

ACTIVE SENIOR LIFESTYLE GUIDE

CC YOUNG
THE POINT & PAVILION



**New Rhythms at CC Young:
Parkinson's programming expanding- see page 48.**



FREE
PLEASE TAKE
ONE

**Epic Adventures
A MASTERCLASS IN
CURIOSITY, CONNECTION,
AND PURPOSE**

**"Drive-In Dreams"
SPECIAL SCREENING OF
"AMERICAN GRAFFITI"**

**Garden Education
LANGUAGE &
LEGENDS OF FLOWERS**

APRIL 2026

CCYOUNG

THE POINT & PAVILION



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



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



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



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

MEET THE TEAM



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



Rickina McKinley
Manager, Life Enrichment
rmckinley@ccyoung.org
214-841-2988



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

POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



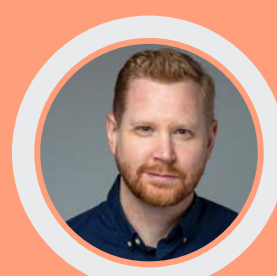
Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



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



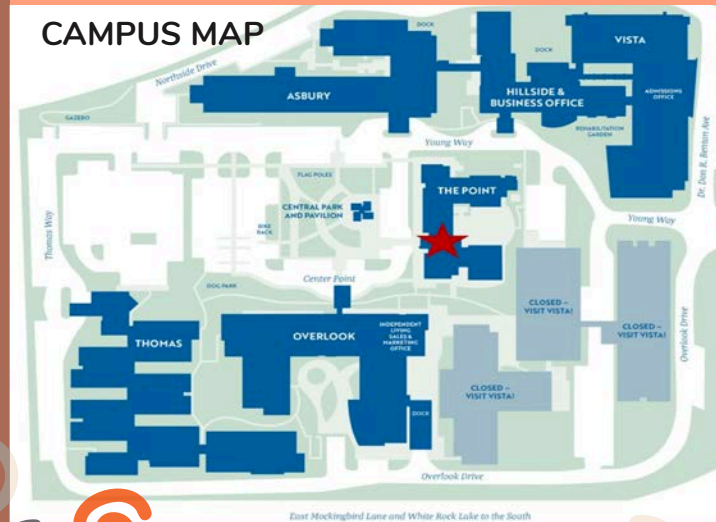
David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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

CAMPUS MAP



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

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THE AVER-PHILLIPS ART GALLERY

TUESDAY, MARCH 31 – WEDNESDAY, MAY 27

People/Characters

JOHN ELLIS ART EXHIBIT



MEET THE ARTIST
RECEPTION

FRIDAY
APRIL 17
3:30 PM

OPEN TO THE
PUBLIC



 **CC YOUNG**
THE POINT & PAVILION

VISTA- 2ND FLOOR
4849 W. LAWTHER DR.
DALLAS TX 75214



CC YOUNG
SENIOR LIVING

YOU'RE INVITED TO

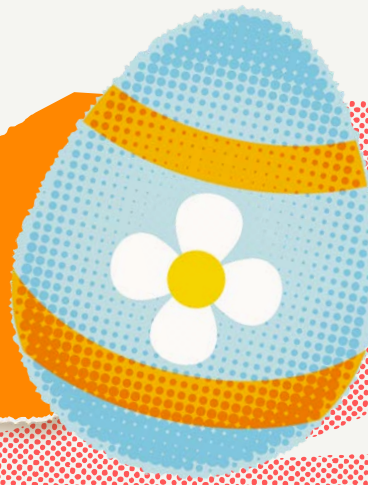
EGGSTRAVAGANZA AT CC YOUNG

**SATURDAY, APRIL 4TH
2:00PM - 3:30PM**

JOIN US FOR GAMES, CRAFTS, TREATS AND
PHOTOS AT OUR ANNUAL FAM JAM! THIS EVENT
IS PERFECT FOR ALL AGES.



**OPEN TO CCY RESIDENTS, RESIDENT FAMILIES,
CCY STAFF, STAFF FAMILIES, POINT MEMBERS
AND THE COMMUNITY!**



4847 W. LAWTHER DR.
DALLAS, TX 75214

#1

EPIC *Adventures*

A Masterclass in Curiosity,
Connection, and Purpose



STORIES OF AFRICA

Join Kay Maxwell, Ernie McAfee and Aaron Schmidt, as they share adventures from their journeys across the continent.

Monday, April 6 at 3:00pm

The Point Auditorium and Ch. 81

Bards of Ceremonies

Alise Cortez

Point Member, Storyteller and Chief Ignition Officer at Gusto, NOW!

Brian Parman

World Traveler and Director of Resident and Community Engagement at CC Young.

SAVE THE DATE FOR MAY 4TH: STORIES OF THAILAND

When All the Songs Make Sense

Conceived, Written, & Performed by Kevin Hofeditz, Professor Emeritus of
Theatre, Meadows School of the Arts, Southern Methodist University

**TUESDAY
APRIL 14
7:00PM**

**THE POINT AUDITORIUM
AND CCY TV CH. 81**

**SIGN UP AT
THE POINT LOBBY**

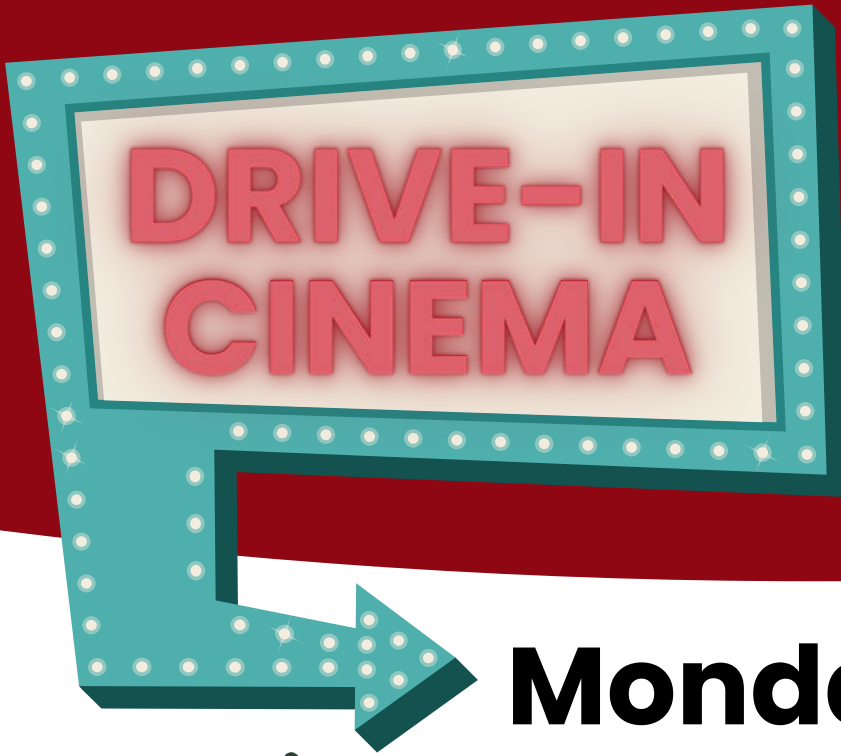


**With Musical Direction &
Accompaniment by Rebecca Cordes**

Musical journey via songs by Cole Porter, the Gershwins, Stephen Sondheim,
Schmidt and Jones, Burt Bachrach, Henry Mancini, and Michel LeGrand,
that seeks to answer the question,

“How do you know when you’re in love?”

A unique and memorable way to experience this month's "Drive-In Dreams"



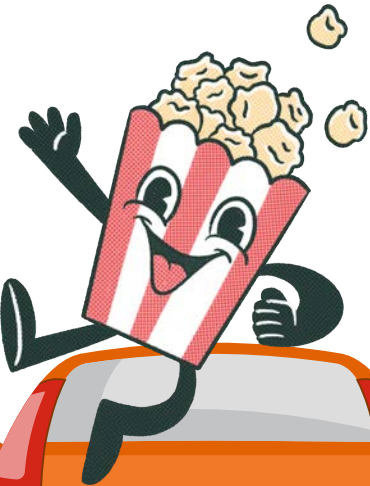
Featured Film:
American Graffiti
Rated: PG · 1973
· Comedy/Musical
· 1h 50m

Monday, April 20

TWO SHOW TIME OPTIONS

11:30AM – 2:00PM OR 2:30PM – 4:30PM

The Point Auditorium



SIGN UP REQUIRED!

Dress to impress in your favorite 50s attire!
Open to Residents and Points Members Only



No Test. No Grades. No Limits.



Tuesday, March 31 at 10:00am

How the West Was Worn

Presented by Annette Becker

Thursday, April 2 at 10:00am

The Real Story of King Tut Presented by Walter Roberts

Tuesday, April 7 at 10:00am

Who Invented the Computer? Presented by David McKinley

Thursday, April 9 at 10:00am

I Didn't Know That! Things You May Or May Not Know About the Life of George Washington Presented by Bruce Ralston

Tuesday, April 14 at 10:00am

The Observer and the Observed: A Dialogue Between Quantum Physics and Indian Thought (Session 1 of 2)

Presented by Richa Yadav

Thursday, April 16 at 10:00am

A Surprising History of Superheroes (and Supervillains!)

Presented by Megan Bryan

Tuesday, April 21 at 10:00am

The Observer and the Observed: A Dialogue Between Quantum Physics and Indian Thought (Session 2 of 2)

Presented by Richa Yadav

Thursday, April 23 at 10:00am

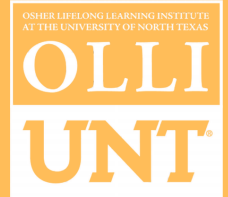
Celebrating America's 250th! Stories of Six Patriots

Presented by Emily Richardson

Tuesday, April 28 & Thursday, April 30 at 10:00am

Conquest, Crown, and Legacy: The World of William the Conqueror (Session 1 of 2)

Presented by Marla Morris



THE POINT



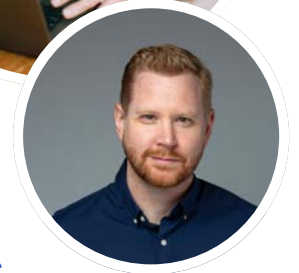
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April 2026 GIZMO GUIDANCE



Instructor
David Sorkness

- ☎ **Friday, April 3**
2:00pm-3:30pm - PC Computers - OneDrive - Microsoft's cloud solution
- ☎ **Saturday, April 11**
9:30-11:00am- PC Computers - Return of AI/Lab
11:00-12:30pm - Open Lab Time- Drop in with questions.
- ☎ **Monday, April 13**
2:00pm-3:30pm - PC Computers - Return of AI (Day 2)
- ☎ **Friday, April 17**
2:00pm-3:30pm - PC Computers - Creating and managing your folders and documents
- ☎ **Saturday, April 25**
9:30am-11:00am - Open questions day/laptops/iPads/phones - bring your questions, I'll answer them
11:00-12:30pm - Open Lab Time- Drop in with questions.
- ☎ **Monday, April 27**
2:00pm-3:30pm - PC Computers - Microsoft Paint

CLASSES OPEN TO RESIDENTS AND POINT MEMBERS ONLY!



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

REPUBLIC RECYCLING FACILITY & LEARNING CENTER

In Honor of Earth Day!

TUESDAY, APRIL 14
1:00 PM TO 4:00 PM



Friday, April 24
12:30 PM to 3:30 PM
Umphress Terrace
Sign up in the Point Lobby

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.

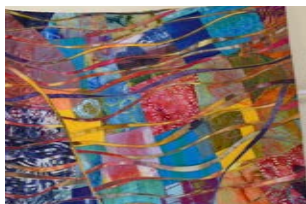
**Meets 1st Saturday of each month
10:00am in The Auditorium**



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.

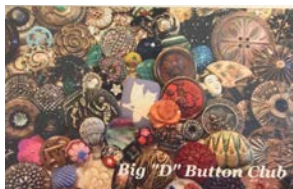
Meets 3rd Wednesday of the month, February- May, and September - November at 10:00am in The Auditorium



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**

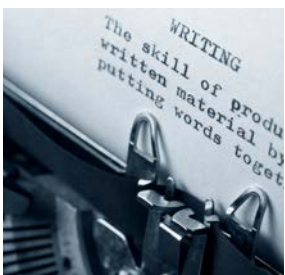


KNOTTY KNITTERS & CRAFTY CROCHETERS

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. **Wednesday 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.



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 • Dance Sculpt • Dancing with Diane • Drumba • Park-n-Dance • Pool • Volleyball* • Rocksteady • Boxing • Sit & Get Fit • Zumba 	<ul style="list-style-type: none"> • Aqua Boot Camp* • Arm Lab • Body Weight Boost • Dance Sculpt • H2O Hustle* • Leg Lab • Mat Pilates Foundations • 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 • Mat Pilates Foundations • 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
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



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.



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.



Park-in-Groove
12:00-12:45pm / Tues
Instructor: Tammy Slauson

Ready to find your flow? This specialized dance program is tailored for individuals with Parkinson's and mobility disorders. It combines movement patterns with upbeat music to help you build confidence and coordination.



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.



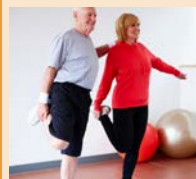
Mat Pilates Foundations
11:00am - 11:45am/ Tues
Instructor: Kori Ware

A foundational Pilates class focused on core strength, posture, and controlled movement. Exercises are performed on mats with options to support different ability levels. Incorporates gentle barre-style strengthening. Participants must be able to get on and off the floor on their own.



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

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



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

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



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

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



Dancing with Diane
 4:00-4:45pm / 1st Wed of month
 Instructor: Diane Prashasouk

A fun, low-pressure dance class built around music, movement, and confidence. From line dancing to easy choreography, you'll learn a few moves and leave ready to say "yes" when the dance floor calls.



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.



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.



Balance 2
 11:00-11:45am / Thu
 Instructor: Beth Belk

A higher-level balance training class designed to challenge and improve balance through dynamic, functional movement with a focus on core stabilization and mindful breathing. **Participants must be able to get on and off the floor on their own.**



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:
 2:00-2:30pm / 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.



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

THIS WEEK'S

Highlights

Tuesday, March 31

10:00am

OLLI Class

How the West Was Worn

Thursday, April 2

10:00am

OLLI Class

The Real Story of King Tut

Thursday, April 2

6:30pm

Maundy Thursday Service

Friday, April 3

1:30pm

Movie Matinee

Soul on Fire

PG-13 · 2025 · Thriller/Drama · 1h 32m

Friday, April 3

6:30pm

Good Friday Service

Saturday, April 4

2:00pm

Eggstravaganza!

Annual Resident, Staff and Family event

SUNDAY, MARCH 29

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium &

Ch. 81

All Welcome!



4:45pm – 7:30pm

IL Trip: Tower Arts

Sanctuary @ HPUMC

Sign up at The Point

Performance: Mozart Requiem Featuring
the Chancel Choir & Orchestra Directed by
Dr. Carey Cannon

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, MARCH 30

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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

Aquatics Classes

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

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

9:30am – 11:00am Auditorium S.
Happy Hookers Volunteer Group Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing
 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 – 3:30pm Tech Lab Class
Gizmo Guidance Class Res. & PM Only
 PC Computers - Google Drive (Day 2)



2:30pm – 3:30pm Auditorium
Lenten Study All Welcome
 Allison Foster-Letico and Richard Stanford
 will take you through Adam Hamilton's
 "Why did Jesus Have to Die."

TUESDAY, MARCH 31

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 Mat Pilates Foundations

10:00am – 11:30am Auditorium & Ch. 81
OLLI Class Res, PM & OLLI
How the West Was Worn
 Presented by Annette Becker

Aquatics Classes

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Park-N-Groove
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Tai Chi

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

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

WEDNESDAY, APRIL 1

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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



9:15am – 11:00am 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

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers!

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

Aquatics Classes

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

10:00am – 11:00am Tech Class/Theater

Garden Club Meeting

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 Dancing with Diane

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, APRIL 2

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

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

The Real Story of King Tut

Presented by Walter Roberts

Aquatics Classes

Vista Rehab Pool 972-638-8795
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 Action Station Resident Only

This Month's Station: Pasta Bar

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.

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

CXL This Week



6:30pm – 7:30am Auditorium & Ch. 81
Maundy Thursday All Welcome

Worship Service

FRIDAY, APRIL 3

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!
Soul on Fire
 PG-13 · 2025 · Thriller/Drama · 1h 32m

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

2:00pm – 3:30pm Tech Lab Class
Gizmo Guidance Class Res. & PM Only
 PC Computers - OneDrive - Microsoft's cloud solution

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



6:30pm – 7:30am Auditorium & Ch. 81
Good Friday All Welcome
Worship Service

SATURDAY, APRIL 4

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

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



2:00pm – 3:30pm Auditorium & Lobby
Eggstravaganza All Welcome
 Join us for games, crafts, treats and photos at our Annual Family Easter Event!

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

SOUL ON FIRE

2025 · 1h 52m

American biographical drama film about John O'Leary, a real-life St. Louis native who survived fire burns which covered his entire body.

Friday, April 3
1:30pm

Free popcorn and water. All Welcome!

THIS WEEK'S

Highlights

Monday, April 6

3:00pm

Epic Adventure- Africa

Tuesday, April 7

10:00am

OLLI Class

Who Invented the Computer?
Presented by David McKinley

Wednesday, April 8

2:00pm

All Resident Council Meeting

Auditorium & CH. 81

Thursday, April 9

10:00am

OLLI Class

I Didn't Know That! Things You May Or
May Not Know About the Life of
George Washington - Bruce Ralston

Friday, April 10

1:30pm

Movie Matinee

Benji / Rated PG · 2018 · 1h 27m



Want more info?

Watch The CC Young News
on CH. 81!

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

SUNDAY, APRIL 5



The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

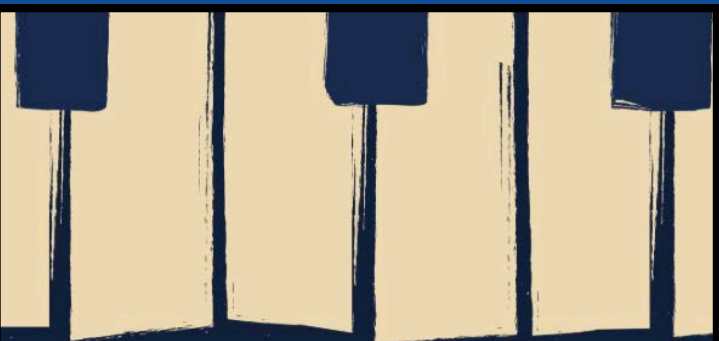
11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!



**Conley's Annual
Easter Buffet
11am-2pm**

Reservation Deadline: March 31



PIANO RECITAL

SMU PREPARATORY PROGRAM
STUDENT RECITAL

Saturday, April 11 at 3:30pm

THE POINT AUDITORIUM

The Piano Preparatory Department
(PPD) at Southern Methodist University
is designed to serve both gifted pre-
college piano students and SMU
graduate students majoring in Piano
Performance and Pedagogy.

MONDAY, APRIL 6

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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

Aquatics Classes 972-638-8795

Vista Rehab Pool Res. & PM Only

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

9:30am – 11:00am Auditorium S
Happy Hookers Volunteer Group Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

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

With Randy Mayeux

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:00pm – 2:30pm Flagpole Hill
SPEAK OUT! Therapy Group Res. & PM Only
Clinically proven speech therapy group for individuals with Parkinson's. For more pre-requisite information please contact Lori Sanders at 214-675-1299.

1:00pm – 2:00pm Tech Lab
Sign Language Fun! Res. & PM Only

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



3:00pm – 4:30pm Auditorium & Ch. 81
Epic Adventures Series Res & PM Only

A Masterclass in Curiosity, Connection, and Purpose

Our first stop: Africa. Kay Maxwell, Ernie McAfee and Aaron Schmidt share their journeys across the continent.

TUESDAY, APRIL 7

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 Mat Pilates Foundations



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

Who Invented the Computer
Presented by David McKinley

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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



11:30am – 1:00pm Thomas
Dining Action Station Resident Only

This Month's Station: Pasta Bar

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only


- 12:00pm – 12:45pm Park-N-Groove
- 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

WEDNESDAY, APRIL 8

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Lower Body Mobility
 9:30am – 10:00am Leg Lab
 11:00am – 11:45am Drumba
Vista 9th Floor Res & PM Only
 9:00am – 9:45am Balance Class with Heidi



9:15am – 11:30am Resident Only
Shopping Trip to Hillside Village & Aldi
 Sign-up at The Point. Pick-up in front of buildings.

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


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

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

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

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



3:00pm – 4:00pm Auditorium
All Resident Council Resident Only
 Get updates and announcements from each building and Department heads.

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, APRIL 9

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



10:00am – 11:30am Auditorium & Ch. 81
OLLI Class Res, PM & OLLI
I Didn't Know That! Things You May Or May Not Know About the Life of George Washington
 Presented by Bruce Ralston

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 - 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, April 8
Chef Connection
 10:00am in Hillside

FRIDAY, APRIL 10

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 **Tech Classroom**
Uke Can Do It Res. & PM Only
 Ukulele Class with instructor Angela Livesay
 Limited Spots.

10:00am – 11:00am Café Game Zone
Wii Bowling - Team Play 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
 3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm Theater
Movie Matinee Res. & PM Only
Benji
 Rated PG · 2018 · Family/Adventure · 1h 27m

1:30pm – 2:30pm Flagpole Hill
Friday Conversations in Hope Group All Welcome!
 Sign up with Allison at 202-270-133

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night Res. & PM Only
 BYOS- Bring your own snacks!

SATURDAY, APRIL 11

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am-PC Computers - Return of AI
 11:00am- 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.



3:30pm – 4:30pm Auditorium
Piano Concert All Welcome
 SMU Student Recital



Movie MATINEE

BENJI

Rated PG · 2018 · Family/Adventure · 1h 27m

Two school kids strike up a friendship with an orphaned puppy named Benji. When danger befalls them and they end up kidnapped by robbers who are in over their heads, Benji and his scruffy sidekick come to the rescue.



Friday, April 10
 1:30pm

Free popcorn and water.
 All Welcome!

THIS WEEK'S

Highlights

Tuesday, April 14

10:00am

OLLI Class

The Observer and the Observed: A Dialogue Between Quantum Physics and Indian Thought (1 of 2) - Richa Yadav

Tuesday, April 14

7:00pm

2nd Tuesday Evening Event

"When All the Songs Make Sense" Musical Performance

Thursday, April 16

10:00am

OLLI Class

A Surprising History of Superheroes (and Supervillains!) - Megan Bryan

Friday, April 17

1:30pm

Movie Matinee

The Magic of Belle Isle

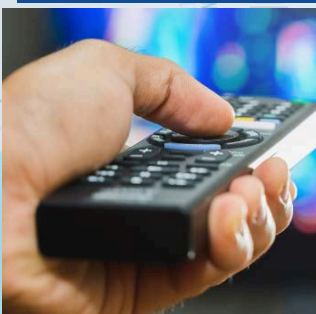
Rated PG · 2012 · 1h 49m

Friday, April 17

3:30pm

Meet The Artist Gallery Reception

The Vista Art Gallery



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

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

SUNDAY, APRIL 12

The CCY Ministry Team hosts Sunday Worship Services

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium &

Ch. 81

All Welcome!

2:00pm – 3:30pm

Words of Wisdom Workshop White Rock Class
Res & PM Only!

Create an Inspiration jar- simple but powerful
tool to help find a little light each week.

Hosted by CCY Resident Jeanette Hughes

Sign up Required.

Words of Wisdom Workshop



Create your own
Inspiration Jar

Hosted By :

**Jeanette
Hughes**



**SUNDAY
APRIL 12**

2:00pm - 3:30pm

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

 **CC YOUNG**
THE POINT & PAVILION

Limited Spots.

Sign up at The Point

MONDAY, APRIL 13

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.



10:00am – 11:00am Pavilion
The Social Sip **Res. & PM Only**
 Grab a fresh brew, pull up a chair, and join Rebecca for a morning of games & great company

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 – 3:30pm Tech Lab
Gizmo Guidance Class **Res. & PM Only**
 PC Computers - PC Computers -Return of AI (Day 2)



TUESDAY, APRIL 14

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 Mat Pilates Foundations

10:00am – 11:30am Auditorium & Ch. 81
OLLI Class **Res, PM & OLLI**
**The Observer and the Observed:
 A Dialogue Between Quantum Physics and Indian
 Thought (Session 1 of 2)** Presented by Richa Yadav

Aquatics Classes

Vista Rehab Pool **972-638-8795**
Res. & PM Only
 11:00am – 12:00pm Lap Swimming
 12:00pm – 1:30pm / 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm Park-N-Groove
 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 - 9:00pm Auditorium
2nd Tuesday Evening **Res. & PM Invited**
"When All the Songs Make Sense"
 Conceived, Written, & Performed by Kevin Hofeditz with Musical Direction & accompaniment by Rebecca Cordes

WEDNESDAY, APRIL 15

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

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 – 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.

10:00am – 11:00am Tech Class/Theater
 Garden Club Meeting Res & PM Only

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 **Asbury**
Therapy Meet & Greet Resident Only
 Meet The Therapy and team



1:00pm – 4:00pm Lobby
Wellness Wednesday All Welcome!
 Chair Massages. \$20 for 10minutes.

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

THURSDAY, APRIL 16

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

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

A Surprising History of Superheroes (and Supervillains!)

Presented by Megan Bryan

Aquatics Classes 972-638-8795.

Vista Rehab Pool Res. & PM Only

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



11:30am – 1:00pm Conley's (OVR)
Dining Action Station Resident Only
 This Month's Station: Pasta Bar

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 – 2:30pm Body Weight Boost
 5:00pm – 6:00pm Movement & Dance

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

FRIDAY, APRIL 17

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 Auditorium
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
 3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!

The Magic of Belle Isle

Rated PG · 2012 · Comedy/Drama · 1h 49m

1:30pm – 2:30pm Flagpole Hill
Friday Conversations in Hope Group All Welcome!
 Sign up with Allison at 202-270-1333

2:00pm – 3:30pm Tech Lab Class
Gizmo Guidance Class Res. & PM Only
 PC Computers - Creating and managing your folders and documents



3:30pm – 4:30pm Vista-2
Meet The Artist Reception All Welcome!
 Featured Artist: CCY Resident John Ellis

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night Res. & PM Only
 BYOS- Bring your own snacks!

SATURDAY, APRIL 18

9:30am – 11:30pm Flagpole Hill Class
Art With Patty Gooch Res. & PM Only

This month: Collage class
Sign up at The Point

10:00am – 12:00pm Auditorium
White Rock Democrats Res. & PM Invited
 Monthly meeting

2:00pm – 4:00pm Flagpole Hill Class
League of Women Voters Res. & PM Invited
 Facts or Fallacies: Infectious Diseases with speaker Terrence Nobles from Tarrant County Health Department.

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

THE MAGIC OF BELLE ISLE

Rated PG · 2012 · Comedy/Drama · 1h 49m

Monty, an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again.



Friday, April 17
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, April 20

11:30 or 2:30pm

Drive-In Dreams

Special Screening of American Graffiti
Sign up at The Point

Tuesday, April 21

10:00am

OLLI Class

The Observer and the Observed:(2 of 2)
Presented by Richa Yadav

Tuesday, April 21

1:00pm

CC Young' Uns Spring Concert

Music of The Carpenters

Thursday, April 23

10:00am

OLLI Class

Celebrating America's 250th! Stories of Six Patriots presented by Emily Richardson

Friday, April 24

1:30pm

Movie Matinee

Goodbye June / Rated R · 2025 · 1h 54m

SUNDAY, APRIL 19

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!



THE CC YOUNG UNS

Proudly Celebrates

THE MUSIC OF THE

CARPENTERS

TUESDAY, APRIL 21, 2026

1:00 PM

The Point Auditorium

Want more info?

Watch The CC Young News
on CH. 81!

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

MONDAY, APRIL 20

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Upper Body Mobility
 9:30am – 10:00am Arm Lab
 11:00am – 11:45am Chair Volleyball
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

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



DRIVE-IN DREAMS: TWO SHOW TIME OPTIONS

11:30AM - 2:00PM or Auditorium
 2:30PM - 4:30PM Res & PM Only
Special screening of: American Graffiti.
 Sign up at The Point. Drive-In Snacks Provided.
 See pg. 9 for more info.

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 – 3:30pm Tech Lab Class
Gizmo Guidance Class **Res. & PM Only**
 PC Computers - Return of AI (Day 2)

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

TUESDAY, APRIL 21

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 Mat Pilates Foundations

10:00am – 11:30am Auditorium & Ch. 81
OLLI Class **Res, PM & OLLI**
The Observer and the Observed:
A Dialogue Between Quantum Physics and Indian
Thought (Session 2 of 2) Presented by Richa Yadav

Aquatics Classes

Vista Rehab Pool **972-638-8795**
Res. & PM Only
 11:00am – 12:00pm Lap Swimming
 12:00pm – 1:30pm / 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Tai Chi



1:00pm – 2:00pm Auditorium & 81
CC Young 'Uns Choir **All Welcome**
Spring Concert
 Music of The Carpenters

2:00pm – 3:30pm White Rock Class
Arts & Crafts **Res. & PM Only**
 This month's class hosted by Patricia Dillingham and
 Patti Gooch. Class: Bucket Marbling. Sign up at The
 Point

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

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



Tuesday, April 21
Chef Connection
 3:00pm in Overlook

WEDNESDAY, APRIL 22

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

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 – 3:45pm Aqua Boot Camp

9:30am – 11:00am Café Game Zone
Rummikub Open Play Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! Res. & PM Only!

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

10:00am – 11:00am Tech Class/Theater
Garden Club Meeting 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 Theater
Acting Fun Drama Club Res. & PM Only

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

THURSDAY, APRIL 23

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

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

Celebrating America's 250th! Stories of Six Patriots

Presented by Emily Richardson

Aquatics Classes

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

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



11:30am – 1:00pm Asbury
Dining Action Station Resident Only

This Month's Station: Pasta Bar



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

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

FRIDAY, APRIL 24

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

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Auditorium

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

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

3:00pm – 3:45pm Balloon Badminton

1:30pm – 2:30pm

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Alison at 202-270-1333



1:00pm – 2:00pm

Spring All Saints Service

Pavilion

All Welcome!

All welcome to remember those lost this year.



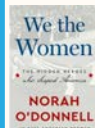
1:30pm – 3:30pm

Movie Matinee

Theater

All Welcome!

CXL This Week- See Mondays Drive-In Event



3:30pm – 4:30pm

Richard Stanford Book Review

Theater

All Welcome

We the Women: The Hidden Heroes

Who Shaped America by Norah O'Donnell

6:30pm – 8:00pm

Friday Night Game Night

BYOS- Bring your own snacks!

Café Game Zone

All Welcome!

SATURDAY, APRIL 25

9:30am – 11:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am-Open questions day/laptops/iPads/phones - bring your questions, I'll answer them

10:30am- Open Lab time

10:00am – 11:30pm

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 served basis.



4833 STEAK AVENUE
RESTAURANT

OPEN FRIDAY &
SATURDAY

CALL 972-755-3259
FOR RESERVATIONS

Friday, April 24

1:00pm under the Pavilion



Spring All Saints Service

All welcome to remember
those lost this year.

THIS WEEK'S

Highlights

Monday, April 27

3:00pm

Dallas Symphony Orchestra Concert
String Quartet

Tuesday, April 28

10:00am

OLLI Class

Conquest, Crown, and Legacy: The World of William the Conqueror (1 of 2) presented by Marla Morris

Tuesday, April 28

3:00pm

Garden Education Day

Thursday, April 30

10:00am

OLLI Class

Conquest, Crown, and Legacy: (2 of 2) presented by Marla Morris

Friday, May 1

1:30pm

Movie Matinee

Lion / Rated PG -13 · 2016 · 1h 58m

SUNDAY, APRIL 26

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!

DALLAS SYMPHONY ORCHESTRA

Monday, April 27
3:00pm

Point Auditorium & Ch. 81

The CC Young Garden Club
Presents
GARDEN EDUCATION DAY

Language & Legends of Flowers

Tuesday, April 28, 2026
3:30pm - 4:30pm

Presented by Fran Powell, Texas Master Gardener

Fran's love of gardening is shared by her three sisters, and lately by her brother. An English family of gardeners, Fran admits to being a lazy and frugal gardener and loves the easy results of growing roses and perennials. In Dallas, she has a zero-lot line home but manages to grow a variety of plants including a display of flowers nearly year-round.

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

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

MONDAY, APRIL 27

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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

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



10:00am – 11:00am Pavilion
The Social Sip Res. & PM Only
 Grab a fresh brew, pull up a chair, and join Rebecca for a morning of games & great company

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

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



3:00pm – 4:00pm Auditorium & 81
Dallas Symphony Orchestra Concert All Welcome
 Featuring a String Quartet

TUESDAY, APRIL 28

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 Mat Pilates Foundations

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

**Conquest, Crown, and Legacy:
 The World of William the Conqueror (Session 1 of 2)**
 Presented by Marla Morris

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
CXL This Week.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Park-N-Groove
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Intermediate Tai Chi

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

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

3:30pm – 4:30pm Auditorium & 81
Garden Education Day All Welcome
Language & Legends of Flowers
 Presented by Fran Powell, Texas Master Gardener



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

WEDNESDAY, APRIL 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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



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!

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! All Welcome!

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

Aquatics Classes 972-638-8795

Vista Rehab Pool Res. & PM Only

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

10:00am – 11:00am Tech Class/Theater

Garden Club Meeting Res & PM Only

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 Dancing with Diane

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, APRIL 30

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

10:00am – 11:30am Auditorium & Ch. 81

OLLI Class Res, PM & OLLI

**Conquest, Crown, and Legacy:
The World of William the Conqueror (Session 2 of 2)**

Presented by Marla Morris

Aquatics Classes 972-638-8795

Vista Rehab Pool Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

Screening and Discussion.

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

FRIDAY, MAY 1

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!
Lion
Rated PG -13 · 2016 · Adventure/Drama · 1h 58m

1:30pm – 2:30pm Flagpole Hill
Friday Grief Group 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, MAY 2

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

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

LION

Rated PG -13 · 2016 · Adventure/Drama · 1h 58m

A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.



Friday, May 1
1:30pm

Free popcorn and water.
All Welcome!

GET YOUR KICKS IN 2026

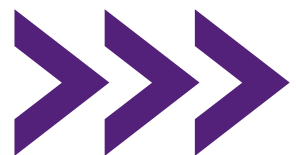


CC YOUNG
SENIOR LIVING

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.





Drive-In Dreams... Popcorn, Proms & Passports!

In the spring of 1986, my world was exactly the size of Warren, Michigan. Life was a series of local "happenings": the scent of suntan oil by the lake on the first warm day at Stoney Creek Metropark, and the iconic neon glow of the Van Dyke Drive-In. Sitting in a parked car watching *Top Gun* or *Ferris Bueller*, I couldn't have comprehended the road that lay ahead. I was eighteen, living for the weekend, and completely unaware that those local "rites of passage" were just the foundation for a life of global curiosity and a deeper personal journey.

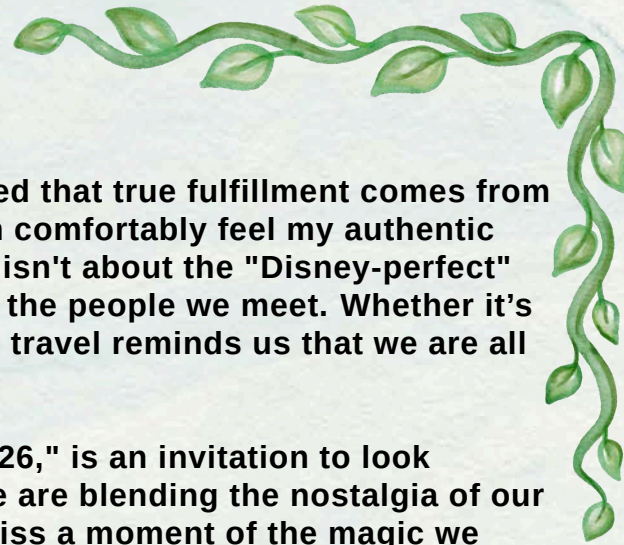


During those formative years, I often felt like an "older soul." High school can be a confusing time, and truth be told, I often felt like an outsider looking in. It was a period defined by a mix of intense innocence and a quiet struggle to find my place.

That began to change with my first mentor. She shared a simple piece of advice for success that would resonate for decades to come: "Just be your authentic self."

It sounded deceptively easy, yet it became my life's work. It has taken the decades since that spring of 1986 to fully figure out what that means. The maturity process we all navigate is less about reaching a final destination and more about the continuous uncovering of who we truly are. It is a slow shedding of who we thought we had to be.

That journey, like my curiosity about the world, was first sparked by our annual family pilgrimages to Florida. Exploring Disney's EPCOT Center was my true introduction to the architecture, cultures, and people of the world. It was there I learned that travel isn't just about the destination—it's about the "magic" of connection.



Today, that magic has evolved. As an adult, I have learned that true fulfillment comes from choosing my community and finding spaces where I can comfortably feel my authentic self. That has been my game-changer. My curiosity now isn't about the "Disney-perfect" version of a place; it's about the raw, beautiful reality of the people we meet. Whether it's a bustling market in Thailand or a quiet village in Africa, travel reminds us that we are all one big family.

This year, our engagement theme, "Get Your Kicks in 2026," is an invitation to look through both the rearview mirror and the windshield. We are blending the nostalgia of our past. Life moves pretty fast, and we don't want you to miss a moment of the magic we have planned this season.

- Monday, April 6th, we launch Epic Adventures: Africa. Join us as we move beyond the slideshow to hear the soul-stirring stories of our own residents' travels—harvesting the "Memory Dividends" that continue to pay us back in joy and purpose.
- Monday, April 20th, Remember the smell of popcorn in the air and the glow of the big screen under the stars? We're recreating that "Drive-In Dream" right here at CC Young. Gather your best friends for a trip back to 1962 with a screening of the legendary American Graffiti. It's more than just a movie; it's a celebration of fast cars, freedom, and the friendships that define us. Don't miss the fun!
- Tuesday, May 12th, The Count to the Big Night is On! We're diving deep for our "Enchantment Under the Sea Prom." Whether you're planning a look that's shimmering sequins or classic elegance, it's time to imagine yourself under the glow of the lights. This is a night to celebrate the joy of life, our incredible community, and the journey that brought us here. Find your finest 'fit, bring your best moves, and let the confetti fly!



From the dusty roads of a safari to the neon glow of the drive-in, this season is about more than just dates on a calendar—it's about the stories we share and the new ones we're writing together. So, buckle up. Whether we're looking back at where we've been or steering toward the next great adventure, one thing is certain: the best part of the journey is the person sitting next to you. Let's make 2026 a year to remember!

CREWS NEWS

APRIL 2026



BY RUSSELL CREWS
PRESIDENT AND CEO

At CC Young, some of the most meaningful parts of our day happen around the table. It's where conversations unfold, friendships deepen, and the simple routines of daily life bring us together.



Because of that, the meals we serve matter in a very real way. They should be enjoyable, certainly, but they should also support your health and reflect the kind of community we're building together.

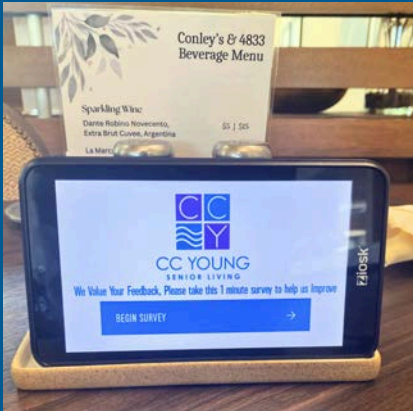
Over the past couple of years, our partnership with Thomas Cuisine has helped us make important strides in that direction. We've moved away from heavily processed, pre-packaged foods and toward a more scratch-based approach. Today, the vast majority of what we serve on campus (90%) is prepared fresh—from the soups and sauces to breads, dressings, and desserts. That work is well underway and continues to be a standard for our culinary team.

More recently, we've heard from many of you—particularly through our Food Committees—that there is a growing interest in even healthier, more balanced options. I want to be clear: that feedback has shaped what comes next. This is a resident-driven change and a good example of how your voice continues to guide us.



Beginning April 16, we'll be introducing a Mediterranean-inspired pilot program at Conley's. This menu builds on a "plant-forward" approach, emphasizing fruits, vegetables, legumes, whole grains like farro and quinoa, and healthier oils—while limiting butter, refined ingredients, and highly processed additives. The goal is to offer options that support heart health and overall wellness, while still delivering the flavor and quality you expect.

As part of this pilot, we are also introducing the “Well Plate” approach. Using a nutritional framework supported by advanced recipe analysis, each dish is evaluated to ensure it meets thoughtful standards—keeping sodium in check, increasing fiber, and focusing on lean proteins like seafood and chicken prepared through heart-healthy methods such as grilling, roasting, and poaching. You’ll also notice a greater use of fresh herbs, citrus, and house-made components in place of heavier, pre-made sauces and dressings. It’s a more intentional way of building meals that are both nutritious and satisfying.



Just as important as what we serve is how we continue to listen and respond. To support that, we will be introducing Ziosk tablets at the table, allowing you to share real-time feedback about your dining experience. These tools make it easy to provide immediate, specific input and help us capture a much broader range of perspectives than traditional surveys. That kind of feedback gives our team clear, actionable insight into what’s working well and where we can continue to improve.

At the end of the day, this is about continuing to build on the progress we’ve already made—together. We’re grateful for the input you’ve shared, and we’re committed to making sure it continues to shape the decisions ahead.

I hope you’ll join us at Conley’s, give the new offerings a try, and let us know what you think. Your feedback has brought us to this point, and it will help guide what comes next.

The Power of Scratch Cooking

**DID
YOU
KNOW?**

At CC Young, "from scratch" isn't just a culinary term—it's our standard. Here is a look at what goes into the 90% of meals we prepare fresh daily:

- Foundational Stocks: Our chefs simmer real bones and vegetables to create the rich, nutrient-dense bases for all our soups and sauces.
- Artisanal Breads: There is nothing quite like the smell of fresh bread. We bake our rolls and breads right here in our kitchens.
- Signature Dressings: From our campus-favorite ranch to our zesty vinaigrettes, we whisk our dressings by hand using whole ingredients.
- Hand-Crafted Desserts: Our pastry team ensures that the final bite of your meal is just as fresh and intentional as the first.



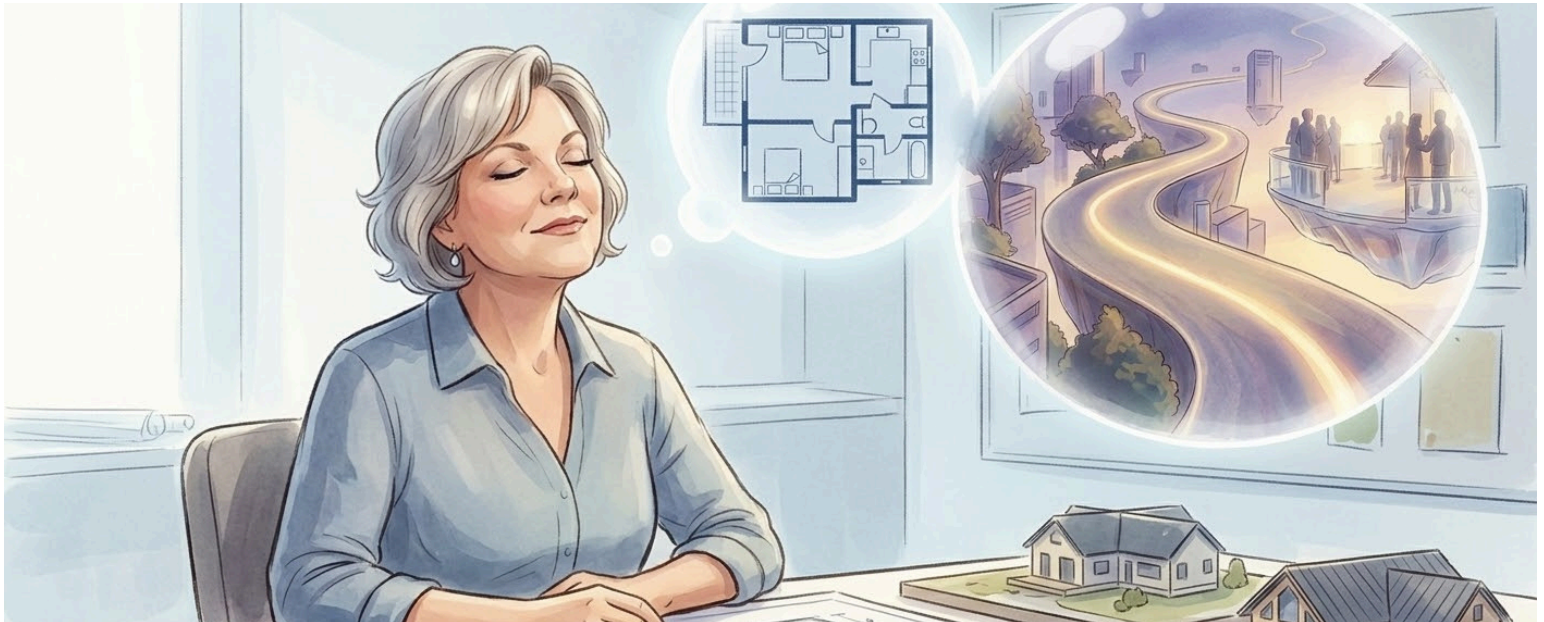
VILLAGE REPORT

by Jen Griffin
Vice President Community
Outreach & Engagement

April 2026
“Drive in Dreams”

I have always been a vivid dreamer.

Not the fleeting, hard-to-grasp kind of dreams that disappear before your feet hit the floor, but the kind that feel like full-length feature films—complete with storylines, unexpected plot twists, and a cast of familiar (and sometimes very unfamiliar) characters. More often than not, I wake up remembering them in surprising detail, as if I’ve spent the night somewhere else entirely.



Over the years, I’ve learned that not everyone shares this experience. In fact, many friends have told me they don’t dream at all—or, if they do, they certainly don’t remember it. That contrast has always fascinated me. How can one person wake up replaying scenes from a nighttime adventure while another wakes up with a blank slate?

As it turns out, we all dream. Every one of us. Dreams are a natural part of sleep, especially during the stage known as REM. The difference isn’t whether we dream—it’s whether we remember. Some of us wake up mid-scene, catching the story as it unfolds. Others sleep straight through, leaving their dreams behind like a movie that played without an audience.

I like to think of dreaming as a kind of nighttime drive.

There’s no map. No clear destination. No GPS guiding the way. Instead, we find ourselves on a winding road where the familiar and the unexpected share the same space. We may encounter people we haven’t seen in years, places that don’t quite exist, or moments that feel both strange and deeply meaningful. The rules of the road don’t apply in quite the same way, and yet, somehow, the journey feels real.

Sometimes, those nighttime journeys give us something we didn’t even realize we needed.

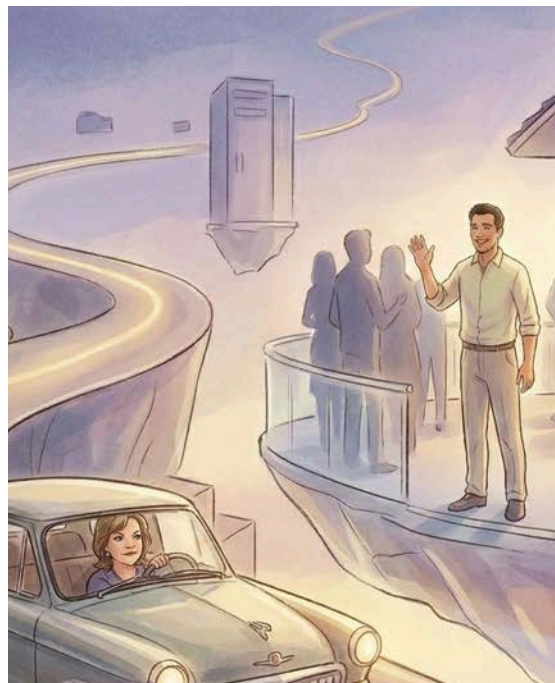
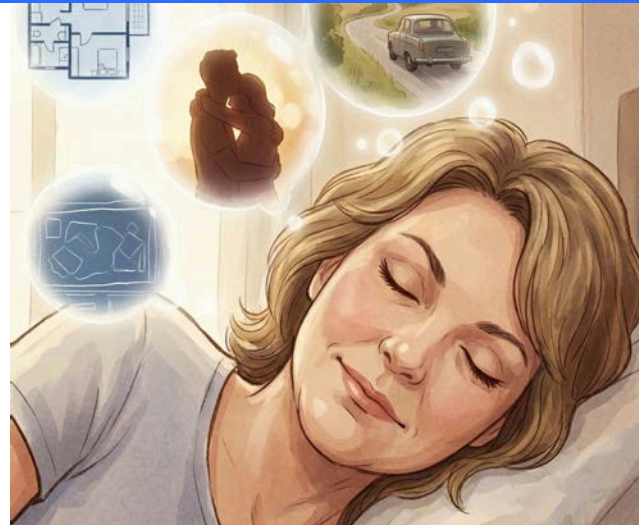
After my father passed away—following eight long and difficult years with Progressive Supra Nuclear Palsy (PSP)—I thought I had prepared myself. I had convinced myself that his passing would bring a sense of relief, that it would ease the pain of watching someone we loved decline. But when that moment came, I cratered. There is no other way to say it.

A few months later, I had a dream that I have never forgotten.

I found myself in a setting that felt like one of our old family reunions—full of warmth, familiarity, and people who had been part of our lives for years. I saw a longtime family friend who smiled and greeted me, just as he always had. And then, across the room, I saw my father.

He looked strong. Healthy. Happy.

He smiled at me. And in that moment, without a single word spoken, I knew he was okay.



When I woke up, something in me had shifted. The grief was still there, but so was a sense of peace that had not been there before. It was as if that dream had taken me somewhere I needed to go... and gently brought me back again.

Not all dreams carry that kind of emotional weight—but they can surprise us in other ways, too.

On more than one occasion, I've gone to bed with a problem I couldn't quite solve—design challenges in my home or at the lake that refused to come together no matter how long I stared at them. And then, somewhere in the middle of the night, my mind kept working. Twice, I've woken up with the answer so clear that I couldn't wait to say it out loud. After one of those moments, I remember telling my sister, "I HAVE IT!"—a small but very satisfying victory.

Which makes me wonder if our dreams—both asleep and awake—are more connected than we realize.

If nighttime dreams are the journeys we take without a map, then daydreams are the ones where we choose the route. They invite us to imagine, to reflect, to revisit, and to look ahead. They remind us that no matter where we are in life, there is still room for curiosity, creativity, and even discovery.

So perhaps the question isn't whether we dream. Perhaps the question is how we respond to those dreams—whether they arrive quietly in the night or take shape in the light of day.

Do we dismiss them? Or do we allow them to show us something... to comfort us... to guide us?

Because in the end, whether we are along for the ride or sitting firmly behind the wheel, one truth remains: We are still on the journey.

And perhaps, if we're willing, our dreams will help show us the way.

On The Cover



The Director's Chair of Movement: How Tammy Slauson Scripted a New Life for Parkinson's Awareness



In the world of professional theater, lighting design is everything. It directs the eye, sets the mood, and ensures the story moves exactly as it should. For Tammy Slauson, a Wellness Instructor here at CC Young, her first career was built in that world—managing crews for load-ins of national tours and technical lighting on a scale comparable to the Winspear Opera House.

Today, she is still directing "bodies in motion," but her stage has shifted from the theater to our wellness studios, and her focus is on helping those living with Parkinson's disease find their light. Tammy's journey from technical theater to movement therapy began at the Kripalu Yoga & Wellness Center in Massachusetts. While still working in the performing arts, she earned her 200-hour certification and began teaching yoga to stagehands—a group notoriously prone to physical strain.

Her passion for "problem-solving" through movement eventually led her to study under Master Yoga Instructor Gary Kraftsow in Santa Cruz, California. She spent two years earning a Yoga Therapy Certification, an intensive program she likens to an undergraduate degree. Her focus was practical and scientific; she even wrote a paper on yoga for riggers to prevent shoulder and neck injuries.

When a move brought her husband to the Dallas Theater Center, Tammy brought her expertise to North Texas. After 15 years with the Dallas Area Parkinsonism Society (DAPS) and a career spanning multiple premier senior living communities, she has become a vital advocate for the Parkinson's community.

One of the most powerful insights Tammy shares during Parkinson's Awareness Month is that the disease is far more than a movement disorder.



"People often think it's just a tremor," Tammy explains. "But Parkinson's is a brain disease. A person might hear you and understand you, but the body may not take that physical command. Or, the brain may struggle to process the information, leading to what looks like a lack of listening."

Tammy emphasizes that the challenges extend into personality changes, anxiety, and depression. For spouses and care partners, understanding that these shifts are symptoms of the disease—not the person—can be a life-changing revelation.

As a Certified Dementia Practitioner and a Rock Steady Boxing coach, Tammy has a unique ability to watch a person move and immediately identify where an adjustment is needed. She uses her theater background to "re-choreograph" movement, finding the exact words to help a resident unfreeze or find their balance.

Her work at CC Young is centered on the belief that people don't just "have" Parkinson's—they live with it. She points to her heroes: residents who have taken up marathons only after their diagnosis.



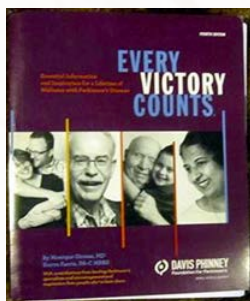
New Rhythms at CC Young

We are proud to see our Parkinson's programming expanding. Beyond the success of Rock Steady Boxing and Drumba, our newest addition is Park and Groove. This specialized dance program uses upbeat music and requests from attendees to create a joyful, social environment. As one participant recently noted, the best part is that he and his wife can take the class together, finding connection through the rhythm.

Whether she's teaching "Yoga Touch" or leading a "Move and Stretch" session, Tammy Slauson continues to prove that while the disease may change the script, the dance isn't over.

Resources for the Journey

Tammy recommends two essential resources from the Davis Phinney Foundation that every Parkinson's household should own:



- Every Victory Counts: The go-to guide for living well with Parkinson's.
- Every Victory Counts for Care Partners: Specialized support for those walking the journey alongside a loved one.

Note: You can request up to two free copies of these books via the Davis Phinney Foundation website.



Volunteers Who Make Dreams Happen

APRIL 2026

At CC Young, community doesn't stop at the doors of our homes. Thanks to the dedication of resident volunteers, neighbors across campus can stay connected to worship, learning, and special events even when they are unable to attend in person.

One volunteer helping make that possible is Joann Denton, a member of the resident AV and Media Team whose work helps bring community life directly to Channel 81.

Joann and her husband moved to CC Young six years ago when they decided to downsize from their home. While they quickly discovered that CC Young offered the care and community they were looking for, their move happened in the middle of the COVID pandemic. Like many residents during that time, opportunities to meet neighbors were limited, and getting connected to campus life took time.

About a year later, Joann was invited to observe the AV/Media Team during chapel services. For someone who has always enjoyed volunteering and giving back, it quickly became the perfect fit. With a background in database design and computer programming, Joann was intrigued by the technical side of the broadcasts.



"It's a challenge," Joann says with a smile. "You never know what you're going to encounter, but it's always fun to figure out the computer and make it work."

Serving has helped Joann continue to find purpose even when going through health changes.



Joann helps broadcast chapel services, OLLI classes, and special events throughout the week. But her role goes far beyond operating cameras and microphones. Through the AV/Media Team's work, residents who are homebound or experiencing mobility or health challenges can still participate in the life of the community.

Channel 81 has become a meaningful connection point for many across campus. One resident who regularly watches the broadcasts shared just how impactful the service has been: "Having Channel 81 and the volunteer AV/Media team is such an incredible blessing to residents who are unable to attend events due to mobility or health issues. It's such an appreciated benefit of living here, where such an effort is made to include everyone."

The team's support also extends to families during important moments. Whether helping livestream a memorial service or ensuring microphones and computers work smoothly, the volunteers quietly manage the technology so families can focus on what matters most.

For the chaplains and many residents, the AV/Media Team's work has become an essential ministry—ensuring that everyone can stay connected, no matter where they are on campus.

Through volunteers like Joann, the spirit of service continues to drive the dreams of CC Young forward bringing connection, compassion, and community to every screen tuned to Channel 81.



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

Ministry Message: Join us by Don Thurman



Even though my middle name is Wesley, I am not a Methodist. Some people think that CC Young is a Methodist campus. I can attest that this campus is for everyone. I am a long-term Catholic. My wife Norma and I worshipped together until she passed away three years ago. I still feel her close when I worship at St. Patrick’s Catholic Church.

CCY offers an inclusive ministry. Here at CC Young the religious services are ecumenical – anyone can attend. I don’t attend the Sunday morning services because I attend St. Patrick’s, where I receive the Holy Eucharist according to my tradition. Even so, I enjoy many of the special services here – including Ash Wednesday, the “Lessons and Carols” Christmas service, and the “Blessing of the Animals” service (Trixie enjoys that one too!). Truly anyone who has a faith in God will find a home in the ministry activities here.

You’ll be amazed at how much you still have to learn! You will find a master-level course every Tuesday with Dr. Bill Power, a resident here at CCY. Did you know he studied in the middle East and then was a professor at Perkins? He was also a priest at St. Michael and All Angels Episcopal Church. He is brilliant scholar! I cannot believe he just gives of his own time to educate us – just out of the goodness of his heart. I say that he is a professor that also became a pastor! I have learned so much about the Hebrew Bible over the last two years from Bill, and now he is teaching the gospels. I also learn from Richard Stanford’s book study. We have finished with the study on lesser prophets; and I’m looking forward to the new study in April.

The CC Young Ministry team also allows me to express my creative side, too. Did you know I am a musician? Yes! I played the trumpet for many years. I also sang in several vocal musical groups in high school. But when I finished school, I just stopped. So, when Russ invited me to join the choir, I was not sure if I would even be able to sing again. But I can! I even got to sing a solo in our last concert. We are going to be singing again in April. We will lead Handel’s Hallelujah Chorus for Easter AND we have a concert of ‘The Carpenters’ at the Point on April 21st. Come hear us!

The ministry here at CC Young is the most important aspect of my CCY life. I feel a real part of the spiritual community, and I thank the Lord that I found my place.



Contact information:

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

SPECIAL APRIL EVENTS

MAUNDY THURSDAY: Thursday, April 2
3:30 pm Christ Chapel (Vista, 2nd Floor)
6:30 pm Point Auditorium

GOOD FRIDAY: Friday, April 3
3:30 pm Christ Chapel (Vista, 2nd Floor)
6:30 pm Point Auditorium

EASTER SUNDAY: Sunday, April 5
9:30 am Christ Chapel (Vista, 2nd Floor)
11:00 am Point Auditorium

APRIL 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

Conversations in Hope Group
Fridays 1:30p Flagpole Hill
Monday 1:00p Christ Chapel

Bill Power’s Bible Study
Tuesdays 3:00p / Mockingbird Point at Overlook.
Bring your Bibles

Richard Sanford’s Book Study
Wednesday 3:30p / Flagpole Hill (The Point)

Young ‘Uns Choir Rehearsal
Tuesdays 1:00p Auditorium (The Point) Non-Religious

THE FITNESS INSIDER

April 2026

HEALTHY LIVING TIPS

Balance is one of the most important skills to maintain as we age—and the good news is it can be improved with simple practice. Try adding a short balance exercise to your daily routine.

- Stand on one foot while holding the kitchen counter.
- Practice heel-to-toe walking down a hallway.
- Rise from a chair without using your hands when safe to do so.

Just 1–2 minutes of balance practice each day can help strengthen stabilizing muscles and improve confidence while walking.

FITNESS ASSESSMENTS

Our Free Fitness Assessments provide a snapshot of your current fitness level. We measure key indicators such as upper and lower-body strength, grip strength, and cardio to help track improvements and guide your training safely and effectively.

SCHEDULE YOUR FREE ASSESSMENT TODAY!

PAGE 52

ZUMBA GOLD

Looking for a workout that feels more like a party than exercise? Zumba Gold brings upbeat music and easy-to-follow dance movements together for a fun way to stay active. Come join the fun!

MON AND WED @ 8 A.M.



DID YOU KNOW?

Regular strength and balance training just 2–3 times per week can significantly reduce fall risk and improve mobility. Building and maintaining muscle as we age supports better posture, joint health, and overall quality of life.

LEAGUE LEADER



Rick Herrick 
Sharon Yost 

(See full list on the next page)

THE FIT LEAGUE

FEBRUARY CHAMPIONS

GOLD LEAGUE

 **Rick Herrick**
 **Sharon Yost**
Michael York
Dorothy Morris
Esther Davis
Jennifer Aguiler

Leo Chang
Sharon Gustof
Mary Jarvis
Diana McAfee
Ernie McAfee

SILVER LEAGUE

Nell Williams
Bobbie Mankey
Nan Alexander
Suzanne Smith
Liza Sindalousky
Lynne Hoseck
Annie Palacios
Gordon Fox
Pam Meffley
Corinne Bryan
Kay Maxwell

Nancy Cooper
Pamela Clark
Susan Grundy
Kathy Rauscher
Carol Donovan
Gene Ward
Gloria Little
Korrine Hearn
Lois Reid
Lorrie Mercer

Mary Heuertz
Nancy Cain
Linda Wertz
Margaret Hranitzky
Steve Melton
Lisa Ogden
Gabriele Gruschkus
Karen Stanland
Larry McDaniel
Wanda Moreland

BRONZE LEAGUE

Lane Ogden
Arch Beasley
Carol Croy
Charlie Smith
Debra Dickerson
Don Zentmeyer
Margaret Gillett
Susan Maupin
Ron Rainey
Barbara Applequist
Bruce Applequist
Gene McWhorter
Jeanne Walker
Joyce Johnson
Maridine Wall
Pat Frazier
Walt Davis

Alex Mason
Gwen Lummus
Judy Hearne
Kay Peters
Virginia Herrick
Ann Beasley
Blaine Stillwell
Fred Christen
Fred Meyers
Isabel Davis
Jill Mandel
Mel Symmank
Barbara Symmank
Brenda Stokes
Darlene Tobin
Lou Bruce
Mike Haskins

Pat Kidd
Scott Sura
Sue Hooks
Susan Williams
Tom King
Diane Flint
Ann Williams
Anna Valles
Betty Greene
Carol Shinoda
Flo Nevitt
Harriett Willis
Irma Kinder
Jack Dunn
Judy Cole
Larry Maupin
Pat Engel

Peggy Wing
Sally Fifer
Tim McDonnell
Margie Haley
Marian Hammert
Sharon Christen
Terri Stillwell
Ben Hopkins
Bill Altman
Bobbie Raine
Jill Goad
Kathleen Campbell
Nancy Wiley
Nancy Worden
Sandy Kaiser
Vicki Hill

COMMUNITY CORNER

Welcome

Welcome



WELCOME

Welcome



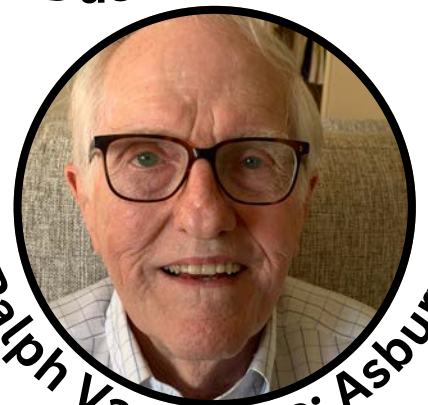
Susan VanDusee: Asbury



Melanie Brown: Thomas



Darlene Chermak: Asbury



Ralph VanDusee: Asbury

Welcome

Welcome!

WELCOME

WELCOME

Welcome

Welcome

These films define the drive-in experience, ranging from the post-war boom to the 80s "happenings" Do you remember:

- The 1950s (The Boom): The Ten Commandments, Singin' in the Rain, and The Day the Earth Stood Still. (This was the era of the "Monster Movie" double-feature!)
- The 1960s (The Golden Age): The Sound of Music, The Graduate, and Goldfinger.
- The 1970s (The Blockbuster): Jaws, Star Wars: A New Hope, and Grease (the ultimate drive-in movie about a drive-in!).
- The 1980s (The Rite of Passage): E.T. the Extra-Terrestrial, Back to the Future, and your favorites: Top Gun and Ferris Bueller.

Drive In Trivia



In the 1950s and 60s, the prices were as small as the speakers were tinny.

1950s/60s Price

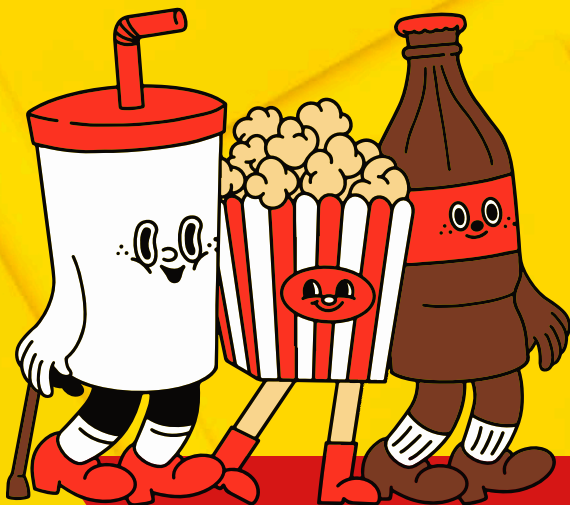
Admission : \$0.25 - \$1.00 per carload

Popcorn: \$0.10 (Small bag)

Hot Dog: \$0.20

Soda/Coke: \$0.10

Candy (Box): \$0.05




Did You Know

- The first drive-in opened in Camden, New Jersey, in 1933. The slogan was: "The whole family is welcome, regardless of how noisy the children are."
- Before the 1940s, sound was provided by large speakers near the screen. It wasn't until 1941 that RCA developed the iconic in-car hanging speakers that we all remember clipping to our windows.
- Drive-ins were the first place it was socially acceptable to go out in public in your pajamas. Parents loved it because they could put the kids to sleep in the back seat while the movie played.
- A common "rite of passage" for teenagers was trying to sneak friends in by hiding them in the trunk of the car to save on the per-person admission fee!
- Many drive-ins had actual playgrounds under the screen, allowing kids to burn off energy until the sun went down and the "flicker" started.

THOMAS CUISINE SPECIAL DINING DAYS

April

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	Hillside Action Station 11:30am-1pm HTA	4833 Steak Avenue CLOSED	
Conley's Annual Easter Buffet 11am-2pm		Thomas Action Station 11:30am-1pm HTA	Hillside Chef Connection 10am		4833 Steak Avenue CLOSED	
	National Peach Cobbler Day			Conley's Action Station 11:30am-1pm HTA	4833 Steak Avenue OPEN	
	National Pineapple Upside Down Cake Day	Overlook Chef Connection 3pm		Asbury Action Station 11am-1pm HTA	4833 Steak Avenue OPEN	
		Asbury Chef Connection 2pm				

Action Station of the Month: Pasta Bar

04/05 | Conley's Annual Easter Buffet; Reservation deadline of March 31st.

APRIL TEAM BIRTHDAYS

Bryant Chatman	4/1	Dining Services
Lesley Millar	4/2	Development
Sirena Wallace	4/2	Therapy
Tony Chukwueke	4/3	Therapy
Felipe Martinez	4/3	Maintenance
Dess Rolfe	4/4	Community Outreach
Dedrick Taylor	4/4	Dining Services
Atinuke Adebote	4/6	Assisted Living
Florence Nichols	4/6	Health Center
Theresa Onwuegbuchu	4/6	Health Center
Mhired Woldemariam	4/6	Hospice
Nelly Delgado	4/7	Dining Services
Thrudly Hamilton	4/7	Therapy
Charletha Powell	4/7	Assisted Living
Bria Waters	4/7	Therapy
Joseph Burns	4/8	Hospice
Helen Collins	4/8	Housekeeping
Oghenekevwe Okafor	4/8	Private Care
Brian Parman	4/8	Community Outreach
Olga Grayfer	4/9	Business Office
Toni Powell	4/9	Private Care
Alisha Mayes	4/10	Dining Services
Misty McMillan	4/11	Home Health
Samirell Steverson	4/11	Dining Services
Akosua Addo	4/12	Executive
Chris Zinkand	4/12	Executive
Brittany Alonso	4/13	Community Outreach
Olivia Randall	4/13	Hospice
Inabi Acosta	4/14	Housekeeping
Asnake Beri	4/14	Housekeeping
Gonzalo Fernandez	4/14	Housekeeping
Aynalem Worku	4/15	Health Center



Tia Brown	4/16	Health Center
Derek Dean	4/17	Maintenance
Joel Gregory	4/17	Therapy
Lila Subedi	4/17	Assisted Living
Kevin Dolan	4/18	Therapy
Joycelyn Smith	4/18	Health Center
Takeshale Thomas	4/19	Dining Services
Tirukelem Worku	4/19	Private Care
Raul Cabello	4/20	Housekeeping
Justina Chukwunalu	4/20	Assisted Living
Rosalba Duran Ruiz	4/20	Health Center
Tesfaye Feyssa	4/20	Health Center
Lewegnesh Gebre	4/20	Private Care
Nicia Wasson	4/20	Private Care
Maria Amah Babatunde	4/22	Memory Support
Teinekwa Brown	4/22	Dining Services
Rebecca McDaniel	4/22	Community Outreach
Imani Quarzaza	4/22	Health Center
Elizabeth Durham	4/23	Therapy
Lisa Hunter	4/23	Health Center
Dhoron Kabba	4/25	Assisted Living
Rodrigo Mendoza	4/25	Housekeeping
Octavia Washington	4/25	Dining Services
ShiAmber Randle	4/26	Memory Support
Meredith Tusa	4/26	Therapy
Tommy Jackson	4/27	Dining Services
Tim Kirby	4/28	Maintenance
Lisa Jones	4/29	Housekeeping
Roman Zeleke	4/29	Private Care
Jesus Hernandez	4/30	Housekeeping
Paula Olewike	4/30	Memory Support





Happy
Anniversary

TEAM CCY April

Name	Hire Day	#Yrs	Department
Regina Davis	4/1/2024	2	Health Center
Angela White	4/1/2024	2	Private Care
Roberta Labart	4/1/2020	6	Home Health
Cecilia Espinoza	4/1/2021	5	Dining Services
Rebekah Widener	4/3/2023	3	Health Center
Abolore Akande	4/3/2023	3	Memory Support
Laura Wells Coker	4/3/2023	3	Development
Sandy Leal	4/4/2022	4	Maintenance
Kevin Nelson	4/4/2002	24	Housekeeping
Melissa Chism	4/4/2025	1	Health Center
Judy Singleton	4/4/2022	4	Health Center
Cindy Vicente	4/6/2022	4	Dining Services
Regan McLaughlin	4/6/2023	3	Therapy
Mary Kahura	4/7/2025	1	Private Care
Yodit Benti	4/7/2021	5	Private Care
Elvira Silva	4/7/2021	5	Therapy
Sebawit Mihretu	4/10/2017	9	Dining Services
Tsega Bala	4/10/1992	34	Dining Services
Brittany West	4/11/2023	3	Health Center
Olga Grayfer	4/13/2022	4	Business Office
Tim Kirby	4/14/2025	1	Maintenance
Kelley Bonner	4/14/2025	1	Health Center
Steve Manna	4/15/2024	2	Health Center
Olufunke Osa	4/15/2024	2	Private Care
David Spencer	4/20/2009	17	Resident Services
Mary Wiese	4/20/2020	6	Health Center
Christina Tooke	4/20/2022	4	Dining Services
Bilen Hailu	4/20/2022	4	Private Care
Aniry Pearson	4/21/2025	1	Dining Services
Calvin Clerkley Jr	4/21/2021	5	Dining Services
Cleta Alexander	4/21/2025	1	Business Office
Laura Ramirez	4/21/2025	1	Health Center
Diana Martinez	4/21/2025	1	Health Center
Allison Foster	4/24/2025	1	Development
Michelle Adams	4/24/2017	9	Health Center
Ryan Bradford	4/24/2023	3	Maintenance
Inabi Acosta	4/25/2022	4	Housekeeping
Channel Anjou	4/25/2022	4	HR
Bethlehem Estifanos	4/25/2016	10	Private Care
Taylor Miller	4/25/2025	1	Therapy
Diana Khounsinvong	4/25/2022	4	Housekeeping
Blair Viehe	4/26/2021	5	Therapy
Taylor Edwards	4/28/2025	1	Hospice
Cindy Garcia	4/29/2024	2	Housekeeping

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

APRIL RESIDENT BIRTHDAYS

Raymond Enstam	Overlook	1	Hugh Rucker	Overlook	20
Carolyn Morelock	Asbury	1	Priscilla Sellers	Hillside	20
Johanna Painter	Vista	1	Brian Seslar	Vista	22
Karen LaPatra	Vista	3	Lee Dettra	Asbury	22
Shirley Boyd	Thomas	4	Kathryn Bacon	Thomas	23
Elizabeth Hardy	Overlook	4	Rita Warkentin	Thomas	24
Nevenka Horvat	Thomas	4	Carolyn Camarata	Vista	27
Ruby McLeod	Overlook	4	Nancy Cooper	Asbury	27
Patricia Koester	Asbury	5	Karola Hustis	Overlook	27
John Hughes	Asbury	6	Saquita Poston	Overlook	27
Anne Price	Asbury	6	Kathy Smith	Overlook	28
Sara Fagan	Vista	6	Maridine Wall	Asbury	28
Garth Griffiths	Overlook	7	Adena Jarvis	Vista	30
James Warkentin	Overlook	7	Bill Altman	Asbury	30
Anna Jobe	Vista	8			
Barbara Mott	Vista	9			
Danny Flanagan	Vista	13			
Sherry Lundberg	Vista	13			
Alice McLean	Vista	15			
Sharon Williams	Overlook	15			
Cindy Ethridge	Vista	16			
Mike Elvir	Overlook	16			
Mark Lawin	Vista	17			
Cynthia Mullins	Asbury	17			
Lossie Hudspeth	Vista	19			



Resident *Anniversaries*

APRIL



19 Years
Glenn Riggs

13 Years
Wilda Geyer

12 Years
Jack Sledge

11 Years
Pat Rogers

10 Years
Nancy Wiley

8 Years
Shirley Flint

7 Years
Phala Finley
Ann & Arch Beasley
Janet & Lee Dettra
Jane Sanford-Beasley

6 Years
David Jones

5 Years
Nancy & Gene
McWhorter

No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

SUMMER 2026 KICKOFF

**THE POINT AT CC YOUNG
Thursday, May 7
10:00am**

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

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

- **Course catalogs**
- **Registration forms**
- **Refreshments provided**



THE POINT

There's always something new to learn at The Point!

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

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EPIC

Adventures

A Masterclass in Curiosity,
Connection, and Purpose

2



STORIES OF THAILAND

Join Nancy Worden, Korrine Hearn and Brian Parman, as they share adventures on their journeys across the continent.

Monday, May 4 at 3:00pm
The Point Auditorium and Ch. 81



Bard of Ceremonies

Alise Cortez

Point Member, Storyteller and Chief Ignition Officer at Gusto, NOW!,

Enchantment UNDER THE SEA PROM!

ENCHANTMENT:
UNDER THE SEA

Dress your
Best

DJ Ray

May 12, 2026
7-8:30 PM

Resident Only ~ Sign up in the Point Lobby

THE JOURNEY STARTS HERE.

CC Young is more than a place to live. It's a place where friendships are fostered, talents are nurtured, and memories are made daily. It's no surprise one resident said, "It's far beyond anything I could have dreamed of."

Visit ccyoung.org or call **214-841-2825** for more information.



Independent Living • Assisted Living • Memory Support • Long-Term Care • Rehabilitation



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