



Voice of
Vitality

APRIL 2025



SPRING IS IN THE AIR & IN THE KITCHEN

with Dana Vandagriff,
Director of Culinary Operations

Spring has arrived at Montereau, and the Culinary team is embracing the season with fresh flavors, exciting events, and new ways to enhance your dining experience.

Since arriving in late February, I have enjoyed getting to know you and being part of this wonderful community. I'm inspired by the kindness, warmth, and enthusiasm that make this place special. It's a joy to see familiar faces in the dining spaces, share conversations, and be part of moments that bring people together over great food. You make Montereau feel like home, and I am so grateful to be here.

One of our biggest initiatives recently has been the roll out of Full Count, a system that helps you track your monthly spending with ease. As with any new system, there have been some bumps along the way, but we appreciate your patience as we work through them. We're confident this tool will make managing dining balances simpler and more transparent.

The Culinary team is also hard at work, crafting exciting updates to the menus across all our dining venues. With a focus on fresh, seasonal ingredients and your feedback, our chefs are curating dishes that bring more variety, flavor, and creativity to your dining experience. Whether it's new signature entrées, lighter springtime options, or re-imagined classics, we're excited for you to enjoy what's next!

Looking ahead, I'm excited to announce a Mocktail Class for Cinco de Mayo and another culinary pop-up event. Spring is a time of renewal, and we're eager to bring fresh, fun experiences to the table. Thank you for the warm welcome. I look forward to seeing you at our upcoming events!



EASTER EGGSTRAVAGANZA 2025!

It's almost that time of year again! The time when Montereau's Grand Lawn is filled with excitement of Spring and the anticipation of treasures to be found among the flowers, bushes and trees.

The annual Easter Eggstravaganza draws hundreds of Montereau residents, team members, and their families and loved ones each year for games and fun. There are tasty treats to be had as the energy builds, and the Easter Bunny himself appears to say "Hello" and sit with children - young and old - for pictures. But, let's be honest. For the kids, it's all about the hunt! Dozens of children, baskets in hand, waiting eagerly for the countdown and "Go!" before racing across the lawn, scooping up candy-filled Easter eggs in the blink of an eye. Before you know it, the eggs have vanished and youngsters have found a spot to sit and compare hauls.

It's a time of bonding and community. And we can't wait for you to join us again this year! So, mark your calendar for Saturday, April 12. Then be sure to invite your children, grandchildren, and great-grandparents to this year's Eggstravaganza. We hope to see you all there!



Easter Eggstravaganza **Volunteers Needed**

Easter Egg-Hiding Wizards & Clean Up Crew Wanted

Saturday, April 12: 8am-10am or 10am-12pm

***Contact Jesse Harris by April 5:
918-491-5264 or jmharris@montereau.net***

RECYCLE TODAY *for a* Better Tomorrow

Each year, up to ten million tons of plastic are dumped into our oceans, according to UNESCO. It works out to about two thousand trash trucks full every day! Now microplastic particles are making their way into our food and water supplies. That's why Monterey residents Dave and Cindy Bagwell are inspired to make a difference. Since arriving here in 2024, they have been working to raise awareness in our community.

Dave is eager to educate people about the process. He explains that items bearing the numbers 1, 2, or 5 in the middle of the recycling triangle on the bottom are recyclable. He reminds us to rinse or wipe away food from a container before dropping it into a recycling bin. Dave also suggests keeping a paper bag under the sink for collecting recyclables and for ease of disposal. He says, "If I can get other people, even just a few, to do something they weren't doing before, I feel like I've helped."



Recycling at Monterey is pretty simple. In the Towers, there is a yellow cart in each first-floor refuse room for plastics, paper, and cardboard. Garden Home residents may take recyclables to the yellow bins at the back dock on the east side of the main building.

Dave is excited to see more people participating in general recycling, but says his real passion is glass. "It's called 'infinitely recyclable,' because it can be used over and over again," he explains. There are now additional containers for glass in the refuse rooms near apartments 107, 114, 136, and 145 with plans for two more.

Dave says they're recycling between 100 and 300 glass items, mostly wine bottles, each week. Volunteers help collect and take them to the glass recycling spot at LaFortune Park. If you'd like to get involved, contact Dave at 830-446-1581 or bagwelld6@gmail.com.

OVERNIGHT TRIP *Shangri-La Resort & Sightseeing*

May 1: Check-In, Dinner, Relax

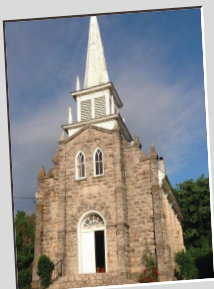
*May 2: Breakfast, Check-Out, Har-Ber Village & Lunch,
Cayuga Mission Church*

Cost: \$350 1 Guest / \$375 2 Guests

*Meals not included. Includes hotel stay &
Har-Ber Village admission.*

RSVP Deadline: April 11

Contact Jesse Harris: 918--491-5264 or jmharris@montereau.net





THIS IS YOUR LIFE *with* Diane Holcomb

With an eye for detail and whimsy and a mind bursting with creative flourish, Diane Holcomb is a writer at heart. “Everything is a metaphor to me.” She delights in small simplicities and finds beauty and elegance in things others might overlook.

Diane was born in Shawnee, Oklahoma but moved to Houston at the age of two. The eldest of four, she was “big sister” to two brothers and one sister. She says she has always been shy in public. At home, though, she laughs, “I thought I was in charge!” When she was about 13, they moved to Spring Branch, Texas, where she completed high school. Always one for creative expression, Diane joined the school choir in the fourth grade and continued singing through her senior year. She still has copies of albums her high school choir recorded.

During high school, she volunteered at the local hospital and then worked as a nurse’s aid. It wasn’t enough to spark an interest in the medical field however. “I just can’t stand to watch people who are hurt,” she says. After graduation in 1963, she was off to Texas Christian University to study business at the urging of her father. She says the experience helped her get over some of her shyness. She was an Alpha Delta Pi. But two semesters in, Diane realized business wasn’t the right fit.

In ‘64, she wrapped up the year at TCU and joined her family in moving to Tulsa, taking a secretarial position at Dresser Engineering. She continued working while returning to college for another year, this time at TU. Soon, though, she decided she was learning more from life experience than the classroom. Back at Dresser, she met the love of her life. Allan Holcomb, a draftsman at the company, caught her eye and her heart. “He was so handsome as he would walk across the room,” Diane says wistfully. She says she initiated their first date, a Johnny Mathis concert in town. They dated for two years before eloping in 1966.

She continued working after they wed, at Cities Service oil company and Douglas Aircraft. The young couple moved to rural Sperry, Allan’s hometown. In 1970 they welcomed their firstborn, James, followed soon after by Laurie. Diane lights up with pride in her family which also includes Allan’s daughter Terry from a previous marriage, one grandson and a great-granddaughter.

When the children started school, Diane returned to the classroom. This time, it was on her terms. She enrolled at Tulsa Junior College, now TCC, to learn to be a better poet and writer. She’d found her groove. “It was so nice,” she says with satisfaction. “You don’t have to take the stuff you don’t like, and that’s so much fun!” She took classes on poetry, screenwriting, even how to write a novel. Diane became quite prolific, writing poetry, a one-act play called “Stella’s Web,” and trying her hand at the novel. “My goal was to write a funny novel, but it’s not as easy as it sounds,” she explains. She has since published a book of her poetry called “Window Peeping and Other Poems.” Diane joined numerous poetry clubs, attended and spoke at seminars, and won countless literary contests. Here at Montereau, she is a faithful member of the Poetry Appreciation Group.

After a short real estate career, Diane and Allan embarked on a new adventure in the late ‘80s, purchasing a thoroughbred racehorse named Forliran. It was an exciting time shortly after Remington Park opened. They traveled to racetracks around the country for three years before selling Forliran.

Diane volunteered her time with community organizations and remained involved when she and Allan came to Montereau in 2013 as his Alzheimer’s progressed. She lost him in 2015 after 49 years of marriage, but is thankful for the care he had in the Abbey just a short walk away from her apartment.

With her penchant for whimsical things, Diane has several distinct collections that include unusual rocks, Hummel figurines, and decorative bookmarks just right for her large book collection. She is a fan of the Outlander book series and has met its author. Always ready for the next adventure, Diane reads every night before going to sleep.



She may be soft-spoken, but Diane has plenty to say. Whether it’s in the written word, or friendly conversation, you’ll be all the better for listening.

MONTEPALOOZA *brings* The Fun

For many years, Montereau residents have put together an annual Team Member Appreciation event to give back to the hundreds of dedicated team members who keep our community going. In recent years, that effort has evolved into the smashing success known as "MontePalooza." It's an all-afternoon event put on by residents for our team members and their family members to enjoy.

There are a lot of exciting things planned for this year's event. As in years past, there will be giant inflatables, a DJ, face painting, a balloon artist, area mascots, snow cones, a meal, and so much more. This year will also feature a popcorn vendor and an appearance by the robotic dogs from The University of Tulsa's Computer Science program.

While MontePalooza is a special time focused on our team members, it is also a wonderful opportunity for residents to connect with them in a fun atmosphere and to enjoy the day together. Resident volunteers are an important part of making sure this wonderful day goes off without a hitch. There are limitless opportunities to give of your time and talents: helping with games, registration, food service, greeting arriving team members,

assisting with mascots or the traveling barnyard, and directing attendees to all the fun and excitement. We have a place for you! Volunteers also receive a complimentary meal during the event. Don't miss out on all the fun coming up next month. Save the date for MontePalooza - Thursday, May 22. See you there!




MontePalooza
Team Member Appreciation Event
THURSDAY, MAY 22
VOLUNTEERS NEEDED
2-4PM 4-6PM
Sign up after Town Hall, in the Post Office
or
Contact Billie Field
918-749-8811




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**

Apr 3: Pasta, **Apr 10:** Stir Fry, **Apr 17:** Fajitas, **Apr 24:** 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, Apr 16: **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



EASTER SUNDAY BRUNCH

Sunday, Apr 20: **11:00a-2:00p – Rotunda**

Celebrate Easter with a special Sunday Brunch. On the menu: Carved Herb-Roasted Lamb, Root Beer-Glazed Ham, Sweet Potato Casserole, Roasted Baby Potatoes, Asparagus with Hollandaise, Sautéed Green Beans & Mushrooms, Berry French Toast Casserole, Quiche Lorraine, Omelet Station, Desserts and more. **Cost is \$30, applied to your monthly dining allowance.**

SIPSE CATEGORY: Social



CHEF'S TABLE

Wednesday, Apr 23: **5:00p-6:30p – Rue 6800**

Our culinary team offers a gourmet meal. Menu includes Mini Samosa with Tamarind Chutney, Tuna Tartare with Wasabi Aioli, Moroccan-Spiced Chicken with Couscous and Apricots, and Matcha Green Tea Cheesecake. **Cost is \$45, applied to your monthly dining allowance.** Wine or cocktail selections may be ordered as desired and will be charged separately.

SIPSE CATEGORY: Social

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

Tuesday, Apr 1: Fleming's Prime Steakhouse \$\$\$ (Fine Dining, Steaks)

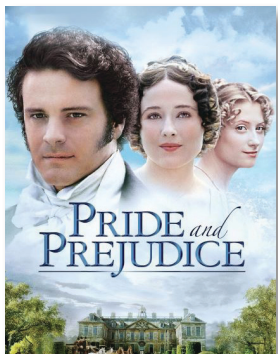
Tuesday, Apr 8: Ricardo's \$ (Mexican Fare)

Thursday, Apr 17: Juniper \$\$ (Fresh, Modern Comfort Fare)

Tuesday, Apr 22: Little Venice \$\$ (Italian Fare)

Tuesday, Apr 29: Kilkenny's \$\$ (Classic Irish Pub Fare)

SIPSE CATEGORY: Social



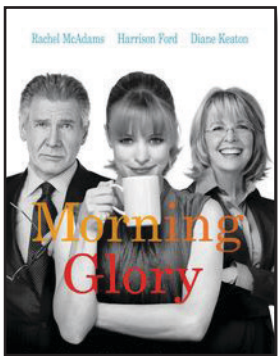
LE CINEMA DOCUMENTARY & TV SERIES (No RSVP Required)

Thursdays 7:00p: Documentary Series: Apr 3 - Inside America's National Parks, Apr 10 - Grand Teton National Park, Apr 17 - The World's Most Famous Train/Mount Rushmore and the Black Hills, Apr 24 - Our Oceans: The Pacific

Fridays 2:00p: TV Series: Outlander

Fridays 3:00p: Apr 4: PBS Series: Sanditon, Apr 11, 18, 25: Pride & Prejudice

SIPSE CATEGORY: Social/Intellectual



LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: **Apr 2: Stronger** (R) The inspiring real life story of Jeff Bauman who became a symbol of hope after surviving the 2013 Boston Marathon bombing. **Apr 16: Morning Glory** (PG-13) An upstart television producer accepts the challenge of reviving a struggling morning show program with warring co-hosts. **Apr 23: The Guardian** (PG-13) A high school swim champ with a troubled past enrolls in the Coast Guard's "A" School where a legendary rescue swimmer teaches him some hard lessons. **Apr 30: Sight** (PG-13) When a blind orphan arrives seeking a miracle, a world-renowned eye surgeon who grew up during China's Cultural Revolution must confront his past. Based on a true story.

SIPSE CATEGORY: Social/Intellectual/Emotional



Saturdays 2:00p: **Apr 5: A Good Woman** (PG) A 1930s American socialite creates a scandal in the high society of the Amalfi Coast when she forms a secretive relationship with a wealthy, married American. **Apr 12: Miss Potter** (PG) The story of Beatrix Potter, the author of the beloved and best-selling children's book, "The Tale of Peter Rabbit," and her struggle for love, happiness, and success. **Apr 19: Easter Under Wraps** (TV-G) A woman goes undercover at her family's chocolate plant to see why sales are down and meets the head chocolatier who has new ideas on how to update the Easter product line. **Apr 26: Two Weeks Notice** (PG-13) A do-gooder lawyer finally gets fed up with her charming but selfish boss and gives her notice, but then their feelings for each other begin to change.

SIPSE CATEGORY: Social/Intellectual/Emotional

HIGHLIGHT EVENTS

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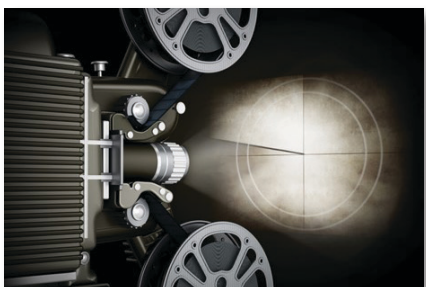


TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Apr 1: 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: SEVEN BRIDES FOR SEVEN BROTHERS (1954)

Tuesday, Apr 1: 7:00p-8:45p - Le Cinema

Enjoy the classic musical love story. When a backwoodsman in 1850s Oregon brings home a wife, his six brothers decide they want to get married too. But their new sister-in-law is determined to refine and rehabilitate them first!

SIPSE CATEGORY: Social



CONVERSATIONAL SPANISH

Wednesdays in Apr: 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



MUSIC & MEDITATION WITH LIZ HAWBAKER

Wednesday, Apr 2 & 16: 2:30p-3:30p - Warren Chapel

Due to growing attendance, this event now moves to **TWICE** monthly, meeting on the first and third Wednesdays, hosted by Music Therapist Liz Hawbaker. Spend an hour relaxing your mind & spirit, focusing on your positive energy through a calming combination of music and meditation.

SIPSE CATEGORY: Spiritual



BLESSING OF THE ANIMALS

Wednesday, Apr 2: 3:00p-3:30p - Grand Lawn

Bring your beloved pets for a blessing. Father Joe Townsend and Dr. Bill Crowell will officiate. All pets must be on a leash or in a carrier. Event will be rescheduled for a later date in case of rain.

SIPSE CATEGORY: Spiritual

HIGHLIGHT EVENTS

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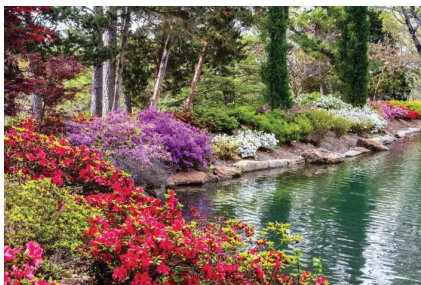


SENTRICS TOWN HALL SESSIONS

Thursday, Apr 3: 9:00a-12:00p OR 2:00p-5:00p - Le Cinema
Friday, Apr 4: 9:00a-1:00p - Le Cinema

Get answers to your questions about any Sentrics product; ConnectedLiving app, TV/Internet/Phone Services, or Emergency pull cords & pendants. Each session is the same, so choose one that fits your schedule. **For help with the app, please bring your smartphone or tablet to the session.**

SIPSE CATEGORY: Intellectual



HARMONY HOUSE & HONOR HEIGHTS PARK: AZAZLEA FESTIVAL

Friday, Apr 4: 10:00a-2:45p - TRIP

Enjoy lunch at Muskogee's Harmony House, then take in the city's celebrated springtime show of color at Honor Heights Park where the azaleas are blooming. Please bring a form of payment for lunch.

SIPSE CATEGORY: Social



SOLO RECITAL: TU STUDENT CONCERTS 1 & 2

Friday, Apr 4 & Sunday, Apr 27: 7:00p-8:00p - Coterie Theater

Monterea's Music Immersion students bring you the classics. Violinist Lexy Harmon and Pianist Jady Fording will perform different classical solos during each of the two concerts, accompanied by a small orchestra. Choose from a Friday or Sunday evening concert, or attend both for double the entertainment.

SIPSE CATEGORY: Emotional



BRIDGE LESSONS WITH RANDY STAINER

Sundays, Apr 6 & 13: 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 last two weeks of a five-week series of lessons. **No RSVP required.**

SIPSE CATEGORY: Intellectual



TULSA BALLET: THE THREE MUSKETEERS

Sunday, Apr 6: 1:30p-5:00p - TRIP

Tulsa Ballet is proud to bring this swashbuckling adventure back to the stage after more than a decade. Enjoy this rip-roaring show for the whole family with a classic love story at its heart. **A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. Bus returns by 5:00p.**

SIPSE CATEGORY: Emotional

HIGHLIGHT EVENTS

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NEW DIRECTORY PICTURE DAYS!

Monday, Apr 7, 14, 28: **9:00a-12:00p - Grand Riviera Lounge**

If you are new to Montereau and want your photo included in this year's Resident Directory, or if you simply want a new directory photo taken, this is your chance! Sign up for a time slot at the Concierge Desk ahead of time. Walk-ins are welcome, though may be required to wait. Be sure to bring your best smile!

SIPSE CATEGORY: Social



ADVANCED SPANISH

Mondays, Apr 7 & 14: **11:00a-12:00p - Studio de Monet**

Monday, Apr 28: **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



HAWAIIAN VOLCANOES WITH CHARLIE PAYNE PT. 1

Tuesday, Apr 8: **7:00p-8:30p - Le Cinema**

Back by popular demand! For those who missed it in February, Montereau resident Charlie Payne is offering an encore presentation of his two-part discussion of the history and dramatic impact of volcanoes on his home state of Hawaii. He'll share photos, video and colorful, indigenous lore about these rumbling mountains.

SIPSE CATEGORY: Intellectual



FITNESS WALK: WOODWARD PARK

Wednesday, Apr 9: **1:30p-4:00p - TRIP**

Woodward Park features 45 acres of beauty, including a conservatory greenhouse, teaching garden, and visitor center. While there is just one, short, paved trail to follow, this park is one of Tulsa's most beautiful in the springtime for free exploration.

SIPSE CATEGORY: Physical (Mild Difficulty)



DINNER & A MOVIE: APOLLO 13

Wednesday, Apr 9: **5:30p-8:30p - Coterie Theater**

Everything's going to plan until an oxygen tank explodes on the Apollo 13 spacecraft, threatening the astronauts' survival and return to earth. On the menu: Strawberry Feta Spinach Salad, Dijon Mustard Pork Tenderloin with Roasted Green Beans & Carrots, Creamy Mashed Potatoes, and Berry Cheesecake. **Cost is \$20, applied to your monthly dining allowance.**

SIPSE CATEGORY: Social

HIGHLIGHT EVENTS

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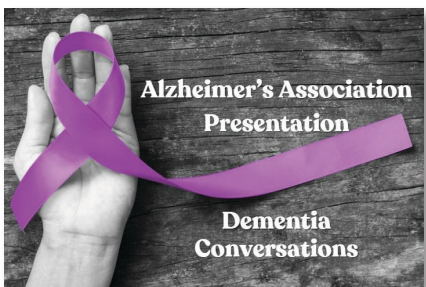


MR. MURPH TOUR: THE TULSA RECYCLE & TRANSFER CENTER

Thursday, Apr 10: 8:30a-11:15a - 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 free tour of Tulsa's recycling center to see where the magic happens! Tour includes two flights of stairs with no elevator.

SIPSE CATEGORY: Intellectual/Physical (Moderate Difficulty)



ALZHEIMER'S ASSN. PRESENTATION: DEMENTIA CONVERSATIONS

Thursday, Apr 10: 1:00p-3:00p - Coterie Theater

Oklahoma Alzheimer's Association volunteer and advocate Debbie Elliott shares advice for having honest, caring conversations about dementia with loved ones experiencing symptoms and those in the role of caregiver. Topics include legal and financial planning, going to the doctor, when to stop driving, and more.

SIPSE CATEGORY: Intellectual



TULSA TOWN HALL: DENISE KIERNAN

Friday, Apr 11: 9:30a-12:00p - TRIP

Hear from former journalist, New York Times best-selling author, and producer Denise Kiernan. She's covered everything from women's issues, sports and history to food, travel and education. She's written for children, adults and even television. **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



EASTER EGGSTRAVAGANZA

Saturday, Apr 12: 10:30a-12:00p - Grand Lawn

Bring the grandchildren and join us for some Easter fun. We'll have egg hunts for children 12 and younger, lawn games, coloring and sidewalk chalk, cookies and punch and, of course, a visit with the Easter Bunny himself! This event is open to Resident and Team Member families.

SIPSE CATEGORY: Social



TULSA SYMPHONY: DVOŘÁK AND STRAUSS

Saturday, Apr 12: 6:30p-9:30p - TRIP

Guest Conductor Gerard Schwarz brings you an evening of lively orchestral music beginning with Dvořák's "Carnival Overture," followed by Hanson's "Romantic" Symphony No. 2, ending with his own arrangement of Strauss' Suite from "Der Rosenkavalier." **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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TULSA PAC BROADWAY: BACK TO THE FUTURE: THE MUSICAL

Tuesday, Apr 15: 6:30p-10:45p - TRIP

The beloved, cinematic classic is now a Broadway musical with its destination set for Tulsa! 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



HAWAIIAN VOLCANOES WITH CHARLIE PAYNE PT. 2

Tuesday, Apr 15: 7:00p-8:30p - Le Cinema

Montereau resident Charlie Payne wraps up the two-part encore presentation of the history and dramatic impact of volcanoes on his home state of Hawaii. He'll share photos, video and colorful, indigenous lore about these rumbling mountains.

SIPSE CATEGORY: Intellectual



FIT BITES: CARROTS

Wednesday, Apr 16: 2:00p-2:30p - Grand Riviera Lounge

Carrots are a nutrient-rich vegetable that offer numerous health benefits. Just ask the Easter Bunny! Come learn what these colorful, sweet, and crunchy roots have to offer while sampling a Carrot Ginger Soup, Apple Carrot Salad and a Carrot Cookie!

SIPSE CATEGORY: Intellectual



NAT'L. SHRINE OF THE INFANT JESUS OF PRAGUE & HISTORIC ROCK CAFÉ ON ROUTE 66

Thursday, Apr 17: 8:30a-2:15p - TRIP

Celebrate the Easter season with a visit to the St. Wenceslaus Catholic Church in Prague, OK, the home of the National Shrine of the Infant Jesus of Prague. Then stop for lunch at the historic Rock Café. Shrine admission is free. Please bring a form of payment for lunch.

SIPSE CATEGORY: Spiritual



FIT & FABULOUS: EAT FROM THE EARTH

Friday, Apr 18: 11:30a-1:00p - Grand Riviera Lounge

In honor of Earth Day this month, our four-course lunch will be packed with ingredients you can grow from our beautiful planet! Come enjoy a Waldorf Wheat Berry Salad, Zucchini Basil Soup, Chicken Cacciatore with Brussels Sprouts, and Grilled Fruit Salsa with Pita. **Cost is \$15, applied to your monthly dining allowance.**

SIPSE CATEGORY: Intellectual



COOKING WITH NANCY & RANDY: CELEBRATING SPRINGTIME

Friday, Apr 18: **3:30p-4:30p** - Coterie Theater

Nancy and Randy Stainer demonstrate several tasty recipes to celebrate the fresh bounty of spring. Menu: Lemony Orzo and Snow Peas, Puff Pastry Asparagus Tarte, and Deep Dish Strawberry Tarte. Attendees receive sample portions of each dish and copies of recipes to try at home.

SIPSE CATEGORY: Intellectual



CHORUS SPRING CONCERT DRESS REHEARSAL

Monday, Apr 21: **3:00p-4:30p** - Coterie Theater

Your Montereau Chorus is ready to put you in the mood for spring! 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.

SIPSE CATEGORY: Emotional



SIPSE SPIRIT DAY: OKLAHOMA DAY

Tuesday, Apr 22: **ALL DAY**

Celebrate your love for the Sooner State. Whether it's a cowboy hat and boots, your OU, OSU or other collegiate gear from around the state, a pin, or other attire, join us in representing the great state of Oklahoma!

SIPSE CATEGORY: Spiritual



CORNHOLE TOURNAMENT

Tuesday, Apr 22: **1:00p-2:00p** - Grand Lawn

Thanks to warmer weather, we're headed back outdoors! 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)



CHORUS SPRING CONCERTS

Tuesday, Apr 22 & Thursday, Apr 24: **7:00p-8:00p** - Coterie Theater

Your Montereau Chorus is ready to put you in the mood for spring! They'll perform beloved favorites perfect for the season and songs to get you singing along. Join them for one or both evening spring concert performances under the direction of Wayne Pope.

SIPSE CATEGORY: Emotional



MYRIAD BOTANICAL GARDENS & BOURBON ST. CAFE

Thursday, Apr 24: **8:30a-3:30p** - TRIP

Explore the beautiful, 15-acres of gardens and enjoy a guided tour of the conservatory. Wear comfortable shoes as there will be lots of walking. Then we'll have lunch at Bourbon Street Cafe. **\$12 admission to the Myriad Gardens will be applied to your monthly service fee account.** Please bring money for lunch.

SIPSE CATEGORY: Physical (Moderate Difficulty)



FITNESS WALK: KEYSTONE ANCIENT FOREST & LUNCH AT CRESCENT CAFE

Friday, Apr 25: **9:30a-2:00p - TRIP**

Hike amid 500-year-old trees at the Keystone Ancient Forest. A half-mile paved trail and longer, unpaved trails wind through the 1,360-acre nature preserve. After the hike, enjoy lunch at Crescent Cafe. Please bring a form of payment for lunch.

SIPSE CATEGORY: Physical (Moderate Difficulty)



SIGNATURE SYMPHONY: GO BIG OR GO HOME

Saturday, Apr 26: **6:30p-10:00p - TRIP**

This season finale includes Hans Zimmer's Pirates of the Caribbean, Jessica Meyer's Go Big or Go Home, the world premier of a new piece by Noam Faingold, and brass sections of local marching bands performing Ottorino Respighi's Pines of Rome. **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



TULSA OPERA: THE STABAT MATER BY ANTONÍN DVORÁK

Saturday, Apr 26: **6:30p-9:00p - TRIP**

This sensitive and humble setting of the Crucifixion story, seen through the eyes of Mary, explores themes of grief, love, faith, compassion, and hope. **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



TAIZE CANDLELIT PRAYER SERVICE

Sunday, Apr 27: **5:00p-5:30p - Warren Chapel**

Celebrate the Christian tradition of Taize prayer, kindness and reconciliation. The choir of St. Dunstan's Episcopal Church brings this evening of candlelit prayer and meditative worship to the Warren Chapel

SIPSE CATEGORY: Spiritual



DIY CRAFT: CUPCAKE LINER WREATH

Monday, Apr 28: **10:00a-12:00p - Studio de Monet**

Create a fun and colorful wreath in time for summer using simple, but versatile, cupcake liners. All supplies provided. We will be working with pins.

SIPSE CATEGORY: Social



TULSA BIKE BAR TOUR

Wednesday, Apr 30: **1:15p-4:30p - TRIP**

Experience the Tulsa Arts District and its bars in a unique way. Hop on the group bike, then you and your friends will pedal your way from one stop to the next. You may bring your own beverages (plastic containers only) or food along for the ride.

Cost is \$24, applied to your monthly service fee account. Drinks also available for separate, individual purchase at the bars.

SIPSE CATEGORY: Social



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

SENTRICS TECH SUPPORT INFORMATION

TECH CONCIERGE - BLAKE BOLIN

(1st point of contact)

918-491-5200

Available Monday-Friday

8:00am-4:00pm

OR

techconcierge@montereau.net

ALWAYS include "Montereau" in subject line, then briefly describe the issue

AFTER HOURS SENTRICS SUPPORT

(when Tech Concierge is unavailable)

1-888-988-8210

Select Option #1 - Technical Support

Select Option #1 – Resident

OR

tv-service@sentricks.com

DISTRIBUTION OF *Protestant Services* Fund

The Religious Life Committee would like to thank members of Montereau's Protestant community for their generosity in giving faithfully to those in need around us. Every dollar placed in the collection box at the back of the Montereau Warren Chapel benefits local, non-profit organizations. In February, the Committee's members approved the distribution of those funds to the following:

Happy Hands Education Center - \$5,000

Serves deaf or hard-of-hearing children ages six weeks through third grade. Every student served at the school receives partial or full scholarship assistance.

John 3:16 Mission - \$5,000

John 3:16 Mission reclaims lives and restores hope to homeless, at-risk men, women, and children by ministering in Christ's name to their physical, mental, emotional, and spiritual needs.

Little Light House - \$5,000

Works to improve the quality of life for children with special needs, their families and their communities in order to Glorify God. Little Light House provides tuition-free education and therapeutic services to children with special needs ages birth through six years.

Restore Hope Ministries - \$5,000

Restoring families in financial crisis to economic and spiritual vitality. Programs include rent assistance, food program for families, and programs to promote emotional and spiritual progress.





A MESSAGE *from*

Tracie Nail Health Center Administrator

There is a new face in the Health Center. I'd like to take this time to introduce you to our new Director of Nursing, Michele Sprague, RN.

Michele was raised in Seattle, WA and then moved to Salt Lake City, UT where she met and married her husband John. They transitioned to Evanston, WY where they lived before coming to Tulsa. Michele attended Tulsa Community College and then Langston University where she received her Bachelor of Science in Nursing.

She began her nursing career at Saint Francis Hospital on the Medical-Surgical floor. She later transferred to Saint Francis Home Health where she worked for several years. Michele has experience as a liaison for a Long Term Acute Care hospital, a risk manager in nursing homes, and Director of Nursing before accepting the position here at Montereau.

She has received awards for leadership and was awarded the DON Award with her previous employer. Michele has three adult sons and five grandchildren. She enjoys spending time with family and friends and playing pickleball.

We are blessed to have Michele join our Montereau team. I invite you to come by the Health Center to introduce yourself and welcome Michele to our community.

HEALTH CENTER HAPPENINGS

with Kim Calabrese-
Lead Therapeutic Recreation Specialist

March was full of fun with our friends and neighbors. We celebrated Saint Patrick's Day with green punch and games. In honor of the holiday, we went to lunch at McNellie's Pub and enjoyed some Reuben sandwiches. Residents in the Villa celebrated with green pistachio ice cream.

March also brought us Mardi Gras. We couldn't pass up an opportunity to "Let the Good Times Roll" while making colorful masks for the occasion. There were beautiful, warm days and residents enjoyed the chance to soak up the sun on the patio. There was also a fun outing to Tulsa's new "Don't Stress Meowt" cat cafe.

Now we are eager for those April showers that will bring May Flowers! We'll head to Muskogee's Honor Heights Azalea Festival this month to see the flowers in bloom. We will also celebrate Spring with an Easter Luncheon in the Grand Riviera Lounge. We've got Shirley Temples, crudite, ham, eggs, green beans, and carrot cake on the menu.

Mark your calendar for this month's Alzheimer's Education Presentation on April 10. A representative from the Alzheimer's Association will discuss

how to have those difficult "Dementia Conversations."

April 11 will be Picture Day for the Health Center. This is a chance for new residents to have a photo taken for the new directory due out this summer. Residents who want a new photo taken are also welcome. Put on your best smile and stop outside the Villa Dining Room from 9:00a until 12:00p.

Our April scenic drive takes us to the Blue Whale on historic Route 66 in Catoosa. And the annual Easter Eggstravaganza is set for April 12 on the Grand Lawn. You are invited to sign up at the Health Center Concierge and bring your grandchildren for an Easter Egg Hunt and a visit from the Easter Bunny! There will also be plenty of opportunity for Easter activities and crafts throughout the month. Our second outing of the month will take us to Tulsa's Fab Lab, a community maker space that offers educational programs. We will get a fascinating tour of the facility. So, buckle up! We've got a fun and exciting month ahead.



MARCH *in the* Health Center



HEALTH CENTER HIGHLIGHT EVENTS

- **EASTER CRAFT** – Thursday, Apr 3 - **1:15p, ABBEY**
 - **SCENIC DRIVE: BLUE WHALE** – Thursday, Apr 3 - **2:00p, OUTING**
 - **FIRST FRIDAY DONUTS** – Friday, Apr 4 - **9:15a, VILLA DINING ROOM**
-
- **LUNCH: ALBERT G'S BBQ** – Monday, Apr 7 - **10:45a, OUTING**
 - **PIZZA PARTY** – Tuesday, Apr 8 - **5:00p, FRENCH QUARTER**
 - **HAND MASSAGES W/JANE** – Wednesday, Apr 9 - **2:15p, CHATEAU 1**
 - **ALZHEIMER'S ASSN. PRESENTATION: DEMENTIA CONVERSATIONS** – Thursday, Apr 10- **1:00p, COTERIE THEATER**
 - **HEALTH CTR. PICTURE DAY** – Friday, Apr 11 - **9:00a-12:00p, VILLA DINING RM.**
 - **EASTER EGGSTRAVAGANZA** – Saturday, Apr 12 - **10:30a, GRAND LAWN**
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- **LUNCH: JASON'S DELI** – Monday, Apr 14 - **10:45a, OUTING**
 - **COOKING GROUP: SPRING SHEET CAKE** – Tuesday, Apr 15 - **1:00p, ABBEY**
 - **HAPPY HOUR: OK WILDLIFE** – Tuesday, Apr 15 - **3:00p, VILLA COURTYARD**
 - **MUSIC & TRIVIA WITH LIZ** – Wednesday, Apr 16 - **11:15a, VILLA DINING ROOM**
 - **SCENIC DRIVE: AZALEA FESTIVAL** – Wednesday, Apr 16 - **1:45p, OUTING**
 - **RED HAT EASTER PARTY** – Wednesday, Apr 16 - **2:15p, CHATEAU 1**
 - **EASTER LUNCHEON** – Thursday, Apr 17 - **11:30a, GRAND RIVIERA LOUNGE**
 - **EASTER CRAFT** – Thursday, Apr 17 - **2:00p, VILLA**
 - **MOCKTAILS & PATIO TIME** – Friday, Apr 18 - **2:15p, CHATEAU 1**
 - **EASTER COOKIE DECORATING** – Friday, Apr 18 - **1:00p, ABBEY**
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- **LUNCH: CHICK-FIL-A** – Monday, Apr 21 - **10:45a, OUTING**
 - **CHORUS SPRING CONCERT DRESS REHEARSAL** – Monday, Apr 21 - **3:00p, COTERIE THEATER**
 - **EARTH DAY CRAFT** – Tuesday, Apr 22 - **2:00p, FRENCH QUARTER**
 - **PIZZA PARTY** – Tuesday, Apr 22 - **5:00p, FRENCH QUARTER**
 - **FAB LAB TULSA** – Wednesday, Apr 23 - **1:45p, OUTING**
 - **MOVIE & SNACKS: EASTER PARADE** – Thursday, Apr 24 - **2:00p, LE CINEMA**
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- **LUNCH: PANDA EXPRESS** – Monday, Apr 28 - **10:45a, OUTING**

SAVE THE DATE:

Tulsa Opera on the Lawn



*Friday, May 16
3:00pm – Grand Lawn*



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.*

HAPPY APRIL BIRTHDAYS

Join us for the April Birthday Brunch on Friday, Apr 11 at 11:00am in the Coterie Theater. We invite you to bring one guest with our compliments. Please watch your mailbox for a birthday card containing a request for your RSVP.

1 Apr	David Alexander	11 Apr	Bill Sparks	20 Apr	Teri Edmondson
3 Apr	John Windsor	14 Apr	Marilyn Ingle	20 Apr	Pat Minielly
6 Apr	Alice Kelly	15 Apr	Moon Canon	20 Apr	Kathy Stevens
6 Apr	Cindy Gilbert	16 Apr	James Keitz	21 Apr	Brenda Davis
5 Apr	Mary Waller	16 Apr	Linda Mason	21 Apr	John Teague
8 Apr	Mary Jane Bittick	17 Apr	Wilf Uhren	22 Apr	Fran Bruce
9 Apr	Grey Satterfield	17 Apr	Carol Schmidt	24 Apr	Tom Hill
10 Apr	Carolyn Teague	18 Apr	Barbara Stafira	25 Apr	Bill Eddleman
11 Apr	Dena Hudson	19 Apr	Joyce Roodman	26 Apr	Rege Stewart

