

SUMMER CLASSES REGISTRATION - THURSDAY, 5/16 - 8AM

Registration for summer classes begins Thursday, May 16 at 8am.

We have lots of NEW classes to choose from,
so be sure to read through our MAY OASIS Newsletter to find them!

THE AMAZING, INCREDIBLE, UNBELIEVABLE GEOLOGIC HISTORY OF NEWPORT BEACH & SO. CAL

Wednesdays, 4/24-5/29, 4-5:30pm, OASIS Room 2A

Led by Dr. David K. Larue, Geologist & Professor

The geologic history of Newport Beach and Southern California is truly unique and utterly amazing. We will discuss the evolution of Southern California, and Newport Beach, and the scientists who made the geologic interpretations, in a way that is easily understood and appreciated even if you don't have a science background. Space is limited.

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

HOAG MEDICAL LECTURE: OBSTRUCTIVE SLEEP APNEA, BEYOND CPAP THERAPY

Thursday, May 2, 1:30 pm, Room 2A, FREE

Presented by Carly Schrage, M.D. Hoag Hospital

Dr. Schrage will be speaking about sleep and how sleep changes as we get older. She will discuss the importance and benefits of sleep, the stages of sleep, and various sleep disorders such as insomnia, snoring, and sleep apnea. She will also explore recommendations about how to optimize sleep quality and quantity.

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MENTAL HEALTH AND AGING EDUCATION FORUM

Wednesday, May 8, 1:30 pm, Event Center, FREE

Presented by The Council on Aging (<https://www.coasc.org>)

May is Mental Health Awareness and Older Americans Month. Join us for the 2nd Annual Mental Health and Aging Education Forum. Explore community resources, art exhibits, and enjoy a panel of local experts as they discuss current behavioral health trends in aging adults. This year's forum will be focused on Older Adult Veterans. No RSVP necessary. For more information, please call 949-644-3244

HOAG MEDICAL LECTURE: "RELAX YOUR STRESS AWAY"

Wednesday, May 22, 1pm, Room 2A, FREE

Presented by Ana Pimentel, RD, Hoag Hospital

Stress has a bigger impact on our physical and emotional health than we often think. Come learn about what the stress response is, how it manifests in our day to day life and how it affects our health. Most importantly, we will discuss how to manage and cope with stress in healthy ways!

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ADVANCE HEALTH CARE PLANNING/POLST

Wednesday, May 23, 10am, Room 5, 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. <https://www.alzoc.org>

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TNT LECTURE: "THE HIDDEN HISTORY OF ORANGE COUNTY"

Tuesday, June 4, 6pm, Event Center, FREE

Presented by Chris Epting, author/journalist/TV host

Award winning journalist and author of 30 books on travel, history and pop culture, Chris Epting will tell little known stories about Orange County - from Elvis to Disney to Babe Ruth and beyond. It's a look at some weird and wonderful off-the-beaten-track landmarks throughout the OC with lots of trivia and fun stories culled in part from the author's series of popular books on Orange County history.

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

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.