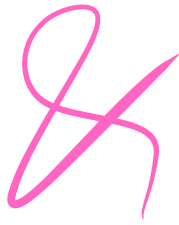


ZARROW POINTE

news

MAY 2023



views



National Senior Health & Fitness Day

"Move More to Do More"

On May 31st our community will join an estimated 1,000 other groups across the country to celebrate the 30th Annual National Senior Health & Fitness Day. As an official host site we will be encouraging our residents to participate in a variety of special events throughout the month that all support the need to "move more". The overall goal is to promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

From your brain to your joints, moving every day has the power to improve every part of your body. It's simple – whether you choose to implement small movements into your routine or try a new activity like aquatics or Tai Chi, increasing your daily mobility can help upgrade your overall health.

It doesn't require a specific type of exercise to feel the benefits of movement. Just walking is a great way to begin. Consider participating in our "Art of Movement" Scavenger Hunt this month. Given a small clue you will be challenged to find the appropriate piece of 60 different works of art located in our building! Watch for more details!

Beginning at 9:00 a.m. on May 31st there will be a variety of health screenings, and more - all designed to encourage movement for better health.

BE!

Brain Enrichment Course Beginning May 4th 11:00 a.m. Library

Research has indicated that healthy seniors are sometimes able to maintain and even improve their cognitive skills through training. The goal of the **Brain Enrichment Course** is to provide cognitive stimulation to help the brain maintain thinking and memory skills, or to help slow any decline that may otherwise occur with normal aging.

The course involves fun brain exercises, games and practices designed to target various cognitive skills. Classes will be held from 11:00 a.m. to 12:00 p.m. on Thursdays in the Zarrow Pointe Library.

Each 10-week course will be limited to ten participants. Please contact Julie Fielden in Activities to sign up.

Mother's Day

CHAMPAGNE BRUNCH

SUNDAY, MAY 14

11:00 A.M. - 2:00 P.M.

CALL DINING SERVICES TO

RSVP BY MAY 11

GUESTS - \$25.00

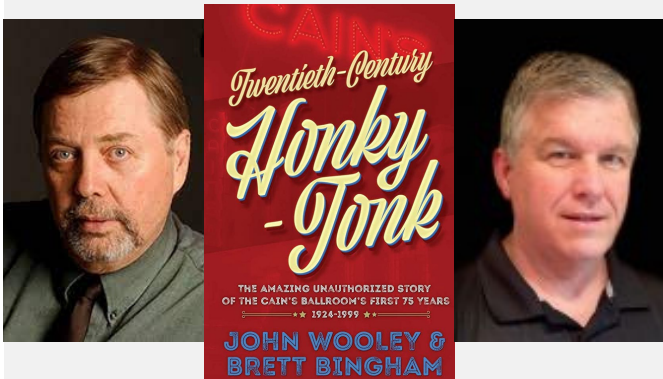


**Guest Speaker -
Maria Swatek with
NanoPac**

**Tuesday, May 16 -
2:00 p.m.
Burnstein Auditorium**

NanoPac - based in Tulsa, Oklahoma - provides assistive technology for individuals with disabilities such as low vision, blindness, reading disabilities and blindness. Magnifiers, reading machines and reading glasses are a small sample of items provided by the company.

Maria Swatek from NanoPac will be here to introduce devices to residents with low vision to access print, objects in their environment and the computer. You will be given the opportunity to ask questions and get hands on experience with the devices.



**John Wooley & Brett Bingham
Authors**

**Thursday, May 25 - 3:30 p.m.
Burnstein Auditorium**

The Amazing Unauthorized Story of the Cain's Ballroom's First 75 Years in the words of the people who made it happen. From 1924 through 1999, TCHT tells it all, from Bob Wills and His Texas Playboys to U2, the Police, and Van Halen—as Cain's became an essential stop for breakout acts and cosmic cowboys.



Stroke Prevention Workshop

John Lieber, BSN, RN

**Thursday, May 18 - 3:00 p.m.
Burnstein Auditorium**

Approximately 80 percent of strokes can be prevented. Though some risk factors are uncontrollable, such as age and race, other risk factors ARE in your control and making small lifestyle changes can reduce your stroke risk. Learn what steps you can take to reduce your risk of suffering a stroke.

Register by calling Randy Cogburn at 918-496-8333

Seniors Helping Seniors

A group of high school seniors from Bishop Kelley High School recently answered the call when we reached out for assistance in helping our residents with technology.

Four different students used their well-defined skills to help our seniors navigate their cell phones, tablets, and personal computers with a better understanding of their devices.

Intergenerational learning is a remarkable experience. It fosters a human connection and ultimately each one learns something from the other.

This will be an ongoing program, so if you find yourself in need of assistance reach out to Chelsea in the Activities Department to arrange your own individualized learning session.

Riddle

What do the letter "t" and an island have in common?

First two to call Randy C with the correct answer win a free lunch at Doug's Cafe

March winners: Pat Otto and Del Schuler
The correct answer was: "eat"