

JANUARY 2022

AS - Art Studio C - Café
 BA - Burnstein Auditorium GR - Game Room

AL - Assisted Living GR - Game Room L- Library S- Synagogue R- RESERVATIONS ONLY
 Z - Connect By Zoom IP- Indoor Pool ML- Manor Lobby TR- Theater Room



Look For The Good

In the New Year, let's resolve to get less stressed, upset, anxious about things over which we have no control. Lets have a narrower focus on our lives, loving and helping our family and friends, making our community a better place to live, to create peace and contentment.

In the New Year, let's resolve to pay less attention to depressing stories on TV, in magazines and newspapers, and to stop focusing on what we want that we haven't got, instead of appreciating the many blessings we do have.

In the New Year, let's look for the good. We may have to search through a mass of negative media, but the good is there, all around us.

I wish for you a New Year filled with good, engulfed in serenity and happiness!

By Joanna Fuchs

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

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SUNDAY	MONDAY	TUESDAY
 Dr. O'Meilia 1/2 Barbara R. 1/14 Coleman R. 1/7 Adriana B. 1/15 Ray B. 1/9 Sally M. 1/16 Mary Lou S. 1/13 Dale D. 1/17 Jim R. 1/23	POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday Closed	
2 2:00 Movie, "A River Runs Through It" with Brad Pitt TR	3 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	4 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 1:30 Movie "Respect" with Jennifer Hudson BA
9 2:00 Movie, "Going In Style" with Morgan Freeman TR	10 10:30 Town Meeting BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP 3:30 Book Club "The Vanishing Half" by Brit Bennett L	11 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 2:00 Music with Jon Glazer and Pat Savage BA
16 2:00 Movie, "Food Club" with Stina Ekblad TR	17 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	18 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 1:30 Movie "Dam Yankees" with Gwen Verdon BA
23 2:00 Movie, "Godmothered" with Jillian Bell TR	24 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	25 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 2:00 Music with Kara Staiger BA 4:00 Cocktail Hour ML
30 2:00 Movie, "Freedom Writers" with Hilary Swank TR	31 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SABBATH NO ACTIVITIES HAPPY NEW YEAR!
5 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	6 10:00 Tai Chi BA 10:30 Winter Craft AS	7 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	8 SABBATH 2:00 Movie, "First Knight" with James Stewart TR
12 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	13 10:00 Tai Chi BA 10:30 Trivia 11:15 Cookies & Chat with Rabbi Weinstein T 2:00 Fireside Chat and Tea ML	14 10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour ML	15 SABBATH 2:00 Movie, "In The Line of Fire" with Clint Eastwood TR
19 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA	20 10:00 Tai Chi BA 10:30 Jeopardy TR 7:00 An Evening of Music with Scott Musick BA	21 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	22 SABBATH 2:00 Movie, "Miracle In The Woods" with Meredith Baxter TR
26 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	27 10:00 Tai Chi BA 10:30 America Says TR 2:00 Fireside Chat and Tea ML	28 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	29 SABBATH 2:00 Movie, "Where The Heart Is" with Natalie Portman 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.