

*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* **Celebrate our Successes**

Marilyn Olson,  
Executive Director



We're preparing for our 5th Anniversary Party, and I hope everyone is planning to join in the celebration. It's going to be so much fun. Boots & Bling. Bring it on!

However, we spend so much time planning for what we want to accomplish that we may fail to stop and celebrate the things we have accomplished in the past five years. And, that list is an impressive one.

In the early days we dreamed of being where we are today, and we have just begun. Take a look.

**Create connections that provide a one-stop shop for successful aging** – We don't duplicate services. We've partnered with others like Senior Living Truth Series, NewView Oklahoma, Concordia Life Plan Community, Oklahoma Warriors Honor Flight, Force 50 Foundation, Oklahoma Senior Journal and many more to direct seniors to services and opportunities.

**Change the conversation toward positive aging** – In everything we do, we offer a "Love Your Age" attitude. No more stinkin' thinkin' about aging. We're all doing it; let's enjoy it. Our Positive Aging and Senior LifeSkills Learning seminars are examples of how we extend this message to a larger audience.

**Listen to and use the experience of our members** – Examples abound. Our mission statement is more than just words. We lean on our members' experience to be "a community of individuals, organizations and professionals dedicated to connecting people with information and resources to age successfully – with vitality and purpose."

**We are becoming respected nonprofit, living with a mission that gives back to the community. Celebrate where we are – and where we're going.**

# Upcoming Events



VillagesOKC Office will be  
Closed for the Labor Day  
Holiday on Monday,  
September 4th

## When Do I Start Looking At Medicare?

September 5th @ 6:00pm  
VillagesOKC Office

Speaker: Ginny Curtis-Gillespie,  
Medicare Expert

[Register Here!](#)





## The GIFT Workshop

September 7,14,21,28 @ 10:00am

The GIFT Workshop is a tool to help you document your personal, legal, medical, financial, real estate, passwords, preferences and emergency contacts in the event of a crisis or transition.

**[Register Here!](#)**

## Member Monday

September 11th @ 1:00pm

Are you a new member? Swing by the office for a 20 minute presentation on your member benefits and how to access your Villages account online. Learn how to sign up for events, view newsletters, and more!

Not a new member? Stop by and grab a cup of coffee and a snack, meet new members, and chat with others!

**[Register Here!](#)**



# MEMBERSHIP

**MONDAYS**

# womens coffee

*Bethany Library*



## Women's Coffee

September 12th @ 10:00am

When did you get your first library card?  
Do you still have it? If so, bring it to the  
Women's Coffee gathering on Tuesday,  
September 12th.

New location: Bethany Library

6700 NW 35th Street

Time: 10:00 am-11:15 am

Rondia Banks, library manager, will be  
speaking on "What Your Library Can Do  
For You" and then as usual, we will have  
time to "share".

[Register Here!](#)

# EDMOND

## EDUCATION SERIES



CALL (405) 990-6637

REGISTER AT

[WWW.VILLAGESOKC.ORG](http://WWW.VILLAGESOKC.ORG)



MITCH PARK COMMUNITY ROOM

2901 MARILYN WILLIAMS DR

### DATE

SEPTEMBER 13TH 1:00 PM DR. KEVIN WHITE FREE

SEPTEMBER 20TH 1:00 PM IPHONE TIPS & TRICKS  
\$20 GUESTS | FREE TO VILLAGESOKC MEMBERS

OCTOBER 11TH 1:00 PM DR. PAUL ROTHWELL FREE

OCTOBER 18TH 1:00 PM IPHONE TIPS & TRICKS  
\$20 GUESTS | FREE TO VILLAGESOKC MEMBERS

NOVEMBER 8TH 1:00 PM DR. JONATHAN VESTAL. FREE

NOVEMBER 15TH 1:00 PM IPHONE TIPS & TRICKS  
\$20 GUESTS | FREE TO VILLAGESOKC MEMBERS

introducing  
**Jeff Albright**

.....  
**training &  
troubleshooting  
expert on  
apple devices**



Jeff Albright  
OWNER  
iCAN help

## **Iphone/Ipad Tips and Tricks**

**September 13th @ 1:00pm**

**VillagesOKC Office**

**Need help figuring out your new Iphone or Ipad? Or just need someone to show you some tips and tricks? Jeff Albright from iCan Help will be at the VillagesOKC office to be your personal tech tutor, answering all your iPhone and iPad questions!**

**[Register Here!](#)**

**SLTS "The Truth About  
Advertising: How Marketers Use  
Psychology Against You"**

**September 14th 10:00am**

**[Register Here!](#)**

**SLTS "Advocates for Oklahoma  
Seniors: Who They Are and  
What They Do"**

**September 19th @10:00am**

**[Register Here!](#)**



## Men's Coffee

Friday, September 15th  
9:00am @ Panera Bread

4225 W Memorial Rd

[Register Here!](#)



NewView Factory Tour  
September 15th @2:30pm

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

[Register Here!](#)

## "Insider Tips on Dr Visits"

(in partnership with Providence Home Health)

Presenter: Dr. Kevin White

**Septmeber 18th @ 1:00pm**

**Our Lord's Lutheran Church**  
(Hefner Rd)

**[Register Here!](#)**



**Senior LifeSkills**  
*Learning*



**CareGiver**  
AMBASSADOR

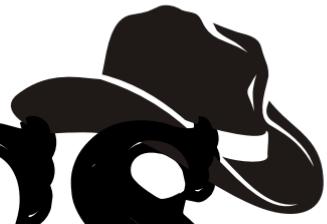
## Caregiver Ambassador Meeting

**September 19th@3:30pm**

Join us as we discuss  
resources for those that  
are care givers.

**[Register Here!](#)**

*Get Your Tickets Today!!*  
For VillagesOKC Anniversary Party!

**BOOTS**   
&  *Bling*

**SEPTEMBER 26, 2023**

**HARN HOMESTEAD 6-8 PM**

**RSVP TO 405 990 6637**



**[CLICK HERE TO GET TICKETS](#)**

# 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 Septmeber 18th: [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.

# *Welcome New Members!*

Dawn Hopkins, Edmond

Cathy Seward, Edmond

Larry Hare, OKC

Angela Collymore, OKC

Greg and Shari Spencer, OKC



# September 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 <a href="#">OFFICE CLOSED</a>	05 <a href="#">When Do I Start Looking at Medicare? 6:00pm</a>	06	07 <a href="#">The GIFT Workshop #1 @Providence 10:00am</a>	08	09
10	11 <a href="#">Member Monday 1:00pm</a>	12 <a href="#">Women's Coffee 10:00am</a>	13 <a href="#">Edmond Education Series 1:00pm</a> <a href="#">Iphone/Ipad Tips and Tricks OKC 1:00pm</a>	14 <a href="#">Senior Living Truth Series 10:00am</a> <a href="#">The GIFT Workshop #2 @SProvidence 10:00am</a>	15 <a href="#">Men's Coffee 9:00am</a> <a href="#">NewView Factory Tour 2:30pm</a>	16
17	18 <a href="#">Senior LifeSkills Learning 1:00pm</a>	19 <a href="#">Senior Living Truth Series 10:00am</a> <a href="#">Caregiver Ambassador Meeting 3:30pm</a>	20 <a href="#">Edmond Iphone/Ipad Tips and Tricks 1:00pm</a>	21 <a href="#">The GIFT Workshop #3 @Providence 10:00am</a> <a href="#">OKC Town Hall Lecture Series 11:00am</a>	22	23
24	25	26 <a href="#">5th Anniversary Party 6:00pm</a>	27	28 <a href="#">Run-Hide-Fight: An Event for Older Adults 8:30am</a> <a href="#">The GIFT Workshop #4 @Providence 10:00am</a>	29	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

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