



VILLAGE VISION

November, 2019 Newsletter

MESSAGE FROM THE DIRECTOR

The Power of *WITH*

There is nothing better than having someone to “GO *WITH*” or “BE *WITH*” or “EXPERIENCE *WITH*”.

That’s why, for example, our member Lee Wait, eagerly meets *WITH* OTHERS to accept donated yarn which she magically turns into warm afghans and lap-ghans. She shares these *WITH* men and women in VA centers. A special shout out to Steve Childers who is the man *WITH* the CAMERA. He made us all look better on the trip to Tulsa and at the Anniversary celebration. When you see Steve, tell him, “thank you.”

Villagers appreciate having an organization *WITH* CONNECTIONS, shared needs, planned classes, and activities where like-minded people learn and laugh *WITH* each other. It’s a neighborly thing. It’s what we do in a village. You help me; I help you-and we are each better for it. It is great doing life *WITH* others who are facing similar choices and challenges.

Just for fun, stop by or call the VillagesOKC office (405-990-6637) to tell us *WITH* WHOM you will share something this month.

Make Every Day Count,

Marilyn Olson



GIFT A VILLAGESOKC MEMBERSHIP



Give the gift that lasts the whole year! Gift a VillagesOKC Membership. Both Individual and household memberships may be 'gifted' to a friend, family member, business, etc., meaning the membership fee is paid by someone other than the potential member. Donors should contact the VillagesOKC office to initiate the gifting process.

OFFICE HOLIDAY HOURS

The VillagesOKC office will be closing at 2:00pm on Wednesday, November 27, 2019 for the Thanksgiving holiday. We will be back in the office on December 2, 2019. All phone calls, texts and e-mails will be returned on Monday, December 2, 2019.



HIGHLIGHTED UPCOMING EVENT



We have 3 showings of the “My Love Affair with the Brain” this month!

“My Love Affair with the Brain” is a documentary that covers the brain, the passion of scientific discovery, the creation of modern neuroscience, Albert Einstein, women in science, and love—all via the life and research of beloved professor and YouTube celebrity, Dr. Marian Diamond.

Marian Diamond’s research demonstrated the impact of enrichment—a powerful new understanding of the brain that has literally changed the world, from how we think about ourselves to how we raise our children. Dr. Diamond demonstrated anatomically, for the first time, what we now call plasticity and in so doing, shattered the old paradigm of understanding the brain as static and unchangeable.

November 14, 2019 – 10:45-11:45 at StoneCreek, 17701 N. Western, Edmond - Please RSVP - 405-330-5020

November 18, 2019 – 6:00-7:00 at StoneCreek, 17701 N. Western, Edmond - Please RSVP - 405-330-5020

November 21, 2019 – 10:00-11:00 at Adult Wellness Center, 11503 N. Rockwell, OKC - Please RSVP - 405-990-6637

PICKLEBALL IS HERE AT VILLAGESOKC



Carma Branscum, VillagesOKC member, said, “VillagesOKC is all about keeping our brains strong and our minds sharp. Pickleball is the perfect combination of healthy physical exercise while using cognitive skills. It’s the perfect sport for mature adults and their grandchildren...to play together.”

The game is simple to learn and easy on the knees because each person begins at their own level. Those who say they have not ever been into sports or are not coordinated, soon find they are captivated by PICKLEBALL and loving the results of how much better they feel. Across the nation there are mature adults beating Parkinson's with

Pickleball and enthusiasts overtaking all the available courts.



Interested— Call VillagesOKC 405-990-6637

When—Tuesdays and Thursdays at 11:00—1:00

Where—Yukon Community Center—2200 South Holly Avenue, Yukon, OK 73008

Supplies—We have everything you need, just come in tennis shoes

GATHERING FUN

Thank you to The Gathering hosts, Faye Horn and Kay Reid, for bringing the fun game of BINGO to our monthly Gathering held at Higher Grounds. Thank you to Concordia for providing the BINGO prizes, Floy with Dignity Memorial and Ginny with MCM for sponsoring. Please join us at our November Gathering on November 16 from 3:00-4:30 at Higher Grounds.



OG&E WEATHERIZATION



The constantly changing Oklahoma weather can really take its toll on your home. That's why OG&E offers the Weatherization Program to all residential customers who own or lease a single-family, duplex or mobile home and have an income of less than \$60,000 a year.

If you fall within these requirements, then you could be eligible for the OG&E Weatherization Program. At no additional cost to you, this program can help improve your comfort and reduce energy costs. Some home improvements may include:

- Adding attic insulation
- Sealing air leakage around windows and doors
- Duct sealing
- Installing energy-saving light bulbs

Weatherization services are even available to rental properties if an eligible customer lives in the home and has approval from the property owner.

For eligibility and participation, contact OG&E Customer Service:

Monday - Friday from 8 a.m. to 5 p.m. at 405-272-9741 (Oklahoma City) or 800-272-9741 (all other areas).

VILLAGERS ON THE ROAD

Villagers hit the road and took a day trip to Tulsa to visit the Port of Catoosa, lunch at Roosevelts, and then checked out The Gathering, the featured top tourist destination according to USA Today and most recently, has been named one of the top 12 greatest attractions in the world by National Geographic. A special thanks to Spanish Cove for providing transportation!



Villagers and guests at the Port of Catoosa



Villagers Fred & Carolyn Wettengel and Dan & Kathy Opp enjoying lunch and conversation at Roosevelts.



Spanish Cove Marketing Team Member & Villager Susan Ellis and VillagesOKC Executive Director Marilyn Olson.

CHRISTIAN WOMEN'S LUNCHEON



VillagesOKC sponsored a table at the Christian's Women's Luncheon. We had 8 ladies attend to represent VillagesOKC. There was a delicious lunch, a bazaar and entertainment by the Arrow International Dancers.

This event is open to the public and is held at the Quail Creek Country Club. If you would like more information on this monthly luncheon, please contact the VillagesOKC office.

Pictured left to right: (Sitting) Beverly Langley, Barbara Mock & Carolyn Wettengel (Standing) Keri Sapcut, Laine Dunkle, Patty Rhodes & Mary Fleming. Not pictured: Kay Reid

SPONSOR SPOTLIGHT



GOODEN GROUP



CONTACTING VILLAGESOKC

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