

Connections

A PLAN FOR AGING THAT CONNECTS A COMMUNITY



From the Director

Marilyn Olson,
Executive Director



Words Are Important In 2023

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 interest or need.

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!

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 Tip

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

newVIEW
OKLAHOMA
IT'S NOT WHAT YOU CAN SEE IT'S WHAT YOU CAN BE

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!](#)



MEMBERSHIP
MONDAYS



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!](#)

introducing
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

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!



New 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



Senior LifeSkills
Learning



OUR LORD'S
LUTHERAN CHURCH
2900 W HEFNER RD



1:00 – 2:30 PM



PRE-REGISTRATION
REQUIRED

FREE



@ 405-990-6637

VillagesOKC.org



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



January 2023

MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO
[VILLAGESOKC.ORG](https://villagesokc.org)

SUN	MON	TUE	WED	THUR	FRI	SAT
01 Villages Office Closed	02 Villages Office Closed	03	04	05	06	07
08	09 Member Monday 1:00pm	10 Women's Coffee Whipped Bakery 10:00am	11 Iphone/Ipad Tips and Tricks Class 1:00pm	12 Senior Living Truth Series 10:00am	13	14
15	16 Senior LifeSkills Learning 1:00pm	17 CareGiver Ambassador 3:30pm	18 Christian Women and Men's Luncheon 11:30am	19 Restaurant Meet Up: Panera Bread Edmond 12:30pm	20	21
22	23 Game Night 5:30pm	24 Senior Living Truth Series 10:00am	25 See the City: Thunder Blue Game 12:00pm	26 Restaurant Meet Up: The Lokal 12:30pm	27	28
29	30	31				

Weekly

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

Sponsors



**First Bethany
Bank & Trust**
www.firstbethany.com



Dean Brown, MD



BUCKELEW
REALTY GROUP



Christian Brothers Automotive



Pamela Craven, MD

Cardiologist



DIRECTORS LIFE ASSURANCE



**Senior Care
Referral Services
of Oklahoma**



**GUARDIAN
ANGEL**
ELDERCARE SERVICES

Sponsors



GOODEN GROUP



NATIONAL FINANCIAL ALLIANCE
POWERED BY THE FIVE F'S

MERCER ADAMS
FUNERAL SERVICE



MCM
INSURANCE
Medicare & Retirement

OKLAHOMA
HEART HOSPITAL

PROUDLY PHYSICIAN OWNED



Nerve Renewal
NEUROPATHY CLINIC

O.K.L.A.H.O.M.A.
MAKING A BETTER LIFE FOR THE 50+
SENIOR
Journal™

OKLAHOMA
Palliative & Hospice Care

PHYSICIAN
HOUSECALLS



Providence
HOME CARE



Smith & Kernke
FUNERAL HOMES & CREMATORY



Spanish Cove
Retirement Village



SYNERGY®
HomeCare



THRIVENT®
Be Wise With Money™

Villagio
BRADFORD VILLAGE