



Noteworthy

EVENTS TO INSPIRE, EDUCATE AND MOTIVATE!

ARE YOU BURIED IN TREASURE?



If you have a problem with disorganization, clutter or hoarding, LIFE Senior Services offers a structured 15-session workshop held over a 16-week time period. The next **Buried in Treasure** series starts **August 7** and continues through **November 20**.

Buried in Treasure is offered through the Tulsa Community Hoarding Taskforce, a TRIAD Taskforce partnership between LIFE Senior Services and TRIAD. The workshop is free for individuals interested in addressing their own disorganization, clutter and/or hoarding. If possible, participants are asked to purchase the recommended reading ("Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding," Second Edition, Oxford Press 2014 by David F. Tolin, Randy O. Frost and Gail Steketee) available at local book stores or online for about \$20.

Over the course of the workshop, participants will develop an understanding of their behavior and gain practical tips for reclaiming their lives and their living space. Buried in Treasure meets at the **Brookside Library, 1207 E. 45th Pl., Tulsa, on Wednesdays from 1:30 to 3 p.m.** In order to help the group remain on target, no new members will be accepted after the August 21st meeting. Group size is limited, and pre-registration is required. Call (918) 622-7006 to reserve your spot.

PARKINSON'S EDUCATIONAL FORUM

Every year, the Oklahoma Chapter of the American Parkinson Disease Association (APDA) sponsors a statewide educational forum designed to share the latest news in Parkinson's disease diagnosis and treatment. The event is **free to the public** and people with Parkinson's, their family and/or caregivers are invited.

The **2019 APDA Parkinson's Education Forum** themed "**Pearls of Wisdom: Courage**" will be held on **Saturday, July 27** and includes a

health fair with various screenings, lunch and a 2019 update on Parkinson's disease. A number of vendors and agencies that work with people who have Parkinson's disease will be on hand to share information and explain their products and services. Door prizes will also be given away.

The educational forum is from **9:30 a.m. to 3:30 p.m.**, with check-in beginning at **9 a.m.** The location is the **DoubleTree by Hilton Tulsa - Downtown, 616 W. 7th St., Tulsa**. For more information or to reserve a spot, call the APDA Oklahoma Chapter at (918) 747-3747 or visit www.apdaparkinson.org/OK.

JOIN THE LIBRARY'S SUMMER READING PROGRAM



Tulsa City County Library's (TCCL) annual Summer Reading Program is for all ages. By reading or listening to four books, adults can earn free treats and entertainment, as well as a ceramic space shuttle mug (while supplies last).

The program runs from **May 28 to August 3** and features a number of performers and presentations, as well as rewards for readers accomplishing their goals. Prizes for the adult category include a number of entertainment and food coupons, such as:

- Admission to Gilcrease Museum
- Admission to the Tulsa State Fair
- Admission to the Tulsa Zoo
- Buy one, get one free hot or cold 16 oz. drink from Central Library Starbucks
- Eight-piece chicken wings from Papa John's
- Cheese dippers from Mazzio's
- Breakfast roll from Merritt's Bakery
- \$2 off fines from Tulsa City-County Library

Registration in the program can be completed at **any of TCCL's 24 locations or the Bookmobile**. A complete list of summer reading program prizes, events and details can be found at www.tulsalibrary.org/summer or by calling (918) 549-7323.

TULSA SYMPHONY ANNOUNCES 2019-2020 SEASON



The **2019-2020 season for Tulsa Symphony** has offerings ranging from timeless masterworks to intimate chamber music performances and a live accompaniment to a hugely popular movie. The spectacular season finale will feature iconic folksinger Arlo Guthrie in a live performance with the Tulsa Symphony.

The season gets underway with a free event for the entire family. **Symphony in the Park** takes place at **Guthrie Green on Friday, September 6 at 7:30 p.m.** The concert features a mix of pops and light classics and concludes with fireworks. The PAC series kicks off **September 14** with the annual **Opening Night Gala Concert**. This year the Gala Concert features world-renowned violinist Rachel Barton Pine.

Another highlight of the season will be the **March 14, 2020, "Star Wars: In Concert"** presentation. The Symphony will provide a live orchestral soundtrack while the movie plays on the big screen. The season will conclude with "**Peace, Love & Arlo**," featuring Arlo Guthrie, son of American folk legend Woody Guthrie, in a colorful celebration of the anti-war music of the '60s and '70s on **May 15, 2020**.

Fridays in the Loft presents intimate and informal evenings in the heart of Tulsa's Art District where audiences enjoy Q&A sessions with the musicians, wine, hors d'oeuvres and innovative chamber music. The Loft series is very popular and typically sells out each year.

Tulsa Symphony's Classics Series includes six concerts showcasing the works of famous classical composers and showcasing prominent guest conductors.

Season tickets are already on sale and include the popular FLEX package where subscribers create a personalized mix and match package of programs. Tickets to individual concerts go on sale **July 8**. Concerts in the **Performing Arts Center, 110 E. 2nd St., Tulsa**, begin at **7:30 p.m.** and tickets typically **range from \$15 to \$70**. Call (918) 584-3645 or visit www.tulsasymphony.org for more information or to purchase tickets.