

MONTEREAU®



# Voice of Vitality

SEPTEMBER 2025



Publication • Tulsa, Oklahoma





# SEASON OF TRANSITION

*with* Naresh Jassal,  
Director of Hospitality

**W**elcome to September! It's hard to believe we're heading for the early days of fall. While the Oklahoma heat may linger a little longer, the subtle changes in the air hint that cooler days are just around the corner.

September is a month of transition. Students return to school, summer vacations wind down, and we begin to notice the comforting routines of fall. But did you know that September is also a time to celebrate an integral part of our community? We are proud to observe "National Housekeeping

Week" September 7-13. Here at Montereau, our Housekeeping team is truly the unsung backbone of our daily comfort. They work tirelessly behind the scenes to ensure your home is clean, safe, and welcoming. We all know how important that is to our peace of mind. If you see one of our wonderful Housekeeping team members this month, I encourage you to share a smile, a "thank you," or even a story of how they've made a difference in your day.

Speaking of hospitality, the word itself has a beautiful history. The Latin root of "hospitality" is "hospes," which means both host and guest. It reflects a relationship based on mutual respect, generosity, and kindness; values we try to live by every day here in our community. Whether it's a warm meal served with care, a friendly greeting at the front desk, or a room that feels fresh and bright thanks to our housekeepers, hospitality is at the heart of everything we do.

It is a joy to serve you and be part of this vibrant community. Here's to a month of gratitude, hospitality, and the cozy comforts of early fall.

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## SENTRICS & CANDOO TECH

*offer* Free Virtual Tech Support

**W**hen it comes to technology, things change quickly. Computers, smartphones, and tablets are designed to help make our lives easier and open up new possibilities. But understanding how they work and what to do when they don't work doesn't come naturally to most of us.

In September, Montereau will introduce a new service to help bridge the gap. In partnership with Sentrics and Candoo Tech, we are happy to launch a free technology concierge service. Is your smartphone not functioning properly? Are you having trouble accessing files on your computer? Do you need help programming your Amazon Alexa or Google Home assistant? Do you want to learn to use a new device? The experts at Candoo are here to help! The service is free for six months to the first 250 residents who sign up and includes one-on-one remote lessons and support, monthly group lessons, and on-demand, how-to guides and videos.

Sasha Croteau, of Sentrics will be at Montereau September 2-4 to conduct hands-on demonstrations of the service. Attendees are encouraged to register for this six-month free service at the event. The first session on September 2 will include a livestreamed presentation by Candoo Tech CEO Liz Hamburg at 10:00 am. That demo will be recorded and shown during the subsequent sessions. Watch for an email with more details.

There will be four, come-and-go sessions with limited seating in Le Cinema, so look for more details on page 10 of this newsletter to choose a time that best suits you. We hope you'll make time to attend. Remember, the service is free for six months to the first 250 residents who register. Registration is not required for Group Lessons or On-Demand content. We'll have a group lesson on iPhone Basics this month. See page 14 for details. To sign up and learn more, go to <https://www.candootech.com/montereau-home>

**IMPORTANT NOTE:** For questions about the ConnectedLiving app, Sentrics TV, phone, internet, and emergency pendants or pull cords, residents should still contact Blake Bolin at 918-491-5200 or [techconcierge@montereau.net](mailto:techconcierge@montereau.net) and include "Montereau" in the subject line.

# ACTIVE AGING WEEK *with*

## Kelsey Blubaugh, Lead Wellness Specialist

**M**ark your calendars! October 6-11 is Active Aging Week. At Montereau, it's a year-round mission. There are dozens of opportunities each month to engage socially with your fellow residents, keep your mind sharp with activities that challenge the intellect, get your body moving physically, nurture your spiritual life, and embrace the things that touch your emotions.

There will be events throughout the week to fulfill each of the keys to vibrant living. So, mark your calendars and plan to join in the fun. Most events are open to everyone, though some also include extras for those who register in advance.



On Monday, October 6, write letters to those in need of connection and kindness. Choose from organizations that will distribute the letters to veterans, refugees, or hospitalized children. As Lead Wellness Specialist Kelsey Blubaugh explains, "It's a chance to send them some warm wishes and words of encouragement." (Registration extra: snack & mocktail - limited quantities)

On Tuesday, October 7, learn how lifestyle, nutrition, and physical activity can affect the health of your eyes. Join us for a special presentation by Doctor Stephanie Cooper of Tulsa Retina Consultants.

On Wednesday, October 8, enjoy a concert by Montereau's new Music Immersion students from the University of Tulsa, Nathan Aery (clarinet) and Luis Nuñez (flute). Wine and beer will be available for purchase. (Registration extra: one complimentary wine or beer)

On Thursday, October 9, join us for Montereau's 20th annual Wellness Fair with dozens of vendors including Big River Footwear, Centenarians of Oklahoma, The Food Bank of Eastern Oklahoma, and the Alzheimer's Association. They'll be offering all kinds of products and information for successful aging.

Friday, October 10, is the Senior Showdown on the Grand Lawn. "We're doing it later in the year this time and in the morning." Kelsey says. "So, hopefully, we can beat the heat." Compete in games from frisbee golf, cornhole and Ring Road races to bowling, inflatable archery, and Skee Ball. Afterward, registrants will enjoy lunch, and medals will be awarded.

We'll end the week with an Alzheimer's Awareness walk around the Ring Road on Saturday, October 11. Watch next month's Voice of Vitality for times and locations.



### **IMPORTANT REGISTRATION DETAILS:**

**WHEN:** Tuesday, September 2 - Friday, September 12.

**WHERE:** Main Concierge Desk

**COST:** \$35 charged to monthly service fee account

**\*NOTE: FEE WILL BE CHARGED TO THE SEPTEMBER STATEMENT**

**INCLUDES:** All activities plus extras, Active Aging Week T-shirt, \$5 donation to the Alzheimer's Association.

\* Those not registered by September 12 may participate in the Senior Showdown for \$10, charged to their monthly service fee account. The awards luncheon is open only to those who pre-register.

# INTRODUCING NATHAN & LUIS

## Montereau's Music Immersion Students

**A**fter a break for the summer, the music is back at Montereau. Our community welcomed two new Music Immersion students from the University of Tulsa in mid-August. Nathan Aery and Luis Nuñez are settling into what it means to be a college student living here. It's a unique opportunity to bridge the gap between generations through music and the connection it brings us.

Nathan and Luis are both sophomore performance majors at TU this year and both hail from the Tulsa metro area. Nathan, who plays clarinet and saxophone, graduated from Broken Arrow High School. Luis, a Sapulpa High School grad, plays the flute. They've been friends since freshman year and are looking forward to their year at Montereau. Luis was a guest performer last year with Lexi and Jadyn and heard about this program through them. "It just sounds like a great opportunity," he says. "Lexi said that by the end, she felt like she had a whole new set of grandparents."

Luis' journey to instrumental performance started in middle school band. "At first, it was just a thing I did because I wanted something to do," he explains. The more he played and became involved with ensembles, the more he discovered a love for music. He prefers to play solo pieces or those accompanied by the piano. Music has always been a part of Nathan's life, influenced by his mother who sings and his father who is an instrumentalist and percussionist. He began playing clarinet in the sixth grade, though it was during high school when he made it to the all-state competition that he realized he wanted to pursue music professionally. He has some fascinating plans for the future. "I want to travel and play and maybe start a blog or journal about it," he says. "I want to write about the cultures and music in different countries."

As you can probably imagine, music even defines their hobbies. Luis is involved in four ensembles at TU including band, orchestra, jazz combo, and a small chamber group. If that seems super busy, hold onto your hats. He's also part of the Tulsa People's Orchestra and a wedding quartet! Nathan enjoys playing Dungeons and Dragons and says his fellow players are like brothers now. But, as you might guess, his love of music even plays into his D&D. "I've curated a vast selection of video game battle music," he says. He often plays that music during his campaigns in the game. Nathan also enjoys writing and says he's currently working on a fantasy novel.

As for their favorite kind of music, there are varying answers from both young men. You won't nail down either one of them on a favorite genre for listening. They both enjoy listening to all kinds of music. "It depends on my mood and the time of day," says Luis. When asked about a favorite music to play, however, their faces light up in rhapsody as each describes what speaks to him. For Nathan, it's jazz. "I love clarinet jazz! It's so freeing, but it was honestly terrifying in the beginning." Luis prefers to play more classical works, specifically French. "With French music, you can get more of an expressionist feel, and you can really take time with it."

It's probably safe to say, you'll be hearing some of those favorites during their concerts over the next several months. But these guys are also bringing something new to our monthly TU student concerts! Put your thinking caps on, because they want to know what you want to hear. They'll be placing a suggestion box in the room at each concert, inviting residents to suggest genres or specific works they'd like to hear. They'll select some suggestions to perform at their next Montereau performance. They've indicated that, between concerts, the suggestion box will be on the shelf outside their apartment - #412 - so residents can feel free to add their suggestions anytime.

Nathan and Luis are eager to get to know our wonderful residents. You'll be seeing them around the community, on our social media, and of course on stage. Please give them a big Montereau welcome.







# THIS IS YOUR LIFE

## with Awilda Godsey

**A**wilda Godsey, or Willie as she's known to friends, is a collector of things both tangible and not. Her home is filled with things that bring a smile of contentment while her heart is filled with

memories from a full and happy life. "I don't know of any time in my life that I was ever unhappy," she says with all sincerity.

Willie was born in Oklahoma City in June of 1933, though she grew up in Bixby. She was an only child. "I hate to admit it," she chuckles, "but I really was spoiled." She says she was a good student and was active with the school newspaper. As a young girl, she took piano and dance lessons, played clarinet in the high school band and took part in school plays. She and her friends spent their days playing kick-the-can, badminton and basketball in the driveway. She began writing poetry in high school and continued until a few years ago. She enjoyed spending time with her parents whether it was helping her father in his Bixby funeral, established in 1920, or learning to cook from her mother. "She was a wonderful cook!" Willie remembers.

She graduated from Bixby High School in 1950 and attended William Woods College, a two-year, all-girls school in Missouri, where she studied sociology. During her time there, her best friend "Boo" set her up on a blind date. Willie went with Dwayne Godsey to a party for college students over Thanksgiving break. She smiles, remembering that first date. "He was fun, and funny, and intelligent. We just kind of clicked." She never dated anyone else. Upon completion of her studies at William Woods College, she joined Dwayne at the University of Oklahoma where she pledged Kappa Alpha Theta. She and Dwayne married in 1953 while both were still in school. He graduated the following year and took a job in the oil business which soon had them moving to Louisiana. Willie hadn't yet finished school so, "I took my last six hours by correspondence." She graduated in 1955 with a bachelor's degree in sociology and psychology.

The happy couple soon added two sons, Mark and John, to their family which now also includes eight grandchildren and ten great-grandchildren. Dwayne's work kept them on the move. From Louisiana, they were off to Arkansas, then Wyoming, Kansas, Texas, Oklahoma City and finally to Tulsa by the time the

boys were in junior high school. Willie says she doesn't really have a favorite of all the places where they lived. "I loved everywhere we lived," she insists. "We had fun where ever we were!" While Dwayne traveled for work, she was busy with the boys' activities from swimming to scouting and baseball. "I was their scorekeeper," she says proudly with a giggle. The family also spent time each summer at their home on Grand Lake.

Willie had her own interests as well. She played Bridge with friends, was involved in the women's group at Asbury United Methodist Church, and volunteered with and contributed to several non-profit organizations including: Tulsa Boys Home, the Cerebral Palsy Association, the Children's Day Nursery and P.E.O. which supports Cottey College. As the boys moved on to college, Willie and Dwayne traveled the world together. They particularly loved cruising and visited the Mediterranean, Caribbean islands, Greek islands, the Baltic Sea, Argentina, the Panama Canal and Alaska. They also traveled to France, Turkey, England, and Scotland. Willie says Scotland was her favorite. "It was just a fun marriage," she says.

In 2010, she and Dwayne decided it was time to start considering retirement and joined the Montereau community, moving into a garden home. "I walked in the front door and I said, 'Dwayne! This is it!'" At 92 years old, she's still there. She lost Dwayne in 2021 after 67 years of marriage. The space he used as his office remains as do photos of him throughout the house. Though she misses him dearly, Willie isn't one to dwell on her loss. Instead, she lives with gratitude.

Her home is filled with things that bring her joy. She's an avid reader and enjoys movies. She has shelves upon shelves of books and DVDs. "The Wizard of Oz" and "Downton Abbey" are favorites. Tying in her love of the popular British TV series and movie with her love of cooking, she keeps a Downton Abbey cookbook handy and enjoys looking up the recipes depicted on the screen. She enjoys puzzles and says she and a caregiver always have one going on the table. She has an enchanting collection of Hummels, ceramic woodland figurines, lighthouses, and hundreds of Beanie Babies throughout her home. She's also held onto a doll made by a friend's mother and given to her at the age of five or six. She's never given it a name, but the childhood toy has been well loved and cared for.

It's next to impossible not to smile in Willie's presence. "I've just had the best life that anyone could ever want," she says. "I've been so blessed."

# MIXING THINGS UP

## with Katy Council, Bar Supervisor

It's time to break out your inner bartender and show off your best mixology skills! Montereau Bar Supervisor Katy Council is hosting a resident Cocktail Competition in September. If you've got a recipe for a winning adult beverage, this contest is for you!



Katy will hold an orientation meeting on Tuesday, September 9 in the Grand Riviera Lounge at 2:00pm. This will be your chance to find out what bar ingredients you'll have at your disposal and learn the rules of the contest. You may submit your competition recipe during the orientation, or drop it off at the Host stand through the following Tuesday, September 16.

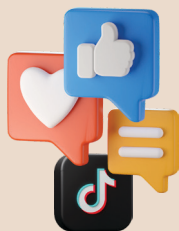
So, what's at stake? Each recipe entered in the competition will be featured for a period of time at the Grand Riviera Lounge bar. Watch for a schedule of featured competition cocktails on your ConnectedLiving app. At the end of the contest, Katy will tally up the number of sales for each entry.

The cocktail with the highest number of sales will be named the winner and will become a permanent item on the bar menu in the Grand Riviera Lounge. The end date of the competition will be determined based on the number of entries.

So, now is the time to start mixing, experimenting and crafting your award-winning concoction. Be sure to give it a memorable name and then tell all your friends to look for it in the GRL soon! May the best mixologist win!



### Be part of Montereau's **Social Media** Presence



**NEEDED:** Resident volunteers to bring energy, fun, and Montereau spirit to our Facebook, Instagram, & TikTok videos.

**Earn S.T.A.R. points with your participation!**

**INTERESTED?**  
Contact: Communications Intern Izak Bulten  
ibulten@montereau.net

## HALLOWEEN MONSTER MASH

**DONATE A BAG OF CANDY FOR  
TRICK OR TREATERS!**

**DONATE A BAG OF INDIVIDUALLY-WRAPPED CANDY!  
MINI OR FUN-SIZED PREFERRED.  
DROP OFF AT THE CONCIERGE DESK  
BY THURSDAY, OCT. 23**







## RECYCLING CARRYOUT FOOD CONTAINERS

Montereaу's plastic carryout food containers are completely recyclable.

Remember to rinse them out, then drop them in a yellow bin in a first-floor refuse room!



## A Honey of a Deal!

Join us in celebrating  
National Honey Month!

*Residents who submit  
new, qualified leads during  
the month of September will receive  
a jar of Monterey honey and a box  
of Honeybee-themed notecards  
from the giftshop.*



**Questions?**  
**Contact Paula Miller:**  
[pmiller@montereaу.net](mailto:pmiller@montereaу.net)  
**918-491-5229**

## DINING

**IMPORTANT:** Please note RSVP requirements and cost information listed in the description of each event. **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: [events@montereaу.net](mailto:events@montereaу.net).**



### LE MARCHÉ SPECIAL LABOR DAY MENU

Monday Sep 1: 11:30a-2:00p and 4:30p-7:00p - Le Marché

This special holiday menu includes your choice of 2 Hot Dogs or a Pulled Pork Sandwich served with Cole Slaw, Baked Beans and your choice of a Funfetti Cupcake or Cherry Cobbler. **Cost of \$14 includes all sides and dessert and will be applied to your monthly dining allowance.**

**SIPSE CATEGORY: Social**



### ACTION STATION

Thursdays: 4:30p-7:00p - Café Mondial

**Sep 4: Pasta, Sep 11: Stir Fry, Sep 18: Fajitas, Sep 25: 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**

# DINING

**IMPORTANT:** Please note RSVP requirements and cost information listed in the description of each event. **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: [events@montereau.net](mailto:events@montereau.net).**



## COCKTAIL COMPETITION KICKOFF

Tuesday Sep 9: **2:00p-3:00p** - Grand Riviera Lounge

Enter your best cocktail recipe in this friendly competition. Katy Council hosts this kick-off orientation. Contest entries will be featured at the Grand Riviera bar. The cocktail with the most sales will become a permanent part of the bar menu. Submit entries at the kickoff or at the Host Stand by Sep 16. (See article on page 6 for more details) **No cost to participate. No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## “MONTEREAU GIVES BACK” FALL AFTERNOON TEA

Friday Sep 12: **3:00p-4:00p** - Coterie Theater

Enjoy a traditional afternoon tea while giving back to the community. We'll collect donations of school supplies for the Tulsa Classroom Teachers Association and Tulsa Public Schools students. Supplies may be dropped off at the Coterie Theater beginning at 10:00a. Donation not required to attend. **Cost is \$18, applied to your monthly dining allowance. RSVP required.**

**SIPSE CATEGORY:** Emotional



## WINE WEDNESDAY

Wednesday Sep 17: **3:30p-4:30p** - 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. No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## CHEF'S TABLE

Wednesday Sep 17: **5:00p-6:30p** - Rue 6800

Our culinary team offers a tantalizing, gourmet meal. This month's menu includes Butternut Squash Tart, Roasted Beet Salad with Walnuts, Duck Breast with Cherry Gastrique and Wild Rice, Apple Cider Doughnuts with Caramel Sauce. **Cost is \$35, applied to your monthly dining allowance. Wine or cocktail selections may be ordered as desired and will be charged separately. RSVP required.**

**SIPSE CATEGORY:** Social



## MIXOLOGY CLASS

Friday Sep 19: **2:00p-3:00p** - Location TBA

Monterneau Mixologist Katy Council shakes up your favorite cocktails. Learn to make delicious mocktails at home, including a Beehive, Dark and Spicy, and Strawberry Lemonade Spritzer. Take the recipe cards home with you. Cost is \$10, applied to your monthly dining allowance. **RSVP required. Attendees will be notified by phone of the location before the event.**

**SIPSE CATEGORY:** Intellectual



# LET'S EAT LOCAL & LE CINEMA

**IMPORTANT:** Let's Eat Local events require an RSVP. Your RSVP or cancellation must be made at least **THREE** 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. You may 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 (RSVP Required)

**Tuesday, Sep 2:** Redrock Canyon Grill \$\$ (Bistro Fare)  
**Tuesday, Sep 9:** Water's Edge Winery \$\$ (Bistro Fare)  
**Tuesday, Sep 16:** Jimmy's Chophouse \$\$\$ (Steakhouse)  
**Tuesday, Sep 23:** Dalesandro's Cuisine \$\$ (Italian Fare)  
**Tuesday, Sep 30:** Wild Fork \$\$ (Fine Dining)

**SIPSE CATEGORY:** Social



## LE CINEMA DOCUMENTARY & TV SERIES (No RSVP Required)

**Thursdays 7:00p:** Documentary Series: **The West** - **Sep 4:** Ep. 5-The Grandest Enterprise Under God, **Sep 11:** Ep. 6-Fight no more Forever, **Sep 18:** Ep. 7-The Geography of Hope, **Sep 25:** Ep. 8-Ghost Dance & Ep. 9-One Sky Above Us.

**Fridays 2:00p:** TV Series: Outlander

**Fridays 3:00p:** TV Series: The White Queen

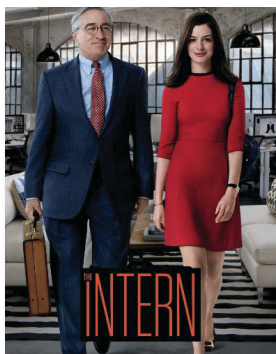
**SIPSE CATEGORY:** Social/Intellectual



## LE CINEMA MOVIES (No RSVP Required)

**Wednesdays 7:00p:** **Sep 3: The Windermere Children** (NR) The story of children who survived the Holocaust and were relocated and rehabilitated in the UK. Based on true events. **Sep 17: Thursday Murder Club** (PG-13) Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a turn when they end up with a real whodunit on their hands. **Sep 24: Glory** (R) Robert Gould Shaw leads the U.S. Civil War's first all-black volunteer company, fighting prejudices from his own Union Army and the Confederates.

**SIPSE CATEGORY:** Social/Intellectual/Emotional



**Saturdays 2:00p:** **Sep 6 The Intern** (PG-13) A widower, bored with retirement, seizes an opportunity to become an intern at an online fashion company, forging a unique friendship with its workaholic founder. **Sep 13: Miracles from Heaven** (PG) The true story of one family's faith journey when their daughter is diagnosed with an incurable disease, then is miraculously cured after a freak accident. **Sep 20: Runaway Bride** (PG) A national reporter decides to write about a small-town girl known for leaving her fiances at the altar. Meanwhile, the would-be bride finds it difficult to hate the nosey journalist. **Sep 27 My Old Lady** (PG-13) An American plans to sell the Paris apartment he inherited only to find it occupied by a 90-year-old woman under an obscure French law that requires he pay her a fee until she dies. In getting to know her, he learns about his father and family history.

**SIPSE CATEGORY:** Social/Intellectual/Emotional

# HIGHLIGHT EVENTS

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## SENTRICS-CANDOO VIRTUAL TECH CONCIERGE INTRODUCTION

Tuesday, Sep 2: 9:00a-12:00p & 2:00p-5:00p - **Le Cinema**

Wednesday, Sep 3: 12:00p-3:00p - **Le Cinema**

Thursday, Sep 4: 9:00a-12:00p - **Le Cinema**

Get 6 months free Virtual Tech Concierge services for your technology questions. Free service to first 250 residents who register during sessions. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Sep 2: **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



## CLASSIC CINEMA: THE BIRD WITH THE CRYSTAL PLUMAGE (1970)

Tuesday, Sep 2: **7:00p-8:30p – Le Cinema**

Witnessing an attempted murder through the locked glass front of an art gallery, an American writer must try to help police uncover the killer's identity before he himself becomes the next victim. **No RSVP required.**

**SIPSE CATEGORY:** Social



## CONVERSATIONAL SPANISH

Wednesdays in Sep: **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. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## TULSA AIR & SPACE MUSEUM & LUNCH AT WANDA J'S

Friday, Sep 5: **9:35a-1:45p - TRIP**

Take in the CAF AirPower History Tour with a chance to see some of the most iconic WWII aircraft up close. Then, enjoy lunch at Wanda J's restaurant on Greenwood. **Please bring a form of payment for lunch and \$20 museum admission. (Free admission for WWII & Korean War veterans) RSVP required.**

**SIPSE CATEGORY:** Emotional



# HIGHLIGHT EVENTS

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## WADE DANIEL PIANO CONCERT

Friday, Sep 5: **2:00p-3:00p** - Coterie Theater

Enjoy the broad musical repertoire of Bartlesville pianist Wade Daniel as he returns to Montereau for an afternoon concert. **No RSVP required.**

**SIPSE CATEGORY:** Emotional



## BROADWAY PAC: KIMBERLY AKIMBO

Saturday, Sep 6: **1:00p-5:30p** - TRIP

Enjoy the Tony award-winning musical about growing up and growing old, in no particular order. Kimberly, about to turn 16, must navigate family dysfunction, her first crush, a rare genetic condition, and possible felony charges but is determined to find happiness. **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

Monday, Sep 8: **11:00a-12:00p** - Studio de Monet

Monday, Sep 22: **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



## CHORUS FALL CONCERT DRESS REHEARSAL

Monday, Sep 8: **3:00p-4:30p** - Coterie Theater

Your Montereau Chorus is ready to put you in the mood for fall! They'll perform beloved favorites perfect for the season and songs to get you singing along. Join them for this afternoon concert Dress Rehearsal under the direction of Wayne Pope. **No RSVP required.**

**SIPSE CATEGORY:** Emotional



## MR. MURPH RECYCLING TOUR & LUNCH AT FIXINS SOUL KITCHEN

Tuesday, Sep 9: **9:00a-1:00p** - TRIP

Need some inspiration for being part of the recycling effort at Montereau? Put on your comfortable, closed-toe walking shoes and join us for a tour of Tulsa's recycling center! Tour includes two flights of stairs with no elevator. Afterward, enjoy lunch at Fixins Soul Kitchen. **Please bring money for lunch. RSVP required.**

**SIPSE CATEGORY:** Intellectual

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## MORNING BIBLE STUDY

Tuesdays, Sep 9, 16, 23, 30: **9:30a-10:30a - City View Lounge**

Join Chaplain Dr. Bill Crowell for this six-week Bible study exploring the book "Wrestling with Doubt, Finding Faith" by Adam Hamilton. Please bring your Bible. Dr. Crowell will provide study materials. Attendees may enjoy complimentary sweet rolls and coffee. **The cost of the book is \$15 and will be applied to your monthly service fee account. RSVP required.**

**SIPSE CATEGORY:** Spiritual



## CHORUS FALL CONCERT

Tuesday, Sep 9: **7:00p-8:00p - Coterie Theater**

Thursday, Sep 11: **7:00p-8:00p - Coterie Theater**

Your Montereau Chorus is in the mood for fall! They'll perform beloved favorites perfect for the season and songs to get you singing along. Join them for one or both evening fall concert performances under the direction of Wayne Pope. **No RSVP required.**

**SIPSE CATEGORY:** Emotional

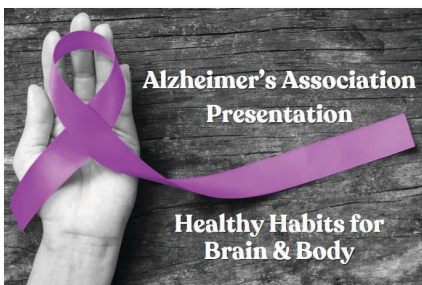


## DINNER & A MOVIE: PERCY VS. GOLIATH

Wednesday, Sep 10: **5:00p-8:00p - Coterie Theater**

A farmer is sued by a corporate giant. He joins forces with an attorney and an environmental activist to take the case all the way to the Supreme Court. Menu: Baked Vidalia Onion Dip & Crackers, Chicken Fried Steak & Country Green Beans, Mashed Potatoes & Gravy, Stewed Apples with Vanilla Ice Cream. **Cost is \$20, applied to your monthly dining allowance. RSVP required.**

**SIPSE CATEGORY:** Social



## ALZHEIMER'S ASSOCIATION PRESENTATION: HEALTHY HABITS FOR BRAIN & BODY

Thursday, Sep 11: **1:00p-3:00p - Coterie Theater**

Debbie Elliot, a board member and advocate for the Alzheimer's Association, presents this month's topic. She'll discuss things you can do now to keep your brain and body healthy. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## SIGNATURE SYMPHONY: TULSA'S KING CABBAGE TO CHICAGO

Saturday, Sep 13: **6:30p-10:00p - TRIP**

Tulsa's King Cabbage Brass Band joins Signature Symphony for a joyful selection of music blending funk, soul, jazz, and R&B. **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



# HIGHLIGHT EVENTS

**IMPORTANT:** Please note RSVP requirements and cost information listed in the description of each event. **An RSVP or cancellation must be made at least THREE 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.**



## TU FOOTBALL: TULSA VS. NAVY

Saturday, Sep 13: 6:00p-10:30p - TRIP

Be part of the excitement at Skelly Field and cheer on the Golden Hurricane when the Navy Midshipmen come to town. Don't forget to wear your blue and gold! **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



## FITNESS HIKE: TURKEY MOUNTAIN

Wednesday, Sep 17: 8:30a-11:00a - TRIP

Enjoy a morning hike through some of Turkey Mountain's 738 acres. We'll walk 2-3 miles on gravel trails. You are encouraged to bring walking sticks and water bottles. **RSVP required.**

**SIPSE CATEGORY:** Physical - Maximum Difficulty



## FIT BITES: APPLES

Wednesday, Sep 17: 2:00p-2:30p - Grand Riviera Lounge

An apple a day keeps the doctor away! Come learn the health benefits of apples while sampling an Apple & Green Tea Smoothie, Fennel & Apple Salad, and an Apple Oat Cookie. **RSVP required.**

**SIPSE CATEGORY:** Intellectual

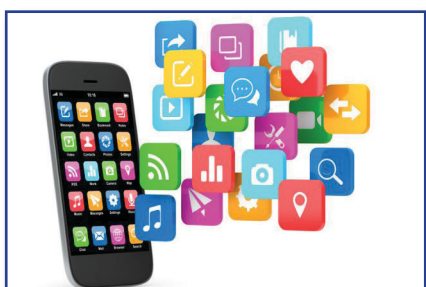


## GRIEF SHARE SUPPORT GROUP

Wednesdays, Sep 17 & 24: 1:00p-2:00p - Warren Chapel

This support group will meet on Wednesdays for six weeks beginning Sep 17 through Oct 22. GriefShare is a worldwide, non-denominational program using biblical concepts to help and encourage those struggling with the death of a spouse, child, family member or friend. **No RSVP required.**

**SIPSE CATEGORY:** Spiritual



## CANDOO TECH GROUP LESSON: IPHONE BASICS

Thursday, Sep 18: 11:00a-12:00p - Le Cinema

Do you have questions about navigating the apps and operating system on your iPhone? Wondering how to take advantage of all its capabilities? Join us for this group lesson in iPhone basics hosted by Candoo Virtual Tech Concierge. **RSVP required.**

**SIPSE CATEGORY:** Intellectual

# HIGHLIGHT EVENTS

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## TULSA GREEK FESTIVAL

Thursday, Sep 18: **3:15p-6:15p - TRIP**

Experience the wonder of the Aegean islands here in the heart of Tulsa. Holy Trinity Greek Orthodox Church hosts their 65th annual Tulsa Greek Festival with authentic Greek food and drink, live music, traditional folk dancing, and shopping. **Please bring money for food and shopping. RSVP required.**

**SIPSE CATEGORY:** Intellectual



## SIPSE SPIRIT DAY: OKTOBERFEST

Friday, Sep 19: **ALL DAY**

Prost! Break out your lederhosen and dirndls and celebrate German culture and the start of Oktoberfest in Munich!

**SIPSE CATEGORY:** Spiritual



## FIT & FABULOUS: CHOLESTEROL AWARENESS MONTH

Friday, Sep 19: **11:30a-1:00p - Grand Riviera Lounge**

Learn what foods help lower cholesterol and how a healthy lifestyle can combat it. This meal includes an Almond Berry Salad, Mushroom Barley Soup, Sweet Chili Tofu with Roasted Veggies and Brown Rice, with Chocolate Banana Souffle for dessert. **Cost is \$20, applied to your monthly dining allowance. RSVP required.**

**SIPSE CATEGORY:** Intellectual

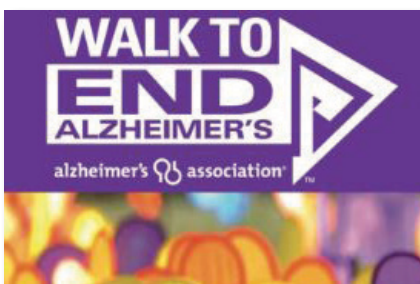


## OKTOBERFEST CELEBRATION

Friday, Sep 19: **4:30p-6:30p - Coterie Theater**

Mid-September signals the start of Oktoberfest. Join us in our very own celebration of Oktoberfest with Beer, Pretzels, Beer Cheese, Brats, Sauerkraut, Schnitzel, Potato Pancakes, Black Forest Cookies, and Apple Strudel. **Cost is \$22 applied to your monthly dining allowance. RSVP required.**

**SIPSE CATEGORY:** Intellectual



## WALK TO END ALZHEIMER'S

Saturday, Sep 20: **7:45a-11:30a - TRIP**

Join us in representing Team Montereau at this annual event to raise funds and awareness for Alzheimer's research and support. Walk the half-mile route or the two-mile route. Donations and early registration encouraged, but not required. Contact Kim Calabrese at 918-491-5223 or kcalabrese@montereau.net. **RSVP for bus transportation required.**

**SIPSE CATEGORY:** Physical-Mild Difficulty



# HIGHLIGHT EVENTS

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## BRIDGE LESSONS WITH RANDY STAINER

Sundays, Sep 21 & 28: **2:00p-3:30p - Studio de Monet**

Whether you're new to the game of Bridge or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best game. This is the first two weeks of a five-week series of lessons. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual

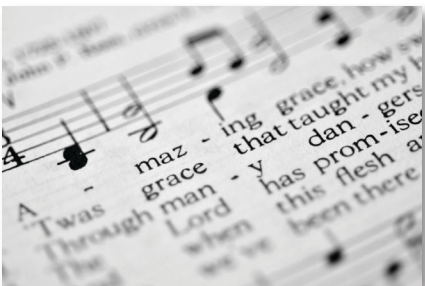


## TULSA BALLET: CREATIONS IN STUDIO K

Sunday, Sep 21: **1:00p-5:30p - TRIP**

Creations in Studio K commissions new works by the most in-demand choreographers in the world. This season's program features Stephanie Martinez, Natasha Adorlee, and Kenneth Tindall. **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



## OLD HYMN SING ALONG

Wednesday, Sep 24: **3:00p-4:00p - Warren Chapel**

Join Chaplain Dr. Bill Crowell in singing your favorite hymns. Share your faith with Montereau friends while lifting up your voices together in song. **No RSVP required.**

**SIPSE CATEGORY:** Spiritual



## CORNHOLE TOURNAMENT

Wednesday, Sep 24: **3:00p-4:00p - Grand Lawn**

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



## WILL ROGERS MUSEUM & LUNCH AT HAMMETT HOUSE

Thursday, Sep 25: **9:15a-3:30p - TRIP**

Explore the life of Will Rogers and his friendships with the special "Aces & Actors" exhibit. Later, enjoy lunch at the Hammett House. **Museum admission of \$5 will be applied to your monthly service fee account. Please bring money for lunch. RSVP required.**

**SIPSE CATEGORY:** Intellectual

# HIGHLIGHT EVENTS

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## TU STUDENT CONCERT WITH NATHAN & LUIS

Thursday, Sep 25: 7:00p-8:00p - Coterie Theater

Join Montereau's new music immersion students, Nathan Aery (clarinet & saxophone) and Luis Nuñez for their very first concert of the year. They'll even be taking suggestions of musical pieces for their concert next month. **No RSVP required.**

**SIPSE CATEGORY:** Emotional



## FITNESS HIKE: NATURAL FALLS STATE PARK & LUNCH AT COUNTRY COTTAGE

Friday, Sep 26: 8:30a-2:30p - TRIP

This state park features a 77-foot waterfall, a couple miles of trails and observation platforms. After the hike, enjoy lunch at the Country Cottage. **Please bring money for lunch. RSVP required.**

**SIPSE CATEGORY:** Physical - Moderate Difficulty



## TU FOOTBALL: TULSA VS TULANE

Saturday, Sep 27: TBA - TRIP

Come cheer on the Tulsa Golden Hurricane as they take on the Green Wave of Tulane! **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



## DIY CRAFT: CINNAMON STICK CANDLE HOLDER

Monday, Sep 29: 10:00a-12:00p - Studio de Monet

Join Jesse in creating this Month's craft. Together we will create a warm cinnamon stick candle holder. No supplies needed only you! **RSVP required.**

**SIPSE CATEGORY:** Social



## TULSA STATE FAIR

Tuesday, Sep 30: 11:30a-3:00p - TRIP

Feel like a kid again at the Tulsa State Fair. Visit hundreds of vendors and exhibitors, play traditional midway games, ride a few rides, and savor the traditional fair foods you can't get anywhere else! **Fair admission of \$12 will be applied to your monthly service fee statement. Bring money for any purchases.**

**SIPSE CATEGORY:** Physical - Mild Difficulty



# HEALTH CENTER HAPPENINGS

*with* Kim Calabrese



August was packed with fun activities as the summer season begins to wind down. Resident Cindy took us on a nostalgia trip with a "Farmer's Field Lunch" for our August cooking group. We headed out to Woodland Hills Mall for some exercise and a change of scenery. There was a trip to the Will Rogers Museum in Claremore, a fun

Sip and Paint session with refreshing mocktails, pizza parties, and a visit to Tulsa's scenic Swan Lake.

In September, the battle is on in the Abbey with a fierce game of Noodle Ball Hockey. We'll check out Woodward Park and our city's beautiful historical homes. Villa residents will try their hand at shuffleboard, and we'll learn about "Healthy Habits for the Brain & Body" from the Alzheimer's Association Tulsa. We'll go out to lunch at Raisin' Cane's, Jason's Deli and others. To top it all off, our very own administrator Tracie will share highlights with the Red Hats group about her fabulous trip to Greece.



## A MESSAGE *from* Tracie Nail- Health Center Administrator

September... I have to admit, I labored over what to write about this month. No, just kidding! But did you see what I did there?

September 7-13 is National Assisted Living Week. The theme this year, from the American Healthcare Association and National Center for Assisted Living, is "Ageless Adventure."

In case you didn't know, the purpose of assisted-living week is to celebrate and recognize the role of assisted living in caring for American seniors.

Fun fact...assisted living communities haven't been around all that long. It wasn't until the mid to late 1980s that we recognized the need for an alternative to traditional nursing homes to bridge the gap from independence to dependence for the aged. The first officially-licensed assisted living facility in the U.S. opened in Oregon in 1988. A lot has changed since those first years; architectural design, activities of daily living, staffing patterns or rather lack there of, and regulations. Lots and lots of regulations. But one thing hasn't changed: the desire to help our senior population in maintaining their independence.

So as we celebrate with "Ageless Adventure" this year, remember that age is only a number. Have some fun! Celebrate with us! Show us your big smiles. Share your crazy ideas. Explore places you've not yet been. Be curious and creative, and don't be afraid to get into a bit of fun mischief. Come see me if you need some ideas, and we will go on an adventure together!

# THIS IS YOUR LIFE

## with Beverly Wolfe

If you'd like to get to know Beverly, "Bev," Wolfe, lace up your running shoes and try to keep up. Whether it's her twice-daily walk around the building, frequent swims, workouts with weights in the Exercise Studio, or an outing off-campus, she's a woman on the move. It's a trait that began early.

Bev was born in the western New York town of Hornell at the northern end of the Appalachian Mountains. However, she grew up in the even smaller town of Scio half an hour away. As an only child, she was always looking for new adventures. "I tried to learn things, different things, all the time because I had no siblings," she explains.

She busied herself with everything from water skiing and swimming at a nearby lake where her grandfather had a cottage, to roller skating, learning to sew from her grandmother, and how to cook from her mother. "I loved to experiment with cooking," she says. Some of her specialties included homemade bread, for which she ground her own grain into flour, and apple pies. Lots of apple pies. You know, the kind made from a recipe with no written measurements but secured safely in family memory. In school, she played basketball, played clarinet in the marching band, and performed in plays. From a young age, she sang in the church choir. At the age of ten, she took over directing when no one else would. Bev says matter-of-factly, "I did that until I was done with high school." To make money, she grew gladiolas and sold them to the local florist and periodically gave permanents to neighbors who no doubt envied her natural curls.

Bev graduated high school in 1953, then went to nursing school for three years at Saint Joseph's Hospital an hour and a half from home. She recalls rotations working with psychiatric patients, those with polio, and others with tuberculosis. "Nobody would believe it," she says shaking her head. "We worked in surgery with the windows open, because for TB, you wanted all the fresh air you could get."

During her final year school, she met Avelyn Wolfe through the mutual friendship of their parents who were members at the local Moose Lodge. He was an avid golfer and their first date was on the course. She finished school in 1956 and they married the following year. They had three children, Denise, Karen, and Dennis. As in her own childhood, the family of five enjoyed summers at the lake. Today, Bev follows the adventures of her seven grandchildren and seven great grandchildren. For years, her license plate read "CAKNCCO" - the initials of each of her grandchildren.



Despite the busy job of raising three children, Bev always worked. For a short time, she worked as an E.R. nurse, then assisted with surgeries. In 1958, she joined Dr. Blaisdell in his private practice, then in a clinic at a state vocational school. She says it was an exciting time. "Working with him was an extreme experience, because sometimes he would have me make the house calls." Bev recalls some patients settling their bills with chickens or produce. She worked with Dr. Blaisdell for 23 years until Avelyn's work brought the family to Tulsa. Not one to sit still for long, Bev was soon working as an employee health nurse at the Osteopathic Hospital downtown and then as a case manager for Blue Cross, Blue Shield. She took several side jobs over the years selling Pampered Chef and Lindsay Phillips shoes and working in a clothing store.

Along with being driven by her work, Bev possesses a creative streak that takes many forms. Aside from her talents in the kitchen, she designs and paints clothing. She's also created a number of beautiful pieces of artwork with glass fusion. She still has several in her apartment.

In 2000, Bev and Avelyn both retired. He passed away that same year. A few years later, she moved to Florida where her daughter Denise lives. While there, she initiated a monthly gourmet club which kept her cooking. "We tried things that we had never tried before," she remembers. And she played a lot of golf. In fact, she putts one-handed and has a custom-made putter with a large grip to get the job done. Living in The Villages, she drove a golf cart instead of a car. When she heard "Home Goods" was coming to town, she kept calling until they hired her. "It was a wonderful seven years," she says. When the house became more than she wanted to deal with, she returned to Tulsa where daughter Karen still lives.

Bev moved to Montereau earlier this year. Walking into her apartment is a bit like entering a trendy art gallery. She has stylish, modern taste punctuated by red, silver, and black accents. She loves to read and is a Willie Nelson fan. "I once used his song 'On the Road Again' as part of my voicemail greeting," she says. She enjoys collecting clowns and colorful eye glasses; enough to suit a different mood or two each day. But when it comes to what she'd like people to know about her, she says simply, "I just want to be remembered."





# HEALTH CENTER HIGHLIGHT EVENTS

- **MUSIC & MEDITATION** – Wednesdays in Sep - **7:30a, WARREN CHAPEL**
  - **MOVEMENT & MUSIC** – Wednesdays in Sep - **10:30a, ABBEY**
  - **RENDEVER VIRTUAL REALITY** – Wednesday, Sep 3 - **2:00p, FRENCH QUARTER**
  - **HOCKEY NOODLE BALL** – Thursday, Sep 4 - **10:30a, ABBEY**
  - **WOODWARD PARK & GARDENS** – Thursday, Sep 4 - **1:45p, OUTING**
- 
- **LUNCH: RAISING CANE'S** – Monday, Sep 8 - **10:45a, OUTING**
  - **SHUFFLEBOARD** – Tuesday, Sep 9 - **2:00p, THE PARLOR**
  - **PIZZA PARTY** – Tuesday, Sep 9 - **5:00p, FRENCH QUARTER**
  - **DAVID HORNE BAND** – Wednesday, Sep 10 - **10:30a, ABBEY**
  - **ALZHEIMER'S ASSN. PRESENTATION: HEALTHY HABITS FOR BRAIN & BODY** – Thursday, Sep 11 - **1:00p, COTERIE THEATER**
- 
- **LUNCH: JASON'S DELI** – Monday, Sep 15 - **10:45a, OUTING**
  - **MUSIC & TRIVIA** – Wednesday, Sep 17 - **11:15a, VILLA DINING ROOM**
  - **RED HATS GROUP: TRACIE'S TRAVELS TO GREECE** –  
Wednesday, Sep 17 - **2:15p, CHATEAU 1 DINING ROOM**
  - **PINKITZEL** – Wednesday, Sep 17 - **2:00p, OUTING**
  - **COOKING GROUP: BLUEBERRY MUFFINS** –  
Thursday, Sep 18 - **2:00p, ABBEY**
  - **WALK TO END ALZHEIMER'S** – Saturday, Sep 20 - **7:45a, OUTING**
- 
- **LUNCH: IHOP** – Monday, Sep 22 - **10:45a, OUTING**
  - **PIZZA PARTY** – Tuesday, Sep 23 - **5:00p, FRENCH QUARTER**
  - **PORTER PEACH BARN** – Wednesday, Sep 24 - **1:30p, OUTING**
- 
- **LUNCH: MCALISTER'S DELI** – Monday, Sep 29 - **10:45a, OUTING**
  - **RENDEVER VIRTUAL REALITY** – Tuesday, Sep 30 - **2:00p, FRENCH QUARTER**

## Welcome New Residents!



**Sandy  
Wood**

Apt #547



**Wayne &  
Suzanne  
Scott**

Apt #452



## Team Member Appreciation Fund

Now Accepting Contributions



Please take time now to consider your 2025 contribution.

The Team Member Appreciation Fund is an expression of our gratitude for their dedication, care, and service.



Funds will be distributed  
as a gift to Team Members  
at the annual Merry Mingle event on  
Wednesday, December 17.



Please contact a TMAF Committee member for more information.

*Everett Stallcop*  
918-493-2621

*Charlie Payne*  
815-979-7036

*Rick Skinner*  
918-551-6851

*Billie Field*  
918-749-8811

## HAPPY SEPTEMBER BIRTHDAYS

2 Sep Roscoe Moore  
3 Sep Jane Denzinger  
3 Sep Sharon Green  
4 Sep Janet Blosser  
4 Sep Marianna Patterson  
5 Sep Dean VanTrease  
6 Sep Sandy Pickett  
6 Sep Betty Reid  
6 Sep Everett Stallcop  
8 Sep Bill Ramsey  
9 Sep Shelly Davis  
10 Sep Jack Bontz  
10 Sep Nancy Draper  
11 Sep Carolyn Wood-Johnson  
12 Sep Bob Bowles  
12 Sep Diane Holcomb  
12 Sep Carole Nikkel  
12 Sep Margaret Rice  
13 Sep John Huffman  
14 Sep Randy Stainer  
16 Sep Gary Ruckgaber  
17 Sep Phyllis Snyder  
18 Sep Debbie Jacoby



19 Sep Irma Galloway  
19 Sep Larry Schell  
21 Sep Tom Harrison  
21 Sep Suzanne Richetto  
22 Sep Tom Tejada  
22 Sep Malcolm Stewart  
22 Sep Jan Rosen  
24 Sep Billie Wing  
25 Sep Gracene Acton  
25 Sep Alan Holderness  
25 Sep Jean Parkinson  
26 Sep Bruce Walters  
27 Sep Pat Woodwrad  
28 Sep MaryAnn Simpson  
29 Sep Pat Harper  
29 Sep Joan Hunt  
29 Sep Rick Skinner  
30 Sep Larry Baker  
30 Sep Ava Callahan  
30 Sep Frances Harrison  
30 Sep Jeanne Jacobs  
30 Sep Betty Kilgore