

# ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG  
THE POINT & PAVILION



## On The Cover

The Journey to Elevate the  
CCY Wellness Program:

Meet Kori Ware &  
Tammy Slauson

Learn more about them on  
pg. 48 & 49.

## THRIVE IN '25



**FREE**  
PLEASE TAKE  
ONE

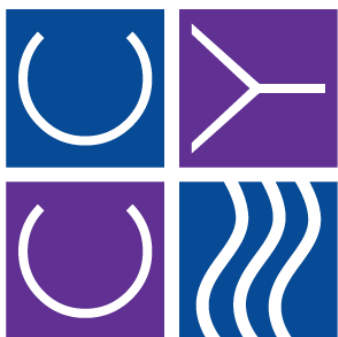
June's Journeys

**KELVIN MEYERS PLANS  
100 YEAR OF HPUMC**

Get Creative with an  
**ART WORKSHOP**

Aaron's Journey to  
**AFRICA**

# JUNE 2025



## Meet The Team



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& Personal Trainer  
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**Tammy Slauson**  
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Manager



**Heidi Fessler**  
Wellness  
Instructor



**Ann Sury**  
Wellness  
Instructor



**JoAnn Tobey**  
Zumba  
Instructor



**Aaron Schmidt**  
Drumba  
Instructor



**Lindsey Buis, PT**  
Rock Steady Boxing  
Instructor



**Bethanie Belk**  
Wellness Instructor



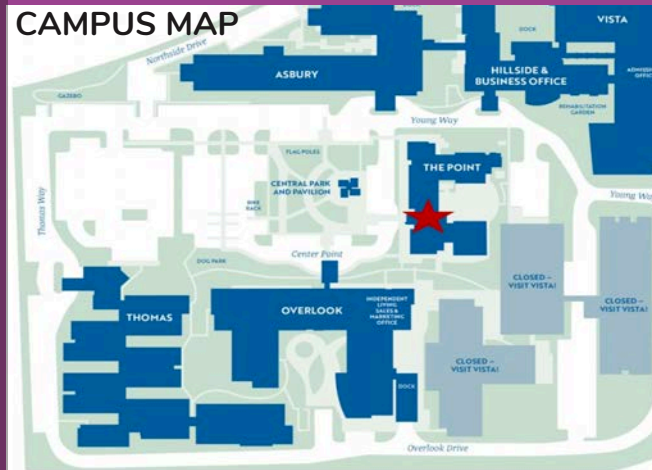
**Dave Larcade**  
Tai Chi Instructor



## THE POINT AND PAVILION

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

### CAMPUS MAP



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## 7 Dimensions of Wellness

Events on the daily calendar will have a color square to notate which dimension of wellness it represents. Below is a helpful key to help identify each.

**Physical Wellness:** This pillar is familiar to many—it's about the importance of regular exercise, nutritious eating, and adequate rest. However, it's not just about the body; it's about feeling vibrant and energized in our physical being.

**Intellectual Wellness:** This means stimulating our minds through lifelong learning, exploring new ideas, and engaging in creative endeavors. Intellectual wellness fuels our curiosity and keeps our mental faculties sharp.

**Emotional Wellness:** This is about understanding, expressing, and managing emotions in a healthy way. This pillar teaches us resilience, self-compassion, and the ability to navigate life's ups and downs.

**Social Wellness:** This one is about nurturing meaningful connections and fostering a sense of belonging within our communities – both here on campus and elsewhere. Social wellness thrives on genuine relationships and a supportive network...wherever that may be!

**Spiritual Wellness:** The key to this is reflecting on life's purpose, finding inner peace, and seeking meaning and depth in our existence. Spiritual wellness is about aligning with our values and beliefs.

**Vocational Wellness:** Sometimes a little mysterious by just the word, this one is about finding satisfaction and fulfillment in our work or personal pursuits. This pillar encourages us to pursue careers or hobbies that resonate with our passions and strengths.

**Environmental Wellness:** Finally, hopefully we will all continue being mindful of our surroundings and making choices that positively impact our environment. Environmental wellness emphasizes our responsibility to care for our planet.

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*Aver-Phillips Art Gallery*

**SARAH MAXWELL**  
**ART**  
**EXHIBITION**



**A SARAH MAXWELL CREATION**  
**SATURDAY, MAY 31 – TUESDAY, JULY 29**



**MEET THE ARTIST RECEPTION**  
**WEDNESDAY JUNE 20 ~ 3:30PM**



[WWW.CCYOUNG.ORG](http://WWW.CCYOUNG.ORG)

**VISTA- 2ND FLOOR**

4849 W. LAWTHER DR.

DALLAS TX 75214

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*June's Journey Event*

**WEDNESDAY**

**JUNE 4**

**3:30PM**

**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





# No Test. No Grades. No Limits.



## OLLI LIFELONG LEARNING FOR ADULTS 50+

**Tuesday, June 3 at 10:00am**

### **Gustave Caillebotte: Impressionist Painter and Collector**

This session will examine the art and life of Gustave Caillebotte, an often overlooked member of the Impressionist group, who was both a painter and collector of their works. **Presented by Lane Banks**

**Thursday, June 5 at 10:00am**

### **Frank Lloyd Wright and His Usonian Vision**

In this session, members will have the opportunity to learn more about how Wright's design style evolved from designing expansive Prairie-style homes for the wealthy "avant-garde" to focusing on designing accessible homes for middle-income "every-man" families. **Presented by Jessica Hogue**

**Tuesday, June 10 at 10:00am**

### **The Mighty MOSFET: The Device at the Heart of Intelligent Machines**

Electronics today are dominated by integrated circuits. This session will provide an overview of how these ubiquitous devices work and how they are used to build the intelligent machines that make up so much of modern life.

**Presented by David McKinley**

**Thursday, June 12 at 10:00am**

### **Renewable Energy: What Challenges Do We Face?"**

This presentation will explain some of the primary forms of large-scale renewable energy and will highlight some of the challenges and environmental costs of energy production. The session will examine some recent innovations and breakthroughs in the field and will briefly explore what the future might hold for the United States' energy infrastructure. **Presented by Gina Coelho**

**Monday, June 16 (OLLI After Five)- at 5:30pm- More info on the right**  
**America's Humble Servant: Ben Franklin's Perspectives on American Ingenuity, Resolve and Liberty** **Presented by Darren York**

**Tuesday, June 17 at 10:00am**

### **Pride and Prejudice: The Men**

Pride and Prejudice is the most popular of Jane Austen's six novels. It may have invented the romcom, but is that all it is? What can we learn from it, and what does it say about the culture Austen lived in at the time it was written?

**Presented by Elaine Kushmaul**

**Thursday, June 19**

**No OLLI Classes / UNT closed for Juneteenth**

**Tuesday, June 24 & Thursday, June 26 at 10:00am**

### **John Philip Sousa: The March King**

John Philip Sousa has been called America's March King. He has given the American people over 130 marches and numerous other musical offerings. This two-session course will examine the life of John Philip Sousa and the background behind some of his more famous marches. **Presented by Darhyl Ramsey**

*The*  
**DEBBIE & NEAL  
SMATRESK**  
OLLI AFTER FIVE SERIES



**Monday, June 16**

### **America's Humble Servant: Ben Franklin's Perspectives on American Ingenuity, Resolve and Liberty**

Allow Dr. Benjamin Franklin to share his life's stories, experiences, and perspectives that exemplify what would come to be known as the American Spirit. In this immersive experience, Franklin himself will bring his journey to life, revealing how an insatiable curiosity led a boy with only two years of formal education to rise from a fugitive to a world-renowned philosopher, scientist, businessman, diplomat, and statesman. What question would you ask Ben if you had the chance? Now you will!

**Presented by Darren York**



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For more information on how to  
join contact Angela  
at 214-841-2831



*Nutrition Talk*  
**Wednesday, June 18**  
**2:00pm**  
**June's Journey....**

**A few fruits and vegetables that are a healthy treat  
in the month of June.**

**The nutritional values you gain from eating  
foods such as watermelon, blackberries,  
eggplant & cucumbers.**



**Presented by**  
**Lorna Towers Sanders**

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



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**TUESDAY, JUNE 17**  
**3:00 PM**

# Piano Concert



**Immerse yourself in the passion and beauty of Russian piano music.**

**Gustavo Romero will bring to life the evocative melodies and powerful harmonies of Russia's celebrated composers Tchaikovsky and Rachmaninoff**

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

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**MONDAY**  
**JUNE 30**  
**4:00PM**

**IN-PERSON IN THE POINT**  
**AND ON CH. 81**



  
**CC YOUNG**  
THE POINT & PAVILION

# TOWN NORTH CONCERT BAND

**ALL WELCOME!**

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# Creative — Workshops —

Limited Spots. Sign up at The Point

A graphic for the Patriotic Crafts workshop featuring a pattern of red, white, and blue stars on a light background.

## Patriotic Crafts

MONDAY, JUNE 9  
10:00am - 11:30am

Hosted By :  
**Patricia Dilligham**

SATURDAY, JUNE 14 & 28  
10:00am - 12:00pm

Hosted By :  
**Jeanette Hughes**

A photograph showing hands working on jewelry, with a bowl of colorful beads and various tools like pliers.

## Jewelry Making

SATURDAY, JUNE 14  
9:30am - 11:30am

Hosted By :  
**Pattie Gooch**

A photograph of a floral arrangement featuring red and white daisies in a rustic wooden crate.

## Patriotic Floral Arrangements





# DEATH

# Café

## FRIDAY, JUNE 13

## 2:00PM

## VISTA 1<sup>ST</sup> FLOOR



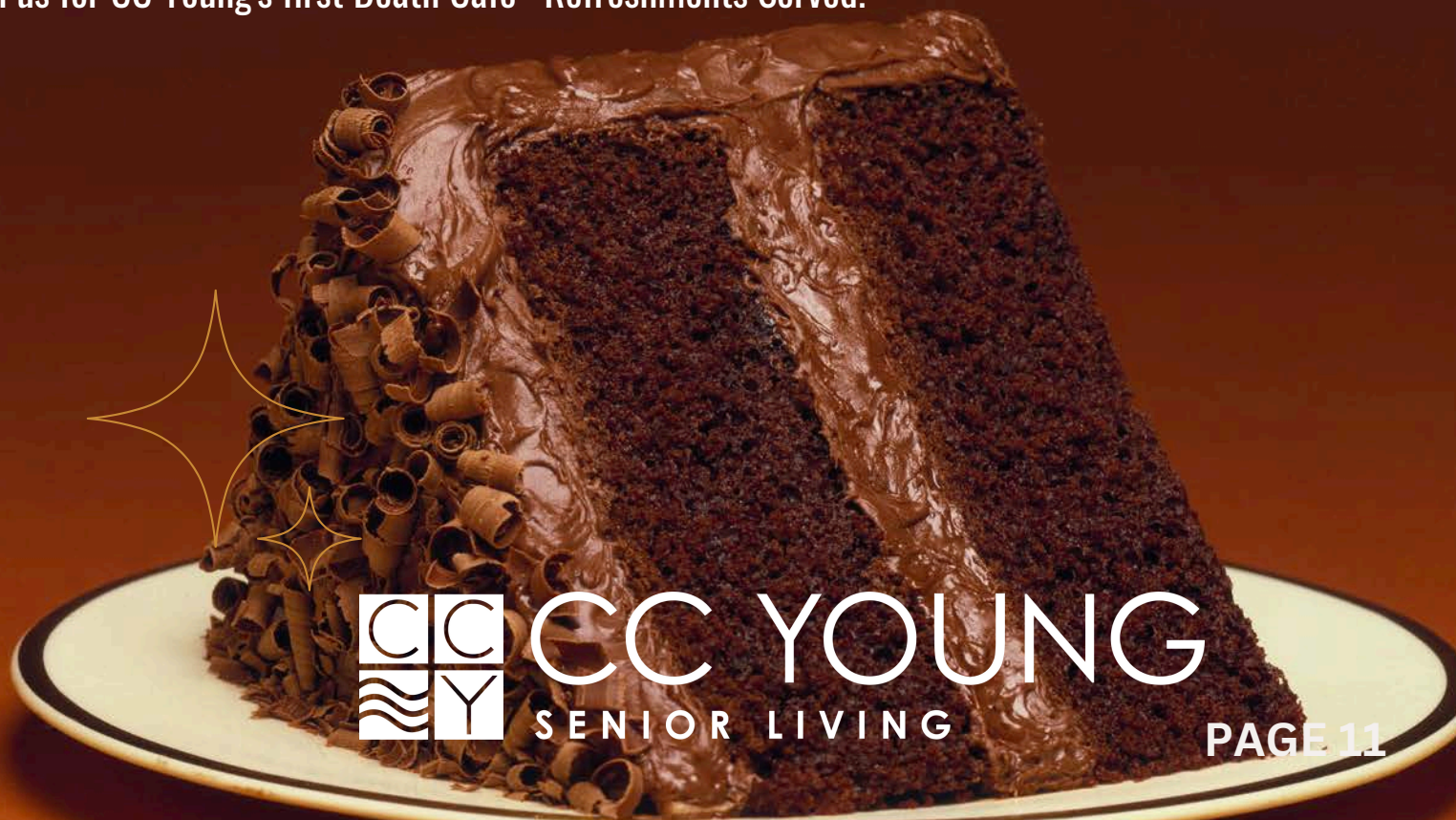
What is a Death Café?

At a Death Café people drink tea, eat cake, and talk about death.

Founded in 2011 in East London, the objective was to create a safe place for people to talk about a taboo subject, 'with a view to helping people make the most of their (finite) lives'.

It is a group discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counselling session.

Join us for CC Young's first Death Café~ Refreshments Served!



# CC YOUNG

SENIOR LIVING

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# JUNE RESIDENT TRIPS

## Sign up at The Point



**2025  
REJEBIAN  
SERIES**



**Wednesdays in June  
6:15pm -8:30pm**

**June 11**

**Patrick Jenevein,  
Author**

**"Dancing with the Dragon:  
Cautionary Tales of the New  
China from an Old China Hand"**

**June 18**

**Nancy Ashley,  
Book Reviewer**

**"Head Over Heels: Joanne  
Woodward and Paul Newman:  
A Love Affair in Words and  
Pictures" by Melissa Newman  
and Andrew Kelly**

**June 25**

**Amanda Churchill,  
Author  
"The Turtle House"**

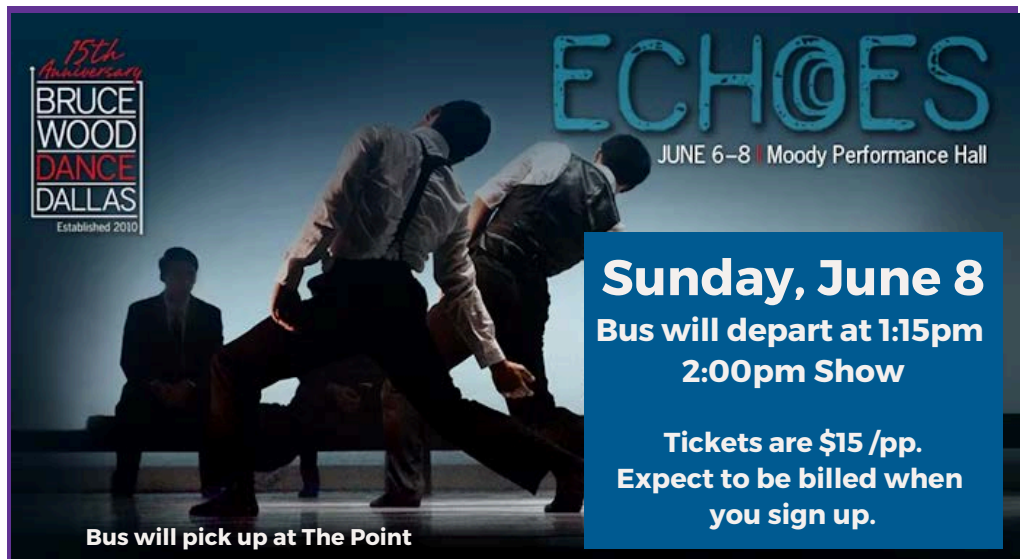
**Bus will pick up at The Point**



## Thrift & Lunch

**Thursday, June 5  
11:30am- 3:00pm**

**Shop at Two Thrift stores and then have  
lunch! Bus will pick up at The Point**



**Sunday, June 8**

**Bus will depart at 1:15pm  
2:00pm Show**

**Tickets are \$15 /pp.  
Expect to be billed when  
you sign up.**

**Bus will pick up at The Point**



**Bus will pick up  
at The Point**

## Ham Orchard

**Peaches Picking and Lunch**

**Friday, June 27  
11:30am- 3:30pm**

**An additional trip will be planned in August.**

**Bring money to buy peaches & lunch.**

**To book an individual trip**

**call 214-841-2946**

**or email [transportation@ccyoung.org](mailto:transportation@ccyoung.org)**





# Massage Services

## AT CC YOUNG

Swedish, Deep Tissue, Reiki or Sound Healing

### Pricing

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

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

Gratuuity not included.

### Book Your Appointment

**972-755-4259**

#### Payment Options

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

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



**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

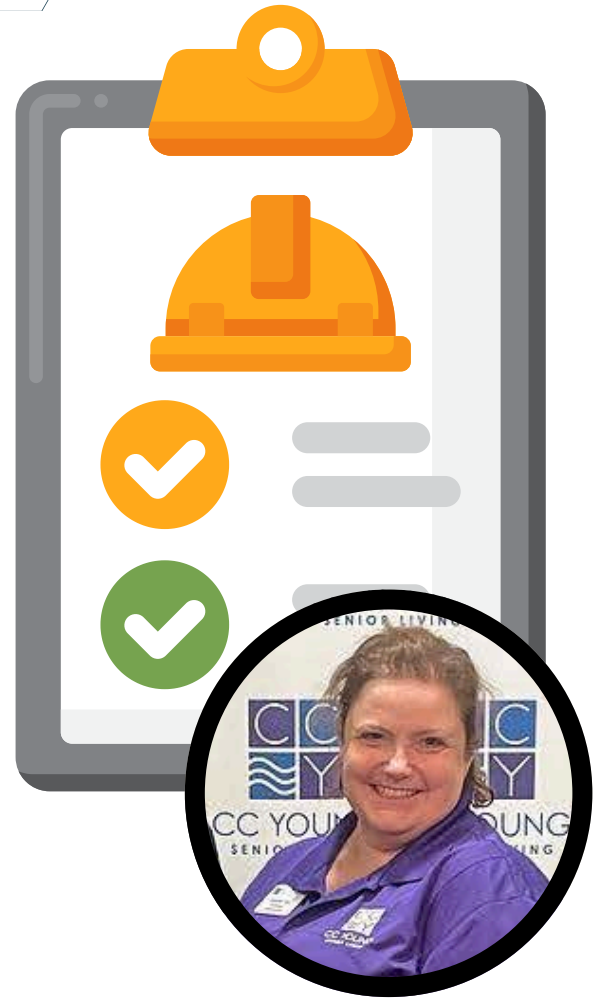
**CC YOUNG**  
MESSAGE THERAPY & WELLNESS

# 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](mailto:servicerequest@ccyoung.org)  
or by phone 972-996-2584.

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



## TRANSPORTATION REQUESTS

To book an individual trip  
call 214-841-2946  
or email  
[transportation@ccyoung.org](mailto:transportation@ccyoung.org)





# Collaborative Partners

These organizations are non-profit groups that meet regularly at The Point. They provide programming for residents and the community. Their meetings are open to Residents, Point Members and members of each organization.



## Dallas Handweavers & Spinners Guild

The Dallas Handweavers and Spinners Guild is dedicated to promoting the arts of weaving and spinning.

**Meets 1st Saturday of each month  
10:00am in The Auditorium**



## CC Young Auxiliary

The CC Young Auxiliary was founded in 1925 with a goal to interest and involve its members in the mission of CC Young, to serve as a voice in the local churches and the community, to promote volunteerism and to provide funds in support of its ministries.

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



## Dallas Area Fiber Artists

The dynamic and progressive organization promotes fiber art through education, workshops and exhibitions.

**Meets 2nd Saturday of each month  
10:00am in The Auditorium**



## Dallas Button Society

Buttons are miniature artwork made over the centuries that reflect fashion, politics, culture and technology. The Button Society gathers members and friends with a goal to organize and promote the learning and friendship we share through taking joy in buttons.

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



## Harmonica Organization of Texas

The Harmonica Organization of Texas or HOOT was formed in 1993 in Dallas. HOOT is an organization that promotes the advancement of the harmonica and covers all styles of music and harmonicas.

**Meets 3rd Tuesday of each month at 7:00pm in the Auditorium**



## Trinity Valley Beekeepers

We know bees. Our goal is to educate our members and the community about beekeeping and the importance of pollinators in our environment. Our members are from Dallas and the surrounding areas.

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



## Dallas Bead Society

The Dallas Bead Society exists to promote the enjoyment, knowledge and appreciation of beads and their many uses.

**Meets 1st Saturday of each month  
10:00am in The Fitness Center Classroom**



## Dallas County Pioneers

The Dallas County Pioneer Association has been dedicated to preserving the history of Dallas County and the pioneers who settled this County since its formation in 1875. There's no sign of us slowing down anytime soon!

**Meets 1st Thursdays at 6:30pm in The Auditorium in March, June, September, and Holiday meeting first Saturday in December**

# Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



## HAPPY HOOKERS

Group members measure, cut, and crochet plastic bags into "plarn," turning them into sleeping mats for the homeless. Supplies are provided, but you can bring your own scissors or crochet needles.

**Mondays at 9:30am in The Auditorium**



## CC YOUNG 'UNS

Singing at CC Young for 30+ years, the choir is currently under the direction of Russ Rieger and accompanied by pianist Kathy Beal. Current choir members vary in age from 65 to 95 years young. New members welcome!

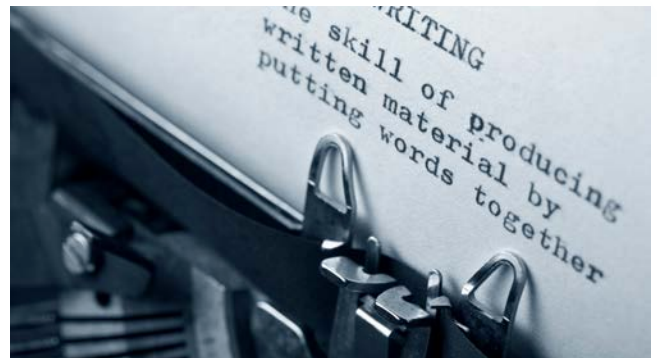
**Tuesdays at 1:00pm in The Auditorium**



## KNOTTY KNITTERS & CRAFTY CROCHETERS

Whether you enjoy knitting, needlepoint or crocheting, you're in good company with this group. Bring your own needles. Yarn has been donated for projects.

**Mondays at 2:00pm in Flagpole Hill Classroom**



## SCRIBBLERS, SCRIBES AND SEEKERS

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

**Wednesdays at 9:45am in Flagpole Hill Classroom**





## GARDEN CLUB

Group is open to gardeners new and old! With the addition of the new Green House and raised garden beds to the campus, the Garden Club meets to plan projects. Meets every Thursday at 2:00pm



## FELLOWSHIP, WORD & BIBLE STUDY

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

Meets Tuesday at 3:30pm  
In Flagpole Hill Classroom



## ACTING FUN

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

Meets Sundays at 3:00pm  
In The Theater



## RUMMIKUB CLUB

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

Meets Wednesdays at 9:30am in The Game Zone



## WII BOWLING 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



## OPERA CLUB

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

Meets the third Thursday of each month at 5:00pm in The Theater



### 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!



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



### 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.



### NEW

**Fundamental Movements**  
10:00am-10:45am / Mondays  
Instructor: Kori Ware

Master the basics with this form-focused class that builds a strong foundation in functional fitness. Learn proper technique for squats, hinges, pushes, pulls, and core work. Great for beginners or anyone refining their movement patterns.



### Floor Yoga Class

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

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



### Balance

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

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



### NEW

### Bandz on Fire

9:00am-9:45am / Wednesdays  
Instructor: Kori Ware

Ignite your muscles with resistance band training designed to tone, sculpt, and build endurance. This class targets the entire body with low-impact movements. Perfect for all levels looking to boost strength and stability.



### 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 - 1:45pm / Wed. (Vista 9)**

**Instructors:**

**Lindsey Buis & Tammy Slauson**

A unique exercise program, based on training used by boxing pros and adapted to people with **Parkinson's disease & other movement disorders.**

The program involves regular exercises & non-contact boxing, led by experienced trainers/coaches. Open to both men and women of all ages and levels of ability.



### **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.



### **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-3:45pm**

**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.



### **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**

**Tuesdays at 9:00am or**

**Thursdays at 1:00pm**

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

**Classes are 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.

### NEW- LAP SWIMMING

**Tues., and Thurs. - 11:00am–12:00pm**

### AQUA BOOT CAMP

**Mon., Wed., Fri. - 3:00pm–4:00pm**

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

### H2O HUSTLE

**Mon., Wed., Fri. - 8:00am–8:45am**

An invigorating low-impact workout that 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, June 3**

10:00am

**OLLI Class**

Gustave Caillebotte: Impressionist Painter and Collector

**Wednesday, June 4**

3:30pm

**Kelvin Meyer Presents:**

**The planning of FUMC Centennial**

**Thursday, June 5**

10:00am

**OLLI Class**

Frank Lloyd Wright and His Usonian Vision

**Friday, June 6**

1:30pm

**Movie Matinee**

*Nonnas*

*2025 Rated PG, 1hr 51m*

**SUNDAY, JUNE 1**

The CCY Ministry Team hosts  
Sunday Worship Services

9:30am - 10:30am

**Christ Chapel Service**

Vista-2  
All Welcome!

11:00am - 12:00pm

**The Point Service**

Auditorium  
& Ch. 81  
All Welcome!

**NEW DAY**

3:00pm - 4:00pm

**Acting Fun**

Theater  
Res. & PM Only



## Harris Jewelry Repair

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

Thursday, June 5

1:30pm - 2:15pm

**Repairs while you wait!**

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

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

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

# MONDAY, JUNE 2

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Seated Drumba **CXL TODAY**

10:00am – 10:45am Fundamental Movements- **NEW**

11:00am – 11:45am Chair Volleyball

### Vista 9th Floor

Res & PM Only

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

## Aquatics Classes

### Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

### Happy Hookers Volunteer Group

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

10:30am – 11:30am

Vista 9

### Current Events

Res. & PM Only

with Randy Mayeux

1:00pm – 2:30pm

Flagpole Hill

### SPEAK OUT!

### Speech Therapy Group

Res. & PM Only

## PM Exercise Classes

### Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

1:00pm – 2:00pm

### Sign Language Fun!

Tech Lab

All Welcome!

2:00pm – 3:00pm

### Knotty Knitters &

### Crafty Crocheters

White Rock Class

Res. & PM Only

3:00pm – 4:30pm

### BUNCO!

Game Zone

Res. & PM Only

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



NATIONAL  
ROCKY ROAD  
DAY

# TUESDAY, JUNE 3

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1

10:00am-11:30am

Auditorium & Ch. 81

### OLLI Class

Res., PM, OLLI Only

### Gustave Caillebotte:

### Impressionist Painter and Collector

Presented by Lane Banks. For info see pg. 7



11:30am – 1:00pm

Thomas

### Action Station

Resident Only

This Month: Build Your Own Grain Bowl

## Aquatics Classes

972-638-8795

### Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming- **NEW**

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



## WEDNESDAY, JUNE 4

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Bandz on Fire- **NEW**

11:00am – 11:45am Drumba

#### Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

#### Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

#### Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

#### Scribblers, Scribes & Seekers!

Res. & PM Only!

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

### Aquatics Classes

972-638-8795

#### Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am

Vista - 9

#### Table Talk with John Hill

Res. & PM Only!

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm Core Fusion

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



3:30pm-4:30pm

Auditorium & Ch. 81

#### Kelvin Meyer Presents:

All Welcome

#### The planning of FUMC Centennial

## THURSDAY, JUNE 5

### 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



10:00am-11:30am

Auditorium & Ch. 81

#### OLLI Class

Res., PM, OLLI Only

#### Frank Lloyd Wright and His Usonian Vision

Presented by Jessica Hogue . For minfo see pg. 7



11:30am – 1:00pm

Hillside

#### Action Station

Resident Only

This Month: Build Your Own Grain Bowl



11:30am – 3:00pm

Resident Only

#### Trip: Thrift & Lunch

Sign up at The Point

Visit two shops and stop for lunch.

### 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

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming- **NEW**

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



1:30pm – 2:15pm

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.

### Day Change for the Summer

3:00pm-4:00pm

Flagpole Hill

#### Fellowship Word & Bible Study

Res. & PM Only

**CXL TODAY**

4:00pm-5:00pm

Auditorium

#### Resident Happy Hour

Resident Only.

6:00pm-8:30pm

Auditorium

#### Dallas County Pioneers

Res. & PM Invited

Presentation: Rivers & Destinies: Captain Mabel Gilbert's Arrival in Dallas.

## FRIDAY, JUNE 6

### AM Exercise Classes

#### Fitness Center Classroom

9:00am – 9:45am Floor Yoga

Res & PM Only

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-11:30am

#### Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.  
Limited Spots.

10:00am-11:00am

#### Wii Bowling

Café Game Zone

Res. & PM Only

Practice and team play time.

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm

#### Movie Matinee

#### Nonnas

2025 Rated PG, 1hr 51m

Theater

Res. & PM Only

6:30pm – 8:00pm

#### Friday Night Game Night

Café Game Zone

Res. & PM Only

BYOS- Bring your own snacks!

## SATURDAY, JUNE 7

10:00am - 3:00pm

#### Dallas Bead Society

Monthly Meeting

Fitness Center

Res. & PM Invited

2:00pm – 7:00pm

White Rock Class

#### Open Paint Time

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



4833 Steak Avenue

Closed

Fri., June 6 & Sat., June 7

Call 972-755-3259

for more info

## Movie MATINEE

## NONNAS

2025 · Comedy · 1h 51m  
Rated PG

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.



Friday, June 6  
1:30pm

Free popcorn and water.  
All Welcome!





# THIS WEEK'S

## Highlights

**Monday, June 9**

10:00am

**Arts & Crafts with Patricia Dillingham**

This Month: Patriotic Crafts

**Tuesday, June 10**

10:00am

**OLLI Class**

The Mighty MOSFET: The Device at the Heart of Intelligent Machines

**Thursday, June 12**

10:00am

**OLLI Class**

Renewable Energy: What Challenges Do We Face?

**Friday, June 13**

1:30pm

**Movie Matinee**

**Fatherhood**

2021 Rated PG-13, 1hr 49



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

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

**SUNDAY, JUNE 8**

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

9:30am - 10:30am

**Christ Chapel Service**

Vista-2

All Welcome!

11:00am - 12:00pm

**The Point Service**

Auditorium

& Ch. 81

All Welcome!

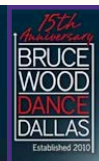
**NEW DAY**

3:00pm - 4:00pm

**Acting Fun**

Theater

Res. & PM Only



1:15pm - 4:00pm

Moody Hall

**Bus Trip: Bruce Wood Dance  
Performance**

Sign up was Required by May 30.

# BRAIN GAMES



**TUESDAY, JUNE 10**  
**9:00AM**  
**GAMES ZONE**

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

**PAGE 25**

# MONDAY, JUNE 9

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold  
9:00am – 9:45am Seated Drumba  
10:00am – 10:45am Fundamental Movements- **NEW**  
11:00am – 11:45am Chair Volleyball

### Vista 9th Floor

Res & PM Only

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



9:00am-11:00am

## ActionShred Paper Shredding

Complimentary service to dispose of documents  
Please bring paper in a box if possible.

## 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

### Happy Hookers Volunteer Group

Auditorium S.

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

10:00am – 11:30am

### Arts & Crafts with Patricia Dillingham

Auditorium N.

Res. & PM Only

This month: Patriotic Crafts

1:00pm – 2:30pm

### SPEAK OUT! Therapy Group

Flagpole Hill

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

### Sign Language Fun!

Tech Lab

All Welcome!

## PM Exercise Classes

### Fitness Center Classroom

Res & PM Only

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

2:00pm – 3:00pm

### Knotty Knitters & Crafty Crocheters

White Rock Class

Res. & PM Only

3:00pm – 4:00pm

### The Fellowship Games

Game Zone

Res. & PM Only

Monthly board game hour.

Play a variety of games with friends new & old.

# TUESDAY, JUNE 10

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

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



9:00am – 10:00am

### Brain Games

Game Zone

Res. & PM Only



10:00am-11:30am

### OLLI Class

Auditorium & Ch. 81

Res., PM, OLLI Only

### The Mighty MOSFET:

### The Device at the Heart of Intelligent Machines

Presented by David McKinley . For info see pg. 7

## Aquatics Classes

972-638-8795

### Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming- **NEW**  
12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim  
3:00pm – 4:00pm Pool Volleyball

1:00pm – 2:00pm

### CC Young 'Uns Choir Rehearsal

Auditorium

Res. & PM Only



2:30pm – 3:30pm

### Chef Connection

Thomas

Resident 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

WELLNESS WEDNESDAY  
CHAIR MESSAGES & REIKI  
**WEDNESDAY, JUNE 18**  
OPEN TO RESIDENTS, POINT MEMBERS, STAFF AND GUESTS!

**BOOK NOW**  
Sign Up by scanning QR code.

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

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



# WEDNESDAY, JUNE 11

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Bandz on Fire- **NEW**

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

### Rummikub Open Play

Café Game Zone

Res. & PM Only

Join other players in the fun tile game!



9:00am – 10:00am

White Rock Class

### Alterations and More

Res. & PM Only

Howie with Dallas Dry Cleaners

9:45am – 11:00am

### Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only!

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

## Aquatics Classes

972-638-8795

### Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am

### Table Talk with John Hill

Vista - 9

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

4:00pm-5:00pm

### Caregiver Support Group

Vista- 9

Res. & PM Only

2025  
REJEBIAN  
SERIES

6:15pm– 8:30pm

HPUMC

### Bus Trip Rejebian Series

Resident Only

Patrick Jenevein, Author- “Dancing with the Dragon: Cautionary Tales of the New China from an Old China Hand”

# THURSDAY, JUNE 12

## 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



10:00am-11:30am

Auditorium & Ch. 81

### OLLI Class

Res., PM, OLLI Only

### Renewable Energy: What Challenges Do We Face?

Presented by Gina Coelho, PhD. For info see pg. 7



11:30am – 2:00pm

Conley's

### Action Station

Resident Only

This Month: Build Your Own Grain Bowl

## 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

11:00am – 12:00pm Lap Swimming- **NEW**

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

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



1:30pm – 3:00pm

Resident Only

### Shopping Trip to Trader Joe's

Sign-up at The Point.

Pick-up in front of buildings.

1:30pm – 3:00pm

### The Chosen - Screening

Theater

Res. & PM Only



2:00pm – 5:00pm

The Clinic (Vista-2)

### Total Hearing Clinic

Resident Only

Complimentary hearing aid cleanings and hearing screenings. Call: 214-987-4114

2:00pm – 3:00pm

### Garden Club Meeting

Flagpole Hill

Res. & PM Only

This month's project: Planting of Flowers & Veggies

## Day Change for the Summer

3:00pm-4:00pm

### Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

4:00pm–5:00pm

### Resident Happy Hour

Auditorium

Resident Only

## FRIDAY, JUNE 13

### AM Exercise Classes

#### Fitness Center Classroom

9:00am – 9:45am Floor Yoga

Res & PM Only

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-11:30am

#### Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots.

10:00am-11:00am

#### Wii Bowling

Café Game Zone

Res. & PM Only

Practice and team play time.

11:00am-12:00pm

#### The White Rock Wrappers

Café Game Zone

Res. & PM Only

Volunteer Group- prepping bags for lake cleanup done by "For The Love Of The Lake"

### 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

#### Fatherhood

2021 Rated PG-13, 1hr 49

Theater

Res. & PM Only



2:00pm - 3:00pm

#### Death Café

Vista 1<sup>st</sup> Floor

All Welcome

Drink tea, eat cake, and talk about death.

This is a discussion group rather than a grief support or counselling session.

6:30pm – 8:00pm

#### Friday Night Game Night

Café Game Zone

Res. & PM Only

BYOS- Bring your own snacks!

## SATURDAY, JUNE 14

10:00am – 12:00pm

#### Dallas Area Fiber Artists

Auditorium

Res. & PM Invited

Monthly Meeting

10:00am – 12:00pm

#### Beginner Jewelry Making

White Rock Class

Res. & PM Only

Hosted by Jeanette Hughes. Sign up at The Point.

2:00pm – 7:00pm

#### Open Paint Time

White Rock Class

Res. & PM Only

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



4833 Steak Avenue

Closed

Friday 6/13 and Saturday 6/14

Call 972-755-3259

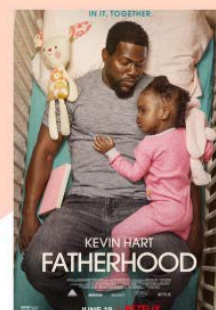
for more info

## Movie MATINEE

## Fatherhood

2021 / Family/Comedy  
1h 49m / Rated PG-13

A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth.



Friday, June 13  
1:30pm

Free popcorn and water.  
All Welcome!



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



# THIS WEEK'S

## Highlights

**Monday, June 16**

5:30pm

**UNT OLLI After 5 Series**

America's Humble Servant: Ben Franklin

**Tuesday, June 17**

10:00am

**OLLI Class**

Pride and Prejudice: The Men

**Tuesday, June 17**

3:00pm

**Gustavo Romero Piano Concert**

**Wednesday, June 18**

2:00pm

**Nutrition Talk**

**Thursday, June 19**

10:00am

**Aaron's Adventure**

**Friday, June 20**

1:30pm

**Movie Matinee**

**Walk. Ride. Rodeo.** PG · 2019 · 1hrs 39m

**Friday, June 20**

3:30pm

**Meet The Artist Reception- at The Vista**

Want more info?

Watch The CC Young News  
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

**SUNDAY, JUNE 15**



The CCY Ministry Team hosts  
Sunday Worship Services

9:30am - 10:30am

**Christ Chapel Worship Service**

Vista-2

All Welcome!

11:00am - 12:00pm

**The Point Worship Service**

Auditorium &  
Ch. 81

All Welcome!

**NEW DAY**

3:00pm - 4:00pm

**Acting Fun**

Theater

Res. & PM Only

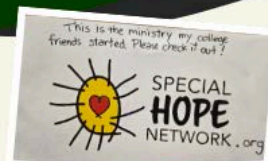


June's  
Journey's

**AARON'S  
ADVENTURE  
IN ZAMBIA AFRICA!**

**Thursday, June 19  
10:00am**

- See photos of Aaron's trip
- Learn more about the Special Hope Network



**CCY YOUNG**  
THE POINT & PAVILION

**PAGE 29**

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

# MONDAY, JUNE 16

## AM Exercise Classes

**Fitness Center Classroom** Res. & PM Only

8:00am – 8:45am Zumba Gold- **CXL Today**

9:00am – 9:45am Seated Drumba

10:00am – 10:45am Fundamental Movements- **NEW**

11:00am – 11:45am Chair Volleyball

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

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

## Aquatics Classes

**Vista Rehab Pool**

**972-638-8795**

**Res. & PM Only**

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

**Happy Hookers Volunteer Group**

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

## PM Exercise Classes

**Fitness Center Classroom**

**Res. & PM Only**

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

1:00pm – 2:30pm

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!

2:00pm – 3:00pm

White Rock Class

**Knotty Knitters & Crafty Crocheters**

Res. & PM Only

3:00pm – 4:30pm

Game Zone

**BUNCO!**

Res. & PM Only

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



5:30pm – 6:30pm

Auditorium & 81

**OLLI After 5 Series**

Res., PM, OLLI

America's Humble Servant: Ben Franklin's Perspectives on American Ingenuity, Resolve, and Liberty. Presented by Darren York  
For info see pg. 7

# TUESDAY, JUNE 17

## AM 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

OLLI

10:00am-11:30am

Auditorium & Ch. 81

**OLLI Class**

Res., PM, OLLI Only

Pride and Prejudice: The Men

Presented by Elaine Kushmaul, MLIS

For info see pg. 7

## Aquatics Classes

**Vista Rehab Pool**

**972-638-8795**

**Res. & PM Only**

11:00am – 12:00pm Lap Swimming- **NEW**

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**



3:00pm – 4:00pm

Auditorium & 81

**Piano Concert**

All Welcome

Gustavo Romero returns with program of Russian Music.

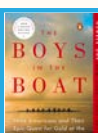


3:00pm – 4:00pm

Overlook

**Chef Connection**

Resident Only



3:30pm – 4:30pm

Vista 9

**Book Review**

Res. & PM Only

Randy Mayeux reviews "Boys on The Boat"

6:00pm – 9:00pm

Auditorium

**Harmonica Organization of Texas (HOOT)**

Res. & PM Invited

Monthly meeting



**WELLNESS WEDNESDAY  
CHAIR MASSES  
& REIKI**

**WEDNESDAY JUNE 18**

1PM - 4PM in The Point Lobby

Cost: \$20 per 10-minute session.

OPEN TO RESIDENTS, POINT MEMBERS,  
STAFF AND GUESTS!





# WEDNESDAY, JUNE 18

## AM Exercise Classes

### Fitness Center Classroom

8:00am - 8:45am Zumba Gold - **CXL Today**

9:00am - 9:45am Bandz on Fire - **NEW**

11:00am - 11:45am Drumba

### Vista 9th Floor

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

**Res & PM Only**

**Res & PM Only**



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

Join other players in the fun tile game!

Café Game Zone

All Welcome!

9:45am - 11:00am

### Scribblers, Scribes & Seekers!

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

Flagpole Hill

All Welcome!

## Aquatics Classes

### Vista Rehab Pool

8:00am - 8:45am H2O Hustle

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

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

2:00pm - 3:00pm Aquacise

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

972-638-8795

Res. & PM Only

10:45am - 11:30am

### Table Talk with John Hill

Vista - 9

All Welcome!

## PM Exercise Classes

### Fitness Center Classroom

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**

**Res & PM Only**



Wellness Wednesday

Chair Massages & Reiki - By Appointment

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

Lobby



1:00pm - 2:00pm

Rehab OP Fall Assessments

Assessments to determine fall risks.

Thomas

Resident Only



2:00pm - 3:00pm

### Nutrition Talk

June's Journey....A few fruits & vegetables that are a healthy treat in the month of June. Including a cooking session with Chef Tim & Lorna Towers Sanders Dietician.

Auditorium & 81

Res & PM Only

3:00pm - 4:00pm

### Story Telling with Jo Rader

Asbury

Residents Only

4:00pm - 5:00pm

### Caregiver Support Group

Vista - 9

Res. & PM Only

2025 REJEBIAN SERIES

6:15pm - 8:30pm

### Bus Trip Rejebian Series

Nancy Ashley, Book Review:

"Head Over Heels: Joanne Woodward and Paul Newman: A Love Affair in Words and Pictures" by Melissa Newman and Andrew Kelly

HPUMC

Resident Only

# THURSDAY, JUNE 19

## Exercise Classes

### Fitness Center Classroom

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

**Res & PM Only**

OLLI

10:00am - 11:30am

### OLLI Class

No Class- Juneteenth

Auditorium & Ch. 81

Res., PM, OLLI Only



### June's Journey

10:00am - 11:00am

### Aaron's Adventure in Africa!

Aaron Schmidt will talk about his

recent trip to Africa

Auditorium & Ch. 81

Res., and PM Only



11:00am - 1:30pm

### Action Station

This Month: Build Your Own Grain Bowl

Asbury

Resident Only

## PM Exercise Classes

### Fitness Center Classroom

2:00pm - 2:45pm Chair Aerobics

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

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

**Res & PM Only**

## Aquatics Classes

### Vista Rehab Pool

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

972-638-8795.

Res. & PM Only

1:30pm - 3:00pm

### Studio Art Time with David Schulze

Learn about drawing, painting & mixed media as ways to make art. Supplies provided. Sign up at The Point

White Rock Class

Res & PM Only

1:30pm - 3:00pm

### The Chosen - Screening

Theater

Res. & PM Only

2:00pm - 3:00pm

### Garden Club Meeting

This month's project: Planting of Flowers & Veggies.

Flagpole Hill

Res. & PM Only

## Day Change for the Summer

3:00pm - 4:00pm

### Fellowship Word & Bible Study

Flagpole Hill

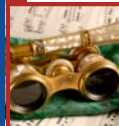
Res. & PM Only

4:00pm - 5:00pm

### Resident Happy Hour

Auditorium

Resident Only.



5:00pm - 7:00pm

### Opera Club

Streaming this month: Madame Butterfly

Theater

Res. & PM Only

## FRIDAY, JUNE 20

### AM Exercise Classes

#### Fitness Center Classroom

9:00am – 9:45am Floor Yoga

Res & PM Only

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 – 11:00am

#### Wii Bowling

Practice and team play time.

Café Game Zone

All Welcome!

10:00am – 11:30am

#### Uke Can Do It

Ukulele Class with instructor Angela Livesay.

Limited Spots.

Auditorium

Res. & PM Only

11:00am – 12:00pm

#### Litter Gitters

A monthly community cleanup

Pavilion

Res. & PM Only!

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit



1:30pm – 3:30pm

#### Movie Matinee

#### Walk. Ride. Rodeo.

Rated -PG/ 2019. 1hrs 39m

Theater

All Welcome!



3:30pm – 4:30pm

#### Meet The Artist Reception

Featured Artist: Sara Maxell

Vista-2

All Welcome!

6:30pm – 8:00pm

#### Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

## SATURDAY, JUNE 21

9:00am – 12:00pm

#### White Rock Democrats

Monthly Meeting

Auditorium

Res. & PM Invited



9:30am- 11:00am

#### Creative Workshop

#### Art with Pattie

This month: Patriotic Floral Arrangements.

Sign up at The Point.

White Rock Class

Res. & PM Only

2:00pm – 7:00pm

#### Open Paint Time

Bring your own supplies. Limited spots available

on first come first serve bases.

White Rock Class

Res. & PM Only



4833 Steak Avenue

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

## Movie MATINEE

## Walk. Ride. Rodeo.

2025 · Sports/Drama · 1h

39m

Rated PG

A courageous teenager is determined to resume competitive rodeo months after her paralyzing spinal cord injury.



Friday, June 20  
1:30pm

Free popcorn and water.  
All Welcome!





# THIS WEEK'S

## Highlights

**Tuesday, June 24**

10:00am

**OLLI Class**

John Philip Sousa: The March King (1)

**Tuesday, June 24**

3:30pm

**Richard Stanford Hour**

Book review: Mark Twain

**Thursday, June 26**

10:00am

**OLLI Class**

John Philip Sousa: The March King (2)

**Friday, June 27**

1:30pm

**Movie Matinee**

***For The Love of The Game***

PG-13 · 1999 · 2hrs 17m

**SUNDAY, JUNE 22**

The CCY Ministry Team hosts  
Sunday Worship Services

9:30am - 10:30am  
**Christ Chapel Service**

Vista-2  
All Welcome!

11:00am - 12:00pm  
**The Point Service**

Auditorium  
& Ch. 81  
All Welcome!

**NEW DAY**  
3:00pm - 4:00pm  
**Acting Fun**

Theater  
**Res. & PM Only**

**CC YOUNG**  
THE POINT & PAVILION

**THE TRINITY  
RIVER: THE  
WATERY TIE  
THAT BINDS  
NORTH TEXAS**

Presented by Amy Martin  
North Texas Master Naturalists



**Monday, June 23  
3:30pm**

Tour the Trinity River's four forks and how they  
shape the land, the reservoirs and nature  
attractions they host, and the Trinity River  
Paddling Trail.

Want more info?

Watch The CC Young News  
on CH. 81!

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

# MONDAY, JUNE 23

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Seated Drumba

10:00am – 10:45am Fundamental Movements- **NEW**

11:00am – 11:45am Chair Volleyball

### Vista 9th Floor

Res & PM Only

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

## Aquatics Classes

972-638-8795

### Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

### Happy Hookers Volunteer Group

All Welcome!

Crochet plastic grocery bags into sleeping mats.

1:00pm – 2:30pm

Flagpole Hill

### SPEAK OUT! Therapy Group

Clinically Proven Speech Therapy Group For Individuals With Parkinsons. For more pre-requisite information please contact Lori Sanders at 254-675-1299

## PM Exercise Classes

### Fitness Center Classroom

Res & PM Only

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

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 & Crafty Crocheters

Res. & PM Only

3:00pm – 4:30pm

Game Zone

### Game Challenge!

Res. & PM Only

Mystery game- come find out!

## JUNE'S JOURNEY

3:30pm- 4:30pm

Auditorium & 81

### The Trinity River:

Res. & PM Only

### The Watery Tie that: Binds North Texas

Presented by Amy Martin



NATIONAL  
Detroit Style Pizza  
DAY

# TUESDAY, JUNE 24

## AM Exercise Classes

### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1



9:00am – 10:30am

### CCY Outdoor Artists

Pavilion

Res. & PM Only

A group of "sketchy" artists who meet & create together. Sketch supplies provided.



10:00am-11:30am

Auditorium & Ch. 81

### OLLI Class

Res., PM, OLLI Only

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

Presented by Darhyl Ramsey, PhD For info see pg. 7

## Aquatics Classes

972-638-8795

### Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming- **NEW**

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 – 3:00pm

### Chef Connection

Asbury

Resident Only



3:00pm-5:00pm

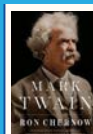
### Total Hearing Clinic

Flagpole Hill

Resident Only

Complimentary hearing aid cleanings

and screening. Book appointment: 214-987-4114



3:30pm-4:30pm

### Richard Stanford Hour

Auditorium & 81

All Welcome

This Month's Book Review:

Mark Twain by Ron Chernow

6:00pm – 9:00pm

### Trinity Valley Beekeepers

Auditorium

Res. & PM Invited

Monthly meeting



## WEDNESDAY, JUNE 25

### AM Exercise Classes

**Fitness Center Classroom** Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Bandz on Fire- **NEW**

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

**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 Aqua 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 -**CXL**

1:00pm – 1:45pm Mindful Yoga Flow -**CXL**

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



4:00pm-4:45pm

**Virtual Bingo**

Ch. 81

Resident Only

Bingo Cards will be by cubbies

2025 REJEBIAN SERIES

6:15pm– 8:30pm

**Bus Trip Rejebian Series**

Amanda Churchill, Author

“The Turtle House”

HPUMC

Resident Only

Sign up at The Point



**NATIONAL  
Strawberry Parfait  
DAY**

## THURSDAY, JUNE 26

### 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 -**CXL**

OLLI

10:00am-11:30am

Auditorium & Ch. 81

**OLLI Class**

Res., PM, OLLI Only

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

Presented by Darhyl Ramsey, PhD For info see pg. 7

### 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

### Aquatics Classes

**Vista Rehab Pool**

972-638-8795.

Res. & PM Only

11:00am – 12:00pm Lap Swimming- **NEW**

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

1:30pm – 3:00pm

**The Chosen - Screening**

Theater

Res. & PM Only

2:00pm – 3:00pm

**Garden Club Meeting**

Flagpole Hill

All Welcome!

This month's project: Planting of Flowers & Veggies.

### Day Change for the Summer

3:00pm-4:00pm

**Fellowship Word & Bible Study**

Flagpole Hill

Res. & PM Only

4:00pm–5:00pm

**Resident Happy Hour**

Auditorium

Resident Only.

## FRIDAY, JUNE 27

### AM Exercise Classes

#### Fitness Center Classroom

9:00am – 9:45am Floor Yoga

Res & PM Only

8:30am- 9:00am

#### Walking Club

Pavilion

Res. & PM Only

### Aquatics Classes

#### Vista Rehab Pool

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp

972-638-8795

Res. & PM Only



9:15am – 11:00am

Resident Only

#### Shopping Trip to Kroger

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

10:00am – 11:00am

#### Wii Bowling

Practice and team play time.

Café Game Zone

All Welcome!

10:00am – 11:30am

#### Uke Can Do It

Ukulele Class with instructor Angela Livesay.

Limited Spots.

Auditorium

Res. & PM Only

11:00am – 12:00pm

#### Litter Gitters

A monthly community cleanup

Pavilion

Res. & PM Only!



11:30am – 3:30pm

#### TRIP HAM ORCHARD

Try peaches and have lunch

Resident Only

Sign up at The Point

### PM Exercise Classes

#### Fitness Center Classroom

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

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

Res & PM Only



1:30pm – 3:30pm

#### Movie Matinee

#### Heart of Champions

Rated -PG-13 · 2021 · 1hrs 59m

Theater

All Welcome!

6:30pm – 8:00pm

#### Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

## SATURDAY, JUNE 28

2:00pm – 7:00pm

#### Open Paint Time

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

White Rock Class

Res. & PM Only

10:00am – 12:00pm

#### Beginner Jewelry Making

Hosted by Jeanette Hughes.

White Rock Class

Res. & PM Only

Sign up at The Point.



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

## Movie MATINEE

### Heart of Champions

2021 / Sports/Drama  
1h 59m / Rated PG-13

During their last year at an Ivy League college in 1999, a group of friends and crew teammates' lives are changed forever when an army vet takes over as coach of their dysfunctional rowing team



Friday, June 27  
1:30pm

Free popcorn and water.  
All Welcome!



# THIS WEEK'S

## Highlights

**Monday, June 30**

4:00pm

**Town North Concert Band**

**Tuesday, July 1**

10:00am

**Calvin Coolidge Presentation**

**Tuesday, July 1**

2:30pm

**Prelude to The Fourth Concert**

**Wednesday, July 2**

4:00pm

**Hearing Aid Use in Older Adults  
Improves Listening Abilities,  
Cognition, and Emotion**

**Thursday, July 3**

3:00pm

**USO Show**

**Friday, July 4**

**Independence Day**

**SUNDAY, JUNE 29**

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

9:30am - 10:30am

**Christ Chapel Worship Service**

Vista-2

All Welcome!

11:00am - 12:00pm

**The Point Worship Service**

Auditorium

& Ch. 81

All Welcome!

**NEW DAY**

3:00pm - 4:00pm

**Acting Fun**

Theater

Res. & PM Only

## CALVIN COOLIDGE

**VERMONT IS A STATE I LOVE**

**PRESENTED BY TRACY W. MESSER, APR  
CALVIN COOLIDGE REENACTOR**

**TUESDAY**

**JULY 1**

10:00am

**THE POINT**

**AUDITORIUM**

and Ch. 81

- Welcome & Introduction
- Short Film Screening
- Q&A with Calvin Coolidge



ANNIVERSARY OF HIS 153<sup>RD</sup> BIRTHDAY ON JULY 4, 2025

**Want more info?**

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

**Every day at**

**9:30AM**

**3:30PM**

**6:30PM**

**12:30PM**

# MONDAY, JUNE 30

## AM Exercise Classes

**Fitness Center Classroom** Res & PM Only

8:00am – 8:45am Zumba Gold  
9:00am – 9:45am Seated Drumba  
10:00am – 10:45am Fundamental Movements- **NEW**  
11:00am – 11:45am Chair Volleyball

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

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

## Aquatics Classes

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

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

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

## PM Exercise Classes


**Fitness Center Classroom** Res & PM Only

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

1:00pm – 2:30pm 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!

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

 4:00pm – 5:00pm Auditorium & 81  
**Town North Concert Band** Res., PM, OLLI  
Enjoy this musical treat!

# TUESDAY, JULY 1

## AM Exercise Classes

**Fitness Center Classroom** Res & PM Only

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



10:00am - 11:00am Auditorium & 81

**Calvin Coolidge-  
Vermont Is A State I Love**

A reenactment on the anniversary of his 153<sup>rd</sup>  
Birthday. Presented by Tracy W. Messer, APR.

## Aquatics Classes

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

11:00am – 12:00pm Lap Swimming- **NEW**  
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



2:30pm– 3:30pm Auditorium & 81

**Prelude to The Fourth** All Welcome

A concert by The CC Young 'Uns



# PRELUDE TO THE FOURTH

PRESENTED BY  
THE CC YOUNG 'UNS

**TUESDAY, JULY 1**  
**2:30PM**

IN PERSON AND ON CH 81

★ WEAR YOUR FAVORITE RED,  
WHITE, AND BLUE ATTIRE ★



## WEDNESDAY, JULY 2

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Bandz on Fire- **NEW**

11:00am – 11:45am Drumba

#### Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

#### Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

#### Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

#### Scribblers, Scribes & Seekers!

All Welcome!

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

### Aquatics Classes

972-638-8795

#### Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

10:45am – 11:30am

Vista - 9

#### Table Talk with John Hill

All Welcome!

### PM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm Core Fusion **CXL Today**

1:00pm – 1:45pm Mindful Yoga Flow **CXL Today**

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



4:00pm–5:00pm

Auditorium & 81

#### OLLI Health and Science Talk

Res, PM & OLLI

Hearing Aid Use in Older Adults Improves Listening Abilities, Cognition, and Emotion.

Present by Erin C. Schafer, PhD, CCC-A

2025 REJEBIAN SERIES

6:15pm– 8:30pm

HPUMC

#### Bus Trip Rejebian Series

Resident Only

Dana Harkey, Book Reviewer

“When Women Ran Fifth Avenue: Glamour and Power at the Dawn of American Fashion”

by Julie Satow

## THURSDAY, JULY 3

### AM Exercise Classes

#### Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2 **CXL Today**

### 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

### Aquatics Classes

972-638-8795.

#### Vista Rehab Pool

Res. & PM Only

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

2:00pm – 3:00pm

Courtyard

#### Garden Club Meeting

All Welcome!

### Day Change for the Summer

3:00pm-4:00pm

Flagpole Hill

#### Fellowship Word & Bible Study

Res. & PM Only



3:00pm–4:00pm

Auditorium & 81

#### USO Show

All Welcome

A special Fourth of July musical show.

4:00pm–5:00pm

Auditorium

#### Resident Happy Hour

Resident Only.

# PATRIOTIC USO SHOW



## THURSDAY, JULY 3

3:00PM | AUDITORIUM

FRIDAY, JULY 4



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  
Saturday, July 5

SATURDAY, JULY 5

2:00pm – 7:00pm

**Open Paint Time**

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

White Rock Class  
Res. & PM Only



4833 Steak Avenue  
Closed  
Saturday, July 5  
Call 972-755-3259  
for more info

## FALL ASSESSMENTS

WED, JUNE 18 AT 1PM IN THOMAS

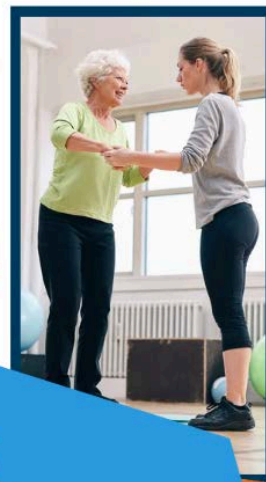
WED, JULY 16 AT 1PM IN ASBURY



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

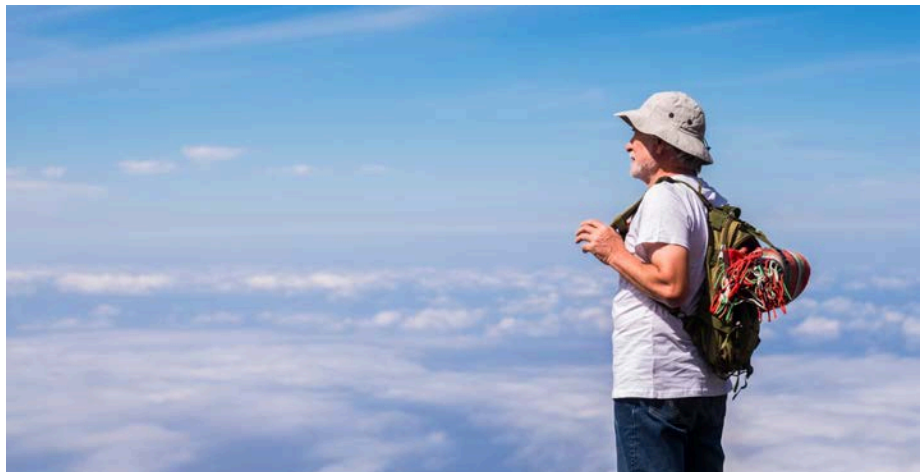




# Lifestyle Section

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

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





# JUNE'S JOURNEYS

**Brian Parman**  
Director, The Point & Pavilion



There's something about the month of June that stirs reflection—maybe it's the sense of transition, of promise, of stories unfolding. As we celebrate 25 years of the Spirit Is Ageless Art & Writing Contest this Fall, I find myself taking a personal journey back to where it all began for me at CC Young.

It was more than a decade ago when I first stepped through the doors of The Point as a volunteer, helping with the very same contest we're honoring this Fall. I still remember the electric joy of that day—residents, families, and staff coming together to celebrate creativity and expression. One moment etched in my heart was witnessing Dallas legend Ebby Halliday uplift our community—not only with her powerful words but also with her surprise ukulele performance. Her presence reminded us all that aging is not a limitation but a stage for new acts of brilliance.



Fast forward to today! I've now served as Director of The Point for the past ten years. What a journey it's been.

From those early beginnings, The Point has blossomed into the heartbeat of our campus—a true student union for senior living.

Our programming has grown exponentially. What began as a partnership with Eastfield College has expanded into a thriving relationship with the University of North Texas' Osher Lifelong Learning Institute (OLLI), offering college-level lectures twice a week, three semesters a year. Our community's hunger for knowledge continues to inspire me.

**PAGE 42**



Equally inspiring is our evolution in technology education. What began with SeniorNet of Dallas now lives on through our in-house SeniorTech program. Whether it's learning to shop online, manage a budget in Excel, understand wearables, or even explore the world of artificial intelligence—our seniors and staff are diving in with enthusiasm and curiosity. No topic is off the table.

One unforgettable milestone was sparked by a resident's passion. After reading an article about seniors in the Pacific Northwest who created a TV station by and for older adults, they said, "We should do that here." And we did. Today, CC Young proudly broadcasts from three campus locations, streaming live and recorded content from a studio operated by our residents. What once seemed like a dream is now an integral part of our community life.

A significant part of that transformation has been the remarkable growth of our Point Membership Program. Designed to engage older adults in the broader Dallas area, this program has enriched the flavor of our campus, infusing it with vibrant, curious, and community-minded individuals who bring fresh energy and perspective. Over 30 members have become permanent residents of CC Young, testament to the meaningful connections formed and the quality of life our campus offers.



In October, Angela Castillo and I will have the honor of presenting the story of this program and its broader impact at the International Council on Active Aging Conference in Anaheim, California. We're excited to share how other communities can replicate this model to deepen engagement and connection across generations. Art and creative expression remain core to our identity. Our two on-campus galleries highlight the works of senior artists, turning passions into conversations, celebrations, and even careers. Over the past 25 years, the Spirit Is Ageless contest has engaged hundreds of artists annually, rewriting society's expectations about aging through brushstrokes and poetry.



We've cultivated more than just minds—we've grown gardens. With raised beds, a thriving greenhouse, and a dedicated horticulture therapist, residents now nurture not just plants, but a deep sense of pride and wellness.

As a nonprofit, every step forward is intentional. We reinvest in people, tools, and innovation. From bringing printing in-house with our Xerox V280 press to embracing design platforms like Canva, and new registration and engagement tools like Jotform, Teams, and now Welbi—technology is helping us understand our impact more deeply than ever before.

Participation in LeadingAge and the International Council on Active Aging keeps our team on the cutting edge. These connections fuel our evolution and bring new ideas home to our campus. The creation of a true game zone, expanded off-campus trips, and the addition of a life enrichment director all reflect our dedication to meaningful engagement.



Our partnerships have deepened, too. Local groups like the Dallas Area Fiber Artists not only exhibit here—they co-create programming for our residents. And these collaborations sow seeds for future community members while enriching the lives of current ones.

And then there's wellness. The dream of aquatics came to life with the opening of The Vista. Now residents enjoy water volleyball, AquaFit, and boot camps. And more recently we welcomed Kori Ware as Director of Wellness for Independent Living and Tammy Slauson as Wellness Program Manager for Assisted Living. Their work will help residents personalize their fitness journeys and transition smoothly from rehab so they can continue to live vibrant, active lives.

Across every area—nutrition, therapy, hospice, nursing, social work—we've made it our mission to place resources within easy reach. Intergenerational events like our "Fam Jam" celebrate family in all its forms. Monthly resident-led birthday bashes, cheering squads, and social clubs all spark connection and joy.

It's no longer just about offering activities. It's about building a culture—of growth, purpose, and soul-nourishing engagement. Whether it's choir rehearsals, ukulele jams, movie nights, or lively book discussions, every corner of CC Young is alive with possibility.

As I look ahead to the next chapter of this journey, I'm filled with gratitude—for the visionaries who built this foundation, for the residents who inspire us daily, and for the community that continues to evolve, dream, and thrive together.

This is June's journey. This is our journey.

JUNE  
2025

# Crews News

by Russell Crews  
President and CEO



## CC Young Welcomes Two Outstanding New Leaders to Our Team

At CC Young, we believe our mission thrives when we bring in exceptional individuals who are both skilled and deeply aligned with our values of compassion, collaboration, and commitment to excellence. It is with great pleasure that I introduce two outstanding new additions to our leadership community: Tim Woehr, who joins us as an integral partner through Thomas Cuisine, and Clela Alexander, who has stepped into a vital financial leadership role on our team.



### **Tim Woehr: Culinary Visionary, Strategic Leader**

Though technically a member of Thomas Cuisine, **Tim Woehr** has already become a valued part of Team CCY. As Executive Chef and General Manager, Tim brings over two decades of culinary leadership, from fine dining to high-volume healthcare kitchens, and now to the heart of senior living.

A graduate of The Culinary Institute of America, Tim's professional journey reflects creativity, precision, and a deep commitment to service. His resume includes leadership roles at Children's Health in Plano and top Dallas restaurants like Abacus, Parigi, and Jasper's. Most recently, Tim spearheaded kitchen renovations and business operations at Bad Chicken, where he implemented systems for budgeting, scheduling, and staff development, all while driving a culture of excellence.

What makes Tim truly stand out is not just his technical skill—though his knowledge of kitchen design, food safety, and innovative menu planning is impressive—it's his passion for people. His leadership style is grounded in collaboration, and he's known for fostering a positive, high-performing team environment. Tim has already brought fresh energy and ideas to our culinary program and is fully committed to enhancing the dining experience for our residents, staff, and guests.

We are fortunate to have Tim's talent and spirit at CC Young, and we are excited for what lies ahead with him at the helm of our culinary program.





## **Cleta Alexander: Financial Strategist, Mission-Driven Professional**

We are equally thrilled to welcome **Cleta Alexander**, CPA, as a financial leader at CC Young. Cleta brings a wealth of experience in accounting, financial reporting, and fund management, with over 27 years in the field and 13 years in leadership roles. Her extensive background includes deep expertise in audits, compliance, investor reporting, and financial modeling—skills that will strengthen our operational excellence and support our strategic growth.

Cleta recently served as Associate Director of Fund Operations at IQ-EQ where she managed financial reporting for numerous clients and led a team of professionals responsible for overseeing audits, investor reporting, and SEC compliance. Her track record includes navigating complex fund structures, managing multi-million-dollar budgets, and implementing process improvements to drive accuracy and efficiency.

Prior to her tenure at IQ-EQ, Cleta held senior roles at C-III Capital Partners and Trammell Crow Company, where she developed a reputation for thoughtful leadership, strong integrity, and financial rigor. She is a licensed CPA, a graduate of the University of North Texas, and a team-oriented leader who approaches her work with diligence, transparency, and a heart for service.

What we admire most about Cleta is her blend of strategic thinking and steady reliability. She brings clarity to complexity and ensures our financial stewardship remains sound as we continue to serve our residents and plan for the future.



At CC Young, we are committed to building a culture where expertise meets purpose—and both Tim and Cleta embody that spirit fully. They each bring a unique strength: Tim with his innovation and hospitality excellence, and Cleta with her strategic financial acumen and disciplined leadership. Together, they reflect the kind of collaborative, mission-driven leadership that defines CC Young.

Please join me in warmly welcoming Tim and Cleta to our extended family. We are proud to have them on board and look forward to the many ways they will contribute to our vision of enhancing the lives of those we serve.





by Jen Griffin  
Vice President Engagement

# VILLAGE REPORT

## June's Journeys

In the early 1990s (in another lifetime!), a co-worker handed me a small, simple gift. It was my birthday. And it was thoughtful gift—one of those small gestures that seem to fade into the blur of busy workdays. She gave me a bracelet. Plain silver. Unadorned. One side of the medallion bore just one word: journey.

To this day, I'm fairly certain she never truly grasped the impact of that gift. And I'm absolutely certain she'd be surprised to know I've worn it almost every day since. Through career shifts, personal joys and losses, quiet mornings and chaotic afternoons, that little bracelet has remained—like a compass, a whisper, a constant companion.



It's been my reminder that life isn't about a fixed destination. It's about the journey in the truest, deepest sense of the word.

When we chose the theme "June's Journeys" for this month, that bracelet came immediately to mind along with the wide range of definitions and meanings connected to the word itself. A quick search online reveals a variety of interpretations—some literal, some philosophical, some spiritual. Oxford defines a journey as "an act of traveling from one place to another." Straightforward enough. But what strikes me is how often journey is used in metaphor: to describe not just physical movement, but emotional, intellectual, or spiritual transformation.

That's what resonates most with me—and with many of us, I believe. Life is filled with moments we plan and prepare for, but also those we never saw coming. Triumphs and heartbreaks. New beginnings and abrupt endings. Some paths are scenic and inspiring, while others feel uphill, rocky, even treacherous. Still, it's all part of the journey.

This month, I've been reflecting on how often we try to rush through seasons of life to get to "the next thing." The next job. The next milestone. The next relief from pain. We want to arrive. But the beauty—and the challenge—is to be present in the traveling itself.



The Bible offers a profound perspective on journeying. In 2 Corinthians 3:18, we are reminded that we are being transformed “from one degree of glory to another.” It doesn’t promise instant perfection, but rather, a process. A becoming. As one writer put it, “Journey focuses on the process of getting there, not the arrival.” And what a sacred process it is when we allow faith to guide us along the way.



There are moments when our path is marked clearly, and we feel a sense of certainty. Other times, the road ahead is hidden, foggy, confusing. It’s then that faith becomes not just comforting, but essential. A journey asks us to walk forward even when we can’t see the finish line. To trust even when there are no guarantees. To stay curious. Open. Humble.

The word “journey” is often associated with great travel—treks across deserts, pilgrimages to holy sites, voyages across oceans. But some of the most significant journeys we ever take happen quietly inside of us. The journey to healing. To forgiveness. To understanding. To peace.

Some days, we might feel like we’re standing still. Other times, we’re sprinting or crawling or getting lost. But each of those days counts. They make up the whole. They shape who we become. I look at the lives around me—colleagues, friends, residents, family—and I see stories unfolding in every direction. Each of us is journeying in our own way, at our own pace. Some are navigating fresh starts. Others are carrying heavy losses. Some are exploring new identities or rediscovering long-buried dreams. Some are just trying to put one foot in front of the other. And all of it matters.

As June unfolds, I invite you to take stock of where you are in your journey. Not where you thought you’d be. Not where others think you should be. But right here. Right now. What are you learning? What are you shedding? What are you growing into?

Maybe even ask yourself: What would it mean to embrace the journey fully—to find meaning not just in the mountaintops but also in the valleys, the waiting, the winding roads?



And perhaps you’ll notice, like I have, that the journey is where the magic happens. That’s where we meet ourselves. That’s where we encounter grace. That’s where faith deepens, wisdom roots itself, and love takes form.

That’s why I still wear the bracelet. Not for fashion. Not for nostalgia. But because it holds a truth that grounds me: this life is not a sprint toward some final answer. It is a slow unfolding. A pilgrimage. A series of stories stitched together by steps taken in hope, in faith, and in love.

This June, may we each honor our journeys—where we’ve been, where we are, and where we’re going. And may we never forget: the journey is the sacred part.



## Leading with Wellness: Introducing CC Young's Dynamic Duo – Kori Ware and Tammy Slauson

CC Young Senior Living is delighted to announce the appointment of two exceptional individuals to lead and enhance the wellness journey of our residents: **Kori Ware**, our new Director of Wellness, and **Tammy Slauson**, our dedicated Wellness Program Manager. Together, they bring a wealth of experience, passion, and specialized skills to support the diverse needs of our Independent Living, Assisted Living, and Skilled Nursing communities.



Taking the helm as Director of Wellness is **Kori Ware**, who will primarily focus on empowering our Independent Living residents. Kori's mission is to foster an active and thriving lifestyle through personalized assessments, tailored personal training programs, and an emphasis on building strength, mobility, and flexibility.

**PAGE 48**



Kori's strong educational foundation includes a Bachelor of Science in Kinesiology: Exercise Science and a Master of Science in Kinesiology: Sport and Exercise Science, both from Texas A&M University-Corpus Christi.

Her graduate work involved in-depth experience in physical assessments and developing effective, client-centered training methodologies. She is also a Schwinn Indoor Cycling Classic Certified instructor and a Certified Personal Trainer through the American Council on Exercise.

Kori's professional background showcases her leadership and program management expertise. She has successfully managed fitness initiatives at Trophy Fitness and overseen the operations of a comprehensive fitness center at EXOS.

Her responsibilities have included developing and evaluating health promotion programs, providing one-on-one training and motivation, and fostering positive and engaging environments for participants.

Her experience at the Hurst Recreation Center further highlights her ability to develop and supervise diverse fitness programs and events. As Director of Wellness, Kori will serve as a liaison for Independent Living residents and Point Members, providing the guidance and support needed to achieve their individual wellness goals and maintain an active, independent lifestyle.

Complementing Kori's leadership is **Tammy Slauson**, our new Wellness Program Manager, who will dedicate her expertise to enriching the lives of residents in Assisted Living and Skilled Nursing.





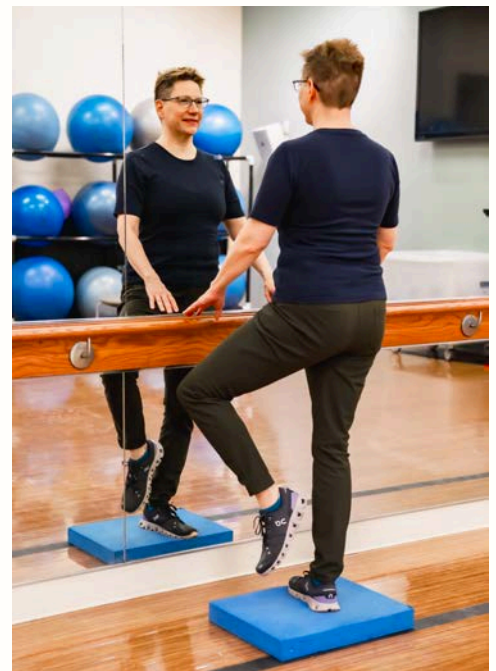
## ON THE COVER CONT.

Tammy has already been an integral part of the CC Young community as a Wellness Instructor since September 2024, leading popular and engaging classes such as Rhythm and Movement, Move and Stretch, Chair Aerobics, Sit and Get Fit, and Yoga Touch.

Tammy's extensive background in movement therapy and senior wellness is evident in her previous roles at Edgemere Plaza, where she focused on Assisted Living, Skilled Nursing, and Memory Care, leading programs like Music and Movement and Gentle Exercise. She also has experience working with individuals with specific needs at Legacy Midtown Park (Memory Care) and Belmont Village Senior Living Turtle Creek ("Movement for PD"). Her long-term commitment to the Dallas Area Parkinsonism Society as a Movement Therapist further underscores her dedication to supporting diverse physical abilities.

Tammy's passion is supported by a robust educational background and numerous certifications, including Rock Steady Boxing, American Council on Exercise Group Fitness Instructor, and Cooper Aerobics Health and Wellness's "Move. Laugh. Connect Fitness Program for PD." Her dedication to cognitive wellness is highlighted by her certification from the National Council of Certified Dementia Practitioners. Additionally, Tammy is a highly qualified Yoga instructor with certifications from the American Viniyoga Institute and the Kripalu Center for Yoga and Health, holding both 500-RYT and 200-RYT designations, as well as a Yoga Therapy Certification from the International Association of Yoga Therapists (IAYT).

In her role as Wellness Program Manager, Tammy will focus on developing and implementing tailored wellness programs specifically designed to meet the unique needs of residents in Assisted Living and Skilled Nursing. Her compassionate approach and specialized skills will ensure that these residents have access to engaging and beneficial activities that promote their physical, cognitive, and emotional well-being.



Together, Kori Ware and Tammy Slauson form a dynamic and dedicated wellness team at CC Young. Their combined expertise and commitment to enhancing the lives of our residents across all levels of care will undoubtedly foster a vibrant and thriving community focused on holistic well-being. We are thrilled to welcome both Kori and Tammy to their new roles and look forward to the positive impact they will have on the CC Young family.

# A Shop with a Purpose: How the CC Young Gift Shop Supports Residents in Need

JUNE 2025

Nestled in the heart of CC Young is a small but impactful little shop that offers more than just charming items and thoughtful treasures; it serves a larger, significant mission: supporting CC Young's Benevolence Fund. With all net proceeds from the gift shop going to support the Benevolence Fund.

The Benevolence Fund provides shelter and supportive services to residents who have exhausted their financial resources. Residents who receive assistance from our Benevolence Fund are in Assisted Living, Memory Care or Long-Term Care.



Mindy Hail, Vice President of Development, with her degree in clothing, textiles, and merchandising took to heart the residents' request for a gift shop on the CC Young campus to purchase unique gifts for birthdays and special occasions. The original gift shop, located in The Point Café area, was successful. With Russell's vision, a brick-and-mortar gift shop in the Vista was created.



More than just supporting the Benevolence Fund, the gift shop embodies a true community effort. With Mindy's experience, she curates unique items including home décor, jewelry, women's fashion trends, and children's gifts. To highlight the creativity of the woodshop, a line of Texas-themed products was created. Shoppers can find Texas-shaped cheeseboards, games, and coasters. Need a bouquet for a family member in rehab or to celebrate a special milestone, the gift shop offers custom flowers to meet the community's needs.



"I shop the gift shop at CC Young often. Jessica is great at helping me find the right gift for Christmas, a new baby, or for a wedding. I always buy my birthday cards at the gift shop, because they are unique. It is really a fun place to shop with darling gifts," said Ann Beasley, resident.

Community members and families are encouraged to stop by and support the gift shop. Whether buying a small gift or simply browsing, every visit helps sustain the gift shop's mission and extend the reach of the Benevolent Fund.

The CC Young Gift Shop is a beacon of compassion and community spirit—proving that even the smallest shops can make the biggest difference.



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



# How to Maintain Brain Health

Before a decline in brain function occurs, it's important to take preventive measures. Here are some effective ways to keep your brain healthy:



## Train Your Brain with Games

Engage in brain-stimulating activities such as reading, taking courses, solving puzzles, drawing, or painting.

## Maintain a Healthy Diet

A balanced and nutritious diet can help prevent memory loss and support overall brain function.

## Exercise Regularly

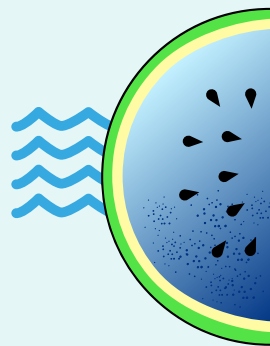
Physical activity promotes the growth of new nerve cells and enhances connections between brain cells.

## Avoid Smoking

Smoking harms both the body and brain. Maintaining brain health includes staying smoke-free.

## Monitor Blood Sugar Levels

Keep your blood sugar in check and prevent diabetes through a healthy diet and regular exercise.



## Eat Water-Rich Foods

Include fruits and vegetables with high water content, such as cucumbers, watermelon, oranges, lettuce, and strawberries.

8 GLASSES EVERYDAY

# KEEP HYDRATING YOUR BODY

## Drink plenty of water

Aim for at least 8–10 glasses (2–3 liters) of water daily, or more if you're active.



## Drink Regularly

Don't wait until you're thirsty to drink water. Thirst is a late sign of dehydration.

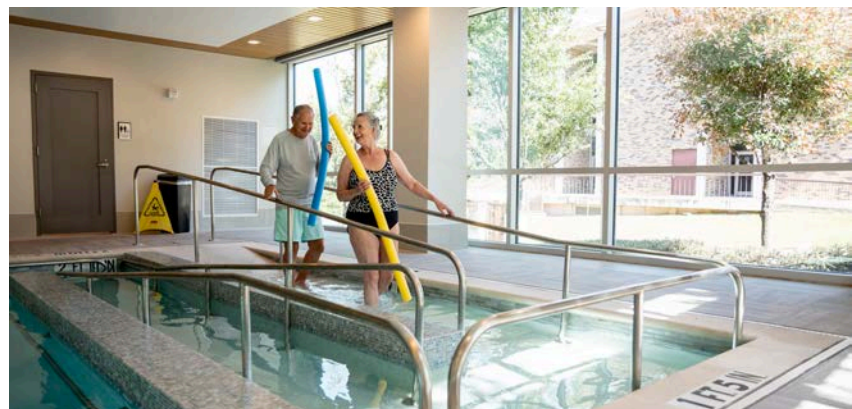
# DIVE INTO WELLNESS: THE BENEFITS OF AQUATICS FOR SENIORS



As we age, maintaining an active and healthy lifestyle becomes paramount. While traditional exercise can sometimes pose challenges for seniors, especially those with joint issues, aquatics classes offer a refreshing and effective alternative. The buoyancy of water provides a gentle yet resistance-based environment, unlocking a wealth of physical and mental health benefits. At CC Young, a diverse range of aquatic programs caters specifically to the needs and interests of its senior residents, making it easier than ever to dive into a healthier future.

The advantages of incorporating water-based activities like water aerobics and swimming into a senior's routine are extensive. Physically, the low-impact nature of water exercise significantly reduces stress on joints, allowing individuals with arthritis or limited mobility to move more comfortably and effectively. These activities are also powerful tools for muscle strengthening, targeting key muscle groups crucial for balance and coordination, thereby reducing the risk of falls – a major concern for older adults.

Furthermore, engaging in aquatic exercise elevates the heart rate, leading to improved cardiovascular health and overall endurance. The resistance of the water naturally enhances flexibility and range of motion, contributing to greater mobility and reduced stiffness. Beyond movement, the water's resistance also aids in building and maintaining bone strength, vital for preventing osteoporosis, and can even help manage joint pain associated with various conditions.





The benefits of aquatics extend beyond the physical realm, significantly impacting mental and social well-being. Physical activity in any form releases endorphins, natural mood boosters that can alleviate symptoms of depression and anxiety. The warm water and supportive atmosphere of a pool create a relaxing environment, further reducing stress levels. Regular exercise has also been linked to improved cognitive function and a reduced risk of cognitive decline, keeping minds sharp and engaged. Moreover, aquatic classes often foster a strong sense of community, providing valuable social interaction that combats feelings of isolation and promotes meaningful connections among participants. The ability to participate and progress in these activities can also significantly boost self-esteem and confidence, encouraging seniors who may have been hesitant to exercise previously.

CC Young understands the unique needs of its residents and offers a comprehensive suite of aquatics classes designed to cater to various fitness levels and preferences. Before participating in any other aquatic activity, new members are required to attend Aquatics 101 (by appointment: 972-638-8795). For those who enjoy independent time in the water, Open Swim is available on Mondays, Wednesdays, and Fridays from 9:00 am to 10:30 am and 10:30 am to 12:00 pm, Tuesdays from 12:00 pm to 1:30 pm and 1:30 pm to 3:00 pm, and Thursdays from 1:00 pm to 2:30 pm and 2:30 pm to 4:00 pm.



For structured classes, residents and Point Members can choose from a variety of options:

- **Aquacise Class (Mon., Wed., Fri.: 2:00pm–3:00pm):** A light to moderate aerobic workout in shallow water focused on increasing endurance, core strength, and flexibility.
- **Aqua Flow Class (Mon., Wed., Fri. 1:00pm–2:00pm):** This class utilizes the water's resistance to enhance the body's full range of motion while stabilizing core muscles.
- **Pool Volleyball (Tuesdays 3:00pm–4:00pm):** A fun and engaging way to tone and strengthen both the upper and lower body.
- **Aqua Boot Camp (Mon., Wed., Fri. 3:00pm–4:00pm):** A higher-intensity workout designed to build strength and endurance in the upper and lower body and core.
- **H2o Hustle (Mon., Wed., Fri. 8:00am–8:45am):** An invigorating low-impact workout that enhances strength, flexibility, and cardiovascular health through gentle movements.

With personalized instruction often available and a variety of class types to choose from, seniors at CC Young can find an aquatic program that perfectly suits their individual needs and abilities. These classes are not only easy on the body but also provide a fun and supportive environment to achieve health and wellness goals. To RSVP for any of the aquatics classes, residents and Point Members are encouraged to call 972-638-8795. Dive into the benefits of aquatics at CC Young and discover a refreshing path to a healthier and happier you!

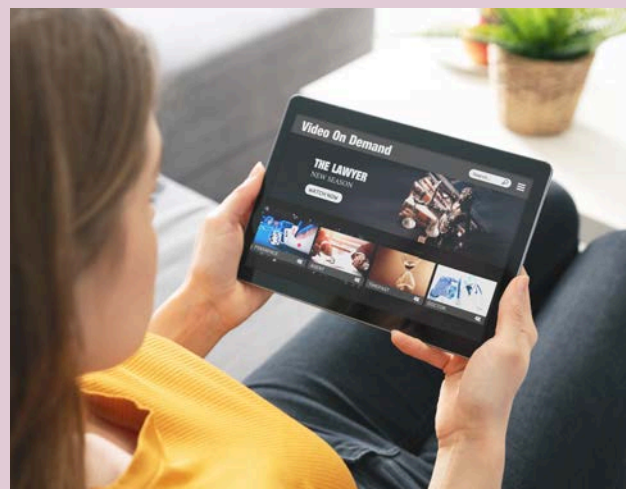


# TECH TALK

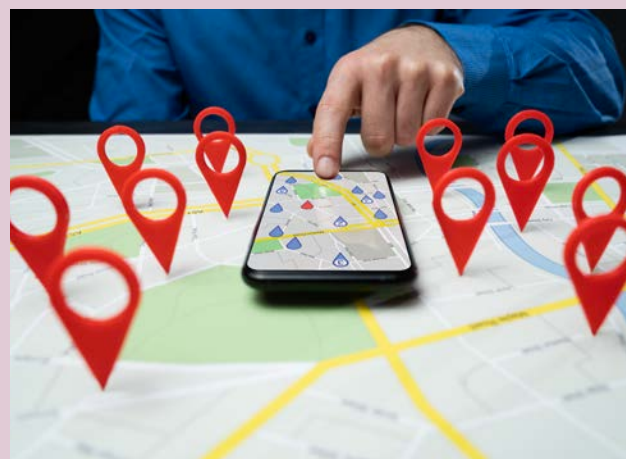
Daphne Lee, Senior Tech instructor

## Travel Smarter and Make Better Memories with Your Mobile Device

Travel is one of life's great pleasures, and your mobile device — whether an iPhone or Android smartphone — can be your best travel companion. It's more than just a phone; it's your camera, map, translator, planner, and memory-maker, library, game-console...and more all in one small package. Learning how to confidently use your device on the go can make your trip smoother, safer, and much more memorable. Additional must-have apps are those of your streaming services: Netflix, Amazon Prime, Paramount+ and others; download any movies and TV shows prior to departing so you are not dependent on airport or hotel Wi-Fi.



Let's start with planning. Before you even leave home, your mobile device can help you research destinations, check the weather, and book transportation or lodging. Apps like Google Maps, TripAdvisor, and Booking.com and ChatGPT or Google's Gemini give you the freedom to explore and compare options, all at your fingertips. You can even save your reservation details and flight itineraries in an app like Flight View or simply in your Notes or Calendar apps, so everything stays organized. If you are flying, download your favorite carrier's app and an alternative carrier in the event you need alternative travel arrangements.



Once you're on the road (or in the air), your phone becomes your guide. Lost in a new city? Just open Google Maps or Apple Maps for directions, whether you're walking, driving, or using public transportation. Unsure of a foreign menu? Apps like Google Translate can scan and translate text right on your screen. You don't have to be fluent in French or Japanese to enjoy a delicious meal.

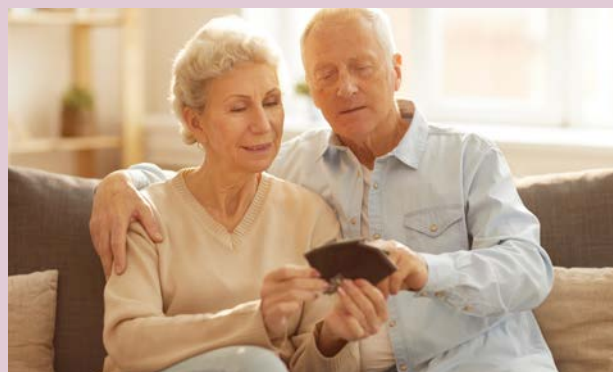




Now let's talk about making memories. Your phone's camera is one of the most powerful tools you have – any my favorite. Take photos and videos of the people you meet, the meals you enjoy, the scenery you want to remember. Don't worry about being a professional — your phone's camera does most of the work. Try using Portrait Mode for beautiful photos of your loved ones or Panorama for sweeping landscapes.



But memories aren't just made — they're shared. With a few taps, you can send photos to your children or friends, post updates to Facebook, or create a travel journal in an app like Day One. If you prefer something more private, share an album using Google Photos or iCloud, so loved ones can follow your journey in real time.



A quick word on safety: bring a device charger to keep your phone charged, and be mindful of using public Wi-Fi. Consider enabling Find My iPhone or Find My Device in case your phone is lost. And always keep a copy of your travel documents saved in your phone — just take a photo or scan them before your trip. The most important tip? Practice before you go. Try taking photos, navigating new areas, or video calling a friend. Login to each of your travel-related apps before travel in the event you need to change flights or other transportation plans. The more comfortable you feel using your phone at home, the more it'll help you when you're traveling.

With a little preparation and the right apps, your mobile device can help you travel smarter, feel more confident, and capture the joy of your adventures. Whether you're exploring another country or visiting grandchildren in a nearby state, let your phone support you — not stress you.

Remember, travel isn't just about where you go — it's about how you remember it. And with your mobile device in hand, the memories you make will be easier to hold on to — and share — with the people you love.

# WELCOME

To The

*Neighborhood*

Please Welcome CC Young's new  
Independent Living Residents!

OVERLOOK



Faye  
Munson



Dick  
Kinnebrew



Carole  
Kinnebrew



# JUNE TEAM BIRTHDAYS

Jasmine Bello	6/1	Assisted Living
Angel Lagrone	6/1	Dining Services
Adebimpe Sowunmi	6/1	Assisted Living
Harriette Clay Nyian	6/1	Health Center
Nichele Harrison	6/2	Health Center
Danait Zaid	6/2	Health Center
Bernice Joiner	6/2	Dining Services
Ernest Perez	6/4	Technology
Adebukonla Akinyanju	6/4	Assisted Living
Haymanot Bekele	6/5	Private Care
Edulaine Bravo	6/5	Dining Services
Jair Lopez	6/5	Housekeeping
Jorge Bermudez	6/7	Housekeeping
Kelly Andras	6/7	Therapy
Tanequa Polk	6/8	Memory Support
Shakirat Sarumo	6/8	Private Care
Meseret Demissie	6/9	Private Care
Nina McKinley	6/10	Dining Services
Baneisha Richardson	6/10	Memory Support
Phillicia Johnson	6/10	Assisted Living
Gifty Agyare	6/10	Assisted Living
Corey Winch	6/10	Therapy
Lori Sanders	6/11	Therapy
Senait Abraham	6/12	Private Care
Regina Castillo Bates	6/12	Life Enrichment
Natalia Mata	6/12	Housekeeping
Cynthia Odom Bolton	6/13	Private Care
Aster Woldemariam	6/14	Health Center
Shashu Keleta	6/14	Health Center
Kassandra Escobedo	6/14	Private Care
Martha Adams	6/15	Private Care
Kia Davis Holley	6/15	Health Center
Lucy Hail	6/16	Dining Services
Abolore Akande	6/17	Memory Support
Lydia Elmore	6/17	Dining Services
ArNetra Taylor	6/18	Dining Services
Clara Davis	6/19	Private Care
Daniel Martinez	6/20	Housekeeping
Christabel Chuks	6/20	Health Center
Rickina McKinley	6/21	Life Enrichment
Jacara Hooper	6/23	Health Center
Sefanit Getahun	6/23	Housekeeping
Sammuel Gutierrez	6/23	Housekeeping
Marie Benavides	6/24	Sales
Kedrick Glenn	6/24	Housekeeping
Elizabeth Smith	6/25	Social Services
Tiffany Little	6/26	Community Outreach
Naquesha Wilson	6/26	Health Center
Ronisha Wortham	6/27	Dining Services
Italia Gutierrez	6/27	Housekeeping
Andres Espinoza	6/27	Dining Services
Grace Olabayo	6/27	Private Care
Lorenzo Ingram	6/28	Housekeeping
Jacinda Crosby	6/28	Dining Services
Brandon Peoples	6/29	Technology
Calvin Clerkley Jr	6/29	Dining Services
Makida Aelene	6/29	Assisted Living
Tiffany Simmons	6/29	Therapy
Jessica Gonzalez	6/30	Development
Avichay Keomisy	6/30	Housekeeping

# June Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Skyler Ellis	6/1/2021	4	Therapy
Bryan Goodlow	6/1/2022	3	Dining Services
Denise Jallah	6/1/2022	3	Health Center
Demitra King	6/1/2021	4	Assisted Living
Yessica Pina	6/1/2021	4	Hospice
Victor Galvan	6/2/2024	1	Maintenance
Shenica Williams	6/2/2023	2	Dining Services
Regina Castillo Bates	6/3/2024	1	Life Enrichment
<b>Lavada Davis</b>	<b>6/3/2015</b>	<b>10</b>	<b>Hospice</b>
Arlene Kirkland	6/3/2019	6	Community Outreach
Keisha Poullard	6/3/2024	1	Memory Support
Larana Hawkins	6/4/2024	1	Health Center
Rafaela Hernandez	6/4/2018	7	Dining Services
<b>Emebet Mokoya</b>	<b>6/4/2007</b>	<b>18</b>	<b>Private Care</b>
Paul Adja	6/5/2017	8	Dining Services
Angela Hernandez	6/5/2017	8	HR
Alice Johnson	6/6/2024	1	Private Care
Ayomide Ayoko	6/7/2024	1	Dining Services
Hailey Bowie	6/7/2024	1	Health Center
Kelly Andras	6/8/2022	3	Therapy
Santos Martinez Jr	6/8/2022	3	Health Center
Desiree Bland	6/10/2024	1	Dining Services
Shannon Doss	6/12/2023	2	Health Center
Freywoyni Gebrekristos	6/12/2023	2	Health Center
Carlota Gonzalez	6/12/2023	2	Housekeeping
<b>Nena Paris</b>	<b>6/12/2013</b>	<b>12</b>	<b>Assisted Living</b>
Adebimpe Sowunmi	6/12/2023	2	Assisted Living
Tihara Weatherall	6/12/2024	1	Health Center
Natnal Balcha	6/13/2022	3	Housekeeping
Eva Espinoza	6/13/2024	1	Housekeeping
Albonnie Harris Moss	6/13/2022	3	Home Health
Mackenzie Dulcie	6/14/2021	4	Therapy
<b>Carleen White</b>	<b>6/15/2000</b>	<b>25</b>	<b>Assisted Living</b>
Jessica Gonzalez	6/17/2019	6	Development
Kyle Gunning	6/18/2024	1	Therapy
Glenda Leach	6/18/2018	7	Health Center
Roland Castillo	6/20/2022	3	Sales
Ugochukwu Onyeugo	6/20/2016	9	Assisted Living
LaQuetta Russell	6/21/2024	1	Health Center
Angela Bauer	6/24/2024	1	Therapy
Natasha Coutee	6/24/2024	1	Health Center
Tsedale Demessie	6/24/2024	1	Assisted Living
Maddison DeSantiago	6/24/2024	1	Health Center
Rodrigo Mendoza	6/24/2024	1	Housekeeping
Carrington Swedburg	6/25/2024	1	Health Center
Alexis Oliver	6/26/2023	2	Health Center
Brianna Russell	6/26/2023	2	Dining Services
Kadence Martin	6/27/2024	1	Housekeeping
Kayla Massey	6/27/2024	1	Dining Services
Joyce Carraway	6/28/2021	4	Private Care
LaSheena Houston	6/28/2021	4	Hospice
Kateesha Medina	6/28/2021	4	Memory Support
Yolanda Orange	6/28/2021	4	Health Center
Dan Jackson	6/29/2020	5	Therapy
Patty Sullivan	6/29/2020	5	Marketing
Italia Gutierrez	6/30/2023	2	Housekeeping





# June

## RESIDENT BIRTHDAYS



Judith Moran	1	Hillside
June Tesauro	1	Vista
Patrick Gafford	1	Asbury
Sandra Kaiser	1	Overlook
Edward Douglas	2	Vista
Martha Gallier	3	Vista
John Schaub	4	Vista
Michael Jackson	4	Hillside
Wanda Fyffe	4	Vista
Bruce Anderson	5	Overlook
Susan Tyler	5	Vista
Nita Clyde	6	Vista
Phyllis Rhodes	6	Overlook
Sue Thompson	8	Vista
Patricia Butcher	10	Vista
Richard Holsinger	11	Vista
Lawrence Gallbraith	12	Vista
Richard Tesauro	13	Vista
Sally King	13	Overlook
Walt Davis	13	Asbury
Walter Dahlberg	14	Thomas
Ben Andresen	15	Overlook
Billie Brown	15	Overlook
Janet Wiksten	15	Vista
Jo Betsy Massingill	15	Vista
Betty Odum	16	Asbury
Helen Jordan	16	Vista
Joanna Shields	17	Overlook
Lois Tischler	18	Vista
Mary Sharp	18	Hillside
Frances McElvaney	20	Vista
Nancy Nulisch	20	Asbury
Patsy "Pat" Caughran	20	Vista
Louise Rowland	21	Vista
Johnny Ray	23	Asbury
Judy Symank	24	Overlook
Bertha Kingore	26	Vista
Bettye Johnson	27	Overlook
Evelyn Ellrod	27	Vista
Carole Kinnebrew	28	Overlook
Ava Schmitt	29	Hillside
Jack Kinnebrew	29	Overlook

***JUNE***

# **Resident** *Anniversaries*



**13 Years**

**Rozina Vlasimsky**

**10 Years**

**Bettye Barnes**

**9 Years**

**Louise Cassingham**

**7 Years**

**Mary Northcutt**

**5 Years**










**Joann & George Denton**



# THOMAS CUISINE SPECIAL DINING DAYS

June

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 National Rocky Road Day 	3 Thomas Action Station 11:30am-1pm 	4	5 Hillside Action Station 11:30am-1pm 	6 4833 Steak Avenue CLOSED	7
8	9	10 Thomas Chef Connection 2:30pm 	11 National German Chocolate Day 	12 Conley's Action Station 11:30am-2pm 	13 4833 Steak Avenue CLOSED	14
15 Happy Father's Day	16	17 Overlook Chef Connection 3pm 	18	19 Asbury Action Station 11am-1:30pm 	20 4833 Steak Avenue OPEN	21
22	23 National Detroit Style Pizza Day 	24 Asbury Chef Connection 2pm 	25 National Strawberry Parfait Day 	26	27 4833 Steak Avenue OPEN	28
29	30					

Action Station of the Month: Build Your Own Grain Bowl

06/23 | Detroit Style Pizza for sale in the Bistro & Point Café

06/25 | Strawberry Parfait for sale in the Bistro & Point Café

# PERSONAL TRAINING



**Start Strong with a Complimentary Fitness Assessment!**

**Book Your Fitness Assessment:** 469-828-3473 / [kware@ccyoung.org](mailto:kware@ccyoung.org)

*\*Assessments last between 45–60 minutes*

## TRAINING SESSION OPTIONS:

**30-Minutes: \$50 per training session**

**Multi-Session Packages: \$45 per session**  
*(Available for weekly or bi-weekly scheduling)*

**60-Minutes: \$70 per training session**

**Multi-Session Packages: \$65 per session**  
*(Available for weekly or bi-weekly scheduling)*



**Kori Ware**

Director of Wellness  
Personal & Group Training



**Tammy Slauson**

Wellness Program Manager  
Personal & Group Training

### **Book Your Sessions**

469-828-3473 / [kware@ccyoung.org](mailto:kware@ccyoung.org)

*\*Training Available to CCY Residents,  
Point Members and Staff only.*

### **Payment Options**

CCY resident billing (AL, IL & LTC Only)  
Cash, Check or Credit/Debit paid prior  
to first session.

IL & PM Personal Training provided by Kori Ware, Certified Personal Trainer

AL Personal Training provided by Tammy Slauson, Certified Personal Trainer



# No Test. No Grades. No Limits.



**Tuesday, July 8 at 10:00am**

## **Update on Mexico 2018-2030: Economy, Public Safety, Politics, and Foreign Policy**

This session will include a review of developments during the presidential administration of Mexico's President Andrés Manuel López Obrador (2018-2024), and possible change and continuity of President Claudia Sheinbaum (2024-2030). Topics will include economic development, law enforcement and public safety, national politics, and foreign policy.

**Presented by John A. Booth, PhD.**

**Thursday, July 10 at 10:00am**

## **A Brief History of Early Jazz**

This session will examine the roots of jazz through pictures and musical examples of musicians from 1900 through the 1920s.

**Presented by Steve Harlos, DMA and Ron Fink**

**Tuesday, July 15 at 10:00am**

## **Dialect Variation, Language Change, and Texas English**

This lecture will examine the mechanisms of language change over time with a special interest in all things Texas English. **Presented by William Salmon, PhD**

**Thursday, July 17 at 10:00am**

## **AI in the Cloud**

This session will explore the combination of Cloud computing and AI in the next generation of smart technologies including a discussion of the benefits and harms of such systems and how we can use them in an effective way. It will also explore various use cases of Cloud+AI technologies. **Presented by Mohsen Amini Salehi, PhD**

**Tuesday, July 22 at 10:00am**

## **Are We Alone? The Relentless Search for Extraterrestrial Life in the Universe**

Throughout history, humans have wondered whether there is life beyond Earth. This session will explore the prospects and limitations of searching and potentially discovering a variety of life forms in the Universe. **Presented by Ohad Shemmer, PhD**

**Thursday, July 24 at 10:00am**

## **Meatless Mondays/Tuesdays/Wednesdays: Eating Eco- and Body-Friendly**

Dr. Derdeyn will offer some insights on how to make some dietary changes to eating choices that make for a healthier body and lifestyle, as well as a healthier eco-system. **Presented by LeeAnn Derdeyn, PhD**

**Tuesday, July 29 at 10:00am**

## **From the Negro Leagues to the Majors: The Untold Story the Integration of Baseball From 1947 - 1973**

The story of Jackie Robinson and the integration of baseball has been told many times. This session will recount the stories of many unsung heroes who followed in the footsteps of Jackie Robinson. **Presented by Liam O'Neill, PhD**

**Thursday, July 31 at 10:00am**

## **Singing School: The Lyricality of Irish Nobel Poet Laureate Seamus Heaney**

Acclaimed Irish poet Seamus Heaney began writing poems from his rural countryside upbringing, morphed into poems that addressed the retributive violence of "The Troubles" and ended in more contemplative modes that examined his and Ireland's place in the world. **Presented by LeeAnn Derdeyn, PhD**

**OLLI  
LIFELONG  
LEARNING FOR  
ADULTS 50+**



**CC YOUNG**

THE POINT & PAVILION

For more information on  
how to join contact  
Angela at 214-841-2831 or  
[acastillo@ccyoung.org](mailto:acastillo@ccyoung.org)

CELEBRATING 25 YEARS  
OF AGELESS CREATIVITY



ONLINE REGISTRATION BEGINS:  
FRIDAY, AUGUST 1, 2025

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

9:00AM – 6:00PM



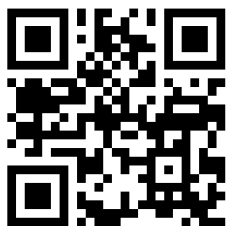
## Visual Art Categories

- **(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/](http://www.ccyoung.org/events/)

25  
YEARS

