

ACTIVE SENIOR LIFESTYLE GUIDE

CC YOUNG
THE POINT & PAVILION



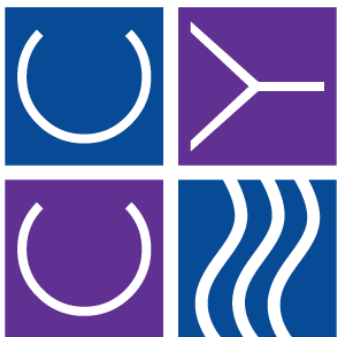
FREE
PLEASE TAKE
ONE

Epic Adventures
TRAVELING WITH
OLLI (UNT)

"Cruise Control"
CRUISE ON OVER TO UMPHRESS TERRACE
HISPANIC HERITAGE EVENT

Fall Fest
MATT TOLENTINO AND
THE SINGAPORE SLINGERS

SEPTEMBER 2026



MEET THE TEAM



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Ann Sury
Wellness
Instructor



Lindsey Buis, PT
Rock Steady Boxing
Instructor



Beth Belk
Wellness Instructor



Dave Larcade
Tai Chi Instructor



Lori Sanders
Speech Therapist /
Parkinson's: Speak Out
Therapy group
Instructor
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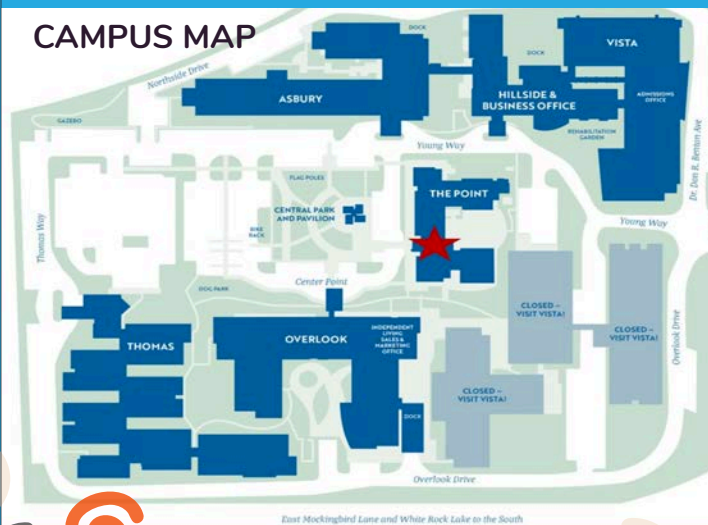


David Sorkness
Gizmo Guidance
Instructor



THE POINT AND PAVILION

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



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

TABLE OF CONTENTS

Page 5-12: Highlights of Events

- Spirit is Ageless Art Gallery 2026
- Margo Miller Art Exhibit
- A Moment in Time
- Epic Adventure/ Dallas Symphony Orchestra
- Fall Fest
- September OLLI Classes
- Gizmo Guidance / Hispanic Heritage Event
- Resident Trips

Page 13-20: Groups & Wellness

- Collaborative Partners
- Special Interest Groups
- Wellness Classes- Wellness Rainbow
- Aquatics Classes & Team

Page 21-40: Daily Schedule

- Daily Calendar of Events

Page 41- 53: Lifestyle Section Articles

- From The Director
- Crews News
- Village Report
- On The Cover
- North Texas Giving Day
- Ministry Message
- The Fitness Insider

Page 54-59 Community Corner

- Reminders
- Dining Days
- Team Birthdays
- Team Anniversaries
- Resident Birthdays
- Resident Anniversaries

Page 60-64: Save The Dates

- October OLLI Class
- Blessing of The Animals
- October Epic Adventures
- Woven Together Art Show
- Trunk or Treat



THE POINT ART GALLERY SHOW

Saturday, August 22 – Friday, October 23

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

*Spirit is
Ageless*



ART & WRITING
CONTEST

Your Story.
Your Art.
Your Moment
to Shine.

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



CCYOUNG.ORG



Guest Speaker

Marianne Gargour

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

RSVP to RSVP@ccyoung.org

THE AVER-PHILLIPS ART GALLERY

FRIDAY, JULY 31 – SUNDAY, SEPTEMBER 27

Impressions al Dente

DRYPOINT PRINTS FROM A CARDBOARD CONTAINER AND A PASTA MACHINE.

MARGO MILLER ART EXHIBIT



MEET THE ARTIST
RECEPTION

FRIDAY
SEPT. 18
3:30 PM

OPEN TO THE
PUBLIC



 **CC YOUNG**
THE POINT & PAVILION

PAGE 6

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



A Moment in TIME

An Afternoon with The Sixth Floor Museum & Joan Jackson

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

FRIDAY, SEPTEMBER 11

DOORS OPEN: 3:00 P. M.

PROGRAM: 3:30 – 4:30 P.M.

LIVE AT THE POINT AND ON CCY-TV CH. 81

Refreshments Provided

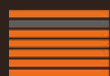
Limited In-Person Seating!

Residents & Point Members sign up at The Point.

Non-Residents & Non-PMs call 214-258-4000

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

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



THE SIXTH FLOOR MUSEUM
AT DEALEY PLAZA

CCY YOUNG
SENIOR LIVING
PAGE 7

EPIC
Adventures
A Masterclass in Curiosity,
Connection, and Purpose



TRAVELING WITH OLLI (UNT)

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

**Monday, Sept. 14
at 3:00pm**

The Point Auditorium
and Ch. 81

Hosted by Alise Cortez
and Brian Parman

PAGE 8



DALLAS SYMPHONY ORCHESTRA

Tuesday, Sept. 15
3:30pm

Point Auditorium
& Ch. 81



Enjoy music by
**The Dallas Symphony
Orchestra's
Brass Quintet**

FALL FEST 2026



FRIDAY, SEPTEMBER 25

11:30AM – 1:00PM

Lunch and Entertainment by
Matt Tolentino & The Singapore Slingers

RESIDENT & POINT MEMBER ONLY
RSVP AT THE POINT LOBBY

SEPTEMBER OLLI CLASSES

Tuesday
September
01

Marcel Duchamp: Iconoclast of Modern Art

Presented by Lane Banks

10:00 AM

Thursday
September
03

The Way I Was by Marvin Hamlisch

Presented by Kathleen Cunningham

10:00 AM

Tuesday
September
08

Pieced Together: Dress at the Intersections of Quilting and Fashion

Presented by Annette Becker

10:00 AM

Thursday
September
10

Iwo Jima

Presented by Jerry Davis

10:00 AM

Tuesday
September
15

What Is Artificial Intelligence? Good and Bad Uses of AI

Presented by Krishna Kavi

10:00 AM

Thursday
September
17

Casablanca: "You Must Remember This..."

Presented by Jerry Davis

10:00 AM

Tuesday
September
22

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

Presented by LeeAnn Derdeyn

10:00 AM

Thursday
September
24

A Daughter's Life in the Shadow of the Holocaust

Presented by Anna Salton Eisen

10:00 AM

Tuesday
September
29

The Future of NASA and Commercial Space

Presented by Ken Ruffin

10:00 AM



OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF NORTH TEXAS

OLLI
UNT

SEPTEMBER GIZMO GUIDANCE

CONNECT, CREATE, AND
CONTROL YOUR DIGITAL WORLD.



Classes open to
Residents and
Point Members Only!

Saturday, September 5

9:30am-11:00am

iPhone - adaptive solutions you
can use on your phone

11:00am-12:30pm

Open Lab Time - Drop in with questions.

Saturday, September 12

9:30am-11:00am

PC computers - downloading apps/programs and
setting up accounts

11:00am-12:30pm

Open Lab Time- Drop in with questions.

Saturday, September 19

9:30am-11:00am

Refresher - Phishing: How you can protect yourself

11:00am-12:30pm

Open Lab Time- Drop in with questions.

Saturday, September 26

9:30am-11:00am

Phone/Computer - WiFi: how to find an internet
connection

11:00am-12:30pm

Open Lab Time- Drop in with questions.



HISPANIC HERITAGE

Join us for a vibrant
showcase of culture
and creativity
at Umphress Terrace
for our Hispanic Heritage
Celebration!

SATURDAY, SEPTEMBER 19

Come & Go Event
10 am to 3 pm

Umphress Terrace
7242 Umphress Road,
Dallas 75217

Sign up for the Bus
in the Point Lobby.

Bus will depart from the Point
at 9:30 AM and
return to campus at 3:30 PM.

Onsite Parking Available for those
who wish to drive themselves.





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

Spot of Tea with the Jelly Queen



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

09/04
Friday

Sign up in The Point
Cost: \$35

10:30 AM
to
2:00 PM

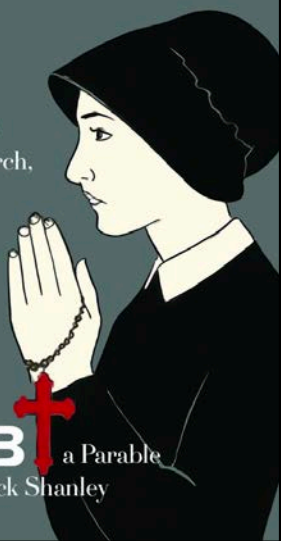
WORTLEY-PEABODY

ROTUNDA THEATRE

Thursday, September 17
6:45 PM to 10:00 PM

First United
Methodist Church,
Dallas

DOUB a Parable
John Patrick Shanley



Richard Stanford Holocaust Museum & Lunch

Thursday, September 24
11:30 AM to 4:30 PM

Admission: \$17
Bring Money for Lunch

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. Cost of tickets will be charged to your resident account.



DAVID R. DAVIDSON
TOWER ARTS
SERIES

LeAnn Rimes

SUNDAY, SEPTEMBER 27

4:45 PM - 7:30 PM

HPUMC - SANCTUARY

Sign up in the Point Lobby



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



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 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**



Dallas Bead Society

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

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

Dallas County Pioneers



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

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

Special Interest Groups at The Point

Groups listed are open to Residents & Point Members.



UKE CAN DO IT!

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

HAPPY HOOKERS

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

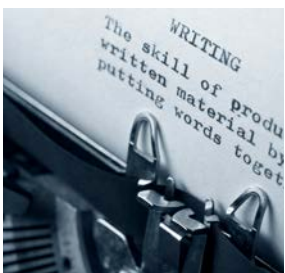


KNOTTY KNITTERS & CRAFTY CROCHETERS

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

GARDEN CLUB

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



SCRIBBLERS, SCRIBES AND SEEKERS

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

CC YOUNG 'UNS CHOIR

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





FELLOWSHIP, WORD & BIBLE STUDY

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

ACTING FUN

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



RUMMIKUB CLUB

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

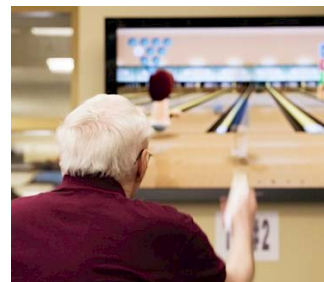
Wednesdays at 9:30am



WII BOWLING TEAM

Combine physical and mental activity and improve cognitive function. Join others to practice and play.

Fridays at 10am



SIGN LANGUAGE FUN

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



WHITE ROCK WRAPPERS

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

Check guide for days.



The EXERCISE Rainbow

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

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

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

The EXERCISE Rainbow



Upper Body Mobility **9:00–9:30am / Mon** **Instructor: Christy James**

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



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

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



Arm Lab **9:30–10:00am / Mon** **Instructor: Christy James**

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



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

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



NEW **Dancing for Parkinson's** **10:00–10:45am / Mondays** **Instructor: Bruce Wood Dance**

Movement exercise that approaches the body through music, rhythm, and artistic intent. For those navigating movement disorders, this shift in focus yields profound therapeutic benefits:



Chair Volleyball **11:00–11:45am / Mon**

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.



Zumba Gold **4:00–4:45pm / Mondays** **Instructor: Tammy Slauson**

A fun, low-impact dance fitness class set to upbeat music. It's designed to improve cardio, coordination, and balance while keeping the moves easy to follow. Come dance, sweat, and smile!



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**



NEW! **Full Body Strength** **8:00–8:45am / Tues** **Instructor: Christy James**

A total-body workout designed to build and tone muscle, strength, and endurance. It combines resistance exercises that target the legs, glutes, core, back, shoulders, and arms for a balanced, functional workout.

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



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

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



NEW
Barre Fusion
11:00am - 11:45am/ Tues
Instructor: Christy James

A full-body workout that blends ballet-inspired barre exercises, Pilates, strength training, and cardio. It focuses on sculpting and toning the legs, glutes, arms, and core while improving balance, flexibility, posture, and endurance. Expect small, controlled movements combined with higher-energy intervals for a fun, challenging workout.



Balance 1
10:00-10:45am / Tues & Thu
Instructor: Martha Bonilla

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



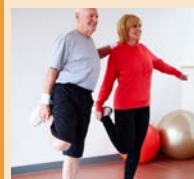
Lower Body Mobility
9:00-9:30am / Wed
Instructor: Christy James

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: Christy James

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.



Intermediate 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
4:00-5:00pm / 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: Christy James

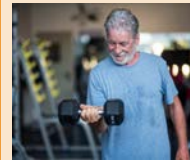
A gentle, feel-good class designed to improve joint range of motion, flexibility, and overall movement quality. Move through head-to-toe mobility exercises that help you stay limber, active, and pain-free.



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: Christy James

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.



NEW!
Cardio Strength
8:00-8:45am / Thu
Instructor: Christy James

a dynamic full-body workout that combines heart-pumping cardio with strength training. It uses exercises like squats, lunges, resistance movements, and cardio intervals to build strength, endurance, balance, and overall fitness while keeping your heart rate elevated.



Back This Fall
Movement & Dance
10:00-10:45am / Mondays
Instructor: Bruce Wood Dance

Explore physical sensations, musicality, and our artistic voices all through the art of dance. This energetic class format is designed to keep your mind and body working while encouraging teamwork and applauding persistence.

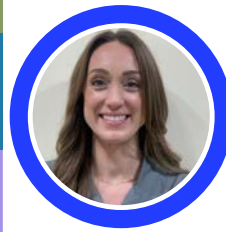
Drop-in Equipment Orientations

10:00-10:45am Thursday

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



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, September 1

10:00am

OLLI Class

Marcel Duchamp: Iconoclast of Modern Art presented by Lane Banks

Thursday, September 3

10:00am

OLLI Class

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

Friday, September 4

1:30pm

Movie Matinee

Project Hail Mary

Rated PG-13 · 2026 · 2h 36m

SUNDAY, AUGUST 30

The CCY Ministry Team hosts Sunday Worship Services

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium & Ch. 81

All Welcome!

7 Dimensions of Wellness

Events on the daily calendar will have a color square to notate which dimension of wellness it represents. Below is a helpful key to help identify each.

Physical: Events and activities that prioritize movement, nutrition, and rest to feel vibrant and energized.

Intellectual: Events and activities that prioritize staying sharp through lifelong learning, creative pursuits, and curiosity.

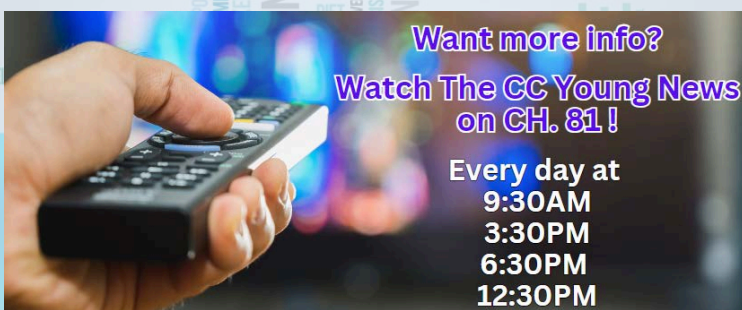
Emotional: Events and activities that prioritize cultivating resilience and self-compassion to navigate life's ups and downs.

Social: Events and activities that prioritize fostering meaningful connections and a true sense of belonging.

Spiritual: Events and activities that prioritize finding inner peace and aligning daily life with your values and purpose.

Vocational: Events and activities that prioritize gaining fulfillment through passions, hobbies, and personal strengths.

Environmental: Events and activities that prioritize living mindfully and caring for the world and spaces around us.



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

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

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

MONDAY, AUGUST 31

AM Exercise Classes

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

9:00am – 9:30am Upper Body Mobility

9:30am – 10:00am Arm Lab

11:00am – 11:45am Chair Volleyball

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

9:30am – 11:00am Auditorium S

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

Crochet plastic grocery bags into sleeping mats.

PM Exercise Classes

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

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

2:00pm – 2:45pm Chair Yoga

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 4:45pm Zumba Gold



12:00pm – 3:30pm Resident Only
IL Bus Trip: Sign up at The Point

Amazon Fulfillment Center Tour

Followed by Ice Cream at Howdy's

Government issued photo ID required.

Must wear flat, closed-toed, and

closed-heeled shoes. Long hair must be

pulled at or above shoulder length. No Loose-fitting

clothing and accessories.

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

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

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

TUESDAY, SEPTEMBER 1

AM Exercise Classes

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

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

10:00am – 10:45am Balance 1

~~11:00am – 11:45am Mat Pilates Foundations~~ **CXL**

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

Marcel Duchamp: Iconoclast of Modern Art

Presented by Lane Banks

Aquatics Classes

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

11:00am – 12:00pm Lap Swimming

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

3:00pm – 4:00pm Pool Volleyball



11:30am – 1:00pm Thomas
Dining Action Station **Resident Only**

This Month's Station: Baked Potato Bar

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

WEDNESDAY, SEPTEMBER 2

AM Exercise Classes

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



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

9:30am-11:00am Café Game Zone
Rummikub Open Play Res. & PM Only
 Join other players in the fun tile game!

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

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

10:45am – 11:30am Vista - 9
Table Talk with John Hill All Welcome!

PM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
 1:00pm – 1:45pm Mindful Yoga Flow
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Dancing with Diane
Vista 9th Floor **Res. & PM Only**
 1:00pm – 1:45pm Steady for PD

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

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

THURSDAY, SEPTEMBER 3

AM Exercise Classes

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



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

Aquatics Classes 972-638-8795
Vista Rehab Pool Res. & PM Only
 11:00am – 12:00pm Lap Swimming
 1:00pm – 2:30pm / 2:30pm – 4:00pm Open Swim



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

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

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

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

FRIDAY, SEPTEMBER 4

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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 Class
3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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



10:30am – 2:00pm

Resident Only

Bus Trip: Spot of Tea

Sign up at The Point

Join Jelly Queen & Master Chef
Donna Collins for a Spot of Tea in her
McKinney Showroom. Cost \$35.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
3:00pm – 3:45pm Balloon Badminton

1:30pm – 2:30pm

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Alison at 202-270-1333



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

Project Hail Mary

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

SATURDAY, SEPTEMBER 5

9:00am – 1:00pm

Dallas Handweavers Guild

Auditorium

Res. & PM Invited

Monthly Meeting

9:30am – 12:30pm

Gizmo Guidance

Tech Lab

Res. & PM Only

9:30am- PC computers - downloading
apps/programs and setting up accounts
11:00am- Open Lab time

10:00am – 4:00pm

Dallas Bead Society

Fitness Center

Res. & PM Invited

Monthly Meeting

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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

4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

MOVIE MATINEE

FRIDAY, SEPTEMBER 4

1:30PM

Project Hail Mary

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



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

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Tuesday, September 8

10:00am

UNT OLLI Class

Pieced Together: Dress at the Intersections of Quilting and Fashion

Thursday, September 10

10:00am

UNT OLLI Class

Iwo Jima

Thursday, September 10

2:00pm

Nutrition Talk

15 Foods to eat for Better Brain Health

Friday, September 11

1:30pm

Movie Matinee

You, Me & Tuscany

PG-13, 2026 · 1h 45m

Friday, September 11

Doors Open at 3:00pm

A Moment in Time

Talk with Joan Jackson and The Sixth Floor Museum

SUNDAY, SEPTEMBER 6

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!

Reminders

WORK ORDERS

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

Want more info?

Watch The CC Young News on CH. 81!

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



MONDAY, SEPTEMBER 7



**The Point is open
7am-9pm.**

**There are no scheduled
events today.**

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

**Regular programming
resumes on
Tuesday, September 8**



TUESDAY, SEPTEMBER 8

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

8:00am – 8:45am Full Body Strength- **NEW**

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Barre Fusion- **NEW**



10:00am – 11:30am

Auditorium & 81

OLLI Class

Res, PM & OLLI

Pieced Together: Dress at the Intersections of
Quilting and Fashion Presented by Annette Becker



10:00am – 10:45am

White Rock Class

Alterations and More

Res. & PM Only

Provided by Dallas Dry Cleaners

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

WEDNESDAY, SEPTEMBER 9

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

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



9:15am – 11:30am Resident Only
Shopping Trip to Hillside Village & Aldi
Sign-up at The Point. Pick-up in front of buildings

Aquatics Classes

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

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

9:30am – 11:00am Café Game Zone
Res. & PM Only
Rummikub Open Play
Join other players in the fun tile game!

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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

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

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

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

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

THURSDAY, SEPTEMBER 10

Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Cardio Strength - **NEW**
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Balance 2



10:00am – 11:30am Auditorium & 81
Res, PM & OLLI
OLLI Class
Iwo Jima
Presented by Jerry Davis

Aquatics Classes

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

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



11:00am – 1:00pm Asbury
Resident Only
Dining Action Station
This Month's Station: Baked Potato Bar

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



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

PM Exercise Classes

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



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



2:00pm – 3:00pm Auditorium
Res. & PM Only
Nutrition Talk
15 Foods to eat for Better Brain Health
Special Chef cooking demo: Dark Chocolate
& Banana Smoothie and Avocado Toast
with Smoked Salmon, Capers and Tomatoes.

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

FRIDAY, SEPTEMBER 11

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Café Game Zone

Wii Bowling

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Tech Classroom

Uke Can Do It

Res. & PM Only

Ukulele Class with instructor Angela Livesay

10:00am – 11:30am

Flagpole Hill

Scribblers, Scribes & Seekers!

Res. & PM Only

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

11:00am – 12:00pm

Café Game Zone

White Rock Wrappers

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

You, Me & Tuscany

pg-13, 2026 · Romance/Comedy · 1h 45m

1:30pm – 2:30pm

Flagpole Hill

Friday Conversations in Hope Group

All Welcome!

Sign up with Allison at 202-270-1333



3:30pm – 5:00pm

Auditorium & 81

A Moment In Time

RSVP Required

An Afternoon with the Sixth Floor

Museum and Joan Jackson. Sign up at The Point!

SATURDAY, SEPTEMBER 12

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- PC computers - downloading apps/programs and setting up accounts

11:00am- Open Lab time

10:00am – 12:00pm

White Rock Class

Beginning Jewelry making

Res. & PM Only

Limited spots available. Sign Up at The Point.

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 STEAK AVENUE

RESTAURANT

CLOSED FRIDAY AND SATURDAY



MOVIE
MATINEE

FRIDAY, SEPTEMBER 11

1:30PM

You, Me & Tuscany

PG-13 · 2026

Romance/Comedy · 1h 45m

When a woman crashes at an empty Italian villa, posing as the owner's fiancée, she discovers an unexpected romance that could transform her life.

Free popcorn and water.
All Welcome!

THIS WEEK'S

Highlights

Monday, September 14

3:00pm

Epic Adventures

Travel with OLLI

Tuesday, September 15

10:00am

UNT OLLI Class

What Is Artificial Intelligence?

Good and Bad Uses of AI

Tuesday, September 15

3:30pm

DSO Concert Brass Quintet

Thursday, September 17

10:00am

UNT OLLI Class : "You Must Remember This..."

Friday, September 18

1:30pm

Movie Matinee

Leatherheads / PG-13 2008 · 1h 54m

Friday, September 18

3:30pm

Meet The Artist: Margo Miller

Vista art Gallery



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

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

SUNDAY, SEPTEMBER 13



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

9:30am – 10:30am

Christ Chapel

Vista-2

All Welcome!

11:00am – 12:00pm

The Point

Auditorium

& Ch. 81

All Welcome!

SAVE THE DATE

COMMUNITIES FOUNDATION of TEXAS

**NORTH TEXAS
GIVING
DAY™**

**NORTH TEXAS
GIVING DAY 2026 IS**

SEPT

17



CC YOUNG
SENIOR LIVING

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

PAGE 29

MONDAY, SEPTEMBER 14

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 9:00am – 9:30am Upper Body Mobility
 9:30am – 10:00am Arm Lab
 10:00am – 10:45am **Dancing for Parkinson's - New**
 11:00am – 11:45am Chair Volleyball

Aquatics Classes

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

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



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

10:30am – 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
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 4:45pm Zumba Gold

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

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

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



3:00pm – 4:00pm Auditorium & 81
Epic Adventure **Res. & PM Only**
 Cassie and Jo Ann Travel with Olli!

TUESDAY, SEPTEMBER 15

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 8:00am – 8:45am Full Body Strength - **NEW**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:45am Barre Fusion- **NEW**



10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
What Is Artificial Intelligence?
Good and Bad Uses of AI. Presented by Krishna Kavi

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



3:30pm – 4:30pm Auditorium & 81
DSO Concert **All Welcome**
 Brass Quintet
 Enjoy music from the Dallas Symphony Orchestra

6:00pm – 9:00pm Flagpole Hill
Harmonica Organization of Texas (Hoot) **Res. & PM Invited**
 Monthly meeting

WEDNESDAY, SEPTEMBER 16

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba



9:15am – 11:30am

Resident Only

Shopping Trip to Hillside Village & Aldi

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

Aquatics Classes

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!

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

2:00pm – 3:30pm

Theater

Acting Fun Drama Club

Res. & PM Only

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



THURSDAY, SEPTEMBER 17

COMMUNITIES FOUNDATION of TEXAS

NORTH TEXAS
GIVING DAY 2026 IS

**NORTH TEXAS
GIVING
DAY™**



SEPT
17

Exercise Classes

Fitness Center Classroom

Res. & PM Only

8:00am – 8:45am Cardio Strength - **NEW**

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



9:00am – 5:00pm

On Site Dermatology

Vista Clinic

App. Required

Call 877-345-5300 (Option 1) to make an appointment

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



10:00am – 11:30am

Auditorium & 81

OLLI Class

Res, PM & OLLI

Casablanca: "You Must Remember This..."

Presented by Jerry Davis

1:30pm – 3:00pm

White Rock Class

Studio Art Time with

Res. & PM Only

David Schulze

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

1:30pm – 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

Special Route 66 Performance by Mike Frankel



6:45pm – 10:00pm

FUMC

Bus Trip -

Resident Only

Theater Performance

Doubt a Parable by John Patrick Shanley
Limited Space on Bus. Sign up at The Point.

FRIDAY, SEPTEMBER 18

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

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

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling Team Play

Practice and team play time.

Café Game Zone

Res. & PM Only

10:00am – 11:30am

Uke Can Do It

Ukulele Class with instructor Angela Livesay.

Tech Classroom

Res. & PM Only

10:00am – 11:30am

Scribblers, Scribes & Seekers!

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

Flagpole Hill

Res. & PM Only

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

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

3:00pm – 3:45pm Balloon Badminton



1:30pm – 3:30pm

Movie Matinee

Leatherheads

Pg-13 2008 • Comedy/Sport • 1h 54m

Theater

All Welcome!

1:30pm – 2:30pm

Friday Conversations in Hope Group All Welcome!

Sign up with Alison at 202-270-1333

Flagpole Hill



3:30pm – 4:30pm

Meet The Artist Reception

Featured Artist: Margo Miller.

Vista - 2 Art Gallery

Friday, September 18

National

Rice Krispie

Day

Rice Krispie dipped combination available at Bistro and Point cafe



SATURDAY, SEPTEMBER 19

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am-Refresher - Phishing: How you can protect yourself

11:00am- Open Lab time

9:30am – 12:30pm Theater

Shh...Self Help for Hard of Hearing Res. & PM Invited

Support Group lead by The Hearing Loss Association of America

9:00am – 12:00pm

Auditorium

White Rock Democrats

Res. & PM Invited

Monthly meeting



10:00am – 3:00pm

Bus Trip & Self Drive

Bus Trip: Hispanic Heritage Umphress Terrace

A vibrant showcase of culture and creativity.

Food, entertainment & vendors.

Sign up at The Point Lobby. Bus will depart from the Point at 9:30a & return at 3:30pm.

Onsite Parking available for those who wish to drive themselves. **See pg. 11 for more info.**

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, SEPTEMBER 18

1:30PM

Leatherheads

PG-13 • 2008 • Comedy/Sport • 1h 54m

THIS WEEK'S

Highlights

Monday, September 21

3:00pm

Yarn Bomb Project Info Session

Tuesday, September 22

10:00am

UNT OLLI Class

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

Thursday, September 24

10:00am

UNT OLLI Class

A Daughter's Life in the Shadow of the Holocaust

Friday, September 25

11:30am

Fall Fest - Resident & PM Only

Entertainment by Matt Tolentino and The Singapore Slingers. **RSVP Required.**

SUNDAY, SEPTEMBER 20

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!

RICHARD STANFORD HOUR

FRIDAY SEPTEMBER 25 3:30PM BOOK REVIEW
IN-PERSON & ON CH. 81

THIS DARK NIGHT
Emily Brontë, A LIFE
DEBORAH LUTZ

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

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

MONDAY, SEPTEMBER 21

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 9:00am – 9:30am Upper Body Mobility
 9:30am – 10:00am Arm Lab
 10:00am – 10:45am **Dancing for Parkinson's - NEW**
 11:00am – 11:45am Chair Volleyball

Aquatics Classes

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

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

10:00am – 11:30am Auditorium N
Arts & Crafts with Patricia **Res. & PM Only**
 This month's Craft: TBD
Sign up at The Point.

PM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 4:45pm Zumba Gold

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

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

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

3:00pm – 4:30pm Game Zone
Bunco! **Res. & PM Only**
 Join in on this fun dice based game and win prizes!
CXL This Month



3:00pm – 4:00pm Theater
Yarn Bomb Project Info Session All Welcome

TUESDAY, SEPTEMBER 22

AM Exercise Classes

Fitness Center Classroom **Res. & PM Only**
 8:00am – 8:45am Full Body Strength - **NEW**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:45am Barre Fusion- **NEW**

10:00am – 11:30am Auditorium & 81
OLLI Class **Res, PM & OLLI**
Poetry Villanelles: Dylan Thomas,
"Do Not Go Gentle" at 75, And Elizabeth Bishop,
"One Art" at 50 Presented by LeeAnn Derdeyn

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

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

WEDNESDAY, SEPTEMBER 23

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

9:00am – 9:30am Lower Body Mobility

9:30am – 10:00am Leg Lab

11:00am – 11:45am Drumba



9:15am – 11:00am

Resident Only

Shopping Trip to Hillside Village & Aldi

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

9:30am-11:00am

Café Game Zone

Rummikub Open Play

Res. & PM Only

Join other players in the fun tile game!

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise

3:00pm – 4:00pm Aqua Boot Camp

10:00am – 11:00am

Tech Classroom

Garden Club Meeting

Res. & PM Only

10:45am – 11:30am

Vista - 9

Table Talk with John Hill

All Welcome!

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

3:30pm – 4:30pm

Flagpole Hill

Fellowship Word & Bible Study

Res. & PM Only



THURSDAY, SEPTEMBER 24

Exercise Classes

Fitness Center Classroom

Res. & PM Only

8:00am – 8:45am Cardio Strength - **NEW**

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

10:00am – 10:45am Balance 1

11:00am – 11:45am Balance 2



10:00am – 11:30am

Auditorium & 81

OLLI Class

Res, PM & OLLI

A Daughter's Life in the Shadow of the Holocaust

Presented by Anna Salton Eisen

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 – 1:00pm

Conley's

Dining Action Station

Resident Only

This Month's Station: Baked Potato Bar



11:30am – 4:30pm

Resident Only

Bus Trip: Holocaust Museum

Sign up at Point

With Richard Stanford

Admission: \$17. Cost of tickets will be charged to resident account. Bring Money for Lunch.



1:30pm – 2:30pm

Resident Only

Shopping Trip to Walmart

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

1:30pm - 3:00pm

Theater

The Chosen Series

Res. & PM Only

Screening and Discussion.

4:00pm – 5:00pm

Auditorium

Resident Happy Hour

Resident Only

PM Exercise Classes

Fitness Center Classroom

Res. & PM Only

5:00pm – 6:00pm Movement & Music with Bruce

Wood

FRIDAY, SEPTEMBER 25

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

10:00am – 10:30am Full Body Mobility

10:30am – 11:00am Total Body Lab

Aquatics Classes

Vista Rehab Pool

972-638-8795

Res. & PM Only

8:00am – 8:45am H2O Hustle

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

1:00pm – 2:00pm Aqua Flow Class

2:00pm – 3:00pm Aquacise Class

3:00pm – 4:00pm Aqua Boot Camp



9:15am – 11:00am

Resident Only

Shopping Trip to Kroger

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

10:00am – 11:00am

Wii Bowling Team Play

Café Game Zone

Res. & PM Only

Practice and team play time.

10:00am – 11:30am

Uke Can Do It

Tech Classroom

Res. & PM Only

Ukulele Class with instructor Angela Livesay.

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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



11:30am – 1:00pm

Central Park

Fall Fest

Res. & PM Only

Lunch Provided. Entertainment by Matt Tolentino and The Singapore Slingers. RSVP Required. Sign up at The Point.

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

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

3:00pm – 3:45pm Balloon Badminton

1:30pm – 2:30pm

Friday Conversations in Hope Group

Flagpole Hill

All Welcome!

Sign up with Alison at 202-270-1333



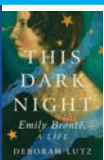
1:30pm – 3:30pm

Theater

Movie Matinee

All Welcome!

CXL Today



3:30pm – 4:30pm

Richard Stanford

Auditorium

Book Review

All Welcome

This Dark Night, Emily Bronte, A Life
by Deborah Lutz

SATURDAY, SEPTEMBER 26

9:30am – 12:30pm

Tech Lab

Gizmo Guidance

Res. & PM Only

9:30am- Phone/Computer - WiFi: how to find an internet connection

11:00am- Open Lab time

2:00pm – 7:00pm

White Rock Class

Open Paint Time

Res. & PM Only

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



4833 STEAK AVENUE
RESTAURANT

OPEN FRIDAY &
SATURDAY

CALL 972-755-3259
FOR RESERVATIONS

FALL FEST 2026

FRIDAY, SEPTEMBER 25

11:30AM – 1:00PM
Lunch and Entertainment by
Matt Tolentino & The Singapore Slingers

RESIDENT & POINT MEMBER ONLY
RSVP AT THE POINT LOBBY

THIS WEEK'S

Highlights

Tuesday, September 29

10:00am

UNT OLLI Class

The Future of NASA and Commercial Space

Thursday, October 1

10:00am

UNT OLLI Class

Ranch Dressing: The Story of Western Wear

Friday, October 2

9:00am

Blessing of The Animals

Friday, October 2

1:30pm

Movie Matinee

Hunt for the Wilderpeople

Rated PG-13 · 2016 ·

Comedy/Adventure · 1h 45m

SUNDAY, SEPTEMBER 27

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!



4:45pm – 7:30pm
Bus Trip: Tower Arts
LeAnn Rimes in Concert
Sign up at The Point

HPUMC
Resident Only

**BLESSING
of the
ANIMALS**

**FRIDAY, OCTOBER 2
9:00AM UNDER THE PAVILION**

**JOIN THE MINISTRY TEAM
AS THEY BLESS YOUR
PETS-BIG OR SMALL!**

There will be a special moment honoring
those pets we have lost this year.

**All animals are
welcome!**
(Please be sure they are on
non-retractable leashes or
in carriers.)


CC YOUNG

Want more info?

Watch The CC Young News
on CH. 81!

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

MONDAY, SEPTEMBER 28

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

9:00am – 9:30am Upper Body Mobility
 9:30am – 10:00am Arm Lab
 10:00am – 10:45am **Dancing for Parkinson's - CXL**
 11:00am – 11:45am Chair Volleyball

Aquatics Classes

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

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

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

10:00am – 11:00am Pavilion/Cafe
 The Social Sip Res. & PM Only
CXL Today Only

PM Exercise Classes

Fitness Center Classroom Res. & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 4:45pm Zumba Gold

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

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

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

TUESDAY, SEPTEMBER 29

AM Exercise Classes

Fitness Center Classroom Res. & PM Only

8:00am – 8:45am Full Body Strength - **NEW**
 9:00am – 9:45am Intermediate Floor Yoga
 10:00am – 10:45am Balance 1
 11:00am – 11:45am Barre Fusion - **NEW**

10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
The Future of NASA and Commercial Space
 Presented by Ken Ruffin

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

Tuesday, September 29

National
Coffee & Biscotti
 Day

Freshly Baked Biscotti & Coffee
 specials at the Bistro and Point Cafe



WEDNESDAY, SEPTEMBER 30

AM Exercise Classes

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



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

9:30am-11:00am Café Game Zone
Rummikub Open Play Res. & PM Only
 Join other players in the fun tile game!

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

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

10:45am – 11:30am Vista - 9
Table Talk with John Hill All Welcome!

PM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
 1:00pm – 1:45pm Mindful Yoga Flow
 2:00pm – 2:45pm Chair Yoga
 3:00pm – 3:45pm Sit & Get Fit
Vista 9th Floor **Res. & PM Only**
 1:00pm – 1:45pm Rock Steady for PD

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

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

THURSDAY, OCTOBER 1

AM Exercise Classes

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



10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
Ranch Dressing: The Story of Western Wear
 Presented by Jean Greenlaw

Aquatics Classes 972-638-8795
Vista Rehab Pool Res. & PM Only
 11:00am – 12:00pm Lap Swimming
 1:00pm – 2:30pm / 2:30pm – 4:00pm Open Swim

PM Exercise Classes
Fitness Center Classroom **Res & PM Only**
 2:00pm-3:00pm Body Beat **New**
 5:00pm – 6:00pm Movement & Music with Bruce Wood

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

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

FRIDAY, OCTOBER 2

AM Exercise Classes

Fitness Center Classroom

Res. & PM Only

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 Class
3:00pm – 4:00pm Aqua Boot Camp



9:00am – 10:00am

Blessing of The Animal

Pavilion

All Welcome

Join the Ministry team as they bless your pets-big or small! (Please be sure they are on non-retractable leashes or in carriers.)



9:15am – 11:00am

Shopping Trip to Kroger

Resident Only

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.

10:00am – 11:30am

Scribblers, Scribes & Seekers!

Flagpole Hill

Res. & PM Only

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

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
3:00pm – 3:45pm Balloon Badminton

1:30pm – 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!

Hunt for the Wilderpeople

Rated PG-13 · 2016 · Comedy/Adventure · 1h 45m

SATURDAY, OCTOBER 3

9:00am – 1:00pm

Dallas Handweavers Guild

Auditorium

Res. & PM Invited

Monthly Meeting

10:00am – 4:00pm

Dallas Bead Society

Fitness Center

Res. & PM Invited

Monthly Meeting

2:00pm – 7:00pm

Open Paint Time

White Rock Class

Res. & PM Only

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

4833 STEAK AVENUE
RESTAURANT
CLOSED FRIDAY AND SATURDAY

MOVIE MATINEE

FRIDAY, OCTOBER 2

1:30PM



Hunt for the Wilderpeople

PG-13 · 2016 ·

Comedy/Adventure · 1h 45m

A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

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.

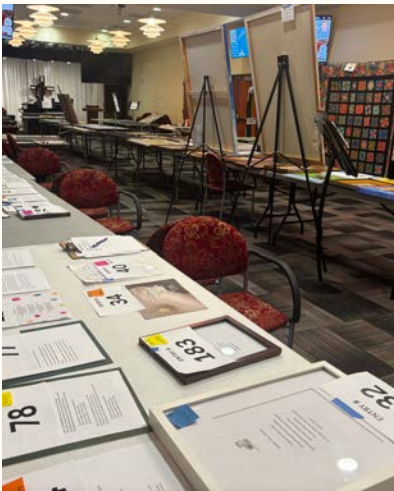
We have a team of engagement professionals across our campus in every level of care. Their talents and efforts bring sparkle to the campus 365 days a year. They help others find joy, meaning, purpose and fulfillment through experiences, activities and events.





Brian Parman: Resident & Community Engagement

Curating the Unscripted Life



Every year, as we prepare for the Spirit Is Ageless art and writing contest, a familiar choreography begins. There is the intense planning, the meticulous coordination, the intake of dozens of unique submissions, and finally, the delicate process of installation. Curating an exhibition is a true dance—determining where each piece belongs, how it catches the light, and ensuring that every single creation carries equal weight and importance. Early on, I used to dread this phase. The sheer volume of moving parts—much like life’s endless stream of shifting schedules, process updates, changing software, and staff adjustments—felt like a high-stakes puzzle that demanded absolute control. By year eleven, however, something shifted. I learned to let go.

I realized that to curate a beautiful space without losing your sanity, you have to show up rested, bring in extra help to remain objective, and above all, operate on principles over personality. The physical act of hanging the show requires, good shoes, comfortable clothing, a great team and leaving your ego entirely at the door. It means accepting that after spending hours carefully measuring, hanging, and stepping back from an entire wall, you might realize a piece needs to be taken down and moved across the hallway to make the whole room breathe.



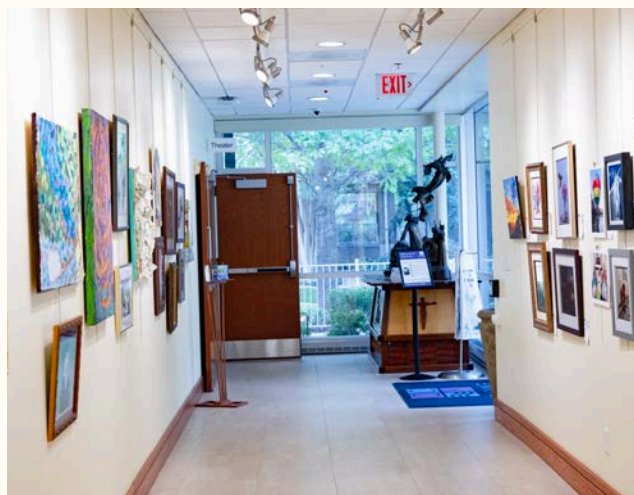
Redoing work you thought was complete isn't a failure or a waste of energy—it's taking a step back to evaluate the space objectively, putting the harmony of the show ahead of your own pride, and making the right choice for the overall display. Above all, year eleven has taught me that no gallery hangs itself. This incredible exhibition simply would not be possible without the visionary artists and writers who courageously share their creative spirit, and the extraordinary staff and volunteers who give their time, hands, and heart to bring it all together. They are the ones who make the dance worth dancing.

Life as we age demands that exact same curatorial grace. We spend so many years setting our lives on cruise control, coasting down familiar highways and clinging to the illusion that keeping everything in a fixed, predictable lane is the only way to stay safe. But cruise control only works on a straight, empty road—and life is an evolving gallery of twists, turns, and unexpected shifts. When software updates, schedules change, or surprises alter our daily picture, clicking off cruise control isn't a disruption; it's an invitation to take the wheel with fresh eyes.

Instead of white-knuckling through every minor shift or coasting through the routine, we can approach life with intentional hands:



- **Rest Before the Rush:** Recognizing that navigating change requires energy. Coming into new seasons or sudden disruptions well-rested allows us to respond with patience rather than panic.
- **Principals Over Personality:** Stepping back to evaluate situations objectively and leaving your ego out of the equation. When plans shift, hanging arrangements change, or processes adapt, it's rarely personal—it's just the natural, living flow of a vibrant community.
- **The Courage to Tweak:** Accepting that moving a metaphoric painting across the hall after hours of effort isn't a setback. Pivoting and adjusting is just part of the fine-tuning required to make the big picture work.
- **Honoring Every Piece:** Making space for new neighbors, updated tools, and unexpected moments, ensuring every new element finds its rightful place in your day.



Living intentionally as we age isn't about setting cruise control and drifting through the mundane, nor is it about enforcing a rigid blueprint. It's about mastering the art of the subtle adjustment. Step off autopilot, leave your ego at the door, take a step back from the wall, and enjoy the exhibition unfolding around you

CREWS NEWS

SEPTEMBER 2026



BY RUSSELL CREWS
PRESIDENT AND CEO

THE PEOPLE BEHIND THE PEOPLE: SHANE WATKINS KEEPS CC YOUNG RUNNING



When you think about the people who make CC Young what it is, you probably think first of the employees you see every day. But there are also people behind the scenes who have become such an integral part of campus life that it can be easy to forget they technically work for someone else. **Shane Watkins** is one of those people.

Shane first came to CC Young 22 years ago at the age of 30, working as an HVAC installer for Tindall Mechanical. A lot has changed since then. The “B” building was still standing, and The Overlook and Central Park had yet to be completed.

For approximately 12 years, Shane was essentially the face of Tindall Mechanical at CC Young. This was his account, and he came to know the 20-acre campus—and its equipment—inside and out.

When Tindall eventually experienced financial difficulties, Shane found himself at a crossroads. “Do I want to work for someone else?” he asked himself. “Or is now the time to start my own company and work for myself?”

The answer was clear. Shane went back to school, earned his HVAC contractor’s license and started **Freon Solutions**, a company that has now been in business for more than a decade. When he told CC Young’s Director of Maintenance that he was leaving Tindall to start his own company, the decision to continue working with Shane was an easy one. Who better? After more than two decades, Shane truly knows this campus better than anyone.

Today, Shane and his small team are responsible for HVAC and refrigeration needs across our entire 20-acre campus. That means more than 600 HVAC units, seven rooftop units in The Point, The Vista and Overlook alone, along with a surprising number of refrigerators, ice machines and countless other pieces of equipment that most of us never think about—until they stop working.

“People don’t realize the magnitude of this campus,” Shane says. He’s right.

In addition to regular maintenance and the seemingly endless task of changing filters throughout campus (most often requiring a ladder), Shane responds to service calls. Thirty calls a month is not unusual. During peak times, though, that number can climb to 50 or 60 calls for the month – no small task! Add in Mother Nature, who might bring snow, ice, tornado, or just a general power outage, and that tasks become even larger. And those calls don’t necessarily happen during business hours.



Perhaps one of the most memorable and challenging events was the freeze of 2021. Much of Dallas, including CC Young, was without power. Many do not understand that our campus is primarily heated and cooled with water through chillers. When we don't have power to run the pumps, those pipes can freeze and wreak havoc. This particular weather event was all-consuming for everyone on campus – with emphasis on Freon Solutions and their remediation. Getting everything back online as we began to thaw was a monumental task.

"I feel like I have dedicated my life to CC Young," Shane says. "It is a 24-hour-a-day job. We come here nights, weekends, during storms, power outages—whatever and whenever it happens."

There is something particularly meaningful in what Shane says next. Over his 22 years at CC Young, he has watched one principle remain constant: when something goes wrong, the response is always 'Make it right for our residents.' "You don't see that response in other companies," he says.

That commitment is one reason people like Shane become much more than vendors. They become part of the CC Young family and part of the continuity that helps a campus like ours operate day after day, year after year.

Away from campus, Shane has been married to his high-school sweetheart for 36 years. Both grew up in Garland. They have one son who has twins, a boy and a girl, resulting in 3 grandchildren – 2 granddaughters and 1 grandson. Their household also includes a Doberman who is a surprisingly needy pet, and a cat who is extremely self-reliant. When he does find a little time for himself, Shane enjoys bass fishing.

After 22 years, Shane has certainly seen a lot of changes at CC Young. But one thing has remained the same: his commitment to keeping this place—and the people who call it home—taken care of.

So now that you "know" Shane, be sure to greet him as part of our family because he most certainly is that – and more!





VILLAGE REPORT



by Jen Griffin

Vice President Community, Outreach & Engagement

September 2026

Cruise Control: Who's Really Driving?

When I first saw this month's theme, "Cruise Control," I couldn't help myself. My first thought was our own Russell Crews. (Yes, I went there.) Fortunately, Russell is a good sport, and I promise this isn't an article about our CEO taking the wheel! (Crews vs. Cruise...see what I did there?)

The more I thought about it, though, the more I became intrigued by the second word in our theme: control. How much control do we really have?

We like to think we have quite a bit. We make plans, set goals, establish routines and try to anticipate what might happen next. We buckle our seatbelts, check the weather, map our routes and do our best to steer our lives in the direction we want them to go.

And then...life happens.

A friend and former CC Young colleague had a great expression for those unexpected moments, especially the ones we didn't see coming: "Life gets lifey."

I've always loved that phrase because sometimes there really is no better way to describe it. A phone call changes everything. A plan falls apart. Someone disappoints us. Something completely unexpected happens. Sometimes it is wonderful. Sometimes it is heartbreaking. And sometimes it is just inconvenient. The truth is, we have far less control over life's circumstances than we like to believe.



What we do have is the ability—although sometimes a very imperfect one—to influence how we respond. I was reminded of that recently when, contrary to my usual nature, I snapped at a peer. It wasn't my finest moment. I knew almost immediately that my response was sharper than it needed to be, and I didn't feel good about it. There were mitigating circumstances. I was carrying some stress, there was a barrage of things happening at once, all needing my attention, and the exchange occurred in the middle of a particularly demanding day. Those things helped me understand why I reacted the way I did. But understanding a reaction doesn't necessarily excuse it.

And that became a good reminder for me: We may not always control what we feel—or even how quickly we react—but we can work on what we do next. We may not control what someone else says or does, but we can pause before deciding how we will answer. We may not control the circumstances around us, but we can choose whether we let them dictate our behavior.

That sounds simple. It isn't always.

We are human. We get tired. We get frustrated. We worry. We carry things other people cannot see. Sometimes our emotional “cruise control” gets bumped, and suddenly we're traveling at a speed we didn't intend.



Maybe that's why I've come to think that cruise control isn't really about control at all. Think about what happens when we use cruise control in a car. We may set the speed, but we still have to pay attention. We still have to steer. We still have to slow down when traffic changes. We still have to brake when something unexpected appears in the road.

Cruise control doesn't mean we stop driving. Perhaps life is much the same. We can establish direction without knowing exactly where the road will take us. We can make plans while remaining flexible enough to change them. We can develop routines that give us stability while staying open to the unexpected turns that make life interesting.

And perhaps one of the gifts of getting older is learning the difference between the things worth controlling and the things worth releasing: We don't have to win every argument. We don't have to have an answer for everything. We don't have to make every situation go according to plan. Sometimes we simply need to take a breath, adjust our speed and keep moving forward. And when we don't handle something perfectly—as I certainly didn't that day—we can acknowledge it, apologize when necessary, learn from it and give ourselves a little grace.

After all, none of us gets through life without a few bumps in the road. And sometimes, well...life gets lifey.

Maybe the goal isn't to control the entire journey. Maybe it is to stay present, pay attention, adjust when necessary and remember that we don't have to control the road to enjoy the ride.

And now I wonder: Perhaps the real secret to cruise control is knowing when to take the wheel, when to ease off the accelerator—and when to simply enjoy the journey.

ON THE COVER

SEPTEMBER 2026



A Tapestry of Tradition: Umphress Terrace Opens Its Gates for Hispanic Heritage Month

On Saturday, September 19, from 10:00 AM to 3:00 PM, Umphress Terrace in Pleasant Grove opens its doors to the Dallas community for a free Hispanic and Latin Heritage Month celebration.

Curated by Program Coordinator Angie McWhirter and sponsored by the City of Dallas Office of Arts and Culture, this inclusive block party bridges generations and honors the rich traditions of the center's seniors

For McWhirter, organizing this festival was personal—a way to showcase the rich traditions of Umphress Terrace residents to the broader Pleasant Grove community. To bring her vision of a free, inclusive block party to life, she partnered with the City of Dallas Office of Arts and Culture to sponsor main-stage live entertainment.

Attendees can look forward to an energetic, non-stop lineup:

- A live Mariachi band will anchor the afternoon, filling the neighborhood with classic anthems and romantic ballads.
- Brilliant, fast-paced dancers will take the stage, their stunning, multi-colored skirts creating a whirlwind of movement.
- Spread across the green spaces will be dynamic game stations & cultural craft booths, curated specifically to bring young children and seniors.

While the entertainment, games, and crafts are 100% free to enjoy there will also be local Latin-owned small businesses and food trucks. By bringing your appetite and your support, you can directly uplift these local business owners:

- From regional taco varieties to sweet, crispy churros, local culinary artists will be serving up authentic street eats available for purchase.
- Neighborhood vendors and crafters will have booths packed with handmade goods, unique clothing pieces, custom jewelry, and original artwork.

Whether you share Latin roots or simply want to experience the unmatched rhythm, food, and hospitality of Pleasant Grove, you are warmly invited!

Gather your family and friends for a day of cultural pride, connection, and celebration.

- Umphress Terrace Hispanic Heritage Month Celebration
- Saturday, September 19, 2026 | 10:00 AM – 3:00 PM
- Umphress Terrace, 7242 Umphress Road, Dallas 75217
- Cost: Free entry, live entertainment, crafts, and games!
 - Please bring cash for food and craft vendors

Come help us build a lasting neighborhood tradition and make this an unforgettable day for our seniors and community!



Get Your Kicks in '26 on North Texas Giving Day – September 17!

SEPTEMBER 2026

COMMUNITIES FOUNDATION of TEXAS

NORTH TEXAS GIVING DAY

This year's North Texas Giving Day theme is **"Get Your Kicks in '26,"** celebrating the journey we share together and the many ways kindness, compassion, and generosity make every mile meaningful.

On September 17, CC Young will once again join Communities Foundation of Texas for **North Texas Giving Day**. Together, we will rally around two important funds that help keep our community strong: the Benevolence Fund and the Staff Scholarship Fund.



At CC Young, benevolence is something we do every day. It lives in the compassionate care of our staff, the generosity of residents who choose to give back, and the commitment of a community that believes no one should walk life's journey alone. Every act of giving, whether large or small, helps create a legacy of service that impacts lives today and for generations to come.

Residents, invite your friends and family to join you in supporting this important day of giving. **To participate, bring your donation to The Point between 9:00 a.m. and 4:00 p.m. on Thursday, September 17, when a member of the Development team will be available to assist you with making your gift.**

The Benevolence Fund provides security and peace of mind for residents who, through no fault of their own, have exhausted their financial resources while receiving Assisted Living or Long-Term Care services. It ensures that our promise of compassionate care continues when it is needed most.

The Staff Scholarship Fund invests in the caregivers who make CC Young such a special place. Scholarships allow team members to further their education, strengthen their professional skills, and continue providing exceptional care for our residents.

Mark your calendar for North Texas Giving Day and consider making a gift that reflects the spirit of benevolence in action. Then join us for Happy Hour that afternoon as we celebrate the generosity of our community and announce our fundraising total.



Three reasons you will not want to miss CC Young's "Get Your Kicks in '26" North Texas Giving Day:

1. Every gift furthers the mission of CC Young.
2. Your generosity supports both the Benevolence Fund and the Staff Scholarship Fund, changing lives every day.
3. When the CC Young family comes together, we create a legacy of compassion, service, and hope.

Be sure to watch the CC Young Facebook page, your email, and Channels 80 and 81 for updates leading up to the event. However, you choose to give, stop by The Point to celebrate with us as we work toward our \$85,000 goal and continue helping our community **Get Your Kicks in '26!**

SEPTEMBER 2026

MINISTRY MESSAGE

Dear Friends,

The ministry team is so honored to serve God with you in this beautiful community!! An important part of our call is to strengthen community and enjoy fellowship with other men and women of God as well as with those who don't have a faith, don't practice religious traditions, or don't even know if there is a God. During the month of August, we enjoyed so much bringing together all perspectives to share dinner, watch popular movies, and dive into intellectual conversations.

After each movie, we discussed theological themes, philosophical questions, and cultural challenges. Community members from outside CC Young joined us as well, bringing home-made treats, pizza, and their own enthusiasm. We continue to be awed by the way God works through all of us and brings us together to know each other and care for each other more sincerely.

We are here for you and we would love to get to know you better. Call us anytime.



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 Chapel, we are on **Channel 81 every Sunday at 11:00 am.**

SEPTEMBER 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 Stanford's Book Study

Wednesday at 3:30p / Flagpole Hill (The Point)

Young 'Uns Choir Rehearsal

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

THE FITNESS INSIDER

September 2026

NEW GROUP EXERCISE CLASSES

Beginning
September 8



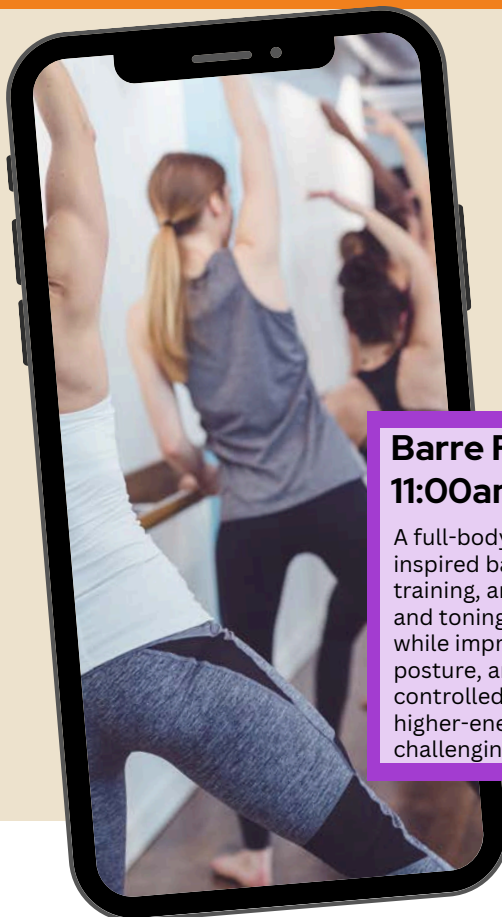
Full Body Strength **8:00-8:45am / Tues**

A total-body workout designed to build and tone muscle, strength, and endurance. It combines resistance exercises that target the legs, glutes, core, back, shoulders, and arms for a balanced, functional workout.



Cardio Strength **8:00-8:45am / Thurs**

A dynamic full-body workout that combines heart-pumping cardio with strength training. It uses exercises like squats, lunges, resistance movements, and cardio intervals to build strength, endurance, balance, and overall fitness while keeping your heart rate elevated.



Barre Fusion **11:00am - 11:45am/ Tues**

A full-body workout that blends ballet-inspired barre exercises, Pilates, strength training, and cardio. It focuses on sculpting and toning the legs, glutes, arms, and core while improving balance, flexibility, posture, and endurance. Expect small, controlled movements combined with higher-energy intervals for a fun, challenging workout.

Meet

CHRISTY JAMES

CC Young Wellness Manager

We are thrilled to introduce Christy James as our new Wellness Manager.

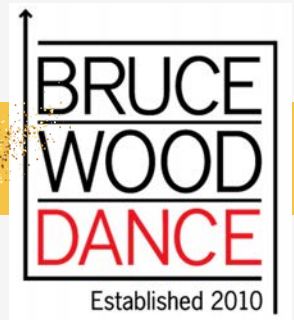
Christy brings decades of experience in group fitness, personal training, and wellness leadership across the Dallas area. Her impressive background in health and fitness dates back to 1987, including leadership roles at local institutions such as the Cooper Aerobics Center, the Jewish Community Center, and the Baylor Tom Landry Fitness Center, where she served as Group Fitness Coordinator.

Holding a B.A. from the University of North Texas and a Master of Education in Educational Technology from the University of Phoenix, Christy pairs her academic background with an extensive list of certifications in senior fitness, TRX, strength, cycle, and resistance training.

Outside of work, she is a passionate cycling enthusiast who regularly leads group rides and charity rallies with local clubs.



MOVEMENT & DANCE



Stepping into Joy - How Dance, Rhythm, and Intergenerational Connection Transform Campus Life

At CC Young movement is far more than physical exercise—it is a celebration of self-expression, confidence, and community. Entering its fourth year, the ongoing collaboration between CC Young and the renowned **Bruce Wood Dance Company** continues to prove that when you bring world-class arts directly to seniors, transformational things happen.

Rather than simply sitting as passive spectators, residents step directly into the creative process. Moving side by side with young, vibrant dance professionals bridges generations through a shared artistic vocabulary. This creative dialogue dissolves boundaries, sparking pure joy, rekindling confidence, and reminding participants that artistic expression has no age limit.

This season, CC Young expands this creative ecosystem by launching specialized dance classes tailored for individuals living with Parkinson's disease and other movement disorders.

While traditional movement therapies focus strictly on repetition, dance approaches the body through music, rhythm, and artistic intent. For those navigating Parkinson's, this shift in focus yields profound therapeutic benefits:

- **Rhythmic Auditory Stimulation:** Music acts as an external cue for the brain, helping bypass blocked neurological pathways to improve fluid gait, balance, and spatial coordination.
- **Restoring Confidence & Mobility:** Moving to rhythm helps counteract stiffness, making functional day-to-day movements—like standing, turning, and reaching—feel more natural and graceful.
- **Emotional Liberation & Community:** Beyond the physical benefits, dance breaks through isolation. It offers a expressive outlet where diagnosis gives way to creativity, helping participants reconnect with their bodies, build confidence, and experience shared joy.

Offered alongside existing programs like **Rock Steady Boxing** and the **Parkinson's Voice Project**, these weekly classes ensure residents don't just manage symptoms, but truly thrive.

Upcoming Fall Class Schedule

Movement & Music with **Bruce Wood**

- **When: Thursdays, starting September 3,** from 4:00 PM – 5:00 PM (Weekly)
- **Instructors:** Alternating instruction by Cole Vernon, Elliott Trahan, and Weaver Rhodes

Dancing for Parkinson's with Bruce Wood Dance

- **When:** Mondays, starting September 14, from 10:00 AM – 10:45 AM (Weekly)
- **Instructor:** Led by Domingo Estrada

All community members are invited to come move, express, and celebrate four years of artistic partnership!



COMMUNITY CORNER

Welcome

Welcome



WELCOME

Welcome

Welcome



WELCOME

Welcome

WELCOME

Welcome!



THOMAS CUISINE SPECIAL DINING DAYS

Action Station of the Month: Baked Potato Bar

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Thomas Action Station 11:30am-1pm 		Hillside Action Station 11:30am-1pm 	4833 Steak Avenue CLOSED	
		Thomas Food Committee Meeting 2:30pm		Asbury Action Station 11am-1pm 	4833 Steak Avenue CLOSED	
		Overlook Food Committee Meeting 3pm	National Guacamole Day 		National Rice Krispie Day 4833 Steak Avenue OPEN	
		Asbury Food Committee Meeting 2pm	National Great American Pot Pie Day	Conley's Action Station 11:30am-1:30pm 	4833 Steak Avenue OPEN	
		National Coffee & Biscotti Day 				

09/16 | Guacamole & Chips available at the Bistro
09/18 | Rice Krispie dipped combinations available at the Bistro & Point Café

09/23 | Chicken Pot Pie special available at the Bistro
09/29 | Freshly Baked Biscotti & Coffee specials available at the Bistro & Point Café

SEPTEMBER TEAM BIRTHDAYS

Fatu Pewee	9/1	Health Center
LaSheena Houston	9/3	Hospice
Yessica Pina	9/3	Hospice
Regina Davis	9/4	Health Center
Mackenzie Dulcie	9/4	Therapy
Ogochukwu Nmerem	9/4	Hospice
Cedric Wilcots II	9/4	Executive
Leeanna Ardoin	9/5	Private Care
Temitope Johnson	9/5	Memory Support
Sandra Leal	9/5	Maintenance
Jocelyn Alonso	9/6	Dining Services
Corey Miles	9/9	Dining Services
Charlisa Royster	9/9	Dining Services
Kelsi Smith	9/9	Therapy
Jo Nita Taylor	9/9	Private Care
Cleta Alexander	9/10	Business Office
David Ntwari	9/10	Dining Services
Innocent Oyemike	9/10	Assisted Living
Reneakia Brown	9/11	Hospice
Ezra Gutierrez	9/11	Housekeeping
Sandra Maxon	9/11	Home Health
Elisa Smith	9/11	Private Care
Belinda Pratt Turner	9/12	Assisted Living
Rachael Spencer	9/12	Dining Services
Henry Johnson	9/13	Dining Services
Carolyn Sabbath	9/13	Health Center
Martha Curtis	9/14	Dining Services
Tiquilla Jackson Pride	9/14	Health Center
Lisa O'Brien	9/14	Sales
Diana Salazar	9/14	Health Center



Keyun Williams	9/15	Dining Services
Ashanti Nyangau	9/17	Health Center
Brittany Taylor	9/17	Housekeeping
Ilian De Luna	9/18	Sales
Kristina Sandoval	9/18	Home Health
Kelly Ayotte	9/19	Therapy
Emmanuel Chavez	9/19	Dining Services
Lachris Ervin	9/19	Housekeeping
Sophia Stanley	9/19	Therapy
Jequerria Dillard	9/20	Health Center
Angela Hernandez	9/20	HR
Kevin Nelson	9/20	Housekeeping
Rahel Tafese	9/20	Hospice
Esther Cooper	9/21	Housekeeping
Desta Lakew	9/22	Private Care
Warren McNeal	9/22	Dining Services
Damaris Needham	9/22	Health Center
Todd German	9/23	Therapy
Glenda Leach	9/25	Health Center
Dionne Mangenje	9/26	Assisted Living
Krystal Yanez Martinez	9/26	Dining Services
Ogechi Ajaero	9/27	Nursing
Elisa Kodros	9/27	HR
Brittney Young	9/27	Dining Services
Avis Hines	9/28	Therapy
Patricia Muhonza	9/29	Health Center
Sharmaine Samuels	9/29	Therapy
Cinderella Arshad	9/30	Private Care
Amaya Scroggins	9/30	Nursing
William Shepard	9/30	Dining Services



TEAM CCY SEPTEMBER ANNIVERSARIES

Name	Hire Day	#Yrs	Department
Brandy Valadez	9/1/2021	5	Clinic
Maria Skinner	9/2/2025	1	Health Center
DeLisa Taylor	9/2/2023	3	Therapy
Patricia Muhonza	9/2/2025	1	Health Center
Daniel Benitez	9/2/2025	1	Dining Services
Seleatha Baldwin	9/3/2024	2	Private Care
Amaechi Egedigwe	9/3/2024	2	Health Center
Lominat Wolde	9/5/2023	3	Housekeeping
Evelyn Windham	9/5/2012	14	Assisted Living
Cindy Diaz	9/5/2012	14	Housekeeping
Doreth Swaby	9/5/2007	19	Private Care
Jedidah Chepkirui	9/6/2022	4	Memory Support
Alethea Butler	9/6/2022	4	Assisted Living
Olivia Randall	9/6/2023	3	Hospice
Genet Benti	9/6/2022	4	Housekeeping
Van Dinger	9/6/2022	4	Maintenance
Corey Miles	9/6/2024	2	Dining Services
Joy Little	9/7/2021	5	Hospice
David Cook	9/8/2025	1	Therapy
Marjorie Wilson	9/8/2025	1	Therapy
Saquest Knighten	9/8/2025	1	Dining Services
Opeyemi Lucas	9/8/2025	1	Health Center
Sophia Stanley	9/8/2023	3	Therapy
Raelynn Scott	9/9/2015	11	Development
Lemlem Gebre	9/10/2018	8	Private Care
A Mihja Buckner Gates	9/10/2025	1	Health Center
Ma Del Carmen Salas	9/10/2018	8	Housekeeping
Sarah Holforty	9/11/2017	9	Sales
Roman Zeleke	9/12/2022	4	Private Care
Vivian Mkwate	9/12/2025	1	Private Care
Natressah Nard	9/12/2025	1	Dining Services
Harriette Clay Nyian	9/13/2021	5	Health Center
Lisa O'Brien	9/13/2010	16	Sales
Emily Wilson	9/13/2021	5	Hospice
Flora Ugbor	9/13/2023	3	Health Center
Maggie Burmeister	9/15/2025	1	Therapy
Latasha Clark	9/15/2023	3	Community Outreach
Denerio Williams	9/15/2025	1	Dining Services
Alison Hemans	9/15/2025	1	Health Center
Tirunesh Abdi	9/16/2015	11	Dining Services
Torri Parnell	9/16/2020	6	Health Center
Tiowanna Moore Hamilton	9/16/2024	2	Assisted Living
Donna Baker	9/16/2024	2	Sales
Rose Nyamichaba	9/16/2023	3	Private Care
Funmilayo Jacob	9/17/2024	2	Assisted Living
Iyabode Olabayo	9/18/2023	3	Private Care
Atinuke Adebote	9/19/2022	4	Assisted Living
Raul Cabello	9/19/2016	10	Housekeeping
Meredith Tusa	9/19/2022	4	Therapy
Georgenia Anukem	9/19/2012	14	Health Center
James Smith	9/19/2022	4	Maintenance
Idreka McEwen	9/21/2022	4	Assisted Living
Kia Davis Holley	9/21/2020	6	Health Center
Ethan Jones	9/22/2025	1	Dining Services
Kelly Ayotte	9/22/2021	5	Therapy
Dana Herrington	9/22/2025	1	Assisted Living
Josefina Little	9/22/2010	16	Housekeeping
Kellie Lamm	9/23/2019	7	Health Center
Trevion Lennan	9/23/2023	3	Dining Services
Shashu Keleta	9/24/2018	8	Health Center
Joseph Burns	9/26/2024	2	Hospice
Carlos Najera	9/26/2022	4	Dining Services
Amarech Tato	9/28/2023	3	Private Care
Noah Crissey Oppert	9/29/2025	1	Housekeeping
Dakeesa Keese	9/29/2025	1	Health Center
Shonterra Harmon	9/29/2025	1	Health Center
Kaylin Anderson	9/29/2025	1	Health Center
Sydni Brown	9/29/2025	1	Health Center
Noel Castillo	9/30/2025	1	Hospice
Tamunobelega Enefiok Udo	9/30/2024	2	Private Care

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

RESIDENT SEPTEMBER BIRTHDAYS

Rae Marquis	Asbury	1	Judy Lubow	Thomas	16
Jerry Kagay	Vista	1	Gene Ward	Overlook	16
Jade Edwards	Thomas	2	Cheryl Brunson	Asbury	17
Ann Sullivan	Vista	3	John Seifrick	Thomas	17
Jo Biggerstaff	Overlook	3	Claude Berthoud	Overlook	18
John Newfield	Vista	4	Anne Nicholson	Vista	18
Betty Setliff	Overlook	7	Jo Ann Durand	Overlook	20
Portia Cato	Vista	7	Hazel Harvey	Vista	22
Donna M Spear	Hillside	8	Richard Gray	Hillside	23
Doug Mcmillan	Vista	8	Vernon Kidd Jr	Overlook	23
Ernie McAfee	Thomas	9	Thomas Arledge	Vista	23
Nancy Mcwhorter	Overlook	9	Mary Ryder	Vista	23
Bob Ross-Sr	Asbury	10	James Smith	Overlook	24
Robert Smith	Overlook	10	Norton Johnston	Vista	24
Barbara Symmank	Asbury	11	Fred Banes	Overlook	25
Jill Pickett	Overlook	12	Bettye Barnes	Overlook	25
Bertha Burgess	Vista	12	Janet Dettra	Asbury	27
Orville Cowling Jr	Vista	12	Bill Mcmillin	Asbury	27
Ben Thieme	Vista	12	Jean Perry	Overlook	27
Claudia Barnard	Vista	13	Barbara Frizell	Vista	28
Robert Ray Williams	Overlook	14	Eugene Mellady	Vista	29
Ella Dose	Hillside	15	Ron Rainey	Asbury	29
Jeanette Hughes	Asbury	15	Judith Banes	Overlook	30
Scott Johnson	Overlook	15	Antoinette Neilon	Asbury	30
Charlotte Kuser	Overlook	15	Don Thurman	Thomas	30
Gene Mcwhorter	Overlook	15			

Resident *Anniversaries*

SEPTEMBER



15 Years

**Marian Hammert
Donna Rush
Sharon & Fred
Christen**

14 Years

Sandy Bell

12 Years

Don Davis

10 Years

**Diane Hill
Sequita Poston**

9 Years

Karola Hustis

8 Years

Kathryn Bacon

6 Years

Patricia Loe

5 Years

**Angie Vazquez
Elinor Marshall
Jeanette & John
Hughes**

OCTOBER OLLI CLASSES

Thursday
October
01

Ranch Dressing: The Story of Western Wear

Presented by Jean Greenlaw

10:00 AM

Tuesday
October
06

The Beatles in the Studio: Exploration and Innovation

Presented by Brian Wright

10:00 AM

Thursday
October
08

Contemporary Texas Novelists Looking at 19th Century Texas

Presented by La Donna Womochel

10:00 AM

Tuesday
October
13

Exploring Happiness, Joy, Pleasure and Contentment: Patterns, Insights, and Strategies for Growth

Presented by Jim Cannici

10:00 AM

Thursday
October
15

The Wonderful World of Roaring 20's Novelty Rags

Presented by Steven Harlos

10:00 AM

Tuesday
October
20

The 2026 Midterm Elections

Presented by Patti Richard

10:00 AM

Thursday
October
22

Does Your Monster Speak Yiddish?: Golems and the Language of Retribution in Jewish Horror Film

Presented by Anna Kerry Goldmann

10:00 AM

Tuesday
October
27

A Tradition of Resistance: The House of the Faun and the Story of Early Pompeii

Presented by Neville McFerrin

10:00 AM

Thursday
October
29

History of the Vampire in Folklore, Literature, and Film

Presented by Megan Bryan

10:00 AM



CC YOUNG
THE POINT & PAVILION



OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF NORTH TEXAS

OLLI
UNT®

BLESSING *of the* ANIMALS

**FRIDAY, OCTOBER 2
9:00AM UNDER THE PAVILION**

**JOIN THE MINISTRY TEAM
AS THEY BLESS YOUR
PETS—BIG OR SMALL!**

There will be a special moment honoring
those pets we have lost this year.

**All animals are
welcome!**

(Please be sure they are on
non-retractable leashes or
in carriers.)



EPIC *Adventures*

A Masterclass in Curiosity,
Connection, and Purpose



WORLD MISSIONS

Join Allison Foster & Nancy Cooper
as they discuss their Mission Work and
traveling around the world.

Monday, October 5 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez
and Brian Parman

AVER- PHILLIPS ART GALLERY

Woven Together 2026

WEDNESDAY, SEPTEMBER 30 – SUNDAY, NOVEMBER 29

DALLAS
HANDWEAVERS &
SPINNERS GUILD

ART EXHIBITION

OPEN
TO THE
PUBLIC



RECEPTION

**SATURDAY
OCTOBER 3
1:00PM**



VISTA- 2ND FLOOR

4849 W. LAWTHER DR.
DALLAS TX 75214



CC YOUNG
SENIOR LIVING



CC YOUNG'S 4TH ANNUAL

TRUNK OR TREAT

**FRIDAY
OCTOBER 30
4:30PM-6:30PM**

**CALLING ALL CANDY
MONSTERS!**

**COME OUT &
"TRICK OR TREAT"
AT THIS FAMILY FUN EVENT!**

Guests are invited to converge on
the CCY Central Park to see
decorated Trunks and get Treats for
all the Little Ghouls and Goblins.



CC YOUNG
SENIOR LIVING

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