ACTIVE SENIOR LIFESTYLE GUIDE

CC YOUNG
THE POINT & PAVILION

FREE
PLEASE TAKE ONE

Bless The Pets!
THE MINISTRY TEAM WILL BLESS PETS-BIG OR SMALL!

The Mummy's Party!
STEP INTO THE STORY TO SOLVE "THE CASE OF THE MISSING HEADDRESS!"

Trunk or Treat!
JOIN HUNDREDS OF GHOULS AND GOBLIN FOR SOME FESTIVE FUN!

OCTOBER 2026

CC YOUNG

THE POINT & PAVILION

MEET THE TEAM

Brian Parman
Director, Resident & Community Engagement
bparman@ccyoung.org
972-755-3260

Angela Castillo
Assistant Director Resident & Community Engagement
acastillo@ccyoung.org
214-841-2831

Jennifer Griffin
Vice President, Community Outreach & Engagement
jgriffin@ccyoung.org
214-841-2903

Rebecca McDaniel
Resident & Community Engagement Specialist
rmcdaniel@ccyoung.org
469-522-2775

Rickina McKinley
Manager, Life Enrichment
rmckinley@ccyoung.org
214-273-9653

Martha Bonilla
Community Outreach Coordinator & Wellness Instructor
mbonilla@ccyoung.org
214-258-4041

Diane Prashasouk
Sales & Marketing Coordinator
Dprash@ccyoung.org
214-258-4000

Christy James
Wellness Manager
& Personal Trainer
cjames@ccyoung.org
469-828-3473

Tammy Slauson
Wellness Manager
& Personal Trainer
tslauson@ccyoung.org
214-874-7413

Ann Sury
Wellness
Instructor

Lindsey Buis, PT
Rock Steady Boxing
Instructor

Beth Belk
Wellness Instructor

Dave Larcade
Tai Chi Instructor

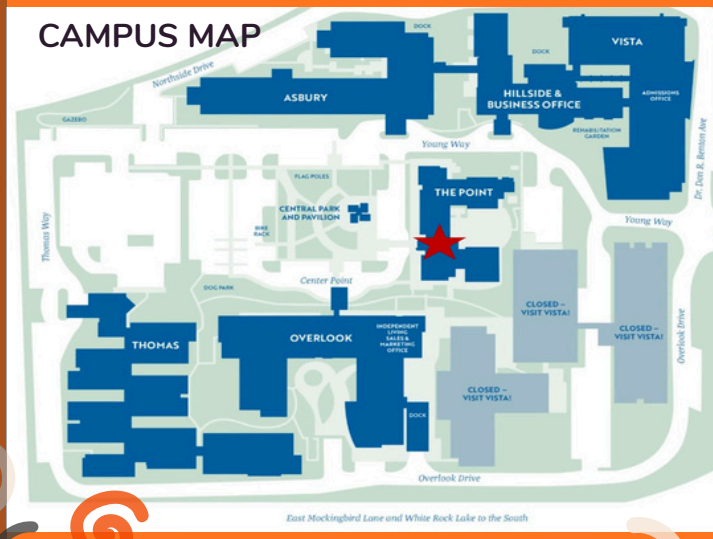
Vickie Griffith
Wellness Instructor

David Sorkness
Gizmo Guidance
Instructor

Lori Sanders
Speech Therapist /
Parkinson's: Speak Out
Therapy group Instructor
lsanders@ccyoung.org

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
- Blessing of The Animals
- Woven Together Art Show
- The Mummy's Party
- Trunk or Treat
- October OLLI Class
- Gizmo Guidance/ Epic Adventure
- 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
- Living Legacy
- Ministry Message
- The Fitness Update!

Page 54-59 Community Corner

- Welcome New IL Residents
- Dining Days
- Team Birthdays
- Team Anniversaries
- Resident Birthdays
- Resident Anniversaries

Page 60-63: Save The Dates

- November OLLI Class
- Watercolor Workshop
- Epic Adventure
- Veterans Week

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

CCY

ART & WRITING CONTEST

Your Story. Your Art. Your Moment to Shine.

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

Guest Speaker

Marianne Gargour

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

RSVP to RSVP@ccyoung.org

CCYOUNG.ORG

AVER- PHILLIPS ART GALLERY

Woven Together 2026

WEDNESDAY, SEPTEMBER 30 – SUNDAY, NOVEMBER 29

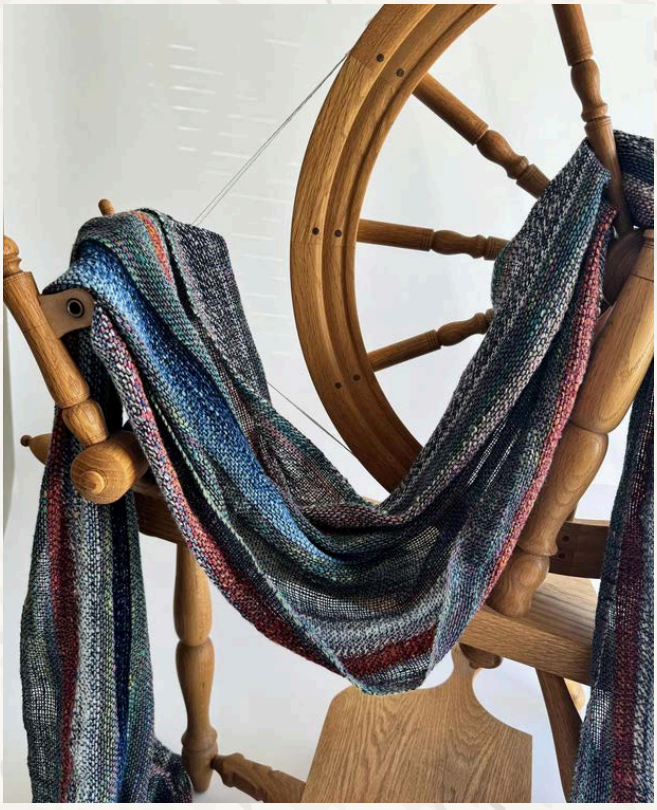
DALLAS HANDWEAVERS & SPINNERS GUILD

ART EXHIBITION

OPEN TO THE PUBLIC

RECEPTION

SATURDAY OCTOBER 3 12:30PM



CC YOUNG SENIOR LIVING

VISTA- 2ND FLOOR

4849 W. LAWTHER DR.
DALLAS TX 75214

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
SENIOR LIVING

TUESDAY, OCTOBER 20

7:00pm in The Point Auditorium

Step into the story to solve "The Case of the Missing Headdress!"

Question suspects, examine clues, share memories, and help Detective Hayley unravel a Halloween mystery filled with laughter, twists, and surprises.

Refreshments, Some props & costumes provided!

Sign up at The Point!

CC YOUNG
THE POINT & PAVILION

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

Want to host a "Trunk?" Scan the QR Code to sign up by Friday, October 16!

PAGE 9

OCTOBER OLLI CLASSES

CC YOUNG
THE POINT & PAVILION

Thursday October 01 — 10:00 AM
Ranch Dressing: The Story of Western Wear
Presented by Jean Greenlaw

Tuesday October 06 — 10:00 AM
The Beatles in the Studio: Exploration and Innovation
Presented by Brian Wright

Thursday October 08 — 10:00 AM
Contemporary Texas Novelists Looking at 19th Century Texas
Presented by La Donna Womochel

Tuesday October 13 — 10:00 AM
Exploring Happiness, Joy, Pleasure and Contentment: Patterns, Insights, and Strategies for Growth
Presented by Jim Cannici

Thursday October 15 — 10:00 AM
The Wonderful World of Roaring 20's Novelty Rags
Presented by Steven Harlos

Tuesday October 20 — 10:00 AM
The 2026 Midterm Elections
Presented by Patti Richard

Thursday October 22 — 10:00 AM
Does Your Monster Speak Yiddish?: Golems and the Language of Retribution in Jewish Horror Film
Presented by Anna Kerry Goldmann

Tuesday October 27 — 10:00 AM
A Tradition of Resistance: The House of the Faun and the Story of Early Pompeii
Presented by Neville McFerrin

Thursday October 29 — 10:00 AM
History of the Vampire in Folklore, Literature, and Film
Presented by Megan Bryan

OSHER LIFELONG LEARNING INSTITUTE AT THE UNIVERSITY OF NORTH TEXAS
OLLI UNT

CC YOUNG
THE POINT & PAVILION

OCTOBER GIZMO GUIDANCE

CONNECT, CREATE, AND CONTROL YOUR DIGITAL WORLD.

Classes open to Residents and Point Members Only!

Saturday, October 10
9:30am-11:00am
Refresher course - Intro to Word

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

Saturday, October 17
9:30am-11:00am
Refresher course - Email: how to write, delete and save them

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

Saturday, October 24
9:30am-11:00am
iPhone- take, save and store your iPhotos

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

Saturday, October 31
9:30am-11:00am
Scary fun things you can do with ChatGPT

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

EPIC Adventures

A Masterclass in Curiosity, Connection, and Purpose

TRAVEL WITH A PURPOSE

Join Allison Foster & Nancy Cooper as they discuss their mission work with The Peace Corps and other memorable travels.

Monday October 5 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez and Brian Parman

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:

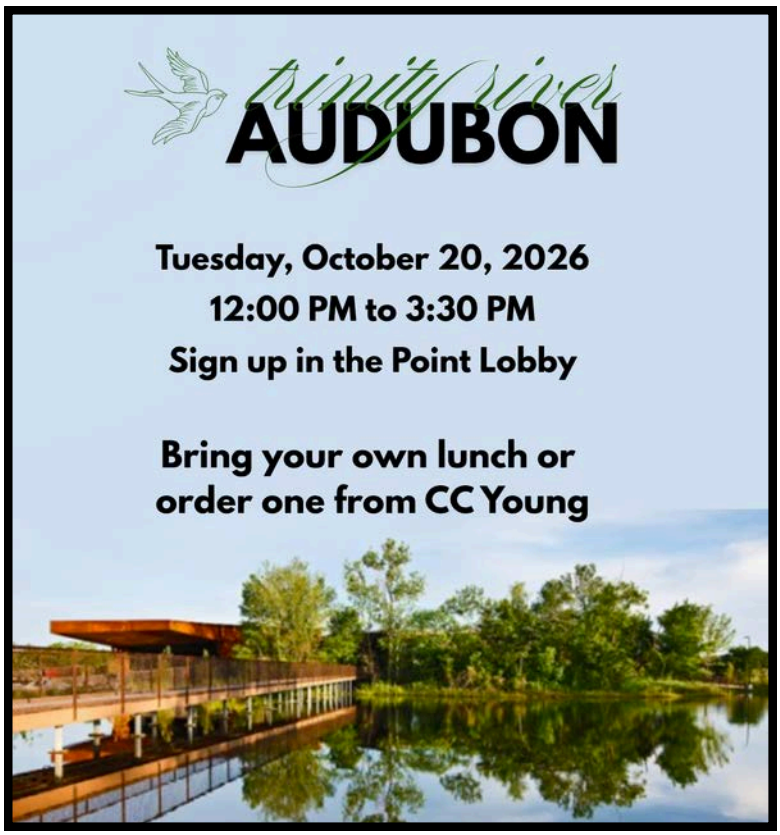
- If a spot becomes available, we will call you in the order you signed up.
- Do not move your name or write it in a different spot. If someone removes their name, a Point staff member will update the list to ensure everyone is moved up in the correct order.

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



COLLABORATIVES 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

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.

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 of organizing and promoting learning and friendship.
Meets 3rd Tuesday of each month / 10:00am in Flagpole Hill Classroom

DALLAS COUNTY PIONEERS

The group is dedicated to preserving the history of Dallas County & the pioneers who settled this County since its formation in 1875.
Meets 1st Thursdays at 6:30pm in The Auditorium in March, June, September, and Holiday meeting first Saturday in December

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

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

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

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

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. Supplies provided, but you can bring your own.

Mondays at 2pm

Scribblers, Scribes and Seekers

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

Fridays at 9:45am.

CC Young ‘Uns Choir

Singing at CC Young for 30+ years, the choir is currently under the direction of Russ Rieger and accompanied by pianist Kathy Beal.
New members welcome!

Tuesdays at 1pm.

Garden Club

Group is open to gardeners new and old! Work in the new Green House or raised garden beds.

Wednesday at 10am

SPECIAL INTEREST GROUPS AT THE POINT CONT.

Groups listed are open to Residents & Point Members.

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

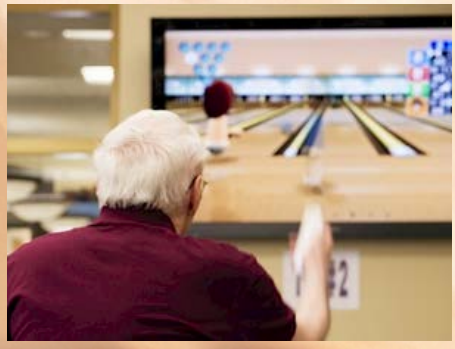
Led by Linda Leonard, the group does table reading, storytelling, and radio plays, as well as produces their own programs for all to see.

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

Wrappers

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

TIME TBD

THE POINT AT CC YOUNG

THE EXERCISE RAINBOW

A FULL WEEK OF MOVEMENT, ONE COLOR AT A TIME

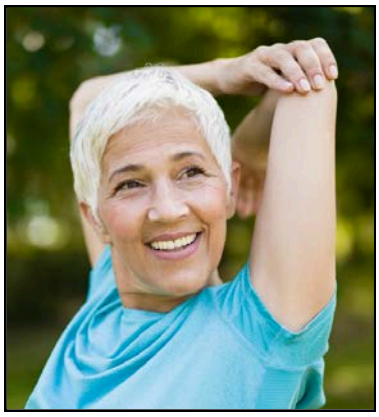
CARDIO STRENGTH FLEXIBILITY MOBILITY BALANCE

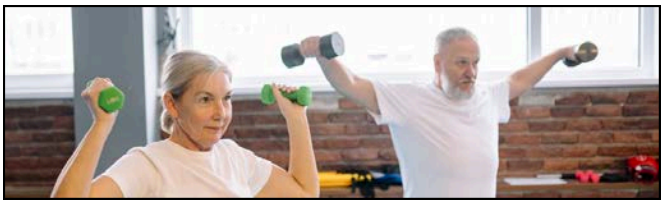
The Exercise Rainbow helps you build a balanced movement routine by completing one exercise from each key category every week: cardio, strength, flexibility, mobility, and balance. Finish your rainbow each week to support your health and feel your best.

Upper Body Stretch & Mobility Lab

Mondays / 9:00-9:30am
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.





Arm Lab

Mondays / 9:30-10:00am
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.

Dancing for Parkinson's

Mondays / 10:00-10:45am
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 Yoga

Mon & Wed / 2:00-2:45pm
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**

CARDIO | STRENGTH | FLEXIBILITY | MOBILITY | BALANCE

Chair Volleyball
Mondays / 11:00-11:45am

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.

Rock Steady Boxing
Mon & Fri / 12:00-1:00pm & Wed /1:00-2:00pm(V9)
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.**

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

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

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

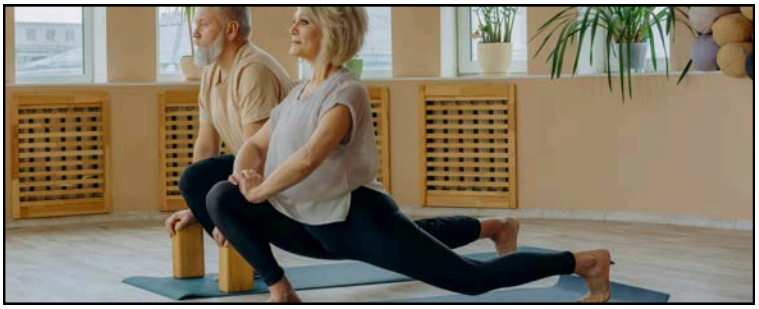
A fun, low-impact dance fitness class set to upbeat music. It's designed to improve cardio, coordination, and balance while keeping the moves easy to follow. Come dance, sweat, and smile!

Full Body Strength
Tuesdays / 8:00-8:45am
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.

Intermediate Floor Yoga
Tues & Thu / 9:00-9:45am
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.



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

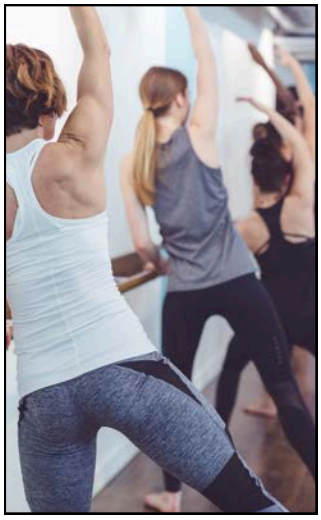
A class designed for individuals who experience balance challenges due to past falls, medical conditions, mobility difficulties, use of a cane or walker, or a fear of falling.

Intermediate Tai Chi
Tuesday / 4:00-5:00pm
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.

Chair Aerobics
Tuesday / 2:00-2:45pm
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.



Barre Fusion
Tuesday / 11:00am - 11:45am
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.

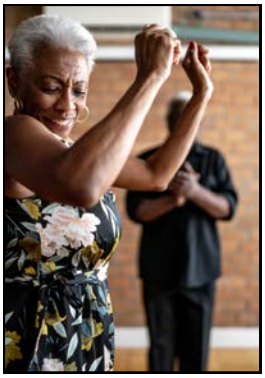
Lower Body Stretch & Mobility Lab
Wednesdays / 9:00-9:30am
Instructor: Christy James
A targeted class focused on improving range of motion in the hips, legs, and ankles. Loosen tight muscles, enhance stability, and move with greater ease and comfort.

Drumba
Wednesday / 11:00-11:45am
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.

Leg Lab
Wednesday / 9:30-10:00am
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.

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.

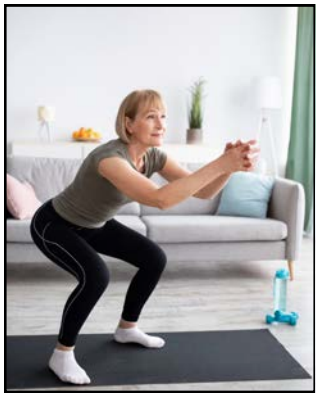


Mindful Yoga Flow
Wednesday / 1:00-1:45pm
Instructor: Beth Belk

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

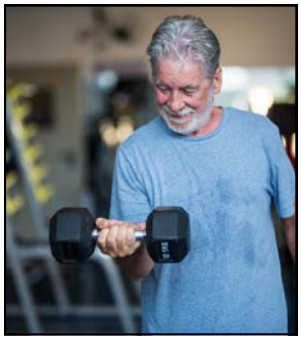
Balance 2
Thursday / 11:00-11:45am
Instructor: Beth Belk

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.**



Cardio Strength
Thursday / 8:00-8:45am
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.



Total Body Lab
Friday / 10:30-11:00am
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.

Full Body Stretch & Mobility
Friday / 10:00-10:30am
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.

Movement & Dance
Thursdays / 4:00-5:00pm
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.

Balloon Badminton
Friday / 3:00-3:45pm
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.

AQUATICS EXERCISE RAINBOW

EMBRACING THE POWER OF WATER, ONE COLOR AT A TIME

CARDIO STRENGTH FLEXIBILITY MOBILITY BALANCE

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

Lap swimming

Tues., and Thurs. - 11:00am–12:00pm

AQUATICS 101

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

Call 972-638-8795 to schedule.

CLASSES

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.

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.

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.

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.

CC YOUNG REHABILITATION & AQUATICS PROGRAM

RSVP for all aquatics classes: 972-638-8795

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 — Vista-2
Christ Chapel — All Welcome!

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

DAVID R. DAVIDSON TOWER ARTS SERIES

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

MONDAY, SEPTEMBER 28

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

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

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

~~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~~ **- CXL**

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
~~9:00am – 9:45am Intermediate Floor Yoga~~ - **CXL**
10:00am – 10:45am Balance 1
11:00am – 11:45am Barre Fusion

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

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 30

AM Exercise Classes
Fitness Center Classroom — **Res. & PM Only**
9:00am – 9:30am Lower Body Stretch & 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 Boxing 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
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

11:30am – 1:00pm — HIllside
Dining Action Station — Resident Only
This Month's Station: Phill Sub

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

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

1:30pm - 2:30pm — Lobby
Harris Jewelry Repair — Res. & PM Only
Small repairs while you wait.

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

FRIDAY, OCTOBER 2

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
10:00am – 10:30am Full Body Stretch & Mobility
10:30am – 11:00am Total Body Lab

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 Class
3:00pm – 4:00pm Aqua Boot Camp

9:00am – 10:00am Pavilion
Blessing of The Animals 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 Resident Only
Shopping Trip to Kroger
Sign-up at The Point. Pick-up in front of your building.

9:45am – 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.

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

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

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

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

1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Hunt for the Wilderpeople
Rated PG-13 · 2016 · Comedy/Adventure · 1h 45m

SATURDAY, OCTOBER 3

~~9:30am – 12:30pm Tech Lab~~
~~**Gizmo Guidance** Res. & PM Only~~
No Class Today

9:00am – 1:00pm Auditorium
Dallas Handweavers Guild Res. & PM Invited
Monthly Meeting
12:30pm-1:30pm- Art Reception at The Vista

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

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

THIS WEEK'S *Highlights*

Monday, October 5
3:00pm
Epic Adventure

Tuesday, October 6
10:00am
UNT OLLI Class
The Beatles in the Studio: Exploration and Innovation

Thursday, October 8
10:00am
UNT OLLI Class
Contemporary Texas Novelists Looking at 19th Century Texas

Friday, October 9
1:30pm
Movie Matinee
9 to 5 / PG · 1980 · 1h 50m

Friday, October 9
4:30pm
Longhorn Singers

SUNDAY, OCTOBER 4

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!

MONDAY, OCTOBER 5

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

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

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

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 Adventures Res. & PM Only
Travel for a Purpose!
Hear from Allison and Nancy as they talk about World Travel- Missionary work and The Peace Corps.

TUESDAY, OCTOBER 6

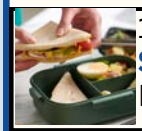
AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
8:00am – 8:45am Full Body Strength
9:00am – 9:45am Intermediate Floor Yoga
10:00am – 10:45am Balance 1
11:00am – 11:45am Barre Fusion

OLLI
10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
The Beatles in the Studio: Exploration and Innovation
Presented by Brian Wright

11:30am – 1:00pm Thomas
Dining Action Station Resident Only
This Month's Station: Philly Sub

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


1:30pm – 2:30pm Theater
Service Project Res. & PM Only
Pack Lunches for The Dallas Street Choir.

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, OCTOBER 7

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

8:45am – 12:00pm Res. & PM Only
Bus Trip to see the Dallas Street Choir
Sign up at The Point

~~9:15am - 11:30am Resident Only~~
~~**Shopping Trip to Hillside Village & Aldi**~~
~~**CXL TODAY.**~~

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 White Rock Class
Garden Club Meeting Res & PM Only

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

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

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

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

THURSDAY, OCTOBER 8

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
8:00am – 8:45am Cardio Strength
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
Contemporary Texas Novelists Looking at 19th Century Texas
Presented by La Donna Womochel

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 Asbury
Dining Action Station Resident Only
This Month's Station: Philly Sub

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

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

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

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

2:00pm – 5:00pm Lobby
Uber Information Table Resident Only
Ride with Confidence, Learn how Uber can help you get where you need to go

4:00pm – 5:00pm Auditorium
Resident Happy Hour Resident Only
Monthly Birthday Celebration

FRIDAY, OCTOBER 9

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
10:00am – 10:30am Full Body Stretch & Mobility
10:30am – 11:00am Total Body Lab

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

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

9:45am – 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

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

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!
9 to 5
PG · 1980 · 1h 50m Comedy/Screwball comedy·

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

4:30pm – 5:15pm Central Park
Longhorn Singers! All Welcome!
In town for TX/OU Weekend!
Enjoy this lively group of young singers!

SATURDAY, OCTOBER 10

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-Intro to Word
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 a first-come, first-served basis.

THIS WEEK'S *Highlights*

Tuesday, October 13
10:00am
UNT OLLI Class
Exploring Happiness, Joy, Pleasure and Contentment: Patterns, Insights, and Strategies for Growth

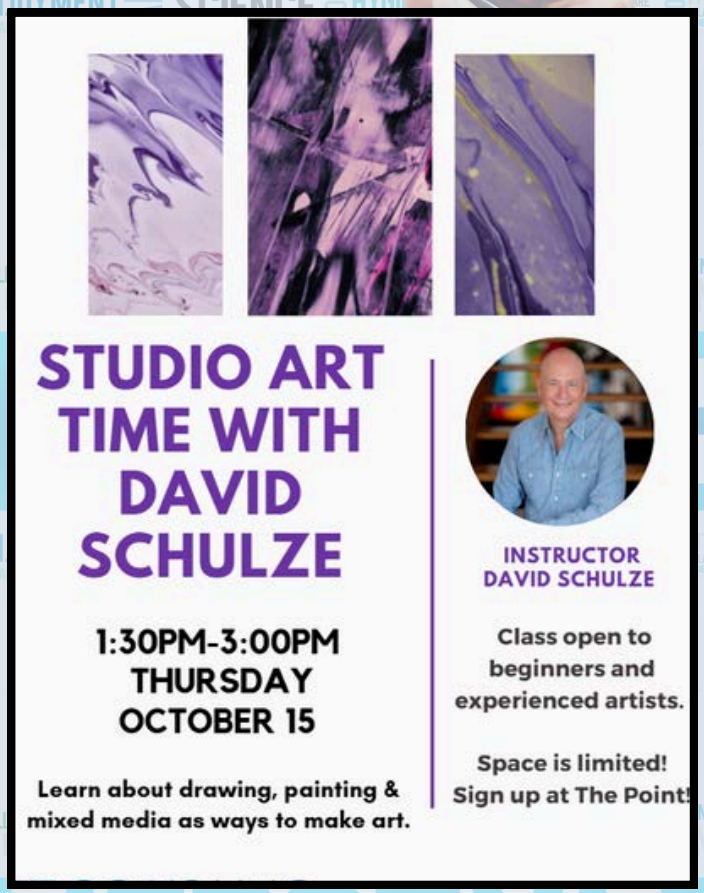
Thursday, October 15
10:00am
UNT OLLI Class
The Wonderful World of Roaring 20's Novelty Rags

Friday, October 16
1:30pm
Movie Matinee
Denial
PG-13 · 2016 ·1h 49m Drama/History

SUNDAY, OCTOBER 11

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!



MONDAY, OCTOBER 12

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
9:00am – 9:30am Upper Body Stretch & Mobility
9:30am – 10:00am Arm Lab
~~10:00am – 10:45am **Dancing for Parkinson's**~~ **CXL Today**
11:00am – 11:45am Chair Volleyball

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

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

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

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

TUESDAY, OCTOBER 13

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

OLLI
10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
Exploring Happiness, Joy, Pleasure and Contentment: Patterns, Insights, and Strategies for Growth
Presented by Jim Cannici

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, OCTOBER 14

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
9:00am – 9:30am Lower Body Stretch & 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 White Rock Class
Garden Club Meeting Res & PM Only

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

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

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

3:00pm – 4:00pm Auditorium & 81
All Resident Council Meeting Resident Only
Updates from each building and departments

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

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

THURSDAY, OCTOBER 15

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

9:00am – 5:00pm Vista Clinic
On Site Dermatology 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
The Wonderful World of Roaring 20's Novelty Rags
Presented by Steven Harlos

11:00am – 1:00pm Conley's
Dining Action Station Resident Only
This Month's Station: Philly Sub

1:30pm – 3:00pm White Rock Class
Studio Art Time with David Schulze Res. & PM Only
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
2:00pm-3:00pm Brain, Bone Body Boost **New**
5:00pm – 6:00pm Movement & Music with Bruce Wood

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

FRIDAY, OCTOBER 16

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
10:00am – 10:30am Full Body Stretch & Mobility
10:30am – 11:00am Total Body Lab

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 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.

9:45am – 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.

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

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

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

1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Denial
PG-13 · 2016 ·1h 49m Drama/History

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

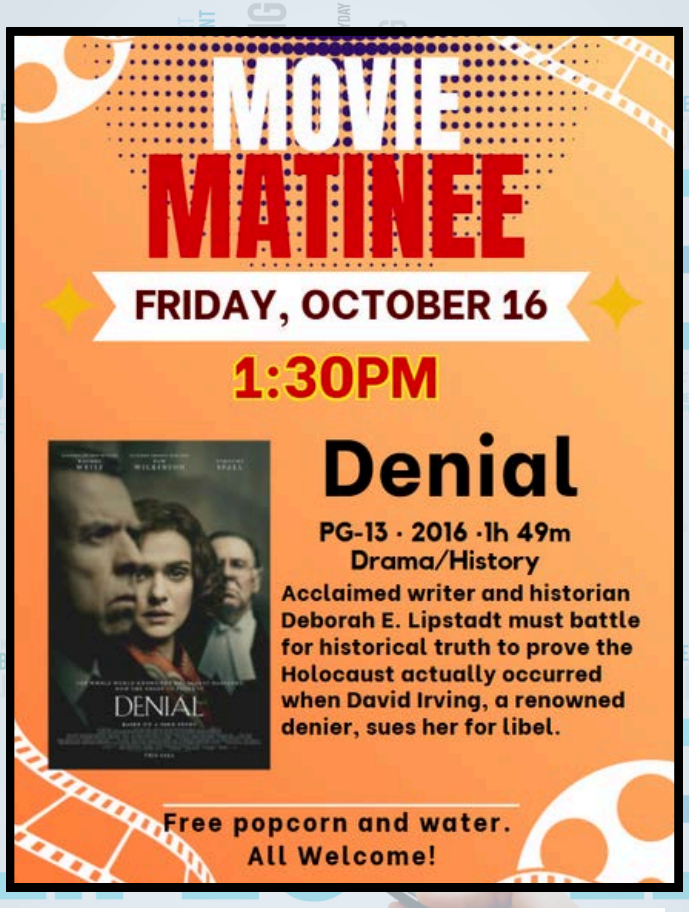
3:30pm – 4:30pm Auditorium
Richard Stanford All Welcome
Book Review
The Lost Founder by Jesse Wegman

SATURDAY, OCTOBER 17

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-Refresher course - Email: how to write, delete and save them
11:00am- Open Lab time

~~9:00am – 12:00pm Auditorium~~
~~**White Rock Democrats** Res. & PM Invited~~
No Meeting at CCY This Month

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



THIS WEEK'S *Highlights*

Tuesday, October 20
10:00am
UNT OLLI Class
The 2026 Midterm Elections

Tuesday, October 20
7:00pm
The Mummy's Party
An Interactive Mystery Adventure

Thursday, October 22
10:00am
UNT OLLI Class
Does Your Monster Speak Yiddish?: Golems and the Language of Retribution in Jewish Horror Film

Friday, October 23
2:00pm
2026 Spirit is Ageless Celebration of Artists & Writers
RSVP Required

SUNDAY, OCTOBER 18

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!

MONDAY, OCTOBER 19

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

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

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

10:00am – 11:30am White Rock Class
Arts & Crafts with Patricia Res. & PM Only
This month's Craft: Off-loom weaving – Mandalas
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!

TUESDAY, OCTOBER 20

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

OLLI
10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
The 2026 Midterm Elections
Presented by - Patti Richard

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

Audubon Trinity River Audubon Center
12:00pm – 3:30pm Resident Only
Bus Trip- Trinity Valley Audubon Society
See sign-up sheet for Lunch option.

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

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

7:00pm – 8:30pm Auditorium
The Mummy's Party Resident Only
An Interactive Mystery Adventure
Step into the story to solve **The Case of the Missing Headdress!** Question suspects, examine clues, share memories, and help Detective Hayley unravel a Halloween mystery filled with laughter, twists, and surprises. Refreshments, props & costume provided!
Sign up at The Point!

WEDNESDAY, OCTOBER 21

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
9:00am – 9:30am Lower Body Stretch & 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

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

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

3:00pm – 4:00pm Asbury
Storytelling with Jo Rader Res. & PM Only

THURSDAY, OCTOBER 22

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
8:00am – 8:45am Cardio Strength
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
Does Your Monster Speak Yiddish?: Golems and the Language of Retribution in Jewish Horror Film
Presented by Anna Kerry Goldmann

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

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

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

PM Exercise Classes
Fitness Center Classroom Res. & PM Only
2:00pm – 3:00pm Brain, Bone Body Boost **New**
5:00pm – 6:00pm Movement & Music with Bruce Wood

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

FRIDAY, OCTOBER 23

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
10:00am – 10:30am Full Body Stretch & Mobility
10:30am – 11:00am Total Body Lab

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 Class
3:00pm – 4:00pm Aqua Boot Camp

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

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

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

10:00am – 11:30am Flagpole Hill
Scribblers, Scribes & Seekers! Res. & PM Only
A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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

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

~~1:30pm – 3:30pm~~ ~~Theater~~
~~**Movie Matinee**~~ ~~All Welcome!~~
CXL Today

2:00pm – 4:00pm Auditorium & Ch 81
Spirit is Ageless RSVP Required
Celebration of Artists and Writers
Reception and Awards with featured speaker: **Marianne Gargour,** Founder of MG Coaching & Creativity LLC.

SATURDAY, OCTOBER 24

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am- iPhone: Take, save, and store your photos
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.

THIS WEEK'S *Highlights*

Monday, October 26
3:00pm
Meet The Author
"Live Your Life With Less Ringing" by Dr. Paige Gainey

Tuesday, October 27
10:00am
UNT OLLI Class
A Tradition of Resistance: The House of the Faun and the Story of Early Pompeii

Tuesday, October 27
1:30pm
CC Young 'Uns Fall Concert

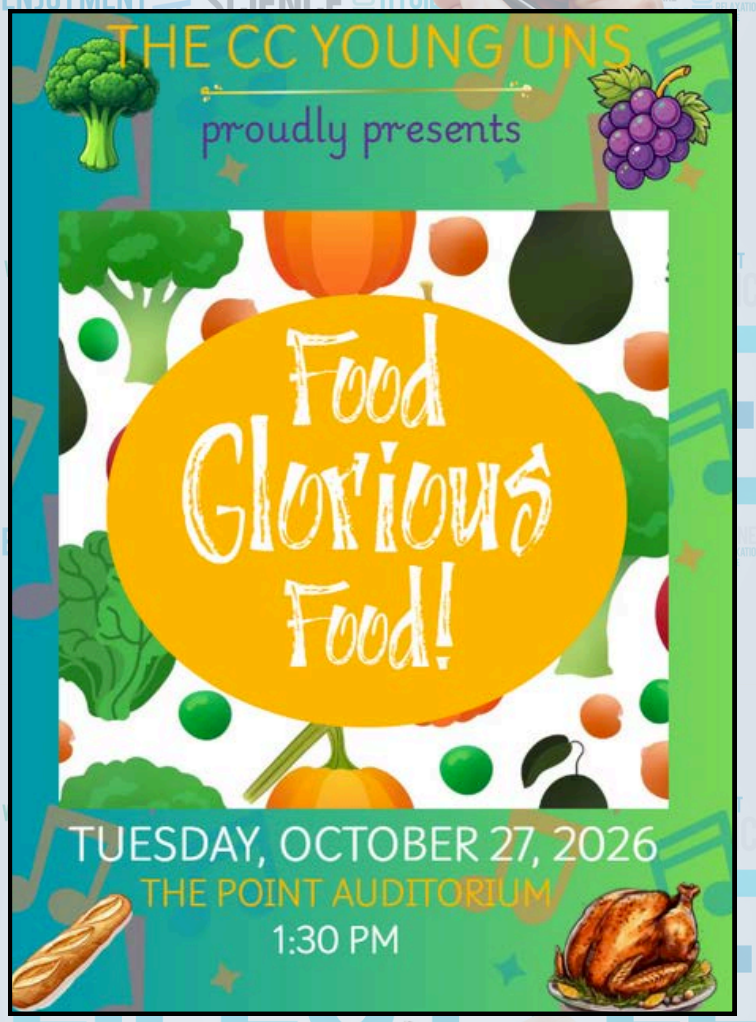
Thursday, October 29
10:00am
UNT OLLI Class
History of the Vampire in Folklore, Literature, and Film

Friday, October 30
4:30pm- 6:30pm
Trunk or Treat

SUNDAY, OCTOBER 25

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!



MONDAY, OCTOBER 26

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

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

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

10:00am –& 2:00pm Resident Only
Bus Trips: Early Voting
Two chances to go. Sign up in The Point.

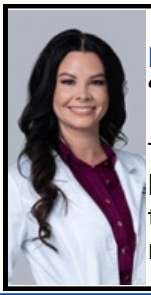
10:00am – 11:00am Pavilion/Cafe
The Social Sip Res. & PM Only
Grab a fresh brew, pull up a chair, and join Rebecca for a morning of games & great company

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 – 4:00pm Auditorium
Meet The Author All Welcome
"Live Your Life With Less Ringing" by Dr. Paige Gainey
This book provides helpful insight into tinnitus, hearing health, and effective treatment for those living with the challenges of persistent ringing in the ears.

TUESDAY, OCTOBER 27

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

10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
A Tradition of Resistance: The House of the Faun and the Story of Early Pompeii
Presented by Neville McFerrin

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

1:30pm-2:30pm Auditorium & 81
CC Young 'Uns Fall Concert All Welcome
"Food Glorious Food"

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, OCTOBER 28

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
9:00am – 9:30am Lower Body Stretch & 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

2:00pm – 3:00pm Vista 9 Sunroom
Park and Chat Res. & PM Only

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

THURSDAY, OCTOBER 29

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

OLLI
10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
History of the Vampire in Folklore, Literature, and Film
Presented by Megan Bryan

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 Brain, Bone Body Boost **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
Come dressed in a Halloween Costume for a chance to win a prize!

FRIDAY, OCTOBER 30

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
10:00am – 10:30am Full Body Stretch & Mobility
10:30am – 11:00am Total Body Lab

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 Class
3:00pm – 4:00pm Aqua Boot Camp

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

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

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

10:00am – 11:30am Flagpole Hill
Scribblers, Scribes & Seekers! Res. & PM Only
A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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

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

~~1:30pm – 3:30pm~~ ~~Theater~~
~~**Movie Matinee**~~ ~~All Welcome!~~
CXL Today

TRUNK OR TREAT

4:30pm-6:30pm *Central Park*
4th Annual *All Welcome*
Trunk or Treat
Guests are invited to gather and see decorated trunks and get Treats for all the Little Ghouls and Goblins.

SATURDAY, OCTOBER 31

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-Scary fun things you can do with ChatGPT
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.

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

Homecoming: The Joy of Gathering, Gratitude, and Unconditional Love

There is something undeniably magnetic about the arrival of autumn. As the air turns crisp and the leaves begin their gradual shift, Fall naturally invites us into a season of homecoming, reunion, and heartfelt celebration. Whether it's the timeless nostalgia of Friday night lights, lazy weekend afternoons on the couch cheering on our favorite football teams, the warm comfort of a bowl of homemade chili, or the lively tradition of walking the midway at the State Fair of Texas, autumn reminds us of the power of coming together. But here on our campus, homecoming is about so much more than a date on the calendar or a seasonal tradition—it is about the deep sense of belonging we create for one another every single day.

One of the most meaningful highlights of this season is our annual Blessing of The Animals, a moment where we pause to celebrate the extraordinary role our four-legged friends play in our lives. Coming home to the unbridled joy, wagging tails, warm cuddles, and affectionate welcomes of a pet makes life in our community so much sweeter. Beyond the companionship they offer, the responsibility of caring for a pet brings a profound sense of purpose and accountability for another living creature. In my own life, mealtime prayers carry a deep sense of gratitude for the blessing of a fourteen-year relationship with a loyal companion—a daily reminder of what true, unconditional love looks like.

That special bond is something I cherish deeply about life at CC Young, where animals of all kinds are a vital, beloved part of our community. Thinking of our furry family members always brings to mind one of my absolute favorite campus memories: Kaiser, the very first dog to reside at Overlook and the namesake of our small dog park tucked between Overlook and Thomas. Kaiser spent many a bright morning alongside his person Doyle Stewart in The Point Café, calmly sitting by as they enjoyed coffee and read the morning paper. It's small, quiet moments like those that truly make this place feel like home.

Fall also brings us together to celebrate human creativity and connection through the Spirit is Ageless Art & Writing Contest. This special event gathers residents, campus neighbors, and friends from across the DFW area. As people stroll through the art gallery hallways, perfect strangers often become fast friends over a shared reaction to a painting, a poem, or a piece of sculpture. It offers us a wonderful opportunity to see those around us—even people we interact with every day—in a completely different light, discovering new depths of their stories and spirits through their creative expression.

Of course, no homecoming season would be complete without a little playfulness! One of our newest intergenerational traditions, Trunk or Treat, brings our entire campus together for a truly spooktacular afternoon in Central Park. Who says you can't play make-believe in retirement? The parking lot surrounding the Pavilion gets decked out in grand style, the candy flows freely, and the smiles are infectious. Watching local schoolchildren, grandkids, and the children of our dedicated staff mingle with residents shows off the incredible team spirit and creativity of our broader family.

As we step into October, there are so many reasons to celebrate coming together. From quiet moments with our pets to grand community gatherings, autumn reminds us that home isn't just a place—it's the people, the pets, and the memories that fill it. As you look forward to the weeks ahead, what are some of your favorite homecoming traditions?

CREWS NEWS

OCTOBER 2026

BY RUSSELL CREWS
PRESIDENT AND CEO

MORE THAN A SPARK: MEET TIM KIRBY, ELECTRICIAN WITH CCY MAINTENANCE TEAM

When you think about the people who make CC Young work every day, you probably think first about the people who wear a CC Young name badge. But there is another hybrid group who started as vendors and later became employees, assisting in our day-to-day operation. That is certainly true of **Tim Kirby.**

Tim has worked in the electrical trade for 50 years, including 20 years with JMEG, an electrical contracting company based in Carrollton. He first came to **CC Young** in 2015, when **The Pavilion** opened in Central Park, and returned in 2019 to help open **The Vista**. Tim joined CC Young full time in April 2025.

Tim originally had no intention of becoming an electrician. Early in his working life, he walked into an electrical supply house looking for a job. They weren't hiring, but they sent him to a shop in Rockwall that was. The company offered him both a job and training, and Tim decided to give it a try. That decision turned into a 50-year career.

He spent three or four years with the Rockwall company before spending another 13 years working with his father-in-law, who was also a master electrician. Apparently, electrical work was destined to become a family affair!

Tim's wife, Rajan, actually met him and married him while they were still in high school. She eventually became his partner on the job, too. She started as a material handler but gradually learned enough to do just about anything electrical. For many years, the two worked side by side. Rajan recently retired, although Tim says that when she isn't busy with the grandchildren, she gets a little bored not working alongside him.

Tim's transition from JMEG contractor to full-time CC Young team member came about rather simply. JMEG became increasingly firm — some might say non-negotiable — on its pricing. After considerable discussion, there was no room in the budget for them to continue the way we needed.

We realized something important: We had enough electrical work on our campus to keep an electrician busy full time. And we were right.

Since Tim came on board, there has not been a single week when he hasn't worked a full 40-hour schedule.

His history with CC Young is noteworthy – he was here when The Pavilion was being built, doing all of the underground electrical work for the structure. Then, in late 2019, he returned to help prepare The Vista for inspection and its eventual opening.

Today, Tim knows this campus in a way that only comes from years of experience. He knows our buildings, our systems and, perhaps most importantly, our people. And he and Rajan genuinely enjoy being here.

They love the campus. They love the people who work here. And they love the people who live here. Tim describes CC Young as simply “a really nice environment” — and after 20 years of coming and going, he has had plenty of opportunity to make that observation.
Away from work, the Kirby family is just as interesting.

Tim and Rajan have two sons, Justin, 47, and Joshua, 44. Both boys grew up around rodeo, just as Tim did when he was in high school. Tim and Justin were bull riders. Yes — you read that correctly. Bull riders.

Joshua chose a different event, becoming a calf roper. He won Rookie of the Year his first year, was Champion his second year and finished as Runner-Up Champion his third year. Clearly, the family has never been afraid of a little competition.

Today, each son has one child, giving Tim and Rajan a grandson and a granddaughter to enjoy. And at home, two dogs round out the family: Bailey, a three-year-old red Chihuahua, and Ellie, a ‘Catahoula,’ or cow dog.

I wondered what happens when you work alongside your spouse all day, every day. Surely 49 years of marriage — including years spent working together — must require a little patience. Tim’s answer was refreshingly simple: "We had spats like any other — but we've remained close and have been married 49 years."

I'd say that's a pretty good result.

Tim may be our electrician, but after nearly two decades of knowing him and having him here almost every single day, I think we can safely say he is something more: He is one of the familiar faces who help make CC Young feel like home. If you see him on campus, greet him like family.

Village Report

October 2026

by Jen Griffin
Vice President Community, Outreach & Engagement

It's September. I'm sitting in a hotel room in Florida, thinking about the monthly article for the October Lifestyle Guide. Although the hotel is not a usual occurrence for me, pondering my article IS a monthly occurrence. In fact, by now, I have learned that if I ponder ideas long enough, eventually an article will show up. Sometimes it arrives fully formed. Other times, it wanders in carrying several unrelated thoughts and says, "Here. See what you can do with this."

This month's theme is Homecoming. I think I know why it has been on my mind.

Fall was always my mother's favorite time of year. She could become almost giddy at the first cold snap. After enduring a Texas summer—when the heat seems to settle into your bones and by August we are all just a little bit over it—the first cool breeze felt like a reason to celebrate.

I understand that joy now. But I have also been thinking about home in a much bigger sense.

Years ago, I had a rather grand vision for a Homecoming celebration at CC Young. I imagined large directional signs like the ones you see along highways in Florida, with arrows pointing toward places our residents had called home: Anchorage — 2,300 miles. Chicago — 925 miles. Waco — 95 miles. Can't you just see it?Colorful, informative, visual...the thought makes me smile.

I imagined residents helping paint the signs. I imagined a month—or several months of activities built around the idea of where we came from, culminating in a big Homecoming celebration in October. Literally – I had it mapped out in my mind! And the ideas just kept coming.

It was one of those ideas that never quite made it to reality. The team leaned back rather leaned in because it was a huge undertaking.But as I thought more about it recently, maybe the idea wasn't really about the event? Maybe my vision was about the stories and the connections?

Because the older I get, the more I realize how much of who we are is connected to where we have been. The people who raised us. The places where we grew up. The schools we attended. The neighbors, teachers, friends and family members who influenced us. The traditions we didn't think twice about at the time but somehow carried with us for decades.

And lately, I have found myself feeling especially grateful for those things.

The older I get—and the more I hear about the difficult circumstances some people have experienced in childhood —the more I recognize what a gift it was to have the parents, family and hometown experiences I had. So much of what once seemed ordinary now feels extraordinary in context.

Perhaps that is another thing that happens as we get older. We begin to see the familiar with different eyes. I've noticed it in unexpected places lately, too.

I recently watched The Sound of Music at Dallas Summer Musicals and found myself getting emotional sitting in the audience. Not just because of the music or the performances, but because I started thinking about everything behind the story—the writers, the actors, the real people whose lives inspired it, and all the generations who have continued to tell the story. And all the people who have experienced the movie, the musical, and the music itself. What a gift all 3 experiences are!

This observation struck me that we are surrounded by stories every day. Some are famous enough to become movies. Others are known only within a family. Some are remembered by an entire community. And many live quietly inside one person, waiting for the right song, photograph, conversation or moment to bring them back.

I think that is one of the reasons I appreciate the Life Enrichment teams at CC Young so much.

They understand that enrichment isn't simply about filling a calendar with activities. It is about creating opportunities for people to connect—with an idea, a song, a piece of art, a new experience, an old memory or another person. Large or small. They all add up.

Our Life Enrichment teams are truly rock stars. They bring enormous creativity, energy and heart to what they do, and they understand something important: people don't stop being curious simply because they have lived a long time.

In fact, perhaps we have even more to be curious about.

We have more memories to connect. More stories to tell. More experiences to share. More reasons to recognize the people and places that helped shape us. And maybe that is what Homecoming really means to me now?

It isn't necessarily about returning to a particular house or hometown. Home can be a song. A smell. A season. A familiar face. A childhood memory. A favorite tradition. A story we haven't thought about in years. Sometimes homecoming is simply the moment when something reminds us where we came from—and we realize how much of it has traveled with us.

Sitting here in this Florida hotel room, I find myself thinking about all of that.

And I am grateful.

Grateful for my mother and her excitement over that first cool breeze. Grateful for the people and places that shaped me. Grateful for the stories I have been fortunate enough to hear—and the ones I still have time to discover.

And grateful that, at CC Young, we get to spend our days surrounded by people who have so many stories of their own.

Maybe my old Homecoming idea wasn't meant to be one big event after all.

Maybe Homecoming is something we get to experience, in little ways, every day, all year long.

ON THE COVER

OCTOBER 2026

Bridging Generations: How CC Young's Trunk-or-Treat Fosters Campus Culture and Redefines Aging

At CC Young, community isn't just a word—it is a vibrant, living culture shaped by connection, shared experiences, and joyful celebration. Among the most anticipated traditions on campus is the annual **Trunk-or-Treat** event. Now entering its fourth year, Trunk-or-Treat has grown into a cherished autumn staple, welcoming residents, staff, families, local schools, and the surrounding public to experience the vitality of life at CC Young.

Alongside the spring "**Eggstravaganza**," Trunk-or-Treat stands as one of CC Young's two flagship intergenerational events. Each October, departments across campus and resident volunteers transform vehicle trunks into creative, decorated displays, handing out treats and creating a festive atmosphere for visitors of all ages. Last year, the event welcomed nearly 300 guests—a testament to the power of bringing people together.

While Trunk-or-Treat provides an evening of fun and sweet treats, its impact extends far deeper. At its core, the event serves as a platform for **intergenerational programming**—a vital philosophy that brings together youth and older adults to share knowledge, joy, and mutual support.

For residents, interacting with young children, local students, and visiting families provides a profound sense of purpose, energy, and joy. Studies consistently show that intergenerational engagement helps **combat social isolation**, **boosts cognitive stimulation**, and **enhances overall well-being** in older adults. For children and youth, interacting with seniors fosters empathy, respect, and a broader understanding of community.

Beyond strengthening internal relationships, Trunk-or-Treat plays a key role in shifting broader cultural narratives around aging. By opening the campus to local schools and young families, the event exposes younger generations to an environment where aging is celebrated, active, and deeply connected. It helps break down old stereotypes, demonstrating that a senior living community is not a quiet endpoint, but a dynamic, thriving neighborhood.

Events like Trunk-or-Treat remind us that a strong campus culture is built when generations intersect. By bringing together staff, residents, neighborhood families, and friends, CC Young continues to build a community where every generation feels welcome, connected, and inspired.

LIVING A LEGACY

Mindy Hail
VP of Development

Walk through the halls of CC Young on any given day, and you'll see legacy in action.

It's found in the neighbor who checks in on a friend each morning. The volunteer who faithfully delivers books to residents who can no longer visit the library. The caregiver who offers a reassuring hand during a difficult moment. The resident who quietly supports scholarships for employees or gives so that future generations can experience the same compassionate community they have come to love.

Legacy isn't something we leave only after we're gone.

Legacy is something we build every day through the lives we touch.

Our residents understand this better than anyone.

Some have spent their careers serving children, caring for patients, teaching students, or strengthening their communities. Others have devoted themselves to raising families, serving their churches, or simply showing kindness wherever they were needed. Though their stories are different, they share something in common: a desire to make tomorrow better than today.

For many residents, that desire naturally extends into their estate planning.

A legacy gift becomes one final expression of the values that have guided them throughout their lives.

Whether through a charitable bequest in a will or trust, naming CC Young as the beneficiary of a retirement account or life insurance policy, or another planned gift, these simple decisions ensure that future generations will continue to experience the compassion, dignity, and vibrant community that define CC Young.

As you reflect on your own journey, consider not only what you will leave behind, but what you hope will live on. Perhaps your legacy is a commitment to caring for older adults. Perhaps it is supporting the dedicated employees who make this community feel like home.

Or perhaps it is ensuring that no resident ever has to leave CC Young because of financial hardship.

A legacy gift is not measured by its size. It is measured by the values it carries forward and the lives it continues to enrich.

For more than a century, generous residents, families, and friends have helped shape the story of CC Young. Through thoughtful legacy planning, you can become part of the next chapter—ensuring that compassion, community, and care remain available for generations to come.

If you have any questions about legacy giving options, please contact Mindy Hail in the development office at CC Young.

MINISTRY MESSAGE: Blessing of The Animals

On October 2nd we will gather for our annual service of the Blessing of the Animals. This tradition honors St. Francis of Assisi, a humble Italian monk who left his father's wealthy business to walk the country and preach the gospel. St. Francis loved nature, and God had blessed him with a special ability to communicate with animals. Many of St. Francis' disciples recounted stories of how creatures of all kinds would gather around him in the forest and listen attentively as he preached to them and talked with them.

One of these many stories told how Francis rushed to the rescue to save a wolf. This wolf had been stealing food and terrorizing villagers. As the men of the village were gathering their rifles to find and kill this dangerous wolf, Francis pleaded with them to let him go out and speak to the wolf and coax him to agree to leave the villagers alone. Doubtful that Francis would be successful, they nonetheless agreed to let him try. Imagine their surprise when that evening the wolf came to the village and showed true remorse. From then on, the wolf never bothered the villagers, and in fact became a constant faithful companion to St. Francis.

On this Feast of Saint Francis, churches across the world will gather to give thanks to God for the blessings of creation, and in particular His animals. We will lift our hearts and rejoice that:

All things bright and beautiful
All creatures great and small
All things wise and wonderful
The Lord God made them all

COME AND JOIN US – and bring your animals!

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.**

OCTOBER MINISTRY EVENTS

Sunday Worship
9:30a Christ Chapel, Vista
11:00a Point Auditorium and on Channel 81

Hillside Bible Study
Mondays at 9:30a Hillside MPR

Young 'Uns Choir Rehearsal
Tuesdays 1:00p Auditorium (The Point) Non-Religious

The Chosen Movie Series
Tuesdays at 10 9th Flr Vista
Thursdays 1:30p Point Theater

Richard Stanford's Book Study
Wednesday at 3:30p / Flagpole Hill (The Point)

Conversations in Hope Group
Fridays 1:30p Flagpole Hill
Monday 1:00p Christ Chapel

Bell Choir
Fridays 10:00a Asbury Barr Room

OCT 2026

Fitness Update!

The Full Spectrum of Senior Fitness.

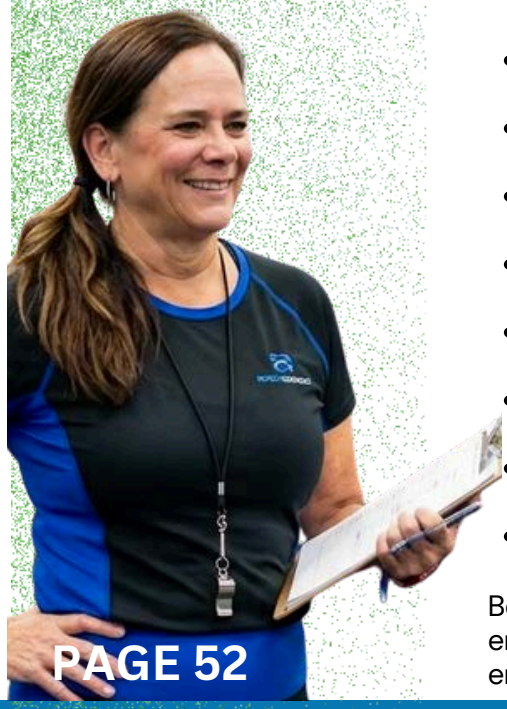
DID YOU KNOW?

Martha is a former PE teacher

DID YOU KNOW?

Christy has ridden bikes in 5 countries and 23 states and her favorite color is red.

Learn more about Christy by attending one of her classes!



BENEFITS OF

Barre fusion

Barre Fusion combines traditional barre movements with elements of Pilates, strength training, yoga, and sometimes cardio. It's a low-impact workout that can offer several benefits:

- **Full-body strengthening:** Targets the legs, glutes, core, arms, and back using controlled, repetitive movements.
- **Builds muscular endurance:** Small "pulsing" movements keep muscles under tension, helping improve endurance and tone.
- **Improves flexibility:** Barre and Pilates-inspired stretches can help increase mobility and flexibility.
- **Enhances balance and stability:** Controlled movements and single-leg exercises challenge your stabilizing muscles.
- **Improves posture:** Core and upper-back work can strengthen muscles that support better alignment.
- **Supports cardiovascular fitness:** Fusion classes that incorporate faster sequences can elevate your heart rate.
- **Low impact:** Generally easier on the joints than high-impact workouts such as running or jumping.
- **Improves body awareness:** The emphasis on alignment, precision, and controlled movement can improve coordination.
- **Stress relief:** Like other mind-body workouts, the focused movements and breathing can be relaxing.

Bottom line: Barre Fusion is especially useful if you want a workout that emphasizes strength, core stability, balance, flexibility, and muscular endurance without a lot of high-impact movement.

NEW Class

Thursdays
2:00pm - 2:45pm

Brain, Bone, Body BOOST
CARDIO DANCE

Get ready to move, groove, and boost your whole body! This fun, energizing cardio dance class combines easy-to-follow dance moves with a variety of music genres to support **cognition, bone strength, metabolism, and cardiovascular health**. Come dance, smile, and leave feeling stronger, energized, and refreshed!

Vickie Griffith
Instructor

5 SIMPLE, EFFECTIVE EXERCISES

CHAIR EXERCISES
- Less strenuous on the joints
- Great for seniors with limited mobility

WEIGHT TRAINING
- Preserves muscle & bone strength
- Can use weights or water bottles

WALKING
- Inexpensive, easily adjustable exercise with many benefits to the body & brain

YOGA
- Improves flexibility & balance
- Helps alleviate the soreness or stiffness

ZUMBA
- Improves fitness & coordination
- Allows you to socialize

PERSONAL TRAINING

Book Today!

*Training Available to CCY Residents, Point Members and Staff only.

Payment Options
CCY resident billing (AL, IL & LTC Only)
Cash, Check or Credit/Debit paid prior to first session.

TRAINING SESSION OPTIONS:

30-Minutes: $50 per training session
Multi-Session Packages: $45 per session
(Available for weekly or bi-weekly scheduling)

60-Minutes: $70 per training session
Multi-Session Packages: $65 per session
(Available for weekly or bi-weekly scheduling)

Book Your Sessions

IL Residents & Point Members
Christy James
469-828-3473 / cjames@ccyoung.org

Assisted Living & Vista Residents
Tammy Slauson
214-874-7413 / tslauson@ccyoung.org

Start Strong with a Complimentary Fitness Assessment!
Assessments last between 30-45 minutes
Book Your Fitness Assessment
469-828-3473 / cjames@ccyoung.org

CCY YOUNG WELLNESS

COMMUNITY CORNER

Carolyn Keck
-Thomas-

Carolyn Morelock
-Thomas-

Neal Caldwell
-Thomas-

THOMAS CUISINE SPECIAL DINING DAYS

Action Station of the Month: Philly Sub

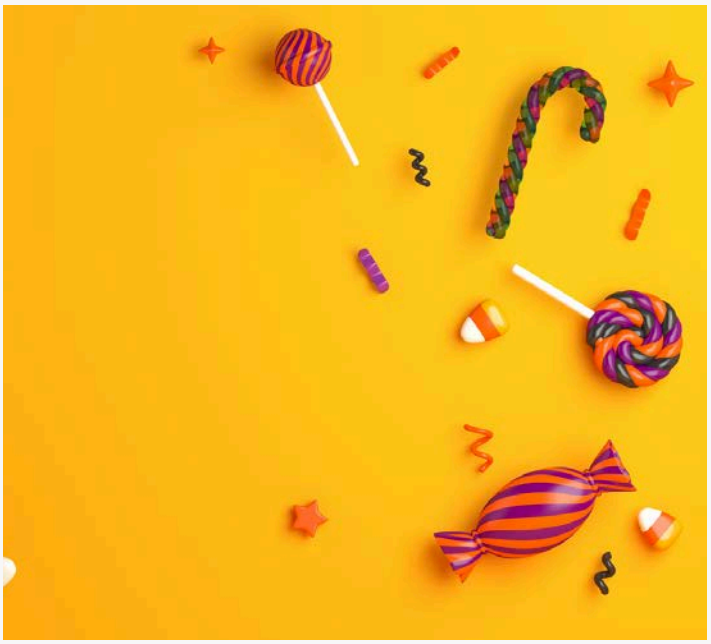
October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Hillside Action Station 11:30am-1pm	2 4833 Steak Avenue CLOSED	3
4	5 National Apple Betty Day	6 Thomas Action Station 11:30am-1pm	7	8 Asbury Action Station 11am-1pm	9 4833 Steak Avenue CLOSED	10
11 Southern Food Heritage Day	12	13 National M&M Day	14 Hillside Chef Connection 10am	15 Conley's Action Station 11:30am-1:30pm	16 4833 Steak Avenue CLOSED	17
18	19	20 Overlook Chef Connection 3pm	21 National Pumpkin Cheesecake Day	22	23 4833 Steak Avenue OPEN	24
25	26 National Chicken Fried Steak Day	27 Asbury Chef Connection 2pm	28	29	30 4833 Steak Avenue OPEN	31

10/05 | Apple Betty dessert available in the Bistro & Point Café
10/11 | Southern food entrees available in all dining areas
10/13 | M&M cookies available in the Bistro & Point Café
10/21 | Pumpkin Cheesecake available in all dining rooms
10/26 | Chicken Fried Steak special available in the Bistro

OCTOBER TEAM BIRTHDAYS

Angelica Alonso	10/1	Dining Services
Alie Bayoh	10/1	Health Center
Aracely Hernandez-Torres	10/1	Housekeeping
Jerolyn Hale	10/2	Dining Services
Angel Ipina	10/2	Housekeeping
Selam Jenberu	10/2	Private Care
Michelle Adams	10/3	Health Center
Roberta Labart	10/3	Home Health
Raelynn Scott	10/3	Development
Deverth Michell Hicks	10/4	Dining Services
Ajinatina Harris	10/5	Health Center
Pamella Nyabote	10/5	Health Center
Teresa Bramlett	10/6	HR
Loving Igwe	10/6	Health Center
Offiong Oyoita	10/6	Health Center
Elvira Silva	10/6	Therapy
Kamaria Bradley	10/7	Health Center
Andreous DeVall	10/7	Dining Services
Honor Shearer	10/9	Life Enrichment
Cheyenne Bowie	10/10	Health Center
Santos Martinez Jr	10/10	Health Center
Heather Fowler	10/11	Dining Services
LaQuetta Russell	10/11	Health Center
Michelle Cao	10/13	Therapy
Olufunke Osa	10/13	Private Care



Victoria Rodriguez	10/14	Therapy
Bilen Hailu	10/15	Private Care
Evelyn Windham	10/15	Assisted Living
Ryan Bradford	10/17	Maintenance
Synsashon Brown	10/17	Dining Services
Elena Jacobs	10/17	Resident Services
Vivian Mkwate	10/17	Private Care
Nora Offiong Obo	10/18	Health Center
Rafiat Gbadawiyu	10/20	Nursing
Tylaiah Jones	10/20	Dining Services
Ka Tirra Parker	10/22	Memory Support
Cesar Soto	10/22	Dining Services
Monsura Faleti	10/23	Health Center
Kelley Bonner	10/24	Health Center
Frankie McGee	10/24	Housekeeping
Natressah Nard	10/24	Dining Services
JaVesha Cooper	10/25	Health Center
Mia Tell	10/25	Dining Services
Ann Garcia	10/26	Life Enrichment
Nirav Purohit	10/26	Therapy
Tiowanna Moore-Hamilton	10/27	Assisted Living
Merab Perez	10/27	Housekeeping
Shenica Williams	10/27	Dining Services
Emily Wilson	10/27	Hospice
Joy Little	10/29	Hospice
Hayley Moseley	10/31	Community Outreach

TEAM CCY OCTOBER ANNIVERSARIES

Name	Hire Day	#Yrs	Department
Jennifer Griffin	10/1/12	14	Executive
Frankie McGee	10/2/23	3	Housekeeping
Tamera Berry	10/2/24	2	Private Care
Tina Nevot	10/2/23	3	Dining Services
Adebukonla Akinyanju	10/3/22	4	Assisted Living
Kelelaw Habtemariam	10/3/22	4	Health Center
Maria Amah Babatunde	10/4/21	5	Memory Support
Connor Beane	10/4/21	5	Dining Services
Rickina McKinley	10/5/20	6	Community Outreach
Thrudy Hamilton	10/5/22	4	Therapy
Ida Ricks	10/6/22	4	Community Outreach
Brittany Alonso	10/6/25	1	Community Outreach
Elsa Ramos	10/7/24	2	Dining Services
David Ntwari	10/7/25	1	Dining Services
Jenessia Grady	10/8/24	2	Home Health
Yetagesu Hurisa	10/10/23	3	Hospice
Charletha Powell	10/12/98	28	Assisted Living
Alyssa Williams	10/13/25	1	Health Center
Lisa Hunter	10/13/25	1	Health Center
Demicia Knight	10/13/25	1	Hospice
JC Guerrero	10/13/23	3	Housekeeping
Ilian De Luna	10/14/15	11	Sales
Denerio Williams Sr	10/14/24	2	Dining Services
Jennifer Broadway	10/15/18	8	Hospice
Dache Cunningham	10/16/23	3	Health Center
Joycelyn Smith	10/16/23	3	Health Center
Corey Winch	10/18/21	5	Therapy
Lishunda Bolden	10/19/25	1	Hospice
Shante Wright	10/19/22	4	Assisted Living
Patricia Glenn	10/21/86	40	Memory Support
Latrishe Crawford	10/21/25	1	Dining Services
Victoria Rodriguez	10/23/17	9	Therapy
Skylar Tobey	10/23/25	1	Health Center
Kamaria Bradley	10/24/23	3	Health Center
Michele Jordan	10/25/21	5	Sales
Onyedika Uzoma	10/26/20	6	Private Care
Marilyn James Lee	10/26/20	6	Dining Services
Keia McDonald	10/27/25	1	Health Center
Rhyonda West	10/27/25	1	Private Care
LaSonja James	10/27/25	1	Private Care
Ibidunni Okunlola	10/28/24	2	Housekeeping
Arsema Mitiku	10/28/24	2	Health Center
Aster Woldetsadik	10/28/24	2	Assisted Living
Carolyn Sabbath	10/30/23	3	Health Center
Mindy Diaz	10/31/22	4	Housekeeping
Kedrick Glenn	10/31/22	4	Housekeeping

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

RESIDENT OCTOBER BIRTHDAYS

David Rogers	Vista	1
Frances Jones	Thomas	3
Cathy Fisher	Overlook	4
James Mabry	Overlook	4
David Halbach	Asbury	6
Sarah Chapman	Hillside	6
Donna Mitchell	Vista	7
Carol Yonack	Vista	7
Sharon Christen	Overlook	8
Ben Harvey	Overlook	8
Frank Pounders	Vista	10
Jay Orr	Overlook	11
Nancy Worden	Overlook	11
Lloyd Lueking	Vista	11
Kay Maxwell	Overlook	13
Pat Schackmann	Thomas	13
Ali Kamm	Asbury	15
Ann Williams	Overlook	15
Betty Fendley	Vista	17
Roger Schwenke	Asbury	18
Robert Smith	Vista	18
Jeannette Crawford	Overlook	19
Gloria Little	Overlook	20
Patti Stewart	Vista	20
Debbie Daniel	Overlook	21
Patricia Vojack	Vista	21
Nancy Wiley	Overlook	22
Betsy Franklin	Vista	22
Joann Denton	Overlook	23
Jo Rader	Asbury	24
Jeanette Kloppe	Vista	24
Alfred Meinzer	Vista	24
Dorothy Daeschner	Vista	24
Mary Heuertz	Overlook	25
Josue Malcolm	Overlook	25
Philip Bauer	Hillside	25
Phyllis Chaney	Vista	25
Harriet Anderson	Vista	29
Rozina Vlasimsky	Asbury	30

Resident *Anniversaries*

15 Years
Anita Hullum
Ann Gass
Jeannette Crawford

13 Years
Patsy McDonald
Darlene Brown

8 Years
Martha Lemons
Betty Lou Winslow

7 Years
John Wilson

6 Years
Tom Bryan
Judy Symank

5 Years
Nancy Worden

NOVEMBER OLLI CLASSES

CC YOUNG
THE POINT & PAVILION

Tuesday November 03 — 10:00 AM
From Names to Narratives: An Introduction to Genealogy
Presented by - Beri Kaplan Schwitzer

Thursday November 05 — 10:00 AM
Writing Your Own Songs with Suno
Presented by LeeAnn Derdeyn

Tuesday November 10 — 10:00 AM
Inside the Band: Decoding Jazz "Lingo" and How Musicians Communicate
Presented by Quincy Davis

Thursday November 12 — 10:00 AM
U.S. Navy Submarine Operations During the Cold War
Presented by Angus McColl

Tuesday November 17 — 10:00 AM
Contemporary Trends in Antisemitism: On Campus, in the Classroom, and in the Community
Presented by Joel Schwitzer

Thursday November 19 — 10:00 AM
William Cowper Brann and "The Iconoclast"
Presented by Steven Jent

OSHER LIFELONG LEARNING INSTITUTE AT THE UNIVERSITY OF NORTH TEXAS
OLLI UNT

WATERCOLOR

WORKSHOP

WEDNESDAY, NOVEMBER 4

10:00AM THE POINT AUDITORIUM

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

LIMITED SPOTS!
NO EXPERIENCE NECESSARY.
ALL MATERIALS PROVIDED.

LED BY
MASTER WATERCOLORIST
GAYLORD O'CON

CC YOUNG
THE POINT & PAVILION

RESIDENTS AND PM ONLY.
SIGN UP AT THE POINT

EPIC Adventures

A Masterclass in Curiosity, Connection, and Purpose

CHINA & JAPAN

Join Richard Stanford, Lori Sanders, and Kay Aylesworth as they tell stories of Travels and experiences to China and Japan.

Monday, November 2 at 3:00pm

The Point Auditorium and Ch. 81

Hosted by Alise Cortez and Brian Parman

VETERANS WEEK
2026

VETERANS OUTING
Friday, November 6
10am- 2pm Charter Bus Trip to Medal of Honor Museum Exclusively for Resident Veterans. Box Lunch Provided. Sign up at The Point Required. Attendees must be fully ambulatory and able to walk unassisted.

WCCY RADIO: THE VOICE OF CC YOUNG
Tuesday, November 10
Veterans Day LIVE Radio Hour
7:00pm in The Point Auditorium
Step back in time for a one-of-a-kind Veterans Day celebration! Join us for a LIVE old-time radio variety show filled with nostalgic music, vintage commercials, comedy, classic radio moments, audience sing-alongs and plenty of surprises.

VETERANS BREAKFAST
Wednesday, November 11
8:30am at Conley's in The Overlook
Exclusively for Resident Veterans. RSVP Required

QUESTION:
For information on any of the week's events please contact Mindy Hail at 214-874-7437

VETERANS DAY FLAG CEREMONY
Wednesday, November 11
3:30pm at The Pavilion
All residents invited to this annual ceremony to honor Resident Veterans.

SALUTE TO SIPS!
Wednesday, November 11
4:00pm in Central Park
A Special Outdoor Happy Hour

VETERAN SPOUSES' TEA
Friday, November 13
3:00pm in The Point Auditorium
Invitation-only event. RSVP Required

MOVIE MATINEE
Friday, November 13
1:30pm - The Point Theater
Pressure
Rated -PG-13 / 2026 · Drama/War · 1h 40m
Popcorn & water provided.

TRUSTED CARE RIGHT AT HOME

For more than 100 years, CC Young has cared for older adults — a commitment that extends far beyond our campus. Through CC Young Home Healthcare, Hospice and Private Care, we bring the same trusted expertise to you in the comfort of your home.

Licensed in 13 counties across North Texas, our team of healthcare professionals supports everything from hospital discharge and daily living assistance to ongoing care for chronic medical conditions.

Give us a call at 214-430-3456 or visit ccyoung.org to see how we can help care for you in the comfort of your home.

CC YOUNG
SENIOR LIVING
Embracing life every day.

License #: 147190, 146696, 145300, 003140

Home Healthcare · In-Home and Inpatient Hospice · Private Care