



Voice of
Vitality

July 2026





INTRODUCING KATE NEWTON

Vice President of Culinary

It is with great enthusiasm that I introduce myself to this wonderful community. I am honored to become part of Montereau and its emphasis on connection, hospitality, and exceptional resident experiences. I look forward to meeting each of you, learning what makes this community special, and building meaningful relationships with residents, families, and team members.

My professional background includes 12 years of experience with the University Club of Chicago, Exmoor Country Club, and the senior community at The Mather, a senior community that neighbors Northwestern University in Evanston, Illinois. I am passionate about creating elevated dining experiences that combine gracious service, culinary excellence, and a welcoming atmosphere. I believe dining should be much more than a meal — it should be a daily opportunity for enjoyment, conversation, comfort, and community engagement. We want you to be proud of each meal.

As part of our commitment to enhancing the resident experience, I am excited to announce the addition of several new senior-level managers who will help lead our dining and hospitality teams. These experienced professionals bring strong leadership backgrounds, creativity, and a shared dedication to service excellence.

- **Judy Roberts: Front of the House Manager** - Judy has a long service history in Tulsa with Southern Hills Country Club, Tulsa Country Club, Hilton and Private Event coordination. Join me in welcoming Judy as she diligently guides our service team.

- **TK Kohle: Executive Sous Chef** - TK brings a proactive, professional background within the healthcare and senior living sectors. He has already begun leading training initiatives for the culinary team, focusing on areas such as storage management, gluten free menus development, sanitation and cross-training. He is also actively engaged in supporting operations within the Health Center.

- **Chef Marcello Marino: Executive Chef** - Marcello possesses extensive experience serving in both Executive Chef and instructional roles at Guilford Technical College, LaPorte School Corporation and Chartwells. Not only does he bring a strong foundation in culinary leadership and professional development, he is proud to have created a legacy of memorable experiences. Be sure to ask him about his savory bacon flavored cheesecake.

With the help of these three talented people and our current team, we have created a schedule to refresh our menu selections in all venues. Resident comments provided valuable feedback to increase variety and seasonality while keeping the “fan favorites” and feature new specials.

Together, we are focused on building a gracious, consistent dining program that reflects the preferences and interests of all residents while maintaining the highest standards of quality and professionalism. Your feedback provides us the opportunity to be keenly aware of those things we have accomplished well and areas we can improve. Please continue to use the “Happy or Not” kiosk, write a comment card, or tell me in person, as each note is valuable.

Our vision is to create a dining program that offers variety, consistency, and memorable experiences for everyone. From thoughtfully-prepared daily menus to special events, themed dining opportunities, and personalized service, we are committed to ensuring residents feel heard, valued, and cared for. We understand the important role dining plays in everyday life and are excited about the opportunities ahead to continue elevating that experience.

Thank you for the warm welcome I have already received. I am truly excited to be here and look forward to working alongside our talented team to serve this community with excellence, hospitality, and heart. The future is bright, and I am grateful for the opportunity to be part of it.



THIS IS YOUR LIFE

with Gail Hunter

Gail Hunter is one of the friendliest people you'll ever meet, and it's clear she's likely never met a stranger.

Gail is an only child whose early years were spent moving

frequently, following after her mother's fancy. Born in Los Angeles, her parents divorced when she was a toddler. When she was three, Gail and her mother headed for Wynnewood, Oklahoma to live with her grandparents who became a constant in her life. Soon after, her mother went to Dallas. Just before first grade, Gail's grandmother was hospitalized in Tulsa, so her grandparents sent her to Tulsa's Monte Cassino, a girls' boarding school at the time. "I was a boarder at six years old," she remembers. Her grandmother recovered and Gail returned to Wynnewood where she attended the second grade. But there were many more moves to come, and she never spent more than two years in one place. In 1959, she graduated from Oklahoma City's Bishop McGuinness Catholic High School. She says all the moving left its mark. "It made me flexible, and I can make friends easily," though she admits, disappointment is tough on her.

Regardless of where she was living, until she was 12, Gail spent summers with her grandparents at Lake Texoma. She admired her grandfather as an educated, worldly-wise man and her grandmother as someone with a big heart. "I hope I'm a lot like her," Gail says with a tender smile. She still has several of her grandfather's old books and a doll that was a special gift from her grandmother.

Gail's father, who lived in California, was a musician who played in several bands, including the Desi Arnaz and Phil Harris orchestras. Her children later inherited that musical gift. Gail grew up in the Catholic church, and while she says she was not studious, she embraces her adventurous spirit. "I was not shy." Gail is still in touch with friends from the fourth grade through college. She took up sewing at 13, joined Girl Scouts, and enjoyed cooking. Her green thumb is in evidence all over her apartment and her Montereau garden plot where she grows summer veggies. As an adult, Gail took up scrapbooking to preserve memories.

After high school, Gail attended Oklahoma State University where she pledged Pi Beta Phi and lettered on the women's rifle team. She also fell in love with a fellow student named Le. They married in 1962 and Gail graduated with an English degree in '63. Their family grew over the next six years, and Gail stayed home to raise Chris, Ammie, Steve, and Tommy. In 1970, she lost Le to cancer.

A short time later, she reconnected with a friend, Mike, from high school. They dated for a couple of years and married in 1972, and later welcomed Gail's fifth child, Tim. Today, she is a proud grandmother to nine and great-grandmother to four. The family spent the next two decades in Stillwater. They enjoyed road trips and visits to Disney parks. She and Mike went antiquing and were involved in the kids' music and sports activities. Gail says, in 1983, something changed. "I woke up one morning and said, 'I need something else to do!'" So, she returned to OSU for a master's degree in Mass Communications - Public Relations. During those years, she found time to earn a blue belt in karate.

She spent the next seven years working for OSU, mostly as a public information officer. "I liked doing research for stories," she says. They left Stillwater in '93 when Mike got a job in Tulsa. Gail soon found a position with the Chamber of Commerce and later, the Homebuilders Association of Greater Tulsa. Those years were spent coordinating media coverage of events, including The Home & Garden Show, Parade of Homes, and an episode of "Extreme Home Makeover" in Dewey. "It was always my goal to make the media's job easier," she says. She was voted Professional of the Year in 2006. She lost Mike unexpectedly that same year.

In 2011, she reconnected with an acquaintance from OSU, Tom Hunter and they married that year. They attended The Kirk where they immersed themselves in church life, leading a GriefShare support group. In 2017, they moved to Montereau as Tom's health declined. Gail recalls, "Tom said, 'I want to go to Montereau so you're taken care of.'" They continued the GriefShare group here and Gail has led it since Tom's passing in 2022. She stays busy with gardening, reading, serving on committees, and actively helping the Marketing team to recruit new residents. Whether you've been here for years or just moved in, Gail says, "I'm there as a friend."



SUPERFOOD OF THE MONTH

Stone Fruits

Stone fruits are sweet, juicy, and packed with nutrition. They are rich in vitamins A and C, fiber, and antioxidants. They help support healthy skin, digestion, and overall wellness which makes them a refreshing and nourishing summer treat!

Dietitian's Dish



Hydration

Pick up a copy of this month's Dietitian's Dish at La Patisserie to learn why staying well-hydrated is essential for overall health. Fluids help regulate body temperature, support digestion, and boost energy levels.



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.



4TH OF JULY LIMITED MENU

Saturday, Jul 4: **11:00a-3:00p - Le Marche**

Enjoy a limited holiday menu in Le March. Choice of Smoked Beef Briskett, BBQ Chicken Quarter, Double Patty Smash Burger, or Market Salad with traditional sides and holiday desserts. Cafe Mondial open for breakfast. **Dining venues closed for dinner service. See Host Stand or watch the ConnectedLiving app for cost which will be applied to your dining allowance. No RSVP required.**

SIPSE CATEGORY: Social



ACTION STATION

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

Our chefs prepare a delicious meal, fresh to order. Watch the menu chalkboard in La Patisserie for the theme each week. **A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.**

SIPSE CATEGORY: Social

DINING

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DIETITIAN DROP-IN

Friday, Jul 10: **2:00p-4:00p - Board Room**

Drop in anytime during this two-hour session to visit with Montereau Registered Dietitian Melissa Horn-Speck. Get expert advice and tips on any of your nutritional questions or concerns in a relaxed setting. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual



WINE WEDNESDAY

Wednesday, Jul 15: **3:30p-4:30p - Café Mondial**

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

SIPSE CATEGORY: Social



CHEF'S TABLE - TERRA & TIDE

Wednesday, Jul 15: **5:00p-6:30p - Rue 6800**

Menu: Parmesan Tuile, Beet Carpaccio & Whipped Goat Cheese, Butter-Poached Lobster Tail, 72-Hour Red Wine-Braised Beef Osso Buco with Saffron Risotto and Roasted Baby Carrots, White Chocolate Cheesecake. **Cost is \$50, 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: SUMMER COCKTAILS

Monday, Jul 20: **2:00p-3:00p - Rue 6800**

Mixologist Katy Council will demonstrate some refreshing summer cocktails. Learn to make a Sweet Sunrise Mocktail, and the Rum-based Bushwacker and Mai Tai cocktails. Enjoy a chef-curated appetizer during the class. **Cost is \$12, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual



TEACHING KITCHEN: STONE FRUITS

Tuesday, Jul 28: **2:30p-3:30p - Coterie Theater**

Montereau Registered Dietitian Melissa Horn-Speck focuses on the health benefits of stone fruits. Learn simple, delicious ways to incorporate peaches, plums, and cherries into meals and snacks. Sample a Raspberry-Peach-Mango Smoothie Bowl. **No cost. No RSVP required.**

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. Events with fewer than four RSVPs may be subject to cancellation.



LET'S EAT LOCAL 4:30p – Trip (RSVP required)

Tuesday, Jul 7: Boston Deli \$(Midwestern Comfort Food)

Tuesday, Jul 14: Uncle Paco's Mexican Grill \$\$ (Mexican Fare)

Tuesday, Jul 21: Baron's on 1st \$\$\$ (Fine Dining)

Tuesday, Jul 28: Ti Amo Ristorete Italiano \$\$ (Classic Italian Fare)

SIPSE CATEGORY: Social



LE CINEMA DOCUMENTARY & TV SERIES (No RSVP Required)

Thursdays 7:00p: Documentary Series: **Jul 2, 9, & 16** - America: Our Defining Hours, **Jul 23** - Audrey, **Jul 30** - A Gorilla Story

Fridays 2:00p: TV Series: **Jul 3** - No Showing, **Jul 10, 17, 24, 31** - Bridgerton

Fridays 3:00p: PBS Series: **Jul 3** - No Showing, **Jul 10, 17, 24, 31** - Bridgerton

SIPSE CATEGORY: Social/Intellectual

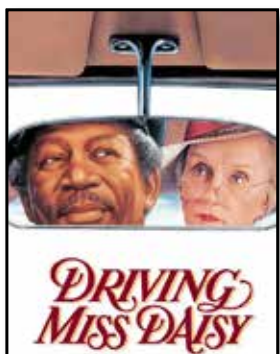


LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: **Jul 1: Air Force Elite: Thunderbirds 2025** (TV-14) An inside look at the U.S. Air Force's Thunderbirds flight squadron. **Jul 15: Meet the Parents** (PG-13)

Male nurse and chronic under-achiever Greg Focker meets his girlfriend's parents before proposing, but her former-CIA father is every date's worst nightmare. **Jul 22: Father of the Bride Part 2** (PG) George Banks must deal not only with his daughter's pregnancy, but also his wife's. **Jul 29: Murphy's Romance** (PG-13) After her divorce, Emma Moriarty moves to a ranch with her teenage son and befriends a much older man. Romance blossoms, but things get complicated when her ex shows up.

SIPSE CATEGORY: Social/Intellectual/Emotional



Saturdays 2:00p: **Jul 4: Safe Haven** (PG-13) A woman with a mysterious past lands in Southport, NC where her bond with a widower forces her to confront the dark secret that haunts her. **Jul 11: Driving Miss Daisy** (PG) The bond between an old Jewish woman and her African-American chauffeur grows and matures in the American south. **Jul 18: The Mighty Macs** (G) In the early '70s, Cathy Rush becomes the head basketball coach of a girls' Catholic college, determined to take the team to its first national championship. Based on a true story. **Jul 25: The Miracle of the Cards** (N/A) Based on the true story of eight-year-old Craig Shergold who had a brain tumor and the world record-breaking, global campaign for get well cards that gave him the strength to fight.

SIPSE CATEGORY: Social/Intellectual/Emotional

HIGHLIGHT EVENTS

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MONTH-LONG STEP CHALLENGE

Wednesday, Jul 1-Friday, Jul 31: **All Month - Community-Wide**

Team up with residents on your floor, or Garden Home neighborhood, to record the most steps. Pick up a Step Log from IL Concierge or a Wellness Specialist & return it each Thursday. Informational meeting on Wednesday, Jul 1 at 11:30a in the Rotunda is voluntary. **\$4 pedometers available, charged to your monthly statement. Celebratory refreshments for the winners in GRL Jul 31.**

SIPSE CATEGORY: Physical - Mild to Maximum Difficulty



SIPSE SPIRIT DAY: INDEPENDENCE DAY

Thursday, Jul 2: **All Day - All Venues**

Deck yourself out in red, white, and blue to mark our country's semiquicentennial! Happy 250th, America! **No cost. No RSVP required.**

SIPSE CATEGORY: Emotional



TECH TABLE WITH BLAKE BOLIN

Thursdays in Jul: **10:00a-11:00a - Board Room**

Thursdays in Jul: **2:00p-3:00p - Board Room**

Blake Bolin hosts 2 one-hour sessions each Thursday. Topics: **Jul 2** - Open Session, **Jul 9** - iPhone Refresher, **Jul 16** - Android Refresher, **Jul 23** - ConnectedLiving Mobile App & Sentrics TV Refresher, **Jul 30** - Avoiding Online Scams. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual



EARLY 4TH OF JULY CELEBRATION

Thursday, Jul 2: **4:30p-6:00p - City View Lounge**

Enjoy an extra-special holiday Happy Hour! Dance to great music from Oklahoma Wildlife. Plus, enjoy a festive Independence Day meal. Menu: Hot Dog Bar, Baked Beans, Potato Salad, and Fruit Salad. **Cost of the meal is \$14, applied to your meal allowance. RSVP required only for the meal.**

SIPSE CATEGORY: Social



SIGNATURE SYMPHONY: AMERICA'S BIRTHDAY BASH

Thursday, Jul 2: **6:30p-9:30p - TRIP**

Celebrate America's 250th birthday with this high-energy Independence Day Concert filled with beloved patriotic classics and cinematic favorites. **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

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CLASSIC CINEMA: DOUBLE INDEMNITY (1944)

Tuesday, Jul 7: 7:00p-8:45p - Le Cinema

A timeless thriller of betrayal, complicity, and tragedy. A dissatisfied housewife seduces an insurance representative into a scheme of insurance fraud and murder. Directed by Billy Wilder, starring Barbara Stanwyck, Fred MacMurray, and Edward G. Robinson. **No cost. No RSVP required.**

SIPSE CATEGORY: Social

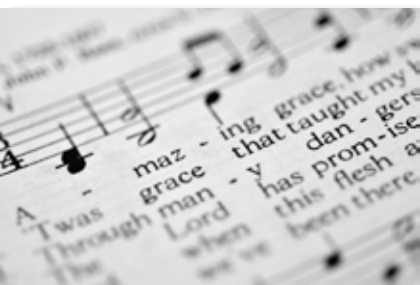


FITNESS WALK: WOODWARD PARK

Wednesday, Jul 8: 9:00a-11:30a - TRIP

Explore this beautiful, 45-acre park right in the middle of Tulsa that's known for its Upper and Lower Gardens, an arboretum, glass conservatory, and a Teaching Garden. We will also check out the progress of the replanted Rose Garden. Water bottles encouraged. **No cost. RSVP required.**

SIPSE CATEGORY: Physical-Mild Difficulty



ABBEY CHORUS GROUP SING-ALONG

Wednesday, Jul 8: 3:00p-4:00p - ABBEY

Whether you love to sing or just enjoy listening, come join our Abbey chorus group in a fun sing-along performance. They'll be singing a selection of favorite classic tunes. Join in or cheer them on. **No Cost. No RSVP required.**

SIPSE CATEGORY: Emotional



DINNER & A MOVIE: REMARKABLY BRIGHT CREATURES

Wednesday, Jul 8: 5:00p-8:30p - Coterie Theater

Based on the book about an unlikely friendship between a grieving widow and an octopus. Menu: Grilled Garlic & Herb Shrimp, Lemon Chicken w/Lemon Butter Sauce, Summer Vegetables & Angel Hair Pasta, Chocolate Chip Cookie & Vanilla Ice Cream. **Cost is \$24, applied to your dining allowance. RSVP required.**

SIPSE CATEGORY: Emotional



ALZHEIMER'S ASSN. PRESENTATION: FACTS & FIGURES REVIEW

Thursday, Jul 9: 1:00p-2:00p - Coterie Theater

The Alzheimer's Association releases its annual facts and figures report. We'll dive into what the numbers mean and what's changing in research and support. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual

HIGHLIGHT EVENTS

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WOODLAND HILLS SHOPPING TRIP

Friday, Jul 10: **1:00p-3:00p - TRIP**

Let's go shopping! Hit your favorite stores and maybe explore some new ones at Woodland Hills Mall, all while escaping the heat of an Oklahoma summer. **Please bring money for your purchases. RSVP required.**

SIPSE CATEGORY: Physical-Mild Difficulty



ART WITH ANN - ALL SKILL LEVELS

Tuesdays, Jul 14, 21, 28: **12:00p-3:00p - Studio de Monet**

Advanced students, bring your own projects and materials to work on from 12p-3p with assistance from Ann as needed. Fun Art students receive guided instruction from 1p-2:30p. **Jul 14** - Pen & Ink & Watercolor Sunflower, **Jul 21** - Watercolor Winter Scene, **Jul 28**-Watercolor Yellow Rose. **Cost is \$20 per class, applied to your monthly statement. RSVP required.**

SIPSE CATEGORY: Emotional



FIT BITES: CALCIUM

Wednesday, Jul 15: **2:00p-2:30p - Grand Riviera Lounge**

We know calcium is important for strong bones. Come learn its other benefits while sampling Caribbean Black Bean Soup, Peach Goat Cheese Salad, and Blueberry Chia Overnight Oats. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual



OKLAHOMA SEVERE & SUMMER WEATHER PRESENTATION

Wednesday, Jul 15: **3:15p-4:00p - Coterie Theater**

Join AMS-Certified KJRH-Channel 2 News Meteorologist Brandon Wholey for an interactive and informative presentation on Oklahoma's wild weather. He'll talk about severe weather safety and summer weather awareness. **No cost. No RSVP required.**

SIPSE CATEGORY: Intellectual



RIVER CITY PLAYERS & LUNCH AT VIDALIA'S CAFE

Friday, Jul 17: **10:00a-4:45p - TRIP**

Enjoy lunch at Vidalia's Cafe in Tahlequah. Then join the River City Players for a celebration of the artists, songs, and events that define America's rich rock and roll history! **Concert cost is \$14.50, applied to your monthly statement. Please bring additional money for lunch. RSVP required no later than July 9.**

SIPSE CATEGORY: Social

HIGHLIGHT EVENTS

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FIT & FABULOUS: PROTEIN-PACKED

Friday, Jul 17: **11:30a-1:00p** - Grand Riviera Lounge

Protein is a key macro-nutrient that builds muscle and controls appetite. Learn the other benefits, best food sources, and how much to consume per day. Menu: Walnut Beet Salad, Kale and Lentil Soup, Rosemary Chicken Breast with Zucchini Feta Quinoa Boats, and Mixed Berry Mousse for dessert. **Cost is \$25, applied to your dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual



COOKING WITH NANCY & RANDY: SUMMER'S BOUNTY

Friday, Jul 17: **3:30p-4:30p** - Coterie Theater

Nancy & Randy Stainer share recipes that celebrate summer's fresh flavors. Sample Tomato & Peach Salad with Whipped Goat Cheese, Marcella Hazan's Dead Easy Tomato Sauce, Confetti Corn, and No-Bake Icebox Berry Torte. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual

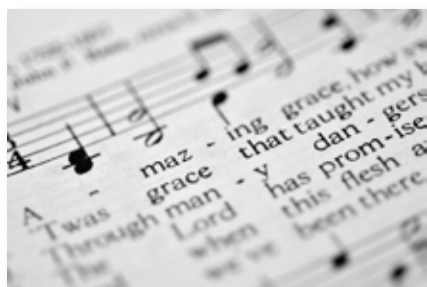


CORNHOLE TOURNAMENT

Wednesday, Jul 22: **2:00p-3:00p** - 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. **No cost. Please RSVP ONLY if you plan to play.**

SIPSE CATEGORY: Physical-Mild Difficulty



OLD HYMN SING ALONG

Wednesday, Jul 22: **3:00p-4:00p** - Montereau 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 cost. No RSVP required.**

SIPSE CATEGORY: Spiritual



VINTAGE SEWING MACHINE MUSEUM & FABRIC STORE

Thursday, Jul 23: **1:00p-4:00p** - TRIP

Visit this museum and sewing center showcasing sewing through the ages. They service sewing machines and offer classes. Museum admission is \$10. After the museum, visit Sew Much More Fabrics, a 4,000-square-foot fabric and craft store. **Bring money for museum admission & purchases. RSVP required.**

SIPSE CATEGORY: Intellectual

HIGHLIGHT EVENTS

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ALZHEIMER'S CAREGIVER SUPPORT GROUP

Thursday, Jul 23: 4:30p-5:30p - Studio de Monet

This Alzheimer's Association-certified support group is open to anyone caring for a loved one living with dementia or Alzheimer's. Talk with others in similar situations, ask questions, and learn about available resources. No cost. No RSVP required.

SIPSE CATEGORY: Emotional



FITNESS HIKE: RSU & LUNCH AT THE PINK HOUSE

Friday, Jul 24: 8:45a-2:00p - TRIP

Walk the Rogers State Univ. Conservation Reserve with two miles of paved trails and two miles of grass trails. Water bottles are recommended. After the walk, we'll have lunch at The Pink House. **Please bring a form of payment for lunch. RSVP required.**

SIPSE CATEGORY: Physical-Moderate Difficulty



DIY CRAFT: BOTTLE CAP MAGNETS

Monday, Jul 27: 10:00a-12:00p - Studio de Monet

Join Jesse for this month's DIY Craft Make your very own magnets using bottle caps. Materials will be provided. You may bring personal photos to use if you don't mind cutting them up. **No cost. RSVP required.**

SIPSE CATEGORY: Social



FITNESS EQUIPMENT DEMO

Tuesday, Jul 28: 2:00p-3:00p - Fitness Studio

Get comfortable w/strength & cardio equipment in the Fitness Center. A Wellness Specialist walks you through the equipment to explain function, proper setup, and recommendations for setting weight & repetitions. **No cost. RSVP required.**

SIPSE CATEGORY: Intellectual



DRUM CIRCLE

Wednesday, Jul 29: 3:30p-4:15p - Coterie Theater

Experience the benefits of a Music Therapy Drum Circle with Liz Hawbaker. Connect socially, exercise self-expression, improve memory & coordination, & reduce stress. Liz will bring the drums! Space is limited. **No cost. RSVP required.**

SIPSE CATEGORY: Physical-Mild Difficulty

HIGHLIGHT EVENTS

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ABBEY FARMERS MARKET

Thursday, Jul 30: **2:30p-4:00p - Abbey**

The Abbey residents are hosting their version of a summer farmers market. They're working together to create a Lemonade Stand banner, prepare fresh lemonade, and get ready for special roles of greeting you as their guests, serving lemonade, collecting donations, and creating fresh flower arrangements. **All lemonade donations benefit the Alzheimer's Association. No RSVP required.**

SIPSE CATEGORY: Social



RIVER CITY PLAYERS & DINNER AT KRONER & BAER WOOD-FIRED PIZZA

Friday, Jul 31: **4:00p-9:30p - TRIP**

Enjoy dinner at Kroner & Baer Wood-Fired Pizza in Tahlequah. Then join the River City Players in a country playlist of songs paying tribute to beloved U.S. destinations. **Concert cost is \$14.50, applied to your monthly statement.**

Please bring money for dinner. RSVP required no later than July 22.

SIPSE CATEGORY: Emotional

Team Member Appreciation Fund

Now Accepting Contributions

Please take time now to consider your 2026 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 Friday, December 18

Please contact a TMAF Committee member for more information.



Everett Stallcop: 918-493-2621

Billie Field: 918-749-8811

Charlie Payne: 815-979-7036

Rick Skinner: 918-551-6851



HEALTH CENTER HAPPENINGS

with Kim Calabrese
Abbey Program Manager



June was full of summer fun in Health Care! We kicked off the season with picnic lunches on the Veranda, enjoying the fresh air instead of our usual Monday lunch outing. We also held our annual Montereau car wash, raising money for the Alzheimer's Association. Thank you to all the residents who

donated to such a meaningful cause! We raised more than \$5,000!

Mary Sue's Mobile Petting Zoo was another highlight of the month. Everyone loved seeing the farm animals again and spending time with them.

July is jam-packed with fun as well! From the Abbey's Farmers Market to our Fourth of July party, the Health Center will be the place to be for all kinds of fun, summer activities. We are also so happy to welcome Reverend Bill Crowell, Montereau's Protestant Chaplain, back for weekly devotions in the Abbey.

One of our Health Care outings this month will be a tour in downtown Tulsa. We are very excited to see and learn about all the beautiful Art Deco architecture tour in the heart of our city.

All Montereau residents are invited to join us for the Abbey Farmers Market. Abbey residents will be working hard leading up to the event by making lemonade stands, preparing lemonade, arranging flowers, and more. Please come help us celebrate their efforts with this fun summer treat!



A MESSAGE *from* Tracie Nail - Health Center Administrator

This Fourth of July, we gather to celebrate America's independence and to honor a truly historic milestone — the 250th anniversary of our nation's founding (Semiquincentennial). For two and a half centuries, the United States has stood as a symbol of freedom, resilience, courage, and hope.

As we enjoy fireworks, parades, picnics, and time with friends and family, we also pause to reflect on the generations of Americans who helped shape our country's story. Many of our residents at Montereau have witnessed remarkable moments in history firsthand, from times of challenge and sacrifice to extraordinary achievements and progress. Your experiences, wisdom, and patriotism are part of the living history that makes our community so special.

The Fourth of July reminds us that America's strength has always come from its people: neighbors helping neighbors, families supporting one another, and communities coming together with pride and purpose. Here in our community, we continue that tradition every day through friendship, kindness, and shared memories.

As we celebrate this special anniversary year, we encourage everyone to take a moment to remember what independence means to them. Whether it's the freedom to pursue dreams, the opportunity to serve others, or the simple joy of gathering with loved ones, these values continue to unite us all.

The Health Center wishes everyone a safe, joyful, and meaningful Independence Day filled with laughter, reflection, and celebration. Happy Fourth of July and cheers to 250 years of the United States of America!

JUNE IN THE HEALTH CENTER





HEALTH CENTER HIGHLIGHT EVENTS

- **MUSIC & MOVEMENT** – Wednesdays, Jul 1, 8, & 29 - **10:30a, Abbey**
 - **SCENIC DRIVE: CATOOSA BLUE WHALE** – Wednesday, Jul 1 - **1:00p, OUTING**
 - **4TH OF JULY CELEBRATION** – Thursday, Jul 2 - **2:00p, Abbey**
 - **DEVOTIONS W/DR. BILL CROWELL** – Fridays in Jul - **11:00a, Abbey**
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- **LUNCH: OKLAHOMA JOE'S** – Monday, Jul 6 - **10:45a, OUTING**
 - **ABBEY CHORUS GROUP SING ALONG** – Wednesday, Jul 8 - **3:00p, Abbey**
 - **ALZHEIMER'S ASSN.PRESENTATION: FACTS & FIGURES** – Thursday, Jul 9 - **1:00p, Coterie Theater**
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- **LUNCH: THE BIG BISCUIT** – Monday, Jul 13 - **10:45a, OUTING**
 - **MERRITT'S BAKERY** – Wednesday, Jul 15 - **2:00p, OUTING**
 - **4TH OF JULY LUNCHEON** – Thursday, Jul 16 - **11:30a, Grand Riviera Lounge**
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- **LUNCH: FIREHOUSE SUBS** – Monday, Jul 20 - **10:45a, OUTING**
 - **TOURS OF TULSA: ART DECO** – Wednesday, Jul 22 - **1:30p, OUTING**
 - **MOVIE & THEATER SNACKS: THE LAST LAUGH** – Thursday, Jul 23 - **2:00p, Coterie Theater**
 - **ALZHEIMER'S CAREGIVER SUPPORT GROUP** – Thursday, Jul 23 - **4:30p, Studio de Monet**
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- **LUNCH: SOCIETY BURGER** – Monday, Jul 27 - **10:45a, OUTING**
 - **HEALTH CENTER PIZZA PARTY** – Tuesday Jul 28 - **5:00p, French Quarter**
 - **ABBEY FARMERS MARKET** – Thursday, Jul 30 - **2:30p, Abbey**

*Welcome
New Residents!*



Jan Collier

Apt. #305



**R. Craig
Murphy**

Apt #437



**COMING IN
OCTOBER**

- ♥ *Walk to End Alzheimer's*
- ♥ *Wellness Fair*
- ♥ *Senior Showdown vs.
Team Members*

HAPPY JULY BIRTHDAYS

2 Jul	Jack Ledbetter	20 Jul	Betty Mize
3 Jul	Ken Simpson	21 Jul	John Minielly
4 Jul	Monroe Ayres	21 Jul	Vash Rouhselang
4 Jul	Reta Land	21 Jul	Barbara Watson
4 Jul	Uma Sharma	23 Jul	Mary Yeakey
6 Jul	Tom Maxwell	24 Jul	Kathy Purser
6 Jul	Cheryl Melton	26 Jul	Jim Bennett
6 Jul	Donna Ramsey	28 Jul	Clara Rafinski
7 Jul	Mary Cozort Harper	28 Jul	Duane Ring
8 Jul	Donna Hughes	28 Jul	Patsy Russo
11 Jul	Nancy Stainer	28 Jul	Sharon Tejada
12 Jul	Judy Cline	29 Jul	John Coonce
12 Jul	Vera Curzon	29 Jul	Francine Wetzler
12 Jul	Irene Letcher	30 Jul	Sandra Muskopf
13 Jul	John Finch, Jr.	30 Jul	Terri Tacker
13 Jul	Elton Villines		
17 Jul	Orvis Crowson		
18 Jul	John Bolin		
18 Jul	James Jordan		
18 Jul	Bob Sohl		
19 Jul	Janet Lewis		
19 Jul	Mary Helen Stanley		
20 Jul	Kay Detter		

