

# Mid-December 2019 Newsletter

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)



Office: 512-524-2709

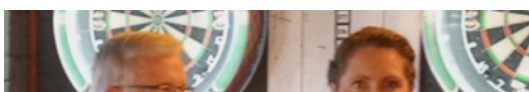
Member Services: 512-468-5594

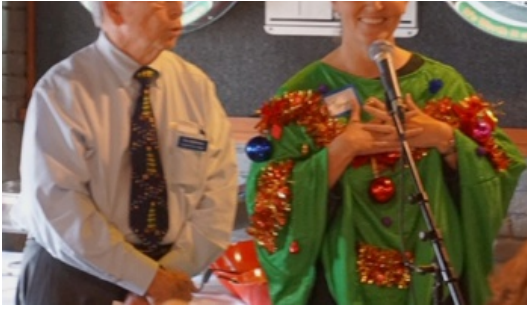


## May this Holiday Season Find You Surrounded With Love!

Capital City Village was started in 2011 by a group of volunteers who found pleasure in each other's company and wanted to grow old together. Those volunteers are still working faithfully toward the mission they created, to create a community of members, volunteers and services to provide participating seniors the help and information they need to successfully age in place.

Village founders, members, volunteers and staff join together to wish you the best holiday season ever! As we move toward 2020, our wish is to continue to help as many as possible to age well at home and in community! Join us at one of our many [events](#) and discover the best of the [Village Movement](#), right here in Austin, Texas.





Many thanks to Board member Tom Knutsen for photography throughout the year, and for these shots of Board President Tom McHorse, Executive Director Tommi Ferguson, Volunteer Director Johanna Mandel, and all-around-fun-guy and Village member Joe Farley.

## Village Events



**Meet "Sam and Dave".**

**Photo by Tom Knutsen**

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

- Wednesday, Dec 18 - 12-1pm Men's Lunch at Andiamo Ristorante (NC). *See interest group article below.*
- Thursday, Dec 19 - 11am-12pm Lunch & Laughter at Panera Bread W. Wm Cannon (S)
- Friday, Dec 20 - 11am-12:30pm Book Club Social at a member home (NW). *See interest group article below.*
- Tuesday-Wednesday, Dec 24-25, Office closed for Christmas
- Wednesday, Jan 1, Office closed for New Year's Day

**Save the Date:**

- Monday, Feb 24 - Annual Member Meeting (Time and Location TBA)
- Thursday-Friday, Mar 5-6 - Amplify Austin 2020

Welcome to new members Lauren I from 78745 and Sally VS and Neil C from 78703

## Interest Group News



## Book Club Social Friday, December 20 11-12:30 - And The Next Three Books

At our meeting Friday, October 18<sup>th</sup>, members in attendance chose our next three books to read. November's book was "The Ragged Edge of Night" by Olivia Hawker.

We agreed that, once again, December's meeting will be a social gathering. So come for potluck and stimulating conversation. RSVPs aren't required if you know the address, but if you don't know where it's held, RSVP here and we'll send the address to you.

Our new list:

December: Social Gathering

January: "Before We Were Yours," by Lisa Wingate

February: "The Accidental President," by A.J. Baime





## Men's Lunch - "Eating, Drinking and Hiking Through Munich and the Algau"

The men meet every third Wednesday at noon for lunch and conversation at Andiamo Ristorante, 2521 Rutland Dr.

Join them December 18 when Henry McCown will present "Eating, Drinking and Hiking through Munich and the Algau with Family and Friends". Lunch is \$22/person. Please RSVP so they'll know to expect you.



## Managing Mindfulness - New Date Starts in 2020 Tuesday, January 14, 2020, 10am-12pm

Starting in 2020, Managing Mindfulness will be held every second Tuesday at 10am at a member home. If you already know the address, no RSVP is needed. If you aren't familiar with the venue but would like to give it a try, just RSVP here and we'll send you the address.

Our Managing Mindfulness meetings are real talk/discussion about the difficulties in modern life with being mindful and aware of each moment. It's too easy to be "in our heads" going over and over the past or the future, rather than simply experiencing where we are right now. Our meetings are all about sharing our successes and challenges as we try to *be here now!*

## In the Community



## Programs at Shalom Austin

**December 17 - Armchair Astronomy 11:00 a.m.**

Join astronomer Ken Van Lew for a talk about our universe. This month's topic is Apollo 11: Fifty Years Later. Meets in JCC room 150C. \$3 donation collected at the door.

**Upcoming in January-Save the Dates:**

**January 8; 15; 22; 29- Mah Jongg Tutorial-1:00pm-3:00pm**

Interested in learning Mah Jongg, or already know how to play but looking to learn strategies and polish your game? Sign up for our month long crash course in Mah Jongg. Taught by Mah Jongg maven Sandra Freed. Meets in room 150C. Free to attend.

**Tuesdays and Fridays-TLC Tai Chi for Beginners- 9:00am-10:00am**

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. Classes taught by Julie Wylie and Susan Lu. Meets in JCC Room 150D. \$30/mo. or \$75 for 3 mo.

Please direct any program questions and RSVPs to Annie Skelton, Program Coordinator, at [Annie.Skelton@shalomaustin.org](mailto:Annie.Skelton@shalomaustin.org).



---

**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

---

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 3710 Cedar St · Ste 283 · Austin, TX 78705 · USA

