# ACTIVESENIOR LIFESTYLE GUIL







On The Cover

Movement May features a performance at The Point by Bruce Wood Dance Learn

more about them on pg. 48

**Movement May** 

DICOVER CORE FUSION CLASS Music, Music Everywhere

PIANO, DANCE & MORE

Walk With Us

WALKING CLUB FRIDAY WALKS

MAY 2025

# PAGE 2

# Meet The Team



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Lori Sanders
Speech Therapist /
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Loud Crowd Instructor
Isanders@ccyoung.org

# THE POINT & PAVILION



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Wellness
Instructor



**Bethanie Belk**Wellness
Instructor



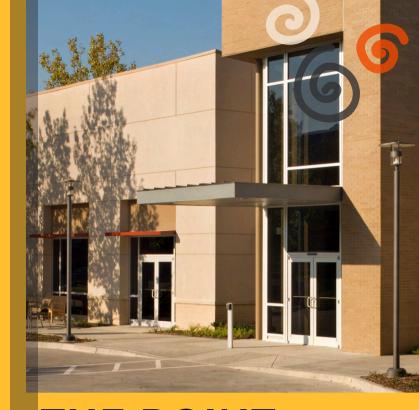
**Dave Larcade**Tai Chi Instructor



Tammy Slauson
Wellness
Instructor

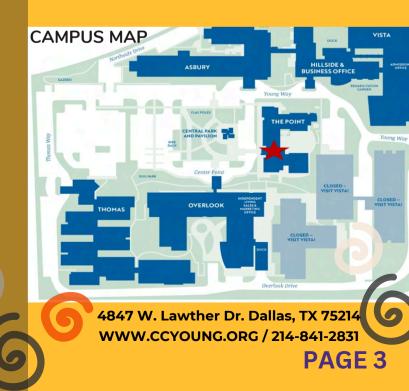


**Lindsey Buis, PT**Wellness Instructor



# 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.



# Table of Contents

# 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

#### **Highlights of Events**

- Artist Choice-Art Exhibition
- Gustavo Romero Piano Concert
- OLLI Summer Kickoff
- Lee Dettra Piano Concert
- Watercolor Workshop
- Bruce Wood Dance Performance
- DSO String Trio

#### 12-20

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- SeniorTech Classes
- Massage Services
- Off Campus Trips
- Special Interest Groups
- Collaborative Partners
- Wellness Classes
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Daily Schedule

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



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**Team Talk!** 

#### \_\_\_\_\_

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- Village Report

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#### **Celebrations**

- Welcome New Residents
- Team Birthdays
- Team Anniversaries
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#### **Save The Dates**

- Kelvin Meyers- FUMC Centennial Planning
- SIA Save The Date







**THURSDAY, MAY 1, 2025 – THURSDAY, JUNE 26, 2025** 

#### **ARTIST'S CHOICE**

PHOEBE SEALEY, CAROLYN BROWN, AND CYNTHIA ADLER







MEET THE ARTIST RECEPTION FRIDAY, MAY 16 3:30PM



4847 W. LAWTHER DR. DALLAS TX 75214 **PAGE 5** 



# Monday, May 5 10:00am

# Piano Concert



World Renowned Pianist Gustavo Romero Returns to CC Young.

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



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

#### No Test. No Grades. No Limits.



# SUMMER 2025 KICKOFF

# THE POINT AT CC YOUNG SENIOR LIVING

10:00am

**Thursday, May 8** 

4847 W. Lawther Dr.

RSVP: 469-224-1497

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

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

- Course catalogs
- Registration forms
- Refreshments provided





#### THE POINT

There's always something new to learn at The Point!

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

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# **PIANO** CONCERT FRIDAY, MAY 9 3:30PM



POINT AUDITORIUM & CH. 81



PIANIST SCOTT DETTRA TAKES US BACK TO THE TURN OF THE 20TH CENTURY TO EXPLORE THE WORLD OF RAGTIME — AMERICA'S FIRST POPULAR MUSIC — IN A PROGRAM FEATURING MUSIC BY SCOTT JOPLIN AND HIS CIRCLE. BE SURE TO BRING YOUR DANCING SHOES SO YOU CAN TAP YOUR TOES TO THIS PROGRAM OF SENSATIONAL SYNCOPATION.

Special Mother's Day

# WATERCOLOR WORKSHOP

May's Flowers



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

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

## Saturday, May 10 3:00pm

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

Open to CC Young Residents and their Children.

Sign up at The Point

CC YOUNG

THE POINT & PAVILION

# Monday, May 12 2:00pm

The Point Auditorium and on CH. 81

# BRUCE WOOD DANCE PERFORMANCE









DALLAS SYMPHONY ORCHESTRA

# STRIG TRIO

BRUCE WITTRIG, BING WANG AND JASON SHEN WILL PERFORM ON VIOLIN AND CELLO

TUESDAY
MAY 13
3:00PM

POINT AUDITORIUM & CH. 81



DALLAS SYMPHONY ORCHESTRA PAGE 11

# MAY 2025 SENIOR TECH CLASSES

Get Tech Help at The Point!

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

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



Classes Open to Residents & Point Members Only

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



Daphne Lee, Instructor

FRIDAY, MAY 9 AT 10:00AM-12:00PM Free Coaching Fridays: Come and go for all technology questions.

**TUESDAY, MAY 13 AT 2:00PM**Navigating your Apple Watch

**TUESDAY, MAY 20 AT 2:00PM Navigating your Windows Laptop** 

FRIDAY, MAY 23 AT 10:00AM-12:00PM Free Coaching Fridays: Come and go for all technology questions.

**TUESDAY, MAY 27 AT 2:00PM**Accessing My Medical Portal









# Massage Services ATCCYOUNG

Swedish, Deep Tissue, Reiki or Sound Healing

CCY Residents, Family Members and Point Members: \$65 / 60 min \$95 / 90 min General public add \$20 per service.

Vista Residents Floors 4-8 In-Room Massage \$50/30 min In-Room Reiki/ Sound Healing \$37.50

Gratuity not included.

Book Your Appointment 972-755-4259



#### **Payment Options**

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

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



Adrenia Lugo
Massage Therapist
alugo@ccyoung.org



Cedrick Davis

Massage Therapist

cdavis@ccyoung.org



Anna Parkins
Reiki Practitioner
aparkins@ccyoung.org

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

## MAY RESIDENT TRIPS



# Sign up at The Point



## Cinco De Mayo Luncheon

at Umpress Terrace

Monday, May 5 11:30pm- 2:00pm

Enjoy a Mexican feast prepared by our friends at Umpress Terrace.

**Bus will pick up at The Point** 



Bus will pick up at The Point

#### Discover Oak Cliff TRIP,

Bus Tour with Richard Stanford
Thursday, May 8
11:30am- 3:30pm

Priority seating for previous trip wait list. Check Sign-up sheet for any available bus seats. Bring money for lunch.



**Make-up Trip** 

Tuesday, May 13 11:30am- 2:30pm

Priority seating for previous trip list. Check the Sign up sheet for any available bus seats.

\$18 p/p to be paid at gate. Bring money for lunch.

Bus will pick up at The Point



Thursday, May 15 TRIP 2

Priority seating for previous trip wait list. Check Signup sheet for any available bus seats.

\$24 P/P.

Please Note: Lunch not included on this trip. Must be able to stand for 20 minutes

**Bus will pick up at The Point** 



Sunday May 25 5:00pm- 7:30pm Tower Arts presents
Scott Dettra &
Dallas Symphony
Orchestra

**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 3nd 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



Saturday in December

#### 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

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# 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



### 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



#### 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



## 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



#### **OPERA CLUB**

The group meets monthly to view and discuss a video of a famous Opera.

Check Lifestyle guide for meeting time. 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 TEAM

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

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# CC YOUNG WELLNESS



Zumba Gold 8:00am-8:45am / Mon - Thur **Instructor: JoAnn Tobey** 

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



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

Fun physical activity enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. All participants remain seated for the duration of the activity. Adults of all abilities and activity levels can play the game.



Drumba

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

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



Floor Yoga Class 9:00am-9:45am / Tues, Thurs & Fri Instructor: Heidi Fessler

This gentle yoga class is a balance between static and dynamic yoga poses performed at a slow pace. Mindful movement, mind-body connection, and breath awareness ease the body into seated and standing poses. \*\*\*participants must be able to get up and down off the floor unassisted\*\*\*



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

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



Balance 2 11:00am-11:45am / Thurs Instructor: Beth Belk

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



Rocksteady Boxing for Parkinson's 12:00pm - 12:45pm / Mon & Fri 1:00pm - 1:45am / Wed. (Vista 9) Instructors:

**Lindsey Buis & Tammy Slauson** 

A unique exercise program, based on training used Parkinson's disease & other movement disorders. 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.



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

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



Mindful Yoga Flow 1:00pm-1:45pm / Wednesdays Instructor: Beth Belk

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



Move & Stretch 1:00pm-1:45pm / Thursdays Instructor: Tammy Slauson

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



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

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



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

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



Movement & Dance 5:00pm-5:45pm / Thursdays- NEW DAY Instructor: Mia Rosin

This class, taught by a dancer from Bruce Wood Dance, combines a variety of dance types to exercises your entire body! Get on the move with our total body low impact group exercise class.



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

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



Beginners Tai Chi 4:00pm -5:00pm / Wednesdays Instructor: Dave Larcade

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



Equipment Orientations
By Appointment
Call 214-841-2831

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

Open to Residents and Point Members



# Meet The Aquatics Team



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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



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



Reyna Munoz Aquatics Instructor & Lifeguard

#### **AQUATICS 101**

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

By Appointment: 972-638-8795



#### **AQUATICS CLASSES**

#### **Open to Residents and Point Members**

#### **OPEN SWIM**

**Mon., Wed., Fri.** 9:00am–10:30am and 10:30am–12:00pm

#### **Tuesdays**

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

#### **Thursdays**

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

#### **AQUACISE CLASS**

Mon., Wed., Fri. 2:00pm-3:00pm

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

#### **AQUA FLOW CLASS**

Mon., Wed., Fri. 1:00pm-2:00pm

This class is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles.

#### **POOL VOLLEYBALL**

Tuesdays 3:00pm-4:00pm

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

#### **AQUA BOOT CAMP**

Mon., Wed., Fri. 3:00pm-4:00pm

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

#### **H20 HUSTLE**

Mon., Wed., Fri. 8:00am-8:45am

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

## THIS WEEK'S

Highlights

#### Tuesday, April 29

10:00am

#### **OLLI Class**

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

#### Thursday, May 1

1:30pm

#### **Harris Jewelry**

Monthly "On-Site" Jewelry Repair Service

#### Friday, May 2

1:30pm

#### **Movie Matinee**

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

#### Saturday, May 3

LIFESTYLE

6:30pm

Sing Along

# Want more info? Watch The CC Young News on CH. &1 | Every day at 9:30AM 3:30PM 6:30PM 12:30PM

#### **SUNDAY, APRIL 27**

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

9:30am - 10:30am Vista-2

Christ Chapel Worship Service All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81 All Welcome!



LIFESTYLE

#### **MONDAY, APRIL 28**

#### **AM Exercise Classes**

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold 9:00am – 9:45am Seated Drumba 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

1:00pm – 2:00pm Tech Lab

Sign Language Fun! All Welcome!

#### PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:00pm - 1:45pm Rhythm & Movement

2:00pm – 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

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

# NATIONAL Blueberry Pie DAY

#### **TUESDAY, APRIL 29**

#### **AM Exercise Classes**

Fitness Center Classroom Res & PM Only

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

10:00am-11:30am Auditorium & Ch. 81 Res., PM, OLLI Only

Fish Biology: A Scientific Travelogue through the Eyes of a Practitioner Presented by Warren Burggren, PhD

Aquatics Classes 972-638-8795 Vista Rehab Pool Res. & PM Only 12:00pm – 1:30pm/1:30pm – 3:00pm Open Swim

1:00pm – 2:00pm Auditorium

CC Young 'Uns Choir Rehearsal Res & PM Only

#### PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm – 2:45pm Chair Aerobics 3:00pm – 3:45pm Sit & Get Fit

3:00pm - 4:00pm Pool Volleyball

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



**May 1 - May 31** 

Record your Daily Wordle Scores
On the Challenge board in the Point Game Zone

For More info call Aaron at 214-229-7762

LIFESTYLE

#### **WEDNESDAY, APRIL 30**

#### AM Exercise Classes

**Fitness Center Classroom Res & PM Only** 

8:00am 8:45am Zumba Gold -CXL TODAY

11:00am - 11:45am Drumba

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

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

9:30am-11:00am Café Game Zone Rummikub Open Play All Welcome!

Join other players in the fun tile game!

9:45am - 11:00am Flagpole Hill Scribblers, Scribes & Seekers! All Welcome! A supportive and encouraging environment to share

your writing, get feedback, and be inspired by fellow writers.

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

8:00am - 8:45am H2O Hustle

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

1:00pm - 2:00pm Agua Flow Class

2:00pm - 3:00pm Aquacise

3:00pm - 3:45pm Aqua Boot Camp

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

**PM Exercise Classes** 

**Fitness Center Classroom** Res & PM Only

12:00pm - 12:45pm Core Fusion

1:00pm - 1:45pm Mindful Yoga Flow

2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Beginners Tai Chi

Res & PM Only Vista 9th Floor

1:00pm - 1:45pm Rock Steady for PD

**Time Change Today Only** 

1:00pm -3:00pm Resident Only

Shopping Trip to Hillside Village

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

2:00pm-3:00pm **Acting Fun** 

Theater All Welcome

3:30pm-4:30pm

Flagpole Hill All Welcome!

Fellowship Word & Bible Study

SCIENCE LIFESTYLE



NATIONAL

Oatmeal Cookie DAY

#### THURSDAY, MAY 1

#### **IAM Exercise Classes**

Fitness Center Classroom Res & PM Only

8:00am - 8:45am Zumba Gold - CXL TODAY

9:00am - 9:45am Floor Yoga 10:00am - 10:45am Balance 1 11:00am - 11:45am Balance 2-

11:30am - 1:00pm

Hillside

**Action Station** 

**Resident Only** 

This Month: Build Your Own Pasta

#### **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

Lobby

Harris Jewelry Resident Only Monthly "On-Site" Jewelry Repair Service

1:30pm - 3:00pm Theater

The Chosen - Screening Res. & PM Only

2:00pm -3:00pm Courtyard Garden Club Meeting All Welcome! This Month's Project: Garden winter cleanup.

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



#### **Harris Jewelry Repair**

Monthly "On-Site" **Jewelry Repair Service** 

Thursday, May 1 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

LIFESTYLE

Other simple repairs starting at \$10.00

#### FRIDAY, MAY 2

#### **AM Exercise Classes**

**Fitness Center Classroom** 9:00am - 9:45am Floor Yoga

Res & PM Only



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

#### **Aquatics Classes** Vista Rehab Pool

972-638-8795 Res. & PM Only

8:00am - 8:45am H2O Hustle

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

1:00pm - 2:00pm Agua Flow Class 2:00pm - 3:00pm Aquacise Class 3:00pm - 4:00pm Aqua Boot Camp



9:15am -11:00am

Resident Only

**Shopping Trip to Kroger** 

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

10:00am-11:00am Wii Bowling

Café Game Zone All Welcome!

Practice and team play time.



10:00am - 11:30am Auditorim N Uke Can Do It Res. & PM Only Ukulele Class with instructor Angela Livesay.

Limited Spots, Sign up at The Point

#### PM Exercise Classes

**Fitness Center Classroom Res & PM Only** 

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

2:00pm - 2:45pm Chair Aerobics 3:00pm - 3:45pm Sit & Get Fit



1:30pm - 3:30pm **Movie Matinee** The Boys in the Boat Pg -13-2023 · 2h 4m

Theater All Welcome!

6:30pm - 8:00pm **Friday Night Game Night** BYOS- Bring your own snacks!

Café Game Zone All Welcome!

#### SATURDAY, MAY 3

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

Spinners Guild

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!

White Rock Class

2:00pm – 7:00pm **Open Paint Time** 

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



6:30pm - 7:30pm Sing-a-Long

Hosted by Residents Jeanette & John Hughes Auditorium Res. & PM Only

4833 Steak Avenue Closed Friday, May 2 & Saturday, May 3 Call 972-755-3259 for more info



# THE BOYS IN THE

2023 · Sport/Drama · 2h 4m

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



🖫 Friday, May 2 1:30pm

LIFESTYLE

Free popcorn and water. All Welcome!



# THIS WEEK'S

Highlights

Sunday, May 4 1:30pm Piano and Violin Student Concert

Monday, May 5

10:00am

**Piano Concert!** 

Classical Pianist Gustavo Romero Returns.

Wednesday, May 7

3:00pm

**Movement May OLLI Event** 

Physical Activity and Exercise in Successful Aging

Thursday, May 8

10:00am

**OLLI Summer Kickoff** 

Get a list of Summer Classes

Friday, May 9

1:30pm

**Movie Matinee** 

**Sight** / 2023 Rated PG-13, 1hr 41m

Friday, May 9

3:30pm

**Scott Dettra presents** 

Ragtime Piano Music



#### **SUNDAY, MAY 4**

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

9:30am - 10:30am Vista-2

Christ Chapel Worship Service All Welcome!

11:00am - 12:00pm Auditorium

The Point Worship Service & Ch. 81



1:30pm - 4:00pm

Talent Education Music
Studio of Plano

Studio of Plano Student Recital

ENJOYMENT SCIENCE

Auditorium

& Ch. 81

# Creative - Workshop -





Limited Spots. Sign up at The Point

#### MONDAY, MAY 5

#### **AM Exercise Classes**

Res & PM Only Fitness Center Classroom

8:00am – 8:45am Zumba Gold 9:00am - 9:45am Seated Drumba

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 Agua Boot Camp

9:30am – 11:00am Flagpole HIll Today Happy Hookers Volunteer Group Res. & PM Only

Crochet plastic grocery bags into sleeping mats.



Auditorium & Ch. 81 10:00am - 11:30am **Piano Concert!** All Welcome! Performed by Classical Pianist Gustavo Romero

10:30am - 11:30am Vista 9

**Current Events** Res. & PM Only with Randy Maveux

11:30am - 2:00pm IL Bus Trip: Cinco de Mavo

Umphress Terrace Resident Only

Luncheon

Enjoy a Mexican feast prepared by our friends at Umphress Terrace. Sign up at The Point.

Flagpole Hill 1:00pm - 2:30pm

SPEAK OUT!

Speech Therapy Group Res. & PM Only

**PM Exercise Classes** 

Fitness Center Classroom Res & PM Only

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

1:00pm - 1:45pm Rhythm & Movement

2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

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

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

**Location Change- Today Only** 

3:00pm - 4:30pm Asbury Bar Room **BUNCO!** Res. & PM Only Join in on this fun dice based game and win prizes!

**TUESDAY, MAY 6** 

#### **AM Exercise Classes**

Res & PM Only Fitness Center Classroom

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

11:30am - 1:00pm **Thomas Action Station** Resident Only

This Month: Build Your Own Pasta

**Aquatics Classes** 

972-638-8795 Res. & PM Only

Vista Rehab Pool 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

#### 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



#### Physical Activity and Exercise in Successful Aging

#### Wednesday, May 7 3:00pm The Point Auditorium





Dr. Megan Ware and Dr. Sarah Deemer will be discussing the benefits of physical activity and exercise for addressing successful aging, providing general physical activity and exercise guidance, as well as tips for integrating physical activity and exercise into day-to-day living.

LIFESTYLE



Professor in Kinesiology, Health Promotion, and Recreation at UNT. Dr. Ware's research focuses on developing a better understanding of effective or emotional factors influencing physical activity behavior and exercise engagement in populations that experience chronic disease and disability.



Dr. Sarah Deemer is an Assistant Professor in the Department of Kinesiology Health Promotion and Recreation at the University of North Texas. Dr. Deemer's research focuses on the mechanisms contributing to the development of obesity, insulin resistance and type 2 diabetes Her main focus is elucidating the role adipose tissue and skeletal muscle have on metabolic health and how this process may be modified by diet and/or

CC YOUNG

#### WEDNESDAY, MAY 7

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

8:00am – 8:45am H2O Hustle

<sup>'</sup>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 Agua Boot Camp

10:45am - 11:30am Vista - 9 Table Talk with John Hill Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Core Fusion 1:00pm - 1:45pm Mindful Yoga Flow 2:00pm - 2:45pm Chair Aerobics 3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only

1:00pm - 1:45pm Rock Steady for PD

2:00pm-3:00pm Theater

**Acting Fun** Res. & PM Only

2:00pm-3:00pm Asbury Dinning Rm **Asbury Conversations** Resident Only Updates from Staff.

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



MOVEMENT MAY EVENT

DUIENUE

LIFESTYLE

3:00pm-4:30pm Auditorium & Ch. 81 **OLLI Special Showcase** Res. and PM Only

**Physical Activity and Exercise** in Successful Aging

Presented by Dr. Megan Ware & Dr. Sarah Deemer, Assistant Professors in Kinesiology.

#### THURSDAY, MAY 8

#### **AM Exercise Classes**

Fitness Center Classroom **Res & PM Only** 

8:00am - 8:45am Zumba Gold 9:00am - 9:45am Floor Yoga 10:00am - 10:45am Balance 1 11:00am - 11:45am Balance 2

<del>8:30am 10:00am</del> Games on The Green

Overlook Field Res & PM Only

Resident Only

Outdoor Game time. CXL This Month

TIME CHANGE TODAY

9:15am - 11:00am Shopping Trip to Trader Joe's

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

10:00am-11:30am Auditorium & Ch. 81 **OLLI Summer Kickoff** Res., PM, OLLI Only

Get information on the Summer Classes that will be offered at The Point in June & July

For More info see pg. 7



11:30am - 3:30pm Bus Trip

Discover Oak Clift- Irrp 2

Richard Stanford will lead a trip though Resident Only

Historic Oak Cliff. Priority seating goes to those on wait list from previous trip. Bring money for lunch.

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

#### **PM Exercise Classes**

Fitness Center Classroom Res & PM Only

1:00pm - 1:45pm Move & Stretch 2:00pm - 2:45pm Chair Aerobics 3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Intermediate Tai Chi 5:00pm - 6:00pm Movement & Dance!

1:30pm - 3:00pm Theater The Chosen - Screening! Res. & PM Only

2:00pm - 5:00pm The Clinic (Vista-2) Total Hearing Clinic

Complimentary hear 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 This month's project: Planting of Flowers & Veggies

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



NATIONAL

**Coconut Cream Pie** 

#### FRIDAY, MAY 9

#### **AM Exercise Classes**

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



8:30am-9:00am Walking Club

Pavilion

**Res & PM Only** 

#### **Aquatics Classes** Vista Rehab Pool

972-638-8795 Res. & PM Only

8:00am - 8:45am H2O Hustle

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

1:00pm - 2:00pm Aqua Flow Class 2:00pm - 3:00pm Aquacise Class 3:00pm - 4:00pm Aqua Boot Camp



9:15am -11:00am

**Resident Only** 

**Shopping Trip to Kroger** 

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

10:00am-12:00pm SrTech Free Coaching Fridays Come & Go for Technology Help!

Tech Lab Res. & PM Only



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

10:00am-11:00am Wii Bowling

Café Game Zone Res. & PM Only

Practice and team play time.

11:00am-12:00am Café Game Zone For The Love Of The Lake Res. & PM Only Volunteer Group- prepping bags for lake cleanup.

#### **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** 

Theater

Res. & PM Only

Sight

Ragtime Piano Concert

2023 Rated PG-13, 1hr 41m

3:30pm-4:30pm

Auditorium & 81 All Welcome

**Performed by Scott Dettra** Scott will take us back to the turn of the 20th century to explore the world of Ragtime.

6:30pm – 8:00pm **Friday Night Game Night** 

BYOS-Bring your own snacks!

Café Game Zone Res. & PM Only

#### **SATURDAY, MAY 10**

10:00am - 12:00pm **Dallas Area Fiber Artists** 

Auditorium Res. & PM Invited

Monthly Meeting

10:00am - 12:00pm White Rock Class **Beginners Jewelry Making** Res. & PM Only Hosted by Jeanette Hughes. Sign up at The Point.

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.

3:00pm – 5:00pm **Mother's Day** Watercolor Class

Auditorium Res. & PM Only

Designed for mothers and their children to create lasting memories together. Limited Spots. More info on pg. 9. Sign up at The Point.



4833 Steak Avenue Closed Friday 5/9 and Saturday 5/10 Call 972-755-3259 for more info



2023 · Drama/History · 1h 41m PG-13

When a blind orphan arrives in his waiting room seeking a miracle, a worldrenowned eye surgeon must confront his past--and draw on the resilience he gained growing up in China during the Cultural Revolution--to try to restore her sight.



Friday, May 9 1:30pm

LIFESTYLE

Free popcorn and water. All Welcome!



## THIS WEEK'S

Monday, May 12

2:00pm

**Dance Performance by Bruce Wood Dance** 

Tuesday, May 13

10:00am

Meeting God In The Garden -5 Lessons from God in my Garden

Presented by Rev. Anne Willete

Tuesday, May 13

3:00pm

String Trio from The Dallas Symphony Orchestra

Thursday, May 15

2:00pm

**Tinnitus & Hyperacusis Talk** 

Presented by Total Hearing

Friday, May 16

1:30pm

**Movie Matinee** 

The Highwaymen

Rated - R/ 2019 · Crime/ Thriller/ 2hrs 12m

Friday, May 16

3:30pm

**Meet The Artist Reception** 



#### **SUNDAY, MAY 11**



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

9:30am - 10:30am

Christ Chapel Worship Service All Welcome!

11:00am - 12:00pm

Auditorium &

Ch. 81

**The Point Worship Service** 

All Welcome!



11:00am-2:00pm

Conley's Annual Mother's Day Buffet

Sign up for reservations between April 23rd & May 5th at the Conley's entrance



Paige Gainey, Au.D., CCC-A **Total Hearing Care** 



**Guest Speaker** Cheri Heheisen Lenire

Please come join us as we discuss...

- Hearing Loss
- Tinnitus
- Hyperacusis
- Hearing Treatment Solutions



Office: 214-987-4114 www.totalhearingcare.com 5462 Glen Lakes Dr. Dallas, TX 75214



May 15th 2025 @ 2:00pm

\*\* for more Information or to RSVP \*\* Please see your Activity Coordinator



#### MONDAY, MAY 12

#### **AM Exercise Classes**

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold 9:00am – 9:45am Seated Drumba 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 Agua 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 Res. & PM Only

Patricia Dillingham

This month's craft: WIndchimes.

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

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

#### **PM Exercise Classes**

Fitness Center Classroom Res & PM Only

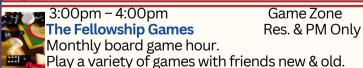
12:00pm - 1:00pm Rock Steady Boxing for PD

1:00pm – 1:45pm Rhythm & Movement

2:00pm – 2:45pm Chair Aerobics 3:00pm – 3:45pm Sit & Get Fit

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





#### **TUESDAY, MAY 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

9:0 Brain Game

9:00am – 10:00am Game Zone Brain Games Res. & PM Only

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

Meeting God in the Garden Res. and PM Only
Rev. Ann Willet Senior Pastor Northaven
Methodist Church and North Texas Master
Gardener shares 5 lessons learned from God
in my Garden.

11:30am –2:30pm Resident Only **Trip: Dallas Arboretum** Sign up at The Point

\$18/p. Bring money for lunch.

Priority Seating to those on previous trip list.

Aquatics Classes
Vista Rehab Pool
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

LIFESTYLE

1:00pm – 2:00pm Auditorium

CC Young 'Uns Choir Rehearsal Res. & PM Only

2:0pm – 3:30pm Tech Lab SrTech Class Res. & PM Only Navigating your Apple Watch



3:00pm – 4:00pm Auditorium & Ch. 81 **Dallas Symphony Orchestra** All Welcome

String Trio

#### **WEDNESDAY, MAY 14**

#### **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



NEW TIME

9:00am - 10:00am White Rock Class Alterations and More Res. & PM Only

Howie with Dallas Dry Cleaners



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 Rummikub Open Play Café Game Zone All Welcome!

Join other players in the fun tile game!

Flagpole Hill

9:45am - 11:00am Scribblers, Scribes & Seekers!

All Welcome!

A supportive and encouraging environment to share your writing, get feedback from fellow writers.

#### **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 Agua Flow Class

2:00pm - 3:00pm Aquacise

3:00pm - 3:45pm Agua Boot Camp

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

#### **PM Exercise Classes**

**Fitness Center Classroom Res & PM Only** 

12:00pm - 12:45pm Core Fusion 1:00pm - 1:45pm Mindful Yoga Flow

2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Beginners Tai Chi Vista 9th Floor

1:00pm - 1:45pm Rock Steady for PD

Res & PM Only

2:00pm-3:00pm **Overlook Conversations** 

Conley's

Updates from Staff.

LIFESTYLE

Resident Only

2:00pm-3:00pm **Acting Fun** 

**Theater** All Welcome

3:30pm - 4:30pm Fellowship Word & Bible Study

Flagpole Hill All Welcome!

4:00pm-5:00pm **Caregiver Support Group**  Vista-9 Res. & PM Only

#### THURSDAY, MAY 15

**Exercise Classes** 

**Fitness Center Classroom** Res & PM Only

8:00am - 8:45am Zumba Gold 9:00am – 9:45am Floor Yoga 10:00am – 10:45am Balance 1 11:00am – 11:45am Balance 2

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

Resident Only

12:30pm –3:00pm Trip: Titanic Exhibit (Trip 2) Trip: Titanic Exhibit (Trip 2) Sign up at The Point Prior to those on previous wait list.

\$24- Lunch not included.

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. Supplies provided. Sign up at The Point

1:30pm - 3:00pm Theater The Chosen - Screening! Res. & PM Only



2:00pm – 3:00pm Ai **Tinnitus and Hyperacusis** Al Presented by Total hearing Care Auditorium All Welcome!

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

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

Res. & PM Only

Theater

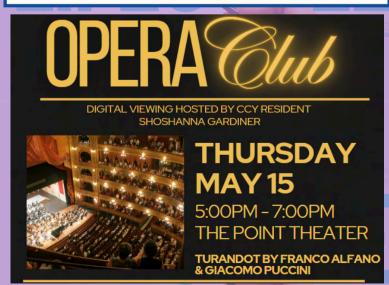


5:00pm - 7:00pm **Opera Club** 

Streaming this month:

Turandot Opera by Franco Alfano and

Giacomo Puccini.



#### FRIDAY, MAY 16

#### AM Exercise Classes

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



8:30am-9:00am **Walking Club** Walk for your health Pavilion

Res. & PM Only

#### **Aquatics Classes** Vista Rehab Pool

972-638-8795 Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm - 2:00pm Aqua Flow Class 2:00pm - 3:00pm Aquacise Class 3:00pm - 4:00pm Agua Boot Camp



9:15am -11:00am

**Resident Only** 

**Shopping Trip to Kroger** 

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

10:00am - 11:00am Wii Bowling

Café Game Zone All Welcome!

Practice and team play time.



10:00am - 11:30am Auditorium Uke Can Do It Res. & PM Only Ukulele Class with instructor Angela Livesay.

Limited Spots, Sign up at The Point

11:00am – 12:00pm **Litter Gitters** 

Pavilion

A monthly community cleanup

Res. & PM Only!

#### PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

2:00pm - 2:45pm Chair Aerobics 3:00pm - 3:45pm Sit & Get Fit



1:30pm - 3:30pm **Movie Matinee** 

Theater

All Welcome!

The Highwaymen

Rated - R/ 2019 · Crime/ Thriller/ History · 2hrs 12m



3:30pm - 4:30pm Auditorium **Meet The Artist Reception** All Welcome! Featured Artists: Phoebe Sealey, Carolyn Brown, Cynthia Adler

6:30pm - 8:00pm Friday Night Game Night BYOS- Bring your own snacks!

Café Game Zone All Welcome!

#### **SATURDAY, MAY 17**

<del>9:00am 12:00pm</del> **Auditorium** White Rock Democrats Res. & PM Invited Monthly Meeting No Meeting at CCY this month



9:30am-11:00am **Creative Workshop** 

White Rock Class Res. & PM Only

**Art with Pattie** 

This month: Hot Momma Flower Pots

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



## The Highwaymen 2019 · Crime/Thriller/History · 2h 12m

The untold true story of the legendary detectives who brought down Bonnie and Clyde.



Friday, May 16 1:30pm

LIFESTYLE

Free popcorn and water. All Welcome!



## THIS WEEK'S

Highlights

Monday, May 19 3:00pm Bunco

**ENJO** 

Tuesday, May 20 1:00pm CC Young 'Uns Choir Rehearsal

Tuesday, May 20 1:30pm SrTech Class Navigating Your Windows Laptop

Wednesday, May 21 1:00pm Fall Assessments in the Overlook

Friday, May 23
1:30pm
Movie Matinee
White Bird
PG-13 2023 · War/Adventure · 2h



#### **SUNDAY, MAY 18**

The CCY Ministry Team hosts Sunday Worship Services

9:30am - 10:30am Vista-2
Christ Chapel Worship Service All Welcome!

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



**Every Friday** 

8:30am Walking Club



LIFESTYLE

Let's Walk For Our Health Together

#### MONDAY, MAY 19

#### **IAM Exercise Classes**

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am - 9:45am Seated Drumba - CXL TODAY

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 H20 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.

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

#### **IPM 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

1:00pm – 2:00pm Tech Lab

Sign Language Fun! All Welcome!

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

**Crafty Crocheters** 

3:00pm – 4:30pm Game Zone **BUNCO!** Res. & PM Only

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

#### **TUESDAY, MAY 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

**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 Res. & PM Only
Sing and socialize with Choir Director Russ Rieger.

2:00pm – 3:30pm Tech Lab SrTech Class Res. & PM Only

Navigating your Windows Laptop

LIFESTYLE

6:00pm – 9:00pm Harmonica Organization of

Harmonica Organization of Texas (HOOT)

Auditorium Res. & PM Invited

Monthly meeting

#### **WEDNESDAY, MAY 21**

#### AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

11:00am - 11:45am Drumba - CXL TODAY

Res & PM Only Vista 9th Floor

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 Rummikub Open Play Café Game Zone All Welcome!

Join other players in the fun tile game!

9:45am - 11:00am Scribblers, Scribes & Seekers! Flagpole Hill All Welcome!

**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 Agua Flow Class

2:00pm - 3:00pm Aquacise

3:00pm - 3:45pm Aqua Boot Camp

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

#### PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm - 12:45pm Core Fusion 1:00pm – 1:45pm Mindful Yoga Flow 2:00pm - 2:45pm Chair Aerobics 3:00pm - 3:45pm Sit & Get Fit

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only

1:00pm - 2:00pm Rock Steady for PD



Wellness Wednesday Lobby Chair Massages- By Appointment

1:00pm - 4:00pm \$20 for 10 minutes

1:00pm-2:00pm **Fall Assessments**  Overlook Resident Only

The Rehab OP Team will provide resident

assessments to determine fall risks.

2:00pm-3:00pm **Acting Fun** 

Theater All Welcome

2:00pm - 3:00pm **Thomas Conversations** Building and Staff Updates Thomas Dining Resident Only

3:00pm - 4:00pm

Story Telling with Jo Rader

Asbury Residents Only

3:30pm-4:30pm Fellowship Word & Bible Study

Flagpole Hill All Welcome!

#### **THURSDAY, MAY 22**

#### AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold 9:00am – 9:45am Floor Yoga 10:00am - 10:45am Balance 1 11:00am - 11:45am Balance 2



**Action Station** 

Resident Only

11:00am - 1:30pm - Asbury 11:30am - 2:00pm - Conlev's This Month: Build Your Own Pasta

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

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

1:30pm - 3:00pm Theater

The Chosen - Screening! Res. & PM Only

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

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

Auditorium Resident Only.

#### **FALL ASSESSMENTS**

#### **WEDNESDAY, MAY 21 AT 1PM** IN THE OVERLOOK



A fall risk assessment is a process used to determine a person's likelihood of falling and the potential causes of those falls. It helps identify individuals at high risk and allows for personalized care plans to minimize those risks. These assessments typically involve a combination of questionnaires, physical examinations, and functional tests.

#### THE REHAB OUT PATIENT TEAM WILL PERFORM

✓ Balance Tests to assess a person's balance and

**JUILINGE** 

- Strength Tests to help measure leg strength.
- Gait Speed and Functional Reach to evaluate a person's walking speed and ability to reach.



#### FRIDAY, MAY 23

#### **AM Exercise Classes**

Fitness Center Classroom 9:00am – 9:45am Floor Yoga

Res & PM Only



8:30am-9:00am **Walking Club** Walk for your health Pavilion Res. & PM Only

#### **Aquatics Classes**

Vista Rehab Pool

972-638-8795 Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm - 2:00pm Agua Flow Class 2:00pm - 3:00pm Aquacise Class 3:00pm - 4:00pm Agua Boot Camp



9:15am -11:00am

**Resident Only** 

Shopping Trip to Kroger

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

10:00am-11:00am Wii Bowling

Café Game Zone All Welcome!

Practice and team play time.



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

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

#### **PM Exercise Classes**

Fitness Center Classroom

Res & PM Only

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

2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit



1:30pm - 3:30pm **Movie Matinee** 

**Theater** All Welcome!

White Bird

PG-13 2023 · War/Adventure · 2h

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

#### **SATURDAY, MAY 24**

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



#### White Bird

2023 · War/Adventure · 2h

Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War



Friday, May 23 1:30pm

LIFESTYLE

Free popcorn and water. All Welcome!



### THIS WEEK'S

Highlights

Monday, May 26 Memorial Day

No Scheduled Classes or Events

Tuesday, May 27

1:00pm

CC Young 'Uns Choir Rehearsal

Tuesday, May 27

3:30pm

**Richard Stanford Hour Book Review** 

Goethe: His Faustian Life by A. N. Wilson

Friday, May 30

1:30pm

**Movie Matinee** 

Reagan

PG-13. 2023 · 2h 15m

LIFESTYLE



#### **SUNDAY, MAY 25**

The CCY Ministry Team hosts Sunday Worship Services

9:30am - 10:30am Vista-2

Christ Chapel Worship Service

All Welcome!

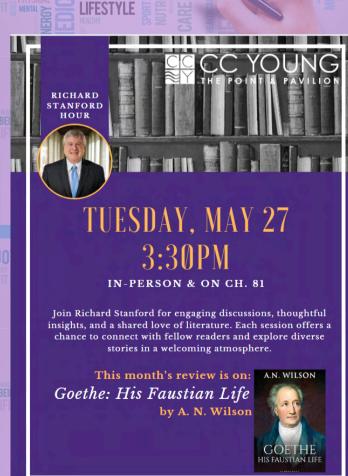
11:00am - 12:00pm The Point Worship Service Auditorium & Ch. 81 All Welcome!

FR ARTS

5:00pm - 7:30pm Il Trip: Tower Arts

Res. Only

Scott Dettra and the Dallas Symphony Orchestra Sign up at The Point



LIFESTYLE

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

#### **MONDAY, MAY 26**



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

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

Regular programming resumes on Tuesday, May 27

#### NATIONAL Blueberry Cheesecake DAY

#### **TUESDAY, MAY 27**

#### **AM Exercise Classes**

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



9:00am – 10:30am Pavilion

CCY Outdoor Artists Res. & PM Only
A group of "sketchy" artists who meet & create together. Sketch supplies provided.

Aquatics Classes
Vista Rehab Pool
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

2:00pm – 3:30pm Tech Lab

SrTech Class Res. & PM Only

Accessing My Medical Portal

#### 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



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



3:30pm-4:30pm Auditorium & CH. 81

Richard Stanford Hour

This Month's Book Review:

Goethe: His Faustian Life by AN Wilson

6:00pm-9:00pm

Trinity Valley Bee Keepers

Monthly meeting

LIFESTYLE

Auditorium Res. & PM Only

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

#### **WEDNESDAY, MAY 28**

#### **AM Exercise Classes**

Fitness Center Classroom **Res & PM Only** 

8:00am - 8:45am Zumba Gold

11:00am 11:45am Drumba - CXL TODAY

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 Rummikub Open Play Café Game Zone

All Welcome!

Join other players in the fun tile game!

9:45am - 11:00am Flagpole Hill All Welcome! Scribblers, Scribes & Seekers! A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

**Aquatics Classes** 

972-638-8795 Res. & PM Only

Vista Rehab Pool

8:00am - 8:45am H2O Hustle

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

1:00pm - 2:00pm Agua Flow Class

2:00pm - 3:00pm Aquacise

3:00pm - 3:45pm Agua Boot Camp

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

#### **PM Exercise Classes**

**Fitness Center Classroom** Res & PM Only

12:00pm - 12:45pm Core Fusion

1:00pm - 1:45pm Mindful Yoga Flow

2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Beginners Tai Chi

Vista 9th Floor Res & PM Only

1:00pm - 1:45pm Rock Steady for PD

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

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



LIFESTYLE

NATIONAL

Burger

#### **THURSDAY, MAY 29**

#### IAM Exercise Classes

Fitness Center Classroom Res & PM Only

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

10:00am - 10:45am Balance 1

11:00am - 11:45am Balance 2

#### **PM Exercise Classes**

Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm Move & Stretch 2:00pm - 2:45pm Chair Aerobics

3:00pm - 3:45pm Sit & Get Fit

4:00pm - 5:00pm Intermediate Tai Chi 5:00pm 6:00pm Movement & Dance!

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

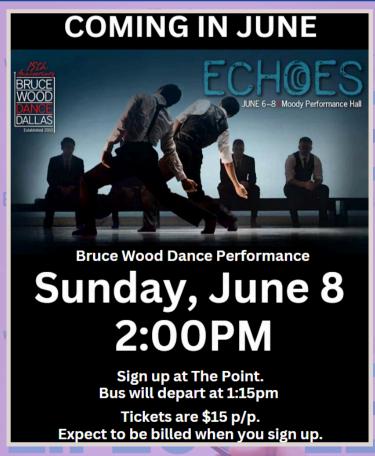
1:00pm - 2:30pm/ 2:30pm - 4:00pm Open Swim

2:00pm -3:00pm Courtvard

**Garden Club Meeting** All Welcome! This Month's Project: Garden winter cleanup.

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

Auditorium Resident Only.



LIFESTYLE

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

#### FRIDAY, MAY 30

#### **AM Exercise Classes**

**Fitness Center Classroom** 9:00am – 9:45am Floor Yoga

**Res & PM Only** 



8:30am- 9:00am **Walking Club** Walk for your health Pavilion Res. & PM Only

#### Aquatics Classes Vista Rehab Pool

972-638-8795 Res. & PM Only

8:00am - 8:45am H2O Hustle

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

1:00pm - 2:00pm Aqua Flow Class 2:00pm - 3:00pm Aquacise Class 3:00pm - 4:00pm Aqua Boot Camp

9:15am -11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am-11:00am Wii Bowling Café Game Zone All Welcome!

Practice and team play time.

10:00am – 11:30am Auditorium **Uke Can Do It** Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots, Sign up at The Point

#### **PM Exercise Classes**

**Fitness Center Classroom** 

**Res & PM Only** 

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

2:00pm – 2:45pm Chair Aerobics 3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm Movie Matinee Reagan Theater All Welcome!

Pg -13- 2023 · 2h 15m 6:30pm – 8:00pm

Friday Night Game Night BYOS- Bring your own snacks! Café Game Zone All Welcome!

#### **SATURDAY, MAY 31**

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.



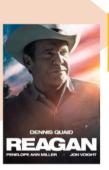
4833 Steak Avenue Closed Saturday, May 31 Call 972-755-3259 for more info



#### Reagan

2024 · History · 2h 15m PG-13

A drama based on the life of Ronald Reagan, from his childhood to his time in the oval office.



Friday, May 30 1:30pm

LIFESTYLE

Free popcorn and water.
All Welcome!



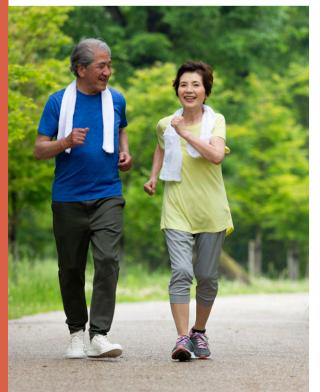
SOCIAL | PHYSICAL | EMOTIONAL | INTELLECTUAL | ENVIRONMENTAL | VOCATIONAL | SPIRITUAL

## Lifetyle 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.









## MOVING MAY: DISCOVERING DALLAS IN MY OWN BACKYARD

Brian Parman
Director, The Point & Pavilion

It's a curious thing to live somewhere for years, perhaps even half a lifetime, and suddenly realize you've barely scratched the surface of its wonders. For the longest time, my perception of Dallas, particularly during the infamous Dog Days of Summer, was filtered through the comfort of central air conditioning. The idea of truly living outdoors, embracing the heat and discovering the natural beauty woven into the urban fabric, especially in East Dallas, felt foreign. I was certain I knew my city, yet I was oblivious to so much of its soul.



My awakening began, unexpectedly, during a Life Walk event starting at Reverchon Park. As I joined the stream of people flowing onto the newly constructed, tree-lined pathways of the Katy Trail, a thought struck me with surprising force: "Where have I been all this time?" The air buzzed with early morning energy, a palpable vibe of community and activity. In that moment, surrounded by fellow walkers and runners, I felt a sense of belonging, a connection to a side of Dallas I hadn't known existed. Who knew I might find my tribe right here, on a path built over history?

That path, the Katy Trail, wasn't always a haven for joggers and cyclists. Its roots stretch back to 1865 with the Missouri-Kansas-Texas (MKT) Railroad, affectionately known as "the Katy." This vital line connected communities, including Dallas and Highland Park. Decades later, after the railroad era waned, Union Pacific donated the abandoned line to the city in 1993. While initially considered for DART expansion, passionate locals envisioned something different. Thanks to the Friends of the Katy Trail, established in 1997, and their partnership with the city, the first sections opened in 2000. Today, this transformed railway corridor is an iconic destination, attracting an incredible four million visits annually - a testament to the community's vision and the enduring desire for green space. Inspired by that first walk, I bought my first road bike, further expanding my horizons and discovering the vast network of trails that now crisscross our city, even stretching towards Fort Worth.







More recently, another layer of Dallas revealed itself. A simple "plus one" invitation to a Master Gardener social event at the White Rock Boathouse turned into an unexpected adventure. Arriving after work, we found nearly all entrances blocked for a private race – a frustrating hurdle. Yet, we persevered, parked further away, and walked in. The venue itself, a covered dock nestled in a quiet cove, was enchanting with party lights, access to kayaks, and simply stunning views across the water towards the city skyline as the sun began to set. A sense of calm washed over me, a relaxation I hadn't realized I desperately needed.

The true revelation, however, came during the quiet walk back to the car at dusk. This was a time I'd never experienced at White Rock Lake, despite countless bike rides around its perimeter. Fishermen dotted the shoreline, their LED bobbers glowing softly on the darkening water. The bridge lights shimmered, reflecting and dancing on the lake's surface. It was utterly tranguil, a profound shift from the daytime bustle. It made me reflect on the lake's own rich history - from its origins as a tree-lined valley hunted by Native Americans and settled in the 1840s, to its construction as a crucial water source for a rapidly growing Dallas in 1911. By 1929, with Lake Lewisville completed, White Rock transitioned from reservoir to the beloved "jewel in the crown of the Dallas' park system." It saw the Civilian Conservation Corps build cherished structures like Winfrey Point in the 1930s, housed an Army induction center and even a German POW camp during World War II, and hosted decades of swimming, sailing, speedboat races, and even dancing on the "Bonnie Barge."



Today, this 1,015-acre oasis with its nine-plus miles of trails serves over a million people yearly. It has been the backdrop for my own family's birthday celebrations, a beautiful wedding, countless picnics, and memorable drives. Seeing it anew that evening, bathed in the soft light of dusk, deepened my appreciation for this incredible gift right in our own backyard.

So, as we embrace "Moving May," I encourage you: step outside. Explore the trails, visit the lakeshores, discover a park you've never been to. Let the sun warm your face, feel the Texas wind in your hair (while we still can!), and truly take in the vibrant life and hidden histories Dallas holds. You might just surprise yourself with what you find.



## Crews News

MAY 2025

by Russell Crews
President and CEO

## Strategic Shifts in Marketing to Support our Strong Future

CC Young is continuously evaluating how best to position ourselves for long-term success both in how we serve our residents and how we share our story with the broader community. This includes taking a close look at the partners and strategies that help drive our mission behind the scenes.

I am happy to report that the transition is now well underway. The full transfer of responsibilities was completed in April and we are now into strategic development and daily operations with our new team. That said, I want to take a moment to acknowledge Varsity and Wild Fig, our most recent agency and digital support, respectively. They've been good partners and we appreciate their partnerships. Ultimately, though, we recognized that working with agencies closer to home who intimately know the market and senior living industry would improve efficiency in our communications and collaboration.



Following a thoughtful vetting process, our team selected The Point Group, based in Frisco, as our new advertising, marketing, and PR partner. This organization brings more than 30 years of expertise across multiple industries, including senior living. Their strengths in advertising, public relations, and relationship marketing made them a strong fit. Most importantly, our dedicated team is local—and we're already making significant strides as we plan for the years ahead.



For digital advertising, we've engaged RKD Group. While their headquarters is in Dallas, RKD serves a wide array of organizations throughout the U.S. and globally. Their focus GROUP on lead generation aligns perfectly with our goals for this year. This myopic digital focus is essential because we are shifting away from traditional print advertising recognizing that its primary function is brand awareness.

Given that our community is essentially full with waitlists, our marketing dollars will now be directly targeted in two key areas where we see great growth potential: Increasing census in Assisted Living, and expanding our Home and Community Based Services, which includes home healthcare, hospice, and private care. These are promising opportunities. We have lofty census goals and believe we have the right and best partners to help us meet these goals.



And news doesn't end here. We've also made some additional, intentional choices when it comes to our website support. We will continue to partner with The Creative Offices, who has built three smaller websites for us in the past. However, now they are tasked to maintain our primary website. This group has proven to be incredibly

knowledgeable, responsive, accurate, and user friendly! The website is often the first landing spot for prospects learning about everything CC Young offers, and it's critical the user experience is positive. You can expect to see ongoing changes on the site as efficiencies are assessed and new designs and directions evolve.



Part of the website includes the addition of a ChatBot we have affectionately named "Christopher." A new partner, UpClick Digital, will assist with ongoing ChatBot functionality on the website. While their task may seem small, it's critically important to the success of the customer experience. Efficiency, relevance, and responsiveness remain top of mind in everything we do and having the ChatBot available to answer questions provides an immediate answer to website guests, when needed.

It is another powerful digital tool. We've seen ChatBot use grow monthly and translate into tours! As many of you already know, it truly takes a team to make the magic happen at CC Young. Thank you to everyone who has contributed to this effort and to our continued success.

Here's to a strong, thriving" year ahead!



## VILLAGE REPORT

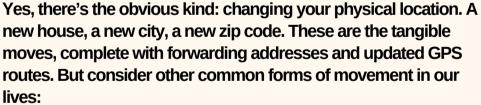
Moving: A Word That Touches Every Corner of Life

Our theme this month is Moving May.



When you hear the word "moving," what comes to mind? Perhaps it's the classic image of cardboard boxes stacked high, a rented truck idling in the driveway, and a whirlwind of packing tape and to-do lists. Or maybe it's something more subtle—an emotional shift, a professional pivot, or the bittersweet decision to move away from something or someone no longer serving you.

The truth is, "moving" carries many meanings, and nearly all of them are deeply embedded in the human experience.





- Career moves Starting a new job, stepping into new responsibilities, or retiring altogether.
- Physical movement Exercise, dance, or simply taking a walk to clear your mind.
- Mental and emotional shifts Reframing your mindset, healing from a loss, or adjusting to a new reality.
- Environmental shifts Rearranging furniture, planting a garden, or decluttering your space.

All of these fall under the broad umbrella of "moving," and all of them, in their own way, represent change. According to Dartmouth University's list of life's top stressors, many of them involve movement of some kind—geographic, relational, emotional, or professional. Death of a loved one, divorce, personal illness, financial changes, retirement, job transitions—all of these life events force us to move from one state of being to another. And what's the common denominator? Change.

Even when change is chosen—like a long-anticipated promotion or an exciting relocation—it can leave us feeling unmoored, untethered. The act of moving, no matter the kind, often brings with it a sense of disorientation. You might find yourself wondering, "Where is that?" as you reach for something you're used to finding in a specific spot—whether it's a coffee mug or something key in your morning routine.



Of all the moves we experience, changing domiciles may be one of the most universally challenging. Whether you're moving across town or across the country, uprooting your home is an emotional and logistical hurdle. It's more than just packing boxes—it's saying goodbye to familiarity, to neighbors, to your own version of normal. (I know our residents can relate to this dramatic change in their lives! Remind me to share some of my moving stories...not only for me personally, but for MANY family members. Whew!)

It takes time to feel truly "settled" again. Your body might arrive before your mind does. That sense of belonging, of knowing where things are and how life flows, doesn't always unpack itself right away.

The good news? While we can't always eliminate the stress of moving, we can equip ourselves with tools to navigate it:

- Mindful planning Anticipate the bumps in the road, and leave room for flexibility.
- Organization Whether it's a color-coded calendar or a detailed packing list, structure can be a life raft.
- Support systems Lean on friends, family, or professionals to help carry the emotional and physical weight.
- Self-compassion Change is hard, even when it's good. Give yourself permission to feel off-kilter for a while.

Above all, remember this: moving is a sign of growth. It means something is shifting, evolving, or realigning. And even when it's uncomfortable, that movement often carries us closer to where we're meant to be.

So the next time you find yourself "moving"—in any sense of the word—pause.

Reflect. Embrace the discomfort. Then, take a deep breath and step forward.

Because moving, after all, means you're alive. And life, by nature, never stands still.

## ON THE COVER



Dancing Through Life: Bruce Wood Dance Dallas Brings Joy and Wellness to CC Y Residents

In the heart of Dallas, Bruce Wood Dance Dallas is redefining what it means to age gracefully—through the transformative power of dance. Thanks to a dedicated outreach initiative, the company has partnered with CC Young Senior Living to offer complimentary dance classes that are enriching the lives of residents in profound and joyful ways.

Founded in 2010 by the late Texas choreographer Bruce Wood, the company is renowned for its emotionally resonant and physically expressive contemporary works. Under the leadership of Artistic Director Joy Bollinger, Bruce Wood Dance Dallas has expanded its reach beyond the stage, bringing dance into the community as a tool for healing and connection.

The company's Tina Brown Education Outreach program serves approximately 3,600 people annually, offering dance education and performances to various communities, including seniors, veterans, and underserved populations.



At CC Young, residents are discovering the joy of movement through weekly dance classes led by Bruce Wood Dance Dallas instructors. These sessions are designed to be accessible and engaging, focusing on gentle movements that promote flexibility, balance, and coordination.



Participants have reported numerous benefits, including improved mobility, increased social interaction, and a renewed sense of purpose. One resident shared, "I look forward to the dance class every week. It keeps me active and brings a smile to my face."

You can try out the Class on Thursdays at 5:00pm

This partnership exemplifies how arts organizations can play a vital role in community health and well-being. By bringing dance into senior living communities, Bruce Wood Dance Dallas is not only honoring the legacy of its founder but also demonstrating the universal language of movement as a means to enrich lives.

As the company continues to expand its outreach, the success of the CC Young program serves as a model for how dance can be integrated into wellness initiatives for seniors, fostering a sense of community, joy, and vitality.

For more information about Bruce Wood Dance Dallas and its community programs, visit <u>brucewooddance.org</u>.



## Reminders

#### **WORK ORDERS**

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

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

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





## TRANSPORTATION REQUESTS

To book an individual trip call 214-841-2946 or email <a href="mailto:transportation@ccyoung.org">transportation@ccyoung.org</a>

## Bringing the Heart and Community Spirit to Umphress Terrace

**MAY 2025** 

There is a new familiar face at Umphress Terrace, dedicated to enhancing engagement on campus. Angie McWhirter has been an unofficial member of the CC Young family for some time. She is the wife of Don Reeves, who began his career in the CCY maintenance department and later became the property manager at Umphress Terrace. "Where his heart is, mine tends to follow," Angie said.

After visiting Umphress Terrace with her husband, Angie quickly recognized an opportunity to make a positive impact.

"I strongly believe that a person's financial status should never dictate their quality of life," Angie said.



Umphress Terrace serves seniors whose income is \$41,250 or lower. Residents are required to pay 30% of their income as rent and HUD pays the difference. Additionally, residents are required to cover the cost of their utilities. Umphress Terrace is a HUD-202 affordable housing community located in the Pleasant Grove area of Dallas, home to approximately sixty residents.



Angie believes that seniors deserve dignity, joy, and a strong sense of belonging. She enjoys being part of a community where she can use her passion and talents to bring light into the lives of the residents she serves.

Since joining the staff at Umphress Terrace, Angie has organized activities for residents such as spa days, happy hours, and garden crafts on site in the Umphress Terrace community room and garden.
Additionally, residents have participated in several CC Young campus events through provided transportation.

For the upcoming year, Angie has planned a variety of events with support from the local community, including Senior Prom, Community Cookout, and Gospel Brunch to keep residents engaged and active.



The HUD 202 program does not include a budget for resident programing. Angie and the team at Umphress Terrace depend on the connections with local churches and the community to host in-kind events and raise funds to support their needs. Two of the CC Young Boards help support the Umphress Terrace residents with food initiatives. **Ongoing, The Body Mind Spirit** Connection Board raises funds to provide flash-frozen healthy meals to residents. CC Young **Auxiliary Board supports the food** pantry. This year, the food pantry drive reached a new record, raising \$10.020 to help meet the essential needs of the residents. The food pantry inventory is monitored regularly, and the staff spend about \$600 a month to stock the pantry through donated funds.



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





This past week, I had the privilege of helping host the National Association of Activity Professionals (NAAP) conference right here in Dallas. Over 250 activity professionals from across the country came together with a shared mission: to keep moving forward — in our care, our creativity, and our connection to the people we serve.

It's always a special time of year for me. I get to reconnect with friends I only see once a year and recharge with fresh ideas and energy. The theme of Moving May couldn't be more fitting. Whether we're encouraging physical movement or creating opportunities for emotional, social, and cognitive growth, our job as Activity Professionals is to help people keep going — even when life presents obstacles.



#### **Meeting Takako**

One major inspiration was getting to meet and tour Takako Serizawa, President of Japan's activity professional organization and the creator of their certification program. NAAP had asked me to arrange for her to see all the best communities in the metroplex – of course CCY was at the top of the list! She was very impressed. She taught me one word of Japanese "Waa, Sugoi!" which means WOW! Amazing!!" Everything was sugoi!

#### Momentum, Mission, and Meaning in Senior Care

By Dr. Hayley Moseley Director of Education



#### (Wow! Sugoi!)

What I found sugoi was Takako's story. She started her career in journalism but shifted her life's work after seeing the stark contrast between the joyless senior care in Japan and the vibrant, person-centered approach she discovered in Australia, where her son had moved. Since 2002 she has been leading the movement of Diversional Therapy (Life Enrichment/ Activities) in her own country to bring that same sense of purpose and life to aging adults — a mission she deepened by attending our conference here in the U.S.





#### **Diversional Therapy**

She explained the heart of Diversional Therapy like this: when life throws up a block — cognitive, physical, emotional — you don't stop. You find a way around it. You don't divert your path, you divert the block, and keep going. That's exactly what Moving May is all about.

Here's to momentum, mission, and always moving forward — together.

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#### STEP INTO MAY: WALK YOUR WAY TO WELLNESS THIS MOVEMENT MAY!

This May, let's celebrate Movement May by embracing one of the simplest, most accessible, and incredibly beneficial forms of exercise: Walking! Whether you prefer the great outdoors or the comfort of indoors, CC Young offers fantastic opportunities to get your steps in, boost your health, and enjoy the journey.

#### Why Walk? The Amazing Benefits for Seniors

You might be surprised by the powerful impact a regular walk can have on your overall health and well-being. It's more than just getting from A to B; it's an investment in yourself!

- Heart Health Hero: Walking gets your heart pumping, improving circulation, strengthening your heart muscle, and helping manage blood pressure. It's a key exercise for reducing the risk of heart disease and stroke.
- Stronger Bones & Muscles: Walking engages leg muscles (quads, hamstrings, calves), glutes, and even your core, helping maintain strength. It also promotes bone density, crucial for preventing osteoporosis, and keeps joints lubricated, potentially easing arthritis pain.
- Boost Your Balance: Regular walking improves coordination and stability, significantly reducing the risk of falls.
- Manage Blood Sugar: A walk, especially after meals (even just 15 minutes!), can help regulate blood sugar levels – particularly important for managing diabetes or prediabetes.
- Sharpen Your Mind: Studies show walking can help protect against age-related memory decline and cognitive impairment, potentially lowering the risk of dementia and Alzheimer's.
- Lift Your Mood: Walking releases natural moodboosting endorphins, helping to reduce stress, ease anxiety, and create a sense of well-being. It can even help reduce the perception of pain!
- Sleep Soundly: Gentle physical activity like walking can lead to better sleep patterns.
- Stay Mobile & Independent: Combat age-related muscle loss and maintain your ability to move freely.
- Social Connection: Walking with friends or the Walking Club combats isolation and builds community.



#### Walk Your Way at CC Young: Indoors & Out!

No matter the weather or your preference, there's a walking route for you right here on campus. Aiming for half a mile? Here's how:

#### Indoor Routes (Approx. 0.5 Mile):

- The Point: Walk from the Game Zone to the Library and back 5 times.
- Thomas Building: Walk from the main entrance down to the end of the 800 hall and back 3 times.
- Asbury: Walk the full loop of the 2nd or 3rd floor 5 times.
- Overlook: Walk the full loop of the 2nd, 3rd, 4th, or 5th floor hallway 7 times.

#### **Outdoor Routes:**

- Around the Pavilion: A nice short loop! (600 ft / 0.11 miles)
- Overlook Front Door to Bistro: A pleasant stroll. (975 ft / 0.19 miles)
- Circle the Vista/Hillside/Asbury: A moderate loop with lovely views. (2,150 ft / 0.4 miles)
- Circle the Whole Campus: See it all! (3,300 ft / 0.63 miles)
- One Mile Walk: Start at the front gate. Circle the outside of the whole campus. Return to the front gate, go up the main road, circle the Pavilion parking lot, and head back down to the front gate.

#### Join the CC Young Walking Club!

- When: Every Friday
- Time: 8:30 AM
- Led by: Aaron Schmidt
- Meet at The Pavilion

It's a wonderful chance to socialize, stay motivated, and explore our beautiful campus together.

### THE POINT FITNESS CORNER

## UNLOCK STRENGTH & STABILITY: DISCOVER CORE FUSION FOR SENIORS

As we age, maintaining strength, balance, and mobility becomes increasingly crucial for preserving independence and enhancing quality of life. While the thought of exercise might seem daunting, especially with joint pain or limited mobility, there are gentle yet highly effective options available. Core Fusion, a barreinspired, low-impact workout, offers a fantastic way for seniors to build essential core strength, improve posture, and boost overall well-being.

#### What is Core Fusion?

Core Fusion blends elements of ballet, Pilates, and yoga, focusing on small, controlled movements (micro-movements) and sustained muscle contractions (isometric holds). It's a low-impact workout combining standing and floor exercises designed to:

- Strengthen Core Muscles: Targeting the deep abdominal and back muscles that support your spine.
- Improve Leg Strength: Enhancing stability and endurance.
- Emphasize Proper Posture: Promoting better alignment and reducing strain.
- Incorporate Mindful Breathing: Connecting movement with breath for relaxation and focus.
- Increase Flexibility: Gently improving range of motion.

Unlike high-impact activities, Core Fusion builds strength and tones muscles without adding stress to joints, making it ideal for seniors.



#### Why Core Strength is Vital for Seniors

After age 40, muscle mass naturally declines, impacting balance and mobility. Focusing on core strength offers significant advantages:

- 1. Improved Balance & Stability: A strong core is your body's anchor, drastically reducing the risk of falls.
- 2. Enhanced Mobility & Functional Ability: Everyday movements like standing up, walking, reaching, and bending become easier and safer.
- 3. Pain Management: Strengthening the core often alleviates chronic lower back pain and provides better support for joints throughout the body.
- 4. Reduced Risk of Disease: Regular low-impact exercise contributes to better heart health, can help manage conditions like diabetes and osteoporosis, and may lower the risk of certain diseases.
- 5. Boosted Mental & Cognitive Health: Physical activity is linked to improved mood, reduced risk of depression, and potentially delaying cognitive decline, including dementia.

Consider joining the Core Fusion class at CC Young on Wednesdays at 12:00pm with Beth Belk to begin your journey towards a healthier, more active lifestyle. It's never too late to invest in your core strength and reap the rewards!



## TECH TALK

Daphne Lee, Senior Tech instructor

Getting moving is one of the most empowering gifts you can give yourself — and guess what? That mobile device you carry around can be your cheerleader, coach, and companion all rolled into one. Whether it's a smartphone, tablet, or even a smartwatch, this little tool can help you kickstart an active lifestyle, track your progress, and make every step feel like an adventure. Let's explore how "get moving" and mobile devices come together to boost your health, happiness, and confidence — you're going to love this!

First, let's talk about why moving matters. You already know it feels good to stretch your legs, breathe fresh air, or dance to a favorite tune. It's not about running marathons (unless you want to!); it's about keeping your body strong and your spirits high. Your mobile device can nudge you into action with apps that track your steps — think of it like a friendly pat on the back every time you hit a goal. Start small, maybe a walk around the block, and watch those numbers climb. You don't need to be a tech expert; these apps are designed to be simple, and you'll be amazed at how motivating it is to see your progress. My favorite step counting app that works on both the Apple and Android platforms is Activity Tracker. It is an easy app to use and is even available on the Apple Watch.

Music is another secret weapon your device offers. Load up a playlist with songs from your youth — maybe some Elvis or Beatles — and let it carry you through a stroll or a gentle dance in the living room. It's not just exercise; it's a joyride down memory lane. And if you're feeling curious, try a podcast or audiobook while you move. Suddenly, that walk becomes a chance to learn something new or laugh at a good story. Your device turns "getting moving" into something you'll look forward to every day. There are several music apps that offer free access to music: Pandora, Spotify, and Amazon Prime Music for Prime Members. Spotify offers access to podcasts as well. A podcast is an audio or video broadcast you can play on an Internet-connected device.





device. PAGE 54 Don't sleep on the power of a little guidance, either. There are free apps with short exercise videos — think chair yoga, stretching, or light strength moves — made just for folks like you. YouTube is the place to go for videos, from yoga to stretching to meditation and mindfulness moves. Follow along at your own pace, no pressure, no fancy equipment needed. It's like having a kind instructor right there with you, cheering you on.

If you don't mind the reminders, your Apple watch even reminds you to stand up or take a few steps if you've been sitting too long. It's a gentle push, not a nag, helping you stay on track.



Sharing your wins is the cherry on top. Snap a photo of that sunny park you walked through or text a friend about your step count. Your device makes it easy to celebrate with the people you care about, and their encouragement will keep you going. You might even inspire them to move, too! Text your friends and family your adventures and invite them to join you on your journey.

So, grab that mobile device and get moving — your way, your pace. Any day is a great day to start, and you've got everything you need right there in your hand. Every step is a victory, and your device is here to make it fun, simple, and rewarding. You're stronger than you think, and this is your time to shine!

Don't miss out on the chance to expand your tech skills with my classes at CC Young's The Point! Exclusively for CC Young residents and Point Members, these classes are designed to help you stay connected and engaged. For details, visit <a href="mailto:ccyoung.org">ccyoung.org</a> or call Angela Castillo at 214.841.2831.

## WELCOME

To The

PAGE

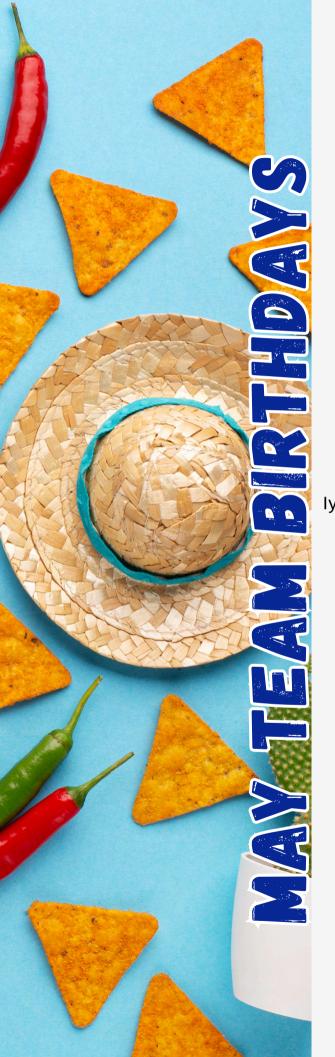
Please Welcome CC Young's new Independent Living Residents!





Spring's embrace, a sweet delight,

May's gentle hand, pure, bright.



Tirunesh Abdi **Anthony Duncan** David Ellis Steve Uchechukwu Winnie Mgbemena Jeremiah Morgan Yodit Benti Tiffany Edwards Tigist Gebretsadik Jeremy Morgan Karen Ragan Marilyn Wilson Russell Rieger Damenech Aschalew Zarghona Baqai Brandy Escobedo Ivabo Osifeso Henshaw Bethlehem Estifanos Jonathan Ervin **Ashley Peoples** Askale Zewede Maria Naranjo Arsema Mitiku Noemi Mares Sharon Turner Johnathan McGee Channel Anjou **Davion Mumphery Alexis Oliver** 

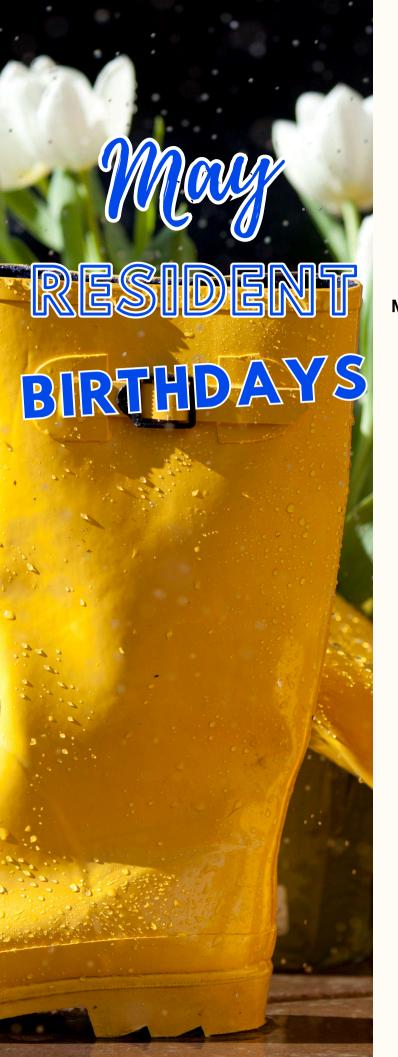
5/1 **Dining Services** Dining Services 5/1 Hospice Chaplain 5/2 Veronica Davis Rodney Nixon 5/2 **Dining Services Dining Services** 5/3 5/3 **Assisted Living** 5/4 **Assisted Living** 5/4 Housekeeping 5/5 **Private Care** Home Health 5/5 5/5 **Assisted Living** 5/6 Therapy **Business Office** 5/6 Nora Spotanski 5/7 **Dining Services** Housekeeping 5/9 Ivan Johnson 5/10 **Dining Services** Anna Mora 5/10 Health Center 5/10 **Pastoral** 5/12 Assisted Living DeAnna Weary 5/12 **Health Center** 5/13 Rolande Abeng **Private Care** 5/14 **Private Care** 5/14 **Private Care Daniel Lazo** 5/16 Housekeeping 5/16 Therapy 5/17 Dining Services **Bryan Goodlow** 5/18 Private Care 5/19 **Dining Services** 5/19 **Dining Services** Latorshia Butler 5/20 Health Center 5/20 **Dining Services** Martha Bonilla 5/21 Sales 5/21 Penn Fri **Private Care** 5/22 Gary McGensy **Dining Services** 5/22 **Dining Services** Steve Manna 5/23 **Private Care** Tina Nevot 5/23 **Dining Services Memory Support** Patricia Glenn 5/24 5/24 Health Center 5/25 Luke Rice Maintenance 5/26 Rovetta Malone **Health Center** 5/26 Housekeeping 5/27 Therapy 5/28 **Dining Services** 5/28 **Assisted Living** Lula Mohammed 5/29 Home Health Jenessia Grady 5/29 Catherine Holt **Business Office** 5/30 HR Angela Bauer 5/31 Therapy Dining Services 5/31 5/31 Health Center

### **May Team Anniversaries**

Employee Name Hire Day # Yrs Department

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Jaila Walker	5/1/2023	2	Health Center
Trevecia Gonzales	5/1/2023	2	Hospice
Aracely Hernandez Torres	5/2/2022	3	Housekeeping
Lizbeth Mendoza	5/3/2023	2	Health Center
Shaneka McFarland	5/3/2024	_ 1	Health Center
Margaret Ramirez	5/3/2021	4	Business Office
Derrick Taylor	5/4/2022	3	Housekeeping
Carmen Dudley	5/4/2022	3	Private Care
Angela Jones	5/4/2022	3	Health Center
Isoken Eno	5/4/2020	5	Health Center
Dalphne Isaac	5/5/2021	4	<b>Dining Services</b>
Amaka Iwuji	5/6/2024	1	Health Center
Damaris Needham	5/6/2020	5	Health Center
Theo Steen	5/6/2019	6	Dining Services
Naomi Pitt	5/7/2024	1	Health Center
Sharon Hunter	5/7/2024	1	Health Center
Misty McMillan	5/7/2018	7	Home Health
Ásnake Beri	5/7/2018	7	Housekeeping
Kelly McGee Powell	5/7/2014	11	Assisted Living
Lachris Ervin	5/8/2006	19	Housekeeping
Jesus Hernandez	5/9/2022	3	Housekeeping
LaKisha McCollough	5/9/2022	3	Health Center
Worknesh Abebe	5/9/2016	9	Private Care
Faridah Kibirige Hall	5/11/2024	1	<b>Health Center</b>
Belinda Pratt Turner	5/11/2023	2	Assisted Living
Latorshia Butler	5/11/2022	3	Health Center
Chanda Payton	5/13/2024	1	<b>Health Center</b>
Betelhem Liche	5/13/2024	1	<b>Health Center</b>
Amalia Mercado	5/13/2023	2	Dining Services
Rolande Abeng	5/15/2023	2	Private Care
Theresa Hunt	5/15/2023	2	Hospice
DiNisha Griffin	5/17/2023	2	Dining Services
Angel Lagrone	5/17/2021	4	Dining Services
Charlotte Waters	5/17/2021	4	Housekeeping
Keisha Latimer	5/17/2021	4	Private Care
Rosario Guerrero	5/18/2022	3	Dining Services
Kamecia Richard	5/18/2020	5	Assisted Living
Venkata Rajesh Ancha	5/19/2023	2	Therapy
Ernest Perez	5/20/2024	1	Technology
Gisela Samuel	5/22/2024	1	Dining Services
Sabita Subedi	5/22/2023	2	Home Health
Tiffany Little	5/22/2017	8	Community Outreach
Clarice Jones	5/23/2022	3	Housekeeping
Barrett Reynolds	5/23/2016	9	Dining Services
Lisa Durden	5/23/2016	9	Memory Support
Hirut Abebe	5/28/2024	1	Health Center
Cynthia Acosta	5/30/2024	1	Housekeeping
Alexander Diaz	5/30/2023	2	Dining Services
Leslie Delgado Mendez	5/30/2023	2	Private Care
Missy Glenn	5/31/2022	3	Laundry





1 Overlook **Rosemary Broome** Kathryn McDonnell 1 Overlook **Donna Cranshaw** 2 Vista Rebie Nicholson 2 Asbury 4 Dee Bowen Vista Hillside Nancy Kosmin 4 Donna Rush 4 Vista Overlook Joan Jackson 4 George Feichtinger 5 Vista **Jonnie Polk** 8 Vista Christine Cockrell Hillside 8 Overlook **Douglas Malcomb** 8 Maurice "Cliff" Perry 9 Overlook **Shirley Sloat** 11 Vista Paula Everitt 11 Vista **Richard Kurth** 11 Asbury **Phyllis Jones** 12 Asbury **Harriett Willis** 14 **Thomas Ernestine Williams** 16 Vista **Ralph Minton** 16 Vista Hillside **Edwin Young** 16 **Bill Power** Overlook 16 **Frances Courtney** 18 Vista Maurice Guy **Thomas** 18 Joyce Johnson 18 Asbury **Edna Bradshaw** 20 Vista Overlook Carolyn Knudsen 20 **Ruth Kidd** 21 Vista **Ann Robbins** 21 Vista Jane Dillard 21 Vista Hillside Ed Hubbuch 21 Joseph Kuhlmann 22 Vista **Lieuen Boyington** 25 Vista Karolyn Pepper 25 Hillside Virginia Herrick 25 Asbury 27 Hillside Johann Ferguson Ralph Duggar 27 Overlook **Tom Dunscomb** 27 Overlook 28 **Patsy Gunter** Asbury Marlene Hanks 29 Vista Laura Marsh 29 Asbury Sandy Ibach 30 **Thomas** Overlook Roger Kaiser 30 **Asbury** Celia Smythe 30 **Gordon Fox** 31 **Thomas** Overlook Elise Hustis 31

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### MAY

## Resident Anniversaries



11 Years
Babette Tippit

8 Years
Judith & Fred Banes
Priscilla Sellers

7 Years Korrine Hearn

**6 Years**Joanna Shields

5 Years
Carla & Patrick Heath

## THOMAS CUISINE SPECIAL DINING DAYS



Action Station of the Month: Build Your Own Pasta

05/11 | Conley's Annual Mother's Day Buffet; Sign up for reservations between April 23rd & May 5th at the Conley's entrance

05/21 | Fruit Slushies available at the Point Café

05/29 | ½ off Breakfast Biscuits at the Point Café (available all day)

#### No Test. No Grades. No Limits.



#### Tuesday, June 3

**Gustave Caillebotte: Impressionist Painter and** 

Collector

Presented by Lane Banks

#### Thursday, June 5

Frank Lloyd Wright and His Usonian Vision

Presented by Jessica Hogue

#### Tuesday, June 10

The Mighty MOSFET: The Device at the Heart of

**Intelligent Machines** 

Presented by David McKinley

#### Thursday, June 12

Renewable Energy: What Challenges Do We Face?"

Presented by Gina Coelho

#### Monday, June 16 (OLLI After Five)

America's Humble Servant: Ben Franklin's

Perspectives on American Ingenuity, Resolve and

Liberty

Presented by Darren York

#### **Tuesday, June 17**

Pride and Prejudice: The Men

Presented by Elaine Kushmaul

#### Thursday, June 19

No OLLI Classes / UNT closed for Juneteenth

#### Tuesday, June 24

John Philip Sousa: The March King (Session 1 of 2)

Presented by Darhyl Ramsey

#### Thursday, June 26

John Philip Sousa
The March King (Session 2 of 2)
Presented by Darhyl Ramsey
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#### THE POINT

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



## Junes Tourney Event

# WEDNESDAY JUNE 4 3:00PM AUDITORIUM & CH.81

The Planning of FUMC Centennial

Presented by

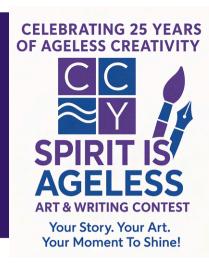
Kelvin L. Meyers

Forensic Genealogist

Director, Texas Institute of

Genealogical Research Association of Professional Genealogists





ONLINE REGISTRATION BEGINS: FRIDAY, AUGUST 1, 2025

ENTRY DROP-OFF: TUES., AUGUST 19 & WED., AUGUST 20

9:00AM - 6:00PM

#### **Visual Art Categories**

- (NEW) Emerging Artist: Open to artists of all mediums who are entering an art contest for the very first time.
- (NEW) Echoes of the Masters: Art created in the style or spirit of a recognized artist, movement, or tradition.
- **Drawing & Illustration:** Includes artwork primarily created using mediums such as charcoal, pencil, and pastel.
- Group Entry: Artwork in any visual art category created collaboratively by two or more individuals.
- Hard Crafts & Sculpture: Three-dimensional art created through carving, casting, modeling, or other shaping techniques. This also includes wearable art.
- **Mixed Media:** Artwork incorporating two or more distinct artistic mediums.
- Painting (Acrylic): Paintings on canvas or paper using acrylic paints.
- Painting (Oil & Oil Pastel): Paintings on canvas or paper using oil paints or oil pastels.
- Painting (Watercolor): Paintings on canvas or paper using watercolor paints.
- Photography: Printed images captured by a traditional camera or mobile device.
- Soft Crafts (Quilts & Blankets): Large quilted or blanketed textile art.
- **Soft Crafts (Other):** Includes items crafted through techniques like crocheting, knitting, weaving, tatting, needlework, embroidery, cross-stitch, and needlepoint.

#### **Writing Categories**

Submission Guidelines: All writing entries must be no more than four (4) double-spaced typed pages, using a minimum 12-point font.

- Poetry & Prose: Verse writing, including but not limited to prose poetry, free verse, formal poetry, and song lyrics.
- Personal Essay & Short Story: Includes short stories, novellas, and scripts.



For More Info and full category description visit: www.ccyoung.org/events/

