



Bonnie Gilson <bgilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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

Tue, Aug 1, 2023 at 10:37 AM



Featured Events



Third Wednesday Lunch
St. Matthew's Episcopal Church
4121 Steck
Sanctuary basement, room B-13
and online
Wednesday, August 16 at Noon

The most common medical situations for older adults include minor falls, cuts and scrapes, and heat-related illnesses. Some basic first aid knowledge can help you prepare for possible emergencies. This month we will learn about first aid tips for seniors.

This program may be attended in-person or on zoom. [When you RSVP](#), please indicate in the **COMMENTS** box whether you will be in person or online. It's a BYOL (bring your own lunch) event. *There is a limit of 20 in-person attendees.*

Note: There is a large, free parking lot adjacent to the church, with entrance to parking from the east-bound lane of Steck.



Summer Potluck Supper at Tarrytown Methodist
TUMC Admin Bldg, 2nd floor
2531 Exposition Blvd., Austin, TX 78703
Monday, Aug 21 at 5:30 pm

Get out your favorite recipes or pick up something to go and join us for CCV's first-ever summer potluck. Fried chicken will be provided and we will be celebrating June-July-August birthdays, so save room for some sweets. Printed village cookbooks will be available at no cost; donations are appreciated. We will gather indoors to beat the heat.

It's free and open to all. [RSVP here](#).



Dr. Barbara Bergin, Co-Founder Texas Orthopedics
What I Do – Tips for Older Adults' Bone & Joint Pain
TUMC Admin Bldg., 2nd floor
2531 Exposition Blvd., Austin, TX 78703
and online
Sunday, Aug 27 at 2 pm

Dr. Barbara Bergin recently retired from her orthopedics practice. As she ages, she finds that she is experiencing many of the aches and pains that her patients have endured for years. Hear how she treats the bones and joints she didn't keep in good shape and discusses how older adults can live a safer and healthier life. [When you RSVP](#), please indicate whether you will be attending in person or via Zoom.



Capital City Connect

Social Events and Lifelong Learning Programs for Adults 50+

What I Do – Tips for Older Adult's Bone & Joint Pain

Dr. Barbara Bergin
Co-Founder
Texas Orthopedics

Sunday, Aug. 27
2 p.m. – 3:30 p.m.
In Person or Online Zoom



What Dr. Bergin does to treat the bones and joints she didn't keep in good shape.

How older adults can live a safer, healthier, and maybe...happier life.

Why you should ditch high-heeled shoes and other "No-Nos".

FOR WOMEN ONLY – Sit Like a Man – S.L.A.M.

In 1986, Dr. Barbara Bergin co-founded Texas Orthopedics, Sports & Rehabilitation Associates, at a time when other orthopedic groups in Austin and the country wouldn't readily choose to hire female orthopedic surgeons. Through her leadership, Texas Orthopedics is now one of the largest orthopedic practices in Texas.

Dr. Bergin recently retired from her orthopedic practice. She and her husband, Dr. Paul Nader, moved to Sun City, Georgetown. Her parents moved nearby. She's already active in the Georgetown community, as a volunteer for the Ride On Center for Children (R.O.C.K. equine-assisted therapy) and the Sun City Citizens On Patrol (COPS). She is a novelist (*Endings*, Sunstone Press, 2007), and a singer-songwriter-guitar player, performing and writing folk, bluegrass and country music (*Blood Red Moon*, 2020). She is a competitive western equestrienne, in the sport of reining.

As Dr. Bergin ages, she says she is experiencing many of the aches and pains her patients have complained about for years. Through her medical self-help blog, www.drbarbarabergin.com, she continues to help her followers work through their bone and joint conditions, with a sense of humor and grace.



In Person or Online Zoom

capitalcityhelpfulvillage.com/events/1155

512-524-2709

REGISTER TODAY





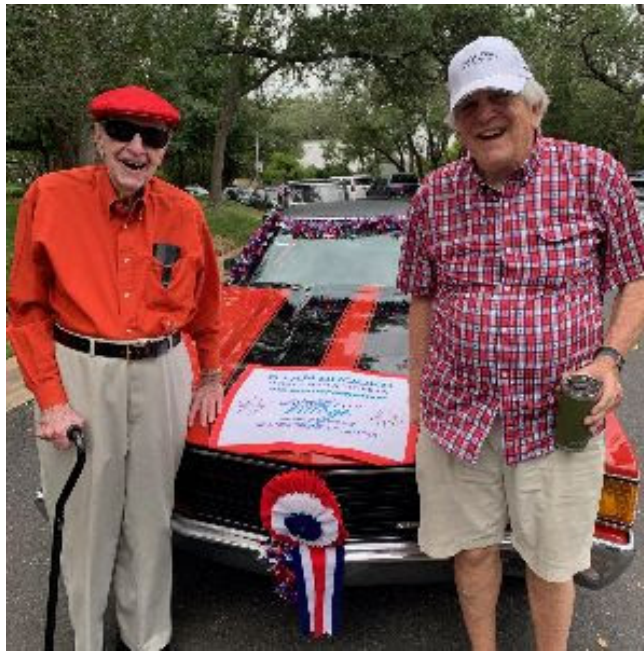
Capital City Village Office: (512) 524-2709

August 1, 2023



Events





July 4, 2023

**Northwest Austin Civic Association parade
CCV members Sue and Mart Hoffman rode along in the 1972 Chevelle
celebrating our nations's birth, above. Thank you, Gayle and Terry!
Stan Brooks (left) and Terry Hight in front of car**

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

- Thursday, August 3 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, August 3 at 4:30 pm – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Tuesday, August 8 at 2 pm – Our Collections online program. Click [here](#) for more information or to RSVP.
- Thursday, August 10 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, August 14 at 6:45 pm – [Dominoes](#)
- Wednesday, August 16 at noon – [Third Wednesday lunch](#) at St. Matthew's Episcopal Church and virtual
- Thursday, August 17 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, August 18 – Virtual Book Club will resume in September
- Sunday, August 20 at 11 am – [Third Sunday at Wheatsville South](#)
- Monday, August 21 at 5:30 pm – [CCV Summer Potluck Supper](#)
- Tuesday, August 22 at 2 pm – [Examining White Privilege](#) – virtual
- Thursday, August 24 at 9:30 am – [Second Cup](#) at Central Market N. Lamar, upstairs
- Sunday, August 27 at 2 pm – [What I Do - Tips for Older Adults' Bone and Joint Pain](#) at TUMC and virtual
- Thursday, August 31 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date:

Saturday, September 23 at 7:30 am – [8th Annual CCV Golf Tournament](#)



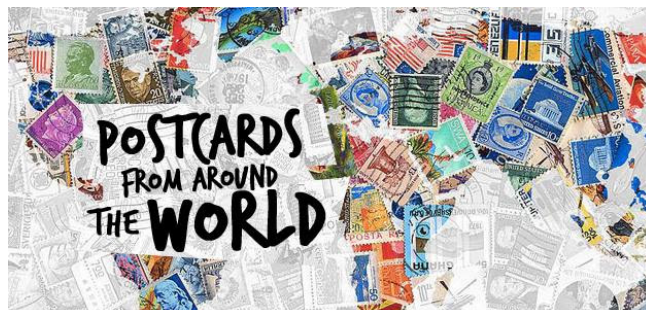
**Happy Hour
La Mancha Tex Mex Tavern
2203 Hancock
Thursday, August 3 at 4:30 pm**

[Join us](#) at 4:30 pm on the first Thursday of each month at La Mancha Tex Mex Tavern on Hancock across from the Yarborough Library.

**Virtual Coffees
1st, 2nd and 3rd Thursdays
at 9:30 am**



[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am (except the fourth Thursday). Bring your own coffee, snacks, and a good story or two.



**Our Collections
Virtual meeting
Tuesday, Aug 8 at 2 pm**

This month we welcome Gail Glick for the second session of the "Our Collections" program. "In the past year or so I have been on a website in which I send and receive postcards from people all over the world. I will share some of them with you and tell you how you can join in."

This CCV series will give us opportunities to share those stories and hopefully spark comments and connections among participants.

You can [RSVP here](#) for the August meeting.

Dominoes Monday, August 14 at 6:45 pm

The group gathers at a member home, so [RSVP and we will send you the address](#). We usually play Mexican Train so no skills necessary.



Virtual Book Club Adjourned for the Summer

See you in September, when the book is *Demon Copperhead* by Barbara Kingsolver. You can [RSVP here](#).

Keep on reading!

Third Sunday Wheatsville Coop South Sunday, August 20 at 11 am

A few South Austin "buddies" get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. This is a pleasant and quiet Sunday morning location with easy parking and a variety of food options. You can [RSVP here](#).



Examining White Privilege Virtual meeting Tuesday, August 22 at 2 pm

[Join us for a monthly meeting](#) exploring White privilege and racism. Some of the things we will talk about are books/articles we have read, upcoming events related to the topic, any relevant experiences we have had, opportunities to be involved, and anything else related.

Second Cup Central Market N. Lamar Thursday, August 24 at 9:30 am

Join us for Second Cup at Central Market on N. Lamar – 2nd floor above the cafe. Elevator access available. If you need a ride, [indicate that on your RSVP](#).



8th Annual Capital City Village

Golf Tournament
Riverside Golf Course
1020 Grove Blvd.
Saturday, September 23
Registration 7:30, start 8:30

Join us for a morning of golfing fun with contests and prizes at the beautiful Riverside Golf Course. Play as a team of four or individually. Proceeds benefit Capital City Village, a local nonprofit that helps seniors age independently at home through social events and support services, as well as Tarrytown United Methodist Church. Check in and breakfast served at 7:30 am. Shotgun start at 8:30.

Registration includes green fees, golf cart, breakfast, lunch, beverages, and snacks as well as 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!

[RSVP here](#) to register and buy tickets.

[If you are interested in being a sponsor for the tournament, please click here for our sponsor page.](#)

From the Office



Welcome Programs and Media Coordinator Meredith Loewen

Meredith will serve CCV as the Programs and Media Coordinator beginning August 7 and will work Monday through Thursday 9 a.m. to 2 p.m. She has more than ten years of experience in communications, including media relations for Members of Congress. She has an M.A. from American University in Political Science, with an emphasis in Applied Politics, and a B.A. from San Diego State University. She volunteers with the North Austin Community Garden as their Communications Coordinator. Meredith spends her free time camping with her husband and son, cultivating her vegetable garden and doting on her dogs.

In Memory



Maxine Barkan (March 26, 1919 – July 18, 2023) passed away peacefully in her sleep. Maxine was a wife, mother, sister, aunt, volunteer, community leader, lifelong learner, and educator. Maxine's knowledge of governance guided the CCV Board of Directors for many years. She will be greatly missed.

Member and Volunteer Birthdays



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

Bethany C. (volunteer)

Carl B.
David G.
Dawn M. (volunteer)
Doug A. (volunteer)
Eileen L.
Elizabeth M. (volunteer)
Hank M.
Jerry D.
Jim S. (volunteer)
Jimmie J.
Kay McH.
Martyn H.
Suzanne M.
Sydney S. (volunteer)
Tom McH.
Alexandra G. (volunteer)
Ava W. (volunteer)

In the Community



Aging Answers Podcast

**The First Wednesday of Each Month
11:30 am via Zoom**

<https://TinyURL.com/AgingAnswersPodcast>

Join AGE of Central Texas on Wednesday, August 2nd, at 11:30 a.m. for the monthly "**Aging Answers**" video podcast.

Since simply living IS aging, our guests for August will be WW II veteran, Stan Brooks, 101, and Johanna Mandel of Capital City Village to discuss how village membership helps seniors and their families stay connected and active while aging at home.

Join us live on August 2 at 11:30 a.m. via Zoom:

<http://www.TinyURL.com/AgingAnswersPodcast>

or call in: +1 (346) 248-7799 with Webinar ID: 867 8716 7016

To see all Aging Answers podcasts go to <https://www.youtube.com/playlist?list=PLbPTDAdWtaqvhYL1LAVKezQrp6SYwxTOs>



Not having the best situation, but seeing the best in your situation is the key to happiness.

– Marie Forleo –



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!

[Facebook](#)[CCV Website](#)[Nextdoor](#)[YouTube](#)

Copyright © 2023 Capital City Village, All rights reserved.

You are receiving this email because you signed up for this mailing list on our the village website

Our mailing address is:

Capital City Village
3710 Cedar St
Ste 283
Austin, TX 78705

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).