

August	SUNDAY	MONDAY	TUESDAY
Zarrow Pointe Wellness Program August Challenge: <i>Acts of Kindness</i> There are many ways to maintain a healthy lifestyle. Physical and mental wellness often come to mind first, and both are closely connected. At Zarrow Pointe, our Wellness Program focuses on supporting all areas of wellness. This month, we encourage you to track your acts of kindness. While kindness may already be part of your daily life, challenge yourself to go above and beyond your usual routine. Even small acts of kindness can make a big impact on someone else's well-being—and your own. To count toward the challenge, each act of kindness must: • Take at least 5 minutes • Be intentional and beyond your normal daily actions Each qualifying act earns 1 point. Spread kindness generously—your kindness could brighten someone's day!	DOUG'S CAFE' HOURS Breakfast Mon - Fri 8:00 - 10:30 Lunch Mon-Fri 11:00 - 2:00 Dinner Mon - Thurs 5:00 - 8:00	DINING ROOM HOURS Breakfast 7:30 - 9:00 Lunch 11:45 - 1:00 Dinner Seating 4:30 - 6:00	Happy Birthday Lonnie D 8/6 Maggie H 8/26 Rick F 8/6 Judy K 8/29 Gail H 8/7 Del S 8/8 Linda D 8/9 Lois R 8/15 Paula M 8/22 Irene S 8/23 Malcolm M 8/23 
	2 2:00 Movie "I'll See You in my Dreams" TR	3 9:30 CORE Fitness BA 10:00 Strength & Balance BA 10:30 Bingo with Nancy AS 1:30 IND Outing: Acai Bowls at Ediblend RSVP to Latasha	4 9:00 Men's Coffee Hour AS 10:00 Tai Chi BA 11:00 Trivia with Jack AS
	9 2:00 Movie "Nights in Rodanthe" TR 3:00 Alterations by Ker from VO'S Tailor Shop Contact Chelsea	10 10:30 Town Meeting BA 3:00 Book Club Meeting "The Book Club for Troublesome Women" by Marie Bostwick L	11 9:00 Men's Coffee Hour AS 10:00 Tai Chi BA 11:00 Trivia with Jack AS 1:30 Transitions Talk BA
	16 10:45 Worship Service with Bethany Christian Church of Tulsa BA 2:00 Movie "Oklahoma!" TR	17 9:30 CORE Fitness BA 10:00 Strength & Balance BA 10:30 Bingo with Nancy AS	18 9:00 Men's Coffee Hour AS 10:00 Tai Chi BA 11:00 Trivia with Jack AS 2:00 Poetry Hour AS
	23 2:00 Movie: "The Adventures of Huckleberry Finn" TR	24 9:30 CORE Fitness Class BA 10:00 Strength & Balance BA 10:30 Bingo with Nancy AS 3:00 Rereading the Classics Book Club "The Adventures of Huckleberry Finn" L	25 9:00 Men's Coffee Hour AS 10:00 Tai Chi BA 11:00 Trivia with Jack AS 1:30 Transitions Talk BA 3:00 Transportation to the Polls RSVP to Julie by 8/20
	30 2:00 Movie: "Wonder Wheel" TR	31 9:30 CORE Fitness Class BA 10:00 Strength & Balance BA 10:30 Bingo with Nancy AS	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Abbreviation Key.</u> AS- Art Studio BA - Burnstein Auditorium IND - Independent Living IP - Indoor Pool L - Library ML - Manor Lobby DR - Dining Room TR - Theater Room RSVP- Reservations Required		1 SABBATH 2:00 Movie: "The Aeronauts" TR
5 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 11:00 Walmart Neighborhood Market IND 3:00-4:00 Watercolor Class with Mary Lee Weaver AS RSVP To Chelsea by 7/31 5:30-6:30 Bailey's Ice Cream Truck - Manor Parking Lot 	6 10:00 Tai Chi BA 11:15 IND Outing: River Spirit Casino RSVP to Chelsea by 8/3 	7 10:00 Yoga BA 2:00 Dust Off Your Boots with Muddy Boots Line Dancing BA 	8 SABBATH 2:00 Movie: "Letters To Juliet" TR
12 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 11:00 Reasor's IND 1:00 Lifelong Learners with Rabbi Kaiman TR 3:00-4:00 Watercolor Class with Mary Lee Weaver AS RSVP To Chelsea by 8/6 	13 8:30 Breakfast with the Guys at Big Biscuit RSVP to Julie 10:00 Tai Chi BA 11:15-12:15 Bookmobile ML 3:00-4:00 Notarizing Absentee Ballots AS RSVP to Julie by 8/10	14 10:00 Yoga BA 4:00 Shabbat Service BA	15 SABBATH 2:00 Movie: "Raising Helen" TR
19 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 11:00 Walmart Neighborhood Market IND 1:30 Tulsa Flyer BA	20 10:00 Tai Chi BA 6:00-8:30 Casino Night BA 	21 10:00 Yoga BA 1:30 Ladies Social Hour BA 	22 SABBATH 2:00 Movie: "Late Night" TR
26 9:30 CORE Fitness BA 10:00 Strength & Balance BA 11:00 Discussion Group AS 11:00 Walmart Neighborhood Market IND	27 10:00 Tai Chi BA 3:30 What in the World? This Is My Life at Tulsa World featuring Ken Neal BA 	28 10:00 Yoga BA 10:30 Paw Pals ML 3:30 Cocktail Hour BA  	29 SABBATH 2:00 Movie: "The Good House" TR