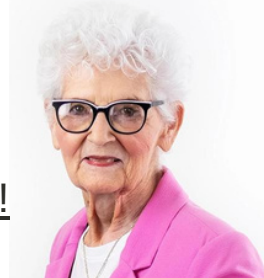


Connections

Empowering adults to age with vitality and purpose.



From the Director



Marilyn Olson,
Executive Director

You Scream, I Scream, We all Scream for ICE CREAM!

Let's get together in August at the Member Only Back Yard Ice Cream Social. Register online today for Saturday, August 24 and see the online signup sheet for toppings or desserts. (Ice Cream provided.) The surgeon general says, "Being with people in person reduces physical and mental health decline by 59%!" Social isolation is as dangerous as smoking 15 cigarettes a day. Come, reduce your chances of dementia, meet a friend and eat ice cream! (P.S. August is a good month to help a friend join VillagesOKC before August 24 because Friends Don't Let Friends Age Alone.)

Joining a village community means being part of a group where everyone helps each other and works together to reach a common goal of aging successfully with vitality and purpose. Annual membership is modestly priced at \$250 with connections galore. Learn the details at www.VillagesOKC.org or come to Member Monday, August 5 at 1:00 pm to meet people and see for yourself.

Plan your month! Register today and stay connected. iPhone Tips and Tricks and Android Users Meet Up for how to more fully utilize our cell phones and be with like-minded people. On August 19 hear about the Hospice Conversation and how hospice helps minimize pain. Presenters are Steven Drabek, MD and the Providence Hospice care team. Downsizers Club meets on August 20. Call the office for opportunities to volunteer with Marilyn at a VillagesOKC presentation in three locations this month as well as Northwest Chamber Community Coffee's with Gaylene or with Steve McMaster at Senior Living Truth Series. The Restaurant Meetup this month is on Thursday, August 29.

August is going to be our best month yet!

Young Workers:

During the summer, VillagesOKC has had two excellent workers cleaning, organizing, labeling, filing, preparing GIFT Workbooks and filling Sponsor and Member packets. Thanks to Abbey Bellows and Ava Lang for their diligent work this summer. Learning to arrive on time, listen to instructions, double-check work, work with older volunteers, and answer phones are good work skills that have lightened VillagesOKC staff load. Generations working together benefit everyone!





August 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	07	08 Senior Living Truth Series 10:00am	09	10
11	12	13 Women's Coffee 10:00am Game Night at Johnnies 5:00pm Restart Program Zoom Start Date 7:00pm	14 iPhone Workshop BETHANY- Email on iPhone 1:00pm Navigating Medicare Truth and Changes 2025 6:00pm	15	16	17
18	19 Senior Lifeskills Learning North 1:00pm	20 Android User Meet Up 1:00pm	21	22	23	24 Navigating Medicare Truth and Changes 2025 10:00am Members Only Ice Cream Social 5:00pm
25	26	27 Restart Program In Person Start Date 12:00pm	28	29 Restaurant Meet Up 11:30am	30	31

NewView Oklahoma
Calendar of Events

Men's Coffee

August 2nd

9:00am @ Panera Bread

Join other VillagesOKC men for coffee and conversation.

4225 W Memorial Rd

[Click Here to Register!](#)

Upcoming Events



womens coffee

Bethany Library



Women's Coffee

August 13@ 10:00am

Bethany Library

Let's read!

Who is your favorite author? What book are you currently reading? Do you have books to share?

Be sure to attend the Women's Coffee on August 13, at the Bethany Library as we discuss the JOY of READING!!

[Click Here to Register!](#)

Member Monday

August 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!

[Click Here to Register!](#)



VillagesOKC
A PLAN, NOT A PLACE

MEMBERSHIP

MONDAYS



SENIOR LIVING
Truth Series

Senior Living Truth Series
"The Truth about Love &
Relationships in Life's Later
Stages"

August 8th @ 10:00am
in the Atrium at
Crossings Community Church

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



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

August 13@ 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](#)

Restart Program

with Wellness and Longevity

Start Date: August 13th (5 weeks)

VIRTUAL (ZOOM) Class

7:00pm - 8:00pm

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

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

[More Info Here](#)



iPhone Worksop BETHANY

Email on iPhone

August 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!

[Click Here to Register!](#)

introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help



Navigating Medicare Truth and Changes 2025

August 14th @6:00pm or

August 24th @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.

[Click Here to Register!](#)

Senior Lifeskills Learning NORTH

August 19th @1:00pm

Our Lord's Lutheran Church on
Hefner Rd

Speaker:

Providence Home Care and Hospice

Topic:

Having the Hospice Conversation

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

August 20th @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

August 20th @10:00am

NW Metro Library, 5600 NW 122nd St

Downsizing can be a daunting task, especially for those who have spent a lifetime accumulating cherished belongings. In our seminar, "Move Managers Tell All: The Good, The Bad, and the Funny," you'll hear real stories from our experienced move management team. These professionals have seen it all—heartwarming moments, unexpected challenges, and hilarious mishaps. They are dedicated to providing compassionate and efficient assistance to their clients and families as they navigate the emotional and physical complexities of downsizing. Join us to gain valuable insights, practical tips, and a few laughs as we share our journey of helping seniors transition smoothly to the next chapter of their lives.

[Register online](#), or 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?

Members Only Ice Cream Social

August 24th @5:00pm

Steve and Joyce McMaster's

15500 Milanese Ave Edmond OK 73013



Members! Join us for an ice cream social at the home of Steve and Joyce McMaster's house. Villages will provide the ice cream and you bring a topping! Let's celebrate the end of summer! This event is free!

[Register Here!](#)

Restart Program

with Wellness and Longevity

Start Date: August 27th (5 weeks)

In Person

4400 Grant Blvd, STE 108, Yukon, OK 73099

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](#)



Resturaunt Meet Up:
Bunny's Onion Burger South
August 29th @11:30am

1023 S Meridian Ave

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

Meet us there or carpool from the office!

[Register Here!](#)

Welcome our New Members!

Michael and Rosanne Dover - OKC

June Marek - OKC

Jay and Melissa Holobach - Edmond

Bob Loudermilk - Edmond

Thank you to this month's Renewing Members!

Bobbie Gunn - OKC

Faye Horn - Bethany

Steve and Joyce McMaster - Edmond

Ron and Yvonne Mercer - Bethany

Susy Wilson - OKC

Leyda Haley - OKC

Lance Ward - OKC

Pat Burns - OKC

Hilde Vormann - OKC

Sustaining Partners.



COMPLETEOK

Nerve Renewal
NEUROPATHY CLINIC

Supporting Partner.



Advancing Partner.

MCM Navigating Medicare

Contributing Partner.

Concordia Life Plan Community
Director's Life Assurance Company
Mercer Adams Funeral Service
Senior Care Referral
Physician Housecalls

Village Friends.

Sharon Brady Thrivent Financial
Priscilla Cude Wellness and Longevity
Gloria Frasher Whole Health Nutrition
Patricia Harper
Diana Hendrix
Donna Lamberti
Robbie Litsch
Cathy Meyer
Alyssa Nash
Ben Robinson
Jim Olson
Pat Burns

Corporate Partners.

Brain Builder Pros
Buckelew Reality
Force 50 Foundation
Grant Estate Law
NewView Oklahoma
OKC Friday News
Oklahoma Senior Journal
Oklahoma Warrior Honor Flights
Senior Living Truth Series
Southern Nazarene University
OKC Mature Moves
S. Dean Brown
West OKC Rotary Club