



Voice

of Vitality

december 2020

A Montereau Publication
Tulsa, Oklahoma

Holidays at Montereau

The holidays may look different this year, but we're working hard to make sure they are fun! We plan to include some of Montereau's favorite holiday traditions, while keeping them safe for our residents and staff.

Our annual Merry Mingle party with Santa will be replaced with a Drive-Thru Santa Visit. Your grandchildren and great-grandchildren will still receive treats and toys from Santa. However, their interactions with the big guy will be socially distanced. Your family members will stay in their car and hand Santa their letters. Continue around the ring road and pick up treats, hot chocolate, and a Christmas gift before checking out

the beautiful lights in the Garden Home neighborhood.

We will also adjust our annual Christmas Eve Candlelight Service to keep this special event safe. As we did with our Service of Remembrance, we will pre-record the Christmas Eve service and play it on the in-house TV channel. We will also offer two showings of the recording in the Coterie Theatre on Christmas Eve.

Read about all of the other fun holiday events we have planned inside this newsletter!



We kicked off the holiday season by lighting 47,000 lights on the Grand Lawn!

Check them out on Mondays for Light Nights and on Fridays during our Hot Chocolate Spot events.



MONTEREAU®

december calendar highlights



Lunch In During December

We'll continue to bring you lunch from popular Tulsa restaurants! Mark your reservation sheet to let us know if you would like a menu for the week's lunch. Menus will be distributed the Wednesday before, and your order must be returned the Sunday before the week's deliveries. We only have one scheduled Lunch In for the month of December so as to not conflict with Food Truck Friday or the Christmas and New Year holidays.

Dec. 13: The Bros. Houligan



Mondays in December • 3:30 p.m. • Studio de Monet Paint by Numbers

Let your artistic endorphins flow and experience paint by numbers! Your materials will be provided including a numbered canvas and paints that correspond to each number. Space is limited, and you must wear a mask during this event. Mark your reservation sheet to participate. Call Melanie at (918) 491-5232 for more information.



Mondays in December • Grand Riviera Lounge Dinner Music

Enjoy music as you dine in Montereau's dining rooms. **You must call the hostess desk for dining reservations: (918) 491-5212.**

- Dec. 7: Pianist Spencer Sutton at 5:30 p.m.
- Dec. 14: Guitarist Mark Bruner at 5:30 p.m.
- Dec. 21: Accordionist Nick Bratkovich at 5:00 p.m.
- Dec. 28: Pianist Spencer Sutton at 5:00 p.m.



Fridays in December • 11:30 a.m. • Coterie Theatre Zumba with Tess

Montereau's favorite Zumba instructor is back! Join Tess each Friday to get your heart pumping in this aerobic dance class. Classes are \$10 for the entire month charged to your monthly service fees. Call Laura at (918) 491-5284 if you would like to attend. *There will not be Zumba on Friday, December 25 due to the Christmas holiday.*



Fridays in December • 4:00 - 7:00 p.m. • The Parlour Hot Chocolate Spot

Enjoy complimentary hot chocolate and toppings as you stroll along the Grand Lawn to admire our holiday lights.



Tuesday, December 1 • 10:00 a.m. - 3:00 p.m. • Rotunda Gingerbread House Decoration Watch Party

Watch as the Food & Beverage team creates a large gingerbread house in the Rotunda! This is a come and go event, and reservations are not needed. Questions? Contact Chad Horvath, Director of Food & Beverage at (918) 491-5266.

december calendar highlights



Tuesday, December 1 & 15 • 3:00 p.m. • Virtual Programming Virtual Bingo

Play bingo with your friends via Zoom! You must have an email address and access to a laptop, tablet or phone to be able to join the Zoom call. Email Laura at lallen@montereau.net if you would like to participate. *Virtual Bingo will be at 3:15 p.m. on December 1 due to committee meetings.*



Tuesday, December 1 at 7:15 p.m. • Le Cinéma Movie: "Strangers on a Train"

When Bruno (Robert Walker) meets tennis star Guy (Farley Granger) aboard a train, he confesses he wants his rich father dead, prompting Guy to reveal that he wants to divorce his shrewish wife - so Bruno suggests that they "trade" murders in this Alfred Hitchcock classic. This film is rated PG and runs 1 hour and 41 minutes.



Wednesday December 2 & 9 • 11:00 a.m. • Coterie Theatre Phone Classes

Learn how to get the most out of your smart phone! You can sign up for one class or all of them depending on what you need to know. You must bring your phone with you to the class. Questions? Contact Laura at (918) 491-5284.

- Dec. 2: Utilizing the Calendar
- Dec. 9: Organizing Pictures on Your Phone



Wednesday, December 2 • By Appointment Christmas Pet Pics

Have a Christmas photo taken with your four-legged furry friend! Photos will be taken in your apartment. Mark your reservation sheet to participate. You will be contacted to schedule your time slot for the picture. You are required to wear a face mask. Questions? Call Melanie at (918) 491-5232.



Thursday, December 3 • 9:00 a.m. - 1:00 p.m.

Studio de Monet MAP on the MOVE

Volunteers from LIFE Senior Services will be onsite to assist Towers residents with questions and enrollment in the Medicare Plan Part D prior to the December 7th deadline. Call Channing Rutherford at LIFE Senior Services to schedule your appointment: (918) 664-9000 ext. 1168. Please bring your Medicare Card and current medication list with you to the appointment. A mask is required, and social distancing guidelines will be observed.



Thursdays, December 3 & 17 • 10:00 a.m.

Grand Riviera Lounge Coffee & Caring

The Coffee & Caring group is open to residents looking for meaningful connections with others while getting to know their fellow neighbors and supporting one another. This group is continually evolving. Come join us! Contact Laura at (918) 491-5284 for more information.

december calendar highlights



Thursday, December 3 • 3:00 p.m. • Studio de Monet

Let's Get Crafty: Cookie Decorating

Celebrate the holidays and decorate sugar cookies! Join Kristen for this special project. All supplies will be provided. Space is limited, and a face mask is required to participate. To ensure that we have enough supplies, the deadline to sign up is November 30 at noon. Please mark your reservation sheet to attend this event. Contact Kristen at (918) 491-5233 for more information.



Thursday, December 3 • Tuesday, December 8

Tuesday, December 15 • 6:30 p.m. • Bus Trips

Holiday Light Tours

Get in the holiday spirit and enjoy the beautiful lights of the Tulsa area on a tour with your Montereau friends. Mark your reservation sheet for a seat on the bus. Seating is limited, and a mask is required. Please sign up for only one trip. The bus will return to Montereau by 9:00 p.m.



Thursday, December 3 & 10 • 7:15 p.m. • Coterie Theatre

England, Scotland & Wales DVD Series

Gain an insider's knowledge of one of the world's most fascinating regions in this DVD series created by The Great Tours. Seating is limited, and reservations are required. Mark your reservation sheet for the dates you wish to attend. Contact Melanie at (918) 491-5232 for more information.

- Dec. 3: Buckingham Palace & Parliament
- Dec. 10: Oxford & Cambridge



Friday, December 4 • 10:30 a.m. • Bus Trip

Hobby Lobby Trip

Catch the bus for a shopping excursion to Hobby Lobby! Shop for seasonal décor, gifts, art and craft supplies, greeting cards and more. Bring money for your purchases. The bus will return to Montereau by noon. Mark your reservation sheet for a seat on the bus. A face mask is required on the bus and while shopping inside Hobby Lobby. Questions? Contact Melanie at (918) 491-5232 for more information.



Friday, December 4 • 3:00 p.m. • Your Hall!

Hall Party!

For those unable to attend upcoming events, we're bringing the fun to you! We're concluding the weekly hall parties with our final group - floors 6, 7 & 8! We will bring canned wines and flavored seltzers, as well as some individually packaged treats to your door. We invite you to open your door, have a seat in the hall or doorway and visit - at an acceptable distance - with your neighbors! No need to RSVP. We'll knock on every door. See you soon!

december calendar highlights



Friday, December 4 & 18 • 3:30 p.m. • 6th Floor Library **The Reading Group**

All are welcome to join this group for discussion over short stories. The readings this month are “A String of Beads” for December 4 and “The Golden Honeymoon” for December 18. Contact Laura at (918) 491-5284 if you are interested in joining.



Saturday, December 5 • 10:30 a.m. • Bus Trip **Super Target Trip**

Catch the bus for a shopping trip at Super Target! Shop for groceries, home goods, seasonal items, clothing and more! Bring money for your purchases. The bus will return to Montereau by 12:15 p.m. Space is limited, and a mask is required for this trip. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information



Sunday, December 6 • 2:30 p.m. • Grand Riviera Lounge **Book Club**

Everyone is welcome to join this new book club focusing on new and popular literature. The December book will be “Fire in Beulah”. Contact resident Kay Paine at (806) 672-4401 for more information.



Monday, December 7 at 1:45 p.m. **Wednesday, December 9 at 7:15 p.m. • Le Cinéma** **Movie: “The Holiday”**

Stuck in a vicious cycle of dead-end relationships with two-timing men, Los Angeles resident Amanda (Cameron Diaz) and Londoner Iris (Kate Winslet) decide to swap homes. In the process, their trade paves the way for romances they never imagined possible. This charming comedy from writer-director Nancy Meyers features an all-star cast that includes Jude Law, Jack Black, Edward Burns and Rufus Sewell. This film is rated PG-13 and runs 2 hours and 8 minutes.



Monday, December 7 • 3:00 p.m. • City View Lounge **Tinsel & Tears Grief Workshop**

The Tristesse Grief Center wants to help those dealing with grief and loss during the holiday season. This workshop will be an interactive opportunity for you to honor your loved one with conversations about grief, as well as a hands-on memory box activity. You are encouraged to bring photos of your loved one to create your memory box. This program is free and all are invited. Please sign up on the reservation sheet to attend. Call Laura Allen at (918) 491-5284 with questions.

december calendar highlights



Monday, December 7 & 14 • 4:00 p.m. • Grand Lawn

Light Nights

Take in the new holiday light display on the Grand Lawn with complimentary warm beverages, snacks and live music! On December 7, enjoy "Gnome for the Holidays" with hot cider and your own holiday gnome to take with you. December 14 will be "Candy Land" with hot cocoa and sweet treats. Wine may be purchased at each event and billed to your monthly meal allowance. Mark your reservation sheet to RSVP for these event.

Tuesday, December 8 • 8:00 a.m. - 12:00 p.m.

Concierge Desk

Food Bank Donations

Please drop your food donations, cash or check at the Concierge desk on the day of the Food Bank trips, and our volunteers will deliver them. Most-needed items are canned meats (tuna, chicken, etc.), canned or packaged fruit, canned or boxed meals, soup and stew, peanut butter, pasta and sauce, rice, breakfast cereals, etc. Checks should be payable to the Community Food Bank of Eastern Oklahoma. Thank you for your help.



Tuesday, December 8 • 12:30 p.m. • Bus Trip

Food Bank Volunteer Trip

This twice-monthly trip is a great opportunity for fellowship with other residents while volunteering to help those in need through the Community Food Bank of Eastern Oklahoma. Montereau will be the only volunteer group at the Food Bank during this time, and the work area will be sanitized before our arrival. You must wear a mask during this trip and bus seating is limited. **Mark your reservation sheet for a seat on the bus.**



Tuesday, December 8 • 3:00 p.m. • Coterie Theatre

Cooking with Randy

Come and enjoy some of Montereau resident, Randy Stainer's, favorite party treats at this cooking demonstration! Randy will guide you through a step-by-step demonstration about how to make three delicious crowd-pleasers for the holidays. While Randy is demonstrating his cooking skills and recipes, you will be tasting his appetizers and sipping mulled wine! The cost is \$5 and will be charged to your meal allowance. Please mark your reservation sheet to attend. Contact Laura Allen at (918) 491-5284 for more information.



Wednesday, December 9 • 2:00 p.m. • Grand Riviera Lounge

Food Bank Note Writing

Join other Montereau volunteers to write thank-you notes for the Community Food Bank of Eastern Oklahoma. The notes are sent by the Food Bank to donors. This often encourages repeat donations. The script and supplies are provided. **Mark your reservation sheet to participate.** Cards are also available to write at your own convenience.



december calendar highlights

Wednesday, December 9 from 3:00 p.m. until 6:00 p.m.

Wednesday, December 16 from 11:00 a.m. until 2:00 p.m.



Spa Boutique

Chair Massages

Relax with a chair massage in the Spa Boutique. Montereau's massage therapist, Jessica McGrew, will perform 10-minute chair massages for staff and residents. The cost is \$10, plus gratuity. You may charge your massage to your monthly service fees or pay with a check or a credit card. Appointments are available every 15 minutes. Sign up at the Spa Concierge desk or call (918) 491-5252 to make your appointment. You must wear a face mask to participate.

Wednesday, December 9 • 5:30 p.m. • Rue 6800

32 Winds Wine Dinner

Savor the flavors of the season at our 32 Winds Wine Dinner! This five-course dinner will include perfectly paired wines from 32 Winds Winery.



- 1st Course: Pheasant Sausage and Date Stuffed Quail with Oyster Mushrooms & Roasted Beets
- 2nd Course: Red Snapper in Saffron Broth with Roasted Vegetables & Crispy Leeks
- 3rd Course: Pomegranate Sorbet
- 4th Course: Goat Cheese Stuffed Lamb Lollipop with Pistachio Gremolata & Roasted Grapes
- 5th Course: Fig Trifle

The cost of dinner is \$30, or \$47 with wine pairings, and will be charged to your meal allowance. Call the hostess desk to make reservations: (918) 491-5212.

Thursday, December 10 • 2:00 p.m. • Coterie Theatre

Fit Bites: Resilience & Your Wellbeing

It is never too late to build resilience! Please join us as we discuss the meaning and significance of resilience across the life span, particularly in the later years. Dr. Rebecca Hubbard with the Mental Health Association of Oklahoma will discuss resilience and its impact on various domains of wellbeing, including the physical, emotional, spiritual, mental, and relational domains. This will be an interactive and engaging conversation about the very quality we all need to be well: resilience. Light refreshments will be served. Mark your reservation sheet to attend. Contact Vana for more information: (918) 728-8128.



Thursday, December 10 • 4:30 - 5:30 p.m. • Ring Road

Drive-Thru Santa Visit

We're offering a safe and socially distanced Santa visit for the children in your life! Your grandchildren and great-grandchildren are invited to drive Montereau's Ring Road (with their parents, of course!) to collect treats and to drop off their letters to Santa. Families will drive around the ring road and stop to give Santa their letters, pick up treats, hot chocolate, and a Christmas gift before checking out the lights in the Garden Home neighborhood. Mark your reservation sheet and indicate the number of children that your family plans to bring. Adults and children will remain in their cars during this event. Questions? Contact Melanie at (918) 491-5232 for more information.



december calendar highlights



Friday, December 11 • 11:00 a.m. - 1:00 p.m. • Main Entrance **Food Truck Friday: Curbside Comfort**

Try burgers, hotdogs, chicken nuggets and fries from Curbside Comfort! Please bring cash or a credit card to pay for your purchases. Seating will be available in the Grand Riviera Lounge. Please wear a mask while waiting in line at the truck. Mark your reservation sheet if you plan to order a meal from the food truck. Call Melanie at (918) 491-5232 for more information.



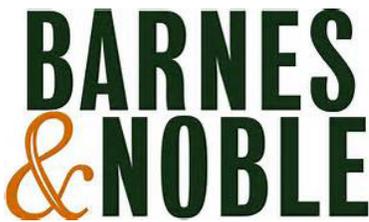
Saturday, December 12 • 9:30 a.m. • Grand Riviera Lounge **Second Saturday Breakfast**

Come for fellowship and food! This month's breakfast will be made-to-order omelets! The cost of the breakfast is \$10 and will be charged to your meal allowance. Seating is limited, and reservations are required. Mark your reservation sheet to attend this event. Please cancel by Friday, December 11 at 9:00 a.m. to avoid being charged for the breakfast. Questions? Call Melanie at (918) 491-5232.



Saturday, December 12 • 4:00 & 7:00 p.m. • Coterie Theatre **Don Irwin Christmas Concert**

Don Irwin, talented pianist, returns to our Montereau stage! Mr. Irwin will perform a variety of Christmas favorites including traditional carols and popular standards. A face mask is required to attend this concert, and social distancing guidelines will be observed. Seating is limited. Please mark your RSVP sheet for only one concert. Questions? Call Melanie at (918) 491-5232 for more information.



Sunday, December 13 • 1:30 p.m. • Bus Trip **Barnes & Noble Booksellers Trip**

Catch the bus to Barnes & Noble Booksellers! Shop for books, 2021 calendars, magazines and more. Bring money for your purchases. The bus will return to Montereau by 3:00 p.m. A face mask is required for this trip. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 for more information.



Monday, December 14 • 12:00 - 4:00 p.m. • Coterie Theatre **Gift Wrapping**

Let us wrap presents for you! Bring your gifts to the Coterie Theatre during the event and enjoy seasonal treats while you wait. You may also drop off your gifts to Kristen Schooley's office located in the Health Center Administration suite Friday, December 11 by 2:00 p.m., and pick them up on Monday. We will provide the wrapping paper, bows and gift tags. Mark your reservation sheet if you plan to bring gifts for wrapping. Questions? Call Kristen at (918) 491-5233 for more information.

december calendar highlights



Monday, December 14 • 2:00 p.m. • Café Mondial

Montereaу "Chopped!" Semi-Final

Watch as the winner of Round 3 and Food & Beverage Director, Chad Horvath, compete in a timed mystery basket challenge to create a meal using surprise ingredients. A team of judges will determine the winner, who will go on to compete against Jeff Marlow, the Executive Chef of the Community Food Bank of Eastern Oklahoma. The cost to attend this round is \$20 per person, which will be donated to the Food Bank. You will enjoy hors d'oeuvres during the competition. Space is limited and seats are available on a first-come, first-served basis. Mark your reservation sheet to attend. Questions? Contact Chad Horvath, Director of Food & Beverage at (918) 491-5266.



Tuesday, December 15 • 1:00 p.m. • Studio de Monet

Color Me Calm

Color yourself calm! Coloring is a relaxing activity that can provide a sense of calm, lower stress and stimulate positive endorphins. Coloring materials will be provided. Mark your reservation sheet to participate in this activity. Social distancing guidelines apply, and you must wear a face mask to participate. Questions? Call Melanie at (918) 491-5232.



Tuesday, December 15 at 7:15 p.m.

Wednesday, December 16 at 7:15 p.m. • Le Cinéma

Movie: "Last Christmas"

In this Yuletide romantic comedy inspired by the music of George Michael, Kate works as an elf at a year-round holiday shop. Kate faces an endless streak of bad luck and poor decision-making until she meets Tom, a kind-hearted man with a mysterious past who challenges her cynical world view. It seems like nothing can keep this mismatched couple together, but sometimes you gotta listen to your heart... and you gotta have faith. Starring Emilia Clark, Henry Golding and Emma Thompson. This film is rated PG-13 and runs 1 hour and 43 minutes.

Wednesday, December 16 at 3:00 p.m.

Thursday, December 17 at 7:00 p.m.

Friday, December 18 at 7:00 p.m. • Coterie Theatre

Disco, Pop & Rock Revue

It's time for the 15th Annual Montereau Variety Show! This year's theme is Disco, Pop and Rock. Acts include the Montereau Toe Tappers, Grand Dames, Stouthearted Men, vocalists Connie Wertz & Joe Peery, and cellist Mary Snider. Due to social distancing guidelines, we will hold three performances. Seats are available on a first-come, first-served basis. No outside guests are permitted. Please mark your reservation sheet for only one date. Contact Vana at (918) 728-8128 for more information. *The Variety Show will be filmed and screened on December 26th at 7:00 p.m. in the Coterie Theatre for those who are unable to attend in person.*



december calendar highlights



Thursday, December 17 • 2:00 p.m. • Concierge Desk Monterea Monthly Tour

Monterea is a large community, and whether you're looking for restaurants, common spaces, or just your in-house mailbox, knowing where to find things on campus can be challenging! Join us on our Monterey Monthly Tour, and let us help you learn the lay of the land. We will depart from the Towers Concierge Desk by the main entrance. Please mark your reservation sheet if you plan to attend. Contact Kristen at (918) 491-5233 or kschooley@monterea.net for more information.

Friday, December 18 • 3:00 p.m.

Grand Riviera Lounge & Coterie Theatre Cheers to the Holidays Parties

Say "Cheers to the Holidays" with festive appetizers and sweet treats! Both locations will have the same refreshments. Mark your reservation sheet to attend the party in either location. Seating is limited, and outside guests are not permitted. A face mask is required to attend this event. Contact Melanie at (918) 491-5232 for more information.



Saturday, December 19 • 10:30 a.m. • Bus Trip Sprouts Farmers Market Trip

Catch the bus to Sprouts Farmers Market and shop for produce, dairy, deli items and more. Bring money for your purchases. The bus will return to Monterey by 12:00 p.m. A mask is required for this trip. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 for more information.



Saturday, December 19 • 2:45 p.m. • Coterie Theatre Bingo!

Bingo is back and better than ever! In-person bingo games have returned with a new digital game format. Card packs are \$5 each, payable in cash. You will play a total of nine games, and winners receive cash prizes. Mark your reservation sheet to attend. Social distancing guidelines will be followed, and you must wear a mask to participate in this activity. Outside guests are not permitted. Contact Melanie at (918) 491-5232 for more information.



Sunday, December 20 • 2:30 p.m. • Le Marché Sunday Sundaes

Celebrate Sunday Sundaes with us! We'll have vanilla ice cream, including sugar-free, and a variety of toppings for you to build your perfect sundae. Mark your reservation sheet to attend this event. Questions? Call Melanie at (918) 491-5232.



december calendar highlights



Sunday, December 20 • 5:00 p.m. • Coterie Theatre

Jenk Jones Presentation: East & West Germany

Resident Jenk Jones, retired news journalist, will give a slide show presentation on East & West Germany. Jenk will share personal anecdotes, history, geography and the political differences of both countries. Seating is limited. Social distancing guidelines will be observed, and a face mask is required to attend this event. Outside guests are not permitted. Please mark your reservation sheet to reserve a seat. Questions? Call Melanie at (918) 491-5232.



Monday, December 21 at 1:45 p.m.

Wednesday, December 23 at 7:15 p.m. • Le Cinéma

Movie: "The Christmas Cottage"

When his mother is in danger of losing her home, young Thomas Kinkade learns lessons about love and friendship as artist Glen Wessler leads the community to help save the house. Meanwhile, the future "Painter of Light" begins to find his own style. Starring Marcia Gay Harden, Jared Padalecki and Peter O'Toole. This film is rated PG and runs 1 hour and 43 minutes.



Monday, December 21 • 3:30 p.m. • City View Lounge

Build-Your-Own Cheese Board Party

Join us to learn the art of building your own cheese boards. Each resident will leave with their own artfully-assembled board and the knowledge to bring charcuterie to their own table! We'll also offer wines that pair perfectly – available at an extra charge during the event. The cost for the charcuterie kit is \$30 and will be charged to your monthly statement. Mark your reservation sheet to let us know you plan to attend. Please RSVP by Monday, December 14 so we can order the correct number of kits. *You must cancel by noon on Tuesday, December 15 to avoid being charged for the event.*



Monday, December 21 • 4:00 p.m. • Towers & Garden Homes

Door Decoration Judging

Show off your holiday spirit by decking Montereau's halls! Decorate your door this holiday season to participate in our Door Decoration Contest, and you could win a prize. Judging of the door decorations in the Towers and Garden Homes will begin at 4:00 p.m. on Monday, December 21. Be sure to have any lights or other decorations turned on at this time. Mark your reservation sheet if you would like to participate in the contest so we know to stop by your home for the judging. Contact Melanie at (918) 491-5232 for more information.



Tuesday, December 22 • 3:00 p.m. • Virtual Programming

Virtual Sing-Along

Join Laura for a Virtual Sing-Along! We will sing classic holiday songs we are sure you will know by heart. No singing experience is required, and all are welcome to join! The sing-along will be held via a Zoom call during which we can see and hear each other. Please mark your reservation sheet to sign up, and details will be emailed to you one week in advance. Questions? Call Laura at (918) 491-5284.

december calendar highlights

Wednesday, December 23 • 1:30 p.m. • Bus Trip

Treat Tour of Tulsa: Nothing Bundt Cakes



Enjoy a delicious baked treat from Nothing Bundt Cakes in Bixby! Selections include small bundtlets and mini bundtinis in 10 delicious flavors! A staff member will order the individual treats for the group and bring them to you. The price will include tax and gratuity and will be billed on your monthly statement. A face mask is required for this trip. The bus should return to Montereau by 3:15 p.m. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 for more information.

Thursday, December 24 • 3:00 p.m. & 7:00 p.m.

Coterie Theatre

Showing of Pre-Recorded Montereau Christmas Eve Candlelight Service



You are welcome to attend the pre-recorded Montereau Christmas Eve Candlelight Service in the Coterie Theatre. This is a celebration of Christ's birth including selected readings from the Bible and special hymns. Sign up for only one of the service times. No outside guests are permitted. Social distancing guidelines will be observed, and a mask is required to attend.

Thursday, December 24 • 5:00 p.m. until 7:30 p.m.

Grand Riviera Lounge & Café Mondial

Christmas Eve Dinner



We're preparing a special dinner for you this Christmas Eve! You'll have your choice of Roasted Beef Tenderloin or Pan Seared Airline Chicken Breast with salad, side and dessert options. The cost of dinner is \$15 and will be charged to your meal allowance. Call the hostess desk to make reservations: (918) 491-5212. *Le Marché will be closed for dinner service, and Rue 6800 will be closed this week.*

Friday, December 25 • 11:00 a.m. - 2:00 p.m. • Dining Rooms

Christmas Brunch



Enjoy a delicious brunch to celebrate Christmas! Your choices include Slow Roasted Prime Rib, Maple Glazed Baked Ham and Herb Crusted Salmon. The cost of brunch is \$13 and will be charged to your meal allowance. Call the hostess desk to make reservations: (918) 491-5212. *At this time we are not able to accommodate reservations with outside guests. This will be the only dining service on this day.*

Saturday, December 26 • 7:00 p.m. • Coterie Theatre

Screening of Disco, Pop & Rock Revue



Did you miss the live Disco, Pop & Rock Revue? Watch it on the big screen! We will air the pre-recorded show in the Coterie Theatre for those who missed it or would like to see it again. Seating will be socially distanced, and a mask is required. Mark your reservation sheet to attend.

december calendar highlights



Sunday, December 27 • 1:30 p.m. • Bus Trip

Versona Trip

Ladies, catch the bus for a shopping trip to Versona Accessories in Tulsa Hills! Browse and shop for clothing, costume jewelry, scarves, purses and more! Bring money for your purchases. The bus will return to Montereau by 3:30 p.m. A mask is required for this trip. Mark your reservation sheet for a seat on the bus. Questions? Call Melanie at (918) 491-5232.



Monday, December 28 at 1:45 p.m.

Tuesday, December 29 at 7:15 p.m. • Le Cinéma

Movie: "White Christmas"

Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, and he's in danger of losing the place. This film is not rated and runs two hours.



Tuesday, December 29 • 6:30 p.m. • Studio de Monet

Game Night

Play a board or card game with your Montereau friends! The games will be available in the Studio de Monet. You may play there or take your game of choice to another common space. Face masks are required, and games must be returned by the evening of Thursday, December 31. Popcorn and water will be provided. Mark your reservation sheet to attend. Questions? Contact Melanie at (918) 491-5232.



Thursday, December 31 • 5:00 p.m. • Rue 6800

Midnight in Paris New Year's Eve Dinner

As the clock strikes midnight in Paris, sit down to a seven-course French dinner at Montereau! Your dinner will start with a French 75 cocktail paired with Chicken Liver Paté. Then you'll enjoy Escargot Vol au Vent, followed by an Intermezzo of Lemon Sorbet. The entrée is Rack of Lamb Persillade with Duck Fat Pommes Frites and Ratatouille. Next is a cheese course of Deep Fried Camembert with Cranberry Sauce, followed by a Cherry Clafoutis for dessert. The cost of dinner is \$50 – or \$75 with wine pairings – and will be charged to your meal allowance. Call the hostess desk to make reservations: (918) 491-5212. *The Grand Riviera Lounge, Café Mondial and Le Marché will be open for regular dining service.*



Thursday, December 31 • 7:00 - 9:00 p.m. • Coterie Theatre

New Year's Eve Party

Celebrate the end of 2020 by listening and dancing to the music provided by a DJ! Bar service will be available, and the cost of your drinks will be billed to your meal allowance. We will have a champagne toast at 9:00 p.m.... it'll be midnight somewhere! Social distancing guidelines apply for table seating. Please wear your mask throughout the evening. Outside guests are not permitted. Mark your reservation sheet to attend. Seating is available on a first-come, first-served basis. Questions? Call Melanie at (918) 491-5232.

directory info

Calling all new residents! We need your pictures for the Montereau directory. Each summer, we publish a directory of residents, followed by a winter supplement to include everyone who moved in from July through December.

If you would like to have your picture included in the supplemental directory, please submit your picture to the Concierge desk or email it to Molly at mlyden@montereau.net by Friday, December 11.

This is also the time for anyone who has changed a phone number, apartment number, or email address to make those changes for the directory. Please send your updated contact information to Molly by Friday, December 11.

Questions? Call Molly at (918) 491-5285.

upcoming events

Here's a look at what we're planning for January!

- Fit & Fabulous Lunch: Weight Management - January 8
- Billiards Tournament - Beginning January 10
- Dinner & A Movie - January 13
- Philbrook Museum Trip - January 14
- Vicki Smith Harp Concert - January 15
- Bocce Ball - January 18
- Montereau "Chopped!" Finale - January 25
- Taster Series: Wine & Cheese - January 27
- Treat Tour of Tulsa: Ludger's - January 28
- Sistas in Rhythm Performance - January 29

Details about these events and more will follow in the January *Voice of Vitality* newsletter!



Holiday Spa Specials

Purchase a \$100 Spa at Montereau
gift certificate for just \$80!

AND

Treat yourself to a Back Facial for just \$55 with a
complimentary hand & arm treatment!

Call The Spa at Montereau to purchase your gift certificate or to book your Back Facial service: (918) 491-5251.
These offers expire December 31, 2020.
Gift certificates are good for one year.



december in-house tv highlights



MONTEREAU®

Tuesday, December 15 at 2:00 p.m.
Saturday, December 19 at 5:30 p.m. • Channel 1960
Virtual Monterey Town Hall

Tune in to hear reports from Monterey's resident committee chairs. You may submit questions for Monterey's CEO, Angela Cozort, by Monday, December 7. Direct questions to Caragan Tillman at ctillman@montereau.net or (918) 491-5204.



Mondays • 4:30 p.m. • Channel 1960
Happy Hour at Home

- Dec. 7: Dave Brubeck Live 1964
- Dec. 14: BBC Proms Rogers & Hammerstein
- Dec. 21: Merry Christmas from the Crooners
- Dec. 28: The Temptations Greatest Hits



Tuesdays at 6:30 p.m. • Saturdays at 4:00 p.m. • Channel 1960
Virtual Tour

- Dec. 1 & 5: The Colosseum
- Dec. 8 & 12: Venice Beach, Santa Monica, and Pacific Palisades Bike Ride
- Dec. 15 & 19: Mannlichen Switzerland Mountains
- Dec. 22 & 26: Christmas in Times Square
- Dec. 29 & Jan. 2: Edinburgh Castle in Scotland

Thursday at 6:30 p.m. • Saturdays at 8:30 a.m. • Channel 1960
TED Talks

Dec. 3 & 5: The Radical Act of Choosing Common Ground

Achieving lasting change sometimes requires the hard, even radical, choice of partnering with people you'd least expect. Justice reform advocate Nisha Anand shares her story of working with her ideological opposite to make history and save lives - and urges us all to widen our circles in order to make progress with purpose.

Dec. 10 & 12: Your Gut Microbiome: The Most Important Organ You've Never Heard Of

Dr. Erika Ebbel Angle discusses why the gut microbiome is the most important organ you've probably never heard of. The gut is the second brain, and gut health affects your overall health. This means that you are what you eat, but you are also the metabolites that live in your gut and produce the substances you need for emotional balance, energy level, and disease prevention. Poor lifestyle choices cause gut imbalances, which can lead to neurodegenerative diseases, autoimmune diseases, and even anxiety and depression.

Angle talks about three critical molecules and how they work in the body to affect your overall wellness. She also shares some tips about what you can do to maintain a healthy gut microbiome through diet and lifestyle choices.



december in-house tv highlights

Thursday at 6:30 p.m. • Saturdays at 8:30 a.m. • Channel 1960
TED Talks continued

Dec. 17 & 19: What Really Matters at the End of Life

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a palliative care physician who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life.

Dec. 24 & 26: The Six Degrees

Kevin Bacon has starred in some of the most influential films in cinema history. Ingrained into our popular culture forever, Bacon's films span every genre of the human condition. In true Bacon style, he embraced the "Six Degrees of Kevin Bacon" trivia phenomenon and founded SixDegrees.org, a charitable initiative that links people to charities and each other for the purpose of making a difference.

Dec. 31 & Jan. 2: His Holiness Pope Francis: Our Moral Imperative to Act on Climate Change - and Three Steps We Can Take

The global climate crisis will require us to transform the way we act, says His Holiness Pope Francis. Delivering a visionary TED Talk from Vatican City, the spiritual leader proposes three courses of action to address the world's growing environmental problems and economic inequalities, illustrating how all of us can work together, across faiths and societies, to protect the Earth and promote the dignity of everyone. "The future is built today," he says. "And it is not built in isolation, but rather in community and in harmony." *This TED Talk is in Italian with English subtitles.*

Fridays & Saturdays at 6:30 p.m. • Channel 1960

Friday Night Feature

Dec. 4 & 5: Movie: "Falling for Christmas"

When champion figure skater Claire becomes injured she is sent to a rehabilitation center in the snowy mountains where she meets and falls for a local ice fisherman who shows her there is more to life than competition. But her other world soon beckons as boyfriend/coach Vlad arrives to whisk her away to the next competition overseas. Will Claire choose her career or love?

Dec. 11 & 12: Resident Spotlight: Ginny & Chuck

Ginny & Chuck, one of the first couples to call Monterey their home in 2003! Upon retirement, the Scotts began to embark on many travel adventures at home and abroad. Ginny is a founding member of the Monterey Chorus, and both Chuck & Ginny led the Resident Movie Committee for a number of years, and have served on other resident committees for the last 17 years.

Dec. 17 & 18: Monterey "Chopped!" Competition: Round 3

Watch as the winners of Rounds 1 & 2 compete to see who moves on to the next round.

Dec. 25 & 26: Disco, Pop & Rock Revue

Watch Monterey's residents show off their talents during the Disco, Pop & Rock Revue. This video will be recorded from the live performances earlier in the month.



Kim Calabrese - Lead Therapeutic Rec. Specialist

Kim is Montereau's Lead Therapeutic Recreation Specialist, which means she oversees activities and events in Montereau's Health Center.

Kim has been at Montereau for six years and loves that she gets to make residents feel happy, loved and special. She says that she also loves the Montereau community, adding, "The positivity and kindness shared throughout makes for a strong culture."

Kim came to Montereau after working as an interior designer at Luxe Home Interiors for seven years. She attended the University of Kansas where she received her



Bachelor's degree in Textile Design.

Kim was born and raised in Tulsa, and all of her family lives here. She is the baby of three kids by several years! Her brother is 10 years older, and her sister is twelve years older.

Kim secretly loves musicals, especially "Phantom of the Opera." She says she used to sing and dance in her room as a kid, which shouldn't surprise the people who know her.

When she is not working, Kim enjoys running with the Fleet Feet Club and running races. She also enjoys cooking and spending time with her bulldogs, Tyler and Arthur.

Eliminate Chaos. Live Better.



**CLOSETS
OF TULSA**

- FREE Consultation
- Maximize your space
- Designed for your needs & budget
- Locally owned

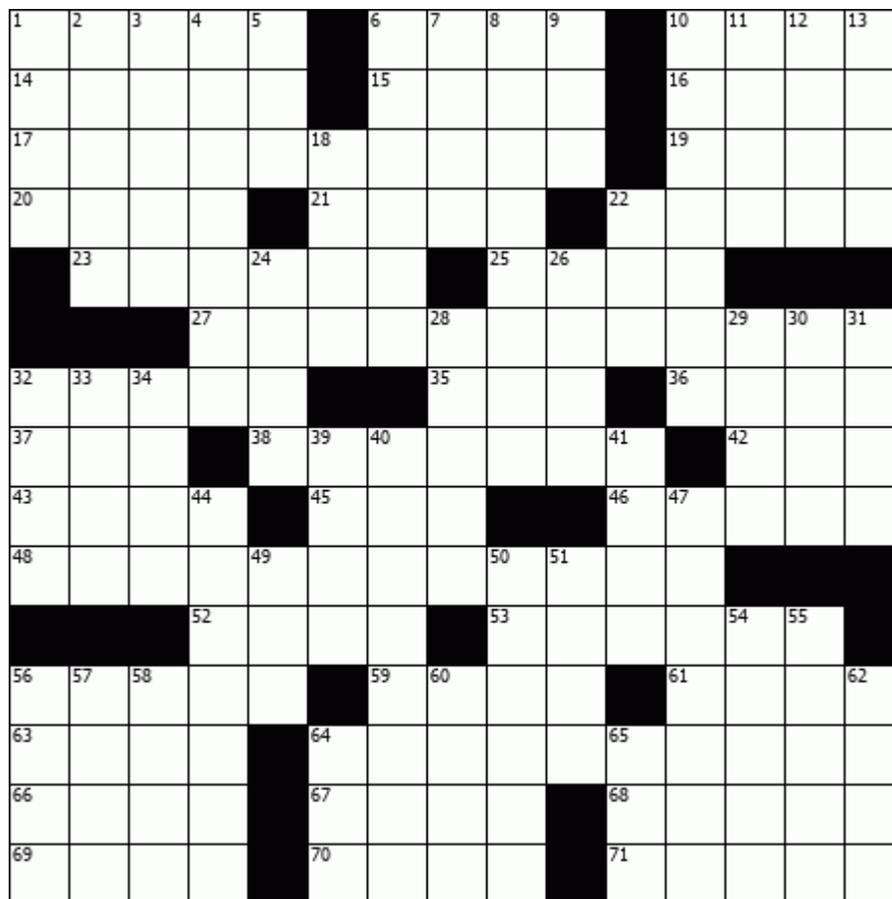
Please Contact Montereau Plant Operations Director,
Bobby Blose, to coordinate your closet project.

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brain puzzle

Across

1. Radical
6. Commuted
10. Roofer's supply item
14. Scattered seeds
15. One less from never?
16. Olfactory offense
17. A shelf in a kitchen cabinet?
19. Blueprint
20. What's left over
21. A way through the building
22. Crossword topic
23. Sets of fence steps
25. Nimbus
27. Air conditioning company worker?
32. Low cards
35. Classic car
36. Former ruler of Iran
37. Gun the engine
38. Painter Pablo
42. Take advantage of
43. Fateful day
45. Made a lap
46. Linguini, e.g.
48. Where to deposit your mail?
52. Fence the loot
53. Joined, permanently
56. They have seats
59. ___ Bator, Mongolia
61. Potpourri
63. Medicinal plant
64. Coffee shop's finest offering?
66. Bodybuilder's exercise
67. Remain unsettled
68. Gave stars to
69. Award for TV programming
70. Lost
71. Certain hearings



Down

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|---------------------------|------------------------------------|--------------------------------|
| 1. Former world power | 22. State starter? | 47. "Mission to Glory" star |
| 2. Runs easily | 24. Speech impediment | 49. Stomach muscles |
| 3. Checker's dance | 26. Abduction vehicles, supposedly | 50. Congo neighbor |
| 4. Make right | 28. Muse of poetry | 51. Take care of |
| 5. Summer cooler | 29. Ergo | 54. Best of the best |
| 6. Meal | 30. Bridge position | 55. Blue plate special spot |
| 7. Many a toy train track | 31. Flightless South American bird | 56. Display anxiety, in a way |
| 8. Adjudges | 32. Stumble | 57. Grad |
| 9. Before, before | 33. Bring on the decorator | 58. Standard |
| 10. Astaire props | 34. Holiday forerunners | 60. Byway |
| 11. Wait for the green | 39. Wight or Skye | 62. Vegas quote |
| 12. Sandy soil | 40. Nabs | 64. Student's concern, briefly |
| 13. Sea eagle | 41. Gemstone from Down Under | 65. Miracle-___ (garden brand) |
| 18. Author Silverstein | 44. Majestic | |