

Look what's happening this month at the OASIS Senior Center!

IMPORTANT NOTICE:

OASIS Senior Center will be CLOSED on Monday, January 15 for Martin Luther King, Jr. Day.

New Year-Try Something New!

Power Flow Yoga with Garrett Neil-Wednesdays, 7:30-8:30am, starts Jan 10, \$45/4 classes (class code SS1637)

Nutrition Counseling with Nasira Burkholder-Cooley, 60 min, one-on-one consultation, \$80, contact Nasira at nasirasnutritionkitchen@gmail.com to set up an appointment.

Silver Glove Fitness with Andrew Deming, Thursdays from 3-4pm, starting Jan 11(class code SS1628) and Saturdays from 8-9am starting Jan 13 (class code SS1630), \$80/5

LifeStretch with Brenda Smith-Mondays from 4:30-5:35pm, starting Jan 8, \$48/3 (class code SS1622)

Knit and Crochet Drive for Strength in Scarves

OASIS will be collecting hand-knit or hand-crocheted items to support the local charity, Strength in Scarves. You can bring in anything made with your love and support: scarves, beanies, blankets, sweaters, baby clothes, purses, socks, stuffed animals, etc. Let your creativity flow, and bring the knitted/crocheted items to the OASIS Admin Office from December 1-January 31. For more information about Strength in Scarves, please visit www.strengthinscarves.org or www.facebook.com/strengthinscarves.

One Warm Coat

We will be collecting new and gently used coats to distribute to organizations that help the homeless. Please bring them to the OASIS lobby collection box during the months of January and February. Thank you so much!

TNT Lecture: Imaging from Space

Presented by John E. Hoot, Director of SSC Observatories and JPL Ambassador

Tuesday, January 9, 6pm, OASIS Event Center

RSVP's appreciated 949-644-3244 or email oasiscenter@newportbeachca.gov ** Walk-ins welcome.

Imaging from Space presents this history of how the technology of taking images from spacecraft evolved from 1945 to present. It explains how the breathtaking images of Earth, planets and the universe beyond are made, and some background on the people, organizations, and technology that make it all possible as well as how that technology has been utilized.

Journey Through Caregiving

January 11, 18 & 25, 2018

Three (3) consecutive Thursdays, 6:00 PM – 7:30 PM Room 1 AB

If you're caring for an adult who requires ongoing assistance (Alzheimer's, stroke, Parkinson's, chronic illness, dementia, etc.), then this class is for you!

This three-week class will help you improve your self-confidence and problem solving skills. The knowledge and skills you gain will help you better care for yourself and improve your quality of life. Lessons and discussion allow you to take control of your journey as a family caregiver. This class is focused on you, not the disease process.

FREE! RSVP to the Caregiver Resource Center at 714-446-5030

TNT Lecture: Steps to Take Before Your Next Big Trip or Vacation!

Presented by Dr. Lorraine Leavitt, Luggage Organizer

Tuesday, January 16, 6pm, OASIS Event Center

RSVP's appreciated 949-644-3244 or email oasiscenter@newportbeachca.gov ** Walk-ins welcome.



OASIS Senior Center
801 Narcissus Avenue
Corona del Mar, CA 92625
949-644-3244



Look what's happening this month at the OASIS Senior Center!

To make your big trip run smoothly we will discuss with the Newport Beach Police how to make your home safe and watched by their Newport Beach Volunteer Police. We will also discuss useful travel applications, purchasing foreign currency, travel insurance and how to start a reasonable packing list. Another great presentation by the Luggage Organizer you won't want to miss!

Great Courses Discussion Group
"How to Look at and Understand Great Art"
Thursday, 1/18-3/22, 3pm, OASIS Room 2B

This group meets Thursdays to watch a Great Courses DVD followed by a group discussion. This winter we cover "How to Look at and Understand Great Art". For a list of dates and topics, please view our newsletter by visiting our website. No RSVP necessary.

To register for classes, click here: <https://apm.activecommunities.com/cnbreg/Home>



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