



A Festival of Lights - A Message of Hope

Hanukkah and Christmas overlap roughly once every 15 years when the first night of Hanukkah falls on Christmas Eve or Christmas Day. This has happened only four times since 1900. This year will mark the fifth time.

Both holidays are rooted in religious events and centered around family time together. Each promotes messages of goodwill, and both include the use of lights in some way.

In times when life hits us hard, we find hope when we see light in the darkness.

Light is often a symbol of hope and healing. In fact, as Desmond Tutu said: "Hope is being able to see that there is light despite all of the darkness".

May the light of this holiday season fill every corner of your heart with warmth, love and peace.



TCC Signature Symphony Quartet Cider, Cocoa and Classics

Friday, December 6th
10:30 a.m.

Burnstein Auditorium

Kick off the holiday season with lively music by the TCC Signature Symphony Quartet. Sip on something warm and start your morning with some classic tunes.



Independent Resident Outing: Sapulpa Christmas Chute Tuesday, December 17th 6:15 p.m.

A magical holiday experience in downtown Sapulpa. There is something for everyone at The Christmas Chute, voted one of Oklahoma's top five holiday light destinations! Call the activities department to reserve your seat on the bus. 918-496-8333

Outing: Holiday Lights Driving Tour Tuesday, December 18th 6:15 p.m.

Independent and assisted living residents will have the opportunity to enjoy a drive around the area to view holiday lights. Upon returning, they will enjoy cookies, hot cocoa and fellowship. Call the activities department to reserve your seat on the bus. 918-496-8333

New Years Eve Party

Tuesday, December 31st
6:30 - 8:30 p.m.

Burnstein Auditorium



DJ Robert Sexton will be here to play our favorite tunes as we dance our way into the new year. (Robert was the DJ at the senior prom and did a terrific job.) Dress up or come as you are, just don't miss the fun!

Guest Speaker:
Dr. Chandini Sharma, M.D.
“Can We Reverse Alzheimer’s”

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



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.

Brain Enrichment Course

Beginning Thursday, December 5th
1:30 p.m.
Library

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 for eight weeks from 1:30 - 2:45 p.m. on Thursdays in the library. Please contact Julie in the Activities Department to sign up.

Tulsa People’s Orchestra **Brass Ensemble**

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

Comprised of talented local musicians, the orchestra fosters community through captivating performances that enrich Tulsa’s cultural tapestry.

Greeting Cards by Zarrow Pointe

Residents and employees have created greeting cards to sell to raise money for Zarrow Pointe’s “**growing green initiative**”, specifically for the solar panel project. Packets of these beautifully unique cards may be purchased in the activities department during normal business hours.

Armchair Travelers:
Iceland -
with Sarah Howman

Thursday, December 12th
3:30 p.m.
Burnstein Auditorium



Sarah Howman (cousin of resident Arlene Chemers) visited Iceland in August 2024. Sarah explored much of the southern region of the island by hiking up mountains and getting soaked in waterfalls, to exploring Viking ships, and swimming in hot springs. She even got married on the Black Sand Beach! Sarah will talk about her weeklong trip, the places that she visited, and of course share the majestic and almost unreal photos throughout the adventure.

Water’s Aquatic Center
A new face and new programs



Hi Zarrow Pointe Family, my name is Chelsi Singleton and I will be joining you from the Waters Aquatic Center! I am very excited to meet all of you and become a part of this lively community. My joy has always come from being able to help others and also, to be as close to the water as possible!

I graduated in 2015 from Tulsa Community College with a degree in occupational therapy and have been practicing ever since. For several years I provided school-based and aquatic therapy for the pediatric population, and I still continue to treat patients in the inpatient rehabilitation unit at Saint Francis Hospital. In 2022, I became an instructor for Tulsa Tech, teaching employability skills to recent high school graduates challenged with disabilities.

Beyond therapy services in the pool, I have also taught private swim lessons for the YMCA and on my own throughout my summers as time is available.

I LOVE the water, and I am so thankful to be able to share my passion and experience in therapy, aquatics and service with the residents of Zarrow Pointe!

Review your calendar and make note of new classes starting in December at the pool.