FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

10b5-1(c). See Instr	uction 10.							
1. Name and Address of Reporting Person*  SAMPLE JOHN G JR			2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>CAPITAL CITY BANK GROUP INC</u> [ CCBG ]		ationship of Reporting Person(s) to Issuer k all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/30/2023		Director Officer (give title below)	10% Owner Other (specify below)		
3431 CEDAR HAMMOCK VIEW CT  (Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Li     X Form filed by One Reporting Person     Form filed by More than One Reporting Person				
FORT MYERS	FL	33905			, o mod by more train or	io nopoliting i dicon		
(City)	(State)	(Zip)						

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ZA. Deemed 3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	11/30/2023		A		42(1)	A	\$0.00	26,247	D	

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

-1	1. Title of	2.	3. Transaction	3A. Deemed	4. 5. Number of		ber of	6. Date Exercisable and		7. Title and Amount of		8. Price of	9. Number of	10.	11. Nature	1	
-1	Derivative	Conversion	Date	Execution Date,	Transaction		Derivative		Expiration Date		Securities Underlying		Derivative	derivative	Ownership	of Indirect	1
-1	Security (Instr. 3)	or Exercise	(Month/Day/Year)	if any	Code (Instr.		Securities		(Month/Day/Year)		Derivative Security		Security	Securities	Form:	Beneficial	ı
- 1		Price of		(Month/Day/Year)	8) Acquired (A)		1		(Instr. 3 and 4)		(Instr. 5)	Beneficially	Direct (D)	Ownership	ı		
-1		Derivative			or Disposed of		or Disposed of				Owned	or Indirect	(Instr. 4)	L			
- 1		Security			(D) (Instr. 3, 4					Following	(I) (Instr. 4)		1				
- 1					and 5)		and 5)					Reported			1		
- 1														Transaction(s)			1
- 1						l						Amount		(Instr. 4)			ı
- 1						l						or					ı
-1					l	١	l	l	Date	Expiration		Number					1
ı					Code	V	(A)	(D)	Exercisable	Date	Title	of Shares					1

#### **Explanation of Responses:**

1. Shares purchased through Director Stock Purchase Plan (DSPP) that are exempt from the short-swing profit provisions of Section 16 of the Securities Exchange Act of 1934.

## Remarks:

/s/John G. Sample, Jr.

12/04/2023

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS FOR

CAPITAL CITY BANK GROUP, INC.

KNOW ALL MEN BY THESE PRESENTS, that I, John G. Sample, Jr., hereby make, constitute and appoint each of Jeptha E. Larkin, Susan Stephens, Gregory K. Bader, Esq., Christopher R. Seifter, Esq., Melanie Stocks, and Robin L. Goldston, acting jointly and individually, as my true and lawful attorneys—in—fact, with full power and authority, including full power of substitution, as hereinafter described on behalf of and in my name, place and stead to:

- (1) prepare, execute in the undersigneds name and on the undersigneds behalf, acknowledge, deliver and submit to the United States Securities and Exchange Commission (SEC) a Form ID (including any amendments thereto), and any other documents necessary or appropriate to obtain codes, passwords, and passphrases enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934, as amended, and the rules and regulations promulgated thereunder (the Exchange Act); (2) prepare, execute in the undersigneds name and on the undersigneds behalf, acknowledge, deliver and file Forms 3, 4, and 5 (including any amendments thereto) with respect to the securities of Capital City Bank Group, Inc., a Florida corporation (the Company), with the SEC, any applicable national securities exchange, trading associations, over the counter trading market, or similar entity as considered necessary or advisable under the Exchange Act; (3) seek or obtain, as my representative and on my behalf, information on transactions in the Company's securities from any third party, including brokers, employee benefit plan administrators and trustees, and I hereby authorize any such person to release any such information to me and approve and ratify any such release of information; and
- (4) do and perform any and all other acts, which in the discretion of such attorney-in-fact, are necessary or desirable for and on my behalf in connection with the foregoing.
- I acknowledge that:
- (1) this Power of Attorney authorizes, but does not require, each such attorney-in-fact to act in his/her discretion on information provided to such attorney-in-fact without independent verification of such information; (2) any documents prepared and/or executed by any such attorney-in-fact on my behalf pursuant to this Power of Attorney will be in such form and will contain such information and disclosure as such attorney-in-fact, in his/her discretion, deems necessary or desirable;
- (3) neither the Company nor any of such attorneys-in-fact assumes (i) any liability for my responsibility to comply with the requirement of the Exchange Act, (ii) any of my liability for any failure to comply with such requirements, or (iii) any of my obligation or liability for profit disgorgement under Section 16(b) of the Exchange Act; and
- (4) this Power of Attorney does not relieve me from responsibility for compliance with my obligations under the Exchange Act, including without limitation the reporting requirements under Section 16 of the Exchange Act. I hereby give and grant each of the attorneys-in-fact full power and authority to do and perform all and every act and thing whatsoever requisite, necessary or appropriate to be done in and about the foregoing matters as fully to all intents and purposes as I might or could do if present, hereby ratifying all that each such attorney-in-fact of, for and on behalf of the undersigned, shall lawfully do or cause to be done by virtue of this Limited Power of Attorney. The attorneys-in-fact will not be liable for any acts or decisions made by such attorneys-in-fact in good faith and under the terms of this Limited Power of Attorney.

Any photocopy of this Limited Power of Attorney shall have the same force and effect as the original.

This Power of Attorney shall remain in full force and effect until revoked by me in a signed writing delivered to each such attorney-in-fact.

IN WITNESS WHEREOF, I have caused this Power of Attorney to be executed as of August 25, 2023.