

Connections

Empowering adults to age with vitality and purpose.



From the Director



Marilyn Olson,
Executive Director

Bold, Confident, and Leading Change

You are part of a group of bold, confident leaders who understand that change is good, in fact needed. You and VillagesOKC members are leading the way for all of Oklahoma City to LoveYourAge. You and your unique gifts are perfectly suited for such a time as this. Together we are embracing aging with vitality and purpose. You are a leader. Here, there is a place for you and your friends. (Because friends don't let friends age alone.)

- **New Faces** – April McCoy, Office Assistant, will answer your calls and Jim Martin, Finance Administration, will assure optimal accounting procedures.
- **New Software** makes event registration easier.
- **Discover VillagesOKC** at 1:00 on the first Monday of every month is available for members and guests. Please bring your friends to learn about the many VillagesOKC benefits and get help accessing the VillagesOKC website.
- **New Benefits** include a first year subscription to OKC Friday newspaper (you renew after that), and you are eligible for a \$20 Sam's Club membership if you do not currently have a Sams membership. These are available in person for those attending the POSITIVE AGING event on November 6th.)
- **New Opportunities** for members to help register, put up signage, host tables, open doors and provide event assistance at **POSITIVE AGING, NOVEMBER 6** - call the office to volunteer and **THANKSGIVING FEAST** (VOKC provides the meat, you bring the sides. Be sure and register.)
- **New Black LoveYourAge T-Shirts** (\$10 at the office for members).

2025 promises to be our Best Year Yet!



November 2024

MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO
VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
					01 Men's Coffee 9:00am	02 Truth and Changes Medicare 10:00-11:00am
03	04 Discover Villages OKC 1:00-1:30pm	05	06 Positive Aging Event Inflammation 10am - 2pm	07 Oklahoma Family Caregiver Conference 9:00am-3:00pm Truth and Changes Medicare 5:30-6:30pm	08	09 Thanksgiving Potluck 3:00 pm to 5:00pm
10	11 Medicare Parts and Plans 10am-11am	12 Women's Coffee 10am-11am Android Meetup 11am-12:30pm Game Night @Johnnies 5pm-6pm Handling Grief during the holidays 6-7:30pm	13 Senior LifeSkills Edmond 8am-5pm iPhone workshop Bethany 1pm-2:30pm	14 Senior Living Truth 10am-11am	15 Senior LifeSkills MetroTech 11am-1pm	16 Medicare Parts and Plans 10am-11am
17 Senior LifeSkills North 1pm-2:30pm Handling Grief during the holidays 6-7:30pm	18	19 Truth and Changes 2025 Medicare 5:30-6:30pm	20 iPhone workshop Edmond 1:00-2:30pm	21 OKC TownHall Lecture 11am - 12:30pm	22	23
24 Medicare Parts and Plans 2pm-3pm Truth and Changes Medicare 3pm-4pm	25 VOKC offices CLOSED	26 VOKC offices CLOSED	27 VOKC offices CLOSED	28 VOKC offices CLOSED Happy Thanksgiving!	29	30

NewView Oklahoma
Calendar of Events

Join us this month:

We will have two impressive speakers during the day and a box lunch from Swadleys.

There will be educational sponsors to meet and get to know.

This event is FREE to VillagesOKC Members and guests are welcome for \$20.

DO NOT miss this event.

POSITIVE aging

BROUGHT TO YOU BY VILLAGESOKC AND COMPLETEOK HOMECARE & HOSPICE

THE DATE



Wednesday
November 6th
10:00 -2:00 pm

THE TOPIC: INFLAMMATION

Paul Rothwell, MD
"Inflammation: The Good, the Bad, the Ugly"
Keith Bishop, B.Sc., Clinical Nutrition
"Prevailing over Cancer"

THE PLACE



Metro Technology Center
Business Conference
Center
1900 Springlake Drive

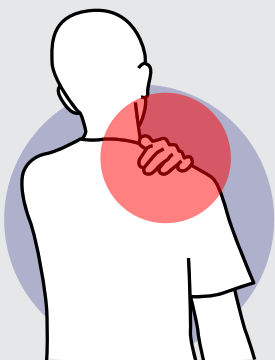


Registration required.
VillagesOKC office at (405) 990-6637 or QR code.
Fee: VillagesOKC members free.
Non-members: \$20.
A box lunch is included.



Sponsored by
COMPLETEOK

REGISTER HERE NOW



Men's Coffee

November 1st @9:00am

Old School Bagel Cafe

10946 N May

OKC, OK 73120

Join other VillagesOKC men for coffee and conversation. Bring a friend.

[Click Here to Register!](#)



**womens
coffee**

Bethany Library



Women's Coffee

November 12th @ 10:00 am

Bethany Library

Come and hear DesJean Jones speak. You will leave inspired, motivated, and full of joy!

If you need help, call April at the office.

[Click Here to Register!](#)

Interested in Navigating Medicare and want to attend a free class?

Contact Paige Peterson email:
paige@navigatingmedicare.com
call or text:
(405)892-8446



The most changes to Medicare coverage in 20 years will occur January 1, 2025. We will discuss how to prepare and navigate the changes to your advantage.

NAVIGATING MEDICARE

MEDICARE PARTS & PLANS

MONDAY, NOV. 11	10 AM
SATURDAY, NOV. 16	10 AM
SATURDAY, NOV. 24	2 PM

VillagesOKC office: 3908 N Peniel Suite 400

Happy 65th birthday!



These classes are for if you are soon becoming Medicare eligible in the next 6 months, have turned 65, are about to turn 65, anyone helping another with Medicare planning, people who are Medicare eligible on a group plan/work plan, or Veterans with VA with and without VA benefits than you should plan on attending a class.

NAVIGATING MEDICARE

THE TRUTH & CHANGES FOR 2024

• SATURDAY, NOV. 2	10:00 AM - 11:00 AM
• THURSDAY, NOV. 7	5:30 PM - 6:30 PM
• TUESDAY, NOV. 19	5:30 PM - 6:30 PM
• SATURDAY, NOV 24	3:00 PM - 4:00 PM

VillagesOKC office: 3908 N Peniel Suite 400



This class is for people who are on Medicare, Medicare age on a group plan, aging into Medicare, or new to Medicare. Plan on attending to be prepared for changes to coverage in 2025.



Discover VillagesOKC

November 4th

1:00pm @ VOKC Office

Open to all current and new members and even guests.

Discover what Villages OKC is about:

- What is a village
- How village neighbors are connected
- The benefits of a VOKC membership
- How to get involved and meet other members

[Click Here to Register!](#)

Android User Meet Up

November 12th

11am-12:30pm

VillagesOKC Office Suite 400

We will meet in the VillagesOKC 4th floor conference room with other Android users, to share our knowledge! Free for members and \$20 for non-members.

[Click Here to Register!](#)



introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help

iPhone Worksop BETHANY

November 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! Free for members. \$20 for non-members.

[Click Here to Register!](#)



OKC Town Hall Lecture

Series:

November 21st @11:00am

VillagesOKC has two guest tickets to
OKC Town Hall to hear speaker
Chad Alexander,
Political Analyst and Pollster

Be the first to contact the
office.

(405) 990-6637



Senior Lifeskills Learning NORTH

November 18th@ 1pm

Our Lord's Lutheran Church on Hefner Rd

"Tips for loving the holidays"

Speakers:

Jessica Cox-Natural Grocers

Gaylene Stiles

[Click Here to Register!](#)

Tell Me More Series

November 19th @ 10 am

NW Metro Library

5600 NW 122nd St

Join us for a seminar that provides vital insights into handling health crises impacting independent living. Our expert panel, comprising healthcare professionals, legal advisors, and care coordinators, will delve into the intricacies of preparing for housing options such as assisted living, memory care, and nursing support. Learn strategies for swiftly engaging professional assistance in urgent situations. This session emphasizes the balance between advance preparation and rapid response to unforeseen health challenges. Get insight into how to best navigate these emotionally demanding and often life-altering events.

[Register online](#), or by calling or texting
405.452.0758



OKC MATURE MOVES

Overjoyed... not overwhelmed!

**tell me
more...**

I CAN'T GO HOME, SO
NOW WHAT?

Senior Lifeskills Learning Metrotech

November 15th

11am-1pm

Join us at Metrotech to hear Education from Gaylene Stiles who will be discussing: Mind your body.
This event is free to everyone.

[Click Here to Register!](#)

**iPhone Workshop EDMOND:
Music on iPhone
November 20th @ 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!](#)

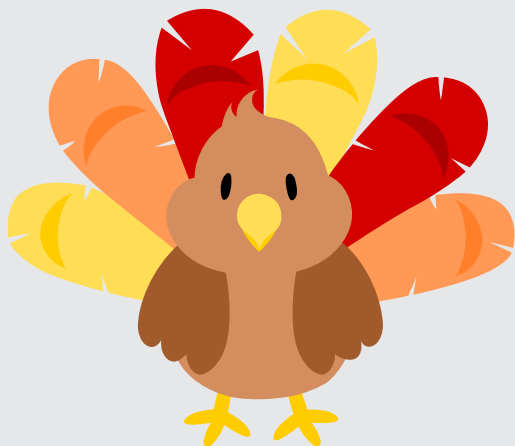
introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help

**Happy
Thanksgiving**



**Thanksgiving Potluck
McMasters Home
November 9 @ 3pm-5pm**





CHICKEN N PICKLE



" THANK YOU TO EVERYONE THAT
ATTENDED OUR 6TH ANNIVERSARY
PARTY AT CHICKEN N PICKLE!
WE HAD A GREAT TIME WITH
OVER 60 OF YOU!
YOU CAN CHECK OUT ALL THE
PICTURES AT THE LINK BELOW"

[Chicken N Pickle Photos](#)



BE AMAZING

Looking Ahead for December

**YOU ARE INVITED TO
VILLAGESOKC**

*Christmas
open house*

DECEMBER 3RD

TUESDAY

COME & GO

10:00 AM - 2:00 PM

**3908 N PENIEL SUITE 400
BETHANY, OK 73008**



Welcome our New Members!

April McCoy

Taryn McCann

Waulea Renegar

Mary Ribelin

Bill Brown

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

Curtis Cain

Sherrie Bare

Gaylene Simms

Chris and Nikki Buckelew

Ruben Reyes

Chris and Ginny Gillespie

Deborah Wallace Brown

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
Honor Roofing

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