

# FEBRUARY 2023

AS – Art Studio

C – Café

BA – Burnstein Auditorium

GR – Game Room

LOVE IS LOVE



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“To love and be loved is to feel the sun from both sides.”

David Viscott

“My love is unconditional. Your action is irrelevant.”

Unknown

“Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.”

Katherine Hepburn


“Where there is love there is life.”

Mahatma Ghandi

“Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world.”

Lucille Ball



SUNDAY	MONDAY	TUESDAY
<p><b>POOL HOURS:</b> Monday - Friday 9:00 - 4:30 Closed For Lunch 12 - 12:45 Saturday Closed Sunday 9 - 4:30</p>	 <p>Dottie H. 2/6 Dottie R. 2/24 Ruth J. 2/7 Phyllis R. 2/26 Tom R. 2/14 Hank H. 2/26 Jane K. 2/16 Arlene C. 2/27 David H. 2/17 Marilyn K. 2/28 Pat O. 2/23 Evelyn C. 2/28</p>	
<p><b>5</b> 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "Endless Love" with Alex Pettyfer TR</p>	<p><b>6</b> 10:00 Strength &amp; Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:00 Book Club: "The Nature of Fragile Things" Led by Jeffery Levy</p>	<p><b>7</b> 10:00 Tai Chi BA 1:30-4:30 Movie "Elvis" with popcorn and drinks BA</p>
<p><b>12</b> 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "A Dog's Purpose" with Britt Robertson TR</p>	<p><b>13</b> 10:30 Town Meeting BA 1:30 Exercise BA 2:00-4:00 Picture Day 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p><b>14</b> 10:00 Tai Chi BA 3:30 Live Music: Cocktails with Elvis BA  February Birthday Celebration Following Dinner in Dining Room</p>
<p><b>19</b> 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "Hachi: A Dog's Tale" with Richard Gere TR</p>	<p><b>20</b> 10:00 Strength &amp; Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p><b>21</b> 10:00 Tai Chi BA 2:00 Movie, "L'Dor V' Dor, A History of Tulsa's Jewish Community" BA</p>
<p><b>26</b> 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "Leap Year" with Amy Adams TR</p>	<p><b>27</b> 10:00 Strength &amp; Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP</p>	<p><b>28</b> 10:00 Tai Chi BA 2:00 Live music with David Horne and Ken Ackley BA</p>

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
<p><b>1</b></p> <p>10:00 Strength &amp; Balance BA  11:00 Discussion Group AS  1:30 Exercise BA  2:00 Balloon Swat BA  3:00 Water Aerobics IP</p>	<p><b>2</b></p> <p>8:00 Bible Reading Group AS  10:00 Tai Chi BA  2:00 "Feel the Beat" Exercise Class with Chelsea BA</p>	<p><b>3</b></p> <p>10:00 Walmart Neighborhood Market IND  10:00 Mizel Kids Perform BA  1:30 Exercise BA  2:00 Balloon Swat BA</p>	<p><b>4</b></p> <p><b>SABBATH</b>  2:00 Movie, "Sleepless in Seattle" with Tom Hanks TR</p>
<p><b>8</b></p> <p>10:00 Strength &amp; Balance BA  10:30-12:00 "Do you have a screw loose?" Walker maintenance BA  11:00 Discussion Group AS  1:30 Exercise BA  2:00 Balloon Swat BA  3:00 Water Aerobics IP</p>	<p><b>9</b></p> <p>8:00 Bible Reading Group AS  10:00 Tai Chi BA  11:15-12:15 Bookmobile ML  3:30 The Not So Newlywed Game BA</p>	<p><b>10</b></p> <p>10:00 Guest Speaker: Dahlia Lithwick BA  1:30 Exercise BA  2:00 Balloon Swat BA  2:00 Shopping at Reasor's IND</p>	<p><b>11</b></p> <p><b>SABBATH</b>  2:00 Movie, "Love Potion No. 9" with Sandra Bullock TR</p>
<p><b>15</b></p> <p>10:00 Strength &amp; Balance BA  11:00 Lunch &amp; Learn at Synagogue IND R  1:30 Exercise BA  2:00 Balloon Swat BA  3:00 Water Aerobics IP  6:30 Colors of Israel: Pt. 2 R</p>	<p><b>16</b></p> <p>8:00 Bible Reading Group AS  10:00 Tai Chi BA  2:00 "Feel the Beat" Exercise Class with Chelsea BA</p>	<p><b>17</b></p> <p>10:00 Walmart Neighborhood Market IND  1:30 Exercise BA  2:00 Balloon Swat BA</p>	<p><b>18</b></p> <p><b>SABBATH</b>  2:00 Movie, "Our Souls at Night" with Jane Fonda TR</p>
<p><b>22</b></p> <p>10:00 Strength &amp; Balance BA  11:00 Discussion Group AS  1:30 Exercise BA  2:00 Balloon Swat BA  3:00 Water Aerobics IP</p>	<p><b>23</b></p> <p>8:00 Bible Reading Group AS  10:00 Tai Chi BA  11:00 "This Is My Life" Storytelling Event TR  2:00 Puppy Love Dog Show BA</p>	<p><b>24</b></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><b>25</b></p> <p><b>SABBATH</b>  2:00 Movie, "Eight Below" with Paul Walker TR</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](mailto:rcogburn@zarrowpointe.org).