

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



LOVE YOUR AGE

Loving your age simply means you choose to be happy with the person you are today. Loving your age opens the door to joy, makes you more attractive to friends and enhances the life you have now.

Each of us only has today; it is up to us to make the most of it. And VillagesOKC helps that happen.

VillagesOKC is a rapidly growing group of like-minded people in Oklahoma City who are embracing aging. Opportunities for members and soon to be members this month include travel to the spectacular Palo Duro Canyon to see the fabulous musical, "TEXAS" and learn about our western heritage. Senior LifeSkills Learning at Southern Nazarene University is a Day of Positive Aging with local professionals sharing ways to enhance life positively. Member Monday is for every member and every prospect – a good time to make new friends and see what VOKC is all about. Many VillagesOKC members are joining me at the six Town Hall Lectures which begin again in September. Call the office for a brochure and to learn more. September's speaker is a fascinating shark whisperer. I can't wait!

Members, come by the office for a FREE VillagesOKC "Love Your Age" Tee shirt. Bring a new friend to join; they receive a tee shirt also. Friends don't let friends age alone, we are all in this together.

All this is a great way to stay connected. Love Your Age. Join VillagesOKC today.

Make Every Day Count.

**Aging,
been there,
done that,
got the t-shirt
*Literally!***

**Don't have the t-shirt? We have it for you!
All members can swing by and pick up your free
VillagesOKC Love Your Age t-shirt!
*Sizes are first come, first serve!***



**Take our Member Survey for a chance to win a \$25 gift card!
[Here is the link](#)**

Upcoming Events

Join us for Member Mondays!

June 5th and July 10th

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 Express Class

June 5th @5:30pm

This class is a single session
lasting 3 hours.

Held at Navigating Medicare
Office and free to members.

\$99 for guests.

[Register Here](#)



SLTS "The Truth About Estate
Planning: Trusts, Wills and
Guardianships"

June 8th @10:00am

[Register Here!](#)

SLTS "Who am I now? Creating
community as we age"

June 13th @10:00am

[Register Here!](#)

Women's Coffee

June 16th@ 10:00am

Come have coffee and enjoy a topic of
conversation with other Villages
Women at this monthly event. Julie
Westin has been busy "repurposing"
her stash of vintage linens.
Embroidered kitchen towels, dresser
scarfs, and pillow cases have been
transformed!

[Register Here!](#)



introducing
Jeff Albright

**training &
troubleshooting
expert on
apple devices**



Jeff Albright
OWNER
iCAN help

Iphone/Ipad Tips and Tricks

June 14th @ 1:00pm

(VillagesOKC Office)

**This event is FREE to
VillagesOKC Members and
\$25 for anyone else.**

[Register Here!](#)

**NewView Factory Tour
June 16th @2:30pm**

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

[Register Here!](#)

newVIEW
OKLAHOMA

IT'S NOT WHAT YOU CAN SEE **IT'S WHAT YOU CAN BE**

ALDENAIRE &
PARTNERS TRIP
ORGANIZER

TEXAS

OUTDOOR MUSICAL

\$145

for Members!
bring a guest
for \$165

As part of our ongoing efforts to bring the best activities in the area to our members, we are planning a June 15th trip to see the musical "Texas" in Palo Canyon, Texas.

Package Include

- ✓ Travel by Village Tour Bus
- ✓ BBQ Dinner
- ✓ Pre Show Entertainment
- ✓ Show Tickets

Meeting Point

📍 Crossings Church Parking Lot
14600 Portland Ave, OKC



Register Here for TEXAS!



Senior LifeSkills
Learning

"Alzheimer's vs Dementia, What is the Difference"

(in partnership with Providence Home Health)

Presenter: Carla Scull

June 19th @ 1:00pm

Our Lord's Lutheran Church

(Hefner Rd)

[Register Here!](#)

Restaurant Meetup

**Belle Isle Restaurant and
Brewery**

June 29th @12:00pm

Join other VillagesOKC Members
for Lunch!

[Register Here!](#)



Join us for another wonderful Positive Aging Event!

POSITIVE

aging

BROUGHT TO YOU BY VILLAGESOKC



TOPICS:

Brain Heart Connection
New look at fitness & nutrition
Movie: Age of Champions
Thrive Anyway!

DATE & LOCATION:

Tuesday June 20, 2023
Registration: 9:30 am
10:00 am - 2:00 pm
Southern Nazarene University
Hills Dorm, Bud Robinson Room



***LIGHT LUNCH INCLUDED**

**FREE! Register using QR code or call 405-990-6637
REGISTER BY JUNE 10th**

Register online here!

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



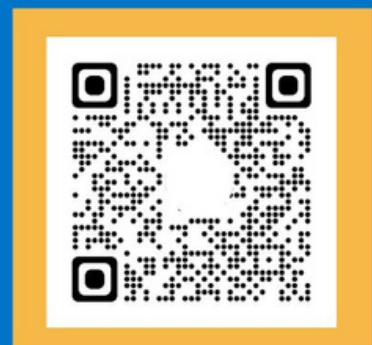
PRE-REGISTRATION
REQUIRED

FREE



@ 405-990-6637

VillagesOKC.org

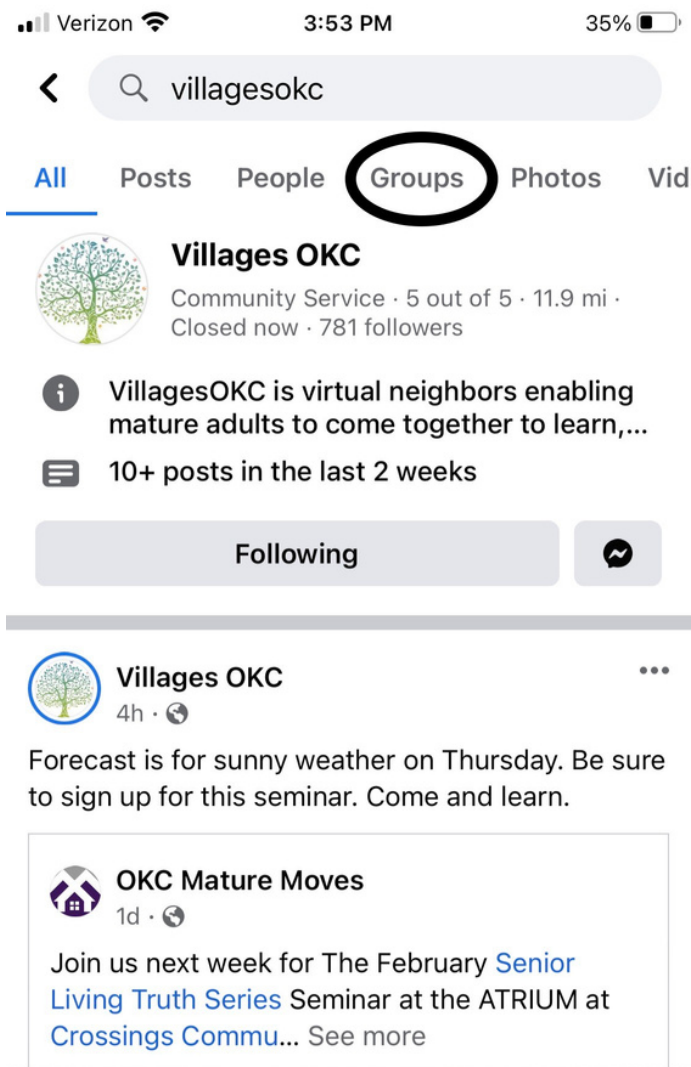


Join us on June 19th: **REGISTER HERE!**

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.



FRIENDS DON'T LET FRIENDS AGE ALONE

Membership Drive is in full swing!

Time: JUNE and JULY

Theme: Friends don't let friends age alone

Each member is challenged to have a friend join them in VillagesOKC membership.

Referral Levels:

- 1 member:** free VillagesOKC coffee mug
- 2 members:** half hour with tech guru Jeff Albright, plus above
- 3 members:** all events free for the rest of 2023, plus above
- 4 members:** renewal membership half off, plus above
- 5 members:** renewal membership FREE, plus above

Each new member during the Membership campaign will be welcomed on social media, as well as the referrer.

VillagesOKC members, Larry Hillman and Nancy Driver took a “conservation safari” to Tanzania and Rwanda last summer. On TUESDAY, JUNE 6 at 7pm on NEWS 9 you can “journey back to Africa with them in spirit” when the hour-long special airs. It is called AFRICA: AMONG the WILD.

The trip was sponsored by the Oklahoma City Zoo. Nancy says, “Larry and I were fortunate to be with senior zoo staff including the executive director, the conservation director, the outreach director and the education director. We were also joined by Channel Nine news anchor Colby Thelen and cameraman Darrell Strong, who documented the entire trip.”

The special will also highlight the OKC Zoo’s travel program, conservation efforts supported in Africa, and spectacular new habitat, Expedition Africa. Larry concluded, “We will have to wait and see if we make cameo appearances in the special. But the experience for us, the seniors on the trip tracking, gorillas was definitely wild.” VillagesOKC members who are interested later this year in a guided tour of the Oklahoma City Zoo’s new habitat, Expedition Africa, please contact VillagesOKC office.



Cookout Recipes

Thanks to everyone that attended our Cookout last month, it was a wonderful time! So good to see many of you and if you could not make it, WE MISSED YOU!

Here are a few of the heavily requested recipes from the evening!

Barbara Johnson's Hot Creamy Corn Dip

- 1 Jar corn and chile salsa from Trader Joe's
- 1 - 8oz block regular or light cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup shredded parmesan or grated cotija cheese
- 2 stalks green onion, chopped (optional)

Preheat oven to 350 degrees, mix all above ingredients and put in a pam-sprayed oven safe baking dish. Bake for 25-30 min. until hot and edges are bubbly. Serve with corn chips, pita chips or veggies.

Kay Reid's Key Lime Cheese Dessert

Crust:

- 5 egg whites
- 1/2 t cream of tarter
- 1/2 t salt
- 2 cups of sugar

Beat egg whites, cream of tarter and salt in a large bowl. Beat in 2 cups sugar, 1 tbs at a time, beat until stiff and glossy.

Butter or spray rectangular pan 11x9. Put meringue in and spread evenly.

Heat oven 275 degrees, cook meringue for 1 1/2 hours. Do not open oven door.

Turn oven off and leave for 2 hours.

Filling:

2- 8oz pkg cream cheese. Mix well then add 2 -3oz pkgs of dry Jello cheese cake mix. Mix well, combine 1/2 cup key lime juice, 1/2 pkg of dry lime jello (melt to dissolve dry mix in small bowl before adding to cream cheese, let cool)
After mixing well, stir in 2- 8oz cartons of Cool Whip. Mix well. Pour over meringue. Place in fridge for up to 12 hrs.

EXPLORING THE CHALLENGES

of Alzheimer's and Dementia with Concordia Life Plan

Join us for this 6 week education series led by Concordia's own, Carla Scull

- 1 THE 10 WARNING SIGNS**
TUESDAY, MAY 23RD AT 6PM
Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Find out how to recognize the signs in yourself and others.
- 2 UNDERSTANDING ALZHEIMER'S AND DEMENTIA**
TUESDAY, MAY 30TH AT 6PM
Learn about detection, causes and risk factors, stages of the disease, treatment and much more.
- 3 EFFECTIVE COMMUNICATION STRATEGIES**
TUESDAY, JUNE 6TH AT 6PM
Understand the communication changes that take place throughout the course of the disease and identify strategies to help you connect and communicate at each stage.
- 4 DEMENTIA CONVERSATIONS**
TUESDAY, JUNE 13TH AT 6PM
Get tips for having honest and caring conversations about: deciding when to stop driving; going to the doctor; and making legal and financial plans.
- 5 UNDERSTANDING DEMENTIA-RELATED BEHAVIOR**
TUESDAY, JUNE 20TH AT 6PM
Learn how to decode behavioral messages, identify common behavior triggers and employ different strategies to alleviate challenging situations.
- 6 HEALTHY LIVING FOR YOUR BRAIN AND BODY**
TUESDAY, JUNE 27TH AT 6PM
Discover lifestyle habits that can help maintain or potentially improve health and possibly delay the onset of cognitive decline. Special Guest Speaker, Concordia's Wellness Coordinator, Chris Coleman.

JOIN US FOR ONE OR ALL! RSVP IS REQUIRED FOR EACH SESSION.
CALL US AT (405) 720-7200 TO SAVE YOUR SEAT!





June 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 Member Monday 1:00pm GIFT Express Class 5:30pm	06	07	08 Senior Living Truth Series 10:00am	09	10
11	12	13 Women's Coffee Whipped Bakery 10:00am Senior Living Truth Series 10:00am	14 Iphone/Ipad Tips and Tricks Class OKC 1:00pm	15 Texas Musical Trip 1:00pm	16 NewView Factory Tour 2:30pm	17
18	19 Senior LifeSkills Learning 1:00pm	20 Positive Aging SNU Event: Senior LifeSkills Learning 9:30am	21	22	23	24
25	26	27	28	29 Restaurant Meet Up 12:00pm	30	

Weekly

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

NewView Oklahoma
Calendar of Events

Sustaining Partner



Nerve Renewal
NEUROPATHY CLINIC

Supporting Partner



Providence
HOME CARE

Advancing Partners

Diffie Ford Lincoln Dealership

Thrivent Financial Services

Contributing Partner

Christian Brothers Automotive

Concordia Life Plan Community

Director's Life Assurance Company

Mercer Adams Funeral Service

OKC Mature Moves

Oklahoma Palliative & Hospice Care

S. Dean Brown

Village Friends

Cruise Planners

Eye Care Associates of Bethany

Gooden Group

Grant Estate Law

Hartsfield & Egbert, PLLC

Smooth Finish Roofing and Construction

Corporate Partners

Brain Builder Pros

Buckelew Realty

Force 50 Foundation

MCM Insurance Medicare & Retirement

NewView Oklahoma

OKC Friday News

Oklahoma Senior Journal

Oklahoma Warrior Honor Flights

Senior Living Truth Series