



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

OCTOBER | 2019



TNT LECTURE: "THE HISTORY OF FAKE NEWS"

Tuesday, October 1, 6pm, OASIS Event Center, FREE

Presented by Dr. Don Schwartz, Professor Emeritus, CA State University Long Beach
The term 'fake news' has been in the news ever since the election of Donald Trump as president. But 'fake news' is not a new phenomena; it has been around since ancient times. This lecture will trace the history of fake news from ancient Rome to the present day. [RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

PRESENTATION: UNDERSTANDING VISION LOSS

Wednesday, October 2, 1-2pm, Room 2A

Presented by the Braille Institute
As your vision changes due to Macular Degeneration, Glaucoma, or Diabetic Retinopathy, understanding vision loss is the first step to living well with low vision. Learn new ways to adjust to changing vision.
[RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

EMBRACING OUR SENIOR YEARS, EXPLORING FRIENDSHIP & ROMANCE IN THIS CHAPTER

Wednesdays, 10/2-10/23, 3-5pm, Room 1

Presented by Shanti Orange County
- Are you looking for more friendships and/or romance in your life?
- What do you bring to a relationship?
If you'd like to learn the art of conversation starters, how to write an interesting internet profile and to use more curiosity in intimacy, this series is for you.
[RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

FOUR WEEKS TO A BETTER MEMORY

Tuesday, October 8-29, 10am, Room 4

Presented by Alzheimer's Orange County
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 after completing the course.
Course fee: \$65, payable to Alzheimer's Orange County.
Contact them directly to register [949-757-3764](tel:949-757-3764)

SEMINAR: MEDICARE 2020

Thursday, October 10, 10am, Room 5

Presented by the Council on Aging OC, HICAP
Medicare beneficiaries have the right to make changes to their health care and prescription drug plans annually. Understanding your Medicare benefits and options is critical to ensure you maximize your coverage. Medicare is complex, and understanding how plan changes impact you is not always clear. Join our free seminar to learn about Medicare 2020 changes.
Health Insurance Counseling and Advocacy Program (HICAP) does not sell, endorse, or recommend insurance products.
[RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov.

HEALTH & RESOURCES FAIR 2019

Saturday, October 19, 9am - 11am, FREE

- 8:45am - Complimentary breakfast
- 9am - Fair opens
- 9:30 - Lecture: Apple watches, Fitbits and your heart health.
How to use them and when to contact a physician
- 10:30am Class Demo: Intro to Mindfulness



LET'S TALK TECH WITH YOUR NEWPORT BEACH LIBRARY STAFF

Tuesday, October 22, 2-4pm, OASIS Lobby, FREE

Learn how to download eBooks, eMagazines and streaming video resources on your mobile devices. Just stop by the OASIS Lobby and ask questions. Please bring your library card and your password for your app store.

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.



MEDICARE 2020 CLINIC - FRIDAY, NOV. 1 OR 15 - BY APPOINTMENT ONLY

Provided by Council on Aging OC, HICAP
Medicare beneficiaries are provided a free, unbiased one-on-one personalized counseling session. Take advantage of this free opportunity to review your current Medicare Advantage or Part D: Prescription plan and identify options to maximize medical coverage, and compare prices to minimize your Medicare costs in 2020. Appointments may be made beginning October 1 by calling [949-644-3244](tel:949-644-3244).

BECOME EMPOWERED AGAINST FRAUD - WEDNESDAY, NOV. 13, 1:30-2:15PM, FREE

Presented by - Gwen Earle, Better Business Bureau Regional Director
Individuals ages 50 and up are 47% more susceptible to scams, fraud, and negligent business practices than other age groups. BBB's Savvy Seniors seminar series is aimed at equipping this demographic with the resources they need to recognize and avoid the personal and financial threats that exist to take advantage of and exploit them. Light refreshments are provided. Attend for your chance at winning a gift-card raffle with \$200 in prizes. [RSVP 949-644-3244](tel:949-644-3244) or oasiscenter@newportbeachca.gov



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OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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