



Capital City Village <bonniegilson@capitalcityvillage.org>

Here's Our November Newsletter

1 message

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Mon, Nov 1, 2021 at 9:59 AM

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Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

November 1, 2021



Ten Years – We Can't Believe it! Our Birthday Party and 7th Annual "Keep Aging Weird" is November 10

[The big party is Wednesday, November 10.](#) Our keynote speaker is Libby Doggett, Assistant Secretary for Policy and Learning, U.S. Department of Education.



It is planned to be an in-person and virtual event (you'll have a choice). [You can purchase your ticket for the in-person event at the Norris Center here.](#) If you choose to attend virtually, watch for us to send links for YouTube and Facebook prior to the event. [Raffle items](#) will include:

- Survival Kit and Gift Cards
- Ascot Original Cheshire Picnic Basket
- An Electronic Bundle
- Kendra Scott Jewelry
- An "Outdoor Bundle"
- Pastel Pet Portrait by Jeri Campbell
- Pickle Ball
- Sikara Wine Tasting and Gifts
- Spanish Tapas Party Basket
- 1-week stay at 3-bedroom vacation home in San Miguel de Allende
- Boquillas Canyon painting by Randy Goss

[You can get your KAW tickets here.](#) [Raffle tickets and complete descriptions of the raffle items are available here.](#)

Featured Events



"Let's Keep Moving!" with Dr. Edward Coyle **Wednesday, November 17 at Noon**

Our speaker at the November 17 joint, virtual lunch meeting will be Dr. Edward Coyle, PhD, Professor, Department of Kinesiology and Health Education in the College of Education at UT/Austin. The meeting will begin at 12:00 noon.

As Director of the department's Human Performance Laboratory, in his recent research Dr. Coyle investigates the effects of prolonged sitting and the amount of exercise needed to counteract the negative health consequences of daily sedentary behavior. In other words, a hugely important subject for all of us "of a certain age".....

[To read more and/or RSVP for this program, click here.](#)

Today's Newsletter Articles

These links will take you directly to each article:

[AGE to Host "She Thrives"](#)

[Birthdays](#)

[Book Club](#)

[CCV is Once Again a Great Nonprofit](#)

[Event Calendar](#)

[From our Members](#)

[Keep Aging Weird](#)

[KAW Sponsors](#)

[Men's and Women's Lunch Presents Dr. Edward Coyle](#)

Village Event Calendar



October 22 Coach Ogden Presentation

Jacquie and Peter

(All Events are being conducted virtually, unless noted otherwise.)

- Thursday, Nov 4 at 9:30 am - [Virtual Coffee Hour](#)
- Thursday, Nov 4 at 4:30 pm - [Virtual Happy Hour](#)
- Wednesday, Nov 10 at 11:30 am - [Keep Aging Weird - CCV's 10th Birthday Party](#) featuring Libby Doggett (in-person or virtual options)
- Thursday, Nov 11 at 9:30 am - [Virtual Coffee Hour](#)
- Thursday, Nov 11 Office Closed for Veteran's Day
- Monday, Nov 15 at 10 am - [Virtual Volunteer Orientation](#)
- Wednesday, Nov 17 at 12 pm - [Men's and Women's Lunch](#) featuring Dr. Edward Coyle

- Thursday, Nov 18 at 9:30 am - [Virtual Coffee Hour](#)
- Friday, Nov 19 at 11 am - [Book Club](#)
- Wednesday, Nov 24 at 2 pm - [Poetry Group](#)
- Thursday, Nov 25 at 9:30 am - [Virtual Coffee Hour](#)
- Thursday, Nov 25 - Office Closed for Thanksgiving
- Friday, Nov 26 - Office Closed for Native American Heritage Day

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](#).

Many Thanks to our Birthday Party Sponsors!

Cake, Ice Cream, Sprinkles & Chocolate Sauce



Jeanne & Lew Little
Sara and Dick Rathgeber
Sam & Beth Williams



Dr. Tom & Kay McHorse
Paul & Kathy Spicer with Ken &
Tracy Snodgrass

Cake, Ice Cream & Sprinkles



BELMONT *Village* SENIOR LIVING

**Carl & Libby Beck with David & Barbara Gamble
Rick Cloud & Dell Gully
Mart & Sue Hoffman
Ed, Kevin & Paul McHorse
Westwood Tennis Friends
Caryl Yontz and Friends**

Cake & Ice Cream



Scott Blech

Neil Crump & Sally Van Sickle with Drew & Emy Lou Sawyer

Additional Supporters



William Olsen of Asset Strategies LLC

Shell Foundation | 



Capital City Village is Once Again a Top-Rated Nonprofit!

Capital City Village has been named a "2021 Top-Rated Nonprofit" by GreatNonprofits, the leading website for community recommendations of charities and nonprofits.

CCV helps seniors age in their own homes and communities. The Top-Rated Nonprofit Award is based on the rating and number of reviews that CCV received from volunteers, donors and members. A member wrote: "Effective leadership and willing member volunteers speak volumes for the Village's success, along with the diverse programs wonderful in person, and now well adapted to virtual."

"Capital City Village is a great example of a nonprofit making a real difference in their community," said Perla Ni, CEO of GreatNonprofits, "Their award is well-deserved recognition not only of their work, but the tremendous support they receive, as shown by the many outstanding reviews they have received from people who have direct experience working with them."



Member and Volunteer Birthdays

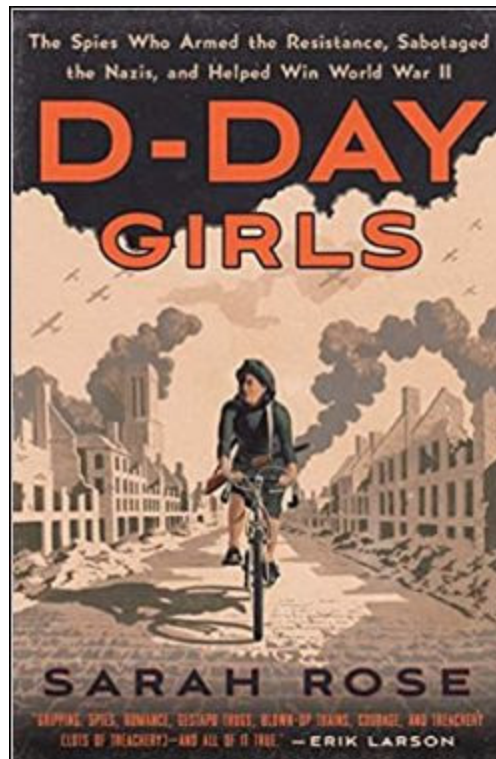
Wish these members and volunteers a happy birthday this month!

Members

Joan B
Morris D
Susan G
Robert H
Helen H
Ronald J
Melanie L
Allan L
Arnie O

Volunteers

Michael B
Kate M
Phyllis W



Book Club to Feature "D-Day Girls" by Sarah Rose Friday, November 19 at 11 am

Join the [CCV Book Club](#) online for a review of "D-Day Girls: The Spies Who Armed the Resistance, Sabotaged the Nazis, and Helped Win World War II" by Sara Rose.

From Our Members



TEXAS
The University of Texas at Austin



Is Anyone Attending OLLI?

We have a member who is enrolled in OLLI and needs rides. Check in with our Volunteer Director at (512) 468-5594 if you can help.

In the Community



AGE of Central Texas to Host Inaugural She Thrives: The Art of Aging Event

AGE of Central Texas will host the first annual “She Thrives: The Art of Aging” (She Thrives) events on November 9 and November 11.

She Thrives will be a virtual and in-person event dedicated to equipping women of all ages and backgrounds with resources, information, and support on matters related to mental health and wellness, aging and caregiving, and financial and legal health. The event will include a half day summit presented by the St. David’s Foundation and a corresponding fundraising dinner presented by H-E-B Texas Grocery.

[For tickets and additional information, click here.](#)



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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