

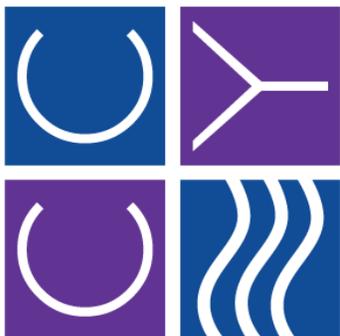
Active Senior

Lifestyle ***Guide***

AUGUST 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
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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!

Each month in 2022 the Lifestyle Guide will showcase moments and information from the last 100 years! This month we highlight **100 Years of Transportation**

For a while now automobiles have been synonymous with freedom and independence. For most, it is no longer a luxury, it's an integral part of our lives, a necessity. Because we have cars to drive we can choose where to live and work. Our friendships are no longer limited by the geographic location of our homes, and we are more able to avail ourselves of near and distant pleasures. The evolution of **Transportation** has improve our quality of life in 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!*

**Call Our Licensed
Therapist:**

**Adrenia Lugo
MT 130056**

972-755-4259

alugo@ccyoung.org

Pricing:

**CCY Residents, Family Members
and Point Members**

\$65 / 60 min \$95 / 90 min
(general public add \$20 per service)

**Vista Residents Floors 4-8
In-Room Massage \$50/ 30 min**

Massage Room Location:

**4849 W. Lawther Dr.
Vista, 3rd Floor**

Underground Parking Available

For Questions Contact

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

Payment to be made at the time of services.
Payment options include: CCY Resident bill,
Cash, Check, or Gift Certificate.
Contact Brian to purchase certificates.



Vista Rehab Pool

**New Class Schedule
Starting in August**

Aquatics Classes

Open to Resident and Point Members

Open Swim

Mon., Wed., Thurs., Fri.
9:00am– 11:00am
Mon., Wed., Fri.
1:00pm–3:00pm

Aquacise Class

Monday & Fridays
2:00pm–2:45pm

Aqua Boot Camp

Wednesdays
2:00pm–2:00pm
Fridays
3:00pm–3:00pm

**Water Walking
Class**

Wednesdays
1:00pm–4:00pm
Tuesdays
9:00am– 10:00am

Aquatics 101

**Must attend this class
prior to any other class
or swim time.**
Fridays at 9:00am

Aqua Flow Class

Monday & Fridays
1:00pm–1:45pm

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



AUGUST 2022

SENIOR TECH SCHEDULE

Tuesday, August 2
iPhone Must Know Skills
(More than the Basics)
9:30am–11:30am

Thursday, August 4
Ride Sharing: Shuttles, Uber, Lyft
and Others
9:30am–11:30am

Monday, August 8
iPhone Photos:
How to Take Great Pics
1:30pm–3:00pm

Fridays, August 12 & 26
Tech Coaching Fridays
10:00am–12:00pm
Come & Go for computer &
technology questions

Tuesday, August 16
Streaming TV, Movies,
Music and Radio
9:30am–11:30am

Thursday, August 18
Search Google Like a Pro
9:30am–11:30am

Tuesday, August 23
Check out Library Books on your
Mobile Devices: OverDrive and Libby
9:30am–11:30am

Tuesday, August 30
Facebook: Finding Friends, Sharing
Photos and News and Staying in
Touch
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.



MEET THE AUTHOR EVENT THURSDAY, AUGUST 11 2:00PM & ON CH. 81

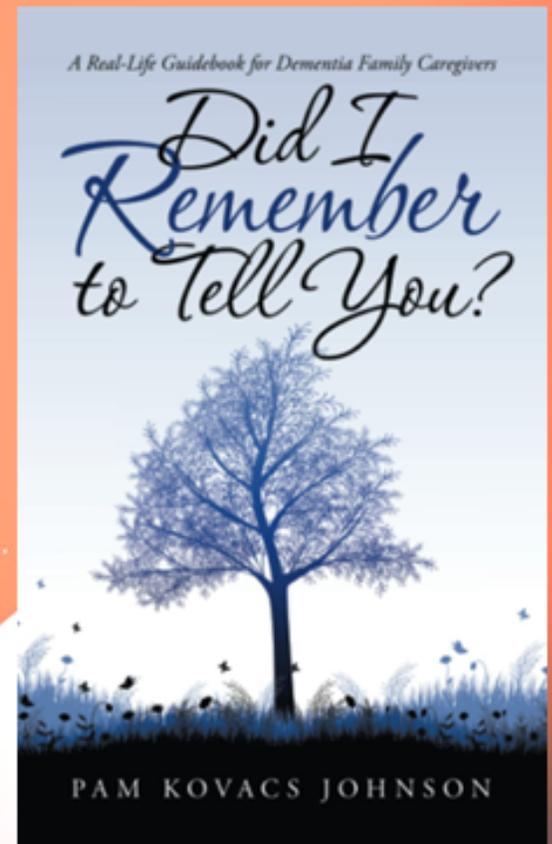


**Meet Pam Kovacs Johnson author
of *Did I Remember to Tell You?*
A Real-Life Guidebook for Dementia
Family Caregivers.**

Pam will give a presentation on the chapter her book:

**Permission to be good
enough, coping with guilt
and emotions.**

Pam's professional experience, spanning over forty years working with older adults in a variety of health care settings, coupled with the invaluable personal knowledge she gained while caring for her father. She has learned about dementia and daily challenges from real-life stories effectively shows rather than tells caregivers what they need to know to make it from one day to the next.



SAVE THE DATE

Tuesday, August 16



INFO SESSION

10:00am - 11:00am
4847 W. Lawther Drive
Dallas, TX 75214

The Point Auditorium

- Refreshments will be provided
- Course listings will be available
- Open to CC Young residents, Terraces Priority members, and Point members
- An additional **Info Session** that is open to the public will be held on Friday, **August 19. at 10am.**

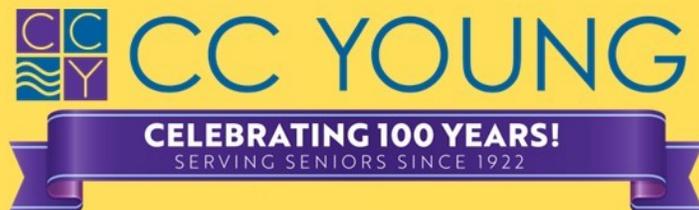


Learn all about OLLI

OLLI at UNT is partnering with CC Young Senior Living to bring expert instructors to The Point to share their knowledge with the community. CC Young residents, Terraces Priority members, and Point members are invited to attend this session and learn about the complimentary OLLI courses they will be able to attend beginning this fall.

For More Information:

940-369-7293
olli@unt.edu



2022 SPIRIT IS AGELESS ART & WRITING CONTEST

Open to the General Public & CC Young Residents Age 55 & Better

CONTEST DETAILS

*Online Registration Opens
Tuesday, August 9*

*Entries Accepted
Tuesday, August 23 &
Wednesday, August 24
9:00am - 6:00pm*

*Official Show Dates
Tuesday, August 30-Friday, October 28*



*Celebration of Artists & Writers
Friday, October 28, 2022
2:00pm*

*Featured Speaker
Dr. Laura Evans, PhD
Associate Professor
University of North Texas
College of Visual Arts & Design*

About the Contest: Started in 1999, The Spirit is Ageless Art & Writing Contest continues to be a very special event at CC Young. The Contest, Art Gallery Show, and Awards & Celebration have been designed for the entire Dallas/Fort Worth community, including CC Young residents.

The Annual Art Gallery Show features every entry from the contest in an effort to celebrate each person's ageless creativity, ability to grow, and eagerness to share his or her special talents-no matter a person's limitations or status. **All ability levels are welcome!**

2022 Categories

Drawing & Illustration

Illustrations created using charcoals, pencil, pastel, etc.

Group Entry

Entry created by 2 or more people in any category.

Hard Crafts

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

Mixed Media

Crafted from one or more medium

Painting (Acrylic)

(on canvas or paper)

Painting (Oil & Oil Pastel)

(on canvas or paper)

Painting (Watercolor)

(on canvas or paper)

Photography

Image captured by camera and viewed as a print

Poetry & Prose

Writing in verse. May include but is not limited to prose poetry, free verse, formal poetry, & song lyrics. Four (4) double-spaced typed pages. 12-point type font minimum.

Personal Essay & Short Story

Pieces of writing that include short stories, novellas, and scripts. Four (4) double-spaced typed pages. 12-point type font minimum.

Sculpture

3-dimensional, created by carving, casting, or other shaping techniques.

Soft Crafts (Decorative)

Needlework, not plain sewing: embroidery, cross-stitch, needlepoint, etc.

Soft Crafts (Sewing)

Crafted by needle & thread, or a sewing machine [quilting, sewing, etc.

Soft Crafts (Textile)

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

Masterworks (New in 2022)

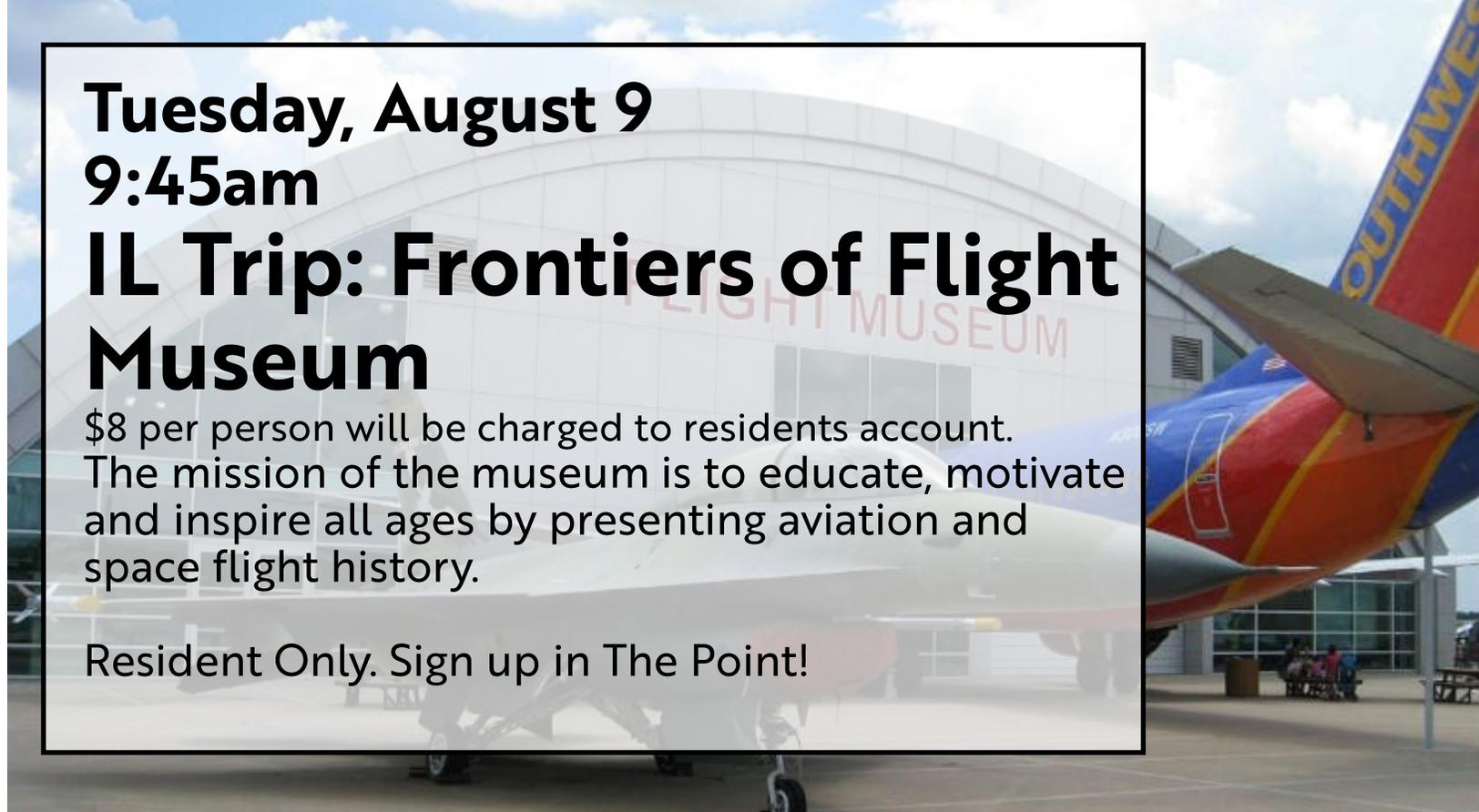
Reproduction of another artist's work in any medium

Requirements:

- All participants must register online prior to physically bringing their art entries to campus during art in-take. Online registration begins Tuesday August 9. Visit our website for registration link at that time.
- All entries will be hung or be displayed in The Spirit Is Ageless 2022 Art & Writing Contest show.
- In order to maintain the integrity of the show, each participant agrees that their submission will be available for display from the date of art in-take through conclusion of the awards program on Friday, October 28.
- No early removal from show.

Entry Rules:

- Art and Writing needs to have been completed at age 55 or better and created by the person entering.
- CC Young Residents may enter two (2) entries per person at no cost.
- Non-Resident Community Members may enter one (1) entry at no cost and pay \$10 for one (1) additional entry.
- **Please mark the following on back of each entry:**
- Artist's first and last name, phone number, title, & category.
- If entry is submitted for a group category please included the first and last name of each participant AND their age at the time the art was created so they can be include in the ageless creativity award.
- If piece has been submitted in the wrong category, CC Young reserves the right to change the application and include it in the correct/appropriate contest category.



Tuesday, August 9

9:45am

IL Trip: Frontiers of Flight Museum

\$8 per person will be charged to residents account. The mission of the museum is to educate, motivate and inspire all ages by presenting aviation and space flight history.

Resident Only. Sign up in The Point!



Tuesday, August 30

10:30am

IL Trip North Park Mall!

Shop till you drop! Then have lunch at your choice of the many mall eatery options.

Resident Only. Sign up in The Point!

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

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

Table Talk Resident Conversation

Daily 7am and 7pm on Ch. 81
This Week Featuring:
Mary Gilhooly

Monday, August 1

10:30am

Current Events with Randy Mayeux

Hillside Multi Purpose Room, Res. Only. Masks are required in the Hillside.

Tuesday, August 2

10:00am

One Stroke Painting Flowers, Birds and Butterflies

Sign up at The Point
(Class 1 of 4)

Wednesday, August 3

2:00pm

Asbury Conversations

Friday, August 5

1:30pm

Movie Matinee

Dog
2022, PG, 1h 41m

SUNDAY, JULY 31



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



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.

Contact Senior Life Ministry

Rev. Mike Nichols: 469-400-2858

mnichols@ccyoung.org



One Stroke Painting Flowers, Birds and Butterflies

Taught by Resident Instructor
Patty Gooch

Tues., Aug. 2, Thurs., Aug. 4
Tues., Aug. 9, Thurs., Aug. 11
10:00am

Limited Spots! Sign up at The Point.

MONDAY, AUGUST 1

**Chair Aerobics, Balance Class
& are canceled today.**

Open Swim

9:00am - 11:00am

1:00pm - 3:00pm

Sign up Required! Call 972-638-8795.



9:30am - 11:00am

Happy Hookers

Volunteer Group (aka Bag Ladies)

Crochet plastic grocery bags into sleeping mats.

9:45am-10:15am

Strength & Stretch

10:30am-11:00am

Chair Yoga

10:30am-11:30am

**Current Events with
Randy Mayeux**

Masks are required in the Hillside.



Chess Club

1:00pm-2:30pm - All Welcome!

1:00pm - 2:00pm

Aqua Flow Class

Sign up Required! Call 972-638-8795.

2:00pm - 2:45pm

Moving to the Beat

Low impact group exercise class.

2:00pm - 3:00pm

Aquacise Class

Sign up Required! Call 972-638-8795.

3:00pm - 3:30pm

Sit & Get Fit



3:00pm - 4:30pm

BUNCO

Come out for fun and prizes!

3:00pm - 4:00pm

Water Walking Class

Sign up Required! Call 972-638-8795.

4:00pm - 5:00pm

Seated Tai Chi

Vista Rehab Pool

Res. & PM Only

Auditorium

All Welcome!

Fitness Center

Res. & PM Only

Fitness Center

Res. & PM Only

Hillside MPR

Resident Only

Café Game Zone

All Welcome!

Vista Rehab Pool

Res. & PM Only

Fitness Center

Res. & PM Only

Vista Rehab Pool

Res. & PM Only

Fitness Center

Res. & PM Only

Auditorium

All Welcome!

Vista Rehab Pool

Res. & PM Only

Fitness Center

Res. & PM Only

TUESDAY, AUGUST 2

8:15am-8:45am

Chair Aerobics

Fitness Center

Res. & PM Only

9:00am - 9:30am

Floor Yoga

Fitness Center

Res. & PM Only

9:00am - 10:00am

Water Walking Class

Vista Rehab Pool

Res. & PM Only

Sign up Required! Call 972-638-8795.



9:30am - 11:30am

SeniorTech Class:

iPhone Must Know Skills
(More than the Basics)

Computer Lab

Res. & PM Only

9:45am-10:15am

Strength & Stretch

Fitness Center

Res. & PM Only



10:00am - 11:30am

One Stroke Painting

Flowers, Birds and Butterflies (1 of 4)

Learn the One Stroke painting technique

with resident instructor Patty Gooch.

Sign up at The Point.

White Rock

Res. & PM Only

10:30am - 11:00am

Chair Pilates

Fitness Center

Res. & PM Only

1:00pm - 2:00pm

Volunteer Projects:

For the Love of the Lake

Prepare supplies for volunteer cleanup.

See pg. 43 for more info!

Auditorium

All Welcome!

2:00pm - 3:00pm

Aqua Flow Class

Vista Rehab Pool

Res. & PM Only

Sign up Required! Call 972-638-8795.

3:00pm - 4:00pm

Aquacise Class

Vista Rehab Pool

Res. & PM Only

Sign up Required! Call 972-638-8795.

3:00pm - 3:30pm

Sit & Get Fit

Fitness Center

Res. & PM Only



3:00pm - 5:00pm

**Arts & Crafts with
Patricia Dillingham**

This month's craft: Stained Glass

and Mosaic art Group Project.

Limited Spots! Sign up at The Point.

White Rock

Res. & PM Only

3:30pm-4:30pm

Fellowship, Word and Bible Study

All Welcome!

Theater

WEDNESDAY, AUGUST 3

Drumba Canceled Today

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
 9:00am-10:00am Wednesday Wellness See page 10 for more info.	Fitness Gym Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:15am -11:00am Shopping Trip to Hillside Village Sign-up at The Point. Pick-up in front of your building.	Resident Only
 9:45am - 11:00am Senior Scribblers Share & listen to written stories.	Flagpole Hill All Welcome!
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:30am Rummikub Club Play	Café Game Zone All Welcome!
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 3:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm- 3:00pm Acting Fun	Computer Lab Res. & PM Only
2:00pm- 3:00pm Asbury Conversations Get and share updates	Asbury Barr Room Resident Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only
5:30pm - 6:15pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only

THURSDAY, AUGUST 4

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 11:00am Open Swim Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:30am SeniorTech Class: Ride Sharing: Shuttles, Uber, Lyft and Others	Computer Lab Res. & PM Only
9:45am - 10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am - 10:45am Thriving with Parkinson's (AL) A workout designed for Parkinsonians.	Hillside Multipurpose Rm. Resident Only
 10:00am - 11:30am One Stroke Painting Flowers, Birds and Butterflies (2 of 4) Learn the One Stroke painting technique with resident instructor Patty Gooch. Sign up at The Point.	White Rock Res. & PM Only
 10:00am - 11:00am Knotty Knitters Knit scarves & hats and socialize!	Flagpole Hill All Welcome!
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
11:00am - 11:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center Res. & PM Only
 1:30pm - 2:30pm Harris Jewelers Jewelry repair and watch battery replacement while you wait.	Point Lobby
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 4:45pm 24 Step Tai Chi Yang Style Traditional Tai Chi.	Fitness Center Res. & PM Only
 4:00pm-5:00pm Independent Living Happy Hour Beer, Wine & Appetizers.	Auditorium Resident Only

FRIDAY, AUGUST 5

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

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

9:00am - 11:00am Vista Rehab Pool
Aquatics 101 Res. & PM Only
Sign up Required! Call 972-638-8795.

Open Swim Vista Rehab Pool
9:00am - 11:00am Res. & PM Only
1:00pm - 3:00pm
Sign up Required! Call 972-638-8795.

 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.

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

 **Wii Bowling** Café Game Zone
10:00am-11:00am All Welcome!

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

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

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
Sign up Required! Call 972-638-8795.

 **1:30pm - 3:15pm** Theater
Movie Matinee- All Welcome!
Dog
2022, PG, 1h 41m

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

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
Sign up Required! Call 972-638-8795.

3:00pm - 4:00pm Vista Rehab Pool
Aqua Boot Camp Res. & PM Only
Sign up Required! Call 972-638-8795.

SATURDAY, AUGUST 6

10:00am-4:00pm Auditorium
Dallas Bead Society 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!**

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This Week's Movie

Dog

2022, PG, 1h 41m

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

Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death, and learn to let down their guards in order to have a fighting chance of finding happiness.

Limited Seating.

Free popcorn and water provided.

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

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

Monday, August 8

4:00pm

Monthly Musical

Entertainment by Dallas Banjo Band

Tuesday, August 9

9:45am

IL Trip to The Frontier of Flight Museum

Sign up at The Point. All Welcome!

Wednesday, August 10

2:00pm

Overlook Conversations

Wednesday, August 10

3:30pm

Protecting Yourself From Medicare Scams & Frauds

Thursday, August 11

2:00pm

MEET THE AUTHOR EVENT!

by Pam Kovacs Johnson will present *Permission to be good enough, coping with guilt and emotions.* All Welcome!

Friday, August 12

1:30pm

Movie Matinee

Apollo 13/ 1995, PG, 2h 20m

SUNDAY, AUGUST 7

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

Christ Chapel
Resident Only

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

Auditorium &
Ch. 81 Broadcast



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.

Contact Senior Life Ministry

Rev. Mike Nichols: 469-400-2858
mnichols@ccyoung.org



Monday, August 8

4:00pm

Monthly Entertainment

Dallas Banjo Band

All Welcome!

MONDAY, AUGUST 8

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

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

Open Swim Vista Rehab Pool
 9:00am - 11:00am Res. & PM Only
 1:00pm - 3:00pm
 Sign up Required! Call 972-638-8795.

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

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

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

 **Chess Club** Café Game Zone
 1:00pm-2:30pm - All Welcome!

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

 1:30pm - 3:30pm Computer Lab
SeniorTech Class: Res. & PM Only
 iPhone Photos:
 How to Take Great Pics

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

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

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

 4:00pm-5:00pm Auditorium &
Entertainment by Ch. 81
The Dallas Banjo Band All Welcome!

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

TUESDAY, AUGUST 9

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

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

9:00am - 10:00am Vista Rehab Pool
Water Walking Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

9:45am-1:00pm Resident Only
IL Trip to The Frontiers of Flight Museum
 The mission of the museum is to educate, motivate and inspire all ages by presenting aviation and space flight history. Sign up at The Point.

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

 10:00am - 11:30am White Rock
One Stroke Painting Res. & PM Only
Flowers, Birds and Butterflies (3 of 4)
 Learn the One Stroke painting technique with resident instructor Patty Gooch. Sign up at The Point.

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

2:00pm - 3:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

3:00pm - 4:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

3:00pm - 3:30pm Ch. 81
Virtual Trivia
 Trivia sheets will be distributed to cubbies in advance.

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

 6:30pm-7:30pm Auditorium &
Summer Gospel Series Ch. 81
 Hear Soloists and participate in a congregational Sing-A-Long. All Welcome!

WEDNESDAY, AUGUST 10

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
 9:00am-10:00am Wednesday Wellness	Fitness Gym Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm Sign up Required!	Vista Rehab Pool Res. & PM Only Call 972-638-8795.
 9:15am -11:00am Shopping Trip to Hillside Village Sign-up at The Point. Pick-up at buildings.	Resident Only
 9:45am - 11:00am Senior Scribblers Share & listen to written stories.	Flagpole Hill All Welcome!
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:30am Rummikub Club Play	Café Game Zone All Welcome!
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
11:00am-12:00pm Drumba with Jill Beam!	Fitness Center Res. & PM Only
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 3:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm- 3:00pm Acting Fun	Computer Lab Res. & PM Only
2:00pm- 3:00pm Overlook Conversations Get and share updates	4833 Resident Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
3:30pm - 4:30pm The Senior Source Medicare Patrol Protecting Yourself From Medicare Scams & Frauds	Auditorium & Ch. 81 All Welcome!
5:30pm - 6:15pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
 4:00pm - 5:00pm Alzheimer's Caregivers Support Group All Welcome!	White Rock
7:00pm - 9:00pm Dallas Story Tellers Monthly Meeting	Flagpole Hill All Welcome!
7:00pm - 9:00pm Audubon Dallas Monthly Meeting Sprina Liu, Curator of Birds & Ectotherms at the Dallas Zoo	Auditorium All Welcome!

THURSDAY, AUGUST 11

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 11:00am Open Swim Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
9:45am - 10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am - 10:45am Thriving with Parkinson's (AL) A workout designed for Parkinsonians.	Hillside Multipurpose Rm. Resident Only
 10:00am - 11:00am Knotty Knitters Knit scarves & hats and socialize!	Flagpole Hill All Welcome!
 10:00am - 11:30am One Stroke Painting Flowers, Birds and Butterflies (4 of 4) Learn the One Stroke painting technique with resident instructor Patty Gooch. Sign up at The Point.	White Rock Res. & PM Only
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
11:00am - 11:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center Res. & PM Only
 1:30pm -2:30pm Shopping Trip to Trader Joe's Sign-up at The Point. Pick-up at buildings.	Resident Only
2:00pm - 4:00pm Total Hearing Clinic Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	The Clinic (Vista) Resident Only
2:00pm - 3:00pm MEET THE AUTHOR EVENT! Pam Kovacs Johnson! She will present on <i>Permission to be good enough, coping with guilt and emotions.</i>	Auditorium & Ch. 81 All Welcome!
 3:00pm - 4:00pm Bible Study Led by Resident Marilyn Hodge	Flagpole Hill All Welcome!
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 4:45pm 24 Step Tai Chi Yang Style Traditional Tai Chi.	Fitness Center Res. & PM Only
 4:00pm - 5:00pm Independent Living Happy Hour	Auditorium Resident Only

FRIDAY, AUGUST 12

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

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

9:00am - 11:00am Vista Rehab Pool Res. & PM Only
Aquatics 101 Sign up Required! Call 972-638-8795.

Open Swim Vista Rehab Pool
 9:00am - 11:00am Res. & PM Only
 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.

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.

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

 **Wii Bowling** Café Game Zone
 10:00am-11:00am All Welcome!

 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

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

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

 1:30pm - 3:15pm Theater
 **Movie Matinee- All Welcome!**
 **Apollo 13 / 1995, PG, 2h 20m**

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

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

3:00pm - 4:00pm Vista Rehab Pool
Aqua Boot Camp Res. & PM Only
 Sign up Required! Call 972-638-8795.

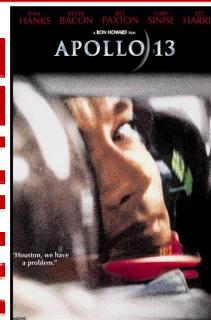
 6:30pm - 8:00pm Café Game Zone
Friday Night "Pool" Party
 Mingle with friends and maybe play a game or two!

SATURDAY, AUGUST 13

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 MOVIE



This Week's Movie

Apollo 13

1995, PG, 2h 20m

**Friday, August 12
 at 1:30pm**

Technical troubles scuttle the Apollo 13 lunar mission in 1971, risking the lives of astronaut Jim Lovell and his crew in director Ron Howard's chronicle of this true-life story, which turns a failed journey into a thrilling saga of heroism.

**Limited Seating.
 Free Popcorn and Water**

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

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

Monday, August 15

11:00am

Bridge Players Meet & Greet
meet other bridge players.
All Welcome!

Tuesday, August 16

10:00am

**RESIDENT AND POINT
MEMBER OLLI INFO SESSION**

Info on OLLI courses
available beginning this fall. See pg. 7
for more info.

Tuesday, August 16

2:00pm

Kitchen Table Rocket Science
Presented by CCY Resident
Bill McMillin

Wednesday, August 17

2:00pm

Thomas Conversations

Thursday, August 18

11:30am

Total Hearing Lunch & Learn
Sign up at The Point

Friday, August 19

1:30pm

Movie Matinee

Courier
2021, PG-13, 1h 51m

SUNDAY, AUGUST 14

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

Christ Chapel
Resident Only

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

Auditorium &
Ch. 81 Broadcast



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.

Contact Senior Life Ministry

Rev. Mike Nichols: 469-400-2858
mnichols@ccyoung.org

Tuesday, August 16

2:00pm

CCY Resident

Bill McMillin presents

Kitchen Table

**ROCKET
SCIENCE**

Learn about Orbits, Gravity and Zero
Gravity, Space, where does it begin?
Orbital transfers, and more!

MONDAY, AUGUST 15

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

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

Open Swim Vista Rehab Pool
 9:00am - 11:00am Res. & PM Only
 1:00pm - 3:00pm
 Sign up Required! Call 972-638-8795.

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

11:00am-11:30am Flagpole Hill
Bridge Players Meet & Greet All Welcome!
 Calling All Bridge Players! Looking for a group to join?
 Come meet other bridge players.

1:00pm - 3:00pm Café Game Zone
 **Chess Club** All Welcome!
 Drop in for a challenging game!

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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** All Welcome!
 Come out for fun and prizes!

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

TUESDAY, AUGUST 16

Strength & Stretch & Chair Pilates 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 - 10:00am Vista Rehab Pool
Water Walking Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

10:00am - 11:00am Auditorium
 **RESIDENT & POINT MEMBER**
OLLI INFO SESSION
 OLLI at UNT is partnering with CCY to bring expert instructors to The Point. This session will give info on OLLI courses available beginning this fall. See pg. 7 for more info.

2:00pm - 3:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

2:00pm - 3:30pm Auditorium
 **Kitchen Table Rocket Science**
 Presented by Resident Bill McMillin
 All Welcome!

3:00pm - 4:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

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

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

WEDNESDAY, AUGUST 17

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
 9:00am-10:00am Wednesday Wellness See page 10 for more info.	Fitness Gym Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:15am -11:00am Shopping Trip to Hillside Village Sign-up at The Point. Pick-up in front of buildings.	Resident Only
 9:45am - 11:00am Senior Scribblers Share & listen to written stories.	Flagpole Hill All Welcome!
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:30am Rummikub Club Play	Café Game Zone All Welcome!
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
11:00am-12:00pm Drumba with Jill Beam!	Fitness Center Res. & PM Only
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 3:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm- 3:00pm Acting Fun	Computer Lab Res. & PM Only
2:00pm- 3:00pm Thomas Conversations Get and share updates	Thomas Dining Rm. Resident Only
2:00pm-3:00pm Alterations by Dallas Dry Cleaning	White Rock
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only
5:30pm - 6:15pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only

THURSDAY, AUGUST 18

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 11:00am Open Swim Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:30am SeniorTech Class: Search Google Like a Pro	Computer Lab Res. & PM Only
9:45am - 10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am - 10:45am Thriving with Parkinson's (AL) A workout designed for Parkinsonians.	Hillside Multipurpose Rm. Resident Only
 10:00am - 11:00am Knotty Knitters Knit scarves & hats and socialize!	Flagpole Hill All Welcome!
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
11:00am - 11:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center Res. & PM Only
11:30am - 1:00pm Total Hearing Lunch & Learn Learn about new hearing aid options compliments of our CCY Community partner. Limited Spots. Sign up at The Point.	Auditorium Resident Only
1:30pm - 3:30pm Art Critique Workshop Bring art you plan to enter in SIA for a constructive critique and tips from Art Instructor Mary Anne Whittle.	White Rock Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
 3:00pm - 4:00pm Bible Study Led by Resident Marilyn Hodge	Flagpole Hill All Welcome
4:00pm - 4:45pm 24 Step Tai Chi Yang Style Tradition Tai Chi.	Fitness Center Res. & PM Only
 4:00pm - 5:00pm Independent Living Happy Hour Beer, Wine & Appetizers.	Auditorium Resident Only

FRIDAY, AUGUST 19

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
9:00am - 11:00am Aquatics 101 Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm Sign up Required!	Vista Rehab Pool Res. & PM Only Call 972-638-8795.
 9:15am -11:00am Shopping Trip to Kroger Sign-up at The Point. Transportation will pick up in front of your building.	Resident Only
 Spanish Classes 9:30am-10:30am: Beginners For students with little to no prior Spanish 10:40am-11:40am: Intermediate For Prior Spanish Students.	Flagpole Hill Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 Wii Bowling 10:00am-11:00am	Café Game Zone All Welcome!



10:00am - 12:30pm Auditorium
OLLI GENERAL PUBLIC INFO SESSION
This session will give info on OLLI courses available at CC Young this fall. Resident and PM session is on the Wed., Aug. 16

10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
11:10am - 11:50am Modified Tai Chi	Fitness Center Res. & PM Only
1:00pm - 2:00pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only



1:30pm - 3:30pm Theater
Movie Matinee - All Welcome!
Courier / 2021, PG-13, 1h 51m

2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 3:00pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 4:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only

SATURDAY, AUGUST 20

10:00am-11:00pm 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
Courier
2021, PG-13, 1h 51m
**Friday, August 19
at 1:30pm**

Unassuming British businessman Greville Wynne becomes entangled in one of the greatest international conflicts in history. Recruited by MI6 and a CIA operative, Wynne forms a covert partnership with Soviet officer Oleg Penkovsky, and both men risk everything in a danger-fraught race against time to provide the intelligence needed to prevent nuclear confrontation and end the Cuban Missile Crisis.

Limited Seating.
Free popcorn and water.

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

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

Tuesday, August 23

9:00am-6:00pm

2022 Spirit is Ageless Art & Writing Contest Entry In-Take Day 1

For entry info call 214-841-2831

Wednesday, August 24

9:00am-6:00pm

2022 Spirit is Ageless Art & Writing Contest Entry In-Take Day 2

For entry info call 214-841-2831

Friday, August 26

1:30pm

Movie Matinee

Overboard

1987 PG 1h 53m

Friday, August 26

6:30pm

Friday Night "Pool" Party

Mingle and play a game of pool.

SUNDAY, AUGUST 21

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

Christ Chapel
Resident Only

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

Auditorium &
Ch. 81 Broadcast



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.

[Contact Senior Life Ministry](#)

Rev. Mike Nichols: 469-400-2858
mnichols@ccyoung.org

Friday, August 26

6:30pm

Friday Night "Pool" Party

Mingle with friends and play a game of pool.

Refreshments Served

MONDAY, AUGUST 22

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

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

Open Swim Vista Rehab Pool
9:00am - 11:00am
1:00pm - 3:00pm
Res. & PM Only
Sign up Required! Call 972-638-8795.

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

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

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

 **Chess Club** Café Game Zone
1:00pm-2:30pm All Welcome!

1:00pm - 2:00pm
Aqua Flow Class Vista Rehab Pool
Res. & PM Only
Sign up Required! Call 972-638-8795.

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

2:00pm - 3:00pm
Aquacise Class Vista Rehab Pool
Res. & PM Only
Sign up Required! Call 972-638-8795.

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

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

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

TUESDAY, AUGUST 23

2022 SPIRIT IS AGELESS ART & WRITING CONTEST ENTRY IN-TAKE DAY 1 9:00am-6:00pm

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

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

9:00am - 10:00am
Water Walking Class Vista Rehab Pool
Res. & PM Only
Sign up Required! Call 972-638-8795.

 9:30am - 11:30am
SeniorTech Class: Computer Lab
Res. & PM Only
Check out Library Books on your
Mobile Devices: OverDrive and Libby

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

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

2:00pm - 3:00pm
Aqua Flow Class Vista Rehab Pool
Res. & PM Only
Sign up Required! Call 972-638-8795.

2:00pm - 3:00pm
Virtual BINGO Ch. 81
Cards will be distributed to cubbies in advance.

3:00pm - 4:00pm
Aquacise Class Vista Rehab Pool
Res. & PM Only
Sign up Required! Call 972-638-8795.

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

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

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

**2022 SPIRIT IS AGELESS
ART & WRITING CONTEST
ENTRY IN-TAKE DAY 2
9:00am-6:00pm**

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

Open Swim Vista Rehab Pool
9:00am - 11:00am Res. & PM Only
1:00pm - 3:00pm
Sign up Required! Call 972-638-8795.

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

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

 10:00am-11:30am Café Game Zone
Rummikub Club Play All Welcome!

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

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

1:00pm - 2:00pm Vista Rehab Pool
Water Walking Class Res. & PM Only
Sign up Required! Call 972-638-8795.

2:00pm - 3:00pm Vista Rehab Pool
Aqua Boot Camp Res. & PM Only
Sign up Required! Call 972-638-8795.

2:00pm- 3:00pm Computer Lab
Acting Fun Res. & PM Only

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.

Independent Living Happy Hour 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 Vista Rehab Pool
Open Swim Res. & PM Only
Sign up Required! Call 972-638-8795.

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 All Welcome!
Knit scarves & hats and socialize!

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 All Welcome!
Led by Resident Marilyn Hodge

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

FRIDAY, AUGUST 26

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
9:00am - 11:00am Aquatics 101 Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm	Vista Rehab Pool Res. & PM Only Sign up Required!
9:15am - 11:00am Shopping Trip to Kroger Sign-up at The Point. Transportation will pick up in front of your building.	Resident Only
 Spanish Classes 9:30am-10:30am: Beginners For students with little to no prior Spanish 10:40am-11:40am: Intermediate For Prior Spanish Students.	Flagpole Hill Res. & PM Only

9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
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 Wii Bowling 10:00am-11:00am	Café Game Zone All Welcome!
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 10:00am-12:00pm Free Coaching Fridays Come and Go for Technology Questions	Technology Lab Res. & PM Only
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10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
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11:10am - 11:50am Modified Tai Chi	Fitness Center Res. & PM Only
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1:00pm - 2:00pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
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 1:30pm - 3:30pm Movie Matinee - All Welcome! Overboard 1987 PG 1h 53m	Theater
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2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
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2:00pm - 3:00pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
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3:00pm - 4:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
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 6:30pm - 8:00pm Friday Night "Pool" Party Come out for to mingle with friends and maybe play a game or two!	Café Game Zone
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SATURDAY, AUGUST 27

10:00am-11:00pm Dallas Handweaver & Spinners Guild Meeting All Welcome!	Auditorium
--	------------

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
Overboard

1987 PG 1h 53m

**Friday, August 26
at 1:30pm**

Heiress Joanna Stayton hires carpenter Dean Proffitt to build a closet on her yacht -- and refuses to pay him for the project when it's done. But after Joanna accidentally falls overboard and loses her memory, Dean sees an opportunity to get even.

**Limited Seating.
Free popcorn and water.**

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

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

Tuesday, August 30

10:30am

IL Trip to North Park

Mall Resident Only

Sign up at The Point.

Tuesday, August 30

6:30pm

Summer Gospel Series

All Welcome!

Friday, September 1

1:30pm

Movie Matinee

American Underdog
2021, PG, 1h 52m

SUNDAY, AUGUST 28

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

Christ Chapel
Resident Only

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

Auditorium &
Ch. 81 Broadcast



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.

Contact Senior Life Ministry

Rev. Mike Nichols: 469-400-2858

mnichols@ccyoung.org

**Summer Gospel
Series**

6:30pm

**Solos & Congregational
Sing-a-long**

Tuesdays

August 9
Gospel Music

August 30
Traditional Hymns

MONDAY, AUGUST 29

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

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

Open Swim Vista Rehab Pool
 9:00am - 11:00am Res. & PM Only
 1:00pm - 3:00pm
 Sign up Required! Call 972-638-8795.

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

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

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

 **Chess Club** Café Game Zone
 1:00pm-2:30pm - All Welcome!

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

2:00pm - 2:45pm Auditorium
Health Benefits of Massage Res. & PM Only
 Presented by Adrenia Lugo

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

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

6:30pm-8:00pm Auditorium
Dallas Area Fiber Artists All Welcome!
Monthly Meeting
 Featuring Artist Leo Ransom
Journey of an Art Quilter.
 A conversation with a Master Art Quilter

TUESDAY, AUGUST 30

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

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

9:00am - 10:00am Vista Rehab Pool
Water Walking Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

 9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
 Facebook: Finding Friends, Sharing Photos and
 News and Staying in Touch

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

10:30am - 1:30pm Resident Only
IL Trip to North Park Mall
 Sign up at The Point.

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 Theater
Fellowship, Word and Bible Study
 All Welcome!

 6:30pm-7:30pm Auditorium &
Summer Gospel Series Ch. 81
 Hear Soloists and participate in a
 congregational Sing-A-Long. All Welcome!

WEDNESDAY, AUGUST 31

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
 9:00am-10:00am Wednesday Wellness	Fitness Gym Res. & PM Only
Open Swim 9:00am - 11:00am 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:15am -11:00am Shopping Trip to Hillside Village Sign-up at The Point. Pick-up in front of your building.	Resident Only
 9:45am - 11:00am Senior Scribblers Share & listen to written stories. All Welcome!	Flagpole Hill
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:30am Rummikub Club Play	Café Game Zone All Welcome!
11:00am-12:00pm Drumba with Jill Beam!	Fitness Center Res. & PM Only
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 3:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm- 3:00pm Acting Fun	Computer Lab Res. & PM Only
2:00pm- 3:00pm "So You Sold Your Car... Now What?" All Welcome! A guide to getting around after you have sold your vehicle Presented by Senior Tech Instructor Daphne Lee.	Auditorium & Ch. 81
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only
5:30pm - 6:15pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only

THURSDAY, SEPTEMBER 1

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 11:00am Open Swim Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:30am SeniorTech Class: Google Home and other Internet-Connected Devices	Computer Lab Res. & PM Only
9:45am - 10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am - 10:45am Thriving with Parkinson's (AL) A workout designed for Parkinsonians.	Hillside Multipurpose Rm. Resident Only
 10:00am - 11:00am Knotty Knitters Knit scarves & hats and socialize! All Welcome!	Flagpole Hill
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
11:00am - 11:45am Thriving with Parkinson's A workout designed for Parkinsonians.	Fitness Center Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 4:45pm 24 Step Tai Chi Yang Style Tradition Tai Chi.	Fitness Center Res. & PM Only
 4:00pm-5:00pm Independent Living Happy Hour Beer, Wine & Appetizers.	Auditorium Resident Only
7:00pm-8:00pm Dallas Pioneers Meeting Special Program coming soon.	Auditorium All Welcome!

FRIDAY, SEPTEMBER 2

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

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

Open Swim Vista Rehab Pool
 9:00am - 11:00am Res. & PM Only

1:00pm - 3:00pm
 Sign up Required! Call 972-638-8795.

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.

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

 **Wii Bowling** Café Game Zone
 10:00am-11:00am All Welcome!

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

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

1:00pm - 2:00pm Vista Rehab Pool
Aqua Flow Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

 **1:30pm - 3:15pm** Theater
Movie Matinee- All Welcome!
American Underdog
 2021, PG, 1h 52m

2:00pm - 3:00pm Vista Rehab Pool
Aquacise Class Res. & PM Only
 Sign up Required! Call 972-638-8795.

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

3:00pm - 4:00pm Vista Rehab Pool
Aqua Boot Camp Res. & PM Only
 Sign up Required! Call 972-638-8795.

SATURDAY, SEPTEMBER 3

10:00am-4:00pm Auditorium
Dallas Bead Society 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
American Underdog
 2021, PG, 1h 52m

**Friday, September 2
 at 1:30pm**

As Kurt Warner stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback – proving that anything is possible with faith, family, and determination.

**Limited Seating.
 Free popcorn and water.**

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THE INTERSECTION OF ART & WRITING

Brian Parman, Director The Point & Pavilion
August 2022



Art & writing have the power to tell stories and to transport us out of our element, giving each of us the opportunity to escape, see, feel, and dream of anything we want.

Artists literally paint pictures with their brushes. However, writers paint pictures too. The only difference is that while an artist uses a paint brush a writer's only tool is his or her words. Writing has completely changed the world around us. It changes the way we view ourselves and how we communicate with others. Because of writing, you can share your ideas with people and express your passion for changing the world.



Whether it is a song, a play, a poem, a novel, or painting, most of us know the feeling of being moved by a work of art. When we are touched, we are moved; we are transported to a new place that is, nevertheless, strongly rooted in a physical experience, in our bodies. We become

aware of a feeling that may not be unfamiliar to us but which we did not actively focus on before. This transformative experience is what art is constantly seeking.



There have been multiple projects that our team has collaborated on over the past year to create experiences like this for our residents, family members, staff members and the greater community at large to

commemorate our Centennial Celebration. The most recent was the opening of the Aver-Phillips Art Gallery in The Vista this past month. The work to create this gallery space has been a labor of love that began well before the first shovel broke ground for construction, some five years ago, and well before the torch was passed to me to curate and hang the show you see on the walls today, "Young at HeART"



Denise Aver-Phillips, former Vice President of Community Outreach for CC Young and her husband Steven, had the vision to transform what would be a high

traffic corridor in The Vista into something much bigger and more impactful than moving people from point "a" to point "b" by intentionally creating a gallery space – a destination to motivate, move and inspire.



As the first pieces of art were set out to hang, the ordinary hallway quickly came to life, with lots of foot traffic including residents, staff, family members and guests.

It was invigorating to me as I observed their physical appearances change and listened to the chatter, anticipation, joy and excitement about the transformation that was taking place. CC Young Resident Donna Rush was carefully admiring the watercolor painting created by Mary Anne Whittle and announced gleefully that she saw herself as the girl by the sea as she copied her pose. It was special moment that made my heart sing!

What the two of us experienced is proof of the positive impact that creative arts have in a healthcare settings and programs to improve healthcare outcomes and quality of life. In fact, creative arts in healthcare programs and creative art therapies have been applied to an array of health issues – from post-traumatic stress disorder, mental health issues, chronic illness, Alzheimer’s and Dementia, Neurological disorders, and physical disabilities to improve patients’ overall outcomes, treatment compliance and quality of life.

As you review the fifty plus pages of our monthly Active Senior Lifestyle Guide, you’ll begin to understand the commitment CC Young has to provide a variety of quality experiences for our residents, family members, staff and community providing both in-person and virtual experiences via our campus television broadcast channel at The Point and various locations throughout our campus for the enjoyment of residents, resident family and Point and community members alike.

This month we take in art and writing entries for the 22nd Annual Spirit Is Ageless Art & Writing Contest. This contest is truly the intersection of art and writing with 15 categories to enter including a special category on Master Works in honor of our featured speaker, Dr. Laura Evans.



Laura Evans is a Distinguished Teaching Professor of Art Education and the Coordinator of the Art Museum Education Certificate at the University of North Texas in Denton, Texas. She has a special interest in art crime: thefts, fakes, and forgeries. She lectures about art crime on cruise ships that sail the high seas.

For our team it’s one of the most exciting times of the year and like homecoming bringing friends, artists, art lovers and family members to campus to celebrate creativity.

We look forward with great anticipation for in-take of entries for this year’s show and the chance to bringing friends, artists, authors together. Art & Writing in-take take place Tuesday, Aug. 23 and Wednesday, Aug. 24.

The in-person awards program is on Friday, October 28, 2022 at 2:00pm here at The Point Auditorium. We look forward to seeing you there!





Crews News!

By Russell Crews
President and CEO
August 2022

Our centennial year continues as we ease nearer to fall! We celebrated a milestone On July 21, 2022, with the opening and dedication of The Aver-Phillips Art Gallery on The Vista's second floor. As part of the capital campaign for The Vista, this gallery was a gift from our former employee, Denise Aver-Phillips and her husband Steve, who believe that art pushes people to see, think and feel in many ways. Their vision to create a space to display art and expose art to the community has transformed the Bistro area to a destination location for residents, families, team members, visitors and guests to view art and celebrate artists. The actual launch of this gallery was delayed due to our last two years of COVID protocols. In actuality, though, the timing was perfect to include its dedication and the reception with our other centennial festivities this year. Thanks to Denise and Steve, this gallery will be an asset for all of us for many years to come. Plan on visiting the gallery in August and September to experience artwork from 16 contributing artists in multiple modalities.



On another note, I am very pleased to announce to you the inception of a new nursing scholarship which has been set up by our Body, Mindy and Spirit Foundation Board of Directors. This scholarship is given in memory of Ifeoma Ude, our former Director of Nursing for The Vista. Ifeoma contracted a rare and fatal disease and left this world earlier this year. Her story and her advancement through CC Young are remarkable. Her illness and loss at such a young age still reverberate with all who knew her. This scholarship is a way for CC Young to honor her memory and achievements while passing on opportunity for advancement via higher education to another worthy

candidate.

Many of the things we do as an organization are highly visible on campus. There are many more initiatives that are less visible. The two items referenced above are an example of each.



Village Update

By Jen Griffin
Vice President, Engagement
August 2022

This month's theme is 100 Years of Transportation! I have a distinct connection with this topic due to my stint with American Airlines in my early 40's.

Since my first flight in the fourth grade, I was intrigued with flying and travel. My college roommate graduated and went to work for Braniff Airlines. She was flying to Europe and even flew multiple trips on the Concorde! While I was envious of her path and experiences, I took another post-graduate route. Nonetheless, being a flight attendant remained on my bucket list until the time was right. When it all came together, I was thrown into a whirlwind experience with 7-weeks of training in Dallas followed by an immediate move to NYC. It was crazy and exciting and exhausting and cool.



I was (and continue to be) astonished by the immensity of the airline industry. From what I learned in my limited experience with the airline industry, I have the same respect and awe for the

immensity of other transportation-specific industries involving buses, trains, and boats. The logistics involved are mind-boggling! And each industry has had to develop its own language for operations and processes. [Side note: My best friend is one of the smartest people I know and is also a seasoned traveler. When I was with AA, even she was struggling with some of the terminology I used about scheduling and operations. I learned so much! It was CRAZY good exposure!]

And yet, do you want to know the thing I most associate with transportation and working for American Airlines? Freedom.

On any day, I could decide to fly "stand by" and go somewhere. I could plan my month with any days off I chose. I could pick any trip I wanted, any location I wanted, any time I wanted. As long as I flew the required flight hours, the rest was up to me.



Freedom with transportation can also come in something as simple as a 'road trip' with the right folks. I can think of several examples – even as far back as elementary school – where setting out on a trip put me in a joyous, adventurous frame of mind, open to whatever might come my way.



Read through the article on pages 38 and 39 and I bet you will be flooded with memories involving transportation. Whether good, bad, or ugly, we all have those memories of significant events in our lives where transportation is in the forefront. When you look back, you can be as astonished as I am at how far we've come in transportation in the last 100 years! Just imagine what the next 100 years will bring!

'Jetson's' anyone??

Learn More about Team CC Young!

Transportation Team



David Spencer

Driver

David has been with CC Young since 2009. His love for cars spans across decades and he has held many positions from master mechanic at General

Motors to providing transportation for our residents. As a result, he was a natural for the transportation department! David is a Dallas native and loves working close to White Rock Lake. When he's not driving our residents, he rides his Harley Davidson on the weekends.



Teresa Escanlar

Driver

Teresa joined CC Young about a year ago in the transportation department. She was born and raised in McKinney Texas, but moved to Dallas in 1990 to raise her wonderful kids. She confesses that 'she loves it' -

and enjoys seeing the residents and helping them any way she can...even if that's just taking them on a quick trip to run some errands. When not at work, Teresa enjoys spending time with her kids and grandchildren, just at the house hanging out or watching the Cowboys play while eating her favorite wings from Wingstop. The year with CCY has just flown by, most likely because she loves what she does. Teresa has been working in transportation for 15 years now and she really enjoys working with the residents.



Christine Miller Hinrichsen

Coordinator, Resident Operations

Chris joined CC Young in 2013 with a mini-departure in 2019... thankfully, to return in 2021 - for a total of 8 years with CC Young!

She was an Army brat, born in Indiana. Not surprisingly, her favorite vacation spot is in Indiana on the Ohio River. With regard to her Texas roots, she loves the culture and lifestyle of East Dallas with highlights being White Rock Lake Bathhouse, the Arboretum, Shakespeare in the Park, White Rock Lake itself, and lots of the restaurants and specialty shops in the area. In her spare time, her focus is on family, crafting with her mom, and church. She also loves to read when she has time!



CCY Transportation

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

Planned Giving

Inspired Giving

Submitted by Katie Menzer,
CC Young Senior Director of Development.

Charlotte Baumetz Moss was only a teenager when she heard Reverend Christopher Conley Young speak about his dream of building a place for older adult women and mothers who needed a home.

The Methodist minister's words, however, stuck with her for her entire life. She went to college, married, raised a child and had a 43-year career as a schoolteacher, but before she died at the age of 70, she asked her son to sell the family's farm after his death and donate the proceeds to CC Young.

"Sometimes when you put a mark on a child, it carries their whole life," said Onie Burnett, Mrs. Moss' niece.

Mrs. Moss' generous gift has assisted with the general operations of our beautiful campus on West Lawther Drive. Although CC Young was built on Reverend Young's vision, it is our community of residents, staff, partners, neighbors and donors who have kept his dream alive for a century. Estate gifts from our organization's supporters can be an essential part of ensuring CC Young's nonprofit mission continues for generations.

Planned giving is often easier than many people think. A simple sentence in a will may be enough to leave a gift. There are multiple ways to give, including insurance policies, property, investments and more. You can learn more about the process on CC Young's website at ccyoung.planmygift.org.

Mrs. Moss grew up in the small town of Sinton near Corpus Christi and devoted her professional life to education. She attended the College of Industrial Arts, now known as Texas Woman's University in Denton, and Texas College of Arts and Industries, now Texas A&M University, Kingsville, in the 1920s.



Mrs. Moss, pictured with her son in 1974, was an elementary school teacher in the coastal area towns of Ingleside and Channelview. Onie Burnett said that her aunt was smart and creative, making her own decorations for her classrooms. She died in 1975, and her son James

held onto those classroom decorations throughout his life.

James Moss, was a trained pilot in the U.S. Navy, serving in Korea and Japan. After his military service, he lived in Richardson and worked at Texas Instruments as a technical writer. When he died about 40 years after his mother, he remembered her wish and included her request of supporting CC Young in his estate plan.

"He was one to keep his word to his mother," Onie Burnett said.

We're all so grateful to Charlotte and James Moss and Onie Burnett for making the gift possible and helping to sustain our mission!

Please reach out to Katie Menzer, CC Young's Senior Director of Development, if you have any questions about planned giving. She can be reached at 214-613-1420 or kmenzer@ccyoung.org.



August: 100 Years of Transportation

<https://corsia.us/transportation-in-the-united-states-a-brief-history>

For a while now automobile has been synonymous with freedom and independence. For most, it is no longer a luxury, it's an integral part of their lives, a necessity. Because we have cars to drive we can choose where to live and work. Our friendships are no longer limited by the geographic location of our homes, and we are more able to avail ourselves of near and distant pleasures.

We praise our cars for the convenience, mobility, and comfort they offer, it is something as natural to purchase and own as food, clothing, and shelter, regardless of the traffic, pollution, and urban decay it may cause. However, it hasn't always been this way.



How it all began

Before the 19th century, getting around was an arduous and exhausting experience for Americans due to poor road conditions and inadequate modes of transportation. Searching for better lands, many trudged on

foot for hundreds of miles, dragging crude carts loaded with their scarce possessions. More fortunate pioneers traveled on horseback or in wagons pulled by horses or oxen.

And only a hundred years later, by the beginning of the 20th century, almost a limitless number of transit options were readily available. In 1910, the United States had one of the world's greatest transportation systems: 353,000 miles of railroad tracks connected states and cities together.

Within cities, a network of electric street railways provided efficient transportation. By 1902, electric vehicles prevailed as a preferred mode of transportation. In 1908, Henry Ford introduced the Model T – a widely available and affordable gasoline-powered car that was responsible for the downfall of electric vehicles. The new internal combustion engine-driven automobile had finally offered Americans the freedom they longed for, the freedom to get out there and explore.



The Carriage Era

The period from the late 17th century, throughout the first two decades of the 20th century, is called by many historians the "Carriage Era". The variety of horse-drawn

vehicles was astonishing: elegant private carriages, simple and inexpensive buggies, traps, road wagons, pony carts, and buckboards. Horse railway cars hauled people for decades before giving way to the electrically powered streetcar. According to Census data, as late as 1900 Manhattan had 130,000 horses.

But horses were slow. Horse-drawn vehicles traveled at speeds between 4 -12 miles per hour. They were limited in range – according to one traffic analyst, on average, a city horse would fall after 96 miles traveled. In the 1880s, in New York City alone the Department of Sanitation was removing 15,000 dead horses from the streets each year. In addition, living horses deposited between 800,000 and 1,300,000 of manure each day; therefore, manure collection presented a substantial burden on municipal budgets. Rapidly developing American society needed a new mode of transportation to match the progress: faster, cleaner, and more reliable.



Trains

Americans quickly took to travel in railroad trains in the 19th century.

From the founding of the railroads in the late 1820s, they rapidly spread throughout the

nation and became the most influential businesses in 19th century America. Railroads were essential for moving people and goods. Train travel became the fastest mode of transportation offering speeds of up to 15 – 20 miles per hour, reached the areas that were inaccessible before. Trains did not require self-operation, so passengers could socialize, relax and enjoy the scenery, or even conduct business. By the 1860s, railroad companies were operating 30,600 miles of track in the United States.

Despite all the advantages of traveling by train, railroads were unable to maintain their mass appeal. Passengers expressed their discontent with strict adherence to timetables and schedules. Farmers and other shippers protested monopoly pricing. When the railroad came to a town, the town would grow. But if for some reason the railroad changed its route and bypassed a town, the town would die. Trains were associated with pollution and urban decay; safety also was an issue given frequent accidents and boiler explosions. Nevertheless, trains dominated American long-distance public transportation through the first two decades of the 20th century.

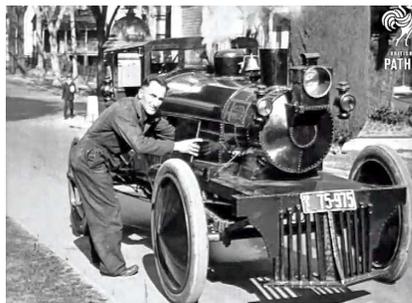


Bicycles

When the bicycle arrived in late 1880, Americans readily embraced it as it offered great personal mobility at a low cost.

Compared to horses and buggies bikes were easy to store, required no feed,

and little care. The early high-wheeler bicycles with large front wheels could sometimes be dangerous. But the development of the “safety bicycle,” with wheels of equal sizes and chain drive, made it suitable even to the most cautious of riders. Although bikes still left much to be desired: could not travel at very high speeds, didn’t cope well with poor weather conditions, didn’t allow for transportation of luggage, – many aspects of bicycle technology were later applied to motorcars: welded steel tubular construction, chains, sprockets, gears, precision bearings, wire wheel construction, pneumatic tires, band brakes, and rack and pinion steering.



Steam-powered vehicles

The earliest example of the steam-powered vehicle in the United States dates back to 1805. Oliver Evans –

inventor and millwright –

built a steam-powered floating dredge. Since his shop was nowhere near the river, he mounted his dredge on wheels, built a chain drive to connect the wheels to the engine, and drove his machine to Delaware’s edge.

Mr. Evans did not conduct any more experiments with steam-powered vehicles. A few decades later, Sylvester Roper made a series of lightweight steam road vehicles with both two and four wheels. He applied existing steam technology to basic horse-drawn vehicle forms.

Although at first Americans were quite distrustful of the new invention, by the end of the 19th century everyone wanted to own a horseless carriage. The steam-powered car was quiet and needed no transmission. At the same time, it had its disadvantages. The starting procedure could be quite complex – sometimes. It would take up to 20 minutes to start a vehicle. It required frequent stops to add water and refuel, and dirty water could foul boilers.

Many people were also afraid of boiler explosions.

Electric cars

Towards the end of the 19th century, a variety of inventors in the United States experimented with electric-powered vehicles. Electric cars quickly became popular among urban residents – especially women.

They were quiet and easy to start, did not have any gears to shift, and required little maintenance. The problem with the electric car was its limited battery life. Consequently, it meant limited travel distance. Most vehicles could travel only 25 miles or so between charges, and their top speeds were usually less than 15 miles per hour.

By the 1920s, the United States had a decent system of roads connecting cities, and Americans wanted to get out and explore. However, because electric cars depended on batteries they were unsuited for long-distance travel on rough, hilly country roads with no power lines and access to electricity.

Gasoline-powered cars



In the beginning, many gasoline-powered cars were modeled after the European Mercedes-type introduced in 1901. With its 35 horse-power 4-cylinder engine, Mercedes could cruise

at 50 miles per hour over good roads – something that America lacked. American engineers adapted this European car to American conditions. Then came the high-wheeler western buggies, followed by runabouts offering a more affordable gasoline-powered vehicle. But Henry Ford’s Model T was the real breakthrough.

Introduced in 1908, the new car blended the size and performance of the large Mercedes-type cars. The way it was constructed it did not resist the ruts and bumps of the American roads but rather flexed with them. By keeping the car light and using a relatively small 20-horse power engine Ford was able to get a pretty good performance.

The piece of the puzzle, which contributed to the success of the Model T, – low manufacturing costs. Between 1908 and 1914 Ford and his engineers introduced drastic improvements to the Model T.

The great Texas oil strike at Spindletop in 1901 helped Americans decide in favor of gasoline-powered cars by ensuring the abundance of cheap gasoline for the foreseeable future. Oil companies and automakers cooperated in a symbolic relationship. Widely available natural resources like iron, steel, wood, copper, brass also favored the rapid expansion of the gasoline vehicle.

Early auto racing promoted the speed and power of internal combustion engines. But the most important reason why more and more Americans were choosing gasoline-powered cars was the range and sense of freedom that came with it. Gasoline-powered cars felt liberating, they equaled independence, promoted family solidarity, and promised to satisfy the most unquenchable thirst for adventure. The gasoline-powered vehicle became an essential part of the American dream, and it is so to this day.

CC YOUNG 2021 EMPLOYEES OF THE YEAR

Victoria Briscoe
Therapy



Kateesha Medina
Memory Support



Tonya Simmons
Home Health



Cathy Hefko
Sales &
Marketing



Doreth Swaby
Private Duty
Solutions



David Agbodeka
Maintenance



Michelle Hicks
Dining Services



Tirsit Mekonnen
Housekeeping



Kim Lambert
Health Center



David Spencer
Resident Services



Mary Pat Smith
Hospice



LaCandace Jones
Life Enrichment



Charletha Powell
Assisted Living





Transportation

by Senior Tech Instructor
Daphne Lee

As we weave technology and the Internet through our daily lives, we add to our vocabulary. The word of the day is “*disruptor*,” and we see that across various industries; think Amazon, online learning, digital calendars...and of course no list of disruptors would be complete without Uber/Lyft/GoGoGrandparent and other transportation services often referred to as “ridesharing services.”



Uber and Lyft are popular smartphone apps found on both the Apple and Android platforms. Both Uber and Lyft offer transportation-on-demand services where mobile phone users schedule transportation using an app and a driver, also using the app, agrees to the time, destination, and pick-up location. In addition to providing automotive transportation, Uber provides food delivery, package delivery, courier and freight transportation. There is no greater example of an industry (and lifestyle) disruptor than Uber and Lyft...and other app-based transportation services. Remember to always download smartphone and tablet apps from either the Apple App Store or the Google Play Store, each found on your mobile device.

The Transportation *space* (as modernists say...) includes other service providers, sources that are not app-based. GoGo Grandparent, AARP, and others provide access to rides in which reservations are made using the telephone. Throughout August and the coming months, as we have in the past, we'll introduce you to the world of transportation service providers and how to access each resource. In the meantime, find GoGo Grandparent online at <https://welcome.gogograndparent.com/> and AARP's Ride@50+, new to the Dallas area, <https://feonix.aarp.org/dallas/index.php?language=English>. Join us at the Point for SRTech classes during the Month of August and watch for our presentation on Transportation. We offer a broad selection of in-person classes covering smartphones, tablets, computers, and the Internet. We are always looking to teach relevant new, tech-related topics and we appreciate your feedback. Email us at srtech@ccyoung.org with any ideas or special requests.

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

Group Highlight



The Litter Gitters!

The CC Young Litter Gitters have been meeting monthly since 2015. Pre-Covid they would pick up trash across from the CC Young Campus on the second Saturday of each month. The bike trail across Lawther Dr., between Mockingbird Ln. and Northwest Hwy. is the section CC Young has sponsored to help keep trash free.



The group now meets monthly to roll bags and repair trash grabbers. This is done as a part of a volunteer project to help *For The Love of The Lake*, a non-profit organization whose volunteers support programs to preserve and enhance White Rock Lake Park. They organize regular clean-up activities, tree planting events, and raise money needed to fund improvements to White Rock Lake Park.



The group, led by Aaron Schmidt, rolls between 200-400 blue and black bags each month for volunteers to use to pick up trash around the lake each month. The blue bags are used for recyclable objects, black bags are for trash. They also help fix broken trash grabbers.

Come out and help this great group. **Tuesday, August 2 at 10am. in The Point Auditorium.**

For more information on how you can be a Litter Gitter contact Aaron Schmidt at 214-229-7762

Dog days of summer

Tips to keeping Pets Cool this Summer



Make Sure Your Dog Has Access to Water



Never leave your Dog Inside a Locked Car



Stay inside during extremely hot days of summer



Give Your Dog a Trim during Dog Days of Summer



PetPremium



Dog Days of Summer

By Ann Sury
Wellness Instructor
asury@ccyoung.org

It's summer & it's hot.

Being a yoga instructor, words like Downward Dog or Up Dog are familiar terms and part of my daily practice. But 'Dog Days' are every day for me and are very much a part of my life. I have volunteered in Dog Rescue for over 35 years. And it's not just any Dog Rescue, it's Irish Wolfhound Rescue. The Irish Wolfhound is a sight hound and is considered a giant breed dog, one of the largest in the world. Presently, our household includes five of these magnificent and noble hounds.

I advocate for the breed and place rescue hounds in loving forever homes. You'll find my name on the Irish Wolfhound Club of America's website where I'm the contact for the state of Texas. I'm also active in the regional group, South Central Irish Wolfhound Club. Throughout the state, members of the club are involved in a variety of dog activities including therapy, coursing, confirmation, agility and obedience.

Owners and hounds get together at festivals to share knowledge and information with the public and allow those interested to get up close and personal with their furry faces. Known as the Gentle Giant, male hounds can weigh between 140-180 pounds and measure 30-38" at the shoulder. Although they can be couch potatoes, they need good nutrition and exercise, just like us. So, every day is a dog day for me, enjoying the hounds. At home, it can be a challenge to practice yoga on my mat without a

four-legged intruder wanting a pet. When you have a pet bigger than you are, it is important to maintain strength, balance and flexibility. While walking a hound, being aware of my surrounding is extremely important to avoid tripping or falls. You never know when a squirrel might bed around the next corner to test your balance. I'm grateful for the physical ability I've gained through regular strength exercise and yoga to handle my hounds.

So, while it's so hot outside, consider joining me during the Dog Days of summer for my Sit & Get Fit class at 3pm, Monday through Wednesday at The Point. It's been fun having a few four-legged companions join their owners during class. Our furry companions are known to help us combat stress through difficult times, lower blood pressure and help us maintain a positive attitude. Dogs are a great reason to get out and exercise, meet new people and bring a smile to your face.





Happy Anniversary

AUGUST 2022 Resident Anniversaries

14 Years

Janet Wiksten

9 Years

**Mary Haas
Evelyn Bridges**

11 Years

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

8 Years

**Mary Ellen Lechliter
Shirley & Robert Cooper**

7 Years

**Ruth & Robert Esgar
Joan Schell**

6 Years

**Sally King
Martha Gerhart**

10 Years

Don Collins

5 Years

Tina Lancaster

AUGUST 2022

Resident Birthdays

First Name	Last Name	Location	Date
Ina Lou	Bruce	Thomas	2
John	Johnson	Overlook	3
Angie	Vazquez	Asbury	3
Michael	York	Overlook	3
Grace	Gafford	Asbury	3
Ann	Allen	Vista	4
Glenn	Cox	Overlook	5
Nelwyn	Davis	Asbury	6
Bonny	Wammack	Asbury	6
William	Odum	Vista	7
Veta	Boswell	Overlook	7
William	Gamble	Thomas	7
Bob	Esgar	Overlook	8
Julia	Woodrum	Vista	8
Betty	Green	Overlook	9
Michael	Griggs	Vista	9
Maryjane	Regel	Vista	10
Diane	Gipson	Asbury	11
Edward	Ramirez	Overlook	12
Martha	Gerhart	Hillside	14
Rita	Allen	Overlook	19
Bonnie	Rivers	Thomas	19
Anita	Weber	Asbury	19
Mary Ellen	Leichliter	Vista	21
Kimberly	Norris	Vista	23
Anna	Petrutsas	Vista	23
Sue	Rampey	Thomas	24
Kenneth	Luckett	Overlook	25
Paul	Vernon	Vista	25
Elizabeth	Himmel	Vista	26
Pat	Kidd	Overlook	26
David	Monnich	Vista	28
Carla	Heath	Asbury	29
Mary	Gilhooly	Overlook	30
John	Wilson	Asbury	30
James	Shine	Vista	30
Wilda	Geyer	Overlook	31
Marilyn	Hamilton	Asbury	31
Sally	Webb	Vista	31

August Team Birthdays

Employee Name		Birthdate	Department
Tomalishia	Graham	1	HC Nursing
Tamara	Wallace	2	Hospice
Charlotte	Waters	3	EVS Housekeeping
Michael	Beck	3	EVS Housekeeping
Damia	Qualls	3	Rehab Therapy
Shannon	Trueheart	4	HC Nursing
Raniesha	Carter	4	HC Nursing
Debra	Bailey	5	HC Nursing
Nneka	Ofor	5	Hospice GIP
Kimberly	Lambert	6	HC Admin
Avi	Gnragahon	7	Dining Services
Birtukan	Gashaw	7	Private Duty Solutions
Kikelomo	Dacosta	7	Assisted Living
Abel	Mabeya	8	HC Nursing
Nena	Paris	9	Assist Living Admin
LeAnne	Haverstick	10	Administration
Leslie	Thomas	10	Home Health Therapy
Tojuade	Ayoola	11	EVS Housekeeping
Kateesha	Medina	11	Memory Support
Nakia	Manley Jackson	13	Dining Services
Melani	Hernandez	14	EVS Housekeeping
Haimanot	Berkie	14	Private Duty Solutions
Nathanael	Woldemichael	14	HC Nursing
Sebawit	Mihretu	15	Dining Services
LaDerek	Bell	15	Dining Services
Dawn	Monopoli	15	Dining Services
Lisa	Durden	15	Memory Support
Brittany	Perez	15	Private Duty Solutions
Trinette	Jones	16	Private Duty Solutions
Jordan	Stubbs	16	Rehab Therapy
Emebet	Mokoya	17	Private Duty Solutions
Niesha	Stroops	17	Assisted Living
Daniel	Jackson	17	Home Health Therapy
Judy	Craigo	18	Community Outreach
Jeanette	Jackson	18	Dining Services
Aminat	Balogun	18	Dining Services
Mariama	Sow	19	Dining Services
Roland	Castillo	19	Sales
Spencer	Crews	19	Sales
Torri	Parnell	20	HC Nursing

Lloyd	Chambara	21	Private Duty Solutions
Latrease	Perkins	22	Dining Services
Ugochukwu	Onyeugo	23	Assisted Living
Kristina	Goynes	23	HC Nursing
Roberta	Bangura	23	Private Duty Solutions
Chevette	McFail	24	Private Duty Solutions
Teresa	Escanlar	24	Transportation
Sarah	Holforty	26	Sales
Courtney	Honeycutt	27	Home Health
Daphne	Miller	27	HC Nursing
Reyna	Munoz	29	EVS Housekeeping
AnDrea	El Amin	30	Rehab Therapy
Margaret	Ramirez	31	Administration
Anna	McDavid	31	HC Nursing

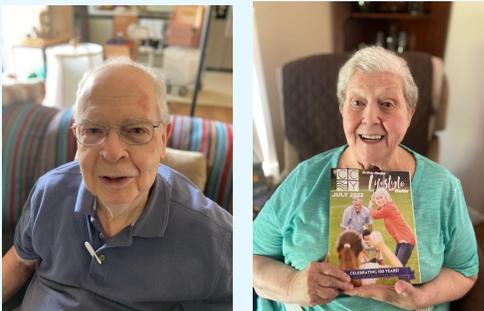
August Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Helen M Collins	8/1/2016	6	EVS Housekeeping
Cassandra B Showels	8/3/2020	2	HC Admin
LaCandace D Jones	8/3/2020	2	Life Enrichment
Florence Onyeugo	8/7/2013	9	HC Nursing
Anika C Morgan	8/9/2021	1	Home Health
Tamba Fengai	8/9/2021	1	EVS Maintenance
Lindsay Phillips	8/10/2020	2	HC Nursing
Kierra Gipson	8/12/2019	3	Private Duty Solutions
Lesley Millar	8/12/2013	9	Development
Anna R McDavid	8/14/2017	5	HC Nursing
Reyna L Munoz	8/16/2021	1	EVS Housekeeping
Christine Miller	8/23/2021	1	Resident Services
Daphne R Miller	8/23/2021	1	HC Nursing
DeAnna J Weary	8/23/2021	1	HC Nursing
Elizabeth V Adams	8/23/2021	1	HC Nursing
Shannon E Trueheart	8/23/2021	1	HC Nursing
Olayemi A Ogunyemi	8/24/2020	2	Assisted Living
Hirut M Hailu	8/27/2008	14	HC Nursing
Misrak Beyene	8/27/2008	14	Assisted Living
Adaysha L Wherry	8/28/2017	5	HC Nursing
Haimanot B Berkie	8/28/2017	5	Private Duty Solutions
Aster S Bayu	8/29/2016	6	Private Duty Solutions
Sara Abdu	8/29/2016	6	Dining Services



**There are some new faces at CC Young!
Please welcome new
Independent Living Residents
June 15-July 15**

OVERLOOK



Gene and Judith
Ward

THOMAS



Robert and Lou
Bruce

ASBURY



Marilyn
Hamilton



D'Ann
Cranshaw



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, August 4 at
1:30pm
The Point Lobby**

**Alzheimer's Caregiver
Support Group**

**Wednesday, August 10 at 4:00pm
at The Point**

Led by Elena Jeffus

FROM BIRTHDAYS TO TUESDAYS, EVERY DAY IS A SPECIAL OCCASION



CC YOUNG

CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922



Fourth of July and New Year's Eve are not enough. We believe in celebrating all the days in between. Every day is another opportunity to leave your responsibilities behind and enjoy fun moments with friends, explore life-enriching activities or just relax on our beautiful 20-acre campus across from White Rock Lake.

ACCEPT NOTHING LESS THAN THE BEST IN DALLAS SENIOR LIVING.
Visit ccyoung.org or call **469-564-5721** for more information.

Independent Living • Assisted Living • Memory Support • Senior Care Services

License #: 000532

