



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

SEPTEMBER | 2019

FOOD FOR THOUGHT: AN ADULT BRAIN CREATIVITY PROGRAM

(4) Tuesdays, 9/3, 9/10, 9/17 & 9/24, 9-10:30am, \$20 Cash

Presented by the Chuck Jones Center for Creativity

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 lifetime of experiences.

Program is limited to 24 participants able to commit to all 4 workshops.

Call OASIS at 949-644-3244 for more information

AMERICAN POLITICS - FALL 2019 PREVIEW

Thursday, September 5, 5pm, Room 1, FREE

Led by Joshua Stone, MPP

In this special preview lecture, Joshua Stone, MPP will give a teaser of his upcoming eight-week collegiate level courses exploring a variety of American politics topics: U.S.-China Relation, 20th Century U.S. Foreign Policy, and the American Presidency. Each course explores topics in depth, giving a rich background and history and incorporating literature, lectures, and group discussions.

Course information can be found on page 16 of your OASIS Newsletter.

RSVP 949-644-3244 or oasiscenter@newportbeachca.gov.

JOURNEY OF CAREGIVING: SUPPORTIVE TOOLS FOR PEOPLE CARING FOR LOVED ONES

(3) Thursdays, September 12, 19 and 26 - 6pm, Room 1, FREE

Presented by the Family Caregiver Resource Center

Learn to take better care of yourself, reduce stress, reduce guilt, anger and depression and communicate more effectively.

RSVP 949-644-3244 or oasiscenter@newportbeachca.gov.

FINANCIAL PRESENTATION-DON'T PLAY CHICKEN WITH YOUR NEST EGG

Thursday, September 12, 10am, Room 5, FREE

Presented by Scott Eichler, Society for Financial Awareness

(SOFAUSA.org) Are you OK with simply trusting your retirement to the whims of the market? The world's greatest income investors are not OK with that. Learn how they maintain their investments' value in a volatile market. Get answers to common questions and discover how to manage your investments based on the last six decades of peer reviewed, economic research.

RSVP 949-644-3244 or oasiscenter@newportbeachca.gov.

TNT LECTURE: "TEDDY ROOSEVELT IN CALIFORNIA"

Tuesday, September 17, 6pm, OASIS Event Center, FREE

Presented by Chris Epting, author, journalist/TV host

In 1903, President Theodore Roosevelt embarked on his first visit to California. Before leaving, he reached out to naturalist John Muir with a special favor: to act as the president's tour guide in Yosemite.

Join author Chris Epting for a presentation on how that fateful three-day trip helped to shape the destiny of Yosemite and the National Park system, including unforgettable new stories, and many rare photos - along with anecdotes about how Muir's love of plants and flowers also helped shape our nation. Chris will also be signing copies of his book, "Teddy Roosevelt in California".

RSVP 949-644-3244 or oasiscenter@newportbeachca.gov.

ADVANCE HEALTH CARE PLANNING/POLST

Thursday, September 26, 10am, Room 4, FREE

Presented by Alzheimer's Orange County

If you had a catastrophic health event today, whom would you want to speak for you? Do THEY know this? This free community education class will discuss how you can anticipate and identify your wishes and ensure those wishes are honored.

RSVP 949-644-3244 or oasiscenter@newportbeachca.gov.

Save the Date

- Rummage Sale - October 4 & 5
- Health & Resources Fair - October 19

NEWPORTBEACHCA.GOV/OASIS

REGISTRATION

To register for classes or for more info, visit newportbeachca.gov/OASIS

Please sign up for classes and/or purchase your tickets for our events early. Our special events are popular, sell out quickly, and we are limited in space and seating.

To avoid your favorite class being cancelled due to low enrollment, sign up early so we know you're planning on coming!

OASIS is a Senior Center dedicated to meeting the needs of all seniors and their families. Many educational, recreational, cultural, and social services are offered aimed at helping older adults live an enriched, active and independent life. The Center is owned and operated by the City of Newport Beach and staffed by a core of professionals who are responsible for planning classes and events, providing many health and wellness opportunities, providing support services and counseling, and helping family members who are concerned about their parents.



"Working hard for something we don't care about is called stress; working hard for something we love is called passion."

- Simon Sinek



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

OASISCenter@newportbeachca.gov | (949) 644-3244
801 Narcissus Avenue, Corona Del Mar, CA 92625