

AUGUST 2022

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



92% Water

Used by early explorers as canteens

Takes 90 days to grow from planting to harvesting

The world record for the heaviest watermelon is 350.5 pounds

The United States ranks 6th in watermelon production

The official state vegetable in Oklahoma

The record for watermelon seed spitting is 75 feet 2 inches

Mark Twain called it the "food of angels"

| SUNDAY | MONDAY | TUESDAY |
|--|---|--|
| | 1 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 2 10:00 Tai Chi BA 2:00 Music with David Horne and Ken Ackley BA |
| 7 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "1917" with George MacKay TR | 8 10:30 Town Meeting BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:30 Book Club: "American Dirt" by Jeanine Cummins L | 9 10:00 Tai Chi BA 1:30 Movie "The Courier" with Benedict Cumberbatch BA |
| 14 10-12 Poolside Coffee and Danish 10:15 Games GR 11:00 Outing to Cain's Ballroom IND 2:00 Movie, "The Big Sick" with Kumail Nanjiani TR | 15 10:00 Strength & Balance BA 10:30 Spelling Bee TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 16 10:00 Tai Chi BA 11:15 Lunch Out R 2:00 Music with Jon Glazer and Pat Savage BA |
| 21 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Road Less Traveled" with Lauren Alaina TR | 22 9:00 S.A.I.L. Exercise Class BA 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 23 10:00 Tai Chi BA 1:30 Movie: "The Circle" with Emma Watson BA |
| 28 10-12 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Ride" with Helen Hunt TR | 29 2:00 S.A.I.L. Exercise Class BA 10:00 Strength & Balance BA 10:30 Crossword TR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 30 10:00 Tai Chi BA 2:00 Music with Kara Staiger BA |

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

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|
| 3 10:00 Strength & Balance BA 10:30 Watermelon Seed Spitting Contest 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 | 4 10:00 Tai Chi BA 11:00 Craft AS | 5 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 3:15 Rest & Relaxation R | 6 SABBATH 2:00 Movie, "The Lake House" with Keanu Reeves TR |
| 10 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 | 11 10:00 Tai Chi BA 11:00 Poetry Reading with Julie L 11:15-12:15 Bookmobile 1:30 Drum Exercise BA | 12 10:00 Shopping at Reasor's and Whole Foods IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour "Meet and Greet" ML | 13 SABBATH 2:00 Movie, "The Devil's Own" with Harrison Ford TR |
| 17 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 18 10:00 Tai Chi BA 11:00 Water Balloon Toss 1:30 "Visit to Israel" Barbara Rotenberg BA 3:00 Assisted Living Trip Out | 19 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 3:15 Rest & Relaxation R | 20 SABBATH 2:00 Movie, "Did You Hear About The Morgans?" with Hugh Grant TR |
| 24 9:00 S.A.I.L. Exercise Class BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP | 25 10:00 Tai Chi BA 10:30 "This Is My Life" Storytelling TR 4:30-6:30 "It's 5 O'clock Somewhere" Party R | 26 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 6:45 Shabbat Service with Cantor Weinstein BA | 27 SABBATH 2:00 Movie, "Lean On Me" with Morgan Freeman TR |
| 31 9:00 S.A.I.L. Exercise Class BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 "Jewish Superstitions" with Phil Goldfarb 3:00 Water Aerobics IP | | POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday 10 - Noon |  Rick F. 8/6 Malcolm M. 8/23 Gary V. 8/6 Irene S. 8/23 Gail H. 8/7 Estelle F. 8/27 Del S. 8/8 Joan G. 8/28 Lois R. 8/15 Judith K. 8/29 Paula M. 8/22 Karen K. 8/31 |

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.