



REC REPORT

RECREATION & SENIOR SERVICES DEPARTMENT

Winter 2021-2022 Class Registration Opens NOVEMBER 18

VISIT AND REGISTER AT NEWPORTBEACHCA.GOV/RECREATION



The Recreation & Senior Services Department is here to help you stretch the stress away this winter. The kids are back in school and you're overdue for some time to yourself to shake off any stress and start the new year off refreshed. Join one of our many adult classes like pickleball, dance, mindfulness, boxing, language and more. Registration opens on Thursday, November 18 at 8am. Residents can look out for the Winter edition of the Newport Navigator in their mailboxes earlier that week and be prepared to hop online at newportbeachca.gov/recreation to view the fully linked digital version and register. Classes held between December 6 through March 13 (no class dates 12/24-1/2, 1/17, 2/21).

3 fun meetings happening at OASIS Senior Center



1 ROCKIN' YOUR 70'S & BEYOND

presented by Hoag Community Health

Tuesday, November 9
1 - 2 p.m. @ OASIS Room 1

Led by Kurt Armstrong, M.D.
A lifestyle journey of mind, body, and spirit beyond our 70's. Dr. Armstrong will discuss how to optimize quality of life during these years and work through living with chronic ailments
PLEASE RSVP to (949) 644-3244 or OASISCENTER@NEWPORTBEACHCA.GOV

VIRTUAL NUTRITIONAL COUNSELING



Interested in improving health or reversing disease by improving your diet? Are you concerned you may have a nutrient deficiency? Do you want to increase energy levels or achieve a healthy weight?

Our registered dietitian, Nasira Burkholder-Cooley, DrPH, RD, CPT, can help you assess your diet and reach your nutrition and fitness goals with realistic and timely strategies.

60 minute initial meeting \$98
45 minute follow-up meeting \$80

TO SCHEDULE YOUR MEETING
PLEASE EMAIL
NASIRANUTRITION@GMAIL.COM



3 TRAVEL SHOWS WITH NINO

In-person travel presentations

Every Fourth Tuesday of the month
10am-12pm
@ OASIS Room 1

Presented and narrated by Nino Mohan, Travel Expert.

In depth, sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer. Slideshows include photos, videos and personal narration.

FREE TO ATTEND
FIRST COME, FIRST SERVED

After Class Enrichment

ACE

Excel After the Bell!

KINDERGARTNERS THROUGH 6TH GRADERS
REGISTRATION OPENS NOVEMBER 2
DECEMBER 6-MARCH 4
NO CLASS 12/20-12/31, 1/17, 2/21-2/25

LOCATIONS

MARINERS ELEMENTARY

HARBOR VIEW ELEMENTARY

NEWPORT ELEMENTARY

NEWPORT COAST ELEMENTARY

NEWPORT HEIGHTS ELEMENTARY

CODING SCIENCE ZUMBA COOKING ART ETIQUETTE SURFING & MORE

For more information on schedules, fees, and registration:
NEWPORTBEACHCA.GOV/ACE

After Class Enrichment (ACE) is a series of programs through the City of Newport Beach designed to further enhance your child's curriculum by providing high quality instruction in a variety of recreational activities held immediately after school dismissal. Your favorite instructors from the City of Newport Beach Recreation & Senior Services Department will host their class on campus, allowing your young ones the opportunity to expand their learning, discover a new hobby, and develop friendships for years to come. The Winter season is held from December 6 to March 4. Registration opens November 2 at newportbeachca.gov/ACE.

NATURE IN NOVEMBER

TRY SKETCH JOURNALING

- As the weather chills, grab a hot beverage and find a quiet place to enjoy nature. Try sketching a bird, flower, or tidepool animal. Remember to stay on trails and follow good tidepool etiquette like staying on rocks and not collecting animals or artifacts.
- FIND THANKS IN THE SMALL DETAILS YOU NEVER NOTICED BEFORE**

Sketching Birds

Start with the overall shapes, posture, and angles. Then add eyes, beak, and tail. Finish with the fine details.

Make Observations

Add and label the details you notice, like size, texture, color, interesting characteristics, and any questions you have.

Stay Curious

As our lives get busy and technology consumes our free time, it's nice to slow down and think like a kid again. Ask questions about the natural world and immerse yourself in wonder.

Get Cozy and be Mindful

You don't have to be an artist to make a nature journal. This is a collection of your observations, questions, and connections with nature. Enjoy!

[Click here to view the full November newsletter](#)

