



OASIS SENIOR CENTER



City of Newport Beach Recreation & Senior Services Department

Email: OASISCenter@newportbeachca.gov | Phone: (949) 644-3244

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

OASIS SENIOR CENTER

CONTACT US:

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

Website: newportbeachca.gov/oasis

Phone:

- **City Administration Office:** 949-644-3244
- **OASIS Fitness Center:** 949-718-1818
- **Friends of OASIS:** 949-718-1800
- **Meals On Wheels OC:** 949-718-1820

HOURS:

City Administration Office	OASIS Fitness Center
M-Th 7:30am-5:30pm	M-Th 7am-7pm
Fr 7:30am-4:30pm	Fr 7am-5pm
Sa-Su Closed	Sa-Su 7am-2pm

Friends of OASIS Office

M-F 7:30am-4:30pm

Website: friendsofoasis.org

OASIS is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

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

FRIENDS OF OASIS STAFF:

Berenice Barajas
Elsa Segato
Ellen Spar

MEALS ON WHEELS OC STAFF:

Terry Ivins
Robert White

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Mayor Pro Tem	Lauren Kleiman
Council Member	Michelle Barto
Council Member	Noah Blom
Council Member	Robyn Grant
Council Member	Sara Weber
Council Member	Erik Weigand

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	Ed Romeo, President Emeritus
	Melissa Gleason, Ex Officio

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Senior Editor:	Anne Doughty
Co-Editor:	Jena Zapien
Contributing Editors:	Scott Paulsen
Advertising Coordinator:	Nanette Bowman

CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER

April brings a season of growth, renewal, and connection! We're excited to offer several programs to help you thrive this spring.

Join us to celebrate and thank our incredible OASIS volunteers at our Volunteer Recognition Luncheon, Wednesday, April 23 at Noon. Please RSVP by April 4th.

Caring for a loved one as they age can be both rewarding and challenging. Join us for an informative lecture on how to navigate the complexities of caregiving, Thursday, April 10 at 11am. See the flyer on page 4 more information.

We know that spring is about more than just blooming flowers – it's about blossoming friendships too. Join us for a heartfelt and engaging discussion on building connections and overcoming loneliness as we age, Thursday, April 24 at 10am. See the flyer on page 5 more information.

We also want to support the education and development of the next generation. Join us this month for two wellness lectures presented by local students: Understanding Kidney Health, April 17 at 3pm presented by students from Corona del Mar High School, Breathe Easy: Lung Cancer Awareness, April 29 at 10am presented by California State University students.

We look forward to seeing you at these exciting events! Let's make this April a season of growth, connection, and well-being.

Kindly,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Greetings Friends members, I don't know about the "April showers bring May Flowers" but we have been blessed with some beautiful Spring weather, while the rest of the country has been having their challenges since the beginning of the year. Lucky us!

Great story from our OASIS Sailing Club: One of our OASIS Sailboats, skippered by Charlie Polce, after retrieving a pair of stray balloons near Crystal Cove, noticed a young sea lion, and suddenly it jumped up on the boat's swim step. The crew thought it was being playful, but noticed it was exhausted along with having a fishhook in it's shoulder. Pacific Marine Mammal Center was contacted out of Laguna Beach, and they transferred the young sea lion, and turned it over to their medical staff. The young sea lion is expected to make a full recovery. PMMC called and said, "rescues like this are miraculous, and we always ask the rescuers what name we should give him?" Charlie quickly responded "OASIS". How cool! Best of luck to the little guy, and thanks OSC.

I want to talk candidly with you for a moment this month about something that I have brought to the Friend's Board. Our Friends finances have honestly been stretched these past 3 or 4 years. Friends are independently funded, which is why we rely on your donations. We are going to have to raise our Friday General Meeting tickets to \$15.00 for members and \$18.00 for non-members starting in April. This will not totally cover the true costs but will help offset the costs a bit. Hope you understand.

Mark your calendar for April 24th as our OASIS Sailing Club will once again present our Opening Day Ceremonies and they welcome all Friends members to attend the festivities. The ceremony starts at 10:30 at the Balboa Yacht Basin, at 829 Harbor Island Drive. Step aboard our two stunning Catalina 34 MKII Sailing Sloops, listen to the dignitaries, see the Newport Beach Harbor Fire Boats in action, and enjoy the festivities and free Open House.

Until next month,

Mike



The Friends of OASIS
**MONTHLY MEMBERSHIP
GET TOGETHER**



FRIDAY, APRIL 4 10:00AM

LIMITED TICKETS: \$15 MEMBERS/\$18 NON-MEMBERS

**MENU: SPRING GREEN SALAD WITH
CHICKEN, DINNER ROLL AND DESSERT
ENTERTAINMENT: CASEY MAHONEY
JAZZ GUITARIST**

To purchase tickets please call 949-718-1800

VOLUNTEER RECOGNITION LUNCHEON

23
April

12:00PM
Event Center

If you volunteered at OASIS within the past year, you are invited to attend our annual volunteer recognition luncheon!

Please RSVP by Friday, April 4th
at 949-644-3244



NAVIGATING CARE For Your Aging Loved One



**THURSDAY, APRIL 10
11:00 AM | OASIS ROOM 2**

- Paying for Care
- Government Support & Benefits
- Avoiding Caregiver Burnout
- Family Dynamics & Decisions

Please RSVP by calling
949-644-3244 or emailing:
OASIScenter@newportbeachca.gov



Understanding Kidney Health: Protecting your Kidneys for a Better Life

This lecture will cover the basics of kidney health, including how the kidneys work, common risk factors for kidney disease, and simple steps to keep your kidneys healthy. We will also discuss how kidney disease affects overall health and what can be done to prevent it.



Presented by: Ethan Pham
Kidney Health Coach
Advisory Council Member,
Corona del Mar High School

**Thursday,
April 17
3pm | Room 1**

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



TRAVEL SHOWS WITH NINO ITALY, SICILY AND MALTA



Presented by Nino Mohan, Travel Expert

Tuesday, April 22
10:00am | Room 1

Begin in North Italy with Genoa, then explore Milan, a financial hub known for its high-end dining, shopping, and landmarks like the Duomo di Milano and "The Last Supper." Visit the Dolomites, drive through Lakes Garda, Como, and Maggiore, and stop in Verona, famed for Romeo and Juliet. In Venice, experience its iconic canals and Renaissance palaces. Continue to Florence, home to Renaissance masterpieces, and drive through Tuscany's wine region. Discover Rome's 28-century history before heading to Naples, the Amalfi Coast, and Capri. Fly to Sicily, the "Happy Island," to explore Palermo, swim in turquoise waters, enjoy street food, and delve into its mafia history. Conclude in Malta, rich with historic sites from various ruling civilizations.

Presented by: **CSUF Student Chapter Representatives**



Breathe Easy: Lung Cancer Awareness & Screening Options

Tuesday, April 29
10am Room 1



This workshop will cover key statistics, risk factors, and the importance of screening. Learn who qualifies, how the process works, and where to find local screening services. Gain access to valuable resources and support to promote early detection and better health outcomes.

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

Alzheimer's ORANGE COUNTY | MEMORY SUPPORT SERVICES

Finding Connection

Overcoming Loneliness As We Age

Join us for an engaging and uplifting class that explores practical ways to combat loneliness and build meaningful connections in your later years.

- Learn strategies to create a supportive community, reignite old friendships, and develop new bonds.
- Discover how social relationships impact your overall health.
- Enrich your life, foster a sense of belonging and much more!

Thursday, April 24
10am-11am
OASIS Room 2



Please RSVP by calling (949) 644-3244 or emailing OASIScenter@newportbeachca.gov

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, APRIL 30
1:00 PM



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





VETERANS SOCIAL GROUP

★ ★ ★ ★ ★ ★ ★ ★

MEETINGS INCLUDE FOOD, FUN, SOCIALIZING, COMRADERY WITH OTHER VETERANS, GUEST SPEAKERS, SHARING STORIES AND INTERESTS.

TUESDAY, APRIL 15 AT 11:30AM




HONORING ALL WHO SERVED

SPEAKER: MAJ GEN BILL MALL

TOPIC: MISSING IN ACTION

★ RSVP not required ★



MUSIC FOR YOUR MIND

Enjoy a free brain stimulating session filled with music, singing, and a fun trivia PowerPoint presentation! Hosted by Alzheimer's Orange County, this interactive experience is sure to stimulate your mind and lift your spirits.

Funded by: Diane & Steve Lawrence

THURSDAY, APRIL 17
12:30PM-1:30PM | ROOM 1

Alzheimer's *Presented by: Karen M. Skipper,*
ORANGE COUNTY *MT-BC, Board Certified*
Music Therapist

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

SAVE THE DATE

OASIS COMMUNITY RESOURCE EXPO

SATURDAY, MAY 17

70+ Vendors, Free Giveaway, Free Wellness Class Demo, Free Health Screening, Free Breakfast & More!


9AM TO 11:30AM

Event Sponsors:




MORE INFO: WWW.NEWPORTBEACHCA.GOV/OASIS

The Good Grief Group



1st, 3rd (& 5th) Wednesday
9:00am | OASIS Room 4

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.

 **RSVP not required**

OASIS SENIOR CENTER

CAREGIVER SUPPORT GROUP



Now Twice a Month!

1st & 3rd
Wednesday of the Month
1:00pm - Room 4

- Emotional Support
- Resources
- Tools for Burnout
- Understanding

caregiver **OC**
RESOURCE CENTER

Spring Connections

Join this warm, inviting discussion group and meet some new people!

Every Thursday at 2:00 pm
OASIS Room 5

Facilitated by Joyce Swaving
Shanti OC

EXPERIENCE HEALING

Brought to you by the Council on Aging and Shanti Orange County:

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

Family Support Group

For family members who have adult children or other loved ones with mental health issues.

Discussions and solutions regarding legal, emotional and familial issues that commonly arise.

2nd & 4th Thursdays
12:30 pm - Room 5

Facilitated by: Arna Vodenos, MA, Cht
Clinical Director, NAMI OC Warm Line

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 M-F* for seniors who live alone and want someone to check on them. *excluding holidays/closures

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.

OASIS Room 5
RSVP Not Required 2nd & 4th Wednesday 10am Free

CAREGIVER SUPPORT GROUP

Get emotional support and resources for family caregivers, relief from stress and burnout.

OASIS Room 4
RSVP Not Required 1st & 3rd 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.

OASIS Room 5
RSVP Not Required Ongoing Thursdays 2pm Free

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports families experiencing the death of a son/daughter, brother/sister, or a grandchild. For more information please call Basia Mosinski at 844-444-8231.

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

NAMI SUPPORT GROUP

National Alliance on Mental Illness (NAMI). For family members who have adult children or other loved ones with mental health issues. Facilitated by Arna Vodenos, MA.

OASIS Room 5
RSVP Not Required 2nd & 4th Thursday 12:30pm 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.

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.

Event Center-A
RSVP Not Required 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

HELLO Spring

OASIS IS OFFERING TWO SHOPPING TRIPS THIS MONTH FOR TRANSPORTATION CLIENTS:

 **HomeGoods:**
Thursday, April 10

 **Target:**
Thursday, April 24

CALL THE ADMINISTRATION OFFICE AT **949-644-3244** TO RESERVE YOUR SPOT!

Meal Services

MEALS ON WHEELS - LUNCH CAFE

Come join us daily in the Evelyn Hart Event Center for a delicious lunch provided and served by Meals on Wheels Orange County. Each meal is planned and certified by a dietician to meet daily nutritional needs, based on FDA guidelines.

LUNCH SERVICE:
 • Monday - Friday: Noon - 12:30pm

PRICE:
 • Voluntary contribution of \$3 for those 60+, guests under 60 are welcome and cost is \$5.

MEALS ARE FIRST COME FIRST SERVED: If you have any questions please call **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 Meals on Wheels Orange County. 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 **714-823-3294**.



JOIN US AT THE Lunch Cafe!

Hot Lunch is Served Monday-Friday 12:00-12:30 PM
 No reservations required!





Featured meals include: Vegetable Lasagna, Cheeseburgers, Salisbury Steak, Turkey Roast

To view the full menu, scan the QR code or visit: www.mealsonwheelsoc.org/lunch-cafe/



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: Short Story

OASIS Room 5

RSVP Not Required 3rd Wednesday 10:30am-Noon Free

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 reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

OASIS Room 5

SS2001 3/18-4/22 Tu 10am-12:30pm \$150/6

SS2002 4/29-6/3 Tu 10am-12:30pm \$150/6

Online

SS2003 3/19-4/23 W 10am-Noon \$150/6

SS2004 4/30-6/4 W 10am-Noon \$150/6

THE MANY ROADS OF 21ST CENTURY PUBLISHING

Marla Miller www.Marlamiller.com
 Publishing has radically shifted. While traditional publishing used to be a writer's only option, the advent of the internet changed this journey. A one day workshop, Many Roads in 21st Century Publishing, will deliver a thorough overview of today's publishing options and offer recommendations about which one may be right for you and your work. We will cover: traditional, self publishing, indie publishing, small press publishers, hybrid publishers, and author website publishing. Marla Miller has traveled down all these publishing roads, from Simon & Schuster to website publishing. She will walk participants down each road and also include 'how to find a literary agent' for those interested. Join us!

OASIS Room 5

SS2005 4/29 Tu 1:30-3pm \$25/1

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.



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
Returns in Summer Tu 7-9pm \$89/1

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 Ongoing M 3-5pm Free

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
SS2011 4/10-5/15 Th 7:30-9pm \$215/6

DRIVER SAFETY (AARP)

AARP
This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, 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.**

- **4/23 is a one day refresher course.** Available to those who have taken the full 8-hour course within the last 3 years.
- Advance registration preferred. Call 949-644-3244
- **Fee:** \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.

OASIS Room 2
RSVP Required 4/23 W 1-5pm \$20/\$25
RSVP Required 5/28 & 5/29 W/Th 1-5pm \$20/\$25

ENGLISH AND EUROPEAN LITERATURE

Darielle Wilson **949-675-5182**
Prose fiction. Sail the vast seas of English and European literature, both modern and traditional. To come, perhaps, revisit the very first in the novel genre, Cervantes' Don Quijote de la Mancha. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds in the English language. Class is ongoing; please contact instructor for updated information.

OASIS Room 1B
SS2015 3/21-6/6 F 10am-Noon \$105/12

NEEDLE ARTS GROUP

Roberta **949-715-3438**
This group of knitters, crocheters and needlepointers meet weekly to work on individual projects. New members welcome.

OASIS Room 3
RSVP Not Required Ongoing W Noon-3pm Free

OASIS PLAYERS

May Kramer
Like to perform, act, sing, or dance? Join the OASIS Players! Please come prepared to perform.

OASIS Room 2A
RSVP Not required Ongoing W 1-3pm Free

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 4/8 & 4/22 Tu 3-4:30pm Free



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.

Speaker: NFL Officiating with Shawn Hochuli, Todd Pruk and Bill Vinovich

RSVP Not Required 4/15 3-4:30pm Free



Classes

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

WRITING ROUNDTABLE

Jos Vloet vloetjzef@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

Fine Arts

BEG./INTER. WATERCOLOR

Bobbi Boyd 949-544-9383
 In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasis 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

SS2070	4/2-4/30	W	1-4pm	\$250/5
SS2071	5/7-5/28	W	1-4pm	\$200/4
DRP210	Drop-In (No Refunds)			\$50/1



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

SS2050	3/19-4/23	W	9-11am	\$150/6
SS2051	5/7-6/4	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 5/26**

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

OASIS Art Center

SS2055	3/24-4/21	M	9am-Noon	\$115/5
SS2056	5/5-6/2	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. **No class 4/2**

- **Additional fee:** \$20 (material)
- **Optional clay purchase:** \$20/bag

OASIS Art Center

SS2060	3/19-6/4	W	9am-Noon	\$244/11
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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

SS2065	4/1-4/29	Tu	1-4pm	\$250/5
SS2066	5/6-5/27	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 focuses on mixing color from a basic color palette to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary landscape, interior scenes, and still life subjects. We also explore ways to loosen up, avoid detail, and use confident brushwork to create energetic and more expressive paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred. **No class 5/26**

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

OASIS Art Center

SS2075	3/17-4/14	M	1-3:30pm	\$260/5
SS2076	4/28-6/2	M	1-3:30pm	\$260/5

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 classtool and machine maintenance.
OASIS Art Center
 RSVP Not Required Ongoing 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 are by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. Limited to 15 students for active participation. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B
 SS2230 3/19-6/4 W 10am-Noon \$105/12

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.**

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.
OASIS Room 4
 RSVP Required Ongoing M 12:30-2pm Free

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 5/26**
 • 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

SS2201	4/14-5/7	M/W	5-6pm	\$225/8
SS2202	5/12-6/4	M/W	5-6pm	\$204/7

Beginning French 2

SS2206	4/14-5/7	M/W	6-7pm	\$225/8
SS2207	5/12-6/4	M/W	6-7pm	\$204/7

OASIS Room 1B

Beginning Italian 1

SS2211	4/14-5/7	M/W	5-6pm	\$225/8
SS2212	5/12-6/4	M/W	5-6pm	\$204/7

Beginning Italian 2

SS2216	4/14-5/7	M/W	6-7pm	\$225/8
SS2217	5/12-6/4	M/W	6-7pm	\$204/7

OASIS Room 4

Beginning Spanish 1

SS2220	3/18-5/6	Tu	Noon-1pm	\$225/8
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Beginning Spanish 2

SS2225	4/1-5/20	Tu	1-2pm	\$225/8
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SPANISH LITERATURE BOOK CLUB

Darielle Wilson **949-675-5182**
 Take a journey the 2nd Monday of every month into literature in Spanish. Meet Latin American and Spanish authors, classic and modern. Discuss the difference between poetry and prose. Define marvelous realism. Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Please check with leader for updated information.
OASIS Room 5

RSVP Required	2nd Monday	2:30-4:30pm	Free
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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
 9/5/2024-5/29/2025 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

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

SS2300	4/14	M	10:30am-12:30pm	\$44/1
SS2301	5/27	Tu	1-3pm	\$44/1

APPLE MAC LAPTOP CLASS

Carole Kamper **949-230-5902**
 Bring your Mac laptop to the computer lab at OASIS to learn the basis of using it. We also will look at many of the features that will make your use more efficient, enjoyable and hopefully less frustrating! We will review the Docking Station, Toolbars, important settings, help you set up a customize desktop, even adding a favorite picture to enjoy. Join this class, meet fellow "Mac" users and learn together. Contact instructor for questions.

- **Please bring:** Mac laptop and charger.

OASIS Computer Lab
 SS2316 5/28 W 10:30am-12:30pm \$44/1

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
 SS2334 5/22-5/29 Th 9:45-10:45am \$40/2

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
 SS2335 5/22-5/29 Th 11am-Noon \$40/2

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
 SS2306 5/6 Tu 1-3pm \$44/1



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 skills

OASIS Computer Lab

SS2321 6/3 Tu 1-3pm \$44/1

WHAT GOOD ARE THESE APPS?

Carole Kamper 949-230-5902

iPhone, iPad or Tablet. 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 on your smart phone or tablet come explore all this and more.

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

OASIS Computer Lab

SS2310 4/16 W 10:30am-12:30pm \$44/1

SS2311 6/4 W 10:30am-12:30pm \$44/1

Cards & Games

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Frank Delgado frankdel949@yahoo.com

101: Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

201: Beginners take everything they learned and continue trying new hands on the Mah Jongg Card.

- **Please bring:** your current Card of Hands
- **Prerequisite:** American Mah Jongg for Beginners 101

OASIS Room 3

American Mah Jongg for Beginners 101

SS2120 4/3-5/8 Th 9-11am \$160/6

American Mah Jongg for Beginners 201

SS2121 5/15-6/12 Th 9-11am \$160/5



BEGINNING BRIDGE 1: A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master pareynolds@aol.com

In this introductory course, you'll learn the fundamentals of bridge through a hands-on, interactive approach. Using the cards on the table method, each session will guide you step by step through essential bridge concepts. This method ensures that you're not just learning theory but actively practicing with real cards in front of you. We will cover the basic rules, essential bidding structures, play strategies, and defensive techniques. Every topic will be reinforced by playing through actual bridge hands, so you can see how the concepts work in real-time. Whether you're completely new to bridge or just want to refresh your knowledge, this course will give you a solid foundation and the confidence to play bridge with others.

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

OASIS Room 3

SS2110 3/24-5/5 M 4-5:30pm \$154/7

BRIDGE- MODERN COMPETITIVE BIDDING

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Learn the most modern and basic competitive bids you need to compete successfully in bridge. Preemptive opening bids at the 2, 3 and 4 level, preemptive raises, overcalling and the classic takeout double X. At the conclusion of the series, you will have the necessary skills you need to compete when both sides are bidding for the contract. The class is taught through hands on learning with the cards on the table.

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

OASIS Room 3

SS2111 3/25-5/6 Tu 4-5:30pm \$154/7

BRIDGE: APRIL SHOWERS "SHUFFLE, DEAL AND PLAY"

Rose Reynolds, ACBL Life Master pareynolds@aol.com

April Showers 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 improve your all around bridge play and enjoy the game even more.

OASIS Room 3

SS2112 3/24-5/5 M 9:30-11am \$154/7

BRIDGE: DECLARER PLAY OF THE HAND

Rose Reynolds, ACBL Life Master pareynolds@aol.com

You won the contract, now what? Learn the 5 basic techniques for making your contract in both a notrump and a suit contract. Learn when to count winners or losers. Take the jitters out of playing the hand and learn the basic card play skills to be a success. Gain confidence in your play through hands on learning.

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

OASIS Room 3

SS2113 3/25-5/6 Tu 2-3:30pm \$154/7



BRIDGE CONVENTIONS EVERY BRIDGE PLAYER MUST KNOW

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
 Improve your bridge skills and continue to learn this amazing game. Learn the four conventions every bridge player must know: stayman, jacobly transfers, opening 2C and responses, and slam bidding.

OASIS Room 3

SS2100 4/1-5/6 Tu 9:00-11:00am \$180/6

THE MANY MEANINGS OF THE DOUBLE CARD(X)

Double(X) your bidding powers by using the forgotten Double Card in so many places, Using this important card creates active bidding auctions. The classic X, Big X, Negative X, Penalty X, Lead Directing X

OASIS Room 3

SS2102 4/1-5/6 Tu 11:30am-1:30pm \$180/6

INCREASE YOUR BRIDGE KNOWLEDGE

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
 Lessons include: The power of the overcall; Michaels Cue Bids, Unusual NT, Jump Preempts, the Classic Double.

OASIS Room 3

SS2101 5/13-6/3 Tu 9:00-11:00am \$180/4

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. Game starts at 2:30pm.

OASIS Room 2

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

DUPLICATE BRIDGE

Terry and Gene Casavant **949-854-8138**
zeitje1@gmail.com

Bring your own partner to play. Must know rules of play and how to keep score.

OASIS Room 2

RSVP Not Required Ongoing Tu/F 9:45am-2pm \$1

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

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 balance, mobility and circulation. Increase your flexibility and range of motion and reduce muscle tension. **No Class 4/2, 4/4, 5/16, 5/19, 5/21, 5/23, 5/26**

OASIS Dance Room

SS2500	3/17-6/2	M	10:15-11am	\$180/9
SS2501	3/19-6/4	W	10:15-11am	\$200/10
SS2502	3/21-6/6	F	10:15-11am	\$180/9
SS2503	3/17-6/6	M/W/F	10:15-11am	\$499/28



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 get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels welcome.

- 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

SS2505	4/7-4/28	M	3:30-4:30pm	\$101/4
SS2506	5/5-5/19	M	3:30-4:30pm	\$77/3

OASIS Room 1

SS2508	4/3-4/24	Th	3:30-4:30pm	\$101/4
SS2509	5/1-5/29	Th	3:30-4:30pm	\$125/5

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

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu

This Coastline College Special Programs class is designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability).

***Class is currently full, no registration available**

OASIS Event Center

Ongoing 2/3-5/19 M 11:30am-12:30pm Free



CHAIR EXERCISE

Judy Aprile

jjjaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 4/23, 5/26**
OASIS Event Center

SS2510	4/2-4/30	M/W	10:05-11am	\$57/8
SS2511	5/5-5/28	M/W	10:05-11am	\$51/7
SS2512	6/2-6/30	M/W	10:05-11am	\$64/9

FALLPROOF® BALANCE & MOBILITY

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

This progressive class improves balance and reduces fall risk through activities that enhance seated and standing posture, walking ability, and confidence in daily activities. Participants must be able to walk 200 feet without the use of any assistive device (cane or walker). Not suitable for individuals with memory loss or cognitive impairments. Space is limited to 12 students. **No class 4/30**

- **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

SS2513	3/24-5/14	M/W	1:30-2:30pm	\$210/14
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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. **No class 4/8, 4/10**

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

OASIS Event Center

SS2514	3/18-4/17	Tu/Th	8-9am	\$65/8
SS2515	4/22-5/15	Tu/Th	8-9am	\$65/8
SS2516	5/20-6/5	Tu/Th	8-9am	\$50/6

DRP263	Drop-In (No Refunds)	\$12/1
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newportbeachca.gov/oasis

Admin - 949-644-3244

Friends of OASIS - 949-718-1800

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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, flexible, renewed and restored. Iyengar Yoga focuses on building a foundation from the ground up using our legs and arms, to bring alertness to our spine. Props and modifications are used as needed. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 5/26, 5/29**

- **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	3/24-4/21	M	10-11:15am	\$100/5
SS2519	3/27-4/24	Th	10-11:15am	\$100/5
SS2520	3/24-4/24	M/Th	10-11:15am	\$190/10
SS2521	4/28-6/2	M	10-11:15am	\$100/5
SS2522	5/1-6/5	Th	10-11:15am	\$100/5
SS2523	4/28-6/5	M/Th	10-11:15am	\$190/10

DRP265	Drop-In (No Refunds)	\$25/1
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MELT HAND & FOOT- FOR BALANCE & STABILITY

Niki Parker

NikiParker@aol.com

949-923-1622

Ease pain and stiffness with soft MELT balls to improve stability and movement in hands and feet. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all—no experience needed!

- **Notice:** MELT tools provided and available for purchase.
- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

OASIS Room 5

SS2527	4/7 & 4/21	M	1-2pm	\$12/2
SS2528	5/5 & 5/19	M	1-2pm	\$12/2
SS2529	6/9 & 6/16	M	1-2pm	\$12/2

Classes



MELT METHOD: SELF CARE TECHNIQUE

Niki Parker NikiParker@aol.com **949-923-1622**
 New to MELT, please contact instructor for safety considerations before signing up or dropping in. Ready to feel better doing what you love? Reduce inflammation, ease chronic pain, improve alignment, and enhance performance with soft rollers to rehydrate fascia, release stress, and strengthen weak points. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. **In-person class however Zoom code is also available for virtual attendance, contact Niki at NikiParker@aol.com**

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

OASIS Dance Room

SS2530	3/25-4/29	Tu	2-3pm	\$133/6
SS2531	5/6-5/20	Tu	2-3pm	\$72/3
DRP271	Drop-In (No Refunds)			\$30/1

PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com

This overall conditioning class includes a light 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 4/4, 4/23, 5/16, 5/26, 6/6**

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

OASIS Event Center

SS2532	4/2-4/30	M/W/F	7:45-8:35am	\$77/11
SS2533	5/5-5/30	M/W/F	7:45-8:35am	\$70/10
SS2534	6/2-6/30	M/W/F	7:45-8:35am	\$83/12
SS2535	4/2-4/30	M/W/F	8:45-9:35am	\$77/11
SS2536	5/5-5/30	M/W/F	8:45-9:35am	\$70/10
SS2537	6/2-6/30	M/W/F	8:45-9:35am	\$83/12

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

SS2538	3/18-4/22	Tu	8:45-9:45am	\$105/6
SS2539	4/29-6/3	Tu	8:45-9:45am	\$105/6

DRP267 Drop-In (No Refunds) \$23/1

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SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com

Unleash your potential in a dynamic class for strength, balance, and clarity! Boost bone density, mobility, and peace of mind. Begin with power-building, weight-bearing exercises, then unwind with calming stretches. Suitable for all levels; modifications provided. Led by an Internationally Certified Yoga Therapist. For questions, please contact the instructor.

- **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

SS2541	3/26-6/4	W	12:30-1:30pm	\$225/11
SS2542	3/21-6/6	F	2-3pm	\$245/12
SS2543	3/21-6/6	W/F	above times	\$465/23

DRP264 Drop-In (No Refunds) \$25/1



SOULSPARK - HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

Awaken your potential with an accessible Hatha yoga class that balances mind and body. Prioritizing function over form, we move mindfully with breath to create spaciousness and self-connection. Suitable for all levels, each session ends with meditation. Led by an Internationally Certified Yoga Therapist. No experience needed—modifications provided. For questions, please contact the instructor. **No class 5/26**

- **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

SS2544	3/17-6/2	M	11:30am-12:30pm	\$225/11
SS2546	3/27-6/5	Th	10:30-11:30am	\$225/11
SS2547	3/17-6/5	M/Th	above times	\$445/22

Online Class - via Zoom

SS2548	3/19-6/4	W	8-9am	\$245/12
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DRP264 Drop-In (No Refunds) \$25/1

NEW! SOULSPARK - SPRING CLEANSE

Stephanie von Meeteren www.MySoulSpark.com

Refresh and revitalize with our live online spring cleanse series! In three transformative sessions, we'll guide you through cleansing your body, mind, and home. Each session offers Ayurvedic guidance, lifestyle practices, and recipes to support your cleansing journey. Recordings and bonus content included. Open to all (except during pregnancy).

Online class - via Zoom

SS2549	4/18-5/2	F	9-10am	\$108/3
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NEW! SOULSPARK - YOGA THERAPY CLINICS

Stephanie von Meeteren www.MySoulSpark.com
Brain Health: Supports brain health and neuromuscular conditions like Alzheimer's, Parkinson's, and dementia. Enhances cognitive function, confidence, and calm. Caregivers, walkers, and wheelchairs welcome. **Bone Health:** Focuses on bone strength, balance, and mobility. Builds physical confidence, independence, and well-being. **Restorative:** Relieve pain, improve sleep, reduce stress, and promote rejuvenation. **Sciatica/Low Back/Hips:** Provides relief from low back, sciatica, and hip pain. No experience needed; modifications provided for all levels. Space limited to 12 participants. For questions, please contact the instructor. **No class 4/1, 5/26**

OASIS Room 5

Brain Health

SS2550 3/17-6/2 M 10-11am \$205/10

OASIS Dance Room

Bone Health

SS2551 3/17-6/2 M 1-2pm \$205/10

Restorative

SS2553 3/25-6/3 Tu 4:30-5:30pm \$225/11

Sciatica/Low Back/Hips

SS2554 3/19-4/23 W 3:30-4:30pm \$125/6

SS2555 4/30-6/4 W 3:30-4:30pm \$125/6



SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com

Enter a peaceful sanctuary with nourishing sessions for body and mind. Open to all, these classes include yoga nidra, meditation, gentle movement, and breathwork, culminating in a crystal bowl sound bath. Bring what comforts you, and stay for tea and connection with our welcoming community. For questions, please contact the instructor.

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

OASIS Dance Room

SS2556 4/10 Th 5:30-6:30pm \$25/1

SS2557 5/8 Th 5:30-6:30pm \$25/1

SS2558 4/10 & 5/8 Th 5:30-6:30pm \$45/2

NEW! SPARK OF VITALITY

Stephanie von Meeteren www.MySoulSpark.com

Embrace vitality with Ayurvedic wisdom! In this three-part workshop series, explore the ancient science of Ayurveda and discover lifestyle habits for longevity, rejuvenation, and overall well-being. Learn daily routines aligned with nature's cycles to help you feel vibrant and joyful year-round. **No class 5/17**

OASIS Dance Room

SS2587 5/10-5/31 Sat Noon-1:30pm \$95/3



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

SS2559 3/18-4/22 Tu 10-11am \$105/6

SS2560 4/29-6/3 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.

- **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

SS2561 3/20-4/24 Th 7:45-8:45am \$105/6

SS2562 5/1-6/5 Th 7:45-8:45am \$105/6

DRP267 Drop-In (No Refunds) \$23/1

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com

Experience the powerful benefits of Tai Chi, a highly effective mind-body exercise. This class offers step-by-step instruction in the Tai Chi Qigong 18 movements, promoting physical health and cultivating tranquility. Beginners are welcome! For style clarification, please email the instructor.

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

OASIS Event Center

SS2563 3/20-5/29 Tu/Th 9:30-10:30am \$295/20

SS2564 3/25-5/27 Tu 9:30-10:30am \$165/10

SS2565 3/20-5/29 Th 9:30-10:30am \$165/10

DRP268 Drop-In (No Refunds) \$25/1

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 4/2, 4/3, 4/4, 4/5, 5/16, 5/17, 5/18, 5/19, 5/21, 5/22, 5/23, 5/24, 5/25, 5/26**

OASIS Dance Room

SS2566	3/17-6/2	M	9-10am	\$145/8
SS2567	3/19-6/4	W	9-10am	\$180/10
SS2568	3/20-6/5	Th	9-10am	\$180/10
SS2569	3/21-6/6	F	9-10am	\$163/9
SS2571	3/29-6/7	Sa	9-10am	\$145/8

Multi-Day Discount 3 days for the price of 2! Make-ups built in.

SS2572	3/17-6/6	M/W/F	9-10am	\$360
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DRP269	Drop-In (No Refunds)			\$25/1
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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 5/9**

- **Prerequisite:** at least 1 year of ballet training suggested.
- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

SS2573	4/18-6/13	F	11:30am-12:45pm	\$168/8
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DRP270	Drop-In (No Refunds)			\$23/1
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NEW! BACHATA DANCE BEGINNER ONE-DAY WORKSHOP

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Come learn the latest craze in dance. Experience the joy and connection of Bachata in our beginner-friendly dance workshop! No experience or partner needed—just bring your enthusiasm!

OASIS Dance Room

SS2576	5/31	Sa	10:15-11:15am	\$25/1
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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!

OASIS Dance Room

SS2575	3/26-6/4	W	11:15am-Noon	\$185/9
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DRP269	Drop-In (No Refunds)			\$25/1
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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

SS2577	5/20-6/10	Tu	12:55-1:35pm	\$72/4
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DRP270	Drop-In (No Refunds)			\$23/1
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GROUP DRUMMING

Lee Kix

Discover your rhythm with group drumming! This research-backed activity boosts immunity, reduces stress, enhances mood, sparks creativity, and strengthens bonds. Studies reveal it even increases white blood cell activity to fight disease.

OASIS Event Center

RSVP Not Required	2nd Wed	11:30am-12:30pm	Free
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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 5/13**

• **Please bring:** ballet slippers by the second class meeting
OASIS Dance Room
 SS2580 4/15-6/10 Tu 11:30am-12:45pm \$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.

OASIS Dance Room

Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
 SS2581 3/20-4/24 Th 1-1:55pm \$44/5
 SS2582 5/1-6/5 Th 1-1:55pm \$52/6
Level 2 - Improver/Easy Intermediate (should know basic steps)
 SS2583 3/20-4/24 Th 2-2:55pm \$44/5
 SS2584 5/1-6/5 Th 2-2:55pm \$52/6
Level 3 - Easy Intermediate/Intermediate (step competency required)
 SS2585 3/20-4/24 Th 3-4pm \$44/5
 SS2586 5/1-6/5 Th 3-4pm \$52/6

MUSIC WORKSHOP

Glen Jansma **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

HOOTENANNY

Glen Jansma **310-940-3112**
 Group singing of American Standard tunes. Acoustic instruments optional.
OASIS Room 5
 RSVP Not Required Ongoing F 1-3pm Free



UKULELE STRUMMERS AND SINGERS

Mike Ekinaka **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 of \$65 and sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm at OASIS in Room 1. For membership details call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org





THURSDAY, APRIL 24 YOU ARE INVITED OPENING DAY CEREMONIES

10:30am Registration | 11:00am Ceremony | 12:00pm Dock Party

Balboa Yacht Basin 829 Harbor Island Drive, Newport Beach, CA 92660
(Bayside Drive on Harbor Isle to end of "E" Dock)

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View our two beautifully maintained Catalina 34 ft sloops, and meet the Commodore, Skippers, and other club members while enjoying free food and drinks.



RSVP

Newport633@gmail.com Guests and Walk-ins are welcome
Learn more about the club at www.oasissailingclub.org

Friends of OASIS

Scholarship Program



Applications are now being accepted for the Spring 2025 semester.

The Friends of OASIS is offering scholarships up to \$2,500 to help students working on degrees in gerontology, mental health, social services, kinesiology, recreational and cognitive training, caregiving, senior facilities administration, or other areas helping senior citizens with their aging challenges.

To Apply: Call the Friends of OASIS office at 949-718-1800 or contact Scholarship Committee Chair Walt Howald at walt@howald.us

You may also print out the scholarship application form at: <https://friendsofoasis.org/Scholarships-for-students.html>

Deadline is April 28, 2025



Visit Our Website
www.friendsofoasis.org

APPLY NOW

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LENDING LIBRARY at OASIS

The Friends of OASIS operates a quaint lending library. Swing by and check out a book or two today!

- Mondays: 8am-2:30pm
- Tuesday - Friday: 8am-4pm



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OASIS Travel

OASIS Travel Hours & Contact Information
Monday-Friday 9am-1pm
949-718-1810 oasisitravel2@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

SAN DIEGO ZOO

Wednesday, April 2

\$130/\$135

The pandas are back! After many months of behind-the-scenes collaboration and preparation, the San Diego Zoo is honored to share a new journey of love and commitment in caring for two giant pandas. Come meet five-year old male, Yun Chuan and four-year old female, Xin Bao. Our visit to the San Diego Zoo includes a guided bus tour covering much of the zoo. Also included is the Kangaroo Express Bus which lets you decide what to see by hopping on and off at the four different stops throughout the zoo. View the zoo from above on the Skyfari Aerial tram, enjoy spectacular views of the animals, plants and the surrounding Balboa Park. Lastly, all regularly scheduled shows are available for you to enjoy. Lunch is on your own at one of the many eateries in the zoo.

Depart: 8:30am

Return: 5:30pm



FLOWER FIELDS, CARLSBAD

Thursday, April 17

\$90/95

We will travel to view 50 acres of Tecolote Ranunculus flowers that make up the Flower Fields at Carlsbad Ranch. Enjoy a tractor driven ride, navigate through the sweet pea maze, visit the theme gardens, the historic poinsettia display, and the Glass in Flight exhibit by Alex Hevari. There is a butterfly encounter available for those of you who want to pay \$5 to participate. There are picnic tables and food sales on site or bring your own lunch. We will be driven to the Carlsbad Outlets to buy lunch and/or shop.

- Hats, sunscreen and walking shoes are recommended.

Depart: 8:30am

Return: 5:00pm

MAMA MIA AT SEGERSTROM

Saturday, May 17

\$100/\$105

Mama Mia, a wonderful musical of a mother, daughter and three possible dads set on a Greek island paradise. This ultimate feel-good show has been enjoyed by people for nearly 25 years. Tickets will need to be picked up in the OASIS Travel Office and attendees will provide their own transportation to the Segerstrom Center. The show time is a matinee at 2pm.

- No bus transportation is included with this trip.



HUNTINGTON LIBRARY & GARDENS

Thursday, May 22

\$100/\$105

Begin the day with a docent tour of the grounds and then explore, at your leisure, the other beautiful gardens including the camellias which are in bloom, and the art collections of Henry and Arabella Huntington. Have lunch on your own at the Jade Court Cafe, Café 1919, or the Red Car Café.

Depart: 8:30am

Return: 5:30pm

HOLLYWOOD BOWL - EARTH, WIND AND FIRE + FIREWORKS

Wednesday, July 2

\$105/\$110

We are going to the Hollywood Bowl on July 2nd to enjoy the July 4th celebrations. The program includes: Earth, Wind and Fire's performance, the L.A. Philharmonic, and the super fireworks display!!! Earth, Wind and Fire is a nine-time Grammy Award winner and one of the best selling groups of all time. You can bring a picnic dinner, wine is allowed, or you can purchase food and drinks at the Bowl. Those who have gone with us in the past report having a wonderful fun time - it is a great experience to share with friends and family.

Depart: 4:00pm

Return: Midnight

THE NIGHT THE MUSIC DIED-BUDDY HOLLY, RITCHIE VALENS, BIG BOPPER

Wednesday, July 16

\$130/\$135

Songs, comedy, costumes, dialogue and dances from the famous musicians listed. Always a wonderful musical program at the Almansor Court venue in Alhambra with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

Depart: 10:45am

Return: 5:00pm

TRIBUTE TO THE CARPENTERS

Thursday, September 18

\$130/\$135

Come and enjoy a tribute to The Carpenters, "Yesterday Once More" starring Joanne O'Brien at the Almansor Court located in Alhambra. This musical revue will include popular hit songs such as: *We've Only Just Begun, Top of the Word, For All We Know, Close to You, Yesterday Once More, Rainy Days and Mondays*, and more! Always a wonderful musical program with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

Depart: 10:45am

Return: 5:00pm

EXTENDED TRIPS

Flyers available in the travel department

AFC

MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE

May 12 or Oct 4 (8 days, 10 meals)

NORMANDY, PARIS & SEINE RIVER CRUISE

April 1 or October 21 (9 days, 20 meals)

ICELAND EXPLORER

May 28, June 4 or Sep. 17 or Oct. 1 (7 days, 8 meals)

HIGHLIGHTS OF SCANDINAVIA

July 17 or August 14 (11 days, 14 meals)

SUNNY TUCSON & THE OLD WEST

November 9 (6 days, 8 meals)

PETER'S WAY TOURS

SITES AND SHRINES OF FRANCE

April 21-30 (a Pilgrimage trip)

IMPERIAL EUROPE: GERMANY, AUSTRIA, & CZECH REPUBLIC

Sept. 22 (10 days, a Pilgrimage trip)

MAJESTIC ADVENTURES

CANADIAN ROCKIES ADVENTURE

August 17 (7 days, 9 meals)



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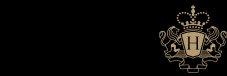
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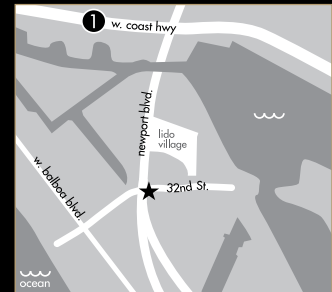
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2. Click on Classes
3. Click on My Account
4. Enter Username & Password
5. Click on Register for Activities
6. Sort Activities or Search for class
7. Click on Name of Activity
8. Click Add to My Cart
9. Follow steps for payment

Walk-in, Mail-in, Fax or Email

Processed upon receipt of a completed and signed registration form, during regular business hours. Confirmation receipts are emailed for fax, email, and mail-in registration. Return completed registration form with payment to:

- *Mail to OASIS Senior Center at
801 Narcissus Ave. Corona del Mar, 92625*
- *Email: OASIScenter@newportbeachca.gov
(include payment information)*
- *Hours M-F 8 a.m. - 5 p.m.*
- *Fax: 949-723-3560(include payment information)*

REGISTRATION INFORMATION

Registration is required for all programs. Registration will NOT be accepted over the phone. Fees are not prorated for missed classes or late registration. If a program is full, you will be placed on the wait-list. If space becomes available, City staff will contact you and provide a 24 hours response time before moving to the next person on the list. No class petitioning permitted. Special Assistance: If you need special accommodations for activities notify the Recreation & Senior Services Dept. at **949-644-3151** or recreation@newportbeachca.gov.

First Name		Last Name	
Address		City/Zip	
Home Phone	Cell Phone	Email	

COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee
CHECKS PAYABLE TO: City of Newport Beach			Total Class Fees	
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. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.			Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
REFUND FEE A refund fee will be assessed for all refunds, \$10 for classes priced at \$74 and under and \$20 for classes priced at \$75 and above.			GRAND TOTAL	

REGISTRATION INFORMATION & POLICIES I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's participation to promote classes on the City's website and other social media used by the City, future publications of the Newport Navigator and/or fliers.

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.

PARTICIPANT 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: **(1)** Be respectful of and to all participants and program staff. **(2)** Take direction from program staff/supervisors. **(3)** Refrain from using abusive or foul language. **(4)** Refrain from causing bodily harm to self, other participants, or program staff supervisors. **(5)** Refrain from damaging equipment, supplies, and facilities. **(6)** Refrain from harassment of staff, instructors or participants. Failure to follow these rules may result in denial of program participation privileges.

Mandatory Signature		Date	
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April

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Event Center

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**Please RSVP by Friday, April 4th
at 949-644-3244**