

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



THRIVE IN '25

On The Cover

Learn more about The Spirit
is Ageless contest as we
celebrate 25 years of creativity

FREE

PLEASE TAKE
ONE

Ageless August

**CELEBRATE
ART & WRITING**

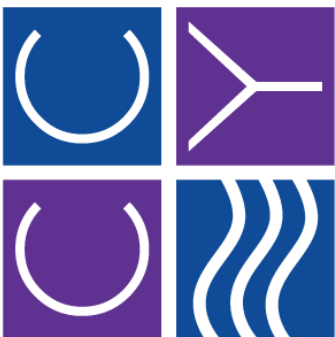
Acting Fun Performance

OLD HAMS

Embrace The Magic

**BRONSON
CHADWICK**

AUGUST 2025



Meet The Team



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Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



Beth Belk
Wellness Instructor



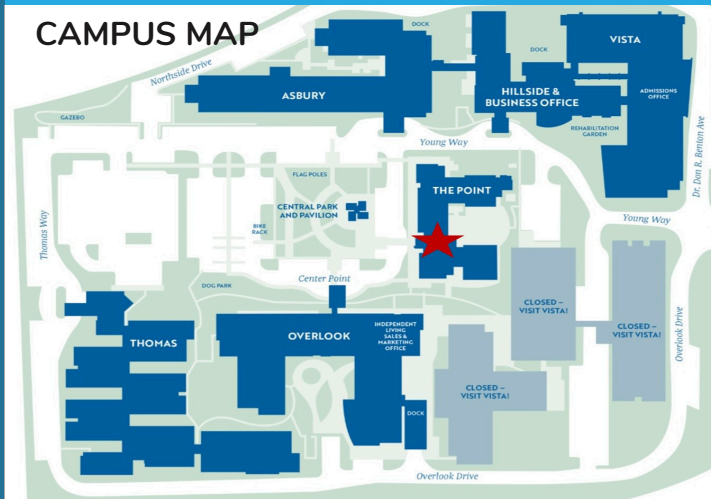
Dave Larcade
Tai Chi Instructor



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



East Mockingbird Lane and White Rock Lake to the South

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

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7 Dimensions of Wellness

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

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

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

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

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

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

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

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

5-11

Highlights of Events

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- Spirit Is Ageless Art In-Take
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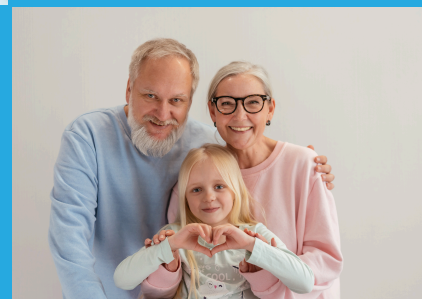
Celebrations

- Welcome New Residents
- Team Birthdays
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- Holiday Art Contest
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Aver-Phillips Art Gallery

KAREN JACOBI

**ART
EXHIBITION**



PAINTING INSIDE AND OUT

FRIDAY, AUGUST 1 – SUNDAY, SEPTEMBER 28



**MEET THE ARTIST RECEPTION
FRIDAY, AUGUST 15 ~ 3:30PM**

WWW.CCYOUNG.ORG

VISTA- 2ND FLOOR

4849 W. LAWTHER DR.
DALLAS TX 75214

25TH ANNIVERSARY

*Spirit is
Ageless*



ART & WRITING
CONTEST | 2025

Your Story.
Your Art.
Your Moment
to Shine.

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.

25
YEARS



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

NATURE'S POTPOURRI: CRAFTING SCENTS FROM THE GARDEN

hosted by Sandra Zelle, Horticulture Therapist



Exposure to Nature through activities like this provides a range of physical and mental health benefits including stress reduction, improved mood and enhanced cognitive function. These benefits are linked to various sensory experiences like stimulation of the senses of smell and vision.

MONDAY, AUGUST 4
10:00AM

**AUDITORIUM
NORTH**

SIGN UP AT THE POINT

No Test. No Grades. No Limits.

OLLI
LIFELONG
LEARNING FOR
ADULTS 50+

FALL 2025 KICKOFF

THE POINT AT CC YOUNG
Tuesday, August 5
10:00am

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

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

- **Pick up a catalog**
- **Fill out a registration form**
- **Refreshments provided**

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THE POINT

There's always something new to learn at The Point

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

ACTING FUN SUMMER



PERFORMANCE



“OLD HAMS”



**Live in The Point
Auditorium**

Friday, August 8 at 3:30pm

The Ophelia L. Davis Home for Actors, a 1920s manor in Burbank, has just lost its owner and the residents, all old performers themselves, have nowhere to go!

Trouble ensues when Ophelia's lawyer shows up to claim the back taxes or the property itself.

Mayhem ensues and an unexpected visitor saves the day! A hilarious and fun staged reading that everyone will enjoy!



CC YOUNG
THE POINT & PAVILION





WHAT CAN THEY DO FOR CCY

THURSDAY, AUGUST 14

10:00AM

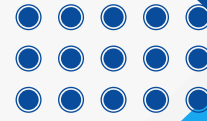
LIVE & ON CH. 81

Learn about easy-to-use,
multi-dose packaging, Medication
Synchronization, Immunizations
and the easy-to-transfer
prescriptions options

**Presented by Jim Moncrief
Glenview Pharmacy**








CC YOUNG
SENIOR LIVING



BENEFITS BLUEPRINT: A GUIDE TO FEDERAL PROGRAMS

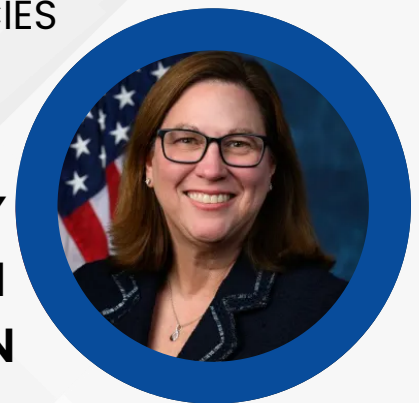
**MONDAY, AUGUST 18
2:00PM**

SESSION WILL GIVE INFO ON

-  SOCIAL SECURITY
-  IRS
-  VA BENEFITS
-  MEDICARE AND MEDICAID
-  OTHERS FEDERAL AGENCIES



**PRESENTED BY
CONGRESSWOMAN
JULIE JOHNSON**





Introducing • **GIZMO** **GUIDANCE**

Drop in each Tuesday in
August from 3:00 to 4:30pm

Feeling a bit puzzled by your phone? Does your tablet seem to have a mind of its own? Or perhaps you just want to learn a new trick on your smart TV?

Welcome to your **weekly**, relaxed, and no stress drop-in sessions where a friendly face is ready to help conquer your technology challenges!

Bring your questions, big or small, about your:

Smartphone, tablet, laptop, smart devices, zoom, shopping online and more. **If it has a screen or button, we're here to help.**



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



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

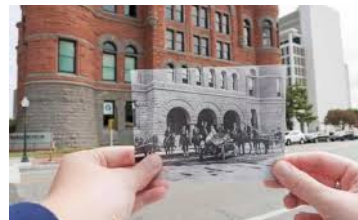
**Meets 2nd Saturday of each month
10:00am in The Auditorium**



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**



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!

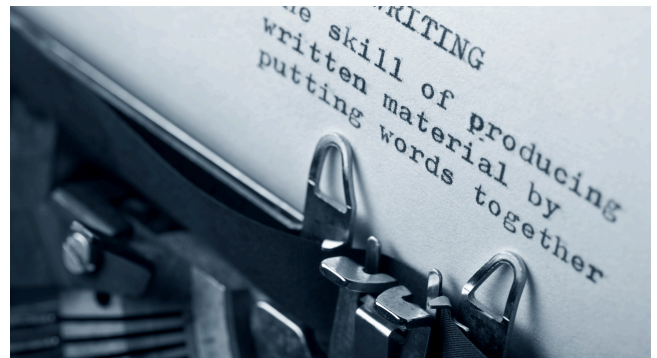
Tuesdays at 1:00pm in The Auditorium



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



OPERA CLUB

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

Meets the third Tuesday of each month at 1:30pm 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 Mondays 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

The EXERCISE Rainbow

A full week of movement, one color at a time.

The Exercise Rainbow helps you build a balanced movement routine by completing one exercise from each key category every week: cardio, strength, flexibility, mobility, and balance. Finish your rainbow each week to support your health and feel your best.

<u>CARDIO</u>	<u>STRENGTH</u>	<u>FLEXIBILITY</u>	<u>MOBILITY</u>	<u>BALANCE</u>
<ul style="list-style-type: none"> • Aquacise* • Balloon Badminton • Chair Volleyball • Drumba • H.I.I.T. & Lift+ • Pool Volleyball* • Power Punch Boot Camp+ • Rocksteady Boxing • Sit & Get Fit+ • Zumba Gold • Zumba Toning+ 	<ul style="list-style-type: none"> • Aqua Boot Camp* • Arm Lab • Bandz on Fire • Body Weight Blast: Lower • Body Weight Blast: Upper • Functional Core • H2O Hustle* • H.I.I.T. & Lift+ • Leg Lab • Power Punch Boot Camp+ • Sit & Get Fit+ • Total Body Lab • Zumba Toning+ 	<ul style="list-style-type: none"> • Chair Yoga • Floor Yoga • Mindful Yoga Flow 	<ul style="list-style-type: none"> • Aqua Flow* • Chair Yoga • Full Body Mobility • Lower Body Mobility • Upper Body Mobility 	<ul style="list-style-type: none"> • Balance • Balance 2 • Mindful Yoga Flow • Tai Chi

The EXERCISE Rainbow

A full week of movement, one color at a time



Zumba Gold
8:00-8:45am / Mon & Wed
Instructor: JoAnn Tobey

A fun, low-impact dance fitness class set to upbeat music. It's designed to improve cardio, coordination, and balance while keeping the moves easy to follow. Come dance, sweat, and smile!



Chair Volleyball
11:00-11:45am / Mon
Instructor: Kori Ware

A fun, low-impact game played while seated, using a beach ball and a net. It helps improve coordination, reflexes, and teamwork. No experience needed.



Upper Body Mobility
9:00-9:30am / Mon
Instructor: Kori Ware

A class designed to improve mobility in the shoulders, chest, upper back, and arms. Gentle, controlled movements help reduce stiffness and enhance posture.



Rocksteady Boxing
12:00-12:45pm / Mon & Fri
1:00-1:45pm / Wed (Vista 9)
Instructors: Lindsey Buis & Tammy Slauson

Based on training used by boxing pros, this exercise program is adapted to people with Parkinson's disease and other movement disorders.

***Parkinson's diagnosis required to attend**



Arm Lab
10:00-10:30am / Mon
Instructor: Kori Ware

Step into the lab and sculpt a stronger upper body with targeted exercises for your arms, shoulders, chest, and back. Improve muscle tone and everyday strength using weights and resistance tools.



Chair Yoga
2:00-2:45pm / Mon & Wed
Instructor: Ann Sury

A gentle yoga practice done entirely from a chair to improve flexibility, balance, and relaxation. Move through mindful stretches and poses that help reduce tension and increase mobility.

Also Supports Mobility



Zumba Toning
8:00-8:45am / Tue & Thu
Instructor: JoAnn Tobey

Blends the fun of Zumba Gold with light resistance training to help sculpt and tone your muscles. Dance to upbeat rhythms while building strength and improving coordination.

Also Supports Cardio



Sit & Get Fit
3:00-3:45pm / Mon-Wed
Instructor: Ann Sury

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. **Also Supports Mobility**



Intermediate Floor Yoga
9:00-945am / Tue, Thu & Fri
Instructor: Heidi Fessler

A balance between static and dynamic yoga poses performed at a slow pace. *Participants must be able to get on and off the floor on their own and have knowledge of basic poses



Balance 1
10:00-10:45am / Tue & Thu
Instructor: Heidi Fessler

A class designed for individuals who experience balance challenges due to past falls, medical conditions, mobility difficulties, use of a cane or walker, or a fear of falling.



Functional Core
11:00-11:30am / Tue
Instructor: Kori Ware

A focused core workout designed to build strength where it matters most. Improve posture, stability, and balance through functional movements that support everyday activities.



H.I.I.T. & Lift
12:00-12:30pm / Tue
Instructor: Kori Ware

A dynamic, low-impact class that combines strength training with short bursts of cardio. Build muscle and boost heart health, all at your own pace. Modifications are provided to suit every fitness level. **Also supports Strength**



Chair Aerobics
2:00-2:45pm / Tue
Instructor: Ann Sury

A seated cardio and strength class with an upbeat tempo to get your heart rate up while working both small and large muscle groups. Hand weights are used to build strength in the arms, legs, and back.



Tai Chi
4:00-5:00pm
Tue & Thu- Intermediate
Wed. - Beginners
Instructor: Dave Larcade

A standing class focused on learning the Chen Man Ching Short Yang Style of Tai Chi. Improve balance, leg strength, and coordination through slow, intentional movement and consistent practice. No chairs or bars are used for support in this class.



Lower Body Mobility
9:00-9:30am / Wed
Instructor: Kori Ware

A targeted class focused on improving range of motion in the hips, legs, and ankles. Loosen tight muscles, enhance stability, and move with greater ease and comfort.



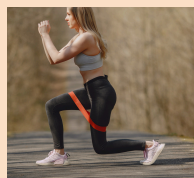
Leg Lab
10:00-10:30am/ Wed
Instructor: Kori Ware

Step into the lab and power up your lower body with focused exercises for your legs, hips, and glutes. Build strength, stability, and support for everyday movement.



Drumba
11:00-11:45am / Wed
Instructor: Tammy Slauson

An exercise format that combines Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced cardio workout for the full body. It can be done seated or standing and is a fun workout for all abilities.



Bandz on Fire
12:00-12:30pm / Wed
Instructor: Kori Ware

Use resistance bands to target and strengthen your legs, hips, and glutes. This low-impact class focuses on improving muscle tone, stability, and control for better everyday movement.



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

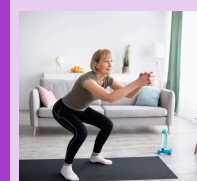
A slow flow yoga class that focuses on intentional movement in various positions synchronized with the breath to improve balance and posture.

Also Supports Balance



Full Body Mobility
11:00-11:30am / Fri
Instructor: Kori Ware

A gentle, feel-good class designed to improve joint range of motion, flexibility, and overall movement quality. Move through head-to-toe mobility exercises that help you stay limber, active, and pain-free.



Balance 2
11:00-11:45am / Thu
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. **Participants must be able to get on and off the floor on their own.**



Body Weight Boost: Upper
2:00-2:45pm / Thu
Instructor: Tammy Slauson

A no-equipment workout that targets your upper body using push, reach, and hold movements. Activate and strengthen your arms, shoulders, chest, and back while improving control and posture.



Power Punch Boot Camp
3:00-3:45pm / Thu
Instructor: Tammy Slauson

A boxing-inspired workout that boosts cardio endurance and coordination. You'll move through punch combos, strength drills, and intervals at a pace that works for you. No boxing experience needed.

Also Supports Strength



Total Body Lab
10:00-10:30am / Fri
Instructor: Kori Ware

Step into the lab for a full-body strength workout that targets every major muscle group. Build power and endurance using weights and functional movement patterns.



Body Weight Boost: Lower
2:00-2:45pm / Fri
Instructor: Tammy Slauson

A lower body strength workout using body weight exercises to challenge your legs, hips, and glutes. Improve balance, stability, and control with functional, low-impact movements.



Balloon Badminton
3:00-3:45pm / Fri
Instructor: Tammy Slauson

A fun, seated game that boosts coordination, focus, and upper body movement. Played with balloons and paddles, it's fun for all fitness levels.

Drop in Equipment Orientations
11:00- 11:45am Tuesday or
1:00-1:45pm Thursday

Get an overview of each machine prior to use of gym equipment.





CC YOUNG
REHABILITATION & AQUATICS PROGRAM



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

RSVP for all aquatics classes: 972-638-8795

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.

Open to Residents and Point Members

CARDIO
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STRENGTH

FLEXIBILITY

MOBILITY

BALANCE

THIS WEEK'S

Highlights

Tuesday, July 29

10:00am

OLLI Class

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

Tuesday, July 29

6:30pm

Summer Gospel Series

Thursday, July 31

10:00am

OLLI Class

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

Friday, August 1

1:30pm

Movie Matinee

Wild Robot

Rated -PG · 2025 · 1hrs 42m

SUNDAY, JULY 27

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am - 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!

3:00pm - 4:00pm

Acting Fun

Theater

Res. & PM Only



SUMMER
GOSPEL SERIES

6:30PM
TUESDAY, JULY 29

**"HYMNS THROUGHOUT
THE AGES"**

CC YOUNG
THE POINT & PAVILION

LIVE AND ON CH. 81



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

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

MONDAY, JULY 28

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
10:00am – 10:30am Arm Lab
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 – 4:00pm 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 Yoga
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

2:00pm – 3:00pm Game Zone
Game Zone Challenge Res. & PM Only
Play Aaron's Monthly Challenge

TUESDAY, JULY 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:30am Functional Core

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
From the Negro Leagues to the Majors: The Untold Story the Integration of Baseball From 1947 - 1973
Presented by Liam O'Neill, PhD

Aquatics Classes

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

11:00am – 12:00pm Lap Swimming
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

12:00pm – 12:30pm HIIT & Lift
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit+
4:00pm – 5:00pm Intermediate Tai Chi

3:00pm- 4:30pm Technology Lab
Gizmo Guidance Res. & PM Only
with Lucy Hail
Weekly, relaxed, no stress drop-in sessions to
help conquer your technology challenges!

6:30pm – 7:30pm Auditorium & CH 81
Summer Gospel Concert Res. & PM Only



WEDNESDAY, JULY 30

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Lower Body Mobility

10:00am – 10:30am Leg Lab

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 – 4:00pm 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 – 12:30pm Bandz on Fire

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

2:00pm – 2:45pm Chair Yoga

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

2025
REJEBIAN
SERIES

6:15pm – 8:30pm

HPUMC

Bus Trip Rejebian Series

Resident Only

Janice Byrd, Book Reviewer

"Teddy and Booker T.: How Two American Icons Blazed a Path for Racial Equality" by Brian Kilmeade

THURSDAY, JULY 31

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:45am Balance 1

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

OLLI

10:00am-11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

Singing School: The Lyricality of Irish

Nobel Poet Laureate Seamus Heaney

Presented by LeeAnn Derdeyn, PhD

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper

3:00pm – 3:45pm Power Punch Boot Camp+

4:00pm – 5:00pm Intermediate Tai Chi

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

All Welcome!

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

Day Change for the Summer

3:00pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only.

Come by and wish Aaron good luck and farewell!



FRIDAY, AUGUST 1

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:30am Total Body Lab

11:00am – 11:30am Full Body Mobility

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling

Café Game Zone

All Welcome!

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Body Weight Boost: Lower

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

Wild Robot

Rated -PG · 2025 · 1hrs 42m

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, AUGUST 2

10:00am – 4:00pm

Dallas Bead Society

Fitness Center

Res. & PM Invited

Monthly Meeting

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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



4833 Steak Avenue

Closed

Fri. Aug. 1 & Sat. Aug. 2

Call 972-755-3259

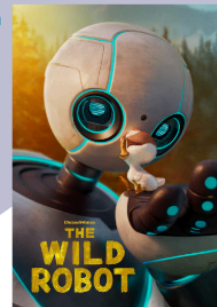
for more info

Movie MATINEE

WILD ROBOT

2024 · Family/Sci-fi · 1h 42m
Rated PG

After a shipwreck, an intelligent robot called Roz is stranded on an uninhabited island. To survive the harsh environment, Roz bonds with the island's animals and cares for an orphaned baby goose.



Friday, August 1
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, August 4

10:00am

Nature's Potpourri

Crafting Scents From The Garden

Tuesday, August 5

10:00am

Olli Fall Kick Off

Learn about new class offerings.

Wednesday, August 6

3:00pm

**Watercolor Workshop with
Gaylord O'Con**

Thursday, August 7

2:00pm

Total Hearing Talk

Friday, August 8

1:30pm

Movie Matinee

La Dolce Villa / 2025 Rated PG, 1hr 39m

Friday, August 8

3:30pm

**Acting Fun Summer Performance
"Old Hams"**



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

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

SUNDAY, AUGUST 3

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

9:30am - 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am - 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!


3:00pm - 4:00pm

Acting Fun

Theater


Res. & PM Only






PRESENTATION



COGNITION & BALANCE



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



Guest Speaker
Mia Fontanarosa
Cognivue, Inc.

Please come join us as we discuss...

- Hearing Loss
- Cognition
- Balance
- Cognivue Technology and Solutions


Complementary
Hearing Aids
Clean & Check
and Raffle Prizes!

CC YOUNG
SENIOR LIVING

August 7th 2025
@ 2:00pm

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

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



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

MONDAY, AUGUST 4

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:45am Upper Body Mobility
10:00am – 10:45am Arm Lab
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 – 4:00pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

Happy Hookers Volunteer Group

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.



10:00am – 11:30am

Auditorium N.

Nature's Potpourri:

Res. & PM Only

Crafting Scents From The Garden

Sign up at The Point

10:30am – 11:30am

Vista 9

Current Events

Res. & PM Only

with Randy Mayeux

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

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

1:00pm – 2:00pm

Tech Lab

Sign Language Fun!

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only

3:00pm – 4:00pm

Game Zone

Bunco!

Res. & PM Only

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

TUESDAY, AUGUST 5

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:30am Functional Core



10:00am-11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

Fall Semester Kickoff!

Learn about classes and events coming this fall!

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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



11:30am – 1:00pm

Thomas

Action Station

Resident Only

This Month: Taco Salad Bar

1:00pm – 2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:30pm HIIT & Lift
2:00pm – 2:45pm Chair Aerobics
3:00pm – 3:45pm Sit & Get Fit+
4:00pm – 5:00pm Intermediate Tai Chi



3:00pm – 4:30pm

Technology Lab

Gizmo Guidance with Lucy Hail

Res. & PM Only

Weekly, relaxed, no stress drop-in sessions to help conquer your technology challenges!



Harris Jewelry Repair

Monthly "On-Site" Jewelry Repair Service

Thursday, August 7
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

WEDNESDAY, AUGUST 6

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Lower Body Mobility

10:00am – 10:30am Leg Lab

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.

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

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.

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 – 12:30pm Bandz on Fire

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit+

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



2:00pm – 3:00pm

Asbury

Asbury Building Conversations

Resident Only

Get updates and ask questions



3:00pm – 4:00pm

Auditorium

Watercolor Workshop

Res. & PM Only!

Hosted by Gaylord O'Con. Sign up at The Point.

3:00pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



THURSDAY, AUGUST 7

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+

9:00am – 9:45am Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



11:30am – 1:00pm

Hillside

Action Station

Resident Only

This Month: Taco Salad Bar

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper

3:00pm – 3:45pm Power Punch Boot Camp+

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

Theater

The Chosen - Screening

Res. & PM Only



1:30pm – 2:15pm

Lobby

Harris Jewelry Repair

Res. & PM Only

Small repairs while you wait.



2:00pm – 3:00pm

Auditorium

Cognition & Balance

Resident Only

Presented by Total Hearing Clinic

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

Res. & PM Only

This month's project: Planting of Flowers & Veggies

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only

FRIDAY, AUGUST 8

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Floor Yoga

10:00am – 10:30am Total Body Lab

11:00am – 11:30am Full Body Mobility

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

Auditorium

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots.

10:00am-11:00am

Café Game Zone

Wii Bowling

Res. & PM Only

Practice and team play time.

11:00am-12:00pm

Café Game Zone

The White Rock Wrappers

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 Body Weight Boost: Lower

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

Res. & PM Only

La Dolce Villa

2025 Rated PG, 1hr 39m



3:30pm-4:30pm

Auditorium & Ch. 81

Acting Fun Players

All Welcome

Summer Performance of "Old Hams"

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, AUGUST 9

10:00am – 12:00pm

Auditorium

Dallas Area Fiber Artists

Res. & PM Invited

Meeting & Annual Art Reception

10:00am – 12:00pm

White Rock Class

Beginner Jewelry Making

Res. & PM Only

Hosted by Jeanette Hughes. Sign up at The Point.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 Steak Avenue

Closed

Friday 7/11 and Saturday 7/12

Call 972-755-3259

for more info

Movie MATINEE

La Dolce Villa

2025 · Romance · 1h 39m
Rated PG

A successful businessman travels to Italy to stop his daughter from spending all her money to restore an old villa, but Italy has other romantic plans.



Friday, August 8
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, August 11

10:00am

**Arts & Crafts with
Patricia Dillingham**

This Month: China Painting

Thursday, August 14

10:00am

**Glenview Pharmacy
Presentation**

Friday, August 15

1:30pm

Movie Matinee

Mama Mia

Rated -PG-13/ 2008. 1hrs 39m

Friday, August 15

3:30pm

Meet The Artists Reception In Vista 2

Meet Karen Jacobi

Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

SUNDAY, AUGUST 10

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
Ch. 81
All Welcome!

3:00pm – 4:00pm
Acting Fun

Theater
Res. & PM Only



Creative — Workshop —

**Acrylic Paint
Pour Class**

Hosted By :

**Pattie
Gooch**



SATURDAY

AUGUST 16, 2025

9:30am - 11:30am



CC YOUNG
THE POINT & PAVILION

Limited Spots.
Sign up at The Point

MONDAY, AUGUST 11

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Upper Body Mobility

10:00am – 10:30am Arm Lab

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 – 4:00pm 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: Painting on China

Sign up at The Point

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 Yoga

3:00pm – 3:45pm Sit & Get Fit+

2:00pm – 3:00pm

Knotty Knitters & Crafty Crocheters

White Rock Class

Res. & PM Only

TUESDAY, AUGUST 12

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:30am Functional Core



9:00am – 10:00am

Alterations and More

White Rock Class

Res. & PM Only

Howie with Dallas Dry Cleaners

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:30pm HIIT & Lift

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit+

4:00pm – 5:00pm Intermediate Tai Chi



2:30pm – 3:30pm

Thomas Chef Connection

Thomas

Res. & PM



3:00pm – 4:30pm

Gizmo Guidance with Lucy Hail

Technology Lab

Res. & PM Only

Weekly, relaxed, no stress drop-in sessions to help conquer your technology challenges!

WEDNESDAY, AUGUST 13

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
10:00am – 10:30am Leg Lab
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.

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

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.



10:00am – 11:00am

Hillside

Hillside Chef Connection

Res. & PM

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 – 12:30pm Bandz on Fire
1:00pm – 1:45pm Mindful Yoga Flow
2:00pm – 2:45pm Chair Yoga
3:00pm – 3:45pm Sit & Get Fit+
4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



2:00pm – 3:00pm

Overlook

Overlook Building Conversations

Resident Only

Get updates and ask questions

3:00pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

4:00pm-5:00pm

Vista- 9

Caregiver Support Group

Res. & PM Only

THURSDAY, AUGUST 14

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2



10:00am - 11:00am
Glenview Pharmacy Presentation

Auditorium
Resident Only

What can Glenview do for you!



11:30am – 2:00pm

Conley's

Action Station

Resident Only

This Month: Taco Salad Bar

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming
1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

1:30pm – 3:00pm

Theater

The Chosen - Screening

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper
3:00pm – 3:45pm Power Punch Boot Camp+
4:00pm – 5:00pm Intermediate Tai Chi

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

Res. & PM Only

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



2:00pm – 5:00pm

The Clinic (Vista-2)

Total Hearing Clinic

Resident Only

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

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only.

FRIDAY, AUGUST 15

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:30am Total Body Lab

11:00am – 11:30am Full Body Mobility

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling

Café Game Zone

All Welcome!

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

11:00am – 12:00pm

Litter Gitters

Pavilion

Res. & PM Only!

A monthly community cleanup

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Body Weight Boost: Lower

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Movie Matinee

Mama Mia

Rated -PG-13/ 2008. 1hrs 39m

Theater

All Welcome!



3:30pm – 4:30pm

Meet The Artist Reception

Featured Artist- Karen Jacobi

Vista 2

All Welcome!

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, AUGUST 16

9:00am – 12:00pm

White Rock Democrats

Monthly Meeting

Auditorium

Res. & PM Invited



9:30am- 11:00am

Creative Workshop

Art with Pattie

This month: Acrylic Pain Pour

Sign up at The Point.

Tech Lab

Res. & PM Only

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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



4833 Steak Avenue

is open 5pm-7pm

Friday and Saturday Only!

Reservation Required.

972-755-3259

Movie MATINEE

Mama Mia!

2008 · Musical/ Comedy ·
1h 38m · Rated PG-13

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father.



Friday, August 15
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, August 18

2:00pm

Benefits Blueprints: A Guide to Federal Programs by Congresswoman Julie Johnson

Tuesday, August 19

9:00am – 6:00pm

2025 Spirit is Ageless Art & Writing Contest: Entry Drop Off - Day 1

Wednesday, August 20

9:00am – 6:00pm

2025 Spirit is Ageless Art & Writing Contest : Entry Drop Off - Day 2

SUNDAY, AUGUST 17

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!

3:00pm – 4:00pm
Acting Fun

Theater
Res. & PM Only

25TH ANNIVERSARY

Spirit is Ageless



**ART & WRITING
CONTEST | 2025**

Your Story.
Your Art.
Your Moment
to Shine.

ENTRY DROP OFF
9:00AM – 6:00PM
TUESDAY, AUG. 19 &
WED. AUG. 20

Want more info?

Watch The CC Young News on CH. 81!

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



MONDAY, AUGUST 18

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Upper Body Mobility

10:00am – 10:30am Arm Lab

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 – 4:00pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

Happy Hookers Volunteer Group

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

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 Yoga

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



2:00pm – 3:00pm

Benefits Blueprint:

A guide to Federal Programs

Presented by Congresswoman Julie Johnson
See page. 11 for more info.

Auditorium

Res. & PM Only

3:00pm – 4:30pm

Game Zone

Bunco!

Res. & PM Only

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

TUESDAY, AUGUST 19

25TH ANNIVERSARY



2025 SPIRIT IS AGELESS
ART & WRITING CONTEST
ENTRY DROP OFF
DAY 1
9:00AM – 6:00PM

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:45am Balance 1

11:00am – 11:30am Functional Core

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

3:00pm – 4:00pm Pool Volleyball

Location Change- Today Only

1:00pm – 2:00pm

Theater

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:30pm HIIT & Lift

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit+

4:00pm – 5:00pm Intermediate Tai Chi



10:00am – 11:00am

Overlook

Overlook Chef Connection



3:00pm – 4:30pm

Technology Lab

Gizmo Guidance with Lucy Hail

Res. & PM Only

Weekly, relaxed, no stress drop-in sessions to help conquer your technology challenges!

Location Change- Today Only

6:00pm – 9:00pm

Flagpole Hill

Harmonica Organization of Texas (HOOT)

Res. & PM Invited

Monthly meeting

WEDNESDAY, AUGUST 20



2025 SPIRIT IS AGELESS
ART & WRITING CONTEST
ENTRY DROP OFF
DAY 2
9:00AM – 6:00PM

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
10:00am – 10:30am Leg Lab
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.

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

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.

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 – 12:30pm Bandz on Fire
1:00pm – 1:45pm Mindful Yoga Flow
2:00pm – 2:45pm Chair Yoga
3:00pm – 3:45pm Sit & Get Fit+
4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



1:00pm – 2:00pm

Overlook

Rehab Functional

Resident Only

Mobility Screen

Assessments to determine mobility and fall risks.



2:00pm – 3:00pm

Thomas

Building

Resident Only

Conversations

Get updates and ask questions

3:00pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, AUGUST 21

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2



11:00am – 1:30pm

Asbury

Action Station

Resident Only

This Month: Taco Salad Bar

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming
1:00pm – 2:30pm / 2:30pm – 4:00pm Open Swim

1:30pm – 3:00pm

White Rock Class

Studio Art Time with

Res & PM Only

David Schulze

Learn about drawing, painting & mixed media as ways to make art. Supplies provided.

1:30pm – 3:00pm

Theater

The Chosen - Screening

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper
3:00pm – 3:45pm Power Punch Boot Camp+
4:00pm – 5:00pm Intermediate Tai Chi

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

Res. & PM Only

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

4:00pm – 5:00pm

Auditorium

Resident Happy Hour CXL TODAY



NATIONAL
Bacon Lovers
DAY

FRIDAY, AUGUST 22

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Intermediate Floor Yoga

10:00am – 10:30am Total Body Lab

11:00am – 11:30am Full Body Mobility

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling

Café Game Zone

All Welcome!

Practice and team play time.

Location Change Today Only

10:00am – 11:30am

Flagpole Hill Class

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Body Weight Boost: Lower

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

CXL TODAY

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, AUGUST 23

10:00am – 12:00pm

White Rock Class

Beginner Jewelry Making

Res. & PM Only

Hosted by Jeanette Hughes.

Sign up at The Point

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



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

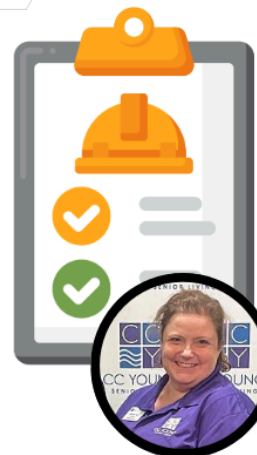
Reminders

WORK ORDERS

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

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

For education and empowerment on your personal
devices you can attend "Gizmo Guidance" Drop in each
Tuesday in August from 3:00 to 4:30pm



TRANSPORTATION REQUESTS

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

THIS WEEK'S

Highlights

Tuesday, August 26

1:30pm

Opera Club

Thursday, August 28

2:30pm

Magic Show

Bronson Chadwick presents comedy and magic!

Friday, August 29

1:30pm

Movie Matinee

The Founder

Rated -PG-13 · 2016 · 1hrs 52m

SUNDAY, AUGUST 24

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

9:30am - 10:30am

Christ Chapel All Welcome!

Vista-2

11:00am - 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!

3:00pm - 4:00pm

Acting Fun

Theater

Res. & PM Only



Thursday, August 28

2:30pm in The Auditorium

CC YOUNG
THE POINT & PAVILION



MONDAY, AUGUST 25

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
10:00am – 10:30am Arm Lab
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 – 4:00pm 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 Yoga
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

TUESDAY, AUGUST 26

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:30am Functional Core

Aquatics Classes

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:30pm HIIT & Lift
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 Res. & PM Only

Rehearsal

Sing and socialize with Choir Director Russ Rieger.



New Day and Time

1:00pm-2:00pm Theater
Opera Club Res. & PM Only
Streaming this month: Hansel and Gretel
Opera by Engelbert Humperdinck



2:00pm – 3:00pm Asbury
Asbury Chef Connection



3:00pm-5:00pm Flagpole Hill
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings
and screening. Book appointment: 214-987-4114



3:00pm– 4:30pm Technology Lab
Gizmo Guidance Res. & PM Only
with Lucy Hail
Weekly, relaxed, no stress drop-in sessions to
help conquer your technology challenges!

3:30pm-4:30pm Auditorium & 81
Richard Stanford Hour All Welcome
No review this month

6:00pm – 9:00pm Auditorium
Trinity Valley Beekeepers Res. & PM Invited
Monthly meeting

WEDNESDAY, AUGUST 27

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
10:00am – 10:30am Leg Lab
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.

10:30am-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 – 4:00pm 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 – 12:30pm Bandz on Fire
1:00pm – 1:45pm Mindful Yoga Flow
2:00pm – 2:45pm Chair Yoga
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



Wellness Wednesday

Lobby

Chair Massages or Reiki Session

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

3:00pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, AUGUST 28

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning+
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming
1:00pm – 2:30pm/ 2:30pm – 4:00pm Open Swim

1:30pm – 3:00pm

Theater

The Chosen - Screening

Res. & PM Only



1:30pm – 2:30pm

Resident Only

Shopping Trip to Walmart

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

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

All Welcome!

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper
3:00pm – 3:45pm Power Punch Boot Camp+
4:00pm – 5:00pm Intermediate Tai Chi

2:30pm-3:30pm



Auditorium

Magic Show!

All Welcome

Stand up comedy and magic presented by Bronson Chadwick

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only.

FRIDAY, AUGUST 29

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:30am Total Body Lab
 11:00am – 11:30am Full Body Mobility

Aquatics Classes

Vista Rehab Pool **972-638-8795**
Res. & PM Only
 8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise Class
 3:00pm – 4:00pm Aqua Boot Camp



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

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

10:00am – 11:30am **Uke Can Do It** **Auditorium**
 Ukulele Class with instructor Angela Livesay. **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 Body Weight Boost: Lower
 3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm **Movie Matinee** **Theater**
The Founder **All Welcome!**
 Rated -PG-13 · 2016 · 1hrs 52m

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

SATURDAY, AUGUST 30

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



4833 Steak Avenue
Open
Fri. Aug. 29 & Sat. Aug. 30
Call 972-755-3259
for more info

SUNDAY, AUGUST 31

The CCY Ministry Team hosts Sunday Worship Services

9:30am - 10:30am **Christ Chapel** **Vista-2**
All Welcome!
 11:00am - 12:00pm **The Point** **Auditorium & Ch. 81**
All Welcome!

3:00pm – 4:00pm **Acting Fun** **Theater**
Res. & PM Only

Movie MATINEE

The Founder

2016 · Drama · 1h 55m · Rated PG-13

The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into the biggest restaurant business in the world, with a combination of ambition, persistence, and ruthlessness.



Friday, August 29
1:30pm

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.





WHAT IS AGELESS

Brian Parman

Director, The Point & Pavilion

What is ageless?

In a world that often measures time in milestones and mirrors, there is something quietly defiant—and deeply hopeful—about the things in life that are truly ageless.

What is ageless?

Ageless is the way laughter bubbles up in a room full of old friends, or how music moves us—regardless of whether it's a lullaby remembered from childhood or a hymn sung in community. Ageless is the impulse to create, to tell our story, to reach for a blank page or a canvas or a lump of clay and say, this is how I see the world. Ageless is the joy of sharing that story with someone else—and the courage it takes to do so.

Over time, the outer landscape of our lives shifts. Bodies age. Homes change. Loved ones come and go. But something within us remains steady and radiant: the desire to connect, to contribute, to be known. We see this spirit shine through every time someone joins a choir, picks up a paintbrush, tells a story, or simply offers a kind word. These acts are more than hobbies or distractions. They are expressions of something essential.



Perhaps that's what draws us, year after year, to celebrate creativity through programs like Spirit is Ageless. Yes, the art is beautiful. Yes, the writing is powerful. But what moves us most is the courage behind it—the willingness to be playful, vulnerable, and bold. The willingness to begin, no matter our age or experience. That willingness is ageless.



We've been reflecting, too, on what it means to transition from living independently to joining a community. That shift—whether prompted by health, need, or new opportunity—is not always easy. It requires letting go of familiar spaces and stepping into the unknown. And yet, within that change lies a profound opportunity: the chance to engage with others, to rediscover purpose, and to realize that even in new surroundings, the most important parts of ourselves remain unchanged.

There is a quiet revolution in understanding that what matters most in life cannot be boxed up or banked. It's not a possession. It's an experience. Satisfaction comes not from having, but from being—from living, loving, creating, and sharing. These are the things that don't wear out. These are the things that last.

So what is ageless?

It's wonder.

It's joy.

It's the curiosity that keeps asking questions.

It's the generosity that keeps giving.

It's the soul-deep truth that no matter the number of candles on the cake, we are still becoming.

To honor what is ageless is to honor what is most alive in us—today, and always.



AUGUST
2025

Crews News



by Russell Crews
President and CEO

Behind the scenes at CC Young, a small but mighty team ensures that the financial operations of our 20-acre campus run smoothly and with precision. This is the Business Office—a team of professionals who don't often seek the spotlight, but who absolutely deserve it. This group handles the countless details that keep our financial systems moving, enabling the entire organization to serve residents, families, and staff with confidence and clarity.



At the helm is **Cleta Alexander, our Controller**. With more than 27 years of accounting, financial reporting, and fund management experience, Cleta is not only deeply skilled but mission-minded. A licensed CPA and graduate of the University of North Texas, Cleta brings a rare combination of technical expertise, strategic thinking, and integrity to her role. Her past leadership at IQ-EQ, C-III Capital Partners, and Trammell Crow Company honed her strengths in audits, compliance, and financial modeling. Since joining CC Young, she has strengthened our financial systems and helped position us for sustainable growth. With her calm demeanor, sharp mind, and heart for service, Cleta is the steady hand guiding the Business Office—and by extension, the organization—forward. Now for a little more about the team behind Cleta that keeps it all moving:



LeAnne Haverstick, Senior Accountant, brings nearly four years of service to CC Young. With a 47 year professional background in banking and finance, LeAnne manages day-to-day accounting operations with consistency and care. Originally from the Jersey Shore (yes, LeAnne is a Philadelphia Eagles fan!), LeAnne finds joy in the mountains of Colorado during her time off—a fitting parallel to the balance she brings to the fast-paced world of senior living finance.



Margaret Ramirez, Accounts Payables Specialist with 40 years of financial experience, has managed financial payments for CC Young for four years. She is known for her dedication, joyful attitude, and sense of humor. A true work horse, Margaret processes over 500 invoices each month! A proud Dallas Cowboys fan, Margaret infuses her work with positivity and energy—qualities that ripple through the department and beyond.



Karen Ragan, A/R Manager, first joined CC Young in 2001 as a receptionist. Over the years, she has grown within the organization, eventually becoming Accounts Receivable Manager in 2010. After a brief time away, she returned in 2025 to resume her leadership role overseeing all receivables, from private pay to Medicare, Home Health, and Hospice. With more than two decades of institutional knowledge, Karen brings unmatched insight and commitment to her work.



Catherine Holt, A/R Billing Specialist, may be the first person you meet when visiting the Business Office, and her welcoming smile sets the tone. With over a year of experience at CC Young and a diverse professional background—from Christian radio to accounting management—Catherine’s true gift lies in helping residents and their families navigate the financial transitions that accompany senior living. A nature enthusiast and former competitive sailboat racer, Catherine brings curiosity, warmth, and wisdom to every interaction.



Teresa Bramlett, Payroll Specialist, rounds out this talented team, though she reports under a different department. Teresa has been a steadfast part of CC Young since July 2000—25 years of dedication and adaptability! With just one person managing payroll for more than 700 employees every two weeks, Teresa’s work is complex and critical. Through the years, her resilience and grace have been tested, and she continues to meet the challenge with charm and professionalism.

While each member of the Business Office has a specific focus—whether it’s processing invoices, billing, receivables, or payroll—what unites them is their shared commitment to accuracy, service, and trust. They may not be on the front lines of care, but their work underpins everything that happens at CC Young. They are responsible for making sure that our operations are sound, our employees are paid, and our residents’ financial interactions are handled with care and clarity.

Today we celebrate this incredible group—not just for their skills, but for their humanity. They are proof that behind every great organization is a great team of people working quietly, diligently, and wholeheartedly, offering their individual skills with a servant’s heart.



by Jen Griffin
Vice President Engagement

VILLAGE REPORT

Ageless Thinking

There's something powerful about recognizing that growth doesn't have a deadline. The journey to wellness, both inside and out, isn't a race—it's an unfolding. And in this season of renewal, with Dallas washed clean by afternoon rains and the world around us a vivid, thriving green, we are reminded: life is rich with opportunity for new beginnings, no matter our age.

This year, we celebrate not just a program or a number of years passed, but the ageless spirit of discovery and transformation. Whether it's your first yoga class, your hundredth walk through the garden path, or your first time trying something from our new Rainbow Fitness Program, there's always room to grow. The "rainbow" in our program's name symbolizes the full spectrum of vitality—movement, color, breath, and joy. It's not about high intensity or youthful performance—it's about intention and engagement, and finding what lights you up.

Each of us is constantly offered moments of discovery. You might find it on your morning walk as you stop to listen to birdsong echoing from the trees. Or sitting still on your balcony as the rain falls softly, the sky shifting with promise. These are not just poetic pauses—they are wellness practices, just as essential as exercise or nutrition. They reflect a truth we often forget: when you know better, you do better.





That may mean finally listening to what your body needs—rest, stretching, fresh air—or it might mean doing the brave work of looking inward. There is a landscape within you just as complex and beautiful as any rain-kissed garden. Tending to it may involve forgiveness, acceptance, or simply recommitting to your own joy.

The Rainbow Fitness Program offers more than movement—it's a doorway. A way to try something new, with a curious heart and an open mind. From colorful resistance bands that add strength to your day, to rhythmic chair dancing that ignites your spirit, we're inviting you to find what feels good and build from there.

Ageless isn't a denial of time—it's a celebration of timelessness. Of the way a soul can stay wide-eyed and hopeful, no matter how many birthdays it's seen. And of the way new understanding, new practices, and new joys can come to us at any age.

So here's to the walkers and the watchers. The ones who pause to notice how lush the trees look this year, or how their balance is getting better each week. To those who are digging deep into their inner soil and planting something fresh. You are proof that every day offers a new horizon.

You are not just growing older—you are growing wiser, braver, and more beautifully you. Let's keep walking, stretching, breathing, and becoming—together.



ON THE COVER

Celebrate 25 Years of Ageless Creativity: Your Story, Your Art, Your Moment to Shine!

Have you ever wanted to share your artistic talents with the world? Or perhaps you have a story waiting to be told? For a quarter of a century, the **Spirit is Ageless Art & Writing Contest** has been a vibrant platform celebrating the incredible creativity of the Dallas-Fort Worth community. And this year, we're marking our 25th anniversary of honoring timeless talent!



What is the Spirit is Ageless Contest?

Since 1999, CC Young has proudly hosted this unique contest, inviting individuals age 55 and better from across the DFW metroplex – including CC Young residents – to submit their original artwork and written pieces. What makes this contest truly special is our commitment to displaying every single entry. This isn't just about winning; it's about celebrating each person's unique abilities and their willingness to share their passion, no matter their skill level or any perceived limitations. If you've created it, we want to show it off!

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Ready to Share Your Talent? Here's How!

Participating is easy!

- **Online Registration Required:** Opens Friday, August 1, at www.ccyoung.org/events/. Register online before bringing your art.
- **All Entries Displayed:** Your creation will be part of The Spirit Is Ageless 2025 Art & Writing Contest show!
- **Display Commitment:** Entries must stay on display through the awards program on Friday, October 24.
- **Age Requirement:** Art and writing must be created at age 55+.
- **Entry Fees:** CC Young residents get up to 2 free entries. Non-residents get 1 free entry; \$10 for 1 additional.
- **Original Work:** We're looking for original pieces (unless entering the "Echoes of Masters" category).

Categories to Explore:

From painting and photography to drawing, mixed media, and various crafts (hard and soft!), there's a visual art category for everyone, including NEW "Emerging Artist" and "Echoes of the Masters" categories.

For writers, submit your Poetry & Prose or Personal Essay & Short Story. Writing entries must be no more than four double-spaced typed pages.



Awards & Celebration!

Winners received awards and every participant receives a certificate and is invited to our Celebration of Artists and Writers on Friday, October 24 at 2:00pm. Our featured speaker will be Dr. Alise Cortez, an inspirational organizational psychologist.

For more info on categories and celebration see page 5 & 6 of this months guide.

North Texas Giving Day: Honor the Past, Empower the Future: Give Back to CC Young

AUGUST 2025

When Kay made the decision to move to CC Young, it was not out of urgency, it was out of wisdom. "I knew I needed to be in a safe place that fostered community," she says. For Kay, CC Young offered more than just a residence; it offered peace of mind. "I'm thankful to be here now, so my family doesn't have to make that decision in a crisis." Kay's story is one of foresight, gratitude, and generosity. She speaks passionately about the importance of giving back, especially on North Texas Giving Day. "CC Young helps prevent loneliness by providing an active, vibrant community," she shares.

NORTH TEXAS GIVING DAY

The Staff Scholarship fund gives employees the chance to grow professionally and personally, strengthening the care they provide to residents now and in the future.

"My heart is especially excited to contribute to the Staff Scholarship Fund." For Korrine Hearn, a retired nurse, providing scholarship opportunities for staff, boost morale and encourages their career growth.

These seeds, Kay explains, grow in two directions: "You're providing for older adults who may have exhausted their financial resources, and you're investing in the next generation, the staff who care for us every day." The Benevolent Fund ensures that neighbors in assisted living or skilled nursing can continue to receive care with dignity. Meanwhile, the Staff Scholarship Fund empowers team members to enhance their skills, which in turn elevates the care they provide.

"When you give to support the Benevolence Fund and Staff Scholarship Fund, you are planting seeds for the future."

The Benevolence Fund ensures that residents in assisted living and skilled nursing, who, through no fault of their own, have exhausted their financial resources.

"CC Young is our home. It is crucial to give back to support a community that does so much for us," Lorrie Mercer, Asbury resident.

"Giving Day is our opportunity to come together for a good cause," Kay says. "When we all come together and give, imagine the difference we could make in the lives of our caregivers and in the lives of our assisted living and skilled nursing neighbors."

The message is clear: giving is not just about charity, it is about community, continuity, and compassion. On North Texas Giving Day, September 18th, let us follow the lead of others and plant seeds that will blossom for generations to come.

HOW TO GIVE ON NORTH TEXAS GIVING DAY

1. Make a check out to CC Young and bring it to the Giving Day celebration station at The Point.
2. Or give online at NorthTexasGivingDay.org.
 - a. Go to NorthTexasGivingDay.org
 - b. Search for CC Young
 - c. Click Donate to make your secure online gift!
 - d. Need help making a gift online?

Stop by the Giving Day celebration station and a development team member will assist you in making your gift.



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

CC Young Celebrates
Thriving

THE FITNESS INSIDER

August 2025

Beat the Heat **Stay on Your Feet!**

It's hot out there! Make sure to:

- Bring water to class
- Wear breathable clothes
- Let your instructor know if you need a break

Coach Tip: If you feel lightheaded, dizzy, or overly tired, sit down and sip water. You're still winning by showing up!

EQUIPMENT ORIENTATIONS

Learn how to use the fitness equipment safely and effectively with a guided walkthrough. Perfect for beginners or anyone wanting a refresher to feel more confident and comfortable in the gym.

Every Tuesday • 10:00 a.m.

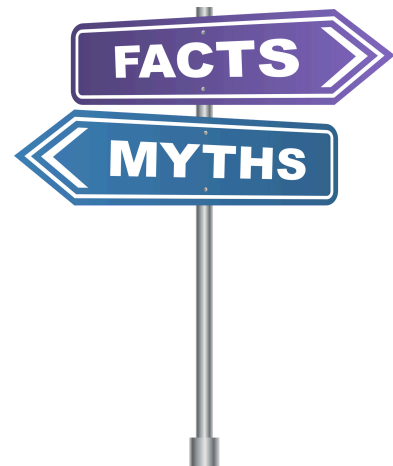
Every Thursday • 1:00 p.m.



True or False?

(Check Page 51 for answers!)

1. Walking helps build leg strength.
2. You only need water if you sweat a lot.
3. Core muscles help with balance.
4. You're too old to gain strength.



WHY WE TRAIN: CORE & BALANCE

Your core isn't just your abs. It's your back, hips, and pelvis too. A strong core helps with:

- Standing tall
- Getting out of chairs
- Avoiding falls
- Feeling steady on your feet

Try this at home:

Sit in a chair, lift one foot slightly off the floor, and hold for 5–10 seconds. Repeat on the other side. That's core + balance!

THE FITNESS INSIDER

August 2025

MINI CIRCUIT

Try this at home!

No equipment needed.

1. March in Place – 30 sec
2. Seated Knee Lifts – 10 per leg
3. Overhead Arm Reach – 10 reps
4. Sit to Stand – 8 reps
5. Balance Hold – 10 sec per leg



“You don’t stop moving because you grow old. You grow old because you stop moving.”

— Anonymous

Hydration Tip

If you're feeling thirsty, you're already a little dehydrated. Keep sipping all day!



Answers to Quiz

(From Page 50)

1. True!
2. False. You still need water even without sweating a lot.
3. True!
4. False. You can build strength at any age!

WORD SEARCH

Find These Words:

MOVE
WALK
CHAIR
WATER
SMILE
CORE



E	R	W	A	L	K
R	E	E	Z	N	R
O	T	L	E	E	I
C	A	I	V	P	A
G	W	M	O	H	H
I	T	S	M	V	C



Kori Ware
CCY Wellness Director
& Personal Trainer
469-828-3473 / kware@ccyoung.org

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HAPPY PET! HAPPY LIFE!

CC YOUNG PET POLICY... A SUMMARY

All residents must **register their pets** with CC Young before allowing the pet to live in the unit.

There is a NON-REFUNDABLE **PET FEE** and pets must have a current vaccination against rabies and wear a rabies **vaccination** tag. In addition The City of Dallas requires all dogs to be micro chipped.

All pet(s) must be **in good health**. Pets that appear to be neglected and pets that are ill or in poor health must not be taken into common areas. Pets may not be left unattended in homes.

Residents are required to **walk dogs outside** the building to permit the dog to exercise and deposit waste. Residents are responsible for the immediate removal of any waste from his/her pet. If owner has 2 dogs and 1 or both are over 30 pounds, the owner can only walk one dog at a time.

Resident is required to always maintain control of the pet. Please keep **pets off common area furniture** - This includes all seating at The Point.

Unattended pets will not be allowed outside your apartment at any time. All pets must be under the control of a responsible individual and leashed while in the public and common areas of CC Young's property.

Residents are always to **control the noise of the pet**.

No pet that bites, attacks, or demonstrates other aggressive behavior including **excessive jumping** towards humans (unless clearly provoked into doing so) may be kept on the premises.

Pets are prohibited from food preparation areas.

PET RULE VIOLATIONS

If a resident has violated the pet policy, the resident will be sent a written notice. The resident is expected to take immediate action to rectify the problem. Failure to rectify the problem within (5) business days may cause CC Young to have the pet removed.

Please review your Resident Handbook to see the full Pet Policy.

PAGE 52

Types of Pets Permitted:

Dogs: Max: two per unit. Must be housebroken and spayed/neutered. Must be 30 pounds or less. Animals over 30 pounds, will be allowed if they are a registered service or emotional support animal.

Cats: Max: two per unit. Spayed/neutered and litter box trained.

Small Birds: (Finches, Small Parrots, Cockatiels, Doves): Max: two per unit. Must be kept inside cage when resident is absent.

Fish: Max aquarium size: 20 gallons. The aquarium is to be maintained and placed on an approved stand.

Small Mammals: hamsters, guinea pigs, rabbits, and gerbils. Max: two per unit.

Turtles: Max: two per unit.



TECH TIPS

LIVE CAPTIONS!

Tip submitted by CCY Resident Scott Johnson

Many of us at CC Young suffer from with hearing loss. Struggling to follow conversations is not just difficult but taxing. And while hearing aids help, they're no real panacea. So the more resources we can employ to aid our comprehension, the better.

Amazingly, one of these resources is right there on your smart phone: **Live Captions**. The live caption function, built into both Android and Apple phones, turns spoken words into readable text right on your device. It doesn't convert every word perfectly, but it converts most words passably.

To turn on Live Captions, go into your phone's Settings, click on Accessibility, look for Hearing Enhancements, and turn on Live Captions. That's it! Now when you talk with others, your phone will convert your spoken words to readable text.

You can even use Live Captions to convert speech at an event or on your television to readable text.

And if you like audio books, but can't always follow the spoken dialogue, you can use your phone to convert your audio book dialogue to text just as if it was originally written out on your phone's screen.

Even if the text on your phone seems small, you can use live captions on a tablet, where text will probably be bigger.

If these directions aren't clear enough, there are lots of online instructions. Just Google Live Captions and see what you've been missing!



RESILIENCE: A UNIVERSAL HUMAN ASSET

BY CCY RESIDENT RUTH MCLEAN TURNER, ED.D.

As an educator, I have always been impressed by the ability of my students to bounce back from tough times. Resilience is defined in the literature as the “capacity to withstand or recover quickly from difficulties”. I was interested to learn from my research that humans are “hard wired “ to bounce back from bad experiences. A researcher named Henderson reports that all of us are born with a biological imperative for growth and development, as well as an innate capacity to be resilient. Resilient people do not let adversity define them.

As a senior of an advanced age. I began to be curious about resilience in older adults. Much to my delight, it seems that “ in spite of losses and physical declines in later life, older adults report feeling content and they have lower rates of psychopathology than the general population.” Researchers attribute this to resilience. The American Psychological Association reports that research reveals that older adults often ‘exhibit increased resiliency than their younger counterparts.”

I have observed evidence of this in the residents of my assisted living facility. In a discussion of death, one of the residents with no living relatives except a few distant cousins described her life with the phrase “My cup runneth over”.

Another resident with significant levels of memory loss said, “When I can’t think of a word when I am talking, I just insert the word ‘yaya’ into the narrative”, indicating that his wit and sense of humor are still intact amidst his confusion

While most researchers continue to see this attribute of resiliency as innate, many also report that it can be developed and improved as a capacity. They suggest factors and experiences that optimize the development of resilience. They find the following factors present in the lives of elderly adults who demonstrate high levels of resilience:

- Maintaining connections with other humans
- Participating in community activities,
- Practicing a healthy lifestyle
- Having a hopeful and optimistic attitude and a growth mindset
- Engaging in acknowledging gratitude.

All these practices seem to promote the maintenance of resiliency in older people. Our CC Young setting provides its residents with access to these opportunities. This is hopeful news for all of us who face multiple challenges and transitions.

WELCOME

To The

Neighborhood

Please Welcome CC Young's new
Independent Living Residents!

ASBURY



Lois
Reid

OVERLOOK



Mike
Calloway



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

Gratuuity not included.

Book Your Appointment

972-755-4259



Payment Options

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

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

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

CC YOUNG
MASSAGE THERAPY & WELLNESS

AUGUST TEAM BIRTHDAYS

Jennifer Asbill	8/1	Therapy
Taylor Miller	8/1	Therapy
James Myers	8/1	Dining Services
Shawn Jones	8/2	Hospice
Tamara Wallace	8/2	Hospice
Brittany Cravalho	8/3	Hospice
Jacqueline Joe	8/3	Home Health
Charlotte Waters	8/3	Housekeeping
Cindy Carrera Alcaraz	8/4	Housekeeping
Raniesha Carter	8/4	Health Center
Tamunobelema Enefiok Udo	8/4	Private Care
Mahder Ossa	8/4	Home Health
Shannon Trueheart	8/4	Health Center
Julia Adams	8/5	Health Center
Sabita Subedi	8/5	Home Health
Arrecia Walker	8/5	Private Care
Yavonda Hawthorne	8/6	Dining Services
Kimberly Lambert	8/6	Health Center
Felicia Haffley	8/7	Therapy
Abel Mabeya	8/8	Health Center
Nena Paris	8/9	Assisted Living
LeAnne Haverstick	8/10	Business Office
Kendrick Luster	8/10	Maintenance
Ibidunni Okunlola	8/10	Housekeeping
Leslie Thomas	8/10	Therapy
Tojuade Ayoola	8/11	Housekeeping
Brandon Mathis	8/11	Dining Services
Kateesha Medina	8/11	Memory Support
Trevecia Gonzales	8/12	Health Center
Martin Njuguna	8/13	Health Center
Bethany Willoughby	8/13	Therapy
Haimanot Berkie	8/14	Private Care
Sarah Navarre	8/14	Therapy
Nathanael Woldemichael	8/14	Health Center
Lisa Durden	8/15	Memory Support
Sebawit Mihretu	8/15	Dining Services
Kenja Reid	8/15	Assisted Living



Trinette Dye	8/16	Private Care
Jordan Stubbs	8/16	Therapy
Jazmin Tamayo	8/16	Housekeeping
Shoni Tucker	8/16	Therapy
Cindy Garcia	8/17	Housekeeping
Daniel Jackson	8/17	Therapy
Emebet Mokoya	8/17	Private Care
Doreen Ngwa	8/17	Health Center
Niesha Stroops	8/17	Assisted Living
Judy Craig	8/18	Community Outreach
Roland Castillo	8/19	Sales
Spencer Crews	8/19	Sales
Taylor Edwards	8/19	Hospice
Flora Imodu	8/19	Health Center
Mariamama Sow	8/19	Dining Services
LaDana Walters	8/19	Home Health
Torri Parnell	8/20	Health Center
Matt Shelton	8/20	Maintenance
Laura Wells Coker	8/20	Development
DeLisa Taylor	8/21	Therapy
Norma Wheaton	8/22	Dining Services
Ugochukwu Onyeugo	8/23	Assisted Living
Theresa Hunt	8/24	Hospice
Tamera Berry	8/25	Private Care
Diane Prashasouk	8/25	Sales
Sarah Holforty	8/26	Sales
Alexia Quezada	8/26	Dining Services
Kathy Smith	8/27	Private Care
Amy Ding	8/28	Assisted Living
Fasil Kassa	8/28	Dining Services
Elber Mendoza	8/28	Dining Services
Maria Fernandez	8/29	Dining Services
Reyna Munoz	8/29	Therapy
Ida Ricks	8/29	Community Outreach
Margaret Ramirez	8/31	Business Office



August Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Helen Collins	8/1/2016	9	Housekeeping
Tesfaye Feyssa	8/1/2022	3	Health Center
Jonathan Ervin	8/2/2023	2	Dining Services
Erica Smalls	8/2/2024	1	Assisted Living
Felicia McCoy	8/3/2022	3	Dining Services
Sondra Showels	8/3/2020	5	Health Center
Bratalian Carter	8/5/2024	1	Health Center
Ashanti Nyangau	8/5/2024	1	Health Center
Semya Washington	8/5/2024	1	Private Care
Millicent Williams	8/5/2024	1	Health Center
Florence Onyeugo	8/7/2013	12	Health Center
Krystal Mitchell	8/8/2022	3	Private Care
Tamba Fengai	8/9/2021	4	Maintenance
Julie Lumnwi	8/9/2024	1	Private Care
Devin Bolton	8/10/2022	3	Therapy
Darkelys Fernandez	8/10/2023	2	Dining Services
Bryant Chatman	8/12/2023	2	Dining Services
Lesley Millar	8/12/2013	12	Development
Janette Panton	8/14/2024	1	Private Care
Henry Barron	8/15/2022	3	Therapy
Bethany Willoughby	8/15/2022	3	Therapy
Natalia Mata	8/16/2023	2	Housekeeping
Reyna Munoz	8/16/2021	4	Therapy
Norma Wheaton	8/16/2023	2	Dining Services
Saba Abera	8/19/2024	1	Health Center
Kendrick Luster	8/19/2024	1	Maintenance
Sarah Navarre	8/19/2024	1	Therapy
Funmilayo Anderson	8/21/2023	2	Memory Support
Maria Guerrero	8/21/2023	2	Housekeeping
Don Reeves	8/21/2023	2	Umphress
Veronica Davis	8/22/2022	3	Pastoral
Avichay Keomisy	8/22/2022	3	Housekeeping
Christine Miller	8/23/2021	4	Resident Services
Bryan Russell	8/23/2024	1	Assisted Living
Shannon Trueheart	8/23/2021	4	Health Center
DeAnna Weary	8/23/2021	4	Health Center
Olayemi Ogunyemi	8/24/2020	5	Health Center
Deborah Minafee	8/26/2024	1	Health Center
Hirut Hailu	8/27/2008	17	Health Center
Keshaundria Oliver	8/27/2022	2	Private Care
Maria Barron	8/28/2023	8	Dining Services
Haimanot Berkie	8/28/2017	3	Private Care
Jasmine Pichardo	8/28/2024	1	Dining Services
Adaysha Wherry	8/28/2017	8	Health Center
Sara Abdu	8/29/2016	9	Dining Services
Aster Bayu	8/29/2016	9	Hospice
Peter Fasanya	8/29/2022	3	Therapy
Shalonda Erazo	8/30/2023	2	Home Health
Andres Espinoza	8/30/2024	1	Dining Services
Omobolanle Mulero	8/30/2023	2	Assisted Living
Tesfaye Yigremie	8/31/1995	30	Health Center

WOW! Those in red have anniversaries of 10+ years!

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August

RESIDENT BIRTHDAYS

Lou Bruce	2	Thomas
Pat Hind	3	Asbury
John Johnson	3	Overlook
Angie Vasquez	3	Asbury
Michael York	3	Overlook
Ruth Turner	3	Vista
Grace Gafford	5	Asbury
Nelma Barnes	6	Asbury
Nelwyn Davis	6	Asbury
Bonny Wammack	6	Hillside
Nancy Benner	7	Vista
William Gamble	7	Thomas
Bob Esgar	8	Overlook
Gary Breland	9	Vista
Betty Greene	9	Overlook
Jill Mandel	10	Overlook
Debbie Norris	11	Vista
Andrew McLaughlin	11	Vista
Mel Symmank	13	Asbury
Martha Gerhart	14	Hillside
Timothy McDonnell	16	Overlook
Suzanne Kersten	18	Hillside
Susie Bruce	19	Overlook
Penelope Schuchat	20	Overlook
Catherine Deardon	21	Overlook
William Stokes	21	Overlook
Diane Flint	22	Overlook
Roger Woods	23	Vista
Judi Jones	24	Vista
Gus Pazoki	25	Vista
Kenneth Luckett	25	Overlook
Lois Waterhouse	25	Asbury
Bettie Tully	26	Vista
Pat Kidd	26	Overlook
Nina Thornbrugh	28	Vista
Carolyn Pedison	29	Overlook
Linda Taylor	29	Overlook
Richard Frizell	29	Vista
Carla Heath	29	Vista
Sue Bishop	30	Vista
Mary Gilhooly	30	Overlook
John Wilson	30	Hillside
Wilda Geyer	31	Overlook
Marilyn Hamilton	31	Asbury

AUGUST Resident *Anniversaries*



17 Years

Janet Wiksten

14 Years

Patti & Doyle Stewart

Barbara Mott

Betty Greene

Ralph Dugger

JoAnn Durand

12 Years

Evelyn Bridges

10 Years

Ruth & Bob Esgar

9 Years

Sally King

Martha Gerhart

8 Years

Tina Lancaster

6 Years

Jill Pickett


5 Years

Ruby McLeod

THOMAS CUISINE SPECIAL DINING DAYS

August

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 4833 Steak Avenue CLOSED	2
3 National Watermelon Day	4	5 Thomas Action Station 11:30am-1pm HTA	6 National Root Beer Float Day	7 Hillside Action Station 11:30am-1pm HTA	8 4833 Steak Avenue CLOSED	9
10 National S'mores Day	11	12 Thomas Chef Connection 2:30pm	13 Hillside Chef Connection 10am	14 Overlook Action Station 11:30am-2pm HTA	15 4833 Steak Avenue OPEN	16
17	18	19 Overlook Chef Connection 3pm	20 National Bacon Lovers Day	21 Asbury Action Station 11am-1:30pm HTA	22 4833 Steak Avenue OPEN	23
24 National Waffle Day	25	26 Asbury Chef Connection 2pm	27	28	29 4833 Steak Avenue OPEN	30
31						

Action Station of the Month: Taco Salad Bar

08/06 | Root Beer Floats available at the Point Café

08/24 | Chicken & Waffle special at the Bistro

08/20 | Million Dollar Bacon available at the Point Café & Bistro

No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Tuesday, September 2 at 10:00am

Frederic Church: 19th Century American Landscape Painter:

The course will explore Church's life beginning as a student of Thomas Cole through the production of his series of Great Pictures at the apex of his career, and will include an emphasis on his painting *The Icebergs*, now held in the collection of the Dallas Museum of Art.

Presented by Lane Banks

Thursday, September 4 at 10:00am

Women Fashioning the World

Today our wardrobes include many features that seem mundane, but at one point those were all incredible innovations introduced by women fashion designers! Learn more about these fashion breakthroughs with examples from the Texas Fashion Collection, a world-class fashion archive at UNT. **Presented by Annette Becker, MA**

Tuesday, September 9 at 10:00am

Voices of the Eastern Shore: A Lens into Early American History

Explore the world of Elizabeth Upshur Teackle (1783-1836) through her view of day-to-day life and iconic events in our nation's early history through the lens of historic letters and correspondence, published online in the *Voices of the Eastern Shore* digital edition.

Presented by Dreanna Belden, Director of External Partnerships

Thursday, September 11 at 10:00am

World War II as Seen Through Literature of the Past 5 Years

As more archives are made available, authors of fiction and non-fiction have used them as a source for a plethora of books with a World War II setting. **Presented by Jean Greenlaw, PhD**

Tuesday, September 16 at 10:00am

That Nelson Riddle Sound

Nelson Riddle was an American composer and arranger. His work with Frank Sinatra, Ella Fitzgerald, and Nat King Cole were defining moments in the history of American popular music.

Presented by Max Morley, DMA

Thursday, September 18 at 10:00am

Black Culture as Resistance during Enslavement

Culture was not among the artifacts that Africans lost when captured from their home and enslaved in North America. This one-session course will explore African American cultural iterations, and how this culture, in turn, served as an active, powerful tool for resisting enslavement.

Presented by Kerry Goldmann, PhD

Tuesday, September 23 at 10:00am

Decoding Leonardo's & Michelangelo's Paintings

Let's re-examine Leonardo's Interpretation of biblical texts and how he used hidden messages within his artwork. In addition I will discuss Michelangelo's Sistine Chapel frescoes' hidden truths.

Presented by Francesca d'Atria - Romano, MFA

Thursday, September 25 at 10:00am

Jane Austen's Novels: Mansfield Park

Austen's third published novel, *Mansfield Park*, has sparked debate and split audiences since 1814. Education is one major theme in *Mansfield Park*, with the errors and sins of characters the result of a flawed upbringing and failed education. **Presented Elaine Kushmaul**

Tuesday, September 30 at 10:00am

Backyard Beekeeping Part 2: Sweet Sustainability

As the sequel to the popular OLLI lecture "My First Year of Beekeeping," Dr. Derdeyn will bring more humorous anecdotes about the foibles of urban beekeeping, as well as new insights into the secret lives of honeybees and how they benefit the environment.

Presented by LeeAnn Derdeyn, PhD



THE POINT

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



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25TH ANNIVERSARY

*Spirit is
Ageless*



ART & WRITING
CONTEST | 2025

Your Story.
Your Art.
Your Moment
to Shine.

Show Dates

Saturday, August 23- Friday, October 24

Celebration of Artist & Writers

Friday, October 24 ~ 2:00-4:00PM

25
YEARS



Featured Speaker

Dr. Alise Cortez

Dr. Alise Cortez is the Chief Ignition Officer at Gusto, Now!, a human and organizational transformation consultancy specializing in unleashing business results by igniting and growing high-performance teams passionate about delivering on the organizational mission.

Dr. Alise is also an organizational psychologist and logotherapist, inspirational speaker, researcher, author of 5 books, and host of the Working on Purpose podcast, and she is bent on awakening people and organizations to their passion and purpose and inspiring them to make a contribution worthy of their one, precious life.

Light refreshments served

rsvp@ccyoung.org



For More Info :

www.ccyoung.org/events/

Call for Entries: CC Young's Annual Holiday Art Contest

CC Young is continuing its cherished tradition of creating custom holiday greeting cards and ornaments for our supporters and special friends. We're inviting our talented residents and Point members to submit artwork for our Annual Holiday-Themed Art Contest! The winning art will be featured on these special holiday items.

The Theme: Cherished Holiday Traditions: A Legacy in Art

This year, artists are invited to explore the very heart of the holidays through time-honored customs, rituals, and personal practices. Think about what makes the season meaningful and memorable to you. From decorating the tree to opening presents, caroling, or gathering with loved ones, we want to see the traditions that define your holidays.

Who Can Enter?

This art contest is open to CC Young Residents and Point Members only.

How Your Art Will Be Used

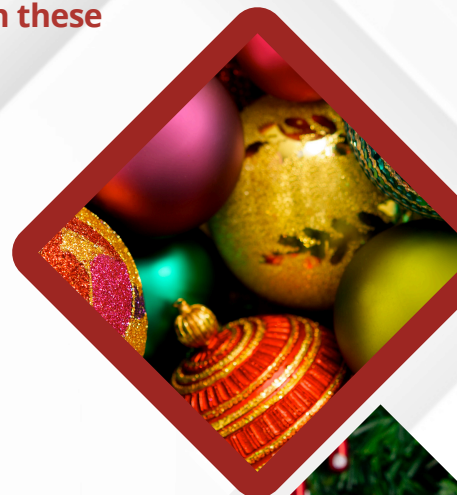
You don't need to create a greeting card or ornament yourself; just focus on your art! The winning original artwork will be reproduced and used by CC Young for our 2025 holiday greeting cards and ornaments.

Contest Rules:

- **Submission Deadline:** Drop off your entry to Angela by **Wednesday, September 10.**
- **Entry Limit:** One entry per person.
- **Art must be an original painting, drawing, or sketch.**
- **Theme & Style:** We encourage simple, yet meaningful, holiday art within the given themes. Please do not submit art with sparkles, glitter, or similar embellishments.
- **Submit unframed art** so it can be scanned on a flatbed scanner.
- **Art must be 18" x 24" or smaller.**
- **No 3D Art:** Please do not submit three-dimensional artwork.
- **Age of Creation:** Art must have been created at age 55 or better.
- **Judging:** Art will be judged by an anonymous panel.
- **Care & Responsibility:** CC Young will handle all art with care, but we are not responsible for any damage.

Winner will be announced before November 1, 2025

Winner receives one dozen ornaments and holiday cards to share with family & friends!



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ENTRY FORMS CAN BE FOUND IN THE POINT LOBBY



Grandparents Day

RESIDENT FAMILY PHOTOS

**SUNDAY
SEPTEMBER 7
1:30PM TO 3:30PM**

Get ready to make some beautiful memories this Grandparents Day!

We're offering a special, complimentary family photo shoot to our residents with their families.

Let us capture that perfect group shot – you'll receive a digital copy to cherish forever!

**PLEASE SCAN THE QR CODE
TO SIGN UP IN ADVANCE
FOR A TIME SLOT**

