



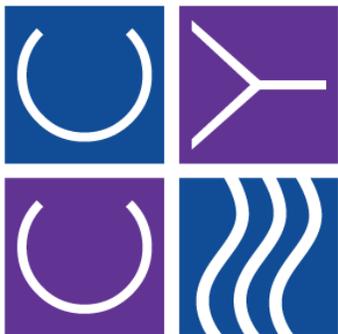
*Active Senior*

# *Lifestyle*

*Guide*

September 2021





# Meet The Team!



**Brian Parman**  
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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:

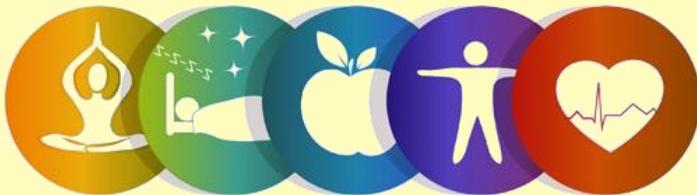
- A customized certificate will be created for the recipient to present for payment at the time of services.
- Payment for the gift certificate is to be made at the time of purchase.
- Contact Brian or Angela to purchase certificates.

**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	10:00am	Thursdays
Sit & Get Fit	3:00pm	Mon., Tues. & Wed.
Seated Tai Chi	4:00pm	Mon., & Wed.
Standing Tai Chi	11:10am	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  
Thursday, Sept. 2, 2021 –  
Tuesday, Sept. 28, 2021

## A Feeling Comes to Life



Bishop Lynch  
High School Student

**Alexis  
Ikemba**

Alexis has recently added publication cover art to her impressive resume. Her artwork was selected for the cover of Waves: The Modern Green book.

This book is a showcase of African American businesses that evolved from the Green Book a black traveler's guide during the Jim Crow era.



**Meet-The-Artist Event**  
**Thursday, September 16**  
**3:30pm**

**Refreshments Provided**



# HAPPY GRANDPARENTS DAY

Sunday, September 12  
2:00pm on CH. 81

## WORLD PREMIER VIDEO Grandparents vs. Grandkids Video Montage



Join Hayley Moseley, CCY's Manager of Life Enrichment and the Engagement Team as they quiz CCY residents and youth about pop culture, past and present.

## FEATURE FILM

*Secondhand Lions* 2003 PG 1h 49min



A coming of age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. Starring Haley Joel Osment, Michael Caine & Robert Duvall.

**Monday, Sept. 13**

1:00pm - 4:30pm

## **IL Trip: Galaxy Regal Movie theater**

Private Movie Screening of **Respect**

*Starring Jennifer Hudson as Aretha Franklin*  
2021 PG-13 2h 25m

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice.

\$10 per person billed to you, bring money for refreshments.

Limited Spaces. Please wear a mask.

**Tuesday, Sept. 28**

3:00pm-5:00pm

## **Wine Tasting & Education Event**

Join Derrek & Dorine in a fun wine class, with tastings and parings.

There is a \$20 charge for this event that will be billed to you.

**Space is limited to 20 people.  
Sign up at The Point.**



**Friday, September 24**

Two Lunch Options:  
11:30am or 12:45pm

# **Fall Polka-Palooza**

Beer, Food and Polka Fun!

Entertainment by The Royal Klobasneks.

Pick your lunch time choice by signing up at The Point.



Morrison  
LIVING

September

### Special Dining Events

Friday, September 3

Travel The World

China Moon

Conley's

Wednesday, September 8

3:00pm on Ch. 81

Teaching Kitchen featuring  
Superfood: Mushrooms

Friday, September 10

A Meal in the Life

Asian Pacific

Thomas Dining Room

Friday, September 17

America the Beautiful

Taste of Colorado

Asbury Dining Room

Friday, September 24

Heirloom— A Story to Share

Hillside & Vista



CC YOUNG

SENIOR TECH & THE UNIVERSITY

## SEPTEMBER 2021 SCHEDULE

Thursday, Sept. 2  
Productivity using  
the iPhone  
(Calendar,  
Reminders, and  
Alarms)

9:30am–11:30am

Tuesday, Sept. 7  
iPhone Photos

9:30am–11:30am

Friday Sept. 10  
SRTECH FREE  
COACHING FRIDAYS

10:00am–12:00pm

Come & Go for  
computer & tech.  
questions

Monday, Sept. 13  
iPhone Tips and  
Tricks (Beyond  
Basics Tips and  
Tricks)

1:30pm–2:30pm

Thursday, Sept. 16  
What does  
Cybersecurity mean  
to Me? (Passwords,  
Updates, and More)

9:30am–11:30am

Tuesday, Sept. 21  
iPhone Photos  
Beyond Beginners

9:30am–11:30am

Thursday, Sept. 23  
Reading Library  
Books on a Tablet  
or SmartPhone

9:30am–11:30am

Check the Lifestyle guide  
for additional video  
content on Mondays,  
Starting Sept. 13.

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

Please make sure you have a fully  
charged battery 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 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 Evening  
Vespers Service  
6:30pm on Sept. 14 and 21**

The Vespers Service follows an ancient pattern of congregational prayer, focusing upon the praise of God and prayer for God's creation rather than the proclaiming of the Word.

Expect guided prayers with singing and Holy Communion, but with no sermon. This service will last about 30-minutes and is a great way to be renewed in the middle of the week!!

## 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 Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 10:00am - 11:30am <b>Mahjong "Pick up" game</b> Drop in and play a game or learn how to play.	The Point Café 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
11:00am-12:00pm <b>Senior Fitness Assessments</b> By Appointment Only. Call 214-841-2831 for more info.	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

## TUESDAY, AUGUST 31

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
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
 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>	Fitness Center In-Person
1:30pm - 2:30pm <b>CC Young' Uns 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.	
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

## WEDNESDAY, SEPTEMBER 1

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-11:30am <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: Fellowship, Word and Study with Rev. Sanford</b>	Aud. North In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Ch. 81 Virtual

## THURSDAY, SEPTEMBER 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 - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Productivity using the iPhone (Calendar, Reminders, and Alarms)	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
<b>NEW TIME</b> 10:00am - 10:45am <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Auditorium 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 - 3:00pm <b>Volunteer Projects: For The Love of The Lake</b>	Auditorium 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.	Auditorium

## FRIDAY, SEPTEMBER 3

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

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

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

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

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

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

11:00am - 11:45am  
**Standing Tai Chi** Fitness Center  
In-Person

 1:30pm - 4:00pm  
**Movie Matinee** Theater  
In-Person Only  
Queen Bees, 2021, 1h 41m, PG-13

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

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

## SATURDAY, SEPTEMBER 4

**No scheduled events.**  
**The Point is open 7am-8pm**  
**Residents Only at time.**

**M**  
**MOVIE**  
**MATINEE**  
**M**



**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!

THIS WEEK'S  
**HIGHLIGHTS**

**Wednesday, September 8**

10:30am

**Fall Prevention Presentation**

CCY Rehab will give tip on our to prevent falls, and how to safely get up after a fall.

**Wednesday, September 8**

3:30pm on Ch. 81

**Teaching Kitchen**

Presentation using this month's Superfood: Mushrooms

**Thursday, September 9**

2:30pm

**Kitchen Table Rocket Science**

Hosted By CCY Resident Bill McMillin.

Learn about Orbits, Gravity and Zero Gravity, Space, where does it begin?

**Friday, September 10**

9:30am

**Arts & Crafts with Patricia Dillingham**

This month: Cork Art

**Friday, September 10**

1:30pm

**Movie Matinee**

Indivisible, 2018, PG-13, 2h 1m

**Friday, September 10**

1:30pm

**Covid & Your Mental Health...**

**A Conversation with Gregg Medlyn**

**Saturday, September 11**

1:00pm– 3:45pm

**Special showing of:**

**Le Barber De Seville**

This will be full viewing of the opera.

**SEPTEMBER 5**



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, Sept. 9**

**2:30pm**

**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, SEPTEMBER 6**



**NO CLASSES OR  
EVENTS TODAY**

**In observance of Labor Day  
The Point offices will be closed.**

**Regularly scheduled classes  
are canceled today.**

**The Point Café is Closed.**

**Have a Safe & Happy Holiday!**

**TUESDAY, SEPTEMBER 7**

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	White Rock In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> iPhone Photos	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
2:30pm - 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

## WEDNESDAY, SEPTEMBER 8

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

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



9:30am -11:00am

**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** In-Person



9:45am – 11:00am  
**Senior Scribblers**

Flagpole Hill  
 In-Person



10:00am-11:30am

**Rummikub “Pick up” Game**

The Point Café In-Person  
 Drop in on a game or bring friends to play!

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

10:30am-11:30am Auditorium  
**Fall Prevention Presentation** In-Person  
 CCY Rehab will give tip on our to prevent falls, and how to safely get up after a fall.

11:00am-12:00pm Fitness Center  
**Senior Fitness Assessments** In-Person  
 By Appointment Only. Call 214-841-2831 for more info.

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



2:00pm-3:00pm

**Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford**

Aud. North  
 In-Person

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

3:30pm – 3:50pm Ch. 81 Broadcast  
**Teaching Kitchen** Virtual  
 Presentation using this month’s Superfood: Mushrooms



4:00pm – 5:00pm  
**Alzheimer’s Caregiver Support Group**

White Rock  
 In-Person

4:00pm – 5:00pm Fitness Center  
**Seated Tai Chi** In-Person

## THURSDAY, SEPTEMBER 9

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

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



9:30am – 10:00am

**CCY Campus News**

Ch. 81 Broadcast

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

**NEW TIME**

10:00am – 10:45am Auditorium  
**Thriving with Parkinson’s** In-Person  
 A workout designed for Parkinsonians.



10:00am – 11:00am

**Knotty Knitters**

Flagpole Hill  
 In-Person

10:00am – 11:00am Asbury  
**Billiard Open Play** In-Person

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

2:30pm – 4:00pm Auditorium  
**Kitchen Table Rocket Science** In-Person  
 Hosted by CCY Resident Bill McMillin  
 Learn about Orbits, Gravity and Zero Gravity, Space, where does it begin?

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. Wear your football gear! As we kick-off The Dallas Cowboys home opener with a football theme.

Auditorium

## FRIDAY, SEPTEMBER 10

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

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

 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: Fall Cork Crafts  
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 CH. 81  
**Strength & Stretch** Virtual

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

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

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

 1:30pm - 3:00pm Theater  
**Movie Matinee** In-Person Only  
Indivisible, 2018, PG-13, 2h 1m

1:30pm - 3:30pm Auditorium  
**Covid & Your Mental Health,**  
**A Conversation with Gregg Medlyn** In-Person

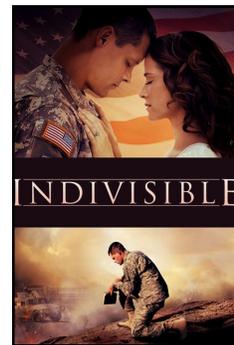
3:00pm - 3:30pm Ch. 81  
**Sit & Get Fit** Virtual

 3:30pm - 5:00pm Asbury  
**Asbury Monthly Social** In-Person

## SATURDAY, SEPTEMBER 11

1:00pm- 3:45pm Auditorium  
**Special showing of:** In-Person  
**Le Barber de Seville**  
This will be full viewing of the opera.

**MATINEE**  
**MOVIE**



**This Week's  
Movie**  
**Indivisible**  
2018, PH-13  
2h 1m

**Friday, Sept. 10 at 1:30pm**

After serving in Iraq, helping myriad soldiers in crisis, Army Chaplain Darren Turner returns home, only to suffer from the same emotional issues and marital problems as the veterans he was counseling.

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

THIS WEEK'S  
**HIGHLIGHTS**

**Sunday, September 12**

2:00pm – 4:00pm

**Special Grandparent's Day Video:**

Grandparents vs. Grandkids Video Montage. Followed by a the feature film: *Secondhand Lions*.

**Monday, September 13**

1:15pm – 4:00pm

**IL Trip: Galaxy Movie Theater**

Private Movie Screening of Respect 2021 PG-13 2h 25m. Limited Spaces. Masks Requested. Sign up & Pickup at The Point.

**Tuesday, September 14**

9:30am – 11:30am

**Fall Wreath Workshop**

Back by Popular Demand: Welcome Fall this year by making a wreath with fall elements! Limited Spots. Sign up at the Point.

**Tuesday, September 14**

2:00pm – 3:00pm

**Volunteer Showcase**

Hear about fun new volunteer opportunities and enjoy an iced coffee or tea. No commitment. Come & Go Event!

**Thursday, September 16**

3:30pm

**August's Meet The Artist Reception!**

High school student, Alexis Ikemba will discuss her art collection

**Friday, September 17**

1:30pm

**Movie Matinee**

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

SUNDAY, SEPTEMBER 12

**HAPPY  
GRANDPARENTS  
DAY**

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

2:00pm - 4:00pm  
🎉 **Special Grandparent's Day Video:**  
Grandparents vs. Grandkids Video Montage  
Followed by a the feature film:  
*Second hand Lions*.  
Ch. 81 Broadcast

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

**Tuesday, September 21**

**9:30am**

The Point Auditorium

**Opera Abridged!**



Presenter BJ Anderson will share stories about the opera, the singers, and the history of  
**AIDA by Giuseppe Verdi**

## MONDAY, SEPTEMBER 13

8:15am-8:45am <b>Chair Aerobics</b>	Ch. 81 Virtual
9:00am - 9:30am <b>Balance Class</b>	Ch. 81 Virtual
 9:30am - 11:00am <b>Virtual SeniorTech Class</b> Video: How to Zoom	Ch. 81 Virtual
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	CH. 81 Virtual
 10:00am - 11:30am <b>Mahjong "Pick up" game</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 - 4:30pm <b>IL Trip: Galaxy Movie theater</b> Private Movie Screening of "RESPECT" 2021 PG-13 2h 25m. Limited Spaces. Please wear a mask. Sign up & Pickup at The Point.	Off Campus In-Person
 1:30pm - 3:30pm <b>SeniorTech Class:</b> iPhone Tips and Tricks (Beyond Basics Tips and Tricks)	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 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, SEPTEMBER 14

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>Fall Wreath Workshop</b> Back by popular demand: Welcome Fall this year by making a wreath with fall elements! Limited Spots. Sign up at The Point.	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
2:00pm - 3:00pm <b>Volunteer Showcase</b> Hear about fun new volunteer opportunities and enjoy an iced coffee or tea. No commitment.	Point Lobby In-Person
2:30pm - 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>Evening Vespers &amp; Holy Communion</b>	Auditorium In-Person

## WEDNESDAY, SEPTEMBER 15

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. Pick-up in front of your building. Please wear masks.

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



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



10:00am-11:30am The Point Café  
**Wii Bowling for Beginners** In-Person  
 Come have fun and learn a new skill!

10:00am-11:30am Auditorium  
**CCY Auxiliary Meeting** In-Person  
 "A Ministry of Presence"  
 The CCY Senior Ministry & Hospice Ministry Team.  
 Limited Seating

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

11:00am-12:00pm Fitness Center  
**Senior Fitness Assessments** In-Person  
 By Appointment Only. Call 214-841-2831 for more info.

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**

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

4:00pm - 5:00pm Fitness Center  
**Seated Tai Chi** In-Person

## THURSDAY, SEPTEMBER 16

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

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



9:30am -11:00am  
**Trip to Traders Joe's**  
 Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.



9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**



9:30am - 11:30am Computer Lab  
**SeniorTech Class:** In-Person  
 What does Cybersecurity Mean to Me?  
 (Passwords, Updates, and More)

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

### NEW

10:00am - 10:45am Auditorium (South)  
**Thriving with Parkinson's** In-Person  
 A workout designed for Parkinsonians.

10:00am - 11:00am Auditorium (North)  
**Total Hearing Presentation** In-Person  
 How does hearing loss affect your balance?



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

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

2:00pm-3:00pm White Rock Class  
**Alterations by Dallas Dry Cleaning**  
 Minor alterations. A credit card on file is required for payment.

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

3:00pm - 4:30pm Auditorium  
**Meet The Artist** In-Person  
 This Month's Artist is High school student Alexis Ikemba



4:00pm - 5:00pm Auditorium  
**Independent Living Happy Hour**  
 Beer, Wine & Appetizers.

## FRIDAY, SEPTEMBER 17

- 8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person
- 9:00am - 9:30am Fitness Center  
**Balance Class** In-Person
-  9:00am-10:30am OVR/THO "Field"  
**Bocce "Pick up" Game** In-Person  
Drop in on a game or bring friends to play!

 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-10:30am 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  
12 Mighty Orphans, 2021, PG-13, 1h 58m

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

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

## SATURDAY, SEPTEMBER 18

**No scheduled events.**  
**The Point is open 7am-8pm**  
**Residents Only at time.**

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**This Week's Movie**  
**12 Mighty Orphans**  
2021, PG-13, 1h 58m

**Friday, Sept. 17**  
**at 1:30pm**

In this fact-based drama set during the Depression, a Texas orphanage's football team has grit but little else, not even shoes or a ball, until famed high school coach Rusty Russell leads the ragtag crew to dominance.

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

THIS WEEK'S  
**HIGHLIGHTS**

**Tuesday, September 21**

9:30am

**Opera Abridged**

AIDA by Giuseppe Verdi

**Tuesday, September 21**

3:30pm

**Richard Stanford Hour!**

This month's book review *First Friends: The Powerful, Unsung (And Unelected) People Who Shaped Our Presidents*. By Gary Ginsberg.

**Wednesday, September 22**

10:00am-11:00am

**10 First Aid Skills Everyone Should Learn**

Presented by CCY Nursing Team

**Wednesday, September 22**

3:15pm – 5:00pm

**IL Trip: For The Love Of The Lake Office**

Limited Spaces. Masks Required. Sign up & Pickup at The Point.

**Friday, September 24**

11:30am or 12:45pm

**Polka Palooza**

Beer, food and Polka Fun! Entertainment by The Royal Klobasneks. Pick your lunch time choice by signing up at The Point.

**SUNDAY, SEPTEMBER 19**



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.**



**Wednesday,  
September 22**

**10:00am**

**10 First Aid  
Skills  
Everyone  
Should Learn**  
Presented by CCY  
Nursing Team

## MONDAY, SEPTEMBER 20

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

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

 9:30am - 11:00am Ch. 81  
**Virtual SeniorTech Class** Virtual  
 Video: What is a Podcast

 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. Please wear masks.

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

 10:00am - 11:30am The Point Café  
**Mahjong "Pick up" game** In-Person  
 Drop in and play a game or learn how to play.

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

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

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

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

4:00pm - 5:00pm Fitness Center  
**Seated Tai Chi** In-Person

## TUESDAY, SEPTEMBER 21

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

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

 9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**

 9:30am - 11:30am Computer Lab  
**SeniorTech Class:** In-Person  
 iPhone Photos Beyond Beginners

9:30am - 11:00am Auditorium  
**Opera Abridged** In-Person  
 BJ Anderson presents AIDA by Giuseppe Verdi

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

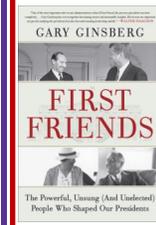
10:30am - 11:00am Ch. 81  
**Chair Pilates** Virtual

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

2:00pm - 4:00pm White Rock  
**Total Hearing** In-Person  
 Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114

2:30pm - 2:45pm Fitness Center  
**Praying With The Body:** In-Person  
**Bringing The Psalms To Life**  
 Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.

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

 3:30pm - 4:30pm Auditorium  
**Richard Stanford** In-Person & Ch. 81  
**Hour!**  
 This month's book review is on *First Friends: The Powerful, Unsung (And Unelected) People Who Shaped Our Presidents.* By Gary Ginsberg.

6:30pm - 7:30pm Auditorium  
**Evening Vespers &** In-Person  
**Holy Communion**

## WEDNESDAY, SEPTEMBER 22

### LOST & FOUND ROUND-UP DAY AT THE POINT Stop by the lobby to claim lost items.

8:15am-8:45am <b>Chair Aerobics</b>	Ch. 81 Virtual
9:00am - 9:30am <b>Balance Class</b>	Ch. 81 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>	Ch. 81 Virtual
 9:45am - 11:00am <b>Senior Scribblers</b>	Flagpole Hill 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

10:00am-11:00am  
**10 First Aid Skills  
Everyone Should Learn**  
Presented by CCY Nursing Team

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

Ch. 81  
Virtual

11:00am-12:00pm  
**Senior Fitness Assessments**  
By Appointment Only. Call 214-841-2831 for more info.

Fitness Center  
In-Person

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

Point Lobby

2:00pm- 3:00pm  
**Acting Fun  
with Linda Leonard**

Fitness Center  
In-Person

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

Aud. North  
In-Person

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

Fitness Center  
In-Person

3:15pm - 5:00pm  
**IL Trip: For The Love Of The Lake Office**  
Limited Spaces. Masks Required.  
Sign up & Pickup at The Point.

4:00pm - 5:00pm  
**Seated Tai Chi**

Fitness Center  
In-Person

## THURSDAY, SEPTEMBER 23



8:15am-8:45am <b>Chair Aerobics</b>	Ch. 81 Virtual
9:00am - 9:30am <b>Balance Class</b>	Ch. 81 Virtual
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Reading Library Books on a Tablet or SmartPhone	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Ch. 81 Virtual
<b>NEW</b> 10:00am - 10:45am <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Auditorium In-Person
10:00am - 11:00am <b>Billiard Open Play</b>	Asbury In-Person
 10:00am - 11:00am <b>Ping Pong Play</b>	The Point Cafe In-Person
 10:00am - 11:00am <b>Knotty Knitters</b>	Flagpole Hill In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Ch. 81 Virtual
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
3:00pm - 4:00pm <b>Bill's Book Talk</b> Meet the Author Event, with CCY Resident Bill McMillin. Books will be available for purchase.	Auditorium In-Person
 4:00pm - 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers.	Auditorium

Wellness Classes Cancelled Today



9:00am-10:30am OVR/THO "Field"  
**Croquet "Pick up" Game** In-Person  
Drop in on a game or bring friends to play!



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.



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



11:30am or 12:45pm Pavilion & Park  
**Polka-Palooza** In-Person  
Beer, Food and Polka Fun!  
Entertainment by The Royal Klobasneks.  
Pick either 11:30am or 12:45pm seating.  
Sign up at The Point. Entertainment will also be broadcast on Ch. 81

No scheduled events.  
The Point is open 7am-8pm  
Residents Only at time.



**The Royal Klobasneks** is a 7-piece traditional polka band dedicated to preserving the traditional American Polka sound of the 1920's, 1930's and 1940's for modern audiences. Closest in sound to the "Dutchman-style" bands popular in American Midwest, the Klobasneks have a lively sound that always get the crowd going. They feature a repertoire steeped in Czech, German and Austrian music, as well as great traditional American polkas, waltzes and pop tunes. This band was assembled by band leader Matt Tolentino in 2010 work to preserve the traditional American polka sound for listeners and dancers alike.

THIS WEEK'S  
**HIGHLIGHTS**

**Tuesday, September 28**

3:00pm

**Wine Tasting & Education Event**

Wine class, with tastings and parings.

**Friday, October 1**

10:00am

**Genealogy Presentation**

Getting Started with Kelvin Meyers

**Friday, October 1**

1:30pm

**Movie Matinee**

In The Heights  
2021, 2h 0m, PG-13

**SUNDAY, SEPTEMBER 26**



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.**

## MONDAY, SEPTEMBER 27

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

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

 9:30am - 11:00am Ch. 81  
**Virtual SeniorTech Class** Virtual  
 Video: What is Facebook?

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

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

 10:00am - 11:30am The Point Café  
**Mahjong "Pick up" game** In-Person  
 Drop in and play a game or learn how to play.

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

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

 2:00pm - 3:30pm Auditorium  
**Fall Football Fun!** In-Person  
**Games & More with Aaron Schmidt**

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

 3:30pm - 4:30pm The Point Café  
**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** Virtual

## TUESDAY, SEPTEMBER 28

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

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

 9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**

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

10:00am - 11:00am White Rock Class  
**Decorate Spectator** Virtual  
**Signs for the Alz Walk**  
 Join Aaron and Elena to make signs of encouragement for the CCY Alzheimer's Walk to Keep Memories Alive

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

 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.

2:15pm - 2:45pm Fitness Center  
**Praying With The Body:** In-Person  
**Bringing The Psalms To Life**  
 Meditation and reflection, prayers and body movements will guide us to act out the desire for happiness and peace in our life.

 3:00pm - 5:00pm Auditorium  
**Wine Tasting** In-Person  
**& Education Event**  
 Join Derrek & Dorine in a fun wine class, with tastings and pairings. There is a \$20 charge. Space is limited to 20. people. Sign up at The Point.

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

## WEDNESDAY, SEPTEMBER 29

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-11:30am <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
11:00am-12:00pm <b>Senior Fitness Assessments</b> By Appointment Only. Call 214-841-2831 for more info.	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: 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 30

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>CY Campus News</b>	Ch. 81 Broadcast
9:45am - 10:15am <b>Strength &amp; Stretch</b>	Fitness Center Virtual
<b>NEW</b>	
10:00am - 10:45am <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Auditorium 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
2:00pm - 3:00pm <b>Total Hearing</b> Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	White Rock 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.	Auditorium

## FRIDAY, OCTOBER 1

8:15am-8:45am Fitness Center  
**Chair Aerobics** Virtual

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

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

10:00am-11:30am Auditorium  
**Genealogy: Getting Started with Kelvin Meyers** In-Person

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

11:00am - 11:45am Ch. 81 Broadcast  
**Standing Tai Chi** Virtual

 1:30pm - 3:30pm Theater  
**Movie Matinee** In-Person Only  
In the Heights, 2021, 2h 0m, PG-13

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

## SATURDAY, OCTOBER 2

**No scheduled events.**  
**The Point is open 7am-8 pm**  
**Residents Only at time.**



**MOVIE MATINEE**



**This Week's Movie**  
***In the Heights***  
2021, 2h 0m, PG-13

**Friday, October 1**  
**at 1:30pm**

Adapted from a Broadway hit, this musical drama centers on New York City bodega owner Usnavi, a Dominican immigrant longing to retire to his homeland. But when he inherits the money to relocate, he's reluctant to sever his new bonds.

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

# Lifestyle Section



## A Harvest Full Of Memories

By Brian Parman  
Director, Point & Pavilion  
September 2021

The change of seasons from summer to fall can be quite dramatic. The “Dog Days of Summer” in North Texas are often scorching and uncomfortable. For many, we hibernate indoors only venturing outside of our air conditioned comfort once the crisp fall breezes and rains finally arrive.

Autumn is the “cooling off” time right between the blazing summer and chilling winter. When the cooler temperatures of fall start rolling in, saying goodbye to summer is not hard to do especially in Texas. Autumn is a great time to break out the jackets, coats, boots, scarves and hats in preparation for the change in season.

It’s also the perfect time to re-connect with nature surveying all the natural beauty that surrounds us here in East Dallas. Whether on a stroll around White Rock Lake or nuzzled up with your favorite book on your balcony, this season creates the perfect setting for a sense of comfort, warmth and reflection. It’s also a great time to rediscover with a trip or anything else where you can spend quality time with family while eating good food and sharing a harvest full of memories.

**Balance.** The Fall Equinox represents the balance between the seasons as well as the balance between light and dark. Fall provides an opportunity for us to balance ourselves with our earth.

**Change.** In tandem with spring, fall is a part of a beautiful cycle of loss, regeneration and regrowth. The dead leaves and branches on the ground disintegrate and become part of the soil, acting as seeds and fertilizer when the cold welcomes the warmer weather’s arrival.

**Conservation.** Farmers and critters alike work tirelessly during this time of year to protect the basic necessities of life. We as people also work to preserve our comfy abodes like the animals do with their hibernation spaces.

At a time when some things are hard to plan or predict, I draw comfort in the natural order of things and the arrival of this new season. We hope that you embrace the changes ahead with the schedule of events and activities prepared for you. Happy Fall Y’all!

**“Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.” –Stanley Horowitz**



## Crews News!

By Russell Crews  
President and CEO  
September, 2021

We shared some good news in August about receiving an unexpected gift to thank our team members who have chosen to receive the COVID-19 vaccine. Because of this most generous donor, approximately 70% of our team gratefully received \$100 because they chose science and opted to do their part to protect themselves and our campus from the devastating effects of COVID-19. There is enough money remaining in the gift for each individual in the remaining 30% to receive \$100 after their second dose as well. This is good news indeed and the \$100 bills were certainly well received!

More good news to report? We have promoted our very own Ifeoma Ude to Director of Nursing in The Vista Health Center. We are especially happy about this promotion because Ify has been with us since 2007. During her tenure at CC Young, she has worked within all sections of our healthcare services and has cared for many of our residents and families. She also played a key role in establishing The Clinic at CC Young in 2016. In her continuing quest to move her career forward, Ifeoma applied for and was granted a CC Young educational scholarship to pursue the next level of nursing credential. She received her Registered Nurse licensure in 2021. Throughout it all, Ify has proven herself to be a consummate team player, a believer in CC Young and all we stand for, and she leads with a caring and professional heart. She is a caregiver by nature and we are confident that she is the perfect person to lead the team in The Vista. Please join me in congratulating Ifeoma and welcoming her into her new role!



## Village Update

By Jen Griffin  
Vice President, Engagement  
September, 2021

September in the non-profit world marks the beginning of fundraising season. For CC Young and non-profits in DFW, **North Texas Giving Day** officially launches our season this year on Thursday, September 23. I am certain Mindy Hail has some fun things planned for this annual event! We follow this launch with our 10th annual golf tournament in October and the “Wrap It Up” luncheon and fashion show in November. When those three events are finished, we are immersed in the holiday season with Thanksgiving, Christmas and New Year’s celebrations nipping at our heels. Year end is a busy time – for sure!

The fall fundraising events happen seamlessly! Along the way, we have additional fun, festive “fall” events sprinkled in starting with **POLKA PALOOZA** on September 24. Whether you are of German heritage or not, we will have beer, brats, polka music and maybe even some dancing to entice you. Join us live or on Channel 81 for this fun-filled event. Polka music will surely put a smile on your face and get your toes tapping!

We always have a lot going on at CC Young. Several new employees have commented lately that we are not like other senior living organizations they have experienced. That is so true! We are unique and uniquely positioned in the marketplace. Thanks to everyone for contributing your essence to the mix. It’s part of what makes us such a cool place to live, work and play.



# 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 at 2:30pm

in the Fitness Center

## Contact Senior Life Ministry

Rev. Kellie Sanford

972-261-3015 / ksanford@ccyoung.org

Rev. Mike Nichols

469-400-2858 / mnichols@ccyoung.org

# Volunteer Showcase:



Now that I have your attention....

Stop by The Point anytime between 2:00pm - 3:00pm on

Tuesday, September 14<sup>th</sup> for a Volunteer Showcase!

Hear about fun new volunteer opportunities and enjoy an iced coffee or tea. No commitment.

In addition to our front desk positions at The Point, Media Crew, Sunday Worship help, and many other things you may already know are happening on campus, the Life Enrichment team has fun and meaningful ways you can volunteer here at CC Young.

Come for a cold drink and just maybe you'll find your next passion!



*Elena Jeffus*

*Manager, Volunteer Experience*

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



# Happy Anniversary

## September Resident Anniversaries

### 11 Years

Norma Mitchell

### 8 Years

Phyllis Wilbourne

### 10 Years

Marian Hammert

Donna Rush

Sharon & Fred Christen

Bobbie Barnes

Al Tyler

Marian Acree

### 7 Years

Don Davis

Joyce Johnson

### 5 Years

Diane Hill

Joy Swank

Saquita Poston

### 9 Years

Jodee Sclater

Sandy Bell

# September 2021

# Resident Birthdays

Norma	Walker	Hillside	2
Dorothy	Maxcy	Vista	3
Betty	Niven	Vista	3
Jonell	Kurth	Vista	5
James	Peterson	Asbury	6
Bernice	Davis	Vista	7
Betty	Setliff	Overlook	7
Douglas	McMillin	Overlook	8
Frank	Cerralvo	Asbury	9
Nancy	McWhorter	Overlook	9
Brittie	Hartline	Vista	11
Dan	White	Vista	11
Lida	Jenkins	Overlook	11
Albert	Tyler	Overlook	11
Margaret	Murrell	Vista	12
Nina	Paul	Vista	12
Jill	Pickett	Overlook	12
George	Mayton	Hillside	13
Claudia	Barnard	Overlook	13
Elise	Allmon	Thomas	14
Mary	Hass	Overlook	15
Patricia	Hill	Asbury	15
Eugene	McWhorter	Overlook	15
Marilyn	Hodge	Overlook	16
Allen	Jenkins	Vista	19
Jo	Durand	Overlook	20
Charles	Davidson	Hillside	22
Mary	Ryder	Vista	23
James	Cate	Vista	24
Melissa	Vrabel	Vista	24
Myrna	Stillman	Overlook	25
James	Banes	Overlook	25
Betty	Barnes	Overlook	25
Fannie	Durrough	Vista	26
Charles	Whitaker	Vista	26
William	Brown	Vista	26
Janet	Dettra	Asbury	27
William	McMillin	Asbury	27
Hazel	Croy	Vista	30
Judith	Banes	Overlook	30

# September Team Birthdays

Employee First Name	Employee Last Name	Birthday	Department
Latasha	Tucker	1	EVS Housekeeping
LaSheena	Houston	3	HC Nursing
Yesica	Pina	3	HC Nursing
Mackenzie	Dulcie	4	Rehab Therapy
Leeanna	Herring	5	Home Services
Melynda	Presley	5	HC Social Services
Jocelyn	Alonso	6	Dining Services
Andrea	Mosley	6	HC Nursing
Kelsi	Smith	9	Rehab Therapy
Tracy	Allen	12	Dining Services
Madeline	Booth	12	HC Nursing
Christopher	Bronson	13	Dining Services
Joshua	Stredic	13	Home Health
Diana	Salazar	14	HC Nursing
Claurene	Carter	14	Memory Support
Lisa	O'Brien	14	Sales
Dakota	Lear	16	Memory Support
Gloria	Yarbough	17	Dining Services
Evelyn	Calderon Rivera	17	Dining Services
Brittany	Taylor	17	EVS Housekeeping
Ramiro	Rodriguez	18	Dining Services
Rediat	Kassahun	18	Assisted Living
Ilian	De Luna	18	Admissions
Lachris	Ervin	19	EVS Housekeeping
Walnesha	Rainey	19	HC Nursing
Matthew	Winters	19	Sales
Kourtney	Brown	20	Adult Day Stay
Angela	Hernandez	20	Community Outreach
Kevin	Nelson	20	EVS Housekeeping
Rahel	Tafese	20	Home Health
Lakisha	Reese	20	HC Nursing
Warren	McNeal	22	Dining Services
Desta	Lakew	22	Home Services
Graceanne	Kimotho	22	Hospice
Damaris	Needham	22	HC Nursing
Melissa	Moudy	23	Home Health
Eli	Jimenez	23	Rehab Therapy
Glenda	Leach	25	Compliance
Elisa	Kodros	27	Human Resources
Tiffany	Bruce	28	Dining Services
Dolores	Phillips	28	Assisted Living
Shalonda	Patrick	29	HC Nursing
Sharmaine	Samuels	29	Rehab Therapy
Njei	Changtal Fri	30	HC Nursing

# Celebrate September Team Anniversaries

Employee Name	Anniversary	Years Service	Department
Ugonma Obiah	9/2/2015	6	HC Nursing
Cindy L Diaz	9/5/2012	9	EVS Housekeeping
<b>Doreth Swaby</b>	<b>9/5/2007</b>	<b>14</b>	<b>Home Services</b>
Evelyn L Windham	9/5/2012	9	Assisted Living
Kahkashan A Khan	9/8/2020	1	Home Health
Lanari A Gabriel	9/8/2020	1	HC Nursing
Benedicta Adeosun	9/9/2019	2	HC Nursing
Raelynn F Scott	9/9/2015	6	Pastoral
Karin M Smith	9/10/2018	3	Dining Services
Lemlem Gebre	9/10/2018	3	Home Services
Ma Del Carmen Salas	9/10/2018	3	EVS Housekeeping
Rachelle Desyr	9/10/2018	3	HC Nursing
Sarah J Holforty	9/11/2017	4	Sales
Edna Gray	9/13/2018	3	Dining Services
<b>Lisa D O Brien</b>	<b>9/13/2010</b>	<b>11</b>	<b>Sales</b>
Rediat D Kassahun	9/14/2020	1	Assisted Living
Tirunesh Z Abdi	9/16/2015	6	Dining Services
Torri L Parnell	9/16/2020	1	HC Nursing
Tsige Y Nugus	9/16/2020	1	Home Services
Sharon Gailey	9/17/2014	7	EVS Housekeeping
Cynthia R Odom-Bolton	9/19/2012	9	Home Services
Georgenia C Anukem	9/19/2012	9	Assisted Living
Lazaro Raul Cabello	9/19/2016	5	EVS Housekeeping
Joshua I Stredic	9/21/2020	1	Home Health
Kia Davis	9/21/2020	1	HC Nursing
Oladayo Makanjuola	9/21/2020	1	EVS Housekeeping
Paola B Lee	9/21/2020	1	HC Nursing
<b>Josefina Little</b>	<b>9/22/2010</b>	<b>11</b>	<b>EVS Housekeeping</b>
Helen Marshall	9/23/2019	2	Community Outreach
Jedidah Chepkirui	9/23/2019	2	Memory Support
Kellie Lamm	9/23/2019	2	HC Nursing
Mojisola Collins	9/23/2019	2	Home Services
David Agbodeka	9/24/2018	3	EVS Maintenance
Shashu G Keleta	9/24/2018	3	HC Nursing
Matthew S Winters	9/25/2017	4	Sales
Marie F Chua	9/28/2020	1	Rehab



# How are you taking care of yourself?

03.31.20 | Support | by Gregg Medlyn



COVID-19 has changed the lives of every human being on this planet. And almost every person is scared, stressed, or anxious, none of which is good for our minds, bodies, or souls.

The first question I have been asking over the past couple of weeks is, “How are you taking care of yourself”?

That may sound like a strange question given all that is going on in our lives. Most people are asking each other how they are dealing with COVID-19, and the reality for most people is, we aren't dealing very well right now.

**In addition, we are in situations we do not normally experience that are causing more stress on us and our families.**

Sheltering in place, working from home, lacking food and supplies, homeschooling... all of this adds more stress and pressure on everyone in the home.

Prolonged exposure to stress will take a significant toll on our minds and bodies. To name a few: memory loss, changes in sleep/weight/libido, intensified health conditions (e.g. diabetes, heart disease, gastrointestinal issues, and mental illness).

When we get scared, especially prolonged exposure to fear, the primal fight-or-flight response is triggered. When the fight response is triggered, we often see people get angry, and they often take that anger out in inappropriate ways. Violence (including domestic violence) rises, families get on each other's nerves, and we lose our tempers. People also start doing irrational things like hoarding (think toilet paper) and stockpiling guns and ammunition.

When the flight response is triggered, we find ourselves isolating ourselves, not wanting to do much, or focusing on the negative/bad. We end up spending too much time alone with our thoughts or bad habits of consuming our time with social media, watching the news, or unhealthy eating.

Study after study has shown that negative is five times stronger than positive. That includes our thoughts, feelings, words, and actions. So, when negative thinking or behaviors start to take over,

## 15 THINGS ABOUT FALL THAT WILL MAKE YOU SMILE

1. The colors of fall—oranges, yellows, red and all colors in between.
2. Simmering soup and chili.
3. The crunch of leaves under your feet on your morning walk.
4. The smell of the first wood fire of the season.
5. Picking apples and making homemade caramel apples.
6. Picking pumpkins.
7. Making scarecrows.
8. Going for hayrides.
9. Going leaf peeping in the mountains, at a local park or in your own backyard.
10. Carving pumpkins.
11. Laughing children dressed as ghosts, super heroes, goblins, witches, fairies, and other characters.
12. Pumpkin flavored, donuts, latte's, cakes, pies, cookies and more.
13. Farmer's markets bursting with corn, apples, mushrooms, squash, cabbages, pumpkins and lots of sunflowers.
14. Candy Corn.
15. Tartan blankets, scarves, boots, pajamas and everything else.

What makes you smile when you think about fall?

we would have to have five positive thoughts or behaviors to just break-even. In other words, when our attention or conversations are focused on the “bad,” we find ourselves feeling more scared, sad, anxious, or depressed. So, going back to my question, “How are you taking care of yourself?”

I ask that for a couple of reasons. First, I tell everyone my model for therapy is based on a hierarchy of the four top priorities we should have in our lives. They are in order: God, self, marriage, and family (this is the immediate family that includes the children in your home). I rarely see many people/couples in therapy that come into my office living by my model. For now, I will just focus on the self-part. How I explain my model is that everything under the preceding level will break if the one before it isn't a high priority.

**In other words, if you aren't taking good care of yourself, you can't be a good spouse or parent.**

The primal self-care I look for is eating, sleeping, and exercise. Once I discuss how clients are doing with these, I move on to ask about three additional levels of self-care that are crucial to a person's emotional and psychological health.

- What are you doing that is fun and/or makes you laugh?
- What brings you peace and serenity?
- What do you appreciate?

All of us know the expression that laughter is the best medicine. Laughter, appreciation, and states of peace and serenity release hormones and chemicals in your brain that make you feel connected to others and help combat some of the harm that stress and worry cause.

I will end this article with the challenge I regularly give my clients. **Take time today to reflect on your self-care, especially around fun/laughter, appreciation, and peace/serenity.**

Focus on lighthearted material to read, watch comedies or comedy specials, take a bath (preferably a bubble bath, with candlelight, soft music, and no distractions), play games, walk in your neighborhood and enjoy the sights and smells, say hello to everyone you see, meditate, take a nap, write a letter to someone you love, show respect to people who are working during this hard time, let people who are invaluable to you right now (e.g. teachers, doctors, ministers) know how much you appreciate what they do, remind yourself five things you like about yourself, or focus on the good and positive of what you have.

I leave you with the Serenity Prayer. I personally say this prayer many times every single day because we humans focus too much of our time and energy trying to control things we have no control over and neglect the things we can actually change. (NOTE: this is my personal version, slightly altered).

God, grant me the serenity to ACCEPT the things I CANNOT change.

Give me the STRENGTH and COURAGE to change the things I CAN, and the WISDOM to know the difference.

The more you focus on your self-care, the more you will help your mind, body, and soul!

*Gregg Medlyn is the Counselor in Residence at HPUMC.*

*He is also a licensed marriage and family therapist, and a licensed professional counselor.*



**Catch Gregg in person!**

**Friday, September, 10**

**1:30pm**

**Join Gregg in a conversation about  
Covid & Your Mental health.**



### 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.

**Thursday, September 16  
2:00pm  
Flagpole Hill Classroom**

## Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver Support Group at CC Young  
**Wednesday, September 8 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**

**White Rock Classroom in The Point  
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!



# Autumn Word Search

by Craftideas.info

OSUVIJASVDHYGNQSELNMA SIEKUMOONERWTV DITG  
 ACRANBERREI ESE TUKNREHTKHFDTCSNDTTRCOE LLEODN  
 ZVTRGVSROAPGPTUSAIMT DIEPUMPSKINTAHCBWETS IHRZDIBRJOV  
 KHISROUBTAVZPUHETKEURLNECONS IAGSUTDRGKETBC LKRCODEWHI  
 IUCHIEGNEUOVL LFT HSE TNKI HARVE STEHPARVVBEG  
 HIKOAKREB METPESWDMHEGE EAQUCAKDWIDETTUZNS  
 EHOBUVDGOTS JPD APIK DOWIGSTHMIREFG ISOSLRK  
 GSRTKITXUCHUA ETUZNEAUOTLUADT NONEPYNBYMNA  
 AUTUMNASNUMNTLPNGDZVNDLEMSVLS CRTVE DOUA A  
 CARHZUSOTRTUEVMOISRAETALNTNIHDOEULKEIEHT  
 EKEANBUSCEYOSACHESTHENTNUTSCHSADECO DMCABI E LRT  
 BOAVTUSZEPTTUGTUGSTUHNHRUENLHAIRMI RMNOTCDOEVB N  
 JSTOIPEDBOJ MADMENCCODLVNTEVETASZECAMTAYI  
 ZAENORVOKREVSROWTSHGAI SLQDNAEUFIBREDERN  
 ITBOTCAGPSMAYANFNIVESNHAUSOCNLOHENTI KHDI  
 GEKURZEVUDQHRPKMEJLDIKTUI MARYENSTKANELI  
 AYAVNSLBENUWRHTLUGORBD FQNVCI AHLYAVHEDTA  
 TSKETUGOCIP IEEHMND FMSHTROINEDNADLETOBLN  
 FSAGRANYHTPKTBOVIERDEFEANOEBXGR TOSWORCERAC S  
 ANTHOMELIHTONENRKHCMADFUOIMFLKSOWUJENISKY O U  
 LLARCELIVHUMA AHONLGN E VKHLEMTESIATKNIAEM  
 LOCUIZLOTBMCRPDXECMHIEDOGTIKEPTHIDOWLUM  
 BEREHTAEWLOOCYMAUKOTHMRASLUANONAMKNEAHE  
 TUOKEAFVURNSGHELHBSLNBZEBFTIRAFLYTAVLIR  
 APWUVSOGNOJENLRLDRNGOE VURCKTABTOLENLAKL  
 CNSTRIBUAKMRHONYMOLEDRAHEPAKQSEDEGAUIMUO  
 GAKOASCZOBMOEVERSFEMALFCMOSBEUDESHTEYNV  
 ESTPIOKIEVUNZLMORAUHS LRUEOXZCANNEONBOSZ  
 ZENUPBLACKBERRIESENDSPEHLWTSANMOTVETLARHMA L  
 TOVIOVUJIATHBNHMLKSTRACBLLNKSOTVETSEADOU  
 IBACKTOSCHOO L MNPWDMEHUDSRIEBCWHNKYTOIVT  
 ERBPGASNUTE PAGULFORNPECTEZNARAJIOTNLSNY  
 VIENPUTABI VMCEHWNFADOFMEDAIRVPTSWMATEDM  
 SZPEPLOGGYUNKDMSEHUWALNUTSBO SERNKHLWANT  
 AGUNFMELUEZE CNAHAOHIRETSMHKISISEASONDSO  
 ROWDAITSVKYRALDCNULNSUEKGEARTCUOTVKTUWA  
 JCBRNCHOPREPTWOLFHQDOGD AEKSOJALNROCJHST  
 BZOXVKECJUQASEMKUNKSELIPFAELYN AOHTAROVN  
 PUMPKINPAT CHMOUGLDCHDUFDATEAVDITWSJLAND

Acorns  
 Back To School  
 Chrysanthemum  
 Cornucopia  
 Falling Leaves  
 Haystacks  
 Leaf Piles  
 Pecan Pie  
 Raking Leaves  
 September  
 Turkey

Apple Pie  
 Blackberries  
 Colorful Leaves  
 Cranberries  
 Fog  
 Indian Summer  
 Moon  
 Pine Cone  
 Rain  
 Spooky  
 Walnuts

Apples  
 Black Cats  
 Cool Weather  
 Cranberry Sauce  
 Halloween  
 Jack o Lantern  
 November  
 Pumpkin Patch  
 Raincoat  
 Squash  
 Winds

Autumn  
 Bounty  
 Corn  
 Crows  
 Harvest  
 Kite Flying  
 Nuts  
 Pumpkin Pie  
 Scarecrows  
 Thanksgiving  
 Yams

Autumnal Equinox  
 Chestnuts  
 Corn Fields  
 Fall  
 Harvest Moon  
 Kites  
 October  
 Pumpkins  
 Season  
 Trick or Treat

THIS MONTH'S SUPERFOOD IS



# Mushrooms

GOOD SOURCE  
OF B VITAMINS

HELPS  
BOOST  
FLAVOR



Don't miss the Kitchen Demo on Wed. Sept. 8 on Ch. 81

Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as those more commonly found in meat, beans or grains.



**Ashley Jonte Boucher**  
*CC Young Executive Chef*

I love when the heat backs off a bit so I can enjoy warm desserts again, especially in the evenings. I have a great cook-book from the old Durgin-Park Market in Boston that boasts the best Corn Pudding in the country. They call it “Indian” pudding. Mostly that’s because they used to call things with corn “Indian”.

• DESSERTS •  
THE DURGIN-PARK COOKBOOK

## BAKED INDIAN PUDDING

Durgin-Park’s Indian pudding is the best there is. Dark brown with substantial gravity, it smells like roasted corn and tastes like the first Thanksgiving. The long cooking time is necessary to soften the corn and for the flavors to meld. Although some restaurants add raisins or other flavorings, the only traditional way to doll it up is with a scoop of vanilla ice cream melting fast atop each hot serving. Tommy Ryan loves telling the story about the time he was eating in a restaurant in New Hampshire—just a regular customer, unknown to the staff. He asked the waitress if they had Indian pudding for dessert. “Well, we do,” she said reluctantly, but then she bent close and clued him in to a secret: “Sir, if you want really good Indian pudding, I suggest you go to Durgin-Park.”

Just to keep the record straight: this is *not* a Native American dish adapted by colonist cooks. Its name comes from the fact that early settlers considered virtually anything made with corn to be Indian in nature.

- 1½ plus 1½ cups milk
- ¼ cup black molasses
- 2 tablespoons sugar
- 2 tablespoons butter
- ¼ teaspoon salt
- ⅛ teaspoon baking powder
- 1 egg
- ½ cup yellow cornmeal

Preheat the oven to 450°F. In a bowl mix 1½ cups of the milk with the molasses, sugar, butter, salt, baking powder, egg, and cornmeal. Pour the mixture into a stone crock that has been well greased and bake until it boils. Heat and stir in the remaining 1½ cups milk. Lower the oven temperature to 300°F and bake for 5 to 7 hours. Serve warm with whipped cream or vanilla ice cream.

MAKES 4 TO 6 SERVINGS

# Active Lifestyle



Bonton Farms Trip



"Backyard; BBQ



Water Olympics Fun at Hillside



Arts & Crafts





Rangers Game



Wii, Dominos & Rummikub



Olympic Games at The Point



4Th of July Sing-Along



Ham Orchard Trips





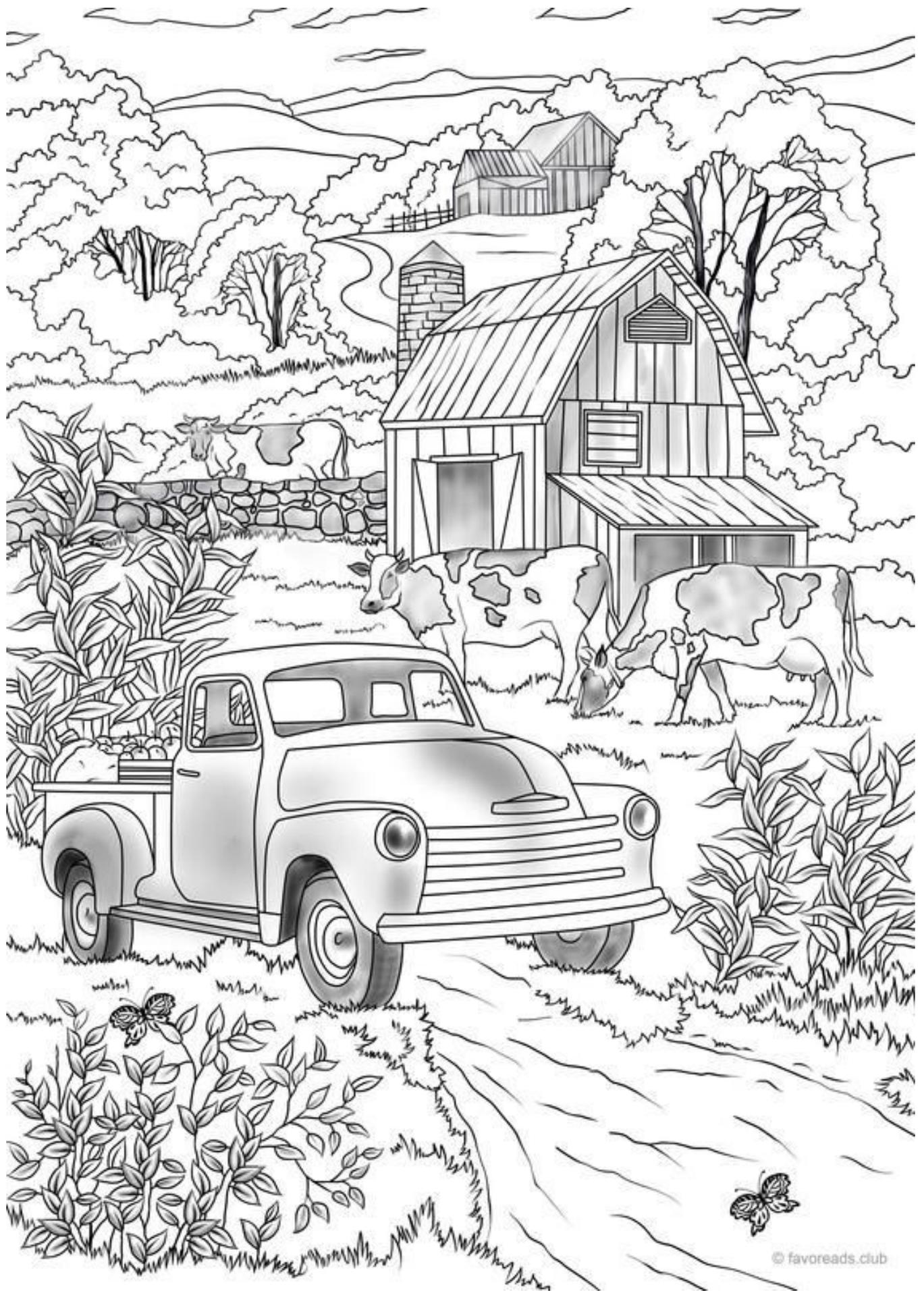
***REASONS TO COLOR AT ANY AGE***

***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**



© favoreads.club



# A place for technology in your visit

*by Senior Tech Instructor  
Daphne Lee*

Looking forward to a visit from a special family member or friend in the coming days or weeks? There is a place for technology in your visit – on your smartphone or tablet, there are beautiful pictures that offer a fun, sometimes serious, peek into your everyday...or their everyday.



I recently traveled to visit friends and family and we shared wonderful pictures of places we have traveled, fun Cat pictures (Mother-in-law) and more fun with my Golden Retriever pictures. During visits with friends and family, sharing pictures from your mobile devices generates fun, discussion, learning, and most importantly, enhances our time together.



In my visit with a family member known to have a green thumb and some mad gardening skills, I often have pictures ready for her to identify and tell me of a good selection for a spot in our yard.



Other mobile device apps are also fun when groups get together; games such as WordPlay, a “G5” game, found in both the Apple App Store and the Android Google Play Store. We have many memorable visits with this game where adults and kids can contribute to finding words made up of selected letters. We share, compete, and laugh playing WordPlay.



**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 [dlee@ccyoung.org](mailto:dlee@ccyoung.org) with any ideas or special requests.**

## 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.

**CCY  
YOUNG'S  
GOT TALENT!**

**Thursday,  
October 14**

**2:00pm–4:00pm  
Broadcasted on Ch. 81**

**Entertainment by  
Residents and Staff**

**See actors, singers,  
musicians, dancers,  
comedians & more!**

**Master of Ceremonies  
Linda Leonard**



**CC YOUNG**  
THE POINT & PAVILION

# WALK TO END ALZHEIMER'S

alzheimer's association<sup>®</sup>

# IT'S TIME TO WALK!

## TUESDAY OCTOBER 5

CC YOUNG  
CENTRAL PARK

## 10:00AM WARM UP AND WALK

CC Young will be supporting the search for a cure to end Alzheimer's by walking on campus again this year.

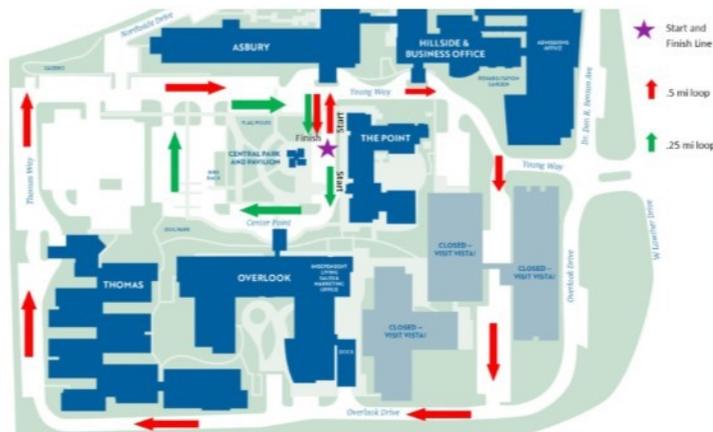
Water and snacks will be provided following the walk.

Sign up by Thurs. Sept. 2 to receive a t-shirt to wear at the event. Residents sign up at The Point or with Elena

We will have two route options!  
An easy, flat route of  $\frac{1}{4}$  mile around The Pavilion, OR a more challenging  $\frac{1}{2}$  mile loop.

Be a cheerleader!  
We will provide pom-poms, noise makers, signs with words of encouragement for the walkers to those who choose to support without walking.

### Walk Route Options



For more questions contact:  
Elena Jeffus  
[ejeffus@ccyoung.org](mailto:ejeffus@ccyoung.org)

[www.ccyoung.org](http://www.ccyoung.org)



CC YOUNG  
SENIOR LIVING

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).

