

Connections

Empowering adults to age with vitality and purpose.



From the Director



Marilyn Olson,
Executive Director

Christmas! A Time of Hope and Opportunity

Can you sense the optimism and hope in the air? What an amazing time to be alive in our history! Each of us has sovereign beginnings; we were born for just this season to serve, bless, and enjoy others. Remember what Albert Einstein said, "Life is like riding a bicycle. To keep your balance you must keep moving." VOKC membership is a great opportunity to be balanced with like-minded people.

The Villages office is decorated for Christmas and we can not wait to see you at the Annual **OPEN HOUSE** on **DECEMBER 3** from **10-2**. It's a **Come and Go** and Britni already has the popular Secret Coffee Latte Slush in the freezer waiting for the big day.

GUEST TICKETS are going to be available to make it easy for you to invite a friend to an iPhone or Android Technology workshop, Game Night, Restaurant Meet-Up or Positive Aging event.

More Like-Minded Friends mean Better Health! **NO ONE SHOULD AGE ALONE!**

VOKC Talk is a time for VOKC Members to let your voice be heard and give your ideas about your organization.

Register by calling 405 990 6637 for ONE session:

December 12 (4:00pm on zoom)

December 14 (10:00am on zoom)

December 16 (1-2pm in person at the office)

Do not forget to go ahead and register for our Positive Aging class in January!
POSITIVE AGING at MetroTech - January 8 , 2025 - 10:00-11:30 .

[Register Now](#)



December 2024

MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
01	02 Discover Villages OKC 1:00-1:30pm	03 Open House 10-2 Come and Go	04	05 Truth and Changes Medicare 10:00-11:00am	06 Men's Coffee 9:00am	07
08	09	10 Women's Coffee 10am-11am Android Meetup 11am-12:30pm Game Night @Johnnies 5pm-6pm Truth and Changes Medicare 10:00-11:00am	11 iPhone workshop Bethany 1pm-2:30pm	12 Senior Living Truth 10am-11am Medicare Parts and Plans 10 am - 11am	13	14
15	16	17	18 Truth and Changes Medicare 10:00-11:00am	19	20	21
22	23 VOKC offices CLOSED	24 VOKC offices CLOSED	25 VOKC offices CLOSED	26 VOKC offices CLOSED	27 VOKC offices CLOSED	28
Merry Christmas!						
29	30 VOKC offices CLOSED	31 VOKC offices CLOSED	VOKC offices CLOSED	VOKC offices CLOSED		

NewView Oklahoma
Calendar of Events

Join us this month:

**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**



END OF YEAR GIVING

As you engage in your End of Year Giving, remember to show your support for your favorite nonprofit, VillagesOKC. Our mission centers on "Empowering Adults to Age with Vitality and Purpose."

And remember your generous contribution is tax-deductible, making it a beneficial choice for both your heart and your finances.

[Click to Give](#)



Men's Coffee

December 6th @ 9am

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!](#)



Women's Coffee

December 10th @ 9 am

Bethany Library

Be prepared to share your favorite childhood Christmas memory with the group and bring a \$5 wrapped gift for a fun gift exchange!

As always, please register to attend so we have enough "coffee"!

If you need help registering, call April at the office.

**womens
coffee**

Bethany Library



[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

THURSDAY, DECEMBER 12 10 AM - 11 AM
THURSDAY, DECEMBER 19 1 PM - 2 PM

VillagesOKC office: 3908 N Peniel Suite 400



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

• THURSDAY, DECEMBER 5 10:00 AM - 11:00 AM
• TUESDAY, DECEMBER 10 10:00 AM - 11:00 AM
• WEDNESDAY, DECEMBER 18 10:00 AM - 11:00 AM

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

December 2nd

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

December 10th

1-2:30 pm

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

December 11th @ 1pm

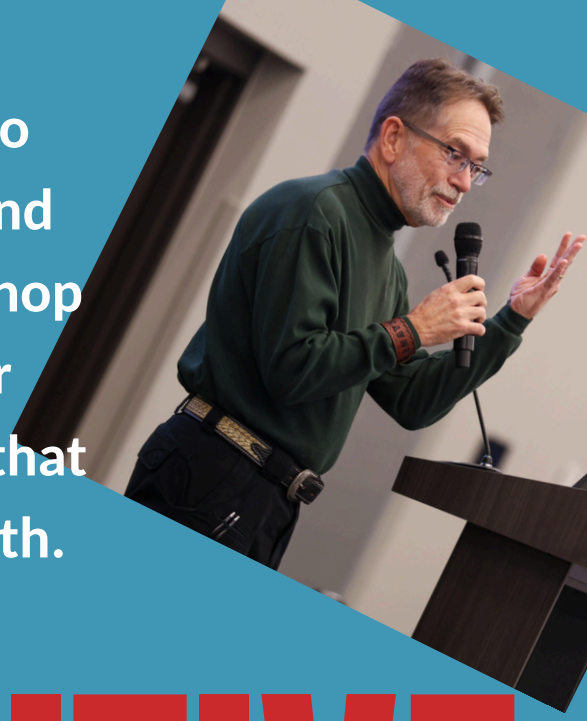
VillagesOKC Office

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!](#)



A big THANK YOU to
Dr. Paul Rothwell and
Nutritionist Keith Bishop
for speaking at our
Positive Aging event that
took place on Nov. 6th.



POSITIVE aging





Cranberry Chutney



1 orange (peel, throw away peel and then chop orange into pieces)

1/4 cup orange juice

12 oz fresh cranberries

1 3/4 cup sugar

1 large apple (I used a honey crisp)

1/2 cup golden raisins

1 Tablespoon apple cider vinegar

1/2 teaspoon ground ginger

1/2 teaspoon ground cinnamon

Put all these ingredients in pan and bring to boil. Reduce heat and simmer for about 5 to 8 minutes stirring occasionally.

Remove from heat.

Stir in 1/4 cup chopped nuts (I used pecans).

Cool and Refrigerate till served.



Recipe provided by Melissa Holobach



Welcome our New Members!

Dan & Brenda Clipson

Dan & Terri Stake

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

Lewis & Rita McClain

Brett Bowden

Jonathan Reif

Eddie & Petra Roach

Brian Banks

Madelene Gray

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	Cruise Planners: Marcie Murphy
Priscilla Cude	Thrivent Financial
Gloria Frasher	Wellness and Longevity
Patricia Harper	Whole Health Nutrition
Diana Hendrix	Honor Roofing
Donna Lamberti	Mark Scott-Eye Care Associates
Robbie Litsch	Five Rings Financial
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