



Voice of Vitality

MARCH 2025





MONTEREAU STARS

with Jamie Townsend

We are fortunate at Montereau to have so many residents who assist us with our sales and marketing efforts throughout the year! That support is key to the sales and marketing success of our community. Resident referrals account for as much as 50 percent of our sales every year. Word of mouth is truly the most effective form of advertising.

In late January we hosted our annual S.T.A.R. Awards Gala to honor the more than 90 households that participated in our referral program. My team looks forward to this opportunity each year to have this time to express our gratitude to our residents. The evening is always highlighted with a wine, an exquisite chef's prepared dinner and a commemorative gift for all. Our own Pat Sajak & Vanna White host Montereau's version of the Wheel of Fortune where higher-point earners can spin for gift cards related to the points they've earned. Then, our top three point earners get to spin the big wheel for a chance to win a Visa gift card worth up to \$2,000..



I want to congratulate our 2024 finalists with the highest points:

- 1st Place: Roy & Margaret Rice
- 2nd Place: Dave & Cindy Bagwell
- 3rd Place: Joe & Carrol Peery

S.T.A.R. points are earned for making referrals, helping host clients, allowing us to show your residence, participating in photo shoots, speaking at our monthly marketing events and inviting friends to our S.T.A.R. events.

We have great plans for this year and look forward to collaborating with you to add many new members to our resident family. If you would like to

learn more about our S.T.A.R. (Sales Team Alliance with Residents) program, please contact the Sales & Marketing Department (918) 495-1500.



BRINGIN' THE HEAT - *Monterea* Annual Chili Cookoff

February always brings the Super Bowl and our annual Monterey Chili Cookoff! It's a great opportunity to spend time with team members and residents while enjoying a variety of chili recipes.

This year's entries all came from Team Members, and each one was different from the next. Every pot of bubbling deliciousness offered unique flavors and heat levels. Everyone in attendance had a chance to vote for their favorite and, of course, go back for more with all the fixin's.

When all was said and done, it was a tie between Culinary Team Member Eliah Mithaven, whose recipe featured venison, and Spa Concierge Emily Wideman who added hatch chilies to hers. Both went home with a prize of chili necessities.



Eliah came to Monterey in 2022 and has been interested in cooking since he was young. He says, "I found my love of the kitchen while working in a Tex-Mex restaurant." His chili is a family recipe that has become a mainstay at home with his wife and 15-month-old daughter.

Emily, a Monterey Team Member since September, may have been the dark horse in our chili race. She recently began cooking and baking. Emily says she was inspired by her boyfriend's grandmother whose chili is the best she's ever had. She says, "I tried to cook from the heart like she does."

Can Eliah or Emily repeat their victory next year in the Team Member category? Which of you will win the Resident category? We can't wait to find out!

♻️ TEST YOUR KNOWLEDGE WITH MR. MURPH'S RECYCLING QUIZ ♻️



1. Globally, how many plastic bottles are made each year?
A. 15 million B. 50 million C. 750 million D. 600 billion
2. May I recycle my pizza box?
A. No B. Yes, if I wipe it clean
3. I have been saving aluminum cans. May I tie them up in a plastic grocery bag and put them in the yellow cart?
A. Yes B. Yes, if I use something recyclable like a paper bag instead of the plastic bag
4. Which of these is NOT recyclable?
A. Milk Jug B. Cardboard C. Aluminum Foil D. Junk Mail
5. Monterey will soon expand our glass recycling capabilities. How many refuse rooms currently accept glass recycling?
A. Two B. Four

LOOK FOR ANSWERS IN THE FOLLOWING PAGES OF THIS MONTH'S "VOICE OF VITALITY"

COMING SOON: *Updates* To App & Digital Signs

Changes are coming to your ConnectedLiving app and the digital signs throughout our community. These updates will enhance your experience and keep you better connected with what's happening around Montereau. We are fortunate to have an app that we can build to suit our needs, and we are continually working to add and improve features to make it work better for you.

We are in the process of making adjustments to the content that appears on the digital signs. Already, we have increased the length of time that the content remains on the signs. You can now view a greater number of announcement bulletins, have more time to read the dining menus and daily events, and enjoy a greater number of photos from activities in our community. All of this content is also available on the app and web portal for your computer under various tabs including Dining, Calendar, Community Resources, and Photos.

Additionally, the photos of our Leadership Team members in the "Our Team" section will soon be displayed only on the vertical touchscreen digital signs along with added photos of our Team Member of the Year award recipients. There, you will be able to click on each picture and read a brief biography of that team member. This content will also be available on the app and web portal under the Community Resources tab in the Staff Biographies category.

Our wait list on the app remains Sentric's top priority, and we expect its release by the end of this month. Once complete, you will be able to see if you are on the Wait List, and if so, where you are on that list. You will also be able to see which other residents have signed up for an event and to sign up a guest.

Additionally, those who have switched from Cox to Sentric can now submit a maintenance request through Engage TV. We do not yet have a timeline for the availability of this feature on the app, but will keep you updated. If you have questions, please reach out to Tech Concierge, Blake Bolin, through the Concierge Desk.

Donate Candy & Plastic Eggs for Easter Eggstravaganza

*Please drop off your donations of
individually-wrapped, mini candies &
medium-sized plastic Easter eggs to the
Concierge Desk or Jesse Harris by April 4.*



 **ANSWER TO QUESTION #1: D – 600 BILLION**

THIS IS YOUR LIFE

with Nancy & Randy Stainer



Life at Montereau is about being active and engaged, living with purpose and finding your community. Nancy and Randy Stainer have fully embraced this philosophy since moving here in 2019. They may be retired,

but they haven't slowed down. "We decided that while we're still young and mobile, we would do a lot," Randy explains.

A Tulsa native, Randy grew up with two younger sisters at 56th and Lewis before that area was even in the city limits. He attended McClure Elementary and Cascia Hall for middle and high school. By the age of ten, he was travelling the country with his mother who bred and showed dogs. "I was her kennel boy," he chuckles. "I cannot remember a time in my life when I did not own a dog." He even snuck one into his college dorm room for a semester! In high school, Randy says he was a good student, played football, ran track, competed with the debate team, and was on the yearbook staff. Following graduation, he studied English and History at Brown University. During his junior year he met Nancy, a freshman from Denver. At the time, she was dating one of Randy's rugby teammates. The following year, he and Nancy got to know each other a little better. She says they started dating after an odd interaction. "I got a phone call one day," she recalls, shaking her head. "He said, 'I don't really know who you are, but I just got hit in the head at rugby and your phone number was in my pocket.'" Randy insists it was true. "I really did take a shot to the head."

Nancy had arrived at Brown after living all over the U.S. She was born in Westfield, New Jersey, a middle child with two brothers. Her father's work with Western Electric, later AT&T, took them from New Jersey, to Massachusetts, to California, and finally to Denver where she graduated from high school. Nancy says she's always been an academic. "I started programming computers when I was in the seventh grade." She once had a summer job as a teen, teaching adults to use computers. She enrolled in upper-level math classes and enjoyed studying languages. She took French from fifth through 12th grades, then switched to German. "I spoke German with a French accent," she says, "and it drove my college professor absolutely up the wall!" Nancy is also good with a needle. She taught herself to sew in the sixth grade after discovering her mother's sewing

machine packed away in the attic. She's accomplished at quilting and knitting, too. During the Covid-19 pandemic, she organized a group of Montereau residents who sewed about 3,000 masks for team members, residents, and family members.

Nancy and Randy were engaged in 1970 and moved to Norman where he began law school at OU, following in the footsteps of his father who was an attorney. He says, "I always wanted to be like Daddy." They married in 1972. Nancy completed her bachelor's and master's degrees in economics at OU and nearly completed her doctorate studies, lacking only her dissertation. She also taught classes during her graduate work. After Randy finished law school, they moved to Tulsa where he began practicing law. He's worked on criminal, domestic relations, bankruptcy, and insurance fraud cases. Nancy worked as a business economist with PSO, then with Williams, and later WorldCom, where she created financial models. That position led to international travel, including a stint in London where Randy went through the Cordon Bleu Culinary school.

Nancy and Randy share two daughters; Emily who also attended Brown and still resides in Rhode Island and Abigail who lives here in Tulsa and works with Hunger Free Oklahoma. When the girls were off to college, Nancy and Randy switched gears, both leaving their professions of 25 years and turning to teaching at the middle school and high school levels in northwest Arkansas for 17 years. Randy has always enjoyed fishing and says he has made about 40 to 50 fishing rods by hand over the years. After playing Rugby at Brown, he took it up again in Tulsa, playing until he was 40. He eventually transitioned to coaching and administrative roles. He was even the Vice President of the National Rugby Board and was instrumental in bringing the sport to high schools across Oklahoma. "Several years ago," he beams proudly, "the Broken Arrow women's team won the national championship."

During her career, Nancy was a member and officer of the Tulsa Economics Club and wrote for the Tulsa Chamber of Commerce newsletter.

They enjoy cooking together. Nancy loves to bake breads and Randy's favorite thing to cook is anything Mediterranean. If you haven't yet made it to one of their quarterly "Cooking with Nancy and Randy" demonstrations, you are definitely missing out. Randy has even been known to auction off his chef's skills to help raise money for the Montereau Benevolent Fund. Each evening, the two of them cook dinner

(continued on page 6)

together and then sit down to watch a movie, often chosen from their collection of hundreds of DVDs. Nancy's favorite is "Lincoln" or "Moonstruck." For



Randy, it's 1952's "The Quiet Man." They are very involved at Montereau and both have been active on multiple committees over the years. If you're interested in the game of Bridge, Randy teaches classes regularly. He taught himself to play years ago. "I fell in with a bad lot in college," he says with a grin. He quit after law school, but picked it back up here at Montereau. They both love to read and support the Poetry Appreciation group here. For them, it's all about staying connected and being involved. Nancy puts it simply, "I'm always willing to help out."




LEAVE A FIVE STAR REVIEW

Scan the QR Code above with your smartphone camera. Then click on the link that comes up on your screen to leave a 5-star Google review for Montereau.

SNOW DAYS *at* Montereau!



 **ANSWER TO QUESTION #2: B – YES, IF I WIPE IT CLEAN**



DINING

PLEASE NOTE: Unless otherwise noted, the following Dining Events require an RSVP. All Dining Event reservations or cancellations must be made at least **THREE** business days in advance. You may RSVP or cancel a reservation by speaking to someone at the Host Stand in person, by calling 918-491-5212 or by email: culinary@montereau.net.



ACTION STATION

Thursdays: **4:30p-7:00p - Café Mondial**

Mar 6: Pasta, **Mar 13:** Stir Fry, **Mar 20:** Fajitas, **Mar 27:** Burritos. Our chefs prepare a delicious meal, fresh to order. **A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.**

SIPSE CATEGORY: Social



WINE WEDNESDAY

Wednesday, Mar 19: **4:00p-5:00p – Café Mondial**

Sit down over a glass of wine with a member of Monterey Leadership. Share what's on your mind and hear their thoughts and visions for our community. **No cost.**

SIPSE CATEGORY: Social



CHEF'S TABLE

Wednesday, Mar 19: **5:00p-6:30p – Rue 6800**

Our culinary team offers a tantalizing, five-course meal. This month's menu includes Pea & Mint Crostini, Greek Salad with Greek Vinaigrette, Wild Mushroom Soup with Thyme, Herb-Crusted Lamb Chops with Rhubarb Risotto, and Lemon Panna Cotta with Monterey Honey. **Cost is \$55, applied to your dining allowance.** Wine or cocktail selections may be ordered and charged separately.

SIPSE CATEGORY: Social

 **ANSWER TO QUESTION #3: B – YES, IF I USE A PAPER BAG INSTEAD OF PLASTIC**

LET'S EAT LOCAL & LE CINEMA

PLEASE NOTE: Unless otherwise noted, the following Outings & Le Cinema Events require an RSVP or cancellation at least 3 business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.



LET'S EAT LOCAL 4:30p – TRIP

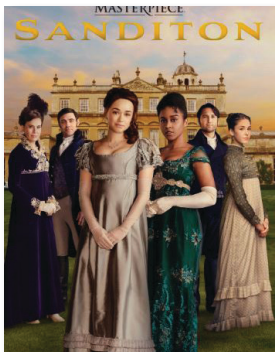
Thursday, Mar 6: McGill's \$\$\$ (Prime Steaks & Seafood)

Tuesday, Mar 11: The Spudder \$\$\$ (Steakhouse)

Thursday, Mar 20: Kilkenny's \$\$ (Irish Pub Fare)

Tuesday, Mar 25: In The Raw \$\$ (Sushi)

SIPSE CATEGORY: Social



LE CINEMA DOCUMENTARY & TV SERIES

(No RSVP Required)

Thursdays 7:00p: Documentary Series: **Mar 6** - "Elon Musk: The Real Life Iron Man," **Mar 13** - "We Don't Deserve Dogs," **Mar 20** - "Iceland, The New Born Island" & "Hubble," **Mar 27** - "Panama Canal"

Fridays 2:00p: TV Series: Outlander

Fridays 3:00p: PBS Series: Sanditon

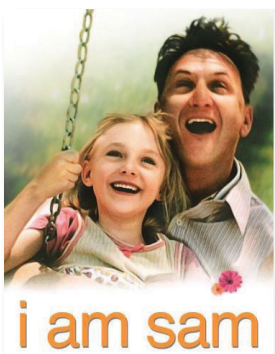
SIPSE CATEGORY: Social/Intellectual



LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: **Mar 5: Chocolat** (PG-13) A single mother and her daughter arrive in a rural French town, opening an unusual chocolate shop that disrupts the moral fiber of the Catholic community. **Mar 19: Cinderella Man** (PG-13) Based on the true story of James J. Braddock, a supposedly washed-up boxer, who returned to the spotlight to win the heavyweight championship of the world. **Mar 26: Being the Ricardos** (R) Based on the true story of Lucy and Desi Arnaz as they face a crisis that could end their careers, and another that could end their marriage.

SIPSE CATEGORY: Social/Intellectual/Emotional



Saturdays 2:00p: **Mar 1: Joy** (PG-13) Based on the true story of a young nurse, a visionary scientist, and an innovative surgeon who face opposition from all sides in their pursuit of the world's first "test tube baby," Louise Joy Brown. **Mar 8: Waking Ned Devine** (PG) When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money. **Mar 15: Brooklyn** (PG-13) An Irish immigrant lands in 1950s Brooklyn and falls in love. When her past catches up with her, she must choose between two countries and two loves. **Mar 22: I Am Sam** (PG-13) An intellectually-disabled man fights for custody of his seven-year-old daughter. **Mar 29: Steel Magnolias** (PG) A group of six women navigate together the comedy and tragedy of life and love in a small Louisiana town.

SIPSE CATEGORY: Social/Intellectual/Emotional

HIGHLIGHT EVENTS

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TULSA BALLET: ALICE IN WONDERLAND

Sunday, Mar 2: 1:30p-5:00p - TRIP

The Tulsa Ballet presents this classic story for the first time in the company's 68-year history. This new take on a timeless story takes you through Alice's adventure with enchanting music, extraordinary visuals, and spectacular choreography. **A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.**

SIPSE CATEGORY: Emotional



ADVANCED SPANISH

Mondays, Mar 3 & 10: 11:00a-12:00p - Studio de Monet

Monday, Mar 24: 11:00a-12:00p - Board Room

Go beyond the basics of conversational Spanish. Join Montereau resident Dr. Malcolm Stewart to advance your knowledge of the language.

SIPSE CATEGORY: Intellectual



TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Mar 4: 10:00a-11:00a - Main Entrance Drive

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audiobook and music CDs. You can even request specific materials. No library card? No worries! They can set you up with one. **No RSVP required.**

SIPSE CATEGORY: Intellectual

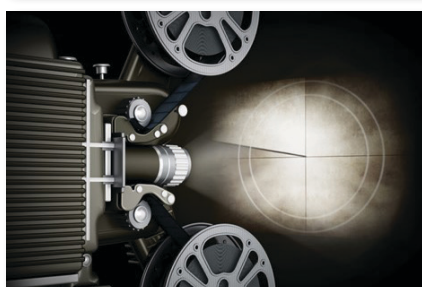


MARDI GRAS CELEBRATION

Tuesday, Mar 4: 5:30p-7:30p - Coterie Theater

Celebrate Fat Tuesday with a Mardi Gras dinner of Cajun-Spiced Chicken, Crawfish Étouffée, Chicken, Sausage & Shrimp Gumbo, Red Beans and Rice, White Rice, Dirty Rice, Beignets, and King Cake. Plus, learn the history of this famous celebration, enjoy the antics of a skilled stilt walker, and have your picture drawn by a caricature artist. **Cost is \$35, applied to your monthly dining allowance.**

SIPSE CATEGORY: Social



CLASSIC CINEMA: THE BARKLEYS OF BROADWAY (1949)

Tuesday, Mar 4: 7:00p-9:00p - Le Cinema

Fred Astaire and Ginger Rogers team up in their tenth and final film together. It's a complicated love story of a married musical and dance duo who split up so the wife can become a serious actress. **No RSVP Required.**

SIPSE CATEGORY: Social

HIGHLIGHT EVENTS

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CONVERSATIONAL SPANISH

Wednesdays in Mar: **11:00a-12:00p** - **Studio de Monet**

Learn Spanish with Montereau's own Dr. Malcolm Stewart. You'll have fun and socialize while learning practical, conversational Spanish you can use anywhere.

SIPSE CATEGORY: Intellectual

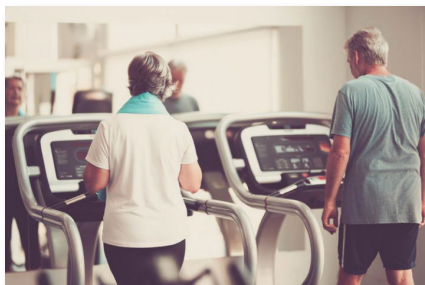


ASBURY CHURCH CONGREGATIONAL CARE GROUP

Wednesday, Mar 5: **1:00p-2:00p** - **Montereau Warren Chapel**

This gathering is open to any Montereau resident who is a member of Asbury Church. The group will discuss the ongoing needs for congregational care in the Montereau community and share ideas for how to best meet those needs.

SIPSE CATEGORY: Spiritual



C3 FIT: CARDIO, COGNITION, COORDINATION

Thursdays: **1:00p-1:30p** - **Exercise Studio**

This popular new fitness class is moving to Thursdays! Get your body moving and stimulate your brain in this circuit-style class that allows each participant to work at their own pace and use fun, new brain fitness equipment.

SIPSE CATEGORY: Physical (Mild-Moderate Difficulty)



AMISH CHEESE HOUSE & COUNTRY COTTAGE

Friday, Mar 7: **8:15a-2:00p** - **TRIP**

Discover all kinds of delicious homemade treats and handmade kitchen gadgets, toys and other treasures as you explore the Amish Cheese House and Nettie Ann's Bakery. Then, enjoy lunch at the Country Cottage Restaurant. **Please bring a form of payment for shopping and lunch.**

SIPSE CATEGORY: Intellectual



IRISH FIDDLING & FUN: TU STUDENT CONCERT

Friday, Mar 7: **7:00p-8:00p** - **Coterie Theater**

Celebrate Saint Patrick's Day a little early with this toe-tapping performance of fun Irish music by our Music Immersion students Lexy Harmon and Jadyn Fording.

SIPSE CATEGORY: Emotional

HIGHLIGHT EVENTS

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SIGNATURE SYMPHONY: TULSA SINGS! OPEN MIC NIGHT

Saturday, Mar 8: 6:30p-10:00p - TRIP

Amateur finalists of "Tulsa Sings!" take the stage with New York's Scott Coulter. A panel of local celebrity judges will determine the winner, but you'll help select the audience favorite. **A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.**

SIPSE CATEGORY: Emotional



PAINTING WITH ANNE HILL

Tuesdays, Mar 11, 18, 25: 12:30p-3:00p - Studio de Monet

Local artist Anne Hill hosts a 3-week, guided art class on oil painting. Residents must supply an 11x14 canvas, Anne will provide other materials and instruction. Please RSVP by Mar 6. **Cost is \$60 for the three-week class, billed to your monthly service fee statement.**

SIPSE CATEGORY: Emotional

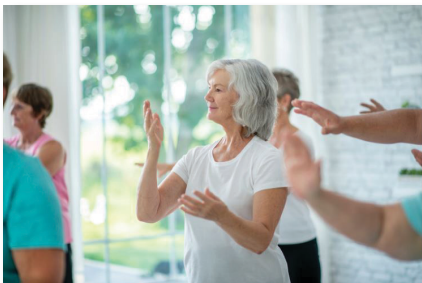


FITNESS HIKE: LUBELL PARK

Tuesday, Mar 11: 1:00p-3:30p - TRIP

Lubell Park is located northeast of Turkey Mountain and includes 40 acres of heavily-wooded land. We'll hike about two to three miles of relatively flat, dirt paths with some loose rock. You are encouraged to bring water and walking sticks.

SIPSE CATEGORY: Physical (Moderate-Maximum Difficulty)

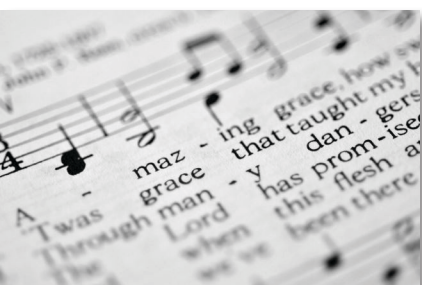


TAI CHI

Tuesdays beginning Mar 11: 3:30p-4:15p - Exercise Studio

Tai Chi is our newest permanent fitness class! It involves a sequence of slow, controlled movements offering mental concentration, fall prevention, improved balance, and reduced stress. Standing and seated options are available.

SIPSE CATEGORY: Physical (Mild Difficulty)



OLD HYMN SING ALONG

Wednesday, Mar 12: 3:00p-4:00p - Montereau Warren Chapel

Join Chaplain Dr. Bill Crowell in singing your favorite hymns, accompanied by Dr. Deborah Gwin. Share your faith with Montereau friends while lifting up your voices together in song. **No RSVP Required.**

SIPSE CATEGORY: Spiritual

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DINNER & A MOVIE: RESPECT

Wednesday, Mar 12: 5:00p-8:30p - Coterie Theater

Please note the earlier start time for this month's event. Enjoy the remarkable, true story of Aretha Franklin's rise from her father's church choir to international stardom. On the menu: Mini Shrimp & Grits, Buttermilk Fried Chicken, Mac-n-Cheese, Green Beans, Cornbread, and Chess Pie. **Cost is \$19, applied to your monthly dining allowance.**

SIPSE CATEGORY: Social

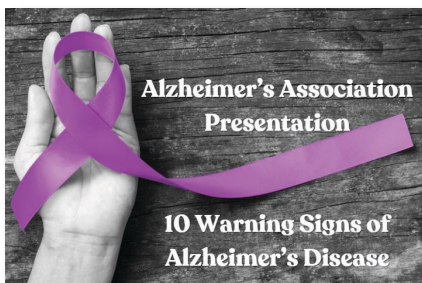


OKLAHOMA HISTORICAL SOCIETY & MOB GRILL

Thursday, Mar 13: 8:30a-2:30a - TRIP

Learn about the lives and contributions of Oklahoma's first ladies and the achievements of Oklahoma athletes at the Oklahoma Historical Society. Then enjoy lunch at MOB Grill, known for their onion burgers. **Please bring a form of payment to cover \$9 admission and lunch.**

SIPSE CATEGORY: Intellectual

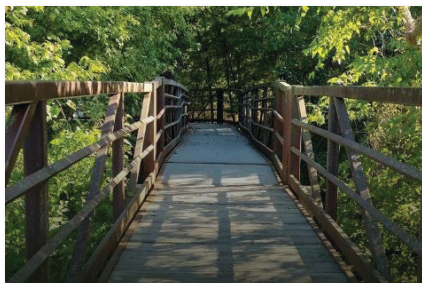


ALZHEIMER'S ASSN. PRESENTATION: 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Thursday, Mar 13: 1:00p-2:00p - Coterie Theater

Join us for this month's lecture with the Alzheimer's Association. Community Educator and Support Group Facilitator Shawn Thaxton explains how to recognize common signs of Alzheimer's, how to reduce your risk and talk with your doctor.

SIPSE CATEGORY: Intellectual



FITNESS WALK: HAIKEY CREEK PARK & WHITE RIVER FISH MARKET

Friday, Mar 14: 9:30a-2:00p - TRIP

Haikey Creek Park in Broken Arrow provides 2.3 miles of fairly level, gravel trails. After exploring the park, we will eat lunch at White River Fish Market. Please bring a form of payment for lunch.

SIPSE CATEGORY: Physical (Mild Difficulty)



BRIDGE LESSONS WITH RANDY STAINER

Sundays beginning Mar 16: 2:00p-3:30p - Studio de Monet

Whether you're new to the game or just want to brush up on your skills, join Randy Stainer for this five-week class on Sundays where you'll learn tips and tricks to have you playing your best Bridge game. **No RSVP Required.**

SIPSE CATEGORY: Intellectual

HIGHLIGHT EVENTS

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PING PONG TOURNAMENT: MONTEREAU VS. TRINITY WOODS

Wednesday, Mar 19: **11:00a-1:00p** - Coterie Theater

Montereau's Ping Pong team takes on arch rival, Trinity Woods in this friendly, but fierce competition. Put on your purple and come cheer them on to victory to win the trophy.

SIPSE CATEGORY: Social



FIT BITES: LEGUMES

Wednesday, Mar 19: **2:00p-2:30p** - Grand Riviera Lounge

Legumes include all types of beans and pulses (seeds) and come in unique shapes and sizes! Learn the benefits of incorporating these vegetables into your diet while sampling a Farro and Apricot Salad, White Bean Soup and Chocolate Almond Lentil Cookies.

SIPSE CATEGORY: Intellectual



SIPSE SPIRIT DAY: INT'L DAY OF HAPPINESS

Thursday, Mar 20: **ALL DAY**

Wear yellow today and find a physical activity that you enjoy. Remember, exercise increases the production of endorphins, and endorphins help you to feel happy!

SIPSE CATEGORY: Physical



WOOLAROC MUSEUM & WILDLIFE PRESERVE

Thursday, Mar 20: **9:00a-3:00p** - TRIP

Explore the Woolaroc Museum and Frank Phillips' beloved home among the woods, lakes and rocks of northeastern Oklahoma. Enjoy the collection of western art, the wildlife preserve, and Mountain Man Camp. Then lunch at the Prairie Dome Cafe before we head for home. **Please bring a form of payment for \$14 admission and lunch.**

SIPSE CATEGORY: Intellectual



FITNESS FEUD

Thursday, Mar 20: **2:00p-3:00p** - Coterie Theater

Test your knowledge of exercise and the human body with a spin-off of the famous game show! Participants will be placed on teams. Everyone is invited to come watch the competition. **Please only RSVP if you intend to play.**

SIPSE CATEGORY: Intellectual

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TULSA TOWN HALL: CRISTINA MITTERMEIER

Friday, Mar 21: 9:30a-12:00p - TRIP

Hear from one of the most influential conservation photographers of our time. Mittermeier is dedicated to protecting the world's oceans and her photographs have been exhibited worldwide. **A pre-purchased ticket is required but does not guarantee transportation.** Bus seating requires an RSVP on a first-come, first-served basis.

SIPSE CATEGORY: Intellectual



FIT & FABULOUS: NATIONAL NUTRITION MONTH

Friday, Mar 21: 11:30a-1:00p - Grand Riviera Lounge

March is National Nutrition Month and this meal is packed full of benefits! Enjoy a Kale and Quinoa Salad, Vegetable Lentil Soup, Salmon with Farro Risotto and Asparagus, with a Chocolate Beet Cake for dessert. Cost is \$18, applied to your monthly dining allowance.

SIPSE CATEGORY: Intellectual



TULSA SYMPHONY: ELGAR'S ENIGMA VARIATIONS

Saturday, Mar 22: 6:30p-9:30p - TRIP

Join guest conductor Daniel Hege and Concertmaster Rossitza Goza in the world premiere of Kharitonov's Violin Concerto "Miroirs." This performance also includes music from Edward Elgar, Richard Wagner, and Samuel Barber. **A pre-purchased ticket is required but does not guarantee transportation.** Bus seating requires an RSVP on a first-come, first-served basis.

SIPSE CATEGORY: Emotional



CORNHOLE TOURNAMENT

Tuesday, Mar 25: 1:00p-2:00p - Coterie Theater

Participants play in teams of 2 in this bracket-style competition. Winners advance to the next round until 1 team remains. You'll be matched with a partner. Everyone is invited to watch. **Please RSVP ONLY if you plan to play.**

SIPSE CATEGORY: Physical (Mild Difficulty)



MOBILITY DEVICE CLINIC

Wednesday, Mar 26: 1:30p-3:00p - Coterie Theater

T-Town Mobility will be here to check your mobility aid devices and make minor repairs and adjustments at no charge. Please reserve a 15-minute time slot through Jesse Harris at 918-491-5264. Larger repairs or adjustments will involve fees and require an appointment at a later date made with T-Town Mobility. There will also be devices on display that may be ordered.

SIPSE CATEGORY: Physical

HIGHLIGHT EVENTS

PLEASE NOTE: Unless otherwise noted, the following Highlight Events require an RSVP or cancellation at least 3 business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.



TULSA ZOO

Thursday, Mar 27: 9:00a-1:00p - TRIP

Check out all the new updates and changes at the Tulsa Zoo featuring more than 80 acres and more than 2,000 animals from around the world. Please bring a form of payment for \$17 admission and any gift shop, snack or food purchases.

SIPSE CATEGORY: Physical (Mild Difficulty)



THE WAY OF THE CROSS: DRAMATIC RE-ENACTMENT

Sunday, Mar 30: 3:00p-4:00p - Coterie Theater

As we approach Easter, students from Our Lady of Guadalupe parish in Dewey, OK perform a dramatic re-enactment of Jesus' walk to Calvary.

SIPSE CATEGORY: Spiritual



DIY CRAFT: BIRDHOUSES

Monday, Mar 31: 10:00a-12:00p - Studio de Monet

As the robin and others make their spring return, join Jesse Harris for this month's craft and create your own birdhouse. Supplies to put your birdhouse together and paint to decorate it will be provided.

SIPSE CATEGORY: Social



HEALTH CENTER HAPPENINGS

with Kim Calabrese



Love was in the air in February as we celebrated Valentine's Day with card making, door and walker decorating, and of course a Valentine's Day party. Our Healthcare residents and family members celebrated their love for one another in the Abbey on February 13th where they enjoyed love songs

sung by Music Therapist Liz Hawbaker, chocolate-covered strawberries, and a game of pin the Heart on the Cupid. For educational programming, we had a Heart Health awareness program during our Red Hat group. Dr. Garret from the Alzheimer's Association also spoke on loving your body and loving your brain. We can't forget all the yummy food we enjoyed during our Super Bowl party; and, of course, the beautiful flower arranging work shops with Virginia in the Villa and Chateau. We love it when our Independent Living residents share their talents with us.

Now March is here! Does that mean warmer weather? We surely hope so! If not, we have plenty to keep us occupied. We will be celebrating St. Patrick's Day with a party, so don't forget to wear your green! We will be making shamrock shakes and enjoying Rueben sandwiches for our luncheon in the Grand Riviera Lounge. We'll be venturing out to McNellie's Pub for lunch and The "Don't Stress Meowt" Cat Café for an outing. We will take a scenic drive to Tulsa's historic Cave House, and we plan to make a trip to the Jenks Aquarium. We'll be doubling the number of pizza parties each month to two due to popular demand. If you love pizza, we hope you'll join us in the French Quarter on the 2nd and 4th Tuesday of every month!



A MESSAGE *from* Tracie Nail- Health Center Administrator

As we celebrate Women's History Month, we take time to honor the incredible contributions and resilience of women throughout history. This month serves as a reminder to acknowledge not only the trailblazers and pioneers who shaped our world, but also the quiet heroes in our communities who continue to make a difference in meaningful ways.

In senior-living communities across the country, women have long played an integral role in shaping the quality of care and the overall environment for residents. From dedicated caregivers and medical staff to the women who reside in these facilities, each individual's story is filled with strength, compassion, and perseverance.

Senior-living communities are a place where the lives and experiences of older women are celebrated, and their wisdom and resilience are cherished. Many women living in these homes have lived through pivotal moments in history, contributing to their families, communities, and careers. Their journeys are a testament to the changing roles of women throughout the years, and their voices deserve to be heard and valued.

This month, let's take the opportunity to reflect on the remarkable women in skilled-nursing homes and assisted-living communities who continue to inspire those around them—whether they are sharing stories of past triumphs, offering words of wisdom, or simply providing comfort through a kind gesture. Their contributions are invaluable, and as we honor their legacies, we acknowledge the ongoing importance of women in every facet of society.



THIS IS YOUR LIFE *with* Leon Dennis

If you're having a tough day and need something to put a smile on your face, a few minutes spent visiting with Leon Dennis in the Abbey will definitely do the trick. He's as cheerful and kind as they come.

Leon was born in Clayton, Oklahoma though his family moved to Milburn, just outside of Tishomingo when he was a baby. He spent his childhood growing up on the family farm with four siblings including an older sister, one younger brother, and two younger sisters. Helping to raise beef cattle, along with peanuts and bees taught him to be industrious and self-sufficient. He also learned, first-hand, about the value of hard work and its rewards.

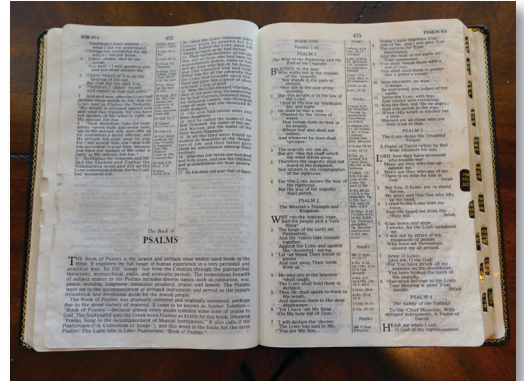
After learning from his father and grandfather, Leon started keeping his own bees at the age of seven. "Eventually, I had about 70 hives of my own," he says proudly. He explains that people from nearby farms would ask him to bring his bees over now and then to help pollinate their vetch for hay. He says he didn't charge them for the service, but it was still a win-win. "With the bees feasting on the vetch, I harvested the clearest honey!" Leon says he nearly always won first place at the Johnston County fair with his honey. Bees weren't the only thing keeping him busy. Leon also started raising his own cattle. "I used the money I saved from selling the honey," he says. His family already raised white-faced Herefords on the farm. So, Leon decided he needed a herd of his own. "By the time I was 17, I had about 15 of my own."

Growing up on the farm also led to one of his life-long hobbies, collecting pocketknives. "It started with the bags of feed," he explains. "Each sack came with a small knife to cut it open with." Leon says he collected several of those but soon realized there were pocketknives of better quality to be had. That's when he started collecting Case pocketknives. Today, there are more than 300 in his collection.

Leon's father passed away when he was 15, leaving him to be the man of the house. "My mother didn't drive, so I usually took her where she needed to go." He also frequently drove his baby sister, 13 years his junior, to school. Soon after losing his father, Leon's mother moved the children into town where she worked as Post Master. Leon continued to work on the family's farm outside of town before and after

school. After graduating from Milburn High School in 1959, he left home for Oklahoma Christian College where he earned a bachelor's in the Bible with a minor in Speech. "I always knew I wanted to preach," Leon says. And preach, he did. For more than 50 years. His favorite passage of scripture is Psalm 1.

He'd grown up in the Church of Christ and actually began preaching as a teenager. In fact, that's how he met his wife, Nell. She and her father



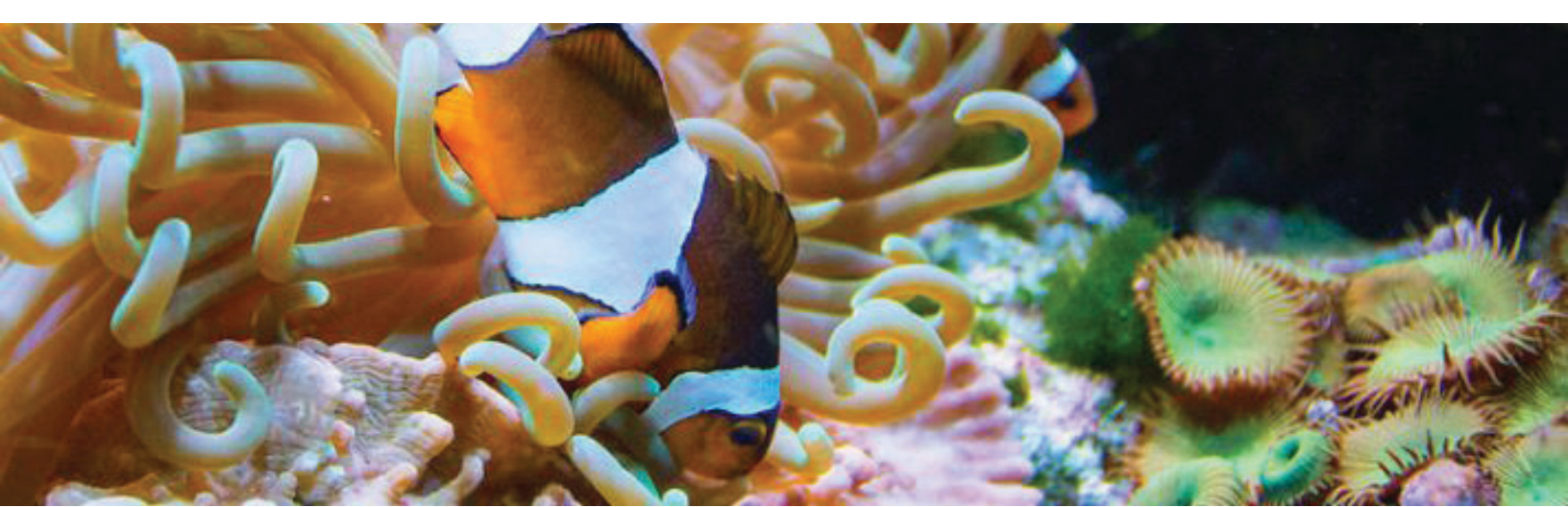
attended a summer tent meeting where Leon was preaching during his years at OCU. They spent a couple of years dating before they tied the knot in 1962. He was smitten. "She was a real sweet young woman," he says with a broad, wistful smile. After finishing school, Leon and Nell spent time in Lawton until they moved to Weatherford so Nell could complete her studies in education at Southwestern Oklahoma State University. By the time she was finished, Leon was on the faculty as a theology professor. "When Nell finally graduated," he says adoringly, "I was on the stage to hand her the diploma." Leon and Nell both later earned master's degrees in Education from OU. Along with ministering as a pastor to his congregation of 40 years at Westside Church of Christ in Norman, he is a licensed professional counselor and spent many years providing family counseling services.

Leon speaks proudly of his two boys, Bruce and Brent, who are both still in Oklahoma, and he grins from ear to ear at the mention of his seven grandchildren and five great-grandchildren. During his 59 years with Nell, they did a lot of traveling together. "It was mostly to missions across the U.S. and South America," he recalls. But a trip to Alaska for vacation was his favorite. "It was just beautiful!"

Leon lost Nell in 2021 and came to Montereau in January of this year. He says he has enjoyed being here but that it's the people who make it feel like home. "There are so many people to get to know and they really make you feel like family," he says. Leon has no trouble fitting in with his new neighbors, and it's no wonder. "Well, I'm honest, and I just really like people!"

FEBRUARY *in the* Health Center





HEALTH CENTER EVENTS

- **LUNCH: KEO** – Monday, Mar 3 - **10:45a, OUTING**
- **SCENIC DRIVE: THE CAVE HOUSE** – Wednesday, Mar 5 - **2:00p, OUTING**
- **MEANING OF ASH WEDNESDAY** – Wednesday, Mar 5 - **3:15p, CHATEAU 1**

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- **LUNCH: MCNELLIE'S PUB** – Monday, Mar 10 - **10:45a, OUTING**
 - **PIZZA PARTY** – Tuesday, Mar 11 - **5:00p, FRENCH QUARTER**
 - **THIN MINT SHAKES** – Wednesday, Mar 12 - **2:15p, CHATEAU**
 - **ST. PATRICK'S DAY CELEBRATION** – Thursday, Mar 13 - **3:00p, ABBEY**
 - **ALZHEIMER'S ASSN. PROGRAM** – Thursday, Mar 13 - **1:00p, COTERIE**
 - **TULSA OPERA: SONGS BY HEART** – Friday, Mar 14 - **2:30p, CHATEAU 2**

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- **LUNCH: BRAVO'S MEXICAN GRILL** – Monday, Mar 17 - **10:45a, OUTING**
 - **SHAMROCK SHAKES** – Monday, Mar 17 - **2:30p, ABBEY**
 - **MUSIC & TRIVIA W/LIZ** – Wednesday, Mar 19 - **11:15a, VILLA DINING ROOM**
 - **DON'T STRESS MEOWT CAT CAFE** – Wednesday, Mar 19 - **2:00p, OUTING**
 - **CHAMPAGNE BIRTHDAY PARTY** – Wednesday, Mar 19 - **4:30p, VILLA DINING**
 - **LUNCHEON: IRISH FOODS** – Thursday, Mar 20 - **11:30a, GRAND RIVIERA**

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- **LUNCH: BIG BISCUIT** – Monday, Mar 24 - **10:45a, OUTING**
 - **PIZZA PARTY** – Tuesday, Mar 25 - **5:00p, FRENCH QUARTER**
 - **JENKS AQUARIUM** – Wednesday, Mar 26 - **2:00p, OUTING**
 - **MIDDAY MOVIE: WICKED** – Thursday, Mar 27 - **2:00p, LE CINEMA**

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- **LUNCH: MAZZIO'S** – Monday, Mar 31 - **10:45a, OUTING**



MontePalooza
Team Member Appreciation Event

SAVE THE DATE
THURSDAY, MAY 22

VOLUNTEERS NEEDED!
2-4PM & 4-6PM

Sign up at Town Hall
or
contact Billie Field
918-749-8811




VIP Card

Using your Smartphone, point your camera at the QR code above for a link where you can help us celebrate team members who exemplify our Values In Practice

HAPPY MARCH BIRTHDAYS

Join us for the March Birthday Brunch on Friday, Mar 14 at 11:00am in the Coterie Theater. We invite you to bring one guest. A Montereau volunteer will reach out to you to inquire about your RSVP.



2 Mar	Marilyn Slayton	17 Mar	Bonnie Rinehart
2 Mar	Bob Stauder	18 Mar	Paula Carter
4 Mar	Mary Brett	18 Mar	Jan Coody
4 Mar	Marc Conine	18 Mar	Jeanne Joyce
5 Mar	James Payne	19 Mar	Patty Moser
6 Mar	Bonnie McKeever	19 Mar	Linda Elliott
7 Mar	Robert Persons	21 Mar	Nancy Ogle
9 Mar	Jenny Lee	23 Mar	Roger Kiel
10 Mar	Jim Choike	25 Mar	Susan Mickey
12 Mar	Nancy McKee	25 Mar	Ginny Scott
12 Mar	Clara Owen	25 Mar	John Staedke
12 Mar	JoAnne Spitsen	27 Mar	Peggy Close
13 Mar	Andy Hood	28 Mar	Roy Cottrill
13 Mar	Bill Burnett	28 Mar	Carolyn Savage
14 Mar	John Holderman	29 Mar	Yolanda Briggs
14 Mar	Iris Studenny	29 Mar	Vesta VanTrease
15 Mar	Tom Hall	30 Mar	Judy Rodkey
16 Mar	Linda Kulp		



ANSWER TO QUESTION #5: B – FOUR