

OASIS news

Older
Adult
Social &
Information
Services

The official guide to the programs and services offered at the OASIS Senior Center

AUGUST 2020

VOL. 44 NO. 8



OASIS remains closed until further notice. Continue to visit our website for the most up-to-date information: www.newportbeachca.gov/oasis

OASIS staff and Friends of OASIS staff are available to help you over the phone with assistance for virtual classes, Medicare and legal help, social services, medical equipment loans, Sharps containers, Meals on Wheels, etc. Call us Monday-Friday from 8am-5pm: OASIS Admin at (949) 644-3244 Friends of OASIS at (949) 718-1800.

A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 www.newportbeachca.gov/oasis

Welcome to OASIS

OASIS is closed until further notice. Our website has the most up-to-date information on a reopen date, along with many resources to help you through: www.newportbeachca.gov/oasis



Celeste Jardine-Haug

OASIS Senior Center Manager

I honestly can't believe that for the fourth month in a row my message has been about how we are "closed until further notice". I wish with all my heart that I could tell you something different this month, but it is not looking that way. We are still closed and have no plans for opening the Center in the Fall. However, on the bright side, this shut down has brought out the creativity in us. You will see in this newsletter that we have many new virtual programs as well as programs that will be posted on the website for viewing. I hope you will take advantage of some of these. Staff has worked so hard to develop activities that will not only give you something to do, but also create social connections that possibly you are lacking while "staying at home". We have had a lot of fun coming up with new ideas. We have also involved our Friends of OASIS Board who will be leading a few of the activities. So let's get up and out of your PJ's and out from in front of the television and give it a try!

I am really excited about one of the programs that we are developing call "DM" Direct Mail, the OASIS Pen Pal Project. OASIS will connect an older adult to an adolescent in the area. The hope and purpose of "DM" is to facilitate intergenerational communication and connectivity with one another through sincere and meaningful letters. If you are interested in participating, please let us know by August 20.

Remember that we are here in the offices and available to help you with any needs. Our transportation is up and running as well as the Meals on Wheels. Please don't hesitate to call us. We are available Monday through Friday, 8:00 a.m. to 5:00 p.m.

Wishing you all well and hope to see you on Zoom.

Celeste



Mike Zimmerman

Friends of OASIS President



Summer greetings to all our loyal Friends members. Our 2020 Fund Drive is underway, and we have received some very generous donations from some terrific people. As I said last month, our coffers are down a bit, and we need everyone to help us through these crazy times. If there ever was a better cause, or a more important time to give a little, it is now. I had our large donation signs updated that we put on the corners of our property, so now they look brand new!

I know how much all of you miss coming to OASIS, myself certainly included, but there has been no word on when we can again open. As you know, as of this writing, COVID cases have not gone down, and I so wish that everyone would just wear a mask when around others, but some, for whatever reason refuse, making it hard to lower the case load, and make for a quicker reopening. There are currently no events on the agenda that can be planned just yet. I know, depressing. On a bright note, we are planning a lot of "how to" online videos and Zoom sessions. Subjects will be things like wine tasting, flower arranging, spice making, and other exciting subjects. City Staff has even got me involved by doing a Zoom session on "Car care for the Novice" in which we will discuss general car maintenance, such as checking your fluid levels, how to correctly wash and wax your car, and how much air to run in your tires. Friends is purchasing all new AV equipment to facilitate these Zoom and video shows. We will inform you of a schedule when we have one.

Please check your mailing address on your next OASIS Monthly Newsletter to easily see when your membership is due. Speaking of membership, the OASIS Sailing Club is having a membership drive. Celeste our OASIS Director, myself, and Charlie Polce our OASIS Sailing Club Commodore, had a detailed meeting on all the planned safety precautions they are taking. The list is way too long to detail here, but believe me they have covered every base when it comes to safety. We're in need of more active members for our Sailing Club, now that the boats are refurbished, and look and run like new. "It is the best deal on the water." They are planning an Open House, sometime in the future, complete with food and drinks for existing members, and new prospective sailing members. More to follow on this great event in the months to come.

Please be safe, and look out for one another. Always at your service,

Mike

OASIS VIRTUAL PROGRAMS

AUGUST 2020



UCI LECTURE: CBD PAIN MANAGEMENT

TUESDAY, AUGUST 4
@ 6PM *ZOOM*

UCI LECTURE: ACUPUNCTURE

TUESDAY, AUGUST 11
@ 6PM *ZOOM*

CAR CARE TIPS

TUESDAY, AUGUST 18
@ 10AM *ZOOM*

COFFEE TALK

TUESDAY, AUGUST 25
@ 10AM *ZOOM*

MANAGING ANXIETY

TUESDAY, AUGUST 6
@ 1PM *ZOOM*

BEST VACATION I'VE EVER HAD

WEDNESDAY, AUGUST 12
@ 10AM *ZOOM*

DIY SPICE MIX

WEDNESDAY, AUGUST 19
@ 4PM *ZOOM*

BEACHCOMBING

TUESDAY, SEPTEMBER 1
@ 10AM *ZOOM*

CARING CONNECTIONS

FRIENDLY REGULAR CHATS
WITH OASIS STAFF. CALL TO
SIGN UP 949-644-3244

ZOOM TUTORIALS

CALL TO SIGN UP 949-644-3244

DIRECT MAIL PEN PAL PROJECT

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

WEEKLY BRAIN TEASERS



PUT YOUR BRAIN TO WORK WITH A WEEKLY SET OF GAMES, PUZZLES, CROSSWORDS AND MORE.

EACH WEDNESDAY WE WILL POST A NEW SET OF BRAIN TEASERS FOR YOU TO TRY AT HOME. ENJOY THEM ON YOUR OWN OR COLLABORATE VIRTUALLY WITH OTHERS!

NO COMPUTER OR PRINTER?
PLEASE CALL (949) 644-3244 TO PICK UP A WEEKLY PACKET.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

ZOOM TUTORIAL WITH OASIS STAFF



**MONDAY-FRIDAY
8AM-4PM**

949-644-3244

HAVING TROUBLE WITH USING THE ONLINE PROGRAM, ZOOM? LET OASIS STAFF HELP YOU OUT! CALL US FOR A ONE-ON-ONE TUTORIAL ON HOW TO USE THE PROGRAM, TIPS AND TRICKS, AND TROUBLESHOOTING. WE ARE AVAILABLE MONDAY-FRIDAY FROM 8AM-4PM, 949-644-3244.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS CARING CONNECTIONS



MONDAY-FRIDAY

949-644-3244

FEELING LONELY AND ISOLATED? SO ARE WE!

IF YOU'RE INTERESTED IN HAVING A FRIENDLY CHAT ON A REGULAR BASIS WITH ONE OF OUR STAFF MEMBERS, GRAB A CUP OF COFFEE OR TEA AND YOUR PHONE TO CONNECT FOR SOME WARMHEARTED CONVERSATION.

YOU ARE NOT ALONE - LET'S CHAT!

TO PARTICIPATE, PLEASE CALL (949) 644-3244 OR EMAIL OASISCENTER@NEWPORTBEACHCA.GOV

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS VIRTUAL COOKING CORNER



**NEW COOKING DEMOS WILL BE POSTED
THE 1ST & 3RD THURSDAY,
OF THE MONTH
AUGUST 6TH & 20TH**

**Join an OASIS staff member as they show you how to
cook one of their favorite dishes in their own kitchen!**

NO RSVP NECESSARY,
VISIT THE OASIS WEBSITE TO VIEW!

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov



"DM" Direct Mail: The OASIS Pen Pal Project

CONNECTING TWO GENERATIONS
ONE LETTER AT A TIME

OASIS will connect an older adult 55+ to an adolescent in the area. The goal and purpose of "DM" is to facilitate intergenerational communication and connectivity with one another through sincere and meaningful letters.

In order to participate in the project please express interest by Thursday, August 20.



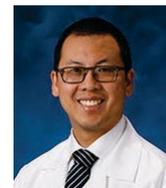
If you are interested in participating please email the oasiscenter@newportbeachca.gov or call 949-644-3244



OASIS Senior Center and UCI Health
Proudly Presents

CBD Pain Management (myths vs. facts)

Featuring Brent Yeung, MD



Tuesday, August 4, 2020 | 6:00 pm—7:00 pm

Zoom Link:

<https://ucihealth.zoom.us/j/93521656309?pwd=cnJ2NG9GdCtYQ1RTMS9LGVjV21HQQT09>

Zoom Meeting ID: 935 2165 6309

Password: 507030

Brent Yeung, MD is an Assistant Professor in the Department of Anesthesiology & Perioperative Care. Dr. Yeung is a UCI Health anesthesiologist who specializes in the management and treatment of pain. His clinical interests include interventional procedures for chronic pain management and the use of cannabis for pain. He is passionate about his roles as a physician, teacher and researcher. He sees patients in the perioperative and outpatient settings at UC Irvine Medical Center in Orange and at UCI Health – Yorba Linda Clinic.

Please join Dr. Brent Yeung as he shares his knowledge about pain and cannabis. This lecture will review the latest recommendations on how cannabis works and which conditions it treats for pain.

For more information or to sign-up for this free zoom lecture, please call Melissa Gleason at (949) 718-1821 or email at MGleason@newportbeachca.gov or Nobi Riley at (949) 922-5752 or email at nvriley@hs.uci.edu

UCI Health



MANAGING ANXIETY

Virtual Presentation

by Nori Deatherage, APCC, & Alexandra Tillapaugh, AMFT
CDM Counseling

Thursday, August 6, 2020 - 1:00 PM

RSVP Required: (949) 644-3244 or
oasiscenter@newportbeachca.gov

Join us for an enlightening and encouraging webinar on relieving stress and anxiety. Particularly relevant for this present time, we'll cover topics such as:

- What is anxiety and what does it look like?
- What are our negative thoughts telling us?
- What is within our control and what is not?
- Practical techniques to help manage stress and anxiety.



OASIS Senior Center and UCI Health
Proudly Presents

Acupuncture: "Pin" Pointing the Benefits

Featuring Mariko Horie, LAc, DAOM



Tuesday, August 11, 2020 | 6:00 pm—7:00 pm

Zoom Link:

<https://ucihealth.zoom.us/j/99637180817?pwd=TXg3ZkRSNTMxMkIxc0luR09jQStlZz09>

Zoom Meeting ID: 996 3718 0817

Password: 895809

Mariko Horie, LAc, DAOM became a licensed acupuncturist in 2014 and completed her Doctorate of Acupuncture and Oriental Medicine at American College of Traditional Chinese Medicine in 2016. She then studied at Henan University of Chinese Medicine in China for 1.5 years as a senior scholar. She now works full-time at UCI Health, Susan Samueli Integrative Health Institute, providing inpatient acupuncture.

Please join Dr. Mariko Horie as she shares her knowledge about acupuncture. Learn about what acupuncture is, the needles used and an easy way to help people understand how it works. Dr. Horie will also discuss common problems that can be helped by acupuncture.

For more information or to sign-up for this free zoom lecture, please call Melissa Gleason at (949) 718-1821 or email at MGleason@newportbeachca.gov or Nobi Riley at (949) 922-5752 or email at nvriley@hs.uci.edu

UCI Health



OASIS VIRTUAL BEST *VACATION* I'VE EVER HAD



WEDNESDAY, AUGUST 12
10:00AM

FREE

HAVE YOU ENJOYED A CREPE BENEATH THE SPARKLING LIGHTS OF THE EIFFEL TOWER. TAKEN THE TRAIN TO THE LOST CITY OF THE INCAS (MACHU PICCHU). OR SEEN THE PINK SANDSTONE CLIFFS OF PETRA'S ROSE CITY? DUST OFF YOUR OLD VACATION PHOTO ALBUMS, SORT THROUGH YOUR BOX OF SOUVENIRS AND JOIN US FOR THIS VIRTUAL DISCUSSION ON THE BEST VACATION YOU'VE EVER HAD. NO RSVP NECESSARY, JUST LOGIN!

ZOOM LINK: [HTTPS://ZOOM.US/J/8063953593?](https://zoom.us/j/8063953593?pwd=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09)
PWD=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09
ZOOM ID: 806 395 3593
ZOOM PASSWORD: OASIS

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS VIRTUAL CAR CARE TIPS FOR NOVICES



TUESDAY, AUGUST, 18
10:00AM

FREE

FRIENDS OF OASIS PRESIDENT, MIKE ZIMMERMAN, WILL COVER FIVE TOPICS OF CAR CARE.

NO RSVP NECESSARY, JUST LOGIN!

ZOOM LINK: [HTTPS://ZOOM.US/J/8063953593?](https://zoom.us/j/8063953593?pwd=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09)
PWD=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09
ZOOM ID: 806 395 3593
ZOOM PASSWORD: OASIS

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

DIY SPICE MIX



WEDNESDAY, AUGUST 19
4:00PM

FREE

JOIN US FOR A VIRTUAL CLASS IN USING ALL OF THOSE UNUSED SPICES LURKING IN YOUR PANTRY TO MAKE A SPECIAL SPICE MIX

RSVP REQUIRED. EMAIL
OASISCENTER@NEWPORTBEACHCA.GOV

ZOOM LINK: [HTTPS://ZOOM.US/J/8063953593?](https://zoom.us/j/8063953593?pwd=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09)
PWD=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09
ZOOM ID: 806 395 3593
ZOOM PASSWORD: OASIS

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS VIRTUAL COFFEE TALK



TUESDAY, AUGUST 25
10:00AM

FREE

BREW YOUR FAVORITE MORNING BEVERAGE AND JOIN OASIS STAFF FOR A CHANCE TO CATCH UP, CONNECT AND LEARN ABOUT OUR UPCOMING VIRTUAL PROGRAMS. USING THE ZOOM PLATFORM, WE WILL SPEND SOME TIME TOGETHER VIRTUALLY.

NO RSVP NECESSARY, JUST LOGIN!

ZOOM LINK: [HTTPS://ZOOM.US/J/8063953593?](https://zoom.us/j/8063953593?pwd=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09)
PWD=DGZTVE51BTNCYLH5ROFQRLDZU2FYUT09
ZOOM ID: 806 395 3593
ZOOM PASSWORD: OASIS

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS BEACHCOMBING CHALLENGE



TUESDAY, SEPTEMBER, 1
10:00AM



FOR THE MONTH OF AUGUST WE CHALLENGE YOU TO "COMB" THE BEACH IN SEARCH FOR TREASURES. WE WILL THEN MEET VIRTUAL VIA ZOOM TO DISCUSS OUR EXPERIENCE OF BEACHCOMBING AND SHOWCASE WHAT WE HAVE FOUND!

NO RSVP NECESSARY, JUST LOGIN!

ZOOM LINK: [HTTPS://ZOOM.US/J/8063953593?](https://zoom.us/j/8063953593?pwd=DGZTVe51BTnCYLH5ROFQRLDZU2FYUT09)
PWD=DGZTVe51BTnCYLH5ROFQRLDZU2FYUT09
ZOOM ID: 806 395 3593
ZOOM PASSWORD: OASIS

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS BEACHCOMBING CHALLENGE GUIDE



WHAT TO LOOK FOR

- | | |
|------------------|----------------|
| SHELLS (VARIOUS) | SEA MARBLE |
| SPONGE | ANTIQUE BOTTLE |
| FOSSIL | SEA GLASS |
| BOTTLE STOPPER | SAND DOLLAR |
| UNIQUE ROCKS | DRIFTWOOD |
| | SHARK TOOTH |
| | MONEY |

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

LET'S GO TRIPPIN'

VIRTUAL TRAVEL PRESENTATIONS

Presented and narrated by Nino Mohan, Travel Expert



Every Saturday at 3:30pm

View our website for the new location each week.

Join us online each Saturday at 3:30pm for a virtual travel presentation presented and narrated by Nino Mohan, local Travel Expert. We travel to a new location each week by following along with a virtual slideshow including photos, videos and personal narration by Nino himself. The slide show is free



FOR ONLINE VIEWING DIRECTIONS,
VISIT OUR WEBSITE,
WWW.NEWPORTBEACHCA.GOV/OASIS



Virtual Drumming with Lee Kix

Stop "solo" sheltering in silence
Come make some sounds with Kix

Second Wednesday of the Month at 10am

Find something from around your house to Shake, Rattle or Roll and play along with Lee Kix on a Virtual ZOOM Drum Circle. Discover your own Inner Rhythm playing with some other fun seniors!

Add aTopic: My DRUM Meeting

[https://us04web.zoom.us/j/79419800988?](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09)

[pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09)

Meeting ID: 794 1980 0988

Password: 9ppm6U



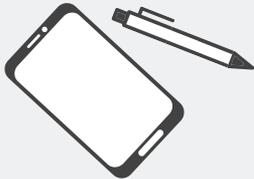
One-on One Technology Tutoring

with Carole Kamper



Private instruction designed to zero in on your computer/iPad/iPhone questions. Using the online platform Zoom, you and the instructor will have an opportunity to focus on the skills you want to improve.

- \$53 per 60 minute session. No refunds issued after registration.
- Dates and time will be agreed upon by instructor and student prior to registration.
- Contact the instructor directly to set up a mutually convenient time.
- Carole Kamper, cckamper@cox.net, (949) 230-5902
- Registration code is ORCS001



REGISTER ONLINE NOW!

Register online at **NEWPORTBEACHCA.GOV/REGISTER**

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov



CHAIR DANCE & FITNESS ONLINE

Keep your body and mind as healthy as you can. Did you know can reverse the signs of aging in your brain when you learn some simple dance steps that can be done sitting in the chair? Chair Dance and Fitness has easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to energizing music and have a joyful time moving with our uplifting instructors. Great for older adults and injury recovery!



ORCS50	8/3-8/24	Monday 11:15am-12pm	\$45
ORCS52	8/3-8/29	Anytime Access	\$125

- **REGISTRATION INCLUDES:** A NEW LINK IS EMAILED EVERY MONDAY JUST PRIOR TO CLASS, THIS IS A PRIVATE, PASSWORD-PROTECTED VIDEO.
- **ANYTIME ACCESS:** IF YOU ARE ENROLLED IN THE ANYTIME ACCESS VERSION OF THIS CLASS, YOU CAN VIEW YOUR VIDEO ANY TIME AS OFTEN AS YOU WANT DURING THE SESSION.
- **REQUIREMENTS:** STUDENTS WILL REQUIRE A LAPTOP, COMPUTER, OR TABLET, A GOOGLE ID, AND ACCESS TO A RELIABLE INTERNET CONNECTION. IF VIEWING ON MOBILE DEVICE, YOU NEED THE GOOGLE DRIVE APP.



REGISTER AT: WWW.NEWPORTBEACHCA.GOV/REGISTER



BARRE STRETCH & STRENGTH ONLINE



Live longer, get stronger! No floor work; Stand or sit for the whole class. You will be led through easy-to-follow, head-to-toe exercises that are effective and fun. A chair provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension.

ORCS42	8/3 - 8/24	MONDAY 10:15-11AM	\$65
ORCS44	8/3 - 8/29	ANYTIME ACCESS	\$145

- **REGISTRATION INCLUDES:** A NEW LINK IS EMAILED EVERY MONDAY JUST PRIOR TO CLASS, THIS IS A PRIVATE, PASSWORD-PROTECTED VIDEO.
- **ANYTIME ACCESS:** IF YOU ARE ENROLLED IN THE ANYTIME ACCESS VERSION OF THIS CLASS, YOU CAN VIEW YOUR VIDEO ANY TIME AS OFTEN AS YOU WANT DURING THE SESSION.
- **REQUIREMENTS:** STUDENTS WILL REQUIRE A LAPTOP, COMPUTER, OR TABLET, A GOOGLE ID, AND ACCESS TO A RELIABLE INTERNET CONNECTION. IF VIEWING ON MOBILE DEVICE, YOU NEED THE GOOGLE DRIVE APP.

REGISTER AT: WWW.NEWPORTBEACHCA.GOV/REGISTER

ZUMBA GOLD ONLINE



Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact, dance steps to a variety of motivating music. Sign up now, get results and feel the joy!

ORCS46	8/3-8/24	MONDAY 9-10AM	\$65
ORCS48	8/3-8/29	ANYTIME ACCESS	\$145

- **REGISTRATION INCLUDES:** A NEW LINK IS EMAILED EVERY MONDAY JUST PRIOR TO CLASS, THIS IS A PRIVATE, PASSWORD-PROTECTED VIDEO.
- **ANYTIME ACCESS:** IF YOU ARE ENROLLED IN THE ANYTIME ACCESS VERSION OF THIS CLASS, YOU CAN VIEW YOUR VIDEO ANY TIME AS OFTEN AS YOU WANT DURING THE SESSION.
- **REQUIREMENTS:** STUDENTS WILL REQUIRE A LAPTOP, COMPUTER, OR TABLET, A GOOGLE ID, AND ACCESS TO A RELIABLE INTERNET CONNECTION. IF VIEWING ON MOBILE DEVICE, YOU NEED THE GOOGLE DRIVE APP.



REGISTER AT: WWW.NEWPORTBEACHCA.GOV/REGISTER

OASIS SENIOR CENTER
is here to Support our Newport Beach Seniors

NEWPORTBEACHCA.GOV/OASIS
Monday-Friday ■ 8 a.m.-5 p.m. ■ Call us for assistance at 949-644-3244.

MEDICATION CONSULTATION
Free Personal Consultation on Medication Interactions

Have a one-on-one phone consultation with Dr. Bill Liu, the Orange County Health Care Agency Pharmacist, to discuss good medication management strategies to maximize efficacy and minimize drug side effects and potential drug interactions.

You and he will discuss the medications and supplements you are currently taking to allow him to make suggestions for improved medication management.

Call 714-972-3726 to make an appointment.

REGISTER YOUR BIKE ONLINE

NEWPORT BEACH POLICE DEPARTMENT HAS PARTNERED WITH PROJECT 529 AN ONLINE BICYCLE REGISTRY. IF YOUR BIKE GETS STOLEN, YOUR SERIAL NUMBER AND A DETAILED DESCRIPTION WILL BE AVAILABLE TO HELP OUR OFFICERS GET IT BACK!

www.project529.com/newportbeach

- TAKES FIVE MINUTES TO REGISTER AND IT'S FREE
- YOU CAN UPLOAD PHOTOS AND PERSONAL INFORMATION (ENCOURAGED)
- ONLY SUBSCRIBED LAW ENFORCEMENT (AND THE REGISTRANT) CAN VIEW THE PERSONAL INFO AND PHOTOS UPLOADED BY THE OWNER
- YOU CAN MARK YOUR BICYCLE AS STOLEN IN PROJECT 529, ALLOWING ANY LAW ENFORCEMENT AGENCY USING PROJECT 529 TO KNOW THE BIKE IS STOLEN AND RETURN IT (USING UPLOADED INFO)
- IT IS EASY TO REMOVE ONLINE IF YOU SELL THE BIKE

NEWPORT BEACH POLICE DEPARTMENT

When does my Friends of OASIS membership expire?

Check the printed line just above your mailing address on the back of this newsletter.

Questions? Call (949) 718-1800.

VIRTUAL SUPPORT GROUPS

FREE



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

LEGAL ASSISTANCE

Call for an appointment: 949-644-3244

Elderlaw attorneys donate their time and offer a free half-hour consultation.

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance.

Call for an appointment: 949-644-3244

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

Referrals to a vast assortment of information regarding senior services such as home health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

Medical Equipment to Loan

Wheelchairs, walkers, knee scooters, crutches and canes are available in the Administration Office.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

MEAL PROGRAM

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call the Meals Office at 949-718-1811.

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Payment: Riders purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Administration office or from a driver.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer be driving

Service is available

Monday- Friday, 8:00am-4:30pm

It is recommended that reservations be made at least three business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

The Good Grief Café

An informal virtual grief group facilitated by CareCHOICES Chaplain Chip Fisher. Pour yourself a cup of coffee and join us for conversation and a chance to talk about your loss with others on the same journey.

Every Second & Fourth Thursday
Each Month
3:00 - 4:30 pm
Meeting held on Zoom

Please RSVP to (949) 644 - 3244
or
oasiscenter@newportbeachca.gov
to receive the Zoom link





HARKER, CAMPBELL & BELFIELD LLP
A Limited Liability Partnership

Estate and Gift Tax Planning (Trusts, Wills, Powers of Attorney, Healthcare Directives), Elder Law, Long Term Care strategies including Conservatorships, MediCal Planning, Elder Abuse, Special Needs Trusts, Trust Administration, Trust Litigation and Probate. Home visits.

5000 Birch Street, Suite 405
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Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.
Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.
Fitness Center Refund Policy –A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.
Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services at the time of registration.

Refund Processing Time/Payment Type - Check/Cash- Refunds processed within 3-4 weeks by mailed check. Credit Card – Refunds processed within 3-5 days **CVC** _____

Credit Cards Accepted  **CC#** _____ **Exp. Date** _____ / _____ **42**



OASIS FITNESS CENTER

(949) 718-1818



To Our Members:

We are still missing each and every one of you everyday. We are hard at work, behind the scenes, thinking of alternative ways to bring fitness, activity, and movement to your daily lives while at home.

We hope that you have found our Weekly Workout Challenges, which we send via email every Wednesday, to be helpful in guiding you in staying active. We encourage you to visit the OASIS Fitness Center Website, where you can access all previous Weekly Workout Challenge flyers and some workout videos by one of our OASIS Personal Trainers.

- <https://www.newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis-senior-center/fitness-center>

At this time, we do not have a date for our reopen. As we receive direction from state and local government, we will continue to update you. Gathering accurate information and knowing the appropriate actions to take can be challenging, we ask for your continued patience and support during this time.

Membership Information:

All Fitness Center Memberships, which held current status as of March 13, 2020, and those which have expired during the COVID-19 closure, will be reinstated and extended for the period of time the OASIS Fitness Center is closed.

We hope you are enjoying the beautiful SoCal weather, safely of course.

Stay Active and Stay Healthy,
Melissa Gleason, Health and Wellness Supervisor
& Jena Delgado-Sette, Fitness Center Coordinator



Friends of OASIS
801 Narcissus Ave.
Corona del Mar, CA 92625-1501

TIME VALUE MATERIAL

Please deliver by
August 1

NON-PROFIT ORG
U.S. Postage
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Permit No. 302



OASIS NEWSLETTER - COVID 19 EDITION

AUGUST | 2020

(949) 644-3244



WWW.NEWPORTBEACHCA.GOV/OASIS



OASIS has gone **VIRTUAL!**

We are excited to offer a wide variety of virtual classes and programs, both free and fee-based. Check out our flyer featuring the upcoming schedule of free virtual offerings for the month of August.

We continue to add new programs throughout the month, so visit our website for a full listing and to register or RSVP.

www.newportbeachca.gov/oasis



OASIS VIRTUAL PROGRAMS

AUGUST 2020

UCI LECTURE: CBD PAIN MANAGEMENT

TUESDAY, AUGUST 4
@ 6PM *ZOOM*

UCI LECTURE: ACUPUNCTURE

TUESDAY, AUGUST 11
@ 6PM *ZOOM*

CAR CARE TIPS
TUESDAY, AUGUST 18
@ 10AM *ZOOM*

COFFEE TALK
TUESDAY, AUGUST 25
@ 10AM *ZOOM*

CARING CONNECTIONS
FRIENDLY REGULAR CHATS
WITH OASIS STAFF. CALL TO
SIGN UP 949-644-3244

ZOOM TUTORIALS
CALL TO SIGN UP 949-644-3244

MANAGING ANXIETY
TUESDAY, AUGUST 6
@ 1PM *ZOOM*

**BEST VACATION I'VE EVER
HAD**
WEDNESDAY, AUGUST 12
@ 10AM *ZOOM*

DIY SPICE MIX
WEDNESDAY, AUGUST 19
@ 4PM *ZOOM*

BEACHCOMBING
TUESDAY, SEPTEMBER 1
@ 10AM *ZOOM*

**DIRECT MAIL PEN PAL
PROJECT**
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

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT



OASIS SENIOR CENTER

OASISCenter@newportbeachca.gov | (949) 644-3244
801 Narcissus Avenue, Corona Del Mar, CA 92625

