



Active Senior

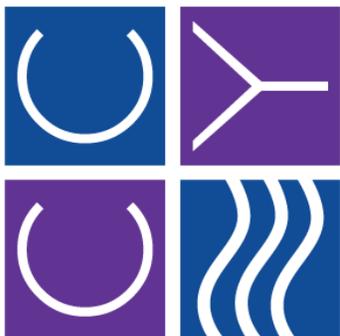
Lifestyle *Guide*

**NOVEMBER
2022**



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



Jesse Mitchell
 Wellness
 Instructor
 JMitchell@ccyoung.org



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



Daphne Lee
 SeniorTech
 Instructor
 dlee@ccyoung.org



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

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.

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 Innovation**

Innovation is the process of creating value by applying novel solutions to meaningful problems. By That definition CC Young has been on track for the last 100 years, making strive in innovation in technology, activities, classes and our resident interaction.

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.

Dinner and a
Movie
Wednesday, November 2
5:00pm in The Park

**Dinner and Outdoor Movie
are Free & Open to The Public!**

Reservations Required!

Residents: Sign up in The Point

Others: Call 214-841-2831

**Feature film: Top Gun Maverick
2022, PG-13, 2hr. 11min.**

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.





NOVEMBER CLASSES

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

Tuesday, November 1
The Mystery Behind the Knights Templar:
Separating Facts from Fiction
Presented by Professor
Marie-Christine W. Koop, PhD,

Tuesday, November 8
We didn't Really Think We'd
Get Away With It.
Presented by Professor
Laura Evans, PhD

Tuesday, November 15
Works of Toni Morrison
Presented by Freelance Writer
Richa Yadav

Tuesday, November 22
Changing the World One Element at a
Time Led by Professor Diana Mason

OLLI AFTER FIVE EVENT

Wednesday, November 9
5:30pm

The Cultural Heritage of Europe
and the Heroes who Saved it

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.

NOVEMBER 2022 SENIOR TECH SCHEDULE

Tuesday, November 1
**Turning Photos on your SmartPhone
into Christmas Gifts**
1:30pm–3:30pm

Thursday, November 3
Navigating your Apple Watch
9:30am–11:30am

Monday, November 7
Get More out of Your Apple iPad
1:30pm–3:30pm

Thursday, November 10
**iPhone Calendar, Contacts,
and Phone Apps**
9:30am–11:30am

Fridays, November 11
Tech Coaching Fridays
10:00am–12:00pm
Come & Go for computer &
technology questions

Tuesday, November 15
**Be Safer Online: Passwords and
Internet Surfing Strategies**
1:30pm–3:30pm

Thursday, November 17
**Using Google and Apple Maps
Like a Pro**
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.

THE LIEUTENANT COLONEL
KENT L. SHIELDS

USAF (RET)

WALL OF HONOR

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

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

ART GALLERY SHOW AT THE POINT
November 1 - November 28, 2022

CC YOUNG HONORS RESIDENT VETERANS

*View photos and service histories of current resident veterans
and deceased veterans with widows or widowers living at CC Young.
These Veterans served our country and helped shape our Nation!*



Kent L. Shields, USAF (RET)

CC Young's CEO & President:
Jul. '11 - Jul. '13



CC YOUNG
THE POINT & PAVILION



VETERANS DAY

HONORING ALL WHO SERVED

CC Young celebrates all who served With events this month!

November 1 – November 28

***The Lieutenant Colonel
Kent L. Shields Wall Of Honor***
Art Gallery in The Point

Monday, November 7

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

Monday, November 7

Veterans Day USO Show
4:00pm in The Point Auditorium
Musical variety show, featuring Marty Ruiz
& Sherry Hamilton.

Tuesday, November 8

***Stories from a 100 year old
WWII Veteran***
10:00am in The Point Auditorium
Presented by John "Lucky" Luckadoo-
the last living original pilot of the WWII
Eighth Air Force 100th Bomb Group
known as the "Bloody Hundredth."

Wednesday, November 9

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

Thursday, November 10

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

Thursday, November 10

Movie Matinee: Sergeant York
1:30pm in The Point Theater
Limited Seating
1941 American biographical film about the
life of Alvin C. York, one of the most decorated
American soldiers of World War I.

Friday, November 11

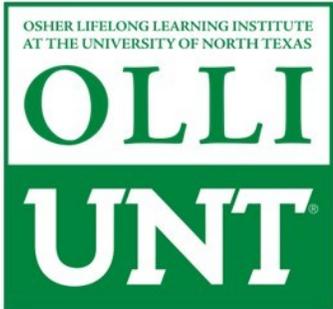
Veterans Discussion Panel
10:00am on Ch. 81
Resident Veterans will be interviewed by
local students. Veterans.

Friday, November 11

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

Friday, November 11

Veterans Day Happy Hour
4:00pm in The Point Auditorium
Refreshments and entertainment provided.



OLLI AFTER FIVE LECTURE SERIES

The Point on The Campus of CC Young

Wednesday, November 9 5:30pm

The Cultural Heritage of Europe and the Heroes who Saved it During WWII

As the most destructive war in history ravaged Europe, many of the world's most cherished cultural objects were in harm's way. This presentation will introduce the astonishing true story of those men and women who risked their lives amidst the bloodshed of World War II to preserve churches, libraries, monuments, and works of art that for centuries defined the heritage of Western civilization.

Presented by Anna Bottinelli, MA.



Anna is a member of the Monuments Men and Women Foundation Board of Trustees. She was born and raised in Florence, Italy, where she discovered her passion for art, history, literature, and languages at an early age. After obtaining a BA in History of Art and a MA in 13th Century Italian Art from the prestigious Courtauld Institute of Art in London, she has been dedicating her time to the research of the Monuments Men for the last decade and assisted #1 New York Times Bestselling Author Robert Edsel on his project to write about the Monuments Men and their preservation work in Italy during World War II.

Refreshment Provided

**Open to OLLI Members
(includes CCY Residents and Point Members)
Pre-register online at olli.unt.edu/members
Or by calling The OLLI Office at 940-369-7293**



4847 W. Lawther Dr. Dallas, TX 75214
WWW.CCYOUNG.ORG



**Thursday
November 3
1:30pm
Cove Parking Lot**



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

-  Tic Tac Toe
-  Pumpkin Bowling
-  Fill'er up
-  Pumkin soccer!

**Gobble
Games**



**Friday
November 18
10:00am
Under the Pavilion**

Compete in different Turkey related games!
Hosted by Aaron Schmidt.

-  Turkey Bowling
-  Turkey Stuffing
-  Turkey Shoot

Wednesday, November 9

Tour of Patriot PAWS

9:00am

The mission of Patriot PAWS is to train and provide service dogs of the highest quality at no cost to disabled American veterans in order to help restore their physical and emotional independence.

Patriot PAWS intends to build partnerships with state and community organizations to help develop and support this goal.

**Residents Only. Limited spots.
Sign Up at The Point!**



DÍA DE MUERTOS

Estampas de Vida

Friday, November 4

1:30pm

Day of The Dead Exhibit at The Bath House Cultural Center

This is the 36th annual Day of the Dead exhibition, titled *Día de Muertos: Estampas de Vida* (Day of the Dead: Prints of Life)

**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, October 31

4:00pm

Boo Bash-Halloween Happy Hour

Beer, Wine & Appetizers. Dress up & win prizes!

Tuesday, November 1

10:00am

OLLI CLASS:

The Mystery Behind the Knights Templar: Separating Facts from Fiction

Wednesday, November 2

5:00pm

Outdoor Dinner & a Movie

This event will include a meal and a special screening of Top Gun Maverick
Sign up at The Point.

Thursday, November 3

9:30am

Christmas Door Décor Workshop

Led by Resident Nancy Webb

Friday, November 4

1:30pm

Movie Matinee

Finding You

2017, PG-13, 1h 59m

SUNDAY, OCTOBER 30

SPIRIT

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

Christ Chapel
Resident Only

SPIRIT

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

Auditorium &
Ch. 81 Broadcast
All Welcome



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, November 3

9:30am

**Christmas Door
Décor Workshop**

Led by Resident
Nancy Webb

Step-by-step instruction!
Learn to make Wreaths,
Swag and More!
Sign up at The Point!

MONDAY, OCTOBER 31

NEW WELLNESS CLASS TIMES START TODAY

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Floor Yoga
	10:00am - 10:45am	Chair Yoga
	11:00am - 11:45am	Chair Volley Ball
AQUATICS	Aquatics Classes	
	Vista Rehab Pool	972-638-8795. Res. & PM Only
	9:00am - 11:00am	Open Swim
	1:00pm - 1:45pm	Aqua Flow
	2:00pm - 2:45pm	Aquacise
SERVICE	9:30am - 11:00am	Auditorium All Welcome!
	Happy Hookers	
	Volunteer Group (aka Bag Ladies)	
	Crochet plastic grocery bags into sleeping mats.	
PLAY	1:00pm-2:30pm	Café Game Zone
	Chess Club	All Welcome!
	Club members meets weekly to play.	
EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	Seated Tai Chi
	4:00pm - 5:00pm	Auditorium Resident Only
	Boo Bash	
	Halloween Happy Hour	
	Dress in your Halloween best! Win prizes! Beer, Wine & Appetizers.	

TUESDAY, NOVEMBER 1

NEW WELLNESS CLASS TIMES

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Balance Class
	10:00am - 10:45am	Thriving with Parkinson's
AQUATICS	Aquatics Classes	
	Vista Rehab Pool	972-638-8795. Res. & PM Only
	9:00am - 9:45am	Water Walking Class
	1:00pm - 3:00pm	Open Swim Time
OLLI	10:00am - 11:30am	Auditorium & Ch. 81
	The Mystery Behind	Open Res. & PM
	the Knights Templar:	OLLI Members
	Separating Facts from Fiction	
	Led by professor Members register at olli.unt.edu/members For info on OLLI Classes call 214-841-2831.	
SERVICE	1:00pm - 2:00pm	Auditorium
	Volunteer Projects:	All Welcome!
	For the Love of the Lake	
	Prepare supplies for volunteer cleanup.	
CREATE	1:30pm - 2:30pm	Auditorium
	CC Young 'Uns Choir Rehearsal	All Welcome!
	Sing and socialize with Choir Director Frances Jones.	
EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	24 Step Tai Chi
TECH	1:30pm - 3:30pm	Computer Lab
	SeniorTech Class:	Res. & PM Only
	Turning Photos on your Smartphone into Christmas Gifts	

WEDNESDAY, NOVEMBER 2

NEW WELLNESS CLASS TIMES



9:00am-10:00am Fitness Gym
Wednesday Wellness Res. & PM Only
 Talk with a Rehab Specialist!

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:am Chair Pilates
 11:00am - 11:45am DRUMBA with Aaron!

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 11:00am Open Swim
 1:00pm - 2:00pm Water Walking Class
 3:00pm - 3:45pm Aqua Boot Camp

OUTING

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

PLAY

9:30am-11:00am Café Game Zone
Rummikub Tournament All Welcome!
 Tournament runs each Wednesday in November.

CREATE

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

EXERCISE

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm Seated Tai Chi

MEETING

2:00pm-2:45pm Asbury Barr Room
Asbury Conversations Resident Only
 Asbury Residents will get a change to ask department heads questions and voice concerns.

CREATE

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

SPIRIT

3:30pm-4:30pm Flagpole Hill Class
Fellowship, Word & Bible Study All Welcome!
 Led by Richard Stanford



5:00pm- 8:00pm Park & Pavilion
Dinner & a Movie All Welcome!
 This outdoor event will include a BBQ Dinner and a special screening of *Top Gun Maverick*.



THURSDAY, NOVEMBER 3

NEW WELLNESS CLASS TIMES

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Balance Class
 10:00am - 10:45am Thriving with Parkinson's



9:30am - 11:00am Auditorium
Christmas Door Res. & PM Only
Décor Workshop
 Led by Resident Nancy Webb
 Step by step instruction! Learn to make Wreaths, Swag and More! Sign up at The Point

TECH

9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
 Navigating your Apple Watch

SERVICE

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



1:30pm-2:30pm Lobby
Harris Jewelers All Welcome!
 Simple watch and jewelry repair while you wait.

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
 1:00pm - 3:00pm Open Swim Time



1:30pm-2:30pm Cove parking lot
PUMPKIN CHNKIN' All Welcome!
 Join in on our annual pumpkin toss event hosted by Aaron Schmidt!

EXERCISE

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm 24 Step Tai Chi

SPIRIT

3:00pm - 4:00pm Flagpole Hill
Bible Study All Welcome!
 Led by CCY Resident Marilyn Hodge



3:00pm-7:00pm Pavilion
The Ticket Radio show
will be broadcasting live!
 Refreshments provided

FRIDAY, NOVEMBER 4

NEW WELLNESS CLASS TIMES

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch - CANCELED
	9:00am - 9:45am	Floor Yoga - CANCELED
	10:00am - 10:am	Chair Yoga - CANCELED
	11:00am - 12:00pm	Modified Tai Chi

AQUATICS	Aquatics Classes	
	Vista Rehab Pool	972-638-8795.
		Res. & PM Only
	9:00am - 10:00am	Aquatics 101
	9:00am - 11:00am	Open Swim
	1:00pm - 2:00pm	Aqua Flow Class
	2:00pm - 3:00pm	Aquacise Class
	3:00pm - 4:00pm	Aqua Boot Camp

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

LEARN	Spanish Classes	
	Flagpole Hill	Res. & PM Only
	9:30am-10:30am: Beginners	
	10:40am-11:40am: Intermediate	

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

CREATE	10:00am-11:00am	Auditorium
	Mini-book workshop	
	Res & PM Only	
	Presented by Dallas Area Fiber Artists	
	Sign up at The Point	

MOVIE	1:30pm - 3:30pm	Theater
	Movie Matinee	
	All Welcome!	
	<i>Finding You</i> /2017, PG-13, 1h 59m	

OUTING	1:30pm - 3:00pm	
	Trip to the Bath House Cultural Center	
	View the 36th annual Day of the Dead exhibition, titled Día de Muertos: Estampas de Vida (Day of the Dead: Prints of Life). Sign up at The Point.	

EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit

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

SATURDAY, NOVEMBER 5

OLLI	8:15am-3:00pm	
	Ollie Chartered Bus Trip	
	Fort Worth Botanical Gardens.	
	Must Register in advance. \$55 a person. Open to OLLI members Only. Call 214-841-2831 for more info.	

GROUP	10:00am-12:00pm	Fitness Center
	Dallas Handweavers & Spinners Guild Monthly Meeting	
	All Welcome!	

GROUP	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
Finding You
2017, PG-13, 1h 59m

Friday, November 4 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.

THIS WEEK'S HIGHLIGHTS

Every Weekday! News on the 22s!

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

Weekly Table Talk Broadcast Nightly M-F at 7:00pm.

This week's Interview features John Gould.

Monday, November 7

4:00pm
USO Show

Kick off Veterans Week with this musical variety show featuring Marty Ruiz.

Tuesday, November 8

10:00am
OLLI CLASS: We Didn't Really Think We'd Get Away With It: The Cases of the by professor Laura Evans

Tuesday, November 8

3:00pm
Stories from a WWII Veteran Presented by John "Lucky" Luckadoo

Wednesday, November 9

2:00pm
OLLI After Hours
Presentation: The Cultural Heritage of Europe and the Heroes who Saved it During WWII. Refreshments Provided. Sign up required.

Thursday, November 10

9:00am
Craft Workshop: Cornhusk Dolls. Led by CCY Resident Pattie Gooch.

Thursday, November 10

1:30pm
Movie Matinee
Sergeant York/1941, NR, 2h 41m

Friday, November 11

3:00pm
Veterans Day Ceremony
Flagpoles/ Central Park

SUNDAY, NOVEMBER 6

SPiRiT

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

Christ Chapel
Resident Only

SPiRiT

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



VETERANS
WEEK



Tuesday, November 8
3:00pm

Auditorium & Ch. 81
**Stories from a
WWII Veteran**

Presented by
John "Lucky" Luckadoo
This 100 year old Vet is the last living original pilot of the WWII Eighth Air Force 100th Bomb Group known as the "Bloody Hundredth."



EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:45am Chair Yoga
 11:00am - 11:45am Chair Volley Ball

VETERANS Breakfast 3:00pm-4:00pm Conley's
Veteran Breakfast
 Special event, by invitation only

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 11:00am Open Swim
 1:00pm - 1:45pm Aqua Flow
 2:00pm - 2:45pm Aquacise

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

LEARN 10:00am-11:00am Hillside
Current Events with Randy Mayeux Resident Only

PLAY 1:00pm-2:30pm Café Game Zone
Chess Club All Welcome!
 Club members meets weekly to play.

TECH 1:30pm - 2:30pm Computer Lab
SeniorTech Class: Res. & PM Only
 Getting More out of Your Apple iPad

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm Seated Tai Chi

USO 4:00pm - 5:00pm Auditorium & Ch. 81
USO Show All Welcome!
Featuring Marty Ruiz & Sherry Hamilton
 Kick off Veterans Week with this musical variety show.



EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Balance Class
 10:00am - 10:am Thriving with Parkinson's

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 9:45am Water Walking Class
 1:00pm - 3:00pm Open Swim Time

OLLI 10:00am - 11:30am Auditorium & Ch. 81
We Didn't Really Think Open Res. & PM
We'd Get Away With It: OLLI Members
The Cases of the Missing Cellini Salieri & Stolen Berthe Morisot Painting
 Led by professor Laura Evans
 Members register at olli.unt.edu/members
 For info on OLLI Classes call 214-841-2831.

 10:30am-11:30am Christ Chapel
All Saints Service All Welcome!
 Join us as we remember those lost in the last year as a way of honoring the impact their lives have had on us.

CREATE 1:30pm-2:30pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal
 Sing and socialize with Choir Director Frances Jones.

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm 24 Step Tai Chi

 3:00pm - 4:00pm Auditorium
Stories from a old WWII Veteran All Welcome!
 This 100 year old Veteran is the last living original pilot of the WWII Eighth Air Force 100th Bomb Group known as the "Bloody Hundredth."





OUTING 8:45am-12:00am
Trip to Patriot Paws Resident Only
 Patriot PAWS trains service dogs of the highest quality at no cost to disabled American veterans.
 Sign up at The Point.

EXERCISE 9:00am-10:00am
Wednesday Wellness Fitness Gym
 Res. & PM Only

EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:am Chair Pilates
 11:00am - 11:45am DRUMBA with Aaron!

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 11:00am Open Swim
 1:00pm - 2:00pm Water Walking Class
 3:00pm - 3:45pm Aqua Boot Camp

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

PLAY 9:30am-11:00am Café Game Zone
Rummikub Tournament All Welcome!
 Tournament runs each Wednesday in November.

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

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm Seated Tai Chi

MEET 2:00pm-2:45pm 4833 / Conleys
Overlook Conversations Resident Only
 Residents will get a chance to ask department heads questions and voice concerns.

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

SPIRIT 3:30pm-4:30pm Flagpole Hill Class
Fellowship, Word & Bible Study All Welcome!

4:00pm-4:30pm White Rock Class
Alzheimer S Caregiver Support Group All Welcome!

OLLI 5:30pm - 6:30pm Auditorium
OLLI After Hours All OLLI Members
 Presentation: The Cultural Heritage of Europe and the Heroes who Saved it During WWII.
 Refreshments Provided. Sign up required.



EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Balance Class
 10:00am - 10:am Thriving with Parkinson's

 9:00am - 11:00am White Rock
Fall Craft Workshop: Cornhusk Dolls Res. & PM Only
 Led by CCY Resident Pattie Gooch.
 Sign up at The Point.

TECH 9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
 iPhone Calendar, Contacts, and Phone Apps

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

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 1:00pm - 3:00pm Open Swim Time

OUTING 1:30pm -3:00pm
Shopping Trip: Trader Joe's
 Sign-up at The Point. Pick-up in front of your building.

MOVIE 1:30pm - 3:30pm Theater
Veterans Week Movie Matinee All Welcome!
Sergeant York
 1941, NR, 2h 41m

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

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm 24 Step Tai Chi

SPIRIT 3:00pm - 4:00pm Flagpole Hill
Bible Study All Welcome!
 Led by CCY Resident Marilyn Hodge

 3:00pm-4:00pm 4833/ Conley's
Veteran Spouses Tea
 Special event, by invitation only

VETERANS DAY

EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:45am Chair Yoga
 11:00am - 12:00pm Modified Tai Chi

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 10:00am Aquatics 101
 9:00am - 11:00am Open Swim
 1:00pm - 2:00pm Aqua Flow Class
 2:00pm - 3:00pm Aquacise Class
 3:00pm - 4:00pm Aqua Boot Camp

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

LEARN **Spanish Classes**
Flagpole Hill Res. & PM Only
 9:30am-10:30am Beginners Class
 10:40am-11:40am Intermediate Class

 10:00am-11:00am Ch. 81 Broadcast
Veterans Discussion Panel
 Resident Veterans will be interviewed by local students.

TECH 10:00am - 12:00am Computer Lab
SeniorTech Class: Res. & PM Only
 Free Coaching Fridays
 Come & Go Tech Questions.

PLAY 10:00am-11:00am Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.

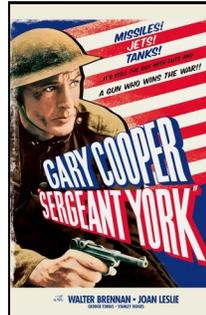
EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit **CANCELED**

 3:00pm-4:00pm Flagpoles/ Park
Veterans Day Ceremony All Welcome!
 All residents invited to this annual ceremony that honors Resident Veterans.
 4:00pm-5:00pm Auditorium
Veterans Day Happy Hour 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 MOVIE



This Week's Movie
Sergeant York
 1941, NR, 2h 41m

Special Day this Week!
Thursday, Nov. 10
at 1:30pm

In a career-defining performance that earned him his first Academy Award, Gary Cooper stars as Alvin York, a poor Appalachian pacifist drafted into World War I. Placed in an impossible position, York single-handedly captures an entire enemy platoon and becomes a national hero.

Limited Seating.
 Free Popcorn and Water.

THIS WEEK'S HIGHLIGHTS

Every Weekday!

News on the 22s!

Tuesdays at 6:22pm.

Wednesday-Monday at 9:22am and 6:22pm.

**Weekly Table Talk Broadcast
Nightly M-F at 7:00pm.**

This weeks Interview features Nancy Wiley

Monday, November 14

6:30pm

Town North Concert Band

All Welcome!

Tuesday, November 15

10:00am

OLLI Class: Works of Toni Morrison

Led by Freelance Writer Richa Yadav.

Thursday, November 17

10:00am

Four Your Health

Presentation on Diabetes:

Facts Everyone should know.

Thursday, November 17

2:00pm

Hearing Loss & Assisted Technology

Friday, November 18

10:00am

Gobble Games!

Friday, November 18

1:30pm

Movie Matinee

People Like Us / 2012, PG-13, 1h 55m

Saturday, November 19

3:30pm

Piano Concert

World Renowned Pianist

Gustavo Romero Returns!

SUNDAY, NOVEMBER 13

SPiRiT

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

Christ Chapel
Resident Only

SPiRiT

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

PIANO CONCERT AT THE POINT



Gustavo Romero Returns!

Saturday, November 19

3:30pm

In-Person and on Ch. 81



World Renowned Pianist

Gustavo Romero will entertain with classical music!

MONDAY, NOVEMBER 14

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Floor Yoga
	10:00am - 10:am	Chair Yoga
	11:00am - 11:45am	Chair Volley Ball

AQUATICS	Aquatics Classes		972-638-8795.
	Vista Rehab Pool	Res. & PM Only	
	9:00am - 11:00am	Open Swim	
	1:00pm - 1:45pm	Aqua Flow	
	2:00pm - 2:45pm	Aquacise	

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

PLAY	1:00pm-2:30pm	Café Game Zone
	Chess Club	All Welcome!
	Club members meets weekly to play.	

LEARN	2:00pm - 2:45pm	Flagpole Hill
	Story Telling with Jo Rader	All Welcome!
	This Month Jo will tell you about "Texas Women: Fact or Fiction"	

EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	Seated Tai Chi

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



6:30pm - 7:30pm Auditorium
Town North Concert Band
 All Welcome!

The Town North Concert Band is a volunteer, band that plays traditional concert band music, marches, patriotic tunes, selections from Broadway musicals, movie themes, and popular music.

TUESDAY, NOVEMBER 15

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Balance Class
	10:00am - 10:am	Thriving with Parkinson's

AQUATICS	Aquatics Classes		972-638-8795.
	Vista Rehab Pool	Res. & PM Only	
	9:00am - 9:45am	Water Walking Class	
	1:00pm - 3:00pm	Open Swim Time	

OLLI	10:00am - 11:30am	Auditorium & Ch. 81
	Works of Toni Morrison	Open Res. & PM
	Led by professor	OLLI Members
	Richa Yadav.	
	Members register at olli.unt.edu/members For info on OLLI Classes call 214-841-2831.	



11:00am-12:00pm Fitness Center
Drum Circle All Welcome!

Drum and socialize with Leader Kenny Kolter.

CREATE	1:30pm-2:30pm	Auditorium
	CC Young 'Uns Choir Rehearsal	All Welcome!
	Sing and socialize with Choir Director Frances Jones.	

EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	24 Step Tai Chi

TECH	1:30pm - 3:30pm	Computer Lab
	SeniorTech Class:	Res. & PM Only
	Be Safer Online: Passwords and Internet Surfing Strategies	

CREATE	3:00pm - 4:45pm	White Rock Class
	Arts & Crafts with Patricia Dillingham	Res. & PM Only
	This Months Craft: Embossed Holiday Cards Sign up at The Point.	

GROUP	4:00pm - 4:45pm	Auditorium
	HOOT: Harmonica Organization of Texas	All Welcome!
	Monthly Meeting and Jam Session	

WEDNESDAY, NOVEMBER 16



9:00am-10:00am
Wednesday Wellness

Fitness Gym
Res. & PM Only

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am - 8:45am Strength & Stretch
9:00am - 9:45am Floor Yoga
10:00am - 10:am Chair Pilates
11:00am - 11:45am DRUMBA with Aaron!

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
9:00am - 11:00am Open Swim
1:00pm - 2:00pm Water Walking Class
3:00pm - 3:45pm Aqua Boot Camp

OUTING

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

PLAY

9:30am-11:00am Café Game Zone
Rummikub Tournament All Welcome!
Tournament runs each Wednesday in November.

CREATE

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



10:30am - 12:00pm Auditorium
CCY Auxiliary Meeting All Welcome!
Featured Presentation:
"The Point" of CC Young Presented by
Brian Parman & Angela Castillo

EXERCISE

PM Exercise Classes

Fitness Center Classroom Res & PM Only
2:00pm - 2:45pm Chair Aerobics
3:00pm - 3:30pm Sit & Get Fit
4:00pm - 5:00pm Seated Tai Chi

MEET

2:00pm-2:45pm Thomas Dining
Thomas Conversations Resident Only
Residents will get a change to ask
department heads questions and voice concerns.

CREATE

2:00pm- 3:00pm Computer Lab
Acting Fun Res. & PM Only
Led by Linda Leonard

SPIRIT

3:30pm-4:30pm Flagpole Hill Class
Fellowship, Word & Bible Study All Welcome!
Led by Richard Stanford

THURSDAY, NOVEMBER 17

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am - 8:45am Strength & Stretch
9:00am - 9:45am Balance Class
10:00am - 10:am Thriving with Parkinson's

TECH

9:30am - 11:30am Computer Lab
SeniorTech Class: Res. & PM Only
Using Google Maps & Apple Maps Like a Pro

SERVICE

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



10:00am - 11:00am Auditorium
Four Your Health All Welcome!
Presentation on Diabetes

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
1:00pm - 3:00pm Open Swim Time



2:00pm-3:00pm Auditorium
Hearing Loss & Assisted Technology All Welcome!

EXERCISE

PM Exercise Classes

Fitness Center Classroom Res & PM Only
2:00pm - 2:45pm Chair Aerobics
3:00pm - 3:30pm Sit & Get Fit
4:00pm - 5:00pm 24 Step Tai Chi

SPIRIT

3:00pm - 4:00pm Flagpole Hill
Bible Study All Welcome!
Led by CCY Resident Marilyn Hodge

SOCIAL

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

FRIDAY, NOVEMBER 18

EXERCISE

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:45am Chair Yoga
 11:00am - 12:00pm Modified Tai Chi

AQUATICS

Aquatics Classes

Vista Rehab Pool 972-638-8795.
Res. & PM Only
 9:00am - 10:00am Aquatics 101
 9:00am - 11:00am Open Swim
 1:00pm - 2:00pm Aqua Flow Class
 2:00pm - 3:00pm Aquacise Class
 3:00pm - 4:00pm Aqua Boot Camp

OUTING

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

LEARN

Spanish Classes

Flagpole Hill **Res. & PM Only**
 9:30am-10:30am: Beginners
 10:40am-11:40am:Intermediate



10:00am-11:00am Pavilion
The Gobble Games! All Welcome!
 Turkey themed games hosted by Aaron Schmidt.

PLAY

10:00am-11:00am Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.

MOVIE

1:30pm - 3:30pm Theater
Movie Matinee All Welcome!
People Like Us
 2012, PG-13, 1h 55m

EXERCISE

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit



6:30pm - 8:00pm Café Game Zone
Friday Night Karaoke & Sing-a-long Party
 Come out for to mingle with friends and sing a song or two! Refreshments provided.

SATURDAY, NOVEMBER 19

10:00am-11:00pm Auditorium
Lake Highlands/ White Rock Lake Democrats Monthly Meeting
 All Welcome!



3:30pm - 4:30pm Auditorium & Ch. 81
Piano Concert
 World Renowned Pianist Gustavo Romero Returns! He will entertain with classical music!

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
People Like Us
 2012, PG-13, 1h 55m

Friday, November 18 at 1:30pm

When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had -- and an order that Sam must bring his alcoholic sibling and her young son their inheritance.

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, November 22

10:00am

**OLLI Class: Changing the
World One Element at a
Time**

Tuesday, November 22

3:30pm

Richard Stanford Hour

This Month's Book Review:
The Chaos Machine by
Max Fisher

Wednesday, November 23

2:30pm

**Virtual Trivia on Ch. 81
with Aaron Schmidt**

Friday, November 25

1:30pm

Movie Matinee

The Martian
2015, PG-13, 2h 1m

SUNDAY, NOVEMBER 20

SPiRiT

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

Christ Chapel
Resident Only

SPiRiT

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

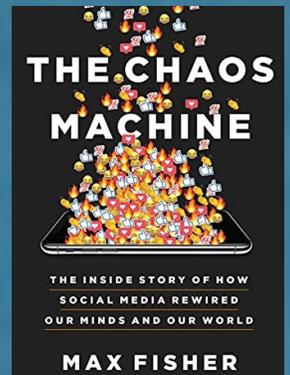


**Tuesday, Nov. 22
3:30pm
Richard Stanford
Hour**

This month's book
review is on:

The Chaos Machine
by
Max Fisher

All Welcome!



MONDAY, NOVEMBER 21

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Floor Yoga
	10:00am - 10:am	Chair Yoga
	11:00am - 11:45am	Chair Volley Ball

AQUATICS	Aquatics Classes	
	Vista Rehab Pool	972-638-8795. Res. & PM Only
	9:00am - 11:00am	Open Swim
	1:00pm - 1:45pm	Aqua Flow
	2:00pm - 2:45pm	Aquacise

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

PLAY	1:00pm-2:30pm	Café Game Zone
	Chess Club	All Welcome!
	Club members meets weekly to play.	

EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	Seated Tai Chi

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

TUESDAY, NOVEMBER 22

EXERCISE	AM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Balance Class
	10:00am - 10:am	Thriving with Parkinson's

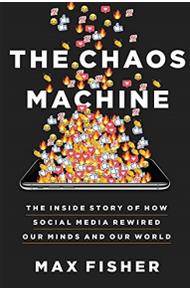
AQUATICS	Aquatics Classes	
	Vista Rehab Pool	972-638-8795. Res. & PM Only
	9:00am - 9:45am	Water Walking Class
	1:00pm - 3:00pm	Open Swim Time

OLLI	10:00am - 11:30am	Auditorium & Ch. 81
	Changing the World	Open Res. & PM
	One Element at a Time	OLLI Members
	Led by professor Diana Mason. This presentation highlights how the history of Texas has laid the foundation of our status on the world's stage. Members register at olli.unt.edu/members	
	For info on OLLI Classes call 214-841-2831.	

CREATE	1:30pm-2:30pm	Auditorium
	CC Young 'Uns	All Welcome!
	Choir Rehearsal	
	Sing and socialize with Choir Director Frances Jones.	

EXERCISE	PM Exercise Classes	
	Fitness Center Classroom	Res & PM Only
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:30pm	Sit & Get Fit
	4:00pm - 5:00pm	24 Step Tai Chi

	2:00pm - 4:00pm	Flagpole Hill
	Total Hearing Clinic	Resident Only
	Complimentary hearing aid cleanings and hearing screenings.	
	Book Appointment: 214-987-4114	

	3:30pm - 4:30pm	Auditorium
	Richard Stanford	All Welcome!
	Hour	
	This Months Book Review: <i>The Chaos Machine</i> by Max Fisher	



9:00am-10:00am
Wednesday Wellness

Fitness Gym
Res. & PM Only

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Floor Yoga
10:00am – 10:am Chair Pilates
11:00am – 11:45am DRUMBA with Aaron!

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
9:00am – 11:00am Open Swim
1:00pm – 2:00pm Water Walking Class
3:00pm – 3:45pm Aqua Boot Camp

OUTING

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

PLAY

9:30am-11:00am Café Game Zone
Rummikub Tournament All Welcome!
Tournament runs each Wednesday in November.

CREATE

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

EXERCISE

PM Exercise Classes
Fitness Center Classroom Res & PM Only
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:30pm Sit & Get Fit
4:00pm – 5:00pm Seated Tai Chi

CREATE

2:00pm- 3:00pm Computer Lab
Acting Fun Res. & PM Only
Led by Linda Leonard



2:30pm- 3:30pm Ch. 81
Virtual Crazy Fall Trivia Resident Only
with Aaron Schmidt
Trivia sheets will be put out in
resident cubbies.

SPIRIT

3:30pm-4:30pm Flagpole Hill Class
Fellowship, Word & Bible Study All Welcome!
Led by Richard Stanford



No scheduled events.

The Point Café and Staff Offices are Closed.

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

Regular programming resumes on Monday, November 28!



1:30pm - 3:30pm

Movie Matinee

The Martian

2015, PG-13, 2h 1m

Don't miss the special "Kitchen Table Rocket Science" program on Tuesday Nov. 29 at 3:30pm. Resident Bill McMillin will discuss the Mars Mission.

Theater
All Welcome!

**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
Monday, November 28!**

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

The Martian

2015, PG-13, 2h 10m

**Friday, November 25
at 1:30pm**

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

**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, November 29

3:30pm

**Kitchen Table
Rocket Science**

Presented by
CCY Resident
Bill McMillin

Wednesday, November 30

2:30pm

**Virtual Crazy Fall Trivia
on Ch. 81
with Aaron Schmidt**

Friday, December 2

1:30pm

Movie Matinee

Spencer
2021, Rated R, 1h 57m

SUNDAY, NOVEMBER 27

SPiRiT

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

Christ Chapel
Resident Only

SPiRiT

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, November 29

3:30pm

CCY Resident

Bill McMillin presents

Kitchen Table

**ROCKET
SCIENCE**



Learn about the Artemis Program Status, Exploration of Mars and Space-ship Earth

MONDAY, NOVEMBER 28

EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:am Chair Yoga
 11:00am - 11:45am Chair Volley Ball

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 11:00am Open Swim
 1:00pm - 1:45pm Aqua Flow
 2:00pm - 2:45pm Aquacise

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

PLAY 1:00pm-2:30pm Café Game Zone
Chess Club All Welcome!
 Club members meets weekly to play.

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm Seated Tai Chi

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

GROUP 10:00am-4:00pm Auditorium
Dallas Area Fiber Artists
Monthly Meeting
 All Welcome!

TUESDAY, NOVEMBER 29

EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Balance Class
 10:00am - 10:am Thriving with Parkinson's

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 9:45am Water Walking Class
 1:00pm - 3:00pm Open Swim Time

 11:00am-11:45am Fitness Center Class
Line Dancing Res & PM Only
With Jill Beam
 No Experience Necessary

CREATE 1:30pm-2:30pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal
 Sing and socialize with Choir Director Frances Jones

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit
 4:00pm - 5:00pm 24 Step Tai Chi

 3:30pm - 5:00pm Auditorium
Kitchen Table All Welcome!
Rocket Science
 Presented by CCY Resident Bill McMillin

WEDNESDAY, NOVEMBER 30



9:00am-10:00am
Wednesday Wellness

Fitness Gym
Res. & PM Only

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am - 8:45am Strength & Stretch
9:00am - 9:45am Floor Yoga
10:00am - 10:45am Chair Pilates
11:00am - 11:45am DRUMBA with Aaron!

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only

9:00am - 11:00am Open Swim
1:00pm - 2:00pm Water Walking Class
3:00pm - 3:45pm Aqua Boot Camp

OUTING

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

CREATE

9:30am-11:00am Café Game Zone
Rummikub Tournament All Welcome!
Last day of the Tournament.

PLAY

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

EXERCISE

PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm - 2:45pm Chair Aerobics
3:00pm - 3:30pm Sit & Get Fit
4:00pm - 5:00pm Seated Tai Chi

CREATE

2:00pm- 3:00pm Computer Lab
Acting Fun Res. & PM Only
Led by Linda Leonard



2:30pm- 3:30pm Ch. 81
Virtual Bingo Resident Only
w **Aaron Schmidt**
Bingo sheets will be put out in resident cubbies.

SPIRIT

3:30pm-4:30pm Flagpole Hill Class
Fellowship, Word & Bible Study All Welcome!
Led by Richard Stanford

THURSDAY, DECEMBER 1

EXERCISE

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am - 8:45am Strength & Stretch
9:00am - 9:45am Balance Class
10:00am - 10:am Thriving with Parkinson's

SERVICE

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

AQUATICS

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
1:00pm - 3:00pm Open Swim Time

EXERCISE

PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm - 2:45pm Chair Aerobics
3:00pm - 3:30pm Sit & Get Fit
4:00pm - 5:00pm 24 Step Tai Chi

SPIRIT

3:00pm - 4:00pm Flagpole Hill
Bible Study All Welcome!
Led by CCY Resident Marilyn Hodge

SOCIAL

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

FRIDAY, DECEMBER 2

EXERCISE **AM Exercise Classes**
Fitness Center Classroom Res & PM Only
 8:00am - 8:45am Strength & Stretch
 9:00am - 9:45am Floor Yoga
 10:00am - 10:am Chair Yoga
 11:00am - 12:00pm Modified Tai Chi

AQUATICS **Aquatics Classes** 972-638-8795.
Vista Rehab Pool Res. & PM Only
 9:00am - 10:00am Aquatics 101
 9:00am - 11:00am Open Swim
 1:00pm - 2:00pm Aqua Flow Class
 2:00pm - 3:00pm Aquacise Class
 3:00pm - 4:00pm Aqua Boot Camp

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

LEARN **Spanish Classes**
Flagpole Hill Res. & PM Only
 9:30am-10:30am: Beginners
 10:40am-11:40am:Intermediate

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

M MOVIE 1:30pm - 3:30pm Theater
Movie Matinee All Welcome!
Spencer
 2021, Rated R, 1h 57m

EXERCISE **PM Exercise Classes**
Fitness Center Classroom Res & PM Only
 2:00pm - 2:45pm Chair Aerobics
 3:00pm - 3:30pm Sit & Get Fit

SATURDAY, DECEMBER 3

GROUP 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!

M MOVIE MATINEE



This Week's Movie

Spencer

2021, Rated R, 1h 57m

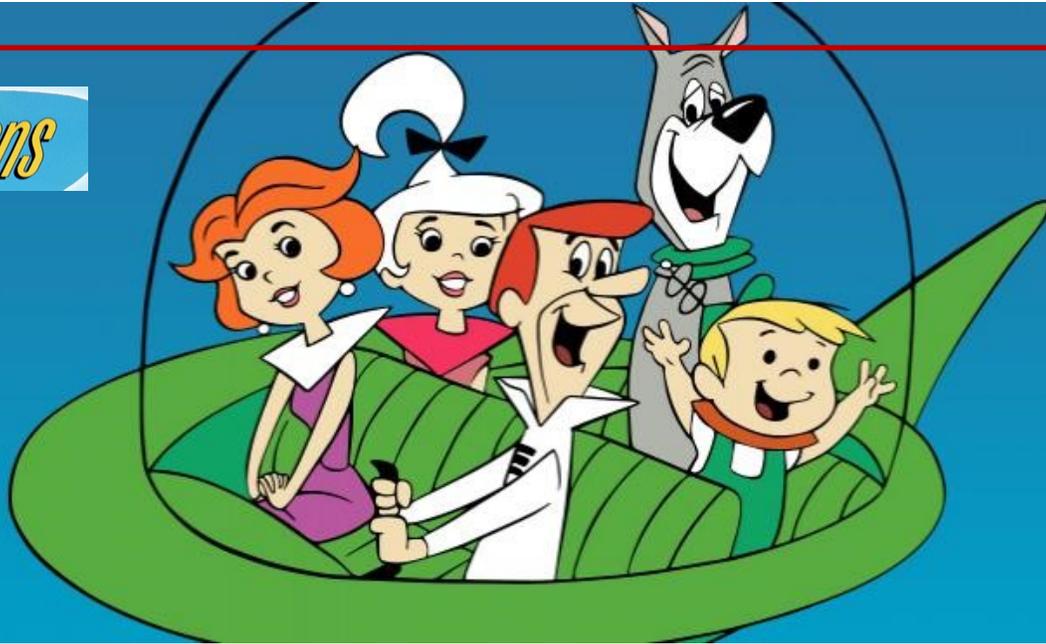
Friday, December 2
at 1:30pm

The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different in this imagining of what might have happened during those few fateful days.

Limited Seating.
Free popcorn and water.

Table of Contents

Page 32	From the Director
Page 34	Crews News
Page 35	Jen's Village Update
Page 36	Meet Raul & Josie
Page 37	Article – Technology Innovations
Page 38	100 Years of Innovation
Page 40	Veterans Day Statistics
Page 41	30 Days of Gratitude
Page 42	Photos from The Alzheimer's Walk
Page 44	Resident Anniversaries
Page 45	Resident Birthdays
Page 46	Team Birthdays
Page 47	Team Anniversaries
Page 48	New Resident Welcome
Page 49	Massage Therapy & UTSW Mobile Mammography
Page 50	Holiday Art Contest Winner!
Page 51	Useful Information
Back	The Loud Crowd Info



Innovation: A Look Back, To The Future

Brian Parman, Director The Point & Pavilion
November 2022



Saturday morning cartoons were a mainstay with my family. One of my favorite shows was a futuristic family cartoon called The Jetsons, which premiered in 1962. The show was set 100 years in the future in the year 2062, foretold of flying self-driving cars, robotic maids, flat screen televisions, wearable technology, pill cameras, holograms, and 3-d printed food and so much more. It's hard to wrap my head around the fact that we're over half-way to 2062 now, but surprisingly, some of the technologies they predicted can be found on our campus today.

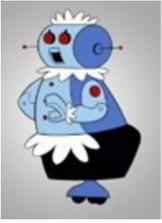
The Jetsons accurately predicted both technologies decades before they would become commonplace. The main character of the cartoon George Jetson, regularly read the news on a digital device that looked suspiciously like the iPad. George and his family also managed to stay connected via wearable technology. Even George's son, Elroy, rocked a smartwatch.



Despite airing in the 1960s and again in the 1980s, the creators of The Jetsons accurately foretold 3D printing. More importantly, they predicted that 3D printed food would eventually become a thing. In some of the show's earliest episodes, the Jetson family was fed via a food-making machine. Jane the matriarch of the show, would hit a button, and a machine would print the family's food choice for the evening, including pizza. While 3D printed food isn't exactly mainstream today, it's something that printers can do. In fact, several companies have developed 3D print food items, and it all started with Pizzas for NASA astronauts. A company called BeeHex created Chef 3D in 2017. Reportedly their machine can produce a printed, edible pizza in under five minutes.

Just like The Jetson's, the "pill cam" aka Capsule Endoscopy portrayed in the cartoon is not only a reality but a game changer in modern medicine. A tiny wireless camera sits inside a vitamin-size capsule that you swallow that takes thousands of pictures of your digestive tract and wirelessly transfers them to a recorder you wear a belt around your waist.





It doesn't stop there! Scientists and software developers have created counterparts to Rosie the Robot Maid which are now for sale in a growing number of models to assist with a variety of household chores - can you say Roomba?

Considering how we've already managed to achieve much of what was foreseen back in 1962 is an interesting lesson about innovation and the pace of change of digital technologies and how they touch into every aspect of our everyday lives.

Record numbers of seniors embraced and have adapted the use of technology into their everyday lives. It's hard to imagine life without a mobile phone. We can make phone and video calls or meetings, create and send instant text and emails, pay bills, shop online, take photos and videos, listen to music, or read a book and watch television all with a device we wear on our wrist or hold in the palm of our hands.

Microchips sometimes smaller than our fingernails make it possible to operate appliances, make phone calls or other simple task with a simple voice command. That same microchip is integral in the creation lightweight portable oxygen concentrators found on the market today that give the user freedom to engage in life in ways never before possible. We're sending and receiving emails and text messages instead of using "snail" mail which used to take days, weeks or months, that now happens almost instantaneously. Our 50+ page Active Senior Lifestyle Guide is printed in-house on a Versant 280 Press that prints in full color, collates, trims, binds, staples, and folds at a rapid pace all with the help of those same little microchip. It's mind blowing to me!



Medical records and imaging are now digital making it easier to securely share and expedite medical diagnoses and treatment plans. Similar technologies alert our team to make a wellness check on any resident had not crossed a sensor within their apartment by a pre-determined time. Our urgent care pendant system provides peace of mind and assistance when residents need it most. With the push of a button and alerts our team of their general geographic location on campus to locate them.

CC Young made a major investment in our technology infrastructure on our campus that included upgrades cabling, bandwidth, cameras, sound, lighting, and video editing equipment allowing us to share programming at The Point with seniors both on and off campus that might not otherwise have been able to participate. Residents from across our campus can now preview a comprehensive list scheduled activities and events via our internal information channel 80 and/or to engage in selected programming from the comfort and safety of their own home via our internal broadcast channel 81. Our programming evolved from over time to include from broadcast of wellness classes, worship services, campus news, special events and the production of original content such as the Table Talk Program with Linda Leonard & Friends.

This fall our team is currently working through the logistics for the roll out of the app to both residents and point members giving each group the opportunity to review, search, reserve space for events and activities, connect with others using the resident directory through an app called Touchtown that can be downloaded to resident or point members mobile phone, tablet, laptop or computer. This app will allow the user to not only see, search and confirm participation in various activities but also the ability interact with one another as well as CCY staff members. Real time push notifications can be sent to residents or specific participants with event reminders or change notices. Participants will also be able to share real time feedback and evaluations about our programming.

The Jeston's really had it going on.... since we know that this pace is only quickening, imagine how far we will have advanced when 2062 finally rolls around!



Crews News!

By Russell Crews
President and CEO
November 2022

This month is dedicated to 100 years of Technology.

Technology's evolution is fascinating especially when you note the impact on everyday life. Think about the impact on farming when tractors replaced horses and mules. And what about Henry Ford's creation of an assembly line for manufacturing cars? That invention alone brought down the cost of cars making them affordable so that more could own one. Eventually automobile manufacturing was a leading product and drove the global economy.

From the standpoint of our industry, senior living is also feeling the impact of technology. It is certainly a factor at CC Young. Technology is mission critical for our operations. Over the last several years, we, like many others, have made the decision to move many of our software platforms from our own [campus-based] servers, to internet-based hosting. This move is more cost effective because it reduces the need for high end, on-site servers. Also, there is less maintenance required on our part and less exposure of down time for regional weather issues. Another benefit, and maybe the most important benefit, is that moving systems to the cloud helps mitigate exposure from ransomware and hacking. Exposures to both ransomware and hacking have increased in just the last few years and often result in huge expenditures to repair systems.



CC Young has moved to the cloud: our Microsoft Office Suite, MatrixCare operational database, Laserfiche electronic document management, VoiceFriend communication system, electronic admissions and more.



Additionally, our campus cameras have moved to web-based hosting. Part of this process was upgrading the cameras themselves which resulted in better resolution. The move also gave us more memory enabling a longer "history" to view: We moved from being able to see footage within only the last 30 days to now seeing more than 6-9 months' history.

We are upgrading all the network switches in all buildings so that we can improve internet speed. That upgrade expanded (doubled!) our internet band width to allow more efficient video streaming.

As you know, in the summer of 2020, we updated The Point media room. The technology we had there was from the original building which opened in 2007. Current technology now allows us to produce a much higher product and broadcast same all over campus in a higher resolution of both sound and video.

Yes, we definitely experience (and benefit from!) technology!



Village Update

By Jen Griffin
Vice President, Engagement
November 2022

This month we highlight 100 Years of INNOVATION IN TECHNOLOGY!



Really? Hmm...I guess now is the time when I need to confess to my love-hate relationship with technology.

The easiest way to explain it is this: I LOVE TECHNOLOGY WHEN IT WORKS! I hate it when it doesn't.

Happily, my professional life has required that I use technology in the office environment which has forced me to learn things I may not have learned otherwise. As an example, during college, I worked at a TV station for 2 years. After college, I went to work for a mainframe computer sales and leasing company. I come from the era of being impressed with an electric typewriter so experiencing the technology I was exposed to in just these two jobs was so cool to me! My 'growth' with technology has continued with each step of my professional journey and I am grateful for the experiences and coaches along the way.



Another confession? Just like softball, learning new technology does not always come naturally to me, but practice helps. The younger generations (especially 40 and below) have never lived without computers and cell phones and apps. They came out of the womb with the intuition to navigate through technology. For my generation, computers were a new innovation and were relegated to NASA

projects and the like! Now, our cell phones have more computing power than those mainframe systems did. Can you believe that? Incredible!

As for technology in the last 100 years, I see it as one of mankind's outlets for creativity and innovation. Inventions are generally the response to a need. When you think about it that way, it is astonishing to see how far we've come and how far we continue to go. Consider the age of computers as I mentioned above – and the evolution to today's applications. Going back even farther, remember 'communication' was originally on horseback with riders carrying letters across country. There was the telegraph, then telephone, then faxing, then cell phones, then texting/SMS messaging and more! Crazy! And the lists go on! (refer to page 38 for a more in depth review!) Bottom line is: Technology has exploded and continues to boggle the mind as to what is out there. Millions of people on this planet are adapting every day and creating using technology to answer a question or solve a problem or hopefully help in some way. THAT is truly impressive!

Take a moment to stop and ponder technology. What are the most significant technology advances in your life? For me, calculators and computers, then fax and copy machines, the internet, email, cellphones, hand-held computers (phones!), GPS tracking, and video streaming top the list.



I'm curious: What's on your list? Start a conversation with your friends and family and let me know about the top innovative technology items you've experienced in your lives. I bet we share some of the same – and I know there will be many more!

Learn More about Team CC Young!

Environmental Services



Raul Cabello,
Director, Housekeeping

Raul has over 15 years of experience managing environmental services for Senior Living facilities, and has been certified in the management of Assisted Living facilities since 2011. He joined CC Young in 2016 and now directs Environmental, Housekeeping, Maintenance and Security services. He relocated to Houston in 1987 to manage Charter Hospitals. Since then, he's lived in various Texas cities. He now calls Grand Prairie home. As for East Dallas, he says he loves the area's 'Texan hospitality.' "Most people you meet here are very friendly and welcoming," he remarks.

MORE ABOUT RAUL CABELLO

Raul was born in Sancti Spiritus, Cuba and his favorite vacation spot is Miami. The first car he ever owned was an SS Chevelle Chevrolet. His three most interesting dinner guests (dead or alive) are Gary Sinise, Lou Holtz and his wife, Barbara.



Josefina Little
Assistant Director, Housekeeping

Josefina "Josie" joined CC Young in 2002 as a Housekeeping Supervisor. After living out of state for a while, she rejoined CC Young in 2010, again as a Housekeeping Supervisor, and quickly moved in to an Assistant Director role.

Josefina was born in Mexico (Guanajuato) and came to the U.S. with her family when she was 14 years old. Away from work, Josefina likes to spend time with her family and in East Dallas, she likes to visit the area's restaurants.

MORE ABOUT JOSEFINA LITTLE

Her favorite flavor of ice cream is vanilla. Her first car was a 1995 Oldsmobile and her best Halloween had her dressing up as Beetlejuice.





Technology Innovations

by Senior Tech Instructor
Daphne Lee

As we approach the close of 2022, we can look at the many new ideas and methods that literally changed numerous facets of our everyday! We see **innovations** in the form of instant communication (text and email) messages; same day delivery of various goods, cars that communicate with the roadway and are powered by electricity. We communicate today using a computing and communication tool that processes and stores data in various formats: text, audio, video, and transmits phone signals, data packets, and text messages. Our watches track steps, monitor heartbeats, alert help after a fall and receive phone calls in addition to displaying time. The mobile device in our pocket also connects wirelessly to hearing devices for both medical necessity and pleasure, keyboards, watches, and many other accessories.



In our homes, we have intelligent and automated products that sweep our floors, light our homes, and capture motion in and around our properties.

Additionally, technology and lifestyle **innovations** allow us to conduct professional commerce and personal health checkups from our dining room tables.

Innovations also include a now common, medical advancement - joint replacement; dating back to 1968, the knee replacement is one of the most successful and frequent, medical procedures in medicine today. Together with hip and even shoulder, joint replacements highlight improvements in surgical techniques and materials making joint replacement effective, common and mobility-enhancing.



Keeping up with **innovations** can be a challenge, but does not have to be an unpleasant task. Family and friends are your best source for changes in

communication preferences; staff and your support team will also provide insight into new methods and techniques of accessing information, means of communication and even delivery of services. There is always that old-school way of learning via research and reading. Find introductions, discussions, videos and more at [AARP](https://www.aarp.org) online or in hardcopy via the AARP Bulletin.

What's next? I think we will see technology **innovations** where mobile devices and computers get smaller, faster, and even more intelligent. I look forward to enhancements in computer and Internet security and privacy. News from the Cleveland Clinic includes advancements in mRNA vaccines where cost-effective treatments of cancer and infections are becoming available. You cannot open a newspaper or other current events resource without discussions of alternate energy sources or other means of fueling transportation.



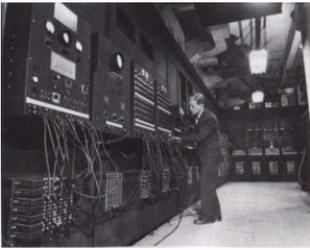
We highlight technology and lifestyle **innovations** in Technology classes at the Point where we offer a broad selection of in-person classes covering smartphones, tablets, computers, the Internet and how to use and manage new methods...and materials. We are always looking to teach relevant new, tech-related topics and we appreciate your feedback. Email us at srtech@ccyoung.org with any ideas or special requests.



November: 100 Years of Innovations in Technology

When we think of innovation we tend to think of Technology and inventions that have improved daily life. Every year brings new inventions. Some permanently change our lives almost overnight, some take time to become 'part of the furniture', and some disappear as soon as they are patented because there was never a real need for them. Over the last century there have been thousands of patented ideas around the world and whilst we may not notice some of them, many are exciting and completely life changing Here are some ground breaking inventions from the last 100 years.

Computer



Computers are an essential part of most of our lives. Thanks to computers, space exploration became a reality, medical science became more advanced and the entertainment industry was able to take a huge leap forward. The first to be patented were created by Johan Mauchly and Presper Eckert in 1946. This was the computer which all that were to follow were based on. It was the size of a huge room and paved the way for the computers we use today. Without this invention, there would be no games consoles, computer chips, calculators, laptops or digital cameras today – perhaps the most influential invention of the last 100 years.

Smartphone



Fifteen years ago, many people were still coming to terms with learning how to use a basic mobile phone to send texts with a few select models having very limited and slow internet access. The concept of an appliance with phone and computer features was patented by Theodore G. Paraskevacos in 1973 but it lay dormant for over two decades. Some toyed with the use of the palm top computer to organize their lives but the first smartphone actively marketed was manufactured in 1999 by Japanese company NTT Docomo. In 2014, 90% of handsets sold are either Android or Apple with over a billion smartphones now in usage.

Electronic Television



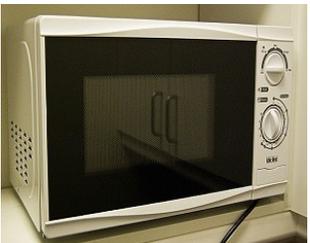
Philo Farnsworth and Vladimir Zworykin take the credit as being the inventors of the TV which changed how we watch entertainment as it combined a visual format to the sound being produced. Might be rather difficult to watch the cup final on this original model due to the small size (3" inches) and the snooker would be all but impossible with the lack of color.

Compact Cassette Tape

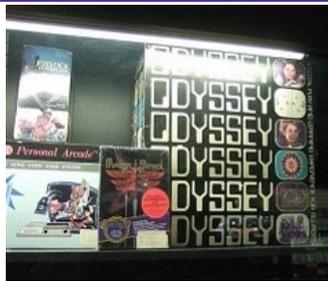


The first compact cassette tapes were launched in 1962 by Philips, swiftly followed by the first dictation machine in 1963. Philips was unprepared for the popularity of their blank cassette tapes as they quickly became used across the world for use in the office, the home and in the bedroom for many wannabe singers. Cassette decks became widespread for home audio systems, cars as well as portable recorders. A major boost in popularity came with the invention of the Sony Walkman in 1979, which was a portable headphone only music device.

Microwave Oven



Before the microwave, people had to wait – yes wait – to re-heat or cook their food. It would often take up to an hour to re-heat a meal. The microwave was an accidental discovery by Percy Spencer involving a bar of chocolate in 1945 when working for Raytheon. He noticed that microwaves started to melt the bar he had in his pocket. The now commonly seen piece of kitchen equipment was patented in 1947 and the first appliances were 1.8m tall, weighed 340kg and cost around £3,000 (probably ten times the price of a house at that time). Through technological development, we can now all produce a TV dinner in minutes and have a melting bar of chocolate to thank for this.



Video Game Consoles

Ralph Baer changed the way children – and adults – spend their spare time when he invented the Magnavox Odyssey in 1968. He was also responsible for the introduction of the light gun and the commercial sensation game called Simon in the 1980s and is now seen as one of the most influential entertainment inventors of modern time.

Flash Drive



As personal computers developed in the 1980s and 1990s, there came the need to store more and more information. This was then combined with people wanting portability of information from machine to machine. Whilst the floppy disc was used to hold files, they had very limited storage capability. Most people owned a pile of floppy discs which often became strewn around desks or in drawers as the amount of files they needed access to increased.

This changed with the invention of the Flash Drive by Toshiba engineer Fujio Masuoka in the early 1980s. He gave it this name because of the way erasing information reminded him of the speed of a camera flash. His idea had no way though of docking with computers at the time and it was down to Ajay Bhatt when he was working at Intel to develop the USB. It was still another four years though until the first flash drive stick was invented and made available in 2000 with a hefty – at the time – storage capacity of 8 Megabytes.



World Wide Web

Whilst many see the internet and the acronym WWW as being one and the same, they are two separate beasts. The internet is the system behind the page you're now viewing, the World Wide Web is the system of interlinked documents across the internet. This is all down to Sir Tim Berners-Lee, who in 1989 was working as a software engineer for CERN. He realised the potential of linking computers together – and how to achieve it, so it was useful and accessible. The rest, as they say, is history.



Compact Disk

Now famous TV footage shows the first CD's available being heralded as so indestructible that you could spread jam on them. Marketed as a way of playing music with a previously unheard of clarity and the fact they – apparently – couldn't be damaged. The invention of the CD in 1980 by the joint efforts of Sony and Phillips meant that the days of buying vinyl were very quickly numbered.



Post-it-Notes

No office, diary or ideas book can be without them. Yellow, pink, green or blue, squares or hearts, they are an indispensable and for many office workers a much prized possession which will only be shared at a few at any one time.

The unique glue with low tack re-adhesive properties was invented in 1968 by Spencer Silver when he was actually trying to develop extra strong glue. He tried for five years to find people to really 'get' the idea and it was only when a friend suggested using it to mark a hymn book that companies finally saw the potential and they were first seen on sale in 1977. The original yellow color was also unintentional as the first ones were made from scrap paper and yellow was the only choice.



Sliced Bread

The ultimate invention which coined the phrase 'best invention since sliced bread'. Any item invented then after 1928 had a lot to live up to after Otto Frederick Rohwedder cut his first loaf in his bread slicing machine at the Chillicothe Baking Company of Chillicothe, Missouri. The product was named 'Kleen Maid Sliced Bread' and was a success from the start. Other than a 3 month 1943 ban in America on the sale of sliced bread due to wartime conservation measures, it's been on the table of every household across the world ever since.

The famous phrase is thought to have originated in 1962 when Jeanne Boardman wrote a letter to letter to the St. Joseph, Missouri, Gazette to say that the 'Hints from Heloise' column 'is about the greatest thing since sliced bread'.

Veterans Day Statistics

Education Attained by Veterans



5.8%

Less Than High School Graduate



28.2%

High School Graduate/
Equivalency



37.2%

College or Associate's Degree



28.8%

Bachelor's Degree or Higher

States With The Most Veterans



California
1.6 million

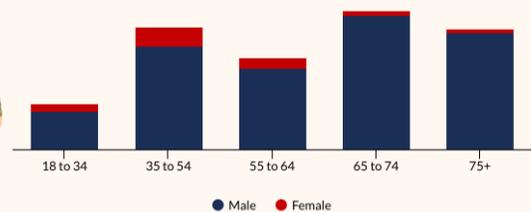


Texas
1.5 million



Florida
1.4 million

Veterans by Age & Gender



16.9m
male veterans

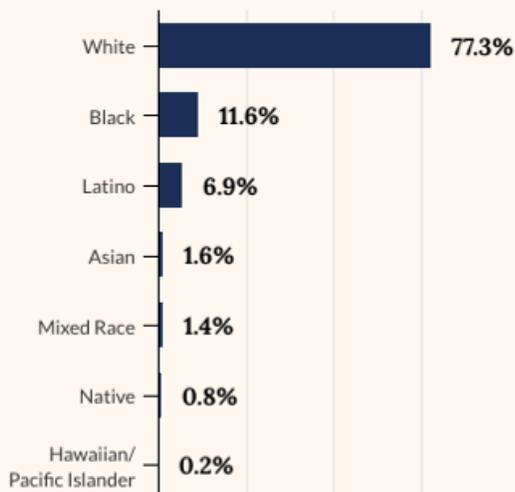
4,092,267
Male veterans are 75+ of age



1 in 12 Veterans are Women

1.6m
female veterans

Race



Median Income



\$40,076

Male Veteran



\$35,365

Male Nonveteran

\$34,178

Female Veteran

\$23,445

Female Nonveteran



National Gratitude Month in November encourages us to embrace the power of gratitude.

Gratitude is more than simply saying "thank you." Gratitude's amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves and the world around us.

<p>Day 1</p> <p>Colossians 4:2 "Continue earnestly in prayer, being vigilant in it with thanksgiving."</p>	<p>Day 2</p> <p>2 Corinthians 9:15 "Thanks be to God for His indescribable gift!"</p>	<p>Day 3</p> <p>1 Thessalonians 5:18 "...in everything give thanks; for this is the will of God in Christ Jesus for you."</p>	<p>Day 4</p> <p>1 Chronicles 16:34 "Oh, give thanks to the Lord, for He is good! For His mercy endures forever."</p>	<p>Day 5</p> <p>1 Corinthians 15:57 "But thanks be to God, who gives us the victory through our Lord Jesus Christ."</p>	<p>Day 6</p> <p>Psalms 106:1 "Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever."</p>
<p>Day 7</p> <p>Colossians 3:15 "In You, O Lord, I put my trust; Let me never be ashamed; Deliver me in Your righteousness."</p>	<p>Day 8</p> <p>Psalms 100:4 "Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name."</p>	<p>Day 9</p> <p>Psalms 107:21 "Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men!"</p>	<p>Day 10</p> <p>Colossians 1:12 "...giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light."</p>	<p>Day 11</p> <p>Psalms 79:13 "So we, Your people and sheep of Your pasture, Will give You thanks forever; We will show forth Your praise to all generations."</p>	<p>Day 12</p> <p>Luke 2:38 "And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem."</p>
<p>Day 13</p> <p>Leviticus 22:29 "And when you offer a sacrifice of thanksgiving to the Lord, offer it of your own free will."</p>	<p>Day 14</p> <p>Psalms 30:4 "Sing praise to the Lord, you saints of His, and give thanks at the remembrance of His holy name."</p>	<p>Day 15</p> <p>Psalms 35:18 "I will give You thanks in the great assembly; I will praise You among many people."</p>	<p>Day 16</p> <p>Psalms 69:30 "I will praise the name of God with a song, and will magnify Him with thanksgiving."</p>	<p>Day 17</p> <p>Psalms 26:7 "That I may proclaim with the voice of thanksgiving, and tell of all Your wondrous works."</p>	<p>Day 18</p> <p>Psalms 95:2 "Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms."</p>
<p>Day 19</p> <p>1 Chronicles 16:8 "Oh, give thanks to the Lord! Call upon His name; Make known His deeds among the peoples!"</p>	<p>Day 20</p> <p>Hebrews 13:15 "Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name."</p>	<p>Day 21</p> <p>Psalms 140:13 "Surely the righteous shall give thanks to Your name; The upright shall dwell in Your presence."</p>	<p>Day 22</p> <p>Mark 14:23 "Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it."</p>	<p>Day 23</p> <p>Luke 17:16 "...and fell down on his face at His feet, giving Him thanks. And he was a Samaritan."</p>	<p>Day 24</p> <p>Ephesians 5:20 "...giving thanks always for all things to God the Father in the name of our Lord Jesus Christ..."</p>
<p>Day 25</p> <p>Philippians 4:6 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."</p>	<p>Day 26</p> <p>Matthew 15:36 "And He took the seven loaves and the fish and gave thanks, broke them and gave them to His disciples; and the disciples gave to the multitude."</p>	<p>Day 27</p> <p>2 Corinthians 2:14 "Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place."</p>	<p>Day 28</p> <p>2 Corinthians 4:15 "For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God."</p>	<p>Day 29</p> <p>Colossians 2:6-7 "As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving."</p>	<p>Day 30</p> <p>2 Thessalonians 2:13 "But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God from the beginning chose you for salvation through sanctification by the Spirit and belief in the truth..."</p>

The 2022 CC Young Walk to End Alzheimer's







Happy Anniversary

NOVEMBER 2022 Resident Anniversaries

11 Years
Helen Vodicka
Alex Mason

10 Years
Ted Searcy
Nelwyn Davis

9 Years
Ed Hubbuch

7 Years
Rita Allen

6 Years
Mary Gilhooly
Joan Jackson
Wynette Moore

5 Years
Judy Vincent
Doug McMillan
Janice Robertson

November 2022

Resident Birthdays

Valeta	Gentzler	Vista	2
Sarah	Frankline	Overlook	3
Rhonda	Taylor	Asbury	3
Linda	Webb	Asbury	3
Linda	Crone	Hillside	3
Mary	Zotos	Vista	5
Patsy	Horick	Vista	6
Don	Collins	Overlook	7
Marzelle	Parish	Overlook	7
James	Thompson	Vista	8
Mary	Johnson	Overlook	8
Nick	Cranfill	Asbury	10
John	Marston	Thomas	10
Joan	Schively	Hillside	10
Charles	Orand	Vista	11
Pat	Rogers	Thomas	11
Akikio	Nakahara	Hillside	12
Nancy	Webb	Thomas	14
Joy	Crow	Hillside	15
Ann	Gass	Overlook	16
Harry	Mason	Overlook	18
Clyde	King	Asbury	21
Kathy	O'Donnell	Overlook	22
Robert	Bolden	Vista	23
Virginia	Nolte	Vista	24
Mary Ellen	Getty	Overlook	24
Ann	Conley	Vista	24
Jo	Winton	Vista	25
Shirley	Cooper	Vista	26
William	Whittle	Hillside	26
Willaim	Barker	Thomas	29
Betty	Blackwell	Asbury	29
Sharon	Bullock	Vista	30
Gerald	Kramer	Vista	30
Ted	Searcy	Thomas	30
Dorothy	Temple	Asbury	30

November Team Birthdays

Employee Name	Birthdate	Department	
Dolores	Leguizamo	1	EVS Housekeepinhg
Ashley	Garland	1	Rehab Therapy
Christine	Miller	2	Resident Service Dir
Felisha	Williams	2	HC Nursing
Doreth	Swaby	4	Private Duty Solutions
Andrew	Hixon	4	EVS Maintenance
Lisa	Mays	4	Umphress Terrace
Theodore	Steen	6	Dining Services
Brandy	Valadez	6	The Clinic
Stephanie	Trigg	7	Rehab Therapy
Lindsey	Buis	7	Rehab Therapy
Arthur	Wiese III	8	Memory Supp Nursing
Carlos	Najera	12	Dining Services
Carleen	White	13	Assisted Living Nursing
Judy	Singleton	13	HC Nursing
Oscar	Martinez	13	EVS Maintenance
Fikirte	Galaw	14	Assisted Living Nursing
Maegan	Baur	15	Business Development
Jared	Fiedler	15	Rehab Therapy
Mark	Vangeison	16	Pastoral Care
Tierra	Boggus	18	HC Nursing
Octavia	Rogers	19	Assisted Living Nursing
Sandra	Darfour	19	Dining Services
Ma Del Carmen	Salas	19	EVS Housekeepinhg
Derrick	Taylor	19	EVS Housekeepinhg
Christel	Whiteside	20	HC Admin
Dawn M	Madkins	20	Hospice
Michael	Boyce	20	Rehab Therapy
Maria	Pasha	21	Dining Services
Eboni	Wade	21	Dining Services
Cindy	Diaz	21	EVS Housekeepinhg
Cornelius	Williams	22	Dining Services
LaKisha	McCollough	22	HC Nursing
Jennifer	Griffin	22	VP of Engagement
Bria	Bassett	25	Rehab Therapy
Forestine	Dancer	27	Home Health
Jazmin	Marquez	27	Dining Services
Denise	Jallah	29	HC Nursing

November Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Aspen T Capers	11/1/2021	1	HC Nursing
Damia Qualls	11/1/2019	3	Rehab Therapy
Edna C Okpolor	11/1/2021	1	HC Nursing
Hillary Schahuber	11/1/2019	3	Rehab Therapy
Jaci S Rivas	11/1/2019	3	Rehab Therapy
Jared Fiedler	11/1/2019	3	Rehab Therapy
Jeremy Morgan	11/1/2019	3	Rehab Therapy
Kristen Qualls	11/1/2019	3	Rehab Therapy
Laura E Kochan	11/1/2021	1	HC Nursing
Leslie Thomas	11/1/2019	3	Home Health Therapy
Lindsey Buis	11/1/2019	3	Rehab Therapy
Lori Sanders	11/1/2019	3	Rehab Therapy
Matthew T Hall	11/1/2021	1	Home Health
Mubo O Balogun	11/1/2021	1	HC Nursing
Nneka C Ofor	11/1/2021	1	HC Nursing
Victor I Morrow	11/1/2019	3	Rehab Therapy
Abel O Mabeya	11/2/2020	2	HC Nursing
Christel Whiteside	11/4/2019	3	HC Admin
Georgia Kiriakos	11/4/2019	3	Rehab Therapy
Jair A Lopez	11/4/2019	3	EVS Housekeeping
Kelsi S Smith	11/4/2019	3	Rehab Therapy
Nirav Purohit	11/4/2019	3	Rehab Therapy
Rachel B Korodan	11/4/2019	3	Rehab Therapy
Sirena Wallace	11/4/2019	3	Home Health Therapy
Stephanie D Trigg	11/4/2019	3	Rehab Therapy
Elizabeth Smith	11/5/2018	4	Hospice Socice Services
Kevin M Wells	11/6/2017	5	Business Development
Christabel Chuks	11/8/2021	1	HC Nursing
LaDerek P Bell	11/9/2020	2	Dining Services
Jacinda E Crosby	11/12/2021	1	Dining Services
Omolola O Areola	11/12/2021	1	HC Nursing
Deshia McCain	11/15/2021	1	Home Health
Iyabo Osifeso Henshaw	11/15/2021	1	Rehab Therapy
Mirella Delgado Toledo	11/16/2020	2	EVS Housekeeping
Jocelyn Alonso	11/17/2021	1	Dining Services
Leyepea Zuo	11/17/2003	19	Memory Supp Nursing
Ana Castillo	11/18/2015	7	Dining Services
Benice Achoronye	11/18/2019	3	HC Nursing
Marguerite Murerwa	11/18/2015	7	Memory Supp Nursing
Hyrene Onchwari	11/19/2014	8	Home Health
Mariama P Sow	11/23/2020	2	Dining Services
Kasandra Escobedo	11/29/2021	1	Private Duty Solutions
Nathanael K Woldemichael	11/29/2021	1	HC Nursing
Tojuade S Ayoola	11/30/2020	2	EVS Housekeeping



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

Asbury



Rhonda Taylor



Sharon Edwards



Katherine Hargrove



Jeanette Patteson



Mary Cook



Mary Kay Story



Rosemary Ellis



Cathy & Frank Mahlo

Overlook



Judy Cook



**The UTSW Mobile
Mammography Unit
will be on Campus**

**Tuesday, December 6
8:00am – 3:00pm**

**Open to CC Young
Residents and Staff**

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

Guidelines for mammograms:

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

**CC YOUNG
MASSAGE THERAPY & WELLNESS**

***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 \$15 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.**

CC Young has 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. Each year a contest is opened up to CC Young residents giving them the opportunity to design the annual card and ornament. The 2022 theme was 100 years of Santa. Please congratulate this year's winner!



CONGRATULATIONS NANCY KOSMIN!

Hillside resident Nancy Kosmin moved to CC Young on August 5, 2022.

She was born in Philadelphia, PA. She is a former model and sportswear buyer for Bonwit Teller.

Nancy has taken many classes in sculpting, watercolor painting, jewelry making, needlepoint, and knitting. She still paints and knits today.

Look for Nancy's Sant Claus painting on this years CCY Holiday Ornament and Greeting card!

Page 50



CC YOUNG
SENIOR LIVING



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, Nov. 3 at
1:30pm
The Point Lobby**

**Alzheimer's Caregiver
Support Group**

**Wednesday, November 9
4:00pm
at The Point**

Led by Elena Jeffus

Coming to CC Young in December

The **LOUD** Crowd®

The Parkinson Voice Project

The LOUD Crowd® is a clinically-proven speech therapy approach for individuals with Parkinson's. The program helps patients REGAIN and MAINTAIN their speaking abilities with a combination of education, individual speech therapy, daily home practice, group sessions, and regular re-assessments.

**Beginning on Monday
December 5 at 1:00pm**

→ Completion of SPEAK OUT!®
Training Required.

The Point Auditorium



Call Instructor Lori Sanders
to sign up: 214-675-1299



4847 W. Lawther Drive
Dallas TX 75214

