

ACTIVE SENIOR LIFESTYLE GUIDE

 **CC YOUNG**
THE POINT & PAVILION



THRIVE IN '25

On The Cover

Celebrate North Texas Nature with Amy Martin at Garden Education Day. Learn more about Amy on pg. 48



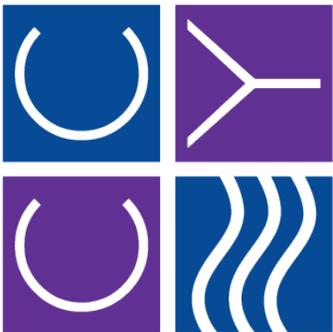
FREE
PLEASE TAKE ONE

Amusing April
LAUGHTER YOGA

Fam Jam
EGGSTRAVAGANZA

Lifelong Learning
SPRING OLLI CLASSES

APRIL 2025



Meet The Team



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Heidi Fessler
Wellness Instructor



Ann Sury
Wellness Instructor



JoAnn Tobey
Wellness Instructor



Bethanie Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



Tammy Slauson
Wellness Instructor



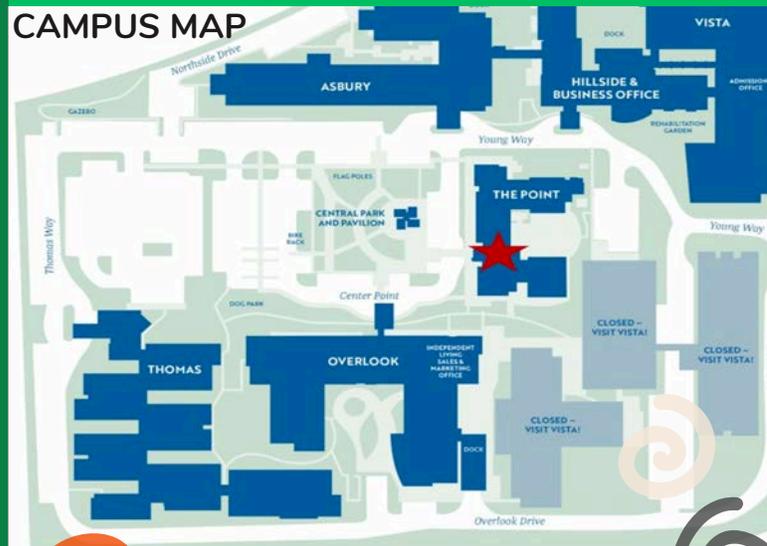
Lindsey Buis, PT
Wellness Instructor



THE POINT AND PAVILION

The Point offers unparalleled value for seniors, providing a vibrant and engaging community where you can stay active, learn, and connect with others.

CAMPUS MAP



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

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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.

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Aver-Phillips Art Gallery

TRACEY TISHREI
ART
EXHIBITION



FLOWERS FROM HEAVEN
TUESDAY, APRIL 1 - WEDNESDAY, MAY 28



MEET THE ARTIST RECEPTION
WEDNESDAY APRIL 16 ~ 3:30PM



WWW.CCYOUNG.ORG

VISTA- 2ND FLOOR

4849 W. LAWTHER DR.

DALLAS TX 75214

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The CC Young Garden Club Presents

GARDEN EDUCATION DAY

The Flora, Fauna, and Fantastic Nature of Wild DFW

FRIDAY, APRIL 4, 2025 3:00PM - 4:30PM

North Texas nature is anything but average! The area has astounding diversity, frequently landing in the top 10 of iNaturalist competitions worldwide. Learn how that diversity arises from our unique tilted layers of bedrock and discover the plants and animals that live here. Journey with author Amy Martin through the wonderfully wild areas of North Texas via incredible photos from her popular book *Wild DFW: Explore the Amazing Nature Around Dallas-Fort Worth*. Meet the courageous volunteers who preserve these precious places and derive deep healing from them, a gift of nature available to us all.

OPEN TO THE PUBLIC

REGISTER NOW

Residents & Point Members sign up at The Point.

Others: rsvp@ccyoung.org For more information call: 214-841-2831



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LAUGHTER YOGA

Friday
April 11
3:30pm

WITH KATO CROW

come out for a structured program that focuses on inducing laughter through playful movements, breathing exercises, and chanting, aiming to reap the health benefits of laughter

HA HA HA!
HA HA HA!
HA HA HA!
HA HA HA!

BENEFITS OF LAUGHTER YOGA:

- REDUCE STRESS AND IMPROVE MOOD
- A FUN AND SOCIAL ACTIVITY
- BOOST YOUR IMMUNE SYSTEM AND OVERALL WELLBEING



Egg Stravaganza

Saturday April 19
2:00pm-3:30pm

Join us for fun, games, and family fun at our Annual Fam Jam! This event is perfect for all ages.

**A CC YOUNG
FAM JAM EVENT**



SCAVENGER HUNT
CRAFT CORNER
TREATS & PHOTOS

Open to CCY Residents, Resident Families,
CCY Staff, Staff Families, Point Members
and The Community

HOLY WEEK 2025

PALM SUNDAY

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

Sunday, April 13

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

MAUNDY THURSDAY

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

Thursday, April 17

Worship Service

3:30pm Christ Chapel, 2nd floor Vista

Worship Service

6:30pm The Point & on Ch. 81

GOOD FRIDAY

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

Friday, April 18

Worship Service

3:30pm Christ Chapel, 2nd floor Vista

Worship Service

6:30pm The Point & on Ch. 81

EASTER SUNDAY

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

Sunday, April 20

Worship Service

9:30am Christ Chapel, 2nd floor Vista

Worship Service

11:00am The Point & on Ch. 81

MORE INFORMATION

Russ Reiger, Ministry Team Coordinator
rreiger@ccyoung.org
Rev. Dr. Raelynn Scott, Campus Pastor
Office# 469-828-3501 rscott@ccyoung.org

Sound Energy Plus

SOUND HEALING FOR EVERYONE!

MONDAY, April 21 2:00pm

Explore the history and discover the benefits of Sound Healing Therapy.

Learn what sounds can help you become more centered and relaxed as you pick up stress relieving techniques.

About Our Presenter:

For the past 25 years, Anna Parkins, has practiced sound healing using tuning forks. She is also a Reiki Practitioner and Teacher, massage therapist and crystal healer, and has conducted workshops on a variety of topics.



**FRIDAY
APRIL 25**

11:30AM TO 1:30PM

THE PAVILION & CENTRAL PARK



**LUNCH,
GAMES &
MUSIC**

**COME DRESSED IN YOUR
BEST "YACHT" ATTIRE**

**LIVE MUSIC BY
RON FINK & THE ROWDIES**



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



CC YOUNG
SENIOR LIVING

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APRIL 2025 SENIOR TECH CLASSES

Get Tech Help at The Point!



To make the most of your session, please check the battery charge level on your device beforehand and come ready with the following information:

- Apple ID and Password: If you have an Apple devices.
- Gmail address and Password: questions focused on Android or Google products.



Classes Open to Residents
& Point Members Only

Don't miss this opportunity
to gain confidence and
conquer new technology!



Daphne Lee, Instructor

TUESDAY, APRIL 8 AT 1:30PM

Zoom Like a Pro

FRIDAY, APRIL 11 AT 10:00AM-12:00PM

Free Coaching Fridays: Come and go for all technology questions.

TUESDAY, APRIL 22 AT 1:30PM

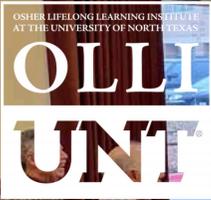
Stay Connected to Family & Friends with Facebook

FRIDAY, APRIL 25 AT 10:00AM-12:00PM

Free Coaching Fridays: Come and go for all technology questions.



No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



Tuesday, April 1 at 10:00am

The Battle of Peleliu in WWII:

In this session, members will follow both the Marines and Army as they land on the Palau Islands and fight well dug-in Japanese soldiers. Members will hear personal stories and get the feel of what it was like fighting on a coral rock in the middle of the Pacific Ocean.

Presented by Darrel VanDyke, PhD,

Thursday, April 3 at 10:00am

Mysteries of the Human Heart

In the United States alone, nearly 650,000 people die each year due to heart disease, that's about 1 in every 4 deaths. This session will provide an overview of our overall understanding of the human heart, its disease, and its remarkable ability to adapt with age and stress.

Presented by Sarvjeet Singh, PhD, MBA,

Tuesday, April 8 at 10:00am

Pilgrimage: Travel Sacred and Profane

This session will explore the sacred and profane reasons people travel--specifically "pilgrimage." Dr. Ranieri will give a historical and theoretical framework for understanding the practice of pilgrimage while referencing some noteworthy routes.

Presented by Elizabeth Ranieri, PhD

Thursday, April 10 at 10:00am

Exploring the Emotive Power of the Blues

The blues is a genre of music that has been a cornerstone of American music since the late 1800s. The blues has a history rooted in the struggles and joys of African Americans, and it is a powerful expression of the African American experience. **Presented by Quincy Davis, MA.**

Tuesday, April 15 at 10:00am

Shedding Light on the Expanding Universe.

This session will focus on recent developments in modern cosmology, including the various ways astronomers are attempting to unlock the secrets that the universe holds.

Presented by Ohad Shemmer, PhD.

Thursday, April 17 at 10:00am

Climate, Climate Change, and Extreme Weather: What Does Our Future Hold?

There are both myths and truths about climate change. In this presentation, a UNT Biology Professor will give an unvarnished, unbiased assessment of climate, climate change and weather.

Presented by Warren Burggren, PhD.

Tuesday, April 22 at 10:00am

Does Our Personality Change? If So, Why?

In this session, clinical psychologist Craig Neumann will draw from research to explore the factors that may cause our personalities to change over time. **Presented by Craig Neumann, PhD.**

Thursday, April 24 at 10:00am

A History of Fine Art Prints and the Processes for Making Them

This session will cover the history of fine art reproduction as well as the various methods and processes used, such as wood block printing, etching, lithography, screen printing, giclee, and other more contemporary methods. **Presented by Raymond Pahler.**

Tuesday, April 29 at 10:00am

Fish Biology: A Scientific Travelogue through the Eyes of a Practitioner

This session will take members on a journey through the world of fish biology, from egg to adult, through the eyes of the instructor, who has studied fish biology for more than 45 years.

Presented by Warren Burggren, PhD,

Special Showcase Event

**Tuesday, April 1 at
4:00pm**

Fly Me to the Moon: The Trials and Triumphs of the Apollo 11 Guidance Computer

In July 1969, a revolutionary computer guided the Apollo 11 mission safely to the moon, but not without some drama along the way. This presentation will tell the fascinating story of the Apollo Guidance Computer. **Presented by David McKinley**



THE POINT

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



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APRIL RESIDENT TRIPS



Sign up at The Point



Trinity Audubon Center

**Tuesday, April 1
12:30pm- 3:00pm**

Stunning prairie views, five miles of hiking trails through the Great Trinity Forest, and excursions on the Trinity River are just the beginning of this world away, just ten minutes from downtown Dallas.

Bus will pick up at The Point

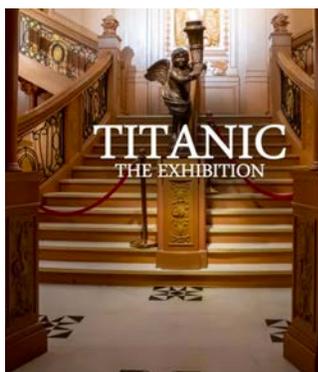


**Tuesday
April 8**

11:30am- 2:00pm

**Tower Arts
Mid-day Concert
Series:
Steven
Brennfleck**

Bus will pick up at The Point



TITANIC THE EXHIBITION

**Thursday, April 17
12:30pm- 3:00pm
\$24 P/P**

Must be able to stand for 20 minutes

Bus will pick up at The Point



Sail on White Rock Lake

**Tuesday, April 22
11:30am- 3:00pm**

**\$30 P/P CHARGED UPON SIGN UP
LUNCH INCLUDED**

Bus will pick up at The Point

To book an individual trip

call 214-841-2946

or email transportation@ccyoung.org

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 members of each organization.



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**



CC Young Auxiliary

The CC Young Auxiliary was founded in 1925 with a goal 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.

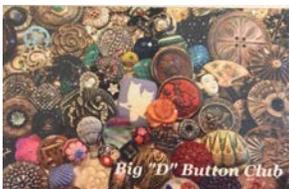
Meets 3rd Wednesday of the month, February- May, and September - November at 10:00am in The Auditorium



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**



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**



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.

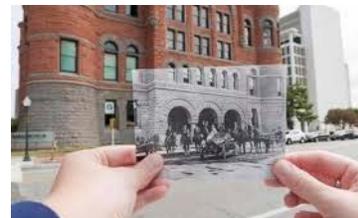
**Meets 4th Tuesday of each month
7:00pm in The Auditorium**



Dallas 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 its 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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



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.

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 to 95 years young. New members welcome!

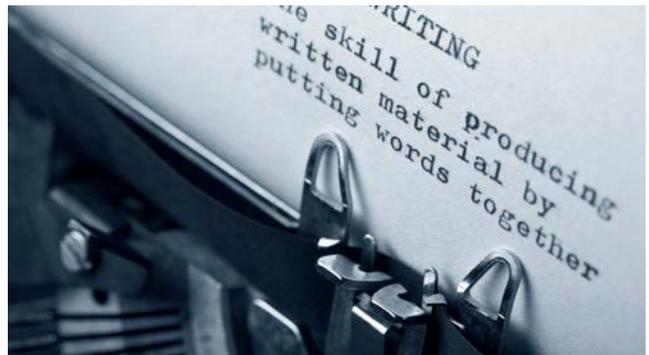
Tuesdays at 1:00pm in The Auditorium



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.

Mondays at 2:00pm in Flagpole Hill Classroom



SCRIBBLERS, SCRIBES AND SEEKERS

We're 'turning over a new leaf' (of paper) together! Join our new adventure. Sometimes we never know what we think until we write it down. Come investigate your mind and memories with us. We don't guarantee perfection, but we do guarantee fun!

Wednesdays at 9:45am 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.

Meets every Thursday at 2:00pm



FELLOWSHIP, WORD & BIBLE STUDY

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

Meets Tuesday at 3:30pm
In Flagpole Hill Classroom



ACTING FUN

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

Meets Wednesdays at 2:00pm
In The Theater



RUMMIKUB CLUB

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

Meets Wednesdays at 9:30am in The Game Zone



WII BOWLING CLUB

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

Meets Fridays at 10:00am in The Game Zone



SIGN LANGUAGE FUN

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

Meets Thursdays at 1:00pm In Flagpole Hill Classroom



LITTER GITTERS

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

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



CC YOUNG WELLNESS



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!



Chair Volleyball

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

Fun physical activity 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

Seated- 9:00am-9:45am / Mon
Standing- 11:00am-11:45am / Wed
Instructor: Aaron Schmidt

New Day

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



Floor Yoga Class

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***



Balance

10:00am-10:45am / Tues. & Thurs
Instructor: Heidi Fessler

Designed for people who have trouble keeping their balance due to past falls, medical conditions like Parkinson's or MS, recent surgery, dizziness or vertigo, difficulty walking or standing without help, those using a cane, walker, or wheelchair, those with a fear of falling.



NEW CLASS

Balance 2

11:00am-11:45am / Thurs
Instructor: Beth Belk

A higher-level balance training class designed to challenge and improve balance through dynamic, functional movement with a focus on core stabilization and mindful breathing. Students must be able to get on/off the floor.



Rocksteady Boxing for Parkinson's

12:00pm - 12:45pm / Mon & Fri
1:00pm - 1:45am / Wed. (Vista 9)
Instructors:

Lindsey Buis & Tammy Slauson

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.



Rhythm & Movement

1:00pm-1:45pm / Mondays
Instructor: Tammy Slauson

Cardio exercises, strength exercises, and balance exercises are included in this class. Developing functional movements for everyday activities. We include vocal support work to prevent or delay a weak voice. We use drums and singing to develop rhythm that can help with walking gait.



NEW CLASS

Core Fusion

12:00pm-12:45pm / Wednesdays
Instructor: Beth Belk

A low-impact workout combines standing and floor exercises to strengthen the core and leg muscles while emphasizing proper posture, breathing, and flexibility. Benefits of core strength include improved joint support, balance and postural awareness.



Mindful Yoga Flow

1:00pm-1:45pm / Wednesdays
Instructor: Beth Belk

This slow flow yoga class focuses on intentional movement in various positions (sitting, standing, on/off the floor) synchronized with the breath to enhance muscle strength and flexibility, improve balance and posture, and promote relaxation.



Move & Stretch

1:00pm-1:45pm / Thursdays
Instructor: Tammy Slauson

Adaptive exercises and active stretching for flexibility, increase of muscle control, and range of motion. Gentle Cardio elements are included in this class.



Chair Aerobics

2:00pm-2:45pm
Mon, Tues, Wed - Instructor: Ann Sury
Thurs, Fri- Instructor: Tammy Slauson

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



Sit & Get Fit

3:00pm-3:45am
Mon, Tues, Wed - Instructor: Ann Sury
Thurs, Fri- Instructor: Tammy Slauson

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.



Movement & Dance

5:00pm-5:45pm /
Thursdays- **NEW DAY**
Instructor: Mia Rosin

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.



Intermediate Tai Chi

4:00pm -5:00pm / Tues & Thurs
Instructor: Dave Larcade

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.



Beginners Tai Chi

4:00pm -5:00pm / Wednesdays
Instructor: Dave Larcade

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.



Equipment Orientations

By Appointment
Call 214-841-2831

Prior to use of gym equipment, get an overview of each machine and info on class options.

**Open to Residents and
Point Members**

Meet The Aquatics Team



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



Katie Jackson
Physical Therapist /
Aquatics 101 Instructor
Kjackson@ccyoung.org



Victoria Brisco
Aquatics, Outpatient
Therapy & Home Health
Scheduler
vbrisco@ccyoung.org
972-638-8795



Blair Viehe
Occupational Therapy
Assistant/ Certified
Lymphedema Therapist
COTA/CLWT



Reyna Munoz
Aquatics Instructor &
Lifeguard

AQUATICS 101

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

By Appointment:
972-638-8795



AQUATICS CLASSES

Open to Residents and Point Members

OPEN SWIM

Mon., Wed., Fri.

9:00am-10:30am and 10:30am-12:00pm

Tuesdays

12:00pm-1:30pm and 1:30pm-3:00pm

Thursdays

1:00pm-2:30pm and 2:30pm-4:00pm

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.

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.

POOL VOLLEYBALL

Tuesdays

3:00pm-4:00pm

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

AQUA BOOT CAMP

Mon., Wed., Fri.

3:00pm-4:00pm

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

H2O HUSTLE

Mon., Wed., Fri.

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.

THIS WEEK'S

Highlights

Tuesday, April 1

10:00am

OLLI Class

The Battle of Peleliu in WWII

Tuesday, April 1

4:00pm

OLLI Showcase

Fly Me to the Moon: The Trials and Triumphs of the Apollo 11 Guidance Computer

Thursday, April 3

10:00am

OLLI Class

Mysteries of the Human Heart

Friday, April 4

1:30pm

Movie Matinee

Here / PG -13- 2024 · 1h 44m

Friday, April 4

3:00pm

Garden Education Day

The Flora, Fauna, and Fantastic Nature of Wild DFW by Amy Martin

SUNDAY, MARCH 30

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium

& Ch. 81

All Welcome!



CC YOUNG
THE POINT & PAVILION

Uke Can Do It!

UKULELE CLASS

FRIDAYS AT 10:00AM
BEGINNING FRIDAY, APRIL 11

Join Instructor Angela Livesay a for a fun introduction to playing music, focusing on basic techniques like strumming, learning chords, and playing simple songs

All Experience levels Welcomed.
Limited Spots!
Sign up at The Point

Class is Open to CCY Residents and Point Members



Want more info?
Watch The CC Young News on CH. 81!

Every day at
9:30AM
3:30PM
6:30PM
12:30PM

MONDAY, MARCH 31

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:45am Seated Drumba - **NEW DAY**
- 11:00am – 11:45am Chair Volleyball

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.

1:00pm – 2:30pm Flagpole Hill

SPEAK OUT! Therapy 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
- 1:00pm – 1:45pm Rhythm & Movement
- 2:00pm – 2:45pm Chair Aerobics
- 3:00pm – 3:45pm Sit & Get Fit

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

TUESDAY, APRIL 1

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:45am Floor Yoga
- 10:00am – 10:45am Balance 1

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
The Battle of Peleliu in WWII
Presented by Darrel VanDyke, PhD
For More info see pg. 13

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

12:30pm – 3:00pm Resident Only

IL Trip: Trinity Audubon Center

Space is Limited. Sign up at The Point

1:00pm – 2:00pm Auditorium
CC Young 'Uns Choir Rehearsal All Welcome

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

4:00pm-5:30pm Auditorium & Ch. 81
OLLI SHOWCASE Res., PM, OLLI Only
Fly Me to the Moon: The Trials and Triumphs of the Apollo 11 Guidance Computer
Presented by David McKinley retired from Oracle Corporation.



Fly Me to the Moon: The Trials and Triumphs of the Apollo 11 Guidance Computer

OLLI SHOWCASE

Tuesday, April 1 at 4:00pm
The Point Auditorium



In July 1969, a revolutionary computer guided the Apollo 11 mission safely to the moon, but not without some drama along the way.

WEDNESDAY, APRIL 2

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

11:00am – 11:45am Drumba

Vista 9th Floor Res & PM Only

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



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

Scribblers, Scribes & Seekers! All Welcome!

A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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!

PM Exercise Classes
Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Core Fusion- **NEW CLASS**

1:00pm – 1:45pm Mindful Yoga Flow - **NEW NAME**

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

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

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

THURSDAY, APRIL 3

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2- **NEW CLASS**

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Mysteries of the Human Heart
Presented by Sarvjeet Singh, PhD, MBA
For More info see pg. 13

11:30am-1:00pm Hillside
Action Station Resident Only
This Month: Build Your Own Gordita

PM Exercise Classes

Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm Move & Stretch

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

5:00pm – 6:00pm Movement & Dance!

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 – 2:30pm Lobby
Harris Jewelry Resident Only
Monthly “On-Site” Jewelry Repair Service

2:00pm – 3:00pm Courtyard
Garden Club Meeting All Welcome!
This Month’s Project: Planting of Flowers & Veggies

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

Harris Jewelry Repair
Monthly “On-Site” Jewelry Repair Service
Thursday, April 3 at 1:30pm – 2:15pm



Repairs while you wait

- Battery replacement for your watches starting at \$15.00
- Magnetic Clasp on your hard to wear jewelry starting at \$20.00
- Other simple repairs starting at \$10.00

FRIDAY, APRIL 4

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga



8:30am- 9:00am

Walking Club

Walk for your health with Aaron Schmidt!

Pavilion

Res. & PM Only

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 Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Shopping Trip to Kroger

Resident Only

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

10:00am – 11:00am

Wii Bowling

Café Game Zone

All Welcome!

Practice and team play time.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 1:45pm Rock Steady Boxing for PD

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm

Movie Matinee

Here

Pg -13- 2024 · 1h 44m

Theater

All Welcome!



3:00pm – 4:30pm

Garden Education Day

Auditorium & CH. 81

All Welcome!

“The Flora, Fauna, and Fantastic Nature of Wild DFW.” presented by Amy Martin

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, APRIL 5

10:00am - 12:00pm

Dallas Handweavers & Spinners Guild

Auditorium

All Welcome!

Monthly Meeting: Martha Myer will present a hands-on opportunity in making Dorset buttons

10:00am - 3:00pm

Dallas Bead Society

Fitness Center

All Welcome!

Monthly Meeting

2:00pm – 7:00pm

Open Paint Time

White Rock Class

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



4833 Steak Avenue

Closed

Fri. 4/4 & Sat. Feb. 5

Call 972-755-3259

for more info

Movie MATINEE

Here

2024 · Rated PG-13 · Fantasy/Drama · 1h 44m

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life.

Tom Hanks Robin Wright

HERE



Friday, April 4 1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, April 7

10:00am

Ducks and Eagles Oh My!

Presented by CCY Resident Walt Davis

Tuesday, April 8

10:00am

OLLI Class

Pilgrimage: Travel Sacred and Profane

Tuesday, April 8

2:00pm

CC Young 'Uns Spring Concert

Wednesday, April 9

2:00pm

All Resident Council Meeting

Thursday, April 10

10:00am

OLLI Class

Exploring the Emotive Power of the Blues

Friday, April 11

1:30pm

Movie Matinee

Twisters / Rated PG-13, 2hr 2m

Friday, April 11

3:30pm

Laughter Yoga with Kato Crow

SUNDAY, APRIL 6

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81

All Welcome!

CC YOUNG
THE POINT & PAVILION

DUCKS & EAGLES

Oh My

Presentation by CC Young Resident Walt Davis

Monday, April 7

10:30am

In and around North Texas, you can find a variety of birds, including common backyard species, ducks and eagles.

Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, APRIL 7

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Drumba - **NEW DAY**
 11:00am – 11:45am Chair Volleyball

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 **CANCELED TODAY**
Happy Hookers Volunteer Group Res. & PM Only
 Crochet plastic grocery bags into sleeping mats.

 10:00am – 11:30am Auditorium & Ch. 81
Ducks & Eagles, Oh My! Res. & PM Only
 Presented by CCY Res. Walt Davis.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT!
Speech Therapy Group Res. & PM Only

PM Exercise Classes

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

NEW DAY

1:00pm – 2:00pm Tech Lab
Sign Language Fun! All Welcome!

2:00pm – 3:00pm White Rock Class Res. & PM Only
Knotty Knitters & Crafty Crocheters

3:00pm – 4:30pm Game Zone Res. & PM Only
BUNCO!
 Join in on this fun dice based game and win prizes!

3:45pm – 4:45pm Auditorium Res. & PM Only
The Chosen - Season 3!
 Limited Spots Sign up at The Point



TUESDAY, APRIL 8

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Balance 1

 9:00am – 10:00am Cafe Game Zone
Brian Games Res. and PM Only

OLLI 10:00am – 11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Pilgrimage: Travel Sacred and Profane
 Presented by Elizabeth Ranieri, PhD
 For More info see pg. 13

 11:30am – 1:00pm Thomas Resident Only
Action Station
 This Month: Build Your Own Gordita

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

 12:30pm – 3:30pm HPUMC Residents Only
IL Trip: Tower Arts
 Midday Concert Series: Steven Brennfleck
 Limited Spots. Sign up at The Point

1:00pm – 2:00pm Auditorium
CC Young 'Uns Choir Rehearsal Res. & PM Only

1:30pm – 3:00pm Tech Lab Res. & PM Only
SrTech Class
Zoom Like A Pro

 2:00pm – 3:00pm Auditorium & Ch. 81 All Welcome
CC Young 'Uns Spring Concert
 Rodgers & Hammerstein Broadway Celebration

PM Exercise Classes

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

WEDNESDAY, APRIL 9

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am – 8:45am Zumba Gold
11:00am – 11:45am Drumba
Vista 9th Floor Res & PM Only
9:00am – 9:45am Balance Class with Heidi

 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 Res. & PM Only
Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! Res. & PM Only!
A supportive and encouraging environment to share your writing, get feedback from fellow writers.

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 Res. & PM Only!

PM Exercise Classes
Fitness Center Classroom Res & PM Only
12:00pm – 12:45pm Core Fusion- **NEW CLASS**
1:00pm – 1:45pm Mindful Yoga Flow - **NEW NAME**
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm Beginners Tai Chi
Vista 9th Floor Res & PM Only
1:00pm – 1:45pm Rock Steady for PD

 1:00pm – 1:45pm White Rock Class
Alterations and More Res. & PM Only
Howie with Dallas Dry Cleaners

2:00pm- 3:00pm Theater
Acting Fun Res. & PM Only

 2:00pm- 3:00pm Auditorium & Ch. 81
All Resident Council Meeting Resident Only
Updates from Buildings and Staff.

3:30pm-4:30pm Flagpole Hill
Fellowship Word & Bible Study Res. & PM Only

New Location
4:00pm-5:00pm Vista- 9
Alzheimer's Caregiver Support Group Res. & PM Only

THURSDAY, APRIL 10

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am – 8:45am Zumba Gold
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2- **NEW CLASS**

 8:30am – 10:00am Pavilion
Games on The Green Res & PM Only
Outdoor Game time. This months game: Cornhole!

 10:00am-11:30am Auditorium & Ch. 81
OLLII Class Res., PM, OLLI Only
Exploring the Emotive Power of the Blues
Presented by Quincy Davis, MA
For More info see pg. 13

 11:30am – 2:00pm Conley's
Action Station Resident Only
This Month: Build Your Own Gordita

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

PM Exercise Classes
Fitness Center Classroom Res & PM Only
1:00pm – 1:45pm Move & Stretch
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm **Intermediate** Tai Chi
5:00pm – 6:00pm Movement & Dance!

 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 – 5:00pm The Clinic (Vista-2)
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings and hearing screenings. Call: 214-987-4114

 2:00pm – 3:00pm Auditorium
For Your Health Series All Welcome!
Understanding Parkinson's Disease: Symptoms, Causes, and Treatments

2:00pm – 3:00pm Flagpole Hill
Garden Club Meeting Res. & PM Only
This month's project: Planting of Flowers & Veggies

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

FRIDAY, APRIL 11

AM Exercise Classes

Fitness Center Classroom Res & PM Only
9:00am – 9:45am Floor Yoga



8:30am- 9:00am Pavilion
Walking Club

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 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-11:30am Theater
Uke Can Do It Res. & PM Only
Ukulele Class with instructor Angela Livesay.
Limited Spots, Sign up at The Point

10:00am-11:00am Café Game Zone
Wii Bowling Res. & PM Only
Practice and team play time.

PM Exercise Classes

Fitness Center Classroom Res & PM Only
12:00pm – 12:45pm 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 Res. & PM Only
Twisters
2024 Rated PG-13, 2hr 2m



3:30pm-4:30pm Auditorium
Laughter Yoga with Kato Crow Res. & PM Only
This program will focus on inducing laughter through playful movements & breathing exercises.

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night Res. & PM Only
BYOS- Bring your own snacks!

SATURDAY, APRIL 12

10:00am – 12:00pm Auditorium
Dallas Area Fiber Artists Res. & PM Invited
Monthly Meeting

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



4833 Steak Avenue
Closed
Friday 4/11 and Saturday 4/12
Call 972-755-3259
for more info

Movie MATINEE

TWISTERS

2024 · Action/Thriller · 2h 2m
PG-13

Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies.



Friday, April 11
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Tuesday, April 15

10:00am

OLLI Class

Shedding Light on the Expanding Universe

Wednesday, April 16

10:00am

CCY Auxiliary Meeting

Featuring Rev. Keith Boone

Wednesday, April 16

3:30pm

Meet The Artist Reception at The Vista

Thursday, April 17

10:00am

OLLI Class

Climate, Climate Change, and Extreme Weather: What Does Our Future Hold?

Thursday, April 17

6:30pm

Maundy Thursday Service

Friday, April 18

1:30pm

Movie Matinee

Conclave

PG 2024 · Thriller/ Mystery · 2hrs



Want more info?
 Watch The CC Young News
 on CH. 81!

Every day at
 9:30AM
 3:30PM
 6:30PM
 12:30PM

SUNDAY, APRIL 13



The CCY Ministry Team hosts
 Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium &

Ch. 81

All Welcome!

FOR YOUR HEALTH SERIES

THURSDAY, APRIL 10
2:00 PM



UNDERSTANDING
PARKINSON'S DISEASE:
 SYMPTOMS, CAUSES, AND TREATMENTS

PRESENTED BY CCY NURSING TEAM

CC YOUNG
 THE POINT & PAVILION

AUDITORIUM & CH. 81.

MONDAY, APRIL 14

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Drumba - **NEW DAY**
 11:00am – 11:45am Chair Volleyball
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

Room Change Today

9:30am – 11:00am Flagpole Hill Class
Happy Hookers Volunteer Group **Res. & PM Only**
 Crochet plastic grocery bags into sleeping mats.

Room Change Today

10:00am – 11:30am White Rock Class
Arts & Crafts with Patricia Dillingham **Res. & PM Only**

This month's craft: Freeform painting on cloth totes.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group **Res. & PM Only**
 Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information please contact Lori Sanders at 254-675-1299

NEW DAY

1:00pm – 2:00pm Tech Lab
Sign Language Fun! **All Welcome!**

PM Exercise Classes

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

2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters **Res. & PM Only**

3:30pm – 4:30pm Game Zone
The Fellowship Games **Res. & PM Only**
 Monthly board game hour.
 Play a variety of games with friends new & old.

3:45pm – 4:45pm Auditorium
The Chosen - Season 3! **Res. & PM Only**
 Limited Spots. Sign up at The Point

TUESDAY, APRIL 15

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Balance 1

10:00am-11:30am Auditorium & Ch. 81
OLLI Class **Res., PM, OLLI Only**
Shedding Light on the Expanding Universe
 Presented by Ohad Shemmer, PhD
 For More info see pg. 13

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

PM Exercise Classes

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

1:00pm – 2:00pm Auditorium
CC Young 'Uns Choir Rehearsal **Res. & PM Only**

3:00pm – 4:00pm Overlook
Chef Connection **Resident Only**

6:00pm – 9:00pm Auditorium
Harmonica Organization of Texas (HOOT) **Res. & PM Invited**
 Monthly meeting



WELLNESS WEDNESDAY

CHAIR MESSAGES

AT THE POINT

WEDNESDAY, APRIL 16

OPEN TO RESIDENTS, POINT MEMBERS, STAFF AND GUESTS!





BOOK NOW
Sign Up by scanning QR code.

RECHARGE AND RENEW

Take a moment for yourself and indulge in a relaxing 10-minute chair massage. Our experienced massage therapist will help you unwind and reduce stress.

WEDNESDAY, APRIL 16

AM Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am – 8:45am Zumba Gold

Vista 9th Floor Res & PM Only
9:00am – 9:45am Balance Class with Heidi



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



Wellness Wednesday Lobby
Chair Massages- By Appointment
9:00am-12:00pm & 1:00pm-4:00pm
\$20 for 10 minutes

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
Scribblers, Scribes & Seekers! All Welcome!
A supportive and encouraging environment to share your writing, get feedback from fellow writers.

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



10:00am – 11:30am Auditorium & CH. 81
CCY Auxiliary Meetings All Welcome!
Featured Speaker- Rev. Keith Boone.

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

PM Exercise Classes Res & PM Only
Fitness Center Classroom

12:00pm – 12:45pm Core Fusion- **NEW CLASS**
1:00pm – 1:45pm Mindful Yoga Flow - **NEW CLASS**
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only
1:00pm – 1:45pm Rock Steady for PD

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

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



3:30pm – 4:30pm Vista-2
Vista Art Reception All Welcome!
Featured artist: Tracy Tisher



4:00pm – 4:30pm Ch. 81
Virtual Bingo with Aaron S. Resident Only
Bingo Cards will be by Cubbies

THURSDAY, APRIL 17



Exercise Classes

Fitness Center Classroom Res & PM Only
8:00am – 8:45am Zumba Gold
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2- **NEW CLASS**



10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Climate, Climate Change, and Extreme Weather: What Does Our Future Hold?
Presented by Warren Burggren, PhD
For More info see pg. 13



11:00am – 1:30pm Asbury
Action Station Resident Only
This Month: Build Your Own Gordita



12:30pm – 3:00pm Resident Only
IL Trip- Titanic Exhibit
Space is Limited. Sign up at The Point. \$24 P/P

PM Exercise Classes

Fitness Center Classroom Res & PM Only
1:00pm – 1:45pm Move & Stretch
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit
4:00pm – 5:00pm **Intermediate** Tai Chi
5:00pm – 6:00pm Movement & Dance!

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

1:30pm – 3:00pm White Rock Class
Studio Art Time with David Schulze Res & PM Only
Learn about drawing, painting & mixed media as ways to make art. No experience necessary. Supplies provided. Sign up at The Point

2:00pm – 3:00pm Flagpole Hill
Garden Club Meeting All Welcome!
This month's project: Planting of Flowers & Veggies.

4:00pm – 5:00pm **CXL TODAY**
Resident Happy Hour Resident Only.



6:30pm – 7:30pm Auditorium & Ch. 81
Maundy Thursday Service All Welcome
Join The Ministry Team in the Holy Communion which recalls the Last Supper of Jesus with his disciples.

FRIDAY, APRIL 18

Good Friday

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga



8:30am- 9:00am

Walking Club

Walk for your health with Aaron Schmidt!

Pavilion

Res. & PM Only

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 Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Shopping Trip to Kroger

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

Resident Only

10:00am – 11:00am

Wii Bowling

Practice and team play time.

Café Game Zone

All Welcome!

10:00am – 11:30am

Uke Can Do It

Ukulele Class with instructor Angela Livesay.

Limited Spots, Sign up at The Point

Theater

Res. & PM Only

11:00am – 12:00pm

Litter Gitters

A monthly community cleanup

Pavilion

Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm Rock Steady Boxing for PD

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm

Movie Matinee

Conclave

PG 2024 · Thriller/ Mystery · 2hrs

Theater

All Welcome!



3:30pm – 4:30pm

Good Friday Service

Join The Ministry Team in The most solemn worship service that commemorates Jesus' crucifixion

Auditorium

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

SATURDAY, APRIL 19

9:00am – 12:00pm

White Rock Democrats

Monthly Meeting

Auditorium

Res. & PM Invited



2:00pm – 3:30pm

EggStravaganza!

Join us for fun, games, and family fun at our Annual Fam Jam! This Easter themed event is perfect for all ages.

Central Park & Pavilion

2:00pm – 7:00pm

Open Paint Time

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

White Rock Class



4833 Steak Avenue

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

Movie MATINEE

CONCLAVE

2024 · Thriller/Mystery · 2 hours
PG

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church



Friday, April 18
1:30pm

Free popcorn and water.
All Welcome!



SOCIAL | PHYSICAL | EMOTIONAL | INTELLECTUAL | ENVIRONMENTAL | VOCATIONAL | SPIRITUAL

THIS WEEK'S

Highlights

Monday, April 21

2:00pm

Sound Healing For Everyone

With Anna Parkins

Tuesday, April 22

10:00am

OLLI Class

Does Our Personality Change?

Tuesday, April 22

3:30pm

Richard Stanford Hour Book Review

Texas by Benjamin Heber Johnson

Thursday, April 24

10:00am

OLLI Class

A History of Fine Art Prints and the Processes for Making Them

Friday, April 25

11:30am-1:30pm

Spring Fling

Resident & PM Only. Sign up at The Point

SUNDAY, APRIL 20

EASTER



The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81

All Welcome!



**Conley's Annual Easter
Buffet 11am-2pm**

Sign up for reservations
between April 1st-15th at
the Conley's entrance



**RICHARD
STANFORD
HOUR**



TUESDAY, APRIL 22

3:30PM

IN-PERSON & ON CH. 81

Join Richard Stanford for engaging discussions, thoughtful insights, and a shared love of literature. Each session offers a chance to connect with fellow readers and explore diverse stories in a welcoming atmosphere.

This month's review is on:

Texas

by Benjamin Heber Johnson




Want more info?

**Watch The CC Young News
on CH. 81!**

Every day at

- 9:30AM
- 3:30PM
- 6:30PM
- 12:30PM

MONDAY, APRIL 21

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Drumba - **NEW DAY**
 11:00am – 11:45am Chair Volleyball

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.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group
 Clinically Proven Speech Therapy Group For Individuals With Parkinsons. For more pre-requisite information please contact Lori Sanders at 254-675-1299

PM Exercise Classes

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

NEW DAY

1:00pm – 2:00pm Tech Lab
Sign Language Fun! All Welcome!

2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters Res. & PM Only

3:00pm – 4:30pm Game Zone
BUNCO! Res. & PM Only
 Join in on this fun dice based game and win prizes!



2:00pm – 3:15pm Auditorium
Sound Healing For Everyone! All Welcome!
 Explore the history and discover the benefits of Sound Healing Therapy.

3:45pm – 4:45pm Auditorium
The Chosen - Season 3! Res. & PM Only
 Limited Spots. Sign up at The Point

TUESDAY, APRIL 22

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Balance 1



9:00am – 10:30am Pavilion
CCY Outdoor Artists Res. & PM Only
 A group of “sketchy” artists who meet & create together. Sketch supplies provided.



10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Does Our Personality Change?
 Presented by Craig Neumann, PhD
 For More info see pg. 13

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

PM Exercise Classes

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



12:30pm-3:30pm Resident Only
IL Trip- Sailing on White Rock Lake
 \$20 p/p. Sign up at The Point.

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

1:30pm – 3:00pm Tech Lab
SrTech Class Res. & PM Only
Stay Connected to Family & Friends with Facebook



2:00pm – 4:00pm Asbury
Chef Connection Resident Only



3:00pm-5:00pm Flagpole Hill
Total Hearing Clinic Resident Only



3:30pm-4:30pm Auditorium & CH. 81
Richard Stanford Hour All Welcome
 This Month's Book Review:
Texas by Benjamin Heber Johnson

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

WEDNESDAY, APRIL 23

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 11:00am – 11:45am Drumba
Vista 9th Floor Res & PM Only
 9:00am – 9:45am Balance Class with Heidi



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
Scribblers, Scribes & Seekers! All Welcome!
 A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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!

PM Exercise Classes
Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm Core Fusion- **NEW CLASS**
 1:00pm – 1:45pm Mindful Yoga Flow - **NEW NAME**
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Beginners Tai Chi
Vista 9th Floor Res & PM Only
 1:00pm – 2:00pm Rock Steady for PD

2:00pm- 3:00pm Theater
Acting Fun All Welcome

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

THURSDAY, APRIL 24

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:45am Balance 2- **NEW CLASS**

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
A History of Fine Art Prints and the Processes for Making Them
 Presented by Raymond Pahler. More info see pg. 13

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 1:00pm – 1:45pm Move & Stretch
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi
 5:00pm – 6:00pm Movement & Dance!

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

2:00pm – 3:00pm Flagpole Hill
Garden Club Meeting All Welcome!
 This month's project: Planting of Flowers & Veggies.

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



NATIONAL
Pigs-in-a-blanket DAY

FRIDAY, APRIL 25

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga



8:30am- 9:00am

Walking Club

Pavilion

Res. & PM Only

Walk for your health with Aaron Schmidt!

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

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 Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am-11:00am

Wii Bowling

Café Game Zone

All Welcome!

Practice and team play time.



10:00am – 11:30am

Theater

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots, Sign up at The Point

10:00am-12:00pm

SrTech Free Coaching Fridays

Tech Lab

Res. & PM Only

Come & Go for Technology Help!



11:30pm – 1:30pm

2025 Spring Fling

Pavilion & Park

Res & PM Only

Lunch & Entertainment. Sign up at The Point.

More info on pg. 11.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm Rock Steady Boxing for PD

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, APRIL 26

2:00pm – 7:00pm

White Rock Class

Open Paint Time

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

3:00pm – 4:30pm

Pavilion

FUMC Dallas Children's Easter Event



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

CCY YACHT ROCK
2025
SPRING FLING

FRIDAY, APRIL 25
11:30AM TO 1:30PM
THE PAVILION & CENTRAL PARK
LUNCH, GAMES & MUSIC
RESIDENTS & POINT MEMBERS RSVP
AT THE POINT LOBBY
COME DRESSED IN YOUR
BEST "YACHT" ATTIRE

CC YOUNG

THIS WEEK'S

Highlights

Tuesday, April 29

10:00am

OLLI Class

Fish Biology: A Scientific Travelogue through the Eyes of a Practitioner

Friday, May 2

1:30pm

Movie Matinee

The Boys in the Boat
PG -13- 2023 · 2h 4m

Sunday, May 4

2:00pm

Landefeld Students Piano and Violin Concert

SUNDAY, APRIL 27

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81

All Welcome!

LANDEFELD STUDENT PIANO & VIOLIN CONCERT

Sunday, May 4
2:00pm

The Auditorium & Ch. 81

Performances by students from the Landefeld school of Music. All Welcome!

 **CC YOUNG**
THE POINT & PAVILION

Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, APRIL 28

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Seated Drumba - **NEW DAY**
 11:00am – 11:45am Chair Volleyball

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.

1:00pm – 2:30pm Flagpole Hill

SPEAK OUT! Therapy Group

Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

NEW DAY

1:00pm – 2:00pm Tech Lab
Sign Language Fun! All Welcome!

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
 1:00pm – 1:45pm Rhythm & Movement
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit

2:00pm – 3:00pm White Rock Class

Knotty Knitters & Crafty Crocheters All Welcome!

3:45pm – 4:45pm Auditorium
The Chosen - Season 3! Res. & PM Only

Limited Spots. Sign up at The Point



NATIONAL
Blueberry Pie
 DAY

TUESDAY, APRIL 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 10:00am – 10:45am Balance 1

OLLI

10:00am-11:30am Auditorium & Ch. 81

OLLI Class Res., PM, OLLI Only

Fish Biology: A Scientific Travelogue through the Eyes of a Practitioner

Presented by Warren Burggren, PhD
 For More info see pg. 13

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 Choir Rehearsal All Welcome

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

THANK YOU!!
UMPHRESS TERRACE
FOOD DRIVE

THANKS TO YOUR
 INCREDIBLE GENEROSITY
 A RECORD BREAKING
\$10,020
 WAS RAISED

A HUGE SHOUT-OUT GOES TO ANGELA CASTILLO, EMILIE REAMES,
 DIANE PRASHASOUK AND CCY RESIDENT JOAN JACKSON. IN ADDITION
 TO 2025 CO-CHAIR DOG BAMBI RAMIREZ
 AND HONORARY CHAIR DOGS: THE FOREVER BELOVED SIMBA BEASLEY
 WHO CROSSED THE RAINBOW BRIDGE FEBRUARY 14,
 IRIS HUSTIS, ZIGI JONES AND ANNIE FINLEY.

CCY RESIDENTS HAVE SUCH BIG HEARTS
 THANK YOU! THANK YOU! THANK YOU!
 FOR GIVING SO INCREDIBLY GENEROUSLY TO THE
 2025 CCY AUXILIARY UMPHRESS TERRACE FOOD
 DRIVE

LOVE, CHAIR DOG GIA HARDY



WEDNESDAY, APRIL 30

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

11:00am – 11:45am Drumba

Vista 9th Floor Res & PM Only

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

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

Scribblers, Scribes & Seekers! All Welcome!

A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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!

PM Exercise Classes
Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Core Fusion- **NEW CLASS**

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



Time Change Today Only

1:00pm – 3:00pm Resident Only

Shopping Trip to Hillside Village

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

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

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



NATIONAL
**Oatmeal
Cookie DAY**

THURSDAY, MAY 1

AM Exercise Classes
Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2- **NEW CLASS**

PM Exercise Classes
Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm Move & Stretch

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

5:00pm – 6:00pm Movement & Dance!

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

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

2:00pm – 3:00pm Courtyard
Garden Club Meeting All Welcome!

This Months Project: Garden winter cleanup.

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



**NEW
POINT
MEMBERSHIP
APPOINTMENT
SIGNUP**

Tour & Orientations on Point Membership are available on the First Tuesday of each month at 3:00pm or on the 3rd Thursday at 10:30am.

SCAN TO SIGN UP FOR AN AVAILABLE APPOINTMENT



[HTTPS://FORM.JOTFORM.COM/250234392537153](https://form.jotform.com/250234392537153)

FRIDAY, MAY 2

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
9:00am – 9:45am Floor Yoga



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

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 Class
3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am Resident Only

Shopping Trip to Kroger
Sign-up at The Point. Pick-up in front of your building.

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



10:00am – 11:30am Theater
Uke Can Do It Res. & PM Only
Ukulele Class with instructor Angela Livesay.
Limited Spots, Sign up at The Point

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

12:00pm – 1:45pm Rock Steady Boxing for PD
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
The Boys in the Boat
Pg -13- 2023 · 2h 4m

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

SATURDAY, MAY 3

10:00am - 12:00pm Auditorium
Dallas Handweavers & Spinners Guild All Welcome!

Monthly Meeting: Martha Myer will present a hands-on opportunity in making Dorset buttons

10:00am - 3:00pm Fitness Center
Dallas Bead Society All Welcome!
Monthly Meeting

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



4833 Steak Avenue
Closed
Saturday, May 3
Call 972-755-3259
for more info

Movie MATINEE

THE BOYS IN THE BOAT

2023 · Sport/Drama · 2h 4m
PG-13

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings.



Friday, May 2
1:30pm

Free popcorn and water.
All Welcome!

Lifestyle Section

The concept for The Point came from a group of men and women in 1997 who shared a vision to create a space for older adults to thrive in body, mind and spirit.

We have a team of engagement professionals across our campus in every level of care. Their talents and efforts bring sparkle to the campus 365 days a year. They help others find joy, meaning, purpose and fulfillment through experiences, activities and events.





AMUSING APRIL: A SERIOUS CHILD'S GUIDE TO FINDING THE FUNNY (AND WHY IT MATTERS)

Brian Parman
Director, The Point & Pavilion

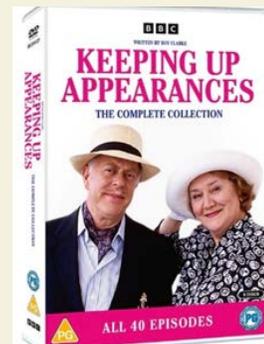
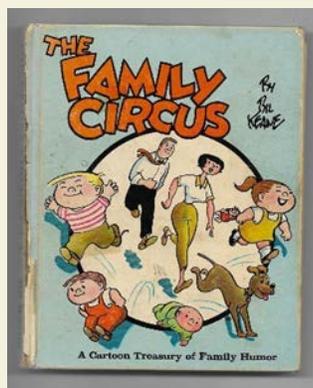
Growing up, I was often labeled a “serious child.” Playful, creative, yes, but undeniably serious. I was the kid who could spend hours on my bicycle, meticulously building elaborate structures, cities and stage sets with building blocks, or crafting intricate stories / productions in my head. That seriousness, I’ll admit, has lingered. I can still slip into a laser-focused state, completely absorbed by a task, making it difficult to “goof off.” But, oh, how I’ve learned to appreciate the power of laughter.

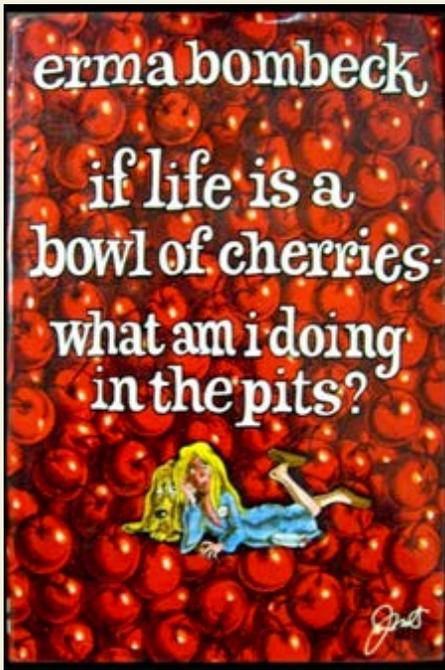


Because here's the thing: laughter is profoundly freeing, and scientifically beneficial. It's a signal that everything is “okay” and we can relax. Laughter benefits our neurological, physical, emotional, cognitive, and social well-being.

It's understood that laughter engages many parts of the brain and can release a cascade of beneficial neurochemicals like serotonin, dopamine, oxytocin, endorphins, and even endogenous opioids. There are physical and lasting benefits of laughter too, including reduced pain perception, decreased heart rate and blood pressure, relaxed muscle tension, and improved immune function.

It's no wonder that after a particularly challenging day, you might find me scrolling through YouTube, immersed in news bloopers or the sharp wit of my favorite stand-up comedians and satirists. I inherited my dad's sense of humor - a bit dry, some might say even... twisted. Dad jokes? Absolutely. They're a classic for a reason. And the Sunday comics? Oh, the memories! The Far Side, Family Circus, Peanuts, Dennis the Menace, Lil Abner, Ziggy, Andy Capp - they were a weekly ritual, a dose of lightheartedness that set the tone for the day. And let's not forget the timeless BBC television shows that make me howl with laughter every time: "Keeping Up Appearances" with the unforgettable Hyacinth Bucket, played brilliantly by Patricia Routledge, and the quirky charm of "The Vicar of Dibley" starring Dawn French.





I remember discovering Erma Bombeck's "If Life Is A Bowl Of Cherries, Why Am I In The Pits?" and feeling a sense of kindred spirit. She understood the absurdity of everyday life, the humor hidden in the chaos. Later, I became a devoted fan of television variety shows like The Carol Burnett Show, Sonny & Cher, In Living Color, and Saturday Night Live (congratulations on 50 years!). These shows taught me the power of laughter to bridge divides and bring people together.



Laughing at ourselves and with each other is crucial for gaining perspective. It's a reminder that we're all human, navigating the ups and downs of life. There's nothing quite like a good belly laugh – a full-body experience, like the thrill of riding a wave or a roller coaster. It's a release, a moment of pure joy.

I deeply admire those who possess the gift of making others laugh. Here at CC Young, we're fortunate to have such talented individuals. Jeremy Morgan, Director of Rehab, and Aaron Schmidt both have incredible comedic timing and a knack for finding humor in everyday situations. And our residents, like Jo Rader and Nancy Webb, understand the power of a good joke, a well-told story, and the simple act of making others feel good.



Amusing April reminds us that life, like the weather, is unpredictable. But even amidst the storms, there's always room for a chuckle, a giggle, or a full-blown belly laugh. So, let's embrace the silliness, find the humor in the everyday, and remember that laughter truly is a powerful tool for improving our overall health and well-being.

What tickles your funny bone?

APRIL
2025

Crews News



by Russell Crews
President and CEO

Meet the CC Young Intake and Admissions Team: The Unsung Heroes Behind Our Record-High Census

At CC Young Senior Living, maintaining a thriving community requires an extraordinary team working behind the scenes to ensure seamless transitions for our residents. Our Intake and Admissions Team exemplifies excellence in their daily operations, juggling a myriad of details and logistics that keep our census at record highs.

Over the years, this essential team has grown and evolved into a powerhouse of four full-time professionals. Led by Director Marie Ingram, who has been with CC Young for nine years, the team also includes Ilian DeLuna, Michele Jordan, and Donna Baker. Together, they form a well-oiled machine dedicated to managing the turnover of residents and patients while ensuring every admission is handled with care.

One of the team's greatest strengths is their structured rotation of responsibilities. Each month, they rotate their focus among different levels of care, a system that promotes cross-training and allows each member to develop expertise in all aspects of the admissions process. Additionally, they take turns covering Saturdays, ensuring that someone is always available to address weekend admissions and related needs.

The responsibilities of the Intake and Admissions Team are extensive. They respond to incoming inquiries, verify insurances and benefits, enter admissions and housing contracts into our Aline database, and make sure that rooms are fully prepared with welcome bags before a new resident arrives. They also coordinate daily tours of The Vista Health Center and serve as the critical link between our outside sales team, clinical liaison, and hospital case workers, ensuring that CC Young can respond within 15 minutes to bed availability and acceptance decisions.



Director, Intake &
Admissions



Healthcare Admissions
Counselor/Intake
Coordinator



Healthcare Admissions
Counselor/Intake
Coordinator

The team manages referrals and admissions for Rehab, Home Health, Hospice, Outpatient, and Long-Term Care. They also work closely with the Business Office to resolve any billing or collection issues promptly.

Beyond admissions, the team meticulously manages a “pending” list for those in process before admission, tracks discharges as residents transition home, and communicates daily with the Resident Care Team about incoming and outgoing residents. They perform daily census reconciliation for the entire campus, detailing all bed holds, Out on Pass statuses, admissions and discharges, move-ins, and move-outs.



Healthcare Admissions
Counselor/Intake
Coordinator

Operating from their hub on Vista 1 behind the Reception Desk, the team works in close collaboration with various departments, including Nursing Management, Housekeeping, Maintenance, and Dining Services. Their teamwork ensures that the constant influx of new residents is met with seamless support and comfort. They also work closely with Maintenance and Housekeeping to turn rooms over quickly for new admissions.

Additionally, the team actively participates in key meetings to keep operations running smoothly. They join the Morning Stand Up meeting for the Health Center to report new admissions and the weekly Sales meeting to provide census updates.



Director of Sales

Their efforts have led to remarkable success, with admissions in out patient therapy, short term rehab, long term care, home healthcare and hospice averaging up to 168 per month which includes the short term visits. This volume is unheard of amongst our industry peers! The team’s dedication has also contributed to our highest census in history, reaching a record 129 resident census, equating to a 100% occupancy rate.

The Intake and Admissions Team operates under the leadership of Lisa O’Brien, Director of Sales and Admissions for the entire CC Young campus. Their collective hard work and dedication make them invaluable to our community, ensuring that every new resident’s journey begins smoothly and successfully.

Congratulations – and thanks to this dynamic, productive team! You play a crucial role in making CC Young an efficient, welcoming destination for those needing skilled nursing or home and community based services in Dallas.



by Jen Griffin
Vice President Engagement

VILLAGE REPORT

As I reflect on this month's theme, I can't help but smile. Laughter has been a frequent companion in my life, from my childhood to my adult years, and even now as I navigate aging—sometimes gracefully, sometimes not. I've learned it's true what they say: laughter really is the best medicine.



One of my earliest memories of laughter is from my mother. She loved Dr. Seuss books—not just reading them but truly enjoying them. She would read them to us and suddenly burst into hysterical laughter at the silly words and the outrageous illustrations. Her laughter was contagious, too! I often found myself laughing at her as much or more as the stories and pictures themselves.

If you were around in the 1960s, you might remember the famous “laugh boxes.” I received one for Christmas one year at about age 10, and I was literally tickled to receive it! You'd press a button, and a loop of recorded laughter would play. The sound was so infectious that, before you knew it, you (and everyone around you) were laughing, too. It was simple, pure joy in a tiny box. Quite advanced technology for those days! I've never forgotten the impact this very small little box had on people – simply with the press of a button.



As a young teenager, I vividly remember a trip coming home after a water skiing day at Cedar Creek. My dad had just purchased a Chevy Malibu which was quite “racy” for him! With it came an 8-track cassette player along with the 8-track tape from the manufacturer. I was in the back seat with my best friend and the tunes were LOUD! One selection was Glenn Miller's “In the Mood” which I had never heard before. We were silly teenagers and loved that song, dancing like crazy! The version we heard had several crescendo's – and then it would quickly stop, and we would freeze thinking the song ended. Then it would take off again! We were laughing hysterically throughout the whole rendition – and asked to play it over and over and over. My poor dad...but he hit replay because we were so highly entertained. I will never forget that moment.

As I moved into my middle 40's, I had the privilege of being a caregiver for my cousin's 15-year-old son. He had suffered a severe open-head injury in a Christmas-time car accident and spent ten months in a coma. When he regained consciousness in October, it was as if he was starting life over learning to walk and communicate. His prognosis was dire. In December of that year, my cousin asked if I would care for him because his mother was at risk of losing insurance if she did not go back to work. I was terrified of the responsibility, but said yes out of sheer love. During those difficult days, I discovered firsthand that humor and laughter helped us push through the toughest moments. We spent 6 months together and I can attest that laughter truly became a lifeline to distract from the physical and emotional pain of his rehab.

In another poignant example, a few years ago, I lost a dear friend to pancreatic cancer. In her final hours, our close-knit circle stood around her bed, reminiscing about our adventures. We had some incredibly lame inside jokes, and someone in the group tossed out a familiar setup. My friend, who had been in bed and silent for hours, unexpectedly delivered the punchline. We all burst into laughter. The nurses may have found it inappropriate, but in that moment, it was exactly what we needed—a brief escape from our overwhelming grief as well as a loving reminder of the joy we shared as friends.

At CC Young, I like to think we embrace humor in our daily lives. Let's be honest: Aging is not for sissies and senior moments are real! But if we don't laugh about them, we might just cry. Finding humor in the little things keeps our spirits high and reminds us not to take life too seriously.

If you're looking for some clean, lighthearted fun, I highly recommend checking out comedian Leanne Morgan on YouTube. She's a hilarious 55-ish woman from East Tennessee, and her humor is both relatable and refreshing. Sometimes, I start my day with a cup of coffee and one of her videos—just to get a good laugh in. Last fall, I even treated myself and my best friend to see her live in Fort Worth. This same friend (from the Malibu incident mentioned above) had been overwhelmed with work, so I wanted to offer her an escape. I had been sick and she had been puny, but we rallied and went to the show even so. Thank goodness we did! We laughed out loud the entire night, along with the rest of the audience. Sometimes, a good belly laugh is exactly what the soul needs and that was surely the case for both of us!

As we step into April, I encourage you to embrace the humor around you. Whether it's a funny memory, a silly joke, or a comedian's punchline, let laughter fill your days. SEEK laughter because an "Amusing April" might be just what the doctor ordered!



ON THE COVER



Celebrating North Texas Nature with Amy Martin at CC Young's Garden Education Day

CC Young is thrilled to announce that long-time friend and Point Member, Amy Martin, will be the keynote speaker at the 2nd Annual CC Young Garden Education Day on Friday, April 4th, at 3:00pm. Martin will present a captivating book talk and sale featuring her acclaimed work, "Wild DFW: Explore the Amazing Nature Around Dallas-Fort Worth," offering attendees a unique glimpse into the rich biodiversity of our region.

North Texas is a natural treasure trove, boasting an astounding diversity that consistently places it among the top 10 regions in global iNaturalist competitions. This remarkable diversity stems from our unique geological foundation, a series of tilted bedrock layers that support a vibrant array of plant and animal life. In "Wild DFW," Martin expertly guides readers through the region's hidden natural wonders, showcasing breathtaking photographs and introducing the dedicated volunteers who work tirelessly to preserve these precious spaces.

Amy Martin's connection to nature runs deep. A seasoned journalist and writer with over 40 years of experience, she has seamlessly interwoven her passion for the environment with her professional career.



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Martin's journey into the world of nature writing began with a simple observation: a patch of native bluestem grass amidst a sea of Bermuda. This moment sparked a deep dive into the Blackland Prairie, leading her to appreciate the intricate beauty and historical significance of our local ecosystems. "The prairie is a song," Martin eloquently describes, emphasizing the importance of paying attention to the subtle melodies of nature.

Her approach to nature is deeply personal and immersive. "I hike to experience nature," she explains, advocating for a mindful connection with the environment. Martin's rituals, such as consciously engaging her senses and feeling the earth's energy, highlight the profound impact of nature on our well-being.

Martin's work extends beyond writing; she actively participates in conservation efforts, serving on the boards of Dallas County Open Space's Trails and Preserves Program and the Friends of LLELA. She also leads restoration projects and volunteers with the North Texas Master Naturalists, demonstrating her commitment to hands-on environmental stewardship.

Her writing is a blend of scientific accuracy and engaging storytelling. She meticulously researches her subjects, drawing from resources like Wikipedia, Texas Parks & Wildlife, and the expertise of citizen naturalists. She skillfully weaves complex ecological information into her narratives, ensuring that readers are both informed and captivated.

Martin's dedication to conservation extends to her own yard, where she embraces a more natural approach, providing habitats and resources for local wildlife. She encourages others to do the same, fostering a deeper connection with the natural world.



Join us on April 4th to hear Amy Martin share her insights and experiences, and discover the "Flora, Fauna, and Fantastic Nature of Wild DFW."

This is a unique opportunity to learn from a passionate advocate for North Texas's natural heritage and to be inspired to explore and appreciate the wild beauty that surrounds us.

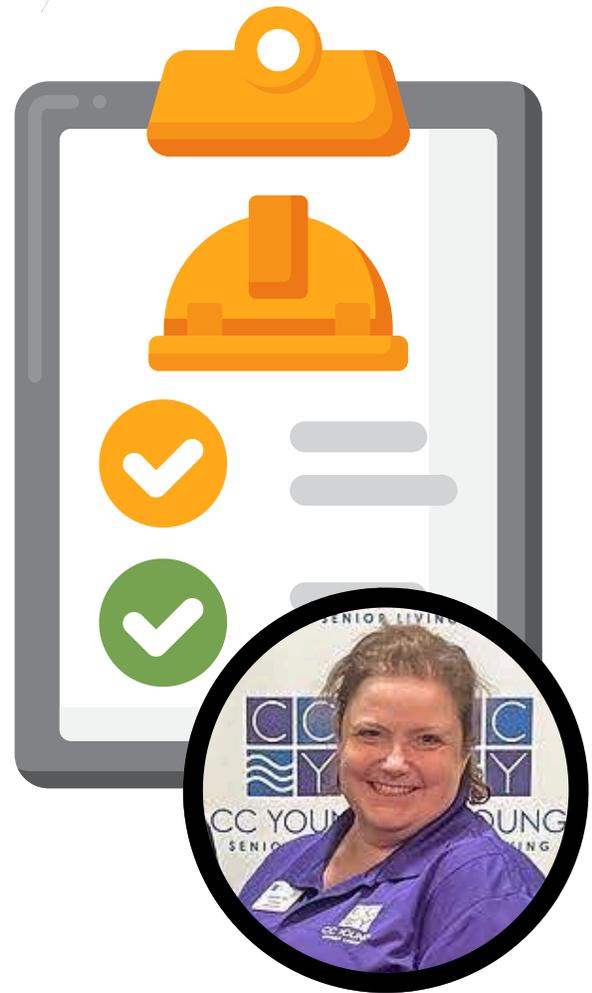
Reminders

WORK ORDERS

Work tickets for Technology, Housekeeping, or Maintenance can be made by contacting Christine Miller Hinrichsen (Overlook Front Desk) by email servicerequest@ccyoung.org or by phone 972-996-2584.

Please note: Technology work orders through the CCY IT department will address troubleshooting of devices.

For education and empowerment on your personal devices you can attend “Free Coaching Friday” Classes with Daphne Lee on the 2nd and 4th Friday of each month from 10am-12pm in The Point



TRANSPORTATION REQUESTS

To book an individual trip call 214-841-2946 or email transportation@ccyoung.org

A Community of Kindness: Celebrating CC Young Volunteers

APRIL 2025

Every day, a dedicated group of individuals at CC Young goes above and beyond to spread joy and cheer. From music and board games to book reviews and visits, our volunteers are truly selfless and kind. Over the past year, CC Young has welcomed more than 700 volunteers who generously contributed over 7,500 hours of their time and talents to enrich the lives of our staff and residents.



Volunteers play a crucial role in filling gaps where staff may need extra support. Each weekend, college students visit residents in rehab, offering games, puzzles, and snacks. The Threshold Choir brings comfort through song to those in hospice care. Our Point receptionist is always available to guide you, whether you are looking for an activity or a wellness class.

In March, we were truly blessed by a group of college students from Texas A&M University's Spencer Leadership Institute who dedicated their Sunday to sanding and painting the wrought iron entrance gate. We have also had the pleasure of working with rising nursing students from



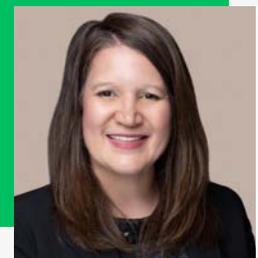
Garland and Mesquite ISDs. Baylor University shadowed our staff in health care, hospice, and life enrichment. On our campus, we have enjoyed partnerships with various corporations and philanthropic groups.

Starting in April, I am excited to be taking over the volunteer program at CC Young. I look forward to meeting each of our wonderful volunteers at the annual CC Young Volunteer Appreciation Luncheon on April 23rd.



Our woodshop can create and repair anything you need. Meanwhile, our talented Happy Hookers and Knotty Knitters use their crafts to support the homeless and others in need in Dallas. The flower ministry brightens residents' days with beautiful blooms and blessings. Each month, various groups from schools and universities visit CC Young to share music with residents in assisted living and memory support. Additionally, some volunteers focus on educating, empowering, and encouraging our residents through book reviews, classes, and Bible studies.

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Laura Coker
Sr. Director of Development,
Foundation and Community
Relations
214-613-1420

CC Young Celebrates
Thriving

Laughing for Your Health

One Sunday comic might make you smile. After reading a full page of Sunday comics, you might find yourself experiencing a temporary increase in blood pressure and respiratory rate, raising oxygen consumption. Cardiac output and stroke volume increase while blood vessels become dilated, improving circulation. According to The Center for Veterans Affairs, the impact over time can reduce your risk of coronary heart disease. Have you laughed until you're weak? After this short increase, the body moves into a restful state. Laughter lowers cortisol, a hormone released during stress. Watching 30 minutes of your favorite Three Stooges episode triggers an increase in antibodies promoting immunity as well as release of endorphins that improve mood and lower perception of pain. Sudden release of dopamine combats feelings of depression. Studies have found a reduction in levels of inflammation-causing cytokines in individuals with rheumatoid arthritis after a good laugh. If you've ever laughed so hard your belly hurt, you understand how laughing will increase muscle tone. Smiling and laughing is great way to keep our facial muscles toned and strong. Laughter in a group setting strengthens social bonds, fostering a sense of connection. It's no wonder why we might be drawn to people who make us laugh. They are unknowingly helping us to look and feel better!



Nicia Wasson, LVN
Administrator, Private Care & The Clinic
nwasson@ccyoung.org
214-841-2825

THE LIBRARY AT THE POINT

Submitted and by CCY Resident and Library Volunteer Mary Jarvis

Have you visited our library yet? It's at the end of the long hall on the north side of the building in The Point (where the classrooms are located). We have a lot of fiction for you to choose from – and even a cart that has only the David Baldacci and James Patterson books.

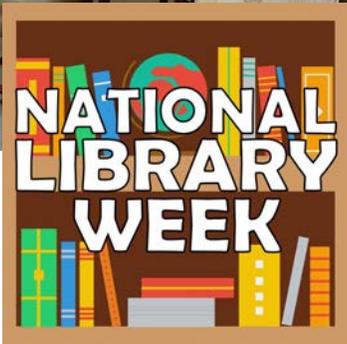
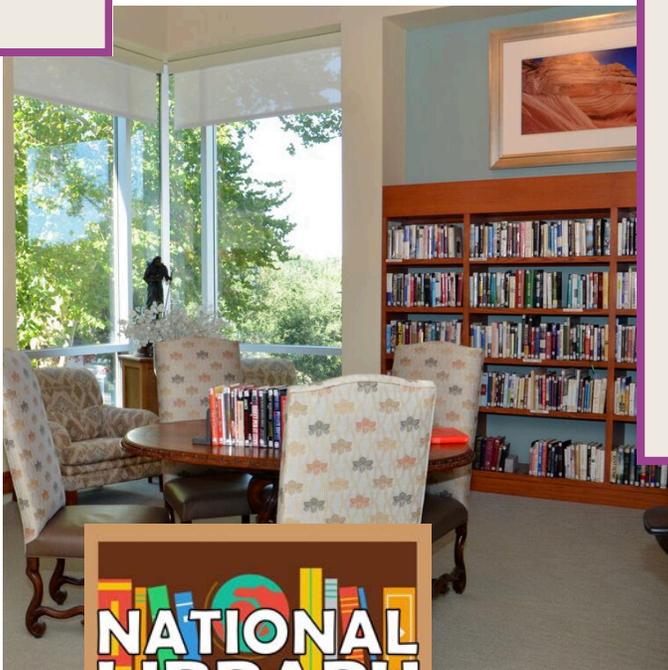
There are large print books – mostly fiction. And we have a good collection of biographies, psychology, religion, literature, and assorted other topics.



There is a special shelving area for books written by residents who are authors, books by some who have presented programs for us, poetry, and a large collection of titles about Texas. And we have DVDs and audio books, too.

All of these items can be checked out. Sign your name on the card and the date you checked it out. Leave the card in the small white basket to be filed later by one of our library volunteers. There's a rolling basket where you can return your item when you have finished with it.

ENJOY.



SUN, APR 6, 2025 – SAT, APR 12, 2025



GET YOUR GAME ON: CHAIR VOLLEYBALL AT THE POINT

Looking for a fun, engaging way to stay active and social? Look no further than Chair Volleyball at The Point at CC Young! Every Monday from 11:00am to 11:45am, instructor Aaron Schmidt leads an energetic session that's perfect for adults of all abilities and activity levels.

This unique twist on traditional volleyball offers a wealth of benefits, all while keeping participants comfortably seated. Imagine the thrill of a competitive game, the laughter of friendly banter, and the satisfaction of a good workout – all without ever leaving your chair.

Benefits for Body and Mind:

The advantages of chair volleyball are numerous and impactful:

- **Physical Benefits:**
 - Improves muscle tone in arms, shoulders, and core.
 - Enhances joint flexibility and range of motion.
 - Boosts cardiovascular health through movement.
 - Develops reflexes and reaction time.
 - Can help maintain balance.
- **Mental Benefits:**
 - Reduces stress and anxiety.
 - Builds confidence and self-esteem.
 - Provides a sense of accomplishment.
- **Social Benefits:**
 - Promotes camaraderie and team spirit.
 - Creates opportunities to socialize and meet new people.
 - Provides a fun and engaging activity for group participation.



More Than Just a Game:

Chair volleyball is more than just a fun pastime; it's a comprehensive wellness activity. The game utilizes a lowered net, a smaller court, and a lightweight beach ball, creating a lighthearted and accessible environment. "Cheeks on the chair!" is the golden rule, ensuring everyone can participate comfortably.

Participants rave about the camaraderie and the chance for a much-needed upper-body workout. The lighthearted atmosphere, filled with laughter and friendly competition, makes it an ideal way to spend a Monday morning.

Join the Fun!

Whether you're looking to improve your fitness, meet new friends, or simply have a good time, Chair Volleyball at The Point is the perfect choice. Come and experience the joy of this unique and beneficial activity. You'll be amazed at how much fun you can have while seated!



TECH TALK

Daphne Lee, Senior Tech instructor

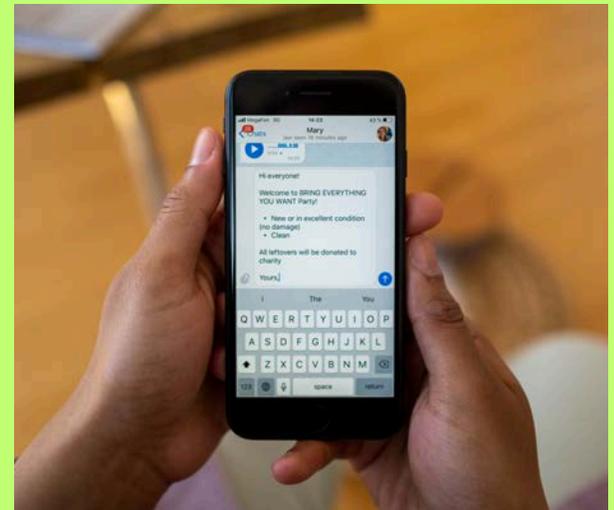
EMBRACING THE UNEXPECTED HILARITY OF GETTING OLDER WITH MOBILE DEVICES

Getting older comes with plenty of surprises — some delightful, some frustrating, and many just plain funny. Nowhere is this truer than in the world of technology. If you've ever struggled to text without accidentally sending a gibberish message, found yourself talking to Siri like she's a stubborn grandchild, or taken 15 accidental selfies while trying to check the weather, you know exactly what I mean. The truth is, mobile devices are incredible tools, but they also come with their fair share of unexpected hilarity. The good news? Learning to laugh about it makes the whole experience a lot more enjoyable!

AUTOCORRECT: THE MISCHIEVOUS TYPING ASSISTANT

One of the greatest sources of tech-related amusement is autocorrect. This feature is supposed to help, but sometimes it seems to have a mind of its own. Maybe you meant to text your daughter, "Hope you're having a great day," but instead it came out as, "Hope you're hoarding a grape dog." Suddenly, you're fielding questions about your supposed new pet.

Instead of getting frustrated, learn to embrace the chaos. Most of the time, family and friends know exactly what you meant — and when they don't, it just adds to the fun. And if you ever want a laugh, just search "funniest autocorrect fails" online. You're definitely not alone!



SIRI AND ALEXA: THE ASSISTANTS WHO DON'T ALWAYS ASSIST

Voice assistants like Siri and Alexa are meant to make life easier, but sometimes talking to them feels like arguing with a toddler. You ask Siri, "What's the temperature outside?" and she replies, "Here's a list of nearby coffee shops." You tell Alexa to play Elvis, and suddenly, she's blasting heavy metal.

The best part? These voice assistants can be unintentionally hilarious. Try asking Siri, “Tell me a joke,” or “What do you think of getting older?” and see what she says. Just be prepared for some sass!

THE MYSTERY OF ACCIDENTAL SELFIES AND POCKET CALLS

If you’ve ever opened your photo gallery and found 30 unintentional pictures of your own chin, congratulations — you’ve mastered the art of accidental selfies. The same goes for pocket dialing (or “butt dialing”), when you somehow manage to call a friend, your doctor, or even the plumber without touching a single button.

Instead of being embarrassed, just laugh about it. You might even start a trend — your grandkids probably take just as many unintentional photos, but they call it “abstract photography.”

FACETIME FAILS AND ZOOM BLUNDERS

Video calling is a great way to stay in touch, but it also creates some of the funniest tech moments. Maybe you’ve been on a FaceTime call, only to realize the camera was pointing at the ceiling the whole time. Or perhaps you joined a Zoom meeting with the microphone off, wondering why no one is responding. The key is to embrace it! Every little mishap is just another story to tell. Plus, if your grandkids giggle at your tech blunders, that just means you’re making their day a little brighter.



LAUGH, LEARN, AND ENJOY THE RIDE

The truth is, technology can be frustrating, but it’s also full of moments that remind us not to take life too seriously. Every accidental text, voice command gone wrong, or surprise selfie is just proof that we’re still learning — and that’s a wonderful thing. So go ahead, embrace the unexpected hilarity of technology, and enjoy the adventure

Come, join us for fun-filled tech classes at the Point where we offer a broad selection of in-person classes covering smart phones, tablets, computers, Internet resources such as Google, Social Media like Facebook and Instagram; wearables including the Apple Watch, Fitbit and Android watches and many classes on Online Safety and many more. 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.

WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

OVERLOOK



Catherine
Deardon

THOMAS



Judy Lubow



Eliane Bailey



APRIL TEAM BIRTHDAYS

Bryant Chatman	4/1	Dining Services
Gelisa Gibson	4/2	Dining Services
Lesley Millar	4/2	Development
Sirena Wallace	4/2	Therapy
Tony Chukwueke	4/3	Therapy
Felipe Martinez	4/3	Maintenance
Dess Rolfe	4/4	Community Outreach
Atinuke Adebote	4/6	Assisted Living
Irelia Arriaga	4/6	Housekeeping
Theresa Onwuegbuchu	4/6	Health Center
Naomi Pitt	4/6	Health Center
Thrudy Hamilton	4/7	Therapy
Charletha Powell	4/7	Assisted Living
Joseph Burns	4/8	Administration
Erica Clark	4/8	Memory Support
Helen Collins	4/8	Housekeeping
Oghenekevwe Okafor	4/8	Private Care
Brian Parman	4/8	Community Outreach
Olga Grayfer	4/9	Business Office
Arlene Kirkland	4/9	Community Outreach
Antoinette Powell	4/9	Private Care
Preston Voges	4/9	Maintenance
Misty McMillan	4/11	Home Health
Chris Zinkand	4/12	Executive
Olivia Randall	4/13	Hospice
Inabi Acosta	4/14	Housekeeping
Asnake Beri	4/14	Housekeeping
Gonzalo Fernandez	4/14	Housekeeping
Sharon Hunter	4/14	Health Center
Aynalem Worku	4/15	Health Center
Meseret Asefa	4/16	Private Care
Joel Gregory	4/17	Therapy
Lila Subedi	4/17	Assisted Living
Kevin Dolan	4/18	Therapy
Joycelyn Smith	4/18	Health Center
Tirukelem Worku	4/19	Private Care
Lazaro Raul Cabello	4/20	Housekeeping
Rosalba Duran Ruiz	4/20	Health Center
Tesfaye Feyssa	4/20	Health Center
Lewegnesh Gebre	4/20	Assisted Living
Emilie Reames	4/20	Resident Services
Tasheia Robinson	4/20	Dining Services
Nicia Wasson	4/20	Private Care
Maria Amah Epse Babatunde	4/22	Memory Support
Teinekwa Brown	4/22	Dining Services
Imani Quarzaza	4/22	Health Center
Millicent Williams	4/22	Health Center
Elizabeth Durham	4/23	Therapy
Olusegun Alao	4/24	Maintenance
Josephine Weston	4/24	Dining Services
Rodrigo Mendoza	4/25	Housekeeping
Daniel Ayoko	4/26	Dining Services
Meredith Tusa	4/26	Therapy
Tommy Jackson	4/27	Dining Services
Dominica Esquivel	4/28	Dining Services
Lisa Jones	4/29	Housekeeping
Roman Zeleke	4/29	Private Care
Jesus Hernandez	4/30	Housekeeping
Paula Olewike	4/30	Memory Support
Caroline Omae	4/30	Health Center

April Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Penn Fri	4/1/2024	1	Private Care
Regina Davis	4/1/2024	1	Health Center
Angela White	4/1/2024	1	Private Care
Roberta Labart	4/1/2020	5	Therapy
Cecilia Espinoza	4/1/2021	4	Dining Services
Rebekah Widener	4/3/2023	2	Health Center
Meseret Asefa	4/3/2023	2	Private Care
Abolore Akande	4/3/2023	2	Memory Support
Irina Osorio Villalobos	4/3/2024	1	Dining Services
Laura Wells Coker	4/3/2023	2	Development
Felekech Geberemeskel	4/4/2022	3	Private Care
Sandra Cantu	4/4/2022	3	Community Outreach
Kevin Nelson	4/4/2002	23	Housekeeping
Judy Singleton	4/4/2022	3	Health Center
Cindy Vicente	4/6/2022	3	Dining Services
Nichele Harrison	4/6/2022	3	Health Center
Regan McLaughlin	4/6/2023	2	Therapy
Yodit Benti	4/7/2021	4	Private Care
Elvira Silva	4/7/2021	4	Therapy
Mary Pat Smith	4/8/2019	6	Hospice
Catherine Thomas	4/9/2018	7	Administration
Sebawit Mihretu	4/10/2017	8	Dining Services
Tsega Bala	4/10/1992	33	Dining Services
Brittany West	4/11/2023	2	Health Center
Samantha Daugherty	4/13/2023	2	Dining Services
Olga Grayfer	4/13/2022	3	Business Office
Charles Amadi	4/15/2024	1	Health Center
Gelisa Gibson	4/15/2024	1	Dining Services
Steve Manna	4/15/2024	1	Health Center
Tarik Ewunetu	4/15/2024	1	Health Center
Olufunke Osa	4/15/2024	1	Private Care
Shatina Goforth	4/17/2023	2	Housekeeping
Emmanuel Chavez Montero	4/17/2024	1	Dining Services
Robert Surko	4/18/2022	3	Community Outreach
David Spencer	4/20/2009	16	Transportation
Mary Wiese	4/20/2020	5	Assisted Living
Christina Tooke	4/20/2022	3	Dining Services
Bilen Hailu	4/20/2022	3	Private Care
Karen Campbell	4/20/2023	2	Community Outreach
Calvin Clerkley Jr	4/21/2021	4	Dining Services
Antonio Wyrick	4/22/2024	1	Assisted Living
Michelle Adams	4/24/2017	8	Health Center
Ryan Bradford	4/24/2023	2	Maintenance
Inabi Acosta	4/25/2022	3	Housekeeping
Channel Anjou	4/25/2022	3	HR
Bethlehem Estifanos	4/25/2016	9	Private Care
Diana Khounsinavong	4/25/2022	3	Laundry
Blair Viehe	4/26/2021	4	Therapy
Emebet Abegaz	4/28/2023	2	Assisted Living
Catherine Holt	4/29/2024	1	Business Office
Kaitlin Hardin	4/29/2024	1	Health Center
Cindy Garcia	4/29/2024	1	Housekeeping





April

RESIDENT
BIRTHDAYS

Carolyn Morelock	1	Asbury
Karen LaPatra	3	Vista
Elizabeth Hardy	4	Overlook
Nevenka Horvat	4	Thomas
Ruby McLeod	4	Overlook
Keith Nichols	4	Vista
Patricia Koester	5	Asbury
June Blunk	5	Vista
John Hughes	6	Asbury
Anne Price	6	Asbury
Garth Griffiths	7	Overlook
James Warkentin	7	Overlook
Anna Jobe	8	Vista
Mary Northcut	8	Vista
Barbara Mott	9	Vista
Susan Kubin	12	Vista
Sherry Lundberg	13	Vista
Christopher Speegle	13	Vista
Alice McLean	15	Thomas
Sharon Williams	15	Overlook
Mike Elvir	16	Overlook
Cynthia Mullins	17	Asbury
Mark Lawin	17	Vista
Lossie Hudspeth	19	Vista
Priscilla Sellers	20	Hillside
Jamie Collins	20	Vista
Robert Reynolds	20	Vista
Lee Dettra	22	Asbury
Kathyrn Bacon	23	Thomas
Bette Streng	23	Vista
Rita Warkentin	24	Overlook
Venetia Telios	26	Vista
Karola Hustis	27	Overlook
Saquita Poston	27	Overlook
Carolyn Camarata	27	Vista
Kathy Smith	28	Overlook
Ella Else	28	Vista
Geraldine Callahan	29	Vista
Bill Altman	30	Asbury
Adena Jarvis	30	Hillside

APRIL

Resident

Anniversaries



18 Years
Glenn Riggs

17 Years
Marjorie Thornton

14 Years
Caryl White

12 Years
Wilda Geyer

11 Years
Jack Sledge
John Gould

10 Years
Tom & Pat Rogers

9 Years
Nancy Wiley

7 Years
Shirley Flint

6 Years
Phala Finley
Arch and Ann Beasley
Lee & Janet Dettra
Jane Sanford Beasley

5 Years
Nancy Johnson
David Jones

THOMAS CUISINE SPECIAL DINING DAYS

April							2025
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	Hillside Action Station 11:30am-1pm 	4 4833 Steak Avenue CLOSED	5	
6	7 National Beer Day 	8 Thomas Building Action Station 11:30am-1pm Chef Connection 2:30pm 	9	10 Conley's Action Station 11:30am-2pm 	11 4833 Steak Avenue CLOSED	12	
13	14	15 Overlook Chef Connection 3pm 	16 National Banana Day 	17 Asbury Action Station 11am-1:30pm 	18 4833 Steak Avenue OPEN	19	
20 Conley's Annual Easter Buffet 11am-2pm 	21 National Tea Day 	22 Asbury Chef Connection 2pm 	23 National Cherry Cheesecake Day	24 National Pigs-in-a-Blanket Day	25 4833 Steak Avenue OPEN	26	
27	28 National Blueberry Pie Day 	29	30 National Oatmeal Cookie Day	31	 HAPPY Easter		

Action Station of the Month: Build Your Own Gordita

04/07 | All day ½ price beers in Conley's

04/20 | Conley's Annual Easter Buffet; Sign up for reservations between April 1st-15th at the Conley's entrance

04/21 | Point Café to feature fresh brewed tea selection offering



Monday, May 5

10:00am

Piano Concert



**World Renowned Pianist
Gustavo Romero Returns to
CC Young.**

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

 **CC YOUNG**
THE POINT & PAVILION

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

No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

SUMMER 2025 KICKOFF

**THE POINT AT CC YOUNG
SENIOR LIVING**

10:00am

Thursday, May 8

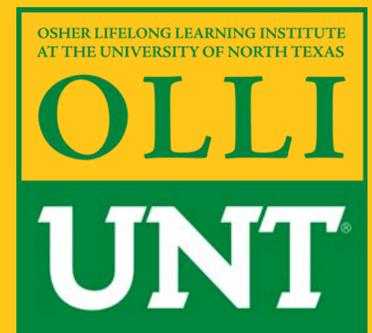
4847 W. Lawther Dr.

RSVP: 469-224-1497

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

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

- **Pick up a catalog**
- **Registration Forms**
- **Refreshments Provided**



THE POINT

There's always something new to learn at The Point

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

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Special Mother's Day
**WATERCOLOR
WORKSHOP**

May's Flowers



Join Master Watercolorist
Gaylord O'Con for a special
Mother's Day Watercolor
Workshop designed for mothers
and their children to create
lasting memories together.

No prior painting experience is
necessary – just bring your
enthusiasm and a desire to
connect!

**Saturday, May 10
3:00pm**

- *The Point Auditorium*
- *Limit: 15 mothers and one adult child per mother*
- *Supplies: All supplies provided.*
- *Experience: No experience necessary.*

**Open to CC Young Residents
and their Children.**

Sign up at The Point

 **CC YOUNG**
THE POINT & PAVILION