

NOVEMBER 2022

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



Gratitude: The quality of being thankful. Readiness to show appreciation and to return kindness.


“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
Maya Angelou

“A grateful heart is a magnet for miracles”
Jennifer Lambien

“It is not happy people who are thankful, it is thankful people who are happy.”
Cindy Jacobs

“Let gratitude be the pillow upon which you kneel to say your night prayer. And let faith be the bridge you build to overcome evil and welcome good.”
Maya Angelou

“May you approach each new morning with gratitude for another day to pursue the new beginnings that are calling you”
Morgan Harper Nichols

SUNDAY	MONDAY	TUESDAY
<p>POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12-12:45 Saturday Closed Sunday 9 - 4:30</p>	 <p>Bob E. 11/6 Isabel S. 11/19 Hi C. 11/6 Rita A. 11/24 Mary Alice W. 11/6 Barbara D. 11/25 Jeanne R. 11/8 John D. 11/27 Pat L. 11/9 Gary G. 11/28 Pam Y. 11/11 Dr. Greening 11/29 Ben W. 11/19</p>	<p>1 10:00 Tai Chi BA 2:00 Movie, “The Secret: Dare to Dream” with Katie Holmes BA</p>
<p>6 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, “Mrs. Harris Goes to Paris” with Lesley Manville TR</p>	<p>7 10:00 Strength & Balance BA 10:30 Crossword AR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>8 9:15 What are you Grateful for? Discussion & Danishes AR 10:00 Tai Chi BA 1:30 Drum Exercise BA 7:00 Movie, “Top Gun Maverick” with Tom Cruise BA</p>
<p>13 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, “Mary Poppins” with Dick Van Dyke TR</p>	<p>14 10:30 Town Meeting BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:30 Book Club: Keep Moving by Dick Van Dyke L</p>	<p>15 10:00 Tai Chi BA 11:15 Lunch Out IND R 2:00 Music: The T-Town Ukas BA</p>
<p>20 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, “Marry Me” with Jennifer Lopez and Owen Wilson TR</p>	<p>21 10:00 Strength & Balance BA 10:30 Crossword AR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>22 9:15 What are you Grateful for?: Discussion & Danishes AR 10:00 Tai Chi BA 1:30 Drum Exercise BA</p>
<p>27 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, “Resident’s Choice” TR</p>	<p>28 10:00 Strength & Balance BA 10:30 Crossword AR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p>29 10:00 Tai Chi BA 7:00 Guest Speaker Event with Sarah Gray 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
2 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 10:00 Tai Chi BA 1:30 Fall Foliage Trip R	4 10:00 Walmart Neighborhood Market IND 10:00 Mizel Kids Perform BA 1:30 Exercise BA 2:00 Balloon Swat BA	5 SABBATH 2:00 Movie, "Top Gun" (Original Movie) with Tom Cruise TR
9 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	10 10:00 Tai Chi BA 10:00 Poetry Reading TR 11:15-12:15 Bookmobile ML 3:00 Assisted Living Trip Out	11 10:00 Shopping at Reasor's IND 2:00 Veteran's Day Program BA	12 SABBATH 2:00 Movie, "Walking Tall" with Dwayne "The Rock" Johnson TR
16 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 7:00 Tulsa Opera Traveling Voices BA	17 10:00 Tai Chi BA 11:00 "This Is My Life" Storytelling Event TR 1:30 Paint & Sip with Aubrey AR	18 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	19 SABBATH Time TBD: Oklahoma Sooners VS. Oklahoma State BA
23 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics P	24 THANKSGIVING NO ACTIVITIES	25 NO ACTIVITIES	26 SABBATH 2:00 Movie, "The Peanut Butter Falcon" with Shia LaBeouf TR
30 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP			

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.