



OASIS MONTHLY HIGHLIGHTS



UPCOMING EVENTS, LECTURES, & PROGRAMS

AUGUST 2020

CENTER INFORMATION

- OASIS remains closed until further notice. Continue to visit our website for the most up-to-date information: www.newportbeachca.gov/oasis
- Stay up-to-date on the City's response to the Covid19 outbreak by visiting the City's website: newportbeachca.gov/covid19
- OASIS staff and Friends of OASIS staff are available to help you over the phone. Call us Monday thru Friday, from 8 a.m.- 5 p.m. OASIS Admin, (949) 644-3244 and Friends of OASIS (949) 718-1800, or email us at oasiscenter@newportbeachca.gov

VIRTUAL PROGRAMS

We have a wide variety of virtual programming both free and fee-based. Visit our website, then click on the "Online Virtual Class Info" button to view the entire lineup. Make sure to click on each box to bring you information on how to sign up, register or RSVP!

SUPPORT SERVICES

OASIS SENIOR CENTER
is here to Support our Newport Beach Seniors

GENERAL RESOURCES | TRANSPORTATION | MENTAL HEALTH | FOOD SERVICES | DONATIONS & VOLUNTEERS

NEWPORTBEACHCA.GOV/OASIS
Monday-Friday | 8 a.m.-5 p.m. | Call us for assistance at **949-644-3244**.

If you are a Newport Beach senior in need of these services, please call our office for assistance:

- Meals/Shopping
- Transportation
- Friendly phone calls
- Information and referrals about anything
- HICAP: OASIS is back to helping our seniors with Medicare Insurance issues, free of charge, with our unbiased HICAP counselor. Call for an appointment.
- Legal Assistance: Estate planning/Elder law attorneys available to give a free 30 minute consultation via telephone on an as needed basis.

OASIS VIRTUAL PROGRAMS

AUGUST 2020

UCI LECTURE: CBD PAIN MANAGEMENT

TUESDAY, AUGUST 4 @ 6PM *ZOOM*

UCI LECTURE: ACUPUNCTURE

TUESDAY, AUGUST 11 @ 6PM *ZOOM*

CAR CARE TIPS

TUESDAY, AUGUST 18 @ 10AM *ZOOM*

COFFEE TALK

TUESDAY, AUGUST 25 @ 10AM *ZOOM*

MANAGING ANXIETY

THURSDAY, AUGUST 6 @ 1PM *ZOOM*

BEST VACATION I'VE EVER HAD

WEDNESDAY, AUGUST 12 @ 10AM *ZOOM*

DIY SPICE MIX

WEDNESDAY, AUGUST 19 @ 4PM *ZOOM*

BEACHCOMBING

TUESDAY, SEPTEMBER 1 @ 10AM *ZOOM*

CARING CONNECTIONS

FRIENDLY REGULAR CHATS WITH OASIS STAFF. CALL TO SIGN UP 949-644-3244

ZOOM TUTORIALS

CALL TO SIGN UP 949-644-3244

DIRECT MAIL PEN PAL PROJECT

CALL TO SIGN UP 949-644-3244

COOKING DEMOS

POSTED ON OUR WEBSITE

WEEKLY BRAIN TEASERS

POSTED ON OUR WEBSITE

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS
OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

VIRTUAL SUPPORT GROUPS

ALZHEIMER'S CAREGIVER SUPPORT GROUP

CALL (844) HELP ALZ, (844) 435-7259 FOR DAYS AND TIMES

GRIEF SUPPORT

2ND & 4TH THURSDAY @3PM CALL (949) 644-3244 TO RSVP

COMPASSIONATE FRIENDS

3RD WEDNESDAY OF EACH MONTH @ 6:30PM. EMAIL FOR THE LINK: TCFNEWPORTBEACHCA@GMAIL.COM



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

OASISCenter@newportbeachca.gov | (949) 644-3244
801 Narcissus Avenue, Corona Del Mar, CA 92625