

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

In the News

Marilyn Olson,
Executive Director



Some say VillagesOKC is everywhere - and it is beginning to be true. Our terrific media team led by Eddie Roach has:

- ... arranged for VillagesOKC and Dr Jonathan Vestal on the KOCO morning Show
- ... announced member Helen Olson's 102 birthday fishing trip on Facebook
- ... created a video "reel" of the Anniversary party on Instagram
- ... posted our "Empowering Independence" Podcasts on Linked-In
- ... told the story of our YMCA partnership in newspapers such as OKC Friday, Edmond Life and Leisure, Bethany Tribune and Senior News and Living.

Some callers from Tuttle, Norman, Mustang, Yukon, Midwest City, Choctaw and Moore have read about the monthly VillagesOKC LifeSkills event at Our Lords Lutheran.

These like-minded people know that the best way to live a great life at any age is to have a strong circle of friends. One example is that men everywhere are meeting on Fridays at 9:00 at the Panera on Memorial. And VillagesOKC is making a difference.

Recently on the KOCO morning show, VillagesOKC and Dr Jonathan Vestal were on to promote the Day of Positive Aging at MetroTech. It was great to have the KOCO host greet us by saying, "My I have a copy of the Positive Aging flyer? I kept the one from June when you were on. I love what Village OKC is doing because it gives me hope for aging well."; It appears EVERYONE is talking about VillagesOKC - even the news anchor is talking.





November 2023

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
			01 City Wide Positive Aging: Love Your Brain 10:00am	02	03	04
05	06 Member Monday 1:00pm	07 Game Night 5:00	08 Concordia Pawhuska Day Trip 8:00am Bethany Iphone/Ipad 11:00am Edmond Education Series 1:00pm	09 Senior Living Truth Series 10:00am	10	11
12	13 Senior LifeSkills Learning 1:00pm	14 Women's Coffee 10:00am Caregiver Ambassador Meeting 3:30ppm	15 Edmond Iphone/Ipad Tips and Tricks 1:00pm	16 OKC Town Hall Lecture Series 11:00am	17 Men's Coffee 9:00am NewView Factory Tour 2:30pm	18
19	20 OFFICE CLOSED	21 OFFICE CLOSED	22 OFFICE CLOSED	23 OFFICE CLOSED	24 OFFICE CLOSED	25
26	27	28 Senior Living Truth Series 10:00am	29	30 Restaurant Meet Up 11:30pm		

Weekly

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

NewView Oklahoma
Calendar of Events

Upcoming Events

Saturday, November 4
2pm-4pm

 CHRIST'S LEGACY CHURCH
11101 N. Morgan Rd Yukon, OK 73099
405.373.2215 | www.clcokc.com

Grief is harder around the holidays. Join us for this time of support and practical tips to help you deal with the challenges.

Find comfort for the season with

GRIEF SHARE

**SURVIVING
THE
HOLIDAYS**

Scan the QR code
below to sign up



Surviving the Holidays
sponsored by GriefShare
November 4th @ 2:00pm

[Register Here](#)

Member Monday
November 6th @ 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!](#)



Game Night !

November 7th @ 5:00pm

Join us for dinner and games in the meeting room at Johnnies on NW Expressway.

[Register Here!](#)

**Game
NIGHT**

Iphone/Ipad Tips and Tricks

November 8th @ 11:00am

VillagesOKC Office (TIME CHANGE)

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!

introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help



MITCH PARK COMMUNITY ROOM
2901 MARILYN WILLIAMS DR

EDMOND
EDUCATION SERIES



Register Here! NOVEMBER 8TH 1:00 PM DR. JONATHAN VESTAL (FREE)

Register Here! NOVEMBER 15TH 1:00 PM IPHONE TIPS & TRICKS
(\$20 GUESTS FREE TO VILLAGESOKC MEMBERS)

PAWHUSKA, OKLA DAY TRIP- \$65/ PERSON

- Osage Museum
- Lunch at Pioneer Woman Mercantile **BRING MONEY FOR LUNCH!**
- Marland's GrandHome/Museum
- Conoco Museum

NOVEMBER 8TH
DEPARTURE AT 8AM

CALL US (405) 720-7200 TO
SAVE YOUR SPOT OR WITH
ANY QUESTIONS!





SLTS "The Truth About Taxes,
Utilities, and Home Repairs:
Saving Money for Seniors"

November 9th 10:00am

[Register Here!](#)

SLTS "Building, Buying or
Remodeling: Planning for Future
Care Needs"

November 28th @10:00am

[Register Here!](#)

Balancing a Strong Brain on 1 Foot

Presenter: Dr. Vestal

November 13th @ 1:00pm

Our Lord's Lutheran Church

(Hefner Rd)

[Register Here!](#)



Senior LifeSkills
Learning

Women's Coffee

at the Bethany Library

November 14th @ 10:00am

You won't want to miss this month's Women's Coffee. We will be discussing and sharing Thanksgiving dinner memories.....

both good and bad!

One year my mom discovered she had forgotten the SUGAR in the pumpkin pies..... we still ate it, just added extra whipped cream.

What is your story?

Register Here!

**womens
coffee**

Bethany Library



CareGiver
AMBASSADOR

Caregiver Ambassador Meeting

November 14th @ 3:30pm

at Providence Home Care

We will be hearing from Rep. Gary Banz, recently retired Executive Director of Force50 Foundation. Gary's heart for veterans led him to lead 24 Honor Flights.

Register Here!

**Oklahoma City Town Hall
Lecture Series**

November 16th @11:00am

Speaker: Chris Willingham
United States Marine
Military Working Dogs
Political Strategist/Author

[Register Here!](#)



Men's Coffee

FRIDAYS in November
9:00am @ Panera Bread
11/3, 11/10, 11/17

4225 W Memorial Rd

[Register Here!](#)



NewView Factory Tour
November 17th @2:30pm

See how NewView
Oklahoma employs vision
impaired individuals in a
manufacturing setting.

[Register Here!](#)

VillagesOKC Office is closed
November 20th-24th

Happy Thanksgiving!

We are THANKFUL for you.



HAPPY
*thanks
giving*

Restaurant Meetup!

November 30th@ 11:30pm

Join us for lunch together
with other VillagesOKC
members. Invite a friend
that needs to know about
VillagesOKC!

[Register Here!](#)



**Bridge Enthusiasts! Would anybody be interested
in starting a bridge group to meet on scheduled
afternoons every other week or so?**

**This is not “Learn to Play Bridge”, nor is it serious
competitive bridge – just people who can play and
would like to! You don’t have to be “Good”
to join! Contact Britni at Villages Office, (405)990-
6637 or info@villagesokc.com and we’ll get in
touch with you.**

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 our New Members!

Ruben Reyes - Yukon

Kathy Gold - Edmond

Kurt Primuth - Carney

Rick Hadrava - OKC

Joe Fallin - OKC

Sustaining Partners.



Nerve Renewal
NEUROPATHY CLINIC

COMPLETEOK

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