



# Noteworthy

EVENTS TO INSPIRE, EDUCATE AND MOTIVATE!

## SENIOR SAFETY AND LIFESTYLE FAIR



After last year's highly successful event, **LIFE Senior Services** and the **Tulsa Police Department's Senior Services Unit** are pleased to present the **2018 Senior Safety and Lifestyle Fair** for

older, independent adults and their families. The primary focus is health and safety, active aging and maintaining independence. This year's event also features the **News On 6** and **OU Physicians** as presenting sponsors.

Get your day started right and join the Oklahoma Insurance Department for a free breakfast buffet and Medicare fraud presentation at 7:30 a.m. Reservations for breakfast are required and can be made at [www.ok.gov/oid](http://www.ok.gov/oid) or by calling (800) 763-2828 toll-free.

From 9 a.m. until 3 p.m., more than 100 exhibitors, ranging from senior centers, physicians and healthcare services, home improvement companies, financial and insurance advisors, durable medical equipment providers, home health agencies, senior living communities to pet adoption organizations and volunteer groups will be available to talk and share information. Beginning at 9:30 a.m., News On 6 Anchor and Crime Reporter Lori Fullbright will emcee a full slate of presentations and give her popular talk on Cons, Fraud and Scams. Other highlights of the day include:

- ▶ **OU Physicians** offering free health screenings, including blood pressure, body mass index, balance, A1C blood sugar, carotid artery screening (plaque), peripheral arterial disease screening and abdominal aortic aneurysm screening. Fasting is not required to participate in the screenings.
- ▶ **Rx Take Back** with the Tulsa Health Department, CAPSAT and OBNDD will be present, so bring in your unwanted or expired prescriptions and over-the-counter medications for safe disposal. No liquids, inhalers or syringes.
- ▶ **AARP OK** will host a shredding truck with We Shred Onsite from noon until 3 p.m. Bring old tax, medical, banking or other personal papers for on-site shredding.
- ▶ **Paw Pals** trained therapy dogs from Tulsa Dog Training Club will be on hand to greet and visit with guests.

▶ Drop by the News On 6 booth to spin the prize wheel and meet your favorite News On 6 television personalities.

There will also be bingo, entertainment by a Nashville recording artist and door prizes! The first 800 people through the door will receive goodie bags, which contain copies of the brand new edition of LIFE's Vintage Guide to Housing & Services, as well as other treats. Additional copies of the Guide will be on hand. The free Senior Safety and Lifestyle Fair takes place **Tuesday, July 24 from 9 a.m. to 3 p.m.** in the Exchange Center at Expo Square of the Tulsa State Fairgrounds, 4145 E. 21st St. in Tulsa.

## OK MOZART



The **OK Mozart Festival** attracts people from far and wide to Bartlesville to enjoy the music and Oklahoma hospitality. Before you start picturing some fussy event with night-after-night of classical music, consider the festival's new brand: "It's more than classical, it's OKM." Organizers turned to the community to ask them what they wanted, and the public spoke up. This year's event is **June 9 through 15** and includes a number of free options to further music education, plenty of children's activities and several free showcases at various church venues. The main concerts are diverse and appealing, with the classical music often presented in unique venues to spark the imagination. This year's closing event at Woolaroc promises to be a memorable concert by the Tulsa Symphony with fireworks.

- ▶ **June 9:** Country Fest at Silver Lake Farm and Garden – three country bands, a variety of food choices, craft booths and more kick off the festival.
- ▶ **June 10:** Concert under the stars at Sooner Park Bandshell featuring Sons of Serendip.
- ▶ **June 11 – 15:** Classic music takes over with the Miro Quartet, pianist Katie Mahan and wind quintet WindSync in Ambler Hall. On June 14, hear Miro at the Tulsa Planetarium at the Tulsa Air and Space Museum and on June 15, bring your lunch and listen to Miro at the Tulsa Performing Arts Center.

▶ **June 15:** Bring a picnic dinner and lawn chairs to Woolaroc's Clyde Lake to listen to the Tulsa Symphony Orchestra perform great Western Movie themes. Come early for children's activities and enjoy the fireworks that cap the evening's festivities. Gates open at 5 p.m.

**Individual concert prices range from \$10 to \$30 for general admission tickets and \$60 to \$75 for VIP tickets.** Tickets are available at [www.okmmusic.org/festival](http://www.okmmusic.org/festival).

## ANNUAL ASIAN-AMERICAN FESTIVAL



On **Saturday, June 23**, The **Tulsa City-County Library** presents its **16th annual Asian-American Festival**. There will be educational and entertaining events for the entire family to learn more about Asian-American customs and traditions. The festival is sponsored and funded by the Tulsa Library Trust and admission is **free**.

The festival will feature martial arts demonstrations, traditional dance and drumming presentations, authentic arts and crafts booths, interactive educational booths featuring hands-on crafts and activities, an exhibition of children's artwork from Kyoto, Japan, plus food concessions with traditional Asian cuisine provided by Spring Noodles. Scheduled presentations include a Japanese tea ceremony with Yumie Farringer, Japanese drumming by Owasso Public School's Ohitsuji Taiko, Indonesian folk dancing by Lilik and Company World Fusion Dance Ensemble, martial arts demonstrations by Thomas Academy of Tai Chi/Kung Fu and Tulsa Kendo Club, and a traditional Korean drum dance by Dim Dim Dol, and a traditional fan dance by the Korean Angels of Tulsa.

The festival takes place from **11 a.m. to 2 p.m. on June 23 at Martin Regional Library, 2601 S. Garnett Road, Tulsa.** Visit [www.tulsalibrary.org/asianfestival](http://www.tulsalibrary.org/asianfestival) for a complete schedule of presentations or call (918) 549-7323 for more information.