

OASIS news

Older
Adult
Social &
Information
Services

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

MAY 2024

VOL. 48 NO. 5



**Click here to read the
May Newsletter**

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



OASIS SENIOR CENTER

801 Narcissus Avenue, Corona del Mar, CA 92625-1501
newportbeachca.gov/oasis

Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1818
Friends of OASIS: 949-718-1800

HOURS:

City Administration

M-Th 7:30am-5:30pm
Fr 7:30am-4:30pm
Sa-Su Closed

Fitness Center

M-Th 7am-7pm
Fr 7am-5pm
Sa-Su 7am-2pm

Friends of OASIS Admin

M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

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City Manager: Grace Leung
Recreation & Senior Services Director: Sean Levin
Deputy Director: Justin Schmillen
Senior Services Manager: Melissa Gleason
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Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: Savannah Bonifay
Recreation Coordinator: Hilda El-Souki
Transportation Coordinator: Elizabeth Arciniega
Department Assistant: Jessica Battioli-Caputo
Office Assistant: Stephanie Melero
Care-A-Van Drivers: Blanca Olazo
Jose Cardenas
Raul Cano
Araceli Gonzalez
Michael Hastert

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Rose Chikilian

AGE WELL MEALS STAFF:

Julie Sarantopoulos

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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



May is a month of celebration and remembrance, marked by special traditions and notable community events. As spring blooms, our hearts turn towards honoring mothers on Mother’s Day, a time to express gratitude for their unwavering love and support. Memorial Day follows, solemnly remembering the sacrifice of those who served their country. The Exchange Club of Newport Harbor presents the 15th Annual Field of Honor on May 17 through May 27. Please join them in honoring the defenders of our freedom, past and present, and first responders, as you walk along the paths of 1,776 American flags at the Castaways Park. See page 4 for more details.

Come over to OASIS Saturday, May 18 from 9-11:30a.m. for the Community Resource Expo. With over 70 vendors, including eight generous sponsors, this event will include a variety of local business, non-profits, assisted living facilities, medical devices, and much more! Start your morning with a complimentary breakfast as you visit with friends and meet new folks. For those interested, take advantage of the free thyroid screening conducted by UCI. Plus, don’t miss the class demo presented by CS Dance Factory, offering a glimpse into the exciting world of Zumba.

With gratitude,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



April showers (and we have had our share!) bring May flowers. What a great time of the year this is. We are coming into Summer, and we have a lot of events planned here at OASIS. Saturday, May 18th is our Community Resource Expo. We have more than 70 vendors set up in the Event Center and (weather permitting) outside on campus, that offer free class demos, wellness screening, and senior information that all of us should be interested in. We also offer you a free breakfast! Make a point of attending this annual event.

I don’t think I have informed you of this lately, that twice a year, we (Friends Board of Directors) meets with our “Board of Advocates” in the library at 8:00 until 9:00AM. The Advocates Board consists of the leaders and shakers of Newport Beach, like Homer Bludau who was past City Manager, Brad Avery who is City Council, Grace Leung who is our current City Manager, or Steve Rosansky who is CEO of our Chamber of Commerce. It is for the purpose of the Friends Board Members, informing these 15+ “Advocates” of what we, the Friends of OASIS are doing for and around the community. Each Board member explains their function on the Friends Board, to all the Advocates, so they can become informed, stay current, and can communicate our efforts to their constituents. We do this twice a year, and the feedback from the Advocates, after hearing our presentation, is very valuable to both parties. Your current Friends Board Members are some of the hardest working people I have ever met. We are so lucky to have these people working for the betterment of the community and OASIS. If you see one of our Board Members on Campus, take the time to thank them for their time and efforts.

Always at your service,

Mike

The Friends of OASIS
MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, MAY 3, 10:00AM

• \$10 MEMBERS/\$12 NON-MEMBERS

MENU: SANDWICHES, POTATO SALAD AND DESSERT


ENTERTAINMENT: OLIVIA ROHDE

PROFESSIONAL MUSICIAN, OLIVIA ROHDE AND ROBER, WILL PERFORM A VARIETY OF SOLFUL RENDITIONS OF BELOVED COVER SONGS.

MEAL SPONSORED BY: PACIFIC VIEW MEMORIAL PARK

PASTRIES SPONSORED BY: LOCAL LIVING SOLUTIONS

FRIENDS OF OASIS 949-718-1800

OASIS SENIOR CENTER 
Community Resource Expo

**SATURDAY, MAY 18TH
 9:00AM-11:30AM**

Event Schedule: FREE EVENT!

8:45AM: FREE BREAKFAST

9:00AM: VENDOR EXPO OPENS

9:00AM- FREE SCREENING: THYROID

11:30AM: PRESENTED BY: UCI HEALTH

**10:00AM: FREE CLASS DEMO: SALSA DANCE
 PRESENTED BY: CS DANCE FACTORY**

Event Sponsors:



801 NARCISSUS AVE., CORONA DEL MAR, 92625

OASIS SENIOR CENTER
 801 NARCISSUS AVE., CORONA DEL MAR
VETERANS SOCIAL GROUP

ERIC LONGABARDI
 MILITARY JOURNALIST
 INVESTIGATIVE REPORTER

BROKEN ARROW...

**TUESDAY, MAY 21, 2024
 11:30 AM
 EVENT CENTER
 RSVP 949-644-3244**



**Veterans of all ages are welcome
 Pizza, soda & water provided**



ADMISSION IS FREE



Exchange Club of Newport Harbor presents

★★★ 15th Annual ★★★

Field of Honor



MAY 17 through MAY 27

**CASTAWAYS PARK
 700 Dover Dr., Newport Beach**

Visitors welcome daily from 9:00 a.m. to 5:00 p.m.

Please join us to honor the defenders of our freedom, past and present, and first responders, as you walk along the paths of 1,776 American flags.

CEREMONIES HELD ON:

Armed Forces Day: Saturday, May 18 ■ Memorial Day: Monday, May 27



For more information about flag dedications, sponsorships and event details, visit exchangeclubofnewportharbor.com.



May 14 at 10am | OASIS Room 1

Lost Landmarks of Orange County

Presented by

Chris Epting, Author, Journalist & TV host

Join us for an exclusive presentation by author Chris Epting as he introduces his latest book, "Lost Landmarks of Orange County." Delve into a captivating journey through time with rare photographs and compelling stories of vanished locations that once defined the heart of Orange County. From iconic theme parks like Lion Country Safari to the enchanting Japanese Deer Park, and the thrilling California Alligator Farm, Epting's exploration extends to music venues, restaurants, drive-in theaters, and a myriad of other nostalgic destinations. Don't miss this opportunity to rediscover the lost treasures that shaped the history of Orange County.

RSVP at (949) 644-3244 or email
OASIScenter@newportbeachca.gov



Alzheimer's PRESENTS ORANGE COUNTY MUSIC FOR YOUR MIND

Presented by: Karen M. Skipper,
 MT-BC, Board Certified Music Therapist



A brain-stimulating session combining music, singing, and a trivia PowerPoint presentation that's lots of fun!

Funded by:
 Diane & Steve Lawrence

3RD THURSDAY
12:30PM - 1:30PM
 EVENT CENTER A

Please **RSVP** at (949) 644-3244 or email
OASIScenter@newportbeachca.gov



TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, May 28 • 10:00am - 12:00pm • Room 1
Vietnam, Cambodia, Laos, and Myanmar

Our adventure begins in Hanoi in North Vietnam, enjoy a cruise on the Halong Bay, meet ethnic communities in Sapa, travel to Danang- see its Cham sculpture and art museums, a long boat cruise on Perfume River in Hue and see the French inspired culture in Hoi An. Travel down the east coast of Vietnam to see the Mekong River delta near Ho Chi Minh City (Saigon), visit Cu Chi Tunnels, fly to Cambodia to see the capital Phnom Penh and Siem Reap and the Angkor Wat temple complex.

Travel to Laos- visiting Vientiane, Luang Prabang and the valley of stone jars and take a cruise on the Mekong River.

In Myanmar visit Yangon and its giant pagoda, Scott's Market, Fly to Mandalay to see the largest book in the world made of stone, travel to Inle Lake to meet the leg rower fishermen and weekly markets. In Bagan see hundreds of temples from a balloon ride. Sample the choices in a cruise on the Irrawaddy River.



OASIS SENIOR CENTER • 949-644-3244
WWW.NEWPORTBEACHCA.GOV/OASIS



Alzheimer's PRESENTS: ORANGE COUNTY

CLASSIC ROCK SING-A-LONG



Have fun while increasing your serotonin and endorphin levels by singing along with professional musician and singer **Jason Feddy!**

WEDNESDAY,
MAY 29, 2024
1:00 PM



RSVP by calling 949-644-3244 or email
OASIScenter@newportbeachca.gov





**NEWPORT HARBOR
LAWN BOWLING CLUB**

OPEN HOUSE

May 11th and 18th

10am - 3pm

📍 1550 Crown Drive North,
Corona del Mar, 92625



Walk-ins Welcome!

📞 949-640-1022 🌐 newportharborlbc.com

EXPERIENCE HEALING

8 Free Mental Health Counseling Sessions for Those 60 Years of Age and Older

To enroll please call:
(949) 452-0888 EXT 101
or email:
counseling@shantioc.org





SHARP

Senior Home Assistance Repair Program

Accessibility, Safety, Health & Well-Being, Code Violation

The Newport Beach Senior Home Assistance Repair Program (SHARP) aims to help income-qualified seniors in need of critical home repair or modifications due to accessibility needs, safety concerns, health and well-being, or a citation by Code Enforcement. The program forms a unique partnership between the OASIS Senior Center, owned and operated by the City of Newport Beach and Habitat for Humanity of Orange County.

APPLICATION PROCESS:

- Pre-application
- Full application & income verification
- In-person interview
- Home inspection

ELIGIBILITY*:

- Newport Beach homeowner living in the home that is in need of repair
- Age 60 and older
- Income restricted
- Home repair is of a critical nature

*For a full list of eligibility requirements, please contact OASIS staff or visit newportbeachca.gov/oasis

For more information, call 949-644-3244 or visit newportbeachca.gov/oasis.






FREE MEMORY SCREENINGS AND SUPPORT SERVICES

Presented by: **Alzheimer's ORANGE COUNTY**

- Memory Screenings
- Personalized, in-depth guidance
- Linkage to Resources
- Education on Brain Health

Professionals from Alzheimer's Orange County can conduct a free memory screening and can also discuss linkages to resources, ways to maintain brain health, and give in-depth guidance on issues related to changes in memory.

Contact us today Call 949-644-3244 or email OASIScenter@newportbeachca.gov

 **Appointments held at the OASIS Senior Center**






Spring CONNECTIONS

Shower Yourself With the Opportunity to Connect With Others!

**EVERY THURSDAY AT 2:00 PM
ROOM 5**

New friends Interesting discussions


CAREGIVER SUPPORT GROUP






WHEN:
2nd Wednesday
TIME:
1:00 PM - 2:30 PM
WHERE:
OASIS Senior Center Room 4

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.

PLEASE CONTACT US BY PHONE OR EMAIL IF YOU'RE INTERESTED IN CONNECTING.

 **800-543-8312**
 Lou.Rodriguez@providence.org
 www.caregiveroc.org

This project is funded in part through a grant from the California Department of Aging, Area Plan, and ARPA, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The materials or product were a result of a project funded by a contract with the California Department of Aging (CDA). The conclusions and opinions expressed may not be those of the CDA and that the publication may not be based upon or inclusive of all raw data. Services are provided free of charge. Voluntary contributions are gratefully accepted, and no one is denied for inability to contribute.

THE GOOD GRIEF SUPPORT GROUP

An informal grief group facilitated by CareCHOICES Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey.

**1st, 3rd (&5th) Wednesdays
9:00 AM
Room 4
No RSVP needed
Questions: (949) 644-3244**





Alzheimer's ORANGE COUNTY

Support Group For Family Members & Caregivers

**2nd & 4th WEDNESDAYS OF THE MONTH
10:00 AM - ROOM 5**

A safe place to share and receive valuable information and support from people who understand





Support Programs

SENIOR ASSESSMENT PROGRAM

OASIS Staff assists seniors by suggesting and coordinating services, allowing them to stay in their homes and live independently. An assessment of the current living situation is conducted by phone or in-person, and then a variety of outside agencies as well as OASIS programs are suggested.

INFORMATION & REFERRAL

Referrals to a vast assortment of information regarding senior services such as Home Care, Medicare Assistance, Housing Options, Dementia Care, Support Groups, Financial Resources and more. If we don't know, we will find out..

SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

Newport Beach residents 60+ can receive critical home repairs and modifications to improve safety and accessibility. Must meet income guidelines and other program requirements. Call the Administration office for more information 949-644-3244

MEDICAL EQUIPMENT LOAN

Wheelchairs, rollators, walkers, canes, crutches, and knee scooters are available for a one-month loan in the Administration office.

TELEPHONE REASSURANCE

Daily telephone call for seniors who live alone and want someone to check on them.

LEGAL ASSISTANCE

Estate Planning Attorneys donate their time and offer a free half-hour consultation on what they would charge to do the legal work you need. Call the Administration office for their contact information.

HICAP: HEALTH INSURANCE COUNSELING

Health Insurance Counseling and Advocacy Program (HICAP) counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, and supplemental. Call 949-644-3244 to schedule an appointment.

MEMORY SCREENING

There is a \$45 fee for the screening. Provided by Orange County Vital Brain at HOAG. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized, confidential memory screening at the OASIS Senior Center please call **949-764-6288**.

BLOOD PRESSURE SCREENING

OASIS Room 4
RSVP Not Required 1st Friday 9-11am Free



Support Groups

ALZHEIMER'S SUPPORT GROUP

For family members and caregivers. Share support and receive valuable information and resources from people who understand.

Location: OASIS Room 5
RSVP not Required 2nd & 4th Wednesdays 10am Free

NEW! CAREGIVER SUPPORT GROUP

Emotional support and resources for family caregivers.

Location: OASIS Room 4
RSVP not Required 2nd Wednesday 1pm Free

CONNECTIONS GROUP

Make deeper connections and new friends. Gather with others to engage in positive topical conversation led by a facilitator from Shanti OC.

Location: OASIS Room 5
RSVP not Required Thursdays 2pm Free

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son/daughter, brother/sister, or a grandchild; helping others better assist the grieving family. For more information please call Basia Mosinski at 844-444-8231.

Location: OASIS Room 5
RSVP not Required 3rd Wednesday 6:30pm Free

THE GOOD GRIEF GROUP

An informal grief group facilitated by CareChoices Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey. For more information please call 949-644-3244.

Location: OASIS Room 4
RSVP not Required 1st, 3rd, 5th Wednesday 9am Free

VETERANS SOCIAL GROUP

Meeting includes food, fun, socializing, comradery with other veterans, guest speakers, sharing stories and interests.

Location: Event Center-A
RSVP 949-644-3244 3rd Tuesday 11:30am Free

OASIS SENIOR CENTER
TRANSPORTATION SERVICE



The OASIS Senior Center provides curb-to-curb transportation to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within Newport Beach City limits.

SERVICE HOURS:

- Monday - Thursday: 7:45am - 4:30pm
- Friday: 7:45am - 4:00pm

SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30am

PRICING:

- \$1.50 to the senior center (each way)
- \$3.00 for all other locations (each way)

ELIGIBILITY:

- Must be 60+
- Live in a private residence
- Reside within Newport Beach
- No longer driving
- Restrictions apply*

To sign up
 or for more
 information
 please call
 949-644-3244

Transportation Clients



OASIS is offering two shopping trips this month:

99 Cent Store on Thursday, May 9
 and
Target Store on Thursday, May 23



Call the Administration Office at
 949-644-3244
 to reserve your spot!



Meal Services

AGE WELL SENIOR SERVICES-LUNCH CAFE

Come join us daily in the Evelyn Hart Event Center for a delicious lunch catered by Zest in a Bowl. The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables, with protein. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.

LUNCH SERVICE:

- Monday - Friday: 12:00 - 12:30pm

PRICE:

- Suggested donation of \$5.50 per meal is appreciated

RSVP REQUIRED: Lunch requests must be made three business days in advance by calling 949-718-1820.

MEALS ON WHEELS-HOME DELIVERED MEALS

Three (3) nutritious meals are delivered Monday through Friday to home-bound seniors (60+) who qualify for the program. This program is provided by Age Well Senior Services. Volunteers take time from their days and use their own vehicles to lovingly ensure no senior is without a meal. For more information about the program, how it works or if you or a loved one qualifies, please call 949-718-1811.

Age Well
Orange County's partner in aging



LUNCH CAFE

AT OASIS

Grab a friend or two and have lunch at OASIS. Fresh menu with a variety of calorie smart dishes.

60+ a \$5.50 contribution is optional, 59 and younger cost to dine is \$7.50.

Call to Make a Reservation Today:
949-718-1820



Learn More At:
www.myagewell.org

Refund Policy

- **Refund Request - Must be submitted prior to the second class meeting**
 - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **Refund Fee** - Will be assessed for all refunds
 - \$10 for classes priced \$74 and under
 - \$20 for classes priced \$75 and above
- **Check/cash** - Refunds processed within 3-4 weeks by mailed check.
- **Credit Card** - Refunds processed within 3-5 days to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman ehuberman@me.com
 Join us the third Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads.
Topic: Book set in the British Isles
OASIS Room 5
 RSVP not required 3rd Wed 10:30am-Noon Free

CREATIVE WRITING JUMPSTART

Dorothy Spirus YourProfessorD@gmail.com
 You want to write, but don't know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.
Online
SS3083 7/3 Th 7-9pm \$85/1

CREATIVE WRITING

Dorothy Spirus YourProfessorD@gmail.com
 Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This live, online class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.
Online
SS3080 7/11-8/15 Th 7:30-9pm \$205/6

CURRENT EVENTS DISCUSSION

Mark Burcaw, Joe Giordano & Larry Ring
 Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.
OASIS Library
 RSVP not required M 3-5pm Free

Code of Conduct

All participants are expected to exhibit appropriate behavior at all times while participating, being a spectator, or attending any program or activity conducted or sponsored by the City of Newport Beach Recreation & Senior Services Department.

The following guidelines are designed to provide safe and enjoyable activities for all participants:

- Be respectful to all participants and program staff.
- Take direction from program staff/supervisors.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants, or program staff/supervisors.
- Refrain from damaging equipment, supplies, and facilities.
- Refrain from harassment of staff, instructors or participants.

Failure to follow these rules may result in denial of program participation privileges. The City of Newport Beach Recreation & Senior Services Department strives to make your participation fun- filled, rewarding, educational and safe.



DRIVER SAFETY (AARP)

AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Check with your insurance if completing of the course qualifies for a discount. **You must attend class on both days to complete course.**

- Advance registration preferred. Call 949-644-3244
- Fee: \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.
- Monday 6/10: 4-hour Refresher course. Available to those who have taken the full 8-hour course within 3 years.

OASIS Room 2

RSVP 5/15 & 5/16	W/Th	1-5pm	\$20/\$25
RSVP 6/10	M	1-5pm	\$20/\$25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

Short stories, Shakespeare's plays, Homer's Odyssey. Sail the vast seas of English and American fiction. Upon finishing Homer's poetic Odyssey, discover modern short stories. Also revisit Shakespeare's classics, Hamlet and King Lear. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds. Please contact instructor for updated information.

OASIS Room 1B

SS2059	3/22-6/7	F	10am-Noon	\$95/12
SS3059	6/14-8/30	F	10am-Noon	\$100/12

TACKLING SPORTS

Laird Hayes & Tom Johnson

Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.



Speakers: Charlie Buckingham and David Blackman, Olympic Sailboat Racing and Judging Sailing Races

OASIS Room 1

RSVP not required	3rd Tu	3-4:30pm	Free
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KNITTING

Roberta

949-715-3438

This group of needle-workers meets weekly to work on individual projects. New members welcome.

OASIS Room 3

RSVP not required	Ongoing	W	12-3pm	Free
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OASIS PLAYERS

May Kramer

Like to perform? Act, sing, dance? Join the OASIS Players!

OASIS Room 2A

RSVP not required	W	1-3pm	Free
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PHILOSOPHY DISCUSSION GROUP

Dave Larue

dkla2018@outlook.com

The Philosophy Discussion Group focuses on a wide variety of ad hoc topics. Previous topics include the philosophy of existentialism, love, happiness, intelligence, stupidity, polarization in America, cults, to name a few. We follow the definition of philosophy as the "love of knowledge" and will investigate any topic that is of interest to us. The goals of the group are thoughtful discussions that have meaning to our lives as seniors.

OASIS Room 1A

RSVP not required	5/14 & 5/28	Tu	3-4:30pm	Free
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CHRONICLING LIFE MEMORIES

Marla Miller

www.Marlamiller.com

Autobiography and Memoir. No need to be 'a writer' to craft your life story for posterity. In class, students learn the difference between memoir and autobiography and which story form may be the right fit. If you haven't begun to write your story, start in class with writing prompts offered to inspire that include the instructor's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

- ZOOM online workshop is designed for participants who choose not to attend in person

OASIS Room 5

SS2086	4/30-6/4	Tu	10am-12:30pm	\$150/6
SS3085	6/18-8/27	Tu	10am-12:30pm	\$225/11

TRAVEL SHOWS WITH NINO

Nino Mohan

nino@virtualtraveltalks.com

Enjoy an in-depth sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer Nino Mohan. Slideshows include photos, videos and personal narration by Nino himself.

OASIS Room 1

RSVP not required	4th Tu	10am-Noon	Free
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WRITING ROUNDTABLE

Jos Vloet

vloetjozef@gmail.com

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. RSVP required, contact group leader.

OASIS Room 5

RSVP required	W	1-3pm	Free
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Registration for classes listed in bold starts Thursday, May 16 at 8am



Fine Arts

FREEHAND DRAWING

Nancy Wahamaki's Art World nwvasek@gmail.com

Join in this fun drawing class! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings.

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A

SS2006 5/8-6/5 W 9-11am \$125/5

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World nwvasek@gmail.com

This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. **No class 5/27**

- **Please bring:** a project you are currently working on and any supplies you may need.

OASIS Art Center

SS2004 5/6-6/3 M 9am-Noon \$92/4

INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer jnetzer2@hotmail.com

This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Potters wheels are available. Please bring your own hand tools.

- **Additional fee:** \$15 (material)
- **Clay Purchase:** \$18/bag

OASIS Art Center

SS3039 6/12-8/14 W 9am-Noon \$185/10

NEW! BEG/INTERM WATERCOLOR

Bobbi Boyd 949-544-9383

In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasize on learning good composition along with good technique. You're going to painlessly learn to draw better too. What you chose to paint is really about your personal voice. Take photos and look in magazines and online (pinterest is good) for images you'd like to work with.

- **Please Bring:** Material list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS2096 5/1-5/29 W 1-4pm \$250/5

SS3095 6/5-6/26 W 1-4pm \$200/4

SS3096 7/3-7/31 W 1-4pm \$250/5

SS3097 8/7-8/28 W 1-4pm \$200/4

OIL PAINTING- BEGINNING

Bobbi Boyd 949-544-9383

This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. Have you been at this for a while? I will continue to introduce techniques and ideas to help you become more proficient and more able to achieve your vision. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started.

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Art Center

SS2092 5/7-5/28 Tu 1-4pm \$200/4

SS3091 6/4-6/25 Tu 1-4pm \$200/4

SS3092 7/2-7/30 Tu 1-4pm \$250/5

SS3093 8/6-8/27 Tu 1-4pm \$200/4

DRP210 Drop-In (No Refunds) \$50/1

OIL PAINTING- INTERMEDIATE

Jim Ellsberry jim@jimEllsberry.com 310-218-2658

This class is about COLOR – exploration, awareness, and a better understanding of color – using landscape as our subject. We go beyond our comfort zone of neutrals and grays by expanding our use of color hues, pushing our understanding of color value, and learning ways to alter color saturation... all to help us achieve richness, depth, and atmosphere in our work. Join us and unlock a bigger and bolder world of color in your paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$15 (material)

OASIS Art Center

SS2061 4/29-6/3 M 1-3:30pm \$245/5

SS3060 6/17-7/15 M 1-3:30pm \$245/5

SS3061 7/29-8/26 M 1-3:30pm \$245/5

Registration for classes listed in bold starts Thursday, May 16 at 8am

WOODCARVERS AND CRAFTERS WORKSHOP

Pat Livingston OASISWoodcarving@gmail.com
This social group works on individual projects and welcomes all levels of crafters. All crafters provide their own patterns and materials. Wood crafts include different types of carving, intarsia, marquetry, scrolling. Other crafts are open to one's imagination including model building, pyrography, creating games and puzzles and gourd art. Members assist other members to help develop skills. Members may have an occasional minimal fee for class tool and machine maintenance.
OASIS Art Center
RSVP Not Required Th 8-11am See above

Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson **949-675-5182**
Class is conducted exclusively in French. Literature will include classic and modern fiction. Current selections will be by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Reading at home and in class will be followed by short essays and answers to questions, as well as by classroom discussion. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B
SS2008 3/20-6/5 W 10am-Noon \$95/12
SS3008 6/12-8/28 W 10am-Noon \$95/12

FRENCH-INTERMEDIATE

Leo Vortouni leosailor21@gmail.com **949-607-9104**
Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom.

SPANISH LITERATURE BOOK CLUB

Darielle Wilson **949-675-5182**
Take a journey the second Monday of the month into literature in Spanish. Meet Latin American and Spanish writers, classic and modern. Contact instructor for current readings.

OASIS Room 5
RSVP required 2nd M 2:30-4:30pm Free

INTERMEDIATE SPANISH CLUB

Nida Fernandez, Ph.D nidit@att.net
Studying the spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome. **No class 6/3, 9/9, 9/16**

OASIS Room 4
RSVP required M 12:30-2:00pm Free

Registration for classes listed in bold starts Thursday, May 16 at 8am

PORTAL LANGUAGES

Portal Languages **714-979-1655**
Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.

No Class 5/27
• A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

OASIS Room 1A

Beginning French 1

SS2049	5/20-6/5	M/W	5-6pm	\$130/5
SS3047	6/10-6/26	M/W	5-6pm	\$155/6
SS3048	7/8-7/31	M/W	5-6pm	\$225/8
SS3049	8/5-8/28	M/W	5-6pm	\$225/8

Beginning French 2

SS3159	6/10-6/26	M/W	6-7pm	\$155/6
SS3160	7/8-7/31	M/W	6-7pm	\$225/8
SS3161	8/5-8/28	M/W	6-7pm	\$225/8

OASIS Room 1B

Beginning Italian 1

SS2055	5/20-6/5	M/W	5-6pm	\$130/5
SS3053	6/10-6/26	M/W	5-6pm	\$155/6
SS3054	7/8-7/31	M/W	5-6pm	\$225/8
SS3055	8/5-8/28	M/W	5-6pm	\$225/8

Beginning Italian 2

SS2154	4/22-5/15	M/W	6-7pm	\$205/8
SS3153	6/10-6/26	M/W	6-7pm	\$155/6
SS3154	7/8-7/31	M/W	6-7pm	\$225/8
SS3155	8/5-8/28	M/W	6-7pm	\$225/8

OASIS Room 4

Beginning Spanish 1

SS2046	5/20-6/5	M/W	4-5pm	\$130/5
SS3044	6/11-7/30	Tu	12:30-1:30pm	\$200/8
SS3045	8/6-8/27	Tu	12:30-1:30pm	\$100/4

Beginning Spanish 2

SS2052	5/20-6/5	M/W	5-6pm	\$130/5
SS3046	6/11-7/30	Tu	1:30-2:30pm	\$200/8

Intermediate Spanish

SS3050	8/6-8/27	Tu	1:30-2:30pm	\$100/4
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GERMAN-INTERMEDIATE

Barbara Corlett bcorlett@cox.net
The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2006 publication date), which can be purchased online, is the required text for the class.

- \$20 materials fee due to instructor.
- Email instructor to RSVP - bcorlett@cox.net

OASIS Room 4

RSVP required 9/7/23-5/25/24 Th 1-2pm Free

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper 949-230-5902

Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.

- Contact the instructor directly to set up lesson date/time
- Dates and times to be agreed upon prior to registration.
- Registration and payment due to OASIS prior to lesson. No refunds once registered.

DRP200 \$60 per hour

WHAT GOOD ARE THESE APPS ON MY PHONE?

Carole Kamper 949-230-5902

Do you want to do online banking? Do you want to learn more about Venmo or Zelle? Schedule an appointment with a health care provider? Order lunch or dinner? Check flight status or get driving directions? Watch and participate in a Zoom meeting? Would you like to learn about the world of Podcasting? If you are wondering how to do more with APPS come explore all the things you can accomplish from your iPhone.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2029 5/21 Tu 1-3pm \$42/1

SS3028 6/25 Tu 1-3pm \$42/1

SS3029 8/28 W 10:30am-12:30pm \$42/1

APPLE IPHONE FOR BEGINNERS

Carole Kamper 949-230-5902

The class is designed for new and not so new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version/model of your Apple iPhone for this class.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2021 5/14 Tu 1-3pm \$42/1

SS2022 6/3 M 10:30am-12:30pm \$42/1

SS3020 7/9 Tu 1-3pm \$42/1

SS3021 8/19 M 10:30am-12:30pm \$42/1

IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com

Insight into the latest iOS 17 features. Much has changed since our prior in-person classes. This class will bring you up to date. Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers secrets hidden in apps including new App Library, Camera, Photos, Notes, Mail, Messages, Maps, Widgets, Calendar, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.

- **Requirement:** This class is only for users who have an iPhone Xs, XR or newer with iOS 17 installed.

OASIS Room 2A

SS2144 4/11-5/2 Th 10am-Noon \$40/4

APPLE WATCH MOST USEFUL FEATURES

Jake Jacobs jakeair99@gmail.com

The most useful features of the Apple Watch including selecting and customizing watch faces and complications, built-in apps, including health apps such as ECG, Blood SpO₂, and Heart rate. Learn about settings to customize your Apple Watch to your way of life. Learn how to use Apple Pay directly from the Apple Watch; no iPhone required. Quickly call 911. See an alphabetical list of all your apps on the watch screen. Send and receive Mail and text Messages on your Apple Watch. Use and customize the Apple Watch Control Center. Use the flashlight feature. Take a screenshot of your Apple Watch screen. Add new, custom watch faces, Access 8 apps directly from one Watch face. And much more.

- **Requirement:** Includes Apple Watch Series 4 through 9, Ultra and Watch OS 10. iPhone IOS 17 installed.

OASIS Room 2A

SS2146 5/9 Th 10am-Noon \$15/1

DIGITAL PHOTO EDITING

Barbara Yin Milbert pacpal33@yahoo.com

Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.

- **Prerequisite:** Computer Basics or equivalent.
- **Please Bring:** Phone or camera cord to class.

OASIS Computer Lab

SS3143 8/22 & 8/29 Th 11am-Noon \$40/2

50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs jakeair99@gmail.com

The most useful hidden iPhone tips and features every user should know There are many features hiding in plain sight on your iPhone. This course acquaints you with many of these features that you may not have known about. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirement:** This class is only for users who have an iPhone XR or Xs or newer with iOS 17 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS2145 5/23 Th 10am-Noon \$20/1

COMPUTER SKILLS-INTERMEDIATE

Carole Kamper

This class is for participants who have had some prior experience with Windows 10. You do not need to own a computer to attend. It will familiarize you with working with folders and files. Emphasis will be on the use of the programs included in Microsoft Windows such as Calendar, Calculator and Sticky Notes. The steps in creating, saving and retrieving files will be reviewed using Paint 3-D, WordPad.

- **Prerequisite:** Computer Basic or equivalent.

OASIS Computer Lab

SS2030 4/30 & 5/7 Tu 10:30am-12:30pm \$45/2

EBAY 1

Barbara Yin Milbert **pacpal33@yahoo.com**

Learn to buy and sell items on eBay.

- **Prerequisite:** basic computer skills and familiarity with the internet.

OASIS Computer Lab

SS3032 6/13 Th 10am-Noon \$40/1

INTRO TO WORD

Barbara Yin Milbert **pacpal33@yahoo.com**

Learn to open and save a new document, cut, copy, and paste, use spell check, change fonts, text size, style and color, organize your files, insert pictures, and more. **No class 5/16**

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS2038 4/25-5/23 Th 9:45-10:45am \$70/4

SS3038 7/11-8/8 Th 9:45-10:45am \$70/4

INTRO TO EXCEL

Barbara Yin Milbert **pacpal33@yahoo.com**

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. **No class 5/16, 7/18**

- **Prerequisite:** Computer Basics and Skills or equivalent

OASIS Computer Lab

SS2037 4/25-5/23 Th 11am-Noon \$70/4

SS3037 7/11-8/8 Th 11am-Noon \$70/4

EXCEL REFRESHER

Barbara Yin Milbert **pacpal33@yahoo.com**

Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.

- **Prerequisite:** Intro to Excel or equivalent

OASIS Computer Lab

SS3140 8/22 & 8/29 Th 9:45-10:45am \$40/2

MAKING A SHUTTERFLY ALBUM

Carole Kamper **949-230-5902**

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS2127 6/4 Tu 1-3pm \$42/1

SS3126 7/29 M 10:30am-12:30pm \$42/1

SS3127 8/27 Tu 1-3pm \$42/1

IPAD BASICS

Carole Kamper **949-230-5902**

This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2024 5/22 W 10:30am-12:30pm \$42/1

SS3023 6/11 Tu 1-3pm \$42/1

SS3024 7/22 M 10:30am-12:30pm \$42/1

Cards & Games

BRIDGE-POPULAR BIDDING CONVENTIONS

Rose Reynolds, ACBL Life Master **parenolds@aol.com**

Bridge is a card game that requires communication and cooperation between partners. To improve your bidding and play, you need to learn some bridge conventions, which are special agreements that give specific meanings to certain bids. In this class, you will learn the 4 most widely used bridge conventions that you should know, namely: Stayman, Jacoby Transfers, Roman Key Card Blackwood and Strong Two Club Openings. No partner necessary.

- **Additional Fee:** \$15 (material)

OASIS Room 3

SS2121 4/2-5/21 Tu 4-5:30pm \$154/8

BRIDGE -INTRODUCTION TO DUPLICATE BRIDGE

Rose Reynolds, ACBL Life Master **parenolds@aol.com**

Do you enjoy playing cards and meeting new people? If so, you might want to try duplicate bridge. What is duplicate bridge? A bridge card game where you play the same hands as other pairs and compare your scores. In this class, you will learn the basics of duplicate bridge, such as the rules, rotation of pairs and scoring. Students will have the opportunity to earn American Contract Bridge League master points. Beginning bridge experience is a prerequisite. No partner necessary.

OASIS Room 3

SS2018 5/13-6/3 M 9:30-11am \$66/3

BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master **parenolds@aol.com**

Welcome to Beginning Bridge. Whether you're completely new to the game or looking to refresh or reinforce your skills, the expert instructor will walk you through the very basics of the game step by step. The class is 100% interactive. Students will learn the game by using cards on the table and will playing bridge in the first class. By learning the game of bridge your life will be greatly enhanced with a wonderful new hobby to share with friends and family.

- **Additional Fee:** \$15 (material)

OASIS Room 3

SS3019 7/16-8/20 Tu 1-2:30pm \$132/6

Registration for classes listed in bold starts Thursday, May 16 at 8am



BEGINNING BRIDGE 2

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Pick up where you left off or come back and reinforce concepts you may have missed the first time around. The instructor will walk the students through some of the most important fundamentals of bridge: Opener's rebid, responder's rebid, weak two bids, preemptive three bids and the classic takeout double.

- **Additional Fee:** \$15 (materials)

OASIS Room 3

SS3012 7/16-8/20 Tu 3-4:30pm \$132/6

BRIDGE- SUPERVISED PLAY

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Elevate Your Game with Expert Guidance. The supervised play class is designed to reinforce your bridge skills in a supportive environment. We will play 8 pre-arranged hands centered around one topic each week. The instructor will review and reinforce the bidding, opening lead and defense. The instructor will provide personalized feedback and tips to help you excel. Engage in friendly card play, ask questions, and gain confidence as you navigate the hands with fellow players. Elevate your bridge proficiency and enjoyment of bridge after just 6 classes.

- **Additional Fee:** \$10 (material)

OASIS Room 3

SS3011 7/17-8/21 W 9:30-11:00am \$132/6

BRIDGE BASICS 2

Jane Dober, ACBL Gold Life Master Janedober@gmail.com

Competitive Bidding. Class to open to any bridge player -Each class includes pre-dealt boards to play that re-inforces the lesson. Lessons include total review of opening on the 1 level, and rebids, preemptive opening bids part 1, preemptive opening bids part 2, overcalls-competitive bidding guidelines, overcalls, and total review.

OASIS Room 3

SS2009 4/9-5/14 Tu 9:30-11:30am \$160/6

BRIDGE -TOTAL REVIEW

Jane Dober, ACBL Gold Life Master Janedober@gmail.com

Lessons include opening on the one level, opening on the two level, and competitive bidding auctions.

SS2010 5/21-6/4 Tu 9:30-11:30am \$75/3

BRIDGE- "JUNE GLOOM" PLAY PRACTICE

Rose Reynolds, ACBL Life Master pareynolds@aol.com

June Gloom bridge fun: Shuffle, Deal and Play. Do you love bridge but sometimes feel frustrated by your mistakes or need a little assistance with bidding, opening leads and defense? This is the class for you. Whether you are a beginner or a seasoned player you will have the opportunity to seek guidance from a certified instructor as situations arise in real time at the card table. At the end of this class, you will have improved your all around bridge skills and enjoy the game even more.

OASIS Room 3

SS3120 6/5-6/26 W 4-5:30pm \$88/4

BRIDGE- " STARS AND STRIPES" PLAY PRACTICE

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Stars and Stripes bridge fun: Shuffle, Deal and Play. Do you love bridge but sometimes feel frustrated by your mistakes or need a little assistance with bidding, opening leads and defense? This is the class for you. Whether you are a beginner or a seasoned player you will have the opportunity to seek guidance from a certified instructor as situations arise in real time at the card table. At the end of this class, you will have improved your all around bridge skills and enjoy the game even more.

OASIS Room 3

SS3121 7/15-8/21 M 4-5:30pm \$132/6

DUPLICATE BRIDGE

Terry and Gene Casavant

949-854-8138

zeitnje1@gmail.com

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeitnje1@gmail.com or 949-854-8138.

OASIS Room 2

RSVP Required Ongoing Tu/F 9:45am-2pm \$1

ACBL DUPLICATE BRIDGE

Gail Schneider

949-472-8010

This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary. Free lessons for beginner/intermediate players at 2:15pm. Game starts at 2:30pm.

OASIS Room 2

RSVP not required Ongoing Tu 2:30-6pm \$12

MAH JONGG

Doris Melnick

310-488-8338

Experienced players meet to play, no instruction is given.

- American Mah Jongg card and rules only.

OASIS Room 3

RSVP Not Required Ongoing M/F 12:30-3:30pm Free

Registration for classes listed in bold starts Thursday, May 16 at 8am

FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class 5/24, 5/27, 7/1, 7/5**

OASIS Dance Room

SS2501	4/1-6/3	M	10:15-11:00am	\$176/9
SS2502	4/5-6/7	F	10:15-11:00am	\$176/9
SS3501	6/10-8/26	M	10:15-11:00am	\$220/11
SS3502	6/14-8/30	F	10:15-11:00am	\$220/11

BETTER LIFE BOXING

Sara Gutierrez sararez@betterlifeboxing.com
This class is a great way to learn boxing technique and mobility to better your balance, strengthen muscles, and to get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels are welcome to fit your specific fitness needs. **No class 5/27, 7/4**

- **Please bring:** a yoga mat, towel and water.
- **Required:** boxing gloves. Please purchase these on your own (12 oz. size gloves are appropriate), can be found at most sporting goods stores.

OASIS Dance Room

SS2504	5/6-6/3	M	3:30-4:30pm	\$85/4
SS3503	6/10-7/1	M	3:30-4:30pm	\$90/4
SS3504	7/8-7/29	M	3:30-4:30pm	\$90/4
SS3505	8/5-8/26	M	3:30-4:30pm	\$90/4

OASIS Room 1

SS2506	5/9-6/6	Th	3:30-4:30pm	\$110/5
SS3506	6/13-7/18	Th	3:30-4:30pm	\$110/5
SS3507	8/1-8/29	Th	3:30-4:30pm	\$110/5

DRP261 Drop-In (No Refunds) \$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu
This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor.

OASIS Event Center

Ongoing 1/29-5/24 M 11:30-12:30pm Free

Registration for classes listed in bold starts Thursday, May 16 at 8am

CHAIR EXERCISE

Judy Aprile jijaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 5/8, 5/27, 6/12, 7/10, 8/14**

OASIS Event Center

SS2508	5/1-5/29	M/W	10:05-11:00am	\$47/7
SS2509	6/3-6/26	M/W	10:05-11:00am	\$47/7
SS3508	7/1-7/31	M/W	10:05-11:00am	\$59/9
SS3509	8/5-8/28	M/W	10:05-11:00am	\$47/7

FALLPROOF® BALANCE & MOBILITY

Selena Cofinco selenacofinco@gmail.com (949) 547-6389

This class is a progressive program of activities designed to improve balance and reduce fall risk. Participants will benefit from this class by improving seated/standing posture, improving walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities. Space is limited to 12 students. **No class 5/27, 5/29, 6/26, 7/1, 7/3, 7/31**

- **Registration:** must register in person at OASIS.
- **Requirement:** pick up forms from the OASIS Admin. Office to complete and bring to the first day of class.

OASIS Room 1

SS2510	3/25-6/5	M/W	1:30-2:30pm	\$270/18
SS3510	6/17-8/14	M/W	1:30-2:30pm	\$215/14

GOLF GROUP

Greg Nelson greghbnelson@me.com

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.

- The format is team competition, picked randomly.
- Handicaps range from 10 to maximum 30.
- Contact greghbnelson@me.com for available openings. RSVP Required Ongoing M/W/F approx. 9am

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body.

- **Please bring:** a mat; hand weights (Tuesdays) and resistance bands (Thursdays).

OASIS Event Center

SS2512	4/16-5/9	Tu/Th	8-9am	\$65/8
SS2513	5/14-6/6	Tu/Th	8-9am	\$65/8
SS3516	6/11-7/2	Tu/Th	8-9am	\$58/7
SS3517	7/9-8/1	Tu/Th	8-9am	\$65/8
SS3518	8/6-8/29	Tu/Th	8-9am	\$65/8

DRP263 Drop-In (No Refunds) \$12/1

Classes

HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

Safe and effective as we work function over form. Hatha yoga is for every body. If you can breathe, you can do yoga. This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness in body, mind and spirit so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor. **No class 7/4**

- **Prerequisite:** able to be in a plank position from your knees, able to get up and down from the ground unassisted.
- **Please bring:** yoga mat.

OASIS Dance Room

SS2514	3/25-5/20	M	11:30am-12:30pm	\$185/9
SS2515	3/28-5/23	Th	10:30-11:30am	\$185/9
SS2516	3/25-5/23	M/Th	above times	\$365/18
SS3519	6/10-8/26	M	11:30am-12:30pm	\$245/12
SS3520	6/13-8/29	Th	10:30-11:30am	\$225/11
SS3521	6/10-8/29	M/Th	above times	\$465/23
DRP264	Drop-In (No Refunds)			\$25/1

IYENGAR YOGA

Carolyn Matsuda cmats84@msn.com **714-388-4328**

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 5/27, 5/30, 5/31, 7/1, 7/4, 7/5**

- **Prerequisite:** able to get up and down from the ground unassisted.
- **Please bring:** a sticky mat, if you have 3 yoga blankets, bring those, more details to be given the first day of class.

OASIS Room 1

SS2518	4/29-6/3	M	10-11:15am	\$100/5
SS2520	5/2-6/6	Th	10-11:15am	\$100/5
SS2522	5/3-6/7	F	1-2:15pm	\$105/5
SS3522	6/10-7/15	M	10-11:15am	\$100/5
SS3523	7/22-8/26	M	10-11:15am	\$120/6
SS3524	6/13-7/18	Th	10-11:15am	\$100/5
SS3525	7/25-8/29	Th	10-11:15am	\$120/6
SS3526	6/14-7/19	F	1-2:15pm	\$100/5
SS3527	7/26-8/30	F	1-2:15pm	\$120/6

2-days a week

SS2524	4/29-6/7		above days/times	\$190/10
SS3528	6/10-7/19		above days/times	\$190/10
SS3529	7/22-8/30		above days/times	\$228/12

3-days a week

SS2526	4/29-6/7		above days/times	\$270/15
SS3530	6/10-7/19		above days/times	\$270/15
SS3531	7/22-8/30		above days/times	\$324/18

DRP265	Drop-In (No Refunds)			\$25/1
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MELT METHOD: SELF CARE TECHNIQUE

Yvette Casal meltwithyvette@gmail.com **714-520-1427**

This class should not be taken unless you have previous MELT experience. Please contact instructor for options. In this class we will use the Four R's of the MELT. Reconnect, Rebalance, Rehydrate, and Release. Using light compression work and length techniques for hydrating your body's fascia and connective tissue. Class will also include stabilizing/strength exercises to address the weak links that damage joints and inhibit your body's ability to function optimally. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom Code is also available for Virtual Attendance, please contact Yvette at meltwithyvette@gmail.com.**

- **Requirement:** must be able to get up and down from the floor unassisted.
- **Please bring:** exercise mat, water, and wear comfortable clothing. Melt Roller and Ball Kit available for purchase.

OASIS Dance Room

SS2528	4/9-5/21	Tu	2-3pm	\$120/7
DRP266	Drop-In (No Refunds)			\$25/1

PHYSICAL TRAINING

Judy Aprile

jjjaprile@gmail.com

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 5/3, 5/17, 5/27, 6/7, 7/12**

- **Please bring:** a exercise mat, hand weights, towel or small pillow is recommended for neck support if needed.

OASIS Event Center

SS2530	5/1-5/31	M/W/F	7:45-8:35am	\$71/11
SS2531	6/3-6/28	M/W/F	7:45-8:35am	\$71/11
SS3532	7/1-7/31	M/W/F	7:45-8:35am	\$83/13
SS3533	8/5-8/30	M/W/F	7:45-8:35am	\$77/12
SS2533	5/1-5/31	M/W/F	8:45-9:35am	\$71/11
SS2534	6/3-6/28	M/W/F	8:45-9:35am	\$71/11
SS3534	7/1-7/31	M/W/F	8:45-9:35am	\$83/13
SS3535	8/5-8/30	M/W/F	8:45-9:35am	\$77/12



Registration for classes listed in bold starts Thursday, May 16 at 8am



PILATES MAT

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
 These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

- **Please bring:** a mat, light and heavy resistance band, and towel.

OASIS Dance Room

SS2536	4/30-6/4	Tu	8:45-9:45am	\$105/6
SS3536	6/11-7/16	Tu	8:45-9:45am	\$105/6
SS3537	7/23-8/27	Tu	8:45-9:45am	\$105/6
DRP267	Drop-In (No Refunds)			\$23/1



RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren www.MySoulSpark.com
 This gentle and restorative class will soothe the nervous system, help relieve pain, reduce stress and help prepare your mind and body for a good night's sleep. Safe and effective as we work function over form. In this class we will mindfully move our bodies to the breath and create space for meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor.

- **Requirement:** able to be in a plank position from your knees, able to get up & down from the ground unassisted.

- **Please bring:** yoga mat

OASIS Dance Room

SS2537	3/26-5/21	Tu	4:30-5:30pm	\$185/9
SS2538	3/28-5/23	Th	4:30-5:30pm	\$185/9
SS2539	3/26-5/23	Tu/Th	4:30-5:30pm	\$365/18
SS3538	6/11-8/27	Tu	4:30-5:30pm	\$245/12
SS3639	6/13-8/29	Th	4:30-5:30pm	\$225/11
SS3640	6/11-8/29	T/Th	4:30-5:30pm	\$465/23
DRP264	Drop-In (No Refunds)			\$25/1

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
 If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.

- **Please bring:** a mat, a light and heavy resistance band, a towel, and 1.5 lb weights are optional.

OASIS Dance Room

SS2541	4/30-6/4	Tu	10-11am	\$105/6
SS3541	6/11-7/16	Tu	10-11am	\$105/6
SS3542	7/23-8/27	Tu	10-11am	\$105/6
DRP267	Drop-In (No Refunds)			\$23/1

STRONG HEALTHY BONES, PILATES, BALANCE TRIO - MAT/STANDING

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
 This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

No class 7/4, 8/15

- **Please bring:** a mat, light and heavy resistance band and towel are needed for this class. 1.5 lb weights are optional.

OASIS Dance Room

SS2543	5/2-6/6	Th	7:45-8:45am	\$105/6
SS3543	6/13-7/18	Th	7:45-8:45am	\$90/5
SS3544	7/25-8/29	Th	7:45-8:45am	\$90/5
DRP267	Drop-In (No Refunds)			\$23/1

NEW! SOULFLEX-YOGA

Stephanie von Meeteren www.MySoulSpark.com
 Increase strength, balance, bone density, mobility and peace of mind with this fun and challenging class. This unique class is designed for full body and mind fitness and well-being. The first half of class we will increase heart rate and build some heat through focused weight bearing exercises. The second half of class we will bring the body and mind back to homeostasis by mindfully stretching and working with balance and mobility. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor. **No class 7/5**

- **Please bring:** yoga mat.
- **Requirement:** able to be in plank position from your knees and get up and down from the floor unassisted.

OASIS Dance Room

SS2544	3/29-5/24	F	2-3pm	\$185/9
SS3545	6/14-8/30	F	2-3pm	\$225/11
DRP264	Drop-In (No Refunds)			\$25/1

Registration for classes listed in bold starts Thursday, May 16 at 8am

Classes



SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com
 Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. Bring whatever you need to be most comfortable.

- **Please bring:** blanket, yoga mat, pillow, and eye covering.
- Not recommend for individuals prone to seizures.

OASIS Dance Room				
SS2548	5/6	M	5:30-6:30pm	\$25/1
SS2549	5/22	W	5:30-6:30pm	\$25/1
SS3511	6/20	Th	5:45-6:45pm	\$25/1
SS3512	7/18	Th	5:45-6:30pm	\$25/1
SS3513	8/1	Th	5:45-6:30pm	\$25/1
SS3514	8/19	M	5:30-6:30pm	\$25/1
SS3515	Summer Package		(last day to register is 6/20)	\$85/4

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com
 Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements.

- **Please Wear:** comfortable clothing, low flat sole shoes, no open-toed shoes.

OASIS Event Center				
SS2551	4/18-6/6	Th	9:30-10:30am	\$120/8
SS2552	5/2-6/6	Th	9:30-10:30am	\$99/6
SS3546	6/13-8/22	Th	9:30-10:30am	\$150/10
SS3547	7/11-8/22	Th	9:30-10:30am	\$115/7
DRP268	Drop-In (No Refunds)			\$20/1

TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle.
 OASIS Event Center BC
 RSVP Not Required Ongoing Tu/Th 2-4pm Free

ZUMBA GOLD® DANCE FITNESS

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
 Newly retired or have free mornings? Seeking community and friendship? Embrace the joy of Zumba Gold®-dance, connect, and revitalize while grooving to vibrant tunes. Join the low-impact, age-reversing party! **No class 5/24, 5/25, 5/27, 7/1, 7/3, 7/4, 7/5, 7/6**

OASIS Dance Room				
SS2553	4/1-6/3	M	9-10am	\$158/9
SS2554	4/3-6/5	W	9-10am	\$175/10
SS2555	4/4-6/6	Th	9-10am	\$175/10
SS2556	4/5-6/7	F	9-10am	\$158/9
SS2557	4/6-6/8	S	9-10am	\$158/9
SS3548	6/10-8/26	M	9-10am	\$198/11
SS3549	6/12-8/28	W	9-10am	\$198/11
SS3550	6/13-8/29	Th	9-10am	\$198/11
SS3551	6/14-8/30	F	9-10am	\$198/11
Free 300	6/15	S	9-10am	Free
SS3552	6/22-8/24	S	9-10am	\$163/9

Multi-Day Discount 3 days for the price of 2! Make-ups built in.
 SS2558 4/1-6/7 M/W/F 9-10am \$333
 SS3553 6/10-8/30 M/W/F 9-10am \$390
 DRP269 Drop-In (No Refunds) \$25/1

MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com
 Have you ever dreamed of taking Ballet at any age? This is your chance to dance with like-minded people from similar generations. There will be no pressure or judgement. Everyone is free to work at their own level (which includes stepping back at times.) The music will be Classical piano to romantic and swinging. The focus will be on the movement holding the Barre and then we will come out and play with some steps we are learning at the Barre. **No class 5/24**

- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room				
SS2559	4/12-6/14	F	11:30am-12:45pm	\$188/9
SS3554	7/12-8/30	F	11:30am-12:45pm	\$168/8
DRP270	Drop-In (No Refunds)			\$23/1

BEGINNING BROADWAY DANCE

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
 Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind! **No class 7/3**

OASIS Dance Room				
SS2560	4/10-6/5	W	10:15-11am	\$185/9
Free301	6/12	W	10:15-11am	Free
SS3555	6/19-8/28	W	10:15-11am	\$205/10
DRP269	Drop-In (No Refunds)			\$25/1

Registration for classes listed in bold starts Thursday, May 16 at 8am

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com

This is going to be a really fun class using a lot of great music from different eras and a variety of jazzy styles. No need to feel you can't keep up. The class is for everyone who likes to move to music and is always open to adaptation. You will be having such a good time you will forget you are even exercising. So swing right in and enjoy the party!

- **Please Bring:** flexible tennis or jazz shoes.

OASIS Dance Room

SS2561	4/9-5/14	Tu	1-1:30pm	\$98/6
SS3556	7/23-8/27	Tu	12:55-1:35pm	\$118/6

DRP270 Drop-In (No Refunds) \$23/1

GROUP DRUMMING

Lee Kix

Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells.

OASIS Event Center

RSVP Not Required 2nd Wed 11:30-12:30pm Free
*Group not meeting in May, returning in June

HOOTENANNY

Glen Jansma [310-940-3112](tel:310-940-3112)

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm Free



INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed. **No class 5/28**

- **Please bring:** ballet slippers by the second class meeting

OASIS Dance Room

SS2564	4/9-6/11	Tu	11:30am-12:45pm	\$188/9
SS3559	7/9-8/27	Tu	11:30am-12:40pm	\$168/8

DRP270 Drop-In (No Refunds) \$23/1



LINE DANCING

Vickie Jackson vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No Class 7/4**

OASIS Dance Room

Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)

SS2566	5/2-6/6	Th	1-1:55pm	\$43/6
SS3560	6/13-7/25	Th	1-1:55pm	\$43/6
SS3561	8/1-8/29	Th	1-1:55pm	\$36/5

Level 2 - Improver/Easy Intermediate (should know basic steps)

SS2568	5/2-6/6	Th	2-2:55pm	\$43/6
SS3562	6/13-7/25	Th	2-2:55pm	\$43/6
SS3563	8/1-8/29	Th	2-2:55pm	\$36/5

Level 3 - Easy Intermediate/Intermediate (step competency required)

SS2570	5/2-6/6	Th	3-4pm	\$43/6
SS3564	6/13-7/25	Th	3-4pm	\$43/6
SS3565	8/1-8/29	Th	3-4pm	\$36/5

MUSIC WORKSHOP

Glen Jansma [310-940-3112](tel:310-940-3112)

Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm Free

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka [714-336-4719](tel:714-336-4719)

Our ukulele strumming, singing and hula dancing activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain, join us.

OASIS Room 2

RSVP Not Required Ongoing M 1-2:30pm Free

SAILING CLUB

OASISSailingClub.org

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. We welcome both experienced and new sailors. Monthly dues is \$65 and sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm. For membership details call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org

Registration for classes listed in bold starts Thursday, May 16 at 8am

Presenting the candidates for the Friends of OASIS Board of Directors Election.



Walt Howald

My commitment to OASIS dates to its inception when my parents were founding members. I am currently VP of Civic Affairs at Friends of OASIS. I am a practicing attorney and was a trustee for 25 years for the Coast Community College District. I am grateful for your support in my hope to continue to serve on the Board of Directors.



Scott Paulsen

Served as president of Friends for three years. I am the current chair of the Travel Department, chair of the annual Rummage/Boutique sale, editor of the Friends section of the monthly bulletin and president of the Garden Club. I hope to continue to serve.



Kay Walker

I currently serve as the Vice President of Fund Development of the Friends Board of Directors and truly enjoy being part of this amazing organization. The Friends has recently created a scholarship committee to help students in their pursuit of a career in the field of health care for seniors. I enjoy working on this committee to ensure the seniors of the future are well cared for. I am a practicing estate planning attorney and a member of the Advisory Council for the Southern California Hospice Foundation and Newport Beach Chamber of Commerce. I would like to continue my service to Friends and would appreciate your vote.



Paul Wehrlen

As a current OASIS volunteer greeter, past 10-year president of a residential community, and Newport Beach resident since 2003, I would like to contribute my leadership, management, and personal relationship skills to the quality service provided to this community by the Friends of OASIS. It has been my immense pleasure to serve all the people of OASIS and to be associated with the outstanding people of this organization. My background includes over 50 years of experience in the design, engineering, and building construction industry and includes BS and MBA degrees plus varied continuing education courses, awards, and certifications related to my profession. Thank you and please cast a vote for me to be on your Board of Directors.

The Friends of OASIS is the non-profit group which supports the operation of the OASIS Senior Center. Their Board of Directors serves in an advisory capacity for the Center's Staff and serves on various committees.

Each year five (5) positions are up for re-election. You may select five (5) candidates in this election, and vote by mail or in person.

Please read the candidates' statements and make your vote count. Candidate statements are printed as submitted and are edited only to fit the designated space.



Abel Zeballos

I am passionate about The OASIS Senior Center’s mission, and I am committed to helping it grow and thrive. I have served on the board for six years before. I have participated in all the fund-raising events, such as Casino night and Rummage Sale in many different capacities. I have represented the OASIS Board on many events throughout the community and I have overseen the OASIS Booth during Corona Del Mar Christmas Walk for the past 7 years. I have been a college Professor for 45 years at CSUF, CSULA, UCLA and many other educational Institutions. I am dedicated to serving the needs of our members and the Friends of OASIS and I will work tirelessly to ensure that the OASIS Senior Center continues to achieve its goals and objectives.



Mike Zimmerman

As your current Friend's President, and Finance Chair, as well as past V.P. of Friends Development, I am seeking another term on the Friends Board of Directors. We have accomplished many things over the past 9 years, and I truly enjoy serving our Friends members, and our community. I honestly feel our current members of the Friends Board are some of the best we have had over the past decade. I sincerely ask for your vote for another term.

How to cast your vote:

1. You must be a Friends of OASIS member in good standing.
2. By mail voting: use the ballot below and mail to: 801 Narcissus Ave, CDM, 92625
3. In person voting: you may vote in person by placing your ballot in the ballot box located in the Friends of OASIS. It will be verified that you are a valid voter who has not yet voted.

OFFICIAL BALLOT

Cast one vote per candidate for up to **five (5)** candidates.

YOUR BALLOT		PARTNER’S BALLOT	
<input type="checkbox"/> Walt Howald	<input type="checkbox"/> Paul Wehrlen	<input type="checkbox"/> Walt Howald	<input type="checkbox"/> Paul Wehrlen
<input type="checkbox"/> Scott Paulsen	<input type="checkbox"/> Abel Zeballos	<input type="checkbox"/> Scott Paulsen	<input type="checkbox"/> Abel Zeballos
<input type="checkbox"/> Kay Walker	<input type="checkbox"/> Mike Zimmerman	<input type="checkbox"/> Kay Walker	<input type="checkbox"/> Mike Zimmerman

Voting procedure: Cast your vote on the official ballot. Return by mail to 801 Narcissus Ave, CdM, CA 92625 or In-person by placing your ballot in the Friends of OASIS Ballot Box. Please write your full name on the outside of the envelope. It will be verified that you are a valid voter who has not yet voted.

Ballots must be received before noon on Friday, June 7, 2024 to be counted.



OASIS Travel Hours & Contact Information

Monday-Friday 9am-1pm

949-718-1810

oasistravel2@yahoo.com

- Join the Friends of OASIS and save on trip price!
- Second listed price is the non-member price.
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the parking lot across the street from OASIS.



• **Cancellation Policy:**

- A full refund less a \$10 fee will be given on trips cancelled more than 10 days prior to the trip date. Less than 10 days, refunds given only if a wait list substitution is made. No refunds one day prior to the trip date or the day of the trip.

• **Gambling Trippers:**

- Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.

DAY TRIPS

HAIRSPRAY, THE MUSICAL

Saturday, May 11

\$125/\$130

You Can't Stop the Beat! Broadway's smash hit musical-comedy Hairspray is back! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto television's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Called an "exhilaratingly funny and warm-hearted musical comedy" by The New Yorker, this Tony-winning musical features a rousing score, including Welcome to the '60s and Good Morning Baltimore. Lunch is on your own. Show begins at 2:00pm.

Depart: 11:00am

Return: 6:00pm

PATSY CLINE & JOHNNY CASH TRIBUTE

Wednesday, June 12

\$143/\$148

Corey Kidder, a national entertainer, will perform Patsy Cline's Crazy, I Fall To Pieces, Walkin After Midnight and MANY MORE. Ben Hale performed as Johnny Cash in the Vegas-based Million Dollar Quartet. Some hits he will perform include: I Walk The Line, A Boy Named Sue, Folsom Prison Blues, Ring Of Fire, Jackson, Ghost Riders In The Sky & more! Lunch is included. When you sign up, you will give your choice for lunch: Roast Chicken, Vegetarian Pasta or Vegan Tartare. The Venue is Almansor Court in Alhambra.

Depart: 10:30am

Return: 5:30pm

THE GETTY CENTER MUSEUM

Thursday, May 23

\$85/\$90

The J. Paul Getty Center Museum seeks to inspire curiosity about, and enjoyment and understanding of, the visual arts by collecting and conserving, exhibiting and interpreting works of art of outstanding quality and historical importance. The Center presents art against a backdrop of dramatic modern architecture, tranquil gardens, and breathtaking views. Visit the permanent exhibits, the many special exhibits, and the amazing gardens. Lunch will be on your own.

Depart: 8:30am

Return: 5:30pm

RONALD REAGAN LIBRARY/STAR WARS

Thursday, June 18

\$125/\$130

Join us at the Reagan Presidential Library and Museum as we visit their Star Wars Exhibit. The exhibit is a 5,000 square foot exhibit that juxtaposes Ronald Reagan's Strategic Defensive Initiative, known in the media as "Star Wars", with the pop culture phenomenon of Stars Wars in film and television. There will be artifacts on display from SDI, as well as props, costumes, scripts, toys, etc. from the Star Wars franchise. We will enjoy a wonderful exclusive buffet lunch under the wing of Air Force One.

Depart: 8:30am

Return: 5:30pm

HOLLYWOOD BOWL, HARRY CONNICK JR.

Wednesday, July 3 **\$105/\$110**

The Bowl's July 4 spectacular fireworks show, on July 3, is an annual hit and you are invited! Come see the Hollywood Bowl Orchestra and very special guest, Harry Connick Jr. Connick Jr. is an Emmy and Grammy award winner who specializes in music genres of traditional pop, jazz and blue-eyed soul. Enjoy the inspiring music with the Bowl's famous pyrotechnics displays. We have Section N bench seating (with backs) and seat cushions. Bring a picnic dinner, wine permitted; or buy food and drinks at the Bowl. Suggested: sweater or jacket.

Depart: 5:30pm

Return: 12:00am

VIEJAS CASINO

Wednesday, July 10 **\$25/\$30**

Enjoy a day at this popular casino playing your favorite games. Choose from Bingo, poker or any table game or one of their 2000 slot machines. Each guest must game \$20 and will also receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is not available but there are other restaurants in the Casino. Also, visit the Viejas Outlet Center to do some shopping. We do play bingo on the bus going.

Depart: 8:30am

Return: 5:30pm

DEL MAR RACES

Thursday, August 1 **\$80/\$85**

Enjoy a "Day at the Races". The Del Mar Races attract race enthusiasts from all over the world and is considered among the premier horse racing meets in the U.S. The horse racing event is put on by the Del Mar Thoroughbred Club at the Del Mar Fairgrounds. The one-mile oval race track with stadium seats holds about 14,000 fans. CLUB HOUSE SEATING!

Depart 10:45am

Return 7:15pm

NORTON SIMON MUSEUM

Thursday, September 12 **\$75/\$80**

Join us for a special day at the Norton Simon Museum. Enjoy one of the most distinguished collections of Impressionist and Post-Impressionist art. We will bus directly to Old Town Pasadena where you will be on your own to choose a restaurant for lunch. After lunch the bus will take us to the museum. You will have a short time to explore as you wish (the Sculpture Garden is a worthwhile), and then meet our group for a one-hour docent lead experience. After the docent tour, you are on your own to explore the museum as you like.

Depart: 10:00am

Return:5:00pm

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Wednesday, September 18 **\$140/\$145**

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Depart: 10:30am

Return: 5:30pm

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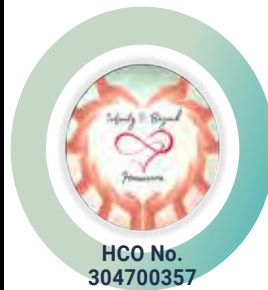


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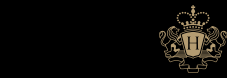
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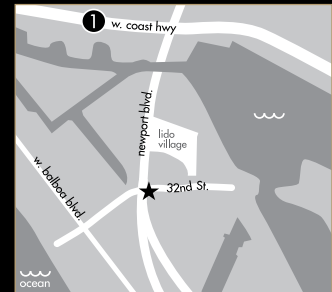
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WAIVER & RELEASE OF LIABILITY In consideration for participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: **(1)** acknowledge that participation in the PROGRAMS is voluntary; **(2)** agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; **(3)** certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT's health or the health of others; **(4)** agree to provide verification from a licensed medical professional of PARTICIPANT's physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; **(5)** agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; **(6)** agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; **(7)** understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including by not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, "RISK OF INJURY"); **(8)** CERTIFY THAT PARTICIPANT AGREES TO ASSUME ANY AND ALL RISK OF INJURY ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY CLAIM ON PARTICIPANT'S BEHALF; **(9)** CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MIGHT CLAIM ON PARTICIPANT'S BEHALF, TO RELEASE, WAIVE, AND HOLD THE PROGRAM PROVIDERS HARMLESS FROM ANY AND ALL CLAIMS, ACTIONS, PROCEEDINGS, AND LIABILITY OF EVERY KIND OR NATURE WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, KNOWN OR UNKNOWN, RELATED TO, CAUSED BY, OR ARISING OUT OF PARTICIPANT'S PARTICIPATION IN THE PROGRAMS; and, **(10)** certify under penalty of perjury under the laws of the state of California that the foregoing is true and correct.

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