Capital City Village <bonniegilson@capitalcityvillage.org>

Let's Get Moving!

1 message

Capital City Village <info@capitalcityvillage.org> Mon, Nov 15, 2021 at 3:06 PM
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

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Thank you "Keep Aging Weird" Volunteers and Sponsors! You did it!

Check out our featured event!

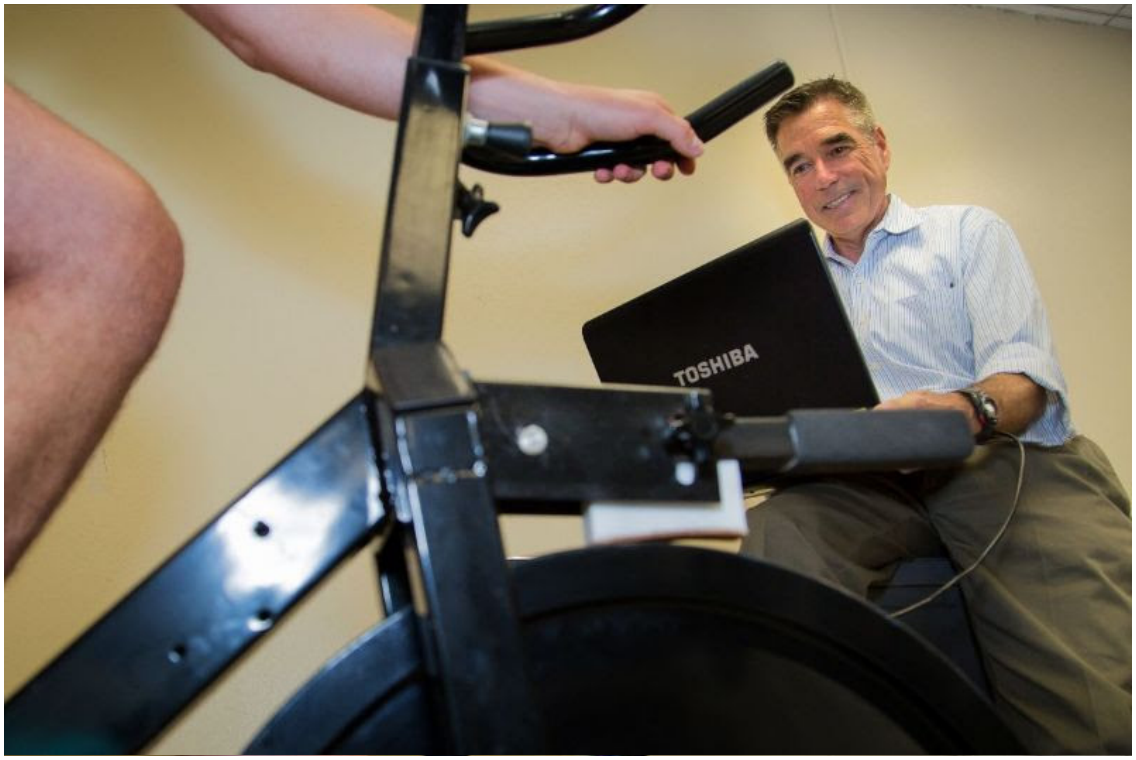
STAY WHERE YOU LIVE
LIVE WELL WHERE YOU STAY



Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

November 15, 2021

Featured Event



"Let's Keep Moving!" with Dr. Edward Coyle

Wednesday, November 17 at Noon

Our speaker at the November 17 joint, virtual lunch meeting will be Dr. Edward Coyle, PhD, Professor, Department of Kinesiology and Health Education in the College of Education at UT/Austin. The meeting will begin at 12:00 noon.

As Director of the department's Human Performance Laboratory, in his recent research Dr. Coyle investigates the effects of prolonged sitting and the amount of exercise needed to counteract the negative health consequences of daily sedentary behavior. In other words, a hugely important subject for all of us "of a certain age".....

To read more and/or RSVP for this program, click here.

Today's Newsletter Articles

These links will take you directly to each article:

Event Calendar
From our Members
Keep Aging Weird
KAW Sponsors
Men's and Women's Lunch Presents Dr. Edward Coyle
Writers Series with Scott Blackwood

Village Event Calendar



Keep Aging Weird

Dr. Libby Doggett

(All Events are being conducted virtually, unless noted otherwise.)

- Wednesday, Nov 17 at 12 pm – Men's and Women's Lunch featuring Dr. Edward Coyle
- Thursday, Nov 18 at 9:30 am – Virtual Coffee Hour
- Friday, Nov 19 at 11 am – Book Club
- Wednesday, Nov 24 at 2 pm – Poetry Group

- Thursday, Nov 25 at 9:30 am – Virtual Coffee Hour
- Thursday, Nov 25 – Office Closed for Thanksgiving
- Friday, Nov 26 – Office Closed for Native American Heritage Day

Save the Date: Sunday, Dec 5 at 2 pm – Writers Series with Scott Blackwood

And here's a reminder that you can watch our past programs on our youtube channel – we'd love for you to subscribe to it. You can also watch the programs directly from our website.



CCV Writers Series Features Austin-Based Scott Blackwood

Join Capital City Village for another installment of our Writers Series on Sunday, December 5 at 2 pm. Austin-based writer Scott Blackwood will join us to discuss the research and writing of his award-winning 2015 novel *See How Small*, with characters and events inspired by the yogurt shop murders of Austin in 1991. Blackwood will discuss how the horrific events of 30 years ago left an indelible impression on him as a young father and high school teacher and how he re-imagined those events in his fictional telling of how a community grapples with grief and loss. RSVP here for your zoom link.

Many Thanks to our Birthday Party Volunteers and Sponsors!

Our 10th birthday party and Keep Aging Weird fundraiser was a big success! We could not do this without the dedicated Keep Aging Weird Fundraising Committee and the Sponsors listed below. Thank you! If your schedule interfered and you missed it, we have you covered. You can view the celebration here.

Keep Aging Weird Fundraising Committee

Sally Van Sickle, Chair, Carl & Liby Beck, Scott Blech, Carol Carl, Rick Cloud, Tommi Ferguson, Dell Gully, Gayle Hight, Sue Hoffman, LK Keeling (in memoriam), Suzann Madeley, Kay & Tom McHorse, Emy Lou Sawyer, Tracy Snodgrass, Kathy Spicer, Phyllis Waddle, Kathy Wohlert, Caryl Yontz

Sponsors

Cake, Ice Cream, Sprinkles & Chocolate Sauce

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AARP Real Possibilities in Texas

Jeanne & Lew Little
Sara and Dick Rathgeber
Sam & Beth Williams

Dr. Tom & Kay McHorse
Paul & Kathy Spicer with Ken & Tracy Snodgrass

Cake, Ice Cream & Sprinkles







Carl & Liby Beck with David & Barbara Gamble
Rick Cloud & Dell Gully
Mart & Sue Hoffman
Tom & Caroline Knutsen
Ed, Kevin & Paul McHorse
Neil Crump & Sally Van Sickle with Drew & Emy Lou Sawyer
Westwood Tennis Friends
Caryl Yontz & Friends

Cake & Ice Cream





Scott Blech

Stephanie & Bill Whitehurst

Additional Supporters





From Our Members



CCV Member Featured at Austin Studio Tour

Member John Berry says, "I entered one of my pieces into a juried show for Austin Studio Tour, and it was accepted. Today it was installed at the Link and Pin gallery, 2235 E. 6th., #102. I will try to be there as much as I can during the Tour Weekends (13-14 and 20-21 November), and also during the run of the exhibition (November 11-December 19).

This is the first time I have submitted anything to a juried show, and I'm rather thrilled."

Read More about the show.



Thank You Volunteers!

Thank you Capital City Volunteers, for helping me age in my home safely and comfortably while keeping everything functioning well and in good repair! My porch and patio have been transformed, thanks to John P! And look at those spotlights Carl switched out for me! Donna G

Update Your Chrome Browser

Member and tech volunteer Rick wants you to know that Chrome needs to be updated to avert security threats.Here's how to update your Chrome browser:

- Open the Chrome browser on your computer
- In the top-right corner, click on the Menu button (three stacked dots)
- Hover your cursor over Help, then click About Chrome

This will force Chrome to check which version you are on, and if an update is available, it will automatically start the download process. The most recent version is 95.0.4638.69. Just a word of caution: save whatever you are busy with, as the browser needs to restart for the changes to take effect.



Visit our website for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) - call us if you need us!

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