

ACTIVE SENIOR LIFESTYLE GUIDE

 **CC YOUNG**
THE POINT & PAVILION



*Spirit is
Ageless*



**ART & WRITING
CONTEST**

Your Story.
Your Art.
Your Moment
to Shine.



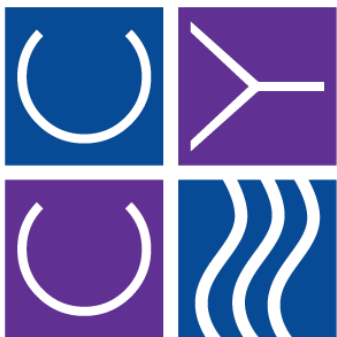
**Epic Adventures
FRIENDSHIP FORCE**

**“Pit Stop Prep”
REVISIT SUMMER MEMORIES**

**Acting Fun
CHALLENGES...AND SECRETS...
THE PATH TO RECONCILIATION**

AUGUST 2026

FREE
PLEASE TAKE
ONE



MEET THE TEAM



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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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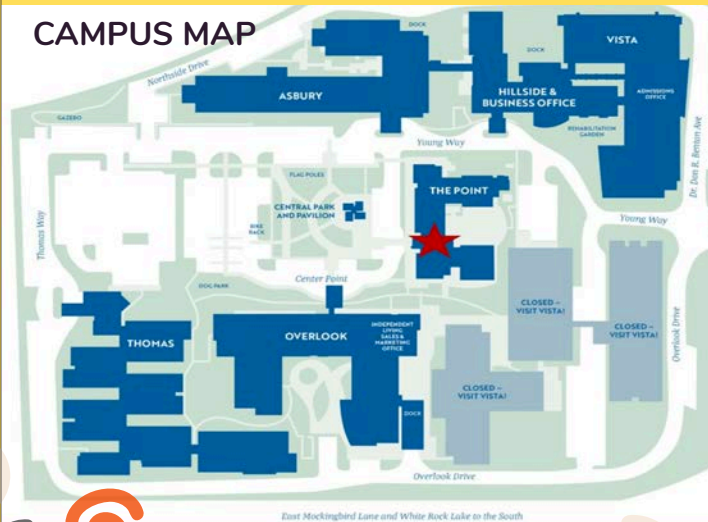
David Sorkness
Gizmo Guidance
Instructor



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.

CAMPUS MAP



East Mockingbird Lane and White Rock Lake to the South

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

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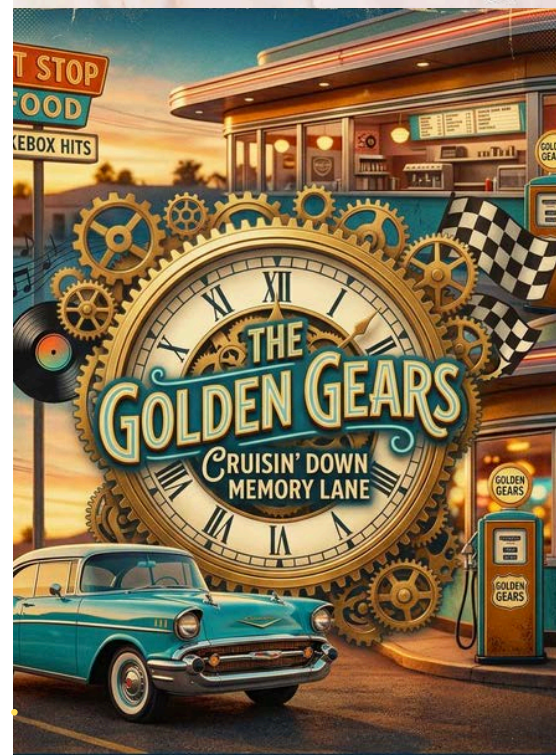
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CALL FOR ENTRIES



ONLINE REGISTRATION BEGINS:
SATURDAY, AUGUST 1, 2026

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

Visual Art Categories

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

Writing Categories

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

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

Visit <https://www.ccyoung.org/spirit-is-ageless/>

Your Story. Your Art. Your Moment to shine!



THE AVER-PHILLIPS ART GALLERY

FRIDAY, JULY 31 – SUNDAY, SEPTEMBER 27

Impressions al Dente

DRYPOINT PRINTS FROM A CARDBOARD CONTAINER AND A PASTA MACHINE.

MARGO MILLER ART EXHIBIT



MEET THE ARTIST
RECEPTION

FRIDAY
SEPT. 18
3:30 PM

OPEN TO THE
PUBLIC



 **CC YOUNG**
THE POINT & PAVILION

PAGE 6

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

EPIC *Adventures*

A Masterclass in Curiosity,
Connection, and Purpose



STORIES FROM FRIENDSHIP FORCE

Join Sandy & Roger Kaiser & Ray Enstam
as they discuss their adventures while
traveling with Friendship Force International

Monday, August 3 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez
and Brian Parman

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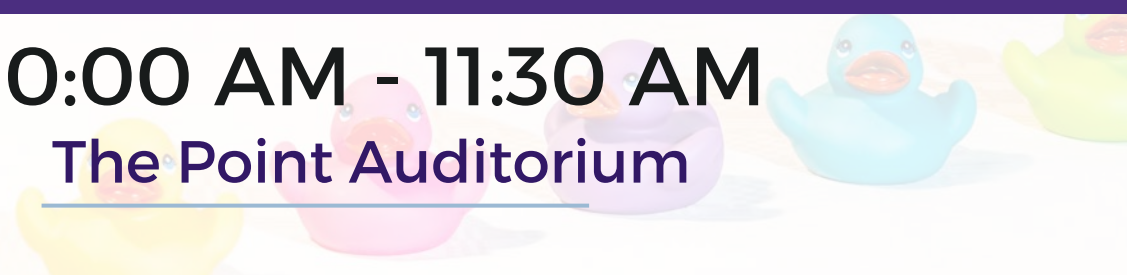


GETTING YOUR DUCKS IN A ROW

Thursday, August 6

10:00 AM - 11:30 AM

The Point Auditorium



What you need to know when preparing your end of life wishes including Advance Directives, Wills, Durable, Medical & Financial Power of Attorney, Trusts & More.

Receive tools & templates that will help with this task and get an explanation on what these documents mean, and why they matter.

**Presented by
The CC Young Hospice Team**

Sign up at The Point



CC YOUNG
THE POINT & PAVILION

PIT STOP
FOOD

JUKEBOX HITS

THE GOLDEN GEARS TRIVIA CHALLENGE

CRUISIN' DOWN MEMORY LANE
WITH GREAT TUNES, TASTY
FUEL, AND RETRO PRIZES!

TUESDAY, AUGUST 11

AUDITORIUM DOORS OPEN: 6:30PM

GAME STARTS: 7:00PM



SIGN UP AT THE POINT!



PAGE 9

Cooking THROUGH THE COMMUNITY ★ TOUR ★ with Honor Star

Join Chef Honor Star for an
inspiring, hands-on cooking
experience as we bring
our community together
one delicious bite at a time!



WE'LL BE MAKING:

*Tomato &
Mushroom*
CROSTINI



TUESDAY
AUGUST 25, 2026



10:00 AM



**THE POINT
AUDITORIUM**

SIGN UP ONLY!

PAGE 10

Come cook, connect, and celebrate community! ♥

AUGUST GIZMO GUIDANCE

CONNECT, CREATE, AND
CONTROL YOUR DIGITAL WORLD.

Classes open to
Residents and
Point Members Only!

Learn basic communication from
texting, email, and photography, to
step-by-step guidance on iPhone
productivity tools and password
safety, Gizmo Guidance helps you
take charge of your technology
safely and confidently.



Saturday, August 1

9:30am-11:00am
MFA (Multi Factor
Authentication) and passkeys

11:00am-12:30pm
Open Lab Time
Drop in with questions.

Saturday, August 8

9:30am-11:00am
Password Managers - session 2
entering your password and
managing list

11:00am-12:30pm
Open Lab Time
Drop in with questions.

Saturday, August 15

9:30am-11:00am
PC Computers - refresher: How
to manage & store documents

11:00am-12:30pm
Open Lab Time
Drop in with questions.

Saturday, August 22

9:30am-12:30pm

Open questions Day
Laptops/iPads/phones.
Open Lab Day

Saturday, August 29

9:30am-11:00am
iPhone - review the new AI for
iPhone users

11:00am-12:30pm
Open Lab Time - Drop in with
questions.



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

AMAZON FULFILLMENT CENTER TOUR & Howdy's Ice Cream

 **Monday, August 31**

 **12:00 PM to 3:30 PM**

 **Registration Deadline:
Wednesday, August 19**



Requirements:

Government issued photo ID required.

Guests must wear flat, closed-toed, and closed-heeled shoes. Comfortable shoes or sneakers recommended.

Amazon visitor badges must be worn at all times.

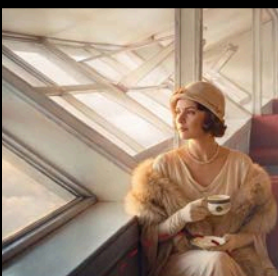
Long hair must be pulled at or above shoulder length. Loose-fitting clothing and accessories (such as long-hanging jewelry, scarves, or ties) are not permitted.

WORLD PREMIERE EXHIBITION

HINDENBURG

THE FLYING HOTEL

ONLY IN DALLAS



Frontiers of Flight Museum & Lunch

Monday, August 24
11:00 AM to 2:30 PM

Cost: \$10 for admission
Lunch at the Jetsetters Lounge
Scan QR Code for Menu




Spot of Tea with the Jelly Queen



Join Jelly Queen and Master Chef Finalist Donna Collins for a Spot of Tea:

09/04
Friday

Sign up in The Point
Cost: \$35

10:30 AM
to
2:00 PM

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

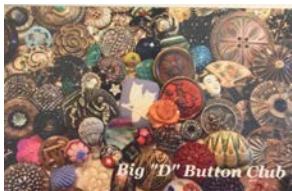
**Meets 1st Saturday of each month
10:00am in The Auditorium**



CC Young Auxiliary

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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

Dallas County Pioneers



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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



UKE CAN DO IT!

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

HAPPY HOOKERS

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

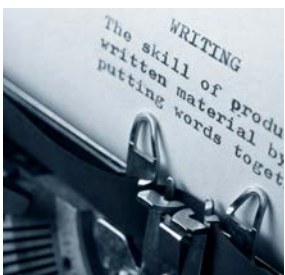


KNOTTY KNITTERS & CRAFTY CROCHETERS

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

GARDEN CLUB

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



SCRIBBLERS, SCRIBES AND SEEKERS

A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers. **Fridays at 10:00am.**

CC YOUNG 'UNS CHOIR

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





FELLOWSHIP, WORD & BIBLE STUDY

Richard Stanford leads a weekly group in fellowship and Bible study. Topics vary each week. **Wednesdays at 3:30pm**
Summer hours: Thursdays at 3:00pm

ACTING FUN

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



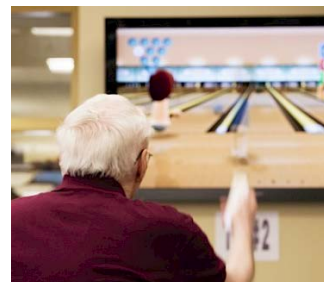
RUMMIKUB CLUB

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



WII BOWLING TEAM

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



SIGN LANGUAGE FUN

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



WHITE ROCK WRAPPERS

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



The EXERCISE Rainbow

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

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

<u>CARDIO</u>	<u>STRENGTH</u>	<u>FLEXIBILITY</u>	<u>MOBILITY</u>	<u>BALANCE</u>
• Aquacise* • Balloon • Badminton • Chair • Volleyball • Dancing with Diane • Drumba • Pool • Volleyball* • Rocksteady • Boxing • Sit & Get Fit • ZUMBAGold	• Aqua Boot Camp* • Arm Lab • Dance Sculpt • H2O Hustle* • Leg Lab • Mat Pilates Foundations • Sit & Get Fit • Total Body Lab	• Chair Yoga • Floor Yoga • Mindful Yoga Flow	• Aqua Flow* • Chair Yoga • Full Body Mobility • Lower Body Mobility • Mat Pilates Foundations • Upper Body Mobility	• Balance • Balance 2 • Mindful Yoga Flow • Tai Chi

The EXERCISE Rainbow

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



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.



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.



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.



Rocksteady Boxing
12:00-1:00pm / Mon & Fri
1:00-2:00pm / Wed (Vista 9)
Instructors: Lindsey Buis & Tammy Slauson

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

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



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

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



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**



BACK BY POPULAR DEMAND
Zumba Gold
4:00-4:45pm / Mondays
Instructor: Tammy Slauson

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!

**CLASSES ARE OPEN TO RESIDENTS AND
POINT MEMBERS ONLY**



Intermediate Floor Yoga
9:00-9:45am / Tues & Thu
**Instructor: Heidi Fessler/
Tammy Slauson**

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
**Instructor: Heidi Fessler/
Martha Bonilla**

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



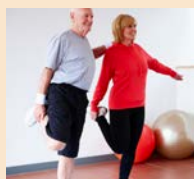
Lower Body Mobility
9:00-9:30am / Wed
Instructor: Kori Ware

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



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

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



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

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



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

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



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

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

**CLASSES ARE OPEN TO RESIDENTS AND
POINT MEMBERS ONLY**



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

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



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

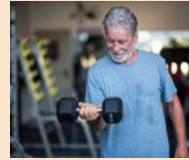
A gentle, feel-good class designed to improve joint range of motion, flexibility, and overall movement quality. Move through head-to-toe mobility exercises that help you stay limber, active, and pain-free.



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

A slow flow yoga class that focuses on intentional movement in various positions synchronized with the breath to improve posture.

Also Supports Balance



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

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



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

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



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

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

Drop-in Equipment
Orientations

10:00-10:45am Thursday

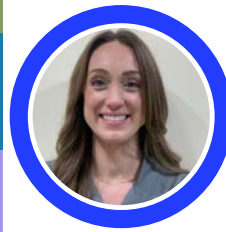
**Get an overview of each machine
prior to use of gym equipment.**



**CLASSES ARE OPEN TO RESIDENTS AND
POINT MEMBERS ONLY**



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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

AQUATICS 101

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

(By Appointment)

RSVP for all aquatics classes: 972-638-8795

OPEN SWIM

Mon., Wed., Fri.

9:00am–10:30am and 10:30am–12:00pm

Tuesdays

12:00pm–1:30pm and 1:30pm–3:00pm

Thursdays

1:00pm–2:30pm and 2:30pm–4:00pm

AQUACISE CLASS

Mon., Wed., Fri. - 2:00pm–3:00pm

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

AQUA FLOW CLASS

Mon., Wed., Fri. - 1:00pm–2:00pm

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

POOL VOLLEYBALL

Tuesdays - 3:00pm–4:00pm

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

LAP SWIMMING

Tues., and Thurs. - 11:00am–12:00pm

AQUA BOOT CAMP

Mon., Wed., Fri. - 3:00pm–4:00pm

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

H2O HUSTLE

Mon., Wed., Fri. - 8:00am–8:45am

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

Open to Residents and Point Members

THIS WEEK'S

Highlights

Monday, August 3

3:00pm

Epic Adventure

Friendship Force International

Thursday, August 6

10:00am

Get Your Ducks in a Row

Sign up at The Point

Friday, August 7

1:30pm

Movie Matinee

Song Sung Blue

PG-13 · 2025 · Musical/Romance

2h 13m

SATURDAY, AUGUST 1

9:30am – 12:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- MFA (Multi Factor Authentication) and passkeys

11:00am- Open Lab time

10:00am – 4:00pm

Dallas Bead Society

Monthly Meeting

Fitness Center

Res. & PM Invited

2:00pm – 5:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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

SUNDAY, AUGUST 2

**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, AUGUST 3

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

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

4:00pm – 4:45pm Zumba Gold **Back on a new Day!**

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

Clinically proven speech therapy group for individuals with Parkinson's. For more pre-requisite information please contact Lori Sanders at 214-675-1299.

1:00pm – 2:00pm

Tech Classroom

Sign Language Fun!

2:00pm – 3:00pm

White Rock Class

Knotty Knitters &

Crafty Crocheters



3:00pm – 4:30pm

Auditorium & 81

Epic Adventures Series

Res & PM Only

A Masterclass in Curiosity, Connection, and Purpose

This month's stop: Friendship Force International
See pg. 7 for more info.

TUESDAY, AUGUST 4

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Mat Pilates Foundations



10:00am – 11:30am

Tech Classroom

EZ Reader Presentation

Res and PM Only

Learn about all-in-one touch screen computer, document camera and custom software suite designed specifically for users with vision impairments.

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: Stir Fry

1:00pm-2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Intermediate Tai Chi

3:00pm – 4:00pm

OL Mockingbird Point

Bible Study with Bill Power

Res. & PM Only

Resident led study **no class today**

EZReader

New Vision Concept



Tuesday, August 4

10:00am

Presented by Gary Beene

Learn about the EZReader - an all-in-one touch screen computer, designed for users with vision impairments

WEDNESDAY, AUGUST 5

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba



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

Res. & PM Only

Join other players in the fun tile game!

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

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!



12:00pm – 5:30pm

Resident Only

Rangers Baseball Game

Tickets purchased in July.

See Rebecca for possible waitlist options.

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Dancing with Diane

Vista 9th Floor

Res. & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:00pm

Theater

Acting Fun Drama Club

Res. & PM Only



2:00pm – 3:00pm

Asbury Dining Rm.

Asbury Conversations

Resident Only

Updates from CCY Department Heads

3:00pm – 4:00pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only

THURSDAY, AUGUST 6

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2 **CXL Today**

10:00am – 11:30am

Auditorium & 81

Getting Your Ducks in A Row

Res. and PM Only

Learn what you need to know when preparing your end of life wishes including Advance Directives, Wills, Durable, Medical & Financial Power of Attorney, Trusts & More. **Sign up required.**

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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



11:00am – 1:00pm

Hillside

Dining Action Station

Resident Only

This Month's Station: Stir Fry



1:30pm – 2:15pm

Lobby

Harris Jewelers

Res. & PM Only

Small Jewelry repair while you wait.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

5:00pm – 6:00pm Movement & Dance **no class in Aug.**

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion.

4:00pm-5:00pm

Auditorium

Resident Happy Hour

Resident Only

Celebrate August Birthdays

Thursday, August 6

National
Root Beer Float
Day

Root Beer Floats available
at the Point Café Today



FRIDAY, AUGUST 7

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

Wii Bowling

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay

NEW DAY

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Movie Matinee

Theater

All Welcome!

Song Sung Blue

PG-13 · 2025 · Musical/Romance · 2h 13m

1:30pm – 2:30pm

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Allison at 202-270-1333



6:00pm – 8:30pm

Ministry Team Hosts:

Auditorium

Friday Night at The Movies

RSVP Required

202-270-1333

This Weeks Movie: **Gran Torino / Rated R**

Movies, Pizza and Intellectual Discussion!

SATURDAY, AUGUST 8

9:30am – 12:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- Password Managers - session 2/entering your password and managing list

11:00am- Open Lab time

10:00am – 12:00pm

Beginning Jewelry making

White Rock Class

Res. & PM Only

Limited spots available. Sign Up at The Point.

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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

4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

MOVIE MATINEE

FRIDAY, AUGUST 7

1:30PM

Song Sung Blue

PG-13 · 2025 · Musical/Romance · 2h 13m

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Tuesday, August 11

7:00pm

Golden Gears Trivia Challenge

Doors open at 6:30pm! Sign up at The Point.

Thursday, August 13

10:00am

OLLI Fall Kickoff

Refreshments Provided

SUNDAY, AUGUST 9

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!

No Test. No Grades. No Limits.



OLLI
LIFELONG
LEARNING FOR
ADULTS 50+

**FALL 2026
KICKOFF**

THE POINT AT CC YOUNG
Thursday, Aug 13
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

OLLI
UNT



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

Want more info?

Watch The CC Young News on CH. 81!

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



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

PAGE 25

MONDAY, AUGUST 10

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S.

Happy Hookers Volunteer Group

Res. & PM Only

Crochet plastic grocery bags into sleeping mats.



10:00am – 11:00am

Pavilion

The Social Sip

Res. & PM Only

Grab a fresh brew, pull up a chair, and join Rebecca for a morning of games & great company

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

12:00pm – 1:00pm Rock Steady Boxing

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 4:45pm Zumba Gold **Back on a new Day!**

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

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

1:00pm – 2:00pm

Tech Classroom

Sign Language Fun!

Res. & PM Only

2:00pm – 3:00pm

White Rock Class

Knotty Knitters &

Crafty Crocheters

Res. & PM Only

TUESDAY, AUGUST 11

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Mat Pilates Foundations



10:00am – 10:45am

Alterations and More

Provided by Dallas Dry Cleaners

White Rock Class

Res. & PM Only

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

11:00am – 12:00pm Lap Swimming

12:00pm – 1:30pm / 1:30pm – 3:00pm Open Swim

3:00pm – 4:00pm Pool Volleyball

1:00pm – 2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

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

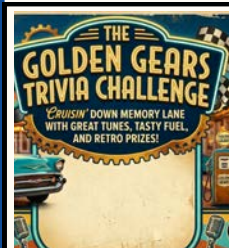
3:00pm – 4:00pm

OL Mockingbird Point

Bible Study with Bill Power

Res. & PM Only

Resident led study **no class in August**



7:00pm - 8:30pm

Auditorium

The Golden Gears

Res. & PM Only

Trivia Challenge

Doors Open: 6:30. Games starts: 7pm

Let's Go Cruisin' down memory lane with great tunes, tasty fuel, and retro prizes! **Sign up at The Point**



Tuesday, August 11

Chef Connection

2:30pm in Thomas

WEDNESDAY, AUGUST 12

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Lower Body Mobility
 9:30am – 10:00am Leg Lab
 11:00am – 11:45am Drumba **CXL Today**



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

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

Vista 9th Floor Res & PM Only
 1:00pm – 2:00pm Rock Steady for PD

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



2:00pm – 3:30pm Overlook- Conleys
Resident Only
Overlook Conversations
 Updates from CCY Department Heads

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

4:00pm – 5:00pm Hillside MPR
All Welcome!
Caregiver Support Group
 Refreshments Provided

THURSDAY, AUGUST 13

Exercise Classes

Fitness Center Classroom Res. & PM Only

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
All Welcome
OLLI FALL KICKOFF
Learn about upcoming Fall classes
 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



11:00am – 1:00pm Asbury
Resident Only
Dining Action Station
 This Month's Station: Stir Fry

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



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

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

5:00pm – 6:00pm Movement & Dance **No Class in Aug.**



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

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

FRIDAY, AUGUST 14

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

Wii Bowling

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay

11:00 AM - 12:00 PM

White Rock Wrappers

Café Game Zone

Res. & PM Only

NEW DAY

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

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



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

CXL TODAY

1:30pm – 2:30pm

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Allison at 202-270-1333



6:00pm – 8:30pm

Auditorium

Ministry Team Hosts:

RSVP Required

Friday Night at The Movies

202-270-1333

This Weeks Movie: **Good Morning Vietnam / Rated R**

Movies, Pizza and Intellectual Discussion!

SATURDAY, AUGUST 15

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- PC Computers - refresher How to manage and store documents

11:00am- Open Lab time

9:30am – 12:30pm

Theater

Shh...Self Help for Hard of Hearing

Res. & PM Invited

Support Group lead by The Hearing Loss Association of America

9:00am – 12:00pm

Auditorium

White Rock Democrats

Res. & PM Invited

Monthly meeting

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 STEAK AVENUE

RESTAURANT

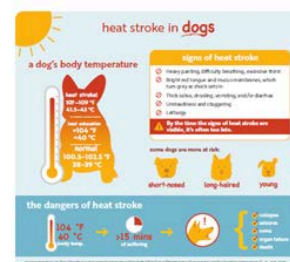
CLOSED FRIDAY AND SATURDAY

WEATHER ADVISORY FOR ALL RESIDENTS!

CCYOUNG
SENIOR LIVING

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

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



THIS WEEK'S

Highlights

Monday, August 17

1:30pm

**Movie Matinee- Special Day
Documentary Screening of
LEAVING TRACKS**

Monday, August 17

10:00am

**Arts & Crafts with Patricia
Dillingham**

Tuesday, August 18

9:00am - 6:00pm

**The Spirit Is Ageless Art & Writing
Contest, Entry Drop off Day 1**

Wednesday, August 19

9:00am - 6:00pm

**The Spirit Is Ageless Art & Writing
Contest, Entry Drop off Day 2**

SUNDAY, AUGUST 16

**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!



CALL FOR ENTRIES!

Now celebrating its 26th anniversary, the Spirit Is Ageless 2026 Art & Writing Contest returns to CC Young Senior Living, inviting older adults across the Dallas-Fort Worth area to showcase their creativity and submit original art and writing creations.

Visual Art Categories

- Emerging Artist
- Echoes of the Masters
- Drawing & Illustration
- Group Entry
- Hard Crafts & Sculpture
- Mixed Media
- Painting (Acrylic)
- Painting (Oil & Oil Pastel)
- Painting (Watercolor)
- Photography
- Soft Crafts (Quilts & Blankets)
- Soft Crafts (Other)

Writing Categories

- Poetry & Prose
- Personal Essay & Short Story

**ANNUAL ART &
WRITING CONTEST**

Want more info?

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

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



MONDAY, AUGUST 17

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

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 with Patricia

Res. & PM Only

This month's Craft: Scented Sachets

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

4:00pm – 4:45pm Zumba Gold **Back on a new day!**

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



1:30pm – 3:00pm

Theater

Special Documentary

All Welcome

Screening of Leaving Tracks

The story of the late financier and National Geographic photographer Bobby Haas

3:00pm – 4:30pm

Game Zone

Bunco!

Res. & PM Only

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

TUESDAY, AUGUST 18

ANNUAL ART & WRITING CONTEST

Entry Drop-Off:
9 a.m. – 6 p.m.

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

1:00pm – 2:00pm

Auditorium

CG Young Uns Choir Rehearsal

Res. & PM Only

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 Intermediate Tai Chi

3:00pm – 4:00pm

OL Mockingbird Point

Bible Study with Bill Power

Res. & PM Only

Resident led study **no class in August**

6:00pm – 9:00pm

Flagpole Hill

Harmonica Organization

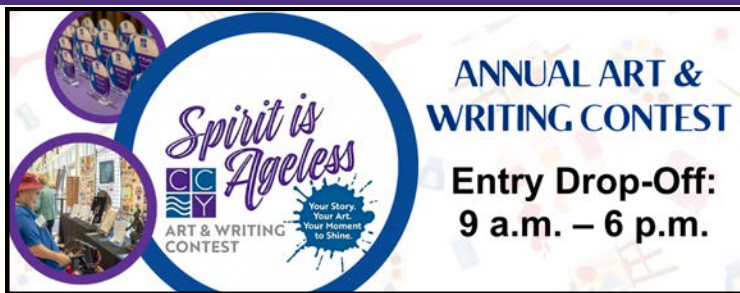
Res. & PM Invited

of Texas (Hoot)

Monthly meeting

Tuesday, August 18
Chef Connection
3:00pm in Overlook

WEDNESDAY, AUGUST 19



ANNUAL ART & WRITING CONTEST

Entry Drop-Off:
9 a.m. – 6 p.m.

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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



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

Rummikub Open Play

Café Game Zone

Res. & PM Only

Join other players in the fun tile game!

10:00am – 11:00am

Garden Club Meeting

Tech Classroom

Res. & PM Only

10:45am – 11:30am

Table Talk with John Hill

Vista - 9

Res. & PM Only!



11:00am – 1:00pm

Dining Action Station

This Month's Station: Stir Fry

Conley's

Resident Only

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

Vista 9th Floor

Res. & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:30pm

Acting Fun Drama Club

Theater

Res. & PM Only



2:00pm – 3:30pm

Thomas Conversations

Updates from CCY Department Heads

Thomas

Resident Only

3:00pm – 4:00pm

Story Telling with Jo Rader

Asbury

Resident Only

3:30pm – 4:30pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

CXL Today

THURSDAY, AUGUST 20

Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

Studio Art Time with

David Schulze

White Rock Class

Res. & PM Only

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

1:30pm – 3:00pm

The Chosen Series

Theater

Res. & PM Only

Screening and Discussion

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

5:00pm – 6:00pm Movement & Dance **CXL IN AUG.**

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

Resident Only

CXL TODAY



Scan code for full category descriptions and entry details or visit: <https://www.ccyoung.org/spirit-is-ageless/>

FRIDAY, AUGUST 21

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

NEW DAY

10:00am – 11:30am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only

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

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!

Friday Matinee CXL. Today

See Monday, 8/17 for special screening.

1:30pm – 2:30pm

Flagpole Hill

Friday Conversations in Hope Group

All Welcome!

Sign up with Alison at 202-270-1333



6:00pm – 8:30pm

Auditorium

Ministry Team Hosts:

RSVP Required

Friday Night at The Movies

202-270-1333

This Weeks Movie: *Incendies* / *Rated R*

Movies, Pizza and Intellectual Discussion!

SATURDAY, AUGUST 22

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

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

11:00am- Open Lab time

10:00am – 12:00pm

White Rock Class

Beginning Jewelry making

Res. & PM Only

Limited spots available. Sign Up at The Point.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 STEAK AVENUE
RESTAURANT

OPEN FRIDAY & SATURDAY

CALL 972-755-3259
FOR RESERVATIONS

MOVIE MATINEE

Special Day

MONDAY, AUGUST 17

1:30PM

Leaving Tracks

Documentary · 1h 31m

The intimate and compelling story of the founder of the Haas Moto Museum, and his immense impact on the lives of the custom builders whose masterpieces elevate the Museum to the pinnacle of its industry.

Beneath his success as a financier and Nat Geo photographer, Bobby Haas grapples with a lifetime of trauma in his quest to create a museum like no other.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Tuesday, August 25

10:00am

Cooking Through The Community

Sign up at The Point

Friday, August 28

1:30pm

Movie Matinee

The Sheep Detectives

Rated PG · 2026 · 1h 50m

Comedy/Mystery

Friday, August 28

3:30pm

Richard Stanford Book Review!

Selling Opportunity: The Story of Mary Kay

SUNDAY, AUGUST 23

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

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

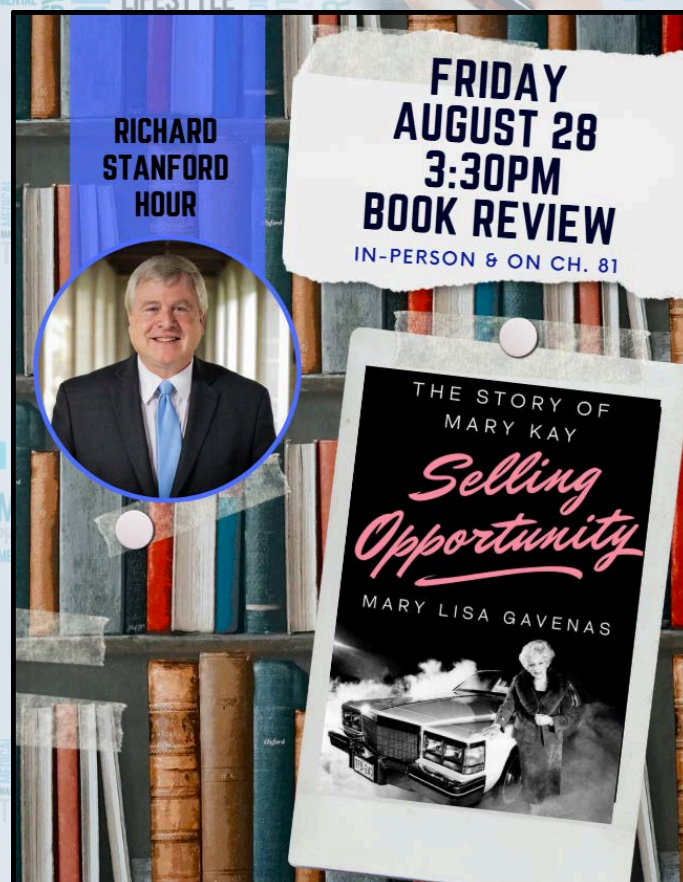
11:00am – 12:00pm

The Point

Auditorium &

Ch. 81

All Welcome!



Want more info?

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

Every day at

9:30AM

3:30PM

6:30PM

12:30PM

MONDAY, AUGUST 24

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

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.



11:00am – 2:30pm

Resident Only

Bus trip to Frontiers of Flight Museum & Lunch
Sign up at The Point

Cost: \$10 for admission, to be billed to account. Bring money for Lunch at the Jetsetters Lounge.

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

4:00pm – 4:45pm Zumba Gold **Back on a new day!**

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

Clinically proven speech therapy group for individuals with Parkinson's. For more pre-requisite information please contact Lori Sanders at 214-675-1299.

1:00pm – 2:00pm

Tech Classroom

Sign Language Fun!

Res. & PM Only

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only



TUESDAY, AUGUST 25

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

Cooking Through The Community

Resident Only

Join Chef Honor Star for an inspiring hands-on cooking experience. More inf on pg. 10. Sign Up at The Point

Aquatics Classes

972-638-8795

Vista Rehab Pool

Res. & PM Only

11:00am – 12:00pm Lap Swimming

12:00pm – 1:30pm / 1:30pm – 3:00pm Open Swim

3:00pm – 4:00pm Pool Volleyball

1:00pm-2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Intermediate Tai Chi



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 **no class in August**

6:00pm – 9:00pm

Auditorium

Trinity Valley Beekeepers

Res. & PM Invited

Monthly meeting - **CXL This Month**



Tuesday, August 25

Chef Connection

2:00pm in Asbury

WEDNESDAY, AUGUST 26

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba



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

Res. & PM Only

Join other players in the fun tile game!

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

Acting Fun Drama Club

Theater

Res. & PM Only

2:00pm – 3:00pm

Park & Chat

6th floor, Vista

North Sunroom

Discussion Group for people with Parkinson's

3:30pm – 4:30pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

THURSDAY, AUGUST 27

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.



3:00pm – 5:00pm

Lobby

Voter Registration Help

All Welcome

The League of Women Voters will be on site to help people sign up to vote by mail, do address changes and give info how you can find a voting poll for the upcoming election.

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

5:00pm – 6:00pm Movement & Dance **CXL in Aug.**

Thursday, August 27

National
Burger
Day

Smash Burger lunch special
available at the Bistro today!



FRIDAY, AUGUST 28

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

NEW DAY

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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

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!

The Sheep Detectives

Rated PG · 2026 · 1h 50m Comedy/Mystery



3:30pm – 4:30pm

Auditorium

Richard Stanford

All Welcome

Book Review

Selling Opportunity: The Story of Mary Kay
by Mary Lisa Gavenas



6:00pm – 8:30pm

Auditorium

Ministry Team Hosts:

RSVP Required

Friday Night at The Movies

202-270-1333

This Weeks Movie: **TBD**

Movies, Pizza and Intellectual Discussion!

SATURDAY, AUGUST 29

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- iPhone - review the new Ai for iPhone users

11:00am- Open Lab time

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 STEAK AVENUE
RESTAURANT

OPEN FRIDAY &
SATURDAY

CALL 972-755-3259
FOR RESERVATIONS



MOVIE
MATINEE

FRIDAY, AUGUST 28

1:30PM

The Sheep
Detective

PG · 2026 · 1h 50m
Comedy/Mystery

Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Tuesday, September 1

10:00am

OLLI Class

Marcel Duchamp: Iconoclast of Modern Art presented by Lane Banks

Thursday, September 3

10:00am

OLLI Class

Book Review: The Way I Was by Marvin Hamlisch presented by Kathleen Cunningham

Friday, September 4

1:30pm

Movie Matinee

Project Hail Mary

Rated PG-13 · 2026 · 2h 36m

SUNDAY, AUGUST 30

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!

SAVE THE DATE

COMMUNITIES FOUNDATION of TEXAS

**NORTH TEXAS
GIVING DAY™**

**NORTH TEXAS
GIVING DAY 2026 IS**

SEPT

17



CC YOUNG
SENIOR LIVING

Want more info?

Watch The CC Young News
on CH. 81!

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

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

MONDAY, AUGUST 31

AM Exercise Classes

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

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am

Auditorium S

Happy Hookers Volunteer Group **Res. & PM Only**

Crochet plastic grocery bags into sleeping mats.

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 4:45pm Zumba Gold **Back on a new Day!**



12:00pm – 3:30pm

Resident Only

IL Bus Trip:

Sign up at The Point

Amazon Fulfillment Center Tour

Followed by Ice Cream at Howdy's

Government issued photo ID required.

Must wear flat, closed-toed, and closed-heeled shoes. Long hair must be pulled at or above shoulder length. No Loose-fitting clothing and accessories.

1:00pm – 2:30pm

Flagpole Hill

SPEAK OUT! Therapy Group

Res. & PM Only

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

1:00pm – 2:00pm

Tech Classroom

Sign Language Fun!

Res. & PM Only

2:00pm – 3:00pm

White Rock Class

Knotty Knitters & Crafty Crocheters

Res. & PM Only

TUESDAY, SEPTEMBER 1

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Mat Pilates Foundations

OLLI

10:00am – 11:30am

Auditorium & 81

OLLI Class

Res, PM & OLLI

Marcel Duchamp: Iconoclast of Modern Art

Presented by Lane Banks

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

11:00am – 12:00pm Lap Swimming

12:00pm – 1:30pm / 1:30pm – 3:00pm Open Swim

3:00pm – 4:00pm Pool Volleyball

1:00pm-2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Intermediate Tai Chi

3:00pm – 4:00pm

OL Mockingbird Point

Bible Study with Bill Power

Res. & PM Only

Resident led study **no class in September**

WEDNESDAY, SEPTEMBER 2

AM Exercise Classes

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



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

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 Res. & PM Only

THURSDAY, SEPTEMBER 3

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 8:00am – 8:45am Dance Sculpt
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:45am Balance 2



10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
Book Review: The Way I Was by Marvin Hamlisch
 Presented by Kathleen Cunningham

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

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

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

4:00pm–5:00pm Auditorium
Resident Happy Hour Resident Only
 Celebrate September Birthdays

7:00pm - 8:30pm Auditorium
Dallas County Pioneers Res & Pm Invited
 Meeting

FRIDAY, SEPTEMBER 4

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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.

CXL TODAY ONLY

10:00am – 11:00am

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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



10:30am – 2:00pm

Resident Only

Bus Trip: Spot of Tea

Sign up at The Point

Join Jelly Queen & Master Chef

Donna Collins for a Spot of Tea in her

Mckinney Showroom. Cost \$35.

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

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Alison at 202-270-1333



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

Project Hail Mary

Rated PG-13 · 2026 · 2h 36m Sci-fi/Adventure

SATURDAY, SEPTEMBER 5

9:00am – 1:00pm

Dallas Handweavers Guild

Auditorium

Res. & PM Invited

Monthly Meeting

10:00am – 4:00pm

Dallas Bead Society

Fitness Center

Res. & PM Invited

Monthly Meeting

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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



4833 STEAK AVENUE
RESTAURANT

CLOSED FRIDAY AND SATURDAY

MOVIE MATINEE

FRIDAY, SEPTEMBER 4

1:30PM

Project Hail Mary

PG-13 · 2026 · 2h 36m
Sci-fi/Adventure

A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun, and realizes that an unexpected friendship may be the key.

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.





Pulling Over to Live: The Art of the Campus Pit Stop

When you hear the phrase "pit stop," your mind probably goes straight to Formula 1—a blur of synchronized chaos, a team of mechanics changing tires in two seconds flat, all to thrust a car back into a high-speed race. It's about urgency, survival, and frantic repair. But as I've been walking around our beautiful campus lately, watching the gentle rhythm of our daily lives, I've started thinking about pit stops in a completely different way.

Here, a pit stop isn't about rushing back into the race. It's about pulling over to catch our breath, refuel our spirits, and reconnect. Our campus is practically a roadmap of these perfect moments, designed not just for a quick rest, but to help us truly live and thrive.

Every morning, the campus comes to life in a beautiful symphony. If you're out early enough, you'll catch campus pets on their morning romps, the chatter of squirrels, and the quiet presence of the ducks, rabbits, and even the turkey vultures that call this place home. It's the perfect backdrop to lace up your shoes and explore.

If you start near the front of campus, the shaded, winding circular path provides a quiet, insulated escape right off White Rock Lake. From there, you might wander past the Asbury and Hillside pocket parks, which recently received a gorgeous "glow up," or find yourself on one of our iconic front porches. The Hillside front porch, with its row of chairs, is always packed with a crew of smiling faces ready to engage with anyone walking by, while the Asbury porches host our official, unofficial campus welcoming committee. If you ever need to know what's happening on campus, that's your news hub.



Moving inside, the spaces for connection only grow. On any given afternoon, you'll find residents gathered by the Hillside lobby fish tank, deep in conversation for hours, or mingling at the bridge seating area outside the salon. Over at The Point, the lobby is always buzzing with people working on puzzles, while the library just beyond it is undergoing a wonderful refresh this summer, transforming into a quiet "secret garden" of regular and large-print books.

Of course, a true pit stop requires a bit of refueling. You can grab a slice of pizza at the Vista Bistro, a morning treat at the Overlook Coffee Lounge, or a bite at the Point Café. Sometimes, though, the best sensory refresh happens just by strolling through the Aver-Phillips Art Gallery and The CC Young Gift Shop to admire the colors and textures, or by heading out to the Thomas Sun Deck. Looking out over the water from that deck brings back some of my absolute favorite memories, especially watching our tight-knit crew gather for Wine Down Wednesdays.



We are incredibly blessed with spaces that invite us to slow down and touch nature. The Point courtyard garden has evolved beautifully with its raised beds, orchid greenhouse, and shaded tables. Right at the corner of Center Point and Young Way, the Point theater benches sit in the middle of all the action—oh, the stories those benches could tell. They truly deserve a frequent flyer program for the amount of sunshine and respite they provide. Whether you are practicing your short game on the putting green, tossing corn hole by the splashing fountain at Central Park, or checking out which furry friends are playing at the Kaiser Dog Park, there is a corner here for every mood.

Sometimes our travel takes place in segments, and we have to recognize when we need a little help going the distance. There is absolutely no shame in utilizing a scooter or a wheelchair to get where you want to go. Those tools aren't limitations; they are instruments of freedom and autonomy that get you to a water aerobics class, a screening of *The Chosen*, or simply out to the Vista corner sunrooms to take in those sweeping views of East Dallas.

This month, I challenge you to slow down and explore your curiosity. Make time for self-care, whether that means a nap in the fresh air, a chat under the Asbury pergola, or a massage with one of our campus therapists. This isn't a high-speed race, and we don't need two-second tire changes. We just need to pull over, enjoy these magnificent spaces, and savor the journey together. See you out on the porch!



CREWS NEWS

AUGUST 2026

CARING FOR OUR RESIDENTS EVERY STEP OF THE WAY: PRIVATE CARE AND THE CLINIC



BY RUSSELL CREWS
PRESIDENT AND CEO

One of the greatest benefits of living at CC Young is the confidence that comes from knowing support is available whenever life changes. While no one can predict exactly what tomorrow will bring, residents often tell us that one of the reasons they joined CC Young's family and in fact one of the greatest comforts of living here is the peace of mind that comes via the full continuum of care we offer and knowing they are part of a community designed to support them through every stage of aging.

At CC Young, we don't simply provide healthcare services—we build systems of support that allow people to continue living the lives they want for as long as possible. That philosophy is the foundation of our continuum of care, allowing residents to remain in the community they love while receiving the services needed as they evolve. Two primary examples of that commitment are **CC Young Private Care** and **The Clinic at CC Young**.

Although each serves a different purpose, together they provide personalized support and convenient healthcare that help residents maintain independence, recover more successfully from illness or surgery, and continue aging in place with confidence and dignity.

The Clinic at CC Young represents a vision that was years in the making. Long before its doors officially opened in 2016, our leadership team recognized the value of providing high-quality primary care right here on campus. Thanks to the dedication of **Dr. Grady Goodwin** and many others who helped bring that vision to life, residents today have access to medical care just steps from home. Just as importantly, providers are able to continue caring for residents if they transition from one level of care to another level, creating continuity that benefits both residents and their families. This coordinated approach allows our healthcare professionals to work closely with CC Young's nursing and ancillary teams, ensuring communication, collaboration, and personalized care that supports each resident's individual needs and goals



Through our partnership with Meridian Health Partners and outside contractors, physicians and nurse practitioners provide coordinated, non-emergency care tailored specifically for older adults. Residents must schedule appointments to meet our physicians in person in our convenient on-campus clinic located on Vista 2, north hall across from CCY Human Resources. And when needed, providers can also make home visits for those who are temporarily unable to visit the clinic in person.



These Clinic team members can assist you going forward:

- Dr. Grady Goodwin, internist
- Dr. Christopher Chumley, internist
- Dr. Kalpesh Patel, cardiologist
- Dr. Asif Hassan, physician
- Nurse Practitioner, Alay Patel
- Nurse Practitioner, Audrey Roodhuyzen
- Nurse Practitioner, Barbara Dillon
- Nurse Manager, Brandy Valadez

To schedule an appointment, call [972-432-7874](tel:972-432-7874).

Complementing the work of The Clinic is another exceptional service that has become an invaluable resource for both our campus and the broader Dallas community—CC Young's Private Care.

Private Care offers personalized, one-on-one assistance designed around each client's unique needs. For some, that means companionship, medication reminders, transportation to appointments, assistance with housekeeping, dressing, bathing, or other daily activities. For others, it may include additional caregiver support following a hospital stay or rehabilitation, helping ease the transition back home while promoting a safe recovery.

The department also offers specialized services that simplify many of life's challenges. Whether assisting with apartment moves through packing services, decorating for the holidays, providing transportation after a hospital discharge, or offering respite care so family caregivers can take a well-deserved break, Private Care helps fill important gaps that allow older adults to continue living safely and comfortably.



Leading the Private Care team is **Nicia Wasson, LVN, and Administrator** of Private Care. Nicia has devoted her career to serving older adults and has grown over the past decade, advancing from Charge Nurse to Supervisor and now Administrator. In addition to leading the Private Care team, she also provides administrative oversight and operational support for The Clinic, helping ensure both services work seamlessly together in meeting the evolving needs of our residents.

Under Nicia's leadership, Private Care has continued to grow while maintaining its focus on compassionate, individualized service. Her talented staff of approximately 75 serves approximately 80 individuals daily, both on and off campus. This team is made up of Personal Care Assistants, Certified Nurse Aids and Licensed Vocational Nurses. Whether helping a resident recover after surgery, providing companionship during the day, or assisting with everyday tasks our team are centered on helping people remain as independent as possible while enjoying the highest quality of life.

As healthcare continues to evolve, CC Young's commitment remains the same. We will continue investing in services that strengthen our continuum of care and provide residents with the confidence that, whatever tomorrow brings, trusted support is always close by. Private Care and The Clinic exemplify what makes CC Young special. They reflect our longstanding commitment to caring for the whole person, supporting independence whenever possible, and providing compassionate care when it matters most. Together, they help transform peace of mind from a promise into a daily reality for the residents we are privileged to serve.

VILLAGE REPORT



by Jen Griffin
Vice President Community, Outreach & Engagement

Where Heart Meets Home

When we talk about the strength of a community, it is tempting to focus on the grand milestones—the major events, the opening of new facilities, or the impressive operational strategies that keep our campus running smoothly. We naturally measure progress in big numbers and broad strokes. Yet, if you spend a few quiet moments simply watching the daily rhythm of our community, you quickly realize that the soul of this place isn't built on grand gestures. It is woven together in the small, seemingly ordinary interactions that happen in the spaces between.



Consider what actually makes a place feel like home. It is rarely the architecture itself, but rather the human warmth that fills it.

It is the subtle glance of recognition when a resident walks through the front doors, greeted not just by a name, but by a genuine inquiry into how their morning is going. It is the quiet dedication of a team member who pauses in a hallway to share a laugh, or the unspoken trust formed when different departments seamlessly coordinate behind the scenes so a resident's day feels effortless. These moments don't happen by accident. They are the direct result of a shared culture where every individual—regardless of their title or role—understands that their presence matters.



At CC Young, our daily work is often framed around care, service, and hospitality. But at its deepest level, our true purpose is cultivating a sense of belonging. Belonging cannot be scheduled on a calendar or automated through a workflow. It is an active, living experience created through consistency, empathy, and connection.

When a dining staff member remembers a favorite morning coffee, when a maintenance technician takes an extra minute to fix a picture frame just right, or when a nurse offers a reassuring hand during an uncertain moment, they are doing far more than fulfilling a job description. They are building trust. They are sending a clear, quiet message: You belong here, and you are valued.

This culture of care relies on an intricate web of mutual support. No single person or single department creates a home on their own. The energy that fuels our community flows from the understanding that we are all interconnected. A smooth day for our care teams depends on the steady groundwork laid by administrative and operational departments; a vibrant social atmosphere thrives because the physical environment is safe, clean, and welcoming. When every piece of our campus works in harmony, it creates an environment where residents don't just live—they flourish.

As we look across our campus each day, it is worth pausing to appreciate this living ecosystem. Buildings provide the shelter, and schedules keep us moving forward, but it is the human heart—expressed through thousands of small, daily acts of kindness and collaboration—that gives our community its true meaning. In every shared smile, every attentive gesture, and every moment of genuine connection, we are building something extraordinary together.



ON THE COVER

AUGUST 2026

Unlocking Creativity at Any Age: The 26th Annual Spirit Is Ageless Contest

Creativity doesn't come with an expiration date. Proving that inspiration only deepens with time, CC Young has officially launched its 26th annual Spirit Is Ageless Art & Writing Contest. The beloved tradition once again invites resident, Point Members and the general community from across the Dallas-Fort Worth area to share their original masterpieces, reminding us all that artistic expression knows no age limits.

Since its debut in 1999, the competition has grown into a major cultural touchstone for the DFW community. It serves as a vibrant platform for shining a spotlight on the powerful, often untold stories and talents that flourish later in life.

"This event reminds us it is never too late to surprise yourself," says Brian Parman. "We've seen people pick up a paintbrush, pen, or camera for the very first time in their 70s or 80s and uncover a whole new side of themselves. This contest is about giving those discoveries a place to shine."

Whether a submission represents a lifelong dedication to a craft or a brave first step into a new hobby, the upcoming exhibition honors expression at every stage of life. Together, the gallery of entries forms a deeply moving collection that reflects the rich depth and diversity of the local senior community.

Planning to enter or know a talented creator who should? Here are the essential details for the 2026 contest:

- **Eligibility:** All participants must be age 55 or better at the time they created the piece.
- **Writing Entries:** Submissions must be a maximum of four, double-spaced pages using a 12-point font.
- **CC Young Residents:** May submit up to two entries completely free of charge.
- **Non-Residents:** Receive one complimentary entry, with the option to submit a second piece for a \$10 fee (payable at drop-off).

By challenging society's expectations about aging through every brushstroke and written word, the Spirit Is Ageless contest continues to prove that our later chapters can be our most creative yet. Be sure to submit your work and let your unique talents shine!

A Night Best Forgot
George was a single friend of ours, who a
an introduction, to "a nice girl".
George was a professional attorney. He s
his manners were impeccable; he could discuss
plays and travel with confidence. He was always
groomed; he dressed well, he owned a medium
which he drove carefully.
The only fly in this pond of ointment: George
shy around alcohol.
So, John began, "Now, George."
George anticipated some temperance comm
held up the Boy Scouts fingers to proclaim his oath
told John not to worry, promised two glasses of rec
would be his absolute maximum.
John relented and asked his secretary, Marilyn
gested in a date with George.
George, was unmarried, educated,
erson. She agreed to an evening



When Life Changes, Community Matters Most

AUGUST 2026

Charlie's Journey and the Power of the Benevolence Fund



For Charlie Smith, moving to CC Young more than a decade ago felt like the natural next step.

His wife, Bethany Ann, had volunteered at CC Young through her church years before becoming a resident. Through those experiences, she discovered a welcoming community filled with warmth, friendship, and purpose. When it came time to choose where they would spend their next chapter, there was only one place she wanted to call home.

Twelve years later, Charlie knows it was the right decision.

"The CC Young culture is inviting. We get to know new people, make new friends, and there are always opportunities to be involved," Charlie says.

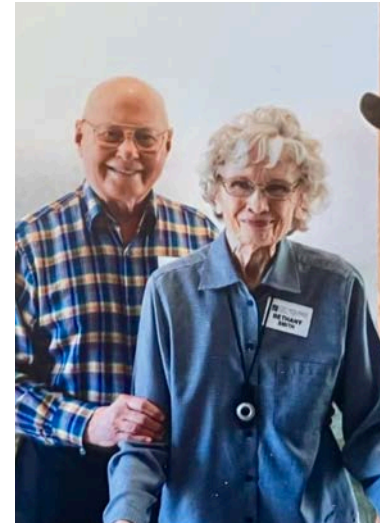
For Charlie, involvement quickly became part of daily life. He helped establish the campus woodshop alongside fellow residents and has remained active through volunteer opportunities, including serving on the media team. Along the way, he found something that has become deeply meaningful, community.

"The laughter, creativity, and community are what bring me the most joy," Charlie shares.

But for Charlie, the greatest gift of living at CC Young goes beyond activities and friendships. It is the peace of mind that comes from knowing support is available when life changes unexpectedly.

"It's nice to know the higher levels of care is available in the event you need it," Charlie says.

That sense of security became especially meaningful during Bethany's care journey. As her needs increased, Charlie experienced firsthand the compassion that surrounds residents and families during difficult seasons. Hospice care provided comfort and guidance. The ministry team offered encouragement and support. Friends and neighbors became part of a network of care that helped carry burdens no one should face alone.



"It's nice to be part of a support system," Charlie reflects.

That experience shaped Charlie's passion for giving back.

Each year, he supports the Benevolence Fund because he wants members of the community who don't have the financial resources to experience the same compassion and care he has. Charlie describes the fund as a quiet but essential part of the CC Young mission.

For Charlie, giving is about preserving the sense of belonging, security, and dignity that makes CC Young feel like home. It ensures that neighbors facing financial hardship can continue receiving the care and support they need while remaining part of the community they cherish.

"Every year, we need support to keep the fund going," Charlie says.

His story reminds us that one of the greatest gifts a community can offer is the assurance that no one has to walk life's journey alone. Thanks to faithful supporters, CC Young remains a place to breathe and a place where every resident can find comfort, care, and belonging when they need it most.



Laura Coker
Sr. Director of Development
Foundation and Community
Relations
214-613-1420 **PAGE 49**

FRESHEN UP THOSE DOG DAYS OF SUMMER!

Some days in late August at home are like this, the air thin and eager like this, with something in it sad and nostalgic and familiar.

~ William Faulkner

Temperatures soaring.

Locusts purring.

Lazy days rolling along.

Advertisements for school supplies, and...

Reminders that summer will come to an end.



August can sometimes challenge us. It's harder to keep that spring in your step and we feel a conflict between exhausted summer doldrums and the desperate desire to hold onto the season just a bit longer.

The Ministry Department invites you to join in some summer activities that will liven up this last month of the season.

Start your August weekends off with our Friday film series. We will feature several evening films – along with pizza and dessert. In response to numerous requests, this interesting selection of films, and intellectual discussions following each movie, will offer something for just about everyone - from drama to comedy to foreign films. Allison invites you to reserve a spot and join us for the August "Friday Night at the Movies!"

"Praying with the Psalms." **Reverend Jo Biggerstaff** will lead a five-week workshop on how to pray with the Psalms. Join Rev. Biggerstaff each Monday at 3:00pm to learn new ways to look at the Psalms, use them to enhance your prayer life, and discover how participating with Psalms will deepen your walk with God.

We hope these August events* will refresh you this month for all of us! We will look for you in these or in our regularly scheduled activities, including Bible studies, Book Studies, the Young-'Uns' fabulous choir, Sunday services, 'Conversations in Hope', and weekly showings of "The Chosen" series.

***Limited spaces for the August events will require first-come-first-served reservations.**

- For the Friday movies, text Allison at 202.270.1333 and indicate what movie you would like to attend.
- For "Praying with the Psalms," text Jo Biggerstaff at 214.356.8347 to reserve a spot for the 5-week workshop.

If you are new to CC Young and don't know the Ministry team, come drop our office or give us a call. We will be happy to answer any questions you may have, and we look forward to knowing you!

Ministry contact information:

Russ Rieger: 214.236.4705

Raelynn Scott: 817.966.8234

Allison Foster-Letico: 202.270.1333

And don't forget that if you would like to enjoy church services but cannot make it to the Point Auditorium or the Christ's Chapel, we are on **Channel 81 every Sunday at 11:00 am.**

AUGUST 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

Richard Sanford's Book Study

Thursdays at 3:00p / Flagpole Hill (The Point)

Young 'Uns Choir Rehearsal

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

Praying with the Psalms*

Mondays 3:00p / Overlook Mockingbird Point Room

"Friday Night at the Movies!"

Fridays 6:00p / Auditorium (The Point)*

Friday Nights at the MOVIES

HOSTED BY THE CC YOUNG MINISTRY TEAM

Beat the heat and liven up the last weeks of summer with Movies, Pizza and Intellectual Discussion of each film!



AUGUST 7
GRAN TORINO

Rated R / 1h 56m

With our favorite tough guy, Clint Eastwood. maybe we aren't so tough as we seem!



AUGUST 14
GOOD MORNING, VIETNAM

Rated R / 2h 1m

One of America's Best Comedians ever leads the cast in a Vietnam- Era Comedy-drama. Robin Williams will make you laugh- and-cry. Based on a True Story.



INCENDIES

AUGUST 21
INCENDIES

Rated R / 2h 11m

For those who want to be challenged, this provocative movie is originally in French with English Subtitle. Not for the Faint of Heart. One of Allison's Favorite Movies. (Don't Read About it Before you see it- The Unexpected is what makes the movie fabulous!)



AUGUST 28
TBD

We will give our audience a chance to suggest a movie they'd like to see on the last Friday, and we will announce the decision.

Fridays in August
6:00pm - 8:30pm
The Point Auditorium



Limited Seating!
Text Allison to
reserve a spot
202-270-1333



CC YOUNG
SENIOR LIVING
★ **PAGE 51**

THE FITNESS INSIDER

August 2026

THE ROAD TO ROUTE 66

Together, we traveled **5,009.6 miles** — enough to journey from Chicago to Santa Monica and all the way back again! Thank you to everyone who joined us on this adventure and kept moving along the way!

Congratulations to **Diana McAfee**, our furthest traveler who logged the most miles during the challenge!

Prize winners are posted on the gym window — stop by and see if you're one of our lucky winners!



THE FIT LEAGUE

★ BONUS POINT ★

Find Kori and say, "*KORI IS THE BEST TODAY AND FOREVER!*" to earn 1 extra Fit League point.

Limit one bonus point per person.

LEAGUE LEADER

★ ★ ★ **Sharon Yost** ★ ★ ★
(See full list on the next page)

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NEW

ZUMBA GOLD RETURNS

Zumba Gold returns this month with easy-to-follow moves, great music, and a welcoming atmosphere. This low-impact class is perfect for improving balance, coordination, and overall fitness while having fun.

EVERY MONDAY @ 4 P.M.

Exercise Spotlight:

Farmer's Carry

One of the best functional exercises is the Farmer's Carry.

How to do it: Hold a weight in each hand, stand tall, and walk at a comfortable pace while maintaining good posture.

This exercise improves grip strength, core stability, posture, and makes everyday tasks like carrying groceries or laundry easier.

THE FIT LEAGUE

JUNE CHAMPIONS

GOLD LEAGUE



Sharon Yost
Michael York
Esther Davis
Lynne Hoseck
Ernie McAfee

Kay Maxwell
Suzanne Smith
Mary Jarvis
Diana McAfee
Cheryl Kellis

SILVER LEAGUE

Barbara Applequist
Dorothy Morris
Gwen Lummus
Ernie McAfee
Diana Robinson
Lynne Hoseck
Diana McAfee
Nancy Cooper
Nell Williams
Lisa Ogden
Cheryl Kellis

Kay Maxwell
Annie Palacios
Margaret Hranitzky
Mary Heuert
Susan Grundy
Gabriele Gruschkus
Rick Herrick
Teri Collier
Gordon Fox
Jerry Walker

Sandy Klindworth
Pat Cullum
Sheila Bacon
Bobbie Mankey
Charlie Smith
Corinne Bryan
Lois Reid
Margaret Gillett
Mary Ross
Pat Kidd

BRONZE LEAGUE

Carol Shinoda
Celeste Flippen
Carol Croy
Debra Dickerson
Karl Warkentin
Kathy Rauscher
Alex Mason
Anna McFarland
Arch Beasley
Frank Busby
Jackie Griffith
Karen Stanland
Marilyn Ward
Mike Elvir
Pamela Clark
Vicki Hill

Lorrie Mercer
Rita Warkentin
Jill Pickett
Liza Sindalously
Fred Christen
Karen Lorince
Ann Beasley
Blaine Stillwell
Carol Donovan
Marianne Walker
Wanda Moreland
Gloria Little
Judy Hearne
Bruce Applequist
Lane Ogden
Larry McDaniel

Lou Bruce
Mike Haskins
Tom King
Karen Delk
Nancy Cain
Delores Cullivan
Diane Flint
Gary Griffith
Isabel Davis
Kathryn Caywood
Lorelei Garrett
Peggy Wing
Fred Banes
Kay Peters
Pat Frazier

Steve Melton
Walt Davis
Barbara Symmank
Cheryl Brunson
Diane Gibson
Don Thurman
Frances Jones
Jacque Villa
Jill Mandel
Kathleen Campbell
Marcia Smith
Maridine Wall
Nancy Worden
Sally Fifer
Sue Hooks

COMMUNITY CORNER

Welcome

Welcome



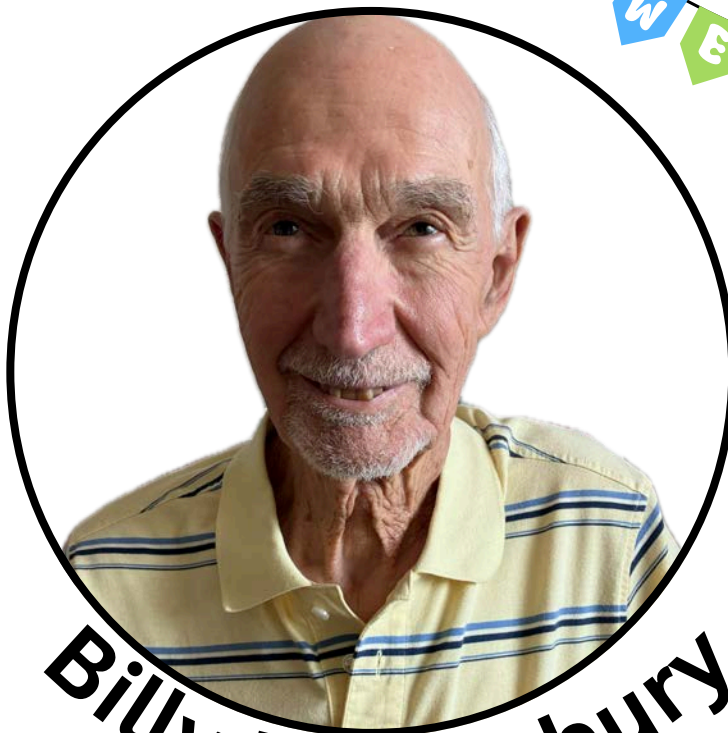
WELCOME

Welcome

Welcome



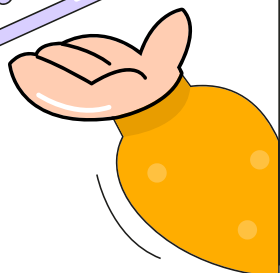
Welcome



Billy Hill: Asbury

WELCOME

Welcome



Welcome!

WELCOME

THOMAS CUISINE SPECIAL DINING DAYS

August

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2						1 4833 Steak Avenue CLOSED
	3	4 Thomas Action Station 11:30am-1pm 	5	6 National Root Beer Float Day Hillside Action Station 11am-1pm 	7 4833 Steak Avenue CLOSED	8
9	10	11 Thomas Chef Connection 2:30pm	12	13 Asbury Action Station 11am-1pm 	14 4833 Steak Avenue CLOSED	15
16	17	18 Overlook Chef Connection 3pm	19 Conley's Action Station 11:30am-1:30pm 	20 National Bacon Lovers Day	21 4833 Steak Avenue OPEN	22
23 30	24 National Waffle Day	25 Asbury Chef Connection 2pm	26	27 National Burger Day 	28 4833 Steak Avenue OPEN	29

Action Station of the Month: Stir Fry

08/06 | Root Beer Floats available at the Point Café
08/20 | Million Dollar BLT special available at the Bistro

08/24 | Chicken & Waffle special available at the Bistro
08/27 | Smash Burger lunch special available at the Bistro

AUGUST TEAM BIRTHDAYS

Jennifer Asbill	8/1	Therapy
Martashia Brown	8/1	Health Center
Taylor Miller	8/1	Therapy
Alisia Colston	8/3	Health Center
Cindy Carrera Alcaraz	8/4	Housekeeping
Raniesha Carter	8/4	Health Center
Tamunobelema Enefiok Udo	8/4	Private Care
Mahder Ossa	8/4	Home Health
Julia Adams	8/5	Health Center
Arrecia Walker	8/5	Private Care
Agnes Ameh	8/6	Memory Support
Kimberly Lambert	8/6	Health Center
Felicia Haffley	8/7	Therapy
Funmilayo Olanibi	8/7	Assisted Living
Maribel Cantu Mendoza	8/8	Dining Services
Abel Mabeya	8/8	Health Center
Nena Paris	8/9	Assisted Living
LeAnne Haverstick	8/10	Business Office
April Johnson	8/10	Health Center
Kendrick Luster	8/10	Maintenance
Ibidunni Okunlola	8/10	Housekeeping
Leslie Thomas	8/10	Therapy
Tojuade Ayoola	8/11	Housekeeping
Kateesha Medina	8/11	Memory Support
Lenera Rhynes	8/11	Private Care
Sydni Brown	8/12	Health Center
Surrin Barnes	8/13	Dining Services
Martin Njuguna	8/13	Health Center
Bethany Willoughby	8/13	Therapy
Haimanot Berkie	8/14	Private Care
Sarah Navarre	8/14	Therapy
Shaylyn Thornton	8/14	Health Center
Nathanael Woldemichael	8/14	Health Center
Sebawit Mihretu	8/15	Dining Services
Kenja Reid	8/15	Assisted Living



Trinette Dye	8/16	Private Care
Opeyemi Lucas	8/16	Health Center
Jordan Stubbs	8/16	Therapy
Jazmin Tamayo	8/16	Housekeeping
Shoni Tucker	8/16	Therapy
Cindy Garcia	8/17	Housekeeping
Daniel Jackson	8/17	Therapy
Emebet Mokoya	8/17	Private Care
Doreen Ngwa	8/17	Health Center
Niesha Stroops	8/17	Assisted Living
Judy Craig	8/18	Community Outreach
Roland Castillo	8/19	Sales
Spencer Crews	8/19	Sales
Mariamama Sow	8/19	Dining Services
Sabrina Diaz	8/20	Private Care
Torri Parnell	8/20	Health Center
Charles Shelton	8/20	Umpress
Laura Wells Coker	8/20	Development
DeLisa Taylor	8/21	Therapy
Norma Wheaton	8/22	Dining Services
Saquest Knighten	8/23	Dining Services
Ugochukwu Onyeugo	8/23	Assisted Living
Theresa Hunt	8/24	Hospice
Harpreet Bath	8/25	Memory Support
Tamera Berry	8/25	Private Care
K Nise Busby	8/25	Dining Services
Diane Prashasouk	8/25	Community Outreach
Skylar Tobey	8/25	Health Center
Samuel Wogaman	8/25	Therapy
Sarah Holforty	8/26	Sales
Alexia Quezada	8/26	Dining Services
Jabous Steed III	8/27	Hospice
Ellese Garcia	8/28	Therapy
Maria Fernandez	8/29	Dining Services
Reyna Munoz	8/29	Therapy
Ida Ricks	8/29	Community Outreach
Kaylin Anderson	8/30	Health Center
Ethan Jones	8/30	Dining Services
Margaret Ramirez	8/31	Business Office



TEAM CCY AUGUST ANNIVERSARIES

Name	Hire Day	#Yrs	Department
Helen Collins	8/1/2016	10	Housekeeping
Tesfaye Feyssa	8/1/2022	4	Health Center
Jonathan Ervin	8/2/2023	3	Dining Services
Erica Smalls	8/2/2024	2	Assisted Living
Cassandra Showels	8/3/2020	6	Health Center
Kristina Harmon	8/4/2025	1	Private Care
Akosua Addo	8/4/2025	1	Executive
Mahikan Sanoe	8/4/2025	1	Memory Support
Ashanti Nyangau	8/5/2024	2	Health Center
Tyler Chappell	8/6/2025	1	Therapy
Florence Onyeugo	8/7/2013	13	Health Center
Claudia Cerecero	8/7/2025	1	Dining Services
Krystal Mitchell	8/8/2022	4	Private Care
Julie Lumnwi	8/9/2024	2	Private Care
Tamba Fengai	8/9/2021	5	Maintenance
Devin Bolton	8/10/2022	4	Therapy
Darkelys Fernandez	8/10/2023	3	Dining Services
Alexis Taylor	8/11/2025	1	Hospice
Rebecca McDaniel	8/11/2025	1	Community Outreach
Briauncha Howard	8/12/2025	1	Assisted Living
Bryant Chatman	8/12/2023	3	Dining Services
Lesley Millar	8/12/2013	13	Development
Fiona Wachira	8/13/2025	1	Private Care
Innocent Oyemike	8/13/2025	1	Assisted Living
Jeanna Thompson	8/14/2025	1	Hospice
Bethany Willoughby	8/15/2022	4	Therapy
Henry Barron	8/15/2022	4	Therapy
Reyna Munoz	8/16/2021	5	Therapy
Norma Wheaton	8/16/2023	3	Dining Services
Natalia Mata	8/16/2023	3	Housekeeping
Cesar Soto	8/18/2025	1	Dining Services
Fatima Campos Tamayo	8/18/2025	1	Housekeeping
Christopher Higgins	8/18/2025	1	Dining Services
Saba Abera	8/19/2024	2	Health Center
Kendrick Luster	8/19/2024	2	Maintenance
Sarah Navarre	8/19/2024	2	Therapy
Maria Guerrero	8/21/2023	3	Housekeeping
Donald Reeves	8/21/2023	3	Umphress
Funmilayo Anderson	8/21/2023	3	Memory Support
Avichay Keomisy	8/22/2022	4	Housekeeping
Veronica Davis	8/22/2022	4	Hospice
Christine Miller	8/23/2021	5	Resident Services
DeAnna Weary	8/23/2021	5	Health Center
Bryan Russell	8/23/2024	2	Assisted Living
Olayemi Ogunyemi	8/24/2020	6	Health Center
Todd German	8/25/2025	1	Therapy
Talena Turner	8/25/2025	1	Dining Services
Eddwado Perkin	8/26/2025	1	Therapy
Azaiella Velo	8/26/2024	2	
Keshaundria Oliver	8/27/2022	4	Private Care
Hirut Hailu	8/27/2008	18	Health Center
Harpreet Bath	8/28/2025	1	Memory Support
Haimanot Berkie	8/28/2017	9	Private Care
Maria Barron	8/28/2023	3	Dining Services
Adaysha Wherry	8/28/2017	9	Health Center
Aster Bayu	8/29/2016	10	Hospice
Omobolanle Mulero	8/30/2023	3	Assisted Living
Andres Espinoza	8/30/2024	2	Dining Services
Tesfaye Yigremie	8/31/1995	31	Health Center

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

RESIDENT AUGUST BIRTHDAYS

Raymond Barnett	Hillside	3	Norma de Vasquez	Vista	18
Patricia Hind	Asbury	3	Suzy Bruce	Overlook	19
John Johnson	Overlook	3	Joy Liles	Vista	19
Ruth Turner	Vista	3	Gary Pinkerton	Vista	19
Angie Vazquez	Asbury	3	Elizabeth Artman	Vista	20
Michael York	Overlook	3	Penelope Schuchat	Overlook	20
Betty Fulmer	Vista	4	Catherine Deardon	Overlook	21
Odessa Dill	Vista	5	William Stokes	Overlook	21
Lou Barnes	Asbury	6	Diane Flint	Overlook	22
Nelwyn Davis	Asbury	6	Alfred Page	Vista	23
Jean Wammack	Hillside	6	Kenneth Luckett	Overlook	25
James Biggerstaff	Overlook	7	Kelli Sander	Asbury	25
Betty Greene	Overlook	9	Patricia Kidd	Overlook	26
John Jackson	Asbury	10	Melanie Brown	Thomas	27
Jill Mandel	Overlook	10	Marianne Thornburgh	Vista	28
Sandra Plate	Vista	10	Richard Frizell	Vista	29
Diane Gibson	Asbury	11	Carla Tulles Heath	Vista	29
Andrew McLaughlin	Vista	11	Carolyn Pedison	Overlook	29
Melvin Symmank	Asbury	13	Linda Taylor	Overlook	29
Nancy Bass	Vista	14	Mary Gilhooly	Overlook	30
Frances Lowery	Hillside	14	Flora McAfee	Vista	30
Judy Marshall	Vista	14	John Wilson	Vista	30
Patricia McDonald	Vista	15	Wilda Geyer	Overlook	31
Timothy McDonnell	Overlook	16	Marilyn Hamilton	Asbury	31
Shirley Sandlin	Vista	16	Barbara Spencer	Vista	31
Kathleen Campbell	Asbury	17			
Elizabeth Ann Hoag	Hillside	17			

Resident *Anniversaries*

AUGUST



18

Janet Wiksten

15 Years

Patti Stewart

Barbara Mott

Betty Greene

Ralph Dugger

Jo Ann Durand

13 Years

Evelyn Bridges

11 Years

Ruth Esgar

10 Years

Sally King

9 Years

Tina Lancaster

7 Years

Jill Pickett

6 Years

Ruby McLeod

5 Years

Walter Dahlberg

Ben Thieme

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SEPTEMBER OLLI CLASSES

Tuesday
September
01

Marcel Duchamp: Iconoclast of Modern Art

Presented by Lane Banks

10:00 AM

Thursday
September
03

The Way I Was by Marvin Hamlisch

Presented by Kathleen Cunningham

10:00 AM

Tuesday
September
08

Pieced Together: Dress at the Intersections of Quilting and Fashion

Presented by Annette Becker

10:00 AM

Thursday
September
10

Iwo Jima

Presented by Jerry Davis

10:00 AM

Tuesday
September
15

What Is Artificial Intelligence? Good and Bad Uses of AI

Presented by Krishna Kavi

10:00 AM

Thursday
September
17

Casablanca: "You Must Remember This..."

Presented by Jerry Davis

10:00 AM

Tuesday
September
22

Poetry Villanelles: Dylan Thomas, "Do Not Go Gentle" at 75, Elizabeth Bishop, "One Art" at 50

Presented by LeeAnn Derdeyn

10:00 AM

Thursday
September
24

A Daughter's Life in the Shadow of the Holocaust

Presented by Anna Salton Eisen

10:00 AM

Tuesday
September
29

The Future of NASA and Commercial Space

Presented by Ken Ruffin

10:00 AM



OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF NORTH TEXAS

OLLI
UNT



A Moment in TIME

An Afternoon with The Sixth Floor Museum & Joan Jackson

Join us for a special mini oral history program presented by Stephen Fagin, Head of Curatorial, The Sixth Floor Museum at Dealey Plaza. The event will feature an exclusive interview with CC Young Resident Joan Jackson as she shares her firsthand account of witnessing the Kennedy motorcade.

FRIDAY, SEPTEMBER 11

DOORS OPEN: 3:00 P. M.

PROGRAM: 3:30 – 4:30 P.M.

LIVE AND ON CCY-TV CH. 81

Refreshments Provided

Limited In-Person Seating!

Residents & Point Members sign up at The Point.
Non-Residents & Non-PMs call 214-258-4000

Afterward, you will have the opportunity to sign up to record brief, 5-minute interviews with Stephen.

Come share your own memories and contribute to this historic project!



THE SIXTH FLOOR MUSEUM
AT DEALEY PLAZA

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CCYOUNG
SENIOR LIVING

EPIC *Adventures*

A Masterclass in Curiosity,
Connection, and Purpose



TRAVELING WITH OLLI (UNT)

Join JoAnn Durand and Cassandra Curry
as they discuss their adventures while
traveling with The UNT Osher Life-long
Learning Institute (OLLI)

Monday, Sept. 14 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez
and Brian Parman

Monday, September 21, 2026 at 3:00 PM
The Point Theater

LET'S CHAT, STITCH & MAKE HISTORY,
YARN BOMB PROJECT
INFORMATIONAL MEETING

20 YEARS OF COMMUNITY, STITCHED TOGETHER BY HAND!



Celebrate 20 years of The Point with community art!
We are yarn bombing a dozen trees in CC Young Central
Park. Knitters, crocheters, and beginners alike—we need your
hands, yarn, and creativity to make this project shine.
Refreshments provided.

THE POINT ART GALLERY SHOW

Saturday, August 22 – Friday, October 23

Now celebrating its 26th anniversary, the Spirit Is Ageless 2026 Art & Writing Contest returns to CC Young Senior Living, inviting older adults across the Dallas-Fort Worth area to showcase their creativity and submit original art and writing creations.

*Spirit is
Ageless*



ART & WRITING
CONTEST

Your Story.
Your Art.
Your Moment
to Shine.



Celebration of Artists and Writers
Friday, October 23
2:00pm - 4:00pm



CCYOUNG.ORG



Guest Speaker

Marianne Gargour

Founder of MG Coaching & Creativity LLC, a certified life coach, professional artist, and cancer survivor.

RSVP to RSVP@ccyoung.org