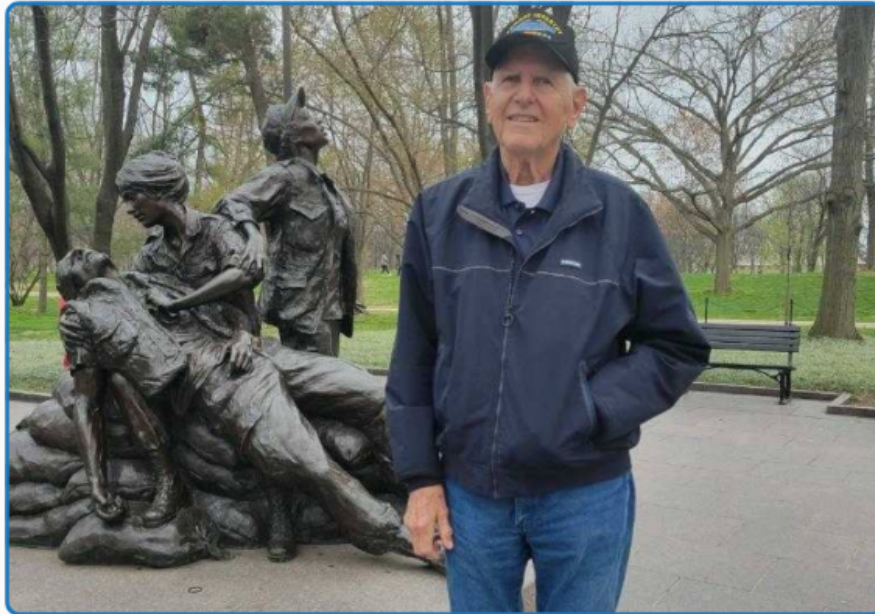


Latest News



Honor Flight Trip to Washington, DC

Member Bob Schluter recently took "A Trip of a Lifetime" with Honor Flight to visit our nation's war memorials in Washington, DC. Bob was in the light weapons infantry with the rank of Sergeant during his tour in Vietnam. Here is more information on [Honor Flight Austin](#).



Thank you for supporting our mission to keep older Austinites connected!

CAPITAL CITY
Village
LIVE WELL AT HOME



I Live Here
I Give Here

Amplify Austin Day

Pictured above is our oldest (and best dressed!) member Stan and 2023 Volunteer of the Year Karen!

Thank you so much to everyone who helped to Amplify Aging Well in Austin! We're so proud of this community we've built to help seniors "Live Well At Home" and we couldn't do it without your support.

If you missed the deadline and still want to donate, you can now donate with no fees through [CCV's PayPal Giving Fund](#).

Solar Eclipse on April 8

If you missed UT McDonald Observatory retiree, Dr. Phil Kelton's talk about the upcoming Total Solar Eclipse, you can still [watch the video here](#). It is a good explainer for those who aren't up on astronomy, but also went into a lot of detail for those who want more information. A great watch leading up to the eclipse. If you need eclipse viewing glasses, we have a few extra at the CCV office, please contact info@capitalcityvillage.org. For eclipse safety information, visit this [NASA](#) eclipse website.

Featured Events



CAPITAL CITY
Village
LIVE WELL AT HOME

**AUSTIN
PUBLIC
LIBRARY**

Meet the Director!
Sunday, April 14th
@ 2 p.m.

Join CCV at the Central Library
for a talk with Austin Public
Library Director Roosevelt Weeks
and library tour

Join CCV members for a discussion with the dynamic Director of Austin Public Libraries Roosevelt Weeks. After the talk, a docent will take CCV members on a tour of the Central Library. The talk may be attended in person or on zoom, but space is limited, so RSVP now to reserve your seat!

RSVP Today!



**Third Wednesday BYOL
St. Matthew's Episcopal Church
Sanctuary Basement Room B-18
Wednesday, April 17 at 12 p.m.**

In the final installment of this four part series, John Brown, CEO of Oasis Senior Advisors, will moderate a panel discussion so we can "Ask the Experts" about their in-home and end-of-life options for assistance. Our panel includes John Mackey, III with Capitol Home Health, Juan Martinez with Homewell Care Services and Audra Cunningham with Comforts of Home Healthcare. Follow the link for more information on our [Senior Living Series](#).

RSVP Now!



**AGE Building
St. David's Conference Room, 1st Floor
3710 Cedar Street
Wednesday, April 24 at 12 p.m.**

The stars at night are big and bright 🌟🌟🌟🌟 Deep in the heart of Texas! Come celebrate CCV's stars – the volunteers who do so much for our Village all year long! CCV will serve a buffet style lunch. Following lunch will be a presentation from Aging is Cool called "Deep in the Heart of Texas Music" on the history of music in Texas.

If you've assisted a Capital City Village member, helped at or before an event, served on the Board or a Committee in the last year, that makes you a CCV Volunteer and we want to celebrate you! All are welcome to come cheer on our volunteers. Bring your clapping hands and a dessert to share!

RSVP to Join the Fun!

Laguna Gloria Sculpture Garden Tour



Laguna Gloria Tour and Lunch
3809 West 35th Street
Wednesday, May 1 at 10:30 a.m.

Join CCV for a fun morning and lunch at Laguna Gloria! Docent Hannah Lynch will lead us on guided tour of the Sculpture Garden. This tour is being specially curated for CCV so that accessibility is taken into account. After the tour, we will gather at the cafe for lunch. Admission cost will be covered by CCV, lunch is optional and up to each in attendance.

RSVP for Laguna Gloria

Capital City Village Office
(512) 524-2709

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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.

- Wednesday, April 3 at 10 a.m. – [Virtual Volunteer Orientation](#)
- Thursday, April 4 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Thursday, April 4 at 4:30 p.m. – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Thursday, April 11 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Sunday, April 14 at 9 a.m. – [Good Deeds Day](#)
- Sunday, April 14 at 2 p.m. – [Central Library Talk with Library Director Roosevelt Weeks](#)
- Wednesday, April 17 at 12 p.m. – [Third Wednesday BYOL: Ask The Experts Panel with Oasis CEO John Brown](#)
- Thursday, April 18 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Friday, April 19 at 11 a.m. – [Virtual Book Club](#)
- Sunday, April 21 at 11 a.m. – [Third Sunday at Wheatsville South](#)
- Tuesday, April 23 at 2:00 p.m. – [Examining White Privilege – Virtual](#)
- Wednesday, April 24 at 12 p.m. – [CCV Volunteer Celebration with Deep in the Heart of Texas Music Presentation](#)
- Thursday, April 25 at 9:30 a.m. – [Second Cup at Central Market Upstairs](#)
- Wednesday, May 1 at 10:30 a.m. – [Laguna Gloria Tour and Lunch](#)



Virtual Coffees First, Second and Third Thursdays at 9:30 a.m.

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am.



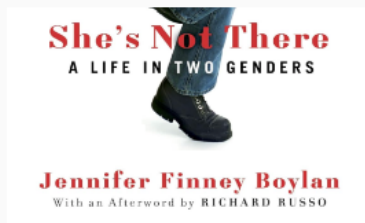
Wheatsville Coop South Third Sunday at 11 a.m.

A few South Austin "buddies" get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. [RSVP here](#).



Happy Hour
La Mancha Tex Mex Tavern
First Thursday at 4:30 p.m.

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



Virtual Book Club
Third Friday at 11 a.m.

[Join our](#) virtual book club for this month's book, "She's Not There: A Life in Two Genders" by Jennifer Finney Boylan.



Examining White Privilege
Virtual Meeting
Fourth Tuesday at 2 p.m.

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



Second Cup
Central Market Upstairs
Fourth Thursday at 9:30 a.m.

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

From the CCV Community

Generosity and Fear

Board member, Gayle H. shared this post from [Seth's Blog](#):

Fear is self-focused. Day to day, our fear is about us. What will happen if we give that speech, launch that project, get stuck in traffic, are eaten by an alligator...

And generosity is about others. "How can I help?"

Jumping in the water to save a struggling swimmer stops us from worrying about how we look in our suit or whether the water is cold. And if you're worried about the customer instead of your quota, making a sales call is easier too.

The key scene at the climax of the Wizard of Oz happens when Dorothy intercedes on the scarecrow's behalf. Once again, she finds the courage to overcome her fear when she's generously supporting a friend.

It's more than a shift in narrative. It's a shift in intent.

Member and Volunteer Birthdays



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

Mavis W
Annette M
Coral S (volunteer)
Nellie T
Barbara K

Sam W
Bob S
Sue H
Kathy S
Barbara G

In the Community

Shred Day: Safely Discard Old Documents!

On Saturday, April 13, 2024 from 8:00 a.m. – 1:30 p.m. bring boxes of old documents to Balcones Resources, 9301 Johnny Morris Rd, 78724. Shred Day is a free sponsored event for the community to safely destroy confidential personal records. [Get more information here.](#)

**ANSWER OUR SURVEY FOR A CHANCE
TO WIN A SAMSUNG TABLET!**



**Click the
link
below
for the
Survey!**

OR



Contact for questions & concerns: 512-600-9278 klawrence@ageofcentraltx.org

[AGE of Central Texas Survey](#)

Lunchtime Lecture: Applying the Science of Emotion to Promote Well-Being

On Thursday, April 25 at 12 p.m. UT Associate Professor, Dr. Jacqueline Evans, Department of Psychology, will share lessons that psychological research reveals about how emotions and stress unfold. We will also consider practices grounded in science to support well-being and thriving in the face of adversity, with opportunities for participants to engage in reflection and guided activities. [RSVP for this free virtual lecture here.](#)

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 with the name of the Director of Austin Public Libraries and one lucky winner will receive the book "When Roles Reverse: A Guide to Parenting Your Parents" by Jim Comer.

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!



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CCV Website



Nextdoor



YouTube

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