



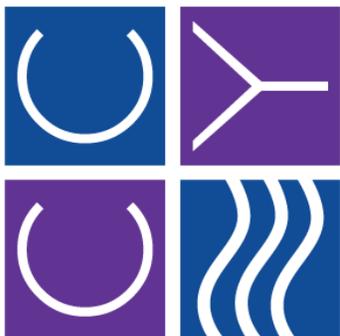
Active Senior

Lifestyle **Guide**

JUNE 2022



CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922



Meet The Team!



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 Point & Pavilion
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 972-755-3260



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 Instructor
 hfessler@ccyoung.org
 214-828-3473



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 Point & Pavilion
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 Volunteers
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 Instructor
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KEY:

- Ch. 80 Campus Info
- Ch. 81 Broadcast= Event and Program Station
- Res & PM Only= event/class is open to CCY residents & Point Members only.
- Resident Only= event/class is open to CCY residents only.

ABOUT OUR COVER

2022 marks the 100th anniversary of CC Young! That means 100 years serving seniors!

Just imagine the monumental events that have occurred in the last 100 years. From technology and healthcare to culture, fitness and the economy, CC Young has been along for the ride.

Each month in 2022 the Lifestyle Guide will showcase moments and information from the last 100 years!

This month we highlight

100 Years of Movies and TV !

From the invention of moving pictures and silent films to advancements in technology and 3D animation **Movies and TV** have changed greatly over the last 100 years.

Stay tuned for more special events throughout 2022 as we celebrate the 100th anniversary of CC Young!

The Point hours of operation
7:00am – 9:00pm
Open 7 days a week.



THE POINT AND PAVILION

Our 20,000 square foot center of life enrichment is the cornerstone for CC Young's vision to enhance the lives of seniors on our campus and in our community. The Point is a destination for ages 55 and better to flourish in body, mind and spirit.

The Point includes an art gallery, auditorium, movie theater, fitness center, library, café, meeting and classroom space.

The Point offers a full calendar of enriching activities, workshops, courses, concert performances, a rotating art exhibit and much more.

The Pavilion and Central Park serve as our outdoor entertainment area and gathering space. It is the perfect place to relax, spend time with family members, fellow residents, dine, read, or enjoy one of our many special events.



OUR MISSION

To foster premier environments where every life at every age is valued and enriched.

OUR VISION

To enhance the quality of life for all we serve.



Pamper Yourself with a Massage Today!



**Licensed Therapist
Cate Cloft**
LMT, CMTPT, BCTMB, MT
124317

972-755-4259
calmcatemassage@att.net

Pricing For Residents, Point Members and Staff :
\$65 / 60min and \$95 / 90min
Pricing For General Public :
\$80 / 60min and \$110 / 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



CCY Transportation

Sign up at The Point
Shopping Trips (pick up at each building)
Hillside Village: Wednesdays at 9:15am
Kroger: Fridays at 9:15am

Trader Joe's: Thursday, May 12 at 1:30pm
Walmart: Thursday, May 26 at 1:30pm

To book an individual trip call 214-841-2946
or email transportation@ccyoung.org

CCY Transportation Resident Only.



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. Mike Nichols
Liturgist: Mark Vangeison
Pianist: James Anthony
Trumpeter: John Gould

Sundays at 9:30am
Hillside Blue Chapel
In-person limited seating.
Masks required.

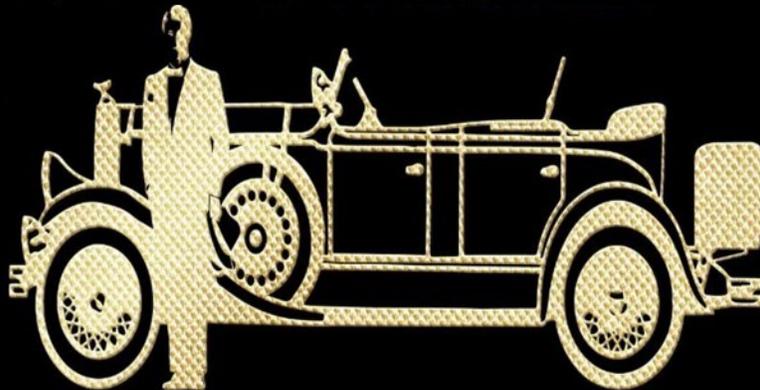
Sundays at 11:00am
Point Auditorium. Broadcast Live On Ch. 81
All Welcome!

Contact Senior Life Ministry
Rev. Mike Nichols: 469-400-2858
mnichols@ccyoung.org

The Roaring
TWENTIES

Please join us as we step back in time to the 1920's...
when CC Young was first chartered.

You will enjoy an evening of
live music by The Singapore Slingers,
scrumptious eats, casino games and more.



Come & Go Event!
Pick a Night to attend
Thursday, June 9 or Friday, June 10
5:00pm to 8:00pm in The Point

Sign up at The Point by June 3!





**Tuesday , June 14
2:30pm at The Point
Death on the Nile
Movie Party!**

(2022) Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search.

Join us for Agatha Christie themed fun!
Sign up required. Sign up in The Point!

**Thursday, June 23
9:30am**

**George Bush
Presidential Library**

Tickets are \$19 each, billed to your room. Bring additional money for lunch at Café 43.

Sign-up at The Point.
Pick-up at The Point.

Caregivers Improvisation Workshop

Presented by

STOMPING GROUND

COMEDY THEATER

in partnership with Alzheimer's Association of Greater Dallas



Monday, June 27, 2022

9:30am-11:30am

The Point at CC Young

Join us for a fun and informative workshop that blends therapeutic techniques and improvisational comedy games to help caregivers cultivate ease, joy, and flexibility in their relationships.

Refreshments Provided

CEU Credits Available by
 **SENIORS BlueBook**
RESOURCES FOR AGING WELL

Residents & Point Members: Sign up at The Point
All others email: RSVP@ccyoung.org



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

The Art Gallery in The Point

Saturday, May 28 – Sunday, July 31



Silent Poetry

by CC Young Resident
Ruby McLeod

"Painting is silent poetry. Poetry is painting that speaks." Plutarch

**Meet The Artist
Program & Reception**
Thursday, June 16
3:00pm



 **CC YOUNG**
THE POINT & PAVILION

JUNE 2022

SENIOR TECH SCHEDULE

Thursday, June 2
What is a Podcast and
How do I get one?
9:30am–11:30am

Tuesday, June 7
iPhone Photos
1:30pm–3:00pm

Thursday, June 9
Setting up Medical ID and Emergency
Contacts on your iPhone
9:30am–11:30am

Fridays, June 10 & June 24
Tech Coaching Fridays
10:00am–12:00pm
Come & Go for computer &
technology questions

Tuesday, June 14
Streaming TV Shows, Movies
and Music
9:30am–11:30am

Thursday, June 16
Online Shopping
9:30am–11:30am

Tuesday, June 21
iPhone/iPad Texting
9:30am–11:30am

Tuesday, June 28
Amazon Alexa - News to Music,
Jokes and More
9:30am–11:30am

Thursday, June 30
Apple iPhone/iPad Tips and Tricks
9:30am–11:30am

All Classes are held in **The Point Technology Lab**
*NOTE: Limited Seating! Call to reserve your spot.

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

Come Prepared! Know your:

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

Residents & Point Members Only!
Class size is limited to 8 people.
Call 214-841-2831 for more info.



NEW STARTING IN JUNE 2022



Vista Rehab Pool

Aquatics Classes

With Aquatics Instructor, Katie Jackson
Open to Resident and Point Members

Open Swim

Mon., Wed., Thurs., Fri.

9:00am– 11:00am

Mon., Wed., Fri.

1:00pm-3:00pm

Water Walking Class

Mondays

3:00pm-4:00pm

Tuesdays

9:00am– 11:00am

Aqua Flow Class

Tuesdays

2:00pm-2:45pm

Aquacise Class

Tuesdays

3:00pm-3:45pm

Aqua Boot Camp

Wednesdays and Fridays

3:00pm-4:00pm

Aquatics 101

Must attend this class prior to any other class or swim time.

**First Friday of each month
9:00am**

Call 972-638-8795 to sign up for classes or open swim time.

THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

Daily News rebroadcast
daily at 9:22am and
6:22pm

Tuesday, May 31

2:15pm

IL Movie Outing!

Downton Abbey at The
Studio Movie Grill!
Limited Spots! Signup at
The Point.

Wednesday, June 1

5:00pm – 8:30pm

Rejebian Book Review Series at HPUMC

This Week: Dave Lieber:
Searching for Perot.
Limited bus spots! Sign up
at The Point.

Friday, June 3

1:30pm

Movie Matinee

The Great Gatsby
2013, PG-13, 2h 23m

SUNDAY, MAY 29



9:30am - 10:30am
Worship Service
with the Senior Life
Ministry Team

Hillside Blue Chapel
Resident Only



11:00am - 12:00pm
Worship Service
with the Senior Life
Ministry Team

Auditorium and
Ch. 81 Broadcast



REJEBIAN

Book Review Series at
HPUMC
Wednesdays in June

Limited bus spots!
Sign up at The Point.
Residents Only.
Dinner at 5:30 for \$13.
(pay cash or check on upon arrival)
Review at 7:00pm.

Wed, June 1– Dave Lieber
Wed, June 8– Nancy Ashley
Wed, June 15– David McCloskey
Wed, June 22– Dana Harkey
Wed, June 29– Mary Roberson

MONDAY, MAY 30



**No scheduled events.
The Point Café and Staff Offices
are Closed.**

**The Point is open 7am-9pm.
The Fitness Center, Art Gallery,
Library and Game Zone
are available for your enjoyment!**

**Regular programming resumes on
Tuesday, May 31!**

TUESDAY, MAY 31

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only

2:15pm - 5:00pm Resident Only
IL Movie Outing!
Downton Abbey at The Studio Movie Grill!
Limited Spots! Signup at The Point.

3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
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Armchair Travel Ch. 81 Broadcast
7:00pm-7:45pm: Gone with the Wynns
8:00pm-8:30pm: Tripped with Tim and Fin

WEDNESDAY, JUNE 1

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
 See page 10 for more info.

 9:15am -11:00am Resident Only
Shopping Trip to Hillside Village
 Sign-up at The Point. Pick-up in front of your building.

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

 9:45am - 11:00am Flagpole Hill
Senior Scribblers
 Share & listen to written stories. All Welcome!

Games Zone The Cafe

 9:30am-11:30am
 Open Game time: Play Billiards, Ping Pong, Shuffle Board, Wii, Chess or board games!
 All Welcome to Drop in on a game!

2:00pm- 3:00pm Computer Lab
Acting Fun - Discover Res. & PM Only
Your STAR Quality with Linda Leonard!

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

5:30pm - 6:15pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

 5:00pm - 8:30pm Resident Only
Rejebian Book Review Series at HPUMC
 This Week: Dave Lieber: *Searching for Perot*.
 Dinner at 5:30 for \$13. Review at 7:00pm.
 Limited bus spots! Sign up at The Point.

THURSDAY, JUNE 2

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
 What is a Podcast and How do I get one?

9:45am - 10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:00am - 10:45am Hillside
Thriving with Parkinson's (AL) Multipurpose room
 A workout designed for Resident Only
 Parkinsonians.

 10:00am - 11:00am Flagpole Hill
Knotty Knitters
 Knit scarves & hats and socialize! All Welcome!

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

11:00am - 11:45am Fitness Center
Thriving with Parkinson's Res. & PM Only
 A workout designed for Parkinsonians.

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

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

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

4:00pm - 4:45pm Fitness Center
24 Step Tai Chi Res. & PM Only
Yang Style Traditional Tai Chi

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

7:00pm-8:00pm Auditorium
Dallas County Pioneers
 Program: *Peak Family - Original Owners of Much of Current East Dallas Area.*

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

Daily News rebroadcast at 9:22am and 6:22pm

Monday, June 6

7:00pm

Table Talk! Resident Conversations

Featuring Lee & Janet Dettra
Ch. 81 Broadcast

Tuesday, June 7

1:00pm

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

All Welcome!

Tuesday, June 7

3:30pm

Overlook Social

The Point Auditorium

Wednesday, June 8

11:00am

**Drumba Returns with
instructor Jill Beam**

Thursday, June 9 or

Friday, June 10

**CCY Centennial Celebration!
20's theme party**

More Info on pg. 5:

SUNDAY, JUNE 5

9:30am - 10:30am
 **Worship Service
with the Senior Life
Ministry Team**

Hillside Blue Chapel
Resident Only

11:00am - 12:00pm
 **Worship Service
with the Senior Life
Ministry Team**

Auditorium &
Ch. 81 Broadcast

Back by popular demand!

DRUMBA



Beginning Wednesday
June 8, 2022 at 11:00am
Drumba with **Jill Beam**
returns to The Point!

MONDAY, JUNE 6

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

9:30am - 11:00am Auditorium
 **Happy Hookers**
Volunteer Group (aka Bag Ladies)
 Crochet plastic grocery bags into sleeping mats. All Welcome!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

 **Chess Club** The Café
 12:30pm-2:30pm
 All Welcome!

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 3:00pm - 4:30pm Auditorium
BUNCO
 Come out for fun and prizes! All Welcome!

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

 7:00pm-7:45pm Ch. 81 Broadcast
Table Talk! Resident Conversations
 Tune in to learn new things about your fellow residents. Featuring Lee & Janet Dettra.

NEW
 7:00pm - 8:00pm Fitness Center
Monday Night Social Res. & PM Only
Dance Club
 Learn a variety of dances taught by internationally recognized dancer, instructor, and choreographer, Ben De Le Vega and Miss Kim

TUESDAY, JUNE 7

Fellowship, Word and Bible Study Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

9:00am - 11:00am Auditorium
In-Door Cornhole Tournament
 16 players will compete to be the 2022 Spring Cornhole Champ! Sign up at The Point. All Welcome!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

1:00pm - 2:00pm Auditorium
Volunteer Projects:
For the Love of the Lake
 Prepare supplies for volunteer cleanup. All Welcome!

 1:30pm - 3:00pm Technology Lab
SeniorTech Class: Res. & PM Only
 iPhone Photos and more!

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

NEW DAY & TIME

3:00pm - 5:00pm Whiterock
 **Arts & Crafts with** Res. & PM Only
Patricia Dillingham
 This month's craft: Acrylic Painting on China
 Limited Spots! Sign up at The Point.

 3:30pm - 4:30pm Point Auditorium
Overlook Social Resident Only

WEDNESDAY, JUNE 8

Seated Tai Chi Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
See page 10 for more info.

 9:15am -11:00am Resident Only
Shopping Trip to Hillside Village
Sign-up at The Point.
Pick-up in front of your building.

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

 9:45am - 11:00am Flagpole Hill
Senior Scribblers
Share & listen to written stories. All Welcome!

 10:00am-11:30am Point Cafe
Rummikub "Pick Up" Game
Drop in on a game or bring friends to play!
All Welcome!

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

Back by popular demand!

11:00am-12:00pm Fitness Center
Drumba with Jill Beam! Res. & PM Only

2:00pm- 3:00pm Computer Lab
Acting Fun - Discover Res. & PM Only
Your STAR Quality! with Linda Leonard

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 4:00pm - 5:00pm White Rock
Alzheimer's Caregivers
Support Group
All Welcome!

 5:00pm - 8:30pm Resident Only
Rejebian Book Review Series at HPUMC
This Week: Nancy Ashley: *Genius of Place*.
Dinner at 5:30 for \$13. Review at 7:00pm.
Limited bus spots! Sign up at The Point.

5:30pm - 6:15pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.

7:00pm - 9:00pm Flagpole Hill
Dallas Story Tellers Guild Monthly Meeting
All Welcome!

THURSDAY, JUNE 9

Happy Hour & Tai Chi Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Technology Lab
SeniorTech Class: Res. & PM Only
Setting up Medical ID and
Emergency Contacts on your iPhone

9:45am - 10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:00am - 10:45am Hillside
Thriving with Parkinson's (AL) Multipurpose Rm.
A workout designed for Resident Only
Parkinsonians.

 10:00am - 11:00am Flagpole Hill
Knotty Knitters
Knit scarves & hats and socialize! All Welcome!

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

11:00am - 11:45am Fitness Center
Thriving with Parkinson's Res. & PM Only
A workout designed for Parkinsonians.

 1:30pm -2:30pm Resident Only
Shopping Trip to Trader Joe's
Sign-up at The Point.
Pick-up in front of your building.

2:00pm - 4:00pm **The Clinic (Vista)**
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings and hearing
screenings. Book Appointment: 214-987-4114

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

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

CCY Centennial Celebration!

5:00pm - 8:00pm (Come & Go)

20's Theme Party

Enjoy an evening of live music by The
Singapore Slingers, scrumptious eats, casino
games and more. Sign up at The Point or at
receptionist@ccyoung.org.

Tai Chi Canceled Today

 8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

 9:00am-9:30am Pavilion
Walking Club!
Get your heart pumping and with a campus walk!
All Welcome!

9:15am -11:00am Resident Only
Shopping Trip to Kroger
Sign-up at The Point. Transportation will
pick up in front of your building.

 **Spanish Classes** Flagpole Hill
9:30am-10:30am:Beginners Res. & PM Only
For students with little to no prior Spanish
10:40am-11:40am:Intermediate
For Prior Spanish Students.
Not sure which class is for you? Try them both!

 **Wii Bowling** The Caf e
10:00am-11:00am
Open Play!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

 10:00am-12:00pm Technology Lab
Free Coaching Fridays Res. & PM Only
Come and Go for Technology Questions

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.

CCY Centennial Celebration!
5:00pm - 8:00pm (Come & Go)
20's Theme Party
Enjoy an evening of live music by The
Singapore Slingers, scrumptious eats, casino
games and more. Sign up at The Point or at
receptionist@ccyoung.org.

The Point is open 7am-9pm.

Enjoy Open Play in The Point
Game Zone!

Billiards, Ping Pong and
Shuffle Board are available
any time for all to play!



Point Members welcome back to
CC Young!
If you're looking to get plugged in in
more ways, consider volunteering!

We have the need for a topical small
group discussion leader, dominoes
playing, bunco group leading,
to name a few!

If interested, contact
Elena Jeffus at 214-273-9653 or
ejeffus@ccyoung.org

Thank you!

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

Daily News rebroadcast at 9:22am and 6:22pm.

Monday, June 13

4:00pm

Monthly Musical Entertainment

Singer and Pianist Bill Cobb will showcase jazz standards, sing-a-longs, patriotic, classics and gospel. All Welcome!

Tuesday, June 14

2:30pm

Special Movie Matinee

Death on The Nile
2022, PG-13, 2h 7m

Limited Spots: Sign up required.

Wednesday, June 15

2:00pm

Gay 101

Presented by Robert Emery from the Coalition for Aging LGBT. All Welcome!

Thursday, June 16

3:00pm

Meet-the-Artist Reception

Featured Artist:

CCY Resident Ruby McLeod
All Welcome!

Friday, June 17

1:30pm

Movie Matinee

Funny Girl

1968, G, 2h 45m

SUNDAY, JUNE 12

9:30am - 10:30am
✠ **Worship Service
with the Senior Life
Ministry Team**

Hillside Blue Chapel
Resident Only

11:00am - 12:00pm
✠ **Worship Service
with the Senior Life
Ministry Team**

Auditorium and
Ch. 81 Broadcast



Wednesday, June 15

10:00am-11:00am

Gay 101

A safe space to learn about the
LGBT+ community.

Presented by Robert Emery (He, Him)
from the Coalition for Aging LGBT.

All Welcome!

MONDAY, JUNE 13

Tai Chi Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

9:30am - 11:00am Auditorium



Happy Hookers Volunteer Group (aka Bag Ladies)

Crochet plastic grocery bags into sleeping mats. All Welcome!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.

3:00pm - 3:45pm Fitness Center
Sit & Get Fit Res. & PM Only



3:00pm - 4:00pm The Café

Domino "Pick-Up" game

Drop in and play a game or learn how to play.
All Welcome!

4:00pm-5:00pm Auditorium
Singer and Pianist Bill Cobb
Bill's repertoire contains jazz standards, sing-a-longs,
patriotic, classics and gospel. All Welcome!

7:00pm - 8:00pm Fitness Center
**Monday Night Social
Dance Club** Res. & PM Only

Learn a variety of dances taught by internationally
recognized dancer, instructor, and choreographer,
Ben De Le Vega and Miss Kim

TUESDAY, JUNE 14

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only



9:30am - 11:30am Technology Lab
SeniorTech Class: Res. & PM Only
Streaming TV Shows, Movies and Music

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only



SPECIAL EVENT!

2:30pm - 5:00pm Theater

Movie Matinee

Death on The Nile

2022, PG-13, 2h 7m

All Welcome! Sign up at The
Point.



3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

NEW DAY

3:30pm-4:30pm Theater

Fellowship, Word and Bible Study

All Welcome

WEDNESDAY, JUNE 15

Drumba & Tai Chi Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
 See page 10 for more info.

 9:15am -11:00am Resident Only
Shopping Trip to Hillside Village
 Sign-up at The Point. Pick-up in front of your building.

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

 9:45am - 11:00am Flagpole Hill
Senior Scribblers
 Share & listen to written stories. All Welcome!

Games Zone The Cafe

 9:30am-11:30am
 Open Game time: Play Billiards, Ping Pong, Shuffle Board, Wii, Chess or board games!
 All Welcome to Drop in on a game!

2:00pm- 3:00pm Computer Lab
Acting Fun - Discover Res. & PM Only
Your STAR Quality with Linda Leonard!

2:00pm-3:00pm White Rock
Alterations by Dallas Dry Cleaning

 2:00pm-3:00pm Auditorium
Gay 101
 A safe space to learn about the LGBT+ community. Presented by Robert Emery (He, Him) from the Coalition for Aging LGBT. All Welcome!

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

5:30pm - 6:15pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

 5:00pm - 8:30pm Resident Only
Rejebian Book Review Series at HPUMC
 This Week: David McCloskey: *Damascus Station*. Dinner at 5:30 for \$13. Review at 7:00pm. Limited bus spots! Sign up at The Point.

THURSDAY, JUNE 16

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Technology Lab
SeniorTech Class: Res. & PM Only
 Online Shopping

9:45am - 10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:00am - 10:45am Hillside
Thriving with Parkinson's (AL) Multipurpose Rm.
 A workout designed for Resident Only
 Parkinsonians.

 10:00am - 11:00am Flagpole Hill
Knotty Knitters
 Knit scarves & hats and socialize! All Welcome!

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

11:00am - 11:45am Fitness Center
Thriving with Parkinson's Res. & PM Only
 A workout designed for Parkinsonians.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 3:00pm - 4:00pm Auditorium
Meet-the-Artist Reception
 Featured Artist:
 CCY Resident Ruby McLeod
 All Welcome!

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

4:00pm - 4:45pm Fitness Center
24 Step Tai Chi Res. & PM Only
Yang Style Tradition Tai Chi.

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

FRIDAY, JUNE 17

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only



9:00am-9:30am Pavilion
Walking Club!
Get your heart pumping and with a campus walk!
All Welcome!



9:15am -11:00am Resident Only
Shopping Trip to Kroger
Sign-up at The Point. Transportation will pick up in front of your building.



Spanish Classes Flagpole Hill
9:30am-10:30am:Beginners Res. & PM Only
For students with little to no prior Spanish
10:40am-11:40am:Intermediate
For Prior Spanish Students.
Not sure which class is for you? Try them both!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only



Wii Bowling The Café
10:00am-11:00am
Open Play!

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

11:10am - 11:50am Fitness Center
Standing Tai Chi Res. & PM Only

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.



1:30pm - 3:30pm Theater
Movie Matinee - All Welcome!
Funny Girl
1968, G, 2h 45m

SATURDAY, JUNE 18

9:00am-12:00pm Auditorium
Lake Highlands/ White Rock Lake
Democrats Monthly Meeting
All Welcome!

The Point is open 7am-9pm

Enjoy Open Play in The Point
Game Zone!

Billiards, Ping Pong and
Shuffle Board are available
any time for all to play!

MOVIE MATINEE



This Week's Movie

Funny Girl

1968, G, 2h 45m

Friday, June 17
at 1:30pm

Director William Wyler's classic musical tells the story of legendary Ziegfeld Follies comedienne Fanny Brice (Barbra Streisand, in an Oscar-winning role), an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband (Omar Sharif) threatens to destroy their marriage. **Limited Seating. Free Popcorn and Water provided by the CC Young Auxiliary.**

THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

Daily News rebroadcast daily at 9:22am and 6:22pm.

Wednesday, June 22

10:00am

Docent Presentation: The Bush Library

Presented by CCY Resident and Bush Library Docents Judith Banes and Joan Jackson.

Wednesday, June 22

2:00pm

Billiards & Shuffle Board Tournament

16 players will compete to be the 2022 Spring Champs! Sign up at The Point.

Thursday, June 23

9:30am

IL Day Trip to The Bush Library

Tickets are \$19 each billed to you. Bring money for lunch at Café 43. Sign-up at The Point.

Friday, June 24

1:30pm

Movie Matinee

The Birdcage
1996, R, 1h 59m

SUNDAY, JUNE 19



9:30am - 10:30am
Worship Service
with the Senior Life
Ministry Team

Hillside Blue Chapel
Resident Only



11:00am - 12:00pm
Worship Service
with the Senior Life
Ministry Team

Auditorium and
Ch. 81 Broadcast



Monday Night Social Dance Club with Ben & Kim

Starting Mon. June 6
7:00pm in the fitness
center

Whether you are you are an enthusiastic beginner or a seasoned pro Ben & Kim are the perfect duo to help you to easily pick up couple of steps to help you feel confident and carefree out on the dance floor!
No experience required.
No rubber sole shoes.

Residents & Point Members Only!

MONDAY, JUNE 20

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

9:30am - 11:00am Auditorium

 **Happy Hookers Volunteer Group (aka Bag Ladies)**
Crochet plastic grocery bags into sleeping mats. All Welcome!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

 **Chess Club** The Café
12:30pm-1:00pm - Beginner Instruction
1:00pm-2:30pm - All Welcome!

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 3:00pm - 4:30pm Auditorium
BUNCO
Come out for fun and prizes! All Welcome!

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

 7:00pm-7:45pm Ch. 81 Broadcast
Table Talk! Resident Conversations
Tune in to learn new things about your fellow residents. Featuring Mary Gilhooly

7:00pm - 8:00pm Fitness Center
Monday Night Social Dance Club Res. & PM Only
Learn a variety of dances taught by internationally recognized dancer, instructor, and choreographer, Ben De Le Vega and Miss Kim

TUESDAY, JUNE 21

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Technology Lab
SeniorTech Class: Res. & PM Only
iPhone/iPad Texting

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 3:30pm - 4:30pm Auditorium
Ross Family Singers & Friends
CCY Resident Mary Ross invites you to hear her family and friends sing, and play piano and violin. Enjoy songs from Schubert, Brahms and Manuel de Falla.

NEW DAY

3:30pm-4:30pm Theater
Fellowship, Word and Bible Study
All Welcome

7:00pm-9:00pm Auditorium
Harmonica Organization of Texas
Monthly Meeting
All Welcome!

WEDNESDAY, JUNE 22

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
 See page 10 for more info.

9:15am -11:00am Resident Only
 **Shopping 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 Res. & PM Only

 9:45am - 11:00am Flagpole Hill
Senior Scribblers
 Share & listen to written stories. All Welcome!

 10:00am - 11:30am Auditorium
Docent Presentation: The Bush Library Resident Only
 Presented by CCY Resident and Bush Library Docents Judith Banes and Joan Jackson.

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

11:00am-12:00pm Fitness Center
Drumba! with Jill Beam! Res. & PM Only

2:00pm- 3:00pm Computer Lab
Acting Fun - Discover Your STAR Quality with Linda Leonard! Res. & PM Only

2:00pm - 4:00pm Café
Billiards & Shuffle Board Tournament
 16 players will compete to be the Champs!
 Sign up at The Point. All Welcome!

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

3:30pm-4:30pm Theater
Fellowship, Word and Bible Study
 All Welcome

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

 5:00pm - 8:30pm Resident Only
Rejebian Book Review Series at HPUMC
 This Week: Dana Harkey: *Enemy of All Mankind*. Dinner at 5:30 for \$13. Review at 7:00pm. Limited bus spots! Sign up at The Point.

5:30pm - 6:15pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

THURSDAY, JUNE 23

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:30am -1:00pm Resident Only
IL Day Trip to The Bush Library
 Tickets are \$19 each billed to you. Bring money for lunch at Café 43. Sign-up at The Point. Pick-up at The Point

9:45am - 10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:00am - 10:45am Hillside
Thriving with Parkinson's (AL) Multipurpose Rm.
 A workout designed for Resident Only Parkinsonians.

 10:00am - 11:00am Flagpole Hill
Knotty Knitters
 Knit scarves & hats and socialize! All Welcome!

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

11:00am - 11:45am Fitness Center
Thriving with Parkinson's Res. & PM Only
 A workout designed for Parkinsonians.

 1:30pm -2:30pm Resident Only
Shopping Trip to Walmart
 Sign-up at The Point. Pick-up in front of your building.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

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

4:00pm - 4:45pm Fitness Center
24 Step Tai Chi Res. & PM Only
Yang Style Tradition Tai Chi.

 4:00pm - 5:00pm Pavilion (Outdoors)
Independent Living Resident Only
Happy Hour
 Beer, Wine & Appetizers.

FRIDAY, JUNE 24

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am-9:30am Pavilion
 **Walking Club**
 Get your heart pumping with a campus walk!
 All Welcome!

9:15am -11:00am Resident Only
 **Shopping Trip to Kroger**
 Sign-up at The Point. Transportation will pick up in front of your building.

 **Spanish Classes** Flagpole Hill
9:30am-10:30am: Beginners Res. & PM Only
 For students with little to no prior Spanish
10:40am-11:40am: Intermediate
 For Prior Spanish Students.
 Not sure which class is for you? Try them both!

 **Wii Bowling** The Café
 10:00am-11:00am
 Open Play!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

 10:00am-12:00pm Computer Lab
Free Coaching Fridays Res. & PM Only
 Come and Go for Technology Questions

11:10am - 11:50am Fitness Center
Standing Tai Chi Res. & PM Only

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

 1:30pm - 3:30pm Theater
Movie Matinee – All Welcome!
 The Birdcage
 1996, R, 1h 59m

SATURDAY, JUNE 25

The Point is open 7am-9pm.

Enjoy Open Play in The Point Game Zone!
Billiards, Ping Pong and Shuffle Board are available any time for all to play!

MATINEE

This Week's Movie
The Birdcage
 1996, R, 1h 59m

Friday, June 24 at 1:30pm



Longtime lovers Armand (Robin Williams) and Albert (Nathan Lane) own a Miami drag club, but when Armand's son announces his intent to marry the daughter of a stuffy U.S. senator (Gene Hackman), the gay couple feels compelled to pass themselves off as a "normal" family in this wild farce. Also starring Dianne Wiest.

Limited Seating. Free popcorn and water provided by the CC Young Auxiliary.

M

THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

Daily News rebroadcast daily at 9:22am and 6:22pm.

Monday, June 27

9:30am

Caregivers Improvisation Workshop

Join us for a fun and informative workshop that blends therapeutic techniques and improv comedy games to help caregivers cultivate ease, joy, and flexibility in their relationships. More info on pg. 7.

Tuesday, June 28

3:30pm

Thomas Social

Friday, July 1

1:30pm

Movie Matinee

King Richard
2013, PG-13, 2h 23m

SUNDAY, JUNE 26



9:30am - 10:30am
Worship Service
with the Senior Life
Ministry Team

Hillside Blue Chapel
Resident Only



11:00am - 12:00pm
Worship Service
with the Senior Life
Ministry Team

Auditorium and
Ch. 81 Broadcast

Arts & Crafts

**Tuesdays, June 7
& July 5**

3:00pm

**Arts & Crafts with
Patricia Dillingham**

Limited Spots!
Sign up at The Point.

MONDAY, JUNE 27

Happy Hookers Volunteer Group Canceled today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

9:30am - 11:00am Auditorium
Improvisation for Caregivers
Presented by Stomping Ground Comedy Theater in partnership with Alzheimer's Association of Greater Dallas & CC Young. More info on pg. 7.

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

2:00pm - 2:45pm Fitness Center
Moving to the Beat Res. & PM Only
Low impact group exercise class.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

3:00pm - 4:00pm The Café
Domino "Pick-Up" game
 Drop in and play a game or learn how to play.
All Welcome!

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

7:00pm - 8:00pm Fitness Center
Monday Night Social Res. & PM Only
Dance Club

Learn a variety of dances taught by internationally recognized dancer, instructor, and choreographer, Ben De Le Vega and Miss Kim

5:00pm-8:00pm Auditorium
Dallas Area Fiber Artists
Monthly Meeting
All Welcome!

TUESDAY, JUNE 28

Fellowship, Word and Bible Study Canceled Today

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
Amazon Alexa - News to Music, Jokes and More

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

 3:30pm - 4:30pm Thomas
Thomas Social Resident Only

3:00pm - 5:00pm Flagpole Hill
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings and hearing screenings.
Book Appointment: 214-987-4114

WEDNESDAY, JUNE 29

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Balance Class Res. & PM Only

 9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
 See page 10 for more info.

 9:15am -11:00am Resident Only
Shopping Trip to Hillside Village
 Sign-up at The Point. Pick-up in front of your building.

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

 9:45am - 11:00am Flagpole Hill
Senior Scribblers
 Share & listen to written stories. All Welcome!

11:00am-12:00pm Fitness Center
Drumba with Jill Beam! Res. & PM Only

2:00pm- 3:00pm Computer Lab
Acting Fun - Discover Res. & PM Only
Your STAR Quality with Linda Leonard!

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

3:30pm-4:30pm Theater
Fellowship, Word and Bible Study
 All Welcome

4:00pm - 5:00pm Fitness Center
Seated Tai Chi Res. & PM Only

 5:00pm - 8:30pm Resident Only
Rejebian Book Review Series at HPUMC
 This Week: Mary Roberson: *The Splendid and the Vile*. Dinner at 5:30 for \$13.
 Review at 7:00pm.
 Limited bus spots! Sign up at The Point.

5:30pm - 6:15pm Fitness Center
Moving to the Beat Res. & PM Only
 Low impact group exercise class.

THURSDAY, JUNE 30

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only

9:00am - 9:30am Fitness Center
Floor Yoga Res. & PM Only

 9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
 Apple iPhone/iPad
 Tips and Tricks

9:45am - 10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:00am - 10:45am Hillside
Thriving with Parkinson's (AL) Multipurpose Rm.
 A workout designed for Resident Only
 Parkinsonians.

 10:00am - 11:00am Flagpole Hill
Knotty Knitters
 Knit scarves & hats and socialize! All Welcome!

10:30am - 11:00am Fitness Center
Chair Pilates Res. & PM Only

11:00am - 11:45am Fitness Center
Thriving with Parkinson's Res. & PM Only
 A workout designed for Parkinsonians.

3:00pm - 3:30pm Fitness Center
Sit & Get Fit Res. & PM Only

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

4:00pm - 4:45pm Fitness Center
24 Step Tai Chi Res. & PM Only
Yang Style Tradition Tai Chi.

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

FRIDAY, JULY 1

8:15am-8:45am Fitness Center
Chair Aerobics Res. & PM Only



9:00am-9:30am Pavilion
Walking Club
Get your heart pumping with a campus walk!
All Welcome!



9:15am -11:00am Resident Only
Shopping Trip to Kroger
Sign-up at The Point. Transportation will
pick-up in front of your building.



Spanish Classes Flagpole Hill
9:30am-10:30am: Beginners Res. & PM Only
For students with little to no prior Spanish
10:40am-11:40am: Intermediate
For Prior Spanish Students.
Not sure which class is for you? Try them both!



Wii Bowling The Café
10:00am-11:00am
Open Play!

9:45am-10:15am Fitness Center
Strength & Stretch Res. & PM Only

10:30am-11:00am Fitness Center
Chair Yoga Res. & PM Only

11:10am - 11:50am Fitness Center
Standing Tai Chi Res. & PM Only

2:00pm - 2:45pm Fitness Center
Move to the Beat Res. & PM Only
Low impact group exercise class.



1:30pm - 3:15pm Theater
Movie Matinee- All Welcome!
King Richard
2013, PG-13, 2h 23m

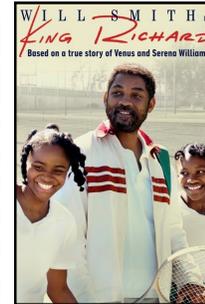
SATURDAY, JULY 2

The Point is open 7am-9pm.

Enjoy Open Play in The Point
Game Zone!

Billiards, Ping Pong and
Shuffle Board are available
any time for all to play!

MATINEE
MATINEE
MATINEE



This Week's Movie

King Richard

2013, PG-13, 2h 23m

Friday, July 1
at 1:30pm

Based on the true story that will inspire the world. Richard Williams, father of legendary tennis champions Venus and Serena Williams, shows how family and perseverance can achieve the impossible and impact the world.

Limited Seating. Free popcorn and water provided by the CC Young Auxiliary.

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You Are The Star of Your Own Movie!

Brian Parman
Director The Point & Pavilion
June 2022

My family and I booked an Alaskan Cruise to kick off our summer vacation the first week June 2019. While I had heard that this was to be a trip of lifetime, I have to admit that I had trepidations and no idea why everyone was making such a big deal about cruising to somewhere so cold! My only experience with cruising in that part of the world was watching Jack and Rose's heartbreaking goodbye as the Titanic sank in the cold arctic waters on the big screen.

We weren't half way through our first day at sea, when I recall being overcome with emotion at the sight of three orca whales dashing through the water and chasing us as we approached the inside passage. And that was just the beginning! I made the comment that "I feel like I'm in a movie" and my friend replied "Brian, **You Are The Star Of Your Own Movie!**"

I've come to realize that we are the star of our own movie but often find that we keep casting ourselves as a bit player. We do this in innumerable ways. By not asking for what we need, by not speaking our truth, by not asking for help, by not standing in our power and owning how amazing we already are.

And when I say be a "star" in your life, I'm not referring to being famous or making tons of money. Being a star means showing up in life, getting present, acting with integrity, being honest, getting vulnerable, making connections, taking the leap, being kinder, making a difference and leaning toward compassion. When you do this, not only will you be a star, but you will stop searching for people's approval – because the person's recognition you're most seeking you will have already have won - your own!

This month our team has curated a variety of experiences to help you **LET YOUR STAR SHINE** and **ENSURE YOUR SUMMER IS BLOCKBUSTER!**

The Writers Table

Have a story that you've been wanting to write or a story that you want to pitch? Senior Scribblers Writing Group is a collaborative and supportive sharing space of women and men who to do just that. No experience necessary. All are welcome!



Comedy & Improv For Caregivers

Caregiving for someone with Alzheimer's or dementia is a heavy burden with daily responsibilities that can feel overwhelming, depleting, and unappreciated. This interactive workshop you'll have fun developing a skill set that helps you communicate in new ways, understand your loved one's changing perspective, diffuse challenging behavior, and cope with the stress of it all. When you learn improv skills for caregiving, you'll worry less, laugh more, and find joy in the everyday with your loved ones.

**STOMPING
GROUND**
COMEDY THEATER



Monday Night Social Dance Party

Feeling inspired by the music and glamour from the big screen? Why not join Professional choreographer Ben De La Vega and Ms. Kim who will host dance classes every Monday night at The Point Fitness Classroom. Each week they'll teach you new steps and techniques to help you feel confident on the dance floor.

The Paint & Wardrobe Departments

We have a variety of workshops for crafty folks within the pages of the Lifestyle Guide. Water color classes, crocheting workshops and upcycling mats for the homeless out of shopping bags

Drumba

Join one of Dallas' brightest STARS The Amazing Jill Beam for this an incredible workout that combines regular or weighted Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced, intense cardio workout for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities.



Acting Fun – Discover Your Own Star Quality

We are seeking new cast members for this weekly workshop that includes table readings, creative exercises and opportunities to create original content interviewing peers throughout our community. Weekly workshops led by DFW Talent, Actress, Producer and Director Linda Leonard.

Friday Movie Matinee Screening Room

The Great Gatsby starring Leonardo DeCaprio who plays Jay Gatsby, famous for the lavish parties he throws every Saturday night, but no one knows where he comes from, what he does, or how he made his fortune.

Funny Girl This bittersweet, classic musical drama featuring the vibrant and beautiful young Fanny Brice (Barbra Streisand) starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway.

The Birdcage, a 1996 remake of La Cage Aux Folles, starring Robin Williams that would help a community to laugh once again, celebrate love, family, push social boundaries and the importance of living your truth.



Whether you plan to start your summer exploring the open road, remember "All of Life's A Stage - Be The Star Of Your Own Movie!"



Crews News!

By Russell Crews
President and CEO
June 2022

I have great news! We will welcome summer this year by reopening The Vista pool in June! See page 10 for the current class schedule.

There are several other noteworthy announcements to share this month as well:



- The Asbury's first floor and common areas are being refreshed. Furniture has been ordered and is already arriving so Asbury residents should be on the lookout as the new pieces are revealed.



- Conley's is now back to its regular hours, offering dinner 6 nights a week. The next milestone will be a formal schedule for Restaurant 4833. Then later this summer we look forward to welcoming guests back to the dining rooms.

- We have removed all the black Cisco ATA boxes in the Independent and Assisted Living residences which were required to convert our internet-based phone system to analog service. Residents can now plug their cordless analog phones directly into the wall for service.



- We have ordered a "Purple People Mover" to assist residents by transporting them from their buildings to therapy appointments in The Vista. This vehicle can be configured to carry multiple residents with wheelchairs and walkers. It will certainly ease residents' navigation from one end of the campus to the other.

Thank you to our residents who volunteered to serve food and drinks to Team CC Young during the Employee Appreciation Party held in Central Park on May 20! It was a hot afternoon, but you could not tell it from the dancing and merriment I saw.

We spend time with concerted effort all year round making sure our team is engaged, motivated and appreciated. Your thoughtful notes, posters, kind words to our staff and your presence these last months further solidifies our efforts – and for that we are grateful!





Village Update

By Jen Griffin
Vice President, Engagement
June 2022

As our Centennial celebrations continue, this month we look back on 100 years of Movies and Television. Elena's article beginning on page 38 highlights many of the enormous changes we have seen over the years: the evolution from silent films to 'talkies', moving from black and white to full color, the arrival of cable TV, and now the arrival of streaming services, YouTube and both watching and creating videos on our phones and computers. It's amazing how far we've come when you look at the evolution of the industry.



Of course, in my mind, I always relate conversational topics to our experiences on this campus. The media room at The Point was more than 10 years old when we decided to upgrade our technology in 2020. Ten years in terms of technology is a lifetime! Our system was way beyond its capability and yet our team made it work. But now with the new cameras and enhancements, we can produce more professional broadcasts and expand our repertoire in terms of production capabilities. The Centennial Parade in April was an example of using our new technology to broadcast the event to all TVs on campus and also to live-stream the event so that those who could not join us in person could experience the event from afar. Remarkable! And super cool too!



My major in college was communications with a focus on radio/TV/film production. I worked in a TV station for two years while an

undergraduate. Working at the station, I was right hand to the director, creating two live news broadcasts each night as well as working weekend audio and camera for commercials or shows we produced at the station. The production tools (and the finished products) back in the "stone ages" of my college days were ridiculously primitive compared to what is available now. Today, anyone who has any interest in production can create videos, commercials, podcasts and more on their smart phones.



I challenge you to explore the possibilities and dive in a new realm of movies and television. Check out YouTube videos and see what interests you. If you have a smart phone, visit some of the technology classes offered at The Point. Maybe you could create a video for your children or grandchildren? Maybe you could be a contributor to our YouTube channel? Perhaps videography (i.e., creating movies!) would become your new passion? Whichever path you choose, you will be a part of the second 100 years of CC Young and the next iteration of engaged residents – showing everyone how it is done!



Meet Robert Surko



Robert Surko
Director, Hospitality
rsurko@ccyoung.org

Robert joined CC Young's leadership team to elevate our focus on Hospitality. He has enjoyed an extensive career in financial services, corporate banking and leading-edge technologies. Across these sectors he was renowned for delivering impeccable client engagement and highly personal service for business development and ongoing client relations. He is a graduate of Drury University with bachelor's degrees in Business Administration and Economics. He also earned an associate's degree from a full immersion Spanish program in Saltillo, Mexico.

Robert will collaborate with the Sales Counselors and other key CCY teammates to deliver a "high touch" approach for all new and transitioning residents along with their families to ensure a positive and enjoyable experience throughout the entire process.



More about Robert

Robert is a native of Tulsa, Oklahoma and is of Ukrainian decent. He is a former soccer, football, baseball, basketball, and volleyball dad and is very active in his church, Highland Park UMC. He is also wine specialist and enjoys gourmet cooking, snow skiing and is an avid deep sea fisherman. Robert is the proud father of Nicholas and Alexandra who are both graduates of the University of Oklahoma. So if you see him on campus you can make him light up by saying "Boomer Sooner!"



UNT offering classes for East Dallas seniors at CC Young



The University of North Texas is partnering with CC Young Senior Living to offer classes for seniors at the White Rock Lake campus.

Courses from UNT's Osher Lifelong Learning Institute will be available to CC Young residents and senior adults in the area.

The first set of classes will begin in the fall at The Point, a 20,000-square-foot multipurpose facility. Before this three-year agreement was finalized, OLLI at UNT provided non-credit courses to adults over 50 years old at seven locations in Denton, Collin and Tarrant counties.

Russell Crews, the president and CEO of CC Young, received his MBA in finance from the UNT College of Business and maintains connections to the school through the alumni association and participation through the College of Business Dean's Advisory Board. [sted](#) | May 19th, 2022

"UNT holds a special place in my heart as does CC Young," Crews says in a statement. "This partnership continues our mission to foster premier environments where every life at every age can be valued and enriched."

The courses cover a range of topics and are taught by active and retired university faculty. One course includes four 90-minute sessions, and there are no required assignments, tests or grades. Some classes offered this summer include: Galveston, oh Galveston: Victorian Fashion and Architecture; Cryptocurrencies: Unwrapping the Mystic; Amazing Texas Women; Texas in the Civil War; Propagation, Pollination and Pollinators for Native Plants; and Mysteries of the Human Heart. Costs are free to CC Young residents, and non-residents pay a yearly fee or by course.



June: 100 Years of Movies & TV

Submitted by Elena Jeffus
Manager, Life Enrichment & Volunteers

There's no way you can even begin to cram over 100 years of film history into one article. There are whole books written about every single entry here. Consider all of these stepping stones for you to branch out into other directions down the almost limitless rabbit holes that is the history of cinema.

Who invented movies?

Like many inventions, the origin of motion pictures on film is murky. Several people probably invented what we think of today as movies around the same time. In any event, there are multiple important people in the early days of cinema whose complementary contributions helped create what we have and know today. These significant figures in film history include George Eastman, of Eastman Kodak fame, one of the creators of the film, the Lumière brothers in 1895 who developed a practical movie camera, Thomas Edison who projected film and built an early studio, Eadweard Muybridge who in 1877 used a series of still cameras to take photos fractions of a second apart and Louis Le Prince who created Roundhay Garden Scene, a two-second movie from 1888 that survives to this day.



What is important is that by the dawn of the 20th century, people were suddenly making exceptional movies and thrilling audiences around the world. Two movies include Thomas Edison's "The Great Train Robbery" and Georges Méliès "A Trip to the Moon." Both movies came in under 20 minutes and delighted audiences who saw the world come alive before them in a way that must have seemed like magic.



The silent era 1880s – 1920s

In film history, the first movies were without synchronized sound, but that didn't stop them from being widely popular. Cinema was a new and inexpensive form of entertainment. Unlike the theater, which required live actors, played to an audience of one at any time.

Hollywood, the silent era featured forceful directors and motion picture studios needed to come up with the amount of money necessary to create movies — to pay for props and people and film and developing and technicians and set designers and the entire industry that we still know today. In 1919, some of Hollywood's biggest names, Charlie Chaplin, Mary Pickford, D.W. Griffith and Douglas Fairbanks rebelled against the studios and started United Artists, promising to give actors more control of their own careers.



The talkies – 1927

In 1927 "The Jazz Singer" released, synchronizing sound and images for the first time. The 1952 comedy "Singin' in the Rain" is a depiction of the difficult shift to talking pictures that had taken place just 25 years before with a number of silent stars finding themselves unemployable as films began to rely more on voice acting than body language and facial expression.

The rise of the horror movie – 1931

Horror movies existed very early on in film history, but they had a renaissance in the 1930s where "Dracula," "Frankenstein," "The Mummy," "The Invisible Man," "King Kong," "The Bride of Frankenstein" and "The Werewolf of London" were all produced within four years of one another.

The mouse that roared: Walt Disney – 1920s

Walt Disney arrived in Hollywood in the 1920s and started producing moving cartoons, painted directly onto film cells. In 1928, he produced "Steamboat Willie" and its star, Mickey Mouse. By the 1940s, Disney produced feature films including "Pinocchio," "Fantasia," and "Bambi." Like Georges Méliès before him, Disney





produced content that carried people away from reality rather than recreating films steeped in the real world (Edison's train robbery was based on an actual event). Disney continued to make blockbuster cinema throughout its history. In recent years, despite some trouble in the early 2000s, Disney remained a formidable player, buying Lucasfilm, home of the Star Wars franchise for more than 4 billion dollars in 2015.

The studio system 1927-1948

Typically when we say "the Golden Age of Hollywood" people are talking about the time between 1910 and 1969 when the big studios ruled motion pictures. Studio's like MGM, Paramount, RKO, Columbia and Warner Brothers made careers with the snap of a finger and controlled almost the entire film industry. In the late 1940s, antitrust lawsuits broke up much of the centralized power.



Television kneecaps the studios – 1950

We can't discuss film history without including television. In the 1950s, American homes began to include television sets. By that time, broadcast TV stations were widespread there were about three million TV owners in the beginning of the 1950's and 55 million by the end. Television prices went from \$500 to about \$200. Production of television shows competed directly with movie productions and in the early 21st century as home theaters became more common and more sophisticated, movie ticket sales dropped as people chose to watch films at home. Hollywood adapted and began releasing movies on-demand shortly after theater releases.



The new Hollywood

Lately, in retrospect, some film critics argue that Hollywood's actual Golden Age was in the 1970s when truly spectacular films like "The Godfather," "The Exorcist," "Jaws," "Apocalypse Now," and even 1977s "Star Wars" came out. The New Hollywood saw a shift from studios to directors in the vision behind films with stars like Stanley Kubrik, Steven Spielberg, Francis Ford Coppola, Martin Scorsese and others coming into significant power and influence in the industry.



DIY: Indie cinema steps into the light – 1989

The realization that, with smaller and less expensive motion picture equipment becoming available, movies could be made outside of the studio system. In 1989, 26-year-old indie filmmaker Steven Soderbergh broke out of the gate with his indie drama "Sex, Lies, and Videotape" which came in at 1.2 million dollars and shot in 30 days. In the years that followed, filmmakers using consumer and prosumer video equipment.



MTV 1983-1990

MTV launched in 1981 and rapidly became a force to be reckoned with on cable television. Ostensibly a music channel, it was also an enormous force for the creation and marketing of short films some of which had incredibly high production values.

YouTube – 2015

While MTV was imploding in an attempt to expand beyond music videos, YouTube arrived with an infinite number of channels that could play whatever you wanted, when you wanted to see it. So, instead of having to wait for MTV to play Thriller, a user could find it and play it themselves. The video-sharing platform started in 2005. It hosts terabytes of copyright violations as well as original videos made by people doing almost everything imaginable. Lately, it's become well monetized as well with some content creators making sophisticated videos and raking in a lot of money.



Cable TV comes of age

It used to be that every writer dreamed of having a Hollywood movie made of their novel. But after HBO spent seventy-three hours telling the story of George R. R. Martin's "A Song of Ice and Fire" books in their blockbuster 7 season epic "Game of Thrones" everybody realized that properly handled, Cable TV was more capable of doing justice to long, complex stories. Netflix spent six hours on Sarah Pinborough's novel of domestic entanglement "Behind Her Eyes" and Amazon put six hours into telling the story of Neil Gaiman and Terry Pratchett's 1990 novel "Good Omens." In 2019, Netflix produced an astounding 371 original titles and changed the tune of film history as we know it.

When it comes to film history, cinema started with a bang. It developed rapidly and because of its expense, stayed largely in the hands of a few entities for years. But as film (and now video) technology improved and got less expensive, the medium democratized rapidly. Now, literally, hundreds of millions of content producers around the world create cinema on every scale imaginable — from home videos to instructional videos to feature films, all distributed on a variety of platforms.



6 Men's Health Issues You Should Know About

By Jeremy Morgan
Director, CC Young Rehab Program



June is Men's Health Month—a time for raising awareness about health conditions and older men's health issues.

Men often let their health fall by the wayside, even as they grow older. As long as they feel healthy and productive, most men don't consider the risks behind serious men's health issues. But just like you'd take the car to get it tuned up, regular checkups are essential for maintaining good health. There are several common men's health issues over 50 to be concerned about. The first step toward better health? Regular checkups with a doctor.

Let's take a look at some common issues that aging men face.



Men's Health Issues: Cardiovascular Disease

According to the American College of Cardiology, by 2035, over 130 million adults in the US population (45.1 percent) are projected to have some form of CVD. About one out of every three adult males have some form of cardiovascular disease, making this one of the most serious men's health issues. Factors that contribute to cardiovascular disease are not limited to, but include:

- ◆ Smoking
- ◆ Lack of physical activity
- ◆ High cholesterol or high blood pressure
- ◆ Excess weight
- ◆ Poor diet
- ◆ Excessive alcohol use
- ◆ Excessive stress

As men begin dealing with other older men's health issues, they must watch these risk factors closely and make the necessary adjustments to their habits and lifestyle in order to minimize risk and stay healthy. Your physician can suggest ways to reduce your risk, but these will include stopping smoking, eating well, getting plenty of exercise, and reducing your alcohol intake.

Men's Health Issues: Prostate Cancer

Prostate cancer is the second most common cancer among men, only behind skin cancer. While it is among the most serious of men's health issues, many prostate cancers grow slowly and are not prone to spread. Approximately 165,000 men will develop prostate cancer in the U.S. in 2018, but only one in 41 will die from it. Prostate cancer may cause no signs or symptoms in its early stages, but in its more advanced stages, it may cause symptoms like:

- ◆ Blood in semen
- ◆ Bone pain
- ◆ Decreased force in the stream of urine
- ◆ Discomfort in the pelvic area



- ◆ Erectile dysfunction
- ◆ Trouble urinating

Early detection is a key factor for diagnosing and defeating prostate cancer. Screening for prostate cancer can include a rectal exam and a blood test for prostate specific antigen (PSA). Men over 40 should talk with their doctor to see if screening is recommended for them based on their individual health needs.

Men's Health Issues: Other Prostate Problems

Common older men's health issues develop within the prostate gland. You should see a doctor right away if you have any of the following symptoms, as they signal a problem with your prostate:

- ◆ Frequent urge to urinate
- ◆ Need to get up many times during the night to urinate
- ◆ Blood in urine or semen
- ◆ Pain or burning urination
- ◆ Painful ejaculation
- ◆ Frequent pain or stiffness in lower back, hips, pelvic or rectal area
- ◆ Dribbling of urine



These are generally symptoms of an enlarged prostate. When the gland becomes enlarged, it squeezes the tube that carries urine and causes discomfort. Men over 50 are generally more at risk of developing an enlarged prostate.

Men's Health Issues: Lung Cancer

Lung cancer is the leading cause of death from cancer among both men and women. Every year, more people die of lung cancer than of three other major cancers combined. The American Cancer Society estimates that in 2018, 121,680 men will be diagnosed with lung cancer. Lung cancer mainly occurs in the elderly. Most with the condition are 65 or older, while a very small number of people diagnosed are under 45. The average age at the time of diagnosis is about 70.

Lung cancer is known to spread quickly and is usually rather far along before it is diagnosed, which is why it's so deadly. Tobacco smoke is the cause of 90 percent of all lung cancers—and the single most preventable cause of death overall. Quitting smoking at any age reduces your risk for lung cancer. Talk with your doctor about tools for smoking cessation.

Men's Health Issues: Depression and Suicide

Depression is often misunderstood, especially among men. This is because most men find it difficult to share how they feel and ask for help. Depression is among the most serious men's health issues. With depression, hormones and stress multiply the negative effects. Appetite, sleep, and energy are all affected. All this combines to produce feelings of hopelessness, fear, even anger, especially in men. Women were previously thought to experience depression more than men, but this was probably due to men's reluctance to seek help. While women may demonstrate sadness and cry, men display anger and aggressive behavior. They often seek to cope in other ways, and many times these are unhealthy, like drinking. The tragic results can even be suicide. Studies show that women attempt suicide more often overall, but men are more successful. Suicide is the 8th leading cause of death among men, and not just the young. If you think you may be depressed, reach out to your doctor. Help is available.



Men's Health Issues: Diabetes

Type 2 diabetes is sometimes called the silent killer. It begins slowly, without obvious symptoms, as your blood sugar levels slowly climb to dangerous levels. Increased thirst and a need to urinate more frequently is what usually brings men to see a doctor—and when diabetes is detected. With diabetes, excessive amounts of glucose negatively impact practically everything in your body. Many health conditions among men are all complicated by diabetes. In order to prevent diabetes, men should get regular exercise, maintain a healthy diet, and lose excess weight. Regular blood sugar checks can detect rising glucose levels early, before other serious men's health issues occur.

Protein Needs for Older Adults

What is protein and why is it important?

One of the most important roles of protein is in maintaining muscle mass. When older adults do not consume enough protein it can lead to sarcopenia. Sarcopenia is the gradual loss of muscle mass with aging. Preventing muscle loss can prevent a decline in physical function and can help to maintain independence.

In addition to muscle mass, protein also forms the building blocks of other cells in the body. The cells of the hair, skin, and blood are all made up of protein's building blocks. Protein also forms the structure for the cells of the immune system.

Consuming enough protein each day can protect the cells of these very important body systems. Without adequate protein older adults can experience negative consequences such as the loss of physical function, increased risk for falls, and increased frequency of hospitalizations.

How much protein do older adults need?

Several factors come into play when trying to minimize muscle loss. If an older adult does not consume enough calories in their food intake, the muscles in their bodies can begin to break down to be converted to energy. Another factor in maintaining muscle mass is to exercise. Resistance training and endurance exercises work together with protein to protect muscle in the older adult.

Research shows that older adults need more protein than they did when they were younger. In fact, studies indicate that in order to maintain lean body mass and function, people aged 65 and older will need at least 1.0-1.2 grams of protein per kilogram of body weight per day. That would translate into the following amount of protein based on a person's weight:

Body Weight	Protein Needs per Day (based on 1-1.2g/kg)
100 pounds:	45-55 grams per day
125 pounds:	57-68 grams per day
150 pounds:	68-82 grams per day
175 pounds:	80-95 grams per day
200 pounds:	91-109 grams per day

What are the best ways to consume enough protein?

In order to consume adequate protein, older adults should focus on eating high quality protein food sources several times throughout the day. The body can only synthesize so much protein at one time. In fact, research shows that in older adults approximately 25-30 grams of



protein at a time is needed in for the body to be able to synthesize protein.

Because of the body's limits on how much protein can be synthesized at a time, protein intake should be distributed throughout the day to result in higher muscle mass in older adults. For example, instead of consuming protein at only one or two meals per day, the body is better able to use the protein if it is spread out throughout the day. A good rule of thumb is to consume protein at all 3 meals and at multiple snacks throughout the day.

Foods that are good sources of protein include meats, eggs, dairy foods, grains, and nuts:

Food	Typical Serving	Amount of Protein
Beef and Pork	3 oz	21 grams
Chicken Breast	3 oz	27 grams
Salmon	3 oz	18 grams
Lentils, cooked	1/2 cup	9 grams
Greek Yogurt	6 oz	13 grams
Eggs	2 eggs	12 grams
Edamame	1/2 cup	9 grams
Quinoa, cooked	1 cup	8 grams
Milk	1 cup	8 grams
Peanut Butter	2 Tbsp	9 grams
Beans	1/2 cup	6-8 grams
Nuts	1 oz	4-6 grams

The best approach to consume adequate protein is through high quality protein food sources. However there may be times when it is difficult to consume enough protein with only food. If that is the case, it may be helpful to add protein supplements. These include protein powders, protein drinks, and other fortified sources. When using protein supplements it is important to use caution. It can be very easy to consume too much protein when using supplements that contain large amounts of protein.

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Arts & Crafts With Patricia Dillingham



Patricia Dillingham has been coming to The Point at CC Young for several years teaching what she loves... **Crafts!** Her monthly classes range from embossing greeting cards, painting signs and other items, and making jewelry.

Patricia is also a frequent volunteer in various events through out the year, including doing in-take for the Annual Spirit is Ageless Art & Writing contest. So how did her love of arts and crafts grow?... Read below.

Following a career in public relations, Patricia turned her attention to other creative venues. She has been making art of some sort most of her life, and uses long-ago teacher training to share her talent with others, both young and not-so-young. A native Texan and long-time Dallas resident, she happily plays in a variety of art media. Her work is in personal collections in the U.S., Ireland, Canada, England, Laos and New Zealand.

Art and crafts are easy to access, especially here at CC Young, where doing watercolors, singing, acting, writing, making a wreath for your door, embellishing napkins or many other creative pursuits are available. Check out her Arts & Crafts class **Tuesday, June 7 at 3:00pm** and paint acrylic patterns on china (example below)





A Father's Day Tribute

Pam Kovacs Johnson
Dementia Care Expert
Author, Writer, Speaker
pamjohnson@rockspire.com

Every June, we celebrate our fathers both near and far, and those no longer with us but still close in our hearts. As far back as I can remember, I learned great things from my father. He taught me words of wisdom, valuable life lessons, and how to be a good person. I loved him very much and am grateful, honored, and proud to have been his beloved daughter and caregiver when he was living with Alzheimer's.

Ask anyone that ever knew my dad and they will tell you that he was kind, gentle, patient, considerate, and a fine southern gentleman. Throughout his long life he displayed an enthusiastic sense of humor and loved making people laugh while sharing stories of his life and having a fun time. He was an amazing husband, father, and grandfather. And I was his favorite daughter! Which was easy since I was an only child with no competition.

As an adult, Dad rarely went to church and I never considered him to be religious or even spiritual, and yet, he was one of the best examples of a good Christian that I have ever known. We never began a meal at home without first saying grace for the food before us. He didn't talk about the Bible, scripture, or how God wanted us to live. More importantly, he showed me every day by example through his actions, words, and deeds.

Without exception, he understood that people — all people— deserve to be treated with kindness and respect. Even if you didn't like them or agree with them. He believed that people had the right to their opinions and advised me to never talk about religion or politics with anyone I cared about unless I knew we shared the same beliefs. Otherwise, I could lose a good friend or

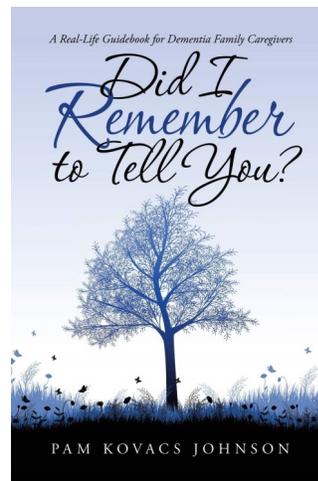
hinder a special relationship.

My dad thought that one should never loan money to family or a friend. If you're willing and able to lose the amount requested, then "lend" it with no expectation of ever receiving repayment. "Friends and relationships

are more important than money," he would say to me.

From my father I learned how to swim, drive a car, play poker, and be a good sport. Years later as I looked back, I realized that with each and every lesson throughout my entire life he had taught me much more. He showed me the value of patience and gentleness, and he gave me the immeasurable confidence and encouragement I needed to be successful at whatever I was determined to accomplishment.

Dad was a great, lifelong storyteller. About mid-way through his journey with Alzheimer's, I hired someone to create a Life Story Book. It's created with a large photo and a related story which is told in their own words, with no corrections for accuracy or grammar. I am definitely his daughter as I, too, love telling stories. He was excited when I told him that I was authoring a book and assumed it was going to be just like his. Looking back, I realize now that the two books do have



a lot in common. I filled my book entitled **Did I Remember to Tell You?** with real-life stories from decades of working with older adults, being my father's primary caregiver, and from other dementia family caregivers. In early 2020, Dad died from this terrible and cruel disease. Later that year my book was published and is dedicated in loving memory to my dad. Hopefully, stories of our dementia journey together and

his life messages will serve as a living legacy to my wonderful father and help others realize the power of love, kindness, and respect.





Acting Fun – Discover Your Own Star Quality

By Linda K. Leonard
Professional actor, singer, dancer, teacher, director, choreographer, coach and mentor!

I am so grateful that my world has always included the arts and creativity and children and family and artists of all ages and animals of all shapes and sizes and joy... Joy and Love and Abundance. I believe in collaboration and spirit and empowering others to see their best selves. I am a mindful optimist, a generous nurturer, a peacemaker, and loyal to a fault.



I have been so blessed to have been given the opportunity of share and collaborate my talents with the residents here at CC Young. This community is filled with amazing people and history and talent of many kinds. Our **“Acting Fun”** class is a jumping off point for so many of the projects I have been a part of, including the teaching staff here at CC Young and I feel lucky to have been embraced by such a beautiful community of people.



I started my career and life in Indianapolis, Indiana and danced and sang my way to New York at the age of 19. That experience opened my eyes to a new world of theatre and challenge that I embraced and found success in, and after 4 years I relocated to

Chicago with a production that was supposed to run for 3 months and it lasted for almost 2 years! I loved Chicago even more and spent the next 12 years of my life there, working, directing, doing film and television and theatre. I got an opportunity to be a part of CATS for 5 years, performing in New York and on Tour and in Hamburg, Germany as Jellylorum and Grizabella and in my last week there I was diagnosed with Cervical Cancer, which I conquered. That experience led me to my Oncologist here in Texas in 1993 and here I have lived and thrived as an artist and advocate of others.

I have worked with so many amazing artists over the years, including the late Harold Prince, Susan Stroman, Matthew Broderick, Isaac Hayes, Kaye Ballard, Andrew Lloyd Webber, Samuel Jackson, and many others. I have been a part of amazing theatre and film and television and performances of many kinds, and I have directed and/or choreographed over 500 shows in my lifetime.



I am a member of Actors Equity Association and SAG/AFTRA and Women in Film and teach at KD Conservatory here in Dallas and live with my beautiful, talented husband Bill Jenkins and our two fur children, Mocha and Maui.

I am dedicated to the process of creativity and collaboration and the empowerment of life and others and I am honored to be a part of the CC Young Family.

Please come join me for the “Acting Fun” experience and tap into your inner creative self. This improv and discussion class meets weekly on **Wednesdays at 2:00pm.**



You can also get to know your neighbors and community with “Table Talk” a collaborative project in which CCY residents and I interview neighbors and produce a show that can be seen every other **Monday at 7pm on Ch. 81.**

For more information on Acting fun or Table Talk contact me at lindakleonard@gmail.com.



Happy Anniversary

JUNE 2022 Resident Anniversaries

10 years
**Rozina
Vlasimsky**

7 Years
Bettye Barnes

6 Years
**Louise Cassingham
Christine Fulton
Arlene DeMott**

5 Years
Sally Webb

June 2022

Patrick	Gaylord	Asbury	1
Wanda	Fyffe	Asbury	4
Lily	Corrales	Hillside	4
Betty	Cooke	Overlook	5
Phyllis	Rhodes	Overlook	6
Sue	Thompson	Vista	8
Guadalupe	Garcia	Vista	8
Joan	Schell	Vista	9
Sue	Montgomery	Hillside	11
Marilyn	Howland	Thomas	12
Walter	Dahlberg	Thomas	14
Martin	Musser	Hillside	14
Janet	Wiksten	Hillside	15
Carl	Fink	Vista	16
Joanna	Shields	Overlook	17
Donald	Petr	Vista	17
Willis	Cowlisshaw	Hillside	18
JoAnn	Brooks	Vista	22
Faye	Schrupp	Hillside	22
Judy	Symank	Overlook	24
Karen	Martin	Hillside	24
Nelda	Humphrey	Vista	26
Yvonne	Sanchez	Vista	26
Bettye	Johnson	Overlook	27
Evelyn	Elrod	Vista	27
Sami	Hanna	Vista	27
Sheila	Ingram	Vista	28
Leann	Bryan	Thomas	29
Jacqueline	McDowell	Asbury	29
Janis	Wales	Vista	30

Resident Birthdays

June Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Dakota L Chamberlain	6/1/2021	1	Technology
Demitra R King	6/1/2021	1	Assisted Living
Mikaela M Potaracke	6/1/2020	2	Memory Support
Skyler C Ellis	6/1/2021	1	Rehab Therapy
Yessica P Pina	6/1/2021	1	Hospice
Arlene Kirkland	6/3/2019	3	Community Outreach
Lavada N Davis	6/3/2015	7	Hospice
Melynda R Mears	6/3/2021	1	HC Social Services
Emebet Y Mokoya	6/4/2007	15	Private Duty Solutions
Rafaela Hernandez	6/4/2018	4	Dining Services
Angela E Hernandez	6/5/2017	5	EVS Housekeeping
Paul A Adja	6/5/2017	5	Dining Services
Mayra Sanchez	6/7/2021	1	Receptionist
Chineme E Ndukwe	6/11/2014	8	Urgent Care
Nena Paris	6/12/2013	9	Assisted Living
Diana P Kopoi	6/14/2021	1	HC Nursing
Ethan T Wood	6/14/2021	1	Dining Services
Mackenzie M Dulcie	6/14/2021	1	Rehab Therapy
Carleen M White	6/15/2000	22	Assisted Living
Celeste B Williams	6/15/2020	2	Home Health
Nina K Rosa	6/15/2020	2	Dining Services
Gregory K Paris	6/17/2019	3	EVS Maintenance
Jessica N Gonzalez	6/17/2019	3	Gift Shop
Glenda J Leach	6/18/2018	4	Compliance
Dolores E Phillips	6/18/2018	4	Assisted Living
Jeanette Jackson	6/19/2017	5	Dining Services
Ugochukwu P Onyeugo	6/20/2016	6	Assisted Living
Oscar A Martinez	6/24/2020	2	EVS Maintenance
Rupali S Gokhale	6/25/2020	2	Rehab Therapy
Joyce A Carraway	6/28/2021	1	Private Duty Solutions
Kateesha L Medina	6/28/2021	1	Memory Support
LaSheena Houston	6/28/2021	1	HC Nursing
Lori D Taylor	6/28/2021	1	Sales
Mark E Vangeison	6/28/2021	1	Pastoral Care
Michael E Mitchell	6/28/2021	1	Rehab Therapy
Yolanda Y Orange	6/28/2021	1	HC Nursing
Daniel P Jackson	6/29/2020	2	Home Health Rehab
LaReisha J McLaughlin	6/29/2020	2	Assisted Living
Modinat O Ajibola	6/29/2020	2	Private Duty Solutions
Patricia E Sullivan	6/29/2020	2	Marketing

June Team Birthdays

Employee Name	Birthdate	Department
Angel Lagrone	1	Dining Services
Harriette Clay Nyian	1	HC Nursing
Olabisi Bello	1	Memory Support
Nichele Harrison	2	EVS Housekeeping
Maria Miranda	3	EVS Housekeeping
Jair Lopez	5	EVS Housekeeping
Kristen Qualls	5	Rehab Therapy
Demetrice Parker	7	Dining Services
Tanequa Polk	8	Memory Support
Meseret Demissie	9	Private Duty Solutions
Nina McKinley	10	Dining Services
Angela Hicks	10	Assisted Living
Phyllicia Johnson	10	Assisted Living
Gifty Agyare	10	Assisted Living
Corey Winch	10	Home Health Therapy
Zoraida Bautista	11	Memory Support
Lori Sanders	11	Rehab Therapy
Devonia Ervin	12	Dining Services
Cynthia Odom Bolton	13	Private Duty Solutions
Shashu Keleta	14	HC Nursing
Kasandra Escobedo	14	Private Duty Solutions
Kia Davis Holley	15	HC Nursing
Martha Adams	15	Private Duty Solutions
Kendra Hatcher	16	EVS Housekeeping
Michael McLean	16	Dining Services
Lucy Hail	16	Dining Services
Lori Taylor	17	Sales
Jo Brown	18	Dining Services
ArNetra Taylor	18	Dining Services
Velria Dunn	19	HC Nursing
Clara Davis	19	Private Duty Solutions
Christabel Chuks	20	HC Nursing
Rosalind Harley	20	Memory Support
Rickina McKinley	21	HC Nursing
Sowande Coker	22	HC Nursing
Sefanit Getahun	23	EVS Housekeeping
Marie Benavides	24	Sales
Elizabeth Smith	25	Hospice Social Services
Tiffany Little	26	Gift Shop
Iyabode Olabayo	27	Private Duty Solutions
Alejandra Barrera	28	Dining Services
Jacinda Crosby	28	Dining Services
Calvin Clerkley Jr	29	Dining Services
Makida Aelene	29	HC Nursing
Jessica Gonzalez	30	Gift Shop



**There are some new faces at CC Young!
Please welcome new
Independent Living Residents
April 15–May 15**

OVERLOOK



Sue
Hooks



Bernice
Boxbaum



Anna Beth
Benningfield



Scott
Johnson



Boo
Powell

THOMAS



Marylyn
Howland



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

This benefit for CC Young Residents and Point Members is available for use in The Point Library OR on your personal device. Contact 214-841-2831 for more information.



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



GIFT SHOP

The CC Young Gift Shop has a wide assortment of gifts, apparel, accessories, balloons and botanicals. Purchases may be made online at ccyoung.org or by calling our gift shop for a personal concierge experience at **214-370-2844**. Delivery from the gift shop to residents is complimentary. We do not deliver to off-campus locations.



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

**2nd Thursday of every month
2:00pm – 4:00pm at The CCY Clinic**

OR

**4th Tuesday of every month
3:00pm – 5:00pm at The Point**

Book Your Appointment by calling: Total Hearing 214-987-4114.



Harris Jewelers

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

**Thursday, June 2 at
1:30pm
The Point Lobby**

**Alzheimer's Caregiver
Support Group**

**Wednesday, June 8 at 4:00pm
in Flagpole Hill Classroom at The Point**

Led by Elena Jeffus & Brian Parman

JOIN TODAY!



Are you age 55 or better?

**Engage your Body,
Mind, and Spirit!**

***Only \$23 a month paid annually!
(\$276+tax per person, per year)***

- Access to The Dr. Ken Cooper Fitness Center
- **Free** wellness classes
- **Free** smart device and computer classes
- **Free** Brain Fitness (Dakim)
- Discounts on workshops, clinics, and specialty classes
- **\$10 off** massage services on campus
- Access To Osher Lifelong Learning Institute (OLLI) Classes (Beginning September 2022)
- Access to The CCY Rehab Pool (Schedule TBD)

Now accepting New Point Member applications.
Point Members are required to attend a short orientation.

Contact Angela for details: 214-841-2831 or acastillo@ccyoung.org

Point Members are required to wear a badge provided by The Point Team when attending classes or events in the building. You will receive your badge at the orientation.

