

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

Town Hall Lectures -an opportunity to Learn

Marilyn Olson,
Executive Director



VillagesOKC is always looking for collaboration and community partnerships with other nonprofits who share our core values and support the plan for aging that connects a community. The Oklahoma City Town Hall Lecture series is a nonprofit organization who shares VillagesOKC educational values and goals.

"The synergy between our two nonprofit organizations is clear," said Town Hall President Alan Webb. "Oklahoma City Town Hall Lectures and VillagesOKC both focus on education and lifelong learning. Connecting people in both organizations is a win-win for everyone."

To demonstrate his belief in VillagesOKC, Alan Webb also recently joined VillagesOKC and in March encouraged all 800+ Town Hall lecture attendees to consider joining VillagesOKC.

VillagesOKC is a plan not a place. And OKC Town Hall is a lecture series not a building. Its goal is to enhance the quality of life in Oklahoma by providing a forum for nationally recognized speakers who "enrich, entertain, stimulate, inform and educate our citizenry."

OKC Town Hall Lectures were unknown to VillagesOKC members until a few short months ago. The connection between the two organizations came because VillagesOKC member Gaylene Stiles heard about Town Hall Lectures from a mutual sponsor, Joe Kernke of Smith and Kernke. On her own, Gaylene attended the Lectures during the 2021-2022 season. She was impressed and as a member encouraged VillagesOKC to become a Town Hall sponsor and attend each of the 2022-2023 lectures.

OKC Town Hall brought a wide range of nationally recognized speakers to its 2022-2023 lecture series. They included a military hero, a professor who has written extensively on constitutional law, the author of hundreds of articles ranging from ancient Greece to contemporary culture, a talk show host and bestselling author, and a geopolitical strategist. This year's lecture series ends with an April 20th presentation by Lawrence Jones, enterprise reporter for the "Fox & Friends" and a Fox Nation host.

Town Hall membership information and event tickets are available at www.okctownhall.org. Be good to your brain. Go online and check out the April 20 opportunity as well as those for the fall series.

New Members

Kevin Richardson - Edmond

Matt Wilson - OKC

Peggy Dubois - Midwest City

Debra DeBartelo - Edmond

Karin & David Holsted - Edmond

Linda Helwer - Lone Wolf

Blair Schoeb - OKC

Renewing Members

Kay Reid - Yukon

Mary Fleming - Little Rock, AR

Nancy Driver - Edmond

Larry Hillman - Edmond

Kay Stout - Edmond

Carol Lott - OKC

Kathy Holman - OKC

Kafie Carman - Guthrie

Upcoming Events

Join us for Member Monday!

April 3rd

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

—
**The
GIFT**
—

Gathering
Information
For Transitions



The Gift

4/6, 4/13, 4/20, 4/27

@10:00am

The Gift Class is a 4 week class with 90 minute sessions. This location is at Crossings Church in Rm 254.

[Register Here](#)



Women's Coffee

April 11th @ 10:00am

Spring: a lovely reminder of how beautiful change can truly be.

Make plans to attend as we discuss **SPRINGTIME** and the changes it brings. Wear your favorite spring color so our group photo will "pop"! There will also be an opportunity for a lucky participant to leave with a beautiful spring bouquet!

[Register Here!](#)

See The City! Scissortail Park

April 12th @10:00am
View over 250,000 flowers that were planted as bulbs.
Wear your walking shoes as this will be a walking tour.

[Register Here!](#)



introducing
Jeff Albright

**training &
troubleshooting
expert on
apple devices**



Jeff Albright
OWNER
iCAN help

**Iphone/Ipad
Tips and Tricks**

April 12th @ 1:00pm

(VillageOKC Office)

Cost is \$20 or FREE to
Village Members

[Register Here!](#)

**SLTS "The Truth About Letting
Go of Stuff: Downsize or
Declutter"**

April 13th @10:00am

[Register Here!](#)

**SLTS "Trash or Treasure? Get the
Real Value of Classic
Collectibles"**

April 25th @10:00am

[Register Here!](#)



"Informed Senior Seminar

Presented by TRIAD

April 14th @ 8:30am

OSU/OKC Campus

Free education and resources
for seniors and those that care
for them.

[More Info Here!](#)



Senior LifeSkills
Learning

"Your Brain Can Change Your Blood Pressure"

Presenter: Susan Radcliff, RN

April 17th @ 1:00pm

Our Lord's Lutheran Church
(Hefner Rd)

[Register Here!](#)

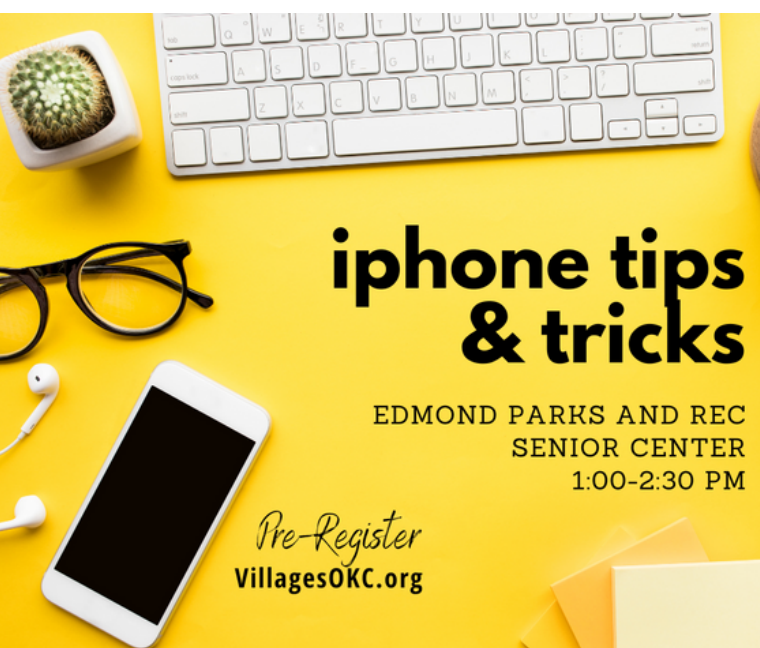
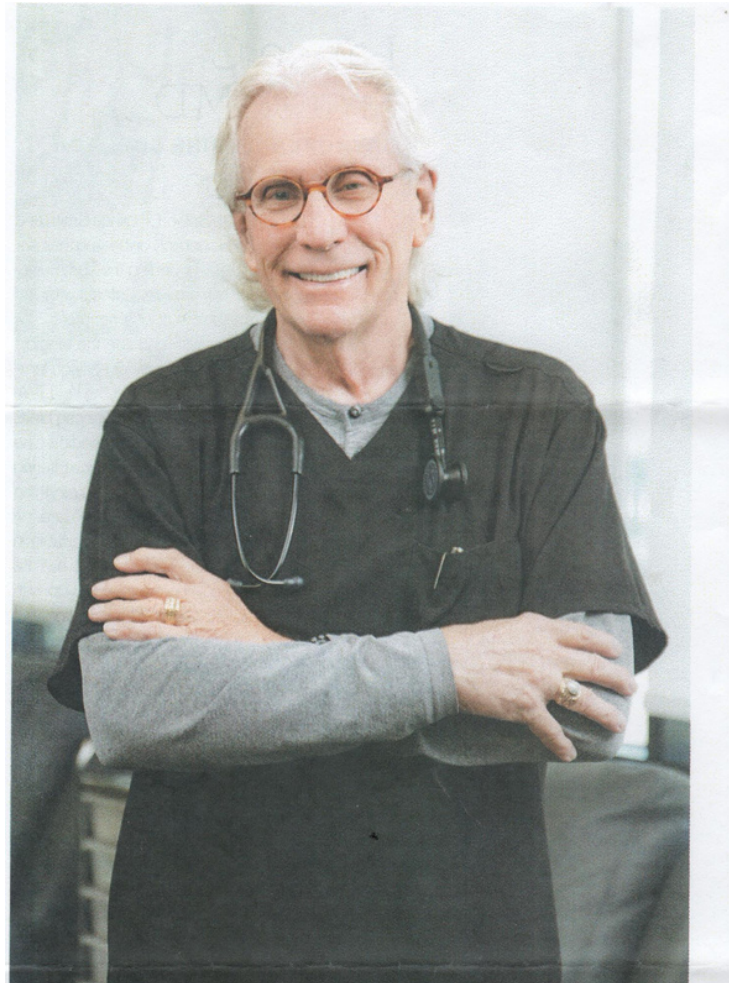
Edmond Senior Educational Series:

(in partnership with Brain Builder Pros)

April 18th @ 1:00pm

Join us to hear from Dr.
Paul Rothwell on "Life
Span vs Health Span"

[Register Here!](#)



Edmond Iphone/Ipad Tips and Tricks

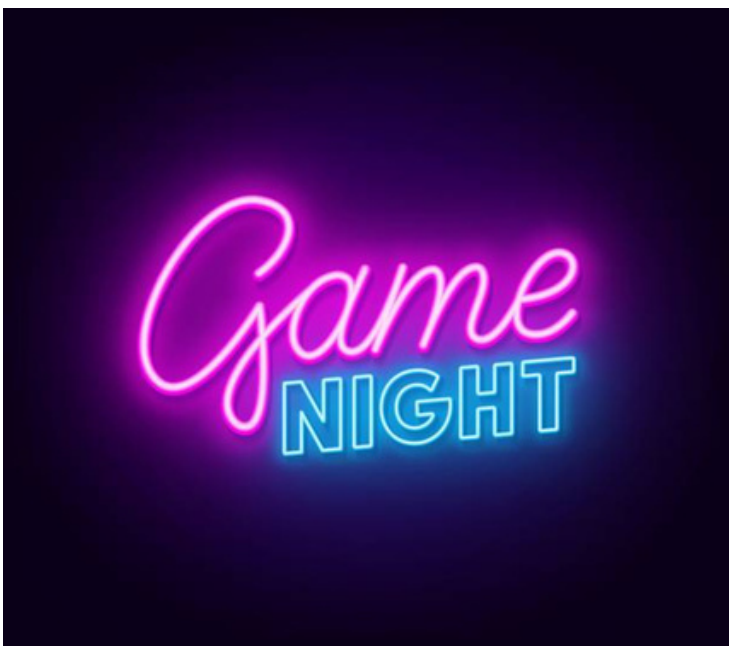
April 20th @ 1:00pm
(Edmond Parks and Rec)

[Register Here!](#)

NewView Factory Tour
April 21st @2:30pm

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

[Register Here!](#)



Game Night!

Join us for another
VillagesOKC Game Night
at Marilyn Lanphier's
House!

April 24th @ 5:30pm
Limit 12

[Register Here!](#)

Restaurant Meetup

@Pelican's

April 27th

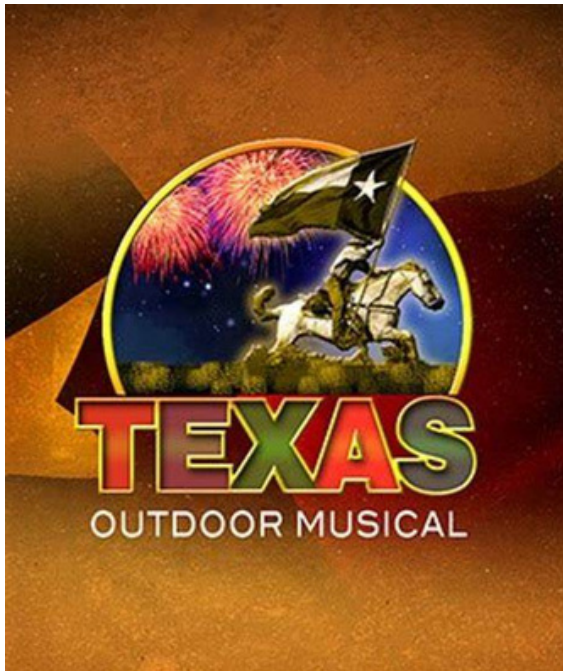
Join us for lunch!

11:30am-12:30pm

[Register Here!](#)



Save the Date



June 15th trip to see the musical "Texas" in Palo Canyon, Texas.

Traveling by Village tour buses. Departure time 1:00PM. We will arrive back around 3:00AM.

Cost: \$80 for bus, \$40 ticket, \$25 BBQ dinner before show

MORE INFO HERE!!



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

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

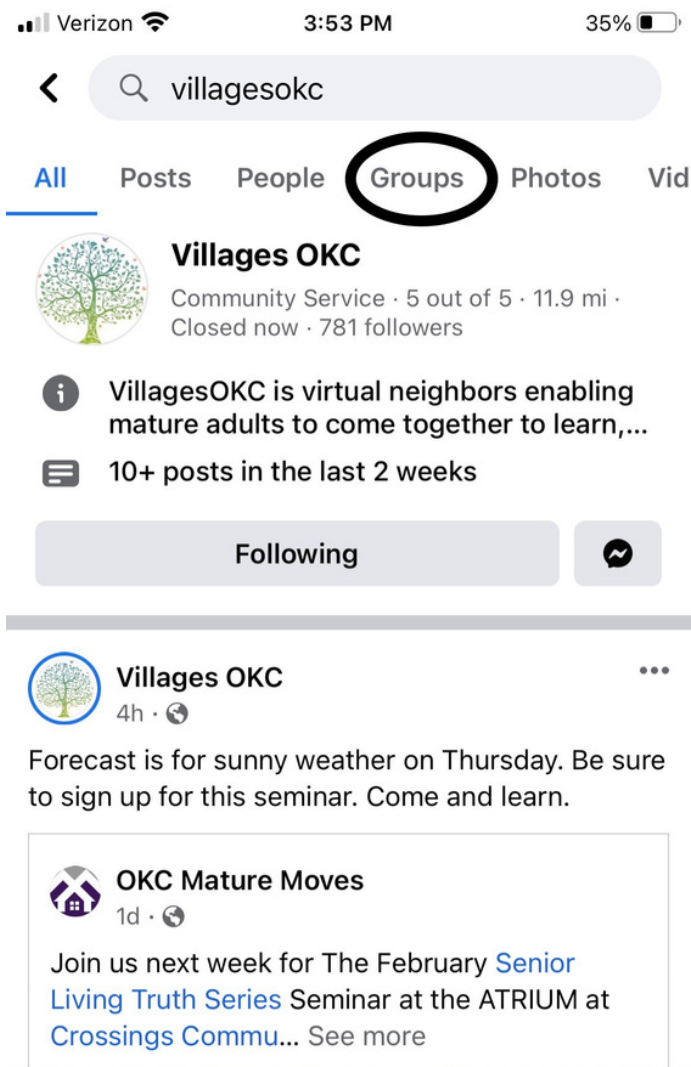


Join us on February 20th: **REGISTER HERE!**

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.



April 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 Member Monday 1:00pm	04	05	06 The Gift 4/6, 4/13, 4/20, 4/27 at 10:00am	07	08
09	10	11 Women's Coffee Whipped Bakery 10:00am	12 See The City: Scissortail Park 10:00am Iphone/Ipad Tips and Tricks Class OKC 1:00pm	13 Senior Living Truth Series 10:00am	14 Informed Senior Seminar 8:30am	15
16	17 Senior LifeSkills Learning 1:00pm	18 Edmond Senior Educational Series 1:00pm	19 Christian Women and Men's Luncheon 11:30am	20 Iphone/Ipad Tips and Tricks Class Edmond 1:00pm	21 NewView Factory Tour 2:30pm	22
23	24 Game Night 5:30pm	25 Senior Living Truth Series 10:00am	26	27 Restaurant Meet Up 11:30am	28	29

Weekly

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

NewView Oklahoma
Calendar of Events

Sponsors



Dean Brown, MD



DIRECTORS LIFE ASSURANCE

