



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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Sun, Sep 18, 2022 at 8:59 AM

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Featured Events



Rekha Nath

Fall Prevention Awareness

Men's and Women's Lunch
Wednesday, September 21 at Noon
AGE Building – St. David's Conference Room

This is an in-person program to be held at the AGE Building, St. David's Conference Room, 3710 Cedar St. Parking is available on the street only, so carpooling is encouraged. An array of healthy fruits will be generously provided by [Keep Safe Care](#). Please bring a sack lunch to go along with that. There will also be door prizes!

To commemorate Falls Prevention Awareness Week, we are privileged to have Rekha Nath, PT, MHS of Veda Posit Aging address this subject. Falls Prevention Awareness Week, September 18–24, is a national health campaign of the National Council on Aging and is observed on the first day of fall to increase awareness around falls health and injury prevention. [To read more about Rekha and RSVP, click here.](#)



Grisha Goryachev at Austin Classical Guitar
AISD Performing Arts Center
Saturday, September 24 at 8 pm
(Ticket purchase deadline is **TODAY)**

Austin Classical Guitar has generously offered CCV a block of tickets to their opening night program featuring [Grisha Goryachev](#), "one of the most astonishing flamenco guitarists in the world". The event is at the AISD Performance Hall, [1500 Barbara Jordan Blvd](#) at Mueller. There is plenty of parking and it is a very comfortable venue.

These are normally \$15 seats and have been donated. As this is a fundraiser for the Village, there is a required \$10 donation per ticket. [Click here to secure your spot\(s\) at the performance.](#) *Purchase deadline is Sunday, September 18.* After that the tickets will be emailed to you.



Capital City Village Office: (512) 524-2709

September 18, 2022



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

UPCOMING EVENTS HERE



Positive Aging with Dr. Mark Carlson
Dr. Carlson, Rick, Kay & Tom, Gail, Arnie
Eileen, Michele, Joanne, Barbara, Marion
Scott, Maurie, Joe, Pam, Johanna

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

- Wednesday, Sept 21 at 12 pm – [Men's and Women's Lunch](#) on Falls Prevention Awareness
- Thursday, Sept 22 at 9:30 am – [Second Cup](#) at Central Market N Lamar
- Saturday, Sept 24 at 7:30 am – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course
- Saturday, Sept 24 at 8 pm – [Grisha Goryachev with ACG](#) at AISD

Performing Arts Center

- Sunday, Sept 25 at 11 am – [Fourth Sunday](#) at Wheatsville S Lamar
- Wednesday, Sept 28 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Sept 29 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date:

Wednesday, Oct 5 at 2 pm – [The Importance of Recycling \(All Your Questions Answered\)](#) with Dena Houston





7th Annual Capital City Village Golf Tournament

Join us for a morning of golfing fun with contests and prizes at the beautiful Riverside Golf Course. Play as a team of 4 or individually. Proceeds benefit Capital City Village and Tarrytown United Methodist Church. Check in at 7:30 am with an 8:30 am start.

Registration includes green fees, golf cart, breakfast, lunch, beverages, and snacks as well as a Hole in One Contest. Select Shot Scramble format with players of all skill levels welcome. Don't have a partner? We'll match you with one!

[Register online here.](#) If you prefer vegetarian lunch (or no lunch), please indicate

that choice in the COMMENTS box when you purchase your ticket.

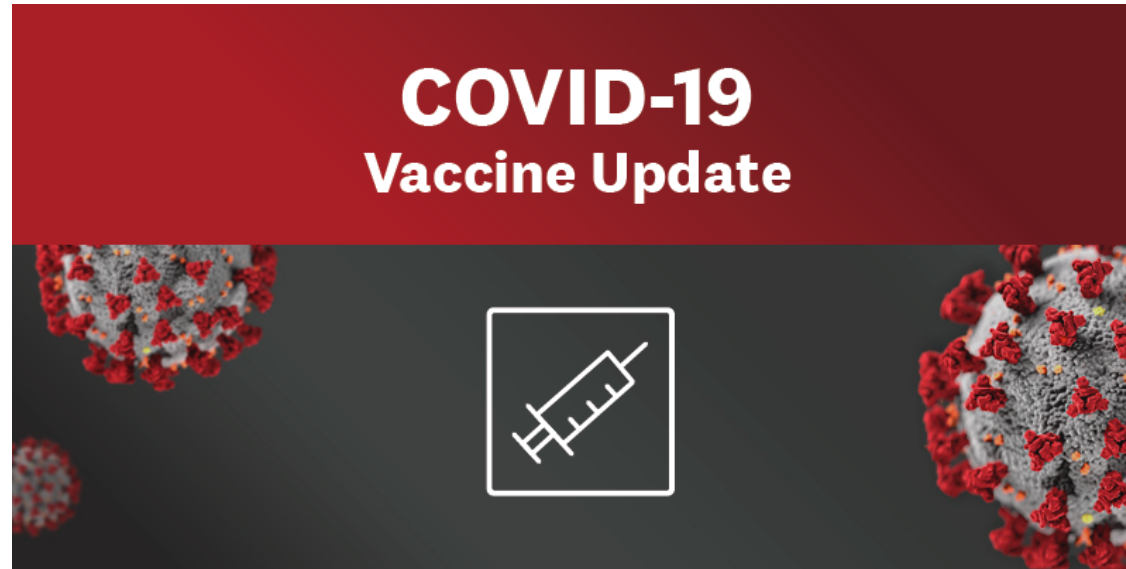
About Our Members



Congratulations to CCV members Carol and Jack!

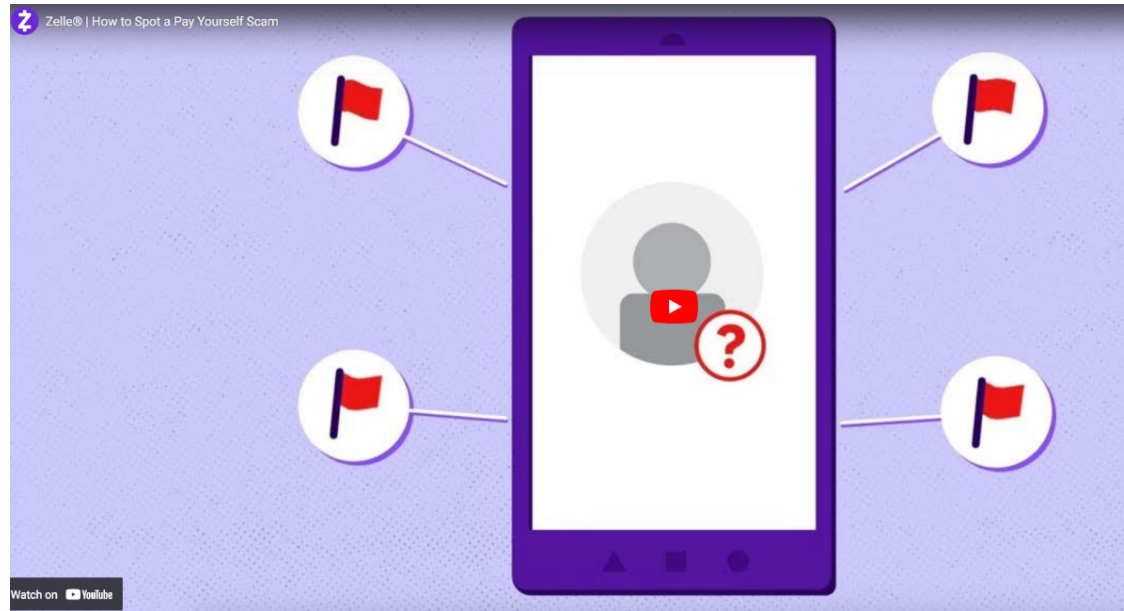
September 21 is now "Carol Kallendorf Speer and Jack Speer Day" in Austin. The City of Austin issued an official proclamation to recognize and honor Jack and Carol's innovative approach to solving poverty and the impact created by The Dream Come True Foundation from its inception in 2010. Congratulations!

Updated COVID-19 Boosters Available



Vaccines designed to better protect against new COVID-19 omicron subvariants are now available in our community. The enhanced protection is critical now that students are back in school and [flu season is upon us](#). The Centers for Disease Control and Prevention (CDC) [authorized updated booster doses earlier this month](#). Austin Public Health (APH) has received and is administering the bivalent booster through its Shots for Tots/Big Shots clinics, and the Mobile Vaccination Program (MVP) will [host pop-up clinics](#) in communities at risk for disparate outcomes. Many [retail pharmacies and providers](#) in Travis County are already administering the updated boosters.

Here's a Video About a New Scam





Sue and Cliff

Tell the children the truth.

- Bob Marley -



Visit our [website](#) for so much more information. Please let us know ways we can help you, from opportunities for socialization to getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Call us at 512-524-2709 if you need us!



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