

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



THRIVE IN '25

On The Cover

To Learn more about the annual Blessing of The Animals Event see page 48.

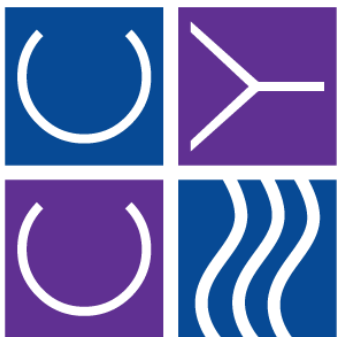
FREE
PLEASE TAKE ONE

Pet the pets!
**BLESSING OF THE
ANIMALS**

Outdoor October!
**CELEBRATE
ACTIVE AGING**

Intergenerational Fun!
**3RD ANNUAL
TRUNK OR TREAT**

OCTOBER 2025



MEET THE TEAM



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POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



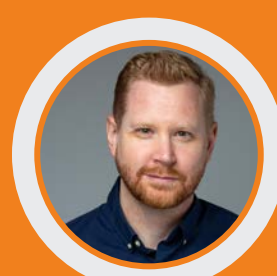
Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



Lori Sanders
Speech Therapist /
Parkinson's Voice
Project: Loud Crowd
Instructor
lsanders@ccyoung.org

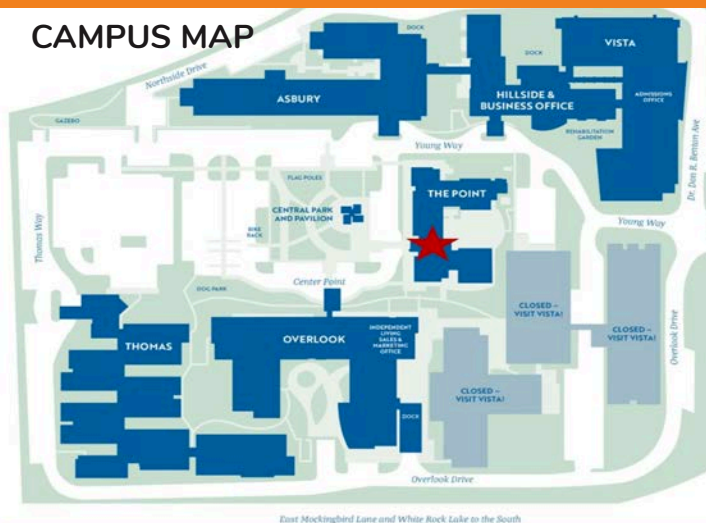


David Sorkness
Gizmo Guidance
Instructor



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.



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

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7 Dimensions of Wellness

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

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

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

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

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

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

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

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

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Highlights of Events

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- Daily Calendar of events
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BIG TEX Challenge

9/26-10/19



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- Team Anniversaries
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- Dining Days
- November OLLI Classes
- Words of Wonder
- Watercolor Workshop
- Veterans Month Events



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 Artists & 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.



For More Info :
www.ccyoung.org/events/

Light refreshments served

rsvp@ccyoung.org

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CELEBRATE ACTIVE AGING

at CC Young

BIG TEX Challenge

9/26-10/19



- ★ Celebrate Big Tex and the Texas State Fair by completing 5 (or more)
- ★ fun exercises inspired by his measurements. See. page 53 for
- ★ measurements. See. page 53 for
- ★ more info on how to participate.

BLESSING of the ANIMALS

FRIDAY, OCTOBER 3
10:00AM UNDER THE PAVILION

JOIN THE MINISTRY TEAM
AS THEY BLESS YOUR
PETS-BIG OR SMALL!

There will be a special moment honoring
those pets we have lost this year.

All animals are
welcome!

(Please be sure they are on
non-retractable leashes or
in carriers.)



FRIDAY, OCTOBER 10 AT 4:30PM



LONGHORN SINGERS

PERFORMING AT THE PAVILION



PAGE 6
CC YOUNG
AUXILIARY, EST. 1925
Fall Fundraiser

WEDNESDAY, OCTOBER 15
at The Point

Entertainment by
THE WOODROW WILSON VARIATIONS SHOW CHOIR



10:00AM - BAZAAR (FALL AND CHRISTMAS ITEMS)
AND REFRESHMENTS

10:45AM - ENTERTAINMENT
FREE ADMISSION

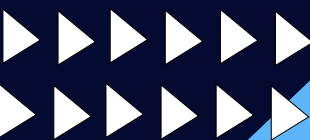
To donate to the CC Young Benevolence Fund please make checks payable
to CC Young Auxiliary Or donate at <https://www.ccyoung.org/donate-now/> and select
CC Young Auxiliary.

QUESTIONS: CONTACT BRIANNA BROWN AT BRIANNA.BROWN@SBCGLOBAL.NET

The Point
4847 W. Lawther Dr.
Dallas, TX 75214
214-841-2831



CC YOUNG
SENIOR LIVING



WALK FOR A PURPOSE

CELEBRATE ACTIVE AGING

Come walk with us and celebrate what it means to lead healthy, fulfilling lives and share your personal reasons for walking.

Friday, October 10

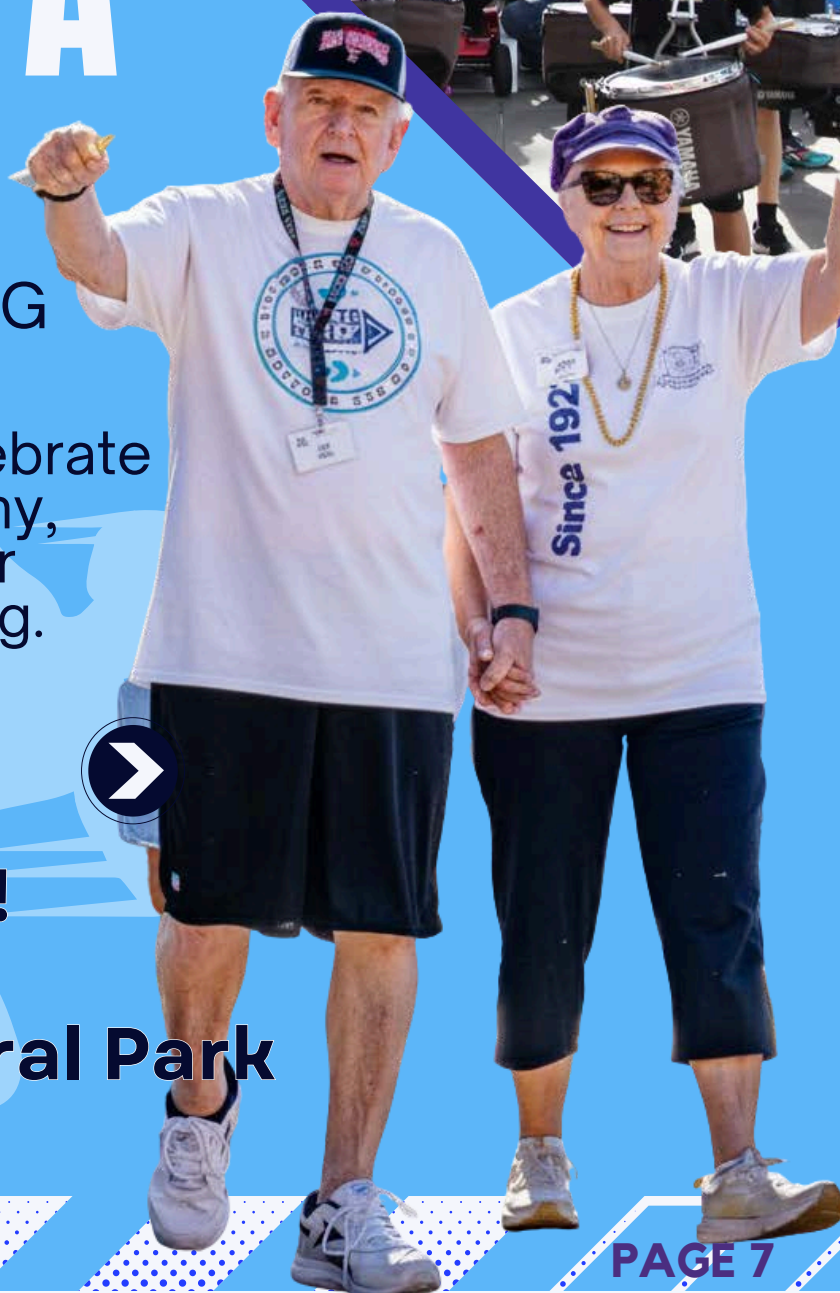
10:00am - Warm up!

10:15am - Walk!

The Pavilion & Central Park



START



CC YOUNG'S 3RD ANNUAL TRUNK OR TREAT

**THURSDAY
OCTOBER 30
4PM-6PM**

**CALLING ALL CANDY
MONSTERS!
COME OUT &
"TRICK OR TREAT"
AT THIS FAMILY FUN EVENT!**

Guests are invited to converge on the CCY Central Park to see decorated Trunks and get Treats for all the Little Ghouls and Goblins.

 **CC YOUNG**
SENIOR LIVING

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Dallas, TX 75214
214-841-2831



No Test. No Grades. No Limits.



Thursday, October 2 at 10:00am

In Their Own Words: The Stories of Six Civil War Brothers

The story of six brothers from the Morrow family in Iowa who served in the Civil War will be the focus for this presentation. Pension files, historical research and newspaper articles will be used to tell their story and that of their brothers and sisters in Iowa during the war.

Presented by Dr. Emily Richardson

Tuesday, October 7 at 10:00am

Evils of Imagination: Horror Fiction and Moral Panics from the Victorians to Today

The run up to Halloween is a time where we can indulge our inclination toward the macabre and frightening, a time of ghost stories and horror movies. But these forms of escapist entertainment have continually come under attack throughout history. Explore questions regarding the dark side of our natures, and how it manifests itself in fiction. **Presented by Dr. Megan Bryan**

Thursday, October 9 at 10:00am

Winemaking in Texas

The presentation will cover the Texas Wine Industry and the challenges of growing grapes and making wine in the state of Texas. **Presented by Andrew Snyder**

Tuesday, October 14 at 10:00am

Why Should We Care About Black Holes?

Black holes are fascinating objects. They stretch our thinking and pose observational challenges to astronomers. This course will place black holes in perspective and highlight their roles in the bigger picture of our Universe. **Presented by Ohad Shemmer, PhD.**

Thursday, October 16 at 10:00am

From Dogood to Fart Proudly: A Journey Through Franklin's Pen and Press

Step into the 18th century with Benjamin Franklin himself as your guide. This lively presentation will explore Franklin's most influential and entertaining writings. **Presented by Darren York**

Tuesday, October 21 at 10:00am

Flappers, Fringe, and Flair: Let's Go Art Deco

Explore how the Art Deco movement of the early 20th century was expressed in architecture, furnishings, and fashion. Explore important designers and objects of the period. You may be surprised at what remnants of the style we still see today. **Presented by Dr. Christy Crutsinger and Dr. Lynn Brandon**

Thursday, October 23 at 10:00am

Pickleball Fever: Unlocking the Brain's Joy and Health Boosts in Every Swing

Discover why pickleball is captivating retirees nationwide in this engaging presentation. Explore the social and psychological science behind its addictive fun, dive into the brain's "flow" state that mirrors video game excitement, and uncover how the sport's unique movements may boost health, including insights from Parkinson's research. **Presented by Dr. Glynis Worthington**

Tuesday, October 28 at 10:00am

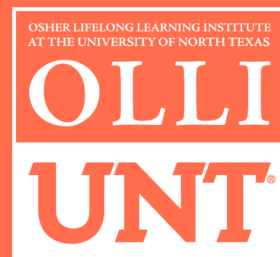
Traumatic Brain Injury in Older Adults: Prevention and Management Strategies

As falls pose a significant risk for traumatic brain injuries among older adults, this lecture will offer comprehensive coverage on both prevention techniques and effective strategies for managing such injuries should they occur. **Presented by Shannon Presley**

Thursday, October 30 at 10:00am

The Middle Passage & Enslaved Resistance

The Middle Passage was the forced voyage of enslaved Africans from West Africa to North America as part of the Atlantic slave trade. This session will include the origins of the slave trade, conditions on ships, and the impacts. **Presented by Dr. Bruce Ralston**



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



**THE
POINT**

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



**CC YOUNG
THE POINT & PAVILION
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Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

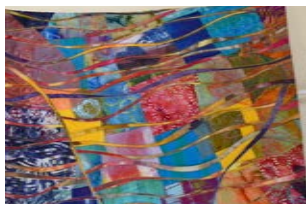
**Meets 1st Saturday of each month
10:00am in The Auditorium**



CC Young Auxiliary

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

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



Dallas Area Fiber Artists

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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



Dallas County Pioneers

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

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



Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.

Uke Can Do it!

Learn to play the ukulele in a friendly and relaxed group setting. All skill levels are welcome. **Fridays at 10am.**



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.**



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 2pm.**



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.

Thursdays at 2pm



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.**



CC Young 'Uns Choir

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 1pm**



Fellowship, Word & Bible Study

Richard Stanford leads a weekly group in fellowship and Bible study. Topics vary each week. **Wednesdays at 3:30pm.**



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. **Wednesdays at 2pm.**



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!

Wednesdays at 9:30am



WII Bowling Team

Combine physical and mental activity and improve cognitive function. Join others to practice and play in tournaments. **Fridays at 10am**



Sign Language Fun

Learning sign language enhances your cognition which is great for creative thinking, brain function, memory, spatial awareness, and more. **Mondays at 1pm.**



Litter Gitters & White Rock Wrappers

Groups meets monthly to walk the CCY campus and surrounding area to pick up litter. They also gather to help prepare supplies for the monthly lake cleanup. Supplies provided. **Check guide for days.**



Book Club

Explore the genre of science fiction with fellow book lovers. The club focuses on key themes in sci-fi. Bring a book of your choice to share and discuss. **2nd Thursday at 1pm.**



Opera Club

The group meets monthly to stream a video and discuss a video of a famous Opera. **3rd Tuesday at 2pm.**

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 • 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 • Body Weight • Blast: Lower • Body Weight • Blast: Upper • Functional • Core • H2O Hustle* • 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 • Recovery • 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!



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**



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.



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



NEW TIME
Arm Lab
9:30-10:00am / 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.



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**



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.



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



Intermediate Floor Yoga
9:00-9:45am / 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 & Wed in Vista 9
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.



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.



Recovery
11:30-12:00pm / Tues
Instructor: Kori Ware

A recovery-focused class using foam rollers and massage tools to release tension, reduce soreness, and support muscle recovery. Includes gentle stretching and mobility work to improve flexibility and overall movement. *Participants must be able to get on and off the floor on their own. **Also Supports Flexibility**



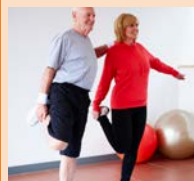
Tai Chi
4:00-5:00pm
Tue & Thu- Intermediate
Wed. - Beginners
Instructor: Dave Larcade

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.



NEW TIME
Leg Lab
9:30-10:00am / 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.



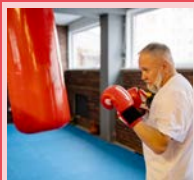
Drumba
11:00-11:45am / Wed
Instructor: Tammy Slauson

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.



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**



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.



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: 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.



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.



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.



NEW TIME
Full Body Mobility
10:30-11:00am / 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.

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.



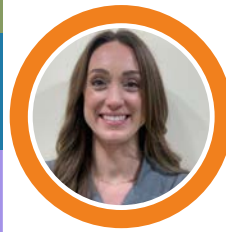
CLASSES ARE OPEN TO
RESIDENTS AND POINT
MEMBERS ONLY



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

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.

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

STRENGTH

FLEXIBILITY

MOBILITY

BALANCE

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RESIDENT TRIPS

Sign up for all trips at The Point

Trip Sign-up policy:

- When adding your name to the list, please write clearly and include your cell phone number.
- By signing up for a trip, you are committing to any associated cost. Tickets and entry fees are non-refundable once purchased, but may be transferable.
- Bus Trips are **Resident Only**, any exceptions will be determined on a case by case basis.

Waitlist policy:

- If a spot becomes available, we will call you in the order you signed up.
- Do not move your name or write it in a different spot. If someone removes their name, a Point staff member will update the list to ensure everyone is moved up in the correct order.

Group Trip Requests:

- Trips are planned based on location, cost, and accessibility. Please note that not all trip ideas can be guaranteed.
- To submit a trip idea, please email Rebecca McDaniel at rmcdaniel@ccyoung.org.

Individual Transportation Requests

- To book an individual trip, contact Christine Miller Hinrichsen 214-841-2946

OCTOBER 2025 TRIPS



Thursday, October 9

Two Time Options

Bus Group 1

10:00am- 1:00pm

Bus Group 2

11:30am- 2:30pm

Bus will pick up at The Point and at a designated spot at The Fair Grounds

The Texas State Fair is a 24-day festival at Fair Park that celebrates Texan culture with unique food, thrilling rides, live entertainment, the historic Auto Show, livestock competitions, and family-friendly activities. It is the nation's longest-running fair, offering deep-fried delights, iconic rides like the Texas Star, the chance to take a photo with Big Tex!

**Sign up at The Point. Cost: \$7 to be paid at the gate.
Bring additional money for food and other spending of your choice.**

OCTOBER 2025 TRIPS CONT.



DAVID R. DAVIDSON

TOWER ARTS
SERIES



Houston Chamber Choir

Sunday, October 12

4:45pm to 7:00pm

CCY bus will pick up at The Point.

You can also drive on your own.

The season kicks off with the Grammy-winning Houston Chamber Choir, bringing choral music performed at the highest level to the Sanctuary.

Led by the Cullen Trust for the Performing Arts Artistic Director Chair Betsy Cook Weber. The Choir is comprised of 24 professional singers.



EARLY VOTING

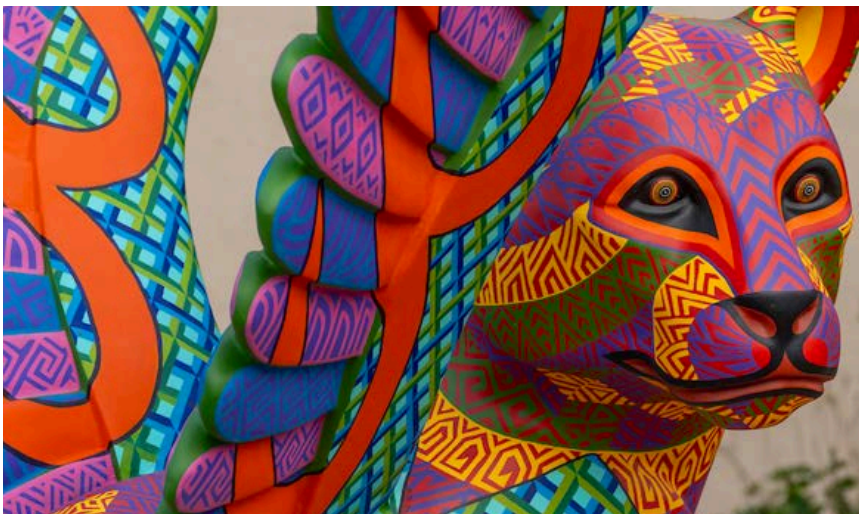
**TWO OPTIONS TO HOP ON THE
BUS AND GO VOTE!**

Monday, October 20

10:00am or 2:00pm

CCY bus will pick up at The Point.

**Early Voting runs Monday October 20
through Friday October 31**



Dallas Arboretum

Monday, October 27

11:00am- 2:00pm

Cost: \$21.95 to be paid at the gate. Bring additional money for lunch.

This fall, the Dallas Arboretum transforms its iconic Pumpkin Village into ¡Mundo México!—an extraordinary celebration of Mexican culture, contemporary art, and the harvest season.

More than 110,000 pumpkins, gourds, and squash come together to reimagine seven iconic regions of Mexico through breathtaking gourd artistry.

Bus will pick up at The Point

OCTOBER GIZMO GUIDANCE

Cellphone Basics

Your cell phone is more than just a device for calls and texts—it's a powerful tool for staying connected in many ways. In this class, you'll learn the wide range of communication options available on modern smartphones. We'll cover calling, texting, video chats, email, and popular messaging apps. You'll also explore how to safely use social media, share photos and files, and manage group conversations.

📱 **Friday, October 3**
2:00pm-3:00pm - Learn all the ways you can use your phone to communicate

📱 **Saturday, October 11**
9:30-10:30am- Learn all the ways you can use your phone to communicate
10:30-11:30am - Open Lab Time- Drop in with questions.

Taking and Saving Photos

Learn how to capture, organize, and share life's moments right from your cell phone. This class will guide you through the basics of taking photos, saving them safely, and organizing them into albums. You'll practice sending pictures through text messages, email, and popular apps, as well as sharing them on social media. We'll also cover how to download and save photos sent to you, back up your pictures to the cloud, and keep your photo library organized.

📱 **Monday, October 13**
2:00pm-3:00pm - How to securely save & send your pictures

📱 **Friday, October 17**
2:00pm-3:00pm - How to securely save & send your pictures

Saturday, October 25
📱 9:30-10:30am- How to securely save & send your pictures
10:30-11:30am - Open Lab Time- Drop in with questions.

Introduction to Artificial Intelligence (AI)

Artificial Intelligence (AI) is becoming a part of everyday life, from voice assistants to chat tools that can answer questions, write messages, and even create images. This class will introduce you to the many ways AI can be used to make tasks easier, faster, and more creative. You'll learn how to interact with AI tools, ask effective questions, and apply them for writing, research, organization, and problem-solving. We'll also explore creative uses, like generating artwork or brainstorming ideas, and discuss important topics such as privacy, accuracy, and responsible use.

📱 **Monday, October 27**
2:00pm-3:00pm - Introduction to AI and how can I use it

📱 **Friday, October 31**
2:00pm-3:00pm - Introduction to AI continued



**Instructor
David Sorkness**

THIS WEEK'S

Highlights

Tuesday, September 30

10:00am

OLLI Class

Backyard Beekeeping Part 2: Sweet Sustainability

Thursday, October 2

10:00am

OLLI Class

In Their Own Words: The Stories of Six Civil War Brothers

Friday, October 3

10:00am

Blessing of The Animals

Friday, October 3

1:30pm

Movie Matinee

Now You See Me

Rated -PG-13 2013 · 1h 55m

SUNDAY, SEPTEMBER 28

The CCY Ministry Team hosts
Sunday Worship Services

9:30am - 10:30am

Christ Chapel All Welcome!

Vista-2

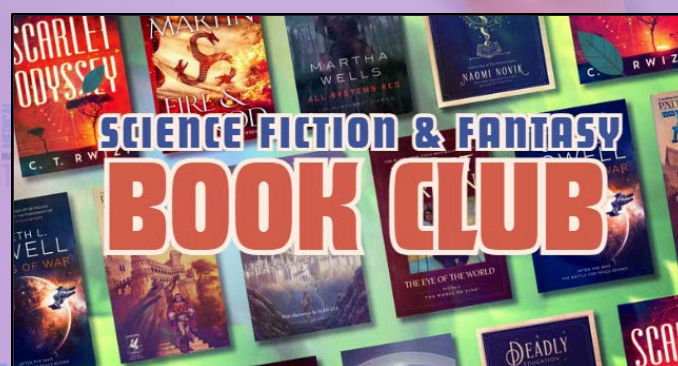
11:00am - 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!



Explore the genre of science fiction with fellow book lovers. The club will focus on key themes in sci-fi. Bring a book of your choice to share and discuss.

This a great opportunity to discover new authors, revisit classic tales, and engage in lively conversation.

**THURSDAY
OCTOBER 9
1:00 PM**

Flagpole Hill Classroom

Hosted by Jeanette Hughes



Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, SEPTEMBER 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am 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 Class
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 214-675-1299

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 Tech Lab
Gizmo Guidance Res. & PM Only
What is Phishing & How do I protect myself from fraud



TUESDAY, SEPTEMBER 30

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
11:30am – 12:00pm Recovery

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Backyard Beekeeping Part 2: Sweet Sustainability
Presented by LeeAnn Derdeyn, 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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:00pm-2:00pm Auditorium
CC Young 'Uns Choir Res. & PM Only
Rehearsal
Sing and socialize with Choir Director Russ Rieger.

WEDNESDAY, OCTOBER 1

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:30am

Resident Only

Shopping Trip to Hillside Village & Aldi

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

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

Theater

Acting Fun

Res. & PM Only

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



THURSDAY, OCTOBER 2

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 – 11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

In Their Own Words:

The Stories of Six Civil War Brothers

Presented by Emily C. Richardson, EdD

For info see pg. 9.

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



11:00am – 1:30pm

Hillside Dinning

Dining Action Station

Resident Only

This month: Shrimp or Chicken Grits



1:30pm – 2:15pm

Lobby

Harris Jewelry Repair

Res. & PM Only

Small repairs while you wait. **CXL This Month**

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

Resident Only

FRIDAY, OCTOBER 3

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:30am Total Body Lab
 10:30am – 11:00am 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 – 11:00am **Blessing of The Animals** **Pavilion**
 Join the Ministry team as they bless your pets-big or small! **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**
Now You See Me **All Welcome!**
 2013 · Thriller / 1h 55m · Rated PG-13

2:00pm – 3:00pm **Gizmo Guidance Class**
 Learn all the ways you can use your phone to communicate

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

SATURDAY, OCTOBER 4

10:00am – 4:00pm **Dallas Handweavers & Spinners Guild Monthly Meeting** **Auditorium**
Res. & PM Invited

10:00am – 4:00pm **Dallas Bead Society** **Fitness Center**
 Monthly Meeting **Res. & PM Invited**

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

4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

Movie MATINEE

Now You See Me

2013 · Thriller
 1h 55m · Rated PG-13

An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money.



Friday, October 3
1:30pm

Free popcorn and water.
 All Welcome!

THIS WEEK'S

Highlights

Monday, October 6

10:00am

Cornhole & Coffee

Tuesday, October 7

10:00am

OLLI Class

Evils of Imagination: Horror Fiction and Moral Panics from the Victorians to Today

Wednesday, October 8

2:00pm

All Resident Council Meeting

Thursday, October 9

10:00am

OLLI Class

Winemaking in Texas

Friday, October 10

10:00am

Walk for a Purpose

Friday, October 10

1:30pm


Movie Matinee

The Friend / 2024 · 2h 3m · Rated R

Friday, October 10

4:30pm

Longhorn Singers



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

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

SUNDAY, OCTOBER 5

**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!



**CORNHOLE
&
COFFEE**

Monday, October 6
10:00 am to 11:00 am

Join us for
a fun game of
cornhole,
fellowship
& coffee

MONDAY, OCTOBER 6

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am 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 Class
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 – 11:00am

Pavilion

Cornhole & Coffee

Res. & PM Only

Start your morning with a little friendly competition! Join Rebecca McDaniel for a relaxing hour of cornhole, fellowship and coffee.

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 214-675-1299

1:00pm – 2:00pm

Tech Lab

Sign Language Fun!

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
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 – 4:30pm

Game Zone

Bunco!

Res. & PM Only

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

TUESDAY, OCTOBER 7

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
11:30am – 12:00pm Recovery

10:00am – 11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

Evils of Imagination: Horror Fiction

and Moral Panics from the Victorians to Today

Presented by Megan Bryan, PhD

For info see pg. 9.

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



11:00am – 1:30pm

Thomas Dinning Rm

Dining Action Station

Resident Only

This month: Shrimp or Chicken Grits

1:00pm – 2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

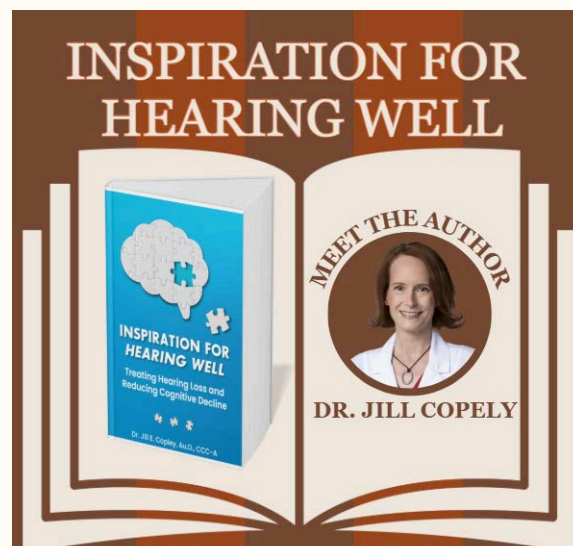
3:00pm – 4:00pm

Auditorium

Meet The Author Event

All Welcome

Owner of Total Hearing Care, Dr. Jill Copley presents her new book: *Inspiration for Hearing* Refreshments Provided.



WEDNESDAY, OCTOBER 8



It's that time of year again! **Independent Living Residents Flu Shot Clinic**

The clinic will be held at The Point between 8:30am & 12:00pm. Please keep an eye out for fliers containing more information.

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
9:30am – 10:00am Leg Lab
11:00am – 11:45am Drumba - **Special out door class**
Vista 9th Floor
9:00am – 9:45am Balance Class with Heidi



9:15am – 11:30am Resident Only
Shopping Trip to Hillside Village & Aldi
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**

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

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

2:00pm – 3:30pm Theater
Acting Fun Res. & PM Only



2:00pm – 3:30pm Auditorium
All Resident Council Meeting Resident Only
Updates and reports from each buildings and department heads.

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

THURSDAY, OCTOBER 9

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



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

Winemaking in Texas

Presented by Andrew Snyder, CSS, CSW
For info see pg. 20.



Bus Trip: STATE FAIR OF TEXAS - Two options

Group 1: 10:00am - 1:00pm
Group 2: 11:30am - 2:30pm
Visit the nation's longest-running fair. Enjoy a deep-fried treat, iconic rides, and take a photo with Big Tex! **Resident Only, \$7 to be paid at the gate. Sign up at The Point.**

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**

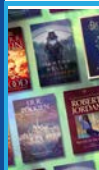
2:00pm – 2:45pm Body Weight Boost: Upper
3:00pm – 3:45pm Power Punch Boot Camp
4:00pm – 5:00pm Intermediate Tai Chi



1:30pm – 3:00pm Resident Only

Shopping Trip to Trader Joe's

Sign up at The Point.
Pick up in front of buildings. **CXL TODAY**



NEW

1:00pm – 2:30pm Flagpole Hill
Sci-Fi/ Fantasy Book Club Res. & PM Only
Bring your favorite book and share your love of Sci-fi and Fantasy. Hosted by Jeanette Huges

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

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 Pavilion
Resident Happy Hour Resident Only
Happy Hour will be held outside, weather permitting.

FRIDAY, OCTOBER 10

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

10:00am – 10:30am Total Body Lab **CXL Today**

10:30am – 11:00am 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 – 10:45am

Central Park

Walk for A Purpose: Celebrate Active Aging

All Welcome!

Come walk with us and celebrate what it means to lead healthy, fulfilling lives and share your personal reasons for walking.

10:00am – 11:00am

Café Game Zone

Wii Bowling

Res. & PM Only

Practice and team play time. **CXL TODAY**

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

The Friend

2024 · Comedy/Drama · 2h 3m · Rated R



4:30pm – 5:00pm

Pavilion

Longhorn Singers

Res. & PM Only

Music and Mingling with the UT Singing group.

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

BYOS- Bring your own snacks!

Res. & PM Only

SATURDAY, OCTOBER 11

9:30am – 11:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- Learn all the ways you can use your phone to communicate

10:30am- Open Lab time

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
RESTAURANT
CLOSED FRIDAY AND
SATURDAY

Movie MATINEE

The Friend

2024 · Comedy/Drama
2h 3m · Rated R

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life.



Friday, October 10
1:30pm

Free popcorn and water.
All Welcome!



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

THIS WEEK'S

Highlights

Tuesday, October 14

10:00am

OLLI Class

Why Should We Care About Black Holes?

Wednesday, October 15

10:00am

CCY Auxiliary Fall Fundraiser

Bazaar and Entertainment

Thursday, October 16

10:00am

OLLI Class

From Dogood to Fart Proudly: A Journey Through Franklin's Pen and Press

Thursday, October 16

10:00am

For Your Health

Friday, October 17

1:30pm

Movie Matinee

The Thursday Murder Club
2025 • Rated PG-13 • 1h 58m



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

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

SUNDAY, OCTOBER 12

**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!

TOWER ARTS

4:45pm – 7:00pm

Bus Trip: Tower Arts

HPUMC

Resident Only!

Houston Chamber Choir will perform in the Sanctuary. Sign up at The Point.

FOR YOUR HEALTH SERIES

THURSDAY, OCTOBER 16
2:00PM



**THE GREAT OUTDOORS FOR
ACTIVE SENIORS**

EMBRACE NATURE, STAY ACTIVE, LIVE WELL

PRESENTED BY CCY NURSING TEAM

PAGE 29

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

MONDAY, OCTOBER 13

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Upper Body Mobility **CXL TODAY**
 9:30am – 10:00am Arm Lab **CXL TODAY**
 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 Class
 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.
Arts & Crafts with Res. & PM Only
Patricia Dillingham Sign up at The Point
 This month: Painting on China

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 214-675-1299

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing **CXL Today**
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit

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

2:00pm – 3:00pm Tech Lab
Gizmo Guidance Res. & PM Only
 How to securely save & send your pictures



TUESDAY, OCTOBER 14

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 **CXL TODAY**
 11:30am – 12:00pm Recovery **CXL TODAY**



9:00am – 11:30am White Rock
Alterations by Dallas Dry Cleaning



10:00am – 11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Why Should We Care About Black Holes?
 Presented by Ohad Shemmer, PhD
 For info see pg. 9.

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

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 Resident Only

WEDNESDAY, OCTOBER 15

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Lower Body Mobility **CXL TODAY**

9:30am – 10:00am Leg Lab **CXL TODAY**

11:00am – 11:45am Drumba **CXL TODAY**

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

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 – 11:30am

Auditorium

CCY Auxiliary Fundraiser

All Welcome

Shop the Bazaar and enjoy entertainment by The Woodrow Wilson Variations Show Choir

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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 **CXL Today**



1:00pm – 2:00pm

Asbury

Rehab Functional Mobility Screen

Resident Only

Assessments to determine mobility and fall risks.

2:00pm – 3:00pm

Theater

Acting Fun

Res. & PM Only

3:00pm – 4:00pm

Asbury

Story Telling with Jo Rader

Resident Only

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, OCTOBER 16

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-11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

From Dogood to Fart Proudly:

A Journey Through Franklin's Pen and Press

Presented by Darren York

For info see pg. 9.

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



11:30am – 1:00pm

Conley's Dinning Rm

Dining Action Station

Resident Only

This month: Shrimp or Chicken Grits

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.



2:00pm – 3:00pm

Auditorium

For Your Health

Res. & PM Only

The Great Outdoors for Active Senior:

Embrace Nature, Stay Active, Live Well.

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

FRIDAY, OCTOBER 17

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

10:00am – 10:30am Total Body Lab **CXL TODAY**

10:30am – 11:00am Full Body Mobility **CXL TODAY**

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 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

Flagpole Hill

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

Theater

All Welcome!

The Thursday Murder Club

2025 · Mystery/Comedy · Rated PG-13 · 1h 58m

2:00pm – 3:00pm

Gizmo Guidance

Tech Lab

All Welcome!

How to securely save & send your pictures continued

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, OCTOBER 18

10:00am – 12:00pm

Auditorium

White Rock Democrats

Res. & PM Invited

No Meeting this month



9:30am – 11:30am

Tech Lab

Creative Workshop

Res. & PM Only

Art with Pattie

This month: Corn Husk Dolls

2:00pm – 3:30pm

League of Women's Voters

Flagpole Hill

Res. & PM Invited

General Meeting Topic: Women's Health

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
RESTAURANT
OPEN FRIDAY AND SATURDAY
CALL 972-755-3259
FOR RESERVATIONS**

Movie MATINEE

The Thursday Murder Club

2025 · Mystery/Comedy
Rated PG-13 · 1h 58m

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.



**Friday, October 17
1:30pm**

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Tuesday, October 21

10:00am

OLLI Class

Flappers, Fringe, and Flair: Let's Go Art Deco

Wednesday, October 22

10:30am

BIG TEX Challenge Raffle Fest

Thursday, October 23

10:00am

OLLI Class

Pickleball Fever: Unlocking the Brain's Joy and Health Boosts in Every Swing

Thursday, October 23

2:00pm

Hearing Loss & related Disorders

Presented by Total Hearing

Friday, October 24

2:00pm

2025 Spirit is Ageless Art & Writing Celebration Reception

SUNDAY, OCTOBER 19


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!




PRESENTATION

HEARING LOSS & RELATED DISORDERS



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

oticon
life-changing technology

Guest Speaker
Marc Gracia Au.D.
Oticon, Inc.

October 23rd 2025 @ 2:00pm

Please come join us as we discuss...

- Hearing Loss
- Related Health Disorders
- Life-Changing Technology
- Hearing Treatments & Solutions

CCY YOUNG
SENIOR LIVING

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



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

Every day at

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

MONDAY, OCTOBER 20

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am 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 Class
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.



Bus Trip to Early Voting Sign up at The Point
Trip 1- 10:00am Res. & PM Only
Trip 2- 2:00pm

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 214-675-1299

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
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 – 4:30pm Game Zone
Bunco! Res. & PM Only
Join in on this fun dice based game and win prizes!

TUESDAY, OCTOBER 21

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
11:30am – 12:00pm Recovery

10:00am – 11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Flappers, Fringe, and Flair: Let's Go Art Deco
Presented by Christy Crutsinger, PhD
For info see pg. 9.

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

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.

2:00pm-4:00pm Theater
Opera Club Res. & PM Only
Streaming this month: CARMEN



2:30pm – 3:30pm Overlook
Chef Connection Resident Only

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

WEDNESDAY, OCTOBER 22

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
9:30am – 10:00am Leg Lab
11:00am – 11:45am Drumba **CXL Today**

Vista 9th Floor Res & PM Only

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



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

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.



10:30am – 11:30am Auditorium
Big Tex Challenge Raffle Fest Res. & PM Only
Did you participate in the Big Tex Challenge?
Come out and celebrate the challenge and experience the raffle drawing.

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm 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 – 4:30pm Theater
Acting Fun Res. & PM Only

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

THURSDAY, OCTOBER 23

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 – 11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Pickleball Fever: Unlocking the Brain's Joy and Health Boosts in Every Swing
Presented by Glynis Worthington, EdD
For info see pg. 9.

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



11:30am – 1:00pm Conley's Dinning Rm
Dining Action Station Resident Only
This month: Shrimp or Chicken Grits

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.

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 Auditorium
Hearing Presentation Res. & PM Only
Hearing Loss & Related Disorders
Presented by Total Hearing

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

FRIDAY, OCTOBER 24

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

10:00am – 10:30am Total Body Lab

10:30am – 11:00am 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!



**2025 ART & WRITING
WARDS RECEPTION
2:00PM – 4:00PM
AUDITORIUM**

ALL WELCOME!

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, OCTOBER 25

9:30am – 11:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- How to securely save & send your pictures

10:30am- Open Lab time

10:00am – 12:00pm

Beginner Jewelry Making

White Rock Class

Res. & PM Only

Hosted by Jeanette Hughes.

Sign up at The Point

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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

**4833 STEAK AVENUE
RESTAURANT
OPEN FRIDAY AND SATURDAY
CALL 972-755-3259
FOR RESERVATIONS**

Reminders

WORK ORDERS

Work tickets for Technology
Housekeeping, or Maintenance
can be made by contacting

Sandy Cantu 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" classes- see
the Lifestyle guide for more info.



TRANSPORTATION REQUESTS

To book an individual trip
call Christine Miller Hinrichsen
214-841-2946

or email

transportation@ccyoung.org

THIS WEEK'S

Highlights

Monday, October 27

3:00pm

Magic Show

Tuesday, October 28

10:00am

OLLI Class

Traumatic Brain Injury in Older Adults:
Prevention and Management Strategies

Tuesday, October 28

2:00pm

Crazy About The Mouse

CC Young 'Uns Concert

Thursday, October 30

10:00am

OLLI Class

The Middle Passage & Enslaved Resistance

Thursday, October 30

4:00pm

3rd Annual Trunk or Treat

Friday, October 31

1:30pm

Movie Matinee

Haunted Mansion

2023 · Horror/Comedy PG-13 · 2h 3m

SUNDAY, OCTOBER 26

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

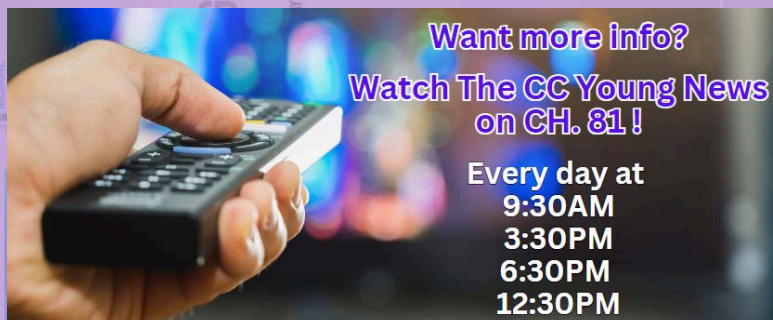
All Welcome!



Monday, October 27

2:30pm in The Auditorium

CC YOUNG
THE POINT & PAVILION



Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, OCTOBER 27

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am 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 Class
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.



11:00am – 2:00pm Resident Only
Bus Trip to the Dallas Arboretum
Cost: \$21.95 to be paid at the gate.
Bring additional money for lunch.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

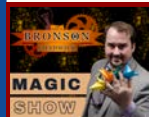
12:00pm – 1:00pm Rock Steady Boxing for PD
2:00pm – 2:45pm Chair Yoga
3:00pm – 3:45pm Sit & Get Fit

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 214-675-1299

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 Tech Lab
Gizmo Guidance Res. & PM Only
Introduction to AI and how can I use it



3:00pm – 4:00pm Auditorium
Magic Show Res. & PM Only
Bronson Chadwick will entertain and amaze!

TUESDAY, OCTOBER 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 – 11:30am Functional Core
11:30am – 12:00pm Recovery

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
**Traumatic Brain Injury in Older Adults:
Prevention and Management Strategies**
Presented by Shannon Presley, M.S., CCC-SLP
For info see pg. 9.

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

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

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



2:00pm – 3:00pm Auditorium & 81
Crazy About The Mouse Res. & PM Only
A CC Young 'Uns Concert



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



3:30pm – 4:30pm Auditorium & 81
Richard Stanford Hour All Welcome
This Month's book review:
Listening to the Law by Amy Coney Barrett

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

WEDNESDAY, OCTOBER 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Lower Body Mobility
9:30am – 10:00am Leg Lab
11:00am – 11:45am Drumba

Vista 9th Floor Res & PM Only

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

8:30am-9:30am Café Game Zone
Welbi Wired Wednesdays Res. & PM Only
Come for coffee and connection! Fill out Your Welbi Profiles.



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!

9:30am – 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

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 Theater
Acting Fun Res. & PM Only



2:30pm – 3:30pm Ch. 81
Virtual Bingo Resident Only
Bingo Sheets can be found by resident cubbies.

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

THURSDAY, OCTOBER 30

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 – 11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
The Middle Passage & Enslaved Resistance
Presented by Bruce Ralston
For info see pg. 9.

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 – 3:00pm Tech Lab
Gizmo Guidance Res. & PM Only
Introduction to AI and how can I use it

4:00pm – 5:00pm Auditorium

Resident Happy Hour
Happy Hour on Friday this week



4:00pm – 6:00pm Central Park
3rd Annual Trunk or Treat All Welcome
Calling All Candy Monsters! Come Out & "Trick or Treat" at this Family fun Event!

FRIDAY, OCTOBER 31

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:30am Total Body Lab
 10:30am – 11:00am 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
Haunted Mansion All Welcome!
 2023 · Horror/Comedy PG-13 · 2h 3m

2:00pm – 3:00pm **Guizmo Guidance Class**
 Introduction to AI continued



4:00pm – 5:00pm **Halloween Happy Hour** Auditorium
 Join us for a spooky themed Resident Only
 Happy Hour- come dressed to impress!

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

SATURDAY, NOVEMBER 1

10:00am – 4:00pm Auditorium
Dallas Handweavers & Spinners Guild Monthly Meeting Res. & PM Invited
12:00pm- Visit the Vista for the Art Reception.

10:00am – 4:00pm Fitness Center
Dallas Bead Society Res. & PM Invited
 Monthly Meeting



2:00pm – 4:00pm Auditorium
Words of Wisdom Res. & PM Only
 Create your own inspiration Jar.
 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.

Movie MATINEE

Haunted Mansion

2023 · Horror/Comedy
 PG-13 · 2h 3m



A single mom named Gabbie hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts.

Friday, October 31
1:30pm

Free popcorn and water.
 All Welcome!

Lifestyle Section

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

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





EMBRACING THE POLISH: FINDING JOY IN THE FACE OF CHANGE

Brian Parman

Director, The Point & Pavilion

Every year, The International Council on Active Aging (ICAA) Celebrates Active Aging Week - a chance to honor older adults and celebrate a stage of life defined by possibility, wisdom, and joy. It's a reminder that aging isn't just about growing older; it's about continuing to grow, adapt, and find meaning—especially when things change. Change is an inevitable part of life. Maybe it's moving into a new home, the loss of a loved one, or navigating a new health condition. These changes can feel overwhelming, but within each moment, we have a choice: to retreat or to step forward with courage and joy.



Finding joy doesn't mean ignoring grief or frustration. It means choosing to embrace life fully, even when the path ahead feels uncertain.

Joy often emerges when we open ourselves up to connection—with others, ourselves, and a higher power. It's in the laughter shared at the dinner table, a kind word to a neighbor, or a quiet moment of gratitude.



It might be helpful to think of life's changes as God's sandpaper—a refining process that shapes us into who we're meant to be. This process isn't easy; it's a bit gritty, a bit rough. But like a diamond in the rough being polished, we can shine more brightly with each challenge we overcome. And, with a little sand paper, life might feel “smoother” after a little polish.

We see this truth every day in our communities. A neighbor facing cognitive decline still shares moments of joy and presence that teach us patience and love. A friend recovering from a stroke reminds us of resilience and determination. A spouse who has lost their partner shows us the depth of love and the courage it takes to carry on. These moments invite us to have difficult conversations, face our fears, and extend kindness where we might have once held back. From these experiences, unexpected blessings emerge—friendships, strength, and a deeper sense of understanding and compassion.

Active Aging Week calls us to celebrate not only the accomplishments of older adulthood but also the resilience it takes to live fully despite change. Every individual brings unique gifts, regardless of their health or ability. In a truly thriving community, differences aren't obstacles but opportunities to learn and practice empathy. It can be frightening to confront our own mortality or the possibility of decline. But we can take comfort in the assurance that we are being sustained and will be seen through whatever lies ahead.

This Active Aging Week, we challenge you to take the Big Tex Challenge (see page 53). Use this opportunity to invite someone to share their story, and in turn, share yours. Discuss life's greatest challenges and wins. By doing so, you'll help reduce the stigma of aging and the daily practice of ageism. These conversations are a powerful way to practice kindness and find new strategies for active aging, all while honoring the diamonds we are becoming. Let's lift one another up and face change not with fear, but with courage and joy.





Crews News

by Russell Crews
President and CEO

October
2025

I am thrilled to share exciting news with our CC Young family: after an extensive search and a series of thoughtful interviews, we have found the ideal person to fill a brand-new leadership role—Director of Compliance. Please join me in welcoming Akosua Addo to Team CC Young. This position was created to strengthen our ongoing commitment to safety, cleanliness, and regulatory excellence across our 20-acre campus, focusing initially on The Vista. From the start, we knew this role required someone who could blend exceptional professional credentials with a heart for service and an unwavering eye for detail. Akosua (pronounced “Ah KOH see ah”) embodies all of that and more.



The Director of Compliance is more than a title. It’s a daily pledge to keep our residents and staff safe, comfortable, and confident in their surroundings. This full-time role covers everything from safety inspections and infection-control monitoring to appearance standards and dining-area evaluations. The schedule—Friday through Monday—ensures strong oversight during key weekend hours, a time when our community is especially active with residents, families, and guests.

Among the many responsibilities, Akosua will oversee building safety protocols, conduct cleanliness audits, and confirm that urgent pendant and nurse-call systems are always operational. She will also review surveillance camera footage to help identify potential issues before they become problems, coordinate with department heads to maintain regulatory compliance, and provide staff training to sustain the high standards we expect.

This position ultimately evolves into a broader compliance officer role, touching multiple departments including Nursing, to ensure that every regulation and safety measure is not only met but exceeded.

Akosua’s professional path reflects both depth and breadth. She holds a Master of Public Health from the University of North Texas Health Science Center and a Bachelor of Arts from the University of North Texas, along with multiple top-tier certifications: Project Management Professional (PMP), Agile Certified Practitioner (PMI-ACP), and Certified Public Health Professional (CPH).



Her career spans more than two decades of leadership in public health, healthcare operations, and nonprofit management. Most recently, as Senior Director of Corporate Compliance for the Child and Family Guidance Center in Dallas, she directed enterprise-wide regulatory initiatives, managed risk assessments, and led cross-departmental compliance projects. Before that, she served for several years at Prism Health North Texas, where she oversaw patient services and case management for high-risk populations, guided multimillion-dollar healthcare programs, and implemented complex operational improvements.

These achievements demonstrate Akosua's ability to manage large teams, navigate regulatory landscapes, and deliver measurable results—all qualities that will serve CC Young well as we continue to thrive and grow.

Equally compelling are the personal attributes Akosua brings to our community. Throughout her career, she has been recognized for clear and compassionate communication, strategic leadership, and an ability to inspire teams. She is a founding member and Strategic Programs Director of the Ghanaian Professionals Network, where she has guided mentorship and community-development initiatives.

During our interviews, Akosua spoke passionately about her commitment to creating environments where people feel safe, valued, and cared for. Her heart is full of gratitude for the many opportunities she has had over the years. Growing up in Ghana, opportunities were quite different than they are in the U.S. Her family instilled in her the belief that education is paramount. Her approach to leadership and her style both reflect a deep respect for both residents and staff. Those qualities resonate perfectly with CC Young's mission and culture. Two notable comments during her interview were: 1) "Excuses don't fly." and 2) "Don't you always have time to do the right thing?" Both comments were music to my ears!

As Director of Compliance, Akosua will collaborate closely with our department leaders, provide ongoing training for staff, and ensure that every building, floor, and kitchen meets the highest standards of cleanliness and safety. Her attention to detail and strong communication skills will help us stay proactive—addressing issues before they arise and continuously improving the experience for everyone on campus.

Creating this position represents a strategic investment in our future. By welcoming Akosua to the team, we are reaffirming our dedication to operational excellence and the well-being of all who call CC Young home.

Please join me in extending a warm welcome to Akosua Addo. I am confident that her expertise, leadership, and gracious spirit will enrich our community and help us maintain the exceptional standards that residents, families, and staff have come to expect. Together, we will continue to ensure that CC Young is not only a place to live and work, but a place to truly thrive.



by Jen Griffin

Vice President Community Outreach
& Engagement

VILLAGE REPORT

Remember that feeling in the dog days of summer when the thought of stepping outside for anything more than a quick dash to the mailbox felt like an extreme sport? Ah, yes...DFW summers! We all know the drill—the relentless sun, the thick, heavy air that makes you feel like you're swimming through a sauna. My words of advice to non-Texans moving to the area? "If you can 'guts it out' in July and August, weather the rest of the year is easy!" And here we are! October is a glorious time of year when we feel the shift and truly appreciate and the relief with a hint of cooler mornings and golden afternoons. For me, it's a breath of fresh air in more ways than one.

This month, our campus theme is all about "Outdoor October," and I couldn't be more excited. This month is not just talking about camping, patio dining or a walk around the block. We're talking about holistically connecting with the world around us in a way that heals and revitalizes our whole selves—mind, body, and spirit. It's all about embracing the outdoors as a tool for wellness.

I've been on my own journey lately, inspired by some of the online wellness gurus you see on YouTube and social media. I'll admit, some of their advice feels a bit aspirational to me. Having never been a morning person, the suggestion about "waiting 90 minutes after waking up to have your coffee, so your circadian rhythms can 'get going' and you don't stress your adrenals" definitely seems aspirational – and easier said than done. Or what about spending 10-15 minutes outside first thing in the morning to soak up that natural light. My first thought? "How would I rearrange my morning to incorporate that ritual?"

But here's the thing—it got me thinking. If I can't do it all, what tiny steps can I take to make a difference in my wellness? Many of the suggestions and ideas I'm seeing have roots in ancient wisdom. Practices like Forest Bathing, which is essentially just mindfully immersing yourself in nature, have been shown to reduce stress hormones and improve well-being. And the idea of grounding—simply walking barefoot on the earth—is something our ancestors have been doing forever.

In a way, this isn't a new idea at CC Young either. Back in 2016 we were ahead of our time and launched our "Ageless Room" in Lawther Point East. This program was a rebranded version of the better-known "Namaste Room" and was designed to be a calming, sensory space for residents who might be agitated or just feeling shut down.





It was a challenge to find the right staff to make it as effective as we'd hoped, so the program did not flourish. And guess what? Like many ideas over time, it is happening organically again in 2025 in The Vista! Much like Reiki and massage therapy, these programs are a testament to CC Young's commitment to holistic wellness for our residents, families and staff.

I've been starting my mornings with a few of those Chinese movement rituals. So far, so good! And they are all easy and fast. Adding these to my daily practice is a small change that has made a big impact to me. There is incredible wisdom in traditional Chinese medicine, which views the body not just as a collection of parts, but as a system of energy centers and meridians, called Chakras. It's a beautiful way to think about our health—as a flow of energy that we need to keep clear and balanced.

There is so much to take in and study when thinking about well-being! Western practices like daily prayer, studying the scripture, and a quiet time devotional are great suggestions. Many of us refer to the devotional book *Jesus Calling* as a daily practice. The book also comes in an app format! More eastern practices like labyrinth walking and meditation provide additional layers of mindfulness. Following a single, winding path that leads you to the center and then back out is simple. You can't get lost. The slow, mindful act of following the path is a form of moving meditation—it helps calm a racing mind, reduce stress, and can even bring clarity. It's a perfect example of how a simple outdoor activity can become a profound spiritual journey. Any and all of these practices are about being present, which is so hard to do in our busy world.

This October, as we celebrate Active Aging Week, I invite you to join me in exploring how the great outdoors can be our greatest wellness partner. Active Aging Week is a big deal in our industry, created and promoted by the International Council on Active Aging (ICAA). It's a global campaign that challenges the typical perceptions of aging, highlighting how we can and do thrive in all aspects of life—physically, socially, intellectually, and spiritually. It's a week dedicated to showcasing the abilities and contributions of older adults, while giving us all a chance to try out new wellness activities.

And here at CC Young, we're not just participating—we're leading the charge. I'm so proud to share that this year, we're sending several of our staff members to attend the ICAA's annual conference. Even more noteworthy, three of our very own staffers have been selected to speak! Brian Parman, Angela Castillo and Dr. Hayley Moseley will be presenting on the journey we've taken to develop our activities and event programs, sharing our successes and challenges with peers from all over the world. It's a testament to the fact that we don't just talk about "active aging" here; we live it and we're helping to shape the future of it.



The human body is truly God's miracle, designed with an innate ability to heal itself. We can support that healing by moving our bodies to stimulate blood flow and lymphatic drainage, and by nourishing ourselves with plant-based nutrition. We also have to be mindful of the things that work against us—the toxins in our environment, with plastics and chemicals being some of the worst offenders. It's so hard to avoid them, but we can make choices that help our bodies process and release them.

So, where do we start? We start where our feet are. I want to challenge you—and myself—to think about the little things. What tiny step can you take this "Outdoor October" to embrace health and wellness and truly thrive?



ON THE COVER

An Ode to Our Companions: The Annual Blessing of Animals at CC Young

October is a month for celebrating the great outdoors, and for many, that means reconnecting with nature and all of its creatures. Here at CC Young, we embrace this theme with a special annual event that honors the beloved animals in our lives: **the Blessing of Animals**.

This cherished event is led by our Pastoral Care team, with a special welcome from Rev. Dr. Raelyn Scott, who is a part of the esteemed Order of Assisi. In honor of St. Francis of Assisi, whose feast day is October 4th, communities across the country hold similar ceremonies to recognize the profound bond we share with our pets



The Heart of the Blessing

The Blessing of Animals is a deeply meaningful ceremony. It's an opportunity to reorient our perspective, celebrating our pets for who they are and not just what they do for us. It reminds us of our responsibility to them as living beings, and confirms that all of God's creatures are cherished. The event also includes a special moment to honor the pets we have lost this past year, providing a time for reflection and remembrance.

This year's event will take place on **Friday, October 3, at 10:00am** under The Pavilion in Central Park, right in front of The Point at CC Young. All animals, big or small, are welcome to receive a blessing from the Ministry team. To ensure a safe and pleasant experience for everyone, please make sure your pets are on non-retractable leashes or in carriers.

A Deep Connection

The love between a person and their pet is unique. It's a relationship built on a foundational form of communication—eye-to-eye, creature-to-creature, and at its core, love. For many of our residents, and indeed for single householders everywhere, a pet is a true companion, a furry friend whose joy upon our return from an outing is an incomparable delight. The bond we have with them draws us more deeply into the larger circle of life and into the wonder of our common relationship to all creation.

As we step into the open air of The Pavilion, this event invites us to connect with nature and with each other, all while celebrating the creatures who bring so much joy and unconditional love into our lives.



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.

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.



Compassionate Care: Honoring Those Who Serve with Heart Employee Christmas Bonus Fund

OCTOBER 2025

At CC Young, compassionate care is more than a philosophy—it is a daily reality lived out by the dedicated healthcare staff who serve residents in their most vulnerable moments. From meeting basic needs to offering comfort at life's end, these caregivers embody the mission of CC Young in ways both seen and unseen.



Sondra Showels, Administrator of the Vista Healthcare Community, has witnessed firsthand the extraordinary commitment of her team. “Every day, my staff show up to care for the residents of CC Young in the most vulnerable moments of their lives,” she shares. “They ensure residents have quality of life at every age, even at end of life.”

Sondra joined CC Young five years ago, just before the pandemic reshaped healthcare in profound ways. Through ever-changing regulations and the challenges of staffing, she focused on retention and building a team united by a single purpose: caring for residents with a universal mindset. That commitment remains strong today.

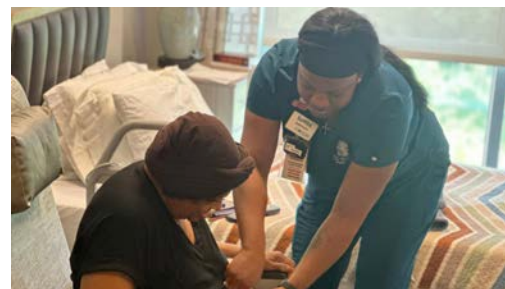


To attract and retain exceptional caregivers, CC Young has prioritized employee engagement and training, creating a workplace where staff can grow rather than become complacent. “Staff become like family to the residents under their care,” Sondra says. One resident even recalled her nurse praying a blessing over her a gesture that meant more during the isolating days of COVID-19.

These quiet acts of kindness often go unnoticed, yet they form the foundation of CC Young’s culture of compassionate care. And while the work itself is deeply meaningful, a tangible way for residents and families to say “thank you” is through the Employee Christmas Bonus Fund.



Sondra has seen the profound impact of this generosity. “The bonus is life-changing,” she reflects. “Some staff use it to keep the lights on. While some team members purchase gifts for loved ones, other may use it to pay bills or treat themselves to something they would never do otherwise.” However, it is used, one thing is certain: the Employee Christmas Bonus is a blessing to those who go above and beyond each day.



This season, you are invited to show gratitude to the caregivers who give so much of themselves. Your contribution to the Employee Christmas Bonus Fund is more than a gift, it is a heartfelt thank you for the compassion, dignity, and dedication that define life at CC Young. Each gift given in support of the Employee Christmas Bonus Fund will be matched dollar for dollar by CC Young.

CC Young Celebrates
Thriving

PAGE 50



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

THE FITNESS INSIDER

October 2025

BIG TEX Challenge

9/26-10/19



Celebrate Big Tex and the Texas State Fair by completing 5 (or more) fun exercises inspired by his measurements.

OCTOBER FIT TIP

Stay active as the weather cools! Try adding short bouts of walking after meals or gentle stretching before bed. Even 5–10 minutes at a time helps maintain mobility, balance, and energy.

Fit League Champions – August

(See full list on the next page)

Congratulations to our top 100 participants! Your dedication inspires us all. Remember, everyone who hits the same top points is recognized, so keep striving for your personal best.

LEAGUE LEADER

★ ★ ★ Ernie McAfee ★ ★ ★

RECOVERY CIRCUIT

Do 2–3 rounds, rest as needed.

- Seated Shoulder Rolls: 10 reps
 - Sit tall in a chair and roll shoulders forward, then backward, to release tension.
- Seated Marches: 12–15 reps
 - Lift knees one at a time while sitting, engaging your core and keeping a steady pace.
- Seated Side Stretch: 8–10 per side
 - Reach one arm overhead and lean gently to the opposite side, then switch.
- Ankle Circles: 8–10 per foot
 - Lift one foot slightly off the floor and rotate the ankle in a slow circle, then reverse direction.



"Don't count the days; make the days count." – Muhammad Ali

THE FIT LEAGUE

AUGUST CHAMPIONS

GOLD LEAGUE

★ **Ernie McAfee**
Bobbie Mankey
Sharon Yost
Michael York
Diana McAfee

Jill Pickett
Leo Chang
Vicki Hill
Suzanne Smith
Nan Alexander

SILVER LEAGUE

Jennifer Aguiler
Frank Busby
Korrine Hearn
Nell Williams
Corinne Bryan
Rick Herrick
Karen Stanland
Margaret Gillett
Lynne Hoseck
Kathy Rauscher
Kay Maxwell

Nancy Cooper
Pat Kidd
Alix Mason
Carol Croy
Margaret Hranitzky
Sharon Gustof
Carol Donovan
Laura Marsh
Vada Boyle
Louise Cassingham

Nancy Cain
Anna Teran
Judy Hearne
Kay Peters
Gloria Little
Gordon Fox
Karl Warkentin
Frances Jones
Lois Reid
Susan Grundy

BRONZE LEAGUE

Jeanne Walker
Mary Heuertz
Sharon Edwards
Steve Melton
Sue Hooks
Nancy McWhorter
Betty Setliff
Darlene Tobin
Esther Davis
Lynn Duvall
Sharon Christen
Gene McWhorter
Rita Warkentin
Charlie Smith
Cheryl Brunson
Pat Frazier
Saquita Poston

Barbara Symmank
Bernice Buxbaum
Bernice Reeves
Diane Hardman
Karen Lorince
Nancy Worden
Shoshanna Gardiner
Jill Mandel
Judy Cole
Ann Williams
Barry Thompson
Bettye Johnson
Gwen Lummus
Joyce Johnson
Martha Lemons
Mike Haskins
Pat Gunter

Peggy Wing
Linda Wertz
Harriett Willis
Irma Kinder
James Sheehan
Liza Sindalousky
Lou Barnes
Marcia Smith
Marian Hammert
Mike Elvir
Phil Shannon
Ruby McLeod
Scott Sura
Susan Maupin
Kathy Davis
Annie Palacios
Brenda Stokes

Don Thurman
Fred Meyers
Jill Goad
Mary Jarvis
Phyllis Rhodes
Bob Woodchek
Carmen Vaughan
Walt Davis
Amy Martin
Carol Shinoda
George Denton
Isabel Davis
Jill Hennegan
Joan Jackson
Joann Denton
Mary Johnson
Sally King

BIG TEX

Challenge

9/26-10/19



Celebrate Big Tex and the Texas State Fair by completing 5 (or more) fun exercises inspired by his measurements.

HOW IT WORKS

- 1** Pick up your brochure: It has all the exercises, instructions, and a progress tracker.
- 2** Complete 5 exercises to earn your first raffle entry.
- 3** Go beyond 5: Earn an extra entry for each additional exercise you complete.
- 4** Track your progress in the brochure.

Remember: Choose exercises that feel safe and comfortable.
Chair-assisted options are included where needed.

TIPS FOR STAYING SAFE ONLINE



Protect Your Passwords and Information

Your passwords are the keys to your online accounts. Always use a combination of numbers, symbols, uppercase, and lowercase letters. Never give out your passwords, bank account numbers, or credit card information in an email or on a website you don't know.

Avoid Scams

If something seems too good to be true, it probably is. Be wary of emails or websites that claim you've won a prize or are inviting you to a "free" giveaway. Never give personal information to someone you don't know. If you're unsure, ask a loved one for help.

Keep Software Updated

Keeping your devices and anti-virus software updated is one of the best ways to protect yourself. Updates often include new security features that keep your information safe from hackers. Set your devices to update automatically whenever possible.

Manage Your Social Media

Social media is a great way to stay in touch, but it can also be a target for scammers. Never post personal information like your address or phone number. Be careful not to post when you'll be on vacation, and don't respond to messages from people you don't know.



WELCOME

To The

Neighborhood

Please Welcome CC Young's new
Independent Living Residents!

OVERLOOK

Mal
Williams



Patti
Williams



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

CCYOUNG
MASSAGE THERAPY & WELLNESS

TEAM BIRTHDAYS

Angelica Alonso	10/1	Dining Services
Alie Bayoh	10/1	Health Center
Aracely Torres	10/1	Housekeeping
Diana Alcantar	10/2	Housekeeping
Michelle Adams	10/3	Health Center
Roberta Labart	10/3	Home Health
Raelynn Scott	10/3	Development
Michelle Hicks	10/4	Dining Services
Ajinatina Harris	10/5	Health Center
Teresa Bramlett	10/6	HR
Loving Igwe	10/6	Health Center
Offiong Oyoita	10/6	Health Center
Elvira Silva	10/6	Therapy
Kamaria Bradley	10/7	Health Center
Misty Drake	10/7	Hospice
Maggie Murerwa	10/7	Memory Support
Tiffany Evans	10/8	Hospice
Kayla Massey	10/9	Dining Services
Honor Shearer	10/9	Life Enrichment
Santos Martinez Jr	10/10	Health Center
Edith Osarenkhoe	10/10	Health Center
Modinat Adebayo	10/11	Health Center
Heather Fowler	10/11	Dining Services
LaQuetta Russell	10/11	Health Center
Vaneria Sands	10/11	Health Center
Josefa Franco	10/12	Dining Services
Michelle Cao	10/13	Therapy



Olufunke Osa	10/13	Private Care
Renee Graham	10/14	Assisted Living
Hannah MacIntyre	10/14	Life Enrichment
Victoria Ruffin	10/14	Therapy
Bilen Hailu	10/15	Private Care
Evelyn Windham	10/15	Assisted Living
Diana Khounsinvong	10/16	Housekeeping
Ryan Bradford	10/17	Maintenance
Elena Jacobs	10/17	Life Enrichment
Yasmeen Sanchez	10/18	Dining Services
Tajuana Fordham	10/19	Hospice
Cesar Soto	10/22	Dining Services
Eshet Belhu	10/23	Private Care
Kelley Bonner	10/24	Health Center
Yordanos Kidane	10/24	Private Care
Frankie McGee	10/24	Housekeeping
JaVesha Cooper	10/25	Health Center
Nirav Purohit	10/26	Therapy
Winnifred Evuka	10/27	Private Care
Tiowanna Hamilton	10/27	Assisted Living
Merab Perez	10/27	Housekeeping
Shenica Williams	10/27	Dining Services
Emily Wilson	10/27	Hospice
Joy Little	10/29	Hospice
Jc Guerrero	10/30	Housekeeping
Hayley Moseley	10/31	Education



Team Anniversaries

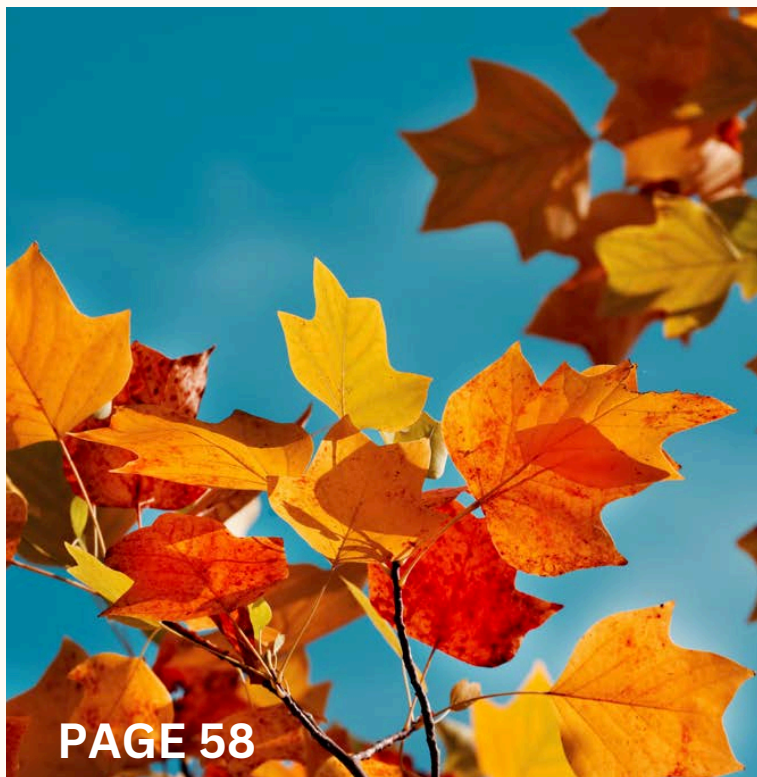
Employee Name	Hire Day	# Yrs	Department
De Shondrick Wordlaw	10/1/2024	1	Dining Services
Jennifer Griffin	10/1/2012	13	Community Outreach
Tina Nevot	10/2/2023	2	Dining Services
Frankie McGee	10/2/2023	2	Housekeeping
Tamera Berry	10/2/2024	1	Private Care
Adebukonla Akinyanju	10/3/2022	3	Assisted Living
Kelelaw Habtemariam	10/3/2022	3	Health Center
Connor Beane	10/4/2021	4	Dining Services
Maria Amah Babatunde	10/4/2021	4	Memory Support
Kevin Judd	10/5/2021	4	Dining Services
Rickina McKinley	10/5/2020	5	Community Outreach
Rachel Smith	10/5/2020	5	Health Center
Thrudy Hamilton	10/5/2022	3	Therapy
Ida Ricks	10/6/2022	3	Community Outreach
Elsa Ramos	10/7/2024	1	Dining Services
Ciara Dabbs	10/7/2024	1	Dining Services
Jenessia Grady	10/8/2024	1	Home Health
Yetagesu Hurisa	10/10/2023	2	Hospice
Charletha Powell	10/12/1998	27	Assisted Living
Jc Guerrero	10/13/2023	2	Housekeeping
Brandon Mathis	10/14/2024	1	Dining Services
Denerio Williams Sr	10/14/2024	1	Dining Services
Ilian De Luna	10/14/2015	10	Sales
Jennifer Broadway	10/15/2018	7	Hospice
Dache Cunningham	10/16/2023	2	Health Center
Joycelyn Smith	10/16/2023	2	Health Center
Kenneth Smith	10/17/2022	3	Dining Services
Corey Winch	10/18/2021	4	Therapy
Matthew Samadi	10/19/2023	2	Central Supply
Shante Wright	10/19/2022	3	Assisted Living
Pat Glenn	10/21/1986	39	Memory Support
Fasil Kassa	10/22/2024	1	Dining Services
Victoria Ruffin	10/23/2017	8	Therapy
Kamaria Bradley	10/24/2023	2	Health Center
Michele Jordan	10/25/2021	4	Sales
Marilyn James Lee	10/26/2020	5	Dining Services
Onyedika Uzoma	10/26/2020	5	Private Care
Gifty Agyare	10/26/2020	5	Assisted Living
Ibidunni Okunlola	10/28/2024	1	Housekeeping
Arsema Mitiku	10/28/2024	1	Health Center
Aster Woldetsadik	10/28/2024	1	Assisted Living
Tasheia Robinson	10/30/2023	2	Dining Services
Carolyn Sabbath	10/30/2023	2	Health Center
Mindy Diaz	10/31/2022	3	Housekeeping
Kedrick Glenn	10/31/2022	3	Housekeeping



Bettie Francis	1	Hillside
Fran Jones	3	Thomas
Cathy Fisher	4	Overlook
Evelyn Hayes	4	Vista
Sharon Adams	5	Vista
Margaret Tinker	6	Vista
Carol Yonack	7	Vista
Raquel Lozano	7	Vista
Benjamin Harvey	8	Overlook
Sharon Christen	8	Overlook
Mary Shaw	9	Vista
Frank Pounders	10	Vista
Jay Orr	11	Overlook
Lloyd Lueking	11	Vista
Nancy Worden	11	Overlook
Patricia Faver	11	Vista
Martha Newfield	12	Vista
Kay Maxwell	13	Overlook
Pat Schackmann	13	Thomas
Ali Kamm	15	Asbury
Ann Williams	15	Overlook
Anna Lowery	15	Vista
Ramona Simons	15	Vista
Betty Fendley	17	Vista



Robert Smith, III	18	Vista
Sally Shaw	18	Vista
Jeannette Crawford	19	Overlook
Dona Williams	20	Hillside
Gloria Little	20	Overlook
Patti Stewart	20	Vista
Deborah Daniel	21	Overlook
Betsy Franklin	22	Vista
Nancy Wiley	22	Overlook
Joann Denton	23	Overlook
Rick Hornburg	23	Vista
Alfred Meinzer, Jr	24	Vista
Dorothy Daeschner	24	Vista
Jeanette Kloppe	24	Vista
Jo Rader	24	Asbury
Josue Malcolm	25	Overlook
Mary Heuertz	25	Overlook
Philip Bauer	25	Hillside
Vickie Harrison	28	Vista
Harriet Anderson	29	Vista
Rozina Vlasimsky	30	Asbury
Marjorie Thornton	31	Asbury



Resident *Anniversaries*



OCTOBER

14 Years

Anita Hullum

Ann Gass

Jeannette Crawford

12 Years

Patsy McDonald

Darlene & Michael Brown

10 Years

Elsie Allmon

9 Years

Lida & Allen Jenkins

7 Years

Martha Lemons

Betty Winslow

6 Years

John Wilson

5 Years



Tom Bryan

Judy Symank

THOMAS CUISINE SPECIAL DINING DAYS

October

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 International Coffee Day 	2 Hillside Action Station 11:30am-1pm 	3 4833 Steak Avenue CLOSED	4
5	6	7 Thomas Action Station 11:30am-1pm 	8  Hillside Chef Connection 10am	9	10 4833 Steak Avenue CLOSED	11
12	13 National M&M Day	14  Thomas Chef Connection 2:30pm	15 National Lemon Bar Day 	16 Conley's Action Station 11:30am-1pm 	17 4833 Steak Avenue OPEN	18
19	20	21  Overlook Chef Connection 3pm	22	23 Asbury Action Station 11am-1pm 	24 4833 Steak Avenue OPEN	25
26 National Chicken Fried Steak Day	27	28  Asbury Chef Connection 2pm	29	30	31 National Caramel Apple Day  4833 Steak Avenue OPEN	

Action Station of the Month: Shrimp or Chicken Grits

10/01 | 25% off all coffee beverages at the Point Café & Bistro

10/31 | Caramel apples for sale in the Point Café & Bistro

No Test. No Grades. No Limits.

Coming in
November



Tuesday, November 4 at 10:00am

Abductions: The Theft (and Return) of the Motunui Panels to the Te Ati Awa of New Zealand

How did the kidnapping of a five-year-old girl in Geneva, Switzerland in 1977 lead to the return of the Motunui Panels to the Te Ati Awa iwi in Taranaki, New Zealand in 2015? In this lecture, we delve into the epic tale of the Motunui Panels, a set of five elaborately carved Maori panels that have traversed the globe, facing smuggling, ransom demands, and several court cases.

Presented by Dr. Laura Evans

Thursday, November 6 at 10:00am

Cryptocurrencies: Hype vs. Reality

Cryptocurrencies regularly make headlines and trend on social media, but they are often discussed using terms that are difficult for non-experts to understand. This session will explain in non-technical terms what cryptocurrencies.

Presented by Dr. Darrel VanDyke

Tuesday, November 11 at 10:00am

Public Opinion Polling in American Politics

How can a survey of 1,000 people tell what the whole U.S. thinks? When should we trust and when should we distrust polls? The session will address these and other questions and explore the role of public opinion polling in elections and the relationship of public opinion to policy. **Presented by Dr. Patti Richard**

Thursday, November 13 at 10:00am

The Man Who Shot J.P. Morgan, A Life of Arsenic, Anarchy and Intrigue

A riveting tale of false identities, radical political beliefs, and ambitious criminal schemes set during the tumultuous time shortly before the United States entered World War I. **Presented by Mary Noe**

Tuesday, November 18 at 10:00am

Facilitating Group Discussions With Confidence and Panache

In this lively, non-threatening SODO (See One/Do One) demonstration, Dr. Derdeyn will instruct members in facilitating a group discussion format which works great for book clubs or reading groups, brainstorming sessions for club meetings, HOAs, businesses, organization project planning, family pow-wows, or any group activity that would benefit from stakeholder co-creation of outcomes. **Presented by Dr. LeeAnn Derdeyn**

Thursday, November 20 at 10:00am

Art Appreciation: Even More Reasons to Appreciate Art

Dr. Ranieri will introduce current research about some of the many ways that art and aesthetic experiences have been proven to enhance brain health and general wellbeing--especially as one ages. **Presented by Dr. Elizabeth Ranieri**




**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



CC YOUNG
THE POINT & PAVILION

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

Words of Wonder — Workshop —



Create your own
Inspiration Jar

Hosted By :

**Jeanette
Hughes**



**SATURDAY
NOVEMBER 1**

2:00pm - 4:00pm

 **CC YOUNG**
THE POINT & PAVILION

**Limited Spots.
Sign up at The Point.**



CC YOUNG
THE POINT & PAVILION

WATERCOLOR WORKSHOP

*with Master Watercolorist
Gaylord O'Con*



**WEDNESDAY
NOVEMBER 5
3:00PM**

**STEP BY STEP
TUTORIAL TO CREATE
YOUR OWN
WATERCOLOR
MASTERPIECE!**

SIGN UP AT THE POINT

**No experience necessary.
All Materials Provided.**

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CC YOUNG CELEBRATES ALL WHO SERVED WITH EVENTS THIS MONTH!

VETERANS BREAKFAST

FRIDAY, NOVEMBER 7
8:30AM IN CONLEY'S IN THE
OVERLOOK
(RESIDENT VETERANS ONLY)

MOVIE MATINEE

FRIDAY, NOVEMBER 7
1:30PM - THE POINT THEATER
HACKSAW RIDGE
Rated -R / 2022 · Drama/War · 2h 2m
Popcorn & water provided.

VETERAN SPOUSES' TEA

MONDAY, NOVEMBER 10
3:00PM IN 4833 IN THE OVERLOOK
(Invitation only event)

VETERANS DAY FLAG CEREMONY

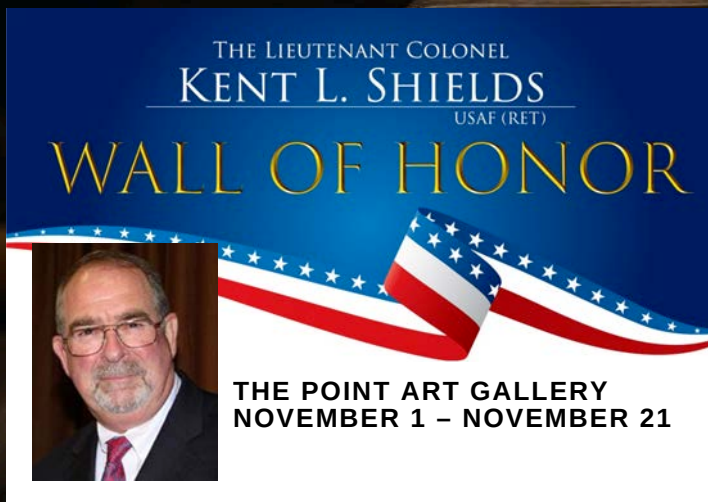
TUESDAY, NOVEMBER 11
3:30PM AT THE PAVILION
All residents invited to this annual
ceremony to honor Resident
Veterans.

SALUTE TO SIPS!

Tuesday, November 11
4:00pm
A Special Outdoor Happy Hour

KEEPSAKES OF COURAGE

THURSDAY, NOVEMBER 13
3:00PM
DO YOU HAVE ARTIFACTS,
HISTORIC ITEMS OR
ARTWORK?
Do these items show
significance to your time in
the service? Do you want to
be part of this new experience
at CC Young, contact Laura
Coker at 214-613-1420



CC YOUNG
THE POINT & PAVILION