

ACTIVE SENIOR LIFESTYLE GUIDE



MAY 2024

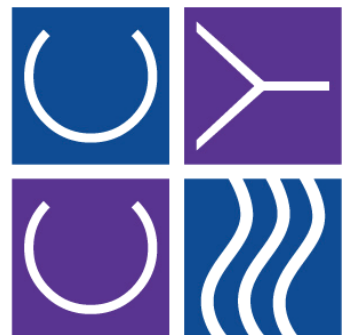
CELEBRATING THE GOLDEN OLDIES



FREE
PLEASE TAKE
ONE



CC YOUNG
THE POINT & PAVILION



Meet The Team



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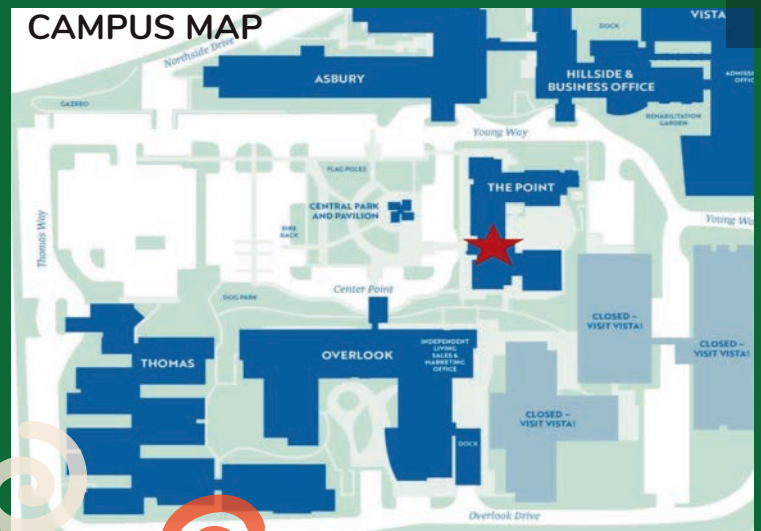


THE POINT AND PAVILION

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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Highlights of May Events

- Four Women Art Show
- Balance Talk
- Olli Info Session
- Cabaret Series
- CCY Got Talent
- Organization Talk



Discover **new interests.**
Feed your **curiosity.**
Lifelong learning for adults age 50+

Summer '24 Kickoff

Tues. May 7 @ 10:00am
The Point at CC Young
4847 W. Lawther Dr.
Dallas, TX 75214

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



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THE POINT ART GALLERY

WEDNESDAY, MAY 1 - WEDNESDAY, JUNE 26

FOUR WOMEN
ONE SHOW

ART

EXHIBITION

RECEPTION

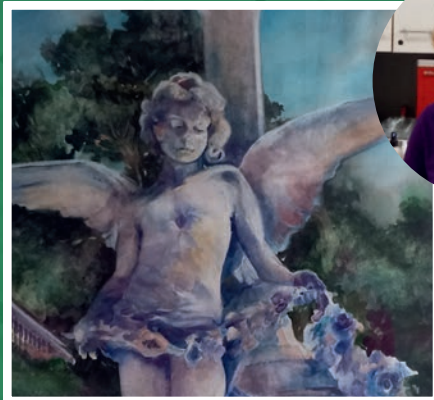
FRIDAY
MAY 17
3:30PM



SUSAN
COOPER



BRIGITTE
ABLE



PAULA
SCOTT



ELIZABETH
MAHY



CC YOUNG
THE POINT & PAVILION

4847 W. LAWTHER DR.
DALLAS TX 75214
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BALANCE

TALK WITH ERIC ALLEN

WEDNESDAY

MAY 8

9:00AM

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



No Test. No Grades. No Limits.



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

Lifelong learning for adults age 50+

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Dallas, TX 75214

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olli.unt.edu

Visions for Change, Inc. presents



CABARET SERIES

LEE WALTER

L.E.E. LIFE. EXPRESSION.
EQUALITY



TUESDAY, MAY 14 AT 7:00PM
THE POINT AUDITORIUM



Scan to RSVP

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



CC YOUNG
THE POINT & PAVILION



**Friday
May 31
2:00pm**



**CC YOUNG'S
GOT TALENT**

**SEE RESIDENT & STAFF TALENTS
ALL WELCOME!**

**HOW TO
PUSH PAST
PROCRASTINATION**



Presented by
Tammy O'Neil
ACC, CSSC, CPT, ADHD Coach,
Professional Organizer.

**Tuesday
May 14
10:30am**


 **CC YOUNG**
THE POINT & PAVILION

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


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RESIDENT
Trips

Limited Spots.

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



**Theater Production of
Anne of Green Gables**
Centennial High School theater
production at Northhaven UMC
Thursday, May 2
1:15pm - 4:00pm

**Dallas Holocaust &
Human Rights Museum**
The trip is hosted by Rev. Barbara Marcum.
Wednesday, May 29
12:45pm - 4:00pm





DAPHNE LEE
INSTRUCTOR

MAY 2024

CLASS SCHEDULE

Wednesday, May 1 at 1:30pm—3:00pm
Navigating Your Windows Laptop

Thursday, May 2 at 9:30am—11:00am
Sharing and Organizing iPhone Photos

Tuesday, May 7 at 1:30pm—3:00pm
**Beyond Exploring Apple Laptop:
Navigating Pages, Numbers, Keynote**

Fridays, May 10 & May 24
**Free Coaching Fridays:
Come & Go with any Tech Questions
10:00am—12:00pm**

Monday, May 13 at 1:30pm—3:00pm
**Social Media Tools: Facebook,
Instagram, Twitter (X), and Pinterest**

Tuesday, May 14 at 1:30pm—3:00pm
**Introduction to Gaming for Adults:
Apps, Handhelds, and Websites**

Thursday, May 16 at 1:30pm—3:00pm
iPhone Step Tracking and Health Apps

Thursday, May 23 at 1:30pm—3:00pm
Exploring Norton Password Manager

Thursday, May 30 at 1:30pm—3:00pm
Exploring the Amazon Kindle

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



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

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!

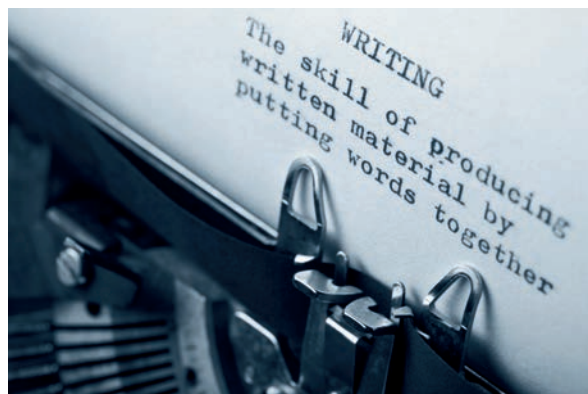
Rehearsals: Tuesdays at 1:00pm in The Auditorium



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.

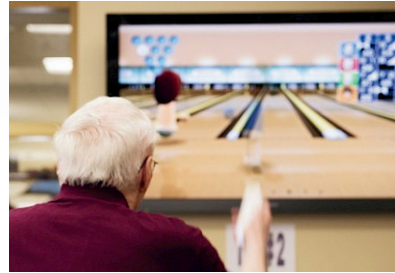
Meets Wednesdays at 2:00pm
In The Theater



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.

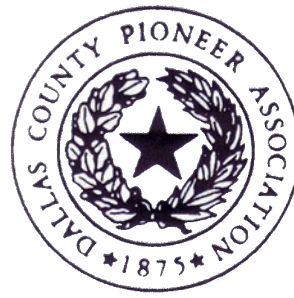
**Meets 3rd Tuesday of each month
10:00am in Flagpole Hill Classroom**



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 & Equipment Orientations
Instructor: Eric Allen
Sign up at The Point

Comprehensive battery of fitness tests for individuals 60 and older. Tests are based on national norms collected from thousands of seniors. Affording seniors with the ability to compare themselves to their peers.



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-3:45pm
 Mon, Tues, Wed - Instructor: Ann Sury
 Thurs, Fri- Instructor: Jesse Mitchell

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



Seated Tai Chi
 4:00pm -5:00pm / Mondays
 Instructor: Jesse Mitchell

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




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–10:30am
10:30am–12:00pm

Tuesdays
12:00pm–1:30pm
1:30pm–3:00pm

Thursdays
1:00pm–2:30pm
2:30pm–4:00pm

AQUATICS 101
Must attend this class
prior to any other class
or swim time.

Fridays
9:00am–9:30am

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

Mon., Wed., Fri.
2:00pm–3:00pm

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

POOL VOLLEYBALL

Tuesdays
3:00pm–4:00pm

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

NEW H2O HUSTLE

Mondays & Wednesdays
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."

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.



Vista Rehab pool



Meet The Aquatics Team



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



Katie Jackson
Physical Therapist / Aquatics 101
Instructor
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Victoria Brisco
Aquatic, Outpatient Therapy & Home
Health Scheduler
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972-638-8795



Blair Viehe
Occupational Therapy Assistant
COTA/CLWT



Eric Allen
Wellness Instructor
Eallen@ccyoung.org
214-828-3473



Massage Services AT CC YOUNG

Swedish, Deep Tissue or Lymphatic Massages

Pricing

CCY Residents, Family Members and
Point Members:

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

General public add \$20 per service.

Vista Residents Floors 4-8

In-Room Massage \$50/ 30 min

Gratuuity not included.

Book Your Appointment

972-755-4259



Payment Options

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

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

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

CCYOUNG
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

Tuesday, April 30

10:00am

Around The World in ~~80~~ 24 Days

Presented by Diane Flint

Thursday, May 2

10:00am

Throwback Thursday CH. 81

Rebroadcast:

CC Young Un's Spring Choir 2024 Concert

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

Led by Rev. Dr. Bill Power

Auditorium & Ch. 81
All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81
All Welcome!

Tuesday, April 30

10:00am

Live & on CH. 81

Around

The World in ~~80~~ 24 Days

A travelogue presented by
CCY Resident Diane Flint



CC YOUNG
THE POINT & PAVILION

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 (HIIT 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

- 8:00am – 8:45am H2O Hustle
- 9:00am – 10:30am / 10:30am – 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.

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 Days

travelogue by CCY Resident Diane Flint

Aquatics Classes

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

- 12:00pm – 1:30pm/ 1:30pm – 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 – 9:30am Fitness Orientation
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HIIT Class in the gym)

A.L. Res & PM Only

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



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

Senior Scribblers

Share & listen to written stories.

Flagpole Hill
 All Welcome!

Aquatics Classes

Vista Rehab Pool

8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

972-638-8795
 Res. & PM Only

10:45am – 11:30am

Table Talk with John Hill

Various Topics each week

Vista - 9
 All Welcome!

PM Exercise Classes

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

Res & PM Only

1:30pm – 3:00pm

Senior Tech Class

Navigating your Windows Laptop

Tech Lab



2:00pm – 3:00pm Asbury

Asbury Resident Conversations

A group discussion with CCY department heads.

2:00pm – 3:00pm

Acting Fun

Theater

3:30pm-4:30pm

Fellowship Word & Bible Study

Flagpole Hill
 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

9:30am – 11:00am

Tech Lab

Senior Tech Class

Sharing and organizing iPhone Photos



10:00am and 2:00pm CH. 81

Throwback Thursday Rebroadcast:

CC Young Un's Spring Concert



11:30am-1pm

Hillside Dining Rm.

Action Station: Hillside

Resident Only

This month: Street Tacos

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

Vista Rehab Pool

1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

972-638-8795.
 Res. & PM Only

1:00pm – 2:00pm

Sign Language Fun!

Flagpole Hill
 All Welcome!



1:15pm – 4:00pm

Northhaven UMC

IL Resident Trip

High School theater production of
Anne of Green Gables
 Sign up at The Point



1:30pm – 2:30pm

Lobby

Harris Jewelers

Small Jewel repair while you wait!

1:30pm – 3:00pm

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

White Rock Class
 Res & PM Only

2:00pm – 3:00pm

Garden Club Meeting

Come help plan garden projects.

Courtyard Garden
 All Welcome!

4:00pm – 5:00pm

Resident Happy Hour

Auditorium
 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 (HIIT Class in the gym)



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

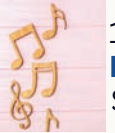
Aquatics Classes

Vista Rehab Pool 972-638-8795 Res. & PM Only
 9:00am – 10:00am Aquatics 101
 9:00am – 10:30am / 10:30am – 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 All Welcome!
Movie Matinee
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

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

10:00am – 4:00pm Fitness Center
Dallas Bead Society Monthly Meeting All Welcome

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, May 3-
 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!



THIS WEEK'S

Highlights

Tuesday, May 7

10:00am

OLLI Summer Kickoff

Get the inside scoop on all the OLLI classes coming in June!

Wednesday, May 8

9:00am

Balance Talk

Presented by CCY Wellness
Instructor, Eric Allen

Thursday, May 9

10:00am and 2:00pm

Throwback Thursday Rebroadcast:

Easter Piano Recital - Gustavo Romero

Thursday, May 9

10:00am

Putting for Prizes!

Aaron hosts a putting challenge

Friday, May 10

3:00pm

Movie Matinee

The Miracle Club
2023, PG-13, 1h 30m

Monday, May 6

National Sauvignon Blanc Day

25% off bottles of Sauvignon Blanc
in Conley's during lunch or dinner



SUNDAY, MAY 5



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!



1:30pm-2:30pm

Landefeld Student Recital

Piano and violin student performance.

Auditorium

All Welcome

PUTTING FOR PRIZES

WITH AARON SCHMIDT



THURSDAY, MAY 9

10:00AM

.... AT THE TURN

PARTICIPANTS WILL WIN PRIZES
BASED ON DIFFERENT PUTTING
CHALLENGES.

MONDAY, MAY 6

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 (HIIT 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**

- 8:00am – 8:45am H2O Hustle
- 9:00am – 10:30am / 10:30am – 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 – 11:00am White Rock Class

Peace in the Garden All Welcome!

The Benefits of Connecting with Nature with Sandra Zellej.

10:30am – 11:30am Vista 9

Current Events with Randy Mayeux

Discussion on events changes each month.

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, MAY 7

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

11:00am-12:00pm Vista 9

For The Love of Art All Welcome!

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

Aquatics Classes

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

- 12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
- 3:00pm – 4:00pm Pool Volleyball

10:00am – 11:30am Auditorium & CH. 81

OLLI Summer Kickoff All Welcome!

Learn what classes and events will available in the Summer



11:30am-1:00pm Thomas Dining Rm

Action Station: Thomas

This month: Street Tacos

Thomas Dining Rm

Resident Only

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

Sing and socialize with Choir Director Russ Rieger.

1:30pm- 3:00pm Tech Lab

Senior Tech Class

Beyond Exploring Apple Laptop: Navigating Pages, Numbers, Keynote

WEDNESDAY, MAY 8

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 Orientation – **Canceled today**
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HIIT Class in the gym)
A.L. Res & PM Only
 9:00am – 9:45am Balance Class with Heidi- **Vista 9**
 10:00am – 11:00am Rock Steady for PD- **Hillside**



9:00am – 9:45am Auditorium
Balance Talk All Welcome
 CCY Wellness Instructor, Eric Allen, will lead a interactive talk on the importance of maintaining balance



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
 8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am Vista - 9
Table Talk with John 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 Overlook
Overlook Resident Conversations
 A group discussion with CCY department heads.

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!

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

THURSDAY, MAY 9



NATIONAL Butterscotch Brownie 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 and 2:00pm CH. 81
Throwback Thursday Rebroadcast:
 Easter Piano Recital - Gustavo Romero



10:00am – 11:30am The Turn
Putting for Prizes! All Welcome!
 Aaron hosts a putting challenge

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

Aquatics Classes 972-638-8795.
Vista Rehab Pool Res. & PM Only
 1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

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



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

2:00pm – 3:00pm Courtyard
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, MAY 10

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 (HIIT 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 – 10:30am / 10:30am – 12:00pm Open Swim
- 1:00pm – 2:00pm Aqua Flow Class
- 2:00pm – 3:00pm Aquacise Class
- 3:00pm – 4:00pm Aqua Boot Camp



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

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

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

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
 The Miracle Club
 2023, PG-13, 1h 30m

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, MAY 11

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

The Miracle Club

2023 · PG-13
 Drama/ Comedy · 1h 30m

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes.



Friday, May 10
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Tuesday, May 14

10:30am

Organize to Downsize

Tammy C. O'Neil, AHD Coach
& Professional Organizer

Tuesday, May 14

7:00pm

Cabaret Series

Lee Walter: L.E.E. Life. Expression. Equality

Thursday, May 16

2:00pm

For Your Health Lecture

Preventative measures for the golden years
Dexas, mammograms, flu,
colonoscopy....and other fun things

Friday, May 17

1:30pm

Movie Matinee

The Holdovers / 2023, R, 2h 14m

Friday, May 17

3:30pm

Meet The Artists Reception

Featured Artists: Brigitte Able, Elizabeth Mahy, Paula Scott, Susan Cooper.

Sunday, May 11

Conley's Mother's Day Buffet

Reservations will be accepted
from April 29th to May 7th



SUNDAY, MAY 12



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!

FOR YOUR HEALTH LECTURE

PREVENTATIVE
MEASURES FOR
THE GOLDEN
YEARS

PRESENTED BY CCY NURSING TEAM

THURSDAY
MAY 16
2:00PM

Learn about *Dexas*,
mammograms, *flu*,
colonoscopy....
and other fun things

 **CC YOUNG**
THE POINT & PAVILION



MONDAY, MAY 13



NATIONAL Apple Pie 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 (HIIT 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**

Res. & PM Only

- 8:00am – 8:45am H2O Hustle
- 9:00am – 10:30am / 10:30am – 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 – 11:00am

White Rock Class

Peace in the Garden

All Welcome!

The Benefits of Connecting with Nature with Sandra

- 10:00am – 11:30am

Auditorium

Arts & Crafts with Patricia Dillingham

This months craft: Bead Jewellery

- 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

Social Media Tools: Facebook, Instagram, Twitter (X), and Pinterest

- 2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

All Welcome!

- 3:00pm – 4:30pm

Game Zone

Poker Game

All Welcome!

TUESDAY, MAY 14

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:45am Floor Yoga
- 9:00am – 9:45am Fitness Orientation
- 10:00am – 10:45am Core Fitness
- 11:00am – 11:45am Balance Class

Aquatics Classes

972-638-8795.

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

Res. & PM Only

- 12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
- 3:00pm – 4:00pm Pool Volleyball



10:30am – 11:30am

Auditorium & CH. 81

Organize to Downsize

All Welcome

Tammy C. O'Neil, AHD Coach
& Professional Organizer

- 11:00am – 12:00am

Vista - 9

For The Love of Art

All Welcome!

Various Art and museums discussed each month

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!

This months craft: Bead Jewellery

Choir Rehearsal

Under the direction of Russ Rieger



1:00pm-1:30pm

White Rock Class

Alterations & More by Dallas Dry Cleaners

- 1:30pm – 3:00pm

Tech Lab

Senior Tech Class

Introduction to Gaming for Adults: Apps, Handhelds, and Websites



2:30pm-3:30pm

THO Dining Rm.

Thomas Food

Residents Only

Committee Meeting



7:00pm-9:00pm

Auditorium & Ch. 81

Cabaret Series

All Welcome

Lee Walter

RSVP Required

L.E.E. Life. Expression. Equality

See pg. 8. for more info.

WEDNESDAY, MAY 15

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 (HIIT Class in the gym)
A.L. **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi- **Vista 9**
 10:00am – 11:00am Rock Steady for PD- **Hillside**

 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**
 8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise
 3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am Vista - 9
Table Talk with John Hill All Welcome!
 Various Topics each week

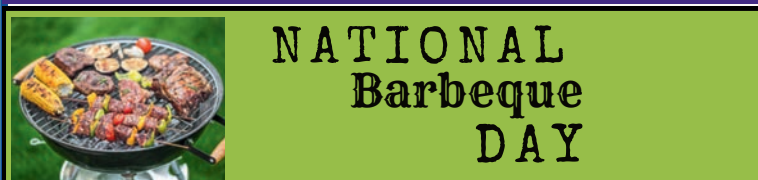
PM Exercise Classes
Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** Tai Chi

 2:00pm– 3:00pm Thomas
Thomas Resident Conversations
 A group discussion with CCY department heads.

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, MAY 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 Brain Fitness
 11:00am – 11:45am Balance Class

 10:00am – 11:30am CH. 81
Throwback Thursday Rebroadcast:
 April Cabaret performance: Mi Diva Loca

PM Exercise Classes

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


Aquatics Classes **972-638-8795.**
Vista Rehab Pool Res. & PM Only
 1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

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

1:30pm– 3:00pm Tech Lab
Senior Tech Class
 iPhone Step Tracking and Health Apps

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 Courtyard
Garden Club Meeting All Welcome!
 Come help plan garden projects.

 2:00pm–3:00pm Auditorium & Ch. 81
For Your Health Lecture
Preventative measures for the golden years
 Dexas, mammograms, flu, pna, colonoscopy....and other fun things

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

FRIDAY, MAY 17

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 (HIIT 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 – 10:30am / 10:30am – 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
The Holdovers
 2023, R, 2h 14m

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

1:00pm – 2:00pm Pavilion
Litter Gitters
 Volunteer trash pickup around campus

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



3:30pm – 4:30pm Auditorium
Meet The Artist Reception All Welcome!
 The Point Gallery Featured Artists: Brigitte Able, Elizabeth Mahy, Paula Scott, Susan Cooper.
 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, MAY 18

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

GRAND OPENING

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

Movie MATINEE

The Holdovers

2023 - Rated R
 Drama/ Comedy- 2h 14m

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.



Friday, May 17
 1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, May 20

10:00am

Peace in the Garden

The Benefits of Connecting with Nature with Sandra Zelley.

Thursday, May 23

10:00am

Throwback Thursday Ch 81

Rebroadcast:

Dallas Symphony Orchestra Woodwind Quintet

Friday, May 24

1:30pm

Movie Matinee

The Color Purple

2023 · PG-13

Musical/Drama · 2h 21m

SUNDAY, MAY 19

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!



LITTER GITTERS UNITE!

TRASH PICKUP FRIDAY, MAY 17 1:00PM

Meet under The Pavilion.
Help pickup trash across campus and along Lawther Drive. Bags and Grabbers provided.

 **CC YOUNG**
SENIOR LIVING

MONDAY, MAY 20



NATIONAL QUICHE 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 (HIIT 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

8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 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 – 11:00am White Rock Class

Peace in the Garden All Welcome!

The Benefits of Connecting with Nature with Sandra Zellely.

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, MAY 21

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

12:00pm – 1:30pm/ 1:30pm – 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



3:00pm-4:00pm

Overlook Food Committee

OVR

Residents Only

7:00pm-9:00pm Auditorium

HOOT: Harmonica All Welcome

Organization of Texas

Monthly meeting & Jam Session

WEDNESDAY, MAY 22

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Seated Zumba Gold
- 9:00am – 9:30am Fitness Orientation
- 11:00am – 11:45am Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)

A.L. Res & PM Only

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



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

- 8:00am – 8:45am H2O Hustle
- 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
- 1:00pm – 2:00pm Aqua Flow Class
- 2:00pm – 3:00pm Aquacise
- 3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am Vista - 9
Table Talk with John Hill All Welcome!

Various Topics each week



Monthly Action Station

- 11:00am – 1:30pm Asbury
- 11:30am – 2:00pm Conley's- Overlook
- This month: Street Tacos

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, MAY 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 Brain Fitness
- 11:00am – 11:45am Balance Class



10:00am – 11:30am CH. 81

Throwback Thursday Rebroadcast:

Dallas Symphony Orchestra Woodwind Quintet

PM Exercise Classes

Fitness Center Classroom Res & PM Only

- 12:00pm – 1:45pm JAB- Jamming Adult Boxing
- 3:00pm – 3:45pm Sit & Get Fit
- 4:00pm – 5:00pm **Intermediate** Tai Chi

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

1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

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

1:30pm– 3:00pm Tech Lab

Senior Tech Class

Exploring Norton Password Manager



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

FRIDAY, MAY 24

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



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 – 10:30am / 10:30am – 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!



1:30pm – 3:30pm Theater
Movie Matinee -
 The Color Purple / 2023 · PG-13
 Musical/Drama: 2h 21m

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

SATURDAY, MAY 25

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



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

Movie MATINEE

The Color Purple

2023 · PG-13
 Musical/Drama: 2h 21m

A woman faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.



Friday, May 24
 1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, May 27
Memorial Day

Tuesday, May 28

3:30pm

Richard Stanford Hour

This Month's book review on:
 Masters of the Air by Donald Miller

Thursday, May 30

10:00am – 11:30am

Throwback Thursday Ch. 81

Rebroadcast:

CCY Centennial Celebration Parade
 2022

Friday, May 31

2:00pm

CC Young's Got Talent!

Join us for a variety show featuring
 CCY Residents and Staff Members

SUNDAY, MAY 26



**NATIONAL
 Blueberry
 Cheesecake
 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
Adult Sunday & Ch. 81
Morning Class All Welcome!
 Led by Rev. Dr. Bill Power

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

RICHARD STANFORD HOUR

**TUESDAY
 MAY 28
 3:30PM
 BOOK REVIEW
 IN-PERSON & ON CH. 81**

MASTERS OF THE AIR
 AMERICA'S BOMBER BOYS WHO FOUGHT
 THE AIR WAR AGAINST NAZI GERMANY
 DONALD L. MILLER
 AUTHOR OF THE STORY OF WORLD WAR II
 by DONALD MILLER

CC YOUNG
 THE POINT & PAVILION

MONDAY, MAY 27



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

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

Regular programing resumes on
Tuesday, May 28, 2024

TUESDAY, MAY 28

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**

- 12:00pm – 1:30pm/ 1:30pm – 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



3:00pm-4:00pm

Asbury Food Committee

Asbury
Residents Only



3:00pm-5:00pm

Total Hearing Clinic

Complimentary hearing aids cleanings and screening. Book appointment: 214-987-4114

Flagpole Hill
Resident Only



3:30pm-4:30pm

Richard Stanford Hour

This Month's book review on:

Masters of the Air by Donald Miller

Auditorium
All Welcome!

6:00pm-9:00pm

Trinity Valley Bee Keepers

Monthly meeting

Auditorium
All Welcome

WEDNESDAY, MAY 29

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 Orientation
- 11:00am – 11:45am Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)

A.L. **Res & PM Only**

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



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**

- 8:00am – 8:45am H2O Hustle
- 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
- 1:00pm – 2:00pm Aqua Flow Class
- 2:00pm – 3:00pm Aquacise
- 3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am Vista - 9

Table Talk with John 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



12:45pm – 4:00pm Resident Only
IL Dallas Holocaust & Human Rights Museum
Sign up at The Point

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, MAY 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 Brain Fitness
- 11:00am – 11:45am Balance Class



10:00am – 11:30am CH. 81

Throwback Thursday Rebroadcast:

CCY Centennial Celebration Parade 2022

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

Aquatics Classes 972-638-8795.

Vista Rehab Pool Res. & PM Only

1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

1:00pm – 2:00pm Flagpole Hill

Sign Language Fun!

All Welcome!

1:30pm– 3:00pm Tech Lab

Senior Tech Class

Exploring the Amazon Kindle

2:00pm – 3:00pm Flagpole Classroom

Garden Club Meeting

All Welcome!

Come help plan garden projects.

4:00pm–5:00pm Auditorium


Resident Happy Hour

Res. Only

FRIDAY, MAY 31

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 (HIIT 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 – 10:30am / 10:30am – 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 – 3:30pm Auditorium
CC Young's Got Talent! All Welcome
 Join us for a variety show featuring
 CCY Residents and Staff Members

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

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

SATURDAY, JUNE 1



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



CC YOUNG
 THE POINT & PAVILION

Every Friday
8:30am
Walking Club

Let's Walk For Our
 Health Together



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.



MY GOLDEN OLDIES LIST



Brian Parman
Director
The Point & Pavilion

I can remember the thrill of getting my first transistor radio (the one with tin foil attached to the antenna to help get better reception!). If I close my eyes, I can recall what it felt like to have that radio pressed against my ear, blasting out the sweet sounds of the Beach Boys or jamming to the Beatles. Well, guess what! Those tunes, along with many other golden oldies from our youth, are still bringing joy today. That's the beauty of a true classic – it transcends time and keeps on groovin'!

My Golden Oldies list includes much more than music. It includes memories of being curled in front of the television (in my pajamas) with my family and a big bowl of Frosted Flakes on Saturday mornings. Together, we'd spend hours r a Looney on a Tunes and Merrie Melodies Marathon. Brilliant animation and slapstick humor certainly defined Looney Tunes, but it is impossible to imagine the images on screen without classical music. From "What's Opera Doc?" to "Rhapsody Rabbit", Bugs Bunny and company introduced me to the wonders of this classical repertoire.

Once I'd consumed enough sugar, I was up and out of the house on my Big Wheel. I wore out four of these before graduating to my first "real" bike. Remember those cool banana seats? Later I received the ultimate gift of a beautiful 10-Speed Schwinn Racing Bike. Oh how I LOVED the freedom of exploring the world at large on those bikes, mapping out large areas of my neighborhood and the surrounding area trying to "get lost" riding miles from my home. (if my parents only knew!) Sound familiar?

A charity fundraiser cycling event called the Lone Star Ride, reignited my interest in cycling as an adult - some things you just never forget how to do! My TREK hybrid touring bike with a large comfortable seat and traditional handlebars (my days of hunching over are long gone!) helped me to push personal boundaries and complete a 250-mile charity ride in two days - not once, but twice in my life! The ride course was a figure eight covering the Dallas / Fort Worth Metroplex that started from American Airlines training center at DFW Airport pedaling our way to Justin, Fort Worth, Arlington, Dallas, Desoto, McKinney, Plano, and back. I can still recall the feeling of exhilaration (and a bit of disbelief) when we crested a hill just outside of Texas Motor Speedway, a place that I had visited when I first moved to Texas in 1998. It was a long journey in a car back then. How did I ride my bike there? Even more impressive – how did I keep going? The answer to those questions had everything to do with the spirit, encouragement and camaraderie I experienced with fellow riders and the amazing support team that accompanied us on our journey. One of those riders had a very cool wireless radio shaped like a water bottle that clipped onto her bike frame. Whether it was the soulful sounds of Motown or the rockin' rhythms of classic rock, I Found the “Golden Oldies” tunes she was broadcasting throughout the entire journey energizing, helping me keep my focus my energy enabling me to keep pedaling to the rhythm of each song.



While my love of cycling is still alive and well, my rides are much gentler, and I dare say, a tad shorter in distance these days. The golden oldies we cherish are more than just memories – they are testaments to the enduring power of simple pleasures, shared experiences, and timeless songs forever engrained in our minds and hearts.

What would make your Golden Oldies List? Why not dust off your record player, put on your dancing shoes, your bike or your favorite board game and get ready to reminisce about the golden oldies that continue to enrich our lives!

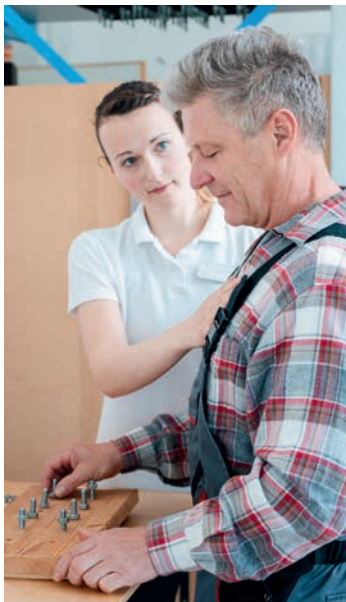


by Russell Crews
President and CEO

As a Continuing Care Retirement Community, CC Young offers a number of different therapeutic services along with a well-appointed therapy suite on Vista 2 and two smaller therapy gyms on Vista 7 and 8. Our short-term residents are well acquainted with our offerings simply because they are often here due to a mishap or hospitalization which requires doctor-ordered therapies to promote healing. For our non-health center residents, information about our therapeutic services may be of interest to many. I will make you aware of each of these modalities more in the coming months, but here are the basics.



Physical Therapy requires a doctor's order and is for patients with pain and/or movement dysfunction resulting from disability or disease. Through proper evaluation and treatment, physical therapy can minimize pain and disability and maximize functional potential. Physical therapy adds to a patient's strength, mobility and overall fitness. Therapy goals include decreasing joint pain, improving mobility, strength, endurance, balance and range of motion, and also providing patient and family education. Some of the most frequent diagnoses addressed in PT are hip fractures, back and neck injuries, amputations, joint replacements, chronic pain, stroke, cardiopulmonary dysfunction, post-surgical conditions, neurological disorders and wound care.



Occupational Therapy, on the other hand, helps people with disabilities to return to their lives through the use of therapeutic methods, applied and assistive technology, and environmental modifications. Occupational therapy shortens recovery time, improves function and helps people become more self-sufficient. The OT assessment and intervention reduces the risk of a fall in older adults. Occupational therapy also retrains patients in the activities of daily living such as bathing, dressing, grooming and feeding. Diagnoses in this modality include, but are not limited to injuries (brain, spinal cord, back), neurological disorders (multiple sclerosis, Guillian Barre'), Stroke, Sensory disorders (chronic pain, sensory loss), and Orthopedic conditions such as hip fractures.



Speech-Language Pathology offers comprehensive evaluation and treatment for individuals who have developed speech, swallowing, or cognitive problems following an injury or illness. Individualized treatment programs are developed for each patient based on his or her diagnosis and needs. Therapists facilitate functional communication skills along with safe oral feeding and swallowing. They also educate patients and families on strategies to compensate for the deficiencies and they provide home programs and exercises so the patients can practice away from the therapist. The diagnoses that may be seen by speech therapists include, but are not limited to stroke, Parkinson's and other neurological disorders, Anoxia, Memory Loss and Alzheimer's disease.



Outpatient Physical Therapy and Aquatic Therapy are new to CC Young since the opening of The Vista. Our new building has received multiple awards for design, most specifically with regard to post-acute care. The Therapy Suite on Vista 2 was purposely designed with innovations to improve the patient and staff experience. Features include an indoor walking loop encircling a training kitchen, car, bathroom and stairs. There are separate, private spaces for particular therapies such as physical and speech therapy. Aquatic therapy offers separate and private training rooms versus locker rooms and communal changing rooms. The aquatic therapy area and indoor pool is specifically designed with a resistance walking loop, a deep water well, built-in benches and rest areas, and lifts that allow access from anywhere on the pool deck. The floor gradation from shallow to deep allows patients to find the right depth for walking the length of the pool.

The details above are provided to give you an overview of CC Young's robust therapy department. Look for more information in the coming months.

VILLAGE REPORT



For me, our “Go for the Gold” theme for 2024 and May’s theme of “Golden Oldies” immediately sparked the impending Summer Olympics which begin in July. My mind went immediately to the Olympics and, “whatever happened to ___?” Truly, looking for “Golden Oldies” in any field should be fairly easy – since I am one now! But I’ve always been a huge fan of the spectacle of the Olympics. I attended the Summer Olympics in Barcelona in 1992 (trip of a lifetime!) and Brian Parman worked the Summer Olympics in Atlanta in 1996 (assignment of a lifetime!). Between the two of us, we can tell some stories!

The rare combination of world class athletes and international competition breeds drama. The minute a person or team wins a gold medal, they are catapulted into the marketing stratosphere. Consider these few examples and notice where your mind wanders: Mark Spitz, Nadia Comaneci, Carl Lewis, Michael Phelps, Mary Lou Retton, and Usain Bolt to name a few. Wheeties, anyone?

No doubt their brief moment in history is firm. But where are they now? Here is what I learned:



Mark Spitz (swimmer): Ah, Mark Spitz, the poster boy of teenage girls everywhere in the 70’s! Who could forget the summer of ‘72 when Spitz, with his iconic mustache and unparalleled skill, claimed a record-breaking seven gold medals at the Munich Olympics? After retiring from competitive swimming, Mark Spitz pursued a career in business and marketing. He has been involved in various ventures, including motivational speaking engagements and endorsements. Spitz remains active in the swimming community, often appearing as a commentator during major swimming events. (Somehow I thought he became a doctor, but...Google never lies!)



What about Romanian gymnast Nadia Comăneci from 1976? Well, after she married U.S. gymnast Bart Conner, Nadia has remained heavily involved in gymnastics since retiring from competition. She has coached and mentored young gymnasts, and she’s also a sought-after speaker on topics like sports, fitness, and overcoming challenges. Comăneci is also an advocate for children’s rights and education. She was only 14 when she started competing! And the list of her accomplishments will blow your mind. (Check out her Wikipedia page and you will be amazed!)



And sprinter Carl Lewis? Lewis dominated the track and field in the 80's and 90's. Since then he has transitioned into a career in sports administration, coaching, and motivational speaking. He has also ventured into politics, having run for public office in New Jersey. Additionally, Lewis is involved in various charitable initiatives, focusing on youth development and sports programs.



Michael Phelps holds the distinction of winning more Olympic medals than any other individual – 28 in total! He has been active in various endeavors since retiring from swimming. He has become a vocal advocate for mental health awareness and has launched his own foundation, the Michael Phelps Foundation, which promotes water safety and swimming programs for children. Phelps is also involved in broadcasting and has made appearances as a commentator during major swimming events.



And darling Mary Lou Retton from the 1988 Summer Olympics! Was there ever any cuter, more talented gymnast? I say no. Mary Lou Retton has maintained a presence in the gymnastics world through coaching and commentary. She now lives in the Houston area and has also been involved in charitable work, supporting organizations focused on children's health and fitness. Retton has made occasional television appearances and continues to inspire others with her story of perseverance and success.



Since retiring from competitive sprinting, Usain Bolt has pursued various business ventures and philanthropic endeavors. He has invested in businesses ranging from sports apparel to restaurants and has also established the Usain Bolt Foundation, which supports education and cultural development initiatives in Jamaica. Bolt remains active in the public eye through endorsements, appearances, and occasional involvement in sports-related projects.

All equally impressive, wouldn't you agree? These former "Golden Oldies" Olympic athletes have transitioned from their competitive careers to make significant contributions in various fields, leaving a lasting impact on the world beyond sports. Through their triumphs and tribulations, they embody the very essence of the Olympics – an international celebration of unity, perseverance, and excellence with focus on the enduring power of the human spirit.

I would be honored to be a "Golden Oldie" like any of these!



by Jen Griffin
Vice President, Engagement

HAPPY HOOKERS

FROM GROCERY BAGS TO WARMTH: THE UPCYCLED MAGIC OF PLARN MATS



Happy Hookers Gloria Little and Judith Baner at Wesley Rankin Community Center

Imagine giving a new life to plastic bags, those ubiquitous companions that often end up cluttering landfills. This is the magic behind plarn (plastic yarn) mats, a testament to upcycling's power to combine environmental responsibility with social good.

The Happy Hookers, a dedicated group at the CC Young Senior Living, exemplify this spirit. By transforming plastic bags into plarn, they crochet cozy mats destined for a heartwarming purpose.

One of the places that these mats find a new home at the Wesley Rankin Community Center's Casa Feliz senior adult center.

There's a special significance to this donation. Many senior adults in the community step up as caregivers for their grandchildren. The plarn mats, meticulously crafted from everyday discards, provide a perfect solution for these impromptu extra beds. Not only are they practical and durable, but the vibrant colors and textures add a touch of cheer to any room.

The impact goes beyond practicality. Children often find these mats "cool," a welcome change from the usual bedspreads. This unexpected delight adds a layer of joy to their stay with their grandparents.

The Happy Hookers' dedication extends far beyond the act of crocheting. By upcycling plastic bags, they're making a conscious effort to reduce waste. Each mat represents a handful of bags diverted from landfills, a small but significant step towards a cleaner environment.

The story of the plarn mats is a heartwarming example of community spirit in action. The Happy Hookers' dedication, the thoughtful donation to the Wesley Rankin center, and the unexpected delight of the children – all these elements come together to create a story of warmth, both literal and figurative.

So the next time you reach for a plastic bag, remember the potential it holds. With a little creativity and care, it could be transformed into a source of comfort and joy for someone in need.

The Happy Hookers meet Mondays at 9:30am in The Point Auditorium.



ASK CCY!

Have a question? email:
acastillo@ccyoung.org

Advice from CC Young Nurses and Administrators

Dear CCY,

I will be needing the assistance of a caregiver for my grandparents. There are so many options, it becomes overwhelming. Can you please discuss the advantage of using a caregiver hired through an agency as opposed to someone who is self-employed?

Signed, Overwhelmed

Dear Overwhelmed,

Choosing the right caregiver for a loved one is a crucial decision. It's important to consider all options. When deciding between an agency caregiver and a self-employed caregiver, here are the advantages associated with using an agency.

Opting for an agency caretaker can provide a sense of security and reliability. Agencies will rigorously screen their employees, conducting background checks and verifying qualifications. Many agencies drug test their employees. This can offer peace of mind knowing that the caregiver has been vetted and trained professionally.

Additionally, agencies have the ability to provide backup support in case the assigned caregiver is unable to fulfill their duties due to illness or other unforeseen circumstances. Working for an agency ensures better caregiver accountability and reliability, allowing better continuity of care for your loved one without interruptions.

Choosing an agency also means your caregiver is participating in ongoing education in many different facets of healthcare for geriatrics as well as honing skills for dementia care and hands on skills for safe transfers and fall prevention. Moreover, agencies handle administrative tasks such as payroll, taxes, and scheduling, alleviating the family's burden of managing these responsibilities. This allows family members to focus solely on the well-being of their loved one without the added stress of paperwork and logistics.



Some might be lured by a self employed individual who charges a lower hourly rate, but remember, you get what you pay for. Best wishes in your informed search.

NICIA WASSON, LVN
ADMINISTRATOR, PRIVATE CARE
AND THE CLINIC AT CC YOUNG



Gifts That Last a Lifetime: Leaving a Lasting Impact Through Legacy Giving

by Laura Coker
Sr. Director, Development

Planning for the future and creating the legacy you wish to leave is one of the most effective ways to ensure a lasting impact. Making a gift in your will or living trust, known as a bequest, can guarantee that your legacy endures. Your gift may be a specific dollar amount, or a percentage of your estate.



As a single woman, CC Young provided Phala Finley a community, a place to be seen and taken care of. Phala cannot imagine living anywhere else and has been part of the community for over five years. It is why she decided to make a lasting impact by making a Charitable Bequest to CC Young through her will. Supporting charitable organizations, like CC Young, is vital to ensure the next generation of older adults have the care they need.

Phala was raised by hardworking parents who taught her the importance of giving back to the church and serving the community. Although her mother hoped she would become a teacher, Phala found her calling in supporting children with special needs. She eventually became the executive director of a center for children with disabilities, which was one of the most outstanding centers in the state, serving children from birth to three years old.

After 30 years, the center merged with Baylor Health Care, and Phala was asked to become a major gift officer for the Children's House and Metabolic Research in Dallas. In her new position, she met world leaders, and connected with the Dallas Stars and key Dallas Cowboy players such as Troy Aikman. But to Phala, it was more about the people than anything else. She wanted to make a greater impact in the community by instilling the importance of giving to the next generation. Therefore, she started a young professionals philanthropy group with the hope of mentoring, encouraging, and teaching young professionals to give back to society.



Her career as a fundraiser gave her passion to care for the needs of people in Dallas. She was eventually led here to care for the needs of others at CC Young, a cause near to heart since her mother had lived in assisted living. Phala assisted with raising funds for The Point. When it came time for Phala to retire, she knew CC Young was the right place to call home.

“Each of us is going to need CC Young one day or we will have a loved one in need of connection, community, and belonging,” Phala said.

A gift of legacy ensures CC Young can continue to provide excellent care to the next generation of older adults.



Why Vinyl Rocks!



the sound

The imperfections, scratches and distortions are what makes vinyl "real" and familiar, like a garage band.



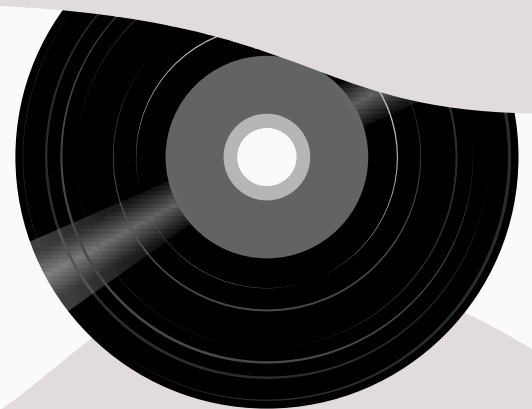
the touch

Streaming music is great, but it's largely passive in nature. Vinyl brings a physicality to music, from holding the album in your hands to pulling the sleeve from the disc and turning it to play again.



the nostalgia

Whether we remember vinyl records from our youth or we're vinyl buffs, there's a nostalgia about vinyl and anything retro!





Golden Oldies from the 50s 60s and 70s

- Great Ball of Fire
- All Shook Up
- Tutti Frutti
- I walk the Line
- That'll Be the Day
- Earth Angel
- Mr. Sandman
- I Got a Woman
- Sh-Boom
- Shout
- Beyond the Sea
- Hey, Good Lookin'
- Unchained Melody
- Be My Baby
- California Dreamin'
- House of The Rising Sun
- Stand by Me
- Hey Jude
- My Girl
- Sugar, Sugar



If you have the Spotify App you can scan this code for a the full playlist.

- Using your cell phone or tablet
- Open Spotify 
- Click search 
- click camera icon 
- Scan code



Fitness Updates!

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

Health Benefits of Drinking Water



- 1 Increases Energy & Relieves Fatigue
- 2 Promotes Weight Loss
- 3 Flushes Out Toxins
- 4 Improves Skin Complexion
- 5 Maintains Regularity

Body

Yoga has many benefits for elderly people, including improved strength, flexibility, balance, and posture.



Yoga benefits



Mentally

It can also help to reduce stress, improve coordination and concentration, and promote relaxation.

Are you looking for a way to improve your overall health and wellbeing? If so, yoga may be the perfect option for you! Here are six key benefits of yoga for seniors.

1. Increased Flexibility And Range Of Motion.
Stay mobile and independent for longer.
2. Improved Balance And Coordination
The more balanced and coordinated you become, the less likely it is that you will fall.
3. Reduced Stress And Anxiety
This improved sense of calm can be beneficial for seniors who are struggling.
4. Better Sleep Quality
The gentle yoga poses done in this class can help relax your body and prepare you for a better night's rest.
5. Increased Strength And Vitality
The improved blood flow also helps remove toxins from the cells, leaving you feeling refreshed and energized.
6. Enhanced Feelings Of Well-Being
The most important aspect is that it shows us that we have control over our body, mind, and soul which will make us feel healthier inside and out regardless of our age.

Health is the greatest gift,
contentment the greatest
wealth, faithfulness the
best relationship.

Buddha

Sign up for an assessment !

Sign up at The Point
Lobby Desk or call
214-828-3473 or email
eallen@ccyoung.org



Meet Ernestine Shepherd an 86 year old fitness guru (pictured here at 84). She continues to inspire as the world's oldest female bodybuilder. Since starting her fitness journey at 56, she remains dedicated to her regimen, serving as a beacon of motivation for people of all ages. world champion body builder.

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

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.

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.

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.

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.

TECH TALK



The Convenience in Tech Trends

Daphne Lee, Senior Tech instructor

As we navigate the evolving landscape of technology, it's fascinating to see how certain trends are shaping our lives. Technology offers incredible opportunities and conveniences for all ages, enhancing our daily experiences, health management, and social connections.

One of the most significant trends is the rise of telehealth services. The ability to consult with healthcare providers remotely has been a game-changer, especially in times when visiting a doctor in person isn't feasible. This advancement not only saves time but also makes healthcare more accessible for those with mobility issues or those living in remote areas.



Smart home technology is another area where we see substantial growth. Devices like smart thermostats, voice-activated assistants, and automated security systems are making homes safer and more comfortable for older adults. These technologies provide a level of independence and security that is highly valued, allowing many to live in their homes longer while maintaining a high quality of life.





Wearable health devices, such as continuous glucose monitoring (CGM) systems, smartwatches, fall-detection devices and fitness trackers, are also gaining multi-generational popularity. They monitor vital signs, track activity levels, and can even detect falls, alerting emergency contacts if necessary. This continuous monitoring provides peace of mind, not just for the wearer but also for their families.

Lastly, the digital world continues to offer new ways to stay connected. Social media, video calls, and instant messaging apps make it easier than ever to keep in touch with family and friends, bridging distances and reducing feelings of isolation.

These trends demonstrate how technology is not just for the young but is a tool that all generations can embrace to enhance their lives. As we continue to adapt to and adopt these technologies, the future looks promising, offering even more ways to improve our quality of life.



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.



GOLDEN OLDIES IN RED AND WHITE BOXES

Dr. Hayley Moseley, Campus Educator

Sitting in a dark and dusty corner of my grandfather's home is their old Musette Player Piano. A large glass front cabinet filled with red and white QRS piano rolls sits beside it, its hinges worn and tarnished. When I visited Granddaddy last month, the image of that piano brought back a flood of memories.

- My grandmother and I sitting in front of their window singing “Where Have All the Children Gone” and “Playground in my Mind.”
- My mom standing over my shoulder, keeping me on the beat as we sing “Bad Bad Leroy Brown.”
- Me and my cousins arguing over who gets to push the button so we can sing “My Favorite Things.”
- Loading it into my grandfather's truck to take it to church so my uncle can pretend to play it in the most recent musical my grandmother wrote.

The piano has always been in the background of my memories with my family. When I saw it sitting there, forlorn and forgotten, it made me miss my grandmother, who passed in 2015, and my mother, who passed in 2018.



Music has always been a part of our lives. These old piano rolls were the soundtrack of my childhood.

I called my daughter over. I wiped off the dust and wriggled open the hatch. Muscle memory took over as I slid first one side of the roll onto its peg then the other. Then held the gold lever all the way to the side and pressed the button. The piano groaned its familiar whirr.

I smiled as it came back to life. My grandfather's quiet house filled with music once again. “Who can take a sunrise, sprinkle it with dew? Cover it with chocolate, make a miracle or two? The candy man. The candy man can.” As I sang along with the tinkling keys, I heard the voices of my mother and grandmother calling back to me. The machine awoke as decades of music from my family poured out of it. I looked down at my young daughter on the well-worn piano bench and smiled.

“The candy man can ‘cause he fixes it with love and makes the world taste good.”



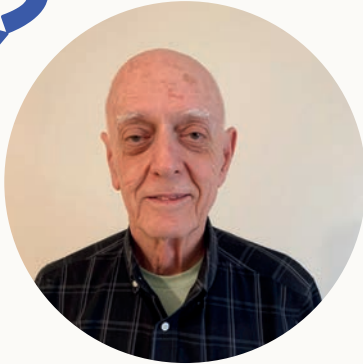
WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

ASBURY



John Ellis



Cheryl
Brunson



Sondra Elvir



Mike Elvir

THOMAS



Donald Thurman

OVERLOOK



Kay Maxwell



Vada Boyle



MAY TEAM BIRTHDAYS

Anthony Duncan	5/1	Dining Services
Tirunesh Abdi	5/1	Dining Services
Rodney Nixon	5/2	Dining Services
Chastity Lockhart	5/2	Health Center
Veronica Davis	5/2	Hospice
Steve Uchchukwu	5/3	Assisted Living
Carol Chavez	5/3	Assisted Living
David Ellis	5/3	Dining Services
Winnie Mgbemena	5/4	Assisted Living
Jeremiah Morgan	5/4	Housekeeping
Leyepea Zuo	5/5	Memory Support
Avia Johnson	5/5	Health Center
Tigist Gebretsadik	5/5	Assisted Living
Yodit Benti	5/5	Private Care
Tiffany Edwards	5/5	Home Health
Maria Lamberti	5/5	Health Center
Jeremy Morgan	5/6	Therapy
Jessica Owens	5/7	Dining Services
Nora Spotanski	5/7	Dining Services
Richard Okwe	5/7	Health Center
Ann Jones	5/8	Private Care
Ajoa Wiggins	5/10	Health Center
Anna Mora	5/10	Health Center
Russ Rieger	5/10	Development
Oscar Mercado	5/11	Dining Services
Jazmine Goode	5/11	Health Center
Elizabeth Saylae	5/12	Memory Support
Damenech Aschalew	5/12	Assisted Living
DeAnna Weary	5/12	Health Center
Rolande Abeng	5/13	Health Center
Jose Lopez	5/13	Therapy
Zarghona Baqai	5/14	Private Care
Brandy Escobedo	5/14	Private Care
Teshome Aschalew	5/16	Memory Support
Iyabo Osifeso Henshaw	5/16	Therapy
Nathan Cowpersmith	5/16	Dining Services
Lysette Ramirez	5/17	Health Center
Bryan Goodlow	5/17	Dining Services
Bethlehem Estifanos	5/18	Private Care
Ugonma Obiah	5/19	Health Center
Jonathan Ervin	5/19	Dining Services
Askale Zewede	5/20	Dining Services
Latorshia Butler	5/20	Health Center
Penn Fri	5/21	Private Care
Martha Bonilla	5/21	Sales
Shonda Carruthers	5/21	Dining Services
Gaby Naranjo	5/22	Dining Services
Tina Nevot	5/23	Dining Services
Pat Glenn	5/24	Memory Support
Terryl Robinson	5/24	Maintenance
Shamichael Lias, Jr.	5/24	Housekeeping
Marion Blaine	5/26	Dining Services
Rovetta Malone	5/26	Health Center
Noemi Mares	5/26	Housekeeping
Lula Mohammed	5/28	Assisted Living
Hillary Schahuber	5/29	Therapy
Brenda Gabriel	5/30	Health Center
Channel Anjou	5/30	HR
Michael Mitchell	5/31	Therapy
Alexis Oliver	5/31	Dining Services

May Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Trevecia Gonzales	01-May-23	1	Health Center
Eureka Johnson	01-May-23	1	Dining Services
Jaila Walker	01-May-23	1	Health Center
Sherry Whitney	02-May-22	2	Health Center
Aracely Hernandez	02-May-22	2	Housekeeping
Margaret Ramirez	03-May-21	3	Business Office
Lizbeth Mendoza	03-May-23	1	Health Center
Berry Eno	04-May-20	4	Health Center
Angela Jones	04-May-22	2	Private Care
Carmen Dudley	04-May-22	2	Private Care
Derrick Taylor	04-May-22	2	Housekeeping
Dalphe Isaac	05-May-21	2	Dining Services
Theo Steen	06-May-19	3	Dining Services
Damaris Needham	06-May-20	5	Health Center
Kelly Powell	07-May-14	4	Assisted Living
Asnake Beri	07-May-18	10	Housekeeping
Misty McMillan	07-May-18	6	Home Health
Lachris Ervin	08-May-06	6	Housekeeping
Worknesh Abebe	09-May-16	18	Private Care
Ruth Ashagre	09-May-23	8	Health Center
LaKisha McCollough	09-May-22	1	Health Center
Jesus Hernandez	09-May-22	2	Housekeeping
Belinda Pratt Turner	11-May-23	2	Assisted Living
Latorshia Butler	11-May-22	1	Health Center
Andreana White	12-May-23	2	Dining Services
Amalia Mercado	13-May-23	1	Dining Services
Theresa Hunt	15-May-23	1	Hospice
Rolande Abeng	15-May-23	1	Health Center
Paula Prox	15-May-23	1	Health Center
Oghenenyore Okorosobo	15-May-23	1	Private Care
Tisgewoini Ande	16-May-23	1	Private Care
Keisha Latimer	17-May-21	1	Private Care
Charlotte Waters	17-May-21	3	Housekeeping
Angel Lagrone	17-May-21	3	Dining Services
DiNisha Griffin	17-May-23	3	Dining Services
Kamecia Richard	18-May-20	1	Assisted Living
Todd Boyce	18-May-22	4	Therapy
Rosario Guerrero	18-May-22	2	Dining Services
Venkata Rajesh Ancha	19-May-23	2	Therapy
Elizabeth Saylae	20-May-23	1	Memory Support
Tiffany Little	22-May-17	1	Community Outreach
Sabita Subedi	22-May-23	7	Home Health
Lisa Durden	23-May-16	1	Memory Support
Barrett Reynolds	23-May-16	8	Dining Services
Clarice Jones	23-May-22	8	Housekeeping
Leslie Delgado Mendez	30-May-23	2	Private Care
Jasmyne Morgan	30-May-23	1	Dining Services
Alexander Diaz	30-May-23	1	Dining Services
Missy Glenn	31-May-22	1	Housekeeping
		2	





May RESIDENT BIRTHDAYS

Martha Feldman	1	Vista
Rosemary Broome	1	Overlook
Donna Cranshaw	2	Vista
Rebie Nicholson	2	Asbury
Nancy Kosmin	4	Hillside
Donna Rush	4	Vista
Jackie Shupe	4	Hillside
Helen Hillbish	4	Vista
Dee Bowen	4	Overlook
Joan Jackson	4	Overlook
H.G. Feichitinger	5	Vista
Douglas Malcomb	8	Overlook
Maurice "Cliff" Perry	9	Asbury
Shirley Sloat	11	Vista
Paula Everitt	11	Vista
Judith Kurth	11	Asbury
Richard Kurth	11	Asbury
Phyllis Jones	12	Asbury
Harriet Willis	14	Thomas
Edwin Young	16	Hillside
Bill Power	16	Overlook
Frances Courtney	18	Vista
Maurice Guy	18	Thomas
Joyce Johnson	18	Asbury
Lela Unruch	19	Vista
Ann Robbins	21	Vista
Ruth Kidd	21	Vista
Ed Hubbuch	21	Thomas
Joseph Kuhlmann	22	Vista
Eddie Newman	23	Vista
Brenda Peters	25	Vista
Bob Rainwater	25	Vista
Ralph Duggar	27	Overlook
Tom Dunscombe	27	Overlook
Marlene Hanks	29	Vista
Mary Kuehn	29	Hillside
Karen Devoy	29	Vista
Sandy Ibach	30	Thomas
Elise Hustiss	31	Overlook



MAY

Resident *Anniversaries*

17 Years

Ralph Eilers

10 Years

Babette Tippit

7 Years

Judith & Fred Baner

Priscilla Sellers

6 Years

Korrine Hearn

5 Years

Joanna Shields

Carolyn Edwards



CC YOUNG
SENIOR LIVING



4833 STEAK AVENUE

Steak House

Fully a la carte

Experience the tender, flavorful, juicy, and cooked to perfection steaks at 4833 Steak Avenue at CC Young – where every bite has a savory flavor sensation!

Open Select Fridays &
Saturdays – 5pm to 7pm

Check Dining Calendar on
next page to confirm!

**Reservations Required
24 hours in advance**

972-755-3259

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THOMAS CUISINE SPECIAL DINING DAYS

May

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 National Chocolate Parfait Day	2 Hillside Action Station 11:30am-1pm HTA	3 4833 Viale Italia CLOSED
4 Cinco de Mayo	5 National Sauvignon Blanc Day	6 Thomas Action Station 11:30am-1pm HTA	7 Hillside Food Committee Meeting 10am	8 National Butterscotch Brownie Day	9 4833 Viale Italia CLOSED
10 Happy Mother's Day	11 National Apple Pie Day	12 Thomas Food Committee Meeting 2:30pm	13 National Barbeque Day	14 Opening Weekend! 4833 Steak Avenue	15
16	17 National Quiche Lorraine Day	18 Overlook Food Committee Meeting 3pm	19 Action Station Asbury 11am-1:30pm Conley's 11:30am-2pm HTA	20 4833 Steak Avenue OPEN	21
22 National Blueberry Cheesecake Day	23	24 Asbury Food Committee Meeting 2pm	25	26 4833 Steak Avenue OPEN	27

Action Station of the Month: Street Tacos

05/06 | 25% off bottles of Sauvignon Blanc in Conley's during lunch or dinner

05/12 | Conley's Mother's Day Buffet – Reservations will be accepted from April 29th to May 7th

05/17 | Opening weekend for 4833 Steak Avenue

SAVE THE DATE

CABARET

SHOWS

**TUESDAY, JUNE 11
AT 7:00PM
PETER DICESARE**

**TUESDAY, JULY 9
AT 7:00PM
ANGIE MCWHIRTER**



CC YOUNG
THE POINT & PAVILION



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



WEDNESDAY
JUNE 12
3:00PM



Watercolor Workshop

with Master Watercolorist Gaylord O'Con

Step by Step Tutorial to create your own
Watercolor Butterfly Masterpiece!

No experience necessary. All Welcome!

All Materials Provided. Sign up at The Point.



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

2024 Fit For Life Challenge Kickoff!

Live Better Longer
Saturday, June 8
10:00am

Colin Milner is CEO of the International Council on Active Aging and founder of the active-aging industry in North America. Milner is also a leading authority on the health and well-being of the older adult, and has been recognized by the World Economic Forum as one of "the most innovative and influential minds" in the world on aging-related topics.

REGISTRATION:
OPEN TO RESIDENTS &
POINT MEMBERS

SIGN UP AT THE POINT

FOR QUESTION:
214-841-2834



CC YOUNG
SENIOR LIVING

COLLIN MILNER
CEO, International
Council for Active Aging

4847 W. Lawther
Dallas, TX 75214

www.ccyoung.org