We are virtual neighbors enabling mature adults to come together to LEARN, PLAN, and SERVE with spirit and dignity.





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.





MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
	O 1	O 2 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 <u>Women's Coffee</u> 10:00am	Bethany Iphone/Ipad 1:00pm	11 Senior Living Truth Series 10:00am	12	The GIFT Workshop #2 Zoom 10:00am
14	15 Senior Lifeskills Learning North 1:00pm	16 Alzheimer Caregiver Support Group 6:00pm	17	18	Senior LifeSkills Learning Metro 11:00am	ZO The GIFT Workshop #3 Zoom 10:00am
21	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





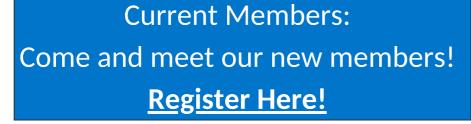


Register Here!

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.







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!

infroducing 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







Are You A Senior Looking for Meaningful Part-Time Work

- Want to Do good and make money®?
- Interested in working flexible hours?
- Do you consider yourself patient, empathetic, and reliable?
- Intrigued by helping those in need of assistance while making genuine connections?

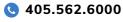
Consider becoming a Seniors Helping Seniors® caregiver!





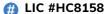












JANUARY 15

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!



MONDAY OF EVERY MONTH

OUR LORD'S LUTHERAN CHURCH 2900 Hefner Rd

1:00 - 2:30 pm

Register here



VillagesOKC.org



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

<u>Register Here!</u>



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







Supporting Partner.



advancing Partners

Diffee 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