

MONTEREAU

september 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Contact Information: Wellness Clinic: (918) 491-5218 Fitness Programs: (918) 728-8128 Activities & Events: (918) 491-5232</p>		<p>For events requiring a reservation complete your signup sheet and turn in to the concierge or call the activities reservation line at (918) 491-5245.</p>		<p><u>Activities and Event Locator:</u> BA By Appointment BR Board Room CD Concierge Desk CH Commons Hallway CL Commons Library CM Café Mondial CT Coterie Theatre CVL City View Lounge DR Dining Rooms ES Exercise Studio FS Fitness Studio FQ French Quarter (Villa) GL Grand Lawn GRL Grand Riviera Lounge L6 6th Floor Library LC Le Cinéma LM Le Marché LP La Patisserie ME Main Entrance MWC Monterey Warren Chapel R Rotunda R6 Rue 6800 RR Recreation Room SM Studio de Monet V Veranda VP Virtual Programming VZ Vitality Zone WC Wellness Clinic * Trip ** Event moved from usual location *** Details to follow in News Flash</p>		
<p><i>August 30</i> 10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC)</p> <p>This week's Lunch In: Ri Le's</p>	<p><i>August 31</i> 10:00 Catholic Mass (MWC) 1:45 Movie: "To Kill a Mockingbird" (LC) 2:00 Blood Pressure Clinic (WC) 3:30 Toe Tappers (ES) 4:15 Toe Tappers (ES) 5:00 Dinner Music with Mark Bruner (GRL)</p>	<p>TRIP! 1 9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Aquatics (BA) 1:00 Hearing Clinic (WC) 1:00 Rosary (MWC) 2:00 Rock Steady Boxing (BA) 2:00 Resident Committee Mtgs (VP) 2:00 Environmental Services Committee Mtg. (R6) 3:00 ROSE Committee Mtg (CM) 3:15 Virtual Bingo (VP) 7:15 Movie: "To Kill a Mockingbird" (LC)</p>	<p>TRIP! 2 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Ping Pong Team Practice (VZ) *1:30 Trader Joe's Trip 2:30 Toe Tappers (ES) 3:15 Toe Tappers (ES) 3:30 Virtual Happy Hour: Francis Coppola Diamond Pinot Noir (VP)</p>	<p>TRIP! 3 9:30 Aquatics (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee & Caring (GRL) 10:30 Aquatics (BA) 2:00 Rock Steady Boxing (BA) 2:00 Bible Study (MWC) 4:00 A Taste of France Cheese Board Party (CVL) 7:15 National Parks DVD Series: Yellowstone (LC)</p>	<p>TRIP! 4 9:00 Let's Pray Together (MWC) 10:00 Catholic Mass (MWC) *1:30 Ice Cream Tour of Tulsa: Braum's 2:00 Nintendo Bowling (VZ) 3:15 The Reading Group: "That Evening Sun" (CVL)</p>	<p>TRIP! 5 9:00 Nintendo Bowling (VZ) 10:00 - 12:00 Ping Pong Team Practice (VZ) 4:30 Catholic Mass (MWC)</p>
<p>6 10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC)</p>	<p>7 All fitness classes cancelled & Wellness Clinic closed 10:00 Catholic Mass (MWC) 11:00 - 2:00 Labor Day Lunch (DR) 3:30 Toe Tappers- Cancelled</p> <p>Happy Labor Day!</p>	<p>TRIP! 8 9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA) 10:30 Aquatics (BA) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (BA) *1:30 Downtown Tulsa Tour 2:00 Fitness Committee Mtg. (GRL) 2:00 Rock Steady Boxing - Cancelled 3:00 Virtual Bingo (VP) 5:30 Dinner Music with Spencer Sutton (GRL) 7:15 Movie: "Roma" (LC)</p>	<p>9 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Ping Pong Team Practice (VZ) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:00 Food Bank Note Writing (GRL) 2:30 Toe Tappers (CT) 3:30 Virtual Happy Hour: Robert Mondavi Private Collection Chardonnay (VP) 4:00 Episcopal Service (MWC)</p>	<p>TRIP! 10 *9:00 Downtown Tulsa Tour 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA) 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 2:00 Rock Steady Boxing (ES) 2:00 Bible Study (MWC) 3:00 - 4:00 Get to Know Monterey... Again! (Commons) 7:15 National Parks DVD Series: Grand Tetons, Jackson Hole & Hawaiian Islands (LC)</p>	<p>11 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 11:00 - 1:00 Food Truck Friday: Louie's Dawg House (ME) 2:00 Nintendo Bowling (VZ) 2:00 September Birthday Party (GRL)</p>	<p>12 9:00 Nintendo Bowling (VZ) 9:30 Second Saturday Breakfast (GRL) 10:00 - 12:00 Ping Pong Team Practice (VZ) 4:30 Catholic Mass (MWC)</p>

Fitness classes back in session by appointment only. Call Vana at (918) 728-8128 for a schedule and to register.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>13</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) Staff/Resident Ping Pong Tournament: September 13 through 19 (VZ)</p> <p>This week's Lunch In: Goldie's</p>	<p>14</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:00 Fellowship Lutheran Church Service (MWC) 1:45 Movie: "Ford v. Ferrari" (LC) 2:00 Blood Pressure Clinic (WC) 3:30 Toe Tappers (CT) 5:00 - 7:00 Dinner Music with Mark Bruner (GRL)</p>	<p>15</p> <p>TRIP!</p> <p>9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA) 10:30 Aquatics (BA) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (BA) 1:00 Hearing Clinic (WC) 1:00 Color Me Calm (SM) *1:30 Scenic Drive with Jenk Jones: Oologah Lake 2:00 Rock Steady Boxing (BA) 3:00 Virtual Bingo (VP) 7:15 Movie: "Ford v. Ferrari" (LC)</p>	<p>16</p> <p>TRIP!</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Ping Pong Team Practice (VZ) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:30 Toe Tappers (CT) 3:30 Virtual Happy Hour: Mojito (VP) 7:00 GriefShare (CVL)</p>	<p>17</p> <p>TRIP!</p> <p>*9:00 Scenic Drive with Jenk Jones: Oologah Lake 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee & Caring (GRL) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA) 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) *1:30 Ice Cream Tour of Tulsa: Rose Rock Microcreamery 2:00 Rock Steady Boxing (BA) 2:00 Bible Study (MWC) 2:00 Montereau Monthly Tour (CD) 7:15 National Parks DVD Series: Mt. St. Helens, Rainier & Crater Lake (LC)</p>	<p>18</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 12:00 Fit & Fabulous Lunch: Mediterranean Diet (GRL) 2:00 Nintendo Bowling (VZ) 3:15 The Reading Group: "The Tale" (CVL)</p>	<p>19</p> <p>*8:00 Tulsa Farmers' Market Trip 9:00 Nintendo Bowling (VZ) 10:00 - 12:00 Ping Pong Team Practice (VZ) 4:30 Catholic Mass (MWC)</p>																																										
<p>20</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC)</p> <p>Fall Prevention Week!</p> <p>This week's Lunch In: Felini's Cookies & Deli</p>	<p>21</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:45 Movie: "A Beautiful Day in the Neighborhood" (LC) 2:00 Blood Pressure Clinic (WC) 3:30 Toe Tappers (CT) 5:00 - 7:00 Dinner Music with Nick Bratkovich (GRL) 7:00 "The Falling Monologues" (LC)</p>	<p>22</p> <p>TRIP!</p> <p>9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi Demo & Brunch (V)** 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 1:00 Rosary (MWC) *1:30 Scenic Drive with Jenk Jones: Local Landmarks of Route 66 2:00 Rock Steady Boxing (BA) 3:00 Virtual Bingo (VP) 7:15 Movie: "A Beautiful Day in the Neighborhood" (LC)</p>	<p>23</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Ping Pong Team Practice (VZ) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:00 Food Bank Note Writing (GRL) 2:30 Toe Tappers (CT) 3:00 Fit Bites: Fall Prevention Myth Busters (GRL) 3:30 Virtual Happy Hour: Ruffino Prosecco (VP) 7:00 GriefShare (CVL)</p>	<p>24</p> <p>TRIP!</p> <p>*9:00 Scenic Drive with Jenk Jones: Local Landmarks of Route 66 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA) 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 2:00 Rock Steady Boxing (BA) 2:00 Bible Study (MWC) 3:00 Let's Get Crafty: Cork Magnet Succulents (SM) 7:15 National Parks DVD Series: Alaskan Volcanoes & Glacier Bay (LC)</p>	<p>25</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:30 Modern Novels Book Club (CVL) 2:00 Nintendo Bowling (VZ) 6:30 Game Night (SM)</p>	<p>26</p> <p>9:00 Nintendo Bowling (VZ) 9:00 Montereau's Walk to End Alzheimer's & Breakfast (GL) 10:00 - 12:00 Ping Pong Team Practice (VZ) 4:30 Catholic Mass (MWC)</p>																																										
<p>27</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) *1:30 Fresh Market Trip</p> <p>This week's Lunch In: Margaret's German Food</p>	<p>28</p> <p>8:45 Body Max 30 (ES) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (ES) 10:00 Catholic Mass (MWC) 10:15 Core (ES) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:45 Movie: "Knives Out" (LC) 2:00 Blood Pressure Clinic (WC) 3:30 Toe Tappers (CT) 5:00 - 7:00 Dinner Music with Spencer Sutton (GRL)</p>	<p>29</p> <p>TRIP!</p> <p>9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Basic Balance (BA) 10:30 Balance & Tai Chi (BA)** 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 1:00 Rosary (MWC) *1:30 Scenic Drive with Jenk Jones: Two Lakes and Wilderness 2:00 Rock Steady Boxing (BA) 3:00 Croquet & Cocktails (V) <i>Croquet at 3:00, Cocktails at 4:00</i> 7:15 Movie: "Knives Out" (LC)</p>	<p>30</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 9:30 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Ping Pong Team Practice (VZ) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 1:00 Tech Talk: Facebook 202 (CT) 1:30 Painting Class (SM) 2:30 Toe Tappers (CT) 3:30 Happy Hour featuring the Tulsa Opera (GL) 7:00 GriefShare (CVL)</p>	<p>October 2020</p> <table border="1"> <thead> <tr> <th>Sun</th> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thur</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>			Sun	Mon	Tue	Wed	Thur	Fri	Sat					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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