



Friendsgiving

Wednesday, Nov. 20th
5:00 p.m.
Burnstein Auditorium

Join us for our first Friendsgiving potluck. "Friendsgiving" is Thanksgiving that you celebrate with your friends. The kitchen will provide the delicious turkey and drinks. Residents will bring their favorite holiday dish (either homemade or store bought). When you RSVP to the activities department please provide the name of the dish you will be bringing. If you would like to share your recipe, we will print them and make copies available for anyone who wants them. Please RSVP by Wednesday, November 13th as seating will be limited.



Mondays
11:00 a.m.
Theater Room

The topic of study in November will be "Classical Mythology". Two 30-minute lectures by Professor Elizabeth Vandiver, Ph.D., will be shown each week. More details are provided on page 2 of this month's issue of Zarrow Pointe News & Views.

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

Don't Miss This!

Winnie Guess Perdue
Native Language:
"Talking Leaves"



Thursday, Nov. 14th
3:30 p.m.
Burnstein Auditorium

On November 12th, join us in the auditorium to watch the documentary titled "Searching for Sequoyah". This one-hour film seeks to tell the life story of Cherokee legend "Sequoyah" and show that he was much more than a mere footnote in history books.

While making the film, the crew interviewed Sequoyah's descendants, one of whom is Winnie Guess Perdue. Ms. Perdue, a legend herself, will visit Zarrow Pointe on November 14th to discuss Sequoyah's roll in creating and distributing the written language of the Cherokee Nation during her lecture "Talking Leaves."

Surprise Guest Speaker
Tuesday, Nov. 19th
3:30 p.m.
Burnstein Auditorium



In this fun and educational presentation, a very special guest speaker will discuss how memory works, demonstrate the limitations of attention and short-term memory, and teach strategies to improve retention and recall of names and other important information.

This speaker routinely speaks on topics such as brain fitness, maximizing memory, using memory to write a memoir, and how optimizing sleep promotes brain health. The curriculum she developed to help people learn about brain health and improving cognitive skills is being taught at many senior living communities throughout the country including Zarrow Pointe.



Trip to Gathering Place

**Thursday, Nov. 5th
1:00 p.m.**

Shift your thoughts away from the chaos of this election season and enjoy an afternoon of rest and relaxation at Gathering Place. Sit beside the fire in the beautiful Williams Lodge or take a leisurely walk with friends through this gorgeous award-winning city park. If you are feeling really energetic you may even want to check out the brand-new Williams Crossing pedestrian bridge that connects the park to the west bank of the Arkansas River. Residents should sign up at the mailboxes or call the Activities Department to reserve a seat on the bus.



Trip to Woolaroc

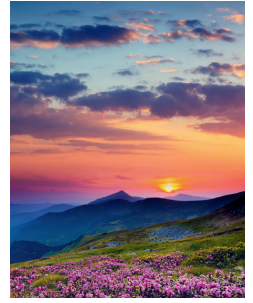
**Thursday, Nov. 7th
11:15 a.m.**

Visiting Woolaroc in Bartlesville, OK, offers a unique blend of history and nature. Explore the 3,700-acre wildlife preserve, home to bison, elk and longhorn cattle. The museum showcases Native American artifacts and Western art. Early November in Northeastern Oklahoma should provide a beautiful scenic drive full of vibrant fall colors.

Independent residents should sign up at the mailboxes or call the Activities Department to reserve a seat on the bus.

Guest Speaker Dale Brown “Speaking of Gilcrease -National Parks”

**Friday, Nov. 8th
10:00 a.m.
Burnstein Auditorium**



Take a break from your Friday morning routine and dive into a scenic presentation of the National Parks.

Dale Brown from Gilcrease Museum will take you on a guided tour of exquisite pictures right from your seat in the auditorium.



Veterans Day Celebration with Denise Hoey and Guitarist

**Monday, Nov. 11th
3:00 p.m.
Burnstein Auditorium**

Every year we take time to honor Zarrow Pointe veterans past and present with a beautiful slide show presentation.

Listen to the stylistic vocals of Denise Hoey and guitar accompanist as we pay tribute to the wonderful men and women who have served our country. Lite hors d'oeuvres and drinks will be served.

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.