

**MARCH  
2023**

# **Active Senior LIFESTYLE GUIDE**

**Celebrate  
Life's Journey**

**Share Your  
Story**

**Create  
Connections**

**Empower Women**

**Widen Your  
Perspective**

**FREE**

PLEASE TAKE  
ONE



**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. LAWATHER DR. DALLAS, TX 75214  
WWW.CCYOUNG.ORG  
214-841-2831



CC YOUNG  
SENIOR LIVING



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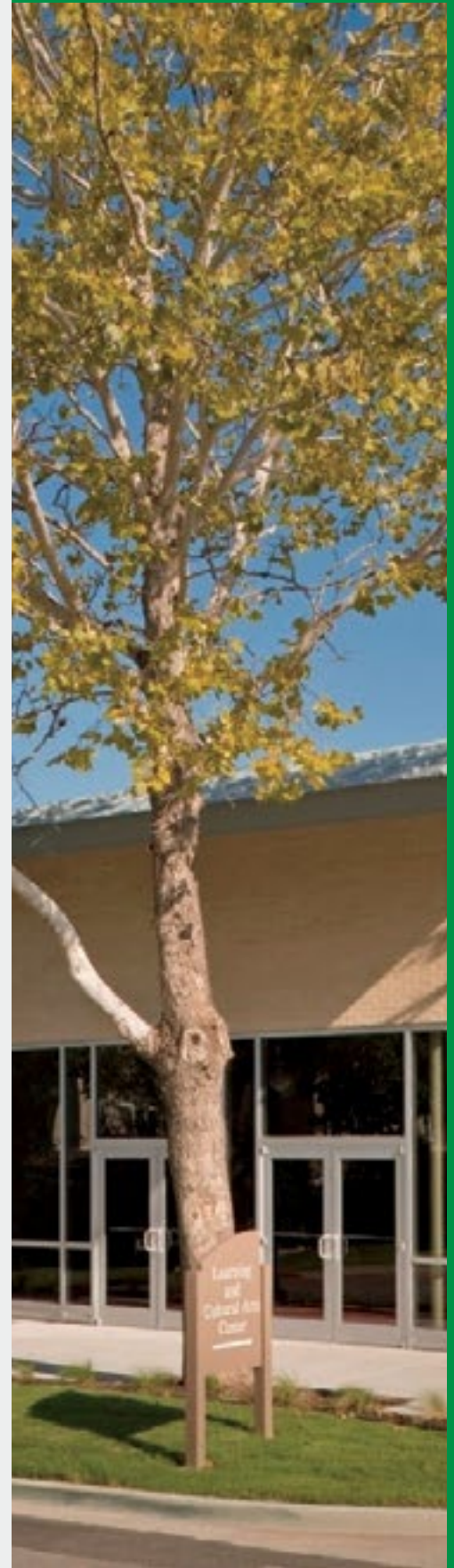
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# THE POINT ART GALLERY ✦

## WEDNESDAY, MARCH 1 - WEDNESDAY, APRIL 26

### WALT DAVIS: SOME THINGS I HAVE SEEN

Walt Davis is a member and past president of the Southwestern Watercolor Society. He began painting in watercolor over thirty years ago.

Walt has taught watercolor, figure drawing, and plein air sketching at Eastfield Community College, Amarillo College, Panhandle Art Center, San Angelo Museum of Art, and in his studio in Commerce. He has conducted demonstrations and workshops in around Texas. His paintings hang in private collections in Washington State, Florida, Colorado, New Mexico, and cities throughout Texas.



## MEET THE ARTIST RECEPTION



**TUESDAY  
MARCH 21  
3:00PM  
THE POINT** ✦

**WEDNESDAY  
MARCH 1  
10:00AM**



IN-PERSON & ON CH. 81

*She*  
**Believed**  
*She Could, So She Did*



LINDA LEONARD



DENISE LEE



MARTHA GERHART



MELINDA LEVIN

**JOIN US FOR OUR ANNUAL  
WOMEN'S HISTORY MONTH PANEL!**



MODERATED  
BY VICTORIA  
JONES

**OUR DISTINGUISHED PANEL CELEBRATES  
RESIDENTS AND COMMUNITY MEMBERS WITH  
CAREERS IN PERFORMANCE & VISUAL ARTS.**

4847 W. LAWTHER DR. DALLAS, TX 75214  
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# 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 Spring 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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**Website** [olli.unt.edu](http://olli.unt.edu)

  [@olliunt](https://www.facebook.com/olliunt)

## A Happier & Longer Life Through Mindfulness

Tuesday, March 7

The session will cover the current scientific findings on mindfulness, in particular how it enhances our neurobiology and psychology, and may even help us live longer more fulfilling lives. The session will begin with a description of what mindfulness is and how one engages in mindfulness in their daily activities and through mindfulness meditation. Next, a summary of empirical findings will be presented to demonstrate the effects of mindfulness. Finally, coverage of the neurobiological effects of mindfulness will be presented.

**Craig Neumann, PhD**, is a Distinguished Research Professor in the UNT Department of Psychology. He has been active teaching and conducting research in the Clinical Psychology Graduate Training Program at UNT for over 20 years.

## What is Jazz?

Tuesday, March 21

In this session, Quincy Davis will break down and explain the history of Jazz and why it is one of America's greatest art forms. In addition, he will explain some of the highly nuanced inner workings of Jazz, helping to remove the veil so that members can appreciate this great American art form on a deeper level.

**Quincy Davis, MA**, is Associate Professor of Jazz Percussion and chair of the drumset department in the UNT College of Music. He is a graduate of Western Michigan University and has performed and toured with many world-renowned musicians. His 2020 release, *Q Vision*, was ranked #3 on Jazz Week's radio jazz chart for 5 weeks.

## Amazing Texas Women

Tuesday, March 28

From the early years of the settlement of Texas, there have been amazing women who have made a difference. Ranchers, politicians, business women, athletes, performers and more have put their mark on Texas and the United States.

**Jean Greenlaw, PhD**, is a Regents Professor Emeritus in the UNT College of Education. She has been a reviewer for decades and is the book review columnist for the *Denton Record-Chronicle*.

**Friday  
March 3  
3:30pm**

## **Piano & Violin Concert**

Pianist, Kathy Hodge Abrahamson and Violinist, Lee Anne Chenoweth Lawson will perform a program of selected classical music and standards for solo piano and violin.

All Welcome!  
Live in person & on Ch. 81



**Saturday  
March 4  
10:00am**

## **Piano Concert**

World Renown Pianist Gustavo Romero Returns to CC Young for a classical piano concert.

All Welcome!  
Live in person & on Ch. 81.





# ARTS & CRAFTS WORKSHOP

**TUESDAY  
MARCH 14  
3:00PM**

**THIS MONTH'S  
PROJECT:**

**EMBOSING  
CROSSES**

**ALL SUPPLIES PROVIDED.  
NO EXPERIENCE  
NECESSARY.**

**LIMITED SPOTS.  
SIGN UP AT THE POINT**



# RESIDENT Trips

**Limited Spots.  
Sign up at The Point.**

## Chance's Café at HPUMC

Taste delicious pies, coffee, and more.  
The Café is managed and run by participants  
of the Belong Disability Ministry.

**Thursday, March 9  
9:45am-12:00pm**

## Dallas Quilt Show

Held each year at Dallas Market Hall,  
features judged entries, a mini quilt  
auction, quilt appraisals, & special exhibits  
\$15, pay at the door.

**Friday, March 10  
1:00pm-4:00pm**

## Bonton Farms

A fully functioning farm, a Farmer's  
Market, a Café and Coffee House.  
Bring money for lunch.

**Tuesday, March 21  
11:30am-2:00pm**





**SATURDAY, MARCH 25**  
at The Point

Performances by

**FOURTE AND  
HOLLY AND THE IVIES**

Both musical groups are from FUMC Dallas Chancel Choir



**10:00AM – BAZAAR AND REFRESHMENTS**

**10:45AM – PROGRAM**

**11:30AM – MORE BAZAAR SHOPPING**

Tickets for non-residents may be purchased at the door for \$15.

To donate to the CC Young Benevolence Fund and Life Enrichment please mail checks to Kim Winton at 6330 Malcolm Drive Dallas, TX 75214 make it payable to CC Young Auxiliary Or donate at <https://www.ccyoung.org/donate-now/> and select CC Young Auxiliary.

QUESTIONS: CONTACT BETSY TANIS AT [BETSY.TANIS@GMAIL.COM](mailto:BETSY.TANIS@GMAIL.COM) OR  
KIM WINTON AT [WINTONS@SBCGLOBAL.NET](mailto:WINTONS@SBCGLOBAL.NET)

The Point  
4847 W. Lawther Dr.  
Dallas, TX 75214  
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# MARCH 2023 CLASS SCHEDULE

**Classes Open to Residents  
& Point Members Only**

## **Thursday, March 2**

**Streaming TV, Movies, and Music from Netflix, Amazon,  
and other Platforms**

**9:30am—11:30am**

## **Thursday, March 9**

**Amazon Prime: Free Shipping, Prime Videos & TV Shows**

**9:30am—11:30am**

## **Tuesday, March 14**

**Storing, Sharing, and Managing iPhone Photos**

**9:30am—11:30am**

## **Thursday, March 16**

**Get Library Books on your Mobile Device**

**9:30am—11:30am**

## **Monday, March 20**

**Ride Sharing: Shuttles, Uber, Lyft and Others**

**1:30pm—3:30pm**

## **Thursday, March 23**

**Facebook: Finding Friends, Sharing Photos and News  
and Staying in Touch**

**9:30am—11:30am**

## **Fridays, March 24**

**Free Coaching Fridays:**

**Come & Go with any technology questions**

**10:00am—12:00pm**



- All Classes are held in The Point Technology Lab. Seating is Limited! Call to reserve your spot. 214-841-2831
- Please check battery charge levels on your devices before coming to class.
- Come Prepared! Know your:
  - Apple ID and Password (Apple classes)
  - Gmail address and Password (Android or Google classes)



**Daphne Lee**

**INSTRUCTOR**

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# THIS WEEK'S HIGHLIGHTS

## Monday, February 27

4:00pm

### Lenten Series with Rev. Walt Marcum

Register at 469 828-3501 and  
leave a message.

## Tuesday, February 28

3:30pm

### Richard Stanford Hour

This month's book Review:  
*Democracy's Data*  
by Dan Bouk

## Wednesday, March 1

10:00am

### She Believed She Could, So She Did.

Women's History Panel:  
Celebrating Women with careers  
in performance and visual arts.

## Friday, March 3

1:30pm

### Movie Matinee

*Message in A Bottle*

1999, PG 13, 2hr 11 minutes.

## SUNDAY, FEBRUARY 26

SPRIT

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

Christ Chapel  
Resident Only

SPRIT

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

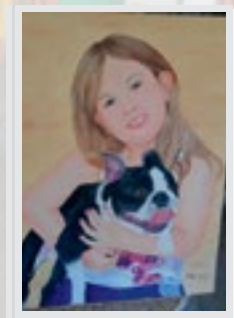
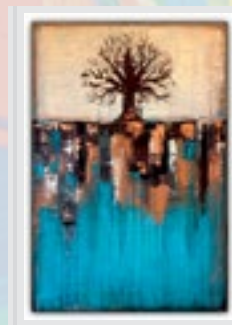
Auditorium &  
Ch. 81  
All Welcome!



## AVER-PHILLIPS ART GALLERY

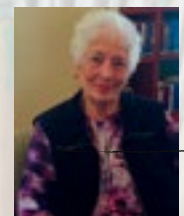
WEDNESDAY, FEBRUARY 1 - WEDNESDAY, MARCH 29

BETTYE SLOAN: ONE WOMAN SHOW



### MEET THE ARTIST RECEPTION


TUESDAY, MARCH 7, 2023  
3:00PM  
VISTA- 2ND FL



## MONDAY, FEBRUARY 27

### 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	Fitness Center
	<b>Chair Volleyball Tournament</b>	Res & PM Only
	Building vs Building. Sign up at your building.	

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

SPIRIT	9:00am - 10:00am	Flag Pole Hill
	<b>Bible Study with Carrie Teller</b>	All Welcome!
	<b>Unpacking the Short but Powerful Book of Ruth</b>	

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

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

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

### PM Exercise Classes

EXERCISE	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

PLAY	1:30pm - 2:30pm	Ch. 81
	<b>Virtual Bingo w Aaron Schmidt</b>	
	Bingo sheets will be delivered to Cubbies.	
	3:00pm - 4:30pm	Auditorium
	<b>Dominos!</b>	
	play the tile based game with friends.	

SPIRIT	4:00pm - 4:30pm	Theater
	<b>Lenten Series w Rev. Walt Marcum</b>	
	Must Register, Sign up in The Point.	

## TUESDAY, FEBRUARY 28

### 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

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

LEARN	10:00am - 11:30am	Auditorium & Ch 81
	<b>OLLI CLASS:</b>	Res, PM OLLI
	<b>From Jericho to Jerusalem:</b>	Members Only
	<b>The Archaeology of the Holy Land (Day 3 of 3)</b>	
	Presented by Reid Ferring, PhD, See page 7 for more info.	


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

LEARN	1:30pm - 3:30pm	Tech Lab
	<b>SrTech Class</b>	Res & PM Only
	iPhone Basics: Do You Wordle?	

	2:00pm - 3:00pm	Asbury
	<b>Chef Connection</b>	Resident Only
	<b>with Sous Chef Rafa</b>	
	Also meet CCY's Pastry Chef Rosario	

### PM Exercise Classes

EXERCISE	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
	<b>Total Hearing Clinic</b>	Resident Only
	Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	

LEARN	3:30pm - 4:30pm	Auditorium
	<b>Richard Stanford Hour!</b>	Res. & PM Only
	<b>Monthly Book Review.</b>	
	This Months Review: <i>Democracy's Data</i> by Dan Bouk	



## WEDNESDAY, MARCH 1



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

### EXERCISE

#### AM Exercise Classes

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

### AQUATICS

**Aquatics Classes** **972-638-8795.**  
**Vista Rehab Pool** **Res. & PM Only**  
 10:00am - 12:00pm Open Swim  
 1:00pm - 2:00pm Water Walking Class  
 3:00pm - 3:45pm Aqua Boot Camp

### OUTING

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

### PLAY

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

### CREATIVE

9:45am - 11:00am Flagpole Hill  
**Senior Scribblers - CANCELED TODAY**



10:00am - 11:30am Auditorium  
***She Believed She Could, So She Did!***  
 Women's History Panel, celebrating residents and community members with careers in performance and visual arts.

### 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

### CREATIVE

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!

### SPIRIT

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

## THURSDAY, MARCH 2

### 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

### SPIRIT

#### Weekly Communion with Barbara Marcum

9:00am - 9:45am Dr. Benton Chapel  
 10:00am - 10:45am Rosie Benton Chapel

### LEARN

9:30am - 11:30am Tech Lab  
**SrTech Class** Res & PM Only  
 Streaming TV, Movies, and Music from Netflix, Amazon, and other Platforms

### SERVICE

10:00am - 11:00am Flagpole Hill  
**Knotty Knitters & Crafty Crocheters**  
 Create and socialize!

### LEARN

10:00am - 11:00am White Rock Class  
**Sign Language Fun!** All Welcome! Join Aaron Schmidt to learn easy phrases.

### AQUATICS

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

1:30pm - 2:30pm Point Lobby  
**Harris Jewelry Repair** All Welcome!  
 Simple repairs while you wait

### 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

### SPIRIT

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

### SOCIAL

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

### GROUP

7:00pm-8:30pm Auditorium  
**Dallas County Pioneers** All Welcome!  
 Featured Program: Paula Selzer share info on her Great, Great, Great Grandfather Francois Ignace (Adolphe) Gouhenant (1804-1871), a story of an artist, revolutionary, and early North Texas resident.

## FRIDAY, MARCH 3

### 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

### Aquatics Classes

972-638-8795.

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


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

LEARN	9:30am - 10:30am	Flagpole Hill
	<b>Spanish Class</b>	Res. & PM Only
	Beginner Level Course	

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

MOVIE	1:30pm - 3:30pm	Theater
	<b>Movie Matinee</b>	All Welcome!
	<i>Message in a Bottle</i>	
	1999, PG-13, 2h 11m	

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

	3:30pm - 4:30pm	Auditorium & 81
	<b>Piano &amp; Violin Concert</b>	All Welcome!
	Pianist, Kathy Hodge Abrahamson & Violinist, Lee Anne Chenoweth Lawson will perform a selection of classical and standards for solo piano and violin.	

## SATURDAY, MARCH 4

GROUP	9:30am - 12:00pm	Fitness Center
	<b>Handweavers &amp; Spinners</b>	All Welcome!
	<b>Monthly Meeting</b>	

GROUP	10:00am - 4:00pm	Flagpole
	<b>Dallas Bead Society</b>	All Welcome!
	<b>Monthly Meeting</b>	



10:00am - 11:00am	Auditorium & 81
<b>Piano Concert</b>	All Welcome!
World Renown Pianist	
Gustavo Romero Returns to	
CC Young for a classical piano concert.	

**This Weekend**  
**4833 Dinner Specials**  
*Stuffed Dover Sole*  
**4833 is open 5pm-7pm**  
**Friday and Saturday Only!**  
**Reservation Required.**  
**972-755-3259**



**MOVIE MATINEE**  
**FRIDAY, MARCH 3**  
**1:30PM**



**MESSAGE IN A BOTTLE**

1999, PG-13, 2h 11m  
 Romantic Comedy, based on a novel by Nicholas Sparks.

Free popcorn and water.  
 All Welcome!



**CC YOUNG**  
 THE POINT & PAVILION



# THIS WEEK'S HIGHLIGHTS

## Monday, March 6

3:00pm

### BUNCO!

Learn, Play, Win Prizes!

## Tuesday, March 7

10:00am

### OLLI Class

"A Happier and Longer Life through Mindfulness" Presented by Craig Neuman

## Tuesday, March 7

3:00pm

### Meet The Artist Reception

Aver Phillips Gallery:  
Featured Artist Bettye Sloan

## Thursday, March 9

9:45am

### IL Trip to Chances Cafe

Taste delicious pies, coffee and more.  
Sign up at The Point.

## Friday, March 10

1:30pm

### Movie Matinee

*Mr. Malcolm's List*  
2022, PG, 1hr 55 minutes.

## Friday, March 10

6:30pm

### Friday Night Game Night

Play a game or two with friends.  
Refreshments Served.

## SUNDAY, MARCH 5

SPRIT

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

Christ Chapel  
Resident Only

SPRIT

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

Auditorium &  
Ch. 81  
All Welcome!

## Health Education

A BETTER LEARNING FUTURE STARTS HERE

## VISION AWARENESS FRIDAY, MARCH 10 10:00AM



Learn about age and  
disease-related vision loss,  
presented by Envision  
Dallas



FREE AND OPEN TO THE PUBLIC!

## MONDAY, MARCH 6

### 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 Volley Ball

### 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
3:00pm - 3:45pm	Aqua Bootcamp

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

10:30am - 11:30am	Hillside
<b>Current Events</b>	All Welcome!
<b>With Randy Mayeux</b>	

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

GROUP	1:00pm - 2:00pm	Auditorium
	<b>LOUD Crowd Support Group</b>	
	Group for people living with Parkinson's Disease. Call to sign up: 214-675-1299	

### PM Exercise Classes

EXERCISE	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

PLAY	3:00pm - 4:30pm	Auditorium
	<b>BUNCO!</b>	
	Join in on this fun dice based game and win prizes!	

SPIRIT	4:00pm - 4:30pm	Theater
	<b>Lenten Series w Rev. Walt Marcum</b>	
	Must Register, Sign up in The Point.	

## TUESDAY, MARCH 7

### 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
	<b>OLLI CLASS:</b>	Res, PM OLLI
	<b>A Happier and Longer</b>	Members Only
	<b>Life through Mindfulness</b>	
	Presented by Craig Neumann, PhD.	
	See page 7 for more info.	

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

CREATIVE	1:30pm-2:30pm	Auditorium
	<b>CC Young 'Uns</b>	All Welcome!
	<b>Choir Rehearsal</b>	
	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

CREATIVE	3:00pm - 4:45pm	Vista 2nd Flr.
	<b>Meet The Artist Reception</b>	All Welcome!
	<b>Aver-Phillips Gallery featured artist:</b>	
	<b>Bettye Sloane</b>	
	Refreshments Served.	



## WEDNESDAY, MARCH 8



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

### 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!

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

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

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

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

### PM Exercise Classes

**EXERCISE** **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

**CREATIVE** 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** Point- OVR  
 Join other players in the fun tile game!

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

**SPIRIT** 4:00pm-5:00pm White Rock Class  
**Alzheimer's Support Group** All Welcome

**GROUP** 7:00pm - 9:00pm Flagpole Hill  
**Dallas Story Tellers Guild** All Welcome!

## THURSDAY, MARCH 9


### 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

**SERVICE** 10:00am - 11:00am Flagpole Hill  
**Knotty Knitters & Crafty Crocheters** All Welcome!  
 Create and socialize!


**LEARN** 9:30am - 11:30am Tech Lab  
**SrTech Class** Res & PM Only  
 Amazon Prime: Free Shipping to Prime Videos & TV Shows

**OUTING** 9:45am - 12:00pm Residents Only  
**IL Trip to Chances Cafe**  
 Taste delicious pies, coffee, and more.  
 Sign up at The Point.

**Chef Action Station**  
 11:30am - 1:30pm Thomas  
 11:30am - 1:00pm Hillside  
 Pasta Station with Garlic Bread

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

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

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

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

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

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

## FRIDAY, MARCH 10

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am - 8:45am	Strength & Stretch
9:00am - 9:45am	Floor Yoga
10:00am - 10:45am	Chair Yoga
11:00am - 12:00pm	Modified Tai Chi

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

9:00am - 10:00am	Aquatics 101
9:00am - 11:00am	Open Swim
1:00pm - 2:00pm	Aqua Flow Class
2:00pm - 3:00pm	Aquacise Class
3:00pm - 4:00pm	Aqua Boot Camp

9:15am - 11:00am

Resident Only

### Shopping Trip to Kroger

Sign-up at The Point. Transportation will pick-up in front of your building.

9:30am-10:30am

Flagpole Hill

### Spanish Class

Res. & PM Only

Beginner Level Course

10:00am-12:00am

Tech Lab

### Free Coaching Fridays

Res. & PM Only

Come & Go for Technology Help!

10:00am-11:00am

Café Game Zone

### Wii Bowling

All Welcome!

Practice and team play time.

10:00am-11:00am

Auditorium

### Vision Awareness Seminars

All Welcome!

Learn about age and disease-related vision loss.

1:00pm - 4:00pm

### Il Trip: Dallas Quilt Show

Resident Only

Held at Dallas Market Hall. \$15 at the door.

Sign up at The Point. See pg. 10 for more info.

1:30pm - 3:30pm

Theater

### Movie Matinee

All Welcome!

Mr. Malcolm's List / 2022, PG-13, 2h 10m

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

2:00pm - 2:45pm	Chair Aerobics
3:00pm - 3:45pm	Sit & Get Fit

6:30pm - 8:00pm

Café Game Zone

### Friday Night

All Welcome!

### Game Night

Come mingle with friends and play a game or two! Refreshments provided.

## SATURDAY, MARCH 11

No Schedule Events at The Point

### This Weekend

### 4833 Dinner Specials

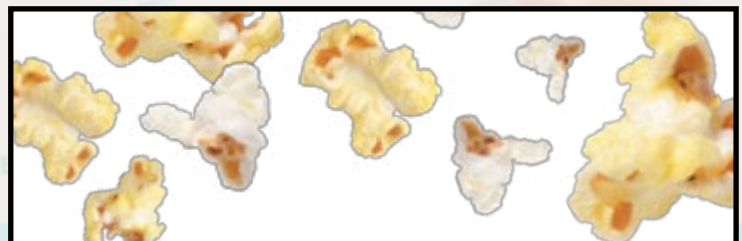
*Lobster Ravioli*

**4833 is open 5pm-7pm**

**Friday and Saturday Only!**

**Reservation Required.**

**972-755-3259**



**MOVIE MATINEE**  
**FRIDAY, MARCH 10**  
**1:30PM**



**MR. MALCOLM'S LIST**

2022, PG, 1h 55m

Romantic Comedy, set in 1800s. Diverse cast.

Free popcorn and water.

All Welcome!



**CC YOUNG**  
THE POINT & PAVILION



# THIS WEEK'S HIGHLIGHTS

**Tuesday, March 14**

3:00pm

**Arts and Crafts with Patricia Dillingham: Embossing Crosses**

Sign up at The Point

**Tuesday, March 14**

3:30pm

**Asbury Quarterly Social**

Asbury Residents Only.

**Friday, March 17**

10:00am

**Uke-A-Ladies Performance**

**Friday, March 17**

1:30pm

**Movie Matinee**

*The Fabelmans*

2022, PG-13 , 2hr 30 minutes.

**SUNDAY, MARCH 12**

**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!

MUSICAL PERFORMANCE

## THE UKE-A-LADIES

Friday, March 17

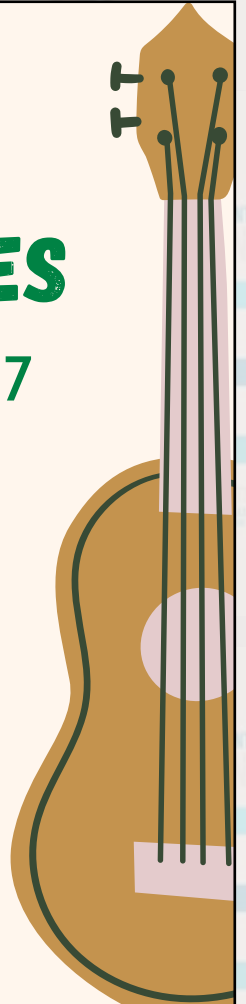
10:00am

A SPECIAL MUSIC PROGRAM  
PERFORMED BY AN ALL FEMALE  
UKULELE GROUP.

FREE & OPEN TO THE PUBLIC



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



## MONDAY, MARCH 13



<b>AM Exercise Classes</b>	
<b>EXERCISE</b>	<b>Fitness Center Classroom Res &amp; PM Only</b>
8:00am - 8:45am	Strength & Stretch
9:00am - 9:45am	Floor Yoga
10:00am - 10:45am	Chair Yoga
11:00am - 11:45am	Chair Volley Ball
<b>Aquatics Classes 972-638-8795.</b>	
<b>AQUATICS</b>	<b>Vista Rehab Pool Res. &amp; PM Only</b>
10:00am - 12:00pm	Open Swim
1:00pm - 1:45pm	Aqua Flow
2:00pm - 2:45pm	Aquacise
3:00pm - 3:45pm	Aqua Bootcamp
<b>SERVICE</b>	
9:30am - 11:00am	Auditorium
<b>Happy Hookers</b>	All Welcome!
<b>Volunteer Group (aka Bag Ladies)</b>	
Crochet plastic grocery bags into sleeping mats.	
<b>PLAY</b>	
10:00am-11:30am	Café Game Zone
<b>Chess Club</b>	All Welcome!
Club members meets weekly to play.	
<b>GROUP</b>	
1:00pm - 2:00pm	Flagpole Hill
<b>LOUD Crowd Support Group</b>	
Group for people living with Parkinson's Disease. Call to sign up: 214-675-1299	
<b>PM Exercise Classes</b>	
<b>EXERCISE</b>	<b>Fitness Center Classroom Res &amp; PM Only</b>
2:00pm - 2:45pm	Chair Aerobics
3:00pm - 3:45pm	Sit & Get Fit
4:00pm - 5:00pm	Seated Tai Chi
<b>LEARN</b>	
2:00pm - 3:00pm	Flagpole Hill
<b>Story Telling with Jo Rader</b>	All Welcome!
Topic: Spring	
<b>PLAY</b>	
3:00pm - 4:30pm	Café Game Zone
<b>Dominos Open Play!</b>	
Join in on this fun tile game!	
<b>SPIRIT</b>	
4:00pm - 4:30pm	Theater
<b>Lenten Series w Rev. Walt Marcum</b>	
Must Register, Sign up in The Point.	

## TUESDAY, MARCH 14

<b>AM Exercise Classes</b>	
<b>EXERCISE</b>	<b>Fitness Center Classroom Res &amp; PM Only</b>
8:00am - 8:45am	Strength & Stretch
9:00am - 9:45am	Balance Class
10:00am - 10:45am	Thriving with Parkinson's
<b>Aquatics Classes 972-638-8795.</b>	
<b>AQUATICS</b>	<b>Vista Rehab Pool Res. &amp; PM Only</b>
9:00am - 9:45am	Water Walking Class
1:00pm - 3:00pm	Open Swim Time
<b>LEARN</b>	
9:30am - 11:30am	Tech Lab
<b>SrTech Class</b>	Res & PM Only
Storing Sharing, and Managing iPhone Photos	
<b>CREATIVE</b>	
1:30pm-2:30pm	Auditorium
<b>CC Young 'Uns</b>	All Welcome!
<b>Choir Rehearsal</b>	
Sing and socialize with Choir Director Russ Rieger.	
3:00pm - 4:45pm	White Rock
<b>Arts &amp; Crafts</b>	Res. & PM Only
<b>with Patricia Dillingham</b>	
This Months Craft: Embossing Crosses.	
<b>PM Exercise Classes</b>	
<b>EXERCISE</b>	<b>Fitness Center Classroom Res &amp; PM Only</b>
2:00pm - 2:45pm	Chair Aerobics
3:00pm - 3:45pm	Sit & Get Fit
4:00pm - 5:00pm	24 Step Tai Chi
<b>SOCIAL</b>	
3:30pm-5:00pm	Asbury Barr Room
<b>Asbury</b>	Resident Only
<b>Quarterly Social</b>	



## WEDNESDAY, MARCH 15



9:00am-10:00am

Fitness Gym

**Wednesday Wellness**

Res. & PM Only

Talk with a Rehab Specialist!

### 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!

AQUATICS

**Aquatics Classes**

**972-638-8795.**

**Vista Rehab Pool**

**Res. & PM Only**

9:00am - 11:00am Open Swim

1:00pm - 2:00pm Water Walking Class

3:00pm - 3:45pm Aqua Boot Camp

OUTING

9:15am - 11:00am

Resident Only

**Shopping Trip to Hillside Village**

Sign-up at The Point. Pick-up at buildings.

PLAY

9:30am-11:00am

Café Game Zone

**Rummikub Open Play**

All Welcome!

Join other players in the fun tile game!

CREATIVE

9:45am - 11:00am

Flagpole Hill

**Senior Scribblers**

All Welcome!

Share & listen to written stories.

### PM Exercise Classes

EXERCISE

**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

CREATIVE

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!

SPIRIT

3:30pm-4:30pm

Flagpole Hill

**Fellowship, Word & Bible Study**

All Welcome!

Led by Richard Stanford

## THURSDAY, MARCH 16

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

9:30am - 11:30am

Tech Lab

**SrTech Class**

Res & PM Only

Get Library Books on your Mobile Device

SERVICE

10:00am - 11:00am

Flagpole Hill

**Knotty Knitters &**

All Welcome!

**Crafty Crocheters**

Create and socialize!

LEARN

10:00am - 11:00am

White Rock

**Sign Language Fun!**

All Welcome!

Join Aaron Schmidt to learn easy phrases.

AQUATICS

**Vista Rehab Pool**

**Res. & PM Only**

1:00pm - 3:00pm Open Swim Time

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

SPIRIT

3:00pm - 4:00pm

Flagpole Hill

**Bible Study**

All Welcome!

Led by CCY Resident Marilyn Hodge

SOCIAL

4:00pm-5:00pm

Auditorium

**Resident**

Resident Only

**Happy Hour**

## FRIDAY, MARCH 17



### 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

### Aquatics Classes

972-638-8795.

AQUATICS

#### Vista Rehab Pool Res. & PM Only

9:00am - 10:00am Aquatics 101  
9:00am - 11:00am Open Swim  
1:00pm - 2:00pm Aqua Flow Class  
2:00pm - 3:00pm Aquacise Class  
3:00pm - 4:00pm Aqua Boot Camp

OUTING

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

LEARN

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

10:00am-11:00am Auditorium & Ch.81  
**Uke-A-Ladies Concert**  
All Welcome!  
Come out to hear this all female Ukulele group

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!  
*The Fabelmans*  
2022, PG-13, 2h 30m

EXERCISE

### PM Exercise Classes

#### Fitness Center Classroom Res & PM Only

2:00pm - 2:45pm Chair Aerobics  
3:00pm - 3:45pm Sit & Get Fit

## SATURDAY, MARCH 18

GROUP

9:00am - 12:00pm Auditorium  
**White Rock / Lake Highlands Democrats**  
All Welcome  
Monthly Meeting.

### This Weekend

#### 4833 Dinner Specials

*Broiled Barramundi*

**4833 is open 5pm-7pm**

**Friday and Saturday Only!**  
**Reservation Required.**

**972-755-3259**



MOVIE MATINEE  
**FRIDAY, MARCH 17**  
**1:30PM**



**THE FABELMANS**

2022, PG-13, 2h 30m

Inspired by director Steven Spielberg's own childhood.

Free popcorn and water.

All Welcome!



**CC YOUNG**  
THE POINT & PAVILION

# THIS WEEK'S HIGHLIGHTS

## Monday, March 20

1:30pm

### Virtual Trivia Game

Aaron Schmidt will test you on  
*All Things March*

## Tuesday, March 21

10:00am

### OLLI Class

*What is Jazz?*

presented by Quincy Davis

## Tuesday, March 21

3:00pm

### Meet The Artist Reception

The Point's Gallery Featured Artist:  
Walt Davis

## Wednesday, March 22

4:00pm

### Musical Performance

Brad Ackland.

## Thursday, March 23

10:00am

### Total Hearing Presentation

TBD

## Friday, March 24

1:30pm

### Movie Matinee

*The Duke*

2021, R, 1hr 36m.

## SUNDAY, MARCH 19

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!

WEDNESDAY  
MARCH 22  
4:00PM



CROONER

**BRAD  
ACKLAND**

SINGING JAZZ HITS AND MORE!



CC YOUNG  
THE POINT & PAVILION



# MONDAY, MARCH 20

## 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 Volley Ball

## Aquatics Classes

972-638-8795.

## Vista Rehab Pool Res. & PM Only

AQUATICS	10:00am - 12:00pm	Open Swim
	1:00pm - 1:45pm	Aqua Flow
	2:00pm - 2:45pm	Aquacise
	3:00pm - 3:45pm	Aqua Bootcamp

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

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

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

LEARN	1:30pm - 3:30pm	Tech Lab
	<b>SrTech Class</b>	Res & PM Only
	Ride Sharing: Shuttles, Uber, Lyft and Others	

## PM Exercise Classes

EXERCISE	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

PLAY	1:30pm - 2:30pm	Ch. 81
	<b>Virtual Trivia: All Things March</b>	
	Trivia sheets will be delivered to Cubbies.	
	3:00pm - 4:30pm	Auditorium
	<b>BUNCO!</b>	All Welcome!
	Join in on this fun dice based game and win prizes!	

SPIRIT	4:00pm - 4:30pm	Theater
	<b>Lenten Series w Rev. Walt Marcum</b>	
	Must Register, Sign up in The Point.	

# TUESDAY, MARCH 21

## 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

## Aquatics Classes

972-638-8795.

## Vista Rehab Pool Res. & PM Only

AQUATICS	9:00am - 9:45am	Water Walking Class
	1:00pm - 3:00pm	Open Swim Time

LEARN	10:00am - 11:30am	Auditorium & Ch. 81
	<b>OLLI CLASS:</b>	Res, PM OLLI
	<b>What is Jazz</b>	Members Only
	Presented by Quincy Davis, MA, See page 7 for more info.	

OUTING	11:30am - 2:00pm	Resident Only
	<b>IL Trip: Bonton Farms</b>	
	A fully functioning farm, a Farmer's Market, a Café and Coffee Hous. Sign up at The Point. Bring money for lunch.	

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

## AM Exercise Classes

EXERCISE	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

CREATIVE	3:00pm - 4:45pm	Auditorium
	<b>Meet The Artist Reception</b>	All Welcome!
	<b>The Point Gallery featured artist: Walt Davis</b>	
	Refreshments Served.	

GROUP	7:00pm - 8:45pm	Auditorium
	<b>HOOT: Harmonica</b>	All Welcome!
	<b>Organization of Texas</b>	
	Monthly Meeting and Jam Session	

## WEDNESDAY, MARCH 22



9:00am-10:00am

### Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

EXERCISE

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am - 8:45am

Strength & Stretch

9:00am - 9:45am

Floor Yoga

10:00am - 10:45am

Chair Pilates

11:00am - 11:45am

DRUMBA with Aaron!

AQUATICS

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

9:00am - 11:00am

Open Swim

1:00pm - 2:00pm

Water Walking Class

3:00pm - 3:45pm

Aqua Boot Camp

OUTING

9:15am - 11:00am

Resident Only

### Shopping Trip to Hillside Village

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

PLAY

9:30am-11:00am

Café Game Zone

### Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

CREATIVE

9:45am - 11:00am

Flagpole Hill

### Senior Scribblers

All Welcome!

Share & listen to written stories.



### Chef Action Station

11:30am - 1:30pm

Asbury

11:30am - 2:00pm

Conley's

Pasta Station with Garlic Bread made to order!

EXERCISE

### AM 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

CREATIVE

2:00pm - 3:00pm

Theater

### Acting Fun

All Welcome!

Table Reading, Story Telling and Radio Plays

PLAY

2:00pm - 3:00pm

Auditorium

### Travelogue

All Welcome!

Table Reading, 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!

SPIRIT

3:30pm-4:30pm

Flagpole Hill

### Fellowship, Word & Bible Study- Canceled today.



4:00pm-5:00pm

Auditorium

### Musical Performance

All Welcome!

by Brad Ackland

## THURSDAY, MARCH 23

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

11:00am- 12:00pm

Line Dancing w Jill Beam

LEARN

9:30am - 11:30am

Tech Lab

### SrTech Class

Res & PM Only

Finding Friends, Sharing Photos and

News and Staying in Touch

SPIRIT

### Weekly Communion with Barbara Marcum

9:00am - 9:45am

Dr. Benton Chapel

10:00am - 10:45am

Rosie Benton Chapel

10:00am - 11:30am

Auditorium

### Ten Things You Need to Know

All Welcome!

### About Hearing Aids Before You Buy

presented by Total Hearing

SERVICE

10:00am - 11:00am

Flagpole Hill

### Knotty Knitters &

### Crafty Crocheters

All Welcome!

Create and socialize!

AQUATICS

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

1:00pm - 3:00pm

Open Swim Time

OUTING

1:30pm - 3:00pm

### Shopping Trip: Walmart

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

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

SPIRIT

3:00pm - 4:00pm

Flagpole Hill

### Bible Study

All Welcome!

Led by CCY Resident Marilyn Hodge

SOCIAL

4:00pm-5:00pm

Auditorium

### Resident

Resident Only

### Happy Hour

## FRIDAY, MARCH 24

### 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

### Aquatics Classes

972-638-8795.

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

9:15am - 11:00am Resident Only

### OUTING Shopping Trip to Kroger

Sign-up at The Point. Transportation will pick-up in front of your building.

LEARN	9:30am-10:30am	Flagpole Hill Res. & PM Only
	<b>Spanish Class</b> Beginner Level Course	

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

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

MOVIE	1:30pm - 3:30pm	Theater All Welcome!
	<b>Movie Matinee</b> <i>The Duke</i> 2021, PG-13, 1h 36m	

### PM Exercise Classes

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

6:30pm - 8:00pm Café Game Zone

### Friday Night

All Welcome!

### Game Night

Come mingle with friends and play a game or two! Refreshments provided.



## SATURDAY, MARCH 25



### CCY Auxiliary Spring Fundraiser

10:00am - Bazaar and Refreshments

10:45am - Program

11:30am - More Bazaar Shopping

Residents: Free

Non-residents: \$15 at the door.

### This Weekend

### 4833 Dinner Specials

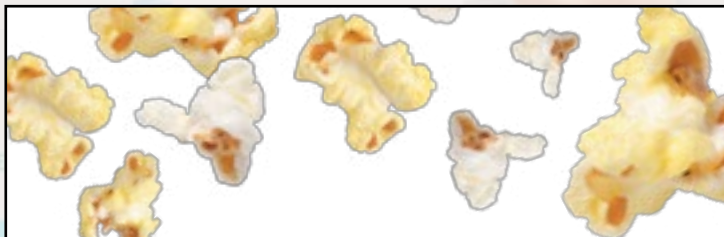
*Jumbo BBQ Prawns*

**4833 is open 5pm-7pm**

**Friday and Saturday Only!**

**Reservation Required.**

**972-755-3259**



MOVIE MATINEE

**FRIDAY, MARCH 24**

**1:30PM**



**THE DUKE**

2021, R, 1h 36m

Feel-good British dramedy has bad language, smoking, and racism.

Free popcorn and water.

All Welcome!



**CC YOUNG**  
THE POINT & PAVILION



# THIS WEEK'S HIGHLIGHTS

**Monday, March 27**

4:00pm

**Lenten Series with  
Rev. Walt Marcum**

Register at 469 828-3501 and  
leave a message.

**Monday, March 27**

6:30pm

**Dallas Area Fiber Artists**

Flipping Your Creative Mindset  
with Master Silk Scarf Painter  
Laura Fox- Wallis.

**Tuesday, March 28**

3:30pm

**Richard Stanford Hour**

This month's book Review:  
*Unsettled Land*  
by Sam Haynes

**Friday, March 3**

1:30pm

**Movie Matinee**

*A Man Called Otto*  
2022, PG 13, 2hr 6 minutes.

**SUNDAY, MARCH 26**

**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!


**ATTENTION  
CCY VOLUNTEERS**

Save  
the Date

**VOLUNTEER APPRECIATION EVENT  
WEDNESDAY, APRIL 19TH AT 4:00PM  
THE POINT AUDITORIUM**

INVITATIONS WILL BE SENT OUT BY  
APRIL 5TH. IF YOU VOLUNTEER AT CC  
YOUNG AND DO NOT FIND AN  
INVITATION BY THIS DATE, PLEASE

# MONDAY, MARCH 27

<b>EXERCISE</b>	<b>AM Exercise Classes</b>	
	<b>Fitness Center Classroom</b>	<b>Res &amp; PM Only</b>
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Floor Yoga
	10:00am - 10:45am	Chair Yoga
	11:00am - 11:45am	Fitness Center
	<b>Chair Volleyball</b>	Res & PM Only
	<b>Tournament</b>	Building vs Building. Sign up at your building.
<b>AQUATICS</b>	<b>Aquatics Classes</b>	
	<b>Vista Rehab Pool</b>	<b>972-638-8795.</b>
	10:00am - 12:00pm	Open Swim
	1:00pm - 1:45pm	Aqua Flow
<b>SERVICE</b>	2:00pm - 2:45pm	Aquacise
	3:00pm - 3:45pm	Aquabootcamp
	9:30am - 11:00am	Auditorium
	<b>Happy Hookers</b>	All Welcome!
<b>PLAY</b>	<b>Volunteer Group (aka Bag Ladies)</b>	
	Crochet plastic grocery bags into sleeping mats.	
	10:00am-11:30am	Café Game Zone
	<b>Chess Club</b>	All Welcome!
<b>GROUP</b>	Club members meets weekly to play.	
	1:00pm - 2:00pm	Flagpole Hill
	<b>LOUD Crowd Support Group</b>	
	Group for people living with Parkinson's Disease. Call to sign up: 214-675-1299	
<b>EXERCISE</b>	<b>PM Exercise Classes</b>	
	<b>Fitness Center Classroom</b>	<b>Res &amp; PM Only</b>
	2:00pm - 2:45pm	Chair Aerobics
	3:00pm - 3:45pm	Sit & Get Fit
<b>PLAY</b>	4:00pm - 5:00pm	Seated Tai Chi
	1:30pm - 2:30pm	Ch. 81
	<b>Virtual Bingo w Aaron Schmidt</b>	
	Bingo sheets will be delivered to Cubbies.	
<b>SPIRIT</b>	3:00pm - 4:30pm	Auditorium
	<b>Dominos!</b>	
	play the tile based game with friends.	
	4:00pm - 4:30pm	Theater
<b>GROUP</b>	<b>Lenten Series w Rev. Walt Marcum</b>	
	Must Register: Sign up at The Point	
	6:30pm - 4:30pm	Auditorium
	<b>Dallas Area Fiber Artist Monthly Meeting</b>	
	Flipping Your Creative Mindset with Master silk Painter Laura Fox-Wallis	

# TUESDAY, MARCH 28

<b>EXERCISE</b>	<b>AM Exercise Classes</b>	
	<b>Fitness Center Classroom</b>	<b>Res &amp; PM Only</b>
	8:00am - 8:45am	Strength & Stretch
	9:00am - 9:45am	Balance Class
<b>AQUATICS</b>	10:00am - 10:45am	Thriving with Parkinson's
	<b>Aquatics Classes</b>	
	<b>Vista Rehab Pool</b>	<b>972-638-8795.</b>
	9:00am - 9:45am	Water Walking Class
<b>LEARN</b>	1:00pm - 3:00pm	Open Swim Time
	10:00am - 11:30am	Auditorium & Ch 81
	<b>OLLI CLASS:</b>	Res, PM OLLI
	<b>Amazing Women of Texas:</b>	Members Only
<b>CREATIVE</b>	Presented by Jean Greenlaw, PhD	
	See page 7 for more info.	
	1:30pm-2:30pm	Auditorium
	<b>CC Young 'Uns</b>	All Welcome!
<b>EXERCISE</b>	<b>Choir Rehearsal</b>	
	Sing and socialize with Choir Director Russ Rieger.	
	<b>PM Exercise Classes</b>	
	<b>Fitness Center Classroom</b>	<b>Res &amp; PM Only</b>
<b>GROUP</b>	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
	<b>Total Hearing Clinic</b>	Resident Only
	Complimentary hearing aid cleanings and hearing screenings.	
	Book Appointment: 214-987-4114	
	3:30pm - 4:30pm	Auditorium
<b>PLAY</b>	<b>Richard Stanford Hour!</b>	Res. & PM Only
	<b>Monthly Book Review.</b>	
	This Months Review: <i>Unsettled Land</i>	
	by Sam Haynes	

## WEDNESDAY, MARCH 29



9:00am-10:00am

### Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

EXERCISE

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am - 8:45am

Strength & Stretch

9:00am - 9:45am

Floor Yoga

10:00am - 10:45am

Chair Pilates

11:00am - 11:45am

DRUMBA with Aaron!

AQUATICS

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

9:00am - 11:00am

Open Swim

1:00pm - 2:00pm

Water Walking Class

3:00pm - 3:45pm

Aqua Boot Camp

OUTING

9:15am - 11:00am

Resident Only

### Shopping Trip to Hillside Village

Sign-up at The Point.

Pick-up in front of buildings.

PLAY

9:30am-11:00am

Café Game Zone

### Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

CREATIVE

9:45am - 11:00am

Flagpole Hill

### Senior Scribblers

All Welcome!

Share & listen to written stories.

EXERCISE

### AM 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

CREATIVE

2:00pm- 3:00pm

Theater

### Acting Fun

All Welcome!

Table Reading, Story Telling and Radio Plays

PLAY

2:00pm- 3:00pm

Pavilion

### Cornhole Tournament

All Welcome!

3:00pm-4:00pm

Café Game Zone

### Scrabble Game Play

All Welcome!

Join other players in the fun tile game!

SPIRIT

3:30pm-4:30pm

Flagpole Hill

### Fellowship, Word & Bible Study

All Welcome!

Led by Richard Stanford

## THURSDAY, MARCH 30

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

SPIRIT

### Weekly Communion with Barbara Marcum

9:00am - 9:45am

Dr. Benton Chapel

10:00am - 10:45am

Rosie Benton Chapel

SERVICE

10:00am - 11:00am

Flagpole Hill

### Knotty Knitters &

All Welcome!

### Crafty Crocheters

Create and socialize!

PLAY

2:00pm- 3:00pm

Space between

### Bocce Tournament

OVR & Thomas

All Welcome!

AQUATICS

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

1:00pm - 3:00pm

Open Swim Time

EXERCISE

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

3:00pm - 3:45pm

Sit & Get Fit

4:00pm - 5:00pm

24 Step Tai Chi

SPIRIT

3:00pm - 4:00pm

Flagpole Hill

### Bible Study

All Welcome!

Led by CCY Resident Marilyn Hodge

SOCIAL

4:00pm-5:00pm

Auditorium

### Resident

Resident Only

### Happy Hour



## FRIDAY, MARCH 31

### 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

### Aquatics Classes

972-638-8795.

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

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

LEARN	9:30am-10:30am	Flagpole Hill
	<b>Spanish Class</b>	Res. & PM Only
	Beginner Level Course	

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

MOVIE	1:30pm - 3:30pm	Theater
	<b>Movie Matinee</b>	All Welcome!
	<i>A Man Called Otto</i>	
	2022, PG-13, 2h 6m	

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

## SATURDAY, APRIL 1

GROUP	2:00pm - 4:00pm	Auditorium
	<b>A Quilters Garden Folly</b>	All Welcome!
	Flower Show by Designers & Diggers	
	Garden Study Club	
	See Design and Horticulture by Club Members.	

The Point is Open 7am -9pm

Enjoy Open Play  
in The Point Game Zone!  
Billiards, Ping Pong, Shuffle Board  
and more are available  
anytime for all to play!



### MOVIE MATINEE

**FRIDAY, MARCH 31**  
**1:30PM**



### A MAN CALLED OTTO

2022, PG-13, 2h 6m

Tom Hanks produced and stars in an ultimately life-affirming dramedy that deals frankly with suicidal ideation

Free popcorn and water.

All Welcome!



**CC YOUNG**  
THE POINT & PAVILION

A close-up photograph of three elderly people enjoying ice cream. On the left, a man with a grey beard and mustache is smiling broadly, showing his teeth. In the center, a woman with short white hair and black-rimmed glasses is looking directly at the camera with a playful expression while holding a waffle cone with light-colored ice cream. On the right, a man with a long white beard is leaning in, licking a waffle cone with red ice cream. They are all wearing bright orange shirts.

# *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

MARCH 2023

## EMBRACING LIFE'S JOURNEY:

THE POWER OF STORYTELLING IN CELEBRATING THE PAST AND PRESENT

As we age, it's natural to look back on our lives and reflect on the experiences we've had. We often find ourselves sharing stories with our children, grandchildren, and other loved ones. But did you know that this tradition of storytelling from generation to generation is more than just a way to pass the time? It's a crucial part of preserving our culture, history, and values.

During this past month, I had the privilege of reconnecting with Ruth Anderson, a longtime friend of CC Young and The Point. As we chatted, Ruth shared some of her many stories about her connections to our campus, which includes her love of fiber arts, making quilts, and her church. Her first recollection of visiting our campus was during the early 1950's with her husband, when they took a tour of the campus with her church. Ruth recalled seeing the long, narrow apartments that filled the space where Central Park is currently located. During their visit, one of the residents invited them into her home to view her artwork, which was an elaborately painted rock that resembled a cat. Today, every time Ruth sees a painted rock on campus, she smiles and is reminded of the kindness that the resident showed Ruth by inviting them into her home and sharing her artwork.



Just like the quilts that Ruth created - made up of many individual pieces of fabric that come together to create a larger whole, collective stories are often made up of many individual experiences that are woven together to form a shared narrative. Like quilts and collective stories require collaboration and a willingness to work together to achieve a common goal. Additionally, just as each individual piece of fabric in a quilt is unique and adds its own character and flavor to the finished product, each individual story in a collective narrative brings its own perspective and voice to the overall tale. Finally, both quilts and collective stories have the power to evoke strong emotions and create a sense of connection and belonging among those who participate in their creation.



This past month Linda Leonard presented her passion project “Table Talk” to the CC Young Auxiliary Members at their monthly meeting. The show which was shared on CCY TV channel 81, produced on campus with a resident host panel, is a collection of resident interviews that celebrates stories about the amazing people who make up our campus. The stories we share about ourselves and the road that led each of us to CC Young.

There are numerous opportunities available for both sharing and listening to the stories of our residents. Our Acting Fun Cast Members are currently in the process of developing several new projects aimed at reaching both the young and old. In addition to this, the Senior Scribblers Writing Group meets weekly to share their memoirs and original content with each other. Point Member Jo Radar has garnered a significant following with her story time sessions, making her an excellent source of storytelling. Each March CC Young Celebrates Women’s History Month by lifting up the stories of Trailblazing Women through a panel discussion titled “She Believed She Could, So She Did!.” This year’s distinguished panel will showcase women in The Arts, Television, Media & Film.



Storytelling is a powerful tool that can help preserve our family's history, cultural traditions, and values. It can also strengthen relationships, teach important life lessons, and stimulate creativity and imagination. So why not take some time to share your stories with your loved ones today? You might be surprised at the impact your stories can have on future generations.





# CREWS NEWS

by Russell Crews  
President and CEO

**MARCH  
2023**

Spring officially arrives March 20, 2023. This is the welcome time of year when colder temps subside and our campus landscaping comes back to life after the winter passes. It is also a time when the risk of ice and snow diminishes significantly. That fact is an improvement over February especially since we have experienced serious snow/ice days the last three consecutive winters...all in February!

With any weather event, CC Young remains open. We are a 24/7/365 organization here to serve our residents on all days – no matter what. Our policy and expectation is “all hands on deck” to be ready, willing and able to assist other departments as needed. Even if some jobs may not be considered ‘essential’ for front line care, those who can make it in come ready to assist other departments.

Many have been called on to serve or deliver meals, help out on Nursing floors, and assist maintaining operations wherever needed. When the forecasts project significant weather, our team members plan ahead (and sometimes pack a bag) so that they have a contingency plan already in place so they can serve our residents.

The signs you saw nationally during Covid-19 restrictions (“Heroes Work Here!”) applies to Team CCY. We even have “Super Heroes” who go above and beyond in these situations. Here are some examples from last month:



- 45-50 staff members slept on campus – some up to 4 nights away from their families. Others spent the night locally with co-workers to avoid driving a long way (from their home) in the ice.
- Several took it upon themselves to pick up their colleagues who are more uncomfortable driving in inclement weather.
- One young lady in Dining drove from Waco each day to serve our residents. She drove back so she could be with her family. On the worst days, that trip was 4 hours.
- One young man in Dining persevered to find transportation. His mother brought him to work!
- Some came in - even though not scheduled – just to help out.
- Our Private Duty Solutions team members had several who worked double shifts and more just to make sure their residents had what they needed.
- One Assisted Living Nurse worked (5) 16-hour shifts to cover for those who could not make it in.
- All of Maintenance was here nearly 100% of the time, clearing roads and sidewalks, working on water leaks, etc., in addition to their regular tasks.
- Multiple people on our Hospice and Home Healthcare teams drove all over North Texas to care for our patients off campus.
- Teams from Intake/Admissions, Marketing, and the Business Office plus Elena Jeffus and Robert Surko helped serve meals.
- Several in Dining worked through shifts without a break to make sure all needs were covered



Our Super Heroes really stepped up!  
I am proud of each and every one.  
Please thank them when you have an opportunity.





# VILLAGE REPORT

by Jen Griffin  
Vice President, Engagement

MARCH 2023

I've just returned from a week with lifelong friends in Santa Rosa Beach, Florida. The experience was refreshing, renewing, and got me thinking about the importance of travel as it relates to this month's theme of "education."

As we age, it can be easy to fall into a comfortable routine and stick with what is familiar. However, it is essential to continue learning and growing throughout our lives and one of the best ways to do so is through travel. Saint Augustine once said, "The world is a book, and those who do not travel read only a page." Traveling to new places is organic education because it allows you to experience different cultures, languages, and customs, broadening your perspective and increasing your understanding of the world around you.

Additionally, travel provides a unique opportunity to learn new things that cannot be gained through books or the internet. By experiencing different cultures, foods, landscapes and even modes of transportation, you can gain knowledge and insights that can enrich your life and contribute to personal growth. Travel can be a transformative experience, helping you gain a new sense of self and a new appreciation for life. When you step outside your comfort zone and explore new environments, you challenge yourself and gain confidence in your abilities. This can lead to personal growth and personal understanding of yourself with a greater sense of purpose and fulfillment.



Travel provides a break from the daily routine and allows you to relax and recharge. By taking a break from the stresses of daily life, you can return home with a renewed sense of energy and purpose, improving your overall well-being and quality of life. Travel also provides an opportunity to strengthen social connections by spending time with friends or family members, creating lasting memories.

Just like travel is a component, an essential aspect of senior living (and life in general!) is the need for social connection and the formation of meaningful relationships. Affinity groups can provide a sense of community and belonging that can be difficult to find in other areas of life. These groups are made up of individuals who share a common interest, providing a structured opportunity for socialization and interaction with others.



Affinity groups can be especially important for seniors who may be retired or have limited mobility, providing a regular meeting time and a specific activity or topic to discuss. These groups can provide a source of support and understanding for individuals who may be going through similar experiences, contributing to a fulfilling and satisfying life. (Identifying affinity groups at CC Young is part of my vision for this year's Homecoming in the fall. Hopefully, this will all make sense to you by the time fall arrives!)



At CC Young, we offer a variety of opportunities to engage with others and explore new interests, including The Point and UNT OLLI. The Point provides access to activities, events, and resources designed to promote overall wellness and connection with others. UNT OLLI offers travel opportunities, courses, and special interest groups for those aged 55 or better.

I encourage you to get engaged and explore the possibilities at The Point and UNT OLLI. Take the step outside your comfort zone! You might just gain new experiences, learn new things, and form new meaningful relationships with others in the process!

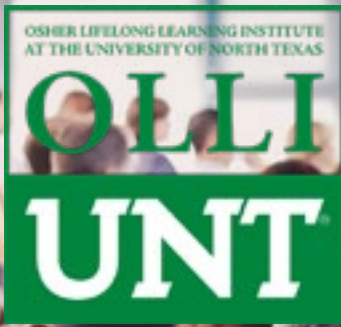


OLLI at UNT is offering a chartered bus trip to Arlington for a premium behind-the-scenes tour of Globe Life Field, home to Major League Baseball's Texas Rangers.

On Monday, March 20, you can learn all about this new state-of-the-art stadium in a tour that will also provide information about the history of the Rangers franchise. The tour will also include an exclusive look at the Rangers' clubhouse.

A chartered bus will pick members up from CC Young at 9:30am and return them by approximately 3:00pm. The cost of this trip is \$80 for each OLLI at UNT member. The cost includes transportation, stadium tour, and lunch. This tour will involve minimal physical activity at an easy pace, such as climbing some stairs (elevators will be available), boarding a motorcoach, and walking on flat, smooth walkways. Benches will be available along the tour for those who wish to take a break.

CALL OLLI at 940-369-7293 to Register Today!



As we age, many of us may find ourselves looking for new ways to keep our minds sharp and engaged. Lifelong learning is an excellent way to do just that, and there's no better time to start than now! The University of North Texas offers a unique program called OLLI, or the Osher Lifelong Learning Institute, specifically for seniors 55 or better.

OLLI's non-credit courses are taught by passionate college professors who are excited to share their knowledge with eager learners. And the best part? There are no tests, no grades, and no limits to the amount of courses you can attend. You can explore new subjects without the stress of homework or exams.

## LIFE LONG LEARNING

There are no prerequisites, so you can attend any course you like. OLLI even sends weekly reminders so you never have to worry about missing a class.

But OLLI is more than just a way to learn. It's a chance to connect with your peers and like-minded individuals. After class, you can stay and get to know other lifelong learners or even join a committee to help shape the program. OLLI also offers volunteer opportunities for those looking to give back to the community.

If you're looking for a unique and engaging learning experience, OLLI is the perfect place to start. And if you're a member of CC Young Senior Living, you're in luck! OLLI courses are held in The Point, which offers a range of educational, recreational, and fitness opportunities for CC Young residents, Point Members and the general public. Parking is complimentary and handicap accessible spaces are available.



## THE POINT

So what are you waiting for?

Join The Point and take advantage of all the amazing opportunities it has to offer. And if you're looking for a thoughtful gift for a loved one, a membership to The Point at CC Young includes a membership to OLLI, Wellness Programs, Art Classes, Concerts and is the perfect way to share the joy of lifelong learning.

Remember, there's always something new to learn, and with a Point Membership, your gift keeps on giving.

For more information on how to join contact Angela at 214-841-2831 or [acastillo@ccyoung.org](mailto:acastillo@ccyoung.org)



# WHAT CCY RESIDENTS THINK ABOUT OLLI



*Lorrie Mercer*

***As an older adult my commitment to learning remains strong, however I no longer have the desire for a semester of classes that have homework and tests. OLLI is the perfect format to meet my needs...short 90 minute classes with 1-3 sessions that are interactive, and instructors that are knowledgeable, dynamic, hold my interest and engage my mind. I absolutely love OLLI!***



*Michael York*

***What a great opportunity we have with the many varied and interesting subjects presented. I have been introduced to new ideas and found them highly educational... and without text books or tests!***



*John Hughes*

***I'm very impressed with the OLLI classes. I consider myself very lucky to live at CC Young where they have the technology to stream the classes.***



*Jeanette Hughes*

***OLLI is wonderful! The instructors are knowledgeable and energetic, and the material is detailed and fascinating. I am looking forward to when they add more classes next Fall!***



**Lorna Towers Sanders**  
**RDN, LD, CNM**  
**Clinical Nutrition Manager**  
**Thomas Cuisine**

March is National Nutrition Month  
Happy 50th Anniversary to all of the Registered Dietitian Nutritionist that consider this profession as a "Calling" to INSPIRE people to eat better

National Nutrition Month is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. Little known facts about the start of what is now National Nutrition Month: In 1973, the launch of Nutrition Week was initiated by President Richard Nixon. By 1980, it had grown so much in popularity that it was transformed to cover the entire month of March. How exciting for the general population! Federal and state governments, as well as the American Dietetic Association, embraced National Nutrition Month as an excellent vehicle to promote healthy eating. This was also used to educate the public about nutrition and healthy eating.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

Here are some examples and tips that you can start today to create a HEALTHY love for Food and to do your part to Fuel the Future generations.

**EAT BREAKFAST.** Breakfast is the most important meal of the day. Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try avocado toast on whole grain wheat bread, plain yogurt with granola, or whole wheat tortilla with egg white and provolone cheese/salsa to start your day. Now you are ready to take a day of endless possibilities!

**Have a COLORFUL plate.** This includes fruits and vegetables that provide a variety of nutrients that our body needs as we age. These foods are high in vitamins and minerals. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.



During National Nutrition Month, RDNs are celebrated on the second Wednesday of March during Registered Dietitian Nutritionist Day. This year's observance is March 8th, 2023.

**Eat more WHOLE GRAINS.** As we age, our bodies may need extra help to promote overall wellbeing. Whole grains aid in digestion and help with ease when we eliminate waste materials from our bodies. Choose whole wheat bread over white bread; choose brown rice over white rice; and choose whole wheat pasta over regular pasta.

Eat adequate **PORTION SIZES**. When we consume adequate portions, not only does it help our joints with movement and mobility, but it also helps our heart and lungs for better circulation and respiration. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. A great way to control portion sizes is by packing your own lunch. This will control your weight.

**PREPARE HEALTHY MEALS** overeating out often. Choose salads, soups, and sandwiches over hamburger and fries. When choosing salads, stay clear of iceberg lettuce as it has no nutritional value. Choose green leafy salad greens like romaine and spinach. When choosing fries or potatoes, choose sweet potato fries or a baked sweet potato. Sweet potatoes are a **SUPER** food loaded with nutrients. Making these changes will help Fuel our bodies for the Future.

Choose **FRESH or FROZEN** over packaged products. Packaged foods are packed with a lot of saturated fats, sodium, and contain excess carbohydrates. When you buy fresh or frozen items, you can add your own seasonings to it; and it won't have unnecessary additives or fats.

**REDUCE ADDED SUGAR.** Foods and drinks with added sugars can contribute empty calories and provide little to no nutritional value. This can also be a source of weight gain. Read labels to check out **TOTAL CARBOHYDRATES**, which includes added sugar to make the best selection.

**NEVER DIET.** Eat healthy to lose weight. Fad diets promote unnecessary restrictions. Once you stop dieting, chances are that you will gain all of the weight back plus extra pounds. Eat a variety of foods from all food groups to maintain a healthy weight.

**EAT SEAFOOD TWICE a WEEK.** Seafood, fish, and shellfish contain a range of nutrients including healthy omega-3 fats that are good for your heart. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.

**STAY HYDRATED.** Quench your thirst with water instead of drinks with added sugar. Consume adequate fluids for overall total health. Our bodies need water to maintain proper balance. So, **DRINK UP!** Water is a refreshing way to provide *Fuel for the Future*.

**GET MOVING!** Always consult your doctor before doing any type of exercise. You want to follow the instructions given by your doctor

#### Some FUN Facts About Foods

To make eating healthy more interesting, consider learning some fun food facts that will aid anyone in eating more nutritious:

- Banana plants are members of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are the seeds of the fruit of the coffee plant.
- One can of soda contains around 10 teaspoons of sugar.
- A hardboiled egg will spin but a soft-boiled one won't.
- A medium-sized potato is a similar size to a computer mouse.
- Only wash grapes just before you eat them as they keep better that way



# MARCH IS HERE!

by Aaron Schmitt



March 2023

Hey there, fellow life-long learners aged 55 and better!

Can you believe that March is here already? I love all the new growth around campus. Everyday I see new things getting a fresh start. And since March's theme is Education, why not get a fresh start on some new learning?



Have you ever thought about taking a sign language class? Not only is it a fun and useful skill to learn, but it turns out that learning new things like sign language can also help improve your brain health.

As we age, our brains naturally start to decline in certain areas, such as memory and cognitive function. However, research has shown that engaging in lifelong learning activities can help slow down this decline and even improve brain function.

Learning sign language, for example, can help improve your visual-spatial abilities and working memory, as you have to remember the signs and gestures while also processing the meaning behind them. It can also improve your communication skills and empathy, as you learn to express yourself through a different language and understand the experiences of the deaf and hard-of-hearing community.

But the benefits of lifelong learning don't stop at just improving brain health. Learning new things can also lead to a sense of accomplishment and purpose, and can even help you make new friends and connections. It's never too late to try something new and challenge yourself, and there are a plethora of resources available to help you do so.

So, whether it's taking a sign language class, trying a new exercise class at The Point, or taking up a new hobby, don't be afraid to embrace the opportunities for lifelong learning. Your brain (and your overall well-being) will thank you for it!

Here's a fun challenge for you...

Go outside and take your shoes and socks off and walk in the grass. It feels so good and makes you feel like a kid again! Let me know if you did it, but make sure you watch where you step!

**PAGE 44**

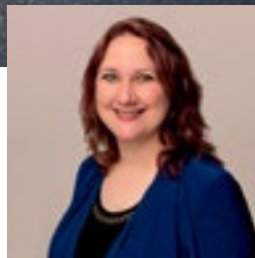


# LET'S TACO 'BOUT STAFF!



Aaron makes fun of me all the time about my obsession with initials after my name. I like having more letters after my name than in my name. To me it's a mark of my education and skills. It shows that I know what I'm doing. A therapist would likely tell me that this need stems from a feeling of being inadequate or the fear of not being good enough or smart enough. But I believe you can never be smart enough. That's my favorite part of my job, learning new things! In the last year I've added three new certifications. If a day comes when I can't learn anything new, that's the day when I want to meet my maker. I get excited to learn new things. I truly believe that knowledge is power and I can be a better servant to the residents and the staff when I have more information and can share it.

My favorite part of teaching is that "aha!" moment when someone realizes that they actually understand and it clicks in their brain! I love it when a student lights up because they are connecting to what I'm teaching. I can talk for hours to a brick wall, but it doesn't matter if someone isn't being changed by the things I'm teaching. I also know that my teaching is literally lifesaving. My newest certification is the Basic Life Support Instructor from the American Heart Association.



With Hayley Moseley  
Campus Educator

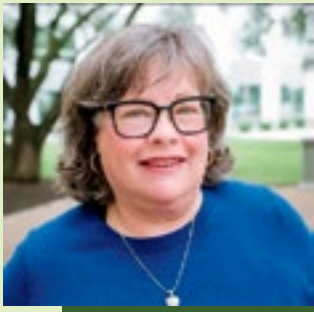
Doing CPR after a cardiac arrest can double or triple a person's chance of survival. I also am a dementia specialist. By teaching a caregiver how to comfort a person with dementia, I can greatly improve their quality of life. Knowledge really is power.

Learning opportunities are all around us! I challenge you to learn something new this month! You never know when it might save someone's life!

Hayley Moseley MA ACC, CADDCT, CDP, CDCM, CMDCP, CDCS, BLS-I (not yet Ed.D.)

- **MA:** Master of Arts, this one will disappear this summer when I get my Ed.D. (Doctorate in Educational Leadership)
- **ACC:** Activity Consultant Certified
- **CADDCT:** Certified Alzheimer's Disease Dementia Care Trainer
- **CDP:** Certified Dementia Practitioner
- **CDCM:** Certified Dementia Care Manager
- **CMDCP:** Certified Montessori Dementia Care Professional
- **CDCS:** Certified Dementia Communication Specialist
- **BLS-I:** Basic Life Support Instructor





# EDUCATION APPS

BY SENIOR TECH INSTRUCTOR  
DAPHNE LEE

The world of technology is constantly evolving, and smartphones have become an integral part of our daily lives. One of the most significant advantages of smartphones is the abundance of "Education" apps available, which can be used to continue learning and staying engaged with the world around us. You may be wondering how these apps can be beneficial for you and how to use them effectively. The benefits of using education apps on smartphones include learning new skills, staying informed, and staying engaged with the world around us.

One of the primary benefits of using education apps on smartphones is the convenience they provide. These apps can be accessed from anywhere, at any time, making it easy to continue learning even when we are on the go or have a few spare minutes. This is particularly useful for busy individuals who may not have the time or resources to attend traditional classes or workshops. Additionally, education apps can be used to learn new skills or brush up on existing ones, making it easy to improve our knowledge and abilities.

Another advantage of education apps is the variety of subjects and topics that are covered. From language learning apps to math and science tutorials, there is an app for almost every subject. This makes it possible to learn something new, regardless of our interests or background



For example, Duolingo is a popular language-learning app that offers courses in over 30 languages, making it possible to learn a new language from the comfort of our own home. Similarly, Coursera offers a wide range of online courses from top universities and organizations, covering subjects such as business, computer science, and even creative writing.

Education apps can also be used to stay informed and engaged with the world around us. News apps such as BBC News and CNN provide the latest news and updates on current events, while apps like TED provide access to inspiring talks and lectures. Podcast apps such as Spotify, Apple Podcasts and Google's Podcasts offer a wide range of podcasts on various subjects, making it easy to stay informed and entertained. Additionally, apps like Goodreads allow us to discover new books, authors and keep track of our reading progress.





Lastly, education apps are not only limited to traditional subjects like math, science, or history but also include other areas of interest like art, music, and cooking. Examples of apps include the Met Museum app, that offers virtual tours of the museum's collections and exhibitions, the app "Yousician" which teaches guitar, piano and bass, and "Tasty" which provides cooking tutorials and recipes. Don't forget about YouTube – a fantastic learning tool! You will find very useful things on YouTube including “How to read nutritional labels,” or “How to cook the perfect egg,” and many more useful lifestyle enhancements.

Education apps on smartphones provide a convenient and accessible way to continue learning and staying engaged with the world around us. With a wide range of subjects and topics covered, these apps make it possible to learn something new, improve existing skills, and stay informed and engaged. You may find these apps to be especially useful for keeping your mind active and engaged. Additionally, you will find content to share with friends and family so they can learn along with you. With a little exploration and experimentation, you'll find an app that is perfect for your interests and abilities.



We highlight mobile devices and education at CCYoung's SRTech! We have classes weekly AND we offer a “Free Coaching Friday,” where you come with questions and the technology staff will be available to help you learn more.

Find SRTech classes at the Point where we offer a broad selection of in-person classes covering smartphones, tablets, computers, and the Internet. We are always looking to teach relevant new, tech-related topics and we appreciate your feedback.

Email us at [srtech@ccyoung.org](mailto:srtech@ccyoung.org) with any ideas or special requests.

2023

# TEAM BIRTHDAYS

## MARCH

Aaron Schmidt	1	Life Enrichment
Connor Beane	3	Dining Services
Diana Kopoi	3	Health Center Nursing
DaShonda Fortt	4	Health Center Nursing
Kiara Lowdermilk	4	PDS
Kamecia Richard	4	AL Nursing
Chekwube Ikenazor	5	PDS
Kim Jones	6	Hospice
Lisa Bermudez	7	Health Center Nursing
Rachael Hogg	7	Dining Services
Mary Kumar	7	AL Nursing
Blair Viehe	7	Therapy
Mary Kahura	8	PDS
Nevenka Cubra	9	Housekeeping
Pam Balfour	10	Social Services
Jennifer Broadway	11	Administration
Lemlem Gebre	12	PDS
LaReisha McLaughlin	12	AL Administration
Michelle Zavala	12	Housekeeping
Sondra Showels	13	Health Center Admin.
Sarah Medelline	14	Therapy
Tesfaye Yigremie	14	Health Center Nursing
Alethea Butler	16	AL Nursing
Michael Castle	16	Housekeeping
Russell Crews	16	Executive
Frankie Ellis	16	Dining Services
Taylor Hunter	18	Health Center Nursing
Mawiyah Reese	18	MS Nursing
Alexis Torres	18	Housekeeping
Kevin Wells	18	Sales
Natnal Balcha	19	Housekeeping
Omesheia Williams	19	PDS
Katie Jackson	21	Therapy
Ruby Lampley	21	PDS
Precious Osarume Oke	21	MS Nursing
Brittney Moore	23	Health Center Nursing
DW Golsby	24	Dining Services
Hirut Hailu	24	Health Center Nursing
Tonya Simmons	25	Home Health Nursing
Felekech Geberemeskel	28	PDS
Janet Cohen	28	Life Enrichment
Barrett Reynolds	28	Dining Services
Carmen Dudley	29	PDS
Lavada Davis	30	Hospice
Momodu Dumbuya	30	Maintenance
LaCandace Jones	30	Life Enrichment



# March Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Jesse Stills	3/1/2021	2	Dining Services
Judy Craig	3/2/2022	1	Community Outreach
Kenneth Owens	3/2/2022	1	Dining Services
Jordan Stubbs	3/2/2020	3	Therapy
Chris Thomas	3/2/2022	1	Hospice
Jo Brown	3/7/2022	1	Dining Services
Tammy Reuben	3/8/2021	2	Health Center Nursing
Kikelomo Dacosta	3/9/2020	3	AL Nursing
Shannon Meyers	3/9/2020	3	Therapy
Paula Olewike	3/9/2011	12	Memory Support Nursing
Tamara Wallace	3/13/2017	6	Hospice
Michael Beck	3/14/2022	1	Housekeeping
Crystal Collins	3/14/2022	1	Dining Services
Cornelius Williams	3/14/2022	1	Dining Services
Katie Jackson	3/16/2020	3	Therapy
Mindy Hail	3/17/2014	9	Development
Bria Bassett	3/21/2022	1	Therapy
Kendra Hatcher	3/21/2022	1	Laundry
Tigist Gebretsadik	3/22/2021	2	AL Nursing
Fatuma Birungi	3/23/2020	3	Health Center Nursing
Jazmine Jordan	3/23/2022	1	Health Center Nursing
Forleace Bush	3/24/2021	2	PDS Nursing
Martha Adams	3/25/2019	4	PDS Nursing
Spencer Crews	3/27/2018	5	Sales
Kimberly Lambert	3/27/2017	6	Administration
Josephine Weston	3/27/2017	6	Dining Services
Clara Davis	3/28/2022	1	PDS Nursing
Nina McKinley	3/28/2022	1	Dining Services
Frenchy Benavides	3/30/2016	7	Sales
Taniqwua DeVall	3/30/2022	1	Health Center Nursing
Tywana Menefee	3/30/2022	1	Dining Services
Irelia Arriaga	3/31/2021	2	Housekeeping



# March RESIDENT BIRTHDAYS

Dieter Gobel	Vista	1
Shirley McLean	Vista	1
Catherine Okamoto	Vista	1
Doyle Stewart	Overlook	1
Susan Ruvio	Vista	3
Irene Smith	Vista	4
Leonard Bryans	Overlook	5
Lorrie Mercer	Asbury	5
Dianne Settle	Vista	5
Georgia Baier	Asbury	7
Judy Vincent	Asbury	8
Sue Ann Gillman	Hillside	9
Sieglinde Radtke	Hillside	9
Ruth Boren	Hillside	10
Patrica Loe	Vista	10
Mary Aupil	Vista	11
Lauren Barrett	Thomas	11
Nancy Jones	Hillside	12
Diane Gillam	Overlook	15
Patricia Boggs	Hillside	16
Mary Martin	Vista	16
Alix Mason	Vista	16
Pattie Gooch	Asbury	17
Judith Hearne	Overlook	17
Elinor Marshall	Overlook	17
Mary Merchange	Vista	17
Jerry Tucker	Vista	18
George Denton Jr.	Overlook	21
Cora Mason	Overlook	21
Babette Tippitt	Asbury	21
Darlene Brown	Asbury	24
Fred Christen	Overlook	24
Bo Currin	Asbury	24
John Morgan Jr.	Vista	24
Mary Foster	Vista	25
Jack Sledge	Hillside	25
Bethanyann Smith	Overlook	26
Bruce Baldwin	Vista	28
Peggy White	Vista	28
Leellyn Simpson	Vista	29
David Leeswood-Jones	Overlook	31

# ***MARCH***

## *Anniversaries*

**16 Years**

**Jim McCall**

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**14 Years**

**Emily Hollandsworth**

**Anita Weber**

---

**10 Years**

**Mary Foster**

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**8 Years**

**Dieter Goebel**

**Gloria Little**

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**6 Years**

**Jay Orr**

**Kathy O'Donnell**

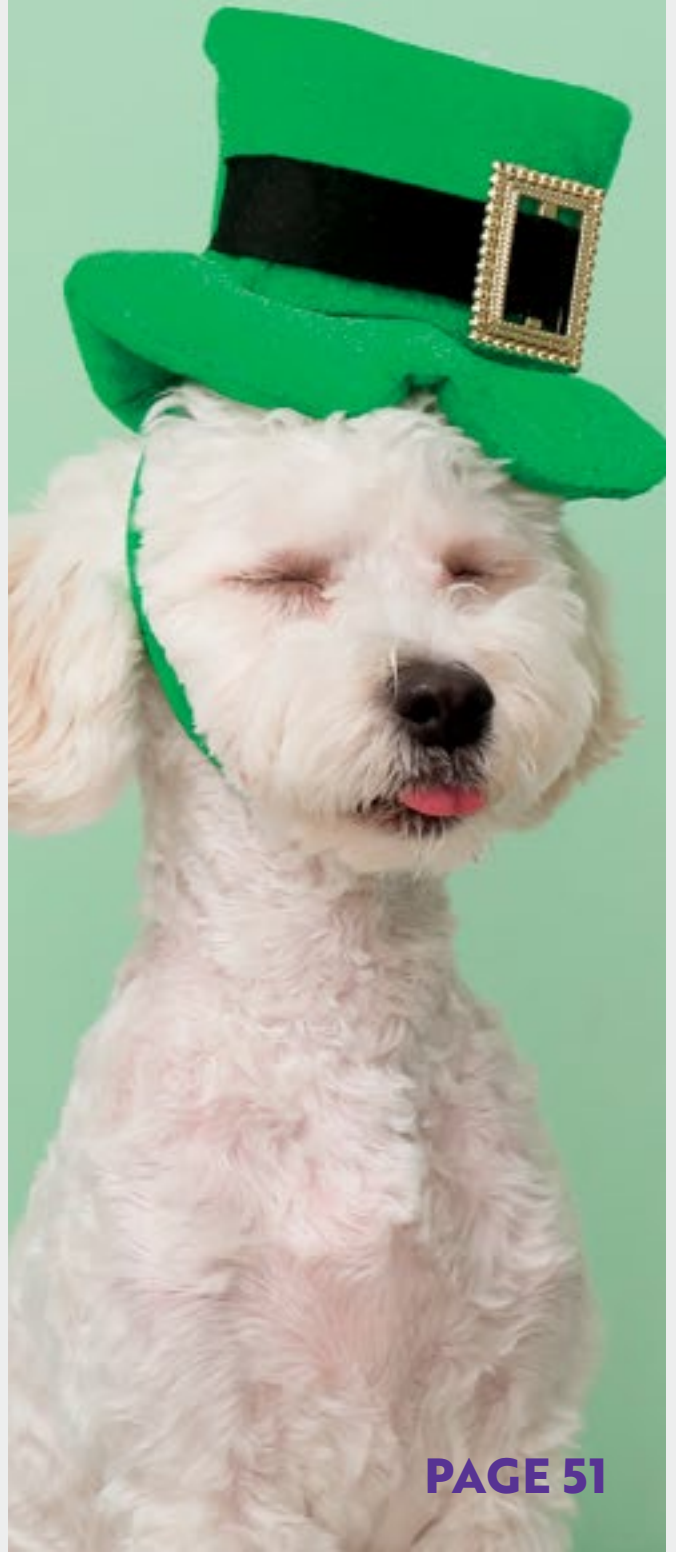
**Ann Conley**

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**5 Years**

**Kay Aylesworth**

**Jean Shuemake**



# WELCOME

To The

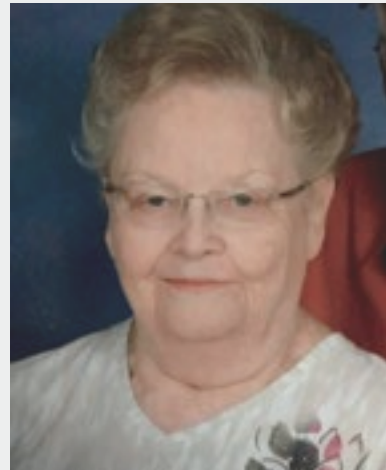
# Neighborhood

## OVERLOOK



Jean Perry

## THOMAS



Bonnie Harris

## ASBURY



Danny Fife





Janice Fife



# THOMAS CUISINE SPECIAL DINING DAYS

**MARCH**  
MARCH IS NATIONAL  
NUTRITION MONTH

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 NATIONAL PEANUT BUTTER LOVER'S DAY	02	01	01	02	03 4833 SPECIAL Special - Stuffed Dover Sole	04
05	06	07	08 10 AM HILLSIDE FOOD COMMITTEE MEETING Hillside Activity Room	09 <i>Action Station</i> Pasta Station w/ Garlic Bread Sticks A plethora of classic ingredients, pasta & sauces 11:30am - 1:30pm Thomas Hillside	10 4833 SPECIAL Special - Lobster Ravioli	11
12	13 NATIONAL CHICKEN NOODLE SOUP DAY	14 2:30 PM THOMAS FOOD COMMITTEE MEETING Thomas Dining Room	15	16	17 ST. PATRICK'S DAY Corned Beef & Cabbage Conley's 11:30am-2pm 	18 4833 SPECIAL Special - Broiled Barramundi
19	20	21 3 PM OVERLOOK FOOD COMMITTEE MEETING 4833 Dining Room	22 <i>Action Station</i> Pasta Station w/ Garlic Bread Sticks A plethora of classic ingredients, pasta & sauces 11am - 1:30pm Asbury 11:30am - 2pm Conley's	23	24 4833 SPECIAL Special - Jumbo BBQ Prawns	25 NATIONAL WAFFLE DAY
26	27	28 2 PM ASBURY FOOD COMMITTEE MEETING Asbury Barr Room	29	30	31	

4833 DINING ROOM

Please join us for dinner on Friday or Saturday.  
Great "Catch of the Day" Specials



# HOLY WEEK 2023

## PALM SUNDAY

Sunday before Easter. Remembers Jesus' triumphant entry to Jerusalem with palm crosses.

**Sunday, April 2**

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

## MAUNDY THURSDAY

Thursday before Easter. Holy Communion remembers the Last Supper of Jesus with his disciples, ends with the stripping of the altar anticipating Good Friday.

**Thursday, April 6**

Worship Service

6:30pm The Point & on Ch. 81

## GOOD FRIDAY

Friday before Easter. The most solemn worship service of the year commemorates Jesus' crucifixion and the falling away of his disciples.

**Friday, April 7**

Worship Service

6:30pm The Point & on Ch. 81

## EASTER SUNDAY

The highest and holiest day of the Christian year that celebrates Jesus' resurrection. Hallelujah! Christ is risen!

**Sunday, April 9**

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

### MORE INFORMATION

Rev. Mike Nichols, Campus Pastor, Senior Life Ministry  
Cell# 469-400-2858 [mnichols@ccyoung.org](mailto:mnichols@ccyoung.org)  
Rev. Barbara Marcum, Campus Pastor, Senior Life Ministry  
Office# 469-828-3501 [bmarcum@ccyoung.org](mailto:bmarcum@ccyoung.org)

**WEDNESDAY**  
**APRIL 5**  
**3:00PM**



*Watercolor Workshop*  
with Master Watercolorist  
Gaylord O'Con

Step by Step Tutorial to create your own  
winter themed Masterpiece!

**No experience necessary.** | **All Welcome!**  
**All Materials Provided.** | **Sign up at The Point.**



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





# *Join* **THE POINT!**

## **ARE YOU AGE 55 OR BETTER? ENGAGE YOUR BODY, MIND AND SPIRIT!**

### **NON-RESIDENT MEMBERSHIP**



#### **Wellness & Aquatics Classes**

Point Membership gives members access to Wellness Classes that range from chair exercises, balance training, Drumba and Tai Chi. Members also gain access to The CCY Rehab Pool and aquatics classes.



#### **Life Long Learning**

Point Members have access to Technology Classes, Dakim Brain Fitness, Spanish Language Classes and Art Workshops. Members can also attend weekly Osher Lifelong Learning Institute courses which bring Professors from UNT to the CC Young Campus to teach a variety of topics.



#### **Special Interest Groups**

Our 20,000 square foot center also offers opportunities for social engagement in workshops, volunteer groups concert performances, a rotating art exhibit and much more!

## **\$276+TAX PER MEMBERSHIP YEAR!**

**CALCULATED BASED ON \$23+ TAX PER PERSON PER MONTH, PRORATED.**

**CALL TODAY TO SCHEDULE YOUR NEW MEMBER ORIENTATION.**



214-841-2831



@acastillo@ccyoung.org



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