



# Voice of Vitality

august 2021  
A Montereau Publication  
Tulsa, Oklahoma

## We're Heading Back to the Theatre!

We are, once again, providing transportation to your favorite local performances!

The Tulsa Ballet and Tulsa PAC Broadway will both host performances in September, with the Tulsa Opera and Tulsa Town Hall beginning in October. The University of Tulsa will host its first home game in September, as well.

You are responsible for purchasing your own tickets for any of these events. Our Tulsa Attractions Season Ticket Information Guide includes information about

performances, lectures and games, as well as which events Montereau will provide transportation to free-of-charge. If you would like a copy of this guide, please contact Teresa at (918) 491-5232 or [tbond-mason@montereau.net](mailto:tbond-mason@montereau.net)

At this time, the Signature Symphony has not yet released information for upcoming performances. We will communicate this information as soon as it is available.



**Above:** We took a fun-filled trip to OKC, including a visit to the Cowboy Hall of Fame. **Right:** We are excited to resume our Crosstown Ping Pong rivalry with Trinity Woods.



**Above:** We are sad to say goodbye to Angela after eight years, but we are excited for her and her next big adventure!



# august calendar highlights



## Lunch In During August

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.

August 5: Brownie's Hamburgers

August 12: Trenchers Deli

August 19: La Roma

August 26: The Brook



## Sundays in August • 2:00 p.m. • Studio de Monet

### Intermediate Bridge with Randy - Playing the Hand

You are invited to join Randy Stainer and other bridge players for a four-week series to learn to play bridge or to polish your bridge skills. Randy will go over theory plus practice format in a fun and hands-on learning experience. This series will prepare players to play in the regularly scheduled Thursday social games. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Questions? Call Randy at (479) 244-5278.



## Mondays in August • 10:00 a.m. • Bus Trip

### Pickleball Trips

Travel to the Jewish Community Center 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 or sign up on the Resident App. For more information, contact Laura at (918) 491-5284.



## Mondays in August • 4:30 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!

August 2: Spencer Sutton

August 9: Mark Bruner

August 16: DJ Johnnie Bananas

August 23: Sutton & Bruner

August 30: Nick Bratkovich



## Thursdays in August • 7:00 p.m. • Coterie Theatre

### "World's Last Great Places" DVD Series

World's Last Great Places is a television series that explores wildlife of different world regions. It covers in depth many existing areas that have not been affected extensively by man. Some of the locations explored include African and American desert regions. It is a vivid display that includes beautiful and untouched places of the world. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Call Teresa at (918) 491-5232 with any questions.

# august calendar highlights



## Saturdays in August • 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 August. This traditional yoga class is open to residents and employees. Questions? Contact Laura at [lallen@montereaunet.net](mailto:lallen@montereaunet.net) or (918) 491-5284. Please mark your reservation sheet or use the Montereau Resident App to sign up.



## Sunday, August 1 • 2:30 p.m. • Grand Riviera Lounge

### Book Club

Everyone is welcome to join this new book club focusing on new and popular literature. The August book will be "Our Souls at Night" by Kent Haruf, and September's book is "When the Stars Go Dark" by Paula McLain. Contact resident Kay Paine at (806) 672-4401 for more information.



## Sunday, August 1 • 3:00 p.m. • Bus Trip

### Trader Joe's Trip

Trader Joe's is a neighborhood grocery store providing its own high-quality brand of foods, with gourmet, organic and vegetarian options, as well as basic housewares. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Contact Teresa at (918) 491-5232 or [tbond-mason@montereaunet.net](mailto:tbond-mason@montereaunet.net) with any questions.



## Monday, August 2 • 2:00 p.m. • City View Lounge

### Fitness Committee

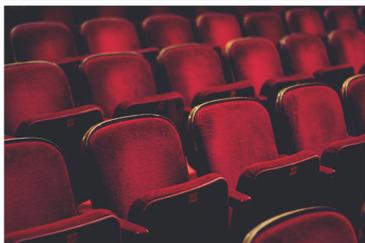
For more information, contact Vana at (918) 728-8218.



## Tuesday, August 3 • 1:00 p.m. • Studio de Monet

### Let's Get Crafty: Mason Jar Greeting Card

Join Teresa this month to craft a greeting card that starts with an image of a Mason jar. You can fill your "jar" with different colored paper flowers or various shaped hearts. You'll leave with a greeting card perfect for giving to that special someone. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Call Teresa at (918) 491-5232 with any questions.



## Tuesday, August 3 • 7:00 p.m. • Le Cinéma

### Movie: "Folks"

Jon has it all, great job, beautiful wife and kids, and a dream house. But when his father, who is a little senile, burns his house trailer down while his mother is in the hospital, Jon brings his parents to live with him. Soon his wife goes home to mother, he's fired for suspicion of insider trading, his sister and her unruly kids get booted out by her boyfriend and moves in, he's about to be evicted, and his assets are frozen. How could things get any worse? Run time is 1 hour, 47 minutes and is rated PG-13. Call Teresa at (918) 491-5232 with any questions.

# august calendar highlights



## **Wednesday, August 4 • 7:00 p.m. • Coterie Theatre** **Dorothy Davis Presents: Iceland, Greenland and Newfoundland**

Dorothy will share her pictures and history of these well known, but little advertised areas of the world. She'll discuss the land, the people, the history and the true beauty of this corner of the world. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Call Teresa at (918) 491-5232 with any questions.



## **Thursday, August 5 • 8:30 a.m. • Bus Trip** **Muskogee Trip: Butterfly House**

The only butterfly house in Oklahoma, The Papilion, is home to approximately 300 native butterflies from mid-May through the end of September. Pollinator and display gardens, some of which change annually, surround the house and attract many species of native butterflies and other pollinators. The cost of the trip is \$2. Cancel by August 3 to avoid the charge. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Questions? Call Teresa at (918) 491-5232.



## **Thursday, August 5 & 19 • 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 former 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" any time - and bring a Montereau friend!



## **Thursday, August 5 & 26 • 2:00 p.m. • Coterie Theatre** **Line Dancing with Laura**

Join Laura to learn fun and easy line dances! Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Questions? Contact Laura at (918) 491-5284 or [lallen@montereau.net](mailto:lallen@montereau.net)



## **Thursday, August 5 & 19 • 4:30 p.m. • Bus Trip** **Let's Eat Local: Shuffles Board Game Café**

Shuffles is an all-ages board game-centric restaurant, bar and coffee shop in downtown Tulsa. The menu features pizzas, chicken tenders and adult milkshakes. The average meal price without a beverage is \$15, and a pass to play a wide array of board games is \$6. Please bring cash or credit card to pay for your meal and game rental. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Contact Teresa at (918) 491-5232 or [tbond-mason@montereau.net](mailto:tbond-mason@montereau.net) if you have any questions.

# august calendar highlights



## Friday, August 6 • 3:00 p.m. • Grand Riviera Lounge National Root Beer Float Day: Floats & Fries

August 6 is National Root Beer Float day! Join us for both alcoholic and non-alcoholic root beer floats along with French fries and dipping sauces for your ultimate celebration of a national favorite. Mark your reservation sheet or use the Montereau Resident App to make your reservation. Please cancel by noon on Wednesday, August 4 to avoid being charged the \$5 Missed Event Fee. Call Teresa at (918) 491-5232 with any questions.



## Friday, August 6 & 20 • 3:30 p.m. • City View Lounge The Reading Group

All are welcome to join this group for discussion of short stories. Contact Laura at (918) 491-5284 if you are interested in joining.



## Friday, August 6 & 20 • 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. Popcorn and water will be provided. Questions? Contact Laura at (918) 491-5284.



## Saturday, August 7 • 9:00 a.m. • Bus Trip Tulsa Farmers' Market Trip

Tulsa's Farmers' Market is located at the corner of Admiral and Lewis and connects local growers with consumers to strengthen the local economy as Oklahoma's premier farmers' market. Shop for produce, dairy products, hand-crafted home goods and much more. Bring cash or credit card for your purchases. Mark your reservation sheet or use your Montereau Resident App to claim your seat on the bus. Questions? Contact Teresa at (918) 491-5232 or [tbond-mason@montereau.net](mailto:tbond-mason@montereau.net).



## Saturday, August 7 • 2:00 p.m. • Le Cinéma Saturdays in Le Cinéma: "Dolly Parton - Here I Am"

This monthly event features documentaries and unique series on the first Saturday of each month. This month we're featuring "Dolly Parton – Here I Am". The film offers a look into the life and musical career of Dolly Parton, which is told through interviews with friends, companions, and the artist herself. Run time is one hour and 29 minutes. TV-14. Mark your reservation sheet or use the Montereau Resident App to reserve your seat. Call Teresa at (918) 491-5232 with any questions.

# august calendar highlights



**Sunday, August 8 • 3:00 p.m. • Bus Trip**

## Super Target Trip

Shop for all your essentials and maybe not-so-essentials at Super Target! Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Questions? Call Teresa at (918) 491-5232.



**Monday, August 9 • 11:00 a.m. • Bus Trip**

## National Book Lover's Day: Downtown Tulsa Library Tour

We'll head downtown to celebrate National Book Lover's Day with a trip to Central Library. Newly renovated only five years ago, the library boasts a maker space, complete with a 3D printer and giant Google maps. While no formal tour is available at this time, it's a beautiful space to explore and find your next great read. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



**Tuesday, August 10 & 24 • 8:00 a.m. - 12:00 p.m.**

**Concierge Desk**

## Food Bank Donations

Please drop your food donations, cash or check at 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, August 10 & 24 • 12:30 p.m. • Bus Trip**

## Food Bank Volunteer Trip

We need more volunteers as the Food Bank will now accommodate 25 volunteers per session. Also, COVID-19 vaccinated volunteers will NOT be required to wear masks at the Food Bank. 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, serving 24 counties in 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. Bus seating is limited to 23 people. Mark your reservation sheet or use your Montereau Resident App to reserve a seat on the bus. Call resident Lloyd Z. at (918) 493-1160 for more information.

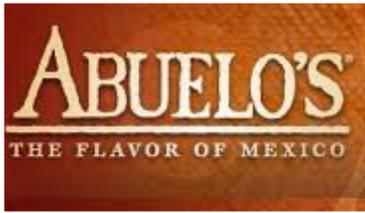
# august calendar highlights



**Tuesday, August 10 • 2:15 p.m. • City View Lounge**

## Caregiver Support Group

This monthly support group can help anyone touched by dementia overcome the challenges that come with memory loss. If you are caring for a loved one with dementia, please come to 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, August 10 & 24 • 5:00 p.m. • Bus Trip**

## Let's Eat Dinner Out: Abuelo's

Abuelo's brings you a singular dining experience that combines authentic standards with the rich, subtle flavors of coastal and interior Mexican cuisine. Most entrees average \$16. Please bring cash or credit card to pay for your meal. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



**Wednesday, August 11 • 9:00 a.m. • Bus Trip**

## Scenic Drive with Jenk Jones: Western Hills

We'll head to Western Hills Lodge for lunch; then head out to visit parts of Sequoyah State Park and enjoy views of Fort Gibson Lake. You will be responsible for lunch, so please bring cash or credit card. We plan to return to Montereau mid-afternoon. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Questions? Call Teresa at (918) 491-5232.



**Wednesday, August 11 & 25 • 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, August 11 • 3:00 p.m. • Bus Trip**

## Spin Class at the Cycle Bar

Try out a fun-filled cycle - a.k.a. "spin" - class at Cycle Bar located at 91st and Yale. Submit your favorite songs to Laura Allen ahead of time so we can cycle to our favorite tunes on a stationary bike! We will cycle for 30 minutes with an instructor-led class, then enjoy drinks and snacks after the class! Don't know how to ride a bike? No problem! This stationary bike will be adjusted to meet your needs, and you can ride at your comfort level during the class. Mark your reservation sheet or use the Montereau Resident App to reserve your spot now! Questions? Contact Laura (918) 491-5284.

# august calendar highlights



**Wednesday, August 11 • 6:00 p.m. • Rue 6800**

## UnWINEd Dinner: Bourbon

This month's UnWINEd won't include wine at all! Instead we're featuring foods that pair perfectly with a variety of bourbons. The menu will include scallops, duck, brisket and a Bourbon Peach Upside Down Cake, all paired with the perfect bourbon-based drinks. View the full menu on the Montereau Resident App. The cost of the meal is \$55, or \$75 with whiskey pairings. To make reservations, use the "Dining Reservations" section of the Montereau Resident App or call the hostess desk at (918) 491-5212.



**Wednesday, August 11 • 7:00 p.m. • Le Cinéma**

## Movie: "Sideways"

A week before his friend Jack is to be married, best man Miles and the prospective groom head off to wine country for a week of fun, relaxation and - of course - wine drinking. Miles is the oenophile and does his best to teach Jack a bit about the art of appreciating great wine. All Jack cares about is drinking and carousing. The run time is 2 hours and 7 minutes and is rated R. If you have any questions, call Teresa at (918) 491-5232.



**Thursday, August 12 • 9:15 a.m. • Bus Trip**

## LIFE Senior Services' Writer Symposium Trip

Check out this month's presentation "Judy Allen: Cooking and the Changed World." Judy is a Tulsa World food columnist and former senior food editor for Martha Stewart. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



**Thursday, August 12 • 3:30 p.m. • Grand Riviera Lounge**

## Fit Bites: Control Cholesterol

Nutrition and activity play important roles in controlling your cholesterol. Come sample some cholesterol-friendly treats and learn how exercise defends against bad cholesterol. The discussion will include information about the different cholesterol numbers and what they mean. Contact Vana if you have questions: (918) 728-8128 or vmoore@montereau.net. Mark your reservation sheet to attend or use the Montereau Resident App to reserve your spot.

**Friday, August 13 & 27 • 10:00 a.m. - 12:00 p.m.**

## City View Lounge

### LifeStory Workshop

Montereau Resident and experienced LifeStory writer, Ed Beasley, will host an 8-week workshop during which you'll learn to write about your life for loved ones and future generations to enjoy. Short stories about the many events of significance in your life's journey will be cherished long after you are gone. Writing about past events in your life can bring back so many great memories you wouldn't have otherwise recorded. Mark your reservation sheet or use the Montereau Resident App if you would like to participate. Call Teresa at (918) 491-5232 with any questions. This group will meet every other week through November 19.



# august calendar highlights



## Friday, August 13 • 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 provided. Mark your reservation sheet or use the Montereau Resident App if you plan to attend. Contact Teresa at (918) 491-5232 with any questions.



## Saturday, August 14 & 28 • 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. Mark your reservation sheet to attend, or sign up in the Montereau Resident App. Contact Teresa at (918) 491-5232 for more information.



## Saturday, August 14 • 7:00 p.m. • Coterie Theatre Russell Turner: Comedic Magician

Russell Turner has been dabbling in the art of magic since he was a boy of 10. He often uses original rhymes in his routines; one such act won first place at the Texas Association of Magician Convention contest! He also won first place for an original act/prop called "VAC the Sack" in the Dallas Area Magician's Group, of which he is a member. A retired Oklahoma probation and parole officer, Russell and his wife, Ming, live in Plano, Texas. Reserve your seat to see this fun show through the Montereau Resident App or mark your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Sunday, August 15 • 2:30 p.m. • Le Marché Sunday Sundaes

Celebrate Sunday with a Sunday on us! We'll offer vanilla ice cream, including sugar-free, and a variety of toppings for you to build your perfect sundae. Make your reservation through the Montereau Resident App or with your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Sunday, August 15 • 3:00 p.m. • Bus Trip Decopolis Shopping Trip

Step inside a small Art Deco-themed "town square" filled with Tulsa souvenirs, books and gifts, and check out the Tulsa Art Deco mini-museum! Next door, inside the DECOPOLIS Discovitorium, you can explore a cave on Mesmer Island filled with rocks & fossils, dinosaurs and science gifts. You also will find FableRealm Castle with its classic children's toys, books & games. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.

# august calendar highlights



## Monday, August 16 • 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 or use the Montereau Resident App to reserve your spot. Questions? Call Teresa at (918) 491-5232.



## Tuesday, August 17 • 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! Call Teresa at (918) 491-5232 with any questions.



## Tuesday, August 17 • 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. RSVP through the Montereau Resident App or 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, August 19 & Friday, August 20. We will also email the video link so you can watch at your convenience.



## Wednesday, August 18 • 11:00 a.m. • Coterie Theatre Crosstown Table Tennis Rivalry

Our friends from Trinity Woods will be here for a best-of-seven trophy match followed by play for fun! We always have a great time with this group, and you are welcome to join us. Contact Vana if you have questions: (918) 728-8128 or vmoore@montereau.net. Mark your reservation sheet to attend or click the green "Attend Event" button on The Montereau Resident App if you would like to attend.



## Wednesday, August 18 • 3:30 p.m. • Coterie Theatre Central States Memory Screening Presentation

Central States Research is a local company dedicated to clinical research and offering cutting edge treatments. Join Avery Jackson for a presentation about the company's FREE memory screenings. All results are confidential and provided to you in order to share with your primary care physician. Avery will review the memory screening process and the benefits of knowing your results. Free Memory Screenings will be hosted on Thursday, August 19th, and Avery will provide a sign-up sheet at the end of the presentation. Mark your reservation sheet to attend this presentation, or make your reservation through the Montereau Resident App. Call Laura at (918) 491-5284 with any questions.

# august calendar highlights



## Wednesday, August 18 • 5:45 p.m. • Coterie Theatre Tulsa Flute Band

The Tulsa Flute Band is a modern flute quintet, utilizing piccolo, alto and bass flutes, as well as concert flutes to perform classical and contemporary music. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Call Teresa at (918) 491-5232 with any questions.



## Wednesday, August 18 • 7:00 p.m. • Le Cinéma Movie: "My Big Fat Greek Wedding"

A plain Greek-American woman transforms herself into a beautiful young woman and falls in love with a non-Greek man. It's one big happy family as they combine cultures and provide one laugh after another. The run time is 1 hours and 35 minutes and the film is rated PG.



## Thursday, August 19 • 8:00 a.m. - 3:30 p.m. Grand Riviera Lounge Free Memory Screenings

These screenings will be conducted by Central States Research and are confidential. You can sign up for your screening during the Memory Screening Presentation on Wednesday, August 18 or by calling Avery Jackson at (918) 231-6905. See page 10 for more details about the Memory Screening Presentation. Call Laura at (918) 491-5284 with any questions.



## Thursday, August 19 • 2:00 p.m. • Concierge Desk Montereau Monthly Tour

Montereau 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 Montereau 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 or RSVP through the Montereau Resident App if you plan to attend. Contact Kristen at (918) 491-5233 or [kschooley@montereau.net](mailto:kschooley@montereau.net) for more information.



## Saturday, August 21 • 2:00 p.m. • Le Marché Make & Take: Cobbler

Learn how to whip up a delicious cobbler - then enjoy the fruits of your labor! Montereau's chefs will help you create a fruit cobbler of your choice then bake it in our brick oven. The cost of the event is \$10. Mark your reservation sheet or use the Montereau Resident App if you plan to attend. Please make any cancellations by noon on Thursday, August 19 to avoid being charged for the event. Questions? Contact Teresa at (918) 491-5232 or [tbond-mason@montereau.net](mailto:tbond-mason@montereau.net).

# august calendar highlights



**Sunday, August 22 • 3:00 p.m. • Bus Trip**

## Sprouts Farmers Market Trip

Think of Sprouts as all of the very best parts of a real farmers market under one roof, open every day of the week. With all the offerings of a grocery store, Sprouts prides itself on selling the freshest of produce. Mark your reservation sheet or use the Monterey Resident App to claim your seat on the bus. Questions? Contact Teresa at (918) 491-5232 or [tbond-mason@montereyau.net](mailto:tbond-mason@montereyau.net).



**Sunday, August 22 • 5:00 p.m. • Grand Riviera Lounge**

## Potluck Dinner

Bring a dish to share with your Monterey 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 or Billie Field at (918) 749-8811.



**Tuesday, August 24 • 2:00 p.m. • Studio de Monet**

## Let's Get Crafty Again: Home Is Where the Heart Is

Join Teresa as we create one-of-a-kind pictures that pay homage to your home towns. We'll use maps to create paper houses and place it in a frame to create a piece of art everyone will be talking about. Class size is limited, so use the Monterey Resident App or your reservation sheet to secure your spot. After your reservations are made, Teresa will contact you about which city map you want to use on your project. If you have any questions, call Teresa at (918) 491-5232.



**Tuesday, August 24 • 2:00 p.m. • City View Lounge**

## Parkinson's Disease Support Group

The Parkinson's Disease Support Group meets the 4th Tuesday of each month. This in-house group is facilitated by Monterey staff trained by the American Parkinson's Disease Association. Monthly sessions will focus on sharing from the group about concerns and issues relating to PD, and may include an educational presentation. Contact Vana if you have questions: (918) 728-8128 or [vmoore@montereyau.net](mailto:vmoore@montereyau.net). Mark your reservation sheet to attend or use the Monterey Resident App to reserve your spot.



**Wednesday, August 25 • 3:30 p.m. • City View Lounge**

## Mix & Mingle with the Leadership Team

Join the Monterey Leadership Team for an informal hour of cocktails and conversation! Drinks and appetizers will be provided. Space is limited; RSVP in the Monterey Resident App or mark your reservation sheet to attend. You must cancel your reservation by Monday, August 23 at noon to avoid being charged a \$5 Missed Event Fee. Questions? Contact Kristen at (918) 491-5233.

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## Wednesday, August 25 • 6:00 p.m. • Coterie Theatre Dinner & A Movie: "A League of Their Own"



Enjoy upscale stadium food as you watch this classic film about the all-women baseball league that played during WWII. The movie is the story of two sisters (Geena Davis, Lori Petty) who play for the Rockford Peaches and how their relationship is tested as one becomes the star and the other is attention starved. For dinner choose from Wagyu Beef Sliders (\$18) or House-Made Corn Dogs (\$10). Each will come with Street Corn and Beer Battered Onion Rings, and a Waffle Sundae with Caramel Popcorn for dessert. The cost of dinner will be charged to your meal allowance. Sign up using the Montereau Resident App or on your reservation sheet to attend. You will then receive a menu so you can select your meal. Questions? Contact Teresa at (918) 491-5232 or [tbond-mason@montereau.net](mailto:tbond-mason@montereau.net).

## Thursday, August 26 • 9:00 a.m. • Bus Trip Scenic Drive with Jenk Jones: Lake Hudson



Hop on the bus for a fun-filled scenic drive! First we'll go to the Amish store and you can stock up on all sorts of yumminess like jam, jelly and fresh-baked bread, just to name a few items. Then we'll have lunch at the Country Cottage in Locust Grove. After lunch, we'll visit the Salina courthouse, the last of nine court houses built by the tribe in the 19th century, which is now a small museum in a picturesque setting. Next, we'll drive by Chimney Rock Lake, two Lake Hudson crossings and wrap up with a look at historic Salina (the oldest permanent European settlement in the state). There may even be a few cows to count along the way! Mark your reservation or use the Montereau Resident App to reserve your spot. Call Teresa at (918) 491-5232 with any questions.

## Friday, August 27 • 1:00 p.m. • Vitality Zone Learn to Play: Wii Bowling



Join Montereau's own Wii bowling team to learn the ins and outs of Wii bowling. You'll have the opportunity to talk to members of the team and see if Wii bowling is the sport for you! Warning: once you start playing, it's hard to stop! Sign up on your reservation sheet or by using the Montereau Resident App. If you have any questions, contact Teresa at (918) 491-5232.

## Friday, August 27 • 3:30 p.m. • City View Lounge Taster Series: Martinis, Gin or Vodka?



James Bond always preferred his vodka martinis shaken, but not stirred. Find out all about the history of the drink and if gin or vodka makes the perfect martini. The cost is \$10 and will be charged to your monthly service fees. Use the Montereau Resident App or the reservation sheet to reserve your spot. Please cancel by noon on August 24 to avoid being charged the cost of the event. For more information, contact Teresa at (918) 491-5232.

# august calendar highlights

**Friday, August 27 • 7:00 p.m. • Coterie Theatre**

## Pajama Party with a Screening of "Queen Bees"

That's right, it's a pajama party! Wear your PJs and slippers, bring your pillows and blankets while we enjoy the hit, "Queen Bees"!



While her house undergoes repairs, fiercely independent senior, Helen (Ellen Burstyn), moves into a nearby retirement community - just temporarily. Once behind the doors of Pine Grove Senior Community, she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls" the likes of which she hasn't encountered since high school. But somewhere between flower arranging and water aerobics, Helen discovers that it's never too late to make new friends. The run time is 1 hour and 40 minutes and is rated PG-13. We'll have gourmet popcorn and beverages to enjoy with the movie. Mark your reservation sheet or use the Montereau Resident App to reserve your spot. Please make any cancellations by noon on Wednesday, August 25 to avoid being charged the \$5 Missed Event Fee.

Questions? Call Teresa at (918) 491-5232.

**Sunday, August 29 • 3:00 p.m. • Bus Trip**

## Woodland Hills Mall Trip

We're heading back to Woodland Hills Mall. Shop for clothing, accessories, gifts and more at the mall's many stores. Mark your reservation sheet or use the Montereau Resident App to reserve your seat on the bus. Questions? Call Teresa at (918) 491-5232.



**Tuesday, August 31 • 6:00 p.m. • Veranda**

## Cooking with Randy: Summer Grilled Tips

Join our resident cook, Randy Stainer, as he demonstrates some of the summer's best grilling tips. Randy will provide a step-by-step demonstration as well as copies of all the recipes used. The menu includes fish burgers with fruit salsa as well as grilled ratatouille. The cost is \$10 and will be billed to your monthly statement. Please cancel by August 29 to avoid the charge. Mark your reservation sheet or use the Montereau Resident App to secure your spot. Call Teresa with any questions

at (918) 491-5232.



Have you downloaded Montereau Resident App yet? What are you waiting for? The app is easy-to-use and allows you to make reservations for events and dining with the push of a button. You can view the calendar, dining menus and special announcements. If you need help downloading or using the app, contact Kristen at (918) 491-5233 or [kschooley@montereau.net](mailto:kschooley@montereau.net)



# august in-house tv highlights



**Thursday, August 19 at 7:00 p.m.**  
**Friday, August 20 at 3:30 p.m. • Channel 1960**  
**Virtual Monterey Town Hall**

Tune in to hear reports from Monterey's Resident Committee Chairs and Department Directors. We will hold the Monterey Town Hall in person on Tuesday, August 17 at 2:00 p.m. in the Coterie Theatre. A recording of the Monterey Town Hall will be shown on the in-house TV channel (1960) on Thursday, August 19 at 7:00 p.m. and Friday, August 20 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**

- August 2: Rock & Roll After Party Mix
- August 9: Hank Williams Live, 1952
- August 16: 70s Greatest Hits
- August 23: Lazy Afternoon Vintage Music Playlist
- August 30: Artie Shaw's Greatest Hits



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

- August 3 & 7: Roman Forum Guided Tour
- August 10 & 14: London Lockdown - River Thames
- August 17 & 21: Philadelphia Guided Walk
- August 24 & 28: Mount of Olives, Jerusalem
- August 31 & September 4: Rick Steves' Europe: Salzburg & Surroundings



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

**August 5 & 7: After Watching This, Your Brain Will Not Be The Same**

In a classic research-based TEDx Talk, Dr. Lara Boyd describes how neuroplasticity gives you the power to shape the brain you want. Our knowledge of the brain is evolving at a breathtaking pace, and Dr. Lara Boyd is positioned at the cutting edge of these discoveries. In 2006, she was recruited by the University of British Columbia to become the Canada Research Chair in Neurobiology and Motor Learning. Since that time she has established the Brain Behaviour Lab, recruited and trained over 40 graduate students, published more than 80 papers and been awarded over \$5 million in funding.

**August 12 & 14: How a 13-Year-Old Changed 'Impossible' to 'I'm Possible'**

Sparsh Shah wants to show people how they can transcend every difficulty that comes their way in life and how they can start a chain reaction to be a guide for other people who want to turn their life around as well.

# august in-house tv highlights

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



**August 19 & 21: The Unstoppable Power of Letting Go**

Jill Murray recounts her story of love, loss and new life. Through the challenges of an uncommitted boyfriend, her fear of letting go, and becoming comfortable with the ramifications of letting go. Jill shares the five steps she took to change what didn't work and make welcome what she desired in her life and relationships.

**August 26 & 28: Do Cows Think Grass Tastes Good?**

A question you never knew you needed to know the answer to: "Do Cows Think Grass Tastes Good?" is a fascinating insight into the difference between animal welfare and animal ethics. After working as a mixed-practice vet for about 20 years, during which time he completed a Master degree in dairy medicine and production, Dave Beggs stepped back from general veterinary practice to take up an interest in research, academia and animal welfare. He is now a senior lecturer in cattle medicine at the Melbourne Veterinary school.

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

## Friday Night Feature

**August 6 & 7: "The Snows of Kilimanjaro"**

Ernest Hemingway's classic tale gets the Hollywood treatment in this 1952 adventure. Gregory Peck stars as Harry Street, a hunter reflecting on his life as he lies dying while on safari in the shadow of Mount Kilimanjaro. The movie, which also starred Ava Gardner and Susan Hayward, received Oscar nominations for cinematography and art direction, and was listed as one of the top ten films of the year by the National Board of Review. Thanks to a star-studded cast and some exotic location shooting, the film was one of the great successes of the early 1950s.



**August 13 & 14: "All We Had"**

A mother struggles to make a better life for her daughter. This 2016 film stars Katie Holmes and Luke Wilson.

**August 20 & 21: "Rebecca"**

"Rebecca" is the story of a young woman who marries a fascinating widower only to find out that she must live in the shadow of his former wife, Rebecca, who died mysteriously several years earlier. The young wife must come to grips with the terrible secret of her handsome, cold husband, Max De Winter (Laurence Olivier).

**August 27 & 28: Tulsa Library Presents: Learn the History of the Cheyenne Indians**

Join Dr. Henrietta Mann for an enlightening overview of traditional and modern Cheyenne culture.

# Max Kelsay - Maintenance Technician

Max has been assisting Montereau residents with their maintenance needs since January of 2020. He likes that he is able help residents on a daily basis, whether it's fixing something or answering questions. He says he is also fortunate to work with a great team.

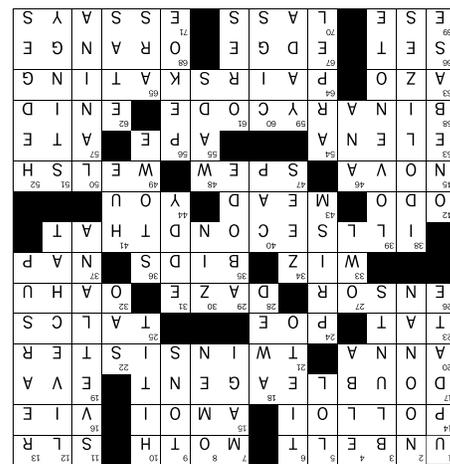
Before coming to Montereau, Max worked as a project manager for his father's construction company, Kelsay Construction, LLC.

He graduated from Edison High School in 2005 and is currently enrolled at Tulsa Tech. He received his 3rd class engineering license and is working toward his 1st class license. He is grateful for Montereau's support



and tuition assistance program as he completes his education.

Max was born and raised in Tulsa. He grew up playing soccer and basketball. He enjoys working out, exploring the outdoors, practicing yoga, walking his dogs and spending time with family.



**Spa Boutique Summer Sale!**

**25% all boutique merchandise\*!**

\* Excludes greeting cards and Montereau apparel.  
Valid August 1 – 31, 2021.

Spa Boutique hours:  
Monday – Friday: 9:00 a.m. – 5:00 p.m.  
Saturday: 10:00 a.m. – 2:00 p.m.

# brain puzzle

## ACROSS

- 1 Prepare to get up from one's plane seat  
 7 Sucker for a flame  
 11 Camera letters  
 14 Hoi \_\_\_  
 15 Mine, in Montreal  
 16 Rival  
 17 Mole, perhaps  
 19 Señora Perón  
 20 Palindromic woman's name  
 21 Either Bush 43 daughter  
 23 Bit of body ink  
 24 "The Black Cat" author  
 25 Locker room powders  
 26 Belgian expressionist James  
 28 Stun  
 32 Diamond Head locale  
 33 1974 musical based on a 1900 novel, with "The"  
 35 eBay offers  
 37 Drop off for a bit  
 38 "Amen!" ... or a hint to the start of four other long answers  
 42 Meter preceder

- 43 Lake formed by the Hoover Dam  
 44 "Told \_\_\_!"  
 45 Lox variety  
 47 Burst forth  
 49 Language in which "w" and "y" are considered vowels  
 53 2010 Barack appointee  
 55 Parrot  
 57 Bothered a lot, with "at"  
 58 Braille is one  
 62 Sooner State city  
 63 Vivid dye  
 64 Olympic event featuring death spirals  
 66 Volleyball scoring unit  
 67 Small advantage  
 68 With 56-Down, type of black tea with another color in its name  
 69 Journal's end?  
 70 Gaelic gal  
 71 Persuasive pieces

## DOWN

- 1 Reason for a restart  
 2 Political pundit Peggy

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	31		32			
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53				54				55	56			57		
58					59	60	61				62			
63					64					65				
66					67				68					
69					70					71				

- 3 Numbs  
 4 Idris of "Luther"  
 5 "Kidding!" letters  
 6 Associate with  
 7 Ancient trio  
 8 Black cat, to some  
 9 Quite a lot  
 10 "Start the music!"  
 11 \_\_\_ Savitskaya, first woman to perform a spacewalk  
 12 Modern customer support option  
 13 Reacts in fear, as a horse  
 18 Wonderstruck  
 22 \_\_\_ Tomé and Príncipe  
 24 Spectrum maker  
 27 Potterverse courier  
 29 Cabin or castle  
 30 Chard alternative  
 31 Water whirled  
 34 Pizza pieces?  
 36 "Dred" novelist  
 38 Reverses  
 39 Heart-y message?  
 40 Upper limit  
 41 Color  
 42 \_\_\_ hit: baseball single  
 46 Carrier to Tokyo  
 48 Rolls of money  
 50 Pacific weather phenomenon  
 51 Cheap  
 52 Risk-offsetting investments  
 54 Cosmetician Adrien  
 56 See 68-Across  
 59 When tripled, "et cetera"  
 60 Smokes, briefly  
 61 Crude metals  
 62 JFK board data  
 65 Cue followers

# Marketing Team Welcomes New Retirement Counselor

As Montereau has seen an increase in business again, we have added a new team member to the Marketing Department.

Paula Miller stepped into the role of Retirement Counselor in late June. She brings more than 15 years of retirement living experience to our community. Paula has been employed in several key sales roles including being a Regional Director of Sales for a national firm.

She is a native Oklahoman and attended Northeastern Oklahoma State University. Paula's husband, Terry, is a retired Tulsa firefighter. They have two children, Daniel and Dana, and one granddaughter, Lily.



**Paula Miller, Montereau's  
newest Retirement Counselor**

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

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

We hope you will come by the Marketing Office to introduce yourself and welcome Paula to Montereau!

Welcome New Residents

John & Claudette Bolin  
Jack Burrey  
Maurine Perry  
Judy Weinkauff

## Happy Birthday!

Join us for the August Birthday Celebration on Friday, August 13 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 bring only one guest.

### august birthdays

Name	Date
Mary Everett	1
John Ford	2
Bob Geweniger	2
Bob Rieck	2
Donna Allison	4

Lynda Frank	5
Regina Carter	6
Jerry Myers	6
Margaret Ridley	6
Judy Grove	7
Bob Jones	8
Barbara Meyer	10
Darleen Ryan	11
Bonnie Ruble	12
Walter Allison	13
Neva Kuykendall	13
Sally Leininger	13
Bob Paulsen	13
Connie Wertz	13
Ken Snoke	14
Del Still	14
Kent Dunbar	16
Mary Ann Meckfessel	16
Shirley Scott	16



Ed Nonweiler	17
Anna Marie Sellers	17
Claudette Bolin	21
Peggy Jordan	21
Lloyd Zelewski	21
Kathy Bogie	22
Rob Denzinger	22
Kathleen Hannigan	22
Joe Peery	22
Erma Spann	22
Trisha Wilson	22
Joan Coleman	25
Max Vowel	26
Jean Paulsen	28
Julius Stevak	28