

JANUARY 2023

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



Twenty-three Tips to Make 2023 Terrific!

- * Practice mindfulness
- * Read more books
- * Commit to a healthy sleep routine
- * Learn to love vegetables
- * Exercise your brain
- * Become a plant owner
- * Head to a day spa
- * Hydrate
- * Volunteer regularly
- * Get in a body-positive mindset
- * Give your feet better support
- * Try a guided workout or class
- * Learn a new skill
- * Smile more
- * Explore new hobbies
- * Consider pool exercise
- * Try a new look
- * Play upbeat music
- * Journal daily
- * Do one thing at a time
- * Stop procrastinating tough decisions
- * Accept "fallibility"
(Did you notice we stopped at 22?)

SUNDAY	MONDAY	TUESDAY
1 NEW YEAR'S DAY NO ACTIVITIES	2 NO ACTIVITIES	3 10:00 Tai Chi BA 2:00 Live music with Tim Swanson BA
8 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Gentleman's Agreement" with Gregory Peck and Dorothy McGuire TR	9 10:30 Town Meeting BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP 3:00 Book Club: "A Gentleman from Moscow" Group Led	10 10:00 Tai Chi BA January Birthday Celebration - Following Dinner in the Main Dining Room
15 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "Slumberland" with Jason Momoa TR	16 9:00-12:00 Balance and Fall Prevention Clinic BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	17 10:00 Tai Chi BA 2:00 Live music with Tom Basler BA
22 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "City Slickers" with Billy Crystal TR	23 10:00 Strength & Balance BA 10:30 Crossword AR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	24 10:00 Tai Chi BA
29 9-4:30 Poolside Coffee and Danish 10:15 Games GR 2:00 Movie, "East Side West Side" with Ava Gardner and James Mason TR	30 10:00 Strength & Balance BA 10:30 Crossword AR 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	31 10:00 Tai Chi BA 2:00 Live music with Ben Neikirk BA

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
4 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	5 10:00 Tai Chi BA 2:00 Feel the Beat Dance Class BA	6 10:00 Walmart Neighborhood Market IND 10:00 Mizel Kids Perform BA 1:30 Exercise BA 2:00 Balloon Swat BA	7 SABBATH 2:00 Movie, "Secondhand Lions" with Michael Caine and Robert Duvall TR
11 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	12 10:00 Tai Chi BA 11:15-12:15 Bookmobile ML 1:30 Paint and Sip with Aubrey AS	13 10:00 Shopping at Reasor's IND 1:30 Exercise BA 2:00 Balloon Swat BA	14 SABBATH 2:00 Movie, "Blazing Saddles" with Gene Wilder and Slim Pickens TR
18 10:30 Donna Shirley Presentation on The Mars Rover Project BA 11:00 Lunch & Learn at Synagogue IND R 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics IP	19 10:00 Tai Chi BA 2:00 Feel the Beat Dance Class BA	20 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	21 SABBATH 2:00 Movie, "The Finest Hours" with Chris Pine and Casey Affleck TR
25 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Water Aerobics P 5:00 Drive In Movie BA R	26 10:00 Tai Chi BA 11:00 "This Is My Life" Storytelling Event TR 2:00 The Riverdance BA	27 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 6:45 Shabbat Service with Cantor Weinstein BA	28 SABBATH 2:00 Movie, "On Golden Pond" with Henry Fonda and Katharine Hepburn TR
	POOL HOURS: Monday - Friday 9:00 - 4:30 Closed For Lunch 12 - 12:45 Saturday Closed Sunday 9 - 4:30	 William O. 1/2 Barbara R. 1/4 Coleman R. 1/7 Adriana B. 1/15 Ray B. 1/9 Sally M. 1/16 Mary S. 1/13 Dale D. 1/17	

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.