

☐ **Friday, November 14 @ 11:00am**

TOUR! @ Nerve Renewal NOKC Location - Education Partner Tour

3705 NW 63rd Street, Suite 101, OKC 73116

Explore Nerve Renewal Clinic, learn about proactive wellness options, and see why their chairs alone are worth the visit!



☐ **Monday, November 17 between 10:00am-11:00am**

TOUR! Legend At Jefferson Gardens- Community Tour

15401 N Pennsylvania Ave, Edmond, OK 73013

Come and meet the team and take a tour of our partner's communities. It is beautiful! The tour will be come and go and hosted by Legend.



☐ **Thursday, November 20 @ 10:00am-11:30am**

The Truth About Aging In Reverse- Education Partner Workshop

Francis Tuttle Technology Center - Rockwell Campus - Northwest Hall Entrance
(Purple Room)



» **VISIT THE SPANISH COVE TABLE IN THE BACK FOR A INFORMATIVE SHEET ON WHAT TO EXPECT!**

2026 SEMINAR DATES: TOPICS WILL BE FINAL ON DECEMBER 1, 2025

FRANCIS TUTTLE-ROCKWELL CAMPUS: PLUS 6 MORE DATES COMING!!

Thursday, January 15 - The Truth About Getting Older: Going From Surviving To Thriving

Thursday, February 5 - The Truth About Emergency Preparedness: What To Do Before You Dial 911

Thursday, March 19 - The Truth About DIY: Practical Tips for Smart Homeowners

Thursday, April 16 - The Truth About Downsizing In Any Market

Thursday, May 21 - The Truth About Traveling Smart In Retirement

Thursday, June 18 - The Truth About Multigenerational Living: The Ups, Downs & Unspoken Rules

PLUS 6 MORE DATES COMING. LOOK FOR YOUR FULL 2026 CALENDAR IN YOUR MAIL SOON!

NEW ADDITIONAL 2026 LOCATION!

MOORE NORMAN TECHNOLOGY CENTER: 13301 S. Pennsylvania, OKC 73170

Thursday, January 22 - The Truth About Property Taxes: Where Your Money Actually Goes

Thursday, April 2 - The Truth About Scams: Protecting Yourself In The Age Of A.I.

Thursday, August 6 - The Truth About Preparing Your Home For Life's Next Chapter

Thursday, November 5 - The Truth About Following The Kids: Is A Big Move Always Worth It?

PLUS 4 MORE DATES COMING. LOOK FOR YOUR FULL 2026 CALENDAR IN YOUR MAIL SOON!

I am going to surround myself with people who can help me live the best life possible!

The Truth about In-Home Care: What You Need To Know Before You Need It

KEY TAKEAWAY:

Support isn't just about help — it's about freedom, dignity, and the ability to live on your terms.

QUESTIONS TO CONSIDER TODAY:

If I had a health crisis tomorrow and needed help at home, do I have a company in mind I'd want to call? If yes, does my family know who that is? If no, what questions should I ask to be proactive instead of reactive?

What would “quality of life” look like for me if I ever needed help at home?

ONLINE RESOURCES:



<https://www.medicare.gov/care-compare>

[OKcares.org](https://www.okcares.org) - supports, resources for family caregivers.

