



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

DECEMBER | 2019



BEATING THE HOLIDAY BLUES

Tuesday, December 10 - 2 p.m., Room 4

Presented by Dr. Alan Levy, Clinical Psychologist

This interactive hour, featuring music and pictures, is designed to further your understanding of the difficult human communication process and to provide practical help in happily managing the many expectations, changes in routine, and potential loneliness that can occur during this special time of the year. **Call OASIS at (949) 644-3244 to RSVP.**

OASIS HOLIDAY SCHEDULE

Monday, November 23
Center will **CLOSE** at 5 p.m. & Fitness Center at 4 p.m.
OASIS Admin Office is **CLOSED** for the holidays
from Tuesday, December 24, 2019, through
Wednesday, January 1, 2020.
Fitness Center will have limited operating hours
on the following dates:
Friday, December 27: 7 a.m. - 4 p.m.
Saturday, December 28: 8 a.m. - 4 p.m.
Sunday, December 29: 8 a.m. - 4 p.m.
Monday, December 30: 7 a.m. - 4 p.m.
**Center will reopen on Thursday, January 2, 2020
Regular Hours**



ONE 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.

HEALTHY COMMUNICATION GROUP 2020

Wednesday, January 15 - February 26, 10 a.m.-12 p.m. Room 5

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.

INCOME TAX PREPARATION SERVICES BY AARP TAX AIDE PROGRAM

Fridays, February 7 through April 10, 2020, FREE

OASIS will be offering free tax preparation services for tax year 2019 to Seniors and low income taxpayers.

Tax appointments at OASIS can be scheduled by calling (949) 644-3244 beginning 8 a.m., Wednesday, January 8, 2020.

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.



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OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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