



# OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

## FEBRUARY | 2020



### FOUR WEEKS TO A BETTER MEMORY

Tuesday, February 4, 11, 18 and 25, 10 a.m., Room 4

Remember names and faces, recall appointments and learn to practice everyday memory techniques in this course written and designed by Gary Small, M.D. and Linda Ercoli, Ph.D. for people with mild memory concerns. 9 out of 10 people report improvements in their memory. Course fee: \$65 payable to Alzheimer's Orange County. Contact them directly to register 949-757-3764

### MEN'S GROUP - LIFE'S THIRD ACT

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

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

### INCOME TAX 2019 PREPARATION SERVICES

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

Provided by AARP Tax Aide Program  
Service is scheduled for Fridays, from 9 a.m. to 1:30 p.m.  
Appointments can be made by calling OASIS at (949) 644-3244

### SAVVY CAREGIVER EXPRESS: 3-WEEK FAMILY CAREGIVER TRAINING SERIES

Tuesdays, February 11 - 25, 1 p.m., FREE

Provided by Alzheimer's OC  
This program is an evidence-informed, 6-hour class provided over a three-week period for family members caring for someone with Alzheimer's or related dementia. Participants report that they have gained increased understanding of dementia, greater confidence in their care-giving abilities, and practical skills to improve quality of life for themselves and their loved one.  
RSVP 949-644-3244 or oasiscenter@newportbeachca.gov

### TIPS TO REDUCE SUGAR, FAT, CHOLESTEROL AND SODIUM

Thursday, February 27, 1-2 p.m., Room 2A, FREE

Presented by: Miriam Matulich, RD  
Join Registered Dietitian Miriam Matulich for an informative discussion around diet - ways to decrease sugar, fat, sodium and cholesterol in your everyday meals. The class will discuss ways to identify these substances in our food and tips on how to make better choices for a healthier life.  
RSVP 949-644-3244 or oasiscenter@newportbeachca.gov

**DID YOU KNOW?**

**OASIS Medical Equipment Loan Program**  
Check Administration office for more information & availabilities.

- Transport & large manual wheelchairs
- Basic walkers & rollators (walker w/seat)
- Scooters
- Crutches, Canes, Grabbers, etc.

### REGISTRATION

To register for classes or for more info, visit [newportbeachca.gov/OASIS](http://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.

**OASIS is CLOSED on Monday, February 17 Presidents' Day Observance**



[NEWPORTBEACHCA.GOV/OASIS](http://NEWPORTBEACHCA.GOV/OASIS)



## OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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