



## Celebrating Love

Love is a four-letter word that can be expressed in countless ways. A few forms of love are love for family and friends, love for community, love for the environment, love for music and love of life and self.

Throughout the month of February, a broader perspective on some of these categories will be explored with presentations by guest speakers, live entertainment, interactive discussion groups and opportunities for spiritual enlightenment.



## Speaker Arlene Chemers “Joie de Vivre”

Thursday, February 6th  
3:30 p.m.  
Burnstein Auditorium



Joie de vivre is a French phrase that means a cheerful enjoyment of life, an exultation of spirit, and general happiness. It can also mean a joy of conversation, joy of eating or joy of anything one might do. Synonyms of joie de vivre include keen or buoyant enjoyment of life.

Join Arlene Chemers in an innovative discussion about loving life and loving yourself. Arlene will also discuss the importance of positive “Self-Talk” and the impact it has on your “joie de vivre”.

## Cupid Karaoke Birthday Celebration and Cocktails

Friday, February 14th  
Cocktails begin at 2:30 p.m.  
Karaoke from 3 - 4:30 p.m.  
Burnstein Auditorium



Zarrow Pointe will host a Cupid-themed karaoke birthday celebration to honor residents born in February. Emcee Stephanie Oliver will lead the festivities as residents sing along to recorded music with lyrics displayed on the big screen. Participants will choose songs, follow the lyrics and sing into a microphone.

To make things even more festive, everyone is invited to wear their favorite Valentine’s Day inspired attire.

This musical gathering will offer an opportunity for laughter, connection and joy, ensuring a memorable birthday celebration for all who attend.

Music can activate almost all brain regions and networks including those involved in well-being, learning, cognitive function, quality of life and happiness. - Harvard Health Publishing

## Guest Speaker Corey Williams “Love of the Environment”

Thursday, February 20th  
3:30 p.m.  
Burnstein Auditorium



Corey Williams is an environmentalist and lover of all things pertaining to the environment.

She brings to Oklahoma seventeen years of experience in the environmental and sustainability fields. Corey is the founder, past president and executive director of Sustainable Tulsa.

She is also the daughter-in-law of Zarrow Pointe resident, Phyllis Raskin.



**Sound Therapy with Jackie Rago: Transcendent Tulsa**



**Tuesday, February 4th  
3:30 p.m.  
Theater Room**

Using singing bowls, gong and tishga, with specific notes in sequence that correspond to your body's energy centers, your mind/body relaxes into lower brain wave states. Designed to help your nervous system self-balance between the sympathetic fight & flight and parasympathetic soothe. You will feel centered, calm and rested.

**Breathwork with Tom Bowman: Qigong of Tulsa**



**Tuesday, February 18th  
3:30 p.m.  
Theater Room**

Founder of Qigong of Tulsa Wellness Center he will be introducing movements and practices that can take as little as 20 minutes per day. These exercises can be tailored to match your physical abilities. They are low impact and very powerful when practiced properly.

**“The History of Zarrow Pointe: A Community With a Vision”  
Jim Jakubovitz**



**Tuesday, February 25th  
3:30p.m.  
Burnstein Auditorium**

Serving as CEO since 1999, Jim has seen our community grow a great deal, in many ways. Hear an historical account of how it all started, the changes we have seen over the years, and what's ahead; brick by brick.

**Zarrow Pointe**

**/zar-row pointe/ - proper noun**

1. A community where people of all ages and backgrounds live, work and play together.
2. A group of people who respect the differences in one another and appreciate that the differences are the very things that makes them special.

Synonyms: community, family, friends