

ACTIVE SENIOR LIFESTYLE GUIDE



SEPTEMBER 2024

RE-DISCOVER THE GOLDEN
RULE: TREAT OTHERS AS ONE
WOULD WANT TO BE TREATED.

SEPT. 19- NORTH TEXAS
GIVING DAY



FREE
PLEASE TAKE
ONE

HISPANIC HERITAGE MONTH

IRMA RANGEL: THE FIRST MEXICAN-AMERICAN WOMAN ELECTED TO THE TEXAS HOUSE OF REPRESENTATIVES

LEARN MORE ON PG. 52



CC YOUNG
THE POINT & PAVILION

Meet The Team



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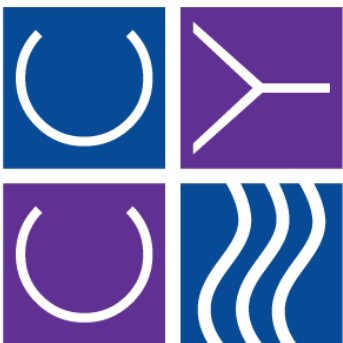
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THE POINT AND PAVILION

The Point includes an art gallery, auditorium, movie theater, fitness center, library, café, meeting and classroom space. The Point offers a full calendar of enriching activities, workshops, courses, concert performances, a rotating art exhibit and much more.

CAMPUS MAP



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

» Table of Contents

5-10

Highlights of September Events

- SIA Art Show
- Health & Science Talk
- Fam Jam
- OLLI Class Schedule
- The Chosen, Screening & Discussion
- IL Trips



11-20

Class Summaries

- SeniorTech Classes
- Special Interest Groups
- Collaborative Partners
- Wellness Classes
- Aquatics Classes & Team
- Massage Therapy Services

21-40

September Daily Schedule

- Daily Calendar of events
- Each event notates resident, Point Member or all welcome.



41 Lifestyle Section

42-47

Team Talk!

- From The Director
- Crews News
- Village Report

48-58 September Articles

- Ask CCY
- Green Thumbs
- Giving Day
- On The Cover
- Hispanic Heritage
- Fitness Corner
- Tech Talk
- Golden Rule



59-63

September Celebrations

- Welcome New Residents
- Team Birthdays
- Team Anniversaries
- Resident Birthdays
- Resident Anniversaries

64-68

Save The Dates

- Special Dining Dates
- Blessing of the Animals
- Fall Fest
- Trunk or Treat
- Alzheimer's Walk



7 Dimensions of Wellness

Events on the daily calendar will have a color square to notate which dimension of wellness it represents.

Below is a helpful key to help identify each.

Physical Wellness: This pillar is familiar to many—it's about the importance of regular exercise, nutritious eating, and adequate rest. However, it's not just about the body; it's about feeling vibrant and energized in our physical being.

Intellectual Wellness: This means stimulating our minds through lifelong learning, exploring new ideas, and engaging in creative endeavors. Intellectual wellness fuels our curiosity and keeps our mental faculties sharp.

Emotional Wellness: This is about understanding, expressing, and managing emotions in a healthy way. This pillar teaches us resilience, self-compassion, and the ability to navigate life's ups and downs.

Social Wellness: This one is about nurturing meaningful connections and fostering a sense of belonging within our communities – both here on campus and elsewhere. Social wellness thrives on genuine relationships and a supportive network...wherever that may be!

Spiritual Wellness: The key to this is reflecting on life's purpose, finding inner peace, and seeking meaning and depth in our existence. Spiritual wellness is about aligning with our values and beliefs.

Vocational Wellness: Sometimes a little mysterious by just the word, this one is about finding satisfaction and fulfillment in our work or personal pursuits. This pillar encourages us to pursue careers or hobbies that resonate with our passions and strengths.

Environmental Wellness: Finally, hopefully we will all continue being mindful of our surroundings and making choices that positively impact our environment. Environmental wellness emphasizes our responsibility to care for our planet.



2024 SPIRIT IS AGELESS ART & WRITING CONTEST

Saturday, August 24 - Friday, October 25

**First, Second & Third Place Winners in 14 different categories
Four Best in Show and an Ageless Creativity Award.**



**Celebration of Artists & Writers
Friday, October 25 ~ 2:00-4:00PM
The Point Auditorium**



**Featured Speaker
CJ Miller
The Spiritual Artist**

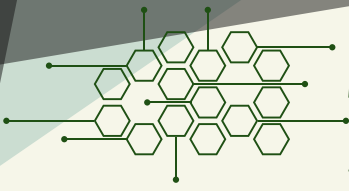
Chris will address the idea that perceived limitations can actually become strengths. By embracing imperfections and finding creative ways to work with them, new possibilities can be discovered and create something truly unique.

rsvp@ccyoung.org



**CC YOUNG
THE POINT & PAVILION**





HEALTH SCIENCE TALKS AT CC YOUNG



MEMORY AND BRAIN HEALTH AS YOU AGE: UNDERSTANDING CHANGES AND DISPELLING MYTHS

WEDNESDAY, SEPT. 4
4:00PM - 5:30PM
THE POINT AT CC YOUNG

Advances in cognitive and developmental psychology and neuroscience continue to provide important insights into the mind-body-brain relationships involved in healthy memory aging. Dr. Ryals will discuss ways in which memory and overall cognitive functioning may actually be strengthened and improved through simple strategies and exercise (both mental and physical). Finally, he will share evidence-based findings to help dispel myths and stereotypes associated with memory and aging, thus aiming to empower individuals toward memory and brain health.



Anthony Ryals, PhD
Assistant Professor in the Department of Psychology at UNT and Primary Investigator of the UNT Neurocognitive Laboratory. His research interests include explicit and implicit human memory, metamemory, cognitive neuroscience, traumatic memory, and unusual cognitive states.



CC YOUNG
THE POINT AT PAVILION
PAGE 6



Register!

SPACE IS LIMITED!

Residents & Point Members register with OLLI.
All others: rsvp@ccyoung.org

**For more information call:
214-841-2831**



Fam Jam!

Formerly know as Grandparents Day

Wild Adventure

Untamed Family Fun!

Join us for fun, games, and an exciting animal show provided by Cathy's Critters at our Annual Fam Jam! This event is perfect for all ages.



Sunday, September 8

1pm - Adventure Games

2pm - Animal Show

Open to CCY Residents, Resident Families, CCY Staff, Staff Families, Point Members and The Community



No Tests. No Grades. No Limits.

**OLLI
LIFELONG
LEARNING FOR
ADULTS 50+**



Tuesday, September 3

Giuseppe Verdi: Opera's GOAT

Composer Giuseppe Verdi (1814-1901) is arguably the "Greatest Of All Time" in opera. In this session, members will study selections from his operas.

Presented by Steve Dubrow

Thursday, September 5

Successful Aging: What Is It and How Do We Achieve it?

This session will explore the concept of successful aging and present the many avenues by which members can achieve the goal of aging well, thereby enhancing the quality of their lives. **Presented by Bert Hayslip, Jr.**

Tuesday, September 10

Solving the Mysteries of the Migration and Wintering Biology of the American Kestrel

American Kestrels have been declining for decades across their range, but scientists are still unsure why. Selected stories of individual birds that were tracked over the course of a year will be told and another piece of the American Kestrel puzzle will be revealed.

Presented by James Bednarz, PhD

Thursday, September 12

Ben Franklin: American Writer, Printer, Philanthropist, Inventor, Influencer Extraordinaire

Self-educated and motivated, American Ben Franklin set the standard as worldwide influencer. **Presented by Rebecca Poynter, MJ**

Tuesday, September 17

Don't Slip, Trip, or Fall

There are many hazards of falls. This session will explore what causes them and, more importantly, what things we should do to help protect ourselves at home and elsewhere.

Presented by Jerry Davis

Thursday, September 19

Three 19th Century Female Artists: Bonheur, Morisot, and Cassatt

Look at three female artists of the early and late 19th century and compare their similarities in subject matter, backgrounds and connections with other artists.

Presented by Francesca d'Atria - Romano, MFA

Tuesday, September 24

Hunting Nazis in Hollywood

In what sounded more like a film script than historical events, Nazi groups in Los Angeles plotted to attack Jews in Hollywood. This lecture will elucidate these devious plots that ended up inspiring a major motion picture. **Presented by Kerry Goldmann, PhD**

Thursday, September 26

Trombone Quartet: An Immersive Experience

In this immersive experience, a trombone quartet will perform and lead listeners through a variety of styles and time periods of music. **Presented by Kenny Ross**



THE POINT

There's always something new to learn at The Point

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



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SCREENING & DISCUSSION

The Chosen

Hosted by
**REV. BARBARA
MARCUM &
CAROL WOOD**



The Chosen is the first-ever multi-season TV show about the life of Jesus. The Chosen allows us to see Him through the eyes of those who knew Him.

Join Rev. Barbara Marcum and volunteer host Carol Wood for a weekly screening and study of the series.

EVERY MONDAY BEGINNING

2:00PM | MONDAY | SEPTEMBER 9

Space is limited. Sign up at The Point.

SEPTEMBER RESIDENT TRIPS



**Sign up at
The Point**

**Bus will pick up at
The Point**

Art Gallery Visit at Eisemann Center in Richardson



**Monday, September 16
9:45am**

Experience "Love Rollercoaster," an Interactive Art and Music Exhibition by CJ Miller at the Forrest and Virginia Green Mezzanine-Gallery

In Honor of Hispanic Heritage Month

CocoAndré Chocolatier



**Tuesday, September 24
1:00pm**

Visit CocoAndré, a Mexican-American-family owned chocolate shop in Oak Cliff that produces some of the finest hand-crafted chocolate delights in the world.

To book an individual trip

call 214-841-2946

or email transportation@ccyoung.org

SEPTEMBER SENIOR TECH CLASSES

Get Tech Help at The Point!



To make the most of your session, please check the battery charge level on your device beforehand and come ready with the following information:

- Apple ID and Password: If you have an Apple devices.
- Gmail address and Password: questions focused on Android or Google products.



Classes Open to Residents
& Point Members Only

Don't miss this opportunity
to gain confidence and
conquer new technology!



Daphne Lee, Instructor

TUESDAY, SEPTEMBER 10 AT 1:30PM
Making the Holidays Fun with iPhone Photos

FRIDAY, SEPTEMBER 13 AT 10:00AM-12:00PM
Free Coaching Fridays: Come and go for all
technology questions.

TUESDAY, SEPTEMBER 17 AT 1:30PM
Taking and Sharing iPhone Photos

THURSDAY, SEPTEMBER 19 AT 1:30PM
Introduction to Social Media: Facebook, X
(Twitter), Instagram & More



Special Interest Groups at The Point

Groups listed are open to Residents, Point Members and the general public.



HAPPY HOOKERS

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

Mondays at 9:30am in The Auditorium



CC YOUNG 'UNS

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

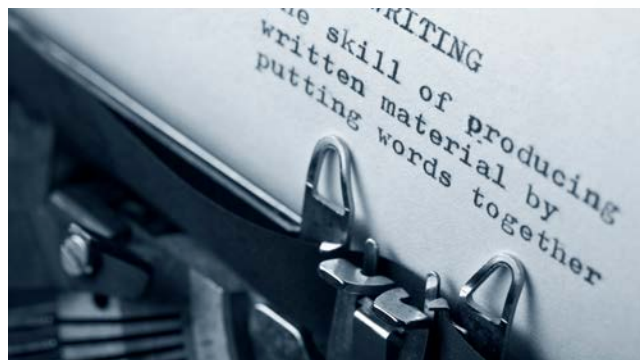
Tuesdays at 1:00pm in The Auditorium



KNOTTY KNITTERS & CRAFTY CROCHETERS

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

Mondays at 2:00pm in Flagpole Hill Classroom



SRIBBLERS, SCRIBES AND SEEKERS

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

Wednesdays at 9:45am in Flagpole Hill Classroom



GARDEN CLUB

Group is open to gardeners new and old! With the addition of the new Green House and raised garden beds to the campus, the Garden Club meets to plan projects. Group facilitated by CCY Resident Janet Stetson.

Meets every Thursday at 2:00pm



FELLOWSHIP, WORD & BIBLE STUDY

Richard Stanford leads a weekly group in fellowship and Bible study. Topics vary each week.

Meets Tuesday at 3:30pm

In Flagpole Hill Classroom



ACTING FUN

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

Meets Wednesdays at 2:00pm

In The Theater



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!

Meets Wednesdays at 9:30am in The Game Zone



WII BOWLING CLUB

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

Meets Fridays at 10:00am in The Game Zone



SIGN LANGUAGE FUN

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

Meets Thursdays at 1:00pm In Flagpole Hill Classroom



LITTER GITTERS

Group meets monthly to walk the CCY campus and surrounding area to pick up litter. Supplies provided.

Meets 3rd Friday of the month at 1:30pm at The Pavilion

Collaborative Partners

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



Dallas Handweavers & Spinners Guild

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

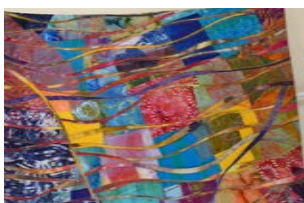
**Meets 1st Saturday of each month
10:00am in The Auditorium**



CC Young Auxiliary

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

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



Dallas Area Fiber Artists

The dynamic and progressive organization promotes fiber art through education, workshops and exhibitions.

**Meets 2nd Saturday of each month
10:00am in The Auditorium**



Dallas Button Society

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

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



Harmonica Organization of Texas

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

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



Trinity Valley Beekeepers

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

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



Dallas Bead Society

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

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



Dallas County Pioneers

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

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



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PERSONAL TRAINING PROGRAM

Hiring a personal trainer can provide structured, safe, and effective fitness guidance tailored to your unique needs, such as:

- **Accountability and Motivation:** Maintain consistency and motivation in a fitness regimen.
- **Enhanced Recovery:** Promote healing and strengthen muscles affected by injury or illness.
- **Increased Mobility and Flexibility:** Targeted exercises can improve joint mobility and flexibility.
- **Improved Safety:** Trainers ensure exercises are performed correctly to prevent injuries and provide modifications as needed.
- **Boosted Strength and Endurance:** Build overall strength and stamina.
- **Better Balance and Coordination:** Exercises focused on balance and coordination reduce the risk of falls.
- **Chronic Condition Management:** Help manage chronic conditions such as arthritis, osteoporosis, and cardiovascular diseases.
- **Mental Health Benefits:** Regular physical activity can improve mood, reduce stress, and combat depression.



Eric Allen
Director of Wellness
Personal & Group Fitness & Nutrition

Book Your Sessions
469-828-3473 / eallen@ccyoung.org

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.



CC YOUNG WELLNESS



Zumba Gold
8:00am-8:45am / Mon – Thur
Instructor: JoAnn Tobey

A no/low impact version of traditional Zumba that is designed for active older adults, beginners, or anyone who wants all the FUN of Zumba but at a slower pace and with no jumping/impact. Every class includes a focus on balance and strength as we move our bodies to your favorite music and new favorites in the making. Absolutely no dance experience is needed. There is no right nor wrong; no right nor left. We MOVE, breathe, and HAVE FUN!



Balance 1- NEW
9:00am-9:45am / Mon, Wed
Instructor: Eric Allen

Designed for people who have trouble keeping their balance due to past falls, medical conditions like Parkinson's or MS, recent surgery, dizziness or vertigo, difficulty walking or standing without help, those using a cane, walker, or wheelchair, Those with a fear of falling.



Balance 2- NEW
11:00am-11:45am / Tues & Thurs
Instructor: Eric Allen

Designed for people who experience occasional stumbles or minor falls, mild, controlled balance issues. The occasional dizziness that doesn't disrupt daily life. Attendees have no regular need for walking aids. Most daily activities are manageable. Some worry about falling, but it doesn't limit activities.



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

This gentle yoga class is a balance between static and dynamic yoga poses performed at a slow pace. Mindful movement, mind-body connection, and breath awareness ease the body into seated and standing poses. ***participants must be able to get up and down off the floor unassisted***



Core 1: Chair Fitness - New Class
10:00am-10:45am / Mon & Fri
Instructor: Eric Allen

Seated Exercises that are easy and good for you! The class is designed to make it easier to balance by using a chair helps you stay steady so you can focus on working your muscles. The exercises are gentler on your body and won't hurt your joints.



Core 2: Floor Fitness - New Class
10:00am-10:45am / Tues & Thurs
Instructor: Eric Allen

Floor Exercises: Take Your Workout Further! This class builds more strength as you use more muscles to stay balanced and steady. Floor exercises make your core work hard to keep you stable. You can make them easier or harder depending on your fitness level.



Brain Fitness
12:00pm- 12:45pm / Wednesday
Instructor: Eric Allen

Through diverse physical exercises combined with puzzles, memory games, and drills, stimulate neural growth and boost cognitive vitality. Discover the benefits of exercise for your mind.



Chair Volleyball
11:00am-11:45am / Mondays
Instructor: Aaron Schmidt

Fun physical activity enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. All participants remain seated for the duration of the activity. Adults of all abilities and activity levels can play the game.



Drumba

Standing- 11:00am-11:45am / Wed
Seated- 11:00am-11:45am / Fri
Instructor: Aaron Schmidt

DRUMBA is an exercise format that combines regular or weighted Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced, cardio workout for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities!



Tabata (HIIT Class)

11:00am -11:45am / Mon, Wed & Fri
Instructor: Eric Allen

Training that not only boosts metabolism during the workload but also enhances the afterburn effect. The class is based on **high-intensity interval training (HIIT)**. In this fast-paced workout, participants push their limits through short bursts of intense exercise followed by brief periods of rest. Get ready to torch Calories!



Rocksteady Boxing for Parkinson's

12:00pm - 12:45pm / Mon & Fri
9:45am - 10:30am / Wed. - Vista 9
Instructors: Jesse Mitchell & Eric Allen

A unique exercise program, based on training used by boxing pros and adapted to people with **Parkinson's disease & other movement disorders**. The program involves regular exercises & non-contact boxing, led by experienced trainers/coaches. Open to both men and women of all ages and levels of ability.



JAB- Jamming Adult Boxing

12:00pm - 12:45pm / Tues & Thurs
Instructor: Eric Allen

Boxing is a great total body workout that targets an individual's leg, core, back, and arms. Additionally, boxing is great cardio that incorporates foot, hand, and eye coordination along with cognitive engagement. Modified for people **without** movement disorder at all fitness levels.



Equipment Orientations

Instructor: Eric Allen
Drop-in: Fridays at 9:00am

Prior to use of gym equipment, get an overview of each machine and info on class options.



Chair Aerobics

2:00pm-2:45pm
Mon & Wed- Instructor: Ann Sury
Tues & Fri - Instructor: Jesse Mitchell

This class has an upbeat tempo to incorporate movement that increases heart rate while strengthening both small and large muscle groups. Hand weights are used. The warmup segment of the class is standing (optional) while the next segment of the class builds strength in arms, legs and back. There are intermittent stretch intervals.



Sit & Get Fit

3:00pm-3:45am
Mon, Tues, Wed - Instructor: Ann Sury
Thurs, Fri- Instructor: Jesse Mitchell

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



Seated Tai Chi

4:00pm -5:00pm / Mondays
Instructor: Jesse Mitchell

A gentle exercise that focuses on posture, breathing, relaxation, energy flow and body movement. It is easy to follow the movements from a seated position and this exercise helps any person feel the muscles and joints awaken.



Beginners Tai Chi

4:00pm -5:00pm / Wednesdays
Instructor: Jesse Mitchell


A great resource for any person looking to try traditional Tai Chi for the first time. This class is mostly standing, but with the aid of a chair or bar. Tai Chi practices and movements are taught in an easily digestible manner while focusing on the core Tai Chi principles of posture, body alignment, breathing and slowness.



Intermediate Tai Chi

4:00pm -5:00pm / Tues & Thurs
Instructor: Jesse Mitchell

A standing class which focuses on learning the 24-step Yang Style International form. Taking the principles of Tai Chi to the next level, this class will have your balance and leg strength improving greatly. Although the movements are slow the exercise is aerobic. This class is practiced exclusively standing with no use of aids like the chair or the bar.



AQUATICS CLASSES

Open to Residents and Point Members

OPEN SWIM NEW EXTENDED TIMES

Mon., Wed., Fri.
9:00am–10:30am
10:30am–12:00pm

Tuesdays
12:00pm–1:30pm
1:30pm–3:00pm

Thursdays
1:00pm–2:30pm
2:30pm–4:00pm

AQUATICS 101
Must attend this class
prior to any other class
or swim time.

Fridays
9:00am–9:30am

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.

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.

POOL VOLLEYBALL

Tuesdays
3:00pm–4:00pm

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

NEW H2O HUSTLE

Mondays & Wednesdays
8:00am–8:45am

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

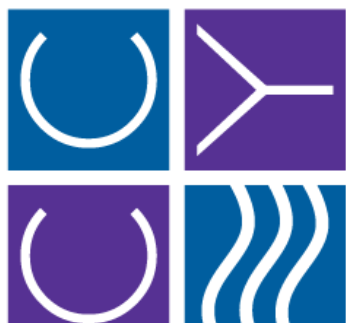
AQUA BOOT CAMP

Mon., Wed., Fri.
3:00pm–4:00pm

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



Vista Rehab pool



Meet The Aquatics Team



Jeremy Morgan
Director, Rehabilitation
jmorgan@ccyoung.org



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



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



Blair Viehe
Occupational Therapy Assistant
COTA/CLWT



Eric Allen
Director of Wellness
Eallen@ccyoung.org
469-828-3473



Massage Services AT CC YOUNG

Swedish, Deep Tissue, Reiki or Sound Healing

Pricing

CCY Residents, Family Members and
Point Members: \$65 / 60 min \$95 / 90 min
General public add \$20 per service.

Vista Residents Floors 4-8
In-Room Massage \$50/ 30 min
In-Room Reiki/ Sound Healing \$37.50

Gratuuity not included.

Book Your Appointment

972-755-4259

Payment Options

- CCY resident billing (AL, IL & LTC Only)
- Cash, Check or Credit/Debit paid to
Massage Therapists at time of service.

Gift Certificates are also available for purchase
by calling 972-755-3260.



Adrenia Lugo
Massage Therapist
alugo@ccyoung.org



Loretta Scott
Massage Therapist
lscott@ccyoung.org



Cedrick Davis
Massage Therapist
cdavis@ccyoung.org



Anna Parkins
Reiki Practitioner
aparkins@ccyoung.org

4849 W. Lawther Dr.
Vista, 3rd Floor

Underground Parking Available

THIS WEEK'S

Highlights

Monday, September 2
Labor Day!

Tuesday, September 3

10:00am

OLLI CLASS

Giuseppe Verdi: Opera's GOAT

Wednesday, September 4

4:00pm

OLLI EVENT

HEALTH SCIENCE EVENT

**Memory and Brain Health as You Age:
Understanding Changes and Dispelling
Myths**

RSVP Required.

Thursday, September 5

10:00am

OLLI CLASS

**Successful Aging: What Is It and How Do
We Achieve it**

Friday, September 6

1:30pm

Movie Matinee

The Long Game
2023, PG, 1h 52m

SUNDAY, SEPTEMBER 1

The CCY Ministry Team hosts Sunday Worship Services led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

First Sunday Communion

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

led by Rev. Dr. Bill Power

Auditorium

& Ch. 81

All Welcome!

11:00am - 12:00pm

The Point Worship Service

First Sunday Communion

Auditorium

& Ch. 81

All Welcome!

Let's Talk About
Brain Health!



Do you have a brain health plan?

We all want to protect our brain health, but most people don't know where to begin. Recent studies have shown that altering various lifestyle factors can have a beneficial effect on memory and thinking. Come learn about what areas of your everyday life contribute to your brain health and craft a plan to thrive.



**Join the Center for Brain Health's
Audette Rackley**

**Friday, September 20, 2024
10:30am**



CENTER for
BRAINHEALTH[®]
THE UNIVERSITY OF TEXAS AT DALLAS

MONDAY, SEPTEMBER 2



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

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

**Regular programming resumes on
Tuesday, September 3, 2024**

TUESDAY, SEPTEMBER 3

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

10:00am – 10:45am **Core 2- Floor Fitness**

11:00am – 11:45am **Balance 2 - NEW**

THE UNIVERSITY OF NORTH TEXAS

OLLI 10:00am – 11:30am Auditorium & CH. 81
OLLI Class All Welcome!

Giuseppe Verdi: Opera's GOAT

Presented by Steve Dubrow

More info on pg. 8 or in OLLI Catalog

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

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

3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm J.A.B.- Jamming Adult Boxing

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm

Auditorium

CC Young 'Uns Choir Rehearsal All Welcome!

Sing and socialize with Choir Director Russ Rieger.

WEDNESDAY, SEPTEMBER 4

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30m **Balance 1 -NEW**
 11:00am – 11:45am Drumba
 11:00am – 11:45am Tabata (HIIT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi
 9:45am – 11:00am Rock Steady for PD



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

9:30am-11:00am Café Game Zone
Rummikub Open Play All Welcome!
 Join other players in the fun tile game!

NEW NAME

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! All Welcome!
 A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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

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

PM Exercise Classes
Fitness Center Classroom **Res & PM Only**

12:00pm – 12:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** Tai Chi

2:00pm– 3:00pm Theater
Acting Fun All Welcome
 Table reads and more!

3:30pm-4:30pm Flagpole Hill
Fellowship Word & Bible Study All Welcome!



4:00pm-5:30pm Auditorium & Ch. 81
OLLI Health & Science Event RSVP Required
**Memory and Brain Health as You Age:
 Understanding Changes and Dispelling Myths**
 Presented by Anthony Ryals, PhD
 More info on pg. 6

THURSDAY, SEPTEMBER 5

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness- NEW**
 11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am Auditorium & CH. 81
OLLI Class All Welcome!
Successful Aging: What Is It? How Do We Achieve it?
 Presented by Bert Hayslip, Jr., PhD
 More info on pg. 8 or in OLLI Catalog



11:00am – 1:00pm Hillside Dining Room
Dining Action Station! Res. Only
 This Month: Pancake & French Toast

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

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

1:00pm – 2:00pm Flagpole Hill
Sign Language Fun! All Welcome!
 Led by Aaron Schmidt



1:30pm – 3:00pm Lobby
Harris Jewelry Repair
 Small repairs while you wait.

2:00pm – 3:00pm Courtyard
Garden Club Meeting All Welcome!
 Come help plan garden projects.

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

7:00pm – 8:30pm Auditorium
Dallas County Pioneers All Welcome
Meeting
 Feature presentation by Historian and DCPA Member
 Bud Brooks.

FRIDAY, SEPTEMBER 6

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 9:00am – 9:45am Floor Yoga
- 9:00am – 9:45am Fitness Equipment Orientations
- 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
- 11:00am – 11:45am Seated Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)



8:30am- 9:00am Pavilion
 Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

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

- 9:00am – 10:00am Aquatics 101
- 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 All Welcome!
 Practice and team play time.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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



1:30pm – 3:30pm Theater All Welcome!
Movie Matinee
The Long Game
 2023, PG, 1h 52m

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night All Welcome!
 BYOS- Bring your own snacks!

SATURDAY, SEPTEMBER 7

10:00am - 12:00pm Auditorium All Welcome!
Dallas Handweavers & Spinners Guild
 Monthly Meeting

10:00am - 3:00pm Fitness Center All Welcome!
Dallas Bead Society
 Monthly Meeting

2:00pm – 7:00pm White Rock Class
Open Paint Time
 Bring your own supplies. Limited spots available on first come first serve bases.



4833 Steak House
 is open Closed
 Friday, September 6 &
 Saturday, September 7

Movie MATINEE

THE LONG GAME

PG. 2023 .
 Sport/Drama · 1h 52m



In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

**Friday,
 September 6
 1:30pm**

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Sunday, September 8

1:00pm

2024 Fam Jam!

Join us for fun, games, and an exciting animal show provided by Cathy's Critters.

Monday, September 9

2:00pm

The Chosen- Screening & Discussion

Sign up at The Point

Tuesday, September 10

10:00am

OLLI CLASS

Solving the Mysteries of the Migration and Wintering Biology of the American Kestrel

Thursday, September 12

10:00am

OLLI CLASS

Ben Franklin: American Writer, Printer, Philanthropist, Inventor, Influencer Extraordinaire

Friday, September 13

1:30pm

Movie Matinee

Places in the Heart

1984, PG, 1h 51m

SUNDAY, SEPTEMBER 8



The CCY Ministry Team hosts Sunday Worship Services led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am Vista-2
Christ Chapel Worship Service All Welcome!

10:00am - 10:30am Auditorium
Adult Sunday Morning Class & Ch. 81
led by Rev. Dr. Bill Power All Welcome!

11:00am - 12:00pm Auditorium
The Point Worship Service & Ch. 81
All Welcome!



Bloody Mary Brunch Conley's
Complimentary Bloody Mary Mocktail (alcoholic version available for purchase)



1:00pm - 3:00pm The Point

Fam Jam 2024!

Join us for fun, games, and an exciting animal show provided by Cathy's Critters at our Annual Fam Jam! This event is perfect for families with children of all ages. All Welcome!

MONDAY, SEPTEMBER 9

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am **Balance 1 -NEW**
 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HIIT Class in the gym)
Vista 9th Floor Res & PM Only
 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

9:30am – 11:00am Auditorium S.
Happy Hookers Volunteer Group All Welcome!
 Crochet plastic grocery bags into sleeping mats.

Date/Time Change-This month only!

9:45am – 10:45am Vista 9
Current Events with Randy Mayeux
 Discussion on events changes each month.

10:00am – 11:30am Auditorium N.
Arts & Crafts with Patricia Dillingham All Welcome!
 This month's craft: Customized Picture Frames. Bring pins, puzzle pieces, stickers & more!

1:00pm – 2:30pm Flagpole Hill
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters Welcome!

2:00pm – 3:00pm Theater
The Chosen- Screening & Discussion All Welcome
 Rev. Barbara Marcum and volunteer host Carol Wood for a weekly screening and study of the series.
 Sign up at The Point

3:00pm – 4:30pm Auditorium
Comedy Chaos! All Welcome!
 Join us for an hour of comedy! Get ready to laugh, share, and enjoy your funniest moments with friends.

TUESDAY, SEPTEMBER 10

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness**
 11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res. PM & OLLI
Solving the Mysteries of the Members Only
Migration and Wintering Biology
of the American Kestrel
 Presented by James Bednarz, PhD
 More info on pg. 8 or OLLI Catalog

 11:30am – 1:00pm Thomas Dining Room
Dining Action Station! Res. Only
 This Month: Pancake & French Toast

Aquatics Classes

Vista Rehab Pool 972-638-8795.
 Res. & PM Only
 12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom Res & PM Only
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:30pm-3:00pm Tech Lab
SrTech Class Res. & PM Only
 Making the Holidays Fun with iPhone Photos

1:00pm-2:00pm Auditorium
CC Young 'Uns Choir Rehearsal All Welcome!
 Sing and socialize with Choir Director Russ Rieger.

WEDNESDAY, SEPTEMBER 11

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am **Balance 1 -NEW**

11:00am – 11:45am Drumba

11:00am – 11:45am Tabata (HIIT Class in the gym)

Vista 9th Floor Res & PM Only

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

9:45am – 11:00am Rock Steady for PD



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Rummikub Open Play

Join other players in the fun tile game!

Café Game Zone

All Welcome!

NEW NAME

9:45am – 11:00am

Scribblers, Scribes & Seekers!

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

Flagpole Hill

All Welcome!

Aquatics Classes

Vista Rehab Pool

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

972-638-8795

Res. & PM Only

10:45am – 11:30am

Table Talk with John Hill

Various Topics each week

Vista - 9

All Welcome!

PM Exercise Classes

Fitness Center Classroom

12:00pm – 12:45pm Brain Fitness

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Beginners** Tai Chi

Res & PM Only

2:00pm – 3:00pm

Acting Fun

Table readings and More!

Theater

All Welcome

3:30pm-4:30pm

Fellowship Word & Bible Study

4:00pm-5:00pm

Alzheimer's Caregiver Support Group

Flagpole Hill

All Welcome!

White Rock Class

THURSDAY, SEPTEMBER 12

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am **Core 2- Floor Fitness- NEW**

11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am

OLLI Class

Ben Franklin: American Writer, Printer, Philanthropist, Inventor, Influencer Extraordinaire

Presented by Rebecca Poynter, MJ

More info on pg. 8 or OLLI Catalog

Auditorium & CH. 81

Res. PM & OLLI

Members Only

Presented by Rebecca Poynter, MJ

More info on pg. 8 or OLLI Catalog

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm JAB- Jamming Adult Boxing

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

Aquatics Classes

Vista Rehab Pool

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

1:00pm – 2:00pm

Sign Language Fun!

Led by Aaron Schmidt

972-638-8795.

Res. & PM Only

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

Flagpole Hill

All Welcome!



1:30pm – 3:00pm

Shopping Trip to Trader Joe's

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

Resident Only

2:00pm – 3:00pm

Garden Club Meeting

Come help plan garden projects.

Courtyard

All Welcome!



2:00pm – 5:00pm

Total Hearing Clinic

Complimentary hearing aid cleanings and hearing screenings.

Book Appointment: 214-987-4114

The Clinic (Vista-2)

Resident Only

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

FRIDAY, SEPTEMBER 13

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 9:00am – 9:45am Floor Yoga
- 9:00am – 9:45am Fitness Equipment Orientations
- 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
- 11:00am – 11:45am Seated Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
Walk for your health with Aaron Schmidt!

Aquatics Classes

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

- 9:00am – 10:00am Aquatics 101
- 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-12:00pm Tech Lab Res. & PM Only
SrTech Free Coaching Fridays
Come & Go for Technology Help!

10:00am-11:00am Café Game Zone All Welcome!
Wii Bowling
Practice and team play time.

11:45am-12:30am Café Game Zone All Welcome!
Volunteer: For the Love of The Lake Service Project

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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



1:30pm – 3:30pm Theater All Welcome!
Movie Matinee
Places in the Heart
1984, PG, 1h 51m

6:30pm – 8:00pm Café Game Zone All Welcome!
Friday Night Game Night
BYOS- Bring your own snacks!

SATURDAY, SEPTEMBER 14

10:00am – 1:00pm Auditorium All Welcome
Dallas Area Fiber Artists
Monthly Meeting

2:00pm – 7:00pm White Rock Class
Open Paint Time
Bring your own supplies. Limited spots available on first come first serve bases.



4833 Steak House is Closed
Friday, Sept. 13 and Saturday Sept. 14

Movie MATINEE

PLACES IN THE HEART

PG · 1984 · 1h 51m
Drama

In north Texas in the 1930s, a widow with two small children tries to save her small 40-acre farm with the help of a blind boarder and an itinerant black handyman.



Friday,
September 13
1:30pm

Free popcorn and water.
All Welcome!



THIS WEEK'S

Highlights

Monday, September 16

2:00pm

The Chosen- Screening & Discussion

Sign up at The Point

Tuesday, September 17

10:00am

OLLI CLASS

Don't Slip, Trip, or Fall

Wednesday, September 18

10:00am

CCY Auxiliary Program

Featured Presentation: Russell Crews "State of the Campus"

Thursday, September 19

10:00am

OLLI CLASS

Three 19th Century Female Artists: Bonheur, Morisot, and Cassatt

Friday, September 20

10:30am

Center For Brain Health Presentation

Let's talk about Brain Health

Friday, September 20

1:30pm

Movie Matinee

Good Sam / 2023, PG, 2h 2m

Friday, September 20

3:30pm

Meet The Artist Reception at The Vista

SUNDAY, SEPTEMBER 15

The CCY Ministry Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Led by Rev. Dr. Bill Power

Auditorium & Ch. 81

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81

All Welcome!

WEDNESDAY SEPTEMBER 18 10:30AM



Featured Presentation



RUSSELL CREWS
CCY PRESIDENT & CEO
"THE STATE OF THE CAMPUS"

REFRESHMENTS
AT 10:00AM
PROVIDED BY THE
RUTH CIRCLE AT FUMC
PROGRAM AT 10:30AM

IN PERSON AND
ON CH. 81

4847 W. Lawther Dr.
Dallas, TX 75214
214-841-2831

MONDAY, SEPTEMBER 16

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:30am **Balance 1 -NEW**
 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HIIT Class in the gym)

Vista 9th Floor Res & PM Only

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

Aquatics Classes

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

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

9:30am – 11:00am Auditorium S.

Happy Hookers Volunteer Group All Welcome!

Crochet plastic grocery bags into sleeping mats.

9:45am – 11:30am Eisemann Center

IL Trip to Art Gallery Exhibit Res Only!

Experience "Love Rollercoaster," an Interactive Art and Music Exhibition by CJ Miller. Sign up at The Point.

1:00pm – 2:30pm Flagpole Hill

LOUD Crowd Support Group

Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

2:00pm – 3:00pm White Rock Class

Knotty Knitters & Crafty Crocheters Welcome!

2:00pm – 3:00pm Theater

The Chosen- Screening & Discussion All Welcome
 Rev. Barbara Marcum and volunteer host Carol Wood for a weekly screening and study of the series.
 Sign up at The Point

3:00pm – 4:30pm Game Zone

BUNCO! All Welcome!

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



NATIONAL
**Cinnamon Raisin
 Bread**
 DAY

TUESDAY, SEPTEMBER 17

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness**
 11:00am – 11:45am **Balance 2 - NEW**

OLLI 10:00am – 11:30am Auditorium & CH. 81

OLLI Class Res. PM & OLLI

Don't Slip, Trip, or Fall Members Only

Presented by Jerry Davis

More info on pg. 8 or OLLI catalog

Aquatics Classes

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

12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:30pm-3:00pm Tech Lab

SrTech Class Res. & PM Only

Taking and Sharing iPhone Photos

1:00pm-2:00pm Auditorium

CC Young 'Uns Choir Rehearsal All Welcome!

Sing and socialize with Choir Director Russ Rieger.

7:00pm-9:00pm Auditorium

HOOT- Harmonica Organization of Texas All Welcome

Monthly meeting & Jam Session

WEDNESDAY, SEPTEMBER 18

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30m **Balance 1 -NEW**

11:00am – 11:45am Drumba

11:00am – 11:45am Tabata (HIIT Class in the gym)

Vista 9th Floor Res & PM Only

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

9:45am – 11:00am Rock Steady for PD



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am

Rummikub Open Play

Join other players in the fun tile game!

Café Game Zone

All Welcome!

NEW NAME

9:45am – 11:00am

Scribblers, Scribes & Seekers!

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

Flagpole Hill

All Welcome!



10:00am – 11:30am

CCY Auxiliary Meet & Program

This Month's Program:

Russell Crews "State of The Campus"

Auditorium

All Welcome!

Aquatics Classes

Vista Rehab Pool

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

972-638-8795

Res. & PM Only

10:45am – 11:30am

Table Talk with John Hill

Various Topics each week

Vista - 9

All Welcome!

PM Exercise Classes

Fitness Center Classroom

12:00pm – 12:45pm Brain Fitness

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Beginners** Tai Chi

Res & PM Only

2:00pm– 3:00pm

Acting Fun

Table readings and More!

Theater

All Welcome

3:30pm-4:30pm

Fellowship Word & Bible Study

Flagpole Hill

All Welcome!

NATIONAL

Rice Krispie

DAY

THURSDAY, SEPTEMBER 19

AM Exercise Classes

Fitness Center Classroom

Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am **Core 2- Floor Fitness- NEW**

11:00am – 11:45am **Balance 2 - NEW**



10:00am – 11:30am

OLLI Class

Three 19th Century Female

Artists: Bonheur, Morisot, and Cassatt

Presented by Francesca d'Atria - Romano, MFA

More info on pg. 8 or OLLI catalog.

Auditorium & CH. 81

Res. PM & OLLI

Members Only



Dining Action Station

Res. Only

Asbury- 11:00am – 1:00pm

Conley's- 11:30am – 2:00pm

This Month: Pancake & French Toast

PM Exercise Classes

Fitness Center Classroom

Res & PM Only

12:00pm – 12:45pm JAB- Jamming Adult Boxing

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

Aquatics Classes

Vista Rehab Pool

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

972-638-8795.

Res. & PM Only

1:00pm – 2:00pm

Sign Language Fun!

Led by Aaron Schmidt

Flagpole Hill

All Welcome!



2:00pm-3:00pm

Nutrition Talk

Nutritional Benefits of Mushrooms

Presented by Lorna Towers Sanders

Registered Dietician and Clinical Nutrition

Manager at CCY.

Auditorium

All Welcome

1:30pm-3:00pm

SrTech Class

Introduction to Social Media: Facebook, X (Twitter), Instagram & More

Tech Lab

Res. & PM Only

2:00pm – 3:00pm

Garden Club Meeting

Come help plan garden projects.

Courtyard

All Welcome!

4:00pm-5:00pm

Resident Happy Hour

Auditorium

FRIDAY, SEPTEMBER 20

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**

- 9:00am – 9:45am Floor Yoga
- 9:00am – 9:45am Fitness Equipment Orientations
- 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
- 11:00am – 11:45am Seated Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)



8:30am- 9:00am Pavilion
Litter Gitters Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

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

- 9:00am – 10:00am Aquatics 101
- 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 buildings.

10:00am – 11:00am Café Game Zone

Wii Bowling



10:30am – 11:30am Auditorium & Ch. 81
Let's Talk About Brain Health
 Presented by the Center for Brain Health
 See. ph. 21 for more info.

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**

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



1:30pm – 3:30pm Theater
Movie Matinee
Good Sam
 2023, PG, 2h 2m



3:30pm – 4:30pm The Vista- 2
Meet The Artist Reception All Welcome
 Meet the Artists: Pat Moore, Rosari Birmingham & Nancy Roberts.

6:30pm – 8:00pm Café Game Zone

Friday Night Game Night

All Welcome
 Drop in to a fun board game or play a game of pool, ping pong or shuffle board.

SATURDAY, SEPTEMBER 21

9:00am – 12:00pm Auditorium
White Rock Democrats All Welcome
 Monthly Meeting

2:00pm – 7:00pm White Rock Class
Open Paint Time
 Bring your own supplies. Limited spots available on first come first serve bases.



4833 Steak House
 is open 5pm-7pm
Friday and Saturday Only!
 Reservation Required.
 972-755-3259

Movie MATINEE

GOOD SAM

PG · 2019 · 1h 29m
 Drama/ Comedy/ Romance

When a mysterious good samaritan leaves \$100,000 cash on seemingly random doorsteps, New York City news reporter Kate Bradley sets out to discover the true identity and motive of "Good Sam."



Friday,
September 20
1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, September 23

2:00pm

The Chosen- Screening & Discussion

Sign up at The Point

Tuesday, September 24

10:00am

OLLI CLASS

Hunting Nazis in Hollywood

Tuesday, September 24

3:30pm

Richard Stanford Hour

This months book review: TBD

Thursday, September 26

10:00am

OLLI CLASS

Trombone Quartet: An Immersive Experience

Friday, September 27

1:30pm

Movie Matinee

Southern Gospel

2024, PG-13, 2h 34m

SUNDAY, SEPTEMBER 22

The CCY Ministry Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Led by Rev. Dr. Bill Power

Auditorium & Ch. 81

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium & Ch. 81

All Welcome!



NATIONAL

Chocolate

DAY

RICHARD STANFORD HOUR

TUESDAY SEPTEMBER 24 3:30PM BOOK REVIEW IN-PERSON & ON CH. 81

BEN & ME
by Eric Weiner

CC YOUNG
THE POINT & PAVILION

MONDAY, SEPTEMBER 23

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am **Balance 1 -NEW**
 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HIIT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

9:30am – 11:00am Auditorium S.
Happy Hookers Volunteer Group All Welcome!
 Crochet plastic grocery bags into sleeping mats.


1:00pm – 2:30pm Flagpole Hill
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters All Welcome!

2:00pm – 3:00pm Theater
The Chosen- Screening & Discussion All Welcome
 Rev. Barbara Marcum and volunteer host Carol Wood
 for a weekly screening and study of the series.
 Sign up at The Point

 3:00pm – 4:30pm Game Zone!
Playtime! All Welcome!
 Game On! Come out and discover
NEW board and card games.

TUESDAY, SEPTEMBER 24

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness**
 11:00am – 11:45am **Balance 2 - NEW**

OLLI 10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res. PM & OLLI
Hunting Nazis in Hollywood Members Only
 Presented by Kerry Goldmann, PhD
 More info on pg. 8 or OLLI catalog.

Aquatics Classes


Vista Rehab Pool **972-638-8795.**
Res. & PM Only
 12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball


PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm Auditorium
CC Young 'Uns Choir Rehearsal All Welcome!
 Sing and socialize with Choir Director Russ Rieger.

 1:00pm-4:00pm Oak Cliff
Il Trip to CocoAndre Res. Only
Chocolatier
 Visit a Mexican American family-owned chocolate shop in Oak Cliff that produces some of the finest hand-crafted chocolate delights in the world.

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

 3:30pm-4:30pm Auditorium
Richard Stanford Hour All Welcome
 This Month's book review: Ben & Me by Eric Weiner

6:00pm-9:00pm Auditorium
Trinity Valley Bee Keepers All Welcome
 Monthly meeting

WEDNESDAY, SEPTEMBER 25

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:30m **Balance 1 -NEW**
 11:00am – 11:45am Drumba

11:00am – 11:45am Tabata (HIIT Class in the gym)
Vista 9th Floor Res & PM Only

9:00am – 9:45am Balance Class with Heidi
 9:45am – 11:00am Rock Steady for PD



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

9:30am-11:00am Café Game Zone
Rummikub Open Play All Welcome!
 Join other players in the fun tile game!

NEW NAME

9:45am – 11:00am Flagpole Hill
Scribblers, Scribes & Seekers! All Welcome!
 A supportive and encouraging environment to share your writing, get feedback, and be inspired by fellow writers.

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

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

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Brain Fitness
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Beginners** Tai Chi

2:00pm– 3:00pm Theater
Acting Fun All Welcome
 Table readings and More!

3:30pm-4:30pm Flagpole Hill
Fellowship Word & Bible Study All Welcome!



NATIONAL
Quesadilla
 DAY

THURSDAY, SEPTEMBER 26



AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness- NEW**
 11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res. PM & OLLI
Trombone Quartet: Members Only
An Immersive Experience
 Presented by Kenny Ross
 More info on pg. 8 or OLLI catalog.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:45pm JAB- Jamming Adult Boxing
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

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

1:00pm – 2:00pm Flagpole Hill
Sign Language Fun! All Welcome!

2:00pm – 3:00pm Courtyard
Garden Club Meeting All Welcome!
 Come help plan garden projects.

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


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

FRIDAY, SEPTEMBER 27

AM Exercise Classes

Fitness Center Classroom Res & PM Only

- 9:00am – 9:45am Floor Yoga
- 9:00am – 9:45am Fitness Equipment Orientations
- 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
- 11:00am – 11:45am Seated Drumba
- 11:00am – 11:45am Tabata (HIIT Class in the gym)



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

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

- 9:00am – 10:00am Aquatics 101
- 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-12:00pm Tech Lab
SrTech Free Coaching Fridays Res. & PM Only
 Come & Go for Technology Help!

10:00am-11:00am Café Game Zone
Wii Bowling All Welcome!
 Practice and team play time.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

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



1:30pm – 3:30pm Theater
Movie Matinee All Welcome!
Southern Gospel
 2024, PG-13, 2h 34m

6:30pm – 8:00pm Café Game Zone
Friday Night Game Night All Welcome!
 BYOS- Bring your own snacks!

SATURDAY, SEPTEMBER 28

12:00pm – 1:30pm Auditorium
Dallas County Master Gardeners All Welcome

Featured program: **“The Right Plant in the Right Place”** Presented by Janet D. Smith.

2:00pm – 7:00pm White Rock Class
Open Paint Time
 Bring your own supplies. Limited spots available on first come first serve bases.



4833 Steak Avenue
 is open 5pm-7pm
 Friday and Saturday Only!
 Reservation Required.
 972-755-3259

Movie MATINEE

SOUTHERN GOSPEL

PG-13 · 2023 · 1h 49m
 Drama/ Biography

When a rock n roll star's life comes crashing down, he must fight his past demons to realize his childhood ambition of becoming a preacher.



Friday,
 September 27
 1:30pm

Free popcorn and water.
 All Welcome!



THIS WEEK'S

Highlights

Monday, September 30

2:00pm

The Chosen- Screening & Discussion

Sign up at The Point

Tuesday, October 1

10:00am

OLLI CLASS

The Sweep of American History as Revealed through Currency and Coins

Thursday, October 3

10:00am

OLLI CLASS

Modern Irish Women Poets and Music

Friday, October 4

10:00am

Blessing of the Animals

Friday, October 4

1:30pm

Movie Matinee

Arthur The King

2024/ PG-13/ 1h 47m

SUNDAY, SEPTEMBER 29

The CCY Ministry Team hosts Sunday Worship Services Led by Rev. Mike Nichols and Rev. Barbara Marcum

9:30am - 10:30am

Christ Chapel Worship Service

Vista-2

All Welcome!

10:00am - 10:30am

Adult Sunday Morning Class

Led by Rev. Dr. Bill Power

Auditorium

& Ch. 81

All Welcome!

11:00am - 12:00pm

The Point Worship Service

Auditorium

& Ch. 81

All Welcome!

Monday, September 30

10am

The Point Courtyard Garden



TALKING DIRT

WATCHING SEEDS GROW

CONNECTING WITH NATURE WITH SANDRA ZELLEY HORTICULTURE THERAPIST

 **CC YOUNG**
THE POINT & PAVILION

**SIGN UP
AT THE POINT**

MONDAY, SEPTEMBER 30

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:30am **Balance 1 -NEW**
 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
 11:00am – 11:45am Chair Volleyball
 11:00am – 11:45am Tabata (HIIT Class in the gym)
Vista 9th Floor **Res & PM Only**
 9:00am – 9:45am Balance Class with Heidi

Aquatics Classes

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

9:30am – 11:00am Auditorium S.
Happy Hookers Volunteer Group All Welcome!
 Crochet plastic grocery bags into sleeping mats.



10:00am – 11:30am White Rock Class
Talking Dirt: All Welcome
Watching Seeds Grow
 Hosted by Sandra Zellej, Sign up at The Point.

1:00pm – 2:30pm Flagpole Hill
LOUD Crowd Support Group
 Group for people living with Parkinson's Disease.
 Call to sign up: 214-675-1299

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 1:00pm Rock Steady Boxing for PD
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm Seated Tai Chi

2:00pm – 3:00pm White Rock Class
Knotty Knitters & Crafty Crocheters All Welcome!

2:00pm – 3:00pm Theater
The Chosen- Screening & Discussion All Welcome
 Rev. Barbara Marcum and volunteer host Carol Wood
 for a weekly screening and study of the series.
 Sign up at The Point

3:00pm – 4:30pm Auditorium
BINGO LIVE! All Welcome!
 Join in on this fun game and win prizes!

TUESDAY, OCTOBER 1

AM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 8:00am – 8:45am Zumba Gold
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Assessments (by appointment)
 10:00am – 10:45am **Core 2- Floor Fitness**
 11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am Auditorium & CH. 81
OLLI Class Res. PM & OLLI
The Sweep of American Members Only
History as Revealed through
Currency and Coins
 Presented by David Higgins, PhD
 More in on pg. 8 or OLLI catalog.

Aquatics Classes

Vista Rehab Pool **972-638-8795.**
Res. & PM Only
 12:00pm – 1:30pm/ 1:30pm – 3:00pm Open Swim
 3:00pm – 4:00pm Pool Volleyball

PM Exercise Classes

Fitness Center Classroom **Res & PM Only**
 12:00pm – 12:45pm JAB- Jamming Adult Boxing
 2:00pm – 2:45pm Chair Aerobics
 3:00pm – 3:45pm Sit & Get Fit
 4:00pm – 5:00pm **Intermediate** Tai Chi

1:00pm-2:00pm Auditorium
CC Young 'Uns Choir Rehearsal All Welcome!
 Sing and socialize with Choir Director Russ Rieger.

WEDNESDAY, OCTOBER 2

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:30am **Balance 1 -NEW**

11:00am – 11:45am Drumba

11:00am – 11:45am Tabata (HIIT Class in the gym)

Vista 9th Floor Res & PM Only

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

9:45am – 11:00am Rock Steady for PD



9:15am – 11:00am Resident Only

Shopping Trip to Hillside Village

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

9:30am-11:00am Café Game Zone

Rummikub Open Play

All Welcome!

Join other players in the fun tile game!

NEW NAME

9:45am – 11:00am Flagpole Hill

Scribblers, Scribes & Seekers! All Welcome!

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

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

10:45am – 11:30am Vista - 9

Table Talk with John Hill

All Welcome!

Various Topics each week

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 12:45pm Brain Fitness

2:00pm – 2:45pm Chair Aerobics

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Beginners** Tai Chi

2:00pm– 3:00pm Theater

Acting Fun

Table Readings, Story Telling and Radio Plays

THURSDAY, OCTOBER 3

AM Exercise Classes

Fitness Center Classroom Res & PM Only

8:00am – 8:45am Zumba Gold

9:00am – 9:45am Floor Yoga

9:00am – 9:45am Fitness Assessments (by appointment)

10:00am – 10:45am **Core 2- Floor Fitness- NEW**

11:00am – 11:45am **Balance 2 - NEW**

10:00am – 11:30am Auditorium & CH. 81

OLLI Class Res. PM & OLLI

Modern Irish Women Poets Members Only

and Music

Presented by LeeAnn Derdeyn, PhD

More info on pg 8 or OLLI catalog.

PM Exercise Classes

Fitness Center Classroom Res & PM Only

12:00pm – 1:45pm JAB- Jamming Adult Boxing

3:00pm – 3:45pm Sit & Get Fit

4:00pm – 5:00pm **Intermediate** Tai Chi

Aquatics Classes

972-638-8795.

Vista Rehab Pool

Res. & PM Only

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

1:00pm – 2:00pm

Sign Language Fun!

Flagpole Hill

All Welcome!

2:00pm – 3:00pm

Garden Club Meeting

Courtyard

All Welcome!

Come help plan garden projects.

4:00pm – 5:00pm

Resident Happy Hour

Auditorium

Resident Only

FRIDAY, OCTOBER 4

AM Exercise Classes

Fitness Center Classroom Res & PM Only
 9:00am – 9:45am Floor Yoga
 9:00am – 9:45am Fitness Equipment Orientations
 10:00am – 10:45am **Core 1: Chair Fitness- NEW**
 11:00am – 11:45am Seated Drumba
 11:00am – 11:45am Tabata



8:30am- 9:00am Pavilion
Walking Club Res. & PM Only
 Walk for your health with Aaron Schmidt!

Aquatics Classes

Vista Rehab Pool 972-638-8795 Res. & PM Only
 9:00am – 10:00am Aquatics 101
 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 buildings.

10:00am – 11:00am Café Game Zone
Wii Bowling



10:00am – 11:00am Pavilion
Blessing of the Animals All Welcome!
 Join the Pastoral Care team as they bless your pets-big or small!



1:30pm – 3:30pm Theater
Movie Matinee All Welcome
Arthur The King
 2024/ Drama/ Sport/ Adventure- PG-13/ 1h 47m

PM Exercise Classes

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

6:30pm – 8:00pm Café Game Zone

Friday Night Game Night

Drop in to a fun board game or play a game of pool, ping pong or shuffle board.

SATURDAY, OCTOBER 5

10:00am - 12:00pm Auditorium
Dallas Handweavers & Spinners Guild All Welcome!
 Monthly Meeting

10:00am - 3:00pm Fitness Center
Dallas Bead Society All Welcome!
 Monthly Meeting

2:00pm – 7:00pm White Rock Class
Open Paint Time
 Bring your own supplies. Limited spots available on first come first serve bases.



4833 Steak Avenue is Closed
 Friday, October 4 and Saturday, October 5
 Reservation Required.
 972-755-3259

Movie MATINEE

Arthur The King

PG-13 · 2024 · 1h 47m
 Drama/ Sport/ Adventure

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. It is based on the true story of Mikael Lindhord and the dog he found while racing in Ecuador.



Friday, October 4
 1:30pm

Free popcorn and water.
 All Welcome!





Lifestyle

Section

The concept for The Point came from a group of men and women in 1997 who shared a vision to create a space for older adults to thrive in body, mind and spirit.

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

THE GOLDEN RULE:



Brian Parman
Director
The Point & Pavilion

A HARVEST OF HEART

Over this past summer, I found unexpected solace watching the television series, "The Chosen" while curled up on my couch each week, immersing myself in this groundbreaking portrayal of Jesus and His disciples created by filmmaker Dallas Jenkins. The series offers a fresh and intimate perspective on biblical stories, bringing these ancient characters to life in a relatable and modern way. I am captivated by the series' ability to blend historical accuracy with compelling storytelling.

It's a testament to the enduring power of faith and its ability to inspire and connect people across time. With stunning visuals, compelling characters, and a deep exploration of faith, The Chosen has captured the hearts of audiences worldwide.

Unlike traditional biblical adaptations, The Chosen focuses on the lives of those surrounding Jesus, providing a unique and relatable perspective. The series has garnered immense popularity through a groundbreaking crowdfunding model, allowing millions to experience this story for free.

As summer fades into autumn, a familiar sense of introspection washes over me. Much like the changing leaves, I find myself shedding the old and making way for new growth. It's a time for reflection, for turning inward and evaluating what truly matters. It only felt appropriate that we explore "The Golden Rule" for our September edition of our Lifestyle Guide. This timeless principle forms the foundation of strong communities and lasting relationships. It's a simple concept, yet its impact is profound. By embodying this golden rule in our daily lives, we create a more harmonious and fulfilling world for ourselves and those around us.

I am over the moon that Rev. Barbara Marcum and volunteer Carol Wood have joined together to bring The Chosen Series to the CC Young Campus through a weekly series of screenings followed by discussions led by Barbara Marcum and Carol Wood. I believe there's something profoundly powerful about revisiting age-old wisdom through a contemporary lens. The Golden Rule, that timeless principle of treating others as we wish to be treated, has never felt more relevant. It's a compass guiding us towards a more compassionate and connected world.

SCREENING & DISCUSSION
The Chosen

Hosted by
REV. BARBARA MARCUM & CAROL WOOD

The Chosen is the first-ever multi-season TV show about the life of Jesus. The Chosen allows us to see Him through the eyes of those who knew Him. Join Rev. Barbara Marcum and volunteer host Carol Wood for a weekly screening and study of the series.

**EVERY MONDAY BEGINNING
2:00PM | MONDAY | SEPTEMBER 9**

Space is limited. Sign up at The Point.

CC YOUNG
THE POINT & PAVILION

This season, let's commit to cultivating empathy, kindness, and understanding within ourselves and with those around us. By embracing the teachings of the past, we can create a brighter future for ourselves and our community.

SAVE THE DATE!

"The Chosen Series Screenings and Discussions"

Mondays at 2pm in the Point Theater starting September 9.

September
2024

Crews News



by Russell Crews
President and CEO

Leadership: More Than Meets the Eye

We often hear leadership described in academic terms – vision, power, influence. But what does it truly look like in action? Let’s explore a story.

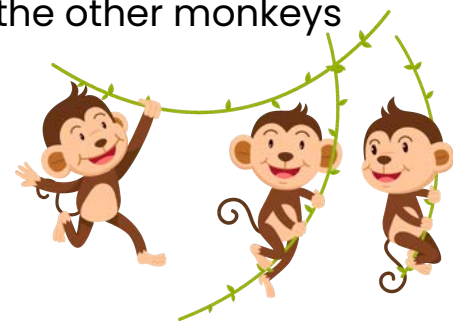


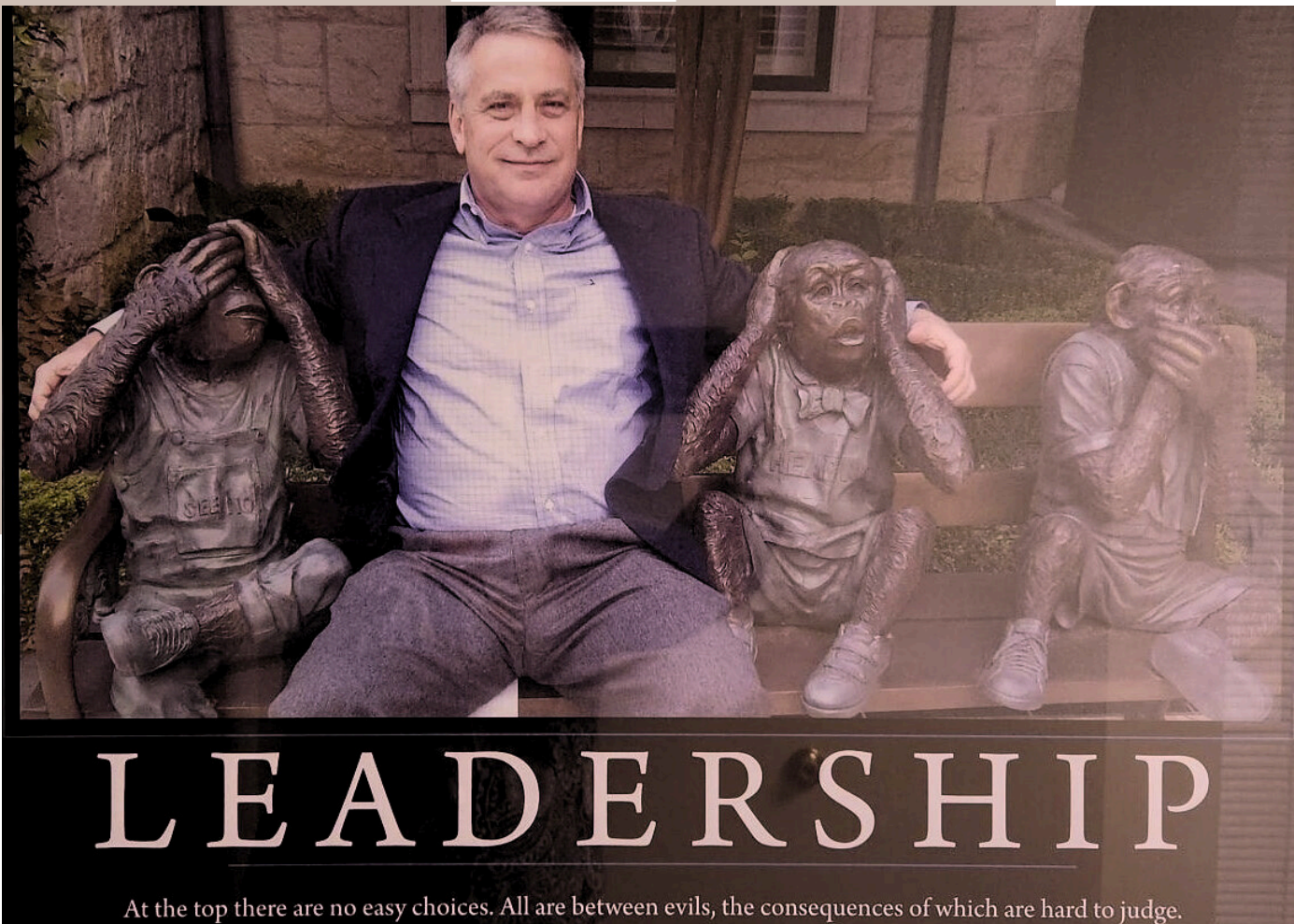
Imagine a pet shop with several monkeys for sale. A customer is interested in the most energetic one, priced at a hefty \$10,000. But the owner recommends a different monkey, priced higher at \$25,000. Intrigued, the customer asks why. The owner explains that this monkey is incredibly efficient, completing tasks twice as fast as the others. However, the customer is drawn to a seemingly idle monkey in the corner.

When they express interest, the owner firmly declines to sell. The customer's curiosity peaks. The owner reveals that this particular monkey, though appearing lazy, is the secret to the shop's success. It keeps the other monkeys motivated, focused, and harmonious.

Photo: Betty, Betsy & Betty – “Three Monkeys”
Photo taken by Gene McWhorter

PAGE 44





This story offers five key leadership lessons:

1. Uniqueness is Key: Just like the special monkey, great leaders have a unique style. Don't copy others. Your individuality is your brand.
2. Know Your Team: The monkey understood the strengths and weaknesses of the other monkeys. Leaders must do the same. By assigning tasks effectively, you can foster collaboration and high performance.
3. Reward and Recognize: The monkey ensured no one was neglected. Effective leaders consistently recognize and reward their team's contributions.
4. Rest is Essential: The relaxed monkey demonstrates the importance of rest for leaders. Taking breaks helps you recharge and think strategically.
5. Impact Over Visibility: The valuable monkey didn't crave attention. Great leaders focus on results, not recognition. Your impact will speak for itself.

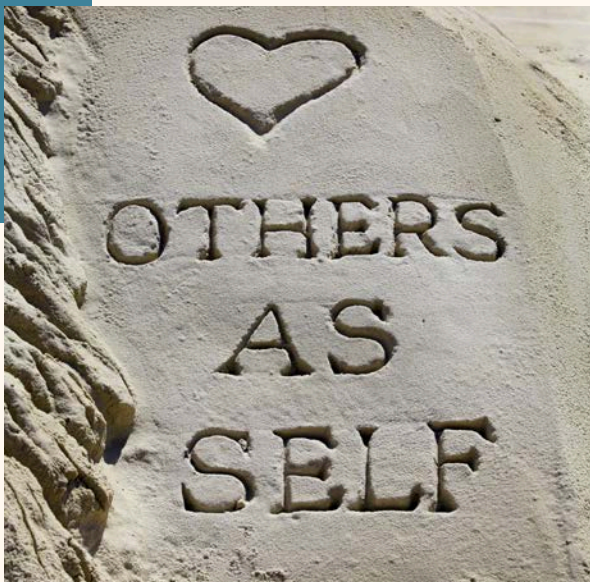
Photo: Russell Crews, offsite at Development Event

VILLAGE REPORT



by Jen Griffin
Vice President, Engagement

The Golden Rule: A Blueprint for a Better World



All of our lives we have known about Golden Rule. In the Bible, Matthew 7:12, the scripture directs "In everything, do to others what you would have them do to you." Confucius similarly observed, "Do not do to others what you do not want done to yourself." Also, one of Islam's first principles is to treat others as you would like to be treated. Clearly, this simple yet profound maxim is a blueprint for creating a more harmonious and just world.

The 2024 Paris Olympics are a prime example of this overriding philosophy. It struck me this year how so many athletes congratulated the other athletes on their accomplishments. Maybe that has always been the case, but somehow this year it was more obvious to me than in years past – perhaps because of the global unrest we are experiencing? I don't know, but I definitely noticed heightened appreciation between the athletes.

The Olympics showcase the extraordinary feat of human achievement. This year, more than 10,000 athletes from over 200 nations came together in a spirit of competition, camaraderie, and respect. As the world now turns its attention to the Paralympic Games, we can anticipate another inspiring display of human resilience and determination - overcoming physical adversity to compete on a global level. At the heart of these global competitions is the timeless principle of the Golden Rule.



In the “for profit” arena of business, the Golden Rule can sometimes be overlooked in the pursuit of profit. Yet, studies consistently show that non-profits with strong ethical foundations out-perform their for-profit competitors. The message there is that treating employees, customers, and partners with respect and fairness fosters loyalty, trust, and long-term success.



The current global landscape, fraught with division and polarization, would benefit from a greater emphasis on the Golden Rule. Seeking common ground and treating opponents with dignity and respect is essential for effective governance. As Mahatma Gandhi said, "Be the change you wish to see in the world."

While the Golden Rule might seem idealistic in today's complex world, it remains a useful philosophy and a powerful force for positive change. By incorporating this principle into our personal, professional, and civic lives, we can create a ripple effect of kindness and compassion that extends far beyond ourselves. As Eleanor Roosevelt famously stated, "The future belongs to those who believe in the beauty of their dreams."

And as many Olympians shared in their interviews, they were grateful for their success and knew they could not have lived their dreams without the support of many who encouraged them and worked with them to achieve world level success.

I am proud to work in a faith-based community where kindness prevails. We consistently work together for a common good and manage to squeeze in joy in the process. Thank you all for embodying the Golden Rule in all that we do. Together, we lift one another up for success. I love that!



ASK CCY!

Have a question? email:
acastillo@ccyoung.org

Advice from CC Young Nurses, Administrators and Staff

Dear CCY,

I am a new resident at CC Young As a former teach, I am want to continue to learn and try new things. Can you tell me more about the life long learning program at The Point and how I can register for classes?

Signed, Life Long Learner!



Dear Life Long Learner

As a resident of CC Young, you have fantastic access to lifelong learning opportunities right here on campus! OLLI at UNT, a program run by the University of North Texas, offers a variety of courses, events, and activities designed specifically for adults aged 50 and over.

Here's the exciting part: because of CC Young's generous partnership with OLLI at UNT, your membership is completely free! This means you can explore a wide range of topics, connect with like-minded individuals, and keep your mind active – all without breaking the bank.

What can you expect from OLLI at UNT?

- **Non-credit courses:** Taught by experts in their fields, these courses are designed to be engaging and informative, with no tests or grades. Topics range from history and literature to science and current events. Many courses are even livestreamed on YouTube for your convenience, and recordings are available by request.
- **Special Interest Groups (SIGs):** Connect with others who share your passions! OLLI offers groups for book lovers, yoga enthusiasts, solo travelers, and more. You can even start your own group with the help of OLLI staff.
- **Lecture Series:** Enjoy lunchtime talks featuring UNT faculty or evening lectures with complimentary refreshments.
- **Special Events & Local Trips:** Expand your horizons with museum tours, workshops, planetarium visits, and even chartered bus trips to local destinations.
- **Travel Opportunities:** OLLI partners with travel agencies to offer discounted rates on both domestic and international trips.

How to Enroll at OLLI at UNT:

Since you're a CC Young resident, your membership is already covered! You can easily enroll in courses, events, and activities using any of these methods:

- **Member Portal:** Visit olli.unt.edu/members to access your online account.
- **Enrollment Form:** Pick up a form in the Point Lobby fill it out with your selections, and give it to a Point Staff member.
- **Phone or Email:** Call 940-369-7293 or email olli@unt.edu with the titles and dates of your desired activities.

Ready to Join the Fun?

Register and start exploring the exciting world of lifelong learning opportunities available at CC Young!

For more info come by and see me or call 214-841-2831.



Angela Castillo
Assistant Direct
The Point & Pavilion

GREEN THUMBS

CC YOUNG SENIOR LIVING CULTIVATES COMMUNITY THROUGH GARDENING

CC Young Senior Living is blooming with green thumbs! The community's Garden Club welcomes gardeners of all levels to come together and nurture their love for nature. With the recent additions of a new greenhouse and raised garden beds, there's even more opportunity to get involved.

Led by enthusiastic resident Janet Stetson, the Garden Club meets every Thursday at 2:00 PM to plan and execute various gardening projects. Their dedication has already yielded impressive results. The beautiful courtyard garden, officially dedicated in June 2023, is now a cherished community space, meticulously cared for by the Garden Club members.

The greenhouse is thriving with a vibrant collection of orchids, while the garden beds are producing fresh and delicious vegetables. It's a testament to the group's hard work and green expertise.

Whether you're a seasoned gardener or just starting out, everyone is encouraged to join the Garden Club. It's a wonderful chance to connect with like-minded individuals, share knowledge, and enjoy the therapeutic benefits of gardening.



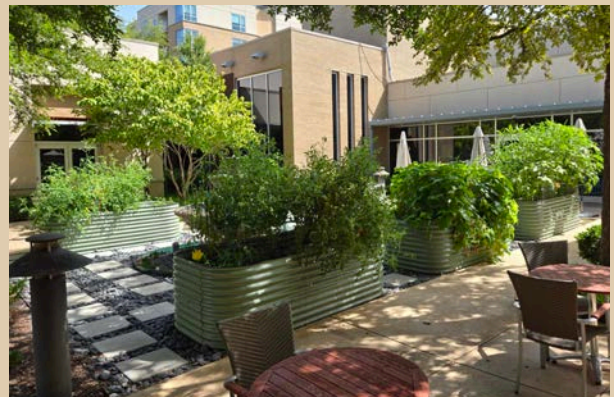
Beyond the Garden Club

CC Young offers a variety of opportunities for residents and the community to connect with nature. Upcoming workshops include:

- **Talking Dirt:** Discover the secrets to healthy soil. **Watching Seeds Grow:** Learn about the germination process and nurture young plants.
- **Connecting With Nature:** Join horticulture therapist Sandra Zellely for a special session in the courtyard garden on Monday, September 30th at 10:00 AM.



The Courtyard Garden June 2023



The Courtyard Garden June 2024



**NORTH TEXAS
GIVING DAY**
COMMUNITIES FOUNDATION of TEXAS
SPONSORED BY amazon

Laura Coker
Sr. Director of Development
214-613-1420



Act Now: Transform Lives on September 19!

On September 19, CC Young is participating in Communities Foundation of Texas' North Texas Giving Day. For CC Young, it is a day we celebrate and donate to support the Benevolence Fund and Staff Scholarship Fund.

You have a chance on September 19 to help CC Young "Go for the Gold" when you give to support the Benevolence Fund or Staff Scholarship Fund. Residents, encourage your building to participate for a great cause. To get involved, bring your donation to The Point anytime from 9:00 am to 4:00 pm on Thursday, September 19 where a development team member will assist you in making your gift.

You will want to be part of this special day as we come together as a campus to raise awareness and support for those in need.

The Staff Scholarship Fund makes it possible for staff to further their education, improve their skill sets, and provide expert care to the residents they serve. The Benevolence Fund provides shelter and security to our seniors who through no fault of their own, have exhausted their financial resources. Residents who receive assistance from our Benevolence Fund live in Assisted Living, Memory Support or Long Term Care.

"Through the Benevolence Fund and the Staff Scholarship Fund we can help those who need our support," a CC Young resident said.

CC Young asks you to Save the Date for North Texas Giving Day on September 19 and consider giving to enhance the quality of life for those we serve. Then join us at happy hour in the afternoon, where we will announce the total raised.

Three reasons to not miss the CC Young "Go for the Gold" North Texas Giving Day event:

1. Your gift will support the Benevolence Fund and Staff Scholarship Fund!
2. Donations are increased with matching funds!
3. When you give, you are improving the quality of life for your CC Young family!

Don't forget to check out all the "Why You Care" videos on the CC Young Facebook page and Channels 80 and 81. Regardless of how you give on September 19, drop by The Point for a 'golden' treat as we "Go for The Gold" to reach our goal of \$60,000!



NORTH TEXAS GIVING DAY

COMMUNITIES FOUNDATION of TEXAS

SPONSORED BY 



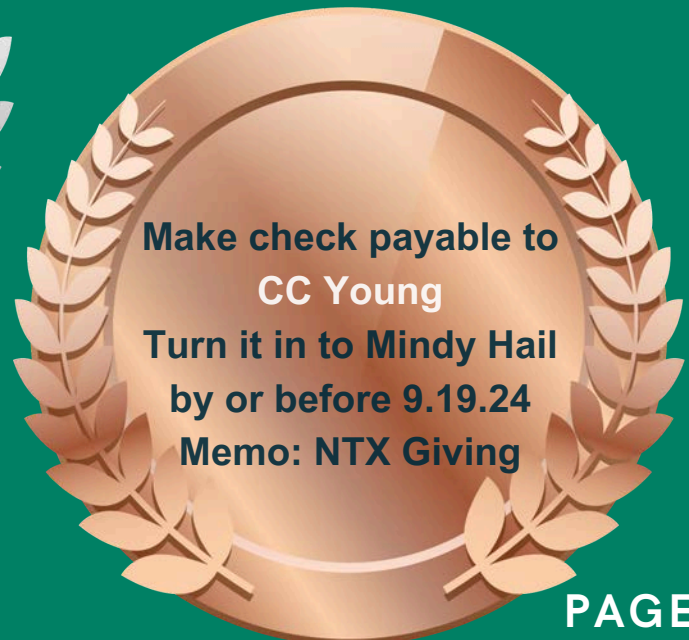
#SHAREYOURCARE

When you give to CC Young on
September 19, 2024, your gifts
are increased with matching funds!

SCAN ME!



to donate online



ON THE COVER

HISPANIC
HERITAGE
MONTH

IRMA RANGEL, A REPRESENTATIVE OF MANY FIRSTS

Irma Rangel (1931 – 2003) was the first Mexican-American woman elected to the Texas House of Representatives. She graduated from college in Texas before moving to Venezuela to begin a teaching career, which she continued for over a decade in Caracas, as well as in California and Southern Texas.

At 35, Irma decided to change careers and become a lawyer. She graduated with her law degree from St. Mary's Law School in San Antonio in 1969. From there, she became one of the first Hispanic female law clerks with her clerkship for a federal district judge. She became one of the first Hispanic female assistant district attorneys in Texas – where she fought to get equal pay to her male counterparts. In 1973, Irma became a partner at a law firm in her hometown of Kingsville, TX. She was the only Hispanic female attorney in the city.



Winning election to a seat in the Texas House of Representatives was a groundbreaking, important accomplishment to say the least – but it was just one of many accomplishments for Irma Rangel. Irma served for over two decades in the House, and won multiple awards and accolades. She became well known for her support for improved education, equal rights, and for programs that aid women, minorities, and the poor.



IRMA LERMA RANGEL YOUNG WOMEN'S LEADERSHIP SCHOOL

Irma Lerma Rangel Young Women's Leadership School in Dallas is proud to be the first all girls' public school in Texas. The school's mission is to provide young ladies in grades six through 12 with a global education that emphasizes mathematics, science, and technology in a rigorous Pre-Advanced Placement academic environment.

Rangel School ensures our young ladies have the skills and knowledge needed to graduate from a four-year college institution. Leadership makes the difference as students give back in their communities through required volunteer service and summer institute programs.

From time to time students from the school will come volunteer at CC Young (photo above.)

The School's motto "Girls Today. Women Tomorrow. Leaders Forever." is definitely something their namesake would have loved!



Hispanic Heritage Month in Texas

September 15th to October 15th is a time to honor the rich tapestry of Hispanic cultures that have significantly shaped the United States.

With a theme of "Pioneers of Change: Shaping the Future Together," this year's Hispanic Heritage Month is a special opportunity to recognize the contributions of Hispanic Americans who have paved the way for generations to come.

Texas, with its deep historical ties to Mexico and Latin America, has a particularly vibrant Hispanic Heritage Month. From the Rio Grande Valley to the bustling cities of Dallas and Houston, communities across the state come together to celebrate with a diverse range of events, including:

Older Adults are an invaluable part of our community and can play a vital role in celebrating Hispanic Heritage Month. Here are some ways to get involved:

- **Attend local events:** Many Hispanic Heritage Month events cater to older adults, offering opportunities for socializing, learning, and enjoying cultural performances.
- **Volunteer:** Share your time and talents by volunteering at local organizations or assisting with event planning.
- **Share your stories:** Contribute to the preservation of Hispanic heritage by sharing your personal stories and experiences with younger generations.
- **Learn about Hispanic history:** Expand your knowledge of Hispanic history and culture through books, documentaries, and online resources.

By participating in Hispanic Heritage Month activities, seniors can not only enrich their own lives but also help to inspire and educate others about the incredible contributions of Hispanic Americans.



LOCAL EVENTS



The 7th annual Dallas Arboretum Hispanic Heritage Celebration on September 14-15, 2024. This two day celebration will feature food, vendors, live music, cooking demonstrations and, of course, the Quinceañera Fashion Show.



Celebrate Hispanic Heritage Month with AARP Texas and Anita N. Martinez Ballet Folklorico at our in-person Culinary Tuesdays at **Jubilee Park and Community Center**. Learn to cook and enjoy delicious Latin American dishes with recipes from Mexico, Bolivia, Chile, Colombia, and Costa Rica. We'll meet every Tuesday at 12 pm, from Sept. 10 to Oct. 15. For questions, contact AARP Texas at txaarp@aarp.org



A MONTH-LONG EVENT AT THE LATINO CULTURAL CENTER



Fitness Corner



ZUMBA GOLD:

DANCE YOUR WAY TO WELLNESS AT CC YOUNG

CC Young offers a variety of activities to keep residents active and engaged. One popular option is Zumba Gold, a fun and energetic dance fitness class designed specifically for older adults.

Join the fun every Monday through Thursday from 8:00am to 8:45am with instructor JoAnn Tobey.

What is Zumba Gold?

Zumba Gold is a modified version of the popular Zumba fitness program, adapted to suit the needs and abilities of older adults. It combines easy-to-follow dance moves with upbeat music to create a joyful and effective workout.

Benefits of Zumba Gold

- **Improved cardiovascular health:** Get your heart pumping and boost your overall fitness.
- **Increased balance and agility:** Enhance your coordination and reduce your risk of falls.
- **Boosted mood:** Enjoy the social atmosphere and feel-good endorphins.
- **Weight management:** Burn calories and maintain a healthy weight.
- **Sharper mind:** Challenge your brain with new dance steps and patterns.

Whether you're a seasoned dancer or have never tried Zumba before, Zumba Gold is a great way to stay active, have fun, and connect with others.

Join us at CC Young and discover the joy of Zumba Gold!

Eric's Top 5

Over the past few months, I've conducted over 120 assessments in balance, senior fitness, and flexibility, and led hundreds of classes to residents and Point Members. Through this work, I've identified several common challenges faced by our community.

My assessment shows that the top five issues are Parkinson's Disease (PD), Arthritis, Balance, Gait, and Depression. Given the resources of The Point and the Therapy Department, we have a unique opportunity to address these concerns.



The following recommendations outline potential activities, classes, and therapies to target these challenges.

PD

- **RSB**- Improves total body strength, flexibility, endurance, functional skills, and builds community
- **Speak Out**- Improves soft/low voice
- **Fiberoptic Evaluation of Swallowing (FEES) testing**- Evaluation of swallowing abilities
- **Tai Chi**- Improves balance and gait
- **Aqua Flow & Aquacise**- Improves range of motion, flexibility, endurance and strength
- **Art classes**- Improves fine motor skills, incorporates sequential movement, and builds community
- **Choir**- Improves soft/low voice and builds community
- **Sign language**- Stimulates brain health, improves fine motor skills, and builds community
- **Balance 1 or balance 2**- Improves balance with a focus on accumulative skill development
- **Knotty Knitters & Crafty Crocheters**- Improves fine motor skills and builds community
- **Happy Hookers**- Improves fine motor skills and builds community
- **Drumba**- Improves coordination, sequencing, endurance, and builds community
- **Physical therapy**- Medical approach to address individual specific needs related to PD
- **Massage therapy**- Aids in stimulation of blood flow and reduces rigidity
- **Brain fitness**- Improves cognitive engagement
- **Rummikub**- Improves cognitive efficiency, fine motor skills, and builds community

Gait

- **Tai Chi**- Improves walking technique and builds leg strength
- **Physical therapy**- Provides medical assessment and treatment as need for the individual
- **Core fitness**- Strengthens supportive muscles aiding in improved posture and balance
- **Heidi's balance class**- Improves leg strength, posture and balance techniques
- **Balance 1**- Progressive balance class focused on seated & static balance strategies
- **Core 1**- Strengthens supportive muscles aiding in improved posture and balance primarily seated
- **Walking club**- Builds walking endurance with camaraderie
- **Dog walking club**- Count those steps for all those dog walks

Arthritis

- **Massage therapy**
- **Occupational therapy**- Medical approach to address individual specific needs related to in daily life activities
- **Physical therapy**- Medical approach to address individual specific needs related to arthritis
- **Aqua flow**- Increases flexibility, range of motion, and builds muscles
- **Aquacise**- Increases flexibility, range of motion, and builds core muscles
- **Yoga**- Improves flexibility, mind body connection, and body awareness
- **Drumba**- Improves hand eye coordination, endurance, leg strength, a touch of balance and a ton of fun
- **Jamming Adult Boxing J.A.B.** - Improves cardiovascular endurance, total body strength, stress relief, and improves core strength
- **Chair volleyball**- Improves/maintains range of motion, social engagement, and fun
- **Zumba**- Improves range of motion, stamina, total body strength, and a lot of fun moving
- **Chair aerobics**- Improves endurance and range of motion
- **Sit & get fit**- Improves total body strength and stamina

Balance

- **Balance 1 or balance 2** - Progressive class that works on balance strategies, fall recovery, and fall avoidance
- **Hedi's balance class**- Improves leg strength, posture and balance techniques
- **Core 1 or Core 2**- Strengthens all areas of the core from either the seated or lying positions
- **Tai Chi**- Improves walking technique and builds leg strength
- **Physical therapy**- Medical approach to address individual specific needs related to compromised balance
- **Aqua flow**- Increases flexibility, range of motion, and builds muscles
- **Aquacise**- Increases flexibility, range of motion, and builds core muscles

Depression

- **Speaker series** - a variety of presentations throughout the year cover topics dealing with stress, anxiety, depression and more.
- **Chaplin (residents only)** - one on one or small group sessions with CC Young campus pastors.

TECH TALK



The Golden Rule

Daphne Lee, Senior Tech instructor

At its core, the Golden Rule emphasizes empathy, consideration, and respect for others. When it comes to personal technology, this translates to understanding their unique needs, preferences, and comfort levels, and tailoring our approach accordingly.

Having not have grown up with the same level of technology integration in their daily lives as younger generations, they may feel intimidated, overwhelmed, or resistant to adopting new digital tools. It is very important that we approach this sensitively and patiently, taking the time to explain concepts clearly and providing ample support and encouragement; we begin by communicating the relevance of technology in everyday life...no matter the generation.

In applying the Golden Rule, we imagine how we would want to be treated if we were navigating unfamiliar technological terrain. I am confident the entire lifestyle and technology teams work had to avoid assumptions, listen actively to our residents' and members' concerns, and we are responsive to our residents and members technology learning experiences

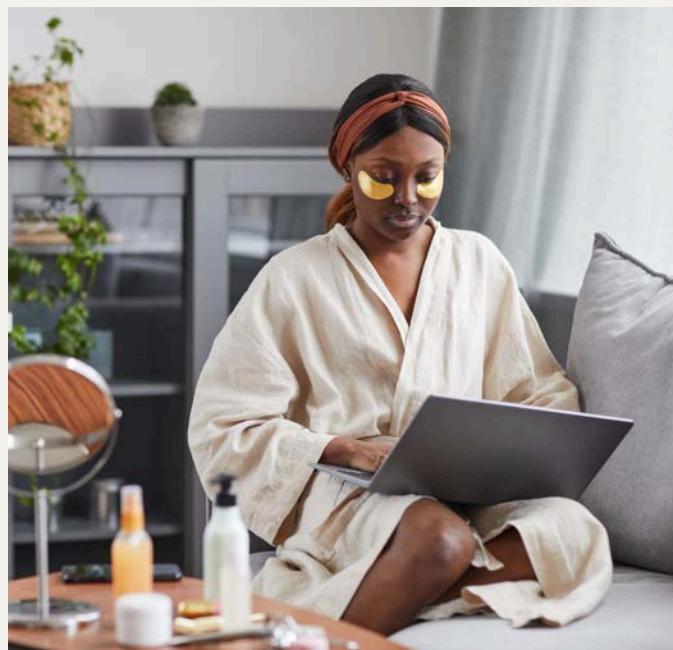


The Golden Rule encourages us to consider the personal preferences and values of when it comes to technology use. For example, some may prioritize face-to-face interaction and prefer limited use of digital communication, while others may embrace the convenience and connectivity offered by video calls or messaging apps.

Importantly, the Golden Rule also reminds us to maintain the privacy, security, and dignity of our residents and members in the digital realm. We are vigilant about protecting data.

By upholding the principles of the Golden Rule, we can foster a more positive and empowering relationship between our residents and members and personal technology. This not only enhances their quality of life but also strengthens the bonds of trust and understanding between caregivers and those in their care.

The Golden Rule is a powerful guiding principle that can help shape our approach to personal technology in the context of caring for others. By treating them with the same empathy, respect, and consideration that we would want for ourselves, we can create a more inclusive, supportive, and enriching technological landscape for everyone.



Find SRTech classes at the Point where we offer a broad selection of in-person classes covering smart phones, tablets, computers, Internet resources such as Google, Social Media like Facebook and Instagram; wearables including the Apple Watch, Fitbit and Android watches and many classes on Online Safety and many more. Or, if you have other ideas, please share them with us! We are always looking to teach relevant new tech-related topics and we appreciate your feedback. Email us at srtech@ccyoung.org with any ideas or special requests.

DR. HAYLEY
MOSELEY

Director of
Education

DO UNTO OTHERS....

**THE CULTURE CHANGE
MOVEMENT IN SENIOR
CARE AND WHY THE
GOLDEN RULE NO
LONGER APPLIES**



NOT SO GOLDEN RULE

...AS THEY WOULD HAVE YOU DO

My husband's family was stoic, not big on hugs or expressing emotions, while mine was the opposite. When we married, I had to accept that Michael isn't naturally affectionate and doesn't always express his feelings. Meanwhile, he had to get used to me sharing my emotions. This month's theme is the Golden Rule: treat others how YOU want to be treated. In my marriage, we applied that rule regularly! When I was sick, Michael would slide a sandwich under the door and ignore me. I felt unloved and hurt. When he was sick, I would come coddle and coo over him, fluffing his pillow, and feeding him snacks. He was stifled and frustrated that I wouldn't just leave him alone. We were using the golden rule, but why were we both so unhappy?

Because the golden rule doesn't work when you KNOW how a person wants to be treated. Everyone has different needs and expectations and doesn't necessarily want the same treatment. The culture change movement in senior care asks that communities identify the way a person wants to be treated and then treat them as such.

If someone wants the door open so people can stop by and say hi, we leave the door open. If someone wants to have cereal for lunch and dinner, we provide it. As long as the care is sufficient and the actions are safe, we treat others the way THEY want. Not only is this best practice, it's regulation!.

Residents in the Health Center and Assisted Living have a right to participate and help create their plan of care. They have a right to decide how they want to be treated and the community has a responsibility to do it.

When we don't know how a person wants to be treated, the golden rule is great - we treat them with dignity and respect. But as Maya Angelou said "when we know better, we do better."



WELCOME

To The

Neighborhood

Please Welcome CC Young's new Independent Living Residents!

ASBURY



Virginia Herrick



Rick Herrick

OVERLOOK



Debbie Daniel

THOMAS



Mary Margaret
Gibson



Sondra Elvir



Mike Elvir

SEPTEMBER TEAMS BIRTHDAYS

Deborah Everette	9/3	Health Center
Yessica Pina	9/3	Hospice
LaSheena Houston	9/3	Hospice
Regina Davis	9/4	Health Center
Mackenzie Dulcie	9/4	Therapy
Leeanna Ardoin	9/5	PDS
Sandra Cantu	9/5	Community Outreach
Jocelyn Alonso	9/6	Dining Services
Karen Stephens	9/6	Dining Services
Latonia Jackson	9/7	Dining Services
Kelsi Smith	9/9	Therapy
JoNita Taylor	9/9	PDS
Peter Fasanya	9/9	Therapy
Hailey Bowie	9/10	Health Center
Ndidiamaka Iwuji	9/11	Health Center
Keisha Poullard	9/11	Memory Support
Belinda Pratt Turner	9/12	Assisted Living
Christopher Bronson	9/13	Dining Services
Carolyn Sabbath	9/13	Health Center
Diana Salazar	9/14	Health Center
Lisa O Brien	9/14	Sales
Lynda Jackson	9/16	Memory Support
Tywana Menefee	9/16	Dining Services
Brittany Taylor	9/17	Housekeeping
Latoya Gadson	9/17	PDS
Ashanti Nyangau	9/17	Health Center
Ilian De Luna	9/18	Sales
Lachris Ervin	9/19	Housekeeping
Emmanuel Chavez Montero	9/19	Dining Services
Angela White	9/19	PDS
Kelly Ayotte	9/19	Therapy
Sophia Stanley	9/19	Therapy
Kevin Nelson	9/20	Housekeeping
Angela Hernandez	9/20	HR
Rahel Tafese	9/20	Hospice
Kyle Gunning	9/20	Therapy
Dekontee Weah	9/21	Dining Services
Irimar Avila	9/21	Dining Services
Desta Lakew	9/22	PDS
Warren McNeal	9/22	Dining Services
Damaris Needham	9/22	Health Center
Kenneth Howard	9/22	Dining Services
TaMina Croom	9/22	Health Center
Alexander Diaz	9/24	Dining Services
Eva Espinoza	9/24	Housekeeping
Glenda Leach	9/25	Health Center
Elisa Kodros	9/27	HR
Brittney Young	9/27	Dining Services
Sharmaine Samuels	9/29	Therapy
Tanja Barrett	9/29	Health Center
Chris Thomas	9/29	Hospice
William Shepard	9/30	Dining Services
Jesus Hernandez	9/30	Housekeeping

September Team Anniversaries

Employee Name Hire Day # Yrs Department

Employee Name	Hire Day	# Yrs	Department
Brandy Valadez	01-Sep-21	3	Clinic
Karelys Mirabal	02-Sep-23	1	Dining Services
Ugonma Obiah	02-Sep-15	9	Health Center
Diana Alcantar	05-Sep-23	1	Housekeeping
Cindy Diaz	05-Sep-12	12	Housekeeping
Flora Imoudu	05-Sep-23	1	Health Center
Doreth Swaby	05-Sep-07	17	PDS
Evelyn Windham	05-Sep-12	12	Assisted Living
Lominat Wolde	05-Sep-23	1	Housekeeping
April Wright	05-Sep-23	1	Dining Services
Genet Benti	06-Sep-22	2	Housekeeping
Alethea Butler	06-Sep-22	2	Assisted Living
Jedidah Chepkirui	06-Sep-22	2	Memory Support
Van Dinger	06-Sep-22	2	Maintenance
Letisha Gentry	06-Sep-22	2	Health Center
Tyrone McKinney	06-Sep-22	2	Dining Services
Richard Okwe	06-Sep-22	2	Health Center
Olivia Randall	06-Sep-23	1	Hospice
Joy Little	07-Sep-21	3	Hospice
Omesheia Williams	07-Sep-21	3	PDS
Sophia Stanley	08-Sep-23	1	Therapy
Raelynn Scott	09-Sep-15	9	Hospice
Lemlem Gebre	10-Sep-18	6	PDS
Ma Del Carmen Salas	10-Sep-18	6	Housekeeping
Sarah Holforty	11-Sep-17	7	Sales
Roman Zeleke	12-Sep-22	2	PDS
Edna Gray	13-Sep-18	6	Dining Services
Clay Nyian	13-Sep-21	3	Health Center
Lisa O Brien	13-Sep-10	14	Sales
Flora Ugbor	13-Sep-23	1	Health Center
Emily Wilson	13-Sep-21	3	Hospice
Latasha Clark	15-Sep-23	1	Community Outreach
Tirunesh Abdi	16-Sep-15	9	Dining Services
Rose Nyamichaba	16-Sep-23	1	PDS
Torri Parnell	16-Sep-20	4	Health Center
Victor Ceja	17-Sep-23	1	Dining Services
Grace Olabayo	18-Sep-23	1	PDS
Atinuke Adebote	19-Sep-22	2	Assisted Living
Georgenia Anukem	19-Sep-12	12	Health Center
Raul Cabello	19-Sep-16	8	Housekeeping
Cynthia Odom	19-Sep-12	12	PDS
Peter Ogbeifun	19-Sep-22	2	Therapy
James Smith	19-Sep-22	2	Maintenance
Meredith Tusa	19-Sep-22	2	Therapy
Magalys Andrade	20-Sep-23	1	Dining Services
Kia Holley	21-Sep-20	4	Health Center
Idreaka McEwen	21-Sep-22	2	Assisted Living
Kelly Ayotte	22-Sep-21	3	Therapy
Josey Little	22-Sep-10	14	Housekeeping
Irimar Avila	23-Sep-23	1	Dining Services
Kellie Lamm	23-Sep-19	5	Health Center
Trevion Lennan	23-Sep-23	1	Dining Services
Shashu Keleta	24-Sep-18	6	Health Center
Carlos Najera	26-Sep-22	2	Dining Services
Sarah Medelline	27-Sep-22	2	Therapy
Kandice Chatman	28-Sep-22	2	Home Health
Amarech Tato	28-Sep-23	1	PDS





SEPTEMBER RESIDENT BIRTHDAYS

Jade Edwards	2	Thomas
Mary Story	2	Asbury
Jack Newfield	4	Overlook
Patsy Thorn	4	Vista
Peggy Eartman	6	Vista
Gladys Zamorano	6	Vista
Betty Setliff	7	Overlook
Doug McMillan	8	Overlook
Diana McAfee	9	Thomas
Ernie McAfee	9	Thomas
Nancy McWhorter	9	Overlook
Betty Richard	9	Vista
Robert Ross	10	Asbury
Barbara Symmank	11	Asbury
Albert Tyler	11	Overlook
Brittie Hartline	11	Hillside
Lida Jenkins	11	Vista
Jill Pickett	12	Overlook
Benjamin Thieme	12	Vista
Claudia Barnard	13	Vista
Bob Williams	14	Overlook
Elise Allmon	14	Hillside
Ralph Willard	14	Vista
Nancy Engle	15	Overlook
Pat Hall	15	Asbury
Jeanette Hughes	15	Asbury
Scott Johnson	15	Overlook
Charlotte Kuser	15	Overlook
Gene McWhorter	15	Overlook
Robert Smith	16	Overlook
Gene Ward	16	Overlook
Cheryl Burnson	17	Asbury
Allen Jenkins	19	Vista
Jo Durand	20	Overlook
John Fisher	21	Vista
Vernon Kidd	23	Overlook
Myrna Stillman	23	Asbury
Richard Gray	23	Hillside
James Smith	24	Overlook
Fred Banes	25	Overlook
Bettye Barnes	25	Overlook
Andrea Antebi	26	Vista
Janet Dettra	27	Asbury
Bill McMillin	27	Asbury
Jean Perry	27	Overlook
Barbara Frizell	28	Vista
Ron Rainey	29	Asbury
Carol Arant	29	Vista
Judith Banes	30	Overlook
Donald Thurman	30	Thomas
James Belt	30	Vista



SEPTEMBER

Resident *Anniversaries*

13 Years

Marian Hammert

Donna Rush

Sharon & Fred Christen

Bobbi Barnes

Al Tyler

12 Years

Sandy Bell

11 Years

Phyllis Wilbourne

10 Years

Don Davis

Joyce Johnson

8 Years

Diane Hill

Sequita Poston

7 Years

Karola Hustis

Joy Crow

6 Years

Kathryn Bacon

THOMAS CUISINE SPECIAL DINING DAYS

September

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Hillside Action Station 11:30am-1pm HTA	6 4833 Steak Avenue CLOSED	7
8 National Grandparents Day Bloody Mary Brunch @ Conley's	9	10 Thomas Building Action Station 11:30am-1pm Food Committee Meeting 2:30pm	11 Hillside Food Committee Meeting 3pm	12	13 4833 Steak Avenue CLOSED	14
15	16 National Cinnamon Raisin Bread Day	17 Overlook Food Committee Meeting 3pm	18 National Rice Krispie Treat Day	19 Action Station Asbury 11am-1:30pm Conley's 11:30am-2pm HTA	20 4833 Steak Avenue OPEN	21
22 National White Chocolate Day	23 National Great American Pot Pie Day	24 Asbury Food Committee Meeting 2pm	25 National Quesadilla Day	26 National Key Lime Day	27 4833 Steak Avenue OPEN	28
29	30	31	hello FALL		4833 Steak Avenue OPEN	

Action Station of the Month: Pancakes & French Toast

Important Date(s):

09/08 - Bloody Mary Brunch at Conley's - Complimentary Bloody Mary Mocktail (alcoholic version available for purchase)

BLESSING of the ANIMALS

**Friday, October 4
10:00am under The Pavilion**

**Join the Ministry team as
they bless your pets-big
or small!**

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

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



FALL FEST



JAZZ

MUSIC

LUNCH

FUN

**SATURDAY
OCTOBER 19**

ENTERTAINMENT BY



**QUINCY DAVIS &
HIS JAZZ BAND!**

FREE ENTRY

**11:30AM TO
1:30PM**



**CC YOUNG
THE POINT & PAVILION**

**Residents & Point Members
Sign up at The Point**

4847 W. Lawther Dr.
Dallas, TX 75214

CC YOUNG'S 2ND ANNUAL

TRUNK OR TREAT

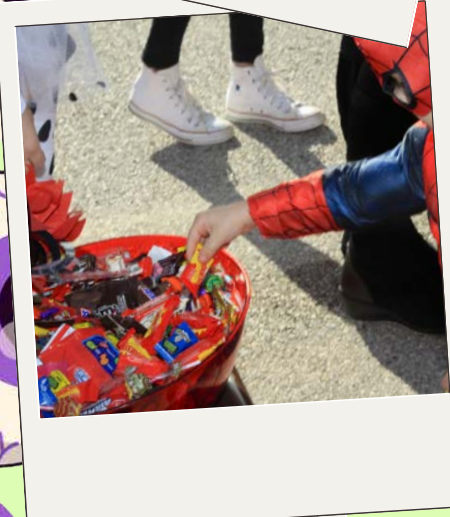
WEDNESDAY
OCTOBER 30
4PM-6PM

**CALLING ALL CANDY
MONSTERS!
COME OUT &
"TRICK OR TREAT"
AT THIS FAMILY FUN EVENT!**

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

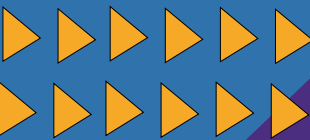
 **CC YOUNG**
SENIOR LIVING

4847 W. Lawther Dr.
Dallas, TX 75214
214-841-2831





CC YOUNG
SENIOR LIVING



GO FOR THE GOLD!

WALK!

TO END ALZHEIMER'S ➔



**Friday
October 11**



**10:00am - Warm up!
10:20am - Walk!**



**The Pavilion &
Central Park**



ccyoung.org/events



ejacobs@ccyoung.org



4847 W. Lawther Dr. Dallas, TX 75214