

MARCH 2022

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room

QUOTES FROM WOMEN IN HISTORY



Abigail Adams

“Remember the ladies and be more generous and favorable to them than your ancestors. Do not put such unlimited power into the hands of the husbands. Remember, all men would be tyrants if they could. If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound by any laws in which we have no voice or representation.”



Susan B. Anthony

“There will never be complete equality until women themselves help to make laws and elect lawmakers.”



Rosa Parks

“Stand for something or you will fall for anything. Today’s mighty oak is yesterday’s nut that held its ground.”

SUNDAY	MONDAY	TUESDAY
<p>POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday Closed</p>		<p>1 10:00 Tai Chi BA 1:30 Movie: “Being the Ricardos” with Nicole Kidman BA</p>
<p>6 9:30 Danish and Coffee ML 10:15 Games GR 2:00 Movie, “The Tender Bar” with Ben Affleck TR</p>	<p>7 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>8 10:00 Tai Chi BA 2:00 Music: John Orsulak BA</p>
<p>13 10:15 Games GR 2:00 Movie, “To Sir With Love” with Sidney Poitier TR</p>	<p>14 10:30 Town Meeting BA&Z 1:30 Exercise BA 2:00 Balloon Swat BA 3:30 Book Club “The Personal Librarian” by Marie Benedict L</p>	<p>15 10:00 Tai Chi BA 1:30 Movie “Don’t Look Up” with Leonardo DiCaprio BA</p>
<p>20 9:30 Danish and Coffee ML 10:15 Games GR 2:00 Movie, “Te Ata” with Q’orianka Kilcher TR</p>	<p>21 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>22 10:00 Tai Chi BA 2:00 Music: Jon Glazer and Pat Savage BA</p>
<p>27 10:15 Games GR 2:00 Movie, “Zero to Hero” with Sandra Ng TR</p>	<p>28 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>29 10:00 Tai Chi BA 2:00 Music: Kara Staiger BA</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
<p>2</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 11:00 Lunch & Study Group with Rabbi Kaiman Synagogue R 2:00 Balloon Swat BA</p>	<p>3</p> <p>10:00 Tai Chi BA 10:30 Arts and Crafts with Julie AS 1:30 Spring Pop Up Shops BA</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, "True Grit" with Jeff Bridges 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 7:00 Rick Clemons BA</p>	<p>10</p> <p>10:00 Tai Chi BA 11:15 Cookies and Chat with Rabbi Weinstein T 1:30 March Madness Basketball Practice BA</p>	<p>11</p> <p>10:00 Shopping at Reasor's and Whole Foods IND 10:00 Purim Music with Mizel students BA 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>12</p> <p>SABBATH 2:00 Movie, "The General's Daughter" with John Travolta 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 Study Group with Rabbi Kaiman AS</p>	<p>17</p> <p>10:00 Tai Chi BA 10:30 Irish Trivia TR 2:00 Fireside Chat and Tea ML</p>	<p>18</p> <p>10:00 Walmart Neighborhood Market IND 1:00-4:00 Spring Cleaning Event 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour ML</p>	<p>19</p> <p>SABBATH 2:00 Movie, "Brazen" with Alyssa Milano 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 7:00 Lindsay Hutchison, Director of the Tulsa Zoo BA</p>	<p>24</p> <p>10:00 Tai Chi BA 10:30 Poetry Reading with Julie TR 1:30 March Madness Basketball Championship Tournament BA</p>	<p>25</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 6:45 Shabbat Service with Cantor Weinstein BA</p>	<p>26</p> <p>SABBATH 2:00 Movie, "Tick, Tick... Boom!" with Andrew Garfield TR</p>
<p>30</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group L 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>31</p> <p>10:00 Tai Chi BA 10:30 "This is My Life" Storytelling Event TR 2:00 Fireside Chat and Tea ML</p>		 <p>Nancy F. 3/2 George S. 3/6 Jack K. 3/2 Chris M. 3/14 Hank L. 3/2 Judy Gayle W. 3/16 Carmen K. 3/3 Norma E. 3/19 Jean W. 3/4 John E. 3/19 Ray H. 3/21</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.