



Capital City Village <bonniegilson@capitalcityvillage.org>

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## It's the CCV Newsletter!

1 message

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**Capital City Village** <info@capitalcityvillage.org>  
Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: Bonnie <bonniegilson@capitalcityvillage.org>

Mon, Aug 1, 2022 at 10:59 AM

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## CCV Lunchers Have Been Busy!



**August Presenter Dr. Giuli Krug, University of Mary Hardin-Baylor.**

We hope you've enjoyed the last several in-person Men's and Women's lunches, complete with real people and food! The planning group for the lunches has been so busy putting together programs – many thanks to them for their efforts!

In August we'll briefly return to a virtual lunch format so everyone can have the opportunity to learn about the important subjects of Sleep Hygiene and Fatigue Management, presented by Dr. Giuli Krug and Abigail Ingram, University of Mary Hardin-Baylor. This program will air Wednesday, August 17 at noon on zoom. [Click here to reserve a spot.](#)

Then in September we'll return to an in-person gathering during Fall Prevention Awareness Week. This subject will be addressed by Rekha Nath, PT, MHS of Veda Posit Aging. Food will once again be involved, and we'll be updating the event page with location and menu selections once these details are worked out.



Capital City Village Office: (512) 524-2709  
Volunteer Director: (512) 468-5594

August 1, 2022



Click on the button to go straight to your favorite section.

## UPCOMING EVENTS HERE



**June Poetry Group**

**Pam, Joe, Veda**

**Katie, Joanne, Wayne**

Ellen, Laura, Dorothy

*There are some in-person events this month. "Virtual" indicates that the event is not in-person.*

- Wednesday, Aug 3 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Aug 4 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Aug 4 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern
- Thursday, Aug 11 at 9:30 am – [Virtual Coffee Hour](#)
- Wednesday, Aug 17 at Noon – [Virtual Men's and Women's Lunch](#) on Sleep Hygiene and Fatigue Management
- Thursday, Aug 18 at 9:30 am – [Virtual Coffee Hour](#)
- Wednesday, Aug 24 at 2 pm – [Poetry Group](#)
- Thursday, Aug 25 at 9:30 am – [Second Cup at Central Market N Lamar](#)
- Sunday, Aug 28 at 11 am – [Fourth Sunday at Wheatsville S Lamar](#)

Save the Date:

- Wednesday, September 21 – [Men's and Women's Lunch](#) on Falls Prevention Awareness
- Saturday, September 24 – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course

## In Memory



CCV Member and beloved Austin radio personality John Aielli died

Sunday. When additional information is known we'll post updates. John has been a CCV member since July 2020. Read [here for a tribute from kut.org](#), and [here for the Austin American-Statesman article](#).

## Member and Volunteer Birthdays

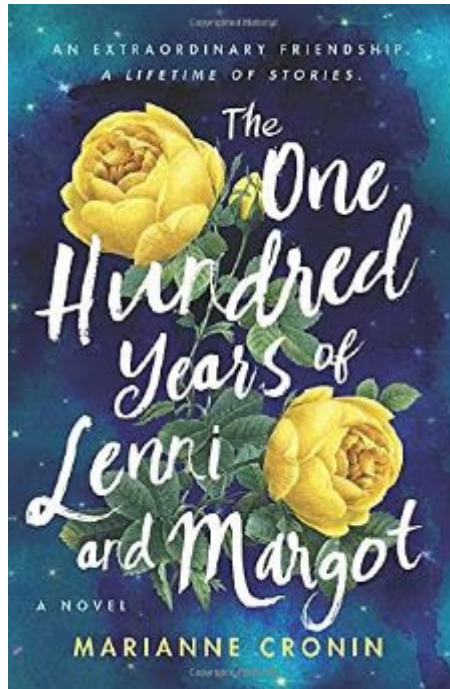


If you see any of these members or volunteers in August, wish them a happy birthday!

Tom M  
Jimmie J  
Hank M  
Kay M  
Martyn H  
Eileen L  
Carl B  
Alexanda G  
David G  
Linda M  
Dan A  
Elizabeth M  
Jerry D  
Bethany C

Jlm S  
Sarah A

## Interest Groups



## Book Club Summer Break

The Book Club is taking a break in August and will be back in September. The September book is [The One Hundred Years of Lenni and Margot: A Novel,](#) by Marianne Cronin. [RSVP for the September Book Club here.](#)

## In the Community



# Age my way! Q&A

Recognizing that older adults are an invaluable community resource, Central Texas should be a place that supports each of us at every age. In May 2022, AustinUP presented Age My Way, an event that focused on community progress through the Age-Friendly Austin plan, and was designed to gain valuable feedback from our older community members. Now it is time to share that feedback with the greater Austin community! We plan to do that through a monthly series of webinars this fall.

[Register here](#) for this first of three webinars:

- 9/8/2022, 2–3:30 pm: [Home Sweet Home: Should I stay or should I go?](#)

# Striking a BALANCE

## CAREGIVER CONFERENCE

The 21st annual Striking a Balance Caregiver Conference will be held on Saturday, August 20, 9:00 am to 2:00 pm at the DoubleTree by Hilton Hotel Austin. Hosted by AGE of Central Texas and the Area Agency on Aging of the Capital Area, this annual event is the largest, longest-run free caregiver conference in Central Texas.

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.

[Click here to learn more about the event and register.](#)



**The greatest danger to our future is apathy.**

**- Jane Goodall -**

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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 (Volunteer Director) – call us if you need us!



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