

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



THRIVE IN '25

On The Cover

CC Young enters its fourth year of Lifelong Learning Classes through the OLLI at UNT Program.

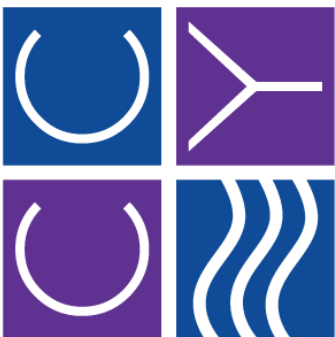
FREE
PLEASE TAKE ONE

Fall Fest
**MUSIC BY
BLACK BEAN INCIDENT**

Savor September
NUTRITION TALK

Savor The Sound
**DALLAS SYMPHONY
ORCHESTRA**

SEPTEMBER 2025



Meet The Team



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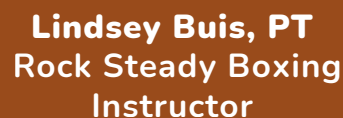
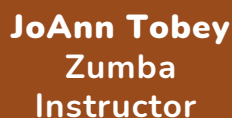
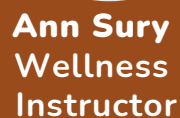
Jennifer Griffin
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The Point offers unparalleled value for seniors, providing a vibrant and engaging community where you can stay active, learn, and connect with others.



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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25TH ANNIVERSARY

*Spirit is
Ageless*



ART & WRITING
CONTEST | 2025

Your Story.
Your Art.
Your Moment
to Shine.

The Point Art Gallery
Saturday, August 23 to
Friday, October 24

**Celebrate 25 Years of
Ageless Creativity**

Art Gallery Stroll

Thursday, September 25
5:30pm – 7:30pm at The Point

RSVP Required

**Enjoy cocktails, hors d'oeuvres, and
conversation with fellow art enthusiasts**

RSVP: by September 18

214-258-4000 or rsvp@ccyoung.org

Save The Date: Celebration of Artist & Writers: Friday, Oct. 24 ~ 2-4PM

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Grandparents Day

RESIDENT FAMILY PHOTOS

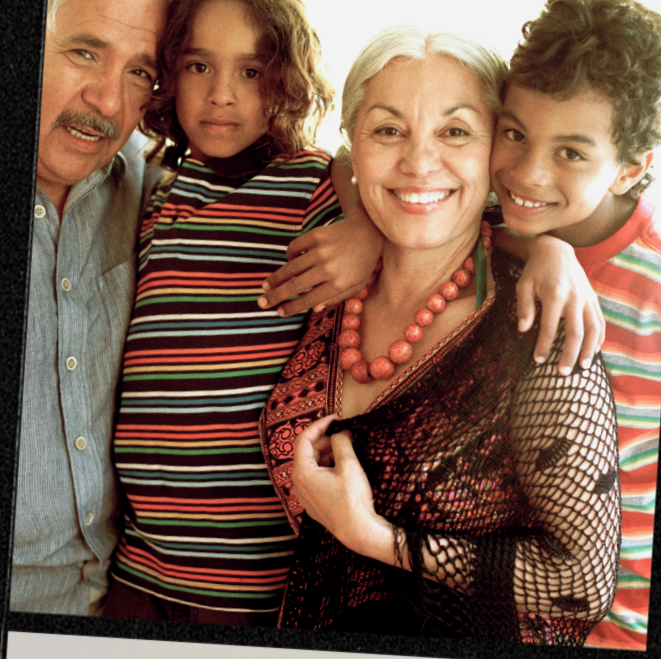
**SUNDAY
SEPTEMBER 7
1:30PM TO 3:30PM**

Get ready to make some beautiful memories this Grandparents Day!

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

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

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



**WEDNESDAY
SEPTEMBER 17
10:30AM**

CC YOUNG AUXILIARY MEETING



Featuring
JENNIFER BROIADWAY
ADMINISTRATOR, HOSPICE
AND PALLIATIVE
“GETTING YOUR DUCKS
IN A ROW”

**REFRESHMENTS
AT 10:00AM**

**PROVIDED BY CCY AUXILIARY
PROGRAM AT 10:30AM**

**POINT AUDITORIUM
AND ON CH. 81**

4847 W. Lawther Dr.
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CC Young FALL FEST

Join us for a boot-stompin', knee-slappin' good time! Our annual Fall Festival is back with a Wild West twist. We'll have chuck wagon food and live music from the Black Bean Incident. Don't miss this one-of-a-kind celebration of the season!



Friday, Sept. 19
11:30 to 1:30pm



**The Central Park
and Pavilion**

RSVP

Residents & Point Members sign up
at The Point Lobby desk



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THE POINT & PAVILION

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Let's
Celebrate

HISPANIC
HERITAGE



It's Fiesta Time at
Umphress Terrace for our
Hispanic Heritage Celebration!
**Join us as we honor Latin heritage and
culture with delicious food, festive drinks,
games, crafts, and lively entertainment.**

Event Details:

Date: Saturday Sept. 20

Time: 10:00am-2:00pm

Come & Go

Location:

7242 Umphress Road,
Dallas 75217

Admission: Free

**The CCY bus will
depart at 11am
and return at 1pm**

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

September

GIZMO GUIDANCE

with David Sorkness

Introduction to your phone

This class is perfect for anyone who wants to feel confident using their cell phone for daily communication and tasks. You'll learn how to **make and receive calls**, send and read **text messages**, and store and **manage contacts**. We'll explore essential smartphone features, such as **adjusting settings**, connecting to **Wi-Fi**, taking and **sharing photos**, and **downloading apps**. You'll also get tips on **voicemail**, battery care, and protecting your privacy.



Friday, September 5

2:00pm-3:00pm - Cellphone Basics / Meet and greet



Saturday, September 13

9:30-10:30am- Cellphone Basics

10:30-11:30am - Open Lab Time- Drop in with questions.

Introduction to email

This class is designed for beginners who want to understand what email is, how it works, and how to use it effectively. We'll cover the basics of **creating and managing an email account**, composing and **sending messages**, **attaching files**, and organizing **your inbox**. You'll also learn about email etiquette, common terms, and how to recognize and **avoid spam** or **phishing attempts**.



Monday, September 15

2:00pm-3:00pm - What is email/How to create an email



Friday, September 19

2:00pm-3:00pm - How to attach documents to your email



Saturday, September 27

9:30-10:30am- How to organize and search my inbox

10:30-11:30am - Open Lab Time- Drop in with questions.



Monday, September 29

2:00pm-3:00pm - What is Phishing & How do I protect myself from fraud



Instructor
David Sorkness

No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Tuesday, September 2 at 10:00am

Frederic Church: 19th Century American Landscape Painter:

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

Presented by Lane Banks

Thursday, September 4 at 10:00am

Women Fashioning the World

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

Tuesday, September 9 at 10:00am

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

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

Presented by Dreanna Belden, Director of External Partnerships

Thursday, September 11 at 10:00am

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

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

Tuesday, September 16 at 10:00am

That Nelson Riddle Sound

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

Presented by Max Morley, DMA

Thursday, September 18 at 10:00am

Black Culture as Resistance during Enslavement

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

Presented by Kerry Goldmann, PhD

Tuesday, September 23 at 10:00am

Decoding Leonardo's & Michelangelo's Paintings

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

Presented by Francesca d'Atria - Romano, MFA

Thursday, September 25 at 10:00am

Jane Austen's Novels: Mansfield Park

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

Tuesday, September 30 at 10:00am

Backyard Beekeeping Part 2: Sweet Sustainability

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

Presented by LeeAnn Derdeyn, PhD



THE POINT

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



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SEPTEMBER RESIDENT TRIPS



Sign up at The Point



A Spot of Tea

**Monday, September 8
10:30am- 1:00pm**

Join Jelly Queen and Master Chef Finalist
Donna Collins for a Spot of Tea!

Three dainty courses from savory to sweet:

- Cucumber Mint and Dill Butter Tea Sandwiches
- Bingham Biscuits with clotted cream, Lemon Lavender Curd and Fresh Strawberry Jam
- Mixed Berry Macaroons

Also participate in a quick demo and story
about the Bingham Biscuits.

**\$30 per person will be charged to
your account when you sign up.**

Bus will pick up at The Point



Join in as we honor Latin heritage and
culture with delicious food, festive drinks,
games, crafts, and lively entertainment.

**Saturday, September 20
11:00am- 1:00pm**

**CCY bus will pick up at The Point.
You can also drive on your own.**

REMINDER

**RESCHEDULED
TRIP:**

RANGER GAME

**Sunday, Sept. 21
12:00pm**

Tickets for this
game were
previously
purchased.

To book an individual trip

call 214-841-2946

or email transportation@ccyoung.org

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

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



CC Young Auxiliary

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

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



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



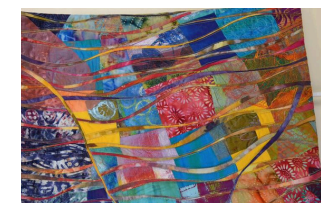
Trinity Valley Beekeepers

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



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**

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

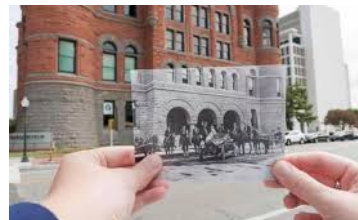
**Meets 1st Saturday of each month
10:00am in The Fitness Center Classroom**



Dallas Button Society

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

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



Dallas County Pioneers

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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



HAPPY HOOKERS

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

Mondays at 9:30am in The Auditorium



CC YOUNG 'UNS

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

Tuesdays at 1:00pm in The Auditorium



KNOTTY KNITTERS & CRAFTY CROCHETERS

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

Mondays at 2:00pm in Flagpole Hill Classroom



SCRIBBLERS, SCRIBES AND SEEKERS

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

Wednesdays at 9:45am in Flagpole Hill Classroom



GARDEN CLUB

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



FELLOWSHIP, WORD & BIBLE STUDY

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

Meets Tuesday at 3:30pm
In Flagpole Hill Classroom



ACTING FUN

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

Meets Wednesdays at 2:00pm
In The Theater



OPERA CLUB

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

Meets the third Tuesday of each month at 2:00pm in The Theater



RUMMIKUB CLUB

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

Meets Wednesdays at 9:30am in The Game Zone



WII BOWLING TEAM

Combine physical and mental activity and improve cognitive function. Join others to practice and play in tournaments.

Meets Fridays at 10:00am in The Game Zone



SIGN LANGUAGE FUN

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

Meets Mondays at 1:00pm In Flagpole Hill Classroom



LITTER GITTERS

Group meets monthly to walk the CCY campus and surrounding area to pick up litter. Supplies provided.

Meets 3rd Friday of the month at 11:00am
at The Pavilion

The EXERCISE Rainbow

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

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

<u>CARDIO</u>	<u>STRENGTH</u>	<u>FLEXIBILITY</u>	<u>MOBILITY</u>	<u>BALANCE</u>
<ul style="list-style-type: none"> • Aquacise* • Balloon Badminton • Chair Volleyball • Drumba • 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



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.



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.



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.



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.



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.



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.



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.



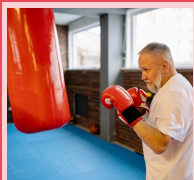
NEW CLASS
Recovery
11:30-12:00am / Tues
Instructor: Kori Ware

This class focuses on soft tissue work, like foam rolling and muscle massaging to help promote recovery



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



Reyna Munoz
Aquatics Instructor &
Lifeguard

AQUATICS 101

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

(By Appointment)

RSVP for all aquatics classes: 972-638-8795

OPEN SWIM

Mon., Wed., Fri.

9:00am–10:30am and 10:30am–12:00pm

Tuesdays

12:00pm–1:30pm and 1:30pm–3:00pm

Thursdays

1:00pm–2:30pm and 2:30pm–4:00pm

AQUACISE CLASS

Mon., Wed., Fri. - 2:00pm–3:00pm

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

AQUA FLOW CLASS

Mon., Wed., Fri. - 1:00pm–2:00pm

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

POOL VOLLEYBALL

Tuesdays - 3:00pm–4:00pm

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

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
PAGE 20

STRENGTH

FLEXIBILITY

MOBILITY

BALANCE

THIS WEEK'S

Highlights

Monday, September 1
Labor Day

Tuesday, September 2
10:00am
OLLI Class
Frederic Church: 19th Century
American Landscape Painter

Thursday, September 4
10:00am
OLLI Class
Women Fashioning the World

Friday, September 5
1:30pm
Movie Matinee
Greater
Rated -PG · 2016 · 2hrs 10m

Saturday, September 6
6:30pm
Sing- Along

SUNDAY, AUGUST 31

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

9:30am - 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am - 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!

3:00pm - 4:00pm
Acting Fun

Theater
Res. & PM Only



**CC YOUNG
SENIOR LIVING**

SING- ALONG

**SATURDAY
SEPTEMBER 6
6:30PM**

POINT AUDITORIUM

**HOSTED BY JOHN &
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 1

HAPPY
LABOR
Day



The Point is open
7am-9pm.

There are no scheduled
events today.

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

Regular programming resumes on
Tuesday, September 2

TUESDAY, SEPTEMBER 2

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 – 12:00am Recovery (**NEW CLASS**)

ELLI

10:00am-11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

**Frederic Church: 19th Century
American Landscape Painter**

Presented by Lane Banks
For info see pg. 11.

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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



11:30am – 1:00pm

Thomas Dinning Rm.

Dining Action Station

Resident Only

This month: Baked Potato Bar

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



Harris Jewelry Repair

Monthly "On-Site" Jewelry Repair Service

Thursday, Sept. 4

1:30pm – 2:15pm

Repairs while you wait!

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

WEDNESDAY, SEPTEMBER 3

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 **(NEW TIME)**

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Scribblers, Scribes & Seekers!

All Welcome!

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

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, SEPTEMBER 4

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

Women Fashioning the World

Presented by Annette Becker, MA

For info see pg. 11.

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

Hillside Dinning Rm.

Dining Action Station

Resident Only

This month: Baked Potato Bar

1:30pm – 3:00pm

Theater

The Chosen – Screening

Res. & PM Only **CXL**



1:30pm – 2:15pm

Lobby

Harris Jewelry Repair

Res. & PM Only

Small repairs while you wait.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

4:00pm – 5:00pm Intermediate Tai Chi

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

All Welcome!

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

4:00pm–5:00pm

Auditorium

Resident Happy Hour

Resident Only.

7:00pm–9:00pm

Auditorium

Dallas County Pioneers

Res & PM Invited

FRIDAY, SEPTEMBER 5

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 **(NEW TIME)**

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 **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**
Greater **All Welcome!**
Rated -PG · 2016 · 2hrs 10m

2:00pm – 3:00pm **Gizmo Guidance** **Tech Lab**
 Introduction to your phone: Cellphone Basics **All Welcome!**

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

SATURDAY, SEPTEMBER 6

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 **Res. & PM Only**
 on first come, first serve basis.

6:30pm – 7:30pm **Sing-Along** **Auditorium**
 Hosted by Residents Jeanette and John Hughes **Res. & PM Only**

4833 Chef Spotlight each weekend in September.

Reservations are required 24 hours in advance with cutoffs at 6pm the previous day. Refer to fliers regarding menus and additional details or call the Conley's host stand at 972-755-3259 .

This weekend: Chef Tim Woehr

Movie MATINEE

Greater

2016 · Sports/Drama · 2h 10m · Rated PG

The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football



Friday, September 5
1:30pm

Free popcorn and water.
 All Welcome!

THIS WEEK'S

Highlights

Monday, September 8

10:00am

Arts & Crafts with Patricia Dillingham

Tuesday, September 9

10:00am

OLLI Class

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

Thursday, September 11

10:00am

OLLI Class

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

Friday, September 12

1:30pm

Movie Matinee

My Oxford Year

2025 Rated PG-13, 1hr 53m



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

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

SUNDAY, SEPTEMBER 7

**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!



1:30am - 3:30pm

**Grandparents Day
 Photoshoot**

Auditorium

Resident Only

Sign up required. See pg. 6 for more info.



Jewelry Making

for Beginners

Bring your own project ideas to share.
 Some supplies provided

SATURDAYS
SEPT. 13 & 27
10:00AM

White Rock Classroom



MONDAY, SEPTEMBER 8

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 **(NEW TIME)**
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 – 11:30am

Auditorium N.

Arts & Crafts with

Res. & PM Only

Patricia Dillingham

Sign up at The Point

This month: Painting on China

10:30am – 11:30am

Vista 9

Current Events

Res. & PM Only

With Randy Mayeux



10:30am – 1:00pm

Bus Trip: A Spot of Tea

Resident Only

Join Jelly Queen Donna Collins for a Spot of Tea! Three dainty courses! Participate in a quick demo and story on Biscuits. \$30 per person will be charged to your account when you sign up. See pg. 12 for more info.

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

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

1:00pm – 2:00pm

Tech Lab

Sign Language Fun!

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only

TUESDAY, SEPTEMBER 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 – 11:30am Functional Core
11:30am – 12:00pm Recovery **(NEW CLASS)**

11:00am

10:00am-11:30am

Auditorium & Ch. 81

OLLI Class

Res., PM, OLLI Only

Voices of the Eastern Shore:

A Lens into Early American History

Presented by Dreanna Belden

For info see pg. 11.

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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

1:00pm – 2:00pm

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

WELLNESS WEDNESDAY

CHAIR MASSES & REIKI

WEDNESDAY, SEPT. 17

OPEN TO RESIDENTS, POINT MEMBERS, STAFF AND GUESTS!

BOOK NOW
Sign Up by scanning QR code.

RECHARGE AND RENEW

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

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

WEDNESDAY, SEPTEMBER 10

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 **(NEW TIME)**
11:00am – 11:45am Drumba

Vista 9th Floor Res & PM Only

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



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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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

9:30am-11:00am Café Game Zone
Rummikub Open Play Res. & PM Only
Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! Res. & PM Only!
A supportive and encouraging environment to share your writing, get feedback from fellow writers.

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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-4:00pm Flagpole Hill
Fellowship Word & Bible Study Res. & PM Only

2:00pm – 4:00pm Theater
Acting Fun Res. & PM Only

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

THURSDAY, SEPTEMBER 11

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
World War II as Seen Through Literature of the Past 5 Years
Presented by Jean Greenlaw, PhD
For info see pg. 11.

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 Asbury Dinning Rm.
Dining Action Station Resident Only
This month: Baked Potato Bar

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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



1:30pm – 3:00pm Resident Only
Shopping Trip to Trader Joe's
Sign-up at The Point.
Pick-up in front of buildings.

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

2:00pm – 3:00pm White Rock Class
Garden Club Meeting Res. & PM Only
This month's project: Planting of Flowers & Veggies



2:00pm – 5:00pm The Clinic (Vista-2)
Total Hearing Clinic Resident Only
Complimentary hearing aid cleanings and hearing screenings. Call: 214-987-4114

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

FRIDAY, SEPTEMBER 12

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 **(NEW TIME)**

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am-11:30am

Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots.

10:00am-11:00am

Wii Bowling

Café Game Zone

Res. & PM Only

Practice and team play time.

11:00am-12:00pm

The White Rock Wrappers

Café Game Zone

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Movie Matinee

My Oxford Year

2025 Rated PG-13, 1hr 53m

Theater

Res. & PM Only

6:30pm – 8:00pm

Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

Res. & PM Only

SATURDAY, SEPTEMBER 13

9:30am – 11:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- Cellphone Basics

10:30am- Open Lab time

10:00am – 12:00pm

Dallas Area Fiber Artists

Auditorium

Res. & PM Invited

Meeting & Annual Art Reception

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 Chef Spotlight each weekend in September.

Reservations are required 24 hours in advance with cutoffs at 6pm the previous day. Refer to fliers regarding menus and additional details or call the Conley's host stand at 972-755-3259 .

This weekend: Chef Negust Kaza

Movie MATINEE

My Oxford Year

2025 · Romance/ Comedy
1h 53m · Rated PG-13

When Anna, an ambitious young American woman, sets out for Oxford University to fulfill a childhood dream, she has her life completely on track until she meets a charming and clever local who profoundly alters both of their lives.



**Friday, September 12
1:30pm**

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Tuesday, September 16

10:00am

OLLI Class

That Nelson Riddle Sound

Wednesday, September 17

10:00am

CCY Auxiliary Meeting

Presentation by Russell Crews

Thursday, September 18

10:00am

OLLI Class

Black Culture as Resistance during
Enslavement

Friday, September 19

11:30am-1:30pm

Fall Fest

SUNDAY, SEPTEMBER 14

**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!



Nutrition Talk

**Wednesday, September 17
2:00pm**

**Savor September:
Enjoy the flavors of food by
choosing alternatives to salt.**

Special Cooking Demo with Chef Tim:
Pan-braised red wine vinegar chicken and one sheet shrimp and
sausage scampi seasoned with MRS Dash



**Presented by
Lorna Towers Sanders**
Registered Dietician, Clinical Nutrition
Manager, CC Young/Thomas Cuisine



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

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



MONDAY, SEPTEMBER 15

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 **(NEW TIME)**
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.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group
Clinically Proven Speech Therapy Group For Individuals With Parkinsons. For more pre-requisite information, please contact Lori Sanders at 254-675-1299

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

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

2:00pm – 3:00pm Tech Lab
Gizmo Guidance Res. & PM Only
What is email/ How to create an email

3:00pm – 4:30pm Game Zone
Bunco! Res. & PM Only
Join in on this fun dice based game and win prizes!

TUESDAY, SEPTEMBER 16

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 **(NEW CLASS)**

OLLI 10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
That Nelson Riddle Sound
Presented by Max Morley, DMA
For info see pg. 11.

Aquatics Classes

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

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

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

CC YOUNG
THE POINT & PAVILION

OPERA Club

DIGITAL VIEWING HOSTED BY CCY RESIDENT
SHOSHANNA GARDINER

**TUESDAY
SEPT 16**

**SALOME BY
STRAUSS**

2:00PM – 4:00PM
THE POINT THEATER

- Exquisite Music
- Stunning Visuals
- Video Stream

WEDNESDAY, SEPTEMBER 17

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 **(NEW TIME)**

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am-11:00am

Café Game Zone

Rummikub Open Play

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 Meeting

All Welcome

Featured presentation:

TBD



11:30am – 2:00pm

Conley's Dinning Rm.

Dining Action Station

Resident Only

This month: Baked Potato Bar

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



Wellness Wednesday

Lobby

Chair Massages or Reiki Session

By Appointment - 1:00pm - 4:00pm

\$20 for 10 minutes



1:00pm- 2:00pm

Thomas

Rehab Functional

Resident Only

Mobility Screen

Assessments to determine mobility and fall risks.



2:00pm – 3:00pm

Auditorium

Nutrition Talk

Res and PM Only

Savor September: Enjoy the flavors of food

by choosing an alternative to salt.

2:00pm – 3:00pm

Theater

Acting Fun

Res. & PM Only

3:00pm-4:00pm

Asbury

Story Telling with Jo Rader

Resident Only

3:30pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, SEPTEMBER 18



North Texas Giving Day

Come see us in the The Point from 9a-4p and consider giving. Then join us at happy hour at 4pm, where we will announce the total raised.

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

Black Culture as Resistance during Enslavement

Presented by Kerry Goldmann, PhD

For info see pg. 11.

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

1:30pm – 3:00pm

White Rock Class

Studio Art Time with

Res & PM Only

David Schulze

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

1:30pm – 3:00pm

Theater

The Chosen – Screening

Res. & PM Only **CXL**

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, SEPTEMBER 19

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 **(NEW TIME)**

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



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Café Game Zone

Wii Bowling

All Welcome!

Practice and team play time.

Location Change Today

10:00am – 11:30am

Flagpole Hill

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

11:00am – 12:00pm

Pavilion

Litter Gitters

Res. & PM Only!

A monthly community cleanup



11:30am – 1:30pm

Park & Pavilion

Fall Fest

Res. & PM Only!

Join us for a boot-stompin' good time!

Our annual Fall Festival is back with a

Wild West twist. **Sign Up Required**

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

CXL TODAY

2:00pm – 3:00pm

Tech Lab

Gizmo Guidance

All Welcome!

How to attach documents to your email

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, SEPTEMBER 20

10:00am – 12:00pm

Auditorium

White Rock Democrats

Res. & PM Invited

Monthly Meeting



9:30am- 11:30am

Tech Lab

Creative Workshop

Res. & PM Only

Art with Pattie

This month: Acrylic Pour Paint.



11:00pm – 1:00pm

Umpress Terrace

Hispanic Heritage Celebration

Resident Only

Bus Trip to Umpress Terrace

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 Chef Spotlight each weekend in September.

Reservations are required 24 hours in advance with cutoffs at 6pm the previous day. Refer to fliers regarding menus and additional details or call the Conley's host stand at 972-755-3259 .

This weekend: Chef Byron Reed

Creative Workshop

Acrylic Paint Pour Class

Hosted By :

Pattie Gooch



**SATURDAY
SEPTEMBER 20**

9:30am - 11:30am

CC YOUNG
THE POINT & PAVILION

Limited Spots.
Sign up at The Point

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

THIS WEEK'S

Highlights

Monday, September 22

3:00pm

Dallas Symphony Orchestra

Woodwind Trio

Tuesday, September 23

10:00am

OLLI Class

Decoding Leonardo's & Michelangelo's Paintings

Tuesday, September 23

3:30pm

Richard Stanford Hour

Book Review: The Gunfighters

Thursday, September 24

10:00am

OLLI Class

Jane Austen's Novels: Mansfield Park

Friday, September 26

1:30pm

Movie Matinee

The Penguin Lessons

2024, Rated PG-13. 1h 50m

SUNDAY, SEPTEMBER 21

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!



12:00pm – 5:00pm

Bus Trip: Rangers Game

Globe Life Field

Resident Only

Tickets purchased for previous game.



MUSIC PERFORMANCE



CC YOUNG
THE POINT & PAVILION

Dallas Symphony Orchestra

Woodwind Trio

**Monday
September 22
3:00pm**

**Point Auditorium
& Ch. 81**



DALLAS SYMPHONY ORCHESTRA

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

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

MONDAY, SEPTEMBER 22

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 **(NEW TIME)**
 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.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group
 Clinically Proven Speech Therapy Group For Individuals
 With Parkinsons. For more pre-requisite information,
 please contact Lori Sanders at 254-675-1299

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit+

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

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



3:00pm – 4:00pm Auditorium & 81
Dallas Symphony Orchestra! All Welcome
 Concert by a Woodwind Trio

TUESDAY, SEPTEMBER 23

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 **(NEW CLASS)**

10:00am-11:30am Auditorium & Ch. 81
OLLI Class Res., PM, OLLI Only
Decoding Leonardo's & Michelangelo's Paintings
 Presented by Francesca d'Atria - Romano, MFA
 For info see pg. 11.

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.

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:
 The Gunfighters by Bryan Burroughs

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

WEDNESDAY, SEPTEMBER 24

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 **(NEW TIME)**

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am-11:00am

Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only!

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

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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 – 4:00pm

Theater

Acting Fun

Res. & PM Only

3:30pm-4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, SEPTEMBER 25



**NATIONAL
Quesadilla
DAY**

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

OLLI Class

Auditorium & Ch. 81

Res., PM, OLLI Only

Jane Austen's Novels: Mansfield Park

Presented by Elaine Kushmaul

For info see pg. 11.

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

1:30pm – 3:00pm

Theater

The Chosen - Screening

Res. & PM Only



1:30pm – 2:30pm

Resident Only

Shopping Trip to Walmart

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

4:00pm – 5:00pm Intermediate Tai Chi

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

Res. & PM Only

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

4:00pm – 5:00pm

Auditorium

Resident Happy Hour CXL TODAY



CELEBRATING 25 YEARS OF

Ageless Creativity

Your story. Your Art. Your Moment to Shine.

5:30pm – 7:30pm

Auditorium

Celebrate 25 Years

Res & PM invited

Ageless Creativity

RSVP Required

Enjoy A casual gallery stroll of the 2025 exhibit, cocktails and hors d'oeuvres, and conversation with fellow art enthusiasts. **RSVP: 214-258-4000**

FRIDAY, SEPTEMBER 26

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 **(NEW TIME)**

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

Movie Matinee

Theater

All Welcome!

The Penguin Lessons

2024, Rated PG-13. 1h 50m

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, SEPTEMBER 27

9:30am – 11:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- How to organize and search my inbox

10:30am- Open Lab time

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 Chef Spotlight each weekend in September.

Reservations are required 24 hours in advance with cutoffs at 6pm the previous day. Refer to fliers regarding menus and additional details or call the Conley's host stand at 972-755-3259 .

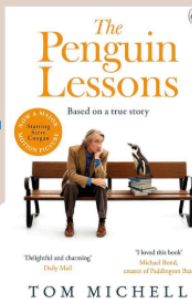
This weekend: Chef Jose Hurtado

Movie MATINEE

The Penguin Lessons

2024 · Comedy/ Drama
1h 50m · Rated PG-13

A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach.



Friday, September 26
1:30pm

Free popcorn and water.
All Welcome!

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!

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.)



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 **(NEW TIME)**
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 254-675-1299

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

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

2:00pm – 3:00pm 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 **(NEW CLASS)**

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

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 **(NEW TIME)**

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:30am – 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

3:30pm – 4:00pm

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. 11.

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.

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

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 **(NEW TIME)**

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

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 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 – 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

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!

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.





SAVORING SEPTEMBER: A CULINARY AND CREATIVE JOURNEY

Brian Parman

Director, The Point & Pavilion

As a self-professed foodie who has spent my entire career in catering and special events, the arrival of September feels like a new beginning, a chance to savor not just the change of seasons but also a host of incredible experiences. This September is shaping up to be a month of culinary and creative exploration, both near and far, and I'm thrilled to share a taste of what's to come.

My own journey begins with a long-anticipated trip to Spain with my family. My career has taught me that food is more than just sustenance; it's a window into culture, history, and community. We plan to dive headfirst into Spain's vibrant culinary scene, from bustling tapas bars in Madrid to fresh seafood markets on the coast. I'm especially looking forward to how this personal adventure will influence my professional life, bringing new flavors and ideas back home.



This exploration of Spanish culture will beautifully parallel a special event right here at CC Young. We're celebrating the 25th Anniversary of the Spirit Is Ageless Art & Writing Contest with a special reception. In honor of this milestone, we've planned a night inspired by the very country I'll be visiting. Guests will stroll the gallery to the sounds of a Latin guitar, all while enjoying Spanish tapas and glasses of sangria. It will be a perfect evening of celebrating art, writing, creativity, music, and of course, great food.

But our local adventures don't stop there. Later in the month, a group of residents will travel to McKinney to visit Profound Foods, the home of Master Chef Donna Collins, Founder of The Jelly Queens. There, we'll savor an unforgettable tea service featuring homemade biscuits, house-made jam, clotted cream, and delicate cucumber tea sandwiches. The best part? We won't just enjoy these treats; we'll leave with a recipe to recreate the magic at home.



As September unfolds, so too will our tastes. We'll trade the elegance of tea sandwiches for the quintessential American experience when our team accompanies residents to Globe Life Park. Luxury air-conditioned seating will provide the perfect backdrop for taking in a Texas Rangers game, an event that simply demands one thing: a classic hot dog, a perfect representation of comfort and camaraderie.



And for those who want one last bite of summer before fall truly sets in, mark your calendars! The Great State Fair of Texas opens its gates on September 26th. Be sure to hit the midway and indulge in what I affectionately call "Texas Tapas," a smorgasbord of fried treats and classic fair food that promises to be a delicious, and perhaps gluttonous, end to a truly magnificent month.



September is a month for savoring. It's a month for celebrating milestones, exploring new horizons, and enjoying the simple, shared pleasures of food and community. I hope you'll join us in toasting to a month full of flavor, art, and inspiration.



Crews News

by Russell Crews
President and CEO

September
2025

At CC Young, our mission is to enrich the lives of those we serve—and sometimes, that means enriching the rides too.

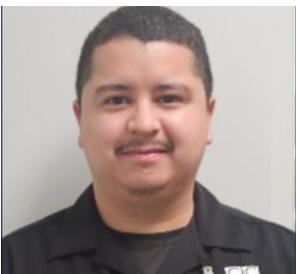
Our Transportation Team plays a crucial role in helping residents stay connected—to health appointments, family visits, errands, worship, social events, and more. Every trip helps sustain independence, dignity, and freedom of movement, all of which are central to our vision of aging in place with grace.

As our community has grown, so too has the need for reliable, high-quality transportation. I'm pleased to share that we've made exciting strides in recent months, including the addition of two new drivers, a new van, and a brand-new transportation partner.

We're thrilled to welcome two outstanding team members to the CC Young Transportation family: Alycia Mackey Ford and Javier Martinez.



Alycia brings deep experience and calm confidence to every ride. With a Commercial Driver's License and over three years of experience in special needs and non-emergency medical transportation, she knows how to get people safely where they need to go—with warmth, patience, and professionalism. Her background with Mesquite ISD and Melinio Transit has trained her to manage wheelchair lifts, secure seat belts, and navigate complex routes with grace and attention to detail.



Javier, on the other hand, has spent years working behind the scenes at CC Young and elsewhere—so many of you may already know him! Previously a porter here on campus, he also served as a delivery driver for FedEx and medical courier services. Javier has a heart for service and a gift for logistics, which make him an ideal addition to our driving team.

Together with driver **David Spencer** and Coordinator **Christine Miller Hinrichsen**, Alycia and Javier form a strong, caring group of professionals. With the expanded team, we're now able to increase our capacity by an estimated 30 additional trips per month—on top of the 150 we already average!

Our growing team is supported by a small but mighty fleet that includes:

- 2 wheelchair-accessible vans
- 1 sedan
- 1 22-passenger van

And with nearly 2,600 miles driven each month, every vehicle plays a role in connecting residents to what matters most. Transportation is available **Monday through Thursday from 7:30 a.m. to 6:00 p.m. and Fridays from 7:30 a.m. to 4:30 p.m.** Residents are allowed two roundtrips per week within a 19-mile radius at no charge. After that, a \$25 fee per roundtrip applies. It's part of our commitment to providing a flexible, affordable, and supportive mobility experience.

In addition to expanding our in-house team, we're proud to introduce a new transportation option: **Pinnacle Care Transportation.**

Founded by four friends—Stephane Kintz, Roland Castillo (a familiar face here at CC Young), Ted Walker, and Brian Lanius—Pinnacle was born out of a shared desire to raise the bar on transportation for older adults and those needing extra support. After hearing firsthand from Roland about the challenges our residents face with unreliable outside services, they came together to create a better solution.

Pinnacle Care Transportation offers:

- State-of-the-art, wheelchair-accessible vans
- Trained, uniformed staff with name tags
- Staged vehicles at CC Young for faster service
- Door-to-door and above-and-beyond care

Designed to support our health center residents, Pinnacle offers another option to ensure you get to your destination on time, safely, and with a smile.



This new partnership is not meant to replace our internal team, but to expand what's possible—especially for residents who need additional flexibility or support. It's all part of our ongoing mission to meet residents where they are and help them go where they want to be. Thank you to our whole Transportation Team – David, Javier, Alycia, Christine. And thanks also to Stacy Hitt, VP of Resident Operations, who oversees this department with heart and vision: you are all truly “driving” the mission forward.

If you haven't used our transportation services yet, or if you have questions about policies and scheduling, I encourage you to reach out. The Transportation Line (214-841-2946) is monitored weekdays from 7:30 a.m. to 4:00 p.m., and the team is ready to assist you in person, by phone, or by email (transportation@ccyoung.org).

As always, we're here to make the journey as meaningful as the destination.



by Jen Griffin
Vice President
Community Outreach
& Engagement

VILLAGE REPORT

As we continue our yearlong theme of Thrive in '25, this month we turn our attention to a simple yet rich invitation: Savor September.

At first glance, the word savor might bring to mind a delicious bite of something warm and wonderful—like fresh peach cobbler, slow-simmered stew, or a hot cup of coffee cradled between your hands on a cool morning. And yes, food is certainly one beautiful way to savor life. But the more I sat with the word, the more it began to open up for me.

According to Vocabulary.com, “savor” can mean to fully enjoy something, especially in a slow and deliberate way. It can describe the taste or smell of something—but also the emotional and sensory experience of fully appreciating what’s in front of us. And in a broader, more metaphorical sense, to savor something is to hold it in our awareness just a little longer, to let it linger and leave its mark.

What might it mean for us to Savor September?

Time is the one resource we never get back. It slips past quickly—sometimes unnoticed—unless we are intentional about catching it in our hands. To savor September is to pause and notice the quiet moments: sunlight filtering through the trees, the laughter echoing in a hallway, the feel of a breeze that hints of fall. It’s choosing to linger at the lunch table a few more minutes, to ask one more question in a conversation, to take one more look at a sunset before heading inside.





For me, there's something especially sweet about memories that have been savored over the years. Maybe it's a song that takes you back to singing and dancing in your own home kitchen. (I can think of a few examples including robust vacuuming to Aretha Franklin gospel!) Or perhaps it's a voice that echoes in your head with words of wisdom. A family tradition that never fails to bring a smile.

September—with its gentle shift from summer to fall—is a wonderful time to look back and remember: What have I savored in my life? What deserves to be savored again?

In the book *Tuesdays with Morrie*, Morrie says, "Don't let go too soon, but don't hang on too long." That balance—of holding something dear and then releasing it with gratitude—feels very much like savoring. We let our most meaningful moments shape us, even as time moves forward.

Perhaps the richest way to savor life is through our connections with one another. A kind word. A hand squeeze. A story shared. A smile. A walk taken side by side. Here at CC Young, we are surrounded by opportunities to slow down and really see the people around us—to honor their experiences, hear their laughter, celebrate their presence. Whether it's a neighbor down the hall, a caregiver, a dining team member, or a longtime friend—each interaction is an invitation to savor community. As the writer Henry David Thoreau once said, "It's not what you look at that matters, it's what you see." Let's take the time this month to really see each other.



For me, September itself holds a kind of quiet magic. Summer hasn't quite let go, but fall is gently knocking. The days start to shorten, the air shifts just slightly, and there's a whispered promise of change. Fall was my mother's favorite season so to me, "savoring September" is personal. And it's a perfect metaphor for the seasons of our lives.



Maybe you've lived through the "springs" and "summers" of your story—times of growth, motion, color, and joy. And now, perhaps you're in a September kind of season—rich with reflection, steady rhythm, and deep appreciation. Let it be beautiful. Let it be enough.

As we move through this month together, I invite you to think about the things you have truly savored in your life. A song? A meal? A relationship? A moment you didn't want to end?

Even more, I encourage you to look for opportunities to savor something each day—from the mundane to the magnificent. The smell of fresh laundry. The sound of familiar footsteps. The way a book makes you feel. The comfort of routine. The courage in change.

Let's not rush through September. Let's not wish it away. Let's savor it—slowly, sweetly, fully.

After all, to savor is to live with intention. And to thrive... is to savor.

ON THE COVER



Lifelong Learning Thrives at CC Young: A Fourth Year of Partnership with UNT's OLLI

The pursuit of knowledge knows no age, and at CC Young, this philosophy is not just celebrated—it's woven into the very fabric of the community. As CC Young marks the beginning of its fourth year of partnership with the University of North Texas (UNT) and its Osher Lifelong Learning Institute (OLLI), residents and members of The Point are embracing a new semester of discovery with renewed enthusiasm.



This dynamic collaboration provides full access to OLLI at UNT, a premier lifelong learning program in North Texas. The heart of this program at CC Young is located at The Point Auditorium, where engaging lectures are held every Tuesday and Thursday morning during the fall, spring, and summer semesters. For residents who prefer the comfort of home, these enriching sessions can also be viewed live on Channel 8i.

The benefits of this partnership extend far beyond The Point. As a CC Young resident or member, you're not limited to on-site classes. Your membership grants you access to any of the other five OLLI classroom locations across North Texas, in communities like Flower Mound, Lantana, Keller, and Denton.



This fall, accessing these programs has become even more convenient, as the name badge provided by CC Young will now be recognized at all OLLI locations, eliminating the need for an additional badge.

Joining the OLLI community is simple. Fall 2025 enrollment forms are available at The Point and can be mailed to the UNT mailbox or submitted to The Point's Assistant Director, Angela Castillo, who will forward them to the OLLI staff. For those who prefer a digital approach, online enrollment is also available through the OLLI Member Portal on the olli.unt.edu website. The full catalog of courses, including special interest groups and lecture series, is available for electronic viewing on the OLLI website.

To ensure members stay connected and informed, weekly reminder emails are sent out every Friday during the semester, detailing the upcoming week's schedule, including links for Zoom courses, livestreams, and recordings. This robust communication ensures no one misses a moment of the enriching content.

The partnership with OLLI is a cornerstone of The Point's commitment to providing a vibrant lifestyle. It complements a wide array of other programs designed to keep members active and engaged: from a state-of-the-art fitness center with a variety of classes like Tai Chi, Yoga, and Zumba, to senior tech classes are available for all experience levels,



The opportunities for growth and adventure don't stop in the classroom. OLLI members, including those from CC Young, are also eligible to participate in travel trips organized through Collette travel agency and Yellow Rose Tours. Upcoming trip listings can be found on the OLLI website, providing a chance to explore new destinations and create lasting memories with fellow learners.

As CC Young embarks on its third year with UNT's OLLI program, the message is clear: a full and vibrant life includes a commitment to continuous learning. This partnership is a testament to CC Young's dedication to fostering a community where curiosity is celebrated, and the joy of discovery is a lifelong journey.

Meet the New Faces at The Point



Rebecca McDaniel

RESIDENT & COMMUNITY ENGAGEMENT SPECIALIST

Rebecca McDaniel is an experienced and compassionate leader joining The Point team as the Resident & Community Engagement Specialist. With a strong background in project management and event planning, she is dedicated to creating engaging, meaningful activities that enhance well-being and quality of life. Her career spans a variety of roles, from serving as a Campus Administrator for the Rockwall Independent School District, where she successfully launched a new elementary school and coordinated Title I initiatives, to her earlier work as a Project Manager in the healthcare industry. Rebecca is highly skilled in relationship building, fostering positive environments, and connecting community partners with non-profits to create lasting, mutually beneficial partnerships. She holds a Bachelor of Arts in Psychology from Hendrix College and is committed to servant leadership and inspiring others to deliver exceptional experiences.



David Sorkness

GIZMO GUIDANCE, TECH INSTRUCTOR

Originally from California, David made the move to Texas five years ago, and it's been home ever since. He spent over 15 years working in technical system support and product management, mostly within the unique world of entertainment payroll. It's a niche industry, but one he grew to really enjoy—especially working with all kinds of systems like accounting, purchase orders, onboarding paperwork, and time cards. Outside of work, He is married and a proud dad to a little boy who keeps life fun and busy.

Gizmo Guidance Classes with David begin in September:

- 1sts & 3rd Mondays & Fridays
 - 2:00– 3:00pm- Class topics will vary
- 2nd & 4th Saturdays
 - 9:30– 10:30am Class
 - 10:30– 11:30am (Drop in guidance)

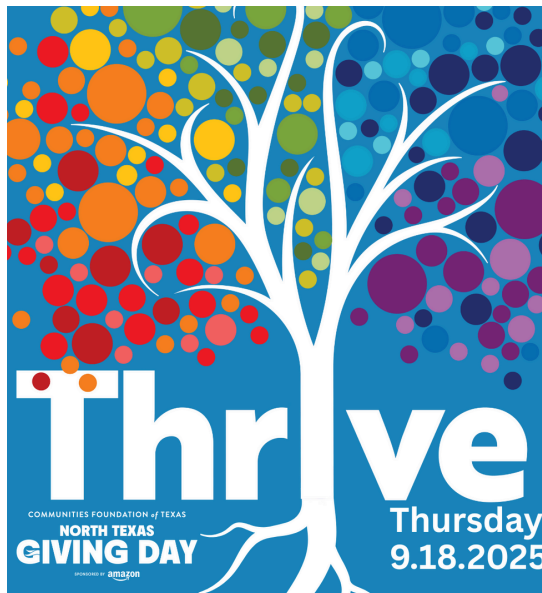
Your Gift Helps CC Young Thrive on North Texas Giving Day, September 18!

SEPTEMBER 2025

On September 18, CC Young is participating in Communities Foundation of Texas' North Texas Giving Day. For CC Young, it is a day we celebrate and give back through our donations to support the Benevolence Fund and Staff Scholarship Fund.

You have a chance on September 18 to help CC Young "Thrive" when you give to support the Benevolence Fund or Staff Scholarship Fund. Residents, encourage your friends and neighbors to participate and support a great cause. To get involved, bring your donation to The Point anytime from 9:00 am to 4:00 pm on Thursday, September 18, where a development team member will assist you in making your gift.

You will want to be part of this special day as we come together as a campus to raise awareness and support for those in need.



The Benevolence Fund provides shelter and security to our seniors who of no fault of their own have exhausted their financial resources. Residents who receive assistance from our Benevolence Fund are in Assisted Living or Long-Term Care.

The Staff Scholarship Fund makes it possible for staff to further their education, improve their skills, and provide expert care for the residents they serve.

CC Young asks you to **Save the Date for North Texas Giving Day on September 18** and consider giving to enhance the quality of life for those we serve. Then join us at happy hour in the afternoon, where we will announce the total raised.

Three reasons to not miss the CC Young "Thrive" North Texas Giving Day event:

- 1.) Donations given on North Texas Giving further the mission of CC Young!
- 2.) Your gift will support the Benevolence Fund and Staff Scholarship Fund!
- 3.) When the CC Young community comes together, everyone Thrives!

Do not forget to check out the CC Young Facebook page, your email, and Channels 80 and 81 for more information. Regardless of how you give on September 18, drop by The Point for a "THRIVE Celebration" to reach our goal of \$60,000!



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

CC Young Celebrates
Thriving

CARE FOR YOUR COMMUNITY AND THE ENVIRONMENT!

Are you passionate about keeping our community clean and beautiful? Do you enjoy giving back and spending time with like-minded people? If so, join CCY resident **Kay Maxwell** and the dedicated volunteers at CC Young! Two fantastic groups, the Litter Gitters and the White Rock Wrappers who meet monthly at The Point to make a real difference.



The **Litter Gitters** are a passionate group of volunteers who are dedicated to keeping the CC Young campus and its surrounding areas free of litter. This enthusiastic team regularly laces up their walking shoes and grabs reusable bags to tackle any trash they find. Their efforts extend to the area across the street from CC Young, an area sponsored by the community itself, ensuring a clean environment for everyone who visits.

The **White Rock Wrappers** have been supporting the "For the Love of the Lake" (FTLOTL) program since 2016. This group of 10 to 12 people prepares an impressive 200 to 400 trash and recycling bags each month for the hundreds of volunteers who participate in the monthly lake cleanup. These compact, individually rolled bags are perfect for supply kits, making it easier for volunteers to keep White Rock Lake pristine.

Joining the White Rock Wrappers & The Litter Gitters is a great way to:

- **Make a Difference:** Help keep White Rock Lake and the surrounding community clean.
- **Stay Active:** Enjoy light exercise, fresh air, and work your hand muscles.
- **Have Fun:** Listen to music, socialize with fellow residents, and create lasting memories.

Whether you are a seasoned volunteer or new to community service, we welcome you with open arms. **The Litter Gitters and White Rock Wrappers** are a fun and rewarding way to give back. Interested in joining one of these groups? Contact The Point at CC Young for details on their next monthly meeting. Check the monthly Lifestyle Guide to confirm dates and times!

THE FITNESS INSIDER

September 2025

Happy September!

Summer is winding down, and it's a great time to refresh your fitness routine. This month, focus on balance, strength, and mobility to keep moving safely and confidently.

Fit League – July Champions

(See full list on the next page)

Congrats to our Gold, Silver, and Bronze Champions for July! Your dedication and consistency keep you strong and inspire the whole community.

How Can I Participate?

Just keep showing up!

For Gym Visits: Make sure to sign in every time you come in.

For Group Classes: Your instructor will take attendance during class (Includes Aquatics classes).

EQUIPMENT ORIENTATIONS

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

Every Tuesday • 10:00 a.m.

Every Thursday • 1:00 p.m.

STRONG LEGS = STRONG LIFE

Do 2–3 rounds, rest as needed.

- Chair Squats: 10–12 reps
 - Stand in front of a chair, lower until you tap it, then stand tall without using your hands.
- Side Leg Lifts: 8–10 per leg
 - Hold chair for balance, lift leg out to the side, pause, then lower slowly.
- Heel-to-Toe Walk: 8–10 steps forward & back
 - Place heel directly in front of toe each step to challenge balance.
- Calf Raises with Hold – 8–10 reps
 - Lift up onto toes and hold for 3 seconds before lowering.



"It's not about being the best. It's about being better than you were yesterday."

– Anonymous

THE FIT LEAGUE

JULY CHAMPIONS

GOLD LEAGUE

Bobbie Mankey
Michael York
Ernie McAfee
Leo Chang
Sharon Yost
Lynne Hoseck

Frank Busby
Suzanne Smith
Vicki Hill
Corinne Bryan
Lorrie Mercer

SILVER LEAGUE

Margaret Gillett
Diana McAfee
Alix Mason
Karen Stanland
Kay Maxwell
Shoshanna Gardiner
Sue Hooks
Jennifer Aguiler
Jill Pickett
Korrine Hearn
Gloria Little

Diane Hardman
Harriett Anderson
Nancy Cooper
Rick Herrick
Carol Donovan
Judy Hearne
Karl Warkentin
Louise Cassingham
Mary Heuertz
Sharon Gustof

Jill Hennegan
Lynn Duvall
Nancy Cain
Susan Grundy
Bruce Anderson
Darlene Tobin
Gwen Lummus
Nan Alexander
Nancy McWhorter
Rita Warkentin

BRONZE LEAGUE

Anneliese Carber
Esther Davis
Irma Kinder
Liza Sindalously
Gordon Fox
Carol Croy
Charlie Smith
Gene McWhorter
Laura Marsh
Marilyn Spaulding
Nancy Worden
Peggy Wing
Saquita Poston
Steve Melton
Wanda Moreland
Mary Jarvis

Pamela Clark
Ruby McLeod
Ann Williams
Bettye Johnson
Kathy Rauscher
Lou Bruce
Margaret Hranitzky
Mary Johnson
Pat Gunter
Tim McDonnell
Walt Davis
Mel Symmank
Bernice Buxbaum
Fred Meyers
James Sheehan
Kathy Davis

Olin Knudsens
Sandy Kaiser
Vada Boyle
Bob Woodchek
Carol Shinoda
Jeanne Walker
Jill Goad
Jill Mandell
Cheryl Brunson
David Jeffrey
Gabriele Grushukus
Harriett Willis
Jim Ryan
Joyce Johnson
Karen Perez

Phil Shannon
Sharon Edwards
Kay Peters
Richard Kurth
Barbara Symmank
Bernice Reeves
Brenda Stokes
Carmen Vaughan
Carolyn Knudsens
Kathryn McDonnell
Lois Reid
Mike Elvir
Nell Williams
Pat Kidd
Sally Fifer

TIPS & REMINDERS

Tips for Building Confidence and Learning

1. Find a Patient Teacher

Learning something new is always easier with a good teacher. Ask a grandchild, a trusted neighbor, or a friend to help you. The most important thing is to find someone who is patient and willing to go over things as many times as you need. Some community colleges also offer free or low-cost classes for seniors.

2. Make the Text Larger

Are you avoiding a new device because the screen or text is too small? Most devices have accessibility settings that let you increase the text size and make it easier to read. If you have a voice assistant like Siri, you can even say, "Take me to my settings to change my text size."

3. Use Google for Help

Don't be afraid to "Google it." Google is a powerful tool you can use to find instructional videos and tutorials for almost anything. Can't figure out how to download an app? Just type your question into the search bar, and you'll find plenty of helpful information.

4. Explore Accessible Devices

Technology is more than just smartphones and computers. Many devices are designed to make life easier. For example, e-readers can let you read books without lifting heavy pages, and captioned telephones can help people who are hard of hearing communicate more easily.



WELCOME

To The

Neighborhood

Please Welcome CC Young's new
Independent Living Residents!

ASBURY



Kelli
Sander



Maridine
Wall

OVERLOOK



Jo
Biggerstaff



Jim
Biggerstaff



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

CCY YOUNG

MASSAGE THERAPY & WELLNESS

SEPTEMBER TEAM BIRTHDAYS

LaSheena Houston	9/3	Hospice
Yessica Pina	9/3	Hospice
Regina Davis	9/4	Health Center
Mackenzie Dulcie	9/4	Therapy
Leeanna Ardoin	9/5	Private Care
Sandra Cantu	9/5	Maintenance
Temitope Johnson	9/5	Private Care
Jocelyn Alonso	9/6	Dining Services
Shalletta Brown	9/7	Dining Services
Yevante Langford	9/8	Dining Services
Peter Fasanya	9/9	Therapy
Corey Miles	9/9	Dining Services
Charlisa Royster	9/9	Dining Services
Kelsi Smith	9/9	Therapy
Jo Nita Taylor	9/9	Private Care
Cleta Alexander	9/10	Business Office
Hailey Bowie	9/10	Health Center
David Ntwari	9/10	Dining Services
Ndidiamaka Iwuji	9/11	Health Center
Belinda Pratt Turner	9/12	Assisted Living
Rachael Spencer	9/12	Dining Services
Carolyn Sabbath	9/13	Health Center
Lisa O'Brien	9/14	Sales
Diana Salazar	9/14	Health Center
Shanti Smith	9/14	Dining Services
Keyun Williams	9/15	Dining Services
Lynda Jackson	9/16	Memory Support
Ashanti Nyangau	9/17	Health Center
Brittany Taylor	9/17	Housekeeping
Ilian De Luna	9/18	Sales

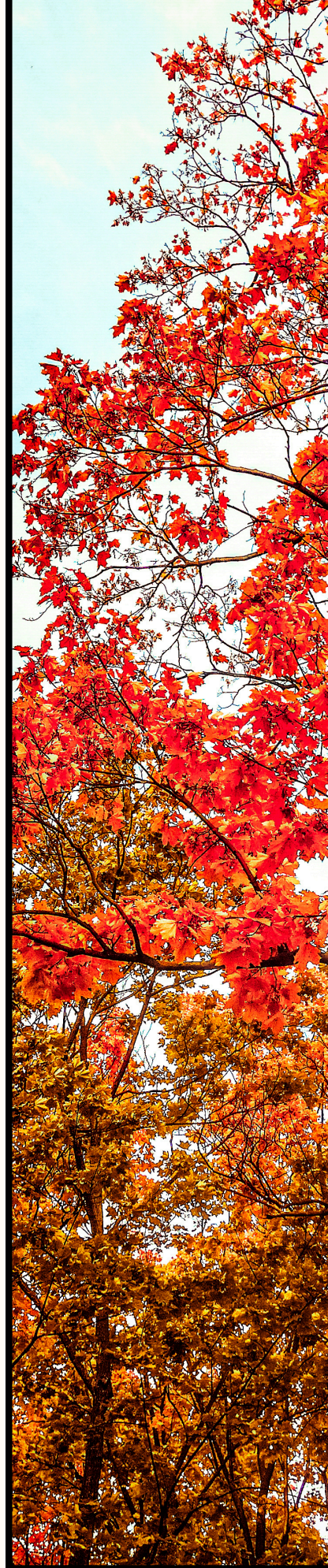


Laura Ramirez	9/18	Health Center
Kelly Ayotte	9/19	Therapy
Lachris Ervin	9/19	Housekeeping
Sophia Stanley	9/19	Therapy
Angela White	9/19	Private Care
Kyle Gunning	9/20	Therapy
Angela Hernandez	9/20	HR
Kevin Nelson	9/20	Housekeeping
Rahel Tafese	9/20	Hospice
Esther Cooper	9/21	Housekeeping
Joseph Houston	9/21	Dining Services
Desta Lakew	9/22	PDS
Warren McNeal	9/22	Dining Services
Damaris Needham	9/22	Health Center
Alexander Diaz	9/24	Dining Services
Eva Espinoza	9/24	Housekeeping
Glenda Leach	9/25	Health Center
Dionne Manganje	9/26	Assisted Living
Krystal Martinez	9/26	Dining Services
Elisa Kodros	9/27	HR
Brittney Young	9/27	Dining Services
Avis Hines	9/28	Therapy
Sharmaine Samuels	9/29	Therapy
Chris Thomas	9/29	Hospice
Cinderella Arshad	9/30	Private Care
William Shepard	9/30	Dining Services



September Team Anniversaries

Employee Name	Hire Day	# Yrs	Department
Brandy Valadez	9/1/2021	4	Clinic
DeLisa Taylor	9/2/2023	2	Therapy
Amaechi Egedigwe	9/3/2024	1	Health Center
Seleatha Baldwin	9/3/2024	1	Private Care
April Wright	9/5/2023	2	Dining Services
Cindy Diaz	9/5/2012	13	Housekeeping
Doreth Swaby	9/5/2007	18	Private Care
Diana Alcantar	9/5/2023	2	Housekeeping
Evelyn Windham	9/5/2012	13	Assisted Living
Flora Imoudu	9/5/2023	2	Health Center
Lominat Wolde	9/5/2023	2	Housekeeping
Corey Miles	9/6/2024	1	Dining Services
Genet Benti	9/6/2022	3	Housekeeping
Van Dinger	9/6/2022	3	Maintenance
Tyrone McKinney	9/6/2022	3	Dining Services
Olivia Randall	9/6/2023	2	Hospice
Alethea Butler	9/6/2022	3	Assisted Living
Jedidah Chepkirui	9/6/2022	3	Memory Support
Letisha Gentry	9/6/2022	3	Health Center
Joy Little	9/7/2021	4	Hospice
Sophia Stanley	9/8/2023	2	Therapy
Raelynn Scott	9/9/2015	10	Development
Ma Del Carmen Salas	9/10/2018	7	Housekeeping
Lemlem Gebre	9/10/2018	7	Private Care
Sarah Holforty	9/11/2017	8	Sales
Roman Zeleke	9/12/2022	3	Private Care
Edna Gray	9/13/2018	7	Dining Services
Flora Ugbor	9/13/2023	2	Health Center
Emily Wilson	9/13/2021	4	Hospice
Lisa O Brien	9/13/2010	15	Sales
Harriette Clay Nyian	9/13/2021	4	Health Center
Latasha Clark	9/15/2023	2	Community Outreach
Donna Baker	9/16/2024	1	Sales
Rose Nyamichaba	9/16/2023	2	Private Care
Tiowanna Moore Hamilton	9/16/2024	1	Assisted Living
Torri Parnell	9/16/2020	5	Health Center
Tirunesh Abdi	9/16/2015	10	Dining Services
Constance Newhouse	9/16/2024	1	Community Outreach
Funmilayo Jacob	9/17/2024	1	Assisted Living
Iyabode Olabayo	9/18/2023	2	Private Care
Peter Ogbeifun	9/19/2022	3	Therapy
James Smith	9/19/2022	3	Maintenance
Georgina Anukem	9/19/2012	13	Health Center
Atinuke Adebote	9/19/2022	3	Assisted Living
Lazaro Raul Cabello	9/19/2016	9	Housekeeping
Meredith Tusa	9/19/2022	3	Therapy
Karielis Bohorquez	9/21/2024	1	Dining Services
Kia Davis Holley	9/21/2020	5	Health Center
Idreka McEwen	9/21/2022	3	Assisted Living
Josefina Little	9/22/2010	15	Housekeeping
Kelly Ayotte	9/22/2021	4	Therapy
Trevion Lennan	9/23/2023	2	Dining Services
Kellie Lamm	9/23/2019	6	Health Center
Shashu Keleta	9/24/2018	7	Health Center
Aaliyah Bookman	9/26/2024	1	Private Care
Carlos Najera	9/26/2022	3	Dining Services
Joseph Burns	9/26/2024	1	Hospice
Kandice Chatman	9/28/2022	3	Home Health
Amarech Tato	9/28/2023	2	Private Care
Bella Enefiok Udo	9/30/2024	1	Private Care



Carolyn Williams	1	Vista
Rae Marquis	1	Asbury
Jade Edwards	2	Thomas
Mary Story	2	Asbury
Jack Newfield	4	Vista
Betty Setliff	7	Overlook
James Russell	7	Vista
Linda Gaudsmith	7	Vista
Doug McMillan	8	Overlook
Edwin Lamberty	9	Vista
Ernie McAfee	9	Thomas
Nancy McWhorter	9	Overlook
Anneliese Carber	10	Thomas
Robert Ross	10	Asbury
Barbara Symmank	11	Asbury
Brittie Hartline	11	Hillside
Helen Conway	11	Vista
Lida Jenkins	11	Vista
Michael Morris	11	Vista
Benjamin Thieme	12	Vista
Jill Pickett	12	Overlook
Claudia Barnard	13	Vista
Bob Williams	14	Overlook
Elsie Allmon	14	Hillside
Charlotte Kuser	15	Overlook
Ella Dose	15	Hillside
Gene McWhorter	15	Overlook
Jeanette Hughes	15	Asbury
Scott Johnson	15	Overlook



Gene Ward	16	Overlook
Judith Lubow	16	Thomas
Robert Smith	16	Overlook
Cheryl Brunson	17	Asbury
Laura Pappas	17	Vista
Anne Nicholson	18	Vista
Allen Jenkins	19	Vista
Jo Durand	20	Overlook
Mike Wallace	22	Vista
Mary Rider	23	Vista
Myrna Stillman	23	Vista
Richard Gray	23	Hillside
Vernon Kidd	23	Overlook
James Smith	24	Overlook
Betty Barnes	25	Overlook
Fred Banes	25	Overlook
Bill McMillin	27	Asbury
Janet Dettra	27	Asbury
Jean Perry	27	Overlook
William Vanpelt	27	Vista
Barbara Frizell	28	Vista
Carolyn Cotton	28	Vista
Renee Cartwright	28	Vista
Ron Rainey	29	Asbury
Donald Thurman	30	Thomas
Judith Banes	30	Overlook

SEPTEMBER

Resident *Anniversaries*



14 Years

Marian Hammert
Donna Rush
Sharon & Fred Christen

13 Years

Sandy Bell

12 Years

Phyllis Wilbourne

11 Years

Don Davis
Joyce Johnson

9 Years

Diane Hill
Saquita Poston

8 Years

Karola Hustis

7 Years

Kathryn Bacon

5 Years

Patricia Loe
Sharon Bullock **PAGE 59**

THOMAS CUISINE SPECIAL DINING DAYS

Action Station of the Month: Baked Potato Bar

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Thomas Action Station 11:30am-1pm HTA	3	4 Hillside Action Station 11:30am-1pm HTA	5 4833 Chef Spotlight Chef Tim Woehr	6
7	8	9 Thomas Food Committee Meeting 2:30pm	10	11 Asbury Action Station 11am-1:30pm HTA	12 4833 Chef Spotlight Chef Negust Kaza	13
14 National Eat A Hoagie Day	15	16 Overlook Food Committee Meeting 3pm	17 Conley's Action Station 11:30am-2pm HTA	18 National Rice Krispie Treat Day	19 4833 Chef Spotlight Chef Byron Reed	20
21 National Pecan Cookie Day	22	23 Asbury Food Committee Meeting 2pm	24	25 National Quesadilla Day	26 4833 Chef Spotlight Chef Jose Hurtado	27
28	29 National Biscotti Day	30				

The CC Young chefs will be hosting a 4833 Chef Spotlight each weekend in September. Reservations are required 24 hours in advance with cutoffs at 6pm the previous day. Refer to flyers regarding menus and additional details or call the Conley's host stand at 972-755-3259.

09/14 | Italian Hoagie Special at the Bistro

09/18 | Rice Krispie Treat variations available at the Point Café & Bistro

09/25 | Free chips & salsa with all quesadilla purchases at the Bistro

09/29 | ½ off Biscotti cookie with purchase of any coffee at the Point Café & Bistro

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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25TH ANNIVERSARY

*Spirit is
Ageless*



ART & WRITING
CONTEST | 2025

Your Story.
Your Art.
Your Moment
to Shine.

Show Dates

Saturday, August 23- Friday, October 24

Celebration of Artist & Writers

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

25
YEARS



Featured Speaker Dr. Alise Cortez

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

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



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

Light refreshments served

rsvp@ccyoung.org

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

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CC YOUNG
SENIOR LIVING

CC YOUNG'S 3RD ANNUAL

TRUNK OR TREAT

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

Volunteer to host a trunk!

You'll need:

- A vehicle
- Some willing friends or coworkers
- A few hundred pieces of candy
- Decorations to make your car look creepy, engaging, or awesome (themes preferred, but not required)
- Be here around 3 that day

We'll provide

- Kiddos to come get candy
- Some extra candy if you run out
- Prizes for the scariest, most creative, and best overall trunk

**Scan this QR Code
to register by
Friday, October 24!!**

