

November 2019 Newsletter New

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Office: 512-524-2709

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Joint Men's and Women's Lunch at Mimi's Cafe!



Wednesday, November 20, Mimi's Cafe, 10515 Mopac

OK, folks, it's back, by popular demand:

On Wednesday, November 20, 2019 CCV will hold a joint [Men's and Women's Lunch](#) meeting at Mimi's Cafe, 10515 N. Mopac, in the Arbor Walk shopping center. Mimi's is located at the very south end of the stores, at the turn-in from the Mopac feeder road (going north!).

We will meet at 12 noon. Lunch will be \$21 per person, which includes coffee/tea/lemonade/soda, tax and tip. We will order from a set menu of soup or salad plus a choice of four main dishes. Everyone will pay at the door on entering, so please bring

correct bills with you. No credit cards!

This month we will have an especially interesting presentation by Liby Beck, Jerry Dykstra and Tom McHorse on their visit to two unique bucket list favorites: the Galapagos Islands of Ecuador, and Machu Picchu, jewel of tourism in Peru.

So, we have a wonderful program for you! All you have to do is put the date, November 20th, on your calendars, and don't forget to bring your significant other.

You must let us know if you plan to attend. [Please RSVP here.](#)

Thanks,
Sue and Henry

Cataracts and Macular Degeneration



Belmont Village Senior Living, 4310 Bee Cave Rd **Sunday, November 17, 2-4pm**

Dr. Halsey "Happy" Settle will join us at Belmont Village Senior Living Sunday, November 17 from 2-4pm to share information on two of the most common eye problems of older adults - cataracts and macular degeneration.

Happy grew up in Corsicana, Texas and played football at Oklahoma State. After receiving his MD degree from UT Medical Branch, Galveston in 1971 while in the Navy Reserve he went on active duty as a Submarine Medical Officer from 1972-1976. After completion of his residency in San Diego he moved back to Corsicana to practice Ophthalmology from

1980 until moving his practice to Austin in 1999 where he continues to the present time. He enjoys traveling, jogging, playing golf and has been involved in the Travis County Medical society and the Texas Medical Association.

[RSVP here](#) for this informative program.

Village Events



Photo by LK Keeling

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

- Tuesday, Nov 5 - 9:30-10:30am [Coffee Klatch](#) at Austin Java, Manchaca (S)
- Thursday, Nov 7 - 4:30-6:30pm [Happy Hour](#) at LaMancha TexMex (NC)
- Monday, Nov 11 - Office Closed for Veteran's Day
- Monday, Nov 11 - 6:45-9pm [Dominoes](#) at a member home (NW)
- Wednesday, Nov 13 - [Movie Group](#) - Time and Venue TBD (NW)
- Thursday, Nov 14 - [2nd Cup](#) at Central Market N Lamar (NC)
- Sunday, Nov 17 - 2-4pm [The EYES of Texas - Cataracts and Macular Degeneration](#) at Belmont Village Senior Living (W)
- Wednesday, Nov 20 - 9:30-11am [Learn More About the Village](#) at a member home

- Wednesday, Nov 20 - 9:30-11am Learn More About the Village at a member home (NC)
- Sunday, Nov 24 - 2-3:30pm Grief and Loss During the Holidays at Austin Grief & Loss (NC)
- Thursday-Friday, Nov 28-29, Office closed for Thanksgiving

Save the Date:

- Sunday, Dec 1 - 4-6pm Celeb Salon - The Rise and Fall of Paramount Records at Neil Cochran House (Central)
- Sunday, Dec 8 - 3-5pm Holiday Party at Opal Divine's at Aiden Hotel (S)

Learn About the Village



The Community Outreach Committee cordially invites those interested in learning more about the Village to an informational coffee on Wednesday, November 20, 9:30-11am in North Central Austin.

Bring a friend and learn more about volunteering and Capital City Village membership in a relaxed and convivial member's home.

[RSVP here](#) and we'll send you the address.

The 5th Annual Keep Aging Weird Luncheon Was a Success - Thank You!





Our 5th annual Keep Aging Weird Luncheon was quite a success! Thanks to all members, volunteers, and sponsors who made it happen. And a complete round of applause to our most entertaining speaker Ken Herman, our MC and lifetime honorary member Jim Spencer, and our auctioneer TiWanna Kenny.

Check out our amazing sponsors and then take a look at the pictures below. Many thanks to [Deborah Reinhard Photography](#) for the excellent shots.



- Lew and Jeanne Little
- Sara and Dick Rathgeber
- Ken and Tracy Snodgrass and Paul and Kathy Spicer
- Sam and Beth Williams
- Tom and Kay McHorse



- Carol Carl and Friends
- Rick Cloud and Dell Gully
- Dave and Barbara Gamble and Dan and Phyllis Waddle
- Mart and Sue Hoffman
- Ed, Kevin and Paul McHorse





Interest Group News





ShortTakes needs a new coordinator. This monthly special interest program has met in homes and libraries and focuses on discussions of short videos, such as TED talks, or print articles. If you might be interested in helping this activity continue, please contact the [CCV office](#).

While we are locating a new coordinator, ShortTakes will be taking a break.

From Our Members

Crafting and Community with Jane

Ongoing Thursdays from 2:00 to 4:00 p.m.

The Austin Center for Grief & Loss, The Loewy Family Commons

2413 Greenlawn Pkwy, Austin

We invite you to join Jane as she “holds space” for those in our community who are grieving a loss. You are welcome to bring a craft, a book, knitting, coloring or only bring yourself. A variety of supplies will be available. No crafting is required, and you are welcome to join and “just be” with a safe and loving community.

Jane Lippmann is a retired Associate Dean for Academic Affairs in the College of Liberal Arts and Professor of French from the University of Texas. Since retirement Jane has pursued her love of knitting, enjoys exercise, volunteering, and traveling. (She is also a Capital City Village member.)

This event is an opportunity for our Austin grief community to come together in an experiential environment for a time of community and connection.

This community group is ongoing and is held each Thursday of the month from 2:00 - 4:00 p.m. No RSVP is required and there is no cost. Please feel free to bring a friend.

For more information email info@austingrief.org or call 512.472.7878.

Grief and Loss During the Holidays



**A Joint Program by Capital City Village and Austin
Grief & Loss, 2-3:30 Sunday, November 24
2413 Greenlawn Pkwy**

The holiday season can be long and lonely when we are grieving. Church, parties, shopping, family gatherings, all trigger precious memories that remind us of what we have lost. Often we are exhausted and feel guilty about ruining others' holiday spirit because we can not always put on a happy face.

This workshop is intended to help those who are grieving prepare for the coming holidays, learn coping skills and begin to use memories and special occasions to heal.

- Explore what the holidays will mean to you this year
- Discover how the holidays can help you heal and connect with the loved one you have lost
- Develop a holiday plan that will encourage your family to stay close
- Create strategies for dealing with the stress of the holidays as you grieve.

[RSVP here.](#)

**You Did It! We are Now Officially a 2019
Top-Rated Nonprofit!**





Thanks so Much to All of You Who Submitted Reviews!

Thanks to those of you who have shared your feedback on the [Great Nonprofits](#) site!

And if you haven't had the pleasure, [please write a review](#) of your experience with Capital City Village - we do appreciate it!

In The Community





Home for the Holidays

**Tuesday, November 12, 11:30am-1pm, Belmont Village
Senior Living, 4310 Bee Cave Rd**

SPEAKER: Maxine P. Vieyra Program Director, Alzheimer's Association Capital of Texas Maxine has over 20 years of experience in the non-profit sector. She has worked with the Area Agency on Aging, Leeza Gibbons Memory Foundation (Leeza's Place) and American Red Cross.

In her current role at the Alzheimer's Association, Maxine helps promote the resources available to families currently living with Alzheimer's disease and other forms of dementia. Alzheimer's and other forms of dementia cause changes in memory, thinking and behavior that interfere with daily life. As the holidays are fast approaching, join us to learn about 10 common warning signs of memory loss to watch for in yourself or a loved one. We will discuss practical tips to help minimize the holiday stress and adjust expectations so we can savor time with our families this season. Lunch will be served. RSVP to Jamie Smithson at 512-348-3318 or jsmithson@belmontvillage.com.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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