

FEBRUARY 2022

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



**A TRUE FRIEND IS
SOMEONE WHO
REACHES FOR YOUR
HAND AND
TOUCHES YOUR
HEART.**

Anonymous

**INSTEAD OF GIVING
SOMEONE A PIECE
OF YOUR MIND, IT
TURNS OUT FAR
BETTER IF YOU GIVE
THEM A PIECE OF
YOUR HEART.**

Ann Voskamp

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
		1 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 2:00 Music with David Horne and Ken Ackley BA
6 2:00 Movie, "New In Town" with Rene Zellweger TR	7 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	8 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 1:30 Movie "I Am Woman" with Tilda Cobham BA
13 2:00 Movie, "This Little Love of Mine" with Saskia Hampele TR 5:30 Super Bowl Party BA	14 10:30 Town Meeting BA&Z 3:00 Water Aerobics Class IP 3:30 Book Club "The Paris Library" by Janet Charles L 7:00 Sweetheart Dance, Music with Denise Hoey and Friend BA	15 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 1:30 Movie "The Shack" with Sam Worthington BA
20 2:00 Movie, "The Best of Enemies" with Taraji Henson TR	21 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	22 9:00 Morning Warm-up Exercise with Randy BA 10:00 Tai Chi BA 1:30 Movie "The Unforgivable" with Sandra Bullock BA
27 2:00 Movie, "Crimes of The Heart" with Diane Keaton TR	28 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP	

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
<p>2</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP</p>	<p>3</p> <p>10:00 Tai Chi BA 10:30 Valentine Craft AS 1:30 Drum Exercise BA 7:00 Speaker: Phil Armstrong, Interim Director - Greenwood Rising</p>	<p>4</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktails ML</p>	<p>5</p> <p>SABBATH 2:00 Movie, "Chocolat" with Juliet Binoche TR</p>
<p>9</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP 7:00 Tulsa Opera BA</p>	<p>10</p> <p>10:00 Tai Chi BA 11:15 Cookies and Chat with Rabbi Weinstein T 2:00 Fireside Chat and Tea ML</p>	<p>11</p> <p>10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>12</p> <p>SABBATH 2:00 Movie, "7 Yards: The Chris Norton Story" TR</p>
<p>16</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics Class IP 3:00 Study Group with Rabbi Kaiman AS</p>	<p>17</p> <p>10:00 Tai Chi BA 9:30 Trip to Greenwood Rising History Center R 1:30 Drum Exercise BA</p>	<p>18</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>19</p> <p>SABBATH 2:00 Movie, "Live By Night" with Ben Affleck TR</p>
<p>23</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>24</p> <p>10:00 Tai Chi BA 10:30 Poetry Reading with Julie TR 2:00 Fireside Chat and Tea ML 7:00 Tulsa Symphony Quartet BA</p>	<p>25</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>26</p> <p>SABBATH 2:00 Movie, "Lost Girls" with Amy Ryan TR</p>
	<p>POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday Closed</p>	 <p>Dottie H. 2/6 Pat O. 2/23 Sandy G. 2/8 Dottie R. 2/24 Thomas R. 2/14 Arlene C. 2/27 Jane K. 2/16 Evelyn C. 2/28 David H. 2/17 Marilyn K. 2/28</p>	

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.