



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

JANUARY | 2020



NEW YEARS RESOLUTIONS



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.

REMINDERS:

- Garden Club Monthly Meeting Saturday, January 11, from 9 to 11 a.m.
- OASIS is CLOSED Monday, January 20 Martin Luther King, Jr. Holiday

WARM COAT COLLECTION

January 2 - February 28, 2020, OASIS Lobby

We will be collecting new and gently used coats and jackets for our local homeless population. Collection boxes are placed in Administration Office, Monday through Friday, from 8 a.m.-5 p.m.

FOOD FOR THOUGHT : A CREATIVE ADULT BRAIN HEALTH PROGRAM

Tuesday, January 7, 14, 21 and 28, 9-10:30am, Art Room, \$20 (cash only)

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 information and register in person in Administration Office.

INCOME TAX 2019 PREPARATION SERVICES FOR SENIORS & LOW INCOME

Fridays, February 7 through April 10, 2020, FREE, by appointment only

Service is provided by AARP Tax Aide Program

Beginning Wednesday, January 8 at 8 a.m., appointments can be made by calling OASIS at (949) 644-3244.

Service is provided on Fridays, from 9 a.m. to 1:30 p.m., beginning February 7 through April 10.

HEALTHY COMMUNICATION GROUP 2020

Wednesday, January 15 - February 26, 10am - 12pm, Room 5

Presented by Miekla Bledsoe, LMFT, Human Options

Free 7-week group for individuals age 50 years or better focusing on enhancing communication skills and improving the ability to set limits. Register in person on the first day of class.

For more information, call 949-557-5101.

MEN'S GROUP - LIFE'S THIRD ACT

Tuesdays, February 4 - March 10 (6 weeks) 3:30 - 5 p.m.

In late adulthood, many physical and psychological changes take place. How well we adapt to these changes is influenced more by our state of mind than by years lived. Join with other men in the journey to find meaning and purpose in life. Space limited to 15 participants.

For questions regarding the group, please contact the facilitator, Robertbsmith8088@sbcglobal.net

RSVP to 949-644-3244



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OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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