



# Voice of Vitality

december 2021

A Montereau Publication  
Tulsa, Oklahoma

## Holiday Happenings at Montereau!

The holidays are almost here - and we're celebrating big this year!

Take a tour around Tulsa to check out the holiday lights! Our bus will take you through midtown Tulsa to check out the beautiful lights. Each of our tours will stop at a different restaurant for dessert.

We're throwing a few parties to celebrate the season! Join us for Tinsel & Treats, where you'll enjoy cocktails, live music and a chocolate fountain. Montereau's Marketing Team is bringing back its annual S.T.A.R. Holiday Party, and we're

bringing live music to the Rotunda to ring in the New Year!

Hop on the bus to do your holiday shopping at stores including Ida Red, Zella's Boutique, or any of the shops at Utica Square. You can also do your holiday shopping without leaving home at the Holiday Fair. Then let us wrap all of your gifts at our gift wrapping event!

Read about these events and much more inside!



**Above:** We enjoyed margaritas - and wine - on a trip to Mi Cocina.



**Right and top right:** We honored Montereau's veterans with a breakfast, program and trip to Tulsa's Veterans Day Parade.



MONTEREAU®

# december calendar highlights



## Lunch In During December

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.

December 2: Coney Islander  
December 9: Asian Fusion  
December 16: Rib Crib  
December 30: The Savoy



## Sundays in December • 3:00 p.m. • Montereau Warren Chapel Bible Study with Father Coleman

All are welcome to join this weekly Bible Study group.



## Mondays in December • 4:30 p.m. • City View Lounge Happy Hour

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

December 6: Spencer Sutton  
December 13: Mark Bruner  
December 20: Nick Bratkovich  
December 27: Spencer and Mark



## Thursdays in December • 7:00 p.m. • Coterie Theatre Secrets of the Manor House

Exactly 100 years ago, the world of the British Manor House was at its height. It was a world of luxury that has provided a majestic backdrop to a range of movies and popular costume dramas to this day. But what was really going on behind these stately walls and under the servants' stairs? "Secrets of the Manor House" looks beyond the fiction to the truth of how life was.

December 2: Secrets of The Tower of London  
December 16: Secrets of Hampton Court  
December 23: Secrets of Highclere Castle



## Saturdays in December • 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 December. 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 to sign up. *There will be no Yoga with Michelle on Saturday, December 11 or December 25.*

# december calendar highlights



## **Wednesday, December 1 • 9:00 a.m. • Bus Trip** **Scenic Tour with Jenk Jones: Route 66**

We are heading out on the highway with Jenk Jones, this time to tour part of Route 66 mostly between Sapulpa and Chandler. Our first stop will be the Heart of Route 66 Auto Museum followed by a brunch at the historic Rock Café in Stroud. We'll see an obelisk that marked early-day highways before they were numbered and view the many unique wall murals in Davenport. We'll end the day with a visit to the Route 66 Interpretive Center in Chandler before heading home, returning to Montereau by 5:00 p.m. Cost of the trip is \$25 and includes lunch and entry to both museums. You must cancel by November 29th to avoid the \$5 missed event fee. Use the resident app or the reservation sheet to reserve your spot. Questions? Call Teresa at (918) 491-5232.



## **Wednesday, December 1 • 4:00 p.m. • Rotunda** **Montereau's Inaugural Wine Symposium**

Stop by the Rotunda between 4:00 p.m. and 6:00 p.m. to taste eight different wine and appetizer pairings, then vote on your favorite wine(s) to let us know which wines you would like to see on future Montereau wine menus! Featured wines include Darms Lane Chardonnay, Crossbarn Sonoma Cab, and Conclusion Sauvignon Blanc. The cost of this event is \$12 per person, charged to your meal allowance. Please RSVP using the resident app or your reservation sheet if you plan to attend. You must cancel by Monday, November 29 at 12:00 p.m. to avoid being charged for this event. Questions? Call Paul at (918) 491-5266.



## **Wednesday, December 1 • 7:00 p.m. • Coterie Theatre** **Tulsa Flute Band**

Kick off the month with the Tulsa Flute Band! This modern flute quintet uses piccolos, altos and bass flutes, as well as concert flutes to perform. Join them as they play Christmas favorites, current and classic. To attend this complimentary event, use the resident app or reservation sheet to RSVP. Call Teresa at (918) 491-5232 with any questions.



## **Thursday, December 2 & 16 • 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!

# december calendar highlights



**Thursday & Friday, December 2 & 3 • 10:00 a.m. - 2:00 p.m.**

## **Commons Hallway**

### **Holiday Fair**

Shop for holiday gifts or a treat for yourself at the Montereau Holiday Fair! Check out a wide variety of vendors including Soma, Scentsy, and new this year, Magic City Books, among many others. Several residents also will have booths selling hand-crafted items. The Holiday Fair will be set up along the Commons Hallway. No need to RSVP; just drop in! Questions? Call Teresa at (918) 491-5232.



**Thursday, December 2 • 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. To attend the event, sign up using the resident app or reservation sheet. Call Laura at (918) 491-5284 with any questions.



**Thursday, December 2 • 6:00 p.m. • Bus Trip**

### **Tulsa Botanic Garden Christmas Lights Trip**

Visit the Tulsa Botanic Garden for its annual Garden of Lights display! The entire garden will be illuminated with colorful lights. Make s'mores over fire pits, enjoy holiday music and take in the spirit of the season. Bring cash or credit card for refreshments, including hot drinks, beer and wine. Cost is \$15 per person and will be billed to your monthly statement. Use the resident app or the reservation sheet to save your spot on this trip. Questions? Call Teresa at (918) 491-5232.



**Friday, December 3 • 2:30 - 4:30 p.m. • Exercise Studio**

### **Walker & Wheelchair Safety Check**

A technician from Precision Home Medical will make minor adjustments to walkers and wheelchairs free-of-charge. Please bring a check in case your device needs a replacement part. YOU MUST HAVE AN APPOINTMENT TO SEE THE TECHNICIAN. Contact Vana at (918) 728-8128 or vmoore@montereau.net by Monday, December 1 to make your appointment.



**Friday, December 3 & 17 • 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 "A White Horse" by Thom Jones for December 3 and "Departures" by John L'Heureux for December 17. Contact Laura at (918) 491-5284 if you are interested in joining.

# december calendar highlights



## **Fridays in December • 4:00 - 7:00 p.m. • The Parlour** **Hot Chocolate Spot**

Check out the holiday lights on the Grand Lawn each Friday night 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 until 7:00 p.m. in The Parlour. No need to RSVP! Questions? Call Teresa at (918) 491-5232.



## **Friday, December 3 & 17 • 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, December 4 • 2:00 p.m. • Le Cinéma**

### **Saturdays in Le Cinéma:** **"Linda Ronstadt: The Sound of My Voice"**

This documentary includes first-hand accounts from many famous artists, music producers and directors who were part of Ronstadt's story from the very beginning. Learning about her incredible influence on the music industry, as well as seeing her talent up close, takes viewers on an emotional, entertaining journey. The movie is rated PG-13 and runs 95 minutes. To attend the movie, RSVP using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## **Saturday, December 4 • 6:30 p.m. • Bus Trip**

### **Tulsa Symphony Trip:** **"The Polar Express in Concert"**

Get up, get on, and get ready for the ride of your life! It's Christmas Eve, and you're about to roller-coaster up and down mountains, slip-slide over ice fields, teeter across mile-high bridges and be served hot chocolate by singing waiters more astonishing than any you can imagine. You're on The Polar Express! Tom Hanks stars in and Robert Zemeckis directs this instant holiday classic filmed in dazzling performance-capture animation that makes every moment magical. "Seeing is believing," says a mysterious hobo who rides the rails with you. You'll see wonders. And you'll believe. All aboooooard! **You can purchase individual tickets for this performance by visiting [www.tulsapac.com](http://www.tulsapac.com) or calling (918) 596-7111.** You provide the ticket, and we provide the ride! Use the resident app or the reservation sheet to save your spot on the bus. Questions? Call Teresa at (918) 491-5232.



## **Sunday, December 5 • 2:00 p.m. • Bus Trip**

### **Ida Red Shopping Trip**

Ida Red is a Tulsa staple. It has a little of this and a lot of that! You'll find all things Oklahoma as well as some of the most unique gifts around. To attend, sign up in the resident app or using your reservation sheet. Call Teresa at (918) 491-5232 with any questions.

# december calendar highlights



## Sunday, December 5 • 2:30 p.m. • Grand Riviera Lounge Book Club

Everyone is welcome to join this book club focusing on new and popular literature. December's reading will be "The Tree of Knowledge" by Daniel G. Miller. The Book Club will not meet in January. Contact resident Kay Paine at (806) 672-4401 for more information.



## Monday, December 6 • 2:00 p.m. • City View Lounge Fitness Committee

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



## Monday, December 6 • 3:30 p.m. • Coterie Theatre Slam the Scam Presentation

Join B.J. Pohl as he leads an informative and candid conversation about common online scams. He'll explain what they look like, how you can reduce your risk, what questions you should be asking, and simple tips you can use to protect yourself and your identity. Use the resident app or the reservation sheet to save your spot at this event. Questions? Call Teresa at (918) 491-5232.



## Tuesday, December 7 & Thursday, December 16 • 4:30 p.m. Bus Trips

### Let's Eat Dinner Out Trips: Hideaway Pizza

Established in 1957, Hideaway is one of Tulsa's best pizza joints! Take a break from Christmas shopping and join your Montereau friends for a casual night out. Please sign up for only one LEDO trip by using the resident app or by marking your reservation sheet. Questions? Call Teresa at (918) 491-5232.



## Wednesday, December 8 • 10:45 a.m. • Bus Trip

### Brown Bag It: Tulsa Festival Ringers Trip & Lunch

The Tulsa Festival Ringers, whose holiday concerts have been a staple of the PAC's Brown Bag It concerts, will get everyone in the mood for Christmas! The mid-day concert, which is free, will be followed by lunch at Dilly Diner. Bring cash or credit card to pay for your lunch. Use the resident app or your reservation sheet to RSVP to go. Questions? Call Teresa at 918-491-5232.



## Wednesday, December 8 • 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.

# december calendar highlights

## Wednesday, December 8 • 3:00 p.m. • Grand Riviera Lounge Fit Bites: Helpful Hints for Happy Holidays



We look forward to the holiday season, don't we? It's full of celebrations, gifts, tasty treats, and quality time with friends and family. However, when the busyness of fun and festivities becomes overwhelming, it can make the season feel a little less than special. In the flurry of holiday cheer, it's important to be intentional about our mindset.

Come join us as we explore helpful tips for taking care of our mental health and having a merry holiday season. Please RSVP in the resident app or by marking your reservation sheet. Cancel by Sunday, December 5 to avoid the \$5.00 missed event fee. Contact new Wellness Specialist, Jennie McNaney, for more information: (918) 491-5278.

## Wednesday, December 8 • 7:00 p.m. • Le Cinéma Movie: "Elf"



A Christmas favorite of many, "Elf" is about an over-sized elf who travels from the North Pole to NYC to meet his biological father who doesn't know he exists and is in desperate need of some Christmas spirit. "Elf" is rated PG, and the run time is 90 minutes. Questions? Call Teresa at (918) 491-5232.

## Thursday, December 9 • 1:00 - 3:00 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.

## Thursday, December 9 • 3:00 p.m. • Coterie Theatre Food Forum



Dining Services Director, Paul White, and Executive Chef, Joe Fistovich, will share small bites from the restaurants while also sharing updates about our Montereau dining program. If you have questions to ask or ideas to share, this is a great time to do it! Sign up to attend using the resident app or your reservation sheet. You must cancel your reservation by Monday, December 6 at 5:00 p.m. to avoid a \$5 missed event fee. Questions? Contact Kristen at (918) 491-5233.

## Thursday, December 9 • 7:00 p.m. • Bus Trip Tulsa Light Tour & Glacier Dessert Bar Trip



Get in the holiday spirit and enjoy the beautiful lights of midtown Tulsa on a tour with your Montereau friends before ending the night at the Glacier Dessert Bar for something sweet. Please bring cash or credit card to pay for your dessert. **Please sign up for only one Tulsa Light Tour trip.** Use the resident app or the reservation sheet to save your spot. Questions? Call Teresa at (918) 491-5232.

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## Friday, December 10 • 6:30 - 8:30 p.m. • Coterie Theatre Tinsel & Treats

Join us for a special holiday soirée - complete with live music – as we celebrate the season! After dinner, dessert is on us! We'll have a chocolate fountain with a wide variety of dipping items for you to indulge your chocolate-loving side, and we're also featuring a chocolate martini specialty cocktail this evening! This event is free to attend; you'll receive one drink ticket, and additional drinks will be billed to your meal allowance. RSVP to attend this party using the resident app or by marking your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## Saturday, December 11 • 2:00 p.m. • Bus Trip Zella's Boutique Shopping Trip

Shop for a special a Christmas or New Year's Eve outfit at Zella's, which specializes in fun, flattering fashions, including jewelry, purses and shoes! Use the resident app or the reservation sheet to save your spot on the bus. Questions? Call Teresa at (918) 491-5232.



## Saturday, December 11 • 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.



## Sunday, December 12 • 1:00 p.m. • Bus Trip Tulsa Ballet Trip: "The Nutcracker"

With brand new choreography and spectacular new sets and costumes, Tulsa's holiday tradition returns with an all-new blockbuster production of "The Nutcracker". Taking audiences back to the original setting of 19th century Germany, this larger-than-life production brings the Victorian era to life with lavish visuals to tell the story of a young girl's magical journey on Christmas Eve. You can purchase individual tickets for this performance by visiting [www.tulsaballet.org/nutcracker-2021](http://www.tulsaballet.org/nutcracker-2021) or calling (918) 749-6030. You provide the ticket, and we'll provide the ride! To save your seat on the bus, use the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



## Sunday, December 12 • 1:00 p.m. • Bus Trip Utica Square Shopping Trip

Whether shopping for holiday gifts or a treat for yourself, Utica Square is a great place to go! Visit the many clothing, accessory, and home goods stores in this outdoor shopping area – and take a break for a drink or a snack at one of several local restaurants, too. Mark your reservation sheet or sign up in the resident app to go. Questions? Call Teresa at (918) 491-5232.

# december calendar highlights



**Monday, December 13 • 3:00 p.m. • Studio de Monet**

## Let's Get Crafty: Mason Jar Christmas Ornaments

You'll make your own version of a snow globe crafted out of a mason jar during this event! All items will be provided, including the snow! Use the resident app or the reservation sheet to claim your spot. Questions? Call Teresa at (918) 491-5232.



**Monday, December 13 • 7:00 p.m. • Coterie Theatre**

## Don Irwin Performance

Don Irwin, talented pianist, returns to our Montereau stage! Mr. Irwin will perform a variety of Christmas favorites including traditional carols and popular standards. To attend the event, RSVP using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Tuesday, December 14 • 8:00 a.m. - 12:00 p.m. •**

## Concierge Desk Food Bank Donations

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



**Tuesday, December 14 • 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 to claim a seat on the bus. Please note we will only volunteer at the Food Bank one time this month. Call resident Lloyd Z. at (918) 493-1160 for more information.



**Tuesday, December 14 • 2:15 p.m. • City View Lounge**

## Caregiver Support

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.

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**Tuesday, December 14 • 3:00 p.m. • Coterie Theatre**

## Doc Talk: Men's Health

Join Montereau's Wellness Physician, Dr. King, and guest speakers as they address the top men's health risks and how to best prevent or manage your risk. Light refreshments will be provided, and door prizes will be given away to those in attendance! You won't want to miss out on these crucial men's health topics and special guest speakers! RSVP using the resident app or the reservation sheet. Questions? Call Hannah Orth at (918) 491-5226.



**Tuesday, December 14 • 5:30 p.m. • Coterie Theatre**

## S.T.A.R. Home for the Holidays Party

Celebrate the holiday season at the annual S.T.A.R. Home for the Holidays Party. Call the Marketing Department at (918) 495-1500 for more information.



**Wednesday, December 15 • 1:00 - 5:00 p.m. • Coterie Theatre**

## Wrap It Up! Gift Wrapping Service

Let us wrap presents for you! Deliver your gifts to the Coterie Theatre during the event and enjoy seasonal treats while you wait. Montereau staff will provide the wrapping paper, bows and gift tags, as well as the gift-wrapping elbow grease! RSVP using the resident app or the reservation sheet if you plan to have gifts wrapped at this event. Questions? Call Kristen at (918) 491-5233.



**Wednesday, December 15 • 3:00 p.m. • City View Lounge**

## Wine Wednesday: Sparkling Wine

Each month, we'll feature two wines during our Wine Wednesday wine tasting events. This month we will be sampling sparkling wines. 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 pairing is \$12 and will be charged to your meal allowance. Please sign up using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Wednesday, December 15 • 7:00 p.m. • Bus Trip**

## Tulsa Light Tour & The Cheesecake Factory Trip

Get in the holiday spirit and enjoy the beautiful lights of south Tulsa on a tour with your Montereau friends. We'll end our tour with a stop for dessert at The Cheesecake Factory! **Please sign up for only one Tulsa Light Tour trip.** Bring cash or a credit card for your dessert. Use the resident app or the reservation sheet to save your spot on the bus. Questions? Call Teresa at (918) 491-5232.

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**Wednesday, December 15 • 7:00 p.m. • Le Cinéma**

## Movie: "It's a Wonderful Life"

"It's a Wonderful Life" takes place on Christmas Eve in Bedford Falls. A guardian angel named Clarence looks to convince George Bailey, who is at his wits' end, not to commit suicide. George appears to be a good man and loving husband, but he's sacrificed his dreams on behalf of the citizens of his small town. The movie is rated PG and the run time is 2 hours, 9 minutes. Call Teresa at (918) 491-5232 with any questions.



**Thursday, December 16 • 2:00 p.m. • Concierge Desk**

## Montereaу Monthly Tour

Montereaу 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 Montereaу 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@montereaу.net](mailto:kschooley@montereaу.net) for more information.



**Thursday, December 16 • 3:30 p.m. • City View Lounge**

## Mix & Mingle With the Leadership Team

Join the Montereaу 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 Monday, December 13 at noon to avoid being charge a \$5 missed event fee. Questions? Contact Kristen at (918) 491-5233.



**Friday, December 17 • 2:00 p.m. • Coterie Theatre**

## Christmas Tea Party

Celebrate this beautiful time of year at our Christmas Tea Party! Delicious offerings will include finger-sandwiches, scones and bite-sized desserts, and – of course – tea! The cost of the event is \$10 and will be billed to your monthly meal allowance. To attend the event, sign up using the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Friday, December 17 • 4:30 - 5:30 p.m. • Ring Road**

## Drive-Thru Santa Visit

We're offering a safe and socially distanced Santa visit for the children in your life! Your grandchildren and great-grandchildren are invited to drive Montereaу's Ring Road (with their parents, of course!) to collect treats and to drop off their letters to Santa. Families will drive around the ring road and make stops for photos, hot chocolate, gifts and more before checking out the lights shining from Montereaу's Garden Homes. Mark your reservation sheet and indicate the number of children that your family plans to bring. Adults and children will remain in their cars during this event. Questions? Contact Teresa at (918) 491-5232.

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**Saturday, December 18 • 2:00 p.m. • Le Marché**

## Make & Take: Cake Balls

During this month's make & take event, each person will go home with a dozen cake balls that you can enjoy yourself or give as a gift! We'll offer two flavors of cake balls along with different trimmings to make them even more delectable. The price for this event is \$12 and will be charged to your monthly food allowance. Use the resident app or the reservation sheet to claim your spot at this limited-space event. Questions? Call Teresa at (918) 491-5232.



**Sunday, December 19 • 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 to attend this event. Questions? Call Teresa at (918) 491-5232.



**Sunday, December 19 • 3:30 p.m. • Bus Trip**

## Belk Shopping Trip

Shop for clothing, accessories and home goods at Belk. To save your spot on the bus, sign up using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Monday, December 20 • 6:15 p.m. • Bus Trip**

## Cabin Boys Brewery Bingo Night Trip

Play free bingo at one of Tulsa's local breweries, Cabin Boys! Bingo starts at 7:00 p.m., and the bus will depart at 6:15 p.m. Cabin Boys offers a variety of beers but does not have food, so please eat dinner before you head out on the bus. No prior bingo experience necessary. Not a bingo player but love beer? Join us for this trip anyway and enjoy a taster flight of locally crafted beers! To attend this event, RSVP using the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



**Tuesday, December 21 • 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 – just come on down! Questions? Call Teresa at (918) 491-5232.



**Tuesday, December 21 • 3:00 p.m. •**

**Montereau Warren Chapel**

## Boston Avenue Methodist Church Christmas Service

Boston Avenue Methodist Church will treat Montereau residents to a special Christmas Service in our chapel. A choir will offer special music and lead the congregation in singing some of our favorite Christmas hymns. Contact Protestant Chaplain Reverend Cheryl Peters at (918) 488-9290 if you need more information.

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**Tuesday, December 21 • 7:00 p.m. • Bus Trip**

## Tulsa Light Tour & Village Inn Trip

Get in the holiday spirit and enjoy the beautiful lights of the Tulsa area on a tour with your Montereau friends. We'll end our tour with a stop for dessert at Village Inn! Please sign up for only one Tulsa Light Tour trip. The bus will return to Montereau by 9:00 p.m. To claim your seat on the bus, use the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.

**Wednesday, December 22 • 2:00 p.m. • Coterie Theatre**

## Montereau Town Hall

Hear from Montereau's Resident Committee Chairs and Department Directors at this in-person Town Hall Meeting. RSVP through the Montereau Resident App or mark your reservation sheet to attend. For those unable to attend in person, we will record the meeting and air it on the in-house TV channel (1960) on Thursday, December 23 at 7:00 p.m. & Friday, December 24 at 3:30 p.m. We will also email the video link so you can watch at your convenience.



**Wednesday, December 22 • 6:00 p.m. • Coterie Theatre**

## Dinner & A Movie: "White Christmas"

Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, and he's in danger of losing the place. This film is not rated and runs two hours. For dinner, choose from chicken & dumplings or an open-faced roast beef sandwich with sides and dessert. 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 is \$14 and 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, December 23 • 2:00 p.m. • Le Cinéma**

## Hallmark Christmas Movie Bingo

Take the afternoon off, wear your favorite Christmas slippers, and join us in Le Cinéma to watch a cheesy Hallmark Christmas Movie... but, here's the twist... we're going to play Hallmark Christmas Movie Bingo while we watch! Prizes will be awarded, so you won't want to miss it! Use the resident app or the reservation sheet to claim your bingo sheet. Questions? Call Teresa at (918) 491-5232.



**Saturday, December 25 • 11:00 a.m. - 2:00 p.m. • Rotunda**

## Christmas Day Buffet

Celebrate Christmas with a delicious brunch! The cost of brunch is \$22 per person and will be charged to your meal allowance. Please make your reservations using the dining reservations section of the resident app, or by calling the hostess desk at (918) 491-5212. *This will be the only meal service available on this day.*



# december calendar highlights



**Tuesday, December 28 • 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.



**Tuesday, December 28 • 4:00 p.m. • Bus Trip**

## New Era Fine Fermentations Happy Hour Trip

Join us on a trip to one of downtown Tulsa's most unique craft breweries, New Era Fine Fermentations (NEFF) Brewing! It's the only entirely gluten-free brewery and food location in Tulsa. This locally-owned brewery opened in 2018, and both their beer and food have won major awards in gluten-free competitions across the country. Tuesday is all-day happy hour, which means we can enjoy half-price appetizers and \$1 off full size beers! Grab a small bite or have an early dinner; either way, you won't want to miss this opportunity to try some of their beers and food! A few notable favorites are the Raspberry Pride and the Apollo Blonde which pair great with their garlic sage fries, fried pickles or beer-battered mushrooms. They also serve salads, burgers, fish and chips or chicken and waffles! Please bring cash or credit card for your purchases. Use the resident app or your reservation sheet to claim your seat on the bus. Call Laura at (918) 491-5284 with any questions.



**Wednesday, December 29 • 7:00 p.m. • Le Cinéma**

## Movie: "Our Souls at Night"

This movie, starring Robert Redford and Jane Fonda, tells the tale of the unlikely love found when Addie Moore proposes that her neighbor, Louis Waters, sleeps in the same bed as her because the nights are lonely. In small town Holt County, their arrangement immediately comes under fire. The film is rated TV-14 and the run time is 1 hour, 43 minutes. Questions? Call Teresa at (918) 491-5232.



**Friday, December 31 • 5:00 p.m. • Rotunda**

## Montereau's New Year's Eve Party!

Bid 2021 farewell to the sounds of the John Hamill Trio! This year's party will be in the Rotunda, so join us to listen to music and to dance the night away! Small bites will be served, and bar service will be available. The cost of your drinks will be billed to your meal allowance. We will have a champagne toast at 8:30 p.m... after all, it'll be midnight somewhere! To attend the event, RSVP using the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.



# december in-house tv highlights



**Thursday, December 23 at 7:00 p.m.**  
**Friday, December 24 at 3:30 p.m. • Channel 1960**

## Virtual Monterey Town Hall

Tune in to hear reports from Monterey's Resident Committee Chairs and Department Directors. We will hold the Monterey Town Hall in person on Tuesday, December 21 at 2:00 p.m. in the Coterie Theatre. A recording of the Monterey Town Hall will be shown on the in-house TV channel (1960) on Thursday, December 23 at 7:00 p.m. and Friday, December 24 at 3:30 p.m. The video link will also be emailed out so you can watch at your own convenience.



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

## Happy Hour at Home

- December 6: Up Swing with Tommy Dorsey, Glenn Miller, Benny Goodman & Artie Shaw
- December 13: Jazz Icons: Dave Brubeck Live
- December 20: Crooner Christmas Classics: Frank Sinatra, Dean Martin, Elvis Presley, Nat King Cole, & Bing Crosby
- December 27: Best Songs of Perry Como

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

## TED Talks

**December 2 & 4: Power Foods for the Brain**

Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a ground-breaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health. Dr. Barnard has authored over 70 scientific publications as well as 17 books. As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. He has hosted three PBS television programs on nutrition and health and is frequently called on by news programs to discuss issues related to nutrition and research. Originally from Fargo, North Dakota, Dr. Barnard received his M.D. degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee.

*NOTE FROM TED: Please do not look to this talk for medical advice. The speaker makes assertions about a specific diet that lacks sufficient scientific evidence for general prescription.*



# december in-house tv highlights

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

**December 9 & 11: The (De)Colonizing of Beauty Description.**

Beauty is about more than the body you inhabit - it's a way of being that goes beyond genetics or societal ideals. Aboriginal writer and former model Sasha Sarago invites you to decolonize beauty, moving away from the monolithic Eurocentric archetype and towards a more essential, authentic understanding of self that belongs to everyone.

**December 16 & 18 & x: Creating A Community And Finding Purpose**

Stephen Thompson walks you through his journey from being a ward of the state at age nine to Silicon Valley Executive and how he created a community to pave the way.

As a successful executive recruiter in the software industry, Stephen is dedicated to finding and hiring some of the most unique and smartest people in the world. His expertise extends from data scientists who help people make the right purchase when using the Apple.com website; to infrastructure engineers that help companies process 35,000 transactions per second. Stephen has worked with both private companies trying to go public and Fortune 10 companies. LinkedIn, Apple and Google are some of the most recognized names who have retained his services over the years..

**December 23 & 25: Finding Out About a New Holiday... Finding Out About Yourself**

This talk was given at a local TEDx event, produced independently of the TED Conferences. Comedian K-von, was born and raised in Nevada but discovers there are more to his cultural roots than he thought. He embarks on a journey to learn all about it and invites you along for the ride.

**December 30 & January 1: Advocating for Asylum-seekers: Lessons from the Pandemic**

Kon Karapanagiotidis discusses his journey as a leader of the Australian Asylum Seeker Resource Centre through the worst of the COVID-19 pandemic, as he and his team worked tirelessly to support over 17,000 refugee families through a tumultuous two years in Melbourne which has been characterized by some of the world's most stringent lockdowns.

Kon Karapanagiotidis is the CEO and founder of the Asylum Seeker Resource Centre. Kon grew up in a working-class family in a small country town in Victoria. His personal experience of racism and of witnessing the exploitation of his parents in factories & farms planted the seeds of his passion for human rights. He started early, by volunteering at the first of 25 charities, a centre for homeless men at the age of 18. He went on to complete 6 degrees and become a lawyer, social worker, teacher and a published author.



## Gloria Carreno - Housekeeping

Gloria has been at Montereau for almost three years, and loves the relationships she is able to form with the residents.

Gloria grew up in Oaxaca, Mexico and moved to the United States when she was 17 years old. Gloria has one son and three daughters. She also has five grandchildren, and she loves her family very much!

Prior to coming to Montereau, Gloria previously worked as an assembler at RL Hudson. Now she is that always-smiling face you see in the halls and in your apartment



if you're lucky enough to have her as your housekeeper.

In her free time, Gloria likes spending time with her family, as well as cooking and going on walks.

She says she is always happy and easy to get along with, so be sure to say hello when you see her at Montereau!

# December Spa Special

Purchase a \$100 Spa at Montereau gift certificate for just \$80!

Stop by The Spa at Montereau to purchase your gift certificate or call (918) 491-5251.

This offer expires December 31, 2021.  
Must be redeemed by May 31, 2022.



# Christmas Brain Teaser

	A	B	C	D
1	YYY MEN	VAD ERS	SAILING CCCCCCC	THE WEATHER FEELING
2	BEND DRAW DRAW DRAW	LE VEL	DIAL	YOUNG YOUNG DRINK DRINK
3	TEKCIT	SYMPHON	GSEG	PING WILLOW
4	BRING EFIL EFIL	HISTORY HISTORY HISTORY HISTORY	OU T C R	B AE DUMR
5	DNA 4TH	POLMUMICE	M CE M CE M CE	AT THE • OF ON

**Solutions:** 1A: 3 Wise Men; 1B: Space Invaders; 1C: Sailing the Seven Seas; 1D: Feeling Under the Weather; 2A: Bend Over Backwards; 2B: Split Level; 2C: Laid Back; 2D: Too Young To Drink; 3A: Return Ticket; 3B: Unfinished Symphony; 3C: Scrambled Eggs; 3D: Weeping Willow; 4A: Bring Back to Life; 4B: History Repeats Itself; 4C: Out of Court; 4D: Bermuda Triangle; 5A: Back and Forth; 5B: Mother-in-Law; 5C: Three Blind Mice; 5D: At the Point Of No Return

# Annual S.T.A.R. Holiday Event Returns to Monterey!



After having to forgo a long-time tradition last year, the sales team is excited to host the annual “Home for the Holidays” S.T.A.R. exclusive event!

This year’s entertainment will be Cherry Street Brass. This brass quartet will feature Canadian Brass carols along with Traditional Christmas carols.

Holiday cuisine and drinks will accompany an evening of Christmas music. This event is free-of-charge and may only be attended if bringing a guest.

Residents can bring up to (2) S.T.A.R. eligible guests.

**Tuesday, December 14th**  
**5:30 - 7:00 p.m.**  
**Coterie Theatre**

Please contact the Marketing Department at (918) 495-1500 to make reservations. Seating will be limited. We look forward to seeing you there!

Welcome New Residents  
 Lyn Martin  
 Bill & Anne Finger

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

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

## Happy Birthday!

Join us for the December Birthday Brunch on Friday, December 10 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.

### december birthdays

Name	Date
Sandy Martin	2
Annette Intrieri	3
Mike Reif	3
Martha Rhynes	5
Lois Stauder	6

Jeanne Gangas	9
Bob Heatley	9
Larry Everett	10
Clyde Johnson	13
Shirley Keiningham	14
Nellie Kloehr	15
Bettie McCabe	15
Jane Button	17
Gene Callahan	17
Carolyn Conklin	17
Nick Kerpon	18
Alice Russell	18
Wini King	19
Pat Morris	19
Ann Ogle	19
Joe Snopko	19
Dolores Martin	20
Janice Rogers	20
Gene Melton	21



Dick Schmitz	21
Ed Taylor	21
Leah Eckenwiler	22
Anne Graham	24
Harold Zimmerman	24
Jyoti Lad	28
Jackie Westfield	28