

MARCH 2023

AS - Art Studio

C - Café

BA - Burnstein Auditorium

GR - Game Room



Daylight Saving Time Begins

March 12th - 2:00 a.m.

Set your clocks forward one hour when you go to bed Saturday night. Your cell phones and smart watches should update the time without your assistance.

As of the writing of this newsletter, The U.S. House of Representatives has yet to decide if they will pass the bill to make daylight saving time permanent.



Cocktail Hour "Meet & Greet"

March 17th - 4:00 p.m.

Manor Lobby

Come meet your new neighbors and have a pre-dinner cocktail.



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>Jack K. 3/2 Norma E. 3/19 Jean W. 3/4 John E. 3/19 George S. 3/6 Ray H. 3/21 Judy Gayle W. 3/16 Lee W. 3/26</p>	
<p>5 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "True Spirit: with Teagan Croft TR</p>	<p>6 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>7 10:00 Tai Chi BA FULL MOON</p>
<p>12 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "Pan" with Hugh Jackman TR DAYLIGHT SAVING TIME BEGINS</p>	<p>13 10:30 Town Meeting BA 10:30 Trip to Stillwater IND R 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Book Club, "West with Giraffes" by Linda Rutledge Led by Barbara Rotenberg L</p>	<p>14 10:00 Tai Chi BA 2:00 Live Music with Denise Hoey BA March Birthday Celebration Following Dinner in Dining Room</p>
<p>19 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "It Happens Every Spring" with Ray Milland TR</p>	<p>20 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA SPRING BEGINS</p>	<p>21 10:00 Tai Chi BA 2:00 "My Name is Pauli Murray" Documentary BA</p>
<p>26 9-4:30 Poolside Coffee and Danish IP 10:15 Games GR 2:00 Movie, "Facing Nolan" with Nolan Ryan TR</p>	<p>27 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 An Artistic Exploration of Women in Prayer with Rabbi Jasper from Temple Israel BA</p>	<p>28 10:00 Tai Chi BA 2:00 "Living Without the One You Cannot Live Without" Documentary 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
<p>1</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>2</p> <p>8:00 Bible Reading Group AS 10:00 Tai Chi BA 2:00 Guest Speaker: Mary Vogt from Tulsa Historical Society BA</p>	<p>3</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>4</p> <p>SABBATH 2:00 Movie, "Ticket to Paradise" with George Clooney & Julia Roberts TR</p>
<p>8</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA</p> <p>INTERNATIONAL WOMEN'S DAY</p>	<p>9</p> <p>8:00 Bible Reading Group AS 10:00 Tai Chi BA 11:15-12:15 Bookmobile ML 2:00 Art Project with Missy AS R</p>	<p>10</p> <p>10:00 Shopping at Reasor's IND 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>11</p> <p>SABBATH 2:00 Movie, "The Dig" with Lily James TR</p>
<p>15</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group AS 11:00 Lunch & Learn at Synagogue IND R 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>16</p> <p>8:00 Bible Reading Group AS 10:00 Tai Chi BA 2:00 Storytelling Event with Lois Rosenstein BA</p>	<p>17</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour "Meet & Greet" ML</p> <p>ST. PATRICK'S DAY WEAR GREEN DAY</p>	<p>18</p> <p>SABBATH 2:00 Movie, "Red Notice" with The Rock TR</p>
<p>22</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>23</p> <p>8:00 Bible Reading Group AS 10:00 Tai Chi BA 7:00 Richard Hight: Pre Lecture Paint Class AS R</p>	<p>24</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>25</p> <p>SABBATH 2:00 Movie, "Big Eyes" with Amy Adams TR</p>
<p>29</p> <p>10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA</p>	<p>30</p> <p>8:00 Bible Reading Group AS 10:00 Tai Chi BA 7:00 Guest Speaker: Richard Hight BA</p>	<p>31</p> <p>10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA</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.