

ACTIVE SENIOR LIFESTYLE GUIDE



APRIL 2024



**GOLD RUSH...
TO THE POINT**

**THE COVER:
AMERICAN GARDENER
FELDER RUSHING**

**SPRING FLING!
WITH KATE MINOR**

FREE
PLEASE TAKE
ONE



CC YOUNG
THE POINT & PAVILION



Meet The Team



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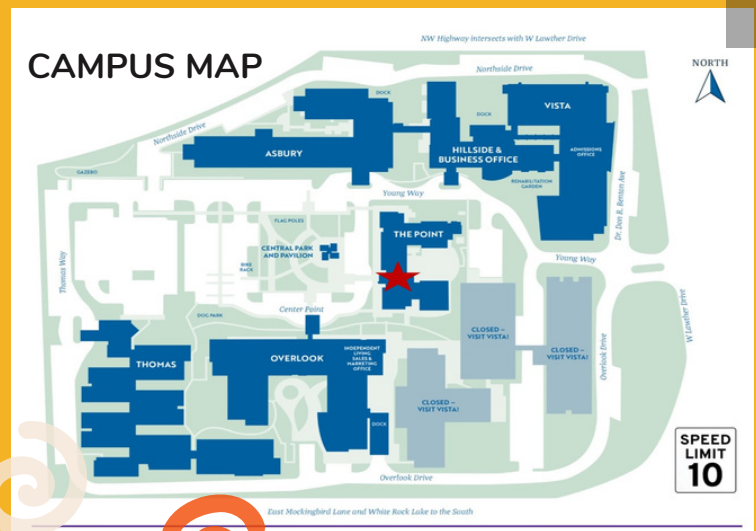


THE POINT AND PAVILION

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

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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
REGISTER NOW



4847 W. Lawther DR. Dallas, TX 75214
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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 Parking Area
- 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 pick up eclipse glasses.

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

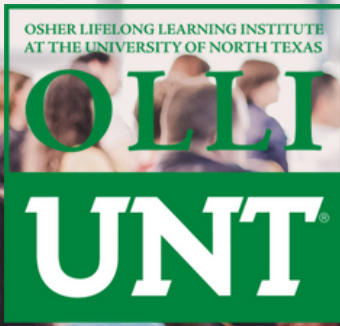
All Welcome!



TOTAL SOLAR ECLIPSE

THE MOON COMPLETELY COVERS THE SUN, BLOCKING ITS ENTIRE DISK.

This results in a brief period of darkness known as totality, where the Sun's outer atmosphere, the corona, becomes visible. Total solar eclipses are mesmerizing celestial events but are visible only within a narrow path on Earth.



Tuesday, April 2

How the Natural Environment Gets Away with Murder

A balanced, fact-based discussion on the impacts of the natural environment on human health.

Presented by Robert Finkelman, PhD

Thursday, April 4

An Introduction to Frank Lloyd Wright: The Father of Modern Architecture

“The Father of Modern American Architecture,” Frank Lloyd Wright resisted the dominant design aesthetics popular at the turn of the century.

Presented by Jessica Hogue

Tuesday, April 9

The Role of Women During WWII: The Home Front and Beyond

Women played a significant part in the war effort both at home and in uniform.

Presented by Bruce Ralston, Civil War Living History Actor

Thursday, April 11

Best Dressed: Highlights from the UNT Texas Fashion Collection

Join fashion historians share tantalizing tales of treasures in the Texas Fashion Collection.

Presented by Annette Becker, MA, & Gordon Kendall

Tuesday, April 16

Napoleon and the Grande Armée: From Triumph to Ruin

One of history’s finest commanders, his meteoric rise saw him lead the Grande Armée. However, his empire came crumbling down.

Presented by Nicholas Kramer, PhD candidate in Military History

Thursday, April 18

Beauty is Truth: The Later Romantic Poets

This session will cover the often tragic lives of Byron, Shelley, and Keats

Presented by Lynne Kelsey, retired English teacher

Tuesday, April 23

Practical Curiosity: A Workshop for Lifelong Learning

Curiosity helps individuals of any age, but plays an especially important role for the aging brain.

Presented by Cassini Nazir, MFA

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



**THE
POINT**

For more information on
how to join contact

Angela at
214-841-2831 or
acastillo@ccyoung.org

April Music 2024

Enjoy these music events at The Point this month



Tuesday, April 2 at 1:30pm

CC Young 'Uns Spring Concert

Till There Was You! A Concert Event

Celebrating Love & Springtime! **All Welcome!**

Tuesday, April 9 at 7:00pm

Cabaret Series

Mi Diva Loca: Duo Mel Arizpe + Laura Carrizales deliver soulful harmonies with Latina flavor.

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



Tuesday, April 16 at 3:30pm

Piano Concert

UNT Student performance! **All Welcome!**

Friday, April 26 at 11:30am

CC Young's Spring Fling

The Kate Miner Orchestra will perform a mix of classic rock and pop hits! **Residents & Point Members Only**

Sign up at The Point!



AVER- PHILLIPS ART GALLERY

Eternal Expressions

WEDNESDAY, APRIL 3 – WEDNESDAY, MAY 29

A TRIBUTE TO
REV. PATRICK SMITH

ART SHOW

RECEPTION

**FRIDAY
APRIL 19
3:30 PM**



OPEN TO
THE PUBLIC

 **CC YOUNG**
SENIOR LIVING

VISTA- 2ND FLOOR

4849 W. LAWTHER DR.

DALLAS TX 75214

PAGE 9

SPRING FLING



**FEATURING
KATE MINER**

**FRIDAY
APRIL
26**

**KY DERBY
THEME**



**LIVE
MUSIC**



**LUNCH &
GAMES**

COME DRESSED IN YOUR BEST KENTUCKY DERBY ATTIRE AND ENJOY A MINT JULEP!

THE PAVILION & CENTRAL PARK

**RESIDENTS & POINT MEMBERS
RSVP AT THE POINT LOBBY**

**11:30AM -
1:30 PM**





RESIDENT Trips

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



Tower Arts Music Series at HPUMC

Musical Performance at Cox Chapel Featuring HPUMC Principal Organist Scott Dettra on Harpsichord.

Tuesday, April 9

11:30am - 1:30pm

Dallas Museum of Natural History

The museum opened during the Texas Centennial and contains 50 wildlife dioramas depicting animals and scenes from the Big Thicket to the Big Bend, from alligators to grizzly bears.

Tour led by CCY Resident Walt Davis

Monday, April 15

9:30am - 12:00pm



Theater Production of Anne of Green Gables

Highschool theater production at Northhaven UMC

Thursday, May 2

1:15pm - 4:00pm

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!

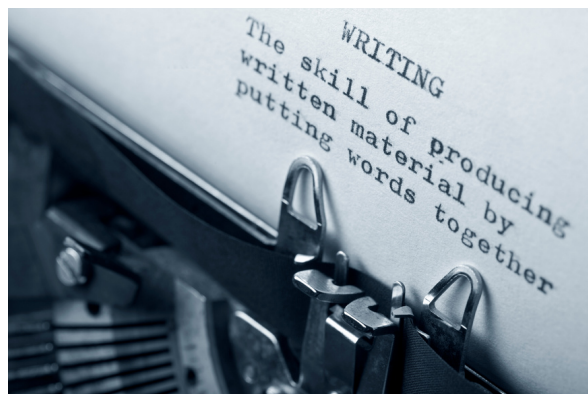
Rehearsals: Tuesdays at 1:00pm in The Auditorium



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.

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 every Thursday 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.

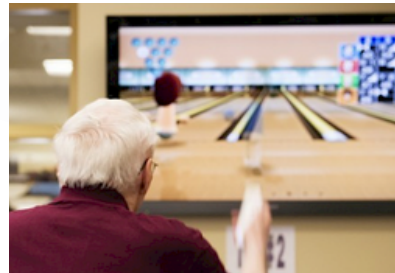
Meets Wednesdays at 2:00pm
In The Theater



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.

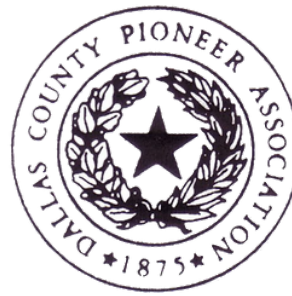
**Meets 3rd Tuesday of each month
10:00am in Flagpole Hill Classroom**



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



Zumba Gold
8:00am-8:45am / Mon – Thur
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!



Seated Zumba Gold
9:00am-9:30am / Mon, Wed
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!



Fitness Assessments
9:00am-9:45am / Tues-Fri
Instructor: Eric Allen
Sign up at The Point

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.



Floor Yoga Class
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***



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.



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.



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!



Balance & Fall Prevention
 11:00am-11:45am / 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 r.ange of motion, fall recovery, and prevent injury



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.



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-3:45am
 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.



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 NEW EXTENDED TIMES

Mon., Wed., Fri.
9:00am-12:00pm

Tuesdays
11:00am-3:00pm

Thursdays
1:00pm-4:00pm

AQUATICS 101
Must attend this class prior to any other class or swim time.
Fridays at 9:00am

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.

NEW H2O HUSTLE

Tuesdays & Thursdays
8:00am-8:45am

An invigorating low-impact workout that enhance strength, flexibility, & cardiovascular health. With gentle movements participants can enjoy the rejuvenating benefits of water exercise while building resilience."

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.

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.

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.



CC YOUNG

REHABILITATION & AQUATICS PROGRAM

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)



APRIL 2024

CLASS SCHEDULE

Monday, April 1

Shopping Online: Must-Know Strategies

1:30pm—3:00pm

Wednesday, April 3

Facebook Skills: From Posts to Sharing

1:30pm—3:00pm

Fridays, April 12 & 26

Free Coaching Fridays: Come & Go with any technology questions

10:00am—12:00pm

Monday, April 22

Text Like a Pro on your iPhone/iPad

1:30pm—3:00pm

Monday, April 29

Protecting Your Personal info online

1:30pm—3:00pm

**Classes Open to Residents
& Point Members Only PAGE 19**



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

Gratuity 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

CCY YOUNG
MESSAGE 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, March 31

3:30pm

Piano Concert featuring UNT Doctoral Student

Tuesday, April 2

10:00am

OLLI Class

How the Natural Environment

Gets Away with Murder

Presented by Robert Finkelman, PhD

Tuesday, April 2

1:30pm

CC Young 'Uns Concert

Till There Was You! A Concert Event
Celebrating Love & Springtime!

Thursday, April 4

10:00am

OLLI Class

An Introduction to Frank Lloyd Wright:

The Father of Modern Architecture

Presented by Jessica Hogue

Thursday, April 4

1:30pm

Movie Matinee!

AIR / 2023, Rated- R, 1h 51m

**Tues. April 2 | Grilled PB&J
available at the Bistro**

**Thurs. April 4 | Chicken
Burritos available at the
Bistro**



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 Welcome



3:30pm - 4:30pm Auditorium & Ch. 81
Piano Concert All Welcome!
Gustavo Romero returns to a special Easter performance

ARTS & CRAFTS WORKSHOP

MONDAY APRIL 8 10:00AM

THIS MONTH'S
PROJECT:
**POLYMER CLAY
BEADS**

ALL SUPPLIES PROVIDED.
NO EXPERIENCE NECESSARY.

LIMITED SPOTS.
SIGN UP AT THE POINT

CC YOUNG
THE POINT & PAVILION

4847 W. LAWTHER DR. DALLAS, TX 75214
WWW.CCYOUNG.ORG
214-841-2851

MONDAY, APRIL 1

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 10:00am – 10:45am Brain Fitness
- 11:00am – 11:45am Chair Volleyball
- 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor Res & PM Only

- 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes 972-638-8795.

Vista Rehab Pool Res. & PM Only

- 9:00am – 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.

Current Issues

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

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

1:30pm – 3:00pm Tech Lab
Senior Tech Class Res. & PM Only
Shopping Online: Must know Strategies

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!

TUESDAY, APRIL 2



NATIONAL PB & J DAY

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

How the Natural Environment Gets Away with Murder
Presented by Robert Finkelman, PhD

Aquatics Classes 972-638-8795.

Vista Rehab Pool Res. & PM Only

- 8:00am – 8:45am H2O Hustle
- 11:00am – 3:00pm Open Swim
- 3:00pm – 4:00pm Pool Volleyball

1:30pm-2:15pm Auditorium
CC Young 'Uns Concert All Welcome!
Till There Was You!
A Concert Event Celebrating Love & Springtime!

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

3:00pm-4:00pm Auditorium & Ch. 81
Lenten Series with All Welcome!

Rev. Walt Marcum
Week five of five. Limited Spots.
Sign up by calling 469-828-3501



WEDNESDAY, APRIL 3

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi
 10:00am – 11:00am Rock Steady for PD

 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**
 9:00am – 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

10:45am – 11:00am Vista - 9
Table Talk with Jonah Hill All Welcome!
 Various Topics each week

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

1:30pm – 3:00pm Tech lab
Senior Tech Class Res. & PM Only
 Facebook Skills: From Posts to Sharing

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

THURSDAY, APRIL 4

NATIONAL Burrito DAY



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 Members Only
An Introduction to Frank Lloyd Wright: The Father of Modern Architecture
 Presented by Jessica Hogue

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
 8:00am – 8:45am H2O Hustle
 1:00pm – 4:00pm 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

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.

 **SPECIAL DAY THIS WEEK**
 1:30pm – 3:30pm Theater All Welcome!
Movie Matinee
 AIR / 2023, Rated- R, 1h 51m

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

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

FRIDAY, APRIL 5

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
 9:00am – 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 Café Game Zone
Wii Bowling 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 **Canceled Today**

2:00pm – 3:00pm Hillside MP Room
Mahjong For Beginners



2:00pm – 4:00pm Auditorium
Garden Education All Welcome
Day Event!
 Digging Deep with American Gardener
 Felder Rushing, Cultivating Wisdom for
 Vibrant Gardens. More info pg. 5

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

SATURDAY, APRIL 6

10:00am – 11:30am Auditorium
Dallas Handweavers & Spinners Guild All Welcome

Presentation will be on resources! Do you wonder where to find information about spinning, weaving, and dyeing? You won't want to miss this!

10:00am – 4:00pm Fitness Center
Dallas Bead Society All Welcome
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
CLOSED
Friday, April 5 & Saturday, April 6

Movie MATINEE

AIR

2023 · Rated R
 Drama/ Sport · 1h 51m

Follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan.



Thursday, April 4
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, April 8

12:00pm

Total Solar Eclipse Viewing Party

Tuesday, April 9

10:00am

OLLI Class

The Role of Women During WWII: The Home Front and Beyond.

Tuesday, April 9

7:00pm

Cabaret Series: Mi Diva Loca

Duo Mel Arizpe + Laura Carrizales
RSVP Required.

Wednesday, April 10

2:00pm

All Resident Council Meeting

Thursday, April 11

10:00am

OLLI Class

Best Dressed: Highlights from the UNT Texas Fashion Collection.

Friday, April 12

3:00pm

Movie Matinee

Queen Pins / 2021, Pg-13 1h 50m

Mon. April 8
Empanadas available
at the Bistro & Asbury



SUNDAY, APRIL 7

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!

Visions for Change, Inc.
presents

**CABARET
SERIES**

MI DIVA LOCA
TUESDAY, APRIL 9 AT 7:00PM
THE POINT AUDITORIUM

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

CC YOUNG
THE POINT & PAVILION
4847 W. Lawther DR. Dallas, TX 75214
WWW.CCYOUNG.ORG / 214-841-2831

MONDAY, APRIL 8



NATIONAL EMPANDA DAY

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Seated Zumba Gold
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor **Res & PM Only**

9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

Vista Rehab Pool

9:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am Auditorium S.

Happy Hookers Volunteer Group All Welcome!
 Crochet plastic grocery bags into sleeping mats.

10:00am – 11:30am Auditorium N.
Arts & Crafts! Res. & PM Only!

With Patricia Dillingham
 This month's craft: 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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

12:00pm – 1:00pm Rock Steady Boxing for PD **CANCELED**
 2:00pm – 2:45pm Chair Aerobics **CANCELED**
 3:00pm – 3:45pm Sit & Get Fit **CANCELED**
 4:00pm – 5:00pm Seated Tai Chi **CANCELED**
 5:00pm – 6:00pm Movement & Music **CANCELED**



12:00pm – 2:00pm Pavilion & Park
Total Solar Eclipse Viewing Party All Welcome!

Grab a refreshing beverage, participate in fun activities and pickup eclipse glasses.

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

3:00pm – 4:30pm Pavilion/ Green space
Bocce Ball Tournament Practice All Welcome!

TUESDAY, APRIL 9

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

Aquatics Classes

Vista Rehab Pool

972-638-8795.

Res. & PM Only

8:00am – 8:45am H2O Hustle
 11:00am – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball



10:00am – 11:30am

Auditorium & CH. 81

OLLi Class

Res, PM, OLLi

The Role of Women Members Only

During WWII: The Home Front and Beyond

Presented by Bruce Ralston

11:00pm-12:00pm

Vista 9

For The Love of Art

All Welcome!

Art discussion on famous works, a new museum is "visited" each month.



Thomas Dining Room Resident Only

Action Station: 11:30am-1pm

Chef Connection: 2:30pm



11:30am – 1:30pm

HPUMC

IL Resident Trip

HPUMC Tower Arts Mid-Day Music

Harpsicord Recital. Sign up at The Point

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.



1:00pm-1:30pm

White Rock Class

Alterations & More by

Dallas Dry Cleaners



7:00pm-9:00pm

Auditorium & Ch. 81

Cabaret Series

All Welcome

Mi Diva Loca

RSVP Required

Duo Mel Arizpe + Laura Carrizales cover deliver soulful harmonies with Latina flavor. See pg. 8. for more info.

WEDNESDAY, APRIL 10

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30m Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi
 10:00am – 11:00am Rock Steady for PD



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**

9:00am – 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



10:00am- 11:00am Hillside Dining Room
Hillside Chef Connection Resident Only

10:45am – 11:00am Vista - 9
Table Talk with Jonah Hill All Welcome!
 Various Topics each week

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 Auditorium
All Resident Council Meeting Resident Only

2:00pm– 3:00pm Theater
Acting Fun - CANCELED TODAY

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

4:00pm-5:00pm White Rock Class
Alzheimer's Caregiver Support Group

THURSDAY, APRIL 11

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

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

8:00am – 8:45am H2O Hustle
 1:00pm – 4:00pm Open Swim



10:00am – 11:30am Auditorium & CH. 81
OLLIE Class Res, PM, OLLIE Members Only
Best Dressed: Highlights from the UNT Texas Fashion Collection
 Presented by Annette Becker, MA,



11:30am-1:00pm Hillside Dining Room
Hillside Chef Action Station

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 Resident Only
Shopping Trip to Trader Joe's
 Sign-up at The Point.
 Pick-up in front of buildings.



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



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, APRIL 12

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
 9:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp



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

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

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

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
 Queen Pins
 2021, Pg-13 1h 50m

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

2:00pm – 3:00pm Hillside MP Room
Mahjong For Beginners

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

SATURDAY, APRIL 13

10:00am – 12:00pm Auditorium
Dall Area Fiber Artists All Welcome
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

Movie MATINEE

QUEEN PINS

2021 · Comedy/Mystery · 1h 50m

A pair of housewives create a \$40 million coupon scam.



Friday, April 12
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, April 15

10:00am

Peace in the Garden

The Benefits of Connecting with Nature

Tuesday, April 16

10:00am

OLLI Class

Napoleon and the Grande Armée:
From Triumph to Ruin

Tuesday, April 16

3:30pm

Piano Concert!

UNT Doctoral Student Performance

Wednesday, April 17

10:30am

All CCY Auxiliary Meeting & Program

Program: What is a Resident Advocate? And why everyone should have one.

Thursday, April 17

10:00am

OLLI Class

Beauty is Truth: The Later Romantic Poets

Thursday, April 17

2:00pm

Differences between screenings and hearing tests in the office

Friday, April 19

3:00pm

Movie Matinee

Zookeeper's Wife / 2017, Pg-13 2h 7m

SUNDAY, APRIL 14

**NATIONAL
PECAN
DAY**



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
THE POINT & PAVILION

PEACE IN THE GARDEN

The Benefits of Connecting with Nature with Sandra Zelle



6 Week Course

**Mondays
April 15- May 20
10:00am**



Sandra Zelle, LCSW,
Horticulture Therapist

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

Learn how gardening and horticultural activities offer the natural environment that has proven to be a place for experiencing Social Engagement, Exercise, Productive Endeavors, Purpose and Positive Self Perception.

MONDAY, APRIL 15

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 10:00am – 10:45am Brain Fitness
- 11:00am – 11:45am Chair Volleyball
- 11:00am – 11:45am Tabata (HITT Class in the gym)


Vista 9th Floor **Res & PM Only**

- 9:00am – 9:45am Balance Class with Heidi


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

- 9:00am – 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 – 12:00pm Fair Park
IL Trip :Dallas Museum of Natural History Resident Only
Tour led by Walk Davis. Sign up at The Point.



10:00am – 11:00am White Rock Class
Peace in the Garden All Welcome!
The Benefits of Connecting with Nature with Sandra Zelley. Class 1 of 6.

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!

TUESDAY, APRIL 16

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

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

- 8:00am – 8:45am H2O Hustle
- 11:00am – 3:00pm Open Swim
- 3:00pm – 4:00pm Pool Volleyball

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res, PM, OLLI Members Only
Napoleon and the Grande Armée: From Triumph to Ruin
Presented by Nicholas Kramer

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 Choir Rehearsal All Welcome!
Under the direction of Russ Rieger

3:00pm-4:00pm Conleys
Overlook Chef Connection Residents Only

3:30pm-4:30pm Auditorium
Piano Concert! All Welcome!
UNT Doctoral Student Performance

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

WEDNESDAY, APRIL 17

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Seated Zumba Gold
 9:00am – 9:45am Fitness Assessments (by appointment)
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HITT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi
 10:00am – 11:00am Rock Steady for PD



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**
 9:00am – 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
CCY Auxiliary Meeting & Program All Welcome!
 Featured Program: What is a Resident Advocate, and why every community should have one. Presented by Dess Rolfe, CCY Resident Advocate

10:45am – 11:00am Vista - 9
Table Talk with Jonah Hill All Welcome!
 Various Topics each week

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!

THURSDAY, APRIL 18

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

Aquatics Classes **972-638-8795.**
Vista Rehab Pool **Res. & PM Only**
 8:00am – 8:45am H2O Hustle
 1:00pm – 4:00pm Open Swim

10:00am – 11:30am Auditorium
OLLI Class - Res, PM, OLLI
Beauty is Truth: Members Only
The Later Romantic Poets
 Presented by Lynne Kelsey



Dining Action Stations
 11:30am – 1:30pm - Asbury
 11:30am – 2:00pm - Conley 's

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

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



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

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
Differences between screenings and hearing tests in the office
 Presented by Total Hearing

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

FRIDAY, APRIL 19

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
- 9:00am – 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 All Welcome!
Movie Matinee
Zookeeper's Wife
 2017, Pg-13 2h 7m

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



2:00pm – 3:15pm Auditorium
Volunteer Appreciation Invite Only
 For more contact Elena at ejacobs@ccyoung.org

2:00pm – 3:00pm Hillside MP Room

Mahjong For Beginners



3:30pm – 4:30pm Vista 2 All Welcome!
Meet The Artist Reception
 Aver-Phillips Gallery Featured Artist: Rev. Pat Smith
 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, APRIL 20

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.

6:30pm – 7:30pm Thomas Dining Rm.
CCY Casino Royal
 Come out to learn and play poker & blackjack.



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

Movie MATINEE

The Zookeeper's Wife

2017 · PG-13
Historical/Drama · 2h 7m

Keepers of the Warsaw Zoo, Antonina and Jan Zabinski, save hundreds of people and animals during the Nazi invasion in WWII Poland.



Friday, April 19
 1:30pm

Free popcorn and water. All Welcome!



THIS WEEK'S

Highlights

Monday, April 22

2:00pm on Vista 9

Searching for News in an Era of Propaganda

Presented by Randy Mayeux and Ed Bark

Monday, April 22

3:00pm

Upcycle Workshop!

Radial Weaving - an upcycle project using CDs to create a simple radial loom. Sign up at The Point.

Tuesday, April 23

10:00am

OLLI Class

Practical Curiosity: A Workshop for Lifelong Learning

Tuesday, April 23

3:30pm

Richard Stanford Hour

Book Review: Judgement at Tokyo by Gary J. Bass

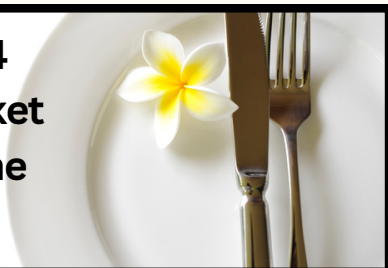
Friday, April 26

11:30am

Spring Fling!

Lunch and Entertainment.
Sign up at The Point

Wed. April 24
Pigs-in-a-Blanket
available at the
Point Cafe



SUNDAY, APRIL 21

NATIONAL TEA DAY



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 Welcome!

**REDUCE
REUSE
RECYCLE**
EARTH DAY CRAFT TIME

MONDAY, APRIL 22 3:00PM

RADIAL WEAVING WORKSHOP

PRESENTED BY CHRIS MILLER
THE DALLAS HANDWEAVERS



Radial Weaving - an upcycle project using CDs to create a simple radial loom.

All Supplies Provided.
Sign up at The Point!

CC YOUNG
THE POINT & PAVILION

MONDAY, APRIL 22

EARTH DAY

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Seated Zumba Gold
 10:00am – 10:45am Brain Fitness
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor Res & PM Only

9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

9:00am – 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.



10:00am – 11:00am White Rock Class
 Peace in the Garden All Welcome!
 The Benefits of Connecting with Nature. 2 of 6.



11:30am – 2:00pm Conleys
Southern Lunch Buffet Resident Only

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

1:30pm – 3:00pm Tech lab

Senior Tech Class Res. & PM Only

Text Like a Pro on your iPhone/ iPad

2:00pm – 3:00pm White Rock Class

Knotty Knitters & Crafty Crocheters All Welcome!



2:00pm – 3:00pm Vista 9
Searching for News in an Era of Propaganda All Welcome!

Presented by Randy Mayeux and Ed Bark



3:00pm – 4:30pm Auditorium
Upcycle Workshop! All Welcome!

The Dallas Handweavers will host:
 Radial Weaving - an upcycle project using CDs to create a simple radial loom. Sign up at The Point.

TUESDAY, APRIL 23

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

Practical Curiosity:
A Workshop for Lifelong Learning
 Presented by Cassini Nazir, MFA

Aquatics Classes

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

8:00am – 8:45am H2O Hustle
 11:00am – 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 Choir Rehearsal All Welcome!
 Under the direction of Russ Rieger



2:00pm-3:00pm Asbury
Asbury Chef Connection Residents Only



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



3:30pm-4:30pm Auditorium
Richard Stanford Hour All Welcome!
 This Months book review on:
 Judgement at Tokyo by Gary J. Bass

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

WEDNESDAY, APRIL 24

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 9:00am – 9:45am Fitness Assessments (by appointment)
- 11:00am – 11:45am Drumba
- 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor **Res & PM Only**

- 9:00am – 9:45am Balance Class with Heidi
- 10:00am – 11:00am Rock Steady for PD



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Senior Scribblers

Share & listen to written stories.

Aquatics Classes **972-638-8795**

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

- 9:00am – 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

10:45am – 11:00am Vista - 9

Table Talk with Jonah Hill

Various Topics each week

PM Exercise Classes **Res & PM Only**

- Fitness Center Classroom**
- 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!



NATIONAL
Pig-in-a-Blanket
DAY

THURSDAY, APRIL 25

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

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

- 8:00am – 8:45am H2O Hustle
- 1:00pm – 4:00pm Open Swim

1:00pm – 2:00pm Flagpole Hill

Sign Language Fun!



1:30am – 3:00pm Resident Only

Shopping Trip to Walmart

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

4:00pm–5:00pm Auditorium

Resident Happy Hour - CANCELED

FRIDAY, APRIL 26

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 - **CANCELED**
 11:00am – 11:45am Tabata - **CANCELED**



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
 9:00am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp



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

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

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



11:30am – 1:00pm Pavilion & Park
SPRING FLING
 Lunch provided. Entertainment by Kate Miner.
 More info on page 9. Sign up at The Point



1:30pm – 3:30pm Theater
Movie Matinee - Canceled Today

PM Exercise Classes

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

2:00pm – 3:00pm Hillside MP Room
Mahjong For Beginners

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, APRIL 27

2:00pm – 7:00pm White Rock Class
Open Paint Time
 Bring your own supplies. Limited spots available on first come first serve bases.

6:30pm – 7:30pm Auditorium
Sign-A Long
 Join residents John & Jeanette Hughes in a fun filled sing-a-long



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



GRIEF GROUPS

INDEPENDENT LIVING
THURSDAYS
MAY 2-JUNE 27
2:00PM
OVERLOOK COFFEE RM.

ASISTED LIVING
THURSDAYS
MAY 2-JUNE 27
10:30AM
HILLISDE MP ROOM

- Open to anyone with a loss of spouse or adult child.
- Led by Rev. Barbara Marcum
- Please register by calling 469 828-3501.

Grief Group

THIS WEEK'S

Highlights

Tuesday, April 30

10:00am

Around The World in ~~80~~ 24 Days

Presented by Diane Flint

Friday, May 3

10:00am

New Song Choir

Spring Music Concert!

Friday, May 3

1:30pm

Movie Matinee!

Oppenheimer
2023, rated- R, 3h

SUNDAY, APRIL 28

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!

Tuesday, April 30

10:00am

Around

The World in ~~80~~ 24 Days

A travelogue presented by
CCY Resident Diane Flint



MONDAY, APRIL 29

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 10:00am – 10:45am Brain Fitness
- 11:00am – 11:45am Chair Volleyball
- 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor **Res & PM Only**

- 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

- 9:00am – 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.



10:00am – 11:00am White Rock Class
Peace in the Garden All Welcome!

The Benefits of Connecting with Nature. 3 of 6.

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

1:30pm – 3:00pm Tech lab
Senior Tech Class Res. & PM Only

Protecting Your Personal Info Online

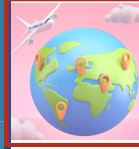
2:00pm – 3:00pm White Rock Class
Knotty Knitters All Welcome!
& Crafty Crocheters

TUESDAY, APRIL 30

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
Around The World All Welcome!

in 80 24 Days

travelogue by CCY Resident Diane Flint

Aquatics Classes

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

- 8:00am – 8:45am H2O Hustle
- 11:00am – 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

WEDNESDAY, MAY 1

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 9:00am – 9:45am Fitness Assessments (by appointment)
- 11:00am – 11:45am Drumba
- 11:00am – 11:45am Tabata (HITT Class in the gym)

Vista 9th Floor Res & PM Only

- 9:00am – 9:45am Balance Class with Heidi
- 10:00am – 11:00am Rock Steady for PD



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Senior Scribblers

Share & listen to written stories.

Aquatics Classes 972-638-8795

Vista Rehab Pool Res. & PM Only

- 9:00am – 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

10:45am – 11:00am Vista - 9

Table Talk with Jonah Hill

Various Topics each week

PM Exercise Classes Res & PM Only

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

3:30pm-4:30pm Flagpole Hill

Fellowship Word & Bible Study

All Welcome!

THURSDAY, MAY 2

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

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

- 8:00am – 8:45am H2O Hustle
- 1:00pm – 3:00pm Open Swim

1:00pm – 2:00pm Flagpole Hill

Sign Language Fun!

1:00pm – 2:00pm Northhaven UMC

IL Resident Trip

Hightschool theater production of *Anne of Green Gables*

Sign up at The Point



1:30pm – 3:00pm White Rock Class

Res & PM Only

Studio Art Time 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 Flagpole Classroom

All Welcome!

Garden Club Meeting

Come help plan garden projects.

4:00pm–5:00pm Auditorium


Resident Happy Hour

Res. Only

FRIDAY, MAY 3

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
 9:00am – 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 Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.




10:00am-11:00am Auditorium & Ch. 81
New Song Choir All Welcome!
 Spring Music Concert!

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

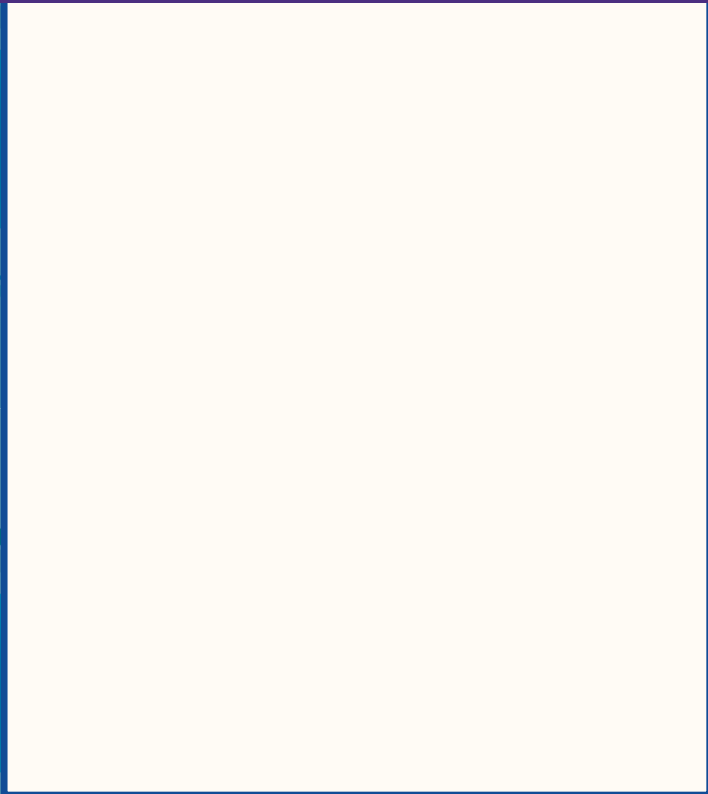


1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Oppenheimer
 2023, rated- R, 3h

2:00pm – 3:00pm Hillside MP Room
Mahjong For Beginners

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night

SATURDAY, MAY 4




Movie MATINEE

Oppenheimer

2023 · Rated - R
 Historical/Drama · 3h

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

Friday, May 3
1:30pm

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.



SPRING CLEANING YOUR PRIORITIES

REAL GOLD VS. FOOLS' GOLD



Brian Parman
Director
The Point & Pavilion

Ah, spring! Allergies aside, It's truly one of my favorite times of year! The birds are chirping, the flowers are blooming, and then suddenly, our to-do lists explode with possibilities. Between the additional yard work and gardening, yard sales, volunteer opportunities, rediscovering that perfect long-lost recipe for the perfect family gathering, and the ever-present urge to declutter, it's easy to get swept away in a whirlwind of "shoulds."

But hold on a minute! Before we get lost chasing pyrite (better known as fool's gold), let's take a deep breath and remember what truly matters. Because sometimes, the most valuable things in life aren't found on a dusty shelf or unearthed in a crowded garage sale.

The real gold, my friends, is right here, right now. It's the sense of belonging and connection we find in our communities. It's the laughter shared over coffee with a neighbor, the camaraderie of a shared activity group, the helping hand extended to someone in need. It's the tapestry of experiences woven together, year after year, with the wonderful people who share our journey with us each day.

Think about it. Remember that time you helped organize a fantastic potluck? Or when your gardening tips saved a newbie's prized rose bush? These seemingly small moments, these acts of kindness and shared experience, are the true treasures. They enrich our lives and the lives of those around us, fostering a sense of purpose and belonging that no amount of "stuff" ever can.

Speaking of gardens, are you ready to cultivate some real gold this spring? Our community is thrilled to offer a new six-week course called "Peace In The Garden: The Benefits of Connecting with Nature" led by Sandra Zelle, LCSW Horticulture Therapist. Beginning April 15th, this program will explore how gardening and horticultural activities can connect you with the natural environment, a proven source of social engagement, exercise, purpose, and a positive self-image.



But wait, there's more! Don't forget to mark your calendars for our annual SPRING FLING event on Friday, April 26th in Central Park! This year's celebration features a delicious picnic lunch, a nod to the Kentucky Derby with festive attire encouraged, and amazing music by The Kate Minor Orchestra. It's the perfect opportunity to savor the real gold of our community – connection, laughter, and shared experiences.

So, this spring, as you tackle your to-do list, consider adding a new item: "Savor the Real Gold." Make time for the things that truly matter – joining "Peace In The Garden," attending the Spring Fling, or simply spending time appreciating the beauty of nature with a friend.

Remember, the real riches in life aren't found in attics or bargain bins. They're found in the connections we make, the smiles we share, and the positive impact we have on one another. Let's celebrate those connections, cultivate them with care, and watch our community continue to bloom! Now, that's some real spring cleaning for the soul!

Crews News

April
2024



by Russell Crews
President and CEO

One thing that sets CC Young apart from our peers in senior living is our on-campus clinic. Residents have the opportunity to select CC Young clinic physicians for their primary care physician – and therefore benefit from the ease and convenience of having their doctor on campus. A key component of the clinic since its inception is our affiliation with Dr. Grady Goodwin to bring physician services to our campus.



Dr. Grady Goodwin is board certified in internal medicine and has practiced medicine since 2003. He earned an undergraduate business degree from the University of Texas at Austin and worked as a certified public accountant before returning to school for his medical doctorate at Texas Tech University Health Sciences Center.

He completed his post-graduate training at Baylor University Medical Center and remained on staff there as a hospitalist until 2012. Since that time, he has focused on caring for patients in senior living communities and is committed to helping his patients remain as active and independent as possible.



A more recent addition to The Clinic is Dr. Syed Asif Hassan. Dr. Hassan is a board-certified family physician in practice since 2013 with a special focus on geriatric care. Originally from New York, he earned undergraduate degrees in chemistry and Arabic studies from SUNY Binghamton University before receiving his medical doctorate from Saba University School of Medicine. He completed his residency training in family medicine at The Institute for Family Health in Kingston, NY before working several years managing complex patients in both inpatient and outpatient settings for the Columbia Memorial Health System.



Both of these physicians are supported by nurse practitioner, Audrey Roodhuyzen. Audrey was born and raised in southwestern Connecticut. She attended the University of Massachusetts Lowell for undergrad studies and received a BS in nursing in 2006. While at the University, she played soccer for the River Hawks. She became a certified registered nurse in 2006 and traveled the country working as a cardiac nurse for several years.

She and her husband, David, moved to Dallas in 2009 to escape the New England winters. In 2012 she began her graduate training at the University of Texas Arlington. During that time she also worked for quality management as a performance improvement coordination RN at Medical City Dallas Hospital. She received her MS in nursing in 2014 and became a certified adult and geriatric primary care nurse practitioner that same year. She spent the last six years working as a nurse practitioner in the medical observation unit at Baylor University Medical Center Dallas.



Rounding out the clinic staff, is Brandy Valadez. Brandy is a nurse as well as the office manager for the clinic. She schedules appointments, assists the medical staff as necessary, orders supplies, and generally keeps all the balls in the air.No small task!

The ease and convenience of these on-site services benefits our residents and families simply by reducing the stress of getting to and from appointments away from campus. Reducing stress in itself is a benefit and promotes wellness. Heartfelt thanks to our entire clinic staff for the services they provide.



Physician and Nurse Practitioner appointments may be scheduled by calling 972-432-7874 Monday thru Friday, 9am to 4pm

VILLAGE REPORT

Can't we all agree that life is a journey filled with twists, turns, and unexpected challenges. From the moment we are born until our twilight years, we encounter obstacles that test our strength, resilience, and determination. While some hurdles may seem insurmountable, stories of individuals like Kathryn Clark Childers and Doug Blevins remind us that with the right mindset and belief, anything is possible.



Kathryn Clark Childers, one of the first five women accepted into the Secret Service, exemplifies the essence of resilience and courage. Breaking barriers in a male-dominated field, she paved the way for future generations of women to pursue their dreams in law enforcement. Kathryn's ambition might have been seen as "reaching for the stars" or like "fool's gold" to a woman in the 1960s trying to enter a male-dominated field.

But Kathryn made it happen and served five presidents, even international royalty – and had so many more amazing assignments during her tenure there! (If interested in learning more about Kathryn's journey, her book Scared Fearless is available on Amazon.) However, her journey did not end with her groundbreaking role in the Secret Service. After retirement, Kathryn embarked on a new chapter of her life, sharing her experiences through public speaking engagements.



Many people chase after the "fool's gold" of external validation and achievement. Titles, awards, and social status often appear shiny and desirable, but they can ultimately prove hollow. Kathryn Childers' story reminds us that true worth comes from within. Her unwavering courage and dedication to her dream transcended external recognition.

I had the opportunity to meet Kathryn at a conference this past February. She captivated the audience as she shared her journey in the 60's as a woman in an all male work environment. She held our attention as she shared photographs and reminisced about the 1960's and 70's and how different things were then compared to now. This 77-year old phenom held our attention and she was rewarded with huge applause at the end. She surprised us however, by coming back to the stage to apologize...because she felt she "had stumbled a bit" during her presentation. It was then she courageously shared she had been diagnosed with Parkinson's disease three years earlier. She added, "Sometimes it affects me more than others." At that point, the crowd went wild! A standing ovation and huge applause followed! She not only finished the presentation, she INSPIRED all of us! Despite the challenges posed by her diagnosis, Kathryn put herself out there, made herself vulnerable, and continues to inspire others with her resilience and unwavering determination.



Similarly, consider the story of Doug Blevins who dreamt of playing in the NFL despite being born with cerebral palsy. Doug's dream of working in the NFL might have initially seemed like "fool's gold" given his physical limitations. But his unwavering focus and dedication to his passion turned that dream into a fulfilling career. In 1967, he watched Green Bay beat Dallas in the final seconds of the NFL Championship game, also known as the Ice Bowl. From that moment, he knew he wanted to make his living working in professional football in some capacity. Because of his physical condition, he would never be able to actually *play* in the NFL.

But his dream never wavered. In fact, his perseverance serves as a testament to the power of the human spirit. Rather than "sideline himself" because of his physical limitation, he refused to let that stop him. Instead, he focused on studying physiology, kicking and coaching techniques. He honed his knowledge well enough to eventually become a kicking coach to two of the most prolific NFL kickers in recent history: Adam Venatieri who played for 24 seasons and Justin Tucker – both known for their accuracy and accomplishments.

The resilience displayed by Kathryn and Doug underscores a fundamental truth: obstacles are not roadblocks but opportunities for growth and transformation. Their stories remind us that the size of the obstacle is irrelevant; what truly matters is our mindset and determination to overcome adversity.

Kathryn Clark Childers and Doug Blevins serve as testaments to the fact that the most valuable things in life aren't found by chasing fleeting successes, but by cultivating resilience. Their stories shine brighter than any "fool's gold" because they illuminate the power of the human spirit. As we navigate our own journeys at CC Young, let's draw inspiration from these remarkable individuals and remember that the greatest victories are those won within ourselves. By adopting a growth mindset and embracing challenges, we can transform obstacles and achieve our own version of greatness.



As we continue to embrace our "go for the gold" mantra this year, don't get distracted with "fool's gold" but rather draw inspiration from remarkable individuals like these examples and others who cross our path daily. If we take a moment to stop and chat, the stories we hear will inspire us. Relationships and mindset are the true gold.

by Jen Griffin
Vice President, Engagement

CCY RESIDENTS HAVE SUCH BIG HEARTS

thank you

**for giving so incredibly generously to the
2024 CCY Auxiliary
Umphress Terrace Food Drive**

A RECORD

\$8,255

**was raised for our
Umphress Terrace neighbors!!!**



A huge shout out goes to:

**Jen Griffin, Brian Parman & Angela Castillo
Stacy Hitt, Emilie Reames & Diane Prashasouk.**

Joan Jackson & Judith Banes

Co-Chair Dog Annie Finley

Honorary Co-Chair Dogs: Simba Beasley, Iris Hustis & Zigi Jones

**After counting the donations (A REMINDER THEY
ARE TAX DEDUCTIBLE!) I'm resting up already for
next year! Thank you again for responding with
such ENTHUSIASM! Chair Dog Gia Hardy**



ASK CCY!

Advice from CC Young Nurses and Administrators



Dear CCY

My dad recently had hip replacement surgery after a fall. He had mild dementia before the surgery but now he is very foggy. He can't focus on what we are telling him and can't remember simple instructions. He is not supposed to get out of bed or walk by himself. He's restless and keeps trying to get out of bed in spite of constant reminders. I'm worn out from sleeping in a recliner chair in his room to keep him from falling. I was told he has dementia induced by the anesthesia. Is this a real thing? What can I do?

Signed, Sleepless in Seattle



ADMINISTRATOR, PRIVATE CARE AND THE CLINIC AT CC YOUNG

Dear Sleepless,

Yes, it is a real thing. Post-anesthesia dementia is also referred to as postoperative cognitive dysfunction, or POCD. It mostly affects the aging population who have surgery requiring general anesthesia. It is characterized by an acute decline in cognitive function causing confusion, memory loss, difficulty concentrating and changes in mood. The good news is that it is usually temporary. However, it could take up to 3-4 weeks for your dad's cognition to return to what it was before surgery.

It's important to be patient and understanding during this time. It's frustrating and scary for him as well. Promote healthy eating and range of motion exercise when sitting or lying in bed. Engaging him in mentally stimulating activities such as puzzles, adult coloring books or reading can be beneficial. Consider enlisting the help of private caregivers. This allows you time to conduct your daily business and to refresh before you stay with him again. A private caregiver is skilled in proper techniques to redirect his behavior to keep him safe as well as providing companionship and conversation to promote successful recovery.





From Craftsmanship to Benevolence Woodies Give Back with a Hammer and Nail

by Laura Coker
Sr. Director, Development

Every morning around 9 am, the Woodie Wagon picks up fellow Woodies on their way to work at the Woodshop. The Woodies are a group of men who mend, repair, and beautify campus with their woodworking skills. They are a vital part of the CC Young community, providing fellowship, creativity, and learning for the ten men and women who are part of the woodshop.

Fred Christen, resident, brought his hobby of woodworking with him when he moved to CC Young in 2011. As a member of his church congregation, Fred fixed and repaired chair legs and other things that were broken and needed a quick fix. The tradition of service continued at CC Young, and in 2014 the CC Young Woodshop was established.

Initially when the men came together, they just wanted to create, so they built several trinkets and toys to see what would sell or catch the attention of the community. A few women were recruited to help finish, stain, and paint the woodshop creation. Over the years working in the background, women residents have added a fresh touch to various projects.

The Woodies mission is to serve the community and the residents who call CC Young home by fixing broken furniture or completing custom orders. Over the years, the scope of their projects has expanded to include projects to benefit the CC Young campus, such as Texas-shaped cheese boards for Frost Bank and the CC Young gift shop, communion tables, and most recently refurbishing the Thomas resident patios. They never charge for their services, but they do ask recipients to donate to the woodshop or the benevolence fund, which supports residents who have outlived their financial resources.





One resident's family member recently approached the woodshop to restore a unique family heirloom. In 1980, Kim's parents purchased a nativity set made of olive wood in Bethlehem while on a 10-day tour of Israel with her grandmother who was eighty-five at the time. Over the years, the nativity set was passed down to her family and became a staple in their home until a recent move caused damage. With Kim's father being a resident of CC Young she was familiar with the woodshop and the work they had done and came to them for help. Upon receiving the piece, they had to completely restore it. Pieces were buckled and broken, and Charlie mentioned having to build each row of the base one at a time.

The Woodies work is never done. When you visit the Woodshop, there is always an ongoing project in the works whether it's blessing residents and families or the campus. Currently the team is working on a large walnut communion table and a small table for Christ Chapel and the Meditation Chapel.

It is the dedication, commitment, and craftsmanship that make these men and women unique and special. As resident Anita Hullum says, "They are a part of all of us. They bring joy to everyone they serve."

Indeed, they do!



Written by Elena Jacobs
Manager, Life Enrichment & Volunteers.

April is Volunteer Appreciation Month!

With a community as large as CC Young, we have many opportunities to volunteer. We have over 60 individuals who volunteer regularly, as well as many corporate, school, and philanthropic groups. Periodically I like to highlight a special volunteer that you may not be acquainted with.

Meet John, who started volunteering with us in January of 2022. John started as a helping hand on our Memory Care floor but his role evolved into leading a discussion for our residents on the 6th floor of Vista. His program was so popular, that when one of the ladies moved back to Assisted Living she recruited him to speak over there. His groups were often standing room only so we've had to change his location to a bigger room. What a great problem to have!

One of the reasons John's "Table Talk" discussions are so popular, besides the sweet breads and donuts he brings each week, is because he spends hours preparing for the day, and it shows. His topics are interesting. He makes space for open discussion from the crowd. I sat in on a recent program the week prior to the Academy Awards where memories of past award nominees and winners generated a lively discussion about the merits of each one.

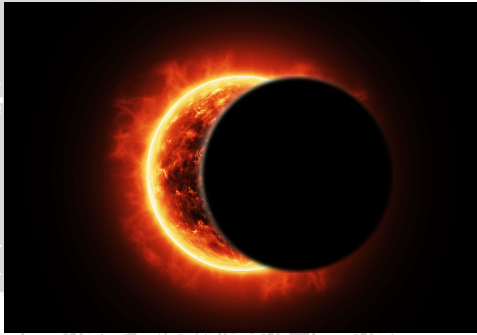
The residents just adore John and the feeling is mutual. I am very thankful to have him on my team of faithful volunteers!



Garden Club News

WITNESS THE GREAT ECLIPSE

SUBMITTED BY JEANETTE HUGHES



On April 8, 2024, a Total Eclipse of the Sun will pass over Dallas, Texas. So come to CC Young Senior Living on April 8, 2024, at Noon. We will provide eclipse glasses to protect your eyes from the sun, as looking at the sun can permanently damage your eyesight. You should never look at the sun without proper eye protection, such as special eclipse eyeglasses or filters.

At 12:23pm the moon will begin to move between the Sun and the Earth, around 1:40pm the Moon will be directly between the Sun leaving a corona around the moon which should last for approximately the next 4 minutes. This is known as The Totality. The moon will then move out from over the sun, completing the eclipse at 3:02pm CDT.

"I spent my career at NASA studying celestial wonders," says CC Young resident Bill McMillin, a retired NASA engineer. "This eclipse is a chance to see the universe's dance firsthand, and I'm thrilled CC Young is hosting a viewing party!"

This is a rare and spectacular phenomenon that can only be seen along a narrow path across Earth's surface, this is called the Path of Totality, and we are on that path! Your chances of having another opportunity to see a total eclipse are slim. The last time a Total Eclipse crossed the United States was on August 21, 2017. The last time Dallas was in the path of Totality was July 29, 1878 and the next time Dallas will be in the Path of Totality is 2317.

We have a prime viewing location right here in our "backyard" and only made sense to gather in our Central Park and Pavilion for our eclipse viewing party.

So, join us in celebrating this once in a lifetime celestial occurrence. For more info see page 6 in this guide Come one and all!



Fitness Updates!

We strive to make your fitness journey a successful one. Recently the exercise equipment was serviced and is now operating more efficiently. If you have not checked it out stop by and reacquaint yourself with an equipment orientation and customized program design. Eric Allen is the new Fitness Coach and Personal Trainer at the Point, if you have not met him stop by the gym or visit <https://tinyurl.com/eric24>

He will be providing services ranging from fitness classes, one on one personal training, and fitness assessments. Sign up for one of our fitness assessments to get you on the right track.



Currently, we offer four distinct fitness assessments general senior fitness, balance, flexibility/range of motion, and gym orientations/program designs.

01. Senior Fitness Assessment

A senior fitness assessment is crucial for identifying individual fitness levels, strengths, and weaknesses, allowing for tailored exercise programs. It helps seniors understand their current physical condition, assess potential health risks, and make informed decisions about their fitness goals. When conducted regularly assessments can track progress over time, keeping seniors motivated to stay committed to their exercise routines and maintain overall health and well-being.

02. Balance Assessment

A balance assessment for seniors is essential for reducing the risk of falls and maintaining independence in daily activities. Identifying balance issues early can help implement targeted exercises and interventions to improve stability and coordination. Regular balance assessments provide valuable feedback on progress and enable seniors to take proactive steps to enhance their balance and mobility as they age.



03. Flexibility/Range of Motion Assessment

Assessing flexibility and range of motion in seniors promotes joint health, reduces stiffness, and enhances overall mobility. It helps identify areas of tightness or limitation, allowing for targeted stretching exercises to improve flexibility and prevent injuries. Regular assessments and flexibility training can enhance functional abilities, promote better posture, and contribute to a higher quality of life for seniors.



04. Program Design/Exercise Plan

A personalized exercise plan for seniors promotes physical health, mental well-being, and overall quality of life by addressing specific fitness needs and goals. It helps seniors maintain muscle strength, cardiovascular health, and bone density, reducing the risk of chronic diseases and age-related decline. A well-designed exercise plan fosters social connections, boosts self-esteem, and empowers seniors to lead active, independent lives.



TAI CHI CHUAN: MOVEMENT IS HEALTH

By Jesse Mitchell

According to recent articles Tai Chi is great for addressing a lot of health issues, but one recent study lists what it considers to be real benefits as measured by their researchers.

"This review has identified numerous outcomes with varying levels of evidence for the efficacy for Qigong and Tai Chi, including bone health, cardiopulmonary fitness and related biomarkers, physical function, falls prevention and balance, general quality of life and patient reported outcomes, immunity, and psychological factors such as anxiety, depression and self-efficacy."

-Drs R. Jahnke and L. Larkey - A Comprehensive Review of Health Benefits of Qigong and Tai Chi - accepted with revisions, by The Am. Journal of Health Promotion



The study also cites that the low cost and general availability of Tai Chi make it a boon in our defense against rising healthcare costs.



During this moment in history, humans are living longer than ever. Modern medicine and the Alternative Healthcare profession have prolonged human life by many years, and what most modern people are finding is that this prolonged life requires additional activity and preventive care.

Tai Chi pronounced (Tie - Chee) is a Chinese martial art that focuses on weight shifting, core strength, relaxation and balance. Qigong pronounced (Chee - Kong) is a similar set of exercises focusing on meditation, energy flow and breathing. For centuries people in China have been passing these living art forms through their families and now they are hitting the mainstream. Young and old alike are enjoying the myriad benefits of practicing Tai Chi. This is important now especially as we face the largest healthcare costs in history. In the face of a national health care crisis, we in the United States have a choice in why we practice Tai Chi, but there are so many benefits it is no wonder many chose to do so.

Tai Chi can be practiced alone or in groups with little or no special equipment. Individuals can find a lot of information about Tai Chi from the American Tai Chi and Qigong Association at <http://americantaichi.net>, and other websites like it. With so much information and so many health benefits, Tai Chi and Qigong should be included in every long term health plan. Tai Chi can be adapted to any level of practice., from seated Tai Chi to walking forms. It is a gentle exercise with low impact on the joints and limbs. Tai Chi emphasizes relaxation and control over long slow periods of time helping to create reflex based reactions from the body.

Tai Chi and Qigong also emphasize deep controlled breathing and control over the mind. By exercising not only the body but mind and spirit Tai Chi practice moves beyond simple exercise to create health.

TECH TALK



Daphne Lee, Senior Tech instructor

The intersection of technological marvels with the concept of "springtime"



In our ever-evolving world, the intertwining of technology with the natural rhythms of life offers us unique opportunities to connect and engage with the world around us. Personal mobile devices, such as smartphones and tablets, have become not just tools for communication but windows to the world's vast wonders. One such wonder is the season of spring, a time of renewal and rebirth, where the cold, barren landscapes transform into vibrant scenes of life and color. The intersection of these technological marvels with the concept of "springtime" enriches our lives in several profound ways.



Firstly, mobile devices enable us to capture and share the beauty of spring like never before. With high-quality cameras in the palm of our hands, we can photograph the blossoming flowers, the greenery of trees, and the clear, sunny skies to share with friends and family, no matter where they are. This ability to share moments instantaneously bridges distances and brings us closer to our loved ones, celebrating the beauty of spring together. I share, with great fun and mischievousness, photos of our stunning campus with friends and family still locked in by Winter. Mother Nature shared Spring with us early this year...the Tulips were beautiful, but there is the promise of a delightful display of springtime in Dallas. For both Android and Apple drivers, take advantage of the [PlanTAGG \(PlantTAGG - Localized Plant Care\)](#) tool prominently displayed around our beautifully landscaped Point. Download the app to your mobile phone, and while you are walking the campus grounds, open the app, capture a picture of the plant and learn about the plant and how to best care for the plant, using PlanTAGG - Better gardening through technology!





These devices offer a wide selection of apps designed to enhance our experience of the outdoors. From identifying the various species of flowers and birds that emerge in spring to providing detailed weather forecasts to plan our outdoor adventures, our mobile devices are invaluable companions. These apps enrich our understanding and appreciation of the natural world, encouraging us to explore and engage with the environment around us. After taking pictures of plants, birds, or animals, upload that image straight from your iPhone or Android into the Google Search app and you can learn all about the plant or creature you captured in a photo.

As we celebrate the renewal Springs with it, think about the opportunities available to learn new and life-enhancing technology skills that can spark a sense of excitement and discovery. It reminds us that, regardless of age, there is always something new to learn and explore.

The convergence of technology and the essence of springtime offers us a unique lens through which to experience and appreciate this vibrant season. It connects us to the beauty of the natural world, to each other, and to the endless possibilities for growth and renewal.

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.



GOLD STARS FROM THE TEACHER

Dr. Hayley Moseley, Campus Educator



CYBER SECURITY



April marks the one-year anniversary of the ransom attack, so my gold star this month goes to the CC Young IT team. One year ago, one of our servers managed by a third-party provider was infiltrated and held for ransom.

Fortunately, our systems are secure enough that no personal information was compromised, but we did have to rebuild all of our servers. The IT team has gone above and beyond in repairing our systems and ensuring our data is safe.

Today, our security systems are even better. In the last six months, our server has screened about 1.6 million emails! Over 102,500+ emails were identified as spam. This is comparable to junk mail; people send emails hoping you'll buy their product or visit their website. They aren't out to hurt you, just sell you things you didn't ask for. Of these 1.6 million, our system caught and prevented 534 attacks of people trying to access the system fraudulently. It also identified about 350 attacks that were "credential phishing." This is where someone emails you and asks you to click here to reset your password. When you click there, it goes to the sender's website and you've now given them your password. They can use that information to access your computer, your bank account, and all kinds of things! **Don't click!**

Even though we have a secure system and many safeguards in place, **we still have to be vigilant.** You should be too! If you get an email asking you to reset a password, click here to sign in, or an account will be closing that you didn't try to close, this is likely someone trying to get your information.

- **NEVER** click on a link that you don't recognize.
- **NEVER** share a password with someone you don't know or trust.
- **NEVER** send money to someone you don't know. No, you're not going to get a million dollars by sending them \$5,000. You're going to get your money stolen.

Two out of five internet users have experienced some form of cybercrime. If you ever wonder if an email is legitimate or not, reach out to CCY IT for assistance. Email: support@ccytech.zendesk.com



CC YOUNG
SENIOR LIVING



Introducing CCY ADVENTURES...

- TAKE A ZIPLINE FROM VISTA TO THE OVERLOOK
- PUTTING PRACTICE FROM THE OVERLOOK ROOF
- GO CART RACING AROUND THE PAVILION
- AVOID ELEVATORS & TAKE A SLIDE IN HILLSIDE



All Adventures
brought to you by
Aaron Schmidt

...APRIL FOOLS!



APRIL TEAM BIRTHDAYS



Paula Woods	4/1	Private Care
Kyaw Htwe	4/1	Dining Services
Bryant Chatman	4/1	Dining Services
Lesley Millar	4/2	Development
Sirena Wallace	4/2	Therapy
Giovanna McCormick	4/4	Assisted Living
Dess Rolfe	4/4	Community Outreach
Hollie Kelley V	4/4	Health Center
Carla Cullison	4/5	Therapy
Theresa Onwuegbuchu	4/6	Health Center
Irelia Arriaga	4/6	Housekeeping
Atinuke Adebote	4/6	Assisted Living
Charletha Powell	4/7	Assisted Living
Thruddy Hamilton	4/7	Therapy
Brian Parman	4/8	Community Outreach
Helen Collins	4/8	Housekeeping
Erica Clark	4/8	Memory Support
Olga Grayfer	4/9	Business Office
Arlene Kirkland	4/9	Community Outreach
Antoinette Powell	4/9	Private Care
Anneisha Elerby	4/10	Therapy
Misty McMillan	4/11	Home Health
Julian Morales	4/11	Housekeeping
Chris Zinkand	4/12	HR
Jasmine Crawford	4/12	Health Center
Olivia Randall	4/13	Hospice
Asnake Beri	4/14	Housekeeping
Fatuma Birungi	4/14	Health Center
Inabi Acosta	4/14	Housekeeping
Gonzalo Fernandez	4/14	Housekeeping
Aynalem Worku	4/15	Health Center
Meseret Asefa	4/16	Private Care
Kevin Dolan	4/18	Therapy
Joycelyn Smith	4/18	Health Center
Teshna Comrie	4/18	Health Center
Tirukelem Worku	4/19	Private Care
Moore Diasha	4/19	Health Center
Tanja Young	4/19	Hospice
Nicia Wasson	4/20	Private Care
Raul Cabello	4/20	Housekeeping
Emilie Reames	4/20	Resident Services
Tasheia Robinson	4/20	Dining Services
Lewegnesh Gebre	4/20	Assisted Living
Rosalba Duran Ruiz	4/20	Health Center
Tesfaye Feyssa	4/20	Health Center
Maria Babatunde	4/22	Assisted Living
Elizabeth Durham	4/23	Therapy
Josephine Weston	4/24	Dining Services
Olusegun Alao	4/24	Maintenance
Meredith Tusa	4/26	Therapy
Tommy Jackson	4/27	Dining Services
Roman Zeleke	4/29	Private Care
Lisa Jones	4/29	Housekeeping
Paula Olewike	4/30	Memory Support
Caroline Omae	4/30	Health Center

April Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Roberta Labart	01-Apr-20	4	Home Health
Cecilia Espinoza	01-Apr-21	3	Dining Services
Laura Wells Coker	03-Apr-23	1	Development
Meseret Asefa	03-Apr-23	1	PDS
Xena Smith	03-Apr-23	1	Community Outreach
Abolore Akande	03-Apr-23	1	Memory Support
Rebekah Widener	03-Apr-23	1	Health Center
Hable Edossa	03-Apr-23	1	PDS
Kevin Nelson	04-Apr-02	22	Housekeeping
Felekech Geberemeskel	04-Apr-22	2	PDS
Judy Singleton	04-Apr-22	2	Health Center
Sandy Cantu	04-Apr-22	2	Community Outreach
Adrian McKinney	05-Apr-23	1	Dining Services
Regan McLaughlin	06-Apr-23	1	Therapy
Cindy Vicente	06-Apr-22	2	Dining Services
Nichele Harrison	06-Apr-22	2	Housekeeping
Elvira Silva	07-Apr-21	3	Therapy
Yodit Benti	07-Apr-21	3	PDS
Mary Pat Smith	08-Apr-19	5	Hospice
Catherine Thomas	09-Apr-18	6	Home Health
Tsega Bala	10-Apr-92	32	Dining Services
Sebawit Mihretu	10-Apr-17	7	Dining Services
Brittany West	11-Apr-23	1	Health Center
Olga Grayfer	13-Apr-22	2	Business Office
Samantha Daugherty	13-Apr-23	1	Dining Services
Carol Chavez	15-Apr-23	1	Assisted Living
Gloria Nwogwugwu	17-Apr-23	1	Health Center
Shatina Goforth	17-Apr-23	1	Housekeeping
Bridget Monopoli	18-Apr-22	2	Dining Services
Robert Surko	18-Apr-22	2	Community Outreach
Derrick Niba	18-Apr-22	2	Health Center
January Porter	19-Apr-23	1	Health Center
David Spencer	20-Apr-09	15	Resident Services
Christina Tooke	20-Apr-22	2	Dining Services
Mary Wiese	20-Apr-20	4	Assisted Living
Karen Campbell	20-Apr-23	1	Community Outreach
Bilen Hailu	20-Apr-22	2	PDS
Calvin Clerkley Jr	21-Apr-21	3	Dining Services
Michelle Adams	24-Apr-17	7	Health Center
Ryan Bradford	24-Apr-23	1	Maintenance
Bethlehem Estifanos	25-Apr-16	8	PDS
Diana Khounsavong	25-Apr-22	2	Housekeeping
Channel Anjou	25-Apr-22	2	HR
Inabi Acosta	25-Apr-22	2	Housekeeping
Blair Viehe	26-Apr-21	3	Therapy
Jolisa Jones	27-Apr-23	1	Health Center
Emebet Abegaz	28-Apr-23	1	Assisted Living
Stephen Olbrish Jr	29-Apr-15	9	Home Health





April

RESIDENT BIRTHDAYS

Emilie Elbert	2	Vista
Elizabeth Hardy	4	Overlook
Nevenka Horvat	4	Thomas
Ruby McLeod	4	Overlook
Betty "Anne" Price	6	Asbury
Dolores Kuehl	6	Asbury
John Hughes	6	Asbury
Garth Griffiths	7	Overlook
Alan Link	8	Vista
Mary Northcut	8	Vista
Barbara Mott	9	Vista
Judith Ward	9	Vista
Alice McLean	15	Thomas
Sharon Williams	15	Overlook
Paul "Mike" Elvir	16	Asbury
Cynthia Mullins	17	Asbury
Mark Lawin	17	Vista
James Dowsett	18	Vista
Lossie Hudspeth	19	Vista
Priscilla Sellers	20	Hillside
Bernice Christopher	22	Vista
Lee Dettra	22	Asbury
Janet McLeod	23	Vista
Kathryn Bacon	23	Thomas
Karola Hustis	27	Overlook
Saquita Poston	28	Overlook
Walter Richardson	29	Vista
Adena Jarvis	30	Asbury
Mary Gentry	30	Vista



APRIL

Resident
Anniversaries

17 Years

Glenn Riggs

16 Years

Marjorie Thornton

13 Years

Caryl White

11 Years

Wilda Geyer

10 Years

Jack Sledge

John Gould

9 Years

Pat & Tom Rogers

8 Years

Nancy Wiley

6 Years

Shirley Flint

5 Years

Phala Finley

Ann & Arch Beasley

Janet & Lee Dettra

Jane Sanford-Beasley

WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

ASBURY



Mary Jarvis

THOMAS



Harriet Willis



Dick Holsinger



Sue McComb



THOMAS CUISINE SPECIAL DINING DAYS

April

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 National PB&J Day	3 National Mousse Day	4 National Burrito Day	5 4833 Viale Italia CLOSED	6
7 National Coffee Cake Day	8 National Empanada Day	9 Thomas Action Station 11:30am-1pm Chef Connection 2:30pm	10 Hillside Chef Connection 10am	11 Hillside Action Station 11:30am-1pm HTA	12 4833 Viale Italia OPEN	13
14 National Pecan Day	15	16 Overlook Chef Connection 3pm	17 National Crawfish Day	18 Action Station Asbury 11am-1:30pm Conley's 11:30am-2pm HTA	19 4833 Viale Italia OPEN	20
21 National Tea Day	22 Conley's Southern Buffet 11:30am-2pm	23 Asbury Chef Connection 2pm	24 National Pigs-in-a-Blanket Day	25	26 4833 Viale Italia OPEN	27
28	29	30 National Oatmeal Cookie Day				

Action Station of the Month: Grain Bowl

- 04/02 | Grilled PB&J Sandwiches available at the Bistro
- 04/04 | Chicken Burritos available at the Bistro
- 04/08 | Empanadas available at the Bistro & Asbury lunch

- 04/17 | Crawfish special available at the Bistro
- 04/24 | Pigs-in-a-Blanket available at the Point Cafe

No Test. No Grades. No Limits.

OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF NORTH TEXAS

OLLI

UNT

SUMMER 2024 KICKOFF

OLLI at UNT is offering fun non-credit courses on a wide variety of subjects at CC Young this Summer.

Join us at our upcoming summer kickoff event to find out how you can participate.

**THE POINT AT CC YOUNG
SENIOR LIVING**

**Tuesday, May 7, 2024
4847 W. Lawther Dr.
RSVP: 469-224-1497**

- **Catalogs**
- **Registration Forms**
- **Refreshments**

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**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



THE POINT

There's always something new to learn at The Point

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



BALANCE TALK WITH ERIC ALLEN

**WEDNESDAY
MAY 8
9:00AM**

**A DISCUSSION ON BETTER BALANCE
PRACTICES FOR SENIORS**



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FRIDAY, MAY 31

2:00pm



**CC YOUNG'S
GOT TALENT**

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