



Trivia Night With Guest Host Phil Goldfarb

Thursday, Sept. 19th
5:00 p.m.
Burnstein Auditorium

It's time for our annual *Trivia Night Dinner with a Benefit*. Cost of entry is one (or more) nonperishable food items that will be donated to the Food Bank of Oklahoma. The game is played in groups of 6 or 7 people, so don't worry if you aren't great at answering trivia questions just come have fun! Each member of the highest scoring team will receive a prize. Dinner will be served in the auditorium to those in attendance. Space is limited so call Randy Cogburn today to reserve your seat for this very popular event.



The Great Courses

Mondays
11:00 a.m.
Theater Room

This month the topic of study will be "Life Lessons from the Great Books". Get more details on page 2 of the News & Views.

Never stop learning with enriching courses by the world's greatest professors and experts.

Guest Speaker:
Dr. Chandini Sharma
"Can We Reverse Alzheimer's?"

Tuesday, Sept. 3rd
3:30 p.m.
Burnstein Auditorium



According to a 2024 Alzheimer's Facts and Figures report, nearly 7 million Americans aged 65 and older are living with Alzheimer's. Chandini Sharma, doctor of geriatric and internal medicine, will be here to discuss the latest Alzheimer's medications and the advancements being made in controlling and possibly even reversing the effects of Alzheimer's Disease.

Guest Speaker: Laura Bryant
Anthropology
Collections Manager
Gilcrease Museum



Friday, Sept. 20th
10:00 a.m.
Burnstein Auditorium

The Gilcrease Museum is regularly repatriating to and consulting with Native American tribes for the return of their ancestors' remains, funerary items, sacred objects, and objects of cultural patrimony. Laura Bryant, who coordinates these returns for the museum, shares the values of these relationships and their impact on preserving and exhibiting Indigenous collections for the future museum. Ms. Bryant, granddaughter of resident Ruth Ann Fate, will be at Zarrow Pointe on September 20th to discuss her roll at Gilcrease.

Give every day the chance to become the most beautiful day of your life.

**Bluegrass Music:
Shelby Eicher and
Accompanist**



**Tuesday, Sept. 10th
6:30 p.m.
Burnstein Auditorium**

Shelby Eicher grew up in Northern Ohio playing square dances with his mom, dad, grandmother and the Fulton County Sand Shifters.

As a member of Roy Clark's band for 15 years, Shelby recorded five albums and appeared numerous times on The Tonight Show, Hee Haw, Grand Ole Opry, Merv Griffin Show and many others. He has recorded soundtracks for movies and jingles including Sponge Bob Squarepants and Dukes of Hazzard. He is in the National Fiddlers Hall of Fame, a Harwelden artist in schools and a member of the Tulsa Symphony Education Committee.

This event promises to be filled with lively music and good times. You are welcome to invite your friends and family.

OSU OLLI Open House

**Thursday, Sept. 12th
11:00 a.m. - 1:00 p.m.
Town Center**



OKLAHOMA STATE
UNIVERSITY

As another fall semester rolls around, Oklahoma State University will be offering two new courses at Zarrow Pointe directed by Osher Lifelong Learning Institute.

The first class is "Planning for the Future: Checking All the Boxes with Oklahoma Senior Law" which will meet Wednesdays at 10:00 a.m. from October 2nd through October 23rd.

The second class is OLLI's tried-and-true movie class – the fall session will focus on Barbara Streisand films. It will also be held weekly on Wednesdays, from October 2nd through November 6th from 1:30 - 4:30 p.m.

Plan to stop by the OSU OLLI booth on Thursday, September 12th, located near the Town Center entrance, to sign up. Zarrow Pointe pays a portion of the fees for the classes. Don't miss out on these in-person educational opportunities.

**Independent Outing:
Tulsa Drillers Baseball**



**Wednesday, Sept. 4th
11:15 a.m.**

Bring your appetite for hamburgers and hotdogs as you watch a noon game from a seat in the shade. The Drillers will be playing the San Antonio Missions. Call Chelsea to reserve your ticket today. Space on the bus is limited.

**The Bistro
at Seville
Tuesday,
Sept. 10th
11:15 a.m.**



Join us for lunch at The Bistro at Seville. Offering appetizers, salads, soups, sandwiches, burgers, wraps, entrees and desserts, The Bistro is the perfect south Tulsa destination.

Independent residents can sign-up by the mailboxes or call Chelsea to make a reservation.

**Massage Therapy at
Zarrow Pointe
Richard Hughes, LMT**



Richard Hughes has been a licensed massage therapist for over 30 years. He is a life-long Tulsan and married with one daughter.

He serves clients at both the JCC and here at Maxine's Salon & Spa, which is located between the Town Center and Kaiser Health Care Center.

Our salon is equipped with an electric hi-lo massage table with adjustable back for comfort which makes it more accommodating for many of our residents. Zarrow Pointe residents receive a discount which equates to \$40 for one hour, \$20 for half hour, and a 30-minute foot or hand massage for \$20. A heated table warmer and moist heat pack for back and neck are available when desired. Sessions include relaxing spa music in a comfortable setting. For appointments, call or text Richard at 918-519-5014