

# APRIL 2022


AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room

## Earth Day



2022

DID YOU KNOW...

2,500,000

plastic bottles that could be recycled are thrown away every hour in the US .

25,000


trees are cut down each day just to produce toilet paper.

5,000,000

tons of oil produced in the world each year ends up in the ocean.

4,000

years is how long it takes for a glass bottle to decompose.



SUNDAY	MONDAY	TUESDAY
<p><b>POOL HOURS:</b> Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday Closed</p>	 <p>Marcel B. 4/6 Joyce H. 4/13 Marcia B. 4/6 Shirley D. 4/15 Isrella T. 4/8 Linda A. 4/18 Irene F. 4/9</p>	
<p><b>3</b> 9:30 Danish and Coffee ML 10:15 Games GR 2:00 Movie, "The Foreigner" with Pierce Brosnan TR</p>	<p><b>4</b> 10:00 Strength &amp; Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p><b>5</b> 10:00 Tai Chi BA 2:00 Music: David Horne and Ken Ackley BA</p>
<p><b>10</b> 10:15 Games GR 2:00 Movie, "Cadillac Records" with Adrien Brody TR</p>	<p><b>11</b> 10:30 Town Meeting BA&amp;Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:30 Book Club "Harry Potter and the Sorcerer's" by J.K. Rowling L</p>	<p><b>12</b> 10:00 Tai Chi BA 10:30 Trip to Muskogee to see Azaleas and have Lunch IND 1:30 Movie "Our Friend" with Jason Segal BA</p>
<p><b>17</b> 10:15 Games GR 2:00 Movie, "Hard Lessons" with Denzel Washington TR</p>	<p><b>18</b> 10:00 Strength &amp; Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 7:00 Tulsa Opera BA</p>	<p><b>19</b> 10:00 Tai Chi BA 2:00 Music: John Southern BA</p>
<p><b>24</b> 9:30 Danish and Coffee ML 10:15 Games GR 2:00 Movie, "The Kindness of Strangers" with Zoe Kazan TR</p>	<p><b>25</b> 10:00 Strength &amp; Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p><b>26</b> 10:00 Tai Chi BA 10:00 Tulsa Tour Driving Tour 1:30 Movie "West Side Story" with Ansel Elgort BA 1:30 Tulsa Tour Walking Tour IND</p>

AL - Assisted Living  
Z - Connect By Zoom

GR - Game Room  
IP - Indoor Pool

L - Library  
ML - Manor Lobby

S - Synagogue  
TR - Theater Room

R - RESERVATIONS ONLY

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	<b>2</b> <b>SABBATH</b> 2:00 Movie, "The Bourne" with Matt Damon TR
<b>6</b> 10:00 Strength & Balance BA 11:00 Lunch and Study Group with Rabbi Kaiman - Synagogue R 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA	<b>7</b> 10:00 Tai Chi BA 10:30 Arts and Crafts with Julie AS 2:00 Fireside Chat ML 7:00 Book Review with Connie Cronley: "A Life on Fire: Oklahoma's Kate Barnard" BA	<b>8</b> 10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktails ML	<b>9</b> <b>SABBATH</b> 2:00 Movie, "100 Meters" with Dani Rovira TR
<b>13</b> 10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA	<b>14</b> 10:00 Tai Chi BA 11:15 Cookies and Chat with Rabbi Weinstein T 1:30 Drum Exercise BA 7:00 Discussion with Jeffrey Tanenhaus BA	<b>15</b> 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 5:30 First Seder Dinner <b>PASSOVER BEGINS</b>	<b>16</b> <b>SABBATH</b> 2:00 Movie, "The Negotiator" with Samuel L. Jackson TR
<b>20</b> 10:00 Strength & Balance BA 11:00 Discussion Group BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Study Group with Rabbi Kaiman AS	<b>21</b> 10:00 Tai Chi BA 10:30 Arts and Crafts with Julie AS 1:30 Trip to Tulsa Zoo R	<b>22</b> 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 6:45 Shabbat Service with Cantor Weinstein BA	<b>23</b> <b>SABBATH</b> 2:00 Movie, "Under Suspicion" with Gene Hackman TR
<b>27</b> 10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA	<b>28</b> 10:00 Tai Chi BA 10:30 "This is My Life" Storytelling Event TR 1:30 Drum Exercise BA	<b>29</b> 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktails ML	<b>30</b> <b>SABBATH</b> 2:00 Movie, "The Grizzlies" with Ben Schnitzer TR

If you would like to receive email notifications of special events not listed or changes to scheduled activities, email your contact information to Randy Cogburn at [rcogburn@zarrowpointe.org](mailto:rcogburn@zarrowpointe.org).