



*Active Senior*

# *Lifestyle* *Guide*

**AUGUST  
2021**



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



## Meet The Team!



**Brian Parman**  
Director, Point & Pavilion

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972-755-3260



**Elena Jeffus**  
Manager, Volunteer Experience

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**Angela Castillo**  
Event Producer & Coordinator

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Wellness Instructor

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**Jennifer Griffin**  
Vice President, Engagement

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**Aaron Schmidt**  
Life Enrichment Director, Independent Living

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214-229-7762

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 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.



## ***Pamper Yourself with a Massage Today!***

**With Licensed Therapist:  
Cate Cloft**

LMT, CMTPT, BCTMB, MT 124317

**972-755-4259**

[calmcatemassage@att.net](mailto: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.

**Massage Room Location:** Vista 3rd floor

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

Brian Parman: 972-755-3260  
Angela Castillo: 214-841-2831



## **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.
Parkinson's Workout	2:00pm	Thursdays
Sit & Get Fit	3:00pm	Tues. & Thurs.
Seated Tai Chi	4:00pm	Mon., & Wed.
Standing Tai Chi	11:00am	Fridays

**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.**



# **The Art Gallery in The Point**

***Tuesday, August 3 –  
Monday, August 30, 2021***



***CC Young Resident***

***Betty Blackwell***

***Kaleidoscope of Color***

***Art Inspired by the events of 2020***

***Betty Blackwell found comfort and  
refuge coloring throughout the  
pandemic completing over 1,080  
images over the past fourteen months.***

## **Meet-The-Artist Event**

**Thursday, August 19**

**3:30pm**

Guests will enjoy light refreshments, meet and engage Betty in conversation and will have a chance to experiment with an array of colors and combinations to create a masterpiece of their very own.



**CC YOUNG**  
THE POINT & PAVILION



# SUMMER MUSIC

# Splash!

A focus on different music styles each week.

## Summer Music Series with CCY Senior Life Ministry

Four Tuesdays in August at 6:30pm

Tuesday, August 10

### Old Time Religion Gospel

Music will include Gaither Trio, Amazing Grace on white keys, black keys and together and the story of what brought it together.

Tuesday, August 24

### Traditional Hymn Sing

Favorite hymns requested by CC Young residents.

Tuesday, August 17

### Contemporary Music

Theme: Contemporary Music Sing. Cody McAdoo will include songs by Sandy Patti and other favorites for all to sing!

Tuesday, August 31

### Taize Experience

The unique use of prayer in Taizé and the adaptation of the repetitive form to simple musical lines and core biblical texts that can be sung by a whole assembly of various nationalities, languages, and denominations.



*Morrison*  
LIVING

*August*

## Special Dining Events

**Friday, August 6**

Travel The World

African Safari

Conley's

**Wednesday, August 11**

3:00pm on Ch. 81

Teaching Kitchen featuring

Superfood: Tomatoes

**Friday, August 13**

A Meal in the Life

African American Cuisine

Thomas Dining Room

**Friday, August 20**

America the Beautiful

Seafood in San Diego

Asbury Dining Room

**Wednesday, August 25**

Farmers Market at The Point

2:00pm-4:00pm



**CC YOUNG**

SENIOR TECH & THE UNIVERSITY

## AUGUST 2021 SCHEDULE

**Tuesday, August 3**

**iPhone Contacts,  
Calendar,  
and Phone Apps**

9:30am-11:30am

**Thursday, August 5**

**iPhone Photos Beyond  
Beginners (Editing and  
Sharing Photos)**

9:30am-11:30am

**Tuesday, August 10**

**iPad and The Internet**

9:30am-11:30am

**Thursday, August 12**

**iPhone and iPad  
Managing Email**

9:30am-11:30am

**Friday August 13**

**SRTECH FREE  
COACHING FRIDAYS**

10:00am-12:00pm

**Monday, August 16**

**Online Shopping with  
Daphne: Access and  
Shop Wal-Mart,  
Amazon and Beyond**

1:30pm-2:30pm

**Tuesday, August 17**

**Facebook on an iPad or  
Android Tablet**

9:30am-11:30am

**Thursday, August 19**

**Texting Like a Pro:  
Advanced Texting Skills**

9:30am-11:30am

**Tuesday, August 24**

**Google Search and Tools**

9:30am-11:30am

**Thursday, August 26**

**Smart Home Assistants  
Featuring Amazon Alexa**

9:30am-11:30am

**Friday August 27**

**SRTECH FREE  
COACHING FRIDAYS**

10:00am-12:00pm

**\*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**

**Tuesday, August 3**

10:30am

**Volunteer Projects:  
For The Love of The Lake**

**Tuesday, August 3**

**NEW!**

2:15pm

**Praying With The Body:  
Bringing The Psalms To  
Life**

**Friday, August 6**

9:30am

**Olympic Game Play**

Olympic theme games  
hosted by Aaron  
Schmidt.

**Friday, August 6**

1:30pm

**Movie Matinee**

**The Call of The Wild  
2020, 1h 40m**

**SUNDAY, AUGUST 1**



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

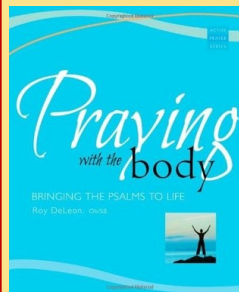
Hillside Blue Chapel  
In-Person



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

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point  
and any activities or classes within  
are for CC Young Residents only  
at this time.**



**Tuesdays in  
August**





2:15pm

**Praying With The  
Body: Bringing  
The Psalms To Life**

Praying with the body is an ancient tradition of praying with the body, heart and soul and is the foundation for Roy DeLeon's book.

This weekly worship practice will open the door to a way of prayer that, depending on each person, could influence your life. The meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.

## MONDAY, AUGUST 2





8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers</b> <b>Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
 10:00am-11:30am <b>Mahjong</b> Drop in and play a game or learn how to play.	The Point Café In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
1:00pm-2:00pm <b>Rejebian Series</b> Kendra Greene <i>The Museum of Whales You Will Never See</i>	Ch. 81 Broadcast Virtual
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
2:00pm - 3:00pm <b>Beginners Spanish Class</b> Learn Spanish Basics in a fun atmosphere. Sign up at The Point.	Flagpole Hill In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>Domino "Pick up" game</b> Drop in and play a game or learn how to play.	The Point Café In-Person
3:15pm - 4:15pm <b>Conversando Spanish</b> A conversational class for students with prior Spanish knowledge. Sign up at The Point .	Flagpole Hill In-Person*
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, AUGUST 3

8:15am - 8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> iPhone Contacts, Calendar and Phone Apps	Computer Lab In-Person
9:45am - 10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
 10:30am - 11:30am <b>Volunteer Projects:</b> <b>For The Love of The Lake</b>	Auditorium In-Person
1:30pm-2:30pm <b>CC Young'Uns</b> <b>Rehearsal</b>	Auditorium In-Person
<b>NEW</b> 2:15pm - 2:45pm <b>Praying With the Body:</b> <b>Bringing the Psalms to Life</b> Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person



## WEDNESDAY, AUGUST 4

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am – 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am – 11:30am <b>Trip to Hillside Village</b> Sign-up at The Point. Pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 9:45am – 11:00am <b>Senior Scribblers</b>	Flagpole Hill In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
 10:00am-11:30am <b>Wii Bowling for Beginners</b> Come have fun and learn a new skill!	The Point Café In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
2:00pm- 3:00pm <b>Acting Fun with Linda Leonard</b>	Fitness Center In-Person
2:00pm – 3:00pm <b>Beginners Spanish Class</b> Learn Spanish Basics in a fun atmosphere. Sign up at The Point.	Flagpole Hill In-Person
 2:00pm-3:00pm <b>Deepening Our Connection:</b> <b>Fellowship, Word and Study with Rev. Sanford</b>	Aud. North In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
3:15pm – 4:15pm <b>Conversando Spanish</b> A conversational class for students with prior Spanish knowledge. Sign up at The Point.	Flagpole Hill In-Person
4:00pm – 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## THURSDAY, AUGUST 5

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am – 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am – 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am – 11:30am <b>SeniorTech Class:</b> iPhone Photos Beyond Beginners (Editing and Sharing Photos)	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 10:00am – 11:00am <b>Knotty Knitters</b>	Flagpole Hill In-Person
10:30am – 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
2:00pm – 2:45pm <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Fitness Center In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Virtual
 3:00pm – 4:00pm <b>Bible Study</b> Led by Resident Marilyn Hodge	Flagpole Hill In-Person
 4:00pm – 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers. \$5 Cover Charge.	The Point Café Area
4:00pm-5:00pm <b>Peace with us: Mindful Meditation with Amy Lewis Hofland</b>	Theater In-Person & Ch. 81

## FRIDAY, AUGUST 6

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

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

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

 9:30am-11:00am Pavilion  
**Olympic Game Play** In-Person  
Olympic theme games hosted by Aaron Schmidt.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

11:10am - 11:50am Fitness Center  
**Standing Tai Chi** In-Person

 1:30pm - 3:00pm Theater  
**Movie Matinee** In-Person Only  
The Call of the Wild 2020, 1h 40m, PG.

3:00pm - 3:45pm Virtual  
**Sit & Get Fit** Ch. 81

## SATURDAY, AUGUST 7

**SPANISH CLASSES WILL BE ON SATURDAY  
BEGINNING NEXT WEEK.**

## MOVIE MATINEE



**This Week's Movie**  
***The Call of The Wild***

2020, 1h 40m, PG.

**Friday, August 6  
at 1:30pm**

A blend of live action and digital animation bring to life Jack London's classic tale of a canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's steadfast companion.

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



# THIS WEEK'S HIGHLIGHTS

## Tuesday, August 10

9:00am at The Hillside Clinic

### Total Hearing

Clinic is located on Hillside's 1st Floor.

Book Appointment: 214-987-4114

## Tuesday, August 10

6:30pm

### Summer Music Splash Kickoff

Senior Life Ministry presents a summer music series.

## Wednesday, August 11

3:30pm on Ch. 81

### Teaching Kitchen

Presentation using this month's Superfood: Tomatoes

## Thursday, August 12

3:00pm

### Introduction to Genealogy

Kelvin Meyers, Forensic Genealogist,  
Director of Texas Institute of  
Genealogical Research

## Friday August 13

9:30am

### Arts & Crafts with Patricia Dillingham

This month: No-sew applique  
napkins

## Friday, August 13

1:30pm

### Movie Matinee

Mr. Hobbs Takes a Vacation  
1962, 1h 53m

## SUNDAY, AUGUST 8



9:30am - 10:30pm

**Worship Service**  
with Rev. Kellie Sanford

Hillside Blue 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.**







**Thursday,  
August 12  
3:00pm**

## Introduction to Genealogy with Kelvin Meyers




Forensic Genealogist,  
Director of Texas Institute of  
Genealogical Research

**Sign Up At The Point.**

## MONDAY, AUGUST 9







8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers</b> <b>Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
 9:30am -11:30am <b>Trip to Kroger</b> Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
1:00pm-2:00pm <b>Rejebian Series</b> Rose-Mary Rumbley presents: <i>When Retail Ruled</i>	Ch. 81 Broadcast Virtual
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>BUNCO at The Point</b> Limited Seating. Signup at The Point.	Auditorium In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, AUGUST 10







8:15am - 8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
9:00am - 11:00am <b>Total Hearing</b> Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	Hillside 1st Floor Clinic
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> iPad and The Internet	Computer Lab In-Person
9:45am - 10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young'Uns Rehearsal</b>	Auditorium In-Person
<b>NEW</b> 2:15pm - 2:45pm <b>Praying With The Body: Bringing The Psalms To Life</b> Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 6:30pm - 7:30pm <b>Summer Music Splash</b> The CCY Senior Life Ministry presents a summer music series. This week's feature music is: Old Time Religion Gospel Sing.	Auditorium In-Person



## WEDNESDAY, AUGUST 11

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am – 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am – 11:00am <b>Trip to Hillside Village</b> Sign-up at The Point. Pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Ch. 81 Broadcast In-Person
 9:45am – 11:00am <b>Senior Scribblers</b>	Flagpole Hill In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
 10:00am-11:30am <b>Rummikub “Pick up” Game</b> Drop in on a game or bring friends to play!	The Point Café In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person & Ch. 81
2:00pm-3:00pm <b>Overlook Resident Conversations</b>	Overlook
2:00pm- 3:00pm <b>Acting Fun with Linda Leonard</b>	Fitness Center In-Person
 2:00pm-3:00pm <b>Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford</b>	Aud. North In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:30pm – 3:50pm <b>Teaching Kitchen</b> Presentation using this month’s Superfood: Tomatoes	Ch. 81 Broadcast Virtual
 4:00pm – 5:00pm <b>Alzheimer’s Caregiver Support Group</b>	White Rock In-Person
4:00pm – 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## THURSDAY, AUGUST 12

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am – 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am – 11:30am <b>SeniorTech Class:</b> iPhone and iPad - Managing Email	Computer Lab In-Person
 9:30am – 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 10:00am – 11:00am <b>Knotty Knitters</b>	Flagpole Hill In-Person
 10:00am – 11:00am <b>Ping Pong Play</b>	The Point Cafe In-Person
10:30am – 11:00am <b>Chair Pilates</b>	Fitness Classroom In-Person
2:00pm – 2:45pm <b>Thriving with Parkinson’s</b> A workout designed for Parkinsonians.	Fitness Center In-Person
3:00pm – 4:00pm <b>Introduction to Genealogy</b> Kelvin Meyers, Forensic Genealogist, Director of Texas Institute of Genealogical Research	Auditorium In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 3:00pm – 4:00pm <b>Bible Study</b> Led by Resident Marilyn Hodge	Flagpole Hill In-Person
 4:00pm – 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers. \$5 Cover Charge.	The Point Café
4:00pm-5:00pm <b>Peace with us: Mindful Meditation with Amy Lewis Hofland</b>	Theater In-Person & Ch. 81

## FRIDAY, AUGUST 13

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person



9:00am-10:30am Pavilion  
**Cornhole 'Pick up' Game** In-Person  
Drop in on a game or come learn how to play.



9:30am -11:30am Auditorium  
**Arts & Crafts with Patricia Dillingham**  
This month: no-sew appliqued napkins  
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. Please wear  
masks.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person



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

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

11:10am - 11:50am Fitness Center  
**Standing Tai Chi** In-Person



1:30pm - 4:00pm Theater  
**Movie Matinee** In-Person Only  
*Mr. Hobbs Takes a Vacation*, 1962, 1h 53m

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



3:30pm - 5:00pm Thomas  
**Thomas Monthly Social**

## SATURDAY, AUGUST 14

### NEW DAY

2:00pm - 3:30pm Flagpole Hill  
**Beginners Spanish Class** In-Person  
Learn Spanish Basics in a  
fun atmosphere. Sign up at The Point.

### NEW DAY

3:45pm - 5:15pm Flagpole Hill  
**Conversando Spanish** In-Person  
A conversational class for students  
with prior Spanish knowledge. Sign up at The Point.

**MOVIE MATINEE**



**This Week's Movie**  
***Mr. Hobbs Takes a Vacation***  
1962, 1h 53m

**Friday, August 13 at 1:30pm**

This classic family comedy follows the misadventures of harried city-dweller Roger Hobbs (James Stewart), who agrees to take his wife, Peggy (Maureen O'Hara), and their brood of children on vacation at the beach. But what begins as a relaxing escape quickly blossoms into a four-alarm nightmare.

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

THIS WEEK'S  
**HIGHLIGHTS**

**Tuesday, August 17**

9:30am

**Fall Wreath Workshop**

You'll have options to add the perfect "Splash of Color" to your entry way! Sign up at The Point.

**Thursday, August 19**

9:30am – 11:30am

**Water Pistol Painting**

Under The Breezeway. Make fun designs using water pistols and paint. Sign up at The Point.

**Thursday, August 19**

3:30pm

**August's Meet**

**The Artist Reception!**

CC Young Resident Betty Blackwell will discuss her art collection

**Friday, August 20**

1:30pm

**Movie Matinee**

News of the World 2020, PG-13, 1h 58m

**Saturday, August 21**

1:00pm– 3:45pm

**Special showing of: Madama Butterfly**

This will be full viewing of the opera.

**SUNDAY, AUGUST 15**



9:30am – 10:30pm

**Worship Service**  
with Rev. Kellie Sanford

Hillside Blue Chapel  
In-Person



11:00am – 12:00pm

**Worship Service**  
with Rev. Kellie Sanford

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point and any activities or classes within are open CC Young Residents only at this time.**



**Tuesday, August 17**

9:30am –

11:30am

Auditorium





**Fall Wreath Workshop**

Welcome Fall this year by making a wreath with fall elements! You'll have options to add the perfect "Splash of Color" to your entry way! Hosted by CCY Resident Nancy V. Webb.

**Limited Space. Sign up at The Point.**







## MONDAY, AUGUST 16

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers</b> <b>Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 1:30pm - 3:30pm <b>SeniorTech Class:</b> Online Shopping with Daphne: Access and Shop Wal-Mart, Amazon and Beyond	Computer Lab In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>Domino "Pick up" game</b> Drop in and play a game or learn how to play.	The Point Café In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person







## TUESDAY, AUGUST 17

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:30am <b>SeniorTech Class:</b> Facebook on an iPad or Android Tablet	Computer Lab In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>Fall Wreath Workshop</b> Welcome Fall this year by making a wreath with fall elements! You'll have options to add the perfect "Splash of Color" to your entry way!	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm - 2:30pm <b>CC Young'Uns Rehearsal</b>	Auditorium In-Person
<b>NEW</b> 2:15pm - 2:45pm <b>Praying With The Body:</b> <b>Bringing The Psalms To Life</b> Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 6:30pm - 7:30pm <b>Summer Music Splash</b> The CCY Senior Life Ministry presents a summer music series. This week's feature music is: Contemporary Music Sing	Auditorium In-Person



## WEDNESDAY, AUGUST 18

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am -11:30am <b>Trip to Hillside Village</b> Sign-up at The Point. Pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Ch. 81 Broadcast Virtual
 9:45am - 11:00am <b>Senior Scribblers</b>	Flagpole Hill In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
 10:00am-11:30am <b>Wii Bowling for Beginners</b> Come have fun and learn a new skill!	The Point Café In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
2:00pm- 3:00pm <b>Acting Fun with Linda Leonard</b>	Fitness Center In-Person
 2:00pm-3:00pm <b>Deepening Our Connection:</b> <b>Fellowship, Word and Study with Rev. Sanford</b>	Aud. North In-Person
2:00pm-3:00pm <b>Thomas Resident Conversations</b>	Thomas
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## THURSDAY, AUGUST 19

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am -11:00am <b>Trip to Traders Joe's</b> Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.	
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Texting Like a Pro - Advanced Texting Skills	Computer Lab In-Person
9:30am - 11:30am <b>Water Pistol Painting</b> Make fun designs using water pistols and paint. Sign up at The Point.	Breezeway In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 10:00am - 11:00am <b>Knotty Knitters</b>	Flagpole Hill In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
2:00pm - 2:45pm <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Fitness Center In-Person
2:00pm-3:00pm <b>Alterations by Dallas Dry Cleaning</b> Minor alterations. A credit card on file is required for payment.	White Rock Class
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast Virtual
 3:00pm - 4:00pm <b>Bible Study</b> Led by Resident Marilyn Hodge	Flagpole Hill In-Person
3:30pm - 4:30pm <b>Meet The Artist</b> This Month's Artist is CCY Resident, Betty Blackwell	Auditorium In-Person
 4:00pm - 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers. \$5 Cover Charge.	The Point Café Area
4:00pm-5:00pm <b>Peace with us: Mindful Meditation with Amy Lewis Hofland</b>	Theater In-Person & Ch. 81

## FRIDAY, AUGUST 20

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:00am-10:30am <b>Bocce "Pick up" Game</b> Drop in on a game or bring friends to play!	OVR/THO "Field" In-Person
 9:30am -11:30am <b>Trip to Hillside Village</b> Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-10:30am <b>Chair Yoga</b>	Fitness Center In-Person
11:10am - 11:50am <b>Standing Tai Chi</b>	Fitness Center In-Person

 1:30pm - 4:00pm <b>Movie Matinee</b> <i>News of the World</i> , 2020, PG-13, 1h 58m	Theater In-Person Only
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3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast Virtual
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 3:30pm - 4:30pm <b>Asbury Monthly Social</b>	Asbury In-Person
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## SATURDAY, AUGUST 21

1:00pm- 3:45pm <b>Special showing of: Madama Butterfly</b>	Auditorium In-Person
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This will be full viewing of the opera.

### NEW DAY

2:00pm - 3:30pm <b>Beginners Spanish Class</b>	Flagpole Hill In-Person
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Learn Spanish Basics in a fun atmosphere. Sign up at The Point.

### NEW DAY

3:45pm - 5:15pm <b>Conversando Spanish</b>	Flagpole Hill In-Person
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A conversational class for students with prior Spanish knowledge. Sign up at The Point.

## MOVIE MATINEE



**This Week's Movie**  
*News of the World*  
2020, PG-13, 1h 58m

**Friday, August 20 at  
1:30pm**

Five years after the Civil War, Captain Jefferson Kyle Kidd moves from town to town as a non-fiction storyteller, sharing the news from the far reaches of the globe. In the plains of Texas, he crosses paths with a 10-year-old girl taken in by the Kiowa people and raised as one of their own. Kidd agrees to deliver the child where the law says she belongs.

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



THIS WEEK'S  
**HIGHLIGHTS**

**Tuesday, August 24**

2:00pm

**Total Hearing at The Clinic**

Clinic is located on Hillside's 1st Floor. Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114

**Tuesday, August 24**

3:30pm

**Richard Stanford Hour!**

This month's book review will be on three new books about Texas: *War on the Border* by Guinn, *Single Star and Bloody Knuckles* by Minutaglio, and *Forget the Alamo* by Burroughs et al.

**Wednesday, August 25**

2:00pm – 4:00pm

**Farmers Market**

Specialty items made by the CCY Dining Team!

**Thursday, August 26**

10:00am

**Opera Abridged**

Rossini's *The Barber of Seville*

**Friday, August 27**

1:30pm

**Movie Matinee**

*MINARI*, 2020, 1h 55m,

**SUNDAY, AUGUST 22**



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

Hillside Blue Chapel  
In-Person



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

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point  
and any activities or classes within  
are open CC Young Residents only  
at this time.**



**Thursday,  
August 26  
10:00am**

**Opera Abridged!**





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

**Rossini's *The Barber of Seville***





With its hilarious hijinks and vocal virtuosity, Rossini's *The Barber of Seville* is a madcap comedy that is always a delightful treat. Meet Figaro, the resourceful barber and man-about-town, who rescues Rosina, the clever young woman held prisoner by her elderly & lecherous guardian. Figaro wants true love to win out and delivers her to the man who loves her, Count Almaviva.

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

## MONDAY, AUGUST 23

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
 9:30am - 11:30am <b>Trip to Kroger</b> Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>BUNCO at The Point</b> Limited Seating. Signup at The Point	Auditorium In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, AUGUST 24

8:15am-8:45am <b>Chair Aerobics</b>	Ch. 81 Broadcast Virtual
9:00am - 9:30am <b>Balance Class</b>	Ch. 81 Broadcast Virtual
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Google Search and Tools	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Ch. 81 Broadcast Virtual
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm - 2:30pm <b>CC Young'Uns Rehearsal</b>	Auditorium In-Person
2:00pm - 4:00pm <b>Total Hearing</b> Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	Hillside, 1st floor The Clinic
<b>NEW</b> 2:15pm - 2:45pm <b>Praying With The Body: Bringing The Psalms To Life</b> Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 3:30pm - 4:30pm <b>Richard Stanford In-Person &amp; Ch. 81 Hour!</b> This month's book review will be on three new books about Texas: <i>War on the Border</i> by Guinn, <i>Single Star and Bloody Knuckles</i> by Minutaglio, and <i>Forget the Alamo</i> by Burrough et al.	Auditorium
 6:30pm - 7:30pm <b>Summer Music Splash</b> The CCY Senior Life Ministry presents a summer music series. This weeks feature music is: Traditional Hymn Sing	Auditorium In-Person

## WEDNESDAY, AUGUST 25

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

9:00am - 9:30am Ch. 81 Broadcast  
**Balance Class** Virtual



9:30am - 11:30am

**Trip to Hillside Village**

Sign-up at The Point. Pick-up in front of your building. Please wear masks.

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.



10:00am-11:30am

**Rummikub "Pick up" Game** In-Person

Drop in on a game or bring friends to play!

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



1:30pm-2:30pm

**Harris Jewelers**

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

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



2:00pm-3:00pm

**Deepening Our Connection:** In-Person

**Fellowship, Word and Study**

with Rev. Sanford



2:00pm - 4:00pm

**Farmers Market**

Specialty items made by the CCY Dining Team!

3:00pm - 3:30pm Fitness Center  
**Sit & Get Fit** In-Person

4:00pm - 5:00pm Ch. 81 Broadcast  
**Seated Tai Chi** Virtual

## THURSDAY, AUGUST 26

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

9:00am - 9:30am Ch. 81 Broadcast  
**Balance Class** Virtual



9:30am - 10:00am

**CCY Campus News**

Ch. 81 Broadcast



9:30am - 11:30am

**SeniorTech Class:**

Smart Home Assistants Featuring Amazon Alexa

Computer Lab  
In-Person

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



10:00am - 11:00am

**Knotty Knitters**

Flagpole Hill  
In-Person

10:00am Auditorium  
**Opera Abridged** In-Person  
BJ presents Rossini's *The Barber of Seville*

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

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

3:00pm - 3:30pm Fitness Center  
**Sit & Get Fit** In-Person



3:00pm - 4:00pm

**Bible Study**

Led by Resident Marilyn Hodge

Flagpole Hill  
In-Person



4:00pm - 5:00pm

**Independent Living Happy Hour**

Beer, Wine & Appetizers. \$5 Cover Charge.

The Point Café Area

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



## FRIDAY, AUGUST 27

8:15am-8:45am

**Chair Aerobics**

Ch. 81 Broadcast  
Virtual

9:00am - 9:30am

**Balance Class**

Ch. 81 Broadcast  
Virtual



9:00am-10:30am

**Croquet "Pick up" Game**

Drop in on a game or bring friends to play!

OVR/THO "Field"  
In-Person



9:30am -11:30am

**Trip to Hillside Village**

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

9:45am-10:15am

**Strength & Stretch**

Ch. 81 Broadcast  
Virtual



10:00am-12:00pm

**Free Coaching Fridays**

Come and Go for Technology Questions

Computer Lab  
In-Person

10:30am-11:00am

**Chair Yoga**

Ch. 81 Broadcast  
Virtual

11:10am - 11:50am

**Standing Tai Chi**

Ch. 81 Broadcast  
Virtual



1:00pm-1:30pm

**Activity Spotlight!**

See highlights of past events and upcoming activities, and get info on how to join all the fun!

Ch. 81 Broadcast



1:30pm - 4:00pm

**Movie Matinee**

*Minari*, 2020, 1h 55m, PG-13

Theater  
In-Person Only

3:00pm - 3:30pm

**Sit & Get Fit**

Ch. 81 Broadcast  
Virtual



3:30pm - 4:30pm

**Overlook Monthly Social**

Overlook  
In-Person

## SATURDAY, AUGUST 28

**NEW DAY**

2:00pm - 3:30pm

**Beginners Spanish Class**

Learn Spanish Basics in a fun atmosphere. Sign up at The Point.

Flagpole Hill

In-Person

**NEW DAY**

3:45pm - 5:15pm

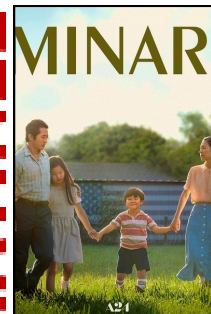
**Conversando Spanish**

A conversational class for students with prior Spanish knowledge. Sign up at The Point.

Flagpole Hill

In-Person

**MATINEE**



**This Week's Movie**

***Minari***

2020, 1h 55m, PG-13

**Friday, August 27 at  
1:30pm**

A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.

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

THIS WEEK'S  
**HIGHLIGHTS**

**Tuesday, August 31**

10:00am – 11:00am

**Yappy Hour!**

Celebrate the Dog days of Summer with a cool treat for you and your pet. We will also be taking photos of your pet at this drop in event.

**Friday, September 3**

1:30pm

**Movie Matinee**

Queen Bees

2021, 1h 41m, PG-13

**SUNDAY, AUGUST 29**



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

Hillside Blue Chapel  
In-Person



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

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point  
and any activities or classes within  
are for CC Young Residents Only  
at this time.**






**Tuesday, August 31**  
**10:00am**

Celebrate the Dog days of Summer with a cool treat for you and your pet.




We will also be taking photos of your pets at this drop in event


## MONDAY, AUGUST 30

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers</b> <b>Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>Domino "Pick up" game</b> Drop in and play a game or learn how to play.	The Point Café In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Ch. 81 Broadcast Virtual

**Heidi Fessler, Wellness instructor,  
will be on vacation through the  
end of the month.  
Please note some classes will be  
virtual and some will be  
in-person, taught by a substitute.**





## TUESDAY, AUGUST 31

8:15am-8:45am <b>Chair Aerobics</b>	Ch. 81 Broadcast Virtual
9:00am - 9:30am <b>Balance Class</b>	Ch. 81 Broadcast Virtual
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
9:45am-10:15am <b>Strength &amp; Stretch</b>	Ch. 81 Broadcast Virtual
 10:00am - 11:00am <b>Yappy Hour!</b> Celebrate the Dog days of Summer with a cool treat for you and your pet. We will also be taking photos of your pet at this drop in event.	Auditorium In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Ch. 81 Broadcast Virtual
1:30pm - 2:30pm <b>CC Young' Uns</b> <b>Rehearsal</b>	Auditorium In-Person
 1:30pm - 3:00pm <b>Trip to Kroger</b> Sign-up at The Point. Transportation will pick-up in front of your building.	
<b>NEW</b> 2:15pm - 2:45pm <b>Praying With The Body: Bringing The Psalms To Life</b> Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast Virtual

 6:30pm - 7:30pm  
**Summer Music Splash**  
The CCY Senior Life Ministry presents a summer music series. This week's feature music is: A Service of Evening Prayer in the Manner of the Community of Taizé



## WEDNESDAY, SEPTEMBER 1

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center Virtual
9:00am – 9:30am <b>Balance Class</b>	Fitness Center Virtual
 9:30am – 11:30am <b>Trip to Hillside Village</b> Sign-up at The Point. Pick-up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center Virtual
 9:45am – 11:00am <b>Senior Scribblers</b>	Flagpole Hill In-Person
10:00am-11:00am <b>Prayers &amp; Conversation</b> Rev. Kellie Sanford will do one-on-one visits.	Meditation Chapel In-Person
 10:00am-11:30am <b>Wii Bowling for Beginners</b> Come have fun and learn a new skill!	The Point Café In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center Virtual
2:00pm- 3:00pm <b>Acting Fun with Linda Leonard</b>	Fitness Center In-Person
 2:00pm-3:00pm <b>Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford</b>	Aud. North In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
4:00pm – 5:00pm <b>Seated Tai Chi</b>	Ch. 81 Broadcast Virtual

## THURSDAY, SEPTEMBER 2

8:15am – 8:45am <b>Chair Aerobics</b>	Fitness Center Virtual
9:00am – 9:30am <b>Balance Class</b>	Fitness Center Virtual
 9:30am – 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am – 11:30am <b>SeniorTech Class:</b> TBA	Computer Lab Virtual
9:45am – 10:15am <b>Strength &amp; Stretch</b>	Fitness Center Virtual
10:30am – 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young'uns Rehearsal</b>	Auditorium In-Person
2:00pm – 2:45pm <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Fitness Center In-Person
3:00pm – 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center Virtual
 3:00pm – 4:00pm <b>Bible Study</b> Led by Resident Marilyn Hodge	Flagpole Hill In-Person
 4:00pm – 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers. \$5 Cover Charge.	The Point Café
4:00pm-5:00pm <b>Peace with us: Mindful Meditation with Amy Lewis Hofland</b>	Theater In-Person & Ch. 81

## FRIDAY, SEPTEMBER 3

8:15am-8:45am  
**Chair Aerobics**

Fitness Center  
Virtual

9:00am - 9:30am  
**Balance Class**

Fitness Center  
Virtual

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



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



9:00am-10:30am  
**Cornhole 'Pick up' Game**  
Drop in on a game or come learn how to play.

Pavilion  
In-Person

9:45am-10:15am  
**Strength & Stretch**

Fitness Center  
Virtual

10:30am-11:00am  
**Chair Yoga**

Fitness Center  
Virtual

11:00am - 11:45am  
**Standing Tai Chi**

Ch. 81 Broadcast  
Virtual

**MOVIE** 1:30pm - 4:00pm  
**Movie Matinee**



Queen Bees, 2021, 1h 41m, PG-13

Theater  
In-Person Only

3:00pm - 3:30pm  
**Sit & Get Fit**

Fitness Center  
In-Person

## SATURDAY, SEPTEMBER 4

### NEW DAY

2:00pm - 3:30pm

#### **Beginners Spanish Class**

Learn Spanish Basics in a fun atmosphere. Sign up at The Point.

Flagpole Hill  
In-Person

### NEW DAY

3:45pm - 5:15pm

#### **Conversando Spanish**

A conversational class for students with prior Spanish knowledge. Sign up at The Point.

Flagpole Hill  
In-Person

**MOVIE MATINEE**



### This Week's Movie *Queen Bees*

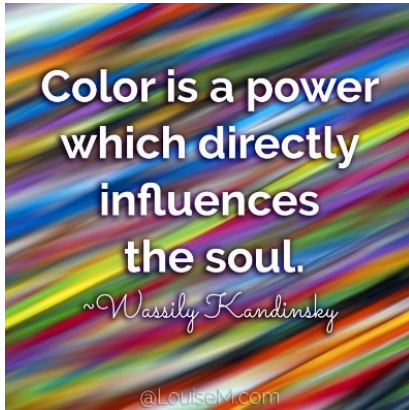
2021, 1h 41m, PG-13

**Friday, September 3  
at 1:30pm**

Moving into a senior community while her home is being repaired, widowed Helen is dismayed to find a social scene resembling high school. But her perspective begins to change as she makes new friends and gets a second chance at love.

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

# Lifestyle Section



## THE HEALING POWER OF ART & A SPLASH OF COLOR

By Brian Parman  
Director, Point & Pavilion  
August 2021

After fourteen months on hiatus monthly art gallery shows have returned to The Point. Asbury Resident, Betty Blackwell, is thrilled to share some of her collection of over 1,000 creations in this month's art gallery show she has titled "Kaleidoscope of Color: Inspired by the Events of 2020." Betty says "I'm not an artist, I can't draw, but I can color! I've had such a great time. I could have never imagined that it would turn into all of this. The colors just came to me and I lost myself in the work."

The power of color is inescapable... your reactions to colors are often deeply personal and rooted in your own experiences. A certain color has the ability to soothe your frazzled nerves, motivate and empower you to take action, and also to bring healing energy when you need it.

A "Meet the Artist" reception in honor of Betty Blackwell will be held on Thursday, August 19, 2021, at 3:00pm in The Point Auditorium. Guests will enjoy light refreshments, meet and engage Betty in person and have a chance to experiment with an array of colors and combinations to create a masterpiece of their very own.

We know that "hot" is not a descriptive enough word for August temperatures in North Texas! Our very own Aaron Schmidt gave a lot of thought to how we might help you "beat the heat" in living color! By simply squirting paint onto a large canvas using a paint filled water "squirt" gun, you can create some wall worthy artwork as well as having loads of fun!

This month CCY Senior Life Ministry's Summer Music Splash will explore a variety of music and worship styles sure to sooth your soul. For those of you with a "thirst for knowledge" - look no more! We have a variety of opportunities for you to learn something new: Opera Abridged with BJ Anderson will explore Rossini's *Barber of Seville* and Senior Tech classes with Daphne Lee resume in August as well!

Whatever you decide to do to "beat the heat" don't hesitate to make a splash and make your month colorful!



## Crews News!

By Russell Crews  
President and CEO  
August, 2021

August in Texas can be defined by one word: hot. Texans cannot escape the heat unless we seek cooler weather elsewhere!

This August, we find ourselves pausing rather than escaping to other destinations. The uncertainty of exposure to the COVID-19 variants is causing all of us to pause and perhaps even revert back to a level of caution we have not felt necessary in several months. As individuals, many are choosing to travel only within their very small circle. As an organization, we are doing the same. CC Young is consciously exercising caution in August. We have decided to limit hosted outings off campus for the whole month. Residents are still able to come and go on their own. While off campus, though, we encourage you to wear masks and avoid large gatherings with people in close surroundings. This is a time to be cautious and assess the impact of the COVID-19 variants and the resulting increase of COVID-19 infections in the Dallas area. While we hope this is a short-term pause, we will evaluate the situation each month as we plan our events. We will proceed mindfully this fall with the health and safety of our residents and staff as our primary consideration.

Meanwhile, I'm happy to share with you that our COVID-19 vaccine clinics are continuing. We are happy with the response and robust participation thus far. Each clinic has been full which continues to be our goal. We have vaccinated new employees, new residents, and several family members of both staff and residents. Clearly, the more vaccinated, the better it is for our campus and our residents. On a celebratory note, please join me in congratulating Mindy Hail and Jennifer Griffin who have each been promoted to Vice President and will be serving on the Executive Committee. Thanks to Mindy and Jen for your many years of service and contributions to CC Young. We look forward to more years to come!



## Village Update

By Jen Griffin  
Vice President, Engagement  
August, 2021

Nothing says summer in Texas like being in the water! In my youth, summer found me at the pool or at the lake...or at camp in a pool or a lake. So when the team decided on August's theme as "Make a Splash" with a water theme, I was all in!

This year's chosen themes continue to take me on trips down memory lane. One of those actual trips for me was a memorable family vacation to Big Bend in South Texas where we camped. The trip really went down in the books for so many reasons. Talk about HOT - a family of six in a Winnebago with a weak air conditioner. Yowza. For relief, we went white water rafting in the Rio Grand River. The first day was SO MUCH FUN! The next day, my brothers went again with my father, great uncle, and a guide. This trip was less fun because the raft capsized in a rapid. My younger brother was only in 4th grade at the time. He was small and was hanging on to a rock for dear life. Thankfully, they rescued him and later found all our belongings down river.

In my adult life, water has taken on a different connotation. Water is a life source for us and our earth. Adequate hydration for ourselves and our pets is a must...especially in this heat. Taking it a step further, though, water is a symbol of continuity and "being in the flow" with life – being in balance. From a biblical standpoint, water is seen as symbol of the Spirit of God coming into a person's life and cleansing their heart from sin. For those who have a spiritual thirst, John 4:14 says, "But those who drink the water I give them will never thirst. Indeed, the water I give them will become in a spring of water welling up to eternal life." So, again – I'm in!

Happy August, Everyone!  
Stay cool and hydrate your body and soul. Fall is near!





# 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**

Hillside Blue Chapel

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.

## Prayers & Conversation

with Rev. Kellie Sanford

Mondays & Wednesdays

10:00am-11:00am

Dr. Don R. 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.

## Praying With The Body:

Bringing The Psalms To Life

Tuesdays In August

2:15pm in the Fitness Center

Contact Senior Life Ministry

Rev. Kellie Sanford

972-261-3015 / [ksanford@ccyoung.org](mailto:ksanford@ccyoung.org)

Rev. Mike Nichols

469-400-2858 / [mnichols@ccyoung.org](mailto:mnichols@ccyoung.org)

# Volunteer Spotlight:

## Meet Margaret and Chance!



Chance is an Airedale Terrier, the largest of the terrier breeds. He is a trained therapy dog who comes twice a month with his handler, Margaret.

Margaret helped 'raise' her

children's dogs, so when they left the den and took their pups with them, she said it was her 'chance' to have a dog, and that is how Chance was named. Margaret rescued Chance, saw his wonderful personality, and trained with him through Heart of Texas Therapy Dogs.

Margaret saw first-hand the transformative power of pet therapy when she was battling cancer and Chance's affection and companionship kept her spirits up.

We are thankful for their commitment to bring joy through pet therapy to our residents!



*Elena Jeffus  
Manager,  
Volunteer Experience*

*Call 214-841-2988 for more details on  
volunteering opportunities.*



# Happy Anniversary

## August Resident Anniversaries

**18 Years**

**Betty Waller**

**13 Years**

**Janet Wiksten**

**10 Years**

**Bernice Christopher  
Patti & Doyle Stewart  
Amy & Dick Lindsly  
Ches Hudel  
Jeanie Wooldridge  
Barbara Mott  
Betty Greene  
Ralph Dugger  
Pat Mikeska  
Erma Thomson  
Jo Durand**

**9 Years**

**Don Collins**

**8 Years**

**Mary Haas  
Evelyn Bridges**

**7 Years**

**Mary Ellen Leichter  
Shirley & Robert Cooper**

**6 Years**

**Ruth & Robert Esgar  
Joan Schell**

**5 Years**

**Sally King  
Martha Gerhart**

# August 2021

First Name	Last Name	Location	Date
Michael	York	Overlook	3
Nelwyn	Davis	Asbury	6
Bonny	Wammack	Asbury	6
Veta	Boswell	Overlook	7
William	Gamble	Thomas	7
Robert	Esgar	Overlook	8
Betty	Greene	Overlook	9
Brenda	Smith	Vista	10
Moir	Savage	Hillside	11
William	Dillon	Vista	11
Edward	Ramirez	Overlook	12
Martha	Gerhart	Hillside	14
Doris	Sosnowski	Vista	15
Joyce	Wolff	Vista	16
Simon	Lewenstein	Adult Day Center	16
Riece	Maxie	Vista	18
Marguerite	Allen	Overlook	19
Bonnie	Rivers	Thomas	19
Anita	Weber	Asbury	19
Maria	Gonzalez	Vista	20
Jean	Wortley	Overlook	21
Mary	Leichliter	Hillside	21
Elizabeth	Bock	Asbury	22
Andrew	Henson	Vista	23
Anna	Petrutsas	Vista	23
Alice	Rampey	Thomas	24
Kenneth	Luckett	Overlook	25
Paul	Vernon	Vista	25
Elizabeth	Himmel	Vista	26
Billy	Frazier	Vista	28
David	Monnich	Vista	28
Carla	Heath	Asbury	29
Mary	Gilhooly	Overlook	30
John	Wilson	Asbury	30
James	Shine	Vista	30
Wilda	Geyer	Overlook	31
Sally	Webb	Vista	31

# Resident Birthdays



# August Team Birthdays

Employee Name	Department	Birthday
Reina E Flores	Dining Services	2-Aug
Tamara M Wallace	Nursing	2-Aug
Mercy Tatah	Nursing	3-Aug
Damia Qualls	Therapy	3-Aug
Charlotte E Waters	Housekeeping	3-Aug
Virginia Martinez-McClary	Resident Services	4-Aug
Raniesha Carter	Nursing	4-Aug
Tamunobelema Enefiok Udo	Nursing	4-Aug
Paola B Lee	Nursing	5-Aug
Kimberly V Lambert	Administration	6-Aug
Avi V Gnragahon	Dining Services	7-Aug
Birtukan Gashaw	Nursing	7-Aug
Kikelomo G Dacosta	Nursing	7-Aug
Sherica S Gilliam	Nursing	7-Aug
Claudia Velazquez Garcia	Dining Services	8-Aug
Abel O Mabeya	Nursing	8-Aug
Nena Paris	Nursing	9-Aug
Naziha Bensalah	Social Services	9-Aug
Leslie Thomas	Therapy	10-Aug
Shenika L Harris	Nursing	10-Aug
Johnson O Ezebuiro	Nursing	10-Aug
Amelia F Ruiz	Nursing	11-Aug
Tojuade S Ayoola	Housekeeping	11-Aug
Kateesha L Medina	Nursing	11-Aug
Demitra R King	Nursing	13-Aug
Yolanda Bailey	Nursing	14-Aug
Haimanot B Berkie	Nursing	14-Aug
Fany K Omwenga	Nursing	14-Aug
Shamberia L Berry	Dining Services	14-Aug
Lisa R Durden	Nursing	15-Aug
Sebawit Mihretu	Dining Services	15-Aug
LaDerek P Bell	Dining Services	15-Aug
Jordan Stubbs	Therapy	16-Aug
Emebet Y Mokoya	Nursing	17-Aug
Tera F Davis	Nursing	17-Aug
Niesha S Stroops	Nursing	17-Aug
Daniel P Jackson	Therapy	17-Aug
Colvin D Crumbley	Dining Services	17-Aug
Kimberly D Shumate	Nursing	17-Aug
Jeanette Jackson	Dining Services	18-Aug
Perminder K Sandhu	Nursing	18-Aug
Yessica Rostro Arredondo	Dining Services	18-Aug
Spencer R Crews	Sales	19-Aug
Mariama P Sow	Dining Services	19-Aug



# More August Team Birthdays

Sabrina Diaz  
 Generia N Dunn  
 Torri L Parnell  
 Catherine Jimenez Ferruzca  
 Shatterrian C Wallace  
 Khaliah S Anderson  
 Ugochukwu P Onyeugo  
 Teresa A Escanlar  
 Keaiindra James Webb  
 Kerrington Williams  
 Sarah J Holforty  
 Kaneetra S Fisher  
 Kathy M Smith  
 Anna R McDavid  
 Nina K Rosa  
 Margaret Ramirez

Nursing 20-Aug  
 Nursing 20-Aug  
 Nursing 20-Aug  
 Dining Services 20-Aug  
 Dining Services 21-Aug  
 Nursing 22-Aug  
 Nursing 23-Aug  
 Transportation 24-Aug  
 Nursing 25-Aug  
 Housekeeping 25-Aug  
 Sales 26-Aug  
 Nursing 26-Aug  
 Nursing 27-Aug  
 Nursing 31-Aug  
 Dining Services 31-Aug  
 Business Office 31-Aug

## Celebrate August Team Anniversaries

Employee Name	Day	# Years	Department
Helen M Collins	1	5	Housekeeping
Howard M Shaw	1	5	Dining
Cassandra B Showels	3	1	Health Center Admin.
LaCandace D Jones	3	1	Life Enrichment
Suzanne Bullard	3	1	Health Center
Florence Onyeugo	7	8	Health Center
Lindsay Phillips	10	1	Health Center
Lesley Millar	12	8	Administration
Kierra Gipson	12	2	Home Services
Anna R McDavid	14	4	Health Center
Angela D Hicks	19	1	Health Center
Olayemi A Ogunyemi	24	1	Health Center
Zachary C Ryan	24	1	Health Center
Naziha Bensalah	27	3	Social Services
<b>Hana W Yemane</b>	<b>27</b>	<b>13</b>	<b>Dining</b>
<b>Misrak Beyene</b>	<b>27</b>	<b>13</b>	<b>Assisted Living</b>
<b>Hirut M Hailu</b>	<b>27</b>	<b>13</b>	<b>Health Center</b>
Haimanot B Berkie	28	4	Home Services
Adaysha L Wherry	28	4	Health Center
Sara Abdu	29	5	Dining
Aster S Bayu	29	5	Home Services
<b>Tesfaye A Yigremie</b>	<b>31</b>	<b>26</b>	<b>Health Center</b>



# How to Ride the Waves of CHANGE

The truth is: we don't know much about what "will be." Here are six mindfulness tips for going with the flow—rather than losing ourselves in the undertow.

## **C — Choose to stay open**

As we make the conscious choice to stay open, raw, and vulnerable, we can be brave, tender, and present to the technicolor experiences that reveal life's texture and richness.

## **H — Have awareness of what is unfolding, moment by moment**

The key to mindfulness is training ourselves to notice the details: Which thoughts are here? Which emotions? Which body sensations? As we stop trying to resist what's coming our way, we can become scientists of our own experience—full of wonder at each new discovery.

## **A — Adapt: It's crucial to personal and species survival**

Considering that adaptation is at the heart of survival, it's surprising how afraid we are to let things evolve. If we learn to adapt, allowing new information (and challenges) to expand our perspective rather than retreating into ourselves, our unique brilliance can move along with life's flow.

## **N — Notice how it feels to stay close to your experience**

At the end of the day, most of us just want to feel better. When we allow ourselves to be gently present, we may notice an increase in energy, joy, and resilience as we dare to explore the vividness of life.

## **G — Generate wisdom by remaining curious about the ever-changing adventure**

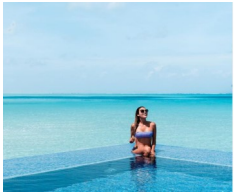
As we investigate our assumptions, judgments, and other narrow ways of thinking, we open opportunities to develop insights that expand and re-charge our views.

## **E — Enjoy life's fresh offerings**

It's important to be open to change, but that doesn't mean we should be constantly striving for change or forcing it on ourselves. Riding the waves of change means being here for what arises naturally—not moving at breakneck speed toward the next thing and the next thing. Life can so easily slip past us unnoticed. Remember to pause, take a breath, and appreciate the electric circus called life.

## Bluest Waters In the World

The most popular color in the world is blue, so it's no surprise that people flock to the turquoise beaches of the Caribbean or the sapphire hot baths of Iceland. Many factors affect the exact color of water -- sediment and nutrients can make it appear murky, while nearby coral reefs can keep water clear - - but the tint comes from blue wavelengths of light absorbed from the sun.

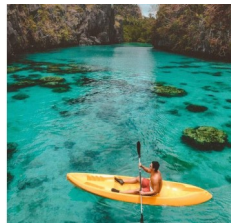


### **1. The Maldives**

The Maldives, located in the Indian Ocean, have around 1,190 islands and sandbanks. A lagoon with crystal clear water encircles all the islands, which are protected by a reef structure that is home to an array of underwater life.

### **2. Palawan, Philippines**

Palawan is an archipelago with 1,780 islands. Clear waters and white beaches characterize the northern section. Top spots to hit are the Big Lagoon on El Nido and Palawan Island.

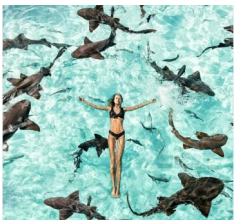


### **3. Crater Lake, Oregon**

Crater Lake, located in Oregon National Park, is one of the deepest lakes in the United States. This gives the lake a navy hue. Its maximum depth has been measured at almost 2,000 feet and it sits atop the Cascade Mountain Range.

### **4. Ambergris Caye, Belize**

Ambergris Caye is the largest island in Belize. It is home to the town of San Pedro and the second largest coral reef system in the world.



### **5. Exuma, Bahamas**

The Exumas are an archipelago of 365 cays and islands. They're divided into Great Exuma, Little Exuma and The Exuma Cays. Visitors can snorkel, lounge or swim with the island's pigs!

### **6. Hanauma Bay, Oahu, Hawaii**

Hanauma Bay State Park has been voted one of the best beaches in the United States and is a top spot for snorkeling.



### **7. Egremnoi, Greece**

Egremnoi is a remote beach located on the southwestern coast of the Ionian island of Lefkada in Greece.





### 8. Plitvice Lakes National Park, Croatia

Located in central Croatia, Plitvice Lakes National Park is known for a chain of 16 terraced lakes, joined by waterfalls that extend into a limestone canyon. Visitors can use walkways and hiking trails to get views of the water.

### 9. Five Flower Lake, China

Five Flower Lake is located in China's Jiuzhaigou National Park. Due to its varying array of colors when reflecting the sun, it's often compared to the feathers of a peacock.



### 10. Peyto Lake, Alberta, Canada

Peyto Lake is located in Banff National Park in the Canadian Rockies. The blue-green color is due to large amounts of glacier rock flour that flow into it during the summer months. The best viewing spot is from the Bow Summit.

### 11. Knip Beach, Curacao

This beach is free, offers spots for cliff diving and is located on the western tip of Curacao in the southern Caribbean Sea. If you're a good swimmer, it's a great place to explore coral reefs.



### 12. Cala Macarelleta, Menorca, Spain

Cala Macarella is one of Menorca's most famous bays and includes the more secluded Cala Macarelleta. The beaches are connected by a trail for those who want an extended look at the views.

### 13. Navagio Beach (Shipwreck Beach), Zakynthos, Greece

Navagio Beach offers up a tiny cove, crystal clear waters and a famous shipwreck.



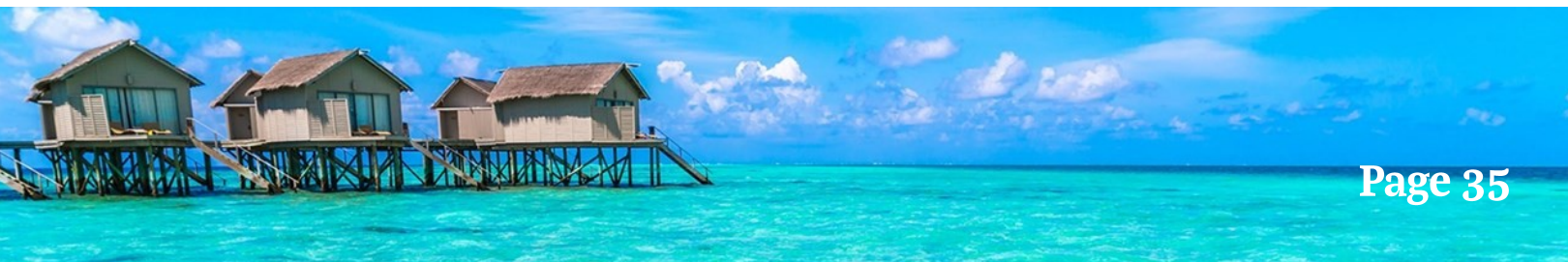
### 14. Blue Lagoon, Iceland

The Blue Lagoon is a natural wonder. The blue color comes from silica in the water and the way it reflects sunlight. In the summer, there can also be a hint of green when the algae multiply after being exposed to direct sunlight. Tickets start at \$70 for a dip in this geothermal spa.



### 15. Huascarán National Park, Peru

This national park is located in the Cordillera Blanca, the world's highest tropical mountain range, in the central Peruvian Andes. It is home to numerous tropical glaciers and glacial lakes.





### Alterations by Dallas Dry Cleaning

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

**Thursday, August 19  
2:00pm  
Flagpole Hill Classroom**

## Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver  
Support Group at CC Young  
**Wednesday, August 11 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.



**DAKIM BrainFitness is a fun, clinically  
proven cognitive exercise for seniors.**



### 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.**



Total Hearing provides  
complimentary  
hearing aid cleanings and  
hearing screenings.  
There will be a charge for  
wax removal and for  
purchasing hearing aids.

**2<sup>nd</sup> Tuesday of every month  
9:00am– 11:00am  
OR**

**4<sup>th</sup> Tuesday of every month  
2:00pm – 4:00pm**

**CCY Clinic, in Hillside 1<sup>st</sup> Floor  
Book Your Appointment by calling:  
Total Hearing 214-987-4114.**

## Knotty Knitters



**Thursdays at 10:00am**

**Knotty Knitters expands to include Crafty Crocheters!**

We have lots of yarn available,  
just bring your own needles!  
You are welcome to knit or crochet anything  
you like, this is an outreach group that  
creates scarves for the homeless.  
All are welcome to join!



# WATER BENEFITS

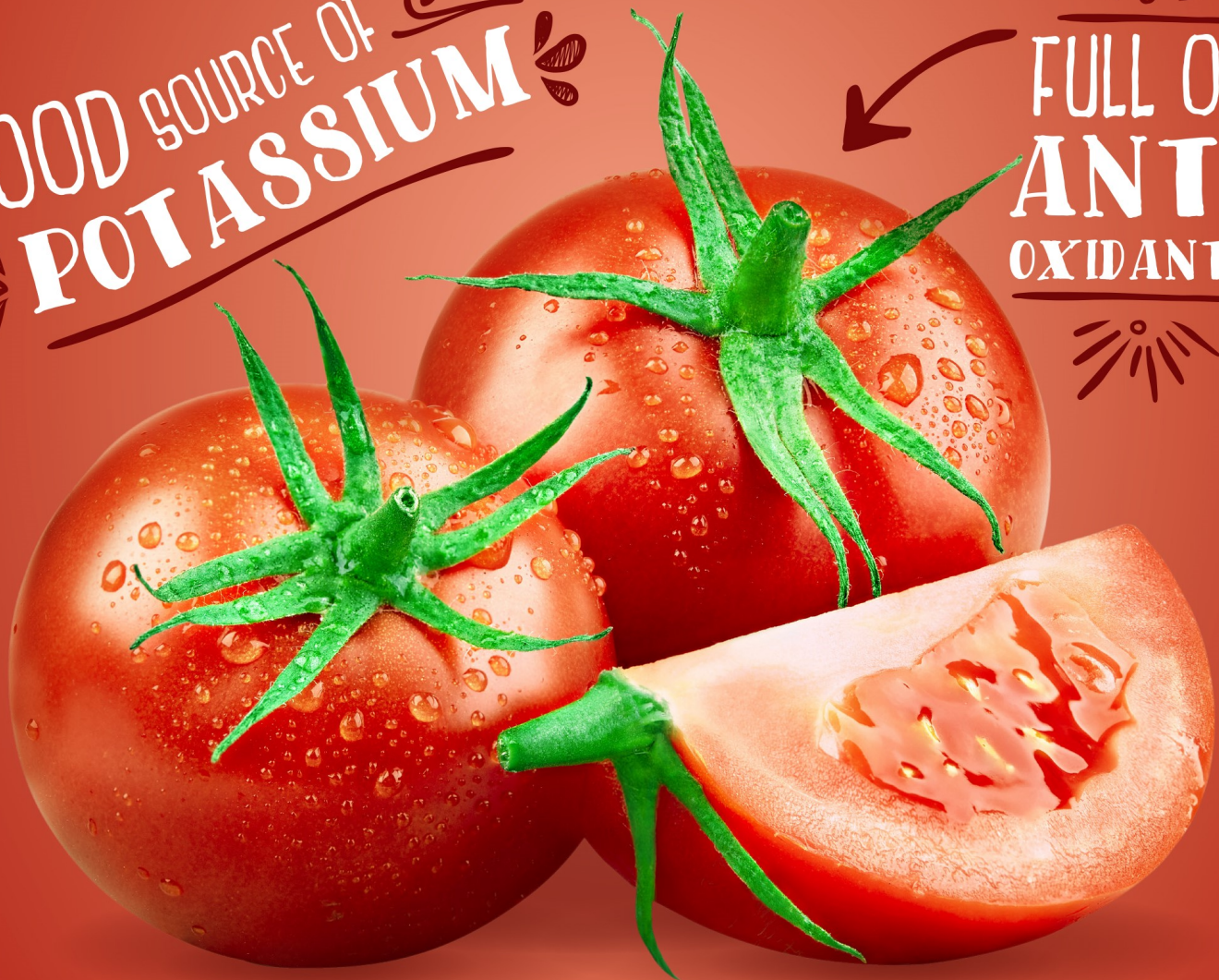


THIS MONTH'S SUPERFOOD IS

# Tomatoes

GOOD SOURCE OF  
POTASSIUM

FULL OF  
ANTI-  
OXIDANTS



Botanically a fruit, the tomato is usually treated as a vegetable that provides vitamins, minerals, fiber and particularly high levels of the antioxidant lycopene.



# DID YOU KNOW...

- Tomatoes are an excellent source of vitamin C and a good source of vitamin A.
- Tomatoes come in as many colors as are in the rainbow and each variety has its own distinct taste. You can find red, orange, yellow, green and even purple tomatoes.
- Tomatoes are low in calories; only about 30 calories per cup.
- Fruit or vegetable? Legally, tomatoes are a vegetable. The question went all the way to the United States Supreme Court in 1893.
- Red tomatoes have lycopene, which is the pigment that gives them their color. Research suggests that a lycopene-rich diet may help lower the risk of certain cancers.
- The lycopene found in canned-tomatoes, ketchup and tomato sauce is more easily absorbed in the body than that found in raw tomatoes.
- Tomatillos are a member of the tomato family and often referred to as the Mexican green tomato. Tomatillos are a good source of vitamin C.
- Tomatillos' flavor is citrus-like with touches of lemon and herbs. Tomatillos are popular in guacamole and green salsas.
- According to Guinness World Records, the most tomatoes harvested from one plant in one year was over 32,000 from a plant from Walt Disney World.

## SUPERFOOD TOMATOES

# ART AND WRITING CONTEST OPEN TO CCY RESIDENTS ONLY



## Why Participate?

- The 31<sup>st</sup> Annual ArtsInspire™ Contest & Exhibition gives you a chance to **showcase your talents & creativity** in friendly competition with other artists & writers throughout the state.
- ArtsInspire™ offers a wide variety of categories in which you can participate! The contest offers **15 total categories**—13 in Visual Arts & two in Written Arts.
- Participation is **free** & all participants receive recognition!

---

**ENTER TODAY**  
**Submission Deadline: August 27, 2021**

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For contest details & to enter,  
contact your ArtsInspire™ Coordinator:

**Angela Castillo: 214-841-2831**





# ENTRY FORMS ARE AVAILABLE AT THE POINT



## SUBMISSION GUIDELINES

- **One entry per resident/group, per category;** A single piece may NOT be entered in multiple categories.
- The piece must have been **completed within the past three years.**
- A single piece may **NOT be submitted for two consecutive years.**
- The participant must **currently be a resident of a LeadingAge Texas Community.**
- The submission must have been completed while the resident was **at least 62**; if the resident is younger than 62, he/she must have been living in a LeadingAge Texas Community at the time of completion.

## CATEGORIES

### VISUAL ARTS

#### **Distinguished Arts**

artwork in any medium by a resident 95+ at time of work's completion

#### **Drawing**

illustrations created using charcoals, pencil, pastel, etc.

#### **Hard Crafts**

crafted by carving, casting, modeling, or other shaping methods, including items crafted to be worn for personal adornment

#### **Majestic Arts**

artwork in any medium by a resident with Alzheimer's or other dementia

#### **Master Works**

reproduction of another artist's work in any medium

#### **Mixed Media**

crafted from more than one medium

**Painting: Oil and/or Acrylic** (on canvas or paper)

**Painting: Watercolor** (on canvas or paper)

**Painting: Alternative** (on any surface other than canvas/paper [china, wood, ceramic, etc.])

#### **Photography**

image captured by camera and viewed as a print

#### **Soft Crafts: Decorative**

needlework, not plain sewing (embroidery, cross-stitch, needlepoint, etc.)

#### **Soft Crafts: Sewing**

crafted by needle & thread, or a sewing machine (quilting, sewing, etc.)

#### **Soft Crafts: Textile**

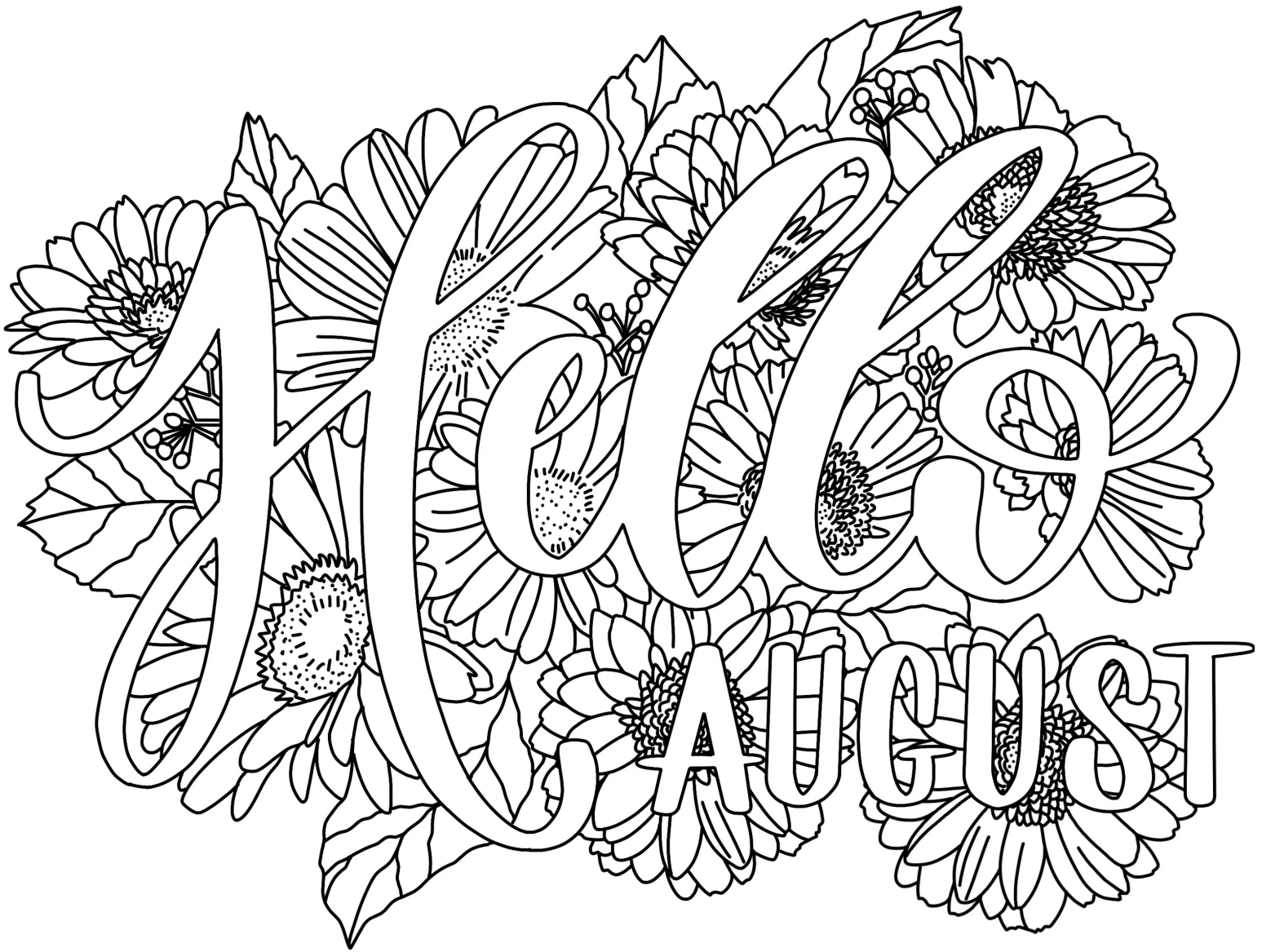
crafted by crocheting, knitting, weaving, tatting, etc.

### WRITTEN ARTS

Poetry  
Prose

**COMPLETE ENTRY FORM AND RETURN  
TO BRIAN OR ANGELA BY AUG. 27**





### ***REASONS TO COLOR AT ANY AGE***

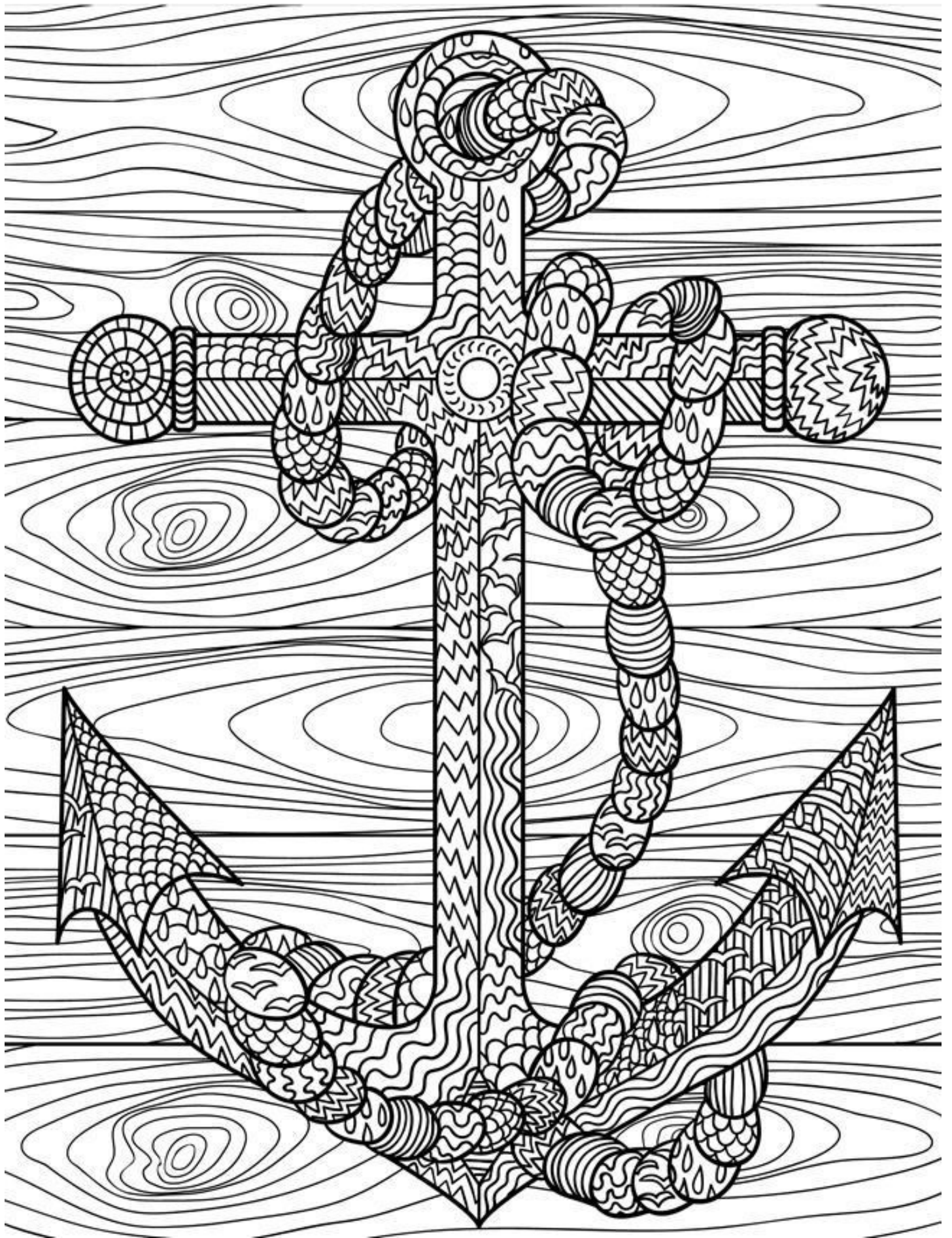
***REDUCE STRESS AND ANXIETY  
IMPROVE MOTOR SKILLS AND VISION  
IMPROVE SLEEP  
IMPROVE FOCUS***

<https://www.beaumont.org/health-wellness/blogs/health-benefits-of-coloring-for-adults>

**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](mailto:acastillo@ccyoung.org)**








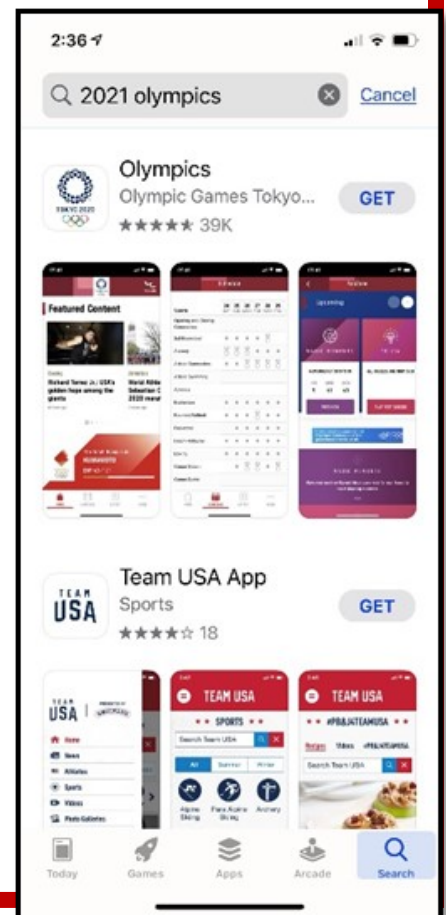
# How to watch The Olympics

*by Senior Tech Instructor*  
**Daphne Lee**

Excitement over the 2021 Summer Olympics has grown as each country selected elite, amateur athletes for teams from aquatics to wrestling. Beginning Friday, July 23rd, we began celebrating the effort, gracefulness, victories and sportsmanship of athletes from around the world. The athletes work most, if not their entire lives, for an athletic endeavor lasting, in some cases, seconds. This year's Olympics can be seen online at Tokyo Olympics. You can keep up with your favorite Olympic sport's scheduled competition at Scheduled Olympic Sports. NBC will be the television network providing coverage of this summer's Olympics and you can find them online at NBC Tokyo Olympics. If you are reading this on your smartphone or tablet, simply search for then tap any of the above links to see the online coverage of the Olympics including the schedule and television coverage of each event. If you are using a computer with a mouse, you will either left-click the mouse on each link or you may have to hold down the CTRL Key (Control Key on the left side of your computer keyboard) and left-clicking the mouse to launch the website.

Beyond following the 2020 Tokyo Olympics online, you can access current information about the events using an app. For Apple iPhone/iPad users, open the App Store and using the Search feature . Android users, find and open the Google Play Store. In the Search window, enter "2020 Olympics" and you will find apps for each: 2020 Olympics and Team USA. Download the app that appeals to you and follow athletes, teams, and countries as they complete in the 2020 Tokyo Olympics.

One of my favorite features of the Olympics App is the ability to select favorite events . After selecting favorite events, you can enable notifications on your mobile device(s) so that you are notified of events, results and team wins. As so many of you have heard me say in the SRTech classes... "access to information is a key reason to use a mobile device."





Whether your athletic passion runs from Archery to Wrestling, follow world-class athletes as they compete in classic athletics such as Track and Field, Weightlifting, and Swimming to newly promoted athletic pursuits including Skateboarding, Surfing, and Karate. Stay on top of Olympic medal counts, athletes' performance, and international stories using any one of several mobile device apps.

Beyond the Olympic apps, iPhone/iPad users have access to Siri and Siri can answer questions including, "Hey Siri, how far is 400 meters?" or "Hey Siri, how many medals does Team USA have?" Android users can ask the Google Assistant, "Hey Google, how far is 400 meters?" and Hey Google, how many medals does Team USA have?" One of my favorite questions for either Assistant is "Hey Siri/Google, what is the record time for [EVENT NAME]?" Access to information...

**Find SRTech classes at the Point where we offer a broad selection of in-person classes covering smartphones, tablets, computers, and the Internet. We are always looking to teach relevant new tech-related topics and we appreciate your feedback. Email us at [srtech@ccyoung.org](mailto:srtech@ccyoung.org) with any ideas or special requests.**

### **Visit The Point Library!**

This resource is made possible thanks to the generous donations by residents and area seniors!

The Library collection includes hundreds of large print and standard hardback books available for your enjoyment with a self-check-out system.

In addition to the large selection of books, visitors will find:

- Two computers with Internet access and a printer
  - Two Dakim Brain Fitness Systems
- A huge display of DVD movies available for checkout

### **Have something to donate to our library?**

Please call ext. 72831 or 214.841.2831 PRIOR to donating.  
Thank you in advance for thinking of us!

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## OUR RESIDENT ADVOCATE

*represents all residents of CC Young in expressing unresolved issues and concerns to management and team in order to bring those issues and concerns to a timely resolution.*



## I AM HERE TO HELP

**Dess Rolfe**

**drolfe@ccyoung.org**

**972-638-8788**

*Employee of the year in 2012*



## AS RESIDENT ADVOCATE,

An employee for over eleven years, Dess gets to know all parties and works with the residents to keep them happy. Dess also makes rounds in the Vista Health Center regarding care, food and other experiences. After patient discharge, she follows up with the resident and or family member inquiring about perceived care and suggestions for future care. Rounding this out, Dess also oversees several special programs and campus enhancement projects. Dess began her career as a Certified Medical Secretary and recently received her Texas certification in Mediation.

***More about Dess:*** Her interests are centered around good friends and good conversations on a wide variety of topics. She enjoys having “Ace”, her Shetland Sheepdog, for a companion pet.

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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](http://ccyoung.org).







*Head on UP to  
Grandma & Grandpa's  
House!*

**Grandparent's Day  
Celebration!  
Sunday, September 12**

**More Info Coming Soon!**