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## CCV Newsletter: Keep Aging Weird, Fall Prevention and Stan on the Jumbotron!

1 message

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Wed, Nov 1, 2023 at 12:32 PM



### Latest News



## Raffle Tickets and Prizes Online Now!



## Keep Aging Weird Raffle Tickets Now Online!

We're excited for CCV's "Keep Aging Weird" Fundraiser Luncheon on November 9th at the Norris Conference Center, but you can get a jump on the fun by getting your raffle tickets now. Click below to see all of the amazing raffle prizes including a week stay in the beautiful city of San Miguel de Allende, private wine

tasting, a weekend getaway in the Hill Country, Kendra Scott jewelry, original artwork, a wellness package and much more! Tickets are \$10 each or three for \$25. Raffle tickets are available online to purchase through Tuesday, November 7th at 5 p.m. and at the event.

**Get Your Raffle Tickets Today!**



## CapMetro: Navigating Transportation in Austin

In October, CCV and the JCC hosted CapMetro for a presentation on all of the programs older Austinites can take advantage of through CapMetro. The presentation with all of their contact information can be viewed [here](#). You can watch the full presentation on [CCV's youtube channel](#).

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## Stan Brooks Honored at UT Game

Our very own Stan Brooks was honored for his service in the U.S. Army Air Forces in World War II at the UT vs. BYU football game on Saturday. [Read more](#) about Stan's service and his dedication to serving our country after the war by working in public schools.



Part II with  
Dr. Barbara Bergin

Reducing Bone  
& Joint Pain



## Dr. Barbara Bergin Part II

It was another hour packed with easy to use, practical information when Dr.



Barbara Bergin, Ret'd. visited CCV for Part II on Reducing Bone and Joint Pain. She focused on the lower body in Part II, specifically the hips, knees and feet. We learned that hiking poles are great for balance (and looking cool!) but not so good if you need to support your weight. Watch all of her great tips on [CCV's YouTube channel](#) here – [Part I](#) and [Part II](#).

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## Featured Events





**“The Power of Connections”**  
**KEEP AGING WEIRD**  
**“FUN”raiser Luncheon**

**Nov. 9 11:30 a.m.**  
NORRIS CONFERENCE CENTER



*Master of Ceremony*  
**JIM SPENCER**



*with Keynote Speakers*  
**KIM & MIKE BARNES**



*Music by*  
**DANNY BRITT**

Support Capital City Village’s programs and services at our 9th Annual Keep Aging Weird Funraiser. Join us to enjoy a fun luncheon with keynote speakers Kim and Mike Barnes, music by Danny Britt, a fabulous raffle and a dessert buffet!

**Join Us!**



**Fall Prevention with Baylor, Scott & White  
Third Wednesday BYOL  
St. Matthew's Episcopal Church  
Sanctuary Basement Room B-18/19  
Wednesday, November 15  
at 12 pm**

Rhonda Manor-Coombes, BSN, RN, TCRN, of Baylor Scott & White Health will discuss Fall Prevention at our November Bring Your Own Lunch meetup. Ms. Manor-Coombes is a Trauma Center Registered Nurse and her passion is emergency nursing. She is currently the Trauma Program Manager and Stroke Coordinator at BS&W Lakeway. She is also on the Board of Directors of the Texas EMS Trauma and Acute Care Foundation and was recognized as one of the 25 Outstanding Texas Nurses by the Texas Nurses Association.

**RSVP Today!**

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Capital City Village Office  
(512) 524-2709

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## Events



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

- Thursday, Nov. 2 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Thursday, Nov. 2 at 4:30 p.m. – [Happy Hour at La Mancha Tex Mex Tavern](#)
- Thursday, Nov. 9 at 11:30 a.m. – [Keep Aging Weird Fundraiser Luncheon](#)
- Monday, Nov. 13 at 6:45 p.m. – [Dominoes](#)

- Wednesday, Nov. 15 at 12 p.m. – [Third Wednesday Lunch: Fall Prevention](#)
- Thursday, Nov. 16 at 9:30 a.m. – [Virtual Coffee Hour](#)
- Friday, Nov. 17 at 11 a.m. – [Virtual Book Club](#)
- Sunday, Nov. 19 at 11 a.m. – [Third Sunday at Wheatsville South](#)
- Thursday and Friday, Nov. 23 and 24 – Office Closed: Happy Thanksgiving!
- Tuesday, Nov. 28 at 2 p.m. – [Examining White Privilege](#) – virtual
- Thursday, Nov. 30 at 9:30 a.m. – [Virtual Coffee Hour](#)
- **SAVE THE DATE!** – Saturday, Dec. 9 at 2 p.m. – CCV Holiday Party at the Neill-Cochran House Museum



### Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 a.m.

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am (1st, 3rd and last Thursday for November. November 2, 16 and 30 only). Bring your own coffee, snacks, and a good story or two.



### Virtual Book Club Friday, November 17 at 11 a.m.

[Join our](#) virtual book club online! Bring your own lunch and join with others to review this month's book, "Walking with Sam" by Andrew McCarthy.



### Happy Hour La Mancha Tex Mex Tavern 2203 Hancock Thursday, November 2 at 4:30 p.m.

[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.



### Third Sunday Wheatsville Coop South Sunday, November 19 at 11 a.m.

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](#).





## **Dominoes**

**Monday, November 13  
at 6:45 p.m.**

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.



## **Examining White Privilege**

**Virtual meeting  
Tuesday, November 28  
at 2 p.m.**

[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.

## **In Memory**

### **William Scott Blackwood** **April 26, 1965 – October 4, 2023**

To honor his memory and celebrate his life, a memorial service will be held on **Sunday, Nov. 5th, 4:00–9:00 PM at the Zilker Clubhouse in Austin, TX.** [\(map link\)](#) Readings and family remembrances will begin at 5:30 PM, with additional stories and music afterwards. Hors d'oeuvres from Loro and beer/wine/fizzy water will be served.

We will gather to remember Scott, share stories, and celebrate his impact – as a son, husband, father, brother, friend and mentor – on all of us. Here is [Scott's obituary](#). Please use this link to RSVP <https://www.eventbrite.com/e/scott-blackwoods-memorial-and-life-celebration-tickets-733969541657?aff=oddtcreator>.

## **From the Office**



Thanksgiving anyone? Please contact Johanna via text 512-524-2709 or [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org) if you will be dining alone on Thursday, November 23 for a small surprise delivered to your home.

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## CCV Awarded Top-Rated Nonprofit

CCV earned its fifth consecutive Top-Rated Award from Great Nonprofits. Thank you to all that participated in sharing your experiences! Read inspiring stories about CCV and add your own [here!](#)

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## Get Social With CCV!

If you are on social media, make sure you connect with us by following CCV on [Facebook](#), [Instagram](#), [NextDoor](#) or [YouTube](#). Get the latest news, event updates, event videos and photos of your CCV friends. Be sure to comment and like or ❤️ posts so we can reach more people!

## Member and Volunteer Birthdays



If you see any of these members or volunteers, wish them a Happy Birthday!

Robin A. (volunteer)  
Michael B. (volunteer)  
Phyllis Waddle (volunteer)  
Joan B.  
Eileen D.  
Susan G.  
Robert H.  
Allan L.  
Arnie O.  
Mollie S.  
Dudley Y.

## In the Community





## Your Recycling and Compost Questions Answered

Every week, Dena Houston receives questions about recycling and composting. She answers them personally and then includes the question and answer in her monthly newsletter [Lettuce Recycle](#). To sign up to receive her newsletter or to submit a recycling or composting question or comment, please email [denahouston3309@gmail.com](mailto:denahouston3309@gmail.com).

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

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