

CC Y CC YOUNG SENIOR LIVING Activities are subject to change. Vista 5 Activities August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions Of Wellness Legend Social Physical Emotional Intellectual Spiritual						Daily Chronicles/Games/Puzzles available in Activity Room
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 2	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 3	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film 4	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film 5	9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 6	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: Song Sung Blue Ch. 81 2:30 Feel-Good Friday Film 7	Daily Chronicles/Games/Puzzles available in Activity Room 8
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 9	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 10	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 11	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film 12	9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 13	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film 14	Daily Chronicles/Games/Puzzles available in Activity Room 15
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 16	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 1:30 Movie Matinee: Leaving Tracks Ch. 81 2:30 Musical Monday Film 17	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 18	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film 19	9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 20	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film 21	Daily Chronicles/Games/Puzzles available in Activity Room 22
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 23	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 24	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 25	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film 26	9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 27	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: The Sheep Detective Ch. 81 2:30 Feel-Good Friday Film 28	Daily Chronicles/Games/Puzzles available in Activity Room 29
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 30	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 31	Reiki Session with Anna Offered the last three Tuesdays of each month Call 972-977-7012 to schedule	Be sure to explore all of our livestream options available on our inhouse TV station, Channel 81! For detailed descriptions of each offering, please refer to your Lifestyle Guide. OLLI Classes every Tuesday & Thursday at 10:00 AM streaming live on Channel 81.			Activities are subject to change. If you have any questions or concerns regarding the calendar, please contact the Life Enrichment Manager at 214-273-9653.