



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*	MANAGING ANXIETY TUESDAY, AUGUST 6 @ 1PM *ZOOM*
UCI LECTURE: ACUPUNCTURE TUESDAY, AUGUST 11 @ 6PM *ZOOM*	BEST VACATION I'VE EVER HAD WEDNESDAY, AUGUST 12 @ 10AM *ZOOM*
CAR CARE TIPS TUESDAY, AUGUST 18 @ 10AM *ZOOM*	DIY SPICE MIX WEDNESDAY, AUGUST 19 @ 4PM *ZOOM*
COFFEE TALK TUESDAY, AUGUST 25 @ 10AM *ZOOM*	BEACHCOMBING TUESDAY, SEPTEMBER 1 @ 10AM *ZOOM*
CARING CONNECTIONS FRIENDLY REGULAR CHATS WITH OASIS STAFF. CALL TO SIGN UP 949-644-3244	DIRECT MAIL PEN PAL PROJECT CALL TO SIGN UP 949-644-3244
ZOOM TUTORIALS 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
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