



# Voice of Vitality

february 2021  
A Montereau Publication  
Tulsa, Oklahoma

## Heart Health Month

It's no secret February is all about hearts — but not just the candy kind.

It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1 killer of Americans.

The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president

has annually declared February American Heart Month.

Cardiovascular disease is the number one killer of Americans, but it is preventable.



**American Heart Association®**

This month we'll host events aimed at educating you about cardiovascular disease and how you can prevent it. February's Fit Bites and Fit & Fabulous Lunch will both focus on heart health.

For more information about cardiovascular disease and prevention, visit [heart.org](http://heart.org).



**Above:** Bob learned how to make pizza at our Make, Bake & Take event. This month, Montereau's chefs will teach you to make sushi!



**Middle:** Residents and employees teamed up for our Pool Tournament. In February we will host a Ping Pong Tournament. **Right:** Hundreds of Montereau employees and residents received Covid-19 vaccines at two of three scheduled clinics. The final vaccine clinic is on February 20 and 21.



**MONTEREAU®**

# february calendar highlights

## Lunch In During February



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 February 7, as to not conflict with Food Truck Friday.

Jan. 31: El Tequila  
Feb. 14: Fat Guy's Burger Bar  
Feb. 21: Russo's Coal Fired Italian Kitchen  
Feb. 28: The Brook



## Mondays in February • 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 February • 4:30 p.m. • Coterie Theatre Happy Hour



Happy Hour is back! We will provide entertainment each Monday night in the Coterie Theatre along with tasty appetizers. Drinks are on you! You must wear a mask any time you are out of your seat, including when on the dance floor. Mark your RSVP sheet for the Happy Hours you would like to attend.

- Feb. 1: Pianist Spencer Sutton
- Feb. 8: Guitarist Mark Bruner
- Feb. 15: Accordionist Nick Bratkovich
- Feb. 22: Pianist Spencer Sutton

## Wednesdays in February • 11:00 a.m. • Coterie Theatre iPhone Classes



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

Feb. 3: The Basics  
Feb. 10: Messaging  
Feb. 17: Using Your Camera and Sending Pictures  
Feb. 24: Organizing Pictures



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

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

# february calendar highlights

## Thursdays in February • 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 to attend. Contact Melanie at (918) 491-5232 for more information.

- Feb. 4: Enlightenment & The Industrial Age
- Feb. 11: Victorian Era & The 20th Century
- Feb. 18: Edinburgh, Glasgow & Wild Scotland
- Feb. 25: North Wales, Cardiff & South Wales



## Fridays in February • 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.



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

Would you like to learn how to play Nintendo Bowling? Now's your chance! Come for coaching by several of our Montereau veteran bowlers. No previous experience necessary. Contact resident coach Julius Stevak at (918) 492-8944 for more information.



## Saturdays in February • 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 February. This traditional yoga class will be open to residents and employees. Questions? Contact Laura at (918) 491-5284 or [lallen@montereau.net](mailto:lallen@montereau.net). Please mark your reservation sheet to sign up.



## Monday, February 1 • 2:00 p.m. • Le Cinéma Fitness Committee

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



## Tuesday, February 2 & 16 • 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](mailto:lallen@montereau.net) if you would like to participate. **Virtual Bingo will be at 3:15 p.m. on February 2 due to committee meetings.**

# february calendar highlights



**Wednesday, February 3 from 3:00 p.m. until 6:00 p.m.**

## **Wednesday, February 10 from 11:30 a.m. until 2:30 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) 491-5251 to make your appointment. You must wear a face mask to participate.



## **Wednesday, February 3 • 3:00 p.m. • Coterie Theatre** **Fit Bites: Heart Health**

Chrystal Medlock, Corporate Development Director of the Tulsa American Heart Association will present heart health tips. Heart-healthy snacks will be served. Mark your reservation sheet to attend. Contact Vana at (918) 728-8128 or [vmoore@montereau.net](mailto:vmoore@montereau.net) for more information.



## **Wednesday, February 3 • 7:15 p.m. • Le Cinéma** **Movie: "Downhill"**

Barely escaping an avalanche during a family ski vacation in the Alps, a married couple is thrown into disarray as they are forced to reevaluate their lives and how they feel about each other. Starring Will Ferrell and Julia Louis-Dreyfus. This film runs an hour and 25 minutes and is rated R for language.



**Thursday, February 4 & 18 • 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 Montereau friend!



## **Thursday, February 4 • 3:00 or 4:00 p.m. • Coterie Theatre** **S.T.A.R. Kick-Off**

Learn all about our S.T.A.R. program and how you can participate. We will hold two sessions of our S.T.A.R. Kick-Off, and you must RSVP. Details about the program can be found on page 20. For more information, contact Marketing at (918) 495-1500.

# february calendar highlights



## Friday, February 5 & 19 • 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 "The Thrawn Janet" for February 5 and "The Foreigner" & "The Chaser" for February 19. In March the group will be starting a new collection of short stories. It's the perfect time for new members to join! Contact Laura at (918) 491-5284 if you would like more information.



## Friday, February 5 & 26 • 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.



## Friday, February 5

### National Wear Red for Heart Disease Awareness

The first Friday of each February, American Heart Month, is National Wear Red Day. You are encouraged to wear red to raise awareness about cardiovascular disease. Read more about National Wear Red Day on page 14.



## Saturday, February 6 • 10:30 a.m. • Bus Trip Dollar Tree Trip

Catch the bus to Dollar Tree to shop for cards, household items, and more. Bring money for your purchases. A mask is required for this trip. The bus will return to Montereau by noon. Mark your reservation sheet for a seat on the bus. For more information contact Melanie at (918) 491-5232.

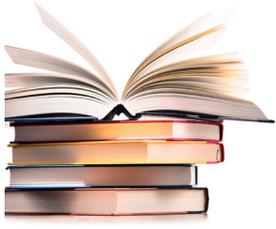


## Saturday, February 6 • 2:00 p.m. • Le Cinéma

### Saturdays in Le Cinéma: "Chef's Table BBQ: Tootsie Tomanetz"

We're starting a new monthly series featuring documentaries and unique series on the first Saturday of each month. We'll kick off this series with "Chef's Table BBQ: Tootsie Tomantetz". Custodian by day, pitmaster by night: Meet 85-year-old Tootsie Tomanetz, whose Hill Country barbecue has made her a legend in Texas and beyond. Mark your reservation sheet to attend this event. You must wear a mask, and social distancing will be observed. For more information, contact Melanie at (918) 491-5232.

# february calendar highlights



## **Sunday, February 7 • 2:30 p.m. • Grand Riviera Lounge** **Book Club**

Everyone is welcome to join this book club focusing on new and popular literature. The February book will be "The Book of Longing". Contact resident Kay Paine at (806) 672-4401 for more information.



## **Sunday, February 7 • 5:00 p.m. • Coterie Theatre** **Super Bowl Watch Party**

Cheer for your favorite team and enjoy pizza and wings as you watch this year's Super Bowl on the big screen! After you sign up, you will receive an order form for Mazzio's Pizza. We'll place the order for you and it will be delivered to the Coterie Theatre before the game. Your dinner order will be charged to your monthly service fees. The deadline to submit your Mazzio's food order is Friday, February 5 at noon. Complimentary sodas, beer and wine will be available during the game. Mark your reservation sheet to attend and to receive your menu. Seating is limited and no outside guests are permitted due to space limitations. Questions? Contact Melanie at (918) 491-5232.



## **Monday, February 8 • 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, February 8 • 7:00 p.m. • Coterie Theatre** **Dorothy Davis Presentation: Cambodia**

In the years of 1000 to 1400, many temples were built on the plains of Cambodia. By 1600 most people had forgotten them. The trees had overtaken many of them. Dorothy Davis had the opportunity to visit Angkor Wat and see the marvels there. She will share her experiences visiting Cambodia in Southeast Asia. Mark your reservation sheet to attend. Seating is limited, and you must wear a mask. For more information, contact Melanie at (918) 491-5232.



## **Tuesday, February 9 • 3:00 p.m. • Grand Riviera Lounge** **Spa Spotlight: Scarf Tying 101**

Whether you're a functional or fashionable scarf-wearer - or both! - this Spa Spotlight event will introduce you to fun new ways to sport your scarves. Mark your reservation sheet if you plan to attend. Tasty treats will be served, and all participants will receive a coupon for future scarf purchases in the Spa Boutique! Bring your own scarf so you can follow along with the instructions. Questions? Contact Kristen at (918) 491-5233 or kschooley@montereau.net

# february calendar highlights

**Tuesday, February 9 • 5:00 p.m. • Coterie Theatre**

## Men's Night: Burgers & Beer



Men... enjoy gourmet burgers and a beer flight during this special dinner just for the guys! Choose between a regular or bleu cheese-stuffed burger, then pick from a wide array of toppings including bacon, mushrooms, and caramelized onions. Your burger and side will cost \$9.00 and will be charged to your meal allowance. We will also offer beer flights featuring selections from Marshall Brewing for \$4.00. You'll even have entertainment provided by The Duo Sonics during your dinner! Reservations are required by Friday, February 5 at noon. Please cancel by Monday, February 8 at noon to avoid being charged the cost of your burger. Questions? Call Melanie at (918) 491-5232.

**Wednesday, February 10 & 24 • 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. Call resident Lloyd Z. at (918) 493-1160 for more information.

**Wednesday, February 10 & 24 • 2:00 p.m. • Coterie Theatre**

## Move to the Music with Melanie



Join Melanie for upbeat cardio dance sessions! 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 distancing guidelines will be followed, and space is limited. A mask is required. Due to popularity, please only sign up for one class. Wear comfortable shoes. Mark your reservation for one dance session. Call Melanie at (918) 491-5232 for more information.

**Wednesday, February 10 • 7:15 p.m. • Le Cinéma**

## Movie: "I Still Believe"



This affecting biopic chronicles Christian music headliner Jeremy Camp's journey back to a place of hope and the redoubling of his faith despite the heartbreak of his wife's death shortly after their marriage in 2000. Starring K.J. Apa, Britt Robertson, Shania Twain, and Gary Sinise. This film is rated PG and runs one hour and 55 minutes.

# february calendar highlights



## Thursday, February 11 • 11:30 a.m. • Grand Riviera Lounge Galentine's Lunch

We're hosting a ladies' lunch to celebrate Galentine's Day with your gal pals! You'll enjoy a three-course lunch featuring a mixed greens and citrus salad, pan-seared chicken with blackberry gastrique, with rice, baby carrots & beets, and a delicious dessert trio. The cost of lunch is \$15 and will be charged to your meal allowance. We will also offer a wine flight featuring Josh Cellars wines for \$6. Mark your reservation sheet to attend. Space is limited and reservations are required by Monday, February 8. The deadline to cancel is Tuesday, February 9 at noon. Please cancel by this date and time to avoid being charged for the lunch. Questions? Call Melanie at (918) 491-5232.



## Thursday, February 11 • 3:30 p.m. • Studio de Monet Let's Get Crafty

Decorate Valentine's cookies with Katie! Enjoy great company while you make a treat for a sweetheart - or yourself. All supplies will be provided. Mark your reservation sheet to attend. For more information contact Katie at (918) 491-5278.



## Friday, February 12 • 11:00 a.m. - 1:00 p.m. • Main Entrance Food Truck Friday: Hot Mess BBQ

Try barbecue sandwiches prepared by Hot Mess BBQ! Choose from chicken, beef or pulled pork. Prices range from \$8 to \$18. Please bring cash or credit card to pay for your purchases. 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.



## Friday, February 12 • 3:00 p.m. • Lobby Cocoa & Kisses

Stop by the lobby for a Valentine's treat! We'll hand out hot cocoa and Hershey's kisses to celebrate the holiday.



## Friday, February 12 • 7:15 p.m. • Le Cinéma Movie: "Chocolat"

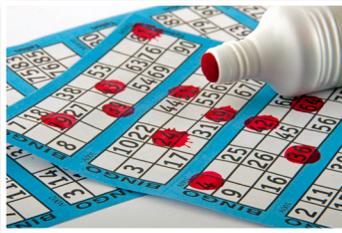
A single mother and her young daughter move into a peaceful French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town. But the villagers soon learn to savor the sweetness. Starring Juliette Binoche, Johnny Depp, Judi Dench, and Alfred Molina. This film is rated PG-13 and runs two hours and one minute.

# february calendar highlights



## **Saturday, February 13 • 9:30 a.m. • Grand Riviera Lounge** **Second Saturday Breakfast**

Join your neighbors for fellowship and food! This month's featured breakfast is a build-your-own breakfast sandwich. The cost of 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 breakfast event. Please cancel by Friday, February 12 at 9:00 a.m. to avoid being charged for the breakfast. Questions? Call Melanie at (918) 491-5232.



## **Saturday, February 13 & 27 • 2:15 p.m. • Coterie Theatre** **Bingo!**

Join the fun and win cash prizes! 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, February 14 • 1:30 p.m. • Bus Trip** **Super Target Trip**

Catch the bus to Super Target! Shop for clothing, household goods, groceries and more. Bring money for your purchases. The bus will return to Montereau by 3:00 p.m. Mark your reservation sheet for a seat on the bus. A face mask is required. Questions? Call Melanie at 918-491-5232.



## **Monday, February 15 • 11:00 a.m. • Coterie Theatre** **Bocce Ball**

Play bocce ball, the Italian lawn bowling game of light skill and challenge! No experience is necessary. Mark your reservation sheet to participate. Space is limited. Contact Melanie at (918) 491-5232 for more information.



## **Tuesday, February 16 • 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 mask to participate. Questions? Call Melanie at (918) 491-5232.



## **Tuesday, February 16 at 1:30 p.m.** **Thursday, February 18 at 9:00 a.m. • Bus Trips** **Scenic Drive with Jenk Jones:** **Lake Keystone & Mannford**

Enjoy a scenic tour of Lake Keystone and Mannford with Montereau resident Jenk Jones. Jenk will share stories and historical tidbits about this area of Oklahoma. Space is limited, and a mask is required. Mark your reservation sheet for a seat on the bus. The trip is approximately two and a half hours. Questions? Call Melanie at (918) 491-5232.

# february calendar highlights

**Tuesday, February 16 • 5:00 p.m. • Coterie Theatre**

## Mardi Gras Dinner



Wear your beads and masks to celebrate Mardi Gras with a special New Orleans-inspired dinner! This four-course meal will include a muffaletta crostini appetizer, seafood gumbo, blackened red snapper with spinach, red beans & rice, and sopapilla beignets. The cost of dinner is \$18 and will be charged to your meal allowance. Bar service will be available, including themed cocktails for \$6, and you'll enjoy live music by Spencer Sutton and Steve Henderson. Seating is limited, and reservations are required. Mark your reservation sheet to attend. Questions? Contact Melanie at (918) 491-5232 for more information.

**Wednesday, February 17 • 10:00 a.m. & 4:30 p.m. • Chapel**

## Ash Wednesday Service



All are invited to participate in our Ash Wednesday services. We will offer two services, and you are welcome to attend the service most convenient for you.

**Wednesday, February 17 • 6:00 p.m. • Coterie Theatre**

## Dinner & A Movie: "Serendipity"



Enjoy a special New York-themed dinner while you watch the romantic comedy, "Serendipity" with John Cusack, Kate Beckinsale, and John Corbett. After you sign up for this event, you will receive a dinner menu so that you can select your meal options. The choices will include turkey pastrami on rye, chili dogs, buffalo wings and chicken rigatoni. Your dinner, side and drink will cost \$10 and will be charged to your meal allowance. Seating is limited. Mark your reservation sheet to participate. Dinners will be delivered to the Coterie Theatre in time for the movie. For more information, contact Melanie at (918) 491-5232.

**Thursday, February 18 • 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](mailto:kschooley@monterea.net) for more information.

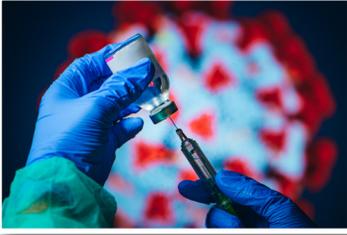
**Friday, February 19 • 12:00 p.m. • Coterie Theatre**

## Fit & Fabulous Lunch: Heart Health



This month's Fit & Fabulous Lunch will focus on heart health! The menu includes roasted red pepper soup, Tuscan white bean salad, artichoke chicken pasta and a blueberry crisp. The cost of lunch is \$18 and will be charged to your meal allowance. Mark your reservation sheet to attend. Please make any cancellations by Thursday, February 18 at noon to avoid being charged for the cost of the meal. For more information, contact Katie at (918) 491-5278.

# february calendar highlights



**Saturday, February 20 & Sunday, February 21**

**10:00 a.m. - 5:00 p.m. • Coterie Theatre**

## Covid-19 Vaccination Clinic: 2nd Doses Only

This Vaccine Clinic is for residents and staff who received their first dose of the Covid-19 vaccine at an earlier vaccine clinic. For more information contact Tammy Brown at (918) 491-5288 or [tbrown@montereau.net](mailto:tbrown@montereau.net).



**Saturday, February 20 • 10:30 a.m. • Bus Trip**

## Bath & Body Works Trip

Catch the bus to Bath and Body Works in Tulsa Hills! Shop for fragrances, lotions, and more. Bring money for your purchases. A mask is required for this trip. The bus will return to Montereyau by noon. Mark your reservation sheet for a seat on the bus. Questions? Call Melanie at (918) 491-5232.



**Saturday, February 20 • 2:00 p.m. • Le Marché**

## Make & Take: Sushi

This month, our Make & Take feature is sushi! Montereyau's chefs will walk you through making a Philly Roll (cream cheese, salmon & cucumber) and a California Roll (avocado, cucumber & crab). The cost is \$10 and will be billed to your meal allowance. Space is limited. Mark your reservation sheet to participate in this event. Questions? Call Melanie at 918-491-5232.



**Sunday, February 21 • 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. Mark your reservation sheet to attend this event. Questions? Call Melanie at (918) 491-5232.



**Beginning Monday, February 22 • Vitality Zone**

## Nintendo Bowling Tournament

The Montereyau Nintendo Bowling Tournament begins this week. Teams will consist of a resident and staff member. Our resident coach, Julius Stevak, will coordinate the team pairings and bowling matches. Please sign up in The Parlour by noon on Monday, February 15 if you would like to participate. Questions? Call Julius Stevak at (918) 492-8944.

**Monday, February 22 • 2:00 p.m. • Café Mondial**

## Monterneau "Chopped!" Competition

We're continuing our "Chopped!" series! Two of Montereyau's chefs will go head-to-head in a timed mystery basket challenge and create a meal using surprise ingredients. A team of judges will determine the winner. 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.



# february calendar highlights



## **Tuesday, February 23 • 11:00 a.m. • Coterie Theatre** **Cooking with Randy: Cheesy Corn Chowder**

Resident chef, Randy Stainer, returns with another cooking demonstration! This month's feature is "How to Elevate Your Soup" with Cheesy Corn Chowder. Randy will provide step-by-step instructions to add pizzazz to canned or store-bought soups. While he is cooking, you will be tasting his Cheesy Corn Chowder paired with Modelo Negro, if you wish. The cost is \$5 and will be charged to your meal allowance. Space is limited. Mark your reservation sheet to attend. Contact Melanie at (918) 491-5232 for more information.



## **Tuesday, February 23 • 2:00 p.m. • City View Lounge** **Parkinson's Disease Support Group**

This in-house group will be facilitated by Montereau staff trained through the American Parkinson's Disease Association. The group will meet on the 4th Tuesday of each month at 2:00 p.m. and is intended for those with Parkinson's and PD caregivers. Each monthly hour-long session will feature an educational presentation and a time for sharing among the group about concerns and issues relating to PD. Mark your reservation sheet to attend. For more information, contact Vana: 918-728-8128 or vmoore@montereau.net.



## **Tuesday, February 23 • 3:00 p.m. • Coterie Theatre** **Learn to Play Ping Pong**

Have you wanted to learn how to play ping pong? Or brush-up on your skills? This is your opportunity! Members of the Montereau ping pong team will be available to teach this fun game of coordination and skill ahead of our tournament next month. Mark your reservation sheet to attend this event. Questions? Contact Vana at (918) 728-8128.



## **Tuesday, February 23 • 7:00 p.m. • Coterie Theatre** **Philbrook at Montereau**

Enjoy a presentation of Tulsa's Philbrook Museum by Scott Stulen, Director & President at Philbrook. The museum is listed on the National Historic Register and is a fine example of Italian Renaissance architecture. Philbrook houses an outstanding collection of masterpieces from many noted artists. Mark your reservation sheet to attend. Space is limited, and a mask is required. Questions? Call Melanie at (918) 491-5232.



## **Wednesday, February 24 • 3:30 p.m. • City View Lounge** **The Taster Series: Champagne**

Join us for a monthly tasting series where we will enjoy a food and drink pairing created by our dining services department! February's tasting is a champagne paired with chocolate-covered strawberries. Come and enjoy this "perfect pair" while we explore the magic behind the pairing. The cost of this event is \$10. Mark your reservation sheet to join us. Please make any cancellations by noon on Monday, February 22 to avoid being charged for the cost of the event. For more information, contact Laura at (918) 491-5284 or lallen@montereau.net.

# february calendar highlights



**Wednesday, February 24 • 7:15 p.m. • Le Cinéma**

## Movie: "Ladies in Lavender"

Two sisters at their beach house in Cornwall for some relaxation are interrupted when a mystery man washes up on the beach and they decide to nurse him back to health. Turns out he's a violinist headed for America when his ship encountered trouble. Starring Judi Dench and Maggie Smith. This film is rated PG-13 and runs one hour and 43 minutes.

**Thursday, February 25 & Saturday, February 27 • 9:40 a.m.**

## Bus Trips

### Philbrook Museum Tours

Enjoy a guided tour of Tulsa's beautiful Philbrook Museum! The cost of the tour is \$12. Tickets will be purchased in advance and billed to your monthly service fees. Space is limited. A mask is required on the bus and inside the museum. Mark your reservation sheet for a seat on the bus. Please sign up for only one tour date. The cancellation deadline is Thursday, February 18 at 1:00 p.m. Please cancel by this date and time to avoid being charged for the museum ticket. The bus will return to Montereau by 12:15 p.m. Contact Melanie at (918) 491-5232 for more information.



**Thursday, February 25 • 1:30 p.m. • Bus Trip**

### Treat Tour of Tulsa: Kupczakz Bakery

Enjoy a delicious gourmet cupcake from the Kupczakz Bakery in south Tulsa! Flavors include Vanilla Bean, Triple Chocolate, Lemon Drop, Carrot Cake and more. 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 to your monthly statement. A face mask is required for this trip. The bus should return to Montereau by 3:00 p.m. Contact Melanie at (918) 491-5232 for more information.



**Friday, February 26 • 3:30 p.m. • City View Lounge**

### Cocktail Show & Tell: Fun & Festive Martini

This month, we're reviving an old favorite – the Cocktail Show & Tell Happy Hour! During this event, we'll demonstrate how to create a delicious craft cocktail, and you'll get to enjoy the cocktail along with a tasty treat to accompany the drink. Our featured cocktail for February is a Fun & Festive Martini! Due to Covid-19 safety guidelines, only 16 people may attend this event. Masks are required until seated at your table. Please mark your reservation sheet if you plan to attend. Questions? Contact Laura at (918) 491-5284.



**Sunday, February 28 • 5:00 p.m. • Coterie Theatre**

### Jenk Jones Presentation: A Mystery Trip Slide Show

Take a mystery trip via slide show with Montereau resident, Jenk Jones!  
Your clues:

- Each location is approximately 8,000 miles apart.
- Each location has a different climate and geography.

Stumped? Mark your reservation sheet to attend this fun event! Space is limited, and you must wear a mask during the presentation. Call Melanie at (918) 491-5232 for more information or clues.



# national wear red day

National Wear Red Day is the American Heart Association's yearly campaign to raise awareness about cardiovascular disease, particularly among women.

Cardiovascular disease is the number one killer of women, causing one in three deaths each year. That's approximately one woman every minute! Women can overlook signs of a heart attack because they are different from those that men experience.

## Symptoms in Women

- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

## Symptoms in Men

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath

Women who think they're healthy often misread the symptoms of a heart attack because they don't think it could happen to them. That's why it's crucial to learn about heart attack, know your numbers and live heart-healthy.

If you would like to learn more about cardiovascular disease in women, visit the American Heart

American Heart Association®



# upcoming events

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

- Dinner & A Movie: "Leap Year" - March 17
- Dorothy Davis Presentation: The Holy Land - March 23
- Scenic Drive with Jenk Jones: Pawhuska & Tallgrass Prairie - March 23 & 25
- The Taster Series: White Wine & Pesto - March 24
- Spring Tea Party - March 26
- J.M. Davis Arms & Historical Museum Trip - March 30

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



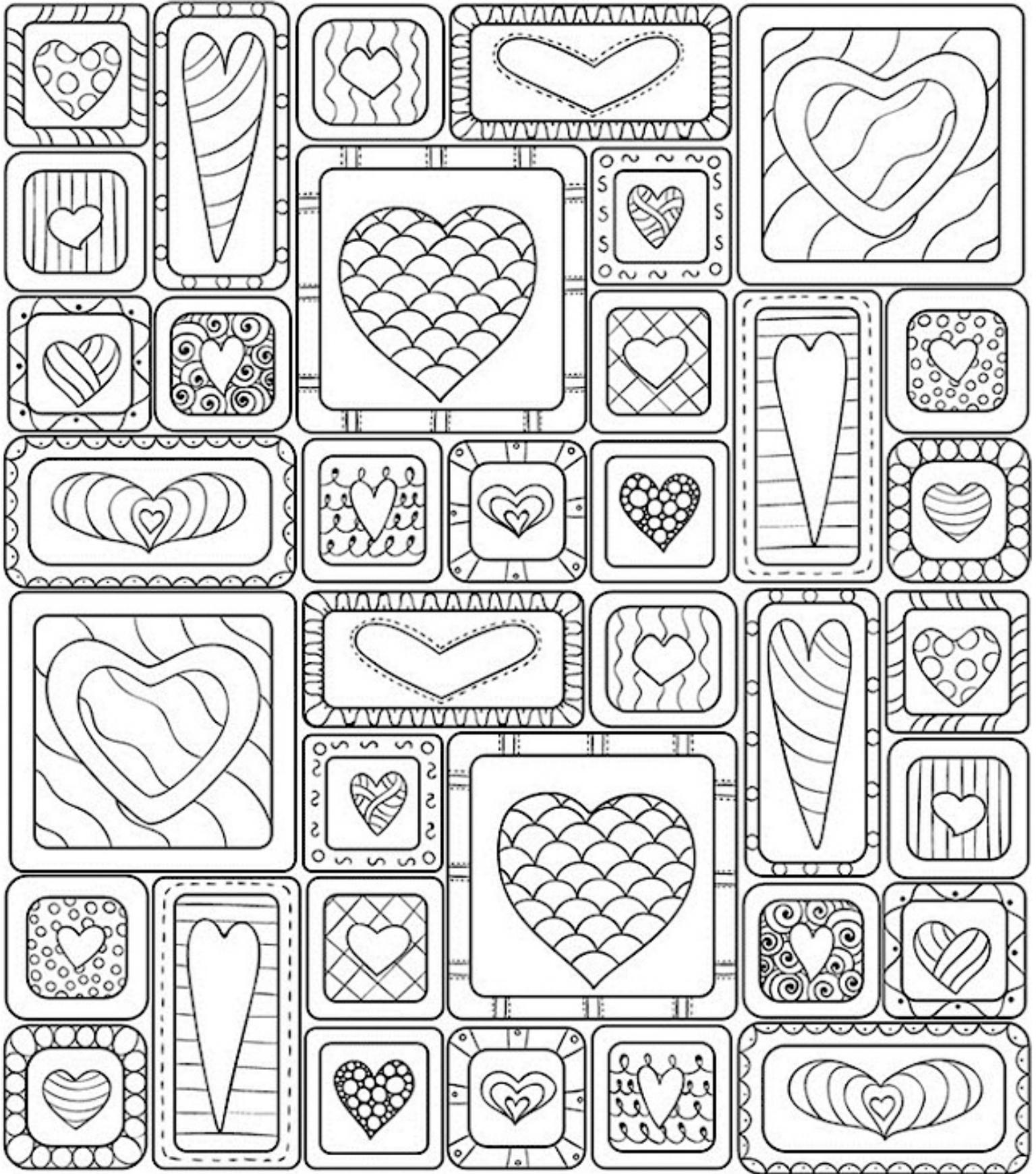
## February Spa Special

*We're showing you the LOVE this month!*

**20% off all Skin,  
Massage, &  
Reflexology Services**

*This special is limited to one of each service per client. Must book by February 28 and receive service by March 31, 2021.*

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



# december in-house tv highlights



MONTEREAU®

**Tuesday, February 16 at 2:00 p.m.**  
**Saturday, February 20 at 5:30 p.m. • Channel 1960**

## Virtual Montereyau Town Hall

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

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**Mondays • 4:30 p.m. • Channel 1960**

## Happy Hour at Home

- Feb. 1: The Very Best of Jazz Divas
  - Feb. 8: 50s to 90s Love Songs
  - Feb. 15: The Very Best of Henry Mancini
  - Feb. 22: The Best of Benny Goodman
- 



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

## Virtual Tour

- Feb. 2 & 6: Dubai Marina Waterfront
  - Feb. 9 & 13: Guided Virtual Tour of Capitol Hill
  - Feb. 16 & 20: Florence, Italy
  - Feb. 23 & 27: Redwood National Park
- 

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

## TED Talks

**Feb. 4 & 6: The New Science of Personalized Vaccines**

At the intersection of precision medicine and vaccinology lies a revolutionary scientific pursuit: personalized vaccines. Infectious disease specialist Ofer Levy introduces this promising medical approach, in which tailored inoculations will enable effective immunization of the most vulnerable among us, including the young and elderly, and shares how we're now venturing into a new era of sustaining and supporting human life. (This talk contains graphic medical imagery.)

**Feb. 11 & 13: Dignity Isn't A Privilege. It's a Worker's Right.**

What's the purpose of a company? In this bold talk, activist and filmmaker Abigail Disney imagines a world where companies have a moral obligation to place their workers above shareholders, calling on Disney (and all corporations) to offer respect, dignity and a living wage to everyone who works for them.



# december in-house tv highlights

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



**Feb. 18 & 20: A Stellar History of Modern Astronomy**

Astronomers once gazed upon the night sky and counted every star in the galaxy by hand. The process has evolved since then, but the thirst for celestial knowledge remains the same. Join astrophysicist Emily Levesque for an anecdote-rich jaunt through the technological history of photographing the cosmos and learn about the one constant that makes it all work: human curiosity.

**Feb. 25 & 27: Prince William: This Decade Calls for Earthshots to Repair Our Planet**

"We start this new decade knowing that it is the most consequential period in history," says Prince William, The Duke of Cambridge. Inspired by President John F. Kennedy's "Moonshot," he calls on everyone to rise to our greatest challenge ever: the "Earthshot." A set of ambitious objectives for the planet, the Earthshot goals seek to protect and restore nature, clean the air, revive oceans, build a waste-free world and fix the climate -- all in the next decade. To do it, we'll need people in all corners of the globe working together with urgency, creativity and the belief that it is possible to repair the Earth.

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

**Friday Night Feature**

**Feb. 5 & 6: "Royal Wedding"**

A brother and sister dance act encounter challenges and romance when booked in London during the Royal Wedding. Starring Fred Astaire and Jane Powell.



**Feb. 12 & 13: Resident Spotlight: Cheryl Melton**

Hear about Cheryl's career with the Texas and United States Departments of Health & Human Services as a Health Information Administrator. Upon her retirement, she traveled with her husband, Gene, to play in croquet tournaments. She also loves arts & crafts: crochet, knitting, painting and quilting.

**Feb. 19 & 20: Montereau "Chopped!" Competition**

Watch as two of Montereau's chefs compete in a timed mystery basket challenge.

**Mon. 26 & 27: Resident Spotlight: Nat Grunst**

Nathaniel "Nat" Grunst retired to Montereau after a long career in the education field with Luther North High School in Des Plaines, Illinois. He was Chair of the Foreign Language Department and Assistant Superintendent with responsibilities in the areas of finance, development, and public relations, and was ultimately appointed to Superintendent. Nat made Montereau his home in June of 2012.

## Danielle Howard - Towers Concierge

As Montereau's Towers Concierge, Danielle has been helping residents for almost a year. She enjoys getting to know the residents and learning something new every day.

Before coming to Montereau, Danielle was a Lead Customer Service Assistant with the Tulsa City-County Library. There she assisted customers and staff with circulation, meeting rooms, research, and social media.

Danielle grew up in Minot, North Dakota. After high school she attended Minot State University. She also attended Tulsa Community College and is currently pursuing



a degree at Northeastern State University.

Family is incredibly important to Danielle, so most of her life revolves around them. She has been married for 26 years and has two children. Her son recently graduated from Oklahoma State University, and her daughter is attending the University of North Texas.

Danielle loves to travel and hopes to visit more new places in the coming years. She is also an animal lover, and currently has two dogs, a turtle, and a bearded dragon.

### 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.



# brain puzzle

## ACROSS

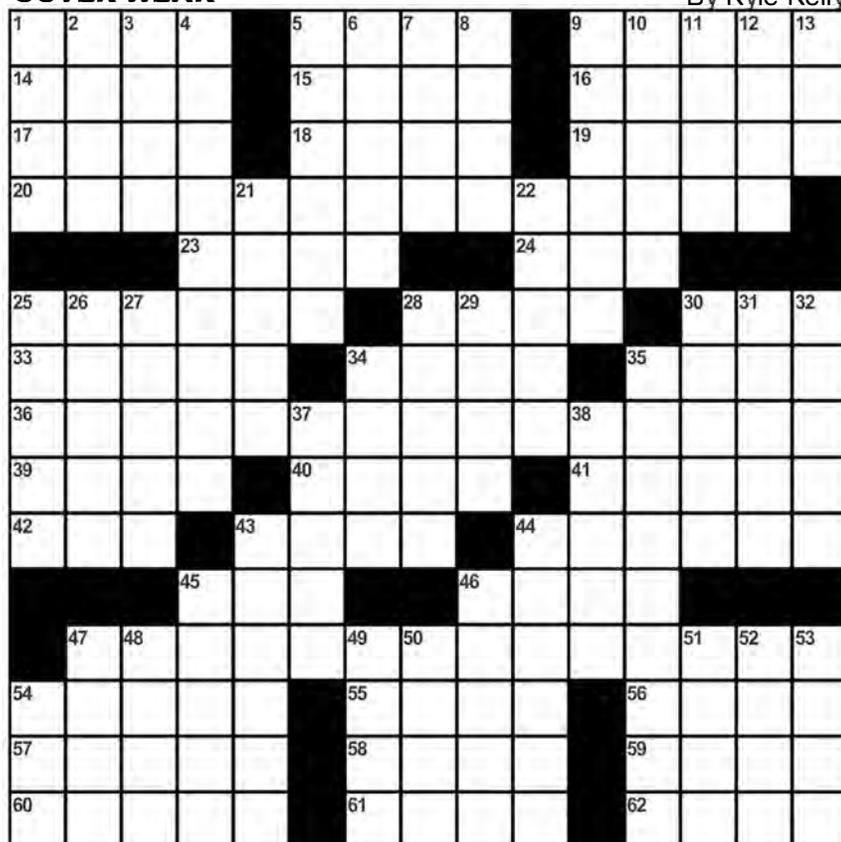
- |                              |                                 |
|------------------------------|---------------------------------|
| 1) Utilize a mall            | 39) ___ out a living            |
| 5) "Hamlet" five             | 40) Doggie bag items            |
| 9) Walk all over             | 41) Armistice                   |
| 14) Whine and whimper        | 42) "The Hunt for ___ October"  |
| 15) Big bird of the pampas   | 43) Cons partners               |
| 16) Slow-paced runner        | 44) Rang, as a bell             |
| 17) "___ go bragh"           | 45) Lose tautness, in a way     |
| 18) Cash repository          | 46) Minimum-range tide          |
| 19) Military adversary       | 47) South African peninsula     |
| 20) Metaphorical shield      | 54) Photographer's poser        |
| 23) Harp relative of old     | 55) Heat and light generator    |
| 24) Time before anything     | 56) Husband of a countess       |
| 25) Pound's major opus       | 57) It's all around the lagoon  |
| 28) Like some ammunition     | 58) Birthstone after sapphire   |
| 30) Relaxing retreat         | 59) Attention-getting utterance |
| 33) Lie in store for         | 60) Electric car brand          |
| 34) Of the finest quality    | 61) Give up, as territory       |
| 35) Witnessed                | 62) Baby seals                  |
| 36) Removes the first layer? |                                 |

## DOWN

- 1) Detail, for short
- 2) Deliver, as a pitch
- 3) Gallimaufry
- 4) Fines
- 5) Tree-shaded areas
- 6) Make sore by rubbing
- 7) Gymnasts' perfect scores
- 8) Pen name of H.H. Munro
- 9) Record jacket
- 10) 1,000 kilograms
- 11) Cartel since 1961
- 12) "Who wants candy?" response
- 13) Be a busybody
- 21) Japanese capital of yore
- 22) Flood-control structure
- 25) Do a banquet
- 26) Out of dreamland
- 27) With nothing on
- 28) Ransacks
- 29) They're accommodating
- 30) Capital on the Han River
- 31) Quiet companion
- 32) Put in a poker chip
- 34) Jimi Hendrix's do
- 35) Accumulation of refuse
- 37) Pass up
- 38) Ending for "farm" or "home"
- 43) Spanish rice dish
- 44) Human beings
- 45) Kind of checker
- 46) Roamer
- 47) Sheep enclosure
- 48) Hubbubs
- 49) Tuftlike mass
- 50) Stare dumbfoundedly
- 51) Iolani Palace's island
- 52) Get ready to operate
- 53) Some shade providers
- 54) Wrestler's surface

## OUTER WEAR

By Kyle Kelly





# Become a S.T.A.R.



Can you believe it's already February of 2021?

**Join our S.T.A.R. Kickoff on Thursday, February 4th in the Coterie Theatre.**

You will learn more about our S.T.A.R. program for the upcoming year.

S.T.A.R. is our Sales Team Alliance with Residents referral program. Throughout the year, you have the opportunity to invite your friends or anyone you know who may be interested in or benefit from the Montereau lifestyle. Think of all the people you know and talk with them about why you chose

Montereau. Invite them in for a visit with the marketing team or to attend our S.T.A.R. events.

Join us at the S.T.A.R. Kickoff event to see what this program is all about!

**RSVPs are required. You may RSVP to the 3:00 p.m. or 4:00 p.m. session. Call Marketing at (918) 495-1500 to RSVP.**



Welcome New Residents  
Jack, Sue & Stephen Maxwell

The *Voice of Vitality* newsletter and calendar are posted monthly on Montereau's website:

**[www.Montereau.net](http://www.Montereau.net)**

## Happy Birthday!

Join us for the February Birthday Celebration on Friday, February 12 at 2:00 p.m. in the Grand Riviera Lounge.

Please mark your reservation sheet to attend.

### february birthdays

Name	Date
Anita Ghan	4
Barbara Crowson	5
Lillian Franklin	7
Diana Hepner	8
Trish Mace	8
Miltie Buxton	9
Patricia Schroeder	9

Carol Baker	10
Betty Daniels	10
Linda Smith	11
Marcia Fox	12
Tom Naugle	12
Jim Patterson	12
Bob LeBlanc	13
Jim Ezell	14
Barbara Schneeberg	15
Mary Kirkpatrick	16
Joe Gross	17
Fred Hook	19
Creighton Knutson	21
Charlie Ogle	21
Virginia Elliott	22
Skip Sidner	22
Patsy Newport	23
Chuck Scott	23
Beverly Staedke	23



Scott Lewis	24
Joan Geweniger	27
Shirley Hays	27
Mary Johnson	27