



Philbrook: Art In Bloom

**Friday, April 5th
10:30 a.m.**

Independent Residents

"See Philbrook through the creative eyes of floral designers. Art in Bloom is a museum-wide experience that features stunning structures made by local floral designers, inspired by the architecture and art of Philbrook." quoted from Philbrook.org. Residents will have lunch at Wild Fork Restaurant at Utica Square and then visit the exhibit at Philbrook Museum. Call the Activities Department to make reservations.



Passover 2024: Eve of April 22nd - Eve of April 30th

Passover, also called Pesach, is a major Jewish holiday that celebrates the Biblical story of the Israelites escape from slavery in Egypt.

At Zarrow Pointe the first seder dinner will be April 22nd at 5 p.m.. Please make your reservations early by calling Dining Room Services at 918-496-8333, extension 313.



**Thursday, April 18th
6:30 p.m. - 8:30 p.m.
Burnstein Auditorium**

This year we are excited to host our first ever Zarrow Pointe Senior Prom! It will be a time to remember with music, dancing, cocktails and more. A special dinner will be served in the main dining room beginning at 5:00 p.m.

The theme is "Under the Sea", so get ready for a unique experience, but you won't need scuba gear!

Don't worry if you don't have a date, just come stag, and meet some NEW friends.

Formal attire is most definitely suitable, but not required.

There will be a photo opportunity for you to be captured looking your best.

You're never too old to attend a senior prom!

I Ching Drumming with Jan Eskridge

**Wednesday, April 10th
3:30 p.m.
Burnstein Auditorium**



I Ching drumming is a form of traditional Chinese percussion that follows the pattern of hexagrams of the I Ching (The Book of Changes). The rhythmic interpretations of the teachings are believed to enhance focus and concentration.

Jan Eskridge has been teaching this form of drumming for many years and is excited to share the art and history with residents at ZP. She will supply all instruments for the class. No previous musical knowledge is required so come learn something new!

Marcia Jankowsky Memorial Cantorial Concert

**Sunday, April 7th
6:15 p.m.
Depart for Temple Israel**

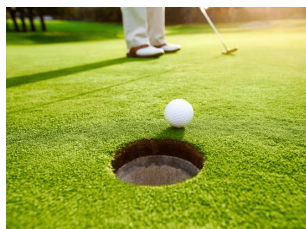
This year's production is titled "Can't Stop the Beat" and will feature Israeli composers and American composers. The music will include Psalms, Piyyutim, early American standards and soft rock from the 70's. Transportation will be provided, so call Chelsea in the Activities Department today to save your seat!

Total Solar Eclipse Trip

Zarrow Pointe residents will travel to Atoka and Antlers, Oklahoma with residents from Trinity Woods Senior Living to view the total solar eclipse. The group will leave on April 7th and enjoy dinner at *Reba's Place* in Atoka. After spending the night in Atoka, they will travel to Antlers to the *Wildlife Heritage Center Museum* to watch the eclipse. The next total eclipse isn't expected until 2044 so this is a rare opportunity. We are thankful for Trinity Woods' Life Enrichment Coordinator, Irene Brown, for planning this trip and inviting ZP to join in the fun.

Putting Contest

**Thursday, April 4th
10:00 a.m.
ZP Putting Green**



Residents will have a friendly competition on the putting green on Thursday, April 4th at 10:00 a.m. One of the most significant benefits of a putting contest is the ability to build and strengthen community engagement. Golf has always been known for its social nature, and a putting contest provides the perfect platform to bring people together. This small scale event will help foster a sense of camaraderie and friendly competition among participants. If you would like to participate, please contact Julie in the Activities Department at 918-496-8333 ext 241.

Matt Gallagher - Author Guest Speaker

**Friday, April 26th
10:00 a.m.
Burnstein Auditorium**

Matt Gallagher is the author of four books, including *Youngblood*, a finalist for the Dayton Literary Peace Prize. His work has appeared in *Esquire*, *ESPN*, *The New York Times*, *The Paris Review*, and *Wired*, among other places. A U.S. Army veteran of the Iraq war, his new book, *Daybreak*, is a novel about the ongoing Russo-Ukrainian conflict. In February 2022, as Russia's renewed invasion of Ukraine began, Gallagher joined fellow combat veterans Adrian Bonenberger and Benjamin Busch in the Ukrainian city of Lviv to voluntarily train a civilian defense force.

"If you live to be one hundred, you've got it made. Very few people die past that age." - George Burns

Zarrow Pointe Centenarians

Centenarians currently make up just 0.03% of the overall U.S. population, while here at Zarrow Pointe our percentage of residents aged 100 or greater is an amazing 6.25%! Eight of our residents are centenarians, (six are pictured below) and by the end of this year one more will join the 100-year-old club! Pictured below from left to right are, Fannie Ecker, Isabel Sanditen, Rita Shisler, George Krumme, Nancy Bloomfield, and Stacia Fielding.

Our residents enjoy many educational, social, and recreational activities keeping their days fulfilled and vibrant. Some of the things they attribute their longevity to are daily exercise, a positive attitude, a sense of humor, maintaining a healthy diet, and a little bit of luck.

