



Voice of Vitality

may 2022
A Monterneau Publication
Tulsa, Oklahoma

Be a Guest Chef at Ronald McDonald House!

We're teaming up with Ronald McDonald House (RMH) to act as guest chefs for a night.

RMH Tulsa is located near St. Francis and provides lodging and meals for families with children in the hospital. Each year, hundreds of children travel to Tulsa to be treated for serious illnesses or injury. For their families, anxiety over the child's illness is often compounded by lengthy hospital stays, months of outpatient treatment, and the expense of being away from work and home.

If not for Ronald McDonald House of Tulsa, families

— including brothers, sisters, and grandparents — would spend their days and nights in hotels, their cars, or hospital waiting rooms to be close to their sick children.

You can help by volunteering to prepare a meal for the families staying at RMH on Thursday, May 26. We will work together to plan the menu and will travel to RMH to prepare our chosen dish. Call Kristen by Friday, April 29 to sign up to participate: (918) 491-5233.

You can find more details about this trip and volunteer opportunity on page 16 of this newsletter.



April brought nicer weather, and we broke out our community tricycles!

A team of residents also planted our community herb garden! These herbs are used in our Monterneau kitchen. Residents and staff can also pick them (when the time is right in early May!).



MONTERNEAU®

may calendar highlights



Mondays in May • 4:30 p.m. • City View Lounge

Happy Hour

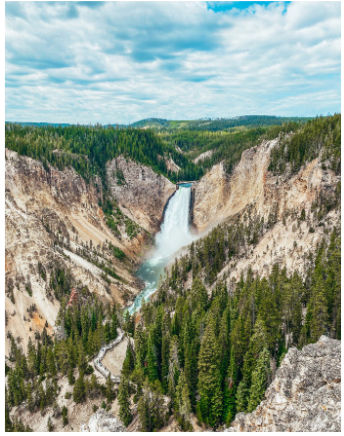
Enjoy live music with your favorite cocktail! We will provide entertainment each Monday night along with tasty appetizers. Drinks are on you!

May 2 – Spencer Sutton

May 9 – Mark Bruner & Spencer Sutton

May 16 – Steve Liddell

May 23 – David Horne



Thursdays in May • 7:00 p.m. • Coterie Theatre

Ken Burns Presents: The National Parks: America's Best Idea

Thursdays in May – 7:00 p.m. – CT

Ken Burns Presents: The National Parks: America's Best Idea

Filmed over the course of more than six years at some of nature's most spectacular locales – from Acadia to Yosemite, Yellowstone to the Grand Canyon, the Everglades of Florida to the Gates of the Arctic in Alaska – Ken Burns explores this nation's national parks. No need to RSVP – just show up! Questions? Call Teresa at (918) 491-5232.



Fridays in May • 2:00 p.m. • Le Cinéma

Downton Abbey - The TV Series

Each Friday we'll show two episodes of this beloved series. Downton Abbey is set in the fictional Yorkshire country estate of Downton Abbey between 1912 and 1926. It depicts the lives of the aristocratic Crawley family and their domestic servants in the post-Edwardian era, including the great events of the time that have an effect on their lives and on the British social hierarchy. No need to RSVP; just go and enjoy the show. Please call Teresa at (918) 491-5232 with any questions.



Saturdays in May • 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 May. This traditional yoga class is open to residents and employees. Please save your spot using the resident app or the reservation sheet. Questions? Contact Laura at (918) 491-5284 or lallen@montereau.net. Note: there will be no yoga Memorial Day weekend on Saturday, May 28.



Sundays in May • 3:00 p.m. • Montereau Warren Chapel

Bible Study with Father Coleman

All are welcome to join this weekly Bible study group. No reservation is necessary; just show up! Questions? Contact Montereau Resident and Catholic Chaplain, Father Jerry Coleman.

may calendar highlights



Sunday, May 1 • 1:30 p.m. • Bus Trip

Tulsa Opera Trip: "Salome"

It's Herod's birthday party, and you're invited! Salome presents a most seductive gift. An immersive audience experience as conceived by Thaddeus Strassberger, the Tulsa born and raised opera director whose productions have been acclaimed the world over. Salome, the first-ever Tulsa production of Strauss' dazzling masterpiece, marks Strassberger's Tulsa Opera debut. You must purchase your own tickets for this performance, and you can do so by visiting 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.



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

Book Club: "Shoot the Moon"

Everyone is welcome to join this book club focusing on new and popular literature. May's reading will be "Shoot the Moon" by Billie Letts. Contact resident Kay Paine at (806) 672-4401 for more information. For assistance accessing this book in audiobook format, contact Laura Allen at (918) 491-5284.



Monday, May 2 & May 16 • 10:00 a.m. • Bus Trips

Greenwood Rising Museum Trips

Tulsa's own Greenwood Rising is a state-of-the-art history center located at the heart of Tulsa's Greenwood District honoring the legacy of Black Wall Street before and after the Tulsa Race Massacre. Sign up for this trip using the resident app or your reservation sheet. Please call Teresa at (918) 491-5232 with any questions.



Tuesday, May 3 & Thursday, May 19 • 4:30 p.m. • Bus Trips

LEDO: White River Fish Market

Since 1932, White River Fish Market & Seafood Restaurant has been selling and serving fish as good as anything you will find along the seashore. The family-style restaurant specializes in fresh seafood dishes and home-style recipes. Please use the resident app or reservation sheet to sign up for one of the two dates. Bring cash or credit card to pay for your meal. Call Teresa at (918) 491-5232 with any questions.



Wednesday, May 4 • 10:00 a.m. - 12:00 p.m.

Studio de Monet

COVID-19 Vaccine Clinic

Plan to attend this COVID vaccine clinic if you're looking to receive your 1st dose, 2nd dose, 1st booster or 2nd booster. You must schedule an appointment for your vaccine by calling the Montereau Infection Preventionist at (918) 491-5215. Please also call this number with any questions you might have.

may calendar highlights



Wednesday, May 4 • 11:00 a.m. • Grand Riviera Lounge **Moms & Mimosas**

All ladies are welcome to join in our celebration of all things mom. Brunch includes quiche, salad, fresh berries, blueberry muffins, and of course, mimosas! Cost of the event is \$12 and will be charged to your monthly meal allowance. Please cancel by Monday, May 2 to avoid paying the cost of the event. RSVP using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Wednesday, May 4 • 3:30 p.m. • Coterie Theatre **Will Rogers Comes to Montereau!**

Andy Hogan, famed Will Rogers impersonator, will be live and in person at Montereau to share Will Rogers' history as well as famous quotes. He may even do a rope trick or two! RSVP by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



Wednesday, May 4 & 18 • 4:30 p.m. • Bus Trip **Let's Eat Local: Juniper**

Downtown Tulsa's award-winning farm-to-table restaurant, Juniper, changes with the seasons to bring guests creative, modern cuisine that incorporates delicious, locally sourced ingredients. Juniper boasts a beautiful and intimate downtown setting with its rustic brick columns, commissioned art by local artists, and warm and inviting atmosphere. Please use the resident app or reservation sheet to sign up for one of the two dates. Bring cash or credit card to pay for your meal. Call Teresa at (918) 491-5232 with any questions.



Wednesday, May 4 • 7:00 p.m. • Le Cinéma **Movie: "The King's Speech"**

England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence. The movie is rated R and the run time is 1 hour and 58 minutes.



Thursday, May 5 & 19 • 10:00 a.m. • Grand Riviera Lounge **Coffee Break**

Please join us on the first and third Thursdays of the month for coffee, hot tea 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. RSVP using the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.

may calendar highlights



Thursday, May 5 • 11:00 a.m. • Grand Riviera Lounge

Spa Spotlight: Fashion Fiesta

Spring is in the air, which means spring fashions are hitting our Spa boutique! Join us for a light lunch and fashion show – featuring a few of your very own Montereau neighbors! The cost of lunch is \$8 billed to your meal allowance. RSVP to attend this event by using the resident app or your paper reservation sheet. You must cancel your reservation by Monday, May 2 to avoid paying for the cost of your meal. Questions? Call Kristen at (918) 491-5233.



Thursday, May 5 • 3:30 p.m. • Coterie Theatre

Finding Your Roots with Gary Ericson

If tracing your ancestry is something you've always been curious about and you've wondered how to get started, now is your chance to find out. Our very own resident, Gary Ericson, will discuss several genealogy websites and how to use them to research your ancestors. He'll also explain how to document your research and share it with family members. Save your spot at this presentation by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Thursday, May 5 • 5:00 p.m. • Veranda

Montereau S.T.A.R. Cinco de Mayo Celebration

This event is full and due to space limitations we are not able to take more reservations. Call Marketing for more information: (918) 495-1500.



Thursday, May 5 • 6:30 p.m. • Bus Trip

The University of Tulsa Concerts with Commentary Trip

The Concerts with Commentary series features award-winning music faculty who not only perform with excellence, but also share the cultural background and historical context of the repertoire and composers represented in the series. This concert will feature music from Franz Schubert's Wanderer Fantasy. The event is free, and masks are required. Please sign up using the resident app or your reservation sheet. Call Teresa at (918) 491-5232 with any questions.

Friday, May 6 • 11:30 a.m. • Bus Trip

Tulsa Mayfest Trip

Tulsa Mayfest is dedicated to the promotion of knowledge and education of the arts and humanities, and to further ahha Tulsa's mission to keep Tulsa creative. You'll not only find creative art, but entertainment and some of Tulsa's best food trucks. Admission is free. Please use the resident app or reservation sheet to save your spot on the bus. We will return to Montereau no later than 4:00 p.m. Questions? Call Teresa at (918) 491-5232.



may calendar highlights



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

All are welcome to join this group for discussion about short stories. The readings this month are "Helping" by Robert Stone on May 6 and "Rules of the Game" by Amy Tan on May 20. Contact Laura at (918) 491-5284 if you are interested in joining or if you need assistance accessing audio versions of these stories.



Friday, May 6 & 20 • 6:30 p.m. • Studio de Monet Game Night

Are you a game lover looking for other game lovers? Well, look no more! Join us on the first and third Friday of each month to play a board or card game with your Montereau friends! Games will be available in the Studio de Monet. Recently gamers have been enjoying Hand and Foot, Mexican Train Dominoes, Sequence and Rummikub, but we love to try new games, too. Questions? Contact Carla Jones at (539) 867-2509.



Saturday, May 7 • 11:00 a.m. • Bus Trip Trader Joe's Shopping Trip

Trader Joe's is a neighborhood grocery store providing its own high-quality brand of foods with gourmet, organic and vegetarian options, as well as basic housewares. Save your spot on the bus by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



Saturday, May 7 • 2:00 p.m. • Le Cinéma Saturdays in Le Cinéma: "The Unimaginable Journey of Peter Ertel"

A reluctant German Platoon Leader survives the Eastern Front and the Battle of Normandy, is captured by the U.S. Army and recruited by the State Department to assist in the democratization of Germany, then immigrates to Cleveland where he forges a 25-year career with a small company owned by Orthodox Jews. An extraordinary true story of how an honorable man maintained his humanity in a universe of hatred, destruction and death. This film is not rated, and the run time is 104 minutes. RSVP by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Saturday, May 7 • 6:45 p.m. • Bus Trip Tulsa Symphony Trip: "Mercurial"

You provide the ticket, and we'll provide the ride! To culminate the season, acclaimed conductor Gerhardt Zimmermann will direct the orchestra in Liszt's Hungarian Rhapsody, Copland's Appalachian Spring and Tchaikovsky's masterful Symphony No. 4. Individual tickets for this 7:30 p.m. show can be purchased at www.tulsasympphony.org or by calling (918) 584-3645. Save your seat on the bus by using the resident app or the reservation sheet. Questions? Call Teresa at (918) 491-5232. Please note: This event requires a mask and proof of vaccination or negative COVID test to attend.

may calendar highlights



Sunday, May 8 • 11:00 a.m. 2:00 p.m. • Rotunda

Mother's Day Brunch

Invite your family to celebrate Mother's Day at Montereau! A detailed menu will be shared at the start of May. The cost of \$26 for adults and \$13 for children aged 6 - 12 will be charged to your meal allowance. Children under 6 eat free. Make your reservations in the Dining Reservations section of the resident app or by calling the hostess desk at (918) 491-5212.



Monday, May 9 • 11:00 a.m. • Studio de Monet

Project with a Purpose: Card Making for LIFE Senior Services

We all know how it feels to have one of those days where the thoughtfulness of a stranger can really make an impact. Our goal with this monthly project is to create cards that can be mailed to local nursing homes to brighten someone's day! LIFE Senior Services is providing us with cards, along with all the do-dads to make them pretty and even a script we can write inside. Please sign up to participate using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



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

Concierge Desk Food Bank Donations

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



Tuesday, May 10 • 1:00 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 Courtney at (918) 728-8095 with any questions.



Tuesday, May 10 • 3:00 p.m. • Coterie Theatre

Doc Talk: How Weather Affects Your Health

Retired Channel 6 Weatherman, Dick Faurot, is a Clear-Tone patient, and he will discuss mostly weather with a little health thrown in... like why barometric pressure affects our hearing and joints and why dogs and fish seem to know weather is coming even before Dick does! Sign up to attend using the resident app or reservation sheet. Contact Laura at (918) 491-5284 with any questions.

may calendar highlights



Wednesday, May 11 • 1:00 - 4:00 p.m. • Wellness Clinic **Hearing Services with American Hearing**

Stop by the Wellness Clinic between 1:00 p.m. and 4:00 p.m. to have your hearing aids cleaned for free by American Hearing! You also can have your hearing checked during your visit. No need to RSVP for hearing aid cleaning, but please do call the Wellness Clinic at (918) 491-5218 to make an appointment to have your hearing checked.



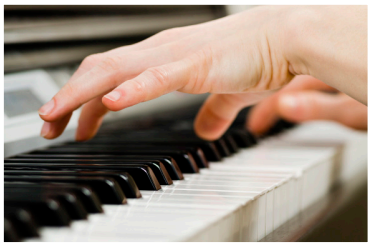
Wednesday, May 11 & 25 • 2:00 p.m. • Grand Riviera Lounge **Food Bank Note Writing**

Join other Montereau volunteers to write thank-you notes for the Community Food Bank of Eastern Oklahoma. The notes are sent by the Food Bank to donors. This often encourages repeat donations. The script and supplies are provided. Use the resident app or reservation sheet to participate. Cards also are available to write at your own convenience. Call resident Lloyd Z. at (918) 493-1160 for more information.



Wednesday, May 11 • 3:30 p.m. • Coterie Theatre **John Wooley Presents** **"Twentieth-Century Honky Tonk"**

It was supposed to be a car dealership. Instead, it became one of the most famous American music venues of all time! Only one place in the whole world can claim to be the Carnegie Hall of western swing. Now, for the first time ever, all the secrets of the hottest honky-tonk of the 20th Century—Cain's Ballroom—are revealed, in the words of the people who made it happen. Join Authors John Wooley and Brett Bingham as they discuss the book. Copies will be available for sale. Please use the resident app or reservation sheet to RSVP to attend. Questions? Call Teresa at (918) 491-5232.



Wednesday, May 11 • 7:00 p.m. • Coterie Theatre **Sam Briggs Concert**

Join Tenor Sam Briggs as he sings and plays the piano to some of Broadway's biggest hits. Sam has not only performed in musical theatre but written, directed and starred in his own cabaret show. He's also the grand-prize winner of the 2019 Tulsa SINGS! Competition. RSVP by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Thursday, May 12 • 11:00 a.m. • Coterie Theatre **"ABC, What Do You See? Rolling Along Route 66"** **Book Release**

"ABC, What Do You See? Rolling Along Route 66" is the newest Route 66 picture book on the market for readers from 5 to 8 years old (and the child in all of us!). Annette LaFortune Murray's debut picture book is a whimsical one showing readers the magic of a highway that transcended time and continues to delight the child within us all. Historic landmarks, fascinating wildlife, maps, quirky attractions, familiar foods, and famous architecture are portrayed perfectly on every page and in ABC order. Books will be available for \$25 and can be signed at the event. RSVP by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.

may calendar highlights



Thursday, April 14 • 1:00 - 3:00 p.m. • Wellness Clinic Free Bra Fittings

A representative from Muse Intimates will be on hand to perform free bra fittings. Please call the Wellness Clinic to make an appointment for your fitting at (918) 491-5218.



Thursday, May 12 • 2:00 p.m. • Coterie Theatre Must Know at Montereau: Tornado Safety

What's the difference between a tornado warning and a tornado watch? What should you do when bad weather is approaching? Find this out and more when Tadd Weese, Director of Plant Operations, discusses all you should know about storm and tornado safety.

Please use the resident app or reservation sheet to save your seat. For those unable to attend, we will record the meeting and air it on the in-house TV channel, 1960. We will also email the video link so you can watch at your convenience. Refer to your Montereau TV calendar for dates and times. Call Teresa at (918) 491-5232 with any questions.



Thursday, May 12 • 2:00 p.m. • Coterie Theatre BBQ & Boot Scootin' on the Veranda

Nothing says summer is on the way like a good BBQ! Dinner will be a BBQ buffet with all the fixins. During and after the meal, enjoy some down-home country music from The Guitar Boys. You'll definitely want to dust off your boots and join us on the Veranda! Cost of the event is \$16 and will be charged to your monthly meal allowance. RSVP by using the resident app or reservation sheet. Please cancel by May 10 at noon to avoid paying for the cost of the event. Questions? Call Teresa at (918) 491-5232.



Friday, May 13 • 11:00 a.m. - 1:00 p.m. • Main Entrance Food Truck Friday: Bondi Bowls

Bondi Bowls is named after the iconic Bondi Beach located in Sydney, Australia. Choose from a variety of smoothie bowls, shaved ice or specialty lemonade during this month's Food Truck Friday event. Ingredients are pure, vegan and organic. Bondi Bowls avoids using refined sugar and dairy so you can enjoy clean eating. No need to sign up! Just come enjoy the food. Please call Teresa at (918) 491-5232 with any questions.

may calendar highlights



Friday, May 13 • 2:00 p.m. • Coterie Theatre Must Know From the CEO

Join Montereau's CEO, Scott Nield, as he discusses Montereau's organizational culture. This is the first in a six-part monthly deep dive into Scott's vision for Montereau. Use the resident app or reservation sheet to save your spot. For those unable to attend, we will record the meeting and air it on the in-house TV channel, 1960. We will also email the video link so you can watch at your convenience. Refer to your Montereau TV calendar for dates and times. Questions? Call Teresa at (918) 491-5232.



Friday, May 13 • 3:00 p.m. • Grand Riviera Lounge Get Food, Get Lit(eration): Resident Edition

Do you love poetry? Do you love food? Do you love spending time with friends? Then this event is just right for you! We will read and discuss four poems while enjoying food pairings... and yes, there will be wine, too! The cost for this event is \$5 and will be charged to your monthly meal allowance. Please use the resident app or reservation sheet to save your spot. You must cancel your reservation by May 10th to avoid paying the \$5 event fee. Questions? Call Laura at (918) 491-5284.



Friday, May 13 • 8:15 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. Popcorn will be provided. Bring your own beverage! To register, use the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.



Saturday, May 14 • 9:00 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. Besides shopping in the 50+ booths full of Oklahoma-grown produce and hand-crafted products, you'll enjoy live music, cooking and gardening demonstrations and more. Afterward, you can peruse the quaint shops located up and down Main Street. Please bring cash or a credit card for purchases. Use the resident app or reservation sheet to save your spot on the bus. The bus will return to Montereau by noon. Please contact Teresa Bond-Mason at (918) 491-5232 with any questions.



Saturday, May 14 & 28 • 2:15 p.m. • Coterie Theatre Bingo!

Play for your chance at a cash prize! Card packs are \$5 each, payable in cash. You will play a total of nine games and winners receive cash prizes. Sign up using the resident app or mark your reservation sheet to attend. Questions? Call Teresa at (918) 491-5232.

may calendar highlights



Sunday, May 15 • 2:30 p.m. • Le Marché

Sunday Sundaes

Celebrate Sunday with a sundae on us! We'll have vanilla ice cream, including sugar-free and a variety of toppings for you to build your perfect sundae. Use the resident app or your reservation sheet to save your spot! Call Teresa at (918) 491-5232 with any questions.



Tuesday, May 17 • 1:00 p.m. • Grand Riviera Lounge

Grief in Common

This monthly support group can help anyone touched by loss, depression, grief, and/or loneliness. If you are looking for connection and support through your journey, please come to share and learn from others. These gatherings are held on the third Tuesday of each month. Contact Laura at (918) 491-5284 with any questions.



Tuesday, May 17 • 2:00 p.m. • Coterie Theatre

Montereau Town Hall

Hear from Montereau's Resident Committee Chairs and Department Directors at this in-person Town Hall meeting. If you have a question you would like to be addressed during Town Hall, email that question to Caragan at ctillman@montereau.net or drop off your question at the Concierge desk for her. If you plan to attend Town Hall, RSVP through the resident app or by using the reservation sheet. For those unable to attend, we will record the meeting and air it on the in-house TV channel, 1960. We will also email the video link so you can watch at your convenience. Refer to your Montereau TV calendar for dates and times. Questions? Call Teresa at (918) 491-5232.



Tuesday, May 17 • 3:45 p.m. • Bus Trip

Let's Go to the Movies!

Everyone loves going to the movies! Join fellow residents as we go to Cinemark to see the latest blockbuster. We won't know what's playing until May 10, at which time we'll update the app and make an announcement as to what the movie will be! At that time, please sign up for your spot by using the resident app or by calling the Reservation Line at (918) 491-5245. Tickets will be purchased on Friday, May 13. Once your ticket is purchased on May 13, there will be no refunds. Questions? Call Teresa at (918) 491-5232.



Wednesday, May 18 • 10:00 a.m. • Bus Trip

Ray Harrell Park Hike & Lunch Trip

Spring is in the air, and it's the perfect weather for a hike! Our next hiking adventure will be at Ray Harrell Nature Park in Broken Arrow. It offers six trails that are paved or surfaced and range from ¼ mile to 1 mile. Come enjoy the scenic walk, which includes flower gardens and a nature center. A boxed lunch of your choice will be provided for \$7, billed to your meal allowance. Register to participate by using the resident app or reservation sheet. Questions? Call Jennie at (918) 491-5278.

may calendar highlights



Wednesday, May 18 • 12:00 p.m. • Grand Riviera Lounge **Monterneau Physical Plant Tour**

Learn all about the inner workings of Monterneau and join one of our engineers as they give you a behind-the-scenes look of our plant operations. Please use the resident app or reservation sheet to RSVP. Questions? Call Teresa at (918) 491-5232.



Wednesday, May 18 • 3:00 p.m. • City View Lounge **Wine Wednesday: Sangrias**

Each month, we'll feature two wines during our Wine Wednesday wine tasting events. This month we're not featuring wine, but sangrias! We'll sample both a red and white sangria along with tasty food pairings. The cost of the tasting with appetizer pairing is \$10 and will be charged to your meal allowance. Please sign up using the resident app or reservation sheet. You must cancel by Monday, May 16 at noon to avoid paying for the event. Call Teresa at (918) 491-5232 with any questions.



Wednesday, May 18 • 7:00 p.m. • Le Cinéma **Movie: "Brooklyn"**

Young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Eilis must choose between two countries and the lives that exist within. The movie is rated PG-13 and the run time is 1 hour and 51 minutes. Questions? Call Teresa at (918) 491-5232.

Thursday, May 19 • 8:30 a.m. • Bus Trip **First Americans Museum Trip**

Hop on the bus as we head to Oklahoma City to visit the First Americans Museum. Under one roof, visitors experience the collective histories of 39 distinctive First American Nations in Oklahoma today. The First Americans Museum shares the cultural diversity, history and contributions of the first Americans. Museum entry costs \$8 and will be charged to your monthly service fees. Lunch will be on your own at the restaurant at the museum. You must bring cash or a credit card to pay for your meal. Please use the resident app or reservation sheet to secure your spot. Cancel by no later than Tuesday, May 17 at noon to avoid paying for the cost of the museum ticket. Call Teresa at (918) 491-5232 with any questions.

Thursday, May 19 • 2:00 p.m. • Concierge Desk **Monterneau Monthly Tour**

Monterneau 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 Monterneau 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 use the resident app or mark your reservation sheet if you plan to attend. Contact Kristen at (918) 491-5233 or kschooley@monterneau.net for more information.



may calendar highlights

alzheimer's 
association

Thursday, May 19 • 3:30 p.m. • Coterie Theatre Walk to End Alzheimer's Kickoff Event!

Join us as we kick off fundraising for our Montereau Walk to End Alzheimer's team! You'll learn how to join the team and how to support our fundraising efforts, which benefit the Alzheimer's Association. RSVP using the resident app or your reservation sheet if you plan to attend. Tasty treats will be served. Questions? Call Kristen at (918) 491-5233.

Friday, May 20 • 11:30 a.m. • Grand Riviera Lounge Fit & Fabulous Lunch: Garden Delights

Did you know that you can benefit physically and cognitively from tending your own garden – either in one of Montereau's raised resident garden beds or in your own home? Stress relief, low-impact exercise and acquiring new skills are just some ways that gardening can positively impact your life. At this month's Fit & Fabulous event, you'll enjoy a garden menu of caprese kabobs with balsamic drizzle, old-fashioned vegetable barley soup, basil chive chicken, potatoes and lemony asparagus, and fruit salad with lemon mint yogurt dressing. 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 May 17 to avoid being charged the cost of the meal. Contact Jennie for more information about the menu: (918) 491-5278 or jmcnaney@montereau.net.



Friday, May 20 • 5:45 p.m. • Bus Trip Tulsa Symphony Trip: "Walt Disney - A Decade in Concert"

You provide the ticket, and we'll provide the ride! Held at ONEOK Field, this melodic journey explores Disney Animation's latest stories through unforgettable film clips and scores performed live by a symphony orchestra. Individual tickets for this 7:30 p.m. show can be purchased at www.tulsasymphony.org or by calling (918) 584-3645. Save your seat on the bus by using the resident app or the reservation sheet. Questions? Call Teresa at (918) 491-5232.



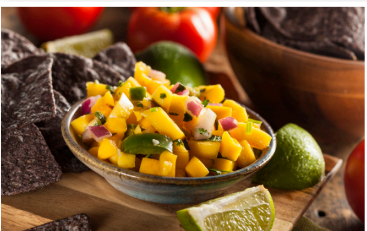
Saturday, May 21 • 2:00 p.m. • Bus Trip Rags & Riches Lifestyle Boutique Shopping Trip

Rags and Riches Lifestyle Boutique aims to provide a transformative, modern, upscale shopping experience, offering a range of products for women, baby and home. Save your spot on the bus by using the resident app or reservation sheet. Please call Teresa at (918) 491-5232 with any questions.



Saturday, May 21 • 2:00 p.m. • Le Marché Make & Take: Fruit Salsas

Salsas have really transformed over the years from being a simple tomato-based product to salsas made with all sorts of fruits and vegetables. This month, we'll try our hand at making different fruit salsas, including watermelon, pineapple and mango. Cost of the event is \$12 and will be charged to your food allowance. Use the resident app or reservation sheet to RSVP. Please cancel by May 19 at noon to avoid the cost of the event. Call Teresa at (918) 491-5232 with any questions.



may calendar highlights



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

Potluck Dinner

Bring a dish to share with your Montereau friends. Sign up in the Event Sign-up Book in the Business Centre and let us know what you plan to bring. Beverages, dishes and eating utensils will be provided. For more information, contact Erma Spann at (918) 494-5015 or Billie Field at (918) 749-8811.



Monday, May 23 • 7:00 p.m. • Bus Trip

Ice Cream Mystery Date

I scream, you scream, we all scream for ice cream! Join us on this mystery trip where we will go to a surprise location for everyone's favorite treat. RSVP using the resident app or your reservation sheet. Questions? Call Teresa at (918) 491-5232.



Tuesday, May 24 • 12:30 p.m. • Bus Trip

Food Bank Volunteer Trip

This 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. Mark your reservation sheet or use the resident app to claim a seat on the bus. Call resident Lloyd Z at (918) 493-1160 for more information.



Tuesday, May 24 • 2:00 p.m. • Wine Cellar

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. Please RSVP in the resident app or by marking your reservation sheet. Contact Jennie at (918) 491-5278 for more information



Tuesday, May 24 • 3:30 p.m. • Coterie Theatre

Resident Committee Information Session

If you're interested in serving on a resident committee, plan to attend this information session to learn more about the committees available, what is expected of committee membership, and how to apply. Light refreshments will be provided. Use the resident app or mark your reservation sheet to RSVP to attend. Questions? Call Laura at (918) 491-5284.



Tuesday, May 24 • 6:00 p.m. • Rue 6800

UnWINEd Dinner: Tequila

In honor of Cinco de Mayo, this month's UnWINEd will feature tasty tequila cocktails! Dishes include scallop ceviche, elote salad, watermelon mint sorbet, stuffed quail mole and tres leches cake. The cost of dinner is \$45, or \$65 with tequila pairings. Make your reservations in the Dining Reservations section of the resident app or by calling (198) 491-5212.

may calendar highlights

Wednesday, May 25 • 9:00 a.m. • Bus Trip

Scenic Drive with Jenk Jones: Tallgrass Prairie



The Joseph H. Williams Tallgrass Prairie Preserve near Pawhuska is the largest protected area of tallgrass prairie in the world, spanning 40,000 acres. Enjoy a drive on the scenic route, which takes visitors through the heart of the Tallgrass Prairie Preserve and through adjacent private ranches. The Tallgrass is a haven for wildlife including more than 210 species of birds, white-tailed deer, bobcats, armadillos, beavers, woodchucks, badgers, coyotes and, of course, bison. This time of year, you'll see lots of little baby bison. On the way home, we'll detour to a spot where there are hundreds of wild horses. We will stop for lunch along the way, so please bring cash or credit card to pay for your meal. Please RSVP using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

Wednesday, May 25 • 2:00 p.m. • Coterie Theatre

Must Know at Montereau: Avoiding Scams



Join Jessica Bolen, Health Center Administrator, for a special information session about cyber safety and telephone scam awareness. Learn about the most common phishing and phone scams targeting older adults and tips for how to avoid becoming a victim. For those unable to attend, we will record the meeting and air it on the in-house TV channel, 1960. We will also email the video link so you can watch at your convenience. Refer to your Montereau TV calendar for dates and times. RSVP by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.

Wednesday, May 25 • 6:00 p.m. • Coterie Theatre

Dinner & A Movie: "Some Like It Hot"



After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in. The film is not rated and the run time is 121 minutes. Dinner options include pot roast or a grilled chicken breast with scallop potatoes, lemon asparagus and key lime pie. You will receive a menu to make your dinner selection prior to this event. Cost of the event is \$14. Please register to attend and receive a menu by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

Thursday, May 26 • 9:00 a.m. - 1:00 p.m. • Coterie Theatre

17th Annual Montereau Health & Wellness Fair

Visit with a variety of vendors who look forward to sharing the latest wellness information and resources with you. Refreshments will be provided. Attendee names will automatically be entered into a drawing for door prizes. Contact Jennie at (918) 491-5278 for more information.



may calendar highlights



Thursday, May 26 • 11:00 a.m. • Grand Riviera Lounge

Low Vision Support Group

If you are living with low vision due to eye diseases like macular degeneration, glaucoma, dry eye and more, connect with Montereau residents who also experience challenges from low vision during our monthly Low Vision Support Group. This is a time for participants to share concerns, as well as tips and tricks for living with low vision at Montereau. No need to RSVP – just show up! Questions? Contact Laura at (918) 491-5284.



Thursday, May 26 • 4:00 p.m. • Bus Trip

Ronald McDonald House Guest Chef Event

Montereau residents will be the Ronald McDonald House (RMH) Guest Chefs on Thursday, May 26, providing dinner for families staying at Tulsa's RMH facility! Dinner is served at 5:30 p.m., so we will head to RMH to prepare dinner at 4:00 p.m. and return to Montereau by 6:00 p.m. All supplies will be provided. If you are interested in helping prepare dinner, call Kristen at (918) 491-5233 by Friday, April 29. We'll then get the chef team together for a meal planning meeting. Thank you in advance!



Friday, May 27 • 11:00 a.m. • Grand Riviera Lounge

May Birthday Brunch

Join us for this month's complimentary birthday brunch in the Grand Riviera Lounge. Use the resident app or reservation sheet to RSVP if you plan to attend. In order to accommodate all residents with birthdays, we ask that you only bring one guest. Questions? Call Teresa at (918) 491-5232.



Tuesday, May 31 • 3:00 p.m. • Veranda

Fit Bites: Herbs!

This month's Fit Bites event will be offered on the Veranda! Come enjoy the spring weather and learn the value of herbs. It's important to watch our salt intake and herbs can help liven up dishes that are lower in salt and fat. They also add considerable flavor and color to any style dish. Light bites will be provided including herb salad, chicken and white bean cassoulet and a dessert of coconut, basil and lime panna cotta. RSVP by using the resident app or reservation sheet. You must cancel your reservation by Friday, May 27 at noon to avoid paying a \$5 missed event fee. Call Kelsey at (918) 728-8128 with any questions.

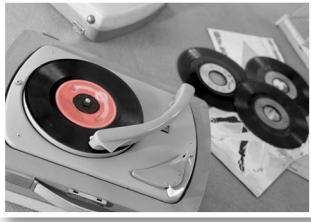


Tuesday, May 31 • 7:00 p.m. • Coterie Theatre

Don Irwin Performs

Don Irwin's works have become known around the world. His music is uniquely fused with varying blends and textures acquired through his travels and experiences in diverse world cultures. His beautiful melodies, sweeping ranges, unique sounds and exotic rhythms are intertwined to form what has become the Don Irwin signature. Mark your reservation sheet or use the resident app to sign up for this concert, and call Teresa at (918) 491-5232 with any questions.

may in-house tv highlights



Mondays • 4:30 p.m. • Channel 1960

Happy Hour at Home

- May 2: Elvis Presley - Aloha from Hawaii, Live in Honolulu 1973
- May 9: Yo-Yo Ma Romantic Cello Playlist
- May 16: Morning Coffee - A Vintage Music Playlist
- May 23: The Best Songs of the 1950s & 1960s
- May 30: The Greatest American Military Marches

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

TED Talks

May 5 & 7: The Many Reasons to Eat a Plant-Based Diet

Vegan chef (and head chef of TED Countdown Summit) Derek Sarno is on a mission to unleash the mighty power of plants, creating nutritious food from mushrooms and vegetables that's full of texture and flavor -- and good for the planet. He dishes out some creative cooking inspiration and shares how his personal journey led him to create amazing food that avoids animal suffering.

May 12 & 14: The Hidden Power of Sad Songs & Rainy Days

Have you ever wondered why you like sad music? Do you find comfort or inspiration in rainy days? In this profound, poetic talk, author Susan Cain invites you to embrace the feeling of longing -- or the place where joy and sorrow meet -- as a gateway to creativity, connection and love. Accompanied by the splendid sounds of violinist Min Kym, Cain meditates on how heartache unexpectedly brings us closer to the sublime beauty of life.

May 19 & 20: How to Design Mosquitos Out of Cities

As cities adopt greener, more sustainable designs, there's risk of a dangerous and unwelcome tenant moving in: mosquitoes. Researcher Cameron Webb explains what urban planners and the general public need to understand about mosquitoes -- the deadliest animals on the planet -- in order to avoid future outbreaks of disease carried by these pesky insects.

May 26 & 28: The Mind-Bending Art of Deep Time

Short-sightedness may be the greatest threat to humanity, says conceptual artist Katie Paterson, whose work engages with deep time -- an idea that describes the history of the Earth over a time span of millions of years. In this lively talk, she takes us through her art -- a telephone line connected to a melting glacier, maps of dying stars -- and presents her latest project: the Future Library, a forested room holding unread manuscripts from famous authors, not to be published or read until the year 2114.



employee spotlight

Ruth Castillo De Jimenez - Housekeeper

Ruth has worked as a housekeeper at Montereau for five years. She says she loves working with the lovely residents and added that they appreciate the little things.

Ruth grew up in Mexico and is the third sibling of eight. She began working on farms when she was just ten years old to help her parents.

Ruth is married to a wonderful man and has three children and two grandchildren. When she is not working, she enjoys spending time with her mother



and having breakfast with her oldest daughter.

She also enjoys a hot cup of coffee in the mornings and walks around parks.

If you see Ruth at Montereau, be sure to thank her for all she does!

Spring 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 Melanie at (918) 491-5251.

This offer expires May 31, 2022. Must be redeemed by December 31, 2022.
Limit three \$100 gift certificates per person.



Spring Speaker Series

The Marketing Team will be completing our three-part Speaker Series this month with nationally recognized brain and memory expert, Linda Sasser, PhD speaking about “Keeping Your Brain and Memory Sharp”.

This series for prospective clients was created to enlighten future residents about topics important to older adults.

Session 1 featured Financial planner, Jim Diacon, discussing “Investing in Your Future”, and Session 2 featured Dr. Stevan Lahr, Medical Director of Family and Children’s Services discussing the “Importance of a Social Environment”.

Please let the Marketing Team know if you have friends who would enjoy our series or similar events: (918) 495-1500.

Welcome New Residents

Jerry Crockett
Barbara Linehan
J.W. and Lettie McLendon
Clara Rafinski
Harold and Sandra Wylie



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

www.Montereau.net

Happy Birthday!

Join us for the May Birthday Brunch on Friday, May 27 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.

may birthdays

Name	Date
Bill Fox	1
Lindsay Patterson	3
Holly Zwingelberg	4
Vic Kulp	5

George Margalski	5
Karen McLaughlin	7
Tom Hopper	10
Jo Hughes	11
Judy Beam	12
Jim Miller	12
Marlys Dow	13
Joanne Barnes	14
Annette Chin	14
Charlie Payne	15
Dyanne Sidner	15
Arnold Brown	20
Carrol Peery	20
Gloria Webb	21
LaVaughn Knutson	22
Kay Miller	23
Judy Pound	23



Beverly Diment	24
Janet Drummond	24
Mike Hall	24
Don Oden	24
Bobbie Parkey	25
Mary Snider	27
Jack Maxwell	28
Gloria Jones	29
Don Bugh	30
Linda Qualls	30