

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



From the Director

Marilyn Olson,
Executive Director



Prayer First

From the very beginning the success and growth of VillagesOKC has been guided by a small group of Prayer Warriors who have faithfully prayed for wisdom and opportunities.

VillagesOKC is a grass roots, organic initiative responding to member suggestions and city-wide issues. The goal is lofty; create a village of trust within greater Oklahoma City. Connect like-minded people from Guthrie to Norman and Choctaw to El Reno. We've never created a neighborhood like this before. This requires supernatural guidance beyond man's intelligence or experience. Regular, prayerful intercession has created opportunities and unimagined favor in the community. Their prayers have united the caring hearts of a Board of Directors who have a wealth of experience. Each individual has concerns. Every one of us carries a heavy load. And burdens are lifted when others come alongside. Now the Prayer Warriors offer their time and prayers to the Creator of the Universe on behalf of members and sponsor businesses.

Please take time to thank the members of the Prayer Warrior group: Kay Reid, Jeanette Eason, Faye Horn, Bobbie Gunn, and Gaylene Stiles. If you would like prayer, requests can be submitted by calling VillagesOKC @ (405) 990-6637.

New Members

Dawn Hill - Edmond

Herb Magley - Edmond

Sue Barrientos - Piedmont

Shelley Shelley - Edmond

Ceci Noble - Edmond

Jeff and Judy Walraven - OKC

Diane Bower - OKC

NewView Vision Tip

Lighting can make a
big difference.
Keep surroundings
well-lit but be
mindful of glare.

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

Upcoming Events

Join us for Member Monday!

March 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!](#)



MEMBERSHIP
MONDAYS



VillagesOKC Town Hall
Meeting via Zoom

March 7th @5:00pm

Join us online as Executive Director, Marilyn Olson fills everyone in on what is happening with VillagesOKC the first few months of 2023!

[Zoom link](#)

introducing
Jeff Albright

**training &
troubleshooting
expert on
apple devices**



Jeff Albright
OWNER
iCAN help

**Iphone/Ipad
Tips and Tricks**

March 8th @ 1:00pm

(VillageOKC Office)

Cost is \$20 or FREE to
Village Members

[Register Here!](#)

**SLTS "The Truth About Senior
Living Options and Costs:
Why So Expensive?"**

March 9th @10:00am

[Register Here!](#)

**SLTS "Introduction to Continuing
Care Retirement Communities"**

March 14th @10:00am

[Register Here!](#)



Women's Coffee

March 14th @ 10:00am

Working 9-5, what a way to make a livin'

This month, we will hear from a business owner who only hires "seasoned adults". If you are thinking about creating a slush fund for yourself, mark your calendar to attend. After the presentation, we will be discussing our first job and sharing a picture if you have one!

[Register Here!](#)



Edmond Iphone/Ipad Tips and Tricks

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

[Register Here!](#)





Senior LifeSkills
Learning

"I Want to Volunteer, But..."
a panel discussion

March 20th @ 1:00pm

Our Lord's Lutheran Church
(Hefner Rd)

[Register Here!](#)

**Edmond Senior
Educational Series:**

(in partnership with Brain Builder Pros)

March 21st @ 1:00pm

Join us to hear from Dr.
Vestal from Family
Wellness Chiropractic's on
National Brain Awareness
Week as we discuss what
we can do to "grow our
brains".

[Register Here!](#)





Caregiver Ambassador Meeting

March 21st @ 3:30pm

Join us as we learn about resources that can help those that are care givers.

[Register Here!](#)

NewView Factory Tour March 22nd @ 1:00pm

See how they employ vision impaired individuals in a manufacturing setting.

[Register Here!](#)





Game
NIGHT

Game Night!
Join us for another
VillagesOKC Game Night
at Bill and Patty
Johnson's House!

March 27th @ 5:30pm

Limit 12

[Register Here!](#)

See The City!
Masonic Temple

March 28th @10:00am

Cost is \$10.00 or \$5.00 to
Village members

[Register Here!](#)



When you can't
make your own
medical decisions...

WHO WILL?

Make sure your Healthcare Power of Attorney and Advance Directive is in place. Execute these forms at the workshop on 03/28.



Healthcare POA and Advanced Directive Workshop March 29th

@Our Lords Lutheran
Church on Hefner
6:00pm-7:30pm

[Register Here!](#)

Restaurant Meetup
@Sunnyside Diner

March 30th
Join us for lunch!
11:30am-12:30pm

[Register Here!](#)



FOR YOUR SERVICE FOR YOUR SACRIFICE WE HONOR YOU

PLEASE JOIN US FOR A VIETNAM WAR ERA COMMEMORATION CEREMONY

Humana is proud to support Vietnam Veterans and their families.

WHO:

Veterans who served on active duty in all Armed Forces
between November 1, 1955 and May 15, 1975, regardless of
location, are eligible to receive recognition.

WHERE:

Oklahoma History Center
800 Nazih Zuhdi Dr.
Oklahoma City, OK 73105

WHEN:

Wednesday March 29, 2023
Time: 10:00 am - 12 pm
Doors open at 9:30 am



For more information, call the
Oklahoma History Center

(405)522-0765

Monday – Saturday, 10 a.m. – 5 p.m.



Humana®

GHHK5UNEN 0218

Edmond Education Series

Edmond Parks and Recreation Center
2733 Marilyn Williams Dr. Edmond, OK
North Entrance 1:00 pm - 2:30 pm

February 16
March 16
April 20
May 18



iPhone and iPad Technology

Instructed by Jeff Albright, the owner of iCanHelp, this class focuses on iPhone and iPad technology and troubleshooting. Bring your device and learn something new!



Learn

Speakers come from all types of backgrounds and specialties. Enjoy choosing one or all of these topics:

FEBRUARY 21: Ralph Redline, PT
Fall Prevention

MARCH 21- Dr. Vestal:
Steps for improving the brain

APRIL 18- Dr. Rothwell
Wellness & longevity

MAY 16- Ronita Smalley
Tips to prevent falls due to failing vision

Sponsors



FREE! Register at VillagesOKC.org or call (405) 990-6637

ADVENTURE



THE DALLAS ARBORETUM AND BOTANICAL GARDEN DAY TRIP

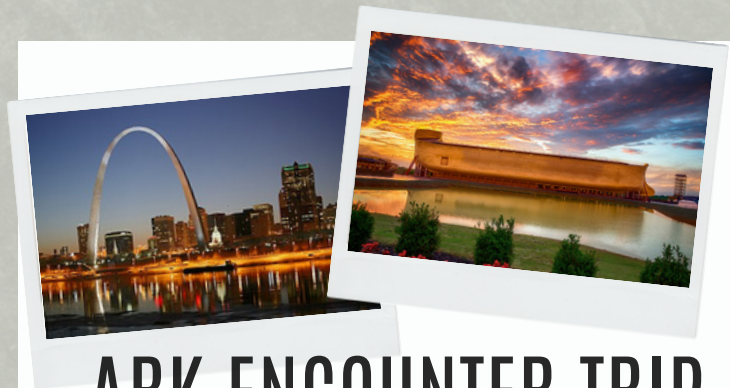
WEDNESDAY, MARCH 29TH
DEPARTING CONCORDIA AT 8AM AND RETURNING BY 9PM

**COST IS \$40 AND INCLUDES
TICKET AND A BOXED LUNCH**

RSVP REQUIRED BY MARCH 20TH

The spring festival showcases an explosion of
color from 100 varieties of spring bulbs,
500,000 spring-blooming blossoms!

We are stopping for dinner at BJS Brewhouse
so be sure to bring money for dinner!



ARK ENCOUNTER TRIP 6 DAYS, 5 NIGHTS

ST LOUIS, KENTUCKY, BRANSON

APRIL 30TH-MAY 6TH,
RSVP REQUIRED BY APRIL 4TH

\$200 DEPOSIT REQUIRED
PRICE RANGES FROM \$1,005 FOR A
SHARED ROOM TO \$1,530 FOR A SINGLE

TRIP INCLUDES:

- LIVE WICKED PERFORMANCE AT FOX THEATER
- LOUISVILLE SLUGGER MUSEUM
- ARK ENCOUNTER
- CREATIONS MUSEUM
- RIVERBOAT CRUISE ON OHIO RIVER
- BRANSON LANDING
- LIVE ESTHER PERFORMANCE AT THE
SIGHT AND SOUND THEATER

FOR MORE INFO OR TO JOIN US FOR EITHER EVENT CALL US AT (405) 720-7200

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

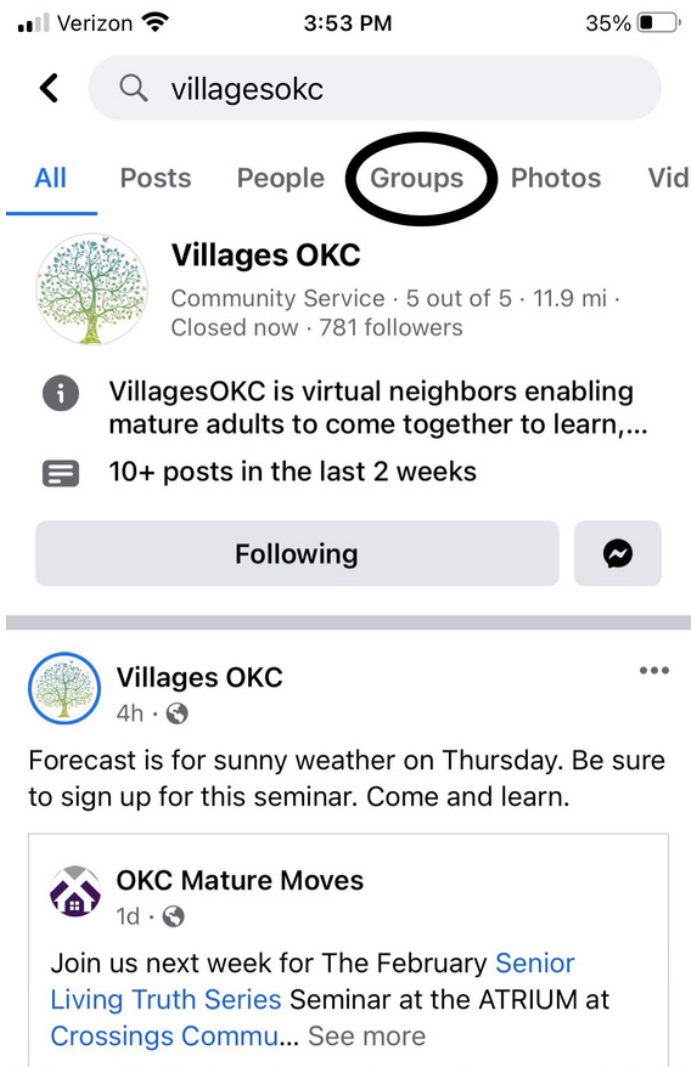


Join us on February 20th: **REGISTER HERE!**

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.



March 2023

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
			01	02	03	04
05	06 Member Monday 1:00pm	07 VillagesOKC Town Hall Meeting: Via Zoom 5:00pm	08 Iphone/Ipad Tips and Tricks Class OKC 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 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 Caregiver Ambassador 3:30pm	22 NewView Factory Tour 1:00pm	23 Nerve Renewal Ribbon Cutting 8:00am	24	25
26	27 Game Night 5:30am	28 See The City: Masonic Temple 10:00am POA Workshop 6:00pm	29 Veteran's Pinning 10:00am	30 Restaurant Meet Up: Sunnyside Diner 11:30am	31 Ladies in the News Style Show 11:00am	

Weekly

Pickleball - Mon - Thurs

@ Jackie Cooper Gym 9am-12pm

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

Sponsors



BUCKELEW
REALTY GROUP

Dean Brown, MD



CRUISE PLANNERS®

YOUR LAND AND CRUISE EXPERTS



DIRECTORS LIFE ASSURANCE



GOODEN GROUP



**Senior Care
Referral Services
of Oklahoma**



THRIVENT®
Be Wise With Money™