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

Connections

A PLAN FOR AGING THAT CONNECTS A COMMUNITY

VillagesOKC
A PLAN, NOT A PLACE

From the Director

Marilyn Olson,
Executive Director

Love Your Neighbor

February is a great month to invite a friend to come with you to a VillagesOKC happening. There are many opportunities to stay informed. Love Your Neighbor; tell them about VillagesOKC!

Senior LifeSkills Learning, at Our Lords Lutheran Church (Hefner and May) on Monday February 20 will feature Herb Magley from the Alzheimer Association who is a geologist and presents a brain stimulating discussion about fascinating rocks.

CareGiver Ambassadors, laymen from churches and temples, are taking reservations for the next meeting in March. We have a presentation to help us build a library of caregiver information and resources to share.

Our 32nd, four week **GIFT Workshop** begins on February 7 at First Bethany Bank and Trust. The bank includes lunch which allows a little more conversation time to ask questions of the attorneys and other guest professionals. VillagesOKC members can attend as a " refresh" at no cost but registration is required.

The hugely popular **iPhone and iPad Technology Workshops** will be held monthly in Edmond at Mitch Park and in Bethany at VOKC office. Space is limited, so register today.

On March 29, we will again hold a **Pinning Ceremony** for 350+ Vietnam Era Veterans who served in any branch of service, any where in the world between November 1955 and April 1975. The event will be at the Oklahoma History Center. Please call or email names/phone numbers of veterans to info@villagesokc.org

Register now for February **Women's Coffee**, **Restaurant Meet-ups** and **See the City** Tours.

The In-Home, brown bag **Game Night** in January was a roaring success; another is scheduled in February. Register now.

Brigadier General Ben T. Robinson is joining the VillagesOKC board. He and his wife Linda have both joined and will be a great asset to membership with her passion for serving. As a docent at the **Western Heritage Center and Cowboy Hall of Fame**, General Robinson is passionate about the Constitution and our American History. His special VillagesOKC Tour this month includes lunch.

Love Your Neighbor and invite them to join you at one of these events.

New Members

Jerry Pickering - Midwest City
Cindy Kearney - Bethany
Linda Sargent- OKC
Lisa Rodriguez- Piedmont
Patricia Morgan - Edmond
Ashley Davidson - OKC

NewView Vision Tip

Clean up spills immediately. If you forget the spill is there, you might slip on it.

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

Upcoming Events

Join us for Member Monday!
February 6th
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!

VillagesOKC
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MEMBERSHIP
MONDAYS

See The City!
Crystal Bridge

February 8th @10:00am
Cost is $9.00 or FREE to Village members
Group lunch after at Kitchen No. 324

Register Here!

introducing
Jeff Albright

training & troubleshooting expert on apple devices

Jeff Albright
OWNER
iCAN help

Iphone/Ipad
Tips and Tricks

February 8th @ 1:00pm
(VillageOKC Office)
Cost is $25 or FREE to Village Members

Register Here!

Women's Coffee
February 14th @ 10:00am

Love is in the air... can you feel it?

Put on your red/white/pink and make plans to come and hear Edie Daniel from the Bethany Library giving some book reviews on classic Romance/Love books.

Please bring a Valentine to participate in a card exchange.

Register Here!

Whipped
bakery cafe

SENIOR LIVING
Truth Series

SLTS "The Truth about Retirement Living: What to expect in the next decade"

February 9th @10:00am
Register Here!

SLTS "Paying for longterm care costs: Resources and Benefits"

February 14th @10:00am
Register Here!

Edmond Iphone/Ipad
Tips and Tricks

February 16th @ 1:00pm
(Edmond Parks and Rec)

Register Here!

See The City!

VIP Tour of Western Heritage Museum

(Lead by Village Member General Ben Robinson)

February 16th @12:00pm

Cost is $10.00 or FREE to Village members

Register Here!

Rocks: Not in Your Head

Presenter: Herb Magley

February 20th @ 1:00pm

Our Lord's Lutheran Church

(Hefner Rd)

Register Here!

Senior LifeSkills Learning

Edmond Senior Educational Series:

(in partnership with Brain Builder Pros)

February 21st @ 1:00pm

Speaker: Ralph Redline, PT - Falls Prevention

Register Here!

Restaurant Meetup @FireBirds

(Memorial Rd)

Join us for lunch!

12:30pm-1:30pm

Register Here!

Game Night!
Join us for another VillagesOKC Game Night at Dick and Caroline Baze's House!

February 27th @ 5:30pm
Limit 12
Register Here!

Learn

Ask yourself what items you actually use—and ditch the rest! PIck a drawer and start there!

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

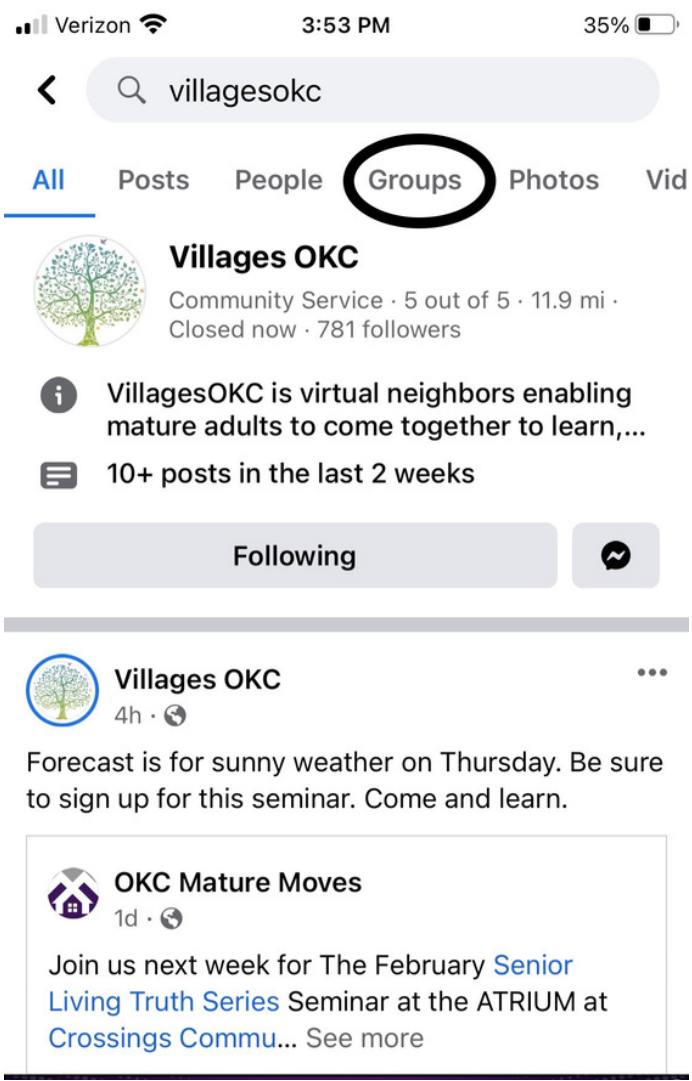
FREE

405-990-6637
VillagesOKC.org

Join us on February 20th: <u>REGISTER HERE!</u>

Just for Members

Send us your prayer requests! We have a team of prayer warriors ready to pray for you. Call the VillageOKC Office 405-990-6637 to share your request and we will pass it on.



Join our private, MEMBERS ONLY Facebook page:

VillagesOKC Members

If you're on the public Villages Facebook page, select Groups or Visit Group.
Ask to join the group.
From Facebook search, select Groups once the Villages OKC page is displayed.
See attached image.
From a computer, select More to see the Groups option.

VillagesOKC
A PLAN, NOT A PLACE

February 2023

MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
			01	02	03	04
05	06 Member Monday 1:00pm	07 The GIFT@ First Bethany Bank 10:00am 2/7,2/14,2/21,2/28	08 See The City: Crystal Bridge 10:00am Iphone/Ipad Tips and Tricks Class 1:00pm	09 Senior Living Truth Series 10:00am	10	11
12	13	14 Women's Coffee Whipped Bakery 10:00am Senior Living Truth Series 10:00am	15 Christian Women and Men's Luncheon 11:30am	16 See The City: Western Heritage Museum VIP Tour 12:00pm Iphone/Ipad Tips and Tricks Class Edmond 1:00pm	17	18
19	20 Senior LifeSkills Learning 1:00pm	21 Edmond Senior Educational Series 1:00pm	22	23 Restaurant Meet Up: Firebirds 12:30pm	24	25
26	27 Game Night 5:30pm	28				

Weekly

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

GIFT CLASSES run every Tuesday
this month 10:00-11:30am

Sponsors

BRAIN BUILDER PROS
BRIDGING THE GAP BETWEEN INJURY AND WELLNESS

Christian Brothers Automotive

CONCORDIA
LIFE PLAN COMMUNITY

BUCKELEW
REALTY GROUP

CRUISE PLANNERS®
YOUR LAND AND CRUISE EXPERTS

Dean Brown, MD

DIFFEE
FORD | LINCOLN | EL RENO
DIFFEE.COM

DIRECTORS LIFE ASSURANCE

eye care
associates of bethany

GOODEN GROUP

MERCER ADAMS
FUNERAL SERVICE

MCM
INSURANCE
Medicare & Retirement

OKLAHOMA
Palliative & Hospice Care

SYNERGY®
HomeCare

Providence
HOME CARE

Nerve Renewal
NEUROPATHY CLINIC

Senior Care
Referral Services
of Oklahoma

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