

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>1 All Fitness Classes Cancelled Today 10:00 Catholic Mass (MWC) 11:00 - 2:00 New Year's Day Brunch (DR) 2:00 Nintendo Bowling (VZ)</p>	<p>2 11:00 - 12:30 Ping Pong (ES) 4:30 Catholic Mass (MWC)</p>
<p>3 10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) 2:30 Book Club: "The Dutch House" (GRL)</p> <p>This Week's Lunch In: Chicken Salad Chick</p>	<p>4 EveryBODY Wins Weigh-Ins: By Appointment (FS) 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 2:00 Fitness Committee Mtg (CVL) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Toe Tappers Class (CT) 3:30 Paint by Number (SM) 5:00 Dinner Music with Spencer Sutton (GRL)</p>	<p>TRIP! 5 EveryBODY Wins Weigh-Ins: By Appointment (FS) 9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Hearing Clinic (WC) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance (BA) 2:00 Resident Committee Mtgs (Various Locations) 3:00 ROSE Committee Mtg (CVL) 3:15 Virtual Bingo (VP)</p> <p>Turn in volunteer forms to concierge by the 5th of the month!</p>	<p>6 8:45 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 - 12:30 Ping Pong (CT) 1:00 Chair Yoga (BA) 2:30 Toe Tappers Class (CT) 3:00 Let's Get Crafty (SM) 3:00 - 6:00 Chair Massages (Spa) 7:15 Movie: "Annie" (LC)</p>	<p>7 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee Break (GRL) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance - Cancelled 2:00 Bible Study (MWC) 7:15 England, Scotland & Wales DVD Series: Britain, Anglo-Saxon & the Vikings (CT)</p>	<p>8 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:30 Zumba with Tess (ES)** 12:00 Fit & Fabulous Lunch: Weight Management Trends (CT) 2:00 Nintendo Bowling (VZ) 6:30 Game Night (SM)</p>	<p>9 9:00 Yoga with Michelle (CT) 9:30-10:30 Second Saturday Breakfast (GRL) 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (CT) 4:30 Catholic Mass (MWC)</p>
<p>TRIP! 10 10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) *1:30 ALDI Grocery Store Trip</p>	<p>11 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (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: "Second Act" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Toe Tappers Class (CT) 3:30 Paint by Number (SM) 5:00 Dinner Music with Mark Bruner (GRL)</p> <p>Pool Tournament Begins Today!</p>	<p>TRIP! 12 9:30 Aquatics (BA) *9:30 Reasor's *10:00 Walmart 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance (BA) 2:00 Make, Bake & Take: Pizza Party! (LM)</p>	<p>13 8:45 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 - 12:30 Ping Pong (CT) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:00 Food Bank Note Writing (GRL) 2:00 Move to the Music with Melanie (CT) 2:30 Toe Tappers Class (CT)) 3:30 The Taster Series: Hot Toddies (CVL) 6:00 Dinner & A Movie: "Grease" (CT)</p>	<p>14 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 7:15 England, Scotland & Wales DVD Series: Medieval Castles & Cathedrals (CT)</p>	<p>15 8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 - 1:00 Food Truck Friday: Greek Cuisine by Dope Soul Catering (ME) 11:30 Zumba with Tess (CT) 2:00 Nintendo Bowling (VZ) 2:00 January Birthday Celebration (GRL) 3:30 The Reading Group: "The Man Who Could Work Miracles" (CVL) Vicki Smith: Harp Concert (CT) 4:00 Matinee Performance 7:00 Evening Performance</p>	<p>16 9:00 Yoga with Michelle (CT) 11:00 - 12:30 Ping Pong (ES) 4:30 Catholic Mass (MWC)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>17</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) 2:30 Sunday Sundaes (LM)</p> <p>This Week's Lunch In: Pub W</p>	<p>18</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 Bocce Ball (CT) 1:00 Chair Yoga (BA) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Toe Tappers Class (CT) 3:30 Paint by Number (SM) 5:00 Dinner Music with Nick Bratkovich (GRL)</p>	<p>TRIP! 19</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 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Rosary (MWC) 1:00 Hearing Clinic (WC) 1:00 Reduce Arthritis Pain (BA) 1:00 Color Me Calm (SM) *1:30 Scenic Drive Jenk Jones: Iconic Landmarks of Eastern Oklahoma 2:00 Boxing for Balance (BA) 3:00 Virtual Bingo (VP)</p>	<p>20</p> <p>8:45 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 - 12:30 Ping Pong (CT) 11:00 - 2:00 Chair Massages (Spa) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:30 Toe Tappers Class(CT) 3:00 Fit Bites: Healthy Weight (GRL) 7:15 Movie: "The Call of the Wild" (LC)</p>	<p>TRIP! 21</p> <p>*9:00 Scenic Drive Jenk Jones: Iconic Landmarks of Eastern Oklahoma 9:30 Aquatics (BA) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee Break (GRL) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 11:30 Spa Spotlight: Detox Foot Bath (GRL) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 2:00 Montereau Monthly Tour (CD) 5:30 S.T.A.R. Awards Dinner (CT) 7:15 England, Scotland & Wales- DVD Series - Cancelled</p>	<p>22</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:30 Zumba with Tess (CT) 2:00 Nintendo Bowling (VZ) 6:30 Game Night (SM)</p>	<p>23</p> <p>9:00 Yoga with Michelle (CT) 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (CT) 4:30 Catholic Mass (MWC)</p>																																										
<p>TRIP! 24</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) *1:30 Books-A-Million Trip</p> <p>This Week's Lunch In: Asian Fusion</p>	<p>25</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 1:00 Chair Yoga (BA) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:00 Montereau "Chopped!" Finale (CM) 2:30 Toe Tappers Class (CT) 3:30 Paint by Number (SM) 5:00 Dinner Music with Spencer Sutton (GRL)</p>	<p>TRIP! 26</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 Balance & Tai Chi (CT) 10:30 Basic Balance (ES) 10:30 Aquatics (BA) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (BA) 2:00 Boxing for Balance (BA) 3:00 Learn to Play: Nintendo Bowling (CT) 7:15 Movie: "John Lewis: Good Trouble" (LC)</p>	<p>27</p> <p>8:45 Body Max 30 (BA) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:00 - 12:30 Ping Pong (CT) 1:00 Chair Yoga (BA) 1:30 Painting Class (SM) 2:00 Food Bank Note Writing (GRL) 2:00 Move to the Music with Melanie (CT) 2:30 Toe Tappers Class (CT) 5:00 Winter Wine Dinner (R6)</p>	<p>TRIP! 28</p> <p>*8:30 New Balance Store Trip 9:30 Aquatics (BA) 9:45 Basic Balance - Cancelled 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance - Cancelled 10:30 Aquatics (BA) 1:00 Reduce Arthritis Pain (BA) *1:30 Treat Tour of Tulsa: Ludger's 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 7:15 England, Scotland & Wales DVD Series: Tudor, Magna Carta & the Civil War (CT)</p>	<p>29</p> <p>8:45 Body Max 30 (BA) 9:30 Int Stretch & Tone (BA) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (BA) 11:30 Zumba with Tess (CT) 2:00 Nintendo Bowling (VZ) 7:00 Jenk Jones Presentation: Mexico (CT)</p>	<p>TRIP! 30</p> <p>9:00 Yoga with Michelle (CT) *10:30 Whole Foods Market Trip 11:00 - 12:30 Ping Pong (ES) 4:30 Catholic Mass (MWC)</p>																																										
<p>TRIP! 31</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) *1:30 Belk at Tulsa Hills Trip</p> <p>This Week's Lunch In: El Tequila</p>	<p align="center">February 2021</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>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></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						
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Activities and Event Locator:

BA	By Appointment	GL	Grand Lawn	SM	Studio de Monet
BR	Board Room	GRL	Grand Riviera Lounge	V	Veranda
CD	Concierge Desk	L6	6th Floor Library	VP	Virtual Programming
CH	Commons Hallway	LC	Le Cinéma	VZ	Vitality Zone
CL	Commons Library	LM	Le Marché	WC	Wellness Clinic
CM	Café Mondial	LP	La Patisserie	*	Trip
CT	Coterie Theatre	ME	Main Entrance	**	Event moved from usual location
CVL	City View Lounge	MWC	Montereau Warren Chapel	***	Details to follow in News Flash
DR	Dining Rooms	P	The Parlour		
ES	Exercise Studio	R	Rotunda		
FS	Fitness Studio	R6	Rue 6800		