

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

MORE in 2024!

Marilyn Olson,
Executive Director



Get ready. 2024 will be a year of more opportunities for more people who choose to age well instead of just getting old. Check out VillagesOKC.org for every event with dates and details.

- ... **More local businesses** becoming members and sponsoring VillagesOKC initiatives.
- ... **More Veterans** serving and being served. VillagesOKC values and honors Veterans.
- ... **More GIFT workshops** – In-person organizing; planning plus virtual sessions.
- ... **More Caregiver Coaches** – more churches with more laymen offering a listening heart and resources for those doing the hard work of caregiving. Alexis de Tocqueville said the strength of America is in its churches.
- ... **More Senior LifeSkills Learning** – three locations, in Edmond at Mitch Park, on Hefner/May at Our Lords Lutheran Church and on Martin Luther King Boulevard at MetroTech.
- ... **More Positive Aging Days** - in February and November both at MetroTech.
- ... **More intimate Phone Technology workshops** in multiple locations across the city.
- ... **More Community Partners** such as the YMCA's, NewView Oklahoma, Oklahoma Warrior Honor Flights, Force50 Foundation, and Metro Technology Center.
- ... **More fun at the October 3 Western Party!**
- ... **More funds raised** at the first VillagesOKC Top Golf fundraiser.

More opportunities are waiting. Now each one bring one more to embrace the vitality and purpose in the community called VillagesOKC.



January 2024

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
	01 OFFICE CLOSED	02 OFFICE CLOSED Game Night 5:00pm	03	04	05 Men's Coffee 9:00am	06 The GIFT Workshop #1 Zoom 10:00am
07	08 Member Monday 1:00pm	09 Women's Coffee 10:00am	10 Bethany Iphone/Ipad 1:00pm	11 Senior Living Truth Series 10:00am	12	13 The GIFT Workshop #2 Zoom 10:00am
14	15 Senior Lifeskills Learning North 1:00pm	16 Alzheimer Caregiver Support Group 6:00pm	17	18	19 Senior LifeSkills Learning Metro 11:00am	20 The GIFT Workshop #3 Zoom 10:00am
21	22 Restaurant Meet Up 11:30am	23	24	25 Caregiver Coaches 4:00pm	26	27 The GIFT Workshop #4 Zoom 10:00am
28	29	30	31			

Weekly

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

NewView Oklahoma
Calendar of Events

Upcoming Events



Men's Coffee

January 5th

9:00am @ Panera Bread

Join other VillagesOKC men
for coffee and conversation.

4225 W Memorial Rd

[Register Here!](#)

The GIFT Workshop

Saturdays in January

@10:00am on ZOOM

Session 1: Personal, Legal and Medical

Session 2: Financial, Insurance, Real Estate

Session 3: Living Options: Staying at home,
retirement communities and nursing care,
Daily Living, Crisis Plan

Session 4: Home Health, Hospice and
Memorials, Celebrations & End of Life

[Register Here!](#)

Gathering
Information
For Transitions

The
GIFT



Member Monday

January 8th

1:00pm @ VOKC 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

**womens
coffee**

Bethany Library



Women's Coffee

at the Bethany Library

January 9th @ 10:00am

Join other VillagesOKC ladies and bring a friend as we get to know each other better and hear Leyda Haley's story.

[Register Here!](#)

introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help

iPhone/Ipad Tips and Tricks

January 10th @ 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!](#)

Senior Living Truth Series "The Truth About Longevity: Stage Versus Age"

**January 11th 10:00am
@Crossings Community
Church**

Register at (405)563-7501





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JANUARY 15

Dr. Michael Houston
Finding Your Purpose in 2024

FEBRUARY 19

Chris Coleman
How Is Your Balance?

MARCH 18

Panel
Supplements: Yes or No

APRIL 15

Marilyn Olson
Fearless Aging

MAY 20

Nikki Buckelew
How To Hold a Family Meeting:
Who, How and When

JUNE 17

Chris Coleman
Healthy Body, Healthy Brain

JULY 15

Panel
Scams: What I've Learned

AUGUST 19

Providence Home Care and
Hospice:
Having the Hospice
Conversation

SEPTEMBER 16

Panel
Ask a Nurse

OCTOBER 21

Panel
Feet: Use, Don't Abuse

NOVEMBER 18

Panel
10 Tips to Love the Holidays

DECEMBER 16

Let's Celebrate Friendship

2024

SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT
SENIOR TOPICS!

FREE

PRE-REGISTRATION
REQUIRED

3RD

MONDAY OF
EVERY MONTH

**OUR LORD'S
LUTHERAN CHURCH**
2900 Hefner Rd

1:00 - 2:30 pm

Register here



VillagesOKC.org



VillagesOKC
A PLAN, NOT A PLACE

(405) 990-6637

SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT
SENIOR TOPICS!

Senior LifeSkills Learning NORTH

January 15th @1:00pm

Our Lord's Lutheran Church on
Hefner Rd

Finding Your Purpose in 2024

[Register Here!](#)

Alzheimer's Caregivers Support Group with Herb Magley

January 16th 6:00pm

@Bethany Library

An Alzheimer's Association support group is an open gathering of people with common problems, needs and interests who come together to share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia in a safe environment.

[Register Here!](#)

Alzheimer's Association Caregiver Support Group

THIRD TUESDAY OF EVERY MONTH
6:00 PM BETHANY LIBRARY

SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT
SENIOR TOPICS!

Senior Lifeskills Learning METRO

January 19th @ 11:00am
Metro Technology Center

My Love Affair with the Brain
hosted by Gaylene Stiles and
Marilyn Olson

[Register Here!](#)

Caregiver Coaches

January 25th @ 4:00pm
Our Lord's Lutheran
on Hefner Rd

Resourcing volunteer laymen to
guide the faith community
through the challenges of aging.

Topic: Dealing with Diabetes

[Register Here!](#)



Caregiver
COACHES

Volunteering grows your brain.

This month's Volunteer Opportunity is boxing up the Bethany First Church Mission house.

When: Friday, January 12th @10:00am-12:00pm

Saturday, January 13th @2:00pm-4:00pm

Where: Meet at the Floyd Center: 4101 N Willow Ave

Details: BFC is making room for a renovation of the Floyd Center location and moving the current mission house to another location. The current location needs to be boxed up for storage. This is an important place for missionaries and their families to stay while home on furlough and is a blessing to so many.

All moving materials will be provided.

Call the office at (405) 990-6637 to let us know you would like to volunteer for this!

2024 New Year Tip:

Spend some time this month going through your freezer and refrigerator and check all expiration dates! Then go through your spice cabinet!

Just for Members

Send us your prayer requests! We have a team of prayer warriors ready to pray for you.

Call the VillagesOKC Office at 405-990-6637 to share your request and we will pass it on.

Welcome our New Members!

Mary Coker - OKC

Rick and Denise Guttenberger - Edmond

Joseph Palmer - OKC

Deborah Thompson - Nichols Hills

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