

ACTIVE SENIOR LIFESTYLE GUIDE



CC YOUNG
THE POINT & PAVILION



FREE

PLEASE TAKE
ONE

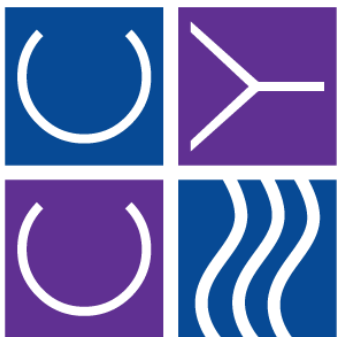


"Riding Shotgun"
**CELEBRATE LOVE AND
FRIENDSHIP**

2nd Tuesday Evening Event
LAUGH FOR YOUR HEART

Coffee House Brews &
Grooves
LOVE SONGS

FEBRUARY 2026



MEET THE TEAM



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POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



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

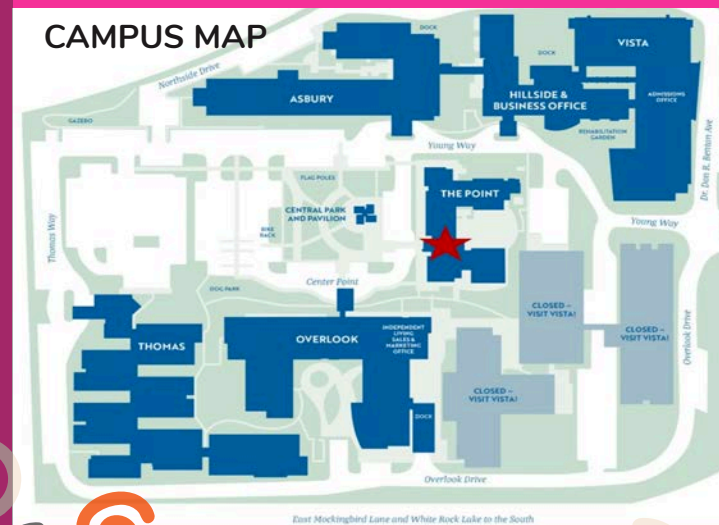


David Sorkness
Gizmo Guidance
Instructor



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

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-



THE AVER-PHILLIPS ART GALLERY

SAT. JANUARY 31 - THUR. MARCH 26

Birds and Books: Birds of Santa Fe

PAULA SELZER ART EXHIBIT



**MEET THE ARTIST
RECEPTION**

**FRIDAY
FEB 20
3:30 PM**

**OPEN TO THE
PUBLIC**



 **CC YOUNG**
SENIOR LIVING

VISTA- 2ND FLOOR

4849 W. LAWTHER DR.

DALLAS TX 75214

PAGE 5

The Point Auditorium **From the Heart** *An evening of comedy*



An Nguyen



Ahava

*Bust a gut as
we tickle your
funny bone*



C. Quinn Riley



Austin Vandy

**And
more!**

Tues, Feb 10

**7:00 -
8:30 pm**

Brought to you by

**24 KARAT
COMEDY**



No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Tuesday, Feb. 3 at 10:00am

Surrealism at the Dallas Museum of Art

Presented by Lane Banks

Thursday, Feb. 5 at 10:00am

Immersive Learning Experiences in Virtual Reality

Presented by Regina Kaplan-Rakowski & Fred McMahan

Tuesday, Feb. 10 at 10:00am

The Confederacy and the Myth of the Lost Cause

Presented by Steven Jent

Thursday, Feb. 12 at 10:00am

The Spanish Conquering of the Americas

Presented by Darrel VanDyke

Tuesday, Feb. 17 at 10:00am

Assembling Texas: A Journey Through Earth's Middle Age

Presented by Scott Kiester

Thursday, Feb. 19 at 10:00am

John Williams' Villain Themes

Presented by Benjamin Graf

Tuesday, Feb. 24 at 10:00am

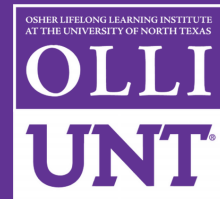
Quirky Texas History

Presented by Steven Jent

Thursday, Feb. 26 at 10:00am

The Rule of Law - What Does it Mean and Why Does it Matter

Presented by Celeste Flippen



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



CC YOUNG
THE POINT & PAVILION

coffeehouse

BREWS AND GROOVES



Friday, February 13

4:00pm

The Point Auditorium

Dallas Acoustic Guitarist and Singer Sheila Bacon will perform love songs from the 50's, 60's and 70s!

**Join her for a "coffeehouse style" show.
Light refreshments provided.**



A veteran performer with 50 years of experience, Sheila has performed nationwide, including notable stints with the Dallas Symphony and the USO. Her music pays tribute to the Folk, Country, and Pop legends of the '50s-'70s through soulful vocals and classic guitar.

BUILDING STRENGTH FROM THE GROUND UP

An Educational Workshop on Floor-Based Strength

Learn how gentle mat-based exercise can improve posture, build core strength, and support balance and joint health. This workshop explores how controlled movement helps make everyday activities like standing, walking, and getting up and down easier and safer.

The session includes live demonstrations of foundational exercises drawn from Pilates and barre-style training. Participants may observe or follow along using chair-based options.



2/23 @ 1:30 P.M.

THE POINT AUDITORIUM

OPEN HOUSE

SATURDAY
FEBRUARY 28
10AM-2PM

Info booths, healthy food tasting, door prizes and more!



Come learn about The Point and benefits for adults 55 and better!



A 12-Month Point Membership is \$45 per month paid annually at \$584.55 (12 x \$45= \$540 + current tax of \$44.55), per person.

Full payment is due at time of registration. All memberships begin April 1 of each year. Membership rates for those who sign up after April are pro-rated based on the remaining months of membership year.

Discover, Learn, Grow, Play, Sweat, Connect, Thrive!

- Music
- Arts & Crafts
- Senior Technology
- CCY Rehab
- Game Zone
- Wellness Instructors
- Massage Therapy
- Volunteer Opportunities
- Osher Life Long Learning (OLLI)
- Garden Club
- Sign Language Club
- Knotty Knitters
- Happy Hookers
- Movies and more!



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Dallas, TX 75214


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FOR MORE INFO CALL:
214-841-2831





February 2026

GIZMO GUIDANCE

 **Monday, February 2**
2:00pm–3:00pm – eBay, Etsy and Amazon – the world of E-commerce

 **Saturday, February 14**
9:30–10:30am– iPad/Iphone – Open questions! day. Come ask your questions, I'll answer them.
10:30–11:30am – Open Lab Time– Drop in with questions.

 **Monday, February 16**
2:00pm–3:00pm – Podcast and platforms – The new world of online entertainment

 **Saturday, February 28**
10:00am–2:00pm – Meet me at The Point Open House



Instructor
David Sorkness



RESIDENT TRIPS

Sign up for all trips at The Point

Trip Sign-up policy:

- When adding your First & Last Name to the list, please write clearly and include your Building.
- 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

BISHOP LYNCH HIGH SCHOOL
BLACKFRIARS GUILD
PRESENTS

ROCK OF AGES: *Teen Edition*

THURSDAY | FEBRUARY 19
4:00 PM TO 8:00 PM

A special performance for invited guests
Dinner to follow in the bistro

SIGN UP IN
THE POINT LOBBY
BY TUESDAY,
FEBRUARY 10

CELEBRATING BLACK HISTORY MONTH

AFRICAN AMERICAN ART MUSEUM

TUESDAY, FEBRUARY 10
1:00 PM TO 3:00 PM

COST:
\$5 FOR ADMISSION

CURRENT EXHIBITS

Protecting Cultural Memory
Sunday Call to Church: The Art of Clementine Hunter
Visible Thoughts The Visual Language of Morris Yanger

SOULFUL SUNDAY

FEED YOUR SOUL WITH FOOD,
MUSIC, ART, AND CULTURE

UMPHRESS TERRACE

BLACK HISTORY
CELEBRATION
AT UMPHRESS TERRACE

SUNDAY, FEB 22

12:30PM-4:30PM

early
VOTING

★ HOP ON THE BUS TO VOTE ★

MONDAY, FEBRUARY 23
10:00 AM

BUS WILL PICK UP
AT THE POINT

<p>PRIMARY ELECTION MARCH 3, 2026</p>	<p>EARLY VOTING FEB 17 - 27</p>
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WWW.VOTE411.ORG

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

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



CC Young Auxiliary

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

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



Dallas Area Fiber Artists

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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



Dallas County Pioneers

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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



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

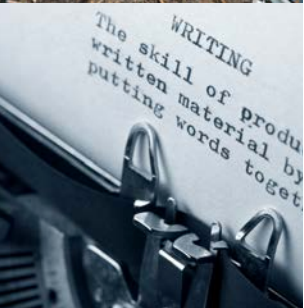
Whether you enjoy knitting, needlepoint, or crocheting, you're in good company with this group. Bring your own needles. Yarn has been donated for projects. **Mondays at 2pm**



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.

Tuesdays at 10am



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.

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.



OPERA CLUB

The group meets monthly to stream a video and discuss a video of a famous Opera. **3rd Tuesdays 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* • Rocksteady • Boxing • Sit & Get Fit+ • Zumba 	<ul style="list-style-type: none"> • Aqua Boot Camp* • Arm Lab • Body Weight Boost • Functional Core • H2O Hustle* • Leg Lab • Sit & Get Fit+ • Total Body Lab 	<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.



Dance Sculpt - NEW NAME
8:00-8:45am / Tues & Thu
Instructor: Juliette Coulter

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

Also Supports Cardio



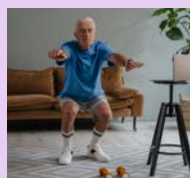
Intermediate Floor Yoga
9:00-9:45am / Tues, Thu & Fri
Instructor: Heidi Fessler

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



Tai Chi
4:00-5:00pm / Tues
Instructor: Dave Larcade

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



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

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



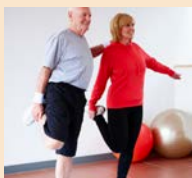
Lower Body Mobility
9:00-9:30am / Wed
Instructor: Kori Ware

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



Functional Core
11:00-11:30am / 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.



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

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



Chair Aerobics
2:00-2:45pm / 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.



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

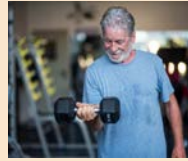
An exercise format that combines Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced cardio workout for the full body. It can be done seated or standing and is a fun workout for all abilities.



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



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.



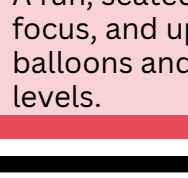
Body Weight Boost: Lower
2:00-2:45pm / Fri
Instructor: Tammy Slauson

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



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

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



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.

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

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



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.

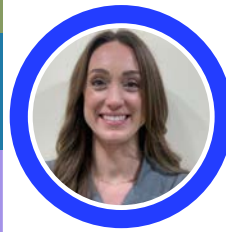
CLASSES ARE OPEN TO RESIDENTS AND POINT MEMBERS ONLY



CC YOUNG
REHABILITATION & AQUATICS PROGRAM



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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

AQUATICS 101

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

(By Appointment)

RSVP for all aquatics classes: 972-638-8795

OPEN SWIM

Mon., Wed., Fri.

9:00am–10:30am and 10:30am–12:00pm

Tuesdays

12:00pm–1:30pm and 1:30pm–3:00pm

Thursdays

1:00pm–2:30pm and 2:30pm–4:00pm

AQUACISE CLASS

Mon., Wed., Fri. - 2:00pm–3:00pm

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

AQUA FLOW CLASS

Mon., Wed., Fri. - 1:00pm–2:00pm

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

POOL VOLLEYBALL

Tuesdays - 3:00pm–4:00pm

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

LAP SWIMMING

Tues., and Thurs. - 11:00am–12:00pm

AQUA BOOT CAMP

Mon., Wed., Fri. - 3:00pm–4:00pm

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

H2O HUSTLE

Mon., Wed., Fri. - 8:00am–8:45am

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

Open to Residents and Point Members

CARDIO
PAGE 20

STRENGTH

FLEXIBILITY

MOBILITY

BALANCE

THIS WEEK'S

Highlights

Tuesday, February 3

10:00am

OLLI Class

Surrealism at the Dallas Museum of Art

Wednesday, February 4

2:00pm

Asbury Conversation

Thursday, February 5

10:00am

OLLI Class

Immersive Learning Experiences in Virtual Reality

Friday, February 6

1:30pm

Movie Matinee

Sarah's Oil

PG · 2025 · Drama · 1h 44m

SUNDAY, FEBRUARY 1

**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!

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:

Events and activities that prioritize movement, nutrition, and rest to feel vibrant and energized.

Intellectual:

Events and activities that prioritize staying sharp through lifelong learning, creative pursuits, and curiosity.

Emotional:

Events and activities that prioritize cultivating resilience and self-compassion to navigate life's ups and downs.

Social:

Events and activities that prioritize fostering meaningful connections and a true sense of belonging.

Spiritual:

Events and activities that prioritize finding inner peace and aligning daily life with your values and purpose.

Vocational:

Events and activities that prioritize gaining fulfillment through passions, hobbies, and personal strengths.

Environmental:

Events and activities that prioritize living mindfully and caring for the world and spaces around us.

Want more info?

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

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, FEBRUARY 2

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.

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
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
eBay, Etsy and Amazon - the world of E-commerce

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

TUESDAY, FEBRUARY 3

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Dance Sculpt
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:30am Functional Core

NEW DAY AND TIME

10:00pm – 11:00am White Rock Class
Garden Club Meeting Res & PM Only

10:00pm – 11:00am Auditorium & Ch. 81
OLLI Class Res, PM & OLLI
Surrealism at the Dallas Museum of Art - Lane Banks

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

11:30am – 1:00pm Thomas Dining Rm.
Dining Action Station Resident Only
This Month's Feature: Grain Bowl

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

3:00pm – 4:00pm OL- Mockingbird Point
Bible Study with Bill Power Res. & PM Only
Resident led study

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 Tai Chi



Monday, February 2
National Tater Tot Day
Loaded Tater Tot special in the Bistro

WEDNESDAY, FEBRUARY 4

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

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:00pm

Theater

Acting Fun Drama Club



2:00pm – 3:30pm

Asbury

Asbury Conversations

Resident Only

Get Updates and ask Department Heads questions

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, FEBRUARY 5

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Dance Sculpt
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2



10:00pm – 11:00am

Auditorium & Ch. 81

OLLI Class

Res, PM & OLLI

Immersive Learning Experiences in Virtual Reality -
Regina Kaplan-Rakowski & Fred McMahan

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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



11:30am – 1:00pm

Hillside Dining Rm.

Dining Action Station

Resident Only

This Months Feature: Grain Bowl

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper
5:00pm – 6:00pm Movement & Dance with Bruce Wood



1:30pm – 2:15pm

Lobby

Harris Jewelers

Res. & PM Only

Small Jewelry repair while you wait.

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion.



2:00pm – 5:00pm

The Clinic (Vista-2)

Total Hearing Clinic

Resident Only

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

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only

Monthly Birthday Happy Hour

FRIDAY, FEBRUARY 6

AM Exercise Classes

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

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!
Sarah's Oil
 PG · 2025 · Drama · 1h 44m

1:30pm – 2:30pm **Flagpole Hill**
Grief Group #2 All Welcome!
 Sign up with Alison at 202-270-133

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

SATURDAY, FEBRUARY 7

10:00am – 1:00pm **Auditorium**
Dallas Handweavers & Res. & PM Invited
Spinners Guild Monthly Meeting

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.

4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND
SATURDAY

Movie MATINEE

SARAH'S OIL

PG · 2025 · Drama · 1h 44m

The remarkable true story of eleven year old Sarah Rector, an African American girl born in Oklahoma Indian Territory in the early 1900s, who believes there is oil beneath the barren land she's allotted and whose faith is proven right.



Friday, February 6
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Tuesday, February 10

10:00am

OLLI Class

The Confederacy and the Myth of the Lost Cause

Tuesday, February 10

7:00pm

An Evening of Comedy - "From the Heart"

Thursday, February 12

10:00am

OLLI Class

The Spanish Conquering of the Americas

Friday, February 13

1:30pm

Movie Matinee

People We Meet on Vacation

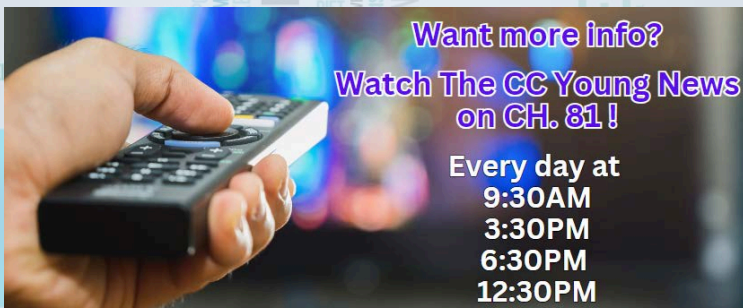
PG-13 · 2026 · Romance 1h 57m

Friday, February 13

4:00pm

Coffeehouse Brews and Grooves

Love Songs from the 50's, 60's & 70's



Want more info?

Watch The CC Young News on CH. 81!

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

SUNDAY, FEBRUARY 8

**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!



ALUMNI FROM

MU PHI EPSILON
INTERNATIONAL PROFESSIONAL MUSIC FRATERNITY

AND

Sigma Alpha Iota
INTERNATIONAL MUSIC FRATERNITY

MUSIC

PERFORMANCE

MONDAY, FEBRUARY 9
7:00PM

AT THE POINT AUDITORIUM

MUSIC, COMMUNITY, AND GOOD VIBES!

MONDAY, FEBRUARY 9

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

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

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



10:00am – 11:00am Game Zone
Coffee and Convo Res. & PM Only
Get to know Rebecca McDaniel with a warm drink and conversation.

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! Res. & PM Only

NEW 2:00pm – 3:00pm Game Zone
Wii Bowling for Beginners Res. & PM Only
No Experience? No Problem. Let's Bowl!

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



7:00pm – 8:30pm Auditorium
Mu Phi Epsilon and SAI Alumni Music Performance All Welcome

TUESDAY, FEBRUARY 10

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Dance Sculpt
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:30am Functional Core



10:00am – 10:45am White Rock Class
Alterations and More
Provided by Dallas Dry Cleaners



10:00am – 11:00am Auditorium & Ch. 81
OLLI Class Res, PM & OLLI
The Confederacy and the Myth of the Lost Cause
Presented by Steven Jent

NEW DAY AND TIME

10:00am – 11:00am White Rock Class
Garden Club Meeting Res & PM Only

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



1:00pm – 3:00pm Resident Only
IL Trip: African American Art Museum Sign up in The Point
\$5 pp / Admission at the door

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 Tai Chi

3:00pm – 4:00pm OL- Mockingbird Point
Bible Study with Bill Power Res. & PM Only
Resident led study



7:00pm – 8:00pm Auditorium & CH. 81
2nd Tuesday Evening All Welcome
"From The Heart" an Evening of Comedy
brought to you by 24 Karat Comedy

WEDNESDAY, FEBRUARY 11

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.

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm Mindful Yoga Flow
2:00pm – 2:45pm Chair Yoga
3:00pm – 3:45pm Sit & Get Fit

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



2:00pm – 3:30pm Overlook
Overlook Conversations Resident Only
Get Updates and ask Department Heads questions

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

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

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

THURSDAY, FEBRUARY 12

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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



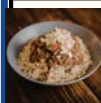
10:00pm – 11:00am Auditorium & Ch. 81
OLLI Class Res, PM & OLLI
The Spanish Conquering of the Americas
Presented by Darrel VanDyke

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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



11:30am – 2:00pm Conley's
Dining Action Station Resident Only
This Month's Feature: Grain Bowl



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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm – 2:45pm Body Weight Boost: Upper
5:00pm – 6:00pm Movement & Dance with Bruce Wood

1:30pm - 3:00pm Theater
The Chosen Series Res. & PM Only
Screenings and Discussion



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

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



Wednesday, Feb 11
Chef Connection
10am in The Hillside

FRIDAY, FEBRUARY 13

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay
Limited Spots.

10:00am – 11:00am

Wii Bowling - Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm Rock Steady Boxing for PD
2:00pm – 2:45pm Body Weight Boost: Lower
3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

Res. & PM Only

People We Meet on Vacation
PG-13 · 2026 · Romance 1h 57m

1:30pm – 2:30pm

Grief Group #2

Flagpole Hill

All Welcome!

Sign up with Alison at 202-270-133



4:00pm – 5:00pm

Auditorium

Coffeehouse Brews and Grooves

Res. & PM Only

Love Songs from the 50's, 60's & 70's with
Sheila Bacon. Coffee and Pastries provided.

6:30pm – 8:00pm

Friday Night Game Night

Café Game Zone

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, FEBRUARY 14

9:30am – 11:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am-iPad/Iphone - Open questions day- Come ask your questions, I'll answer them!
10:30am- Open Lab time

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 – 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

PEOPLE WE MEET ON VACATION

PG-13 · 2026 · Romance · 1h 57m

Poppy wants to explore the world and Alex prefers to stay home with a good book, but somehow they are the very best of friends. They live far apart, but for a decade they have spent one week of summer vacation together.



Friday, February 13
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Tuesday, February 17

10:00am

OLLI Class

Assembling Texas: A Journey Through Earth's Middle Age

Wednesday, February 18

6:30pm

Ash Wednesday Service

Thursday, February 19

10:00am

OLLI Class

John Williams' Villain Themes - Benjamin Graf

Friday, February 20

1:30pm

Movie Matinee

The Unlikely Pilgrimage of Harold Fry
2023 · Drama · 1h 48m

Friday, February 20

3:30pm

Meet The Artist Gallery Reception

Vista 2 Gallery



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

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

SUNDAY, FEBRUARY 15


**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!



Ash Wednesday Service

Join the CC Young Ministry Team for a gathering
marking the start of Lent

Wednesday February 18

**Come-And-Go
Imposition of Ashes
for CC Young Staff**
11:00am- 1:00pm
Rosie Benston Benton Chapel
(Vista 2nd Floor)

**Ash Wednesday
Service**
3:30pm
Christ Chapel
(Vista 2nd Floor)

**Ash Wednesday
Service**
6:30pm
The Point Auditorium
& Ch. 81

MONDAY, FEBRUARY 16


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 – 11:00am Auditorium N.
Arts & Crafts with Patricia Dillingham **Res. & PM Only**
 This month: Decorative Patterned Pins.
 Sign up at The Point

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! **Res. & PM Only**

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**
 Podcast and platforms - The new world of online
 entertainment

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

TUESDAY, FEBRUARY 17

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Dance Sculpt
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:30am Functional Core

 10:00pm – 11:00am Auditorium & Ch. 81
OLLI Class **Res, PM & OLLI**
Assembling Texas: A Journey Through
Earth's Middle Age Presented by Scott Kiester


NEW DAY AND TIME

10:00pm – 11:00am White Rock Class
Garden Club Meeting **Res & PM Only**

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**

 2:00pm – 5:00pm Theater
Opera Club **Res. & PM Only**
This Month Enjoy: Macbeth by Giuseppe Verdi
 Stay as long as you want, enjoy popcorn and water.


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 OL- Mockingbird Point
Bible Study with Bill Power **Res. & PM Only**
 Resident led study

 4:00pm – 5:00pm Auditorium
Fat Tuesday Happy Hour **Resident Only**
 Celebrate with refreshments and
 participate in "Purple Pen Round up"

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

 Tuesday, Feb. 17
Chef Connection
 3pm in The Overlook

WEDNESDAY, FEBRUARY 18

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.

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



1:00pm – 2:00pm

Overlook

Therapy Meet & Greet

Resident Only

Meet The Therapy and team



1:00pm – 4:00pm

Lobby

Wellness Wednesday

All Welcome!

Chair Massages. \$20 for 10minutes.



2:00pm – 3:30pm

Thomas

Thomas Conversations

Resident Only

Get Updates and ask Department Heads questions

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

2:00pm – 3:30pm

Theater

Acting Fun Drama Club

Res. & PM Only

3:00pm – 4:00pm

Asbury

Story Telling with Jo Rader

Resident Only



6:30pm – 7:30pm

Auditorium & Ch. 81

Ash Wednesday Service

All Welcome

THURSDAY, FEBRUARY 19

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Toning

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00pm – 11:00am

OLLI Class

Auditorium & Ch. 81

Res, PM & OLLI

John Williams' Villain Themes

Presented by Benjamin Graf

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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



11:00am – 1:30pm

Asbury

Dining Action Station

Resident Only

This Month's Feature: Grain Bowl

1:30pm – 3:00pm

White Rock Class

Studio Art Time with

Res & PM Only

David Schulze

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

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

CXL Today- See Tuesday 2/17 for Special Happy Hour



4:00pm – 8:00pm

Resident Only

Il Trip: Rock of Ages

Sign up at The Point

A Musical at Bishop Lynch High School

Sign up by Tues. Feb. 10

FRIDAY, FEBRUARY 20

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

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

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Flagpole Hill

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay

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

All Welcome!

The Unlikely Pilgrimage of Harold Fry

2023 · Drama · 1h 48m

1:30pm – 2:30pm

Flagpole Hill

Grief Group #2

All Welcome!

Sign up with Alison at 202-270-1333



3:30pm – 4:30pm

Vista -2

Meet The Artist Reception

All Welcome!

Featured Artist: Photographer Paula Selzer

6:30pm – 8:00pm

Café Game Zone

Friday Night Game Night

Res. & PM Only

BYOS- Bring your own snacks!

SATURDAY, FEBRUARY 21

9:30am – 11:30pm

Flagpole Hill Class

Art With Patty Gooch

Res. & PM Only

This month: Create Collages

Sign up at The Point

10:00am – 12:00pm

Auditorium

White Rock Democrats

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.

6:30pm – 7:30pm

Auditorium

Sing-Along

Resident Only

Join in on this fun filled night of love songs.

**4833 STEAK AVENUE
RESTAURANT**

**OPEN FRIDAY &
SATURDAY**

**CALL 972-755-3259
FOR RESERVATIONS**

Movie MATINEE

THE UNLIKELY PILGRIMAGE OF HAROLD FRY

2023 · Drama · 1h 48m

Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.



**Friday, February 20
1:30pm**

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, February 23

1:30pm

Building Strength from the Ground Up
with Kori Ware

Tuesday, February 24

10:00am

OLLI Class

Quirky Texas History

Wednesday, February 25

3:00pm

All Volunteer Orientation

Thursday, February 26

10:00am

OLLI Class

The Rule of Law - What Does it Mean and Why Does it Matter

Friday, February 27

1:30pm

Movie Matinee

Eleanor the Great

PG-13 · 2025 · Drama · 1h 38m

SUNDAY, FEBRUARY 22

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!



12:30pm – 4:00pm

Resident Only

IL Trip: Soulful Sunday Sign up at The Point

Feed your soul with food, music,
art, and culture at Umphress Terrace

**ARE YOU A CC YOUNG
VOLUNTEER OR
HOSPICE VOLUNTEER**

Thank you for all you do!

Please join us for a meet and greet
and orientation!

February 24 at 3:00pm
The Point Auditorium

We want to meet you, here about
your volunteer experience and
discuss new plans for 2026.

TO RSVP CONTACT

Laura Coker

214-613-1420

lcoker@ccyoung.org

Joey Burns

972- 755-1792

jburns@ccyoung.org

RICHARD STANFORD HOUR

FRIDAY FEBRUARY 27 3:30PM BOOK REVIEW
IN-PERSON & ON CH. 81

SHE KILLS
THE MURDEROUS MOTHER: THE TRUE CRIME
STORY OF RENE GARDNER
AND OTHER TRUE CRIME TALES
by Skip Hollandsworth

from the pages of Texas Monthly

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

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

MONDAY, FEBRUARY 23

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

Vista 9th Floor

Res & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S

Happy Hookers Volunteer Group

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.



10:00am – 11:00am

Game Zone

Coffee and Convo

CXL This week



10:00am – 11:30am

Resident Only

IL Trip: Early Voting

Sign up at The Point

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!

Res. & PM Only



1:30pm – 2:30pm

Building Strength from the Ground Up with Kori Ware

Auditorium

Res & PM Only

An Educational Workshop on Floor-Based Strength

NEW-2:00pm – 3:00pm

Game Zone

Wii Bowling for Beginners

Res. & PM Only

No Experience? No Problem. Let's Bowl!

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only

TUESDAY, FEBRUARY 24

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:30am Functional Core



10:00pm – 11:00am

Auditorium & Ch. 81

OLLI Class

Res, PM & OLLI

Quirky Texas History Presented Steven Jent

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



3:00pm-4:30pm

Auditorium

Calling all CCY volunteers

All Welcome!

Please join us for a meet and greet and orientation



3:00pm-5:00pm

Flagpole Hill

Total Hearing Clinic

Resident Only

Complimentary hearing aid cleanings

and screening. Book appointment: 214-987-4114

3:00pm – 4:00pm

OL- Mockingbird Point

Bible Study with Bill Power

Res. & PM Only

Resident led study

6:00pm – 9:00pm

Auditorium

Trinity Valley Beekeepers

Res. & PM Invited

Monthly meeting



Tuesday, Feb. 24

Chef Connection

2pm in Asbury

WEDNESDAY, FEBRUARY 25

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.

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

Vista 9th Floor

Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:30pm

Acting Fun Drama Club

Theater

Res. & PM Only

3:30pm – 4:30pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

THURSDAY, FEBRUARY 26

Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00pm – 11:00am

Auditorium & Ch. 81

OLLI Class

Res, PM & OLLI

The Rule of Law - What Does it Mean and

Why Does it Matter Presented by Celeste Flippen

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 – 2:30pm

Resident Only

Shopping Trip to Walmart

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

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

Resident Only

FRIDAY, FEBRUARY 27

AM Exercise Classes

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

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 Team Play **Res. & PM Only**
 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 – 2:30pm **Flagpole Hill**
Grief Group #2 **All Welcome!**
 Sign up with Alison at 202-270-1333



1:30pm – 3:30pm **Theater**
Movie Matinee **All Welcome!**
Eleanor the Great
 PG-13 • 2025 • Drama • 1h 38m



3:30pm – 4:30pm **Auditorium & CH. 81**
Richard Stanford Book Review **All Welcome**
She Kills by Skip Hollandsworth

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

SATURDAY, FEBRUARY 28

10:00am – 12:00pm **White Rock Class**
Beginner Jewelry Making **Res. & PM Only**
 Hosted by Jeanette Hughes. Sign up at The Point



10:00am – 2:00pm **All Welcome**
The Point Open House
 Meet The Point Instructors and Group Leaders, and learn about events and activities coming to this year.

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



Movie MATINEE

ELEANOR THE GREAT

PG-13 • 2025 • Drama • 1h 38m

After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, 94, tells a tale that takes on its own dangerous life.



Friday, February 27
1:30pm

Free popcorn and water.
 All Welcome!

THIS WEEK'S

Highlights

Tuesday, March 3

10:00am

OLLI Class

One Diplomat's Supporting Role on
History's Great Stage

Thursday, March 5

10:00am

OLLI Class

Jane Austen's Emma

Friday, March 6

1:30pm

Movie Matinee

Lilly

PG-13 · 2024 · Thriller/Drama · 1h 33m

SUNDAY, MARCH 1

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!

Want more info?

Watch The CC Young News
on CH. 81!

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, MARCH 2

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

Happy Hookers Volunteer Group

Auditorium S.

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

10:30am – 11:30am

Current Events

Vista 9

Res. & PM Only

With Randy Mayeux

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

SPEAK OUT! Therapy Group

Flagpole Hill

Res. & PM Only

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

1:00pm – 2:00pm

Sign Language Fun!

Tech Lab

All Welcome!

2:00pm – 3:00pm

Knotty Knitters & Crafty Crocheters

White Rock Class

Res. & PM Only

3:00pm – 4:30pm

Bunco!

Game Zone

Res. & PM Only

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

TUESDAY, MARCH 3

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:30am Functional Core

11:30am – 12:00pm Recovery

10:00pm – 11:00am

Garden Club Meeting

White Rock Class

Res & PM Only

10:00pm – 11:00am

OLLI Class

Auditorium & Ch. 81

Res, PM & OLLI

One Diplomat's Supporting Role on

History's Great Stage. Presented by Steve Dubrow

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 Tai Chi

1:00pm-2:00pm

CC Young 'Uns Choir Rehearsal

Auditorium

Res. & PM Only

3:00pm – 4:00pm

Bible Study with Bill Power

OL- Mockingbird Point

Res. & PM Only

Resident led study

WEDNESDAY, MARCH 4

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

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, MARCH 5

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00pm – 11:00am

Auditorium & Ch. 81

OLLI Class

Res, PM & OLLI

Jane Austen's Emma

Presented by Elaine Kushamul

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

Resident Only

Shopping Trip to Trader Joe's

Sign-up at The Point.

Pick-up in front of buildings.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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



1:30pm – 2:15pm

Lobby

Harris Jewelers

Res. & PM Only

Small Jewelry repair while you wait.

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion.



2:00pm – 5:00pm

The Clinic (Vista-2)

Total Hearing Clinic

Resident Only

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

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only

FRIDAY, MARCH 6

AM Exercise Classes

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

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!
Lilly
PG-13 · 2024 · Thriller/Drama · 1h 33m

1:30pm – 2:30pm **Flagpole Hill**
Grief Group #2 All Welcome!
Sign up with Alison at 202-270-133

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

SATURDAY, MARCH 7

10:00am – 1:00pm **Auditorium**
Dallas Handweavers & Res. & PM Invited
Spinners Guild Monthly Meeting

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

LILLY

PG-13 · 2024 · Thriller/Drama · 1h 33m

Drama about a
courageous factory
worker who fights for
justice when cheated
and mistreated by her
company. Based on the
life of Lilly Ledbetter.



Friday, February 6
1:30pm

Free popcorn and water.
All Welcome!

GET YOUR KICKS IN 2026



CC YOUNG
SENIOR LIVING

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.





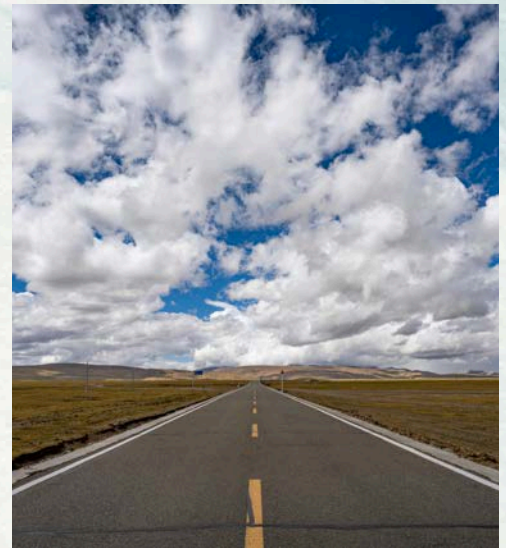
Brian Parman
Director
The Point & Pavilion

As we move into February and our 2026 road map shifts focus to **“Riding Shotgun,”** I’ve been thinking a lot about the passenger seat—and who we choose to put there. But I’ve also been thinking about the moments when that seat is intentionally empty.

There is a unique kind of bravery in the solo road trip. Whether it’s literally backpacking through Thailand with nothing but a backpack and my own intuition, or figuratively venturing into a new hobby alone, going solo opens doors that a group trip never could. When you travel alone, you are forced to be present. You rediscover—or perhaps discover for the first time—what you actually like, what you don’t, and where your own spark has been hiding.

The Freedom of the Open Road

There is such excitement in forging a new path. Whether it’s joining the choir, signing up for a writing class, or volunteering for something that scares you just a little bit, these solo excursions are a "reset" for the soul. They allow you to breathe in the fresh air of a new experience. And yes, there will be roadblocks. There might even be moments of walking through pain or loneliness. But laughing at those roadblocks and pushing through the discomfort reminds us of exactly why it’s all worth it: because we are alive.



My True North

Even when I am "solo," I am never truly alone. My journey is anchored by the God who created me and sustains me. He is my True North, the center that holds when I’m navigating unfamiliar territory. My morning ritual—the coffee, the sunrise, the snuggles with my dog, Starr—is my time to check in with my Navigator. It’s in that stillness that I find the stability to be brave during the day.



From Superficial to Substantial

This self-discovery makes my connections with others so much richer. I realized a while back that many of my relationships were superficial—not bad, just lacking the depth my heart longed for. I learned **that friendship is a sacred investment**. When I show up authentically—knowing who I am because I've done the work of traveling solo—I can truly "ride shotgun" for others. I've found my "ride or die" circle:

- **The Authentic Mirrors:** My coworkers and friends who lift me up but also call me out, helping me explore new parts of the world just by being themselves.
- **The Earthly Angels:** Those who show up in the simple moments to listen, to celebrate, and to extend the invitation.

A Challenge for the Road Ahead

This month, I have a two-part challenge for our community at CC Young and The Point:

The Solo Spark: Do one thing "bravely alone" this month. Take that class, go on that excursion, or sit in a different dining room. Use the time to rediscover what makes you smile.

The Investment: Once you've filled your own tank, reach out. Be the friend who truly shows up. Extend an invitation to someone who might be looking for a passenger.

I am so grateful for the angels in my life, both the ones who have been there for years and the new faces I meet when I'm brave enough to explore. Whether we are driving together or finding ourselves on a solo detour, let's remember that every mile is an opportunity to feel truly alive.

"Adventure is not outside man; it is within." – George Eliot

CREWS NEWS

FEBRUARY 2026

THE WOODIES: BUILT WITH PURPOSE, HEART, AND A LITTLE SAWDUST

With so many new residents joining the CC Young community over the last couple of years, it recently dawned on me that many may not know about one of the most remarkable—and quietly impactful—groups on our campus: The Woodies.

Like many of the best things at CC Young, The Woodies were born not from a master plan, but from listening.

Several years ago, one of our Independent Living residents, the incomparable Anita Hullum—who is now 101 years young—came to me with a simple, heartfelt observation. “Russell,” she said, “our men need something to do.” She wasn’t talking about busywork. She was talking about purpose and belonging, having a place to contribute and feel needed using lifelong skills. After thoughtful consideration, we listened. And from that moment, The Woodies were born.



The group formally took shape in the early 2010 and was chartered by Fred Christen and John Gould, along with several other gentlemen who had woodworking experience from past careers or long-held hobbies. At one point, the group included seven men. Today, the current Woodies include Charlie Smith, Jim Smith (not related!), Fred Baner, and Richard Kurth, along with others who have contributed over the years.

The original woodshop was responding to a reality many senior living communities face: we are predominately occupied by women, simply because women tend to live longer.

Men, meanwhile, often seek out hobbies—especially hands-on, practical ones—that feel familiar and meaningful. When a group of residents approached me about starting a woodshop, I paused. There were obvious considerations: space, safety, liability. But ultimately, we recognized something important. This wasn’t a risk. It was an opportunity.

Of course, moving forward with a woodshop required more than good intentions. Safety and liability were real considerations, and we approached them thoughtfully and carefully. Before anyone was allowed to work independently, the Woodies completed hands-on, on-the-job training to ensure they knew how to safely operate each piece of equipment. This wasn’t a casual arrangement—there were clear expectations and shared accountability.

We also established a simple but critical rule: no one works alone in the woodshop. A minimum of two Woodies must be present at all times, ensuring that if an accident or issue ever arose, someone would be there to help. When the shop moved into The Vista, we added another important safeguard—a dedicated telephone line—because preparation matters, even when you hope you’ll never need it. We have only had one thumb incident over the years.



BY RUSSELL CREWS
PRESIDENT AND CEO



It's also worth noting what CC Young did—and did not—provide. We provided the space. That's it. Every piece of equipment in the woodshop belongs to the Woodies themselves.



While there have been occasional donations over the years, the vast majority of the tools were personally owned and generously shared by the group.

Thanks to them, the shop is filled with top-notch, professional-grade equipment, maintained with pride and respect. It's a testament not only to their craftsmanship, but to their commitment to doing things the right way.

The first woodshop was tiny—really tiny. It lived in a reclaimed housekeeping and maintenance room beneath LPW, tucked near the breezeway. Despite its size, big things happened there. When we later built The Vista, we intentionally designed ample space so The Woodies could truly spread out and thrive.

One beloved chapter in their story involves John Gould, who purchased a golf cart affectionately named the “Woodie Wagon.” It transported members from The Overlook down to The Vista garage level.



John has since passed, but the Woodie Wagon is still rolling—much like the spirit he helped establish.

Over the years, The Woodies have also welcomed women into the fold—known fondly as the “Woodettes.” These talented women often handle the fine-detail work: sanding, painting, staining, and finishing, proving that craftsmanship knows no gender.



What began as a way to give men “something to do” has become one of CC Young's greatest assets.



The Woodies have repaired furniture for residents and staff, created handcrafted pieces for Development fundraisers, made Christmas ornaments for area schools, cheese boards for local vendors, and are currently helping The Point expand its space by building new bookshelves.

You may recognize their work in the stunning white nativity scene outside The Point, or throughout our campus chapels. Nearly all the altars and podiums on campus along with the beautifully backlit cross in Christ Chapel were created by The Woodies, along with furnishings in the Meditation Chapel and Point Auditorium.

Their craftsmanship is professional, meticulous, and heartfelt. For our Centennial celebration in 2022, they built a custom “CC Young” photo platform—complete with a human-powered “Y.”



It was joyful, creative, and unforgettable. Not surprisingly, local media took notice. The Woodies are, quite frankly, rock stars.



Beyond the saws and sanders, what truly defines The Woodies is purpose. They never charge for their work, instead inviting donations that support our Benevolence Fund, a vital safety net for residents who outlive their financial resources.

Their work has been featured in local retail outlets and fundraising events, but the heart of their mission remains simple: helping others.

The Woodies have even won recognition in our Spirit is Ageless art and writing contest, a fitting honor for a group that embodies creativity, service, and lifelong contribution.

All of this—every project, every shelf, every carefully sanded edge—traces back to a 101-year-old woman who cared enough to speak up. Anita Hullum saw a need. We listened. And together, we built something extraordinary.

That's the CC Young way.

VILLAGE REPORT

FEBRUARY 2026



by Jen Griffin
Vice President Community
Outreach & Engagement

“Riding Shotgun”

There are moments when you see a community for exactly what it is — not because everything is easy, but because things are hard. The winter weekend of January 24 thru 26 was one of those moments.

As temperatures dropped and plans shifted, our team stepped up in ways both visible and unseen. “The Inn at CCY” was made ready to sleep 75 from Friday night through Monday night. Extra shifts were covered. Overnight bags appeared without being asked. Departments leaned into one another, checking in, pitching in, and doing what needed to be done — not for recognition, but because that’s who they are. It wasn’t dramatic. It was steady. It was impressive. And it reminded me of something simple and powerful:

When the road gets rough, we don’t leave anyone driving alone.

That’s what “riding shotgun” really means.



It’s not about who’s in charge or who’s calling the turns. It’s about choosing to sit beside someone — alert, present, invested — ready to help navigate whatever comes next. During that cold weekend, our team rode shotgun for one another and for our residents, and the ride was steadier because of it.

But the truth is, that kind of companionship isn’t reserved for weather events or emergencies. It’s woven into daily life here at CC Young.

In a senior living community, the journey matters just as much as the destination. Many of our residents have spent decades in the driver’s seat — raising families, building careers, caring for others, steering through joy and heartbreak with determination and grit. At this stage of life, there is something deeply meaningful about knowing you don’t have to make every turn alone anymore.

Riding shotgun doesn't mean giving up independence. It means trusting that someone's beside you — reading the map, watching the road, pointing out the scenery you might miss if you were doing it all yourself.

Sometimes that "someone" is a spouse who's been along for the entire ride. Sometimes it's a friend who knows your stories by heart. And often, it's a staff member — a caregiver, a nurse, a dining server, a housekeeper — who quietly shows up day after day, making the road smoother without ever asking for credit.

That's the beauty of community. We take turns at the wheel. We trade stories, laughter, and responsibility. We slow down when needed. And when the road gets bumpy, we reach over and say, "I've got you."

As we look ahead to **Get Your Kicks in 2026**, I can't think of a better way to frame the year. Adventure doesn't disappear with age — it simply changes shape. New friendships. New routines. New perspectives. Sometimes the greatest joy comes not from driving faster, but from noticing who's sitting beside you.

So as we move through this year together, may we keep choosing to ride shotgun for one another — in big moments and small ones, during storms and sunshine alike. Because the best journeys aren't about who gets there first.

They're about how we travel together.

And, to reference Dr. Seuss, "Oh the places you'll go!"



Riding Shotgun: Finding Your Plus-One at The Point's Open House

They say life is better with a co-pilot. This February, our theme is "Riding Shotgun," a tribute to the power of friendship and the joy of having someone by your side for the journey. Whether it's a spouse, a best friend, or a new neighbor, life's adventures are simply better when shared.

At CC Young, we know that connection is the engine that keeps us moving. That is why we are inviting you to pull up to The Point & Pavilion Open House on Saturday, February 28, from 10am to 2pm.



The Hub of Connection

Serving as the heart of our community, The Point is more than just a 20,000-square-foot facility; it is a bridge between CC Young and the surrounding neighborhoods. It is a place where residents and the general public (ages 55+) come together to discover, learn, and—most importantly—connect.

What's Happening?

Whether you are a prospective member or a current member or resident looking to gear up for the new year, the Open House is your pit stop for all things wellness and fun:

- **Meet the Crew:** Chat with our Wellness Director and expert instructors.
- **Preview the Road Map:** Learn about exciting new programs for the upcoming year.
- **Fuel Up:** Enjoy healthy food tastings and grab some door prizes.
- **Explore the Amenities:** From our state-of-the-art Game Zone and Pool to our Rehab and Massage Therapy suites, see why The Point is the focal point of activity and art.

Grab Your Pass

All Point memberships run on a 12-month cycle beginning April 1. The Open House is the perfect time to secure your spot for the year ahead!

- CCY Residents are automatically in!
- Non-resident Annual Membership: \$584.55 per person (includes tax). Pro-rated Options: If you're joining us mid-year, we offer pro-rated rates so you can jump in anytime.

Choose Your Own Adventure

Whatever your passion, there is a "seat" for you here. Our diverse clubs and classes ensure you'll always have a friend "riding shotgun" with you:

- **For the Creatives:** Arts & Crafts, Knotty Knitters, and the Happy Hookers.
- **For the Lifelong Learners:** Senior Technology and OLLI (Osher Lifelong Learning Institute).
- **For the Active Souls:** Garden Club, Sign Language Club, and Wellness classes.

Don't navigate the road alone—come find your community! We can't wait to see you at The Point.



JANUARY – "Start Your Engines"
New beginnings and setting the pace

FEBRUARY – "Riding Shotgun"
Friendship & Connection

MARCH – "Detours Welcome"
Flexibility and embracing change

APRIL – "Drive-In Dreams"
Dreaming big at any age

MAY – "Destination: Celebration"
Celebrating milestones

JUNE – "Scenic Route"
Slowing down and savoring life

JULY – "Campfire Connections"
Summer memories and outdoor fun

AUGUST – "Pit Stop Prep"
Getting refreshed and recharged

SEPTEMBER – "Cruise Control"
Finding rhythm and routine

OCTOBER – "Route 2026: Homecoming Road"
Reunion and celebration

NOVEMBER – "Fuel Up with Gratitude"
Reflection and appreciation

DECEMBER – "Rest Stop: Look Back, Gear Up"
Looking back with joy, preparing for the next leg

FEBRUARY: RIDING SHOTGUN

A MONTH OF CONNECTION SET TO LOVE SONGS & DOO-WOP

As the "Get Your Kicks in 2026" road trip continues, February slows down for a meaningful "Riding Shotgun" experience. The theme for the month is Friendship & Connection, celebrating the vital relationships that make life's journey worthwhile. The perfect soundtrack for this heartfelt connection is the smooth, layered harmony of Love Songs & Doo-Wop.

This genre—characterized by tight vocal harmonies and romantic lyrics—was the language of love and friendship in the 1950s and early 60s. It's the sound of first dances and heartfelt serenades.



FEATURED HARMONIZERS OF THE HEART

The core artists for February each bring a unique, emotional depth to the theme of connection:



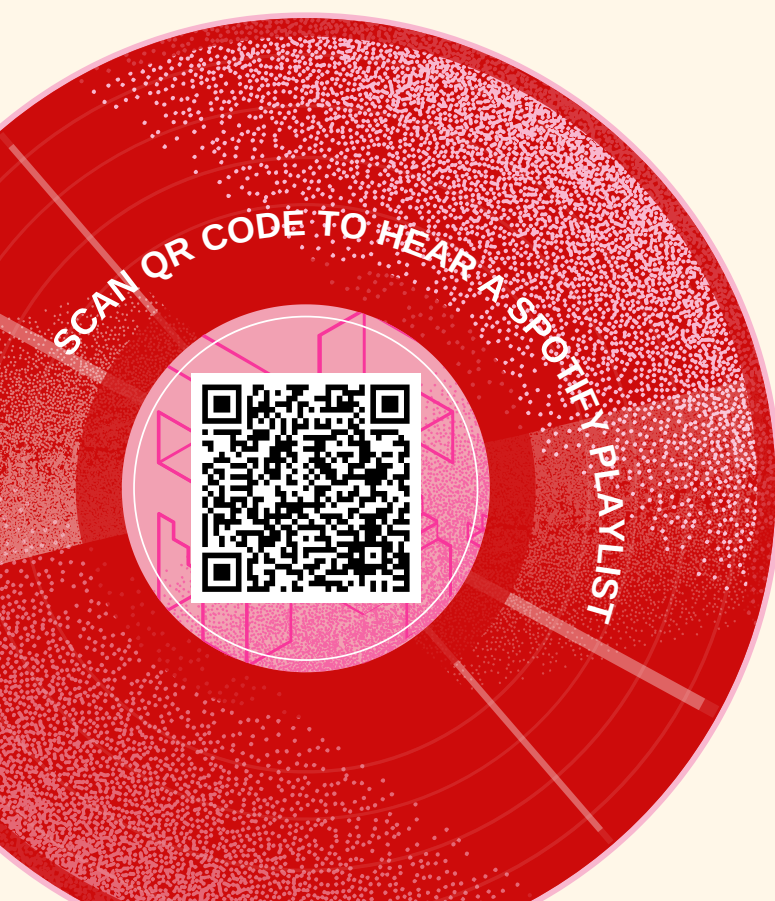
The Platters: Defining the sound of romantic vocal groups. Timeless classics like "The Great Pretender" and "Only You (And You Alone)" speak to the universal themes of love and longing.



Sam Cooke: The "King of Soul" brought gospel reverence to pop music. His velvet voice on songs like "You Send Me" and "Wonderful World" perfectly captures the tenderness and joy of deep connection.



Patsy Cline: A cross-genre icon, Cline's powerful, emotive voice on hits like "Crazy" and "Sweet Dreams" translates the complex feelings of love and friendship into enduring, beautiful country-pop ballads.



When Connection Becomes Community

FEBRUARY 2026

Sometimes the most meaningful journeys aren't about where you're going, they're about who's sitting beside you.

At CC Young, volunteers often serve as trusted co-pilots who walk alongside residents through everyday moments, challenges, and joys. For volunteer Lacy and resident Birdie, that shared ride has grown into a deep friendship rooted in trust, laughter, and genuine care.

Lacy first came to CC Young as a pre-med student, seeking hands-on experience and patient interaction while pursuing a future in medicine. A year ago, her volunteer journey began with visiting residents who needed extra one-on-one attention.

Many without nearby family. She also spent time learning from the hospice team, discovering how to connect with residents at end of life, including those who were nonverbal or less responsive.

Through that experience, Lacy learned something powerful: meaningful connection isn't about fixing or curing, it's about presence.

It was through the hospice chaplain that Lacy was introduced to Birdie, a resident who needed assistance with daily tasks. Birdie is blind and recently lost her husband. Because of her vision loss, she didn't always feel comfortable getting out, and everyday responsibilities felt overwhelming. The CC Young team believed Lacy's gentle spirit and attentiveness would make her a wonderful match, and they were right.



Lacy began visiting Birdie on Thursday afternoons. At first, their relationship took time to develop. Trust was built slowly. But over time, those visits turned into something deeper. They began sharing stories about family, life experiences, and books... lots of books.

Today, Lacy helps Birdie with everything from organizing mail and emails to shopping for clothes and arranging her closet so it's easy to navigate. She helps Birdie order audiobooks so she can continue her lifelong love of reading, especially history, historical fiction, and award-winning literature.

"We laugh," Birdie says. "It's true friendship."

Birdie has lived at CC Young for two years. She and her husband moved here when he was diagnosed with dementia, and her eyesight began to decline. Leaving the home she had known for so many years was difficult, but CC Young quickly became a place of comfort and care. Originally from South Dakota, Birdie earned her doctorate from the University of North Texas and remains an avid learner and storyteller.

"Lacy is one of the greatest gifts I've received," Birdie shares. "She helps me stay on top of my household matters, but more than that, she sees me for who I am. Despite what many would call a handicap, she just gets me."

For Lacy, the feeling is mutual. Although her path toward a career in medicine has changed, her passion for CC Young has not. Married, with a two-year-old daughter and expecting her second child, Lacy continues to make time for volunteering because of what it gives her in return.

"I get more out of it than I give. I am building meaningful relationships, learning life stories, hearing voices, and really knowing people. The benefit is greater when you give," Lacy says.

Lacy describes CC Young as the best place to volunteer, a place where people are encouraged to be their authentic selves and where volunteers' gifts are seen, valued, and thoughtfully matched to meet real needs.

Together, Lacy and Birdie remind us that volunteering is not about standing on the sidelines. It's about showing up, staying present, and sharing the journey.

At CC Young, these co-pilots bring hope, passion, and compassion to those we serve and often discover that the journey changes them, too.



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

Christ Chapel Congregation Volunteer Highlight

Tracey Tishrei has become a valued member of the CCY community – within and outside of the Sunday services. Even though Tracey does not live here at CCY, she, like others from surrounding neighborhoods are an important part of our CCY ministry. Lay leaders are residents, community members, and even staff who all are 'co-pilots' in planning, preparing, and leading ministry. We are a community of worshippers from all faith traditions, backgrounds, and talents. We welcome you to join us on Sundays or in other activities of CCY's Ministry team.

A Message From Tracy:



Let's My name is Tracey Tishrei. I am a member of the Christ Chapel congregation at CCY. A year ago, while having an art show within the building, I discovered the beautiful Christ's Chapel. I found the stain glass windows so stunning that I was inspired to attend a service. The ministry and music has been so pure that I keep going back.

I have come to know many of the other congregants who live here and work here. They welcomed me from the beginning, and they continue to make me feel part of the community. It feels like a family here with each person contributing their own gifts and graces, radiating their own divine spark, and connecting hearts together.

Last year, I started bringing fresh flowers to adorn the altar. Providing flowers for the altar each week has become my own ministry, bringing me purpose and fulfillment.

The clergy and music leaders work closely with all of us as we participate in the service in different ways. Some read, some help with communion, some are greeters. A number of us come early each week to help those with mobility challenges to get from their rooms to the service. Working and growing with each other through love for humanity is healing and brings our community closer. It bridges the gap between culture and Kingdom and reflects God's love at CC Young. I encourage others to come to the services on Sunday at 9:30 at the Vista or the 11:00 service at the Point.

Jesus loves you!

Contact information:

Russ Rieger: 214.236.4705
Raelynn Scott: 817.966.8234
Allison Foster-Letico: 202.270.1333

FEBRUARY MINISTRY EVENTS

Sunday Worship

9:30a Christ Chapel, Vista
11:00a Point Auditorium and
on Channel 81

The Chosen Movie Series

Tuesdays at 10 Hillside MP
Thursdays 1:30p Point
Theater

Grief Group

Fridays 1:30p Flagpole Hill
(The Point)

Bill Power's Bible Study

Tuesdays 3:00p
Mockingbird Point at
Overlook.
Bring your Bibles

Richard Sanford's Book Study

Wednesday 3:00p
Flagpole Hill (The Point)

Young-'Uns Choir Rehearsal

Tuesdays 1:00p Auditorium
(The Point) Non-Religious

Vista Resident Sing Along

Thursdays 10:00a
Vista 4th floor – weekly /
Vista 6th floor - monthly
Non-Religious; Residents
check with staff

Vista Chapel Services

Wednesdays 9:45-11:15 Vista
floors 4, 5, and 6
Residents check with staff

THE FITNESS INSIDER

February 2026

PRACTICAL STRENGTH

Functional strength supports daily tasks like getting up from a chair, reaching overhead, carrying groceries, and maintaining balance. Practicing controlled movements a few times per week can improve confidence, posture, and long-term independence.

Try to think of exercise not as “working out,” but as training for everyday life.

21 STRONG

COMING
SOON

FOUNDATIONS FOR A HEALTHIER YOU

21 days. Simple daily habits. Stronger, healthier living.

MARCH 2-23

FULL BODY CIRCUIT

Do 2–3 rounds, rest as needed.

- Chair Squats: 10 reps
- Seated Shoulder Press: 10 reps
- Box Step Down: 10 reps, each leg
- Bicep Curls: 12 reps
- Calf Raises: 15 reps

BUILDING STRENGTH FROM THE GROUND UP

An Educational Workshop on Floor-Based Strength



2/23 @ 1:30 P.M.

THE POINT AUDITORIUM

SIMPLE WAYS TO STAY CONSISTENT

- Keep sessions short and manageable
- Attach movement to an existing habit
- Focus on control, not speed
- Track days you move, not just workouts

LEAGUE LEADER

Rick Herrick
(See full list on the next page)

THE FIT LEAGUE

NOVEMBER CHAMPIONS

GOLD LEAGUE



Rick Herrick
Michael York
Esther Davis
Annie Palacios
Nell Williams
Leo Chang

Lynne Hoseck
Sharon Yost
Bobbie Mankey
Karl Warkentin
Lorrie Mercer

SILVER LEAGUE

Diana McAfee
Susan Grundy
Ernie McAfee
Corinne Bryan
Sharon Gustof
Dorothy Morris
Rita Warkentin
Harriett Willis
Karen Stanland
Kathy Rauscher
Mary Jarvis

Walt Davis
Gwen Lummus
Mary Heuert
Nancy Cooper
Gordon Fox
Margaret Gillett
Carol Donovan
Suzanne Smith
Lane Ogden
Ron Rainey
Sharon Christen

Charlie Smith
Alex Mason
Arch Beasley
Debra Dickerson
Gloria Little
Ruth Boren
Linda Wertz
Frances Jones
Gene McWhorter
Isabel Davis
Pat Kidd

BRONZE LEAGUE

Lisa Ogden
Nan Alexander
Fred Christen
Jennifer Aguiler
Jill Mandel
Joyce Johnson
Korrine Hearn
Phil Shannon
Kim Toulouse
Pam Meffley
Ann Beasley
Ann Williams
Bettye Johnson
Brenda Stokes
Cheryl Brunson

Irma Kinder
Karen Delk
Nancy McWhorter
Steve Melton
Tom King
Cathy Fisher
Dave Biehn
Laura Marsh
Lou Bruce
Marian Hammert
Mary Johnson
Peggy Wing
Sherry Biehn
Tim McDonnell
James Smith

Mel Symmank
Ruby McLeod
Barbara Symmank
Betty Greene
Bill Altman
Carmen Vaughan
Fred Banes
James Sheehan
Judy Cole
Judy Hearne
Kathy Davis
Kay Maxwell
Pat Engel
Shoshanna Gardiner
Don Thurman

Gary Griffith
Judith Lubow
Kay Peters
Larry McDaniel
Mike Haskins
Miles Zitmore
Nancy Worden
Nina Thornburgh
Saquita Poston
Sharon Edwards
Sue Hooks
David Edwards
Diane Flint
Don Zentmeyer
Phil Bauer

COMMUNITY CORNER

Reminders

WORK ORDERS

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

Sandy 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
214-841-2946 or email
transportation@ccyoung.org

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

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

HAPPY PET! HAPPY LIFE!

CC YOUNG PET POLICY... A SUMMARY

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

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

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

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

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

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

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

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

Pets are prohibited from food preparation areas.

PET RULE VIOLATIONS

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

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

CCY RESIDENTS HAVE SUCH BIG HEARTS!!

2026 CCY AUXILIARY

UMPHRESS TERRACE FOOD DRIVE



Dear CCY Auxiliary Members and Independent Living Residents,

For those of you I haven't met, my name is Gia Hardy. I was adopted June 4, 2023. My favorite thing is to ride in my pink stroller and spread JOY throughout the campus!

Once again, I am truly honored to be Chair Dog for the 2026 CCY Auxiliary Umphress Terrace Food Drive.

Part of CCY's Mission & Purpose is to help people of all economic levels. CCY has managed Umphress Terrace, a senior living community financed by HUD and comprised of 54 units for residential living, since 2009. These units are small one-bedroom, full kitchen apartments located in one story colorful four-plexes with porches. Residents must be 62 or more and have an income below the poverty level.

My Mom became passionate about raising funds to support Umphress Terrace in 2019 when CEO Russell Crews invited her to tour and to see how well the property was maintained. During her visit, she also noticed how incredibly grateful UT residents were to have their on-site food pantry stocked with their most needed essentials/food items.

Won't you join us this year and donate?
Here's how:

DONATIONS ARE TAX DEDUCTIBLE.
Make checks payable to:
CC Young Memo Line: UT Food Pantry

Overlook Residents:
Drop checks in an envelope in cubby #512

Asbury & Thomas Residents:
Drop checks in an envelope
in campus mail:
Elizabeth & Gia Hardy/OVR #512



LOVE, CHAIR DOG GIA HARDY



FEBRUARY TEAM BIRTHDAYS

Marquis Cole	2/1	Dining Services
Saba Gebrehiwot	2/1	Private Care
Bryan Russell	2/2	Assisted Living
Andre Kirk	2/3	Dining Services
Brittany West	2/3	Health Center
Alice Sibanda	2/4	Private Care
Xzazil Pastor	2/6	Dining Services
Melissa Paul	2/6	Community Outreach
Jeanna Thompson	2/6	Hospice
Tsedale Demessie	2/7	Assisted Living
SuNita Leach	2/7	Health Center
Melissa Gonzalez	2/8	Hospice
Mulugonder Abegaz	2/10	Private Care
Jedidah Chepkirui	2/10	Memory Support
Betelhem Liche	2/10	Assisted Living
Carlundra Glenn	2/11	Housekeeping
DiNisha Griffin	2/11	Dining Services
Stacy Hitt	2/12	Resident Services
Nma Nzeocha	2/12	Health Center
Aster Woldetsadik	2/12	Assisted Living
Pamela Ruyle	2/13	Health Center
Lominat Wolde	2/13	Housekeeping
Angela Robinette	2/15	Therapy

Tamba Fengai	2/17	Maintenance
Unika Ruff	2/17	Health Center
Ariel Bennett	2/18	Health Center
Krystal Mitchell	2/19	Private Care
Heather Salzwedel	2/19	Therapy
Funmilayo Anderson	2/20	Memory Support
Sitshengisiwe Ngope	2/20	Dining Services
Skyler Ellis	2/21	Therapy
Hyrene Onchwari	2/21	Home Health
Catherine Hefko	2/22	Sales
Tasha Brinkley	2/23	Dining Services
Albonnie Harris Moss	2/24	Home Health
Henry Barron	2/25	Therapy
Maggie Burmeister	2/25	Therapy
Patricia Outley	2/25	Dining Services
Antonio Wyrick	2/26	Assisted Living
Enohor Irikefe	2/27	Technology
Marilyn James Lee	2/27	Dining Services
Demicia Knight	2/28	Hospice
Bukola Obembe	2/28	Assisted Living



February Team Anniversaries

Name	Hire Day	#Yrs	Department
Nevenka Cubra	2/3/16	10	Housekeeping
Stephanie Zulu	2/3/25	1	Health Center
Caroline Denslow	2/4/23	3	Therapy
Blanca Herrera	2/5/24	2	Housekeeping
Stacy Hitt	2/5/07	19	Executive
Luke Rice	2/5/25	1	Maintenance
Hannah MacIntyre	2/5/24	2	Life Enrichment
Enohor Irikefe	2/6/23	3	Technology
Rovetta Malone	2/6/23	3	Health Center
Jeremiah Morgan	2/6/23	3	Housekeeping
Brandon Peoples	2/6/23	3	Technology
George Achoronye	2/6/25	1	Private Care
Fikirte Haile	2/7/25	1	Private Care
Stefan Bezpalko	2/7/19	7	Home Health
Gregory Ndikaka	2/8/21	5	Health Center
Joseph Houston	2/8/25	1	Dining Services
Massoud Shahidi	2/9/22	4	Therapy
Senait Abraham	2/9/23	3	Private Care
Melissa Gonzalez	2/10/25	1	Hospice
Jazmine Rodriguez	2/10/23	3	Health Center
Warren McNeal	2/10/20	6	Dining Services
Catherine Hefko	2/11/19	7	Sales
Jennifer Asbill	2/14/25	1	Therapy
Jo Nita Taylor	2/14/23	3	Private Care
Tasha Brinkley	2/15/21	5	Dining Services
Marquis Cole	2/15/25	1	Dining Services
Rosalba Duran Ruiz	2/15/22	4	Health Center
Arthur Wiese III	2/16/22	4	Memory Support



Name	Hire Day	#Yrs	Department
Charity Hayes	2/17/25	1	Dining Services
Kim Hewett	2/17/25	1	Sales
Sandra Crump	2/17/25	1	Assisted Living
Alzavian Jones	2/17/25	1	Therapy
Sammuel Gutierrez	2/17/23	3	Housekeeping
Daniel Martinez	2/17/25	1	Housekeeping
Esther Cooper	2/17/25	1	Housekeeping
Misty Drake	2/17/25	1	Hospice
Finda Fengai	2/18/15	11	Assisted Living
Russell Crews	2/18/08	18	Executive
Tommy Jackson	2/19/24	2	Dining Services
Shoni Tucker	2/19/24	2	Therapy
Brandy Escobedo	2/20/23	3	Private Care
Charles Shelton	2/20/23	3	Umphress Terrace
Obianuju Okany	2/20/23	3	Private Care
Daniela Mora	2/20/23	3	Dining Services
Sefanit Getahun	2/23/11	15	Housekeeping
Ibraheem Akilagun	2/24/20	6	Memory Support
Nicia Wasson	2/24/20	6	Private Care
Rodney Nixon	2/24/20	6	Dining Services
Olabisi Bello	2/24/20	6	Health Center
Askale Zewede	2/25/03	23	Dining Services
Aster Woldemariam	2/25/19	7	Health Center
Elisa Kodros	2/25/19	7	HR
Daisy Sandoval	2/26/24	2	Dining Services
Saba Gebrehiwot	2/27/25	1	Private Care
Cinderella Arshad	2/27/25	1	Private Care
Eshet Belhu	2/27/17	9	Assisted Living
Honor Shearer	2/27/25	1	Life Enrichment
Ivan Johnson	2/28/25	1	Dining Services



Patricia Cowlshaw	1	Hillside
Robert Hudspeth	2	Vista
Diana McAfee	2	Thomas
Korrine Hearn	6	Thomas
Kathleen Malesovas	7	Vista
Jim F Roberts	7	Vista
Anna B Benningfield	7	Overlook
Ruth Esgar	9	Overlook
Rev Patrick R Heath	10	Vista
Susan B Hood	10	Overlook
Edith D Lawlis	10	Overlook
Robert L Taylor Jr	12	Vista
John Ellis	12	Asbury
Frauke Harvey PhD.	14	Overlook
Sharon Gustof	17	Asbury
Dick Jacobi	17	Overlook
Nell Williams	18	Overlook
Bobbie J Mankey	19	Hillside
Jane H Robinson	19	Vista
Sarah Busby	19	Vista
Evelyn Bridges	19	Asbury
Carolyn C Hicks	19	Asbury
Howard Webb	20	Vista
Judy Cook	20	Overlook
Peggy R Wing	20	Asbury
Edgar Dunn	21	Asbury
Rick Herrick	21	Asbury
Kay Aylesworth	24	Overlook
Kathy T Ramirez	24	Overlook
Patti C Kimple	26	Vista
Judith Merino	26	Hillside
Ruthe H Cowell	26	Vista

FEBRUARY RESIDENT BIRTHDAYS

Happy
Birthday



Resident

Anniversaries

FEBRUARY

16 Years

Georgia Baier

9 Years

Jean Wammack

8 Years

Jo Sue & Doug

Malcolm

Sarah Franklin

John Marston

5 Years

Mary Ellen Getty



THOMAS CUISINE SPECIAL DINING DAYS

February

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 National Tater Tot Day	3 Thomas Action Station 11:30am-1pm HTA	4	5 Hillside Action Station 11:30am-1pm HTA	6 4833 Steak Avenue CLOSED	7
8	9 National Oatmeal Monday	10 National Cream Cheese Brownie Day	11 Hillside Chef Connection 10am	12 Conley's Action Station 11:30am-2pm HTA	13 4833 Steak Avenue CLOSED	14
15	16	17 Overlook Chef Connection 3pm	18	19 Asbury Action Station 11am-1:30pm HTA	20 4833 Steak Avenue OPEN	21
22 National Banana Bread Day	23	24 Asbury Chef Connection 2pm	25	26	27 4833 Steak Avenue OPEN	28

Action Station of the Month: Grain Bowl

02/02 – Loaded Tater Tot special in the Bistro

02/09 – Overnight Oats available in the Point Café & Bistro

COMING
SOON

21 STRONG

FOUNDATIONS FOR A HEALTHIER YOU

A 21-day guided experience designed to help you move more, feel stronger, and build healthier daily habits through short workouts, simple daily check-ins, and supportive weekly coaching.



MARCH 2-23

THE POINT ART GALLERY

SATURDAY, MARCH 7 – MONDAY, APRIL 27

Reimagined Realities

DR. KAREN ZUPANIC

DIRECTOR, HEARD-CRAIG CENTER FOR THE ARTS

ART EXHIBIT



**MEET THE ARTIST
RECEPTION**

**FRIDAY
MARCH 20
3:30 PM**

**OPEN TO THE
PUBLIC**



No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Tuesday, March 3 at 10:00am

One Diplomat's Supporting Role on History's Great Stage

Presented by Steve Dubrow

Thursday, March 5 at 10:00am

Jane Austen's Emma

Presented by Elaine Kushamul

Tuesday, March 10 and Thursday, March 12

No Class- Spring Break

Tuesday, March 17 at 10:00am

Understanding Your Dreams

Presented by Jim Cannici

Thursday, March 19 at 10:00am

The Beatles as Touring Musicians

Presented by Brian Wright

Tuesday, March 24 at 10:00am

The Experience of Training to be a Medical Doctor

Presented by John McKenzie

Thursday, March 26 at 10:00am

What is Artificial Intelligence?

Good and Bad Uses of AI

Presented by Krishna Kavi

Tuesday, March 24 at 10:00am

How the West Was Worn

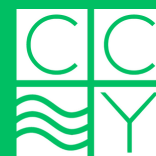
Presented by Annette Becker



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



CC YOUNG
THE POINT & PAVILION

She Believed

She Could, So She Did

Celebrate Women's History Month at CC Young!

**You're invited to our annual
Women's History Month Panel!**

**Celebrating the courage
and conviction of women
who change the world.**

**Tuesday, March 10
7:00pm**

**Live in The Point
and on CH. 81**

Join us to celebrate the incredible women among us—honoring their resilience and the wisdom of women who have shaped our community for the better.



MODERATED BY JEN GRIFFIN
Vice President, Community
Outreach & Engagement



Katina Simmons

CCY Resident
International Missionary
& Refugee Advocate



Michelle Thomas

South Region Executive
Global Philanthropy
JPMorgan Chase & Co



Lynn McBee

Young Women's
Preparatory School