



## Celebrate the Season with the Village!

Join Village members, volunteers and friends for our annual [Holiday Party](#) at [Zax Pints and Plates](#), 312 Barton Springs, Sunday, December 9 from 3-5pm. The party is always fun with plenty of snacks, drinks and great conversation. Plus, we'll be featuring fun interactive games and prizes! Please [RSVP](#) so we will have enough to go around!

Parking is available at Zax or in the lot across Barton Springs Rd. If you need a ride we can help with carpooling. Look for more details in a special e-blast to members and volunteers next week...



Photo by Elkk Photography



Photo by Tom Knutsen

## December Events at a Glance

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

***Just click the name of the event below and you'll go to more information and be able to RSVP.***

- Tuesday, Dec 4 - 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Dec 6 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex on Hancock (N. Central)
- Sunday, Dec 9 - 3-5pm - [Village Holiday Party](#) at Zax, 312 Barton Springs Rd (South)
- Monday, Dec 10 - 6:45-9pm - [Dominoes](#) at a member home (Northwest)
- Tuesday, Dec 11 - 10am-12pm - [ShortTakes](#) potluck at a member home (South). *See article below.*
- Wednesday, Dec 12 - [Movie Group](#) - Save the date, movie to be selected. (Northwest)
- Thursday, Dec 13 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
- Friday, Dec 14 - 11am-12:30pm - [Book Group](#) at a member home (Northwest). *See article below.*
- Wednesday, Dec 19 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante on Rutland (N. Central). *See article below.*
- Thursday, Dec 20 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatsville S. Lamar
- Thursday, Dec 27 - 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at LaMadeleine Mueller (East)

#### **Holiday Notices:**

- The CCV Office will be closed Monday-Tuesday, December 24-25 for Christmas, and Monday-Tuesday December 31-January 1 for the New Year's Holiday.

#### **Cancellations:**

- Managing Mindfulness is cancelled as it would have fallen on Christmas day. The group will reconvene Tuesday, January 22 at 10am.
- Women's Lunch (12/26) is cancelled for the holiday. They will meet again Wednesday, January 23.

[View All CCV Events and Details, and RSVP!](#)

season, December 2-10.

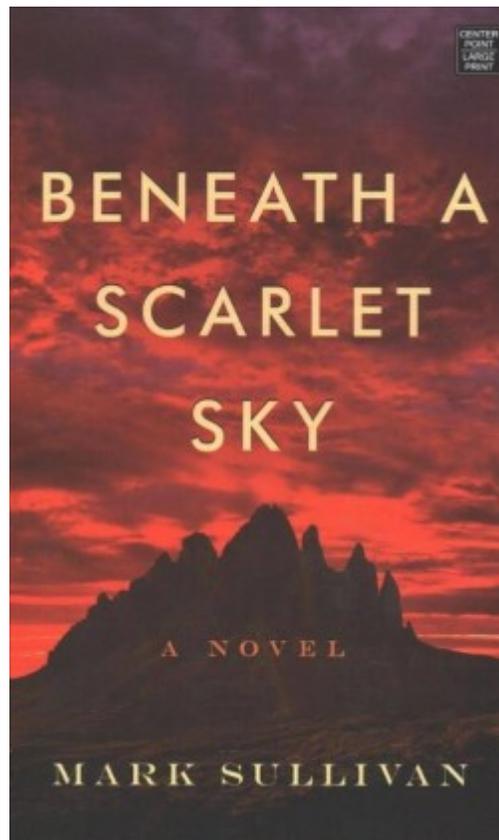


Zoe Kanat

## **Need to Slow Down For a Few Minutes this Season? Breathe with ShortTakes.**

Join the ShortTakes group for a potluck and opportunity to put the season on hold for a couple of hours. They'll be meeting Tuesday, December 11 from 10am-12pm to listen to a 10-minute meditation by Zoe Kanat and share thoughts about the importance of mindful breathing. Bring something for potluck and join the happy group at a member home. [RSVP](#) and we'll send you the address.

---



## Book Group Selecting 2019 Titles

The [Book Group](#) will meet Friday, December 14, 11am-12:30pm to select books for 2019. Bring an item for potluck and your book suggestions. It's at a member home, so if you [RSVP](#) we'll send you the address in advance of the gathering.

If you'd like to get started on the January book, it's "Beneath a Scarlet Sky" by Mark Sullivan, a World War II story of the bravery of an Italian boy.

---



# Men's Lunch Features "Iceland Installment Two" by Jerry Dykstra

Our next lunch meeting will take place on Wednesday, December 19th at 1200 hours at Andiamo's Ristorante, 2521 Rutland Drive (at Burnet Road). Back by popular demand, CCV Member Jerry Dykstra will present the second half of his chilly Norse saga on "[Iceland: Land of Fire, Ice & Water](#)". Fjords on the eastern seaboard that could rival Norway ...so, better show up with your parkas, but if not, just show up, OK?? And please [RSVP](#) if you plan to attend.



## You Can Shop and Help the Village Too!

We've heard there will be free shipping from Amazon through the holiday season! If you're shopping on Amazon, please use Amazon Smile to benefit Capital City Village. Just sign in at <https://smile.amazon.com> and designate Capital City Village as your charity. Thanks!



## **AGE of Central Texas Offering Free “Holiday Stress Reduction for Caregivers” Support Seminar on December 1st in Austin**

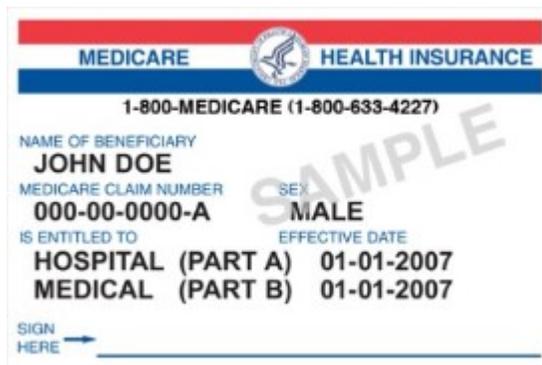
AGE of Central Texas will host the free [“Holiday Stress Reduction for Caregivers”](#) support seminar on Saturday, December 1st, with clinical psychologist and expert on caregiving and chronic illness, Dr. David Zuniga. Part of the ongoing workshop series to help family members effectively care for an older loved one, the free seminar will be held from 10:00am to Noon at The AGE Building, 3710 Cedar Street.

Caregivers play the most pivotal role in the lives of the persons they care for, but they often prioritize others’ needs above their own. This is even more true during the holiday season, when there is extra pressure to make sure everything is “just right.” Research shows, however, that incorporating mindfulness-based practices into daily routines reduces stress and helps persons feel more emotionally balanced. Dr. Zuniga will sample some of these mindfulness-based practices in this hands-on, practical, experimental workshop.

Registration for the caregiver seminar is free, but space is limited. Participants can register by calling (512) 600-9275, or online at [www.TinyURL.com/AGEdecember2018](http://www.TinyURL.com/AGEdecember2018).

Free senior adult respite will also be available during the seminar at AGE's Austin Adult Day Health Center, and can be reserved by calling (512) 600-9275 by November 28th. For more information on the programs and resources provided by AGE of Central Texas, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.

Medicare Information



The 2019 Medicare Open Enrollment period is October 15 to December 7, 2018.

1. If you are enrolled in a Medicare Supplement plan, the annual Medicare Open Enrollment period will not apply to you and will not require you to act or make changes to your plan.
2. The Medicare Open Enrollment Period will apply if you are enrolled in Medicare Advantage or Prescription Drug Plan. However, if you are satisfied with your plan, you can remain in that plan without taking any additional action during the open enrollment period.
3. It is recommended that you annually review your Medicare plan and benefits.

What to Consider When Reviewing Coverage:

Possible changes to your health, prescription medications, pharmacy choice, or doctor and provider network should be considered. Completing this review can help you decide if your current Medicare plan is still the best fit for you. Go to [www.medicare.gov](http://www.medicare.gov) for more information. And if you want even more information, go to the free seminar shown in the next article.



**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to << Test Email Address >>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Capital City Village · 3710 Cedar St · Ste 283 · Austin, TX 78705 · USA

