

Mid-June 2019 Newsletter

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Happy Father's Day to all you Dads out there!



Celeb Salons Features Popular Austin Columnist Michael Barnes

Sunday, June 30, 4-6pm at Mort Subite, 308 Congress

Capital City Village is proud to present the continuation of our popular program series

[Celeb Salons](#) - exclusive, up-close gatherings with some of Austin's local notables. Our next guest is Michael Barnes, who writes about the city's people, places, culture and history for the *Austin American Statesman*. In his recently published book, "Indelible Austin: Selected Histories" (Waterloo Press), Michael links old Austin to new Austin, bringing the past into the present. Michael is a native Texan who earned his Ph.D. from the University of Texas at Austin.

You're invited to join us to hear Michael speak about his career in Austin journalism, covering scores of important news and community developments in recent decades. We'll also hear more about current trends affecting quality of life here in central Texas. Members, volunteers and friends of CCV are welcomed!

Celeb Salons are hosted at Mort Subite, the first authentic Belgian-style pub in the U.S. There is free street parking on Sundays, fully-accessible drop-off at the back entrance from the alley behind the pub. [Registration](#) includes one drink and light bites, as well as a tax-deductible donation to Capital City Village.

Village Events



Photo by Tom Knutsen

June Events

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

- Wednesday June 19 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (NC)

- Wednesday, June 19 - 7-8pm - [Women's Lunch](#) at Andiamo Ristorante (NE)
- Wednesday, June 19 - 7-8pm - [Capital City Village Community Presentation](#) at All Saints Presbyterian Church (SW). *See article below.*
- Thursday, June 20 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Friday, June 21 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Friday, June 21 - 3:30-6pm - [Movie Group](#) at Regal Gateway (NW)
- Tuesday, June 25 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, June 26 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central)
- Wednesday, June 26 - 2-4:30pm - [Senior Resource Fair](#) at S. Austin Senior Activity Center. *See article below.*
- Thursday, June 27 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Revival Coffee (E). *See article below.*
- Sunday, June 30 - 4-5:30pm - [Celeb Salons with Michael Barnes](#) at Mort Subite (Central). *See feature article.*

Save the Date:

- Saturday, Sept 28 - 8:30am-1pm - [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E)
- Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC)



Capital City Village Community Presentation

[Wednesday, June 19 at 7pm in Southwest Austin](#)

Please invite anyone you know who might, should or could be a Village member! Join us to learn more about the many benefits of the friendly and supportive "village model" whereby neighbors help neighbors age with grace and dignity in their own homes and communities. A brief presentation will be followed by Q&A.

The meeting will be hosted by All Saints Presbyterian Church, 7808 Rialto Blvd in

southwest Austin.



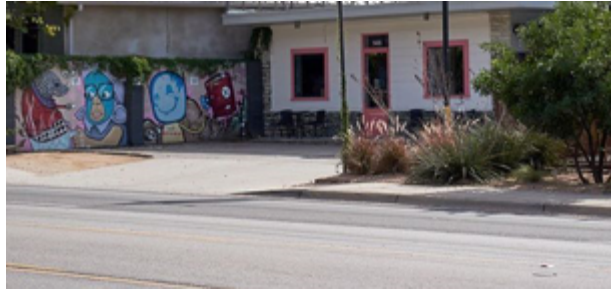
Senior Resource Fair Hosted by Capital City Village, Drive A Senior, and the South Austin AARP Chapter

[Wednesday, June 26 at 2pm in South Austin](#)

Join Capital City Village, Drive A Senior, and the South Austin AARP Chapter for an open house featuring a senior-friendly program and information about volunteer opportunities and supportive services in the community.

Light refreshments will be served. [RSVP here](#) or just show up from 2-4:30pm Wednesday, June 26 at the South Austin Senior Activity Center, 3911 Manchaca Rd.





Coffee, Caffeine and Conversation Group Tries Out a New Place!

Thursday, June 27, 9:30-10:30am at Revival Coffee

Join the roving band of coffee lovers on the fourth Thursday of every month for [Coffee, Caffeine and Conversation](#). No RSVP required - just stop in for great coffee, snacks and conversation.

In June we're headed to a new East Austin destination ... women owned, locally sourced ... Revival Coffee (how about Lavender Latte!) ... right across from Huston-Tillotson on East 7th ... join us for a new adventure! 1405 E. 7th St – parking lot and street parking.

From Revival's website: "Nestled in the heart of East Austin, Revival aims to create an inviting atmosphere that joins good coffee and good people. We strive to exude true southern hospitality. Our team plays the dual role of barista and local tour guide, happily sharing their favorite places around town to anyone who asks."

In the Community



Peaches! Come and Get 'Em

The local Kiwanis International chapter will be delivering Texas peaches on June 29, 2019. For over three decades the club has supported community projects with summer peach sales. The peaches make great gifts to share with family, neighbors or friends. Kiwanis stands behind the product - money refunded if not satisfied.

Order your peaches by Friday, June 21. Pick them up on Saturday, June 29, 8:30am to 12 noon. They may be picked up at the Anderson High School parking lot, near Mesa and Steck.

The peaches are \$45 for a 22+ pound box. To order them online, click here.



Upcoming Programs at Shalom Austin

June 21 - Quarterly Shabbat Lunch with Rabbi Amy Cohen, 11:30 am. JCC Room 150D. Join us as we welcome Shabbat and celebrate Summer birthdays. This month's program will be led by Rabbi Amy Cohen of Congregation Beth Shalom. \$7 suggested donation for lunch. Reservations Required.

June 28 - Café Au Lit Book Club, 11:30 am, JCC Room 150D. A monthly discussion of your latest and favorite reads. Each participant will be given time to discuss a book they have read and critique it. Books can be any type.

Special July Save the Date - Tai Chi Level 1 class beginning in July. New Level 1 session will begin July 2. Are you interested in Tai Chi but hesitant to take a conventional group class? In TLC Tai Chi, special attention is focused on adapting Tai Chi forms to your needs and challenges. Participants can join the class at the beginning of each quarter and are asked to commit to at least one class per week for 12 consecutive weeks if possible. Class meets 9-9:50am Tuesdays and Fridays. Cost: \$30 per month or \$75 for 3 months. Please RSVP to Annie Skelton at Annie.Skelton@shalomaustin.org.

Free Caregiver Seminar



I'm a Caregiver: Now What?

AGE of Central Texas caregiving expert Lori Hill will discuss useful information for family caregivers about what to do early in the caregiving journey, along with the importance of self-care, and different options available for respite care.

Saturday, June 29 | 10:00 am to 12:00 pm
Onion Creek Senior Center in Buda

[Find out more about the workshop and register here.](#)



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