



Capital City Village <bonniegilson@capitalcityvillage.org>

We're Getting Ready to Go-Go!

1 message

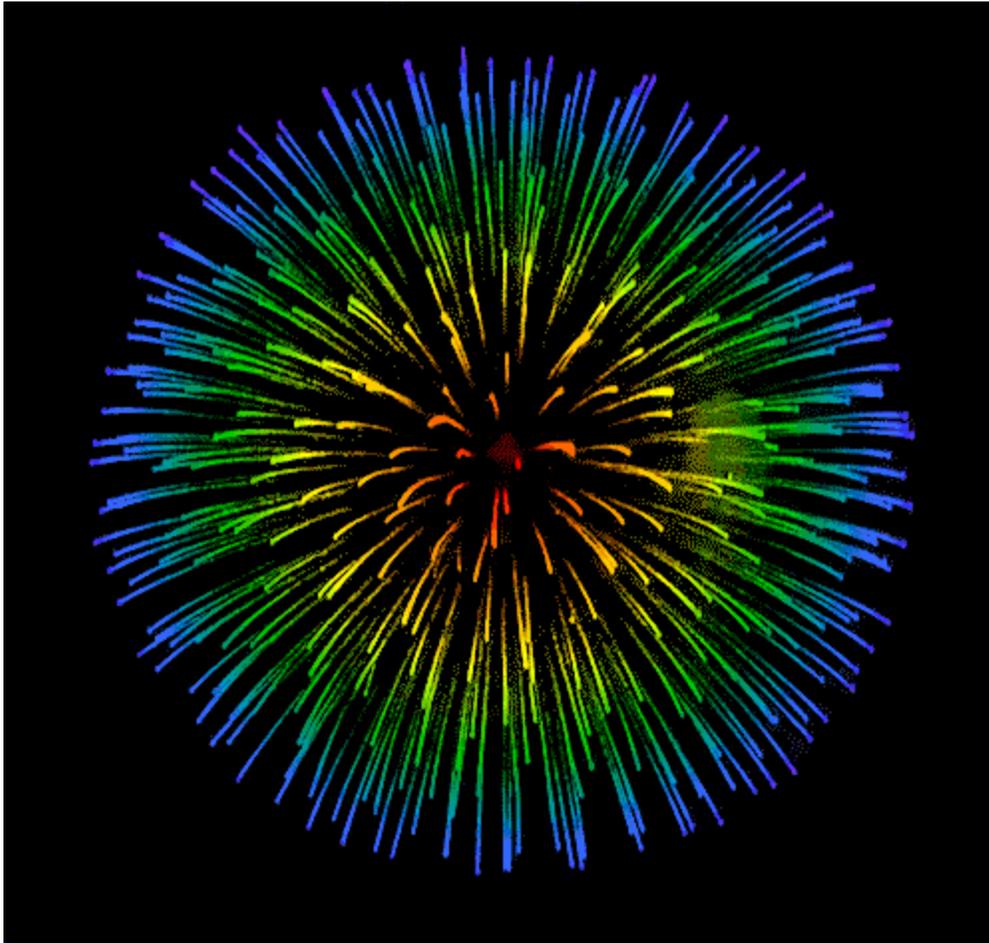
Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

Thu, Jul 1, 2021 at 10:00 AM

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July 1, 2021



Celebrating our Independence Since 2011!

Did you know that Capital City Village has helped seniors in Austin live independently at home for almost 10 years now? We'll be celebrating our 10th birthday in November, but since it's July let's celebrate our independence!

And speaking of independence, we're more than excited to announce [Coffee-a-Go-Go!](#) The monthly traveling coffee group will resume in-person gatherings Thursday, July 22 at 9:30 am at Mozart's on Lake Austin Blvd. If you're not quite ready don't worry – the virtual coffees will continue on all the other Thursdays of each month, with the live in-person coffee happening each 4th Thursday. *(For in-person events, we request that you either be vaccinated against COVID-19 or continue to wear a mask and socially distance.)*



Featured Event



Tom McHorse, M.D.

Being Mortal, A Review by Dr. Tom McHorse Sunday, July 11 at 2 pm

CCV's own Tom McHorse will present a summary, reflections, and Q&A on the book "Being Mortal" by Dr. Atul Gawande. Riveting, honest, and humane, "Being Mortal" shows that the ultimate goal is not a good death but a good life – all the way to the very end.

Tom will be joined by CCV member Peter Brady to facilitate the discussion. Bring your questions and observations to share! Note: you need not have read the book to participate. [Register in advance](#) to reserve your spot and receive the Zoom link information. (This is a virtual only presentation.)

Today's Newsletter Articles

These links will take you directly to each article:

["Being Mortal" Review by Dr. McHorse](#)

[Caregiver Conference](#)

[Celebrating our Independence](#)

[Coffee-a-Go-Go](#)

[Event Calendar](#)

[From our Members](#)

[Men's and Women's Lunch Featuring Dr. Desmar Walkes](#)

[Senior Activity Centers and PARD Reopening](#)

[The World into Words – Summer Writers Series Featuring Miles Harvey](#)

Village Event Calendar



June 17 Coffee Hour

Annette, Rick

LK, Ed and Arnie, Karen

Priscilla, Stan, Aralyn

Vivian

- Thursday, July 1 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, July 1 at 4:30 pm – [Virtual Happy Hour](#)
- Monday, July 5 – Office Closed for Independence Day
- Thursday, July 8 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, July 11 at 2 pm – ["Being Mortal" Review with Dr. Tom McHorse](#)
- Thursday, July 15 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, July 16 at 11 am – [Virtual Book Club](#)
- Wednesday, July 21 at 12 pm – [Men's and Women's Lunch Featuring Dr. Desmar Walkes](#)
- Thursday, July 22 at 9:30 am – [Coffee-a-Go-Go](#) at Mozart's
- Sunday, July 25 at 2 pm – [Summer Writers Series Featuring Miles Harvey](#)
- Wednesday, July 28 at 2 pm – [Poetry Group](#)
- Thursday, July 29 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date:

5th Annual CCV Golf Tournament, Saturday, Oct. 2nd at Riverside Golf Course, co-sponsored by Tarrytown United Methodist Church
Registration and sponsorship opportunities to be announced soon...!

And here's a reminder that you can watch our past programs on our [youtube channel](#) – we'd love for you to subscribe to it. You can also watch the programs [directly from our website](#).



**Men's and Women's Lunch Features Dr. Desmar Walkes
"What Vaccinated Seniors Can Safely Do in Their Everyday Lives"
Wednesday, July 21 at Noon**

The risk of the Covid-19 pandemic is significantly less with public health measures and most seniors vaccinated. However, seniors are a special health risk with our multiple diseases and age related changes to our immune system. The Medical Director of Austin Public Health Authority, Dr. Desmar Walkes, will discuss "What Vaccinated Seniors Can Safely Do In Their Everyday Lives".

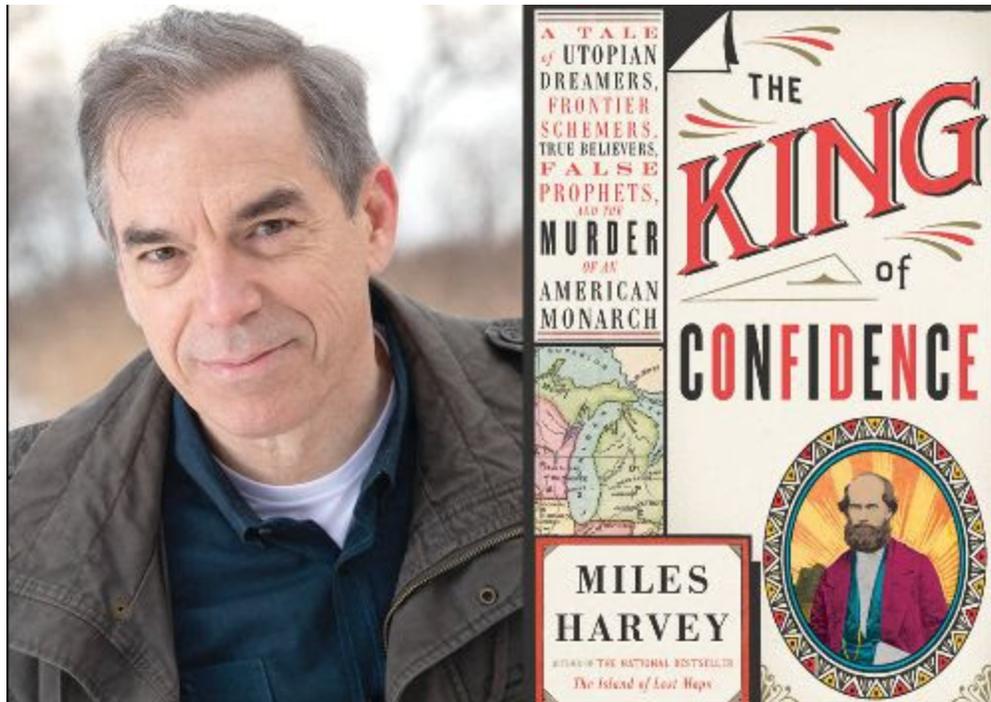
In addition to her lecture, there will be time for questions. This is a well timed opportunity to find answers we seniors cannot easily find on our own. [RSVP to receive the zoom link](#) in the confirmation email and again in the reminder email. (This is a virtual only presentation.)

[Read More](#)

The World Into Words – Summer Writers Series

Capital City Village is pleased to introduce author #3 of our Summer

Writers Series. These programs are being presented online so we can bring you writers from lots of locations.



Miles Harvey
Sunday, July 25 at 2 pm

Capital City Village welcomes author and journalist [Miles Harvey](#) for the next installment of our Summer Writers Series. Miles is the author of three historical non-fiction books and editor of two creative non-fiction works. He teaches creative writing at DePaul University in Chicago, where he is a founding editor of Big Shoulders Books and director of the DePaul Publishing Institute.

[Register in advance](#) to reserve your spot and receive the Zoom link for the presentation.

[Read More](#) _



Member and Volunteer July Birthdays

If you see one of these people, remind them to enjoy their birthday to its fullest!

- Natalie L (Volunteer), 78752
- Beth W, 78731
- Peter B, 78746
- Scott B, 78731
- John K (Volunteer), 78746
- Megan B, 78757
- Pris M, 78731
- Henry M (Volunteer), 78731

From Our Members

Thanks for the Help!

Thank you CCV for the wonderful volunteers who are helping me be able to enjoy living alone in my nature setting I love. And thanks to the group who washed my 10-foot windows recently. As I type this I have been watching little birds bathing in the shallow bowl and cardinals drinking from the bird bath on legs while others are flitting back and forth to the hanging feeders. Much more peaceful than watching TV!

CCV Volunteer and Member, 78731

IRS Scam

I have gotten all the known scams via phone land line and cell, email and Facebook. I've gotten 2 phone calls with IRS scam, a new one to me. I was blocking call on land line when I heard part of it. The person claimed to have been assigned to me, and says she was assigned by the "state." The number used was 1-844.873.0123. Call today was to cell, no 1 plus and no voice mail.

Whitepages.com reports the number as a "low risk scam" number, but I'm aware scammers use random "good numbers." Unusual that 2nd call used same number.

LK, Volunteer and Member, 78759

In the Community



CITY OF AUSTIN
SENIOR ACTIVITY CENTERS

RE-OPENING

MONDAY, JUNE 21ST

LIMITED PROGRAMS ONLY

We are excited to announce that the center will be re-opening June 21, 2021. Pre-registration will be required for all available programs. We will be adhering to COVID-19 protocols to ensure participant safety and masks are recommended to be worn at all times. More details and information to come in the next few weeks. We are excited to see you all again!



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.





RE-OPENING!

PARD SENIOR TRANSPORTATION

We are excited to announce the re-opening of the City of Austin's Parks & Recreation Senior Transportation! We know it has been a long time of persisting through this pandemic, but we are grateful to have the opportunity to open back up to assist you with your transportation needs. As of now we are assisting with transportation for personal errands and medical appointments for registered patrons.

We hope this is just the beginning of safe steps in coming back to a form of normalcy and are excited to see you all again very soon.

512-974-1464



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Striking a Balance

CAREGIVER CONFERENCE

CELEBRATING 20 YEARS!

August 17–19, 2021

With Luncheon Saturday, August 21 featuring Chet Garner of "Daytripper"

This year marks the 20th anniversary of the annual Striking a Balance Caregiver Conference – the largest, longest-run free caregiver conference in Central Texas, co-hosted by AGE of Central Texas and the Area Agency on Aging of the Capital Area. [Click here to register.](#)

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.



[Read More](#)



Visit our [website](#) for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) – call us if you need us!



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