



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 7:30 a.m. - 5:30 p.m.	M-Th 7 a.m. - 7 p.m.
Fr 7:30 a.m. - 4:30 p.m.	Fr 7 a.m. - 5 p.m.
Sa-Su Closed	Sa-Su 7 a.m. - 2 p.m.

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 Battoli-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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Council Member	Noah Blom
Council Member	Robyn Grant
Council Member	Sara Weber
Council Member	Erik Weigand

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OASIS NEWS STAFF

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



This month, we're excited to announce the installation of brand-new carpet throughout the Administration Building, including the Library Game Room, and Computer Lab! It's hard to believe it's been 15 years since OASIS was rebuilt. The original carpet has held up well, but you can certainly see the love and activity it's experienced over the years.

With this fresh update, I hope everyone takes pride in our beautiful facility and helps us keep it looking great. Please be mindful of food and drinks in classrooms and shared spaces. Let's aim to make this new carpet last another 15 years!

Also, on page 6, you'll find a flyer with a few important questions. Your responses will help us celebrate National Senior Center Month in September. We'd love to hear how OASIS has impacted your life. I've heard some amazing stories over the years, and I know there are more to be shared.

Wishing you a joyful August and continued sunshine this summer!

Kindly,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Hi once again all Friends members! Here we are here in the "Dog Days of Summer" once again. Just finished a fantastic Elvis Tribute Concert on the 25th of July, and we will be following up that great event with yet another great concert in September, again having back the Roy Orbison Tribute Band. Tickets go on sale September 2nd and will again sell out quickly. The concert is on Friday, September 12th.

Also not too early to be thinking about our 7th annual Friends Cars and Coffee Car Show. This event is on Saturday, September 20th in our parking lot, with over 80 wild, exotic, expensive, and beautiful cars and motorcycles. Call Elsa at 949-718-1800 to register your vehicles today, as show spaces are very limited for this event.

Finally, let me again thank those that sent in a donation last month for our Friends Fund Drive. Your Newsletter held the letter explaining what we need to fund, and why we need you to help us, along with the envelope, to make it easy for you to send back to us your donation for 2025. Friends do so many good things for this community, but we do need your support to keep doing this important work!

Note: Please purchase your General Meeting tickets for August, as we will be "dark" for our General Meeting this year in September, and "always" in October, as that is our usual annual Friends Rummage Sale, which this year will be bigger than ever before.

Thanks for your support!

Mike

The Friends of OASIS MONTHLY MEMBERSHIP GET TOGETHER



Friday, August 1, 10:00 a.m.

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

MENU: ASIAN CHICKEN SALAD AND DESSERT

ENTERTAINMENT: CHRIS FARMER

SPONSORED BY:



MAGNIFICARE, LLC
CAREGIVER STAFFING SOLUTIONS

PURCHASE YOUR TICKETS WITH
THE FRIENDS OF OASIS **949-718-1800**

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

Memories in the Making

*For Care Partners &
Loved Ones with Dementia*



**Thursday, August 7
1:00 p.m. - 2:30 p.m.**

Memories in the Making® offers individuals with memory loss and their care partners a relaxing art experience with music, socialization, and guided inspiration by facilitator, Ben Allen. No art skills are needed—just enjoy self-expression, reminiscing, and stress relief while stimulating the brain. All supplies provided!

RESERVE YOUR SPOT!

Reservations are required by calling (949) 644-3244
or OASIScenter@newportbeachca.gov

MOVIE TALK

WITH THEO SIEGEL

Wednesday, August 6



PAUL NEWMAN
ROBERT REDFORD
KATHARINE ROSS
BUTCH CASSIDY AND
THE SUNDANCE KID

The film is based on the real outlaws Robert Leroy Parker aka Butch Cassidy and Harry Longabaugh aka The Sundance Kid. Redford named his film institute and festival based in Utah after his character, Sundance. Butch's younger sister, Lula Parker came to visit the set while they were shooting. Learn about these interesting facts and many more from the movie guy as we talk about **"Butch Cassidy and the Sundance Kid"** with Robert Redford, Paul Newman and Katharine Ross and then show the movie.

Event starts at
1:00 p.m.

OASIS Event Center
NO RSVP REQUIRED

Difficult Conversations



Learn to create a space to navigate challenging conversations with civility. Explore how we can stay true to our values, listen, and be in meaningful, respectful dialogue with the intention to keep connections vital with those we may not see eye to eye.

Wednesday, August 13

1:00 p.m. | Room 4

Presented by: Joyce Swaving, Shanti OC

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

Speech Therapy Tips for Seniors:

Techniques for Voice, Swallowing, and Memory

Join us for an interactive presentation led by a speech-language pathologist and tailored specifically for older adults. This presentation focuses on practical strategies to support stronger voices, safe and comfortable swallowing & cognitive abilities like memory and attention.

Whether you're experiencing these changes or just want to be proactive, this presentation offers helpful guidance to support your independence and quality of life.

Presented by: Meredith Lillie, SLP

hoag.

**Thursday, August 14
3:00 p.m. | OASIS Room 1**

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

FREE MEMORY SCREENINGS

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



Receive a free memory
screening by a professional
from Alzheimer's Orange
County

Obtain linkages to resources, strategies to
maintain brain health, and in-depth guidance
on issues related to changes in memory.

Contact us today

Appointments held on
August 21 at OASIS



For an appointment
call 949-644-3244

Art4Healing®

EXPRESS YOUR FEELINGS IN COLOR

Join us in a free session led by a certified
professional and create expressive abstract
art that supports emotional healing

THEME:

PAINTING ATTACHMENT

**THURSDAY, AUGUST 21
1:00 p.m. - 3:00 p.m.**

LIMITED TO 12 PARTICIPANTS

ADVANCE RSVP REQUIRED

CALL: 949-644-3244 (NO DROP-INS)

Facilitator:
Beth Otterbein, RN
Hoag Faith Community Nursing



Alzheimer's PRESENTS: 
ORANGE COUNTY

CLASSIC ROCK SING-A-LONG



Do you love music? Did you know
singing has been proven to
improve cognitive health? Join the
fun with professional musician

Jason Feddy 

**WEDNESDAY, AUGUST 20
1:00 p.m. Event Center**

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

WE WANT TO HEAR FROM YOU!

1. How many years have you been coming to OASIS?
2. What do you love about OASIS?
3. How has OASIS changed your life?
4. What is your most memorable moment at OASIS?

Please email your responses to
OASIScenter@newportbeachca.gov

VETERANS SOCIAL GROUP

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

TUESDAY, AUG 19
11:30 a.m. | OASIS Event Center A



SPEAKER: JIM GRIMM

TOPIC:
THE HELICOPTER WAR

★ RSVP not required ★

AI Made Simple: *A Beginner's Guide for Seniors*

A gentle introduction to using AI in your everyday life, from asking simple research questions to generating original stories, summarizing the news and more. Enjoy simple, real talk about AI. No tech degree required.

Presented by: Wendell Chong

Tuesday,
September 16
10 a.m.
Room 1



Wendell Chong is a dedicated and passionate advocate of AI and uses artificial intelligence on a daily basis for research, analysis, and fun.

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



20TH ART IN THE PARK

A community event for the entire family
featuring art, food, fun, live music and kids activity.

ARTISTS AND ARTISANS:
Register for Art in the Park
June 1, 2025
Registration closes
August 18, 2025

Saturday,
September 20, 2025
10 am - 5 pm
Civic Center Green
100 Civic Center Drive,
Newport Beach

Paintings • Mixed Media
Photography • Sculpture
Ceramics • Glass Art
Woodcraft • Jewelry

Newport Beach Art in the Park
[artintheparknb](https://www.artintheparknb.com)



SIGN UP NOW!

Artists and Artisans should visit
newportbeachartsfoundation.org
to register.





OASIS
SENIOR CENTER

SUMMER CONNECTIONS

MAKE DEEPER CONNECTIONS AND NEW FRIENDS! GATHER WITH OTHERS TO ENGAGE IN POSITIVE, TOPICAL CONVERSATION.

EVERY THURSDAY
2:00 p.m.
ROOM 5

FACILITATED BY:
JOYCE SWAVING, SHANTI OC

Shanti



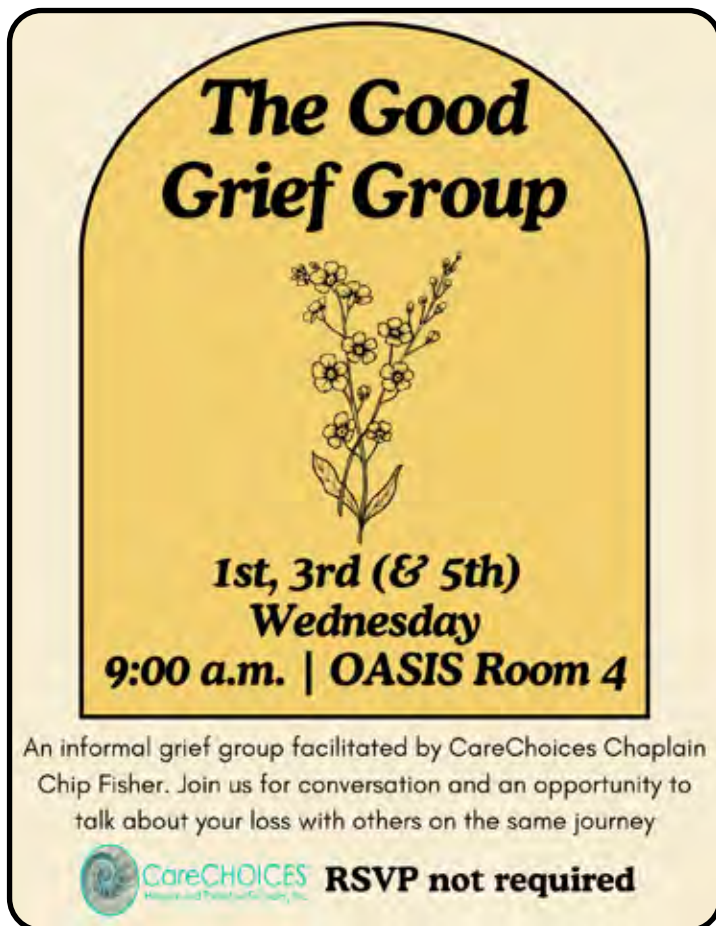
The Compassionate Friends
Supporting Family After a Child Dies

A warm and supportive group providing friendship, understanding and hope.

For more information please contact Basia Mosinski at 844-444-8231 or visit www.compassionatefriends.org

3rd Wednesday
6:30 p.m.
OASIS Room 5


RSVP not required



The Good Grief Group

1st, 3rd (& 5th)
Wednesday
9:00 a.m. | 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

 **CareCHOICES** **RSVP not required**



Alzheimer's Support Group

For Family Members & Caregivers

Alzheimer's
ORANGE COUNTY

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

2nd & 4th Wednesday
10:00 a.m. | OASIS Room 5

RSVP not required

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.

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: 7:45 a.m. - 4:30 p.m.
- Friday: 7:45 a.m. - 4:00 p.m.

SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30 a.m.

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

SHOPPING TRIPS

OASIS is offering two shopping trips this month for transportation clients:

HOME GOODS:

THURSDAY, AUGUST 14

TARGET:

THURSDAY, AUGUST 28

HomeGoods



RESERVE YOUR SPOT TODAY
949-644-3244

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**.

**MEALS
ON WHEELS**
ORANGE COUNTY

JOIN US AT THE
Lunch Café!

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



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

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 about a Country fiction/nonfiction

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. **No class 10/28, 11/11**

OASIS Room 5

SS4000 9/9-10/14 Tu 10am-12:30pm \$180/6

SS4001 10/21-11/18 Tu 10am-12:30pm \$100/3

NEW! SNAPSHOTS: FAMILY PHOTOS INSPIRED WRITING WORKSHOP

Marla Miller www.Marlamiller.com

This series invites participants to use 'photos of significance' to help tell the stories they want to share with family, friends, and/or craft for publication. Family photo inspired stories (vignettes) read for in-class critiquing. Could this be the beginning of your autobiography or memoir? Perhaps! Join us!

OASIS Room 5

SS3005 7/8-8/12 Tu 10am-Noon \$125/6

SS4002 9/16-10/21 Tu 1:30-3:30pm \$175/6

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 4

SS4003 9/10 W 1:30-3pm \$50/1

SS4004 10/8 W 1:30-3pm \$50/1

SS4005 11/12 W 10-11:30am \$50/1

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

SS4010 9/23 Tu 7-9pm \$89/1

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 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

SS4011 9/25-10/30 Th 7:30-9pm \$215/6

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 Room 2

RSVP Not Required Ongoing M 3-5pm Free

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.

- 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 8/20 & 8/21 W/Th 1-5pm \$20/\$25

Registration for classes listed in bold starts Thursday, August 7 at 8am

ENGLISH AND EUROPEAN LITERATURE

Darielle Wilson 949-675-5182
Don Quijote de la Mancha by Miguel de Cervantes. Prose fiction. Sail the vast seas of English and European literature, both modern and traditional. Revisit Miguel de Cervantes, the man who invented fiction, in the Ormsby translation of Don Quijote de la Mancha. With a senior's wisdom, call upon your own life experiences to discuss the always modern ideas of one of the greatest literary minds in any language. Class is ongoing; please contact instructor for updated information.

No class 11/28

OASIS Room 1B

SS3015	6/13-8/29	F	10am-Noon	\$105/11
SS4015	9/12-12/19	F	10am-Noon	\$125/15

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 8/12 & 8/26 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: Maria Korcsmaros, Shark Attack Survivor while training for a Triathlon in Big Carona

OASIS Room 1

RSVP Not Required 8/19 Tu 3-4:30pm Free

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

newportbeachca.gov/oasis

Admin - 949-644-3244

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

FINE ARTS

FREEHAND DRAWING

Nancy Wahamaki's Art World nwwasek@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

SS3050	7/9-8/20	W	9-11am	\$175/7
SS4050	9/17-10/22	W	9-11am	\$162/6
SS4051	11/5-12/10	W	9-11am	\$162/6

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World nwwasek@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.

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

OASIS Art Center

SS4055	9/22-10/20	M	9am-Noon	\$125/5
SS4056	11/3-12/8	M	9am-Noon	\$150/6

INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer jnetzer2@hotmail.com
 This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Limited Potters wheels are available. Please bring your own hand tools.

• **Additional fee:** \$20 (material)

• **Optional clay purchase:** Aprox \$20/bag (Cone 5 B-mix)

OASIS Art Center

SS3060	6/11-8/27	W	9am-Noon	\$265/12
SS4060	9/3-12/17	W	9am-Noon	\$352/16

Registration for classes listed in bold starts Thursday, August 7 at 8am

Friends of OASIS - 949-718-1800



OIL PAINTING- INTERMEDIATE

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

This class focuses on color mixing for painters. From a limited color palette of primary and secondary colors, we learn to mix and adjust "hue, value, and chroma (intensity)" to achieve depth and atmosphere in our work. Projects include Still Life, Portrait, and Landscape 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.

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

OASIS Art Center

SS4075 9/8-10/6 M 1-3:30pm \$260/5

SS4076 10/20-11/17 M 1-3:30pm \$260/5

DRP315 Drop-In (No Refunds) \$55/1

OIL & WATERCOLOR - BEG./INTER.

Bobbi Boyd **949-544-9383**

Discover your artistic voice in this welcoming class combining oil and watercolor painting- choose your medium. Learn essential techniques, improve your drawing and composition skills, and explore your creativity through personal projects. Whether you're a beginner or looking to grow, you'll enjoy a supportive, inspiring environment with plenty of guidance and fresh ideas. **No class 11/26**

- **Please bring:** material list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS3072 8/6-8/27 W 1-4pm \$200/4

SS4070 9/3-9/24 W 1-4pm \$200/4

SS4071 10/1-10/29 W 1-4pm \$250/5

SS4072 11/5-11/19 W 1-4pm \$150/3

SS4073 12/3-12/17 W 1-4pm \$150/3

DRP310 Drop-In (No Refunds) \$50/1

Registration for classes listed in bold starts Thursday, August 7 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 carving, intarsia, marquetry, and scrolling, while other crafts range from model building to pyrography. Members support each other's skill development. An occasional minimal fee for class tool 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 Guy de Maupassant, featuring Bel-Ami, a portrait of the early years of La Belle Époque. Students' reading in class and at home will be reinforced by classroom discussion as well as by short essays and answers to questions. A maximum of 17 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

SS3229 6/11-8/27 W 10am-Noon \$110/12

SS4229 9/3-12/17 W 10am-Noon \$130/16

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 2-3:30pm Free

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

GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

The class will focus on the reading of stories in German 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), which can be purchased online, is the required text for class. **No class 10/2, 10/9, 10/16**

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

OASIS Room 4

9/4/25-5/28/26 Th 1-2pm 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 9/23, 11/11, 11/26

OASIS Room 5

Beginning French 1 (\$20 book)

SS4200 9/8-10/27 M 10-11am \$225/8

Beginning French 2 (\$20 book)

SS4205 9/8-10/27 M 11am-Noon \$225/8

OASIS Room 1B

Beginning Italian 1 (\$20 book)

SS3212 8/4-8/27 M/W 5-6pm \$225/8

SS4210 9/8-10/1 M/W 5-6pm \$225/8

SS4211 10/6-10/29 M/W 5-6pm \$225/8

SS4212 11/10-12/8 M/W 5-6pm \$225/8

Beginning Italian 2 (\$20 book)

SS3217 8/4-8/27 M/W 6-7pm \$225/8

SS4215 9/8-10/1 M/W 6-7pm \$225/8

SS4216 10/6-10/29 M/W 6-7pm \$225/8

SS4217 11/10-12/8 M/W 6-7pm \$225/8

OASIS Room 1A

Beginning Arabic 1

SS3231 8/4-8/27 M/W 5-6pm \$225/8

OASIS Room 4

Beginning Spanish 1 (\$40 book)

SS3222 8/5-8/28 Tu/Th 11:15am-12:15pm \$225/8

SS4220 9/2-10/28 Tu Noon-1pm \$225/8

SS4222 11/4-12/16 Tu Noon-1pm \$205/6

OASIS Room 1A

SS4221 9/15-11/3 M 5-6pm \$225/8

OASIS Room 4

Beginning Spanish 2 (\$40 book)

SS3227 8/5-8/28 Tu/Th 12:15-1:15pm \$225/8

SS4225 9/2-10/28 Tu 1-2pm \$225/8

SS4227 11/4-12/16 Tu 1-2pm \$205/6

OASIS Room 1A

SS4226 9/15-11/3 M 6-7pm \$225/8

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.

DRP300

\$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

SS3302 8/25 M 10:30am-12:30pm \$44/1

SS4300 9/16 Tu 1-3pm \$44/1

SS4301 10/22 W 10:30am-12:30pm \$44/1

SS4302 12/15 M 10:30am-12:30pm \$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

SS3316 8/11 M 10:30am-12:30pm \$45/1

SS4315 9/10 W 10:30-12:30pm \$44/1

SS4316 11/4 Tu 1-3pm \$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

SS3335 7/29-8/5 Tu 9:45-10:45am \$40/2

SS4335 10/7 & 10/14 Tu 9:45-10:45am \$40/2

Registration for classes listed in bold starts Thursday, August 7 at 8am

EBAY 1

Barbara Yin Milbert **pacpal33@yahoo.com**
Learn to buy and sell items on eBay.
• **Requirement:** basic computer skills and familiarity with the internet.

OASIS Computer Lab

SS3331	8/28	Th	10am-Noon	\$40/1
SS4330	11/4	Tu	10am-Noon	\$40/1

EBAY 2

Barbara Yin Milbert **pacpal33@yahoo.com**
Learn more advanced skills for buying and selling items on eBay. Hands-on class.
• **Requirement:** eBay 1 or equivalent and basic computer skills. Must also have an eBay and PayPal account.

OASIS Computer Lab

SS3336	7/29 & 8/5	Tu	11am-Noon	\$40/2
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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

SS3307	8/20	W	10:30am-12:30pm	\$44/1
SS4305	9/29	M	10:30am-12:30pm	\$44/1
SS4306	11/6	Th	1-3pm	\$44/1
SS4307	12/3	W	10:30am-12:30pm	\$44/1

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.
• **Prerequisite:** Computer basics or equivalent

OASIS Computer Lab

SS4333	9/9-9/30	Tu	9:45-10:45am	\$70/4
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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.

- **Prerequisite:** Computer basics and skills or equivalent

OASIS Computer Lab

SS4334	9/9-9/30	Tu	11am-Noon	\$70/4
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INTRO TO FACEBOOK & SOCIAL MEDIA

Barbara Yin Milbert **pacpal33@yahoo.com**
In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. In addition, we will touch upon the other social media sites: X, Snapchat, Instagram and Pinterest.

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS4332	10/7 & 10/14	Tu	11am-Noon	\$40/2
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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

SS3321	8/12	Tu	1-3pm	\$44/1
SS4320	9/11	Th	1-3pm	\$44/1
SS4321	10/15	W	10:30am-12:30pm	\$44/1
SS4322	12/16	Tu	10:30am-12:30pm	\$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

SS3312	8/27	W	10:30am-12:30pm	\$44/1
SS4310	10/6	M	10:30am-12:30pm	\$44/1
SS4311	12/11	Th	1-3pm	\$44/1

APPLE WATCH MOST USEFUL FEATURES

Jake Jacobs **jakeair99@gmail.com**
Learn the most useful features of the Apple Watch. Topics include: selecting and customizing watch faces and complications, built-in apps, including health apps such as ECG, Blood SpO₂, and Heart rate. Access eight apps directly from one Watch face. Learn about the many built in apps.

- **Requirements:** This in-person class is for users of any Apple Watch with Watch IOS 12 installed and an iPhone with IOS 19 installed

OASIS Room 2A

SS3326	8/7	Th	10am-Noon	\$25/1
SS4326	10/30	Th	10am-Noon	\$25/1

50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs **jakeair99@gmail.com**
The most useful hidden iPhone tips and features every user should know. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirements:** This in-person class is for users who have an iPhone with iOS 19 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS3327	8/14	Th	10am-Noon	\$20/1
SS4327	11/6	Th	10am-Noon	\$25/1

Registration for classes listed in bold starts Thursday, August 7 at 8am

IPHONE MUST USEFUL SECRETS

Jake Jacobs jakeair.weebly.com jakeair99@cox.net
Insight into the latest iOS 19 features 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. **No class 11/27**

- **Requirements:** This in-person class is for users who have an iPhone with iOS 19 installed.
- **Notice:** Students can print out the 20 page handbook at home and bring it with them (or \$15 Material fee payable to the instructor the day of class by cash; please notify the instructor at jakeair@cox.net if you want a copy of the \$15 handbook printed for you).

OASIS Room 2A

SS4328 11/13-12/11 Th 10am-Noon \$60/4

CARDS & GAMES

AMERICAN MAH JONGG CLASSES

Frank Delgado frankdel949@yahoo.com
Beginners 101: Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

OASIS Room 3

SS4120 9/11-10/16 Th 9-11am \$160/6

Supervised Play: Take everything you learned in American Mah Jongg for Beginners 101 and continue trying new hands on the Mah Jongg Card. Instructor will provide oversight and suggestions while you play in groups of four. **No class 11/27**

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

OASIS Room 3

SS3121 7/31-8/28 Th 9-11am \$160/5

SS4121 10/23-12/4 Th 9-11am \$160/6

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. **No class 11/11**

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

OASIS Room 3

SS4110 9/23-11/18 Tu 4-5:30pm \$192/8

NEXT STEPS IN BRIDGE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
This class will introduce basic tools to compete for the contract. Learn how to apply weak two bids, preemptive 3 and 4 bids, overcalling, cue bid limit raise, the classic takeout X and the penalty X. At the end of this series, you and your partner will be preventing the opponents from easily reaching their best contract and helping you and partner to get to your own contract.

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

OASIS Room 3

SS4111 9/22-11/3 M 4-5:30pm \$161/7

BRIDGE: SUPERVISED PLAY PRACTICE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Enjoy a 15-minute review lesson and then shuffle, deal and play under the guidance of an experienced instructor. Students will have the opportunity to ask questions in real time as they arise in regard to bidding, leads and play of the hand. No partner necessary.

OASIS Room 3

SS4112 10/27-11/17 M 9:30-11:00am \$66/4

BRIDGE-MASTERING POPULAR BIDDING CONVENTIONS

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Stayman, Jacoby Transfers, and the Strong Two Club Opener. Enhance your bridge bidding skills by mastering key conventions that will elevate your game. In this class, we'll cover the Stayman convention for discovering 4-card majors after a 1NT opening, Jacoby Transfers to find an 8-card major fit, and the Strong Two Club Opener, signaling a strong hand right from the start. Using the cards-on-the-table method, students will engage in hands-on learning, practicing these conventions in real-time play. **No class 11/11**

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

OASIS Room 3

SS4113 10/7-11/18 Tu 2-3:30pm \$144/6

BRIDGE-INTRODUCTION TO DUPLICATE BRIDGE

Rose Reynolds, ACBL Life Master pareynolds@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. No partner necessary.

- **Requirements:** Beginning bridge experience

OASIS Room 3

SS4114 9/22-10/20 M 9:30-11:00am \$110/5

Registration for classes listed in bold starts Thursday, August 7 at 8am

Classes

BRIDGE-TWO OVER ONE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
The students will learn how a small modification in bidding can make it easier for the partnership to: Get to the best game contract or a slam contract. Students will learn the 1NT forcing response bid as a way to improve the partnership results, even on part score hands.

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

OASIS Room 3

SS4115 9/16-9/30 Tu 2-3:30pm \$75/3

BRIDGE BASICS 1

Jane Dober ACBL Gold Life Master Janedober@gmail.com
Opening bids on the 1 level. Introduction to Modern Bridge: This Game lasts a lifetime. The perfect way to spend your morning. Meet interesting people, make new friendships. Each class includes: Lesson Handouts, Duplicate hands to play. Welcome all new players & players who want to modernize their bridge game.

OASIS Room 3

SS4100 9/9-10/14 Tu 9-11am \$180/6

BRIDGE BASICS 2

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Opening Hands on the 2,3,4 level. Competitive bidding by overcalling, and preempting. Review of Rebids- perfect for all bridge players working to improve their basic bidding knowledge. Lesson Handouts and pre-dealt boards to reinforce each lesson. No class 11/25

OASIS Room 3

SS4101 10/21- 12/9 Tu 9-11am \$180/6

BRIDGE: DECLARER PLAY 1

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Declarer Play of Hand in a No Trump Contract. Finesses, Setting up the Long Suit, Entries, Promotion.

Open to all players at all levels. All classes include lesson handouts and pre-dealt 8-12 duplicate boards to play that reinforce the lesson.

OASIS Room 3

SS4102 9/9- 10/14 Tu 11:30am-1:30pm \$180/6

BRIDGE: DECLARER PLAY 2

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Declarer Play of Hand in a Suit Contract. Pull Trump, Delay Pulling Trump, Ruffing in Dummy, Throwing a loser 1st, the Cross ruff. All classes include lesson handouts and predealt 8-12 duplicate boards to play that reinforce the lesson. No class 11/25

OASIS Room 3

SS4103 10/21-12/9 Tu 11:30am-1:30pm \$180/6

Registration for classes listed in bold starts Thursday, August 7 at 8am

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

Michael Mahoney michael.k.mahoney@gmail.com

Taras Young **949-533-5179**

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 10/3, 10/29, 10/31, 11/28**

OASIS Dance Room

SS3500	6/9-8/25	M	10:15-11am	\$239/12
SS3501	6/11-8/27	W	10:15-11am	\$239/12
SS3502	6/13-8/29	F	10:15-11am	\$220/11
SS3503	6/9-8/29	M/W/F	10:15-11am	\$597/12
SS4500	9/8-12/15	M	10:15-11am	\$297/15
SS4501	9/3-12/17	W	10:15-11am	\$297/15
SS4502	9/5-12/19	F	10:15-11am	\$258/13
SS4503	9/3-12/19	M/W/F	10:15-11am	\$728/43

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). **No class 10/6, 10/8, 10/13, 11/19**

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

OASIS Event Center

Ongoing 8/25-12/8 M 11:30am-12:30pm Free

NEW! BATTLEFIT BOXING

KC Currin kccurrin9@gmail.com

New! Whether you are a seasoned martial artist or a beginner, BattleFit Kickboxing offers tools and support you need to achieve your fitness goals. In this class you will learn techniques to improve your balance, coordination, flexibility, and self-defense skills.

- **Please bring:** a towel and water.
- **Required:** kick boxing gloves. Please purchase these on your own, can be found at most sporting goods stores.

OASIS Dance Room

SS3594	8/4-8/25	M	2:30-3:30pm	\$83/4
SS3597	8/4-8/25	M	5-6pm	\$83/4
SS4504	9/3-10/8	M/W	2:30-3:30pm	\$220/11
SS4700	9/3-10/8	M/W	5-6pm	\$220-11
SS4505	10/13-11/19	M/W	2:30-3:30pm	\$240/12
SS4701	10/13-11/19	M/W	5-6pm	\$240/12
DRP360	Drop-In (No Refunds)			\$25/1

BRAINWAVE BOXING

Sara Gutierrez sararez@betterlifeboxing.com

Brainwave Boxing is a fun, engaging class designed to improve balance, strength, and coordination through boxing techniques. Safely work your joints, challenge your brain, and boost mobility. Proven benefits for Parkinson's and overall wellness. All skill levels welcome—train at your own pace and keep moving strong!

- **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

SS3506	8/4-8/25	M	1-2pm	\$101/4
SS4506	9/8-9/29	M	1-2pm	\$101/4
SS4507	10/6-10/27	M	1-2pm	\$101/4
SS4508	11/3-11/24	M	1-2pm	\$101/4
SS4509	12/1-12/15	M	1-2pm	\$75/3

OASIS Room 1

SS3508	7/31-8/28	Th	3:30-4:30pm	\$125/5
SS4510	9/4-9/25	Th	3:30-4:30pm	\$101/4
SS4511	10/2-10/30	Th	3:30-4:30pm	\$125/5
SS4512	11/6-11/20	Th	3:30-4:30pm	\$75/3
SS4513	12/4-12/18	Th	3:30-4:30pm	\$75/3

DRP361 Drop-In (No Refunds) \$20/1



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 10/6, 10/8, 10/13, 11/19**

OASIS Event Center

SS3511	8/4-8/27	M/W	10:05-11am	\$57/8
SS4514	9/3-9/29	M/W	10:05-11am	\$57/8
SS4515	10/1-10/29	M/W	10:05-11am	\$44/6
SS4516	11/3-11/26	M/W	10:05-11am	\$51/7
SS4517	12/1-12/10	M/W	10:05-11am	\$31/4

newportbeachca.gov/oasis

Admin - 949-644-3244

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 10/2, 11/27**

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

OASIS Event Center

SS3515	8/5-8/28	Tu/Th	8-9am	\$50/6
SS4519	9/2-9/25	Th/Th	8-9am	\$65/8
SS4520	9/30-10/23	Tu/Th	8-9am	\$58/7
SS4521	10/28-11/20	Tu/Th	8-9am	\$58/7
SS4522	11/25-12/18	Tu/Th	8-9am	\$58/7

DRP363 Drop-In (No Refunds) \$12/1

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, 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 8/4, 8/7, 11/24, 11/27**

- **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

SS3519	7/21-8/25	M	10-11:15am	\$105/5
SS3520	7/24-8/28	Th	10-11:15am	\$105/5
SS3521	7/21-8/28	M/Th	10-11:15am	\$195/10
SS4523	9/8-10/6	M	10-11:15am	\$105/5
SS4524	9/11-10/9	Th	10-11:15am	\$105/5
SS4525	9/8-10/9	M/Th	10-11:15am	\$195/10
SS4526	10/13-11/10	M	10-11:15am	\$105/5
SS4527	10/16-11/13	Th	10-11:15am	\$105/5
SS4528	10/13-11/13	M/Th	10-11:15am	\$195/10
SS4529	11/17-12/15	M	10-11:15am	\$85/4
SS4530	11/20-12/18	Th	10-11:15am	\$85/4
SS4531	11/17-12/18	M/Th	10-11:15am	\$165/8

DRP365 Drop-In (No Refunds) \$25/1

Registration for classes listed in bold starts Thursday, August 7 at 8am

Friends of OASIS - 949-718-1800

Classes

NEW! LAWN BOWLING 101

Newport Harbor Lawn Bowling Club classes@nhlbc.com
NEW! Lawn bowling is a game for all ages and all levels of ability. We invite you to come and learn how to lawn bowl! Classes take place at the Newport Harbor Lawn Bowling Club, 1550 Crown Dr. N., Corona del Mar. Lawn bowling equipment is provided.

- **Please wear:** comfortable flat sole shoes.

Newport Harbor Lawn Bowling Club

SS3526	8/5-8/14	Tu/Th	6-8pm	\$100/4
SS3527	8/19-8/28	Tu/Th	6-8pm	\$100/4
SS4800	9/2-9/11	Tu/Th	6-8pm	\$100/4
SS4801	9/16-9/25	Tu/Th	6-8pm	\$100/4

MELT HAND & FOOT- FOR BALANCE & STABILITY

Niki Parker NikiParker@aol.com **949-923-1622**

Learn how to ease pain & stiffness in your body, using soft MELT balls. Feel more stable when you walk. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all, done sitting in chair, no experience needed! MELT tools provided and available for purchase.

- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

OASIS Room 5

SS3532	8/11	M	1-2pm	\$12/1
SS3533	8/25	M	1-2pm	\$12/1
SS4532	9/15 & 9/29	M	1-2pm	\$20/2
SS4533	10/13 & 10/27	M	1-2pm	\$20/2
SS4534	11/3 & 11/17	M	1-2pm	\$20/2
SS4535	12/1 & 12/15	M	1-2pm	\$20/2

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. Feel better doing what you love! This class uses soft rollers to rehydrate fascia, reduce inflammation, ease pain, and improve alignment. Strength exercises target weak links to protect joints and enhance performance. Prevent cellular dehydration and keep your body feeling great at any age! **Zoom code is also available for virtual attendance, contact Niki at NikiParker@aol.com. No class 11/11**

- **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

SS3535	7/22-8/26	Tu	2-3pm	\$133/6
SS4536	9/2-10/28	Tu	2-3pm	\$194/9
SS4537	11/4-12/16	Tu	2-3pm	\$131/6
DRP371	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 9/5, 10/3, 10/6, 10/8, 10/10, 10/13, 11/7, 11/19, 12/5**

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

OASIS Event Center

SS3538	8/4-8/29	M/W/F	7:45-8:35am	\$83/12
SS3540	7/2-7/30	M/W/F	8:45-9:35am	\$77/11
SS3541	8/4-8/29	M/W/F	8:45-9:35am	\$83/12
SS4538	9/3-9/29	M/W/F	7:45-8:35am	\$77/11
SS4539	10/1-10/31	M/W/F	7:45-8:35am	\$64/9
SS4540	11/3-11/26	M/W/F	7:45-8:35am	\$64/9
SS4541	12/1-12/12	M/W/F	7:45-8:35am	\$38/5
SS4543	9/3-9/29	M/W/F	8:45-9:35am	\$77/11
SS4544	10/1-10/31	M/W/F	8:45-9:35am	\$64/9
SS4545	11/3-11/26	M/W/F	8:45-9:35am	\$64/9
SS4546	12/1-12/12	M/W/F	8:45-9:35am	\$38/5

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. **No class 8/12, 11/11**

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

OASIS Dance Room

SS3543	7/22-8/26	Tu	8:45-9:45am	\$90/5
SS4548	9/2-10/14	Tu	8:45-9:45am	\$119/7
SS4549	10/21-12/9	Tu	8:45-9:45am	\$119/7

DRP367 Drop-In (No Refunds) \$23/1

PILATES FOR BONE STRENGTH & BALANCE

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. **No class 8/12, 11/11**

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

OASIS Dance Room

SS3565	7/22-8/26	Tu	10-11am	\$90/5
SS4550	9/2-10/14	Tu	10-11am	\$119/7
SS4551	10/21-12/9	Tu	10-11am	\$119/7

DRP367 Drop-In (No Refunds) \$23/1



Registration for classes listed in bold starts Thursday, August 7 at 8am

PILATES TRIO: BONES, BALANCE & FLEXIBILITY

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 8/14, 11/27

- **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

SS3567	7/24-8/28	Th	7:45-8:45am	\$90/5
SS4552	9/4-10/16	Th	7:45-8:45am	\$119/7
SS4553	10/23-12/11	Th	7:45-8:45am	\$119/7
DRP367	Drop-In (No Refunds)			\$23/1

SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com
Unlock your strength, balance, and peace of mind in this dynamic class! Boost bone density, mobility, and peace of mind. Build power with targeted weight-bearing exercises, then restore with mindful stretching. Suitable for all levels, with modifications available. Led by an Internationally Certified Yoga Therapist. No experience needed! **No class 11/26, 11/28**

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

OASIS Dance Room

SS3545	7/9-8/27	W	12:30-1:30pm	\$165/8
SS3546	7/11-8/29	F	2-3pm	\$165/8
SS3547	7/9-8/29	W/F	above times	\$325/16
SS4554	9/5	F	2-3pm	Free
SS4555	9/12-12/19	F	2-3pm	\$285/14
SS4556	9/17-12/17	W	12:30-1:30pm	\$265/13
SS4557	9/12-12/19	W/F	above times	\$545/28
DRP364	Drop-In (No Refunds)			\$25/1

NEW! SOULFLEX+

Stephanie von Meeteren www.MySoulSpark.com
New! SoulFlex+ is a 1.5 hour workshop where we discuss how to improve bone health and density through the lens of Ayurveda. Includes nutrition and lifestyle information and the regular SoulFlex class.

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

OASIS Dance Room

SS4558	9/10	W	12:30-2pm	\$25/1
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NEW! SOULSPARK - PAIN RELIEF WORKSHOP

Stephanie von Meeteren www.MySoulSpark.com
NEW! Learn how to reduce the pain response and how to feel better through scientifically proven natural methods. Discussion, Q&A, gentle movement and breathwork. No prior experience is necessary, modifications offered, for all levels.

OASIS Room 4

SS4900	10/7	Tu	3-4pm	\$25/1
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SOULSPARK - HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com
Awaken your potential with accessible Hatha yoga focused on mindful movement and breath. Prioritizing function over form, this all-levels class ends with meditation. No experience needed, modifications provided. Led by an Internationally Certified Yoga Therapist. **No class 11/24, 11/26, 11/27**

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

OASIS Dance Room

SS3549	7/7-8/25	M	11:30am-12:30pm	\$165/8
SS3550	7/3-8/28	Th	10:30-11:30am	\$185/9
SS3551	7/7-8/28	M/Th	above times	\$345/16
SS4559	9/8	M	11:30am-12:30pm	Free
SS4560	9/15-12/15	M	11:30am-12:30pm	\$265/13
SS4561	9/4	Th	10:30-11:30am	Free
SS4562	9/11-12/18	Th	10:30-11:30am	\$285/14
SS4563	9/15-12/18	M/Th	about times	\$545/27

Live Online Class via Zoom

SS3552	7/2-8/27	W	8-9am	\$185/9
SS4611	9/3	W	8-9am	Free
SS4612	9/10-9/24	W	8-9am	\$65/3
SS4613	10/1-10/29	W	8-9am	\$105/4
SS4614	11/5-11/19	W	8-9am	\$65/3
SS4615	12/3-12/17	W	8-9am	\$65/3

DRP364	Drop-In (No Refunds)			\$25/1
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SOULSPARK - RESTORATIVE YOGA

Stephanie von Meeteren www.MySoulSpark.com
Ease into evening with gentle yoga, breathwork, and meditation to relieve pain, improve sleep, and reduce stress. Classes focus on mindful movement and breath to foster body-mind connection. No experience needed-modifications are available for all levels. Each session ends with meditation. Led by a Certified Yoga Therapist. **No class 11/11, 11/25**

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

OASIS Dance Room

SS4566	9/9	Tu	4:30-5:30pm	Free
SS4567	9/16-12/16	Tu	4:30-5:30pm	\$245/12

NEW! SOULSPARK- YOGA PHILOSOPHY GROUP

New! Join our monthly yoga philosophy discussion group to explore ancient wisdom and its modern applications. Engage in meaningful conversations, deepen your understanding, and connect with like-minded seekers in a supportive space. Open to all, no prior experience needed. Expand your practice beyond the mat!

OASIS Dance Room

RSVP Not Required	2nd Thursday	11:30am-Noon	Free
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Registration for classes listed in bold starts Thursday, August 7 at 8am

SOULSPARK - YOGA THERAPY CLINICS

Stephanie von Meeteren www.MySoulSpark.com

Yin Yoga: Combining deep stretching and mindfulness, participants hold passive poses for 2–4 minutes to target deep connective tissues, release tension, improve flexibility, and promote relaxation. **Restorative:** Relieve pain, improve sleep, reduce stress, and promote rejuvenation. **SomaNeural Flow:** A gentle, inclusive class designed to support brain health and enhance cognitive function, self-confidence, and overall well-being. Ideal for individuals with Dementia, Alzheimer's, Parkinson's, and similar conditions. Helpers, walkers, and wheelchairs welcome. **No class 11/26**

OASIS Dance Room

Yin Yoga

SS3557	8/18-8/13	W	4:45-5:45pm	\$185/9
SS4568	9/10	W	3:45-4:45pm	Free
SS4569	9/17-12/17	W	3:45-4:45pm	\$265/13

Restorative

SS3559	7/8-8/26	Tu	3:15-4:15pm	\$165/8
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OASIS Room 5

SomaNeural Flow

SS3554	7/14-8/25	M	10-11am	\$145/7
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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

SS3562	8/7	Th	5:30-6:30pm	\$25/1
SS4572	9/4	Th	5:30-6:30pm	\$25/1
SS4573	10/2	Th	5:30-6:30pm	\$25/1
SS4574	10/30	Th	5:30-6:30pm	\$25/1
SS4575	12/4	Th	4:30-5:30pm	\$25/1
SS4576	Fall Package	Above dates/times in bold		\$85/4

TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle. **No class 10/2, 11/27**

OASIS Event Center BC

RSVP Not Required	Ongoing	Tu/Th	2-4pm	Free
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Registration for classes listed in bold starts Thursday, August 7 at 8am

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. **No class 10/2, 11/11, 11/25, 11/27**

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

OASIS Event Center

SS3568	8/5-8/26	Tu	9:30-10:30am	\$69/4
SS3569	8/7-8/28	Th	9:30-10:30am	\$69/4
SS3570	8/5-8/28	Tu/Th	9:30-10:30am	\$119/8
SS4577	9/2-12/16	Tu	9:30-10:30am	\$235/14
SS4578	9/4-12/18	Th	9:30-10:30am	\$235/14
SS4579	9/2-12/18	Tu/Th	9:30-10:30am	\$325/28
SS4580	10/7-12/16	Tu	9:30-10:30am	\$152/9
SS4581	10/9-12/18	Th	9:30-10:30am	\$168/10
SS4582	10/7-12/18	Tu/Th	9:30-10:30am	\$235/19
SS4583	11/4-12/16	Tu	9:30-10:30am	\$85/5
SS4584	11/6-12/18	Th	9:30-10:30am	\$102/6
SS4585	11/4-12/18	Tu/Th	9:30-10:30am	\$140/11
SS4586	12/2-12/16	Tu	9:30-10:30am	\$55/3
SS4587	12/4-12/18	Th	9:30-10:30am	\$55/3
SS4588	12/2-12/18	Tu/Th	9:30-10:30am	\$79/6
DRP368	Drop-In (No Refunds)			\$25/1

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 8/2, 10/3, 10/4, 10/29, 10/30, 10/31, 11/1, 11/27, 11/28, 11/29**

OASIS Dance Room

SS3571	6/9-8/25	M	9-10am	\$221/12
SS3572	6/11-8/27	W	9-10am	\$221/12
SS3573	6/12-8/28	Th	9-10am	\$221/12
SS3574	6/13-8/29	F	9-10am	\$203/11
SS3576	6/21-8/30	Sa	9-10am	\$167/9
SS4589	9/8-12/15	M	9-10am	\$275/15
SS4590	9/3-12/17	W	9-10am	\$275/15
SS4591	9/4-12/18	Th	9-10am	\$257/14
SS4592	9/5-12/19	F	9-10am	\$239/13
SS4593	9/13-12/20	Sa	9-10am	\$221/12

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

SS3577	6/9-8/29	M/W/F	9-10am	\$442
SS4594	9/3-12/19	M/W/F	9-10am	\$550
DRP369	Drop-In (No Refunds)			\$25/1



MUSIC & DANCING

NEW! 80'S DANCE PARTY

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
New! Join us for a totally tubular '80s throwback dance party featuring classic hits, funky moves, and iconic fashion. Step into neon, nostalgia, and non-stop dancing! Whether you're a seasoned dancer or just looking to have fun, come join us!

- **Optional:** dress in your 80's best activewear, neon, leg warmers, big hair.

OASIS Dance Room

SS4604 9/6 Sa 9-10am \$25/1

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Discover the joy of Ballet at any age! Dance with like-minded peers in a pressure-free, supportive environment. Move at your own pace to beautiful classical, romantic, and swinging piano music. Start with Barre exercises, then explore steps in open space. Embrace the movement, have fun, and enjoy the experience! **No class 11/14, 11/28**

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

OASIS Dance Room

SS3578 7/11-8/22 F 11:30am-12:45pm \$162/7

SS4605 9/19-12/12 F 11:30am-12:45pm \$250/11

DRP370 Drop-In (No Refunds) \$23/1

BEGINNING BROADWAY DANCE

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
 Discover the anti-aging power of dance! Embrace Broadway tunes while mastering simple, partner-free dance techniques in a supportive small group. Learn with ease, dance with confidence, and reap body and mind benefits. Join today for timeless vitality. **No class 10/29**

OASIS Dance Room

SS3580 6/18-8/27 W 11:15am-Noon \$225/11

SS4606 9/3 W 11:15am-Noon Free

SS4607 9/10-12/17 W 11:15am-Noon \$285/14

DRP369 Drop-In (No Refunds) \$25/1



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

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

newportbeachca.gov/oasis

Admin - 949-644-3244

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Join us to explore the beauty of Classical Ballet! Enhance strength, flexibility, coordination, and balance in a relaxed, supportive setting. Designed for those with at least three years of dance experience, the class encourages creative expression with adaptable movements to suit individual needs. **No class 11/11, 11/25**

- **Please bring:** ballet slippers by the second class meeting
- **Prerequisite:** at least 3 years of ballet training some time in your life.

OASIS Dance Room

SS3585 7/8-8/19 Tu 11:30am-12:45pm \$162/7

SS4610 9/16-12/9 Tu 11:30am-12:45pm \$250/11

DRP370 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 11/27**

OASIS Dance Room

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

SS3587 7/24-8/28 Th 1-1:55pm \$52/6

SS4595 9/4-9/25 Th 1-1:55pm \$35/4

SS4596 10/2-10/30 Th 1-1:55pm \$43/5

SS4597 11/6-12/18 Th 1-1:55pm \$52/6

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

SS3589 7/24-8/28 Th 2-2:55pm \$52/6

SS4598 9/4-9/25 Th 2-2:55pm \$35/4

SS4599 10/2-10/30 Th 2-2:55pm \$43/5

SS4600 11/6-12/18 Th 2-2:55pm \$52/6

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

SS3591 7/24-8/28 Th 3-4pm \$52/6

SS4601 9/4-9/25 TH 3-4pm \$35/4

SS4602 10/2-10/30 TH 3-4pm \$43/5

SS4603 11/6-12/18 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

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

The OASIS Sailing Club offers recreational sailing and instruction for members and guests. Sail year-round on our Catalina 34 MKII sloops, OASIS-V and OASIS-VI. All experience levels welcome! Monthly dues: \$70; sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm, at OASIS in Room 1. Contact Dorothy Ables at 949-400-6177 or OSCMembership@OasisSailingClub.org

Friends of OASIS - 949-718-1800



OASIS SAILING CLUB MEMBERSHIP

ENJOY YEAR-ROUND COASTAL SAILING

All adult ages and experiences are welcome. Sailors can also receive complimentary training to become a certified Mate or Skipper.

OASIS V AND OASIS VI

Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.

CLUB MEETINGS AND SOCIAL ACTIVITIES

Join our club meetings on the last Wednesday of every month, from 1:30-3:00pm at the OASIS Senior Center. Enjoy the summer picnic, 4th of July parade, holiday party, local restaurant discounts, and more.



For additional information visit our website at www.oasissailingclub.org or send an email to oscmembership@oasissailingclub.org



OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

- Receive the monthly OASIS Newsletter in the mail (12 issues)
- Discounts on travel trips
- Access to the unique clubs
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Monthly Membership Get Together



Call 949-718-1800, visit friendsofoasis.org or stop by the Friends Office **Monday-Friday 8am-4pm** for more information and to join.

The Friends of OASIS is a 501 (c) (3) non-profit corporation.



THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



SATURDAY, SEPTEMBER 20
8:00 a.m.-10:30 a.m.

- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle please call the friends office at 949-718-1800



OASIS SENIOR CENTER | 801 NARCISSUS AVE CORONA DEL MAR

BOUTIQUE & RUMMAGE SALE



COLLECTION DATES:

Mon-Fri, Sep. 22-26, 8 a.m.-2 p.m.
Mon-Wed, Sep. 29-Oct. 1, 8 a.m.-2 p.m.

Accepting: Jewelry, Collectibles, Antiques, Purses, Housewares, Kitchen Items, Small Electric Appliances, Linens, Board Games, Small Furniture, Notions, Office Supplies, Arts & Crafts, Pictures & Frames, Books, Toys, & Holiday Items. **NO clothing, electronics, large furniture, TV's, Large Appliances, or Pianos will be accepted.**

- All donations to the Rummage Sale are tax-deductible, be sure to ask for a donation receipt.
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Friday, October 3 (\$5.00 Entry Fee)
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*Exclusions apply, see www.friendsofoasis.org or call 949-718-1800 for details.



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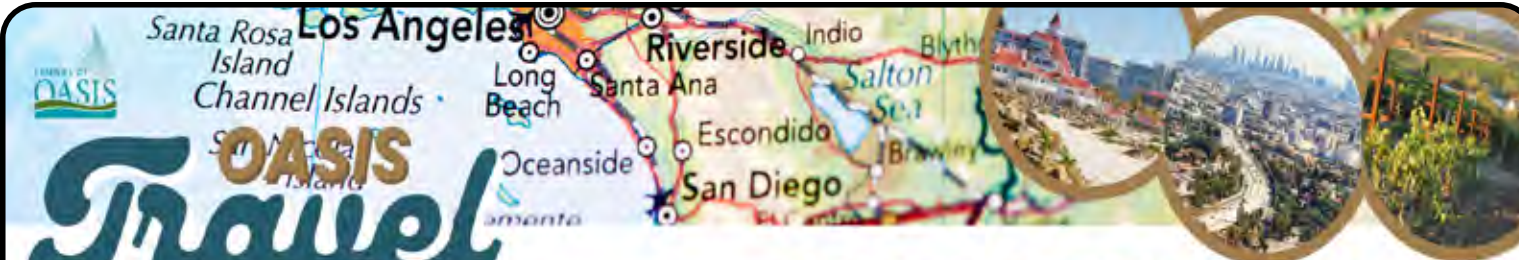
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- **Gambling Trippers:**
 - Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.

OASIS Travel Hours & Contact Information
Monday-Friday 9 a.m. - 1 p.m.
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DAY TRIPS

VIEJAS CASINO & RESORT

Wednesday, August 6 **\$25/\$30**

Enjoy the day at this popular casino playing your favorite games. Choose from Bingo, Poker or any table game or one their 2,000 slot machines. Each guest must game \$20 and will also receive \$10 in free play when they earn 200 points on their Viejas card. Buffet not available but there are other restaurants in the Casino. Also bring \$1s to play bingo on the bus.

Depart: 8:30am

Return: 5:30pm

DEL MAR RACES

Thursday, August 14 **\$85/\$90**

Enjoy a day at the races where the "Surf Meets the Turf". 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. While at Del Mar, be sure to join the Diamond Club as members get frequent perks at the track including exclusive giveaways, food & beverage discount, attendance rewards and special events. We have club house seating in the shade with lunch on your own.

Depart: 10:45am

Return: 7:15pm



EAGLES TRIBUTE BAND

Monday, August 25 **\$115/\$120**

Get a "Peaceful Easy Feeling" as we head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then an Eagles tribute concert. Hear famous hits such as Hotel California and Tequila Sunrise; then "Take It Easy" with us as our luxury bus brings us back to OASIS.

Depart: 11:30am

Return: 5:30pm



BOWERS MUSEUM: TERRACOTTA WARRIORS, AND MARCONI AUTOMOTIVE MUSEUM

Tuesday, September 9 **\$80/\$85**

Join us as we head to the Bowers Museum to view China's Terracotta Warriors, considered one of the most significant archeological finds of the 20th century. We will take a guided tour through this temporary exhibition which includes new discoveries in Shaanxi. Then we will have some free time to experience Bower's permanent galleries from around the world. On our way we will stop at the Marconi Automotive Museum, for a docent-led tour of their extensive private collection of over 100 vehicles worth \$60 million. Lunch will be on your own in the newly renovated Anaheim Packing House with over 30 culinary artisans available.

Depart: 9:15am

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

TRIBUTE TO THE SPINNERS & DIONNE WARWICK

Monday, September 29 **\$115/\$120**

Join us as we travel back to the 1960s to see a tribute concert to The Spinners and Dionne Warwick starring in "Then Came You". We will head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then be entertained by two wonderful tribute bands. Hear great hits such as Rubberband Man, I'll Be Around, Games People Play, Do You Know the Way to San Jose, Walk on By and I Say a Little Prayer.

Depart: 11:30am

Return: 5:30pm

HELLO DOLLY!

Saturday, October 25 **\$114/\$119**

Put on your Sunday clothes, because Dolly is coming to the Carpenter Center in Long Beach. Hello, Dolly! follows the larger-than-life matchmaker Dolly Levi as she meddles in the romantic affairs of the city's elite in turn-of-the-century New York City. This Broadway classic is full of wit, charm, and show-stopping dance numbers galore. With iconic songs like "Before the Parade Passes By," "It Only Takes a Moment," and, of course, the title song. "Hello, Dolly!" is a joyous celebration of love, life, and the indomitable spirit of one legendary woman. Lunch on your own at nearby restaurant prior to the 2:00pm matinee.

Depart: 11:00am

Return: 6:00pm



RONALD REAGAN LIBRARY-AMERICAN COWBOY: HOLLYWOOD & HISTORY

Wednesday, November 19 **\$135/\$140**

Cowboys are quintessential cultural icons and a national symbol. They represent western ideals of strength, self-reliance, hard work, and honesty. Cowboy myths have shaped childhood dreams and adult identities, including those of our presidents. This exhibit will also take a closer look at our cowboy presidents, including Ronald Reagan, Teddy Roosevelt and Lyndon B. Johnson. You will have plenty of time to view all of the Reagan Library exhibits, including a full-scale replica of Reagan's Oval Office. Also on display will be the annual Christmas trees. You will enjoy an exclusive buffet under the wing of Air Force One.

Depart: 8:30am

Return: 5:30pm

EXTENDED TRIPS

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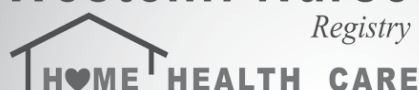
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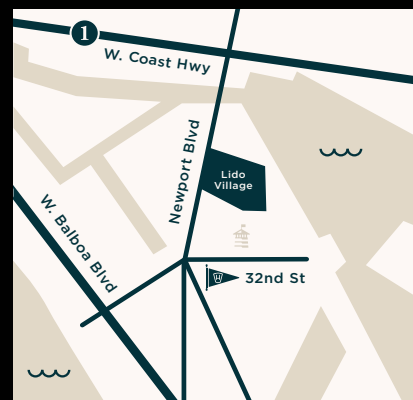
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the highest standards and attention to detail.

Pacific View

MEMORIAL PARK & MORTUARY

PacificViewCalifornia.com | 949-644-2700

CORONA DEL MAR | FD 1176 | COA 507

Kristine Taft



Mobile

Notary Services

For over 40 years - 310 502 1058

ktaft1018@yahoo.com

Balboa Island Resident

DISCLAIMER

The OASIS Senior Center assumes no responsibility for errors, omissions or misinformation in the advertisements, nor does the Friends recommend, endorse or guarantee products or professional services offered by the advertisers.

WAYS TO REGISTER

Online

1. Go to newportbeachca.gov
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	
	Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
	GRAND TOTAL	

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.

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.

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	
Credit Card Number	Exp. Date	CVV#



OASIS FITNESS CENTER



949-718-1818

Over 20 cardio machines, a full line of strength training machines, free weights, stretch machines, resistance bands, medicine balls, yoga mats, balance bar and more!

Hours of Operation

Monday - Thursday	7 a.m. - 7 p.m.
Friday	7 a.m. - 5 p.m.
Saturday & Sunday	7 a.m. - 2 p.m.



INTERESTED IN JOINING?

- Must be 50 years or older
- Closed-toed shoes required
- Lockers, showers, and cubbies available for day use
- Wellness wipes available for equipment wipe down
- Guest or day passes not available

ANNUAL MEMBERSHIP & ORIENTATION

\$137 RESIDENTS

\$192 NON-RESIDENTS

A new member orientation is required prior to first workout. Call to schedule yours today!

PERSONAL TRAINING RATES

\$50 30 MIN-ON GOING

\$80 1 HR ON-GOING

\$100 1 HR SINGLE SESSION

www.newportbeachca.gov/oasisfitness



WE WANT TO HEAR FROM YOU!

- 1. How many years have you been coming to OASIS?**
- 2. What do you love about OASIS?**
- 3. How has OASIS changed your life?**
- 4. What is your most memorable moment at OASIS?**

**Please email your responses to
OASIScenter@newportbeachca.gov**