

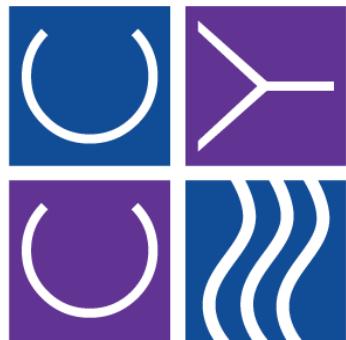


**SEPTEMBER
2022**

Active Senior
Lifestyle
Guide



CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922



Meet The Team!



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



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



Angela Castillo
Assistant Director,
Point & Pavilion
acastillo@ccyoung.org
214-841-2831



Ann Sury
Wellness Instructor
asury@ccyoung.org



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



Elizabeth Polanco
Wellness Instructor
epolanco@ccyoung.org



Elena Jeffus
Manager,
Life Enrichment &
Volunteers
ejeffus@ccyoung.org
214-841-2988



Jesse Mitchell
Wellness Instructor
JMitchell@ccyoung.org



Aaron Schmidt
Life Enrichment
Director,
Independent
Living
aschmidt@ccyoung.org
214-229-7762



Daphne Lee
SeniorTech Instructor
dlee@ccyoung.org

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.



CC YOUNG

CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922

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 Art & Writing

As long as we humans have been able to use our hands, we have been creating art. From early cave paintings to the ceiling of the Sistine Chapel, human artistic expression can tell us a lot about the lives of the people who create it. There have been stylistic trends, historic events, and technological innovations that impacted art and writing over the past **100 years**.

See "The Spirit is Ageless **Art & Writing Contest**" entries in The Point this month.

Stay tuned for additional 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.



CC YOUNG

SENIOR LIVING



*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.



Aquatics Classes

Open to Residents and Point Members

Open Swim

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

Aquacise Class

Mondays & Fridays
2:00pm-2:45pm

Aqua Boot Camp

Wednesdays
2:00pm-2:45pm
Fridays
3:00pm-3:45pm

**Water Walking
Class**

Wednesdays
1:00pm-1:45pm
Tuesdays
9:00am– 9:45am

Aquatics 101

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

Aqua Flow Class

Mondays & Fridays
1:00pm-1:45pm

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



SEPTEMBER 2022 SENIOR TECH SCHEDULE

Thursday, September 1
Google Home and other Internet Connected Devices
9:30am–11:30am

Tuesday, September 6
Storing, Sharing, and Managing iPhone Photos
1:30pm–3:30pm

Thursday, September 8
Getting the Most out of Amazon Prime
9:30am–11:30am

Fridays, September 9 & 23
Tech Coaching Fridays
10:00am–12:00pm
Come & Go for computer & technology questions

Thursday, September 15
Texting on Apple iPhone and iPad
9:30am–11:30am

Monday, September 19
Making The Holidays Fun with iPhone Photos
1:30pm–3:30pm

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.





SEPTEMBER CLASSES

**Tuesdays at 10:00am
in The Point on The Campus of CC Young**

Tuesday, September 6
**Rise and Fall
of the Republic of Texas**
Professor:
Andrew Torget

Tuesday, September 13
**Opera Basics:
Its Components 1**
Professor:
Stephen Dubrow

Tuesday, September 20
**Opera Basics:
Its Components 2**
Professor:
Stephen Dubrow

Tuesday, September 27
**Your Family History:
Federal and State Land
Records**
Professor:
Emily Richardson

Classes are held in-person at The Point
and broadcast on Ch. 81. and Youtube (link sent via email)

Classes open to OLLI Members Pre-register online at
olli.unt.edu/members

For info on OLLI classes at The Point call Angela at 214-841-2831.



CC YOUNG

CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922

IT'S A **GRAND** DAY!

Join us to celebrate Grandparents!

**Saturday, September 10
10:00am—12:00pm**

**We'll have fun-filled,
intergenerational activities
for all at The Point!**

**The whole family can participate
in arts and crafts, cookie decorating,
a drum circle, and More!**

**The Point "Game Zone" will also
be available for your enjoyment!**

See you there!



CELEBRATING 100 YEARS!
SERVING SENIORS SINCE 1922

**Please join us for an inspirational presentation
Wednesday, September 28**

“Surviving the Four Stages of Parkinson’s Disease”

10 – 11:30 a.m., The Vista, 9th floor*

OR

“Living Your Best Life with (or without) Parkinson’s Disease”

3 – 4:30 p.m., The Point

*Masks required



CC Young is pleased to host John Baumann as he shares inspirational personal stories about his experiences after being diagnosed with Parkinson’s in 2002. Following his presentation, John will open up the floor to guests to ask questions and continue the conversation.

**Space is limited. To RSVP, call 469-599-4482
or visit CCYoung.org/Baumann.**



License #: 000532

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

**Tuesday, September 8
9:30am – 11:30am
Fall Centerpiece Workshop**

Welcome Fall this year by making
A custom centerpiece with
fall elements!

Res. & PM Only
All Supplies Provided. Limited Space.
Sign up at The Point.



Wednesday, September 21

10:00am

In-Person and On Ch. 81



Featured Presentation

CCY Hospitality and the State of The Campus

**Presented
By Russell Crews and Robert Surko**



Russell Crews
President & CEO

Russell joined CC Young as Chief Financial Officer in 2008 and was promoted to President and Chief Executive Officer in July 2013. Russell, a CPA, earned his Master of Business Administration (MBA) in finance from the University of North Texas and a Master of Arts (MA) in economics from Southern Methodist University. He also holds CASP designation as a Certified Aging Services Professional.



Robert Surko
Director of Hospitality

Robert joined CC Young's leadership team to elevate our focus on Hospitality. He has enjoyed an extensive career in financial services, corporate banking and leading-edge technologies. He is a graduate of Drury University with bachelor's degrees in Business Administration and Economics. Robert collaborates with the Sales Counselors and other key CCY teammates to deliver a "high touch" approach for all new and transitioning residents along with their families to ensure a positive and enjoyable experience



Thursday, September 8

9:30am

KIMBALL MUSEUM

The Kimbell Art Museum located in Fort Worth, TX celebrates its 50th anniversary this October.

See the SLAY exhibition and witness women in dramatic acts of courageous defiance and female empowerment as depicted by the celebrated Italian Baroque painter Artemisia Gentileschi.

Bring money for lunch at the Kimball Buffet.
Residents Only. Sign up in The Point!

Morgan S



Saturday, September 17

9:30am

Tour the Winspear Opera House

Renowned for its outstanding acoustics, intimate 2200-seat performance hall, and iconic architecture, it is one of the nation's premier performing art Venues.

Residents Only. Sign up in The Point!

THIS WEEK'S HIGHLIGHTS

Every Weekday!
News on the 22s!

Tuesdays at 6:22pm.
Rebroadcast Wed.-Mon. at
9:22am and 6:22pm.

Monday, August 29

2:00pm
Health Benefits of Massage
Presented by Adrenia Lugo

Tuesday, August 30

6:30pm
Summer Gospel Series
All Welcome!

Wednesday, August 31

2:00pm
**"So You Sold Your Car...
Now What?"**
A guide to getting around
after you have sold your
vehicle.

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

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

Hillside Blue Chapel
Resident Only

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

Summer Gospel Series

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



Tuesday
August 30

6:30pm
Traditional Hymns

MONDAY, AUGUST 29

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
Open Swim 9:00am - 11:00am Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:00am Happy Hookers Volunteer Group (aka Bag Ladies) Crochet plastic grocery bags into sleeping mats.	Auditorium All Welcome!
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
 1:00pm-2:30pm Chess Club	Café Game Zone All Welcome!
1:00pm - 2:00pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 2:45pm Health Benefits of Massage Presented by Adrenia Lugo	Auditorium Res. & PM Only
2:00pm - 2:45pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:45pm Sit & Get Fit	Fitness Center Res. & PM Only
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only
6:30pm-8:00pm Dallas Area Fiber Artists Monthly Meeting Featuring Artist Leo Ransom <i>Journey of an Art Quilter.</i> A conversation with a Master Art Quilter	Auditorium All Welcome!

TUESDAY, AUGUST 30

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 9:45am Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:30am SeniorTech Class: Facebook: Finding Friends, Sharing Photos and News and Staying in Touch	Computer Lab Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
Open Swim 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
3:30pm-4:30pm Fellowship, Word and Bible Study All Welcome!	Theater
 6:30pm-7:30pm Summer Gospel Series Hear Soloists and participate in a congregational Sing-A-Long. All Welcome!	Auditorium & Ch. 81

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 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 - 1:45pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm 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?" A guide to getting around after you have sold your vehicle Presented by Senior Tech Instructor Daphne Lee.	Auditorium & Ch. 81 All Welcome!
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 - 9:45am 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
 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
 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 Traditional 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: Clarence Glover, Jr will share 40 years of research of the pioneers that settled and built North Texas.	Auditorium All Welcome!

FRIDAY, SEPTEMBER 2

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
Open Swim 9:00am - 11:00am Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
9:15am -11:00am Kroger 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 10:40am-11:40am: Intermediate	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!
10:30am-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

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

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

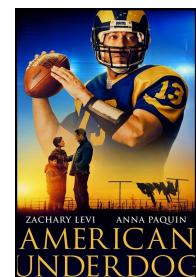
SATURDAY, SEPTEMBER 3

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



**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.

THIS WEEK'S HIGHLIGHTS

**Every Weekday!
News on the 22s!**

Tuesdays at 6:22pm.
Rebroadcast Wed.-Mon. at
9:22am and 6:22pm.

Tuesday, September 6

10:00am

**OLLI CLASS:
The Rise & Fall of the
Republic of Texas**

Led by professor
Andrew Torget.

Tuesday, September 6

4:00pm

**Musical Entertainment:
Singer Brad Ackland**

Thursday, September 8

9:30am

IL Trip to the Kimball Museum

This is a day trip to Fort Worth.
Sign up at The Point.

Thursday, September 8

9:30am

Fall Centerpiece Workshop

Led by CCY resident
Nancy Webb

Friday, September 9

1:30pm

Movie Matinee

CODA / 2021, PG-13, 1h 51

Saturday, September 10

10:00am-12:00pm

Grandparent's Day Celebration

SUNDAY, SEPTEMBER 4



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, September 6
4:00pm**

In-person at The Point &
also on Ch. 81

Musical Entertainment

by

Brad Ackland



Hear Brad sing classics from
Bing Crosby, Frank Sinatra
and More! All Welcome!

MONDAY, SEPTEMBER 5



No scheduled events.

The Point Café and Staff Offices are Closed.

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

Regular programing resumes on Tuesday, September 6!

TUESDAY, SEPTEMBER 6

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Floor Yoga	Fitness Center Res. & PM Only
9:00am - 9:45am Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
OLLI 10:00am - 11:30am The Rise & Fall of the Republic of Texas Led by professor Andrew Torget. Members register at olli.unt.edu/members For info on OLLI classes call 214-841-2831.	Auditorium & Ch. 81 Open Res. & PM OLLI Members
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
1:00pm -2:00pm Volunteer Project for White Rock Lake Help roll bags to prepare for Lake Cleanup “ For The Love of The Lake”	Café All Welcome!
Open Swim 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 1:30pm - 3:30pm SeniorTech Class: Storing Sharing, and Managing iPhone Photos	Computer Lab Res. & PM Only
 1:30pm -2:30pm Shopping Trip to Trader Joe's Sign-up at The Point. Pick-up at buildings.	Resident Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
 3:00pm - 5:00pm Crafts w Patricia Turn old jewelry into amazing pictures frames. Sign up at The Point.	White Rock Class Res. & PM Only
 4:00pm-5:00pm Entertainment: Singer Brad Ackland	Auditorium & Ch. 81 All Welcome!

WEDNESDAY, SEPTEMBER 7

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 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 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
1:00pm - 1:45pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm 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 Virtual Trivia Trivia sheets will be distributed to cubbies in advance.	Ch. 81
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
3:30pm - 4:30pm China- Now & Then A Talk by Robert Surko	Auditorium All Welcome!
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
7:00pm - 9:00pm Audubon Dallas Monthly Meeting	Auditorium All Welcome!

THURSDAY, SEPTEMBER 8

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 - 11:00am SeniorTech Class: Getting the Most out of Amazon Prime	Computer Lab Res. & PM Only
IL TRIP 9:30am - 2:00pm IL Trip to The Kimball Museum This is a day trip to Fort Worth. Sign up at The Point.	
9:30am - 11:30am Fall Centerpiece Workshop Led by CCY resident Nancy Webb Sign up at The Point.	White Rock 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
2:00pm - 4:00pm Total Hearing Clinic Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	The Clinic (Vista) Resident Only
 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, SEPTEMBER 9

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	Vista Rehab Pool Sign up Required! Call 972-638-8795.
Open Swim 9:00am - 11:00am Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 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 10:40am-11:40am: Intermediate	Flagpole Hill Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:00am Wii Bowling	Café Game Zone All Welcome!
 10:00am-12:00pm Free Coaching Fridays Come and Go for Technology Questions	Technology Lab Res. & PM Only
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 - 1:45pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 Movie Matinee- All Welcome! CODA / 2021, PG-13, 1h 51m	Theater
2:00pm - 2:45pm Move to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 2:45pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:45pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 6:30pm - 8:00pm Friday Night "Pool" Party Mingle with friends and maybe play a game or two! Refreshments provided.	Café Game Zone

SATURDAY, SEPTEMBER 10

It's a Grand Day!

10:00am-12:00pm
Grandparent's Day Celebration
Join us for a Grand Day at The Point. The whole family can participate in arts and crafts, cookie decorating, a drum circle, and other activities. 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!



This Week's Movie
CODA
2021, PG-13, 1h 51m

Friday, September 9 at 1:30pm

MATINEE

As the sole hearing person in her family, 17-year-old Ruby plays a vital role in keeping their fishing business afloat. But when she discovers a passion for singing, she's pulled in directions that may take her away from her parents and brother.



**Limited Seating.
Free Popcorn and Water.**

THIS WEEK'S HIGHLIGHTS

**Every Weekday!
News on the 22s!**

Tuesdays at 6:22pm.
Rebroadcast Wed.-Mon. at
9:22am and 6:22pm.

Monday, August 12

10:00am
**Horticultural Therapy for the
Grieving Soul**

Tuesday, September 13

10:00am
**OLLI CLASS:
Opera Basics: Its Components**
Led by professor
Stephen Dubrow.

Tuesday, September 13

4:30pm
Overlook Social

Thursday, September 15

10:00am
Four Your Health!
Stroke Prevention Presentation

Friday, September 16

10:00am
Mini Book Craft Workshop
Supplies Provided
Sign up at The Point.

Friday, September 16

1:30pm
Movie Matinee
Julie & Julia / 2009, PG-13, 2h 3m

SUNDAY, SEPTEMBER 11

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

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



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@cccyoung.org

**Horticultural
Therapy for the
Grieving Soul**

**Mondays at 10am
Starting September 12**

**Work with plants and
soil while being guided
by Morgan Myers,
Licensed Clinical
Therapist.**

Sign up at The Point.

MONDAY, SEPTEMBER 12

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
Open Swim 9:00am - 11:00am Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:00am Happy Hookers Volunteer Group (aka Bag Ladies) Crochet plastic grocery bags into sleeping mats. All Welcome!	Auditorium
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am-11:30am Horticultural Therapy for the Grieving Soul	White Rock Class Resident Only
Work with plants and soil while being guided by Morgan Myers, Licensed Clinical Therapist. Sign up at The Point.	
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
 1:00pm - 3:00pm Chess Club Drop in for a challenging game!	Café Game Zone All Welcome!
1:00pm - 1:45pm Aqua Flow Class	Vista Rehab Pool Res. & PM Only
Sign up Required! Call 972-638-8795.	
2:00pm - 2:45pm Aquacise Class	Vista Rehab Pool Res. & PM Only
Sign up Required! Call 972-638-8795.	
2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
 3:00pm - 4:30pm BUNCO Come out for fun and prizes	Auditorium All Welcome!
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only

TUESDAY, SEPTEMBER 13

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.	
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am - 11:30am Opera Basics: Its Components (1 of 2) Led by professor Steve Dubrow. Members register at olli.unt.edu/members For info on OLLI Classes call 214-841-2831.	Auditorium & Ch. 81 Open Res. & PM OLLI Members
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
1:30pm-2:30pm CC Young 'Uns Choir Rehearsal	Auditorium All Welcome!
Open Swim 1:00pm - 3:00pm Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
 4:30pm - 6:30pm Overlook Social Overlook resident Quarterly Social Hour!	Auditorium Resident Only

WEDNESDAY, SEPTEMBER 14

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 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
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm 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
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
3:30pm-4:30pm Fellowship, Word and Bible Study	Flagpole Hill All Welcome!
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only
 4:00pm - 5:00pm Alzheimer's Caregivers Support Group	Flagpole Hill All Welcome!
5:30pm - 6:15pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
7:00pm - 9:00pm Dallas Story Tellers	Flagpole Hill All Welcome!

THURSDAY, SEPTEMBER 15

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: Texting on Apple iPhone and iPad	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!
10:00am - 11:00am For Your Health! Stroke Prevention Presentation	Auditorium All Welcome!
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
10:30am - 1:30pm North Park Trip Rescheduled From last Month. Sign up at The Point.	Resident 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
 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, SEPTEMBER 16

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 Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 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 10:40am-11:40am: Intermediate	Flagpole Hill Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:00am Wii Bowling	Café Game Zone All Welcome!
10:00am-11:30am Mini Book Craft Workshop Supplies Provided, Sign up at The Point.	Auditorium Res. & PM Only
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 - 1:45pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 1:30pm - 3:30pm Movie Matinee - All Welcome! Julie & Julia / 2009, PG-13, 2h 3m	Theater
2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 2:45pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:45pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only

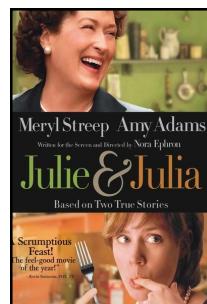
SATURDAY, SEPTEMBER 17

10:00am-11:00pm Lake Highlands/ White Rock Lake Democrats Monthly Meeting All Welcome!	Auditorium
9:30am-11:00pm II Trip: Tour the Winspear Opera Sign up at The Point	Resident Only

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
Julie & Julia
2009, PG-13, 2h 3m

Friday, September 16 at 1:30pm

MOVIE

This heartwarming, truth-inspired tale stars Amy Adams as Julie Powell, who decides to spice up her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic Mastering the Art of French Cooking.

Limited Seating.
Free popcorn and water.

THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

Tuesdays at 6:22pm.
Rebroadcast Wed.-Mon. at
9:22am and 6:22pm.

Tuesday, September 20

10:00am
OLLI CLASS:
Opera Basics: Its Components

Led by professor
Stephen Dubrow.

Wednesday, September 21

10:00am
CCY Auxiliary Meeting

Program Feature: CCY Hospitality by
Robert Surko and State of the Campus
by Russell Crews

Thursday, September 22

10:00am
EZ Reader Presentation

Gary Beene from New Vision
Concepts is proud to present
EZReader.

Friday, September 23

1:30pm
Movie Matinee
Being the Ricardos
2021 PG 2h 5m

Friday, September 23

6:30pm
Friday Night "Karaoke" Party
Mingle and sing a song or two!

Saturday, September 24

3:30pm
Piano Concert by Gustavo Romero!

SUNDAY, SEPTEMBER 18



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



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

Christ Chapel
Resident Only

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



Thursday, September 22
10:00am

EZ Reader Presentation

Gary Beene from New Vision Concepts
is proud to present EZReader
An all-in-one touch screen computer,
designed specifically for users with
vision impairments.

MONDAY, SEPTEMBER 19

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center Res. & PM Only
Open Swim 9:00am - 11:00am Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 9:30am - 11:00am Happy Hookers Volunteer Group (aka Bag Ladies) Crochet plastic grocery bags into sleeping mats.	Auditorium All Welcome!
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
10:00am-11:30am Horticultural Therapy for the Grieving Soul Work with plants and soil while being guided by Morgan Myers, Licensed Clinical Therapist. Sign up at The Point.	White Rock Class Resident Only
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
 1:00pm-2:30pm Chess Club	Café Game Zone All Welcome!
1:00pm - 1:45pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 1:30pm - 3:30pm SeniorTech Class: Making The Holidays Fun with iPhone Photos	Computer Lab Res. & PM Only
2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 2:45pm Aqua Bootcamp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:45pm Sit & Get Fit	Fitness Center Res. & PM Only
 3:00pm - 4:30pm BUNCO Come out for fun and prizes	Auditorium All Welcome!
4:00pm - 5:00pm Seated Tai Chi	Fitness Center Res. & PM Only

TUESDAY, SEPTEMBER 20

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 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 - 11:30am Opera Basics: Its Components (2 of 2) Led by professor Steve Dubrow. Members register at olli.unt.edu/members For info on OLLI Classes call 214-841-2831.	Auditorium & Ch. 81 Open Res. & PM OLLI Members
10:30am - 11:00am Chair Pilates	Fitness Center Res. & PM Only
10:00am - 12:00pm DRUMBA! With Jill Beam	Fitness Center Res. & PM Only
1:30pm-2:30pm CC Young 'Uns Choir Rehearsal All Welcome!	Auditorium
2:00pm - 3:00pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 4:00pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
7:00pm-9:00pm Harmonica Organization of Texas Monthly Meeting & Jam Session	Auditorium All Welcome!

WEDNESDAY, SEPTEMBER 21

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 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!
10:00am-11:30am CCY Auxiliary Meeting Program Feature: State of the Campus by Russell Crews and CCY Hospitality Update by Robert Surko	Auditorium All Welcome!
10:30am-11:00am Chair Yoga	Fitness Center Res. & PM Only
1:00pm - 1:45pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm-3:00pm Alterations by Dallas Dry Cleaning	White Rock
2:00pm - 3:00pm Virtual BINGO Cards will be distributed to cubbies in advance.	Ch. 81
2:00pm- 3:00pm Acting Fun	Computer Lab Res. & PM Only
3:00pm - 3:30pm Sit & Get Fit	Fitness Center Res. & PM Only
3:30pm-4:30pm Fellowship, Word and Bible Study All Welcome!	Flagpole Hill
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 22

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 - 11:00am EZ Reader Presentation Gary Beene from New Vision Concepts is proud to present EZReader - an all-in-one touch screen computer, designed specifically for users with vision impairments.	Auditorium 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 Shopping Trip to Walmart Sign-up at The Point. Pick-up in front of your building.	Resident 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, SEPTEMBER 23

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 Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 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 10:40am-11:40am: Intermediate	Flagpole Hill Res. & PM Only
9:45am-10:15am Strength & Stretch	Fitness Center Res. & PM Only
 10:00am-11:00am Wii Bowling	Café Game Zone All Welcome!
 10:00am-12:00pm Free Coaching Fridays Come and Go for Technology Questions	Technology Lab Res. & PM Only
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 - 1:45pm Aqua Flow Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 Movie Matinee – All Welcome! <i>Being the Ricardos</i> 2021 PG 2h 5m	Theater
2:00pm - 2:45pm Moving to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
2:00pm - 2:45pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
3:00pm - 3:45pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
 6:30pm - 8:00pm Friday Night "Karaoke" Party Come out for to mingle with friends and maybe Sing a song or two! Refreshments provided.	Café Game Zone

SATURDAY, SEPTEMBER 24

	3:30pm-4:30pm Piano Concert World Renowned Classical Pianist Gustavo Romero returns!	Auditorium 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!



This Week's Movie
Being the Ricardos
2021 R 2h 5m

Friday, September 23 at 1:30pm



Chronicling a week of filming the beloved 1950s sitcom "I Love Lucy," this biopic follows stars Lucille Ball and Desi Arnaz as they experience personal and professional crises that could end their relationship onscreen and off.

Limited Seating.
Free popcorn and water.



THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

Tuesdays at 6:22pm.
Rebroadcast Wed.-Mon. at
9:22am and 6:22pm.

Tuesday, September 27

10:00am
OLLI CLASS: Your Family History Federal & State Land Records
Led by professor Emily Richardson.

Tuesday, September 27

3:30pm
Richard Stanford Hour
This month's book review is on *It Happened in Oklahoma* by Robert L. Dorman.

Wednesday, September 28

3:00pm
Marketing Lecture featuring John Bauman
See. Page 8 for more info.

Friday, September 30

1:30pm
Movie Matinee
Same Kind of Different as Me
2017, PG-13, 1h 59m

SUNDAY, SEPTEMBER 25

 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

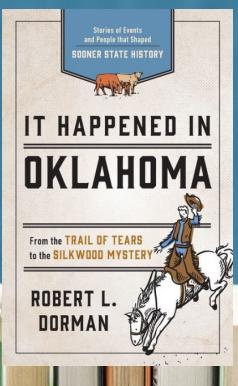


Tuesday, Sept. 27
3:30pm
Richard Stanford Hour

This month's book review is on:

It Happened in Oklahoma
by Robert L. Dorman

All Welcome!



MONDAY, SEPTEMBER 26

Chair Aerobics, Balance Class, Strength & Stretch & Chair Yoga are canceled today!

Open Swim

9:00am - 11:00am

Sign up Required! Call 972-638-8795.



9:30am - 11:00am

Happy Hookers

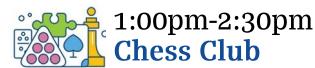
Volunteer Group (aka Bag Ladies)

Crochet plastic grocery bags into sleeping mats.

10:00am-11:30am

Horticultural Therapy for the Grieving Soul

Work with plants and soil while being guided by Morgan Myers, Licensed Clinical Therapist. Sign up at The Point.



1:00pm-2:30pm

Chess Club

1:00pm - 1:45pm

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 - 2:45pm

Aquacise Class

Sign up Required! Call 972-638-8795.

3:00pm - 3:45pm

Sit & Get Fit



3:00pm - 4:00pm

Domino "Pick-Up" game

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

4:00pm - 5:00pm

Seated Tai Chi

6:30pm-8:00pm

Dallas Area Fiber Artists

Monthly Meeting

Featuring

TUESDAY, SEPTEMBER 27

Chair Aerobics, Balance Class, Strength & Stretch & Floor Yoga, Chair Pilates are canceled today!

9:00am - 10:00am

Water Walking Class

Sign up Required! Call 972-638-8795.



10:00am - 11:30am

Your Family History

Federal & State Land Records

OLLI Members

Led by professor Emily Richardson.

Members register at ollи.unt.edu/members

For info on OLLI Classes call 214-841-2831.

1:30pm-2:30pm

CC Young 'Uns Choir Rehearsal

3:00pm - 3:30pm

Sit & Get Fit

3:00pm - 5:00pm

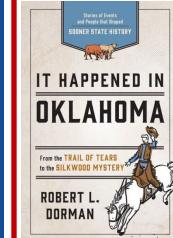
Total Hearing Clinic

Flagpole Hill Resident Only

Complimentary hearing aid cleanings

and hearing screenings.

Book Appointment: 214-987-4114



3:30pm-4:30pm

Richard Stanford Hour

This month's book review is on *It Happened in Oklahoma* by Robert L. Dorman.

WEDNESDAY, SEPTEMBER 28

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 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!
1:00pm - 2:00pm Water Walking Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm 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
3:00pm- 4:00pm Living Your Best Life With (or without) Parkinson's Disease. Presented by John Bauman See. Page 8 for more info.	Auditorium RSVP Required.
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 29

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!
10:30am - 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

FRIDAY, SEPTEMBER 30

8:15am-8:45am Chair Aerobics	Fitness Center Res. & PM Only
9:00am - 9:30am Balance Class	Fitness Center 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 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!
10:30am-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
 Movie Matinee- All Welcome! Same Kind of Different as Me 2017, PG-13, 1h 59m	Theater
2:00pm - 3:00pm Aquacise Class Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only
2:00pm - 2:45pm Move to the Beat Low impact group exercise class.	Fitness Center Res. & PM Only
3:00pm - 4:00pm Aqua Boot Camp Sign up Required! Call 972-638-8795.	Vista Rehab Pool Res. & PM Only

SATURDAY, OCTOBER 1

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



**This Week's Movie
Same Kind of
Different as Me**
2017, PG-13, 1h 59m

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

In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man. Hall meets through his wife. As the relationship between the men evolves into a bond, it opens new perspectives for both.

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

Table of Contents

- | | |
|----------------|--|
| Page 32 | Brian's Article– Creativity (& Stories!) |
| Page 33 | Brian's Article - Continued |
| Page 34 | Crews News |
| Page 35 | Jen's Village Update |
| Page 36 | Grandparent's Day / Labor Day |
| Page 37 | More About our Resident Advocate |
| Page 38 | 100 Years of Art |
| Page 39 | 100 Years of Art– Continued |
| Page 40 | OLLI– Meet the Professor |
| Page 41 | Celebration Magazine Article |
| Page 42 | Summer Tech by Daphne Lee |
| Page 43 | Walking is Medicine by Jill Beam |
| Page 44 | Resident Anniversaries |
| Page 45 | Resident Birthdays |
| Page 46 | Team Birthdays |
| Page 47 | Team Anniversaries |
| Page 48 | New Resident Welcome |
| Page 49 | Useful Information |
| Page 50 | Info: Sign up for Christmas Pops! |
| Page 51 | Info: Holiday Ornament Art Contest |



Creativity (& Stories!) Line These Halls

Brian Parman, Director The Point & Pavilion
September 2022

I'm often asked about the origins of The Spirit Is Ageless Art & Writing Contest. The contest dates back 22 years preceding the construction and opening of The Point in 2007.

The contest provides the opportunity to bring the community together to celebrate creative expression, beauty and stories from people of all walks of life, talents and ability levels who share one thing in common – their age. Everyone in this art gallery show is age 55 or better. All of the entries in the contest are displayed in the show.



The hard work and dedication of the artists and writers and their willingness to share their creativity is pivotal to the success of the show but it doesn't stop there. Hundreds of hours are spent behind the scenes by a myriad of staff and volunteers who manage and organize the registration and in-take process to judge, photograph, hang and display the 100 + entries each year. One thing for sure is that we will ALWAYS get our needed steps the week of in-take! Who knew it was possible to cover more than 34,000 steps (16 miles) in just The Point alone?



Seeing the art and reading the stories gives you new opportunities to build relationships and discover things about yourself. There is a thoughtfulness behind each entry and the stories that are shared while perhaps meeting new people that we can feature in future art gallery shows.

The art gallery serves as a connection point for so many. We are often privileged to overhear conversations as people react and respond to the art with their loved ones while discovering something new each time they walk down the hall.

It is our hope that you will visit the gallery often with that same sense of curiosity in the art itself and what it means to you. Submissions each year promote self-discovery and conversation.

So, in answer to the question “What is the origin of this contest?” It’s all about self discovery, conversation, and celebration. That’s why this contest has continued for 22 years! Submissions are fresh and surprising each year!

As Paul Harvey said, “Now you know the rest of the story.”

Don't miss out on this event coming in October!

Wednesday
October 5 at 3:00pm



Watercolor Workshop

Simple Steps To Success



Leave with your very own Masterpiece!
Step by Step Tutorial, Tips & Tricks.
led by Master Watercolorist Gaylor O'Con

All Welcome!
No experience necessary.
All Materials Provided.
Sign Up at The Point.
Page 33



Crews News!

By Russell Crews
President and CEO
September 2022

We have been looking forward to September for many months now. Why? Early this year when we partnered with the University of North Texas to bring Osher Lifelong Learning to our campus, we knew the fall season would commence in September.

The Osher Lifelong Learning Institute is a national program made possible by the Bernard Osher Foundation. The Foundation seeks to improve quality of life through support for higher education and the arts. Started in 1977 and headquartered in San Francisco, the Foundation makes grants and endowment gifts to colleges, universities, and other non-profit organizations in for program areas – including lifelong learning for seasoned adults.



Osher Lifelong Learning Institutes are found on the campuses of 125 colleges and universities from Maine to Hawaii. Each provides a distinctive array of non-credit courses and activities specifically developed for seasoned adults aged 50 or older who are interested in learning for the joy of learning. Thanks to our relationship with the University of North Texas, CC Young residents, Point Members, and Terraces Priority Club Members will benefit from this outstanding, curated course content.

For the first year of the program at CC Young (fall, spring and summer), classes are Tuesday mornings at 10am in The Point Auditorium. Courses will also be livestreamed and therefore available to all OLLI at UNT members, regardless of location. The class content is broad and varied based on input from current area OLLI at UNT members with topics in Arts & Humanities, Business & Economics, History, Philosophy & Religion, Science Technology Engineering & Math, and Wellness & Lifestyle. There is literally something for everyone with the will to stay engaged and the curiosity to learn more. In addition to the classes, the program offers member benefits and discounts for UNT concerts, the Kuehne Speaker Series, Dance & Theater performances (some free!), a UNT library card, Lewisville Lake Symphony Concerts, and so much more including access to the full video library of The Great Courses. There are special interest groups and book clubs along with other special events and local travel.

Did I mention international/extended travel as well? 2022's travel includes a final trip led by Dr. Laura Evans, tracing art crimes throughout the great museums of Europe. Then in 2023, trips are planned for Iceland, Washington D.C., Italy & Sicily, Costa Rica, and finishing with Christmas on the Danube. The offerings are so robust, the printed 54-page guide is a must for all interested to learn more.

We are honored to be the exclusive provider of OLLI at UNT in Dallas County for the next three years. I encourage you to investigate the catalogue and find the topics and events of interest to you.

I challenge you to leap into fall and embrace all OLLI has to offer!





Village Update

By Jen Griffin
Vice President, Engagement
September 2022

Each month I ponder what to write based on the month's theme. Some months, my topic is evident quickly and clearly. Other months, my piece evolves with conversation and reflection. This month falls into the latter category.

This month's theme is 100 Years of Art & Writing. We knew this would be topical because of last month's art intake for the 22nd Annual Spirit is Ageless Art & Writing Contest. The submissions this year will be displayed in The Point Art Gallery for September and October culminating with our Celebration of Artists & Writers on October 28. This is a huge community event for us and the participating artists. As you will see in The Point Art Gallery, the talent runs deep and we are so happy to have a platform with which to share the amazing work of our community! Adding the second gallery in The Vista is another prime venue to share and celebrate the works of our creative residents and friends.



Some may feel that "Art & Writing" is outside of their wheelhouse. They say things like, "I'm no artist." Or, "I'm just a beginner." To me, though, the expression "100 Years of Art & Writing" is much like saying 100 Years of Creativity – whatever that looks like!

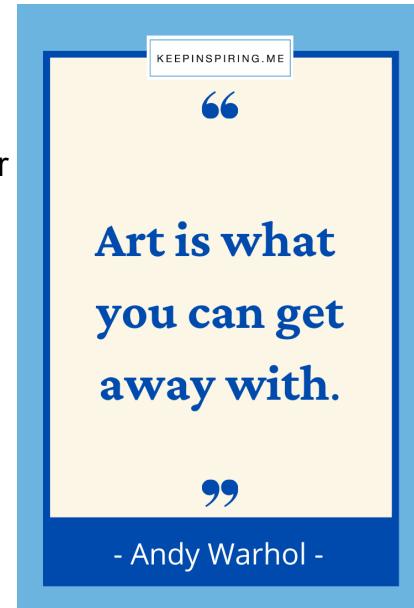


Where do your talents fit in that phrase? Is your creativity seen in cooking? Gardening? Entertaining? Event planning? Playing games? Are you a participant [or fan] of the performing arts? Do you sing? Dance? Play an instrument?



We all possess creativity in some form or another. How the creativity comes out of us is the wild card.

Life is full of opportunities to explore and expand. Ideally along the way, we acknowledge and embrace our creativity and lean in to see what happens!





The Purpose and Importance of Grandparents Day

Although it is not classified as a federal holiday, Grandparents Day is a national holiday or observance, celebrated each year on the first Sunday after Labor Day. Many people assume that Grandparents Day resulted from lobbying by florists, greeting card companies, and similar businesses. This idea could not be farther from the truth.

Grandparents Day is a day for celebrating the connections between the generations, and its origin was decidedly noncommercial. The holiday has remained fairly true to its roots. A few ways to celebrate include meals or shared activities like playing cards, going for a walk, or just visiting over a cup of tea.

Celebrate at CC Young!

Saturday, September 10

It's a Grand Day!

10:00am-12:00pm

Grandparent's Day Celebration

Join us for a Grand Day at The Point. The whole family can participate in arts and crafts, cookie decorating, a drum circle, and other activities.

All Welcome!



Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.



The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.



Learn More about Team CC Young!

Dess Rolfe, Resident Advocate



ENHANCED RESPONSIBILITIES FOR DESS ROLFE!

By Jen Griffin VP, Engagement

I am happy to announce that Dess Rolfe is taking on a new set of responsibilities in addition to her role as Resident Advocate. As a natural extension of her current role, Dess will now also focus on customer service in The Vista Health Center.

Dess has been with CC Young for more than 13 years. With that tenure, she has gained immense institutional knowledge and expertise in senior living. As Resident Advocate, Dess represents the residents in expressing their unresolved issues and concerns and helps bring them to resolution. Her involvement at this level requires familiarity with all disciplines. As a result of this vital role, she is perfectly positioned to expand and enhance customer service in The Vista.



Dess feels that every job she has held, along with many of the people she has met, have prepared her for her roles at CC Young. As far back as high school, she began developing her servant's heart while working three summers in a small hospital in Oklahoma. From there, she earned Certification as a Medical Secretary and worked for several medical doctors and psychiatrists. Most recently, she continued her education with Certification in Mediation so that she could better fulfill her primary role as Resident Advocate.

Throughout her career, the common thread of experience has always been customer service. For the last year, she has presented an hour-long training to new hires in the bi-weekly orientation classes based on customer service and the CC Young culture. Dess is a natural and has already developed

and implemented a 5-module customer service training series for all health care employees intended to reinforce the concepts behind great customer service.

You can find Dess on the first floor of the Vista Health Center. Please feel free to join me in congratulating and celebrating Dess and these new responsibilities!





September: 100 Years of Art

<https://artincontext.org/art-periods/>

As long as we humans have been able to use our hands, we have been creating art. (Article edited to highlight only the last 100 years)

A Brief Overview of the Art Periods Timeline

As with many areas of human history, it is impossible to delineate the different art periods with precision. The dates presented below are approximations based on the progression of each movement across several countries. Many of the periods overlap considerably, with some of the more recent eras occurring at the same time. Some eras last for a few thousand years while others span less than ten. Art is a continuous process of exploration.

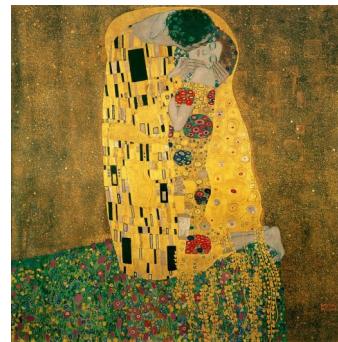


Realism (1850-1925): Objectivity over Subjectivity

As the Romanticism era was a reactionary movement to the Classicism period before it, so is Realism a reaction to Romanticism. In contrast to the beautiful and deeply emotional content of Romantic paintings, Realist artists presented both the good and beautiful, the ugly and evil. The reality of the world is presented in an unembellished way by Realism painters. These artists attempt to show the world, people, nature, and animals, as they truly are. There is a focus on the "obligation of art into truth" as Gustave Courbet puts it (photo: *Proudhon and His Children* (1865) by Gustave Courbet.)

Symbolism (1890-1920): There is Always More Than Meets the Eye

During this period, the era of Symbolism began to take hold in France. Artists became preoccupied with the representation of feelings and thoughts through objects. The favorite themes of the Symbolism movement were death, sickness, sin, and passion. The forms were mostly clear, a fact which art historians believe was anticipating the Art Nouveau era.



Art Nouveau (1890-1910):

The art produced in the Art Nouveau period includes a lot of symmetry and is characterized by playfulness and youthfulness.

Art Nouveau has a lot of political content, although many critics ignore this and hold the decorative aspects

against it. Through the art of the Art Nouveau period, artists attempted to bring nature back into industrial cities. In many countries, this style is known as the Secession style. Photo: *The Kiss* (1907-1908) by Gustav Klimt

Futurism (1909-1945): Artistic Anarchism

Futurism is less of an artistic style and more of an artistically inspired political movement. Founded by Tommaso Marinetti's Futurist Manifesto, which rejected social organization and Christian morality, the Futurist era was full of chaos, hostility, aggression, and anger. Although Marinetti was not a painter himself, painting became the most prominent form of art within the Futurist movement.



Dadaism (1912-1920): The True Reality That Life is Nonsense

Dada means a great many things and nothing at all.

The Dadaism movement is based on the concepts of illogic and provocation and

was seen as not only an art movement, but an anti-war movement. The art movement encompassed several art forms including writing, poetry, dance, and performance art. Part of the movement was to call into question what could be classified as "art". Photo: *Man Ray* (American, 1890-1976)



Surrealism (1920-1930): Things Just Get More Bizarre

As if the pure illogic nature of the Dadaism movement was not outlandish enough, the Surrealists took the dream world to be the fountain of all truth. One of the most famous Surrealist artists is Salvador Dalí, and you are bound to

know his painting Melting Watch (1954). Surrealism is fundamentally psychoanalytical, and many Surrealist artists would paint directly from their dreams. Sometimes dealing with uncomfortable concepts, hidden desires, and taboos, Surrealism was a direct critique of the ingrained ideas and beliefs of the bourgeoisie. As you can imagine, this style of art was not popular when it began, but it has greatly influenced the world of modern art.

Photo: *Space and time* (1974) by Italian painter William Girometti

The New Objectivity (1925-1965):

Cold and Technical

As the surrealists were attempting to move away from the world of physical, concrete, and visible objects, the New Objectivity movement turned towards these ideas. Many of the themes within New Objective art were social critiques. The turbulence of the war left many people searching for some kind of order to hold onto, and this can be seen clearly in the art of New Objectivity.

The images represented in New Objectivity were often cold, unemotional, and technical, with some favorite subjects being the radio and lightbulbs. As is the case with many modern movements in art, there were several different wings to the New Objectivity movement.



Abstract Expressionism (1948-1962): Stepping Away from Europe

Abstract Expressionism is said to be the first art movement to originate outside of Europe. Emerging from North America, Abstract Expressionism focused

on color-field painting and action paintings. Rather than using a canvas and a brush, buckets of paint would be poured on the ground, and artists used their fingers to create images. With well-known artists like Marc Tobey and Jackson Pollock, this art movement was distinct from any that came before it. The application of the paint was sometimes so thick that the finished piece would take on a form unlike any painting before it. Abstract Expressionism spread throughout Europe. As with all art, there are

always critics, with conservative Americans during the cold war calling it "un-American." Photo: The She-Wolf (1943) by Jackson Pollock



Pop-Art (1955-1969): Art is Everything

For the artists of Pop-Art, everything in the world was art. From advertisements, tin cans, toothpaste, and toilets, *everything* is art. Pop-Art developed simultaneously in the United States and England and is characterized by uniform blocks of color and clear lines and contours. Painting and graphic art became influenced by photorealism and serial prints. One of the most famous English Pop artists is David Hockney, although only a few of his lifetime paintings were in this movement. Photo: A detail of Roy Lichtenstein's Wall Explosion II, 1965



Neo-Expressionism (1980-1989): Modern Art

Starting in the 1980s, Neo-Expressionism emerged with large-format representational and life-affirming paintings. Berlin was a central point for this new movement, and the designs typically featured cities and big-city life. The name Neo-Expressionism

emerged from Fauvism, and although the artists in Berlin disbanded in 1989, some artists continued to paint in this style in New York.

Art is a fundamental part of what it means to be human. Many of the troubles and joys we experience can only be captured accurately through artistic expression. We hope that this short summary of the art periods timeline has helped you gain some more insight into the contexts surrounding some of the most famous works of art created by the human race.

Bringing Renowned Faculty to CC Young

Stephanie Reinke, EdD
Director – Osher Lifelong Learning Institute at UNT

Beginning this fall, CC Young residents and adults age 50+ in the greater community will be able to attend fun, informative non-credit courses at The Point. The **Osher Lifelong Learning Institute at the University of North Texas (OLLI at UNT)** will bring expert instructors, many of whom are active or retired university faculty, to lecture on a variety of interesting subjects.

I'd like to tell you a little bit about one of our amazing OLLI instructors, Associate Professor Andrew Torget of the UNT History Department. After earning his Bachelor's degree from Texas A&M University, Professor Torget earned an MA and PhD from the University of Virginia. He is a specialist in 19th Century North America and the U.S.-Mexico Borderlands. We are extremely fortunate to offer his courses as part of our schedule every semester.

Professor Torget knows the history of Texas like the back of his hand. In fact, he set a Guinness World Record in 2018 by lecturing on Texas history for 26.5 hours straight! I can't wait for you to have an opportunity to learn from him this fall.



Andrew J. Torget is an Associate Professor in the History Department at the University of North Texas, where he holds the University Distinguished Teaching Professorship. An award-winning speaker, he has been featured at Harvard, Stanford, Rice, Duke, Johns Hopkins, and the Library of Congress. The author and editor of five books, his most recent, *Seeds of Empire*, won twelve book prizes and awards and was hailed by *Texas Monthly* as “the most nuanced and authoritative rewriting of Texas’s origin myth to date.” In 2018,

he set a Guinness World Record for the World’s Longest History Lesson by lecturing on Texas history for 26.5 hours straight, which was seen online by more than 30 million people. In 2020, he was awarded the Mary Jon and J.P. Bryan Leadership in Education Award from the Texas State Historical Association. In 2021, the *Dallas Morning News* named him a finalist for their “Texan of the Year” award for the “uncommon, inspirational impact” of his work.

Professor Torget will be teaching at CC Young on Tuesday, September 6.
Register for the **Rise and Fall of the Republic of Texas** today!

celebration magazine *Live!*TM

KEEPING THE MIND SHARP AND HAVING FUN AT THE SAME TIME

Jennifer Griffin, Vice President, Engagement, CC Young

We love a good celebration. In fact, since January, CC Young Senior Living has been actively celebrating our centennial anniversary and with more exciting programs on the horizon, we have no plans to slow this party down.

At CC Young, we firmly believe the ability to learn new things does not have to diminish with age. On the contrary, the potential for learning can continue to expand because the brain does not stop growing provided you continue to exercise it. Research has shown that learning new things throughout your lifetime can aid in keeping your mind strong and fend off memory loss. To help you stay mentally fit, there are two exciting learning opportunities the curious mind will not want miss.

If you are creative – and even a smidge competitive – the Spirit is Ageless Art & Writing Contest is back! This annual event has been a CC Young staple for more than 20 years, attracting artists near and far to compete and show their art. The only stipulation: the artist must be age 55 or better at time of completing the work. The show is judged anonymously and awards are given for first, second, and third place in 15 categories. Entries will be accepted August 23 and 24 at The Point on the CC Young

campus. Winning artwork will be displayed in the Art Gallery at The Point and winners will be recognized at a celebration on Friday, October 28, 2022, from 2 to 4 p.m. For more details, visit www.ccyoung.org/events.



The Spirit is Ageless is not the only way to exercise your brain. Beginning in September, CC Young and the University of North Texas have joined forces to present the Osher Lifelong Learning Institute (OLLI) and its wide array of classes taught by accredited UNT professors. A true benefit being an OLLI student: No tests. No grades. No stress. No limits. OLLI at UNT is a lifelong learning program that offers non-credit courses and events designed by and for adults 50 and better. As the exclusive senior living partner in North Texas to offer this program, participants can simply enjoy learning while feeding their souls and even

make a few new friends along the way. Curious? Call us for more information, 214-841-2831.

But there are more benefits of lifelong learning for seniors than staying sharp. With the right attitude and right engagement, there is something to celebrate every day! Wouldn't you agree? If you are "Out and About," then come see us and experience these programs.

Reprinted from the September 2022 issue of Celebration Magazine



September In Texas

by Senior Tech Instructor Daphne Lee

It's September here in Texas...that means we are still celebrating summertime and looking forward to more summertime activities. As many of you have heard me say... "access to information" is a great feature of our personal technology. The technology that we explore in our SRTech classes include Facebook, mobile device apps, and Internet resources. What are your summertime interests? Car shows, art exhibits, adventures and much more – find your fun and share your journeys using text/email messages and Facebook.



We, in Dallas, are blessed to enjoy access to classic cars and the organizations that bring people together to show them off! What is your favorite classic car or automobile period? My father-in-law is a fan of the 40s...cars and music; I think the muscle cars of the late 60's and early 70s are where it's at! Find car clubs near you by searching Google, "Corvette car club and Dallas, Texas." There are several Corvette clubs and events coming soon to a parking lot near you. If your interests lie more in the Dallas Arboretum and Botanical Garden arena, find the wonderful organization of professional and amateur botanists online at [Http://DallasArboretum.org](http://DallasArboretum.org) and on Facebook at <https://www.facebook.com/dallasarboretum>. There are so many fun and educational adventures to be undertaken nearby!

After your adventures, share experiences, pictures, and video with friends and family...let them *share* in your summertime fun!

We have some very exciting classes coming up at The Point! Join us for some personal technology "adventures," including Facebook: Finding Friends, Sharing Photos and News and Staying in Touch, Search Google Like a Pro, Streaming TV, Movies, Radio and Podcasts on Apple Devices, and many more!



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

Walking is Medicine for the Soul and Body!

By Jill Beam, Certified Jazzercise Instructor



I love walking. Every time I walk, it's my happy time. I started walking, and took it seriously, right after I had my left knee replaced. I wasn't able to start teaching Jazzercise, so I learned that walking was a happy time for me.

I first started walking outside. My husband and I have a little more than two acres in Forney, and we will a little rurally. I especially enjoyed the experience with nature but then I learned more about

walking. It really helped me with the feeling of anxiety and depression because I wasn't able to teach the Jazzercise classes that I've taught for 42 years. I also experienced weight loss and it helped with maintaining my healthy bones, muscles and joints. Then I added my ear buds and listened to my favorite tunes and that helped me increase my pace every day.

I continued to learn the advantages to walking. I found I was able to reach my training heart rate and achieve aerobic benefits. Also, the great thing about walking is, you can do it anywhere and all you need is a good pair of walking shoes. But then, I met my neighbor next door, out walking one day, and then we started walking together. In fact, she and I started a walking club. It was a great social time and sometimes after walking, we would have lunch at each other's house.

I will say, it wasn't easy in the beginning because I knew if I was going to start a walking program, I had to set some goals. First, I had to make the decision to Do It! Then I learned it's important to warm up before you exercise. The first day I started with a brisk pace, I was sore the day after and I figured I needed to warm up and that might eliminate the soreness. That means I needed to start this program safely and have a plan. Then I started monitoring my heart rate and it was to my amazement that I could get my heart rate up walking and burn fat and calories too. Finally, my friends helped me stay motivated!! Also, safety in numbers!

I tried to think of many excuses, when I didn't feel like walking like, I don't have time to walk. I know it's important that I make time because of the health benefits I gain while walking. There were some days that I didn't feel like walking but once my feet hit the pavement, I had so much energy afterwards. I learned some safety tips too about walking. I learned to listen to my body. I learned it's important to do a gentle warm up, before walking. I also take a water bottle with me because small amounts of water are recommended while walking. I found that my walking was better for me two hours before or after meals. The warm up exercises I do, prior to my walk is to stretch my calf, hamstring, quadricep, and lower back. The warm ups help to eliminate soreness, after your first walk, especially.





Happy Anniversary

SEPTEMBER 2022 Resident Anniversaries

11 Years

Marian Hammert
Donna Rush
Sharon & Fred Christen
Bobbie Barnes
Al Tyler

8 Years

Don Davis
Joyce Johnson

6 Years

Diane Hill
Saquita Poston

10 Years

Jodee Sclater
Sandy Bell

5 Years

Karola Hustis
Robert Jones
Joy Crow

9 Years

Phyllis Wilbourne

September 2022

Resident Birthdays

First Name	Last Name	Location	Date
Mary	Story	Vista	2
Dorothy	Maxcy	Vista	3
Brittie	Hartline	Vista	11
Benjamin	Thieme	Vista	12
Jessie	Coleman	Vista	18
Allen	Jenkins	Vista	19
Fred	Grote	Vista	20
John	Burress	Vista	23
Don	Hanmer	Overlook	4
James	Peterson	Asbury	6
Betty	Setliff	Overlook	7
Doug	McMillan	Overlook	8
Nancy	McWhorter	Overlook	9
Robert	Ross	Asbury	10
Lida	Jenkins	Overlook	11
Jill	Pickett	Overlook	12
Claudia	Barnard	Overlook	13
Elsie	Allmon	Thomas	14
Mary	Hass	Overlook	15
Pat	Hill	Asbury	15
Jeanette	Hughes	Asbury	15
Scott	Johnson	Overlook	15
Charlotte	Kuser	Overlook	15
Eugene	McWhorter	Overlook	15
Marilyn	Hodge	Overlook	16
Charles	Ward	Overlook	16
JoAnn	Durand	Overlook	20
Myrna	Stillman	Asbury	23
James	Smith	Overlook	24
Fred	Banes	Overlook	25
Betty	Barnes	Overlook	25
Janet	Dettra	Asbury	27
Bill	McMillin	Asbury	27
Ron	Rainey	Asbury	29
Judith	Banes	Overlook	30
Norma	Walker	Hillside	2
Patricia	Massoud	Vista	10
Bobbie	Huffman	Hillside	17
Charles	Davidson	Hillside	22
Ronald	Philleaux	Hillside	30
Betty	Niven	Vista	3
Mary	Ryder	Vista	23
William	Brown	Vista	26

September Team Birthdays

Employee Name		Birthday	Department
LaSheena	Houston	3	HC Nursing
Yessica	Pina	3	Hospice
Mackenzie	Dulcie	4	Rehab Therapy
Sandra	Cantu	5	Community Outreach
Leeanna	Herring	5	Private Duty Solutions
Sharon	Nix	6	Dining Services
Ashley	Thompson	6	HC Nursing
Jocelyn	Alonso	6	Dining Services
Latonia	Jackson	7	Dining Services
Derrick	Moore	8	EVS Housekeeping
Mubo	Balogun	9	HC Nursing
Kelsi	Smith	9	Rehab Therapy
Charlotte	Reynolds	10	Hospice
Jose	Tanon	11	Life Enrichment
Christopher	Bronson	13	Dining Services
JaZaria	Washington	13	Dining Services
Lisa	O'Brien	14	Sales
Diana	Salazar	14	HC Nursing
Carla	Hawkins	14	HC Nursing
Tywana	Menefee	16	Dining Services
Rochelle	Smith	16	Dining Services
Gloria	Yarbough	17	Dining Services
Brittany	Taylor	17	EVS Housekeeping
Ramiro	Rodriguez	18	Dining Services
Ilian	De Luna	18	Admissions
Rediat	Kassahun	18	Assisted Living Nursing
Kelly	Ayotte	19	Home Health Therapy
Lachris	Ervin	19	EVS Housekeeping
Kevin	Nelson	20	EVS Housekeeping
Rahel	Tafese	20	Hospice
Angela	Hernandez	20	EVS Housekeeping
Warren	McNeal	22	Dining Services
Desta	Lakew	22	Private Duty Solutions
Damaris	Needham	22	HC Nursing
Glenda	Leach	25	Compliance
Elisa	Kodros	27	Human Resources
Dolores	Phillips	28	Assisted Living Nursing
Elizabeth	Belitere	28	Private Duty Solutions
Chris	Thomas	29	Hospice
Sharmaine	Samuels	29	Rehab Therapy
Brittany	Brooks	29	Administration
William	Shepard	30	Dining Services
Jesus	Hernandez	30	EVS Housekeeping

September Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Brandy M Valadez	9/1/2021	1	The Clinic
Ugonma Obiah	9/2/2015	7	HC Nursing
Cindy L Diaz	9/5/2012	10	EVS Housekeeping
Doreth Swaby	9/5/2007	15	Private Duty Solutions
Evelyn L Windham	9/5/2012	10	Assisted Living
Joy V Little	9/7/2021	1	Hospice
Lakendria T Cole	9/7/2021	1	Assisted Living
Omesheia S Williams	9/7/2021	1	Private Duty Solutions
Ufuoma P Akpomuvwe	9/7/2021	1	HC Nursing
Kahkashan A Khan	9/8/2020	2	Home Health
Raelynn F Scott	9/9/2015	7	Hospice Pastoral
Lemlem Gebre	9/10/2018	4	Private Duty Solutions
Ma Del Carmen Salas	9/10/2018	4	EVS Housekeeping
Rachelle Desyr	9/10/2018	4	HC Nursing
Sarah J Holforty	9/11/2017	5	Sales
Edna Gray	9/13/2018	4	Dinging Services
Emily M Wilson	9/13/2021	1	Hospice Social Services
Harriette Clay C Nyian	9/13/2021	1	HC Nursing
Lisa D O Brien	9/13/2010	12	Sales
Rediat D Kassahun	9/14/2020	2	Assisted Living
Tirunesh Z Abdi	9/16/2015	7	Dinging Services
Torri L Parnell	9/16/2020	2	HC Nursing
Tsige Y Nugus	9/16/2020	2	Private Duty Solutions
Sharon Gailey	9/17/2014	8	EVS Housekeeping
Cynthia R Odom Bolton	9/19/2012	10	Private Duty Solutions
Georgenia C Anukem	9/19/2012	10	HC Nursing
Lazaro Raul Cabello	9/19/2016	6	EVS Housekeeping
Mahlet D Engida	9/20/2021	1	HC Nursing
Kia Davis Holley	9/21/2020	2	HC Nursing
Oladayo Makanjuola	9/21/2020	2	EVS Housekeeping
Josefina Little	9/22/2010	12	EVS Housekeeping
Kelly S Ayotte	9/22/2021	1	Home Health Therapy
Kellie Lamm	9/23/2019	3	HC Nursing
Mojisola Collins	9/23/2019	3	Private Duty Solutions
David Agbodeka	9/24/2018	4	EVS Maintenance
Shashu G Keleta	9/24/2018	4	HC Nursing
Marie F Chua	9/28/2020	2	Home Health Therapy

to the **WELCOME** *neighborhood*

**There are some new faces at
CC Young!
Please welcome new
Independent Living Residents**

OVERLOOK



Richard Tesearo



June Tesearo



Jim Smith



Gail Smith

ASBURY



Bob Ross



Mary Shaw



Gus Pozoki



Jo Walker



Shannon Braden



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, Sept. 1 at
1:30pm
The Point Lobby**

Alzheimer's Caregiver
Support Group

Wednesday, September 14

4:00pm

at The Point

Led by Elena Jeffus



Christmas Pops

Morton H. Meyerson Symphony Center



Presents

Christmas Pops

Saturday, December 3
2pm departure, 3pm show

This is a Residents Only Trip.
Tickets are \$42.50 per person.

Sign up at The Point. Sign up by September 18.
Residents will be billed when they sign up.



CCY Residents Only

2022

HOLIDAY ART CONTEST

Deadline to enter: Monday, October 3, 2022
See full details below.

What: CC Young's Annual Holiday-Themed Art Contest

2022 Theme: One Hundred Years of Santa Claus/ St. Nick.

Why: CC Young will continue a long-standing tradition of creating a custom holiday greeting card and a holiday ornament to give to CC Young's supporters and special friends. The chosen art will appear on the greeting cards and ornaments. **ARTISTS: You do not have to create a greeting card or a holiday ornament, just the art. See "Rules."**

Who: The art contest is open to **CC YOUNG RESIDENTS ONLY.**

Winner: One (1) winner will be announced on or before Friday, October 14, 2022. Winner will receive 12 of the 2022 holiday ornaments and 24 holiday cards to give to friends & family and bragging rights for a year! No monetary prize will be awarded.

Rules:

- Art is judged by an anonymous panel.
- We encourage simple, yet meaningful holiday-art in the provided theme.
- Free to enter/ One entry per resident.
- Art should be an original painting, drawing, or sketch.
- Submit unframed art so it can be scanned on a flatbed scanner.
- Art must be 18" x 24" or smaller.
- Please do not submit 3D art.
- Art must have been created at age 55 or better.
- Please do not submit art with sparkles, glitter, etc.
- Please do not submit square pieces.
- CC Young will handle art with care, but is not responsible for any damage.
- The winning original art will be, at a minimum, reproduced and used by CC Young for its 2022 holiday greeting cards and holiday ornaments.
- Drop off entry to Angela by **Monday. Oct. 3.**

**See Angela Castillo
for entry form.
Call 214-841-2831 for
more information**



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

