

# Connections

Empowering adults to age with vitality and purpose.



## From the Director

Ice Cream, Chicken N Pickle, Ask A Nurse and Opportunities Galore!



Marilyn Olson,  
Executive Director

WHAT IN THE WORLD do all these have in common? One magic word, **FRIENDS**.

Village friends have **opportunities galore**. In August, an Ice Cream Social connected old and new friends. Twenty different topping selections included a special Korean fruit compote! (Thanks, Winnie.) Forty-one people enjoyed backyard hospitality of Joyce and Steve McMaster (What great hosts!)

September 16, Village friends can **Ask A Nurse** about how to have a better hospital experience. Hear from a panel of three generations of working hospital bedside nurses from the same family. (Details at [LoveYourAge.org](http://LoveYourAge.org) calendar)

**Every month**. Men's Coffee meets First Friday at 9:00 at Classen Grill. Women's Coffee meets Second Tuesday at 10:00 at Bethany Library. Restaurant meet ups, day trips, and other travel choices are coming in 2025. Plus opportunities to volunteer in organizations in our community. Choose what fits you!

September 19, VillagesOKC has two guest tickets to **OKC Town Hall** to hear speaker Seth Dillon from Babylon Bee. Available first come first serve.  
Contact the office.

**Save the date** - October 8 is the Member/Sponsor Anniversary Party at Chicken N Pickle (restaurant)! Yummy chicken and an opportunity to meet your new BFF. (Yes, you can play pickleball if you want.)

Friends help us live longer and better. Invite someone you care about to belong. **A good place to start** is Monday, September 6. Discover VillagesOKC (formerly Member Monday) is at 1:00 for new members, those who are curious or long-time members to connect and explore opportunities.

**Plan your month. Make a new friend.**



# September 2024

## MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
01	02 Office Closed	03	04	05	06 <a href="#">Men's Coffee 9:00am</a>	07 <a href="#">Navigating Medicare Truth and Changes 2025 10:00am</a>
08	09 <a href="#">Member Monday 1:00pm</a> <a href="#">Grief Support Class (7 weeks) 6:00pm</a>	10 <a href="#">Women's Coffee 10:00am</a> <a href="#">Android User Meet Up 1:00pm</a> <a href="#">Game Night at Johnnies 5:00pm</a>	11 <a href="#">iPhone Workshop BETHANY- Music on iPhone 1:00pm</a>	12 <a href="#">Senior Living Truth Series 10:00am</a>	13	14
15	16 <a href="#">Senior Lifeskills Learning North 1:00pm</a>	17 <a href="#">Navigating Medicare Truth and Changes 2025 5:30pm</a> <a href="#">RESTART via Zoom 7:00pm</a>	18 <a href="#">SLL EDMOND: Brain Balancing 1:00pm</a>	19 <a href="#">Town Hall Lecture Series 11:00am</a>	20 <a href="#">SLL METRO: What Weakness Looks Like 11:00am</a>	21
22	23	24 <a href="#">Tell Me More Series: 10:00am</a>	25 <a href="#">iPhone Workshop EDMOND: Music on iPhone 1:00pm</a>	26 <a href="#">Restaurant Meet Up 11:30am</a>	27	28
29	30					

NewView Oklahoma  
Calendar of Events

# Men's Coffee

September 6th

9:00am @ Classen Grill

**NEW LOCATION!!!**

Join other VillagesOKC men for coffee and conversation. Bring a friend as we try to grow this group.

5124 Classen Circle

[Click Here to Register!](#)

# Upcoming Events



## women's coffee

*Bethany Library*



## Women's Coffee

September 10th @ 10:00am

Bethany Library

This month's topic will be: NO TOPIC

We will spend our time together socializing and enjoying each other's company. As usual, coffee and refreshments will be provided.

[Click Here to Register!](#)

**Let's give a warm  
VillagesOKC welcome to  
Paige Peterson!**

**She is the new Navigating Medicare  
Agent that joined our office!**

**Watch for new classes coming up this  
month that she is hosting, and you can  
stop by to see her with any questions  
you may have!**

**Call the office or send her an email:  
[paige@navigatingmedicare.com](mailto:paige@navigatingmedicare.com)**



**Navigating Medicare Truth  
and Changes 2025**

**September 7th @10:00am or  
September 17th @5:30pm**

**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!](#)**



# Member Monday

## “Discover VillagesOKC”

September 9th

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



## Android User Meet Up

September 10th @ 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!](#)



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  
 September 10th @ 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 Worksop BETHANY**  
**Music on iPhone**  
 September 11th @ 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**

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**Senior Living Truth Series**  
**"The Truth about Transition:  
Home, money, and mindset"**

September 12th @ 10:00am  
in the Atrium at  
Crossings Community Church

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

**Senior Lifeskills Learning**  
**NORTH**

September 16th @ 1:00pm  
Our Lord's Lutheran Church on  
Hefner Rd

Speaker:

Panel Discussion with three  
generations of bedside nurses.

Topic:

Ask a Nurse

[Click Here to Register!](#)

**SENIOR  
LIFESKILLS  
LEARNING**

EDUCATING OKLAHOMA CITY ABOUT  
SENIOR TOPICS!



## Restart Program

with Wellness and Longevity

Start Date: September 17th (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](#)

## Senior Lifeskills Learning EDMOND: Brain Balancing

September 18th @ 1:00pm

Mitch Park YMCA: Community Room

Join us in Edmond to hear Education  
from a local Doctor. This month  
Chris Coleman a Senior Wellness  
Coach will be discussing: Brain  
Balancing. This event is Free to all.

[More Info Here](#)





# OKC Town Hall Lecture

Series: Seth Dillon

September 19th @11:00am

Church of the Servant

VillagesOKC has two guest tickets to OKC Town Hall to hear speaker Seth Dillon from Babylon Bee. Available first come first serve.

Contact the office.

(405)990-6637



## Senior Lifeskills Learning

**METRO**

September 20th @11:00am

Metrotech Springlake Campus:  
Wellness Education Classroom

This month's topic will be "What Weakness Looks Like" with Dr. Jonathan Vestal.

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

2024

**SENIOR  
LIFESKILLS  
LEARNING**

*Metro*

# Tell Me More Series

September 24th @10:00am

NW Metro Library, 5600 NW 122nd St

This seminar is tailored for those juggling dual home ownership, whether due to blending families or accommodating a parent later in life. This seminar guides attendees in making key decisions about which house to maintain and the options for the other. It also delves into combining personal effects, addressing the emotional and logistical aspects of merging households. Learn strategies for selling, renting, or repurposing the second home, and gain insights into managing financial implications and lifestyle changes. Ideal for those seeking to navigate the complexities of dual home ownership and blending family lives.

Register online, or by calling or texting  
405.452.0758

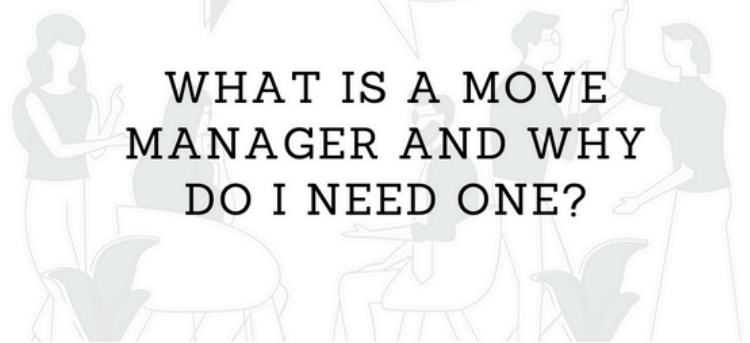


OKC MATURE MOVES

Overjoyed... not overwhelmed!

tell me  
more...

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



introducing  
**Jeff Albright**

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



Jeff Albright  
OWNER  
iCAN help

## iPhone Workshop EDMOND:

Music on iPhone

September 25th @1:00pm

Training and troubleshooting with an expert for an hour and a half on any and all Apple devices. Bring you iPhone or iPad and all your questions, ready to learn! If you are a VillagesOKC Member you can attend this class as many times as you like for FREE! Non Members are welcome to attend for \$20.00 each class.

[Register 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!](#)



## Grief Support Group starting September 9th

Free Program offers help for those recovering from loss of loved ones.

If you have experienced the death of a loved one, grief is the normal and natural response to loss. Conducted by certified grief specialist, Marla Mercer Cole, MS, LPC, this seven-week free evening program provides a step-by-step approach for those who wish to address their loss issues and move through their grief toward a richer quality of life. Marla Cole is a licensed professional counselor specializing in the field of grief and loss as well as the current vice president of Mercer-Adams Funeral Service in Bethany.

**To enroll for the session: Call 405-603-1708.**

**Programs are free of charge; space is limited.**

The grief support groups are 7 weeks long, meeting weekly. They will be from 6-7:30 pm in the Chickasaw room at the Bethany Children's Health Center, with easy parking in the garage east off Beaver. Participants will exit the parking garage and cross the drive heading left toward Entrance 1. Upon entering there will be people to show where the Chickasaw room is located.

*Welcome our New Members!*

**Paige Peterson - Bethany  
Mike and Gale Veasey - OKC**

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

**Marilyn Lanphier - OKC  
Sybil Hale - OKC  
Johnina Wardwell - Yukon  
Paula Settle - OKC  
Winnie Wang - Yukon**

# 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  
Priscilla Cude  
Gloria Frasher  
Patricia Harper  
Diana Hendrix  
Donna Lamberti  
Robbie Litsch  
Cathy Meyer  
Alyssa Nash  
Ben Robinson  
Jim Olson  
Pat Burns

Cruise Planners: Marcie Murphy  
Thrivent Financial  
Wellness and Longevity  
Whole Health Nutrition

## 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