



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

JULY | 2019

**OASIS will be CLOSED on
Thursday, July 4th for
Independence Day - Legal Holiday**

FIVE-WEEK COMMUNICATION WORKSHOP

Tuesdays, July 9 - August 6, 9 am, Room 4, FREE

Presented by Mieka Bledsoe, MS, LMFT - Human Options
This free, 5-week workshop will give you the tools you need to improve your communication with everyone in your life. You will learn how to utilize various communication styles by interacting with workshop participants and discussing real-life challenges. Each week, a different topic will be presented and discussed in a group setting.
[RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

FOOD FOR THOUGHT: AN ADULT BRAIN HEALTH CREATIVITY PROGRAM

Tuesdays, July 9-30 (4-Weeks), 9-10:30am, Art Room, \$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.
Pre-registration and payment of \$20 Cash is required.
[Call 949-644-3244](tel:949-644-3244) for more information and register.

TNT LECTURE: "BEYOND THE CANVAS: HENRI MATISSE"

Tuesday, July 16, 6pm, OASIS Event Center, FREE

Presented by Professor Jacqueline Hahn
Henri Matisse (1869-1954) was a French artist, known for both his use of colour and his fluid and original draughtsmanship. He was a draughtsman, printmaker and sculptor, but is known primarily as a painter. Matisse is commonly regarded, along with Pablo Picasso, as one of the artists who best helped to define the revolutionary developments in the visual arts throughout the opening decades of the twentieth century, responsible for significant developments in painting and sculpture.
[RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

RESILIENCE AND DEALING WITH DIFFICULT PEOPLE

Tuesday, July 30 2:00 pm Room 4, FREE

Presented by Alan Levy, PhD Clinical Psychologist
This seminar is designed to enhance your ability to be more thoughtful, open, and resilient even while navigating life with difficult people. This musically-illustrated presentation is designed to provide practical help in dealing with the four types of obstacles that people encounter in relationships.
We'll also learn about the six important aspects of self-assertion which invite more loving and respectful connections with others.
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PERFORMERS WANTED FOR OASIS 9TH ANNUAL TALENT SHOWCASE

Showcase is on Wednesday, August 21, 2pm-4pm, Event Center

Sign-ups are now open for OASIS Annual Talent Show. Performers will be given a MAXIMUM of five minutes to perform. Music tracks will only be accepted on a MP3. NO EXCEPTIONS. Performers will be responsible for setting up and breaking down their own instruments. Maximum of TWO microphones per act. No exceptions. All members of each act must attend a mandatory rehearsal on Wednesday, August 14, from 2pm-4:m. If any member of an act or group is not able to make this rehearsal, the act will be replaced. [To submit your idea, please contact Anne at \(949\) 644-3244.](#)

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.

**Fall Classes Registration
Thursday, August 1st
8am**

**See July Newsletter
for all classes
returning and/or
being offered**

NEWPORTBEACHCA.GOV/OASIS



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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