



## Thoughts and Quotes about January

January is the month to appreciate the beauty in simplicity. – John Geddes  
 January is the month to surround yourself with positivity and let go of negativity. – Unknown  
 In the journey of life, January is the month of renewal and rebirth.  
 New year, new dreams, new possibilities – embrace the magic of January.  
 As the year begins, let your heart be filled with hope and your spirit with determination.  
 January is the canvas; it's up to you to paint a masterpiece.  
 Welcome January: January is a time of quiet and new beginnings. – Unknown  
 In January, you can start again. Trade in the past for the future.  
 January is the month when everyone goes back to being themselves.  
 – Byron Pulsifer  
 January looks forward to the new year and back to the old year.  
 January is the beginning of a book with 365 blank pages.”

*A dream is a wish your heart makes.*

## Birthday Celebration, Cocktails and Live Music by Tim Swanson

Thursday, January 16th  
3:30 pm  
Burnstein Auditorium



This is not just a birthday celebration; it's a heartfelt reminder of the vibrant lives led by Zarrow Pointe residents, and a testament to the joy and companionship that they foster. As melodies fill the air and laughter echoes through the halls, the spirit of togetherness will be the true highlight of this memorable celebration in honor of all those with a January birthday.

## Watercolor Classes

Friday, January 3rd & 17th  
2:00 pm  
Art Studio



Starting in January we will be offering watercolor painting classes using online instruction presented by various artists. Regardless of your previous experience, these tutorials are a step-by-step way to learn. All who are interested should sign up in advance with Randy Cogburn.

## Tulsa Opera Traveling Voices

Tuesday, January 28th  
3:30 pm  
Burnstein Auditorium



These talented Filstrup Resident Artists perform a variety of favorite musical pieces from the worlds of opera, Broadway, and the occasional surprise! From Puccini to Rodgers and Hammerstein, the Tulsa Opera Traveling Voices will leave you clamoring for more.

## Aquatic Health Benefits



Did you know that getting in a pool can immediately have a positive impact on your health?

Water's buoyancy reduces the amount of gravity on the body creating less joint pain and more mobility. And because there is less pain, the pool can be one of the best places to gain endurance by increasing your lung capacity and building strength!

Participating in water exercise is one of the best ways to increase muscle tone, including the most important muscle- your heart! The hydrostatic pressure of water actually provides a constant resistance, multiplying every step and swing of the arm without even thinking about exercising.

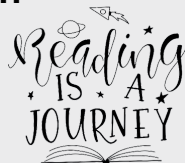
Plus, the water is actually like a compression garment and can provide decreased swelling and enhanced circulation.

So, whether you are looking for a basic class to try out or looking for a more advanced class, come check out the new aquatic classes at our indoor pool!

## Rediscovering Life Lessons from Children's Books with Dr. Cathy Kass

Friday, January 10  
11:00 a.m.

Manor Lobby Fireplace



Delve into some of our favorite children's books and rediscover the life lessons they hold adults. Led by Dr. Cathy Kass, this program will be a testament to the enduring power of stories to teach, connect, and inspire, bringing out the wisdom and warmth in everyone involved.

## Walker and Wheelchair Maintenance

Thursday, January 23  
2:00 - 3:00 p.m.

Burnstein Auditorium



The maintenance department will be available in the Burnstein Auditorium from 2:00 - 3:00 to address any issues you may be having with your walker or wheelchair. No appointment needed.

## Ladies PositiviTea

Tuesday, January 14th & 28th  
3:00 p.m.  
Manor Lobby



Ladies, join us for a cup of positivitea! If you're looking for a supportive community where you can grow, thrive and celebrate life, consider joining Ladies PositiviTea. Even in challenging times, a supportive community can light up the path to a happier, more fulfilling life. Together, we can create a world where positivity is not just an aspiration but a daily reality.

## Voter Registration and Absentee Ballot Application

Tuesday, January 7th  
1:00 to 3:30 p.m.

Art Studio



If you moved to Zarrow Pointe over the past year and haven't changed your voter registration, you will need to do so before the next election cycle. Also, if you vote by absentee ballot you must renew your application at the beginning of each year. The forms can be filed online or by mail. If you would like assistance, call Julie in the Activities Department to make an appointment for January 7th.

## Third Annual Valentine's For Vets

Thursday, January 30th  
3:00 p.m.

Art Studio



Residents will gather in the Art Studio to create handmade Valentine's Day cards for local veterans. This ZP tradition is truly a labor of love. Those who have participated in the past have found it heartwarming to be able to lift the spirits of veterans during the cold winter months.

## National Parks of America

Wednesdays in January  
1:00 p.m.

Theater Room



A docuseries that showcases the world-famous and lesser-known national parks so that viewers can discover the diversity and wonder of the United States.