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







Marilyn Olson, Executive Director



#### **Words Are Important In 2023**

interest or need.

At age 13 Anne Frank received a diary for her birthday and for the next two years she wrote about events, her feelings, and thoughts. She confided her innermost feelings to her diary. In spite of unfathomable circumstances, Anne chose positivity and wrote, "What a wonderful thought it is that some of the best days of our lives haven't even happened yet. "Anne Frank died three years later at age 16 in a concentration camp. Even today, these powerful, written words of this young girl remind me that I can chose what I focus on. I have a choice what I think about.

I believe, along with members, the board and staff of VillagesOKC that my best days are yet to come! 2022 was a great year of increased visibility and organizational growth, but it pales in comparison to what is in store for 2023. Through VillagesOKC there are opportunities for connections with mature adults who are looking for ways to learn, plan and serve. Growing the brain, planning for the bumps in life while focusing on serving is what provides vitality to living.

Check out the calendar of opportunities on VillagesOKC.org. This year invite a friend to join you at Member Mondays, Women's Coffee, Technology workshops, Senior LifeSkills Learning, Power of Attorney Workshops, Veteran Pinning, CareGiver Ambassador in the Faith Community, See the City, or Restaurant Meet Ups. (AND WHO KNOWS... This year, like last, you might see someone drop to their knees and propose!)
What a great way to live the best life after 50 by connecting with others at the point of

I know Words Are Important. So this year, I'm standing tall and with a grateful heart I am using my words to say:

This is My Best Decade Yet!

This is My Best Decade Yet!
I am a joyful, mature adult.

I enjoy life-long learning, planning and serving.

Today I will find someone younger to encourage.

I love my age.

This is My Best Decade Yet!

# New Members

Lauren Branch - OKC
Dee Cross - Edmond
Ben and Linda Robinson - OKC
Paul and Sheri Pat Rothwell - Yukon
Bob and Gaylene Simms - Yukon
Bruce and Ronita Smalley - Luther

# NewView Vision Typ

Put a piece of yellow tape on the last step of the stairwell to avoid falling.



# Upcoming Events

Join us for Member Monday!

January 9th

1:00pm @ VillagesOKC Office

**New Members:** 

Join us to learn about membership benefits, what's going on at Villages and how to get involved

Current Members:

Come and meet our new members!

Register Here!





Women's Coffee
January 10th @ 10:00am

2023 is the year for ME! Who Me? Yes, YOU!!!

Make plans to attend Women's Coffee and learn how to be the best ever YOU

It's gonna be a great year!

Register Here!

Iphone/Ipad
Tips and Tricks

Wednesday,
January 11th @ 1:00pm
VillagesOKC office
FREE for Members
\$25 for Non Members
limited space available

**Register Here!** 

infroducing
Jeff Albright

training &
troubleshooting
expert on
apple devices



Jeff Albright OWNER iCAN help

SLTS "The Truth about Staying Put: Aging in Place Successfully' January 12th @10:00am

Register Here!

SLTS "Smart and 'Not so Smart'
Accessibility Ideas for Your
Home
January 24th @10:00am
Register Here!





CareGiver Ambassadors
January 17th @ 3:30pm

Deputy Sheriff, Tara Hardin will be speaking on the topic of scams.

**Register Here!** 

Edmond Restaurant
Meetup @Panera Bread
(15th and Bryant)
Join us for lunch!
12:30pm-1:30pm

**Register Here!** 





Game Night!
Join us for our first ever
VillagesOKC Game Night
at Mary Yarber's House!

January 23rd @ 5:30pm Limit 12 Register Here!

Yukon Restaurant Meetup @The Lokal

Join us for lunch! 12:30pm-1:30pm

**Register Here!** 



## See The City! Thunder Blue Game

January 25th @12:00pm
Cost is \$5.00
We will meet at
11:15am to travel
downtown to the
PayCom Center
together.



**Register Here!** 

## Learn

Find 2 sample sized items you don't need and get rid of them!



Mew This Year! Learn with Villages

### **2023 SCHEDULE**

EDUCATING OKLAHOMA CITY ABOUT SENIOR TOPICS!

JANUARY 16 HOW TO FALL CORRECTLY

FEBRUARY 20 ROCKS: NOT IN YOUR HEAD

MARCH 20 I WANT TO VOLUNTEER, BUT...

APRIL 17
YOUR BRAIN CAN CHANGE YOUR
BLOOD PRESSURE

MAY 22 GET A GRIP ON IMPROVING YOUR BRAIN

JUNE 19
ALZHEIMER'S VS DEMENTIA:
WHAT'S THE DIFFERENCE?

JULY 17 HOW TO LIVE SCAM FREE

AUGUST 28 SMELLING YOUR WAY TO A BETTER BRAIN

SEPTEMBER 18
INSIDER TIPS ON DOCTOR VISITS
OCTOBER 23

COMMUNICATION SUCCESS: SAY YES

NOVEMBER 13
BALANCING A STRONG BRAIN ON ONE FOOT

**DECEMBER 18**WHATS COOKIN: TASTING FAIR



Join us on January 16th: REGISTER HERE!

# Thank You for Coming! Our Christmas Open House was a huge success!

If you missed it be sure to stop by the office and pick up your VillagesOKC Ornament!





## By popular demand: COFFEE SLUSH RECIPE

Mix together in a gallon pitcher:
6 cups of hot strong coffee
3 cups sugar-stir till dissolved
3 teaspoons vanilla
2 pints of heavy cream
Add enough milk to make a gallon

Freeze in plastic pitcher or pour into ziplock bags





### MONTHLY PLANNER

### TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
01	02	03	04	05	06	07
Villages Office Closed	Villages Office Closed					
08	Member Monday 1:00pm	Women's Coffee Whipped Bakery 10:00am	11  Iphone/Ipad Tips and Tricks Class 1:00pm	Senior Living Truth Series 10:00am	13	14
15	16 Senior LifeSkills Learning 1:00pm	17 CareGiver Ambassador 3:30pm	Christian Women and Men's Luncheon 11:30am	Restaurant Meet Up: Panera Bread Edmond 12:30pm	20	21
22	Game Night 5:30pm	24 Senior Living Truth Series 10:00am	25 See the City: Thunder Blue Game 12:00pm	Restaurant Meet Up: The Lokal 12:30pm	27	28
29	30	31				

Weekly

Pickleball - Mon - Thurs @ Jackie Cooper Gym 9am-12pm

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Dean Brown, MD



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Pamela Craven, MD Cardiologist











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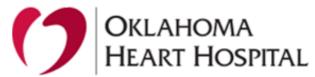


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