



Capital City Info <info@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

Capital City Village <info@capitalcityvillage.org>

Sat, Oct 1, 2022 at 2:35 PM

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

To: Elizabeth <info@capitalcityvillage.org>

Featured Program



The Importance of Recycling (All Your Questions Answered) with Dena Houston Wednesday, October 5 at 2 pm

Join CCV members, volunteers and friends for a very informative online program about why and how we should recycle, presented by Dena Houston. Dena is a City of Austin Recycling Block Leader, a volunteer position that she has held for 28

years. For over six years, she has authored a recycling column called "Lettuce Recycle" that appears monthly in various neighborhood newsletters and magazines around Austin.

[To learn more about Dena and RSVP for the program, click here.](#)



Capital City Village Office: (512) 524-2709

October 1, 2022



UPCOMING EVENTS HERE



8th Annual Golf Tournament Volunteers

Kay, Laurie, Phyllis, Karin

Photo by Tom McHorse

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

- Wednesday, Oct 5 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Oct 5 at 2 pm – [The Importance of Recycling \(All Your Questions Answered\)](#) a virtual event with Dena Houston
- Thursday, Oct 6 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Oct 6 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Cantina
- Wednesday, Oct 12 at 2 pm – [Virtual Carfit Information Session](#)
- Thursday, Oct 13 at 9:30 am – [Virtual Coffee Hour](#)
- Wednesday, Oct 19 at 12 pm – [Men's and Women's Lunch](#) with John Berry
- Thursday, Oct 20 at 9:30 am – [Virtual Coffee Hour](#)
- Saturday, Oct 22 at 9 am – [Carfit Event for CCV Volunteer and Member Drivers](#)
- Sunday, Oct 23 at 11 am – [Fourth Sunday](#) at Wheatsville S. Lamar
- Wednesday, Oct 26 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Oct 27 at 9:30 am – [Second Cup](#) at Central Market N. Lamar

In Memory



We are deeply saddened by the loss of our member Martha Kooch Ward. Martha has been a CCV member since 2020 and was very active in the Poetry Group. Martha, whose uncle was John Henry Faulk, grew up at Green Pastures and had many stories to tell. Her service will be Saturday, October 8 at 12 pm at Cook-Walden, [6100 N Lamar Blvd](#). Burial will follow at Oakwood Cemetery at MLK and IH 35. She will be buried next to her parents and other family members.

Thanks to Everyone Who Made the 7th

Annual Golf Tournament a Success!



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Member and Volunteer Birthdays



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

Alyce G, Rachel M, Chuck D, Mary A, Bob K, Barbara E, Priscilla F, Barbara W,
Joanne O, Deana W, Neil C, Lee W, John B, Dell G

"Young at Heart" - Keep Aging Weird - Our 8th Annual "Funraiser" is Coming Up!

AUSTIN COMMUNITY VOLUNTEERS
HELPING SENIORS LIVE WELL AND
STAY IN THEIR HOMES

KEEP AGING WEIRD

8th Annual "Funraiser"

Please join us for —
Young at Heart!

LUNCH NOV.10
NORTHCROSS CENTER
CAPITAL CITY
Village

WWW.CAPITALCITYVILLAGE.ORG
512-524-2709



REGISTER TODAY!
bit.ly/CCVFUN



JIM SPENCER
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Save the Date for Keep Aging Weird "Young at Heart"
– our 8th Annual "Funraiser"
Thursday, November 10 at 11:30 am
Norris Conference Center, 2525 W Anderson Ln

Join Capital City Village members, volunteers, supporters and friends for our 8th Annual Keep Aging Weird Luncheon. We are honored to present our keynote speaker, Evan Smith. Get your ticket(s) [here](#) – or become a sponsor [here](#)!

Evan Smith, cofounder/editor and CEO of Texas Tribune, will share *The "State" of Texas: Where We Are, Where We're Headed*, his personal story on how he came to

Texas from New York, his experience as editor of Texas Monthly magazine and cofounder/editor of the Texas Tribune, and his thoughts on the current and future “state” of Texas.

Stay tuned for the raffle, which will include entertainment gift cards, gift baskets, and a special San Miguel one-week stay at a luxurious private residence!

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Thanks to our early Keep Aging Weird Sponsors!

You can become a sponsor too by visiting our [sponsor page here](#).

From our business sponsors:

"At [Austin National Financial Services](#), we implement behavioral finance — an approach to understanding people's financial behaviors that relies not just on their income, assets and debts but also their habits, emotions and desires. We spend time getting to know you so we can help guide your money where it needs to go in order to fulfill your happiness...and not just to meet financial obligations alone."

"*Neighbors of Tarrytown & Northwest Hills* serves local businesses and residents by providing professional, family-friendly publications that bring people together. *Neighbors* magazine connects small businesses to local residents by offering business owners powerful and proven advertising solutions. We successfully target hyperlocal areas and place advertisers in front of an ideal audience every month."

"[Austin Regional Clinic](#) (ARC) is a multi-specialty medical group committed to providing comprehensive healthcare services throughout Central Texas. ARC offers primary and specialty care in 33 locations, and ARC patients enjoy access to conveniences like same-day appointments, 24/7 online and phone appointment scheduling, ARC MyChart patient portal, telemedicine services, After Hours Clinics, and more. Like Capital City Village, ARC is committed to the health and well being of seniors, encouraging aging in place and living a healthy, active lifestyle."

"Over 115 years ago, [HEB](#) opened our doors to help make the lives of hard-working Texans better. We were a family business back then. We remain a family business today with a passion and commitment to help every community we serve."

"At [Dochan Realtors](#), our multigenerational team of agents loves Austin, and we

love to show it. We offer a combined 100+ years of experience in buying, selling and focused personal attention to each buyer and seller. Choose us, and we'll help you find the right house to become your next home, or help you turn your house into a home that buyers will love."

Join AustinUp's Survey and Earn Some Cash



Provide Feedback I Make a Difference I Earn \$150!

Would you like to make a difference in products and services for older adults? A **virtual** 90-minute focus group event will be held in mid-October, and attendees earn \$150 for their participation. If these apply to you ...

- age 65 or older
- household income of \$75K-\$125K
- you have some assistance in the home for things like managing finances, transportation, meal prep, moving around, using the phone, getting mail, etc.

... then AustinUP encourages YOU to join a Focus Group!

[CLICK HERE to sign up NOW!](#)

In the Community

Free Caregiver Virtual Seminar



Medicare 101

Benefits experts from the Area Agency on Aging of the Capital Area will discuss what older adults and family caregivers need to know about Medicare and what changes are expected in 2022 prior to Open Enrollment, which runs October 15th through December 7th.

Saturday, October 8th - 10:00 - 11:30 a.m.

Registration for the webinar is free, but space is limited. Participants can register by calling (512) 600-9275, or [online here](#).

**I live my life in widening circles
that reach out across the world.
I may never complete this last one,
but I give myself to it.**

- Rainer Maria Rilke



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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