

# WELCOMING THE SABBATH AT ZARROW POINTE




Residents who come to the main dining room for Friday dinners will notice something new.

***Shabbat Together / Many Voices - One Community*** is a new booklet on each table designed to help everyone enjoy the brief service that has been a long-standing tradition at Zarrow Pointe.

The Jewish day of rest (Shabbat) begins at sunset on Friday evenings. Since Zarrow Pointe residents represent many faith traditions, the printed words in the new booklet will ensure everyone can join together in the songs and blessings – over Sabbath candles, wine and bread – that precede the Friday evening meal.

# NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY
AS – Art Studio BA – Burnstein Auditorium D – Doug’s Restaurant GR – Game Room IP – Indoor Pool	L – Library ML – Manor Lobby S – Synagogue TR – Theater Room R – RESERVATIONS ONLY	<b>POOL HOURS</b>  <b>MONDAY — FRIDAY:</b> 9:00am — 12pm 12:45 — 4:30pm  <b>SATURDAY: CLOSED</b>  <b>SUNDAY: 1:30-2:30pm</b>
<b>3</b>  10-11am Coffee Hour ML 1:30-2:30 Water Aerobics IP 1:30pm Ballet – Giselle R	<b>4</b>  10-10:30 Strength & Balance BA 10:30 Crossword L 11:00 Waist Watchers FC 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP 7:00 Adult Institute Class R JCC	<b>5</b>  10-11am Tai Chi BA 10:30-11:30 Water Aerobics IP 2:30-3:00 Aqua Endurance IP
<b>10</b>  10-11am Coffee Hour ML 9:30am Dorothea Lange’s America Exhibit and Brunch– Restaurant at Gilcrease IND 1:30-2:30 Water Aerobics IP	<b>11</b>  10-10:30 Strength & Balance BA 10:30 Town Meeting BA 11:00 Waist Watchers FC 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP 3:30 Veterans Day Party BA Entertainment with Jon & Denise	<b>12</b>  10-11am Tai Chi BA 10:00 Shopping Walgreens 10:30-11:30 Water Aerobics IP 1:15 Circle Cinema “93 Queen” 2:30-3:00 Aqua Endurance IP  <b>BIRTHDAY DINNER</b>
<b>17</b>  10-11am Coffee Hour ML 1:30-2:30 Water Aerobics IP 2:00 Movie and Popcorn-BA <b>Dumplin</b> with Jenifer Aniston	<b>18</b>  10-10:30 Strength & Balance BA 10:30 Crossword L 11:00 Waist Watchers FC 1:30-2:00 Exercise BA 1:30-2:30 Bible Study BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP 7:00 Adult Institute Class R JCC	<b>19</b>  10-11am Tai Chi BA 10:30-11:30 Water Aerobics IP 11am Virtual Reality w/Randy 1:30pm AL Outing 2:30-3:00 Aqua Endurance IP 3:30 Entertainment with Kara Stiger 6:45 Movie and Popcorn-BA
<b>24</b>  10-11am Coffee Hour ML 1:30-2:30 Water Aerobics IP	<b>25</b>  10-10:30 Strength & Balance BA 10:30 Crossword L 11:00 Waist Watchers FC 1:30-2:00 Exercise BA 1:30-2:30 Bible Study L 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP 7:00 Adult Institute Class R JCC	<b>26</b>  10-11am Tai Chi BA 10:30-11:30 Water Aerobics IP 1:30 Music w/Denise Hoey BA 2:30 Floral Arranging Thanksgiving Centerpieces R

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Hi C. Ben W. John S.</p> <p>6th 19th 21st</p>	<b>1</b> <p>10-10:30 Strength &amp; Balance BA 10:00 Walmart IND 1:30 Exercise BA 3:00 Shabbat Service HC 4:30 Cocktails ML</p>	<b>2</b> <p>SABBATH</p> <p>2:00 Movie TR</p> <p><b>Eat Pray Love</b> with Julia Roberts</p> <p>7:00 Movie TR</p>
<b>6</b> <p>10-10:30 Strength &amp; Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP 7:00 Israel and the Diaspora with Israel Journalist, Amir Tibon and Associate Professor of Political Science at TU, Matt Hindmann, PH.D. BA</p>	<b>7</b> <p>10-11am Tai Chi BA 10:30 Guys and Gals L 10:30-11:00 Water Aerobics IP 1:30 Study Group with Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics IP 6:30 Game Night GR</p>	<b>8</b> <p>NO EXERCISE CLASSES 10:00 Trifecta Shopping IND Trader Joe's, Walmart Market and Reasor's-41st and Peoria 3:00 Shabbat Service HC 4:30 Cocktails ML 7:30 Temple Israel Shabbat Service VIA Live Stream TR</p>	<b>9</b> <p>SABBATH</p> <p>2:00 Movie TR</p> <p><b>Patrick</b> with Beattie Edmondson</p> <p>7:00 Movie TR</p>
<b>13</b> <p>9am Fort Gibson National Cemetery 10am Library Visit 10-10:30 Strength &amp; Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Ladies Group TR 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP</p>	<b>14</b> <p>10-11am Tai Chi BA 10:30 Trivia L 10:30-11:30 Water Aerobics IP 1:30 Study Group with Rabbi Kaiman AS 1:30 Alzheimer Association 2:30-3:00 Beginner Aquatics IP 6:30 Game Night GR</p>	<b>15</b> <p>10am— 4pm <b>HOLIDAY BAZZAR</b> NO EXERCISE CLASSES 10:00 Walmart IND 2:00 Jewelry Making AS 3:00 Shabbat Service HC 4:30 Cocktails ML</p>	<b>16</b> <p>SABBATH</p> <p>2:00 Movie TR</p> <p><b>The Ugly Truth</b> with Katherine Heigl</p> <p>7:00 Movie TR</p>
<b>20</b> <p>10-11 Voter Registration GR 10-10:30 Strength &amp; Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:30-3:00 Healthy Spine IP 3:30 Cocktails BA 3:30-4:15 Water Aerobics IP 6:30 Book Club AS</p>	<b>21</b> <p>9:30 Casino and Lunch IND 10-11 Tai Chi BA 10:30 Brain Games L 10:30-11:30 Water Aerobics IP 1:30 Study Group with Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics IP 6:30 Game Night GR</p>	<b>22</b> <p>10-10:30 Strength &amp; Balance BA 10:00 Walmart IND 1:30-2 Exercise BA 3:00 Shabbat Service HC 4:30 Cocktails ML 6:15 Shabbat Service w/ Rabbi Weinstein TR</p>	<b>23</b> <p>SABBATH</p> <p>2:00 Movie TR</p> <p><b>5 Flights Up</b> with Morgan Freeman</p> <p>7:00 Movie TR</p>
<b>27</b> <p>10-10:30 Strength &amp; Balance BA 11:00 Discussion Group AS 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP</p>	<b>28</b> <p><b>HAPPY THANKSGIVING</b></p> <p>NO ACTIVITIES</p>	<b>29</b> <p>3:00 Shabbat Service HC 4:30 Cocktails ML</p>	<b>30</b> <p>SABBATH</p> <p>2:00 Movie TR</p> <p><b>Cop and a Half: New Recruit</b> with Lou Diamond Phillips</p> <p>7:00 Movie TR</p>