

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*



Marilyn Olson,  
Executive Director

### LoveYourAge: It's the Oklahoma Standard

The number of people who participated in a VillagesOKC event last year increased significantly over the previous year. Compared to the 1300 connections in 2022, the number of times people gathered in 2023 increased by 84%. This means 2392 individuals found opportunities to learn phone technology or hear professionals teach about improved health in 2023. It means more people are taking responsibility for their own future as they age. This new mindset means focusing on stage, not age. VillagesOKC people have found purpose and new friendships, reducing isolation and loneliness.

VillagesOKC is all about connecting good people with each other. The Oklahoma Standard first named by Governor Keating after the world saw how Oklahomans came together following the Murrah bombing. But the words "Oklahoma Standard" accurately now describes what is happening in the sector of people over 50. When good people connect with good businesses and responsible local resources, people are empowered and businesses thrive.

VillagesOKC is committed to empowering adults to age with vitality and purpose. Members accomplish this by focusing on Learning, Planning and Serving. After five years as a new non profit, the village movement which began in Boston more than 20 years ago, is taking root here in Oklahoma. And the roots are beginning to bear fruit in the numbers of people attracted to the upbeat, positive events.

Friends don't let friends age alone. Reach out, invite someone to an event listed on the [LoveYourAge.org Calendar](https://LoveYourAge.org). It's the Oklahoma Standard.



# March 2024

## MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
					01 <a href="#">Men's Coffee 9:00am</a>	02
03	04 <a href="#">Member Monday 1:00pm</a>	05 <a href="#">Game Night at Johnnies 5:00pm</a>	06 <a href="#">The GIFT Workshop #1 10:00am</a>	07	08	09
10	11 <a href="#">Senior Day at the Capital 8:30am</a>	12 <a href="#">Women's Coffee 10:00am</a>	13 <a href="#">The GIFT Workshop #2 10:00am</a> <a href="#">iPhone Workshop BETHANY: 1:00pm</a>	14 <a href="#">Senior Living Truth Series 10:00am</a>	15 <a href="#">Senior Lifeskills Learning Metro 11:00am</a>	16
17	18 <a href="#">Senior Lifeskills Learning North 1:00pm</a>	19 <a href="#">Alzheimer Caregiver Support Group 6:00pm</a>	20 <a href="#">The GIFT Workshop #3 10:00am</a> <a href="#">Senior Lifeskills Learning Edmond 1:00pm</a>	21	22	23
24	25 <a href="#">Restaurant Meet Up 11:30am</a>	26 <a href="#">Tell Me More Series 10:00am</a>	27 <a href="#">The GIFT Workshop #4 10:00am</a> <a href="#">iPhone Workshop EDMOND 1:00pm</a>	28 <a href="#">Caregiver Coaches 4:00pm</a>	29 <a href="#">Senior Games Open House 10am</a> <a href="#">Monument Dedication/Veteran Pinning 1:00pm</a>	30  31

### Weekly

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

NewView Oklahoma  
Calendar of Events

# Upcoming Events



## Men's Coffee

March 1st

9:00am @ Panera Bread

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

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

## Member Monday

March 4th

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

March 5th @ 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!](#)



## The GIFT

March 6, 13, 20, 27

VillagesOKC members: have you been meaning to finish your GIFT book or have never taken the workshop? It's time for a refresh!

Join us Wednesdays in March  
@ Acclaim Living 10:00- 11:30 am

[Register Here](#)



Join AARP Oklahoma for the 2024 Senior Day at the Capitol on March 11. This free event is an opportunity to meet your lawmakers and share your views on important legislation.

8:30 a.m. – Registration at 2nd floor rotunda or register in advance online [HERE](#)

10 a.m. – Senior Day Session begins in the House Chamber 4th floor, westside

Location:

Oklahoma State Capitol

2300 N. Lincoln Blvd.

*\*Please leave extra time for parking and security.*

For more information, please call 405-943-1895 or email [info@okallianceonaging.org](mailto:info@okallianceonaging.org).

## Women's Coffee

March 12th @ 10:00am

Bethany Library

Join us as we discuss purses and handbags! Did you know the history of purses dates back more than 5000 years? How many purses do you have?

Attendees are encouraged to bring a favorite purse/handbag to share with the group.

See ya there!

**Register Here!**

**womens  
coffee**

*Bethany Library*





*introducing*  
**Jeff Albright**

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



Jeff Albright  
OWNER  
iCAN help

## iPhone Workop Bethany Digital Legacy on iPhone

March 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!](#)**

## Senior Living Truth Series "The Quest for Truth: Medicine, Healthcare, and Aging"

March 14th @ 10:00am  
Crossings Community Church

**[Register Here](#)**

or by calling (405)563-7501





**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?

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 **info@shscentralok.com**

 **LIC #HC8158**

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# Senior Lifeskills Learning METRO

March 15th @11:00am

Metrotech Springlake Campus Wellness  
Education Classroom  
1900 SpringLake Dr

Join Gaylene Stiles and Marilyn Olson as they  
discuss topics concerning Seniors.  
Topic: Lives Well Lived

**Register Here!**



# SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT  
SENIOR TOPICS!

# Senior Lifeskills Learning NORTH

March 18th @1:00pm  
Our Lord's Lutheran Church on  
Hefner Rd

“Supplements, Yes or No?”  
Panel Discussion

**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

**3<sup>RD</sup>**

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

## Understanding Alzheimer's and Dementia Discussion with Herb Magley

March 19th @ 6:00pm  
Bethany Library

Join us for this educational discussion on  
understanding the differences between  
Alzheimer's and Dementia.

**[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

March 20th @ 1:00pm  
Mitch Park YMCA

Wellness & Longevity with  
Amber Tillford RN

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

## Restaurant Meet Up

March 25th @ 11:30am

Trappers Fish Camp and Grill

4300 W Reno Ave  
Oklahoma City, OK 73107

Join us for our monthly lunch  
meet up around the city!

**Register Here!**



## Tell Me More Series

March 26th @ 10:00am

2101 Westbury Dr. Yukon, OK 73099

Join our unique open house event, designed for a relaxed and informative tour of a local home on the market. This special occasion allows attendees to explore at their own pace, free from the pressure of an onsite salesperson.

Attendees will receive a comprehensive list of considerations and potential questions to ask a representative. This guide is crafted to empower you with knowledge and confidence for future open house visits. Our goal is to ensure you have the best possible experience, equipped with the right tools to make informed decisions in your property search journey.

**Register Here!**



**OKC MATURE MOVES**  
Overjoyed... not overwhelmed!

# iPhone Workshop Edmond

## Digital Legacy on iPhone

March 27th @ 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



**Caregiver Coaches**  
NETWORK TRAIN EQUIP

## Caregiver Coaches

March 28th @ 4:00pm

Compassion Church

6901 NW 150th Street OKC, OK 73142

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

**Topic: Senior Scams**

**Register Here!**

## Oklahoma Senior Games Open House – Recruitment Event

This will be a come & go event for participants to learn more about the games, try out a few sports, and connect with a coach/training program for the coming event.

Partners: YMCA of Greater Oklahoma City, Villages OKC and Oklahoma Senior Games will each will be hosting a booth to educate attendees about their respective programs.

RIVERSPORT will be in attendance to provide information on Dragon Boat races.

There will be door prizes and refreshments.

Friday, March 29th 10:00am - 12:00pm

Bethany YMCA - 3400 N Mueller Ave

# *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.





*UNCOMMON CHARACTER:*  
**THE LEGACY OF  
JAMES ROBERT  
KALSU**

THE ONLY ACTIVE PROFESSIONAL  
ATHLETE KILLED IN ACTION IN THE  
VIETNAM WAR.

**MARCH 29 1:00 PM**



**MONUMENT DEDICATION-STADIUM  
DOCUMENTARY PREMIER\*  
VETERAN PINNING CEREMONY\*  
RECEPTION\***

*\*PERFORMING ARTS CENTER*

**1900 SUNNYLANE RD.  
DEL CITY, OK 73115**

**ROBERT KALSU STADIUM  
DEL CITY HIGH SCHOOL**

*SPECIAL THANKS TO:*  
**KALSU LEGACY GROUP  
FORCE 50 FOUNDATION  
VILLAGESOKC**

**MID-DEL SCHOOLS  
MTM RECOGNITION  
GLM3 PRODUCTIONS  
WILLOWBROOK CONSTRUCTION**

# *Welcome our New Members!*

**Steve Hawkins - Edmond**

**Byron Jackson - OKC**

**Tessa Martin - Choctaw**

**Susan Munde-Harding - Bethany**

**Karen Poteet - OKC**

**Deone Roberts - OKC**

# *Thank you to this month's Renewing Members!*

**Chris and Ginny Curtis-Gillespie - OKC**

**Mary Fleming - Little Rock AR**

**Kay Stout - Edmond**

**Kathy Holman - OKC**

**Dr. Peggy Dubois - Midwest City**

**Lucy Shoals - Edmond**

**Michelle Robnett - Edmond**

**Lauren Branch - OKC**

**Sue Barrientos - Piedmont**

**Barbara Johnson - OKC**

# *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