



# Voice of Vitality

november 2021  
A Montereau Publication  
Tulsa, Oklahoma

## Veterans Day at Montereau

After skipping last year's festivities due to COVID-19, we're excited to once again hold our annual Veterans Day Breakfast and Program! We will offer a full breakfast buffet in the Rotunda followed by a special program to honor Montereau's veterans.

A group of Montereau veterans will also participate in Tulsa's Veterans Day Parade! You can wave to them, and watch the rest of the floats, on a trip downtown to see the parade. Read more about these events inside this newsletter.

Did you know Montereau's Freedom Circle was dedicated on Veterans Day in 2011? The special ceremony included speeches and a fly-over.

The Freedom Circle is made up of the Freedom Circle Monument, Veterans Fountain and Veterans Honor Wall. These were paid for by generous donations of residents, staff, family and friends as part of Montereau's Legacy program. It was created to honor current and past Montereau residents who served in the armed forces.



We took full advantage of the beautiful fall weather, including a scavenger hunt (above), Oktoberfest dinner on the Veranda, and a trip to Tulsa's Botanic Garden to see Montereau's scarecrow.

# november calendar highlights



## Lunch In During November

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.

November 4: Camille's Sidewalk Café

November 11: Fat Guy's Burger Bar

November 18: McNellie's



## Mondays in November • 4:30 p.m. • City View Lounge Happy Hour - It's Back!

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!

November 1: Spencer Sutton

November 8: Mark Bruner

November 15: Nick Bratkovich

November 22: Mark & Spencer

November 29: David Horne



## Saturdays in November • 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 November. This traditional yoga class is open to residents and employees. *We will not have Yoga with Michelle on Saturday, November 27.* Questions? Contact Laura at (918) 491-5284 or [lallen@montereau.net](mailto:lallen@montereau.net). Please mark your reservation sheet to sign up.



## Monday, November 1 • 2:00 p.m. • City View Lounge Fitness Committee

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



## Monday, November 1 at 3:00 p.m. Tuesday, November 2 at 7:00 p.m. • Coterie Theatre Montereau Service of Remembrance Broadcast

This year our annual Service of Remembrance will be pre-recorded and broadcast in the Coterie Theatre. This service honors the memory of our Montereau friends who have departed this life during the past year. During the service we will read each individual name, ring a bell and light a candle in his or her honor. Register to attend the broadcast using the resident app or mark your reservation sheet.

# november calendar highlights



## **Wednesday, November 3 • 9:00 a.m. • Bus Trip** **Western Hills Scenic Drive & Lunch with Jenk Jones**

Join Jenk for one of his popular scenic tours! This time, we are headed to Western Hills for lunch and, of course, lots of sightseeing along the way. Please bring cash or credit card to pay for your lunch. Use the resident app or your reservation sheet to claim your seat on the bus. Call Teresa at (918) 491-5232 with any questions.



## **Wednesday, November 3 • 3:00 p.m. • Coterie Theatre** **Cooking with the Stainers: Root Veggies & Apple Crisp**

Join our favorite resident chef, Randy, as he demonstrates how to cook root vegetables, the leftover savior! Nancy will join in, too, and teach us how to make a tasty east apple crisp! The cost of the event is \$10 and will be billed to your meal allowance. Please cancel by November 2 at noon in order to avoid being charged the \$10 fee. Use your reservation sheet or the resident app to claim your seat. Call Teresa at (918) 491-5232 with any questions.



## **Thursday, November 4 & 18 • 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, November 4 • 11:15 a.m. • Grand Riviera Lounge** **Spa Spotlight: Esthetician Services - More Than Facials!**

Our new Esthetician, Michelle, gives fantastic facials... but wait 'til you hear about all the other services she offers, too! Come to this Spa Spotlight to learn about lip treatments, waxing services, tinting services and more. Refreshments will be provided, and one lucky guest will be treated to a service during Michelle's demonstration! Sign up to attend in the resident app or mark your reservation sheet. Questions? Contact Kristen at (918) 491-5233 or [kschooley@montereau.net](mailto:kschooley@montereau.net).



## **Thursday, November 4 • 2:00 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.

# november calendar highlights



## Thursday, November 4 • 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, so RSVP early using the resident app or mark your reservation sheet. You must cancel by Tuesday, November 2 at noon to avoid being charged a \$5 Missed Event Fee. Questions? Contact Kristen at (918) 491-5233.



## Thursday, November 4 • 7:00 p.m. • Coterie Theatre Dorothy Davis Presents: Haiti

Haiti is always in the news these days. Join Dorothy Davis as she shares photos and discusses the history of the country and how it differs from most countries. She'll also explain why Haiti is the poorest nation in our hemisphere and help us understand the current state of the nation. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Friday, November 5 • 1:00 p.m. • Wellness Clinic Hearing Aid Cleaning with American Hearing

Stop by the Wellness Clinic between 1:00 and 3:00 p.m. to have your hearing aids cleaned for free by American Hearing! You can also have your hearing checked during your visit. No need to RSVP – just show up. Questions? Call the Wellness Clinic at (918) 491-5218.



## Friday, November 5 • 1:30 p.m. • Bus Trip Pinot's Palette Painting Trip

We'll head over to Cherry Street and create a one-of-a-kind painting you can either keep for yourself or give as a gift! The painting party will last two hours, and light snacks will be served. Drinks (both alcoholic and not) will be available for a fee. The painting, called "Oklahoma Breeze", costs \$35 per person and will be billed to your resident account. Cancellations must be received by noon on November 3 to avoid being charged for the event. Please sign up using the resident app or your reservation sheet to participate. Questions? Call Teresa at (918) 491-5232.



## Friday, November 5 • 3:00 p.m. • Rotunda Candy & Coffee

Stop by and enjoy assorted bite-sized candies and chocolates paired with a gourmet coffee of your choice. Please sign up using the resident app or reservation sheet if you plan to attend. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



## Friday, November 5 & 19 • 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 "Emergency" by Denis Johnson for November 5 and "The First Day" by Edward Jones for November 19. Contact Laura at (918) 491-5284 if you are interested in joining.



## Friday, November 5 & 19 • 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, November 6 • Time TBA • Grand Riviera Lounge Game of the Week: OSU vs. West Virginia

Join your friends in the Grand Riviera Lounge as you cheer on the Oklahoma State Cowboys! Light snacks will be provided. Game time will be announced on the in-house TV channel, 1960, and on the resident app during the week of November 1. Please sign up using the resident app or mark your reservation sheet if you plan to attend. Questions? Call Teresa at (918) 491-5232.



## Saturday, November 6 • 2:00 p.m. • Le Cinéma Saturdays in Le Cinéma: "Made You Look"

"Made You Look" is an American crime documentary about the largest art fraud in American history set in the super rich, super obsessed and super-fast art world of New York. The run time is 1 hour and 29 minutes.



## Sunday, November 7 • 2:00 p.m. • Bus Trip Sprouts Farmers Market Shopping Trip

Think of Sprouts as all 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. Please sign up using the resident app or reservation sheet to reserve a seat on the bus. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



## **Sunday, November 7 • 2:30 p.m. • Grand Riviera Lounge** **Book Club**

Everyone is welcome to join this book club focusing on new and popular literature. The November book will be "The Residence" by Kate Anderson Brower. December's reading will be "The Tree of Knowledge" by Daniel G. Miller.



## **Monday, November 8 • 8:30 a.m. • Bus Trip** **Talimena Fall Foliage Tour and Lunch Trip**

Enjoy a scenic drive and view the gorgeous autumn leaves on a fall foliage tour to Talimena. The Talimena Scenic Drive offers more than 50 miles of the most breathtaking vistas our state has to offer. We'll have lunch at one of the local diners before heading home. Please bring cash or credit card to pay for your meal. Please sign up to attend using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

## **Tuesday, November 9 • 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.



## **Tuesday, November 9 • 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, November 9 • 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.

# november calendar highlights

## Tuesday, November 9 • 3:00 p.m. • Coterie Theatre Doc Talk: Diabetes



Join us this month as Dr. King, Montereau's Concierge Clinician, presents about diabetes and how it affects 34.2 million Americans – and specifically 14.3 million older adults. Learn about risk factors, root causes, treatments and lifestyle adjustments related to diabetes. In addition to this informative presentation, the Wellness Clinic will provide blood sugar checks before and after the presentation in the Coterie Theater, and several local restaurants will provide samplings of some of their diabetic-friendly menu options! And if this isn't enough of a draw, you'll be entered into a prize drawing if you attend, as well! Please use the resident app or reservation sheet to claim your seat. Call Hannah Orth at (918) 491-5226 with any questions.

## Tuesday, November 9 • 6:00 p.m. • Rue 6800 UnWINEd Dinner: Rombauer Vineyards



This month's UnWINEd Dinner will celebrate the wines of Rombauer Vineyards. This family owned vineyard has been creating acclaimed wines from Napa Valley and the Sierra Foothills since 1980. The menu includes seared ostrich on polenta cake, roasted butternut squash soup, braised beef short rib ravioli and raspberry vanilla bundt cake, paired with the perfect wine. The cost of dinner is \$50, or \$68 with wine pairings. To RSVP, use the Dining Reservations section of the resident app, or call the hostess desk at (918) 491-5212.

## Tuesday, November 9 • 7:00 p.m. • Coterie Theatre Peter Simon, Pianist



Talented pianist Peter Simon returns to Montereau this month to perform a variety of music, including classical, Broadway, jazz and pop standards. Please sign up if you would like to attend using the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.

## Wednesday, November 10 • 8:00 a.m. • Rotunda Veterans Day Breakfast



We will honor our Montereau veterans and spouses of deceased Montereau veterans with a delicious buffet breakfast that includes scrambled eggs, pancakes, bacon, sausage, biscuits and gravy, and potatoes along with juice, coffee and tea. All residents are welcome to partake. Breakfast is free for Montereau veterans and spouses of deceased Montereau veterans; the cost for all Montereau veteran guests is \$10 and will be charged to your meal allowance. Please sign up using the Dining Reservations section of the resident app or call the hostess desk at (918) 491-5212 so we know how many to expect for this event. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



**Wednesday, November 10 • 9:30 a.m. • Coterie Theatre**

## Veterans Day Program

Enjoy a special program honoring Montereau's veterans. The program will include the Pledge of Allegiance, military service recognition call, and poignant remarks by our guest speaker, Captain Rocky Goins. The program will conclude with a patriotic musical salute. Please RSVP using the resident app or reservation sheet.



**Wednesday, November 10 • 1:30 p.m. • Commons**

## Towers Fire Drill

Montereau's Engineering Team will conduct a fire drill in all Towers hallways and Common areas. Please use this time to familiarize yourself with our fire evacuation procedures. For more information contact Luis at (918) 491-5240.



**Wednesday, November 10 • 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.



**Wednesday, November 10 • 3:00 p.m. • Coterie Theatre**

## Be Aware. Take Care: Safety at Montereau

Join us for a presentation from Plant Operations Director, Tadd Weese, regarding safety measures at Montereau. You'll learn about our Active Shooter action plan, how we work to keep you safe, and how you can work to stay safe, as well. If you have safety-related questions you'd like answered during this presentation, please email those to Tadd at [tweese@montereau.net](mailto:tweese@montereau.net) or call him at (918) 491-5216 by Wednesday, November 3. RSVP to attend this event in the resident app or by marking your paper reservation sheet.



**Wednesday, November 10 & 17 • 4:30 p.m. • Bus Trip**

## Let's Eat Dinner Out: Mi Cocina

This uniquely upscale Tex-Mex restaurant places an emphasis on using only the finest, highest quality ingredients complemented by warm, friendly and professional service. Please sign up for only one LEDO trip date using the resident app or by marking your reservation sheet. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



**Thursday, November 11 • 9:30 a.m. • Bus Trip**

## Veterans Day Parade Trip

For more than 100 years, Tulsa has been honoring its veterans with the annual Veterans Day Parade. Montereau will send its own trolley of veterans down the parade route again this year! Join us as we thank them for their dedication and service. The parade begins at 11:00 a.m., so we will likely not return to Montereau until after 1:00 p.m. Please sign up using the resident app or your reservation sheet if you would like to go and watch the parade. Veterans riding the trolley need not RSVP for this trip. Questions? Call Teresa at (918) 491-5232.



**Thursday, November 11 & Monday, November 29**

**4:30 p.m. • Bus Trip**

## Let's Eat Local Trip: Mondo's

Called one of the best and most authentic Italian restaurants in the region, Mondo's is a family-owned and operated restaurant that offers true Italian dining. Please sign up for only one date using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Thursday, November 11 & 18 • 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.



**Friday, November 12 • 9:30 a.m. • Bus Trip**

## Tulsa Town Hall Trip: David Brooks

Long considered one of America's most influential thought leaders, David Brooks will discuss his most recent book, "The Second Mountain". He will inspire us to consider our commitment to four core values: family, faith, vocation and community. 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, November 12 • 7:00 p.m. • Le Cinéma**

## Movie: "The Guernsey Literary & Potato Peel Pie Society"

A London writer bonds with colorful residents of Guernsey and learns about the book club they formed during the WWII German occupation. This film is rated TV-PG and the run time is 2 hours and 3 minutes.

# november calendar highlights



## **Saturday, November 13 • Time TBA • Grand Riviera Lounge** **Game of the Week: Baylor vs. OU**

Join your friends in the Grand Riviera Lounge as you cheer on the OU Sooners! Light snacks will be provided. Game time will be announced on the in-house TV channel, 1960, and on the resident app during the week of November 8. Please sign up using the resident app or mark your reservation sheet if you plan to attend. Questions? Call Teresa at (918) 491-5232.



## **Saturday, November 13 & 27 • 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. Contact Teresa at (918) 491-5232 for more information.



## **Saturday, November 13 • 6:30 p.m. • Bus Trip** **Tulsa Symphony Trip: "Symphonic Poetry"**

Led by renowned conductor Sarah Hicks, this program features enticing and stirring works such as Lili Boulanger's *D'un matin de printemps*, Poulenc's *Les biches* (The Does), William Grant Still's *Darker America* and Stravinsky's thrilling *Petrouchka*. Tickets are available through [www.tulsapac.com](http://www.tulsapac.com) or by calling (918) 593-7111. 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.



## **Sunday, November 14 • 2:00 p.m. • Bus Trip** **Super Target Shopping Trip**

Shop for all your essentials and maybe not-so essentials at Super Target! Claim your seat on the bus using the resident app or by marking your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## **Monday, November 15 • 2:00 p.m. • Coterie Theatre** **Jim Jordan Book Release & Signing**

Montereau resident James D. 'Jim' Jordan was the elected District Attorney for Okmulgee and McIntosh Counties in eastern Oklahoma. When a politically active court reporter was murdered, the OSBI snapped up Jim's only witness, hypnotizing her without Jim's knowledge when he was already a certified forensic hypnotist. Hear about this story and more as you get a behind-the-scenes look at a day in the life of a district attorney while Jim shares details from his new book, "The Jury Spoke: The Court Reporter Murder Case". Books will be available for sale, and Jim will happily sign your copy! RSVP to attend using the resident app or by marking your reservation sheet. Call Teresa at (918) 491-5232 with any questions.

# november calendar highlights



## **Tuesday, November 16 • 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. Mark your reservation sheet to participate in this activity. Social distancing guidelines apply, and you must wear a face mask to participate. Questions? Call Teresa at (918) 491-5232.

## **Tuesday, November 16 • 2:00 p.m. • Coterie Theatre** **Montereaу 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, November 18 at 7:00 p.m. & Friday, November 19 at 3:30 p.m. We will also email the video link so you can watch at your convenience.



## **Tuesday, November 16 • 3:15 p.m. • Coterie Theatre** **Friendsgiving Happy Hour**

What better way to celebrate the upcoming holiday than with a "Friendsgiving" Happy Hour? Thanksgiving-inspired cocktails and appetizers will be provided. Save your spot at this event using the resident app or reservation sheet. Please make any cancellations by Sunday, November 14 at noon to avoid the \$5 Missed Event Fee. Call Teresa at (918) 491-5232 with any questions.



## **Tuesday, November 16 • 5:45 p.m. • Bus Trip** **Jenks Planetarium Trip: Sistine Chapel**

Learn all about the art in the Sistine Chapel at the Jenks Planetarium. Viewers will be treated to an in-depth look at Michelangelo's work – regarded as one of the major artistic accomplishments of human civilization. Cost of the event is \$7 and will be charged to your monthly statement. Cancellations must be made no later than November 14 at noon to avoid the \$7 charge. RSVP to attend using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## **Wednesday, November 17 • 11:00 a.m. • Coterie Theatre** **The Tulsa Zoo at Montereau!**

Join us in the Coterie Theatre as the Tulsa Zoo showcases one of its residents right here at Montereau! Besides detailed information, you'll get the opportunity to get face-to-face with our visitor. Masks are required during this event. Claim your seat using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



# november calendar highlights



**Wednesday, November 17 • 3:00 p.m. • City View Lounge**

## Wine Wednesday

Each month, we'll feature two wines during our Wine Wednesday wine tasting events. This month, we'll compare two domestic cabernets from different regions. We will speak to each selection and offer tasting and pairing notes. If you find a wine you love, you can purchase a bottle from Unidine! Cost of the tasting with appetizer pairings is \$8 and will be charged to your meal allowance. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Wednesday, November 17 • 7:00 p.m. • Le Cinéma**

## Movie: "Billy Elliot"

Billy Elliot is a young boy living in a small English town who discovers he has a talent for ballet, much to the chagrin of his widowed father, leaving him torn between his dreams and the only life he's ever known. The movie is rated R and the run time is 111 minutes.



**Thursday, November 18 • 11:00 a.m. • Grand Riviera Lounge**

## Turkey Trot & Gobble

Join your fellow residents and Montereau staff for a trot, walk or stroll along the Ring Road! A shorter and a longer route will be available, so don't fret about the distance of the walk. Just come participate! Then lunch just for Turkey Trotters will follow in the Grand Riviera Lounge. Please RSVP in the resident app or by marking your reservation sheet if you plan to attend. Cancel by noon on Tuesday, November 16 to avoid being charged a \$5 missed event fee. Contact Vana for more information: (918) 728-8128 or vmoore@montereau.net.



**Thursday, November 18 • 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 if you plan to attend. Contact Kristen at (918) 491-5233 or kschooley@montereau.net for more information.



**Thursday, November 18 • 4:30 p.m. • Grand Lawn**

## Lights On the Lawn

We're lighting up the Grand Lawn again this year with more than 47,000 holiday lights! Join us as we turn on the lights for the first time this holiday season, and enjoy complimentary warm beverages, snacks and live music! Please sign up using the resident app or reservation sheet to claim your seat at this event. You must cancel by Monday, November 15 at noon to avoid being charged a \$5 Missed Event Fee. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights

**Thursday, November 18 • 4:30 - 7:00 p.m. • Dining Rooms**

## Festive Feast



After Lights On the Lawn, cozy up inside in the Grand Riviera Lounge or Café Mondial for a Festive Feast celebrating the start of the holiday season! The cost of dinner is \$14 and will be charged to your meal allowance. The menu includes a create-your-own pasta station, tilapia bruschetta, Italian meatloaf, chicken marsala, rice pilaf, roasted potatoes, lemon broccoli, sauteed peppers & onions, tiramisu, and other assorted desserts. RSVP for this dinner using the Dining Reservations section of the resident app or by calling the hostess stand at (918) 491-5212. Le Marché will be open for regular dinner service. Questions? Contact Tony at (918) 491-5267.

**Friday, November 19 • 12:00 p.m. • Grand Riviera Lounge**

## Fit & Fabulous Lunch: MIND Eating Plan for Alzheimer's



Want another great reason to eat healthy? Some scientists say the food choices you make daily might lower your odds of getting Alzheimer's Disease. Researchers have found that people who follow the MIND eating plan may reduce their risk for this memory disease. Come find out how the MIND eating plan can help you. Our menu includes baba ghanoush, Greek salad, grilled salmon with pasta, and banana split berry yogurt parfait. The cost of the four-course luncheon is \$18 and will be charged to your meal allowance. Please RSVP in the resident app or by marking your reservation sheet. Cancel by noon on Wednesday, Nov. 17 to avoid being charged the cost of the meal. Contact Vana for more information about the menu: (918) 728-8128 or vmoore@montereau.net.

**Friday, November 19 • 2:00 p.m. • Bus Trip**

## Affair of the Heart Craft Show Trip



This craft show features unique, one-of-a-kind and often handmade items from jewelry and handbags to furniture, clothing and gourmet foods. Bring cash or a credit card to purchase the \$10 ticket. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

**Friday, November 19 & 26 • 4:00 - 7:00 p.m. • The Parlour**

## Hot Chocolate Spot



Check out the holiday lights on the Grand Lawn each Friday from our Hot Chocolate Spot! Keep your hands warm with free cocoa and toppings in The Parlour, then take a stroll around the Grand Lawn. The Hot Chocolate Spot will be in business each Friday from 4:00 p.m. until 7:00 p.m. in The Parlour. No need to RSVP! Questions? Call Teresa at (918) 491-5232.

**Saturday, November 20 • Time TBA • Grand Riviera Lounge**

## Game of the Week: OSU vs. Texas Tech



Join your friends as you cheer on those Cowboys! Light snacks will be provided. Game time will be announced on the in-house TV channel, 1960, and on the resident app during the week of November 15. Please sign up using the resident app or mark your reservation sheet if you plan to attend. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



## **Saturday, November 20 • 2:00 p.m. • Veranda** **Make & Take: Grilled Goodies**

What's the secret to grilling? You'll find out when you join Unidine for our latest Make and Take event, Grilled Goodies! Learn to grill to perfection while sampling chicken, steak and vegetables straight off the grill. The cost of this event is \$20 per person and will be charged to your meal allowance. If you must cancel, do so by November 18 at noon to avoid the \$20 charge. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



## **Saturday, November 20 • Time TBA • Bus Trip** **The University of Tulsa vs. Temple Football Trip**

Cheer on the Golden Hurricane as they battle it out with the Temple Owls. You must purchase your own tickets for the game, and you can do so by calling the TU ticket office at (918) 631-3348. Sign up to ride the bus by using the resident app or the reservation sheet. The game time will be announced during the week of November 15. Call Teresa at (918) 491-5232 with any questions.



## **Sunday, November 21 • 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. RSVP using the resident app or mark your reservation sheet to attend this event. Questions? Call Teresa at (918) 491-5232.



## **Sunday, November 21 • 3:30 p.m. • Bus Trip** **Kohl's Shopping Trip**

Shop for all your clothing, jewelry and homeware needs at Kohl's. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



## **Tuesday, November 23 • 2:00 p.m. • Coterie Theatre** **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 Montereau 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@montereau.net](mailto:vmoore@montereau.net).

# november calendar highlights

**Tuesday, November 23 • 3:00 p.m. • Coterie Theatre**

## Must Know at Montereau: Wellness Clinic Services



If you're curious about the improvements we've been making in the Wellness Clinic – or if you've never heard of or visited the Wellness Clinic – we invite you to join us for this special event! Director of Home Care, Hannah Orth, will speak about the services offered in the Montereau Wellness Clinic, including which services are complimentary and which are not. You'll also learn about our many Tulsa community partnerships and how you can take advantage of them. Refreshments will be provided. Sign up in the resident app to participate or mark your reservation sheet. Please cancel by noon on Friday, November 19 to avoid being charged a \$5 Missed Event Fee. Questions? Contact Hannah at (918) 491-5226.

**Tuesday, November 23 • 6:00 p.m. • Coterie Theatre**

## Dinner & A Movie: "Remember the Titans"



Join us for dinner and this fun football-themed movie! Based on a true story, "Remember the Titans" looks at the beginning of integration in Alexandria, both the racism and the friendships that result from overcoming prejudice. The film is rated PG and the run time is 1 hour and 53 minutes. For dinner, choose from jumbo Italian meatballs (\$15) or grilled kielbasa with sauerkraut (\$12) and your choice of two side dishes. After you sign up for this event, you will receive a dinner menu so that you can select your meal. We will deliver your meal to the Coterie Theatre before the movie. The cost of dinner will be charged to your meal allowance. Please sign up using the resident app or mark your reservation sheet. Questions? Call Teresa at (918) 491-5232.

**Thursday, November 25 • 11:00 a.m. - 2:00 p.m. • Rotunda**

## Thanksgiving Day Buffet



Celebrate Thanksgiving with a buffet of holiday favorites! The cost of this meal is \$16 and will be charged to your meal allowance. The menu will be released at a later date. This will be the only meal service on this day. Make your reservations using the Dining Reservations section of the resident app or by calling the hostess desk at (918) 491-5212.

**Saturday, November 27 • Time TBD • Coterie Theatre**

## Bedlam Football Watch Party



The Sooners vs. the Cowboys is a time-honored tradition in Oklahoma. Come cheer on your favorite team and watch the game on the big screen while you enjoy our tailgate buffet that will include wings, a nacho bar, chips, dips and burgers! You'll also get a beer of your choice with the meal. The cost of this event is \$15 and will be billed to your meal allowance. Please sign up using the resident app or reservation sheet if you plan to attend. Cancel by Wednesday, November 24 at noon to avoid the \$15 charge. Questions? Call Teresa at (918) 491-5232.

# november calendar highlights



**Sunday, November 28 • 2:00 p.m. • Bus Trip**

## Decopolis Shopping Trip

Start, or perhaps finish, your Christmas shopping at this small Art Deco-themed store filled with unique Tulsa souvenirs, books and gifts. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

## WOODY GUTHRIE CENTER

**Tuesday, November 30 • 11:00 a.m. • Bus Trip**

## Woody Guthrie Center Trip

The Woody Guthrie Center® is dedicated to spreading Woody Guthrie's message of diversity, equality and justice. In today's world, where it seems intolerance, bigotry, and violence are on the rise, it's an honor to share this positive message with a new generation that can create its own ripples of change. Tickets for the museum are \$10 and will be charged to your monthly statement. Please cancel by November 26 at noon to avoid being charged for the museum ticket. Sign up using the resident app or by marking your reservation sheet to claim your seat on the bus. Questions? Call Teresa at (918) 491-5232.



**Tuesday, November 30 • 3:00 p.m. • Coterie Theatre**

## Special Town Hall: Resident Survey Progress Report

Hear the progress that has been made regarding the Resident Relation Committees' suggestions following the Novare Survey. Please sign up using the resident app or reservation sheet to attend this event. This presentation will be recorded and played on the in-house TV channel (1960) and emailed out so you can watch at your own convenience.



**Tuesday, November 30 • 5:00 p.m. • Bus Trip**

## Muskogee's Garden of Lights Tour

Experience animated displays and more than 1.2 million shimmering lights at Muskogee's annual Garden of Lights. Drive through Honor Heights Park and view 130 acres of trees, bushes and water areas decorated for the holiday season. Rose and azalea bushes will be illuminated with color, imitating their natural state during the blooming of spring. This Christmas light display also features lighted displays of deer, squirrels and birds scattered amongst a wide variety of trees wrapped in lights. After the light tour, we will stop for dinner before heading home. There is no cost associated with this event, but bring cash or a credit card for concessions and dinner. Please sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



**Tuesday, November 30 • 7:00 p.m. • Le Cinéma**

## Movie: "The Holiday"

Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love. This movie is rated PG-13 and the run time is 2 hours and 12 minutes.

## Susan - Home Care Assistant

Susan has been at Montereau since January of 2020 and loves her position as a Home Care Assistant. She finds it rewarding to help others. She says that while assisting residents through day-to-day activities, she builds a personal friendship and bond that she will carry with her forever.

The role is perfect for Susan, as she is a very social person that doesn't know a stranger. She loves hearing about people's lives, from past adventures to dreams yet to come.

Before coming to Montereau, Susan was a stay-at-home mom to three kids. She kept busy as a Girl Scout



Leader, school volunteer, band volunteer and as the president of Robotics Club.

Susan and her husband, David, have been married for 26 years. They have a 16-year-old son in high school, a 20-year-old daughter at The University of Tulsa, and a 23-year-old daughter who is married and lives in Bixby.

When she's not spending time with friends and family, Susan enjoys traveling, watching movies and photography.

We are **thankful** for our clients!

And to say THANK YOU, we're offering 20% off one skin, massage, acupuncture & reflexology service in November!

Must book and receive your service by November 30, 2021.

Limited to one discount per service category per person.

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

# november in-house tv highlights



**Monday, November 1 at 7:00 p.m.**  
**Tuesday, November 2 at 3:00 p.m. • Channel 1960**  
**Montereaу Service of Remembrance**

This pre-recorded service will air on the in-house TV for anyone who is unable to attend the broadcasts in the Coterie Theatre. This service will also be emailed to residents on our Monterey email list to watch on demand.



**Friday, November 12 at 4:00 p.m.**  
**Saturday, November 13 at 7:00 p.m. • Channel 1960**  
**Be Aware. Take Care: Safety at Monterey**  
**Virtual Safety Town Hall**

You'll learn about our Active Shooter action plan, how we work to keep you safe, and how you can work to stay safe, as well. This presentation will be recorded and played on the in-house TV for anyone who was unable to attend the event. This presentation will also be emailed out for you to watch at your own convenience.



**MONTEREAU®**

**Thursday, November 18 at 7:00 p.m.**  
**Friday, November 19 at 4:00 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, November 16 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 and the video link will also be emailed out so you can watch at your own convenience.



**Thursday, November 25 at 7:00 p.m.**  
**Friday, November 26 at 4:00 p.m. • Channel 1960**  
**Must Know at Monterey: Wellness Services**

Tune in to hear about the recent improvements to Monterey's Wellness Clinic services. A recording of this presentation will air on the in-house TV channel and 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**

- November 1: Soul Music of the 50s, 60s and 70s featuring Nat King Cole & Frank Sinatra
- November 8: Greatest Classical Masterpieces
- November 15: Patsy Cline, Connie Francis, Brenda Lee & More
- November 22: Folk Rock Country with Jim Croce, John Denver & More
- November 29: Andrea Bocelli Greatest Hits Album

# november in-house tv highlights



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

- November 2 & 6: Beatles Liverpool Tour
- November 9 & 13: Prague Walk Guided Tour
- November 16 & 20: Rick Steves' Normandy: War-Torn Yet Full of Life
- November 23 & 27: New Orleans Voodoo Tour
- November 30 & December 4: Khajuraho Western Temples Guided Tour

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

### November 4 & 6: How Theater Weathers Wars, Outlasts Empires and Survives Pandemics

When catastrophe strikes, art prevails -- and has done so for centuries. In this fascinating talk, writer and director Cara Greene Epstein places the closing of theaters during the coronavirus pandemic in a historical context, exploring how we can use this intermission to imagine a more just, representative and beautiful world, on stage and off.

### November 11 & 13: Are Wild Animals Really "Wild"?

Human activity is affecting the planet in dramatic, unsustainable ways - including destroying the habitats of wild animals. Considering our obligation to care for the creatures we've impacted, environmental writer Emma Marris dives into the ethics of wildlife management, zoos and aquariums, offering her thoughts on how we can help Earth's wildlife flourish.

### November 18 & 20: How to Support Yourself (and Others) Through Grief

In big and small ways, we all experience loss: whether it's the passing of a loved one, the close of a career or even the end of a dream. Explaining how to process many types of sorrow, marriage and family therapist Nina Westbrook highlights the importance of grief as a natural emotion and a powerful lens to help you imagine new futures - and shares ways to support yourself and others through difficult times.

### November 25 & 27: What Foods Did Your Ancestors Love?

Around the world, Indigenous food cultures vanish because of industrialized agriculture and a shifting, Western-influenced concept of the ideal diet. Food researcher Aparna Pallavi explores why once-essential culinary traditions disappear from people's lives and memories almost without notice - and serves up a subtle solution to revitalize our connection to the foods we eat.

