

Connections

A PLAN FOR AGING THAT CONNECTS A COMMUNITY



From the Director

Marilyn Olson,
Executive Director



Who knew VillagesOKC membership is good for my wealth?

Belonging to a group of like-minded mature adults has many benefits, but a powerful reason for me is that it improves my wealth management.

Here's why!

It was at a VillagesOKC meeting I first watched a powerful video where I learned about Berkley's most famous and beloved professor, Dr. Marion Diamond. Dr. Diamond studied the brain for 60 years and was incredibly joyful and positive about her findings. She concluded the brain- my brain could continue to grow at any age if I do five things every day:

1. Diet - Eat healthy
2. Exercise - Use it or lose it
3. Do something new
4. Do something challenging
5. Reduce stress with love

So, armed with this information, four years ago I began a journey of new purpose and new connections! Here's how it began.

My new friend, Mary, shared information about eating vegetarian. Another agreed to teach me to play Pickleball, and he had all the equipment! Another suggested we tour NewView Oklahoma. A group of VOKC members challenged us to write our names legibly with the opposite hand. And these new friends quickly expanded and enriched my life.

And that's the way, four years ago, my life and my brain improved! Belonging gives me opportunities to meet great people of all ages and my life is richer!

I love living this together-rich life!

Recommendation: For added richness in your life, become a VillagesOKC member! Aging! Everybody is doing it!

New Members

Doug and Margaret Eaton OKC
Pamela Tison OKC

NewView Vision Tip

Keep items in the same place and try to avoid relocating items.



Upcoming Events



Women's Coffee

December 13th

10am

Come dressed in your favorite Christmas attire. We will be talking about traditions, tunes and toys.

SLTS: "The Truth About Living To 100: A New Paradigm"

December 8th

10am

At this month's seminar we will discuss the pro's and con's of living to be 100 or beyond, including money, housing, healthcare, purpose and more.



You're Invited



Immersive Van Gogh
December 16th
6:00pm

We have 3 tickets for you and
some friends to enjoy this
traveling art exhibit!

\$85.00

Save your tickets [here](#)



Learn



Check out the lights!

- Automobile Alley: Downtown
- Safari Lights: OKC Zoo
- Christmas in the Park: Yukon
- Luminance: Mitch Park Edmond
- Joe B. Barnes Park: Midwest City

Look in your fridge for 2 items that are expired or won't get eaten and throw them away



Coming in 2023

New Iphone tips and tricks class: Edmond location

Due to popular demand, we are now offering our Apple Products tips and tricks class not only in Bethany at the Villages office but also in Edmond at the Mitch Park Senior Center!



Restaurant Meetup

We will be meeting at a different restaurant each month!





December 2022

MONTHLY PLANNER

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

MON	TUE	WED	THU	FRI	SAT	SUN
			01 Lives Well Lived @11am	02	03	04
05	06 Senior Living Truth Series 10:00am	07	08 Senior Living Truth Series 10:00am	09	10	11
12	13 Women's Coffee Whipped Bakery @10am	14	15 Immersive Van Gough @6pm	16	17	18
19	20 Villages OKC Christmas Open House @10am Villages Office Closed	21 Villages Office Closed	22 Villages Office Closed	23 Villages Office Closed	24	25  MERRY CHRISTMAS
26 Villages Office Closed	27 Villages Office Closed	28 Villages Office Closed	29 Villages Office Closed	30 Villages Office Closed	31	

Weekly

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

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