



Voice of Vitality

december 2022
A Monterneau Publication
Tulsa, Oklahoma

Holiday Happenings at Monterneau

The holidays are upon us, and we have big plans this December!

Do all of your holiday shopping during our many shopping trips this month. We'll head to the Darnaby Arts & Crafts Show, Amber Marie & Co. and Decopolis, which all offer unique and locally-crafted gifts. You can also pick up presents without leaving home at our Holiday Craft Fair in the Commons Hallway.

Then bring those gifts to our Monterneau elves to wrap up for you! We're hosting our complimentary Gift Wrapping Service again this year.

There's no better way to get into the holiday spirit than with music! You can catch the Tulsa Flute Band and our very own Monterneau Chorus performing holiday songs here at Monterneau. You can also hop on the bus to see the TCC Signature Symphony's annual "Christmas in Tulsa" concert.

Other exciting holiday events include our Christmas Lights Tours, Mistletoes & Martinis Cocktail Party, and of course, Merry Mingle! Read about these events and more inside.



Above: We hosted BG (Ret) Hopper Smith at this year's Veterans Day program.

Right: We had a great turnout - and perfect weather - for this year's Lights On the Lawn! Stop by and see the lights this holiday season.



MONTERNEAU®

december calendar highlights



December • All Month

Door Decorating Contest

Show off your holiday spirit by decorating your door! Get creative and you just may win a \$25 gift card to the Spa! Voting will take place at the concierge desk (voters will place the number of their favorite door in the box at the desk). The grand-prize winner will be announced on December 30. Questions? Call Teresa at (918) 491-5232.



Mondays & Wednesdays • 2:00 p.m. • Coterie Theatre

Tap & Tone

Each Monday & Wednesday, join Dance Instructor Pamela Farry as she teaches our newest tap class, Tap & Tone. Pamela owns The Dance Pointe Studio and teaches not only tap as an art, but as a fun way to tone your body. No previous tap experience is necessary, just a pair of tap shoes! RSVP by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions. **Please note, location may be changed to the Exercise Studio in case of overlapping events.*



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

Happy Hour

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

December 5: Spencer Sutton

December 12: David Horne

December 19: Mark Bruner & Spencer Sutton

December 26: Ron Shipman



Wednesdays in December • 4:00 p.m. • Le Cinéma

Bible Study with Al

All are welcome to join this weekly Bible study with Al Holderness. This is a chance for fellowship as you study the books of the Bible together. *Please note that this group meets in the City View Lounge if available.*



Thursdays in December • 5:00 p.m. • City View Lounge

Happy Hour

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

December 1: Nick Bratkovich

December 22: Spencer Sutton

December 29: Ron Shipman

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.



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 \$10 per class. You may pay with cash or check. This traditional yoga class is open to residents and employees. Questions? Contact Kelsey at (918) 728-8128 or kcamien@montereau.net. Please mark your reservation sheet to sign up. *There will not be Yoga with Michelle on December 24 or 31.*



Thursdays in December • 7:00 p.m. • Coterie Theatre **Ken Burns Presents: Country Music**

"Country Music, A Story of America, One Song at a Time" is Ken Burns's eight-part, 16-hour documentary series that chronicles the history of a uniquely American art form, focusing on the biographies of the fascinating characters who created it. The film follows the evolution of country music from its diverse and humble origins as it emerged, by the end of the twentieth century, into a worldwide phenomenon. No need to RSVP – just show up! We will not show this series on December 8 or 15. Questions? Call Teresa at (918) 491-5232.



Fridays in December • 2:00 p.m. • Coterie Theatre **"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.

december calendar highlights



Thursday, December 1 & 15 • 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.



Thursday, December 1 • 1:00 p.m. • Chapel

Meditation with Sofia

Please join Sofia, Therapeutic Recreation Specialist, and certified Music Therapist for meditation in the Chapel. Sofia will discuss the benefit of meditation and guide you through a meditation. As we all know, stress is not good for our health and for older adults' stress can manifest in our bodies through frequent headaches, insomnia or sleep problems, fatigue, mental health and more. Sofia will provide you ways to find what works for you and how to continue your own meditation practice in the comfort of your own home. Questions? Please contact Sofia Klassen at 918-491-5213 or email her at sklassen@montereau.net.



Friday, December 2 & 16 • 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 "Here We Are" by Dorothy Parker on December 2 and on December 16, residents will discuss "Crazy Sunday" by F. Scott Fitzgerald. Contact Teresa at (918) 491-5232 if you are interested in joining.



Friday, December 2 & 16 • 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.



Friday, December 2 • 7:00 p.m. • Coterie Theatre

Don Irwin Concert

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

december calendar highlights



Saturday, December 3 • 10:00 a.m. • Bus Trip

Darnaby Arts & Crafts Show Trip

Easily one of the largest and most long-standing craft marketplaces in the region, the Darnaby Arts and Crafts Show has earned a reputation as an annual showcase event for high-quality items that bring both crafters and shoppers back year after year. The show offers a wide variety of items such as monogrammed gifts, holiday accents, home decor, delicious baked goods, adorable children's clothing and accessories, adult fashions, jewelry, purses, pet items, woodcrafts and much more. Use the resident app or reservation sheet to save your spot on the bus. Questions? Call Teresa at (918) 491-5232.



Saturday, December 3 • 2:00 p.m. • Coterie Theatre

Saturdays in Le Cinema: "Ella Fitzgerald: Just One of Those Things"

From a 1934 talent contest at the Apollo theatre in Harlem, the film follows Ella's extraordinary journey across five decades as she reflects on the passions and troubles of the times in her music and her life. The film is not rated, and the run time is 1 hour and 30 minutes. No need to RSVP, just go and enjoy the show. Please call Teresa at (918) 491-5232 with any questions.



Saturday, December 3 • 4:45 p.m. • Bus Trip

First Baptist Church Festival of Carols Trip

Each year the First Baptist Church hosts its Festival of Carols, which is an homage to all things Christmas. This event is free. Save your spot on the bus by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



Sunday, December 4 • 2:30 p.m. • Grand Riviera Lounge

Book Club: "Sparring Partners"

Everyone is welcome to join this book club focusing on new and popular literature. December's reading will be "Sparring Partners" by John Grisham. Contact Teresa at (918) 491-5232 with any questions.



Monday, December 5 & 19 • 6:30 p.m. • Bus Trips

Christmas Light Tours

Get in the holiday spirit and enjoy the beautiful lights of the Tulsa area on a tour with your Montereau friends. 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.

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Tuesday, December 6 • 1:00 p.m. • Grand Riviera Lounge **Pre-Election Committee Chair Training**

All resident committee chairs are encouraged to attend this training, which will prepare you to lead your respective committees. Please RSVP to Teresa by Friday, December 3, if you plan to attend: (918) 491-5232.



Tuesday, December 6 • 3:30 p.m. • Coterie Theatre **Must Know From the CEO: Strategic Planning**

Join Monterey's CEO, Scott Nield, as he discusses Strategic Planning. This is the sixth in a six-part deep dive into Scott's vision for Monterey. Use the resident app or reservation sheet to save your seat. For those unable to attend, we will air the meeting on the in-house TV channel, 1960, at 4:00 p.m. on Thursday, December 8, and 7:00 p.m. on Friday, December 9. We also will email the video link so you can watch at your convenience. Please RSVP using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Tuesday, December 6 • 5:00 - 7:00 p.m. • Coterie Theatre **Mistletoe & Martinis Christmas Cocktail Party**

Join us for a special holiday soirée - complete with live music – as we celebrate the season! After dinner, dessert is on us! We'll also feature your choice between a cranberry or chocolate martini. 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. . After the cocktail party, stay for a special performance by Madyson & Jordan! Call Teresa at (918) 491-5232 with any questions.



Tuesday, December 6 • 7:30 p.m. • Coterie Theatre **Winter Concert with Madyson & Jordan**

This performance directly follows the Mistletoe & Martinis Cocktail Party, so come a few minutes early and enjoy a sweet treat before Madyson & Jordan delight us with their winter repertoire. Please use the resident app or reservation sheet to attend this event. Questions? Call Teresa at (918) 491-5232.



Wednesday, December 7 • 10:45 a.m. • Bus Trip **Festival Bell Ringers at the PAC**

Join some of Tulsa's finest professional musicians as they kick off the Brown Bag It Series with the Tulsa Festival Bell Ringers. Besides performing, musicians give background information about the music they are playing. The performance takes place at the John H. Williams Theatre at the Performing Arts Center. Consider eating a late breakfast, as the bus won't return until 12:45. Please mark your reservation sheet or sign up using the resident app. Questions? Call Teresa at (918) 491-5232.

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

A resident favorite is returning to Montereau! 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. RSVP by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Thursday, December 8 & Friday, December 9

10:00 a.m. - 2:00 p.m. • Commons Hallway **Holiday Craft Fair**

Shop for holiday gifts or a treat for yourself at the Montereau Holiday Fair on December 8 and 9, from 10:00 a.m. until 2:00 p.m.! Check out a wide variety of vendors including Scentsy, Arbonne, Mary Kay, A New Leaf as well as many local artisans. 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 8 • 1:00 p.m. • Grand Riviera Lounge **Medical Marijuana Card Assistance**

If you are interested in getting your medical marijuana card, join Jennifer Smith with the Flower Shop Dispensary. Several Flower Shop employees will be on hand to walk you through the on-line process. Sign up using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



Thursday, December 8 • 5:00 p.m. • Coterie Theatre **S.T.A.R. Home for the Holidays**

Celebrate the holiday season at the annual S.T.A.R. Holiday Party. Call the Marketing Department at (918) 495-1500 to make reservations.



Friday, December 9 • 11:00 a.m. • Grand Riviera Lounge **December 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.



Friday, December 9 • 1:00 p.m. • Coterie Theatre **Line Dancing with Lori**

Strap on your cowboy boots - or sneakers - for a fun line dance class! Lori will walk you through easy-to-learn and fun-to-do dances. No experience necessary. RSVP in the resident app or on your reservation sheet. For more information contact Lori at (918) 491-5278.

december calendar highlights



Friday, December 9 • 3:00 - 5:00 p.m. • Coterie Theatre

Merry Mingle

Let's mingle! You are invited to join staff and family for a special time filled with holiday cheer! Bring your grandchildren or great-grandchildren to enjoy refreshments and to meet Santa. Santa will have gifts for all the children 12 years old or younger. Mark your reservation sheet or make reservations in the resident app. Please email Teresa at tbond-mason@montereau.net with the number of children you're bringing.



Friday, December 9 • 6:00 p.m. • Bus Trip

Woolaroc Wonderland of Lights

A wonderful holiday tradition returns to Woolaroc Museum & Wildlife Preserve, with the spectacular Wonderland of Lights. The grounds and buildings of Woolaroc will be covered with more than 750,000 lights as the historic ranch transforms itself into a magical winter wonderland! This event is a "ride on the bus" event, and we will not be going into the museum. Tickets are \$6 per person and will be billed to your monthly statement. Save your spot on the bus by using the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.



AMBER MARIE & CO.

Saturday, December 10 • 11:00 a.m. • Bus Trip

Amber Marie & Company Red Shopping Trip

Shop local and have fun doing it! Amber Marie & Co is a local boutique that specializes in everything spectacular including jewelry, home décor and clothing, just to name a few. Save your spot on the bus by using the resident app or the reservation sheet. Questions? Call Teresa at (918) 491-5232.



Saturday, December 10 • 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.



Sunday, December 11 • 1:00 p.m. • Bus Trip

Tulsa Ballet Presents: "The Nutcracker"

You provide the ticket, and we provide the ride. 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 calling (918) 749-6030. To save your seat on the bus, use the resident app or reservation sheet. Call Teresa at (918) 491-5232 with any questions.

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Monday, December 12 • 3:30 p.m. • Coterie Theatre **Chorus Christmas Concert Dress Rehearsal**

Join our very own Montereau Chorus for its festive concert of Christmas favorites. Sign up by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Tuesday, December 13 • By 12:00 p.m. • Concierge Desk **Food 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 Food Bank of Eastern Oklahoma. Thank you for your help.



Tuesday, December 13 • 10 a.m. - 12:00 p.m. **Grand Riviera Lounge** **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 by Tuesday, December 6. Please also call this number with any questions you might have.



Tuesday, December 13 • 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 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. Mark your reservation sheet or use the resident app to claim a seat on the bus. There is only one Food Bank Volunteer Trip this month.



Tuesday, December 13 • 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 Rebecca at (918) 728-8095 with any questions.

december calendar highlights



Tuesday, December 13 • 7:00 p.m. • Coterie Theatre
Gary Ruckgaber Presents: Religious Buildings Around the World Part 2

In part two of a three-part series, Gary will present a slide show of interesting religious buildings taken while traveling. All major religions are represented showing the vast love, labor, and assets that humanity has devoted to honoring their god(s). RSVP by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Wednesday, December 14 • 1:00 - 4:00 p.m. • Wellness Clinic
Hearing Services with American Hearing

Stop by the Wellness Clinic between 1:00 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, December 14 • 1:30 p.m. • Bus Trip
Gathering Place Trip

Take in the sights and sounds of nature at the Gathering Place! This park offers paved paths and several gardens and other areas to explore. While you walk, enjoy bird watching, self-guided scavenger hunts and meditation zones. There are beautiful indoor spaces to enjoy if the weather is extra chilly and you prefer to stay inside! Please RSVP in the resident app or by marking your reservation sheet. Contact Kelsey for more information: (918) 728-8128 or kcamien@montereau.net.



Wednesday, December 14 • 2:00 p.m. • Grand Riviera Lounge
Food Bank Note Writing

Join other Monterey volunteers to write thank-you notes for the 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. We will only hold one Food Bank Note Writing session this month.

december calendar highlights



Wednesday, December 14 • 4:30 p.m. • Bus Trip

Let's Eat Local: Sisserou's

Sisserou's Restaurant concept is inspired by the colorful cuisine of the island of Dominica, the Nature Isle of the Caribbean. Although inspired by a specific little-known island, the menu includes a broader spectrum stylized on authentic Caribbean cuisine with a touch of European and American influences. Please bring a credit card to pay for your meal. Sign up using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Wednesday, December 14 • 7:00 p.m. • Coterie Theatre

Movie: "Love Actually"

Nine intertwined stories examine the complexities of the one emotion that connects us all: love. Among the characters explored are David (Hugh Grant), the handsome newly elected British prime minister who falls for a young junior staffer (Martine McCutcheon), Sarah (Laura Linney), a graphic designer whose devotion to her mentally ill brother complicates her love life, and Harry (Alan Rickman), a married man tempted by his attractive new secretary. The movie is rated R, and the run time is 2 hours and 9 minutes. No need to sign up, just come and enjoy the film! Call Teresa at (918) 491-5232 with any questions.



Thursday, December 15 • 12:00 - 4:00 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 reservation sheet if you plan to have gifts wrapped at this event. Questions? Call Teresa at (918) 491-5232.



Thursday, December 15 & Friday, December 16 • 7:00 p.m.

Coterie Theatre

Montereau Chorus Christmas Concert

Join our very own Montereau Chorus for its festive concert of Christmas favorites. Sign up by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.



Friday, December 16 • 6:45 p.m. • Bus Trip

TCC Signature Symphony: Christmas in Tulsa

You provide the ticket, and we provide the ride! Celebrate the emergence of the holiday season with Christmas in Tulsa, a concert that promises timeless holiday favorites for a magical night with friends and family. The Signature Chorale joins the Signature Symphony, and the whole evening will conclude with an entire auditorium of music lovers singing in unison to a holiday sing-a-long. Individual tickets can be purchased by calling (918) 595-7777. Save your seat on the bus by using the resident app or reservation sheet. Questions? Call Teresa at (918) 491-5232.

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Saturday, December 17 • 11:00 a.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.



Sunday, December 18 • 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, December 20 • 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 reservation sheet. For those unable to attend, we will record the meeting and air it on the in-house TV channel 1960, at 4:00 p.m. on Thursday, December 22, and at 7:00 p.m. on Friday, December 23. We will also email the video link so you can watch at your convenience. Questions? Call Teresa at (918) 491-5232.

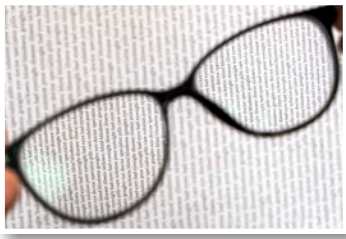


Tuesday, December 20 • 5:30 p.m. • Bus Trip

Route 66 Christmas Chute

The Route 66 Christmas Chute allows visitors to enjoy a unique, walkable Christmas experience. Walk historic Route 66 under 800-foot-long canopies filled with Christmas ornaments and decor in ten magical Christmas themes. Use the resident app or reservation sheet to save your seat. Call Teresa at (918) 491-5232 with any questions.

december calendar highlights



Thursday, December 22 • 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 Teresa at (918) 491-5232.



Thursday, December 22 • 3:00 p.m. • Chapel **Boston Avenue Pre-Christmas Service**

Boston Avenue United 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. Mark your reservation sheet or use the residen app to RSVP.



Sunday, December 25 • 11:00 a.m. - 2:00 p.m. • Dining Rooms **Christmas Day Buffet**

Celebrate Christmas at Montereau! Our Christmas Day Buffet will include holiday favorites like glazed ham, prime rib, seared salmon, scalloped potatoes, broccoli rice casserole and much more! The cost of brunch is \$24 and will be charged to your meal allowance. Make your reservations in the dining reservation section of the resident app, or call the hostess desk at (918) 491-5212. *This will be the only meal service on this day.*



Tuesday, December 27 • 2:00 p.m. • Board Room **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 Kelsey for more information at (918) 728-8128 or kcamien@montereau.net.



Tuesday, December 27 • 4:30 p.m. • Bus Trip **Let's Eat Dinner Out: Ridge Grill**

A Tulsa favorite, Ridge Grill will be the setting for this month's Let's Eat Dinner Out. Ridge Grill a unique and wholesome dining experience. Please bring a credit card to pay for your meal. Use the resident app or reservation sheet to save your seat. Call Teresa at (918) 491-5232 with any questions.

december calendar highlights



Wednesday, December 28 • 10:00 a.m. - 12:00 p.m.

Validity Zone

VirtuSense Balance Assessments

VirtuSense is a fall-risk assessment tool that uses artificial intelligence with machine vision to objectively identify deficits in balance, gait and function – the three main indicators of fall risk. If you're feeling unsteady or if you're just curious as to your own fall risk, stop by the Validity Zone for a quick 10-minute assessment! Questions? Can't make it on this day but you want to schedule an assessment at another time? Call Avery Story at (918) 491-5261.



Wednesday, December 28 • 3:00 p.m. • Grand Riviera Lounge

Fit Bites: Cranberries!

Cranberries are packed with antioxidants and can help keep your teeth, heart and gut in top shape. Come try roast turkey with cranberry chutney, cranberry oat cookies and a maple cranberry pecan pie! Please RSVP in the resident app or by marking your reservation sheet. Cancel by noon, December 26, to avoid a \$5.00 cancellation fee. Questions? Call Kelsey at (918) 728-8128 or kcamien@montereau.net.



Wednesday, December 28 • 7:00 p.m. • Coterie Theatre

Movie: "The Holiday"

Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian, Amanda, for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up. The movie is rated PG-13, and the run time is 2 hours and 18 minutes. No need to sign up, just come and enjoy the show! Questions? Call Teresa at (918) 491-5232.



Saturday, December 31 • 6:00 - 10:00 p.m. • Coterie Theatre

Montereau's New Year's Eve Party!

Bid 2022 farewell to the sounds of the John Hamill Trio! This year's party will be in the Coterie Theatre, 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 9:30 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 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, 2022.
Gift certificates must be redeemed
by December 31, 2023.

december in-house tv highlights



Mondays • 4:30 p.m. • Channel 1960

Happy Hour at Home

- December 5: Tex Ritter's Ranch Party
 - December 12: Beatles Acoustic Guitar Collection
 - December 19: Vintage Christmas Music
 - December 26: Winter Radio Playlist
-

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

TED Talks

December 1 & 3: How to Discover Your Authentic Self - at Any Age

In a talk packed with wry wisdom, pop culture queen Bevy Smith shares hard-earned lessons about authenticity, confidence, mature success and why, if you put in the work, "life gets greater later."

December 8 & 10: 10 Ways to Have a Better Conversation

When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity, and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

December 15 & 17: How to Squeeze All the Juice Out of Retirement

Despite common belief, retirement takes more than financial planning. And while you may be beyond ready to go on permanent vacation, you also have to psychologically prepare for when the novelty wears off. Riley Moynes explains the four phases of retirement and offers a framework for how to avoid the inevitable pitfalls of taking it too easy in order to help you make the most of your golden years.

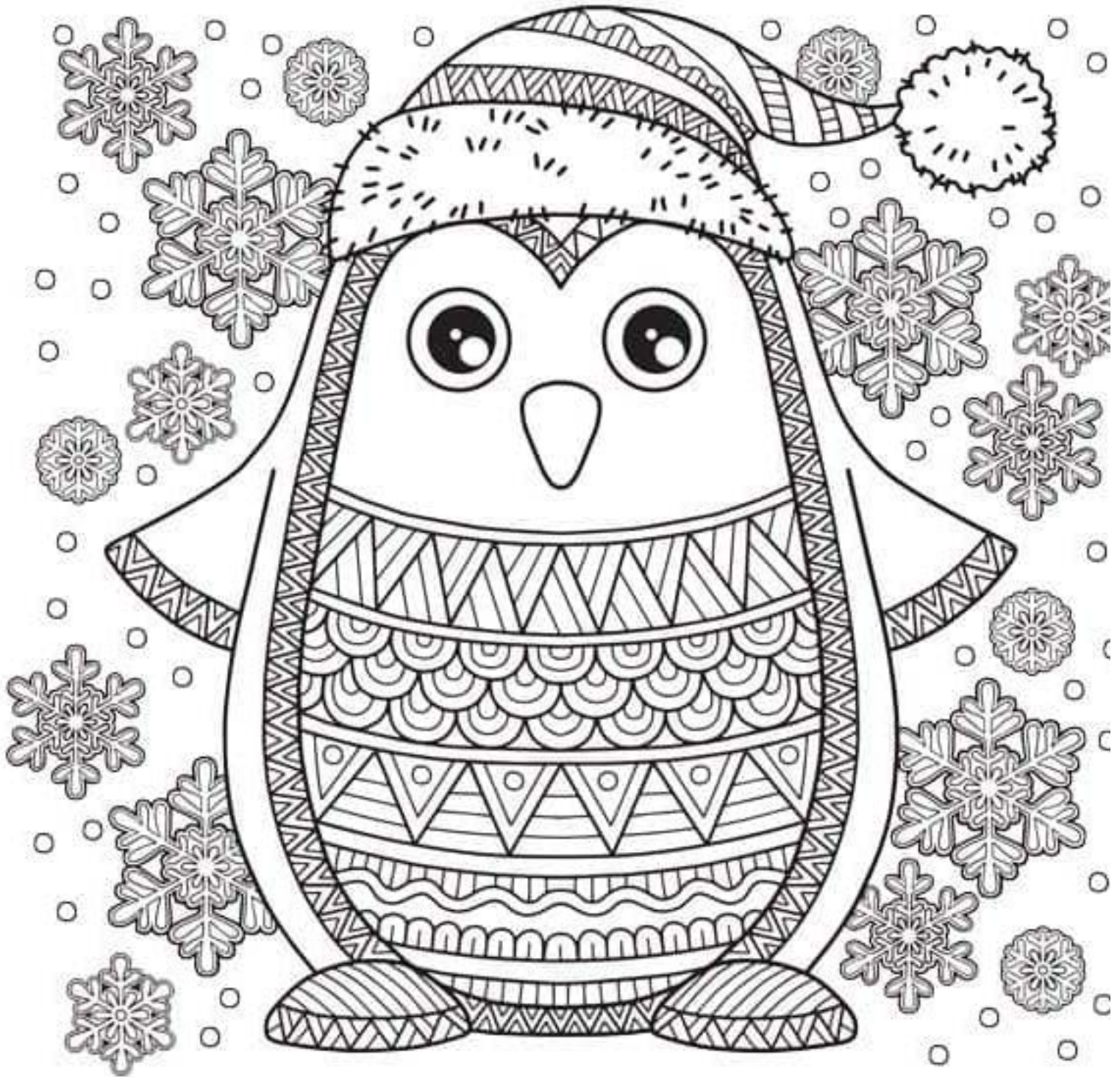
December 22 & 24: What's Normal Anxiety – and What's An Anxiety Disorder

Everyone gets anxious at times, but how can you tell when it crosses the line and needs attention? Dr. Jen Gunter shares the science behind your brain's threat-detection system, what makes it malfunction and the most effective ways of treating it.

December 29 & 31: A Giant Jurassic Sea Dragon, Unearthed

Among the dinosaurs, giant sea dragons roamed the ancient ocean. Millions of years later, paleontologist Dean R. Lomax and his team freed the remains of one of these colossal creatures from the Earth. Settle in to learn about the once-in-a-lifetime discovery of the 10-meter-long Rutland ichthyosaur: the largest and most complete ichthyosaur ever unearthed in Britain and one of the greatest finds in the country's paleontological history.





team member spotlight

Hawah Bates - CNA

Hawah has been at Montereau for five years and loves taking care of her residents. She says she also enjoys working as a team and considers herself lucky to work with so many wonderful people.

Hawah was born in Monrovia, Liberia and moved to the United States when she was five years old. She grew up in Richmond, Virginia and moved to Tulsa in 2013.

Hawah is very family-oriented. She likes spending her free time with her fiancé and three kids. She enjoys cooking and crafting in her spare time.



As a Certified Event Planner, she also likes to plan events and enjoys catering. Other favorite activities are shopping, visiting friends, and travel whenever she has the time.

Giving back to her community is important to Hawah. She volunteers at her children's school and at their church. She also makes sure to do one good deed each month.

Be sure to say "Hello" to Hawah when you see her at Montereau and thank her for her service here.



brain puzzle

ACROSS

- 1) Backyard part, for many
- 6) Facts, in casual conversation
- 10) Equine color
- 14) "___ you ashamed of yourself?"
- 15) Film ___ (movie genre)
- 16) Sax range
- 17) Three outer attachments
- 20) Like windows and beauty pageant contestants
- 21) Kind of cocktail fizz
- 22) Cook a turkey
- 25) Tree nymph in Greek myth
- 26) Dracula portrayer Lugosi
- 30) Carnivore's choice
- 32) Log-in need
- 35) Famous furrier's philanthropic family
- 41) Three outer attachments
- 43) Mint family herb
- 44) Devotional sequences
- 45) Arm of the British military?
- 47) Vowelless attention-getter
- 48) Dele revokers
- 53) "Later!"
- 56) Call up to answer charges
- 58) Anyone, to a lawyer (with "ever")
- 63) Three outer attachments
- 66) "So what ___ is new?"
- 67) Monocle, e.g.
- 68) Type of organs or signs
- 69) Charlie Brown says it
- 70) Obscene material
- 71) Dictator's helper?

DOWN

- 1) Golf standards
- 2) Field of expertise
- 3) Bigelow beverages
- 4) Creep slowly
- 5) A wise beginning?
- 6) Shoo-___
- 7) "Immediately!"
- 8) Cinco de Mayo celebration, e.g.
- 9) Type of hygiene
- 10) Car built for speed
- 11) Method conclusion?
- 12) Open courtyards
- 13) "... with ___ in sight"
- 18) Tokyo, once
- 19) Angler's requirement
- 23) Pistol pellets, e.g.
- 24) Becomes enraged
- 26) Mulberry, for one
- 27) Sports-channel award
- 28) Pastoral expanses
- 29) Semicircle shapes
- 31) A close watch
- 33) "The Matrix " role
- 34) Concert equipment
- 36) "America the Beautiful" ender
- 37) Field covering
- 38) Affirmatives in Arles
- 39) Some numbered rds.
- 40) Binary or buddy (Abbr.)
- 42) "Beloved" author Morrison
- 46) Bicycle built for two
- 48) Cavalry weapon
- 49) Carefree song syllables
- 50) Surrealist artist Max
- 51) Film director's units
- 52) Bro sib
- 54) Nocturnal hooter
- 55) Switchblades
- 57) Mousse relatives
- 59) Skip past
- 60) Tiny parasite
- 61) Laurel of old-time comedies
- 62) Capital of Norway
- 64) Wildebeest
- 65) "Guinness World Records" suffix

WIDE SPREAD

By Kenneth Holt

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