



VIRTUAL VILLAGE VISION

Edition 1
Week of March 29-April 4

WEEKLY NEWSLETTER

This is the first of a weekly Virtual Village Vision that will help keep us all connected. Please call, text or email us with a picture of a project you are working on, a funny joke or recipe of a new food you've made during this staying at home period. You might find it in a Virtual Village newsletter!

ZOOMING WITH THE VILLAGE



Keri Sapcut says, "As office coordinator, it has been my (Keri's) joy to talk with many of you and help you set up Zoom on your devices. We will be using Zoom often to have meetings, do check-ins, virtual coffees and other connecting activities. This can be a new adventure for some, but I am here to help! Please call or text me at the office number listed below, for a personalized training. I've walked several people through the Zoom set up and have total confidence that I can get you online and "Zooming" with us in no time! I miss you all and can't wait to see all of my VillagesOKC friends in person once this has passed. But until then, let's zoom on. Please let me know if you want an invitation each week so that I (Keri) can send you the email with the Zoom information."

WEDNESDAYS ARE BRAIN DAY

We believe in lifelong learning. Just understanding how to utilize Zoom has opened many opportunities for VillagesOKC members to stretch the brain by learning something new. *(Remember Dr Marian Diamond recommended five things: Diet, Exercise, Something New, Something Challenging, and Love – all keep the brain's plasticity pliable and improving).* Each Wednesday, we will host a Zoom brain event. VillagesOKC members will continue to connect with each other safely and virtually, each Wednesday at 1:00pm. Each week we will first hear a 5-8 minutes, Member Speak. A professional insight from another VillagesOKC member. The remaining minutes will be a focused brain class with DVD's prepared by Roger Anunsen and Michael Patterson from MINDRAMP.

TUESDAY VIRTUAL WOMEN'S COFFEE CLUB



Pictured: The women of VillagesOKC having the first Zoom coffee club.

Each Tuesday at 10:00am, there will be a virtual women's coffee connected by Zoom. This week eleven women connected and laughed and took a "Simultaneous Sip" from a mug or glass. Kay Reid (Yukon) gave a brief devotional. Then she led the way sharing all the joys and tasks being accomplished while at home. Following the coffee, Merri Johnson texted, "It was so great to see everyone's faces and just connect. Thank you so much!!" If you'd like to join next week's coffee, call or email the office 405.990.6637.

60 DAYS FOR \$60 VILLAGESOKC MEMBERSHIP

If you have a family member, friend or neighbor that would benefit from a VillagesOKC membership but has been on the fence, now is the perfect time to join. We are having a special temporary membership available. They would instantly be able to access all our Virtual VillagesOKC events and be added to our calling lists to receive a buddy check call. Please have them call the office and we will get them set up and ready to enjoy our virtual events!

Membership fee includes: application & background check
\$60 payment (Electronically—We accept all major credit and debit cards!)
\$60 covers one or two people in the home

With your paid 60 for \$60 membership, you will get access to our Virtual VillagesOKC!!

*Buddy check call from a member volunteer weekly, or if you would like a daily call, we can do that too! Members helping members problem solve any needs or issues is one of the benefits of a VillagesOKC membership!

*You'll get to make new friends and be a friend to others

*Opportunity for learning in virtual online zoom classes from your home! We can help set this up over the phone or with an instructional email! All you need is a phone, computer or tablet and an internet connection. Some of these opportunities include:

*Thrivent financial classes - What's happening to my money?

*Zoom MindRAMP Brain classes, DVDs, documentaries and discussion groups

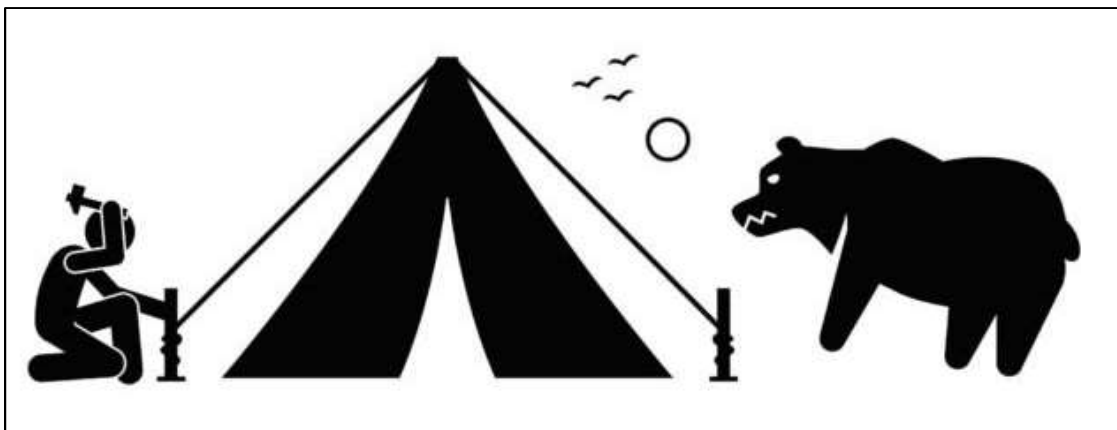
*Zoom coffee and Jokes—You make your coffee...We provide the jokes!

*Stretching your brain by doing life virtually

*BreakAton Exercise with Pam Redline - (VillagesOKC member who is silver sneakers certified.)

For more information, contact the VillagesOKC office: Call/Text: 405.990.6637 or Email: info@villagesokc.org

BRAIN TEASER



I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

*Check next week's Virtual Village Vision for the answer and get our next brain teaser!
But if you can't wait until next week, call the office and find out if your answer is correct!*

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For the most up to date information on current events, please visit our website,
villagesokc.org and check out the calendar! New events are added daily!