When was the last time you did something just for fun?

A break from anxiety and stress: A creative outlet can help you fill a void in your life as well as distract you from stressors in your life. You’re focused on the thing you’re creating and not outside stressors that are your triggers.

A healthier body and mind: Research has found that doing something you enjoy can lower your blood pressure, release the stress hormone cortisol and lower body mass index. It can also reduce your negative thoughts and levels of depression.

Schedule time for yourself! Take the first step and sign up for one (or more) of the competitions offered during fair days. That step alone will help you to shake things up a bit, get your creative juices flowing, so that you’re more likely to take time for yourself – a great opportunity to reset your focus and mental state.

A chance to meet new people: There are a variety of wellness classes and workshops offered at The Point to get yourself up off the couch or from behind the computer screen and meet some new people with similar interests, boosting not only your creativity but your circle of friends.

A healthy outlet: Through art, many people are able to express feelings and experiences they’re unable to put into words. This is especially important when dealing with a tragic event or a stressful time in your life. (That could be all of us right now)

Don’t worry that you’re not the next Julia Child or Monet! No matter what your skill level, it’s important to schedule some artistic or playful time each week... whether it’s baking, bocce ball, butter sculpting or cake decorating. What are you waiting for?

Brian Parman
Director, Point & Pavilion

Jill Beam
Wellness Coordinator
jbeam@ccyoung.org
469-828-3473

Angela Castillo
Event Producer & Coordinator
acastillo@ccyoung.org
214-841-2831

Jennifer Griffin
Senior Director
Community Outreach
jgriffin@ccyoung.org
214-841-2903
**Crews News!**

*By Russell Crews  
President and CEO, CC Young  
October, 2020*

September was spent celebrating grandparents with family window visits at The Vista lobby entrance. Our team of over 30 individuals managed 140 family visits over 14 days. The logistics were complex and the setting was less than perfect, and yet the result was overwhelmingly positive. I’ve heard reports from several that emotions were running high for all present, including our staff. COVID-19 restrictions have been hard on all families worldwide who are dealing with the same restrictions. We will continue to do all we can to get families together and keep residents engaged.

September 17 was North Texas Giving Day throughout North Texas. This annual event sponsored by Communities Foundation of Texas was executed differently this year because of robust resident and staff participation. Residents in all buildings were involved in the process this year along with our staff. Our team at The Point created a “Jerry Lewis-style” telethon with recorded segments from area performers and live segments from the auditorium. Congratulations to Mindy Hail, our Director of Development, for her vision. The event raised a record-breaking total of $70,015 for our Benevolence Program and the CCY Scholarship program which provides educational assistance for staff. If you have not done so already, stop by The Point and see the “hands” that were submitted. Impressive!

Finally, we are happy to report some new members in our Nursing Management Team. Look to page nine for their information. We welcome them to Team CC Young and look forward to their contributions.

We have a full October planned for you. Read on.

---

**Village Update**

*By Jen Griffin  
Senior Director of Community Outreach  
October, 2020*

We know that fall is always a busy time at CC Young. This year, since the Texas State Fair was canceled, the vision erupted to have our own “Fair Days” celebration on campus. Do you want to know the most fun thing about our Community Outreach Team and planning the calendar? Give us a theme and we go crazy! We are ON IT like white on rice! It is so much fun to brainstorm and start spitting out ideas – sometimes we even have to rein ourselves in. (As an aside: This process can also be known as “spit balling” according to one dearly beloved team member. That is not my favorite phrase, but I have adopted it into my vocabulary nonetheless. The occasional moment when we get off topic is called “squirrel” – which alludes to when a squirrel runs by a dog or cat and the attention goes THERE instead of what was originally happening. Are you getting the vision of these planning meetings?

Anyway! Wait until you see what October brings! We kick the month off with corn dogs and Big Tex. Then each week has a theme: Week 1 is Big Game Week. Week 2 is Blue Ribbon Food week. Week 3 is Arts & Crafts week. Week 4 is Fall Fest Week which will lead us into November. Our weekly movies are thematic and each week’s events will be State Fair-esque. Add to October “World Communion Sunday,” Blessing of the Animals, Texas-OU Football Saturday, more bus tours, and Halloween, and you have yourself a PARTAAYYYYY!

The Outreach Team loves our jobs, we love CCY, and we love YOU! Thank you for the support and participation and IDEAS! As we often say, “More is more!”, so keep the ideas coming and we will rock this casbah!
October Resident Anniversaries

16 Years
Margarett Chapman

13 Years
Elizabeth Himmel
Mary Farley

9 Years
Anita Hullum
Charlotte Walch
Janet Kinch
Louise Buchter
Ann Gass
Jeannette Crawford

8 Years
Betsy Voight
Ralph Kendall

7 Years
Patsy McDonald
James & Pauline Anthony
Michael & Darlene Brown

6 Years
Patsy Brundige
Nancy McMillin

5 Years
Jo Thurman
Elsie Allmon
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## Celebrate October Team Anniversaries

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**Happy Anniversary**
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Due to the pandemic CC Young will be participating and supporting the Dallas Alzheimer’s Association by having our very own campus-wide walk on Friday, October 2, 2020 at 9:00am. We will kick off our walk with a warm up session at 9am at the Central Park Pavilion. The official walk will start at 9:20am with a group photo in front of The Pavilion. The course this year will be around The Central Park and everyone can walk as many laps as they wish (but only lap is required)! After the walk please join us under The Central Park Pavilion for breakfast tacos!

If you have any additional questions please contact: Shannon Critchlow 972.996.1459 or scritchlow@ccyoung.org.

We hope to see everyone out this year to support the WALK TO END ALZHEIMER’S!!!
Our Dynamic Nursing Management Team

Sondra Showels
Administrator, The Vista, 5-8
Sondra began her career in senior living in 2008 working with Alzheimer’s residents. Since then she has worked and volunteered across all aspects of senior living. In 2012, Sondra received her Bachelors in Healthcare Administration from the University of Texas at Arlington. In 2017, she became licensed as a Nursing Facility Administrator. Sondra is passionate about making a difference in eldercare. She is projected to achieve her Masters of Health Administration in 2022, from Texas Woman's University.

Ifeoma Ude
Assistant Director of Nursing, Vista, Floor 5
Ifeoma is a wife, a mother, a sister, a Christian, and has been a CC Young Team Member since May 2007. She graduated with honors from Platt College in Dallas, Texas. Ifeoma started in the Skilled Nursing unit, then transferred into Long Term Care. She later specialized in Dementia. Ifeoma was fortunate to work with Dr. Grady Goodwin to start The Clinic at CC Young in 2016. There she broadened her service working directly with those in the Assisted and Independent Living communities.

Natalya Garcia, LVN
Assistant Director of Nursing Vista, Floor 7
Natalya attended Amarillo College from 2012 – 2015 and graduated with a degree as a Licensed Vocational Nurse. She started volunteer work with a senior care center at age 15, became a CNA at 16, and then became a LVN by 21 years old. Natalya took a leap moving from a small town to the city of Dallas and she enjoys the endless opportunities and activities she can find around town.

Marie Wester
Director of Nursing, Vista Health Care Center
Marie Wester started with CC Young in 2014 and rejoined the team in 2020. With extensive experience in senior care, she’s also worked as a nurse in intensive care, emergency departments and PICC teams. She is wound care certified. Marie attended South Texas College and earned her nursing degree from University of Texas at Arlington. Prior to nursing, Marie served in active duty in the Army where she received a leadership award.

Damaras Needham, RN/BSN
Assistant Director of Nursing Vista, Floor 6
Damaris has worked in long-term and skilled nursing since she was 18 years old as a CNA. She received her Bachelors of Science in nursing at East Texas Baptist University. She was born in Rio Grande City and moved to Dallas during elementary school. She enjoys working in East Dallas because there is a sense of community everywhere you go. Damaris is excited to be a part of the CC Young Team!

Latoya Nelson, LVN
Assistant Director of Nursing Vista, Floor 8
Latoya grew up in Oklahoma where she earned her Associates in Science from Tulsa Community College. She obtained her Nursing license from the Oklahoma Board of Nursing at Tri-County Tech in 2019. She also received her Long Term Care Nursing Assistant Certificate in 2014, and became certified in Wound Care. Her past experience includes being a floor nurse in skilled nursing and in a memory unit.
I have had so many nice cards and well wishes from those that live/ work at CC Young, that I wanted to express my thanks. All the staff have been so helpful, especially Missy Civello, our Overlook Administrator. I had documents pertaining to Rey's Military career, legal paperwork sent to me via email, and assorted other items that Missy managed for me since I was in quarantine.

The programs directed by Brian Parman have been a delight for me. The Scribblers class had led to my forging important friendships, and the exercise class has done the same while keeping me on my own two feet.

A few months ago I wrote the attached poem in our writers class. It was for someone else at the time, but now I find it has come back full circle for me and has a very healing effect in my time of loss. Thank you for your program, Brian.

There are so many benefits for our residents and those that are members of the Point. Life at CC Young is all that Rey and I had hoped when we moved here.

Helen West-Rodriguez

LIFE INCARNATE

The same amorphous witchcraft that insured your conception, appears again at death
Perhaps erecting guardrails to protect your immanent journey
A benevolent spirit no doubt spreads an overabundance of Love, Joy and Delight at your "homecoming"
Meanwhile, we poor wretches left watching have tear-clouded eyes
That cannot behold the Good, Truth, and Beauty drenching your transition
May that same witchcraft work whatever magic it may take for us, those left to mourn,
To open our hearts to the fullness of incarnate life...all that we experience book ended by birth and death

-Helen West-Rodriguez
Hats off to you, Aaron and all who planned our fun bus trip outing!
As Dallasites we learned about areas of Dallas that we have not seen in a while. We were the first bus to go on Tuesday. Aaron, Sarah and Fred, our driver made it a memorable occasion! Thank you!!!

Another, Big Hats Off to all who are working on “Window Visits” for families and residents. We know this has taken lots of thoughtful planning! This will be a wonderful celebration for all! Thank you!
Ann, Arch and Simba

Marian Hammert

I didn’t start looking at the September Guide until this morning...WOW!! You are both amazing! I bet I spent an hour just reading EVERYTHING! (Fred had read it before me and had already stated: “We need to DVR this, and this, and this....etc! Since he is at the woodshop most of the time, he wanted to make sure he got to see everything.)

Brian, your letter was so good & informative! And, Angela, I can’t imagine typing all of that information! I loved the story about the classroom & the balloons with their names on them!!

I know both of your job descriptions have radically changed during this time. (I’m sure ‘technical expertise’ was never included!!)
But you both have been amazing!! I think your dedication to all of us residents is beyond compare. Thank you so much!

Judith Banes
Join us to Kick Off CC Young Fair Days!

Thursday, Oct. 1
Three seating times:
11:30am, 12:15pm or 1:00pm

FOOD TRUCK LUNCH WITH BIG TEX

Sign Up in The Point by Friday, September 25
Choice of corny dog or chicken fingers basket served with fries, funnel cake & a drink.

OCTOBER FAIR DAYS EVENTS INCLUDE:

OCTOBER 4-10
GAME WEEK

OCTOBER 18-24
ARTS & CRAFTS

OCTOBER 11-17
BLUE RIBBON FOOD

OCTOBER 25-31
FALL FEST

Big Tex is a registered trademark of the State Fair of Texas

4847 W. LAWThER DR. DALLAS, TX 75214
WWW.CCYOUNG.ORG
214-841-2831
The Everyday Gourmet: Making Great Meals In Less Time
It’s not the 5-minute breakfast or the 30-minute dinner that matters; it’s being able to use the same skills, strategies, and tricks that chefs use so you can make every meal you cook not just great tasting—but an efficient use of your personal time. And the best part: These techniques can be applied to every meal and almost every dish imaginable, whether you’re cooking for yourself or for that next big dinner party. 
Monday’s 1:45pm – 2:15pm on Ch. 81

Secret Life Of Words: English Words & Their Origins by Professor Dr. Anne Curzan, PhD University of Michigan
English is changing all around us. We see this in new words such as “bling” and “email,” and from the loss of old forms such as “shall.” It’s a human impulse to play with language and to create new words and meanings – but also to worry about the decay of language. 
Mondays / 10:00am-10:30am on Ch. 81

The Everyday Guide to Wine
Jennifer Simonetti-Bryan, M.W.
Every time you open a bottle of wine, you embark on a unique journey through a wonderful world of sensations. Yet for all its pleasures, wine can be mysterious and complex. Intriguing questions about the best wine regions, food pairing suggestions, taste profiles, storage suggestions, and more are at the heart of any enjoyable experience with wine, whether you're hosting a party, touring a vineyard, shopping for a gift, or simply having a glass with your dinner. 
Mon. & Fri. / 10:45am-11:15am on Ch. 81

Discovering Your Roots: An Introduction to Geneology
New experiences in life are as enriching and rewarding as researching your family history. To trace your ancestral roots is to take part in an exciting detective story; one that asks you to rebuild the past from oral tradition, written records, and artifacts, such as family photographs. 
Wednesdays 1:45pm-2:15pm on Ch. 81

Magic & Math
Dr. Arthur T. Benjamin, PhD
Mathematical Sciences
Harvey Mudd College
Dr. Benjamin will teach you how to amaze your friends and family—and yourself—as a mathemagician teaches you magic and the math behind it.
Mon., & Thurs. 2:30pm-3:00pm on Ch. 81

How to Stay Fit As You Age
As we get older, we also discover changes in how our bodies move and behave. While your body may no longer look or move as it did when you were in your 30s or 40s, that doesn’t mean you have to just accept the effects of aging. Instead, you can choose to make deliberate decisions that can transform your experience of aging into a positive and, above all, healthy one.
Tue. & Thurs. / 10:00am-10:30am on Ch. 81

Scientific Secrets for a Powerful Memory
What was the name of your first pet? Where did you put your house keys? How do you get to work every morning? Most likely, you didn’t need to look up the answers to these questions. You remembered them. Memory is, without a doubt, the most powerful (and practical) tool of everyday life. By linking both your past and your future, memory gives you the power to plan, to reason, to perceive, and to understand. 
Tuesday’s 1:45pm – 2:15pm

Masters of Mindfulness: Transforming Your Mind and Body
According to Dr. Shauna Shapiro, mindfulness means paying attention in the present moment with an attitude of kindness and generosity. It involves being aware and doing things with conscious intent. But research shows our mind lives in the past or the future almost half of our waking moments. Focusing on this moment in time, this place, your body as it feels in this moment, your breath as it moves in and out right now
Tuesdays & Thursdays 10:45am – 11:15am

Make sure your TV is on Ch. 81 NOT Ch. 80 for these programs.

All Programs subject to change.
Send comments or suggestions to Brian at bparman@ccyoung.org
### October Events & More

#### Blessing of The Animals

**Wednesday, Oct. 7**  
**10:00am**  
The Pavilion

The CC Young Senior Life Ministry will bless your pets-big or small!

There will be special moment honoring those pets we have lost this year. All animals are welcome! *(Please be sure they are on non-retractable leashes or in carriers.)*

#### Wellness Classes

In-person wellness classes are held in The Point Fitness Classroom with a max capacity of 20. Sign-up limit 2 times per week, per person.

**Sign-up required. Walk-ins welcome, based on availability.**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking Club</td>
<td>7:00am</td>
<td>Tues. &amp; Thurs.</td>
</tr>
<tr>
<td>Morning Stretch</td>
<td>7:15am</td>
<td>Mon. &amp; Wed.</td>
</tr>
<tr>
<td>Chair Aerobics</td>
<td>8:15am</td>
<td>Mon. - Thurs.</td>
</tr>
<tr>
<td>Balance Class</td>
<td>9:15am</td>
<td>Mon. &amp; Wed.</td>
</tr>
<tr>
<td>Drumba</td>
<td>10:00am</td>
<td>Tues. &amp; Thurs.</td>
</tr>
<tr>
<td>Get Energized</td>
<td>10:00am</td>
<td>Mon. &amp; Wed.</td>
</tr>
<tr>
<td>Tap Dance Fun</td>
<td>10:45am</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Energizing Yoga</td>
<td>10:45am</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Line Dance Fun</td>
<td>10:45am</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Sit &amp; Get Fit</td>
<td>1:00pm</td>
<td>Mon. - Thurs.</td>
</tr>
</tbody>
</table>

#### Workout at Fitness Center

Work outs available in thirty minute increments by appointment. Sign-up limit 2 times per week, per person.

**Sign-up required. Walk-ins for open times or extended work outs are based on availability.**

8:30am - 11:00am / 1:30pm - 4:00pm

#### Movie Matinee

In-person attendance in The Point Theater will be limited to a max capacity of 10 at each show. Sign-up limit 1 time per week, per person. The same movie will be shown Fridays with a different movie shown each week.

**Walk-ins welcome, based on availability.**

1:30pm - 3:30pm Fridays (unless noted)  
Also broadcast on CH. 80

#### Library, Dakim Brain Fitness & PC Computer Use

The Point Library is open with limited hours with one computer and one Dakim machine available.

8:30am - 11:00am / 1:30pm - 4:00pm /Mon. - Fri.

#### Small Group Meetings

Held in The Auditorium with a max capacity of 10.

**Sign-up required. Walk-ins welcome, based on availability.**

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy Hookers</td>
<td>9:30am</td>
<td>Mondays</td>
</tr>
<tr>
<td>Senior Scribblers</td>
<td>9:45am</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Bible Study w/ Rev. Kellie</td>
<td>2:30pm</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Knotty Knitters</td>
<td>10:00am</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Resident Led Bible Study</td>
<td>3:00pm</td>
<td>Thursdays</td>
</tr>
</tbody>
</table>
**THURSDAY, OCTOBER 1**

7:00am - 7:45am  
**CC Young Walking Club**  
In-Person*

8:15am-8:45am  
**Chair Aerobics**  
Ch. 80 Broadcast  
In-Person*

9:15am-9:25am  
**CCY Campus News**  
Ch. 81 Broadcast

9:30am - 9:45am  
**Daily Devotional**  
Ch. 81 Broadcast

10:00am-11:00am  
**Knotty Knitters**  
Auditorium  
In-Person*

10:00am - 10:30am  
**Drumba**  
Fitness Classroom  
In-Person*

10:00am-10:30am  
**How To Stay Fit as You Age**  
Accepting a New Reality  
Ch. 81 Broadcast

10:45am - 11:15am  
**Line Dancing**  
Fitness Classroom  
In-Person*

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**CCY FAIR DAYS KICK OFF**

11:30am–1:00pm  
**Central Park**  
**Lunch with Big Tex**  
Lunch provided by the Golden Chick Food Truck. Three seatings available for lunch. More info pg. 12.

11:30am–12:00pm  
In-Person by Appt.  
**Sr. Fitness Testing / New Resident Orientation**

1:00pm - 1:30pm  
**Ch. 80 Broadcast**  
**Sit & Get Fit**  
In-Person*

3:00pm - 4:00pm  
**Bible Study**  
**Led by Resident Marylyn Hodge**

4:00pm - 5:00pm  
**Ch. 81 Broadcast**  
**Seated Yoga with Sheri Cherokee**

4:00pm - 5:00pm  
**Pavilion**  
**Campus-Wide Happy Hour**  
Free Beer & Wine, $5 Appetizers (to come out of your dining allowance)

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**FRIDAY, OCTOBER 2**

**No Morning Exercise Classes Today**  
**Exercise Room Hours for today are 1:30pm–4:00pm**

10:00am–10:30am  
**Central Park & Pavilion**  
**CCY Walk To End Alzheimer’s**  
Talk a walk around CCY’s Central Park and help raise awareness of Alzheimer’s disease. Refreshments Served.

10:45am–11:15am  
**Ch. 81 Broadcast**  
**The Everyday Guide to Wine**  
Port, Sherry & Other Fortified Wines

1:00pm – 1:30pm  
**Ch. 81 Broadcast**  
**Sit & Get Fit**

1:30pm – 3:30pm  
**Theater + Ch. 80**  
**Movie Matinee**  
**State Fair / 1945, 1h 40m**  
In-Person*

2:30pm – 3:30pm  
**Ch. 81 Broadcast**  
**Richard Stanford Hour**

4:00pm – 4:45pm  
**Ch. 81 Broadcast**  
**Seated Tai Chi**

---

**This Week’s Movie**

**State Fair**  
1945, 1h 40m

Friday, October 2  
1:30pm  
**In-Person and on Ch. 80**

**Limited Seating**  
Only twenty seats available per showing! Sign-up in advance in The Point.
“All truly great thoughts are conceived by walking.”
— Friedrich Nietzsche

Senior Life Ministry

In the tradition of Rev. Christopher Conley Young, our Senior Life Ministry Team offers a variety of pastoral care services for our residents, families and all team members.

We provide opportunities for spiritual growth at every age and every circumstance.

**Sunday Morning Worship Service**
Broadcast Live On Ch. 81
Sundays at 10:00am
Led by Rev. Kellie Sanford & Rev. Mike Nichols
Song Leader: Mark Vangeison
Pianist: James Anthony, Trumpeter: John Gould

**Daily Devotionals with Rev. Kellie**
Broadcast Live On Ch. 81 at 9:30am
Monday–Friday in October

**Bible Study with Rev. Kellie**
In–Person* at 2:30pm / Each Wednesday in October

**Blessing of the Animals**
Wednesday, October 7 at 10:am in Central Park
In-person with your pets!

**Virtual Bible Trivia in Honor of Game Week**
Wednesday, October 14
Broadcast Live On Ch. 81 at 3:30am

Contact Senior Life Ministry
Rev. Kellie Sanford
972-261-3015

Rev. Mike Nichols
469-400-2858
**SUNDAY, OCTOBER 4**

10:00am – 10:45am   Ch. 81 Broadcast

Worship Service with Rev. Kellie

**CCY FAIR DAYS GAME WEEK**

Sunday, Oct. 4 - Saturday, 10

**Bocce Ball Tournament**
Tuesday, Oct 6, & Thursday, Oct. 8
9:00am–11:00am
Sign up in The Point Lobby
16 Spots only! First-Come, First-Served.
Hosted by Jay Orr & Roger Pickett
Call 972-345-2500 for more info

**Cornhole Tournament**
Tuesday, Oct 6, & Thursday, Oct. 8
2:00pm– 4:00pm
Sign up in The Point Lobby
16 Spots only! First-Come, First-Serve.
Hosted by Bill McMillin & Michael York
Call 214-405-5954 for more info

**Virtual Bingo**
Wednesday, Oct. 7 at 2:00pm
Tune in to Channel 81

**Fair Food Friday**
Friday, Oct 9: Nachos

**MONDAY, OCTOBER 5**

**CCY FAIR DAYS - GAME WEEK**

7:15am – 7:45am   Ch. 80 Broadcast

Morning Stretch

8:15am-8:45am   Ch. 80 Broadcast

Chair Aerobics

9:15am-9:25am   Ch. 81 Broadcast

CCY Campus News

9:15am – 9:45am   Ch. 80 Broadcast

Balance Class

9:30am – 9:15am   Ch. 81 Broadcast

Daily Devotional

9:30am – 11:00am   Auditorium

Happy Hookers
Volunteer Group (aka Bag Ladies)

10:00am–11:00am   Ch. 81 Broadcast

ABC’s of Medicare
Medicare Open Enrollment Education Series 1 of 4

10:00am-10:30am   Ch. 80 Broadcast

Get Energized

1:00pm – 1:30pm   Ch. 80 Broadcast

Sit & Get Fit

2:00pm–3:00pm   Ch. 81 Broadcast

ABC’s of Medicare
Medicare Open Enrollment Education Series 1 of 4

3:15pm – 3:45pm   Ch. 81 Broadcast

FUMC Dallas Worship Service

4:00pm – 5:00pm   Ch. 81 Broadcast

Seated Tai Chi
TUESDAY, OCTOBER 6

CCY FAIR DAYS - GAME WEEK

7:00am – 7:45am
CC Young Walking Club
In-Person*
Group Meets at Pavilion

8:15am-8:45am
Chair Aerobics
Ch. 80 Broadcast
In-Person*

9:15am-9:25am
CCY Campus News
Ch. 81 Broadcast

9:00am – 11:00am
Bocce Ball Tournament
Bocce Ball Court
In-Person

9:30am – 9:45am
Daily Devotional
Ch. 81 Broadcast

10:00am-10:30am
Drumba
Fitness Classroom
In-Person*

10:00am-11:00am
Options for Receiving Medicare Benefits
Medicare Open Enrollment Education Series 2 of 4
Ch. 81 Broadcast

10:45am-11:15am
Tap Dance Fun!
Fitness Classroom
In-Person*

11:30am-12:00pm
Sr. Fitness Testing / New Resident Orientation
In-Person by Appt.

1:00pm - 1:30pm
Sit & Get Fit
Ch. 80 Broadcast

2:00pm-3:00pm
Options for Receiving Medicare Benefits
Medicare Open Enrollment Education Series 2 of 4
Ch. 81 Broadcast

2:00pm – 4:00pm
Cornhole Tournament
Pavilion
In-Person

3:00pm - 3:30pm
SR TECH Technology Class
Overdrive / Libby
Ch. 81 Broadcast

4:00pm – 5:00pm
Seated Yoga with Sheri Cherokee
Ch. 81 Broadcast

WEDNESDAY, OCTOBER 7

CCY FAIR DAYS - GAME WEEK

7:15am – 7:45am
Morning Stretch
Ch. 80 Broadcast
In-Person*

8:15am-8:45am
Chair Aerobics
Ch. 80 Broadcast
In-Person*

9:15am-9:45am
Balance Class
Ch. 80 Broadcast
In-Person*

9:15am – 9:25am
CCY Campus News
Ch. 81 Broadcast

9:30am – 9:45am
Daily Devotional
Ch. 81 Broadcast

9:45am – 11:00am
Senior Scribblers
Auditorium
In-Person*

10:00am-10:30am
Get Energized
Ch. 80 Broadcast
In-Person*

10:00am-11:00am
Blessing of the Animals
Pavilion / Ch. 80 Broadcast
In-Person

10:45am-11:15am
Energizing Yoga
Ch. 80 Broadcast
In-Person*

11:30am-12:00pm
Sr. Fitness Testing / New Resident Orientation
In-Person by Appt.

1:00pm - 1:30pm
Sit & Get Fit
Ch. 80 Broadcast
In-Person*

1:45pm – 2:15pm
Discovering Your Roots:
An Introduction to Genealogy
How to write a biography
Ch. 81 Broadcast

2:30pm-3:00pm
Bible Study with Rev. Kellie
In-Person*

3:30pm-4:00pm
Virtual BINGO
Ch. 81 Broadcast

4:00pm – 5:00pm
Catholic Diocese of Dallas
Sunday Mass Rebroadcast
Ch. 81 Broadcast
THURSDAY, OCTOBER 8

CCY FAIR DAYS- GAME WEEK

7:00 am - 7:45am
CC Young Walking Club
In-Person*
Group Meets at Pavilion

8:15am-8:45am
Chair Aerobics
Ch. 80 Broadcast
In-Person*

9:15am-9:25am
CCY Campus News
Ch. 81 Broadcast

9:15am-9:45am
Morning Stretch
Ch. 80 Broadcast
In-Person*

9:00am - 11:00am
Bocce Ball Court
Bocce Ball Tournament
In-Person*

9:30am - 9:45am
Daily Devotional
Ch. 81 Broadcast

10:00am - 11:00am
Fitness Classroom
Knotty Knitters
In-Person*

10:00am-11:00am
Medicare Prescription Drug Coverage
Medicare Open Enrollment Education Series 3 of 4
Ch. 81 Broadcast

10:00am - 10:30am
Drumba
Fitness Classroom
In-Person*

10:45am - 11:15am
Line Dancing
Fitness Classroom
In-Person*

11:30am-12:00pm
Sr. Fitness Testing / New Resident Orientation
In-Person by Appt.

1:00pm - 1:30pm
Sit & Get Fit
Ch. 80 Broadcast
In-Person*

2:00pm-3:00pm
Medicare Prescription Drug Coverage
Medicare Open Enrollment Education Series 3 of 4
Ch. 81 Broadcast

2:00pm - 4:00pm
Central Park
Cornhole Tournament
In-Person*

3:00pm - 4:00pm
Bible Study
Auditorium
In-Person*
Led by Resident Marylyn Hodge

4:00pm - 5:00pm
Seated Yoga with Sheri Cherokee
Ch. 81 Broadcast

4:00pm - 5:00pm
Pavilion
Campus-Wide Happy Hour
Free Beer & Wine, $5 Appetizers (to come out of your dining allowance)

FRIDAY, OCTOBER 9

CCY FAIR DAYS- GAME WEEK

8:15am-8:45am
Ch. 81 Broadcast
Chair Aerobics

9:15am-9:25am
Ch. 81 Broadcast
CCY Campus News

9:30am - 9:30am
Daily Devotional
Ch. 81 Broadcast

10:00am-10:30am
Theater / In-Person*
Beyond Books with Bobbie Mankey
Video Series: America’s Founding Fathers #29

10:00am-11:00am
Medicare vs Medicaid Plan Comparison & Eligibility
Medicare Open Enrollment Education Series 4 of 4
Ch. 81 Broadcast

1:30pm - 3:30pm
Theater + Ch. 80
In-Person*

2:00pm-3:00pm
Medicare vs Medicaid Plan Comparison & Eligibility
Medicare Open Enrollment Education Series 4 of 4
Ch. 81 Broadcast

3:30pm-4:00pm
Game Week Ribbon Ceremony
Ch. 81 Broadcast

4:00pm-5:00pm
Seated Tai Chi
Ch. 81 Broadcast
Mindful Meditation

This Week’s Movie
Remember The Titans
2000, 1h 56m

Friday, October 9
1:30pm
In-Person and on Ch. 80

Limited Seating
Only twenty seats available per showing!
Sign-up in advance in The Point.
“Do you know what my favorite part of the game is? The opportunity to play.”
—Mike Singletary

THE POINT CAFÉ

**Hours of Operation**
Mon—Fri: 7:00am—3:00pm
Sat & Sun: Closed

The Café at The Point:
469-828-3922

- Breakfast Pastry
- A variety of Salads & Sandwiches
- Ice Cream Novelties
- Snacks & Bottled Drinks
- Coffee, Specialty Drinks & Teas
- Shop for Sundries and items like coffee beans, too!

THE BISTRO

**Special Hours of Operation**
Mon—Fri: 7:00am—5:00pm
Sat & Sun: 7:00am - 3:00pm

The Bistro at Vista
972-201-3575

- Variety of Breakfast Items
- Made-to-order Grill Items
- Fresh Pizza
- A variety of Salads & Sandwiches
- Assorted Pastries
- Soft Serve Ice Cream
- Snacks & Bottled Drinks
- Coffee, Specialty Drinks & Teas
Pie Baking Contest
Sign up & pick up entry form and instructions at The Point

Cake Decorating Contest
Sign up & pick up entry form and instructions at The Point

Special Lunch at The Midway (Central Park)
Wed., Oct. 14 from 11-2pm
Three seating available.
Sign up at The Point

For More Information
Contact Angela Castillo
214-841-2831
### TUESDAY, OCTOBER 13

**CCY FAIR DAYS - BLUE RIBBON FOOD**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am - 7:45am</td>
<td>CC Young Walking Club In-Person*</td>
</tr>
<tr>
<td>8:15am-8:30am</td>
<td>Chair Aerobics Ch. 80 Broadcast In-Person*</td>
</tr>
<tr>
<td>9:15am–9:25am</td>
<td>CCY Daily News Ch. 81 Broadcast</td>
</tr>
<tr>
<td>9:30am - 9:45am</td>
<td>Daily Devotional Ch. 81 Broadcast</td>
</tr>
<tr>
<td>10:00am - 10:30am</td>
<td>Fitness Classroom Drumba In-Person*</td>
</tr>
<tr>
<td>10:00am-10:30am</td>
<td>Ch. 81 Broadcast How To Stay Fit as You Age Accepting a New Reality</td>
</tr>
<tr>
<td>10:45am - 11:15am</td>
<td>Fitness Classroom Tap Dancing In-Person*</td>
</tr>
<tr>
<td>11:30am–12:00pm</td>
<td>In-Person by Appt.Sr. Fitness Testing / New Resident Orientation</td>
</tr>
<tr>
<td>1:00pm - 1:30pm</td>
<td>Ch. 80 Broadcast Sit &amp; Get Fit</td>
</tr>
<tr>
<td>1:45pm - 2:15pm</td>
<td>Ch. 81 Broadcast Scientific Secrets for a Powerful Memory Your Amazing prehistoric Memory</td>
</tr>
<tr>
<td>2:30pm - 3:00pm</td>
<td>Ch. 80 Broadcast SRTECH Technology Class Zoom for Beginners</td>
</tr>
<tr>
<td>3:15pm - 3:45pm</td>
<td>Ch. 81 Broadcast Healthy Learning Series by CCY Rehabilitation Aging &amp; The Healthy Brain</td>
</tr>
<tr>
<td>4:00pm - 4:45pm</td>
<td>Ch. 80 Broadcast Seated Yoga with Sheri Cherokee</td>
</tr>
</tbody>
</table>

### WEDNESDAY, OCTOBER 14

**CCY FAIR DAYS - BLUE RIBBON FOOD**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15am - 7:45am</td>
<td>Ch. 80 Broadcast Morning Stretch In-Person*</td>
</tr>
<tr>
<td>8:15am-8:45am</td>
<td>Ch. 80 Broadcast Chair Aerobics In-Person*</td>
</tr>
<tr>
<td>9:15am-9:45am</td>
<td>Ch. 80 Broadcast Balance Class In-Person*</td>
</tr>
<tr>
<td>9:15am–9:25am</td>
<td>Ch. 81 Broadcast CCY Campus News</td>
</tr>
<tr>
<td>9:30am - 9:45am</td>
<td>Ch. 81 Broadcast Daily Devotional</td>
</tr>
<tr>
<td>9:45am - 11:00am</td>
<td>Auditorium Senior Scribblers In-Person*</td>
</tr>
<tr>
<td>10:00am-10:30am</td>
<td>Ch. 80 Broadcast Get Energized In-Person*</td>
</tr>
<tr>
<td>10:45am-11:15am</td>
<td>Ch. 80 Broadcast Energizing Yoga</td>
</tr>
<tr>
<td>11:30am–12:00pm</td>
<td>In-Person by Appt. Sr. Fitness Testing / New Resident Orientation</td>
</tr>
<tr>
<td>11:00am-2:00pm</td>
<td>Central Park Special Lunch at The Midway In-Person*</td>
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<td></td>
<td>Food, Midway Games and Prizes! Three seating times, sign up at The Point</td>
</tr>
<tr>
<td>1:00pm - 1:30pm</td>
<td>Ch. 80 Broadcast Sit &amp; Get Fit</td>
</tr>
<tr>
<td>1:45pm - 2:15pm</td>
<td>Ch. 81 Broadcast Discovering Your Roots An Introduction to Genealogy Do’s and Don’t of Writing History</td>
</tr>
<tr>
<td>2:30pm-3:00pm</td>
<td>In-Person* Bible Study with Rev. Kellie</td>
</tr>
<tr>
<td>3:30pm-4:00pm</td>
<td>Ch. 81 Broadcast Virtual Bible Trivia with Rev. Kellie</td>
</tr>
<tr>
<td>4:00pm - 5:00pm</td>
<td>Ch. 81 Broadcast Catholic Diocese of Dallas Sunday Mass Rebroadcast</td>
</tr>
</tbody>
</table>
THURSDAY, OCTOBER 15

CCY FAIR DAYS - BLUE RIBBON FOOD

7:00 am – 7:45 am  
CC Young Walking Club  
In-Person*  
Group Meets at Pavilion  

8:15am-8:45am  
Chair Aerobics  
Ch. 80 Broadcast  
In-Person*  

9:15am-9:25am  
CCY Campus News  
Ch. 81 Broadcast  

9:15am-9:45am  
Morning Stretch  
Ch. 80 Broadcast  
In-Person*  

9:30am – 9:45am  
Daily Devotional  
Ch. 81 Broadcast  

10:00am – 10:30am  
Drumba  
Auditorium  
In-Person*  

10:00am – 10:30am  
Knotty Knitters  
Fitness Classroom  
In-Person*  

10:00am-10:30am  
How To Stay Fit as You Age  
Ch. 81 Broadcast  
Challenges: Illness and Chronic Pain  

10:45am – 11:15am  
Line Dancing  
Fitness Classroom  
In-Person*  

NEW  
10:45am–11:15am  
Masters of Mindfulness  
Ch. 81 Broadcast  
Essential Themes of Mindfulness  

11:30am – 12:00pm  
Sr. Fitness Testing / New Resident Orientation  
In-Person by Appt.  

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 80 Broadcast  
In-Person*  

2:30pm – 3:00pm  
Math & Magic  
The Magic of Nine  
Ch. 81 Broadcast  

3:00pm – 4:00pm  
Bible Study  
Auditorium  
In-Person*  
Led by Resident Marylyn Hodge  

4:00pm – 5:00pm  
Seated Yoga with Sheri Cherokee  
Ch. 81 Broadcast  

4:00pm – 5:00pm  
Campus-Wide Happy Hour  
Free Beer & Wine, $5 Appetizers (to come out of your dining allowance)  

FRIDAY, OCTOBER 16

CCY FAIR DAYS - BLUE RIBBON FOOD

8:15am-8:45am  
Chair Aerobics  
Ch. 81 Broadcast  

9:15am – 9:25am  
CCY Campus News  
Ch. 81 Broadcast  

9:30am – 9:45am  
Daily Devotional  
Ch. 81 Broadcast  

10:45am – 11:15am  
The Everyday Guide to Wine  
The Whites–Riesling to Chardonnay  
Ch. 81 Broadcast  

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 81 Broadcast  

1:30pm – 3:30pm  
Movie Matinee  
Butter / 2011, 1h 30m  
Theater + Ch. 80  
In-Person*  

2:30pm – 3:30pm  
Richard Stanford Hour  
Ch. 81 Broadcast  

3:30pm – 4:00pm  
Food Week Contests Winning Ceremony  
Ch. 81 Broadcast  

4:00pm – 4:30pm  
Seated Tai Chi  
Ch. 81 Broadcast  

MOVIE MATINEE

This Week’s Movie  
Butter  
2011, 1h 30m  

Friday, October 9  
1:30pm  
In-Person and on Ch. 80  

Limited Seating  
Only twenty seats available per showing!  
Sign-up in advance in The Point.
“Drinking good wine with good food in good company is one of life’s most civilized pleasures.”
— Michael Broadbent

The CC Young Veterans Wall of Honor will be going up at the end of October!

If you are new to CC Young and you served our great country in the military, please contact Shannon Critchlow 972-996-1459 scritchlow@ccyoung.org

DAKIM BrainFitness is a fun clinically proven cognitive exercise for senior.

Clinically Proven
Proven to significantly improve memory and language abilities, while users strengthen attention, focus, and concentration.

Created for Adults 70+
We’ve created a version of Dakim BrainFitness specially tailored to the needs, interests, and preferences for adults 70+.

Created for Senior Living
Dakim is the leader in brain health in senior living because our program helps residents improve and maintain their brain health, and our service meets the needs of senior living providers.

Runs on PCs, Macs & iPads
Dakim BrainFitness now works on PCs, Macs, and iPads

This benefit for CC Young Residents is available for use in The Point Library OR on your personal device.

Contact 214-841-2831 for more information.
### CCY Fair Days - Arts & Crafts

**Sunday, Oct. 18 - Saturday, 24**

**Mystery Craft Bag Challenge**  
Tues., Oct. 20 & Thurs., Oct. 22  
1:00pm – 4:00pm  
Create a free form sculpture in three hours! All supplies provided.

**Butter Sculpture Challenge**  
Wednesday, Oct. 21 at 3:30pm  
Mold an object using three pounds of butter, most unique and creative item gets a prize.

**Fair Food Friday**  
Friday, Oct. 23  
Corny Dogs & Curly Fries during lunch in the dining rooms.

For More Info  
Contact Shannon Critchlow  
214-841-2988

### CCY Campus News

| 7:15am – 7:45am | Ch. 80 Broadcast  
| **Morning Stretch** | In-Person* |
| 8:15am - 8:45am | Ch. 80 Broadcast  
| **Chair Aerobics** | In-Person* |
| 9:15am – 9:25am | Ch. 81 Broadcast  
| **CCY Campus News** |
| 9:15am – 9:45am | Ch. 80 Broadcast  
| **Balance Class** | In-Person* |
| 9:30am – 9:15am | Ch. 81 Broadcast  
| **Daily Devotional** |
| 9:30am – 11:00am | Auditorium  
| **Happy Hookers Volunteer Group (aka Bag Ladies)** | In-Person* |
| 10:00am – 10:30am | Ch. 81 Broadcast  
| **The Secret Life of Words: English Words & Their Origins**  
| **The Tough Stuff of English Spelling** |
| 10:00am – 10:30am | Ch. 80 Broadcast  
| **Get Energized** | In-Person* |
| 10:45am – 11:15am | Ch. 81 Broadcast  
| **Everyday Guide to Wine**  
| **French Regions Burgundy & Alsace** |
| 1:00pm – 1:30pm | Ch. 80 Broadcast  
| **Sit & Get Fit** | In-Person* |
| 1:45pm – 2:15pm | Ch. 81 Broadcast  
| **The Everyday Gourmet, Making Great Dishes in Less Time**  
| **What Makes a Meal** |
| 2:30pm – 3:00pm | Ch. 81 Broadcast  
| **Math & Magic**  
| **Look Like a Psychic** |
| 3:15pm – 3:45pm | Ch. 81 Broadcast  
| **FUMC Dallas Worship Service** |
| 4:00pm – 5:00pm | Ch. 81 Broadcast  
| **Seated Tai Chi** |
**TUESDAY, OCTOBER 20**

**CCY FAIR DAYS - ARTS & CRAFTS**

- **7:00am - 7:45am**  
  **CC Young Walking Club**  
  In-Person*

- **8:15am-8:30am**  
  **Chair Aerobics**  
  Group Meets at Pavilion

- **9:15am-9:25am**  
  **CCY Daily News**  
  Ch. 81 Broadcast

- **9:30am - 9:45am**  
  **Daily Devotional**  
  Ch. 81 Broadcast

- **10:00am - 10:30am**  
  **Drumba**  
  Fitness Classroom  
  In-Person*

- **10:00am-10:30am**  
  **How To Stay Fit as You Age**  
  Small Steps a Path to Big Benefits

- **10:45am - 11:15am**  
  **Tap Dancing**  
  Fitness Classroom  
  In-Person*

- **NEW**  
  **10:45am-11:15am**  
  **Masters of Mindfulness**  
  Ch. 81 Broadcast

- **11:30am-12:00pm**  
  **In-Person by Appt.**  
  **Sr. Fitness Testing / New Resident Orientation**

- **1:00pm - 1:30pm**  
  **Sit & Get Fit**  
  Ch. 80 Broadcast

- **NEW**  
  **1:45pm - 2:15pm**  
  **Scientific Secrets for a Powerful Memory**  
  Ch. 81 Broadcast

- **2:30pm - 3:00pm**  
  **SRTECH Technology Class**  
  Streaming Music: Pandora, Spotify & Amazon

- **1:00pm - 4:00pm**  
  **Craft Challenge Work Time**  
  Auditorium  
  Create a free form sculpture, all supplies provided.

- **4:00 PM - 4:45 PM**  
  **Seated Yoga with Sheri Cherokee**  
  Ch. 80 Broadcast

**WEDNESDAY, OCTOBER 21**

**CCY FAIR DAYS - ARTS & CRAFTS**

- **7:15am - 7:45am**  
  **Morning Stretch**  
  Ch. 80 Broadcast  
  In-Person*

- **8:15am-8:45am**  
  **Chair Aerobics**  
  Ch. 80 Broadcast  
  In-Person*

- **9:15am - 9:25am**  
  **CCY Campus News**  
  Ch. 81 Broadcast

- **9:15am-9:45am**  
  **Balance Class**  
  Ch. 80 Broadcast  
  In-Person*

- **9:45am - 9:45am**  
  **Daily Devotional**  
  Ch. 81 Broadcast

- **9:30am - 11:00am**  
  **Senior Scribblers**  
  Auditorium  
  In-Person*

- **10:00am-10:30am**  
  **Get Energized**  
  Ch. 80 Broadcast  
  In-Person*

- **10:45am-11:15am**  
  **Energizing Yoga**  
  Ch. 80 Broadcast

- **11:30am-12:00pm**  
  In-Person by Appt.  
  **Sr. Fitness Testing / New Resident Orientation**

- **1:00pm - 1:30pm**  
  **Sit & Get Fit**  
  Ch. 80 Broadcast  
  In-Person*

- **1:45pm - 2:15pm**  
  **Discovering Your Roots: An Introduction to Genealogy**  
  Ch. 81 Broadcast

- **2:30pm-3:00pm**  
  **Bible Study with Rev. Kellie**  
  In-Person*

- **3:30pm - 4:00pm**  
  **Butter Challenge**  
  Ch. 81 Broadcast

  Contests will present their molded object that was made from sticks of butter.

- **4:00pm - 5:00pm**  
  **Catholic Diocese of Dallas**  
  Sunday Mass Rebroadcast
### Thursday, October 22

**CCY Fair Days - Arts & Crafts**

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am - 7:45 am CC Young Walking Club</td>
<td>In-Person*</td>
<td>Group Meets at Pavilion</td>
</tr>
<tr>
<td>8:15 am - 8:45 am Chair Aerobics</td>
<td>Ch. 80 Broadcast</td>
<td></td>
</tr>
<tr>
<td>9:15 am - 9:25 am CCY Campus News</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>9:30 am - 9:45 am Daily Devotional</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>10:00 am - 11:00 am Knotty Knitters</td>
<td>Auditorium In-Person*</td>
<td></td>
</tr>
<tr>
<td>10:00 am - 10:30 am Drumba</td>
<td>Fitness Classroom In-Person*</td>
<td></td>
</tr>
<tr>
<td>10:00 am - 10:30 am How To Stay Fit as You Age</td>
<td>Ch. 81 Broadcast</td>
<td>Making it work, The right plan for you.</td>
</tr>
<tr>
<td>10:45 am - 11:15 am Line Dancing</td>
<td>Fitness Classroom In-Person*</td>
<td></td>
</tr>
<tr>
<td><strong>NEW</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45 am - 11:15 am Masters of Mindfulness</td>
<td>Ch. 81 Broadcast</td>
<td>Using mindfulness to grow inner resources</td>
</tr>
<tr>
<td>11:30 am - 12:00 pm Sr. Fitness Testing / New Resident Orientation</td>
<td>In-Person by Appt.</td>
<td></td>
</tr>
<tr>
<td>1:00 pm - 1:30 pm Sit &amp; Get Fit</td>
<td>Ch. 80 Broadcast</td>
<td></td>
</tr>
<tr>
<td>1:00 pm - 4:00 pm Craft Challenge Work Time</td>
<td>Auditorium</td>
<td>Create a free form sculpture, all supplies provided.</td>
</tr>
<tr>
<td>2:30 pm - 3:00 pm Math &amp; Magic</td>
<td>Ch. 81 Broadcast</td>
<td>Geometric and Topological</td>
</tr>
<tr>
<td>3:00 pm - 4:00 pm Bible Study</td>
<td>Auditorium In-Person*</td>
<td>Led by Resident Marylyn Hodge</td>
</tr>
<tr>
<td>4:00 pm - 5:00 pm Seated Yoga with Sheri Cherokee</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>4:00 pm - 5:00 pm Campus-Wide Happy Hour</td>
<td>Pavilion</td>
<td>Free Beer &amp; Wine, $5 Appetizers (to come out of your dining allowance)</td>
</tr>
</tbody>
</table>

### Friday, October 23

**CCY Fair Days - Arts & Crafts**

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 am - 8:45 am Chair Aerobics</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>9:15 am - 9:25 am CCY Campus News</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>9:30 am - 9:30 am Daily Devotional</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>10:00 am - 10:30 am Beyond Books with Bobbie Mankey</td>
<td>Ch. 81 Broadcast</td>
<td>Video Series: America’s Founding Fathers #30</td>
</tr>
<tr>
<td>10:45 am - 11:15 pm The Everyday Guide to Wine</td>
<td>Ch. 81 Broadcast</td>
<td>French Regions-Rhone, Languedoc, Provence</td>
</tr>
<tr>
<td>1:00 pm - 1:30 pm Sit &amp; Get Fit</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>1:30 pm - 3:30 pm Movie Matinee Must Me In St. Louis /1944, 1h 53m</td>
<td>Theater + Ch. 80 In-Person*</td>
<td></td>
</tr>
<tr>
<td>2:30 pm - 3:30 pm Richard Stanford Hour</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>3:30 pm - 4:00 pm Crafts Week Winning Ceremony</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
<tr>
<td>4:00 pm - 4:30 pm Seated Tai Chi</td>
<td>Ch. 81 Broadcast</td>
<td></td>
</tr>
</tbody>
</table>

**This Week’s Movie**

*Meet Me in St. Louis*

1944, 1h 53m

Friday, October 3

1:30 pm

In-Person and on Ch. 80

**Limited Seating**

Only ten seats available per showing!

Sign-up in advance in The Point.
“Being Creative is not a hobby  it’s a way of life”  
—Unknown

SPEECH LANGUAGE PATHOLOGISTS
Did you know that SLP stands for Speech Language Pathologist? SLPs help people with more than speech. SLPs can help people become more independent. There are many reasons a person may become more confused and have trouble taking care of tasks like personal finance, medication management, and cooking. SLPs can help improve a person’s ability to do these tasks more accurately with less assistance.

SPEECH / WORD FINDING
SLPs know exactly what you mean when you have a word on the tip of your tongue. SLPs work on expressive (talking, writing) language and receptive (listening, reading) language. We help people improve their communication, so their voice can be heard. No matter their disabilities each person’s voice is important.

PARKINSONS
SLPs help adults with their speech. Diseases like Parkinson’s and stroke may cause changes in someone’s speech. SLPs can help people speak clearer, slower, and louder. We use a variety of tools and exercises to accomplish this goal including exercises and improving respiration, or breathing.

SWALLOWING
SLPs are experts in swallowing disorders, or dysphagia. We understand all of the muscles and timing of a normal swallow and how diseases like stroke, Parkinson’s, Huntington’s, and Alzheimer’s effect the swallowing process. We do x-ray tests called Modified Barium Swallow Studies to see what is going on during a swallow. We recommend strategies to make swallowing easier and exercises to improve swallowing function.

For more information call Therapy services at 972-638-8795.
CCY FAIR DAYS FALL FEST

Sunday, Oct. 25 - Saturday, 31

Pumpkin Patch Painting
Tues., Oct. 27, & Wed., Oct. 28
2:00pm—4:00pm at The Pavilion
All supplies provided.
Prizes awarded!

Campus Scavenger Hunt
Watch for more details in your cubbies!

War of The Worlds
Wed., Oct. 28 at 11:30am on CH. 81
Special Rebroadcast of Orson Welles’ famous radio broadcast.

Fair Food Friday
Friday, Oct. 30 in the dining rooms “Dirt Cups” for Desert

Celebrate Holloween!
Wear a costume on Friday, Oct. 30 and show your spooky spirit!

MONDAY, OCTOBER 26

CCY FAIR DAYS - FALL FEST

7:15am - 7:45am  Ch. 80 Broadcast
Morning Stretch In-Person*

8:15am-8:45am  Ch. 80 Broadcast
Chair Aerobics In-Person*

9:15am-9:25am  Ch. 81 Broadcast
CCY Campus News

9:15am - 9:45am  Ch. 80 Broadcast
Balance Class In-Person*

9:30am - 9:15am  Ch. 81 Broadcast
Daily Devotional

9:30am - 11:00am Auditorium
Happy Hookers In-Person*
Volunteer Group (aka Bag Ladies)

10:00am-10:30am  Ch. 81 Broadcast
The Secret Life of Words: English Words & Their Origins
The B in Debt, Meddling in spelling.

10:00am-10:30am  Ch. 80 Broadcast
Get Energized In-Person*

10:45am-11:15am  Ch. 81 Broadcast
Everyday Guide to Wine
Wines of Northern Italy

1:00pm - 1:30pm  Ch. 80 Broadcast
Sit & Get Fit In-Person*

1:45pm - 2:15pm  Ch. 81 Broadcast
The Everyday Gourmet, Making Great Dishes in Less Time
A Chef Entertains

2:30pm - 3:00pm  Ch. 81 Broadcast
Math & Magic
Magic Square’s

3:15pm - 3:45pm  Ch. 81 Broadcast
FUMC Dallas Worship Service

4:00pm - 5:00pm  Ch. 81 Broadcast
Seated Tai Chi
TUESDAY, OCTOBER 27

CCY FAIR DAYS - FALL FEST

7:00am - 7:45am  
CC Young Walking Club  
In-Person*

8:15am-8:30am  
Chair Aerobics  
Ch. 80 Broadcast  
In-Person*

9:15am-9:25am  
CCY Daily News  
Ch. 81 Broadcast

9:30am – 9:45am  
Daily Devotional  
Ch. 81 Broadcast

10:00am – 10:30am  
Drumba  
Fitness Classroom  
In-Person*

10:00am-10:30am  
How To Stay Fit as You Age  
Relaxation Strategies  
Ch. 81 Broadcast

10:45am – 11:15am  
Tap Dancing  
Fitness Classroom  
In-Person*

NEW

10:45am-11:15am  
Masters of Mindfulness  
Mindfulness in Heartbreak  
Ch. 81 Broadcast

11:30am – 12:00pm  
Sr. Fitness Testing / New Resident Orientation  
In-Person by Appt.

11:30am-12:30pm  
War of The Worlds  
Special broadcast of Orson Welles famous radio show.  
Ch. 81 Broadcast

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 80 Broadcast  
In-Person*

NEW

1:45pm – 2:15pm  
Scientific Secrets for a Powerful Memory  
Maximizing Short & Long Term Memory  
Ch. 81 Broadcast

2:30pm – 3:00pm  
SRTECH Technology Class  
Android Contacts, Calendar, & Phone Apps  
Ch. 80 Broadcast

2:00pm – 4:00pm  
Pumpkin Decorating  
Decorate pumpkins that will be displayed around campus. All Supplies Provided!  
Under the Pavilion

4:00pm – 4:45pm  
Seated Yoga with Sheri Cherokee  
Ch. 80 Broadcast

WEDNESDAY, OCTOBER 28

CCY FAIR DAYS - FALL FEST

7:15am – 7:45am  
Ch. 80 Broadcast  
Morning Stretch  
In-Person*

8:15am-8:45am  
Chair Aerobics  
Ch. 80 Broadcast  
In-Person*

9:15am-9:45am  
Balance Class  
Ch. 80 Broadcast  
In-Person*

9:15am – 9:25am  
CCY Campus News  
Ch. 81 Broadcast

9:30am – 9:45am  
Daily Devotional  
Ch. 81 Broadcast

NEW

9:45am – 11:00am  
Senior Scribblers  
Auditorium  
In-Person*

10:00am-10:30am  
Get Energized  
Ch. 80 Broadcast  
In-Person*

10:45am-11:15am  
Energizing Yoga  
Ch. 80 Broadcast

11:30am – 12:00pm  
Sr. Fitness Testing / New Resident Orientation  
In-Person by Appt.

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 80 Broadcast  
In-Person*

1:45pm – 2:15pm  
Discovering Your Roots: An Introduction to Genealogy  
Assemble an Account of your History  
Ch. 81 Broadcast

2:30pm – 3:00pm  
Bible Study with Rev. Kellie  
In-Person*

2:00pm – 4:00pm  
Pumpkin Decorating  
Decorate pumpkins that will be displayed around campus. All Supplies Provided!  
Under the Pavilion

4:00pm – 5:00pm  
Catholic Diocese of Dallas  
Sunday Mass Rebroadcast  
Ch. 81 Broadcast
THURSDAY, OCTOBER 29

**CCY FAIR DAYS - FALL FEST**

7:00am - 7:45am  
CC Young Walking Club  
In-Person*

8:15am-8:45am  
Chair Aerobics  
Ch. 80 Broadcast

9:15am-9:25am  
CCY Campus News  
In-Person*

9:15am-9:45am  
Morning Stretch  
Ch. 81 Broadcast

9:30am - 9:45am  
Daily Devotional  
Ch. 81 Broadcast

10:00am – 11:00am  
Knotty Knitters  
Auditorium

10:00am-10:30am  
How To Stay Fit as You Age  
Foundational Fitness

10:30am – 11:15am  
Drum Band  
Fitness Classroom

10:45am – 11:15am  
Line Dancing  
In-Person*

NEW  
10:45am–11:15am  
Masters of Mindfulness  
Ch. 81 Broadcast

Embrace Change, Choose Growth

11:30am–12:00pm  
Sr. Fitness Testing / New Resident Orientation  
In-Person by Appt.

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 80 Broadcast

1:45pm – 2:15pm  
Total Hearing Care  
Ch. 81 Broadcast

10 Things to Know Before You Purchase a Hearing Aid.

3:00pm – 4:00pm  
Bible Study  
Auditorium  
Led by Resident Marylyn Hodge

4:00pm – 5:00pm  
Seated Yoga with Sheri Cherokee  
Ch. 81 Broadcast

4:00pm – 5:00pm  
Campus-Wide Happy Hour  
Pavilion

Free Beer & Wine, $5 Appetizers (to come out of your dining allowance)

JOIN TEAM CCY IN CELEBRATING HALLOWEEN AND WEAR YOUR COSTUME TOMORROW!  
NEED IDEAS? See pg. 33.

FRIDAY, OCTOBER 30

**CCY FAIR DAYS - FALL FEST**

8:15am-8:45am  
Chair Aerobics  
Ch. 81 Broadcast

9:15am – 9:25am  
CCY Campus News  
In-Person*

9:30am – 9:45am  
Daily Devotional  
Ch. 81 Broadcast

10:00am-10:30am  
The Secret Life of Words:  
English Words & Their Origins...  
The Pop / Soda / Coke Divide

10:45am–11:15am  
The Everyday Guide to Wine  
Wines of Southern Italy

1:00pm – 1:30pm  
Sit & Get Fit  
Ch. 81 Broadcast

1:30pm – 3:30pm  
Movie Matinee  
Hocus Pocus /1993, 1h 36m

Movie Matinee  
Hocus Pocus /1993, 1h 36m

2:30pm – 3:30pm  
Richard Stanford Hour  
In-Person*

3:30pm – 4:00pm  
Pumpkin Decor Contest Winning Ceremony  
Ch. 81 Broadcast

4:00pm – 4:30pm  
Seated Tai Chi  
Ch. 81 Broadcast

This Week’s Movie  
Hocus Pocus  
1993, 1h 36m

Friday, October 3  
1:30pm  
In-Person and on Ch. 80

Limited Seating  
Only ten seats available per showing!  
Sign-up in advance in The Point.
“Double, double toil and trouble; Fire burn, and cauldron bubble”
—William Shakespeare

Tips for Staying Active
Submitted by Jill Beam
CC Young’s Wellness Coordinator

Have you found it tougher to exercise while under stay-at-home orders? I hope you are finding ways to make movement a part of your daily routine. I’ve recently heard that if you have a strong immune system you can help fight off the symptoms of the virus. Now, I’m not saying that being fit will protect you from catching the virus, but a strong immune system helps reduce stress, anxiety and can improve your mood. Staying active will keep up your energy and spirits in these trying times.

Here are some tips to help you stay active and will strengthen your immune system:

- **Get outside if you can**—fresh air will benefit your mental health, especially. Come walk with the Walking Club.
- **Do a social activity**—Play bocce ball. Try a new activity, like Drumba, Get Energized, Tap Dancing, or Line Dancing. Remember the song that Barbara Streisand sang? “People” and it goes on to say People Need People! Plus, I miss seeing many of you who used to come to live classes!
- **Track your workouts**—create a journal and this will keep you accountable. I can help you track your progress. Plus I will give you an emotional boost of encouragement!
- **Sneak movement into your normal routine**—take the stairs to the dining room. While watching TV, during the commercials, do some jumping jacks, squats, or lunges. Take advantage of pauses during the day, like if you’re waiting for something to finish or start, capture some yoga poses. Move around your house more. Take a lap or two around your house!
- **Take advantage of technology**—I know The Point makes it easy for you to exercise in the comfort of your home and that way you can wear what you want to wear, but I still want to encourage you to come to “live” classes. However, you can go to your computer and google just about any type of exercise class you could ever want.

Bottom line: Put exercise on your daily schedule, follow your body’s time clock (are you a morning person or an afternoon person), set some goals and then reward yourself with a hot bubble bath, a smoothie, or go ahead and make a hot fudge sundae!

Here’s to your new you!! See you in class!
Awesome Halloween Costumes for Seniors

https://www.alert-1.com/blog/general/10-awesome-halloween-costumes-for-seniors/4770

With Halloween right around the corner, it’s time to start thinking about costumes! Your golden years should be about having fun and enjoying yourself. Whether you are handing out candy or trying to win a costume contest, Halloween is your night to be whomever you want. You may be a senior, but you’re never too old for Halloween!

**Charlie Chaplin**
No doubt you have experienced the brilliance of Chaplin’s acting and directing while having some good laughs. Charlie Chaplin, one of the most well-known actors of the early 20th century is also a great Halloween costume. This costume is not only simple to set up, but there are advantages to being the lovable vagabond.

**All you need is:** Baggy pants, Tattered blazer, Dress shirt and tie, The iconic mustache, A bowler hat, A cane (bamboo if you can find one)

**Uncle Sam**
Show your all-American spirit this Halloween with a senior Uncle Sam costume.

**All you need to become this American icon are these supplies:** A patriotic top hat, Red bowtie, Blue jacket, Some pinstriped pants.

**The Queen of England**
Queen Elizabeth II always looks timeless in a fashionable hat and coat dress. As a senior herself, this look is perfect for a senior Halloween party.

**This look can be easily achieved with these items:** An extravagant hat or a crown, Coat dress, A broach, Some pearls, A small handbag

**Colonel Sanders**
For those of you who have white hair and a goatee, this senior look is perfect for you! For those without the natural colonel coif, a wig and fake mustache/goatee will work just fine. Carry around a bucket of chicken and you will be the life of the party. Just be sure to have a cluckin’ good time.

**This easy costume includes:**
A white suit, Black string tie, Browline glasses, Cane

**Popeye and Olive Oyl**
Want to have a fun night out with your honey? This pair is a great senior couple costume and their outfits are simple to make. Be a recognizable character and save money with these inexpensive costumes.

**Popeye’s costume:** Blue pants, Dixie cup hat, Corncob pipe, Black T-shirt, Red fabric for collar, Yellow belt, Pantyhose for the arms and something to stuff them with

**Olive Oyl’s costume:** Black skirt, Red long sleeved shirt, Yellow ribbon to glue to bottom of skirt, Adhesive felt for shirt’s collar.

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**Movies that will bring back Fair Day Memories**

**Charlotte's Web**
Rated G | 97 min
Wilbur the pig is scared of the end of the season, because he knows that come that time, he will end up on the dinner table. He hatches a plan with Charlotte, a spider that lives in his pen, to ensure that this will never happen.

**Meet Me in St. Louis**
Released: 1945
A classic MGM romantic musical comedy that focuses on four sisters (one of whom is the nonpareil Judy Garland) on the cusp of the 1904 St. Louis World's Fair.

**State Fair**
Rodgers and Hammerstein’s only score written expressly for the screen highlights this delightful film about an Iowa family’s adventures at the fair. The Frakes, a farming family, go to the Iowa State Fair to show the father’s prize hog, Blue Boy, and enjoy the big event of the year.
The Guest List by Lucy Foley:
Between the atmospheric isolated island setting and the murder mystery in this one, this book is definitely a fantastic Fall read for 2020 to curl up with.

Mexican Gothic by Silvia Moreno-Garcia:
If you love gothic horror, check this one creepy book set in 1950’s Mexico. The atmosphere is perfect for the season — a debutante heads to a creepy countryside house, after receiving an ominous letter from her newlywed cousin, and finds the dark secrets that lie within the house and its occupants.

The Sun Down Motel by Simone St. James:
A suspenseful and eerie mystery told via dual timelines all surrounding a rundown roadside motel and the secrets lurking that captivated a woman so much that she went missing in the 1980’s and now have caught the attention of her niece 35 years later.

Home Before Dark by Riley Sager:
Wanna be creeped out on a chilly Fall day AND love things like Amityville Horror or other infamous haunted houses? Pick this one! A woman inherits the house that, when she was a kid, she and her family fled from and made famous with the horror-filled memoir they wrote about living in the haunted house.

Catherine House by Elizabeth Thomas:
Now this one has gotten mixed reviews for sure but if you like STRANGE and offbeat… this book might be for you. It’s a cool mix of Gothic lit & sci-fi and is set in an isolated academic setting with lots of mystery and secrets!

The Year of The Witching by Alexis Henderson:
The Handmaid’s Tale meets the Salem Witch Trials meets The Village. A perfectly dark horror fantasy to give atmospheric air to your autumn reads list.

Invisible Life of Addie Larue by V.E. Schwab:
This fantasy is going to be the perfect books to read in Fall! It’s about a girl who makes a deal with the devil to live forever but nobody will remember her after meeting her. The story spans 300 years…until she meets a man in a bookshop who remembers her name.

The Once and Future Witches by Alix E. Harrow: Sister + witches + suffragettes….what’s not to like about that for Fall?

The Night Circus by Erin Morgenstern:
This atmospheric, beautiful prose laden fantasy about a black and white dream circus is just magically and totally perfect for the season. Definitely not for those who want an action-packed adventure but if you appreciate magical writing and slower paced book this might be the perfect book to cozy up with on a Fall night.

The Secret History by Donna Tartt:
Find any Fall reading list and I BET you they have this one on there and for good reason with a New England college campus setting and a literary murder mystery.

Autumn Vibes Reading List For 2020
https://www.perpetualpageturner.com/fall-reading-list/
Have you ever tried “Adult” Coloring? Check out the next few pages for a great way to pass some time and bring some color into your day!

**REASONS TO COLOR AT ANY AGE**

- REDUCE STRESS AND ANXIETY
- IMPROVE MOTOR SKILLS AND VISION
- IMPROVE SLEEP
- IMPROVE FOCUS

https://www.beaumont.org/health-wellness/blogs/health-benefits-of-coloring-for-adults
THE EARLY DAYS

The Dallas State Fair & Exposition, to which the present State Fair of Texas traces its origin, was chartered as a private corporation on Jan. 30, 1886, by a group of Dallas businessmen including W.H. Gaston, John S. Armstrong, and Thomas L. Marsalis. James B. Simpson was elected president of the association, and Sidney Smith was appointed as the first secretary.

A FAIR SPLIT

Differences arose among the directors over where to build the new fairgrounds. Gaston proposed property in East Dallas, an 80-acre tract located within the modern boundaries of Fair Park. Strong opposition was voiced by C.A. Keating, speaking for the farm implement dealers. When no compromise could be reached, Keating and his supporters secured a charter for a separate event, the Texas State Fair & Exposition, which they announced would open just north of town on Oct. 25 – one day ahead of the Dallas State Fair.

THE NEW PLAN

Exhibit facilities and a racetrack were built at each location, and both events attracted sizable crowds that fall. Attendance at the Dallas State Fair was estimated in excess of 100,000. But revenues for the fairs failed to meet expenses. The rival associations merged in 1887 becoming the Texas State Fair & Dallas Exposition. Despite indebtedness of more than $100,000, the directors voted to expand the fairgrounds by purchasing 37 acres adjacent to the East Dallas site.

TURN OF THE CENTURY TROUBLES

The finest racing stock, cattle sales, concerts, balloon ascents, displays of farm machinery, contests for the ladies, and appearances by such notables as John Philip Sousa, William Jennings Bryan, Carrie Nation and Booker T. Washington brought thousands of Texans to the Fair each year. But the popular success of the exposition was shadowed by repeated fires, mishaps and mounting debt. A grandstand collapsed during a fireworks show in 1900, and the main exhibit building burned to the ground two years later. When the Texas Legislature banned gambling on horse races in 1903, thereby eliminating the Fair’s main source of income, the association faced a financial crisis. To protect this valuable community asset, the Texas State Fair spurned offers from developers and sold its property to the City of Dallas in 1904 under an agreement that set aside a period each fall to hold the annual exposition.

STARTING FRESH

The reorganized State Fair of Texas prospered immediately, establishing new records for receipts and attendance as 300,000 people streamed through the gates in 1905. President William Howard Taft visited the Fair in 1909, and Woodrow Wilson delivered a speech in 1911. Automobile races and stunt flying exhibitions became the top attractions. Attendance topped the 1 million mark in 1916. World War I caused the 1918 State Fair to be canceled, and Fair Park was converted into a temporary army encampment.

COMING ATTRACTIONS

The 1920s brought significant development and increased activity to the fairgrounds. A magnificent auditorium – which eventually would be known as the Music Hall – was completed in 1925, and outstanding New York shows were presented to Texas audiences for the first time. The Texas-OU football game was established as an annual fairtime event in 1929. And in 1930, the race track complex was razed to permit construction of 46,000-seat Fair Park Stadium – later renamed the Cotton Bowl.
FAIR PARK FLOURISHES

In 1934, largely through the efforts of civic leader R.L. Thornton, Fair Park was selected as the central exposition site for the proposed Texas Centennial celebration. No state fair was scheduled in 1935, and construction began on a $25 million project that transformed the existing fairgrounds into a masterpiece of art and imagination. The 1936 Texas Centennial Exposition attracted more than 6 million people during its six-month run. A similar but smaller-scaled event, the Pan American Exposition, was presented in 1937. No fairs were held from 1942-1945. Following World War II, under the leadership of R.L. Thornton, the State Fair of Texas entered an era of unprecedented growth. Attendance reached the 2 million visitor level in 1949.

BIG TEX FINDS A HOME

Highlights of the 1950s included the development of an international livestock show, installation of a monorail system, a Cotton Bowl concert by Elvis Presley, a visit from Vice President Richard Nixon and the first appearance of Big Tex, a 52-foot cowboy figure erected in the center of the grounds.

Since 1960, each exposition has been keyed to a theme. In 1968, the total number of fairgoers exceeded 3 million for the first time. Major renovation of the Cotton Bowl and Music Hall was accomplished during the 12 years that Robert B. Cullum served as State Fair president.

A LANDMARK ANNIVERSARY

Tragic midway accidents in 1979 and 1983 led to the adoption of a ride safety program that is considered a model for the amusement industry. Opening Saturday of 1985 was designated as “Eddie Robinson Day.” The legendary coach of the Grambling University Tigers led his team to victory over Prairie View in the Cotton Bowl to become the winningest coach in college football. In 1986, Fair Park was designated a National Historic Landmark, and the State Fair of Texas hosted a 31-day exposition celebrating both the Texas Sesquicentennial and the Fair’s own 100th anniversary.

THE FAIR AS YOU KNOW IT

As the Fair moved into its second century of operation, new leadership assumed command. In 1988, Errol W. McKoy was named president with responsibility for the organization’s daily operation. The traditional fair season was extended from 17 to 24 days, and corporate sponsorship began to play an increasingly important role in programming. Involvement by major companies made it possible for the State Fair of Texas to offer its visitors a range of exhibits, entertainment, and services that are unmatched by any annual exposition in North America.

On the final Friday of the 2012 State Fair – October 19, 2012 – a fire due to an electrical short started in the base of the beloved icon, Big Tex. Dallas Fire Rescue rushed to the scene, but it was too late, the structure was destroyed. But, like any tall, proud Texan would do, this cowboy showed up for work in 2013. Big Tex returned to the State Fair in grand fashion with a Texas-sized welcome back celebration held on September 27, 2013. As he had done for many years, Tex breathed in a breath of fresh Texas air and said, “Howdy, Folks!,” to the world.

The State Fair board elected a new president in the spring of 2014 as Errol McKoy hung up his cowboy hat for retirement. Mitchell Glieber, who had served the Fair since 1999 in marketing roles, took over and first on his to-do list was to refresh the mission statement of the 128-year nonprofit organization. Not only did he want to continue putting on a world class event every year, he also wanted the State Fair of Texas organization to be known as a great community partner.

The State Fair of Texas celebrates all things Texan by promoting agriculture, education, and community involvement through quality entertainment in a family-friendly environment.

As a celebration of Texas heritage, the State Fair aims to embody all aspects of Lone Star culture. Although much has changed since its humble beginnings as a local fair and exposition, the State Fair of Texas embraces its historical roots and strives to preserve the traditions upon which it was built.
1. What is it called when a quarterback or other player on offense gets sacked/tackled in their own end zone?
2. What does “three and out” mean?
3. What is a “Hail Mary”?
4. When would you try to maneuver a two-point conversion?
5. What is the red zone?
6. Which football positions usually have numbers between 1-19?
7. The home team is required to provide how many footballs for game play (not including kicking situations)?
8. Which official functions as the backup timekeeper?
9. Which member of the offensive team can request a playable ball during inclement weather conditions?
10. Which two officials are responsible for ruling on the success of a field goal attempt?

ANSWERS: (1) Safety (2) The offense doesn’t get a first down, and they take three downs and on the fourth...
Crafts with Aaron Schmidt is always a rocking good time!
For The Love Of Grandparents

Window Visits Were a huge success! Thank you to all who helped make this happen!
Hummingbird Whisperer...
Submitted by CCY Resident
Barbara Halas Stoker Luckett

August 8, 2020

Mom started anticipating the hummingbird’s arrival in early March. And with high expectations, in every direction she would frequently watch. She loved the tiny birds as they migrated into the area very slowly at first, where she and her hummingbird feeders were there to quench their thirst.

As they appeared day by day, she got to know them by their behaviors. Knowing there was only One, who could form this creature, her Lord and Savior.
“There’s the sweet one,” she whispered, pointing her finger toward the feeder. Then she clapped her hands together! “Oh, no, the bully is back, he’s such a predator!”

“By fluttering his wings with vibrations of fear, he intimidates those at the feeder!” But with my Mom as their cheerleader, they have their own ‘hummingbird whisperer’. As September approached, the charm of hummingbirds migrated to their next destination. For Mom, they were a vision to behold, thrilled they chose El Paso to spend their...vacation!

Mom, I miss and love you  more than you will ever know...Bobby

“Charm” ~ a group of hummingbirds
A Gmail account is easily created - from the Google home page on the Internet, select Gmail. You will be prompted to either enter a username (Gmail address) and password. Several points to remember when creating an email account...1) Consider using a favorite team, hobby, or interest as the first part of your email account (the “username”); example “Datsun72zz” before the “@” sign; Datsun72zz@gmail.com named in celebration of my 1972 Datsun (predecessor to Nissan brand name) 240Z car! The second of several reasons for a hobby/passion-based email “username,” is to NOT use your first and last given names. In not using your first and second names as your email “username,” you are not giving malicious actors half of logins; i.e. usernames which are email accounts. For those of you who have an email account comprised of both your first and last names, do not create another email account. Your take-away is to begin thinking of a hobby or passion or following that can use as an email username (that part of the email address in front of the “@” sign); examples could be: AuburnSuperFan@gmail.com, WhataboutthoseSaints@gmail.com, MississippiMagnolia@gmail.com...!!

It is a good idea to have an alternate email account. As your online world expands: purchases, reading, subscriptions, groups and more, an alternate email account can serve as the login to each: online shopping, membership, and subscription websites. This strategy offers several benefits: 1) Consistent login (you don’t have to remember your Username/ID when logging on; 2) A receptacle for email messages from each of the online shopping, membership, subscription and other types of websites. As we consider technology strategies, it is always a best practice to use a distinct password for any new account you create.

Did I mention that Gmail is free? Gmail and the apps that go with it are free; as is 15 Gigabytes (Gb) of free cloud (requires and Internet connection and an Internet-connected device) storage space. What these features should tell you is...your data (email messages) and any information stored in Google’s cloud are on the Internet, in password-protected storage. Your decision here is what is your tolerance for having messages and information stored on computers that you, yourself do not own/manage.

As one of your technology strategies, you might conclude that this digital, cloud-based environment is not the means of data storage for legal, identity-based, financial and other types of information. We offered an instructional video on creating a Gmail account, creating a strong password, and navigating the Gmail Inbox. In coming weeks, I’ll review those skills as well as more advanced skills such as “labeling” Gmail messages and organizing the Gmail Inbox and All Mail folder.

After creating your Gmail account, access the Gmail inbox from your Internet browser using the following address https://gmail.com and login with your email address and strong password. You have arrived at your Gmail Inbox where you will receive, organize/manage and compose email messages.

As with almost all technology skills, “practice makes perfect!” Send email messages to your friends and family! Login frequently so be more comfortable with the application and to remember your password. In my next article, I’ll focus on more advanced skills including attaching a file or picture to your email message.

Keys to a successful email message include: 1) correct email address; 2) descriptive subject line; 3) an engaging, but not too lengthy, message; and 4) meaningful, authentic message closing. Go forth and EMAIL!

At CCYoung, we look forward to returning to our normal class offerings, but until we are able to come together, watch for our weekly videos and tell us (email srtech@ccyoung.org) what technology interests you have. Whether it is computers, smart phones, tablets, Internet resources such as Google, Social Media like Facebook and Instagram; wearables including the Apple Watch, Fitbit and Android watches. Or, if you have other ideas, please share them with us! We are always looking to teach relevant new tech-related topics and we appreciate your feedback.
We are here for you...
offering an array of medical, healthcare and wellness services to help ensure you are living ‘the way you want to live.’

The Clinic at CC Young provides comprehensive services for senior patients living in our Assisted Living or Independent Living residences. Care may be delivered in your CC Young residence, in the doctors’ offices, and our long-term care setting.

The multi-disciplinary care team includes physicians, nurses and ancillary services professionals. They possess a working knowledge of the aging process and special skills in the diagnostic, therapeutic, preventive and rehabilitative health needs of seniors.

CORE MEDICAL TEAM

The Clinic’s Primary Care Physicians are Dr. Grady Goodwin, Dr. Tara Goodwin and Dr. Laura Demoya. Both doctors are supported by Nurse Practitioner, Paula Gillman.

Audiologists include doctors from Total Hearing who are on site every second Tuesday from 9am to 11am and every fourth Tuesday from 2pm to 4pm.

**Campus Clinic Location:** Lawther Point West Building, Ground Floor

**Mailing Address:** 4847 W. Lawther Dr, Ste. 100, Dallas, TX 75214

**Clinic Hours:** Monday thru Friday, 9am to 4pm  
**Dr. Laura Demoya Hours:** Monday, 9am to 12pm  
**Dr. Grady Goodwin Hours:** Tuesday, 9am to 12pm  
**Dr. Tara Goodwin Hours:** Wednesday, 9am to 12pm  
**Paula Gillman, NP Hours:** Thursday, 9am to 12pm

**To Schedule Appointments:**  
Call 972-432-7874 Monday thru Friday – 9am to 4 pm  
(On-call physicians are always available after hours)
Deciding where and how to live during retirement to make the most of these years is a big decision and choices are important. With a unique assortment of three Independent Living residences, and a fourth – The Terraces – on the horizon, the CC Young community has a place to satisfy everyone’s sweet tooth. The 20-acre lushly landscaped campus located across from White Rock Lake offers an unparalleled environment, lock-and-go lifestyle, amenities and services for all our residents. To experience a taste of CC Young living, visit us at ccyoung.org.