



Voice of Vitality

june 2021

A Monterey Publication
Tulsa, Oklahoma

Learn to Play Pickleball!

Pickleball is a sport that is taking the nation by storm, and we're excited to teach more of you how to play the game!

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. The format that we play involves four players who use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball, over a net.

The sport is fun - and it's great exercise, too! Monterey pickleball players travel each week to the Jewish

Community Center (JCC) to play. For our Learn to Play series this month, we'll take those interested in trying pickleball to the JCC, where we'll explain the rules of the game and demonstrate pickleball techniques. Everyone will have an opportunity to try playing a bit of pickleball, too. We guarantee you'll be hooked!

To participate, sign up on your June reservation sheet. Questions? Contact Laura Allen at (918) 491-5284.



Above: DJ Johnnie Bananas - a.k.a. John from Security - provided great music on the Veranda for Cinco de Mayo. Nancy and Angie loved it!

Right: Several residents enjoyed great weather and great exercise on a trip to Turkey Mountain last month!



MONTEREAU®

june calendar highlights



Lunch In During June

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 June 7 to avoid conflicting with Food Truck Friday.

Thursday, June 3: It's Greek to Me

Thursday, June 17: Oklahoma Joe's

Thursday, June 24: Lanna Thai



Mondays in June • 4:00 p.m. • City View Lounge

Happy Hour

Enjoy live music with your favorite cocktail - and this month, we're moving back to the City View Lounge! We will provide entertainment each Monday night along with tasty appetizers. Drinks are on you!

- June 7: Pianist Spencer Sutton
- June 14: Spencer Sutton & guitarist Mark Bruner
- June 21: Summer Solstice Happy Hour on the Veranda with pianist David Horn
- June 28: Accordionist Nick Bratkovich



Thursdays in June • 7:15 p.m. • Coterie Theatre

Planet Earth DVD Series

Journey from the highest peaks to the deepest seas - pole to pole across the Earth. Narrated by Sigourney Weaver, this series will give you a glimpse of the natural world that will astound you. We will show one part of this four-part documentary each Thursday. Mark your reservation sheet to attend. For more information contact Teresa at (918) 491-5232.



Saturdays in June • 9:00 a.m. • Coterie Theatre

Yoga with Michelle

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



Mondays & Wednesdays starting June 2 • 2:00 p.m.

Coterie Theatre

Toe Tappers

Toe Tappers, our tap dance class, is back in session this month with a new instructor, Nikki McBride from The Dance Pointe! Mark your reservation sheet if you plan to attend. Please bring your own tap shoes to class. Questions? Contact Teresa at (918) 491-5232 or tbond-mason@montereau.net.

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Wednesday, June 2 • 3:30 p.m. • Studio de Monet

Let's Get Crafty: Flower Arranging with Tinesa

Join your favorite Marketing Move-in Coordinator, Tinesa, for a fun floral arranging class. Bring your own vase to class, and we will provide a beautiful selection of flowers to choose from as you learn to create the perfect bouquet. Please mark your reservation sheet to attend and contact Laura, (918) 491-5284, with any questions.



Wednesday, June 2 • 3:30 p.m. • Exercise Studio

Walker & Wheelchair Safety Check

Technician Michael from Precision Home Medical will make minor adjustments to your walker or wheelchair free-of-charge. Please bring a check in case your device requires a replacement part. Contact Vana to reserve your appointment: (918) 728-8128 or vmoore@montereau.net.



Wednesday, June 2 • 6:30 p.m. • Le Cinéma

Movie: "Where'd You Go, Bernadette"

Former architect Bernadette Fox seems to have it all -- a beautiful home in Seattle, a successful and loving husband, and a brilliant teenage daughter who's about to attend boarding school. When Bernadette suddenly disappears without a trace, her concerned family sets off on an exciting adventure to solve the mystery of where she might have gone. Starring Cate Blanchett, Billy Crudup, and Kristen Wiig. This film is rated PG-13 for language and runs 1 hour and 44 minutes.



Thursday, June 3 • 9:00 a.m. • Bus Trip

Scenic Drive with Jenk Jones: Ponca City

Ponca City settlers claimed townsite certificates during the Cherokee Outlet Opening, and oil made it into the thriving cultural center it is today. Join us on one of Jenk's informational and entertaining day trips as we drive to Ponca City via Fairfax (where they're filming "Killers of the Flower Moon") and Burbank before arriving in Ponca City, where we'll see the Pioneer Woman statue and visit the museum that commemorates the indomitable legacy of the pioneering women of Oklahoma. We'll then visit the Marland Mansion, the Indian Museum and the 101 Ranch display, with lunch at Frasier's. The cost of the trip is \$20 per person billed to your resident account, which includes museum fees and lunch. Please cancel by Monday, May 31 to avoid being charged \$8 for the price of museum tickets. Mark your reservation sheet to attend. We will return to Montereyau by 6:00 p.m. Contact Teresa at (918) 491-5232 or tbond-mason@montereau.net with any questions.



Thursday, June 3 & 17 • 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" and bring a Montereyau friend! Contact Laura for more information: (918) 491-5284.

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Thursday, June 3 • 12:00 p.m. • City View Lounge Fitness Committee

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



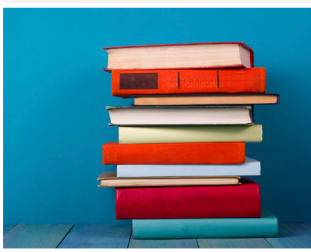
Thursday, June 3 • 5:30 p.m. • Veranda BBQ & Blues S.T.A.R. Event

Join us for our first S.T.A.R. event of 2021 featuring entertainment by Donald Ryan! You may bring up to two S.T.A.R.-eligible guests per household to this event, and you must have your guests' names ready when you place your reservation. To RSVP for this dinner event, call (918) 495-1500. Seating is limited, so reserve your seat today!



Friday, June 4 • 11:00 a.m. • Bus Trip Ray Harral Nature Park Walk & Picnic Trip

Ray Harral Nature Park is a hidden gem that's just a 20-minute drive away in Broken Arrow. On our trip, you'll have the option of a 45-minute guided walk to learn about the history of the area, or you can choose to walk one of the trails on your own ranging from ¼ mile to one mile long. For a preview of the park, pick up a trail guide map in the Montereau Business Center. Mark your reservation sheet if you plan to attend. You will receive a lunch order form once you are signed up for this event, and you'll choose sandwich fixings (\$5) and a choice of side (\$2) from Le Marché. Contact Vana at (918) 728-828 or vmoores@montereau.net if you have questions.



Friday, June 4 & 18 • 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 "Tall Tales From the Mekong Delta" for June 4 and "Cathedral" for June 18. Contact Laura at (918) 491-5284 if you are interested in joining.



Friday, June 4 & 18 • 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. 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 Laura at (918) 491-5284.

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Saturday, June 5 • 9:00 a.m. • Bus Trip **Tulsa Master Gardeners 2021 Garden Tour**

Venture out on a beautiful June morning to tour several local home gardens during this year's Master Gardeners "Midtown Havens" Garden Tour! The Montereau bus will take residents to each stop along the tour, and at each home, you'll have a chance to wander through gorgeous gardens. Tickets are \$10 per person and benefit the Tulsa Master Gardeners organization. Please call Kristen by noon on Friday, May 28 if you would like to attend: (918) 491-5233. Tickets will be purchased on May 28 and billed to your resident account. You must cancel your reservation by noon on May 28 if you can no longer attend in order to avoid paying the \$10 ticket fee.



Saturday, June 5 • 2:00 p.m. • Le Cinéma **Saturdays in Le Cinéma: "The Biggest Little Farm"**

This monthly event features documentaries and unique series on the first Saturday of each month. This month we're featuring "The Biggest Little Farm." This award-winning film chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through perseverance and by embracing the opportunity provided by nature's conflicts, the Chesters uncover a biodiverse design for living that exists far beyond their farm, its seasons and our wildest imagination. Mark your reservation sheet to attend this event. For more information, contact Teresa at 918-491-5232.



Sunday, June 6 • 2:30 p.m. • Grand Riviera Lounge **Book Club: "The Radium Girls"**

Everyone is welcome to join this book club focusing on new and popular literature. The June book is "The Radium Girls" by Kate Moore, an incredible true story of the women heroes who were exposed to radium in factories across the U.S. in the early 20th century and their brave and groundbreaking battle to strengthen workers' rights, even as the fatal poison claimed their own lives. The book for July will be "The Vanishing Half" by Brit Bennett. Contact resident Kay Paine at (806) 672-4401 for more information.



Mondays beginning June 7 • 10:00 a.m. • Bus Trip **Pickleball Trips**

Travel to the Jewish Community Center each Monday to play pickleball! The cost is \$35 per session and will be divided among the players each week and charged to your monthly service fees. Equipment will be provided or you may bring your own. Mark your reservation sheet each week you plan to play. For more information, contact Laura at (918) 491-5284.

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Tuesday, June 8 • 8:00 a.m. - 12:00 p.m.

Concierge Desk

Food Bank Donations

Please bring your food donations, cash or check to the Concierge desk on the day of the Food Bank trips, and our volunteers will deliver them. Most-needed items are canned meats (tuna, chicken, etc.), canned or packaged fruit, canned or boxed meals, soup and stew, peanut butter, pasta and sauce, rice, breakfast cereals, etc. Checks should be payable to the Community Food Bank of Eastern Oklahoma. Thank you for your help. If you have any questions, please call resident Lloyd Z. at (918) 493-1160.



Tuesday, June 8 & 22 • 12:30 p.m. • Bus Trip

Food Bank Volunteer Trip

This twice-monthly trip is a great opportunity for fellowship with other residents while volunteering to help those in need through the Community Food Bank of Eastern Oklahoma. Montereau will be the only volunteer group at the Food Bank during this time, and the work area will be sanitized before our arrival. The Food Bank is limiting our group to 12 residents, but we need a stand-by list, too! Mark your reservation sheet for a seat on the bus. Call resident Lloyd Z. at (918) 493-1160 for more information.



Tuesday, June 8 • 2:15 p.m. • City View Lounge

Caregiver Support Group

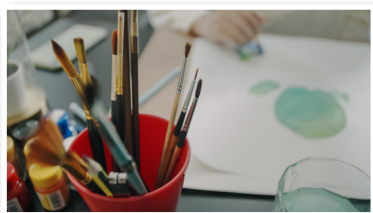
This monthly support group can help anyone touched by dementia to overcome the challenges that come with memory loss. Whether you are caring for a loved one with dementia or are suffering from dementia, everyone is encouraged to come, share and learn from others. Meetings are held on the second Tuesday of each month. Contact Ashley at (918) 491-5248 with any questions.



Tuesday, June 8 • 5:30 p.m. • Veranda

Babes, Brats & Beer on the Veranda

Enjoy music by David Horn as we serve delicious bratwurst and sides along with a tasting of unique beers, hand-selected to accompany your meal. The cost of the dinner is \$15 and will be charged to your meal allowance. Mark your reservation sheet to attend. You must cancel by noon on June 6 to avoid being charged the cost of the meal. Contact Teresa at (918) 491-5232 with any questions.



Wednesdays beginning June 9 • 1:30 p.m.

Studio de Monet

Painting Class

A new 10-week series of painting classes begins on June 9! Previous experience is not necessary. The cost is \$220, and class is limited to five people. To enroll or learn more, call instructor Ross Myers at (918) 636-6301.

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Wednesday, June 9 & 23 • 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, June 9 & 23 • 2:00 p.m. • Coterie Theatre **Line Dancing with Laura**

Join Laura to learn fun and easy line dances! Mark your reservation sheet to attend. For more information contact Laura at (918) 491-5284.



Wednesday, June 9 • 3:00 p.m. • Grand Riviera Lounge **Spa Spotlight: Reflexology**

A form of natural healing, reflexology is based on the principle that reflex points in each hand and foot correspond to glands and organs throughout the body. Reflexology helps to build immunity and is an excellent antidote to stress. Come learn more about reflexology at our June Spa Spotlight event with Tim Wong, Montereau's reflexologist! Tasty treats will be served, and one lucky participant will receive a reflexology service during Tim's demonstration. Sign up on your reservation sheet if you plan to attend. Questions? Call Kristen at (918) 491-5233 or email kschooley@montereau.net.



Wednesday, June 9 • 6:30 p.m. • Le Cinéma **Movie: "News of the World"**

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. Starring Tom Hanks, Helena Zengel, and Tom Astor. This film is rated PG-13 for violence and runs 1 hour and 58 minutes.



Thursday, June 10 • 9:15 a.m. • Bus Trip **LIFE Senior Services' Writer Symposium Trip**

Barry Friedman is the latest in the Symposium series with "You Don't Know Jack: Tales from Barry's Daily Life with Jack Friedman, his 94-year-old father." Friedman, a comic, has had regular gigs in Las Vegas, Reno, NYC and Los Angeles, just to name a few. His first book, "Road Comic," chronicles his life on the comedy circuit. You may even recognize him from the small screen where he has appeared in commercials and Weird Al Yankovic's movie, "UHF".

Please sign up on the reservation sheet to attend this free event. We have reserved space at the event for 10 people. The bus will leave at 9:15 a.m. Please contact Teresa at (918) 491-5232 if you have any questions.

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Thursday, June 10 • 3:30 p.m. • Grand Riviera Lounge **Fit Bites: Brain Food: More Than What You Eat**

June is Alzheimer's and Brain Awareness Month. Vana will discuss foods that are good for your brain, as well as activities that improve cognitive function. Brain-healthy appetizers will be served. Mark your reservation sheet to attend. Please cancel by Tuesday, June 8 at noon to avoid paying a \$5 Missed Event Fee. For more information, contact Vana at 918-728-8128 or vmoore@montereau.net.



Friday, June 11 • 11:00 a.m. - 1:00 p.m. • Main Entrance **Food Truck Friday: The Dogfather**

Inspired by the hot dog carts of the Windy City, The Dogfather has become Tulsa's #1 hot dog spot! Enjoy a basic hot dog or chili dog, or try one of many different Extreme Hot Dogs. Prices range from \$3 to \$8. Bring cash or a credit card to pay for your meal. You may take your meal to the Grand Riviera Lounge or Veranda to dine. Mark your reservation sheet if you plan to purchase food at the truck. Questions? Call Laura at (918) 491-5284.



Friday, June 11 • 7:15 p.m. • Coterie Theatre **Richard Miller Performance**

Born in Brazil, Richard has toured throughout South, Central and North America, performing in classical recitals and Latin jazz bands. While living in Washington, he often performed at the Brazilian American Institute, Kennedy Center and Library of Congress. His performances include standard Spanish and South American guitar classics, bossa nova, well known Latin music from Hollywood, as well as original compositions. Please attend by signing up on the reservation sheet. If you have any questions, contact Teresa at (918) 491-5232.



Saturday, June 12 • 8:30 a.m. • Bus Trip **Rose District Farmer's Market Trip**

Broken Arrow's Rose District Farmer's Market is located right on Main Street under a covered pavilion. Besides shopping in the 50 plus booths full of Oklahoma-grown produce and hand-crafted products, you'll enjoy live music, cooking and gardening demonstrations and more. Afterward, you can peruse the quaint shops located up and down Main Street. Please bring cash or a credit card for purchases. The bus will return by 11:30 a.m. Contact Teresa Bond-Mason at (918) 491-5232 with any questions.



Saturday, June 12 & 26 • 2:15 p.m. • Coterie Theatre **Bingo!**

Play for your chance at a cash prize! Card packs are \$5 each, payable in cash. You will play a total of nine games, and winners receive cash prizes. Contact Teresa at (918) 491-5232 for more information.

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Saturday, June 12 • 7:00 p.m. • Le Cinéma

Tulsa Chautauqua Presentation: Frank Lloyd Wright

A local scholar, who has extensively researched this famous architect, portrays Wright's lifetime experiences followed by two 15-minute Q&A sessions. The first Q&A is answered in character while the second is answered as a researcher. Wright, who has Tulsa ties, has designed more than 1,000 structures over a creative period of 70 years, and he played a key role in influencing the architectural movement in the 20th century. This is a virtual presentation that will be streamed in Le Cinéma. Mark your reservation sheet to attend. Questions? Contact Teresa at (918) 491-5232.



Sunday, June 13 • 10:30 a.m. • Coterie Theatre

Meet & Greet with Father Jerry Coleman

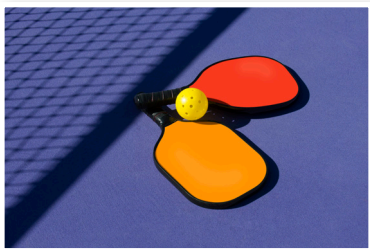
Stop by during this come-and-go event to meet our new Resident Catholic Priest, Father Jerry Coleman! Light refreshments will be provided. Please mark your reservation sheet if you plan to attend. Questions? Contact Kristen at (918) 491-5233.



Sunday, June 13 • 1:00 p.m. • Bus Trip

Tulsa Tough Townie Ride Trip

Have you ever wanted to participate in the infamous Tulsa Tough weekend of exciting cycling races? Well here's your chance to come and ride in the Tulsa Tough Townie Ride! This FREE family-friendly, non-competitive bicycle (or tricycle!) ride consists of a 5.8 mile loop downtown to Riverside Drive and back, and it will be a ride to remember! If you would like to participate, please call Laura at (918) 491-5284 by Friday, June 4. We will then make plans to transport everyone and their bikes to the event. If you don't have a bike but wish to participate, let Laura know. Renting a bicycle or tricycle for this event may be an option.



Monday, June 14 • 10:00 a.m. • Bus Trip

Learn to Play: Pickleball Trip

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis - and it's a blast to play! For this event, we'll take the Montereau bus to the Tulsa Jewish Community Center and use their courts and equipment. All skill levels are welcome! Come learn the rules and how to play, then put it all together and try playing a bit. Mark your reservation sheet to participate. Questions? Contact Laura at (918) 491-5284 or lallen@montereau.net.



Monday, June 14 • 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. Contact Teresa at (918) 491-5232 or tbond-mason@montereau.net if you have any questions.

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Tuesday, June 15 • 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. No need to RSVP for this activity - just show up! For more information call Teresa at (918) 491-5232.



Tuesday, June 15 • 2:00 p.m. • Coterie Theatre **Montereau Town Hall**

Hear from Montereau's Resident Committee Chairs and Department Directors at this in-person Town Hall Meeting. Seating is limited to 50 people due to social distancing guidelines. Mark your reservation sheet to attend. For those unable to attend in person, we will record the meeting and air it on the in-house TV channel (1960) on Thursday, June 17 at 7:00 p.m. and Friday, June 18 at 3:30 p.m. We will also email the video link so you can watch at your convenience.



Tuesday, June 15 • 4:30 p.m. • Bus Trip **Let's Eat Local: Tacos x Mezcal**

Tacos x Mezcal (TXMZ) is one of Tulsa's newest restaurants, nestled on the outskirts of downtown in the SoBo area at 18th and South Boston. Inspired by the streets of Nayarit in Mexico, TXMZ provides an authentic Mexican experience through upscale Mexican street food and thoughtfully curated craft cocktails. Drinks range from \$3 to \$13, and food options start at \$5. Please bring cash or credit card to pay for your meal. Space on this trip is limited to 10 people; mark your reservation sheet to attend. Questions? Call Teresa at (918) 491-5284.



Wednesday, June 16 • 3:30 p.m. • Fitness Center **Fitness Center Orientation**

Not sure how equipment in the Fitness Center works? Need a refresher? Katie and Vana, Montereau Wellness Specialists, will demonstrate safe and effective use of the workout machines and equipment. Mark your reservation sheet to attend. If you have any questions prior to orientation, contact Katie or Vana:
Katie at 918-491-5278 or keddins@montereau.net
Vana at 918-728-8128 or vmoore@montereau.net



Wednesday, June 16 • 6:00 p.m. • Rue 6800 **UnWINEd Dinner: Pacific Northwest**

This month's UnWINEd Dinner will take you to the northern Pacific coast! The menu features smoked trout pâté, black pepper crusted pork belly, blackberry lavender sorbet, a roasted tri tip with cherry demi-glace, dauphinoise potatoes and roasted corn, and - for dessert - an apple pie with cinnamon whipped cream. The cost is \$45 for dinner, or \$60 with wine pairings. For more information or to make reservations, call the hostess desk at (918) 491-5212.

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Thursday, June 17 • 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, June 17 • 3:30 p.m. • City View Lounge

Cocktail Show & Tell with Charlie: Mai Tais

Our very own Charlie Payne is showcasing a Hawaiian-themed drink demo and food pairing. Come learn how to make a traditional Hawaiian Mai Tai, and enjoy a spiced salmon fish cake with mango-lime salsa while you watch! Wear your best beach or Hawaiian attire, and sit back with great food, drinks, and company! Mark your reservation sheet to attend. Please cancel by Monday June 14 to avoid a \$5 Missed Event Fee. Questions? Call Laura (918)-491-5284.



Friday, June 18 • 9:00 a.m. until 1:00 p.m. • Parking Lot E

Longest Day Car Wash to Fight Alzheimer's

It's time again to have your car washed for a great cause - to fight Alzheimer's Disease! Stop by Parking Lot E on the east side of the building any time between 9:00 a.m. and 1:00 p.m. for a car wash. The wash is free, and donations are encouraged. All contributions are tax deductible and will go directly to the Alzheimer's Association. Mark your reservation sheet if you plan to participate. Thank you in advance! If you have questions, contact Kristen at (918) 491-5233.



Friday, June 18 • 10:00 a.m. until 12:00 p.m. • 1st Floor Library

Wear BLUE for Men's Health Week!

Stop at the table near the 1st Floor Library and pick up information specific to health for the guys! Enjoy a free blueberry mini muffin if you're wearing something blue for Men's Health Week. Questions? Contact Vana at (918) 728-8128.



Friday, June 18 • 12:00 p.m. • Coterie Theatre

Fit & Fabulous Lunch: Feed Your Brain

Learn about the MIND Diet and which foods are good for your brain. The menu is spinach and kale salad with maple citrus dressing, ginger and turmeric carrot soup, maple-glazed salmon with roasted brussels, and a blueberry lemon dessert. The cost of lunch is \$18 and will be charged to your meal allowance. Wine will be available for purchase. Mark your reservation sheet to attend. Please cancel by noon on Tuesday, June 15 to avoid being charged for the meal. For more information, contact Katie at (918) 491-5278 or keddins@monterea.net.

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Saturday, June 19 • 10:00 a.m. until 1:00 p.m.

Lake of the Woods and the Veranda

Monterneau's Day at the Lake



Monterneau's annual Day at the Lake event is back! Residents, staff and families are invited to enjoy fishing and a cookout lunch at Monterneau's Lake of the Woods. Fishing poles and bait will be provided from 10:00 a.m. until 12:00 p.m. so you and your kids and grandkids can try your hand at catching fish in our stocked lake! A lunch of burgers and hot dogs with all the fixin's will be served on the Veranda from 11:00 a.m. until 1:00 p.m. Fishing is free, and lunch will cost \$10 per person charged to your meal allowance. Sign up on your reservation sheet if you plan to attend, and let us know how many family members will be attending with you. You must cancel by Wednesday, June 16 to avoid the \$10 per person lunch charge. Questions? Contact Teresa at (918) 491-5232 or tbond-mason@monterneau.net.

Saturday, June 19 • 2:00 p.m. • Le Marché

Make & Take: Lemonade



Monterneau's chefs will help you create a variety of fresh-squeezed lemonades to enjoy at home: one classic recipe, one flavored, and one spiked. You'll also enjoy some Lemonade Pie! The cost is \$10 and will be billed to your meal allowance. Space is limited. Mark your reservation sheet to participate in this event. Please cancel by noon on Thursday, June 17 to avoid being charged for the event. Questions? Call Teresa at (918) 491-5232.

Sunday, June 20 • 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 Teresa at (918) 491-5232.

Sunday, June 20 • 3:30 p.m. • Bus Trip

Woodland Hills Mall Trip



Shop for clothing, accessories, gifts and more at the mall's many stores. The bus will return to Monterneau by 6:00 p.m. Mark your reservation sheet for a seat on the bus. For more information, contact Teresa at (918) 491-5232.

Monday, June 21 • 1:00 p.m. • Veranda

Yoga: Sun Salutations on the Summer Solstice



The Summer Solstice marks the longest sunlight day of the year and the start of the summer season. The word "solstice" literally means "stand still" from the Latin word Solstitium. Yes, the sun pauses at its highest point over the northern hemisphere, and we should take advantage of this day! Yoga Sun Salutations are used to honor the life the sun gives us, and they are a moving prayer for good health. Join Katie on the Veranda for some light yoga, which can be done standing or seated, to celebrate the Summer Solstice! Mark your reservation sheet to attend, and contact Katie for more information at (918) 491-5278.

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Monday, June 21 • 4:00 p.m. • Veranda

Summer Solstice Happy Hour with David Horn

Let's celebrate the start of summer with happy hour on the Veranda featuring the sounds of David Horn! Hors d'oeuvres are on us, drinks are on you. Mark your reservation sheet to attend. Please cancel by Friday, June 18 at noon to avoid a \$5 Missed Event Fee. Questions? Contact Teresa at (918) 491-5232.



Tuesday, June 22 • 9:00 a.m. • Bus Trip

Joe's Farm: Blackberry & Flower Picking Trip

Joe's Farm in Bixby is a certified organic farm that has been growing organic produce for 30 years, and we're trekking there in June to pick blackberries and flowers! Bring cash or credit card for purchases. Flowers will cost \$10 per mason jar-full. Blackberry pricing is still being determined because it's their first year to offer them! Sign up on your reservation sheet to participate. Contact Laura with questions: (918) 491-5284.



Tuesday, June 22 • 2:00 p.m. • Grand Riviera Lounge

Parkinson's Disease Support Group

This in-house group is facilitated by Montereau staff trained through the American Parkinson's Disease Association. The group is intended for those with Parkinson's as well as PD caregivers. Each monthly hour-long session features an educational presentation and a time for group sharing. This month, our guest speaker is Dr. Cherian Karunapuzha, Director of the Herman Meinders Center for Movement Disorders in Edmond, OK. He will present information about Parkinson's medication options. Mark your reservation sheet to attend. For more information, contact Vana: (918) 728-8128 or vmoore@montereau.net.



Tuesday, June 22 • 4:30 p.m. • Bus Trip

LEDO Trip: Redrock Canyon Grill

Let's Eat Dinner Out is a monthly dinner outing, and this month, we'll head over to Redrock Canyon Grill on the Arkansas River. Redrock Canyon Grill showcases an open-fire rotisserie slow roasting chickens all day. Expansive windows provide lovely views and their "exhibition kitchen" buzzes with energy creating southwest classics like the Stuffed Poblano! Menu prices range from \$7 to \$32. Please bring cash or a credit card to pay for your meal, and mark your reservation sheet to join us. Call Teresa (918) 491-5232 with any questions.



Wednesday, June 23 • 6:00 p.m. • Coterie Theatre

Dinner & A Movie: "Nine to Five"

Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. Enjoy dinner while you watch! Choose from fried catfish or chicken & dumplings served with roasted red potatoes, turnip greens, fried okra, and banana pudding for dessert. Sign up on your reservation sheet for this event, and you will receive a dinner menu so you can select your meal. We will deliver your meal to the Coterie Theatre at 6:00 p.m. The cost of dinner is \$12 and will be charged to your meal allowance. Questions? Call Teresa at (918) 491-5232.

june calendar highlights

Thursday, June 24 • 3:30 p.m. • Bus Trip

Matinee Movie Trip: "In The Heights"

Join us as we venture out to a real movie theater! We'll head to Cinemark Tulsa to see a private 4:15 p.m. showing of "In The Heights": The scent of a cafecito caliente hangs in the air just outside of the 181st Street subway stop. The likeable, magnetic bodega owner Usnavi saves every penny from his daily grind as he hopes, imagines and sings about a better life.



Cinemark has comfy reclining seats, as well as a full concession counter full of your favorite snacks and drinks to enjoy during your cinematic experience. The cost of the event is \$10 and the bus will return by 7:00 p.m. Masks are required inside the theater. Mark your reservation sheet to attend. We are limited to 20 attendees. You must cancel by Thursday, June 17 to avoid being charged for your movie ticket. Questions? Contact Teresa at (918) 491-5232.

Friday, June 25 • 11:00 a.m. - 1:00 p.m. • Veranda

Lunch on the Lawn

Grab your friends for food, fun, and lawn games! Burgers, hot dogs and all the fixings will be served in the sun out on the Veranda. The cost of lunch is \$10 and will be charged to your meal allowance. Please mark your reservation sheet to sign up, and be sure to cancel by Tuesday, June 22 at noon to avoid being billed. Questions? Call Teresa at (918) 491-5232.



Friday, June 25 • 6:00 - 8:00 p.m. • The Parlour

Shuffleboard & Suds

Meet your neighbors down in The Parlour for a game of shuffleboard! Beer will be provided - because who plays shuffleboard without a beer in their hand? Bottled water will also be available. Mark your reservation sheet to attend. Questions? Contact Laura at (918) 491-5284 or lallen@montereau.net.



Saturday, June 26 • 9:45 a.m. • Bus Trip

J. Spencer Jewelry Store Trip

We'll be boarding the bus at 9:45 a.m. for a shopping excursion to J. Spencer, located in Utica Square. J. Spencer is Tulsa's premier destination for unique women's jewelry, apparel and accessories. It's the perfect spot to shop for gifts for that special someone or even better, to treat yourself! Mark your reservation sheet to claim your seat on the bus. The bus will return by 12:00 noon. Questions? Call Teresa at (918) 491-5232.



Sunday, June 27 • 2:00 p.m. • Bus Trip

Fresh Market Trip

The Fresh Market aims to create a warm, inviting shopping experience filled with the freshest produce, meats hand-trimmed by butchers in-store, fresh-cut flowers, and the finest foods and ingredients from around the world. Here's your chance to check it out! Mark your reservation sheet to go. The bus will return by 4:00 p.m. Questions? Call Teresa at (918) 491-5232.



june calendar highlights



Sunday, June 27 • 5:00 p.m. • Grand Riviera Lounge **Potluck Dinner**

Bring a dish to share with your Montereau friends. Sign up in the Business Centre and let us know what you plan to bring. Beverages, dishes and eating utensils will be provided. For more information, contact Erma Spann at (918) 494-5015.



American Red Cross

Tuesday, June 29 • 10:00 a.m. - 4:00 p.m. • Studio de Monet **American Red Cross Blood Drive**

The need for blood is constant, especially during this Covid-19 pandemic. You can do your part by spending about an hour of your time donating blood. Each donation can help save up to three lives. Call Molly at (918) 491-5285 if you would like to donate and to sign up for your donation time. The Red Cross is taking extra precautions to ensure the safety of donors and technicians. You will be required to wear a mask during your donations, and walk-ins will not be accepted. All donations will be tested for Covid-19 antibodies. For more information, contact Molly at (918) 491-5285.

Tuesday, June 29 • 4:30 p.m. • Coterie Theatre **Cooking With Randy: Summer Dinner**



If you haven't tried Randy Stainer's cooking demo, now is the time! Randy has put together a wonderful light summer dinner menu featuring citrus asparagus-pea salad & carrot salad with a berry brioche for dessert. Randy will provide a step-by-step demonstration and provide a recipe for you to recreate this wonderful menu at home. The cost is \$10 for the food and a drink pairing, which will be billed to your monthly statement. Mark your reservation sheet to attend. Cancel by Friday, June 25 at noon to avoid the \$10 charge. Contact Teresa with questions: (918) 491-5232.

Wednesday, June 30 • 3:30 p.m. • Veranda **The Taster Series: the Moscow Mule**



Come and enjoy a Moscow Mule made with refreshing ginger beer, vodka, and lime juice! This is a summer favorite, and it will be paired with a delicious bite to eat. The cost of this event is \$10 billed to your meal allowance. Mark your reservation sheet to attend, and please cancel by Sunday, June 27 to avoid being charged. Questions? Call Laura (918) 491-5284.

Wednesday, June 30 • 6:30 p.m. • Le Cinéma **Movie: "Breakfast at Tiffany's"**



In this 1961 film, a young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. Starring Audrey Hepburn, George Peppard, and Patricia Neal. This Oscar-winning film is runs 1 hour and 55 minutes.

june in-house tv highlights



Thursday, June 17 at 7:00 p.m.

Friday, June 18 at 3:30 p.m. • Channel 1960

Virtual Montereau Town Hall

Tune in to hear reports from Montereau's Resident Committee Chairs and Department Directors. We will hold the Montereau Town Hall in person on Tuesday, June 15 at 2:00 p.m. in the Coterie Theatre. A recording of the Montereau Town Hall will be shown on the in-house TV channel (1960) on Thursday, June 17 at 7:00 p.m. and Friday, June 18 at 3:30 p.m. The video link will also be emailed out so you can watch at your own convenience.



Mondays • 4:30 p.m. • Channel 1960

Happy Hour at Home

- June 7: Italian Music
- June 14: Best of the Beatles
- June 21: Mozart, Beethoven, Bach, Chopin, & Vivaldi
- June 28: Route 66: A Vintage Music Road Trip



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

Virtual Tour

- June 1 & 5: Rick Steves' Egypt: Yesterday and Today
- June 8 & 12: Amalfi, Italy Walking Tour
- June 15 & 19: Key West, Florida Walking Tour
- June 22 & 26: London Zoo Walking Tour
- June 29 & July 3: Phuket, Thailand Walking Tour



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

TED Talks

June 3 & 5: What a Nun Can Teach a Scientist About Ecology

To save the achoque -- an exotic (and adorable) salamander found in a lake in northern Mexico -- scientists teamed up with an unexpected research partner: a group of nuns called the Sisters of the Immaculate Health. In this delightful talk, science journalist Victoria Gill shares the story of how this unusual collaboration saved the achoque from extinction -- and demonstrates how local and indigenous people could hold the secret to saving our planet's weird, wonderful and most threatened species.

June 10 & 12: The Intergenerational Wisdom Woven Into Indigenous Stories

The way we behave politically, socially, economically and ecologically isn't working, says community organizer and activist Tai Simpson. Sharing the creation myth of her Nez Perce tribe, she advocates for a return to the "old ways" guided by Indigenous wisdom that emphasize balance, community and the importance of intergenerational storytelling in order to protect what's sacred.

june in-house tv highlights

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

TED Talks continued



June 17 & 19: What It's Really Like to Have Autism

"Autism is not a disease; it's just another way of thinking," says Ethan Lisi. Offering a glimpse into the way he experiences the world, Lisi breaks down misleading stereotypes about autism, shares insights into common behaviors like stimming and masking and promotes a more inclusive understanding of the spectrum.

June 24 & 26: An Election System That Puts Voters (Not Politicians) First

From hours-long lines and limited polling locations to confusing and discriminatory registration policies, why is it so hard to vote in the US? Voting rights expert Amber McReynolds offers a proven alternative: a new process, already happening in parts of the country, that could bring accountability, transparency and equity to the outdated and sputtering system that American democracy currently relies on.

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

Friday Night Feature

June 4 & 5: Tulsa Library Presents: Commemorating Tulsa's 1921 Race Massacre

This curated exhibit offers a unique, immersive way for participants to learn about this tragic historical event as well as the racial and political conditions leading up to and following the Tulsa Race Massacre itself. TCCL is a proud recipient of the 1921 Tulsa Race Massacre Centennial Commission Grant Program. All grants have been made possible from the generosity of WPX Energy.



June 11 & 12: "Kiss of Death"

This 1947 film noir was directed by Henry Hathaway and written by Ben Hecht and Charles Lederer from a story by Eleazar Lipsky. The story revolves around an ex-con played by Victor Mature and his former partner-in-crime, Tommy Udo (Richard Widmark in his first film). The movie also starred Brian Donlevy and introduced Coleen Gray in her first billed role. The film received two Academy Award nominations.

June 18 & 19: Books Sandwiched In Featuring "Inheritance" by Dani Shapiro, Presented by Arlene Chelmers

Arlene Chelmers, retired corporate trainer and management consulting firm vice president, will discuss "Inheritance: A Memoir of Genealogy, Paternity and Love" by Dani Shapiro.

June 25 & 26: "Star!"

The film is a biopic of Gertrude Lawrence, a celebrated English performer who rose up from music halls to become a famed fixture on the West End and Broadway.

Mary Ross - Restaurant Supervisor

Mary is a Restaurant Supervisor with Unidine who has been working at Montereau for two years. Prior to her work here, she was a bakery and deli manager at a grocery store. She says coming to work at Montereau was one of the best decisions of her life because she's happier in her occupation than she has ever been before, and she loves getting to know and seeing Montereau residents every day!

Mary is married to "the best husband that has ever been" and has six children - five boys and one girl - ranging in age from 2 to 24 years old. Her family also has a wolf/German shepherd mix dog named Ledger.

Although she loves to visit other places,

Mary says she wouldn't ever want to live anywhere but here in northeast Oklahoma. She was born in Tulsa and grew up in Collinsville, and she's lived in this area her whole life.



When Mary isn't working, she enjoys reading, writing, painting and exploring the outdoors.

Stop by and see Mary any time in La Patisserie or Le Marché. She would love to get to know you!

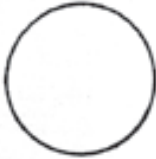

June Spa Special

20% off any Reflexology service!

Must book by June 30 and receive service by July 31, 2021. Limited to one spa special per person.

Stop by or call The Spa at Montereau to book your appointment: (918) 491-5251.

brain puzzle

1 HAMLET WORDS	2 d o o d l e	3 late n e v e r	4 c l o u
5 lo head ve heels	6 T H A T	7 BED FA ST	8  ME
9 CAR JACK TON	10 1. GLANCE 2. 3. GLANCE	11 momanon	12 ca se case
13 	14 NINTH	15 C C C C HOLIDAY	16 SKIING



Health & Wellness Field Day!



Marketing Photo Shoot

Thank you to all of you who participated in the recent marketing photo shoot! Here are a few “behind the scenes” action photos that were captured of the residents with our marketing agency, Five19, and a local photographer. It was a fun-filled two days of shooting, and we cannot wait to see these on the Montereau website soon!



Welcome New Residents

Gracene Acton
Clyde Ribordy & Anna Lawless

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

www.Montereau.net

Happy Birthday!

Join us for the June champagne Birthday Celebration on Friday, June 11 at 2:00 p.m. in the Grand Riviera Lounge.

Please mark your reservation sheet to attend. In order to accommodate all residents with birthdays, we ask that you only bring one guest.

june birthdays

Name	Date
June Siegerist	1
Terri Stallcop	1
Marian Vowel	1
Carlynn Holmes	2
Bob Mickey	2

Phyllis Morton	2
Dana Minton	3
Anita Becker	4
Father Ben Vima	5
Ed Beasley	7
Erma Johnson	8
Gene Schmidt	8
Brenda Tripp	10
Ken Campbell	12
DJ Lad	12
Deni Phillips	13
Jan Holderness	14
Susie Bugh	15
Awilda Godsey	16
Jim Grosserode	19
Ken Mans	19
Claire Mueller	19
Barbara Thornton	20
Ray Smith	22



Linda Barry	23
Billie Field	23
Jenk Jones	24
Ann Livingston	24
Edie Gregory	25
Tom Hunter	25
Joann Robertson	25
Lowell Butcher	28
Bud Kehew	29
Lynn Wendelbo	29