



J M &lt;johanna@capitalcityvillage.org&gt;

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## CCV is in Full Holiday Spirit! Join us for Trail of Lights, Holiday Party, and Dr. Lisa Doggett

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**Capital City Village** <info@capitalcityvillage.org>

Fri, Dec 1, 2023 at 10:14 AM

Reply-To: Capital City Village &lt;info@capitalcityvillage.org&gt;

To: Johanna &lt;johanna@capitalcityvillage.org&gt;



### Letter from the Board President

Dear CCV Members, Volunteers and Supporters,

Our Holiday Season has begun and Capital City Village has much to be thankful for during this special time of year. To begin with, we have had really strong participation in our monthly programs which keeps our community connected and engaged. We have also been blessed with the excellent success of our two major fundraisers, the CCV / TUMC Golf Tournament and our Keep Austin Weird Luncheon. Both events were well received and provided a large part of CCV's annual budget. Thank you to our Board of Directors and Committee Chairs for their committed involvement throughout the year.

As I complete my first year as your Board President, I also want to thank each and everyone connected to CCV. You have made this year interesting, fun, and quite worthwhile! You have been a blessing to one another and to the CCV Community. I look forward to celebrating the holiday season with you at one of our events in December!

Kindest Regards,  
Mart Hoffman, Board President

P.S. Read to the bottom for a chance to get Lisa Doggett's excellent new book.

## Featured Events



### **Austin Trail of Lights Lou Neff Road & Stratford Drive at Zilker Park Tuesday, December 5 at 5 p.m.**

Capital City Village is privileged to participate in the Trail of Lights Foundation's STARS at the Trail program, which provides select organizations free tours of the Austin Trail of Lights in Zilker Park!

When you arrive at 5 p.m. at the Stratford Parking Lot in Zilker Park (map below), a Trail of Lights team member will greet you. Please arrive on time, as cookies, cocoa and a special gift will be distributed on the bus before the tour begins at 5:30 p.m. The tour is expected to take approximately 15 minutes. [RSVP](#) to save your spot for this magical holiday experience!



RSVP for the Trail of Lights!



**CCV Holiday Party**  
**Neill-Cochran House Museum**  
**2310 San Gabriel St.**  
**Saturday, December 9**  
**at 2 p.m.**

Bring your favorite holiday snacks or sweets to share with village members, volunteers and friends at our annual Holiday Party. Our entertainment this year? A re-gift exchange! Bring a gift that you were given and have not used to gift to another.

On your [RSVP](#) please indicate what snack you will be bringing and if you need a ride in the comments box. No red beverages, chocolate or berries are permitted at the Neill-Cochran House Museum, so please plan accordingly!


**RSVP Here!**

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**CAPITAL CITY**  
*Village*

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



**Dr. Lisa Doggett**  
Author of  
*Up the  
Down Escalator*

RSVP  
Today!

**Tarrytown United Methodist Church**  
**Admin Bldg, 2531 Exposition Blvd**  
**Or Online**  
**Sunday, December 17**  
**at 2 p.m.**

[Join CCV in-person or online](#) to hear from Dr. Lisa Doggett as she share selections from her new book, Up the Down Escalator: Medicine, Motherhood, and Multiple Sclerosis. In this memoir, she chronicles her transformation from doctor to patient while directing a clinic for under- and uninsured patients near downtown Austin.

Lisa was diagnosed with multiple sclerosis in 2009. A family physician and Austin native, Lisa is the daughter of Congressman Lloyd Doggett. She will discuss her lessons learned as a physician turned MS warrior and provide encouragement to those facing their own challenges. Books will be available for sale and signing after the event.

**RSVP Today!**

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Capital City Village Office  
(512) 524-2709

[Back to Top](#) [Featured Events](#)  
[From the Office](#) [Birthdays](#) [In the Community](#)

**Events**



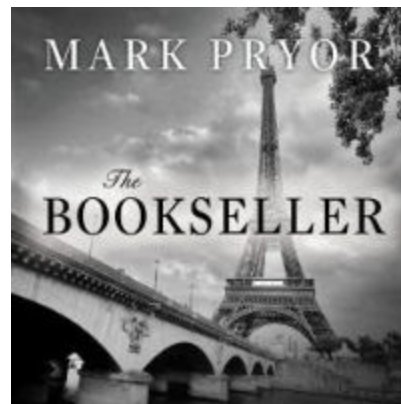
You can now print out an easy to read copy of CCV's [monthly events](#). Masks are currently optional at our in-person events. If you are feeling unwell, please stay home. "Virtual" indicates that the event is not in person.

- Tuesday, Dec. 5 at 5:00 p.m. – [Austin Trail of Lights](#)
- Wednesday, Dec. 6 at 10 a.m. – [Virtual Volunteer Orientation](#)
- Thursday, Dec. 7 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Thursday, Dec. 7 at 4:30 p.m. – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Saturday, Dec. 9 at 2:00 p.m. – [CCV's Holiday Party](#)
- Monday, Dec. 11 at 6:45 p.m. – [Dominoes](#)
- Thursday, Dec. 14 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Friday, Dec. 15 at 11 a.m. – [Virtual Book Club](#)
- Sunday, Dec. 17 at 11 a.m. – [Third Sunday at Wheatsville South](#)
- Sunday, Dec. 17 at 2 p.m. – [Capital City Connect: Author Dr. Lisa Doggett](#)
- Thursday, Dec. 21 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Thursday, Dec. 28 at 9:30 a.m. – [Second Cup at Central Market Upstairs](#)



## Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 a.m.

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



## Virtual Book Club Friday, December 15 at 11 a.m.

[Join our](#) virtual book club online! Join the Book Club online. Bring your own lunch and join with others to review this month's book, "The Bookseller" by Mark Pryor.



**Happy Hour**  
**La Mancha Tex Mex Tavern**  
**2203 Hancock**  
**Thursday, December 7**  
**at 4:30 p.m.**

[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.

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**Dominoes**  
**Monday, December 11**  
**at 6:45 p.m.**

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.



**Third Sunday**  
**Wheatsville Coop South**  
**Sunday, December 17**  
**at 11 a.m.**

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](#).

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**Second Cup**  
**Central Market Upstairs**  
**Tuesday, December 28**  
**at 9:30 a.m.**

[Join us](#) for Second Cup, an in-person coffee gathering at Central Market on Lamar on the 2nd floor above the Cafe.

**From the Office**



## Gift Wrapping at BookPeople

Capital City Village will be at Book People on December 5th from 9 a.m. to 1 p.m. and December 15th from 9 a.m. to 5 p.m. gift wrapping store purchases for free! We'll have a "tip" jar for donations to CCV. Get your holiday shopping all wrapped up!

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## How to Spot Social Security Scams

A recent article in the Austin American–Statesman outlined how to identify Social Security scams and protect your identity. The top four things scammers say to get your information are "Your Social Security number is suspended"; "Your benefits are suspended"; "You can pay to increase your benefits" and "You owe money that has to be paid now." [Read more here](#) to find out about these scams!

## Member and Volunteer Birthdays





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

Sara A (volunteer)  
Steve D (volunteer)  
Claudia K member  
Emily M (volunteer)  
Drew S member  
Kristin S (volunteer)  
Paul S member

Caryl Y (volunteer)  
Lee K member  
Michele A member  
Doug B member  
Vicki A (volunteer)  
Maurie O member  
Bruce B (volunteer)

## In the Community



## The Chronicle to Highlight Austin Elders

The Austin Chronicle is starting a series focusing on the lives of Austin's older adults and they are looking for people 80 and older who have lived in Austin for at least 30 years to tell their story. To participate, send an email to [elders@austinchronicle.com](mailto:elders@austinchronicle.com) with your age, how long you've lived in Austin, a sentence or two about your life and your contact information. [Click here](#) for more information from the Chronicle.

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## Aging Gracefully in Texas

In the opinion section of the Austin American–Statesman, Jaqueline Angel asks "[Can we Texans age gracefully as people live longer?](#)"

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## Read to the End Contest

You've reached the end of the CCV newsletter! As a special bonus for reading this month, email [meredith@capitalcityvillage.org](mailto:meredith@capitalcityvillage.org) with the name of the author who will be reading from her book in December and one lucky winner will win a signed copy of her book.

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Visit the Capital City Village [website](#) for so much more information. Please let us know ways we can help you, from opportunities to socialize, 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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