

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

TNT Lecture: Understanding Medical Marijuana

Presented by Orange County NORML

Tuesday, February 13, 6pm, OASIS Event Center

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

Seniors are one of the fastest growing categories of people discovering medical marijuana and its benefits. Participants will get a basic understanding of medical marijuana laws and the way it works within the body. Presenters will include a physician, a clinical psychologist, and a senior patient to answer any questions.

DRIVE SMART

Presented by Officer Duane Graham with the California Highway Patrol

Wednesday, February 21 at 1:00 pm

Room 1 AB

The Drive Safer, Drive Longer program for senior drivers will cover topics such as: updates to California driving laws, refreshers in safe driving practices, effects of aging on a person's ability to drive safely, and strategies to help drivers self-evaluate their abilities. Bring a friend!

Please RSVP to 949-644-3244.

TNT Lecture: The Journey of Retirement-Positive Solutions for a Happy, Active, Satisfying Retirement

Presented by Susan G. Franklin, M.A. Clinical Psychology

Tuesday, February 27, 6pm, OASIS Event Center

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

Retirement is one of the most significant changes a person goes through in their life. Understanding the psychological effects of the transition is important in order to have a sense of purpose and direction. Join Susan as she presents the five stages in the transition to retirement. Enjoy her humor as she shares positive solutions for a happy, active, and satisfying retirement.

New Yoga Classes!

Prana Yoga: Posture, Power and Poses with Danielle Hernandez-Mondays, 5:15-6:25pm, starts Feb 5, \$54/3 classes (class code SS1506) and Fridays, 2-3:10pm, \$72/4, starts Feb 2 (class code SS1507)

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



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949-644-3244

