



Voice of Vitality

January 2021
A Montereau Publication
Tulsa, Oklahoma

EveryBODY Wins Healthy Weight Challenge!

Our EveryBODY Wins Healthy Weight Challenge is back!

This is an eight-week challenge to help you jump start your New Year! At your initial weigh-in, you will work with our Wellness Specialists to set a realistic weight loss goal for you to work toward over eight weeks. If you meet that goal, you win \$25!

You will also set a stretch goal. If you meet your stretch goal, you will win AN ADDITIONAL \$25!

You can also win a \$25 cash prize for healthy weight maintenance over the eight-week period if you are already at a healthy weight and losing weight is unnecessary.

This year, we're introducing the Daily 5 to improve your chances of success, and we will offer weekly \$10 cash drawings for achieving the Daily 5 to keep you motivated along the way!

Need more tips? Come to the January Fit & Fabulous Lunch and Fit Bites! Both of these events will focus on weight management and healthy eating.

Sign ups for the challenge begin Monday, December 21 in the Exercise Studio. Weigh-ins will be on Monday, January 4 and Tuesday, January 5. The challenge will run through Friday, February 26.

Contact Katie for more information: (918) 491-5278 or keddins@montereau.net.



Our holidays looked different this year than in the past, but we still managed to have fun! Kids were still able to share their Christmas wishes at our Drive-Thru Santa Visit, and we held more performances of our annual Variety Show with smaller audiences.

january calendar highlights



Lunch In During January

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 will not have a Lunch In the week of January 11 as to not conflict with Food Truck Friday.

Jan. 3: Chicken Salad Chick

Jan. 17: Pub W

Jan. 24: Asian Fusion

Jan. 31: El Tequila



Mondays in January • 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 January • 5:00 p.m. • 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.**

- Jan. 4: Pianist Spencer Sutton
- Jan. 11: Guitarist Mark Bruner
- Jan. 18: Accordionist Nick Bratkovich
- Jan. 25: Pianist Spencer Sutton



Thursdays in January • 2:00 p.m. • Chapel Bible Study

This class is led by Peggy Alexander, Kirk of the Hills Presbyterian Church. Social distancing guidelines will be observed, and you must wear a mask. For more information contact Melanie at (918) 491-5232.

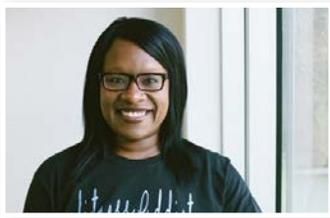
january calendar highlights

Thursdays in January • 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. Due to popular demand, we will replay the episodes shown in October. Seating is limited, and reservations are required. Mark your reservation sheet to attend. Contact Melanie at (918) 491-5232 for more information.

- Jan. 7: Britain, Anglo-Saxon & The Vikings
- Jan. 14: Medieval Castles & Cathedrals
- Jan. 21: *No DVD Showing this evening*
- Jan. 28: Tudor, Magna Carta & the Civil War



Fridays in January • 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, January 1 due to the New Year's holiday.*



Fridays in January • 2:00 p.m. • Vitality Zone Nintendo Bowling

Would you like to learn how to play Nintendo bowling? Now is your chance! Come for coaching by several of our Montereau veteran bowlers. No previous experience is necessary.



Friday, January 1 • 11:00 a.m. - 2:00 p.m. • Restaurants New Year's Day Brunch

Ring in the new year with a delicious brunch! The cost is \$15 and will be charged to your meal allowance. Call the hostess desk to make reservation: (918) 491-5212.



Sunday, January 3 • 2:30 p.m. • Grand Riviera Lounge Book Club

Everyone is welcome to join this book club focusing on new and popular literature. The January book will be "The Dutch House" by Ann Patchett.

january calendar highlights



Monday, January 4 & Tuesday, January 5 • By Appointment Exercise Studio

EveryBODY Wins Weigh-ins

Our EveryBODY Wins Healthy Weight Challenge is here! To get started, sign up in the Fitness Center for your weigh-in. The signups begin Monday, December 21 and weigh-ins will take place on Monday, January 4 and Tuesday, January 5. Our Wellness Specialists will work with you to create a realistic weight-loss or weight-management goal. Questions? Call Katie at (918) 491-5278.



Monday, January 4 • 2:00 p.m. • City View Lounge

Fitness Committee

For more information contact Vana at (918) 728-8218.



Tuesday, January 5 & 19 • 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 January 5 due to committee meetings.**



Wednesday, January 6 • 3:00 p.m. • Studio de Monet

Let's Get Crafty

Learn how to make your own sugar scrub to exfoliate and moisturize dry winter skin. All supplies will be provided. Space is limited, and you must wear a mask during this activity. Mark your reservation sheet to attend. For more information contact Molly at (918) 491-5285.



Wednesday, January 6 from 3:00 p.m. until 6:00 p.m.

Wednesday, January 20 from 11:00 a.m. until 2:00 p.m. • Spa

Chair Massages

Relax with a chair massage in the Spa at Montereau! 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

january calendar highlights



Wednesday, January 6 • 7:15 p.m. • Le Cinéma

Movie: "Annie"

Based on the Depression-era comic strip "Little Orphan Annie," this adaptation of the smash Broadway musical follows America's favorite urchin as she captures Daddy Warbucks's heart with her optimism - and dodges the treacherous orphanage matron. Starring Albert Finney, Carol Burnett, Tim Curry and Bernadette Peters. This film is rated PG and runs two hours and seven minutes.



Thursday, January 7 & 21 • 10:00 a.m. • Grand Riviera Lounge

Coffee Break

Please join us on the 1st and 3rd Thursdays of the month for coffee and scones. This social group welcomes residents who enjoy catching up with old friends and meeting new friends. If you are looking for a time to visit and get to know others, this is the group for you. We would love for you to join our "coffee break" time - and bring a friend!



Friday, January 8 • 12:00 p.m. • Coterie Theatre

Fit & Fabulous Lunch: Weight Management Trends

During this month's Fit & Fabulous Lunch, Vana will discuss popular eating plans for weight loss and weight management, including Plant-Based, Paleo, Vegan and Whole 30. She'll also discuss plans that suggest benefits based upon when you eat, including Intermittent Fasting, and time-restricted eating. The four course meal will include Creole black bean soup, a chopped veggie salad, beef ragu over spaghetti squash and avocado fudge brownies! The cost is \$18 and will be charged to your meal allowance. Mark your reservation sheet if you wish to attend. For more information, contact Vana at (918) 728-8128 or vmoore@montereau.net.



Friday, January 8 & 22 • 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 one of the common spaces. Face masks are required, and games must be returned by Sunday evening. Bar service will be available from the Grand Riviera Lounge and will be charged to your account. Popcorn and water will be provided. Questions? Contact Melanie at (918) 491-5232.

january calendar highlights



Saturdays beginning January 9 • 9:00 a.m. • Coterie Theatre **Yoga with Michelle**

We're happy to offer Saturday yoga classes with Michelle Vagin! The cost will be \$20 for the month of January. This traditional yoga class will be open to residents and employees. Questions? Contact Laura at (918) 491-5284 or lallen@montereau.net. Please mark your reservation sheet to sign up.



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

Come for fellowship and food! This month's breakfast will feature pancakes with a variety of toppings! 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 9:00 a.m. on Thursday, January 7 to avoid being charged for the breakfast. Questions? Call Melanie at (918) 491-5232.



Saturday, January 9 & 23 • 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, January 10 • 1:30 p.m. • Bus Trip **ALDI Grocery Store Trip**

Catch the bus to ALDI, a specialty grocery store that offers a selection of frozen meals, dairy, produce and more. Bring money for purchases. Please note that ALDI does not provide free bags for your groceries; you must either bring your own or purchase bags for ten cents each. Shopping carts require a quarter deposit that you will get back when you are finished shopping. A mask is required for this trip. The bus will return to Monterey by 3:00 p.m. Mark your reservation sheet for a seat on the bus. Questions? Call Melanie at (918) 491-5232 for more information.

january calendar highlights



Monday, January 11 • Times Vary

Pool Tournament

Team up with Montereau's employees for a fun Pool Tournament! Sign up in The Parlour by Monday, January 4. You'll be randomly paired with a staff member. The first place team members will each win \$20 cash, and second place team members win \$10 each.



Monday, January 11 • 1:00 p.m. • Chapel

Fellowship Lutheran Church Service

All are welcome to join Fellowship Lutheran Church for worship and holy communion in the Montereau Warren Chapel. Social distancing guidelines will be followed, and you must wear a mask. Call Melanie at (918) 491-5232 for more information



Monday, January 11 • 1:45 p.m. • Le Cinéma

Movie: "Second Act"

Maya (Jennifer Lopez) is a 40-year-old woman struggling with frustrations of not having achieved more in life. As an experienced, quick-witted, perceptive employee, she is passed over for a promotion solely because she doesn't have a college degree. Until, that is, she gets the chance to prove that street smarts are as valuable as book smarts, and that it is never too late for a Second Act. This film is rated PG-13 and runs one hour and 44 minutes.



Tuesday, January 12 • 2:00 p.m. • Le Marché

Make, Bake & Take: Pizza Party!

Learn how to make your own pizza with Montereau's chefs! You'll roll out your pizza dough, pick your toppings and assemble your masterpiece. Montereau's chefs will help you with the baking, then you take it home to enjoy. The cost of the class is \$8 and will be charged to your meal allowance. Wine and beer will be available for purchase. Mark your reservation sheet to attend. Questions? Contact Melanie at (918) 491-5232 or mlee@montereau.net.



Wednesday, January 13 & 27 • 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.

january calendar highlights



Wednesday, January 13 & 27 • 2:00 p.m. • Coterie Theatre Move to the Music with Melanie

Join Melanie for an upbeat cardio dance session! Dancing is a great way to exercise and the music can lift your spirit. Moves in this class can be performed standing or seated. Social distance guidelines will be followed and space is limited. A mask is required. Please wear comfortable shoes. Mark your reservation sheet to attend. Contact Melanie at (918) 491-5232 for more information.



Wednesday, January 13 • 3:30 p.m. • City View Lounge The Taster Series: Hot Toddies

Join us for a monthly tasting series where we will enjoy a food and drink pairing created by our dining services department! January's tasting is a hot toddy paired with homemade apple cider donuts - perfect for warming up during the winter months. It's been said that a hot toddy can combat winter allergies and seasonal colds... Of course all of that is an old wives' tale, but let's give it a try! And the apple cider donut isn't medicinal, but it'll be delicious! The cost of this event is \$10. Mark your reservation sheet to join us. For more information contact Laura at (918) 491-5284 or lallen@montereau.net.



Wednesday, January 13 • 6:00 p.m. • Coterie Theatre Dinner & A Movie: "Grease"

Enjoy a special drive-in themed dinner and the classic 1977 hit film "Grease!" This musical film stars John Travolta, Olivia Newton-John, Stockard Channing and Eve Arden. Seating is limited. Mark your reservation sheet to attend. After you sign up for this event, you will receive a dinner menu so you can make your dinner selections. Choices will include corn dogs with loaded tater tots or loaded nachoes, and we're offering milkshakes for dessert! Turn in your dinner menu to the concierge desk by noon on Monday, January 11. Your dinner will be delivered to the Coterie Theatre in time for the movie. The cost of the dinner will be billed to your meal allowance. Questions? Contact Melanie at (918) 491-5232 or mlee@montereau.net.



Friday, January 15 • 11:00 a.m. - 1:00 p.m. • Main Entrance Food Truck Friday: Greek Cuisine from Dope Soul Catering

Try Greek cuisine prepared by Dope Soul Catering! You will have your choice of chicken or beef kabobs with rice, Greek salad, veggies, hummus and pita bread. Meals are \$15, and you can pay with cash or credit card. Seating will be available in the Grand Riviera Lounge or on the Veranda. 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.

january calendar highlights



Friday, January 15 • 3:30 p.m. • City View Lounge The Reading Group

All are welcome to join this group for discussion over short stories. The reading this month is “The Man Who Could Work Miracles” by H.G. Wells. Contact Laura at (918) 491-5284 if you are interested in joining.



Friday, January 15 • 4:00 p.m. & 7:00 p.m. • Coterie Theatre Vicki Smith Harp Concerts

Vicki L. Smith, talented harpist, returns to our Montereau stage! Ms. Smith will perform a variety of music including classical, Broadway, Jazz and pop standards. Vicki has served as the Director of Music for Fellowship Lutheran Church for more than 20 years. A face mask is required to attend this concert, and social distancing guidelines will be observed. Outside guests are not permitted. Seating is limited. Please mark your RSVP sheet for only one concert. Questions? Call Melanie at (918) 491-5232 for more information.



Sunday, January 17 • 2:30 p.m. • Le Marché Sunday Sundaes

Celebrate Sunday with us and treat yourself to a sundae! We'll have vanilla ice cream, including sugar-free, and a variety of toppings for you to build your perfect sundae. Reservations are required by January 11 to ensure that we have enough sundae supplies on hand. Mark your reservation sheet to attend this event. Questions? Call Melanie at (918) 491-5232.



Monday, January 18 • 11:00 a.m. • Coterie Theatre Bocce Ball

Come play Bocce Ball, a fun and easy Italian lawn bowling game. You must wear a mask, and social distancing guidelines will be observed. Mark your reservation sheet to attend. For more information contact Melanie at (918) 491-5232.



Tuesday, January 19 • 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.

january calendar highlights

Tuesday, January 19 at 1:30 p.m.



Thursday, January 21 at 9:00 a.m. • Bus Trip

Scenic Drive with Jenk Jones: Iconic Landmarks of Eastern Oklahoma

Enjoy a scenic tour of iconic eastern Oklahoma landmarks including the Blue Whale of Catoosa and Totem Pole Park near the town of Foyil with Montereau resident, Jenk Jones. Jenk will share stories and historical tidbits about this colorful area of Oklahoma. Space is limited, and a face mask is required. Mark your reservation sheet for a seat on the bus. The trip is approximately three hours. Questions? Contact Melanie at (918) 491-5232 or mlee@montereau.net.



Wednesday, January 20 • 3:00 p.m. • Grand Riviera Lounge

Fit Bites: Healthy Weight

Join us for Fit Bites in January! Katie will be talking about weight loss, realistic goal-setting, the Daily 5, and adding more protein to your diet. Healthy appetizers will be served, and recipes will be provided. Let's get this new year started off right! Mark your reservation sheet to attend. Contact Katie Eddins for more information: (918) 491-5278 or keddins@montereau.net.



Wednesday, January 20 • 7:15 p.m. • Le Cinéma

Movie: "The Call of the Wild"

A blend of live action and digital animation bring to life Jack London's classic tale of a canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's (Harrison Ford) steadfast companion. This film is rated PG and runs one hour and 40 minutes.



Friday, January 21 • 11:15 a.m. • Grand Riviera Lounge

Spa Spotlight: Detox Foot Bath

Join our Reflexologist, Tim Wong, for a Spa Spotlight event focused on the benefits of the Ion Cleanse Detox Foot Bath! Tim will explain the foot bath process, including how and why it is proven to purify the body through ionization. Light refreshments will be provided. One lucky participant will get to experience the foot bath service during the Spa Spotlight, and all attendees will receive a special gift just for attending! Face masks are required at this event. Mark your reservation sheet to attend. Questions? Call Kristen at (918) 491-5233.

january calendar highlights



Thursday, January 21 • 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.



Thursday, January 21 • 5:30 p.m. • Coterie Theatre S.T.A.R. Awards Dinner

We're celebrating our Monterey Stars! All participants in the S.T.A.R. (*Sales Team Alliance with Residents*) Resident Referral Program who received 5+ points this year will be invited to this awards banquet. For more information, contact the Marketing Department at (918) 495-1500.



Sunday, January 24 • 1:30 p.m. • Bus Trip Books-A-Million Trip

Catch the bus to Books-A-Million in Tulsa Hills! Shop for books, calendars, magazines and more. Bring money for your purchases. The bus will return to Monterey by 3:15 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.



Monday, January 25 • 2:00 p.m. • Café Mondial Monterea "Chopped!" Finale

The winner of our "Chopped!" Semi-Final takes on Jeff Marlow, the Executive Chef from the Community Food Bank of Eastern Oklahoma, in the last installment of this series. They will compete in a timed mystery basket challenge and create a meal using surprise ingredients. A team of judges will determine the winner of this competition. Watch the action live and get a taste of the competitors' dishes! 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, and a sampling of the meals created by the competing chefs. Mark your reservation sheet to attend. Questions? Contact Chad Horvath, Director of Food & Beverage at (918) 491-5266.

january calendar highlights



Tuesday, January 26 • 3:00 p.m. • Coterie Theatre

Learn to Play: Nintendo Bowling

Learn the basics of Nintendo Bowling ahead of our tournament next month! This is the perfect opportunity for beginners to learn the basics. Mark your reservation sheet to attend. For more information contact Vana at (918) 728-8128.



Tuesday, January 26 • 7:15 p.m. • Le Cinéma

Movie: "John Lewis: Good Trouble"

From his days as one of Martin Luther King Jr.'s youngest lieutenants through more than 60 years of activism, U.S. Representative John Lewis led a life that mattered, as recounted in this documentary featuring interviews with Lewis and his colleagues. This documentary is rated PG and runs one hour and 36 minutes.

Wednesday, January 27 • 5:00 p.m. • Rue 6800

Winter Wine Dinner

Montereau's chef's are preparing another amazing wine dinner for you! This five-course dinner will include perfectly paired wines.

- 1st Course: Vegetable Moussaka with Candied Tomato Jam and Chive Oil
- 2nd Course: Tuna Carpaccio with Beets, Parsnips, and Arugula
- 3rd Course: Lemon Sorbet with Cranberry Syrup
- 4th Course: Beef Filet with Turnip Mash, Root Vegetable Chips, Mushroom Ragout and Red Wine Sauce
- 5th Course: Chocolate Eclair with Vanilla Cardamom Cream

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, January 28 • 8:30 a.m. • Bus Trip

New Balance Trip

Put a spring in your step! Get good-looking, great-fitting shoes from the New Balance store in Utica Square. Proper footwear is crucial to getting the most benefit from your exercise and helps with your posture, balance, and gait. Added bonus! Montereau residents always receive a 10% discount. Mark your reservation sheet to attend. Contact Vana Moore at (918) 728-8128 for more information.



january calendar highlights



Thursday, January 28 • 1:30 p.m. • Bus Trip

Treat Tour of Tulsa: Ludger's

Enjoy a delicious baked treat from Ludger's in south Tulsa! Selections include cookies, cupcakes and brownies. 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 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.



Friday, January 29 • 7:00 p.m. • Coterie Theatre

Jenk Jones Presentation: Mexico

Jenk Jones returns with a travelogue of his scenic Mexico trip! Did you know that the Copper Canyon of Mexico is deeper than the Grand Canyon of the United States? Learn about the native tribes who communicate with drums across the canyon. Space is limited and seats are available on a first-come, first-served basis. Mark your reservation sheet to attend. Questions? Contact Melanie at (918) 491-5232.



Saturday, January 30 • 10:30 a.m. • Bus Trip

Whole Foods Market Trip

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



Sunday, January 31 • 1:30 p.m. • Bus Trip

Belk at Tulsa Hills Trip

Take an excursion to Belk at Tulsa Hills! Shop for clothing, accessories, household goods, shoes and more. Bring money for your purchases. A mask is required for this trip. Mark your reservation sheet for a seat on the bus. The bus will return to Montereau by 3:00 p.m. Questions? Call Melanie at (918) 491-5232.

new spa service

Do you want the strength of acrylic nails with the shine of gel? Then Dip is for you!

Dipped nails are durable like acrylics, but also flexible like gel nails. Because they're so tough, acrylics are known to be stiffer and less flexible than dip. With either of these options, however, you get long lasting nails that are less prone to breakage.

Both acrylic and dip nail services are available in The Spa at Montereau. Both services cost \$50. Just call (918) 491-5251 to book your appointment! Please note that Dip services are available only on Monday mornings at this time.



upcoming events

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

- Super Bowl Tailgate Party - February 7
- Men's Night: Burgers & Beer - February 9
- Galentine's Brunch - February 11
- Mardi Gras Party - February 16
- Dinner & A Movie: "Serendipity" - February 17
- Philbrook Museum at Montereau - February 23

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

New Services in the Spa

Call Melanie in the spa at (918) 491-5251 to book your appointment!

Detox Foot Bath

45-minute Detox Foot Bath
for just \$40

Reflexology

15-minute Reflexology
session for \$15
(hand or foot reflexology)

Nail Services

Dip Nails available for \$50

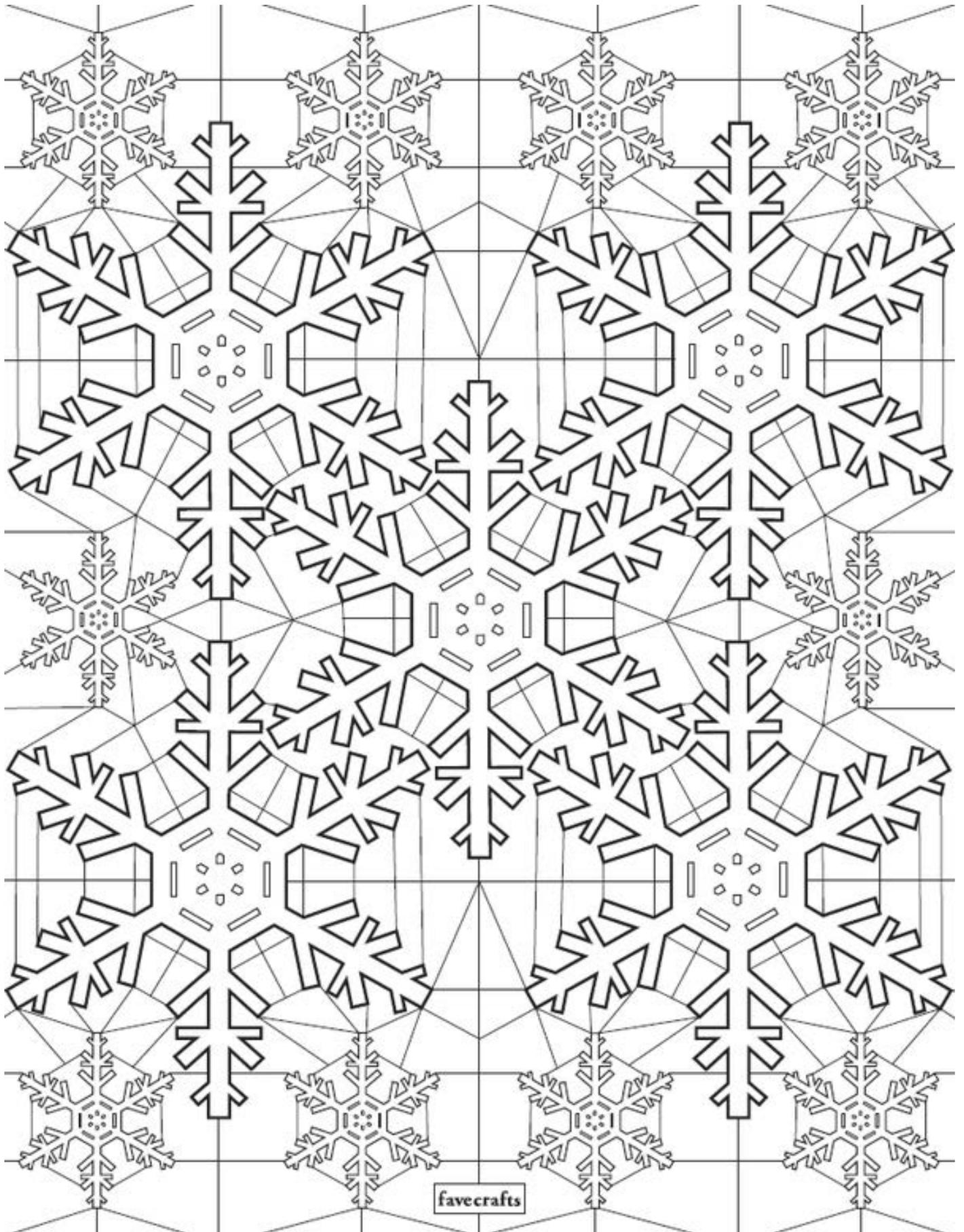
January Spa Special

20% off an
Aromatherapy
Massage

Must book by January 31 and receive service by February 28, 2021.

Consider trying **Raindrop Therapy** during your next massage! It combines aromatherapy, reflexology, and more, resulting in a healing and cleansing massage. **Raindrop Therapy** massages are included in this month's special, too!

Call Melanie in the spa at (918) 491-5251 to book your appointment!



january in-house tv highlights



MONTEREAU®

Tuesday, January 19 at 2:00 p.m.
Saturday, January 23 at 5:30 p.m. • Channel 1960

Virtual Montereyau Town Hall

Tune in to hear reports from Montereyau's resident committee chairs.



Mondays • 4:30 p.m. • Channel 1960

Happy Hour at Home

- Jan. 4: Vintage Winter Music (That Isn't Christmas)
- Jan. 11: Sweet Memories - Love Songs of the 50s, 60s, & 70s
- Jan. 18: Best Classic Rock Hits
- Jan. 25: Engelbert Humperdinck: Legacy of Love



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

Virtual Tour

- Dec. 29 & Jan. 2: Edinburgh Castle in Scotland
- Jan. 5 & 9: San Francisco & Pacific Coast Highway Scenic Drive
- Jan. 12 & 16: Seville, Spain Walking Tour
- Jan. 19 & 23: Ultimate Food Tour of Jerusalem
- Jan. 26 & 30: Rick Steves' Europe: Croatia - Adriatic Delights

Thursdays at 6:30 p.m. • Saturdays at 8:30 a.m. • Channel 1960

TED Talks

Dec. 31 & Jan. 2: His Holiness Pope Francis: Our Moral Imperative to Act on Climate Change - And 3 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.*

Jan. 7 & 9: Why We Must Confront the Painful Parts of US History

To move forward in the United States, we must look back and confront the difficult history that has shaped widespread injustice. Revisiting a significant yet overlooked piece of the past, Hasan Kwame Jeffries emphasizes the need to weave historical context, no matter how painful, into our understanding of modern society -- so we can disrupt the continuum of inequality massively affecting marginalized communities.

Jan. 14 & 16: How Dogs Love Us

Ever wondered what your dog is thinking? Does he really miss you when you're gone? Finally, we have the answer, thanks to MRI technology.

Using advanced brain imaging technologies in his extensive research, Dr. Gregory Berns has helped us better understand human motivation and decision-making. His most recent work explores and details how dogs love us, uncovering the empathy and the bonds we both feel.



january in-house tv highlights

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



Jan. 21 & 23: A Guide For Believing in Yourself: For Real This Time

TV star, Catherine Reitman, shares her lessons learned in seeing ideas through to their completion, not allowing others to reshape your vision and a little bit about family dynamics. Catherine Reitman is the creator, executive producer, writer, and star of CBC's acclaimed original comedy series, "Workin' Moms". Known for her roles in "Blackish" and "It's Always Sunny in Philadelphia", Reitman was a member of Sunday Company at the influential Groundlings improv theatre and school in Los Angeles.

Jan. 28 & 30: Paying Attention and Mindfulness

Sam Chase asks you to pay attention during his opening talk at TEDxNYU, deftly exploring what it means to be truly mindful and how every one of us can incorporate the practice into our lives. Sam Chase designs and delivers programs in mindfulness, yoga and resilience for organizations nationwide.

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

Friday Night Features

Jan. 1 & 2: The Nutcracker Presented by The Russian State Ballet & Opera House

Snow flurries, sweets, princes, magic and love are just some of the elements that will be brought together by this renowned Russian company. A highly accessible ballet, full of familiar music such as the Waltz of the Flowers and the Dance of the Sugar Plum Fairy.

Jan. 8 & 9: Resident Spotlight: Pat Woodward

Pat Woodward retired from Amoco after 30 years. While working for Amoco, he studied and became a certified paramedic and consequently led the training for Amoco. He made Montereau his home in October of 2020 and has quickly become involved in numerous activities.



Jan. 15 & 16: Montereau "Chopped!" Semi-Final

Watch as Food & Beverage Director, Chad Horvath competes in a timed mystery basket challenge against Executive Sous Chef, Roxanne Fincke.

Jan. 22 & 23: Resident Spotlight: Dr. Charles & Ann Ogle

Dr. Charles Ogle and his wife Ann lived, worked and raised their family on a horse ranch in Enid, Oklahoma. They are Oklahoma State University alumni and boosters for the University. Upon retirement from his medical practice, the Ogles moved to Tulsa and Montereau became their home in July of 2017.

Jan. 29 & 30: Sherlock Holmes: The Hound of the Baskervilles

Sherlock Holmes and Dr. Watson investigate the legend of a supernatural hound, a beast that may be stalking a young heir on the fog-shrouded moorland that makes up his estate.

Melissa Horn-Speck - Registered Dietitian

Melissa has been at Montereau since September of last year, and she loves that every day is different. She is also enjoying getting to know our residents.

Melissa came to Montereau after five years working for the Tulsa Health Department. She created and presented nutrition education programming for kids throughout Tulsa County.

Melissa grew up in the suburbs of Cleveland and Chicago. She received a Bachelor of Arts in History and Art History from Kent State University and a Bachelor of Science in Nutrition & Dietetics from Northern



Illinois University. She also earned a Masters of Science in Nutrition and Dietetics from Eastern Illinois

University.

Melissa has lived in Tulsa since 2015. Her husband is also a Registered Dietitian and a chef, and he works for Child Nutrition at Tulsa Public Schools. They have a four-year-old son.

In her spare time Melissa loves baking and doing barre exercises with her son after work. She likes to read but also enjoys being active in all weather. Much of her time away from work is spent outdoors with her family, particularly at Turkey Mountain and the Gathering Place.

Personal Fitness Coaching January Special!

Get TWO complimentary 30-minute sessions with our Registered Dietitian when you purchase 3 Personal Fitness Coaching Sessions!

Jump start 2021 with a focus on physical wellbeing!

Personal Fitness Coaching (PFC) is one-on-one time with one of our Wellness Specialists, Katie or Vana, that allows you to focus your training on whatever needs you might have like increasing flexibility, improving balance and stability, or building strength. They are the perfect way to enhance your current fitness routine OR to get started with a new fitness routine. And our Registered Dietitian can help you discover the best ways to nourish your body through the foods you eat. What a great combo!

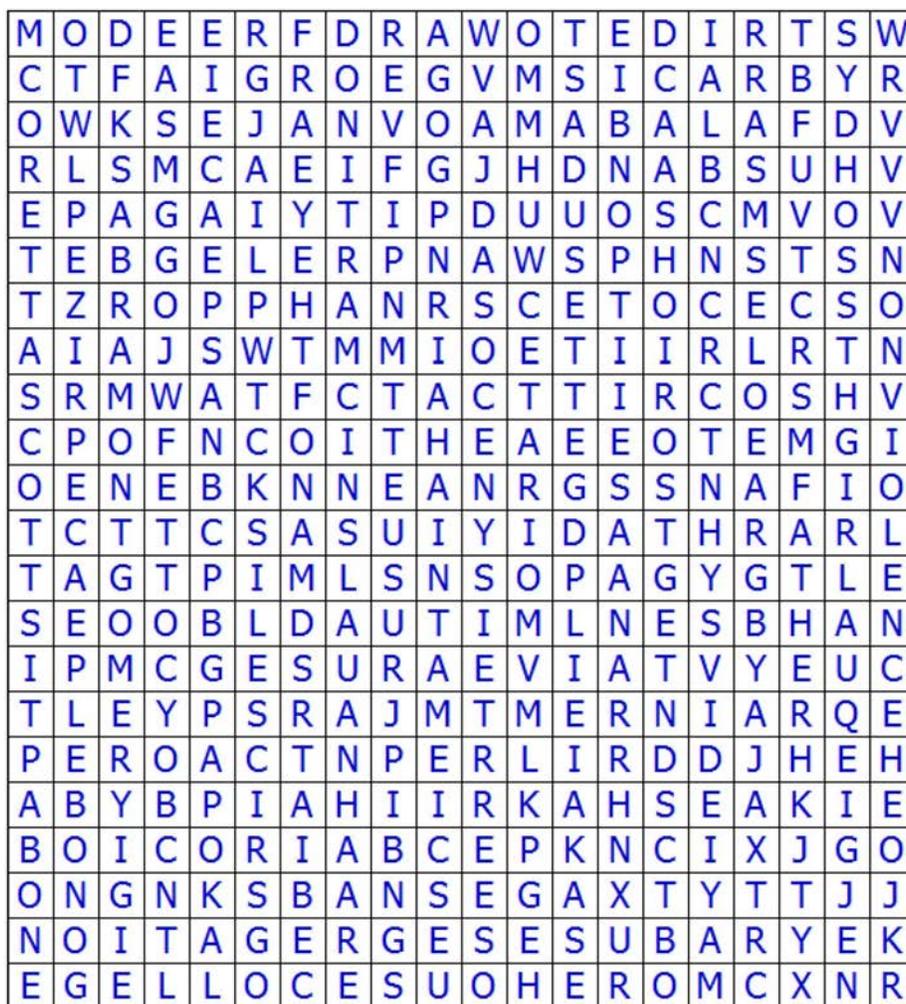
Call (918) 728-8128 today to schedule your sessions!
PFC sessions in the fitness center cost \$35 each. PFC sessions in your home cost \$40 each. Offer valid until 1/31/21.



brain puzzle

Martin Luther King, Jr. Word Search

Martin Luther King, Jr. was born on January 15, 1929. His birthday is recognized as Martin Luther King, Jr. Day each year in the United States. We've hidden 40 words related to his family, education, ministry and work as a civil rights leader. Can you find them all? Words appear vertically, horizontally and diagonally, both backwards and forwards.



Word Bank: (only words in all CAPS appear in the puzzle)

ACTION	DEXTER (son)	MEMPHIS	SCLC (Southern Christian Leadership Conference)
ALABAMA	EQUAL RIGHTS	MONTGOMERY	SEGREGATION
ASSASSINATION	FATHER	MOREHOUSE COLLEGE	SIT-INS
ATLANTA	GEORGIA	NAACP	SPEECHES
BAPTIST	HUSBAND	NOBEL PEACE PRIZE	STRIDE TOWARD FREEDOM (book)
BERNICE (daughter)	'I HAVE A DREAM'	NON-VIOLENCE	STRIKES
BIRMINGHAM	JAIL	PASTOR	VOTER REGISTRATION
BOSTON UNIVERSITY	JUSTICE	PEACE	YOLANDA (daughter)
BOYCOTT	MAN OF THE YEAR (<i>Time Magazine</i>)	PREJUDICE	
BUSES	MARTIN (son)	PROTEST	
CORETTA SCOTT (wife)		RACISM	