



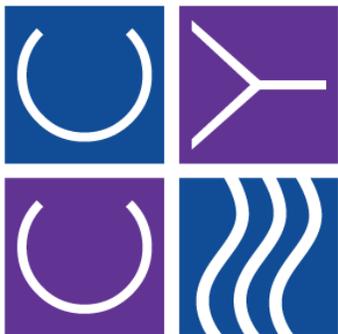
Active Senior

Lifestyle

Guide

October
2021





Meet The Team!



Brian Parman
Director
Point & Pavilion
bparman@ccyoung.org
972-755-3260



Elena Jeffus
Manager,
Volunteer
Experience
ejeffus@ccyoung.org
214-841-2988



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



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Instructor
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Jennifer Griffin
Vice President,
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Ann Sury
Wellness
Instructor
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Aaron Schmidt
Life Enrichment
Director,
Independent
Living
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214-229-7762



Daphne Lee
SeniorTech
Instructor
dlee@ccyoung.org

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 28**.

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

Pricing:

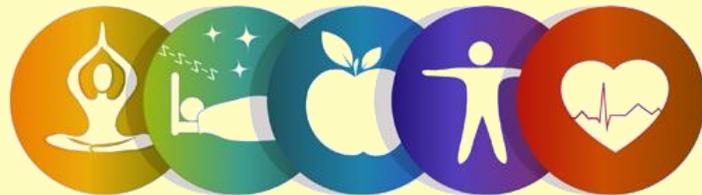
\$65 / 60min

\$95 / 90min

Vista Resident floors 4-8

in-room massage

\$50/ 30min



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.



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

Blessing of The Animals

**Monday, Oct. 4
10:00am
The Pavilion**

**Join Senior Life Ministry
as they bless your pets-
big or small!**

**There will be a special
moment honoring those pets
we have lost this year.**

All animals are welcome!

**(Please be sure they are on
non-retractable leashes or in carriers.)**



**WALK TO
END
ALZHEIMER'S**

alzheimer's association[®]



**Tuesday
October 5**

CC Young Central Park

10:00AM
Warm up & Walk

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

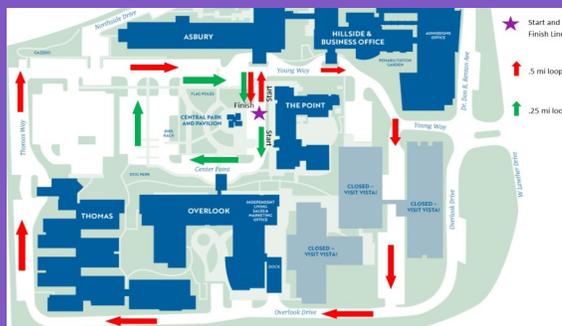
Water and snacks will be provided following the walk.

We will have two route options!
An easy, flat route of ¼ mile around
The Pavilion, OR a more challenging ½ 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



Tuesday, October 12
 10:00am - 11:30am
IL Trip: White Rock Coffee Brew Lab
 Taste and learn! (For the coffee enthusiast.)
 Sign up & Pickup at The Point.

Tuesday, October 19
 2:00pm
IL Trip: Sailing on White Rock Lake
 1.5 hour sail on The Spirit of Dallas catamaran.
\$15 p/p.
Space is limited
Sign up at The Point.



The Art Gallery in The Point
Friday, October 1 – Tuesday, October 26
The World Through a Visitor's Eyes



CC Young Resident
Sandy Ibach

Meet-The-Artist Reception
Thursday, October 21 at 3:00pm



Special Dining Events

Friday, October 1
Octoberfest
Conley's

Friday, October 8
"A Meal in the Life"
Germany
Thomas Dining Room

Wednesday, October 13
3:00pm on Ch. 81
Teaching Kitchen featuring
Superfood: Pumpkins

Friday, October 15
America the Beautiful
Great State of Texas State Fair
Asbury Dining Room

Friday, October 22
Heirloom— A Moment To Cherish
Hillside & Vista

OCTOBER 2021 SCHEDULE

Thursday, Oct. 7
Reading Library
Books on Tablets
9:30am–11:30am

Friday Oct. 8 & 22
SRTECH FREE
COACHING FRIDAYS
10:00am–12:00pm
Come & Go for
technology questions

Monday, Oct. 11
iPhone: Sharing and
Organizing Photos
1:30pm–3:30pm

Thursday, Oct. 14
Mobile Device Apps for
Christmas Gifts: Turn
Smartphone Photos into
Gifts
9:30am–11:30am

Tuesday, Oct. 19
Amazon Alexa - What
Virtual Assistants Can
Add to Your Day
9:30am–11:30am

Tuesday, Oct. 26
iPhone Tips & Tricks:
From Search to Sharing
9:30am–11:30am

Thursday, Oct. 28
What is The Cloud and
What Does It Do for Me?
9:30am–11:30am

Check the Lifestyle guide for
additional video
content on Mondays.

*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

Monday, September 27

2:00pm

Fall Football Fun!

Games & More with
Aaron Schmidt

Tuesday, September 28

10:00am

**Decorate Spectator
Signs for the Alz Walk**

Join Aaron and Elena to make
signs of encouragement for
the CCY Alzheimer's Walk to
Keep Memories Alive

Tuesday, September 28

3:00pm

**Wine Tasting &
Education Event!**

Wine class, with
tastings and pairings.

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 - 10:30am
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.**



**Genealogy
Workshop**

**Friday, October 1
10:00am**

**Getting Started
in Genealogy**



Presented by
Kelvin Meyers

Forensic Genealogist,
Director of Texas Institute of
Genealogical Research

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

10:30am-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 Fitness Center
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 Fitness Center
Seated Tai Chi In-Person

TUESDAY, SEPTEMBER 28

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

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

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

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

10:00am - 11:00am White Rock Class
Decorate Spectator In-Person
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 Fitness Center
Chair Pilates In-Person

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

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

2:00pm - 3:00pm 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 - 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 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. Pick-up in front of your building. Please wear masks.	
 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 Strength & Stretch	Fitness Center In-Person
 9:45am - 11:00am Senior Scribblers	Flagpole Hill In-Person
 10:00am-11:30am Wii Bowling for Beginners Come have fun and learn a new skill!	The Point Café In-Person
10:30am-11:00am Chair Yoga	Fitness Center In-Person
11:00am-12:00pm Senior Fitness Assessments By Appointment Only. Call 214-841-2831 for more info.	Fitness Center In-Person
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
4:00pm - 5:00pm Seated Tai Chi	Fitness Center In-Person

THURSDAY, SEPTEMBER 30

8:15am - 8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
 9:30am - 10:00am CY Campus News	Ch. 81 Broadcast
9:45am - 10:15am Strength & Stretch	Fitness Center In-Person
10:00am - 10:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Auditorium In-Person
10:30am - 11:00am Chair Pilates	Fitness Center In-Person
3:00pm - 3:30pm Sit & Get Fit	Ch. 81 Broadcast Virtual
 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.	Auditorium

FRIDAY, OCTOBER 1

Morning Wellness Classes Canceled today



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
Trip to Hillside Village
Sign-up at The Point. Transportation will pick-up in front of your building.

10:00am-11:30am Auditorium
Genealogy: Getting Started with Kelvin Meyers In-Person
Come learn more about Genealogy and how to get started on your on project!

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

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

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

SATURDAY, OCTOBER 2

**No scheduled events.
The Point is open 7am-8pm
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!

THIS WEEK'S
HIGHLIGHTS

Monday, October 4

10:00am

Blessing of The Animals

Outdoor under The Pavilion.
All pets welcome.

Tuesday, October 5

10:00am

Alzheimer's Walk

Support the search for a cure to end Alzheimer's by being a cheerleader! We will provide pom-poms, noise makers, signs with words of encouragement. Wear Purple! Refreshments also provided.

Thursday, October 7

10:00am

**Dallas Police Department,
NE Division Meet & Greet**

Crime & Safety Update.
In-Person and on Ch. 81

Thursday, October 7

2:00pm on Ch. 81

**Leading Age ArtInspire Awards
Ceremony.**

Watch the virtual program that features CCY resident winners.

Friday, October 8

1:30pm

Movie Matinee

The Father
2021, PG-13. 1h 37m

Saturday, October 9

1:00pm– 3:45pm

Special showing of: Aida

This will be full viewing of the opera.

SUNDAY, OCTOBER 3



9:30am - 10:30am

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.**

Arts & Crafts

Friday, October 8

9:30am

**Arts & Crafts with
Patricia Dillingham**

This month:

Fall Mason Jar Crafts

Limited Spots.

Sign up at The Point.

MONDAY, OCTOBER 4

Morning Wellness Classes Canceled today



9:30am - 11:00am

Happy Hookers

Volunteer Group (aka Bag Ladies)

Auditorium

In-Person

10:00am - 11:00am

Blessing of the Animals

Big your pets big and small!

The Pavilion

In-Person



2:00pm - 3:00pm

FUMC Dallas Worship Service

Ch. 81 Broadcast

3:00pm - 3:30pm

Sit & Get Fit

Fitness Center

In-Person



3:30pm - 4:30pm

Domino "Pick Up" game

Drop in and play a game or learn how to play.

The Point Café

In-Person

4:00pm - 5:00pm

Seated Tai Chi

Fitness Center

In-Person

TUESDAY, OCTOBER 5

Morning Wellness Classes Canceled today CCY Campus News Canceled today.



10:00am - 11:00am

CCY's Alzheimer's Walk

Participate in the walk or be a cheerleader!
We will provide pom-poms, noise makers,
signs with words of encouragement.
Refreshments Provided.

Central Park

In-Person

1:00pm-3:00pm

Water Color Basics Class

Maximum 7 people per class. Sign up at The Point.

White Rock

In-Person

1:30pm-2:30pm

CC Young 'Uns

Rehearsal

Auditorium

In-Person

2:30pm - 2:45pm

Praying With The Body:

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.

Fitness Center

In-Person

3:00pm - 3:30pm

Sit & Get Fit

Fitness Center

In-Person

6:30pm - 7:30pm

Fall Music Series

Traditional Hymns with a little Gospel mixed in!

Auditorium

In-Person

WEDNESDAY, OCTOBER 6

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 Fitness Center
Strength & Stretch In-Person



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



10:00am-11:30am The Point Café
Rummikub “Pick Up” Game In-Person
 Drop in on a game or bring friends to play!

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: Fellowship, Word and Study with Rev. Sanford In-Person

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



3:00pm – 3:30pm Ch. 81 Broadcast
Virtual Bingo Virtual
 Cards will be delivered to Cubbies!
 Call in to claim your win! 214-229-7762

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

THURSDAY, OCTOBER 7

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

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



9:30am – 10:00am Ch. 81 Broadcast
CY Campus News



9:30am – 11:30am Computer Lab
SeniorTech Class In-Person
 Reading Library Books on Tablets

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

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

10:00am – 11:00am Auditorium N.
Dallas Police Department NE Division In-Person & Ch. 81
 Crime and Safety Update



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

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

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

2:00pm – 3:00pm Ch. 81 Broadcast
Leading Age ArtInspire Awards Ceremony. Virtual
 Watch the virtual program that features CCY resident winners.



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



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

FRIDAY, OCTOBER 8

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 Auditorium
Arts & Crafts with Patricia Dillingham In-Person
This month: Fall Mason Jar 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 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

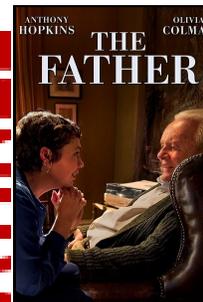
11:10am - 11:50am Fitness Center
Standing Tai Chi In-Person

 1:30pm - 3:00pm Theater
Movie Matinee In-Person
The Father, 2021, PG-13. 1h 37m

SATURDAY, OCTOBER 9

1:00pm- 3:45pm Auditorium
Special showing of: Aida In-Person
This will be full viewing of the opera.

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This Week's Movie
The Father
2021, PG-13 1h 37m

**Friday, October 8
at 1:30pm**

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, October 12

10:00am

IL Trip: White Rock Coffee

Coffee Tasting, Pairing and More!
Sign up at The Point.

Tuesday, October 12

3:30pm

The Miracle of Monarchs

Presented by Janet D. Smith
Dallas County Master Gardener,
North Texas Master Naturalist & Native Plant
Society of Texas
In-Person and on Ch. 81

Wednesday, October 13

10:00am

Travel and Learn Presentation

Tracing Art Crimes through Great Museums
of Europe. Presented by Dr. Laura Evans,
Osher Life Long Learning Institute at UNT.
In-Person and on Ch. 81

Wednesday, October 13

2:00pm

All Resident Council Meeting

IL Presidents and Department heads will
give building reports.

Wednesday, October 13

3:30pm on Ch. 81

Teaching Kitchen

Presentation using this month's
Superfood: Pumpkins

Thursday, October 14

2:00pm on Ch. 81

CC Young's Got Talent

Tune in to see CCY residents and staff show
off not so hidden talents.

Friday, October 15

1:30pm

Movie Matinee

The Mole Agent

2020, NR 1h 30m

Spanish Language, with English Subtitles.

SUNDAY, OCTOBER 10



9:30am - 10:30am

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
October 12**

3:30pm

In-Person & on Ch. 81

**The Miracle of
Monarchs**

Presented by Janet D. Smith
Dallas County Master
Gardener, North Texas
Master Naturalist & Native
Plant Society of Texas



MONDAY, OCTOBER 11

8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
 9:30am - 11:00am Happy Hookers Volunteer Group (aka Bag Ladies)	Auditorium In-Person
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
10:30am-11:00am Chair Yoga	Fitness Center In-Person
 1:30pm - 3:30pm SeniorTech Class: iPhone Sharing and Organizing Photos	Computer Lab In-Person
 2:00pm - 3:00pm FUMC Dallas Worship Service	Ch. 81 Broadcast
3:00pm - 3:30pm Sit & Get Fit	Fitness Center In-Person
 3:00pm - 4:30pm BUNCO at The Point Limited Seating. Signup at The Point	Auditorium In-Person
4:00pm - 5:00pm Seated Tai Chi	Fitness Center In-Person

TUESDAY, OCTOBER 12

8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
9:00am - 10:00am Total Hearing Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	Flagpole Hill In-Person
 9:30am - 10:00am CCY Campus News	Ch. 81 Broadcast
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
10:00am - 11:30am IL Trip: White Rock Coffee Pairing, Tasting and More! Sign up at The Point.	In-Person
10:30am - 11:00am Chair Pilates	Fitness Center In-Person
1:00pm-3:00pm Water Color Basics Class Maximum 7 people per class. Sign up at The Point.	White Rock In-Person
1:30pm-2:30pm CC Young'Uns Rehearsal	Auditorium In-Person
2:30pm - 2:45pm Praying With The Body: Bringing The Psalms To Life Meditation and reflection, prayers and body movements.	Fitness Center In-Person
3:00pm - 3:30pm Sit & Get Fit	Fitness Center In-Person
 3:30pm - 4:30pm The Miracle of Monarchs Presented by Janet D. Smith - Dallas County Master Gardener, North Texas Master Naturalist & Native Plant Society of Texas	Auditorium In-Person & Ch. 81

WEDNESDAY, OCTOBER 13

Senior Scribblers, Wii Bowling and Chair Yoga Canceled Today

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 Fitness Center
Strength & Stretch In-Person

10:00am-11:00am Auditorium
Travel and Learn Presentation! In-Person & Ch. 81
Tracing Art Crimes through Great Museums of Europe. Presented by Dr. Laura Evans Osher Life Long Learning Institute at UNT

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 Auditorium
All Resident Council Meeting In-Person & Ch. 81
IL Presidents and Department heads will give building reports.

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: Pumpkins

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

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



THURSDAY, OCTOBER 14

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

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



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



9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person
Mobile Device Apps for Christmas Gifts: Turn Smartphone Photos into Gifts

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

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



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

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



WORLD PREMIERE

2:00pm - 3:30pm Ch. 81 Broadcast
CC Young's Got Talent Virtual
Tune in to see CCY residents and staff show off not-so-hidden talents.



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



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

FRIDAY, OCTOBER 15

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
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

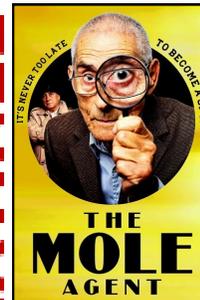
11:10am - 11:50am Fitness Center
Standing Tai Chi In-Person

 1:30pm - 4:00pm Theater
Movie Matinee In-Person
 *The Mole Agent*, 2020, NR 1h 30m
Spanish Language

SATURDAY, OCTOBER 16

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

MOVIE MATINEE



This Week's Movie

The Mole Agent
2020, NR 1h 30m
Spanish Language

Friday, October 15
at 1:30pm

When 83-year-old Chilean Sergio is sent as an undercover spy to a retirement home to investigate suspected neglect, he learns a deeper lesson on human connection. Through the lens of the hidden camera in his decoy glasses, viewers watch as Sergio struggles to balance his assignment while becoming increasingly involved in the lives of several residents.

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

THIS WEEK'S
HIGHLIGHTS

Monday, October 18

3:30pm

Special Meet The Author Event

Missy Buchanan presents:

From Dry Bones to Living Hope

In-Person and on Ch. 81

Tuesday, October 19

9:30am

Opera Abridged

The Marriage of Figaro

Music by Wolfgang Amadeus Mozart,

Libretto by Lorenzo Da Ponte

Tuesday, October 19

2:00pm

Il Trip: Sailing

1.5 hour sail around White Rock Lake on

The Spirit of Dallas catamaran.

\$15 p/p. Sign up at The Point.

Wednesday, October 20

3:00pm

Pumpkin Spice Tasting

Discover different pumpkin spice flavored foods.

Thursday, October 21

3:15pm – 5:00pm

Total Hearing

How hearing loss and

Alzheimer's/dementia are related.

Thursday, October 21

3:30pm

October's Meet The Artist Reception!

Meet this month's featured artist, CCY Resident Artist: Sandy Ibach.

Refreshments provided.

In-Person and on Ch. 81

Friday, October 22

1:30pm

Movie Matinee

The Current War

2019, PG-13. 1h 42m

SUNDAY, OCTOBER 17



9:30am – 10:30am

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
October 20
3:00pm**

**Pumpkin Spice
Tasting with
Elena Jeffus**

**It's not only for bread or lattes.
Come out and discover all the
different items that have a
pumpkin spice flavor.**

MONDAY, OCTOBER 18

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

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

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

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

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

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

 3:30pm - 4:30pm The Point Café
Domino "Pick Up" game In-Person
 Drop in and play a game or learn how to play.

3:30pm - 4:30pm Auditorium
Special Meet The Author Event In-Person & Ch. 81
 Missy Buchanan presents:
From Dry Bones to Living Hope her tenth book on the topic of faithful aging.

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

TUESDAY, OCTOBER 19

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

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

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

 9:30am - 11:30am Computer Lab
SeniorTech Class: In-Person
 Amazon Alexa - What Virtual Assistants can add to your day

9:30am - 11:00am Auditorium
Opera Abridged In-Person
 The Marriage of Figaro
 Music by Wolfgang Amadeus Mozart, Libretto by Lorenzo Da Ponte

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

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

1:00pm-3:00pm White Rock
Water Color Basics Class In-Person
 Maximum 7 people per class. Sign up at The Point.

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

 2:00pm - 4:00pm *The Spirit of Dallas*
IL Trip: Sailing In-Person
 1.5 hour sail around White Rock Lake on *The Spirit of Dallas* catamaran.
 \$15 p/p. Sign-up at The Point.

2:30pm - 2:45pm Fitness Center
Praying With The Body: In-Person
Bringing The Psalms To Life
 Meditation and reflection, prayers and body movements.

WEDNESDAY, OCTOBER 20

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. Pick-up in front of your building. Please wear masks.	
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
 9:45am - 11:00am Senior Scribblers	Flagpole Hill In-Person
 10:00am-11:30am Rummikub "Pick Up" Game Drop in on a game or bring friends to play!	The Point Café In-Person
10:30am-11:00am Chair Yoga	Fitness Center In-Person
11:00am-12:00pm Senior Fitness Assessments By Appointment Only. Call 214-841-2831 for more info.	Fitness Center In-Person
2:00pm- 3:00pm Acting Fun with Linda Leonard	Fitness Center In-Person
2:00pm-3:00pm Alterations by Dallas Dry Cleaning Minor alternations. A credit card on file is required for payment.	Flagpole Hill
 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
 3:00pm - 4:00pm Pumpkin Spice Tasting Sign up at The Point	Auditorium In-Person
4:00pm - 5:00pm Seated Tai Chi	Fitness Center In-Person

THURSDAY, OCTOBER 21

8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
 9:30am - 10:00am CCY Campus News	Ch. 81 Broadcast
 9:30am -11:00am Trip to Traders Joe's Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.	
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
10:00am - 10:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Auditorium S In-Person
10:00am - 11:00am Total Hearing Presentation How Hearing loss and Alzheimer's/dementia are related	Auditorium N In-Person
10:00am - 11:00am Billiard Open Play	Asbury In-Person
 10:00am - 11:00am Knotty Knitters	Flagpole Hill In-Person
10:30am - 11:00am Chair Pilates	Fitness Center In-Person
 3:00pm - 4:00pm Bible Study Led by Resident Marilyn Hodge	Flagpole Hill In-Person
3:00pm - 4:30pm Meet The Artist CCY Resident Sandy Ibach Art Gallery Show: <i>The World Through a Visitors Eyes.</i> Refreshments Provided.	Auditorium In-Person & Ch. 81
 4:00pm - 5:00pm Independent Living Happy Hour Beer, Wine & Appetizers.	Auditorium

FRIDAY, OCTOBER 22

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 OVR/THO "Field"
Bocce "Pick Up" Game In-Person
Drop in on a game or bring friends to play!

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

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

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

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

 1:30pm - 3:30pm Theater
Movie Matinee In-Person
The Current War, 2019, PG-13. 1h 42m

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

SATURDAY, OCTOBER 23

MATINEE



**This Week's
Movie**
The Current War
2019, PG-13
1h 42m

Friday, October 22 at 1:30pm

MOVIE

Thomas Edison, the celebrity inventor, is on the verge of bringing electricity to Manhattan. On the eve of triumph, his plans are upended by businessman George Westinghouse, who believes he and his partner, Nikolai Tesla, have a superior idea.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, October 26

10:00am

Boo Bingo

Snacks and prizes provided!

Tuesday, October 26

3:30pm

Richard Stanford Hour!

This month's book review is on Empire of Pain: The Secret History of the Sackler Dynasty By Patrick Radden Keefe

Wednesday, October 27

11:00am

Dallas Symphony Orchestra Concert Truck

Come out to see this unique out-door concert

Thursday, October 28

Tricks & Treat Event

10:00am

Under The Pavilion

Friday, October 29

1:30pm

Movie Matinee

The Sting. 1973, 2h 9m, PG

SUNDAY, OCTOBER 24



9:30am - 10:30am
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.

TRICKS AND TREATS

Tuesday, October 26

10:00am

Boo Bingo

Bring a friend to play a Halloween theme Bingo game, snacks and prizes provided!



Thursday, October 28

Tricks & Treat Event

10:00am under The Pavilion

Fun "Tricks" and Yummy "Treats!"



Thursday, October 28

4:00pm

Independent Living Happy "Spooky" Hour

Beer, Wine & Appetizers. Dress up in a fun costume, or wear Halloween attire for this Spooky theme Happy Hour!

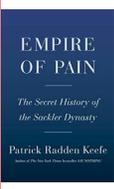


MONDAY, OCTOBER 25

8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
 9:30am - 11:00am Happy Hookers Volunteer Group (aka Bag Ladies)	Auditorium In-Person
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
10:30am-11:00am Chair Yoga	Fitness Center In-Person
 2:00pm - 3:00pm FUMC Dallas Worship Service	Ch. 81 Broadcast
3:00pm - 3:30pm Sit & Get Fit	Ch. 81 Broadcast In-Person
3:00pm - 4:30pm BUNCO at The Point Limited Seating. Signup at The Point	Auditorium In-Person
4:00pm - 5:00pm Seated Tai Chi	Fitness Center In-Person

TUESDAY, OCTOBER 26



8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center In-Person
 9:30am - 10:00am CCY Campus News	Ch. 81 Broadcast
 9:30am - 11:30am SeniorTech Class: iPhone Tips & Tricks: From Search to Sharing	Computer Lab In-Person
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
 10:00pm - 11:30am Boo Bingo Treats, Fun & Prizes	Auditorium In-Person
10:30am - 11:00am Chair Pilates	Fitness Center In-Person
1:00pm-3:00pm Water Color Basics Class Maximum 7 people per class. Sign up at The Point.	White Rock In-Person
 1:30pm -3:00pm Trip to Kroger Sign-up at The Point.	
1:30pm-2:30pm CC Young 'Uns Rehearsal	Auditorium In-Person
2:00pm - 4:00pm Total Hearing Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	Flagpole Hill In-Person
2:30pm - 2:45pm Praying With The Body Meditation and reflection, prayers and body movements.	Fitness Center In-Person
3:00pm - 3:30pm Sit & Get Fit	Fitness Center In-Person
 3:30pm - 4:30pm Richard Stanford Hour! This month's book review is on <i>Empire of Pain: The Secret History of the Sackler Dynasty</i> By Patrick Radden Keefe	Auditorium In-Person & Ch. 81
6:30pm - 7:30pm Fall Music Series Traditional Hymns with a little Gospel mixed in!	Auditorium In-Person

WEDNESDAY, OCTOBER 27

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 Fitness Center
Strength & Stretch In-Person



9:45am - 11:00am

Senior Scribblers

Flagpole Hill
 In-Person

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



DALLAS SYMPHONY ORCHESTRA

11:00am-12:00pm Pavilion
Dallas Symphony Orchestra Concert Truck In-Person

Come out to see this unique out-door concert! Check your cubbies for more info on how to sign up to pick up a picnic box lunch you can enjoy during this event.

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



1:00pm-2:00pm

Harris Jewelers

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

Point Lobby

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 Ch. 81 Broadcast
Sit & Get Fit In-Person

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

THURSDAY, OCTOBER 28

TRICKS AND TREATS

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

Special Activity Spotlight

Ch. 81 Broadcast



9:30am - 11:30am

SeniorTech Class:

What is The Cloud and What Does It Do for Me?

Computer Lab
 In-Person

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

10:00am - 10:45am Auditorium
Thriving with Parkinson's In-Person

A workout designed for Parkinsonians.



10:00am - 11:00am

Tricks & Treat Event

Fun "Tricks" and Yummy "Treats!"

Pavilion

In-Person

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



3:00pm - 4:00pm

Bible Study

Led by Resident Marilyn Hodge

Flagpole Hill

In-Person



4:00pm - 5:00pm

Independent Living Happy "Spooky" Hour

Beer, Wine & Appetizers.

Dress up in a fun costume, or wear Halloween attire for this Spooky themed Happy Hour!

Auditorium

FRIDAY, OCTOBER 29

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.

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 In-Person

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

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

M **MOVIE** 1:30pm - 3:30pm Theater
Movie Matinee In-Person Only
The Sting. 1973, 2h 9m, PG

SATURDAY, OCTOBER 30

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

M **MOVIE** **MATINEE**



This Week's Movie
The Sting
1973, 2h 9m, PG

Friday, October 29
at 1:30pm

After rookie grifter Johnny Hooker tracks down veteran flim-flam man Henry Gondorff in 1930s Chicago, the duo plans to fleece a homicidal racketeer through a phony racetrack scam involving a string of double- and triple-crosses.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, November 2

10:00am

**Tricks & Treats
Continued**

More info to come.

Thursday, November 4

10:00am

Punkin' Chunkin'

Watch as teams made of CCY Staff members compete in different challenges by tossing pumpkins from a balcony!

Friday, November 5

1:30pm

Movie Matinee

Coco

2017, 1h 45m, PG

Animated Film

SUNDAY, OCTOBER 31



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.**



Thursday, November 4

10:00am

Punkin' Chunkin'

Watch as teams made of CCY Staff compete in different challenges by tossing pumpkins from a balcony!

It's Fall Ya'll!

By Brian Parman
Director, Point & Pavilion
October 2021



This past summer we were inspired to create a pollinator or “butterfly” garden in our backyard. I’ve been amazed at how such small plants and cuttings flourished in the Texas heat, transforming a bare plot of dirt into a colorful oasis in such a short time.

It didn’t take much time before the butterflies discovered the garden – including a few Monarchs making a pit stop on what is likely the start of their annual migration south to Mexico. The striking beauty of the Monarch butterfly is unmistakable – but their uniqueness goes beyond their vivid orange and black wings that make them so recognizable. It’s amazing to me that these tiny little creatures who weigh less than a dime, travel thousands of miles every year from North Texas to Mexico for the winter, traveling upwards of 50 to 100 miles in just a day.

Some folks mark the arrival of fall with the seasonal pumpkin spice flavored coffees, mixes and treats hit the stores, while others mark the change of seasons with arrival of cooler weather or changing leaves often associated with the arrival the autumnal equinox marking the official start of Fall.

We are thrilled to welcome Janet D. Smith. Janet is a Dallas Master Gardner & North Texas Native Naturalist. On October 12th she will share some fascinating information about this magical process called The Miracle of Monarchs that provide one more clue to the changing of the season that you won’t want to miss!

We hope that you find this month’s Lifestyle Guide inspiring and filled with experiences and opportunities to enjoy all that the Fall season has to offer. With the break in the heat this is the perfect time to get out and explore the neighborhood and enjoy a walk in the fresh air. You might consider a visit to see the display of 75,000+ pumpkins at The Dallas Arboretum or break out your tennis shoes and join Team CC Young at Annual Walk to End Alzheimer’s on October 5th right in our own central park!

One of my fall traditions is to make a black bean turkey chili served over homemade corn bread muffins topped with cheese, sour cream and fritos to share with friends and family on Halloween night. It’s an easy make ahead meal that can please a crowd and allow everyone time to enjoy one-another’s company, pass out candy and enjoy the parade of costumed characters who grace our front porch.

This year, I’m planning a second batch for a late team lunch to celebrate The World Premier Video of “CC Young’s Got Talent 2021” which is set to air at 2:00pm on October 14th on channel 81. Mark your calendars – Linda Leonard and the cast have been working hard in preparing for this year’s show. You never know just who might show up in the cast... maybe yours truly!

It’s Fall Ya’ll get out and enjoy it!!





Crews News!

By Russell Crews
President and CEO
October 2021

The last couple of months have been busy for Team CC Young. Our sales team is doing an outstanding job and our campus census continues to increase each month. In September, we hit an all-time record of 106 skilled nursing census in The Vista Health Center! This success is largely due to our talented team, but you can also credit our excellent reputation for stellar, compassionate nursing care as a contributing factor. The increased admissions are definitely helping us rebound from the admissions challenges due to COVID-19 restrictions.

In September, we launched our Hospice General In-Patient (GIP) program which will be on The Vista's 5th floor, north side. We issued a press release followed by an Open House on September 15 where we welcomed area referring sources. The evening was a success on multiple levels and we expect this program to grow over the coming months. Strategically speaking, Hospice GIP makes perfect sense for us as another specialized offering that sets CC Young apart from our peers and a valuable service to our residents.

We have ordered high dose flu vaccines and COVID-19 booster shots for staff and residents. Although we do not have an official delivery date, we are hopeful the vaccines will arrive by mid-October. When they do arrive, we will commence vaccine clinics for those interested. The difference this time is that Walgreens will not assist in administering each dose so our Nursing team will cover all levels of care. Our team is working on the process now. Once dates and details are confirmed, we will let everyone know.

Thank you all for your continued support!



Village Update

By Jen Griffin
Vice President, Engagement
October 2021

Greetings and happy fall, Ya'll!

I have exciting news to share with you! CC Young is happy to announce our newest partnership with **Osher Lifelong Learning Institute at The University of North Texas!** We are the *exclusive* senior living organization in Dallas County who will be offering an amazing opportunity for our residents and community to experience lifelong learning. With this 3-year program launching next fall, UNT will feature content selected from a faculty of over 350 with topics ranging from soup to nuts. These presentations will be open for live audiences in The Point as well as televised to all residents. Rest assured, there will be no tests and no textbooks – just fun, engaging lectures to stimulate our minds and conversations.

And guess what else is included in this amazing partnership? In conjunction with lifelong learning, they organize and sponsor domestic and international tours and trips for those interested and ready to travel. For example, trips already scheduled in the near future are New York City at Christmas, Santa Fe in March, Europe in May and Ireland in October! These trips are planned and led by a faculty member who serves as our personal tour guide and docent. So, you not only visit some wonderful locations, you continue lifelong learning in the process!

As an introduction to the kind of programming we will be offering, we invite you to join us in The Point on October 13 for **"Tracing Art Crimes through Great Museums of Europe"** with Dr. Laura Evans. Dr. Evans will be discussing major crimes in London, Paris and Amsterdam complete with "behind the scenes" info for all of us! She will also share info about the upcoming trip next spring. We hope to see you there!

Enjoy this glorious weather and all fall has to offer!



Happy Anniversary

October Resident Anniversaries

14 Years

Elizabeth Himmel

10 Years

Anita Hullum

Charlotte Walch

Louise Buchter

Ann Gass

Jeanette Crawford

9 Years

Betsy Voight

8 Years

Patsy McDonald

James Anthony

Michael & Darlene Brown

6 Years

Jo Thurman

Elsie Allmon

5 Years

Helen Hillbish

Lanny Perkins

Lida Jenkins

Cathy Jones

October 2021

Resident Birthdays

First Name	Last Name	Location	Date
John	Gould	Overlook	1
Arlene	DeMott	Asbury	3
Carmelle	McGee	Hillside	3
Johnece	Hardeman	Hillside	4
Caryl	White	Thomas	5
Katie	Sheehan	Hillside	5
Patricia	Snider	Vista	7
Sharon	Christen	Overlook	8
Dominic	Police	Vista	8
Robert	Cooper	Hillside	9
Colleen	Reid	Hillside	9
Ann	Riddle	Vista	10
Genelle	Dahlberg	Thomas	11
Jay	Orr	Overlook	11
Betty	Smart	Vista	11
Aubrey	Stowell	Vista	12
Shirley	Campbell	Vista	12
Pat	Shackman	Thomas	13
Keith	Kirschner	Vista	13
Jane	Barker	Vista	15
Jeanie	Wooldridge	Overlook	16
Michael	Connelly	Vista	16
Anne	Stuart	Vista	16
Jeanette	Crawford	Overlook	19
Gloria	Little	Overlook	20
Patti	Stewart	Overlook	20
Dimple	DePrato	Vista	20
Jane	Hanson	Vista	20
Charlotte	Walch	Overlook	21
Edison	Payne	Adult Day Center	21
Betsy	Franklin	Overlook	22
Nancy	Wiley	Overlook	22
Joann	Denton	Overlook	23
Daniel	Gravelle	Vista	24
Dorothy	Everts	Thomas	25
William	Henning	Thomas	25
Jo Sue	Malcomb	Overlook	25
Lawrence	Morton	Vista	25
Marilyn	Fink	Vista	27
Cathy	Jones	Hillside	27
Mary	Lovelace	Vista	27
Rozina	Vlasimsky	Asbury	30
Charles	Oswalt	Vista	30
Marjorie	Thornton	Asbury	31

October Team Birthdays

Employee Name	Birthday	Department
Leslie Lopez	1	EVS Housekeeping
Angelica Alonso	1	Dining Services
Ethan Wood	2	Dining Services
Evan Wood	2	Dining Services
Raelynn Scott	3	Pastoral Care Hospice
Charlette Thomas	3	Dining Services
Michelle Luke	3	HC Nursing
Roberta Labart	3	Rehab Home health
Deverth Michell Hicks	4	Dining Services
Nkeiruka Ehigbibe-Witherspoon	5	Memory Support
Rupali Gokhale	5	Rehab Therapy
Cecilia Rauschuber	6	Administration
Teresa Bramlett	6	HR/Payroll
Addisalem Gebremariam	6	EVS Housekeeping
Offiong Oyoita	6	HC Nursing
Elvira Silva	6	Rehab Home health
Marguerite Murerwa	7	Memory Support
Ariel Jones	8	Home Health
Rosa Ramirez	9	Dining Services
Tiffany Ellison	9	Dining Services
Fredrick Akingbe	10	EVS Housekeeping
Pamela Davis	10	Rehab Therapy
Makayla Jones	11	HC Nursing
Thurlee Hawkins	14	EVS Housekeeping
Victoria Briscoe	14	Rehab Home health
Evelyn Windham	15	Assisted Living
Savannah De La Rosa	15	HC Nursing
Elena Jeffus	17	Volunteers
Donna Allen	18	Home Services
Mayra Sanchez	22	Receptionist Comm. Outreach
Karla Dunemann	23	Memory Support
Eshet Belhu	23	Home Services
Misrak Beyene	23	Assisted Living
Lyna Onyegbuchulam	24	Home Services
Nirav Purohit	26	Rehab Therapy
Glens Tarimo	27	HC Nursing
Emily Wilson	27	Hospice
Joy Little	29	HC Nursing
Hayley Moseley	31	Life Enrichment
Gregory Paris	31	EVS Maintenance

Celebrate October Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Jennifer C Griffin	10/1/2012	9	Community Outreach
Rachel Smith	10/5/2020	1	HC Nursing
Rickina D McKinley	10/5/2020	1	HC Nursing
Adeola Ayoola	10/7/2019	2	Home Services
Rachel A Weber	10/7/2020	1	Dining Services
Muluberhan Bezabih	10/8/2018	3	HC Nursing
Tsigereda A Tegegn	10/8/2018	3	Home Services
Emilia Y Baclit	10/9/2017	4	HC Nursing
Patricia A Burnett	10/9/2017	4	Dining Services
Charletha C Powell	10/12/1998	23	Assisted Living
Perminder K Sandhu	10/12/2020	1	HC Nursing
Ilian K De Luna	10/14/2015	6	Admissions
Kerrington Williams	10/14/2020	1	HC Nursing
Lyna N Onyegbuchulam	10/14/2020	1	Home Services
Thurlee Hawkins	10/14/2009	12	EVS Housekeeping
Jennifer W Broadway	10/15/2018	3	Hospice
Alisha R Terry	10/19/2020	1	HC Nursing
Catherine M Riley	10/19/2020	1	HC Nursing
Roxaine P Meeks	10/19/2020	1	HC Nursing
Tamunobelema Enefiok Udo	10/19/2020	1	Home Services
Patricia G Glenn	10/21/1986	35	Memory Support
Graceanne N Kimotho	10/22/2018	3	Hospice
Agnes Muthoni	10/23/2017	4	Home Services
Elfness M Soressa	10/23/2017	4	Assisted Living
Victoria M Briscoe	10/23/2017	4	Rehab Home Health
Tod Pettit	10/24/2016	5	EVS Maintenance
Giftly O Agyare	10/26/2020	1	Assisted Living
Marilyn James Lee	10/26/2020	1	Dining Services
Onyedika F Uzoma	10/26/2020	1	Home Services
Nkengafac Ngu	10/28/2020	1	Memory Support
Lisa L Mays	10/29/2012	9	Umphress Terrace





7 Amazing Places to See Beautiful Fall Colors in Texas

By James Waterson

Here in the Lone Star State we see scenic woods full of oak, maple, mesquite, and cypress trees undergo the spectacular transition from verdant green to vibrant red, orange, and yellow. These autumn colors illuminate parks and natural areas across the state as fireworks do a night sky. In many places, the abundance of color is just as much of an attraction as anything else

Garner State Park



With its majestic limestone bluffs and the pristine flowing water of the Frio River, Garner State Park is one of the most beautiful places in the Lone Star State. That is certainly true in the fall, as the cypress, oak, mesquite, and persimmon trees adopt various breathtaking shades of red, orange, and yellow. Immerse yourself in all of Garner's glorious fall colors when you explore its 11 miles of hiking trails.

The Colors You'll See: *Orange, Red, and Yellow*

Varieties of Trees: *Cypress, Oak, Mesquite, and Persimmon*

Best Time to Go: *Late October*

City: Concan, **Region:** Hill Country



Lost Maples State Natural Area

Located on the banks of the scenic Sabinal River among rolling tree-covered hills, Lost Maples is a veritable showcase of the beauty of the Texas Hill

Country. The park's uncommon Uvalde bigtooth maples that make it a hotspot for fall colors. Plan a trip here in the latter part of October or in early November to see the park covered in a kaleidoscope of autumn color, ranging from vibrant oranges and reds to rich yellows. To see the very best of the fall colors, explore the East Trail, where the majority of the maple trees reside.

The Colors You'll See: *Orange, Red, and Yellow*

Varieties of Trees: *Bigtooth Maple and Red Oak*

Best Time to Go: *Middle of November*

City: Vanderpool, **Region:** Hill Country



Daingerfield State Park

Nestled deep in the heart of northeast Texas, among the towering forests of pine, oak, and cypress trees, is Daingerfield State Park. While this outdoor playground is an idyllic year-round adventure destination, it is truly spectacular in the

fall. Explore the miles of hiking trails, or find a shady spot and admire the sea of brilliant red, orange, and yellow leaves. Gaze across the lake to see all the color reflected off of the water, then hop in your car and see even more as you cruise along the park's roads.

The Colors You'll See: *Orange, Red, and Yellow*

Varieties of Trees: *Cypress, Sweetgum, Oak*

Best Time to Go: *End of October – End of November*

City: Daingerfield, **Region:** Piney Woods



Influential Hispanic Americans Who Made History

1. **Rita Moreno** has been a household name for decades, ever since she captivated audiences with her fierce portrayal of Anita in 1961's *West Side Story*.
2. **Cesar Chavez**, Born to a Mexican American family, Cesar grew up around the people he later helped through his activism.
3. **Alexandria Ocasio-Cortez** has become one of the major leading voices for Hispanic Americans in politics. Also known by her initials AOC, Ocasio-Cortez is of Puerto Rican descent.
4. **Roberto Clemente**, A pioneer of the game, Roberto Clemente paved the way for Hispanic Americans in Major League Baseball. The prolific right fielder was born in 1934 in Puerto Rico.
5. **Julia Alvarez**, Dominican American writer Julia Alvarez has been enchanting readers with her words since the early 1990s.
6. **Jennifer Lopez** was born in the Bronx, New York, in 1969 to Puerto Rican parents who supported her ambitions to become a singer, taking singing and dancing lessons starting at 5 years old.
7. **Ellen Ochoa** made her mark by becoming the first Hispanic American woman to go to space with a nine-day mission in 1993.
8. **Sonia Sotomayor** is of Puerto Rican descent, Sotomayor became the first Hispanic American to serve as a member of the Supreme Court.
9. **Lin-Manuel Miranda**, Few Hispanic Americans have made a bigger impact in recent pop culture than Lin-Manuel Miranda, his largest mark on culture came when his musical *Hamilton* opened on Broadway in 2015.
10. **Ted Cruz** has elevated the representation of Hispanic Americans in Congress. Cruz was born Rafael Edward Cruz to an American mother and a Cuban father.
11. **Dolores Huerta**, At 90 years old, Dolores Huerta still stands as a giant in the fight for Hispanic American labor rights.
12. **Gloria Estefan**, this Singer is often synonymous with Latin music in the United States. Born in Cuba in 1957, Estefan's family fled to Miami during the Cuban Revolution in 1959.



Dinosaur Valley State Park

Pick a spot anywhere in North Texas and you're bound to see some spectacular fall colors. Yet [Dinosaur Valley State Park](#) has even more for those who are adventurous enough to seek it out. Explore the park's hiking trails and you'll be treated to an awe-inspiring ocean of oranges, reds, and yellows. Once you reach the pristine Paluxy River, keep your eyes peeled for the massive tracks left by dinosaurs long ago. There are other ways to immerse yourself in Dinosaur Valley State Park's wheel of fall colors, including mountain biking, fishing, and camping. Not only is this one of the best places to see fall foliage in Texas, it's also just an hour southwest of Fort Worth.

The Colors You'll See: *Orange, Red, and Yellow*

Varieties of Trees: *Cedar Elm, Hackberry, Sumac, Sycamore, Texas Red Oak, Virginia Creeper*

Best Time to Go: *End of October – First Week of November*

City: *Glen Rose, Region: Prairies and Lakes*



Lake Bob Sandlin State Park

The Piney Woods of East Texas is home to a diverse array of flora that makes it one of the best places to see fall colors in the state. Although all the brilliant color is practically everywhere, you can see just about all the region has to offer in [Lake Bob Sandlin State Park](#). From mid-October through mid-November, the park is awash with vibrant color as the sweetgum, hickory, and red maple trees turn with the season. Visit at the right time and you can see these arresting colors beautifully reflected off the still waters of Lake Bob Sandlin, or you can surround yourself in them by exploring the hiking and mountain biking trails. The lake

is also an idyllic fishing spot, and what better time to snare a few bass or catfish than the fall?

The Colors You'll See: *Burgundy, Gold, Orange, Red, and Yellow*

Varieties of Trees: *Sweetgum, Elm, Hickory, Oak, Bald Cypress, Sumac, and Red Maple*

Best Time to Go: *Mid-October – Mid-November*

City: *Pittsburg, Region: Piney Woods*



McKinney Falls State Park

The tranquil waters of Onion Creek flow past towering cypress trees and cascade off of limestone bluffs into secluded pools. Scenic trails wind through captivating forests marked with splashes of reds, oranges, and yellows. All this rugged natural beauty can be found at [McKinney Falls State Park](#), an outdoor oasis located just 13 miles south of downtown Austin. Wander along the nine miles of hiking trails to see majestic bald cypress trees, including the likes of "Old Baldy," which is estimated to be more than 500 years old. Then find a quiet spot by the creek and cast a line to catch a bass or catfish as you sit surrounded by all the colors of fall.

The Colors You'll See: *Orange, Red, and Yellow*

Varieties of Trees: *Bald Cypress, and Red Oak*

Best Time to Go: *Late October – Early November*

City: *Austin, Region: Hill Country*



Tyler State Park

A majestic forest of 100-foot-tall trees envelops a scenic 64-acre spring-fed lake, creating a beautiful East Texas retreat. Welcome to [Tyler State Park](#), a stunning recreational area located just north of the city of Tyler. Each fall, the park is a veritable showcase of all the colors of the season, as the sweetgums, maples, dogwoods, oaks, and more adopt a dizzying array of yellows, reds, and oranges. While you can see all the shades of the season throughout the park, there are some spots you can't miss. Explore the Lakeshore

Trail for awe-inspiring views of the lake and the colorful trees, then traverse the Whispering Pines Trail that takes you to a rock waterfall.

The Colors You'll See: *Deep Maroon, Red, Orange, and Yellow*

Varieties of Trees: *Sweetgum, Maple, Dogwood, Sassafras, Hickory, Sumac, and Oak*

Best Time to Go: *Late November through Early December*

City: *Tyler, Region: Piney Woods*



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: James Anthony
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.

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

In case you missed it...

Thank you to everyone who came to the Volunteer Showcase event in September. We were able to pair many of you with opportunities on campus that will be a rewarding experience for everyone.

If you were unable to attend but would like more information on current opportunities, contact Elena. Below are some available openings.

- ◆ *Music: Play piano, guitar, or other instrument, lead a sign along*
- ◆ *Small group facilitator at the Vista: Lead discussion groups, play dominoes, work puzzles, read good news articles, color... endless possibilities!*
- ◆ *Be a companion for a resident in Vista*
- ◆ *Be a Candy Striper! Pass magazines, coloring pages, snacks and good cheer to the Vista Rehab floors.*
- ◆ *Manicurist: Paint fingernails for residents in Vista. Training provided.*
- ◆ *Help throw a party: Be an extra set of hands during birthday parties and other celebrations.*
- ◆ *Media support: Work behind the scenes to play videos that air on our in house TV station.*
- ◆ *The Point Front Desk: Greet visitors and answer questions.*
- ◆ *Helper at large: The Point staff occasionally have tasks that are simple but take time.*

Our Hospice team also has volunteer opportunities:

- ◆ *Record and share patient's life story as a legacy for family members*
- ◆ *Assist the Hospice Team in creating and mailing grief support for families*
- ◆ *Distribute notes and care packages to Hospice families*



Elena Jeffus

Manager, Volunteer Experience

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



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.

**Wednesday, October 20
2:00pm–3:00pm**



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.

Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver Support Group at CC Young
Wednesday, October 13 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.



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

**2nd Tuesday of every month
9:00am – 11:00am
OR
4th Tuesday of every month
2:00pm – 4:00pm**

**At 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! **Page 37**

DID YOU KNOW...



- The bright orange color of pumpkins is a giveaway that pumpkins are loaded with an important antioxidant, beta-carotene.
- The top pumpkin production states are Illinois, Ohio, Pennsylvania and California.
- Pumpkin seeds can be roasted as a snack. Pumpkins are typically used to make soups, pies and breads but can be included in a variety of dishes.
- Pumpkins contain potassium, Vitamin A and are 90% water.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins range in size from less than a pound to over 1,000 pounds. The largest pumpkin ever grown weighed 1,140 pounds.
- When choosing a fresh pumpkin, look for a pumpkin with 1 to 2 inches of stem left. Avoid pumpkins with blemishes and soft spots. It should be heavy, but shape is unimportant.



SUPERFOOD PUMPKIN



Pumpkin Pie

- Prep 20 MIN
- Total 3 HR 20 MIN
- Servings 8

Ingredients

PAT-IN-THE-PAN PASTRY

- **1 1/3** cups all-purpose flour
- **1/2** teaspoon salt
- **1/3** cup vegetable oil
- **2** tablespoons cold water

FILLING

- **2** eggs
- **1/2** cup sugar
- **1** teaspoon ground cinnamon
- **1/2** teaspoon salt
- **1/2** teaspoon ground ginger
- **1/8** teaspoon ground cloves
- **1** can (15 oz) pumpkin (not pumpkin pie mix)
- **1** can (12 oz) evaporated milk

SWEETENED WHIPPED CREAM

- **3/4** cup whipping cream
- **2** tablespoons sugar

Steps

1.

Heat oven to 425°F. In medium bowl, mix flour, 1/2 teaspoon salt and the oil with fork until all flour is moistened. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed. Shape pastry into a ball. Press in bottom and up side of 9-inch glass pie plate.

2.

In large bowl, beat eggs slightly with wire whisk or hand beater. Beat in 1/2 cup sugar, the cinnamon, 1/2 teaspoon salt, ginger, cloves, pumpkin and milk.

3.

To prevent spilling, place pastry-lined pie plate on oven rack before adding filling. Carefully pour pumpkin filling into pie plate. Bake 15 minutes.

4.

Reduce oven temperature to 350°F. Bake about 45 minutes longer or until knife inserted in center comes out clean. Place pie on cooling rack. Cool completely, about 2 hours.

5.

In chilled medium bowl, beat whipping cream and 2 tablespoons sugar with electric mixer on high speed until stiff peaks form. Serve pie with whipped cream. Store in refrigerator.

Active Life Style

We Welcomed Fall with A Polka Palooza!







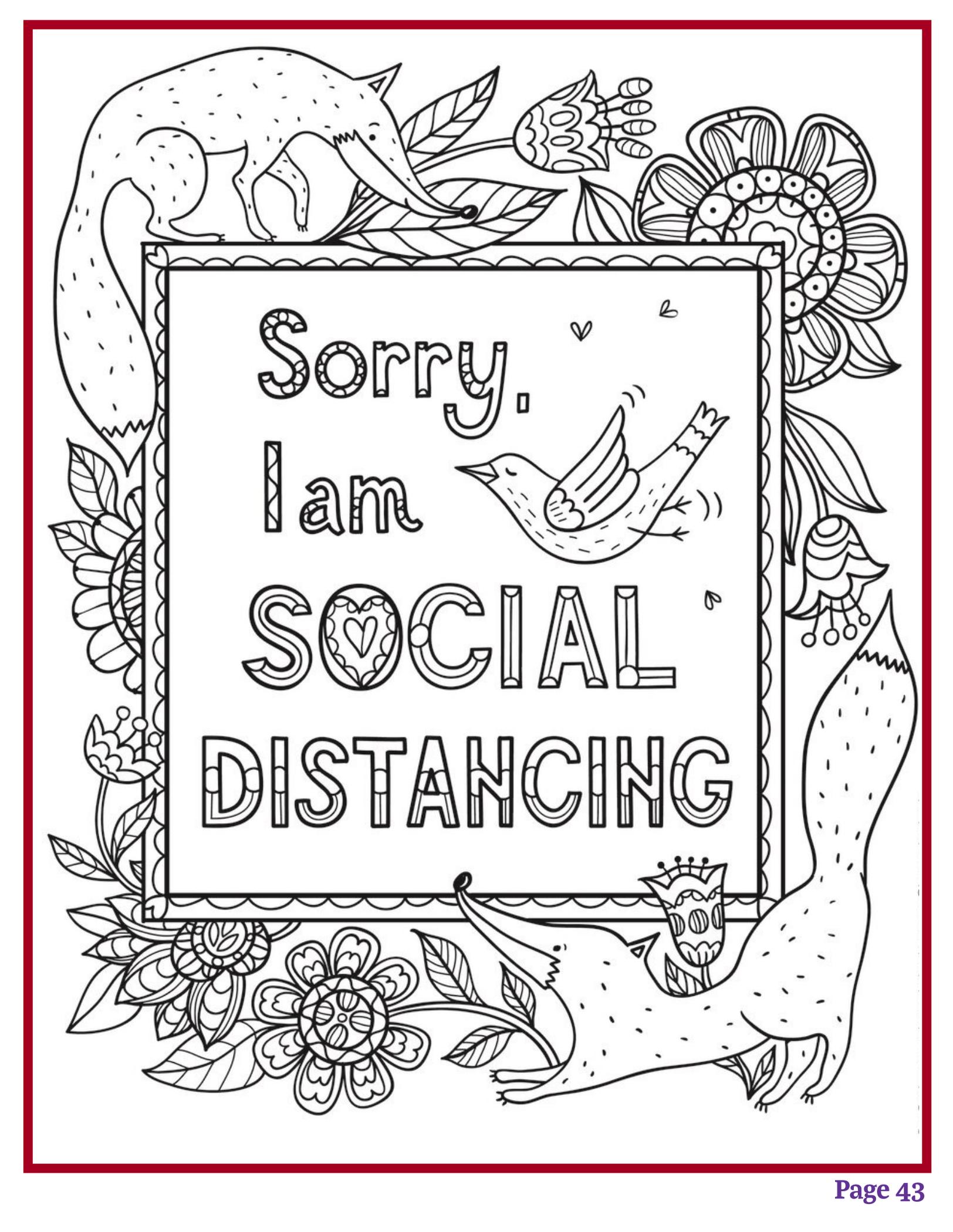
REASONS TO COLOR AT ANY AGE

***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**

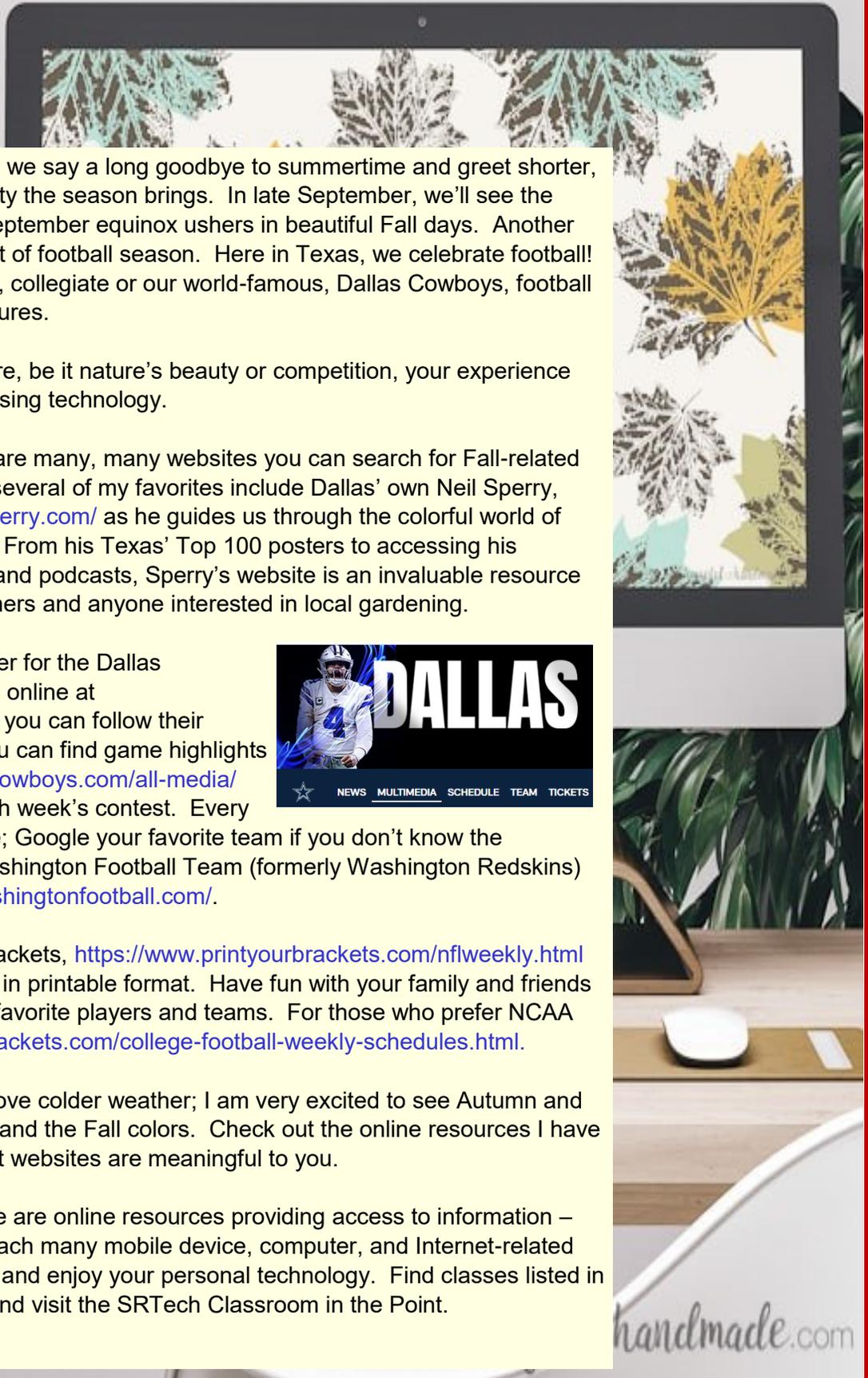


Sorry,
I am
SOCIAL
DISTANCING



Welcome to Autumn or Fall!

by *Senior Tech Instructor*
Daphne Lee



It is such a wonderful season as we say a long goodbye to summertime and greet shorter, cooler days and the all the beauty the season brings. In late September, we'll see the official start to Autumn as the September equinox ushers in beautiful Fall days. Another wonder of the season is the start of football season. Here in Texas, we celebrate football! Whether it's high school football, collegiate or our world-famous, Dallas Cowboys, football plays a big part in our Fall pleasures.

Whatever your seasonal pleasure, be it nature's beauty or competition, your experience can be broadened and shared using technology.



While there are many, many websites you can search for Fall-related information several of my favorites include Dallas' own Neil Sperry, <https://neilsperry.com/> as he guides us through the colorful world of horticulture. From his Texas' Top 100 posters to accessing his newsletters and podcasts, Sperry's website is an invaluable resource for homeowners and anyone interested in local gardening.

In our house, we follow and cheer for the Dallas Cowboys and you can find them online at www.dallascowboys.com where you can follow their season and player updates. You can find game highlights as videos at <https://www.dallascowboys.com/all-media/> and relive the excitement of each week's contest. Every professional team has a website; Google your favorite team if you don't know the organization's website. The Washington Football Team (formerly Washington Redskins) can be found online at www.washingtonfootball.com/.



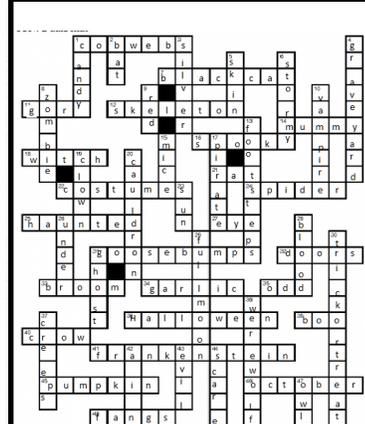
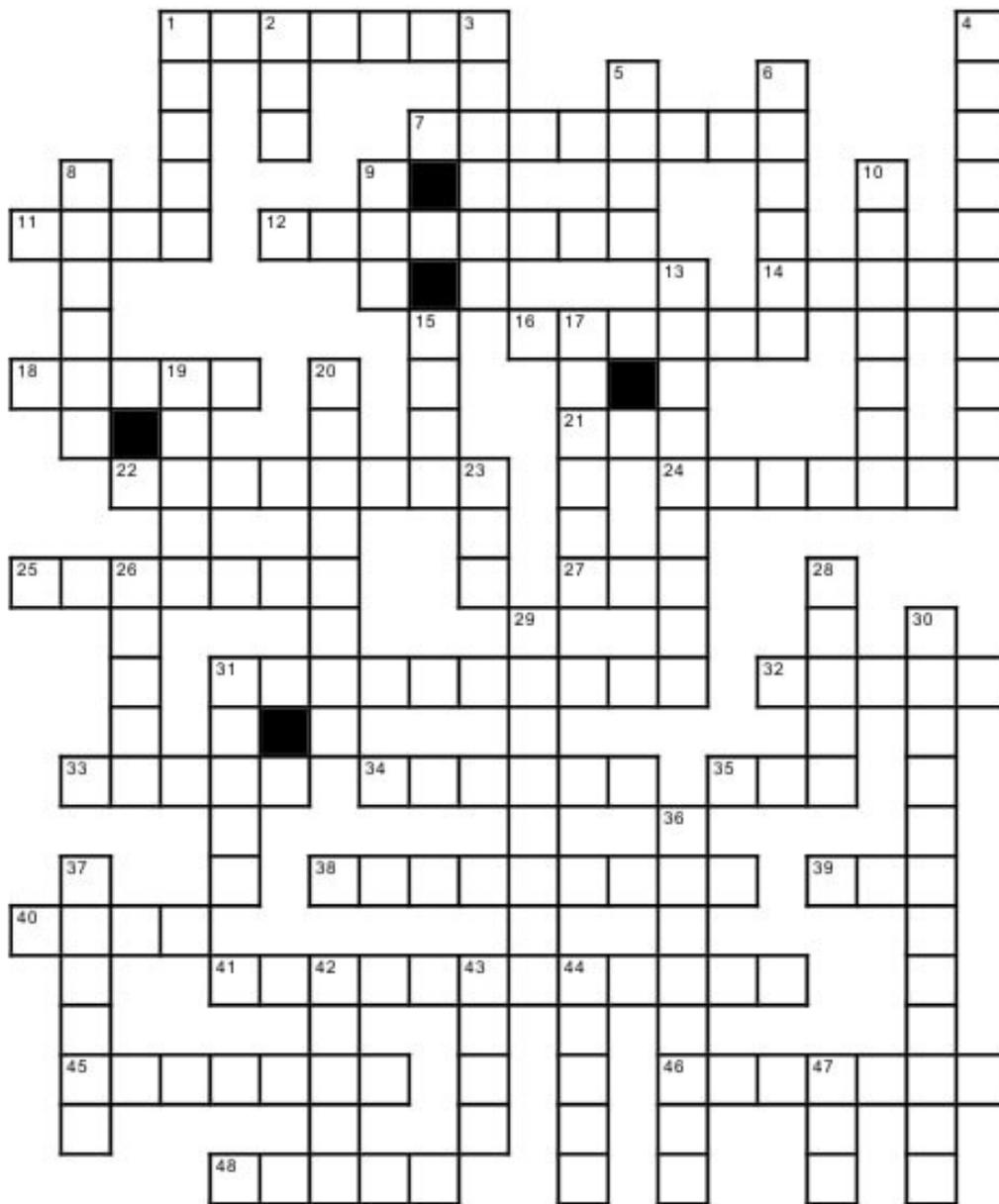
A popular website Print Your Brackets, <https://www.printyourbrackets.com/nflweekly.html> provides weekly NFL schedules in printable format. Have fun with your family and friends all season long and follow your favorite players and teams. For those who prefer NCAA football, <https://www.printyourbrackets.com/college-football-weekly-schedules.html>.

Many of you know how much I love colder weather; I am very excited to see Autumn and look forward to football weather and the Fall colors. Check out the online resources I have shared above, but discover what websites are meaningful to you.

From horticulture to sports, there are online resources providing access to information – whatever your interests. We teach many mobile device, computer, and Internet-related classes that will help you to use and enjoy your personal technology. Find classes listed in your monthly activities catalog and visit the SRTech Classroom in the Point.

handmade.com

Halloween Crossword



Across

1. These are found in the corners and ceilings of a haunted house.
7. A witch's pet. (5-3)
11. Bloody and gross.
12. A monster made from bones.
14. A monster from Egypt.
16. Another word for scary.
18. She wears black clothes and rides a broom.
21. It looks like a mouse but much bigger.
22. What kids wear on Halloween.
24. The creature that makes cobwebs.
25. Have a ghost inside.
27. The Cyclops has one.
31. What you get on your skin when you are scared.
32. These slam shut or creek open.
33. Witches ride this.
34. Vampires hate this.
35. Another word for strange.
38. October 31st.
39. What a ghost says.
40. A big black bird.
41. A monster with stitches on his face.
45. What children carve.
46. The month of Halloween.
48. Sharp teeth.

Down

1. What children get at Halloween.
2. Flying animal found in haunted houses.
3. The kind of bullet you need to kill a werewolf.
4. A place with many tombstones.
5. Where you get goose bumps.
6. The weather around haunted houses.
8. The walking corpse.
9. The color of blood.
10. Dracula.
13. You can hear these in the hallways of a haunted house at night.
15. Little animals with long tails.
17. This wears a patch and has a sword.
19. This wears bright colorful clothing.
20. A big black pot that witches use to make potions.
23. The kind of light that vampires hate.
26. The monster _____ the stairs.
28. What vampires drink.
29. The time when werewolves come out.
30. What kids say on Halloween.
31. Something that haunts houses.
36. A monster that changes from human to wolf.
37. Makes me scared; gives me the _____.
42. A monster from space.
43. The opposite of good.
44. Frighten.
47. A night bird.

Welcome to Fall, the Two Days Between Summer and Winter

By [Eli Grober](#)

<https://www.newyorker.com/humor/daily-shouts/welcome-to-fall-the-two-days-between-summer-and-winter>



Ah, fall! That beautiful time of year when leaves take on the orange glow of the setting sun, acorns crunch under booted feet, crisp air cools hot cider from the local market, and—oh, it's over, there it goes, it's winter now.

Yes, it's finally that autumnal season! Gather the harvest for the cornucopia! Roast butter-nut squash and braise pork shoulder with good friends 'round the hot wood fire as you—O.K., is that sleet? It's sleeting now. And it says that tomorrow it's supposed to be in the eighties. Then it's going to snow. How is that possible?

Never mind. Breathe in that clean, cool scent of pine! Pull out your favorite cardigan and let's go apple-picking! Pumpkin-picking! Corn-husking! I—I think I have a sunburn. It just got really hot, right? And these apples are swarming with bees. I thought that the bees were dead or hibernating or something. Why does it just get randomly hot like this?

A hayride? Why, yes, of course, a hayride! What better way to roll into the equinox? Pile on, everyone! We'll sip mulled cider and tell ghost stories as we roll along—hmm, we're not moving. What do you mean, "we're stuck"? The wheels of the tractor are lodged in frozen mud? The driver has perished of hypothermia? What is *happening*?

All right, let's head home! We'll gather on the porch and let the day fade to night. We'll see that awesome autumn sunset and—wait, it's already dark? It's, like, 4 *p.m.* How is it completely dark outside?

Who cares—throw a scarf 'round your neck and gather under this plaid wool blanket so that we may gaze upon the autumn stars! Ow, what was that—OW! Those aren't stars! That's hail! Oh, my God, those are massive balls of hail! Run! Everybody, run for cover!

As we crouch here, hiding from a torrent of monstrous hail, wondering if these are our final moments, let us appreciate what the season has given us. One, perhaps even two days of picturesque fall weather. Crunchy piles of leaves for about a week. I'll be the first to say it: this is my favorite season that lasts eighteen to thirty-six hours.

Now on to that cozy, warm, wondrous holiday season! Cold, wintry nights full of family and roaring fires and stockings and candles and cookies and—oh, that's over now, too. Great. Get ready for five months of February!



CC YOUNG
THE CLINIC

FREQUENTLY ASKED QUESTIONS

For our Assisted Living and Independent Living Patients

How does this work with my insurance?

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

Can I still see my Primary Care Provider?

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

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

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

Can I drop in?

Appointments are strongly encouraged to be most efficient seeing patients. However, if you are a patient of the Primary Care Physicians at The Clinic, walk-ins are acceptable. Please note wait times may vary.

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

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

Can I use the hospital of my choice?

Yes.

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

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

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

Not at this time.

Can I get my blood testing done at The Clinic?

Most routine lab testing can be done at The Clinic.

WHY WAIT?



**REPLACE ANXIETY
AND UNKNOWN
WITH COMFORTING
CARE AND
CONFIDENCE.**

Need help caring for a loved one? Find confidence in the care at CC Young – the welcoming senior living community located across from White Rock Lake and known for top-rated assisted living and memory support. With two distinctive residences to choose from, The Vista – a contemporary nine-story assisted living residence and health care center – or the cozy Hillside apartments, there are options to fit any budget. When looking for an assisted living residence, you can depend on CC Young being here for you.

Contact us to find out which assisted living option is right for you.

Visit ccyoung.org or call 214-380-0225 for more information.