

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



THRIVE IN '25



On The Cover

Holidays at CC Young!
For more info on all the
traditions see pg. 48.

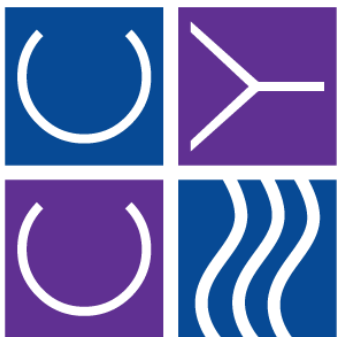
FREE
PLEASE TAKE
ONE

Holiday Spirit
MUSIC & MORE

Delightful December
SPREAD JOY THIS MONTH!

Ending The Year
WITH A BANG!

DECEMBER 2025



MEET THE TEAM



Brian Parman
Director, Resident &
Community Engagement
bparman@ccyoung.org
972-755-3260



Angela Castillo
Assistant Director
Resident & Community
Engagement
acastillo@ccyoung.org
214-841-2831



Jennifer Griffin
Vice President, Community
Outreach & Engagement
jgriffin@ccyoung.org
214-841-2903



Rebecca McDaniel
Resident & Community
Engagement Specialist
rmcdaniel@ccyoung.org
469-522-2775



Elena Jacobs
Manager, Life Enrichment
ejacobs@ccyoung.org
214-841-2988



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



Tammy Slauson
Wellness Program Manager
tslauson@ccyoung.org
214-874-7413

POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



Lori Sanders
Speech Therapist /
Parkinson's: Speak
Out Therapy group
Instructor
lsanders@ccyoung.org

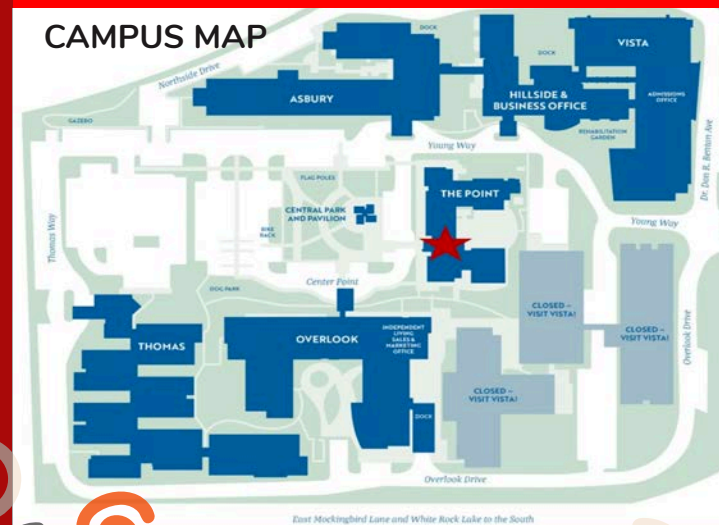


David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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



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

>> Table of Contents

7 Dimensions of Wellness

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

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

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

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

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

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

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

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

5-10

Highlights of Events

- December Art Student Show
- Advent Study
- Hunt Carolers
- Mobile Mammogram
- Cozy Country Christmas
- IL- NYE Party



11-19

Groups & Wellness

- Collaborative Partners
- Special Interest Groups
- Wellness Classes- Wellness Rainbow
- Aquatics Classes & Team



20-40

Daily Schedule

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

41

Lifestyle Section

42-47

Team Talk!

- From The Director
- Crews News
- Village Report

48-54

Articles

- On The Cover
- Holiday Contest Winner
- The Delight of Giving
- The Fitness Insider
- Holiday Shopping Tips

55-59

Celebrations

- Welcome New Residents
- Team Birthdays
- Team Anniversaries
- Resident Birthdays
- Resident Anniversaries



60-64

Save The Dates

- Dining Days
- January Art Gallery Show
- Visions with A Twist
- Olli Spring Kickoff

What THE HOLIDAYS Mean to Me

ART SHOW By Local Student Artists

NOVEMBER 26 – JANUARY 2
The Point Art Gallery

Step into the holiday spirit at our annual "What the Holidays Mean to Me" art show! We're showcasing the incredible imagination of young artists, ages 4 to 14, as they share their unique perspectives on the season. This inspiring show brings generations together, offering a joyful look at the holidays through the eyes of our community's kids.

Meet The Student Artists Reception

Saturday, December 13
2:00pm



**RSVP TO RECEPTION BY
SCANNING CODE OR
CALLING 214-841-2831**

 **CC YOUNG**
THE POINT & PAVILION

4847 W. Lawther Dr.
Dallas, TX 75214



CC YOUNG
THE POINT & PAVILION

Advent Study

Mondays Dec. 1, 8, 15, & 22

2:00pm

The Point Auditorium

This holiday season, we invite you to pause the hustle and bustle and find deeper meaning in the story of Christ's birth.

Join Allison Foster-Letico and Richard Stanford for an Advent Study using the inspiring book, "Prepare the Way for the Lord" by Adam Hamilton.


Amidst the flurry of festivities, this study offers a special, inclusive space for fellowship and centering on the spiritual heart of the holidays.

Books will be provided. Sign up at The Point.



JOIN US FOR THE ANNUAL

HUNT OIL CAROLERS



TUESDAY
DECEMBER 9
4:15pm

Resident Only Event!

Independent Living Residents - The Point
Hillside & Vista 9 Residents - Hillside Dining Room
Vista 4 Residents - Vista 4



SCHEDULE Your Annual Mammogram

The UTSW Mobile Mammography
Unit will be on Campus

**NEW
UPDATE**

**Thursday
December 11
8:00am to 3:00pm**

**Open to CC Young
Residents and Staff**



**Please call
214-645-2560 and have
your insurance card
ready to pre-register for
an appointment.**

Guidelines for mammograms:

- Annual screenings are recommended for women beginning at age 40.
- UT Southwestern Medical Center accepts most major insurance plans. Please check with your health insurance provider to see if UT Southwestern is in their network.
- The UTSW Mobile Mammography Unit is designed for routine screenings. If you have any breast problems, please consult your physician.
- Patient must wear a mask. Patient will wait in the dressing room until called by the technologist.
- All areas will be sanitized in between patients.
- Please wait 4-6 weeks after your COVID vaccination for your screening mammogram.



CC YOUNG
THE POINT & PAVILION

A Cozy Country Christmas

Saddle Up for a holly-jolly good time
with Angie McWhirter and Friends!

Tuesday, December 16
7:00pm
The Point Auditorium

Kick off your boots and
settle in for a show filled
with toe-tappin' tunes,
twangy cheer, and the warm
spirit of a true country
Christmas.

It's festive, fun, and full of
the songs you love!

Refreshment Provided.



CC YOUNG
SENIOR LIVING

4847 W. Lawther Dr.
Dallas, TX 75214

INDEPENDENT LIVING

New Year Party

WEDNESDAY
DECEMBER 31

DINNER AT ASBURY AND
A SHOW IN THE POINT

TWO SEATING OPTIONS
4:30 PM DINNER AND 6:15 PM SHOW
OR
4:30 PM SHOW AND 6:15 PM DINNER

SIGN UP AT THE POINT
BY FRIDAY, DEC. 19



PAGE 10

ENTERTAINMENT BY
THE KAI WAGNER
QUARTET



CC YOUNG
SENIOR LIVING

Special Menu

1st Course:

Lobster Bisque with
grilled sourdough

Main Course:

Seared beef Tenderloin &
Scallops with Béarnaise
sauce

Chive whipped potatoes &
roasted tricolor baby carrots

Dessert:

Golden Night: honey
financier dulce mousse,
Grand Marnier orange heart,
orange cremeux &
honeycomb candy

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

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



CC Young Auxiliary

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

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



Dallas Area Fiber Artists

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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



Dallas County Pioneers

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

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



Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.

Uke Can Do it!

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



Happy Hookers

Group members measure, cut, and crochet plastic bags into "plarn," turning them into sleeping mats for the homeless. Supplies are provided, but you can bring your own scissors or crochet needles. **Mondays at 9:30am.**



Knotty Knitters & Crafty Crocheters

Whether you enjoy knitting, needlepoint, or crocheting, you're in good company with this group. Bring your own needles. Yarn has been donated for projects. **Mondays at 2pm.**



Garden Club

Group is open to gardeners new and old! With the addition of the new Green House and raised garden beds to the campus, the Garden Club meets to plan projects.

Thursdays at 2pm



Scribblers, Scribes and Seekers

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

Wednesdays at 9:45am.



CC Young 'Uns Choir

Singing at CC Young for 30+ years, the choir is currently under the direction of Russ Rieger and accompanied by pianist Kathy Beal. Current choir members vary in age from 65 to 95 years young. New members welcome! **Tuesdays at 1pm**



Fellowship, Word & Bible Study

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



Acting Fun

Led by Linda Leonard, the group does table reading, story telling, and radio plays, as well as produces their own programs for all to see. **Wednesdays at 2pm.**



Rummikub Club

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

Wednesdays at 9:30am



Wii Bowling Team

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

Fridays at 10am



Sign Language Fun

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



White Rock Wrappers

Group gathers to help prepare supplies for the monthly lake cleanup. Supplies provided.

Check guide for days.



Book Club

Explore the genre of science fiction with fellow book lovers. The club focuses on key themes in sci-fi. Bring a book of your choice to share and discuss. **Check guide for days.**



Opera Club

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

The EXERCISE Rainbow

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

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

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

The EXERCISE Rainbow

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



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

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



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

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

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



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

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



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

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

Also Supports Mobility



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 / Tues & Thu
Instructor: Juliette Coulter

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 / Tues, Thu & Fri
Instructor: Heidi Fessler

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



Balance 1
10:00-10:45am / Tues & Thu & Wed in Vista 9
Instructor: Heidi Fessler

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



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

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



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

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



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

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



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

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



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

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



Leg Lab
9:30-10:00am / Wed
Instructor: Kori Ware

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



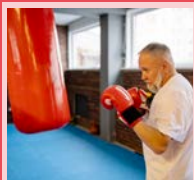
Drumba
11:00-11:45am / Wed
Instructor: Tammy Slauson

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



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

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



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

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



Total Body Lab
10:30-11:00am / 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.



Full Body Mobility
10:00-10:30am / Fri
Instructor: Kori Ware

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

Drop-in Equipment Orientations
1:00-1:45pm Thursday

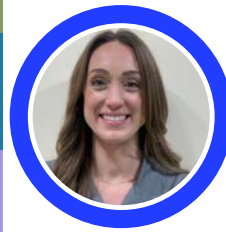
Get an overview of each machine prior to use of gym equipment.



CLASSES ARE OPEN TO RESIDENTS AND POINT MEMBERS ONLY



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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

AQUATICS 101

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

(By Appointment)

RSVP for all aquatics classes: 972-638-8795

OPEN SWIM

Mon., Wed., Fri.

9:00am–10:30am and 10:30am–12:00pm

Tuesdays

12:00pm–1:30pm and 1:30pm–3:00pm

Thursdays

1:00pm–2:30pm and 2:30pm–4:00pm

AQUACISE CLASS

Mon., Wed., Fri. - 2:00pm–3:00pm

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

AQUA FLOW CLASS

Mon., Wed., Fri. - 1:00pm–2:00pm

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

POOL VOLLEYBALL

Tuesdays - 3:00pm–4:00pm

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

LAP SWIMMING

Tues., and Thurs. - 11:00am–12:00pm

AQUA BOOT CAMP

Mon., Wed., Fri. - 3:00pm–4:00pm

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

H2O HUSTLE

Mon., Wed., Fri. - 8:00am–8:45am

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

Open to Residents and Point Members



December GIZMO GUIDANCE



Instructor
David Sorkness



Saturday, December 6

9:30–10:30am– Keychain apps, how do they work and why they are beneficial

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



Monday, December 8

2:00pm–3:00pm – iPad basics – How is my iPad different from my phone?



Friday, December 12

2:00pm–3:00pm – How is my iPad different from my phone? Continued



Saturday, December 20

9:30–10:30am– WhatsApp, what is that?

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



RESIDENT TRIPS

Sign up for all trips at The Point

Trip Sign-up policy:

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

Waitlist policy:

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

Group Trip Requests:

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

Individual Transportation Requests

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



Lakehill Prep Annual Holiday Luncheon

**Friday
December 5
10:00am**

Sign up at The Point.



Christmas at Highland Park with Renee Elise Goldsberry & the Chancel Choir

**Sunday, December 7
4:45pm**

Sign up at The Point.

CHRISTMAS LIGHT TOURS

Three Options to Choose From

**Thursday, December 11
Monday, December 15
Wednesday, December 17**

5:45PM - 7:30PM

Embark on a tour through the dazzling displays
in Highland Park.

Sign up at The Point.

Anita Martinez Ballet Folklorico 50th Anniversary Performance at Moody Hall

**Tuesday
December 9
10:00am**

Sign up at The Point. Cost:
\$5.00 to be charged to
resident account.



Trip to Umphress Terrace

**Monday
Dec. 22**

**9:30 am to
12:00 pm**

Sign up at The Point.

THIS WEEK'S

Highlights

Monday, December 1

9:30am

**Coffee & Convo with
Rebecca**

Tuesday, December 2

6:30pm

Lessons & Carols

Friday, December 5

1:30pm

Movie Matinee

Annie

Rated-G · 1982

Family/Musical · 2h 7m

SUNDAY, NOVEMBER 30

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

9:30am - 10:30am

Christ Chapel All Welcome!

Vista-2

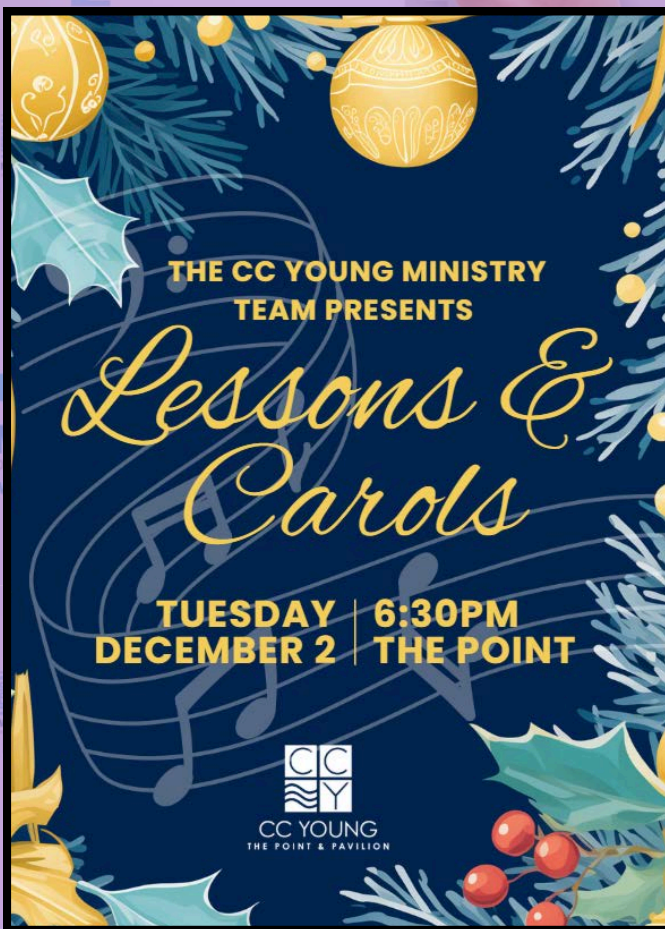
11:00am - 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!



MONDAY, DECEMBER 1

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am Arm Lab
11:00am – 11:45am Chair Volleyball

Vista 9th Floor Res & PM Only

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

Aquatics Classes

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

8:00am – 8:45am H2O Hustle
9:00am – 10:30am / 10:30am – 12:00pm Open Swim
1:00pm – 2:00pm Aqua Flow Class
2:00pm – 3:00pm Aquacise
3:00pm – 4:00pm Aqua Boot Camp



9:30am – 10:30am Game Zone
Coffee and Convo Res. & PM Only
Get to know Rebecca McDaniel with a warm drink and conversation.

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

10:30am – 11:30am Vista 9
Current Events Res. & PM Only
With Randy Mayeux

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group Res. & PM Only
Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information please contact Lori Sanders at 214-675-1299.

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

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



2:00pm – 3:00pm Auditorium
Advent Study Res. & PM Only
Join Allison Foster-Letico and Richard Stanford for an Advent Study using the inspiring book, "Prepare the Way for the Lord" by Adam Hamilton. Sign up at The Point

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

TUESDAY, DECEMBER 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 – 12:00pm Recovery

Aquatics Classes

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

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

PM Exercise Classes

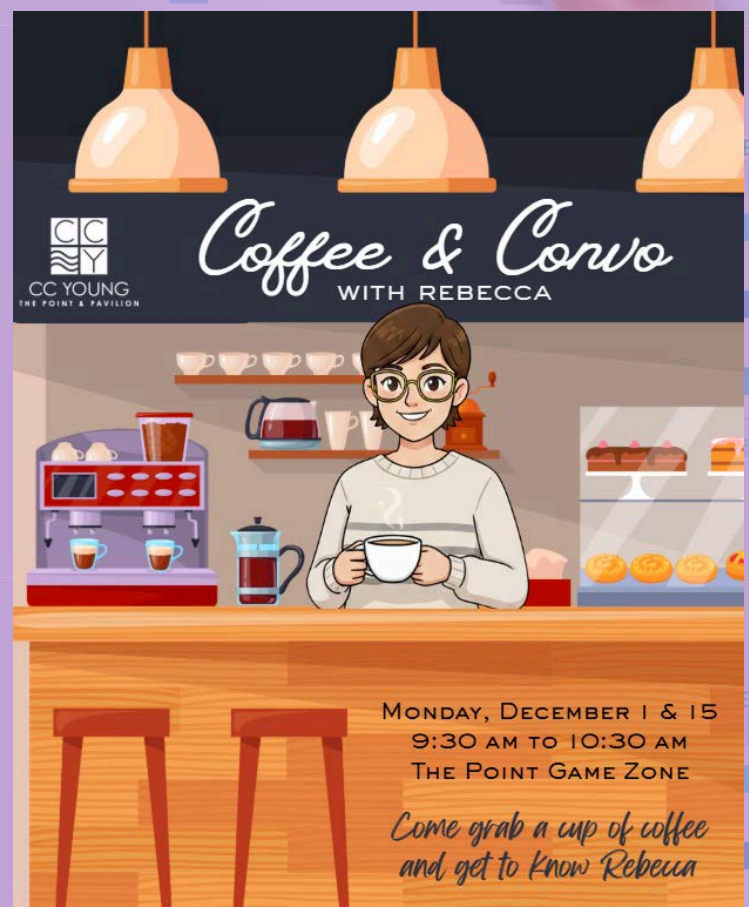
Fitness Center Classroom Res & PM Only

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

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



6:30pm – 7:30pm Auditorium
Lessons & Carols Res. & PM Only
CC Young's Annual Holiday Music Worship Service



WEDNESDAY, DECEMBER 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

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 & Aldi

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

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:30am – 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 Drama Club

Res. & PM Only

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, DECEMBER 4

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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



1:30pm – 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

5:00pm – 6:00pm Movement & Dance with Bruce Wood

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

CXL THIS MONTH

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

Words of Wonder Workshop

Create your own Inspiration Jar



Hosted By :

Jeanette Hughes



**SATURDAY
DECEMBER 6**

2:00pm - 4:00pm

Create an Inspiration jars- simple but powerful tool to pause and find a little light each week.



CC YOUNG
THE POINT & PAVILION

Limited Spots.

Sign up at The Point

FRIDAY, DECEMBER 5

AM Exercise Classes

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

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


 10:00am – 12:00pm **Resident Only**
Bus Trip to Lake Hill Prep Sign-up at The Point.
Annual Holiday Luncheon


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

 10:00am – 11:30am **White Rock**
Watercolor Secrets (4 of 6) Res. & PM Only
 Learn about simple techniques that make water colors sing! Beginners welcomed.
 Instructor Walt Davis.

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 **CXL TODAY**
 3:00pm – 3:45pm Balloon Badminton **CXL TODAY**

TIME CHANGE TODAY ONLY
 1:00pm – 3:00pm **Resident Only**
Shopping Trip to Kroger
 Sign-up at The Point.
 Pick-up in front of your building

 1:30pm – 3:30pm **Theater**
Movie Matinee All Welcome!
Annie
Rated-G · 1982 · Family/Musical · 2h 7m

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


SATURDAY, DECEMBER 6

9:30am – 11:30pm **Tech Lab**
Gizmo Guidance Res. & PM Only
 9:30am- Keychain apps, how do they work and why they are beneficial.
 10:30am- Open Lab time

10:00am – 4:00pm **Auditorium**
Dallas County Pioneers Res. & PM Invited
Monthly Meeting & Holiday Brunch- RSVP REQ.

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.

 2:00pm – 4:00pm **Flagpole Hill Class**
Words Of Wonder Res. & PM Only
Workshop
 Create an Inspiration jar- simple but powerful tool to pause and find a little light each week. Sign up at The Point.

Movie MATINEE

Annie

Rated-G · 1982 · Family/Musical · 2h 7m

A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.



Friday, December 5
1:30pm

Free popcorn and water.
 All Welcome!

THIS WEEK'S

Highlights

Monday, December 8

10:00am

Arts & Crafts with Patricia Dillingham

Tuesday, December 9

4:15pm

The Hunt Carolers

Thursday, December 11

5:45pm – 7:30pm

Resident Trip: Holiday Light Tour (1 of 3)

Friday, December 12

10:00am

Metro Paws Mobile Vet

Friday, December 12

1:30pm

Movie Matinee

The Best Christmas Pageant Ever

Rated-G · 2024 · Family/Comedy · 1h 39m

Saturday, December 13

2:00pm

What The Holidays Mean to Me Student Art Show Reception



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

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

SUNDAY, DECEMBER 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!



4:45pm – 7:30pm

Bus Trip- Tower Arts

HPUMC

Resident Only

Christmas at Highland Park With Renée Elise
 Goldsberry and the HPUMC Chancel Choir.

Pickup at The Point.



**ARTS & CRAFTS
 WORKSHOP**

With Patricia Dillingham

**MONDAY
 DECEMBER 8
 10:00AM**

**This Month's
 Project:
 Fancy Paper
 Boxes**

All Supplies Provided.
 No Experience Necessary.

Open to Residents and
 Point Members

Limited Spots.
 Sign up at The Point!

CC YOUNG
 THE POINT & PAVILION

MONDAY, DECEMBER 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
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 Patricia Dillingham

Res. & PM Only

Sign up at The Point

This month craft project: Fancy Paper Boxes

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information, please contact Lori Sanders at 214-675-1299.

1:00pm – 2:00pm

Tech Lab

Sign Language Fun!

All Welcome!

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only

2:00pm – 3:00pm

Tech Lab Class

Gizmo Guidance Class

Res. & PM Only

iPad basics - How is my iPad different from my phone?



2:00pm – 3:00pm

Advent Study

Auditorium

Res. & PM Only

Join Allison Foster-Letico and Richard Stanford for an Advent Study using the inspiring book, "Prepare the Way for the Lord" by Adam Hamilton. **Sign up at The Point**

TUESDAY, DECEMBER 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



1:00pm – 2:00pm

IL Trip- Anita Martinez

Moody Hall

Resident Only

Folklorico Performance

\$5.00, Sign up at The Point.

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



2:30pm – 3:30pm

Chef Connection

Thomas Dining Rm.

Resident Only



4:15pm – 5:30pm

Hunt Carolers

Auditorium

Resident Only

Join us in welcoming the Hunt Carolers for their annual holiday show. **See pg. 8** for more info.

WEDNESDAY, DECEMBER 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

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:30am

Resident Only

Shopping Trip to Hillside Village & Aldi

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only!

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



10:00am – 11:00am

Hillside Dining Rm.

Chef Connection

Resident Only

10:45am – 11:30am

Table Talk with John Hill

Vista - 9

Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

3:30pm – 4:30pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

2:00pm – 3:30pm

Acting Fun Drama Club

Theater

Res. & PM Only

4:00pm – 5:00pm

Caregiver Support Group

Vista- 9

Res. & PM Only

THURSDAY, DECEMBER 11



8:00am – 3:00pm

Central Park - Parking Spaces

UTSW Mobile Mammogram Screening

Call 214-645-2560 and have your insurance card ready to pre-register for an appointment.

See Pg. 5 for more info.

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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

2:00pm - 4:00pm

Theater

Opera Club

Res. & PM Only

Enjoy the magic of : *The Merry Widow*

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.

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

CXL THIS MONTH



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

Resident Happy Hour

Pavilion

Resident Only



5:45pm – 7:30pm

Resident Only

Trip: Holiday Light Tour (1 of 3)

Embark on a tour through the dazzling displays in Highland Park. Sign up at The Point.

FRIDAY, DECEMBER 12

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

10:00am – 10:30am Full Body Mobility **CXL Today**

10:30am – 11:00am Total Body Lab **CXL Today**

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise 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

Auditorium

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

Limited Spots.



10:00am – 11:30am

White Rock Class

Watercolor Secrets (5 of 6) Res. & PM Only

Learn about simple techniques that make water colors sing! Beginners welcomed.

Instructor Walt Davis. Sign up at The Point

10:00am – 11:00am

Café Game Zone

Wii Bowling

Res. & PM Only

Practice and team play time.



10:00am – 1:00pm

Auditorium

Metro Paws Mobile Vet Visit

Res. & PM Only

Special Prices for CCY Pets. Call for an appointment or additional mobile service options: 214.324.1500

11:00am – 12:00pm

Café Game Zone

The White Rock Wrappers

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

Res. & PM Only

The Best Christmas Pageant Ever

Rated-G · 2024 · Family/Comedy · 1h 39m

2:00pm – 3:00pm

Tech Lab Class

Gizmo Guidance Class

Res. & PM Only

iPad basics - How is my iPad different from my phone?

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, DECEMBER 13

10:00am – 12:00pm

Auditorium

Dallas Area Fiber Artist

Res. & PM Invited

Monthly meeting & Holiday Party

10:00am – 12:00pm

White Rock Class

Beginner Jewelry Making

Res. & PM Only

Hosted by Jeanette Hughes. Sign up at The Point



2:00pm – 3:30pm

Auditorium

Art Reception for

All Welcome

"What The Holidays Mean to Me Student Art Show."

Treats and Recognition of Student Artists.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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

**4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND
SATURDAY**

Movie MATINEE

The Best Christmas Pageant Ever

Rated-G · 2024 ·
Family/Comedy · 1h 39m

Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the town's yearly Christmas performance.



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

Free popcorn and water.
All Welcome!



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

THIS WEEK'S

Highlights

Monday, December 15

5:45pm

IL Trip: Holiday Light Tour- 2 of 3

Tuesday, December 16

7:00pm

Cozy Country Christmas

Wednesday, December 17

5:45pm

IL Trip: Holiday Light Tour- 3 of 3

Thursday, December 18

10:00am

CC Young 'Uns Christmas Concert

Want more info?

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

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

SUNDAY, DECEMBER 14

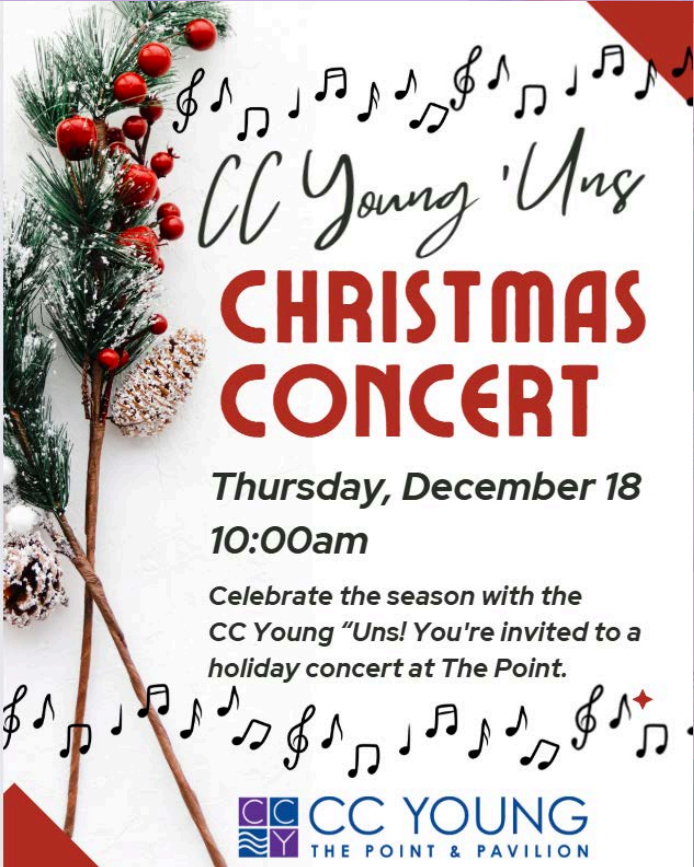
**The CCY Ministry Team hosts
Sunday Worship Services**

**9:30am – 10:30am
Christ Chapel**

**Vista-2
All Welcome!**

**11:00am – 12:00pm
The Point**

**Auditorium &
Ch. 81
All Welcome!**



**CC Young 'Uns
CHRISTMAS
CONCERT**

**Thursday, December 18
10:00am**

*Celebrate the season with the
CC Young "Uns! You're invited to a
holiday concert at The Point.*

**CC YOUNG
THE POINT & PAVILION**

MONDAY, DECEMBER 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
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.



9:30am – 10:30am Game Zone
Coffee and Convo Res. & PM Only
Get to know Rebecca McDaniel with a warm drink and conversation.

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group Res. & PM Only
Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information, please contact Lori Sanders at 214-675-1299

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

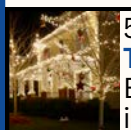
12:00pm – 1:00pm Rock Steady Boxing
2:00pm – 2:45pm Chair Yoga
3:00pm – 3:45pm Sit & Get Fit

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

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



2:00pm – 3:00pm Auditorium
Advent Study Res. & PM Only
Join Allison Foster-Letico and Richard Stanford for an Advent Study using the inspiring book, "Prepare the Way for the Lord" by Adam Hamilton. Sign up at The Point



5:45pm – 7:30pm
Trip: Holiday Light Tour (2 of 3) Resident Only
Embark on a tour through the dazzling displays in Highland Park. Sign up at The Point.

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

Aquatics Classes

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

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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



3:00pm – 4:00pm Conley's
Chef Connection Resident Only



7:00pm – 8:00pm Auditorium & CH. 81
A Cozy Country Christmas All Welcome
Saddle Up for a holly-jolly good time with Angie McWhirter and Friends! Refreshments Served. See pg. 9 for more info.

7:00pm – 9:00pm Auditorium
Harmonica Organization of Texas Res. & PM Invited
Monthly Meeting and jam session



Holiday Pie Order Deadline. See Conley's host stand for more info.

WEDNESDAY, DECEMBER 17

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

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

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

11:00am – 11:45am Drumba

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 & Aldi

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am

Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only!

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

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



1:00pm – 2:00pm
**Rehab Functional
Mobility Screen**

Thomas

Resident Only

Assessments to determine mobility and fall risks.

1:00pm – 2:00pm

Tech Lab

Sci-Fi Book Club

Res. & PM Only



1:00pm – 4:00pm
Wellness Wednesday

Lobby

All Welcome

Chair Massages. \$20 for 10minutes.

2:00pm – 3:00pm

Theater

Acting Fun

3:00pm – 4:00pm

Asbury

Story Telling with Jo Rader

Resident Only

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



5:45pm – 7:30pm

Resident Only

Trip: Holiday Light Tour (3 of 3)

Embark on a tour through the dazzling displays in Highland Park. Sign up at The Point.

THURSDAY, DECEMBER 18

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning

9:00am – 9:45am Intermediate Floor Yoga **CXL Today**

10:00am – 10:45am Balance 1 **CXL Today**

11:00am – 11:45am Balance 2



10:00am – 11:00am

**CC Young 'Uns
Holiday Concert**

Auditorium

All Welcome

Join in on this annual holiday event by the CC Young choir.

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.

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

5:00pm – 6:00pm Movement & Dance with Bruce Wood

2:00pm – 3:00pm

White Rock Class

Garden Club Meeting

CXL THIS MONTH

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

WELLNESS WEDNESDAY CHAIR MESSAGES

WEDNESDAY, DEC. 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
- Cost: \$20 per 10-minute session. (Book multiple sessions at once)
- 1PM - 4PM in The Point Lobby
- Payment: Resident Room Charge.

FRIDAY, DECEMBER 19

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

9:00am – 9:45am Intermediate Floor Yoga **CXL Today**
 10:00am – 10:30am Full Body Mobility **CXL TODAY**
 10:30am – 11:00am Total Body Lab **CXL TODAY**

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle
 9:00am – 10:30am / 10:30am – 12:00pm Open Swim
 1:00pm – 2:00pm Aqua Flow Class
 2:00pm – 3:00pm Aquacise
 3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Café Game Zone

Wii Bowling

All Welcome!

Practice and team play time.

10:00am – 11:30am

Flagpole Hill

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay.



10:00am – 11:30am

White Rock Class

Watercolor Secrets (6 of 6)

Res. & PM Only

Learn about simple techniques that make water colors sing! Beginners welcomed. Instructor Walt Davis. Sign up at The Point.

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!

NO MOVIE TODAY

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

All Welcome!

BYOS- Bring your own snacks!

SATURDAY, DECEMBER 20

9:30am – 11:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- WhatsApp, what is that?

10:30am- Open Lab time

10:00am – 12:00pm

Auditorium

White Rock Democrats

Res. & PM Invited

Monthly meeting & Holiday Party

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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

**4833 STEAK AVENUE
 RESTAURANT
 CLOSED FRIDAY AND
 SATURDAY**

CC YOUNG
 THE POINT & PAVILION

Jewelry Making *for Beginners*

Bring your own project ideas to share.
 Some supplies provided

**SATURDAY
 DEC. 27
 10:00AM**

White Rock Classroom



THIS WEEK'S

Highlights

Monday, December 22

9:30am

**Resident Trip: Karaoke,
Cookies and Crafts at
Umphress Terrace**

Wednesday, December 24

4:00pm

**Christmas Eve Worship
Service**

Thursday, December 25

Merry Christmas

SUNDAY, DECEMBER 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!



Christmas
— EVE —
WORSHIP SERVICE

**WEDNESDAY
DECEMBER 24
4:00PM**

THE POINT AUDITORIUM & CH. 81

JOIN THE CC YOUNG MINISTRY
TEAM THIS CHRISTMAS EVE FOR
A SPECIAL CANDLELIGHT SERVICE

CCYOUNG
THE POINT & PAVILION



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

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

MONDAY, DECEMBER 22

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

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

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

11:00am – 11:45am Chair Volleyball

Vista 9th Floor

Res & PM Only

9:00am – 9:45am Balance Class with Heidi **CXL Today**

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 – 12:00pm

Resident Only

IL Trip: Karaoke, Cookies and Crafts

at Umphress Terrace

Sign up at The Point

9:00am – 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

Res. & PM Only

Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information, please contact Lori Sanders at 214-675-1299

1:00pm – 2:00pm

Tech Lab

Sign Language Fun!

All Welcome!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

2:00pm – 3:00pm

White Rock Class

Knotty Knitters &

Res. & PM Only

Crafty Crocheters



2:00pm – 3:00pm

Auditorium

Advent Study

Res. & PM Only

Join Allison Foster-Letico and Richard Stanford for an Advent Study using the inspiring book, "Prepare the Way for the Lord" by Adam Hamilton. Sign up at The Point

TUESDAY, DECEMBER 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 **CXL Today**

11:00am – 11:30am Functional Core

11:30am – 12:00pm Recovery

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

Res. & PM Only

Rehearsal – No Rehearsal Today

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Intermediate Tai Chi



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

No Review This Month

6:00pm – 9:00pm

Auditorium

Trinity Valley Beekeepers

Res. & PM Invited

Monthly meeting

WEDNESDAY, DECEMBER 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

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 & Aldi

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am-11:00am

Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only!

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

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Beginners Tai Chi

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 4:30pm

Theater

Acting Fun Drama Club

CXL TODAY

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

CXL TODAY



4:00pm-5:00pm

Auditorium & 81

Christmas Eve Service

All Welcome

Join the Ministry team for a candlelight service to celebrate Christmas eve.

THURSDAY, DECEMBER 25



The Point is open 7am-9pm.

There are no scheduled events today at The Point.

All Aquatics activities are also canceled today.

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

Regular programming resumes on Monday, December 29

Christmas

Brunch

Conley's
December 25
11am-2pm

The Christmas reservation log will be out beginning December 2nd until December 18th at the Conley's entrance. Guests are allowed; however, we want to ensure ample space for every resident who would like to attend. Keep a look out for additional information in your email and cubby boxes.

FRIDAY, DECEMBER 26



**The Point is open
7am-9pm.**

**There are no scheduled
events today at The Point.**

**All Aquatics activities are also
canceled today.**

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

**Regular programming resumes on
Monday, December 29**

SATURDAY, DECEMBER 27

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 served basis.

**4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND
SATURDAY**

Reminders

WORK ORDERS

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

Sandy Cantu by email

servicerequest@ccyoung.org or by
phone 972-996-2584.

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

For education and empowerment on your personal
devices you can attend "Gizmo Guidance" classes- see
the Lifestyle guide for more info.



TRANSPORTATION REQUESTS

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

or email

transportation@ccyoung.org

THIS WEEK'S

Highlights

Wednesday, December 31
New Years Eve
Celebrations
See page 10

Friday, January 2
1:30pm
Movie Matinee
Everybody's Fine
PG-13 · 2009 · 1h 39m
Adventure/Action · 1h 39m

SUNDAY, DECEMBER 28

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

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

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



**New Year
Party**

**WEDNESDAY
DECEMBER 31**

**DINNER AT ASBURY AND
A SHOW IN THE POINT**

TWO SEATING OPTIONS
4:30 PM DINNER AND 6:15 PM SHOW
OR
4:30 PM SHOW AND 6:15 PM DINNER



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

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

MONDAY, DECEMBER 29

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

8:00am – 8:45am Zumba Gold
9:00am – 9:30am Upper Body Mobility
9:30am – 10:00am Arm Lab
11:00am – 11:45am Chair Volleyball

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

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

Aquatics Classes

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
Today Flagpole Hill

Happy Hookers Volunteer Group **Res. & PM Only**
Crochet plastic grocery bags into sleeping mats.

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

1:00pm – 2:30pm Flagpole Hill

SPEAK OUT! Therapy Group **Res. & PM Only**
Clinically Proven Speech Therapy Group For Individuals With Parkinson's. For more pre-requisite information please contact Lori Sanders at 214-675-1299.

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

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

TUESDAY, DECEMBER 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

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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

1:00pm – 2:00pm Auditorium
CC Young "Uns Choir Rehearsal CXL TODAY

Removal Day
Strawberry Patch
Removal Day

WEDNESDAY, DECEMBER 31

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba

Vista 9th Floor

Res & PM Only

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



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village & Aldi

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

9:30am-11:00am

Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

9:30am – 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 Drama Club

CXL TODAY

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



IL New Year's Eve Celebrations

Dinner at Asbury and a Show in The Point

Two Seating Options.

4:30pm or 6:15pm. Auditorium/ Asbury.

Sign up at The Point. See pg. 10 for more info.

THURSDAY, JANUARY 1



The Point is open

7am-9pm.

There are no scheduled events today at The Point.

All Aquatics activities are also canceled today.

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

Regular programming resumes on Friday, January 2, 2026

FRIDAY, JANUARY 2

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:30am Full Body Mobility **(NEW TIME)**
 10:30am – 11:00am Total Body Lab **(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 **Café Game Zone**
Wii Bowling **All Welcome!**
 Practice and team play time.

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

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!**
Everybody's Fine
 PG-13 · 2009 · 1h 39m Adventure/Action · 1h 39m

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

SATURDAY, JANUARY 3

10:00am – 4:00pm **Auditorium**
Dallas County Pioneers **Res. & PM Invited**
Monthly Meeting & Holiday Brunch

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

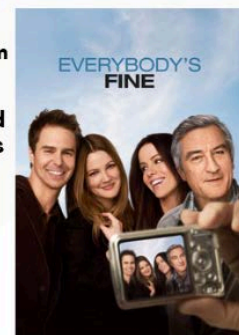
2:00pm – 7:00pm **White Rock Class**
Open Paint Time **Res. & PM Only**
 Bring your own supplies. Limited spots available on first come, first serve basis.

Movie MATINEE

Everybody's Fine

PG-13 · 2009 · 1h 39m
 Adventure/Action · 1h 39m

A widower who realized his only connection to his family was through his wife sets off on an impromptu road trip to reunite with each of his grown children.



Friday, January 2
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.





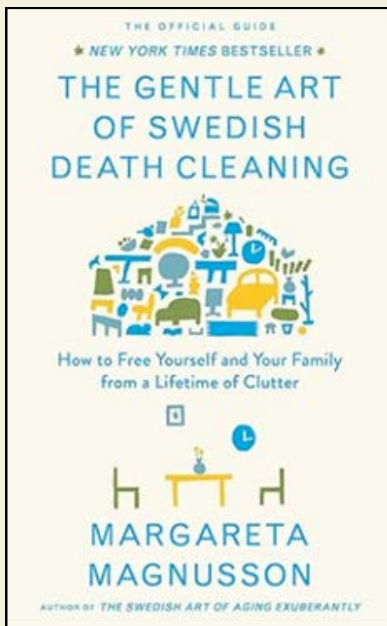
A DELIGHTFUL DECEMBER: DECLUTTERING THE WAY TO CLARIT, JOY & RENEWAL

Brian Parman

Director, Resident & Community Engagement

December often arrives with a whirlwind of obligations, yet its essence is one of quiet reflection and transition. For me, the path to a truly "delightful December" was paved not with hurried gift-wrapping or packed social calendars, but with the dust-cloth and the donation box.

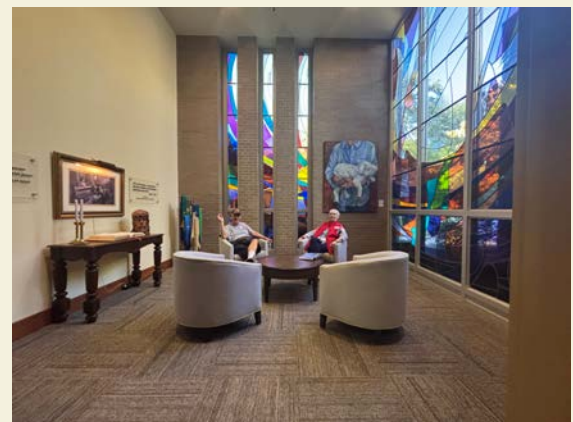
It's amazing how many things we acquire and collect over time until one day you look up and there are piles of "get around to it" tasks and items to "go through someday" calling your name. It can be overwhelming and sometimes stop you in your tracks – frozen and unsure where and how to start.



Thanks to my friend YouTube I've come to know about "The Gentle Art of Swedish Death Cleaning" or Döstädning. In Swedish culture, this is a practice of intentional decluttering designed to relieve loved ones of the burden of sorting possessions after one's death, viewing it as a final act of kindness. But there are so many applications of this principle for whatever stage of life you are in.

The process emphasizes making the things you love prominent in your current life by clearing away the excess. Crucially, the book encourages sharing special or meaningful items with family and friends now, allowing you to convey the history and significance of the item—ensuring they treasure it and granting both you and the recipient the joy of sharing a legacy while you are still alive. I love the concept of this book and have been working to put it into practice in my work and my home life.

This year, the process began with inspiration from our Ministry Team and residents who helped refresh the Dr. Don R. Benton Meditation Chapel at The Point. The changes were simple, low-cost, and impactful—a beautiful example of what can be accomplished with just brainpower and sweat equity. We repurposed underutilized pieces from other areas of campus, giving the original furniture to Umphress Terrace to support their future programming. The chapel now feels fresh, inviting, and a truly reverent space for spiritual reflection.



This chapel experience was just the tipping point. It encouraged our engagement team to take on the monumental task of cleaning our storage area in the basement of The Vista—a long-overdue "mind resetting ritual."



The storage unit was a repository of collective memories of past events, moments of joy, decorations, costumes and a myriad of forgotten things. Sorting through the contents—separating what we need from what we can no longer use—was an intense exercise in clarifying identity. We went with the idea that we'd go through items to donate, toss or keep and worry about the organizing later. The process was a bit slow at first, but took on momentum and before you know it we had made incredible strides – accomplishing more than we had intended – what a great feeling!

That feeling of accomplishment and undeniable momentum was contagious and quickly became focused on my personal office where the cleanup felt less like a chore and more like an act of devotion. I spent time organizing ten years of paper and things that had been occupying my space and the hollows of my mind.

I recognized how deeply my space and my mind are connected; a messy room often mirrors a disorganized internal state. The physical act of cleansing served as an immediate, profound mental reset. Now, with the essential items prominently displayed and a new digital picture frame displaying cherished memories, I love being in this space.



Clearing out the clutter out of your life clears the way for new energy, new ideas, and helps with clarity to see and receive what is truly important.

Ultimately, a delightful December is built on a foundation of clarity and intention. Physically separating what is needed, from the unnecessary, helps me separate essential thoughts from mental clutter. By refreshing the energy in my room and embracing daily, intentional rituals, I am creating a sanctuary that sustains a mind filled with calm, love, and connection. Now, onto tackling the holiday decorations and storage areas in my own home—I'm feeling inspired!

What little things have you been challenged to tackle are you ready to tackle? You don't have to wait until New Year's to take on new habits and rituals and to feel light and energized.

Whatever you decide to tackle (or not), have a Delightful December!



Crews News

by Russell Crews
President and CEO

DECEMBER
2025

At CC Young, we believe learning isn't a phase of life—it's a lifelong journey. Every day on our campus, we witness the transformative power of education, mentorship, and hands-on experience. Whether it's a team member deepening their skills with education through our Scholarship Fund, seminars, or sponsoring team members in the LeadingAge Leadership program, investing in people strengthens our mission and enriches the lives of those we serve.

But education at CC Young extends far beyond individual classroom settings. Just as important are the experiences gained through internship. Internships allow students—and sometimes mid-career professionals—to explore the field of senior living firsthand: learning how a mission-driven organization operates, discovering their strengths, and experiencing the joy of serving older adults. This spirit of “learning by doing” is central to who we are.

This year, we've had the privilege of welcoming back a remarkable repeat intern, **Cedric Wilcots II**, whose journey beautifully reflects what CC Young strives to offer.

Cedric's story begins on the football field. A Dallas native who played high school football at Wilmer-Hutchins High School, he went on to build a distinguished athletic career—first at New Mexico State University, and now playing as a professional defensive end in the Canadian Football League's “Calgary Stampede.” Football has taught him discipline, resilience, and the value of preparation. But as he looked toward the future, Cedric wanted to explore a new path—one rooted in community, purpose, and service.



An important influence in Cedric's journey has been his agent, Elliott Farrell, who entered his life during college. Farrell didn't just evaluate Cedric as an athlete; he invested in him as a person. Over time, their relationship became one built on trust, shared values, and honest guidance. It was through Farrell that Cedric first connected with me, opening the door to his internship at CC Young. Cedric often says that just as coaches shaped him on the field, Farrell has helped shape his professional life off of it—encouraging him to explore opportunities, broaden his horizons, and lean into personal growth.

Cedric's career in the CFL has also offered him rich experiences far beyond football. Playing in Canada introduced him to new cultures, cities, and global perspectives. He marveled at the beauty of Vancouver, found fascination in Edmonton's massive all-in-one mall, and enjoyed learning how Canadian cities celebrate sports and community. He also discovered how international the sport has become—teammates from Japan, Africa, Jamaica, and beyond, each bringing unique approaches and stories to the locker room. Even the rules of the CFL challenged him to think differently, expanded his understanding of the world and deepened his appreciation for cultural diversity.

When Cedric first stepped onto CC Young's campus, he was immediately struck by the warmth and vibrancy of senior living. He often shares how surprised he was—not only by the beauty of our campus, but by the energy, activity, and sense of purpose embraced by residents and staff alike. In his words, CC Young feels "like its own world," a place where he was welcomed, supported, and encouraged to learn.



Cedric's internship at CC Young has taken him through life enrichment, event planning, dining services, and licensed care environments—giving him a well-rounded understanding of how a senior living community operates. His work ethic, humility, and genuine care for others have made a deep impression on our staff and residents. Those who meet him quickly see what we see: a thoughtful young man with tremendous potential and a servant's heart.

Balancing his professional athletic career and a new baby daughter at home, Cedric approaches each day with gratitude, curiosity, and a desire to serve—qualities his father instilled in him and which he now hopes to pass down to his own child, Coby. Pictured Right.

Cedric represents exactly what our education and internship efforts are all about. When people are given opportunities to learn, grow, and try something new, they discover possibilities they may never have imagined. And when those individuals bring their talents to CC Young, our entire community becomes stronger.

This "Delightful December," I want to extend sincere thanks to all who support our Scholarship Fund and internship programs. You help create pathways for bright futures—whether for a young man discovering a new calling after professional sports, or a longtime team member earning the next credential to advance their career.

At CC Young, we believe in opening doors. We believe in nurturing talent. We believe in the potential of every person who walks onto our campus—resident, staff member, volunteer, or intern.

And we are proud to walk alongside them on their journey.



by Jen Griffin
Vice President Community
Outreach & Engagement

VILLAGE REPORT

Searching for context to represent “Delightful December” lead me down the path of embracing life’s simple pleasures. I had several examples in mind illustrating the simple things in life that can mean so much: hugging a loved one (grandchild, spouse, family member, pet), having a good cup of coffee/tea...just the way we like it, enjoying the change of seasons, feeling a good stretch – either physically or emotionally. All of this made perfect sense and I could envision the article taking shape in my mind to represent “delight” in the truest, simplest sense.

Then Nov 14 began a 3-day series of events that changed my mind as to the direction of my article. Late in the day, I decided to go to the nail salon I’ve been patronizing since 2008. I left work, walked in the salon around 6:30pm and was assigned to Lisa. Note: It might surprise you to know that I am normally very quiet in the salon. I seldom chat usually because it’s end of day, I’m tired, and primarily use this appointment as quiet time for myself. This night, though, I started a dialogue with Lisa asking the simple question, “How long have you lived in Dallas?” The conversation that followed left me moved and changed. I heard her aspirations and her struggles. I learned of her courage and resilience. I understood her facial expressions and pain. I tried to imagine myself with her circumstances and wondered how I would have reacted? Hearing her story made me ashamed for any “poor me” dialogue in my head due to x, y or z in my life at the time. The extent of her challenges dwarf any obstacles I may have faced over the years. To something seemingly as small as losing her given Vietnamese name and changing to “Lisa” to adopt to US culture felt to me like one more small but significant loss of identify.



Friday night Nov 15 I had tickets to “The Outsiders” at Fair Park Music Hall. I knew very little about the show other than it won the Tony for Best Musical in 2024 – that is quite an endorsement, but I still did not know what to expect. I vaguely remembered a movie of the same title in the 80’s though I did not recall actually seeing that movie. Per Google search that night, I learned it was a 1983 film directed by Francis Ford Coppola and starring that group of young 80’s actors you would all recognize: Matt Dillon, Ralph Macchio, C. Thomas Howell, Patrick Swayze, Rob Lowe, Tom Cruise, Emilio Estevez, Diane Lane, Leif Garrett, and even musician Tom Waits. What a lineup – all in their younger days!



Before telling you more, I want you to know I am a huge fan and supporter of musical theater. I have been a season ticket holder for more than 25 years. I can't even remember some of the many shows I've seen over that time. I can tell you for sure, though, I will never forget this one. It was not a happy, "tap-dancing" musical. It was a heavy drama exploring and revealing the human condition, supported by impactful song, lighting, and amazing, emotional choreography. At intermission, I leaned over to my friend and said, "I'm wrought..." Just like with Lisa in the nail salon, watching this depiction of mankind's struggles, I understood everything I saw and literally felt the impact of all of it.

The Outsiders incorporated themes from Dickens' Great Expectations wrapped up in song and dialogue. Themes include a study of empathy, loss of innocence, self-sacrifice and honor, social division and identity, family, loyalty, and individuality. Like I said, this was not a tap dancing, happy experience! These are heavy topics. And yet, the whole audience reacted as I did with thunderous applause at the end. (more than usual, for sure)

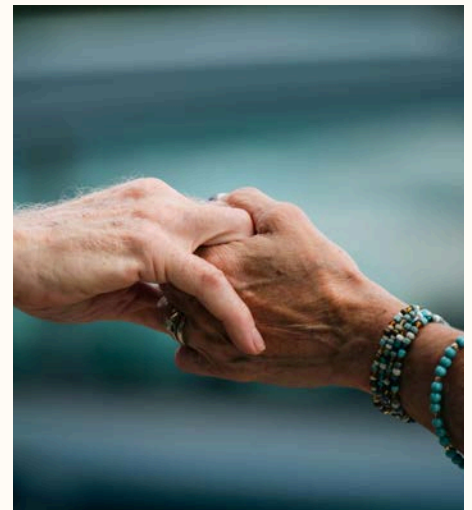


The third day in my "trilogy" was Nov 15 when a former colleague reached out to me. I hired her years ago after she had been a stay-at-home mom. We have remained close over the years and although she has since retired, she took a part-time job at a Country Club as a receptionist. She has loved the role for the most part, but just lately had a couple of difficult interactions with members there. This individual has been remarkable since Day 1. I always found her to be pleasant, reliable, professional, accurate, proactive, courteous, hospitable... literally someone you would want to clone if you could. And yet, I know some of the personal struggles she's faced over the years.

Similar to my respect for Lisa in the nail salon, I am humbled knowing this woman's story of resilience and the effort and courage it took her to improve her life and situation. She has made amazing strides and accomplished so much with her determination and perseverance! Even so, she was considering resigning her position at the country club because her insecurities bubbled up after the interactions with members. When she told me the story and explained what happened, it broke my heart because I could put myself in her shoes. I understood how that disrespect triggered her.

As I recount these three days in November, I see that I am clearly reflective about these experiences. In the individual moments, I took it all in and put myself in their shoes. And that takes me back to my original ponderings on "Delightful December" – in context, what could 'delightful' truly mean to all of us and how can we embrace the theme?

I think it gets back to the simple things in life: love, kindness and empathy. If we listen to one another, and if we put ourselves in someone else's shoes, if we endeavor to understand, we can truly appreciate and delight in our blessings every day – not just in December. Is it really that simple? Hmmm? I think maybe so.



ON THE COVER

DECEMBER DELIGHT!

CC Young's Most Joyful Annual Traditions

The holidays are sparkling brighter than ever at CC Young, thanks to a calendar packed with decades-old, feel-good annual traditions! December transforms the campus into a whirlwind of music, art, community, and sheer holiday cheer.

For over two decades, the spirit of giving has been ushered in by the beloved Hunt Carolers. Employees from Hunt Oil & Gas arrive on charter buses, gathering in different areas of the campus to sing traditional holiday songs and deliver special gifts to every single resident! This event is truly unique, featuring a wonderful storytelling segment where volunteers read aloud favorite holiday memories shared by CC Young residents. Join us this year, on Tuesday, Dec. 9 at 4:15pm.



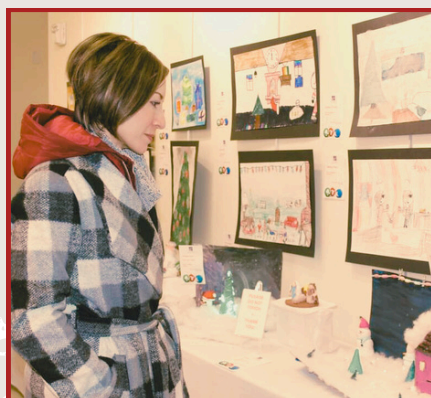
The Hunt Oil & Gas also shows their commitment all year long, including providing the star of the show... the magnificent Christmas tree!

Every year, Central Park is illuminated by a stunning, freshly harvested Christmas tree, ranging from 18 to 22 feet tall. This centerpiece comes from Sandone Christmas Trees, a Dallas institution founded over 40 years ago by Tony Sandone. It's a beautiful tradition that literally lights up the holiday season for the entire community.



Get ready for a sing-along! The CC Young'uns Choir has been a vibrant part of the community for over 30 years, currently directed by Russ Rieger and accompanied by pianist Kathy Beal. These dedicated members, ranging in age from 65 to 95 years young, put on an annual Christmas Concert that is pure, joyful fun.

"What The Holidays Mean to Me" Art Show: Building strong intergenerational ties, The Point hosts this month-long exhibit featuring student artwork from local schools. It's a heartwarming tradition that offers a different perspective on the holidays and fosters connections between children and seniors. Families and staff are invited to the Meet The Artist Reception on Saturday, December 13, 2024.



The Annual Holiday Art Contest: Residents and Point Members showcase their talent with original artwork centered around an annual theme. The winning piece (like resident Kathy Ramirez's beautiful curling Christmas tree art this year!) is used to create the official CC Young holiday ornaments and greeting cards.

A DAZZLING DOUBLE NEW YEAR'S COUNTDOWN!

CC Young makes sure everyone gets a chance to celebrate with not one, but two exciting New Year's celebrations:

"Noon Year's Eve": The skilled nursing residents enjoy this "biggest party of the year" on Tuesday, December 30th at 11 am. It's an elevated celebration across multiple areas, featuring entertainment, a dramatic countdown to noon with confetti cannons, and a special surf and turf lunch.



New Year's Eve: Independent living residents celebrate on the 31st with an elegant night featuring a special dinner at Asbury and a fantastic show in The Point. This year, the entertainment will be a lively jazz band from UNT.

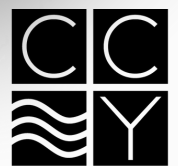
Both celebrations are complete with music, dancing, a special countdown, and a spectacular confetti drop—ensuring the year ends with a bang!

CONGRATULATIONS to the 2025 Holiday Art Contest winner

**“Holiday Traditions”
created by CCY Resident
Kathy Ramirez**



**Quilled Christmas Tree
with CCY Garland**



CC YOUNG
THE POINT & PAVILION

The Delight of Giving

At CC Young, we see delight every day. On the faces of residents, in the hearts of families, and through the generosity of those who give. Donors bring delight to our community in countless ways. Every gift, no matter the size, helps create moments that uplift, inspire, and bring joy to those we serve. Our volunteers bring delight to the residents and staff they serve by giving of their time and talent to bless those within our community.

Every act of giving—whether through the Benevolence Fund, Staff Scholarship Fund, or our many life-enriching programs—adds to the spirit of delight that fills CC Young. You make it possible for residents to live fully, for staff to grow, and for our mission to flourish. Your generosity is a gift of joy.

During North Texas Giving Day, donors made CC Young thrive when they gave in support of The Benevolence Fund and Staff Scholarship raising over \$94,000 to meet the needs of our most vulnerable residents and help staff flourish.

Every hour served through volunteering is a heart touch, a need met and a story told through gifts of time. Volunteers this year held concerts, played games, hosted parties, delivered books, and engaged with residents who needed encouragement. Since the beginning of the year CC Young volunteers have served over 5,000 hours of their time to bless the community.

Every check written, every hour spent helps to meet the needs of those we care for at CC Young. Whether through time, talent or treasure, giving brings delight and compassion. Thank you for filling our community with delight.



In February the CC Young Auxiliary funded the Happiness program, which allows the life enrichment team to project games and activities right in the resident's room, table or bed.



BVB Dallas Powderpuff football league: volunteered in memory support and brought laughter and prizes to game day. They also gave a grant to provide funding to continue critical music and art therapy to the residents.



Highland Park United Methodist Bible Study group makes new friends in Assisted Living.



THE FITNESS INSIDER

December 2025

HOLIDAY HUSTLE CIRCUIT

Do 2–3 rounds, rest as needed.

- **March with Arm Swings:** 20 reps
 - Lift knees one at a time while swinging the opposite arm gently forward and back, engaging core and arms.
- **Standing Side Kicks:** 10 per leg
 - Hold a chair for balance, lift one leg to the side, pause, then lower slowly.
- **Standing Oblique Crunch:** 10 reps
 - Bring elbow toward the same-side knee while lifting that knee slightly, then return.
- **Toe Taps on Step:** 12 reps
 - Tap one foot at a time on a low step, alternating quickly but controlled.

Fit League Champions – October

(See full list on the next page)

Congratulations to our top participants! Your dedication inspires us all. Everyone who reaches the top points is celebrated, so keep striving for your personal best!

LEAGUE LEADER



Sharon Yost



🎄 Elf Hunt at The Point Gym 🎄

Elves are on the loose around The Point Gym! Find them all and win! The person who spots the most elves gets a \$10 gift card to The Point Cafe.

How to play:

- Each elf has a number. Write down the number and where you found it, or snap a photo.
- One elf = one point. Only count each elf once.
- The game runs 12/1–12/22.
- Most points wins! Tie? We'll draw from the top scorers.



STAYING ACTIVE DURING THE HOLIDAYS

The holidays are busy, but small moments of movement keep your body strong and your energy up.

- **Move in short bursts:** Take 5–10 minute walking breaks around your home or neighborhood. Every bit adds up!
- **Use what you have:** Chair squats, wall push-ups, or arm circles while watching TV can keep muscles engaged.
- **Stretch daily:** Gentle stretches for your neck, shoulders, and back relieve tension from holiday tasks.
- **Set a daily goal:** Even 1,000 extra steps or a few extra minutes of movement counts. Track it for motivation.



THE FIT LEAGUE

OCTOBER CHAMPIONS

GOLD LEAGUE

★ Sharon Yost
Michael York
Nell Williams
Bobbie Mankey
Jennifer Aguiler
Leo Chang

Korrine Hearn
Lynne Hoseck
Rick Herrick
Diana McAfee
Pat Kidd

SILVER LEAGUE

Nan Alexander
Carol Croy
Ernie McAfee
Karl Warkentin
Rita Warkentin
Annie Palacios
Corinne Bryan
Lorrie Mercer
Karen Stanland
Kathy Rauscher
Jill Pickett

Susan Grundy
Suzanne Smith
Carol Donovan
Nancy John
Sharon Gustof
Lois Reid
Margaret Gillett
Gloria Little
Gordon Fox
Dave Biehn
Sherry Biehn

Wanda Moreland
Alex Mason
Lynn Duvall
Saquita Poston
Charlie Smith
Diane Hardman
Esther Davis
Gabriele Gruschukus
Nancy Cooper
Nancy Wiley
Sharon Christen

BRONZE LEAGUE

Judy Hearne
Steve Melton
Ann Beasley
Harriett Willis
Kay Peters
Mike Elvir
Frances Jones
Gene McWhorter
Larry McDaniel
Mike Haskins
Nancy Worden
Ruby McLeod
Vicki Hill
Dorothy Morris
Frank Busby
Judy Cole

Karen Delk
Linda Wertz
Margaret Hranitzky
Phyllis Rhodes
Tom King
Cheryl Brunson
Gwen Lummus
Lisa Ogden
Walt Davis
Brenda Stokes
Diane Flint
Irma Kinder
Jackie Obergfell
Jill Mandel
Scott Sura
Sue Hooks

Carmen Vaughan
Lane Ogden
Tim McDonnell
Ann Williams
Bernice Reeves
Connie Schweiser
Fred Baner
Kim Toulouse
Mary Johnson
Mary Ross
Nancy Cain
Pat Engel
Phil Shannon
Mary Jarvis
Arch Beasley
Barry Thompson

Bill Altman
Bobbie Raine
Darlene Tobin
Gail Mackey
Joyce Johnson
Robert Smith
Vada Boyle
Betty Greene
Bo Currin
Don Thurman
Jay Orr
Joan Jackson
Karen Lorince
Pam Meffley
Sally Fifer
Sarah Franklin

YOUR PATH TO THE **RIGHT** CLASS



Answer the questions below to find the fitness classes that best match your abilities.



1. I need to hold onto a chair or wall for balance

Yes

- Balance 1
- Balloon Badminton
- Chair Aerobics
- Chair Yoga
- Sit + Get Fit

No

- Go to next question

2. I have trouble getting off the floor without help

Yes

- Aquacise
- Aqua Boot Camp
- Aqua Flow
- Bodyweight Boost: Lower and Upper
- H2O Hustle
- Pool Volleyball

No

- Go to next question

3. I get winded quickly when exercising

Yes

- Balance 2
- Floor Yoga
- Full Body Mobility
- Lower Body Mobility
- Mindful Yoga Flow
- Recovery
- Tai Chi
- Upper Body Mobility

No

- Go to next question

4. I can safely lift overhead and perform complex strength and mobility exercises

Yes

- Arm Lab
- Functional Core
- Leg Lab
- Total Body Lab

No

- Can still attend classes listed under previous questions

5. I can safely perform fast-paced or high-intensity movements

Yes

- Drumba
- Zumba Gold and Toning
- Power Punch Boot Camp

No

- Can still attend all classes listed under previous questions

HOLIDAY SHOPPING SAFETY TIPS



Stay Alert and Mindful

Be aware of your surroundings and stay alert when shopping in busy stores. Keep your belongings, like your purse or wallet, close to you. Consider using a cross-body bag or wearing a shoulder bag in front to keep your valuables secure

Look Into Senior Days

To avoid large crowds, try shopping during senior-friendly hours. Many stores open early or stay open late to cater to those who prefer a quieter shopping experience. Consider shopping with a companion. Besides the added security, having someone assist you while shopping can make the experience more fun.

Prioritize Comfort

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

Look Out for Scams

Be wary of deals that seem too good to be true. Scams often use enticing offers to lure shoppers. Verify the legitimacy of online retailers by researching their reviews and ratings before buying anything. Stick to reputable and well-known sites to minimize the risk of fraud.

Use Secure Websites

When shopping online, use secure websites that start with "https." The extra "s" means it's a secure connection. Only share essential information needed for the purchase, and avoid providing unnecessary personal details that could put you at risk.

Monitor Online Transactions

Credit cards or secure payment platforms, like PayPal, offer additional protection when shopping online. These platforms often provide fraud protection and can help resolve disputes with sellers. Regularly monitor your bank statements to catch any unauthorized transactions promptly.



WELCOME

To The

Neighborhood

Please Welcome CC Young's new
Independent Living Residents!

ASBURY



John & Barbara
Jackson

THOMAS



Pam
Muffley

OVERLOOK



Gene
Nichols



Swedish, Deep Tissue, Stretch, Reiki or Sound Healing



Adrenia Lugo
Massage
Therapist
alugo@ccyoung.org



Cedrick Davis
Massage
Therapist
cdavis@ccyoung.org



Anna Parkins
Reiki
Practitioner
aparkins@ccyoung.org

Pricing

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

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

Gratuuity not included.

Payment Options

CCY resident billing (AL, IL & LTC Only) or
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.



Book Your Appointment
Scan QR Code or Call
972-755-4259

Massage Suite Located:

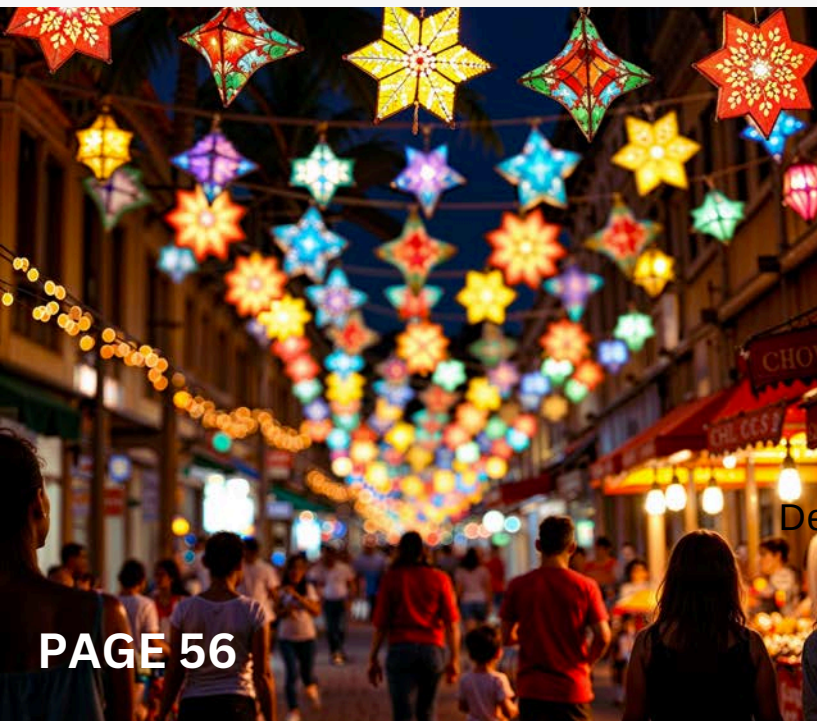
4849 W. Lawther Dr
Vista, 3rd Floor
Underground Parking Available

DECEMBER TEAM BIRTHDAYS

Vanessi Cavette	12/1	Memory Support
Taniqwua DeVall	12/1	Health Center
Dalphne Isaac	12/1	Dining Services
Melinda Hail	12/2	Development
Fadzai Maturure	12/4	Private Care
Abeba Mekonnen	12/4	Health Center
Tsega Bala	12/6	Dining Services
Devin Bolton	12/7	Therapy
Keshaundria Oliver	12/7	Private Care
Maria Avila	12/7	Dining Services
Fiona Wachira	12/7	Private Care
Trevion Lennan	12/8	Dining Services
Jaci Rivas	12/10	Therapy
Aster Bayu	12/11	Hospice
TaJa Brooks	12/11	Dining Services
Dana Herrington	12/11	Assisted Living
Jaila Walker	12/11	Health Center
Maria Guerrero	12/12	Housekeeping
Kadence Martin	12/12	Housekeeping
Felicia McCoy	12/12	Dining Services
Peter Ogbeifun	12/12	Therapy
Maria Rostro	12/12	Dining Services
Janette Panton	12/13	Private Care
Gisela Samuel	12/13	Dining Services
James Smith	12/13	Maintenance
Amaechi Egedigwe	12/14	Health Center
Errvin Taylor	12/14	Health Center



Stefan Bezpalko	12/15	Home Health
Laveda Harrison	12/15	Health Center
Edna Gray	12/18	Dining Services
Alison Hemans	12/18	Health Center
Josefina Little	12/18	Housekeeping
Kristi Macklin	12/18	Health Center
Joyce Carraway	12/19	Private Care
Bethel Taye	12/19	Private Care
Blessing Pelah	12/21	Assisted Living
Darkelys Fernandez	12/22	Dining Services
Lauren White	12/22	Dining Services
Mikki Owens	12/23	Social Services
Eniola Oyewole	12/23	Private Care
Christiana Abbe	12/24	Health Center
Brianna Brent	12/24	Health Center
Lucinda Garcia	12/24	EVS
Kiana King	12/24	Assisted Living
Funmilayo Jacob	12/25	Assisted Living
Diana Martinez	12/25	Housekeeping
Daniela Mora	12/25	Dining Services
Isoken Eno	12/26	Health Center
Saba Abera	12/27	Health Center
Tameka Johnson	12/27	Memory Support
Robert Surko	12/27	Community Outrea
De Shondrick Wordlaw	12/27	Dining Services
Cecilia Espinoza	12/28	Dining Services
Fran Hosseiny	12/30	Hospice
Robert Varela	12/31	Maintenance



Team Anniversaries

Employee Name Hire Day # Yrs Department

Janet Cohen	12/1/2000	25	Community Outreach
Michelle Zavala	12/2/2015	10	Housekeeping
Fadzai Maturure	12/4/2017	8	Private Care
Ikechukwu Onyia	12/4/2017	8	Home Health
Meseret Demissie	12/5/2016	9	Private Care
Zarghona Baqai	12/5/2016	9	Private Care
Chris Zinkand	12/5/2007	18	HR/Exec
Firehiwot Amara	12/5/2024	1	Private Care
Brianna Brent	12/9/2024	1	Health Center
Fran Hosseiny	12/9/2015	10	Hospice
Azucena Enriquez	12/9/2024	1	Dining Services
Rachael Spencer	12/9/2024	1	Dining Services
Lewegnesh Gebre	12/11/2023	2	Private Care
Sheilla Nortey	12/12/2022	3	Health Center
Nkechi Oranugo	12/12/2022	3	Private Care
David Ellis	12/12/2022	3	Dining Services
Temitope Johnson	12/13/2024	1	Memory Support
Chaquana Davis	12/13/2023	2	Dining Services
Girverius McFarland	12/14/2020	5	Therapy
Angelica Alonso	12/15/2010	15	Dining Services
Maria Morin Hernandez	12/16/2024	1	Housekeeping
Denice Wong	12/16/2024	1	Assisted Living
Charlisa Royster	12/17/2024	1	Dining Services
Tadelech Goshu	12/17/2018	7	Private Care
Desta Lakew	12/18/2017	8	Private Care
Martha Bonilla	12/18/2017	8	Sales
Tirukelem Worku	12/18/2017	8	Private Care
Jazmin Tamayo	12/19/2024	1	Housekeeping
Dawn M Madkins	12/23/2019	6	Hospice
Charletta Weston	12/23/2024	1	Health Center
Brittney Young	12/27/2022	3	Dining Services
Mahder Ossa	12/27/2024	1	Home Health
Antoinette Powell	12/27/2019	6	Private Care
Tutu Zewde	12/27/2007	18	Private Care
William Shepard	12/28/2021	4	Dining Services
Kathy Smith	12/28/2023	2	Private Care
Christiana Abbe	12/29/2004	21	Health Center
Fikirte Galaw	12/30/2019	6	Assisted Living
Davion Mumphery	12/30/2024	1	Dining Services
Emily Zapien	12/30/2024	1	Community Outreach
Rahel Tafese	12/31/2018	7	Hospice
Ashley Peoples	12/31/2024	1	Dining Services
Angela Castillo	12/31/2012	13	Community Outreach



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

Jacqueline Burden	1	Hillside
Rosemary Messineo	1	Vista
Phala Finley	2	Overlook
Randall Pauer	2	Vista
Sally Stephenson	2	Thomas
Donald Davis	4	Thomas
Ellen Smith	5	Overlook
Eva Henry	6	Hillside
Carolyn Stratford	7	Vista
Sue Hooks	7	Overlook
Carla Waggoner	8	Vista
Eliane Bailey	8	Thomas
Devoria Selders	9	Vista
Helen Shufelt	9	Asbury
Mary Ross	9	Hillside
Michael Brown	9	Asbury
Isabel Davis	10	Asbury
Mary Sullivan	10	Vista
Carolyn Brown	11	Vista
Marian Hammert	11	Overlook
Carol Paschetag	12	Thomas
Jeff LaPatra	13	Hillside
Louise Cassingham	13	Overlook
Branimir Horvat	15	Thomas
Cliff Franklin	15	Vista



Donald Krempin	16	Vista
Mildred Baumann	17	Hillside
Betty Cunningham	20	Vista
Pedro Perez	21	Vista
Darlene Comeford	24	Vista
Karen Standland	25	Asbury
Betty Lou Winslow	26	Asbury
Faye Munson	26	Overlook
James McCall	27	Hillside
Onie Hargrave	28	Hillside
Pamela Meffley	28	Thomas
Rosanne Davis	28	Hillside
Davida Martinez	29	Vista
Bernice Buxbaum	30	Overlook
Donald Dickson	30	Hillside

Resident

Anniversaries

DECEMBER

15 Years

Betsy and Cliff Franklin

14 Years

Mary Ross

13 Years

Bethany & Charles Smith

12 Years

Mary Johnson

10 Years

Bobbie Mankey

Linda & Howard Webb

8 Years

Patricia Birdwell

Ken Luckett

7 Years

Nick Cranfill

Sandra Ibach

6 Years

Judy Mark

Lyle Sabo



THOMAS CUISINE SPECIAL DINING DAYS

December

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 4833 Steak Avenue CLOSED	6
7	8 National Brownie Day	9 Thomas Chef Connection 2:30pm 	10 Hillside Chef Connection 10am 	11	12 4833 Steak Avenue CLOSED	13
14	15 National Lemon Cupcake Day 	16 Overlook Chef Connection 3pm  <i>Holiday Pie Order Deadline</i>	17	18	19 4833 Steak Avenue CLOSED	20
21 National Coquito Day 	22	23 Asbury Chef Connection 2pm 	24 <i>Conley's Closed for Dinner</i>	25 Conley's Christmas Buffet 11am-2pm	26 4833 Steak Avenue CLOSED	27
28	29	30 National Bacon Day	31 IL New Year's Eve Dinner <i>Conley's Closed for Dinner</i>			

The Christmas reservation log will be out beginning December 2nd until December 18th at the Conley's entrance.

Guests are allowed; however, we want to ensure ample space for every resident who would like to attend.

Keep a look out for additional information in your email and cubby boxes.

12/21 – Complimentary special cocktail available for brunch at Conley's (mimosas available only for purchase)

12/30 – BLT special available at the Bistro

THE POINT ART GALLERY

TUES. JANUARY 6 - WED. FEBRUARY 25

Displaying the Divine Design



**MEET THE ARTIST
RECEPTION**

**FRIDAY
JAN 16
3:30 PM**

**OPEN TO THE
PUBLIC**

THE POINT AT CC YOUNG
4847 W. LAWTHER DR.
DALLAS TX 75214

Vision with a Twist

Monday
January 13, 2026
6:30pm

Start your New Year right!
Join us for a fun, creative, and
inspiring **Vision Board Workshop.**

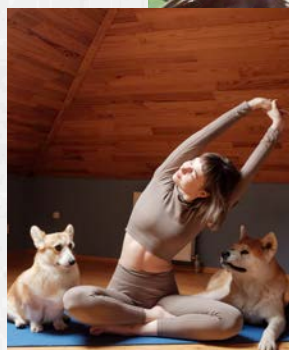
We'll provide all the materials,
delicious wine, and tasty snacks
to fuel your creativity as you
map out your goals and dreams
for the year ahead.

Come envision your best 2026

Open to Residents and Point
Members ~ **Sign up at The Point**



CC YOUNG
THE POINT & PAVILION



No Test. No Grades. No Limits.

**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Spring 2026 KICKOFF

**THE POINT AT CC YOUNG
Thursday, January 15
10:00am**

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

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

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



THE POINT

There's always something new to learn at The Point

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

GET READY TO SHIFT INTO HIGH GEAR!



**WE CAN'T
WAIT TO SHARE
THE ROAD AHEAD WITH YOU!**