

JULY 2022

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



FUN ★ FACTS



The Declaration of Independence was not signed on July 4, 1776. That's actually the day it was formally adopted by the Continental Congress, but it wasn't signed by most signatories until August.



The first July 4 celebration took place at the White House on 1801, hosted by Thomas Jefferson.



Independence Day became a Federal holiday in 1870.



Americans typically eat 150 million hot dogs on Independence Day, "enough to stretch from D.C. to L.A. more than five times.



One World Trade Center in New York is 1,776 feet tall to mark the year the U.S. declared its independence from Britain.

SUNDAY	MONDAY	TUESDAY
<p>POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday 10 - Noon</p>	 <p>Franklyn M. 7/6 Peggy C. 7/22 Bob D. 7/7 Jeffery L. 7/22 Marilyn S. 7/9 Mary S. 7/26 Abu A. 7/10 Dixie H. 7/27 Connie S. 7/20 John S. 7/27 Gerald C. 7/21 Jyo U. 7/27 Virginia H. 7/28</p>	
<p>3 2:00 Movie, "Glory" with Denzel Washington TR</p>	<p>4 INDEPENDENCE DAY NO ACTIVITIES</p>	<p>5 10:00 Tai Chi BA 1:30 Movie "A Perfect Pairing" with Victoria Justice BA</p>
<p>10 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "You've Got Mail" with Tom Hanks TR</p>	<p>11 10:30 Town Meeting BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:30 Book Club: "On Juneteenth" by Annette Gordon-Reed L</p>	<p>12 10:00 Tai Chi BA 2:00 Music with Denise Hoey BA</p>
<p>17 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Toscana" with Anders Matthesen</p>	<p>18 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>19 10:00 Tai Chi BA 11:15 Ladies Lunch Out RC R 2:00 Movie: "Operation Mincemeat" with Colin Firth BA</p>
<p>24 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Hugo" with Ben Kingsley TR</p>	<p>25 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>26 10:00 Tai Chi BA 1:30 Music with Pat Hobbs BA</p>
<p>31 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Good Fences" with Danny Glover TR</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
		1 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	2 SABBATH 2:00 Movie, "Seven Years in Tibet" with Brad Pitt TR
6 10:00 Strength & Balance BA 11:00 Lunch and Study Group with Rabbi Kaiman Synagogue R 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	7 10:00 Tai Chi BA 11:00 Poetry Reading with Julie TR 2:00 Sit & Chat ML	8 10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA	9 SABBATH 2:00 Movie, "London Has Fallen" with Gerard Butler TR
13 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Study Group with Rabbi Kaiman AS 3:00 Water Aerobics IP	14 10:00 Tai Chi BA 11:15-12:15 Tulsa City County Bookmobile 1:30 Drum Exercise BA 6:30 "Summer's Fifth Night" - Utica Square R	15 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	16 SABBATH 2:00 Movie, "The Devil's Own" with Harrison Ford TR
20 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:00 Richard Hunter - "Polish & Jewish Relations"	21 10:00 Tai Chi BA 10:30 Philbrook and Lunch, IND 3:00 Afternoon Drive for AL Residents	22 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktails ML	23 SABBATH 2:00 Movie, "Cleaner" with Samuel L. Jackson TR
27 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:00 Richard Hunter - "Polish & Jewish Relations"	28 10:00 Tai Chi BA 10:30 "This is My Life" Storytelling TR 1:30 Drum Exercise BA	29 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	30 SABBATH 2:00 Movie, "Dreamer" with Kurt Russell 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.