

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

Betty Crocker Knows!



Marilyn Olson,
Executive Director

Over 100 Years Ago, Betty Crocker was created as a way to personalize the General Mills corporation. Betty Crocker wasn't real, but she has sold a lot of food and cook books. She was a fictional character used in advertising campaigns for food and recipes. (Here's a photo of my first Better Homes Junior Cookbook from Betty Crocker.) Why? Because General Mills knew people don't do business with big companies and impersonal organizations. People do business with local, friendly people they know and trust. And a lot of people have trusted their friend, Betty. (Net sales in 2023 were \$5 Billion)

VillagesOKC is becoming the one connection for people to meet people they know and trust. Connections for iPhone technology. Connections for brain and health education. Trusted connections for the decisions in whatever Stage Not Age we are in. Betty was right. People want to connect. And it is happening. VillagesOKC in 2023, had 2,507 connections and that is an increase over the previous year by 85%. Why? Because VillagesOKC is a safe, trusted connection of like-minded, local people in this city. In Edmond at the YMCA, at MetroTech Springlake Campus, at churches all across the city there are people who meet for the first time. They get to know, like and trust each other. Just like Betty Crocker.

Check out the event opportunities on the VillagesOKC.org event calendar or now also on www.LoveYourAge.org

VillagesOKC the one trusted connection for people to Learn. Plan. Serve.



February 2024

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
				01	02 Men's Coffee 9:00am	03
04	05 Member Monday 1:00pm	06 Game Night at Johnnies 5:00pm	07	08 Senior Living Truth Series 10:00am	09	10
11	12	13 Women's Coffee 10:00am	14 iPhone Workshop BETHANY: Avoiding Scams on iPhone 1:00pm	15 OKC Town Hall Lecture Series 11:00am	16	17
18	19 Senior Lifeskills Learning North 1:00pm	20 Alzheimer Caregiver Support Group 6:00pm	21 Positive Aging: Listen to Your Gut 9:30am Senior Lifeskills Learning Edmond 1:00pm	22 Caregiver Coaches 4:00pm	23	24
25	26 Restaurant Meet Up- Pho Lien Hoa 11:30am	27	28 iPhone Workshop EDMOND: Avoiding Scams on iPhone 1:00pm	29		

Weekly

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

NewView Oklahoma
Calendar of Events

Upcoming Events



Men's Coffee

February 2nd

9:00am @ Panera Bread

Join other VillagesOKC men
for coffee and conversation.
4225 W Memorial Rd

[Register Here!](#)

Member Monday

February 5th

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

Game Night

at Johnnies

February 6th @ 5:00pm

Get yourself a burger and onion rings for dinner and join us in the back meeting room for some games and conversation.

[Register Here!](#)



Senior Living Truth Series
"The Truth About Staying
Purposeful: Work, Play,
Volunteer"

February 8th @ 10:00am
Crossings Community Church

[Register Here](#)

or by calling (405)563-7501



Women's Coffee

February 13th @ 10:00am

Bethany Library

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

[Register Here!](#)

iPhone Workop Bethany Avoiding Scams on iPhone

February 14th @ 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!](#)

introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help



**Seniors
Helping
Seniors®**




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!**



 **405.562.6000**

 **shscentralok.com**

 **info@shscentralok.com**

 **LIC #HC8158**

©2023 Each Seniors Helping Seniors® office is independently owned and operated. All trademarks are registered trademarks of Corporate Mutual Resources Incorporated.

Oklahoma City Town Hall

February 15th @11:00am
Church of the Servant

Thomas David Jones
United States Astronaut,
Pilot, and Author

[Register Here!](#)



SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT
SENIOR TOPICS!

Senior Lifeskills Learning NORTH

February 19th @1:00pm
Our Lord's Lutheran Church on
Hefner Rd

"How Is Your Balance?"
with Chris Coleman

[Register Here!](#)

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

Alzheimer's Caregivers Support Group with Herb Magley

February 20th @ 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

2024
**SENIOR
LIFESKILLS
LEARNING**
Edmond

Senior Lifeskills Learning EDMOND

February 21st @ 1:00pm
Mitch Park YMCA

Exercise and Weight Loss with
Dr. Kevin White

[Register Here!](#)

POSITIVE

BROUGHT TO YOU BY VILLAGESOKC AND
COMPLETEOK HOMECARE & HOSPICE

aging

Feb 21
9:30am-2:30pm

REGISTRATION BEGINS
AT 9:00 AM

Listen to your gut

Hear Gut Health Speakers:
Debbie Ozment, DDS, MS
Candace Sturlin, PA.

Metro Technology Center
Business Conference Center
1900 Springlake Drive




Register for this **FREE** event by calling
VillagesOKC at (405) 990-6637
or scan the QR code.
A **light lunch** is included.



Sponsored by

COMPLETEOK

 (405) 990-6637

 info@villagesokc.org

Caregiver Coaches

February 22nd @ 4:00pm

Bethany First Church

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

Topic: Don't Die Without These Legal Documents

[Register Here!](#)



Caregiver
COACHES



Restaurant Meet Up

February 26th @ 11:30am

Pho Lein Hoa 2

Join us for our monthly lunch meet up around the city! This month we will be trying Pho!

[Register Here!](#)

iPhone Workshop Edmond Avoiding Scams on iPhone

February 28th @ 1:00pm

Mitch Park YMCA

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

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.

Volunteering grows your brain.
This month's Volunteer Opportunity is
PLARN!!
CROCHETERS AND CRAFTERS UNITE

The poor and unhoused will continue to be with us—Jesus told us that. You can help our brothers and sisters who struggle with these challenges by helping to make Plarn (Plastic “Yarn” made from plastic grocery bags) which can then be crocheted into sleeping mats. The 3' X 6' mats make it possible for a person to have a cushion and to be protected from dampness when sleeping on the ground. They can also be used for insulation from the cold.

Bring your favorite scissors and join us at 10:00 a.m. at Crossings Community Center: 10255 N. Pennsylvania to learn how to cut bags and make Plarn and how to crochet mats. We also crochet or loom hats and scarves that are given, along with the mats, to places like City Care, City Rescue and Church Under the Bridge.

You can make a difference in your community!

For questions or more information call Deena Noland, VOKC member at 405-664-7525 or Terri Phander, OKCCCC coordinator at 405-887-2762

Sponsored by OKC Crafting Crusaders for Christ at Crossings Community Center



Welcome our New Members!

Stan Coker - Colorado

Anissa Chadick - Edmond

John and Kathy Larsen - Bethany

Annette Rusher - OKC

Create a festive environment this Valentines Day!

Putting up decorations makes any holiday festive and more special. Valentine's Day is a great reason to make simple DIY decorations for yourself or spread some love to your neighbors!

Simple Valentine decoration ideas:

- **Hearts everywhere** – cut hearts out of colored paper and stick them up around the house, in the car or on your neighbors mailbox.
- **Faux stained glass window** – cut hearts out of colored tissue paper and stick them up on a light-filled window. Overlapping them makes beautiful patterns.
- **Fun chain garland** – cut pink and red colored paper into equal-sized strips. Make interlocking rings by pasting or stapling the ends together then hang them around the house or on your neighbors door.
- **Festive heart garland** – [this tutorial](#) shows how to make a fun garland of colorful hearts to have or share.

Sustaining Partners



Nerve Renewal
NEUROPATHY CLINIC

COMPLETEOK

Supporting Partner



Providence
HOME CARE

Contributing Partner

Concordia Life Plan Community
Director's Life Assurance Company
Grant Law
MCM Navigating Medicare
Mercer Adams Funeral Service
OKC Mature Moves
S. Dean Brown
Senior Care Referral
Thrivent Financial

Village Friends

Bonnie Terrill
Ben Robinson
Beth Weitzel
Jerry Pickering
Jim Olson
Pat Burns
West OKC Rotary Club

Corporate Partners

Brain Builder Pros
Buckelew Reality
Force 50 Foundation
NewView Oklahoma
OKC Friday News
Oklahoma Senior Journal
Oklahoma Warrior Honor Flights
Senior Living Truth Series
Southern Nazarene University