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Calm Waters Launches New Luncheon Series for Adults 55+

OKLAHOMA CITY – Calm Waters Center for Children and Families is launching a new Combatting Loneliness Luncheon series designed to provide adults 55 and older with an additional opportunity for connection, grief support, and community during the daytime.

The first luncheon will take place Wednesday, Sept. 9, from noon to 1 p.m. at Calm Waters' center in downtown Oklahoma City. The free luncheon will include a sponsored meal, guided activities, and a discussion centered on a new grief topic each month. Sarkeys Foundation is sponsoring the inaugural luncheon.

The series is the first of its kind at Calm Waters and was created to expand grief support opportunities for older adults, particularly during daytime hours. Nearly one in four adults age 65 and older experience social isolation, and older Oklahomans experience higher rates of mental distress and depression compared to national averages.

"Social connection is an important part of long-term well-being, particularly as we experience grief and loss," said Bailey Maxey, Senior Director of Programs and Outreach at Calm Waters. "We created the Combatting Loneliness Luncheon series to give adults 55 and older another opportunity to connect with others, share a meal and engage in meaningful conversations about grief with those who understand."

The Combatting Loneliness Luncheon series will continue throughout the 2026-27 season with the following topics:

- Sept. 9: "The Tasks of Mourning"
- Oct. 7: "Seasons of Grief"

- Nov. 11: “There’s Room at the Table”
- Feb. 10: “Creating an Enduring Connection”
- March 10: “Grief in Bloom”
- April 7: “Memories We Carry”

All luncheons will take place from noon to 1 p.m. at Calm Waters Center and are free for attendees. Advance registration is requested so Calm Waters can plan for an accurate meal count.

To learn more or register for an upcoming Combatting Loneliness Luncheon, visit **www.calmwaters.org** or contact Center-based Program Coordinator Riley Acuff at 405-841-4800, ext.112.

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Calm Waters Center for Children and Families provides grief support services for children, individuals, and families on their grief journey caused by death, divorce or other significant loss. Since beginning in 1992, Calm Waters has impacted more than 94,000 Oklahomans. For more information about Calm Waters and their services, visit calmwaters.org.

Link to photos:

https://www.dropbox.com/scl/fo/0a36j460c6e3w2hfyma7h/AGCn6seoMKz6-WZpWzgcyJ8?rlkey=0ek3g365za464dghh1tphe5a9&st=50uaaox4&dl=0