

**ZARROW POINTE**

# News & Views

**February 2024**

*Love is in the Air*

During the month of February, we challenge you to perform random acts of kindness. Showing love for others brings a sense of mental wellbeing. So if the winter blues try to get you down, sneak an anonymous gift into your neighbor's mailbox outside their apartment door, give a stranger a compliment or call a friend to just say "hi". Practicing these small gestures will fill your heart with the joy of love and kindness.

## **The (Not So) Newlywed Game**

**Thursday, February 1st**

**3:00 p.m.**

**Burnstein Auditorium**



An oldtime favorite with a fun twist. Featuring couples from Zarrow Pointe as the contestants and our very own Randy Cogburn as the game show host, this exciting, funny, sometimes a-little-too-much-information game has been a big hit over the years. Come be a member of the audience as ZP couples answer questions about their spouse and earn points toward winning the grand prize.

Champagne ~ Wine ~ Beer will be served.

## **50's Music with Ben Neikirk**

**Wednesday, February 14th**

**3:30 p.m.**

**Burnstein Auditorium**

On February 3, 1959, three young rock & roll musicians, Buddy Holly, Richie Valens and The Big Bopper, perished in a plane crash in Iowa. The date is often dubbed as 'The day the music died' in reference to the lyrics of Don McLean's 1971 song 'American Pie'. Sixty-five years later, multiple generations still enjoy singing along to their music. On February 14th, Ben Neikirk will perform 50's style songs while residents tap their toes and sip on cocktails.

**Guest Speaker:**  
**Phil Lakin, Jr.**  
**What Is a CGA?**

**Monday, February 11th**  
**11:00 a.m.**

**Burnstein Auditorium**



Phil Lakin, Jr. is the CEO of The Tulsa Community Foundation, one of the largest community foundations in the United States. Mr. Lakin sets the strategic vision for TCF and supervises both long-term and daily goals and initiatives. He also serves as a director of GKFF, Tulsa Beautification Foundation and Tulsa Educare as well as serving with many other local organizations. He will be at Zarrow Pointe on February 11th to talk about CGA's.

"Those who are happiest are those who do the most for others" -  
Booker T. Washington

**Live Music:**  
**Don Ryan**  
**Jazz Pianist**

**Sunday, February 25th**  
**3:30 p.m.**

**Burnstein Auditorium**



A commanding and dynamic pianist, Don Ryan has been called "a music kaleidoscope, sparkling at everything he plays." This "everything" artist encompasses the arenas of classical, religious/ inspirational, pop, jazz and ragtime. His virtuosity and amazing gift of improvisation have delighted audiences throughout the USA.

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." - Lucille Ball



## Lunchtime Travelers: New Orleans

**Tuesday, February 13th  
12:00 p.m.  
Burnstein Auditorium**

Visit New Orleans without leaving the building! On “Fat Tuesday” we will visit the city of jazz, gumbo and Mardi Gras. Explore the vibrant streets of the French Quarter and immerse yourself in the city's rich history & culture.

Stop by the Activities Department by **February 8th** to pick up your boarding pass so you can take part in this exciting adventure to the Big Easy. Cajun food will be served for lunch at the event. Seating will be limited, so don't wait to make your reservations.

## Crafting with Korra Valentines for Vets & Mardi Gras Floats

**Friday, February 2nd & 9th  
2:00 p.m.  
Art Studio**

For the second consecutive year, residents will be making hand-made Valentines for Vets. Some of these special Valentines day cards will be delivered to our veterans in health care. Others will be delivered by a local radio station to veterans in the Tulsa area to let them know they are appreciated.

On February 9th, residents can join Korra for a unique project. Mardi Gras “parade floats” will be constructed from shoe boxes (donations needed) and decorated with festive Mardi Gras items. The floats can then be entered into a competition during the “Lunchtime Travelers: New Orleans” event on Fat Tuesday. There are a lot of very creative people here at Zarrow and we can't wait to see what you come up with!



## Brain Enrichment Course

**Beginning Friday, February 2nd  
10:30 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 10:30- 11:45 a.m. on Fridays in the Zarrow Pointe Library. This eight week course will be limited to ten participants. Please contact Julie in the Activities Department to sign up.

## The Anatomy of a Heart Randy Cogburn

**February 22nd  
3:30 p.m.  
Theater Room**

February is considered American Heart Month, hence, there is much attention placed on our lifestyle in preventing heart disease.

Take a walk through the chambers of the heart as we examine each facet of whole person wellness, and the role that all will play in having a healthy heart.

This will be an interactive discussion.

Seating is limited, so please call Randy for reservations. 918-496-8333

Wear red and receive a gift!

## R I D D L E

I warm the heart and I chill the skin, I can take human form, but I may vanish into nothing, soon after I am born. What am I?

