

# Look what's happening this month at the OASIS Senior Center!

## Food For Thought Program: A Creativity Program with Adult Brain Health in Mind

Thursdays, June 7-28, 5:30-7:30pm

4 Week Workshop Series, Presented by the Chuck Jones Center for Creativity

\$20 (cash only)

When we combine creativity with using our hands while visually engaged, we use multiple areas of our brain all at once, making vital connections. Using one's creativity throughout a lifetime positively impacts the retention intelligence gained from accumulated knowledge and a life of experiences. Participant must be able to commit to all 4 workshops. Pre-registration and payment in person is required; to reserve a spot, please stop by the OASIS office.

## New Dance Classes!

Ballroom Dance Basics and All Level Swing Basics classes start in June. Free sample classes on Monday, June 18 (must pre-register).

## Hearing Loss Support!

Fridays, June 8, July 13 and August 10 at 10:00 am in Room 4

3-part Series Addressing Useful Strategies to Improve Communication in Difficult Listening Situations.

Topics will include: Improving your speaking so others will understand you, improving your listening skills so you understand what others are saying and understanding the effect of environmental distractions and competing noise in the speech communication process. Following a brief presentation of research-based information on listening and speaking topics, we will informally practice together. Bring your spouse and frequent companions so you can practice together! Presenter: Michele Wilson Ph.D., Audiologist and Speech Language Pathologist. RSVP 949-644-3244

## New Programs for Adults with Special Needs

We have a new lineup of programs for adults with special needs including FREE art and fitness classes through Coastline College! For a listing of upcoming programs including information on how to sign up, please click [here](#), visit page 25 of your June OASIS Newsletter or page 4 of the Summer Navigator.

## Tuesday Night Topic

June 12, 6pm, Event Center

### Cruise Around the World with a Carry-On

Presented by Dr. Lorraine Leavitt, Luggage Organizer

Are you anxious about packing for your next trip? Let Dr. Lorraine Leavitt share her secrets for packing light with you. She travels around the world on cruises, safaris and land tours with only one carry on (for up to one month!). She will walk you through how she packs in this fun and interactive talk. To RSVP for this free lecture, please call 949-644-3244 or email [OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov).

## New! Walk with a Staff Member

Tuesday, June 19, 9am, Meet in the OASIS Courtyard

Get some exercise while chatting with a staff member! Join us while we take a brisk 2.5 mile walk through the beautiful streets of Corona del Mar, ending with a coffee or juice stop. Meet up with some friends while getting to know an OASIS staff member. No RSVP required. Please wear comfortable clothes and walking sneakers. Leashed dogs welcomed.

## Tuesday Night Topic

June 26, 6pm, Event Center



OASIS Senior Center  
801 Narcissus Avenue  
Corona del Mar, CA 92625  
949-644-3244



# Look what's happening this month at the OASIS Senior Center!

## **Sports Injuries that Women Face Over 55**

Presented by Emilia Ravski, DO, Hoag Medical Group

Dr. Emilia Ravski will discuss key women's issues that women face over the age of 55. Whether you enjoy tennis or yoga, she will focus on how to stay active, prevent injury, and how to recognize an injury and how to address the problem area. To RSVP for this free lecture, please call 949-644-3244 or email

[OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov).



OASIS Senior Center  
801 Narcissus Avenue  
Corona del Mar, CA 92625  
949-644-3244

