



OASIS MONTHLY HIGHLIGHTS

UPCOMING EVENTS, LECTURES, & PROGRAMS

JUNE | 2019

TNT LECTURE: "THE HIDDEN HISTORY OF ORANGE COUNTY"

Tuesday, June 4, 6pm, Event Center, FREE

Presented by Chris Epting, author/journalist/TV host
Award winning journalist and author of 30 books on travel, history and pop culture, Chris Epting will tell little known stories about Orange County – from Elvis to Disney to Babe Ruth and beyond. It's a look at some weird and wonderful off-the-beaten-track landmarks throughout the OC with lots of trivia and fun stories culled in part from the author's series of popular books on Orange County history.
RSVP 949-644-3244 or oisiscenter@newportbeachca.gov.

HOAG MEDICAL LECTURE: "MEDITATION FOR HEALTH & HAPPINESS"

Wednesday, June 5, 1pm, Room 2, FREE

Presented by: Ana Pimentel, RD, LCSW, Hoag Hospital
Mindfulness and meditation techniques have been shown to have great benefits for both our physical and emotional health. Stress and anxiety are often part of life and unescapable, but little moments of relaxation and awareness can give us an extra boost to better manage. Come learn ways to implement meditation and mindfulness throughout your day to promote better health and more happiness!
RSVP 949-644-3244 or oisiscenter@newportbeachca.gov.

BEHIND THE CLASSICS: "12 ANGRY MEN"

Wednesday, June 12, 2:30-5pm, Event Center, FREE

Presented by: Theo Siegel, writer, researcher and television professional
We will show the movie "12 Angry Men" in its entirety preceded by a 30-minute informative discussion about the film, its origins, script, casting, production, audience reaction, box office sales, and its legacy. No RSVP necessary for this free program.
RSVP 949-644-3244 or oisiscenter@newportbeachca.gov.

LEGAL PRESENTATION: TRUST & ESTATE ADMINISTRATION WORKSHOP

Wednesday, June 19, 1:00 pm Room 1

Presented by Regina Campbell, Trust, Estate & Tax Attorney
Do you want to have more information on the current trust and estate laws? Have you named your children, other family members or friends as successor trustees of your trust and want them to know what the job entails? Do you want to know the difference between an A Trust and an A/B Trust? If your answer is "Yes" to any of these questions, you need to attend this workshop. RSVP 949-644-3244
RSVP to oisiscenter@newportbeachca.gov or 949-644-3244.

SENIOR LOVE IN CYBERSPACE

Thursday, June 27, 10 am, Room 1

Presented by Susan Alpert, Author and Consultant
Do you believe the myth that new love is impossible or unnecessary after a "certain age"? Do you assume that seniors are complacent, have no sense of adventure left and have given up on starting over? Think again!
Come and hear local author Susan Alpert describe her own experience using social media and dating Apps to meet new people and what happened when strangers from opposite ends of the country met online, fell in love over email and came together for romance and adventure. One of the results is her newest book!
RSVP to oisiscenter@newportbeachca.gov or 949-644-3244.

U.S. CONSTITUTIONAL LAW-PREVIEW LECTURE

Thursday, June 27, 5pm, Room 1, FREE

Led by Joshua Stone, MPP
In this special preview lecture, Joshua Stone, MPP will give a teaser of his upcoming eight-week collegiate level course that explores United States Constitutional Law. The course will explore some of America's most significant legal and judicial challenges, and the resulting transformations that impact our world today. For information on the eight-week course that will follow this lecture, see our May newsletter.
RSVP to oisiscenter@newportbeachca.gov or 949-644-3244.

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.

Summer classes are open for registration NOW. We have lots of NEW classes to choose from. Be sure to read through our OASIS Newsletter to find them!

NEWPORTBEACHCA.GOV/OASIS



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