



# Voice of Vitality

October 2021  
A Montereau Publication  
Tulsa, Oklahoma

## Active Aging Week 2021!

Active Aging Week is a campaign by the International Council on Active Aging and is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages older adults to take advantage of all that life has to offer.

this exciting week with a performance at a special Happy Hour! Other events include a Scavenger Hunt & Garden Party, Oktoberfest Dinner, and a trip to the new Greenwood Rising Museum. We will also have daily Brain Fitness Puzzles.

Active Aging Week begins Monday, October 4 and runs through Saturday, October 9. Join us for a variety of fun events to promote healthy aging here at Montereau!

The Tulsa Opera will be at Montereau to help kick-off



**Above:** Adventurous residents went on a float trip. **Top right:** We hosted a Walk to End Alzheimer's right here at Montereau. In all, we raised more than \$14,000 for the Alzheimer's Association!

**Left & Right:** Residents dressed up to support their favorite college football teams.

# october calendar highlights

## Lunch In During October



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 October 8, as to not conflict with Food Truck Friday.

October 14: Albert G's BBQ  
October 21: Chicken Salad Chick  
October 28: Oliveto's

## Mondays in October • 5:00 p.m. • Grand Riviera Lounge

### Dinner Music



Enjoy live music with your dinner! In order to attend, please make reservations for dinner in the Grand Riviera Lounge in the dining reservations section of the resident app or call the hostess desk at (918) 491-5212.

October 4: Spencer Sutton  
October 11: Mark Bruner  
October 18: Nick Bratkovich  
October 25: Mark & Spencer

## Thursdays in October • 7:15 p.m. • Coterie Theatre

### "Ken Burns Presents: The West" DVD Series



The West, a nine-part series, chronicles the turbulent history of one of the most extraordinary landscapes on earth – a mythic landscape, simultaneously enticing and forbidding, filled with stories of both heartbreaking tragedy and undying hope. Beginning in the era when the land belonged only to Native Americans and ending in the 20th century, the film is populated by unforgettable historical characters, some famous and others relatively unknown whose competing dreams transformed the land, and turned the West into a lasting symbol of the nation itself, a tragic, inspiring intersection where the best of us met the worst of us and nothing was left unchanged. Call Teresa at (918) 491-5232 with any questions.

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

## Friday, October 1 • 10:30 a.m. • Bus Trip

### Cycling Social: Group Ride on Riverside Trail



Let's load our bikes up and head to the river for a fall bike ride and a pit stop for a beer at Margaritaville in the River Spirit Casino! If you are interested in joining and don't have your own bike, please contact Laura at (918) 491-5284 to reserve one of Montereau's tricycles! Please bring cash or a credit card to purchase any drinks or snacks you might want. Sign up using the resident app or mark your reservation sheet. Call Laura at (918) 491-5824 with any questions.

# october calendar highlights



**Friday, October 1 & 15 • 3:30 p.m. • City View Lounge**

## The Reading Group

All are welcome to join this group for discussion over short stories. The readings this month are "Testimony of Pilot" for October 1 and "Wickedness" for October 15. Contact Laura at (918) 491-5284 if you are interested in joining.



**Friday, October 1 • 5:30 p.m. • Bus Trip**

## The University of Tulsa vs. Houston Football Trip

Cheer on the Golden Hurricane as they take on Houston! You must purchase your own tickets for the game, and you can do so by calling the TU ticket office at (918) 631-3348. Mark your reservation sheet to reserve your seat on the bus or sign up using the resident app. Call Teresa at (918) 491-5232 with any questions.



**Friday, October 1 & 15 • 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, October 2 & 16 • 2:00 p.m. • Le Cinéma**

## Saturdays in Le Cinéma: "Sinatra, All or Nothing"

This monthly event features documentaries and unique series on the first Saturday of each month. This month, the movie is divided into two parts and will, therefore, show on two Saturdays in October. "Sinatra: All or Nothing at All" is an up-close and personal examination of the life, music and career of the legendary entertainer. Told in his own words from hours of archived interviews, along with commentary from those closest to him, the documentary weaves the music and images from Sinatra's life together with rarely seen footage of Sinatra's famous 1971 "Retirement Concert" in Los Angeles. The run time is 2 hours, and it is rated TV-14. Use the Montereau app or mark your reservation sheet to attend. Call Teresa at (918) 491-5232 with any questions.



**Sunday, October 3 • 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 October book will be "Station Eleven" and the group will read "The Residence" in November. Contact resident Kay Paine at (806) 672-4401 for more information.



**Monday, October 4 • 2:00 p.m. • City View Lounge**

## Fitness Committee

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

# october calendar highlights



**Monday, October 4 - Thursday, October 7**

**Business Center or Fitness Center**

## Brain Fitness Puzzles

It's Active Aging Week! Exercise your brain with puzzles such as word searches, crosswords, and more. Puzzles will be available October 4 through October 7 in the Business Center and the Fitness Center. Return your completed puzzle to the Front Desk or the Fitness Center no later than noon the following day. Your name will be entered in a drawing. Contact Vana for more information: (918) 728-8128 or vmoore@montereau.net.

**Monday, October 4 • 3:30 p.m. • Grand Lawn**

## Active Aging Week Kick-Off: Happy Hour with the Tulsa Opera

The Tulsa Opera is back again to entertain during this event on the Grand Lawn! Join us for Happy Hour in the sunshine featuring light opera and Broadway show tunes. Tasty treats and drinks will be provided. Use the resident app or mark your reservation sheet to attend. Questions? Contact Teresa at (918) 491-5232. Please note that you must cancel your reservation by Friday, October 1 at noon to avoid a \$5 Missed Event Fee.



**Monday, October 4 • 5:00 - 7:00 p.m. • Rotunda**

## Mexican Monday Street Taco Buffet

It's National Mexican Food Day so we're celebrating with tacos - and more! Our Mexican Monday Buffet will include chips, queso, guacamole, salsa, taquitos, flautas, beef and chicken enchiladas, street tacos, rice beans and churros! The cost of dinner is \$12 and will be charged to your meal allowance. This event is hosted in all dining rooms, so there is no need to RSVP. Le Marché will have regular service.



**Tuesday, October 5 • 5:00 p.m. • Veranda & Dining Rooms**

## Oktoberfest Dinner

It's that time of year when we not only celebrate the changing seasons but raise our beer steins to celebrate all that is October! We'll dine on traditional German fare and beer. Menu items will include beer braised bratwurst, chicken schnitzel, German potato salad, braised red cabbage, and apple strudel. And of course, no Oktoberfest is complete without our own accordion player, Nick Bratkovich. This event is hosted in all dining rooms, so there is no need to RSVP. Le Marché will have regular service. The cost is \$16, which will be billed to your meal allowance. Questions? Call Teresa at (918) 491-5232.



**Wednesday, October 6 • 9:30 a.m. • Bus Trip**

## Greenwood Rising Museum & Lunch at Wanda J's

Greenwood Rising is the legacy project of the 1921 Tulsa Race Massacre Centennial Commission. The museum commemorates the Greenwood District's history. After touring the museum, we'll head over to Wanda J's, a family-owned restaurant located in the Greenwood District that is the epitome of southern, down home American dining. Bring cash or a credit card for lunch. To attend, sign up using the resident app or your reservation sheet. If you have any questions, contact Teresa at (918) 491-5232.



# october calendar highlights



**Wednesday, October 6 • 3:00 p.m. • Veranda**

## Scavenger Hunt & Garden Party

Explore the grounds of Montereau! You will be given directions to visit several outdoor locations and pick up a freebie at each spot. When your Scavenger Hunt is complete, return to the Veranda for food, music, and fun! Please RSVP in the resident app or by marking your reservation sheet. Cancel by noon on Monday, October 4 to avoid the \$5.00 missed event fee. Contact Vana for more information: (918) 728-8128 or vmoore@montereau.net.

**Wednesday, October 6 & Tuesday, October 26 • 4:30 p.m.**

## Bus Trips

### Let's Eat Local: The French Hen

A Tulsa staple for more than 40 years, The French Hen serves a fusion of French and American cuisine in an elegant atmosphere. Bring cash or a credit card for your dinner. Sign up on the resident app or your reservation sheet to claim your seat on the bus. Questions? Call Teresa at (918) 491-5232.



**Thursday, October 7 • 9:00 a.m. - 1:00 p.m.**

## Grand Riviera Lounge

### Flu Shot Clinic

Reduce your risk of contracting the flu! A team from Warren Clinic will administer high-dose flu shots on Thursday, October 7 in the Coterie Theatre. Please bring your Medicare and insurance cards. You will be billed for any amount not covered. You must wear a mask to and from the Flu Clinic and while receiving your shot(s). Please attend during your assigned time slot below determined by the first letter of your last name:

A - I 9:00 a.m. - 10:30 a.m.

J - Q 10:30 a.m. - 12:00 p.m.

R - Z 12:00 p.m. - 1:00 p.m.

Questions? Contact Vana at (918) 728-8128 or vmoore@montereau.net.



**Thursday, October 7 & 21 • 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" any time - and bring a Montereau friend!



**Thursday, October 7 • 2:00 - 3:30 p.m. • Grand Riviera Lounge**

### Hope for the Holidays

The holidays can be especially hard on those grieving the loss of a loved one. Come and join us as the Tristesse Grief Center provides us with tips to best navigate the holidays. Be comforted in knowing you are not alone and there are people who care and can help you through these tough times. Light refreshments are provided. Please sign up using the resident app or the reservation sheet. Questions? Contact Laura Allen at (918) 491-5284.



# october calendar highlights



## Thursday, Oct. 7 & Tuesday, Oct. 19 • 4:30 p.m. • Bus Trip Let's Eat Dinner Out: I Don't Care Bar & Grill

I Don't Care Bar & Grill is located in Catoosa near the Hard Rock Casino, and it specializes in steak and burgers. The menu contains a variety of adult beverages, appetizers, fresh salads, sandwiches & burgers, fish & steak, and daily dessert specials. Please bring cash or credit card to pay for your meal. To sign up, use the resident app or mark your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Friday, October 8 • 9:30 a.m. • Bus Trip

### Tulsa Town Hall Trip: Kevin Kallaugher

"Kal" Kallaugher has been the man behind The Economist's satirical cartoons since 1979. During his interactive and highly entertaining talks, Kallaugher illustrates on stage while sharing observations about current events, politics and the economy. With hilarious spot-on caricatures of leaders such as Margaret Thatcher, George W. Bush and Barack Obama, Kallaugher has delighted audiences the world over. Purchase your Town Hall tickets by going to [www.tulsatownhall.com](http://www.tulsatownhall.com) or calling (918) 749-5965. Sign up for bus transportation to and from the event in the resident app or using your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Friday, October 8 • 1:00 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. Reserve a seat on the bus using the resident app or by marking your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Friday, October 8 • 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 No. 1 hot dog spot! Enjoy a basic hot 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. Mark your reservation sheet or use the Resident App to reserve your spot.



## Friday, October 8 • 3:30 p.m. • City View Lounge

### Taster Series: Scotch Sampling

Scotch is the No. 1 selling spirit, outselling every other noble spirit in world markets. Although all Scotch was originally made from malted barley, we'll discuss the differences in Scotch and what you should look for when buying it. The cost for this event is \$15 and will be charged to your meal allowance. Please register by using the resident app or by marking your reservation sheet. Please cancel by noon on October 6 to avoid being charged the cost of the event. For more information, contact Teresa at (918) 491-5232.

# october calendar highlights



**Friday, October 8 • 7:00 p.m. • Grand Lawn**

## Movie on the Lawn: "Night at the Museum"

Join us on the Grand Lawn for a showing of "Night at the Museum". A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc. The movie is rated PG and runs for 1 hour, 40 minutes. Please sign up to attend using the resident app or by marking your reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Saturday, October 9 • 8:30 a.m. • Bus Trip**

## Rose District Farmers' Market Trip

Broken Arrow's Rose District Farmers' Market is located right on Main Street under a covered pavilion. Shop more than 50 booths full of Oklahoma-grown produce and hand-crafted products. Afterward, you can stroll along Main Street and stop in the quaint shops. Bring cash or credit card for purchases. Sign up using the resident app or the reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Saturday, October 9 & 23 • 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 or RSVP with the resident app. Contact Teresa at (918) 491-5232 for more information.



**Saturday, October 9 • Time TBD • Bus Trip**

## The University of Tulsa vs. Memphis Football Trip

Cheer on the Golden Hurricane as they battle it out with Memphis! You must purchase your own tickets for the game, and you can do so by calling the TU ticket office at (918) 631-3348. Mark your reservation sheet or sign up to ride the bus using the resident app. Call Teresa at (918) 491-5232 with any questions.



**Sunday, October 10 • 3:30 p.m. • Bus Trip**

## Trader Joe's Trip

Shop for specialty groceries at Trader Joe's! Pick up produce, meats, dairy and unique frozen and prepared meals. Mark your reservation sheet to claim a seat on the bus or sign up using the resident app. Call Teresa at (918) 491-5232 with any questions.



**Monday, October 11 • 11:15 a.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 this 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 in the Resident App or on your reservation sheet if you plan to attend. Questions? Call Kristen at (918) 491-5233 or email [kschooley@montereau.net](mailto:kschooley@montereau.net).

# october calendar highlights



**Tuesday, October 12 & 26 • By 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, October 12 & 26 • 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. You must wear a mask during this trip and bus seating is limited. **Mark your reservation sheet or use the resident app for a seat on the bus.** Call resident Lloyd Z. at (918) 493-1160 for more information.



**Tuesday, October 12 • 2:15 p.m. • City View Lounge**

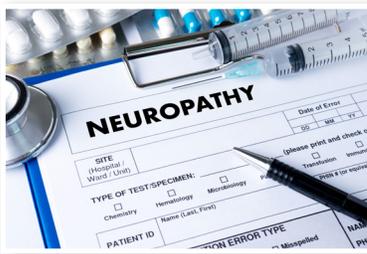
## Caregiver Support Group

This monthly support group can help anyone touched by dementia to overcome the challenges that come with memory loss. 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, October 12 • 3:00 p.m. • Coterie Theatre**

## Doc Talk: Neuropathy

Join us for our second monthly Doc Talk presentation hosted by the Montereau Wellness Clinic. Each month will feature an educational topic about health and wellness presented by our Wellness Clinic Physician, Dr. Brandon King, or a guest presenter. This month Dr. King will be discussing neuropathy. Dr. King will explain what a neuropathy diagnosis entails, possible treatments and questions to ask your physician post-diagnosis. Please feel free to bring questions you might have about neuropathy for Dr. King to answer. Reserve your seat by signing up in the resident app or on your reservation sheet. Questions? Call Laura at (918) 491-5284.



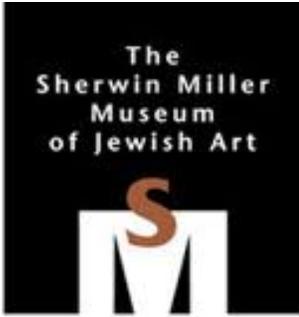
**Tuesday, October 12 • 6:00 p.m. • Rue 6800**

## UnWINEd Dinner: Craft Brews

This month's UnWINEd Dinner is celebrating craft beer! We'll have six delicious courses paired with the perfect beer. Dishes include mushroom & asiago arancini, bratwurst & cabbage bruschetta, corn bisque with pork belly croutons, beer braised beef shortribs, and coconut sea salt bread pudding. The cost of dinner is \$38 or \$58 with beer, and will be charged to your meal allowance. Use the dining reservations section of the resident app or call the hostess desk at (918) 491-5212 to secure your seat.



# october calendar highlights



**Wednesday, October 13 • 9:30 a.m. • Bus Trip**

## Sherwin Miller Museum Trip

The mission of the Sherwin Miller Museum of Jewish Art is to preserve and promote Jewish heritage, culture, history and community through art and education. Through exhibitions and educational programs, the museum hopes guests will come to understand and identify with the Jewish experience. The cost of this trip is \$5.50, billed to your monthly statement. Mark your reservation sheet or use the resident app to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



**Wednesday, Oct. 13 & 27 • 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, October 13 • 2:00 p.m. • Coterie Theatre**

## Special Town Hall: Novare Survey Results & Recommendations

Gene Callahan and the Resident Relations sub-committee will present their summary of the April 2021 Novare Resident Engagement Survey results and their accompanying recommendations at this Special Town Hall. This event will also be recorded and emailed to all residents, as well as programmed on the in-house TV channel, 1960. Please mark your reservation sheet to attend the in-person event or sign up using the resident app. Questions? Call Teresa at (918) 491-5232.



**Wednesday, October 13 • 3:00 p.m. • Fitness Center**

## Fitness Center Orientation

Not sure how equipment in the Fitness Center works? Need a refresher? Vana, Montereau Wellness Specialist, will demonstrate safe and effective use of the workout machines and equipment. We will also tour the Fitness Center area. Please RSVP in the resident app or by marking your reservation sheet. Contact Vana for more information: (918) 728-8128 or vmoore@montereau.net.



**Wednesday, October 13 • 7:00 p.m. • Le Cinéma**

## Movie: "Around the World in 80 Days"

To win a bet, an eccentric British inventor, along with his Chinese valet and an aspiring French artist, embark on a trip full of adventures and dangers around the world in exactly 80 days. This film is rated G and runs 2 hours, 47 minutes. Call Teresa at (918) 491-5232 with any questions.

# october calendar highlights



## Thursday, October 14 • 9:00 a.m. • Bus Trip The Pioneer Woman Mercantile Trip

The Pioneer Woman, Ree Drummond, is a nationally recognized celebrity who not only hosts her own cooking show, but owns The Mercantile, her quaint shop in Pawhuska, OK. There you will find gorgeous goods, comfort foods, fresh-made pastries and delicious coffee. In addition to visiting The Mercantile, we'll spend the day strolling the streets and enjoying all Pawhuska has to offer. Please bring cash or credit card for meals and purchases. Reserve your seat on the bus using the resident app or your reservation sheet. Contact Teresa at (918) 491-5232 with any questions.



## Thursday, October 14 • 2:00 p.m. • Rotunda National Dessert Day Dessert Bar

It's National Dessert Day! It's the perfect excuse to indulge in a dessert bar featuring truffles, chocolate covered strawberries, brownie bites, mini eclairs and pound cake with dipping sauces. We'll also offer coffee, tea and cordials to wash down the delicious treats. The cost is \$10 and will be billed to your meal allowance. Mark your reservation sheet or use the resident app to make reservations. Please cancel by noon on Tuesday, October 12 to avoid the \$5 Missed Event Fee.



## Friday, October 15 • 1:00 p.m. • Bus Trip Tulsa Botanic Garden Trip

The Tulsa Botanic Garden is an all-season oasis that includes a three-acre ornamental garden showcasing more than 350 plant varieties, beautiful art deco designs and water features, and one of the region's largest spring flower displays with more than 100,000 bulbs. We'll explore their pumpkin and scarecrow display and the corn maze – and we'll get to see Montereau's very own scarecrow display, too! The cost is \$8 and will be charged to your monthly service fees. Please register by using the resident app or by marking your reservation sheet. You must cancel by noon on Wednesday, October 13 to avoid being charged for the cost of the trip. For more information, contact Teresa at (918) 491-5232.



## Friday, October 15 • 6:30 p.m. • Bus Trip Tulsa Opera Trip: "Puccini & Verdi Play Ball"

This performance features Puccini's brief, beloved comedy, Gianni Schicchi, followed by highlights from Puccini and Verdi's most famous operas. You must purchase your own tickets for this performance, and you can do so by visiting [www.tulsaopera.com](http://www.tulsaopera.com) or calling (918) 582-3133. Mark your reservation sheet or sign up using the resident app to secure your seat on the bus. Questions? Call Teresa at (918) 491-5232.



## Saturday, October 16 • 5:00 p.m. • Bus Trip Amish Dinner Trip

Enjoy a home-cooked meal Amish style during this adventure to Chouteau! Dinner includes your choice of either turkey or roast beef along with all the sides. You'll also shop their home-made goods. The cost of the meal is \$17 and will be billed to your monthly statement. Cancel by noon on October 14 to avoid a Missed Event Fee of \$5. Sign up using the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.

# october calendar highlights



**Sunday, October 17 • 2:30 p.m. • Le Marché**

## Sunday Sundaes

Celebrate Sunday Sundaes with us! 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 or use the resident app to RSVP to this event. Questions? Call Teresa at (918) 491-5232.



**Monday, October 18 • 11:00 a.m. • Coterie Theatre**

## Bocce Ball

Play bocce ball, the Italian lawn bowling game of light skill and challenge. No experience required! Sign up using the resident app or your reservation sheet. Contact Teresa at (918) 491-5232 with any questions.



**Monday, October 18 • 3:00 p.m. • Coterie Theatre**

## Pumpkin Decorating Contest

Join us in the Coterie Theatre to get into the Halloween spirit! We provide the pumpkins and decorating supplies, you provide the creativity. Decorated pumpkins will be displayed in the Commons Hallway for voting during the week of October 18, and the contest winner will be announced on Friday, October 22. The winner takes home a pumpkin cheesecake created by our own Chef Joseph! Sign up in the resident app or mark your reservation sheet if you plan to participate. Questions? Contact Teresa at (918) 491-5232.



**Tuesday, October 19 • 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, October 19 • 2:00 p.m. • Coterie Theatre**

## Montereaau 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, October 21 at 7:00 p.m. & Friday, October 22 at 3:30 p.m.. We will also email the video link so you can watch at your convenience.



**Wednesday, October 20 • 11:30 a.m. • Bus Trip**

## Music at Midday: Duo Avanzando

Saint John's Episcopal Church is once again offering its free concert series, Music at Midday. This performance features Duo Avanzando with David Carter, clarinet and Ricardo Souza, percussion. Each performance is a half hour at noon and followed by a boxed lunch from Queenie's. Lunch is \$12 per person and includes a half sandwich (chicken salad, egg salad or ham and swiss) plus fruit and a cookie. Lunch will be billed to your monthly statement. Please use the resident app or the reservation sheet to sign up. Call Teresa at (918) 491-5232 with any questions.

# october calendar highlights



**Wednesday, October 20 • 6:00 p.m. • Coterie Theatre**

## Dinner & A Movie: "African Queen"

Join us as we dine on African cuisine and watch this classic film, released 70 years ago. Two Christian missionaries are in a remote African village with grass huts and a little wooden church, which is located somewhere deep in a German African colony during WWI near the Ulanga River. The film is rated PG and runs 1 hour, 45 minutes. Dinner will include your choice of braised goat (\$18) or fried plantains (\$12) with curry rice, kunde (stewed black-eyed peas), and beignets. Sign up using the resident app or the reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Thursday, October 21 • 11:15 a.m. • Grand Riviera Lounge**

## Spa Spotlight: Massage Services

Massage is a healing art that improves the immune system, improves circulation and increases flexibility while easing tension and decreasing stress...Plus it just feels good! Come learn more about the massage services offered at The Spa at Montereau, during this Spa Spotlight event with Andrew Buckner, Montereau's Licensed Massage Therapist! Refreshments will be provided, and one lucky participant will receive a massage during Andrew's demonstration. Sign up in the Resident App or on your reservation sheet if you plan to attend. Questions? Call Kristen at (918) 491-5233 or email [kschooley@montereau.net](mailto:kschooley@montereau.net).



**Thursday, October 21 • 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 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 resident app if you plan to attend. Questions? Contact Kristen at (918) 491-5233 or [kschooley@montereau.net](mailto:kschooley@montereau.net).



**Thursday, October 21 • 4:00 p.m. • Bus Trip**

## Tulsa's Oktoberfest Trip

Ranked as one of the top five Oktoberfests in the country, Linde Oktoberfest Tulsa has a long and storied history of providing authentic German food, drinks and fun to generations of Oklahomans. What's not to like about bratwurst, the Chicken Dance, the Dachshund Dash, German beers, Bavarian cheesecake and great music? Tickets cost \$10 and will be billed to your monthly statement. Please cancel by Tuesday, October 19 at noon to avoid being charged for your ticket. If you have questions, call Teresa at (918) 491-5232.



**Friday, October 22 • 7:00 p.m. • Grand Lawn**

## Movie on the Lawn: "La La Land"

Join us on the Grand Lawn for a showing of "La La Land", a story of an aspiring actress named Mia and a dedicated jazz musician named Sebastian who have a few chance meetings in the city of Los Angeles. While the pair pursues their own dreams in a town known for dashing them, the two begin a romance. The movie is rated PG-13 and runs 2 hours, 8 minutes. To register, use the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.

# october calendar highlights



**Sunday, October 24 • 2:00 p.m. • Bus Trip**

## Super Target Trip

Shop for all your essentials at Super Target! Mark your reservation sheet or sign up using the resident app. Questions? Call Teresa at (918) 491-5232.

**Tuesday, October 26 • 2:00 p.m. • Coterie Theatre**

## Parkinson's Disease Support Group

Parkinson's Disease Support Group meets the 4th Tuesday of each month. This in-house group is facilitated by Monterey staff trained through the American Parkinson's Disease Association. Monthly sessions will focus on sharing from the group about concerns and issues relating to PD. The session may include an educational presentation. Please RSVP in the Resident App or by marking your reservation sheet. Contact Vana for more information: (918) 728-8128 or vmoore@montereaunet.net.



**Wednesday, October 27 • 11:30 a.m. • Bus Trip**

## Music at Midday: OTIS Trip

This week's Music at Midday performance at St. John's Episcopal Church features the OTIS Trio: Dawn Lindblade, clarinet; Tess Remy, cello; and Sallie Pollack, piano. Each performance is a half hour at noon and followed by a boxed lunch from Queenie's. Lunch is \$12 per person and includes a half sandwich (chicken salad, egg salad or ham and swiss) plus fruit and a cookie. Lunch will be billed to your monthly statement. Please use the resident app or the reservation sheet to sign up. Call Teresa at (918) 491-5232 with any questions.



**Wednesday, October 27 • 3:30 p.m. • Grand Riviera Lounge**

## Fit Bites: Stress Management

Stress is difficult to prevent because we are continually presented with challenging situations out of our control. We can learn how to reduce our risk of feeling stressed and to deal with stress in healthy ways. This event includes appetizers and soft drinks. Please RSVP in the resident app or by marking your reservation sheet. Cancel by noon on Monday, October 25 to avoid the \$5.00 missed event fee. Contact Vana for more information: (918) 728-8128 or vmoore@montereaunet.net.



**Wednesday, October 27 • 7:00 p.m. • Le Cinéma**

## Movie: "Philomena"

"Philomena" is based on a true story about an elderly Irish woman searching for the toddler son she gave up for adoption as an unwed teen living in a convent. Most of its pleasures come from the way it confounds expectations. The film is rated PG-13 and the run time is 1 hour, 37 minutes. Call Teresa at (918) 491-5232 with any questions.



# october calendar highlights



## Thursday, October 28 • 3:00 p.m. • City View Lounge Cocoa & Cabernet: Chocolate & Wine Tasting

Sample a variety of chocolate treats paired with cabernet for National Chocolate Day! We will offer chocolate truffles, brownies, an assortment of dark, milk and white chocolate bites that pair well with red wine. The cost of this event is \$10 and will be billed to your meal allowance. Mark your reservation sheet or use the resident app to make your reservations. For more information contact Tony at (918) 491-5267.



## Thursday, October 28 • 4:30 - 6:30 p.m. • Ring Road Drive-Thru Trick or Treat!

This year Montereau will be celebrating Halloween with a Trick or Treat drive-thru! Participate in one of two ways. Bring your family to Trick or Treat by driving through various stops along Montereau's Ring Road, where residents will be handing out candy. Or sign up to hand out candy at one of the drive-thru stops! Sign up using the resident app or mark your reservation sheet if you plan to participate as either a candy distributor or a candy collector. More information about this event will be provided later this month. Questions? Call Teresa at (918) 491-5232.



## Friday, October 29 • 3:00 p.m. • Grand Lawn HOWloween Pet Parade & Montereau Costume Contest

There are lots of ways to participate in this year's Halloween celebration and costume event! First, for you pet owners: dress up your pet for our Pet Costume Contest & Parade! The winning pet will be treated to a dog or cat spa day. Second, for the humans, we'll have two different contests – one for individual costumes and one for group costumes. Individual contest winners will earn cash prizes and the best group costume wins a pizza party! Whether you plan to dress up or not, you'll want to join us on the Grand Lawn to see the antics and enjoy food and drinks with your neighbors and our Montereau staff. Register to participate in this event using the resident app or by marking your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## Friday, October 29 • 5:30 p.m. • Bus Trip The University of Tulsa vs. Navy Football Trip

Cheer on TU as they take on Navy! You must purchase your own tickets for the game, and you can do so by calling the TU ticket office at (918) 631-3348. Mark your reservation sheet or sign up using the resident app to reserve your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



## Friday, October 29 • 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 also will be provided. Mark your reservation sheet or use the resident app to sign up to play. Questions? Call Teresa at (918) 491-5232.

# october calendar highlights



**Saturday, October 30 • 2:00 p.m. • Le Marché**

## Make and Take: Pumpkin Muffins

Nothing says fall like pumpkin! Join us in Le Marché to learn how to make delicious pumpkin muffins. The cost is \$5 and will be billed to your monthly statement. Register using the resident app or reservation sheet. Make any cancellation by noon on Thursday, October 28 to avoid being charged the cost of the event. Questions? Call Teresa at (918) 491-5232.



**Saturday, October 30 • 4:30 - 7:00 p.m. • Rotunda**

## Halloween Buffet

Celebrate Halloween with a spooky buffet dinner! The cost of dinner is \$12 and will be charged to your meal allowance. The menu will be released at a later date. This event is hosted in all dining rooms, so there is no need to RSVP. Le Marché will have regular service.



**Saturday, October 30 • 6:00 p.m. • Le Cinéma**

## Halloween Movie Double Feature: "Hocus Pocus" & "Psycho"

Don your favorite PJs, and let's gather in Le Cinéma for popcorn, wine, and a double feature! In "Hocus Pocus", a curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. This movie is rated PG and runs 1 hour, 36 minutes. "Psycho" is the horror story of Norman Bates, his strange relationship with his mother, and the motel he runs on the side of a deserted highway. The film is rated R and runs 1 hour and 49 minutes. Sign up in the resident app or mark your reservation sheet if you plan to attend. Be sure to cancel by Thursday, October 28 at noon to avoid a \$5 Missed Event Fee. Call Teresa with any questions: (918) 491-5232.



**Sunday, October 31 • 1:30 p.m. • Bus Trip**

## Tulsa Ballet Trip: "Breakin' Bricks with Flights of Fancy"

In collaboration with the 1921 Tulsa Race Massacre Centennial Commission, this multimedia experience combines dance with documentary film to explore the events of 1921 and the path forward to hope and healing. This year, on the 100th anniversary of the Tulsa Race Massacre, choreographer Jennifer Archibald is telling this tragic story through dance, captivating visuals, and footage from the actual event for an important and unforgettable theatrical experience. This program will also feature the return of Flight of Fancy, a fast-paced and lively piece by Ma Cong. Purchase your tickets by going to [www.tulsaballet.org](http://www.tulsaballet.org) or calling (918) 749-6030. Sign up in the resident app for bus transportation to and from the event or mark your reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Sunday, October 31 • 3:30 p.m. • Bus Trip**

## Kohl's Shopping Trip

Shop for all your clothing, jewelry and homeware needs at Kohl's. Sign up using the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.

# october in-house tv highlights



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

## Happy Hour at Home

- October 4: Soul of the 50s, 60s, & 70s
- October 11: Bob Dylan's Greatest Hits
- October 18: Vintage Autumn Music
- October 25: Classical Music for Relaxation



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

## Virtual Tour

- October 5 & 9: Elvis Presley's Graceland
- October 12 & 16: Osaka Japan at Midnight
- October 19 & 23: Smithsonian Museum of American History Tour
- October 26 & 30: Herculaneum Italy Walking Tour

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

## TED Talks

**October 7 & 9: How to Trick Your Brain Into Falling Asleep**

Jim Donovan M.Ed. is a professional musician, Assistant Professor at Saint Francis University and TEDx speaker. His mission is to share the healing power of music through education and performance. He specializes in placing music and wellness programs in organizations who focus on people with disabilities and people recovering from addiction. Donovan performs with his band Sun King Warriors and was a founding member of the 3-time platinum band Rusted Root. There he co-wrote the song "Send Me on My Way" featured in the movie Ice Age and became the first song on Mars where it "woke up" NASA's Mars Rover.

**October 14 & 16: Why Everything You Know About Autism is Wrong**

Being diagnosed with autism is often seen as a tragedy. But for Jac den Houting, it was the best thing that's ever happened to them. As an autistic person, concepts like the Neurodiversity paradigm, the Social Model of Disability, and the Double Empathy Problem were life-changing for Jac. In this talk, Jac combines these ideas with their own personal story to explain why we need to rethink the way that we understand autism.

**October 21 & 23: 25 Chemistry Experiments in 15 Minutes**

Whacky colour changes, magic disappearing water, blowing up dustbins, clouds of steam, thunder air explosions. Are you ready to fasten your seatbelts and enjoy the 'explosive' journey? In his talk, Andrew aims to promote chemistry as the science of remarkable changes, which are often overlooked yet so important in our everyday life. And he does it brilliantly by performing an incredible series of 25 experiments in 15 minutes, totally amazing the audience (who rewards him with a long and deserved standing ovation)!



# october in-house tv highlights



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

**October 28 & 30: Put Me In, Coach**

Jack was 8 years old when doctors said he'd never be able to walk nor talk again. Born with excess fluid on his brain, a condition known as hydrocephalus, his shunt implant became infected leading to six strokes within two weeks, and a month in a coma. Jack persisted and after 38 leg surgeries over the course of his childhood, he regained mobility. Nine years ago, Jack's mom, Melissa, started an adaptive sports league, Courage League Sports, in honor of her son. Courage League provides accessible environments where youth with physical, cognitive, or emotional disabilities can do sports at their own pace, and Jack has spent many hours volunteering, coaching, and mentoring youth at Courage League.

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

**October 1 & 2: "Shadows in the Sun"**

An aspiring young writer tracks a literary titan suffering from writers block to his refuge in rural Italy and learns about life and love from the irascible genius and his daughters.

**October 8 & 9: Hawaii: The Stolen Paradise**

Hawaii was an independent nation until January 17, 1893. That day, the archipelago and its monarchical government were overthrown illegally by the United States. Since then, the USA has taken over Hawaii illegitimately, turning the island into a military base that threatens world peace, while sovereignty groups organize to rescue its legitimacy.

**October 15 & 16: "Princess Cut"**

A lifelong Carolina farm girl, now in her early 20's, Grace has dreamed of the day when "Mr. Right" slips a Princess Cut diamond on her finger and swears to love her forever. Tonight may be that night as Stewart has something special planned after 15 months together! But when things don't go as planned, and romance crashes down around her, it launches her on a quest, aided by her father, to understand what it means to truly love another person. Will Grace finally discover love or ruin her chances for happiness forever?

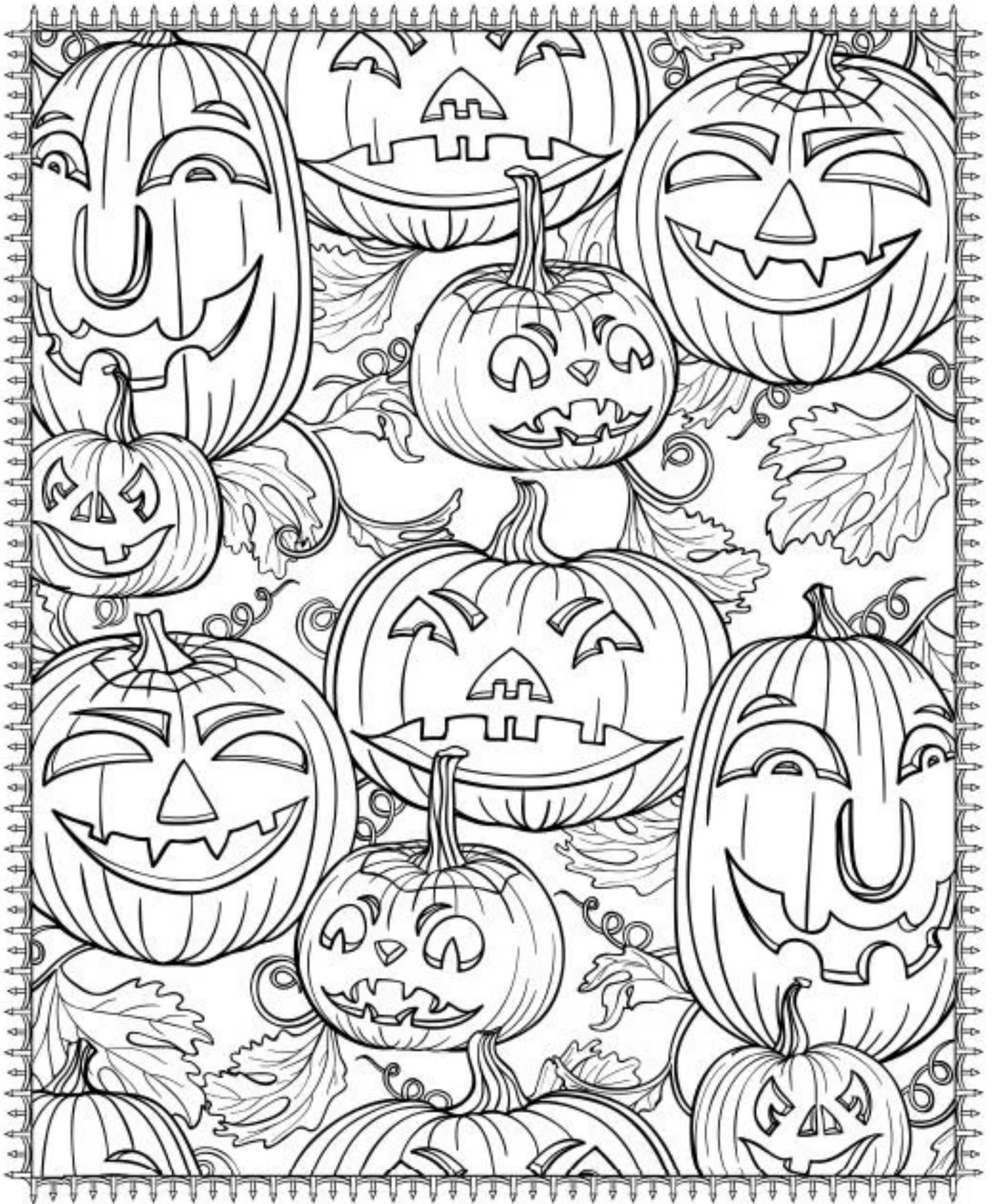


**October 22 & 23: Tulsa Library Presents: Storytime for Adults, Japanese Folklore**

This program is presented by Ben Willcox, Martin Regional Library reference team member.

**October 29 & 30: "The Nightmare Before Christmas"**

Bored with the same old scare-and-scream routine, Pumpkin King Jack Skellington longs to spread the joy of Christmas. But his merry mission puts Santa in jeopardy and creates a nightmare for good little boys and girls everywhere!



## Yolanda Graffenstein - Charge Nurse

Yolanda has been at Montereau for about seven months and is grateful to be a part of the Montereau Team! She says she loves the team work and the way that everyone works together to ensure the residents get the best care.

Before coming to Montereau, Yolanda was a MDS Coordinator at another long-term care facility. She attended Northeast Area Vo-Tech in 2010 and received her LPN license. She shared that she loves being a nurse.

Yolanda is happily married and has a blended family. Together they have five boys, one girl and four



grandchildren.

In her free time, Yolanda enjoys traveling, swimming, music and time with her family.

If you see Yolanda in the halls, be sure to stop and say hi!

# October Spa Special

20% off any Reflexology service!

Must book by October 31 and receive service by November 30, 2021.

Limited to one spa special per person.

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

# Fall Educational Event to Return for Prospective Clients

The Marketing team will begin hosting live events again with the return of Montereau University. This three-part educational series, which began on September 29th, has become an annual fall event and has been well received past years.

The main topics of these educational sessions will be:

- The Business of Contracts
- Expert Advice on Rightsizing and Selling Your Home
- Advice from Adult Children Whose Parents Have Moved to Montereau

“The goal of these types of events is to educate and inform our guests as they go through the process of making decisions on moving to a retirement community,” says Jamie Townsend, Director of Marketing.



### Welcome New Residents

Carolyn Conklin  
Gary & Lorrie Ericson  
Jeanne Jacobs  
Andrea Smith  
Joan Whitmire

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

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

## Happy Birthday!

Join us for the October Birthday Brunch on Friday, October 15 at 11:00 a.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.

### october birthdays

Name	Date		
Dick Litzinger	2	Cheryl Peters	5
Fern Wood	2	Nancy Warner	8
Roger Blais	3	Nancy Elliott	9
Chery Emmer	4	Ken Finch	9
Evelyn Boling	5	Jerry Herzberg	9
		Pam Parsons	9
		Loreta White	9
		Les Ghan	10
		Doug Moble	11
		Dolores Ehrhart	12
		Diana Gotwals	12
		Janet Pagano	14
		Julie Weaver	14
		Don Wertz	14
		Beverly Williams	14
		Gloria Blessing	15
		Bob Cowart	16
		Willard Rhynes	16
		Margaret Thayer	17
		Luellyn Wright	18
		Marian Murphy	19
		Len DiLiberto	21
		Nancy Bernsdorf	23
		Pat Connery	24
		Ginny Baker	26
		Janet Payne	26
		Nat Grunst	27
		Hilda Betts	28
		Ted Robertson	29
		Kaye Patterson	31

