

ACTIVE SENIOR LIFESTYLE GUIDE



MARCH 2024

BE A GOLDEN
GIRL!

SPRING FOWARD!

CELEBRATE WOMEN
IN MARCH!



FREE

PLEASE TAKE
ONE



CC YOUNG
THE POINT & PAVILION



Meet The Team



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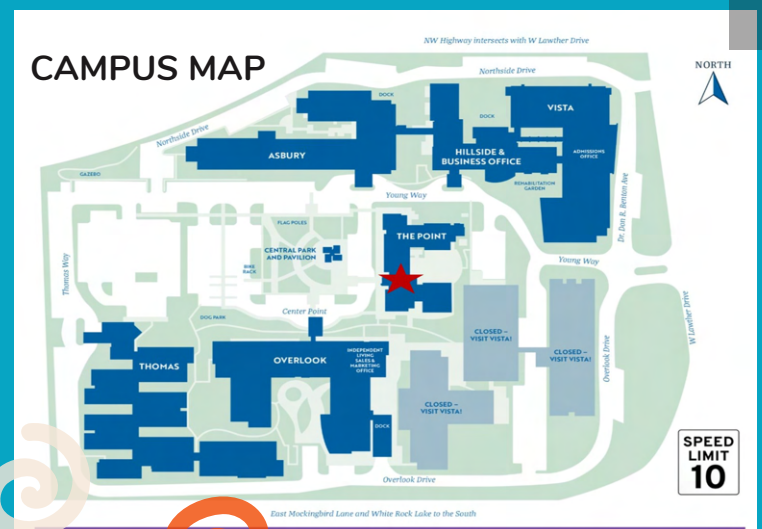


THE POINT AND PAVILION

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

» Table of Contents

5-10

Highlights of March Events

- Women's History Panel
- Art Gallery Show
- OLLI Class Schedule
- March Music
- Art Workshops
- Holy Week 2024



12-19

Class Summaries

- Special Interest Groups
- Collaborative Partners
- Wellness Classes
- Aquatics Classes
- SeniorTech Classes

21-40

March Daily Schedule

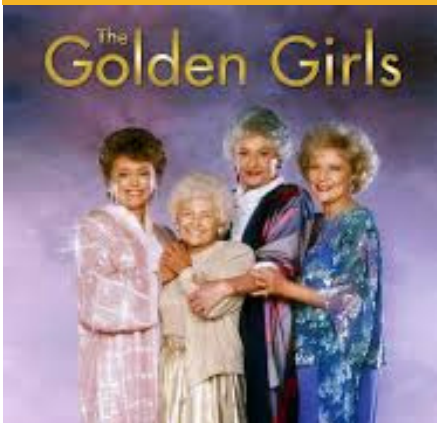
- Daily Calendar of events
- Each event notates resident, Point Member or all welcome.

41

Lifestyle Section



The Golden Girls



42-47

Team Talk!

- From The Director
- Crews News
- Village Report

48-59

March Articles

- Umphress Terrace Donation Drive
- Ask CCY
- The Best Investment
- Food. The Real Way
- Faces of Private Care
- Technology
- Gold Stars

60-63

March Celebrations

- Team Birthdays
- Team Anniversaries
- Resident Birthdays
- Resident Anniversaries



64-68

Save The Dates

- Special Dining Dates
- Garden Education
- Eclipse Party
- CC Young's Got Talent

She Believed *She Could, So She Did*



CC YOUNG
THE POINT & PAVILION

CELEBRATING WOMEN ENTREPRENEURS



Judy Vincent

Owner – Moonbeam
Cottage B&B
Fredericksburg, Texas



Donna Collins

Owner, Jelly Queens



Gwen Lummus

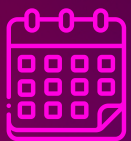
Former Owner
Bookmate Store



Daphne Lee

Owner – Click, Swipe, Share
Mature Adult Technology
Classes

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



Friday March 8



3:00pm

Our distinguished panel celebrates residents and community members who owned and managed their own business.



**Moderated by
Jen Griffin**

Vice President,
Community Outreach &
Engagement



Please RSVP by
Scanning code



PAGE 5

THE POINT ART GALLERY

PROGRESSION AND FLOW

THURSDAY, MARCH 1 - SUNDAY APRIL 28

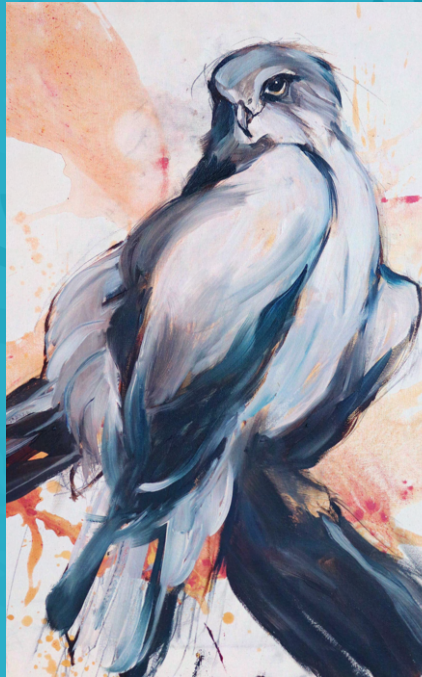
**KEITH
WILLIAMS**

ART EXHIBITION

RECEPTION

**FRIDAY
MARCH 15
3:30PM**

**OPEN TO
THE
PUBLIC**



CC YOUNG
THE POINT & PAVILION

PAGE 6

**4847 W. LAWTHER DR.
DALLAS TX 75214**



For more information on how to join
contact Angela at 214-841-2831 or
acastillo@ccyoung.org

MARCH 2024 CLASS SCHEDULE

Tuesday, March 5

Sacred Space Around the World: Religious Architecture in the Abrahamic Religions

The study of Sacred Space involves the study of rituals, traditions, sacred texts, and people.

Presented by Elizabeth Ranieri, PhD

Thursday, March 7

A Brief History of Ragtime and Stride Piano

What is ragtime, what is stride, and what's the difference between them?

Presented by Steve Harlos, DMA

Tuesday, March 19

Tales of Medical School, Residency, and Teaching

In this session, Dr. McKenzie will explain what it was like going through medical school, internship, and residency in an inner city hospital in the '80s

Presented by John McKenzie, MD

Thursday, March 21 & 28

Marbury v. Madison: The Untold Story

In almost every law school, the first case assigned in Constitutional Law courses is Marbury v. Madison.

Presented by Jim Bays, JD

Tuesday, March 26

Afterlives

This lecture will explore a range of religious and philosophical perspectives on the possibilities (or lack thereof) for existence after death.

Presented by Leah Kalmanson, PhD

DEBBIE & NEAL SMATRESK

OLLI AFTER FIVE SERIES



**Wednesday, March 6
5:30pm – 6:30pm**

**Taken: The Theft of
Gainsborough's
The Duchess of Devonshire**

**Presented by
Laura Evans, PhD,**

**Tuesday & Thursday Classes
take place**

10:00am-11:30am

**in The Point Auditorium
and Ch. 81**

March 2024 Music

Enjoy these music events at The Point this month



Monday, March 11 at 4:00pm
Bella Markham on Viola & Evan Ritter on Piano

Performing romantic, impressionistic, contemporary works by composers Frank Bridge, Zoltán Kodály, Benjamin Britten and Alexander Glazunov. **All Welcome!**



Tuesday, March 12 at 7:00pm
Cabaret Series

The Rob Holbert Group. Presented by Visions for Change & Denise Lee On Stage. **RSVP Required.** Residents & Point Members Sign up at The Point. Others via QR Code.



Saturday, March 23 at 3:30pm

Piano Concert

Yuqing He, UNT PhD Student will perform Schubert and Bartok. **All Welcome!**



Monday, March 25 at 4:00pm

Music by Ruby Weston

Enjoy Jazz music by this powerhouse singer! **All Welcome!**



Sunday, March 31 at 3:30pm

Piano Concert

Music by world-renowned Classical Pianist Gustavo Romero **All Welcome!**

Stay Creative & Inspire the World.

March Art Workshops

All supplies provided. Limited spots!
Sign up at The Point.

Mosaic Workshop

Saturday, March 9 at 10:00am

Led by CCY Resident Artist Patty Gooch



Arts & Crafts Workshop

Monday, March 11 at 10:00am

Led by Multimedia Artist, Patricia Dillingham.

This month's Project: Talking Rocks

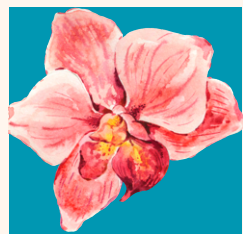


Watercolor Workshop

Friday, March 22 at 10:00am

Led by Master Watercolorist Gaylord O'Con.

Leave with your own masterpiece.



Marble Tracks Art Workshop

Saturday, March 23 at 10:00am

Led by Artist Brenda McKinney.

Let the marbles roll freely across a sheet of paper to make random marks.





CC YOUNG
SENIOR LIVING

HOLY WEEK 2024

PALM SUNDAY

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

Sunday, March 24

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

MAUNDY THURSDAY

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

Thursday, March 28

Worship Service

6:30pm The Point & on Ch. 81

GOOD FRIDAY

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

Friday, March 29

Worship Service

6:30pm The Point & on Ch. 81

EASTER SUNDAY

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

Sunday, March 31

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

MORE INFORMATION

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Rev. Barbara Marcum, Campus Pastor

Office# 469-828-3501 bmarcum@ccyoung.org



RESIDENT ***Trips***

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



Tower Arts Music Series at HPUMC

The Dallas Winds is one of the world's leading professional concert bands. Comprised of fifty woodwind, brass, and percussion players, the organization performs a blend of music ranging from marches and Broadway show tunes and more.

**Sunday, March 3
5:00pm - 8:00pm**

Mary Kay Museum

Located on the ground floor at Mary Kay Inc.'s world headquarters in Addison, TX. The museum boasts 3,500 square feet of display space, helping preserve the Company's history and promoting the heritage and legacy of Mary Kay Ash and the company she built.

**Monday, March 11
9:30am - 11:30am**



Dallas Blooms

Visit the Dallas Arboretum and the spectacular event that showcases 500,000 spring blooming bulbs, representing 120 varieties, with a breathtaking display of 350,000 tulips and a mix of hyacinths and daffodils.

**Monday, March 25
9:45am - 12:00pm**

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 95 years young. New members welcome!

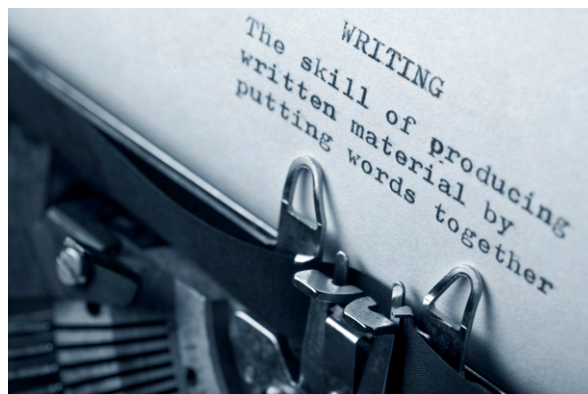
Rehearsals: Tuesdays at 1:00pm in The Auditorium



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

In this 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

Collaborative Partners

These organizations are non-profit groups that meet regularly at The Point. They provide programming for residents and the community. Their meetings are open to Residents, Point Members and the general public.



Dallas Handweavers & Spinners Guild

The Dallas Handweavers and Spinners Guild is dedicated to promoting the arts of weaving and spinning.

**Meets 1st Saturday of each month
10:00am in The Auditorium**



Dallas Area Fiber Artists

The dynamic and progressive organization promotes fiber art through education, workshops and exhibitions.

**Meets 2nd Saturday of each month
10:00am in The Auditorium**



CC Young Auxiliary

The CC Young Auxiliary was founded in 1925. It is an enduring and important part of our community and our mission. The purpose of the Auxiliary is to interest and involve its members in the mission of CC Young, to serve as a voice in the local churches and the community; to promote volunteerism and to provide funds in support of its ministries.

Meets 3rd Wednesday of the month, February-May, and September - November at 10:00am in The Auditorium



Harmonica Organization of Texas

The Harmonica Organization of Texas or HOOT was formed in 1993 in Dallas. HOOT is an organization that promotes the advancement of the harmonica and covers all styles of music and harmonicas.

Meets 3rd Tuesday of each month at 7:00pm in the Auditorium



Trinity Valley Beekeepers

We know bees. Our goal is to educate our members and the community about beekeeping and the importance of pollinators in our environment. Our members are from Dallas and the surrounding areas.

Meets 4th Tuesday of each month

7:00pm in The Auditorium



Dallas Button Society

Buttons are miniature artwork made over the centuries that reflect fashion, politics, culture and technology. The Button Society gathers members and friends with a goal to organize and promote the learning and friendship we share through taking joy in buttons.

Meets 3rd Tuesday of each month

10:00am in Flagpole Hill Classroom



Dallas Bead Society

The Dallas Bead Society exists to promote the enjoyment, knowledge and appreciation of beads and their many uses.

Meets 1st Saturday of each month

10:00am in The Fitness Center Classroom



Dallas County Pioneers

The Dallas County Pioneer Association has been dedicated to preserving the history of Dallas County and the pioneers who settled this County since our formation in 1875. There's no sign of us slowing down anytime soon!

Meets 1st Thursdays at 6:30pm in The Auditorium in March, June, September, and Holiday meeting first Saturday in December



Dallas County Master Gardener Association, Inc.

This group is a non-profit organization dedicated to promoting horticultural education and volunteer service throughout the county. DCMGA programs and events provide learning opportunities. The Dallas County Master Gardener program is one of the largest in the nation, with over 400 Certified Master Gardeners.

Meetings at The Point vary.



CC YOUNG

WELLNESS



NEW Zumba Gold
8:00am-8:45am / Mon – Fri
Instructor: JoAnn Tobey

A no/low impact version of traditional Zumba that is designed for active older adults, beginners, or anyone who wants all the FUN of Zumba but at a slower pace and with no jumping/impact. Every class includes a focus on balance and strength as we move our bodies to your favorite music and new favorites in the making. Absolutely no dance experience is needed. There is no right nor wrong; no right nor left. We MOVE, breathe, and HAVE FUN!



NEW Seated Zumba Gold
9:00am-9:45am / Tues & Thur
Instructor: JoAnn Tobey

Designed for those who have mobility challenges or may be recovering from injury. We'll move our entire bodies while we sing and dance to music from yesterday and today, all from the comfort of your chair. You've never had so much fun sitting down!



NEW Fitness Assessments
9:00am-9:45am / Mon-Fri
Instructor: Eric Allen
By Appointment

Individual fitness test involves common activities such as getting up from a chair, walking, lifting, bending, and stretching. The tests were developed to be safe and enjoyable for older adults while still meeting scientific standards for reliability and validity.



NEW Brain Fitness
10:00am-10:45am / Mon & Thurs
12:00pm- 12:45pm / Wednesday
Instructor: Eric Allen

Unlock your brain's potential by harnessing neuroplasticity's transformative power. Through diverse exercises like puzzles, memory games, and drills, stimulate neural growth and boost cognitive vitality. Discover the benefits of exercise for your mind.



NEW Core Fitness
10:00am-10:45am / Tues & Fri
Instructor: Eric Allen

Sculpt your core through a dynamic 15-minute interval class designed to target every aspect of your core muscles. With options for seated, standing, ball and floor focused sessions, there is versatility and variety to suit all fitness levels.



Chair Volleyball
11:00am-11:45am / Mondays
Instructor: Aaron Schmidt

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.



Drumba
Standing- 11:00am-11:45am / Wed
NEW Seated- 11:00am-11:45am / Fri
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!



Floor Yoga Class - NEW DAYS
9:00am-9:45am / Tues, Thurs & 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***



NEW Balance & Fall Prevention
10:00am-10:45am / Tues & Thurs
Instructor: Eric Allen

A Dynamic and progressive class incorporating a series of movements and exercises that challenge your balance while emphasizing proper alignment and form. Incorporate exercises to enhance range of motion, fall recovery, and prevent injury



NEW Tabata (HIIT Class)
11:00am -11:45am / Mon, Wed & Fri
Instructor: Eric Allen

Training that not only boosts metabolism during the workload but also enhances the afterburn effect. The class is based on **high-intensity interval training (HIIT)**. In this fast-paced workout, participants push their limits through short bursts of intense exercise followed by brief periods of rest. Get Ready to Torch Calories!



Rocksteady Boxing for Parkinsons
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.



NEW JAB- Jamming Adult Boxing
12:00pm - 12:45pm / Tues & Thurs
Instructor: Eric Allen

Boxing is a great total body workout that targets an individual's leg, core, back, and arms. Additionally, boxing is great cardio that incorporates foot, hand, and eye coordination along with cognitive engagement. Modified for all fitness level.



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.



Chair Aerobics
2:00pm-2:45pm
Mon & Wed- Instructor: Ann Sury
Tues & Fri - Instructor: 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, Tues, Wed - Instructor: Ann Sury
Thurs, Fri- Instructor: 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 / Mondays
Instructor: Jesse Mitchell

A gentle exercise that focuses on posture, breathing, relaxation, energy flow and body movement. It is easy to follow the movements from a seated position and this exercise helps any person feel the muscles and joints awaken.



NEW Beginners Tai Chi
4:00pm -5:00pm / Wednesdays
Instructor: Jesse Mitchell

A great resource for any person looking to try traditional Tai Chi for the first time. This class is mostly standing, but with the aid of a chair or bar. Tai Chi practices and movements are taught in an easily digestible manner while focusing on the core Tai Chi principles of posture, body alignment, breathing and slowness.



Intermediate Tai Chi
4:00pm -5:00pm / Tues & Thurs
Instructor: Jesse Mitchell

A standing class which focuses on learning the 24-step Yang Style International form. Taking the principles of Tai Chi to the next level, this class will have your balance and leg strength improving greatly. Although the movements are slow the exercise is aerobic. This class is practiced exclusively standing with no use of aids like the chair or the bar.

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

**Mondays & 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
PAGE 18**

Vista Rehab pool



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)



MARCH 2024

CLASS SCHEDULE

Fridays, March 8 & 22

Free Coaching Fridays:

**Come & Go with any
technology questions
10:00am—12:00pm**

Monday, March 11

Introduction to Apple Laptop

1:30pm—3:00pm

Wednesday, March 20

Must Change Passwords

1:30pm—3:00pm

Wednesday, March 27

**Know Facebook and Instagram
Security Settings and Other
Cool Tricks**

1:30pm—3:00pm

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



Massage Services

AT CC YOUNG

Swedish, Deep Tissue
or Lymphatic
Massages

Pricing

CCY Residents, Family Members and
Point Members

\$65 / 60 min \$95 / 90 min

General public add \$20 per service.

Vista Residents Floors 4-8

In-Room Massage \$50/ 30 min

Gratuuity not included.

Book Your Appointment

972-755-4259



Payment Options

- CCY resident billing (AL, IL & LTC Only)
- Cash, Check or Credit/Debit paid to
Massage Therapists at time of service.

Gift Certificates are also available for purchase
by calling 972-755-3260.

4849 W. Lawther Dr. / Vista, 3rd Floor
Underground Parking Available

CCYOUNG
MASSAGE THERAPY & WELLNESS

7 Dimensions of Wellness

Events on the daily calendar will have a color square to notate which dimension of wellness it represents. Below is a helpful key to help identify each.

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.

THIS WEEK'S

Highlights

Sunday, February 25

3:30pm

Piano Concert featuring UNT Doctoral Student Xin Cui & Gustavo Romero in Four Hand Piano

Monday, February 26

3:30pm

Piano Concert featuring UNT Doctoral Student Zhiyi Zheng

Tuesday, February 27

10:00am

OLLI Class

Texas During the Civil War and Reconstruction

Tuesday, February 27

3:30pm

Richard Stanford Book Review

Thursday, February 29

10:00am

OLLI Class

An American's Guide to Eurovision

Friday, March 1

1:30pm

Movie Matinee!

True Spirit

2023, PG, 1h 49m

SUNDAY, FEBRUARY 25

The CCY Ministry 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!



3:30pm - 4:30pm

Piano Concert

Featuring UNT Doctoral

Student Xin Cui &

Gustavo Romero in Four Hand Piano

Auditorium

& Ch. 81

All Welcome!

Lenten Series

Tuesdays at 3:00pm

March 5, March 12, March 19,

March 26 & April 2

Limited Spots. Sign up by calling

Rev. Barbara Marcum at 469-828-3501

This is a series through a narrative of the Bible including a brief discussion of each book, the important characters, and major events.



CC YOUNG
THE POINT & PAVILION

The Point Auditorium & Ch. 81

MONDAY, FEBRUARY 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 – 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

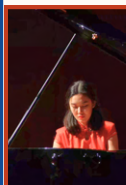
1:30pm-3:00pm Tech Lab
SRTECH Class Res & PM Only
 Android Photos

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 Auditorium
Billiards Tournament All Welcome!
 Sign up at The Point



3:30pm – 4:30pm Auditorium & Ch. 81
Piano Concert All Welcome!
 Performed by UNT Doctoral Student
 Zhiyi Zeng, who is a student of
 Gustavo Romero's.

TUESDAY, FEBRUARY 27

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
Texas During the Civil War and Reconstruction
 Presented by Andrew J. Torget, PhD

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-2:00pm 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



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 & 81
Richard Stanford Hour All Welcome!
 Monthly Book review: Lawrence Wright's
 two books: "God Save Texas" and "Mr Texas"

6:00pm-9:00pm Auditorium
Trinity Valley Bee Keepers All Welcome
 Monthly meeting

MONDAY
FEBRUARY 26

NATIONAL
PISTACHIO
DAY




WEDNESDAY, FEBRUARY 28

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 Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 11:00am – 11:45am Balance Class
 11:00am – 11:45am Tabata- HITT Class
 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

 12:00pm – 3:00pm Resident Only
IL Trip: Lunch at The Alamo Club
 Sign up at The Point

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 29



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
An American's Guide to Eurovision Members Only
 Presented by Jeanette Laredo, PhD

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!

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



**NEW WELLNESS
 CLASSES BEGIN
 TOMORROW
 Friday, March 1**

FRIDAY, MARCH 1



NEW WELLNESS CLASSES BEGIN TODAY

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am Core Fitness

11:00am – 11:45am Seated Drumba

11:00am – 11:45am Tabata (HITT Class in the gym)



8:30am- 9:00am

Pavilion

Walking Club

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.

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



1:30pm – 3:30pm

Theater

Movie Matinee

True Spirit

2023, PG, 1h 49m

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, MARCH 2

10:00am – 11:30am

Dallas Handweavers & Spinners Guild

Auditorium

All Welcome

10:00am – 4:00pm

Dallas Bead Society Monthly Meeting

Fitness Center

All Welcome

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Bring your own supplies. Limited spots available on first come first serve bases.



4833 Viale Italia
CLOSED

Friday, March 2 &
Sunday, March 3

MOVIE MATINEE

MARCH 01 | 1:30PM

TRUE SPIRIT

2023, PG, 1hr 49m

[Starring Ailya Browne]

The story of an Australian teenager, the youngest person ever to sail solo, non-stop around the world.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Monday, March 4

10:30am

Current Events at Vista 9

Hosted by Randy Mayeaux

Tuesday, March 5

10:00am

OLLI Class

Sacred Space Around the World: Religious Architecture in the Abrahamic Religions

Tuesday, March 5

3:00pm

Lenten Series 1 of 5

Wednesday, March 6

5:30pm

OLLI after 5 Series

Featured speaker: Dr. Laura Evans

Thursday, March 7

10:00am

OLLI Class

A Brief History of Ragtime and Stride Piano

Friday, March 8

3:00pm

She Believed She Could, So She Did!

Annual Women's History Panel

Saturday, March 9

10:00am

Mosaic Workshop!

Sign up at The Point

SUNDAY, MARCH 3

The CCY Ministry 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!

5:00pm - 8:00pm

Tower Arts Series

Feature performance by

Dallas Winds, professional concert band.

Sign up for bus at The Point.

HPUMC

Res. Only



Art Studio Time

Join us for inspiration and fun as we learn about drawing, painting and mixed media as ways to make art. No creativity or prior experience necessary. All supplies provided.

1:30PM - 3:00PM

**THURSDAY
MARCH 14**

**THURSDAY
MARCH 28**



Instructor
David Schulze

Class open to
beginners and
experienced artists

MONDAY, MARCH 4


AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HITT Class in the gym)

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.



News

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

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 Auditorium
BUNCO All Welcome!
 Join in on this fun dice based game and win prizes!

NATIONAL
Pound Cake
DAY




TUESDAY, MARCH 5



AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Core Fitness
 11:00am – 11:45am Balance Class



OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF NORTH TEXAS

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
Sacred Space Around the Members Only
World: Religious Architecture
in the Abrahamic Religions
 Presented by Elizabeth Ranieri, PhD


Aquatics Classes

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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal
 Sing and socialize with
 Choir Director Russ Rieger.



3:00pm-4:00pm Auditorium & Ch. 81
Lenten Series with All Welcome!
Rev. Walt Marcum
 Week one of five. Limited Spots.
 Sign up by calling 469-828-3501

WEDNESDAY, MARCH 6

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 Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Rock Steady for PD (Vista 9)
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)

 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
 12:00pm – 12:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** Tai Chi


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

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

 5:30pm – 6:30pm Auditorium & CH. 81
OLLI Class After 5 Series! Res, PM, OLLI
 Taken: The Theft of Members Only
 Gainsborough's The Duchess of Devonshire
 Presented by Laura Evans, PhD
 Refreshments Served

THURSDAY, MARCH 7


AM Exercise Classes
Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Balance Class

 10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
A Brief History of Ragtime and Stride Piano Members Only
 Presented by Steve Harlos, DMA

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

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi Tai Chi

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

 1:30pm – 3:00pm Lobby
Harris Jewelry Repair
 Small repairs while you wait.

 2:00pm – 3:00pm Flagpole Classroom
Garden Club Meeting All Welcome!
 Come help plan garden projects.

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

7:00pm–8:30pm Auditorium
Dallas County Pioneers Association All Welcome!
 Book Review Presentation: *The Hole in the Roof*
 The Dallas Cowboys, Clint Muchison Jr. and the Stadium that changed American Sports Forever

FRIDAY, MARCH 8

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am Core Fitness

11:00am – 11:45am Seated Drumba

11:00am – 11:45am Tabata (HITT Class in the gym)



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

Shopping Trip to Kroger

Sign-up at The Point.

Pick-up in front of your 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!

1:00pm-2:00pm

Volunteer: For the Love of
The Lake Service Project

Café Game Zone

All Welcome!



1:30pm – 3:30pm

Movie Matinee

Theater

Canceled Today

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

3:00pm – 4:30pm

She Believed She Could,
So She Did!

Women's History Panel Honoring
Female Entrepreneurs .

Refreshments Provided. More info on pg. 5.

Auditorium & CH. 81

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

SATURDAY, MARCH 9

10:00am – 12:00pm

Dall Area Fiber Artists

Monthly Meeting

Auditorium

All Welcome



10:00am – 11:30am

Mosaic Workshop

led by CCY Res. Patti Gooch

All supplies provided. Limited spots.

Sign up at The Point

White Rock Class

Res. & PM. Only

2:00pm – 7:00pm

Open Paint Time

Bring your own supplies. Limited spots available on
first come first serve bases.

White Rock Class



4833 Viale Italia

CLOSED

Friday, March 8 &
Sunday, March 9

Visions for Change, Inc.
presents

**CABARET
SERIES**

THE ROB HOLBERT GROUP

TUESDAY, MARCH 12 AT 7:00PM

Scan to RSVP

CCY Residents & PMs can
RSVP at by signing up at
The Point Lobby Desk.

THIS WEEK'S

Highlights

Monday, March 11

4:00pm

Piano & Viola Concert

Tuesday, March 12

7:00pm

Cabaret Series

The Rob Holbert Group

Thursday, March 14

2:00pm

Meet The Author: Jill Beam

Friday, March 15

1:30pm

Movie Matinee!

Barbie

2023, Pg-13 1h 54m

Friday, March 15

3:30pm – 5:00pm

Meet The Artist Reception

The Point Gallery featured artist:
Keith Williams

SUNDAY, MARCH 10



**DAYLIGHT SAVINGS
SPRING FORWARD**

The CCY Ministry 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!

**MEET THE
AUTHOR**
THURSDAY, MARCH 14
2:00PM

**GROWING UP
Rumley**

JILL BEAM



In her book, Jill
shares what it is like
like to be the
daughter of Jack and
Rosemary Rumley,
famed musician and
public speaker.

**BOOKS FOR
SALE FOR \$15**

BOOK SIGNING



MONDAY, MARCH 11

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:45am Seated Zumba Gold
9:00am – 9:45am Fitness Assessments (by appointment)
10:00am – 10:45am Brain Fitness
11:00am – 11:45am Chair Volleyball
11:00am – 11:45am Tabata (HITT Class in the gym)

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

9:30am – 11:00am

Auditorium S.

Happy Hookers Volunteer Group

All Welcome!

Crochet plastic grocery bags into sleeping mats.



9:30am – 11:30am

Resident Only

IL Trip to the Mary Kay Museum

Bus pickup at The Point

10:00am – 11:30am

Auditorium N.

Arts & Crafts!

Res. & PM Only!

With Patricia Dillingham

This month's craft: Talking Rocks

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

Introduction to Apple Laptop

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-**Canceled Today**

2:00pm – 3:00pm

White Rock Class

Knotty Knitters &

Crafty Crocheters

All Welcome!

3:00pm – 4:00pm

Pavilion

Cornhole Open Play &

Tournament Practice

All Welcome!



4:00pm – 5:00pm

Auditorium & Ch. 81

Piano & Viola Concert

All Welcome!

Bella Markham and Evan Ritter will perform Romantic, impressionistic, & contemporary works.

TUESDAY, MARCH 12

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:45am Floor Yoga
9:00am – 9:45am Fitness Assessments (by appointment)
10:00am – 10:45am Core Fitness
11:00am – 11:45am Balance Class



10:00am – 11:30am

OLLI Class -NO OLLI CLASS TODAY

No Class due to Spring Break at UNT

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm JAB- Jamming Adult Boxing
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm

Auditorium

CC Young 'Uns

All Welcome!

Choir Rehearsal

Under the direction of Russ Rleger



1:00pm-1:30pm

White Rock Class

Alterations & More by

Dallas Dry Cleaners



3:00pm-4:00pm

Auditorium & Ch. 81

Lenten Series with

Rev. Walt Marcum

All Welcome!

Week two of five. Limited Spots.

Sign up by calling 469-828-3501



7:00pm-9:00pm

Auditorium & Ch. 81

Cabaret Series

All Welcome

Rob Holbert Group

RSVP Required

Refreshments Served.

See pg. 8. for more info.

WEDNESDAY, MARCH 13

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 Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Rock Steady for PD (Vista 9)
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)

 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!

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

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
 12:00pm – 12:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** 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

4:00pm-5:00pm White Rock Class
Alzheimer's Caregiver Support Group
 Led by Elena Jacobs

THURSDAY, MARCH 14

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Balance Class

10:00am – 11:30am
OLLI Class -NO OLLI CLASS TODAY
 No Class due to Spring Break at UNT

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

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

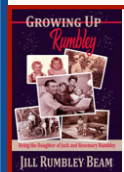
1:00pm – 2:00pm Flagpole Hill
Sign Language Fun! All Welcome!
 Led by Aaron Schmidt



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
Studio Art Time Res & PM Only
with David Schulze.
 Learn about drawing, painting & mixed media
 as ways to make art. No experience necessary.
 Supplies provided. Sign up at The Point



2:00pm – 3:00pm Auditorium & Ch. 81
Meet The Author All Welcome!
 Jill Beam will discuss her book
 "Growing Up Rumbley"
 Books available for sale \$15 each, cash or check



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

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

FRIDAY, MARCH 15

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am Core Fitness

11:00am – 11:45am Seated Drumba

11:00am – 11:45am Tabata (HITT Class in the gym)



8:30am- 9:00am

Pavilion

Walking Club

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 of buildings.

10:00am – 11:00am

Café Game Zone

Wii Bowling



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

Barbie

2023, Pg-13 1h 54m

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 – 5:00pm

Auditorium

Meet The Artist Reception

All Welcome!

The Point Gallery Featured Artist: Keith Williams

Refreshments Served.

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, MARCH 16

10:00am – 11:30am

Auditorium

Lake Highlands/ White Rock

All Welcome!

Democrats Monthly Meeting

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Bring your own supplies. Limited spots available on first come first serve bases.



4833 Viale Italia

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259



THIS WEEK'S

Highlights

Tuesday, March 19

10:00am

OLLI Class

Tales of Medical School, Residency, and Teaching

Tuesday, March 19

2:00pm

Lenten Series, Week 3

Wednesday, March 20

10:30am

Auxiliary Spring Fundraiser

Thursday, March 21

10:00am

OLLI Class

Marbury v. Madison: The Untold Story

Friday, March 22

10:00am

Watercolor Workshop

Limited Spots, Sign up at The Point

Friday, March 22

1:30pm

Movie Matinee!

The Lost King

2022, PG-13, 1h 48m

Saturday, March 23

3:30pm

Piano Concert

UNT Student performance

SUNDAY, MARCH 17



The CCY Ministry 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!

CC YOUNG
AUXILIARY, EST. 1925
Spring Fundraiser

WEDNESDAY, MARCH 20
at The Point

Program:
"WOMEN WHO INSPIRED ME TO BECOME THE LEADER I AM TODAY"
Presented by Mary Pat Higgins, President and CEO of the Dallas Holocaust and Human Rights Museum

10:00AM - BAZAAR AND REFRESHMENTS
10:30AM - PROGRAM
11:30AM - MORE BAZAAR SHOPPING

Tickets for non-residents may be purchased at the door for \$20.
To donate to the CC Young Benevolence Fund and Life Enrichment please visit <https://www.ccyoung.org/donate-now/> and select CC Young Auxiliary.

QUESTIONS: CONTACT BRIANNA BROWN AT 214-507-4425

The Point
4847 W. Lawther Dr.
Dallas, TX 75214

MONDAY, MARCH 18

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HITT Class in the gym)

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 South

Happy Hookers Volunteer Group All Welcome!
 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!

2:00pm – 2:30pm Auditorium North

Laughter Studio
With Aaron Schmidt

Tell a Joke, Learn A Joke, or Sit & Laugh!

3:00pm – 4:30pm Auditorium
BUNCO All Welcome!

Join in on this fun dice based game and win prizes!



TUESDAY, MARCH 19

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Core Fitness
 11:00am – 11:45am Balance Class

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
Tales of Medical School, Residency, and Teaching
 Presented by John McKenzie, MD

Aquatics Classes

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal
 Under the direction of Russ Rieger

3:00pm-4:00pm Auditorium & Ch. 81
Lenten Series with All Welcome!
Rev. Walt Marcum
 Week three of five. Limited Spots.
 Sign up by calling 469-828-3501

7:00pm-9:00pm Flagpole Hill Class
HOOT: Harmonica All Welcome
Organization of Texas
 Monthly meeting & Jam Session



Have you tried one of the New Fitness classes yet?

WEDNESDAY, MARCH 20

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 Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Rock Steady for PD (Vista 9)
 11:00am – 11:45am Seated Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)

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

 10:30am – 12:00pm Auditorium & CH. 81
CC Young Auxiliary Spring Fundraiser All Welcome!
 Presentation by Mary Pat Higgins, President and CEO of the Dallas Holocaust and Human Rights Museum

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 12:00pm – 1:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** Tai Chi

1:30pm-3:00pm Tech Lab
SrTech Class Res & PM Only
 AARGH!!! Must Change Passwords!


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, MARCH 21

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Balance Class

 10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
Marbury v. Madison: The Untold Story (1 of 2)
 Presented by Jim Bays, JD

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 1:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

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!

 1:00pm – 2:00pm Auditorium 7 Ch. 81
Nutrition Talk! All Welcome!
You Are What You Eat So Eat Fresh!
 Presented by Lorna Towers Sanders
 CCY Registered Dietician, & Clinical Nutrition Manager

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

YOU ARE WHAT YOU EAT SO EAT FRESH

THURSDAY, MARCH 21 2:00PM



Whether you're looking to boost your immune system with the foods you eat or take control of your gut health this lecture will give you tips to get there!

Presented by
Lorna Towers Sanders



FRIDAY, MARCH 22

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Core Fitness
 11:00am – 11:45am Seated Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)



8:30am- 9:00am

Pavilion

Walking Club

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 of each building.



10:00am-12:00pm

Auditorium

Watercolor Workshop

Res. & PM Only

Led by Gaylord O'Con.

This months topic: Orchids

Limited Spots, Sign up at The Point Lobby.

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.

11:00am-12:00pm

Pavilion

LITTER GITTERS

All Welcome!

Volunteer Trash Pickup.



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

The Lost King

2022, PG-13, 1h 48m

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, MARCH 23



10:00am – 11:30am

White Rock Class

Art Workshop!

All Welcome

Led by Brenda McKinney

Create unique pieces using paint and marbles. Sign up at The Point.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Bring your own supplies. Limited spots available on first come first serve bases.



3:30pm – 4:30pm

Auditorium & 81

Piano Concert

UNT Graduate Student Performance



4833 Viale Italia

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

MOVIE MATINEE

Free popcorn and water.
All Welcome!

MARCH 22 | 1:30PM

THE LOST KING

2022 · Pg-13 · Comedy/Drama · 1h 48m

[Starring Sally Hawkins]

An amateur historian defies the stodgy academic establishment in her efforts to find King Richard III's remains, which were lost for over 500 years.

THIS WEEK'S

Highlights

Monday, March 25

9:45am

Resident trip to the Arboretum for Dallas Blooms

Sign up at The Point

Monday, March 25

4:00pm

Concert by Ruby Weston

Tuesday, March 26

10:00am

OLLI Class

Afterlives

Tuesday, March 26

3:00pm

Lenten Study week 4

Thursday, March 28

10:00am

OLLI Class

Marbury v. Madison:
The Untold Story (2)

Thursday, March 28

6:30pm

Maundy Thursday Service

Friday, March 29

1:30pm

Movie Matinee!

Chronicles of Narnia: The Lion, The Witch, & The Wardrobe
2005, PG, 2h 23m

SUNDAY, MARCH 24



Palm Sunday

The CCY Ministry 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!

Volunteer appreciation is coming up... do you volunteer?

Make Sure Elena Jacobs knows!

ejacobs@ccyoung.org



MONDAY, MARCH 25


AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HITT Class in the gym)

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.

 9:45am – 12:00pm Dallas Arboretum
Trip to Dallas Blooms Resident Only Trip
 Limited Spots. Sign up at The Point

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
 Android 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 Auditorium
Cornhole Tournament All Welcome!
 Sign up at The Point

 4:00pm – 5:00pm Auditorium & Ch. 81
Ruby Weston Concert All Welcome!
 Hear jazz and hit songs.

TUESDAY, MARCH 26

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Core Fitness
 11:00am – 11:45am Balance Class

 10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
Afterlives
 Presented by Leah Kalmanson, PhD


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-2:00pm Auditorium
CC Young 'Uns All Welcome!
Choir Rehearsal
 Under the direction of Russ Rieger

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

 3:00pm-4:00pm Auditorium & Ch. 81
 Lenten Series with All Welcome!
 Rev. Walt Marcum
 Week three of five. Limited Spots.
 Sign up by calling 469-828-3501

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

6:00pm-9:00pm Auditorium
Trinity Valley Bee Keepers All Welcome
 Monthly meeting

MONDAY, MARCH 25

INTERNATIONAL
Waffle
 DAY



WEDNESDAY, MARCH 27

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 Zumba Gold
 9:00am – 9:45am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Rock Steady for PD (Vista 9)
 11:00am – 11:45am Seated Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)

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

1:30pm-3:00pm Tech Lab
SRTECH Class Res & PM Only
 Learn Facebook and Instagram Security Settings and Other Cool Tricks

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm Brian Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** 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, MARCH 28

Maundy Thursday

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Balance Class

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI
Marbury v. Madison: The Untold Story (2 of 2)
 Presented by Jim Bays, JD


PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm JAB - Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi


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
Studio Art Time Res & PM Only
with David Schulze.
 Learn about drawing, painting & mixed media as ways to make art. No experience necessary. Supplies provided. Sign up at The Point

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

4:00pm–5:00pm Auditorium
Resident Happy Hour - CANCELED TODAY

6:30pm–7:30pm Auditorium & Ch. 81
 **Maundy Thursday**
Worship Service All Welcome!

FRIDAY, MARCH 29



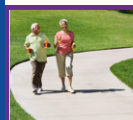
Good Friday

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga
9:00am – 9:45am Fitness Assessments (by appointment)
10:00am – 10:45am Core Fitness
11:00am – 11:45am Seated Drumba
11:00am – 11:45am Tabata (HITT Class in the gym)



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

Shopping Trip to Kroger

Resident Only

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.

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



1:30pm – 3:30pm

Movie Matinee

Theater

All Welcome!

Chronicles of Narnia: The Lion, The Witch, & The Wardrobe / 2005, PG, 2h 29m

6:30pm – 8:00pm

Friday Night Game Night - Canceled Today

Café Game Zone



6:30pm-7:30pm

Good Friday

Worship Service

Auditorium & Ch. 81

All Welcome!

SATURDAY, MARCH 30

6:30pm - 7:30pm

Resident Poker Night

Thomas Dining Room

Res. Only

For more info contact Aaron Schmidt.



4833 Viale Italia

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

SUNDAY, MARCH 31



The CCY Ministry 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 & Ch. 81

Adult Sunday

Morning Class

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

Auditorium & Ch.81

The Point Worship Service

All elcome



3:30pm - 4:30pm

Piano Concert

Auditorium & Ch. 81

All Welcome!

Gustavo Romero returns to a special Easter performance



MARCH 29

1:30PM

CHRONICLES OF NARNIA

THE LION, THE WITCH & THE WARDROBE

2005 PG Fantasy/ Action
2h 29m

Lucy, Edmund, Susan and Peter Pevensie enter a magical wardrobe only to discover the world of Narnia on the other side. There, the children discover a charming, once-peaceful land that has been turned into a world of eternal winter by the evil White Witch.

Free popcorn and water.

All Welcome!

Lifestyle

Section

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.





MARCH 2024

GO FOR THE GOLD WITH A GOLDEN TOUCH:

INSPIRATION FROM THE GOLDEN GIRLS



Brian Parman
Director
The Point & Pavilion

Picture it: A kitchen room filled with laughter, cheesecake, and lively conversation. Something that was seen many times in one of my favorite shows. This month, as part of our "Go For The Gold in 2024!" campaign (inspired by the Paris Olympics and our passion for changing the paradigm of aging), we're taking a golden trip down memory lane with everyone's favorite roommates - The Golden Girls!

Remember their iconic motto: "In fact, it's our golden years." That's exactly what we celebrate through our Lifestyle Guide programs and articles, each with a unique "gold" theme. This month, it's the Golden Girls themselves who inspire us to challenge expectations, embrace life's richness, and find humor and friendship in every chapter.

Just like Dorothy, Blanche, Rose, and Sophia defied stereotypes about aging, our engagement team curates experiences that ignite curiosity, conversation, self-reflection, and the courage to ask "Why?" "What If?" and "Why Not?" One such program is our annual *"She Believed She Could, So She Did"* panel discussion, honoring Women's History Month by celebrating trailblazing women like the Golden Girls themselves.

This year, join us for a slice of cheesecake (that Dorothy would approve!), pull up a chair for a special edition themed "Golden Girls, Golden Entrepreneurs!" as we hear from four remarkable women entrepreneurs who, like our beloved characters, forged their own paths and left their mark on the world.

Their stories, woven with the timeless wit and wisdom of The Golden Girls, will remind you that age is just a number, humor is timeless, and friendship is the golden thread that binds us all. We invite you to picture your own possibilities, inspired by these real-life Golden Girls who dared to dream big and go for the gold, just like you can!

You'll leave feeling empowered, inspired, and ready to shout "Snap out of it!" to any self-doubt holding you back. So, channel your inner Dorothy, Blanche, Rose, or Sophia, and get ready to Go For The Gold in 2024!

The poster features a dark blue background with a faint image of four women. At the top left is the text "She Believed She Could, So She Did" in a white script font. To the right is the CC Young logo, which consists of the letters "CC" above a stylized "Y" with wavy lines, and the text "CC YOUNG THE POINT & PAVILION" below it. Below the title is the text "CELEBRATING WOMEN ENTREPRENEURS" in white capital letters. In the center are four circular portraits of the panelists: Judy Vincent, Donna Collins, Gwen Lummas, and Daphne Lee. Below each portrait is the name and a brief description of their business. At the bottom, it says "JOIN US FOR OUR ANNUAL WOMEN'S HISTORY MONTH PANEL!" in white capital letters, followed by "Friday March 8" and "3:00pm" with a clock icon.

She Believed She Could, So She Did

CC YOUNG
THE POINT & PAVILION

CELEBRATING WOMEN ENTREPRENEURS

Judy Vincent
Owner - Moonbeam Cottage B&B
Fredericksburg, Texas

Donna Collins
Owner, Judy Queens

Gwen Lummas
Former Owner
Bookmate Store

Daphne Lee
Owner - Click, Swipe, Share
Mature Adult Technology Classes

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

Friday March 8 3:00pm

Mark your calendars for March 8 at 3:00pm in The Point Auditorium for the annual "*She Believed She Could, So She Did*" panel discussion, honoring Women's History Month.

Entry is free, but space is limited, so RSVP today!





by Russell Crews
President and CEO

Like the seasons for weather, our menus are seasonal as well. One location where our culinary team can vividly express their creativity is in the thematic variety offered for our residents in our 4833 restaurant.

When we opened that dining venue, my goal was to elevate the dining experience for our residents at a less than market price for elevated meals in an elevated atmosphere. The initial concept was a traditional steak house model, offering fine cuts of meat and the upscale sides you might expect in a fine dining establishment such as creamed spinach, roasted brussels sprouts and Caesar salad.



With the last two menu variations, our team has been able to flex their culinary muscles with more exotic selections. Starting late summer 2023 and continuing for several months, the menu reflected a Latin flair, leaning more toward Brazilian “Churrascaria” experience. These menu items were driven by the residents who were enjoying Latin-style meals prepared by Rafael Hurtado, our Sous Chef in The Asbury. You learned a little about Rafa in last month’s article.



As of February 2024, the menu has changed to a Mediterranean-inspired feast. Our Executive Chef, Matthew Reid, and his wife Mandy, recently traveled to Italy and were inspired by the simple, whole food they ate during their journey. Matt wanted to create a menu reflective of the food he experienced, but he also wanted the menu to help establish the nuance and pacing of European meals where nothing is rushed and everything is savored.



As a seasoned world traveler, Matt is on his third passport and has lived abroad and traveled in multiple countries. Given his almost 30 years in the culinary industry, his taste buds are refined and he can often replicate recipes he tastes. He designed the current menu with a Mediterranean flair which is not 100% Italian, but leans that direction.

The description of these menu items brings the thought of Italian food to my mind: Mushroom Florentine, Polpetta Pomodoro, Fried Ravioli, Burrata Caprese, Napoli Flatbread, Zuppa Toscana, Brisket Bolognese, Filet Toscano Chicken Milanese, Cioppino and warm olives. And yet, as Italian as that seems, Matt can easily modify the menu periodically to reflect other Mediterranean influences such as Greek or Moroccan.



Several of our team along with John Johnson and Sharon Christen from the Food Committee were invited to a tasting in January, prior to the formal menu rollout. Without a doubt, the food was a hit. Matt even finished the tasting with his signature “olive oil cake” – which I told him was the reason he was hired for CC Young in the first place. The Lemon Tiramisu on the menu was inspired from a trip to a lemon grove in Amalfi where they experienced a tour complete with organic vegetables and lemon infused delicacies.



I encourage you to reserve your spot in 4833. If your experience is similar to mine, your time there will be time well spent!

VILLAGE REPORT

March is Women's History Month. It is a time when we celebrate and honor the extraordinary contributions of women throughout history. We often find inspiration in the courageous stories of females who have faced adversity head-on and overcome obstacles. Not surprisingly, my inspiration this month came from music and recent experiences that left a profound impact on me, highlighting the incredible courage displayed by two iconic musicians, Lucinda Williams and Joni Mitchell.



In February, I had the privilege of attending a concert by singer-songwriter Lucinda Williams at the historic Longhorn Ballroom in Dallas. The venue's atmosphere was electric, and the anticipation for Lucinda's performance was palpable. While I had purchased her music in the past, I had never seen her live. Little did I know that this evening would become a profound testament to the indomitable spirit of a woman facing incredible challenges.



As Lucinda took the stage, it was immediately obvious to me that something was amiss. She quickly and bravely shared with the audience that she had recently suffered a stroke and was still in the process of recovery. (I think everyone in the audience knew that but me.) The stroke had taken away her ability to play the guitar, a defining aspect of her musical identity. However, with unwavering determination, she declared, "But I can still sing," in her distinctive deep southern accent. The crowd went wild.

The music started and we soon learned that Lucinda, along with her band, had recently battled the respiratory "crud" that is floating around. She struggled on and off and finally had to leave the stage due to an uncontrollable coughing fit. Yet, in spite of that, she came back and finished the show. The support from both the band and the audience was resounding. We were with her 100%. Witnessing this display of courage left me in awe of Lucinda's strength and resilience. To step into the spotlight, vulnerable and recovering, is an act of true bravery.

Lucinda Williams' story echoes the sentiments I felt last summer when I attended Joni Mitchell's performance at The Gorge in Washington state. At 80 years old, Joni, too, had faced a health challenge after suffering a stroke a few years prior. With the encouragement and support of fellow artist Brandi Carlile, Joni made a triumphant comeback. The three day weekend was a love fest between the musicians and audience members who had come to celebrate Joni's incredible artistry and impact on our generation. Although she opened tentatively, her strength and joy grew throughout the performance. Amazing!

The parallel between these two women is striking—a testament to the extraordinary strength that women possess. The courage required to present oneself as an artist is immense in and of itself. But to do so while navigating the complexities of recovery is remarkable.

So, as we celebrate Women's History Month, let's reflect on women like Lucinda Williams and Joni Mitchell. These women exemplify the indomitable spirit, strength, and resilience that are inherent in the female experience. Their journeys inspire us to face challenges with courage, to persist in the pursuit of our passions, and to embrace vulnerability as a source of power and inspiration.



Another powerful and inspirational group of women? Female entrepreneurs. Join me March 8 as we learn the stories of the women in our annual panel discussion, “She Thought She Could, So She Did.” I suspect we will all benefit from the insights and struggles these women faced! See page 5 for more information!



by Jen Griffin
Vice President, Engagement

thank you

**to those who have given so generously
thus far to the 2024 CCY Auxiliary
Umphress Terrace Food Drive!
And, even more good news...
THERE IS STILL TIME TO GIVE!**

DONATIONS ARE TAX DEDUCTIBLE.

Make checks payable to:

CC Young

Memo Line: UT Food Pantry

Overlook Residents:

Drop checks in an envelope
in cubby #512

Asbury & Thomas Residents:

Drop checks in an envelope in
campus mail:
Elizabeth & Gia Hardy/OVR #512



Gia



Annie



Simba



Iris



Zigi

ASK CCY!

Advice from CC Young Nurses and Administrators

Dear CCY

My Dad and his bestfriend have been friends for 50 years. They live a very similar lifestyle. Mild exercise... pickleball once a week. They love grilling and are big meat eaters. His bestfriend recently had a stroke. Everyone said it was out of the blue, but surely there would have been some warning signs. Are there any signs I should keep a look out for? Are there any tips I should give my dad?

Sincerely, Looking for Signs



Misty McMillan, RN, BSN |
Director, Clinical Services –
Home Healthcare

Dear Looking,

There are indeed some warning signs and symptoms of a stroke that you should be aware of. Some stroke symptoms that may seem sudden are numbness or weakness of face, arm, or leg, especially on one side of the body, confusion, trouble speaking or understanding speech. Trouble Seeing in one or both eyes. Trouble walking, dizziness, loss of balance or coordination. Also a severe headache with no known cause can be something to worry about.

The American Heart Association provides us with F.A.S.T. warning signs. Use the letters in F.A.S.T. to spot a Stroke

F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty – Is speech slurred?

T = Time to call 911 – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

If you have any other specific questions you can always reach out to a member of our team at 214-258-4047



The Best Investment in Life is Community

by Laura Coker
Sr. Director, Development

"I can do most anything, but it's God who makes it possible" is a motto Anita Hullum, CC Young resident, has come to live by. Anita excelled in every endeavor she did whether it was ranching, entrepreneurship, counseling, art, or advocacy. Growing up in a man's world on a ranch in East Texas, Anita learned business early on. Seeing her enormous potential, her father pushed her to attend college and obtain a degree from Texas State Teachers College (now known as the University of North Texas).



Throughout her career, Anita overcame barriers as a woman in the business world and proved herself to be trustworthy and competent. She played a crucial role in saving the Charles Seay Company from an audit by updating their books and records, which led later to her career with E.F. Hutton.

Although she and her husband ran a successful oil company, a bad investment led to the collapse of their business and marriage. Anita saw this as a turning point in her life. It's the point she found God and relied on Him to guide her through it.



"It's God that brought me back to a place where I had to rely on him. Setbacks, alcohol, and failures flipped my life from being a taker to a giver and I am so grateful for it," Anita said.

At age 54, Anita pursued a master's degree in counseling from Southern Methodist University and opened a private practice in Snyder Plaza with a focus on marriage, family, and substance abuse. Her practice evolved into the field of employee assistance, helping troubled employees get proper help whatever their problem might be, i.e. financial, health, family, or substance abuse, Anita's vision was to help others become the best version of themselves. It's something that still has a big impact on her today.

At 99 years old, Anita is now a 12-year resident and advocate of CC Young. She never planned to move from her home, but God had other plans. After a fall in 2010, she was admitted to rehab at CC Young. While it was a challenging time in her life, it was the intentional care she received that made her make the move.





"CC Young allowed me to participate. They saw me as a person, they valued my interests, concerns, and ideas. At CC Young, I do not have to be in charge. I can enjoy life," Anita noted. As a resident, Anita traded business for hobbies, passions, and people. By participating in an art class on campus, she discovered a passion for art that led her to win awards in the annual Spirit is Ageless competition and at the state level for pottery, painting, and writing.



However, it's the people of CC Young that are her greatest joy. After two years of living at CC Young, Anita went to leadership and advocated that staff be recognized for their work and dedicated service to residents. For ten years Anita has championed the Employee Christmas Bonus Fund. As a result of her passion, a significant amount of funds has been raised with support from residents, family, board members, and friends. This allows the employees to bless their families at Christmas. It is not just about raising funds; she cares deeply about the CC Young employees. Each year during the campaign she highlights different staff on campus bringing awareness and honor to the work they do.



Anita has also made it her mission to help CC Young's Woodshop ("The Woodies"). She feels it's the least she can do to help the individuals who serve the community daily. Whether it is mending a piece of furniture, or a family heirloom for a resident or family member or creating works of art for the CC Young community, they are truly a part of all of us at CC Young. Anita serves as The Woodies biggest advocate and supporter of their mission to serve CC Young.

CC Young is family. As a result of the joy Anita found, her sister Mary Jo made it her home four years later. For Anita, living at CC Young is more than just a place to live, it is about living life to the fullest surrounded by family and friends. She considers it the best investment she ever made.



Food. The REAL Way!

It's National Nutrition Month once again. This year's theme is , "Beyond The Table". This theme will highlight the farm-to-fork aspect of nutrition and address the various ways and places we eat-both at home and on the go.

Happy Registered Dietitians Day to all of my fellow dietitians! (March 13, 2024)



According to studies, almost 75% of Americans consume insufficient amounts of fruits, vegetables, dairy products, and healthy fats. This deficiency explains the high incidence of obesity in the United State. Bad eating habits are connected to several diseases, including type 2 diabetes, high blood pressure, dental decay, osteoporosis, elevated cholesterol, and certain types of cancer. Luckily, farm-to-table eating boasts a full slate of health benefits.

There are five health benefits noted from eating from scratch foods, and cooking at home.

1) It's About More than Calories.

Different foods contain different nutrients, and that leads to a healthier you. A diverse diet full of vitamins and minerals lowers the risk of being susceptible to health issues, which occurs when we don't obtain enough nutrients from our food. Remember, calories aren't the only important thing in what we eat. You want to eat a variety of foods from all food groups. Your plate should be packed with color so that you are getting all of the vitamins/minerals from the food groups.

2) No Additives, No Preservatives

Every 10 percent increase in consumption of highly processed foods corresponds to a 12 percent rise in cancer risk. Ultra-processed foods have harmful amounts of added sugar, salt, and fat. These and other synthetic additives enhance the flavor of what we eat, but consuming too much of them can result in significant health problems like diabetes, high blood pressure, obesity, and heart disease. On the other hand, farm-to-table eating avoids all additives and preservatives.

3) Nutritionally Dense Foods

Farm fresh produce is more nutrient-dense than anything at a grocery store. Locally grown food is harvested at the peak of ripeness. Most produce sold in supermarkets arrives before it is ripe. Farmers harvest them early, so they won't spoil in transit. A product's nutritional content also decreases through air exposure, artificial lighting, and temperature changes. Local food avoids all this because of its short travel from crops to table.

4) More Satisfying than Grocery Store Fare

According to studies, meals prepared at home typically have fewer calories than meals from restaurants or ordering takeout. When you prepare your own food, you also control how much sugar and fat goes into it. Nutrient-packed meals make you feel full more quickly and you tend to consume fewer calories. So, try a farm-to-table restaurant sometimes, and you will come away feeling satisfied.

5) No Need For The Deep Freeze

Processing facilities often blanch and freeze fruits and vegetables to keep them from spoiling in transit. Although these techniques are generally helpful for keeping much of their nutrition intact, specific vitamins are lost during blanching, particularly Vitamin C. Since there is no travel time, it is not essential to freeze or otherwise preserve farm-to-table foods. Therefore, you will enjoy the best taste and absorb all the vitamins nature intended.

CC Young has partnered with Thomas Cuisine in creating nutritious meals for residents and staff. Thomas Cuisine is known to be a 'from scratch' kitchen. All our foods are made from scratch. We use Real Foods, and the freshest ingredients to provide delicious meals to those we serve.

Our acronym for REAL means:

Robust flavor

Our skilled chefs work to enhance the natural qualities of the foods we serve. We do 'made from scratch' soups that are broth based. We have 'made to order' selections to provide a variety of food options for our residents. We use different spices & herbs to season our food, so that the natural taste and flavor comes through with every bite.

Exceptional ingredients

Better ingredients provide great taste and foster good health. We use extra virgin olive oil when cooking; and we purchase grass-fed meats and locally sourced fruits and vegetables when possible. We use lean cuts of meat, have fiber rich legumes, and provide whole grains as healthy options.

Avoiding additives

Real food comes from ingredients that are grown, not made. Our focus is on hormone free and antibiotic free meats. We limit processed foods and artificial flavors. We do not have trans-fat in our foods.

Loaded with nutrients

We cook with passion to nourish your body & soul. The love that we have for our jobs shows in every plate provided to our residents.

We want to nourish the body through healthy eating, and that starts with what we eat. I hope you all love what we do at Thomas Cuisine and continue to give us feedback. We hope you love us as much as we all love serving you all.

Happy National Nutrition Month



Lorna Towers Sanders,
RDN/LD, CDP
Clinical Nutrition Manager
Thomas Cuisine

MORE FACES OF PRIVATE CARE

Private Care By CC Young

Formally known as
Private Duty Solutions

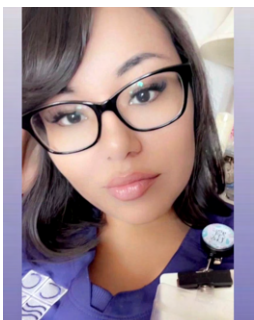
If you need a little support or assistance to make things easier, are here with a full range of private pay services, to offer you more freedom to live in your home more comfortably. Let us know how we may be of service by calling
(214) 841-2825.



Atlo Zewde (Tutu) has been a certified nurse aide since 2007 and has worked at CC Young since 2007 as well. Tutu believes God wants us to help those in need to make their lives happier. This belief is the motivation behind the attentive care she provides for her clients. Tutu's diverse education includes education in nursing while in Greece and courses in accounting. She loves vegetables and serving in church activities. Anyone who has been cared for by Tutu raves about her. We are so happy to have her as part of our team!



Roman Zeleke has worked as a certified nurse aide for over three years with CC Young. She always wanted to be a nurse aide because of her interest in caring for others. She spent much time with her grandparents while growing up. She was able to have the satisfaction of giving care to them in their home as they aged. Roman has a diploma in clinical nursing from her home country of Ethiopia. Her favorite foods are traditional Ethiopian foods which she makes at home. In her free time, she enjoys watching the current events of her home country. You'll see Roman conducting visits around campus on the weekends. We are so proud to have her!



Kasandra Escobedo has worked for CC Young for two years. She's an East Dallas native, proudly graduated from Woodrow Wilson High School. In her spare time, she attends her son's hockey games or relaxes with him watching Disney movies. Kasandra's favorite foods are pizza and pasta. Kasandra stays active at the gym or riding bike around a nearby lake. Kasandra took care of her 93 year old grandmother for 2 years. This helped her to develop an understanding of the needs of the aging. Kasandra says she strives to establish a strong connection with each client. She feels blessed to be a part CC Young's caring team who assist and support her to be her best. We are blessed to have her on our team.



Tadalech Goshu has worked as a certified nurse aide at CC Young for 5 years. Her favorite food is a spicy Ethiopian chicken stew called “Dora wat”. Tadalech enjoys gathering at church. On her favorite holidays of Easter and Thanksgiving, she keeps tradition of making a special Ethiopian coffee. Tadalech loves the positive impact she can make as a certified nurse aide, always approaching her clients with respect and preserving their dignity. Thank you Ms. “T” for being a part of our team.



Eshet Belhu has been with CC Young for 7 years in February. Before moving to America, Eshet was a member of the Ethiopian Red Cross Association, providing humanitarian services to wounded soldiers and civilians. This sparked her interest in health care professions. She completed clinical nursing courses in her home country. Eshet exemplifies her belief that skills, empathy and compassion are essential for all health care. In her spare time, she cooks Ethiopian food and honors her culture with a traditional coffee ceremony. She enjoys planting vegetables and herbs and watching faith-based movies. Eshet is a valuable asset to our private care team.



Omesheia Williams has been a caregiver for over 6 years. She spent the last 2 of those years serving at CC Young, expressing she has enjoyed every moment. She plans to continue her education in nursing. Omesheia’s favorite foods are steak, potatoes and shrimp. She spends her free time shopping with friends and family and doing makeup artistry. We are happy to have Omesheia’s smiling face on our team.



Uses for the technology you carry in your pocket or purse

Daphne Lee, Senior Tech instructor

The technology you carry in your pocket or purse is not only an intriguing technological innovation, but a useful tool for health management and a means by which you can share messages, pictures, and thoughts. mobile technology can be leveraged to support, monitor, and potentially improve cardiovascular well-being.

In recent years, mobile devices such as smartphones and smartwatches have become invaluable tools in the realm of health and wellness. These devices, equipped with an array of sensors and health-focused applications, offer unprecedented opportunities for individuals to take an active role in managing their heart health.



One of the most significant advancements is the ability of these devices to monitor heart rate in real-time. Many smartwatches and fitness trackers come with built-in heart rate monitors that use light-based technology to track blood flow through the skin, providing continuous data on heart rate

Moreover, some of these wearable devices have advanced to the point where they can perform electrocardiogram (ECG or EKG) tests. An ECG is a test that can detect heart problems by measuring the electrical activity of the heart. With the touch of the device's sensor, users can get an ECG reading within seconds, which can be shared with healthcare providers for analysis.

Mobile devices also offer a plethora of applications designed to promote heart health. These include apps for managing blood pressure, tracking medication schedules, and providing reminders to take medication, thus ensuring adherence to prescribed treatments. Additionally, there are apps dedicated to promoting a heart-healthy lifestyle, offering guidance on diet, exercise, and stress management, all of which are crucial components of cardiovascular health.





Telemedicine has also become increasingly accessible through mobile devices, enabling patients to consult with healthcare providers from the comfort of their home.

Mobile devices provide a significant means in taking an active role in managing cardiac health. Through continuous monitoring, lifestyle management, and enhanced access to healthcare professionals, mobile technology offers tools that can significantly contribute to the overall well-being and quality of life.

In addition to heart health, both the Apple and Android mobile devices are platforms for apps that track steps, activity, and other health and fitness metrics. I track my daily steps using Activity Tracker (The App) on both my Apple and Android smartphones. The Activity Tracker app works in conjunction with an app called Health and is also available on both the Apple and Android smartphones.

Beyond the heart-monitoring and steps-tracking apps, nothing says “heart-warming” than sharing photos between family and friends. Still my all-time favorite app, The Camera, on both the Apple and Android, is the best way to share the joy of a moment or event with those closest to us.

Find SRTech classes at the Point where we offer a broad selection of in-person classes covering computers, smart phones, tablets, Internet resources such as Google, Social Media like Facebook and Instagram; wearables including the Apple Watch, Fitbit and Android watches. Or, if you have other ideas, please share them with us! 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.



HOW TO GROW TOMATOES

By CC Young Resident Janet Stetson

Purchase tomato plants from a local garden store. This ensures that you get plants that are suggested for your area. Plants should be placed 2 feet apart, so buy what will fit in the space that you have available. I purchase 2 of each variety that suits my preferences. The reason why you don't plant all the same is that some varieties may perform better than others in any given year, depending on the weather for that year, which is impossible to predict.



Find out what the average last day of frost is for your region. Shoot for that day to do your planting. Of course, watch the weather report before you actually put the plants in the ground!



Prepare ground:

Tomatoes like new ground. If you use the same plot every year, purchase a bag of manure and a bag of topsoil for every 6 plants, and mix the soil in a wheel barrow. Dig holes where you are going to put your plants and fill the holes with the soil mixture.

Purchase and Plant Tomatoes:

Buy tall plants. Before planting, strip all but the top 4" of leaves and plant as deep as possible in the new ground. The reason for this is that the tomato plants will grow roots from the stem that is subterranean. This give the plants access to the moisture deep underground during the hot summer.

Whatever method you use to tie up your plants (poles or cages) as they grow, situate them at the same time as your planting. This avoids disturbing the roots of the plants when they get older.

Plant your tomato plants in your prepared bed. As a last step, use a thin stick to stick in the ground right alongside of the plant. I use a wooden skewer, but any twig will do. This prevents "Cut Worms" from choking off the plant when it is young. As the plant matures and the stalk gets thicker, this is no longer an issue.

Growing Tips:

Finally, as the tomato plants produce blooms, hand pollinate the blooms. This means, simply, gently touching the tips of the blooms on every plant. I learned this trick when I had years when my plants were big and had plenty of blooms, but no tomatoes. For whatever reason, nature wasn't providing the pollination. I just helped her along. Don't focus on what kind of tomato it is, or if the bloom is open or shut. Just touch them all! Do this whenever you visit your garden.

GOLD STARS FROM THE TEACHER

Dr. Hayley Moseley, Campus Educator



Thank you for being a friend. We all sing the Golden Girls theme song and think of the friends who support us. But what happens when a friend begins to age, change, or worse, get dementia? Phyllis Braudy Harris studied friendships where one person gets dementia. She stated that there are usually three outcomes: the friendship gets closer, they get so close that they become more familial than friendly, or the person without dementia fades away from the friendship. She found that the impetuses to drawing closer despite diagnosis are acceptance, disclosure, recognition of strengths, and understanding limitations.

A person with dementia cannot always do what they could before. The friendship can grow closer by recognizing, accepting, and adapting to it. Expecting nothing to change is unrealistic. Though you may be unable to do everything the same, find out what your friend can still do. They can't play golf with you, but can they ride in the golf cart? Can they watch it on TV? Can you go to the clubhouse and look through the clubs and talk about them? They can't play Spades, but can they play Hearts? Or help you play Solitaire?

By disclosure, Braudy Harris emphasizes that you must be honest with your friends about a diagnosis. If you are showing early signs of memory loss, keep your friends in the loop about what's going on. When they understand that your memory slips and "mistakes" are simply a part of your diagnosis, they are less likely to hold it against you. And if they do shy away, it's because of fear... or because they weren't a good friend to begin with. Talk with them honestly and openly and ask for their help... and be willing to accept it when you need it.

Don't be afraid of a friend who has a new dementia diagnosis. They are struggling, too. Though the relationship might change, it doesn't have to end. If you have questions or need support, feel free to talk to me about it, or you can join our Alzheimer's support group meetings (March 13th at 4:00). Thank you for being a friend to those with dementia.

MARCH TEAM BIRTHDAYS

Aaron Schmidt	3/1	Community Outreach
Connor Beane	3/3	Dining Services
Kamecia Richard	3/4	Assisted Living
Dacia Jurell	3/4	Health Center
Kim Jones	3/6	Hospice
Mary Wiese	3/7	Assisted Living
Blair Viehe	3/7	Therapy
Maria Barron	3/8	Dining Services
Mary Kahura	3/8	PDS
Nevenka Cubra	3/9	Housekeeping
Pam Balfour	3/10	Health Center
Jennifer Broadway	3/11	Hospice
Mercy Ade	3/11	Health Center
Melvin Taylor	3/11	Maintenance
Michelle Zavala	3/12	Housekeeping
Lemlem Gebre	3/12	PDS
LaReisha McLaughlin	3/12	Assisted Living
Sondra Showels	3/13	Health Center
Tesfaye Yigremie	3/14	Health Center
Sarah Medelline	3/14	Therapy
Russell Crews	3/16	Executive
Frankie Ellis	3/16	Dining Services
Alethea Butler	3/16	Assisted Living
Danielle Hezmall	3/16	Therapy
Alexandria Dudley	3/17	Dining Services
Kevin Wells	3/18	Sales
Omesheia Williams	3/19	PDS
Natnal Balcha	3/19	Housekeeping
Ruby Lampley	3/21	PDS
Precious Osarume Oke	3/21	Assisted Living
Katie Jackson	3/21	Therapy
Emebet Abegaz	3/21	Assisted Living
Brittney Moore	3/23	Health Center
Hirut Hailu	3/24	Health Center
Tonya Simmons	3/25	Home Health
Janet Cohen	3/28	Community Outreach
Barrett Reynolds	3/28	Dining Services
Felekech Geberemeskel	3/28	PDS
Rebekah Widener	3/29	Health Center
Carmen Dudley	3/29	PDS
Lavada Davis	3/30	Hospice
LaCandace Jones	3/30	Community Outreach
Melvin Campecino	3/30	Health Center
David Cook	3/30	Therapy
Christian Mims	3/30	Therapy

March Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Jordan Stubbs	02-Mar-20	4	Therapy
Tava Brown	02-Mar-23	1	Health Center
Chris Thomas	02-Mar-22	2	Hospice
Judy Craigo	02-Mar-22	2	Community Outreach
Jasmine Crawford	06-Mar-23	1	Health Center
Mary Olawole	06-Mar-23	1	Health Center
Maria Ramirez	06-Mar-23	1	Dining Services
Gloria Rudd Stewart	06-Mar-23	1	Home Health
Tammy Reuben	08-Mar-21	3	Health Center
Ashaina Lewis	08-Mar-23	1	Dining Services
Paula Olewike	09-Mar-11	13	Memory Support
Kikelomo Dacosta	09-Mar-20	4	Assisted Living
Tamara Wallace	13-Mar-17	7	Hospice
Kevin Dolan	13-Mar-23	1	Therapy
Melvin Campecino	13-Mar-23	1	Health Center
Dekontee Weah	15-Mar-23	1	Dining Services
Nora Spotanski	15-Mar-23	1	Dining Services
Katie Jackson	16-Mar-20	4	Therapy
Lynda Jackson	16-Mar-23	1	Memory Support
Mindy Hail	17-Mar-14	10	Development
Haymanot Bekele	20-Mar-23	1	Private Care
Autumn Jackson	20-Mar-23	1	Health Center
Cindy Diaz	20-Mar-23	1	Health Center
Bria Bassett	21-Mar-22	2	Therapy
Tigist Gebretsadik	22-Mar-21	3	Assisted Living
Fatuma Birungi	23-Mar-20	4	Health Center
Jazmine Jordan	23-Mar-22	2	Health Center
Forleace Bush	24-Mar-21	3	Private Care
Martha Adams	25-Mar-19	5	Private Care
Kimberly Lambert	27-Mar-17	7	Health Center
Josephine Weston	27-Mar-17	7	Dining Services
Spencer Crews	27-Mar-18	6	Sales
Tyawanna Fields	27-Mar-23	1	Health Center
Kyla Hubbard	27-Mar-23	1	Health Center
Kenneth Howard	28-Mar-23	1	Dining Services
Nina McKinley	28-Mar-22	2	Dining Services
Clara Davis	28-Mar-22	2	Private Care
Frenchie Ingram	30-Mar-16	8	Sales
Taniqwua DeVall	30-Mar-22	2	Health Center
Irelia Arriaga	31-Mar-21	3	Housekeeping





March RESIDENT BIRTHDAYS

Jesse Stewart Jr.	1	Overlook
Leonard Bryans	5	Overlook
Lorrie	5	Mercer
Georgia Baier	7	Asbury
Judy Vincent	8	Asbury
Lauren Barrett	11	Thomas
Vicki Hill	11	Asbury
Kathleen Marshall	12	THomas
Diane Gillam	15	Overlook
Pattie Gooch	17	Asbury
Judith Hearne	17	Overlook
Elinor Marshall	17	Overlook
Susan May	20	Overlook
George Denton	21	Overlook
Cora Mason	21	Overlook
Babette Tippit	21	Asbury
Darlene Brown	24	Asbury
Fred Christen	24	Overlook
Bo Currin	24	Asbury
Bethanyann Smith	26	Overlook
David LeeswoodJones	31	Overlook
Dieter Goebel	1	Vista
Edwin Mills	3	Hillside
Sue Gilamn	9	Hillside
Ruth Boren	10	Hillside
Patricia Loe	10	Vista
Nancy Jones	12	Hillside
Patricia Boggs	16	Hillside
Jack Sledge	25	Hillside
Peggy Huddleston	28	Hillside
Susan Ruvio	3	Vista
Sieglinde Radtke	9	Vista
Sondra Combs	11	Vista
Alix Mason	16	Vista
John Moran Jr.	24	Vista
Peggy White	28	Vista
Leellyn Simpson	29	Vista
Cynthia Fitch	1	Vista
Shirley McLean	1	Vista
Catherine Okamoto	1	Vista
Mary Martin	16	Vista



MARCH

Resident *Anniversaries*

17 Years

Jim McCall

15 Years

Emily Hollandsworth

Anita Weber

9 Years

Dieter Goebel

Gloria Little

7 Years

Jay Orr

Kathy O'Donnell

Ann Conley

6 Years

Kay Aylesworth

5 Years

William Gamble

THOMAS CUISINE SPECIAL DINING DAYS

March

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 4833 Viale Italia CLOSED	2
3	4 National Pound Cake Day	5 Cinco De Marcho	6 Thomas Action Station 11:30am-1pm HTA	7 Hillside Action Station 11:30am-1pm HTA	8 4833 Viale Italia CLOSED	9
10	11	12 Thomas Food Committee Meeting 2:30pm	13	14 Action Station Asbury 11am-1:30pm Conley's 11:30am-2pm HTA	15 4833 Viale Italia OPEN	16
17 National Corned Beef & Cabbage Day	18 National Sloppy Joe Day	19 Overlook Food Committee Meeting 3pm	20	21 National Crunchy Taco Day	22 4833 Viale Italia OPEN	23
24 National Cocktail Day	25 International Waffle Day	26 Asbury Food Committee Meeting 2pm	27 National Spanish Paella Day	28 National Black Forest Cake Day	29 4833 Viale Italia OPEN	30

Action Station of the Month: Stir - Fry

03/05 | Cinco De Marcho buffet style lunch in Conley's from 11:30am-2pm

03/24 | Bloody Mary available for purchase at Conley's Brunch 11am-2pm

03/18 | Sloppy Joe feature at the Bistro from 10am-3pm

03/25 | Waffle entrée feature on IL menus

03/21 | IL Happy Hour feature and the Bistro from 10am-3pm for the special!

03/27 | Spanish Paella entrée feature on IL menus

Time flies like an arrow.

Fruit flies like a banana!

How many tickles does it take to make an octopus laugh?

Ten-tickles!

What would Bears be without Bees?

Ears!

Ha!
Ha!

What did the horse say after it tripped?

HELP! I've fallen and I can't getty up!

Why are pirates called pirates?

They just R-R-RR!

Let's LAUGH!

HA!
HA!
HA!
snort!

R.I.P.
Boiling Water

You will be mist.

Hee! Hee!

I ordered a chicken and an egg on line.

I'll let you know what comes first!

What did the Zero say to the eight?

Nice belt!

Thanks!

Did you hear the rumor about the butter?

Well... I'm not spreading it!

Why can't you hear a Pterodactyl going to the bathroom?

Because the P is silent! And we're all dead!



The CC Young Garden Club Presents

GARDEN EDUCATION DAY

*Digging Deep with American Gardener Felder Rushing,
Cultivating Wisdom for Vibrant Gardens*

**FRIDAY, APRIL 5, 2024
2:00PM - 4:00PM**

Felder Rushing is an 11th-generation American gardener who has traveled to all fifty states (lectured in 36) and across five continents looking for interesting gardening angles to share via his extensive lecturing, writing and broadcasting. He has written syndicated newspaper columns for 40 years and hosted a live radio program, including 15 years now as the weekly host of The Gestalt Gardener, one of National Public Radio's most popular gardening programs. Felder has written or contributed substantially to 33 gardening books including several national award winners

OPEN TO THE PUBLIC

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PAGE 66



SOLAR ECLIPSE VIEWING PARTY

HOSTED BY THE CC YOUNG GARDEN CLUB

MONDAY, APRIL 8 12:00PM

Residents will have the option of three viewing locations on campus:

- Central Park & Pavilion
- Hillside Patio
- Vista Serenity (Wandering) Garden

The eclipse begins at 12:23 PM CDT, with totality occurring around 1:44pm CDT (3 minutes and 51 seconds of darkness!)

Safety is our priority. Certified eclipse glasses will be provided.

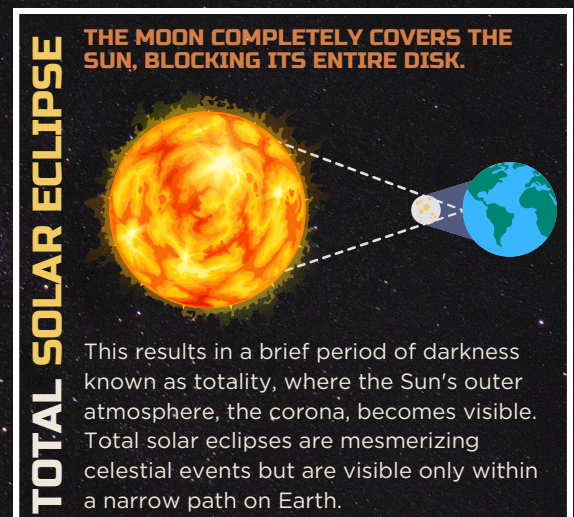
Be at your chosen location by noon to grab a refreshing beverage and participate in fun activities and pickup eclipse glasses.

Don't miss this chance to witness a once-in-a-lifetime astronomical phenomenon.

All Welcome!



CC YOUNG
SENIOR LIVING





CC YOUNG'S GOT TALENT

**Actors, musicians, singers, dancers,
comedians, magicians, and more.**



**Scan QR Code by Friday, April 19
to sign up for an audition time.**

Open to Residents, Point Members and Staff

**FOR MORE INFO CONTACT
RUSS RIEGER AT RRIEGER@CCYOUNG.ORG**