

**ZARROW POINTE**

**news**

**JUNE 2023**



**views**



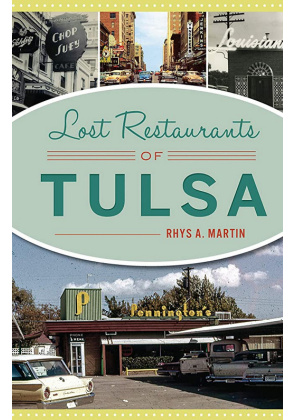
**Tulsa Peoples' Orchestra  
Thursday, June 8th - 7:00 p.m.  
Zarrow Pointe - Manor Parking Lot**

During much of 2020 and 2021, one of the hardest hit sectors of the economy was the performing arts. Theaters, concert halls, studios – across the country and around the world; these spaces shut their doors and extinguished their lights in response to the COVID-19 pandemic, putting thousands of artists out of work and depriving audiences of the joys of live performance.

In the midst of this dire situation, a dazzling new venture appeared in northeast Oklahoma: the Tulsa Peoples' Orchestra (TPO). Founded in Spring 2021 by Benjamin Ray, the TPO's mission is to unite, grow and inspire the Tulsa community with and through music. The orchestra acts on this mission by performing not in concert halls but in informal community spaces, such as parks, squares and even city streets.

During its inaugural season, the TPO comprised 45 musicians, ranging in age from 18 all the way to 72. Since then, the orchestra has grown to 56 proficient musicians who share a passion for bringing their music out into the community.

We are very fortunate that this amazing group has offered to perform for us, right here at home! Join us in giving them a warm Zarrow Pointe welcome!



**Lost Restaurants  
of Tulsa -  
Lunch With the  
Author - Rhys Martin**

**Wednesday, June 28  
11:30 a.m.  
Burnstein  
Auditorium**

In the early twentieth century, Tulsa was the "Oil Capital of the World." The rush of roughnecks and oil barons built a culinary foundation that not only provided traditional food and diner fare but also inspired upper-class experiences and international cuisine. Tulsans could reserve a candlelit dinner at the Louisiane or cruise along the Restless Ribbon with a pit stop at Pennington's.

Join author Rhys Martin on a gastronomic journey through time, from the Great Depression to the days of "Liquor by the Wink" and the Oil Bust of the 1980s.

Our journey will include lunch that includes many of the menu items found in those favorite eating places, some of which will be made from their original recipes, like Bishop's "Brown Derby".

Rhys Martin has been writing about his travels throughout the Midwest and beyond since 2009. He discovered a passion for photography and history while backpacking through Southeast Asia and Europe. When he returned to Oklahoma, he saw his home state with fresh eyes. It was through this lens that he began to explore Route 66 and the story of Tulsa. His writing and photography have been featured in various publications such as This Land, Route 66 Magazine, the Tulsa World and Tulsa People.

Seating will be limited, so make your reservation early by calling Randy C at 918-496-8333



## Birds of Oklahoma

Jay Pruett

Thursday, June 15 - 1:30 p.m.

Burnstein Auditorium

Did you know there are bald eagles living in Tulsa? Have you ever heard of a bald cardinal or a pileated woodpecker? And what's this about "killer" sparrows??? Join us for a fun and informative presentation about the birds of Oklahoma given by Jay Pruett, Vice-President of the Tulsa Audubon Society.



## Situational Safety Awareness

Lori Frank

Thursday, June 22 - 2:30 p.m.

Burnstein Auditorium

Personal safety should NOT be left to chance! Using a little preparation beforehand, and trusting what you see or sense in a situation, can help avoid a lot of trouble. Learn from an expert the practice of habits of awareness that can help you see and avoid danger before it takes you by surprise.

## Core Fitness Training

Monday & Wednesday - 9:30 a.m.

Burnstein Auditorium

There is more benefit to strengthening your core than just getting six-pack abs. Core fitness can actually improve your balance and stability, making you less likely to experience falls. A strong core can improve your posture, which helps to eliminate lower back pain and makes you less prone to other muscle injuries. There will be some exercises in this class that are done in the floor, but others are from a chair or standing position.



**Jo Anna Dossett**

Oklahoma State Senator

Thursday, June 1

3:00 p.m.

Burnstein Auditorium

We welcome our state senator for an open discussion regarding the most recent legislative session, with an emphasis on education.

Jo Anna Dossett was first elected to the state Senate in 2020 to represent District 35, which includes parts of Tulsa County. The Tulsa Democrat followed in the footsteps of her parents to become an educator after earning her bachelor's degree from William Jewell College in Missouri. She also holds a master's degree from Oklahoma State University. Dossett also served in the Peace Corps for two years before returning to the Tulsa area to begin her career and raise her family. She taught for 15 years in the Tulsa area.



## Meet The ROMEO's! Retired-Old-Men-Eating-Out!

Once a week a group of men get together at Doug's Cafe' and shoot the breeze! This group changes week to week depending on the availability of each person. The group formed about a year ago when a resident decided to invite his ZP friends to lunch to celebrate the end of COVID-19 isolation. The group welcomes new gentleman as new residents move onto the campus.

## Did You Know?

- Fathers who share household chores with their wives tend to have more ambitious daughters.
- The number of stay-at-home dads has doubled since the 1970s.
- A child in America is more likely to live with a pet than a father.