

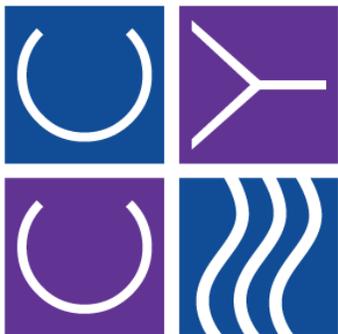
Active Senior

Lifestyle

Guide

NOVEMBER 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



Heidi Fessler
Wellness
Instructor
hfessler@ccyoung.org
214-828-3473



Jennifer Griffin
Vice President,
Engagement
jgriffin@ccyoung.org
214-841-2903



Ann Sury
Wellness
Instructor
asury@ccyoung.org



Aaron Schmidt
Life Enrichment
Director,
Independent
Living
aschmidt@ccyoung.org
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 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

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:

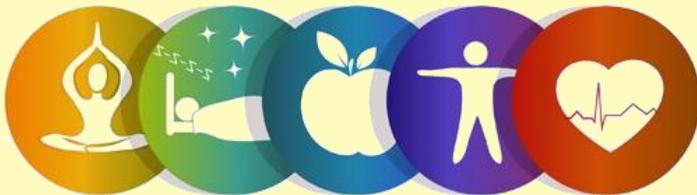
- A customized certificate will be created for the recipient to present for payment at the time of services.
- Payment for the gift certificate is to be made at the time of purchase.
- Contact Brian or Angela to purchase certificates.

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.





VETERANS DAY

HONORING ALL WHO SERVED

*CC Young celebrates all who served
With events this month!*

November 1 – November 23
***The Lieutenant Colonel
Kent L. Shields Wall Of Honor***
Art Gallery in The Point

Monday, November 8
Veterans Day Guest Speaker
10:00am in The Point Auditorium
Dr. Mike Williams of Dallas Baptist University will present "America's First Band of Brothers: George Washington and the Continental Army"

Tuesday, November 9
Veteran Spouses Tea
(by invitation only)
3:00pm in 4833/ Conley's
Special Tea for the Spouses of Resident Veterans.

Wednesday, November 10
Tour of Patriot Paws
9:00am Depart The Point
Patriot Paws is service dog training center for wounded Veterans.

Thursday, November 11
Veteran Breakfast (by invitation only)
8:30am in Conley's in The Overlook
This special event is for Resident Veterans Only.

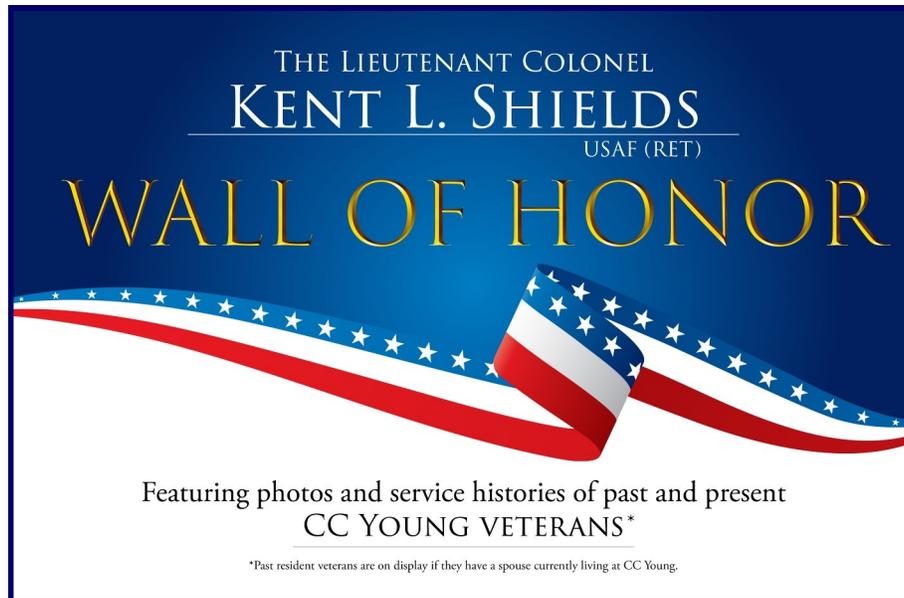
Thursday, November 11
Veterans Day Flag Ceremony
3:00pm in Central Park
All residents invited to this annual ceremony that honors Resident Veterans.

Friday, November 12
Movie Matinee: Last Flag Standing
2017, 2h 4min.
1:30pm in The Point Theater
Limited Seating
Three Vietnam-era veterans travel together up the east coast on a mournful personal mission: to hold an appropriate burial for Doc's only child, who perished in the opening stages of the Iraq invasion.

CC YOUNG HONORS RESIDENT VETERANS

NOVEMBER ART GALERY SHOW

Monday, November 1 - Tuesday, November 23, 2021



THE LIEUTENANT COLONEL
KENT L. SHIELDS
USAF (RET)

WALL OF HONOR

Featuring photos and service histories of past and present
CC YOUNG VETERANS*

*Past resident veterans are on display if they have a spouse currently living at CC Young.



Kent L. Shields, USAF (RET)
CC Young's CEO & President: Jul. '11 - Jul. '13

Morrison
LIVING

November

Special Dining Events

Friday, Nov. 5
Travel The World
Home for the Holidays
Conley's

Friday, Nov. 12
"A Meal in the Life"
Native American
Thomas Dining Room

Wednesday, Nov. 24
Thanksgiving Brunch

Wednesday, Nov. 10
3:00pm on Ch. 81
Teaching Kitchen featuring
Superfood: Cranberries

Friday, Nov. 19
America the Beautiful
Chinatown in San Francisco
Asbury Dining Room

Center for Breast Care



The UTSW Mobile Mammography Unit will be on Campus

Friday, December 3
8:00am – 3:00pm

Open to CC Young Residents and Staff

Please call 214-645-2560 and have your insurance card ready to pre-register for an appointment.

Guidelines for mammograms:

- Annual screenings are recommended for women beginning at age 40.
- UT Southwestern Medical Center accepts most major insurance plans. Please check with your health insurance provider to see if UT Southwestern is in their network.
- The UTSW Mobile Mammography Unit is designed for routine screenings. If you have any breast problems, please consult your physician.
- Patient must wear a mask. Patient will wait in the dressing room until called by the technologist.
- All areas will be sanitized in between patients.
- Please wait 4-6 weeks after your COVID vaccination for your screening mammogram.

NOVEMBER 2021 SCHEDULE

Tuesday, Nov. 2
Amazon Prime: Getting the Most out of Amazon
9:30am–11:30am

Thursday, Nov. 4
Android and the Chrome App (Internet)
9:30am–11:30am

Monday, Nov. 8
Find Stuff with Google Searches
1:30pm–2:30pm

Tuesday, Nov. 9
Shopping Online: Groceries, Clothes, and Other Stuff
9:30am–11:30am

Thursday, Nov. 11
Facebook App (Facebook on Mobile Devices)
9:30am–11:30am

Friday Nov. 12
SRTECH FREE COACHING FRIDAYS
10:00am–12:00pm
Come & Go for computer & technology questions

Tuesday, Nov. 16
Navigating Ridesharing
9:30am–11:30am

Thursday, Nov. 18
iPhone Text Messages “Must Know” Skills
9:30am–11:30am

Tuesday, Nov. 23
iPad Tips and Tricks - Getting the Most out of your iPad
9:30am–11:30am

Tuesday, Nov. 30
Productivity using the iPhone (Calendar, Reminders, and Alarms)
9:30am–11:30am

*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, November 2

6:30pm

All Saints Service

Join the Senior Life Ministry team in remembering and honoring those who have passed away in the last year and the impact their lives have had on us.

Thursday, November 4

10:00am

Punkin' Chunkin'

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

Friday, November 5

1:30pm

Movie Matinee

Coco

2017, 1h 45m, PG

Animated Film

SUNDAY, OCTOBER 31



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.**



Thursday, November 4

10:00am

Punkin' Chunkin'

Cove Parking Lot

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

MONDAY, NOVEMBER 1

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
9:30am -11:00am  Trip to Kroger Sign-up at The Point. Transportation will pick-up in front of your building.	
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	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, NOVEMBER 2

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 SeniorTech Class Amazon Prime: Getting the Most out of Amazon	Computer Lab In-Person
9:45am-10:15am Strength & Stretch	Fitness Center In-Person
10:30am-11:00am Chair Pilates	Fitness Center In-Person
1:30pm - 2:30pm CC Young'Uns Rehearsal	Auditorium In-Person
1:00pm-3:00pm Water Color Basics Class Maximum 7 people per class. Sign up at The Point.	White Rock In-Person
3:00pm - 3:30pm Sit & Get Fit	Fitness Center In-Person
 6:30pm - 7:30pm All Saints Day Service Join the Senior Life Ministry team in remembering and honoring those who have passed away in the past year.	Auditorium In-Person

WEDNESDAY, NOVEMBER 3

8:15am-8:45am Chair Aerobics	Fitness Center In-Person
9:00am - 9:30am Balance Class	Fitness Center 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 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 Deepening Our Connection: Fellowship, Word and Study with Rev. Sanford	Aud. North In-Person
2:00pm-3:00pm Asbury Conversation Conversations with building residents and department heads.	Asbury Barr Room 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, NOVEMBER 4

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 Android and the Chrome App (Internet)	Computer Lab In-Person
9:45am - 10:15am Strength & Stretch	Auditorium In-Person
10:00am - 10:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center In-Person
10:00am - 10:45am PUNKIN' CHUNKIN' Watch as teams made of CCY Staff compete in different challenges by tossing pumpkins from The Cove balcony!	Cove Parking Lot In-Person
 10:00am - 11:00am Knotty Knitters	Flagpole Hill In-Person
10:30am - 11:00am Chair Pilates	Auditorium S. In-Person
3:00pm - 3:30pm Sit & Get Fit	Ch. 81 Broadcast 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.	Auditorium

FRIDAY, NOVEMBER 5

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

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

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

 1:30pm - 3:00pm Theater
Movie Matinee In-Person
Coco, 2017, PG 1h 45m

SATURDAY, NOVEMBER 6

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

MOVIE MATINEE



This Week's Movie
Coco

2017, 1h 45m, PG

**Friday, November 5
at 1:30pm**

In Disney Pixar's vibrant tale of family, fun and adventure, an aspiring young musician named Miguel embarks on an extraordinary journey to the magical land of his ancestors. There, the charming trickster Héctor becomes an unexpected friend who helps Miguel uncover the mysteries behind his family's stories and traditions.

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

THIS WEEK'S
HIGHLIGHTS

Sunday, November 7

9:30 and 11:00am

All Saints Services

Monday, November 8

10:00am

**Veterans Week Guest Speaker
Dr. Mike Williams of
Dallas Baptist University**

Tuesday, November 9

3:00pm

Veterans Spouses Tea

By Invitation Only Event

Wednesday, November 10

9:00am

IL Trip: Patriot Paws

A service dog training center for wounded veterans. Sign up at The Point.

Thursday, November 11

8:30am

Veterans Breakfast in Conley's

Special meal for Resident Veterans.
(Invitation Only Event)

Thursday, November 11

3:00pm in Central Park

Veterans Day Program

All residents invited to this annual ceremony that honors Resident Veterans.

Friday, November 12

1:30pm

Movie Matinee

Last Flag Standing
2017, Rated R. 2h 4m

Saturday, November 13

3:30pm

Piano Concert

Gustavo Romero Returns!

SUNDAY, NOVEMBER 7

9:30am - 10:30am Hillside Blue Chapel
✠ **Worship Service** In-Person
with Rev. Kellie Sanford
Special All Saints Service

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



Veterans Week 2021

**Monday, November 8
10:00am**

In-Person and on Ch. 81



**Guest Speaker
Dr. Mike Williams
History Professor
Dallas Baptist University**

**"America's First
Band of Brothers:
George Washington and
the Continental Army"**

Veterans Week 2021

Veterans Week 2021

Happy Hookers Volunteer Group Canceled Today

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

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

9:30am -11:00am
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

VETERANS WEEK EVENT
 10:00am-11:00am Auditorium
Guest Speaker In-Person & Ch. 81
Dr. Mike Williams of Dallas Baptist University
 “America’s First Band of Brothers:
 George Washington and the Continental Army”

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

 1:30pm - 3:30pm Computer Lab
SeniorTech Class: In-Person
 Find stuff with Google Searches

 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

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

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

9:00am - 10:00am Flagpole Hill
Total Hearing In-Person
 Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114

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

 9:30am - 11:30am Computer Lab
SeniorTech Class In-Person
 Shopping Online:
 Groceries, Clothes, and Other Stuff

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

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

1:30pm-3:30pm 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

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

VETERANS WEEK EVENT
 3:00pm - 4:00pm Conley's
Veteran Spouses Tea In-Person
 Special event. (By Invitation Only)



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

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

VETERANS WEEK EVENT

9:00am -11:00am
IL Trip: Patriot Paws
A service dog training center for wounded Veterans.
Sign-up at The Point. Pick-up at The Point.
Please wear masks.

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

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

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

2:00pm-3:00pm Conley's
Overlook Conversations In-Person
Conversations with building residents and department heads.

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: Cranberries

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

 4:00pm - 5:00pm Flagpole Hill
Alzheimer's Caregiver Support Group In-Person

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

VETERANS WEEK EVENT

8:30am- 9:30am Conley's
Veterans Breakfast In-Person
Special meal for Resident Veterans.
(Invitation Only Event)

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
Facebook App (Facebook on Mobile Devices)

9:45am - 10:15am Auditorium S
Strength & Stretch In-Person

10:00am - 10:45am Fitness Center
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 Auditorium S
Chair Pilates In-Person

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

VETERANS WEEK EVENT

3:00pm - 4:00pm Central Park
Veterans Day Program In-Person
All residents invited to this annual ceremony that honors Resident Veterans.

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



Veterans Week 2021

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

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

9:30am -11:30am Auditorium
 **Arts & Crafts with Patricia Dillingham** In-Person
 This month: Embossing Holiday Cards
 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-11:30am Pavilion
 **Cornhole 'Pick Up' Game** In-Person
 Drop in on a game or come learn how to play.

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

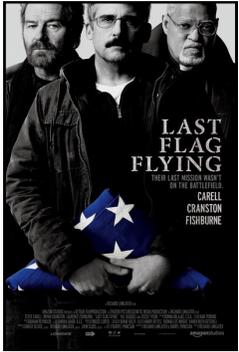
11:10am - 11:50am Fitness Center
Standing Tai Chi In-Person

VETERANS WEEK EVENT
 1:30pm - 3:30pm Theater
 **Movie Matinee** In-Person
 *Last Flag Flying*, 2017, Rated R. 2h 4m

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

3:30pm - 4:30pm Auditorium
 **Piano Concert** In-Person & Ch. 81
 International
 Pianist Gustavo Romero returns to CCY to perform classic hits!

MOVIE MATINEE



This Week's Movie
Last Flag Flying
 2017, Rated R
 2h 4m

Friday, Nov. 12
at 1:30pm

Three grizzled Vietnam-era veterans -- Doc, Sal and Mueller -- travel together up the East Coast on a mournful personal mission: to hold an appropriate burial for Doc's only child, who perished in the opening stages of the Iraq invasion.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, November 16

3:30pm

Richard Stanford Hour!

This month's book review is on *Our First Civil War: Patriots, & Loyalists in the American Revolution* by H.W. Brands

Wednesday, November 17

10:00am

CCY Auxiliary Program

Featuring "How to Organize and De-Stress for the Holidays"
Presented by Tammy O'Neil,
Professional Organizer

Thursday, November 18

10:00am

Total Hearing Presentation

Advances In Hearing Aid
Technology

Friday, November 19

1:30pm

Movie Matinee

The Song of Names
2019, PG-13 1h 53m

SUNDAY, NOVEMBER 14



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.

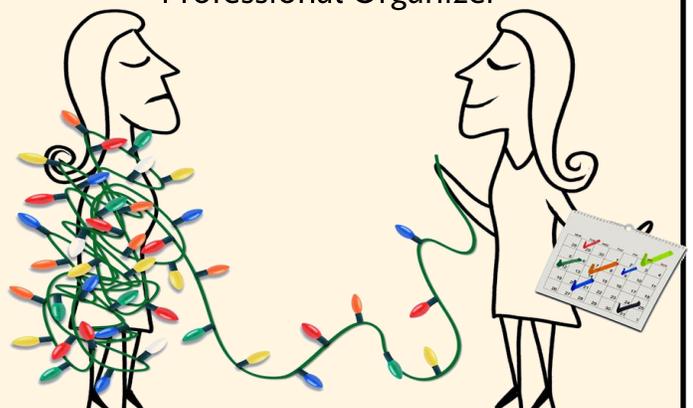


Wednesday, November 17

10:00am

CCY Auxiliary Program
"How to Organize and De-Stress for the Holidays"

Presented by Tammy O'Neil,
Professional Organizer



MONDAY, NOVEMBER 15

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 -11:00am
Trip to Kroger
 Sign-up at The Point. Transportation will pick-up in front of your building.

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.

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

TUESDAY, NOVEMBER 16

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

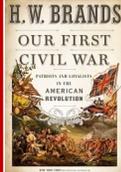
 9:30am - 11:30am Computer Lab
SeniorTech Class In-Person
 Navigating Rideshare

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

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

1:30pm-3:30pm 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

 3:30pm - 4:30pm Auditorium
Richard Stanford In-Person & Ch. 81
Hour!
 This month's book review is on
Our First Civil War: Patriots, & Loyalists in the American Revolution by H.W. Brands

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

WEDNESDAY, NOVEMBER 17

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
10:00am-11:30am CCY Auxiliary Program Featuring "How to Organize and De-Stress for the Holidays" Presented by Tammy O'Neil, Professional Organizer	Auditorium In-Person & Ch. 81
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 alterations. 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
2:00pm-3:00pm Thomas Conversations Conversations with building residents and department heads.	Thomas 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, NOVEMBER 18

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 Text Messages - Must Know Skills	Computer Lab In-Person
9:45am - 10:15am Strength & Stretch	Auditorium S In-Person
10:00am - 10:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center In-Person
10:00am - 11:00am Total Hearing Presentation Advances In Hearing Aid Technology	Auditorium N In-Person
 10:00am - 11:00am Knotty Knitters	Flagpole Hill In-Person
10:30am - 11:00am Chair Pilates	Auditorium S In-Person
2:00pm - 3:20pm Re-Broadcast of the 2021 CCY Young's Got Talent Show	Ch. 81 Broadcast
 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, NOVEMBER 19

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

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

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

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

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

 10:00am-11:30am OVR/THO "Field"
Bocce "Pick Up" Game In-Person
Drop in on a game or bring friends to play!

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

 1:30pm - 3:30pm Theater
Movie Matinee In-Person
The Song of Names, 2019, PG-13 1h 53m

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

SATURDAY, NOVEMBER 20

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

MOVIE MATINEE



This Week's Movie
The Song of Names
2019, PG-13 1h 53m

Friday, November 19
at 1:30pm

Based on the novel of the same name, this sweeping historical drama follows a man searching for his childhood best friend -- a violin prodigy orphaned in the Holocaust -- who vanished decades before on the night of his first public performance.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, November 23

10:00am

Opera Abridged

Carmen

Wednesday, November 24

1:30pm

Movie Matinee

Happy

2019, PG-13

1h 42m

Documentary

Thursday, November 25

Thanksgiving Day

SUNDAY, NOVEMBER 21



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, November 23

10:00am

The Point Auditorium

Opera Abridged!

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



By French composer Georges Bizet.
Set in Seville around the year 1830, the opera
deals with the love and jealousy.

MONDAY, NOVEMBER 22

Sit & Get Fit is Canceled Today.

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

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

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

 9:30pm -11:30pm
Trader Joe's
 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 - 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, NOVEMBER 23

Sit & Get Fit is Canceled Today.

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

10:00am - 11:30am Auditorium
Opera Abridged In-Person
Carmen, by French composer Georges Bizet.
 Set in Seville around the year 1830, the opera deals with the love and jealousy.

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

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

1:30pm-3:30pm 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 Flagpole Hill
Total Hearing In-Person
 Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114

Sit & Get Fit is 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

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

10:00am-10:30am Ch. 81
Re-Broadcast of the 2019 Gratitude-A-Polooza Parade

 10:00am-11:30am The Point Café
Wii Bowling 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 In-Person
with Linda Leonard

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

 1:30pm - 4:00pm Theater
Movie Matinee In-Person
Happy, 2019, PG-13 1h 42m. Documentary

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



NO CLASSES OR EVENTS TODAY

The Point offices will be closed.

 **Regularly scheduled classes are canceled today.**

The Point Café is Closed.

Have a Safe & Happy Holiday!



FRIDAY, NOVEMBER 26

**NO CLASSES OR
EVENTS TODAY**

**In observance of Thanksgiving
The Point offices will be closed.**

**Regularly scheduled classes
are canceled today.**

The Point Café is Closed.

Have a Safe & Happy Holiday!

SATURDAY, NOVEMBER 27

MATINEE



This Week's Movie

Happy

2019, PG-13

1h 42m

Documentary

**Wednesday, Nov. 24 at
1:30pm**

MOVIE



Happy takes viewers on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real-life stories and scientific interviews, the film explores the secrets behind our most valued emotion.

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

THIS WEEK'S
HIGHLIGHTS

Tuesday, November 30

9:30am-11:30am

**Trip to the
Walton's Garden Center**

View the Holiday décor and
visit the gift shop.

Sign-up and pickup at The
Point. Please wear masks.

Tuesday, November 30

1:00pm-2:00pm

Harris Jewelers

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

Thursday, December 2

3:00pm

DSO Trombone Ensemble

Holiday Music Concert

Friday, December 3

8:00am-3:00pm

UTSW Mobile Mammography

See pg. 6 for info.

Friday, December 3

1:30pm

Movie Matinee

God Bless the Broken Road
2018, 1h 53m, PG

SUNDAY, NOVEMBER 28



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.**



DALLAS
SYMPHONY
ORCHESTRA

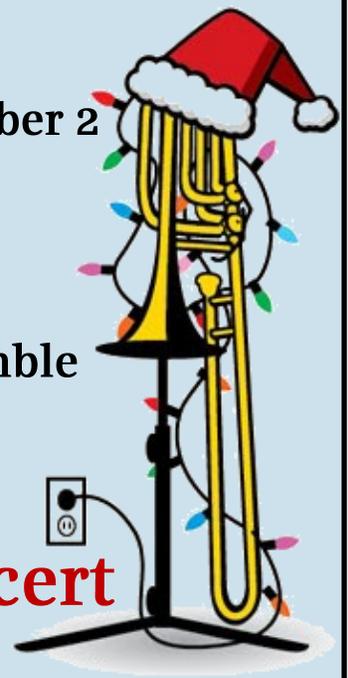
Thursday, December 2

3:00pm

Point Auditorium

Dallas Symphony Orchestra
Trombone Ensemble
Performance of

**Holiday
Music Concert**



MONDAY, NOVEMBER 29

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, NOVEMBER 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 CCY Campus News	Ch. 81 Broadcast
 9:30am - 11:30am SeniorTech Class: Productivity using the iPhone (Calendar, Reminders, and Alarms)	Computer Lab In-Person
9:30am-11:30am Trip to Walton Garden Center In-Person View the Holiday décor and visit the gift shop. Sign-up and Pickup at The Point. Please wear masks.	
9:45am-10:15am Strength & Stretch	Fitness Center 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.	
 1:00pm-2:00pm Harris Jewelers Point Lobby Repairs while you wait: Watch battery, necklace clasps and other simple repairs.	
1:30pm-2:30pm CC Young 'Uns Rehearsal	Auditorium 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

WEDNESDAY, DECEMBER 1

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
10:30am-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	Ch. 81 Broadcast In-Person
4:00pm - 5:00pm Seated Tai Chi	Fitness Center In-Person

THURSDAY, DECEMBER 2

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 Special Activity Spotlight	Ch. 81 Broadcast
9:45am - 10:15am Strength & Stretch	Auditorium S. In-Person
10:00am - 10:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center In-Person
10:30am - 11:00am Chair Pilates	Auditorium S. In-Person
 3:00pm - 4:00pm Bible Study Led by Resident Marilyn Hodge	Flagpole Hill In-Person
 3:00pm - 4:00pm DSO Trombone Ensemble Holiday Music Concert	Auditorium In-Person
4:00pm - 5:00pm Independent Living Happy Hour Beer, Wine & Appetizers.	Auditorium

FRIDAY, DECEMBER 3

8:00am–3:00pm Central Park
UTSW Mobile Mammography
See pg. 6 for info.

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.

9:45am-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

 1:30pm - 3:30pm Theater
Movie Matinee In-Person
God Bless the Broken Road 2018, 1h 53m, PG

3:30pm - 5:00pm Thomas
Thomas Monthly Social In-Person

SATURDAY, DECEMBER 4

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

MOVIE MATINEE



This Week's Movie
God Bless the Broken Road
2018, 1h 53m, PG

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

This faith-based drama centers on a young mother widowed by war, whose belief in God is put to the test as she struggles to raise her 9-year-old daughter and save the family home from foreclosure.

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

An Attitude of Gratitude: The Game Changer...

Brian Parman
Director The Point & Pavilion
November 2021



A photo memory popped up on my Facebook account reminding me of the two year anniversary of a major milestone for my family – the purchase of our first home here in East Dallas

It was a whirlwind experience from first entertaining the idea of “what if” to the actual day of the big move. The research, the big purge, two closings (a sale and a purchase), the move itself, and then the ongoing process of getting settled and nesting. Whew! Looking back, I’m amazed at all we accomplished in a short amount of time. It was truly by the grace of God that things lined up the way they did in order for everything to fall into place to make our dream become a reality.

Flash forward: The past two years have looked a lot different than I would have ever imagined. No doubt we all experienced some level of fear, anxiety and depression over the pandemic. Each of us had the opportunity to take stock of how we spend our time, who we spend our time with and what truly makes us happy. After decades of studies on depression, modern science now tries to understand the mechanism of happiness. By studying people’s “happiness level” around the world, researchers have identified that happy people live better. They are more productive, in better health, and live longer!

By studying identical twins, scientists have discovered that our happiness level is due to our genes. This “Genetic Set Point” accounts for 50% of our happiness. Work, money, social status, health - all combined only account for 10% of our happiness. The remaining 40% comes from intentional daily actions that we take to improve our happiness level. The science of happiness is not just about just thinking, but positive action as well.

This month we will be screening the 2011 feature documentary “Happy” that explores the meaning of human happiness through interviews with people from all walks of life in 14 different countries, whose lives illustrate the newest findings of positive psychology.

We have also planned an encore screening of the 2021 CC Young’s “Got Talent Show.” Hats off to each of the cast members who took a risk and made themselves vulnerable by putting themselves out there to make others smile. Mission accomplished!!

As November is officially known as Gratitude Month, we will also air an encore presentation of the first Gratitude-A-Palooza Parade held here on our campus in 2019. I’ve been inspired recently to keep a gratitude journal inspired by the artwork in this article. What are you grateful for this season?

It bears repeating: An attitude of gratitude...is a game changer!

What Does It Mean to Be Grateful?

Gratitude isn't just in our head: It takes root in our heart and in our senses, for one beautiful moment...and then the next. Here are three ways to practice gratitude, from a.m. to p.m.

<https://www.mindful.org/what-does-it-mean-to-be-grateful/>



What does it mean to be grateful? Thankfully, it doesn't mean convincing yourself of some bogus notion that everything's fine and dandy. Living your life with gratitude means choosing to focus your time and attention on what you appreciate. The goal is not to block out difficulties, but to approach those difficulties from a different perspective. Appreciation softens us. It soothes our turbulent minds by connecting us with the wonderfully ordinary things, great and small, that we might otherwise take for granted.

Go ahead and take gratitude for a spin right now. Think of anything at all in your life that you can feel thankful for: that driver who yielded when you realized you were in the wrong lane, the fact that the sun rose this morning, any quality in yourself that you admire. When you're thankful, how does your body respond? Is there a sense of lightness? Tingling? Warmth? In what way does expressing gratitude change your outlook? Might there be a connection between gratitude and happiness?

Gratitude can help us see that not everything is terrible—not all the time, anyway. Practicing gratitude can keep our hearts open to the tenderness in our daily experiences. There are so many things to be grateful for. Take trees, for example. Trees freely provide fruit and shelter and even offer themselves as climbing gyms for the young, the old, and what-the-heck-are-you-thinking-get-down-from-there Nana! The wild kingdoms of plants and animals are exuberant, colorful, and extravagant. We are surrounded by abundance and yet mindlessly whirl into automatic pilot, losing sight of life's nourishing wonders.

The same is true of people. Have you ever picked up someone else's socks, or held a door open for a stranger, or let someone else have the remote? When no one bothers to thank you, how does it feel? And who do you fail to thank? Remember: Offering our appreciation to one another is a powerful way to strengthen and even repair emotional bonds. Try it. It's free.

Offering our appreciation to one another is a powerful way to strengthen and even repair emotional bonds. As we cultivate greater appreciation for what is around us, we can include being thankful for what's inside of us. We can delight in and feel grateful for our own unique talents and strengths. Perhaps you have a knack for making people laugh, or for being an astute listener. Or maybe you can thank yourself for just getting out of bed and making it through the day. We can be grateful that we have a heart, a mind, and the wisdom to know how to live with kindness and compassion.

HERE ARE SOME SIMPLE GRATITUDE TIPS THAT YOU CAN TRY STARTING RIGHT NOW:

1. **Say "thank you!"** Who doesn't want to be appreciated for their efforts? Saying thanks can be a gift, and one that feels pretty good, too!
2. **Remember what you appreciate most.** When you're feeling low, take a moment and write down some things that spark gratitude in you, like:
 - The pleasure of the spring sun
 - A stirring piece of music or art
 - A delicious or nutritious meal
 - A child's laughter, a stranger's sweet smile, a shared moment of joy
3. **Pay attention to your emotions.** Describe in as much detail as possible how your body feels when you express gratitude. Which emotions accompany these bubbly feelings? What kind of thoughts do you notice? When you begin to turn more frequently toward the things you appreciate, the world increasingly opens to reveal that there is always some small thing for which you can be grateful.



Crews News!

By Russell Crews
President and CEO
November 2021

We concluded October with many CCY team members attending the 17th Annual Economic Summit held by the Greater East Dallas Chamber of Commerce. Based on information shared there, it's safe to say the DFW metroplex, and specifically East Dallas, is leading the pandemic rebound with increased population growth, increased building permits, increased planning/growth, and general optimism. CC Young is no different in that our census is increasing and we are offering new services such as our Hospice General In-Patient and OSHER Lifelong Learning with the University of North Texas. These are all reasons for optimism as we look forward to 2022.

I am happy to share with you another reason for excitement and optimism on our campus. We are moving forward with finishing the new space for The Clinic at CC Young which will be in The Vista, ground level, across from the Wood Shop. Architectural plans are being finalized and we are applying for a building permit to proceed. We do not have a timeline from the city on the approval process; however, once that permit is approved, we can move forward with construction. Our internal team will be in charge of the construction project which will save us money and aggravation not having to deal with outside contractors.

Flu vaccine clinics were completed at the end of October. COVID-19 booster clinics and staff are being scheduled through the first two weeks of November.

With all these news combined, there is definitely reason for excitement and optimism on our campus! Thank you for your continued support!



Village Update

By Jen Griffin
Vice President, Engagement
November 2021

I am stunned it's November and this year is almost over. Are you?

As with every year end, we have an opportunity to look back and assess where we've been. This year I choose to focus on gratitude. I am literally grounding myself with gratitude that we are where we are after the journey we've been through.

We continue to see articles everywhere about the social, spiritual and emotional impact of the pandemic. One common thread is that the pandemic forced us to slow down, be still, redefine and reposition our priorities. What really matters? Where should we spend our energies? How do we define our worth? How do we make an impact? Those are all questions that have festered as a result of restricted activity. Are there more questions, thoughts, and inspirations you've had in the last months? This is a good time of year to summarize those thoughts and feelings as we launch the new year.

Looking forward, I can see a brighter future ahead of us. By the end of November, those who choose it will have received their annual flu shot and the COVID-10 vaccine booster. We will have celebrated Thanksgiving – perhaps with more family than last year. We will soon be celebrating Christmas and New Year. And then, we move on to 2022 which is shaping up to be the perfect year to celebrate our centennial! Yes, indeed! Brighter days are ahead of us with a big year already planned!

Word of the day/week/month/year: Gratitude!



Happy Anniversary

November Resident Anniversaries

11 Years

Patsy Diggs

8 Years

Ed Hubbuch

10 Years

**Helen Vodicka
Alex Mason**

6 Years

Rita Allen

9 Years

**Ted Searcy
Nelwyn Davis
Judy Carter**

5 Years

**Mary Gilhooly
Dorothy Everts
Joan Jackson
Wynette Moore**

November 2021

First Name	Last Name	Location	Date
Sarah	Franklin	Overlook	3
Linda	Webb	Asbury	3
Patsy	Horick	Vista	6
Margaret	Cohen	Adult Day Stay	6
Harold	Smith	Adult Day Stay	6
Suzanne	Lane	Vista	7
Don	Collins	Overlook	7
Marzelle	Parish	Overlook	7
Mary	Ballantyne	Vista	8
James	Thompson	Vista	8
Mary	Johnson	Overlook	8
Robert	Morrison	Vista	9
Nick	Cranfill	Asbury	10
John	Marston	Thomas	10
Joan	Shively	Hillside	10
Charles	Orand	Vista	11
Lowrance	Hodge	Overlook	11
Pat	Rogers	Thomas	11
Neil	Bledsoe	Adult Day Stay	13
Harold	Horne	Vista	14
Nancy	Webb	Thomas	14
Joy	Crow	Hillside	15
Ann	Gass	Overlook	16
Amy	Lindsley	Overlook	16
Michele	Luce	Vista	17
Harry	Mason	Overlook	18
Lanny	Perkins	Vista	19
James	Tullos	Vista	21
Kathleen	O'Donnell	Overlook	22
Peggy	Evans	Adult Day Stay	22
Patti	Brown	Vista	24
Linda	Jackson	Vista	24
Ann	Conley	Vista	24
MaryEllen	Getty	Overlook	24
Virginia	Nolte	Asbury	24
Jo	Winton	Vista	25
Anna	Chaney	Vista	26
Bob	Jones	Vista	26
Shirley	Cooper	Hillside	26
Gibb	Matlock	Thomas	27
Tracy	Cooper	Adult Day Stay	27
Flora	Paul	Vista	28
William	Barker	Thomas	29
Betty	Blackwell	Asbury	29
Sharon	Bullock	Vista	30
Ted	Searcy	Thomas	30
Dorothy	Temple	Asbury	30

Resident Birthdays

November Team Birthdays

<u>Employee Last Name</u>	<u>Employee First Name</u>	<u>Birthdate</u>	<u>Department</u>
Leguizamo	Dolores	1	EVS Housekeeping
Williams	Felisha	2	HC Nursing
Miller	Christine	2	Resident Services
Michael	Khalilah	3	HC Nursing
Jones	Arreaona	3	HC Nursing
Mays	Lisa	4	Umpress Terrace
Swaby	Doreth	4	Home Services
Agbodeka	David	4	EVS Maintenance
Steen	Theodore	6	Dining Services
Valadez	Brandy	6	Assisted Living
Trigg	Stephanie	7	Rehab Therapy
Buis	Lindsey	7	Rehab Therapy
Haworth	Jennifer	7	Dining Services
Lemus	Maximina	7	HC Nursing
Brigham	Yvonne	8	HC Nursing
Cole	Anna	9	HC Nursing
Tunde	Helene	11	Memory Support
Hawkins	Jennifer	12	HC Nursing
White	Carleen	13	Assisted Living
Martinez	Oscar	13	EVS Maintenance
Chua	Marie	13	Rehab Home Health
Galaw	Fikirte	14	HC Nursing
Weber	Rachel	14	Dining Services
Benson	Jennifer	15	Resident Services
Baur	Maegan	15	Sales
Fiedler	Jared	15	Rehab Therapy
Vangeison	Mark	16	Pastoral
Potts	Shyna	16	Business Office
Williams	Rondi	19	HC Nursing
Salas	Ma Del Carmen	19	EVS Housekeeping
Madkins	Dawn M	20	Hospice
Whiteside	Christel	20	Administration
Pasha	Maria	21	Dining Services
Diaz	Cindy	21	EVS Housekeeping
Wade	Eboni	21	Dining Services
Griffin	Jennifer	22	Community Outreach
Guzman	Alondra	23	Dining Services
Okeowo	Adeola	27	HC Nursing
Brown	Laquita	28	HC Nursing
Grant	Sherwanda	29	Home Services

Celebrate November Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Caroll S Dodd	11/1/2019	2	Rehab Therapy
Damia Qualls	11/1/2019	2	Rehab Therapy
Hillary Schahuber	11/1/2019	2	Rehab Therapy
Jaci S Rivas	11/1/2019	2	Rehab Therapy
Jared Fiedler	11/1/2019	2	Rehab Therapy
Jason A Moffett Jr	11/1/2019	2	Rehab Therapy
Jeremy Morgan	11/1/2019	2	Rehab Therapy
Kristen Qualls	11/1/2019	2	Rehab Therapy
Leslie Thomas	11/1/2019	2	Rehab Home Health
Lindsey Buis	11/1/2019	2	Rehab Therapy
Lori Sanders	11/1/2019	2	Rehab Therapy
Victor I Morrow	11/1/2019	2	Rehab Therapy
Abel O Mabeya	11/2/2020	1	HC Nursing
Rosalind C Harley	11/2/2020	1	Assisted Living
Sherica S Gilliam	11/2/2020	1	HC Nursing
Brittany Schahuber	11/4/2019	2	Rehab Therapy
Celina Borjon	11/4/2019	2	Rehab Therapy
Christel Whiteside	11/4/2019	2	HC NSG Administration
Georgia Kiriakos	11/4/2019	2	Rehab Therapy
Ireneo Candela Jr	11/4/2019	2	Rehab Therapy
Jair A Lopez	11/4/2019	2	EVS Housekeeping
Kelsi S Smith	11/4/2019	2	Rehab Therapy
Lynne Lee	11/4/2019	2	Rehab Home Health
Nirav Purohit	11/4/2019	2	Rehab Therapy
Rachel B Korodan	11/4/2019	2	Rehab Therapy
Sirena Wallace	11/4/2019	2	Rehab Home Health
Stephanie D Trigg	11/4/2019	2	Rehab Therapy
Elizabeth Smith	11/5/2018	3	Hospice
Kevin M Wells	11/6/2017	4	Sales
Lacresha D Jamison	11/9/2020	1	HC Nursing
LaDerek P Bell	11/9/2020	1	Dining Services
Jocelyn Alonso	11/10/2018	3	Dining Services
Mirella Delgado Toledo	11/16/2020	1	EVS Housekeeping
Leyepea Zuo	11/17/2003	18	Memory Support
Muti O Olumakin	11/17/2020	1	HC Nursing
Ana Castillo	11/18/2015	6	Dining Services
Benice Achoronye	11/18/2019	2	HC Nursing
Chris G Jackson	11/18/2019	2	Rehab Therapy
Marguerite Murerwa	11/18/2015	6	Memory Support
Richard L McDavid	11/18/2019	2	EVS Maintenance
Hyrene Onchwari	11/19/2014	7	HC Nursing
Alondra Guzman	11/20/2017	4	Dining Services
Mary M Nyamanya	11/20/2017	4	HC Nursing
Mariama P Sow	11/23/2020	1	Dining Services
Maria Cecilia Rauschuber	11/27/2017	4	Administration
Genet K Hailu	11/30/2020	1	Home Services
Tojuade S Ayoola	11/30/2020	1	EVS Housekeeping



Top things to know about the Day of the Dead

History

Day of the Dead originated several thousand years ago with the Aztec, Toltec, and other Nahua people, who considered mourning the dead disrespectful. For these pre-Hispanic cultures, death was a natural phase in life's long continuum. The dead were still members of the community, kept alive in memory and spirit—and during Día de los Muertos, they temporarily returned to Earth.

Altars

The centerpiece of the celebration is an altar, or *ofrenda*, built in private homes and cemeteries. These aren't altars for worshipping; rather, they're meant to welcome spirits back to the realm of the living. As such, they're loaded with offerings—water to quench thirst after the long journey, food, family photos, and a candle for each dead relative. Decorated with **The calavera Catrina**, skulls that represent “*Todos somos calaveras*,” a quote that means “we are all skeletons.” Underneath all our manmade trappings, we are all the same.

Food of the dead

You work up a mighty hunger and thirst traveling from the spirit world back to the realm of the living. At least that's the traditional belief in Mexico. Some families place their dead loved one's favorite meal on the altar. Other common offerings: *Pan de muerto*, or bread of the dead, is a typical sweet bread (pan dulce).

Costumes

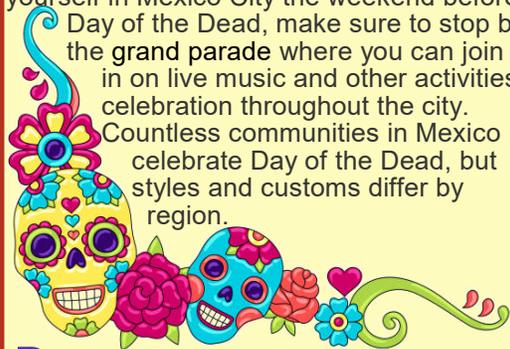
Day of the Dead is an extremely social holiday that spills into streets and public squares at all hours of the day and night. Dressing up as skeletons is part of the fun. People of all ages have their faces artfully painted to resemble skulls, and, mimicking the calavera Catrina, they don suits and fancy dresses. Many revelers wear shells or other noisemakers to amp up the excitement—and also possibly to rouse the dead and keep them close during the fun.

Day of the Dead today

Día de los Muertos is more popular than ever—in Mexico and, increasingly, in Texas and abroad. The most authentic celebrations take place in Mexico. If you find yourself in Mexico City the weekend before

Day of the Dead, make sure to stop by the grand parade where you can join in on live music and other activities in celebration throughout the city.

Countless communities in Mexico celebrate Day of the Dead, but styles and customs differ by region.

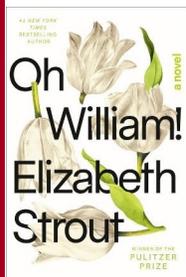


15 of the Best Fall Books of 2021 to Cuddle Up With

<https://www.oprahdaily.com/entertainment/books/g23284908/best-fall-books/>

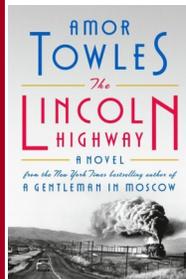
Oprah Daily

When fall comes and the days grow shorter, there's nothing more comforting than a warm blanket and a good book—maybe even a woody candle or two. So, as the trees change colors, swap out your summer reading list for the best fall books of both past and present.



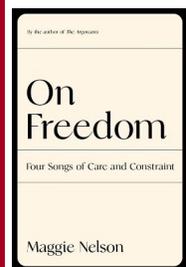
Oh William! By Elizabeth Strout

The Pulitzer Prize-winning OBC author reprises her literary avatar, Lucy Barton, in this radiant—if melancholy—contemplation of marriage, mortality, and love's complexities. After Lucy's second husband, David, dies following a short illness, she grows closer to her first husband, William, whom she'd left years ago when she'd learned of his affairs.



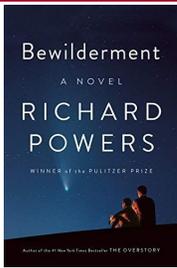
The Lincoln Highway by Amor Towles

The astonishingly versatile author of *Rules of Civility* and *A Gentleman in Moscow* returns with an American picaresque destined to become a classic. After 18-year-old Emmett is released from juvenile detention following the death of his father, he rejoins his young brother, Billy, on the family's Nebraska farm. When the farm is foreclosed on, the pair heads west to find their long-lost mother.



On Freedom by Maggie Nelson

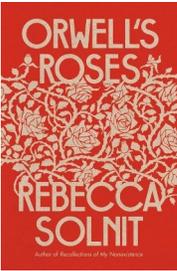
Few books in the past half-decade have been as indelible as Nelson's *The Argonauts*, a moving work of memoir-cum-cultural-criticism. Nelson returns with a volume of literary philosophy that's no less blazing: provocative essays about the “felt complexities” and “patient labor” of personal and political liberation.



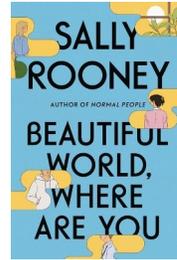
Bewilderment by Richard Powers
This novel decodes why many of us feel despair when considering the state of our world. Humane, angry, and utterly gorgeous, the tale of Theo Byrne, a recently widowed astrobiologist, and his 9-year-old son, Robin—who’s on the spectrum—is set in the near future, and climate change is wreaking havoc.



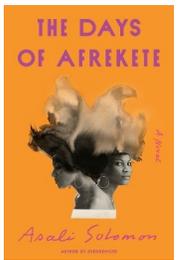
Several People Are Typing by Calvin Kasulke
For many of us who’ve spent the last year and a half working from home meet Gerald, whose consciousness is abruptly uploaded into the chat app’s server, a digital purgatory he must traverse as his bumbling coworkers deal with desk-side trysts and a PR nightmare.



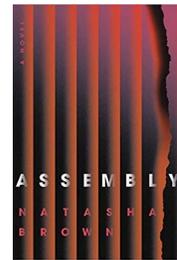
Orwell’s Roses by Rebecca Solnit
George Orwell influenced Solnit, so she travels to a small village in England where Orwell once lived to learn more about his intellectual and literary trajectory. The resulting volume is at once an ode to trees, gardens, and especially roses—all of which Orwell cultivated with a passion—and a contemplation of authoritarianism, resistance, pleasure, and the world.



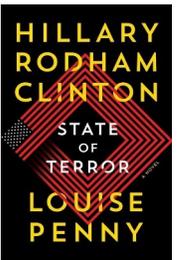
Beautiful World, Where Are You by Sally Rooney
An astute mosaic of maturity’s messiness at a time when humanity feels increasingly doomed. Rooney follows the romantic entanglements of four millennials, in an earnest examination of the things that make life worth living: art, romance, sex, and friendship.



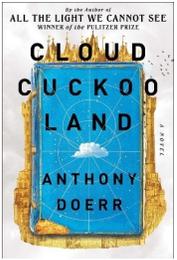
The Days of Afreketé by Asali Solomon
Liselle and Selena meet as students at Bryn Mawr, in part drawn together because they are two Black women at a mostly white college. A couple of decades later, Liselle is married to a white male politician who’s about to be indicted by the FBI—and she can’t stop thinking about Selena.



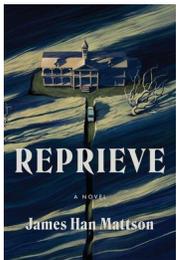
Assembly by Natasha Brown
Every line of this electrifying debut about a Black female banker in Britain navigating the blindingly white worlds of finance and her boyfriend’s family, pulses with canny social critique. Brown’s excoriates the old-money obsession and laments how her own social mobility both betrays and was made possible by the people of color who came before her.



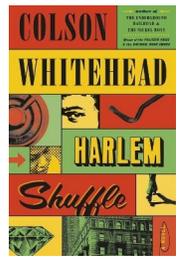
State of Terror by Hillary Rodham Clinton and Louise Penny
A new president appoints his political foe to be secretary of state. Ring any bells? For this global suspense novel informed by details only an insider could know, Rodham Clinton and bestselling mystery novelist Penny (friends in real life) teamed up to produce an intricate, fast-paced pulse-pounder in which—wait for it—it’s left to women to save the world.



Cloud Cuckoo Land by Anthony Doerr
Two spirited teenagers ensnared in the 1453 siege of Constantinople, a distraught young man in present-day Idaho, a restless girl locked away on a spacecraft centuries in the future: all orbit a vanished ancient manuscript, seeking meaning from a parable about a city beyond the clouds.

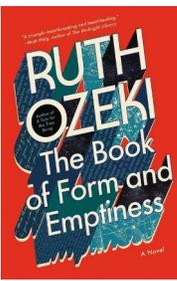


Reprieve by James Han Mattson
Prepare for the goosebumps that await in this murder mystery set inside a full-contact escape room run by a one-percenter. Sharp as a razor’s edge, Mattson’s second novel follows a group of participants trying to survive the brutal game—among them a teenage film geek, a gay international student, and a disgruntled hotel manager. But



Harlem Shuffle By Colson Whitehead
After back-to-back Pulitzers what does this preeminent novelist do for an encore? Set in Manhattan at the dawn of the 1960s, Whitehead’s exuberant new tale stars Ray Carney, a furniture salesman, whose petty-criminal cousin lures him into a jewelry heist.

Mattson’s devious trick is in revealing America itself as a topsy-turvy house of horrors.



The Book of Form and Emptiness by Ruth Ozeki
Ozeki’s playful origami of a novel illuminates the inner life of Benny, a biracial adolescent who loses his musician father and slips into a psychotic fugue as his mother grapples with her own burdens.



The Morning Star by Karl Ove Knausgaard
In the late-summer skies over Norway a glowing orb appears like a biblical omen: Is it a supernova or the birth of a nearby star? Knausgaard’s indelible characters—a sketchy journalist and his nurse spouse; a middle-aged priest who doubts the existence of God; a troubled family tamping down its own wildfires—confront the universe’s mysteries amid their own soul-struggles.



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.

All Saints Service
Tuesday, November 2
6:30pm

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



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, November 17
2:00pm–3:00pm**

Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver Support Group at CC Young
Wednesday, November 10 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.

**2nd Tuesday of every month
9:00am – 11:00am at The Point
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!

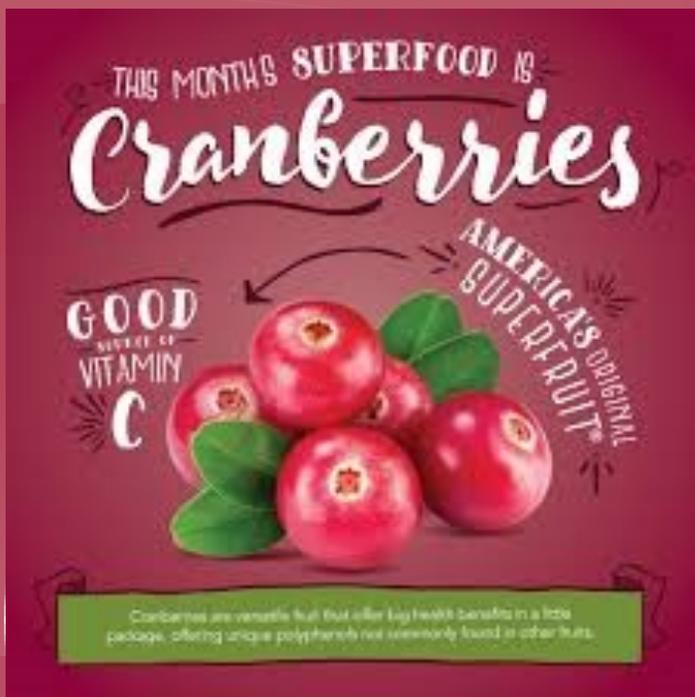
DID YOU KNOW...

Morrison
LIVING

- Cranberries are the superfood of the month! They are America's Original Superfruit® and one of only three fruits native to North America that are cultivated and sold in the United States.
- Cranberries grow on low-lying vines in bogs or marshes. When they are ready to be harvested in the fall, the bogs are filled with water and the cranberries float to the top to be scooped up. Cranberries float because they have four air chambers.
- Cranberries are a versatile fruit that offers big health benefits in a little package, offering unique polyphenols not commonly found in other fruits. A serving of fresh cranberries are a good source of vitamin C and fiber.
- Cranberries contain nutrients called PACs (pronounced "packs" or Proanthocyanidins) that play a role in helping to maintain urinary tract health.
- Want to switch things up? Yes, you cran! Use cranberry juice cocktail in salad dressings or combine with seltzer for a fruity spritzer. Mix dried cranberries into whole grain side dishes such as quinoa, bulgur and brown rice, or use cranberry sauce or juice to create a marinade for chicken or meat.
- Cranberries are easy and convenient to use in any form, making them a perfect fit for sweet and savory meals and recipes any time of day. You can find dried and frozen cranberries, along with cranberry juice and sauce year-round.



SUPERFOOD CRANBERRIES



Try a Cranberry Recipe

MINI GRILLED CHEESE APPETIZERS WITH CRANBERRY CARAMELIZED ONION DIP

 Prep Time: 10 minutes

 Cook Time: 10 minutes

 Servings: 8 mini grilled cheese & 1/2 pint dip



INGREDIENTS

For the Grilled Cheese:

1/4 cup Ocean Spray® Craisins® Original Dried Cranberries or 50% Less Sugar

1/2 cup mild cheddar, grated

1/2 cup gruyere cheese, grated

1 pat butter, unsalted

4 slices Brioche, thick cut slices

1 teaspoon Dijon mustard

For the Cranberry Caramelized Onion Dip:

1 yellow onion, small

1 tablespoon lemon juice

1/2 tablespoon lemon zest

2 cloves garlic (or roasted garlic)

1 cup Ocean Spray® Craisins® Original Dried Cranberries or 50% Less Sugar

Salt and pepper, to taste

1 tablespoon butter, unsalted

1/2 tablespoon soy sauce

1/2 tablespoon tomato paste

1 cup vegetable stock

DIRECTIONS

For the Grilled Cheese Appetizers:

Dice Ocean Spray Craisins®, and mix with cheeses in small bowl.

Spread butter on both sides of bread. Spread mustard on two slices of bread and top with cheese mixture. Close sandwiches and cook in dry skillet over medium heat - press down occasionally.

Cook until cheese melted, about 4 minutes per side. Cut into 2 inch squares and serve with Cranberry Caramelized Onion Dip.

For the Cranberry Caramelized Onion Dip:

In dry skillet, sauté onions over medium heat until translucent.

In medium mixing bowl, combine all remaining ingredients. Add this mixture to the skillet, folding it into the onions. Bring to a low boil and let simmer until most liquid is gone. When roughly 2 tablespoons of liquid remain, remove from heat and mix in blender. Blend until smooth, roughly 1-2 minutes. Remove from blender and sieve until smooth.

Set in refrigerator to cool and serve cold.

Optional/Chef's Tip: Roasted garlic adds a layer of complexity. While onions are sautéing, slice the top of a whole bulb of garlic and place in a preheated (375F) oven, with the outer layers still intact. Allow to roast for 10-15 minutes, remove from oven carefully, and squeeze two cloves or roasted garlic into the sauce. Squeeze the remainder of the cloves to store for later or mix with equal parts butter to create roasted garlic butter for later use.

For more recipes visit:
<https://www.oceanspray.com/Recipes>

Active Life Style

2021 Walk to End Alzheimer's on the CCY Campus was held Oct. 5th.





2021 Blessing of the Animals



Sail on White Rock Lake



The Happy Hookers Crochet Group has been busy this year, creating over 100 mats for from recycled grocery bags!





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



My Name _____

Winners from CC Young!

THAT PRECIOUS MOMENT CALLED NOW

Now is a very special time.
Now is when everything is done.
It lasts for a certain time, then there is a new, fresh Now.
You live with this every day.
That precious moment called Now.

Think of it as if you were writing your life story,
Writing with a pen onto paper.
A fountain pen, ink supply contained inside.
Ink flows from the pen to the paper, then rapidly dries.
When it flows onto the paper is Now.
That precious moment called Now.

The ink that has dried on the paper is your life history,
Everything you have ever done, said, or thought.
Everything, good or bad, that has ever happened to you.
All your *I'm Glad I Dids* and all your *I Wish I Hads*.
Never has been another life history like yours.
Never will be another life history like yours.
A permanent record of your very special life until Now.
That precious moment called Now.

You are writing that history all day, every day.
The Now moment keeps moving as the ink flows.
The dried ink on the paper is your recorded past.
The ink sloshing around inside the pen is your unknown future.
In your head is your dim vision of that future.
Between your past and your future lies Now.
That precious moment called Now.

That moment is about a second when writing your history.
But you are not writing your history, you are living your life.
For that, the same general rules apply, the past is your life
up to Now and your future is still undetermined.
You can't live in the past and you can't live in the future.
Between your past and your future is the present, which is today.



Bill McMillin
3rd Place Winner
for his Poem
“That Precious Moment
Called Now”

One day, today, is the new precious moment,
That special time when everything is done.
That precious moment called Now.

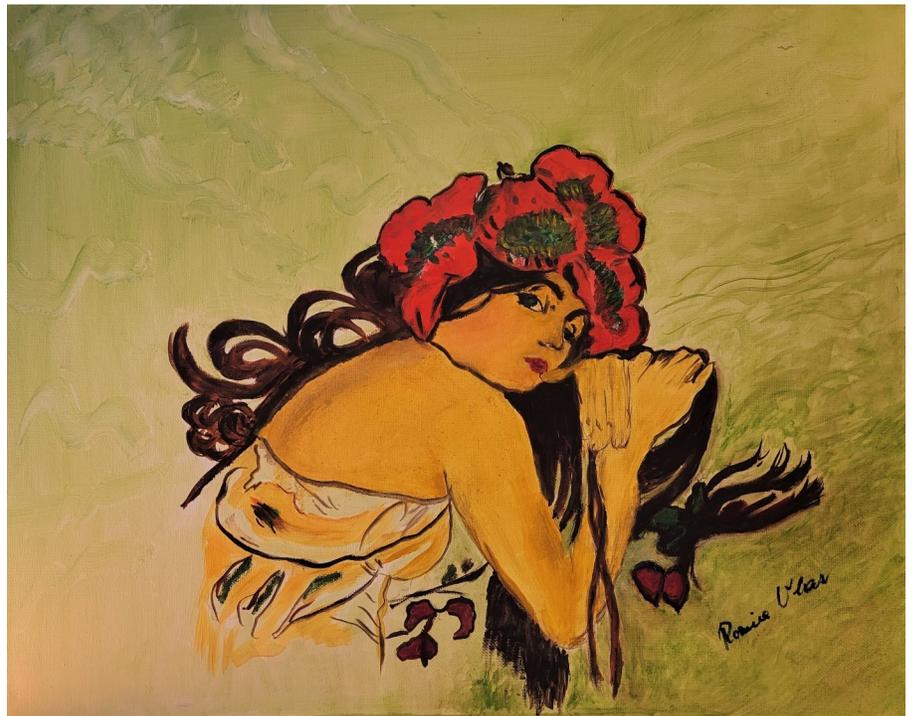
Is a whole day a precious moment?
That's not the question.
What part of your lifetime does a day represent?
Yes, a day is a precious moment of your lifetime.
In that precious moment you deserve to be living a full, rich life.
A life filled with the adventure of being alive.
No looking back mournfully into your past.
No looking forward to the shadowy future,
But focused on the joy of another day,
To enjoy all it has to offer,
To take all the steps you need to move confidently into that future,
And to do all this today, Now.
That precious moment called Now.

Bill McMillin
August, 2021

Congratulations!



**Rozina Vlasimsky
3rd Place Winner
In Master Works entry
for her Painting
“The Nymph”**





CC Young and Daphne Lee invite you to **Technology Classes**

Join us for classes including:

- **Apple** iPhone, iPad, and Watch
- All things **Android**
- Online Shopping
- Privacy and Security
- Microsoft Office
- Apple iWork
- ... and so many more.



CC YOUNG
THE POINT & PAVILION

I specialize in teaching mature adults how to use technology. I offer many classes in iPhone/iPad and Android smartphones and tablets. Classes include:

Apple iPhone, iPad, and Apple Watch

Introduction to iPhone
Introduction to iPad
Apple Watch – Basic
Apple Watch – Advanced
Apple Siri
Apps
iPad Tips and Tricks
iPhone Tips and Tricks
Calendar, Contacts, and Reminder Apps
Clock Feature
Entertainment (Music, TV, and Streaming)
Facebook
iCloud
iMessage (Texting)
Internet Connections and Safari
Making the Holidays Fun with iPhone Photos
Overdrive and Libby (Library Books Apps)
Photos – Advanced
Photos – Basic
Podcasts
Shopping (Groceries, Goods, and Meals)
Uber, Lyft, Go Go Grandparent, other Ridesharing Apps

Additional Classes

Social Media: Facebook, Twitter, Instagram
Amazon Prime
Online Shopping
Online Privacy
Google Search and Google Apps
Streaming TV Shows and Movies
Navigating Google's Gmail
Apple iWork Suite: Pages, Numbers, and Keynote
Google Chromebook Computer Classes
Windows Computer Classes
Microsoft Office: Word, Excel, and PowerPoint

Android

Introduction to Android
Android Apps
Android Tips and Tricks
Messages (Texting)
Calendar, Contacts, and Phone Apps
Photos – Advanced
Photos – Basic
Clock Feature
Podcasts
Internet Connections and Safari
Google Cloud (Google Drive)
Shopping (Groceries, Goods, and Meals)
Making the Holidays Fun with Android Photos
Entertainment (Music, TV, and Streaming)
Using Overdrive and Libby (Library Books Apps)
Uber, Lyft, Go Go Grandparent, other Ridesharing Apps



Daphne Lee
Technology Instructor

I am happy to answer any questions;
please call me at **214-841-2818**.

I look forward to seeing you in class.

I've been
vaccinated!

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.