

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



THRIVE IN '25

On The Cover

Jocelyn Dorsey
Women's History
Featured Speaker.
Learn more about
Joceyln on pg. 48.

FREE

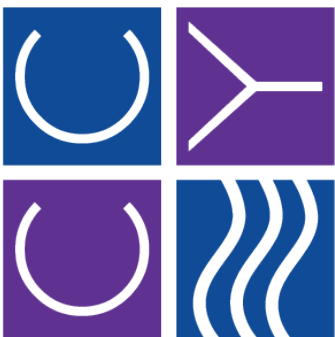
PLEASE TAKE
ONE

MINDFUL MARCH
**DISCOVER
QUANTUM ENERGY**

Singing is Believing: Cabaret
SARAH SHELBY MARTIN
Nobody Does It Better-
The Songs of Carly Simon

Lifelong Learning
**SPRING OLLI
CLASSES**

MARCH 2025



Meet The Team



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Speech Therapist /
Parkinson's Voice Project:
Loud Crowd Instructor
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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



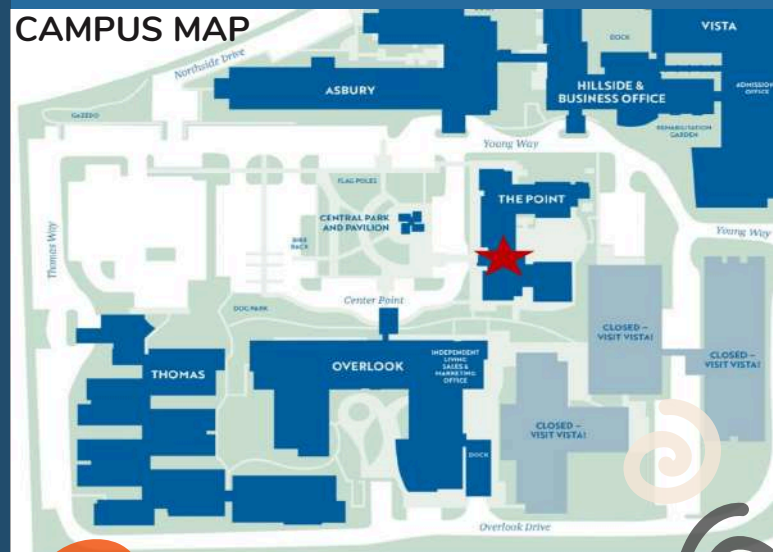
Lindsey Buis, PT
Wellness Instructor



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.

5-11

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THE POINT & PAVILION



BOB ANN TALKINGTON

ART

EXHIBITION

RETROSPECTIVE IN COLOR

**SATURDAY, MARCH 1 TO
MONDAY, APRIL 28, 2025**

**MEET THE ARTIST
RECEPTION
FRIDAY, MARCH 21
3:00PM**

Texan, Bob Ann Talkington, graduated from Baylor University and taught school on both coasts before moving back to Texas. She studied art at the University of California and subsequently studied under Ann Cushing Gantz in Dallas.

Bob Ann has exhibited her works in several galleries and juried shows in Texas. She had a solo exhibit in the downtown Dallas Public Library and also received several awards in shows of Ann Cushing Gantz.



WWW.CCYOUNG.ORG

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DALLAS TX 75214 **PAGE 5**

Ash Wednesday Service

Join the CC Young Ministry Team for a gathering
marking the start of Lent

Wednesday, March 5



**Come-And-Go
Imposition of Ashes
for CC Young Staff**

11:00am- 1:00pm

**Rosie Benston Benton Chapel
(Vista 2nd Floor)**

**Ash Wednesday
Service**

3:30pm

**Christ Chapel
(Vista 2nd Floor)**

**Ash Wednesday
Service**

6:30pm

**The Point Auditorium
& Ch. 81**



CC YOUNG
SENIOR LIVING

GETTING YOUR DUCKS IN A ROW

Tuesday, March 11
10:00am

**Everything you need to know about
transitioning from Independent Living
to Assisted Living!**

Presented by



Martha Bonilla

Senior Living Counselor
Assisted Living



Abby Brown

Sales and Marketing
Coordinator



PRESENTS

CABARET SHOW

**TUESDAY
MARCH 11
7:00PM**

**THE POINT AUDITORIUM
AND CCY TV CH. 81**



FEATURING

SARA SHELBY MARTIN

NOBODY DOES IT BETTER- THE SONGS OF CARLY SIMON

BENJAMIN TAYLOR BROWN ON BASS & KAMI LUJAN ON DRUMS



DeniseLeeOnstage



CC YOUNG
THE POINT & PAVILION



**MUSIC DIRECTOR
VONDA K. BOWLING**

Scan to RSVP

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

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

Transform Your Energy and Thrive

Create Calm and Reduce Stress with Techniques to Shift your Energy



**THURSDAY, MARCH 13
10:00AM**

THIS SESSION WILL GUIDE YOU THROUGH A SERIES OF GENTLE ENERGY EXERCISES DESIGNED TO:

- **Create Calm** with tools to reduce anxiety, tension and frustration.
- **Manage Stress** with simple, practical steps to shift your energy.
- **Boost overall well-being** by learning how to connect with your energy and move it efficiently through your body.



Presented by Connie Kean, a cutting-edge Energy Practitioner, teacher, and speaker with over 40 years of experience and a history of life-changing successes in transformational energy work for her clients and students.

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Nutrition Talk

**Wednesday, March 12
2:00pm**

Food Connects Us: Being Mindful in March with what we eat

Get a sample of nutritious treats: Warm Vegetable salad with sauteed zucchini, eggplant, bell peppers, tomatoes and onions in a light olive oil and herb sauce; Greek yogurt with honey citrus, berries and toasted oats; and quinoa and corn succotash with quinoa, corn, peas, bell peppers and light citrus dressing.



**Presented by
Lorna Towers Sanders**

Registered Dietician, Clinical Nutrition
Manager, CC Young/Thomas Cuisine



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She Believed
She Could, So She Did
Annual Women's History Celebration



Meet
**JOCELYN
DORSEY**

Atlanta's first African American
news anchor

**MONDAY, MARCH 24
3:30PM**

Jocelyn Dorsey worked in television broadcasting for over 45 years in Atlanta, holding many different positions including director of editorials and public affairs, anchor, reporter, producer and assignment editor. Dorsey was also executive producer and host of "People 2 People." She has won numerous awards for her work.



**HOSTED BY
JEN GRIFFIN**

Vice President
Community Outreach & Engagement



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

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MARCH 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 device.
- 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, MARCH 11 AT 1:30PM

Artificial Intelligence (AI): From ChatGPT and Beyond

THURSDAY, MARCH 13 AT 1:30PM

**Read More with the Libby App. Accessing Public
Library Books on your tablet**

FRIDAY, MARCH 14 AT 10:00AM-12:00PM

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

TUESDAY, MARCH 18 AT 1:30PM

Get More out of Your Apple Watch

TUESDAY, MARCH 25 AT 1:30PM

Navigating your Windows Laptop

THURSDAY, MARCH 27 AT 1:30PM

Navigating your Apple Laptop

FRIDAY, MARCH 28 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, March 4 at 10:00am

My First Year in Beekeeping

As a scholar of environmental literature, Dr. Derdeyn has taught about the crisis of bees and how their fragility disrupts our food chain. However, knowing about bees and deciding to keep two honeybee hives in her back yard beginning in April 2023 turned out to be two different things. **Presented by LeeAnn Derdeyn, PhD**

Thursday, March 6 at 10:00am

Next Generation of Cloud Computing Systems

This session will explain the way current internet servers operate in the cloud and their security and latency challenges for our citizens and the characteristics of next generation computing systems and how users can make use of them to protect themselves.

Presented by Mohsen Amini Salehi, PhD

Tuesday, March 11 & 13 - No Class- Spring Break

Tuesdays, March 18 & 25 at 10:00am

Classical Music Comes to America (2 Class Sessions)

The classes will focus on America's early exposure to European classical music and follow its growth through the 21st century. The stories are linked together by Americans who wanted to bring musical quality and sophistication into their lives, and it happened in a very American way. **Presented by Max Morley, DMA**

Debbie & Neal Smatresk OLLI After Five Series

Wednesday, March 19 at 5:30pm

Where's Schiller? The Forensic DNA Identification of Friedrich Schiller

Friedrich Schiller is widely regarded by many Germans as the most significant classical playwright in the country's history. He along with his friend Johann Wolfgang von Goethe created the "Sturm und Drang" (Storm and Stress) literary movement. After his death, Schiller was buried in a common grave. In this presentation you will learn about the efforts to identify the remains of Friedrich Schiller, including anthropological and forensic DNA testing.

Presented by Michael Coble, PhD

Thursday, March 20 at 10:00am

Immersive Learning Experiences in Virtual Reality

This session will provide an immersive learning experience through the use of virtual reality technology. Members will engage in hands-on activities and simulations that will enhance their mastery of complex activities such as 3D puzzle-solving. The activities will be not only engaging but also relaxational.

Presented by Regina Kaplan-Rakowski, PhD

Thursday, March 27 at 10:00am

Where in the World Am I? The Nuts and Bolts of GPS

This session will dive into the technology behind one of today's ubiquitous tools - the Global Positioning System. Many technologies are combined in some surprisingly complex ways to answer the simple question, "Where am I?" The presentation will describe how various complications have been overcome to make navigation available to anyone. **Presented by David McKinley**



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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MARCH RESIDENT TRIPS



Sign up at The Point

DAVID R. DAVIDSON
TOWER ARTS
SERIES

**Concert Series at
HPUMC:
Trio Mediævil &
Catalina Vicens
Sunday, March 9
5:00pm- 7:30pm**

The crystalline voices of Trio Mediæval have captivated audiences since the group was founded in Oslo in 1997. The Grammy-nominated trio's core repertoire features sacred monophonic and polyphonic medieval music from England, Italy, and France; contemporary works.

Bus will pick up at The Point



**Dallas
Arboretum
Friday
March 28
11:30am- 2:30pm**

The largest annual floral festival in the Southwest, Dallas Blooms showcases breathtaking spring color alongside captivating sculptures by renowned artist Seward Johnson.

**\$18 P/P for ticket purchased
at gate + money for lunch**

Bus will pick up at The Point



**Discover
Oak Cliff
Bus Tour with
Richard Stanford**

**Thursday
March 20
11:30am- 3:00pm**

**Bring money for
lunch**

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.

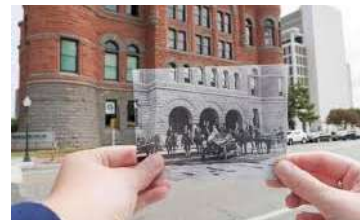
**Meets 4th Tuesday of each month
7:00pm in The Auditorium**



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



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!



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.



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

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

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



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.



Stretch & Restore

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

Restorative Brain and Yoga Class. Research shows that optimal brain longevity results from consistent exercise and healthy lifestyle habits. This is a slow flow class where various positions (sitting, standing, on/off the floor) are practiced.



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

Mondays & Wednesdays

8:00am–8:45am

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

THIS WEEK'S

Highlights

Tuesday, March 4

10:00am

OLLI Class

My First Year in Beekeeping

Tuesday, March 4

2:30pm

Lenten Study

Wednesday, March 5

6:30pm

Ash Wednesday Service

Thursday, March 6

10:00am

OLLI Class

Next Generation of Cloud Computing Systems

Friday, March 7

1:30pm

Movie Matinee

I Am Woman

2019 · Romance Musical · 1h 56m



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

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

SATURDAY, MARCH 1

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
is closed Friday, Feb. 28 &
Saturday March 1.
Questions Call:
972-755-3259

SUNDAY, MARCH 2

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Auditorium

& Ch. 81

led by Rev. Dr. Bill Power

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium

& Ch. 81

All Welcome!



NATIONAL
Banana Cream Pie
DAY

MONDAY, MARCH 3

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 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 **Res. & PM Only**
 Crochet plastic grocery bags into sleeping mats.

10:30am – 11:30am Vista 9
Current Events with Randy Mayeux **Res. & PM Only**

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

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!

TUESDAY, MARCH 4

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**
My First Year in Beekeeping
 Presented by LeeAnn Derdeyn, PhD
 For More info see pg. 13



11:30am-1:00pm Thomas Dining Rm
Thomas Action Station **Resident Only**
 This Month: Assorted Sliders

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 **Res. & PM Only**



2:30pm – 3:30pm Auditorium
Lenten Series **All Welcome!**
 Prepare our hearts for Easter with Allison Annette Foster -Letico

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



Lenten Series

with Rev. Allison Foster -Letico

**Tuesdays March 4, 11,
 and 18 at 2:30pm**

Does Lent bring you thoughts of worry? Do you dread the end of Mardi Gras and then begrudgingly deny yourself chocolate, TV, or margaritas? Maybe this year we can embrace Lent for what it is intended. Communion with the Christ. Joy in the Lord. Transformation of the heart. Join us for the Lenten Series as we joyfully journey the season together.



Limited Spots.
Sign up at The Point

WEDNESDAY, MARCH 5

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, 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

Res. & PM Only

Various Topics each week

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

1:00pm – 1:45pm Stretch & Restore

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

Acting Fun

Theater

Res. & PM Only

Table readings and More!

3:30pm-4:30pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only



6:30pm-7:30pm

Auditorium/ Ch.81

Ash Wednesday Service

All Welcome

Join the Ministry Team for a worship gathering marking the start of Lent



Cinco de Marcho

Conley's Buffet

11:30am-2:00pm

THURSDAY, MARCH 6

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

Next Generation of Cloud Computing Systems

Presented by Mohsen Amini Salehi, PhD

For More info see pg. 13



11:30am-1:00pm

Hillside

Action Station

Resident Only

This Month: Assorted Sliders

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!

Res. & PM Only

Led by Aaron Schmidt

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 – 2:30pm

Lobby

Harris Jewelry Repair!

Res. & PM Only

Monthly "On-Site" Jewelry Repair Service

2:00pm – 3:00pm

Flagpole Hill

Garden Club Meeting

Res. & PM Only

Come help plan garden projects.

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only



Harris Jewelry Repair

Monthly "On-Site" Jewelry Repair Service

Thursday, March 6 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, MARCH 7

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

11:00am – 11:45am Seated Drumba



8:30am- 9:00am

Walking Club

Pavilion

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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

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

1:00pm-2:00pm

Volunteer: For the Love of The Lake Service Project

Café Game Zone

All Welcome!



1:30pm – 3:30pm

Theater

Movie Matinee

Res. & PM Only

I Am Woman

2019 · Romance Musical · 1h 56m

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, MARCH 8

10:00am - 12:00pm

Dallas Fiber Artists (DAFA)

Auditorium

Res. & PM Invited

Monthly Meeting

10:00am – 1:00pm

Jewelry Making

White Rock Class

Res. & PM Only

for Beginners hosted by Jeanette Hughes.

Bring projects to share. Supplies provided.

Sign up at The Point

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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



4833 Steak Avenue

Closed

Friday 3/7 and Saturday 3/8

Call 972-755-3259

for more info

Movie MATINEE

I Am Woman

2019 · Musical/Romance · 1h 56m

The story of 1970s activist Helen Reddy, the Australian singer wrote the feminist anthem "I Am Woman"



Friday, March 7
1:30pm

Free popcorn and water.
All Welcome!



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

THIS WEEK'S

Highlights

Tuesday, March 11

10:00am

Getting Your Ducks in a Row

Everything you need to know about transitioning from IL to AL

Tuesday, March 11

7:00pm

Cabaret Show: Sara Shelby Martin

Sign up at The Point

Wednesday, March 12

2:00pm

Nutrition Talk

Thursday, March 13

10:00am

Mindful March Event

Transform Your Energy and Thrive

Friday, March 14

1:30pm

Movie Matinee

Joy

PG-13. 1h 55m



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

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

SUNDAY, MARCH 9

**The CCY Ministry Team hosts
 Sunday Worship Services**

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

**Adult Sunday
 Morning Class**

Auditorium
 & Ch. 81

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium
 & Ch. 81

All Welcome!

5:00pm - 7:30pm

IL Trup: Tower Arts

Concert Series at HPUMC

Trio Mediævil & Catalina Vicens

TOWER ARTS



**2025 CCY Auxiliary
 Umphress Terrace Food Drive**

REMINDER

IF YOU WOULD LIKE TO CONTRIBUTE, PLEASE:
 Make checks payable to CC YOUNG and write "Umphress Terrace" in the line at the bottom left of your check.

If you live in OVERLOOK, please put your check in Cubby #512. If you live in ASBURY or THOMAS, please send your check in an envelope to: Elizabeth & Gia Hardy/Overlook #512 and put it in the CCY Campus Mailbox.

**ALL DONATIONS
 ARE TAX DEDUCTIBLE**

Gia Hardy
 Chair Dog

Bambi Ramirez
 Co-Chair Dog

**THRIVE
 IN '25
 MIND
 &
 BODY**

MONDAY, MARCH 10

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 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 **Res. & PM Only**
 Crochet plastic grocery bags into sleeping mats.

10:00am – 11:30am Auditorium N.
Arts & Crafts with Patricia Dillingham **Res. & PM Only**
 This month's craft: Wire Flowers

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

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

3:30pm – 4:30pm Tech Lab
Brain Games! **Res. & PM Only**
 Aaron Schmidt hosts fun games to stimulate your brain.

TUESDAY, MARCH 11

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 The Turn
Golf Putting Challenge **Res. & PM Only**
 Sign Up at The Point



10:00am – 11:30am Auditorium & Ch. 81
OLLI Class **Res., PM, OLLI Only**
SPRING BREAK- NO OLLI CLASS



10:00am – 11:30am Auditorium & Ch.81
Getting Your Ducks in a Row **Resident Only**
 What you need to know when moving from Independent Living to Assisted Living

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

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

1:30pm – 3:00pm Tech Lab
SrTech Class **Res. & PM Only**
Artificial Intelligence (AI): From ChatGPT and Beyond

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



2:30pm – 3:30pm Auditorium & Ch. 81
Lenten Series **All Welcome**
 Prepare our hearts for Easter with Allison Annette Foster -Letico



7:00pm – 8:15pm Auditorium & CH. 81
2025 Cabaret Series **All Welcome- RSVP**
Featuring Sara Shelby Martin
 See pg. 8 for more info.

WEDNESDAY, MARCH 12

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

1:00pm – 1:45pm Stretch & Restore

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

Res. & PM Only



2:00pm – 3:00pm

Auditorium & Ch. 81

Nutrition Talk

Res. & PM Only

Food Connects Us: Being Mindful in March with what we eat presented by

Registered Dietician Lorna Towers Sanders

3:30pm-4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



4:00pm-4:45pm

CH.81

Virtual Girl Scout Bingo

Resident Only

Bingo sheets will be by mail cubbies that morning.

4:00pm-5:00pm

Vista- 9

Alzheimer's Caregiver Support Group

Res. & PM Only

THURSDAY, MARCH 13

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

SPRING BREAK - NO OLLI CLASS



MINDFUL MARCH EVENT

10:00am – 11:30am

Auditorium & Ch. 81

Transform Your Energy and Thrive!

Res. & PM Only

Presented by Connie Kean



Action Station

Resident Only

11:00am-1:00pm Asbury / 11:30am-2:00pm Conleys

This Month: Assorted Sliders

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!

Res. & PM Only

Led by Aaron Schmidt

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.

1:30pm – 3:00pm

Tech Lab

SrTech Class

Res. & PM Only

Read More with the Libby App. Accessing Public Library

Books on your tablet



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

Flagpole Hill

Garden Club Meeting

Res. & PM Only

Come help plan garden projects.

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only

FRIDAY, MARCH 14

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

11:00am – 11:45am Seated Drumba



8:30am- 9:00am

Pavilion

Walking Club

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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

SrTech Free Coaching Fridays

Tech Lab

Res. & PM Only

Come & Go for Technology Help!

10:00am-11:00am

Wii Bowling

Café Game Zone

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

Joy

Rated PG-13, 1hr 55m

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, MARCH 15

9:00am – 12:00pm

Auditorium

White Rock Democrats

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 3/7 and Saturday 3/8

Call 972-755-3259

for more info

Movie MATINEE

Joy

2024 · Rated PG-13 · Drama · 1h 55m

3 trailblazers: a young nurse, a visionary scientist and an innovative surgeon face opposition from the church, state, media, and medical establishment in their pursuit of the world's first 'test tube baby,' Louise Joy Brown.



Friday, March 14
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Tuesday, March 18

10:00am

OLLI Class

Classical Music Comes to America 1 of 2

Wednesday, March 19

10:00am

Pressed Flowers Craft Project

Wednesday, March 19

10:00am

OLLI After 5

Where's Schiller? The Forensic DNA Identification of Friedrich Schille

Thursday, March 20

10:00am

OLLI Class

Immersive Learning Experiences in Virtual Reality

Friday, March 21

1:30pm

Movie Matinee

Inside Out 2

Friday, March 21

3:30pm

Meet The Artist Reception



Want more info?
Watch The CC Young News on CH. 81!
 Every day at
 9:30AM
 3:30PM
 6:30PM
 12:30PM

SUNDAY, MARCH 16

The CCY Ministry Team hosts Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Auditorium & Ch. 81

All Welcome!

Led by Rev. Dr. Bill Power

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81

All Welcome!



**NATIONAL
Chips & Dip
DAY**

PRESSED FLOWERS CRAFTS



Wednesday, March 19

10:00am

Sign up at The Point

Create unique and heartfelt greeting cards for a special friend or family member. Nature's creations have been collected and pressed to provide many ideas, colors and designs for creating cards and bookmarks with flowers, and leaves. Envelopes will be provided for the cards.



Hosted by
Sandra Zellej



CC YOUNG
THE POINT & PAVILION

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

MONDAY, MARCH 17

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 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 **Res. & PM Only**
 Crochet plastic grocery bags into sleeping mats.

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


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!

TUESDAY, MARCH 18

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**
Classical Music Comes to America 1 of 2
 Presented by Max Morley, DMA
 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**

1:30pm – 3:00pm Tech Lab
SR Tech Class **Res. & PM Only**
Get More out of Your Apple Watch

 2:30pm – 3:30pm Auditorium & Ch. 81
Lenten Series **Res. & PM Only**
 Prepare our hearts for Easter with
 Allison Annette Foster -Letico

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

WEDNESDAY, MARCH 19

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.



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

Garden Crafts! Pressed flowers

All Welcome!

Create bookmarks and cards with pressed flowers.

Sign up at The Point.

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

1:00pm – 1:45pm Stretch & Restore

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

White Rock Class

Comedy Club Hour

Resident & PM Only

Share funny stories, joke and memories in a group setting.

2:00pm– 3:00pm

Theater

Acting Fun

All Welcome

3:30pm-4:30pm

Flagpole Hill

Fellowship Word & Bible Study

All Welcome!



5:00pm-6:30pm

Auditorium & Ch. 81

OLLI After 5 Series

Res., PM, OLLI Only

Where's Schiller? The Forensic DNA Identification

of Friedrich Schiller, classical playwright.

Presented by Michael Coble, PhD

THURSDAY, MARCH 20

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

Immersive Learning Experiences in Virtual Reality

Presented by Regina Kaplan-Rakowski, PhD &

Fred McMahan, PhD

For More info see pg. 13



11:30pm – 3:00pm

Bus Trip

Il Trip: Discover Oak Cliff

Resident Only

Richard Stanford leads a bus trip.

Bring money for lunch. Sign up at The Point.

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 – 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!

Come help plan garden projects.

4:00pm–5:00pm

Auditorium

Resident Happy Hour

Resident Only.



5:00pm–6:00pm

Theater

NYMet Opera Screening

Resident Only

This Month: **The Magic Flute by Mozart**

BYOS- Bring Your Own Snack



NATIONAL
Ravioli
DAY

FRIDAY, MARCH 21

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

11:00am – 11:45am Seated Drumba



8:30am- 9:00am

Pavilion

Walking Club

Res. & PM Only

Walk for your health with Aaron Schmidt!

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

9:00am – 10:30am / 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.

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



Mindful March Event

1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

Inside Out 2

PG 2024 · Family/Comedy · 1h 36m



3:30pm – 4:30pm

Auditorium

Meet The Artist Reception

All Welcome!

Featured Artist- Bob Ann Talkington

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, MARCH 22

9am breakfast

10:00am – 12:00pm

Auditorium

Dallas County Pioneers

National award-winning journalist and author, Mark Stuertz presents his book Secret Dallas.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

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



4833 Steak Avenue

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

Movie MATINEE

In Honor of Mindful March!

Inside Out 2

PG 2024 · Family/Comedy · 1h 36m

The highest-grossing animated film of all time! Pixar dives deep into the complexities of the human mind, delivering a film that is as thought-provoking as it is entertaining. Building on the foundation of the original, Inside Out 2 explores new emotional territories, offering a fresh and enriching experience for viewers of all ages.



Friday, March 21
1:30pm

Free popcorn and water.
All Welcome!



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

THIS WEEK'S

Highlights

Monday, March 24

2:00pm

Women's History

Meet Jocelyn Dorsey!

Tuesday, March 25

10:00am

OLLI Class

Classical Music Comes to America 2 of 2

Tuesday, March 25

3:30pm

Richard Stanford Hour Book Review

Thursday, March 27

10:00am

OLLI Class

Where in the World Am I? The Nuts and Bolts of GPS

Friday, March 28

1:30pm

Movie Matinee

Here / PG -13- 2024 · 1h 44m

SUNDAY, MARCH 23

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2
All Welcome!

10:00am - 10:30am

**Adult Sunday
Morning Class**

Led by Rev. Dr. Bill Power

Auditorium
& Ch. 81
All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81
All Welcome!



Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, MARCH 24

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

11:00am – 11:45am Chair Volleyball

Vista 9th Floor Res & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

9:00am – 10:30am / 10:30am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am Auditorium S.

Happy Hookers Volunteer Group All Welcome!

Crochet plastic grocery bags into sleeping mats.

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



1:30pm – 2:30pm Pavilion
CCY Outdoor Artists Res. & PM Only

A group of “sketchy” artist who meet & create together. Sketch supplies provided.

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



3:30pm – 5:00pm Auditorium & Ch. 81
Women's History Month Event All Welcome!

Featuring Joceyln Dorsey, Atlanta's first African American news anchor.

TUESDAY, MARCH 25

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

OLLI Class

Classical Music Comes to America 2 of 2

Presented by Max Morley, DMA

For More info see pg. 13

Auditorium & Ch. 81

Res., PM, OLLI Only

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim

3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

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

1:00pm-2:00pm Auditorium

CC Young 'Uns Choir Rehearsal All Welcome!

Sing and socialize with Choir Director Russ Rieger.

1:30pm – 3:00pm

SrTech Class

Navigating your Windows Laptop

Tech Lab

Res. & PM Only

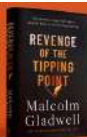


3:00pm-5:00pm

Total Hearing Clinic

Flagpole Hill

Resident Only



3:30pm-4:30pm Auditorium & CH. 81
Richard Stanford Hour All Welcome

This Month's Book Review:

Revenge of the Tipping Point by Malcolm Gladwell

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

Auditorium

All Welcome

WEDNESDAY, MARCH 26

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

1:00pm – 1:45pm Stretch & Restore

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!

3:00pm – 4:00pm

Cafe Game Zone

Aaron's Game Zone Challenge

All Welcome!

Let's find out who is up for a fun "Trifecta Challenge"

Ping Pong, Shuffle Board, Pool.

THURSDAY, MARCH 27

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

Where in the World Am I? The Nuts and Bolts of GPS

Presented by David McKinley

For 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

1:00pm – 2:00pm

Flagpole Hill

Sign Language Fun!

All Welcome!

1:30pm – 3:00pm

Tech Lab

SrTech Class

Res. & PM Only

Navigating your Apple Laptop

2:00pm – 3:00pm

Flagpole Hill

Garden Club Meeting

All Welcome!

Come help plan garden projects.

4:00pm–5:00pm

Auditorium

Resident Happy Hour

Resident Only.

FRIDAY, MARCH 28

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

11:00am – 11:45am Seated Drumba



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

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

Practice and team play time.

Café Game Zone

All Welcome!

10:00am-12:00pm

SrTech Free Coaching Fridays

Come & Go for Technology Help!

Tech Lab

Res. & PM Only



11:30pm – 2:00pm

Il Trip: Dallas Blooms

\$18 p/p for ticket purchased at gate.

Plus money for lunch. Sign up at The Point.

Dallas Arboretum

Resident 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

The Storied Life of A. J. Fikry

2022 • Rated PG-13 • 2h 17m

Theater

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

SATURDAY, MARCH 29

2:00am - 4:00pm

Auxiliary Centennial

Spectacular

Individual Seating: \$50 Point Auditorium

\$25 Theatre Seating. See pg. 51 for more info.

Auditorium

All Welcome!

2:00pm – 7:00pm

Open Paint Time

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

White Rock Class



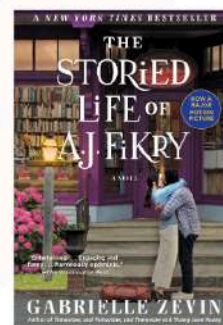
4833 Steak Avenue
is open 5pm-7pm
Friday and Saturday Only!
Reservation Required.
972-755-3259

Movie MATINEE

The Storied Life of A.J. Fikry

2022 PG.13 1hr 45m

A.J. Fikry's wife has died, his bookstore is in trouble, and now his prized rare edition of Poe poems has been stolen. However, when a mysterious package appears, its arrival gives him the chance to start his life over and see things anew.



Friday, March 28
1:30pm

Free popcorn and water.
All Welcome!



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!

10:00am - 10:30am

**Adult Sunday
Morning Class**

Led by Rev. Dr. Bill Power

Auditorium
& Ch. 81
All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium
& Ch. 81
All Welcome!

WELLNESS WEDNESDAY

CHAIR MASSESSES

AT THE POINT

WEDNESDAY, MARCH 19

OPEN TO RESIDENTS, POINT MEMBERS, STAFF AND GUESTS!



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.

- The 3rd Wednesday of each month
- 9AM - 12PM and 1PM - 4PM in The Point Lobby
- Cost: \$20 per 10-minute session. (Book multiple sessions at once)
- Payment: Resident Room Charge, Cash, Check, Credit, or Debit

BOOK NOW

Sign Up by scanning QR code. See a Point Staff Member for assistance.




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

11:00am – 11:45am Chair Volleyball

Vista 9th Floor Res & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

9:00am – 10:30am / 10:30am – 12:00pm Open Swim

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

Happy Hookers Volunteer Group All Welcome!

Crochet plastic grocery bags into sleeping mats.

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

972-638-8795

Vista Rehab Pool

Res. & PM Only

12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim

3:00pm – 4:00pm Pool Volleyball

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

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

1:00pm – 1:45pm Stretch & Restore

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

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 – 3:00pm

Tech Lab

SrTech Class

Res. & PM Only

Android Photos

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.

FRIDAY, APRIL 4

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

11:00am – 11:45am Seated Drumba



8:30am- 9:00am

Walking Club

Pavilion

Res. & PM Only

Walk for your health with Aaron Schmidt!

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

9:00am – 10:30am / 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.

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!



4:00pm – 5:00pm

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

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

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

Monthly Meeting

Fitness Center

All Welcome!

2:00pm – 7:00pm

Open Paint Time

White Rock Class

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



4833 Steak Avenue

Closed

Saturday, Feb. 1

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!



Lifestyle Section

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

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





MARCH 2025

MINDFUL MARCH: LIVING WITH INTENTION AND CREATING OUR BEST REALITY

Brian Parman

Director, The Point & Pavilion

As we embrace Mindful March, I invite you to consider how the simple act of being present and intentional can transform your daily life. Each day, we have the power to shape our reality through our thoughts, our focus, and the energy we bring to each moment. I begin my mornings with prayer, meditation, and mindfulness, aligning myself with the highest vibrations of gratitude and joy. I truly believe in the Law of Attraction—that what we focus on expands and that we are the deliberate creators of our own reality. By consciously choosing what we allow into our minds, we set the course for our experiences and well-being.



The Power of Intention and Mindfulness

Mindfulness is not just a practice—it is a way of living. It is about being fully present, aware of our thoughts, and intentional about where we place our energy. Esther and Jerry Hicks, in *The Vortex*, remind us that our emotions act as a guidance system, leading us toward or away from our highest good. Similarly, Don Miguel Ruiz's *The Four Agreements* offers wisdom on living with mindfulness:

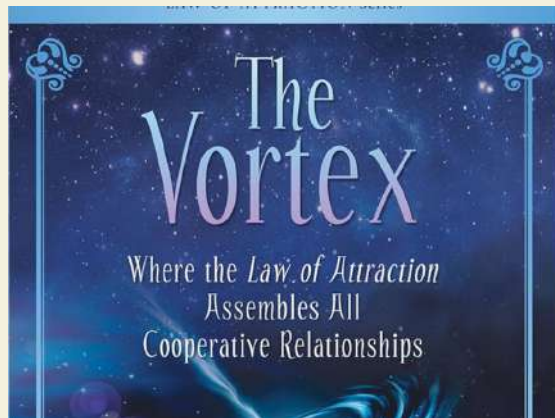
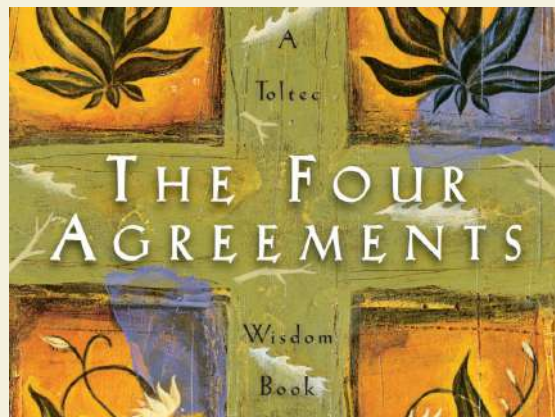
- **Be Impeccable with Your Word** – Speak truthfully and with kindness, for your words shape your reality.
- **Don't Take Anything Personally** – What others do is not about you; protecting your peace is an act of mindfulness.
- **Don't Make Assumptions** – Seek clarity, ask questions, and avoid unnecessary suffering.
- **Always Do Your Best** – Honor yourself by giving your best effort in each moment.

Practical Ways to Cultivate Mindfulness

Bringing mindfulness into daily life doesn't have to be complicated. It's about making small, intentional choices that uplift your spirit and align with your inner peace. Here are some ways to practice mindfulness in your daily routine:

- **Watch, Read, or Listen to Uplifting Content** – I often watch YouTube videos that reinforce beauty, joy, and wisdom. Recently, I watched *The Subtle Art of Losing Yourself*, a film that deeply resonated with me. I also enjoy watching videos morning meditations to start my day. My favorites include videos by Esther & Jerry Hicks, Quantum Energy Infusion, Sound Baths, Ted Talks, and Reflections of Life, a self-funded video series chronicling personal stories of transformation, loss, and self-discovery. What we consume influences our mindset—choose content that nourishes your soul.

- Engage in Worship, Prayer, and Study – Spiritual practices offer grounding and clarity. Whether through a church service, personal reflection, or studying sacred texts, dedicating time to spiritual growth cultivates mindfulness.
- Move with Purpose – Mindfulness is not just about stillness; it can be movement, too. Yoga, Tai Chi, or even dance allow us to connect with our breath, body, and inner peace.
- Spend Time in Nature – Our campus and the surrounding East Dallas area provide countless opportunities for mindfulness. Sitting on your balcony, walking the beautiful grounds, or biking along the lake are ways to reconnect with the present moment. I love to jump on my bike and take in views around the lake this time of year to help clear my head and get some fresh air. The Dallas Arboretum, with its seasonal blooms, reminds us of the wonder that surrounds us every day.
- Express Yourself Creatively – Writing, music, and the arts offer powerful ways to channel mindfulness. Whether through our Scribbler, Scribes & Seekers writing group, singing in the choir, painting, crafting, or even acting, creativity becomes a form of meditation when approached with intention.
- Practice Gratitude – Each moment holds a gift. Rather than focusing on what is lacking, shift your awareness to what is beautiful and abundant in your life. Begin or end your day by naming three things you are grateful for. This simple practice can shift your entire perspective.



A Call to Mindfulness

This Mindful March, I encourage you to be intentional about the energy you bring into your day. What thoughts are shaping your reality? What are you allowing into your mind and heart? By choosing mindfulness—whether through meditation, movement, nature, creativity, or gratitude—you hold the power to create a life of peace, joy, and purpose. I'm thrilled to welcome Connie Kean of Quantum Energy Infusion to our campus on March 13, 2025 to share more about how you can transform your energy and THRIVE!

What mindful practice will you embrace this month?

"WE MAY THINK OF JOY AS SOMETHING THAT HAPPENS SPONTANEOUSLY, FEW PEOPLE REALIZE THAT IT NEEDS TO BE CULTIVATED AND PRACTICED IN ORDER TO GROW" TICH NHAT HANH, ZEN BUDDHIST MONK (1926-2022)

Crews News

MARCH
2025



by Russell Crews
President and CEO

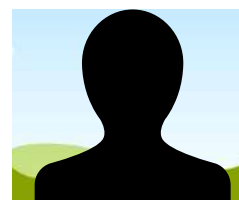
Compassionate and Specialized Wound Care at CC Young



At CC Young, we believe that healing is more than just a medical process—it's a journey of care, attention, and expertise. One of the most critical yet often overlooked aspects of healthcare in senior living is wound care. As we continue to see a rise in conditions such as diabetes and peripheral vascular disease, the need for specialized wound care has never been greater. At CC Young, we are committed to providing this essential service both on our campus for residents in The Vista Health Center and beyond for those we serve at home with Home Healthcare.

Wound care is a specialized field that requires specific training and certification. Our in-house nurses and Home Healthcare nurses undergo rigorous training to become certified in wound care, ensuring that each patient receives expert treatment tailored to their needs. Licensed Vocational Nurses and Registered Nurses are equipped with the skills necessary to assess, treat, and monitor wounds, playing a vital role in the healing process.

At this juncture, we have 3 full time employees certified to administer wound care: Jonathan Lall, LVN (2 years), Fran Hosseiny, LVN (9+ years), and Stefan Bezpalko, RN (5 years). Additionally, to further enhance our wound care program, we have partnered with Skilled Wound Care, which provides a Physician's Assistant to round at our health center on a weekly basis. This collaboration allows us to make real-time adjustments to care plans, ensuring that wounds are treated effectively and efficiently. Our primary wound care nurse in The Vista Health Center, Jonathan Lall, works closely with the Physician's Assistant, updating care plans and personally administering treatments. Fran and Stefan document and update orders for Hospice and Home Healthcare, respectively. The combined expertise and dedication of all these individuals contributes to better outcomes for our patients.





The scale of wound care at CC Young underscores the importance of this service. In just one week at The Vista, our team treated 90 wounds for 48 patients, with 15 of those wounds fully resolved by the end of the week. These wounds arise from a variety of causes, including surgical procedures, bed sores, and skin trauma. Some wounds require daily treatment, while others necessitate multiple treatments throughout the week. Our team is prepared to provide care at the level and frequency required for optimal healing.

Our commitment to wound care extends to the very beds in our health center. All Vista mattresses in the health center are dual-purpose, incorporating both foam and air mattress technology. When needed, the air mattress is inflated using a pump attached to the bed, providing enhanced pressure relief. Additionally, we secure Centrella Smart Beds on a rental basis as needed. These advanced beds offer critical positioning capabilities, tilting from side to side and front to back to alleviate pressure on wounds. As of late February, we have two Centrella beds in use, with two more scheduled for delivery, bringing our total to four.

Additional tools used are wound vacs which come in different sizes, depending on the need. These are medical devices that pull fluid from the wound with negative pressure. The effect of reducing the fluid helps decrease swelling, therefore promoting healing. Dressing changes are an integral part of this process as well and are made as often as needed based on the speed of healing. Not surprisingly, the age and health of the patient and the severity of the wound impact the speed of recovery.

Medicare regulations add another layer of complexity to wound care management. Coverage for specialized mattresses is only provided for patients with Stage 4 wounds or multiple Stage 3 wounds, classifications determined by the size and depth of the wound. Despite these limitations, CC Young remains committed to securing the best possible care solutions for our residents.

As the prevalence of diabetes and vascular conditions increases, so does the need for vigilant, expert wound care. Many wounds we treat result from diabetes-related complications, peripheral vascular disease, and venous stasis, conditions that are more common among older adults and those with limited mobility.

At CC Young, our focus is always on providing the best possible care for our Vista Health Center residents and those we serve through Home Healthcare. Wound care is not just about treatment—it is about dignity, comfort, and improving quality of life. We are proud to offer a program that blends medical expertise with heartfelt care, ensuring that each individual receives the attention and healing they deserve.



by Jen Griffin
Vice President Engagement

VILLAGE REPORT

Pondering “Mindful March” topics, it occurs to me that mindfulness is not necessarily about changing who we are but is more about creating and maintaining good habits and becoming more present in our daily lives. It’s not complicated! Whether savoring a meal, listening deeply to a friend, or taking a moment to breathe, mindfulness in a senior living community like ours allows us time to fully embrace the richness of daily life and the joy that comes with it.



Mindfulness is a powerful tool for enriching our daily experiences. Living in a senior community provides countless opportunities to engage in mindful practices that foster presence, gratitude, and deeper connections with ourselves and others. By integrating mindfulness into everyday activities, we can enhance our well-being and find joy in the present moment. As said by Thich Nhat Hanh, a renowned Zen Buddhist Monk, “We may think of joy as something that happens spontaneously. Few people realize that it needs to be cultivated and practiced in order to grow.” So again – mindfulness is a habit that can be cultivated!



Think of something as simple as eating. It is not just a necessity—it can be a deeply enjoyable experience when done mindfully. Too often, meals become routine, eaten quickly and without thought. (I’m guilty. Are you?) Following the lead of our European friends, taking a moment to appreciate food’s colors, aromas, and textures before taking a bite can transform eating into a richer experience. Chewing slowly and savoring each bite allows us to be fully present, appreciating the nourishment our meal provides. Avoiding distractions, such as telephone or television, and focusing solely on eating and companions can make meals more fulfilling and enjoyable. It’s a simple, but effective shift...when you are mindful about it.

Our bodies are always speaking to us, yet we rarely take the time to listen. A mindful body scan can bring awareness to areas of tension and help us release stress. For me, I have always felt “separate” from my body. When I mindfully start at my feet and slowly move upward, I notice sensations along the way, and I can feel a deep connection with my body. Each breath can be used as a tool to consciously relax any areas of tightness, allowing both mind and body to soften and let go. Try it if you have not, and maybe you will see what I mean.

Conversations become more meaningful when we practice mindful listening. In a world full of distractions, giving someone our full attention can be a rare and valuable gift. Putting aside phones or background noise, making eye contact, and truly hearing what someone has to say strengthens relationships and reduces misunderstandings. The simple act of being present in conversation can deepen connections with your friends and family. And, as “busy” and fast-moving as we all are these days, being present definitely requires intention to make it happen.

Mindfulness meditation is another powerful practice for emotional well-being. It has been shown to help with depression, anxiety, and loneliness, offering a sense of calm and clarity. A basic yet profound practice is mindful breathing—taking slow, deliberate breaths to center the mind and body. Even a few minutes a day can make a noticeable difference in reducing stress and promoting relaxation. There are many, many free apps on your phone that can walk you through a guided meditation – and you can set a timer! Prayer can accomplish the same result.

Mindfulness also invites self-reflection, allowing us to look inward with curiosity and compassion. Exploring core values and considering what truly matters at this stage of life can be an enriching process. Observing emotions—whether joy, anger, grief, or anxiety—without judgment helps us understand ourselves more deeply.



Acknowledging difficult feelings and offering ourselves kindness can lead to greater self-acceptance and peace. For me personally, I occasionally think I've learned what I need to learn from the journey of life...and “I’m done!” with all that. Then reality slaps me in the face, and I’m reminded that the journey toward personal growth is perpetual – as it should be!

And finally, gratitude is a cornerstone of a joyful, mindful life. Taking time each day to reflect on the things we appreciate helps shift our mindset towards positivity and contentment. Keeping a simple journal or mentally listing a few things to be grateful for can foster a sense of well-being. Expressing gratitude to those around us, whether staff, neighbors, or family, strengthens relationships and cultivates a more compassionate community. Again, think of mindfulness as a habit. It’s not about changing who we are but about becoming more present in our daily lives. Whether savoring a meal, listening deeply to a friend, or taking a moment to breathe, mindfulness allows us to fully embrace the richness of this stage of life. By incorporating simple yet profound practices, we can cultivate greater peace, joy, and connection in our lives. On with Mindful March!

ON THE COVER



Trailblazing Journalist Jocelyn Dorsey to Headline CC Young's Women's History Celebration

CC Young Senior Living is thrilled to announce that Jocelyn Dorsey, a broadcasting legend, will be the featured speaker at its annual Women's History Celebration, "She Believed She Could, So She Did," on Monday, March 24th at 3:30pm.

Dorsey's remarkable 40-year career in television has seen her excel in numerous roles, from director of editorials and public affairs to anchor, reporter, producer, and assignment editor. She also served as executive producer and host of "People 2 People." Her groundbreaking work has earned her countless accolades, including seven Southeast Regional Emmys for Editorial Excellence and induction into the National Academy of Television Arts and Sciences (NATAS) Silver Circle – the first African American to achieve this honor



Dorsey's presence at CC Young's Women's History Celebration promises to be an inspiring and memorable event. Her story of perseverance, achievement, and dedication to her craft serves as a powerful example of what women can accomplish. Join us as we celebrate Jocelyn Dorsey and the countless contributions of women throughout history.

A graduate of The Ohio State University with a degree in journalism, Dorsey began her career at The Cincinnati Herald before joining WKRC-TV and then finding her long-term home at WSB-TV in Atlanta in 1973. At WSB-TV, she broke barriers as Atlanta's first Black news anchor and continued to make her mark, becoming the first woman and first African American to receive the Georgia Association of Broadcasters Citizen of the Year Award. She was also inducted into the National Association of Black Journalists Region IV Hall of Fame and named National Media Woman of the Year by the National Association of Media Women.



Resident Spotlight

Written by fellow
resident Nancy Worden



One of the most important situations when entering a Senior Living establishment is a welcoming environment bestowed by residents thereof. This is also true when beginning a new job or joining a volunteer organization. Joan Jackson exemplifies this trait of cordiality and example.

Joan is a true daughter of small town Texas. Pilot-Point specifically, which had a population of 1,156 in 1950. It was the WWII era and a special memory for Joan was earning a \$100.00 War Bond for collecting the most scrap iron. This initial venture was perhaps the impetus for her deep involvement in causes and volunteerism. As a student, Joan gleaned many special honors such as Homecoming Queen, Cheerleader, and many more. That's the beauty of a small town-the student is able to be recognized in several ways.

Joan moved into the residence of her cousin in the big city of Dallas, which in 1950 had a population of 434,462. Her search for a job was fulfilled when she secured a position as a secretary in an insurance company. Joan, small and charming caught the eye of Ben Taylor: they soon married and she began her time as a housewife and eventually the mother of three. Unfortunately, her husband died at age 41 from a heart attack and she bravely faced the future with tremendous support from her family.

In a few years Joan met a Military Meteorologist, Bob Jackson, married and began a series of assignments including Elmendorf in Alaska and Malmstrom in Montana. At these bases Joan began her long stint of volunteerism and love of learning various forms of arts and crafts. She volunteered at the hospital on the bases and also had an extensive association of volunteerism with the Red Cross.

At Elmendorf she fully enjoyed learning to ski which she continued until she was 70. All the family also enjoyed ice skating, hiking and camping, especially when they were stationed near Glacier Park in Montana.

A new interest were art lessons and becoming immersed in learning about Stained Glass, so much so she created a small business.

As an aside, she created a beautiful stained glass lamp, with a base from her father's smoking stand, which is placed in our CC Young Library, a lovely donation from Joan.



Bob retired, but the National Weather Service called and offered a position in Puerto Rico, a fun location. In fact, while there they had a chance and took 9 cruises, where Bob lectured on weather related subjects and Joan taught Arts and Crafts. On one cruise they met James Michener who was also lecturing.

Eventually, the Dallas area beckoned and, once again, Joan began her volunteerism, this time as an Ambassador at DFW. They moved from Bedford into a Dallas Condo where they lived 18 years and travelled endlessly, visiting 57 countries. Meanwhile, Joan also joined the work force for 35 years at Dallas Market Center, greeting visitors at the front desk, helping with fashion shows, led tours for Fashion and Design Students and even had time to swing by North Dallas Shared Ministries to volunteer at the Food Pantry.

When they moved to CC Young in 2017, she didn't slow down, she just changed directions, quitting her work at the Market Center and continuing her volunteerism at George Bush Library, which she had begun at its opening in 2013, only "hanging up her blue jacket" this July 2024.

CC Young Auxiliary Brings Joy to Memory Support

MARCH 2025

Thanks to the generosity of CC Young's Auxiliary, residents in memory support are experiencing a boost of joy in their daily lives. As part of the Auxiliary's end-of-year giving, the Memory Support Life Enrichment team was able to purchase an interactive projector designed to assist residents with cognitive decline.

The "Happiness Programme" is a groundbreaking initiative aimed at improving the lives of people with cognitive challenges. By using interactive light projection, residents can engage in games, physical activities, and daily tasks that stimulate their minds and get their bodies moving



Elena, the Manager of Life Enrichment, explained, "The best thing about the Interactive Projector is its mobility; we can move it to any room and project onto any surface for resident interaction. It allows us to serve residents with limited mobility by bringing the projector directly to them for in-room use, which will significantly increase resident engagement."

For residents living with dementia, the projector provides sensory stimulation, relaxation, and opportunities for reminiscence. They can interact with a variety of engaging games, such as sweeping leaves, planting flowers, playing the piano, and participating in various active exercises. The goal is to spark laughter and happiness among the residents.

Because of the CC Young Auxiliary's generosity, the lives of memory support residents are enriched. A portion of the funds raised annually from their biannual bazaar goes back to support CC Young's mission through the Benevolence Fund, staff scholarships, and life enrichment activities. For the past 100 years, the Auxiliary has been addressing the needs of residents.

On March 29th, from 3:00pm to 5:00pm in The Point Auditorium, the CC Young Auxiliary will host its Centennial Spectacular. Tickets purchased for this event will further support the mission of CC Young. For more information about tickets contact Brianna Brown at (214) 507-4425 or Brianna.brown@sbcglobal.net



Laura Coker
Sr. Director of Development
214-613-1420



CC YOUNG

AUXILIARY, EST. 1925

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The Point at CC Young
4847 W. Lawther Dr.
Dallas, TX 75214



Individual Seating:
\$50 Point Auditorium
\$25 Theater Seating



TA

To purchase tickets:
Make check payable to CC Young Auxiliary
Turn it in to Mindy Hail by or before 3.14.25
Memo: Auxiliary Centennial

Contact Brianna Brown : 214-507-4425



CC YOUNG PRIVATE CARE SERVICES EARNS TOP HOME CARE AWARDS

CC Young Senior Living Private Care has swept the 2025 Best of Home Care® Awards, receiving recognition for Provider of Choice, Employer of Choice, and the prestigious Leader in Experience Award. This triple win underscores CC Young's commitment to exceptional care and caregiver satisfaction.

The Leader in Experience Award, the highest honor bestowed by Activated Insights, places CC Young Private Care Services among the top 10% of home care providers nationwide. This award recognizes consistent excellence across ten or more quality metrics, highlighting CC Young's dedication to exceeding expectations.



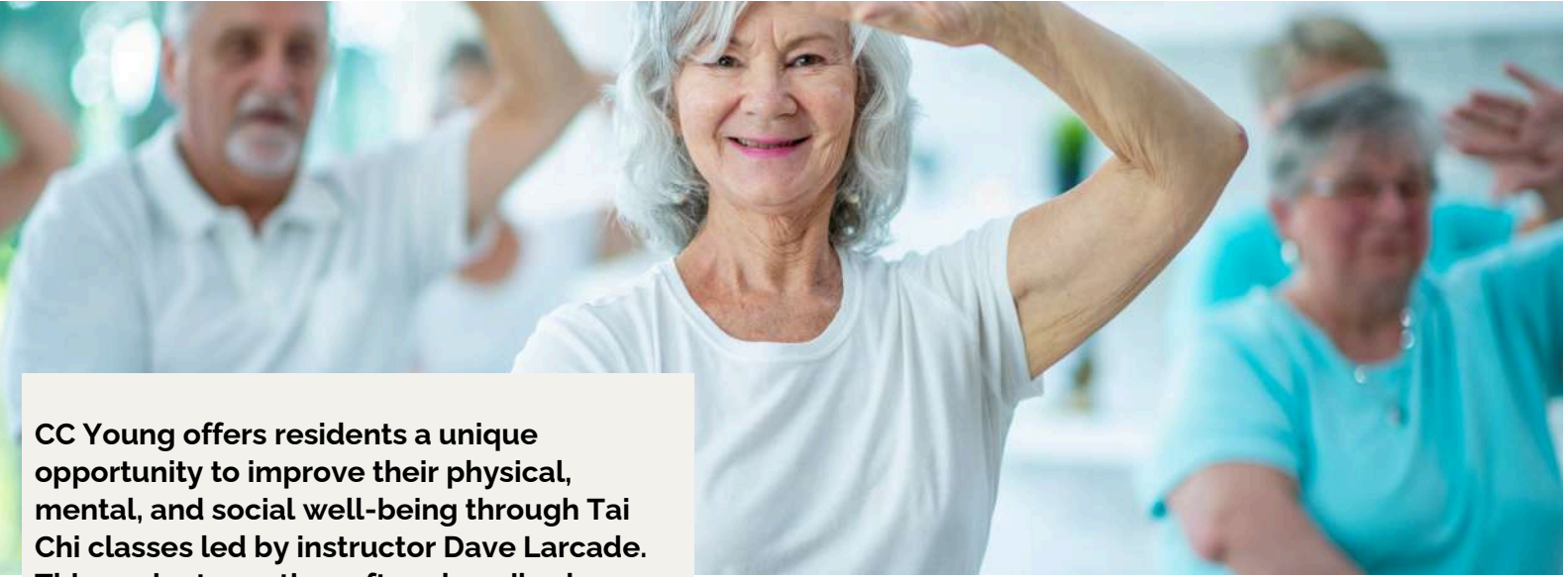
"Our Private Care team is held to very high standards," said Russell Crews, CC Young president and CEO. "We are thrilled and incredibly proud of their accomplishments, particularly adding the Leader in Experience Award. This stellar recognition is a testament to our team's ongoing commitment to delivering trusted and compassionate home care."

The Best of Home Care – Provider of Choice Award reflects CC Young's superior client care, as evaluated by clients across areas like overall care quality, service reliability, caregiver timeliness and compassion, and communication. The Best of Home Care – Employer of Choice Award, based on caregiver satisfaction surveys conducted by Activated Insights, recognizes CC Young as a best-in-class employer.

"CC Young Private Care Services has worked extremely hard to prioritize high-quality care and employment," said Bud Meadows, CEO of Activated Insights. "This award allows them to show proof of quality to potential clients and caregivers." CC Young's Community Services, including Home Healthcare, Hospice, and Palliative care, are licensed to serve 13 North Texas counties.



TAI CHI AT CC YOUNG: ENHANCING SENIOR WELLNESS

A photograph showing a group of seniors in a bright, airy room. In the foreground, a woman with short white hair, wearing a white t-shirt, is smiling and performing a Tai Chi movement with her right arm raised. Behind her, other seniors are visible, some in white and some in light blue shirts, also engaged in the practice. The background is softly blurred, showing more people and indoor plants.

CC Young offers residents a unique opportunity to improve their physical, mental, and social well-being through Tai Chi classes led by instructor Dave Larcade. This ancient practice, often described as "meditation in motion," offers a wealth of benefits specifically for seniors.

Benefits of Tai Chi for Seniors:

- Tai Chi's gentle, flowing movements offer a low-impact way for seniors to stay active and engaged. Research has shown that Tai Chi can provide a wide range of benefits:
- **Physical Health:** Improved balance and stability (reducing fall risk), strengthened lower body muscles, increased flexibility, enhanced cardiovascular health, and reduced pain and stiffness from arthritis.
- **Mental Health:** Reduced stress and anxiety, improved mood and cognitive function, and promoted relaxation and mindfulness.
- **Social Health:** Provides a social environment for interaction and community involvement.
- **Other Benefits:** Improved sleep quality, boosted immune system, and potential slowing of chronic disease progression.

Why Tai Chi is Ideal for Seniors:

Tai Chi is adaptable to various fitness levels, making it accessible for nearly everyone. The slow, controlled movements minimize stress on joints and muscles, reducing the risk of injury. As Dave Larcade's classes demonstrate, even standing Tai Chi can be a powerful aerobic workout.

Numerous studies support the effectiveness of Tai Chi for senior health. Meta-analyses have shown significant improvements in balance, cardiorespiratory fitness, cognition, mobility, and strength. Tai Chi has also been linked to reduced fall incidence and improved sleep quality. It's truly a form of "medication in motion."

Class Offerings:

- **Intermediate Tai Chi:** Tuesdays & Thursdays, 4:00pm. This standing class focuses on the 24-step Yang Style International form, improving balance, leg strength, and cardiovascular health.
- **Beginners Tai Chi:** Wednesdays, 4:00pm. Also a standing class, this session introduces the 24-step Yang Style International form, providing a foundation for improved balance and strength.



TECH TALK

Daphne Lee, Senior Tech instructor

MINDFULNESS, STRESS, AND ANXIETY: NAVIGATING THE DIGITAL WORLD WITH CALM AND CLARITY

In today's fast-paced world, especially with the rise of mobile devices, many experience stress and anxiety. The constant bombardment of notifications, news updates, and the pressure to stay connected can create a sense of overwhelm. However, integrating mindfulness into daily routines can offer significant relief. Mindfulness, the practice of paying attention to the present moment with a sense of non-judgment, provides an effective tool for managing the mental strain often linked to the digital age. Adopting mindfulness techniques can help reduce the impact of stress and anxiety, allowing for a more peaceful relationship with mobile technology.

UNDERSTANDING STRESS AND ANXIETY

Stress and anxiety are common challenges. Factors such as health issues, financial concerns, and the loss of loved ones can create a background of persistent worry. Additionally, the rapid evolution of technology can feel overwhelming. For many seniors, mobile devices — though powerful tools — often bring feelings of frustration, confusion, or a sense of inadequacy. The pressure to keep up with the digital world can increase stress levels, particularly when one feels disconnected from or unable to master these technologies.

Research indicates that chronic stress and anxiety are not just emotional burdens — they can negatively impact physical health as well, increasing the risk of heart disease, high blood pressure, and even cognitive decline. Thus, managing these emotions effectively is crucial for aging adults who wish to maintain a healthy and fulfilling life.



THE POWER OF MINDFULNESS

Mindfulness offers a straightforward yet powerful approach to managing stress and anxiety. Rooted in ancient practices, mindfulness teaches individuals to observe their thoughts and feelings without judgment, creating a sense of calm and clarity. When practiced regularly, it can help break the cycle of worry that often fuels anxiety.

Mindfulness, often called “living in the moment,” provides a way to stay grounded in the present, avoiding the mental traps of “what if” scenarios that exacerbate stress. Mindfulness techniques such as focused breathing, meditation, and mindful walking can create moments of peace amidst the chaos. Even simple activities like savoring a meal, focusing on the sensation of holding a loved one’s hand, or appreciating a beautiful view can be opportunities for mindfulness.

MINDFULNESS AND MOBILE DEVICES

While mobile devices can sometimes add to stress, they also offer a valuable avenue for practicing living in the moment. There are countless apps designed to help users of all ages incorporate mindfulness into their routines. These apps can guide users through breathing exercises, meditation sessions, and even remind them to take mindful breaks throughout the day.

For example, apps like Headspace, Calm, or Insight Timer, which are easy to navigate and designed for all levels, to reduce anxiety. These apps provide a gentle way to slow down, focus on the breath, and quiet the mind — counteracting the anxious rush that can come from checking emails or scrolling through social media.



BALANCING TECHNOLOGY AND MINDFULNESS

As beneficial as mindfulness apps and online resources can be, it’s important to remember that balance is key. Technology should be used as a tool to enhance well-being, not as a source of additional stress. Setting boundaries with mobile devices, such as limiting screen time, turning off unnecessary notifications, and establishing tech-free zones in the home, can help reduce anxiety.

Mindfulness encourages the practice of being present — whether that’s with technology or in a moment of stillness. By approaching mobile devices with intention, seniors can navigate the digital world with a calm mind, enjoying the benefits of technology without feeling overwhelmed.

WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

OVERLOOK



Suzy Bruce



Carolyn Knudsen



Karl Warkentin



Phyllis
Speck



Olin Knudsen



Rita Warkentin

ASBURY

MARCH TEAM BIRTHDAYS

Aaron Schmidt	3/1	Life Enrichment
Angie McWhirter	3/2	Umphress
Crescent Nambu	3/2	Health Center
Charletta Weston	3/3	Health Center
Jose Hurtado	3/3	Dining Services
Connor Beane	3/3	Dining Services
Kamecia Richard	3/4	Health Center
Kim Jones	3/6	Hospice
Mary Wiese	3/7	Assisted Living
Blair Viehe	3/7	Therapy
Sandra Crump	3/8	Assisted Living
Mary Kahura	3/8	Private Care
Maria Barron	3/8	Dining Services
Nevenka Cubra	3/9	Housekeeping
Pamela Balfour	3/10	Social Services
Jennifer Broadway	3/11	Hospice
Carmen Antunez	3/11	Housekeeping
Mercy Ade	3/11	Health Center
Carlos Leos	3/11	Housekeeping
Ana Miranda	3/12	Private Care
Michelle Zavala	3/12	Housekeeping
Lemlem Gebre	3/12	Private Care
Alzavian Jones	3/12	Life Enrichment
Emily Orozco	3/12	Health Center
Sondra Showels	3/13	Health Center
Tesfaye Yigremie	3/14	Health Center
Sarah Medelline	3/14	Therapy
Russell Crews	3/16	Executive
Alethea Butler	3/16	Assisted Living
Danielle Hezmall	3/16	Therapy
Jacqueline White	3/17	Housekeeping
Juliana Mbungkah	3/18	Health Center
Kevin Wells	3/18	Sales
Omesheia Williams	3/19	Private Care
Natnal Balcha	3/19	Housekeeping
Rokeitha Jackson	3/20	Health Center
Sinjin Andrukates	3/20	Dining Services
Ruby Lampley	3/21	Private Care
Emebet Abegaz	3/21	Assisted Living
Katie Jackson	3/21	Therapy
Erica Smalls	3/22	Health Center
Alexa Hernandez	3/23	Dining Services
Hirut Hailu	3/24	Health Center
Rebka Shaka	3/24	Dining Services
Tonya Simmons	3/25	Home Health
Abiola Muritala	3/27	Private Care
Janet Martinez	3/28	Life Enrichment
Charles Amadi	3/28	Health Center
Felekech Geberemeskel	3/28	Private Care
Yetagesu Hurisa	3/28	Hospice
Barrett Reynolds	3/28	Dining Services
Carmen Dudley	3/29	Private Care
Rebekah Widener	3/29	Health Center
Lavada Davis	3/30	Hospice
Melvin Campecino	3/30	Health Center

March Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Judy Craigo	3/2/2022	3	Community Outreach
Jordan Stubbs	3/2/2020	5	Therapy
Chris Thomas	3/2/2022	3	Hospice
Ashley Williams	3/4/2024	1	Health Center
Emily Orozco	3/4/2024	1	Health Center
Maria Morales	3/4/2024	1	Health Center
Kristi Macklin	3/4/2024	1	Health Center
Aramide Ayoko	3/4/2024	1	Memory Support
Krista Hill	3/4/2024	1	Health Center
Tammy Reuben	3/8/2021	4	Health Center
Paula Olewike	3/9/2011	14	Memory Support
Melvin Campecino	3/13/2023	2	Health Center
Kevin Dolan	3/13/2023	2	Therapy
Tamara Wallace	3/13/2017	8	Hospice
Anymore Shindi	3/14/2024	1	Private Care
Nora Spotanski	3/15/2023	2	Dining Services
Maria Fernandez	3/15/2024	1	Dining Services
Katie Jackson	3/16/2020	5	Therapy
Yavonda Hawthorne	3/16/2024	1	Dining Services
Lynda Jackson	3/16/2023	2	Memory Support
Mindy Hail	3/17/2014	11	Executive
Teinekwa Brown	3/18/2024	1	Dining Services
Tony Chukwueke	3/19/2024	1	Therapy
Haymanot Bekele	3/20/2023	2	Private Care
Bria Bassett	3/21/2022	3	Therapy
Joel Gregory	3/22/2024	1	Therapy
Tigist Gebretsadik	3/22/2021	4	Assisted Living
Jazmine Jordan	3/23/2022	3	Health Center
Forleace Bush	3/24/2021	4	Private Care
Martha Adams	3/25/2019	6	Private Care
Abiola Muritala	3/26/2024	1	Private Care
Josephine Weston	3/27/2017	8	Dining Services
Kimberly Lambert	3/27/2017	8	Health Center
Spencer Crews	3/27/2018	7	Sales
Clara Davis	3/28/2022	3	Private Care
Nina McKinley	3/28/2022	3	Dining Services
Kenneth Howard	3/28/2023	2	Dining Services
Marie Benavides	3/30/2016	9	Sales
Taniqwua DeVall	3/30/2022	3	Health Center
Irelia Arriaga	3/31/2021	4	Housekeeping



A close-up photograph of a wicker basket filled with numerous white snowdrop flowers. The flowers have six petals and green centers, with some buds still closed. The basket's woven texture is visible at the bottom and sides.

March RESIDENT BIRTHDAYS

Shirley McLean	1	Vista
Catherine Okamoto	1	Vista
Dieter Goebel	1	Vista
Doyle Stewart	1	Vista
Robert Adams	2	Asbury
Edwin Millis	3	Vista
Susan Ruvio	3	Vista
Lorrie Mercer	5	Asbury
Jerry Robertston	5	Vista
Georgia Baier	7	Vista
Judy Vincent	8	Asbury
Cynthia Cummings	8	Vista
Seiglinde Radtke	9	Vista
Ruth Boren	10	Hillside
Patricia Loe	10	Vista
Vicki Hill	11	Asbury
Lauren Barrett	11	Vista
Kathleen Marshall	12	Thomas
Nancy K Jones	12	Hillside
Bobby Turner	12	Vista
Diane Gilliam	15	Overlook
Mary Martin	16	Vista
Phyllis Speck	16	Asbury
Alix Mason	16	Vista
Pattie Gooch	17	Asbury
Judith Hearne	17	Overlook
Ellie Marshall	17	Overlook
Susan May	20	Overlook
Pat Neill	21	Vista
George Denton	21	Overlook
Cora Mason	21	Overlook
Babette Tippit	21	Asbury
Darlene Brown	24	Asbury
Fred Christen	24	Overlook
Bo Currin	24	Asbury
Marjorie Buchanan	25	Hillside
Jack Sledge	25	Hillside
Bethanyann Smith	26	Overlook
Janice Vice	28	Asbury
Robert Sloan	28	Vista
John Irvin	29	Vista
David Leeswood-Jones	31	Overlook



MARCH

Resident *Anniversaries*

18 Years

Jim McCall

10 Years

Dieter Goebel

Gloria Little

8 Years

Jay Orr

Kathy O'Donnell

Ann Conley

7 Years

Kay Aylesworth

6 Years

William Gamble

Carolyn Edwards

5 Years

Sharon Williams

Jo Winton

Rosemary Broome

Judith Hearne

THOMAS CUISINE SPECIAL DINING DAYS

March						2025
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 4833 Steak Avenue CLOSED
2 National Banana Cream Pie Day	3 Hillside Food Committee Meeting 10am	4 Thomas Action Station 11:30am-1pm HTA	5 Cinco de Marcho Conley's Buffet 11:30am-2pm	6 Hillside Action Station 11:30am-1pm HTA	7 4833 Steak Avenue CLOSED	8
9	10	11 Thomas Food Committee Meeting 2:30pm	12	13 Action Station Asbury 11am-1:30pm Conley's 11:30am-2pm HTA	14 4833 Steak Avenue CLOSED	15
16 National Chips & Dip Day	17 National Corned Beef & Cabbage Day	18 Overlook Food Committee Meeting 3pm	19 National Chocolate Caramel Day	20 National Ravioli Day	21 4833 Steak Avenue OPEN	22
23 30	24 31	25 Asbury Food Committee Meeting 2pm	26	27	28 4833 Steak Avenue OPEN	29

Action Station of the Month: Assorted Sliders

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,

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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



CC YOUNG
THE POINT & PAVILION



CC YOUNG
SENIOR LIVING

Egg Stravaganza

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

Join us for 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



The CC Young Garden Club Presents

GARDEN EDUCATION DAY

The Flora, Fauna, and Fantastic Nature of Wild DFW

FRIDAY, APRIL 4, 2025
3:00PM - 5:00PM

*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.*



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