

# Connections

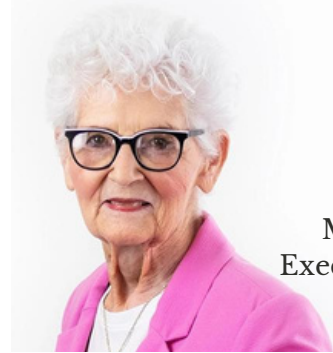
Empowering adults to age with vitality and purpose.



## From the Director

### FISH and FRIENDS

#### JUNE BACK YARD FISH FRY for MEMBERS



Marilyn Olson,  
Executive Director

On the first day of June, June 1, 2024, VillagesOKC Members are invited to a FISH FRY! This is a MEMBERS ONLY event and is free, but REGISTRATION and a SIDE DISH, SALAD or DESSERT is suggested.

#### Why a FISH FRY?

VillagesOKC events are member-driven. So when members have a suggestion, they often become leaders with VOKC staff supporting with communication. That's what happened when Steve McMaster, Jim Olson and General Ben Robinson and three others started telling fishing stories.

Here's the back story. VillagesOKC has a MENS COFFEE Group which meets the first FRIDAY of each month at 9:00 a.m. at Panera on Memorial.

Men talk about their youth, places they've lived and things they enjoy. According to some, they exaggerate a lot. One talked about his regular trips Striper fishing trips at Lake Texhoma and soon five more men said they'd like to go.

They organized, made arrangements for a fishing guide, overnight lodging, and came home with more fish than they can eat. They came home with SO MUCH FISH. More than they could eat. Their generosity inspired them to invite every VillagesOKC member. Members are invited to enjoy an evening of fish and greatly enhanced fishing stories.

The only thing better than a fish fry on a summer evening in Oklahoma, is good friends. Because friends don't let friends age alone.



# June 2024

## MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS  
[GO TO VILLAGESOKC.ORG](http://VILLAGESOKC.ORG)

SUN	MON	TUE	WED	THUR	FRI	SAT
						01 <a href="#">Fish Fry- Member Only 5:00pm</a>
02	03 <a href="#">Member Monday 1:00pm</a>	04 <a href="#">Game Night at Johnnies 5:00pm</a>	05	06	07 <a href="#">Men's Coffee 9:00am</a>	08 <a href="#">Navigating Medicare Truth and Changes 2025 10:00am</a>
09	10	11 <a href="#">Women's Coffee 10:00am</a>	12 <a href="#">iPhone Workshop BETHANY- Websites on iPhone 1:00pm</a>	13 <a href="#">Senior Living Truth Series 10:00am</a>	14	15 <a href="#">Navigating Medicare Truth and Changes 2025 10:00am</a>
16	17 <a href="#">Senior Lifeskills Learning North 1:00pm</a>	18 <a href="#">Android User Meet Up 1:00pm</a> <a href="#">Navigating Medicare Truth and Changes 2025 6:00pm</a>	19	20	21	22 <a href="#">The GIFT ONE DAY Workshop 8:30am</a>
23 30	24 <a href="#">Restaurant Meet Up 11:30am</a>	25	26	27 <a href="#">Caregiver Coaches 4:00pm</a>	28	29 <a href="#">Navigating Medicare Truth and Changes 2025 10:00am</a>

NewView Oklahoma  
Calendar of Events

Some VillagesOKC Members  
went fishing and offered to fry  
up their catch for us!

**DON'T MISS IT!!**



## **SUMMER MEET UP**



June 1st  
5-8pm

Join us for a  
*Fish Fry*

Kick off the summer at the home of  
Steve and Joyce McMaster

Bring a side dish or a  
dessert to share!

**VOKC MEMBERS ONLY**

**REGISTER HERE!**

Member Monday

June 3rd

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!](#)

*Upcoming Events*



**MEMBERSHIP**

**MONDAYS**



**Game Night**

**at Johnnies**

**June 4th @ 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](#)

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!

# Men's Coffee

June 7th

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

June 11th @ 10:00am

Bethany Library

Join us this month as VillageOKC Member Kay Stout shares her story. A longtime civic and community volunteer, after enduring the loss of two adult children, Kay found healing through giving her energy into building a successful animal rescue organization.

[Click Here to Register!](#)

# iPhone Worksop BETHANY

## Websites on iPhone

June 12th @ 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**  
**"Embracing Life's Final  
Stage: Navigating End-of-Life  
Matters with Courage and  
Clarity"**

June 13th @ 10:00am  
Crossings Community Church

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

# Senior Lifeskills Learning NORTH

June 17th @1:00pm

Our Lord's Lutheran Church on  
Hefner Rd

Speaker: Chris Coleman

Topic: Healthy Body, Healthy Brain

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

June 18th @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!](#)



# The GIFT Workshop

in ONE DAY! June 22

8:30am - 3:00pm @ VOKC office

3908 N Peniel Ave

Bethany, OK 73099

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](#)



## Restart Program

with Wellness and Longevity

June 11th, 18th, 25th, July 2nd, 9th

ZOOM CLASS on your computer

7:00pm - 8:00pm

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

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

Call Wellness and Longevity at this phone number: (405)470-8200 to save your seat and process your payment over the phone!







## Navigating Medicare Truth and Changes 2025

June 8th @10:00am

June 15th @10:00am

June 18th @6:00pm

June 29th @10:00am

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. These changes will effect everyone so be sure to make it to a class to learn what they are!

[Register on our June Calendar](#)  
[HERE](#)

for the date that best suits you!

Or call the office at (405) 990-6637

# Tell Me More Series

June 25th @10:00am

Album Quail Springs, 12401 N Kentucky Ave, Oklahoma City, OK 73134

Join our unique open house event, designed for a relaxed and informative tour of an Active Adult 55+ Community.

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 by calling or texting 405.452.0758  
[or online here](#)



OKC MATURE MOVES  
Overjoyed... not overwhelmed!

**tell me  
more...**

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

**Restauraunt Meet Up:**

**TBD**

**June 24th @11:30am**

Join us for our monthly lunch meet up around the city! This month we are needing someone to host and pick a resturaunt!

Call the office if you are willing!

[Register Here!](#)

# Caregiver Coaches:

Dementia in my House

June 27th @4:00pm

Crossings Community Church

14600 N Portland, OKC, OK 7313

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

Seeking adventure and new friends?

Interested in day trips?

Interested in overnight trips?

We will be talking about opportunities for travel at June Restaurant meetup and June Game Night so be sure to come to one or both this month!



# 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!*

**Sherri Bare - Moore**

**Rebekah Leady - Bethany**

**Barbara and Jim Reed - OKC**

**Becky Rummage - OKC**

**Angela Vetrano - OKC**

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

**Robin Gunn - OKC**

**Ruth and David Nantze - Bethany**

**Linda Wilkins - Yukon**

**Marilyn and Jim Olson - OKC**

**John and Carma Branscum - Yukon**

**Carolyn Stager-Strecker - 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