



# OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

## MARCH | 2020

**SPRING**  
**REGISTRATION**  
THURSDAY, MARCH 5 @ 8 A.M

### SENIOR EMPOWERMENT GROUP

Wednesdays, March 4 - April 29, 10 a.m., Room 5, FREE

Facilitated by Mieka Bledsoe, LMPT, Human Options  
This 9-week education and support group is for individuals age 50 and better who feel they have experienced abuse (including financial, verbal, psychological, or physical). The group will focus on learning to set limits and manage conflicts. [RSVP 949-644-3244](tel:949-644-3244) or [oasiscenter@newportbeachca.gov](mailto:oasiscenter@newportbeachca.gov)

### FBI PRESENTATION

Wednesday, March 11, 10:30 a.m., Room 1, FREE

Come and participate in a presentation/discussion featuring an FBI Agent with over 20 years of experience in the field. We will learn about the FBI, how it operates in general, and how it relates to the CIA and police agencies. Special Agent Fred Simon would like to answer questions you might have regarding these topics and other questions about the FBI. Please email these questions in advance to: [sdigiovanna@newportbeachca.gov](mailto:sdigiovanna@newportbeachca.gov)

### A GUIDE TO STRENGTH & FLEXIBILITY TO THOSE OVER 55

Wednesday, March 11, 1-2 p.m., Room 1A, FREE

Presented by: Jill Ayres, MS, ATC  
Can you reach the top shelf? Do you know your limits? Learn how to use your body to gain strength and mobility in everyday life. You will learn easy ways to "cheat" your pain and limitations to make daily tasks more comfortable. [RSVP 949-644-3244](tel:949-644-3244) or [oasiscenter@newportbeachca.gov](mailto:oasiscenter@newportbeachca.gov)

### LET'S GO TRIPPIN' TRAVEL FILM SERIES

Wednesday, March 11, 6:30 p.m., FREE

Presented by: local filmmaker Jackie Baird-Bunker  
Jackie will show her film "Pandemonium on the Wild Side of China" covering the Tibetan Plateau and the Panda Nature Center.  
**No RSVP necessary for this FREE program.**

### JOURNEY OF CAREGIVING SUPPORTIVE TOOLS FOR PEOPLE CARING FOR LOVED ONES

Three (3) Consecutive Thursdays, March 12, 19 & 26, 6pm, Room 5, FREE

Presented by the Family Caregiver Resource Center  
Learn to take better care of yourself, reduce stress, reduce guilt, anger and depression and communicate more effectively.  
[RSVP to the Family Caregiver Resource Center: 714-446-5030](tel:714-446-5030)

### WOMEN'S WISDOM - EMBRACE CHANGE AFTER 50

Wednesday, March 18 - May 13 (9 weeks) 3 - 4:30 p.m., FREE

Presented by: Barbara Stern, MSW  
Embrace this time in your life! Connect with diverse and interesting women, discover new perspectives and opportunities, and impact your life and community.  
• \$10 material fee due at first group meeting.  
• Space is limited to 12 participants.  
• For questions regarding the group please contact the facilitator, [barbaras@cox.net](mailto:barbaras@cox.net)  
[RSVP 949-644-3244](tel:949-644-3244) or [oasiscenter@newportbeachca.gov](mailto:oasiscenter@newportbeachca.gov)

### SCIENCE WITH DAVE LARUE

Wednesdays, 4-5:30 p.m., See Topics & Dates below, FREE

Presented by: Dr. David K. Larue, Geologist & Professor  
• Fossils, Evolution & Extinction - March 11 - 18  
• Global Climate Change: Can we prove it's happening? - April 15  
• Beach Appreciation: The Science of Beaches - May 6-20  
[RSVP 949-644-3244](tel:949-644-3244) or [oasiscenter@newportbeachca.gov](mailto:oasiscenter@newportbeachca.gov)

*Coming Up in April*

### HISTORY WITH THE HISTORY DON

Wednesdays, 1 - 2:30 p.m.

Presented by: Dr. Don Schwartz  
Wednesdays, 1 - 2:30 p.m.  
The Life and Times of Sir Winston Churchill - 4/8-4/29, \$80r/\$90/nr  
The History of the CIA - 5/6-5/27, \$80r/\$90/nr  
[Register at www.newportbeachca.gov/](http://www.newportbeachca.gov/)

### 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.

**DEA NATIONAL Rx TAKEBACK**

Saturday, April 25  
10 a.m. - 2 p.m.

Drive thru and drop off at the front entrance. For more information, please visit [www.dea.gov](http://www.dea.gov)



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



## OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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