

MONTEREAU

february 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Contact Information: Wellness Clinic: (918) 491-5218 Fitness Programs: (918) 491-5293 Activities & Events: (918) 491-5232</p>		<p>For events requiring a reservation complete your signup sheet and turn in to the concierge or call the activities reservation line at (918) 491-5245.</p>			<p>TRIP! 1</p> <p>9:00 Body Max 30 (ES) 9:00 Meditation & Prayer (MWC) *9:30 Tulsa Town Hall Trip: Lara Logan 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 3:15 The Reading Group (6th Floor Library) National Go Red Day</p>	<p>TRIP! 2</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *10:30 Tulsa Boat, Sport and Travel Show Trip 11:00 - 12:30 Ping Pong (ES) *6:00 All Souls Unitarian Church Trip: "Sing for Our Schools"</p>
<p>TRIP! 3</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) *3:00 Trader Joe's Trip 5:00 Super Bowl Watch Party (LC)</p>	<p>4</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:00 Core (ES) 10:00 Basic Stretch & Tone (CT) 1:00 Chair Yoga (ES) 1:45 Toe Tappers (ES) 1:45 Movie: "Crazy Rich Asians" (LC) 2:00 Fitness Committee (VDR) 2:00 - 3:00 Blood Pressure Clinic (WC) 4:30 Dinner Music with Spencer Sutton (CVL)</p>	<p>TRIP! 5</p> <p>9:00 Winter Workout (ES) 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Hearing Clinic with Audiologist (WC) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (ES) 2:00 Resident Committee Meetings (HCC, SM, CVL, VDR) 3:00 ROSE Committee Meeting (SM) 7:15 Movie: "Crazy Rich Asians" (LC) Turn in volunteer forms to concierge by the 5th of the month!</p>	<p>6</p> <p>9:00 Body Max 30 (ES) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 11:00 - 12:30 Ping Pong (ES) 1:00 Chair Yoga (ES) 1:30 Painting Class (SM) 2:00 Cleo's Story: Megan Markle - American Princess (FQ) 2:00 Move to the Music with Melanie (ES) 2:45 Beginner Tap (ES) 3:15 Toe Tappers (ES) 7:15 Movie: "At Middleton" (LC)</p>	<p>TRIP! 7</p> <p>*8:30 Grissom Volunteers Trip 9:00 Aquatics Orientation (Pool) 9:00 Winter Workout (ES) 9:30 Aquatics (Pool) 10:00 Catholic Mass (MWC) 10:00 - 12:00 Candy Gram Sales (1st Floor Library) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Reduce Arthritis Pain (ES) 2:00 Bible Study (MWC) 2:30 R2R Team Meeting (MWC) 2:45 Beginner Bridge (FQ) 3:00 Groundhog Day Happy Hour (CT)</p>	<p>8</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 10:00 - 12:00 Candy Gram Sales (1st Floor Library) 2:00 Birthday Party (CVL) 3:00 Modern Novels Book Club (HCC)</p>	<p>TRIP! 9</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *10:00 TU Basketball Game Trip 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (CT)</p>
<p>10</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) 3:00 America's Most Scenic Drives DVD Series (LC)</p>	<p>11</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:00 Core (ES) 10:00 Basic Stretch & Tone (CT) 1:00 Chair Yoga (ES) 1:00 Fellowship Lutheran Service (MWC) 1:45 Toe Tappers (ES) 1:45 Movie: "To Wong Foo, Thanks For Everything, Julie Newmar" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 4:30 Dinner Music with Sutton & Bruner (CVL)</p>	<p>TRIP! 12</p> <p>8:00 - 12:00 Food Bank Donations (CD) 9:00 Winter Workout (ES) 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) *12:30 Food Bank Volunteers Trip *12:30 Ping Pong Competition at Oklahoma Methodist Manor Trip 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (ES) *1:30 Woodland Hills Mall Trip 3:00 Caregiver Support Group (HCC) 7:15 Movie: "To Wong Foo, Thanks For Everything, Julie Newmar" (LC)</p>	<p>13</p> <p>9:00 Body Max 30 (ES) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 11:00 - 12:30 Ping Pong (ES) 1:00 Chair Yoga (ES) 1:30 Painting Class (SM) 2:00 Thank You Note Writing (1st Floor Library) 2:45 Beginner Tap (ES) 3:15 Toe Tappers (ES) 4:00 Episcopal Service (MWC) 7:15 Movie: "Sleepless in Seattle" (LC) 7:30 GriefShare (B)</p>	<p>TRIP! 14</p> <p>*8:30 Grissom Volunteers Trip 9:00 Winter Workout (ES) 9:30 Aquatics (Pool) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Reduce Arthritis Pain (ES) 2:00 Bible Study (MWC) 2:45 Beginner Bridge (FQ) 3:00 Alzheimer's & Dementia Education: Know the 10 Signs (CT) 5:00 - 7:30 Valentine's Dinner Music with Nick Bratkovich (CT)</p>	<p>TRIP! 15</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 3:15 The Reading Group (6th Floor Library) *6:45 TCC Pops Trip: "Breaking Good: Signature Big Band with Walter White"</p>	<p>TRIP! 16</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *10:30 Whole Foods Market Trip 11:00 - 12:30 Ping Pong (ES)</p>

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<p>TRIP! 17</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) *1:30 Tulsa Opera Trip: "The Little Prince"</p>	<p>18</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:00 Core (ES) 10:00 Basic Stretch & Tone (CT) 1:00 Chair Yoga (ES) 1:45 Toe Tappers (ES) 1:45 Movie: "North by Northwest" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:45 Chorus Rehearsal (CT) 4:30 Dinner Music with Nick Bratkovich (CVL)</p>	<p>TRIP! 19</p> <p>9:00 Winter Workout (ES) 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (ES) 1:00 Color Me Calm (SM) 1:00 Hearing Clinic with Audiologist (WC) 2:00 Monterey Town Hall (CT) 7:15 Movie: "North by Northwest" (LC)</p>	<p>TRIP! 20</p> <p>9:00 Body Max 30 (ES) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 9:30 New Resident Orientation (LC) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 11:00 - 12:30 Ping Pong (ES) 1:00 Chair Yoga (ES) 1:30 Painting Class (SM) 2:00 Move to the Music with Melanie (ES) 2:45 Beginner Tap (ES) 3:15 Toe Tappers (ES) *4:45 LEDO Trip #1 7:30 GriefShare (B)</p>	<p>TRIP! 21</p> <p>*8:00 Walking Group: Woodland Hills Mall 9:00 Winter Workout (ES) 9:30 Aquatics (Pool) 10:00 Tulsa Library at Monterey (HC Concierge Desk) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Reduce Arthritis Pain (ES) *1:30 Fleming's Footwear Trip 2:00 Bible Study (MWC) 2:45 Beginner Bridge (FQ) 6:30 Hymns with Friends (MWC) 7:15 America's Most Scenic Drives DVD Series (LC)</p>	<p>TRIP! 22</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 2:30 Ring Road Walk (CD) 3:00 Dietitian Presentation: Weight Management (CT) 3:00 Modern Novels Book Club (HCC) 5:00 Dinner Music by Sandy Knox (CT)</p>	<p>TRIP! 23</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *10:30 Zella's Boutique Trip 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (CT)</p>																																																	
<p>TRIP! 24</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) *1:30 Tulsa Ballet Trip: "The Sleeping Beauty" 5:00 Potluck Dinner (CVL)</p>	<p>25</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Catholic Mass (MWC) 10:00 Core (ES) 10:00 Basic Stretch & Tone (CT) 1:00 Chair Yoga (ES) 1:45 Toe Tappers (ES) 1:45 Movie: "A Wrinkle in Time" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:45 Chorus Rehearsal (CT) 4:30 Dinner Music with Jim Tate (CVL)</p>	<p>TRIP! 26</p> <p>8:00 - 12:00 Food Bank Donations (CD) 9:00 Winter Workout (ES) 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) *12:30 Food Bank Volunteers Trip 1:00 Rosary (MWC) 1:00 Reduce Arthritis Pain (ES) 1:30 Pinterest Party (SM) 7:15 Movie: "A Wrinkle in Time" (LC)</p>	<p>TRIP! 27</p> <p>9:00 Body Max 30 (ES) 9:30 - 10:30 Blood Draw (WC) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 11:00 - 12:30 Ping Pong (ES) 1:00 Chair Yoga (ES) 1:30 Painting Class (SM) 2:00 Thank You Note Writing (1st Floor Library) 2:00 Speaking of Gilcrease (B) 2:45 Beginner Tap (ES) 3:15 Toe Tappers (ES) *5:15 LEDO Trip #2 7:30 GriefShare (B)</p>	<p>TRIP! 28</p> <p>9:00 Winter Workout (ES) 9:00 CBD Oil: Is it Right for You? (CT) 9:30 Aquatics (Pool) 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi (ES) 11:15 Basic Balance (ES) 1:00 Reduce Arthritis Pain (ES) 1:00 Great Stories of the Bible (MWC) 2:00 Snack Attack: Share a Healthy Snack & Recipe (Commons Hallway) 2:00 Bible Study (MWC) 2:45 Beginner Bridge (FQ) 3:00 Fall Prevention Presentation (CT) *5:00 Mystery Trip</p>	<p>March 2019</p> <table border="1"> <thead> <tr> <th>Sun</th> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thur</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Sun	Mon	Tue	Wed	Thur	Fri	Sat						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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<p>Activities and Event Locator:</p> <p>A Abbey B Beaujolais (Villa) CD Concierge Desk CT Coterie Theatre CVL City View Lounge ES Exercise Studio FS Fitness Studio FQ French Quarter (Villa) GL Grand Lawn HCC Health Center Conference Room</p>	<p>LC Le Cinéma MWC Monterey Warren Chapel RR Recreation Room SM Studio de Monet WC Wellness Clinic * Trip ** Event moved from usual location *** Details to follow in News Flash</p>	<p>1 Star Trip ★ Very little walking, staying in stationary location.</p> <p>2 Star Trip ★★ Moderate amounts of walking to several locations. Moderate level of physical difficulty.</p> <p>3 Star Trip ★★★ Great deal of walking over uneven terrain, steps or stairs. Extremely challenging physical trip.</p>
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