

We are virtual neighbors enabling mature adults to come together to LEARN, PLAN, and SERVE with spirit and dignity.

Connections



What Is My Plan?

I am more confident when I have a plan, always looking forward.

Society generally sets expectations which mean we customarily plan for elementary school, and high school followed by a choice of college, or trade school, or military, then followed by career, marriage, and family. But what then? What are the options for after age 65?

From 65 to 120 is FIFTY-FIVE YEARS! What will I do with those years? What inventions or works of art

could be created? Whom will I be able to help? Whom can I bless with what I've learned in 65 years?? This second half of life may include retirement consisting of gardening, travel, television, golfing, and grandchildren. But it also will naturally include doctor visits and planning ahead for downsizing, relocating and like it or not "who will care for me in a crisis?" What is my plan beyond 50, 60, 70, 80, 90, 100?

More and more mature adults across the nation, and now in greater Oklahoma City are choosing to include working and volunteering through VillagesOKC during this season of life.

VillagesOKC is a safe place to increase trusted friendships, locate trusted resources for support, learn about the many new options for aging. Yes, VillagesOKC is a Plan, Not a Place. (It's a place to learn about and make plans along with others who are in the same aging boat.) Beginning with the GIFT and a membership in VillagesOKC is a good first step while we each determine our own plan. It is such a joy to learn about the latest in trusted medical advances; supplements, brain improvement, get help with technology, find trusted handyman services, have transportation and other amazing opportunities right here in our own community.



Marilyn Olson,
Executive Director

VillagesOKC is partnering with many churches, trusted businesses, and other organizations to be part of a one-stop-shop for opportunities, solutions and connections. Make sure you and every one you know makes VillagesOKC part of the plan for each decade of their own aging – 60's, 70's, 80's, 90's, 100's and beyond.

Mark Your Calendar Now



October 1

VillagesOKC Anniversary Party

Hunt for Hidden Objects



Hidden in this issue of **Connections** are three items: Queen Bee, Googly Eyes, and a reversed letter. Those who find all three will qualify for a drawing to win a prize!

Did you find the hidden objects?

[Enter HERE](#) to win

and tell us where you found them.

Happy Hunting!

Historic Tour of Guthrie—September 18

If you've never visited the historic town of Guthrie you'll really enjoy this day!



VillagesOKC members, Bonnie Terrell and Kafie Carmen, will host this day with a short walking tour of the **Scottish Rite Masonic Temple**. Next on the agenda is **lunch at Missy's Bakery**, where you will find delicious sandwiches on homemade bread, soups, and divine pastries! After lunch we will **board the Trolley** for a tour of historical sites around town.

We will carpool from VillagesOKC parking lot at 10am or you can meet us in Guthrie at 11am at the

Scottish Rite Masonic Temple
900 E Oklahoma Ave.

Saturday, September 18

Leave: 10am—Home: 4pm

Cost: \$5 plus lunch

**Trolley space limited
to 30 passengers**

Sign up today—[CLICK HERE](#)



Marcie Murphy

Land & Cruise Specialist

Franchise Owner



All Aboard, VillagesOKC! Oct. 18 [Payment due August 20](#)

It's time to plan ahead! Reservations due by [August 20!](#)

Cruise Planners Travel and VillagesOKC are participating in a Day Trip to Fort Worth on October 18.

Join us for this fun filled train trip from OKC to Forth Worth and then board a charter coach with tour guide for exploring the area.

Bring a friend—Make new friends at this all-inclusive activity.

Additional information through VillagesOKC

405.990.6637



**Travel—Tour— Lunch
\$145**

[Payment due in full August 20](#)

Checks payable to
VillagesOKC
3908 N Peniel Ste330
Bethany, OK 73008

**October 18
8am—9:30pm**

[Click HERE](#) to Register



Women's Coffee

2nd Tuesday of each month



Whipped Bakery & Cafe

Women's Coffee meets monthly at Whipped Bakery (39th & McArthur area). Coffee and sweets are provided with enlightening conversations on a variety of topics. You'll enjoy meeting old friends, new friends, and gaining new information. Join hostesses, Kay Reid and Gaylene Stiles on August 10 at Whipped!

The Gathering *Where old friends greet and new friends*

2nd Saturday of each Month

Johnnies 33 E. 33rd St., Edmond

[CLICK HERE](#) to let us know you'll be there!

Johnnie's has a great selection of burgers, salads, hotdogs and gluten free options.

3rd Saturday of each Month

Whipped Bakery 3820 N MacArthur Blvd, Warr Acres, OK 73122

[CLICK HERE](#) to let us know you'll be there!

Whipped Bakery has a delightful selections of sandwiches and sweets



Purchase your lunch and join our VillagesOKC friends in a private dining room.

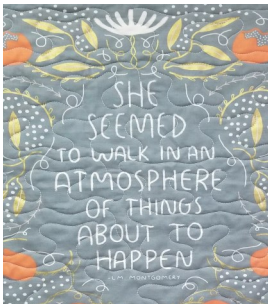
39th & McArthur

Beacon Award Watch Party

July 8 found us watching with anticipation the Zoom announcement of the Beacon Award Not-for-Profit winner. Even though we did not win, we received an award of honor. Our spirits were not dampened because it was an honor to be nominated!



When Life Throws You Scraps—*Make a Quilt*



Gaylene Stiles, our Community Resources Coordinator, made a wall quilt for the office suite: ***“She seemed to walk in an atmosphere of things about to happen.”***

“It just seemed appropriate for Marilyn.” Gaylene said. Stop by the office and check it out.



Quilting is the answer. I don't care what the question is.

Upcoming Events at Concordia

Tuesday, August 3
3:00 pm

From Pastor's Kid to Particle Physicist

Dr. Mike Strauss is a Professor of Physics at the University of Oklahoma. He has the ability to explain complex topics in language that is simple and easily understandable, and to offer life applications based on scientific and biblical ideas. Come join us at Concordia as Dr. Strauss shares his personal experience of how God led him to be a physicist and some lessons he has learned along the way.



These two events are FREE with limited seating.

Register through Concordia, 7707 W Britton Rd OKC

405.720.7200

Meet The Director of The McKnight Center for the Performing Arts

Thursday, August 12
2:00 pm

Mark Blakeman is the Executive Director of The McKnight Center for Performing Arts at Oklahoma State University. He has directed more than 25 commercial recording projects, which garnered seven GRAMMY Awards and more than ten national telecasts resulting in two regional Emmy nominations and one Emmy Award. Blakeman believes in The McKnight Center's mission to inspire and transform lives through artistic excellence and impactful learning opportunities.



A Cheerful Heart is Good Medicine *Proverbs 17:22*

I can't shop at Costco anymore.

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, which weighs 191 lbs.

I was in the check-out line when a woman behind me asked if I had a dog. What did she think I had—an elephant? So because I'm retired and have little to do, on impulse I told her that "No, I didn't have a dog, I was starting the Purina Diet again." I added that I probably shouldn't, because I ended up in the hospital last time, but I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms. I told her that it was essentially a perfect diet and that the way that it works

is to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore.

Better watch what you ask retired people. They have all the time in the World to think of crazy things to say.

Gordon Drysdale



Think On These Things

Beverley Bailey, Editor

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.



Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves—"What's in my cup?" When life gets tough, what spills over?

Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

Author Unknown

Projects Needing YOUR Help

If you enjoy organizing or tackling a project,
give the VillagesOKC office a call to set a time to volunteer.



- ◆ Have great people skills? We're always looking for help recruiting and getting to know new members.
- ◆ Volunteers to collate and prepare notebooks for The GIFT classes.
- ◆ Volunteers are needed to write thank you notes to new members or simply file news clippings.
- ◆ Volunteers are needed to prepare 'Prospective Members' folders
- ◆ Volunteers are needed to assist with deliveries for Porch Pals once a month.
- ◆ Other tasks always come available. Just call and check out the needs!

Most projects have a beginning and an end; a few are on-going either weekly or monthly. Some projects could even be done at your home.

Volunteering is good for the brain!

Contact the VillagesOKC office for more information or to set up a time to volunteer.

Contacting VillagesOKC

Beverley Bailey, Editor Contact: beverleybailey@villagesokc.org



Beverley

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Website: www.VillagesOKC.org



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