

ABOUT CENTENARIANS OF OKLAHOMA

Living to be 100 years old makes one a Centenarian (pronounced cen-ten-air-e-an). Our all volunteer 501(c)(3) organization began in 1991 and in 2014 became known as Centenarians of Oklahoma.



Centenarians are presented with a framed certificate, along with a "Golden Okie" pin and a short biography.



Volunteers with Centenarians of Oklahoma spend time researching and honoring these special citizens. We are proud that over 3,000 Oklahoma Centenarians have been honored to date. There are about 300 living centenarians in Oklahoma that have been honored. Our group is the only program in the United States that so honors their Centenarian residents. Contact us if you are interested in being a volunteer!



If you know someone already 100 years of age, or near that century mark, please let us know:

CONTACT US



Centenarians of Oklahoma

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FIND US ON:

Facebook -
Centenarians of Oklahoma

Website -
www.centenariansok.com



Centenarian Words of Wisdom

- Just keep breathing.
- Look for good in everything.
- Work hard and save money.
- Be a friend to everyone.
- Eat vegetables so you can live to be 100.
- Be happy and grateful for what you have.
- Make your years count.
- Always be helpful.
- Don't worry about what you can't change.
- Be nice, friendly and lovable.



Centenarian Words of Thanks

- What a hoot! You folks are the greatest! My best to you all!
- Thank you for all you do for these special Seniors!
- I put the certificate just outside my door so that everyone can see it!
- Thank you for honoring my mother! I appreciate very much all you do!
- Your presentation at my 100th birthday party was really special. We were surprised by all the information you had to share.



100 Years and Older **CENTENARIANS OF OKLAHOMA**



Board Members and Volunteers -
Joy, Leah, Lori, Sue, June, Robin
Connie, Ann, Peggy, Nancy, Terri

