



Voice of Vitality

december 2018

A Montereau Publication
Tulsa, Oklahoma

Are you ready for the holidays? We have plenty of events and trips to get you in the holiday spirit.

Check out the holiday lights around Tulsa on one of our Holiday Light Tours. Explore Philbrook Museum's Festival of Trees during our S.T.A.R. event. You can also deck Montereau's halls and participate in the Door Decorating Contest.

We'll offer several opportunities for you to do your holiday shopping. Pick up unique gifts on trips to The Perfect Touch

Gift Store and Zella's Boutique. Don't forget The Spa at Montereau for your holiday gifts! Check out the amazing Spa Special on page 22!

After you have your gifts purchased, bring them to us to wrap! We will host our popular Gift Wrapping event again this year. We'll have all the supplies and cocoa and cookies for you to enjoy while you wait.

There are several chances for you to enjoy Christmas music this holiday season also. Spread good cheer by caroling in our dining rooms, be inspired by young talent

at a special piano recital, and hear your holiday favorites performed by our very own Montereau Chorus!

Our favorite holiday event, Merry Mingle, is back - with a few changes. This year, Santa will sit by the fireplace to hear kids' Christmas wishes and hand out toys. We will provide heavy hors d'oeuvres in the Coterie Theatre for kids and the young-at-heart. Don't miss the fun!

Welcome the new year with your friends at our New Year's Eve Party! The Jambalaya Jass Band will entertain as you say hello to 2019! *See more details on pages 2-15.*



All loaded up and nowhere to go! Montereau veterans were all set to ride a trolley in Tulsa's Veterans Day Parade. Unfortunately, the parade was cancelled at the last minute due to snow.

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calendar highlights - december 1 - 2



Montereau Featured Artists of the Month

Enjoy the art works of Johnna Himes on display in the Studio de Monet and the works of Chuck Scott in the Health Center Gallery.



Door Decorating Contest

Show off your holiday spirit by decking Montereau's halls! Decorate your door this holiday season to participate in our Door Decorating Contest and you could win a prize. We will judge the decorations of apartment doors in The Towers and Garden Homes beginning at 2:00 p.m. on Monday, December 17. Be sure to have any lights or other decorations turned on during this time. Mark your reservation sheet if you would like to participate in the contest so we know to stop by your home for judging.



Saturday, December 1 • 10:30 a.m. • Bus Trip

Zella's Boutique Trip

Catch the bus to Zella's Boutique in south Tulsa to shop for unique clothing and accessories. Bring money for purchases. Mark your reservation sheet for a seat on the bus. The bus will return to Montereau by 12:15 p.m. A minimum of eight people is required for this trip.



Saturday, December 1

Employee Holiday Party: No Dinner Service

Montereau has invited all staff to attend the Montereau Employee Holiday Party on the evening of Saturday, December 1. In order to allow the Food & Beverage team to attend the party, there will be no dinner services on this evening. The Spa Café will close at 2:00 p.m. Please plan your meals accordingly. Thank you in advance for allowing Montereau's staff to enjoy this fun time together.



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

Tulsa Youth Symphony Concert Trip

The Tulsa Youth Symphony will present its annual Fall Festival Concert with performances by the Symphony Orchestra, Concert Orchestra and Preparatory String Orchestra. Music will include selections Beethoven, Brahms, Tchaikovsky, and popular music from the movies. Tickets are \$10 each and may be purchased at the door. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation to this concert.

calendar highlights - december 3 - 4

Monday, December 3 • 2:00 p.m. • Villa Dining Room Fitness Committee Meeting

The Resident Fitness Committee meets the first Monday of each month. Contact Vana at (918) 728-8128 for more information.



Monday, December 3 • 4:30 p.m. • City View Lounge Dinner Music with Spencer Sutton

Enjoy the music of talented pianist Spencer Sutton during dinner.



Tuesday, December 4 • 10:00 a.m. - 4:00 p.m. Studio de Monet

American Red Cross Blood Drive

Montereau has teamed up with the American Red Cross once again to bring a blood drive to you! The need for blood is especially critical right now. Hurricanes Michael and Florence forced the cancellation of blood drives across a large geographical area, leaving thousands of units of blood uncollected. This Blood Drive is open to the public so encourage your friends and family to come donate. Contact Molly for details or to sign up: (918) 491-5285 or mlyden@montereau.net.



Tuesday, December 4 • 2:00 p.m. & 3:00 p.m. Various Locations

Resident Committee Meetings at 2:00 p.m. R.O.S.E. Committee at 3:00 p.m.

Resident advisory committees provide ideas and support to each of Montereau's departments. They meet on the first Tuesday of each month.

A list of resident committees is posted in the Post Office.

Due to construction, meeting locations have changed. The locations for the December meetings are:

- Activities Committee - Health Center Conference Room
- Environmental Services - Villa Dining Room
- Food & Beverage Committee - City View Lounge
- Resident Relations Committee - City View Lounge
- ROSE Committee - Coterie Theatre



calendar highlights - december 5 - 6



Wednesday, December 5 • 2:00 p.m. • French Quarter **Cleo's Story: Paper Roses**

Montereau's favorite storyteller will entertain you with the story "Paper Roses" by Amanda Cabot. The book tells the story of Sarah Dobbs, who leaves the past behind in Philadelphia to greet her groom in Texas, a man she has never met but whose letters have won her heart from afar. But there is one problem - he has died. And Sarah cannot go back East. Mark your reservation sheet to attend.



Wednesday, December 5 • 3:00 p.m. • Fitness Center **Fitness Center Orientation**

Get the most from your workout! Attend this orientation for great information about how to use the Fitness Center equipment. Beginners and long-time exercisers will benefit from this session. Wellness Specialists Katie and Vana will show you how to utilize the machines so your exercise is safe and effective. Sign up in the book by the Post Office to attend. Call Vana at (918) 728-8128 for more information.



Wednesday, December 5 • 6:00 p.m. • Bus Trip **TU vs. OSU Basketball Game Trip**

Residents were given the opportunity in November to reserve a ticket for this basketball game trip. Be on the lookout for more exciting trips!



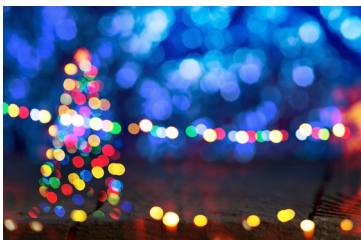
Thursday, December 6 • 2:30 p.m. • Philbrook Museum **S.T.A.R. Event at Philbrook**

Celebrate the season at Philbrook's Festival of Trees during this Montereau S.T.A.R. event. Contact the Marketing Department at (918) 495-1500 for more information.

Thursday, December 6 & Monday, December 10 **6:30 p.m. • Bus Trips**

Holiday Lights Tours

Get in the holiday spirit and enjoy the beautiful lights of the Tulsa area on a tour with your Montereau friends. After the tour, we will stop at the Village Inn for a slice of pie and a warm drink. The cost of the tour and refreshments is \$15 and will be billed to your monthly statement. Mark your reservation sheet for a seat on the bus. **Please only sign up for one Holiday Lights Tour.** You are required to cancel by noon on Wednesday, December 5 for the first tour and by noon on Friday, December 7 for the second tour. All cancellations after the deadline will be billed \$15 for the trip. Due to popularity we ask that you do not invite guests. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.



calendar highlights - december 7 - 8

Friday, December 7 • 9:00 a.m. •

Montereau Warren Chapel

Meditation & Prayer

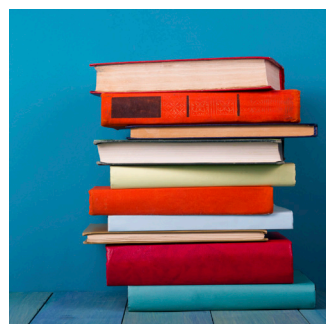
Take time for quiet meditation and prayer in the chapel. This is a self-led opportunity for reflection.



Friday, October 7 & 21 • 3:15 p.m. • 6th Floor Library

The Reading Group

The Reading Group meets twice per month to discuss readings from “50 Great Classic Short Stories”. If you are interested in being a part of the Reading Group, contact Kristen Schooley at (918) 491-5233 or kschooley@montereau.net.



Saturday, December 8 • 8:00 a.m. • Bus Trip

Jingle Bell Run

Join Team Montereau at the BOK Center for the Jingle Bell Run! The Arthritis Foundation's Jingle Bell Run is a fun way to get festive while walking or running to raise funds and awareness to cure America's #1 cause of disability. You can register online or contact Katie Eddins to sign up. You can even “Jingle in Your Jammies” with a donation of \$30 without participating in the race and still get your long sleeved shirt! Contact Katie at (918) 491-5278 or keddins@montereau.net. Mark your reservation sheet for a seat on the bus.



Saturday, December 8 • 10:30 a.m. • Bus Trip

The Perfect Touch Gift Store Trip

Catch the bus to The Perfect Touch Gift Store in south Tulsa. Shop for gifts from brands including Brighton, Vera Bradley and Tyler Candles. Bring money for your purchases. Mark your reservation sheet for a seat on the bus. The bus will return to Montereau by noon. A minimum of eight people is required for this trip.



Saturday, December 8 • 2:45 p.m. • Coterie Theatre

Bingo!

It's your chance to win a cash prize. Bingo card packs are \$5 cash and include cards for 9 games. Cards go on sale at 2:45 and games start at 3:00.



calendar highlights - december 9 - 11

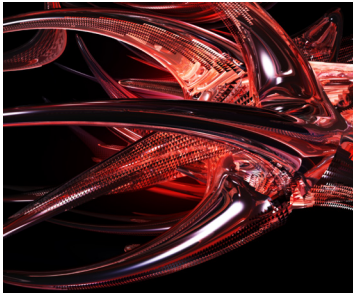


Sunday, December 9 • 1:00 p.m. •

Montereau Warren Chapel

Fellowship Lutheran Church Services

All are welcome to join Fellowship Lutheran Church for worship and holy communion in the Montereau Warren Chapel.



Sunday, December 9 at 3:00 p.m. &

Thursday, December 20 at 7:15 p.m. • Le Cinéma

"Chihuly Glass: Putti" on DVD

See the process and the completed beautiful blown glass works by master artist Dale Chihuly! The featured works on this DVD are the Putti Mischievous Creatures series. Mr. Chihuly worked with famous Italian blown glass artist Pino Signoretto on this series of blown glass vessels with the mischievous creatures attached. Mark your reservation sheet to attend. **Please mark for only one date.**



Sunday, December 9 • 5:00 p.m. • Coterie Theatre

Montereau Chorus Christmas Program

Enjoy the annual Montereau Chorus Christmas Program! Hum along as the chorus sings favorite carols and holiday tunes. The program's emcee is Ted Robertson with chorus director Darline Calvert and accompanist Judy Werner. Please mark your reservation sheet to attend this event.



Monday, December 10 • 4:30 p.m. • City View Lounge

Dinner Music with Sutton & Bruner

Enjoy dinner and listen to music performed by talented pianist Spencer Sutton and guitarist Mark Bruner.

Tuesday, December 11 • 8:00 a.m. to 12:00 p.m.

Concierge Desk

Food Bank Donations



Please bring your food donations, cash or checks to the Concierge desk on the day of the Food Bank trips and our volunteers will deliver them. Most-needed items are canned meats (tuna, chicken, etc), canned or packaged fruit, canned or boxed meals, soup and stew, peanut butter, pasta and sauce, rice, breakfast cereals, etc. Checks should be payable to the Community Food Bank of Eastern Oklahoma. Thank you for your help.

Tuesday, December 11 • 11:45 a.m. • Spa Café

Christmas Caroling

Spread holiday cheer by caroling in the dining rooms of Montereau! We will gather in the Spa Café for a brief practice and then head to the Health Center dining rooms for caroling. Festive attire is encouraged! The caroling should conclude by 12:45 p.m. Mark your reservation sheet to participate in this event.



Tuesday, December 11 • 12:30 p.m. • Bus Trip

Food Bank Volunteers

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. Do sign up early to be sure to get a seat on the bus! Call resident Lloyd Z. at (918) 493-1160 for more information. **Due to the Christmas holiday we will only have one Food Bank Volunteer trip this month.**



Tuesday, December 11 • 1:30 p.m. • Bus Trip

Woodland Hills Mall Trip

Finish up (or start) your holiday shopping at Woodland Hills Mall. The bus will return to take you back to Montereau at 4:00 p.m. Mark your reservation sheet to reserve a seat on the bus.



Tuesday, December 11 • 3:00 p.m.

HC Conference Room

Caregiver Support Group

This monthly support group can help anyone touched by dementia to overcome the challenges that come with memory loss. Whether you are caring for a loved one with dementia or are suffering from dementia, everyone is encouraged to come share and learn from others. Meetings are held on the second Tuesday of each month.

Contact Ashley at (918) 491-5248 with any questions.



Wednesday, December 12 • 2:00 p.m. • 1st Floor Library

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. Script and supplies are provided. Mark your reservation sheet to participate. Cards are also available to write at your own convenience.



calendar highlights - december 12 - 13



Wednesday, December 12 • 2:30 p.m. • Beaujolais **Book Review with Susan: "Gift of the Magi"**

Hear new insights on this classic story during a book review with Susan. Mark your reservation sheet to attend.



Wednesday, December 12 • 4:00 p.m. **Monterea Warren Chapel**

Episcopal Service

A special "thank you" to the clergy at our neighboring St. Dunstan's Episcopal Church for offering this monthly worship service at Montereau.



Wednesday, December 12 at 4:45 p.m.

Wednesday, December 19 at 5:15 p.m. • Bus Trips **LEDO Trips**

Enjoy fun, friends and pizza as the "Let's Eat Dinner Out" trip goes to Hideaway Pizza in Tulsa Hills. Along with a wide variety of specialty pizzas, you can also find sandwiches, pastas and desserts. Bring money for your dinner. Please note the later departure time for the second trip. Mark your reservation sheet for a seat on the bus. **Please sign up for only one LEDO trip.** Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.



Thursday, December 13 at 3:00 p.m.

Sunday, December 16 at 5:00 p.m. • Coterie Theatre **Best of Broadway Variety Show**

It's time for the 13th Annual Montereau Variety Show! This year's show is "Best of Broadway" and will feature the Montereau Toe Tappers, Stouthearted Men, talented vocalists Howard Frank, Sue Lohmann and Joe Peery and dance routines by the Food and Beverage staff and the Glitter Sparkle Ponies! Due to the popularity of this event, we will hold two performances. Choose either the December 13 matinee or the December 16 evening show. Reservations are required. **Please mark your reservation sheet to attend only one of the performances.**

calendar highlights - december 14

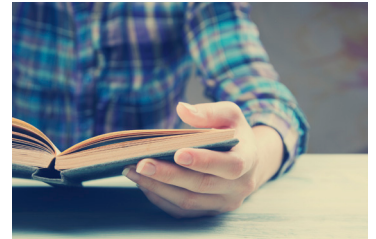
Friday, December 14 • 10:30 a.m. • Studio de Monet Brain Building 2.0

Keep your mind sharp with our new and improved Brain Building 2.0! We'll offer challenging brain games at a variety of skill levels, and you can win fun prizes! Mark your reservation sheet to participate in this activity.



Friday, December 14 & 28 • 3:00 p.m. Health Center Conference Room Modern Novels Book Club

The Modern Novels Book Club is currently reading "Ethan Frome" by Edith Wharton.



Friday, December 14 • 4:00 p.m. • Coterie Theatre Tacky Threads: Ugly Sweater Contest

We'll start Merry Mingle with a fun Ugly Sweater Contest! Wear your tackiest holiday outfit for your shot at the grand prize - a \$25 Target gift card!



Friday, December 14 • 4:00 - 6:00 p.m. Coterie Theatre & Commons Fireplace 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 be in The Towers lobby by the fireplace with gifts for all children 12 and younger. We will have snacks for kids and young-at-heart in the Coterie Theatre, as well as alcoholic beverages available for purchase. Mark your reservation sheet to attend. Please include the number of adults and the number of children 12 and younger who will attend so Santa knows how many toys to bring. The RSVP deadline is Friday, December 7. **There will not be dinner service this evening and the Spa Café will close at 2:00 p.m.**



calendar highlights - december 14 - 18



Friday, December 14 • 6:45 p.m. • Bus Trip

TCC Pops Trip

Celebrate Celtic Christmas traditions during “Christmas in Tulsa with Cherish the Ladies” at this month’s TCC Pops concert. You are responsible for purchasing your own tickets and can do so by calling the VanTrease ticket office at (918) 595-7777. Mark your reservation sheet for a seat on the bus.



Saturday, December 15 • 10:00 a.m. - 2:00 p.m.

Studio de Monet

Gift Wrapping

Let us wrap your presents for you! Bring your gifts to the Studio de Monet during the event and enjoy hot cocoa and cookies while you wait. You may also drop off your gifts in Kristen Schooley’s office located in the Health Center administration suite by 2:00 p.m. on Friday, December 14 between noon and 3:00 p.m. and pick them up on Saturday. We will provide the wrapping paper, bows, and gift tags.

Mark your reservation sheet if you plan to bring gifts for wrapping.



Saturday, December 15 • 3:00 p.m. • Coterie Theatre

Beth Chedester Youth Piano Recital

Encourage young talent and enjoy the Youth Piano Recital! The students of Beth Chedester performing at this recital range in age from five to 16 years old. Mark your reservation sheet to attend this event.



Monday, December 17 • 4:30 p.m. • City View Lounge

Dinner Music with Nick Bratkovich

Enjoy music played by talented accordionist Nick Bratkovich during dinner.



Tuesday, December 18 • 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. Try this trend with us. Coloring materials provided. Mark your reservation sheet to participate in this activity.

calendar highlights - december 18 - 19

Tuesday, December 18 • 2:00 p.m. • Coterie Theatre **Montereau Town Hall**

It's time to hear about what's going on at Montereau. A monthly report will be presented by the chair of each resident committee, department directors and Montereau's CEO, David Murette.



Tuesday, December 18 • 5:00 p.m. • Coterie Theatre **Dinner Music with Vicki Smith**

Enjoy holiday tunes played by talented pianist Vicki L. Smith, Music Director of Fellowship Lutheran Church.



Wednesday, December 19 • 9:30 a.m. • Le Cinéma **New Resident Orientation**

We invite all Montereau residents to attend orientation at any time! Learn more about your meal allowances, the wellness programs we offer, emergency policies and procedures, and much more. You don't want to miss this wealth of information.

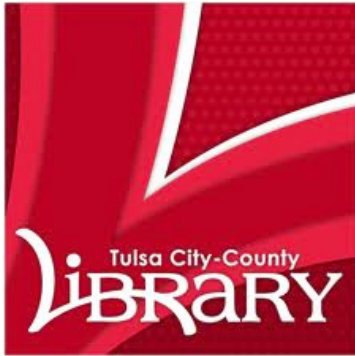
Please contact the concierge desk if you plan to attend:
(918) 491-5200.



Wednesday, December 19 • 1:30 - 2:30 p.m. **Commons Hallway** **Cookie Bake-Off**

Enter the Cookie Bake-off and show off your best cookie recipe! Bring your home-made cookies to the Commons Hallway by 1:30 p.m. to be judged. This contest is open to both Montereau residents and staff. Don't bake? You can still be part of the fun! Stop by, taste the yummy creations, and vote for your favorite. Mark your reservation sheet if you plan to provide cookies and compete in the bake-off.





Thursday, December 20 • 10:00 a.m.

Health Center Concierge Desk **Tulsa Library at Montereau**

The Tulsa City-County Library is bringing even more books to Montereau! The bookmobile will park outside the Health Center entrance so you can visit and check out or return books, audio books and movies. A current Tulsa library card is required, and you can get one at the event, if needed.



Thursday, December 20 • 1:00 p.m.

Montereau Warren Chapel **Great Stories of the Bible**

Bible stories shared through the oral tradition of the prophets and God's Holy people perpetuated their knowledge of spiritual happenings through the spoken word. Their testaments of faith were heard, remembered and passed on from generation to generation. This tradition will continue with readings by our "Chapel Storytellers" and "Psalmists" choral-reading group as directed by our own resident Charles David McCally. The reading for this month is "The Nativity: Jesus is Born."

Thursday, December 20 • Time TBA • Bus Trip

Matinee Movie Trip



See the new musical film "Mary Poppins Returns" starring Emily Blunt, Colin Firth, Meryl Streep and Lin Manuel Miranda, with appearances by Angela Lansbury and Dick Van Dyke. Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. This movie is rated PG. Tickets are \$10 and will be purchased in advance and billed to your monthly statement. You will be responsible for concession purchases. The cancellation deadline is December 18 at 1:00 p.m. Please cancel by this date and time to avoid being charged for the movie ticket. Mark your reservation sheet for a seat on the bus. Seats available on a first-come, first-served basis. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.

calendar highlights - december 20 - 22

Thursday, December 20 • 6:30 p.m.
Monterea Warren Chapel

Hymns with Friends

All are welcome to join us for a fun monthly hymn sing-along.



Friday, December 21 • 3:00 p.m.

Monterea Warren Chapel

Pre-Christmas Eve Service with Boston Avenue United Methodist Church

Join Reverend David Wiggs from Boston Avenue United Methodist Church for a special Pre-Christmas Eve Service in our chapel. College students will offer special music and lead the congregation in singing some of your favorite Christmas hymns.



Saturday, December 22 • 3:00 p.m. • Le Cinéma

Holiday Movie: "The Christmas Wish"

Family secrets, a mysterious journal, and more questions than answers are uncovered when Will Martin (Neil Patrick Harris) returns home for Thanksgiving to temporarily take over the family business. Will, who was raised by his grandparents, discovers that this holiday will be different when his grandmother (Debbie Reynolds) presents him with a strange mystery found after reading his grandfather's journals. Also starring Naomi Watts and Alexandra Wilson. This film is not rated. Mark your reservation sheet to attend this event.



Saturday, December 22 • 6:15 p.m. • Bus Trip

"Christmas with Brian Nhira & Friends" Concert Trip

Brian Nhira, vocalist and Season 10 finalist on The Voice, presents his third annual Christmas concert at the TCC Van Trease PACE. Musical guests include other alumni of The Voice, as well as the Jenks High School Trojanaires and Rustic Cuff's Jill Donovan. A portion of the proceeds will benefit Backpack Project, which provides backpacks and school supplies for children in need. You are responsible for purchasing your own concert ticket and can do so by calling the TCC PACE ticket office at (918) 595-7777. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Monterea to provide transportation to this concert. Otherwise you will need to carpool.



calendar highlights - december 24 - 26



Monday, December 24 • 4:00 p.m.

Montereau Warren Chapel

Christmas Eve Candlelight Service

All are welcome to a celebration of Christ's birth including selected readings from the Bible and singing.



Monday, December 24 • 5:00 - 7:30 p.m.

Coterie Theatre

Christmas Eve Dinner

Enjoy a special Christmas Eve Grand Buffet! The cost of the dinner is \$24 and will be charged to your meal allowance. The regular dinner menu will not be available this evening. The Spa Café will be open until 7:00 p.m. and the City View Lounge will offer drink service only. Please call Shereen at (918) 491-5266 to make your dinner reservations.



Tuesday, December 25 • 11:00 a.m. to 2:30 p.m.

Coterie Theatre

Christmas Day Grand Buffet

Bring your family and friends for a special Christmas Day Buffet brunch. The cost of the brunch is \$18 and will be charged to your meal allowance. This will be the only meal service on this day. The Spa Café and City View Lounge will not be open for service. Please call Shereen at (918) 491-5266 to make your brunch reservations.



Wednesday, December 26 • 4:30 p.m.

City View Lounge

Dinner Music with Jim Tate

Enjoy the music of guitarist Jim Tate during dinner.

calendar highlights - december 27 - 31

Thursday, December 27 • 3:00 p.m. • Coterie Theatre

Mary Helen Stanley Book Review

Enjoy learning about the life of Hollywood film legend John Wayne with Mary Helen Stanley. Marion Morrison, aka John Wayne, began his career in Hollywood as an extra and a prop man before esteemed director John Ford gave him his breakout role in 1939's "Stagecoach." Mr. Wayne starred in numerous films and won an Oscar for his portrayal of Rooster Cogburn in the film "True Grit" in 1969. Mary Helen is a wonderful storyteller and will bring "The Duke" to life! Mark your reservation sheet to attend this event.



Friday, December 28 • 5:00 p.m. • Coterie Theatre

Dinner Music with Sandy Knox

Enjoy music by pianist Sandy Knox during dinner.



Saturday, December 29 • 10:30 a.m. • Bus Trip

Trader Joe's Trip

Catch the bus to Trader Joe's, a specialty grocery store offering deli, dairy, produce, frozen foods and more. Bring money for your purchases. The bus will return to Montereau by 12:15 p.m. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation.



Monday, December 31 • 5:00 - 7:30 p.m.

Coterie Theatre

New Year's Eve Dinner

Start your New Year's celebration with a delicious dinner buffet. The cost of dinner is \$24 and will be charged to your meal allowance. The regular dinner menu will not be available. The Spa Café will be open until 7:00 p.m. and the City View Lounge will offer drink service only. Please call Shereen at (918) 491-5266 to make your dinner reservations.



Monday, December 31 • 8:00 - 11:00 p.m.

Coterie Theatre

New Year's Eve Party

Say goodbye to 2018 and ring in 2019! Listen and dance to music by the Jambalaya Jass Band. We will note when it is midnight in New York with a champagne toast.

Alcoholic beverages will be available for purchase. Festive attire is encouraged. Mark your reservation sheet to attend. Guests are \$20 per person and will be billed to your account. Please limit guests to one per person. Table seating is on a first-come, first-served basis and reservations will not be taken for specific tables.



movies showing in december

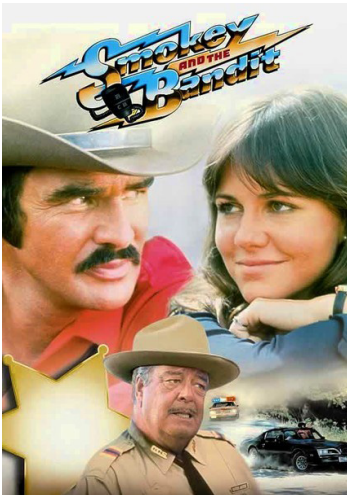


**Monday, December 3 at 1:45 &
Tuesday, December 4 at 7:15 p.m. • Le Cinéma**

The Catcher Was a Spy

2018 Movie: In this fact-based World War II thriller, Boston Red Sox catcher Moe Berg (Paul Rudd) follows a mediocre baseball career with a heroic stint in military intelligence when he's tasked with stopping the Nazis' efforts to build an atomic bomb. Co-starring Sienna Miller, Guy Pierce, Paul Giamatti and Jeff Daniels.

1 Hour 34 Minutes - Rated R (Sexuality, violence, language)



Wednesday, December 5 • 7:15 p.m. • Le Cinéma

Smokey & The Bandit

1977 Movie: A race car driver named Bandit (Burt Reynolds) makes a bet that he can transport an illegal shipment of beer from Texas to Atlanta in less than 28 hours. Along the way, he picks up a reluctant bride-to-be (Sally Field) whose future father-in-law is Sheriff "Smokey" Justice (Jackie Gleason).

1 Hour 36 Minutes - Rated PG



**Monday, December 10 at 1:45 &
Tuesday, December 11 at 7:15 p.m. • Le Cinéma**

Auntie Mame

1958 Movie: Rosalind Russell dazzles in a tour de force performance as the larger-than-life Mame Dennis, who unexpectedly gains custody of her young nephew Patrick in 1920s New York. As Patrick grows, he learns to live by Auntie Mame's motto: "Life is a banquet, and most poor suckers are starving to death!" Peggy Cass, Coral Browne and Pippa Scott co-star in this exhilarating comedy based on the memoir by Patrick Dennis..

2 Hour 23 Minutes - Not Rated

wednesday movie theme: burt reynolds

**Monday, December 17 at 1:45 &
Tuesday, December 18 at 7:15 p.m. • Le Cinéma**

Oklahoma!

1955 Movie: During Oklahoma's freewheeling territorial days, coquettish Laurey Williams (Shirley Jones) falls for good-natured cowboy Curly McLain (Gordon MacRae). Unfortunately, she also provokes the unwanted affections of brooding hired hand Jud Fry (Rod Steiger). Classic Rodgers and Hammerstein songs abound in this Academy Award-winning musical from director Fred Zinnemann that was adapted for the big screen after a successful Broadway run.

2 Hour 25 Minutes - Rated G



Wednesday, December 26 • 7:15 p.m. • Le Cinéma

The Last Movie Star

2018 Movie: Aging actor Vic Edwards (Burt Reynolds) is no longer the toast of Hollywood, but he hasn't lost his desire for the spotlight and agrees to accept an award at a film festival. When he finds it's a low-rent affair, he slips away and begins a journey into his past. Co-starring Chevy Chase and Ariel Winter.

1 Hour 43 Minutes - Rated R (Sexuality, partial nudity)



The Movie Committee Wants You!

Montereau's Movie Committee is looking for new members! The Movie Committee is a fun and easy way to participate in the Montereau community and gain volunteer hours. Committee members attend a quarterly lunch meeting and are responsible for playing movies in Le Cinema and/or making popcorn once or twice per month. We will train new members and work with your schedule. Please consider joining us! The next meeting is Monday, January 7 at 11:00 a.m. in the City View Lounge. We hope to see you there! Contact Molly with any questions: (918) 491-5285 or mlyden@montereau.net.



MONTEREAU

You're First

Monterneau Personal Care and Companion Services

Our trained caregivers help you meet the challenges of post-operation rehabilitation with the following services:

- Bathing, grooming, assistance with dressing
- Check of vital signs
- Medication management and reminders
- Companionship and socialization
- Activities and reminders
- Assistance with walking and transferring
- Incontinence care

If routine chores are more challenging at this time, a little help from the staff of professionals on our *You're First* team can make a big difference in your level of independence and quality of life. Services include:

- Healthy meal planning and preparation
- Light housekeeping and laundry
- Linen service
- Shopping and errands
- Transportation to appointments
- Dog walking
- Additional services for individual needs

For more information, please call (918) 491-5226 or email yourefirst@monterneau.net.

Wellness Clinic

9:00 a.m. - 4:00 p.m.

Monday - Friday

Tess Morris, RN

Call (918) 491-5218 for All Appointments
(Except Audiology)

tmorris@monterneau.net

Lab Draw

Wednesdays 9:30 a.m. to 10:30 a.m.

Physician Order Required

Dr. Chandini Sharma, MD

Call for Appointment

Airyn Christiano, Audiologist

1st & 3rd Tuesdays

Call (918) 749-7711 for Appointment

Eye Care Associates of Tulsa

Call for Appointment

Glacier Healthcare Podiatry

Call for Appointment

Louie "The Diabetic Guy"

Orthotics, Shoes, Supplies (Home Delivery Available)

Call for Appointment

wellness letter

Happy December!

Winter is here and Christmas is coming!! Christmas time is a favorite time of year for me. I have my house decorated and love the Montereau Christmas decorations. Aren't we lucky that we are one big family here at Montereau? We have wonderful residents and staff who bring love and support not only in the holiday season, but all year long.

Christmas time can be a challenge for our waist lines! There are goodies and snacks galore and less time to exercise with all the comings and goings. What should we do? Well, "everything in moderation." I vote for a cookie here and there but don't go overboard.

You may not have as much time to exercise or it may be too cold to walk outside, but don't forego it all together. Take ten minutes here and there to exercise or be active.

Lastly, take it easy on the alcohol. Reserve drinking for special occasions and remember to drink plenty of water!

Now take a moment to reflect on 2018. I am willing to bet you had some good times and some tough times. We certainly know life isn't easy. When something bad happens I think to myself, "God, I don't know why this happened, but I trust you no matter what." When my dad died 15 years ago in December, it was very hard. But, as much as I miss him, I know God has a plan and we will be together in heaven one day. Let's focus on all the blessings we do have. Being grateful does wonders for the soul.

In closing, we strive to spread health and happiness in our Vitality Wellness Program. We want to thank each one of you for making our jobs fun and rewarding. Our goal for you is to be a Whole Person – Spirit, Mind, and Body. I wish you a very Merry Christmas.

Katie Eddins

Wellness Specialist



employee spotlight

Maria - CNA

Maria has been a Certified Nurse Aid at Montereau for five years. She loves that she gets to learn something new about her residents each day.

Maria is a proud mother of four and works hard to be a good example for her children. She's explains that she had her first child at a young age and under difficult circumstances.

Six years ago, she decided to get her GED so her kids can look up to her and so she can be proud of herself. Because of that decision, she was able to come



work at Montereau and is able to make a positive impact on the lives of the residents with whom she works. It is important to Maria to make a difference for the residents, just as people did for her when she was struggling.

Now her oldest is in school to be a petroleum engineer and another child works in heating and air. Her two youngest are still in high school.

When Maria is not working she enjoys cooking, fishing, as well as riding bikes and taking walks.

December Sudoku Puzzle

1					7			
				2				5
	6	9						2
		3				2		
4	9	8						
				7	8			
7				4		6		
		6	3			9		
	5					8		

The objective is to fill the grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.

9	5	1	7	6	2	8	3	4
8	4	6	3	5	1	9	2	7
7	3	2	8	4	9	6	5	1
2	1	5	6	7	8	4	9	3
4	9	8	2	1	3	5	7	6
6	7	3	4	9	5	2	1	8
5	6	9	1	3	4	7	8	2
3	8	7	9	2	6	1	4	5
1	2	4	5	8	7	3	6	9

photo gallery



We honored our veterans at a special tribute program, including those who have participated in the Oklahoma Warriors Honor Flight to Washington D.C.



We celebrated the beginning of our renovation project at our Hard Hat Happy Hour.



We enjoyed a delicious dinner at Michael V's!

Visit the Spa Boutique for all your holiday shopping and wrapping needs! Browse our extensive collection of holiday gifts, including jewelry, home decor, bath products and handbags.

Take advantage of this month's Spa Special (below) and give the gift of relaxation this year with a gift certificate for spa services!

Remember to make your spa holiday appointments soon – availability is limited.

Spa Closings:

- Monday, December 24
- Tuesday, December 25
- Wednesday, December 26
- Tuesday, January 1



The Spa at Montereau

December Spa Special

**Purchase a \$100 spa gift certificate
for just \$80!**

- Offer valid through December 21, 2018
- Gift certificates valid for one year

Call 918.491.5251 or see Suzy in the spa to purchase a gift certificate!

upcoming events

Here's what we're planning for January!

- New Year's Day Buffet - January 1
- Movie Committee Meeting - January 7
- Vitality Fitness Analysis - January 22, 23, 28, & 31
- Dinner Music with the Sugar Time Band - January 31

Look for more details in your January *Voice of Vitality* newsletter!



Saturday Massage Services

Start your weekend off with relaxation! Debbie, our massage therapist, is available for Saturday massage services.

- 30, 60, or 90 minute massages available
- Appointment times available from 11:00 a.m. until 3:00 p.m.
- Call to book an appointment: (918) 41-5251

Remember - our spa is open to outside guests so invite your friends and family to check it out!

spice of the month

It's best known for its bite, but cayenne pepper has huge health benefits as well.

Grab the cayenne if you're looking to lose weight. In one study, researchers found that cayenne pepper helps increase participants' body temperatures and the amount of calories they burned. Just a half a teaspoon with a meal can help suppress appetite and burn calories. Participants who didn't regularly use the spice also reported decreased cravings for salty, fatty or sweet foods.

The same compound that make cayenne good for burning calories, capsaicin, can act as a decongestant. It stimulates the release of mucus from respiratory passages and opens your airways.

Capsaicin also inhibits substance P, a neuropeptide associated with inflammatory pain processes. Capsaicin has been studied intensively for a variety of health benefits. The health benefits of cayenne include using it as a topical analgesic – several clinical studies show that capsaicin cream can temporarily relieve chronic pain due to rheumatoid arthritis, osteoarthritis, psoriasis, shingles and diabetic neuropathy.

Some people believe spicy foods can cause ulcers, but the opposite might be true. Recent studies have suggested that capsaicin helps kill bacteria, which may have a protective effect against ulcers, the uncomfortable sores that can develop inside the stomach lining or small intestine.

A little goes a long way so be careful when adding cayenne pepper to your food. Try sprinkling a small amount in soups or sauces and taste before adding more. Ask your server for the spice rack to give it a try.

