

## From the Director



Marilyn Olson,  
Executive Director

### More Connections for VOKC Members

You asked for it, and now VillagesOKC offers answers for individual Medicare questions in the VillagesOKC office during business hours – 10:00am-3:00pm on Mondays through Thursdays.

The Navigating Medicare Agency for six years has been the trusted Medicare educator for VillagesOKC members. Local hospitals such as Mercy Health and Integris also trust the agents at Navigating Medicare to provide the truth about Medicare Supplements, Advantage plans, and the impact of financial, healthcare, and specific physician selections.

Because of the experience and integrity of Ginny Curtis Gillespie, founder and owner of Navigating Medicare, many VillagesOKC members have found solutions that matched their unique health, dental, travel, financial, and location needs - even when they first purchased from another Medicare agent.

Since questions come at age 57- 65, VOKC has a Navigating Medicare agent in the office. Medicare plans change EVERY YEAR and 2025 has more changes than normal. Doctors and dentists also change plans – even mid-year. Staying informed is essential for VillagesOKC adults who are empowered.

Some VOKC members have Medicare questions about coverage before planned surgery or major dental work. Members have learned that Medicare Plan changes can be made for various reasons throughout the year.

For convenience VillagesOKC and Navigating Medicare are holding **free information meetings**: *Navigating Medicare Truth and Changes for 2025* on Saturday, May 18 at 10:00am and Thursday evening, May 30 at 6:00pm. Free with RSVP at:

[www.VillagesOKC.org](http://www.VillagesOKC.org).



# May 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="#">The GIFT Workshop #1</a> 10:00am	02 <a href="#">Restart Program</a> 12:00pm	03 <a href="#">Men's Coffee 9:00am</a>	04
05	06 <a href="#">Member Monday</a> 1:00pm	07 <a href="#">Game Night at Johnnies</a> 5:00pm	08 <a href="#">The GIFT Workshop #2</a> 10:00am <a href="#">iPhone Workshop</a> <a href="#">BETHANY- Photos on</a> <a href="#">iPhone 1:00pm</a>	09 <a href="#">Senior Living Truth</a> <a href="#">Series 10:00am</a> <a href="#">Restart Program</a> 12:00pm	10	11
12	13	14 <a href="#">Women's Coffee</a> 10:00am	15 <a href="#">The GIFT Workshop #3</a> 10:00am	16 <a href="#">Restart Program</a> 12:00pm	17 <a href="#">Senior Lifeskills</a> <a href="#">Learning Metro</a> 11:00am	18 <a href="#">Navigating Medicare</a> <a href="#">Truth and Changes 2025</a> 10:00am
19	20 <a href="#">Senior Lifeskills</a> <a href="#">Learning North 1:00pm</a>	21 <a href="#">Android User Meet Up</a> 1:00pm	22 <a href="#">The GIFT Workshop #4</a> 10:00am	23 <a href="#">Education Power</a> <a href="#">Hour 10:00am</a> <a href="#">Restart Program</a> 12:00pm <a href="#">Caregiver Coaches</a> 4:00pm	24	25
26	27 OFFICE CLOSED	28 <a href="#">Restaurant Meet Up</a> 11:30am <a href="#">Alzheimer Caregiver</a> <a href="#">Info Meeting 6:00pm</a>	29	30 <a href="#">Navigating Medicare</a> <a href="#">Truth and Changes 2025</a> 6:00pm	31	

### Weekly

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

Lunch with Villages - Wednesdays  
@ Mr. Gattis 11am-2pm  
pizza and salad bar \$7.99

NewView Oklahoma  
Calendar of Events

# The GIFT Workshop

May 1st, 8th, 15th, 22nd

10:00am - 11:30am @ Legends

13200 S May Ave

OKC OK 73170

An interactive workshop guiding participants through 12 key areas most affected by life transitions. Local guest professionals add to the experience by providing valuable resources and experience about their topic. Each participant receives a binder and USB drive.

[Click Here to Register](#)

## Upcoming Events



## Restart Program

with Wellness and Longevity

May 2nd, 9th, 16th, 23rd

@ VillagesOKC Offices

12:00pm - 1:00pm

Real food, Real Learning, Real Support = Real Results!

Part nutritional education, part sugar detox, part support group-an empowering combination!

[More Info Here](#)

# Men's Coffee

May 3rd

9:00am @ Panera Bread

Join other VillagesOKC men  
for coffee and conversation.

4225 W Memorial Rd

[Click Here to Register!](#)



**womens  
coffee**

*Bethany Library*



# Women's Coffee

May 14th @ 10:00am

Bethany Library

We're having a Tea Party and you're invited! Bring your favorite tea cup to the Women's Coffee scheduled for Tuesday, May 14, at 10:00 at the Bethany Library.

Rondia Banks, library manager, will facilitate the discussion of tea and library resources.

[Click Here to Register!](#)

# Member Monday

## May 6th

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!

[Click Here to Register!](#)



**VillagesOKC**  
A PLAN, NOT A PLACE

# MEMBERSHIP

MONDAYS



Eat at Johnnies on Northwest Highway anytime this day and tell them you are with VILLAGESOKC and we will get a percentage of the profit!

## Game Night

at Johnnies

May 7th @ 5:00pm

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

[Click Here to Register](#)

# iPhone Worksoop BETHANY

## Photos on iPhone

May 8th @ 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!

[Click Here to Register!](#)

*introducing*  
**Jeff Albright**

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



Jeff Albright  
OWNER  
iCAN help



**Senior Living Truth Series**  
**"The Truth about the  
Journey from 'We' to 'Me'  
Part 1: Widowhood from the  
female perspective"**

May 9th @ 10:00am  
Crossings Community Church

[Click Here to Register](#)  
or by calling (405)563-7501



# Senior LifeSkills Learning

## METRO

May 17th @11:00am

Metro Tech - Wellness Education Classroom

Join Gaylene Stiles and Marilyn Olson as they discuss topics concerning Seniors. This months topic will be Age of Champions.

[Click Here to Register!](#)

2024

**SENIOR  
LIFESKILLS  
LEARNING**  
*Metro*



## Navigating Medicare Truth and Changes 2025

May 18th @10:00am or

May 30th @6:00pm

VillagesOKC Office Suite 400

Since questions come at age 57- 65, VOKC has a Navigating Medicare agent in the office. Medicare plans change EVERY YEAR and 2025 has more changes than normal. Doctors and dentists also change plans – even mid-year. Staying informed is essential for VillagesOKC adults who are empowered.

[Click Here to Register!](#)

# Senior Lifeskills Learning NORTH

May 20th @1:00pm

Our Lord's Lutheran Church on  
Hefner Rd

Speaker: Nikki Buckelew

Topic: How to Hold a Family Meeting:  
Who, How and When

Join us for a fresh approach to aging with  
vitality and purpose.

[Click Here to Register!](#)

## SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT  
SENIOR TOPICS!



## Android User Meet Up

May 21st @1:00pm

VillagesOKC Office Suite 400

We have an iPhone class and now we have a class for Android users! We will meet in the VillagesOKC 4th floor conference room with other Android users, share our knowledge and plan what we would like to learn about next month!

[Click Here to Register!](#)



# Tell Me More Series

**May 21st @10:00am**

NW Metro Library, 5600 NW 122nd St

Join us for this seminar tailored for homeowners navigating the challenges of managing a household independently. This might be by choice or due to unforeseen life circumstances. Our expert panel will address common issues faced by solo homeowners, providing practical advice and supportive strategies.

Learn how to effectively advocate for yourself in various scenarios, including handling insurance claims, resolving disputes with neighbors, and managing home repairs. This session offers valuable insights into maintaining and thriving in your home environment, ensuring you feel empowered, confident, and well-equipped to courageously manage the responsibilities of solo home ownership.

**Register by calling or texting 405.452.0758**



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

**tell me  
more...**

WHAT IS A MOVE  
MANAGER AND WHY  
DO I NEED ONE?



**Nerve Renewal**  
NEUROPATHY CLINIC



## Education Power Hour

May 23rd @10:00am

**Healthy Living OKC**

11501 N Rockwell Ave OKC, OK 73162

Join Marilyn Olson and Nerve Renewal Neuropathy Clinics will host an hour of education that informs those 50 and older in various stages of life.

**Register Here!**

## Caregiver Coaches:

Medicare Advantage – Can I Change My Plan  
Mid-Year?

May 23rd @4:00pm

Victory Church

The Goal of Caregiver Coaches is to resource  
volunteer laymen to guide the faith  
community through the challenges of aging.  
Network. Train. Equip.

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



**Caregiver Coaches**

NETWORK TRAIN EQUIP



## Resturaunt Meet Up: The Mule

May 28th @11:30am

16 S. Broadway Edmond, OK 73034

Join us for our monthly lunch meet up  
around the city! This month we are  
meeting at The Mule in Edmond!

Meet us there or carpool from the office!

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

# It's a Wrap on TOP GOLF!

Our first fundraiser at Top Golf was so fun! Such great food!  
Great competition. So many friends – age 2 months to well over 84! It felt so good to be with people we know and trust.

Thank you again to all the sponsors:

Schaeffer Financial Group, Diffie Ford/Lincoln, OKC Mature Moves/Buckelew Realty, Concordia, Guardian Angel Concierge Services, Karin Holsted, Christian Brothers, Schaefer Financial Group, EnRoute Protection, Reuben Bellows, Gary Banz Team, Margaret Bridgwater Team, and Paula Settle

**78 players**

**13 teams**

**We raised \$3,176**

**Click here to see the pictures: [Top Golf 2024](#)**

**Mark your calendars for next year! April 17th, 2025**





# THE VILLAGESOKC UMBRELLA

## OUR PARTNERS

New View Oklahoma  
MetroTech  
YMCA

## OUR CULTURE

We are an organization that works WITH seniors, not FOR. We encourage positivity and personal responsibility within a community to change the conversation about aging.

## OUR CONTACT INFO

☎ (405) 990-6637

✉ [info@VillagesOKC.org](mailto:info@VillagesOKC.org)

📍 3908 N Peniel  
Suite 330  
Bethany, OK 73008



## OUR MISSION

**EMPOWERING ADULTS TO AGE  
WITH VITALITY & PURPOSE.**

# *Welcome our New Members!*

**Dedra Pruegert - OKC**

**Ronald Reid - Yukon**

**Jeff and Sherri Massad - Edmond**

**Diana Hendrix - Edmond**

# *Thank you to this months Renewing Members!*

**Ken and Jeanette Eason - Bethany**

**Kay Reid - Yukon**

**Paula Sparks - Yukon**

**Mary Yarber - OKC**

**Dick and Caroline Baze - Yukon**

**Mary Ann Allred - Yukon**

**Nancy Driver - Edmond**

**Larry Hillman - Edmond**

**Karen Killam - OKC**

**Gaylene Stiles - Bethany**

**Amy Shirola - OKC**

**Alan Webb - Edmond**

**Nancy Morgan - 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