



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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Tue, Nov 1, 2022 at 10:00 AM

Let's Keep Aging Weird and Have Some Fun!



CAPITAL CITY VILLAGE VOLUNTEERS
HELP SENIORS LIVE WELL AND
STAY IN THEIR HOMES

KEEP AGING WEIRD

8th Annual "FUNraiser"

Young at Heart!

LUNCH OR FREE LIVESTREAM
THURS., NOV. 10 11:30 A.M.

NORRIS CONFERENCE CENTER
NORTHCROSS MALL

REGISTER TODAY!
CAPITALCITYVILLAGE.ORG



JIM SPENCER
KXAN-TV
HOST

**TIWANNA
KENNEY**
AUCTIONEER

EVAN SMITH
TEXAS TRIBUNE
SPEAKER

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 two special San Miguel one-week stays at a luxurious private residence!



Capital City Village Office: (512) 524-2709

November 1, 2022



**Many thanks to our Keep Aging Weird Sponsors,
listed here:**

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Featured Events



Captain Darren Noak

**Men's and Women's Lunch
with Austin-Travis County EMS
Wednesday, November 16 at 12:30 pm**

We never know when we will need them, but when we do, we can always count on them to be there! Who fits this description? Austin-Travis County EMS, that's who!

A-TC EMS encourages seniors to be prepared in case of an emergency. Being informed and planning before disaster strikes are the most effective ways to ensure your safety. There are many simple and affordable things that seniors can do which will leave us better off than we would have been had we not taken time to prepare.

Our November 16th brown-bag lunch meeting will be at AGE of Central Texas' St. David's conference room, 3710 Cedar Street. We are extremely fortunate to have EMS Captain Darren Noak as our presenter. [Click here to learn more and RSVP.](#)



Let's Go to the Movies
"Ticket to Paradise"
Tuesday, November 1 at 12:40 pm

Our Program Committee has planned a spontaneous event! Join CCV members, volunteers and friends for movie time at the Alamo Drafthouse (Mueller). We'll be seeing "Ticket to Paradise" Tuesday, November 1 at 12:40 pm. Joan says, "The Alamo Drafthouse has lots of benefits, according to reviews: good meal (during movie time), reclining seats, and a pleasant place are some of its advantages."

Meet us there, or if you need a ride, indicate that on [your RSVP](#).

UPCOMING EVENTS HERE



Carl, Libby, Vivian, Rick
At Stan's 100th

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

- Tuesday, Nov 1 at 12:40 pm – [Movie](#) at Alamo Drafthouse Mueller
- Wednesday, Nov 2 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Nov 3 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Nov 3 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex

- Thursday, Nov 10 at 9:30 am – [Virtual Coffee Hour](#)
 - Thursday, Nov 10 at 11:30 am – [Young at Heart - Keep Aging Weird](#) at Norris Conference Center
 - Friday, Nov 11 – Office Closed for Veterans Day
 - Wednesday, Nov 16 at 12:30 pm – [Men's and Women's Lunch with Austin-Travis County EMS](#) at AGE Building
 - Thursday, Nov 17 at 9:30 am – [Virtual Coffee Hour](#)
 - Friday, Nov 18 at 11 am – [Virtual Book Club](#)
 - Wednesday, Nov 23 at 2 pm – [Virtual Poetry Group](#)
 - Thursday, Nov 24 – Office Closed for Thanksgiving Day
 - Thursday, Nov 24 at 9:30 am – [Virtual Coffee Hour](#)
 - Friday, Nov 25 – Office Closed for Native American Heritage Day
 - Sunday, Nov 27 at 11 am – [Fourth Sunday](#) at Wheatsville S Lamar
 - Wednesday, Nov 30 at 11:30 am – [Virtual Village Bingo](#)
-

Member and Volunteer Birthdays



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

Phyllis W
Michael B
Allen L
Arnie O
Mollie S
Kate M
Dudley Y
Robin A
Helen H
Melanie L
Susan G
Robert H
Joan B

A Few Words From Our Keep Aging Weird Sponsors!

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

From our business sponsors:

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"*Neighbors of Tarrytown & Northwest Hills* serves local businesses and residents by providing professional, family-friendly publications that bring people

together."

"[Austin Regional Clinic](#) (ARC) is a multi-specialty medical group committed to providing comprehensive healthcare services throughout Central Texas."

"Over 115 years ago, [HEB](#) opened our doors to help make the lives of hard-working Texans better."

"At [Dochan Realtors](#), our multigenerational team of agents loves Austin, and we love to show it."

From our Volunteers



Drink More Water!

Thanks to Volunteer of the Year Henry for this article:

"Water, water, every where
And all the boards did shrink
Water, water every where
Nor any drop to drink."

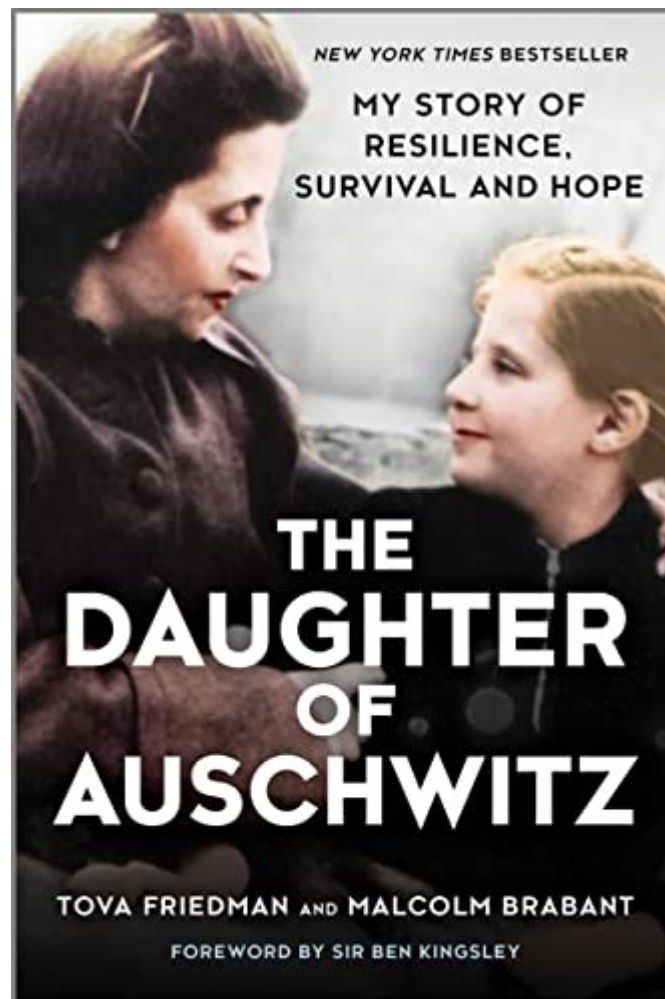
Estimates are that three-quarters of Americans go about daily in a chronically dehydrated state. But unlike Coleridge's Ancient Mariner, we all have access to safe drinking water....if only we will drink it!

Inadequate hydration can lead to reduced muscle strength, wrinkled or drooping skin, poor memory, muscle cramps, extreme fatigue, dizziness and a raft of other maladies. The good news is, that once we begin to drink enough water daily, wonderful things begin to happen right away. Changes at the cellular level lead to better energy, clearer thinking, less brain fog and headaches. In a week you'll notice fewer aches and pains, healthier skin, and more energy. A month out and it just gets better, as mental clarity, muscle strength, and stamina all continue to improve.

Why is this? Adequate hydration flushes out toxins and improves the functioning of every organ in our bodies. And the long-term effects help reduce the risk of diseases and disorders. How much water ought we to drink daily? Simple – just divide your body weight by two. That tells you the number of ounces of water per day that the experts say you should drink.

See you at the water fountain!!

Join the Book Club



Virtual Book Club
Friday, November 18 at 11 am

Bring your favorite potluck to your screen and join the [Book Club](#) for a review of "The Daughter of Auschwitz: My Story of Resilience, Survival and Hope", by Tova Friedman and Malcolm Brabant.

From the Office



Austin Shred Days

Every two seconds, someone's identity gets stolen. Shredding confidential documents you no longer need is an excellent way to protect yourself. Here's information on a couple of free shred days in Austin:

[November 12](#)

[November 19](#)



**There's no question dolphins are smarter than humans
as they play more.**

– Albert Einstein –



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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