

MONTEREAU

March 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 *9:00 Read Across America Trip 9:00 Body Max 30 (ES) 9:00 Meditation & Prayer (MWC) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass (MWC) 10:00 Basic Stretch & Tone (CT) 1:00 Walker & Wheelchair Safety Check (ES) 3:15 The Reading Group (6th Floor Library)</p>	<p>TRIP! 2 8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) 11:00 - 12:30 Ping Pong (ES) *1:00 PAC Broadway Trip: "The Play That Goes Wrong"</p>
<p>TRIP! 3 10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) *1:15 Jenks High School Musical Trip: "The Music Man"</p>	<p>4 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: "The Wife" (LC) 2:00 Fitness Committee (VDR) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:45 Chorus Rehearsal (CT) 4:30 Dinner Music with Spencer Sutton (CVL)</p>	<p>TRIP! 5 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 (CVL, HCC, VDR, SM) 3:00 ROSE Committee Meeting (SM) 5:00 -7:30 Mardi Gras Music (CT) 7:15 Movie: "The Wife" (LC) Turn in volunteer forms to concierge by the 5th of the month!</p>	<p>6 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 Ash Wednesday Celebration (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: Wayne Newton (FQ) 2:00 Move to the Music with Melanie (ES) 2:45 Beginner Tap (ES) 3:00 Ash Wednesday Service (MWC) 3:15 Toe Tappers (ES) 7:15 Movie: "Far and Away" (LC)</p>	<p>TRIP! 7 *8:30 Grissom Volunteers Trip 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) 1:30 Mahjong (SM) 1:30 "Why Not Now?" Adventure Club Meeting (CVL) 2:00 Bible Study (MWC) 3:00 R2R Team Meeting (MWC) 7:15 Clarehouse Presentation: "We Should Talk" (LC)</p>	<p>TRIP! 8 9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) *9:30 Tulsa Town Hall Trip: Platon 10:00 Core (ES) 10:00 Catholic Mass & Stations of the Cross (MWC) 10:00 Basic Stretch & Tone (CT) 2:00 Birthday Party (CVL) 3:00 Modern Novels Book Club (HCC)</p>	<p>TRIP! 9 8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *12:30 OSU Basketball Game Trip 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (SM)</p>
<p>10 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 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 Church Service (MWC) 1:45 Toe Tappers (ES) 1:45 Movie: "Places in the Heart" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:45 Chorus Rehearsal 4:30 Dinner Music with Sutton & Bruner (CVL)</p>	<p>TRIP! 12 8:00 - 12:00 Food Bank Donations (CD) 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 Woodland Hills Mall Trip 3:00 Caregiver Support Group (HCC) 7:15 Movie: "Places in the Heart" (LC)</p>	<p>TRIP! 13 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 Competition with Oklahoma Methodist Manor (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) *4:30 LEDO Trip #1</p>	<p>TRIP! 14 *8:30 Grissom Volunteers Trip 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 - 2:00 Pi Day Contest (CH) 1:30 Mahjong (SM) 2:00 Bible Study (MWC) 7:15 Clarehouse Presentation: "We Should Talk" (LC)</p>	<p>TRIP! 15 9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) *10:00 The Lodge at Sequoyah State Park & Fort Gibson Dam Trip 10:00 Core (ES) 10:00 Catholic Mass & Stations of the Cross (MWC) 10:00 Basic Stretch & Tone (CT) 3:15 The Reading Group (6th Floor Library)</p>	<p>TRIP! 16 8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) 11:00 - 12:30 Ping Pong (ES) *6:45 TCC Classics Trip: "Power of Diversity"</p>

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march 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TRIP! 17</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) *3:00 Super Target Trip</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 - Cancelled 1:45 Toe Tappers (ES) 1:45 Movie: "Breathe" (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>9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Catholic Mass (MWC) 10:30 Balance & Tai Chi - Cancelled 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) *5:00 Mystery Trip 7:15 Movie: "Breathe" (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) 3:15 Toe Tappers (ES) *4:30 LEDO Trip #2</p>	<p>TRIP! 21</p> <p>*8:00 Walking Group: Hunter Park 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) 12:00 Fit & Fabulous Lunch: Eat Your Greens (CVL) 1:00 Reduce Arthritis Pain (ES) 1:30 Mahjong (SM) 2:00 Bible Study (MWC) 6:30 Hymns with Friends (MWC) 7:15 America's Most Scenic Drives DVD Series (LC)</p>	<p>22</p> <p>9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass & Stations of the Cross (MWC) 10:00 Basic Stretch & Tone (CT) 11:00 - 1:00 Food Truck Friday: Mangiamo Truck (Main Entrance) 3:00 Modern Novels Book Club (HCC)</p>	<p>TRIP! 23</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) *10:30 Belk at Tulsa Hills Trip 11:00 - 12:30 Ping Pong (ES) 2:45 Bingo! (SM)</p>
<p>24</p> <p>10:00 Catholic Mass (MWC) 11:00 Protestant Service (MWC) 11:00 - 2:00 Grand Buffet (CT) 5:00 Potluck Dinner: Soups (CVL)</p>	<p>TRIP! 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) *11:00 FlyingTee Golf & Lunch Trip 1:00 Chair Yoga (ES) 1:45 Toe Tappers (ES) 1:45 Movie: "Mermaids" (LC) 2:00 - 3:00 Blood Pressure Clinic (WC) 2:45 Chorus Rehearsal (CT) 3:30 Vitality Week Kick-Off Happy Hour: Cocktail Show & Tell (Sip) (CVL) 4:30 Dinner Music with Jim Tate (CVL)</p>	<p>TRIP! 26</p> <p>8:00 - 12:00 Food Bank Donations (CD) 9:30 Aquatics (Pool) *9:30 Reasor's *10:00 Walmart 10:00 Tech Talk: Facebook (CT) 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 Charlotte's Palette (SM) 3:00 Around the World Religions Presentation (CT) 7:15 Movie: "Mermaids" (LC)</p>	<p>TRIP! 27</p> <p>Morning Exercise Classes Cancelled 9:30 - 10:30 Blood Draw (WC) *9:30 Osage Forest of Peace Trip 10:00 Catholic Mass (MWC) 11:00 - 12:30 Ping Pong (ES) 1:00 Chair Yoga (ES) 1:30 Charlotte's Palette (SM) 2:00 Thank You Note Writing (1st Floor Library) 3:15 Toe Tappers (ES) *5:00 Waters Edge Wine Tasting & Dinner Trip 7:15 Movie: "Once" (LC)</p>	<p>TRIP! 28</p> <p>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) 1:30 Mahjong (SM) 2:00 Bible Study (MWC) 3:00 Oklahoma Healthy Aging Initiative Program: "Using Medications Safely" (CT) *4:00 "Why Not Now?" Adventure Outing: Climb Tulsa 7:15 Movie: "Tea with the Dames" (LC)</p>	<p>TRIP! 29</p> <p>*8:30 Hominy, Pawhuska & Tallgrass Prairie Trip 9:00 Body Max 30 (ES) 9:30 Int Stretch & Tone (CT) 10:00 Core (ES) 10:00 Catholic Mass & Stations of the Cross (MWC) 10:00 Basic Stretch & Tone (CT) 5:00 Dinner Music with Sandy Knox (CT)</p>	<p>TRIP! 30</p> <p>8:00 Wii Bowling (CT) 10:00 Catholic Mass (MWC) 11:00 - 12:30 Ping Pong (ES) *6:00 Tulsa Oilers Hockey Game Trip</p>

TRIP! 31

10:00 Catholic Mass (MWC)
11:00 Protestant Service (MWC)
11:00 - 2:00 Grand Buffet (CT)
***1:30 Tulsa Ballet Trip: "Tchaikovsky: The Man Behind the Music"**

April 2019

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				

Activities and Event Locator:

A	Abbey	LC	Le Cinéma
B	Beaujoulais (Villa)	MWC	MonterEAU Warren Chapel
CH	Commons Hallway	RR	Recreation Room
CD	Concierge Desk	SM	Studio de Monet
CT	Coterie Theatre	VDR	Villa Dining Room
CVL	City View Lounge	WC	Wellness Clinic
ES	Exercise Studio	*	Trip
FS	Fitness Studio	**	Event moved from usual location
FQ	French Quarter (Villa)	***	Details to follow in News Flash
GL	Grand Lawn		
HCC	Health Center Conference Room		

1 Star Trip ★
Very little walking, staying in stationary location.

2 Star Trip ★★
Moderate amounts of walking to several locations.
Moderate level of physical difficulty.

3 Star Trip ★★★
Great deal of walking over uneven terrain, steps or stairs.
Extremely challenging physical trip.