

Active Senior

Lifestyle

JUNE 2021

Guide

The Great American Road Trip

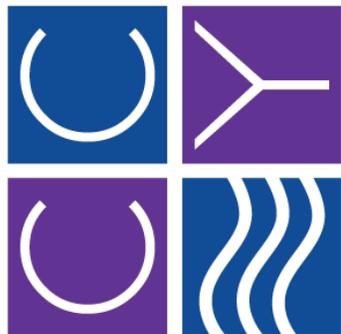
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LAND OF LINCOLN

*Enhancing the quality
of life for all we serve.*



Meet The Team!



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We hope you enjoy the new Lifestyle Guide format!

The **Calendar** of events, TV Programs, trips, and more begins on **page 7**.

The **Lifestyle Section** full of articles, puzzles and other activities begins on **page 27**.

Please note The Point Building is currently open to CC Young Residents only.



The Point hours of operation

7:00am – 8:00pm

Open 7 days a week to residents only!



KEY:

- Ch. 80 Campus info
- Ch. 81 Broadcast= Event and Program Station
- In-Person*= Limited Seating. Sign-in required. Each event will have room capacity listed.
- FC= Fitness Center Classroom
- Aud.= Auditorium

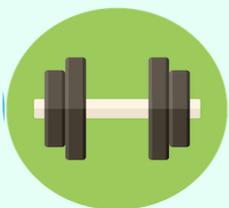


Drop in to a Wellness Class!

In-person resident only wellness classes are held in The Point Fitness Classroom with a max capacity of 24. Sign-in is required to attend.

Chair Aerobics	8:15am	Mon. - Fri.
Balance Class	9:00am	Mon. - Fri.
Strength & Stretch	9:45am	Mon. - Fri.
Chair Yoga	10:30am	Mon., Wed., Fri.
Chair Pilates	10:30am	Tues. & Thurs.
Tap Dance Fun	1:15pm	Wednesdays
Parkinson Workout	2:00pm	Mondays
Seated Tai Chi	4:00pm	Mon., Wed., Fri.

Schedules are subject to change.



Workout at The Fitness Center
 7:00am - 8:00pm
Sign-in required. Supplies provided for residents to wipe equipment after use. Max capacity is 24.



Games will be set up for open play for all! Bring a friend to start a game, or join an existing one. Learn a new game or brush up on some old skills!

Mondays in June at 3:00pm **The Point**

- June 7: Dominos in The Café
- June 14: Bunco in The Auditorium
- June 21: Dominos in The Café
- June 28: Bunco in The Auditorium

Tuesday, June 8 at 3:00pm **Asbury Barr Room**

Billiards Game. Drop in for a game of pool!

Wednesdays in June at 10:30am in **The Point Café**

- June 9: Wii Bowling
- June 16: Scrabble
- June 23: Wii Bowling
- June 30: Mahjong

Fridays in June at 10:00am **Outdoor Game Play!**

- June 11: Cornhole under The Pavilion
- June 18: Bocce Ball- OVR/THO "Field"
- June 21: Croquet- OVR/THO "Field"



CC YOUNG
THE POINT & PAVILION

21st ANNUAL

2021 SPIRIT IS AGELESS ART & WRITING CONTEST

Awards & Celebration of Artists & Writers



With featured speaker
Nancy Cohen Israel

Owner of Art à la Carte,
Dallas Based Art Historian,
Art Educator,
Writer & Curator

CC Young is honored to present Nancy Cohen Israel as our featured speaker for the awards and celebration of artists and writers in the 2021 Spirit is Ageless Art & Writing Contest.

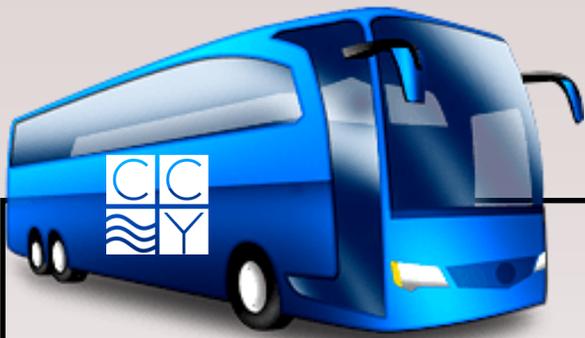
Nancy has taught at colleges and museums throughout the Dallas area, including at the Meadows Museum where she is a part of the Education Department. Nancy has also been a regular contributor to *Patron* magazine since it launched in 2011, writing primarily about the visual arts. Her work has been published locally in the *Dallas Arts District Guide*, *VisitDallas*, *FD Luxe* and *Arts + Culture* and nationally in *artltd.* and *Lilith*.

For 15 years, Nancy advanced Art à la Carte's art educational mission through her highly popular tour series, *Second Saturdays*. She feels fortunate that she has been able to continue to write and lecture throughout the area during this unique time.

SAVE THE DATE!
Virtual Awards Program
Friday, June 25, 2021
2:00 PM

For More Information
214-841-2831
OR
acastillo@ccyoung.org

1st Place Winners & a Guest will be invited to attend the in-person awards program. All others are invited to join the event virtually.



Let's Hit The Road

Thursday, June 10

11:00am-1:30pm

Lunch at Cracker Barrel

Mesquite Location

Have lunch and do some shopping at the country store.

Limited Spots!

Sign up at The Point



Old Country Store



Tuesday, June 15

10:00am depart, 3:00pm return

Day Trip to Historic Downtown McKinney

There will be a \$15 activity fee billed to you to help defer cost of the bus. Bring money for lunch and any purchases you make. There are lunch and shopping options steps away from the Town Square where we will be dropped off.

- Sign up at The Point. **A minimum of 30 people must sign up for this trip to happen!**
- You will find a list of restaurants, and shopping behind the sign-up sheet.
- Bring your cell phone and wear comfortable shoes.



Thursday, June 24

10:30am-2:00pm

Trip to Bonton Farms

Located South of Downtown Dallas.

Limited Spots! Sign up at The Point

Visit Bonton Farm and Market. They grow healthy produce and house free-range chickens, goats, turkeys, rabbits and beehives that provide an abundance of fresh eggs, milk and honey.

We will tour the farm and stay for lunch. Please make a lunch selection when you sign up.

Tuesday, June 29

3:30pm in The Point



“The Great American Road Trip”

Presented by CCY favorite renowned TX personality:

Rose Mary Rumbley!

**In-Person Limited Seating
Sign-up at The Point**

June

Special Dining Events

Friday, June 4
Caribbean Cruise
Travel The World
Conley's

Wednesday, June 9
at 3:00pm on Ch. 81
Teaching Kitchen featuring
June Superfood: Berries

Friday, June 11
A Meal in the Life Lunch: Caribbean
Lunch at Thomas Dining Room

Friday, June 18
America the Beautiful
West of The Pecos Rodeo
Lunch at Asbury Dining Room

Sunday, June 20
Father's Day Brunch
Conley's

JUNE 2021 SCHEDULE

Tuesday, June 1 9:30am–11:30am
iPhone- Beginners

Thursday, June 3 9:30am–11:30am
Navigating iPhone

Tuesday, June 8 9:30am–11:30am
Navigating Ride Sharing (Day 1)

Thursday, June 10 9:30am–11:30am
Navigating Ride Sharing (Day 2)

Friday June 18 & Friday June 25
10:00am–12:00pm
SRTECH FREE COACHING FRIDAYS

Monday, June 21 1:30pm–2:30pm
Android Phone Calendar & Contacts

Tuesday, June 22 9:30am–11:30am
iPhone/ iPad apps

Thursday, June 24 9:30am–11:30am
iPhone Photos- taking & sharing

Tuesday, June 29 9:30am–11:30m
iPhone Text Messages

*NOTE: Limited Seating! Call to reserve your spot.

Please check battery charge levels on your devices before coming to class.

Come Prepared! Know your:

- Apple ID and Password (Apple classes)
- Gmail address and
- Password (Android or Google classes)



Class is limited to residents only!

Call 214-841-2831 to register for a class.

THIS WEEK'S
HIGHLIGHTS

Starting this week
Morning News on Ch. 81:
Two days a week: Tuesday &
Thursday at 9:30am

Starting June 1
New start time for
The Great Courses Videos
1:00pm Monday – Friday

Wednesday June 2
10:00am
Volunteer Project for White
Rock Lake
Help roll bags to prepare for
Lake Cleanup
For The Love of The Lake!
Call Aaron 214- 229- 7762 for
more info.

Friday, June 4
1:30pm
Movie Matinee
North by Northwest
1959, 2hr 16m

SUNDAY, MAY 30

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

 9:30am - 10:30pm
Worship Service Christ Chapel
with Rev. Kellie Sanford In-Person*

 11:00am - 12:00pm
Worship Service Auditorium
with Rev. Kellie Sanford In-Person*
Ch. 81 Broadcast

A reminder that access to The Point
and any activities or classes within
is for CC Young Residents only
at this time.



Volunteers Needed!

Elena Jeffus

Manager, Volunteer Experience

What is your passion?

Volunteering doesn't have to be an ongoing commitment. There are many ways you, yes YOU, can contribute to your community. Consider teaching a one-time class on a subject for which you are proficient, such as gardening, astronomy, a historical event, some cultural knowledge...

Just about anything you're interested in, chances are, someone else is, too!

Please contact me at 214-841-2988 to sign-up or learn more.

MONDAY, MAY 31



NO CLASSES OR EVENTS TODAY

The Point offices will be closed.

**Regularly scheduled classes
are canceled today.**

The Point Café is Closed.

Have a Safe & Happy Holiday!

TUESDAY, JUNE 1

8:15am-8:30am Chair Aerobics	Ch. 81 Broadcast FC/In-Person*
9:00am - 9:30am Balance Class	Ch. 81 Broadcast FC/In-Person*
 9:30am - 9:45am CCY Campus News	Ch. 81 Broadcast
 9:30am - 11:30am SeniorTech Class: iPhone for Beginners	Computer Lab In-Person*
9:45am-10:15am Strength & Stretch	Ch. 81 Broadcast FC/In-Person*
10:30am-11:00am Chair Pilates	Ch. 81 Broadcast FC/In-Person*
 New Time 1:00pm-1:30pm A Brief History of The World 20th-21st Centuries as a New Period	Ch. 81 Broadcast
2:00pm - 2:45pm Get Energized	Ch. 81 Broadcast Virtual
3:00pm - 3:30pm Sit & Get Fit	Ch. 81 Broadcast Virtual

WEDNESDAY, JUNE 2

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/In-Person*

 9:30am -11:30am
Trip to Hillside Village
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch Virtual

 9:45am - 11:00am
Senior Scribblers Flagpole Hill In-Person*

10:00am-11:00am In-Person*
Volunteer Project for White Rock Lake
 Help roll bags to prepare for Lake Cleanup.
 Call Aaron 214- 229- 7762 for info.

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga Virtual

 **New Time**
 1:00pm-1:30pm Ch. 81 Broadcast
How to Listen To & Understand Great Music
 Classical-era Opera- The Rise of Opera Buffa

1:15pm - 1:45pm Fitness Center
Tap Dancing Fun In-Person*

2:00pm- 3:00pm Fitness Center
Acting Fun In-Person*
 with Linda Leonard

 2:00pm-3:00pm Aud. North
Deepening Our Connection: In-Person*
Fellowship, Word and Study with Rev. Sanford

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

THURSDAY, JUNE 3

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am
SeniorTech Class: Computer Lab
 Navigating iPhone In-Person*

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/In-Person*

 10:00am - 11:00am
Knotty Knitters Flagpole Hill In-Person*

10:30am - 11:00am Ch. 81 Broadcast
Chair Pilates FC/In-Person*

 **New Time**
 1:00pm-1:30pm Ch. 81 Broadcast
How to Look At & Understand Great Art
 Cubism- An Experiment in Form

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:00pm - 4:00pm
Bible Study Flagpole Hill In-Person*
 Led by Resident Marilyn Hodge

 4:00pm - 5:00pm The Point
Independent Living Happy Hour
 Beer, Wine & Appetizers. \$5 Cover Charge.

4:00pm-5:00pm Theater
Peace with us: Mindful In-Person* & Ch. 81
Meditation with
 Amy Lewis Hofland

FRIDAY, JUNE 4

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/In-Person*

9:30am -11:30am
 **Trip to Hillside Village**
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/In-Person*

10:00am-10:30am Theater
Beyond Books- In-Person* Only
Hosted By Bobbie Mankey: #16

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/In-Person*

 **New Time**
 1:00pm-1:30pm Ch. 81 Broadcast
Stress & Your Body
 Psychological Modulators of Stress

 **1:30pm - 3:00pm** Theater
Movie Matinee In-Person* Only
North by Northwest / 1959, 1hr 29m

2:00pm-3:00pm Vista Pool
Aquatics 101

This is a required class for any for anyone interested in future aquatics classes. Class size is limited and reservation required. Call 972-638-8795

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

SATURDAY, JUNE 5

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

9:00am-9:30am Ch. 81 Broadcast
Sit & Get Fit Virtual

MOVIE MATINEE



This Week's Movie
North by Northwest
 1959, 2h 16m

Friday, June 4
 at :30pm

What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising exec who looks a little too much like someone else and is forced to go on the lam.

In-Person Only. Limited Seating
 Only 30 seats available per showing!

THIS WEEK'S
HIGHLIGHTS

Beginning on June 7
Spanish Classes Return!
Mondays & Wednesdays
2:00pm– Beginners Class
3:15pm– Conversational Class
Sign up at The Point

Tuesday, June 8
1:30pm – 3:30pm
Watercolor Fun
with Mary Anne Whittle
This is a beginners class. Spots are limited. Sign-up at The Point. Supplies provided.

Tuesday, June 8
2:00pm
Kitchen Table Rocket Science
led by Bill McMillin

Wednesday, June 9
3:30pm
Teaching Kitchen
Presentation using this month's Superfood: Berries

Thursday, June 10
10:15am
IL Lunch trip to Cracker Barrel
Bus will pickup at The Point.
Limited Spots. Sign-up in The Point

Friday, June 11
9:30am
Arts & Crafts with
Patricia Dillingham
Playing with Paper.
Sign-up at The Point

Friday, June 11
1:30pm
Movie Matinee
Land/1hr 29m, pg-13, 2021

SUNDAY, JUNE 6

8:15am-8:45am Chair Aerobics	Ch. 81 Broadcast Virtual
 9:30am - 10:30pm Worship Service with Rev. Kellie Sanford	Christ Chapel In-Person*
 11:00am - 12:00pm Worship Service with Rev. Kellie Sanford	Auditorium In-Person* Ch. 81 Broadcast

**A reminder that access to The Point
and any activities or classes
within are open CC Young
Residents only at this time.**

Tuesday, June 8
2:00pm
CCY Resident
Bill McMillin presents

Kitchen Table

**ROCKET
SCIENCE**

**Learn about Orbits, Gravity and Zero
Gravity, Space, where does it begin?
Orbital transfers, and more!**

MONDAY, JUNE 7

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

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

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

2:00pm - 2:45pm Fitness Center
Thriving with Parkinson's In-Person*
 A workout designed for Parkinsonians

 2:00pm - 3:00pm Ch. 81 Broadcast
FUMC Dallas Worship Service

2:00pm - 3:00pm Flagpole Hill
Beginners Spanish Class In-Person*
 Learn Spanish Basics in a fun atmosphere. Sign up at The Point

3:15pm - 4:15pm Flagpole Hill
Conversando Spanish In-Person*
 A conversational class for students with prior Spanish knowledge. Sign up at The Point

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:00pm - 4:30pm Café Seating Area
Dominos at The Point In-Person*
 Drop in and play a game or learn how to play.

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

TUESDAY, JUNE 8

8:15am-8:30am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person*
 Navigating Ride Sharing (Day 1)

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

New Time
 1:00pm-1:30pm Ch. 81 Broadcast
A Brief History of The World
 The World Economy- Change and Continuity

 1:30pm - 3:30pm White Rock Classroom
Watercolor Fun In-Person*
with Mary Anne Whittle
 This is a beginners class. Spots are limited.
 Sign-up at The Point. Supplies provided.

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

 2:00pm - 3:00pm Auditorium
Kitchen Table Rocket In-Person*
Science led by Bill McMillin

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

New
 3:00pm-4:00pm Asbury
Billiards pick up game In-Person*
 Drop in for a game of pool or bring friends to play!

WEDNESDAY, JUNE 9

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

9:30am - 11:30am
 **Trip to Hillside Village**
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch Virtual

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

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga Virtual

10:30am-11:30am Café Seating Area
Wii Bowling for Beginners In-Person*
 Come have fun and learn a new skill!

 **New Time**
 1:00pm-1:30pm Ch. 81 Broadcast
How to Listen To & Understand Great Music

1:15pm - 1:45pm Fitness Center
Tap Dancing Fun In-Person*

2:00pm- 3:00pm Fitness Center
Acting Fun with Linda Leonard In-Person*

 2:00pm-3:00pm Aud. North
Deepening Our Connection: In-Person*
Fellowship, Word and Study with Rev. Sanford

2:00pm - 3:00pm Flagpole Hill
Beginners Spanish Class In-Person*
 Learn Spanish Basics in a fun atmosphere. Sign up at The Point

3:15pm - 4:15pm Flagpole Hill
Conversando Spanish In-Person*
 A conversational class for students with prior Spanish knowledge. Sign up at The Point

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

3:30pm - 3:30pm Ch. 81 Broadcast
Teaching Kitchen Virtual
 Presentation using this month's Superfood: Berries

 4:00pm - 5:00pm White Rock Class
Alzheimer's Caregiver Support Group In-Person*

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

THURSDAY, JUNE 10

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person*
 Navigating Ride Sharing (Day 2)

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

 10:00am - 11:00am Flagpole Hill
Knotty Knitters In-Person*

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

 11:00am - 1:30pm
IL Trip: Lunch at Cracker Barrel
 Limited Spots. Sign up at The Point.

 **New Time**
 1:00pm-1:30pm Ch. 81 Broadcast
How to Look At & Understand Great Art
 Abstraction/ Modernism- New Visual Language

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:00pm - 4:00pm Flagpole Hill
Bible Study In-Person*
 Led by Resident Marilyn Hodge

 4:00pm - 5:00pm The Point
Independent Living Happy Hour
 Beer, Wine & Appetizers. \$5 Cover Charge.

4:00pm-5:00pm Theater
Peace with us: Mindful Meditation with Amy Lewis Hofland In-Person* & Ch. 81

FRIDAY, JUNE 11

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:15am - 9:45am Ch. 81 Broadcast
Balance Class FC/ In-Person*

9:30am -11:30am Auditorium
Arts & Crafts with Patricia Dillingham
 More Playing with Paper! Back by popular demand! Sign up at The Point

9:30am -11:30am
 **Trip to Hillside Village**
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-10:30am Theater
Beyond Books- In-Person* Only
Hosted By Bobbie Mankey: #17

New
 10:00am-11:30am Pavilion
Cornhole 'Pick up' Game In-Person*
 Drop in on a game or come learn how to play.

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

1:00pm-1:30pm Ch. 81 Broadcast
 **Stress & Your Body**
 Stress and the Biology of Depression

1:30pm - 4:00pm Theater
 **Movie Matinee** In-Person* Only
Land / 2021, PG-13, 1hr 29m

2:00pm-3:00pm Vista Pool
Aquatics 101
 This is a required class for anyone interested in future aquatics classes. Class size is limited and reservation required. Call 972-638-8795

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

3:30pm - 4:30pm Thomas
Thomas Monthly Social In-Person*

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

SATURDAY, JUNE 12

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

9:00am-9:30am Ch. 81 Broadcast
Sit & Get Fit Virtual

This Week's Movie
 **Land**
 2021, PG-13,
 1h 29m

Friday, June 11 at 1:30pm

Edee, in the aftermath of an unfathomable event, finds herself unable to stay connected to the world she once knew, and in the face of that uncertainty, retreats to the magnificent, but unforgiving, wilds of the Rockies. Starring Robin Wright.

In-Person Only. Limited Seating
 30 seats available per showing!

MOVIE MATINEE

THIS WEEK'S
HIGHLIGHTS

Monday, June 14

3:00pm

BUNCO

Limited Seating, Signup at The Point

Tuesday, June 15

10:00am – 3:00pm

IL "Road Trip" to McKinney

Sign up at The Point for this day trip to Historic Downtown McKinney TX. Stroll through shops and stop for lunch of your choice.

Tuesday, June 15

1:30pm – 2:30pm

CC Young 'Uns Rehearsal

Tuesday, June 15

1:30pm – 3:30pm

Watercolor Fun with Mary Anne Whittle & Jacque Wacker

This is a creative hands on watercolor workshop for beginners. Spots are limited. Sign-up at The Point. Supplies provided.

Thursday, June 17

3:00pm

Opera Abridged– Verdi's La Traviata

In-Person* in the Auditorium

Limited Seating.

Sign up at The Point.

Friday, June 18

1:30pm

Movie Matinee

Nomadland

2020, 1h 48m, Rated-R

In-Person* Only

SUNDAY, JUNE 13

8:15am-8:45am
Chair Aerobics

Ch. 81 Broadcast
Virtual



9:30am - 10:30pm
Worship Service
with Rev. Kellie Sanford

Christ Chapel
In-Person*



11:00am - 12:00pm
Worship Service
with Rev. Kellie Sanford

Auditorium
In-Person*
Ch. 81 Broadcast

A reminder that access to The Point and any activities or classes within is open CC Young Residents only at this time.

Thursday, June 17

3:00pm

The Point Auditorium

Opera Abridged!

Presenter BJ Anderson will share stories about the opera, the singers, and the history of

Verdi's La Traviata!



In La Traviata, Verdi achieved a magical and delicate balance between a tragic love story, a socially and politically courageous plot, and some of the most powerful and heart-breaking music ever written.

In-person limited seating. Sign-up at The Point.

MONDAY, JUNE 14

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 11:30am
Trip to Kroger
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

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

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

2:00pm - 2:45pm Fitness Center
Thriving with Parkinson's In-Person*
 A workout designed just for Parkinsonians

 2:00pm - 3:00pm Ch. 81 Broadcast
FUMC Dallas Worship Service

2:00pm - 3:00pm Flagpole Hill
Beginners Spanish Class In-Person*
 Learn Spanish Basics in a fun atmosphere. Sign up at The Point

3:15pm - 4:15pm Flagpole Hill
Conversando Spanish In-Person*
 A conversational class for students with prior Spanish knowledge. Sign up at The Point

 3:00pm - 4:30pm Auditorium
BUNCO at The Point In-Person*
 Limited Seating. Signup at The Point.

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

TUESDAY, JUNE 15

No SeniorTech Classes Today

8:15am-8:30am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person

 10:00am - 3:00pm Off Campus Trip
IL "Road Trip" to McKinney
 Sign up at The Point for this day trip to Historic Downtown McKinney TX. Stroll through shops and stop for lunch. See pg. 5 for more info.

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

New
 1:00pm-1:30pm Ch. 81 Broadcast
A Brief History of The World
 An Age of Revolutions

1:30pm - 2:30pm Auditorium
CC Young'Uns In-Person*
Rehearsal

 1:30pm - 3:30pm White Rock Classroom
Watercolor Fun In-Person*
with Mary Anne Whittle
 This is a beginners class. Spots are limited. Sign-up at The Point. Supplies provided.

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

2:00am-3:00am Flagpole Hill
Alterations by Dallas Dry Cleaning
 They will assist with minor alternations. Residents will be given a garment bag to contain their items. A credit card on file is required for payment.

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

WEDNESDAY, JUNE 16

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*



9:30am -11:00am
Trip to Hillside Village

Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch Virtual



9:45am - 11:00am
Senior Scribblers

Flagpole Hill
 In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits.

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga Virtual

New

10:30am-11:30am Café Seating Area
Scrabble "Pick up" Game In-Person*
 Drop in on a game or bring friends to play!

New Time



1:00pm-1:30pm Ch. 81 Broadcast
How to Listen To & Understand Great Music
 Classical-era Opera, Part 2- Mozart

1:15pm - 1:40pm Ch. 81 Broadcast
Tap Dancing Fun FC/ In-Person*



2:00pm-3:00pm Aud. North
Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford In-Person*

2:00pm - 3:00pm Flagpole Hill
Beginners Spanish Class In-Person*
 Learn Spanish Basics in a fun atmosphere. Sign up at The Point

3:15pm - 4:15pm Flagpole Hill
Conversando Spanish In-Person*
 A conversational class for students with prior Spanish knowledge. Sign up at The Point

2:00pm- 3:00pm Fitness Center
Acting Fun with Linda Leonard In-Person*

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

THURSDAY, JUNE 17

No SeniorTech Class Today

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*



9:30am - 9:45am
CCY Campus News

Ch. 81 Broadcast



9:30am -11:00am
Trip to Traders Joe's

Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*



10:00am - 11:00am
Knotty Knitters

Flagpole Hill
 In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one on one visits.

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

New Time



1:00pm-1:30pm Ch. 81 Broadcast
How to Look At & Understand Great Art
 Dada Found Objects/ Surreal Doodles & Dreams

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

3:00pm - 4:00pm Auditorium
Opera Abridged In-Person*
Verdi's La Traviata
 Presenter BJ Anderson will share stories about the opera.



3:00pm - 4:00pm Flagpole Hill
Bible Study In-Person*
 Led by Resident Marilyn Hodge



4:00pm - 5:00pm The Point
Independent Living Happy Hour
 Beer, Wine & Appetizers. \$5 Cover Charge.

4:00pm-5:00pm Theater
Peace with us: Mindful In-Person* & Ch. 81
Meditation with
Amy Lewis Hofland

FRIDAY, JUNE 18

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

9:30am -11:30am
 **Trip to Hillside Village**
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-10:30am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

10:00am-10:30am Theater
Beyond Books— In-Person* Only
Hosted By Bobbie Mankey: #18

New
 10:00am-11:30am OVR/THO “Field”
Bocce “Pick up” Game In-Person*
 Drop in on a game or bring friends to play!

 10:00am-12:00pm Computer Lab
Free Coaching Fridays In-Person*
 Come and Go for Technology Questions

 1:00pm-1:30pm Ch. 81 Broadcast
Stress & Your Body
 Stress and the Psychology of Depression

 1:30pm - 4:00pm Theater
Movie Matinee In-Person* Only
 Nomadland / 2020, 1h 48m, Rated-R

2:00pm-3:00pm Vista Pool
Aquatics 101
 This is a required class for anyone interested in future aquatics classes. Class size is limited and reservation required. Call 972-638-8795

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

3:30pm - 4:30pm Asbury
Asbury Residents Monthly Social In-Person*

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

SATURDAY, JUNE 19

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

9:00am-9:30am Ch. 81 Broadcast
Sit & Get Fit Virtual

M O V I E M A T I N E E



This Week's Movie
Nomadland
 2020, 1h 48m,
 Rated-R

Friday, June 18 at
 1:30pm

Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad, Fern soon discovers a resilience that present her with experiences unlike any she's known before.
 Starring Frances McDormand.

In-Person only. Limited Seating
 Only 30 seats available per showing!

THIS WEEK'S
HIGHLIGHTS

Tuesday, June 22

3:30pm

Richard Stanford Hour!

This month's book review:
SENSATIONAL: The Hidden History of America's "Girl Stunt Reporters" by Kim Todd

Wednesday, June 23

1:30pm-2:30pm

Harris Jewelers

Repairs while you wait: Watch battery, necklace clasps and other simple repairs.

Thursday, June 24

10:15am-1:30pm

IL Trip to Bonton Farms

Tour Bonton Farm and Market. An Urban Farm south of Dallas. Bring money for lunch. Limited Spots! Sign up at The Point.

Friday, June 25

2:00pm-4:00pm

2021 SIA Celebration of Artist & Writers

Presentation of winners and special guest speaker Nancy Cohen Isreal See live on Ch. 81. In-Person attendance is by invitation only.

SUNDAY, JUNE 20



8:15am-8:45am
Chair Aerobics

Ch. 81 Broadcast
Virtual

9:30am - 10:30pm
Worship Service
with Rev. Kellie Sanford

Christ Chapel
In-Person*

11:00am - 12:00pm
Worship Service
with Rev. Kellie Sanford

Auditorium
In-Person*
Ch. 81 Broadcast

A reminder that access to The Point and any activities or classes within is open CC Young Residents only at this time.

Harris Jewelry Repair

**The fourth
Wednesday of
each month
1:30pm – 2:30pm**

Toby & Lisa will be servicing CC Young & are looking forward to help you with your jewelry repair you.

MONDAY, JUNE 21

No Spanish Classes Today

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

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

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
Rev. Kellie Sanford will do one-on-one visits.

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

1:00pm-2:00pm Ch. 81 Broadcast
Rejebian Series Virtual
Sharon Lucky presents a book review of *Dearie*

 1:30pm - 3:30pm Computer Lab
SeniorTech Class: In-Person*
Android Phone: Calendar and Contacts

2:00pm - 2:45pm Fitness Center
Thriving with Parkinson's In-Person*
A workout designed for Parkinsonians.

 2:00pm - 3:00pm Ch. 81 Broadcast
FUMC Dallas Worship Service

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:00pm - 4:30pm Café Seating Area
Domino "Pick up" game In-Person*
Drop in and play a game or learn how to play.

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

TUESDAY, JUNE 22

8:15am-8:30am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person*
iPhone/iPad apps

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

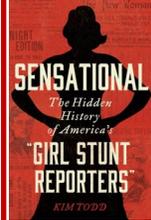
New Time
 1:00pm-1:30pm Ch. 81 Broadcast
A Brief History of The World
The United States in World History

1:30pm - 2:30pm Auditorium
CC Young'uns In-Person*
Rehearsal

 1:30pm - 3:30pm White Rock Classroom
Watercolor Fun In-Person*
with Mary Anne Whittle
This is a beginners class. Spots are limited.
Sign-up at The Point. Supplies provided.

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:30pm - 4:30pm Ch. 81 Broadcast
Richard Stanford Hour! In-Person*
This month's book review:
SENSATIONAL: The Hidden History of America's "Girl Stunt Reporters"
by Kim Todd

WEDNESDAY, JUNE 23

No Spanish Classes Today

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

9:30am -11:30am
 **Trip to Hillside Village**
 Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch Virtual

 9:45am - 11:00am
Senior Scribblers Aud. South In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
 Rev. Kellie Sanford will do one-on-one visits

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga Virtual

New
 10:30am-11:30am Café Seating Area
Wii Bowling for Beginners In-Person*
 Come have fun and learn a new skill!

New Time
 1:00pm-1:30pm Ch. 81 Broadcast
How to Listen To & Understand Great Music
 The French Revolution- An intro to Beethoven

1:15pm - 1:40pm Ch. 81 Broadcast
Tap Dancing Fun FC/ In-Person*

2:00pm- 3:00pm Fitness Center
Acting Fun In-Person*
 with Linda Leonard

 2:00pm-3:00pm Aud. North
Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford In-Person*

 1:30pm-2:30pm Lobby
Harris Jewelers
 Repairs while you wait: Watch battery, necklace clasps and other simple repairs.

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

THURSDAY, JUNE 24

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

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am
SeniorTech Class: Computer Lab In-Person*
 iPhone Photos- taking & sharing

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

 10:00am - 11:00am
Knotty Knitters Flagpole Hill In-Person*

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

 10:30am-2:00pm Off Campus Trip
IL Trip to Bonton Farms
 Visit Bonton Farm and Market. Limited Spots! Sign up for you spot and lunch choice at The Point.

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

 1:00pm-1:30pm Ch. 81 Broadcast
How to Look At & Understand Great Art
 Postmodernism- Focus on the Viewer

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

 3:00pm - 4:00pm Flag Pole Hill
Bible Study In-Person*
 Led by Resident Marilyn Hodge

 4:00pm - 5:00pm The Point
Independent Living Happy Hour
 Beer, Wine & Appetizers. \$5 Cover Charge.

4:00pm-5:00pm Theater
Peace with us: Mindful Meditation with Amy Lewis Hofland In-Person* & Ch. 81

FRIDAY, JUNE 25

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am -11:30am
Trip to Hillside Village
Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-10:30am Theater
Beyond Books– In-Person* Only
Hosted By Bobbie Mankey:#19

New
10:00am-11:30am OVR/THO “Field“
Croquet “Pick up” Game In-Person*
Drop in on a game or bring friends to play!

 10:00am-12:00pm Computer Lab
Free Coaching Fridays In-Person*
Come and Go for Technology Questions

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

 1:00pm-1:30pm Ch. 81 Broadcast
Stress & Your Body
Anxiety, Hostility , Repression, and Reward

2:00pm-3:00pm Vista Pool
Aquatics 101
This is a required class for anyone interested in future aquatics classes. Class size is limited and reservation required. Call 972-638-8795.

 2:00pm-4:00pm Ch. 81 Broadcast
2021 SIA Celebration of Artist & Writers
Presentation of winners and special guest speaker Nancy Cohen Isreal. See live on Ch. 81. In-Person attendance is by invitation only.

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

SATURDAY, JUNE 26

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

9:00am-9:30am Ch. 81 Broadcast
Sit & Get Fit Virtual

2021 SPIRIT IS AGELESS ART & WRITING CONTEST

FRIDAY, JUNE 25, 2021

2:00PM AT CC YOUNG

Live Broadcast on CH. 81

AWARDS RECEPTION CELEBRATION OF ARTISTS & WRITERS



Guest Speaker
Nancy Cohen Isreal
Owner of Art á la Carte,
Dallas Based Art Historian,
Art Educator,
Writer & Curator

THIS WEEK'S
HIGHLIGHTS

Sunday, June 27

3:30pm

Piano Concert

International Pianist
Gustavo Romero return!

Monday, June 28

3:00pm

BUNCO

Limited Seating.
Signup at The Point.

SUNDAY, JUNE 27

8:15am-8:45am
Chair Aerobics

Ch. 81 Broadcast
Virtual



9:30am - 10:30pm
Worship Service
with Rev. Kellie Sanford

Christ Chapel
In-Person*



11:00am - 12:00pm
Worship Service
with Rev. Kellie Sanford

Auditorium
In-Person*
Ch. 81 Broadcast

3:30pm - 4:00pm
Piano Concert

Auditorium
In-Person*

International Pianist Gustavo Romero
will perform a classical music concert.

**A reminder that access to The Point
and any activities or classes within
is for CC Young Residents Only
at this time.**



Hillside Village trips
include stops at Tom
Thumb, Dollar Tree
and Banks in Hillside
Village Square.

PIANO

CONCERT AT THE POINT



**Sunday,
June 27
3:30pm**

MONDAY, JUNE 28

8:15am-8:45am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

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

 9:30am - 11:30am
Trip to Kroger
Sign-up at The Point. Transportation will pick-up in front of your building.

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person*

10:00am-11:00am Meditation Chapel
Prayers & Conversation In-Person*
Rev. Kellie Sanford will do one-on-one visits.

10:30am-11:00am Ch. 81 Broadcast
Chair Yoga FC/ In-Person*

1:00pm-2:00pm Ch. 81 Broadcast
Rejebian Series Virtual
Steven Jenkins presents
Elizabeth and Philip: A Royal Marriage

2:00pm - 2:45pm Fitness Center
Thriving with Parkinson's In-Person*
A workout designed for Parkinsonians.

 2:00pm - 3:00pm Ch. 81 Broadcast
FUMC Dallas Worship Service

2:00pm - 3:00pm Flagpole Hill
Beginners Spanish Class In-Person*
Learn Spanish Basics in a fun atmosphere. Sign up at The Point

3:15pm - 4:15pm Flagpole Hill
Conversando Spanish In-Person*
A conversational class for students with prior Spanish knowledge. Sign up at The Point

3:00pm - 1:30pm Ch. 81 Broadcast
Sit & Get Fit FC/ In-Person*

 3:00pm - 4:30pm Auditorium
BUNCO at The Point In-Person*
Limited Seating. Signup at The Point.

4:00pm - 5:00pm Ch. 81 Broadcast
Seated Tai Chi FC/ In-Person*

TUESDAY, JUNE 29

8:15am-8:30am Ch. 81 Broadcast
Chair Aerobics FC/ In-Person*

9:00am - 9:30am Ch. 81 Broadcast
Balance Class FC/ In-Person*

 9:30am - 9:45am Ch. 81 Broadcast
CCY Campus News

 9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person*
iPhone Text Messages

9:45am-10:15am Ch. 81 Broadcast
Strength & Stretch FC/ In-Person

10:30am - 11:00am Fitness Classroom
Chair Pilates In-Person*

1:30pm - 2:30pm Auditorium
CC Young'uns In-Person*
Rehearsal

1:30pm - 3:00pm
 **Trip to Kroger**
Sign-up at The Point. Transportation will pick-up in front of your building.

2:00pm - 2:45pm Ch. 81 Broadcast
Get Energized Virtual

3:00pm - 3:30pm Ch. 81 Broadcast
Sit & Get Fit Virtual

3:30pm - 4:30pm Auditorium
Rose-Mary Rumbley In-Person* & Ch. 81
A presentation on The Great American Road Trip

WEDNESDAY, JUNE 30

8:15am-8:45am
Chair Aerobics Ch. 81 Broadcast
FC/ In-Person*

9:00am - 9:30am
Balance Class Ch. 81 Broadcast
FC/ In-Person*

 9:30am -11:30am
Trip to Hillside Village
Sign-up at The Point. Transportation will
pick-up in front of your building.

9:45am-10:15am
Strength & Stretch Ch. 81 Broadcast
Virtual

 9:45am - 11:00am
Senior Scribblers Aud. South
In-Person*

10:00am-11:00am
Prayers & Conversation Meditation Chapel
In-Person*
Rev. Kellie Sanford will do one-on-one visits.

10:30am-11:00am
Chair Yoga Ch. 81 Broadcast
Virtual

New

10:00am-11:30am
Mahjong "Pick up" Game Café Seating Area
In-Person*
Bring friends and learn and to play Mahjong!

 **New Time**
1:00pm-1:30pm Ch. 81 Broadcast
How to Listen To & Understand Great Music
Beethoven's Symphony no. 5 in C Minor pt.1

1:15pm - 1:40pm
Tap Dancing Fun Ch. 80 Broadcast
FC/ In-Person*

2:00pm- 3:00pm
Acting Fun Fitness Center
with Linda Leonard In-Person*

 2:00pm-3:00pm Aud. North
Deepening Our Connection: In-Person*
Fellowship, Word and Study with Rev. Sanford

2:00pm - 3:00pm
Beginners Spanish Class Flagpole Hill
Learn Spanish Basics in a In-Person*
fun atmosphere. Sign up at The Point

3:15pm - 4:15pm
Conversando Spanish Flagpole Hill
A conversational class for students In-Person*
with prior Spanish knowledge. Sign up at The Point

3:00pm - 3:30pm
Sit & Get Fit Ch. 81 Broadcast
Virtual

3:30pm - 4:30pm
Overlook Monthly Social Overlook
In-Person*

4:00pm - 5:00pm
Seated Tai Chi Ch. 81 Broadcast
FC/ In-Person*



Pamper Yourself with a Massage Today!

**With Licensed Therapist:
Cate Cloft**

LMT, CMTPT, BCTMB, MT 124317

972-755-4259

calmcatemassage@att.net

Pricing:

\$65 / 60min

\$95 / 90min

Vista Resident floors 4-8 in-room massage
\$50/ 30min

Payment to be made at the time of services.
Payment options include: CCY Resident bill, Cash,
Check, or Gift Certificate.

Gift Certificates

- A customized certificate will be created for the recipient to present for payment at the time of services.
- Payment for the gift certificate is to be made at the time of purchase.
- Contact Brian or Angela to purchase certificates (See below)

Massage Room Location:

Vista 3rd floor

Questions

For questions, comments or issues about
the Massage Therapy program, contact:

Brian Parman: 972-755-3260

Angela Castillo: 214-841-2831

Make A Splash

Aquatic Classes at CC Young

CC  YOUNG
WELLNESS



Fridays, 2:00pm

Aquatics 101

by Katie Jackson, Aquatic Physical Therapist, CC Young Rehab

This is a required class for anyone interested in future aquatics programs. Katie will provide a complete orientation of the pool facility, safety information, and individual programming recommendations to ensure your success.

Class size is limited to 6 people and a reservation is required.
All participants should show up dressed in swimwear and ready for class. For reservation and additional information call Rehab Therapy at 972-638-8795.

Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver
Support Group at CC Young
Wednesday, June 9 at 4:00pm
in Flagpole Hill Classroom at The Point

Led by Elena Jeffus, Volunteer Manager, and
Brian Parman, Director of The Point.

Anyone caring for a loved one with dementia
is encouraged to attend.
Join us for a short program, some
conversation, and a listening ear.



Alterations by Dallas Dry Cleaning

They will assist with minor alternations.
Residents will be given a garment bag to contain
their items. A credit card on file is required for
payment.

Tuesday, June 17
2:00pm
Flagpole Hill Classroom

Lifestyle Section

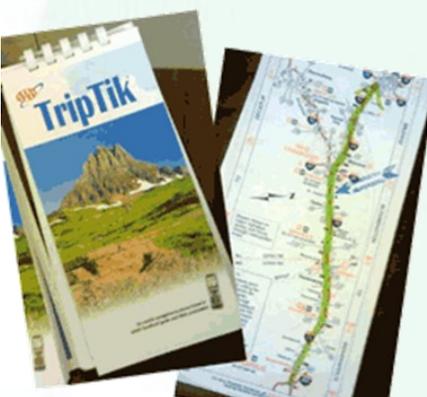


On The Road To Normal

By Brian Parman
Director, Point & Pavilion
June 2021

Having grown up in the Motor City, the concept of a road trip is not foreign to me – it's truly a rite of passage. Each Spring we would load up the family car and head south to warmer climates and into the loving arms of my grandparents and other family and friends who lived along the 1200 mile route from Michigan to Florida.

Half the fun of going on a road trip is dreaming of all the possibilities, researching a destination. The brochures, maps and personalized TripTik provided by the local Automobile Club of America (AAA) provided my family with hours of fun researching the restaurants, attractions and interesting people and places to stop and visit along the way.



In fact, you can think of the CC Young Active Senior Lifestyle Guide & and CCY TV Channel 80 as your "TripTik" to fun and adventure all month long!

Starting this month we will dedicate channel 80 as the campus information channel. Here you can find an hourly listing of the day's activities, current weather conditions along with colorful informational flyers with everything you need to know about upcoming events and campus life at CC Young.

The theme for the June Lifestyle Guide is "The Great American Road Trip." We will be paying homage to America's most famous highway "Route 66" with a variety of activities throughout the month, culminating in a special

visit by Texas Legend Rose Mary Rumbley who will share the history, celebrate the nostalgia, share stories and of course share a laugh or two about this famous stretch of road.

There's nothing like the open road to help clear your head or to provide you with inspiration. If you've been feeling the itch to explore, know that we will be "hitting the road" exploring historic downtown McKinney, an urban farm and much more!

Be on the lookout for the following "roadside" attractions and "scenic pullouts" returning to campus this month:

- ⇒ Beginner & Conversational Spanish Classes with Will Vaudry
- ⇒ Welcome Back Guided Meditation with Amy Lewis Hoffland
- ⇒ 2021 Rejabian Series presented by Highland Park United Methodist Church
- ⇒ Kitchen Table Rocket Science with CCY Resident Bill McMillin
- ⇒ Opera Abridged: Verdi's La Traviata! Presented by BJ Anderson
- ⇒ Friday Movie Matinees at The Point Theater
- ⇒ The CC Young 'Uns Choir returns - lead by Frances Jones
- ⇒ 2021 Spirit Is Ageless Celebration of Artists & Writers Event
- ⇒ Renowned Pianist Gustavo Romero returns to The Point for a LIVE performance!!

We ARE on the road to normal, My Friends!



Crews News!

By Russell Crews
President and CEO
June, 2021

It has been a busy year and we are not even halfway through 2021. One result of our “busy-ness” is that CC Young has been approved by Texas HHSC as a provider of the COVID-19 vaccine. The statement, while sounding simple, actually took months to accomplish.

We started February 10 by completing the necessary forms with demographics about our campus and the residents we serve. There were questions on the different levels of care and quantity in each, nurse staffing, delivery times for vaccines, storage, prescribing providers, rules on vaccines, and so much more.

The Pfizer vaccine must be stored in sub-zero temperatures so locating the highly specialized freezer required extensive logistics. (sourcing, ordering, calibrating, and reporting) After those steps, the freezer was ordered March 1 and arrived April 15. Then it had to be tested and calibrated with redundant backup before we could submit the additional paperwork needed for our authorization.

May 3, we got the word we were approved as a vaccine provider. Training for our Nursing Team and Health Center Administrator then ensued. We also ordered the actual vaccines which arrived May 21. Our first vaccine clinic, using our own vaccines, is scheduled for June 4. We expect these clinics to continue so that we can vaccinate new residents and new employees as they arrive.

This one goal took so much effort – and was well worth it to protect our residents and staff going forward. Our team is in discussion now about how to offer COVID-19 vaccines to families of residents and staff. Stay tuned for more!



Village Update

By Jen Griffin
Senior Director, Community Outreach
June, 2021

The mere thought of “The Great American Road Trip” conjures up so many memories for me. I’m willing to bet that if we asked randomly, 100% of those asked would come up with at least one story about a past road trip. Long or short, near or far, recently or long ago, road trips are *memorable* and are part of the American culture and experience.

How often have your experiences and stories (Road Trip or otherwise) turned into conversation starters or ice breakers at the dinner table? Or possibly fodder for entertainment at a Family Reunion? Again, I’m willing to bet that, if asked this question, 100% would answer affirmatively.

With travel shut down during COVID-19, air travel was dramatically restricted. Road Trips took on a whole new perspective with many just wanting to “get out of the house” and GO somewhere. For those daring to travel, the Road Trip focus was on getting where you were going – fast - and spending as little time as possible in public spaces like bathrooms and restaurants to avoid potential exposure to germs. Now, it seems people are slowing down and figuring out ways to linger along the way, spending loads of time beforehand trying to make the most of the upcoming Road Trip. (Thankfully, times have changed, right?)

If this month’s theme does nothing else, I hope that it will inspire your “mental road trips” down memory lane. I challenge you to share stories with one another at your dinner tables and with your families. Reminisce about your trips and get to know people *by their trips*. And buckle up for a good ride!

*Happy
Anniversary*

June Resident Anniversaries

9 Years

Rozina Vlasimsky

6 Years

Betty Barnes

5 Years

Louise Cassingham

Christine Fulton

Don & Arlene DeMott

Resident June Birthdays

<u>NAME</u>	<u>BUILDING</u>	<u>DAY</u>
Brenda Jones	Vista	1
Delfina Munoz	Vista	1
Wanda Fyffe	Asbury	4
Lilly Corrales	Hillside	4
Betty Cooke	Overlook	5
Fay Miller	Vista	6
Billie Ellis	Vista	8
Judith Carter	Overlook	9
Joan Schell	Hillside	9
Sherry Keener	Vista	11
Sue Montgomery	Hillside	11
Annellon Fitzgerald	Vista	13
Sarajeon King	Overlook	13
James Dorff	Vista	14
Michael Glime	Overlook	15
Janet Wiksten	Hillside	15
Carl Fink	Hillside	16
Joanna Shields	Overlook	17
Donald Petr	Vista	17
Richard Stauble	Vista	19
Ann Carlisle	Thomas	20
Fay Schrupp	Hillside	22
JoAnn Brooks	Vista	22
Judy Symank	Overlook	24
Ramon Aylesworth	Overlook	25
Hazel Mireur	Vista	28
Kay Lewis	Vista	29
Leann Bryan	Thomas	29
Jacqueline McDowell	Asbury	29
Johanna Hunter	Adult Day Stay	30





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

Led by Rev. Kellie Sanford &
Rev. Mike Nichols
Liturgist: Mark Vangeison
Pianist: Mary Shinn
Trumpeter: John Gould
Special Vocalist weekly

Sundays at 9:30am

Christ Chapel (Vista 2)
In-person limited seating.
60 people max, masks required.

Sundays at 11:00am

Point Auditorium
Broadcast Live On Ch. 81
In-person limited seating.
60 people max, masks required.

Prayers & Conversation with Rev. Kellie Sanford

Mondays & Wednesdays
10:00am-11:00am
Dr. Benton Meditation Chapel
Come & Go for one-on-one
visits.

Deepening Your Connection Fellowship, Word and Study with Rev. Kellie Sanford

Wednesdays at 2:00pm
In-person, limited spots.

Contact Senior Life Ministry

Rev. Kellie Sanford
972-261-3015 / ksanford@ccyoung.org
Rev. Mike Nichols
469-400-2858/ mnichols@ccyoung.org

Watercolor Fun!

with Mary Anne Whittle & Jacque Wacker

Tuesdays, June 8, 15 and 22

1:30pm–3:30pm

White Rock Classroom

This is a creative
hands-on watercolor
workshop for beginners.

Space is limited.
Sign-up at The Point.
Supplies provided.



4847 W. LAWTHER DR. DALLAS, TX 75214
WWW.CCYOUNG.ORG
214-841-2831



CALLING ALL SINGERS!

**CC Young 'Uns Choir
rehearsals begin
Tuesday June 15
1:30pm**

**Choir is open to all residents.
No experience needed.**



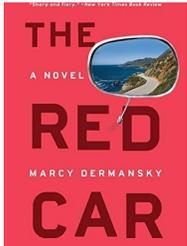
CC YOUNG
THE POINT & PAVILION

4847 W. LAWATHER DR. DALLAS, TX 75214
WWW.CCYOUNG.ORG
214-841-2831

<https://www.oprahdaily.com/entertainment/books/g32769856/books-about-road-trips/>

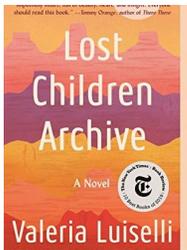
Best Books About Road Trips to Satisfy Your Summer Wanderlust

Grab your sunglasses and/or reading glasses.



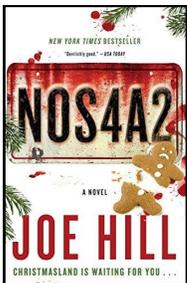
The Red Car by Marcy Dermansky

This novel centers on a woman in Queens locked in a loveless marriage. The key to her freedom, and to unlatching her sense of self, is the titular red car, bequeathed to her when her beloved mentor passes away.



Lost Children Archive by Valeria Luiselli

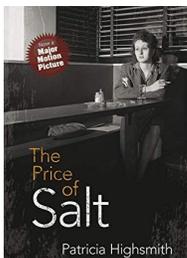
Not since Lolita has a road trip so brilliantly captured the dark underbelly of the American dream, the gulf between its promise and reality. This story of a family traveling southwest in search of answers to our nation's troubling past.



NOS4A2 by Joe Hill

Beware—once you meet Charlie Manx, the immortal villain of NOS4A2, you'll forever fear seeing his haunted car drive by you on a quiet road. By then, it'll be too late. NOS4A2 is a road trip novel, made sinister: Characters travel on roads that don't exist on any map. Manx transports children in his car to "Christmasland," a place far more sinister than it sounds. On her magic

bike, Vic McQueen is able to travel to Christmasland and other realms, and is the one person who can stop him. NOS4A2 comes with horror pedigree: Joe Hill, the author, is Stephen King's (very talented) son .



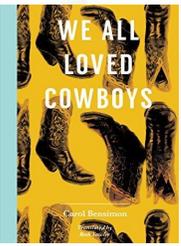
The Price of Salt by Patricia Highsmith

Highsmith's 1952 novel—originally published under a pseudonym—is perhaps most famously the basis for the film Carol, starring Cate Blanchett and Rooney Mara. But saying that it's just a book that was turned into a movie would take away from the quietly revolutionary

sumptuousness of the text itself. Highsmith's wintry tale of two women in mid-century America who drive across the country together to escape society's expectations is a must-read.

Here are eight tips to help ensure you stay safe during summer months.

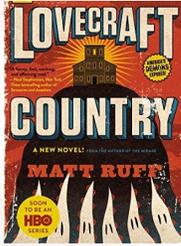
1. **Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age.
2. **Stay cool.** High temperatures can be life threatening, especially for seniors. Senior centers, shopping malls, movie theatres and libraries are also good options to stay cool.
3. **Dress appropriately.** A senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. **Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
5. **Preserve your vision.** Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
6. **Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.) when the sun isn't as hot.
7. **Watch for heat stroke.** Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.



We All Loved Cowboys

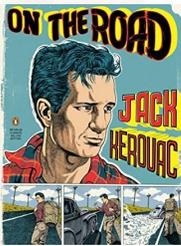
by Carol Bensimon (translated by Beth Fowler)

More forbidden love on the run! Translated from Portuguese, this exquisite and wistful novel by Bensimon—named one of Granta's Best Young Brazilian novelists—follows former friends Julia and Cora on a car trip through Brazil as they attempt to mend their once-solid relationship. Complications arise when the pair realize they might not just be gal pals.



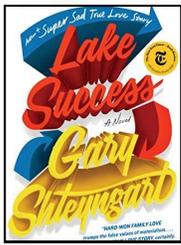
Lovecraft Country by Matt Ruff

Soon to be a miniseries on HBO co-produced by Jordan Peele, Ruff's chilling thriller is set during the Jim Crow era and stars an army veteran whose father has disappeared. He drives from Chicago to New England alongside his uncle, the publisher of a guide on how to travel while Black. Much more Get Out than Green Book, the tale takes a turn toward terror when they arrive at a mansion owned by a family of former slave-holders. Also: ghosts.



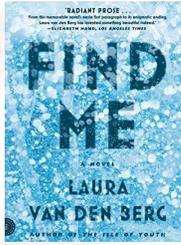
On the Road by Jack Kerouac

Maybe you read this in high school, maybe you dated a boy like Jess from Gilmore Girls who referenced this book nonstop, but there's no denying: reading Kerouac's Beat Generation classic of aimless American wanderlust is basically a rite of passage.



Lake Success by Gary Shteyngart

Speaking of On the Road, the author delivers a hilariously scathing romp through America starring a boorish hedge funder who, after a fight with his wife, hops on a Greyhound for an inspired journey into the country's heart—and his own.



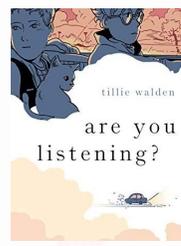
Find Me by Laura van den Berg

Short fiction scribe Laura van den Berg taps into her singular eeriness for her first novel, about a directionless young woman who discovers she's immune to the sudden sickness spreading across the country. Her epic yet intimate journey takes her from Kansas, where she's admitted as a hospital patient and subjected to myriad tests, to Florida, where she believes her birth mother might be.



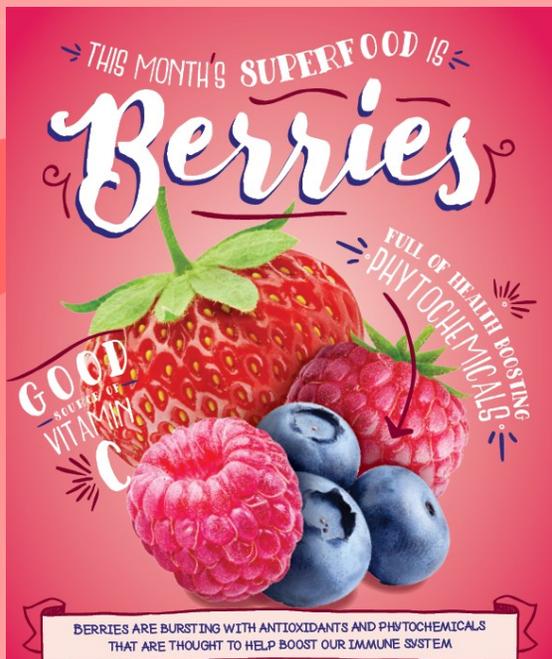
Flaming Iguanas by Erika Lopez

Erika Lopez's "all-girl road novel thing" is a fierce amalgamation of words and images chronicling biker babe Tomato Rodriguez's wild cross-country motorcycle ride. It's as fun and freeing as having the wind blow through your hair.



Are You Listening? by Tillie Walden

Want more illustrated cool-girl goodness? Combining dreamily gorgeous artwork and lyrical, sophisticated storytelling, Eisner award-winning graphic novelist Tillie Walden has emerged as a master of her craft. Here, she channels Murakami with a magical realist road trip starring two women and a mysterious cat.



June Super Food is Berries

Fight Inflammation

Many of us are exposed to free radicals and inflammation from different environmental and physical factors. As our bodies age, we are more susceptible to their harsh effects. Berries are full of antioxidants that can help defend cells. This benefit can protect against cancer, heart disease, arthritis, etc.

Blackberries, Raspberries, and Boysenberries- A Fiber Frenzy

As discussed in our previous superfood blogs, fiber is an important nutrient most people do not eat sufficiently in their diet. It not only helps with digestive health, but can also increase satiety, decrease cholesterol, and improve glucose control. All berries contain some fiber, but blackberries, raspberries, and boysenberries are winners with 8 g per 1 cup serving. That is 32% of the daily fiber needs for women and 21% for men!

Strawberries Pack a Vitamin C Punch

Just 5 strawberries contain almost 100% of your daily Vitamin C needs, which is slightly more than a small orange! They are also an excellent source of folic acid, vitamin K, potassium, manganese and fiber. Enjoy them for only 50 calories per one cup serving.

Blueberries-A Brain Food

These berries are packed full of phytonutrients and one found abundantly in blueberries is anthocyanin. This flavonoid gives the berry its vibrant purple/blue hue. Some studies have shown that it can improve cognitive function and reduce age-related declines in mental function. Anthocyanin is also present in other fruits and vegetables!

The Storage Dilemma

As you may know, fresh berries do not always last long in the fridge. To make sure they stay fresh, keep them dry and do not wash until you are ready to eat them. Frozen berries contain the same health benefits and because they are frozen at their peak ripeness, they can retain their nutritional value longer. Enjoy them in smoothies, recipes or right out of the freezer!



BERRY SUPERFOOD SMOOTHIE BOWL RECIPE

<https://www.loveandlemons.com/berry-superfood-smoothie-bowl/>

Why You'll Love this **Smoothie Bowl Recipe**

- ◆ It tastes amazing.
- ◆ It's easy to keep the ingredients on hand. Because frozen berries and almond butter make the creamy, cold base of this bowl, you can easily keep the ingredients on hand without them spoiling.
- ◆ It's packed with antioxidants and other nutrients! Its flavor is hidden, but spinach adds extra vitamins to this already antioxidant-rich breakfast. If you top it with hemp seeds or walnuts, it will also give you a good dose of omega-3s. You could eat this as a healthy breakfast, but we also love it for dessert.

This easy smoothie bowl recipe makes a beautiful and delicious antioxidant-packed breakfast! It's healthy, vegan, and gluten-free: the perfect way to start your day.

Ingredients (Serves: 2)

- ◆ 1 cup mixed frozen berries
- ◆ 4 ice cubes
- ◆ Splashes of light coconut milk (enough to get blender moving)
- ◆ 1 tablespoon almond butter
- ◆ Handful of spinach
- ◆ Optional: 1 teaspoon acai powder
- ◆ Optional: maple syrup or sweetener of your choice, to taste

Topping options:

- ◆ seeds
- ◆ coconut flakes
- ◆ blueberries
- ◆ freeze dried strawberries

Instructions

- ◆ Place the frozen berries, ice cubes, coconut milk, almond butter and spinach in a blender. Add acai powder, if using.
- ◆ Blend until smooth, adding additional coconut milk as needed. (As little as necessary so your smoothie will be thick). Taste and add maple syrup or sweetener of choice, if desired. Blend again.
- ◆ Pour into two bowls and top with your choice of seeds, coconut flakes, blueberries, and/or dried strawberries.





“Dad” Inspired Apps

by *Senior Tech Instructor*
Daphne Lee

Are you ready for Summer? This was my father’s favorite time of the year – Mother Nature has awakened from her Winter slumber and given us a palette of beauty in the form of green grass, blooming flowers and leafy, green trees. As I have celebrated the return of large oak tree in our front yard, and I mean literally celebrated the return of that oak tree, I am reminded of my Dad and how much he enjoyed the outdoors and building and maintaining beautiful outdoor spaces. As we approach Father’s Day, I’d like to highlight several mobile device apps that will assist you in your daily activities and will enhance those things you appreciate in the world around you.

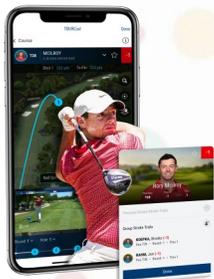
Last month we celebrated Mother’s Day and highlighted mobile device apps focusing on Springtime beauty and identifying the beauty in the flora around us. Here some of my favorite apps that work both on an Apple iPhone (and iPad) and the Android smartphone (and tablet) that remind me of my Dad; I hope these musings bring you a smile and memory of your Dad.

“**Measure twice – cut once!**” was one of my Dad’s frequent cautions – he was a master-craftsman and frugal in the use of wood or other building blocks. On the Apple iPhone is an app called “**Measure.**” It is found in the *folder* called Utilities and literally **turns your phone into a tape measure**. After measuring objects or height, the app records the measurements in a photo. With *Measure*, you can also test an object’s orientation using the *Level* feature. Android smartphone and tablet users have a tape-measure-app called **Moasure** and like Apple’s *Measure*, this app lets you measure objects, space, and height. In a recent new-house purchase my husband David and I used both the tape measure and these apps; the apps were quicker and provided long-term information that equaled the information provided by the tape measure.



One of the **top apps that remind me of my Dad**, is the **National Park Service app**. As we return to travelling this great and wonderful country, the National Park Service helps us navigate the many National parks in the United States. From finding the best park to visit to downloading maps, lists of places this is the go-to app! In a recent trip to Glacier National Park in Montana, we were able to organize our trip around events, weather, open resources and park-access (tickets) using this app. Beyond information, the National Park Service includes photos of forests, alpine meadows, crystal lakes and majestic mountains.

National Geographic, one of my Dad's favorite periodicals, is another superb app for content, photos and videos. Like the magazine, you have to subscribe to use this app regularly, but it is worth it! Since we are on the verge of the 17-year Cicada swarm, the National Geographic has a great deal of material, including video and sounds of what many Americans can expect as the Cicadas emerge in the coming weeks.



Watching Phil Mickelson, ranked 32nd on the PGA tour, win the PGA Championship last week was exciting! If you enjoy professional golf and like to follow the players each tournament, the **Apple and Android app, PGA Tour**, is a great way to have the leaderboard in your pocket! From scores to stories, follow your favorite PGA player as they swing and putt across some of the most beautiful and challenging courses around the world.

From the Measure to National Parks and beyond, these are some of the mobile device apps that remind me of my wonderful father! Each of these apps are tools I (and my husband) use in accessing relevant information and that enhance our experiences everyday or in our travels across this great land. Explore these and many other apps that will help you or just entertain and educate you.

At CCYoung, we teach many mobile device, computer, and Internet-resource classes that will help you to use and enjoy your personal technology. Find classes listed in your monthly activities catalog and visit the SRTech Classroom in the Point.



© Crafting The Word Of God



REASONS TO COLOR AT ANY AGE

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

**Need more colored pencils?
Please see Angela at
The Point or call 214-841-2831.**

**We would love to see your
colored pages. Send any
photos our way!
acastillo@ccyoung.org**



puravida
LIVE  FREE

Road Trip

Word Search Challenge



Q G Y M D I J P A S S I N G L A N E E X O K C O X
 D V K V L P D E L O I Z Q Q B B S Z M P V C O H T
 D D Y N P H V T U X R R F D I I P R M A M U A G W
 Z J M K B I K V E Y U A O U L N N Z H O S R Z A T
 Z G H T O O B L L O T C R R L R E Y R D U T I H G
 G E C C Z F O A T A M S C U B D A O D V Q P G F L
 C L J E C N H H T V C A I P O Y U X Y U A U T B L
 Q C C P V E F X X G X R H T A Z N G C V H K E X B
 V R Z D D F X P D W O M H G R G V P T A A C S P P
 O I F A X W K D J Z P G Q U D A P L Y V Z I B A Y
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 S A Q G R F Q Q Z F A X I N Z D S S E L C N M I U
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 Z M S S A P R E V O T D N K F Q E A N A V I N I M

BILLBOARD
 BUMPER STICKER
 BUS DRIVER
 DOUBLE LINES
 EXIT
 GAS STATION
 HIGHWAY

LICENSE PLATE
 MINIVAN
 MOTORCYCLE
 OFF RAMP
 OVERPASS
 PASSING LANE
 PICKUP TRUCK

REST AREA
 SEDAN
 SPEED LIMIT
 TOLL BOOTH
 TRAFFIC CIRCLE
 TRAFFIC LIGHT

Vacation Word Scramble



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ELMTO

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Where do sharks go on vacation?



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Miles of Memories

Rediscover the magic of a summer road trip

<https://www.mosaictraveler.com/miles-of-memories/>

Picture This

Your dad is driving the family station wagon, a steel marvel of bench seats and faux wood paneling. He's punching buttons on the 8-track player in the dashboard because the radio is only picking up static. You're somewhere east of the middle of nowhere.



Your mom is wrestling with a map almost as big as a bedsheet. The wind from the rolled-down passenger window threatens to grab the map right out of her hands as she tries to figure out if you just passed your exit.

You're facing backwards in the third-row seat, not wearing a seatbelt, watching the miles unwind behind the car. No matter how much you might debate your brother about vehicular real estate and whether his foot crossed the invisible line that's between you, this annual excursion is the highlight of your summer. Decades later, you refer to these trips together as "epic."

Before air travel became so ubiquitous, road trips were a summertime rite of passage for families and anyone looking to getaway. But they're not a relic of a bygone era. Road trips are in the midst of a revival, and they're even better than you remember.

Get in Gear for the Road

Pack your bags and grab some snacks because we're about to enter the summer of the road trip. GasBuddy's annual travel survey found that nearly one-third of the U.S. plans to hit the road in the coming months. People are taking advantage of lower gas prices, but it's not just economics driving this return to the roadway.

Road trips are an enduring symbol of freedom, and they get back to the basics of what makes travel soul-stirring in the first place. Taking the back roads. Feeling the wind in your hair. Listening to your favorite tunes as the miles roll by. And simply enjoying the serendipity of the journey.



Consider how road trips have changed over the years.

- Truck stops are now called travel centers, and they're as likely to offer a decent cup of coffee and gourmet snacks as they are windshield wipers and air fresheners shaped like pine trees.
- Apps like Spotify and Pandora put the entire music catalog in the palm of your hand. Now you don't have to listen to Hotel California over and over again. Unless that's your thing.
- Instead of asking, "Are we there yet?" a million times in a row, kids can keep up with the journey in real-time via GPS. Plus, you'll never miss your exit and have to do a multi-mile loop-de-loop to get back on track.
- Roadside attractions are still as fun and quirky as ever. But don't count on luck to bring you to the most Instagram-worthy places. Websites like Atlas Obscura can help you get there, and apps like Road Trippers can help you plan your full route.

One thing that hasn't changed about road trips? The journey is still what's most important. And the time spent with people you love, seeing the sights and making memories, is what lasts.

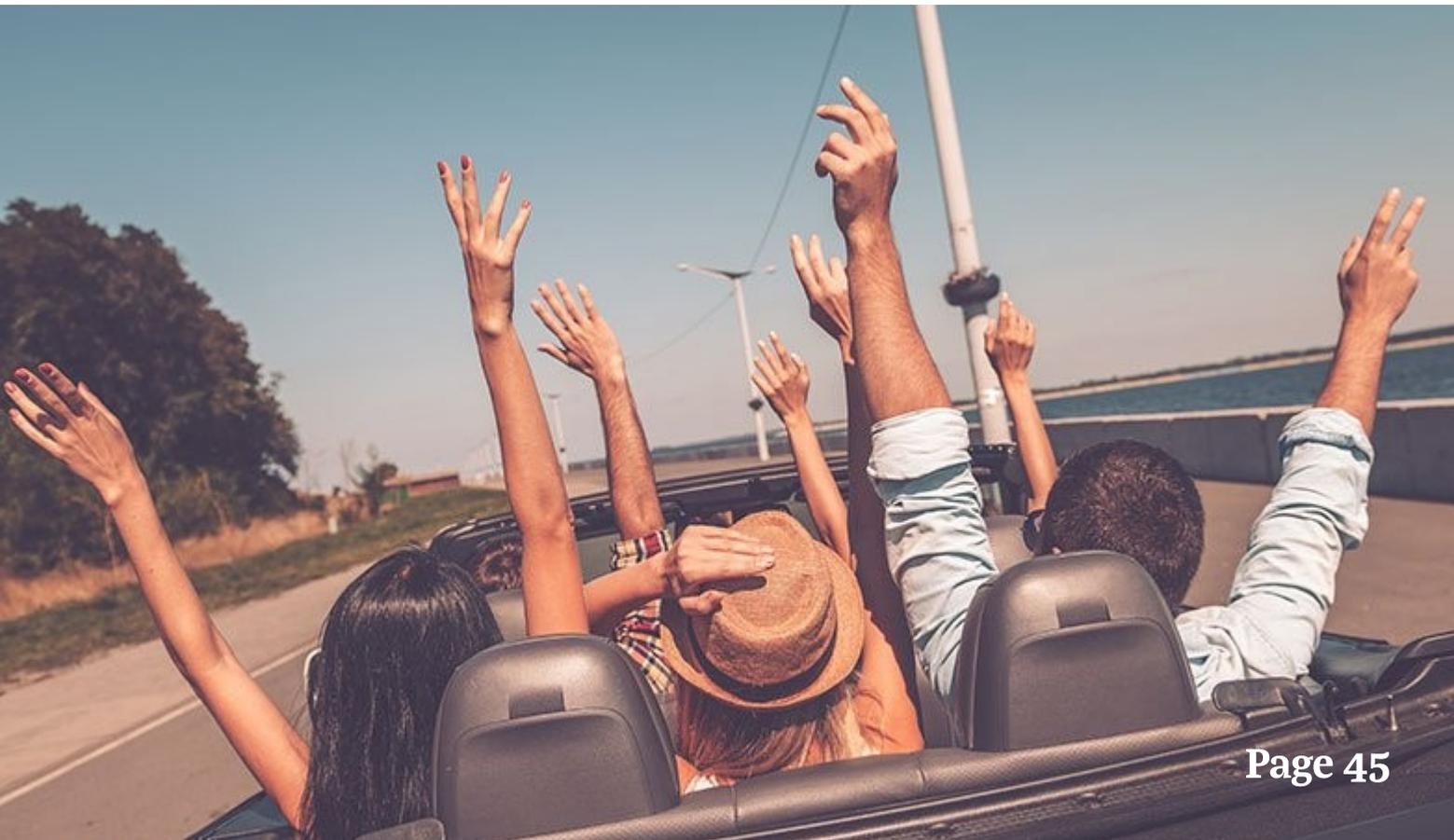


Fuel Your Getaway

At a moment when we could all use a vacation, consider grabbing the kids, grab your spouse, maybe even grabbing your dog and hitting the open road. The whole wonderful world is waiting for you.

To further stoke your desire to get rolling, check out these summer getaway offers from the extraordinary destinations of Benchmark Resorts & Hotels. Book today, pack your bags, take some snacks and hit the open road—your room is waiting! Discover distinctively regional offers for Texas, Florida, the West, Great Lakes, Virginias,

Mountain States, and the Northeast. Then, start making memories.





CC YOUNG WOOD SHOP
By John Gould, Overlook Resident

In the spring of 2014, Russell Crews, CC Young's President and CEO, found there was space in an unused maintenance area for men interested in wood working. Several who moved to CC Young had brought large power tools as well as hand tools. With Russell's approval, the men proceeded to set up the shop. More tools were donated as well as an assortment of wood. Three of the men, Kermont Mickelson, Fred Christen, and James Anthony had considerable experience with all the tools. They shared their knowledge so that we worked on projects as teams.

Requests from staff began to come in for items needed in various buildings. Some of the items included a communion table for the worship area in The Blanton building (now known as Hillside), resident mail cubbies for Overlook, Asbury, and Thomas mail areas, and a rolling garden planter was made for the Adult Day Center along with a coat rack with 16 hangers. We also made new shelves for TV control and media equipment for our Memory Support building called The Cove. There have also been many requests for repair of furniture and other items from residents.

As time goes by, people have had various ideas for items that can be sold in the Gift Shop and by the CCY Auxiliary. Some of these include: cheese boards, toy wooden cars, rolling duck toys, piano key coasters with keyboards, and wooden puzzles. Wooden door stoppers were a big free give away for residents. Our Pastoral Care group commissioned wooden crosses for them to share with residents and families alike. We have expanded opportunities to sell our work since The Vista's Gift Shop opened. Plus, we have been selling woodshop items in retail locations in Dallas. We added to our success by landing the Frost Bank Christmas order annually. Our first year, we made Texas cheese boards. We are already working on prototypes for this year's pick. All in all, the future looks bright for The Woodies!

We are now proud recipients of a donated golf cart which gives us the ability to go to and from the shop more quickly as well as transport equipment, supplies and projects that are too big to carry. Our "New Baby" (yet to be named) will be parked in my space in the Overlook garage because there is an outlet for charging it there. As we progress, Fred will cut a piece of board to put on the back of the cart. Hopefully, Life Enrichment Director and resident artist, Aaron Schmidt, will create a sign with something appropriate like "Woodies Wagon" or something else if a catchy idea emerges.

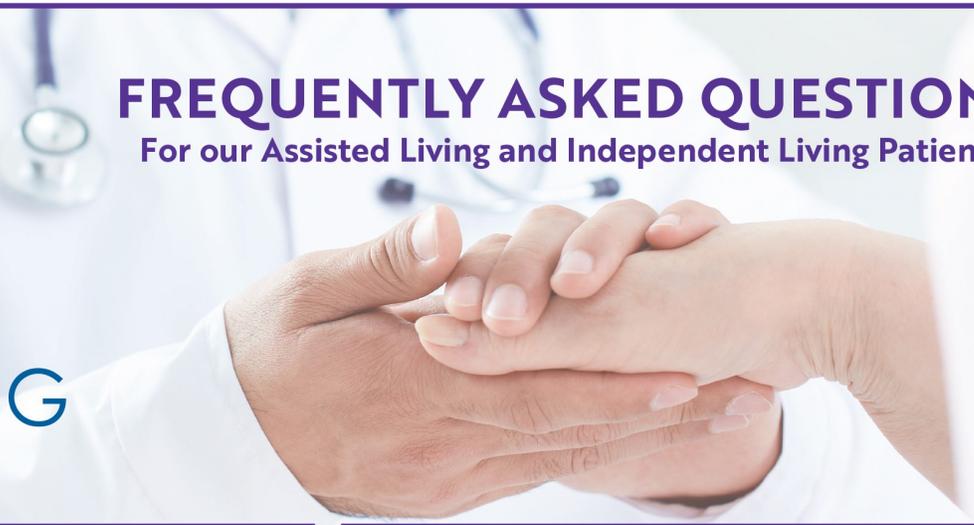
Thanks to Russell Crews for launching The Woodies and to Mindy Hail for helping us expand our business.



CC YOUNG
THE CLINIC

FREQUENTLY ASKED QUESTIONS

For our Assisted Living and Independent Living Patients



How does this work with my insurance?

Medicare is approved currently. Please call to confirm other accepted providers.

Can I still see my Primary Care Provider?

We are your new Primary Care Provider, however, we will work with your specialists.

What if I need to speak with my doctor after hours?

As a Primary Care patient of Dr. Grady Goodwin, Dr. Tara Goodwin or Dr. Laura Demoya and The Clinic at CC Young, on-call physicians are available by phone after regular hours by calling 972-432-7874.

Can I drop in?

Not at this time. Call to schedule a physician home visit.

How do I make an appointment for any of the physicians?

Please call 972-432-7874/Monday thru Friday, 9am to 5pm.

Can I use the hospital of my choice?

Yes.

As my Primary Care Provider, will you see me if I am hospitalized?

We work with hospitalists who will see you during hospital visits.

Does a family member need to be present for medical visits?

Family members are welcome to be present, but are not required.

Can I get my blood testing done at The Clinic?

Most routine lab testing can be done at The Clinic.

HIGH-RISE COMFORTS

DOWN-TO-EARTH CARING

At CC Young, our residents come first. Whether your home is in **The Vista** — a contemporary nine-story assisted living residence and health center with spectacular views of White Rock Lake and Downtown Dallas — or the cozy, low-rise **Hillside** apartments, our dedicated staff provides the person-centered care you expect in an exceptional living environment.

To learn more about assisted living at CC Young and schedule a tour, call **214-256-1875** or visit ccyoung.org.

