

March 2019 Newsletter

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Scroll on down for your March newsletter.

But first -- if you haven't yet made your donation to Amplify Austin's Capital City Village page, here it is: [CCV Donation Page](#).
The campaign continues until 6pm today.





Amplify Austin

Austin's annual day of giving continues until 6pm today. Please consider Capital City Village when you think of the nonprofit(s) to which you donate today.

[Click here to schedule your Amplify donation.](#)

Village Events





Photo by Tom Knutsen

Want to Learn New Stuff? Or Show Off Your Elvis Sweater at the Coffee House? We Have You Covered.

Click on any of these events to find out more and RSVP:

- Tuesday, Mar 5 - 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Mar 7 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex (N. Central)
- Monday, Mar 11 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, Mar 12 - 10am-12pm - [ShortTakes](#) at Twin Oaks Library (S. Central). *See article below.*
- Thursday, Mar 14 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
- Thursday, Mar 14 - Time TBD - [Movie Group](#) at Location TBD
- Friday, Mar 15 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Wednesday, Mar 20 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Mar 21 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatsville S. Lamar
- Tuesday, Mar 26 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Mar 27 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central)
- Thursday, Mar 28 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Mozart's (Central)
- Sunday, Mar 31 - 2-3:30pm - [Syria and the Middle East](#) with Joe Miguez at location TBD. *See article below.*

Save the Date:

- Sunday, May 19 - 4-6pm - [Celeb Salons presents Danny Britt](#) at Mort Subite (Downtown)



Syria and the Middle East with Joe Miguez

Popular speaker Joe Miguez returns with more insights. Geopolitics in Syria and the Middle East are notoriously complex. Join Capital City Village for a special program for an overview of the factors and circumstances influencing politics and power shifts in the Middle East and how foreign policy will be affected.

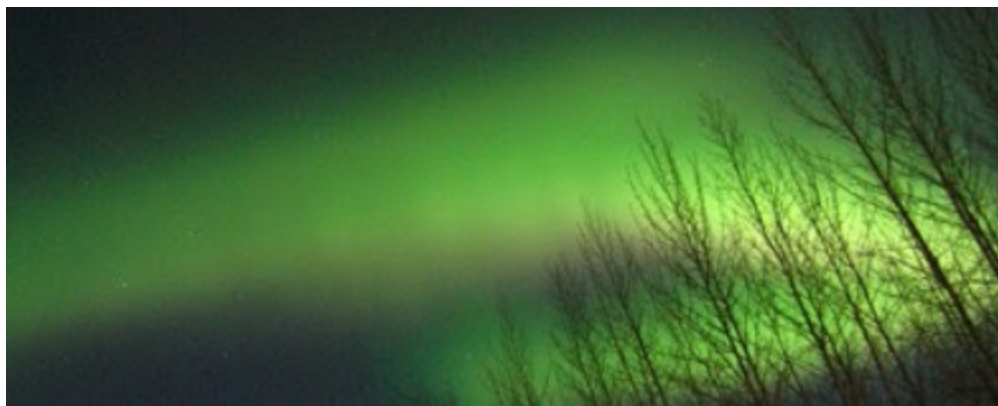
Limited space is available for this program. [RSVP here to assure your spot.](#)

Joe Miguez is an attorney with McGuire Woods, Board Certified in Labor and Employment Law by the Texas Board of Legal Specialization, and has over a decade of combined experience as an employment litigator and in-house employment law counsel. Before becoming an attorney, Joe served two tours in the US Army as a signals intelligence analyst and Arabic language specialist.



ShortTakes Shares Sleep Hacks from Shawn Stevenson

Do you sometimes have trouble sleeping? Who doesn't? For the March [ShortTakes](#) on Tuesday, March 12th from 10 am to noon at Twin Oaks Library, we'll be talking about sleep. We'll look at some surprising and not-so-surprising strategies for falling asleep, staying asleep and getting enough sleep. The resource for this discussion will be Shawn Stevenson's book "Sleep Smarter". You can see videos of him speaking at [Sleep is Not for the Weak](#) and [Bedroom Sleep Hacks](#).



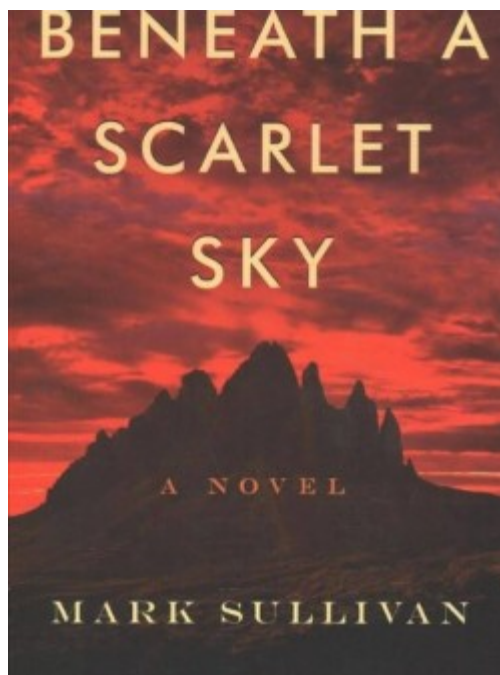
Men Put Their Parkas Back on for another Arctic Tour with John Berry

The March men's lunch bunch will be Wednesday, March 20th at 1200 hours at Andiamo's Ristorante, 2521 Rutland Drive (at Burnet Road). We'll help see winter off with another chilling presentation by John Berry on "[Adventures in the Arctic](#)".

So, dust off your parkas one more time and plan to join us then. And please [RSVP](#) if you plan to attend.

From Our Members





Book Review

by Rose Berkowitz

As you know, I'm visually impaired and I have to get a dialysis treatment every Monday, Wednesday, and Friday. So I can't participate in the Book Club. But I decided to listen to the January selection, *Beneath A Scarlet Sky* by Mark Sullivan, via Talking Books.

Please thank the Book Club for me. I haven't been so immersed in a story in a long time. When I listen I feel like I'm there with Pino and the other characters. I'm laughing, I'm crying, I'm terrified, I'm inspired!

I would highly recommend this book to anyone.

Caregiver Information

GPS A ROAD MAP FOR
CARING FOR
AGING FAMILY MEMBERS

Presented by



ALZHEIMER'S TEXAS™



Responsible for the care of a family member living with Alzheimer's, dementia, Parkinson's, or any other debilitating disease? Then this event is for you! Whether they're living at home, in a facility, or far away, the journey can be daunting and the responsibility overwhelming. We're here to help!

There is no fee to attend. Breakfast and lunch provided.

Hear from expert speakers and visit with a range of local providers across the care spectrum.

Saturday, March 2, 2019

8:30 am—2:30 pm

Riverbend Church

New Community Center

4214 N. Capital Of TX Hwy, Austin, TX 78746

Pre-registration required to

www.txalz.org, (512) 241-0420 x10, or VCardenas@txalz.org

Speakers

Tam Cummings, PhD, Gerontologist and Author www.tamcummings.com

- **"Dementia and Alzheimer's/ The Final Chapter"**

Debbie Pearson, RN, CCM, TxCG, Founder of CareFor - **"Avoiding the Pitfalls of Dependent Aging"**

Annette Juba, LCSW, AGE of Central Texas Deputy Director - **"Caregivers Need Care Too"**



In the Community

THE HILLS ARE ALIVE WITH "THE SOUND OF GROGGERS"

Join the Simcha Readers' Theater for a Purim schpiel not to be missed. This parody on the "The Sound of Music" would even have Haman laughing. Come hear the retelling of the Purim story and have a hamantasch. There will be two opportunities to see this side splitting performance.

Wednesday, March 13 at 2:00 p.m.
Sunday, March 17 at 2:00 p.m.

RSVP: annie.skelton@shalomaustin.org



or call 512-735-8088

JCC Community Hall Stage.
7300 Hart Lane, Austin, TX 78731



Jewish Community Center Also Presents

- A Matter of Balance, Mondays 10:00a.m. Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is a fun and dynamic class designed to manage falls and increase activity levels through practical strategies that will work for you. The class consists of 8 sessions and we ask you attend the majority of the classes. RSVPs required due to class size limits. JCC Room 150C.
- Medicare 101 Brown Bag Lunch, March 11 at 12:00pm. Take the mystery out of Medicare. Trying to navigate the ins-and-outs of Medicare can be a daunting task. Join Michelle Feibus as she helps us to better understand Medicare coverage including Medicare Advantage verses Medicare Supplement. JCC Room 150C.
- Quarterly Shabbat Lunch, March 22 at 11:30 am. Join us as we celebrate an early Shabbat together quarterly, along with birthdays in that quarter, and keshet kehiah (community togetherness). Reservations and \$7 requested for lunch. This month our guest will be Rabbi Neil Blumofe of Congregation Agudas Achim. Payment due with reservation. JCC Room 150D.
- Road Scholars Trip - The Harry Ransom Center, March 28 at 10 am. Join us for a docent-led tour of the new exhibit - The Rise of Everyday Design: The Arts and Crafts Movement in Britain and America. Free to attend. RSVPs required. \$2 suggested donation for bus. Bus departs from the JCC back circle drive at 10am sharp.

[Contact annie.skelton@shalomaustin.org to RSVP for any of these events.](mailto:annie.skelton@shalomaustin.org)





Focus Group Opportunity

I would like to invite you to participate in a focus group discussion for the Parks Department Long Range Plan update. The focus group aims to gather input and ideas about how senior residents use Austin Parks and park facilities, and how Austin Parks can best serve this community.

We'll be gathering on Thursday, March 7th from 10-11:30am with seniors who use parks and park facilities, to talk about your experiences, hopes, and concerns. Our task will be to brainstorm together how we can imagine a mission, programs, activities, and other offerings to help the Parks Department best serve Austin's senior residents.

Seniors Focus Group

Date: Thursday, March 7th

Time: 10am-11:30am

Location: Lamar Senior Activity Center

Address: 2874 Shoal Crest Ave, Austin, TX 78705

Please RSVP if you can join us that day, or if you'd like to connect for more information, to me at ben.martin@gocoaustin.com

Thank you!

Ben Martin

Program Associate | Urban Planner | Researcher

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www.gocoaustin.com

Creators of the NEA [Exploring Our Town](#) website.



[Click the picture or here for the live falcon-cam.](#)

UT Tower Girl Lays First Egg of the Year

In honor of our Village Volunteer Neil, who has been known to take volunteer groups on tower tours....He let us know last night there are now TWO eggs.

(Thanks to KXAN for this story) Sweet news at the University of Texas at Austin is giving hope to birdwatchers and conservationists.

The Peregrine Falcon that lives in the UT Tower, fondly dubbed [Tower Girl](#), has laid her first egg of the year. This news comes just a couple weeks after Tower Girl and her new beau were spotted canoodling around Valentine's Day.

"This is earlier than the last few years," wrote avid bird watcher and Tower Girl enthusiast Chris DuCharme in an email. "If she follows the usual behavior she will lay a [sic] egg every other day."

While most Peregrine Falcons are migratory, Tower Girl has lived in Austin year-round and spends time in both the UT Tower and the downtown area, according to the UT Biodiversity Center website. Read the rest of the story [here on KXAN's website](#).

Travel Opportunity



CAMP MERAKI

There is nothing more beautiful than Central Texas in the spring and early summer. If you love nature and love to get outdoors, Camp Meraki is for you! One full day of fun and activities at the beautiful [John Knox Ranch](#) in Wimberley, Texas.

Camp Meraki lets you relive your halcyon days of youth with a day camp designed just for you. Get outdoors! Make new friends!
Embrace laughter and nature!

Join us!

Camp Meraki Day Camps
May 8th or 9th, 8:30am-4:30pm, [John Knox Ranch](#), Wimberley, TX
\$100 includes activities, snacks and lunch
Canoeing, archery, campfire, sing-a-longs and much much more

Need transportation from Austin? Let us know. We can help arrange carpools and possibly a van rental if we have enough interest.

(This article provided by CCV partner, [Aging is Cool.](#))



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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