



Giving Time and Talents to Make a Difference

Giving time is important to our well-being. It provides a foundation to our purpose for living and helping others. Giving time works for the individual by giving them a new perception of the value of time, understanding that service of time is empowering. Giving time helps you connect with like-minded people and by doing more through time, can build greater happiness in yourself and others around you.

Each person in the world has unique talents and abilities that makes them special. What people can offer the world is motivation, inspiration and encouragement to others through talent sharing.

Our community is filled with talented people who have used their skills to helps others in a number of ways. The following are two recent examples.



On June 11, 2023, Coleman Robison, Zarrow Pointe resident and retired attorney, received the Amudin award at Temple Israel for his lifelong service and support of the Temple and the Jewish community.

Residents, Phil and Rita Allen recently made a donation of their handmade Torah Scroll to the Mizel Jewish Day School. The stunning piece was a labor of love produced from Phil's woodworking skill and Rita's experience as a quilt maker.



Thursday, July 6 - 3:00 p.m. Burnstein Auditorium

Anne Frank and her family went into hiding on July 6, 1942. Through her diary, Anne Frank's story is retold alongside those of five Holocaust survivors in this poignant documentary from Oscar winner Helen Mirren.






"The History of Antisemitism"

Phil Goldfarb

Friday, July 14th
10:00 a.m.
Burnstein Auditorium

Anti-Semitism refers to prejudice and/or discrimination against Jews as individuals and as a group. It is based on stereotypes and myths that target Jews as a people, their religious practices and beliefs. Historically, what began as a conflict over religious beliefs evolved into a systematic policy of political, economic, and social isolation; exclusion, degradation and attempted annihilation. In fact, Anti-Semitism is one of the oldest, most persistent, and most virulent forms of hatred to plague the world. It has gone on for so long that it is called "the longest hatred." Join us on July 14 at 10:00 a.m. when Phil Goldfarb, President of the Jewish Genealogical Society of Tulsa, will discuss *The History of Antisemitism* from the Biblical times to the present.

JULY 2023	SUNDAY	MONDAY	TUESDAY
DON'T MISS OUT! 4th – Movie: Independence Day 6th – Documentary: Anne Frank: Parallel Stories 6th – Let's Go to the Races! 11th – CPR Training with Randy 13th – Senior Line Dancing Lesson with Charlotte Brown 13th – Bingo! 14th – Guest Speaker: Phil Goldfarb "The History of Antisemitism" 18th – Making Homemade Ice Cream 20th – Documentary: Neil Armstrong's First Step on the Moon 23rd – Tulsa Indian Club PowWow 25th – Live Music: Jon Glazer, Pat Savage, and Mary Cogan 27th Movie: "Oppenheimer" at Circle Cinema 30th International Friendship Day <hr/> AL – Assisted Living AS– Art Studio BA – Burnstein Auditorium GR – Game Room IND – Independent Living IP – Indoor Pool L – Library ML – Manor Lobby S – Synagogue TR – Theater Room R – Reservations Only			
	2 10:15 Games GR 2:00 Movie, "Hidden Figures" with Taraji P. Henson TR	3 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA NO CORE FITNESS OR STRENGTH & BALANCE	4 2:15 Movie, "Independence Day" with Will Smith TR 
	9 10:15 Games GR 2:00 Movie, "The Curious Case of Benjamin Button" with Brad Pitt TR	10 10:30 Town Meeting BA 1:30 Exercise BA 2:00 Balloon Swat BA 3:00 Book Club, "All the Light We Cannot See" L	11 10:00 Tai Chi BA 11:00 Trivia with Randy L 3:00 CPR Training with Randy Birthday Celebration Following Dinner in the Dining Room
	16 10:15 Games GR 2:00 Movie, "Glass Onion A Knives Out Mystery" with Daniel Craig TR	17 9:30 CORE Fitness BA 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA	18 10:00 Tai Chi BA 11:00 Trivia with Randy L 1:30 Making Homemade Ice Cream AS
	NATIONAL ICE CREAM DAY		
	23 10:15 Games GR 2:00 Movie, "Jerry Maguire" TR Tulsa Indian Club PowWow – TBA	24 9:30 CORE Fitness BA 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA	25 10:00 Tai Chi BA 11:00 Trivia with Randy L 2:00 Live Music: Jon Glazer, Pat Savage, and Mary Cogan BA
	30 10:15 Games GR 2:00 Movie, Steel Magnolias" TR INTERNATIONAL FRIENDSHIP DAY	31 9:30 CORE Fitness BA 10:00 Strength & Balance BA 10:30 Crossword AS 1:30 Exercise BA 2:00 Balloon Swat BA	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	POOL HOURS: Monday – Friday 9:00 – 4:30 Closed for Lunch 12:00 – 12:45 Saturday Closed Sunday 11:00 – 12 :30 1:00 – 3:00	 Franklin M. 7/6 Jeffrey L. 7/22 Bob D. 7/7 Fannie E. 7/24 Marilyn S. 7/9 Bob B. 7/25 Connie N. 7/9 John S. 7/27 Ross D. 7/16 Jyo U. 7/27 Vicki F. 7/19 Donna S. 7/27 Connie S. 7/20 Gini H. 7/28 Peggy C. 7/22	1 SABBATH 2:00 Movie, "The Railway Man" with Colin Firth and Nicole Kidman TR
5 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA	6 8:00 Bible Reading Group AS 10:00 Tai Chi BA 11:00 & 1:30 Brain Enrichment L 11:15-12:15 Bookmobile ML 3:00 Documentary: "Anne Frank Parallel Stories" BA 6:00 Let's Go to the Races! IND	7 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	8 SABBATH 2:00 Movie, "On a Wing and a Prayer" with Dennis Quaid TR
12 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA	13 8:00 Bible Reading Group AS 10:00 Tai Chi BA 2:00 Senior Line Dancing Lesson with Charlotte Brown BA 7:00 Bingo! BA	14 10:00 Guest Speaker: Phil Goldfarb "The History of Antisemitism" BA 1:30 Exercise BA 2:00 Balloon Swat BA 2:00 Shopping at Reasor's IND	15 SABBATH 2:00 Movie, "A Beautiful Life" with Inga Ibsdotter TR
19 9:30 CORE Fitness BA 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	20 8:00 Bible Reading Group AS 10:00 Tai Chi BA 3:00 Documentary: "Neil Armstrong's First Step on the Moon" BA	21 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA	22 SABBATH 2:00 Movie, "October Sky" with Jake Gyllenhaal TR
26 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 1:30 Exercise BA 2:00 Balloon Swat BA	27 8:00 Bible Reading Group AS 10:00 Tai Chi BA Movie, "Oppenheimer" with Robert Downey Jr. at Circle Cinema – TBA	28 10:00 Walmart Neighborhood Market IND 1:30 Exercise BA 2:00 Balloon Swat BA 4:00 Cocktail Hour ML 6:45 Shabbat Service with Cantor Weinstein BA	29 SABBATH 2:00 Movie, "O Brother, Where Art Thou?" with George Clooney TR



Let's Go to the Races! **Thursday, July 6th - 6:00 p.m.**

Sponsored by Anne and Mark from Maxine's Salon, enjoy an evening at the Fair Meadows racetrack from the comfort of a nicely air-conditioned suite! Afterwards we will meet the horses and the jockeys and be able to take pictures. Call Chelsea or Julie for reservations.



Senior Line Dancing Lesson with Charlotte Brown **Thursday, July 13th - 2:00 p.m.** **Burnstein Auditorium**

Join Charlotte Brown and her Line Dancing group for a ten minute presentation on the Senior Olympics and then learn a few line dance moves to use at our country event coming soon!



B - I - N - G - O! **Thursday, July 13th - 7:00 p.m.** **Burnstein Auditorium**

B-4 you head home after dinner, try your luck at a round or two of Bingo! Great prizes, free drinks (alcoholic and non-alcoholic) and great times!



I Scream You Scream, **We All Scream for Ice Cream!**

Tuesday, July 18th - 1:30 p.m. **Art Studio**

In July of 1984, President Ronald Reagan declared the third Sunday of July to be National Ice Cream Day by signing proclamation 5219. In this proclamation, the president called ice cream the perfect dessert and snack food and stated that over 90 percent of Americans enjoy it on a regular basis. He also stated in the proclamation that Americans should observe this day with appropriate activities and celebrations. On Tuesday, July 18th at 1:30pm we will be making homemade ice cream in the Art Studio. Get in on the fun and bring your favorite recipes and your appetite!



Live Music: **Jon Glazer, Pat Savage, &** **Mary Cogan**

Tuesday, July 25 - 2:00 p.m. **Burnstein Auditorium**

Tell your friends and mark your calendar because you won't want to miss this special treat. Longtime favorites Jon and Pat will be joined by vocalist Mary Cogan. Together with their organic sound and flavor this talented trio will come together for a classic performance!