

**JULY
2023**

Active Senior

LIFESTYLE GUIDE

FREE

PLEASE TAKE
ONE

**Celebrate
Life's Journey**

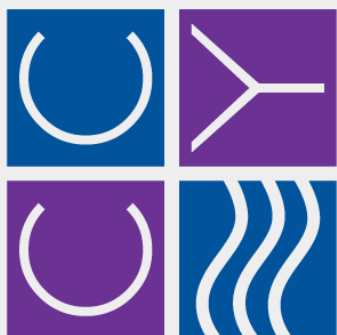
**With Memories
of Travels**

**Experiencing new
adventures**

Making New Friends



CC YOUNG
THE POINT & PAVILION



Meet The Team



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THE POINT AND PAVILION

Our 20,000 square foot center 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, and friends, to dine, read, or enjoy one of our many special events.

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



CC YOUNG
SENIOR LIVING

CAMPUS MAP

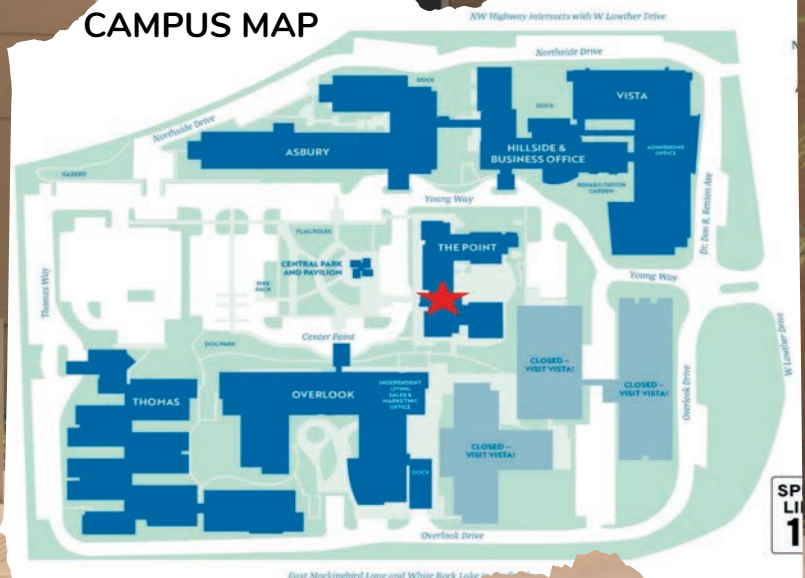
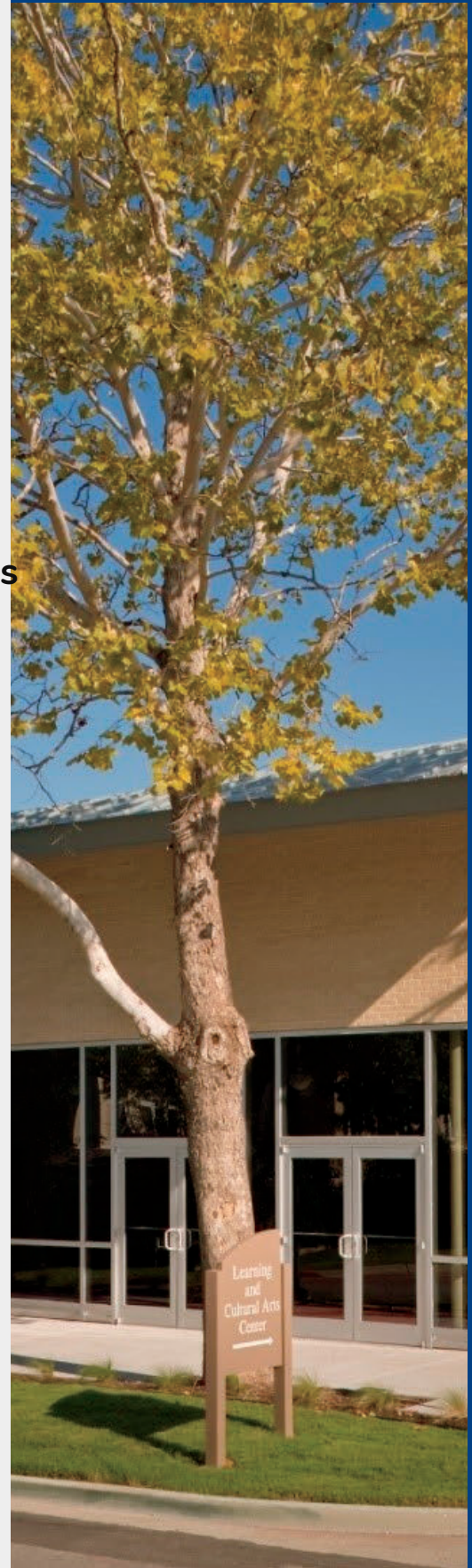


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FOURTH OF JULY

CELEBRATE

INDEPENDENCE DAY AT CCY

**TUESDAY, JULY 4
2:00PM**

IN PERSON AND ON CH 81

**PRESENTATION AND MUSIC PROVIDED
BY CC YOUNG RESIDENTS**

**WEAR YOUR FAVORITE RED,
WHITE, AND BLUE ATTIRE**

**"THANK YOU TO ALL WHO DONATED TO THE
ACTIVE DUTY MILITARY DONATION DRIVE!
JOIN ELENA IN THE FLAGPOLE CLASS AT 3PM
TO HELP PACK CARE PACKAGES!"**

THE POINT ART GALLERY

FUNtastic FIBER!

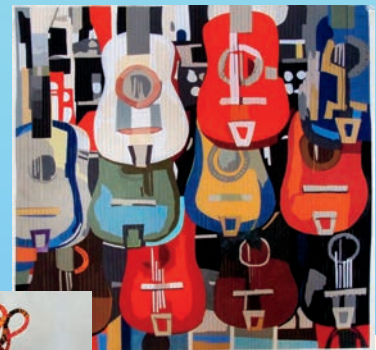
DALLAS AREA FIBER ARTISTS ANNUAL EXHIBITION
SATURDAY, JULY 1 - SATURDAY, AUGUST 12

The 2023 annual members' show honors 53 years as an artistic community. DAFA explores new materials and techniques and pushes members to think beyond usual design and construction methods.

This exhibition showcases the professional level of artistic design and mastery of materials, aims to educate the public about the vast range of fiber art techniques and highlights the many talents of our diverse membership.

**MEET THE ARTISTS
RECEPTION**

**SATURDAY
AUGUST 12
10:00AM**

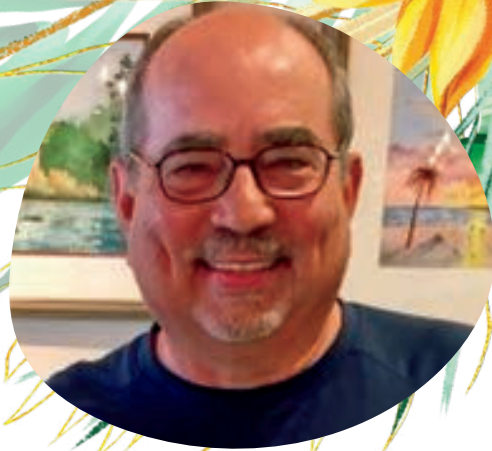


Examples of
previously shown
pieces.



**4847 W. Lawther Dr.
Dallas, TX 75214
214-841-2831**

**WEDNESDAY
JULY 19
3:00PM**



Watercolor Workshop

with Master Watercolorist
Gaylord O'Con

Step by Step Tutorial to create your own
Sunflower Masterpiece!

No experience necessary.

All Welcome!

All Materials Provided.

Sign up at The Point.



4847 W. LAWTHER DR. DALLAS, TX 75214

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214-841-2831



Trip to Ham Orchard

**Friday, July 14
11:00am-3:00pm**

Ham Orchards in Terrell, TX was established in 1979 and has 100 acres containing five orchards with approximately 10,000 peach and other fruit trees, as well as an open-air market, Homemade Ice Cream and Ham's BBQ restaurant.



Trip to Davis St. Mercantile

**Thursday, July 27
9:30am-1:00pm**

Davis Street Mercantile is located in the Bishop Arts District of Dallas, Texas. It has 7,000 square feet of new home décor, gourmet foods, and boutique gift items including items the CCY Woodies have made.

Residents Only. Bring money for lunch and shopping. Sign up at The Point.



REJEBIAN

Series at Highland Park UMC

Wednesdays in July | 7-8 pm | Wesley Hall

Dinner at 5:30 pm in Great Hall. Cost is \$15 per person.

Residents Only. HPUMC Bus will leave CCY at 5:00pm.

HPUMC Bus does **not** have wheelchair accessibility. Signup at The Point!



Sharron Lucky "Caleb's Crossing"

Wednesday, July 5

For the Rejebian series, Sharron Lucky reviews "Caleb's Crossing" by Geraldine Brooks. A young Puritan woman meets Caleb, the son of a chieftain, who later becomes the first Native American graduate of Harvard College. They forge a secret bond that draws each into the alien world of the other, risking everything in a search for knowledge in a time of superstition and ignorance.



Dana Harkey

Wednesday, July 12

"Wild Things: The Joy of Reading Children's Literature as an Adult"

For the Rejebian series, Dana Harkey reviews Bruce Handy's book, "Wild Things: The Joy of Reading Children's Literature as an Adult," an irresistible, nostalgic, and insightful ramble through classic children's literature. We will encounter books we once treasured, after years apart.



Marjorie Herrera Lewis

Wednesday, July 19

"When The Men Were Gone"

Author and sports journalist Marjorie Herrera Lewis brings us "When the Men Were Gone," her novel of courage and perseverance. It's based on the true story of Tylene Wilson, a woman in 1940s Brownwood, Texas, who coaches the high school football team to a season they will always remember. Books will be available for purchase and signing that evening.



Mary Roberson

Wednesday, July 26

"World War II Trilogy: Mission Fireball, Dutch Girl"

Mary Roberson reviews three Robert Matzen books on Hollywood stars in World War II: Jimmy Stewart flying in the air war over Europe in "Mission," the death of Carole Lombard on a war bond tour in "Fireball," and the story of young Audrey Hepburn during her formative years in Nazi-occupied Netherlands in "Dutch Girl."



CC YOUNG
THE POINT & PAVILION

WEDNESDAY, JULY 12
10:00AM

MUSIC AND MUSINGS!

AUTHOR PEGGY LOHR WILL DISCUSS HER BOOK:
HOWDY, HOLLYWOOD!
MUSIC, MOVIE STARS & MISCHIEF FROM TEXAS TO TINSELTOWN



MEET THE AUTHOR



PEGGY LOHR



ACCOMPANIED
BY BILL LOHR

Lifelong Learning at CC Young Senior Living

Tuesdays, 10:00am - 11:30am
The Point Auditorium



The Osher Lifelong Learning Institute at the University of North Texas offers non-credit courses, events, and trips designed by and for adults age 50 and better. In partnership with CC Young Senior Living, OLLI at UNT brings expert instructors to The Point to share their knowledge with the community.

Do the lectures on the right look interesting to you? Pick up a free copy of our Summer 2023 catalog in The Point and learn about everything we're offering this semester. Membership in OLLI at UNT is complimentary for CC Young residents, members of The Point, Terraces Priority members, and Umphress Terrace residents. Members of the public can learn how to join OLLI at UNT by visiting our website. Discounted memberships are available to veterans, their spouses, and other groups.

Can't attend in person? Watch from home!

- Broadcast to CCY residents on channel 81.
- Livestreamed on YouTube for all OLLI members.



CONTACT US

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The Science of Streaming: How Video Games Have Transformed the Entertainment Industry

Tuesday, July 11

Why do people love to watch other people play video games? Find out how technology and the Pandemic launched a multibillion dollar industry around a decentralized ecosystem of people watching other people play video games.

Dylan Wray, MS, is the Assistant Director of Esports at UNT, supporting several competitive teams and providing students practical knowledge about the Esports industry.

Sousa, Salsa and Shostakovich: The Many Roles of the Trombone

Tuesday, July 18

In this session, members will hear some of the many ways the trombone has been used in its short lifetime, from the opera house to the parade grounds to the silver screen. How could the instrument that depicts epic battle scenes in the orchestra be the very same that wah-wahs out the voice of Charlie Brown's parents? Explore the many sounds of this marvelous and versatile instrument and learn a few classic trombone jokes along the way.

Jack Courtright, MM, worked for two years as a Teaching Fellow at UNT while pursuing his Master's degree, directing jazz ensembles and playing in the One O'Clock Lab Band.

Three Dynamic Women Artists:

Artemisia Gentileschi, Frida Kahlo, & Georgia O'Keeffe

Tuesday, July 25

Fueled by feminist studies, this session will examine at three famous female artists through their artworks, era, lifestyle and the influence that their male companions had on their artistic interpretations. Each artist helped pave the way for future women artists in our society.

Francesca d'Atria - Romano, MFA, was a high school art instructor and administrator for 35 years. After retirement, she taught Art History 101 at St. John's University in New York and became a docent at the Metropolitan Museum of Art. She is also an artist who designed a logo for the Staten Island Ferry.



TRAVEL STORIES!

Join CCY Staff, Residents and Point Members as they share stories of their travel across the globe.

**BRIAN PARMAN
& RUBY MCLEOD**

KAY AYLESWORTH

CISSY KOFORD



**My experience as a
Flight Attendant**
Friday, July 14
4:00pm

**Adventures of a
Travel Agent**
Monday, July 24
2:00pm

**Our Travel to
The Holy Land**
Thursday, July 13
10:00am

**The Point Auditorium
In Person and on Ch. 81**



FRIDAY, JUNE 30

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



8:30am- 9:00am Pavilion
Walking Club **Res. & PM Only**
 Walk for your health with Aaron Schmidt!

AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm 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. Pick-up in front of your building.

LEARN 9:30am-10:30am Flagpole Hill
Spanish Class **Res. & PM Only**
 Beginner Level Course

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



JUST ANNOUNCED!
 10:30am-11:00am Central Park
Forney Drum Line **& Ch. 81**
 Music by Forney Highschool students.
All Welcome!

MOVIE 1:30pm – 3:30pm Theater
Movie Matinee **All Welcome!**
 Jesus Revolution
 2023, PG-13, 2h

EXERCISE **PM Exercise Classes**
Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics **- Canceled Today**
 3:00pm – 3:45pm Sit & Get Fit **- Canceled Today**

PLAY 6:30pm – 7:45pm Café Game Zone
Friday Night Game Night **All Welcome!**
 BYOS- Bring your own snacks!

SATURDAY, JULY 1



Travel Broadcasts Ch. 81 Broadcast
10:00am and 2:00pm
 Magdala - Home of Mary Magdalene on
 the Shores of the Sea of Galilee (30m)



This Weekend
4833 Dinner Specials
Spice Charred Scallops
4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259

SUNDAY, JULY 2

SPIRIT 9:30am - 10:30am Christ Chapel
Worship Service **Resident Only**
with the Senior Life
Ministry Team

SPIRIT 11:00am - 12:00am Auditorium &
Worship Service **Ch. 81**
with the Senior Life **All Welcome!**
Ministry Team

MOVIE MATINEE
FRIDAY, JUNE 30
1:30PM

JESUS REVOLUTION
 2023, PG-13, 2h
 In the 1970s, Pastor Chuck Smith, opens the doors of Smith's languishing church to an unexpected revival of radical and newfound love.

Free popcorn and water.
All Welcome!

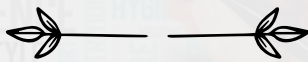
MONDAY, JULY 3

There are no scheduled events at
The Point today.

The Point is open 7am-9pm.

The Fitness Center, Art Gallery,
Library and Game Zone
are available for your enjoyment!

Regular programming resumes on
Wednesday, July 5!



10:00am-11:30am at The Hillside
Current Events with
Randy Mayeux

All Welcome!

TUESDAY, JULY 4



Regularly scheduled classes are
canceled today.

Please join us for our resident-
led program honoring
Fourth of July

2:00pm

Live in The Point Auditorium
and Broadcast on Ch. 81.

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

Regular programming resumes on
Wednesday, July 5!



4th of July
Buffet
at Conleys
11:00am-2:00pm

WEDNESDAY, JULY 5



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

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!
10:00am – 11:45am Rock Steady Boxing for PD- Vista.

Aquatics Classes

Vista Rehab Pool

972-638-8795.

Res. & PM Only

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

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

Sign-up at The Point. Pick-up in front of buildings.

9:30am-11:00am

Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

Share & listen to written stories.

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 3:00pm

Theater

Acting Fun

Table Readings, Story Telling and Radio Plays

All Welcome!

3:00pm-4:00pm

Café Game Zone

Scrabble Game Play

Join other players in the fun tile game!

All Welcome!

5:00pm-8:30pm

HPUMC

Rejebian Series: Sharron Lucky

"Calebs Crossing"

Bus Leaves at 5:00pm. Dinner at 5:30pm, Presentation at 7:00pm. Sign up at The Point. More info on pg. 9.

THURSDAY, JULY 6

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



10:00am – 12:00pm

White Rock Class

Art Workshop

All Welcome!

Acrylic Painting with David Schulze

Sign up at The Point.

SERVE

10:00am – 11:00am

Flagpole Hill

Knotty Knitters &

All Welcome!

Crafty Crocheters

Create and socialize!



10:00am – 11:00am

Auditorium &

Environmental Lecture

Ch.81

Gardening With Less Water All Welcome!

presented by Judy Meagher,

Texas Master Gardener.

LEARN

1:00pm – 2:00pm

Flagpole

Sign Language Fun!

All Welcome!

Aaron Schmidt will teach easy phrases.



1:30pm – 2:30pm

Lobby

Harris Jewelers

All Welcome

Repairs while you wait.

AQUATICS

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim



2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

All Welcome

Plan projects for the Courtyard Garden.

EXERCISE

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm 24 Step Tai Chi

SOCIAL

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

Grilled Cheese Action Station

Hillside & Thomas
11:30am-1:00pm



FRIDAY, JULY 7

AM Exercise Classes

EXERCISE	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



8:30am- 9:00am
Walking Club
Walk for your health with Aaron Schmidt!

Pavilion

Res. & PM Only

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

AQUATICS	9:00am – 10:00am	Aquatics 101
	10:00am – 12:00pm	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
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Shopping Trip to Kroger

Sign-up at The Point. Pick-up in front of your building.

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

All Welcome!

Practice and team play time.



1:00pm-3:00pm
Bead Craft Workshop
Create jewelry and other items with a guided workshop presented by The Dallas Bead Society. Limited Spots, Sign up at The Point.

Auditorium
All Welcome!

SERVE	11:00am-12:00pm	Café Game Zone
	For The Love Of The Lake Volunteer Group	All Welcome!

MOVIE	1:30pm – 3:30pm	Theater
	Movie Matinee	All Welcome!
	Moving On 1923, Rated R, 2h	

PM Exercise Classes

EXERCISE	Fitness Center Classroom	Res & PM Only
	12:00pm – 1:30pm	Rock Steady Boxing for PD
	2:00pm – 2:45pm	Chair Aerobics
	3:00pm – 3:45pm	Sit & Get Fit

PLAY	6:30pm – 7:45pm	Café Game Zone
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Friday Night Game Night

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, JULY 8

GROUP	9:30am – 5:00pm	Auditorium
	Dallas Area Fiber Artists	All Welcome
	Monthly Meeting	

GROUP	10:00am – 4:00pm	Fitness Center
	Dallas Bead Society	All Welcome!
	Monthly Meeting	



Travel Broadcasts

Ch. 81 Broadcast

10:00am and 2:00pm

Underground Journey from City of David to the Temple Mount Foundation Stones (34m)



This Weekend
4833 Dinner Specials
Shrimp & Crab Linguine
Vodka Sauce Pasta
4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259



MOVIE MATINEE

FRIDAY, JULY 7

1:30PM



MOVING ON

2023, R, 2h

Estranged friends reunite to get even with the petulant widower of their recently deceased best friend. Each woman must make peace with her past and learn to treasure the value of a good friend.

Free popcorn and water. All Welcome!



CC YOUNG

THE POINT & PAVILION

THIS WEEK'S

Highlights

Monday, July 10

4:00pm

Entertainment by Mike Coldeway

Tuesday, July 11

10:00am

OLLI Summer Class

The Science of Streaming: How Video Games Have Transformed the Entertainment Industry presented by Dylan Wray, MS.

Wednesday, July 12

10:00am

Meet The Author!

Music & Musings from Peggy Lohr

Howdy, From Hollywood... Music, Movie Stars & Mischief from Texas to Tinseltown

Thursday, July 13

10:00am

Our Travel To The Holy Land

presented by Brian Parman and Ruby McLeod

Friday, July 14

4:00pm

Table Talk Live! Travel Interview!

CCY Resident Kay Aylesworth

"My Experience as a Flight Attendant"

Friday, July 14

1:30pm

Movie Matinee!

Jerry & Marge Go Large

2022, PG-13, 1h 36m

SUNDAY, JULY 9

SPIRIT

9:30am - 10:30am

**Worship Service
with the Senior Life
Ministry Team**

Christ Chapel
Resident Only

SPIRIT

11:00am - 12:00am

**Worship Service
with the Senior Life
Ministry Team**

Auditorium &
Ch. 81
All Welcome!

MONDAY, JULY 10
4:00PM
THE POINT



**MIKE
COLDEWAY**
RAGTIME PIANO MUSIC

MONDAY, JULY 10

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 Volleyball

AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow
 2:00pm – 3:00pm Aquacise

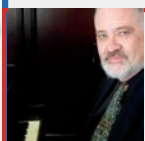
SERVE 9:30am – 11:00am Auditorium
Happy Hookers All Welcome!
Volunteer Group (aka Bag Ladies)
 Crochet plastic grocery bags into sleeping mats.

PLAY 10:00am-11:30am Café Game Zone
Chess Club All Welcome!
 Club members meets weekly to play.

GROUP 1:00pm – 2:30pm Flagpole Hill
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

EXERCISE **PM Exercise Classes**
Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

PLAY 2:00pm – 3:30pm Café Game Zone
Open Game Play
 Join others for a game of Pool, Ping Pong or Shuffleboard!

 4:00pm – 5:00pm Auditorium
Mike Coldeway & Ch. 81
 Ragtime Piano All Welcome!

**Cooking with
 Chef Rafa
 Asbury
 at 2:00pm**



TUESDAY, JULY 11

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

LEARN 10:00am – 11:30am Auditorium & Ch 81
OLLI CLASS: Res, PM OLLI Piano
The Science of Streaming: Members Only
How Video Games Have Transformed the Entertainment Industry
 Presented by Dylan Wray, MS, is the Assistant Director of Esports at UNT. See pg. 11 for info.

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

 1:00pm-2:00pm White Rock Class
Alterations & More by Dallas Dry Cleaners

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

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

CREATE 3:00pm – 4:30pm White Rock Class
Arts & Crafts with Res. & PM Only
Patricia Dillingham
 This month's project: Suncatchers.
 Limited Spot. Sign up at The Point.

GROUP 7:00pm – 9:00pm Auditorium
N. TX Water Garden Society All Welcome
 Monthly Meeting

WEDNESDAY, JULY 12



9:00am-10:00am
Wednesday Wellness
Talk with a Rehab Specialist!

Fitness Gym
Res. & PM Only

AM Exercise Classes

EXERCISE

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!
10:00am – 11:45am Rock Steady Boxing for PD- Vista-9.

AQUATICS

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

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

OUTING

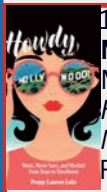
9:15am – 11:00am Resident Only
Shopping Trip to Hillside Village
Sign-up at The Point. Pick-up in front of buildings.

PLAY

9:30am-11:00am Café Game Zone
Rummikub Open Play All Welcome!
Join other players in the fun tile game!

CREATE

9:45am – 11:00am
Senior Scribblers **CANCELLED TODAY**



10:00am-11:00am Auditorium & Ch. 81
Meet The Authors! All Welcome!
Music & Musings from Peggy & Bill Lohr:
Howdy, Hollywood... Music, Movie Stars & Mischief from Texas to Tinseltown
Refreshments Provided. Books on site.

EXERCISE

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

CREATE

2:00pm– 3:00pm Theater
Acting Fun **CANCELLED TODAY**



2:00pm-3:00pm Auditorium
All Resident Council Meeting Resident Only
Hear reports from each building presidents.

PLAY

3:00pm-4:00pm Café Game Zone
Scrabble Game Play All Welcome!
Join other players in the fun tile game!

SPIRIT

4:00pm-5:00pm Flagpole Hill
Alzheimer's Caregiver Support Group All Welcome!



5:00pm-8:30pm HPUMC
Rejebian Series: Dana Harkey- "Wild Things: The Joy of Reading Children's Literature as an Adult"
Bus Leaves at 5:00pm. Dinner at 5:30pm, Presentation at 7:00pm. Sign up at The Point. More info on pg. 9.

THURSDAY, JULY 13



NATIONAL FRENCH FRY DAY

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



10:00am-11:00am Auditorium & Ch81
Our Travel to The Holy Land All Welcome!
Brian Parman and Ruby McLeod share memories from their recent trips to Israel.

SERVE

10:00am – 11:00am Flagpole Hill
Knotty Knitters & Crafty Crocheters All Welcome!



1:00pm-2:00pm Ch. 81
Virtual Bingo Res. Only
Bingo cards will be by mailboxes in each building.

AQUATICS

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

OUTING

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



2:00pm – 5:00pm The Clinic (**Vista**)
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings and hearing screenings.
Book Appointment: 214-987-4114



2:00pm – 3:00pm White Rock Class
Garden Club Meeting All Welcome
Help plan future projects for the Courtyard Garden.

EXERCISE

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm 24 Step Tai Chi

SOCIAL

4:00pm-5:00pm Auditorium
Resident Happy Hour Resident Only

FRIDAY, JULY 14

AM Exercise Classes

EXERCISE **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



8:30am- 9:00am Pavilion
 Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

972-638-8795.
Res. & PM Only

AQUATICS **Vista Rehab Pool**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm 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. Pick-up in front of your building.

LEARN 10:00am-12:00am Tech Lab
Free Coaching Fridays Res. & PM Only
 Come & Go for Technology Help!

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



11:00am-3:00pm Resident Only
Trip to Ham Orchard
 Visit the Orchard, open-air market and have lunch at Ham's BBQ. Sing up at The Point.

MOVIE 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
 Jerry & Marge Go Large
 2022, PG-13, 1h 36m

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit



4:00pm – 5:00pm Auditorium & Ch. 81
Table Talk Live! Wanderlust! All Welcome!
Featuring CCY Resident & former Flight Attendant Kay Aylesworth.
 Host Linda Leonard will delve into captivating conversations at this immersive travel- focused interview series.

PLAY 6:30pm – 7:45pm Café Game Zone
Friday Night Game Night All Welcome!
 BYOS- Bring your own snacks!

SATURDAY, JULY 15

GROUP 9:30am – 1:00pm Auditorium
White Rock/ Lake Highlands All Welcome
Democrats Monthly meeting



Travel Broadcasts **Ch. 81 Broadcast**
10:00am and 2:00pm
 Two Weeks In Israel (1hr 54m)



This Weekend
4833 Dinner Specials
Fried Surf & Turf Platter

4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259



MOVIE MATINEE

FRIDAY, JULY 14

1:30PM



JERRY & MARGE GO LARGE

2022, PG-13, 1h 36m

When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Marge go on an exciting multi-million dollar winning spree with the goal to revive their small Michigan town.

Free popcorn and water. All Welcome!



CC YOUNG
 THE POINT & PAVILION

THIS WEEK'S

Highlights

Tuesday, July 18

10:00am

OLLI Summer Class

Sousa, Salsa and Shostakovich: The Many Roles of the Trombone by Jack Courtright, MM

Tuesday, July 18

3:00pm

Poetry Reading

Poetry enthusiast, and writer, Doris Blake, spoken word will ignite your creative spark and leave you feeling inspired!

Wednesday, July 19

3:00pm

Watercolor Workshop

Gaylord O'Con leads a sunflower watercolor workshop. Sign up at The Point.

Thursday, July 20

10:00am

David Shulze- Collage Class

Sing up at The Point

SUNDAY, JULY 16

SPIRIT

9:30am - 10:30am

**Worship Service
with the Pastoral Care Team**

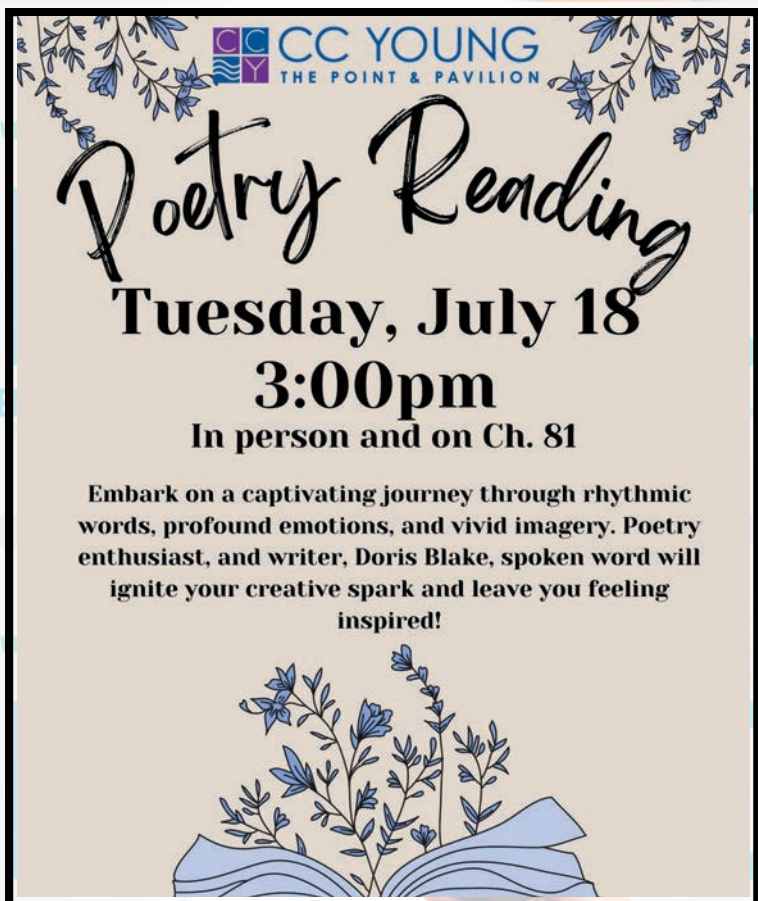
Christ Chapel
Resident Only

SPIRIT

11:00am - 12:00am

**Worship Service
with the Pastoral Care Team** All Welcome!

Auditorium &
Ch. 81



CC YOUNG
THE POINT & PAVILION

Poetry Reading

Tuesday, July 18

3:00pm

In person and on Ch. 81

Embark on a captivating journey through rhythmic words, profound emotions, and vivid imagery. Poetry enthusiast, and writer, Doris Blake, spoken word will ignite your creative spark and leave you feeling inspired!

MONDAY, JULY 17

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 Volleyball

AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 10:00am – 12:00pm Open Swim
 1:00pm – 1:45pm Aqua Flow
 2:00pm – 2:45pm Aquacise

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

PLAY 10:00am-11:30am Café Game Zone
Chess Club All Welcome!
 Club members meets weekly to play.

GROUP 1:00pm – 2:30pm Flagpole Hill
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

EXERCISE **PM Exercise Classes**
Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

PLAY 2:00pm – 3:30pm Auditorium
BUNCO! All Welcome
 Join in on this fun dice based game and win prizes!

**Cooking with
 Chef Matthew**
4833
at 2:00pm



TUESDAY, JULY 18

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

LEARN 10:00am – 11:30am Auditorium & Ch 81
OLLI Class Res, PM OLLI
**Sousa, Salsa and Shostakovich:
 The Many Roles of the Trombone**
 Presented by Dr. Jack Courtright, MM.
 See pg. 11 for more info.

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

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

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

3:00pm – 4:00pm Auditorium
Poetry Reading! All Welcome!
 Poetry enthusiast, and writer, Doris Blake,
 spoken word will ignite your creative spark
 and leave you feeling inspired!

GROUP 7:00pm – 8:45pm Auditorium
HOOT: Harmonica All Welcome!
Organization of Texas
 Monthly Meeting and Jam Session

WEDNESDAY, JULY 19



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

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!
 10:00am – 11:45am Rock Steady Boxing for PD- Vista.

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

- 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Water Walking Class
 3:00pm – 3:45pm Aqua Boot Camp

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

Sign-up at The Point. Pick-up in front of buildings.

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

All Welcome!

Share & listen to written stories.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm– 3:00pm

Theater

Acting Fun

All Welcome

Table Readings, Story Telling and Radio Plays

3:00pm-4:00pm

Café Game Zone

Scrabble Game Play

All Welcome!

Join other players in the fun tile game!



3:00pm-4:00pm

Auditorium

Watercolor Workshop

All Welcome!

Presented by Gaylord O'Con

All Supplies provided. Sign up at The Point

5:00pm-8:30pm

HPUMC

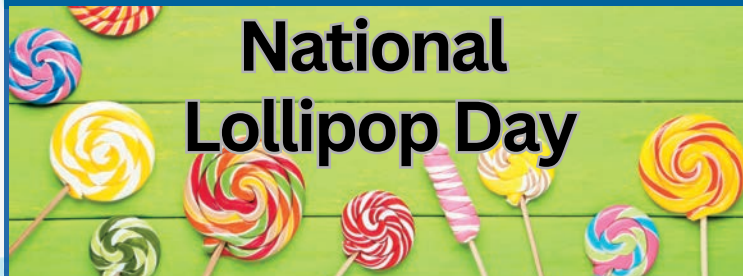
Rejebian Series: Marjorie Herrera Lewis

"When the Men Were Gone"

Bus Leaves at 5:00pm. Dinner at 5:30pm, Presentation at 7:00pm. Sign up at The Point. More info on pg. 9.

THURSDAY, JULY 20

National Lollipop Day



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

10:00am – 11:00am

Flagpole Hill

Knotty Knitters & Crafty Crocheters

All Welcome!

10:00am – 12:00pm

White Rock Class

Art Workshop

All Welcome!

Collage with David Schulze

Sign up at The Point.

1:00pm – 2:00pm

Flagpole Hill

Sign Language Fun!

All Welcome!

Aaron Schmidt will teach easy phrases.

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

All Welcome

Help plan future projects for the Courtyard Garden.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

- 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm 24 Step Tai Chi

4:00pm–5:00pm

Auditorium

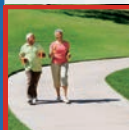
Resident Happy Hour

Resident Only

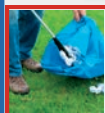
FRIDAY, JULY 21

AM Exercise Classes

EXERCISE **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



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!



8:30am-9:30pm Pavilion
LITTER GITTERS All Welcome!
 Volunteer Trash Pickup.



9:00am- 11:00am Central Park
ActionShred Resident Only
 Complimentary service to dispose of any documents that need shredding.

Aquatics Classes

972-638-8795.
Res. & PM Only

AQUATICS **Vista Rehab Pool**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm 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. Pick-up in front of your building.

PLAY

10:00am – 11:00am Café Game Zone
Wii Bowling

MOVIE

1:30pm – 3:30pm Theater
Movie Matinee - **Canceled Today**
 No movie, due to employee appreciation event.

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit

PLAY

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night
 BYOS- Bring your own snacks!

SATURDAY, JULY 22

GROUP 11:30am – 1:00pm Auditorium
Dallas County Master Gardener's Meeting All Welcome!
 Pollinators 301: A Deeper Dive Into Plant-Pollinator Pairings” presented by Nancy Wilson, Texas Master Gardener, 2023 DCMGA Speaker of The Year



Travel Broadcasts Ch. 81 Broadcast
10:00am and 2:00pm
 Carpi and the Amalfi Coast (44m)



This Weekend
4833 Dinner Specials
Pecan Crusted Flounder

4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259

ActionShred

Paper Shredding

FRIDAY, JULY 21

9:00AM-11:00AM

Central Park, Behind The Fountain

Complimentary
service to dispose
of any documents
that need shredded.
Please bring paper
in a box if possible.



THIS WEEKS

Highlights

Monday, July 24

2:00pm

Travel Interview with Point Member and former Travel Agent Cissy Koford.

Tuesday, July 25

10:00am

OLLI Summer Class

Three Dynamic Women Artists: Artemisia Gentileschi, Frida Kahlo, and Georgia O'Keeffe presented by Francesca d'Atria - Romano, MFA.

Wednesday, July 26

10:00am

PlantTAGG Class

Learn new technology that will help you identify care for plants.

Thursday, July 27

2:00pm

Nutrition Talk

Presented by Lorna Towers- Sanders

Friday, July 28

1:30pm

Movie Matinee:

Eat Pray Love

2010, PG-13, 2h 20m

SUNDAY, JULY 23

SPIRIT

9:30am - 10:30am

Worship Service with the Pastoral Care Team

Christ Chapel
Resident Only

SPIRIT

11:00am - 12:00am

Worship Service with the Pastoral Care Team

Auditorium &
Ch. 81
All Welcome!



**National
Peanut Butter &
Chocolate Day**

**WEDNESDAY
JULY 26
10:00AM**

Learn about the App that helps you identify and learn about plants using your mobile phone when shopping at a garden center, on a neighborhood walk, or in your local community garden.



MONDAY, JULY 24

National Tequila Day



AM Exercise Classes

EXERCISE **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 Volleyball Tournament** **Fitness Center**
 All Welcome!

Aquatics Classes

AQUATICS **Vista Rehab Pool** **972-638-8795.**
Res. & PM Only
 10:00am – 12:00pm Open Swim
 1:00pm – 1:45pm Aqua Flow
 2:00pm – 2:45pm Aquacise

SERVE

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

PLAY

10:00am-11:30am **Café Game Zone**
Chess Club All Welcome!
 Club members meets weekly to play.

GROUP

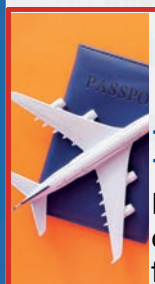
1:00pm – 230pm **Flagpole Hill**
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

EXERCISE

PM Exercise Classes
Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

PLAY

2:00pm – 3:30pm **Cafe Game Zone**
Open Game Play All Welcome!
 Join others for a game of Pool, Ping Pong or Shuffleboard!



2:00pm – 3:00pm **Auditorium**
Table Talk Live! & Ch. 81
"Wanderlust!"
featuring CCY Point Member & Retired Travel Agent, Cissy Koford
 Host Linda Leonard will delve into captivating conversations at this immersive travel-focused interview series.

TUESDAY, JULY 25

AM Exercise Classes

EXERCISE **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

LEARN

10:00am – 11:30am **Auditorium & Ch 81**
OLLI Class Res, PM OLLI
Three Dynamic Women Artists:
Artemisia Gentileschi, Frida Kahlo, & Georgia O'Keeffe
 Presented by Francesca d'Atria - Romano, MFA

AQUATICS

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

CREATE

1:30pm-2:30pm **Auditorium**
CC Young 'Uns All Welcome!
Choir Rehearsal
 Sing and socialize with
 Choir Director Russ Rieger.

EXERCISE

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



3:00pm – 5:00pm **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 Hour & Ch. 81
 Monthly Book Review:
The Odyssey of Phillis Wheatley
 by David Waldstreiche

WEDNESDAY, JULY 26



9:00am-10:00am
Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym
Res. & PM Only

AM Exercise Classes

EXERCISE

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!
10:00am – 11:45am Rock Steady Boxing for PD- 9Flr. Vis

AQUATICS

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

10:00am – 12:00pm Open Swim
1:00pm – 2:00pm Aqua Flow Class
2:00pm – 3:00pm Water Walking Class
3:00pm – 4:00pm 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 Open play All Welcome!
Join other players in the fun tile game!

CREATE

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



10:00am – 11:30am Auditorium
PlantTagg Class All Welcome!
Learn about the technology that will help identify and care for plants with a click of a button.

EXERCISE

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

CREATE

2:00pm– 3:00pm Theater
Acting Fun All Welcome!
Table Reading, Story Telling and Radio Plays

PLAY

3:00pm-4:00pm Café Game Zone
Scrabble Game Play All Welcome!
Join other players in the fun tile game!



5:00pm-8:30pm HPUMC
Rejebian Series: Mary Roberson
"World War II Trilogy: Mission Fireball, Dutch Girl"
Bus Leaves at 5:00pm. Dinner at 5:30pm, Presentation at 7:00pm. Sign up at The Point.
More info on pg. 9.

THURSDAY, JULY 27



National Chili Dog Day

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 – 1:00pm Resident Only
Shopping at Davis St Mercantile
Shop in The Bishop Arts Area and see items created by the CCY Woodies.
Sign up at The Point.

SERVE

10:00am – 11:00am Flagpole Hill
Knotty Knitters & Crafty Crocheters All Welcome!

AQUATICS

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



2:00pm – 3:00pm Auditorium & Ch. 81
Nutrition Talk All Welcome!
Provided by Lorna Towers Sanders,
Clinical Nutrition Manager for Thomas Cuisine

EXERCISE

PM Exercise Classes
Fitness Center Classroom Res & PM Only
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm 24 Step Tai Chi

OUTING

1:30pm – 3:00pm
Shopping Trip: Walmart
Sign-up at The Point. Pick-up in front of your building.

SOCIAL

4:00pm–5:00pm Auditorium
Resident Happy Hour Resident Only

Wed., July 26
Grilled Cheese
Action Station

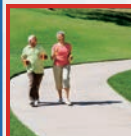
Overlook
11:30am-2:00pm
Asbury
11:00am-1:30pm



FRIDAY, JULY 28

AM Exercise Classes

EXERCISE **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



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

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

AQUATICS
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm 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. Pick-up in front of your building.

LEARN 10:00am-12:00am Tech Lab
Free Coaching Fridays Res. & PM Only
 Come & Go for Technology Help!

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!
Eat Pray Love
 2010, PG-13, 2h 20m

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit

PLAY 6:30pm – 7:45pm Café Game Zone
Friday Night Game Night All Welcome!
 BYOS- Bring your own snacks!

SATURDAY, JULY 29

GROUP 11:00am – 12:30pm Auditorium
Dallas County All Welcome
Master Gardeners Meeting



Travel Broadcasts Ch. 81 Broadcast
10:00am & 2:00pm
 Sorrento, Italy 4K Walking Tour (2h 27m)



6:30pm – 7:30pm Auditorium
Keep Calm & Sing-A-Long All Welcome
 Group singing and socializing.



This Weekend
4833 Dinner Specials
Crab Cake & Crab Beignet

4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259



MOVIE MATINEE

FRIDAY, JULY 28
1:30PM



EAT PRAY LOVE
 2010, PG-13, 2h 20m

Recent divorcee Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness.

Free popcorn and water. All Welcome!



CC YOUNG
 THE POINT & PAVILION

THIS WEEK'S

Highlights

Wednesday, August 2

2:00pm

Asbury Conversations

Thursday, August 3

10:00am

Environmental Lecture

Asian Inspired Gardens

Friday, August 4

1:30pm

Movie Matinee

Still: A Michael J. Fox Movie

2023, R, 1h 43m

SUNDAY, JULY 30

SPIRIT

9:30am - 10:30am

Worship Service

with the Pastoral Care Team

Christ Chapel
Resident Only

SPIRIT

11:00am - 12:00am

Worship Service

**with the Pastoral
Care Team**

Auditorium &
Ch. 81
All Welcome!

ENVIRONMENTAL LECTURE SERIES

ASIAN INSPIRED GARDENS

**THURSDAY, AUGUST 3
10:00AM**

IN-PERSON: THE POINT
ALSO ON CH. 81

PRESENTED BY
DALLAS COUNTY
MASTER GARDENER
CA HISCOCK



CC YOUNG
E POINT & PAVILIC

MONDAY, JULY 31

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 Volleyball Monthly Tournament

AQUATICS

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

10:00am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

SERVE

9:30am – 11:00am

Auditorium

Happy Hookers

All Welcome!

Volunteer Group (aka Bag Ladies)

Crochet plastic grocery bags into sleeping mats.

PLAY

10:00am-11:30am

Café Game Zone

Chess Club

All Welcome!

Club members meets weekly to play.

GROUP

1:00pm – 2:30pm

Flagpole Hill

LOUD Crowd Support Group

Group for people living with Parkinson's Disease.

Call to sign up: 214-675-1299

EXERCISE

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

12:00pm – 1:30pm Rock Steady Boxing for PD

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Seated Tai Chi

PLAY

2:00pm – 3:30pm

Café Game Zone

Open Game Play

Join others for a game of Pool, Ping Pong or Shuffleboard!

TUESDAY AUGUST 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 – 10:45am Thriving with Parkinson's

AQUATICS

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim

CREATE

1:30pm-2:30pm

Auditorium

CC Young 'Uns

All Welcome!

Choir Rehearsal

Sing and socialize with Choir
Director Russ Rieger.

EXERCISE

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm 24 Step Tai Chi

WEDNESDAY, AUGUST 2



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

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!

10:00am – 11:45am Rock Steady Boxing for PD- 9th Flr. V

Aquatics Classes

Vista Rehab Pool

972-638-8795.

Res. & PM Only

10:00am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Water Walking Class

3:00pm – 3:45pm Aqua Boot Camp

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

Sign-up at The Point. Pick-up in front of buildings.

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

All Welcome!

Share & listen to written stories.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Seated Tai Chi

2:00pm – 3:00pm

Theater

Acting Fun

All Welcome!

Table Reading, Story Telling and Radio Plays

2:00pm – 3:00pm

Asbury Conversations

Asbury dining room

Asb. Residents Only

Get updates from and give concerns

to CCY department heads.

3:00pm-4:00pm

Café Game Zone

Scrabble Game Play

All Welcome!

Join other players in the fun tile game!

THURSDAY, AUGUST 3

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

10:00am – 11:00am

Flagpole Hill

Knotty Knitters &

All Welcome!

Crafty Crocheters

Create and socialize!



10:00am – 12:00pm

Auditorium & 81

Environmental Lecture

All Welcome!

Asian Inspired Gardens

Presented by CA Hiscock, Texas Master

Gardener

Aquatics Class

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm 24 Step Tai Chi

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

FRIDAY, AUGUST 4

AM Exercise Classes

EXERCISE **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



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

972-638-8795.
Res. & PM Only

AQUATICS **Vista Rehab Pool**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm 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. Pick-up in front of your building.

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

SPECIAL EVENT

MOVIE 1:30pm – 3:30pm Auditorium
Movie Matinee All Welcome!
 Still: A Michael J Fox Movie
 2023, PG-13, 2h
 *This is his story to share the daily reality of living with Parkinson's.

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:30pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit

PLAY 6:30pm – 7:45pm Café Game Zone
Friday Night Game Night All Welcome!
 BYOS- Bring your own snacks!

SATURDAY, AUGUST 5

GROUP 9:30am – 5:00pm Fitness Center
Handweavers & Spinners Guild All Welcome
Monthly Meeting

GROUP 10:00am – 4:00pm Auditorium
Dallas Bead Society All Welcome!
Monthly Meeting



This Weekend
4833 Dinner Specials
Spice Charred Scallops
4833 is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259

MOVIE MATINEE

FRIDAY, AUGUST 4

1:30PM

STILL:

A MICHAEL J. FOX MOVIE

2023, R, 1h 34m

The film recounts Fox's extraordinary story in his own words – the improbable tale of an undersized kid from a Canadian army base who rose to the heights of stardom in 1980s Hollywood.

The account of Fox's public life, full of nostalgic thrills and cinematic gloss, unspools alongside his never-before-seen private journey, including the years that followed his diagnosis, at 29, with Parkinson's disease.*

Free popcorn and water. All Welcome!

CC YOUNG
 THE POINT & PAVILION



Lifestyle

Section

The vision for The Point came from a group of men and women in 1997 who had a shared vision to create a space for seniors to thrive in body, mind and spirit.

We have a team of engagement professionals across our campus in every level of care. Their talents and efforts bring sparkle to the campus 365 days a year.

They help others find joy, meaning, purpose and fulfillment through experiences, activities and events.



FROM THE DIRECTOR

BRIAN PARMAN

DIRECTOR THE POINT & PAVILION

REDISCOVERING LIFE'S JOURNEY: JULY 2023

REFLECTIONS FROM THE ROAD

As I embarked on a recent road trip, leaving behind the familiar cacophony of everyday life, I found solace in the simplicity of the open road stretching out before me. With each passing mile, I felt the weight of responsibilities lift from my shoulders, allowing my mind to clear and my soul to be soothed by the serene beauty of the scenery surrounding me.

This particular journey took me to the LeadingAge Texas 2023 Conference in vibrant Austin, Texas. While the conversations there revolved around changing the perception of aging and senior living, they extended beyond mere census numbers and marketing strategies. There was a collective realization of the importance of this dialogue in inspiring younger generations to consider a career in senior living, to bridge the gap between different stages of life. The conference provided an array of opportunities for continuing education and team development, fostering a sense of unity and shared purpose within the senior living community.

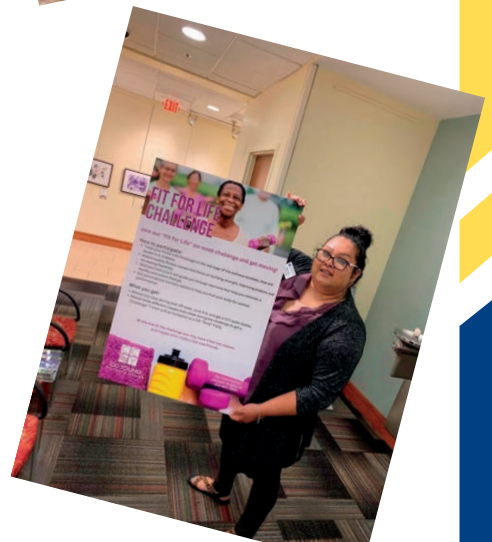




As I reflect on my travels, I am reminded of another journey, one that unfolded virtually but left an indelible mark on the theme of our annual art and writing contest, **The Spirit Is Ageless**. In 2021, Jen Griffin, VP of Engagement, and I took participants on an imaginative road trip along the historic Route 66, spanning coast to coast. The celebration of that year's contest brought together artists and writers aged 55 or better, embracing the spirit of adventure and creativity that transcends age. With the 2023 competition just around the corner, I can't help but marvel at the anticipation of new artistic expressions and literary wonders. (For more information, please refer to this month's Lifestyle Guide and visit the [CC Young Website](#).)

Returning from my expeditions, I can't help but express my awe at the transformative power of the body, mind, and spirit programming offered at The Point. From witnessing the vibrant participation and enthusiasm in the **Fit For Life Wellness Challenge** to the commencement of the **Summer Lifelong Learning** program through **UNT Osher School of Lifelong Learning (OLLI)**, I captured a mental snapshot of smiling faces immersed in acrylic painting classes, technology workshops, knitting circles, and the delightful conversations and laughter during our campus happy hours. The palpable feeling of positivity and community at The Point is a testament to the blessings bestowed upon me as part of this remarkable organization and team.

Wherever your road trip takes you this summer, I hope that you embark with an open heart and mind, ready to disconnect from the noise of everyday life and immerse yourself in the beauty of the journey. Let the scenery, the conversations, and the moments of self-discovery be the fuel that ignites a fresh perspective on aging, on senior living, and on the endless possibilities that await us all.





CREWS NEWS

by Russell Crews
President and CEO

JULY 2023

Every year, I am privileged to witness firsthand the remarkable individuals and patriotism that reside within our community. Your indomitable spirits continue to inspire me every day.

CC Young is a melting pot of personalities, each with their own unique stories and contributions to our society. However, one aspect that unites them all is their unwavering love for their country. In May, our residents took it upon themselves to create a truly special event to commemorate Memorial Day. The gathering, born out of their respect and admiration for the ultimate sacrifices made by countless military men and women, had a profound impact on all present. The event was a testament to the dedication and patriotism that our residents hold dear. A Resident group organized a heartfelt ceremony, complete with speeches, music, and displays of appreciation for the armed forces. The atmosphere was charged with emotion as our residents presented their portion of the program, acknowledging shared experiences as veterans themselves or family members whose loved ones served.



The event was moderated by Judith Banes, President of the Resident Council. Thirteen individuals or groups made up the balance of the program, starting with the Pledge of Allegiance led by Bill McMillan. From there, the Studio 1 Jazz Band entertained with a medley of service songs. After a few words from me, Judith spent some time explaining the origin of Memorial Day. Many forget the real reason for this holiday is to honor those who lost their lives serving our country, so the explanation set the tone of the gathering. Scott Johnson then spoke about the Civil War and the impact of war in general on everyone, not just those who enlisted. That presentation was followed by the Battle Hymn of the Republic which was written in 1862 and performed by the CC Young 'Uns. Lee Dettra followed with a piano solo playing the Washington Post March. Marilyn Hamilton spoke about World War I followed by Mary Gilhooly reading "In Flanders Fields" by John McCrae. John Hughes boldly sang God Bless America. He was followed by Gene McWhorter who addressed World War II and thereafter. Interspersed throughout all these presenters were patriotic songs for the audience to sing along.



The determination, creativity, and patriotism displayed by our residents in organizing this event is a testament to our residents' character and vibrancy. If you were in the audience, you felt their passion and saw that age is not a barrier to making a meaningful impact – especially on significant days like Memorial Day, July 4, and Veteran's Day.

To our residents, please accept my deepest gratitude for your continued efforts supporting one another, CC Young, and our country. Your contributions make a difference.



VILLAGE REPORT

by Jen Griffin
Vice President, Engagement

JULY 2023

I'm a Sagittarius which is known as the "wanderer" sign so this theme is right up my alley. According to Google: "Sagittarius is a born adventurer. Sagittarius women are said to be bright, spontaneous, and friendly in nature. They are known for their honesty and straightforward nature. They are also known for their emotional intelligence and helping nature."

My very first adventure was when I was in the 4th grade. Our family went to Los Angeles to visit friends of my parents and swing by Disneyland while there. It was my first time out of state and also the first time on a plane. Everything was exciting to me. I was a kid, but I was HOOKED! I thought I would like to be a flight attendant. Life had different plans for me, though. Upon graduation from college, my roommate immediately went to work for Braniff. I, on the other hand, moved to Michigan and missed out on the post-graduate flight attendant window at that time.

Fast forward 20+ years, and my bucket list dream became a reality! American Airlines was hiring and I was lucky enough to get an interview. They hired me on the spot and before I knew it, I was off for training and relocation to New York City. Whew! A lot for this little 'old Corsicana girl! Although I flew less than 3 years, it was quite an adventure and it definitely checked off one of my biggest bucket list items!

The airline industry has its own language. You must experience it to understand it. And once you have been in 'the biz', you have a special affinity and connection with those who have similar experience.



Since joining CC Young, I have learned of “fellow airline folks” who are residents and friends you may recognize. I know some better than others, but we all have an easy banter with one another simply because we are kindred spirits:

- Kay Aylesworth, Overlook – flight attendant for American Airlines for 31 years starting in 1964. (When we chatted, we both still remember our employee numbers from way back (too funny!))
- Bobby Barnes, Asbury and now Vista 9th floor – flight attendant for TWA starting in 1951 until she married. (That was a rule back then...you could no longer fly once you were married. That’s no longer a rule, though!)
- Penny Schuschat, Overlook – Continental Airlines then later United Airlines when they merged. The story is she was #4 in seniority. (I am speechless about this one...when I flew, I was something like 27,000th in seniority for American. Quite a different story!)
- Nancy McMillin, wife of Asbury resident and private pilot, Bill McMillin – Braniff Airlines
- Shannon Critchlow, former Volunteer Coordinator and Community Outreach teammate, now retired – Not a flight attendant, but worked for Pan Am, Iberia (Spain), and Southwest. She was primarily involved in their frequent flyer programs and also staffed the Clipper Club in Washington DC. She had 15 years in the airline industry.

Note: Kay is doing a presentation about her time with American Airlines in July at The Point. Check out page 12 of the Lifestyle Guide and mark your calendar for that event.

We all collect trips and adventures through our lifetimes! As you ponder some of the articles this month, I hope they prompt memories and stories you can share with one another at mealtimes or social gatherings. The stories you can share with one another! I want to hear them, too!



EXPLORE *The World*

WHAT WAS YOUR FAVORITE PLACE TO TRAVEL TO?



Fred Banes - Overlook

Hawaii, Creede, CO
Mediterranean Tour (Paul's Journeys)



Diana McAfee-Thomas

Barcelona, Costa Rica, Rome



Janet Stetson-Vista

The world! haha.. but
really Barcelona, the
architecture and
museums!



Martha Newfield-Overlook

Santa Fe, NM
India



Kay Peters-Asbury

Africa #1
Galapagos, Cotswolds,
England, China, US National
Parks, Japan, Hawaii, Alaska





Lou Bruce - Thomas

All over the world: Singapore, China, Greece
Italy, Monte Carlo, Mexico, Hong Kong,
England, Scotland, Wales, Bermuda, Puerto
Rico, Bahamas



Phyllis Rhodes- Overlook

England, Scotland, Costa Rica,
Russia, Poland



Shannon Braden- Asbury

College Campuses, national and state
parks. Paris, France



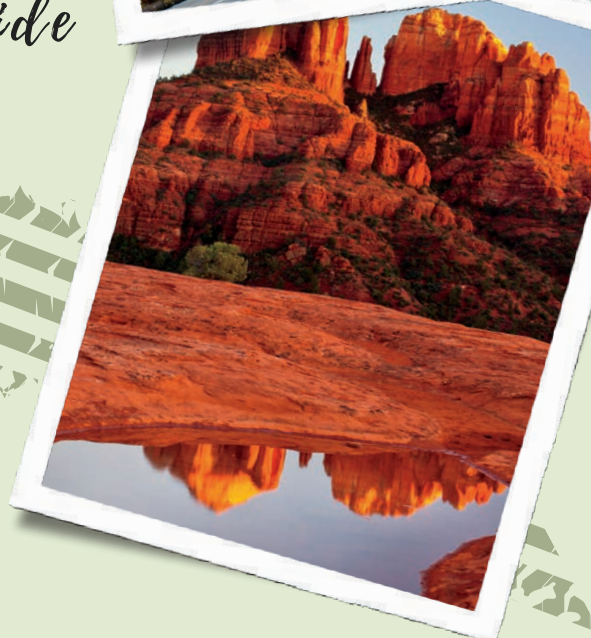
Susan Rutherford- Hillside

Africa and China



Jo Rader- Asbury

Sedona, Az, - those Red Rocks touched
my soul! Prague, Madrid, London!



Travel favorites came from the "blue" info sheets Aaron passed out last month. Thank you to all who participated and helped provide interesting tidbits that help us get to know one another.

Staff Scholarships Help Team CC Young Soar!



SUBMITTED BY LAURA COKER
SR. DIRECTOR, DEVELOPMENT



Dr. Hayley Moseley
in her regalia

Promoting the betterment of our employees is crucial to CC Young Culture. Thanks to the generosity of our donors, we can award scholarships to staff members wanting to improve their skill set and provide the best care possible to our seniors.

The scholarship program enabled Hayley Moseley, Campus Education Director, to receive her doctorate from Dallas Baptist University in Educational Leadership.

"I feel blessed and honored to have received a scholarship supporting me through my doctoral program at Dallas Baptist University. I pray that through this, I can continue to support CC Young and its strategic plan to remain a premier facility for senior care. My tenure at CC Young has helped me to be able to apply my skills to my coursework. Thank you for your financial and emotional support throughout this journey. I hope the scholarship program can continue to grow to bless others as I have been blessed."

On Friday, June 23rd Dr. Hayley defended her dissertation on Establishing a Scorecard for the Evaluation of a Long-Term Care Activity Program and officially earned the designation of Doctor of Education. In August, she will walk across the stage to confer her degree. Focusing her dissertation on senior care, Hayley learned what leadership strategies work best for healthcare communities, what education practices are most impactful for nurses and other healthcare workers, and how to support a team. She has already begun implementing these strategies into her educational programs, training, and development for the staff at CC Young. Continued investment in staff scholarships is vital to the compassionate care we provide to the residents we serve.

To qualify for a scholarship, applicants must be a full-time employee serving CC Young for at least one year. All scholarships are awarded directly to the school or training program and may be full or partial. These can be for any program that betters the staff member, even if it is not directly related to their current job.

On September 21st, CC Young will be participating in North Texas Giving Day and funds raised will support the staff scholarship program.



LET'S TACO 'BOUT STAFF!

I'll admit, I love a good vacation. But I have a two-year-old. Traveling with a toddler is so difficult! The road trip tantrums, the diaper changes at the rest stop, the enormous amounts of sugar needed to keep the kids happy, throwing off nap schedule, and big sister getting restless all make it feel like I'm not on vacation! It's hard work!

At this time in my life, I prefer to have a staycation. We stay in Dallas, sleep in our own beds, and can keep a routine while still enjoying our time together. We are fortunate that because we live in this amazing city full of arts and culture, we can enjoy all the tourist attractions that Dallas offers without needing an airplane ticket.

If you don't have the time, money, or schedule to be able to leave town for a vacation, consider a staycation. The most important thing is to have a vacation mindset. No chores! No laundry! No to-do-list. Set this time apart as a chance to get away mentally, even if you aren't getting away physically.



with Dr. Hayley Moseley
Campus Educator

How many of these Dallas Tourist Attractions have you visited?

- The Sixth Floor Museum and Dealy Plaza
- Dallas Arboretum and Botanical Gardens
- Reunion Tower
- The George W. Bush Presidential Library
- Perot Museum
- Dallas World Aquarium
- Dallas Museum of Art
- Klyde Warren Park
- Meyerson Symphony Center
- Cattle Drive Sculptures
- White Rock Lake Park
- American Airlines Center
- Dallas Zoo
- Northpark Center
- Frontiers of Flight Museum
- Bishop Arts District
- Nasher Sculpture Center
- Dallas Holocaust and Human Rights Museum
- Pioneer Plaza

Staycation

stay-ca-tion (noun) stā-kā-shən
a vacation spent at home or nearby



SICILY AND SOUTHERN ITALY 2023

(An Osher Lifelong Learning Institute and University of North Texas organized trip with Collette Travel)

Travelogue by CC Young Resident Joann Durand

We flew to Palermo, the capital of Sicily, for the start of our 12 day journey. There we enjoyed cobblestone streets, picturesque harbors and Moorish, Norman and Spanish architecture. The food was amazing and we enjoyed getting to know our traveling companions. This whole adventure was made even better by the people with whom we traveled. (Day 1-3)

The tour continued to Cefalu, a medieval city where we visited a nearby farm for a ricotta cheese demonstration and delicious farm-to-table meal. Next, we visited the town of Monreale and wandered through a 12th century cathedral. At the end of the second day, we traveled over rolling hills and peaceful farmland to the town of Agrigento. The stunning Valley of the Temples, one of the world's most esteemed archeological sites. The temple ruins and burial tombs were amazing and unexpected. (Day 4-5)



From there we set out to Taormina, home to ancient relics, rocky hills and charming gardens. The highlight was the ancient well-preserved Greek theatre where we got some beautiful views of Mount Etna through the windows of the theater. (Day 6)

The next day we went to the Mt. Etna Volcano National Park, it was very cloudy and foggy while we walked through the lava fields. Next on our agenda was a visit to a winery for a wine tasting and regional cuisine dinner. (Day 7-8)



In the city of Matera, the third oldest city in the world, we visited an ancient settlement of carved cave dwellings. These cave homes were inhabited until the 1950's when the government moved them out because there was no running water or electricity. Next was the town of Alberobello, my most surprising site. The whimsical trulli homes look like a fairytale village. They are known for their distinct, cone-shaped roofs. Built originally in the 1500's, they used no mortar, so that they could be easily (?) disassembled and moved so that the land owner did not have to pay taxes on permanent dwellings. After a stop at a buffalo farm where we enjoyed a taste of freshly made mozzarella made from buffalo milk, we continued to Sorrento. Shopping and eating were definitely welcomed. (Day 9)

The next day we took a ferry along the Amalfi Coast to the town of Positano. It was beautiful! The pastel-colored houses lining the hillside and the blue of the Mediterranean Sea were so picturesque. On the ferry ride back to Sorrento, we were treated to an impromptu sing-along by a group from Germany joined by us as well as people from Israel, Hungary other countries. It was heart-warming that everyone participated in singing songs by the Beatles and other English-speaking singers. (Day 10)

Our last tour stop was the 2000-year-old Roman town of Pompeii. These excavated ruins have been on my bucket list for years. They did not disappoint. Although it was hard to keep up with the guide, we saw enough of the preserved buildings to imagine what life was like when Mount Vesuvius erupted and buried the town under 11 feet of ash.

For me, the most interesting fact was that the "bodies" that we have seen in pictures, etc. are actually plaster that was poured into the space where bodies decomposed. They are not actual bodies, but plaster casts. It must be a tedious and painfully slow process to uncover all of these remains – and there is more still to excavate. (Day 11)

We continued our bus ride to Rome where we spent our last night visiting and reminiscing with our new friends. The next day we flew home to Dallas.



For information on travel opportunities with OLLI see pg. 13 of your OLLI Summer Catalog or visit olli.unt.edu/travel



TECHNOLOGY AND TRAVEL APPS

BY SENIOR TECH INSTRUCTOR
DAPHNE LEE

In this modern era of technology, it's no secret that mobile devices have become indispensable companions on our journeys.

Make use of Search apps like Google Search, Maps, Chrome, and Apple Safari to begin your research and planning. Using search queries such as "Whitefish Lake, MT and June activities," "Dallas, TX and what things to see and do," or "Paris, France, and highlights in Summer 2023." After a search for your vacation or travel plans, read and share the search results to make your plans. Apple and Android users can record your plans using the Calendar or Notes apps as you work with friends and family members and finalize your plans. Additionally, both platform users, Apple or Android can save as bookmarks, important websites for future reference. Your next step in developing a memorable trip may be to select accommodations such as hotel, vacation rental or other lodging. Once lodging has been arranged, download the hotel vendors' apps, vacation rental (VRBO), or Airbnb. Before you travel, ensure you can logon, using an email or mobile phone number and a strong password, to each app you download. Speaking of downloading apps both from the Apple Appstore or the Google Play store, download the apps from each of the air carriers, train or bus transportation links.



A useful travel strategy is to download and have access to flights from another carrier in the event your reserved flight is canceled or you need to find and make secondary travel plans; i.e., download the Southwest app in addition to the American, United, or Delta apps. Think about being prepared for whatever circumstance you may encounter while away. Another app, I never leave home without...is Flight View, available on both Apple and Android mobile device. I enter each of my flights into the information app and I keep the hotel and rental car confirmation numbers in the information section of Flight View app...giving me all my travel data in my pocket throughout the trip. Travel smooth with quick access to all your travel information.





In addition to the travel details being available on your mobile devices, another must-have app is a language translator, making it easy for you to communicate with locals more effectively. My favorite translator app is Google Translate and is available on both the Apple and Android devices.

Prior to lift-off, if traveling internationally, familiarize yourself with mobile data packages and roaming options provided by your service provider. While on your trip, both in the hotel or touring, seek Wi-Fi networks in hotels, cafes, and other areas to save data costs while staying connected with loved ones or accessing important information.

Beyond the apps discussed above, enjoy your wonderful experience by taking and sharing the fun with family and friends through pictures, text messages and Facebook posts. Both the Apple and Android smartphones come with camera and message apps; the Facebook app is available in the app store of each platform.

Embracing mobile devices can greatly enhance your travel experiences. Effective and safe apps are available to both Apple and Android smartphone users, providing access to travel industry vendors. By tapping into the power of these devices, you can plan trips, access valuable information, and stay connected effortlessly. With the right tools and knowledge, you can confidently explore the world while staying connected with the ones you hold dear. Bon voyage!



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.



Like

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Comment



BEHIND THE CAMERA

Have you "liked" a photo or post on the CC Young Facebook page lately? Those posts were mostly likely done by our very own Abby Brown.

Abby joined Team CC Young in 2022. Her official title is Sales and Marketing Coordinator, but she has also picked up numerous "hats" while in Sales and Marketing and also partners with the Life Enrichment team.

Originally from Midland, Texas, Abby graduated from Baylor University in 2022 with a degree in film and digital media. She is gearing up for football season, as she travels to Waco to see the Baylor Bears play as often as possible.

If you ever have photos you would like to see on the CC Young social media pages you can email them to Abby at social@ccyoung.org.



Live it up online

FOLLOW CC YOUNG ON SOCIAL MEDIA



CCYoungageless

Let's make time to chat, catch up, and share hashtags!

WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

OVERLOOK



Brenda Stokes



Bill Stokes

ASBURY



Don Lightfoot



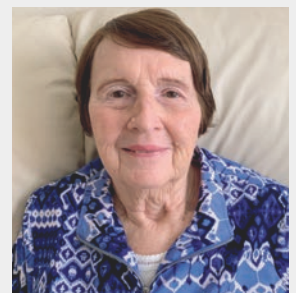
Juanita Lightfoot



Gerry Zimmerman



Bill Kuehl



Dolores Kuehl

TEAM BIRTHDAYS

JULY

Christopher Smith	7/1	Dining Services
Rachel Smith	7/3	Health Center
Mario Rambo	7/3	Dining Services
Somtochukwu Idigo	7/6	PDS
Shaneka McFarland	7/6	Health Center
Sara Abdu	7/7	Dining Services
Girverius McFarland	7/7	Therapy
Genet Benti	7/7	Housekeeping
Van Dinger	7/7	Maintenance
Tigist Zerga	7/8	PDS
Chavalyae Iweze	7/8	Health Center
Venkata Rajesh Ancha	7/8	Therapy Home Health
Michele Jordan	7/9	Sales
Tyrone McKinney	7/9	Dining Services
Ashonda Collier	7/9	Memory Support
Giovanna Pina	7/9	Dining Services
Forleace Bush	7/10	PDS
Amalia Mercado	7/10	Dining Services
Agnes Muthoni	7/13	PDS
Tadelech Goshu	7/13	PDS
Georgenia Anukem	7/15	Health Center
Florence Onyeugo	7/15	Health Center
Gary Huynh	7/15	Maintenance
Byron Reed	7/15	Dining Services
Maria Ramirez	7/15	Dining Services
Quinnysia Bell	7/15	Memory Support
Christina Tooke	7/16	Dining Services
Kandice Chatman	7/16	Home Health
Dakota Chamberlain	7/17	Technology
Lila Subedi	7/17	Assisted Living
Kierra Gipson	7/18	PDS
Vanessa Villanueva	7/18	Assisted Living
Patricia Sullivan	7/18	Marketing
Ikechukwu Onyia	7/20	Health Center
Kylie Ream	7/20	Therapy
Tammy Reuben	7/20	Health Center
Celica Vaughns	7/20	Health Center
Jazmine Rodriguez	7/20	Housekeeping
Jonathan Lall	7/20	Health Center
Kellie Lamm	7/22	Health Center
Victor Morrow	7/23	Therapy
Keisha Latimer	7/23	PDS
Yazmin Castillo	7/24	Dining Services
Cameron Patt	7/25	Dining Services
Andreana White	7/25	Dining Services
Elizabeth Kidane	7/27	PDS
Onyedika Uzoma	7/27	PDS
Yolanda Orange	7/27	Health Center
Ifeoma Anyiam Nwanedo	7/27	Health Center
Solomon Aderinola	7/27	Maintenance
Maria Guerrero	7/28	Dining Services
LeKendrick Tatum	7/30	Health Center
Nkechi Oranugo	7/30	Health Center
Shatina Goforth	7/30	Housekeeping
Rafaela Hernandez	7/31	Dining Services
Van Anh Tran	7/31	Sales

July Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Felisha Williams	7/1/2019	4	Health Center
Roberta Bangura	7/2/2022	1	PDS
Leeanna Ardoin	7/2/2018	5	PDS
Brittany Brooks	7/5/2022	1	Business Office
Forestine Dancer	7/6/2022	1	PDS
Pamela Balfour	7/7/2022	1	Health Center
Teresa Escanlar	7/7/2021	2	Transportation
Brian Parman	7/8/2015	8	Community Outreach
Hayley Moseley	7/9/2014	9	Community Outreach
Tamara Stiggers	7/11/2007	16	PDS
Anthony Duncan	7/12/2006	17	Dining Services
Damenech Aschalew	7/12/2021	2	Assisted Living
Phillicia Johnson	7/12/2001	22	Assisted Living
Van Anh Tran	7/12/2021	2	Sales
Maegan Baur	7/12/2021	2	Sales
ArNetra Taylor	7/14/2021	2	Dining Services
Raniesha Carter	7/15/2019	4	Health Center
Bethel Taye	7/15/2019	4	PDS
Brittany Taylor	7/16/2018	5	Laundry
Offiong Oyoita	7/17/2017	6	Health Center
Naimat Oladejo	7/18/2022	1	Health Center
Elizabeth Wilson	7/19/2021	2	Dining Services
Gail Hamlin	7/20/2020	3	Community Outreach
Emilie Reames	7/20/2020	3	Resident Services
Tiffany Evans	7/20/2022	1	PDS
Blessing Pelah	7/20/2022	1	PDS
Aynalem Worku	7/23/2014	9	Health Center
Maria Rostro	7/25/2012	11	Dining Services
Selamawit Mussie	7/26/2011	12	Memory Support
Paula Woods	7/26/2021	2	PDS
Steve Uchechukwu	7/26/2021	2	Assisted Living
Laveda Harrison	7/26/2021	2	Health Center
Lucy Hail	7/27/2020	3	Dining Services
Diana Salazar	7/28/2010	13	Health Center
Hana Mengesha	7/29/2019	4	Assisted Living
Mulumebet Gebrehiwot	7/29/2019	4	PDS
Theresa Onwuegbuchu	7/29/2019	4	Health Center
Ruby Lampley	7/30/2014	9	PDS
Lila Subedi	7/30/2021	2	Assisted Living
LeAnne Haverstick	7/30/2021	2	Business Office
Monica Williams	7/30/2008	15	Dining Services
Makida Aelene	7/31/2017	6	Health Center
Teresa Bramlett	7/31/2000	23	HR

HELLO

JULY



WOW! Those in red have anniversaries of 10+ years!

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Linda McClelland	Vista	1
Midge Douglas	Asbury	2
Louie Cowell	Asbury	6
Wynette Moore	Vista	6
Jane Beasley	Vista	6
David Baird	Overlook	8
Melba Bogard	Asbury	8
Brenda Stokes	Overlook	8
Judith Mark	Hillside	10
Ralph Eilers	Overlook	11
Glenn Riggs	Vista	13
Arch Beasley	Overlook	14
Lyle Sabo	Vista	14
Antonia Plugge	Thomas	15
Bradley Howell	Vista	15
Shirley Hawn	Vista	15
Nancy Johnson	Vista	15
Nancy Galbraith	Vista	16
Richard Martin	Vista	17
Barry Thompson	Hillside	17
Tom Bryan	Thomas	18
John Hind	Asbury	19
David Getty	Overlook	21
Tina Lancaster	Asbury	21
Gwen Lumis	Overlook	22
Janice Robertston	Thomas	22
Joseph Ashmore Jr.	Vista	24
Sally Fifer	Asbury	26
Barbara Lockett	Overlook	26
Kay Peters	Asbury	27
Wilma Voight	Overlook	27
Gail Smith	Overlook	28
Juanita Lightfoot	Asbury	29
Linda Knox	Vista	29
Robert Woodcheck	Hillside	29
Rita Clark	Hillside	30
Vivian Deuschi	Vista	31

July RESIDENT BIRTHDAYS



JULY

Anniversaries

18 Years
Adena Jarvis

12 Years
Joan Shively

11 Years
Leellyn Simpson

9 Years
Marzelle Parish
Colleen Ghormley

8 Years
Dorothy Temple
Pat Schackmann
Mary Jo Matlock

7 Years
Bill McMillin
Melba Bogard

6 Years
Midge Douglas
Kathy Rauscher
Mary Kuehn

5 Years
Elizabeth Hardy



AQUATICS CLASSES



Open to Residents and Point Members

OPEN SWIM

Mon., Wed., Fri.
10:00am– 12:00pm
Tue. & Thr.
1:00pm-3:00pm

AQUACISE CLASS

Monday & Fridays
2:00pm-3:00pm

Light to moderate aerobic workout with exercises in the shallow water to help increase endurance, core strength and flexibility.

AQUA FLOW CLASS

Monday, Wednesday, Friday
1:00pm-2:00pm

This class is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles.

WATER WALKING CLASS

Wednesdays
2:00pm-3:00pm

Basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core muscles, increase balance, coordination and flexibility.

AQUA BOOT CAMP

Wednesdays & Fridays
3:00pm-4:00pm

A high-intensity workout to increase strength and endurance for the upper and lower body and core.



AQUATICS 101

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

Fridays at 9:00am

RSVP for all classes
972-638-8795

THOMAS CUISINE SPECIAL DINING DAYS

JULY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2023

							1
	2	3	4	5	6	7	8
			4th of July Conley's Buffet 11:30am-2pm		Grilled Cheese Action Station Hillside 11:30a-1p Thomas 11:30a-1p	4833 Special Shrimp & Crab Linguine vodka sauce, basil, heirloom tomatoes, & capers	
	9	10	11	12	13	14	15
		Cooking with Chef Rafa In Asbury @ 2pm	Thomas Food Committee Meeting @ 2:30pm	Hillside Food Committee Meeting @ 10am	National French Fry Day	4833 Special Fried Surf & Turf Platter shrimp & chicken tenders, cajun remoulade sauce & hushpuppies	
	16	17	18	19	20	21	22
		Cooking with Chef Matthew In 4833 @ 2pm	Overlook Food Committee Meeting @ 3pm		National Lollipop Day	4833 Special Pecan Crusted Flounder cauliflower mash, buttered hericort verts, & lemon-brown butter sauce	
	23	24	25	26	27	28	29
National Peanut Butter & Chocolate Day	National Tequila Day	Asbury Food Committee Meeting @ 2pm	Grilled Cheese Action Station Overlook 11:30a-2p Asbury 11a-1:30p	National Chili Dog Day	4833 Special Crab Duo Crab cake & crab beignet with cider slaw & dirty rice		

7/10 | Sign up sheet out from 7/3-7/6
7/17 | Sign up sheet out from 7/10-7/13

7/13 | See us at Happy Hour!
7/20 | See us at Happy Hour!
7/27 | See us at Happy Hour!

WATER SPRIT IS NOT AGELESS ART & WRITING CONTEST

Open to the general public & CC Young Residents Age 55 & better

CALL FOR ENTRIES

Online Registration Begins: Tuesday, August 1

Entry Drop-Off

Tues., August 22 & Wed., August 23

9:00am – 6:00pm

**All ability levels are welcome and encouraged
to enter in these categories:**

- Drawing & Illustration • Group Entry • Hard Crafts**
- Mixed Media • Painting (Acrylic) • Painting (Oil & Oil Pastel)**
- Painting (Watercolor) • Photography • Poetry • Prose**
- Sculpture • Soft Crafts (Decorative) • Soft Crafts (Sewing)**
- Soft Crafts (Textile) • Themed Essay • Masterworks**

**Official Show Dates
August 29–October 27**

**Full Contest Details Available
on www.ccyoung.org/events/**