

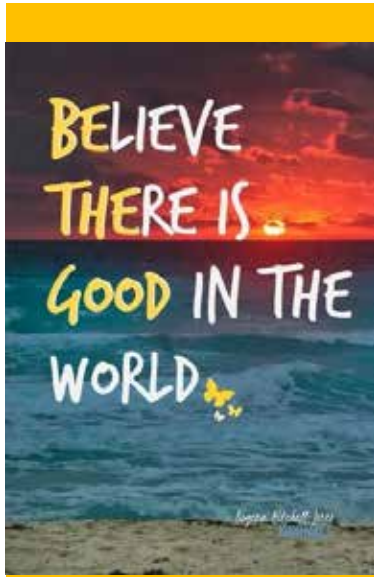
SEPTEMBER 2021

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



GROWING OLDER

by Isrella Taxon

I know I'm getting older
I can tell by the way I feel
I know I'm getting older
Because my aches are truly real

The days are going faster
The years just slip away
I'm trying to keep my spirits up
That's why I'm here to say

You have to stay real positive
In body, soul, and mind
Keep on looking forward
And the future will be kind

I know I'm getting older
But look how much I've learned
Each day brings a new beginning
I'm so grateful for the years
I've earned

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Have a poem or special short story
you would like to share?
We would love to hear from you!

Randy Cogburn
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SUNDAY	MONDAY	TUESDAY
5 2:00 Movie, "A Fall From Grace" with Crystal Fox TR	6 LABOR DAY 7:30 Temple-Erev Rosh Hashanah Service TR&Z	7 NO ACTIVITIES ROSH HASHANAH 10:00 Temple-Rosh Hashanah Service TR&Z
12 2:00 Movie, "Home Again" with Reese Witherspoon TR	13 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	14 10:00 Tai Chi BA 1:30 Movie, "Red Joan" with Judi Dench BA
19 2:00 Movie, "2 Hearts" with Jacob Fiordi TR	20 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	21 9:00 S.A.I.L. Exercise Class BA 10:00 Tai Chi BA 2:00 Entertainment with Ben Neikirk BA 7:00 Phil Goldfarb: "The History of Jewish Comedy" BA
26 2:00 Movie, "Homestead" with Diane Keaton TR	27 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	28 9:00 S.A.I.L. Exercise Class BA 10:00 Tai Chi BA 1:30 Movie: "The African Queen" with Humphrey Bogart BA

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																				
1 10:00 Strength & Balance BA 11:00 Discussion Group BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP 3:30 Aida Nozick, "My Jewish Journey" BA	2 10:00 Tai Chi BA 10:30 Jeopardy TR 1:30 Drum Exercise BA	3 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Afternoon Tunes BA	4 SABBATH 2:00 Movie, "The Vanished" with Thomas Jane TR																				
8 NO ACTIVITIES ROSH HASHANAH	9 10:00 Tai Chi BA 10:30 Trivia TR 1:30 Drum Exercise BA	10 10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour ML	11 SABBATH 2:00 Movie, "Rush" with Chris Hemsworth TR																				
15 10:00 Strength & Balance BA 11:00 Discussion Group BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP Birthday Dinner 7:30 Temple-Kol Midre TR&Z	16 NO ACTIVITIES YOM KIPPUR 10:00 Temple-Yom Kippur Service TR&Z	17 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Afternoon Tunes BA	18 SABBATH 2:00 Movie, "Under Siege" with Steven Seagal TR																				
22 10:00 Strength & Balance BA 11:00 Discussion Group BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	23 10:00 Tai Chi BA 10:30 Special Activity with Julie 1:30 Drum Exercise BA	24 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Afternoon Tunes BA	25 SABBATH 2:00 Movie, "Concrete Cowboy" with Idris Elba TR																				
29 10:00 Strength & Balance BA 11:00 Discussion Group BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	30 9:00 S.A.I.L. Exercise Class BA 10:00 Tai Chi BA 10:30 The Game Show Network, America Says TR 1:30 Drum Exercise BA 4:30 Taste of the Town 7:00 Comedy Hour BA	POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday Closed	 <table border="0"> <tr> <td>Mary R.</td> <td>9/3</td> <td>Jimmy H.</td> <td>9/24</td> </tr> <tr> <td>Pat D.</td> <td>9/4</td> <td>Judith J.</td> <td>9/24</td> </tr> <tr> <td>Andy A.</td> <td>9/8</td> <td>Shirley G.</td> <td>9/27</td> </tr> <tr> <td>Janna T.</td> <td>9/12</td> <td>Pail K.</td> <td>9/29</td> </tr> <tr> <td>Chuck W.</td> <td>9/12</td> <td></td> <td></td> </tr> </table>	Mary R.	9/3	Jimmy H.	9/24	Pat D.	9/4	Judith J.	9/24	Andy A.	9/8	Shirley G.	9/27	Janna T.	9/12	Pail K.	9/29	Chuck W.	9/12		
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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.