

**DECEMBER
2023**

Active Senior

LIFESTYLE GUIDE

**Celebrate
Life's Journey**

**What a Year
We've had!**

**It's One for the
Memory Books!**

Merry & Bright!

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

CAMPUS MAP

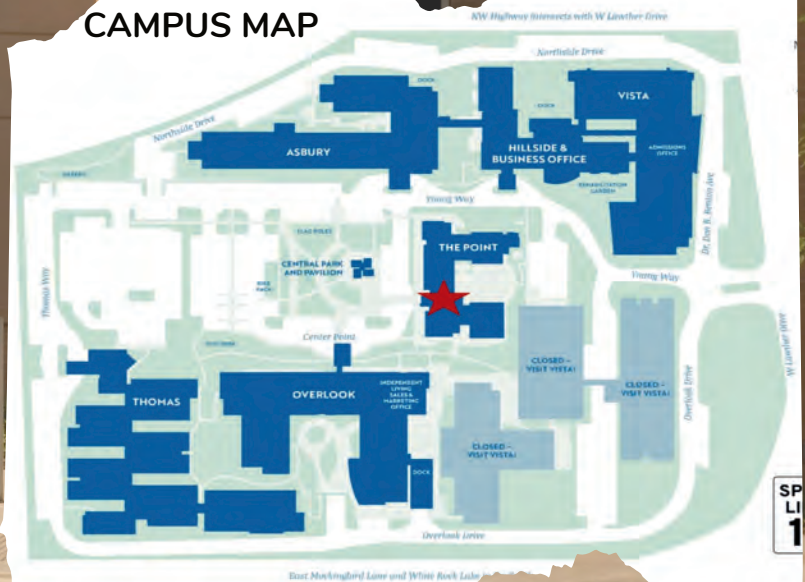


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AVER-PHILLIPS GALLERY

FRIDAY, DECEMBER 1 – MONDAY, JANUARY 29

COLOR MY WORLD



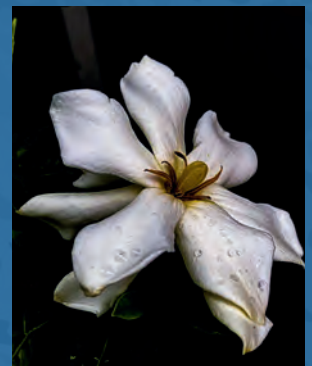
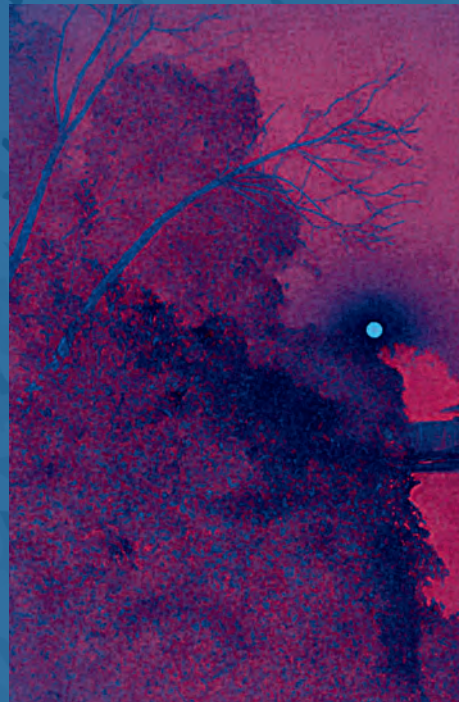
**MEET THE ARTIST
RECEPTION**

**FRIDAY
DECEMBER 1
3:00PM – 5:00PM**

**CATHY L.
WELTY**

**ART
SHOW**

**OPEN
TO THE
PUBLIC**



4748 W. LAWTHER DR.
DALLAS TX 75214



CC YOUNG
THE POINT & PAVILION



CC YOUNG
SENIOR LIVING



CC YOUNG AND
WRR 101.1 PRESENT
VERDIGRIS ENSEMBLE
FOR A MAGICAL...

CAROLING PERFORMANCE

IN THE
POINT AUDITORIUM

06 DEC | 2:30 PM



To RSVP call 214-258-4000
Space is limited



SCHEDULE Your Annual Mammogram

The UTSW Mobile Mammography
Unit will be on Campus

Monday
December 11
8:00am to 3:00pm

Open to CC Young
Residents and Staff



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

Guidelines for mammograms:

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



CC YOUNG
THE POINT & PAVILION



Please join us for

HUNT OIL CAROLERS



THURSDAY
DECEMBER 14
4:15pm

Independent Living Residents- The Point
Assisted Living Residents - Hillside
Assisted Living Residents - Vista 9
Memory Support Residents - Vista - 4



CC YOUNG
SENIOR LIVING

THE POINT ART GALLERY

TUESDAY, NOVEMBER 28 – WEDNESDAY, DECEMBER 27



**MEET THE ARTISTS
RECEPTION**

**SATURDAY
DECEMBER 9
2:00PM**



RSVP TO RECEPTION
BY SCANNING CODE
OR CALLING
214-841-2831

**WHAT THE
HOLIDAYS
MEAN TO ME**

ART

**SHOW BY LOCAL
STUDENTS ARTISTS**



**OPEN
TO THE
PUBLIC**



CC YOUNG
THE POINT & PAVILION

4748 W. LAWTHER DR.
DALLAS TX 75214

Holiday Lights Tours

All aboard the CCY Holiday Express as we embark on three holiday light tours through the dazzling displays in Highland Park.

**Monday, December 18
Wednesday, December 20
or Thursday, December 21**

- Board Bus 5:45pm
- Depart 6:00pm
- Return by 8:00pm.



- First come, first-served.
- 20 residents per trip.
- Only one tour per resident please!
- Sign up at The Point.



RESIDENT Trips

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

Lakehill Prep Holiday Luncheon

CCY Residents are invited to have a holiday lunch with students at Lakehill Preparatory.

**Friday, December 8
10:45am-12:45pm**



Tower Arts

Christmas at Highland Park UMC
Hodi- by Composer Ralph Vaughn Williams
Sign up for bus in The Point Lobby.

**Sunday, December 10
5:00pm**



Forestwood Antique Mall

Dallas' Premier Antiques Shopping Destinations.
See all the Holiday decorations and have lunch in the Tea room. Bring money for shopping and Lunch.

**Thursday, December 14
9:30am-1:00pm**



DECEMBER HOLIDAY WORSHIP SERVICES

Lesson & Carols

Tuesday, Dec. 5
6:30pm



Christmas Eve

Sunday, Dec. 24
6:30pm



Join the CC Young Pastoral Care Team in
The Point Auditorium as they celebrate the
Holiday Season with Special Worship
services this year.

THIS WEEK'S

Highlights

Tuesday, November 28

10:00am

Ducks in A Row!

Workshop with tips on planning for the future. Get documents on wills, directives and more. Sign up at The Point.

Tuesday, November 28

3:00pm

Advent Study (1 of 4)

Rev. Walt Marcum will lead this study. Sign-up by calling 469-828-3501.

Thursday, November 30

1:30pm

Art Workshop:

Acrylic Painting with David Shulze

Sign up at The Point

Friday, December 1

1:30pm

Movie Matinee:

The Starling

2021, PG-13, 1h 44m

Friday, December 1

3:00pm

Meet The Artist- Cathy Welty

Vista 2 -Aver-Phillips Gallery

SUNDAY, NOVEMBER 26

The CCY Pastoral Care Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Auditorium & Ch. 81

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81

All Welcome!

SPRIT

ADVENT STUDY



Four class sessions
3:00pm on Tuesdays
November 28, December 5,
December 12 and December 19



Rev. Walt Marcum will lead an Advent Study comparing and contrasting the 'birth narratives' of Jesus as presented in the Gospels of Matthew and Luke.

Sign up by calling 469-828-3501 and leave a message.

MONDAY, NOVEMBER 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
Chair Volleyball Tournament All Welcome!

SERVE

9:30am – 11:00am Auditorium
Happy Hookers Volunteer Group All Welcome!
 Crochet plastic grocery bags into sleeping mats.

AQUATICS

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

10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

GROUP

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

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi
 5:00pm – 6:00pm Movement & Music

PLAY

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

TUESDAY, NOVEMBER 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



10:00am-11:30am Auditorium & Ch.81
DUCKS IN A ROW All Welcome
 Workshop with tips on planning for the future.
 Get documents on wills, directives and more
 Sign up at The Point.

AQUATICS

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

1:00pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

CREATE

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

EXERCISE

PM Exercise Classes
Fitness Center Classroom **Res & PM Only**

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



3:00pm-4:30pm Auditorium
Advent Study (1 of 4) All Welcome!
 Rev. Walt Marcum will lead a study comparing
 & contrasting the 'birth narratives' of Jesus
 as presented in the Gospels of Matthew &
 Luke. Sign-up at 469-828-3501.



3:00pm – 5:00pm Flagpole Hill
Total Hearing Clinic Resident Only
 Complimentary hearing aid
 cleanings and hearing screenings.
 Book Appointment: 214-987-4114

GROUP

6:00pm – 9:00pm Auditorium
Trinity Valley Bee Keepers All Welcome!
 Monthly Meeting

WEDNESDAY, NOVEMBER 29



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Chair Pilates
11:00am – 11:45am DRUMBA with Aaron!
10:00am – 11:00am Rock Steady Boxing for PD-Vista-9

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

10:00am – 12:00pm Open Swim
1:00pm – 2:00pm Aqua Flow Class
2:00pm – 3:00pm Water Walking Class
3:00pm – 4:00pm Aqua Boot Camp

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

Rummikub Open play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

All Welcome!

Share & listen to written stories.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm– 3:00pm

Theater

Acting Fun

All Welcome!

Table Reading, Story Telling and Radio Plays

3:30pm-4:30pm

Flagpole Hill

Fellowship Word & Bible Study

All Welcome!

Led by Richard Stanford

THURSDAY, NOVEMBER 30



NATIONAL MOUSSE DAY

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim

1:30pm – 3:00pm

White Rock Class

Art Workshop

Res & PM Only

Mixed Media Collage with David Shulze

Sign up at The Point

1:00pm – 2:00pm

Sign Language Fun!

Flagpole Hill

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

4:00pm–5:00pm

Resident

Auditorium

Happy Hour

Resident Only

FRIDAY, DECEMBER 1

AM Exercise Classes

EXERCISE Fitness Center Classroom Res & PM Only

8:00am – 8:45am Strength & Stretch

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Chair Yoga

11:00am – 12:00pm Modified Tai Chi



8:30am- 9:00am

Walking Club

Walk for your health with Aaron Schmidt!

Pavilion

Res. & PM Only

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

9:00am – 10:00am Aquatics 101

10:00am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp

9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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



10:00am – 11:00am

Wii Bowling Party

Celebrate with CCY's Nationally Ranked

Wii Bowling team.

Café Game Zone

All Welcome!

1:30pm – 3:30pm

Theater

Movie Matinee

The Starling

2021, PG-13, 1h 44m

All Welcome!

PM Exercise Classes

EXERCISE Fitness Center Classroom Res & PM Only

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



3:00pm – 5:00pm

Meet The Artist Reception

Cathy Welty will discuss her

displayed photography

Refreshments Served.

Aver-Phillips Gallery

Vista-2

All Welcome!

6:30pm – 7:45pm

Café Game Zone

Friday Night Game Night

BYOS- Bring your own snacks!

All Welcome!

SATURDAY, DECEMBER 2

GROUP

10:00am – 11:30am

Dallas County Pioneers Meeting and Christmas Breakfast

GROUP

10:00am – 4:00pm

Dallas Bead Society Monthly Meeting

Fitness Center

All Welcome



**4833 Bistec
Avenida
Closed 12/1
and 12/2**

MOVIE MATINEE

FRIDAY, DECEMBER 1

1:30PM

THE STARLING

2021, PG-13, 1hr 44m

A woman adjusting to life after a loss contends with a feisty bird that's taken over her garden — and a husband who's struggling to find a way to cope.

Free popcorn and water. All Welcome!

CC YOUNG

THE POINT & PAVILION

THIS WEEK'S

Highlights

Sunday, December 3

3:30pm

Piano Concert

Gustavo Romero Returns

Tuesday, December 5

3:00pm

Advent Study

Led by Rev. Walt Marcum

Tuesday, December 5

6:30pm

Lessons and Carols Worship Service

Wednesday, December 6

2:30pm

Verdigris Choir Ensemble

Thursday, December 7

1:30pm

First Baptist Dallas Celebration Singers

Friday, December 8

1:30pm

Movie Matinee!

Enola Holmes

2020, PG-13, 2h 3m

Saturday, December 9

2:00pm

Art Reception

What the Holidays Mean to Me!

Meet the student artists.

SUNDAY, DECEMBER 3

The CCY Pastoral Care Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

First Sunday Communion

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

led by Rev. Dr. Bill Power

Auditorium
& Ch. 81

All Welcome!

11:00am - 12:00pm

The Point Worship Service

First Sunday Communion

Auditorium
& Ch. 81

All Welcome!



1:45pm - 6:00am

Trip to DSO Pops Concert

Tickets Purchased in November.

Bus pick at The Point

Meyerson



3:30pm - 4:30pm

Piano Concert

Gustavo Romero returns for a classical piano concert.

Auditorium
& Ch. 81



Piano Concert

Sunday, December 3

3:30pm



World Renowned Pianist
Gustavo Romero performs a piano
concert celebrating the 150th
Birthday of the music
Composer Rachmaninoff

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

MONDAY, DECEMBER 4

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

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

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

News 9:30am – 11:00am Vista-9
Current Events All Welcome!
 Join Randy Mayeaux as he leads
 a discussion on all things current in the news.

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

EXERCISE **PM Exercise Classes**
Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi
 5:00pm-6:00pm Movement & Music

SERVE 2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters All Welcome!

PLAY 3:00pm – 4:30pm Cafe Game Zone
BUNCO! All Welcome!
 Join in on this fun dice-based game and win prizes!

TUESDAY, DECEMBER 5

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


OUTING 1:00pm – 3:00pm Resident Only
Christmas Shopping Trip to Target
 Sign-up at The Point. Pick-up in front of buildings.


AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 1:00pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball


OUTING 1:00pm – 3:00pm Resident Only
Holiday Shopping Trip to Target
 Sign-up at The Point. Pick-up in front of your building.

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

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

 3:00pm-4:30pm Auditorium
Advent Study (2 of 4) All Welcome!
 Rev. Walt Marcum will lead a study
 comparing & contrasting the 'birth
 narratives' of Jesus as presented in the
 Gospels of Matthew & Luke.
 Sign-up at 469-828-3501.

 6:30pm-7:30pm Auditorium
Lessons and Carols All Welcome!
 Join the CC Young Pastoral Care team as
 they lead a special worship service and
 sing songs for the holiday season.



National Repeal Day
On Dec. 5, 1933, President FDR repealed the prohibition of alcohol.
 Come to Conley's for a special \$3 off any beverage on the beer and wine menu.

WEDNESDAY, DECEMBER 6



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

Fitness Gym
Res. & PM Only

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Chair Pilates
11:00am – 11:45am DRUMBA with Aaron!
10:00am – 11:00am Rock Steady for PD- Vista-9.

Aquatics Classes

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

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

9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill
Senior Scribblers
All Welcome!

Canceled Today

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

2:00pm – 3:00pm Theater

Acting Fun

Table Readings, Story Telling and Radio Plays



2:30pm– 4:00pm Auditorium
Christmas Caroling Performance RSVP Required
CC Young and WRR 101.1 Present
Verdigris Choir Ensemble.
Residents RSVP at The Point,
others RSVP: 214-258-4000

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

THURSDAY, DECEMBER 7

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



1:00pm – 2:00pm Lobby
Harris Jewelry Repair
All Welcome!
Small repairs while you wait.

Aquatics Classes

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

1:00pm – 3:00pm Open Swim

1:00pm – 2:00pm Flagpole Hill

Sign Language Fun!

Led by Aaron Schmidt



1:30pm – 2:30pm Auditorium
First Baptist Dallas All Welcome!
Celebration Singers
Senior Adult Choir performance

2:00pm – 3:00pm Flagpole Hill
Garden Club Meeting! All Welcome!
Help plan future projects.

PM Exercise Classes

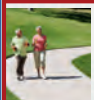
Fitness Center Classroom Res & PM Only

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

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

FRIDAY, DECEMBER 8

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

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

AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp

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

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

 10:45am-12:45pm Lakehill Prep
IL Trip: Holiday Luncheon
 Lakehill Prep has invited CCY residents to a special Luncheon. Limited spots. Please sign up at The Point

PLAY 11:00am-12:00am Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.

SERVE 1:00pm-2:00pm Café Game Zone
Volunteer: For the Love of All Welcome!
The Lake Service Project

MOVIE 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Enola Holmes
 2020, PG-13, 2h 3m

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

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

SATURDAY, DECEMBER 9



2:00pm – 3:30pm Auditorium
“What The Holidays All Welcome
Mean to Me” Holiday Art Show
 Join us for a presentation of certificates
 and Reception
 RSVP: 214-841-2831



4833 Bistec Avenida
is open 5pm-7pm

Friday and Saturday Only!
Reservation Required.
972-755-3259

MOVIE MATINEE

FRIDAY, DECEMBER 8
1:30PM

ENOLA
HOLMES

2020, PG-13, 2h 3m



When Enola Holmes (Sherlock's teen sister) discovers her mother is missing, she endeavours to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.

Free popcorn and water. All Welcome!



CC YOUNG
 THE POINT & PAVILION

THIS WEEK'S

Highlights

Sunday, December 10

5:00pm

Tower Arts Presents:
Christmas at Highland Park

Sign up at The Point.

Tuesday, December 12

2:00pm

CC Young 'Uns Christmas Concert

Tuesday, December 12

3:00pm

Advent Study

Led by Rev. Walt Marcum

Wednesday, December 13

3:00pm

Stories from the Heart

Original written stories performed by the
CCY Acting Fun Players.

Thursday, December 14

4:15pm

Hunt Oil Carolers

Friday, December 15

1:30pm

Movie Matinee!

Critical Thinking
2020, 1h 57m

SUNDAY, DECEMBER 10

The CCY Pastoral Care Team hosts Sunday
Worship Services Led by Rev. Mike Nichols
and Rev. Barbara Marcum

SPRIT

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

**Adult Sunday
Morning Class**

Auditorium
& Ch. 81

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81

All Welcome!

HPUMC

5:00pm - 8:00pm

Tower Arts Presents:
Christmas at Highland Park UMC

HPUMC

Res. Only

Hodi- by Composer Ralph Vaughn Williams
Sign up for bus in The Point Lobby.



CC Young 'Uns
**CHRISTMAS
CONCERT**

Tuesday, December 12
2:00pm

Celebrate the season with the
CC Young "Uns! You're invited to
a holiday concert at The Point. ★

MONDAY, DECEMBER 11



8:00am – 3:00pm Central Park
UTSW Mobile Mammography
 Register for an appointment by calling 214-645-2560. More info on page. 7.

AM Exercise Classes

EXERCISE

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Strength & Stretch
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Chair Yoga
 11:00am – 11:45am Chair Volleyball

AQUATICS

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

SERVE

9:30am – 11:00am Auditorium
Happy Hookers All Welcome!
Volunteer Group
 Crochet plastic grocery bags into sleeping mats.

CREATE

10:00am – 11:30am Auditorium
Arts & Crafts with Res. & PM Only
Patricia Dillingham
 This month's project: Mug Mats (cloth coasters)

GROUP

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

EXERCISE

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi
 5:00pm-6:00pm Movement & Music

SERVE

2:00pm – 3:00pm White Rock Class
Knotty Knitters & All Welcome!
Crafty Crocheters

PLAY

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

TUESDAY, DECEMBER 12

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.
Vista Rehab Pool Res. & PM Only
 1:00pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball



1:00pm-1:30pm White Rock Class
Alterations & More by Dallas Dry Cleaners



2:00pm-3:00pm Auditorium
CC Young 'Uns All Welcome!
Christmas Concert
 Sing along to some Christmas Classics.

EXERCISE

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



3:00pm-4:30pm Auditorium
Advent Study (3 of 4) All Welcome!
 Rev. Walt Marcum will lead a study comparing & contrasting the 'birth narratives' of Jesus as presented in the Gospels of Matthew & Luke.
 Sign-up at 469-828-3501.



3:00pm-4:30pm Asbury Barr Rm.
Asbury Holiday Social

GROUP

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



Chef Connection

Thomas
 2:30pm - 3:30pm

WEDNESDAY, DECEMBER 13



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

AM Exercise Classes

EXERCISE

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Strength & Stretch

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Chair Pilates

11:00am – 11:45am DRUMBA with Aaron!

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

OUTING

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

PLAY

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

CREATE

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

All Welcome!

Canceled Today

AQUATICS

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

10:00am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Water Walking Class

3:00pm – 3:45pm Aqua Boot Camp

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



3:00pm– 4:00pm

Auditorium

Stories from the Heart

All Welcome!

Original written stories performed by the

CCY Acting Fun Players.

SPIRIT

3:30pm-4:30pm

Flagpole Hill

Fellowship Word & Bible Study

All Welcome!

Led by Richard Stanford

4:00pm-5:00pm

White Rock Class

Alzheimer's Caregiver Support Group

Led by Elena Jeffus

Chef Connection

Hillside

10:00am - 11:00am

THURSDAY, DECEMBER 14

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



9:30am – 1:30pm

Resident Only

IL Trip: Forestwood Antique Mall

Christmas shopping and lunch.

Sign-up at The Point.

AQUATICS

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim

LEARN

1:30pm – 2:30pm

Flagpole Hill

Sign Language Fun!

All Welcome!



1:30pm – 3:00pm

White Rock Class

Art Workshop

Res & PM Only

Acrylic Painting with David Shulze.

Sign up at The Point.

OUTING

1:30pm – 2:30pm

Resident Only

Trip to Trader Joe's

Sign up at The Point



2:00pm – 5:00pm

The Clinic (Vista-1)

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

SOCIAL

4:00pm-5:00pm

Auditorium

Resident Happy Hour- **CANCELED TODAY**



4:15pm-5:15pm

Auditorium

Hunt Oil Carolers

Resident Only

The annual visit from our friends at Hunt Oil as they treat CCY Residents to a performance of Christmas Favorites.

FRIDAY, DECEMBER 15

AM Exercise Classes

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



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

Aquatics Classes

972-638-8795
Res. & PM Only

AQUATICS **Vista Rehab Pool**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp

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

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



11:00am-12:00pm Pavilion
LITTER GITTERS All Welcome!
 Volunteer Trash Pickup.

MOVIE 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Critical Thinking
 2020, 1h 57m

PM Exercise Classes

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

PLAY 6:30pm – 8:00pm
Friday Night Game Night

SATURDAY, DECEMBER 16

GROUP 10:00am – 11:30am Auditorium
Lake Highlands/ White Rock All Welcome!
Democrats Monthly Meeting

TRIVIA 2:00pm– 3:00pm Ch. 81
Virtual Trivia w Aaron Schmitt
 All things December- Trivia sheets will be by resident cubbies.



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

MOVIE MATINEE

FRIDAY, DECEMBER 15
1:30PM



CRITICAL THINKING

2020, 1h 57m

A dedicated teacher inspires the Miami Jackson High School chess team to become the first inner-city team to win the United States Chess Championship

Free popcorn and water. All Welcome!



CC YOUNG
 THE POINT & PAVILION

THIS WEEK'S

Highlights

Monday, December 18

6:00pm

Holiday Light Tour (1 of 3)

Sign up at The Point

Tuesday, December 19

3:00pm

Mistletoe Bingo Live!

Led by Aaron Schmidt

Tuesday, December 19

3:00pm

Advent Study

led by Rev. Walt Marcum

Wednesday, December 20

6:00pm

Holiday Light Tour (2 of 3)

Sign up at The Point

Thursday, December 21

6:00pm

Holiday Light Tour (3 of 3)

Sign up at The Point

Friday, December 22

1:30pm

Movie Matinee!

The Christmas Chronicles

2018, 1h 43m

SUNDAY, DECEMBER 17

The CCY Pastoral Care Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Auditorium & Ch. 81

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81

All Welcome!



5:00pm - 7:00pm

Overlook Holiday Social

Auditorium

OVR Res. Only

Mistletoe

BINGO

LIVE!

TUESDAY, DECEMBER 19

10:00AM

Join host Aaron Schmidt for fun filled Live Holiday Bingo!

CC YOUNG
THE POINT & PAVILION

MONDAY, DECEMBER 18

AM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 8:00am – 8:45am Strength & Stretch
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Chair Yoga



11:00am – 11:45am **Chair Volleyball Tournament** **Res & PM Only**

Aquatics Classes

972-638-8795.
Res. & PM Only

AQUATICS **Vista Rehab Pool**
 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

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

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

PM Exercise Classes

EXERCISE **Fitness Center Classroom** **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi
 5:00pm-6:00pm Movement & Music

SERVE 2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters All Welcome!

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



6:00pm – 8:00pm Bus Trip
IL Trip: Holiday Light Tours Residents Only
 This is trip 1 of 3. Limited Spots.
 Sign up at The Point.

TUESDAY, DECEMBER 19

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



10:00am – 11:30am Auditorium
Mistletoe Bingo Live! All Welcome!
 Join Host Aaron Schmidt in a action packed game.

AQUATICS

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

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



3:00pm-4:30pm Auditorium
Advent Study (3 of 4) All Welcome!
 Rev. Walt Marcum will lead a study comparing & contrasting the 'birth narratives' of Jesus as presented in the Gospels of Matthew & Luke.
 Sign-up at 469-828-3501.



3:00pm-4:30pm Asbury Barr Rm.
Thomas Holiday Social



3:00pm-5:00pm Flagpole Hill
Total Hearing Clinic Resident Only
 Complimentary hearing aids cleanings and screening. Book appointment: 214-987-4114

GROUP

3:00pm-4:30pm Auditorium
HOOT: Harmonica Organization of Texas
 Monthly meeting & Jam Session



Chef Connection

Overlook

3:00pm - 4:00pm

WEDNESDAY, DECEMBER 20



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

Fitness Gym
Res. & PM Only

AM Exercise Classes

EXERCISE

Fitness Center Classroom **Res & PM Only**
8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Chair Pilates
11:00am – 11:45am DRUMBA with Aaron!
10:00am – 11:00am Rock Steady Boxing, PD- Vista 9

OUTING

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

PLAY

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

CREATE

9:45am – 11:00am Flagpole Hill
Senior Scribblers All Welcome!
Canceled Today

AQUATICS

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

EXERCISE

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

CREATE

2:00pm– 3:00pm Theater
Acting Fun All Welcome
Canceled Today



2:30pm– 3:30pm Auditorium
Mobile Music Ministry Concert All Welcome
Enjoys holiday music!

SPIRIT

3:30pm-4:30pm Flagpole Hill
Fellowship Word & Bible Study All Welcome!
Canceled Today



6:00pm – 8:00pm Bus Trip
IL Trip: Holiday Light Tours Residents Only
This is trip 2 of 3. Limited Spots.
Sign up at The Point.

THURSDAY, DECEMBER 21

EXERCISE

AM Exercise Classes

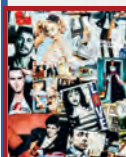
Fitness Center Classroom **Res & PM Only**
8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Balance Class
10:00am – 10:45am Thriving with Parkinson's

AQUATICS

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

LEARN

1:30pm – 2:30pm Flagpole Hill
Sign Language Fun! All Welcome!



1:30pm – 3:00pm White Rock Class
Art Workshop Res & PM Only
Mixed Media Collage with David Shulze
Sign up at The Point



2:00pm – 3:00pm Auditorium
Kitchen Table All Welcome!
Rocket Science
Hosted by CCY resident Bill McMillin

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



4:00pm–5:00pm Auditorium
Resident Holiday Happy Hour
Wear your favorite Holiday gear!



6:00pm – 8:00pm Bus Trip
IL Trip: Holiday Light Tours Residents Only
This is trip 3 of 3. Limited Spots.
Sign up at The Point.




Chef Connection

Asbury

2:00pm - 3:00pm

FRIDAY, DECEMBER 22

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

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

AQUATICS **Aquatics Classes** **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 9:00am – 10:00am Aquatics 101
 10:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp


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

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

PLAY 11:00am-12:00am Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.

MOVIE 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
 The Christmas Chronicles
 2018, PG, 1h 43m

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

 3:30pm – 4:30pm Auditorium
Christmas Concert by All Welcome!
The Four Statesmen
 Join us for a French Horn Quartet
 performing Holiday Music

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


SATURDAY, DECEMBER 23



**4833 Bistec
 Avenida
 Closed 12/22
 and 12/23**

MOVIE MATINEE

FRIDAY, DECEMBER 22
1:30PM

 **THE
 CHRISTMAS
 CHRONICLES**
 2018, PG, 1hr 43m

Two children notice jump into Santa's sleigh with his reindeer; & they accidentally cause the sleigh to crash, and the presents are lost.

Free popcorn and water. All Welcome!

CC YOUNG
 THE POINT & PAVILION

THIS WEEK'S

Highlights

Sunday, December 24

6:30pm

Christmas Eve Worship Service

Tuesday, December 26

3:30pm

Richard Stanford Hour

Book review on Bogie and Bacall by William Mann

Thursday, December 28

1:30pm

Art Workshop:

Collage with David Shulze

Sign up at The Point

Friday, December 29

1:30pm

Movie Matinee:

Yes Day!

2021, PG, 1h 29m

Sunday, December 31

IL New Year's Eve Celebrations

Dinner at Asbury and a Show in The Point
Two Seating Options. 4:30pm or 6:15pm
Sign up at The Point.

SUNDAY, DECEMBER 24



The CCY Pastoral Care Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2
All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Auditorium
& Ch. 81
All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81
All Welcome!



6:30pm - 7:30pm

Christmas Eve Candle Worship Service

Auditorium
& Ch. 81



GRIEF GROUP

THURSDAYS IN JANUARY
2:00PM-3:00PM
OVERLOOK LOBBY LOUNGE.

- Open to anyone with a loss of spouse or adult child.
- Group will meet weekly January and February.
- Led by Rev. Barbara Marcum
- Please register by calling 469 828-3501.

Grief Group

MONDAY, DECEMBER 25



Happy Holidays!

**The Point is open 7am-9pm.
There are no scheduled events today.**

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

**Regular programing resumes on
Tuesday, December 26!**



**Christmas Buffet
Conley's
11:00am -2:00pm**

TUESDAY, DECEMBER 26

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**
Vista Rehab Pool **Res. & PM Only**
1:00pm – 3:00pm Open Swim
3:00pm – 4:00pm Pool Volleyball

CREATE

1:30pm-2:30pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal-Canceled Today

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



3:30pm-4:30pm Auditorium
Richard Stanford Hour All Welcome!
Monthly Book review. This Months book:
Bogie and Bacall by William J. Mann

GROUP

6:00pm – 9:00pm Auditorium
Trinity Valley Bee Keepers All Welcome!
Monthly Meeting

NYE Celebration 2024

**DINNER & A SHOW
SUNDAY, DECEMBER 31**

**ENTERTAINMENT
BY JAZZ DUO
PEGGY & BILL LOHR**

**DINNER AT ASBURY AND
A SHOW IN THE POINT**

TWO SEATING OPTIONS.
4:30PM DINNER AND 6:15PM SHOW
OR
4:30PM SHOW AND 6:15PM DINNER
SIGN UP AT THE POINT.

WEDNESDAY, DECEMBER 27



9:00am-10:00am

Wednesday Wellness

Talk with a Rehab Specialist!

Fitness Gym

Res. & PM Only

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Strength & Stretch
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Chair Pilates
11:00am – 11:45am DRUMBA with Aaron!
10:00am – 11:00am Rock Steady Boxing for PD-Vista-9

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

10:00am – 12:00pm Open Swim
1:00pm – 2:00pm Aqua Flow Class
2:00pm – 3:00pm Water Walking Class
3:00pm – 4:00pm Aqua Boot Camp

9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

Rummikub Open play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Senior Scribblers

All Welcome!

Canceled Today

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm– 3:00pm

Theater

Acting Fun

All Welcome!

Canceled Today

3:30pm-4:30pm

Flagpole Hill

Fellowship Word & Bible Study

All Welcome!

Canceled Today

THURSDAY, DECEMBER 28

EXERCISE

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

AQUATICS

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

1:00pm – 3:00pm Open Swim



1:30pm – 3:00pm

White Rock Class

Art Workshop

Res & PM Only

Mixed Media Collage with David Shulze

Sign up at The Point

LEARN

1:00pm – 2:00pm

Flagpole Hill

Sign Language Fun!

All Welcome!

EXERCISE

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

SOCIAL

4:00pm–5:00pm

Auditorium

Resident

Resident Only

Happy Hour -Canceled Today

MOVIE MATINEE

FRIDAY, DECEMBER 29

1:30PM



YES DAY

2021, PG, 1hr 29m

A mom and dad who usually say no decide to say yes to their kids' wildest requests with a few ground rules on a whirlwind day of fun and adventure.

Free popcorn and water. All Welcome!

FRIDAY, DECEMBER 29

AM Exercise Classes

EXERCISE Fitness Center Classroom Res & PM Only

8:00am – 8:45am Strength & Stretch

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Chair Yoga

11:00am – 12:00pm Modified Tai Chi



8:30am- 9:00am

Walking Club

Walk for your health with Aaron Schmidt!

Pavilion

Res. & PM Only

Aquatics Classes

972-638-8795

AQUATICS

Vista Rehab Pool

Res. & PM Only

9:00am – 10:00am Aquatics 101

10:00am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp

OUTING

9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

PLAY

10:00am-11:00am

Café Game Zone

Wii Bowling

Practice and team play time.

All Welcome!

MOVIE

1:30pm – 3:30pm

Theater

Movie Matinee

YES DAY

2021, PG, 1h 29m

All Welcome!

EXERCISE

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

PLAY

6:30pm – 7:45pm

Café Game Zone

Friday Night Game Night

BYOS- Bring your own snacks!

All Welcome!

SATURDAY, DECEMBER 30



**4833 Bistec
Avenida
Closed 12/22
and 12/23**

SUNDAY, DECEMBER 31

**The CCY Pastoral Care Team hosts Sunday
Worship Services Led by Rev. Mike Nichols and
Rev. Barbara Marcum**

9:30am - 10:30am

Vista-2

Christ Chapel Worship Service All Welcome!

SPRIT

11:00am - 12:00pm

Auditorium

The Point Worship Service

& Ch. 81

All Welcome!

Bible Study

10:00am - 10:30am

Auditorium

Adult Sunday

& Ch. 81

Morning Class

All Welcome!

Led by Rev. Dr. Bill Power



IL New Year's Eve Celebrations

Dinner at Asbury and a Show in The Point

Two Seating Options.

4:30pm or 6:15pm. Auditorium/ Asbury.

Sign up at The Point.



Lifestyle Section

The vision for The Point came from a group of men and women in 1997 who shared a vision to create a space for older adults 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 YEAR END REVIEW

BRIAN PARMAN
DIRECTOR
THE POINT & PAVILION



CELEBRATING LIFE'S JOURNEY!

Last year, our CCY Engagement Team came up with a fantastic theme - "Celebrating Life's Journey." This theme inspired our monthly Active Senior Lifestyle Guide and all the fun events that came with it. We wanted to change the way people think about senior living, not just on our campus but in our community and the world.

2023 has been an incredible year of growth for us. As Ferris Bueller wisely said, "Life moves pretty fast. If you don't stop and look around every once in a while, you could miss it." So, we took a moment to appreciate how far we've come.

Our team worked hard behind the scenes to make our monthly Lifestyle Guide even better. We embraced new technology and collaboration tools, pushing ourselves to go "Next Level" in everything we do.

The year kicked off with our first annual Point Open House. At this event attendees connected and engaged with innovative programming and resources available to them through our Point Membership or Terraces Priority Membership Programs.

The 2023 Women's History Month Panel Discussion "She Believed She Could, So She Did" brought artistic and talented powerhouses Denise Lee, Linda Leonard and CCY Resident Martha Gerhart to discuss their work in the performing and visual arts.

We also formed deeper connections with amazing partners like Dallas Area Fiber Artists, Dallas County Pioneer Society, and The Handweavers & Spinners Guild of Greater Dallas. Together, we hosted workshops, presentations, and art events that brought joy and creativity to our campus.

Our curiosity knows no bounds! We had programs with experts covering topics from US China Relations to exploring the fascinating world of jazz. Daphne Lee, our top-notch technology instructor, made learning about Artificial Intelligence and QR codes not only practical, but also fun for everyone.



This year, our campus underwent two fantastic transformations. Thanks to the generosity of CCY Resident Nita Clyde, in memory of her late husband Bob Clyde, we now have The Turn Putting Green. We even had our first-ever Veteran's Putting Challenge last month!

New relationships bloomed with Texas A&M AgriLife, Dallas County Master Gardeners, and The Orchid Society of North Texas. CC Young Resident Dr. Judy Cook and The Orchid Society dedicated The Point Courtyard Raised Bed Garden & Greenhouse, opening up new opportunities for collaboration with Horticulture Therapist Sandra Zelley.

Our Engagement Team is all about Fun, Play, and Curiosity. Aaron Schmidt, our Life Enrichment Director in Independent Living, earned 1st Place Mixed Media and 1st Place People's Choice Award in the 2023 SIA Contest. His playful spirit is contagious, teaching DRUMBA, Chair Volleyball, Monthly Bunco Tournaments, Turkey Shoots, and Game Nights which are a blast for everyone.

The CC Young 'Uns Choir, led by Russ Reiger, has blossomed with joy. They've performed at special events, spreading their love for music. Monthly Art Gallery Shows continue to attract talented artists. The 23rd Annual Spirit Is Ageless Art & Writing Contest featured over 150 pieces this year.

The Fit For Life Wellness Challenge, inspired by CC Young Resident Al Hearn, encouraged us to explore new ways to stay healthy. Over 75 individuals of all ages completed the challenge, inspiring others to join in.

The 2023 Fall Fest Celebration began with "Imagine - A World Without Alzheimer's Walk" followed by a fantastic lunch with over 320 of our family, staff, and friends, accompanied by the Hard Nights Day Beatles Tribute Band.

A huge shout out to Elena Jeffus, Director Life Enrichment & Volunteer Manager, and Angela Castillo, Assistant Director - The Point & Pavilion for their collaboration on "FAM JAM - Celebrating Grandparents & The Generations They Created" and the 1st annual CCY "Trunk-or-Treat" events were huge successes, bringing CCY Residents, Family, and Staff Members together for great times.



As we enter the holiday season, from Veterans Week Celebrations to Christmas decorations and New Year's Eve festivities, our campus will be filled with joy and laughter.

Actor Harrison Ford was quoted as saying "Just because I'm 77 I think older now doesn't mean that I don't have dreams!" The experiences of the past year have influenced our direction and planning for 2024 as we "Go For The Gold in 2024!"

Remember, anyone who keeps learning stays young. Let's move forward together and success will take care of itself. Experience is the thing of supreme value. Here's to an exciting and enriching 2024!



Crews News

by Russell Crews
President and CEO

DECEMBER 2023

Asbury Resident Adena Jarvis: Enriching Lives Through a Love of Books.

Adena Jarvis has been part of the CC Young family since 2005. With her arrival, she brought a deep love of literature to our community. Since we are celebrating books and the written word this month, it is the perfect opportunity to celebrate the person who cares for our campus library – and that is Adena.



Raised in Amarillo, Texas, Adena later made her home in Fort Worth before finally settling in Oak Cliff, Texas, where she raised her four children—two boys and two girls. Adena's life journey has been marked not only by her role as a devoted mother but also by her commitment to her community. As an example, for many years, she served on the Dallas County Open Spaces & Parks Board of Directors, making a significant impact on the region's natural beauty and recreational spaces. However, it is her love of books and the written word that truly sets Adena's heart on fire. Her passion for reading led her to volunteer at the Dallas Public Library's downtown location for six years after its opening. Impressive!



Adena exemplifies the true spirit of a servant's heart with her consistent maintenance and organization of all things related to the library. (Imagine having to catalogue the book donations alone...boggles the mind.) She generously gives more than ten hours of her time each week to process, organize, and maintain The Point Library. Adena's love of books has helped to transform the library into a sanctuary of reading, a place where residents can explore new worlds and ideas. Blessed with many large print books, our library is a resource available to most residents. As you can see, her time and talent are invaluable assets to the CC Young community.



For Adena, there's no greater happiness than sharing the world of books and knowing that the stories come alive in the minds of the readers. Lending books out of our library can be as joyous for her as when the borrowed books return home. Currently, she's engrossed in the pages of "Burning Angels" by Robert B. Parker, continuing her personal, lifelong journey through the world of literature.

Join me in thanking Adena for her dedication to the CC Young community. Her efforts provide readers with opportunities to explore their imagination and expand their knowledge. Her love of books and her service to our CC Young family are invaluable gifts that keep on giving.



VILLAGE REPORT

by Jen Griffin
Vice President, Engagement

DECEMBER
2023

This December, our Lifestyle Guide is dedicated to the magic of books and their impact on all of us, imparting knowledge or inspiration...or maybe a combination of both!

In early November, I had the privilege of attending the ICAA (International Council on Active Aging) conference in Anaheim, California, alongside two colleagues, Brian Parman and Jeremy Morgan. Conferences, just like books, are a mixed bag of experiences, with some sessions leaving an indelible mark and some missing the mark altogether. Fortunately, this conference was one of those rare gems where inspiration was on steroids! The three of us were all jazzed about what we were hearing and we all brought back enthusiasm AND ideas! Our team's brainstorming sessions alone were a huge benefit of being there together. We've returned to CC Young invigorated and ready to channel new ideas into our community.

Since the focus throughout the conference was wellness and longevity, both natural by-products of active aging, most (if not all) presenters were experts in the field and are nationally published authors. I felt like we were getting Cliff's Notes on multiple books while just sitting in these sessions. We decided in advance to divide and conquer to multiply the content our team was receiving. By far, the biggest shift for me personally was reframing "wellness" as a whole person concept versus just physical and spiritual wellness.

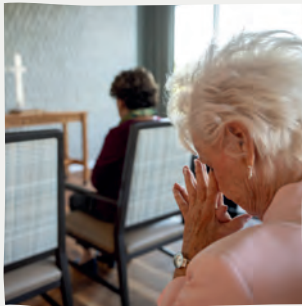


VILLAGE REPORT

ICAA has identified "7-Pillars of Wellness" which means their definition focuses on wellness in all areas of life: Intellectual, Physical, Social, Spiritual, Vocational, Emotional, and Environmental. The best news of all? All over campus, we are already providing programming in all of these areas! We do not consistently refer to these areas in the context of wellness, but we should and we will. Our marketing and communications will gradually shift to a wellness focus because our collective goal is to help our residents (and ourselves) live better longer - which can happen with whole person wellness.

I know. That sounds simplistic and it is. Maybe that's why it was such an "Aha" moment for me? Our industry and our world are evolving. The number of aging adults will explode by 2030. For the first time in generations, we have more older adults than younger adults. The Boomers are coming like a freight train and their focus is more on whole person wellness than any generation prior. Everything I heard in Anaheim made me realize the huge opportunity we have to position CC Young as THE Wellness campus in North Texas...and beyond!

So guess what? I brought home 2 books from the conference and also have 2 from Joy Laverde, our guest speaker in November. Clearly, I have a lot to read and will need to dedicate time to that task! I need to stoke the fire and keep my enthusiasm alive and I plan for these books to help me in that quest. Whether reading novels or educational pieces, books are a fun!



Meet More **FACES** of PDS

PDS= Private Duty Solutions

If you need a little support or assistance to make things easier. We are here with a full range of private pay services, to offer you more freedom to live in your home more comfortably. Let us know how we may be of service by calling (214) 841-2825.



Leeanna Ardoin

Leeanna is a certified nurse aide who has been serving our CCY residents for 5 years. She discovered her passion for caregiving at an early age as she found herself always helping the aging in her community. She helped several widow women by cooking for them, dusting and taking them to the grocery store.

Leeanna enjoys the wisdom this population has to share and takes her opportunities to gain knowledge from each person she encounters.

Leeanna says the most rewarding part of being a CNA is being able to help those who can't help themselves and knowing she is able to add value to their golden years. She likes working at CC Young because she feels supported and always appreciated.



Carmen Dudley

Carmen has been with CC Young for over a year. She brings to us a rich background in caregiving for hospice patients. She recently obtained additional education on dementia which earned her a title of certified dementia practitioner.

Carmen wanted to be a certified nurse aide after taking care of family and friends in the past. She is the listening ear for any resident who wants to talk. She enjoys learning about other's lives and past experiences.

Carmen sees patients for CC Young in both Private Duty and Hospice. She states both departments are awesome and is grateful for the opportunity to work with both groups.



LemLem Gebre

LemLem has been a certified nurse aide with CC Young for 5 years. She became a CNA because of her passion for helping others. She finds patient care incredibly rewarding. We appreciate LemLem's well rounded skills, as she also holds certifications in phlebotomy and CPR.

In her free time, she enjoys going to church, working out and spending time with her family. LemLem keeps her culture alive with Ethiopian gatherings and festivals. Her favorite food is Injera.

LemLem likes working at CC Young because of the supportive environment and the opportunity to make a difference.



Zarghona Baqai

"Zee" is coming up on 7 years with CC Young in December. She graduated from the Kabul University of Afghanistan from the Department of Literature. She worked in Afghanistan as a teacher with the International Rescue Committee in the female education program for 10 years.

Zee came to the US in 2002 as a refugee, and soon after received her nurse aide certification. She began caregiving as a way of life, as it is custom for the younger citizens to take care of their elders in Afghanistan. She learned she has a passion for helping others and improving their daily lives.

In her free time, she likes to cook and maintains a vegetarian diet. She enjoys watching the Food Channel and Master Chef.

Zee likes working at CC Young because everyone is kind and friendly. She feels respected, valued and appreciates the professionalism and positive attitude she finds here and welcomes the opportunity to learn from others.



Krystal Mitchell

Krystal is Private Duty's nurse supervisor. She has been a LVN since 2006, graduating from Summit Career College in California. She has experience as a charge nurse in a rehab facility, a home health nurse and with an internal medicine clinic.

Krystal's hobbies are shopping and decorating. It's definitely worth stopping by her office to see her decorations for each season! Her favorite food is tacos and her favorite movie is Life.

She loves working with geriatrics because some people don't have family to help them. Krystal says each resident is more like family to her. She cares for each person as she would want her parents to be treated. Working at CC Young enables her to take pride in caring for someone who needs it.



JoNita Taylor

JoNita is Private Duty's scheduler. She has experience as a caregiver since 1988! In her younger years, she cared for several members of her family including her mother, sister and brother. After seeing the impact she could make on someone's life through her compassionate care, she went to school to earn her nurse aide certification.

Before coming to CCY, she worked at Medical City Dallas hospital as a scheduler.

Jo likes to dance and listen to music. She can be found at Red Lobster during shrimp fest eating her favorite food!

Jo likes working at CC Young because the staff and residents are friendly.



submitted by Laura Coker
Sr. Director, Development

Blessing Others with Art, Music, and a Little Kindness



John and his wife, Jeanne, were the parents and grandparents of two boys, four grandchildren, and seven great-grandchildren. They were happily married for 68 years and shared similar values and lives of service in churches and neighbors including CC Young. Throughout John's personal and professional life, he has been privileged to have many experiences and successes, but he credits his faith and desire to always do something to help others for everything he has received in return.

There is not much John cannot do. As a young boy he played the trumpet for church and later in life started a jazz band, Studio One. John was a successful social worker for 36 years working for the American Heart Association. As a social worker, John in the 1950s was a community organizer, field consultant and staffed the National Reach Committee that developed CPR training to help save lives. He was part of the team that worked with a doll maker who created the first training dummy used for teaching.

John retired at the age of sixty-five only to begin his second journey back to school to become a piano tuner. Through his experience, he has tuned pianos for individuals and churches. Most notably acting as the tuner for SMU's McFarland Auditorium for twenty years.

Nine years ago, John moved to CC Young with his wife Jean. He was impressed with CC Young's Christian heritage, service mindset, caring individuals, and all the activities it had to offer. So of course, John found ways to get involved. He joined the CC Young 'Uns choir, the Woodshop (Woodies), and still plays the trumpet for various events on and off campus. For John, it is not about staying busy, it is about what he can do to serve others.

When asked about why he joined the Woodies, he said, "We do so much to help others on campus, whether it is fixing a cherished piece of furniture, building something for the staff, or providing a timeless gift to those beyond our walls, we are serving others. Then all we ask is that they give back and donate to help those in need through the Benevolence Fund."

John is also a blessing to his neighbors. For those living in the Overlook, every year on their birthday, John picks up the phone and his trumpet and blesses his dear friends and neighbors with a trumpet birthday tribute. At 98, John started the underground Nifty Nineties Club. Each member must be in their nineties and do something for someone else. There are eight members in the club and each member wears a green dot on their CC Young name badge as a reminder to do something to help others.

John enriches life at CC Young through his compassion and service to others. At the end of the day, he is grateful for all God has blessed him with. "God is Good."

LET'S TACO 'BOUT READING!



With
Dr. Hayley Moseley, Campus Educator

As the oldest grandchild, I admit I was a little spoiled by my grandmother. She did some things with me that she didn't for my brother and cousins. One of those was my "reading caterpillar." When I was about 5, my Mimi started monitoring what books I read. When I would finish a book, I would have to tell her all about it, and she'd make a construction paper circle. She'd write the name and the author on it, then tape it to her fridge. As time went on and I read more and more, the caterpillar grew until it encircled her fridge and wound all the way down. Because she took an interest in my reading, I was excited to read a new book and tell Mimi about it.



When I got to kindergarten, my teacher insisted I didn't know how to read. "Here, read this," and she'd thrust something into my hand. I'd look at it for a few seconds, then hand it back. "See!" she told my mom, "Hayley can't read. She didn't say anything."

My mom held back a biting comment. "Hayley, what did that paper say?" and I'd summarize it flawlessly. Because I wasn't reading aloud, she assumed I wasn't reading.

As caregivers, we sometimes fall into the same trap. Because we don't perceive that a person with dementia is reading and they can't answer questions about it, we assume they can no longer read.

This is actually false! Reading is one of the last skills to go. We can't perceive that they are reading because they have little to no short-term memory. They can't tell us what the paper said, like I did with my mom. Sometimes the ability to read aloud also disappears. But they may still be reading.

Giving someone with dementia something to read can help redirect them, comfort them, and help them feel more normal. Usually, if they aren't reading, it's an eyesight issue, not a dementia issue.

Reading the newspaper every day may feel normal. Flipping through a magazine, getting a menu at the restaurant, and thumbing through books in the library all feel "normal." A person with dementia may not be able to pick an item from the menu. I recommend you let them look through the menu, then give them two or three choices that you know they like to eat.

If a person with dementia is anxious about something, providing a written answer can help and they can refer to it independently. A woman with dementia is worried about her daughter. So have her daughter write a note that says "Mom, I've gone to work. I'll be coming to visit you on Thursday night. I love you - Pam". When she starts to ask about Pam, direct her to the note taped to her walker. Sometimes she'll notice the note independently and feel secure that she knows when Pam is coming.

Providing a daily schedule can help as well. If the person isn't sure where they're supposed to be at any given time, they can look at the schedule and make sure they're in the right place. When meeting someone new with dementia, write your name down on a card and your relationship. Give it to them to hold while you're talking. "Hayley is your friend. She is here to help you." My name tag is displayed prominently. The person sees the card, looks at me and sees my name tag, "you're Hayley." I confirm this. "You're my friend." Yes I am. They feel comfort and support.

Provide opportunities for loved ones with dementia to read! It makes a difference!

ASK A NURSE!

Advice from CC Young Nurses and Administrators

Dear Nurse!

I am an only child. I live across the country from my widowed mom. A few months ago my mom experienced exacerbation of her congestive heart failure condition. She had a brief hospital and rehab stay, then continued on home health services at home. She was recently discharged from home health services. I know this is a positive sign and indicates she is stable. However, I fear she might decline without a nursing visit to keep eyes on her weekly, as she has had the past three months. I call her often, but as you know parents don't always tell you the true story about their health. What caused her hospitalization in the first place was that she was not being compliant to weigh herself daily and would often not take her medications as ordered when they changed. What do you suggest?

Signed, Cautious and Concerned



Nicia Wasson, LVN/CDP
Administrator, Private Duty Care
and The Clinic at CC Young

Dear Cautious,

It's understandable for a child living across the country from her parent to be concerned. I agree your mom could benefit from continued nursing visits since it seems she may not remain compliant without some in-person encouragement. I suggest CC Young's wellness visits by Private Duty Solutions. A wellness visit is a private pay nurse visit conducted by Private Duty Solutions' nurse supervisor. The visits can be scheduled at any frequency you choose. Each wellness visit, the nurse will conduct a physical assessment and a home safety assessment.

Knowing a nurse will be visiting regularly to review a weight log should help to trigger your mom's memory to weigh daily. The nurse will partner with your mom to implement methods she can use to remember to weigh. I also suggest the nurse set up and maintain a pillbox to ensure she is taking the correct doses of her medications. After each visit, you will receive a call from the nurse updating you to your mom's condition. The nurse will also report any concerns to her physician, receive orders to change medication doses or frequency as well as ensure the changes are implemented in her pillbox. Wellness visits will maintain your mom's stability as well as maintaining your peace of mind.

GENERATIONAL REVIEW OF LIFE

They call us "The Elderly"
We were born in the 30-40-50's.
We grew up in the 40-50-60's.
We studied in the 50-60-70's.
We were dating in the 50-60-70's.
We got married and discovered the world in the 50-60-70's.
We venture into the 70-80's.
We stabilize in the 80-90's.
We got wiser in the 2000's.
And we are going firmly through and beyond 2020.

Think about it. We have lived through EIGHT different decades...
TWO different centuries...
TWO different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slide projectors to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live events on the radio, to black and white TV, to colour TV and then to 3D HD TV. We went to the video store for movies and now we watch Netflix and Amazon Prime.

We got to know the first computers: punch cards, floppy disks and now we have gone from megabytes to gigabytes and that is just on our cellphones!

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19. (WHEW!)

We rode skates, tricycles, bicycles, mopeds, gas or diesel cars and now we have a choice of gas, hybrids or electric. Yes, we've been through a lot, but what a great life we've had! WHOOHOO!

They could describe us as "existentials"; people who were born in the world of the fifties, who were there when rock and roll was born, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"!

Our generation has literally lived through and witnessed more than any other generation in every dimension of life. It is our generation who literally adapted to "CHANGE". What a concept!

A big round of applause to all the members of a very special generation, which will be UNIQUE.

Life is a task that we brought ourselves to do at home.

When you look ... it's already 6:00 in the afternoon.

when you look ... it's already Friday already!
when one looks ... the month is over.

Look again ... the year is over;

When one looks ... 60, 70 & 80 years have passed!

When you look ... we no longer know where our friends are.

When you look ... we lost the love of our life ... and now, it's too late to go back.

SO... Do not stop doing something you like due to a lack of time. Be with friends, talk with friends, walk, run, live and laugh.

Time, once passed, never returns... Use it! Hopefully you have had the time to read this message.





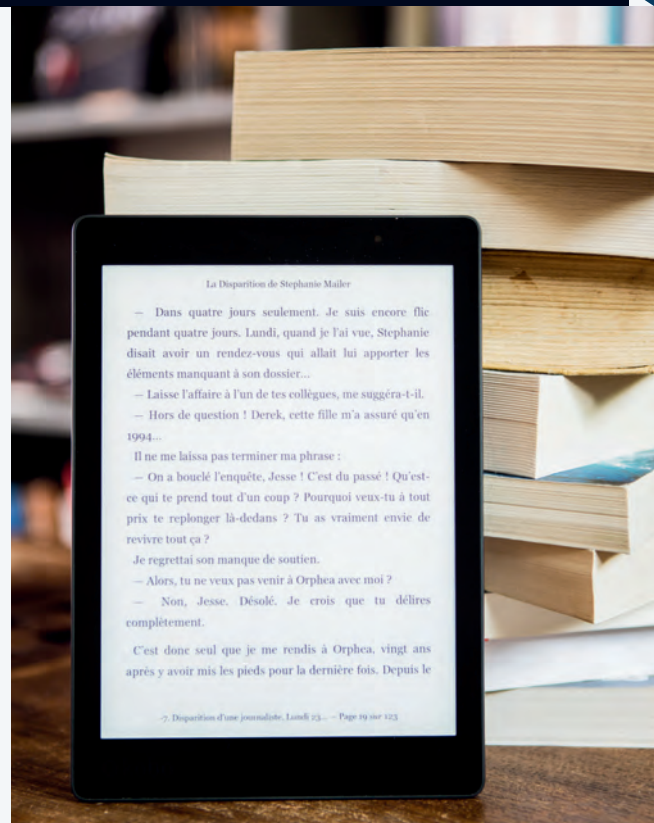
The Joy of Reading on Tablets, Smartphones and e-Readers

by Senior Tech Instructor

Daphne Lee

You have seen the study with shelves overflowing with the stories of yesteryear—classics read and re-read, the spines creased with memories. Recall the smell of old books... Many of us remember the joy of shopping for a book whether a new author you're excited to read or a personal favorite author that is both comforting and absorbing. But lately, you might discover your fingers fumble handling the delicate pages, and your glasses aren't quite up to the task of the small print. What to do next to nourish that joy of reading? Let me assure you, you do not have to be tech-savvy and you can keep that joy of reading alive and well.

You have many choices today: mobile device Apps (Apple and Android tablet and smartphone) and content consumption options including text-based books (reading) and audiobooks (audio). Additionally, you can choose to purchase a digital book also known as an eBook (text-based or audio) or find a book using a library app, most notably Libby (must have a municipal library card). Many of you have heard me say, "today, we can pick the content we want...where and how we want to consume it!" As an example, you can purchase, download and read a book on the Kindle (Amazon, free) App on your Apple iPad, then pick up in the exact spot where you stopped using the same Kindle App on your Apple iPhone while waiting on a friend or a service provider. Likewise, Android drivers can purchase, download, and read that same book on their Android tablet using the Amazon Kindle App and pick up in the same spot using the same Kindle App on their Android smartphone.



Readers using the Amazon Kindle e-reader (mobile device purchased at Amazon) use the dedicated e-reader to read the book anywhere they choose. Apple users find the free Amazon Kindle App in the Apple App Store. Android users can find the free Amazon Kindle App in the Google Play Store. The app is free, but you will be charged for the books and audiobooks.

With a little introduction and some practice, you too will soon be swiping through biographies, mysteries, romances, and more with increasing confidence. I promise your joy of reading will continue in digital print as much as on paper.

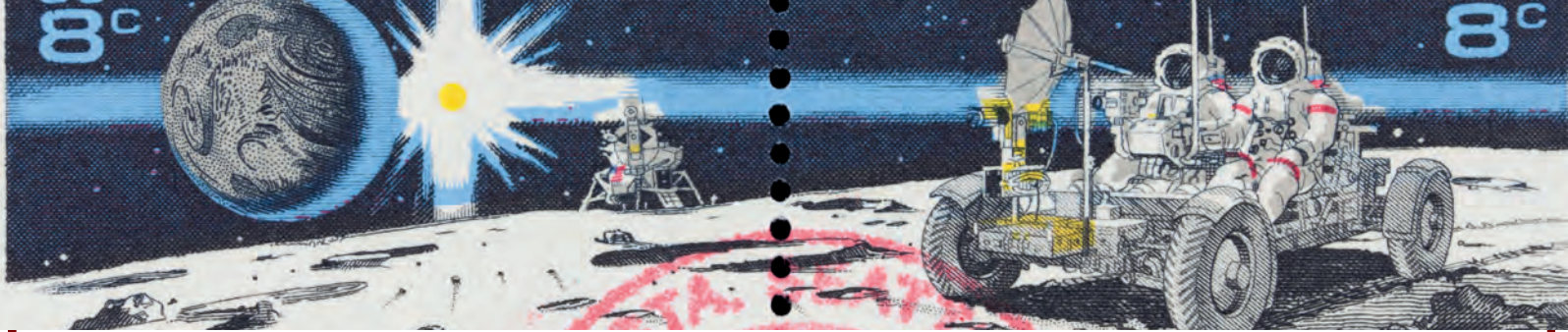


With your tablet or smartphone, try audiobooks, i.e., books that are audibly read by a narrator. Enjoy being hands free while learning something new or listening to the poetry of a well-written novel or a thrilling recounting of an adventure. When we travel by car, I download audiobooks to enjoy on our drive cross country.

Downsizing doesn't mean ignoring your love of reading. Discover how technology makes reading and learning accessible and mobile!

Find SRTech classes at the Point where we offer a broad selection of in-person classes covering smartphones, tablets, computers, and the Internet. You can find several classes on Reading on Mobile Devices. Watch the Lifestyle Guide for Reading Library Books using a Tablet and Streaming and other Entertainment Apps on your Apple (Android) Device. We are always looking to teach relevant new, tech-related topics and we appreciate your feedback. Email us at srtech@ccyoung.org with any ideas or special requests.





REMEMBERING ANOTHER DECEMBER

**Written by CCY Resident
Bill McMillin in December 2007**

Here it is December once again, and this is probably a good time to remember another December that made us feel good about ourselves. This was a December just thirty-nine years ago. It had been a year with some unrest and some worrisome events, and we were needing something good in our lives. Then Apollo 8 came along, and things didn't look that bad after all.

We had started to feel a little better when this country celebrated a successful flight of Apollo 7 in October, just two months before. We had resumed manned Apollo flights then after a long delay following the tragic Apollo 1 fire on the pad in January, 1967, when we lost three astronauts. There were still several large hurdles to get over before we could meet the national goal of landing a man on the Moon and bringing him back to Earth in the decade of the '60s. That was the goal President Kennedy had announced in May, 1961. We were getting close, but the fire had set us back.

Then we had the flight of Apollo 8. The giant Saturn 5 had lifted the spacecraft off the launcher on December 21, 1968, and the crew had taken three days to travel to the Moon. This all seems so routine now, but there were a few very remarkable firsts on this flight. This was the first manned flight of the Saturn 5 launch vehicle, at that time the most powerful rocket in the world. This would be the fastest man had ever traveled anywhere, over 24,000 mph. And most importantly, this would also be the first time man had ever flown to and orbited the Moon, which was 240,000 miles from Earth.

The crew, Commander Frank Borman, Command Module Pilot James Lovell, and Lunar Module Pilot William Anders, knew of these challenging firsts, but were well trained and were concentrating on doing their jobs professionally. A little over 69 hours after liftoff they fired the motor which put them into orbit around the Moon, which they orbited ten times over the next twenty hours. During this time they were busy taking pictures and mapping the Moon for subsequent Apollo flights. The Apollo 8 did not have a Lunar Module; its job was to orbit the Moon and pave the way for the future landings.

The crew also took the time for some live TV broadcasts from the Moon. On the first broadcast, they showed the lunar surface and described the craters they were passing over. The second and last broadcast was on Christmas Eve, during their ninth orbit. Each crew member gave his impression of what the Moon looked like, and then they read a short passage from the Book of Genesis (Genesis 1:1-10). Borman closed the broadcast with "...Good night, Good luck, a Merry Christmas, and God bless all of you, all of you on the good Earth." Then they returned home safely, on December 27, 1968.

It has been estimated that a quarter of the people alive at the time saw - either live or delayed - the Christmas Eve broadcast. It was a powerful event. The American people were proud and started looking forward to the completion of the goal of landing a man on the Moon and returning in that decade.

It was pride similar to that from a December day only sixty-five years before Apollo 8 when the Wright brothers flew their airplane at Kitty Hawk.

And may God bless all of you on this good Earth.

WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

OVERLOOK



Jim Pedison

ASBURY



Barbara Symmank

THOMAS



Kathleen Marshall



Mel Symmank



Caroline Pedison



Ann Williams



DECEMBER

Taniqwua DeVall	12/1	Health Center
Dalphne Isaac	12/1	Dining Services
MindyHail	12/2	Development
Vickie Hill	12/4	PDS
Fadzai Maturure	12/4	PDS
Sharon Fuller	12/4	Memory Support
Tina Abraham	12/5	Therapy
LaKeshia Flowers	12/5	Health Center
Makayla Mouton	12/5	Dining Services
Tsega Bala	12/6	Dining Services
Michael Nichols	12/6	Development
Devin Bolton	12/7	Therapy
Patricia Burnett	12/7	Dining Services
Keshaundria Oliver	12/7	PDS
Gift Wlison	12/8	Health Center
Trevion Lennan	12/8	Dining Services
Jaci Rivas	12/10	Therapy
Aster Bayu	12/11	Health Center
Ben Juarez	12/11	Health Center
Jaila Walker	12/11	Health Center
Felicia McCoy	12/12	Dining Services
Peter Ogbeifun	12/12	Therapy
Maria Rostro	12/12	Dining Services
Keshya Styles	12/12	Health Center
Breanna Weaver	12/12	Health Center
Sherry Whitney	12/12	Health Center
Maria Guerrero	12/12	Housekeeping
Bendu Fallah	12/12	Health Center
Diana Molina	12/13	Health Center
James Smith	12/13	Maintenance
Ellen Blackman	12/13	PDS
Denise Wilson	12/13	Dining Services
Mike Gomez	12/14	Therapy
Yaw Owusu	12/14	Therapy
Stefan Bezpalko	12/15	Home Health
Laveda Harrison	12/15	Health Center
Shianneka Stewart	12/15	Health Center
Monica Williams	12/16	Dining Services
Edna Gray	12/18	Dining Services
Josey Little	12/18	Housekeeping
Joyce Carraway	12/19	PDS
Bethel Taye	12/19	PDS
Blessing Pelah	12/21	PDS
Modinat Ajibola	12/22	PDS
Carmen Fernandez	12/22	Dining Services
Christiana Abbe	12/24	Health Center
Shelley Taylor	12/24	Therapy
Daniela Mora	12/25	Dining Services
Isoken Eno	12/26	Health Center
Davlin Campbell	12/27	Health Center
Karen Campbell	12/27	Community Outreach
Robert Surko	12/27	Community Outreach
Cecilia Espinoza	12/28	Dining Services
Jasmond Brown	12/29	Health Center
Esther Valladares	12/29	Housekeeping
Fran Hosseiny	12/30	Hospice
April Wright	12/30	Dining Services

December Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Avi Gnragahon	12/01/2001	22	Dining Services
Janet Cohen	12/01/2000	23	Community Outreach
Michelle Zavala	12/02/2015	8	Housekeeping
Fadzai Maturure	12/04/2017	6	PDS
Precious Oke	12/04/2017	6	Assisted Living
Ike Onyia	12/04/2017	6	Health Center
Olusegun Alao	12/05/2022	1	Maintenance
Zarghona Baqai	12/05/2016	7	PDS
Meseret Demissie	12/05/2016	7	PDS
Chris Zinkand	12/05/2007	16	HR
Fran Hosseiny	12/09/2015	8	Hospice
David Ellis	12/12/2022	1	Dining Services
Shaneka McFarland	12/12/2022	1	Health Center
Chrisiana Molina	12/12/2022	1	Health Center
Brittney Moore	12/12/2022	1	Health Center
Sheilla Nortey	12/12/2022	1	Memory Support
Nkechi Oranugo	12/12/2022	1	Health Center
Girverius McFarland	12/14/2020	3	Therapy
Angelica Alonso	12/15/2010	13	Dining Services
Sowande Coker	12/17/2018	5	Health Center
Tadelech Goshu	12/17/2018	5	PDS
Martha Bonilla	12/18/2017	6	Sales
Desta Lakew	12/18/2017	6	PDS
Tirukelem Worku	12/18/2017	6	PDS
Dawn M Madkins	12/23/2019	4	Hospice
Antoinette Powell	12/27/2019	4	PDS
Brittney Young	12/27/2022	1	Dining Services
Tutu Zewde	12/27/2007	16	PDS
William Shepard	12/28/2021	2	Dining Services
Christiana Abbe	12/29/2004	19	Health Center
Fikirte Galaw	12/30/2019	4	Assisted Living
Angela Castillo	12/31/2012	11	Community Outreach
Rahel Tafese	12/31/2018	5	Hospice



December RESIDENT BIRTHDAYS



Joanne Cook	1	Hillside
Phala Finley	2	Overlook
Sally Stephenson	2	Thomas
Ronald Vrnak	2	Vista
Paul Willis	4	Vista
Donald Davis	4	Thomas
Paul Willis	4	Vista
Ellen Smith	5	Overlook
Jacqueline Schroller	6	Vista
Charles Peters	6	Asbury
Geneva Elridge	7	Vista
Sue Hooks	7	Overlook
Becky Meinzer	7	Vista
Barrett Stetson	8	Vista
Jean Thornbrugh	8	Hillside
Patricia Andrews	9	Vista
Annette Gibaud	9	Vista
Michael Brown	9	Asbury
Fred Fifer Jr.	9	Asbury
Helen Shufelt	9	Asbury
Mary Ross	9	Hillside
Alice Sarro	9	Vista
Isabel Davis	10	Asbury
Marian Hammert	11	Overlook
Louise Cassingham	13	Overlook
Benedict Nieswiadomy	13	Vista
Zelma Cox	15	Vista
Cliff Franklin	15	Overlook
Ann Brown	16	Vista
Zelda Harrison	17	Vista
George Baum Jr.	17	Overlook
Benjamin Macias	18	Vista
James Anthony	18	Overlook
Betty Cunningham	20	Vista
Eunice Young	21	Vista
William Kuehl	21	Asbury
Barbara Holiday	22	Vista
Aglaia Mauzy	22	Hillside
Geraldine Zimmerman	23	Asbury
Stephen Haines	24	Vista
Deralynn Dupree	25	Vista
Betty Lou Winslow	26	Asbury
James McCall	27	Hillside
Peggy Baum	28	Overlook
Rosanne Davis	28	Hillside
Bernice Buxbaum	30	Overlook
Betty Paschal	30	Overlook



NOVEMBER

Anniversaries

12 Years
Alex Mason

11 Years
Ted Searcy
Nelwyn Davis

10 Years
Ed Hubbuch

7 Years
Mary Gilhooly
Joan Jackson

6 Years
Judy Vincent
Doug McMillan

5 Years
Michael York

Due to a error the
November
Anniversaries were not
correct in the
November Lifestyle
Guide.

Please congratulate
these Residents on
Their November
Anniversaries.



DECEMBER

Anniversaries

13 Years
Betsy & Cliff Franklin

12 Years
Mary Ross

11 Years
Bethany & Charles
Smith

10 Years
Mary Johnson

8 Years
Bobbie Mankey
Linda & James Webb

7 Years
Pat Hill

6 Years
Patricia Birdwell
Barbara & Ken Luckett

5 Years
Nick Cranfill
Sandra Ibach

THOMAS CUISINE SPECIAL DINING DAYS

DECEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

2023

SATURDAY

							1	2
							4833 BISTEC AVENIDA IS CLOSED	
							8	9
							15	16 National Chocolate Dipped Anything Day
							22	23 4833 BISTEC AVENIDA IS CLOSED
							29	30 4833 BISTEC AVENIDA IS CLOSED
							21 Asbury Chef Connections 2pm-3pm	
							28	
							27	
							26	
							25 Conley's Christmas Buffet 11am-2pm	
							24 New year's Eve Dinner in Asbury	31
							17	
							18	
							19 Overlook Chef Connections 3pm-4pm	
							20	
							13 Hillside Chef Connections 10am-11am	
							14	
							12 Thomas Chef Connections 2:30PM-3:30PM	
							11	
							10	
							3	
							4	
							5 National Repeal Day	
							6	
							7	

12/05: On this day in 1933, President Franklin D. Roosevelt repealed the prohibition of alcohol. Come to Conley's for a special \$3 off any beverage on the beer and wine menu.

12/16: Each outlet will offer a fun chocolate dipped treat!

**WEDNESDAY
JANUARY 17
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 Materials Provided.

All Welcome!

Sign up at The Point.



CC YOUNG
THE POINT & PAVILION

4847 W. LAWTHER DR. DALLAS, TX 75214

WWW.CCYOUNG.ORG

214-841-2831



Spring 2024 Kickoff

Lifelong learning for adults age 50+

OLLI at UNT is offering fun non-credit courses in a wide variety of subjects at CC Young this spring. Learn from active university faculty and other subject matter experts, connect with peers in a special interest group, or take part in in-person and online classes. Join us at our upcoming kickoff event to find out how you can participate.

The Point at CC Young Senior Living

Tuesday, Jan. 9, 2024
10 a.m.

4847 W. Lawther Dr.
Dallas, TX 75214
RSVP: 469-224-1349

OPEN TO THE PUBLIC



Catalogs
Registration Forms
Refreshments



*"OLLI at UNT is just
what we need to keep
our minds agile."*

Don V.

No tests. No grades. No limits.