

# May 2019 Newsletter

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## Celeb Salons Returns with Danny Britt

Join Village members, volunteers and friends Sunday May 19 from 4-6pm for our popular [Celeb Salons](#) series. In May we feature Austin musician and storyteller Danny Britt at Mort Subite, 308 Congress Ave. [Registration](#) includes refreshments and a drink.

Danny Britt was born and raised in Kentucky, where he learned to play anything from bluegrass country to classical music and rock 'n roll. He's lived in Texas since 1980. In the eighties he was Jerry Jeff Walker's tour manager for a couple of years. After that he became a singer/songwriter in his own right, with three beautiful solo CD's so far.

[Take a look and listen here.](#)

OK, here's something new. [Let us know if you like it.](#) To go to an article without scrolling, just click the link to it to skip there:

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## Village Events





Photo by Tom Knutsen

## May Events

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

- Thursday, May 2 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex (N. Central)
- Sunday, May 5 - 2-4pm - [iPhone Basics](#) at AGE Building (Central). *See article below.*
- Tuesday, May 7 - 9:30-10:30am - [Coffee Klatch](#) at Austin Java Manchaca (new location South)
- Thursday, May 9 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
- Saturday, May 11 - 2-4pm - [WEST Weaver's Tour](#) on Benbrook Dr (NW). *See article below.*
- Monday, May 13 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, May 14 - 10am-12pm - [ShortTakes](#) at Manchaca Library (South)
- Wednesday, May 15 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central)
- Thursday, May 16 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatsville S. Lamar
- Friday, May 17 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Sunday, May 19 - 4-6pm - [Celeb Salons presents Danny Britt](#) at Mort Subite (Central). *See feature article.*
- Wednesday, May 22 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central)
- Thursday, May 23 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Location TBD
- Tuesday, May 28 - 10am-12pm - [Managing Mindfulness](#) at a member home (South). *See article below.*

**Get Your Tech Help Here - Just a Few Spots Left!**

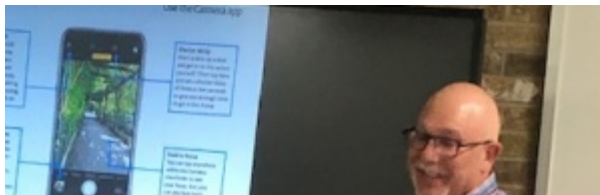




Photo by Tom McHorse

## **Cyber Seniors iPhone Class Back by Popular Demand!**

**2-4pm Sunday, May 5**  
**St. David's Room, AGE Building, 3710 Cedar St**

iPhone users – you asked for another session of the "Cyber Seniors" series – it's almost here and there are only a few spots left in this limited-number class. This will be a small (10 or less) group setting with hands-on training and handouts. You MUST RSVP for this event.

This seminar will be "iPhone Basics". This is for Apple iPhone (NOT iPad, Android or other smartphone/tablet) users at this time.

Details:

- RSVP (Required)
- Apple iPhone 5,6,7,8,10/X – bring iPhone with charging cable just in case
- Must know your login password
- Updated to the latest version of IOS: Version 12.1 is latest as of 12/2/18

NOTE: to check the version you are on - touch: Settings, then General, then About – the Version is shown about halfway down the list.

If it does NOT show 12.1 or later, you can update by going back to General,

then Software Update and follow the prompts.

If you are NOT comfortable doing this or have problems, contact Bonnie at [bonniegilson@capitalcityvillage.org](mailto:bonniegilson@capitalcityvillage.org) and someone will assist you in updating, but this must be done before the seminar.

## In Memoriam



It is with sadness that we share the news that Allan Ferguson died April 9, 2019. Long-time members will remember Allan, who was Scottish, and came first to Minnesota and then to Texas with 3M. Allan had experienced health challenges during the last few years. He leaves a wife, Ann, their three children, and several grandchildren. There will be no memorial service However a family gathering is being planned.

The Board, staff, members and volunteers of Capital City Village extend their heartfelt sympathies to Ann and the Ferguson family.

## Board of Directors







## CCV Welcomes New Board Member Pam Farley

Capital City Village welcomes our newest Board member Pam Farley. Pam and her husband Joe have been Village members since 2016, and they've been instrumental in CCV's growth in South Austin.

Pam arrived in Texas after meeting her Peace Corps volunteer husband in Kenya. She had trained and worked in Liverpool England as an occupational therapist and was assigned through Voluntary Services Overseas to open the first occupational therapy training program in Kenya. Pam Americanized herself by completing a bachelor's degree in liberal studies from St. Edward's University and a master's degree in Allied Health Science from Texas State University. Prior to retirement, she directed local and statewide physical rehabilitation and respite care programs and assisted in the development of policy. Other interests include fiber arts, reading and swimming.

## From Our Members





## Can You Tell Which of These Two “Mindfulness Meetings” Was More Successful?

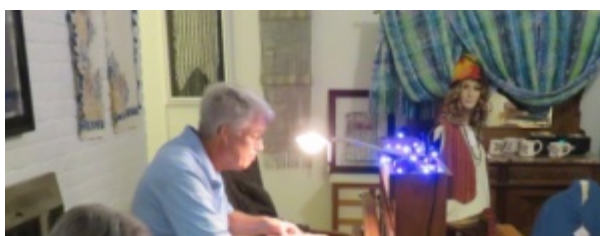
We’ve had MANY “[Managing Mindfulness](#)” meetings of varying sizes over the more than two years we’ve been meeting! One time we had TWELVE people attend and another time we had FOUR people!

Which meeting was more successful? From a mindfulness perspective, it all depends on what “story” we tell ourselves and how our culture influences our “made-up story” which always seems, of course, “true and obvious” because it’s “our” story :)

Our Managing Mindfulness meetings are all about calming our “judging mind,” our “inner critic,” our “restless mind” that’s constantly coming up with “what-if’s” and “if-only’s” - and, instead, allowing ourselves just to see and experience what is right in front of us - without judging it - without making up a “story” about it.

Which meeting was more successful? There is much about our culture that would say the answer is obvious! Others would say there is no way to know, and that each person attending will have had a very individualistic experience that might have seemed profound or mundane - or, maybe that person simply had an opportunity to observe and enjoy and be present with others - all of us wanting to be more present to what life offers.

[Join the group](#) this month on Tuesday, May 28 from 10am-12pm to see for yourself. You don't have to RSVP, but if you do we'll send you the address.





## Fiber Arts Gallery on WEST Austin Studio Tour

The Weavers and Spinners Society of Austin turns the home of a CCV member into an art gallery during the [WEST Austin Studio Tour](#). On Saturday, May 11, 2019, 2:00-4:00 pm, Mickey Stam will show us around the group show, which includes weaving, spinning, and dyeing demonstrations, an exhibit of textured art yarns, guild members selling their work, and a garage sale of excess equipment, books, and yarn.

The “official” tour starts at 2:00 pm, but you are welcome to come at anytime during WEST, May 11-12 and May 18-19, 11:00 am-6:00 pm. While there is street parking, Mickey’s house (2802 Benbrook Drive, Austin) is only a couple of blocks from the Metro 3 bus stop on Burnet and Rockwood and 1/3 mile walk from the 803 stop. Let her know ([mickeystam@gmail.com](mailto:mickeystam@gmail.com)) if you would like someone to pick you up at the bus stop.

## Shop for Mom and Help the Village

When you shop for Mother's Day gifts at [smile.amazon.com/ch/27-0539952](https://smile.amazon.com/ch/27-0539952), AmazonSmile donates to Capital City Village.

Make an impact this Mother's Day





Find the perfect gift at  
**smile.amazon.com** and  
Amazon donates.

You shop. Amazon donates.  
**amazonsmile**



## In the Community



# CAMP MERAKI

## A Summer Camp Experience for Kids 60+

Get outdoors! Make new friends! Learn new skills & laugh a lot!

Activities include: canoeing, archery, campfire, team-building, sing-alongs, lunch, snacks and water provided. Join Camp Meraki for Summer Camp Day May 8th, 8:30am - 4:30pm.

[Registration deadline May 1st.](#)

John Knox Ranch - Wimberley, Texas

\$100 includes activities, snacks and lunch

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## **Tickets are Now on Sale for "Iolanthe"**

Gilbert & Sullivan Austin presents as its 2019 Summer Grand Production "Iolanthe; or, The Peer and the Peri." Nine performances will be performed at the Worley Barton Theater at Brentwood Christian School, June 13-23. "Iolanthe" is a fanciful comedy that presents a topsy-turvy love story involving fairies and members of the House of Lords. [Tickets \\$8 to \\$27 available here.](#)

And at no charge, a preview of many of the songs from "Iolanthe" at "Iolanthe's Fractured Fairy Tales"

Sunday, May 19 at 2:00pm

Gilbert & Sullivan Austin presents an original production of a delightfully twisted fairy fable along with fantastic music. Hear selections from "Iolanthe" starring the outstanding cast that will perform in our June Grand Production. Romance, suspense, and comedy will provide an enchanted afternoon of entertainment.

Written and Directed by Janette Jones. Jeanne Sasaki is accompanist.





Jewish Community Center  
7300 Hart Lane

Co-sponsored by Shalom Austin Jewish Community Center

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## OLDER AMERICANS MONTH



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**CONNECT, CREATE, CONTRIBUTE MAY 2019**

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

[Their web page](#) will include suggestions, resources, and material to celebrate older Americans and the communities of which they are a vital part. Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for

everyone can participate. We encourage you to connect, create, and contribute to stronger and more diverse communities this May, and throughout the year.

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3710 Cedar St, Suite 283, Austin, TX 78705

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