11:30 am for the monthly "Aging Answers" video podcast. Joy Jenkins, LVN, will discuss heat-related illness and how older adults can keep themselves safe during our soaring summer temperatures.

Join us live via Zoom:

<http://www.TinyURL.com/AgingAnswersPodcast> or call in: +1 (346) 248-7799 with Webinar ID: 867 8716 7016.

JOIN US ON AUGUST 2 when CCV will be guests on the Aging Answers podcast.



**Just one small positive thought in the morning can
change your whole day.**

– The Dalai Lama –



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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 -  YouTube

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

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