



2022 POINT MEMBERSHIP BENEFITS KEEP THIS SHEET FOR YOUR RECORDS

Who can join The Point?

Any non-CC Young resident (general public) at age 55 and better.

What is the cost?

The 12-Month Point Membership cost is \$298.77 (\$276 + current tax of \$22.77), per person, this breaks down to only \$23 a month. Full payment is due at time of registration: Debit card/CC (MC/Visa/AE)/cash or check made out to CC Young. All memberships begin April 1 of each year. Members who sign up after April will be given a prorated amount to pay based on the start date of membership.

What are the Point Membership Benefits? Membership is not a requirement to attend many of the programs, events, and classes held on a complimentary basis at The Point. There are certain benefits, however, for those who choose to pay and become "Members" of The Point.

- **The Point is open from 7am until 9pm**, seven days a week giving you access to Dr. Don R. Benton Meditation Chapel, Point Café, Art Gallery, Fitness Center, Game Zone and Library.
- **The Point publishes a Lifestyle Guide** that gives full details of all activities and events each month. You can pick up a copy in The Point or view a digital copy on our website: ccyoung.org.
- **All Point Members will be provided with a photo identification badge.** This ID badge is to be worn at all times when on CC Young Campus.
- **Use of the Fitness Equipment in the Dr. Ken Cooper Fitness Center** Fitness equipment is for exclusive use of CC Young Residents and Point Members. See Lifestyle Guide for opportunities to meet one-on-one with CCY Wellness or Rehab team members for questions you might have.
- **Wellness Classes** held at The Point. Check out The Point's Lifestyle Guide for full details on classes.
- **Senior Tech Technology Classes** held at The Point. A variety of classes are offered for every level of experience. Classes are designed for seniors. Learn at your own pace – no test, no worries, just have a desire to learn!
- **Workshops, Clinics, and Specialty Classes** such as Acting fun, Arts & Crafts, and language classes. Specific offerings will vary.
- **NEW! Free membership** to Osher Lifelong Learning Institute (OLLI) by UNT. OLLI is a life-long learning program that offers non-credit courses and events designed by and for adults 50 and better. Catalogue of classes taught by passionate instructors at CC Young will be provided along with OLLI membership benefits including access to a library of The Great Courses.
- **Discount on Massage Services.** Point Member prices with the discount: \$65 for a 60 minute massage, \$95 for a 90 minute massage. Massage appointments may be made by calling 972-755-4259.
- Point Members are automatically added to CC Young's and UNT OLLI mailing list and will receive **Special Promotions** and information.

Health Information: It is the Point Member's responsibility to secure approval from their physician for physical fitness activities and to participate or exercise according to their doctor's directives. Unless there is a scheduled class, there is no supervisor/trainer in the fitness center so exercising is at your own risk. (Please see the Guidelines and Regulations on other side).

We are pleased you'll be calling to schedule a registration appointment to become a Point Member! 214-841-2831

The Point, Center for Arts and Education on the Campus of CC Young
4847 W. Lawther Dr., Dallas, TX 75214 / www.ccyoung.org

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



THE POINT AND PAVILION

Our 20,000 square foot life enrichment center is the cornerstone for CC Young's mission to enrich 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 VISION

To enhance the quality of life for all we serve.

OUR MISSION

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



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214-841-2831 / www.ccyoung.org



Are you age 55 or better?

Engage your body, mind, and spirit by joining The Point!

What you gain as a Point Member:

- ◆ Access to The Dr. Ken Cooper Fitness Center, 7 days a week: 7am-9pm
- ◆ **Access** to Wellness Classes
- ◆ **Access** to Technology Classes
- ◆ **Access** to Workshops, Clinics, and Specialty Classes.
- ◆ **Access** to weekly movies
- ◆ **Discount** on Massage Services on Campus
- ◆ **NEW!** Free Membership to Osher Lifelong Learning Institute (OLLI) by UNT.

Coming Soon:

- ◆ Access to the CCY Rehab Pool and Classes
- ◆ Access to Touchtown Free Mobile App

Point Membership is only \$23 a month, paid annually at \$276 (+tax) pp/ year.

PLEASE TURN THIS PAGE INTO THE POINT STAFF WITH YOUR MEMBERSHIP PAYMENT



Because The Point programming is dedicated to your needs and growth, we ask that you give us information as a MEMBER of THE POINT, so that we can best serve you.

Your Information (*Required Information): Date: _____

Will not share with anyone outside CC Young, but will keep you posted as to activities at CC Young or Osher Lifelong Learning Institute at UNT.

*Gender: Male ____ Female ____ *Date of Birth _____

Name: _____

*First * Middle Initial *Last

*Address _____

Street City State Zip

*Preferred Contact number: _____ (circle) Home or Cell

*Email Address or I do not have one: _____

*Photo ID (drivers license/state issued ID) information: _____

*Main Occupation (former occupation, if retired): _____

*Country, Born: _____ *Marital Status: Single ____ Divorced ____ Widowed ____ Married ____.

*Emergency Contact Information: Name: _____ Relationship: _____

Preferred Contact number: _____ (circle) Home or Cell

Address: _____

Email Address: _____

How did you hear about us? _____

I have read, understand and agree to the following Regulations of The Point:

- ◆ I will wear the provided photo identification badge while at CC Young.
- ◆ If I feel sick and am running a fever I will not attend any activities at The Point.
- ◆ I will follow health and safety protocols as determined by CC Young, The State of TX and HHSC.
- ◆ I will abide by CC Young's smoke-free facility policy.
- ◆ In the case of bad weather: The Point's policy is to cancel all events & activities if Dallas ISD closes for the day.
- ◆ I am aware that children must be directly accompanied by an attending adult at all times. Absolutely no running in the building is allowed.
- ◆ I agree to follow The Point Fitness Center Guidelines & Regulations. (next page)
- ◆ I agree to complete a fitness orientation prior to working out in the fitness center or attending a class
- ◆ I agree that I am responsible for use of the fitness center equipment and participation in the programming according to my doctor's directives. As a member I will pursue any questions regarding my ability with my medical doctor. CC Young (not The Point as an entity therein) accepts NO liability with regard to this matter. I understand also, indicated by my signature below, that CC Young (The Point) reserves the right to request evidence of doctor's approval or prescription at any time deemed necessary in consideration of the best interest of my health. I am willing to provide my Primary Doctor's name and phone number. Primary Doctor's Name _____ Ph#: _____
- ◆ Photo & Video Release: I am of legal age and have the right to contract in my own name. For valuable consideration received, I hereby grant to CC Young, the absolute and irrevocable right and permission in respect to the video footage or photographs that have been taken of me or in which I may be included with others, to copyright the same, in their own name, or otherwise, to use, re-use, publish and in conjunction with any printed matter, in any and all media now or hereafter known and for any other purpose whatsoever and to use my name in conjunction therewith if CC Young so chooses. I hereby release and discharge CC Young from any and all claims and demands arising out of or in connection with the use of the photographs, including without limitation any and all claims for libel or invasion of privacy. This authorization and release shall also inure to the benefit of the heirs, legal representatives, licensees and assigns of CC Young, as well as the person(s) for whom the photographs were taken.

I understand and agree to the above:

Print Your Name

Please Sign Your Name

(Internal use: New ____ Re-newal ____ : AOD Profile #) _____

Fitness Center Guidelines & Regulations

- ◆ Use of the Fitness Center equipment is limited to CC Young Residents and Point Members.
- ◆ New CCY residents and Point Members must complete a fitness orientation prior to working out in the fitness center or attending a class.
- ◆ All are responsible for safe use of the fitness equipment and participation in the classes according to doctor's directives.
- ◆ CCY Resident and Point Members are required to wear a photo Identification badge while at CC Young.
- ◆ All are required to sign in upon arrival, each time you use the Fitness Equipment and when attending any class.
- ◆ Please limit your workout time to 30 minutes if others are waiting on a fitness machine.
- ◆ For your safety, please remove any loose jewelry prior to using any fitness machine.
- ◆ Proper gym attire must be worn at all times.
- ◆ Shoes are to be worn in all areas except in the Fitness Center classroom.
- ◆ Please be courteous and considerate of others at all times by not wearing strong perfume or cologne.
- ◆ Kindly do not bring food or drink other than water (in a bottle with lid) into the Fitness Center.
- ◆ Please bring your own towel. No towels are provided.
- ◆ Please wipe off equipment seating and handles after use.
- ◆ Please report any equipment damage, excessive wear or failure to a member of The Point team.
- ◆ Children are not allowed in the Fitness Center Gym.

Individuals are expected to adhere to these guidelines if they expect to continue to use the space or equipment.

COMING SOON! Aquatics Center



Guidelines & Regulations

- ◆ Use of the Aquatics Center is limited to CC Young Residents and Point Members.
- ◆ You must complete a pool orientation and safety class in order to attend a pool class or use open pool time.
- ◆ Class space will be limited to 6 participants
- ◆ Please be respectful of other participants. If you cannot make the class, call and cancel to allow another to reserve a spot
- ◆ You must arrive NO SOONER than 15 minutes prior to the start of the class.
- ◆ If you arrive more than 15 minutes ahead of your scheduled time, please wait by the Bistro. The gym space is for therapy patients.
- ◆ Locker and dressing room space is limited.
- ◆ Please DO NOT leave your items in the dressing room. There are lockers located at the pool deck entrance for your convenience.
- ◆ If you have walker or assistive device, please place along the wall to keep the walkways clear.
- ◆ No outside shoes are allowed on the pool deck. If you need pool shoes, we can provide those for you.
- ◆ Towels will be provided for you
- ◆ No swimsuit required; you may wear shorts and t-shirt



In Case of Emergency! Please use a "house phone" to dial 911 this will help emergency workers find your location faster!

Please dial 0 for CC Young's operator.