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VillagesOKC News

VillagesOKC is alive and well! We have launched and are accepting more members and volunteers. We are ready to provide members with the support needed to be able to age in the place we call home.

We are so happy to begin sharing information with you about upcoming events, member stories and pertinent information, as well as membership and volunteer opportunities. We would love to have you and your friends as members and a volunteers. This newsletter will continue to evolve to meet membership needs. We hope you'll enjoy what you read!

WHAT IS VILLAGESOKC?

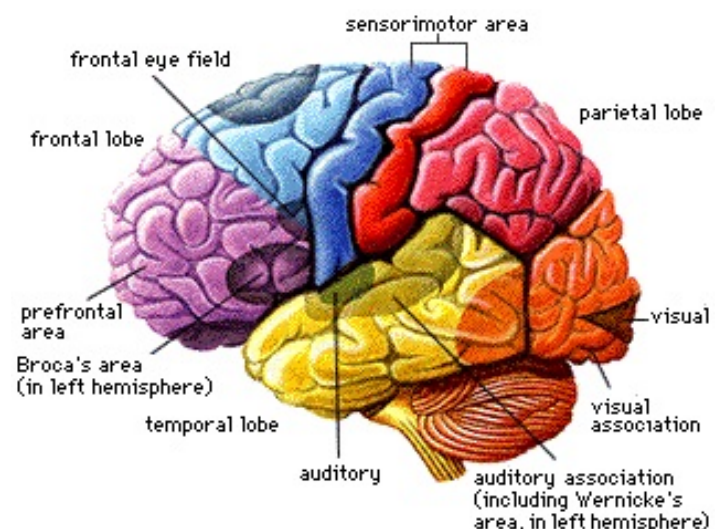
Bring a friend and come to a personalized brief meeting to answer those questions.

Available each Wednesday at 1:30 p.m. or by appointment by calling 405-990-6637.



Navigating through Medicare!

It's that time of year! Time to re-evaluate or maybe make first time decisions as to what is best for you



Brain Health Everyone's Concern

when it comes to health insurance. Ginny Curtis is a member of VillagesOKC! Her company, MCM, specializes in presenting all the options. Join us for lunch or dinner on November 26th to hear what your options are! Those who rsvp will receive light lunch or dinner. It will be fun and informative.

When: November 26th 11:30 a.m.
or 5:30 p.m.

RSVP required

Where: VillagesOKC office
3809 N. Peniel Ave #340
Bethany, OK 73008

RSVP online at info@villagesokc.org
call 405-990-6637
through the events calendar
www.villagesokc.org

Many of us are concerned about our cognitive brain function! Am I just forgetful or is this something worse? Mom had alzheimer's, do I? Our first session was so informative and fun that the group decided to continue with short webinars or seminars, learning all we can about keeping our brain healthy for as long as possible. Over the next few months we'll be studying various ways to prevent cognitive decline. You won't want to miss it!

Thursday, November 15th, 1:30 p.m.
Isolation is the Dream Killer!

VillagesOKC Office
3809 N. Peniel Ave #340
Bethany, OK 73008

Come! Bring a friend! Don't miss it!



Let's Get Together!

Our first ever, "Let's Get Together" event was a lot of fun! On October 23rd, 18 of us met at Swadley's in Bethany for dinner, some information and a lot of fellowship. Watch for more announcements of upcoming social events! Have something you'd like to do - let us know and we'll see if we can help make it happen!

Future Member events: Thursday Nov 29 1:30 Brain Health:
Strategies for Beating Senior Moments
Thursday December 6 1:30 Brain Health:
Ways to reduce Stroke and know warning signs

Our website is live but in process, check it out! Members and volunteers will want to check the calendar regularly for events and training as well as schedule changes.
www.VillagesOKC.org



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