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[Test] CCV Newsletter: Moving Forward with CCV this Fall!

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To: Johanna <johanna@capitalcityvillage.org>

Mon, Oct 2, 2023 at 1:49 PM



Latest News

Moving Forward this Fall

October is here and with it we'll hopefully have some cooler Fall weather soon. I know that you, we, and all of our CCV Community are ready for a change!

Moving forward, there are two really fun ways to support CCV and our efforts to help keep seniors connected. Clay McPhail, the owner of 5280 Burger and Taphouse, is sponsoring a unique CCV Fundraiser during the lunch and dinner hours on Wednesday, October 11 and Thursday, October 12. If you dine-in at 5280 and mention this fundraiser, Clay will donate 20% of the gross revenue to CCV. What a pleasant way to have a really good dining experience and support CCV! I think that the menu is excellent and the onion rings are the best in Austin. 5280 is also child and age friendly. If you prefer outdoor dining, 5280's patio is quite inviting and dog friendly. Sue and I hope to see you at 5280 and we might even share an onion ring with you!

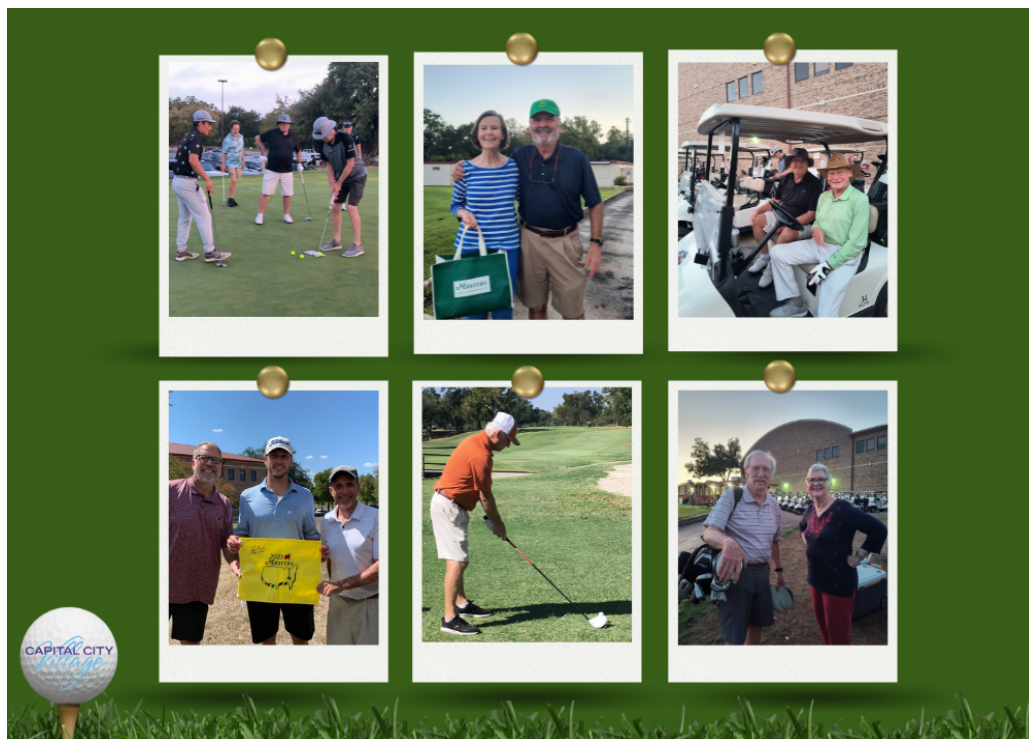
Secondly, mark your calendars for CCV's [Annual Keep Aging Weird Luncheon](#) on Thursday, November 9th from 11:30 am to 1:30 pm. If you are unable to attend in-person, [RSVP](#) for a free online streaming ticket and join in the fun of participating in paddles up with a donation to CCV or purchase raffle tickets for \$10 each or 3 for \$25. Our gathering will again be at the Norris Conference Center in Northcross Mall. We welcome Kim and Mike Barnes, noted Austin broadcasters, as our keynote speakers. And returning to MC our event by popular demand is Jim Spencer. The raffle items include: a week stay in San Miguel de Allende (Sue and I got to go this year, and it was great!), a 2-3 night stay in a Lake Travis VRBO, a 2-

3 night stay in a Wimberley River Cottage, a Wine Tasting from Gary Glass, MD, accompanied by a dinner at the Hoffman house and much more!

So, I truly hope that you will plan to attend these two fun events and help to support CCV's mission. As your Board President, and one of the CCV Founders, I want to briefly share with you why Sue and I helped create CCV. As our parents aged, they became more and more isolated. As research is revealing, isolation is as dangerous as a medical illness. Our parents lived in Dallas and St. Louis, and it was difficult and frustrating to try to support them from a distance. After they had been gone for over 15 years, we heard about the Beacon Hill Village in Boston. Soon, Capital City Village was created, and we have been busily supporting the Austin Senior Community for over 11 years. What I have gained in this CCV adventure is many new and interesting friends, being able to attend many excellent programs and I have a much stronger sense of community and belonging. My hope is that if you value CCV as I do, you will ask your friends to join us and together we can continue to move forward building our community while aging well in place.

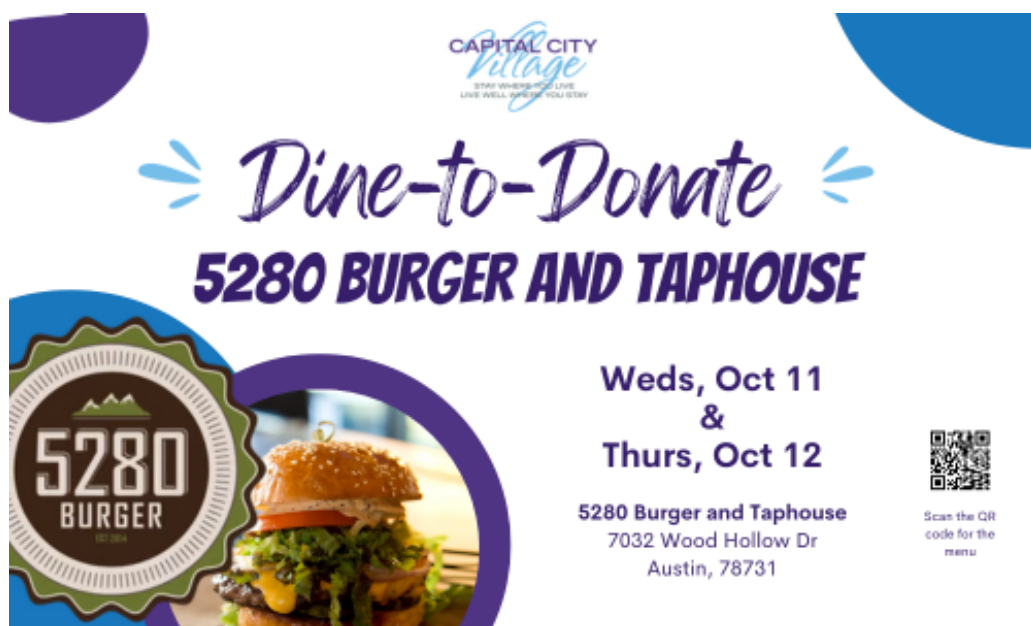
Kindest Regards,
Mart Hoffman
Board President

8th Annual CCV Golf Tournament



Thank you to all of the sponsors, volunteers and everyone who participated in the 8th Annual CCV Golf Tournament! It was a great success – a fun day that brought in much needed funds to support CCV's mission. Golfers and volunteers can find their photos in this [photo album](#).

5280 Burger and Taphouse Gives Back to CCV



Dine-in at 5280 Burger and Taphouse on Weds., October 11 or Thurs., October 12 and they will donate 20% of the gross revenue to Capital City Village. They offer appetizers, burgers, salads and much more. Check out their [menu](#) and get your order ready!

Make sure to mention CCV when you order!

Vote CCV as the "People's Choice" for Aging in Place



We still need 10 ratings (4+ stars) to receive designation as a Top-Rated Nonprofit for 2023. Go to [Great Nonprofits](#) and share what CCV means to you and how others can benefit from becoming a member, volunteer or even better...both! **The last day to reach our goal is October 31st, so please act today!**

[Click Here to Vote!](#)

Featured Events



**Navigating
Transportation
with
CapMetro**



CapMetro: Navigating Transportation
Thurs., Oct. 12 at 12 pm
Zimmerman Family Multi-Purpose Room
Dell JCC, 7300 Hart Lane

Navigating transportation options in Austin isn't always easy, but did you know CapMetro provides free trip planing, reduced fares and door to door transportation? Join us for a FREE workshop with CapMetro. Learn how to get personal concierge trip planning, apply for reduced fares (Bring \$3 cash and ID to apply) and find out more about MetroAccess. Register today to secure your seat.

Register Today

CAPITAL CITY
Village

Capital City Connect
Social Events and Lifelong Learning Programs for Adults 50+



CAPITAL CITY
Village
STORY NEVER ENDS
LIFE WILL WRITE YOUR STORY

Part II with Dr. Barbara Bergin

SIGN UP

Reducing Bone and Joint Pain Part II
Sunday, Oct. 22 at 2 pm
On Zoom or In-Person at
Tarrytown United Methodist Church Admin Bldg
2531 Exposition Blvd

Dr. Bergin continues her personal advice on preventing bone and joint pain as we age, using her humor and wit on “what not to do.” In Part I, we learned the importance of pillows and dark chocolate!

Come back for Part II to get more easy to use, practical tips on how older adults can live safer, healthier and maybe... happier lives!

Sign Up Now

Capital City Village Office
(512) 524-2709

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Events



You can now print out an easy to read copy of our monthly events from our [website](#). Masks are currently optional at our in-person events. If you are feeling unwell, please stay home. "Virtual" indicates that the event is not in person.

- Wednesday, Oct. 4 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Oct. 5 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Oct. 5 at 4:30 pm – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Monday, Oct. 9 at 6:45 pm – [Dominoes](#)
- Wednesday and Thursday, Oct. 11 and 12 at 11 am to 9 pm – [5280 Burger Dine-to-Donate](#)
- Thursday, Oct. 12 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Oct. 12 at 12 pm – [CapMetro: Navigating Transportation](#)
- Sunday, Oct. 15 at 11 am – [Third Sunday at Wheatville South](#)
- Wednesday, Oct. 18 at 12 pm – [Third Wednesday Bring Your Own Lunch](#)
- Thursday, Oct. 19 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Oct. 20 at 11 am – [Virtual Book Club](#)
- Sunday, Oct. 22 at 2 pm – [Part II with Dr. Barbara Bergin: Reducing Bone and Joint Pain](#)
- Tuesday, Oct. 24 at 2 pm – [Examining White Privilege](#) – virtual
- Thursday, Oct. 26 at 9:30 am – [Second Cup](#) at Central Market N. Lamar, upstairs



Happy Hour
La Mancha Tex Mex Tavern
2203 Hancock
Thursday, October 5
at 4:30 pm

[Join us](#) at 4:30 pm on the first



Third Wednesday BYOL
St. Matthew's
Episcopal Church
Room B-13
Sanctuary Basement
Wednesday, October 18
at 12 pm

Thursday of each month at La Mancha
Tex Mex Tavern on Hancock across
from the Yarborough Library.



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

[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.

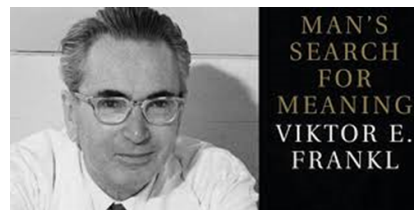


Dominoes Monday, October 9 at 6:45 pm

The group gathers at a member home,
so [RSVP and we will send you the
address](#). We usually play Mexican Train
so no skills necessary.

Join members, volunteers and guests
of the village for "The Magic of San
Miguel de Allende."

Our host Henry McCown will take us
to San Miguel "back in the day," when
it first began to become trendy in the
1950s; and then take a look at San
Miguel today, based on recent trips by
raffle trip winners Rick Cloud, Sue &
Mart Hoffman and Liby Beck. [RSVP
here](#).



Virtual Book Club Friday, October 20 at 11 am

[Join our](#) virtual book club online! Bring
your own lunch and join with others to
review this month's book, "Man's
Search for Meaning" by Viktor E.
Frankl.



Examining White Privilege Virtual meeting Tuesday, October 24 at 2 pm

[Join us for a monthly meeting](#) exploring
White privilege and racism. Some of



Third Sunday Wheatsville Coop South Sunday, October 15 at 11 am

A few South Austin "buddies" 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. You can [RSVP here](#).

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.



Second Cup Central Market N. Lamar Thursday, October 26 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](#).

From the Office

CAPITAL CITY
Village

Capital City Connect

Social Events and Lifelong Learning Programs for Adults 50+

OCTOBER 2023 PROGRAMS



FREE

VIRTUAL COFFEE HOUR

THU 10 / 05 / 2023 AT 9:30 AM

Coffees
Open to all
RSVP required

Thursday
05



FREE

HAPPY HOUR AT LA MANCHA

THU 10 / 05 / 2023 AT 4:30 PM

Village Happy Hours
Open to all
RSVP required

Thursday
05

Print Your Own Calendar

If you are a CCV member, you have started receiving our [monthly events calendar](#) in the mail. We want to make sure everyone has access to our handy printable, so we've placed it on the front page of our website and will link to it every month in our newsletter in the Events section.

Austin Retirement Housing Survey

The Boomers Collaborative Foundation is collecting information to provide a new kind of [age-in-place mixed-use senior housing option](#) for retirement. Especially if you are single or widowed, your input is sought to help housing and retirement innovators develop affordable housing for 21st Century retirement needs. To this end, you are invited to participate in a short anonymous [online survey](#) about your income and assets. If you want your voice heard but are unable to participate online, please call Carol at 512-626-7728. She will be glad to collect your responses privately over the phone.

PLEASE NOTE: All information collected will be held in the strictest confidence. Only answers to the questions will be recorded and shared with City of Austin Housing staff for use in helping shape future housing policy guidelines. For more information about the Boomers Collaborative, please visit BoomersCollaborative.org.

Many thanks in advance for participating in this important information gathering survey!

Member and Volunteer Birthdays



If you see any of these members or volunteers, wish them a Happy Birthday!

Alyce G.
Butch K.
Chuck D.
Barbara E. (Volunteer)
Mary A.
Joanne O'N
Neil C.
Mitch S. (volunteer)
John B.
Dell G.

In the Community

Free Caregiver Virtual Seminar



Medicare 101

Benefits experts from the Area Agency on Aging of the Capital Area will discuss what older adults and family caregivers need to know about Medicare and what changes are expected in 2024 prior to Open Enrollment, which runs October 15th through December 7th.

Saturday, October 7th - 10:00 - 11:30 a.m.

Join AGE of Central Texas for a free online caregiver support seminar exploring “Medicare 101” on Saturday, October 7th at 10 am. Part of their on-going workshop series to help family members effectively care for an older adult, the free virtual seminar will be held online from 10:00 to 11:30 am. Registration for the conference is free, but space is limited. Participants can register [online](#) or by calling (512) 600-9275.

Visit the Capital City Village [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!



Facebook



CCV Website



Nextdoor



YouTube

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Our mailing address is:

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