

ACTIVE SENIOR LIFESTYLE GUIDE

CC YOUNG
THE POINT & PAVILION

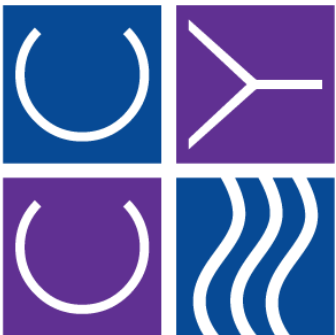


Epic Adventures
NATIONAL PARKS

“Campfire Connections”
REVISIT SUMMER MEMORIES

Stars, Stripes & Syrup
**READINGS OF THE DECLARATION
OF INDEPENDENCE**

JULY 2026



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MEET THE TEAM



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POINT CLASS INSTRUCTORS



Heidi Fessler
Wellness
Instructor



Ann Sury
Wellness
Instructor



Beth Belk
Wellness Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



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Speech Therapist /
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Instructor
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Dave Larcade
Tai Chi Instructor

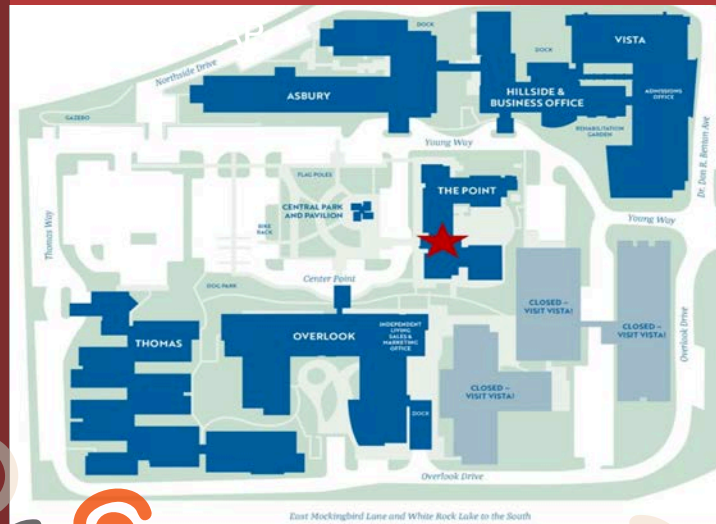


David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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



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

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CC YOUNG
THE POINT & PAVILION

WATERCOLOR WORKSHOP

*with Master Watercolorist
Gaylord O'Con*



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

WEDNESDAY

JULY 1

10:00AM

SIGN UP AT THE POINT

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



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

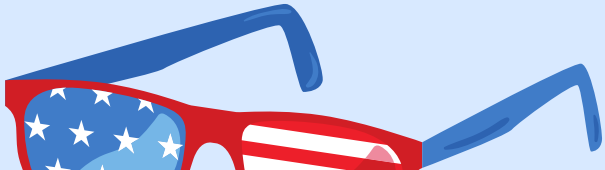
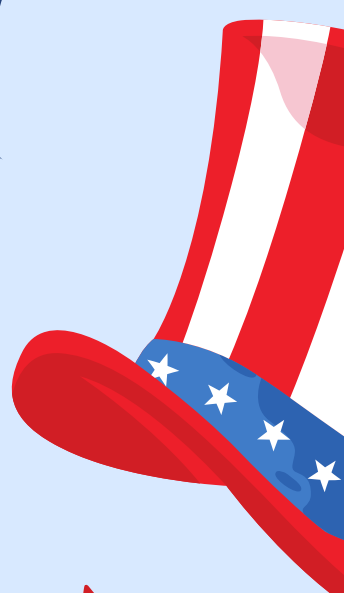


**STARS
STRIPES
and
SYRUP**



250 Years of Freedom

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

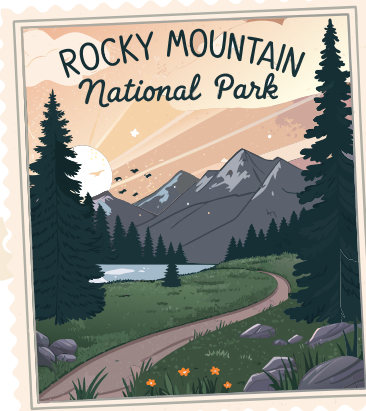


EPIC

Adventures

A Masterclass in Curiosity,
Connection, and Purpose

4



STORIES OF THE GREAT OUTDOORS

Join Kathleen Campbell & Rebecca McDaniel,
as they discuss their journeys through State &
National Parks.

Monday, July 6 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez and Brian Parman

CAMPFIRE CONNECTIONS

Gather 'round the "fire" enjoy an unforgettable evening, under the "stars!" roast marshmallows, share stories, and soak in the cozy ambiance

TUESDAY, JULY 14

7:00pm

The Point Auditorium

Share favorite memories, help bring the story to life with props and audience participation, and discover what mysterious sounds are coming from the woods.



CC YOUNG
THE POINT & PAVILION

No Tests. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

Thursday, July 2

Hwaet! A History of English

Presented by Lynne Kelsey

Tuesday, July 7

Great Waltzes by Great Composers

Presented by Ron Fink

Thursday, July 9

Turkey Vultures: The Life and Times of Unloved Birds

Presented by Scott Kiester

Tuesday, July 14

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

Presented by Bruce Ralston

Thursday, July 16

Jane Austen's Novel: Persuasion

Presented by Elaine Kushmal

Tuesday, July 21

The Doolittle Raiders of WWII

Presented by Darrel VanDyke

Thursday, July 23

Matilda: A Stolen Medieval Crown

Presented by Marla Morris

Tuesday, July 28

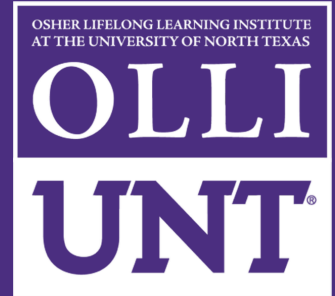
**Artificial Intelligence (AI) - The Good, the Bad, & the
Very Bad**

Presented by Darrel VanDyke

Thursday, July 30

Presidential Trivia

Presented by Bruce Ralston



THE POINT



CC YOUNG
THE POINT & PAVILION

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LISTENING LAB



EXPERIENCE. EMPATHIZE. CHANGE PERSPECTIVES.



Step into someone else's world.

The Listening Lab lets family members and staff experience what it's like to live with hearing loss through interactive activities that build understanding and compassion.




EXPERIENCE
Simulations that mimic hearing loss



EMPATHIZE
Gain a deeper understanding of daily challenges



CONNECT
Stronger communication.
Stronger community.



Listen, Learn, Make a Difference.
Together, we can build a more inclusive and understanding community —one conversation at a time.

 **JULY 20TH, 2026**
2:00 - 4:00 PM

 **LOCATION**
4847 Lawther Drive
The Point Bldg.
Dallas, TX 75214

 **OPEN TO THE PUBLIC**

 **RSVP TODAY!**
Call (469) 971-9101

JULY GIZMO GUIDANCE

CONNECT, CREATE, AND
CONTROL YOUR DIGITAL WORLD.

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



Saturday, July 11

9:30am-11:00am

Password Managers -
find what works for you

11:00am-12:30pm

Open Lab Time - Drop in
with questions.

Saturday, July 18

9:30am-11:00am

iPhone - Set your
schedule and create
reminders

11:00am-12:30pm

Open Lab Time - Drop in
with questions.

Saturday, July 25

9:30am-11:00am

iPhone - Apple Pages,
how to convert to PDF
and Word

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

REJEBIAN SERIES

WEDNESDAYS IN JULY
6:00 PM TO 8:30 PM

July 1

Peter Onuf and Francis Cogliano: "Thomas Jefferson Survives" interviewed by Talmage Boston

July 8

Bryan Burrough: "The Gunfighters: How Texas Made the West Wild"

July 22

Dave Tanner, Reviewer: "American Graffiti: Where Were You in 62" by George Lucas

July 15

Dana Harkey, Reviewer: "The Bookshop: A History of the American Bookstore" By Evan Friss

July 29

Char Justiss, Reviewer: "The Chief: The Life of William Randolph Hearst" By David Nasaw



Shopping & Lunch



Thursday, July 30
11:30 AM to 3:00 PM

Uptown
Players

Broadway's GOLDEN Satire

URINETOWN

THE MUSICAL

Thursday, July 16
7:00 PM to 10:00 PM

IT'S A PRIVILEGE TO FREE!

GREED STINKS

The Umphress Terrace Van will pick up at the Point.

Limited Space Available
Sign Up Today



TONY AWARD WINNING MUSICAL!

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

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



CC Young Auxiliary

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

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



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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

Dallas County Pioneers



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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



UKE CAN DO IT!

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

HAPPY HOOKERS

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

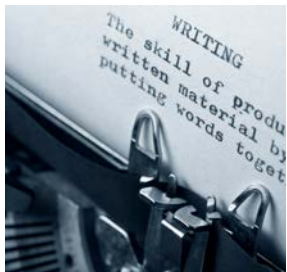


KNOTTY KNITTERS & CRAFTY CROCHETERS

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

GARDEN CLUB

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



SCRIBBLERS, SCRIBES AND SEEKERS

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

CC YOUNG 'UNS CHOIR

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





FELLOWSHIP, WORD & BIBLE STUDY

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

ACTING FUN

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



RUMMIKUB CLUB

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

WII BOWLING TEAM

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



SIGN LANGUAGE FUN

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

WHITE ROCK WRAPPERS

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



The EXERCISE Rainbow

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

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

<u>CARDIO</u>	<u>STRENGTH</u>	<u>FLEXIBILITY</u>	<u>MOBILITY</u>	<u>BALANCE</u>
<ul style="list-style-type: none"> • Aquacise* • Balloon • Badminton • Chair • Volleyball • Dance Sculpt • Dancing with Diane • Drumba • Pool • Volleyball* • Rocksteady • Boxing • Sit & Get Fit 	<ul style="list-style-type: none"> • Aqua Boot Camp* • Arm Lab • Dance Sculpt • H2O Hustle* • Leg Lab • Mat Pilates Foundations • Sit & Get Fit • Total Body Lab 	<ul style="list-style-type: none"> • Chair Yoga • Floor Yoga • Mindful Yoga Flow 	<ul style="list-style-type: none"> • Aqua Flow* • Chair Yoga • Full Body Mobility • Lower Body Mobility • Mat Pilates Foundations • Upper Body Mobility 	<ul style="list-style-type: none"> • Balance • Balance 2 • Mindful Yoga Flow • Tai Chi

The EXERCISE Rainbow

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



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**



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

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

Also Supports Cardio



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

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



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

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



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

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



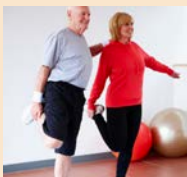
Lower Body Mobility
9:00-9:30am / Wed
Instructor: Kori Ware

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



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

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



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

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



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

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



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

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

CLASSES ARE OPEN TO RESIDENTS AND POINT MEMBERS ONLY



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

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



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

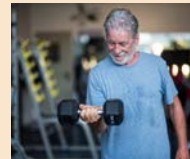
A gentle, feel-good class designed to improve joint range of motion, flexibility, and overall movement quality. Move through head-to-toe mobility exercises that help you stay limber, active, and pain-free.



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

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

Also Supports Balance



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

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



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

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



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

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

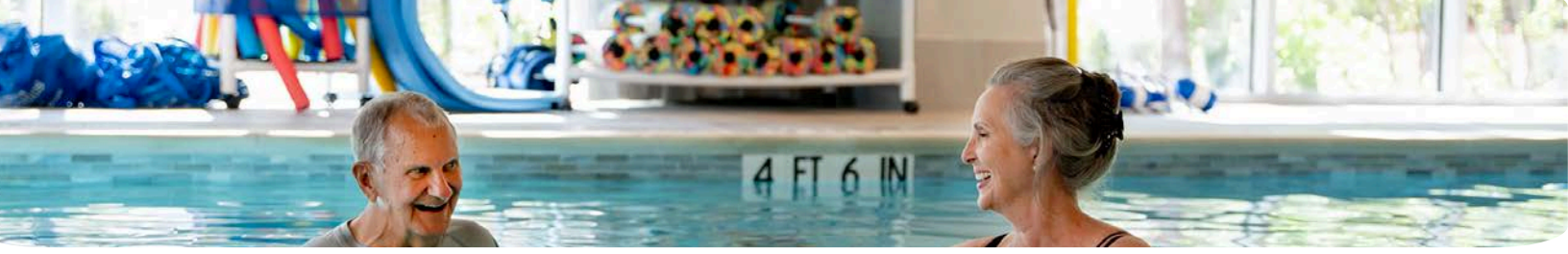
Drop-in Equipment Orientations

10:00-10:45am Thursday

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



CLASSES ARE OPEN TO RESIDENTS AND POINT MEMBERS ONLY



CC YOUNG
REHABILITATION & AQUATICS PROGRAM



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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

AQUATICS 101

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

(By Appointment)

RSVP for all aquatics classes: 972-638-8795

OPEN SWIM

Mon., Wed., Fri.

9:00am–10:30am and 10:30am–12:00pm

Tuesdays

12:00pm–1:30pm and 1:30pm–3:00pm

Thursdays

1:00pm–2:30pm and 2:30pm–4:00pm

AQUACISE CLASS

Mon., Wed., Fri. - 2:00pm–3:00pm

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

AQUA FLOW CLASS

Mon., Wed., Fri. - 1:00pm–2:00pm

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

POOL VOLLEYBALL

Tuesdays - 3:00pm–4:00pm

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

LAP SWIMMING

Tues., and Thurs. - 11:00am–12:00pm

AQUA BOOT CAMP

Mon., Wed., Fri. - 3:00pm–4:00pm

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

H2O HUSTLE

Mon., Wed., Fri. - 8:00am–8:45am

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

Open to Residents and Point Members

THIS WEEK'S

Highlights

Tuesday, June 30

10:00am

OLLI Class

Medicare 101: Understanding the Basics - Catherine Snow

Wednesday, July 1

10:00am

Watercolor Workshop

250th American Flag
Sign up at The Point

Thursday, July 2

8:00am

Stars, Stripes & Syrup

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

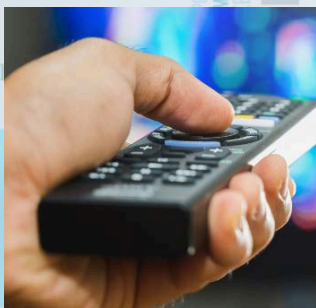
Thursday, July 2

10:00am

OLLI Class

Hwæt! A Brief History of English

Lynne Kelsey



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

SUNDAY, JUNE 28

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!

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.

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

MONDAY, JUNE 29

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

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

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

Aquatics Classes

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

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

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

PM Exercise Classes

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

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

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

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

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

TUESDAY, JUNE 30

AM Exercise Classes

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

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

10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
Medicare 101: Understanding the Basics
 Presented Catherine Snow

Aquatics Classes

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

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

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

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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

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

3:00pm – 4:00pm OL Mockingbird Point
Bible Study with Bill Power **Res. & PM Only**
 Resident led study **no class today**

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

WEDNESDAY, JULY 1

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba

Vista 9th Floor Res. & PM Only

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



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village & Aldi

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! All Welcome!

Not Meeting in July.

10:00am – 11:00am Tech Classroom

Garden Club Meeting Res. & PM Only



10:00am – 11:00am Auditorium

Watercolor Workshop Res. & PM Only

“250th America Flag”

Sign up required. Limited Spots.

10:45am – 11:30am Vista - 9

Table Talk with John Hill All Welcome!

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

1:00pm – 1:45pm Mindful Yoga Flow **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

2026 REJEBIAN SERIES

6:00pm – 8:30pm Resident Only

Rejebian Series Sign up in the Point

"Thomas Jefferson Survives," interviewed by almage Boston, Peter Onuf and Francis Cogliano

THURSDAY, JULY 2



8:00am – 10:00am Central Park

Stars, Stripes & Syrup Resident Only

Come for the pancakes, stay for the show!

Enjoy a hot breakfast and live performances

featuring CCY Resident the CC Young 'Uns Choir,

and the CC Young “Uke Can Do It” Players.

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

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



10:00am – 11:30am

OLLI Class

Hwaet! A Brief History of English

Presented by Lynne Kelsey

Auditorium & 81

Res, PM & OLLI

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: Sliders



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 July**

1:30pm - 3:00pm Theater

The Chosen Series Res. & PM Only

Screening and Discussion.

3:00pm – 4:00pm Flagpole Hill

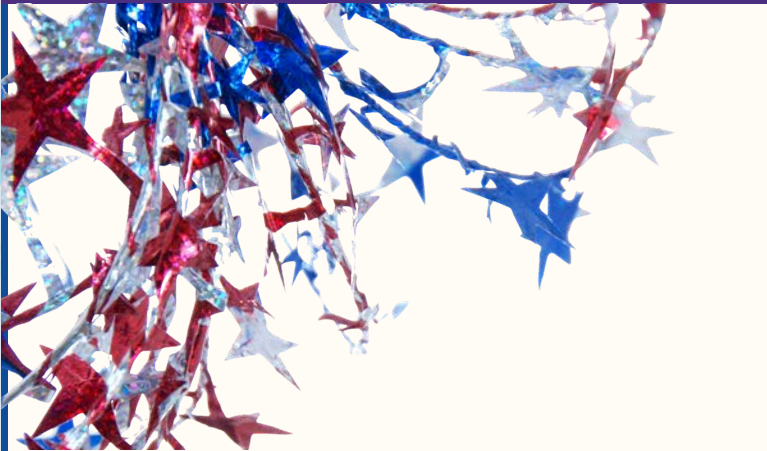
Fellowship Word & Bible Study Res. & PM Only

4:00pm – 5:00pm Auditorium

Resident Happy Hour Resident Only

CXL Today

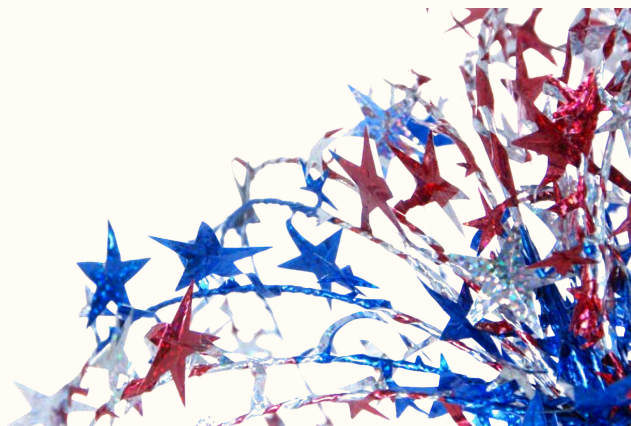
FRIDAY, JULY 3



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

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

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



SATURDAY, JULY 4

2:00pm – 7:00pm

Open Paint Time

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

White Rock Class

Res. & PM Only



Note* Conleys Dining Closed for Dinner Today



**4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY**

WEATHER ADVISORY FOR ALL RESIDENTS!

CC YOUNG
SENIOR LIVING

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

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



heat stroke in dogs

a dog's body temperature

- heat stroke: 103-106 °F / 39.4-41 °C
- heat exhaustion: 102-103 °F / 38.9-39.4 °C
- normal: 101-102.5 °F / 38.3-39.2 °C

signs of heat stroke

- heavy panting, difficulty breathing, excessive thirst
- bright red tongue or it mucous membranes, which turn gray or black within
- thick saliva, drooling, vomiting, and/or diarrhea
- collapse and staggering
- lethargy

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

some dogs are more at risk

- short-haired
- long-haired
- young

the dangers of heat stroke

- 104 °F / 40 °C
- >15 mins of sunning
- dehydration
- organ failure
- death

THIS WEEK'S

Highlights

Monday, July 6

3:00pm – 4:30pm

Epic Adventures

National Parks

Tuesday, July 7

10:00am

OLLI Class

Great Waltzes by Great Composers

Presented by Ron Fink and Amy Bishop

Wednesday, July 8

2:00pm

All Resident Council Meeting

Thursday, July 9

10:00am

OLLI Class

Turkey Vultures: The Life and Times of an Unloved Bird presented by Scott Kiester

Friday, July 10

1:30pm

Movie Matinee

Bonhoeffer

Rated PG -13 · 2004 · 1h 48m

SUNDAY, JULY 5

The CCY Ministry Team hosts Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
Ch. 81
All Welcome!



CAREGIVER SUPPORT GROUP

YOU CARE FOR THEM. LET US CARE FOR YOU.

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

For more information contact:

Rickina McKinley 214-273-9653 / rmckinley@ccyoung.org
or Brian Parman 972-755-3260 / bparman@ccyoung.org

Wednesday, July 8, 2026

(The second Wednesday of each month)

4:00 PM – 5:00 PM
Hillside Activity Room

Refreshments Provided

"STRENGTH IS FOUND IN OUR COLLECTIVE JOURNEY."

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, JULY 6

AM Exercise Classes

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

Aquatics Classes

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

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

10:30am – 11:30am Vista 9
Current Events **Res. & PM Only**
 With Randy Mayeux

PM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit

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

1:00pm – 2:00pm Tech Classroom
Sign Language Fun!

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



3:00pm – 4:30pm Auditorium & 81
Epic Adventures Series **Res & PM Only**
A Masterclass in Curiosity, Connection, and Purpose
 This month's stop: National and State Parks
 See pg. 7 for more info.

TUESDAY, JULY 7

AM Exercise Classes

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

10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
Great Waltzes by Great Composers
 Presented by Ron Fink and Amy Bishop

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: Sliders

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

PM Exercise Classes

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

3:00pm – 4:00pm OL Mockingbird Point
Bible Study with Bill Power **Res. & PM Only**
 Resident led study **no class in July**

Monday, July 6

National

Fried chicken Day

WEDNESDAY, JULY 8

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Lower Body Mobility **CXL TODAY**

9:30am – 10:00am Leg Lab **CXL TODAY**

11:00am – 11:45am Drumba

Vista 9th Floor Res. & PM Only

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



9:15am – 11:30am Resident Only

Shopping Trip to Hillside Village & Aldi

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

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am Café Game Zone

Rummikub Open Play Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! Res. & PM Only!

Not Meeting in July.

10:00am – 11:00am White Rock Class

Garden Club Meeting Res & PM Only

10:45am – 11:30am Vista - 9

Table Talk with John Hill Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom Res & PM Only

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

Vista 9th Floor Res & PM Only

1:00pm – 2:00pm Rock Steady for PD

2:00pm – 3:30pm Theater

Acting Fun Drama Club Res. & PM Only



2:00pm – 3:30pm Auditorium

All Resident Council Resident Only

4:00pm – 5:00pm Hillside MPR

Caregiver Support Group All Welcome!

Refreshments Provided

2026 REJEBIAN SERIES

6:00pm – 8:30pm Resident Only

Bus Trip: Rejebian Series Sign up in the Point

"The Gunfighters: How Texas Made the West

Wild" by Bryan Burrough

THURSDAY, JULY 9

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

OLLI

10:00am – 11:30am Auditorium & 81

OLLI Class Res, PM & OLLI

Turkey Vultures: The Life and Times of an Unloved Bird

Presented by Scott Kiester

Aquatics Classes

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

11:00am – 12:00pm Lap Swimming

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

1:30pm - 3:00pm Theater

The Chosen Series Res. & PM Only

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 July**



2:00pm – 5:00pm The Clinic (Vista-2)

Total Hearing Clinic Resident Only

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

3:00pm – 4:00pm Flagpole Hill

Fellowship Word & Bible Study **CXL Today**

4:00pm – 5:00pm Auditorium

Resident Happy Hour Resident Only

Thursday, July 9

National

Sugar Cookie Day



FRIDAY, JULY 10

AM Exercise Classes

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

Aquatics Classes

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



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

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

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

PM Exercise Classes

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Bonhoeffer
 Rated PG -13 · 2004 Drama/History · 1h 48m

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

SATURDAY, JULY 11

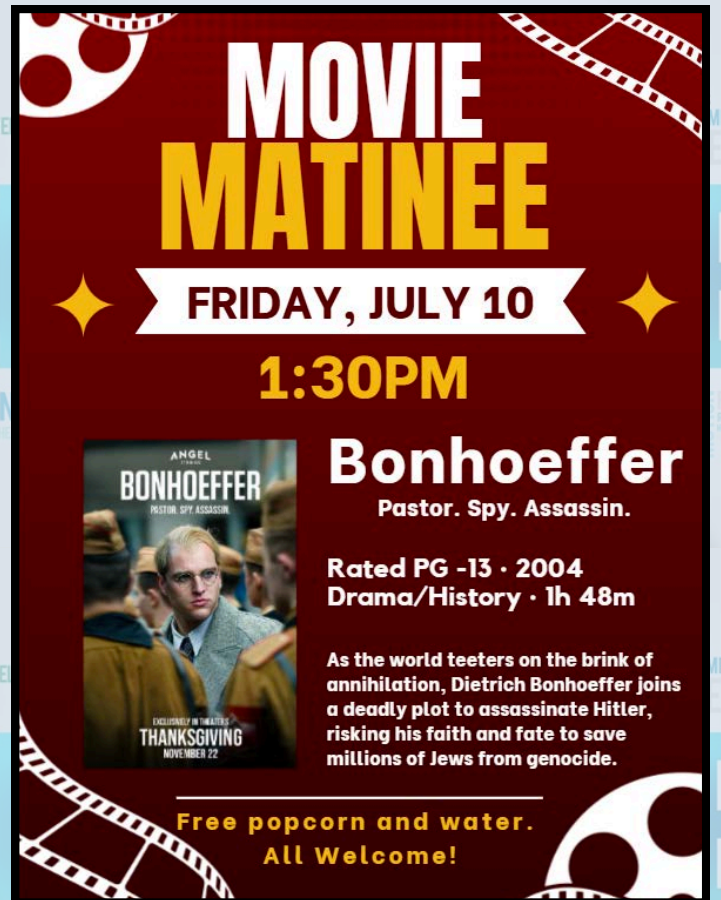
9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am- Password Managers - find what works for you
 11:00am- Open Lab time

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

10:00am – 12:00pm White Rock Class
Beginning Jewelry making Res. & PM Only
 Limited spots available on first come, first served basis.

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






MOVIE MATINEE

FRIDAY, JULY 10

1:30PM



Bonhoeffer

Pastor. Spy. Assassin.

Rated PG -13 · 2004
Drama/History · 1h 48m

As the world teeters on the brink of annihilation, Dietrich Bonhoeffer joins a deadly plot to assassinate Hitler, risking his faith and fate to save millions of Jews from genocide.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Tuesday, July 14

10:00am

OLLI Class

The History of the White House Oval Office & the Resolute Desk
Presented by Bruce Ralston

Tuesday, July 14

7:00pm

Campfire Connections

Gather 'round the "fire" enjoy an unforgettable evening under the "stars"!

Thursday, July 16

10:00am

OLLI Class

Jane Austen's Novel Persuasion
Presented by Elaine Kushmaul

Friday, July 17

1:30pm

Movie Matinee

The Housemaid

Rated R · 2025 Thriller/Mystery · 2h 13m

SUNDAY, JULY 12

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!

Wellness Wednesday Chair Massages

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

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



Sign Up by
scanning QR code.

The 3rd Wednesday of each month

For assistance to make an
appointment call 972-755-3260

Open to residents, point members,
staff and guests!

Want more info?

Watch The CC Young News
on CH. 81!

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



MONDAY, JULY 13

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

Aquatics Classes

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

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



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

PM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit

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

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

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

TUESDAY, JULY 14

AM Exercise Classes

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



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



10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
The History of the White House Oval Office & the Resolute Desk
 Presented by Bruce Ralston

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 July**



7:00pm - 8:30pm Auditorium
Campfire Connections **Res. & PM Only**
 Gather 'round the "fire" enjoy an unforgettable evening under the "stars," "roast" marshmallows, share stories, and soak in the cozy ambiance.

WEDNESDAY, JULY 15

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

Vista 9th Floor Res. & PM Only

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



9:15am – 11:30am Resident Only

Shopping Trip to Hillside Village & Aldi

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 3:45pm Aqua Boot Camp

9:30am – 11:00am Café Game Zone

Rummikub Open Play Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! Res. & PM Only!

Not Meeting in July.

10:00am – 11:00am Tech Classroom

Garden Club Meeting Res. & PM Only

10:45am – 11:30am Vista - 9

Table Talk with John Hill Res. & PM Only!

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

Vista 9th Floor Res. & PM Only

1:00pm – 1:45pm Rock Steady for PD



1:00pm – 4:00pm Lobby

Wellness Wednesday All Welcome!

Chair Massages. \$20 for 10 minutes.

2:00pm – 3:30pm Theater

Acting Fun Drama Club Res. & PM Only

3:00pm – 4:00pm Asbury

Story Telling with Jo Rader Resident Only

CXL for July



6:00pm – 8:30pm Resident Only

Rejebian Series Sign up in the Point

The Bookshop: A History of the American Bookstore" by Evan Friss

THURSDAY, JULY 16

Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00am – 11:30am

OLLI Class!

Jane Austen's Novel Persuasion

Presented by Elaine Kushmaul

Auditorium & 81

Res, PM & OLLI

Aquatics Classes

972-638-8795.

Vista Rehab Pool Res. & PM Only

11:00am – 12:00pm Lap Swimming

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



11:00am – 1:30pm

Dining Action Station

This Month's Station: Sliders

Asbury

Resident Only

1:30pm – 3:00pm

Studio Art Time with

David Schulze

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

White Rock Class

Res. & PM Only

1:30pm - 3:00pm

The Chosen Series

Screening and Discussion

Theater

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom Res & PM Only

5:00pm – 6:00pm Movement & Dance

3:00pm – 4:00pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

Resident Only



7:00pm – 10:00pm

Bus Trip: Broadway Play: Urinetown

Limited Spots! Signup at The Point.

Resident Only

Wednesday, July 15

National

Hot Dog

Day



FRIDAY, JULY 17

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise 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.

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

Movie Matinee

Theater

All Welcome!

The Housemaid

Rated R · 2025 Thriller/Mystery · 2h 13m

SATURDAY, JULY 18

9:30am – 12:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- iPhone - Set your schedule and create reminders

11:00am- Open Lab time

9:30am – 11:30am

Art With Pattie Gooch

Flagpole Hill Class

Res. & PM Only

This month: Paint Marbeling

Sign up at The Point

10:00am – 12:00pm

White Rock Democrats

Auditorium

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

OPEN FRIDAY & SATURDAY

CALL 972-755-3259
FOR RESERVATIONS



MOVIE MATINEE

FRIDAY, JULY 17

1:30PM



The Housemaid

Rated R · 2025
Thriller/Mystery · 2h 13m

Millie a struggling young woman becomes live in maid for a wealthy couple Nina and Andrew. She enters a mansion of secrets, manipulation, and escalating psychological games that pull her into a dangerous relationship dynamic.

Free popcorn and water.
All Welcome!

SUNDAY, JULY 19

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium &
Ch. 81
All Welcome!

THIS WEEK'S *Highlights*

Tuesday, July 21

10:00am

OLLI Class

The Doolittle Raiders of WWII presented by Darrel VanDyke

Thursday, July 23

10:00am

OLLI Class

A Stolen Medieval Crown presented by Marla Morris

Friday, July 24

1:30pm

Movie Matinee

Ticket to Paradise

Rated PG-13 · 2022 · 1h 44m

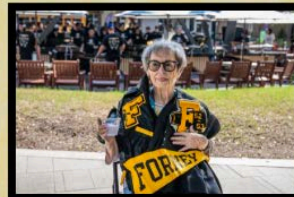
**RESCHEDULED
EVENT**

**FRIDAY
JULY
24
10:00AM**

FORNEY HIGH SCHOOL

**FORNEY
BAND
SPECIAL
PERFORMANCE**

**DRUMLINE
PERFORMANCE
UNDER THE PAVILION**



**CC YOUNG
THE POINT & PAVILION**

Want more info?

Watch The CC Young News
on CH. 81!

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

MONDAY, JULY 20

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

Vista 9th Floor Res. & PM Only

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

Aquatics Classes

972-638-8795

Vista Rehab Pool Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am Auditorium S

Happy Hookers Volunteer Group Res. & PM Only

Crochet plastic grocery bags into sleeping mats.

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

1:00pm – 2:30pm Flagpole Hill

SPEAK OUT! Therapy Group Res. & PM Only

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

1:00pm – 2:00pm Tech Classroom

Sign Language Fun! Res. & PM Only

2:00pm – 3:00pm White Rock Class

Knotty Knitters & Crafty Crocheters Res. & PM Only

3:00pm – 4:30pm Auditorium & 81

Bunco! Res. & PM Only

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

TUESDAY, JULY 21

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

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

10:00am – 11:30am Auditorium & 81
OLLI Class! Res, PM & OLLI
The Doolittle Raiders of WWII
 Presented by Darrel VanDyke

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 – 4:00pm OL Mockingbird Point~~

~~**Bible Study with Bill Power** Res. & PM Only~~

Resident led study **no class in July**

6:00pm – 9:00pm Auditorium

Harmonica Organization Res. & PM Invited

of Texas (Hoot)

Monthly meeting

WEDNESDAY, JULY 22

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

Vista 9th Floor Res. & PM Only

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



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village & Aldi

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! All Welcome!

Not Meeting in July.

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!



11:30am – 1:30pm Overlook-Conley's

Dining Action Station

Resident Only

This Month's Station: Sliders

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

1:00pm – 1:45pm Mindful Yoga Flow

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

Vista 9th Floor Res. & PM Only

1:00pm – 1:45pm Rock Steady for PD

2:00pm – 3:00pm Theater

Acting Fun Drama Club Res. & PM Only

2:00pm – 3:00pm 6th floor, Vista

Park & Chat North Sunroom

Discussion Group for people with Parkinson's



6:00pm – 8:30pm Resident Only

Rejebian Series Sign up in the Point

"American Graffiti: Where Were You in 62" by

George Lucas

THURSDAY, JULY 23

Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00am – 11:30am

OLLI CClass!

Matilda: A Stolen Medieval Crown

Presented by Marla Morris

Auditorium & 81

Res, PM & OLLI

Aquatics Classes

Vista Rehab Pool 972-638-8795.

Res. & PM Only

11:00am – 12:00pm Lap Swimming

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



1:30pm – 2:30pm

Shopping Trip to Walmart

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

Resident Only

1:30pm - 3:00pm

The Chosen Series

Screening and Discussion.

Theater

Res. & PM Only

3:00pm – 4:00pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

Resident Only

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

5:00pm – 6:00pm Movement & Dance



Thursday, July 23

National

Vanilla Ice Cream

Day

FRIDAY, JULY 24

AM Exercise Classes

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

Aquatics Classes

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



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

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



10:00am – 11:00am Pavilion & Park
Forney High School
Drum Line Performance All Welcome

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

PM Exercise Classes

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

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Ticket to Paradise
 Rated PG-13 · 2022 Comedy/Romance · 1h 44m

SATURDAY, JULY 25

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
 9:30am-iPhone - Apple Pages, how to convert to PDF and Word
 11:00am- Open Lab time

10:00am – 12:00pm White Rock Class
Beginning Jewelry making Res. & PM Only
 Limited spots available on first come, first served basis.

2:00pm – 7:00pm White Rock Class
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, JULY 24

1:30PM

Ticket to Paradise

Rated PG-13 · 2022
Comedy/Romance · 1h 44m

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.

TICKET PARADISE

Free popcorn and water. All Welcome!

THIS WEEK'S

Highlights

Tuesday, July 28

10:00am

OLLI Class

Artificial Intelligence (AI) - The Good, the Bad, and the Very Bad presented by Darrel VanDyke

Wednesday, July 29

6:30pm

Old Time Gospel Hour

Presented by the Ministry Team

Thursday, July 30

10:00am

OLLI Class

Presidential Trivia presented by Bruce Ralston

Friday, July 31

1:30pm

Movie Matinee

The Choral

Rated R · 2025 · Music · 1h 53m

SUNDAY, JULY 26

The CCY Ministry Team hosts
Sunday Worship Services

9:30am – 10:30am
Christ Chapel

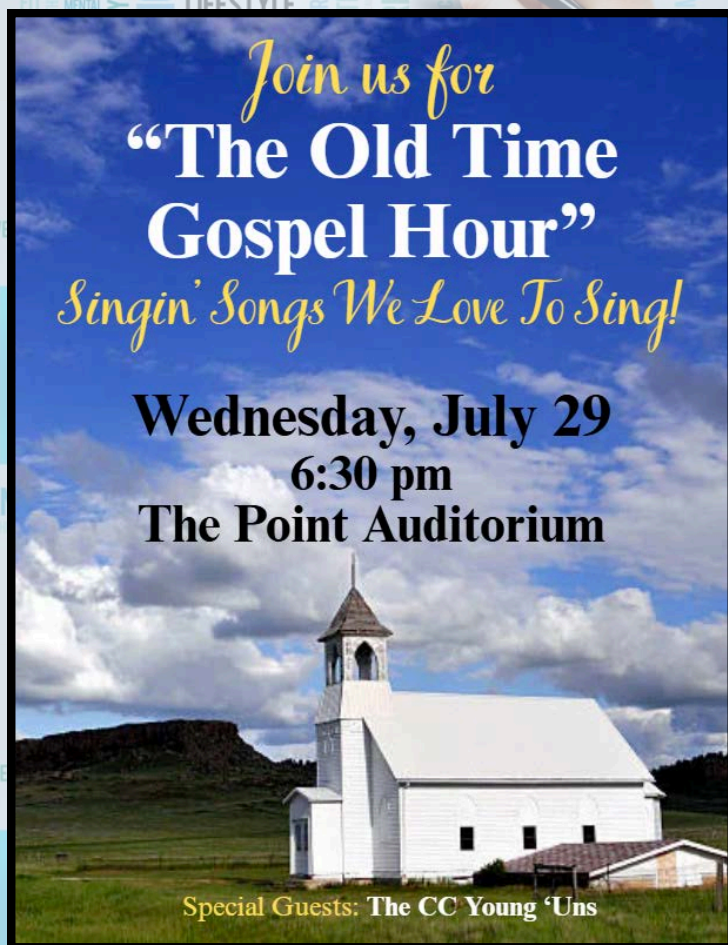
Vista-2
All Welcome!

11:00am – 12:00pm
The Point

Auditorium
& Ch. 81
All Welcome!

Join us for
“The Old Time
Gospel Hour”
Singin’ Songs We Love To Sing!

Wednesday, July 29
6:30 pm
The Point Auditorium



Special Guests: The CC Young ‘Uns

Want more info?

Watch The CC Young News
on CH. 81!

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



MONDAY, JULY 27

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

Vista 9th Floor Res. & PM Only

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

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am Auditorium S

Happy Hookers Volunteer Group Res. & PM Only

Crochet plastic grocery bags into sleeping mats.



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

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

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

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

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

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

Monday, July 27

National
Creme Brulee
Day



TUESDAY, JULY 28

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

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

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

Artificial Intelligence (AI) - The Good, the Bad, and the Very Bad
Presented by Darrel VanDyke

Aquatics Classes

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

11:00am – 12:00pm Lap Swimming

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

3:00pm – 4:00pm Pool Volleyball

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm Intermediate Tai Chi

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

3:00pm – 4:00pm OL Mockingbird Point
Bible Study with Bill Power Res. & PM Only
Resident led study **no class in July**

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

WEDNESDAY, JULY 29

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

Vista 9th Floor Res. & PM Only

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



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village & Aldi

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

Join other players in the fun tile game!

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! All Welcome!

Not Meeting in July.

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



6:00pm – 8:30pm Resident Only

Rejebian Series Sign up in the Point

"The Chief: The Life of William Randolph Hearst"

by David Nasaw Char Justiss | Reviewer



6:30pm – 7:30pm Auditorium

Old Time Gospel Sing All Welcome!

THURSDAY, JULY 30

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Dance Sculpt

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00am – 11:30am

OLLI Class

Presidential Trivia

Presented by Bruce Ralston

Auditorium & 81

Res, PM & OLLI



11:30am-2:30pm Resident Only

Bus Trip: Shopping & Lunch

Destination: Ladies Designer Brand Warehouse

Sale. Sign up at The Point

Aquatics Classes

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

11:00am – 12:00pm Lap Swimming

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

1:30pm - 3:00pm

The Chosen Series

Screening and Discussion.

Theater

Res. & PM Only

3:00pm – 4:00pm

Fellowship Word & Bible Study

Flagpole Hill

Res. & PM Only

4:00pm-5:00pm

Resident Happy Hour

Auditorium

Resident Only

Wednesday, July 29

National

Lasagna Day



FRIDAY, JULY 31

AM Exercise Classes

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

Aquatics Classes

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

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


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


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

PM Exercise Classes

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

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

 1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
The Choral
 Rated R · 2025 · Music · 1h 53m

 3:30pm – 4:30pm Auditorium
Richard Stanford All Welcome
Book Review
 Thomas Jefferson Survives
 by Annette Gordon-Reed

Friday, July 31

National

Chilli Dog Day



SATURDAY, AUGUST 1

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

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



4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

MOVIE MATINEE

FRIDAY, JULY 31

1:30PM



The Choral

Rated R · 2025 · Music · 1h 53m

A choral society's male members enlist in World War I, leaving the demanding Dr. Guthrie to recruit teenagers. Together, they experience the joy of singing while the young boys grapple with their impending conscription into the army.

Free popcorn and water.
All Welcome!

GET YOUR KICKS IN 2026

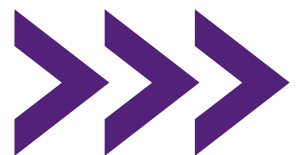


CC YOUNG
SENIOR LIVING

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.





The Threads That Shape Us: Chasing Fireflies

There is a distinct magic to July. It's a month anchored by heavy heat, fireflies dancing in the twilight, and the anticipation of Independence Day. But lately, as I look forward to the celebrations, my mind keeps drifting backward to the moments where nature completely rewrote the plan—and how those unexpected disruptions always brought us closer together.

I used to think a perfect July 4th required clear skies and a massive, choreographed fireworks display. As a kid, if the weather didn't cooperate, it felt like a disaster. I still vividly remember a summer in North Dakota when a horrible lightning storm and torrential rain knocked out the power, completely putting a damper on my holiday expectations. Another year, it was watching a sudden evening rainstorm sweep across a beach in Florida, washing out our plans.

But looking back now, those rain-soaked holidays are the ones that stuck.

When the power went out, the real magic started. We lit the lanterns, huddled together, and played cards. In the glow of that soft light, the night became about sharing cherished memories, laughing at silly stories, and learning about our family history. My first summer here in North Texas taught me a similar lesson. The storms that roll across the plains bring a brand of fireworks that mother nature commands entirely on her own—powerful, humbling, and absolutely breathtaking. There is truly nothing like it.

As an adult, I don't just remember those storms; I savor them. I relive them in the quiet rhythms of July traditions. I feel that closeness when I whip up a batch of my mom's tuna macaroni casserole, or when I attempt to recreate her German potato salad. I feel it when I head to the market to pick out the perfect watermelon, remembering exactly how I used to do the very same thing with my dad.

Lately, these reflections feel even weightier. With our nation celebrating the historic 250th anniversary of the Declaration of Independence this month, it's hard not to look inward at my own personal journey. True independence is a process. It's a path of personal growth and a deepening appreciation for everything afforded to me by my parents, alongside the immense sacrifices of those who came before us to secure our freedoms.

That reflection is exactly what we are bringing to life right here on campus this month as we find our own "Campfire Connections." What could be more all-American than breaking bread together to honor this milestone? We are kicking off the celebrations early on the morning of July 2nd with our Stars, Stripes, and Syrup Independence Day Pancake Breakfast in our beautiful CC Young Central Park.

This special morning is a true labor of love, brought to life by the hard work and dedication of resident Judith Banes, who wrote the wonderful program we'll be enjoying. It's going to be a beautiful collaborative effort, featuring moving readings from the Declaration of Independence and lively performances by the Ukulele Choir. We'll also experience the unifying voices of the CC Young Uns Resident Choir leading us in a community sing-along. There is something so powerful about a community coming together to blend history, music, and fellowship.

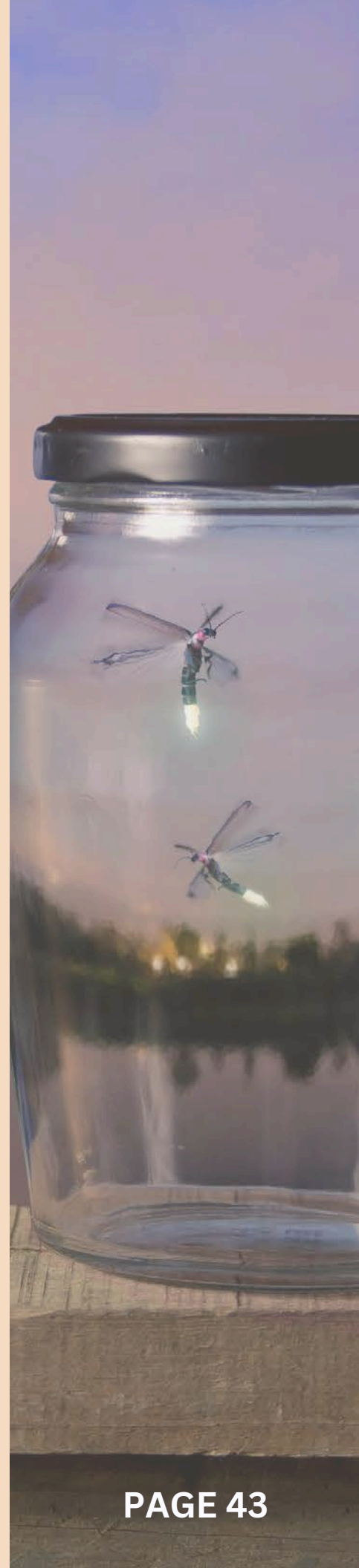
And the journey doesn't stop there. On July 6th, we'll set out on our Epic Adventures, exploring the breathtaking vastness of US National and Texas State Courthouses & Parks. Then, on the evening of July 14th, we'll capture the true essence of summer nostalgia with our Campfire Connections musical event, featuring campfire songs, the timeless music and stories.

With time, the realization of both the good and the bad stories hits a little closer to home. But every single one of those chapters—the sunny days, the sudden storms, and the songs sung together—has helped shape who I am today.

We don't always need a grand stage or perfect weather to find connection. Sometimes, it's found in the simplest encounters with nature: a quiet walk outside, finding a single feather on the path, watching the frantic, beautiful hum of a hummingbird, or getting the chance to help a group of newborn ducklings safely find their way to the water to begin their own journey on White Rock Lake.

This July, whether you are gathering with us in Central Park for pancakes, listening to folk songs under the "evening sky", or sitting out a passing summer shower, I hope you take a moment to savor the simple things. Our lives are built on these shared stories, illuminated by lantern light and fireflies.

Happy Birthday, America!



CREWS NEWS

JULY 2026

INVESTING IN EXCELLENCE THROUGH EDUCATION



BY RUSSELL CREWS
PRESIDENT AND CEO



One of the things I appreciate most about CC Young is that we have never been content with simply maintaining standards—we are committed to continually raising them. As a community that has served older adults for more than a century, we understand that exceptional care begins with exceptional people. It is why I am delighted to welcome **Kristi Fawcett, BSN, RN**, as our new Campus Clinical Educator.

At CC Young, education is much more than a requirement. It is an investment in our people, our culture, our future, and ultimately the residents and families who entrust us with their care. As our campus continues to grow and evolve, so does our commitment to equipping employees with the tools, knowledge, and confidence they need to provide the highest level of service.

The role of Campus Clinical Educator is vital to that mission. This position oversees new employee orientation, coordinates monthly educational programs, leads our Certified Nurse Aide training program, and works alongside our nursing teams to provide hands-on instruction and professional development. Maintaining best practices and ensuring compliance with state and federal guidelines are certainly important responsibilities, but just as significant is fostering a culture of learning and excellence across every level of care.

Kristi brings an extraordinary depth of experience to this role. She has been a nurse for 36 years and has served in hospitals, behavioral health facilities, home health organizations, and leadership positions focused on quality improvement, clinical operations, employee health, and nursing informatics. Her diverse background provides a unique perspective that will benefit employees and residents alike.

Most recently, Kristi served as a Registered Nurse II at Terrell State Hospital, providing care to children and adolescents in behavioral health settings. Prior to that, she held supervisory and educational roles where she developed training programs, coordinated onboarding initiatives, managed employee health programs, and led infection prevention efforts.

These experiences have given her extensive expertise in staff development and clinical education—skills that align beautifully with the needs of our campus

Kristi's commitment to lifelong learning is evident throughout her career. She earned her Bachelor of Science in Nursing after first becoming a Licensed Vocational Nurse and later obtaining her Associate Degree in Nursing. Even after nearly four decades in healthcare, she continues to invest in her own professional growth and plans to return to school to pursue a master's degree in nursing education. That dedication to continuous learning reflects the very spirit we seek to cultivate at CC Young.



While her credentials and experience are impressive, what stood out to me most during the interview process was Kristi's heart. She and her husband, Ken, live on a small farm in Blackland, Texas, where life is filled with simple pleasures. When she isn't educating and mentoring healthcare professionals, Kristi enjoys raising chickens, tending her garden, and spending time with her spoiled four-legged princess, Roxy. She is also the proud mother of three grown children and grandmother to three amazing grandchildren, whom she readily admits she loves spoiling.

At CC Young, we believe education creates opportunity. Our Certified Nurse Aide training program has opened doors for many individuals beginning careers in healthcare, and our ongoing in-service education helps employees continue growing professionally. Kristi's passion for teaching, combined with her wealth of experience and genuine love for people, will strengthen these programs and help ensure that our teams continue to deliver the compassionate, person-centered care that has become synonymous with CC Young.

As a CMS Five-Star-rated organization, maintaining excellence requires more than systems and processes—it requires people who are committed to continuous improvement. Kristi embodies that spirit. Her leadership, knowledge, and enthusiasm for education will help support our employees and enhance the quality of care provided throughout our campus.

Please join me in welcoming Kristi Fawcett to the CC Young family. We are excited to have her on our team and look forward to the many ways she will contribute to our mission of enriching the lives of older adults and creating a community where residents and employees alike can thrive.



VILLAGE REPORT

JULY 2026

by Jen Griffin
Vice President Community
Outreach & Engagement

Campfire Connections

Summer has always held a special place in my heart.



Growing up in a small town, summer meant one thing: camp. My favorite was Camp Wanica, just outside of Eureka, Texas. Yes, that was really the name—and yes, we even had a camp song. (I can sing it to you if you ask!) Looking back, Camp Wanica was pretty simple. Rustic cabins without air conditioning in the middle of a Texas summer (who thought that was a good idea?), campfires, swimming, hikes, arts and crafts, skits, and the occasional round of "KP" duty, where we helped clean up the campus and learned that everyone was expected to pitch in.



Compared to the incredible camps available today, there wasn't anything fancy about Camp Wanica. But sometimes the simplest experiences are the ones that leave the deepest impressions.

Most of the girls at camp attended my elementary school, and the counselors were often daughters of my parents' friends. We laughed a lot, performed shows, sang songs, and slowly learned that fun and responsibility could go hand in hand. Looking back, I realize those summers taught me far more than how to make a decent s'more.

Of course, camp also provided a few memorable life lessons—sometimes the hard way. One summer, while swinging as high as I possibly could on an old wooden swing set, I decided to launch myself into the air. Unfortunately, the swing had other ideas and promptly came up behind me and hit me squarely in the back of the head. A trip to the hospital and several stitches later, I returned to camp only to discover that swimming was off limits for the rest of the summer. Talk about a bummer summer.

And then there was the swimming pool itself. The bottom was so rough that skinned toes and bloody feet seemed almost normal. At another camp, I thought I had upgraded to a much nicer pool—until I reached for the side to pull myself out and discovered a tarantula approximately the size of my hand waiting beside me. I promptly fell right back into the water. Some memories never fade.

As I got older, I branched out and attended church camps and eventually spent a month at Camp Longhorn. Arriving there without knowing a soul was intimidating, but it became one of my favorite experiences. I learned how to introduce myself, make friends, and become comfortable stepping into unfamiliar situations. Independence and confidence have a way of growing when we're having too much fun to realize we're learning.



One summer, I attended an Episcopal camp where we had chapel and communion every morning. Having braces at the time made receiving those traditional communion wafers a little challenging. They had an unfortunate tendency to stick to the roof of my mouth, leading to some rather awkward moments. My friend finally whispered, "You're not supposed to chew the sacrament!" I assured her I wasn't trying to—I was simply trying to unstick it. Even now, decades later, it still makes me laugh.

Perhaps that's one of the greatest gifts of summer memories. We remember the activities, but we treasure the people. We remember the songs, the skits, and the campfires. We remember the counselors who invested in us and the friends who laughed with us. Through it all, we learned responsibility, resilience, teamwork, and how to connect with others.

In many ways, camp reminds me of organized sports. The structure provides opportunities for growth, but the fun makes the lessons stick. Growth doesn't always happen in classrooms or boardrooms. Sometimes it happens while singing silly songs, cleaning up after dinner, or sitting around a campfire with friends.

And isn't that true throughout life?

No matter our age, meaningful connections continue to shape us. Some of our most treasured memories are born from shared experiences, simple traditions, and the people who walk alongside us. Whether those memories come from childhood summers or moments created today, they remind us that life is richer when it is shared.

As we celebrate our "Campfire Connections" theme this month, I hope you'll take time to reflect on your own summer memories. Chances are, when you look back, you'll discover that what made them special wasn't the place at all.

It was the people gathered around the fire.

ON THE COVER

JULY 2026

This July, CC Young is pulling out all the stops to celebrate the 250th anniversary of the United States. The campus is dressed for the occasion, featuring vibrant red, white, and blue landscaping and festive celebratory banners lining Central Park.

The highlight of the historic milestone is our “Stars, Stripes and Syrup” July 4th Celebration Tribute—a morning of pancakes, patriotism, and community in Central Park, happenign on July 2 at 8am.

Our tribute to the Declaration of Independence will feature a spectacular lineup of music and living history:

- **Opening Ceremonies:** Angie McWhirter (Umphress Terrace Program Director) will perform the National Anthem, followed by a welcome and Pledge of Allegiance from CC Young President and CEO Russell Crews, and a blessing from the Ministry Team.
- **Theatrical Reenactments:** Guided by resident hosts Judith Banes and Sarah Franklin, a cast of CC Young residents will bring history to life. Watch colonial patriots square off against King George III (played by Roger Kaiser) and portray icons like Benjamin Franklin, Thomas Jefferson, and John Hancock during the Continental Congresses.
- **Patriotic Sing-Alongs:** Raise your voice with the CC Young 'Uns Choir and the CC Young Ukes to classics like This Land is Your Land, Battle Hymn of the Republic, and America the Beautiful.

The Grand Finale

The celebration concludes with a powerful Remembrance of the Declaration, a grand finale performance of God Bless the USA by the Young 'Uns, and a spectacular burst from our confetti cannons!

Join us in Central Park for pancakes, pride, and a celebration for the history books!



Come join us!



Church services on Sundays here at CC Young are not to be missed! Our ecumenical services include people of all faith traditions. Our music comes from traditional hymnals from a wide variety of Catholic and protestant churches. We also sing spirituals from the African American tradition, praise songs, and even some medieval chants.

The flowers liven up the sanctuaries in both the **Vista Christ’s Chapel (9:30 am)** and the **Point Auditorium (11:00 am)**. This year, residents who volunteer for the Flower Committee arranged roses for Mother’s Day, lilies for Easter, and red/white/blue arrangements for Memorial Day! We even had tongues of fire for Pentecost Sunday!

Our Worship Committee and Altars Guild help plan the services and ministry events, make sure to welcome all who come to the services, and participate in communion preparation, liturgy reading, and congregational support. We invite all of you who would like to participate on Sundays or in other ways to feel included! You will find a welcome community and opportunities to engage.

For those who worship in your own churches, synagogues, or temples, there are still many ways you can contribute or participate in spiritual life on campus. Many of you gave us information in a recent questionnaire. Thank you. We appreciated learning of different needs and receiving suggestions that will help us continue to be inclusive. Feel free to call us anytime! We want to get to know 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.**

JULY 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

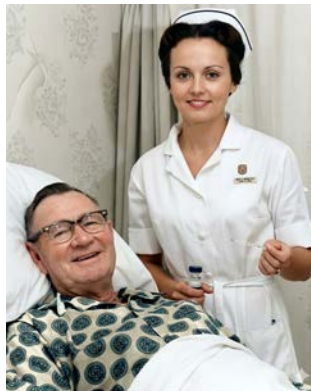
Tuesdays 1:00p Auditorium (The Point) Non-Religious

Finding Joy in Giving: Korrine Hearn's Legacy of Investing in Others

JULY 2026

For Korrine Hearn, caring for others has never been just a profession, it has been a calling.

"I don't remember not wanting to be a nurse," she says with a smile. "It was something I knew I wanted to do, even as a little girl."



Growing up, Korrine's family didn't have abundant financial resources. Her father was a farmer, and pursuing higher education required determination, sacrifice, and support. She attended nursing school in Rochester, Minnesota, an experience that would not only launch a remarkable career but also shape a lifelong belief in the power of opportunity.

That belief is one reason Korrine is so passionate about supporting staff scholarships at CC Young.

For more than 50 years, Korrine served in nursing. Her career took her from bedside care in emergency rooms and acute care settings to leadership and administration. Along the way, she cared for countless patients, mentored colleagues, and witnessed firsthand how education can open doors for caregivers seeking to grow in their profession.



"Everyone deserves an opportunity to further their education," Korrine says. "They've worked hard to get where they are, and scholarships have the opportunity to move them forward." Today, as a resident at CC Young, Korrine sees the dedication of caregivers every day. She understands the demands of the profession because she lived them herself. She also understands how investing in staff creates a stronger community for everyone.



"When we support education, we're supporting retention, morale, and better care," she explains.

Korrine and her late husband, Ken, moved to CC Young during the uncertainty of the COVID-19 pandemic. Though their transition to senior living came sooner than expected, they quickly discovered something special.

"What we found was one large senior support group," Korrine recalls. "Everyone had something helpful to share."

As a lifelong caregiver, she naturally stepped into a role of caring for others, helping neighbors stay informed and connected during a difficult season. Even now, service remains central to her life through the Spiritual Life Ministry, the choir, and volunteering with hospice. For Korrine, the answer isn't measured by grand gestures. It can be a kind word, a helping hand, a volunteer hour, or a financial gift that helps someone pursue their dreams.

After losing Ken, Korrine experienced another side of generosity. The memorial gifts given in his memory touched her deeply and reminded her how meaningful giving can be during life's most difficult seasons.

"I have been given so much in my life," she says. "The least I can do is give back to others."

Through every season, nurse, wife, caregiver, volunteer, widow, and resident, Korrine has remained guided by gratitude and faith. Her perspective is simple but powerful: everyone has something to give.

As CC Young prepares for North Texas Giving Day, Korrine hopes others will consider how their gifts can create opportunities for future caregivers through the Staff Scholarship Fund.

Because sometimes the greatest investment we can make is in the people who spend their lives caring for others.



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

THE FITNESS INSIDER

July 2026

THE ROAD TO ROUTE 66

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

6/1 - 7/13

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



🔥 Beat the Heat 🔥 Stay on Your Feet!

It's hot out there! Make sure to:

- Bring water to class
- Wear breathable clothes
- Let your instructor know if you need a break

*Coach Tip: If you feel lightheaded, dizzy,
or overly tired, sit down and sip water.
You're still winning by showing up!*



WHY WE TRAIN: CORE & BALANCE

Your core isn't just your abs. It's
your back, hips, and pelvis too. A
strong core helps with:

- Standing tall
- Getting out of chairs
- Avoiding falls
- Feeling steady on your feet

Try this at home:

Sit in a chair, lift one foot slightly off
the floor, and hold for 5-10
seconds. Repeat on the other side.
That's core + balance!

LEAGUE LEADER

★ ★ **Michael York** ★ ★
(See full list on the next page)

THE FIT LEAGUE

MAY CHAMPIONS

GOLD LEAGUE

 **Michael York**
Sharon Yost
Esther Davis
Leo Chang
Nan Alexander

Gary Smith
Mary Jarvis
Suzanne Smith
Sharon Gustof
Jennifer Aguiler

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 Heuertz
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

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

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

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

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

DRINK WATER,

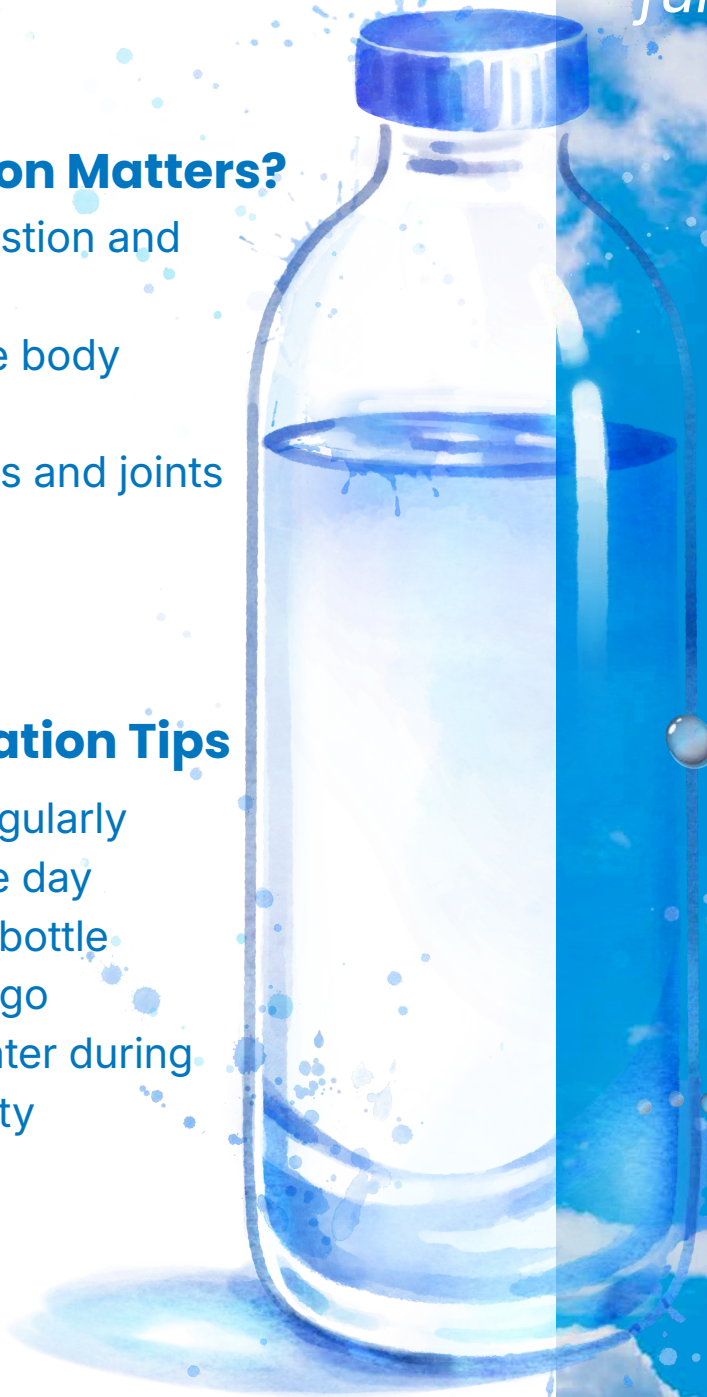
Water keeps your body active, balanced, and healthy.

Why Hydration Matters?

- Supports digestion and circulation
- Helps regulate body temperature
- Keeps muscles and joints working well

Simple Hydration Tips

- Drink water regularly throughout the day
- Carry a water bottle wherever you go
- Drink more water during physical activity



STAY FIT.

Staying hydrated helps your body function properly every day.

Stay Hydrated,

Stay Healthy.

COMMUNITY CORNER

Reminders

WORK ORDERS

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

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

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



TRANSPORTATION REQUESTS

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

THOMAS CUISINE SPECIAL DINING DAYS

Action Station of the Month: Sliders

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2 Hillside Action Station 11:00am-1pm HTA	3 4833 Steak Avenue CLOSED	4 Conley's CLOSED for dinner.
5	6 National Fried Chicken Day	7 Thomas Action Station 11:30am-1pm HTA	8	9 National Sugar Cookie Day	10 4833 Steak Avenue CLOSED	11	
12	13	14 Thomas Food Committee Meeting 2:30pm	15 National Hot Dog Day	16 Asbury Action Station 11am-1pm HTA	17 4833 Steak Avenue OPEN	18	
19	20	21 Overlook Food Committee Meeting 3pm	22 Conley's Action Station 11:30am-1:30pm HTA	23 National Vanilla Ice Cream Day	24 4833 Steak Avenue OPEN	25	
26	27 National Creme Brûlée Day	28 Asbury Food Committee Meeting 2pm	29 National Lasagna Day	30	31 National Chili Dog Day 4833 Steak Avenue CLOSED		

- 07/04 | Conley's **CLOSED** after 2pm for July 4th holiday
- 07/06 | Fried Chicken special in the Bistro
- 07/09 | Sugar Cookie available in the Bistro & Point Café
- 07/15 | Hot Dog special in the Bistro

- 07/23 | ½ off Vanilla Fro-Yo in the Point Café
- 07/29 | Lasagna special in the Bistro
- 07/31 | Chili Dog special in the Bistro


JULY TEAM BIRTHDAYS

Briauncha Howard	7/1	Assisted Living
Omobolanle Mulero	7/5	Assisted Living
Abigail Sam	7/5	Health Center
Van Dinger	7/7	Maintenance
Funmilayo Olanibi	7/7	Assisted Living
Genet Benti	7/7	Housekeeping
Girverius McFarland	7/7	Therapy
Venkata Rajesh Ancha	7/8	Therapy
Eriea Jacobs	7/8	Comm. Outreach
Michele Jordan	7/9	Sales
Kimberly Weston	7/9	Health Center
Shitemar Woldemariam	7/9	Housekeeping
Jaimea Wilson	7/9	Health Center
Amalia Mercado	7/10	Dining Services
Forleace Bush	7/10	Private Care
Demetra Green	7/11	Health Center
Olivia Michelle	7/11	Dining Services
Spearman Clewis	7/12	Dining Services
Tadelech Goshu	7/13	Private Care
Latasha Clark	7/13	Comm.Outreach
Florence Onyeugo	7/15	Health Center
Georgenia Anukem	7/15	Health Center
Tressa Gibson Johnson	7/15	Assisted Living
Yolanda Mickens	7/16	Health Center
Christina Tooke	7/16	Dining Services
Kandice Chatman	7/16	Home Health



Tevin Francis	7/16	Dining Services
Monica Keaton	7/17	Dining Services
Patricia Sullivan	7/18	Comm. Outreach
Shenika Robinson	7/18	Assisted Living
Vanessa Villanueva	7/18	Assisted Living
Seleatha Baldwin	7/19	Private Care
Ikechukwu Onyia	7/20	Home Health
Tammy Reuben	7/20	Health Center
Jazmine Rodriguez	7/20	Health Center
Kelvis Cook	7/21	Health Center
Camaria Reece Lee	7/21	Health Center
Kellie Lamm	7/22	Health Center
Cheluchi Olewike	7/22	Private Care
Keisha Latimer	7/23	Private Care
Linda Owusu	7/23	Health Center
Yazmin Castillo	7/24	Dining Services
Zelora Clark	7/25	Comm. Outreach
Dylan Henderson	7/26	Therapy
Hirut Abebe	7/27	Health Center
Elizabeth Kidane	7/27	Private Care
Onyedika Uzoma	7/27	Private Care
Solomon Aderinola	7/27	Maintenance
Denerio Williams	7/27	Dining Services
Nkechi Oranugo	7/30	Private Care
Irum Khan	7/30	Therapy
Rafaela Hernandez	7/31	Dining Services





Happy
Anniversary

TEAM CCY JULY

Name	Hire Day	#Yrs	Department
Felisha Williams	7/1/2019	7	Memory Support
Bukola Obembe	7/2/2024	2	Assisted Living
Leeanna Ardoin	7/2/2018	8	Private Care
Valeria Hernandez	7/3/2024	2	Housekeeping
Mercy Ade	7/5/2023	3	Health Center
Pamela Balfour	7/7/2022	4	Hospice
Khaliyah Spears	7/8/2025	1	Dining Services
Melissa Paul	7/8/2025	1	Community Outreach
Brian Parman	7/8/2015	11	Community Outreach
Mhired Woldemariam	7/8/2025	1	Hospice
Hayley Moseley	7/9/2014	12	Community Outreach
Tamara Stiggers	7/11/2007	19	Private Care
Anthony Duncan	7/12/2006	20	Dining Services
Damenech Aschalew	7/12/2021	5	Assisted Living
ArNetra Taylor	7/14/2021	5	Dining Services
Gary McGensy	7/15/2024	2	Dining Services
Raniesha Carter	7/15/2019	7	Health Center
Heather Fowler	7/15/2024	2	Dining Services
Bethel Taye	7/15/2019	7	Private Care
Sharon Turner	7/16/2024	2	Therapy
Brittany Taylor	7/16/2018	8	Housekeeping
Offiong Oyoita	7/17/2017	9	Health Center
Maryesther Soto	7/17/2025	1	Dining Services
Gail Hamlin	7/20/2020	6	Community Outreach
Funmilayo Olanibi	7/21/2025	1	Assisted Living
Cindy Carrera Alcaraz	7/21/2025	1	Housekeeping
Raul Varela	7/21/2025	1	Maintenance
Heather Salzwedel	7/22/2024	2	Therapy
Aynalem Worku	7/23/2014	12	Health Center
Angela Robinette	7/24/2023	3	Therapy
Oghenekevwe Okafor	7/24/2024	2	Private Care
Anthony Williams	7/24/2023	3	Housekeeping
Maria Rostro	7/25/2012	14	Dining Services
Steve Uchechukwu	7/26/2021	5	Assisted Living
Laveda Harrison	7/26/2021	5	Health Center
Spearman Clewis	7/28/2025	1	Dining Services
Diana Salazar	7/28/2010	16	Health Center
Hana Mengesha	7/29/2019	7	Assisted Living
Carlos Leos	7/29/2024	2	Housekeeping
Theresa Onwuegbuchu	7/29/2019	7	Health Center
Ruby Lampley	7/30/2014	12	Private Care
Lila Subedi	7/30/2021	5	Assisted Living
Stephanie Roberts	7/30/2025	1	Assisted Living
Lydia Elmore	7/30/2023	3	Dining Services
LeAnne Haverstick	7/30/2021	5	Business Office
Olumide Akinsanmi	7/31/2025	1	Private Care
Makida Aelene	7/31/2017	9	Assisted Living
Teresa Bramlett	7/31/2000	26	HR
David Agbodeka	7/31/2023	3	Assisted Living

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

RESIDENT JULY BIRTHDAYS

Midge Douglas	Asbury	2		
John Charles May	Vista	4		
Nadine K Giannopoulos	Vista	4		
Melba Bogard	Asbury	8	Nancy Galbraith	Vista
Ann Greynolds	Hillside	8	Barry A Thompson	Hillside
Brenda Stokes	Overlook	8	Tom Bryan	Thomas
Martha C Brown	Vista	8	John McKenzie Hind	Asbury
Karin Maria Herr	Hillside	10	Tina Lancaster	Asbury
Pat Engel	Thomas	10	Gwen Lummus	Overlook
Patricia A Robinson	Vista	10	Audrey C Godwin	Vista
Richard Scherba	Vista	10	Phyllis Mabus	Hillside
Susan Cohen	Vista	12	Sally Fifer	Asbury
Cynthia James	Vista	13	Charles Edward McConnel	Vista
Glenn Riggs	Vista	13	Kay Peters	Asbury
Arch Beasley	Overlook	14	Julie Mabry	Overlook
Susan Klein	Vista	14	Gail Smith	Overlook
Lyle Sabo	Vista	14	Leila Adams	Asbury
Toni Plugge	Thomas	15	Bob Woodchek	Hillside
			Lloyd Marquis	Asbury
			Rosalie Gross	Vista
			Vivian Deuschl	Vista
				16
				17
				18
				19
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				28
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				29
				31
				31
				31

Resident *Anniversaries*

JULY



21 Years
Adena Jarvis

12 Years
Marzelle Parish

11 Years
Pat Schackmann

10 Years
Bill McMillin
Melba Bogard

9 Years
Midge Douglas
Kathy Rauscher

8 Years
Elizabeth Hardy

6 Years
Nancy Webb

5 Years
Lorrie Mercer

No Tests. No Grades. No Limits.



**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**

FALL 2026 KICKOFF

**THE POINT AT CC YOUNG
Thursday, August 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**

PAGE 60 Refreshments provided



THE POINT

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

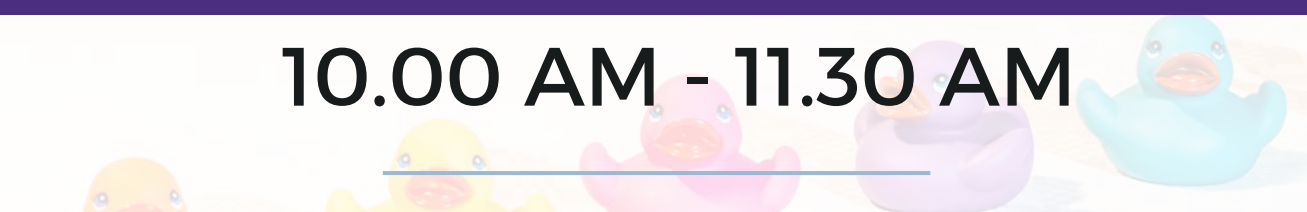
For more information on how to join, contact Angela at 214-841-2831 or acastillo@ccyoung.org



GETTING YOUR DUCKS IN A ROW

Thursday, August 6

10.00 AM - 11.30 AM



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

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



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 63

Come cook, connect, and celebrate community! ♥

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!

