

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

Connections



Mindset—A Way of Thinking

You have a mindset. I have a mindset. Each of us has a way of thinking. It is simply how we view life – our first response to everything.

A mindset can be one of scarcity, negativity, or just a string of negative thoughts. Conversely, a mindset can be one of abundance and positivity.

How do we get there? How do we develop a mindset? A mindset is developed through practice and habits. And I can choose, daily, what habits I practice. Every day I have the opportunity choose the thoughts I think and the words I speak. This begins a habit and creates a mindset.

Choosing to speak about AGING with confidence, positivity, joy and purpose gives me energy. I've read that it

actually stimulates brain cells and heightens mental reactions such as creative thinking, intellectual adaptability and increased attention span. And most importantly, a positive mindset helps me think in terms of “we” instead of “me”.

Now that's a reason to be positive! (Like a Valentine present for myself and the world around me.)

The things I do today determine habits I have tomorrow which determine my mindset for life. So to determine what your mindset is, just go back to what you do daily.

Are my thoughts and words positive? My mindset, my way of thinking is my choice!



Marilyn Olson,
Executive Director



HELP SOMEONE STAY WARM THIS WINTER

VillagesOKC is partnering with local communities of faith in the Metro OKC area to donate blankets for the homeless. During this cold season, the shelters are full and many are suffering from the frigid weather. There are some faith communities that are opening for additional shelter. You may donate new or clean, gently used blankets by dropping them off at the locations listed.

Drop off through

Friday, February 11

[First Bethany Bank & Trust](#)

6500 NW 39th Expy

Bank Lobby - 9am-4pm

[Bethany Bank Tower](#)

3908 N Peniel Ave

Tower Lobby— 7am-6pm

(Not open on weekends)

Women's Coffee

Tuesday, February 8 ~ 10am



Whipped Bakery & Cafe

Love is in the air!



Let's have a party! Have you saved special valentines from past years? If so, bring several to 'show and share' with the group as we munch on Valentine cookies.

We meet monthly at Whipped Bakery—39th & McArthur area

Enjoy enlightening conversations on a variety of topics. You'll enjoy meeting old friends, making new friends, and fellowship.

Join hostesses, Kay Reid and Gaylene Stiles at Whipped!



Cook2gether

Saturday, February 5, 2pm



Would you like to eat with variety, ... on a budget.....using a rotisserie chicken?

Culinary instructor Kim Lynch, owner of Whipped Bakery, will demonstrate how to use every part of the rotisserie chicken. Kim has been in culinary for nearly 30 years and is an American Culinary Federation Certified Chef. She has owned and operated three bakeries; *Rolling-in-Dough*, *Cinnamon's*, and *The Whipped Bakery*. She was a culinary instructor for 17 years at both Francis Tuttle Technology Center and Platt College. As well as teaching numerous cooking classes for all ages.



This session is perfect for VillagesOKC members or non-members preparing meals for one or a few. The result when you come? A sampling to eat together in the "checkered gathering room" or take what you learned straight to your table at home.

Join us Saturday, February 5

2—3:30 pm \$15 members / \$20 non-members

Registration required:

405.990.6637

Senior Living Truth Series—Season 7

Join us for season 7 of candid conversations concerning today's
senior living issues and options.

Thursday, February 10—10-11:30am

Quail Creek Rd

Pre-registration—405.563.7501



The Brain Academy Thursday February 17—April 7 (8 weeks)

Did you know you can structure your behavior and lifestyle to encourage your brain to grow and remain strong throughout your Life?

We encourage you and your friends to attend the Brain Academy:

Thursdays, February 17—April 7 (8 weeks)

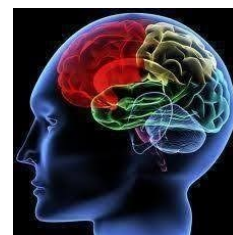
1—2:30 pm

\$60 Members \$120 Non-Members

Register at VillagesOKC.org

or call 405.990.6637

New Start Date!



Good Ideas Come From Members

VillagesOKC is unique because it is a grass roots organization run by the great ideas and leadership of its members. Here is an example of VillagesOKC at work to connect a community.

Member, Mary Yarber, saw a news story about an Oklahoma City church taking the initiative to collect and distribute blankets for the homeless during Oklahoma City's erratic January, February, March weather. Some churches are also providing temporary places to stay since the usual shelters are completely full.

Mary thought, "I had planned to clear my closets of good blankets I'm no longer using anyway and now it can go to a good cause. Wonder if my friends at VillagesOKC would like to join me?"

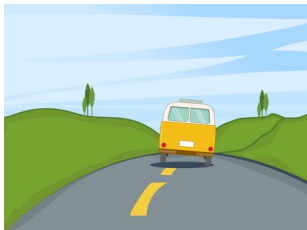
And miraculously, within a day, Mary called the church to gather all the information. Beverley had created a flyer. First Bethany Bank agreed to be a collection site. Eddie posted it on social media. Jim brought boxes to the collection sites. And the blankets are pouring in.

Mary not only had a good idea she helped carry it out. Soon Mary and other VillagesOKC members will be delivering blankets to churches and neighbors within our own city. This is VillagesOKC at work.

Join others at VillagesOKC with spirit and dignity who want to make the world a better place. When you have a good idea, email info@villagesOKC.org



Mary Yarber



SURPRISE **ME!** trip

Let's hit the road ...

We're tired of staying at home!

This **NEW** event will take us to 'secret' destinations as we explore the Greater Metro OKC area.

February's "Surprise Me Trip" will include a lunch stop (your cost) and additional sightseeing stops. If you like adventure, climb aboard the van and join the fun! (*Minimal walking*)

Friday, February 25—10-3pm

\$10 Members \$15 Non-Members

[Register at VillagesOKC.org](https://VillagesOKC.org)

or call 405.990.6637

Seating is limited so sign up early

(There will be a waiting list!)

Dr. Trang, Pharm D—New Location!



Dr. Trang

Join us February 15—10-11:30 am

Edmond Parks & Recreation

(Off Covell Rd)

Topic: Resiliency with Heart-Brain Coherence

VillagesOKC is a Plan to Connect a Community

Some say VillagesOKC is like Google for mature adults. Perhaps, but with a more personal touch, at least for Kay Reid's friends.

Kay is a helper to whom many reach out for solutions. Kay is also a long time VillagesOKC member who knows she can email, text or call VillagesOKC for resources when she does not have the information at

her fingertips.

In January, Kay's friends had several legal and healthcare questions that she could not answer. Because Kay is a VillagesOKC member, she could access resources to help her friends. So, although her friends were not members, Kay was able to be a good neighbor and provide a trusted resource who could help.

Kay says, "Being a member of VillagesOKC allows me to help others as well as help our own family. I love belonging."

Join others at VillagesOKC with spirit and dignity who want to make the world a better place. To request more information, email info@villagesOKC.org



Kay Reid

FACEBOOK—A Group for Members Only

At the request of several members, we've started a private Facebook group for members only. Unlike the VillagesOKC public page, this page is where you can post directly, discuss topics of interest, share ideas and contribute to our mission of aging successfully as a community.

Many of you may already belong to a private group, like your Sunday school class or a personal interest group like a class reunion page or one for the city you live in - the All Things Edmond page for instance.

Anyone on Facebook can see the VillagesOKC Members page's About section, but only members may join and participate. Only members who have joined the page can see other members, their posts and comments.

If you're on the VillagesOKC public Facebook page (<https://www.facebook.com/villagesOKC>), just click the Visit Group button near the top of the page. You can go directly to the group page with this link: <https://www.facebook.com/groups/villagesokc>.

Once on the group page, click the Join button. If you're recognized as a VillagesOKC member, the group page will open. If not, the page administrator will receive a message that you've asked to join. You can expect a response within 24 hours.

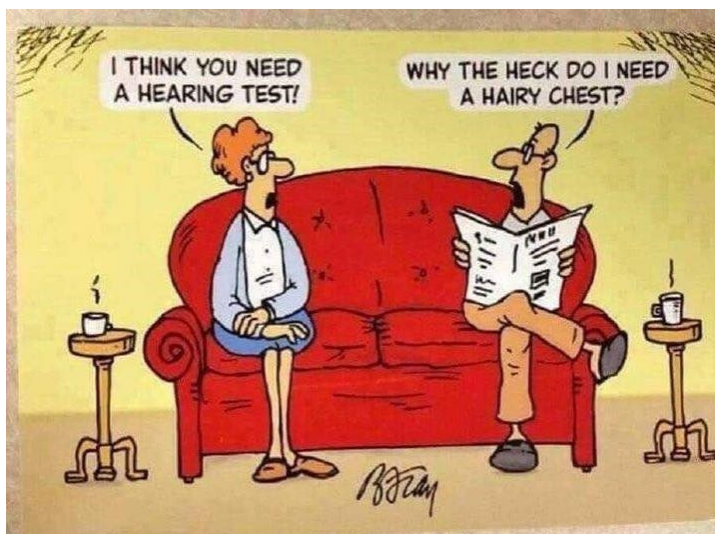
We hope this new group will provide a place for all of us to engage and share more in the spirit of learning, planning and serving with spirit and dignity.



Eddie Roach



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



Back By Popular Demand—Lives Well Lived

VillagesOKC invites you to experience a **FREE** video presentation of **LIVES WELL LIVED**.

Celebrating the Secrets, Wit, and Wisdom of Age



A **FREE** video presentation that celebrates the incredible wit and wisdom of people ages 75-100 who reveal their secrets and insights for living a meaningful life.

"You'll laugh, you'll cry, you'll see life in a new light after watching **Lives Well Lived**—no matter what age you are!"



Monday, February 7—4pm

VillagesOKC Office

3908 N. Peniel Ave, Third Floor

[Reserve Your Seat](#)

405.990.6637

or VillagesOKC.org

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Beverley

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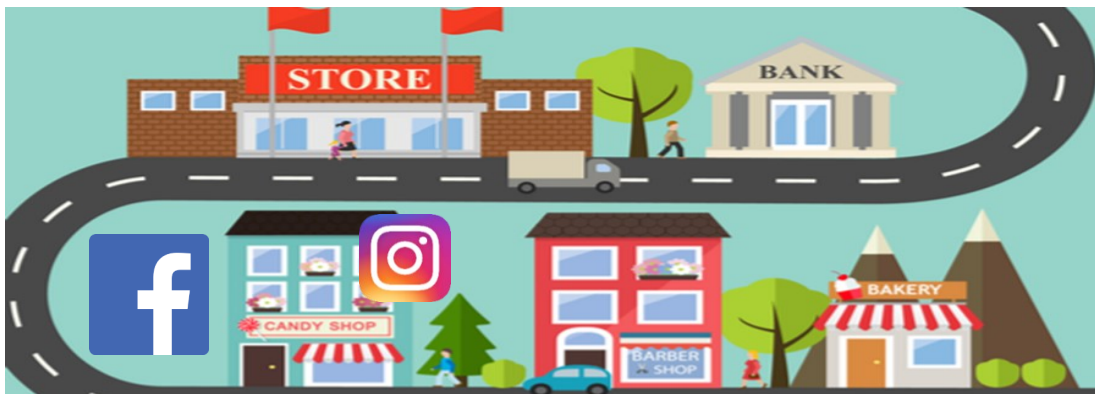
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WALLIS LAW GROUP



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