ACTIVE SENIOR LIFESTYLE GUIDE

CC YOUNG
THE POINT & PAVILION



FREE
PLEASE TAKE ONE

Veterans Week
SEE THE WALL OF HONOR

Fuel Up with Gratitude

WCCY RADIO
THE VOICE OF CC YOUNG

NOVEMBER 2026

CC YOUNG

THE POINT & PAVILION

MEET THE TEAM



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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

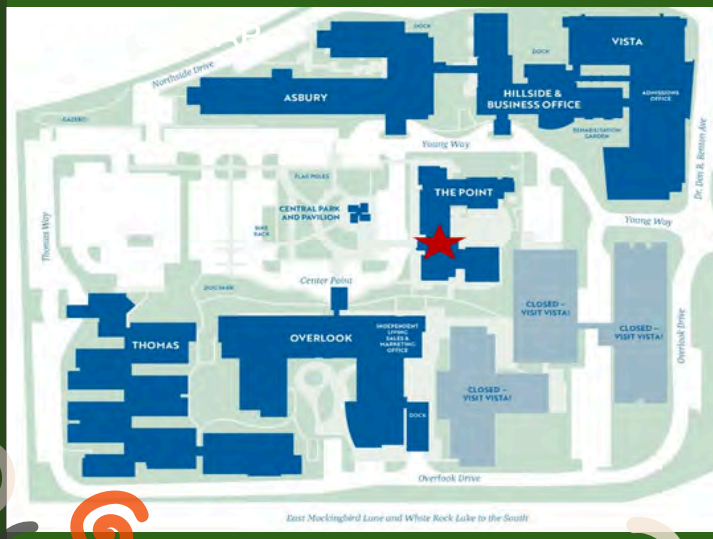


Lori Sanders
Speech Therapist /
Parkinson's: Speak Out
Therapy group Instructor
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THE POINT AND PAVILION

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



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

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THE LIEUTENANT COLONEL

KENT L. SHIELDS

USAF (RET)

WALL OF HONOR

Featuring photos and service histories of past and present
CC YOUNG VETERANS*

Art Gallery in The Point

Saturday, October 31– Thursday, November 19

*The Wall of Honor proudly displays current CC Young resident veterans and includes a special tribute honoring past resident veterans whose spouses remain part of our campus community.

WALL OF HONOR



Kent L. Shields

Commissioned in 1967 via ROTC, Lt. Col. Kent L. Shields served 24 years in the U.S. Air Force across the Vietnam era. Key assignments included leading cargo and personnel movement across Europe and Asia at Rhein-Main Air Base and serving as a DoD Airlift Operations Officer supporting forces in Cambodia and Vietnam. He later commanded the 435th Aerial Port Squadron, twice named the best air terminal in the USAF.

Following military retirement and earning a Master's in Aging Services, Kent joined CC Young, serving 18 years and retiring as CEO in 2013. In 2006, he founded the Wall of Honor, which remains a cherished annual tradition.



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.
RSVP 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. Sign up at The Point!

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

QUESTIONS:
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.

CC YOUNG
THE POINT & PAVILION



CC YOUNG
SENIOR LIVING

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

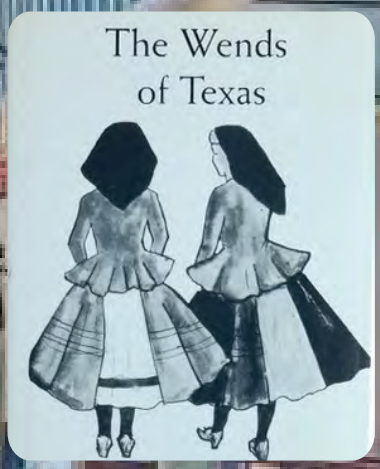
Hosted by Alise Cortez and Brian Parman

Discovering my Heritage



CCY Resident Mel Symmank Presents

Who are The Wends of Texas





The Ben Nevis Charted by The Wends



St. Paul's Lutheran Church in Serbin



Museum of Texas Wendish Society in Serbin, TX

Wednesday, November 4
3:30pm at The Point & Ch 81

Join CC Young resident Mel Symmank as he shares his personal journey to uncover his family lineage and trace the history of the Texas Wends.

Originating from Lusatia in eastern Germany, this Slavic Lutheran group migrated to Texas in 1854 in search of religious freedom.

CC YOUNG
THE POINT & PAVILION

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



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.

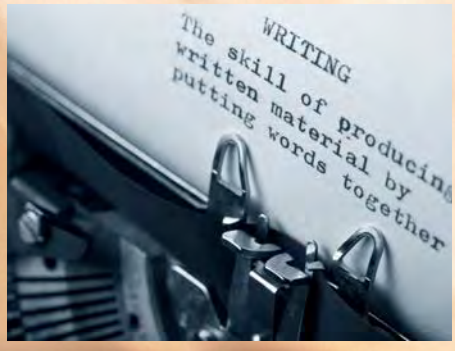
Mondays at 9:30am



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 greenhouse 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.

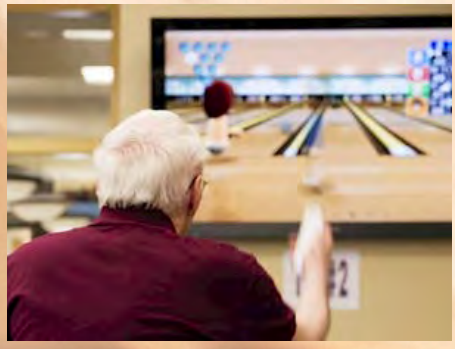
Wednesdays at 2pm



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

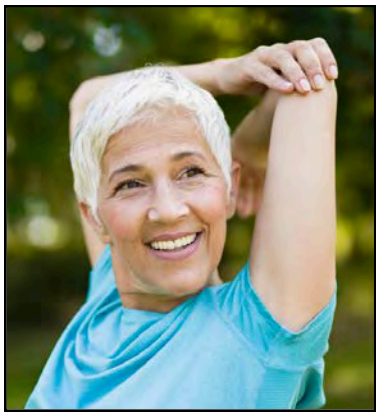
CARDIO STRENGTH FLEXIBILITY MOBILITY BALANCE

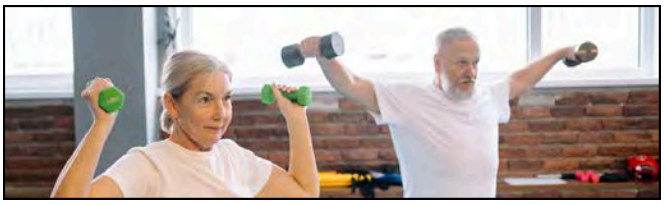
The Exercise Rainbow helps you build a balanced movement routine by completing one exercise from each key category every week: cardio, strength, flexibility, mobility, and balance. Finish your rainbow each week to support your health and feel your best.

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

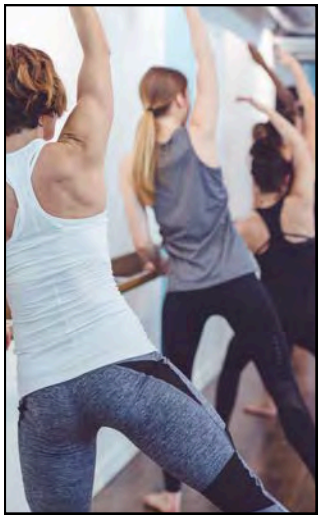
A standing class focused on learning the Chen Man Ching Short Yang Style of Tai Chi. Improve balance, leg strength, and coordination through slow, intentional movement and consistent practice. No chairs or bars are used for support in this class.



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.



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.**



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**



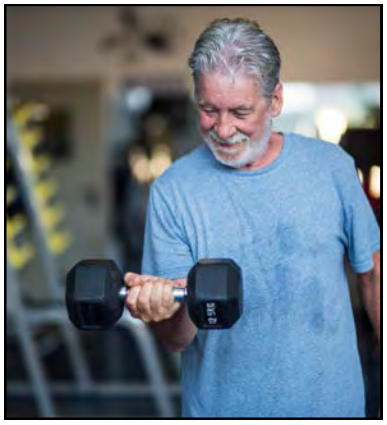
Total Body Lab
Friday / 10:30-11:00am
Instructor: Christy James

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.



Brain Body Boost, Cardio Dance
Thursdays / 2:00pm - 2:45pm
Instructor : Vickie Griffith

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**.



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.







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*

Monday, November 2
3:00pm
Epic Adventure

Tuesday, November 3
10:00am
UNT OLLI Class
From Names to Narratives: An Introduction to Genealogy

Wednesday, November 4
10:00am
Watercolor Workshop

Thursday, November 5
10:00am
UNT OLLI Class
Writing Your Own Songs with Suno

Friday, November 6
1:30pm
Movie Matinee
A Great Awakening
PG-13 · 2026 · Drama · 2h 9m



SUNDAY, NOVEMBER 1

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, NOVEMBER 2

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



9:00am – 10:00am Pavilion
Blessing of The Animals All Welcome
Join the Ministry team as they bless your pets-big or small!

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 with Randy Mayeux Res. & PM Only

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 Flagpole Hill Class
Praying with the Psalms led by Jo Biggerstaff Res. & PM Only Limited Spots!
RSVP by texting Jo at 214-356-8347



3:00pm – 4:00pm Auditorium & 81
Epic Adventures Res. & PM Only
Richard Stanford, Lori Sanders, and Kay Aylesworth tell stories of Travels and experiences in China and Japan.

TUESDAY, NOVEMBER 3

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
From Names to Narratives: An Introduction to Genealogy
Presented by Beri Kaplan Schwitzer



10:45am – 3:00pm Resident Only
Bus trip: Meadows Museum & Lunch
Bring money for Lunch at Kuby's Restaurant at 11am. The Meadows Museum @ SMU costs $10 per person. **The admission charged to resident account upon signing up.**

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



11:30am – 1:00pm Thomas
Dining Action Station Resident Only
This Month's Station: Build Your Own Pho

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

1:00pm-2:00pm White Rock Class
Yarn Bomb Project Res. & PM Only
Volunteer group will create yarn projects for the 2027 Yarn Bomb.

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, NOVEMBER 4

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



10:00am – 11:00am Auditorium
Watercolor Workshop Res. & PM Only
Master Watercolorist Gaylord O'Con will lead a step-by-step tutorial to create your own Watercolor Masterpiece! **Sign up at The Point**

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

2:00pm – 3:00pm Asbury Dining Rm.
Asbury Conversations Resident Only
Info and Q&A from each building and department

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



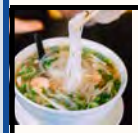
3:30pm – 4:30pm Auditorium & 81
Who are The Wends of Texas
Join CC Young resident Mel Symmank as he shares his journey to uncover his family lineage and trace the history of the Wends.

THURSDAY, NOVEMBER 5

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
Writing Your Own Songs with Suno
Presented by LeeAnn Derdeyn

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: Build Your Own Pho

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

~~1:30pm - 3:00pm~~ ~~Theater~~
~~**The Chosen Series**~~ ~~Res. & PM Only~~
~~Screening and Discussion.~~ **Back in January**

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
Celebrate November Birthdays today!



FRIDAY, NOVEMBER 6



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.

Veterans Week Event
10:00am- 2:00pm
Bus Trip to Medal of Honor Museum
Exclusively for Resident Veterans.
Sign up required. RSVP to Mindy Hail.

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

Veterans Week Event
1:30pm – 3:30pm — Theater
Movie Matinee — All Welcome!
A Great Awakening
PG-13 · 2026 · Drama · 2h 9m

2:00pm – 4:00pm — Pavilion
CCY Field Day — Resident Only
CCY Rehab Therapist host a ***Staff vs Residents*** Competition: Water Balloon Toss, Cornhole, and Chair Volleyball. **Sign up sheets by mail cubbies.**

SATURDAY, NOVEMBER 7

9:00am – 1:00pm — Auditorium
Dallas Handweavers Guild — Res. & PM Invited
Monthly Meeting

9:30am – 12:30pm — Tech Lab
Gizmo Guidance — Res. & PM Only
9:30am- Uber/Lyft - How to use the ride apps safely
11:00am- Open Lab time

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*



Tuesday, November 10
10:00am
UNT OLLI Class
Inside the Band: Decoding Jazz "Lingo" and How Musicians Communicate

Tuesday, November 10
7:00pm
LIVE Radio Hour
WCCY RADIO: THE VOICE OF CC YOUNG

Wednesday, November 11
3:30pm/ 4:00pm
Veterans Day Ceremony & Salute to Sips (Happy Hour)

Thursday, November 12
10:00am
UNT OLLI Class
U.S. Navy Submarine Operations During the Cold War

Friday, November 13
1:30pm
Movie Matinee
Pressure / PG-13 · 2026 · War · 1h 40m



SUNDAY, NOVEMBER 8

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!



4:45pm – 7:30pm — Resident Only
Bus Trip- Tower Arts
Tenebrae! ~ Sign up at The Point



MONDAY, NOVEMBER 9



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 – 11:00am 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~~ **- 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

3:00pm – 4:00pm Flagpole Hill Class
Praying with the Psalms Res. & PM Only
led by Jo Biggerstaff Limited Spots!
RSVP by texting Jo at 214-356-8347

TUESDAY, NOVEMBER 10



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
Inside the Band: Decoding Jazz "Lingo" and How Musicians Communicate
Presented by Quincy Davis

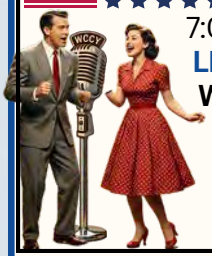

10:00am – 10:45am White Rock Class
Alterations and More Res. & PM Only
Provided by Dallas Dry Cleaners

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

1:00pm –2:00pm White Rock Class
Yarn Bomb Project Res. & PM Only
Volunteer group will create yarn projects for the 2027 Yarn Bomb.

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

Veterans Week Event


7:00pm – 8:00pm Auditorium & 81
LIVE! Radio Hour All Welcome
WCCY RADIO: THE VOICE OF CC YOUNG
Step back in time for a one-of-a-kind Veterans Day celebration!
Join us for a LIVE old-time radio variety show! **Sign up at The Point**

WEDNESDAY, NOVEMBER 11



Veterans Week Event



8:30am – 9:30am Conley's
Veteran's Breakfast
Exclusively for Resident Veterans. RSVP Required!

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

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

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

2:00pm – 3:00pm Conley's
Overlook Conversations Resident Only
Info and Q&A from each building and department

Veterans Week Event



3:30pm – 4:00pm Pavilion
Veterans Day Flag Ceremony All Welcome
A special salute to Veterans

4:00pm – 5:00pm Pavilion
Salute to Sips All Welcome
A special Happy Hour

~~3:30pm – 4:30pm~~ ~~Flagpole Hill~~
~~**Fellowship Word & Bible Study**~~ **CXL TODAY**

THURSDAY, NOVEMBER 12



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

Veterans Week Event

OLLI

10:00am – 11:30am Auditorium & 81
OLLI Class Res, PM & OLLI
U.S. Navy Submarine Operations
During the Cold War
Presented by Angus McColl

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 - 3:00pm~~ ~~Theater~~
~~**The Chosen Series**~~ ~~Res. & PM Only~~
~~Screening and Discussion~~ **Back in January**

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, Cardio Dance
~~5:00pm – 6:00pm Movement & Music with Bruce Wood~~
CXL Today

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



Two Sessions Auditorium
2:00 – 3:00pm or 3:30 – 4:30pm Resident Only
Medicare 101 Talk(s)
Medicare Mentors will review Medicare 101 Basics and N & G options, Medicare Advantage, Prescription Drug Plans, What is A, B, C, D, etc.?
Sign up at The Point!

~~4:00pm – 5:00pm~~ ~~Auditorium~~
~~**Resident Happy Hour**~~ ~~Resident Only~~
CXL Today- Come out to Salute to Sips on 11/11

FRIDAY, NOVEMBER 13



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

Veterans Week Event
1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Pressure
PG-13 · 2026 · War · 1h 40m

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

Veterans Week Event
3:00pm – 4:30pm Auditorium
Spouses Tea
Invitation-only event. RSVP Required

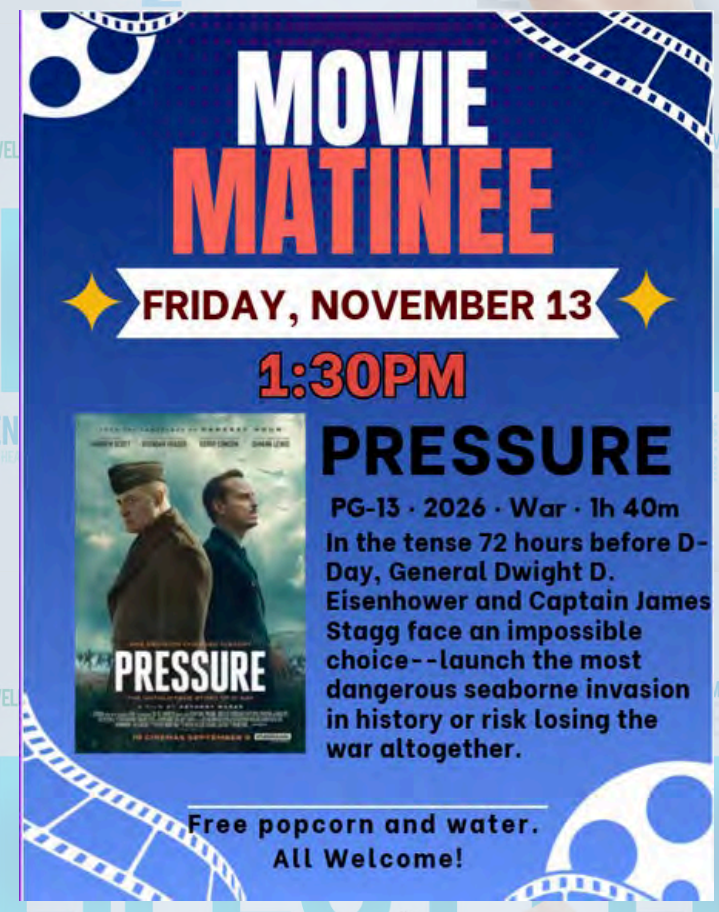
SATURDAY, NOVEMBER 14

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-iPhone - How to securely save & send your pictures
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, November 17
10:00am
UNT OLLI Class
Contemporary Trends in Antisemitism: On Campus, in the Classroom, and in the Community

Thursday, November 19
10:00am
UNT OLLI Class
William Cowper Brann and "The Iconoclast"

Friday, November 20
10:00am
Woodrow Wilson Jazz Concert

Friday, November 20
1:30pm
Movie Matinee
Breadwinner
PG · 2026 · Comedy · 1h 40m



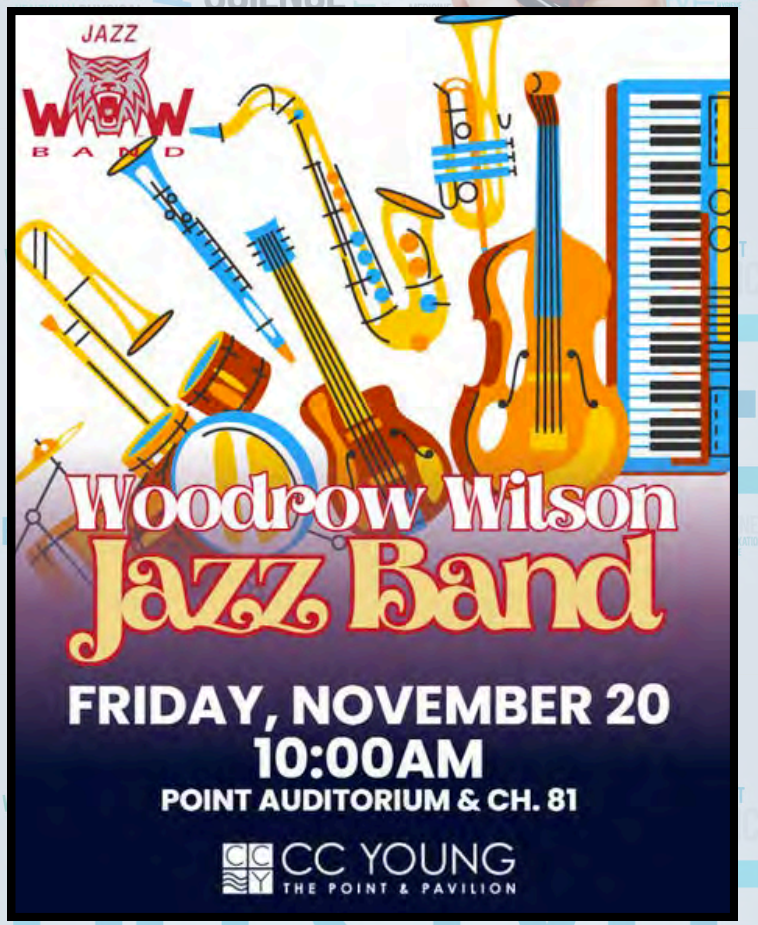
SUNDAY, NOVEMBER 15

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!

BRUCE WOOD DANCE Established 2010

1:00pm – 5:00pm Resident Only
Bus Trip: Bruce Wood Dance Presents Alice's Adventures in Wonderland
Sign up at The Point-$20 pp, charged to your account when you sign up.

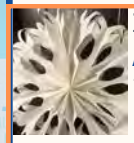


MONDAY, NOVEMBER 16

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 – paper bag snowflakes, **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!

3:00pm – 4:00pm Flagpole Hill Class
Praying with the Psalms Res. & PM Only
led by Jo Biggerstaff Limited Spots!
RSVP by texting Jo at 214-356-8347

TUESDAY, NOVEMBER 17

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
Contemporary Trends in Antisemitism: On Campus, in the Classroom, and in the Community
Presented by Joel Schwitzer

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

1:00pm-2:00pm White Rock Class
Yarn Bomb Project Res. & PM Only
Volunteer group will create yarn projects for the 2027 Yarn Bomb.

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 Auditorium
Harmonica Organization of Texas (Hoot) Res. & PM Invited
Monthly meeting



WEDNESDAY, NOVEMBER 18

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


11:30am – 1:00pm Conley's
Dining Action Station Resident Only
This Month's Station: Build Your Own Pho

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~~ **CXL TOday**


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 Thomas
Thomas Conversations Resident Only
Info and Q&A from each building and department

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, NOVEMBER 19

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
William Cowper Brann and "The Iconoclast"
Presented by Steven Jent


11:00am – 1:00pm Asbury
Dining Action Station Resident Only
This Month's Station: Build Your Own Pho

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~~ **Back in January**

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

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

FRIDAY, NOVEMBER 20

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 Auditorium & 81
Woodrow Wilson High School Jazz Band Performance All Welcome

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

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Breadwinner
PG · 2026 · Comedy · 1h 40m

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 Book Review All Welcome
Mexico: A Five Hundred Year History
by Paul Gillingham

SATURDAY, NOVEMBER 21

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-iPhone - how to set up emergency contact & medical information.
11:00am- Open Lab time

9:00am – 12:00pm Auditorium
White Rock Democrats Res. & PM Invited

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*



SUNDAY, NOVEMBER 22

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!



TUESDAY AT 1:00PM

WHITE ROCK CLASSROOM

YARN BOMB PROJECT



GATHER WITH OTHER VOLUNTEERS AND TO CROCHET PEICES FOR THE 2027 YARN BOMB PROJECT

CC YOUNG
THE POINT & PAVILION

MONDAY, NOVEMBER 23

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 – 11:30am Cafe
Social Sip Res. & PM Only
Grab a fresh brew, pull up a chair, and join Rebecca for conversation with 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 Flagpole Hill Class
Praying with the Psalms Res. & PM Only
led by Jo Biggerstaff Limited Spots!
RSVP by texting Jo at 214-356-8347

TUESDAY, NOVEMBER 24

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

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 Rehearsal All Welcome

1:00pm-2:00pm White Rock Class
Yarn Bomb Project Res. & PM Only
Volunteer group will create yarn projects for the 2027 Yarn Bomb.

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 screenings. Book appointment: 214-987-4114

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

WEDNESDAY, NOVEMBER 25

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

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

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

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



THURSDAY, NOVEMBER 26



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

All Aquatics activities are also canceled today.

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

Regular programming resumes on Saturday, November 28



Conley's Thanksgiving Buffet 11:00am – 2:00pm

FRIDAY, NOVEMBER 27

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

All Aquatics activities are also canceled today.

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

Regular programming resumes on Saturday, November 28

6:30pm –10:00pm Resident Only
Bus trip - Lone Star Roadhouse
Performance by CT Davis Powerhouse Blue.
$10 door entrance. Dinner available for purchase.

SATURDAY, NOVEMBER 28

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am- PC computers - how to send, delete and file your email
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, November 30
3:00pm
Advent Study with Richard and Allison

Tuesday, December 1
6:30pm
Lessons and Carols

Wednesday, December 2
4:00pm
Town North Concert Band

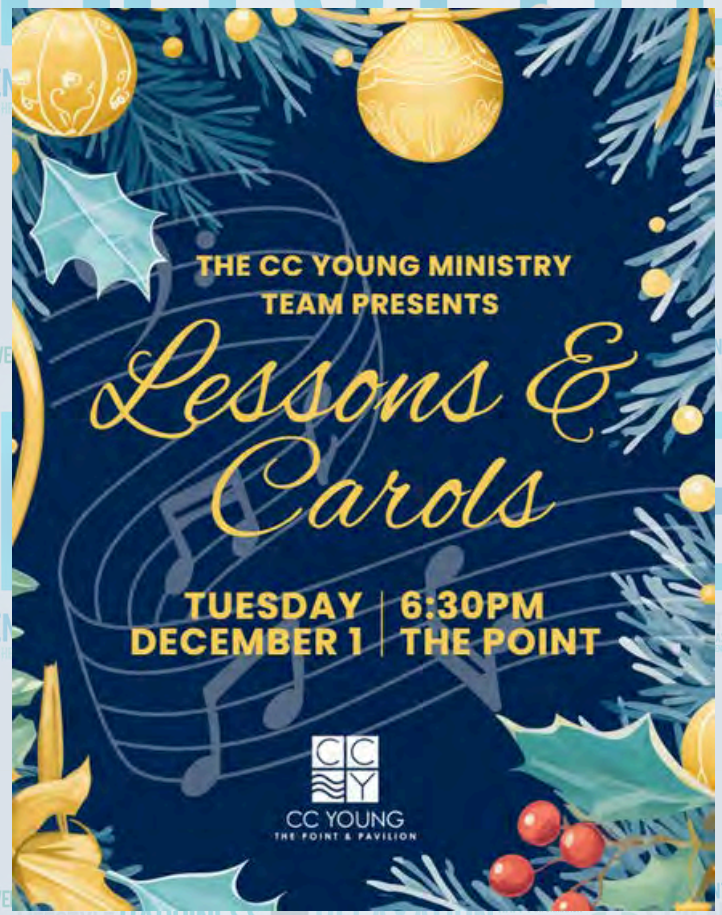
Friday, December 4
1:30pm
Movie Matinee
A Dog's Perfect Christmas
PG-13 · 2026 · Family · 1h 39m



SUNDAY, NOVEMBER 29

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, NOVEMBER 30

AM Exercise Classes
Fitness Center Classroom **Res. & PM Only**
~~9:00am – 9:30am Upper Body Stretch & Mobility~~ **CXL**
~~9:30am – 10:00am Arm Lab~~ **CXL Today**
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.

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 Today**

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
Advent Study (1 of 4) Res. & PM Only
With Richard and Allison

TUESDAY, DECEMBER 1

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

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
CC Young 'Uns Fall Rehearsal Res. & PM Only

1:00pm – 2:00pm White Rock Class
Yarn Bomb Project Res. & PM Only
Volunteer group will create yarn projects for the 2027 Yarn Bomb.

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



6:30pm – 7:30pm Auditorium
Lessons & Carols Res. & PM Only
CC Young's Annual Holiday Music Worship Service

WEDNESDAY, DECEMBER 2

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

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


4:00pm – 5:00pm Auditorium & 81
Town North Concert Band Res. & PM Only

THURSDAY, DECEMBER 3

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

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 Lobby
Harris Jewelry Repair Res. & PM Only
Small repairs while you wait.

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

~~1:30pm - 3:00pm~~ ~~Theater~~
~~**The Chosen Series**~~ ~~Res. & PM Only~~
~~Screening and Discussion.~~ **Back in January**

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

FRIDAY, DECEMBER 4

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 – 12:00am Auditorium
CCY Auxiliary Presents "La Fiesta de la Posada"
Luncheon & Program $20 p/p or $300 Sponsorship Table. Call or email Mindy Hail to reserve your place or table:

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



10:00am – 11:00am Resident Only
Bus trip: Lakehill Prep Annual Holiday Luncheon
Sign up at The Point

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!
A Dog's Perfect Christmas
PG-13 · 2026 · Family · 1h 39m

SATURDAY, DECEMBER 5

9:30am – 12:30pm Tech Lab
Gizmo Guidance Res. & PM Only
9:30am-TBD
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

Fuel Up with Gratitude



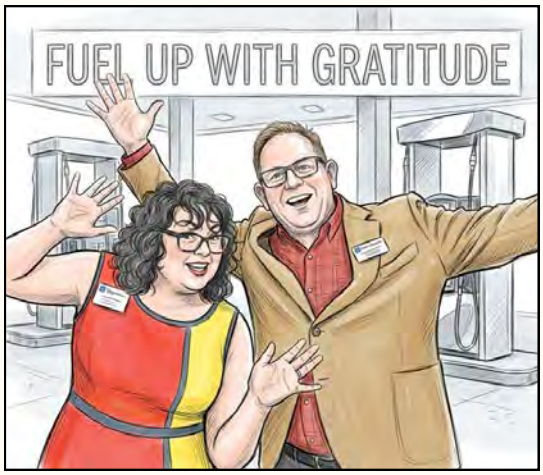
When I think about the holiday season, my mind naturally drifts to the tangible objects that anchor our traditions. I think of a large serving platter given to us by our very best friends, or a bright orange mixing bowl that has been a staple at family gatherings for decades. When Neal and I sit down to break bread and gather at the table with friends and family, those moments become some of my most cherished memories—especially this time of year.

Lately, as Neal and I work through the process of downsizing, we've marveled at the sheer amount of "stuff" we've accumulated over the years. Sifting through boxes filled with items we've said "one day I'll get around to" for years can feel almost paralyzing. But this process has given me a fresh perspective on sentimentality. There is a profound difference between the physical object itself and the memory of the person or event attached to it.

I've learned that sharing these precious objects—whether it's artwork, a cherished gravy boat, or a quirky decorative rooster spoon rest—can be an incredible way to pass the torch. The magic happens when you share the stories behind the item: why it's important to you, and why you want that specific person to have it.

It always truly feels like Christmas when we break out the sparkle of the wreaths and start placing ornaments on the tree. This spirit of sharing and connection carries right over into my work life. Decorating Christmas trees is a massive tradition for me, both at home and here in our community. I love the collaborative energy that comes with watching it all come together. Our tree trimming party at The Point isn't just a fun bonding experience; it's a living creation of art, sparkle, and joy. It's a bit like childhood show-and-tell, bringing everyone together to kick off the season.

When the holidays approach, some of the first things I look forward to pulling out are the cookbooks, casserole dishes, and recipes. Looking through those pages—often filled with handwritten, torn, or water-stained road maps to the perfect holiday side dish or a batch of million-dollar fudge—is pure nostalgia.



Yet, maturing brings a different lens to what it truly means to be grateful. None of these physical objects or traditions, as wonderful as they are, can ever take away or replace the memory of a loved one or a cherished time together. Minimal living reminds us to ask: how many spatulas, pots, pans, or sets of dishes do we really need or use? When we strip away the excess, we realize how much core abundance we already have—our health, running water, a warm roof over our heads, cozy blankets, and perhaps a beloved four-legged family member resting nearby.



Above all, I am deeply grateful for the opportunity to serve beside such an amazing team. With Jen Griffin leading the charge as VP of Engagement, our work is a daily joy. Angela and I have worked together through the years as a steady constant as our programming and abilities have evolved. Countless hands over the years have made this place extraordinary—staff and residents alike. What a gift it has been to see our team expand to include the incredible talents of Rebecca, Tammy, and Christy.

Making a community feel like home requires a rhythm of care that touches every corner of our lives. You see it in the bright greetings at the doors, the pristine and safe spaces we gather in, the warm meals prepared with care, and the seamless technology that keeps us connected.

It's in the leadership guiding us forward, the steady support behind the scenes, and the gentle, comforting presence of those who care for our health, healing, and peace of mind day and night. It is a collective labor of love from every single department, and what a gift it is to do life together.

As we move into this season of celebration and reflection, I invite you to think about your own holiday rhythms: What items or traditions do you most look forward to pulling out during the holidays?

In the end, it isn't the items themselves that carry us forward. Sharing our stories, passing along our traditions, and connecting deeply with those we love are the true treasures—and that is what we will always be remembered for.

CREWS NEWS

NOVEMBER 2026



BY RUSSELL CREWS
PRESIDENT AND CEO

MEET CHRIS SMITH: MORE THAN A PLUMBER



If you spend much time around CC Young, chances are you've crossed paths with Chris Smith. As the owner of SEEC Plumbing, Chris is technically a vendor, but he has become much more than that to us. He is part of the team that helps keep our campus running smoothly, and we're grateful for the knowledge, dependability and friendly presence he brings to CCY.

Chris is on our campus nearly every weekday, but there's more to him than plumbing pipes and repairs. Recently, I had the pleasure of getting to know him a little better. He brought along two very special people in his life: his five-year-old son, Everson Scott, and three-year-old daughter, Everly Kay. Sporting their cowboy boots, the two were decked out! They call each other Bubba and Sissy, and I even heard Chris use those names. It was a sweet glimpse into the family life that means so much to him.

Chris grew up in Longview, Texas, and tried several colleges in East Texas before deciding that the college route wasn't for him. His father, who had a plumbing business in Dallas, offered him a job while he figured out his next step. That opportunity turned into a career. After more than four years of work and preparation, Chris earned his journeyman plumber's license. He later pursued his master plumber's license, choosing to gain additional experience before taking that next step.



Eventually, Chris and his father agreed it was time for him to start his own company. SEEC Plumbing takes its name from the people closest to his heart: his wife, Shelby; children Everson and Everly; and Chris himself. The family is preparing to welcome another daughter, Elly May Smith, in December. Clearly, family comes first!

Chris's work extends well beyond CC Young. His clients include two Hilton hotels, another senior living community, apartment buildings and individual residents. He enjoys building and remodeling projects, too, making him the kind of handy husband who can tackle projects around the house.

But what about the most challenging plumbing job he's tackled at CC Young? Chris pointed to a major leak in the lower Vista garage area. The project required excavating a substantial opening near the front of Vista, between the fence and driveway. The excavation measured approximately 15 feet long, 7 feet wide and 13 feet deep. And digging was only part of the challenge. The crew had to chip through several feet of rock while carefully working around existing plumbing, irrigation and electrical lines.



The goal was to replace several feet of the main irrigation line that was leaking through the retaining wall, then clean and reseal the entire retaining wall along the garage. The project took about two and a half weeks to complete. It's a good reminder that plumbing work can involve far more than fixing a leaky faucet or unclogging a drain. Sometimes, it means a major excavation project that requires careful coordination, technical expertise and plenty of patience!

When he's not working, Chris enjoys being with Shelby and their children. The family also includes two long-haired miniature dachshunds, Emmy and Enzo. And for a little adventure, Chris rides an electric unicycle that can reach speeds of 45 miles per hour! Everson is already getting pretty good on his own dual-wheel cycle, while Everly is learning to find her balance on a cycle suited to her age. Sounds like the Smith family has plenty of adventures ahead.



We're glad Chris's path led him to plumbing—and eventually to CC Young. The next time you see him on campus, take a moment to say hello. You might even hear someone call him "Cute Chris," a nickname some of our staff have adopted. I'll leave it to you to decide whether it fits!

At CC Young, it's people like Chris who remind us that the relationships behind our work are just as important as the work itself.



Village Report



November 2026

by Jen Griffin
Vice President Community, Outreach & Engagement

Sometimes, it takes a little distance to recognize just how fortunate we are.

In 2014, I had the opportunity to participate in the LeadingAge Texas Leadership program. I had plenty of corporate experience under my belt, but I was relatively new to the nonprofit world and the senior living industry. The program opened my eyes to the work being done by organizations across Texas and gave me a much better understanding of the challenges, opportunities and responsibilities that come with serving older adults.



And when I returned to CC Young, I remember feeling an overwhelming sense of gratitude. We had so much to offer our residents, so many services and opportunities, and so many people working together to make it all happen. And the remarkable thing? We have continued to grow and offer even more since then.

Two books I read during that season helped shape my thinking about leadership: The Way of the Shepherd by Dr. Kevin Leman and The Energy Bus by Jon Gordon. Each offered lessons I have carried with me ever since.

The Way of the Shepherd emphasizes the importance of knowing the people in your care, earning their trust and leading through example rather than simply giving directions. Leadership is about people, not just responsibilities. The Energy Bus explores the power of attitude, positive energy and having the right people moving together toward a common goal.

Those ideas sound straightforward enough. Putting them into practice, however, is where the real work begins!

Over the past year, I have been focused on rebuilding and nurturing a team through a season of change. Growth can be uncomfortable. It takes patience, honest conversations, clear expectations and a willingness to keep moving forward, even when progress feels slower than we would like. Along the way, I have been reminded that having the right people on the bus makes all the difference.

I believe in hiring for heart. Skills and experience matter tremendously, of course, and learning the CC Young way is part of the journey. But kindness, attitude, creativity and a genuine desire to do good work alongside others are every bit as important. You can teach processes. You can develop skills. But the spirit someone brings to a team matters.



As we near the end of this particular journey, I find myself feeling an enormous amount of gratitude and respect for the people I work with. They are creative, thoughtful, talented and, quite simply, good humans. Watching a team find its footing, build trust and begin to flourish is a wonderful reminder that the work we do is never just about the work. It is about the people who do it together.

Perhaps I have always understood this on some level. I grew up in Corsicana, a small Texas town where simple pleasures and good people were part of everyday life. But I learned something even more profound about the goodness of people when my mother died unexpectedly following a major accident on I-45 south of Dallas.

I was in shock. Nothing could have prepared our family for that loss. Yet, amid the sadness, we were surrounded by an extraordinary outpouring of love, sympathy and kindness from the community. So many of my tears came not only from grief, but also from being humbled by the goodness of people reaching out to care for one another.

That experience changed the way I looked at relationships. I saw, so clearly, how much my mother had given to her family and her community, and how many people had been touched by her light. We had been the fortunate recipients of that light, and now others were helping us through one of the hardest times in our lives.

What a gift. What a reminder that the relationships we build, the kindness we offer and the way we show up for others matter far more than we may ever fully realize.

So, as November invites us to reflect and appreciate, I find myself thinking about the people. The colleagues who teach us, challenge us and help us grow. The teams that remind us what is possible when we work toward something together. The friends and neighbors who show up when life takes an unexpected turn. And the people who leave a lasting imprint on our hearts simply by being who they are.

There is much to appreciate at CC Young, and I am grateful every day to be part of this community. But if these years have taught me anything, it is that the true measure of what we have is not found only in our programs, services or accomplishments.

It is found in the people.

And for that, I have a whole lot to be thankful for.

ON THE COVER

NOVEMBER 2026



Tuning In to Nostalgia: CC Young Presents "WCCY Radio: The Voice of CC Young"

Step back in time and experience the warmth and magic of the Golden Age of Radio right here at CC Young!

On Tuesday, November 10, at 7:00 PM, The Point Auditorium will transform into a vintage broadcasting studio for a very special Veterans Day celebration: "WCCY Radio: The Voice of CC Young." This special Veterans Day LIVE Radio Hour promises an unforgettable evening honoring our nation's heroes through nostalgic entertainment, living history, and community spirit. Highlights of the broadcast include:



- A Moving Vietnam War Reenactment paying tribute to the brave service members of the era.
- Nostalgic Live Music & Classic Melodies featuring Angie McWhorter and friends.
- Hilarious Comedy Sketches & Vintage Commercials bringing classic airwave humor back to life.
- Era Costumes as performers and participants dress in authentic period attire.
- Audience Sing-Alongs and plenty of fun on-stage surprises!

Whether you come to reminisce, sing along, or honor our veterans, this live radio variety show is sure to be a heartwarming evening for all.

Event Details

- Date: Tuesday, November 10
- Time: 7:00 PM
- Location: The Point Auditorium

Don't miss this wonderful journey through classic airwaves! Bring a neighbor, warm up your singing voice, and tune in live with us at The Point.



FUEL UP WITH GRATITUDE: GRACE IN ACTION



Mindy Hail
VP of Development



When Robert and Ellen Smith first discovered CC Young, they were looking for a place where they could make their own choices and feel confident about the future. They found that and so much more.

“It was the perfect fit; it truly felt like community,” Robert recalls.

They quickly discovered that one of the best parts of choosing CC Young was the community itself. Within three weeks, they had made friends, friends who would become lifelong friends. They also found something they hadn’t expected: peace of mind.

Knowing that care was nearby if they ever experienced a fall, illness or other unexpected need was a comfort. Having the on-campus clinic was another unexpected blessing. Robert remembers one particular moment when Ellen wasn’t feeling well and needed to cancel a doctor’s appointment. When Robert called to let the doctor know, the doctor offered to come to their home instead.

“That was such a blessing,” Robert says. “To have a doctor make a house call.”

But when Robert thinks about what makes CC Young special, it isn’t only the convenience or the peace of mind. It is the people.

He sees gratitude in the everyday moments of care, the moments that might seem small to some but mean everything to a resident.

He remembers Norma, a member of the dining team who has since retired. Norma knew Robert well. She knew he liked a certain cup of coffee and would sometimes meet him at the elevator, coffee in hand, ready with a warm greeting.

“She saw me, noticed me and knew what I liked,” Robert says.

Then there is Connor, who Robert says will do anything for the residents, and often does things they haven’t even thought of asking for.

That spirit of going above and beyond, Robert says, is everywhere.

He sees it in the receptionist who takes time to visit with residents who may not get out often, simply making their day through conversation and connection.

He sees it in the housekeeping and maintenance teams whose work may happen behind the scenes, but whose presence is felt throughout the community.

“They go above and beyond and make the most of the care they provide,” Robert says.

For Robert and Ellen, gratitude is more than a feeling. It is something they choose to put into action.

Each November, they give to the Employee Christmas Bonus Fund as a way to say thank you to the people who make CC Young feel like home.

“It’s a chance for my wife and me to say thank you to all the staff who go above and beyond,” Robert explains. “It’s a way to bless them from a unified front—from the community of residents to the caregivers who go above and beyond.”

The Employee Christmas Bonus Fund is one way our residents can turn gratitude into grace in action. Gifts from residents come together to recognize the dedication, kindness and service of the employees who care for our community throughout the year.

At CC Young, community is built in the everyday moments: a cup of coffee waiting at the elevator, a doctor willing to make a house call, a helping hand before it is even requested, or a friendly conversation that brightens someone’s day.

This November, we invite you to fuel up with gratitude and consider how you can put that gratitude into action by supporting the Employee Christmas Bonus Fund. Together, we can bless the people who give so much of themselves to make CC Young a caring community we are proud to call home.

CELEBRATING EXCELLENCE IN SENIOR LIVING:

CC Young's Executive Chef Tim Woehr Honored with National Award

Good food brings people together, but exceptional leadership turns everyday dining into a warm, nourishing community experience. Here at CC Young, we see that magic in action every day—and now, the rest of the nation is taking notice, too.



We are thrilled to share that our very own Executive Chef, Tim Woehr, has been honored with the prestigious "Be TC" Award by Thomas Cuisine, our culinary partner organization.
Announced by Thomas Cuisine's owner, Matt Thomas, and CEO, Alison Patt, during their Annual Meeting in Boise, Idaho, this national award is given to only one leader across the entire senior living sector each year. It celebrates individuals who go above and beyond in living out core values, championing excellence, and enriching the lives of the communities they serve.

What Makes the "Be TC" Award Special?
To earn the "Be TC" Award, nominees must have at least one year of dedicated service and be nominated by peers using core principles from the company's founding vision. Nominations require detailed examples of how a leader puts values into practice every single day. Out of countless talented culinary leaders nationwide, Chef Tim stood out for his heartfelt commitment to CC Young residents, his team, and the elevated standards he brings to our dining rooms.

Championing What is Right for Our Residents

Chef Tim's recognition highlights three key principles that CC Young residents experience firsthand:

- Putting People First: The award recognizes Chef Tim's dedication to doing what is "right" for our community. Whether stepping in during busy times, supporting his culinary staff, or mentoring young team members, Chef Tim leads with patience and integrity. His focus on creating a supportive, positive kitchen environment translates directly into the caring service residents enjoy at every meal.
- Building a Lasting Standard of Quality: Chef Tim approaches every day with a "can-do" attitude and a passion for continuous improvement. The award honors leaders who "leave their job better than they found it." Through his thoughtful operational leadership, Chef Tim has created a steady, high-performing culinary environment that both staff and residents truly appreciate.
- Bringing Wellness to the Table: One of Chef Tim's standout achievements celebrated by the award panel was his leadership with the Well Plate program. Chef Tim has a unique talent for translating health and wellness goals into delicious, appealing meals. Through clear communication and hands-on coaching with his team, he ensures that healthy choices never compromise on taste, bringing freshness and flavor to our menus.

A Heartfelt Congratulations

At CC Young, our dining experience is about far more than just wonderful meals—it's about comfort, connection, and community. Chef Tim's leadership ensures that every dish served carries a commitment to quality and genuine care.
Please join us in congratulating Executive Chef Tim Woehr on this well-deserved national achievement! The next time you see him across the dining room, be sure to offer a warm word of congratulations and thank him for all he does to make CC Young a delicious place to call home.



MINISTRY MESSAGE: "Ding Dong, I Do, I Do"

Yes! We just had a wedding!

Last month in Christ's Chapel, one of our families celebrated with friends and extended family members from CC Young and beyond. What a joyful day it was! There was even a wedding cake - and flower girls! Russ played the music, Mark lent his beautiful voice, and Rev. Dr. Raelynn Scott led the service.

What a blessing it is to serve the CC Young community! If you think that our ministry is limited to pastoral care and leading Sunday services – think again! We support families in all stages of life. Last spring, we celebrated a baptism; last month we celebrated a wedding; and this month we celebrated a life well-lived and widely loved in a memorial service. Our ministry is blessed to walk alongside all community members – Christians and non-Christians alike – to offer prayer, support, scripture, laughter, celebration, and mourning. We are honored and blessed to know each and every one of you. And we thank you for the honor of sharing your lives, loves, and meaningful moments.

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.**

SPECIAL NOVEMBER EVENTS

Blessing of Animals: RESCHEDULED
Monday, November 2
9am under The Pavilion

4-Week Advent Study with Allison & Richard
Begins Monday, November 30
3:00pm
The Point Auditorium

NOVEMBER 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 - Back in January

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

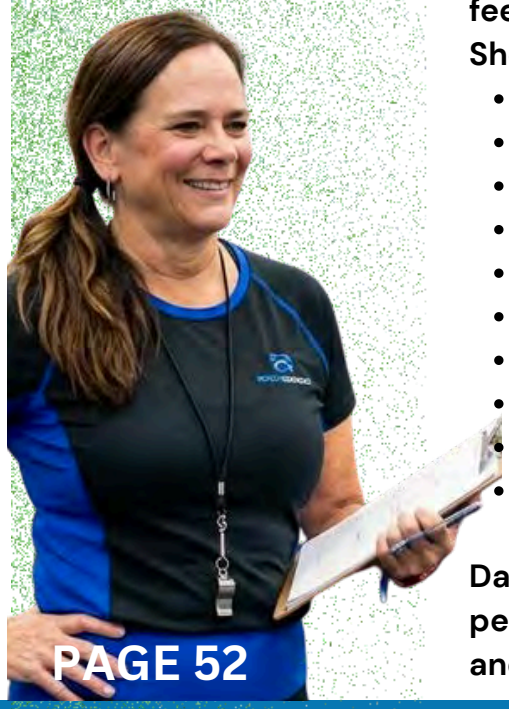
NOV 2026

Fitness Update!

The Full Spectrum of Senior Fitness.

DID YOU KNOW?

Music motivates you to work out by combining psychological distraction, neurological rewards, and physical rhythm synchronization... just don't forget your headphones!





DID YOU KNOW?

Tammy plays banjo and sings folk songs.

Christy's Corner

What am I grateful for.....
I'm thankful for the ability to move my body, the strength to keep pushing myself, and the opportunity to become a better version of myself every day.
I'm also thankful for the discipline, confidence, and mental strength that fitness builds. It's not just about how you look, but how you feel, how you grow, and how you learn to never give up on yourself.
Short fitness gratitude statements

- I'm grateful for my strength.
- I'm grateful for my progress, no matter how small.
- I'm grateful that I get to move my body.
- I'm grateful for the discipline fitness teaches me.
- I'm grateful for what my body can do, not just how it looks.
- I'm grateful for every opportunity to improve.
- I'm grateful for the journey, not just the results.
- I'm grateful for the days I show up even when it's hard.
- I'm grateful for the strength to keep going.
- I'm grateful that fitness is an investment in myself.

Daily reminder: I don't have to be the strongest, fastest, or fittest person in the room. I'm grateful that I can show up, put in the work, and become better than I was yesterday.

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

CCYOUNG WELLNESS

COMMUNITY CORNER

With gratitude and appreciation for long-time CCY friend, Richard Stanford, who shared this poem with me last year at a board of directors meeting.
Richard, I read this frequently with my daily lessons and think of you in the process!
Thank you! - Jen Griffin

A Prayer of Thanksgiving

We asked for strength, and you gave us difficulties to make us strong.
We asked for wisdom, and you gave us problems to solve.
We asked for prosperity, and you gave us purpose and brains to use.
We asked for courage, and you gave us fears to overcome.
We asked for patience, and you gave us situations where we were forced to wait.
We asked for love, and you gave us troubled people to help.
We asked for justice, and you called us to be just and to lead with integrity.
Lord, we have received nothing that we asked for or wanted.
And yet, we received everything that we needed.
For this, we give thanks.

- Written and offered by Dr. Colleen Hanycz on 1/25/21 at the "Introduction to the Xavier Community" event upon her selection as the 35th president of Xavier University



THOMAS CUISINE SPECIAL DINING DAYS

Action Station of the Month: Build Your Own Pho

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Thomas Action Station 11:30am-1pm	4	5 Hillside Action Station 11:30am-1pm	6 4833 Steak Avenue CLOSED	7
8	9 Holiday Bakery Orders Begin	10 Thomas Food Committee Meeting 2:30pm	11	12 National French Dip Day	13 4833 Steak Avenue CLOSED	14
15	16	17 Overlook Food Committee Meeting 3pm	18 Conley's Action Station 11:30am-1pm	19 Asbury Action Station 11am-1pm	20 4833 Steak Avenue OPEN	21
22	23	24 Asbury Food Committee Meeting 2pm	25 National Parfait Day	26 Conley's Thanksgiving Buffet 11am-2pm	27 4833 Steak Avenue CLOSED	28
29	30					

11/09 | Holiday Bakery Orders Begin! – Deadline for order submission is November 20th
Submit order forms to ccyholidaybakery@ccyoung.org or to ask any questions.
11/12 | French Dip Sandwich special at the Bistro *(while supplies last)*
11/25 | Parfait variations available at the Point Café & Bistro *(while supplies last)*

NOVEMBER TEAM BIRTHDAYS

Dolores Leguizamo	11/1	Housekeeping
Rose Nyamichaba	11/1	Private Care
Asharae Beard	11/2	Assisted Living
Daniel Benitez	11/2	Dining Services
Christine Miller	11/2	Resident Services
Felisha Williams	11/2	Memory Support
Chance Pinkney	11/3	Housekeeping
Akashkumar Sagar	11/3	Therapy
Lindsay Wehmer	11/3	Therapy
Cynthia Acosta	11/4	Housekeeping
David Agbodeka	11/4	Assisted Living
Carlota Gonzalez	11/4	Housekeeping
Doreth Swaby	11/4	Private Care
Ana Valles	11/4	Dining Services
Stephanie Zulu	11/4	Health Center
Yonas Melesse	11/6	Health Center
Brandy Valadez	11/6	Clinic
Lindsey Buis	11/7	Therapy
Rhyonda West	11/7	Private Care
Arthur Wiese III	11/8	Memory Support
Tyler Chappell	11/9	Therapy
Donald Reeves	11/9	Umphress
Keia McDonald	11/10	Health Center
Maryesther Soto	11/11	Dining Services
Anthony Williams	11/11	Housekeeping
George Achoronye	11/12	Private Care
Carlos Najera	11/12	Dining Services
Renuka Masih	11/13	Private Care
Judy Singleton	11/13	Health Center
Carleen White	11/13	Assisted Living



Azucena Enriquez	11/15	Dining Services
Jared Fiedler	11/15	Therapy
Tabitha Williams	11/15	Transportation
Melissa Chism	11/16	Health Center
Kristin McDonald	11/16	Assisted Living
Maria Morin Hernandez	11/16	Housekeeping
Donna Baker	11/17	Sales
Dache Cunningham	11/18	Health Center
Ma Del Carmen Salas	11/19	Housekeeping
Anymore Shindi	11/19	Private Care
Carrington Swedburg	11/19	Health Center
Dawn M Madkins	11/20	Hospice
Tigist Adinew	11/21	Housekeeping
Cindy Diaz	11/21	Housekeeping
Mindy Diaz	11/21	Housekeeping
Beatrice Nwokedi	11/21	Private Care
Jennifer Griffin	11/22	Executive
LaKisha McCollough	11/22	Health Center
Denice Wong	11/22	Assisted Living
Fikirte Haile	11/23	Private Care
Julie Lumnwi	11/23	Private Care
Flora Ugbor	11/23	Health Center
Faridah Kibirige Hall	11/24	Health Center
Regan McLaughlin	11/24	Therapy
Bria Bassett	11/25	Therapy
LaCandrea Baltimore	11/26	Dining Services
Denise Jallah	11/29	Health Center
Elsa Ramos	11/29	Dining Services
Victor Galvan	11/30	Maintenance



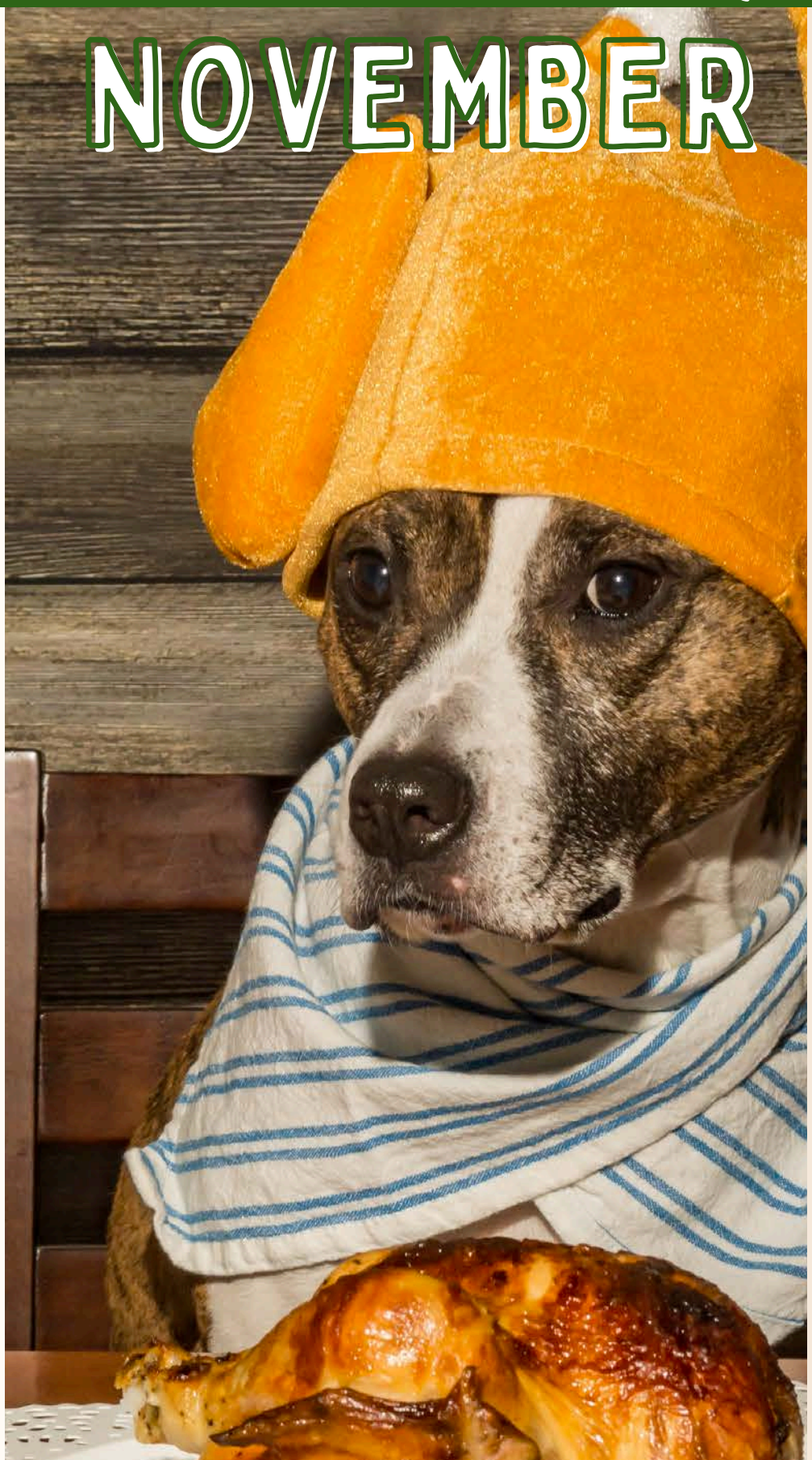
TEAM CCY NOVEMBER ANNIVERSARIES

Name	Hire Day	#Yrs	Department
Jaci Rivas	11/1/2019	7	Therapy
Lindsey Buis	11/1/2019	7	Therapy
Jared Fiedler	11/1/2019	7	Therapy
Leslie Thomas	11/1/2019	7	Therapy
Lori Sanders	11/1/2019	7	Therapy
Jeremy Morgan	11/1/2019	7	Therapy
Abel Mabeya	11/2/2020	6	Health Center
Orwson Crawford	11/2/2023	3	Therapy
Andreous DeVall	11/3/2025	1	Dining Services
Cedric Wilcots II	11/3/2025	1	Executive
Nirav Purohit	11/4/2019	7	Therapy
Kelsi Smith	11/4/2019	7	Therapy
Kimberly Weston	11/4/2025	1	Health Center
Sirena Wallace	11/4/2019	7	Therapy
Rachel Korodan	11/4/2019	7	Therapy
Surrun Barnes	11/5/2025	1	Dining Services
Kenja Reid	11/5/2024	2	Assisted Living
Elizabeth Smith	11/5/2018	8	Hospice
Kevin Wells	11/6/2017	9	Sales
LaCandrea Baltimore	11/7/2024	2	Dining Services
Mulugonder Abegaz	11/7/2025	1	Private Care
Christabel Chuks	11/8/2021	5	Health Center
LaToya Vaughn	11/10/2025	1	Memory Support
Akashkumar Sagar	11/10/2025	1	Therapy
Mia Tell	11/10/2025	1	Dining Services
Shitemar Woldemariam	11/10/2025	1	Housekeeping
Felicia Haffley	11/11/2024	2	Therapy
Martin Njuguna	11/11/2022	4	Health Center
Jaimea Wilson	11/11/2024	2	Health Center
Jacinda Crosby	11/12/2021	5	Dining Services
Jose Baez	11/14/2025	1	Dining Services
Iyabo Osifeso Henshaw	11/15/2021	5	Therapy
Jocelyn Alonso	11/17/2021	5	Dining Services
Tigist Adinew	11/20/2023	3	Housekeeping
Julia Adams	11/20/2023	3	Health Center
Jose Hurtado	11/20/2024	2	Dining Services
Ajinatina Harris	11/21/2024	2	Health Center
Monica Keaton	11/22/2023	3	Dining Services
Mariama Sow	11/23/2020	6	Dining Services
Alisha Mayes	11/24/2025	1	Dining Services
Abeba Mekonnen	11/25/2024	2	Health Center
Angela McWhirter	11/25/2024	2	Umphress
Catherine Dunavin	11/26/2025	1	Dining Services
Diane Prashasouk	11/27/2023	3	Community Outreach
Nathanael Woldemichael	11/29/2021	5	Health Center
Kasandra Escobedo	11/29/2021	5	Private Care
Anna Mora	11/29/2023	3	Health Center
Tojuade Ayoola	11/30/2020	6	Housekeeping

RESIDENT NOVEMBER BIRTHDAYS

Margaret Williams	Overlook	1
Sarah Franklin	Overlook	3
Richard Lambrecht	Hillside	4
Bonnie Lambrecht	Hillside	5
Mary Parish	Vista 9	7
Betsy Hickman	Overlook	7
Richard Taylor	Overlook	7
Mary Johnson	Overlook	8
Patricia Williams	Overlook	8
Suzanne Ellerman	Vista 6	8
Adriana Frenkel	Vista 9	9
Edward Vice	Hillside	9
William Neilon	Asbury	9
Karen Jackson	Vista 4	10
Richard McBain	Vista 7	10
Pat Rogers	Hillside	11
Joyce Soyster	Vista 3	11
Akiko Nakahara	Hillside	12
Jimmy Smith	Overlook	12
Larry Palmer	Vista 4	13
Robert Wilson	Vista 5	13
Nancy Webb	Hillside	14
Susan Clark	Vista 5	14
Lora Folsom	Vista 5	14
Ann Gass	Overlook	16
Andrew Dillard	Vista 3	18
Harry Mason	Overlook	18
Karen Hawthorne	Vista 5	18
Jeanne Walker	Overlook	21
Tanya Darcy	Asbury	22
Katina Simmons	Asbury	22
Shirley Blabey	Vista 3	24
Alessandra Comini	Thomas	24
Mary Getty	Overlook	24
Jo Winton	Vista 9	25
Vada Boyle	Overlook	27
Beatrice Reddien	Vista 5	28
Jimmy Averitt	Vista 6	29
TN Searcy	Thomas	30

Resident *Anniversaries*



15 Years
Alex Mason

14 Years
Ted Searcy
Nelwyn Davis

13 Years
Ed Hubbuch

10 Years
Mary Gilhooly
Joan Jackson

9 Years
Judy Vincent
Doug McMillan

8 Years
Michael York

6 Years
Maurice Guy

5 Years
Ron Rainey
Mary Lummus
Anne Price
Kay Peters
Lauren Barrett
Bettye & John Johnson

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December

Holiday Concerts



Town North Concert Band
Dec. 2 at 4PM



Hunt Carolers
Dec. 7 at 4:15pm



Young 'Uns Christmas Concert
Dec. 15 at 1pm



Christmas Show
Dec. 8 at 7pm

CC YOUNG
THE POINT & PAVILION



THE SENIOR SOURCE®

Presents

Presented by
GABRIEL WOODEN

SAFE ONLINE SHOPPING

WEDNESDAY, DECEMBER 9
2:00PM
THE POINT AUDITORIUM

ELDER FINANCIAL SAFETY CENTER

DOWN-HOME HOLIDAY SHOWCASE

Angie McWhirter & Friends



TUESDAY, DECEMBER 8
7:00 PM

Gather 'round for a heartwarming evening of music and holiday cheer!

Experience the magic of the season as a talented lineup of vocalists brings a warm, country twist to your favorite classic Christmas carols. From cozy fireside harmonies to upbeat holiday twang, it's a festive celebration full of faith, family, and timeless holiday tradition.

RSVP Today! Sign up at The Point!

EPIC Adventures

A Masterclass in Curiosity, Connection, and Purpose





POLAND & ROWANDA

Join Vicki Hill as she tells about her travels with the SMU Human Rights Program

Thursday, December 10 at 10:00am

The Point Auditorium and Ch. 81

Hosted by Alise Cortez and Brian Parman

WHAT THE HOLIDAYS MEAN TO ME

STUDENT ART SHOW | TUES. NOVEMBER 24 - MON. DECEMBER 28



A Celebration of Youthful Imagination & Holiday Spirit

Featuring vibrant works by talented young creators ages 4 to 14, this annual exhibition offers an inspiring look at the holiday season through the eyes of our community's youth.

MEET THE ARTISTS

SATURDAY, DECEMBER 12
2:00 PM
The Point Auditorium
4847 W. Lawther Dr. Dallas, TX 75214

RSVP TO THE ARTISTS RECOGNITION RECEPTION BY SCANNING CODE OR CALLING 214-841-2831

CC YOUNG
THE POINT & PAVILION