

# ACTIVE SENIOR LIFESTYLE GUIDE



## JANUARY 2024

**BEGIN THE  
NEW YEAR  
AT THE POINT**

**CHALLENGE  
YOURSELF**

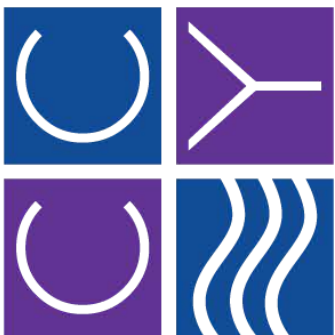
**MEET NEW  
PEOPLE**



**GO FOR THE GOLD IN 2024!**



**CC YOUNG**  
THE POINT & PAVILION



# Meet The Team



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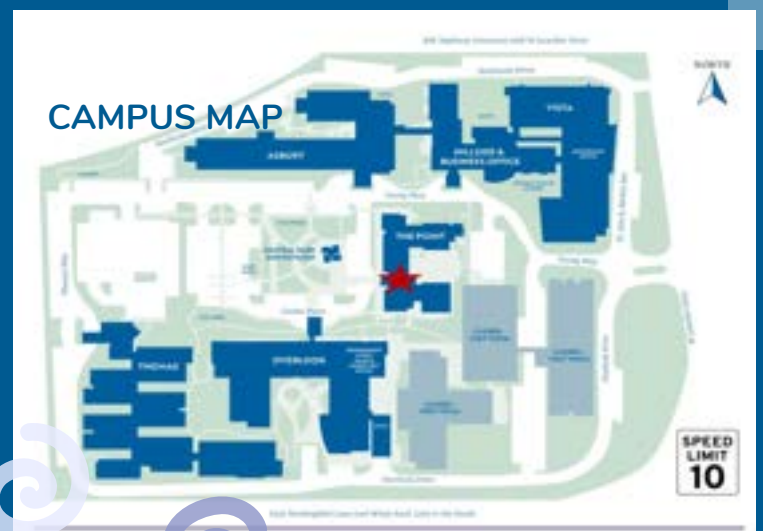
# THE POINT AND PAVILION

Our 20,000 square foot center is the cornerstone for CC Young's vision to enhance the lives of seniors on our campus and in our community. The Point is a destination for ages 55 and better to flourish in body, mind and spirit.



The Point includes an art gallery, auditorium, movie theater, fitness center, library, café, meeting and classroom space. The Point offers a full calendar of enriching activities, workshops, courses, concert performances, a rotating art exhibit and much more.

The Pavilion and Central Park serve as our outdoor entertainment area and gathering space. It is the perfect place to relax, spend time with family members, fellow residents, and friends, to dine, read, or enjoy one of our many special events.



4847 W. Lawther DR. Dallas, TX 75214  
WWW.CCYOUNG.ORG / 214-841-2831

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Discover **new interests.**  
Feed your **curiosity.**

Lifelong learning for adults age 50+

## Spring '24 Kickoff

Tues. Jan. 9 @ 10:00am

**The Point at CC Young**

4847 W. Lawther Dr.

Dallas, TX 75214

Pick up a Spring Catalog and  
registration forms. Speak to  
OLLI staff and register onsite.  
Refreshments provided!

**olli.unt.edu**



THE POINT ART GALLERY

# BEYOND | HIS EXPRESSIONS

THURSDAY, JANUARY 11 - TUESDAY, FEBRUARY 27

**"THE EXPRESSIONIST"**  
**SHEAN DAVIS**  
**ART**  
**EXHIBITION**

**OPEN  
TO THE  
PUBLIC**



**RECEPTION**

**THURSDAY  
JANUARY 11  
3:30PM**



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DALLAS TX 75214



**CC YOUNG**  
THE POINT & PAVILION



**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.**

Monthly crafts projects  
with Patricia Dillingham

**Monday  
January 8  
10:00am**

**This Month's Project:  
Decorative Tins**

Emboss & Color tins  
of all sizes



**All Supplies  
Provided.  
No Experience  
Necessary.**

**Open to  
Residents and  
Point Members**

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

Two Day Workshop

**Saturdays  
January 20 & 27  
10:00am**



**Valentine Collage  
Workshop**

Create Valentines Crafts  
with CCY Resident  
Martha Newfield

# FALL PREVENTION WORKSHOP

Presented by Lori Mercer, CCY Resident and former Physical Therapist,  
with Jeremy Morgan, CCY Rehab Director & The CCY Rehab Team



## Tuesday January 23 10:00am

Learn about:

- Falls and loss of balance
- How you can prevent falls from a fellow Senior
- Fall risk assessments
- Balance changes regardless of walking ability, medical condition, mobility, cognitive or fitness level
- Tips on “safe” falling and more

According to the CDC, falls are the leading cause of injury among people over 65. Medication, illnesses, and environmental factors can all affect balance and strength contributing to a fall.



**CC YOUNG**  
REHABILITATION & AQUATICS PROGRAM



# MUSIC PERFORMANCE



CC YOUNG  
THE POINT & PAVILION

DALLAS SYMPHONY ORCHESTRA

## WOODWIND QUINTET

PERFORMANCE WILL INCLUDE FLUTE,  
OBOE, CLARINET, BASSOON AND HORN

MONDAY,  
JANUARY 22  
3:30PM

POINT AUDITORIUM  
& CH. 81



DALLAS  
SYMPHONY  
ORCHESTRA



## RESIDENT Trips

Limited Spots.  
Sign up at The Point.  
Bus Pickup at The Point

### Tower Arts at HPUMC

Adrienne Warren

Tony award-winning singer will delight with a concert of classical and Broadway favorites.

**Sunday, January 14**  
**5:00pm**

### White Rock Coffee

White Rock Coffee is an independent, award winning coffee roaster and coffeehouse.

**Tuesday, January 16**  
**9:45am-11:30am**



WHITE  
ROCK  
COFFEE

### Lunch and Art Show

Have lunch at Ellen's in Casa Linda, then see an Art Exhibit at The Bath House Culture Center. Bring money for Lunch.

**Tuesday, January 23**  
**11:45am-3:15pm**

**NEW DATE**



# AQUATICS CLASSES



**Open to Residents and Point Members**

## **OPEN SWIM**

**Mon., Wed., Fri.  
10:00am-12:00pm**

**Tues. & Thurs.  
1:00pm-3:00pm**

## **AQUA FLOW CLASS**

**Mon., Wed., Fri.  
1:00pm-2:00pm**

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

## **AQUACISE CLASS**

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

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

## **POOL VOLLEYBALL**

**Tuesdays  
3:00pm-4:00pm**

Muscle toning and strengthening: Water volleyball strengthens upper body, as well as leg as you move around in the water.

## **WATER WALKING CLASS**

**Wednesdays  
2:00pm-3:00pm**

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

## **AQUA BOOT CAMP**

**Mon., Wed., Fri.  
3:00pm-4:00pm**

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



## **AQUATICS 101**

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

**Fridays at 9:00am**

**RSVP for all classes  
972-638-8795**

*Vista Rehab pool*

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# Special Interest Groups at The Point

Groups listed are open to Residents, Point Members and the general public.



## HAPPY HOOKERS

Group members measure, cut, and crochet plastic bags into "plarn," turning them into sleeping mats for the homeless. Supplies are provided, but you can bring your own scissors or crochet needles.

Meets Mondays at 9:30am in The Auditorium



## CC YOUNG 'UNS

Singing at CC Young for 30+ years, the choir is currently under the direction of Russ Rieger and accompanied by pianist Kathy Beal. Current choir members vary in age from 65 years old to 95 years old. New members welcome!

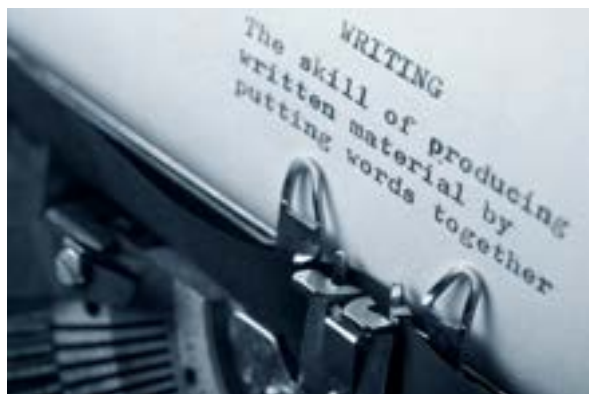
Rehearsals: Tuesdays at 1:30pm in The Auditorium



## KNOTTY KNITTERS & CRAFTY CROCHETERS

Whether you enjoy knitting, needlepoint or crocheting, you're in good company with this group. Bring your own needles. Yarn has been donated for projects.

Meets Mondays at 2:00pm in Flagpole Hill Classroom



## SENIOR SCRIBBLERS

A writing group that has been meeting weekly at CC Young for over ten years. Members share their writing efforts and give tips. Writing and sharing stories continues each week with spirited conversation that concludes every session.

Group facilitated by Point Member Silvia Tyra.

Meets Wednesdays at 9:30am in Flagpole Hill Classroom





## GARDEN CLUB

Group is open to gardeners new and old! With the addition of the new Green House and raised garden beds to the campus, the Garden Club meets to plan projects. Group facilitated by CCY Resident Janet Stetson

Meets the first Thursday of each month at 2:00pm in Flagpole Hill Classroom



## FELLOWSHIP, WORD & BIBLE STUDY

Richard Stanford leads a weekly group in fellowship and bible study. Topics vary each week.

Meets Wednesdays at 3:30pm  
In Flagpole Hill Classroom



## ACTING FUN

Led by Linda Leonard, the group does table reading, story telling and radio plays, as well as produces their own programs for all to see.

Meets Wednesdays at 2:00pm  
In The Theater



## RUMMIKUB CLUB

A tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong, this game is played weekly in the Game Zone at The Point. Beginners Welcome!

Meets Wednesdays at 9:30am in The Game Zone



## WII BOWLING CLUB

Combine physical and mental activity and improve cognitive function. Join others to practice and play in tournaments.

Meets Fridays at 10:00am in The Game Zone



## SIGN LANGUAGE FUN

Learning sign language enhances your cognition which is great for creative thinking, brain function, memory, spatial awareness, and more.

Meets Thursdays at 1:00pm In Flagpole Hill Classroom



## LITTER GITTERS

Group meets monthly to walk the CCY campus and surrounding area to pick up litter. Supplies provided.

Meets 3rd Friday of the month at 1:30pm  
at The Pavilion



# CC YOUNG WELLNESS CLASSES AT THE POINT

## **Strength & Stretch**

**8:00am-8:45am / Mon – Fri**

**Instructor: Heidi Fessler**

This stimulating class combines a variety of exercises to strengthen and stretch the body from head to toe! The class utilizes resistance bands, weights, and balls. Coordination movements are sprinkled in for the mind muscle. Most of the exercises are seated with some standing sequences.

## **Chair Volleyball**

**11:00am-11:45am / Mondays**

**Instructor: Aaron Schmidt**

This class teams up groups of people for a fun physical activity that is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. All participants remain seated for the duration of the activity. Adults of all abilities and activity levels can play the game.

## **Movement & Dance**

**5:00pm-5:45pm / Mondays**

**Instructor: Sofia Downing**

This class, taught by a dancer from Bruce Wood Dance, combines a variety of dance types to exercises your entire body! Get on the move with our total body low impact group exercise class.

## **Floor Yoga Class**

**9:00am-9:45am / Mon, Wed, & Fri**

**Instructor: Heidi Fessler**

This gentle yoga class is a balance between static and dynamic yoga poses performed at a slow pace. Mindful movement, mind-body connection, and breath awareness ease the body into seated and standing poses. \*\*\*participants must be able to get up and down off the floor unassisted\*\*\*

## **Rocksteady Boxing for PD**

**12:00pm - 12:45pm / Mon & Fri**

**Instructor: Jesse Mitchell**

A unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease & other movement disorders. The program involves regular exercises & non-contact boxing, led by experienced trainers/coaches. Open to both men and women of all ages and levels of ability.

## **Chair Yoga**

**10:00am-10:45am / Mondays & Fridays**

**Instructor: Heidi Fessler**

Improve balance, strength and mobility. A chair is used for seated and standing postures giving an added edge of support and reducing the risk of falls during exercise. All levels are welcome, all poses are optional and can be modified or skipped.

## **Balance Class**

**9:00am-9:45am / Tues & Thurs**

**Instructor: Heidi Fessler**

Class is focused on fall prevention. Paying attention on purpose, and with awareness of the internal and external environment reduces the risk of falling. With the support of a chair for both seated and standing exercises. A variety of exercises improve strength and balance including eye exercises. Vision and balance work together.

## **Chair Pilates**

**10:00am-10:45am / Wednesdays**

**Instructor: Heidi Fessler**

Pilates is popularly known as core-focused, but it is actually a whole-body exercise program designed to align the body, correct muscular-imbances, enhance movement patterns and create a balance of strength and mobility.



**Thriving Parkinson's Workout**  
**10:00am -10:45am / Tues & Thurs**  
**Instructor: Heidi Fessler**

This class is specifically designed for people with Parkinson's Disease who are still walking with or without the use of a walker/cane. The goal is to maintain and increase your function. In this class we work on aerobic conditioning, strengthening, range of motion, balance, posture, and body education.

**Drumba**  
**11:00am-11:45am / Wednesdays**  
**Instructor: Aaron Schmidt**

DRUMBA is an exercise format that combines regular or weighted Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced, cardio workout for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities!

**Chair Aerobics**  
**2:00pm-2:45pm / Mon, Tues, Wed, Fri**  
**Instructors: Ann Sury & Jesse Mitchell**

This class has an upbeat tempo to incorporate movement that increases heart rate while strengthening both small and large muscle groups. Hand weights are used. The warmup segment of the class is standing (optional) while the next segment of the class builds strength in arms, legs and back. There are intermittent stretch intervals.

**Sit & Get Fit**  
**3:00pm-3:45pm / Mon - Fri**  
**Instructors: Ann Sury & Jesse Mitchell**

An all-seated class that includes the options of using small exercise balls and hand weights. Muscle strength and mobility are gained with rhythmic movement with the use of optional props. Good posture and breath work are also incorporated.

**Seated Tai Chi**  
**4:00pm -5:00pm / Mon & Wed**  
**Instructor: Jesse Mitchell**

Seated tai chi is a great exercise option for seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

**24 Step -Yang Style Traditional Tai Chi**  
**4:00pm -5:00pm / Tues & Thurs**  
**Instructor: Jesse Mitchell**

Tai chi is a gentle exercise that improves balance and reduces fall risks. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

**Modified Tai Chi**  
**11:00am-12:00pm / Fridays**  
**Instructor: Jesse Mitchell**

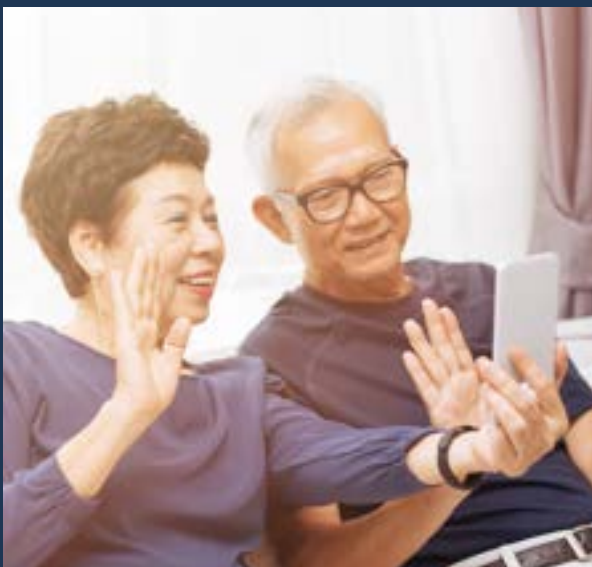
Studies find that tai chi also improves flexibility, immune system, sleep, happiness, sense of self-worth, leg strength, cardiovascular endurance, lower blood pressure, concentration, and more.





**DAPHNE LEE, INSTRUCTOR**

- 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)



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

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# **JANUARY 2024**

## **CLASS SCHEDULE**

**Thursday, January 4**

**iPhone Basics: Learn the Basics of Navigating your iPhone**

**9:30am—11:00am**

**Monday, January 8**

**iPhone Connectivity: WiFi, Bluetooth and The Internet**

**1:30pm—3:00pm**

**Thursday, January 11**

**Navigating your Apple Laptop  
(Bring your Apple Laptop)**

**9:30am—11:00am**

**Fridays, January 12 & 26**

**Free Coaching Fridays:**

**Come & Go with any technology questions**

**10:00am—12:00pm**

**Wednesday, January 17**

**iPhone Calendar, Contacts and Phone Apps**

**1:30pm—3:00pm**

**Thursday, January 18**

**New to Facebook - Discover the Basics of the Like Button**

**9:30am—11:00am**

**Monday, January 22**

**iPhone Photos**

**1:30pm—3:00pm**

**Thursday, January 25**

**Navigating your Windows Laptop (Bring your Windows Laptop)**

**9:30am—11:00am**



# THIS WEEK'S

## Highlights

**Sunday, December 31**

4:00pm & 6:15pm

**New Years Eve at CCY**

**Monday, January 1**

**New Years Day 2024**

No Scheduled Classes or Events.

**Thursday, January 4**

1:30pm

**Art Workshop:**

**Acrylic Painting with David Schulze**

Sign up at The Point

**Friday, January 5**

1:30pm

**Movie Matinee:**

*NYAD*

*2023, PG-13, 2hrs*

**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!

10:00am - 10:30am Auditorium  
**Adult Sunday Morning Class** & Ch. 81  
All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm Auditorium  
**The Point Worship Service** & Ch. 81  
All Welcome!



**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.  
Show can be viewed on Ch. 81

## 7 Dimensions of Wellness

Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life's possibilities.

Take note of the colors on the reoccurring classes and events to see how CCY is achieving the dimensions of wellness.

**SOCIAL**

**EMOTIONAL**

**PHYSICAL**

**INTELLECTUAL**

**ENVIRONMENTAL**

**VOCATIONAL**

**SPIRITUAL**

## MONDAY, JANUARY 1

**HAPPY  
NEW  
YEAR!**



**Happy New Year**

**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 programming resumes on  
Tuesday, January 2, 2024**

**4 A DAY IN 24!**

**WATCH THE CCY  
NEWS FOUR TIMES  
A DAY ON CH. 81**

**9:30AM**

**12:30PM**

**3:30PM**

**6:30PM**

## TUESDAY, JANUARY 2

### **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  
3:00pm – 4:00pm Pool Volleyball

**1:30pm-2:30pm**

**Auditorium  
All Welcome!**

**CC Young 'Uns  
Choir Rehearsal  
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 24 Step Tai Chi

## **Action Station of the Month: Grilled Cheese & Tomato Soup**

**Tuesday Jan. 9 at Thomas  
11:30am-1:00pm**

**Thursday, Jan. 11 at Hillside**

**Thursday, Jan 18  
Asbury: 11:30am-1:00pm  
Conley's: 11:30am-2:00pm**





## WEDNESDAY, JANUARY 3

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

### 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- Vista9



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

**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

9:30am-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, JANUARY 4

### AM Exercise Classes

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

9:30am – 11:00am Tech Lab  
**SrTech Class** Res. & PM Only

**iPhone Basics: Learn the Basics of Navigating your iPhone**

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



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



1:30pm – 3:00pm White Rock Class  
**Art Workshop** Res & PM Only  
 Acrylic Art with David Schulze  
 Sign up at The Point

1:00pm – 2:00pm Flagpole Hill  
**Sign Language Fun!** All Welcome!

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

NATIONAL  
**Spaghetti**  
 DAY



Thursday, Jan. 4

## FRIDAY, JANUARY 5

### AM Exercise Classes

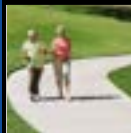
#### Fitness Center Classroom **Res & PM Only**

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

#### **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 building.

10:00am – 11:00am

Café Game Zone

#### **Wii Bowling Fun!**

All Welcome!

Learn, Play Socialize!



1:30pm – 3:30pm

Theater

#### **Movie Matinee**

All Welcome!

NYAD

2023, PG-13, 2hrs

### 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

6:30pm – 8:00pm

Café Game Zone

#### **Friday Night Game Night**

All Welcome!

BYOS- Bring your own snacks!

## SATURDAY, JANUARY 6

10:00am – 11:30am

Auditorium

#### **Dallas Handweavers & Spinners Guild**

All Welcome

10:00am – 4:00pm

Fitness Center

#### **Dallas Bead Society Monthly Meeting**

All Welcome

## MOVIE MATINEE

### FRIDAY, JANUARY 5

### 1:30PM



## NYAD

2023, PG-13, 2hrs

Starring Annette Bening & Jodi Foster

Free popcorn and water.  
All Welcome!

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



# THIS WEEK'S

## *Highlights*

**Tuesday, January 9**

10:00am

**OLLI Spring Info Session**

Learn about the OLLI Spring Courses.

**Wednesday, January 10**

2:00pm

**All Resident Council Meeting**

Resident Only Meeting

**Thursday, January 11**

1:30pm

**Art Workshop with David Shulze**

Sign up at The Point

**Thursday, January 11**

3:30pm

**Meet The Artist Reception**

Meet Shean Davis, featured artist at The Point Art Gallery

**Friday, January 12**

1:30pm

**Movie Matinee!**

*Women in Gold*

2015, PG-13, 1h 49m

**Friday, January 12**

3:30pm

**Piano Recital**

UNT Doctoral Student Recital,  
Suwon Lee

## SUNDAY, JANUARY 7

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!



## MONDAY, JANUARY 8

### 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 Classes

#### Vista Rehab Pool **972-638-8795. 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

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



10:00am – 11:30am Auditorium N.  
**Arts & Crafts!** Res. & PM Only!  
**With Patricia Dillingham**  
This month's craft: Decorative Tins of all sizes!



10:30am – 11:30am Vista-9  
**Current Events** All Welcome!  
Join Randy Mayeaux as he leads  
a discussion on all things current in the news.

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

1:30pm – 3:00pm Tech Lab  
**SRTech Class**  
iPhone Connectivity: WiFi, Bluetooth and The Internet

### 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

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

3:00pm – 4:30pm Cafe Game Zone  
**Open Game Play!** All Welcome!  
Play pool, shuffle board or ping pong.

## TUESDAY, JANUARY 9

### AM Exercise Classes

#### Fitness Center Classroom **Res & PM Only**

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



10:00am – 11:30am Auditorium  
**OLLI Info Session** All Welcome  
Get information on the Spring 2024  
Class schedule of OLLI Classes.  
Refreshments Provided.

### Aquatics Classes

#### Vista Rehab Pool **972-638-8795. 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**

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

### 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

## ART WORKSHOPS

1:30PM-3:00PM

THURSDAYS

JANUARY 4 & 18

**ACRYLIC PAINTING**

Participants will make an 8" x 10" painting of a still life scene using acrylic paint. First time and experienced painters are welcome.

1:30PM-3:00PM

THURSDAY

JANUARY 11 & 25

**MIXED MEDIA COLLAGE**

Participants will make an 8" x 10" collage using several media in a theme of their own choosing. First time and experienced artists are welcome.



**INSTRUCTOR DAVID SCHULZE**

Class open to beginners and experienced artists.

Space is limited! Sign up at The Point!



## WEDNESDAY, JANUARY 10

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

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

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

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

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

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

2:00pm- 3:00pm Theater  
**Acting Fun**  
 Table Readings, Story Telling and Radio Plays

2:00pm- 3:30pm Auditorium & Ch. 81  
 **All Resident Council** Resident Only  
 Quarterly meeting to get updates from each building and departments.

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 Jacobs


## THURSDAY, JANUARY 11


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

9:30am-11:00am Tech Lab  
**SRTECH Class**  
 Navigating your Apple Laptop (Bring your Apple Laptop)


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

1:00pm – 2:00pm Flagpole Hill  
**Sign Language Fun!** All Welcome!  
 Led by Aaron Schmidt

1:30pm – 3:00pm Resident Only  
 **Shopping Trip to Trader Joe's**  
 Sign-up at The Point.  
 Pick-up in front of buildings.

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

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

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

3:30pm-5:00pm Auditorium  
 **Meet The Artist Reception**  
 Meet The Point Gallery's featured artist Shean Davis.  
 Wine & Appetizers Served

4:00pm-5:00pm Auditorium  
**Resident Happy Hour- Canceled Today**

## FRIDAY, JANUARY 12

### 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 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-12:00pm Tech Lab  
**SrTech 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.

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



1:30pm – 3:30pm Theater  
**Movie Matinee** All Welcome!  
*Women in Gold*  
 2015, PG-13, 1h 49m

### 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 & Ch. 81  
**Piano Concert** All Welcome!  
 UNT Doctoral Student Recital. Suwon Lee is studying under the direction of Gustavo Romero

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

## SATURDAY, JANUARY 13

10:00am – 12:00pm  
**Dall Area Fiber Artists**  
**Monthly Meeting**

Auditorium  
 All Welcome

## MOVIE MATINEE

### FRIDAY, JANUARY 12

### 1:30PM



## WOMEN IN GOLD

2015, PG-13, 1hr 49m

Starring Helen Mirren & Ryan Reynolds

Free popcorn and water.  
 All Welcome!

Sixty years after fleeing Vienna, Maria, an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I."



# THIS WEEK'S

## *Highlights*

**Sunday, January 14**

5:00pm

**HPUMC Tower Arts Presents:**

**Adrienne Warren**

Sign up at The Point.

**Wednesday, January 17**

3:00pm

**Watercolor Workshop!**

Gaylord O'Con will teach you how to make a winter themed masterpiece.

Sign up at The Point.

**Thursday, January 18**

2:00pm

**Hearing Lecture presented by Total Hearing**

How Can Our Cognivue Machine Screen for Early Memory Loss Detection

**Friday, January 19**

1:30pm

**Movie Matinee!**

*All Together Now*

2020, Pg-13 1h 32m

### National Mocktail Week

01/14 – 01/20: Featured mocktails each day in Asbury, Conley's, Thomas & Hillside dining rooms



## SUNDAY, JANUARY 14

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!

HPUMC

5:00pm - 8:00pm

**Tower Arts Presents: Adrienne Warren**

HPUMC

Res. Only

Tony award-winning singer will delight us with a concert of classical and Broadway favorites. Sign up for bus in The Point Lobby

*Hearing Workshop*

**total HEARING CARE**

HOW CAN OUR

**COGNIVUE MACHINE**

SCREEN FOR EARLY MEMORY LOSS DETECTION

**THURSDAY JANUARY 18 2:00PM**

**CC YOUNG**  
THE POINT & PAVILION

## MONDAY, JANUARY 15

### 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 Classes

**Vista Rehab Pool** **972-638-8795.**  
**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

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

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

**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

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

3:00pm – 4:00pm Auditorium  
**BUNCO!** All Welcome  
 Join in on this fun dice based game and win prizes!

## TUESDAY, JANUARY 16

### AM Exercise Classes

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



9:45am – 11:30am Resident Only  
**IL Trip to White Rock Coffee**  
 Sign-up at The Point. Bus Departs from The Point

### Aquatics Classes

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

1:30pm-2:30pm Auditorium  
**CC Young 'Uns** All Welcome!  
**Choir Rehearsal**  
 Under the direction of Russ Reiger

### 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

7:00pm-9:00pm Auditorium  
**HOOT: Harmonica Organization of Texas**  
 Monthly meeting & Jam Session

## Valentine Collage Class

A Class to Warm Your Hearts



2 day workshop led  
 by CC Your Resident  
 Martha Newfield

**Saturdays**  
**January 20 & 27**  
**10:00am-11:30am**

All Supplies Provided  
 Sign up for your spot at The Point.



## WEDNESDAY, JANUARY 17

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

### 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.



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.

**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

1:30pm-3:00pm Tech Lab  
**SRTECH Class** Res & PM Only  
 iPhone Calendar, Contacts and Phone Apps

**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



3:00pm – 4:00pm Auditorium  
**Watercolor Workshop** All Welcome  
 Create your own winter themed masterpiece.  
 Sign up for a spot in The Point Lobby.

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

## THURSDAY, JANUARY 18

### AM Exercise Classes

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

9:30am-11:00am Tech Lab  
**SRTECH Class** Res & PM Only  
 New to Facebook - Discover the Basics of the Like Button

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

1:00pm – 2:00pm Flagpole Hill  
**Sign Language Fun!** All Welcome!

1:30pm – 3:00pm White Rock Class  
**Art Workshop** Res & PM Only  
 Acrylic Painting with David Schulze.  
 Sign up at The Point.

2:00pm – 3:00pm Auditorium & Ch. 81  
**Hearing Lecture** All Welcome!  
**Presented by Total Hearing**  
 How Can Our Cognivue Machine Screen for  
 Early Memory Loss Detection

**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 Lobby  
**Dallas Public Library** All Welcome!  
 Get info on Dallas Libraries and get your  
 Library Card

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

## FRIDAY, JANUARY 19

### AM Exercise Classes

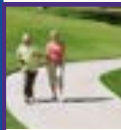
#### Fitness Center Classroom Res & PM Only

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 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 buildings.

10:00am – 11:00am

Café Game Zone

#### Wii Bowling



10:00am – 11:00am

Auditorium

#### New Song Choir

All Welcome!

Senior Adult Choir

11:00am-12:00pm

Pavilion

#### LITTER GITTERS

All Welcome!

Volunteer Trash Pickup.



1:30pm – 3:30pm

Theater

#### Movie Matinee

All Welcome!

*All Together Now*

2020, Pg-13 1h 32m

### 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

6:30pm – 8:00pm

Café Game Zone

#### Friday Night Game Night

Drop in to a fun board game or play a game of pool, ping pong or shuffle board.

## SATURDAY, JANUARY 20

10:00am – 11:30am

Auditorium

#### Lake Highlands/ White Rock

All Welcome!

#### Democrats Monthly Meeting



10:00am – 11:30am

White Rock Class

#### Valentine Collage Class

All Welcome!

All Class to Warm your hearts, taught by CCY Resident Martha Newfield.

Sign up at The Point.

## MOVIE MATINEE

FRIDAY, JANUARY 19

1:30PM



## ALL TOGETHER NOW

2020, PG-13, 1hr 32

Starring Auli'i Cravalho and Carol Burnett

Free popcorn and water. All Welcome!

High school senior Amber and her mother are temporarily homeless and end up sleeping in the school bus. Amber works senior home, where she has bonded with Joan, a resident.



# THIS WEEK'S

## *Highlights*

### Monday, January 22

3:30pm

#### DSO Concert

Woodwind Quintet

### Tuesday, January 23

10:00am

#### Fall Prevention Workshop

Led by CCY Resident Lori Mercer and the CCY Rehab Team.

### Tuesday, January 23

3:30pm

#### Richard Stanford Hour

Review of "The Meaning of Malice: On the Trail of the Black Widow of Highland Park" by John Leake

### Wednesday, January 24

3:00pm

#### Vision Board Workshop

Sign up at The Point

### Thursday, January 25

10:00am

#### Medicare Fraud and Prevention

### Friday, January 26

1:30pm

#### Movie Matinee!

*The Imitation Game*  
2014, PG-13, 1h 54m

## SUNDAY, JANUARY 21

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!




### MEDICARE FRAUD & PREVENTION

Presented by Texas Senior Medicare Patrol (SMP) and The Seniors Source.



## THURSDAY, JANUARY 25

### 10:00AM

Learn how to protect yourself and others from Medicare fraud!



Learn about The Senior Source's services and opportunities!

## MONDAY, JANUARY 22

### 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 Classes

**Vista Rehab Pool** **972-638-8795.**  
**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

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

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

1:30pm-3:00pm Tech Lab  
**SRTECH Class** Res & PM Only  
 iPhone Photos

### 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

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

3:00pm – 4:30pm Cafe Game Zone  
**Open Game Play!** All Welcome!  
 Play pool, shuffle board or ping pong.



3:30pm – 4:30pm Auditorium  
**DSO Concert** All Welcome  
 The Dallas Symphony Orchestra presents:  
 Woodwind Quintet

## TUESDAY, JANUARY 23

### AM Exercise Classes

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



10:00am – 11:30am Auditorium  
**Fall Prevention Workshop** All Welcome!  
 The CCY Rehab Team and CCY Resident Lori  
 Team-up to give some much need  
 tips on Fall prevention

### Aquatics Classes

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

1:30pm-2:30pm Auditorium  
**CC Young 'Uns** All Welcome!  
**Choir Rehearsal**  
 Under the direction of Russ Reiger

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



3:30pm-4:30pm Auditorium  
**Richard Stanford Hour** All Welcome!  
 Monthly Book review: *The Meaning of Malice: On the Trail of the Black Widow of Highland Park* by John Leake

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



## WEDNESDAY, JANUARY 24

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

### 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.



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.

**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

**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



3:00pm – 5:00pm Auditorium  
**Vision Board Workshop** All Welcome  
 Create your own goal and vision board with  
 step by step tutorials from Brian Parman  
 and Donna Collins.  
 Sign up for a spot in The Point Lobby.

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

## THURSDAY, JANUARY 25

### AM Exercise Classes

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

9:30am – 11:00am Tech Lab  
**Navigating your Windows** Res. & PM Only  
 Laptop (bring your laptop)



10:00am – 11:00am Auditorium  
**Medicare Fraud & Prevention** All Welcome!  
 Presented by Texas Senior Medicare  
 Patrol & The Senior Source

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

1:00pm – 2:00pm Flagpole Hill  
**Sign Language Fun!** All Welcome!



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



1:30pm – 2:30pm Resident Only  
**IL Walmart Trip**  
 Sign up at The Point

**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, JANUARY 26

### AM Exercise Classes

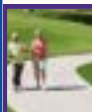
#### Fitness Center Classroom **Res & PM Only**

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

Walking Club

Pavilion

Res. & PM Only

Walk for your health with Aaron Schmidt!

### 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

**Shopping Trip to Kroger**

Sign-up at The Point.

Pick-up in front of each building.

Resident Only

10:00am-12:00pm

**SrTech Free Coaching Fridays**

Come & Go for Technology Help!

Tech Lab

Res. & PM Only

10:00am-11:00am

**Wii Bowling**

Practice and team play time.

Café Game Zone

All Welcome!



1:30pm – 3:30pm

**Movie Matinee**

*The Imitation Game*

2014, PG-13, 1h 54m

Theater

All Welcome!

### 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

6:30pm – 8:00pm

**Friday Night Game Night**

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

## SATURDAY, JANUARY 27



10:00am – 11:30am

**Valentine Collage Class**

All Class to Warm your hearts,

taught by CCY Resident Martha Newfield.

Sign up at The Point.

White Rock Class

All Welcome!



**4833 Restaurant  
Closed**

**Friday, Jan. 26 &  
Saturday, Jan. 27**

## MOVIE MATINEE

**FRIDAY, JANUARY 26**

**1:30PM**



**THE  
IMITATION  
GAME**

2014, PG-13, 1hr 54m

Starring Benedict Cumberbatch  
& Keira Knightly

Free popcorn and water.  
All Welcome!

The Imitation Game tells the true story of British mathematician and computer pioneer Alan Turing, who helped break crucial secret codes, particularly those sent on Germany's Enigma machine during World War II



# THIS WEEK'S

## *Highlights*

**Tuesday, January 30**

3:00pm

### **Book Review**

Dana Harkey reviews: Sweet Land Of Liberty: A delicious and delightful narrative history of pie in America.

**Tuesday, January 30**

11:45am

### **IL Lunch & Art Show Trip**

Sign up at The Point

**Thursday, February 1**

10:00am

### **OLLI Class**

Jane Austin's Novels: Northanger Abbey

**Friday, February 2**

1:30pm

### **Movie Matinee:**

*Race*

2021, PG, 1h 29m

**SUNDAY, JANUARY 28**

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**

Led by Rev. Dr. Bill Power

Auditorium & Ch. 81

All Welcome!

11:00am - 12:00pm

### **The Point Worship Service**

Auditorium & Ch. 81

All Welcome!



SUNDAY, JANUARY 28

NATIONAL  
**Blueberry  
Pancake  
DAY**

## **BOOK REVIEW**

by Dana Harkey



**Tuesday  
January 30  
3:00pm**

**SWEET LAND  
OF LIBERTY:**

A DELICIOUS AND DELIGHTFUL NARRATIVE  
HISTORY OF PIE IN AMERICA, FROM THE  
COLONIAL ERA THROUGH THE CIVIL RIGHTS  
MOVEMENT AND BEYOND

## MONDAY, JANUARY 29

### 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 Classes

**Vista Rehab Pool** **972-638-8795.**  
**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

9:30am – 11:00am Auditorium  
**Happy Hookers** All Welcome!

### Volunteer Group

Crochet plastic grocery bags into sleeping mats.

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

**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

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

## TUESDAY, JANUARY 30

### 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



11:45am – 3:00pm Resident Only

### IL Lunch and Art show Trip

Lunch at Ellen's in Casa Linda and then Art Show at the Bathhouse Cultural Center.  
 Sign-up at The Point.  
 Bus departs from The Point

### Aquatics Classes

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

1:30pm-2:30pm Auditorium

### CC Young 'Uns Choir Rehearsal

All Welcome!

### PM Exercise Classes

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



3:00pm-4:00pm Auditorium

### Book Review

All Welcome!  
 Dana Harkey reviews: Sweet Land Of Liberty  
 A delicious and delightful narrative history of pie in America.

SAVE THE DATE

**Chocolate Tasting with  
 Elena & Aaron  
 Wednesday, Feb. 7 at 3:30pm**






## WEDNESDAY, JANUARY 31

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

### 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.

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

**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

### 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, FEBRUARY 1

### AM Exercise Classes

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

10:00am – 11:30am Auditorium & Ch. 81  
 **OLLI Class** Res., Pm & OLLI  
**Jane Austen's Novel:** Members Only  
**Northanger Abbey**  
 Presented by Elaine Kushmaul

**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  
 Acrylic Painting Collage  
 with David Shulze. Sign up at The Point

1:00pm – 2:00pm Flagpole Hill  
**Sign Language Fun!** 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 Auditorium  
**Resident** Resident Only  
**Happy Hour**

## FRIDAY, FEBRUARY 2

### 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

**Walking Club**

Pavilion

Res. & PM Only

Walk for your health with Aaron Schmidt!

### Aquatics Classes

**Vista Rehab Pool**

972-638-8795

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 each building.

10:00am-11:00am

**Wii Bowling**

Café Game Zone

All Welcome!

Practice and team play time.



1:30pm – 3:30pm

**Movie Matinee**

*Race*

2021, PG, 1h 29m

Theater

All Welcome!

### 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

6:30pm – 8:00pm

**Friday Night Game Night**

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

## SATURDAY, FEBRUARY 3

10:00am – 11:30am

**Dallas Handweavers & Spinners Guild**

Auditorium

All Welcome

10:00am – 4:00pm

**Dallas Bead Society Monthly Meeting**

Fitness Center

All Welcome

## MOVIE MATINEE

FRIDAY, FEBRUARY 1

1:30PM

**RACE**



**RACE**

2016, PG-13, 2hr 14m

Starring Stephen James & Jason Sudeikis

Free popcorn and water. All Welcome!

A biographical sports drama film about African-American athlete Jesse Owens, who won a record-breaking four gold medals at the 1936 Berlin Olympic Games.



# Lifestyle

## Section

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The concept 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.





JANUARY 2024

# GOLDEN DREAMS:

A MOTIVATIONAL JOURNEY FOR  
2024 AND BEYOND

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Brian Parman  
Director  
The Point & Pavilion

As we stand on the precipice of a new year, let us embrace the mantra of "Go for the Gold in 2024" with renewed vigor and determination. Age is but a number, and for mature adults aged 55 or better, the golden years are an opportunity to shine brighter than ever before.

In the race of life, the gold we seek isn't just a tangible medal but the fulfillment of our dreams, the realization of our passions, and the joy found in everyday victories. The year 2024 holds the promise of untapped potential, where the wisdom gained over the years converges with the boundless possibilities that lie ahead.

Each day is a chance to redefine what it means to be golden. It's a time to set audacious goals and pursue them with the tenacity of a champion. Whether it's a long-held aspiration, a career shift, or a personal milestone, let no dream be too grand, for the golden age is the perfect canvas to paint the masterpiece of your life.

Consider the wealth of experiences you've accumulated, the lessons learned, and the resilience forged through challenges. These are the tools that will propel you forward in the pursuit of your goals. Embrace the idea that, like fine wine, life only gets better with time, and you are at the peak of your vintage.

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In 2024, let passion be your compass. What sets your heart on fire? What dreams have you deferred for too long? Now is the time to fan those flames, to rediscover the zeal that may have dimmed over the years. The pursuit of your passions is the true gold, enriching your life and leaving a legacy for generations to come.

Connect with the community around you; share your stories, mentor the younger generation, and foster relationships that add warmth to your golden years. In these connections, you'll find strength, inspiration, and the shared joy of pursuing dreams together.

Remember, age is not a barrier; it is a badge of honor. It signifies a life well-lived, a journey filled with resilience, growth, and triumphs. As you step into 2024, carry this badge proudly and let it be a testament to the richness of your experiences and the potential that still lies within.

So, go for the gold in 2024 with a heart full of ambition, a mind open to possibilities, and a spirit unyielding in its pursuit of dreams. The stage is set for you to shine, to savor the golden moments, and to create a legacy that will glisten for generations to come. Embrace the journey, savor the victories, and let the golden age be your most radiant chapter yet.



Join my friend Donna Collins and me at The Point Auditorium at 3:00pm on Wednesday, January 24, for hands-on Vision Board Workshop for 2024. We will guide you in creating a visual representation of your dreams and aspirations.

A vision board is a powerful tool that helps you define and manifest your dreams by visually articulating your goals. It serves as a daily reminder, aligning your intentions with your actions and propelling you toward the fulfillment of your aspirations. Together, let's craft a vision for the year ahead that inspires and propels you to new heights.



by Russell Crews  
President and CEO



Two years ago, we selected Thomas Cuisine as our new food service vendor. Even though their corporate office is based in Meridian, Idaho, their presence is nationwide. They serve large organizations like ours in senior living, plus independent schools, healthcare, and corporate dining venues. They believe that food is the first and most important medicine on any health journey. One reason they were appealing to us is their unique approach to food service in our industry. Their philosophy and approach is cooking from scratch with local, “REAL” foods and ingredients. They developed their R.E.A.L. food program with the goal of helping individuals adopt healthier food choices centered on seasonably fresh produce, whole grains, lean proteins, and foods prepared with minimal amounts of healthy fats. R.E.A.L. food, according to their definition, is Robust in flavor, using Exceptional ingredients, Avoiding additives, and Loaded with nutrients. The result is that Thomas Cuisine delivers cleaner, minimally-processed foods that are delicious, fresh and wholesome. Since food service is integral to our daily operation, this approach resonated with all of us!

After the initial transition and “getting to know you” period, our experience with Thomas Cuisine has been excellent. The management team, the responsiveness, the food quality, the catering are all above expectations. And our residents agree! The food committee meetings with both Independent Living and Assisted Living have been very positive as well as the surveys from residents in Skilled Nursing.



As you may suspect, dining and nursing are the two largest departments on our campus. Consider this: Every month, our chefs prepare a staggering 31,000+ meals across all levels of care on our campus each year. The monthly meals annualized converts to 372,000 meals prepared on our campus. That is quite a logistical operation! The team that coordinates everything consists of 9 Thomas Cuisine managers plus these CC Young employees: 33 cooks, 1 baker, 1 receiver (to inventory incoming orders), 18 porters, 21 servers, 42 diet aides, and 6 supervisors. That's 131 individuals who are charged with bringing meals to 10 different dining venues on campus. Impressive!

Someone who's been instrumental in shaping culinary delights in Independent Living at CC Young is Rafael Hurtado, the Sous Chef at The Asbury. Rafa isn't just a chef; he's a charming artist who paints flavors onto our plates, making every meal a masterpiece. His journey from mastering traditional culinary techniques to incorporating innovative and diverse recipes into our menu is truly inspiring. It is clear that he enjoys his job. His commitment to using fresh, locally sourced ingredients not only elevates the taste but also reflects a deeper dedication to our residents' well-being. Personally, two words say a lot about one of my first experiences with Rafa: Pot Pie. (If you've tasted this delicacy of his, you know what I mean!)



Thomas Cuisine's unwavering commitment to every individual's needs is not just in IL and AL. They also focus on offering flavorful meal options in Skilled Nursing for those with dietary restrictions and unusual personal preferences. Whether the issue is salt or sugar intake, or perhaps swallowing challenges or something completely different, they go above and beyond to ensure each meal specifically suits the resident's needs. The individual responsible for dining in this clinical setting is Lorna Towers Sanders. Lorna is a Registered Dietitian with both Bachelor and Master degrees in nutrition from UT Southwestern. Most of her career has been working with older adults – which is likely why she excels in our environment. Her attention to detail and her listening skills are key to success in this clinical environment.

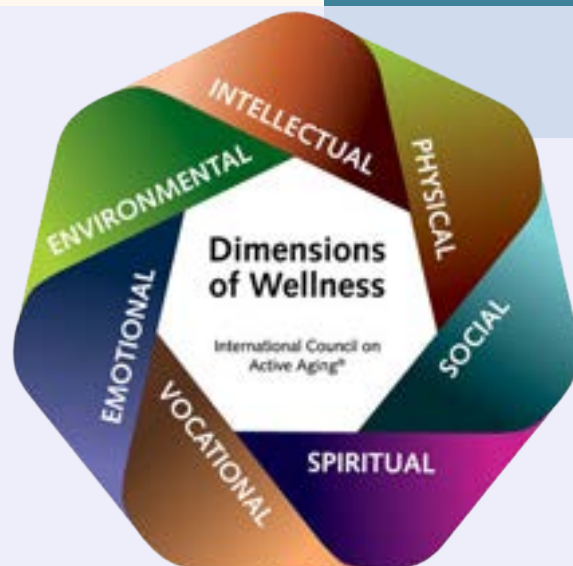


With Thomas Cuisine, it's not just about the food. It's about the quality of food and the dining experience. It appears to me that preparing and serving for our campus is not not just a job, it's a labor of love.

Bon appétit, everyone!

# VILLAGE REPORT

In my article in December's Lifestyle Guide, I shared my profound paradigm shift about "wellness." The shift went from viewing wellness in a physical context to recognizing that wellness is really multifaceted in nature. It is not one dimensional! This shift has driven our theme for 2024. As a result, the Community Outreach Team has adopted the International Council on Active Aging's 7 Pillars of Wellness serve as our guide for activities and special events in 2024. All year long, we will focus on balance within these specific areas of life: intellectual, physical, social, spiritual, vocational, emotional, and environmental. The theme for the year is "Go for the Gold in 2024!"



You may ask: What does that mean? Well, to me, "go for the gold" means "continue to reach"- for whatever you want! If you are exploring all pillars of wellness, the sky is the limit. As Norman Vincent Peale once said, "Shoot for the moon. Even if you miss, you will land among the stars!" I believe "shooting for the moon" is a mindset and a journey. It's a way of life with mindful attention to balance.

Let's face it: Nobody's perfect. I am The Worst about balance in my life, but I'm inspired to be better. And like Vince Lombardi said, "If we chase perfection, we can catch excellence." Personally, aiming in the right direction would be improvement!

So...with that in mind, what excites me most about this new paradigm of wellness? It is that almost everything we already do at CC Young is related to wellness – and therefore to these 7 pillars! To help you along so you can "see" what I mean, this month you will be able to identify the individual pillars in our revamped Lifestyle Guide. There will be a guide on each page so you can start to learn how we are categorizing each event. I hope you will eventually be able to recognize the pillars and mentally chart your course for balanced participation in all the pillars. It will be easy seek balance because we have so many options each month!

Let's break down the pillars in more detail. ("Here we go" - a la Dak Prescott...)



**Physical Wellness:** This pillar is familiar to many—it's about the importance of regular exercise, nutritious eating, and adequate rest. However, it's not just about the body; it's about feeling vibrant and energized in our physical being.

**Intellectual Wellness:** This means stimulating our minds through lifelong learning, exploring new ideas, and engaging in creative endeavors. Intellectual wellness fuels our curiosity and keeps our mental faculties sharp.

**Emotional Wellness:** This is about understanding, expressing, and managing emotions in a healthy way. This pillar teaches us resilience, self-compassion, and the ability to navigate life's ups and downs.

**Social Wellness:** This one is about nurturing meaningful connections and fostering a sense of belonging within our communities – both here on campus and elsewhere. Social wellness thrives on genuine relationships and a supportive network...wherever that may be!

**Spiritual Wellness:** The key to this is reflecting on life's purpose, finding inner peace, and seeking meaning and depth in our existence. Spiritual wellness is about aligning with our values and beliefs.

**Vocational Wellness:** Sometimes a little mysterious by just the word, this one is about finding satisfaction and fulfillment in our work or personal pursuits. This pillar encourages us to pursue careers or hobbies that resonate with our passions and strengths.

**Environmental Wellness:** Finally, hopefully we will all continue being mindful of our surroundings and making choices that positively impact our environment. Environmental wellness emphasizes our responsibility to care for our planet.

As we navigate 2024, "Go for the Gold!" serves as a rallying call for each of us to broaden our horizons. It prompts us to ponder: What can we do differently this year to fortify our wellness – not just for 2024, but also for the years beyond? Our collective journey toward wellness isn't merely about reaching a destination but rather embracing a [mindful] lifestyle—a way of living that nurtures every facet of our existence. It's about fostering a community where each individual is empowered to thrive intellectually, physically, socially, spiritually, vocationally, emotionally, and environmentally. Doesn't that sound like a good path for all of us?

As we embark on this journey together, let's seize the opportunities ahead, explore new horizons, foster deeper connections, and immerse ourselves in diverse experiences. Let's champion our wellness, individually and collectively, and in doing so, paint a canvas of vibrant and fulfilled lives at CC Young.

I am jazzed about the transformations that await us as we "Go for the Gold" in 2024 and beyond. Can you tell?



by Jen Griffin  
Vice President, Engagement



# *Tips to Help You Stick to Your New Year's Goals*

[greatistwesbite.com](http://greatistwesbite.com)

Setting New Year resolutions can help you achieve success in the upcoming year. However, sticking to your goals can get hard as the year marches on. The right game plan can help you stay the course all-year long.

Lots of peeps kick off January with high hopes of good behavior and achievements, but lose momentum as the year marches on. In fact, only 4 in 10 peeps are still on track with their resolutions after six months.

But that doesn't have to be your reality in 2024. Sure, if your goal-setting process is flawed, you're unlikely to get very far. The good news is that with a few tweaks, you can make sure your resolutions stick around and become part of your routine. The key is to set realistic, attainable goals and to break down those grandiose resolutions into smaller parts.

Be realistic with your goals

Make SMART goals

Get organized by setting SMART (Specific, Measurable, Attainable, Relevant, and Time-bound) goals. Use these criteria to turn abstract ideals into concrete plans with clear direction. They also make it easier to track progress, stay on target, and measure success.

Yep, studies show that setting SMART goals increases the chances of sticking to them. So instead of resolving to do vague stuff like "get in shape," instead, aim for something like "run a 5K in under 25 minutes by June 1st."

When you've got specific parameters for your goals, it's easier to maintain your motivation, making it more likely that you'll succeed.



## Make SMART goals

Get organized by setting SMART (Specific, Measurable, Attainable, Relevant, and Time-bound) goals. Use these criteria to turn abstract ideals into concrete plans with clear direction. They also make it easier to track progress, stay on target, and measure success.

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When you’ve got specific parameters for your goals, it’s easier to maintain your motivation, making it more likely that you’ll succeed.

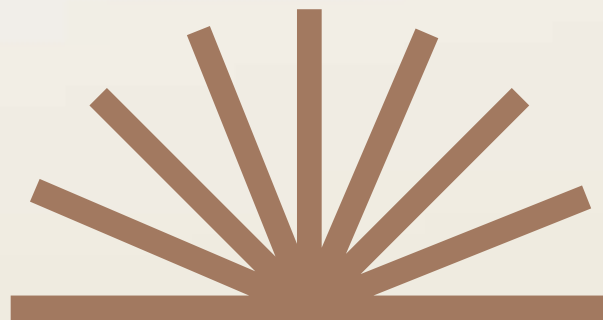
## Start small

Don’t expect to completely revamp your life overnight. It takes time to change habits, and you can’t do it all at once. Instead, make smaller goals that are easier to tackle and don’t require a huge lifestyle shift from day one. This way, you can gradually work your way up to the challenging objectives.

For example, instead of aiming to cut out all sugary snacks right away, begin by swapping unhealthy treats for healthier alternatives. Once that’s become a habit, you can move on to eliminating snacks or reducing the amount that you eat.

## Create goals for different areas of your life

Life is multi-faceted so why have resolutions that only focus on one area? Instead, think about all the different aspects of your life — like relationships, health, career, finances, and leisure activities — and create goals for each domain. Doing so helps ensure that you’re giving attention to every part of your life instead of just one or two.



## 11 ways to make (and keep) New Year’s resolutions

February doesn’t have to be a time of disappointment, broken dreams, and dashed hopes. Here are 11 strategies to help you keep your New Year’s resolutions:

1. **Make SMART goals**
2. **Start small**
3. **Create goals for different areas of your life**
4. **Write them down**
5. **Prioritize your goals**
6. **Break down bigger goals**
7. **Include friends and other peeps**
8. **Keep it interesting**
9. **Celebrate progress**
10. **Adjust as necessary**
11. **Have patience**



# Residents' Generosity Impacted the CC Young Mission in 2023!

by Laura Coker  
Sr. Director, Development



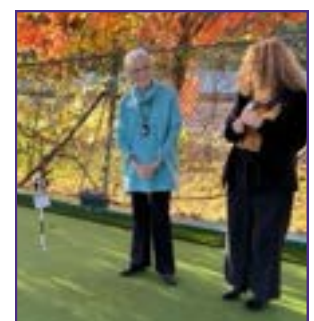
Whether you gave in support of the Benevolence Fund, Staff Scholarship, Employee Bonus Fund, or one of our Ministries, your gift last year made it possible to fulfill our mission. Because of your support CC Young will foster premier environments where every life at every stage is valued and enriched.

Thanks to your support on North Texas Giving Day, over **\$75,000 was raised**. CC Young was able to offer Staff Scholarships to further personal and professional growth of staff. Your kindness provided shelter and supportive services to residents who have outlived their income through the Benevolence Fund.

The staff at CC Young work tirelessly to go beyond to serve, care for, and improve the health of the residents and families we serve. Each year, you stand up in a big way to say thank you through the Employee Christmas Bonus Fund. In the last year, your efforts **raised \$72,000**. The Christmas Bonus Fund helped our employees have a special Christmas.

It's more than the gifts you gave last year, it's the time you gave back to the community- whether sharing your passion and talent with fellow neighbors or being a helping hand to each other.

Your impact is more than just a one-time gift. It's the effort, pride, and ownership you put into your home and community that makes CC Young a place to live, play, and thrive. Your support of CC Young programs enables us to embrace the uniqueness of each resident and supply resources to aid them in celebrating the ageless spirit. Thank you for sharing your time, treasure, and talents to help CC Young thrive.







# GOLD STARS FROM THE TEACHER

**Dr. Hayley Moseley**  
Campus Educator



## *GOLD STARS*

Everyone wants a gold star from the teacher, right? So I'm titling my series this year, "Gold Stars from the Teacher." My goal for these articles is to teach you something new, whether it's about dementia, aging, or updates you might not know from the staff. Learn something new and get a gold star!

## *GOLD STAR IN ACTIVITIES*

When I heard that the January topic is "Gold Standard," I knew exactly what I would write about this month. My dissertation! My graduation was announced in a previous Lifestyle Guide, but I haven't had a good opportunity to talk about my dissertation. My primary research question was, "How do we know that an activity department is doing a good job?" What are the criteria to determine if a life enrichment team is successful? What is the Gold Standard for activities?

I began what is called a "Delphi study," which is where a researcher asks several experts in the field for their opinion on a topic in hopes of finding a consensus. Where do all the experts agree? This is primarily used when there is no right or wrong answer. You ask a series of questions, then send out the answers to see who agrees in several "rounds." I used 4 rounds. I had about 75 activity experts start my study and about 35 finish it (which is great!).

They determined that there are two main things that are most important when evaluating an activity program.

1. Are the activities offered things that the residents actually want to do?
2. Are they able to do them?

So the first item can be summarized as "person-centered care." Is the team looking at who they have and what they want when planning an activity? For the second, do the residents have what they need to participate? Are there adaptations for physical or cognitive hindrances? Is the schedule convenient? Do they know how to get there or have help getting there? While this was broken down into over 30 individual items, the two key questions above set the gold standard.

Think about the activities and events at CC Young. Do we have things you are interested in? Are you able to participate if you want? I sure think so, but feel free to reach out to Aaron or Elena if you have any suggestions!

# LETTER FROM THE CHEF



**Dear Residents of CC Young,**

**I trust this letter finds you well and enjoying the vibrant fellowship and spirit that makes our independent living community truly exceptional. It is with great pleasure that I reach out to you today to share some exciting developments about our specialized dining outlet, 4833, an amenity that has become an integral part of our community experience.**

**As many of you are aware, this dining outlet has been a hub for upscale cuisine, offering a unique and delightful experience for our residents. We greatly value your feedback, and it is this input that continually shapes and refines our offerings to better cater to your discerning tastes and preferences.**

**This month we are presenting a fine dining Latin concept that has garnered praise and appreciation. However, in our ongoing commitment to providing the best possible experience for our residents, we have decided to embark on a new culinary journey. Starting February 1st, we will be transitioning to an Italian/Mediterranean concept, bringing a fresh flavor profile to our dining space.**

**It's important to emphasize that this transition is not arbitrary but a result of careful consideration and collaboration. We have considered the valuable insights shared through resident comment cards, engaged in meaningful discussions with our esteemed food committees, and tapped into our culinary expertise to guide us in this culinary evolution.**







**Our commitment to excellence remains unwavering, and we want to assure you that the 4833 is not a static entity. It is a dynamic space that evolves based on your feedback and the preferences of our residents. We understand that your tastes and expectations may differ, and we welcome the many opinions that enrich our offerings.**



**Your satisfaction is of the utmost importance to us, so please continue sharing your thoughts and preferences through comment cards. Your voices, combined with our expertise and the collaborative efforts of our food committees, will continually guide the future direction of our dining concepts. We are dedicated to providing you with an exceptional dining experience that enhances the overall quality of life within our community.**



**We are confident that the Italian/Mediterranean concept will be a delightful addition, and we look forward to creating memorable culinary experiences that reflect the diverse and refined tastes of our residents. Thank you for your ongoing support and enthusiasm for 4833.**

**If you have any questions or suggestions, please feel free to reach out. We are here to ensure that your dining experiences continue to be as delightful as ever.**

**Sincerely,**

**Matthew Reid  
Executive Chef**



# Technology: pivotal tools in achieving excellence, quality, and standards!

**Daphne Lee, Senior Tech**



**In an age where digital innovation is rapidly transforming our lives, mobile devices and personal technology generally, have emerged as pivotal tools in achieving excellence, quality, and standards across various fields including business, education, and technology. In addition to staying connected; mobile devices can be used as gateways to a world of opportunities, enabling personal growth, learning, and engagement.**



**As we step into a new year, setting resolutions and goals becomes a rejuvenating ritual. Mobile technology can play a significant role in this process. Apps designed for goal setting and tracking, for instance, can help set realistic, achievable objectives, whether it's learning a new skill, improving health, or staying more connected with loved ones. Apps like Calendar and Notes available on both Apple and Android platforms help to manage appointments, events, and goals.**

**Mobile devices have redefined the way we work and communicate. Your smartphone and tablet offer access to tools for effective communication, time management, and market research. Apps like Zoom facilitate virtual meetings, allowing the user/driver to engage in business and social activities from the comfort of their homes, thus breaking down geographical barriers.**







**Education is another sphere where mobile technology shines. E-learning platforms and educational apps provide the opportunity to pursue lifelong learning. From language learning apps like Duolingo to online courses offered by universities, the pursuit of knowledge is now at our fingertips.**

**In terms of technology and innovation, mobile devices have become hubs of smart solutions. Home automation apps, for instance, allow to control home appliances remotely, enhancing convenience and safety. Health-related apps can monitor vital signs, remind about medication, and even provide platforms for telemedicine consultations.**

**As we embrace the New Year with aspirations and goals, the role of mobile technology in enhancing the lives of is undeniable. By leveraging these tools, anyone can achieve a higher quality of living, stay connected in the digital age, and continue to contribute meaningfully to their community.**

**These technologies enhance the quality of life by fostering independence, learning, and connectivity. Learn more about those technologies in the SRTech classes at the Point where you will find 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 [srttech@ccyoung.org](mailto:srttech@ccyoung.org) with any ideas or special requests.**



# ASK CCY!

Advice from CC Young Nurses and Administrators

Dear Nurse

My father is no longer able to drive due to macular degeneration. Our family used to take him out weekly to the grocery store and to walk around the mall. We have recently moved away where we can no longer visit weekly to continue the outings. We video chat weekly, but he's missing his mall time. He enjoyed it so much, he's become a bit depressed in the past few months that he hasn't been out and about. He lives alone and his neighbors are also unable to drive. I'm saddened and feel responsible since without us, he is "stuck" inside his home. I would love to have a way to let him continue his outings, but I'm clueless as to who would be able to provide this service. What do you suggest?

Sincerely, Clueless and Sad



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

Dear Clueless,

Allow me to enlighten your knowledge and turn your sadness around. CC Young's Private Care caregivers can be a friendly face between family visits.

One caregivers provides transportation to the grocery store, mall and any other place your dad would like to go.

Patient and caring companions will help him transfer safely in and out of the car and escort him around the mall, taking care to assist him with steps, curbs and other potential hazards he might not see.

Your video chats will be filled with new stories of his mall adventures.

Let PDS be your "stand-in" family and everyone's spirits will be lifted.



# WELCOME

To The

*Neighborhood*

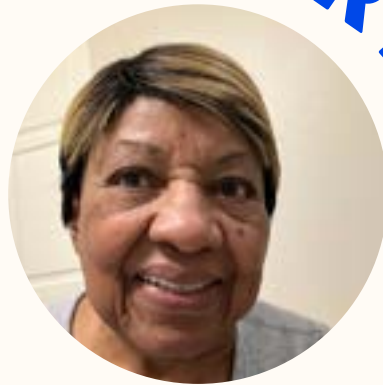
Please Welcome CC Young's new Independent Living Residents!

**THOMAS**



Pat Engel

**ASBURY**



Lois Waterhouse



Bob Waterhouse



# JANUARY

## TEAM

## BIRTHDAYS

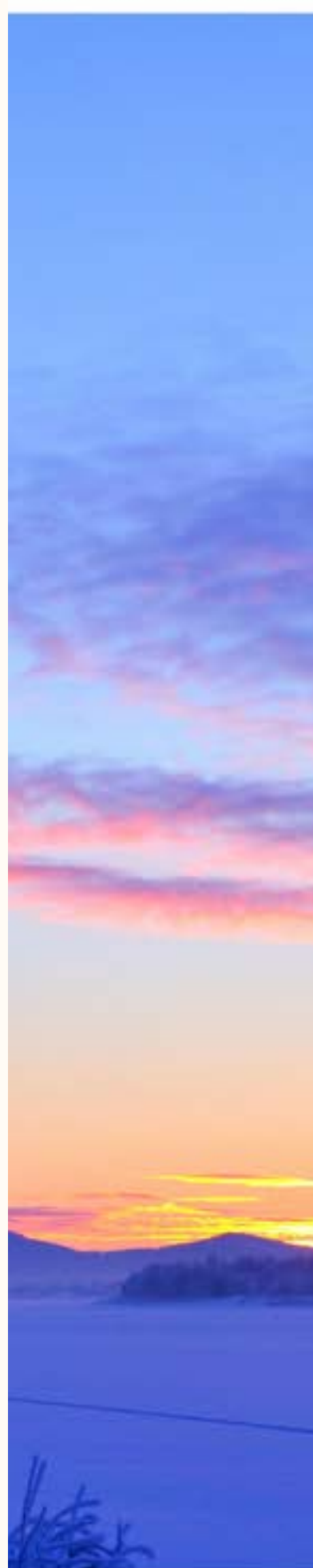
Hello  
JANUARY

Paul Adja	Jan 1	Dining Services
Kiarri Castleberry	Jan 1	Health Center
Finda Fengai	Jan 1	Assisted Living
Orwson Crawford	Jan 1	Therapy
Angela Jones	Jan 3	Private Care
Olayemi Ogunyemi	Jan 3	Assisted Living
Adaysha Wherry	Jan 3	Health Center
Shante Wright	Jan 3	Assisted Living
Cindy Vicente	Jan 4	Dining Services
Atlo Zewde	Jan 4	Private Care
Ladi James	Jan 6	Private Care
Amarech Tato	Jan 7	Private Care
Satara Williams	Jan 8	Dining Services
Ta'Viera McCray	Jan 9	Dining Services
Hana Mengesha	Jan 10	Assisted Living
Pamela Rhodes	Jan 10	Housekeeping
Massoud Shahidi	Jan 10	Therapy
Catherine Thomas	Jan 11	Home Health
Ibraheem Akilagun	Jan 12	Memory Support
Clarice Jones	Jan 12	Housekeeping
Kenneth Smith	Jan 12	Dining Services
David Spencer	Jan 12	Resident Services
Selena Ocbazgi	Jan 12	Private Care
January Porter	Jan 14	Health Center
Jazmine Jordan	Jan 15	Health Center
Jessica Ross	Jan 15	Business Office
Gregory Ndikaka	Jan 16	Health Center
Angela Castillo	Jan 17	Community Outreach
Idreaka McEwen	Jan 17	Assisted Living
Georgia Kiriakos	Jan 18	Therapy
Dora Amo	Jan 18	Health Center
Kelly McGee Powell	Jan 19	Assisted Living
Kelelaw Habtemariam	Jan 21	Health Center
Kevin Judd	Jan 21	Dining Services
Xena Smith	Jan 21	Community Outreach
Tamara Stiggers	Jan 21	Private Care
Caroline Denslow	Jan 22	Therapy
Leslie Delgado Mendez	Jan 23	Private Care
Abby Brown	Jan 23	Sales
Kisa Greenwell	Jan 24	Health Center
Worknesh Abebe	Jan 25	Private Care
Gail Hamlin	Jan 26	Community Outreach
Tisgewoini Ande	Jan 28	Private Care
Rachel Korodan	Jan 29	Therapy
Jameela Amn	Jan 30	Therapy
JC Guerrero	Jan 30	Housekeeping
Mirella Delgado Toledo	Jan 31	Housekeeping


# January Team Anniversaries

Employee Name      Hire Day      # Yrs      Department

Kim Jones	02-Jan-18	6	Hospice
Elizabeth Kidane	02-Jan-18	6	PDS
Niesha Stroops	03-Jan-17	7	Assisted Living
<b>Robby Baxley</b>	<b>04-Jan-13</b>	<b>11</b>	<b>Sales</b>
Elizabeth Durham	04-Jan-23	1	Therapy
Modinat Adebayo	09-Jan-23	1	Health Center
Barbara Marcum	09-Jan-23	1	Development
Noemi Mares	09-Jan-23	1	Housekeeping
Trinette Jones	10-Jan-22	2	PDS
Breanna Weaver	10-Jan-22	2	Health Center
Elena Jeffus	11-Jan-21	3	Community Outreach
Winnie Mgbemena	13-Jan-20	4	Assisted Living
Maria Pasha	13-Jan-15	9	Dining Services
Tanequa Polk	13-Jan-17	7	Memory Support
Gloria Yarbough	13-Jan-20	4	Dining Services
Solomon Aderinola	16-Jan-23	1	Maintenance
Lisa Jones	17-Jan-22	2	Housekeeping
Yazmin Castillo	19-Jan-23	1	Dining Services
<b>Dess Rolfe</b>	<b>20-Jan-09</b>	<b>15</b>	<b>Community Outreach</b>
Davlin Campbell	21-Jan-19	5	Health Center
Eboni Wade	21-Jan-15	9	Dining Services
Makayla Mouton	23-Jan-23	1	Dining Services
Bernice Nkrumah	23-Jan-23	1	Dining Services
Joshua Rayford	23-Jan-23	1	Dining Services
Keshya Styles	23-Jan-23	1	Health Center
Dolores Leguizamo	24-Jan-17	7	Housekeeping
Satara Williams	24-Jan-23	1	Dining Services
Kylie Ream	27-Jan-20	4	Therapy
Sharmaine Samuels	27-Jan-20	4	Therapy
Tonya Simmons	27-Jan-20	4	Home Health
Vanessa Villanueva	27-Jan-20	4	Assisted Living
<b>Lula Mohammed</b>	<b>28-Jan-09</b>	<b>15</b>	<b>Assisted Living</b>
Deverth Michell Hicks	30-Jan-17	7	Dining Services
Doreen Ngwa	30-Jan-23	1	Health Center
Alexia Quezada	30-Jan-23	1	Dining Services







# *January* **RESIDENT BIRTHDAYS**

Gary Jones Sr.	3	Asbury
Shoshanna Gardiner	4	Thomas
Patsy McDonald	5	Overlook
Kathy Rauscher	5	Thomas
Laura Murphy	5	Vista
Bobbi Barnes	6	Vista
Don Lightfoot	7	Asbury
Sharon Edwards	8	Asbury
Gwendolyn Grote	8	Hillside
Sondra Elvir	9	Asbury
Sandy Bell	10	Hillside
Lenora Smith	11	Hillside
Isabella Hutton	12	Vista
Paula Alvarez	12	Asbury
Anita Hullum	12	Overlook
Charles Smith	12	Overlook
Jane Baird	13	Overlook
Shirley Flint	13	Overlook
Boo Powell	13	Overlook
Phyllis Wilbourne	13	Vista
Mary Abell	15	Vista
Carolyn Edwards	15	Vista
Clarence Payne Jr.	20	Vista
James Pedison	20	Overlook
Mary Guy	21	Thomas
Peter Irestone	23	Vista
Emily Hollandsworth	23	Vista
Ann Beasley	24	Overlook
Donald Thomason	25	Hillside
Joan Thompson	25	Hillside
Joseph Harned	26	Vista
Helen Adair	27	Vista
Patricia Birdwell	27	Vista
Mac Hood	27	Overlook
Sharon Willis	27	Vista
Arthur Chase	28	Vista
Jean Andresen	28	Overlook
Martha Lemons	28	Thomas
Inge Sickfeld	30	Vista
Tom Rogers	30	Thomas
Diane Hill	31	Asbury



# ***JANUARY***

## **Resident**

## *Anniversaries*

**10 Years**

**Tom Dunscombe**

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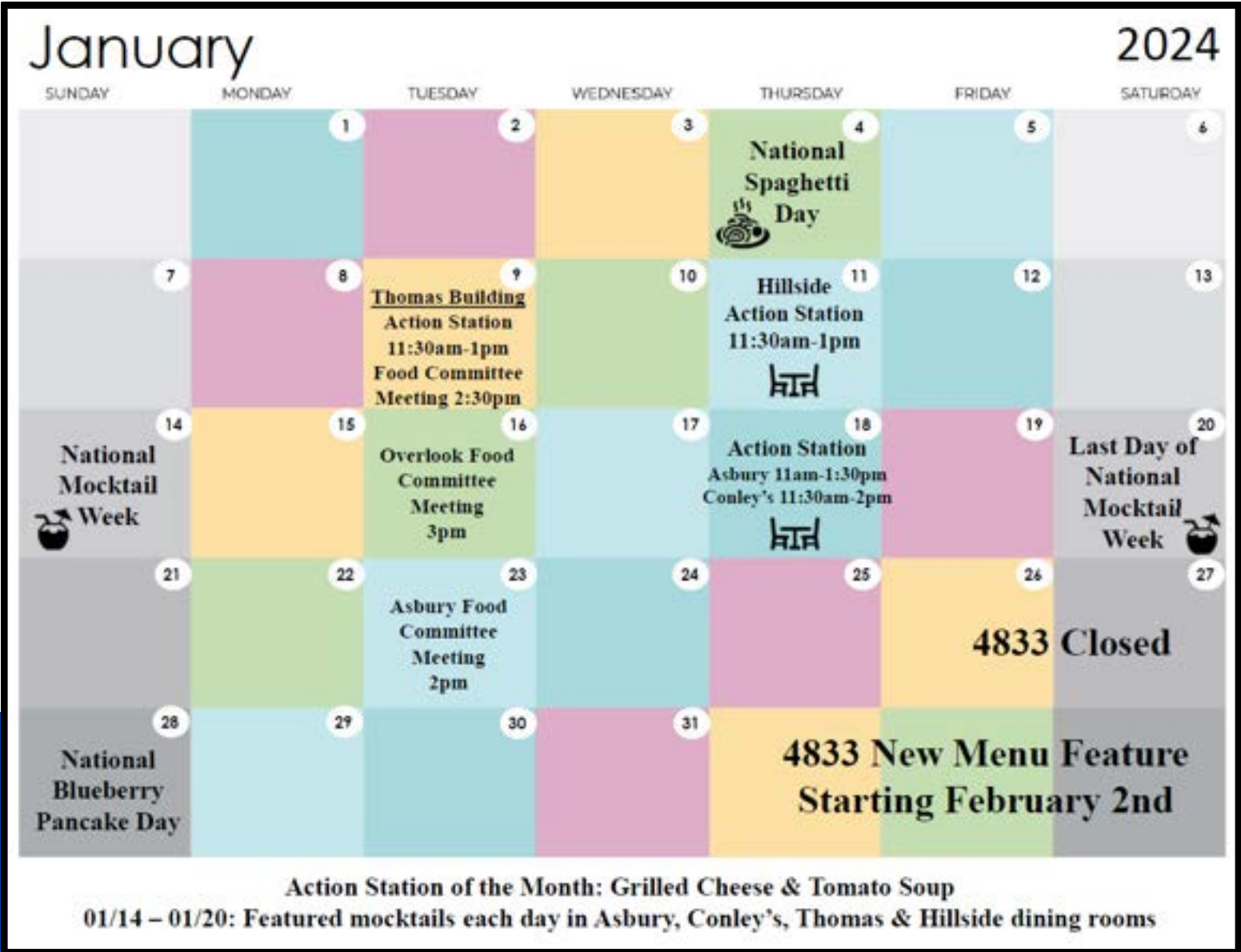
**5 Years**

**Elise Hustis**

**Sue Ann Gilman**

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# THOMAS CUISINE SPECIAL DINING DAYS







# FEBRUARY CLASSES

Thursday, February 1

**Jane Austen's Novels: Northanger Abbey**

Presented by Elaine Kushmaul, MLIS

Tuesday, February 6

**Hearing Loss and the Importance of Diagnosis, Treatment, and Rehabilitation**

Presented by Katherine Alsop, AuD

Thursday, February 8

**Maintaining and Improving Your Mental Skills in Later Life**

Presented by Bert Hayslip, Jr., PhD

Tuesday, February 13

**From New York to Texas: An Artist's Journey**

Presented by Francesca d'Atria - Romano, MFA

Thursday, February 15

**America's First Food Truck: The Chuckwagon**

Presented by Tom Pryor

Tuesday, February 20 10:00am – 11:30am

**Modern Irish Music and Literature: Yeats, Joyce, Heaney**

Presented by LeeAnn Derdeyn, PhD

Thursday, February 22

**History of the Vampire in Folklore, Literature, and Film**

Presented by Megan Bryan, PhD

Tuesday, February 27

**Texas During the Civil War and Reconstruction**

Presented by Andrew J. Torget, PhD

Thursday, February 29

**An American's Guide to Eurovision**

Presented by Jeanette Laredo, PhD

**Classes take place  
10:00am-11:30am  
Tuesdays &  
Thursdays in The  
Point Auditorium  
and on Ch. 81**



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

# OPEN HOUSE SATURDAY FEBRUARY 24 10AM-2PM

Info booths, Healthy food tasting,  
door prizes and more!



**Meet the team & Learn about The Point and  
how it can benefit you!**



## **Discover, Learn, Grow, Play, Sweat, Connect, Thrive!**

- Music
- Arts & Crafts
- Senior Technology
- CCY Rehab
- Game Zone
- Wellness Instructors
- Massage Therapy
- Volunteer Opportunities
- Osher Life Long Learning (OLLI)
- Garden Club
- Dakim Brain Fitness
- Knotty Knitters
- Happy Hookers
- Movies and more!



**4847 W. Lawther Dr.  
Dallas, TX 75214**