

ACTIVE SENIOR LIFESTYLE GUIDE



Journey where the destination is delightful!



FREE
PLEASE TAKE ONE



Epic Adventures
STORIES OF
ROUTE 66

“Scenic Route”
SLOW DOWN AND
SAVOR LIFE

Summer Solstice
NEVER SEE NORTH TEXAS
NATURE THE SAME WAY AGAIN

JUNE 2026



MEET THE TEAM



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POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



JoAnn Tobey
Zumba
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



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

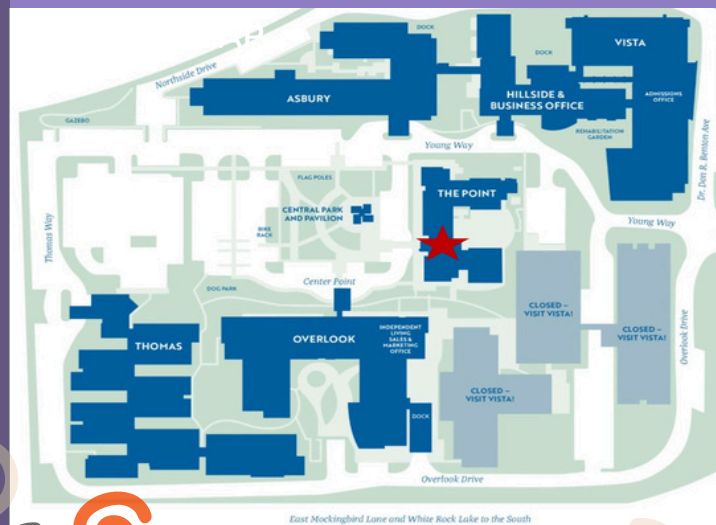


David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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



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

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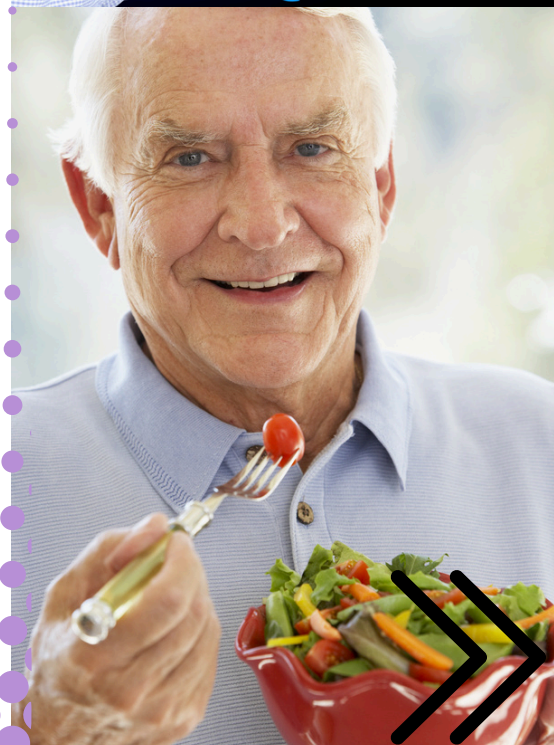
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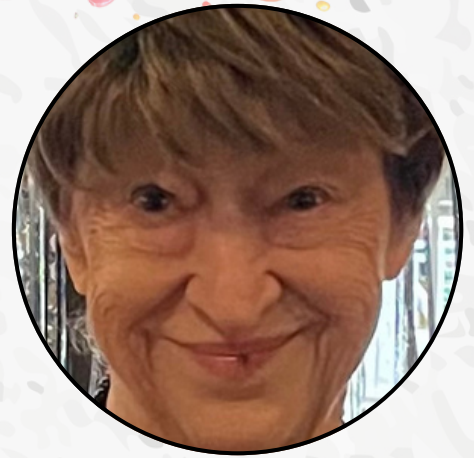


THE AVER-PHILLIPS ART GALLERY

SATURDAY, MAY 30 – TUESDAY, JULY 28

Brush Strokes and Stitches

PATTIE GOOCH ART EXHIBIT



MEET THE ARTIST
RECEPTION

FRIDAY
JUNE 19
3:30 PM

OPEN TO THE
PUBLIC



EPIC

Adventures

A Masterclass in Curiosity,
Connection, and Purpose

3



STORIES OF ROUTE 66

Join Jay Orr, Sarah Franklin, Garth Griffiths
and Diane Flint as they discuss their
journeys across the US.

Monday, June 1 at 3:00pm
The Point Auditorium and Ch. 81

Hosts: Alise Cortez & Brian Parman

Jackpot Jam!

Bingo

Night

Tuesday
June 9
6:30 PM



Fun Games & Prizes

Live in The Point Auditorium
Sign up at The Point
Refreshments Served!

No Test. No Grades. No Limits.



Tuesday, June 2

Picasso the Sculptor

Presented by Lane Banks

Thursday, June 4

Planning Ahead: Practical Life Strategies for Independence, Connection, and Aging Well

Presented by Carol Marak

Tuesday, June 9

Nineteenth-Century Orchestral Style in Film Soundtracks of the 20th and 21st Centuries (Session 1 of 2)

Presented by Max Morley

Thursday, June 11

Nineteenth-Century Orchestral Style in Film Soundtracks of the 20th and 21st Centuries (Session 2 of 2)

Presented by Max Morley

Tuesday, June 16

Can Computers Think? Wading Knee-deep into the Sea of Artificial Intelligence (Session 1 of 2)

Presented by David McKinley

Thursday, June 18

Can Computers Think? Wading Knee-deep into the Sea of Artificial Intelligence (Session 2 of 2)

Presented by David McKinley

Tuesday, June 23

The Social Media Paradox: Friend or Foe for Real Connection

Presented by Zeynep Orhan

Thursday, June 25

The Mystery of the Pantheon: Imperial Ambition and Architectural Innovation in Ancient Rome

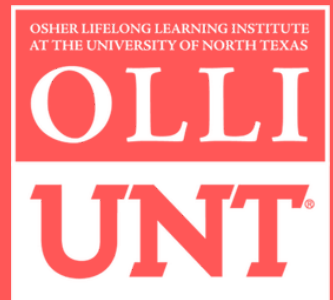
Presented by Neville McFerrin

Tuesday, June 30

Medicare 101: Understanding the Basics

Presented by Catherine Snow

**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



THE POINT



CC YOUNG
THE POINT & PAVILION



June 2026

GIZMO GUIDANCE

Saturdays in June
9:30 AM to 12:30 PM



Instructor
David Sorkness



Saturday, June 6

9:30-11:00am - iPhone: Group Calls & Video Chats
11:00-12:30pm - Open Lab Time- Drop in with questions.



Saturday, June 13

9:30-11:00am - iPhone: eMail Setup, which is the best app to use
11:00-12:30pm - Open Lab Time- Drop in with questions.



Saturday, June 20

9:30-11:00am - Uber & Lyft - Use the Ride Apps Safely
11:00-12:30pm - Open Lab Time- Drop in with questions.



Saturday, June 27

9:30-11:00am - Use AI to enhance your Photos
11:00-12:30pm - Open Lab Time- Drop in with questions.



CC YOUNG
THE POINT & PAVILION



THE SENIOR SOURCE®

Two Presentations

FRIDAY, JUNE 12 AT 10AM

UNDERSTANDING FRAUDS & SCAMS



Presented by
GABRIEL WOODEN

WEDNESDAY, JUNE 17 AT 10AM

STAYING SAFE ONLINE



Presented by
ALEXANDER YURKO



ELDER FINANCIAL
SAFETY CENTER

RESIDENT TRIPS
Sign up for all trips at The Point

REJEBIAN SERIES

Series at Highland Park UMC Sanctuary

WEDNESDAYS IN JUNE | 6:00 PM TO 8:30 PM

Bus will depart from the Point

Larry Wansley: "Tough Streets, Rough Skies, Sunday Sidelines"

Wednesday, June 10

From Larry Wansley's days as a young police detective, dodging bullets while attempting to calm the Compton (California) race riots, to his leadership of a staff that identified the 9/11 hijackers, this globally respected security figure has written an action-packed recollection of his foot-to-the-pedal career. Written with two-time Edgar Award winner Carlton Stowers, Wansley's autobiography runs the emotional gamut from terrifying to heartbreaking to laugh-out-loud funny, with the dangerous and high-drama situations that are often only found in fiction.

Lisa Fairchild and Kim Titus: "A Gentleman in Moscow" by Amor Towles

Wednesday, June 17

In 1922, Count Alexander Rostov, the main character in Amor Towles' novel, found himself on the wrong end of the Bolshevik revolution. This educated, witty aristocrat was confined to house arrest in the Metropol Hotel across the street from the Kremlin. His world became an attic room during some of the most tumultuous decades in Russian history. During this incarceration, he meets an actress, a shrewd politico, and a temperamental chef. Then fate puts the life of a precocious young girl in his hands. The novel cast a spell on Lisa and Kim when they read it. It will own you when you hear it in their dramatic presentation.

Gregg Jones: "Most Honorable Son"

Wednesday, June 24

Ben Kuroki, a Japanese American from Nebraska, overcame intense racial prejudice after Pearl Harbor to serve as a highly decorated gunner, flying 58 harrowing combat missions across Europe, North Africa, and the Pacific. Between his tours of duty, he courageously challenged the mass incarceration of Japanese Americans, eventually becoming a pivotal voice in the effort to reverse that national injustice. Following the war, Kuroki dedicated himself to his "59th mission," using his platform as a war hero to advocate for the elimination of systemic bigotry and racism within the United States.



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

HAM ORCHARDS

Shopping  BBQ for Lunch

Tuesday, June 2
10:30 AM to 3:30 PM

Bring money for lunch & shopping

Motorcycle & Art Enthusiasts Welcome



& LUNCH

**FRIDAY, JUNE 19
10:00 AM TO 2:00 PM**

**\$12.00 at the Door
(no Cash)
Veterans are Free**

Bring Money for Lunch



PAGE 12

BRUCE WOOD *Dance*

**Sunday, June 14
1:00 PM to 5:00 PM**

**Deadline to sign up is
Friday, June 5**

Cost: \$15.00

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.

IGNITE

**THREE WORKS.
INFINITE SPARKS.**

Photo by Kent Barker



BRUCE WOOD
DANCE
DALLAS

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 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**

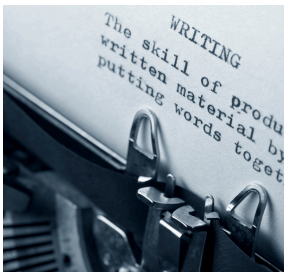
GARDEN CLUB

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**
Summer hours: Thursdays at 3:00pm

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 • Pool • Volleyball* • Rocksteady • Boxing • Sit & Get Fit • Zumba 	<ul style="list-style-type: none"> • Aqua Boot Camp* • Arm Lab • 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
12:00-1:00pm / Mon & Fri
1:00-2:00pm / 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. **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



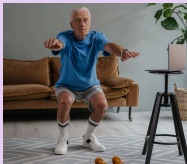
Intermediate Floor Yoga
9:00-9:45am / Tues, Thu & Fri
Instructor: Heidi Fessler

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



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.



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

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



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

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



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.



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.



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.



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.

CLASSES ARE OPEN TO RESIDENTS AND POINT MEMBERS ONLY



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 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.

Drop-in Equipment Orientations

10:00-10:45am 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 legs 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

SUNDAY, MAY 31

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista - 2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
Ch. 81
All Welcome!

THIS WEEK'S

Highlights

Monday, June 1

3:00pm

Epic Adventure Series

Stories of Route 66

Tuesday, June 2

10:00am

OLLI Class

Picasso the Sculptor

Presented by Lane Banks

Tuesday, June 2

10:30 AM

Bus Trip to Ham Orchards

Thursday, June 4

10:00am

OLLI Class

Planning Ahead: Practical Life
Strategies for Independence,
Connection, and Aging Well
Presented by Carol Marak

Friday, June 5

1:30pm

Movie Matinee

Worth / Rated PG -13 · 2020 · 1h 48m

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, JUNE 1

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**

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

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

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

Aquatics Classes

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

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

9:30am – 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 Classroom
Sign Language Fun!

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



3:00pm – 4:30pm Auditorium & 81
Epic Adventures Series **Res & PM Only**
A Masterclass in Curiosity, Connection, and Purpose
This month's stop:
Route 66. See pg. 6 for more info.


TUESDAY, JUNE 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 Mat Pilates Foundations

10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
Picasso the Sculptor
Presented by Lane Banks.



10:30am – 3:30pm Resident Only
Il Trip to Ham Orchard **Sign up at The Point**
Take The Scenic Route! Limited Space.
Bring money for lunch.

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

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

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

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



Tuesday, June 2
National
Rocky Road Day

WEDNESDAY, JUNE 3

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Lower Body Mobility
 9:30am – 10:00am Leg Lab
 11:00am – 11:45am Drumba

Vista 9th Floor **Res. & PM Only**
 9:00am – 9:45am Balance Class with Heidi

 9:15am – 11:30am 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 – 4:00pm 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 and 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

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 **Res. & PM Only**

THURSDAY, JUNE 4

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 & 81
OLLI Class! **Res, PM & OLLI**
Planning Ahead: Practical Life Strategies for Independence, Connection, and Aging Well
 Presented by Carol Marak

Aquatics Classes 972-638-8795

Vista Rehab Pool **Res. & PM Only**


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

 11:30am – 1:00pm Hillside
Dining Action Station **Resident Only**
 This Month's Station: Grilled Cheese

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 5:00pm – 6:00pm Movement & Dance with Bruce Wood

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

 1:30pm – 2:15pm Lobby
Harris Jewelers **Res. & PM Only**
 Small Jewelry repair while you wait.

3:00pm – 4:00pm Flagpole Hill
Fellowship Word & Bible Study **Res. & PM Only**

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

7:00pm–9:00pm Auditorium
Dallas County Pioneers Meeting **Res. & PM Invited**
 Pompeo Coppini - Statues at Fair Park
 with Rick McCaslin, PhD

Dallas County Pioneer Association
 Quarterly Meeting
 Pompeo Coppini--His Statues at Fair Park



FRIDAY, JUNE 5

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 – 1:00pm Rock Steady Boxing for PD
 3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm Theater & 81.
Movie Matinee Res. & PM Only
Worth
 Rated PG-13 · 2020 · Drama/History · 1h 48m

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

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

SATURDAY, JUNE 6

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- iPhones - Group Calls & Video Chat
 11:00am- Open Lab time

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

WORTH

Rated PG -13 · 2020 · Drama/History · 1h 48m

Worth is a drama based on the true story of attorney Kenneth Feinberg as he is tasked with determining financial compensation for families affected by the September 11 attacks. The film explores the emotional and moral challenges of placing a monetary value on human life while balancing fairness, grief, and public pressure.



Friday, June 5
 1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, June 8

9:00am – 11:00am

Action Shred

Complimentary Shredding Event

Tuesday, June 9

10:00am

OLLI Class

Nineteenth-Century Orchestral Style in Film Soundtracks of the 20th and 21st Centuries (1 of 2)

Presented by Max Morley

Tuesday, June 9

6:30pm

The Jackpot Jam

Get Ready to Rock and Win at the Big Bingo bonanza!

Thursday, June 11

2:00pm

Nutrition Talk: Mediterranean Diet

Friday, June 12

1:30pm

Movie Matinee

Chef

Rated R · 2014 · 1h 55m · Comedy/Drama

SUNDAY, JUNE 7

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
Ch. 81
All Welcome!



ACTION SHRED
OF TEXAS
QUICK and SECURE

COMPLIMENTARY SHRED EVENT

Monday, June 8
9:00 AM to 11:00 AM
Central Park
behind the Fountain




Nutrition Talk
Thursday, June 11
2:00pm
Mediterranean Diet
Learn more about the CC Young Well-Plate

Special Cooking Demo with Chef Tim:
Mediterranean Turkey Burger and
Watermelon Feta Salad

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

CC YOUNG
THE POINT & PAVILION



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

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

MONDAY, JUNE 8


AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

Vista 9th Floor Res. & PM Only

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



9:00am – 11:00am Central Park
Action Shred
 Complimentary event. See pg. 7 for info on items you can shred.


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. Res. & PM Only

Happy Hookers Volunteer Group
 Crochet plastic grocery bags into sleeping mats.



10:00am – 11:00am Pavilion Res. & PM Only
The Social Sip
 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 Res. & PM Only

SPEAK OUT! Therapy Group
 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 Classroom Res. & PM Only

Sign Language Fun!

2:00pm – 3:00pm White Rock Class Res. & PM Only


Knotty Knitters & Crafty Crocheters

TUESDAY, JUNE 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 Mat Pilates Foundations



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



10:00am – 11:30am Auditorium & 81 Res, PM & OLLI
OLLI Class
Nineteenth-Century Orchestral Style in Film
Soundtracks of the 20th and 21st Centuries (1 of 2)
 Presented by Max Morley

Aquatics Classes

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

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



11:30am – 1:00pm Thomas Resident Only
Dining Action Station
 This Month's Station: Grilled Cheese

1:00pm – 2:00pm Auditorium Res. & PM Only

CC Young 'Uns Choir Rehearsal

PM Exercise Classes

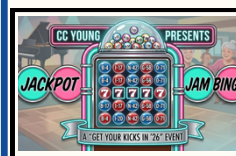
Fitness Center Classroom Res. & PM Only

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

3:00pm – 4:00pm OL- Mockingbird Point Res. & PM Only

Bible Study with Bill Power

Resident led study



6:30pm - 8:00pm Auditorium Res. & PM Only
The Jackpot Jam
 Get Ready to Rock and Win at the Big Bingo bonanza! Sign up at The Point

WEDNESDAY, JUNE 10

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

Vista 9th Floor Res. & PM Only

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



9:15am – 11:30am Resident Only

Shopping Trip to Hillside Village & Aldi

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

Aquatics Classes

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 Res. & PM Only!

Scribblers, Scribes & Seekers!

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

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

Garden Club Meeting

10:45am – 11:30am Vista - 9 Res. & PM Only!

Table Talk with John Hill

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

Vista 9th Floor Res & PM Only

1:00pm – 2:00pm Rock Steady for PD

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

Acting Fun Drama Club

4:00pm – 5:00pm Hillside MPR Res. & PM Only

Caregiver Support Group

2026 REJEBIAN SERIES

6:00pm – 8:30pm Resident Only
Bus Trip: Rejebian Series Sign up in the Point
 Larry Wansley: Tough Streets, Rough Skies
 Sunday Sidelines

THURSDAY, JUNE 11

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 **CXL Today**



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

OLLI Class

Nineteenth-Century Orchestral Style in Film Soundtracks of the 20th and 21st Centuries (2 of 2)

Presented by Max Morley

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

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

The Chosen Series

Screening and Discussion



1:30pm – 3:00pm Resident Only

Shopping Trip to Trader Joe's

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



2:00pm - 3:00pm Auditorium Res. & PM Only
Nutrition Talk
 Mediterranean Diet: Discover the Well-Plate. and see a cooking demo with Chef Tim.

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

5:00pm – 6:00pm Movement & Dance



2:00pm – 5:00pm The Clinic (Vista-2) Resident Only

Total Hearing Clinic

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

3:00pm – 4:00pm Flagpole Hill Res. & PM Only

Fellowship Word & Bible Study

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

Resident Happy Hour

CAREGIVER SUPPORT GROUP
 YOU CARE FOR THEM. LET US CARE FOR YOU.

2nd Wednesday of Month
June 10 at 4:00PM

Hillside Multipurpose Room

Share your story, discover practical tools, and swap best practices with peers who truly understand.

For more information contact
 Rickina McKinley 214-273-9653 or
 Brian Parman 972-755-3260

FRIDAY, JUNE 12

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 – 11:00am Auditorium All Welcome
Understanding Frauds & Scams
 Presented by Gabriel Wooden,
 Volunteer with The Senior Source and
 The Elder Financial Safety Scenter

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

PM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 3:00pm – 3:45pm Balloon Badminton

 1:30pm – 3:30pm Theater All Welcome!
Movie Matinee
Chef
 Rated R · 2014 · 1h 55m · Comedy/Drama

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

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

SATURDAY, JUNE 13

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- iPhones - Email Setup - best app to use
 11:00am- Open Lab time

2:00pm – 7:00pm White Rock Class
Beginning Jewelry making Res. & PM Only
 Limited spots available on first come, first served basis.

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



Movie MATINEE

CHEF

Rated R · 2014 · Comedy/Drama · 1h 55m

Chef follows a talented chef who quits his high-pressure restaurant job after a public clash with a food critic damages his career. He rediscovers his passion for cooking, family, and creativity by starting a food truck journey across the country with his son and friends.



Friday, June 12
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Sunday, June 14

3:30pm -4:30pm

Piano Concert by Gustavo Romero

Tuesday, June 16

10:00am

OLLI Class

Can Computers Think? (1/2) Presented by David McKinley

Wednesday, June 17

10:00am

Staying Safe On Line

Tuesday, June 18

10:00am

OLLI Class

Can Computers Think? ... (2 / 2)
presented by David McKinley

Friday, June 19

1:30pm

Movie Matinee- Nuremberg

Rated PG-13 - 2025 - Drama - 2h 28m

Friday, June 19

3:30pm

Vista Art Gallery Reception

Pattie Gooch

SUNDAY, JUNE 14

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!



1:00pm - 5:00pm Resident Only
**Bus Trip: Bruce Wood Dance
Performance of "IGNITE"**
\$15 pp charged on sign up.
Sign up at The Point.



3:30pm - 4:30pm
Piano Concert

Gustavo Romero, Concert Pianist

Auditorium & 81
All Welcome!

Piano Concert

**GUSTAVO ROMERO
CONCERT PIANIST**

Sunday, June 14
3:30 PM to 4:30 PM
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, JUNE 15

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

Vista 9th Floor Res. & PM Only

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

Aquatics Classes

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

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

9:30am – 11:00am Auditorium S.

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

10:00am – 11:30am Auditorium N.

Arts & Crafts Res. & PM Only
 This month's class: Flower Paper Gardlands
 Sign up at The Point

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

1:00pm – 2:30pm Flagpole Hill

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

1:00pm – 2:00pm Tech Classroom

Sign Language Fun! Res. & PM Only

2:00pm – 3:00pm White Rock Class

Knotty Knitters & Crafty Crocheters Res. & PM Only

3:00pm – 4:30pm Game Zone

Bunco! Res. & PM Only
 Join in on this fun dice based game and win prizes!

TUESDAY, JUNE 16

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 & 81

OLLI Class! Res, PM & OLLI

Can Computers Think? Wading Knee-deep into the Sea of Artificial Intelligence (Session 1 or 2)

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

CC Young 'Uns Choir Rehearsal Res. & PM Only

3:00pm – 4:00pm OL- Mockingbird Point

Bible Study with Bill Power Res. & PM Only
 Resident led study

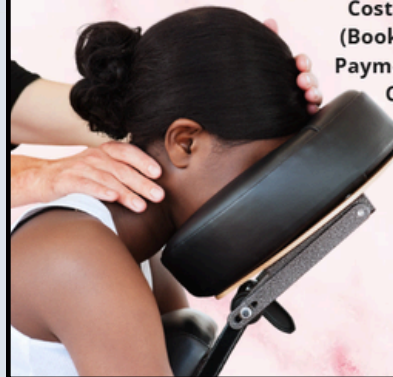
7:00pm - 9:00pm Auditorium

Harmonica Organization of Texas Res. & PM Invited
 Monthly Meeting and jam session

Wellness Wednesday Chair Massages

3rd Wednesday of each month
 1PM - 4PM The Point Lobby

Cost: \$20 per 10-minute session.
 (Book multiple sessions at once)
 Payment: Resident Room Charge,
 Cash, Check, Credit, or Debit



Sign Up by scanning QR code.

WEDNESDAY JUNE 17

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:30am Lower Body Mobility
 9:30am – 10:00am Leg Lab
 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 Res. & PM Only!
Scribblers, Scribes & Seekers!
 A supportive and encouraging environment to share your writing.



10:00am – 11:00am Auditorium All Welcome
Staying Safe Online
 Presented by Alexander Yurko, Financial Case manager at The Senior Source

10:00am – 11:00am Tech Classroom Res. & PM Only
Garden Club Meeting

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



11:00am – 1:30pm Overlook Resident Only
Dining Action Station
 This Month's Station: Grilled Cheese

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

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

3:00pm – 4:00pm Asbury Resident Only
Story Telling with Jo Rader



6:00pm – 8:30pm Resident Only
Rejebian Series Sign up in the Point
 Fairchild & Titus: "A Gentleman in Moscow" by Towles

THURSDAY, JUNE 18

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 & 81 Res, PM & OLLI
OLLI Class!
Can Computers Think? Wading Knee-deep in the Sea of Artificial Intelligence (Session 2 or 2)

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



11:00am – 1:30pm Asbury Resident Only
Dining Action Station
 This Month's Station: Grilled Cheese

1:30pm – 3:00pm White Rock Class Res. & PM Only
Studio Art Time with David Schulze

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

5:00pm – 6:00pm Movement & Dance

3:00pm – 4:00pm Flagpole Hill Res. & PM Only
Fellowship Word & Bible Study

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

FRIDAY, JUNE 19

AM Exercise Classes

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


Aquatics Classes

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

 9:15am – 11:00am Resident Only
Shopping Trip to Kroger
 Sign-up at The Point. Pick-up in front of your building.

10:00am – 11:00am Café Game Zone
Wii Bowling Team Play Res. & PM Only
 Practice and team play time.


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

 10:00am – 2:00pm Resident Only
Bus Trip: Haas Moto Museum & Diner
 View over 230 motorcycles spanning 13 decades. \$12.00 at the Door (no Cash) / Veterans get free entry. Bring money for lunch. Sign up at The Point.

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

 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Nuremberg
 Rated PG-13 - 2025 - Drama - 2h 28m

 3:30pm – 4:30pm Vista- 2
Meet The Artist Reception All Welcome!
 Featured Artist: Pattie Gooch

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


SATURDAY, JUNE 20

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- Uber & Lyft - use the Ride apps safely
 11:00am- Open Lab time

9:30am – 11:30am Flagpole Hill Class
Art With Pattie Gooch Res. & PM Only
 This month: Patriotic Ribbons Wreaths.
 Sign up at The Point

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

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



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

Movie MATINEE

NUREMBERG

Rated PG-13 · 2025 · Drama · 2h 28m

Nuremberg dramatizes the historic post-World War II trials in which Allied prosecutors sought justice against top Nazi leaders for war crimes and crimes against humanity. The film follows the legal, political, and moral challenges faced as the world confronts the horrors of the Holocaust and the responsibilities of those involved.



Friday, June 19
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, June 22

3:00pm -4:00pm

Summer Solstice: Never See North Texas Nature The Same Way Again

Tuesday, June 23

10:00am

OLLI Class

The Social Media Paradox: Friend or Foe for Real Connection - Zeynep Orhan

Tuesday, June 25

10:00am

OLLI Class

The Mystery of the Pantheon: Imperial Ambition and Architectural Innovation in Ancient Rome - Neville McFerrin

Friday, June 26

1:30pm

Movie Matinee- Honest Thief


Rated PG-13 · 2020 · 1h 39m

Friday, June 26

3:30pm

Richard Stanford Book Review

Two Books: American Rambler & This Land is Your Land



Want more info?
Watch The CC Young News on CH. 81!
 Every day at
 9:30AM
 3:30PM
 6:30PM
 12:30PM

SUNDAY, JUNE 21



The CCY Ministry Team hosts Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
 All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
 Ch. 81
 All Welcome!



CC YOUNG
 THE POINT & PAVILION

SUMMER SOLTICE: NEVER SEE NORTH TEXAS NATURE THE SAME WAY AGAIN

Presented by Amy Martin
 Author and Naturalist

Monday, June 22
3:00pm

Learn how a little knowledge about natural history and ecology can transform your perception of North Texas nature.



MONDAY, JUNE 22

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

- 8:00am – 8:45am Zumba Gold
- 9:00am – 9:30am Upper Body Mobility
- 9:30am – 10:00am Arm Lab
- 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 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 Classroom
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
Summer Solstice Never See All Welcome
North Texas Nature The Same Way Again
 Presentation by Author and naturalist Amy Martin

TUESDAY, JUNE 23

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 & 81
OLLI Class! Res, PM & OLLI
The Social Media Paradox: Friend or Foe for Real Connection
 Presented by Zeynep Orhan

Aquatics Classes

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

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

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

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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



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

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

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

Monday, June 22

National
Chocolate Eclair
Day



WEDNESDAY, JUNE 24

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

Vista 9th Floor Res. & PM Only

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



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

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 Classroom
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

Vista 9th Floor Res. & PM Only

1:00pm – 1:45pm Rock Steady for PD

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

2:00pm – 3:00pm 6th floor, Vista
Park & Chat North Sunroom
 Discussion Group for people with Parkinson's

2026 REJEBIAN SERIES

6:00pm – 8:30pm Resident Only
Rejebian Series Sign up in the Point
 Gregg Jones: "Most Honorable Son"

THURSDAY, JUNE 25

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 & 81
OLLI CClass! Res, PM & OLLI
The Mystery of the Pantheon: Imperial Ambition and Architectural Innovation in Ancient Rome
 Presented by Neville McFerrin

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

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



1:30pm – 2:30pm Resident Only
Shopping Trip to Walmart
 Sign-up at The Point. Pick-up in front of buildings.

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

3:00pm – 4:00pm Flagpole Hill
Fellowship Word & Bible Study Res. & PM Only

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

PM Exercise Classes
Fitness Center Classroom Res. & PM Only
 5:00pm – 6:00pm Movement & Dance



FRIDAY, JUNE 26

AM Exercise Classes

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

Aquatics Classes

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



9:15am – 11:00am Resident Only
Shopping Trip to Kroger
 Sign-up at The Point. Pick-up in front of your building

10:00am – 11:00am Café Game Zone
Wii Bowling Team Play Res. & PM Only
 Practice and team play time.

10:00am – 11:30am Tech Classroom
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
 3:00pm – 3:45pm Balloon Badminton

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Honest Thief
 Rated PG-13 · 2020 · Action/Thriller · 1h 39m



3:30pm – 4:30pm Theater
Richard Stanford All Welcome
Book Review
American Rambler & This Land is Your Land

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

SATURDAY, JUNE 27

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- Use AI to enhance your photos
 11:00am- Open Lab time

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

HONEST THIEF

Rated PG-13 · 2020 · Action/Thriller · 1h 39m

Honest Thief follows a notorious bank robber who decides to turn himself in and live an honest life after falling in love. When corrupt FBI agents try to steal his hidden fortune and frame him for murder, he must fight to clear his name and protect the woman he loves.



Friday, June 26
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Tuesday, June 30

10:00am

OLLI Class

Medicare 101: Understanding the Basics - Catherine Snow

Wednesday, July 1

10:00am

Watercolor Workshop

250th American Flag
Sign up at The Point

Thursday, July 2

8:00am

Stars, Stripes & Syrup

Come for the pancakes, stay for the show!
Enjoy a hot breakfast and live performance. (Resident Only Event)

Thursday, July 2

10:00am

OLLI Class

Hwæt! A Brief History of English
Lynne Kelsey



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

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

SUNDAY, JUNE 28

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!

WEATHER ADVISORY FOR ALL RESIDENTS!

CC YOUNG
SENIOR LIVING

*We care about your safety.
Please consider staying inside until
the weather is more moderate.*

**DON'T FORGET
YOUR FURRY
FRIENDS TOO!**



heat stroke in dogs

a dog's body temperature

- heat stroke: 103-105 °F / 39-41 °C
- normal: 101-102.5 °F / 38-39 °C

signs of heat stroke

- ☐ Heavy panting, shallow breathing, excessive drooling
- ☐ Bright red tongue and mucous membranes, which turn grey as shock sets in
- ☐ Thick saliva, drooling, vomiting and/or diarrhea
- ☐ Unconscious and unresponsive
- ☐ Collapse

By the time the signs of heat stroke are visible, it's often too late.

Some dogs are more at risk:

- ☐ Short-haired
- ☐ Long-haired
- ☐ Young

the dangers of heat stroke

104 °F / 40 °C → 115 °F / 46 °C

- ☐ Collapse
- ☐ Seizures
- ☐ Organ damage
- ☐ Death

MONDAY, JUNE 29

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

Vista 9th Floor Res. & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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

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

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

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

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

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

TUESDAY, JUNE 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 Mat Pilates Foundations

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

Medicare 101: Understanding the Basics
 Presented Catherine Snow

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

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

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

WEDNESDAY, JULY 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!

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

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers!

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

10:00am – 11:00am Tech Classroom

Garden Club Meeting

Res. & PM Only

10:00am – 11:00am Auditorium

Watercolor Workshop

“250th America Flag”
 Sign up rfequired. Limited Spots.

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

Res. & PM Only

2026 REJEBIAN SERIES

6:00pm – 8:30pm Resident Only
Rejebian Series
 Sign up in the Point
 Gregg Jones: “Most Honorable Son”

THURSDAY, JULY 2



8:00am – 8:45am Central Park
Stars, Stripes & Syrup Resident Only

Come for the pancakes, stay for the show!
 Enjoy a hot breakfast and live performances featuring CCY Resident the CC Young Uns Choir, and the CC Young Uke Can Do It Players.

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 **CXL Today**



10:00am – 11:30am Auditorium & 81

OLLI Class

Hwaet! A Brief History of English

Presented by Lynne Kelsey

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



1:30pm – 2:15pm Lobby

Harris Jewelers

Res. & PM Only

Small Jewelry repair while you wait.

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.

3:00pm – 4:00pm Flagpole Hill

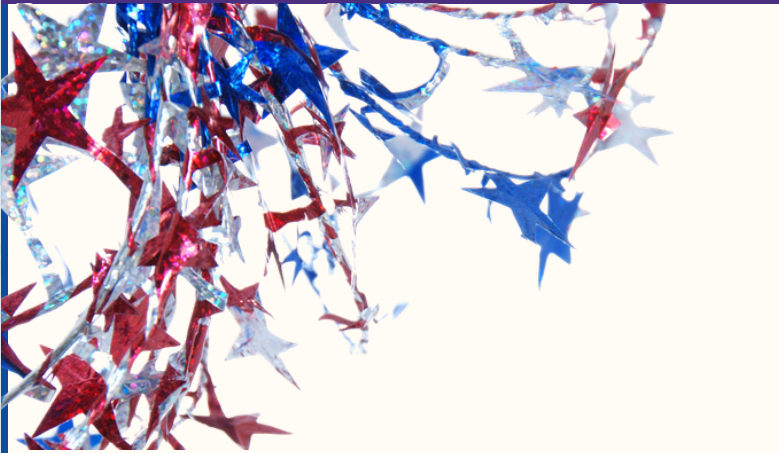
Fellowship Word & Bible Study

Res. & PM Only

4:00pm – 5:00pm Auditorium

Resident Happy Hour Resident Only

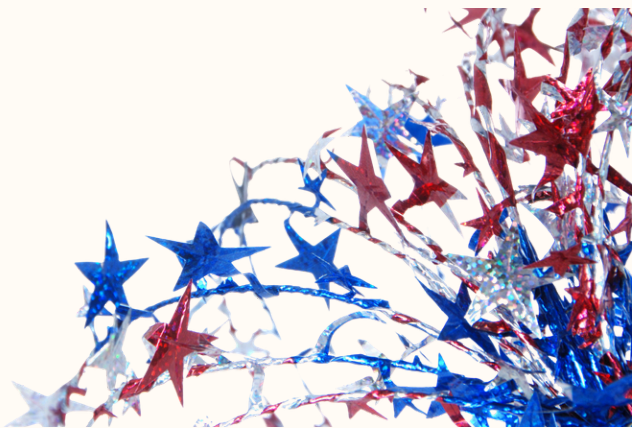
FRIDAY, JULY 3



**The Point is open
7am-9pm.
There are no scheduled
events today.**

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

**Regular programming
resumes on
Monday, July 6**



SATURDAY, JULY 4

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

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

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



CC YOUNG
THE POINT & PAVILION

WATERCOLOR WORKSHOP

with Master Watercolorist
Gaylord O'Con

**WEDNESDAY
JULY 1
10:00AM**

SIGN UP AT THE POINT

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

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

GET YOUR KICKS IN 2026



CC YOUNG
SENIOR LIVING

Lifestyle Section

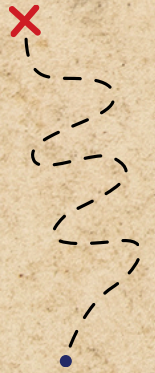
The concept for The Point came from a group of men and women in 1997 who shared a vision to create a space for older adults to thrive in body, mind, and spirit.

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.





The Great Exhale On The Open Road!



Taking a moment to look in the rearview mirror right now, I'm honestly a bit breathless. Last month, our team at The Point hit a milestone that feels almost impossible to wrap my head around: we produced over 400 events. Between the internal programs and the external gatherings, that is a staggering amount of life happening in one space.



When I stop to think about the sheer volume of details—the thousands of conversations, the hours spent coordinating, and the physical toll of constant setups—it's overwhelming. It's a testament to the heart of this team, but it's also a signal. We've reached that point where we all realize we need to step back, catch our breath, and pump the brakes just a bit to gain some perspective.

As I'm writing this, a road trip is exactly what's on the horizon. Next week, several of us are heading down to Austin for the LeadingAge Texas Conference. It's a significant trip for us this year; three of our own—Ernest Perez, Jennifer Broadway, and Rickina McKinley—are graduating from the Leadership Collective program.

There is something so restorative about being immersed in the culture of senior living away from the daily grind. For me, the healing starts before we even arrive. I've always found the drive to Austin to be a sacred kind of time. Whether I'm driving it solo or with a car full of colleagues, some of my best ideas have been born somewhere along that stretch of highway.



This craving for the open road is exactly why I'm so excited about our upcoming Epic Adventures series. We're going to be diving deep into the lore of the "Mother Road," Route 66. While I have my own road trip stories, I'm most looking forward to hearing from four of our Overlook residents: Jay Orr, Sarah Franklin, Diane Flint, and Garth Griffith.

These four have explored that historic highway from one end to the other. Beyond the kitschy roadside attractions like the Blue Whale of Catoosa or the Midpoint Café, I'm curious to hear about the internal journey. I want to know how those thousands of miles changed them, and what they discovered about themselves between Chicago and Santa Monica.

The road doesn't just take you to a destination; it has a way of bringing you back to yourself.

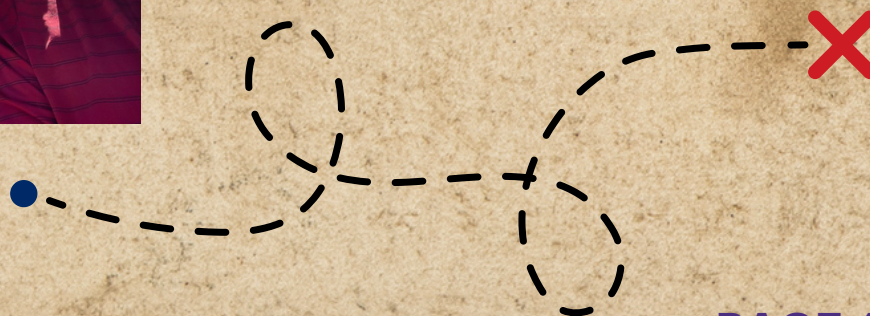
As we head south to celebrate our leaders and sharpen our vision, I'm also looking toward the horizon of our own creativity back home. With June here, it is officially time to start dreaming up Spirit is Ageless 2026. This program is such a beautiful reflection of the talent and wisdom within our community, and I can't wait to see the stories you'll tell this year.

A few things to keep in mind:

- The Journey Begins: Official intake for entries will take place this August.
- Your Voice Matters: Whether you express yourself through a paintbrush, a lens, or a pen, there is a place for your work here.



As I prepare to hit the road next week, I'm curious—where do you find your "Great Exhale"? Is there a specific landmark or a certain stretch of highway that always seems to clear your head? I'll see you when I get back, hopefully with a few more "road-tested" ideas to share.



CREWS NEWS

JUNE 2026



BY RUSSELL CREWS
PRESIDENT AND CEO

HONORING A LEGACY, EMBRACING NEW BLESSINGS

There are moments in the life of any community when we are called to hold both gratitude and grief in the same breath. The recent closing of Walnut Hill Methodist Church is one of those moments.



For generations, Walnut Hill Methodist stood as a place of worship, connection, and service in North Dallas. Its story is woven into the broader history of the United Methodist Church—a movement rooted in the teachings of John Wesley, who believed deeply in faith expressed through action, community, and care for others. Methodist congregations have long been known not just for Sunday services, but for the ways they reach beyond their walls to meet people where they are, offering compassion, education, and hope.

Walnut Hill Methodist Church lived out that mission faithfully for many years. As highlighted in a November 2025 article in *The Advocate*, the church's decision to close came after a period of declining membership—a reality faced by many congregations across the country. While such a decision is never easy, it was made thoughtfully and responsibly, with a clear understanding of both the challenges and the opportunities it presented.

Closures like this mark the end of an era, but they can also create space for something new to emerge. In this case, one of those new beginnings has found its way to CC Young.

As the church prepared to close its doors, it sought meaningful ways to steward its cherished resources—items that had played a role in worship and ministry for years. Among them were beautiful choir robes and a remarkable set of handbells. Rather than allowing these items to fade into storage, the church made them available to organizations that could continue their legacy of use and service.



Enter our very own Ministry Coordinator, Russ Rieger! Recognizing both the spiritual and communal value of these items, Russ took the initiative to apply on behalf of CC Young. He thoughtfully shared how these gifts could be used to enrich the lives of our residents and staff, continuing their purpose in a vibrant and meaningful setting. Thanks to his efforts, CC Young was selected as the recipient.

It is difficult to overstate what a gift this is. If purchased new today, these robes and handbells would carry a value of nearly \$40,000. But their true worth goes far beyond dollars. They carry with them a history of worship, music, and shared moments—echoes of voices lifted in song and hands working in harmony.

Here on our campus, those echoes will not fade. The addition of the handbells opens the door for us to begin a bell choir—an exciting new opportunity for our staff to engage in music ministry. Imagine the resonance of those bells during worship services, celebrations, and memorials. Their sound will not only enhance these moments but deepen them, offering comfort, beauty, and reflection. The choir robes, too, will continue their journey, serving as a visible symbol of unity and purpose for those who lead us in music and worship. In this way, the legacy of Walnut Hill Methodist Church lives on—not just in memory, but in action.



We honor the generations who built that community, who sang in those robes, and who rang those bells. We acknowledge the weight of their closing, even as we give thanks for their foresight in ensuring these meaningful items would continue to serve others.

To Walnut Hill Methodist Church, we say thank you—for your years of faithful service to Dallas, and for entrusting us with these extraordinary gifts. And to Russ Rieger, thank you for seeing the opportunity, taking initiative, and helping bring this story of legacy and renewal to life.

Even in moments of closure, there is continuity. Even in endings, there are beginnings. And sometimes, those beginnings sound a lot like the clear, hopeful ringing of bells.



VILLAGE REPORT

by Jen Griffin
Vice President Community
Outreach & Engagement

JUNE 2026

Taking the Scenic Route

When I hear this month's theme—Take the Scenic Route—my mind doesn't go to winding backroads or leisurely Sunday drives. It goes straight to one word: adventure.



I see it every day in our residents. Some of you just go. One minute you're here, the next you're posting photos from somewhere across the country—or across the world. I'll admit it: I follow along on Facebook with a mix of joy and just a little bit of envy. Your sense of adventure is contagious.

Maybe that's why, from a very young age, I was drawn to travel. I still remember my first flight. I was in the fourth grade when my family flew to California—Disneyland, Universal Studios, the La Brea Tar Pits... it was a dream trip for a 10-year-old. But what captivated me most wasn't the destination. It was the flight itself.

Back then, flying was an event. We dressed in our Sunday best—patent leather shoes, ankle socks, the whole thing. I was fascinated by the crew, the rhythm of it all, the feeling that something special was happening the moment you stepped on board.

Of course, not every part of that trip felt carefree. The Watts Riots were happening in Los Angeles at the time, and I vividly remember the worry I felt when my father and brother left the hotel to pick up groceries. Even as a child, I was learning something important: adventure often comes with uncertainty.

And sometimes, a little bit of humor as well. For example, one night my parents tried to remember the name of a "nice" restaurant they'd been told about by the "bakery" people in Corsicana, lifelong friends. The restaurant was said to be wonderful, but was way too expensive to take the kids. Without their notes, we ended up at a place that was far beyond "nice." It was fancy. The kind of restaurant where we clearly did not belong.

Because we were already in, we stayed. And we rose to the occasion. We behaved so well that other diners actually came over to compliment my parents. Can you imagine?

Life has a way of taking you places you didn't intend to go—and sometimes, those are the moments you remember most.

After college, my path didn't exactly follow a straight line either. While a friend of mine went on to fly with Braniff and even flew the Concorde (yes, that Concorde!), I made the very practical decision to move to Michigan to follow a man. It seemed like a good idea at the time—and in many ways, it was. I learned more about business than I ever expected, and more importantly, I learned how to stand on my own two feet and became more independent than the “small town girl” I grew up being.



Confidence, it turns out, is also part of the journey.

Years later, “between opportunities,” I found myself asking a familiar question: Now what? That’s when the dream circled back.

I applied to be a flight attendant. My first interview with Continental didn't go so well, but I tried again with American Airlines. I still remember sitting in my car before that second interview, saying a simple prayer: “God, if this is where I'm supposed to be, just give me the words.”

He did. I was hired on the spot.

And just like that, I was off on a whole new kind of road trip—one that took me to New York, back to Texas, and to places I had only imagined. I flew as much as I possibly could, chasing the freedom that came with being able to go anywhere at a moment's notice.

It wasn't always glamorous. There were long days, tight budgets, and more than a few hours spent waiting in airports. But there were also unforgettable moments—like sitting in the cockpit of a 767, seeing the world from a perspective few people ever experience.

Eventually, reality called, and I traded in my wings for a more traditional career. I don't miss the job itself, but I do miss that sense of freedom—that ability to simply go.

These days, I still get my travel fix, but in a different way: as planned journeys! I was able to take a fabulous ‘road trip’ across Greece (a bucket list destination all my life) with some amazingly well-traveled friends. I did another European trip to France to visit them there and explore the countryside. I also follow a friend from my flight class who truly embraces the spirit of the journey. He's always off somewhere new, seeing everything there is to see. I love watching his adventures unfold—it's a reminder that the road is always there, waiting.

And maybe that's what taking the scenic route really means? It's not about how fast you get there—or even where “there” is.

It's about saying yes to the journey. Embracing the unexpected. Finding joy in the detours, the delays, and even the destinations you never planned.

So whether your next adventure takes you across the country or just across town, I hope you'll take the scenic route.

You never know where it might lead!

ON THE COVER

JUNE 2026

The open road has a unique way of clearing the mind. As city traffic thins into two-lane country roads, the horizon opens up, inviting you to roll down the windows and slow down. For anyone looking to swap the daily rush for pure, simple pleasures, a day trip into East Texas offers the perfect remedy—a journey where the gentle rhythm of the drive truly makes the heart sing.

The Call of the Open Road

There is something deeply liberating about trading strict schedules for a leisurely drive. Leaving the concrete behind, the landscape shifts into rolling green fields, towering pines, and a massive, uninterrupted Texas sky. Traveling at a slower pace allows you to actually see the world around you—the morning light on the pastures and the charm of historic town squares. This is travel as it used to be: unhurried, intentional, and focused on the present moment.

An East Texas Tradition: Ham Orchards

Nestled just outside of Terrell, Ham Orchards has been a cornerstone of East Texas summers for decades. Visiting this vibrant, family-owned farm is a generational tradition, offering an authentic taste of farm-to-table living.

The Joy of the Harvest

There is profound satisfaction in gathering food straight from the source. Depending on the month, you can wander into the fields to pick sweet, sun-ripened berries or select from the orchard's legendary, juicy peaches. Experiencing the orchard connects you to the land in a way a grocery store aisle never could.

Legendary Texas Barbecue & Market Treasures

Beyond the fruit, the journey is worth making for the food alone. The market features mouthwatering Texas barbecue managed by Eddie Dean, perfect for a slow-cooked brisket lunch on a working farm.

Before heading home, browsing the farm store is a must for simple, rustic pleasures:

- **Homemade Peach Ice Cream:** Creamy, refreshing, and packed with real fruit.
- **Freshly Baked Goods:** Warm peach fried pies and homemade breads.
- **Artisanal Jams:** Preserves, local honey, and pickled specialties.

The Reward of the Scenic Route

The real magic of a day trip isn't just the basket of fresh peaches or the incredible barbecue. It is the reminder that life is best experienced when we aren't rushing through it. Taking the long way home under a big Texas sky gives you the space to breathe and find joy in the simple things.



The Woodies: Giving Meaning to Ministry



Most of us associate ministry with church services and bible studies. But that is just one corner of the ministry at CC Young. The ministry at CC young is a way of life. The residents and the staff alike reflect God's love in the way they care for each other and live lives of service. We see ministry in the choir who give of their time and musical talents to lift the spirits of hospice residents, sing at special church services, and participate in services that honor our veterans. We see ministry in the Happy Hookers, recently in the news, who weave mats from used grocery bags so homeless shelters can use them as sleeping mattresses. We see the ministry of the American Sign Language Class, of which some members join the sing-alongs in the memory care and teach the residents how to incorporate sign language into song. In all these ways residents give of their gifts and graces to serve others.

A favorite group on campus is the Woodies! This group of guys have become a true fraternity. They get together every morning at 9:00 and work at the wood shop. They have developed the shop from a little closet with a few tools to an entire laboratory of machinery and instruments that help them work their magic. Fred Banes, Charlie Smith, Fred Christen, and Jim Smith lead the crew. They create beautiful woodworking for all occasions, including the altar and communion tables for the church, a cross for the prayer chapel, even an entire life-size manger scene for Christmas. The Woodies not only create their masterpieces for religious purposes, but they also dedicate their God-given talents to building shelves, repairing furniture, and responding to special campus requests.



Through their work they have deepened friendship and offered fellowship to others on campus. Many a new resident has moved in and found a belonging when invited by the Woodies to be a part. These guys never know a stranger. Their ministry reaches into the lives of our campus and is truly an example of the Church as God's hands and feet on this earth.

If you have an interest in working with wood, be sure to contact Fred Banes (214-675-2364).

We celebrate the Woodies and are grateful for the selfless service!



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

JUNE 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

Giving Rooted in Values, Community and Legacy

JUNE 2026

For CC Young Senior Living resident Sarah Franklin, giving has never been about recognition, it's about sustaining a community she deeply values.

"Giving back to CC Young helps the community keep growing," Sarah said.



An eight-year resident, Sarah's connection to CC Young began years before she ever moved in. When the time came to leave her home in Lake Kiowa and move closer to family, CC Young was already at the top of her list. What she found was more than a place to live—it was a place to belong.

That sense of belonging is what fuels her commitment to giving.

For Sarah, philanthropy is not just an occasional act, it's a thoughtful, intentional part of her life. She supports CC Young through structured charitable giving, including a donor advised fund and distributions from her retirement account.

"I like how simple it can be," she explained. "I can give in a way that's organized and meaningful and respond when needs arise."

One of the ways Sarah directs her giving is through memorial gifts, often honoring the lives of neighbors and friends. Many of those gifts support the Benevolence Fund, helping ensure that future residents will have access to the same care and community they value today.

"It's important to me that others can experience what I've experienced here," she said.

For residents like Sarah, giving isn't only about generosity, it's also about stewardship. Tools like donor advised funds and qualified charitable distributions allow individuals to give in tax-wise, efficient ways while maximizing impact. But for Sarah, those benefits are secondary to something deeper: creating a legacy.

"When you give, you feel more connected," she said. "You know you're part of something that will continue."

That sense of continuity extends to her family as well. Sarah sees her greatest legacy not in dollars given, but in the values, she's passed on to her children, values that continue to shape how they engage with their own communities.

"There are so many ways to give at CC Young," Sarah said. "It gives so much to us every day. Supporting it means making sure it will be here for the next generation."

Through her thoughtful, intentional philanthropy, Sarah's legacy is already being felt, supporting residents today and sustaining the spirit of care for years to come.

Sarah encourages others to consult with their financial advisors what making contributions through their RMD's or setting up a donor advised fund might look like.



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

THE FITNESS INSIDER

June 2026

THE ROAD TO ROUTE 66

A 6-week journey across
America's most iconic highway.

6/1 - 7/13

**More details on the next page*



TRACK YOUR STEPS

1. Go to the App Store or Play Store on your phone.



2. Search for StepUp Pedometer.



3. Download the app, then open it.

4. Click "Enable step tracking," then "Allow."

5. Click "Next." Set a daily step goal, then click "Save daily goal."

6. Click "Sign in to add friends" and either sign in to an existing account or create a new one.

7. Close the StepUp app and open your camera app.

8. Scan the QR code below to join the group: Road to Route 66.
(Hold the camera over this code. When the yellow and orange link appears, touch it.)



PRIZES

Furthest Individual Traveler

- Fitbit Inspire 3

Furthest Traveling Team (up to 3)

Each team member receives:

- Route 66 Challenge T-Shirt

Participation Drawings

All participants will also be entered into random prize drawings throughout the challenge, including:

- Free personal training sessions
- CC Young gift cards
- Water bottles
- And more!



THE ROAD TO ROUTE 66

A 6-week journey across America's most iconic highway.

Start in Chicago and log your miles weekly for 6 weeks as you make your way west along historic Route 66.

Want some accountability? Team up with a favorite staff member or fellow resident (up to 3 people per team) and travel the journey together by combining your miles. Scheduled group walks are offered each week for staff and residents to join in.

At the end of 6 weeks, see how far you made it and what city you reached along Route 66.

Pick up a mileage tracker at The Point Gym to get started.

6/1 - 7/13



THE FIT LEAGUE

APRIL CHAMPIONS

GOLD LEAGUE



Sharon Yost
Esther Davis
Michael York
Nan Alexander
Mary Heuertz

Mary Jarvis
Jennifer Aguiler
Leo Chang
Liza Sindalousky
Sharon Gustof

SILVER LEAGUE

Suzanne Smith
Barbara Applequist
Diana McAfee
Celeste Flippen
Kay Maxwell
Nancy Cain
Nell Williams
Margaret Hranitzky
Corinne Bryan
Lisa Ogden

Gary Smith
Rick Herrick
Korrine Hearn
Nancy Cooper
Dorothy Morris
Gwen Lummus
Gordon Fox
Cheryl Kellis
Lynne Hoseck
Pat Kidd

Pamela Clark
Annie Palacios
Gene Ward
Karen Stanland
Kathryn Caywood
Lorrie Mercer
Teri Collier
Delores Cullivan
Steve Melton
Susan Grundy

BRONZE LEAGUE

Gabriele Gruschkus
Kathy Rauscher
Pat Cullum
Charlie Lewis
Alex Mason
Alice Wallis
Betty Greene
Carol Croy
Charlie Smith
Debra Dickerson
Fred Christen
Mary Ross
Bruce Applequist
Ernie McAfee
Gaylin Bonner

Gloria Little
Karl Warkentin
Lois Reid
Nancy Worden
Tom King
Frank Busby
Jill Mandel
Margaret Gillett
Carol Shinoda
Cheryl Brunson
Frances Jones
Kay Peters
Linda Wertz
Mike Haskins
Susan Maupin

Wanda Moreland
Jeanne Walker
Judy Hearne
Sheila Bacon
Vicki Hill
Peggy Wing
Anna McFarland
Barry Thompson
Carol Donovan
Gary Griffith
Joyce Johnson
Marilyn Ward
Nancy McWhorter
Pat Fraizer

Ruby McLeod
Sue Hooks
Walt Davis
Arch Beasley
Barbara Symmank
Brenda Stokes
Darlene Chermak
Diane Gibson
Larry Maupin
Marcia Smith
Maridine Wall
Edith Dulles
Isabel Davis
Lane Ogden

COMMUNITY CORNER

Welcome

Welcome



WELCOME



Welcome

Welcome



Carolyn Hale: Thomas



Jim Mabry: Overlook



Ginny Hendler: Asbury



Julie Mabry: Overlook

Welcome!

Welcome




WELCOME

WELCOME



THOMAS CUISINE SPECIAL DINING DAYS

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 National Rocky Road Day 	3	4 Hillside Action Station 11:30am-1pm 	5 4833 Steak Avenue CLOSED	6
7	8	9 Thomas Action Station 11:30am-1pm 	10 Hillside Chef Connection 10am 	11 National German Chocolate Cake Day	12 4833 Steak Avenue CLOSED	13
14	15	16 Overlook Chef Connection 3pm 	17 Conley's Action Station 11:30am-2pm 	18 Asbury Action Station 11am-1:30pm 	19 4833 Steak Avenue OPEN	20
21	22 National Chocolate Eclair Day	23 Asbury Chef Connection 2pm 	24	25 National Strawberry Parfait Day 	26 4833 Steak Avenue OPEN	27
28	29	30				

Action Station of the Month: Grilled Cheese

JUNE TEAM BIRTHDAYS

Jasmine Bello	6/1	Health Center
Clay Nyian	6/1	Health Center
Funmi Obadina	6/1	Health Center
Adebimpe Sowunmi	6/1	Assisted Living
Adebukonla Akinyanju	6/4	Assisted Living
Ernest Perez	6/4	Technology
Haymanot Bekele	6/5	Private Care
Edulaine Bravo	6/5	Dining Services
LaSonja James	6/6	Private Care
Kelly Andras	6/7	Therapy
Noel Castillo	6/8	Hospice
Tanequa Polk	6/8	Memory Support
Meseret Demissie	6/9	Private Care
Nina McKinley	6/10	Dining Services
Corey Winch	6/10	Therapy
Lori Sanders	6/11	Therapy
Senait Abraham	6/12	Private Care
Natalia Mata	6/12	Housekeeping
Gabriel Sanchez	6/12	Housekeeping
Veronica Warren	6/13	Health Center
Kasandra Escobedo	6/14	Private Care
Shonterra Harmon	6/14	Health Center
Shashu Keleta	6/14	Health Center
Aster Woldemariam	6/14	Health Center
Martha Adams	6/15	Private Care
Kia Davis Holley	6/15	Health Center
Alyssa Williams	6/16	Health Center
Abolore Akande	6/17	Memory Support
Lydia Elmore	6/17	Dining Services
Melanie McCullough	6/17	Health Center
Direshia Richmond	6/17	Assisted Living



ArNetra Taylor	6/18	Dining Services
Christabel Chuks	6/20	Health Center
Daniel Martinez	6/20	Housekeeping
Rickina McKinley	6/21	Community Outreach
Lishunda Bolden	6/22	Hospice
Ryan Loudd	6/22	Hospice
Sefanit Getahun	6/23	Housekeeping
Sammuel Gutierrez	6/23	Housekeeping
Frenchie Benavides	6/24	Sales
Kedrick Glenn	6/24	Housekeeping
Buffy Smith	6/25	Hospice
Naquesha Wilson	6/26	Health Center
Andres Espinoza	6/27	Dining Services
Italia Gutierrez	6/27	Housekeeping
Javier Martinez	6/27	Resident Services
Grace Olabayo	6/27	Private Care
JC Crosby	6/28	Dining Services
Yirgalem Tesfay	6/28	Memory Support
Makida Aelene	6/29	Assisted Living
Calvin Clerkley Jr	6/29	Dining Services
Brandon Peoples	6/29	Technology
Tiffany Simmons	6/29	Therapy
Avichay Keomisy	6/30	Housekeeping



Happy
Anniversary

TEAM CCY JUNE

Name	Hire Day	#Yrs	Department
Skyler Ellis	6/1/2021	5	Therapy
Bryan Goodlow	6/1/2022	4	Dining Services
Demitra King	6/1/2021	5	Assisted Living
Yessica Pina	6/1/2021	5	Hospice
Denise Jallah	6/1/2022	4	Health Center
Shenica Williams	6/2/2023	3	Dining Services
Victor Galvan	6/2/2024	2	Maintenance
Lavada Davis	6/3/2015	11	Hospice
Larana Hawkins	6/4/2024	2	Health Center
Rafaela Hernandez	6/4/2018	8	Dining Services
Emebet Mokoya	6/4/2007	19	Private Care
Paul Adja	6/5/2017	9	Dining Services
Angela Hernandez	6/5/2017	9	HR
Alice Sibanda	6/6/2024	2	Private Care
Kelly Andras	6/8/2022	4	Therapy
Santos Martinez Jr	6/8/2022	4	Health Center
Javier Vazquez Cruz	6/9/2025	1	Housekeeping
Tressa Gibson Johnson	6/9/2025	1	Assisted Living
Shenika Robinson	6/9/2025	1	Assisted Living
Kimberly Reyes	6/10/2025	1	Dining Services
Adebimpe Sowunmi	6/12/2023	3	Assisted Living
Nena Paris	6/12/2013	13	Assisted Living
Loving Igwe	6/12/2025	1	Health Center
Carlota Gonzalez	6/12/2023	3	Housekeeping
Albonnie Harris Moss	6/13/2022	4	Home Health
Mackenzie Dulcie	6/14/2021	5	Therapy
Carleen White	6/15/2000	26	Assisted Living
Carrie Leal	6/16/2025	1	Development
Glenda Leach	6/18/2018	8	Health Center
Hillary Schahuber	6/20/2025	1	Therapy
Roland Castillo	6/20/2022	4	Sales
Paul Onyeugo	6/20/2016	10	Assisted Living
Zelora Clark	6/21/2025	1	Community Outreach
LaQuetta Russell	6/21/2024	2	Health Center
Brittany Cravalho	6/23/2025	1	Hospice
Tsedale Demessie	6/24/2024	2	Assisted Living
Rodrigo Mendoza	6/24/2024	2	Housekeeping
Angela Bauer	6/24/2024	2	Therapy
Keyun Williams	6/25/2025	1	Dining Services
Carrington Swedburg	6/25/2024	2	Health Center
Yevante Langford	6/26/2025	1	Dining Services
Kadence Martin	6/27/2024	2	Housekeeping
Kateesha Medina	6/28/2021	5	Memory Support
LaSheena Houston	6/28/2021	5	Hospice
Joyce Carraway	6/28/2021	5	Private Care
Patty Sullivan	6/29/2020	6	Community Outreach
Dan Jackson	6/29/2020	6	Therapy
Nma Nzeocha	6/30/2025	1	Health Center
Italia Gutierrez	6/30/2023	3	Housekeeping

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

RESIDENT JUNE BIRTHDAYS

Judith Moran	Hillside	1	Betty Odum	Asbury	16
June M Tesauro	Vista	1	Joanna M Shields	Overlook	17
Sandra Kaiser	Overlook	1	Mary E Pate	Vista	18
Edward G Douglas	Vista	2	Earl T Berry	Vista	19
John Schaub	Vista	4	Nancy R Nulisch	Asbury	20
Michael Jackson	Hillside	4	Patsy L Caughran	Vista	20
Angelica V Corrales	Hillside	5	Bernard Thomas	Vista	22
Bruce R Anderson Jr.	Vista	5	Esther C Ramirez	Vista	22
James Morgan	Vista	5	Johnny Ray	Asbury	23
Susan P Tyler	Vista	5	Judy A Symank	Overlook	24
Douglas J Ashby	Vista	6	Lois Reid	Asbury	25
Nita J Clyde	Vista	6	Bertha Kingore	Vista	26
Phyllis Rhodes	Overlook	6	Lavonne Stewart	Hillside	26
Susan J Mann	Vista	9	Bettye J Johnson	Overlook	27
Richard Holsinger	Vista	11	Evelyn M Elrod	Vista	27
Vickie Day	Vista	11	Barbara Jackson	Asbury	28
Barbara P Smith	Vista	12	Carole Kinnebrew	Overlook	28
Walter Davis	Asbury	13	Ava M Schmitt	Hillside	29
Walter G Dahlberg	Thomas	14	Jackson M Kinnebrew	Overlook	29
Bernhard H Andresen	Overlook	15			
Billie Brown	Overlook	15			
Janet H Wiksten	Vista	15			
Jo Betsy B Massingill	Hillside	15			

Resident *Anniversaries*

JUNE



14 Years
Rozina Vlasimsky

11 Years
Bettye Barnes

6 Years
**Joann & George
Denton**

5 Years
**Susan & Mac
Hood**

**Catherine
Okamoto**

Kathy Ramirez

Nancy Jones

Brittie Hartline



CC YOUNG
THE POINT & PAVILION

WATERCOLOR WORKSHOP

*with Master Watercolorist
Gaylord O'Con*



WEDNESDAY

JULY 1

10:00AM

SIGN UP AT THE POINT

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

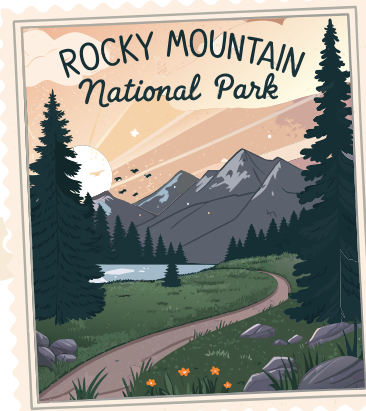
**STEP BY STEP
TUTORIAL TO CREATE
YOUR OWN
WATERCOLOR
MASTERPIECE!**

EPIC

Adventures

A Masterclass in Curiosity,
Connection, and Purpose

4



STORIES OF THE GREAT OUTDOORS

Join Kathleen Campbell & Joann Denton, as
they discuss their journeys through State &
National Parks.

Monday, July 6 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez and Brian Parman

No Test. No Grades. No Limits.



Thursday, July 2

Hwaet! A History of English

Presented by Lynne Kelsey

Tuesday, July 7

Great Waltzes by Great Composers

Presented by Ron Fink

Thursday, July 9

Turkey Vultures: The Life and Times of Unloved Birds

Presented by Scott Kiester

Tuesday, July 14

**The History of the White House Oval Office
& the Resolute Desk**

Presented by Bruce Ralston

Thursday, July 16

Jane Austen's Novel: Persuasion

Presented by Elaine Kushmal

Tuesday, July 21

The Doolittle Raiders of WWII

Presented by Darrel VanDyke

Thursday, July 23

Matilda: A Stolen Medieval Crown

Presented by Marla Morris

Tuesday, July 28

**Artificial Intelligence (AI) - The Good, the Bad, & the
Very Bad**

Presented by Darrel VanDyke

Thursday, July 30

Presidential Trivia

Presented by Bruce Ralston

**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



THE POINT



CC YOUNG
THE POINT & PAVILION

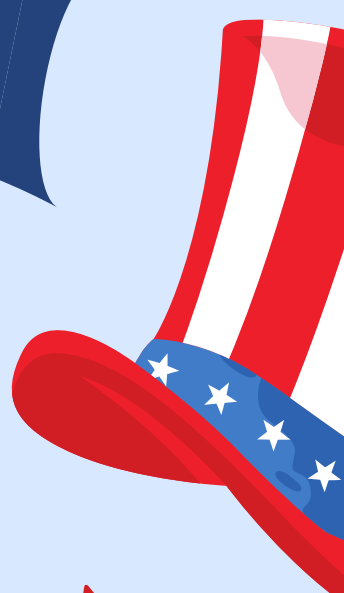



THURSDAY, JULY 2ND | 8:00 AM TO 10:00 AM
CENTRAL PARK & PAVILLION

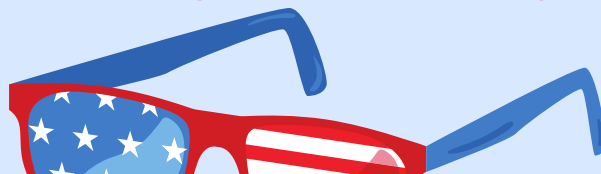


STARS STRIPES *and* SYRUP

250 Years of Freedom



Come for the pancakes, stay for the show! Enjoy a hot breakfast and live performances featuring CCY Resident Readings of the Declaration of Independence, Russ Rieger & the CC Young Uns Choir, and the CC Young Uke Can Do It Players.



CALL FOR ENTRIES



ONLINE REGISTRATION BEGINS:
SATURDAY, AUGUST 1, 2026

ENTRY DROP-OFF:
TUES., AUGUST 18 &
WED., AUGUST 19
9:00AM – 6:00PM



Visual Art Categories

- **Emerging Artist:** Open to artists of all mediums who are entering an art contest for the very first time.
- **Echoes of the Masters:** Art created in the style or spirit of a recognized artist, movement, or tradition.
- **Drawing & Illustration:** Includes artwork primarily created using mediums such as charcoal, pencil, and pastel.
- **Group Entry:** Artwork in any visual art category created collaboratively by two or more individuals.
- **Hard Crafts & Sculpture:** Three-dimensional art created through carving, casting, modeling, or other shaping techniques. This also includes wearable art, accessories and jewelry.
- **Mixed Media:** Artwork incorporating two or more distinct artistic mediums, collage.
- **Painting (Acrylic):** Paintings on canvas or paper using acrylic paints.
- **Painting (Oil & Oil Pastel):** Paintings on canvas or paper using oil paints or oil pastels.
- **Painting (Watercolor):** Paintings on canvas or paper using watercolor paints.
- **Photography:** Printed images captured by a traditional camera or mobile device.
- **Soft Crafts (Quilts & Blankets):** Large quilted or blanketed textile art. Knitting and crochet.
- **Soft Crafts (Other):** Includes items, including wearable items, crafted through techniques like crocheting, knitting, cloth, weaving, tatting, needlework, embroidery, cross-stitch, and needlepoint.

Writing Categories

Submission Guidelines: All writing entries must be no more than four (4) double-spaced typed pages, using a minimum 12-point font.

- **Poetry & Prose:** Verse writing, including but not limited to prose poetry, free verse, formal poetry, and song lyrics.
- **Personal Essay & Short Story:** Includes short stories, novellas, and scripts.

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

Your Story. Your Art. Your Moment to shine!