

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>		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.				TRIP! 1 9:00 Yoga with Michelle (CT) 2:00 Saturdays in Le Cinéma: "My Octopus Teacher" (LC) 4:30 Catholic Mass (MWC) 5:00 Kentucky Derby Watch Party (CT) *6:45 Tulsa Opera Trip: "Greenwood Overcomes"
2 10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) 2:00 Bridge Introduction & Review with Randy (SM) 2:30 Book Club: "A Gentleman in Moscow" (GRL)	TRIP! 3 *8:30 Chicken N Pickle Trip 8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 12:00 Intuitive Eating Book Club (GRL) 1:00 Chair Yoga (CT) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Totally Dancing (CT) 4:00 Happy Hour with Spencer Sutton (CT)	TRIP! 4 9:30 Aquatics (Pool) *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 (BA) 10:30 Aquatics (Pool) 1:00 Hearing Clinic (WC) 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance (BA) 2:00 Resident Committee Mtgs (CVL, HCC, VDR, SM) 3:00 ROSE Committee Mtg (CM) *5:00 Let's Eat Local: The Vault	5 8:45 Body Max 30 (CT) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 1:00 Chair Yoga (CT) 2:00 Line Dancing with Laura (CT) 2:30 Totally Dancing (CT) 3:30 Cinco de Mayo Fiesta (V) 7:15 Movie: "Irresistible" (LC) Turn in volunteer forms to concierge by the 5th of the month!	TRIP! 6 9:30 Aquatics (Pool) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee Break (GRL) *10:15 Tulsa Ballet Private Rehearsal 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (BA) 10:30 Aquatics (Pool) 12:00 Lunch In Delivery: Bravo's Mexican Grill 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 3:00 Bards of the Bush with Jenk Jones (GRL) 7:15 Ken Burns: The Dustbowl Documentary (CT)	TRIP! 7 8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) *11:00 Turkey Mountain Walk & Picnic 1:00 Basic Ballroom Dancing with Rick (CT) 3:30 The Reading Group: "The Darling" (L6) 6:30 Game Night (SM)	TRIP! 8 9:00 Yoga with Michelle (CT) *10:30 Gilcrease Museum Trip: "Assignment Tulsa" & More 2:15 Bingo! (CT) 4:30 Catholic Mass (MWC)
9 10:00 Catholic Mass (MWC) 11:00 - 2:00 Mother's Day Brunch (DR) 11:30 Protestant Service (MWC) 2:00 Bridge Introduction & Review with Randy (SM)	TRIP! 10 8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Pickleball Trip 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 10:30 - 1:30 Shoe Shine Service (SM) 12:00 Intuitive Eating Book Club (GRL) 1:00 Chair Yoga (CT) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Totally Dancing (CT) 4:00 Happy Hour with Mark Bruner (CT)	TRIP! 11 Due by 12:00 Food Donations (CD) 9:30 Aquatics (Pool) *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 (BA) 10:30 Aquatics (Pool) 11:00 Caption Call Presentation (SM) *12:30 Food Bank Volunteer Trip 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance (BA) 2:15 Caregiver Support Group (HCC) 3:30 Fit Bites: Arthritis Myth Busters (GRL)	12 8:45 Body Max 30 (CT) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 11:00 iPhone Class: Apps 2 (CT) 1:00 Chair Yoga (CT) 2:00 Food Bank Note Writing (GRL) 2:30 Totally Dancing (CT) 6:00 Dinner & A Movie: "The Parent Trap (1961)" (CT)	13 9:30 Aquatics (Pool) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Tai Chi & Brunch on the Lawn (GL) 10:30 Balance & Tai Chi - Cancelled 10:30 Basic Balance - Cancelled 10:30 Aquatics - Cancelled 1:00 Reduce Arthritis Pain (ES)** 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 3:30 Happy Hour Featuring the Tulsa Opera (GL) 7:15 Ken Burns: The Dustbowl Documentary (CT)	TRIP! 14 8:45 Body Max 30 (CT) *9:00 Gathering Place Trip 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 11:00 - 1:00 Food Truck Friday: Mangiamo (ME) 12:00 - 2:00 Health & Fitness Field Day (GL) 1:00 Basic Ballroom Dancing with Rick (CT) 2:00 May Birthday Celebration (GRL) 7:15 Movie: "The Secret: Dare to Dream" (LC)	TRIP! 15 9:00 Yoga with Michelle - Cancelled *10:30 Whole Foods Market Trip 2:00 Make & Take: Ravioli (LM) 4:30 Catholic Mass (MWC)
Horseshoe Tournament Starts This Week!						

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<p>TRIP! 16</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) 2:00 Bridge Introduction & Review with Randy (SM) 2:30 Sunday Sundaes (LM) *3:30 Woodland Hills Mall Trip</p>	<p>TRIP! 17</p> <p>8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Pickleball Trip 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 11:00 Bocce Ball (CT) 1:00 Chair Yoga (CT) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Totally Dancing (CT) 4:00 Happy Hour with Nick Bratkovich (CT)</p>	<p>TRIP! 18</p> <p>9:30 Aquatics (Pool) *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 (BA) 10:30 Aquatics (Pool) 1:00 Hearing Clinic (WC) 1:00 Color Me Calm (SM) 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance (BA) 2:00 Montereau Town Hall (CT) 5:30 Men's Night: Beer, Brats & Blues (V)</p>	<p>TRIP! 19</p> <p><i>Fitness Classes Cancelled Today</i> *9:00 Gathering Place Trip 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 2:30 Totally Dancing - Cancelled 3:30 The Taster Series: Tequila Tasting (GRL) 7:15 Movie: "Capone" (LC)</p>	<p>TRIP! 20</p> <p>*9:00 OSU Campus Tour & Lunch 9:30 Aquatics (Pool) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee Break (GRL) 10:30 Balance & Tai Chi - Cancelled 10:30 Basic Balance (BA) 10:30 Aquatics (Pool) - Cancelled 12:00 Lunch In Delivery: Le Louvre French Café 1:00 Reduce Arthritis Pain (ES)** 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 2:00 Montereau Monthly Tour (CD) 7:15 Ken Burns: The Dustbowl Documentary (CT)</p>	<p>8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core - Cancelled 10:15 Basic Stretch & Tone (CT) 12:00 Fit & Fabulous Lunch: Arthritis (CT) 1:30 Basic Ballroom Dancing with Rick (CT) 3:30 The Reading Group: "Tall Tales From the Mekong Delta" (L6) 6:30 Game Night (SM)</p>	<p>TRIP! 22</p> <p>9:00 Yoga with Michelle (CT) *10:30 Super Target Trip 2:15 Bingo! (CT) 4:30 Catholic Mass (MWC)</p>																																																																																																																		
<p>23</p> <p>10:00 Catholic Mass (MWC) 10:30 Farewell to Father Ben (CT) 11:30 Protestant Service (MWC) 2:00 Bridge Introduction & Review with Randy (SM) 5:00 Potluck Dinner (GRL)</p>	<p>TRIP! 24</p> <p>8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Pickleball Trip 10:00 Catholic Mass (MWC) 10:15 Core - Cancelled 10:15 Basic Stretch & Tone (CT) 1:00 Chair Yoga - Cancelled 2:00 - 3:00 Blood Pressure Clinic (WC) 2:30 Totally Dancing (CT) 4:00 Happy Hour with Spencer Sutton (CT)</p>	<p>TRIP! 25</p> <p>Due by 12:00 Food Donations (CD) 9:30 Aquatics (Pool) *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 (BA) 10:30 Aquatics (Pool) - Cancelled *12:30 Food Bank Volunteer Trip 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance - Cancelled 2:00 Parkinson's Disease Support Group (GRL) 3:00 Learn to Play: Croquet (GL) *5:00 Bike Bar Trip</p>	<p>26</p> <p>9:00 - 1:00 Wellness Fair (CT) <i>Fitness classes cancelled</i> 9:30 - 10:30 Blood Draw (WC) 10:00 Catholic Mass (MWC) 2:00 Food Bank Note Writing (GRL) 2:30 Totally Dancing (CT) 5:30 UnWINEd: Wild Game Dinner (R6) 7:15 Movie: "The Secret Garden" (LC)</p>	<p>TRIP! 27</p> <p>8:00 Podiatry Clinic (WC) *9:00 Scenic Drive with Jenk Jones: Coffeyville, KS & Dewey, OK 9:30 Aquatics (Pool) 9:45 Basic Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (CT) 10:30 Basic Balance (BA) 10:30 Aquatics (Pool) 11:15 Lunch In Delivery: The Savoy 11:30 Bring-Your-Own Picnic (V) 1:00 Reduce Arthritis Pain (CT) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 3:00 Real ID Informational Happy Hour (GRL) *** 7:15 Ken Burns: The Dustbowl Documentary (CT)</p>	<p>TRIP! 28</p> <p>8:45 Body Max 30 (CT) *9:00 Gathering Place Trip 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 11:00 Resident Garden Tour 1:00 Basic Ballroom Dancing with Rick (CT)</p>	<p>TRIP! 29</p> <p>9:00 Yoga with Michelle (CT) *10:30 Trader Joe's Trip 4:30 Catholic Mass (MWC)</p>																																																																																																																		
<p>TRIP! 30</p> <p>10:00 Catholic Mass (MWC) 11:30 Protestant Service (MWC) 2:00 Bridge Introduction & Review (SM) *3:00 Belk Trip</p>	<p>31</p> <p>Fitness Classes Cancelled & Wellness Clinic Closed Due to Memorial Day 10:00 Catholic Mass (MWC) 11:00 - 2:00 Memorial Day Brunch & Games on the Lawn (DR & V)</p>	<p>June 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></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</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	29	30				<p>See the Games Calendar in the Post Office for the schedule of resident-led games and contact information.</p>		<p>Activities and Event Locator:</p> <table> <tr> <td>BA</td> <td>By Appointment</td> <td>GRL</td> <td>Grand Riviera Lounge</td> <td>SM</td> <td>Studio de Monet</td> </tr> <tr> <td>BR</td> <td>Board Room</td> <td>HCC</td> <td>Health Center Conference Room</td> <td>V</td> <td>Veranda</td> </tr> <tr> <td>CD</td> <td>Concierge Desk</td> <td>Room</td> <td></td> <td>VP</td> <td>Virtual Programming</td> </tr> <tr> <td>CH</td> <td>Commons Hallway</td> <td>L6</td> <td>6th Floor Library</td> <td>VZ</td> <td>Vitality Zone</td> </tr> <tr> <td>CL</td> <td>Commons Library</td> <td>LC</td> <td>Le Cinéma</td> <td>WC</td> <td>Wellness Clinic</td> </tr> <tr> <td>CM</td> <td>Café Mondial</td> <td>LM</td> <td>Le Marché</td> <td>*</td> <td>Trip</td> </tr> <tr> <td>CT</td> <td>Coterie Theatre</td> <td>LP</td> <td>La Patisserie</td> <td>**</td> <td>Event moved from usual location</td> </tr> <tr> <td>CVL</td> <td>City View Lounge</td> <td>ME</td> <td>Main Entrance</td> <td>***</td> <td>Details to follow in News Flash</td> </tr> <tr> <td>DR</td> <td>Dining Rooms</td> <td>MWC</td> <td>Montereau Warren Chapel</td> <td></td> <td></td> </tr> <tr> <td>ES</td> <td>Exercise Studio</td> <td>P</td> <td>The Parlour</td> <td></td> <td></td> </tr> <tr> <td>FS</td> <td>Fitness Studio</td> <td>R</td> <td>Rotunda</td> <td></td> <td></td> </tr> <tr> <td>GL</td> <td>Grand Lawn</td> <td>R6</td> <td>Rue 6800</td> <td></td> <td></td> </tr> </table>	BA	By Appointment	GRL	Grand Riviera Lounge	SM	Studio de Monet	BR	Board Room	HCC	Health Center Conference Room	V	Veranda	CD	Concierge Desk	Room		VP	Virtual Programming	CH	Commons Hallway	L6	6th Floor Library	VZ	Vitality Zone	CL	Commons Library	LC	Le Cinéma	WC	Wellness Clinic	CM	Café Mondial	LM	Le Marché	*	Trip	CT	Coterie Theatre	LP	La Patisserie	**	Event moved from usual location	CVL	City View Lounge	ME	Main Entrance	***	Details to follow in News Flash	DR	Dining Rooms	MWC	Montereau Warren Chapel			ES	Exercise Studio	P	The Parlour			FS	Fitness Studio	R	Rotunda			GL	Grand Lawn	R6	Rue 6800		
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