



Photo by LK Keeling

## **Take Time for Yourself This Season with Some Lunch or Coffee**

Join Village members, volunteers and friends for a little downtime during the busy holiday season. You might enjoy going north to the Men's Lunch with a delicious meal at Andiamo Ristorante and an informative presentation by Jerry Dykstra on Iceland. Or you may want to go south to Wheatsville for Lunch and Laughter. Oh by gosh by golly! And then you can go east like the wise men to Mueller and speed back up with Coffee, Caffeine and Conversation at

LaMadeleine. Revive yourself on New Year's Day with 10am Coffee Klatch at Wheatsville South Lamar. Check our [Events listing \(below or online\)](#) for details.

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Photo by Elkk Photography

## 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.***

- 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)
- Tuesday, Jan 1 - 10am-12pm - [Coffee Klatch](#) at Wheatsville S. Lamar

### **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!](#)

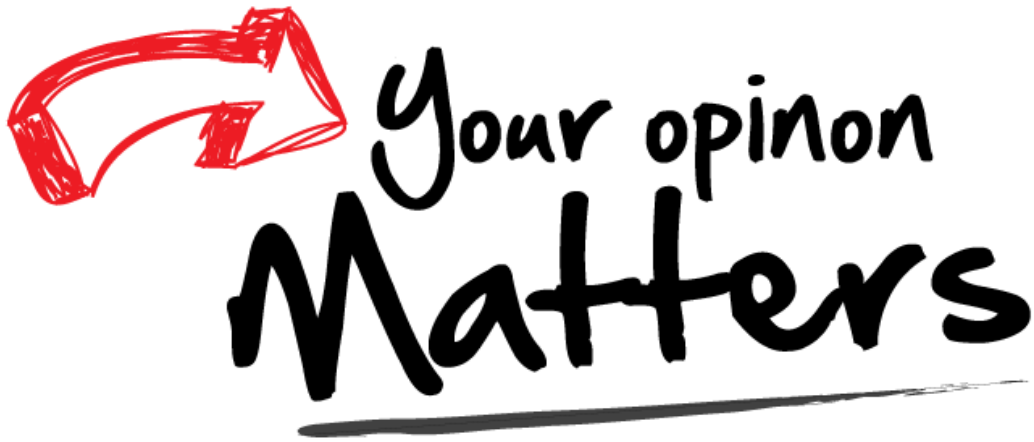
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## **Men's Lunch Features "Iceland Installment Two" by Jerry Dykstra**

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.





### CCV Member Survey - Your Opinion Counts!

Next month Capital City Village's Board and Staff will engage in strategic planning to build a blueprint for successful growth over the next 3 to 5 years. We need help and input from our members and volunteers to envision the best way forward. So please take a few minutes of your time to respond to a [brief CCV member survey](#). If you prefer a hard copy, one will be mailed to you with a return envelope (postage provided). Just contact the CCV office at 512-524-2709 to request a paper copy.

Our Board meets Thursday, January 10th so **please complete the survey by December 31st**. Your feedback and ideas are critically important to the continued success of our village!

Contact Tommi Ferguson at CCV (512-524-2709 or [tferguson@capitalcityvillage.org](mailto:tferguson@capitalcityvillage.org)) or our facilitator Amy Temperley ([Aging Is Cool](#), 512-790-2665) if you have any questions.

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## 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!

Good to Know!



Photo by Tom Knutsen

## A Positive Sense of Mental Well-Being is Linked to Brain Health

A new report by the Global Council on Brain Health discusses how positive mental well-being is linked to brain health for people 50 and over. Being a [Village member](#) can get you involved in so many ways that increase a sense of well-being. Just getting out of the house and [socializing with others](#) is one way. Get even more involved by [volunteering to help the Village run](#).

[Click here for the article from the Alzheimer's Prevention Registry.](#)

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