

ACTIVE SENIOR LIFESTYLE GUIDE



Revisiting Senior Prom: A look back at the nights that started it all!

FREE
PLEASE TAKE ONE

**Epic Adventures
STORIES FROM
THAILAND**

**“Destination Celebration”
SENIOR PROM**

**Memorial Day
REMEMBERING THEIR
SERVICE, HONORING THEIR
SACRIFICE.**

MAY 2026



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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
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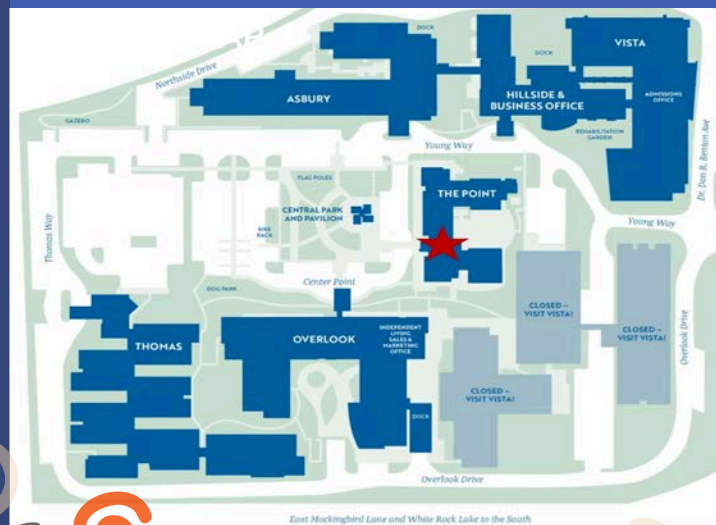


David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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



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

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THE POINT ART GALLERY

THURSDAY, APRIL 30 - THURSDAY, JUNE 25

A Potpourri of Reflections

SANDY SPARKS ART EXHIBIT



**MEET THE ARTIST
RECEPTION**

**FRIDAY
MAY 15
3:30 PM**

**OPEN TO THE
PUBLIC**



Enchantment UNDER THE SEA PROM!

ENCHANTMENT:
UNDER THE SEA

Dress your
Best

DJ Ray

Tuesday, May 12

7-8:30 PM

Resident Only!~

Sign up in the Point Lobby by Friday May 8

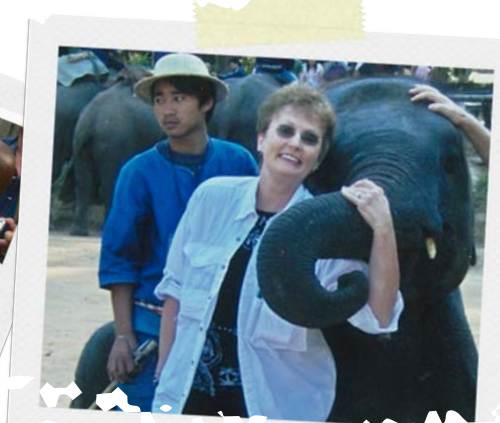
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EPIC

Adventures

A Masterclass in Curiosity,
Connection, and Purpose

2



STORIES OF THAILAND

Join Nancy Worden, Korrine Hearn and
Brian Parman, as they share adventures on
their journeys across land of smiles.

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



Bard of Ceremonies

Alise Cortez

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

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SAVE THE DATE FOR JUNE 1ST: STORIES ROUTE 66

No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

SUMMER 2026 KICKOFF

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

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

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

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



THE POINT

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

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



CC YOUNG
THE POINT & PAVILION



May 2026 GIZMO GUIDANCE



Instructor
David Sorkness

- 📱 **Friday, May 1**
2:00pm-3:30pm - iPhone - how to use the find my phone app
- 📱 **Saturday, May 9**
9:30-11:00am- PC Computers - Capture images with the snippet tool
11:00-12:30pm - Open Lab Time- Drop in with questions.
- 📱 **Monday, May 11**
2:00pm-3:30pm - PC Computers - Intro to PowerPoint presentations
- 📱 **Friday, May 15**
2:00pm-3:30pm - PC Computers - Intro to PowerPoint presentations continued
- 📱 **Saturday, May 23**
9:30am-11:00am - Computers/iPhones - video meeting apps
11:00-12:30pm - Open Lab Time- Drop in with questions.
- 📱 **Friday, May 29**
2:00pm-3:30pm - Computers/iPhone - Dropbox, additional storage solutions.



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

THRIFTING & LUNCH

Prom Season is Upon Us

Come Thrift for the Perfect Dress for Prom

Lunch | Lubella's Patisserie

Tuesday, May 5
11:30 pm to 3:00 pm

CREDO COMMUNITY CHOIR

AMERICA SINGS 250 YEARS

1776-2026

CELEBRATING SONGS, STORIES, AND VOICES THAT SHAPED OUR NATION

SATURDAY, MAY 9, 2026

3:15 pm to 6:00 pm

Moody Performance Hall

Cost: \$10.00

Sign up in the Point Lobby.
Bus pick up at the Point.



RESIDENT TRIPS

Sign up for all trips at The Point

Continued

early VOTING

★ PRIMARY RUNOFF ELECTION ★

HOP ON THE BUS TO VOTE

THURSDAY, MAY 21

10:00 AM

BUS WILL PICK UP AT THE POINT



DAVID R. DAVIDSON

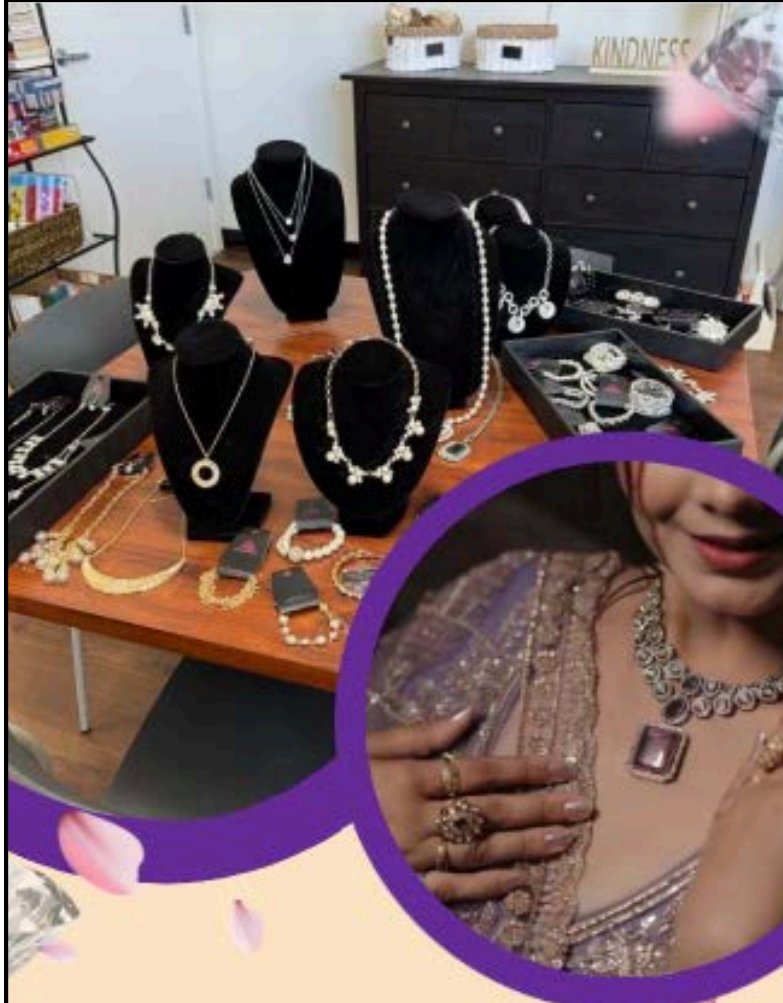
TOWER ARTS
SERIES

MEMORIAL DAY CONCERT

Sunday, May 24

4:45 PM to 7:30 PM





PUTTIN' ON THE GLITZ

A FREE JEWELRY BOUTIQUE!

**Monday, May 11
10:00am - 12:00pm
Flagpole Hill Classroom**

Each person will get to pick 4 pieces of jewelry to enhance their "prom" looks at this come and go event!

A special thank you event hosted by Angie McWhirter and Umphress Terrace

RANGERS **road trip** SCAVENGER series

**A 2-Week
Team Challenge
Inspired by the
Texas Rangers**

Pick up your series program from Rebecca starting Tuesday, May 12.

Begin thinking about who you want on your team. Earn more points (miles) by having friends from other resident halls. Include a new resident to earn even more.

May 14 - May 28

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

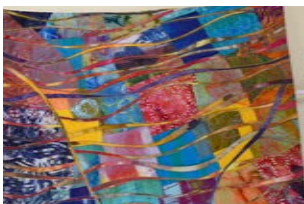
**Meets 1st Saturday of each month
10:00am in The Auditorium**



CC Young Auxiliary

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

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



Dallas Area Fiber Artists

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

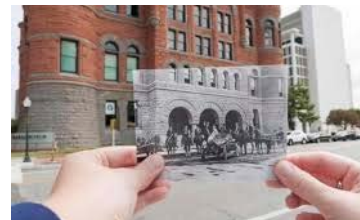
**Meets 4th Tuesday of each month
7:00pm in The Auditorium**



Dallas Bead Society

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

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



Dallas County Pioneers

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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



UKE CAN DO IT!

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

HAPPY HOOKERS

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



KNOTTY KNITTERS & CRAFTY CROCHETERS

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

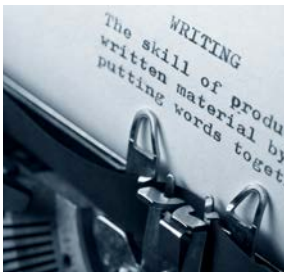
GARDEN CLUB

Group is open to gardeners new and old! With the addition of the new Green House and raised garden beds to the campus, the Garden Club meets to plan projects. **Wednesday at 10am**



SCRIBBLERS, SCRIBES AND SEEKERS

We're 'turning over a new leaf' (of paper) together! Join our new adventure. Sometimes we never know what we think until we write it down. Come investigate your mind and memories with us. We don't guarantee perfection, but we do guarantee fun! **Wednesdays at 9:45am.**



CC YOUNG 'UNS CHOIR

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





FELLOWSHIP, WORD & BIBLE STUDY

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

ACTING FUN

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



RUMMIKUB CLUB

A tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong, this game is played weekly in the Game Zone at The Point. Beginners Welcome!
Wednesdays at 9:30am

WII BOWLING TEAM

Combine physical and mental activity and improve cognitive function. Join others to practice and play.
Fridays at 10am



SIGN LANGUAGE FUN

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

WHITE ROCK WRAPPERS

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



The EXERCISE Rainbow

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

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

<u>CARDIO</u>	<u>STRENGTH</u>	<u>FLEXIBILITY</u>	<u>MOBILITY</u>	<u>BALANCE</u>
<ul style="list-style-type: none"> • Aquacise* • Balloon • Badminton • Chair • Volleyball • Dance Sculpt • Dancing with Diane • Drumba • 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
12:00-12:45pm / Mon & Fri
1:00-1:45pm / Wed (Vista 9)
Instructors: Lindsey Buis & Tammy Slauson

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

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



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

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



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

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

Also Supports Mobility



Arm Lab
9:30-10:00am / Mon
Instructor: Kori Ware

Step into the lab and sculpt a stronger upper body with targeted exercises for your arms, shoulders, chest, and back. Improve muscle tone and everyday strength using weights and resistance tools.



Sit & Get Fit
3:00-3:45pm / Mon-Wed
Instructor: Ann Sury

An all-seated class that includes the options of using small exercise balls and hand weights. Muscle strength and mobility are gained with rhythmic movement with the use of optional props. Good posture and breath work are also incorporated. **Also Supports Mobility**



Chair Volleyball
11:00-11:45am / Mon
Instructor: Kori Ware

A fun, low-impact game played while seated, using a beach ball and a net. It helps improve coordination, reflexes, and teamwork. No experience needed.



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

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

Also Supports Cardio



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

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



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.



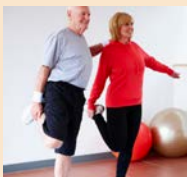
Lower Body Mobility
9:00-9:30am / Wed
Instructor: Kori Ware

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

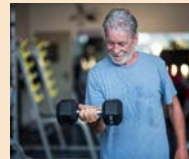
A gentle, feel-good class designed to improve joint range of motion, flexibility, and overall movement quality. Move through head-to-toe mobility exercises that help you stay limber, active, and pain-free.



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 balance and posture.

Also Supports Balance



Total Body Lab
10:30-11:00am / Fri
Instructor: Kori Ware

Step into the lab for a full-body strength workout that targets every major muscle group. Build power and endurance using weights and functional movement patterns.



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

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



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

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

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 leg as you move around in the water.

LAP SWIMMING

Tues., and Thurs. - 11:00am–12:00pm

AQUA BOOT CAMP

Mon., Wed., Fri. - 3:00pm–4:00pm

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

H2O HUSTLE

Mon., Wed., Fri. - 8:00am–8:45am

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

Open to Residents and Point Members

THIS WEEK'S

Highlights

Monday, April 27

3:00pm

Dallas Symphony Orchestra Concert
String Quartet

Tuesday, April 28

10:00am

OLLI Class

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

Tuesday, April 28

3:30pm

Garden Education Day

Thursday, April 30

10:00am

OLLI Class

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

Friday, May 1

1:30pm

Movie Matinee

Lion / Rated PG -13 · 2016 · 1h 58m

SUNDAY, APRIL 26

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium &

Ch. 81

All Welcome!

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, APRIL 27

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

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

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

Aquatics Classes

972-638-8795

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

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

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



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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

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

1:00pm – 2:00pm Tech 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
Dallas Symphony Orchestra Concert All Welcome
 Featuring a String Quartet

TUESDAY, APRIL 28

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

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

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

Aquatics Classes

972-638-8795

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


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

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


PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

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

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

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



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

WEDNESDAY, APRIL 29

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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



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

9:30am-11:00am Café Game Zone
Rummikub Open Play All Welcome!
 Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! All Welcome!
 A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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

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

10:00am – 11:00am Tech 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
 4:00pm – 5:00pm Dancing with Diane

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:00pm Theater
Acting Fun Drama Club

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

THURSDAY, APRIL 30

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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



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

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

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

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

PM Exercise Classes
Fitness Center Classroom Res & PM Only

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

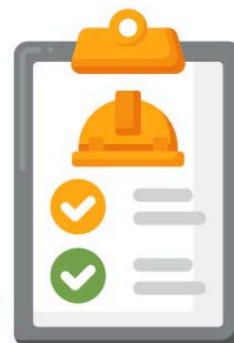
1:30pm - 3:00pm Theater
The Chosen Series Res. & PM Only
 Screening and Discussion.

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

Reminders

WORK ORDERS

Work tickets for Technology, Housekeeping, or Maintenance can be made by contacting Sandy by email servicerequest@ccyoung.org or by phone 972-996-2584.



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

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



TRANSPORTATION REQUESTS

To book an individual trip call Christine 214-841-2946 or email transportation@ccyoung.org

FRIDAY, MAY 1

AM Exercise Classes

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

Aquatics Classes

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



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

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

10:00am – 11:30am 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 – 3:30pm Theater & 81
Movie Matinee All Welcome!
Lion
Rated PG -13 · 2016 · Adventure/Drama · 1h 58m

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

2:00pm – 3:30pm Tech Lab
Gizmo Guidance Class Res. & PM Only
iPhone - how to use the find my phone app

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

SATURDAY, MAY 2

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

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

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

Movie MATINEE

LION

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

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



Friday, May 1
1:30pm

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Sunday, May 3

1:30pm

Violin, Viola and Cello Student Recital

Monday, May 4

3:00pm

Epic Adventure- Thailand

Thursday, May 7

10:00am

OLLI Summer Kickoff

Review the Summer Course Catalog

Friday, May 8

1:30pm

Movie Matinee

Back to The Future

Rated PG · 1985 · Family/Sci-Fi · 1h 56m



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

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

SUNDAY, MAY 3

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!



1:30pm – 4:30pm
**Landefeld Music
Student Recital**

Auditorium
All Welcome!

Hear students perform violin, viola and cello music

**Talent Education Music Studio of Plano
and Advanced Arts Music Studios**
present
**Violin, Viola and Cello Students
In Recital**

Date/Time
**Sunday, May 3, 2026
1:30 PM & 3:30 PM**

Place
**The Point
On the
C C Young campus
4847 West Lawther Drive
Dallas, TX 75214**

Admission
**FREE
Open to the Public**

** There will be a reception following each recital in The Café. **

MONDAY, MAY 4

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold **CXL TODAY**
 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! **CXL TODAY**

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: Thailand with Nancy Worden, Korrine Hearn and Brian Parman

TUESDAY, MAY 5



AM Exercise Classes

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

11:30am – 3:00pm Resident Only
Trip: Thrift & Shop **Sign Up Required**
 Lunch at Lubella's Patisserie & Shopping at Casa View Thrift

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 **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

Conley's
Cinco de Mayo
Buffet
11:30am-2pm



WEDNESDAY, MAY 6

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, 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
- 2:00pm – 2:45pm Chair Yoga
- 3:00pm – 3:45pm Sit & Get Fit
- 4:00pm – Dancing with Diane

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



2:00pm – 3:00pm Asbury Dining Resident Only
Asbury Conversations
 Updates and Information from Department heads

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

Acting Fun Drama Club

3:30pm – 4:30pm Flagpole Hill Res. & PM Only

Fellowship Word & Bible Study

THURSDAY, MAY 7

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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



10:00am – 11:30am Auditorium & 81 Res, PM & OLLI
OLLI Summer Kickoff!
A review of the Summer course Catalog!
 Refreshments provided.

Aquatics Classes

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

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



11:30am – 1:00pm Hillside Resident Only
Dining Action Station
 This Month's Station: Taco Salad Bar

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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



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

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

FRIDAY, MAY 8

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 Res. & PM Only

Uke Can Do It
Ukulele Class with instructor Angela Livesay
Limited Spots.

10:00am – 11:00am Café Game Zone Res. & PM Only

Wii Bowling - Team Play
Practice and team play time.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

- 12:00pm – 12:45pm Rock Steady Boxing for PD
- 3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm Theater & 81. Res. & PM Only

Movie Matinee

Back to The Future
Rated PG · 1985 · Family/Sci-Fi · 1h 56m

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

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

SATURDAY, MAY 9

9:30am – 12:30pm Tech Classroom
Gizmo Guidance Res. & PM Only
9:30am-PC Computers - Capture images with the snippet tool. 11:00am- Open Lab time

10:00am – 12:00pm Auditorium
Dallas Area Fiber Artist Res. & PM Invited
Monthly meeting & Holiday Party

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

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



3:15pm – 6:00pm Resident Only
Trip: Credo Community Choir at Moody Hall
Sign Up Required. \$10 pp. charged to resident account when signing up.

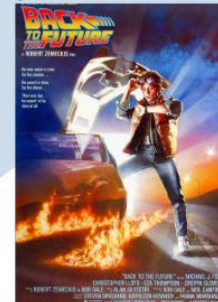
4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

Movie MATINEE

BACK TO THE FUTURE

Rated PG · 1985 · Family/Sci-fi · 1h 56m

Marty McFly, a 17-year-old high school student, is accidentally sent 30 years into the past in a time-traveling DeLorean invented by his close friend, the maverick scientist Doc Brown.



Friday, May 8
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, May 11

10:00am – 12:00pm

Put On the Glitz

A resident Only, FREE, Jewelry Boutique! Each person will get to pick 4 pieces of jewelry to enhance their “prom” looks!

Tuesday, May 12

7:00pm

Senior Prom

“Enchantment Under The Sea”

Dressed to Impress, Destined for Enchantment.... Where We’re Going, We Don’t Need Roads... Just Dancing Shoes.

Friday, May 15

1:30pm

Movie Matinee

Remarkably Bright Creatures

Rated PG-13 · 2026 · 1h 51m · Mystery

Friday, May 15

3:30pm

Meet The Artist Gallery Reception

The Point Art Gallery



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

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

SUNDAY, MAY 10



The CCY Ministry Team hosts Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
 All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
 Ch. 81
 All Welcome!



Conley's Mother's Day Brunch Buffet 11:00am - 2:00pm

Sign up for reservations by May 4th
 at the Conley's entrance or email
ccoleman@ccyoung.org



ENCHANTMENT UNDER THE SEA

Dress your Best

DJ Ray

Tuesday, May 12
RSVP for Your Ticket Today!

MONDAY, MAY 11

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



10:00am – 12:00pm Flagpole Hill Class
Puttin' On the Glitz **Resident Only**
 A **FREE** Jewelry Boutique! Each person will get to pick 4 pieces of jewelry to enhance their "prom" looks!

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**

2:00pm – 3:30pm Tech Classroom
Gizmo Guidance Class **Res. & PM Only**
 PC Computers - Intro to PowerPoint presentations

TUESDAY, MAY 12

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

Aquatics Classes

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



11:30am – 1:00pm Thomas
Dining Action Station **Resident Only**
 This Month's Station: Taco Salad Bar

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

PM Exercise Classes

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

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



7:00pm - 9:00pm Auditorium
Senior Prom **Resident Only**
"Enchantment Under The Sea"
 Dressed to Impress: Destined for Enchantment...Where We're Going, We Don't Need Roads...Just Dancing Shoes.

WEDNESDAY, MAY 13

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

Scribblers, Scribes & Seekers!

Res. & PM Only!
A supportive and encouraging environment to share your writing, get feedback from fellow writers.

10:00am – 11:00am

Garden Club Meeting

White Rock Class Res & PM Only

10:45am – 11:30am

Table Talk with John Hill

Vista - 9 Res. & PM Only!



11:30am – 1:00pm Conley's (OVR)

Dining Action Station

Resident Only
This Month's Station: Taco Salad Bar

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor

1:00pm – 1:45pm Rock Steady for PD Res & PM Only

2:00pm – 3:30pm

Acting Fun Drama Club

Theater Res. & PM Only

3:30pm – 4:30pm

Fellowship Word & Bible Study

Flagpole Hill Res. & PM Only

THURSDAY, MAY 14

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

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

The Chosen Series

Screening and Discussion

Theater

Res. & PM Only



1:30pm – 3:00pm Resident Only

Shopping Trip to Trader Joe's

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

5:00pm – 6:00pm Movement & Dance **CXL Today**



2:00pm – 5:00pm

Total Hearing Clinic

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

The Clinic (Vista-2)

Resident Only

4:00pm – 5:00pm

Resident Happy Hour

CXL Today Only!

Auditorium

Resident Only

National Buttermilk Biscuit Day

Biscuits & Gravy at the Bistro +
½ off Breakfast Biscuit Sandwich at the Point Café

FRIDAY, MAY 15

AM Exercise Classes

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

Aquatics Classes

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


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

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

10:00am – 11:30am 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 – 3:30pm Theater
Movie Matinee All Welcome!
Remarkably Bright Creatures
 Rated PG-13 · 2026 · 1h 51m · Mystery

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

2:00pm – 3:30pm Tech Classroom
Gizmo Guidance Class Res. & PM Only
 PC Computers - Intro to PowerPoint presentations continued

 3:30pm – 4:30pm Auditorium
Meet The Artist Reception All Welcome!
 Featured Artist: Sandy Sparks

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

SATURDAY, MAY 16

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

10:00am – 12:00pm Auditorium
White Rock Democrats Res. & PM Invited
 Monthly meeting **Not Meeting at The Point this month**

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



Movie MATINEE

REMARKABLY BRIGHT CREATURES

Rated PG-13 · 2026 · Mystery

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



Friday, May 15
 1:30pm

Free popcorn and water.
 All Welcome!



SUNDAY, MAY 17

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

Thursday, May 21

10:00am -5:00pm

Lost & Found Day

Come by The Point to check look through
the Lost and Found Items.

DISCUSSION GROUP
FOR PEOPLE WITH
PARKINSON'S

Park & Chat

Wednesday, May 27

2 PM - 3 PM

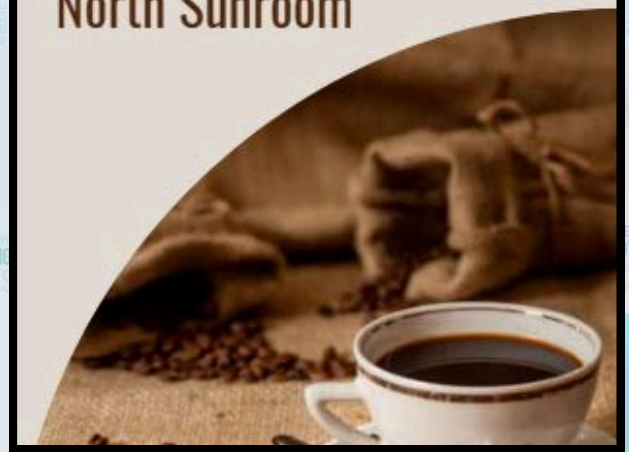
6th floor, Vista

North Sunroom

Want more info?

Watch The CC Young News
on CH. 81!

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



MONDAY, MAY 18

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: Painted "Balloon Kisses" on canvas
 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, MAY 19

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

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, MAY 20

AM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

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



9:15am – 11:30am Resident Only

Shopping Trip to Hillside Village & Aldi
 Sign-up at The Point. Pick-up in front of buildings.

Aquatics Classes

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

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

9:30am – 11:00am Café Game Zone

Rummikub Open Play Res. & PM Only
 Join other players in the fun tile game!

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

A supportive and encouraging environment to share your writing.

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

Vista 9th Floor Res & PM Only

1:00pm – 1:45pm Rock Steady for PD



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

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

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

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

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

THURSDAY, MAY 21

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 - 11:30pm
Trip: Early Voting Resident Only
 Primary Runoff Election. Sign up at The Point

Aquatics Classes

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

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



11:30am – 1:00pm Asbury
Dining Action Station Resident Only
 This Month's Station: Taco Salad Bar

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

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

5:00pm – 6:00pm Movement & Dance



2:00pm – 3:00pm Overlook
Overlook Conversations Resident Only
 Complimentary hearing aid cleanings and hearing screenings. Call: 214-987-4114

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

Wednesday, May 20
National Juice Slush Day
 Fruit Slushies available at the Point Café

FRIDAY, MAY 22

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!
 CXL This Week

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

SATURDAY, MAY 23

9:30am – 11:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- Computers/iPhones - video meeting apps
 10:30am- 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 served basis.



4833 STEAK AVENUE
 RESTAURANT

OPEN FRIDAY & SATURDAY

CALL 972-755-3259
 FOR RESERVATIONS

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: 103-104 °F
- heat exhaustion: 102-103 °F
- normal: 101-102.5 °F
- hypothermia: 99-99.5 °F

signs of heat stroke:

- heavy panting, difficulty breathing, excessive thirst
- bright red tongue and mucous membranes, which turn gray as shock sets in
- thick saliva, drooling, vomiting, and diarrhea
- incoordination and staggering
- collapse

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

some dogs are more at risk:

- short-nosed
- long-haired
- young

the dangers of heat stroke:

- 104 °F 40 °C
- 15 mins of sunbathing
- collapse
- organ damage
- death

THIS WEEK'S

Highlights

Sunday, May 24

4:45pm

Tower Arts Memorial Day Concert

Sign up at The Point

Monday, May 25

Memorial Day

Friday, May 29

1:30pm

Movie Matinee

Faith in Flames

Rated PG-13 · 2025 · True Story

Friday, May 29

3:30pm

Richard Stanford Book Review

The Fate of the Day by Rick Atkinson

SUNDAY, MAY 24

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!

DAVID R. DAVIDSON
TOWER ARTS
SERIES

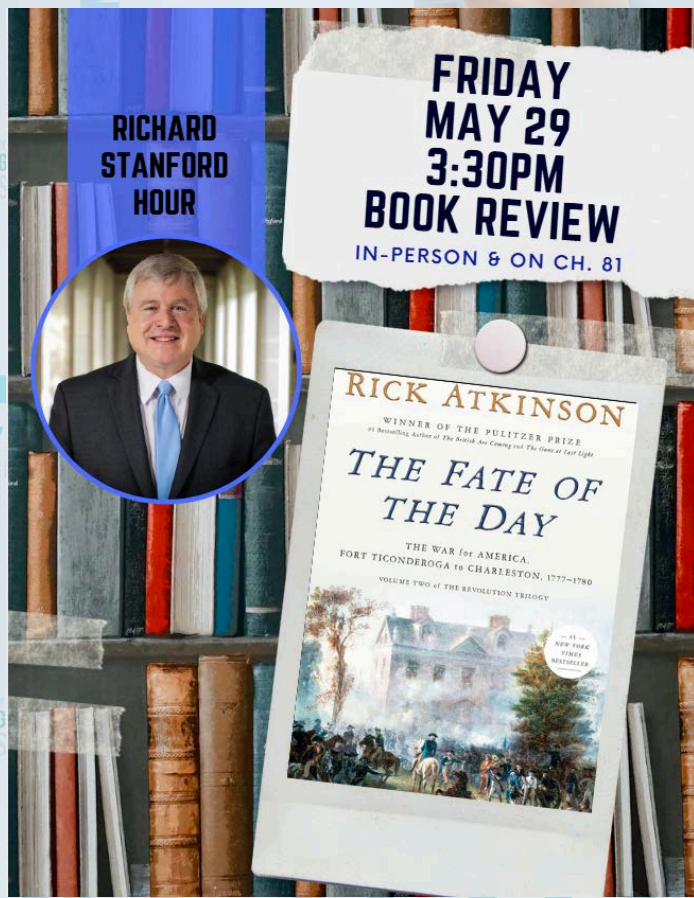
4:45pm – 7:30pm

Trip: Tower Arts

Memorial Day Concert with Chancel Choir.

Sign up at The Point

HPUMC Sanctuary
Resident Only



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

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

MONDAY, MAY 25



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

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

**Regular programming resumes on
Tuesday, May 26**

TUESDAY, MAY 26

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

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, MAY 27

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

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

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

THURSDAY, MAY 28

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

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

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

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

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

PM Exercise Classes
Fitness Center Classroom Res & PM Only

5:00pm – 6:00pm Movement & Dance

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



Thursday, May 28
**National
 Hamburger
 Day**
 Look out for our burger special at the Bistro

FRIDAY, MAY 29

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!
Faith in Flames
 Rated PG-13 · 2025 · True Story

2:00pm – 3:30pm Tech Classroom
Gizmo Guidance Class Res. & PM Only
 Computers/iPhone - Dropbox, additional storage solutions.

3:30pm – 4:30pm Theater
Richard Stanford All Welcome
Book Review
The Fate of the Day by Rick Atkinson

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

SATURDAY, MAY 30

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.



SUNDAY, MAY 31

The CCY Ministry Team hosts Sunday Worship Services

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

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

Movie MATINEE

FAITH IN FLAMES: THE NICHOLE JOLLY STORY

Rated PG-13 · 2025 · True Story

Based on the 2018 Paradise, California fire disaster and heroic nurse Jolly.



Friday, May 29
1:30pm

Free popcorn and water.
 All Welcome!

GET YOUR KICKS IN 2026

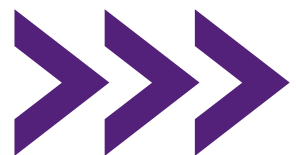


CC YOUNG
SENIOR LIVING

Lifestyle Section

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

We have a team of engagement professionals across our campus in every level of care. Their talents and efforts bring sparkle to the campus 365 days a year. They help others find joy, meaning, purpose and fulfillment through experiences, activities and events.





Get Your Kicks in '26: Enchantment Under The Sea

As we cross into May, I've been finding myself caught up in the idea of reflection—looking back at the people we used to be, honoring who we are today, and celebrating the incredible, winding journey that connects the two. It's fitting, then, that this month's "Destination Celebration" isn't just another party; it's a portal. We are turning back the clock for "Enchantment Under the Sea: A Senior Prom Revisited" on Tuesday, May 12, at 7:00 PM at The Point.

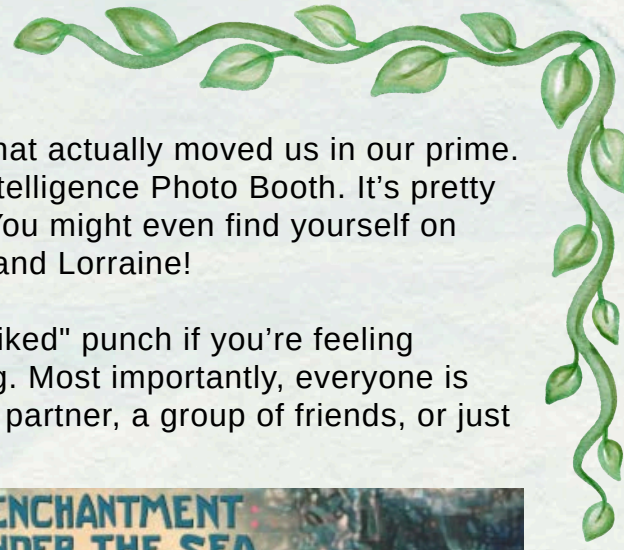


This isn't just any vintage theme. We are stepping straight into 1955 to recreate the iconic prom scene from the classic film *Back to the Future*. If you need a quick refresher, that's the high-stakes moment where Marty McFly has to ensure his parents share their first kiss during the final slow dance, or he'll literally vanish from existence. It's a hilarious and deeply resonant story because it reminds us that the small, seemingly quiet moments of our past built the very foundation of who we are today.

Thinking about that movie brings me back to our own lives. Today, we face worries our 18-year-old selves could never have imagined—the world feels faster, more expensive, and infinitely more complex. Back then, our biggest concerns were exams, first loves, and whether our prom outfits looked right. We spend so much energy managing our financial resources, but we often neglect our most invaluable resource: time. It's the one thing we can't manufacture more of, and it isn't infinite.

The wisdom of our current selves often thinks, "If I could only look back and tell my 18-year-old self what I know now..." This May, I want us to actually do that. This event is a chance to honor the resilience, the optimism, and even the naivety of the person you were when you put on that tux or puff-sleeved gown 25, 50, or 75+ years ago.

We're transforming the space with shimmering blues, silver streamers, and giant clamshells to make it feel like a true 1950s immersion. To help you get "gussied up," we'll be hosting pre-prom thrifting events throughout early May. I hope you'll join your friends to hunt for that perfect pencil skirt, poodle skirt, or sharp suit. We'll even have some vintage-inspired jewelry to help complete your look.



When you hit the dance floor, DJ Ray will be playing the hits that actually moved us in our prime. And for a bit of modern magic, we're bringing in an Artificial Intelligence Photo Booth. It's pretty incredible—it can actually place you inside the movie scene. You might even find yourself on stage with Marty's band or slow-dancing right next to George and Lorraine!

We'll have all the classic refreshments, maybe even some "spiked" punch if you're feeling daring, and plenty of appetizers to keep you fueled for dancing. Most importantly, everyone is invited and everyone gets to dance. Whether you come with a partner, a group of friends, or just your fabulous self, that floor belongs to you.

As we get ready for this trip down memory lane, I have a challenge for you: Do you have a photo of your younger self at a prom or formal dance? I'd love to see them. Several of you heard our initial call for photos and stepped up to the plate. The heartfelt, joy-filled memories shared with each photo shared captured the spirit of this event. It's not too late to join in the fun. We're planning to curate a photo memory slideshow for the event to celebrate the vibrant young spirits we all once were. Please email your photo to rmcdaniel@ccyoung.org or drop them off for a Point team member to scan by Friday, May 8th.



It really begs the question: What would you tell that younger version of yourself? Maybe you'd tell them to worry less about the "bullies" and more about the music. Maybe you'd tell them that perfection is a myth, but fun is a requirement.

Personally, I think I'd tell my younger self what Doc Brown said: "Your future is whatever you make it—so make it a good one."

Let's get our kicks together this May. I'll see you under the sea!

P.S. If you've never seen the film Back To The Future, we will be showing the film at our Friday, Movie Matinee on May 8th at 1:30 PM in The Point Theater. The movie, popcorn and water are on us. Be there, or be square!

CREWS NEWS

MAY 2026



BY RUSSELL CREWS
PRESIDENT AND CEO

WELCOMING A NEW DIMENSION OF CARE: SHALLEN MIRZABABA JOINS CC YOUNG

At CC Young, we often talk about the importance of meeting people where they are—physically, emotionally, and personally. It is a philosophy that guides not only how we serve our residents, but also how we grow our team. This spring, we are pleased to welcome someone who embodies that philosophy in a deeply meaningful way, our new Home Healthcare Administrator, **Shallen Mirzababa**, RN/BSN.



Shallen joined us in March, bringing with her a wealth of experience, including 10 years in the nursing field with recent focus on Home Health and consulting. She also brings a compassionate spirit, and a perspective that adds a whole new dimension to our home healthcare program. She is responsible for guiding clinical excellence and expansion while mentoring our home health team. Her duties include management of 6 full-time home health employees (nursing + administrative staff) as well as PRN nurses as needed. Additionally, Shallen oversees 3 full time therapists (PT/OT/ST) and several part-time therapists to serve the home healthcare community.

Her journey into nursing is rooted in both professional rigor and personal inspiration. She earned her “nursing badge of honor” through the demanding and formative experience of training at Parkland Trauma Center. In that fast-paced, high-stakes environment, she developed not only clinical expertise, but also resilience, quick judgment, and a deep understanding of the human side of care. She is also currently working on her MBA, so she is driven.

But long before her tenure in nursing, Shallen’s appreciation for home healthcare began much closer to home. Growing up in Oklahoma—a state proudly shared by many members of our CC Young team—she was influenced by her mother, who owned and operated her own home healthcare business. Through that lens, Shallen saw firsthand the profound impact this type of care can have—not only on those receiving it, but also on the dedicated professionals who provide it. She learned early on that home healthcare is not just a service; it is a calling grounded in dignity, trust, and relationship.

That perspective aligns beautifully with our mission at CC Young. Home healthcare is about more than medical support—it is about helping individuals improve their quality of life so they can remain in the place they cherish most: their own home. Whether someone is recovering from illness, managing a chronic condition, or simply needing a bit of extra support, the goal is the same—to promote independence, safety, and peace of mind.



Importantly, home healthcare is a benefit covered by Medicare for those who qualify. It is designed for individuals who are homebound due to a chronic condition or a temporary health issue, providing skilled care and support right where and when it is needed most. Some consider Home Healthcare a bridge between a medical issue and a return to independence. This benefit can be a vital bridge—helping individuals regain strength, maintain stability, and continue living safely at home.

And when you think about it, isn't that what we all want? The ability to live independently, surrounded by familiar comforts and meaningful memories, is something we all value deeply. Shallen understands this not just as a healthcare professional, but as someone who has seen its impact from every angle. Her leadership will help us continue to strengthen and expand our home healthcare services, ensuring that more individuals can experience that sense of comfort and continuity in their daily lives.

Many of our residents had the opportunity to “meet” Shallen shortly after her arrival, when she was introduced at a recent Resident Council meeting by Jen Griffin. It was a wonderful moment of connection, and a chance for our community to begin getting to know the person who will help lead this important area of care. Shallen's office is in Vista 2, in the Community Services suite which you pass on the way to The Clinic.

We are excited about what lies ahead under Shallen's guidance. Her experience, her heart for service, and her commitment to excellence make her a wonderful addition to Team CC Young. She represents the very best of what home healthcare can be—skilled, compassionate, and deeply personal.

Please join me in extending a warm welcome to Shallen Mirzababa. We are grateful she is here, and we look forward to the many ways she will help us continue to serve our community with care and purpose.

VILLAGE REPORT



by Jen Griffin
Vice President Community
Outreach & Engagement

MAY 2026

Destination Celebration: When Teamwork Becomes the Milestone

Milestones are often thought of as destinations—points we arrive at after long effort, planning, and perseverance. But more often than not, the most meaningful milestones are not solitary arrivals. They are collective achievements shaped by teamwork, trust, and shared purpose.



My friend and colleague, Colin Milner, founder and CEO of the International Council on Active Aging, recently shared a reflection in his “Comment” piece in the *Journal on Active Aging 2026*, Volume 25, Issue 1 that beautifully captures this idea. Colin is someone whose work has long inspired me—his global mission to elevate wellness education and his passion for aging well have shaped conversations across the industry for many years. He is a trendsetter among the elite in our industry. Many of our CC Young residents may remember him from 2024, when he traveled all the way from Vancouver, British Columbia, to help us launch our “Go for the Gold” wellness challenge. His presence then, as now, was a reminder that wellness is deeply personal, profoundly shared, and ever joyful.

In his article, Colin describes an unexpected “aha” moment while watching a YouTube video of synchronized swimming. It was not a sport he ever expected to study or even particularly enjoy. Yet something in the performance caught his attention—not just the athleticism, but the precision, timing, and near-invisible communication among the athletes. Every movement depended on another. Every success was collective. There was no room for individual spotlight; only harmony.

That moment prompted Colin to reflect on an earlier chapter of his life—his twenties, when he worked at what he describes as an “objectively average” health club. The facility itself was nothing remarkable. But the team was extraordinary. They anticipated one another’s needs, stepped in without hesitation, and created an environment where the whole was far greater than the sum of its parts. It was not the building or the equipment that defined the experience—it was the people working together in rhythm and trust.

That insight resonates deeply for me here at CC Young. During the COVID years, we experienced a level of collaboration that, in hindsight, feels almost singular in its intensity and purpose. We met daily—sometimes multiple times a day—to navigate rapidly changing policies, campus operations, resident health concerns, staffing challenges, and communications that needed to be clear, compassionate, and immediate. It was demanding in every sense of the word. And yet, it was also unifying. Departments that might once have operated in silos were suddenly intertwined in daily problem-solving and shared accountability. We didn't just coordinate—we depended on one another.

That period reshaped us.



More recently, we experienced another defining moment. In March, CC Young gathered all staff for a series of presentations led by Russell Crews. These sessions were not simply informational—they were intentional. They were designed to align vision, sharpen focus, and prepare every department for what lies ahead as we move toward the launch of The Terraces.

And what lies ahead is no small milestone. The Terraces represents a transformation for CC Young—an unprecedented expansion that will elevate our community into the top tier of single-site senior living communities nationwide. But buildings alone do not create excellence. People do. Culture does. Communication does. And most importantly, teamwork does.

As we move into this next chapter, the call is clear: we must elevate coordination across departments, revisit policies and procedures with fresh eyes, strengthen communication pathways, and continue refining the daily operations that make CC Young not only functional, but exceptional. This is not about doing more for the sake of more—it is about doing better together.



In many ways, Colin's synchronized swimming analogy feels especially fitting right now. What may appear effortless from the outside is only possible because of discipline, practice, and a deep awareness of one another's movements. That is exactly what we are being called to embody as we prepare for The Terraces.

We have celebrated countless milestones over the years at CC Young. Each has added something meaningful to our story. But this moment feels different—it is galvanizing. It is forward-leaning. It is collective. And it has the potential to define not just a project or a phase, but a new era for our community. Personally, I could not be more excited about what lies ahead. I know we are still in the process of getting there—but I can already see it: the moment when everything clicks into place, when the preparation meets the execution, and when the full force of our team comes together in rhythm. And yes—I can even see the confetti. That is what happens when teamwork becomes mastery. That is what happens when a community moves in sync. And that is what happens when a destination is not just reached, but celebrated together.



Revisiting Senior Prom: A look back at the nights that started it all!

Revisiting Senior Prom: The Nights That Started It All

There is a specific magic in "the box" of memories. Sifting through decades of taffeta and Polaroid smiles, we've realized these photos are more than records of a dance—they are maps of our bravest moments.

The celebration began long before the music, found in the thrill of picking the perfect dress, the daring leap of a blind date, or the quiet courage of being brave enough to go it alone. These were our rites of passage: moments where we refused to delay our joy and stepped onto the floor to claim it.

Sometimes, that bravery led to a lifetime. For **Mary Gilhooly**, a high school prom date blossomed into a 69-year marriage. **Carolyn Morelock** took a chance on a blind date at a Fort Worth formal that led to a wedding just six months later. And then there is **John Johnson**, who spotted his wife, **Bettye**, at a Texas Tech formal. Though she was with another date, John's "moxie" won out—he "stole her away," leading to 62 years of partnership.

Whether we were crowned royalty or were simply dancing like no one was watching, we were moving toward the people we were meant to become. We share these stories to remind ourselves that the journey continues, and the music hasn't stopped.

"We don't stop dancing because we grow old;
we grow old because we stop dancing."



THANK YOU!!

UMPHRESS TERRACE FOOD DRIVE 2026

**THANKS TO YOUR
INCREDIBLE GENEROSITY**

**\$8,220
WAS RAISED**

**A HUGE SHOUT-OUT GOES TO ANGELA CASTILLO, ELENA JACOBS AND
CC YOUNG RESIDENT JOAN JACKSON, IN ADDITION TO:
2026 CO-CHAIR DOG BELLE HICKMAN, AND HONORARY CHAIR DOGS:
THE FOREVER BELOVED SIMBA BEASLEY, IRIS HUSTIS AND
BAMBI RAMIREZ WHO HAVE CROSSED OVER THE RAINBOW BRIDGE,
ZIGI JONES, AND ANNIE FINLEY**

**CCY RESIDENTS HAVE SUCH BIG HEARTS
THANK YOU! THANK YOU! THANK YOU!
FOR GIVING SO INCREDIBLY GENEROUSLY
TO THE CCY AUXILIARY UMPHRESS
TERRACE FOOD DRIVE**

LOVE, CHAIR DOG GIA HARDY



Celebrating the Milestones That Lead Us Home

MAY 2026

Celebrating milestones that shape our journeys, both expected and unexpected guide us where we are meant to be.

For Kathy and Jim, their story is one of timing, trust, and a deep belief that each season of life holds purpose.

Their journey began years ago when a San Antonio native and a Chicago native met while in Dallas. What followed was not just a career, but a life built together. A 47-year marriage grounded in faith, love, and a shared commitment to serving others.



Like many, Kathy and Jim believed their next move was still years away. Kathy had even created a list of what she hoped their future community would include, with a faith-based environment at the very top. Still, it felt like a plan for "someday."

But sometimes, milestones don't wait for someday.

With a simple but meaningful intention, they decided they would only make a move if two things happened: the right buyer for their home and the right apartment at CC Young. What followed was a moment they now recognize as something to celebrate, a turning point marked by faith and provision.

The right buyers came, sharing their values. Then came the apartment with a view in the faith-based community.

"It was the right time, even before we realized it," Kathy shared. "Looking back, you can see how each piece came together exactly when it was supposed to."

That moment became more than a move, it became the beginning of a new chapter filled with peace of mind, connection, and opportunity. At CC Young, they found not only a continuum of care, but a community where they could continue living out their purpose.



For Kathy, one of the most meaningful milestones in her journey began by volunteering in Memory Support. She offered her time in simple but meaningful ways. What started as helping with activities soon grew into something deeper, leading trivia, building relationships, and creating moments of joy for residents.

Each step along the way became a milestone, not just in service, but in purpose.

Jim's journey reflects a similar path of discovery.

Jim was invited to be part of the resident-led woodshop. What began as an opportunity to stay active quickly became another meaningful milestone where his skills could be used to solve problems, create, and serve others.



In the woodshop, every project tells a story. Whether repairing something cherished or helping someone in need, Jim's work reflects the same values that have guided their lives.

Jim shares a story of a friend living outside the CC Young community, "In sharing with a friend about the work the Woodshop does, she asked to see if they could fix a chair, that simple connection connected her to the mission which led to making a donation to support the mission of CC Young," Jim recalled.

It's a reminder that impact often grows from moments that seem small at the time.



Together, Kathy and Jim understand that milestones are not only measured in years, but in the ways we give, serve, and invest in others. Their decision to support the mission of CC Young reflects a desire to ensure that future residents can experience the same care, connection, and opportunities that have shaped their journey.



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

Ministry Message by Lorrie Mercer



“It is never too late to be baptized!”

At 72 years old, I have come to appreciate that faith is not a destination we reach early in life, but a journey that continues to unfold in meaningful and sometimes unexpected ways. Although I was raised in a Christian home, my parents chose not to baptize me as an infant, believing that such a decision should be made personally. Although I sporadically attended church, I never felt a deep or lasting spiritual connection.

That began to change in 2021, when I retired from my career in St. Louis and moved to CC Young Senior Living Resident Community in Dallas, Texas. After settling in, I made a conscious effort to become involved—joining activities, volunteering, connecting with fellow residents, and taking on leadership roles.

One of the most meaningful aspects of my journey has been discovering the ministry services at CC Young. Our non-denominational services, led by Allison Foster-Letico and Raelynn Scott, are rooted in compassion, inclusivity, and genuine care.

As I began attending regularly, I was invited to participate—reading scripture and assisting with communion. Through these experiences, and through the kindness and encouragement of this community, my faith began to feel more personal and alive. I found not only spiritual support, but also joy and connection.

Over time, I felt a calling I had never fully embraced before: the desire to be baptized. After thoughtful conversations with Allison and Raelynn, I made the decision to take this step during Easter—a time symbolizing renewal and new beginnings.

Choosing baptism as an adult has been deeply meaningful. It represents a conscious commitment to my faith, shaped by a lifetime of experiences and, most importantly, by the love and support of this extraordinary community. I am grateful to share this moment with my family, friends, and the residents who have become like family to me here at CC Young.



MAY 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



Ministry contact information:

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

THE FITNESS INSIDER

May 2026

WHY STRENGTH TRAINING MATTERS MORE WITH AGE

As we age, maintaining muscle becomes one of the most important factors for staying independent. Strength training helps support joint stability, improves walking speed, and makes everyday tasks—like carrying groceries or climbing stairs—easier. Even small increases in strength can make a noticeable difference in daily life.

FITNESS ASSESSMENTS

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

SCHEDULE YOUR FREE ASSESSMENT TODAY!

SPRING BONUS CHALLENGE

Celebrate the season with a little extra motivation! During the month of May, find Kori and say “I LOVE SPRING” to earn one extra Fit League point. (Limit one bonus point per person, so make sure you claim it!)

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MONTHLY MOTIVATION

Progress doesn't come from doing everything perfectly—it comes from showing up consistently. Every class attended and every movement practiced contributes to better strength, balance, and overall well-being.



DID YOU KNOW?

Walking just 20–30 minutes most days of the week can improve cardiovascular health, boost mood, and support joint mobility. Even shorter walks throughout the day can add up to meaningful health benefits.

LEAGUE LEADER

★ ★ ★ Esther Davis ★ ★ ★

THE FIT LEAGUE

MARCH CHAMPIONS

GOLD LEAGUE

 **Esther Davis**
Sharon Yost
Nell Williams
Michael York
Dorothy Morris

Rick Herrick
Barbara Applequist
Mary Jarvis
Gary Smith
Jennifer Aguiler

SILVER LEAGUE

Lynne Hoseck
Nan Alexander
Bobbie Mankey
Nancy Cooper
Sharon Gustof
Annie Palacios
Frank Busby
Corinne Bryan
Kay Maxwell
Leo Chang

Diana McAfee
Pat Kidd
Susan Grundy
Pat Cullum
Suzanne Smith
Gordon Fox
Lisa Ogden
Liza Sindalously
Pam Meffley
Gwen Lummus

Korrine Hearn
Mary Ellen Szumalski
Karen Stanland
Nancy Worden
Mary Heuertz
Nancy Cain
Debra Dickerson
Frances Jones
Lorrie Mercer
Margaret Hranitzky

BRONZE LEAGUE

Lane Ogden
Gene Ward
Sheila Bacon
Alex Mason
Anna McFarland
Debbie Thompson
Jeanne Walker
Margaret Gillett
Susan Maupin
Carol Donovan
Gaylin Bonner
Linda Wertz
Kay Peters
Bruce Applequist
Gloria Little
Jackie Griffith

Larry McDaniel
Maridine Wall
Pamela Clark
Susan Williams
Tom King
Barry Thompson
Bernice Reeves
Betty Greene
Carol Shinoda
Cheryl Kellis
Steve Melton
Sue Hooks
Blaine Stillwell
Edith Dulles
Cheryl Brunson

Gabriele Gruschkus
Joe Fogle
Joyce Johnson
Kathy Rauscher
Nancy McWhorter
Tim McDonnell
Arch Beasley
Charlie Lewis
Charlie Smith
Jill Mandel
Cathy Fisher
Delores Cullivan
Fred Banas
Mike Elvir
Ernie McAfee

Lois Reid
Teri Collier
Ann Beasley
Diane Flint
Irma Kinder
Judith Lubow
Karen Delk
Kathryn McDonnell
Larry Maupin
Lou Bruce
Marilyn Ward
Pat Frazier
Peggy Wing
Kathryn Caywood
Walt Davis

COMING SOON

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. Every mile counts as you travel west along historic Route 66.

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

At the end of 6 weeks, see how far your miles take you and what city you reach along Route 66.

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

6/1 - 7/13



COMMUNITY CORNER

Welcome

Welcome



WELCOME



Welcome



Hugh Rucker: Overlook



Bill Neilon: Asbury



David Halbach: Asbury



Toni Neilon: Asbury



Roger Schwenke: Asbury

Welcome!

WELCOME

Welcome

Welcome

Welcome



MAY TEAM BIRTHDAYS

Tirunesh Abdi	5/1	Dining Services
Anthony Duncan	5/1	Dining Services
Veronica Davis	5/2	Hospice
RJ Nixon	5/2	Dining Services
Steve Uchekukwu	5/3	Assisted Living
Winnie Mgbemena	5/4	Assisted Living
Jeremiah Morgan	5/4	Housekeeping
Yodit Benti	5/5	Private Care
Tiffany Edwards	5/5	Home Health
Tigist Gebretsadik	5/5	Assisted Living
Jada Howard	5/6	Memory Support
Jeremy Morgan	5/6	Therapy
Karen Ragan	5/6	Business Office
Alexis Taylor	5/8	Hospice
Rashard Cavette	5/9	Dining Services
Ivan Johnson	5/10	Dining Services
Anna Mora	5/10	Health Center
Russ Rieger	5/10	Development
Adrianna Rodriguez	5/10	Maintenance
Damenech Aschalew	5/12	Assisted Living
DeAnna Weary	5/12	Health Center
Rolande Abeng	5/13	Private Care
Kristina Harmon	5/13	Private Care
Zarghona Baqai	5/14	Private Care
Brandy Escobedo	5/14	Private Care
Vanessa Gregory	5/15	Therapy
Shallen Mirzababa	5/16	Home Health
Iyabo Osifeso Henshaw	5/16	Therapy
Claudia Cerecero	5/17	Dining Services
Bryan Goodlow	5/17	Dining Services
Bethlehem Estifanos	5/18	Private Care



Tammy Slauson	5/18	The Point
Zonia Cushingberry	5/19	Dining Services
Jonathan Ervin	5/19	Dining Services
Latorshia Butler	5/20	Health Center
Kimberly Reyes	5/20	Dining Services
Askale Zewede	5/20	Dining Services
Martha Bonilla	5/21	Sales
Gary McGensy	5/22	Dining Services
A'Mihja Buckner Gates	5/23	Health Center
Steve Manna	5/23	Health Center
Tina Nevot	5/23	Dining Services
Aniry Pearson	5/23	Dining Services
Pat Glenn	5/24	Memory Support
Arsema Mitiku	5/24	Health Center
Matilda Shula	5/24	Health Center
Luke Rice	5/25	Maintenance
Stephanie Roberts	5/25	Assisted Living
Jacqueline Williams	5/25	Health Center
Rovetta Malone	5/26	Health Center
Noemi Mares	5/26	Housekeeping
Sharon Turner	5/27	Therapy
Dakeesa Keese	5/28	Health Center
Emily Leigh	5/28	Private Care
Jenessia Grady	5/29	Home Health
Hillary Schahuber	5/29	Therapy
Channel Anjou	5/30	HR
Lakeshia Holsey	5/30	Health Center
Angela Bauer	5/31	Therapy
Davion Mumphery	5/31	Dining Services





Happy
Anniversary

TEAM CCY MAY

Name	Hire Day	#Yrs	Department
Naquesha Wilson	5/1/2025	1	Health Center
Trevecia Gonzales	5/1/2023	3	Hospice
Jaila Walker	5/1/2023	3	Health Center
Aracely Hernandez Torres	5/2/2022	4	Housekeeping
Margaret Ramirez	5/3/2021	5	Business Office
Angela Jones	5/4/2022	4	Private Care
Carmen Dudley	5/4/2022	4	Private Care
Berry Eno	5/4/2020	6	Health Center
Adrianna Rodriguez	5/5/2025	1	Maintenance
Dalphe Isaac	5/5/2021	5	Dining Services
Damaris Needham	5/6/2020	6	Health Center
Kelly Powell	5/7/2014	12	Assisted Living
Asnake Beri	5/7/2018	8	Housekeeping
Misty McMillan	5/7/2018	8	Home Health
Zonia Cushingberry	5/7/2025	1	Dining Services
Lachris Ervin	5/8/2006	20	Housekeeping
Jesus Hernandez	5/9/2022	4	Housekeeping
LaKisha McCollough	5/9/2022	4	Health Center
Latorshia Butler	5/11/2022	4	Health Center
Belinda Pratt Turner	5/11/2023	3	Assisted Living
Faridah Kibirige Hall	5/11/2024	2	Health Center
Dhoron Kabba	5/12/2025	1	Assisted Living
Bria Waters	5/12/2025	1	Therapy
Kori Ware	5/12/2025	1	The Point
Betlehem Liche	5/13/2024	2	Assisted Living
Amalia Mercado	5/13/2023	3	Dining Services
Rolande Abeng	5/15/2023	3	Private Care
Rashard Cavette	5/15/2025	1	Dining Services
Javier Martinez	5/15/2025	1	Transportation
Theresa Hunt	5/15/2023	3	Hospice
DiNisha Griffin	5/17/2023	3	Dining Services
Keisha Latimer	5/17/2021	5	Private Care
Shannon Manning	5/19/2025	1	Dining Services
Vanessa Gregory	5/19/2025	1	Therapy
Jacqueline Williams	5/19/2025	1	Health Center
Venkata Rajesh Ancha	5/19/2023	3	Therapy
Fiona Ngope	5/20/2025	1	Dining Services
Ernest Perez	5/20/2024	2	Technology
Matilda Shula	5/21/2025	1	Health Center
Gisela Samuel	5/22/2024	2	Dining Services
Clarice Jones	5/23/2022	4	Housekeeping
Barrett Reynolds	5/23/2016	10	Dining Services
Krystal Yanez Martinez	5/26/2025	1	Dining Services
Tammy Slauson	5/27/2025	1	The Point
Merab Perez	5/27/2025	1	Housekeeping
Hirut Abebe	5/28/2024	2	Health Center
Dedrick Taylor	5/29/2025	1	Dining Services
Leslie Delgado Mendez	5/30/2023	3	Private Care
Cynthia Acosta	5/30/2024	2	Housekeeping
Missy Glenn	5/31/2022	4	Housekeeping

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

MAY RESIDENT BIRTHDAYS

Rosemary Broome	Overlook	01	Carolyn Knudsen	Hillside	20
Kathryn McDonnell	Overlook	01	Jane Dillard	Vista	21
Donna A Cranshaw	Vista	02	Edward H Hubbuch	Hillside	21
Rebie C Nicholson	Asbury	02	Ann Robbins	Vista	21
Dee C Bowen	Vista	04	Joseph Kuhlmann	Vista	22
Joan S Jackson	Overlook	04	Lieuen Boyington	Hillside	25
Nancy Kosmin	Hillside	04	Virginia Herrick	Asbury	25
Donna K Rush	Vista	04	Karolyn K Pepper	Hillside	25
George Feichtinger	Vista	05	Ralph L Dugger	Overlook	27
Sally A Huntington	Vista	05	Thomas Dunscombe Jr	Vista	27
Patricia M Seay	Vista	05	Gene Nichols	Overlook	27
Christine Cockrell	Hillside	08	Eloise T Foster	Vista	28
Douglas Malcolm	Vista	08	Patsy R Gunter	Vista	28
Carolyn Hale	Thomas	09	Sandra Ibach	Thomas	30
Maurice C Perry	Overlook	09	Roger Kaiser	Overlook	30
Paula Everitt	Vista	11	Melvin F Reynolds	Vista	30
Richard Kurth	Asbury	11	Celia Smythe	Asbury	30
Shirley R Sloat	Vista	11	Laura Boswell	Hillside	31
Phyllis B Jones	Asbury	12	Gordon Fox	Hillside	31
Harriett Willis	Thomas	14	Elise Hustis	Overlook	31
William Power	Overlook	16			
Edwin C Young	Hillside	16			
Maurice E Guy	Thomas	18			
Joyce D Johnson	Asbury	18			
Jack H Mackintosh	Hillside	18			
Malcolm E Williams	Overlook	18			



Resident *Anniversaries*

MAY



12 Years
Babette Tippit

9 Years
Judith & Fred
Banes

Priscilla Sellers

8 Years
Korrine Hearn

7 Years
Joanna Shields

6 Years
Carla & Patrick
Heath

5 Years
Rebie Nicholson

Peggy White

THOMAS CUISINE SPECIAL DINING DAYS

May

Action Station of the Month: Taco Salad Bar

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 4833 Steak Avenue CLOSED	2
3	4	5 Conley's Cinco de Mayo Buffet 11:30am-2pm 	6	7 Hillside Action Station 11:30am-1pm 	8 4833 Steak Avenue CLOSED	9
10 Conley's Mother's Day Buffet 11am-2pm 	11	12 Thomas Action Station 11:30am-1pm Food Committee Meeting 2:30pm	13 Overlook Action Station 11:30am-2pm 	14 National Buttermilk Biscuit Day	15 4833 Steak Avenue CLOSED	16
17	18	19 Overlook Food Committee Meeting 3pm	20 National Juice Slush Day	21 Asbury Action Station 11am-1:30pm 	22 4833 Steak Avenue OPEN	23
24	25	26 Asbury Food Committee Meeting 2pm	27	28 National Hamburger Day	29 4833 Steak Avenue OPEN	30
31						

05/10 | Conley's Mother's Day Buffet;
Sign up for reservations by May 4th
at the Conley's entrance or email
ccoleman@ccyoung.org

05/14 | Biscuits & Gravy at the Bistro
+ ½ off Breakfast Biscuit Sandwich
at the Point Café
(available all day)

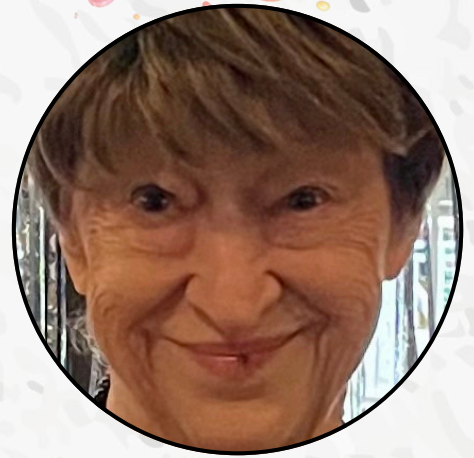
05/20 | Fruit Slushies available
at the Point Café
5/28 | Look out for our burger
special at the Bistro

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

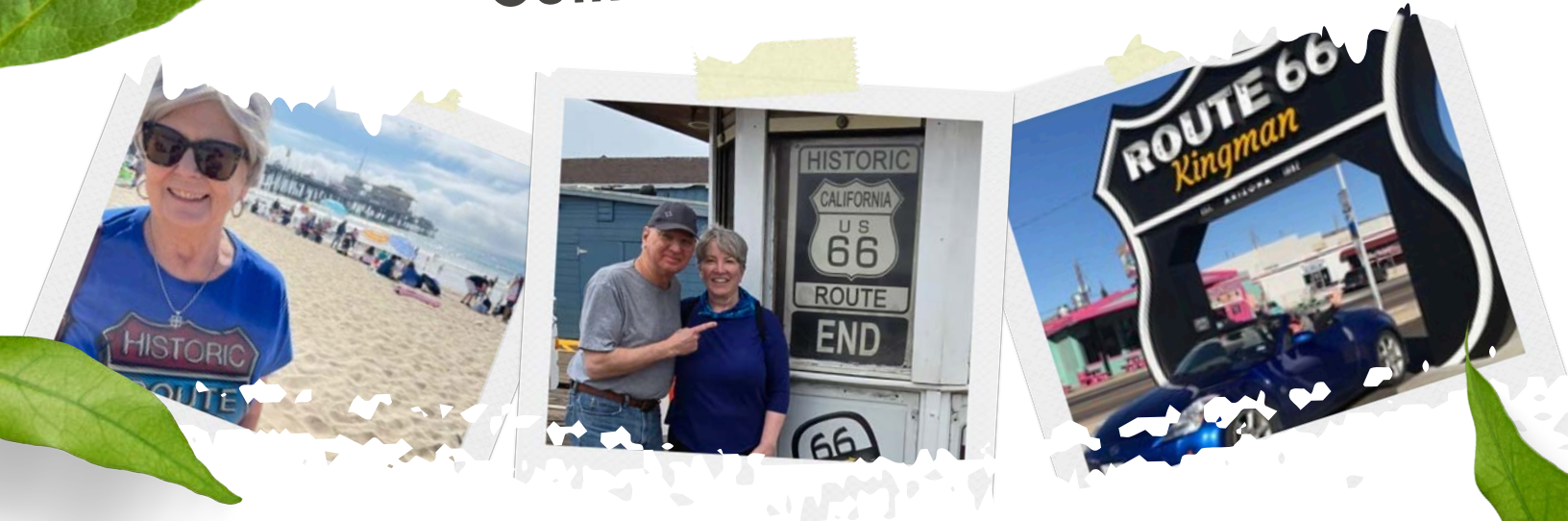


EPIC

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



Bard of Ceremonies

Alise Cortez

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

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No Test. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

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

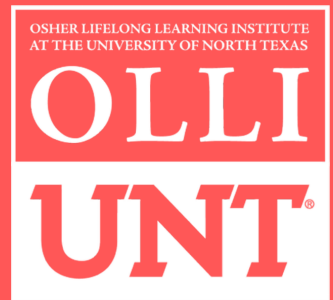
The Mystery of the Pantheon: Imperial Ambition and Architectural Innovation in Ancient Rome

Presented by Neville McFerrin

Tuesday, June 30

Medicare 101: Understanding the Basics

Presented by Catherine Snow



THE POINT



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Looking for help with caring for you or someone you love? We can help. For more than 100 years, CC Young has been walking beside families and caring for older adults, and our Home Healthcare, Hospice and Private Care teams can bring this same care and guidance to you in the comfort of your home.

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