

# February 2018 Newsletter

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## 2018 Annual Meeting and Volunteer Recognition Thursday, February 22, 2-4pm at Westminster

If you're a CCV member and/or volunteer, join us for Capital City Village's Annual Members' Meeting & Volunteer Recognition Event Thursday, Feb. 22, 2-4pm at Harris-Bell Hall, [Westminster Senior Living](#), 4100 Jackson Avenue. ***(Please note that this event was formerly scheduled at Westminster for February 8. This has been changed due to a scheduling conflict.)***

- Light hors d'ouvres, coffee & tea provided
- Annual update on Capital City Village achievements and plans for 2018
- Recognition of the accomplishments of our awesome volunteers
- Presentation of the Sue Hoffman Volunteer of the Year award

**Valentine's Day Theme:** Wear red, pink or purple (optional). Explore your creativity with our Valentine Hat Contest!

Prizes for:

- *Most Glamorous*
- *Most Outrageous*
- *Most Amusing*
- *Best in Show!*

[Members and Volunteers Only, click here to RSVP.](#)

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## CCV in the News Again!

The story that originally aired Wednesday, December 6 on KXAN's Studio 512 was rebroadcast Wednesday, January 31.

[Here it is!](#) It is also posted on the [KXAN Studio 512 page](#) and on our [website](#).




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## February 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.

- Thursday, February 1, 4:30-6:30pm [Happy Hour](#) at LaMancha Tex-Mex, 2203 Hancock Blvd.
- Tuesday, February 6, 9:30-10:30am [Coffee Klatch](#) at Wheatsville, 4001 S Lamar. Come join us for tea or coffee and perhaps a pastry and



always good conversation.

- Thursday, February 8, 9:30-10:30am, [2nd Cup](#) at Russell's Bistro, Kerbey Ln. No RSVP needed - just drop in.
- Monday, February 12, 6:45-9pm Dominoes ([click to RSVP](#))
- Tuesday, February 13, 10am-12pm, ShortTakes at a member home. Subject: "Our Basic Purpose", Richard Layard, [click for more info/RSVP](#).
- Thursday, February 15, 11:30am-1pm, [Lunch and Laughter](#), Wheatsville, 4001 S Lamar
- Wednesday, February 21, 12-1:30pm, Men's Lunch at Andiamo Ristorante, 2521 Rutland Dr. *See article below.* ([click for more info/RSVP](#))
- Wednesday, February 21, 12-2pm, CCV Open House at the [Lamar Senior Center](#), 2874 Shoal Crest Ave. *See article below.*
- Thursday, February 22, 9:30-10:30am, Coffee, Caffeine and Conversation will be meeting in South Austin at Cosmic Coffee. ([click for more info/RSVP](#))
- Thursday, February 22, 3:00-5:00pm, Annual Member Meeting and Volunteer Recognition Event, Harris-Bell Hall, Westminster Senior Living, 4100 Jackson Ave. *See feature article.* [Members and Volunteers RSVP here](#).
- Tuesday, February 27, 10am-12pm, Managing Mindfulness at a member home. ([click for more info/RSVP](#).)
- Wednesday, February 28, 11:30-1pm, Women's Lunch at Andiamo Ristorante, 2521 Rutland Dr. *See article below.* ([click for more info/RSVP](#).)
- Thursday/Friday, March 1-2, 6pm to 6pm - Amplify Austin's 24-Hour Period of Giving. *See article below.* ([click for more info/donate](#).)



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

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## Men's Lunch - Field Geophysics in Strange Places

Andiamo Ristorante, 2521 Rutland Dr, 12:00-1:30pm Wednesday, February 21.  
[RSVP here.](#)

Once again, back by popular demand, Arnie Orange will continue his frostbite saga with "Field Geophysics in Strange Places Part 4 - the Arctic".

We all understand that life's not fair, which is undoubtedly why Harrison Ford gets the big bucks for trips like this, while folks like Arnie do all the heavy lifting. All the more reason to come out, support Arnie and learn something your travel agent will never tell you.

And let us know if you plan to attend - ok?

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## Women's Lunch to Feature Two Sides of Germany - A Trip Through the Past

Andiamo Ristorante, 2521 Rutland Dr, 11:30-1pm Wednesday, February 28. [RSVP here.](#)

"Two Sides of Germany: A Trip Through the Past", will be presented by Henry McCown. We will cover Dresden and the Meissen Porcelain Manufactory just next door, the interesting island of Ruegen, and the Harz Mountains area, all in the former East Germany, as well as a bit of Munich and the Hanseatic League's queen city of Luebeck. This focus will let us look a bit at each side of a country divided for over four decades by geopolitics.

## Save the Dates:



## Open House

Save the date Wednesday, February 21, 12-2pm for a Capital City Village Open House at the Lamar Senior Activity Center, 2874 Shoal Crest Avenue. Watch our mid-February newsletter for more details.



## Amplify Austin is March 1-2

Capital City Village will once again be participating in Austin's 24-hour period of giving from 6pm Thursday, March 1 through 6pm Friday, March 2. Watch our newsletters for more

information.

## Notes from Our Members



### **Poem Created at the Holiday Party by the Typewriter Rodeo, December 2017**

Capital City Village

"Superheroes don't always have capes,  
or bat mobiles or X-RAY guns,  
sometimes it's just open hearts  
and willing hands and a sense of fun.  
Independence is a gift,  
and something that we all deserve,  
but sometimes we need a little help  
and CCV is here to serve!  
Whether it's a movie date  
or a thing to send  
let us be your  
improbable friends."

Thanks to Kay for sharing this.

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And to Carol, for calling our attention to this *New York Times* article:

## **One Day Your Mind May Fade. At Least You'll Have a Plan.**

A doctor has developed an advance directive specifically to plan for medical care in the event of dementia.

<https://www.nytimes.com/2018/01/19/health/dementia-advance-directive.html>

## In the Community



## Visit the JCC for Lots of Programs

Feb 7- Downsizing; How to Tackle Your Biggest Organizing Challenges 11 a.m.

It's easy to get stuck when trying to organize, whether it be papers, the pantry, or pants. By focusing on systems and forming new habits, Dara Zycherman, professional organizer, will propose a different way to think about your organizing challenges so that you can have greater peace in your home space. Meet in JCC Room 150C.

Feb 14-Matinee Movie: The Big Sick 10:30 a.m.

Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. Group discussion following film. Bring a brown bag lunch. Popcorn and beverages provided, donations accepted toward refreshments. Please RSVP so we have enough seats for all. Meet in JCC Room 150D.

Feb 20-Ah Bissel Yiddish, 11 a.m.

Jewish Entertainers Part 2 will feature short bios and performances of artists from the early to mid-20th century such as Eddie Cantor, and continue through the latter part of the century citing entertainers such as Richard Tucker, Mel Brooks, Theodore Bikel, etc. Lastly, looking at more contemporary performers in the U.S, such as Joshua Bell and finishing in Europe and Israel with a couple of groups who are relatively unknown in the U.S. Lunch and Learn, please bring a brown bag lunch. Meet in JCC Room 150D.

27- Music Scholars Lecture Series, 12 p.m.

Music Educator Martha Buchanan will take you on a tour through music history, from the 1700's to contemporary sounds, to deepen your understanding, appreciation and enjoyment of music. Each lecture will focus on major periods of music history, their characteristics, composers, instruments, innovations and context. \$3 donation requested at the door to cover cost of lecture, performers and refreshments. Meet in JCC Room 150C.

28 - Holiday Celebrations: Purim Schpiel, 1:30 p.m.

Esther on the Hoot; A Purim Schpiel. Featuring the Simcha Headers' Theater Players performing an original Purim Schpiel inspired by the musical "Fiddler on the Roof." Free-RSVP required to attend. Meet in JCC Community Hall Stage.

[Click here for the February calendar.](#)



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