



Celeb Salons Features "A Conversation with Kay Kidd" Sunday, September 8 at 4pm

In our continuing Celeb Salons series, we are pleased to present A Conversation with Kay Kidd. Join CCV members, friends and visitors at Mort Subite, 308 Congress, for a lively conversation with Kay.



Kay, a native of Elgin, Texas, is musical director and pianist for her group, Kay and Friends, and performs as a soloist and in ensembles in North America and Europe, in festivals, workshops and recording sessions devoted to chamber music, popular, and folk music. Owning and operating a private piano studio in her home in south Austin, she is a past president and "Teacher of the Year" for the Austin District Music Teachers Association. She is a church organist and pianist and for many years has been the staff pianist for Tarrytown United Methodist Church in Austin. Kay frequently gives lecture/performances on various topics (such as The History of Music in Texas, and other periods and genres of music) for many organizations, schools, and at special events.

Celeb Salons are hosted at Mort Subite, the first authentic Belgian-style pub in the U.S. There is free street parking on Sundays, fully-accessible drop-off at the back entrance from the alley behind the pub. Registration (\$30/person) includes one drink and light bites, as well as a tax-deductible donation to Capital City Village.

Tee Up for the 4th Annual CCV Golf

Tournament!

Whether you're a golf fan or just like to hang out with people who are, join the fun at the [4th Annual Village Golf Tournament](#) Saturday, September 28. Shotgun start will be at 8:30am at Riverside Golf Course. Funds raised from the golf tournament are used to help make programs and services available to seniors regardless of their household income, and also to augment CCV operations.

[Register online](#) or pick up a registration form from the office at 3710 Cedar St, Suite 283.



Saturday, Sept. 28th Golf Tournament

**Presented by Capital City Village and
Tarrytown United Methodist Church**

Please join us for Capital City Village's 4th Annual Golf Tournament **Saturday, Sept. 28th**, 8:30am-1:00pm @ Riverside Golf Course. CCV helps local seniors age well in their homes & neighborhoods. Funds raised from the golf tournament will be used to augment CCV's operations and our scholarship membership program. Scholarship funds enable CCV to provide programs and services to seniors regardless of their household income.



**Tarrytown United
Methodist Church
(TUMC)**

**Co-Sponsored by
Tarrytown United
Methodist Church!**

**Select Shot! Players
of all skill levels
welcome. Don't have a
team? We'll match
you with one!**

**\$85 registration
includes green fee
and lunch. Play & Putt
package = \$100!
Opportunities for
sponsorship
\$100-\$250-\$500**

**Fun, fellowship and
fundraising for a
good cause!**

CAPITAL CITY VILLAGE
3710 Cedar St., Suite 283
Austin 78705
512-524-2709

www.capitalcityvillage.org

**Sat., Sept. 28th
8:30am-1:00pm**

With gratitude to our Golf sponsors:

Hole Sponsors:

William Childs, Brian Dinsmoor, Randy Goss, Mart and Sue Hoffman, Bob and Marcia Hunnicut, Sandbox ABA, Scott Sayers, and Jerry and Rosemary Sullivan

Gold Supporters: Tom and Jennie McIlvain and John Turney

Silver Supporter: Carl Carter

Village Events



September Events

Click on any of these events to find out more and RSVP:

- Monday, Sept 2 - CCV Office closed in observance of Labor Day
- Tuesday, Sept 3 - 9:30-10:30am [Coffee Klatch](#) at Austin Java on Manchaca (S)
- Thursday, Sept 5 - 4:30-6:30pm [Happy Hour](#) at LaMancha TexMex (NC)
- Sunday, Sept 8 - 4-6pm [Celeb Salon](#) with Kay Kidd at Mort Subite (DT).
See first feature article.
- Monday, Sept 9 - 6:45-9pm [Dominoes](#) at a member home (NW)
- Tuesday, Sept 10 - 10am-12pm [ShortTakes](#) *has been cancelled and will resume in October.*
- Thursday, Sept 12 - 9:30-10:30am [2nd Cup](#) at Central Market N. Lamar
- Friday, Sept 13 - 1-4pm [Movie Group](#) at Regal Gateway Stonelake (NW)
- Tuesday, Sept 17 - 9-11:30am [Volunteer Orientation](#) at AGE Bldg (C).
See article below.
- Wednesday, Sept 18 - 12-1pm [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Sept 19 - 11:30am-1pm [Lunch and Laughter](#) at Wheatsville S Lamar
- Friday, Sept 20 - 11am-12:30pm [Book Club](#) at a member home (NW).
See Interest Group article below.
- Tuesday, Sept 24 - 9-11:30am [Volunteer Orientation](#) at AGE Bldg (C).
See article below.
- Tuesday, Sept 24 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Wednesday, Sept 25 - 11:30am-1pm [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Sept 26 - 9:30-10:30am [Coffee Caffeine and Conversation](#) at Trianon Coffee (W). *See Interest Group article below.*
- Saturday, Sept 28 - 8:30am-1pm [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E). *See second feature article.*

Save the Date:

- Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC). *See article below.*

Welcome New Village Members!



Photo by Tommi Ferguson

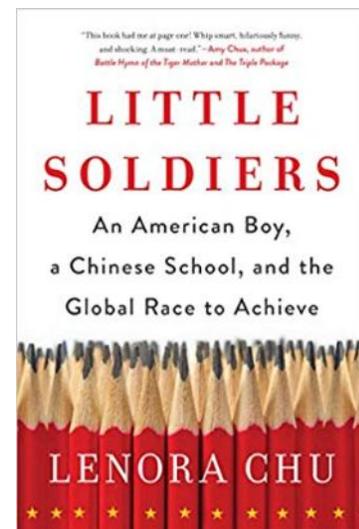
We're happy to welcome some new members. Cynthia lives in 78723. And we have two new members from 78757, Rima and Elaine. We have three new members from 78731, Marie, Priscilla and Vivian.

Four of these ladies are pictured here, along with New Member Lunch hosts Mart and Sue. They are (L to R) Elaine, Vivian, Priscilla and Marie.

Please welcome these new members when you see them at CCV events!

Interest Group Notes

The [Book Club](#) took a summer break and will now resume Friday, September 20, 11am-12:30pm for potluck and the book of the month. September's book is *Little Soldiers* by Lenora Chu. The group meets at a member home - [RSVP](#) and we'll send you the address.



Equally (in-)convenient to everyone!!...[Coffee, Caffeine and Conversation](#) will venture to Trianon Coffee in West Lake at 3654 Bee



Caves Rd suite A, Austin, TX 78746.
CCV will have a private conference room.

Program Opportunity



Long Center presents [Georgia on My Mind: A Celebration of Ray Charles and His Music](#), featuring Clint Holmes, Take 6, Nnenna Freelon, and Tom Scott Sunday, November 24 in Dell Hall at 7:30 pm.

CCV's Program Committee would like to know if there are those of you out there who would like to go. Group tickets range \$36 each, \$45 each and up. We would have to have a definite count of at least 10 committed people before we could order and pay for tickets.

Please [RSVP here](#) you want one or more tickets. Once we have at least 10 we'll make a payment option available.

**Men's and Women's Lunches Feature
Intrepid Travelers!**



Join the [CCV Men's Lunch](#) Wednesday, September 18 at Noon at Andiamo Ristorante, 2521 Rutland. Mart Hoffman will once again regale us with tales from the Appalachian Trail.

Please [RSVP](#). Lunch is \$22.



The [CCV Women](#) will hear from Liby Beck and Rick Cloud about their trip to Northern Spain. All are welcome Wednesday, September 25 at 11:30am at Andiamo Ristorante, 2521 Rutland.

Please [RSVP](#). Lunch is \$22.

Volunteer at the Village!



Have you been thinking about volunteering? We need your help!

Volunteer Orientations are scheduled for 9-11:30 on [Tuesday, September 17](#) and [Tuesday, September 24](#). RSVP in advance to join one of these groups at

the AGE building in the St. David's conference room. Food and refreshments will be served. Members and current volunteers - please share this opportunity with friends and neighbors who would like to help the village with as little as 2 hours per month.

There are two kinds of gratitude: the sudden kind we feel for what we take; the larger kind we feel for what we give.

5th Annual Keep Aging Weird!



Pulitzer-Prize Winning Journalist Ken Herman of the Austin American-Statesman; KXAN's Jim Spencer as MC



**5th Annual *Keep Aging Weird* Luncheon
Tuesday, October 31, 11:00am-1:00pm
at Norris Events Center**

Join Capital City Village for our 5th annual Keep Aging Weird Luncheon Tuesday, October 31 at 11am. In addition to entertaining speakers, there are a number of enticing "bucket raffles" for items from dinners to trips and more. The lunch is good, and the event is loads of fun. Austin's favorite weatherman, Jim Spencer, keeps things going at a good pace and Ken Herman will be sure to be entertaining!

Columnist Ken Herman began his journalism career in 1975 at The Lufkin Daily News in East Texas. In 1977, he joined The Associated Press in Dallas, later working for the AP in Harlingen and Austin. From 1979-1988 he worked in the AP's Capitol Bureau. In 1988, he became Austin Bureau Chief for The Houston Post. When the Post folded in 1995, Herman joined the American-Statesman as Capitol Bureau Chief.

[Online registration now available.](#)

We could not do this without our sponsors, shown here. And look below for a sponsor feature.



- Tom and Kay McHorse
- Sara and Dick Rathgeber



- Ken and Tracy Snodgrass and Paul and Kathy Spicer
- Sam and Beth Williams



- Carl and Libby Beck and Drew and Emy Lou Sawyer
- Rick Cloud and Dell Gully
- Dave and Barbara Gamble and Dan and Phyllis Waddle
- Mart and Sue Hoffman
- Ed, Kevin and Paul McHorse



- Daniel Carl/BSA
- Carol Carl and Friends



KAW Sponsor Feature - AARP Texas

[AARP Texas](#) is one of our "Quirky" sponsors! AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

At its heart, the work that AARP and its affiliates do can be summed up in just 12 words: "We fight for and equip each individual to live their best life." It's all about real possibilities.

Capital City Village is thankful for our partnership with AARP Texas. Because we are not a lobbying organization, we count on organizations like AARP to advocate at the State and National levels for the rights of seniors. As the Village serves the individual, AARP serves the group, making sure we continue

to enjoy all the possible benefits of aging.

Thanks [AARP Texas!](#)

In the Community



50+ in ATX Job Fair

Stop by [Capital City Village's](#) table at the [50+ in ATX Job Fair](#) being held at the Jewish Community Center Wednesday, September 10 from 10am to 2pm.

The Austin area has long been one of the fastest-growing metropolitan areas in the country. What most people don't know is that while our overall population grew nearly 40% between 2000 and 2010, the number of us over the age of 55 grew by 80%. Today, the Austin area has the nation's fastest-growing population of people between 55 and 64, and the second fastest-growing population of people 65 and over.

And many of these newcomers are looking for work.

[AustinUP](#), a 501(c)(3) nonprofit, is hosting a series of job fairs in 2019 to match available job opportunities with workers who are 50+. The free events will be held in different locations to help potential employees connect with employers located in or close to their neighborhoods. By creating these job fair events, AustinUP is working to enlighten business leaders and human resource directors about the strengths of older adults in the workplace, as well as the value of a multigenerational workforce. Information about the September 10 event:

AustinUP 50+ in ATX Job Fair
Wednesday, September 10, 2019
10 a.m. – 2 p.m.
[Jewish Community Center](#)

7300 Hart Lane
Austin, Texas 78731
512.735.8000

Cost: Admission is FREE, but please RSVP via our [Eventbrite form](#).



**Tuesday, September 3rd, 11:30am at Belmont Village,
4310 Bee Caves Rd.**

Speaker: Jill Davis, Au.D. Owner, Victory Hearing and Balance Center

Join us for an informative lunch and learn on music and its power to potentially delay the onset of dementia and improve brain function and information recall. We'll explore how incorporating music training into your life can benefit your brain health and how using music instead of speech to supplement hearing aids can be a helpful form of auditory rehabilitation. Lunch will be served.

RSVP to Peg Bulger at 512-347-1700 or pbulger@belmontvillage.com.



Presented by Alzheimer's Texas and Sundance Memory Care

Responsible for the care of a family member living with Alzheimer's, dementia, Parkinson's, or any other debilitating disease? Then this event is for you! Whether they're living at home, in a facility, or far away, the journey can be daunting and the responsibility overwhelming. We're here to help!

Join us on September 7, 2019, to hear from expert speakers and visit with a range of local providers across the care spectrum. The forum will be held at the Jewish Community Center (7300 Hart Ln, Austin, TX 78731). There is no fee to attend and lunch is provided.

Schedule:

9:15 - Registration Opens

9:45 - Opening Remarks and Welcome

10:00 - "Planning for Long Term Care" with David Eddy

10:25 - "Hospice" with Cella Bella

10:55 - " Caregiving" with Dr. Stevens

11:15 - Lunch/Vendors

11:45 "The Montessori Philosophy and Regressive Brain Function" with Kacye Vanderplas and Matt Stanley

12:00 Break

12:15 Panel Q&A with all speakers

1:00 - Closing Remarks

[Reserve your free spot.](#)

SPEAKERS

David Eddy, FSP, New York Life - "Planning for Long Term Care and Why Earlier Is Better

Alan Stevens, Ph.D., Director of the Center for Applied Health Research at
Baylor Scott and White -

Kacye Vanderplas and Matt Stanley - "The Montessori Philosophy and
Regressive Brain Function"

Cella Bella Hospice



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3710 Cedar St, Suite 283, Austin, TX 78705

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