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It's the CCV Newsletter!

1 message

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Fri, Sep 1, 2023 at 1:29 PM



Featured Event



8th Annual CCV Golf Tournament
Riverside Golf Course
1020 Grove Blvd, Austin, 78741
Saturday, September 23

We hope you can join us for a morning of golfing fun with contests and prizes at the beautiful Riverside Golf Course. On the day of the tournament, we'll have coffee and breakfast for you when you check in at 7:30 am, with a shotgun start at 8:30 am. There will be prizes for 1st, 2nd and 3rd place teams, closest to pin, longest drive and a hole-in-one contest. A light lunch will be served as tournament awards are being given.

[You can signup for the tournament online here.](#) Registration includes green fees, golf cart, breakfast, lunch, beverages, and snack. If you are interested in being a sponsor for the tournament, [please click here for our sponsor page.](#) Proceeds benefit Capital City Village, as well as Tarrytown United Methodist Church.

Latest News



DR. BARBARA BERGIN

Reducing Joint and Bone Pain – "What I Do"

Watch Dr. Bergin's Tips for Joint and Bone Pain

"Pillows, pillows everywhere," "get an electric toothbrush" and "eat dark chocolate," were just some of the practical tips we learned from Dr. Barbara Bergin, co-founder of Texas Orthopedics, Sports & Rehabilitation Associates, at our Capital City Connect program in August. Dr. Bergin recently retired from her orthopedic practice and says she is experiencing many of the aches and pains her patients have complained about for years. You can watch the video of the full program to hear all of her practical tips and exactly what she does to reduce joint and bone pain as she ages. She'll keep you laughing and even gives a demonstration of how

to get out of a chair and how to put your purse in your car without creating undue strain on your joints. [Click to watch the full program!](#)

"THE POWER OF CONNECTIONS"



**KEEP AGING WEIRD
FUNRAISER**

Nov. 9 11:30 a.m.
NORRIS CONFERENCE CENTER
WE HELP AUSTIN SENIORS WITH LIFE!



CAPITAL CITY
Village
WWW.CAPITALCITYVILLAGE.ORG
512-524-2709

KIM & MIKE BARNES
AUSTIN BROADCASTING LEGENDS




KAW Keynote Speakers Announced: Broadcasting Legends Kim and Mike Barnes

Make sure to mark your calendar for CCV's 9th annual Keep Aging Weird "fun"raiser on November 9th with just announced keynote speakers Kim and Mike Barnes. Kim and Mike have each spent more than 30 years on TV. Kim was a news anchor/reporter and Mike was a sportscaster in Austin. These empty nesters also have parents in their 80's. Now these award-winning journalists are using their professional and personal experiences to support adult children caring for aging parents. [RSVP here](#) for this can't miss event! If you would like to be a [sponsor, use this link.](#)

<p>Gold Sponsors</p>  <p>Jeanne & Lew Little Tom & Kay McHorse Paul & Kathy Spicer with Ken & Tracy Snodgrass Sam & Beth Williams</p>	<p>Silver Sponsors</p>     <p>Rick Cloud & Dell Gully Mart & Sue Hoffman Ed, Kevin & Paul McHorse Cathy Trifiro Westwood Senior Tennis Group Bill & Stephanie Whitehurst</p>	<p>Bronze Sponsors</p>    <p>Carl & Libby Beck Scott Blech David & Barbara Gamble Drew & Emy Lou Sawyer Neil Crump & Sally Van Sickle</p>
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What You Need To Know About Fall Vaccines As of August 23, 2023

Immunizations have been shown to lower risk of severe disease
Speak to your health care provider about the best timing for you

Vaccine	Who	What	When
Influenza 	People 6 months and older, adults over 65 may choose to get higher dose	One dose that targets multiple flu strains	September and October
COVID 	Recommendations expected in mid-to-late September awaiting CDC recommendations	Booster vaccine targeting newer variants	September and October
RSV 	Adults over 60	One dose vaccine	Available now, talk to your doctor

September is Healthy Aging Month!

We're excited to focus on healthy aging this month! The [National Institute on Aging](#) has a lot of information about how we can stay healthy and live in our own homes longer. They recommend making sure we are getting all of the appropriate immunizations. The RSV (respiratory syncytial virus) vaccine is now available and recommended for adults over 60. Newer Influenza and COVID vaccines will become available in the next month or so.

With the new increase in COVID rates in Texas and around the nation, we want to make sure everyone knows that masks are optional at CCV events. Please be respectful of those wearing masks, so we can continue to make our events inviting to all members. If you are feeling unwell, please stay home – many of our events can be joined on zoom!



8 / 21 / 2023

Summer Potluck Supper

In August, CCV hosted our First Annual Summer Potluck Supper to bring everyone together over good food. You can still get a copy of the collection of recipes from members, volunteers and CCV staff for a suggested donation of \$10 or whatever you can give. [Contact](#) the CCV office to get your copy today.

RECIPE

ELLEN'S FAVORITE SUMMER COOLER

3-2-1 ORANGE SHERBET



INGREDIENTS:

- 3 Cups Orange Juice
- 2 Cups Buttermilk
- 1 Cup Sugar

Ellen's Adaptions

- 3 Cups Low Sugar Orange Juice with Pulp
- 2 Cups Kefir Light
- 1/2 Cup Truvia/ Sugar Blend
- Lemon Juice to Desired Tartness
- Pinch of Salt

PREPARATION

1. Mix Ingredients and Freeze
2. Stir occasionally during freezing so it's not a hard block of ice; or "shave" w/a spoon.
3. Great as a popsicle or frozen in an ice cube tray.

Always best with chocolate cookies... but what isn't?



Capital City Village Office: (512) 524-2709

September 1, 2023

Featured
Events

Events

From the
Office

Birthdays

In The
Community

Events



Masks are currently optional at our in-person events. If you are feeling unwell, please stay home. "Virtual" indicates that the event is not in person.

- Monday, September 4 – Office Closed for Labor Day
- Wednesday, September 6 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, September 7 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, September 7 at 4:30 pm – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Sunday, September 10 at 2:00 pm – [Virtual "Our Collections" - Musical Instruments from Around the World](#)
- Monday, September 11 at 6:45 pm – [Dominoes](#)
- Thursday, September 14 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, September 15 at 11 am – [Virtual Book Club](#)
- Sunday, September 17 at 11 am – [Third Sunday at Wheatville South](#)
- Wednesday, September 20 at 12 p.m. – [Third Wednesday Bring Your Own Lunch](#)
- Thursday, September 21 at 9:30 am – [Virtual Coffee Hour](#)
- Saturday, September 23 at 7:30 am – [8th Annual CCV Golf Tournament](#)
- Tuesday, September 26 at 2 pm – [Examining White Privilege](#) – virtual
- Thursday, September 28 at 9:30 am – [Second Cup](#) at Central Market N. Lamar, upstairs

You can now print out an easy to read copy of our monthly events from our website. [Click here!](#)



Happy Hour
La Mancha Tex Mex Tavern
2203 Hancock
Thursday, September 7
at 4:30 pm



Third Sunday
Wheatville Coop South
Sunday, September 17
at 11 am

A few South Austin "buddies" get together the 3rd Sunday of the month

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

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](#).



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.



Third Wednesday BYOL St. Matthew's Episcopal Church Room B-13 Sanctuary Basement Wednesday, September 20 at 12 pm



Our Collections Virtual meeting Sunday, Sept 10 at 2 pm

This month we welcome Kay McHorse for the third session of the "Our Collections" program. She will be presenting her collection of musical instruments from around the world.

This CCV series gives us opportunities to share our stories and spark comments and connections among participants. [RSVP for this online event](#)

Join us in celebrating Healthy Aging month with our very own, Aralyn Hughes. CBS news called Aralyn the QUEEN OF WEIRD. Why? Art cars, weird houses, and a Vietnamese pet pig in the backyard. She sold real estate in Austin for 40 years then became a performance artist.....10 original one woman shows performed not only in Austin, but San Miguel, Winnipeg, and NYC. [RSVP here](#) for what is sure to be a fun time!



[here.](#)



Dominoes

Monday, September 11
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

Friday, September 15
at 11 am

After taking a break over the summer, we're happy to be back together this month for our virtual book club. Bring your own lunch and join us to review this month's book, *Demon Copperhead* by Barbara Kingsolver. You can [RSVP here](#).

Examining White Privilege

Virtual meeting
Tuesday, September 26
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, September 28
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](#).

From the Office



Welcome UT School of Social Work Intern Lindsey Conway

Lindsey is currently studying for a Master's in Social Work at the University of Texas and is excited to learn about the needs of aging populations. She has a background in communications, with a BA in Journalism from the University of Georgia. Her professional experiences range from reporting to management and direct social service work.

In her free time, she loves being outdoors, playing with her cat Nova, exploring Austin's food scene and playing games with friends. She hopes she might get to play a round of Dominoes with CCV members sometime soon!

Kendra Gives Back

Thank you to everyone who made purchases in-store and online during our fundraiser with Kendra Scott! The Kendra Gives Back event generated \$204 to support CCV programs benefiting village members.

Welcome New Members!

We are excited to welcome three new members to CCV. If you see them at any of our upcoming events, please make sure to give them a big hello!

Diane D. (78731)
Deborah D. (78757)

Marijane L. (78722)

Member and Volunteer Birthdays



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

Ginny F.
Teresa P.
Ellen W.
Carol C.
Clint W.
Gail G.
Diane D.
Deborah D.
Derrick W. (volunteer)
Vidhya R. (volunteer)

In the Community

**Awardees Selected for New Program to Create More
Affordable Housing in Austin**

[Read more here!](#)

Technology Question? Here's Who To Call

Rick C., our resident technology expert, wants to make sure you have the phone numbers you need if you are having a problem that can be solved by the company's support staff. Here are some of the most common companies and the phone numbers to call:

Amazon: 888-280-4331

Microsoft: 800-642-7676

Apple: 800-275-2273

Google: 650-253-0000

Meta (Facebook, Instagram): 650-543-4800

Visit the Capital City Village [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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CCV Website



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