

MONTEREAU

june 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<div> <div>Contact Information:</div> <div>Wellness Clinic: (918) 491-5218</div> <div>Fitness Programs: (918) 728-8128</div> <div>Activities &amp; Events: (918) 491-5232</div> </div>		<div>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.</div>																																														
<div> <div>July 2021</div> <table> <tr> <th>Sun</th> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thur</th> <th>Fri</th> <th>Sat</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> </tr> </table> </div>	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			<div> <div>TRIP! 1</div> <div> <div>9:30 Aquatics (Pool)</div> <div>*9:30 Reasor’s *10:00 Walmart</div> <div>9:45 Better Balance (BA)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:30 Senior Stability (CT)</div> <div>10:30 Better Balance (BA)</div> <div>10:30 Aquatics (Pool)</div> <div>1:00 Hearing Clinic (WC)</div> <div>1:00 Balance Essentials (BA)</div> <div>2:00 Boxing for Balance (BA)</div> <div>2:00 Resident Committee Mtgs (CVL, HCC, VDR, SM)</div> <div>3:00 ROSE Committee Mtg (CM)</div> </div> </div>	<div> <div>TRIP! 2</div> <div> <div>8:45 Body Max 30 (CT)</div> <div>9:00 - 10:00 Blood Draw (WC)</div> <div>9:30 Int Stretch &amp; Tone (CT)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:15 Core (BA)</div> <div>10:15 Basic Stretch &amp; Tone (CT)</div> <div>1:00 Tai Chi (CT)</div> <div>1:30 Totally Dancing (VZ)</div> <div>2:00 Toe Tappers (CT)</div> <div>3:30 Let’s Get Crafty: Floral Arranging with Tinesa (SM)</div> <div>3:30 Walker &amp; Wheelchair Safety Check (ES)</div> <div>6:30 Movie: “Where’d You Go, Bernadette” (LC)</div> </div> </div>	<div> <div>TRIP! 3</div> <div> <div>*9:00 Scenic Drive with Jenk Jones: Ponca City</div> <div>9:30 Aquatics (Pool)</div> <div>9:45 Better Balance (BA)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:00 Coffee Break (GRL)</div> <div>10:30 Senior Stability (CT)</div> <div>10:30 Better Balance (BA)</div> <div>10:30 Aquatics (Pool)</div> <div>12:00 Fitness Committee Mtg (CVL)</div> <div>12:00 Lunch In Delivery: It’s Greek to Me</div> <div>1:00 Balance Essentials (BA)</div> <div>2:00 Boxing for Balance (BA)</div> <div>2:00 Bible Study (MWC)</div> <div>5:30 BBQ &amp; Blues S.T.A.R. Event (V)</div> <div>7:15 Planet Earth DVD Series: Pole to Pole (CT)</div> </div> </div>	<div> <div>TRIP! 4</div> <div> <div>8:45 Body Max 30 (CT)</div> <div>9:30 Int Stretch &amp; Tone (CT)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:15 Core (BA)</div> <div>10:15 Basic Stretch &amp; Tone (CT)</div> <div>*11:00 Ray Harral Nature Park Walk &amp; Picnic Trip</div> <div>3:30 The Reading Group: “Tall Tales From the Mekong Delta” (CVL)</div> <div>6:30 Game Night (SM)</div> </div> </div>	<div> <div>TRIP! 5</div> <div> <div>*9:00 Tulsa Master Gardeners 2021 Garden Tour</div> <div>9:00 Yoga with Michelle (CT)</div> <div>2:00 Saturdays in Le Cinéma: “The Biggest Little Farm” (LC)</div> <div>4:30 Catholic Mass (MWC)</div> <div>Turn in volunteer forms to concierge by the 5th of the month!</div> </div> </div>
Sun	Mon	Tue	Wed	Thur	Fri	Sat																																										
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<div> <div>TRIP! 6</div> <div> <div>10:00 Catholic Mass (MWC)</div> <div>11:00- 2:00 Sunday Brunch (R)</div> <div>11:30 Protestant Service (MWC)</div> <div>2:30 Book Club: “The Radium Girls” (GRL)</div> <div>*3:00 Skiatook Lake Trip Departs</div> </div> </div>	<div> <div>TRIP! 7</div> <div> <div>8:45 Body Max 30 (CT)</div> <div>9:30 Int Stretch &amp; Tone (CT)</div> <div>*10:00 Pickleball Trip</div> <div>10:15 Core (BA)</div> <div>10:15 Basic Stretch &amp; Tone (CT)</div> <div>1:00 Chair Yoga (CT)</div> <div>1:30 Totally Dancing (VZ)</div> <div>2:00 - 3:00 Blood Pressure Clinic (WC)</div> <div>2:00 Toe Tappers (CT)</div> <div>4:00 Happy Hour with Spencer Sutton (CVL)</div> </div> </div>	<div> <div>TRIP! 8</div> <div> <div>Due by 12:00 Food Donations (CD)</div> <div>9:30 Aquatics (Pool)</div> <div>*9:30 Reasor’s *10:00 Walmart</div> <div>9:45 Better Balance (BA)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:30 Senior Stability (CT)</div> <div>10:30 Better Balance (BA)</div> <div>10:30 Aquatics (Pool)</div> <div>*12:30 Food Bank Volunteer Trip</div> <div>1:00 Balance Essentials (BA)</div> <div>2:00 Boxing for Balance (BA)</div> <div>2:15 Caregiver Support Group (CVL)</div> <div>5:30 Babes, Brats &amp; Beer on the Veranda (V)</div> </div> </div>	<div> <div>TRIP! 9</div> <div> <div>8:45 Body Max 30 (CT)</div> <div>9:00 - 10:00 Blood Draw (WC)</div> <div>9:30 Int Stretch &amp; Tone (CT)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:15 Core (BA)</div> <div>10:15 Basic Stretch &amp; Tone (CT)</div> <div>1:00 Tai Chi (CT)</div> <div>1:30 Painting Class (SM)</div> <div>1:30 Totally Dancing (VZ)</div> <div>2:00 Food Bank Note Writing (GRL)</div> <div>2:00 Line Dancing with Laura (CT)</div> <div>2:00 Toe Tappers (CT)</div> <div>3:00 Spa Spotlight: Reflexology (GRL)</div> <div>6:30 Movie: “News of the World” (LC)</div> </div> </div>	<div> <div>TRIP! 10</div> <div> <div>*9:15 LIFE Senior Services’ Writer Symposium Trip</div> <div>9:30 Aquatics (Pool)</div> <div>9:45 Better Balance (BA)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:30 Senior Stability (CT)</div> <div>10:30 Better Balance (BA)</div> <div>10:30 Aquatics (Pool)</div> <div>1:00 Balance Essentials (BA)</div> <div>2:00 Boxing for Balance (BA)</div> <div>2:00 Bible Study (MWC)</div> <div>3:30 Fit Bites: Brain Food: More Than What You Eat (GRL)</div> <div>7:15 Planet Earth DVD Series: Deserts to Shallow Seas (CT)</div> </div> </div>	<div> <div>TRIP! 11</div> <div> <div>8:45 Body Max 30 (CT)</div> <div>9:30 Int Stretch &amp; Tone (CT)</div> <div>10:00 Catholic Mass (MWC)</div> <div>10:15 Core (BA)</div> <div>10:15 Basic Stretch &amp; Tone (CT)</div> <div>11:00 - 1:00 Food Truck Friday: The Dogfather (ME)</div> <div>2:00 June Birthday Celebration (GRL)</div> <div>7:15 Richard Miller Performance (CT)</div> </div> </div>	<div> <div>TRIP! 12</div> <div> <div>*8:30 Rose District Farmer’s Market Trip</div> <div>9:00 Yoga with Michelle (CT)</div> <div>2:15 Bingo! (CT)</div> <div>4:30 Catholic Mass (MWC)</div> <div>7:00 Tulsa Chautauqua Presentation: Frank Lloyd Wright (LC)</div> </div> </div>																																										

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Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
TRIP! 13			TRIP! 14			TRIP! 15			16			17			18			19		
10:00 Catholic Mass (MWC) 10:30 Meet & Greet with Father Jerry (CT) 11:00- 2:00 Sunday Brunch (R) 11:30 Protestant Service (MWC) *1:00 Tulsa Tough Townie Ride Trip			8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Learn to Play: Pickleball Trip 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 11:00 Bocce Ball (CT) 1:00 Chair Yoga (CT) 1:30 Totally Dancing (VZ) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:00 Toe Tappers (CT) 3:30 Chorus Meeting (CT) 4:00 Happy Hour with Sutton & Bruner (CVL)			9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 9:45 Better Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Senior Stability (CT) 10:30 Better Balance (BA) 10:30 Aquatics (Pool) 1:00 Hearing Clinic (WC) 1:00 Color Me Calm (SM) 1:00 Balance Essentials (BA) 2:00 Boxing for Balance (BA) 2:00 Montereau Town Hall (CT) *4:30 Let's Eat Local: Tacos x Mezcal			8:45 Body Max 30 (CT) 9:00 - 10:00 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 Tai Chi (CT) 1:30 Painting Class (SM) 1:30 Totally Dancing (VZ) 2:00 Toe Tappers (CT) 3:30 Fitness Center Orientation (FC) 6:00 UnWINEd Dinner: Pacific Northwest (R6)			9:30 Aquatics (Pool) 9:45 Better Balance (BA) 10:00 Catholic Mass (MWC) 10:00 Coffee Break (GRL) 10:30 Senior Stability (CT) 10:30 Better Balance (BA) 10:30 Aquatics (Pool) 12:00 Lunch In Delivery: Oklahoma Joe's 1:00 Balance Essentials (BA) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) 2:00 Montereau Monthly Tour (CD) 3:30 Cocktail Show & Tell with Charlie Payne: Mai Tais (CVL) 7:15 Planet Earth DVD Series: Great Plains & Jungles (CT)			8:45 Body Max 30 (CT) 9:00 - 1:00 Longest Day Car Wash to Fight Alzheimer's (Parking Lot E) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 10:00 - 12:00 Wear BLUE for Men's Health Week! (L1) 12:00 Fit & Fabulous Lunch: Feed Your Brain (CT) 3:30 The Reading Group: "Cathedral" (CVL) 6:30 Game Night (SM)			9:00 Yoga with Michelle (CT) 10:00 - 12:00 Montereau's Day at the Lake (Lake of the Woods & Veranda) 2:00 Make & Take: Lemonade (LM) 4:30 Catholic Mass (MWC)		
20			TRIP! 21			TRIP! 22			23			TRIP! 24			25			TRIP! 26		
10:00 Catholic Mass (MWC) 11:00 - 2:00 Father's Day Brunch (DR) 11:30 Protestant Service (MWC) 2:30 Sunday Sundaes (LM) *3:30 Woodland Hills Mall Trip			8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Pickleball Trip 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 1:00 Yoga: Sun Salutations on the Summer Solstice (V) 1:30 Totally Dancing (VZ) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:00 Toe Tappers (CT) 3:15 Chorus Rehearsal (CT) 4:00 Summer Solstice Happy Hour with David Horn (V)			Due by 12:00 Food Donations (CD) *9:00 Joe's Farm: Blackberry & Flower Picking Trip 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 9:45 Better Balance (BA) 10:00 Catholic Mass (MWC) <del>10:30 Senior Stability</del> - Cancelled 10:30 Better Balance (BA) 10:30 Aquatics (Pool) *12:30 Food Bank Volunteer Trip 1:00 Balance Essentials (BA) <del>2:00 Boxing for Balance</del> - Cancelled 2:00 Parkinson's Disease Support Group (GRL) *4:30 LEDO Trip: Redrock Canyon Grill			8:45 Body Max 30 (CT) 9:00 - 10:00 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 Tai Chi (CT) 1:30 Painting Class (SM) 1:30 Totally Dancing (VZ) 2:00 Food Bank Note Writing (GRL) 2:00 Line Dancing with Laura (CT) 2:00 Toe Tappers (CT) 6:00 Dinner & A Movie: "Nine to Five" (CT)			9:30 Aquatics (Pool) 9:45 Better Balance (BA) 10:00 Catholic Mass (MWC) 10:30 Senior Stability (CT) 10:30 Better Balance (BA) 10:30 Aquatics (Pool) 11:15 Lunch In Delivery: Lanna Thai 1:00 Balance Essentials (BA) 2:00 Boxing for Balance (BA) 2:00 Bible Study (MWC) *4:15 Matinee Movie: TBA 7:15 Planet Earth DVD Series: Seasonal Forests & Caves (CT)			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 - 1:00 Lunch on the Lawn (V) 6:00 - 8:00 Shuffleboard & Suds (P)			9:00 Yoga with Michelle (CT) *9:45 J. Spencer Jewelry Store Trip 2:15 Bingo! (CT) 4:30 Catholic Mass (MWC)		
TRIP! 27			TRIP! 28			TRIP! 29			30											
10:00 Catholic Mass (MWC) 11:00- 2:00 Sunday Brunch (R) 11:30 Protestant Service (MWC) *2:00 Fresh Market Trip 5:00 Potluck Dinner (GRL)			8:45 Body Max 30 (CT) 9:30 Int Stretch & Tone (CT) *10:00 Pickleball Trip 10:15 Core (BA) 10:15 Basic Stretch & Tone (CT) 1:00 Chair Yoga (CT) 1:30 Totally Dancing (VZ) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:00 Fitness Committee Mtg (CVL) 2:00 Toe Tappers (CT) 3:15 Chorus Rehearsal (CT) 4:00 Happy Hour with Nick Bratkovich (CVL)			9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 9:45 Better Balance (BA) 10:00 - 4:00 American Red Cross Blood Drive (SM) 10:00 Catholic Mass (MWC) 10:30 Senior Stability (CT) 10:30 Better Balance (BA) 10:30 Aquatics (Pool) 1:00 Balance Essentials (BA) 2:00 Boxing for Balance (BA) 4:30 Cooking with Randy: Summer Dinner (CT)			8:45 Body Max 30 (CT) 9:00 - 10:00 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 Tai Chi (CT) 1:30 Painting Class (SM) 1:30 Totally Dancing (VZ) 2:00 Toe Tappers (CT) 3:30 Taster Series: the Moscow Mule (V) 6:30 Movie: "Breakfast at Tiffany's" (LC)			<div>Activities and Event Locator:</div> <div><div><div>BA</div><div>By Appointment</div></div><div><div>BR</div><div>Board Room</div></div><div><div>CD</div><div>Concierge Desk</div></div><div><div>CH</div><div>Commons Hallway</div></div><div><div>CL</div><div>Commons Library</div></div><div><div>CM</div><div>Café Mondial</div></div><div><div>CT</div><div>Coterie Theatre</div></div><div><div>CVL</div><div>City View Lounge</div></div><div><div>DR</div><div>Dining Rooms</div></div><div><div>ES</div><div>Exercise Studio</div></div><div><div>FS</div><div>Fitness Studio</div></div><div><div>GL</div><div>Grand Lawn</div></div><div><div>GRL</div><div>Grand Riviera Lounge</div></div><div><div>HCC</div><div>Health Center Conference Room</div></div><div><div>L1</div><div>1st Floor Library</div></div><div><div>L6</div><div>6th Floor Library</div></div><div><div>LC</div><div>Le Cinéma</div></div><div><div>LM</div><div>Le Marché</div></div><div><div>LP</div><div>La Patisserie</div></div><div><div>ME</div><div>Main Entrance</div></div><div><div>MWC</div><div>Montereau Warren Chapel</div></div><div><div>P</div><div>The Parlour</div></div><div><div>R</div><div>Rotunda</div></div><div><div>R6</div><div>Rue 6800</div></div><div><div>SM</div><div>Studio de Monet</div></div><div><div>V</div><div>Veranda</div></div><div><div>VP</div><div>Virtual Programming</div></div><div><div>VZ</div><div>Vitality Zone</div></div><div><div>WC</div><div>Wellness Clinic</div></div><div><div>*</div><div>Trip</div></div><div><div>**</div><div>Event moved from usual location</div></div><div><div>***</div><div>Details to follow in News Flash</div></div></div>								