



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

FRIENDS OF OASIS BOARD OF DIRECTORS

President:	Mike Zimmerman
Vice President of Operations:	Kathy Stewart
Vice President of Civic Affairs:	Walt Howald
Vice President of Development:	Kay Walker
Recording Secretary:	Scott Paulsen
Treasurer:	Barbara Milbert
Directors:	Debra Allen
	Paul Wehrlen
	Judy Cooper
	Kelly Pierce
	Kathy Roberts
	Barbara Sloate
	Jim Spivey
	Jeff Upton
	Abel Zeballos
	Ed Romeo, President Emeritus
	Melissa Gleason, Ex Officio

OASIS NEWS STAFF

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



FRONT COVER & PHOTO ABOVE

Left to right back row: Michael Hastert, Susie DiGiovanna, Jose Cardenas, Blanca Olazo, Anne Doughty, Stephanie Melero, Jena Zapien, and Raul Cono. **Left to right front row:** Melissa Gleason, Araceli Gonzalez, Laura Williams, Jessica Battioli-Caputo, Savannah Bonifay, Elizabeth Arciniega, and Chris Suarez.



Melissa Gleason

SENIOR SERVICES MANAGER



As we close out 2024, I want to take a moment to highlight the incredible programming and dedication of our OASIS staff. This year, OASIS served over 100,000+ participants who came to enjoy their favorite classes, the fitness center, thought-provoking presentations, supportive groups, and fantastic special events. Our talented team thoughtfully plans and organizes each program, putting their hearts into making OASIS a standout in our community. They work hard to create engaging, high-quality programs that meet our members' diverse interests—a challenging task they handled exceptionally well. In 2024,

I think they did a fantastic job. Thank you to our Transportation Team for providing over 10,000+ rides this year, ensuring clients arrive safely with expert navigation through Newport Beach. To our Fitness Center staff, we appreciate your dedication to keeping the facility safe, clean, and welcoming. Special thanks to Chris in Facility Maintenance for his invaluable skills and countless repairs around OASIS. A big thank-you to the Meals on Wheels Program and kitchen staff for providing in-person lunches and delivering nearly 26,000+ meals to seniors in Newport Beach. These lunches not only provide nourishment but also a caring connection. Your hard work makes a meaningful impact on our community!

I'd also like to warmly welcome Laura Williams, our newest team member. A local through and through, Laura brings a love for our programs and community, having enjoyed many of our recreation offerings herself as a child and into her adolescent years. We are thrilled to have her join us and bring her perspective to OASIS.

Looking back on 2024, I'm grateful for the opportunity to work with a team of professionals who are dedicated to making a difference. Thank you, Team OASIS, for all you do. I look forward to another great year ahead, serving our incredible community and making OASIS a place that continues to thrive.

Merry Christmas and Happy Hanukkah!

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Happy Holidays to all our valued members. We had a really great year, and I'd like to take just a minute to review some of our highlights from the past 12 months. We hosted two really great Friends concerts on the lawn in the quad this past summer. The Linda Ronstadt and Traveling Wilbury's Revival bands were both fantastic and sold out completely in one day! Our 6th annual OASIS Cars and Coffee Car Show was well attended by the community, and we hosted over 75 vehicles. This show has grown into one of the most prestigious car shows in Orange County. Don't miss it next year! Our

Travel Department, with our outstanding volunteers went "on overdrive" with so many interesting trips, that we are booked up through the spring of 2025. I am so proud of our Sailing Club (OSC) as they have increased their overall membership, and bolstered their finances, as well as being great stewards of our two, OASIS 5 and OASIS 6 sailboats. We recently wrapped up our Annual Rummage Sale with the help of so many of our members, and I would like to thank each of you that participated in helping us achieve our goal, which helps Friends pay for all the things that we are responsible for each year. I would like to thank the volunteers that make the Gift Shop run smoothly every day, and thank them for their commitment, along with the Greeters who are the first faces our visitors see when they walk into the lobby. I also want to thank Berenice, our Office Manager, who keeps our office running smoothly, and our two new office employees, Elsa Segato, and Ellen Spar, who have worked out beyond our wildest expectations. Thanks to all of you for making this year a prosperous one. Finally, please, this is the final month for us to make our goal on our Fund Drive. We keep our dues so low at \$15 and \$25, with the hopes this annual Fund Drive can make up the difference in making enough money to keep up with all the things that need to be paid for each and every day. Without your donations we could not keep up with our obligations. Please be generous and give what you can. All gifts are well appreciated.

Happy Holidays to all.

Mike

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



FRIDAY, DECEMBER 6, 10:00AM

\$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

MENU: PENNE PASTA WITH ALFREDO SAUCE AND CHICKEN BREAST, SALAD, FOCCAIA AND DESSERT

ENTERTAINMENT: COSTA MESA HIGH SCHOOL MADRIGAL CHOIR

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

OASIS SENIOR CENTER

Jingles & Mingles

Please join us for cocoa, coffee, and freshly baked mini donuts!



**WEDNESDAY,
DECEMBER 4**

9AM-11AM

Event will be held in the OASIS Courtyard

SCAM LECTURE WEB SECURITY

**Wednesday, December 11
| 10:00am |**

Learn how to avoid:

- Phishing
- Malware
- Bank Scams
- Etc.



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



PRESENTED BY STUDENTS OF SAGE HILL HIGH SCHOOL

OASIS Wine Tasting

Join us for an enchanting evening of wine tasting and education! Led by Wine Specialist, Cathy Silva, this tasting event will explore a variety of wine with suggested pairings. Enjoy small bites as you sip, savor, and expand your wine knowledge.

Thursday, December 12

3:00 - 4:30pm | Room 2

Tickets are limited. Register today!

Register online or in-person with class code: Wine24
Price: \$20



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

You do not have to be an artist or have ever painted to take this workshop!

THEME: PAINTING JOY
THURSDAY, DECEMBER 12
1:00 PM - 3:00 PM
OASIS ART ROOM

ADVANCE REGISTRATION REQUIRED
CALL: 949-644-3244 (NO DROP-INS)

Facilitator:
 Beth Otterbein, RN
 Hoag Faith Community Nursing



Please join us for a free lecture on

Dementia Friendly Holidays


Alzheimer's ORANGE COUNTY | MEMORY SUPPORT SERVICES

MON. DECEMBER 16 AT 10:00 AM

Why are holidays difficult for individuals with cognitive change? New sights, sounds and activities that can occur can be overstimulating and overwhelming. This can result in discomfort for the person experiencing dementia, and challenging situations for care partners. Modifying holiday traditions and managing unrealistic expectations can reduce stress for care partners, as well as individuals living with cognitive changes.

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

Join Us For
 The Holiday Movie



elf


SYNOPSIS: Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results.

STARRING: WILL FARRELL & JAMES CAAN

WEDNESDAY DECEMBER 18

START TIME: 1:00PM
LOCATION: OASIS EVENT CENTER
RUNNING TIME: 1HR 30 MIN

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



Holiday Helpers

Last year, we collected more than \$1,200 in gift cards which helped formerly homeless, newly-housed seniors purchase much-needed essentials. Let's try to break our record this year and help more people in our community!

Walmart  Save money. Live better.  and local grocery stores

Bring gift cards to OASIS Admin. office by Friday, December 13



OASIS SENIOR CENTER

Holiday Hours

The OASIS Senior Center
(Offices, Classrooms, & Transportation)
will be **CLOSED**
Dec. 24th through Jan. 1st.

Fitness Center Holiday Hours:


- 12/23 7 am - 5 pm
- 12/24 - 12/26 **CLOSED**
- 12/27 7 am - 5 pm
- 12/28 - 12/29 7 am - 2 pm
- 12/30 7 am - 5 pm
- 12/31-1/1 **CLOSED**

OASIS will resume
regular hours on
Thursday, January 2, 2025!

Alzheimer's PRESENTS
ORANGE COUNTY

MUSIC FOR YOUR MIND

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




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

Funded by:
Diane & Steve Lawrence

THURSDAY, DEC. 19
12:30PM - 1:30 PM
OASIS - ROOM 2

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



HOAG Community Health Presents:

Treating Shoulder & Rotator Cuff Pain & Injuries



Shoulder and rotator cuff pain and injuries are becoming increasingly common, especially among older adults and weekend warriors. Join shoulder specialist Hafiz Kassam, MD, as he shares important information on how to treat shoulder and rotator cuff injuries, both non surgically and surgically, along with the latest innovations in shoulder care that are improving outcomes and recovery.

Presented by: Hafiz Kassam, MD

Tuesday, January 14 !
OASIS Room 1 | Noon - 1:00pm

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

Refashioned

Sage Hill Highschool

WEDNESDAY, JANUARY 15
10AM | ROOM 1

Want to learn more about sustainable fashion and participate in an original craft? Refashioned from Sage Hill High School aims to advocate for sustainable fashion for a sustainable future. With the unprecedented rise in fabric waste and the inhumane conditions workers undergo, Refashioned's purpose is to bring more sustainability education into the local community and to connect with different facets of the public. In this workshop, participants will learn to create denim keychains and fabric plushies. We will work with donated clothing and fabric paint.



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

Connections Group

Whether you are feeling jolly or blue in the holiday season, join the Thursday tribe to make sweet connections and share your struggles and celebrations.

Thursdays at 2:00 pm
Room 5
 (No meeting 12/26)

NAMI Orange County
 National Alliance on Mental Illness 714-544-8488

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.

Schedule Change For - December -

2nd & 3rd Thursday
12/12 & 12/19
12:30 pm - Room 5

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

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

Alzheimer's ORANGE COUNTY

Support Group For Family Members & Caregivers

December Meeting Dates:
Wednesday, December 11 & Wednesday, December 18
10:00 am - Room 5

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

Support Programs

SENIOR ASSESSMENT PROGRAM

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

INFORMATION & REFERRAL

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

SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

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

MEDICAL EQUIPMENT LOAN

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

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

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

MEMORY SCREENING

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

BLOOD PRESSURE SCREENING

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



Support Groups

ALZHEIMER'S SUPPORT GROUP

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

OASIS Room 5

**Schedule change for December*

RSVP not Required 12/11 & 12/18 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 Thursdays (**No meeting 12/26**) 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 ***No meeting in December** 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

**Schedule change for December*

RSVP not Required 12/12 & 12/19 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 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 ***No meeting in December** 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

Happy Holidays

Transportation Clients

OASIS is offering one shopping trip this month to:



Thursday, December 12

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



The OASIS Transportation Team wishes you Happy Holidays!

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.

VOLUNTEERS NEEDED!



Be part of improving the lives of homebound older adults by delivering meals, a safety check, and a smile in Newport Beach!

- Volunteer meal delivery routes are available Monday-Friday
- Routes start at 10:30am and take 60-90 minutes
- Volunteers use their own personal vehicle
- Background check required to serve this vulnerable population (\$20)



If you are interested, contact Nusrat Symons
714-229-3349 | nsymons@mealsonwheelsoc.org

Refund Policy

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



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman ehuberman@me.com
Join us the third Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads.

Topic: Holiday
OASIS Room 5

RSVP not required 3rd Wed 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's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

OASIS Room 5
SS1085 1/7-3/11 Tu 10am-12:30pm \$190/10

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
SS1083 1/7 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 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. **No class 2/5**

Online
SS1080 1/8-2/19 W 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 Library
RSVP not required 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 1/22 & 1/23 W/Th 1-5pm \$20/\$25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson 949-675-5182
Hamlet, A Midsummer Night's Dream, Macbeth. Sail the vast seas of English and American fiction. At present, revisit Shakespeare's classics, Hamlet and Macbeth and other works. 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
 SS4059 9/6-12/20 F 10am-Noon \$110/15
 SS1059 1/3-3/14 F 10am-Noon \$95/11

KNITTING

Roberta 949-715-3438
 This group of needle-workers meets weekly to work on individual projects. New members welcome.

OASIS Room 3
 RSVP not required Ongoing W Noon-3pm Free

OASIS PLAYERS

May Kramer
 Like to perform? Act, sing, dance? Join the OASIS Players!
OASIS Room 2A
 RSVP not required 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 12/10 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: Brad Avery - Sailing in the Southern Ocean to South Georgia Island aboard OCC's Alaska Eagle.
 RSVP not required 12/17 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
 No December presentation 10am-Noon Free

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

BEG/INTERM 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
 SS4098 12/4-12/18 W 1-4pm \$150/3
 SS1095 1/8-1/29 W 1-4pm \$200/4
 SS1096 2/5-2/26 W 1-4pm \$200/4
 SS1097 3/5-3/26 W 1-4pm \$200/4

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
 SS4006 10/30-12/11 W 9-11am \$175/7
 SS1005 1/15-3/5 W 9-11am \$200/8



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

OASIS Art Center

SS1003 1/6-3/10 M 9am-Noon \$184/8

INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer jnetzer2@hotmail.com

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

- **Additional fee:** \$15 (material)
- **Optional clay purchase:** \$20/bag

OASIS Art Center

SS4039 9/4-12/11 W 9am-Noon \$239/13
SS1039 1/8-3/12 W 9am-Noon \$222/10

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

SS4094 12/3-12/17 Tu 1-4pm \$150/3
SS1091 1/7-1/28 Tu 1-4pm \$200/4
SS1092 2/4-2/25 Tu 1-4pm \$250/5
SS1093 3/4-3/28 Tu 1-4pm \$200/4
DRP410 Drop-In (No Refunds) \$50/1

WOODCARVERS AND CRAFTERS WORKSHOP

Pat Livingston OASISWoodcarving@gmail.com

This social group works on individual projects and welcomes all levels of crafters. All crafters provide their own patterns and materials. Wood crafts include different types of carving, intarsia, marquetry, scrolling. Other crafts are open to one's imagination including model building, pyrography, creating games and puzzles and gourd art. Members assist other members to help develop skills. Members may have an occasional minimal fee for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required Th 8-11am See above

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 1/20, 2/17**

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

OASIS Art Center

SS1060 1/6-2/3 M 1-3:30pm \$208/4
SS1061 2/10-3/10 M 1-3:30pm \$208/4



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. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

SS4008 9/4-12/18 W 10am-Noon \$115/16
SS1008 1/8-3/12 W 10am-Noon \$90/10

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 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 1/20, 2/17**

- 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

SS1047 1/6-2/3 M/W 5-6pm \$225/8
SS1048 2/10-3/10 M/W 5-6pm \$225/8

Beginning French 2

SS1000 1/6-2/3 M/W 6-7pm \$225/8
SS1001 2/10-3/10 M/W 6-7pm \$225/8

Intermediate French

SS4045 12/9-12/18 M/W 5-6:30pm \$164/4

OASIS Room 1B

Beginning Italian 1

SS1053 1/6-2/3 M/W 5-6pm \$225/8
SS1054 2/10-3/10 M/W 5-6pm \$225/8

Beginning Italian 2

SS1153 1/6-2/3 M/W 6-7pm \$225/8
SS1154 2/10-3/10 M/W 6-7pm \$225/8

OASIS Room 4

Beginning Spanish 1

SS4044 10/15-12/10 Tu 12:30-1:30pm \$204/8
SS1044 1/7-1/30 Tu/Th Noon-1pm \$225/8
SS1045 2/4-2/27 Tu/Th Noon-1pm \$225/8

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 M 2:30-4:30pm Free

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.

DRP400 \$60 per hour

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 18 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts
- **Additional fee:** \$5 (material)

OASIS Room 2A

SS4145 12/12 Th 10am-Noon \$20/1

NEW! 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 setting, 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

SS4024 12/17 Tu 1-3pm \$45/1
SS1023 2/3 M 10:30am-12:30pm \$45/1
SS1024 3/6 Th 1-3pm \$45/1

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 WatchOS 11 installed and an iPhone with IOS 18 installed.
- **Additional fee:** \$5 (material)

OASIS Room 2A
SS4146 12/5 Th 10am-Noon \$20/1



APPLE IPHONE FOR BEGINNERS

Carole Kamper [949-230-5902](tel: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
SS4022 12/3 Tu 1-3pm \$42/1
SS1020 1/27 M 10:30am-12:30pm \$42/1
SS1022 3/5 W 10:30am-12:30pm \$42/1

IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com
Insight into the latest iOS 18 features. Much has changed since our prior in-person classes. This class will bring you up to date. Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers secrets hidden in apps including new App Library, Camera, Photos, Notes, Mail, Messages, Maps, Widgets, Calendar, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.

- **Requirement:** This class is only for users who have an iPhone Xs, XR or newer with iOS 18 installed.

OASIS Room 2A
SS1145 2/27-3/20 Th 10am-Noon \$40/4

COMPUTER SKILLS-INTERMEDIATE

Carole Kamper [949-230-5902](tel:949-230-5902)

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

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

OASIS Computer Lab
SS4030 11/27 & 12/4 W 10:30am-Noon \$45/2

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
SS1143 2/27 & 3/6 Th 11am-Noon \$40/2

EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab
SS1032 1/9 Th 10am-Noon \$40/1

EBAY2

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
SS4033 12/5 & 12/12 Th 11am-Noon \$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
SS4142 12/5 & 12/12 Th 9:45-10:45am \$40/2

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 (Twitter), Snapchat, Instagram and Pinterest.

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab
SS1140 2/27-3/6 Th 9:45-10:45am \$40/2

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

SS1038 1/23-2/13 Th 9:45-10:45am \$70/4

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.

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

OASIS Computer Lab

SS1037 1/23-2/13 Th 11am-Noon \$70/4

IPAD BASICS

Carole Kamper [949-230-5902](tel: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

SS4025 12/23 M 10:30am-12:30pm \$42/1

SS1023 1/29 W 10:30am-12:30pm \$42/1

SS1024 2/27 Th 1-3pm \$42/1

MAKING A SHUTTERFLY ALBUM

Carole Kamper [949-230-5902](tel:949-230-5902)

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

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS1126 1/6 M 10:30am-12:30pm \$42/1

WHAT GOOD ARE THESE APPS?

Carole Kamper [949-230-5902](tel: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

SS4030 12/16 M 10:30am-12:30pm \$42/1

SS1028 1/8 W 10:30am-12:30pm \$42/1

SS1029 3/10 M 1-3pm \$42/1

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

SS1210 1/9-2/13 Th 9-11am \$160/6

American Mah Jongg for Beginners 201

SS1212 2/20-3/27 Th 9-11am \$160/6

BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master parenolds@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

SS4111 10/28-12/16 M 9:30-11am \$144/6

SS1111 1/14-3/4 Tu 5-6:30pm \$176/8

BRIDGE-FUN FUNDAMENTALS-BIDDING REVIEW FOR IMPROVERS

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Continue learning bridge basics step by step. The class is 100% interactive with cards in your hand from the very beginning of each class. Opportunities for small group learning at the same time.

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

OASIS Room 3

SS1112 1/14-3/4 Tu 3-4:30pm \$176/8



Classes

BRIDGE- JINGLE BELL BRIDGE

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

OASIS Room 3
SS4114 12/2-12/16 M 4-5:30pm \$66/3

DECLARER PLAY OF HAND IN A SUIT CONTRACT

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Declarer PLAN- Count your losers 1st- Pull trump, Delay pulling trump, trump losers, setting up the long side suit, The Cross Ruff. 12 hours including lessons, handouts, and pre-dealt boards to play.

OASIS Room 3
SS4010 10/22-12/3 Tu 9:30-11:30am \$150

BRIDGE REVIEW SESSIONS

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Bring your bidding and play of hand questions. 12 boards to play.

OASIS Room 3
SS4000 12/10 & 12/17 Tu 9:30-11:30am \$55/2

BRIDGE BASICS 1

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Opening the bidding on the 1 level. Let's start at the very beginning. Learning and playing bridge: The perfect way to spend your morning or afternoon. Beginning bridge series of lessons for the new player or those returning to bridge who want to refresh their skills

OASIS Room 3
SS1009 1/7-2/11 Tu 9:30-11:30am \$180/6

BRIDGE BASICS 2

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Continuation from Bridge Basics 1. Learn opening the bidding on the 2,3,4 level, preempts and overcalls.

OASIS Room 3
SS1010 2/18-3/25 Tu 9:30-11:30am \$180/6

BRIDGE: "WINTER WONDERLAND" SHUFFLE, DEAL, AND PLAY PRACTICE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Players often have questions but nowhere to turn for answers. In this class, students will shuffle, deal, and play random bridge hands under the guidance of an experienced instructor. You'll have the opportunity to ask questions in real time as you bid, defend, and play. This is an excellent way to practice your skills, reinforce your knowledge, and build confidence in a fun, relaxed, and supportive environment.

No class 1/20, 2/17
OASIS Room 3
SS1113 1/13-3/3 M 5:15-6pm \$132/6

MASTERING POPULAR BRIDGE CONVENTIONS: STAYMAN, JACOBY TRANSFERS, AND THE STRONG TWO CLUB OPENER

Rose Reynolds, ACBL Life Master pareynolds@aol.com
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. This fun, interactive approach fosters teamwork and creates a sense of community, boosting both your confidence and enjoyment at the bridge table. **No class 1/20, 2/17**

• **Additional Fee:** \$10 (materials)
OASIS Room 3
SS1116 1/13-3/3 M 3:30-5pm \$132/6

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. Reservations are required. Please contact leaders at zeitje1@gmail.com or 949-854-8138.

OASIS Room 2
RSVP 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 1/20, 2/17**

OASIS Dance Room

SS4500	9/9-12/16	M	10:15-11am	\$260/13
SS4501	9/11-12/18	W	10:15-11am	\$260/13
SS4502	9/6-12/20	F	10:15-11am	\$260/13
SS4503	9/6-12/20	M/W/F	10:15-11am	\$670/42
SS1500	1/6-3/10	M	10:15-11am	\$160/8
SS1501	1/8-3/12	W	10:15-11am	\$200/10
SS1502	1/10-3/14	F	10:15-11am	\$200/10
SS1503	1/6-3/14	M/W/F	10:15-11am	\$490/29



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. **No class 1/20, 2/17**

- **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

SS4506	11/25-12/16	M	3:30-4:30pm	\$95/4
SS1504	1/6-1/27	M	3:30-4:30pm	\$72/3
SS1505	2/3-3/3	M	3:30-4:30pm	\$95/4
SS1506	3/10-3/31	M	3:30-4:30pm	\$95/4

OASIS Room 1

SS4509	12/5-12/19	Th	3:30-4:30pm	\$71/3
SS1507	1/9-1/30	Th	3:30-4:30pm	\$95/4
SS1508	2/6-2/27	Th	3:30-4:30pm	\$95/4
SS1509	3/6-3/27	Th	3:30-4:30pm	\$95/4

DRP461	Drop-In (No Refunds)			\$20/1
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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 8/26-12/9 M 11:30am-12:30pm Free

newportbeachca.gov/oasis

Admin - 949-644-3244

Friends of OASIS - 949-718-1800

17

CHAIR EXERCISE

Judy Aprile jijaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 1/8, 1/20, 2/12, 2/17, 3/12**

OASIS Event Center

SS4513	12/2-12/11	M/W	10:05-11am	\$29/4
SS1510	1/13-1/29	M/W	10:05-11am	\$38/5
SS1511	2/3-2/26	M/W	10:05-11am	\$44/6
SS1512	3/3-3/31	M/W	10:05-11am	\$57/8

FALLPROOF® BALANCE & MOBILITY

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

This class is a progressive program of activities designed to improve balance and reduce fall risk. This class will improve seated/standing posture, improve walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment. Space is limited to 12 students. **No class 1/20, 1/29, 2/17, 2/26**

- **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

SS4514	9/9-12/11	M/W	1:30-2:30pm	\$345/24
SS1513	1/13-3/5	M/W	1:30-2:30pm	\$195/13

HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

Safe and effective as we work function over form. Hatha yoga is for every body. If you can breathe, you can do yoga. Mindfully moving our bodies to breath creates spaciousness in body, mind and spirit so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. **No class 1/20, 2/17**

- **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

SS4515	9/9-12/16	M	11:30am-12:30pm	\$285/14
SS4516	9/5-12/19	Th	10:30-11:30am	\$305/15
SS4517	9/5-12/19	M/Th	above days/times	\$585/29
SS1514	1/6-3/10	M	11:30am-12:30pm	\$165/8
SS1515	1/9-3/13	Th	10:30-11:30am	\$205/10
SS1516	1/6-3/13	M/Th	above times	\$365/18

DRP464	Drop-In (No Refunds)			\$25/1
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Classes

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

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

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

OASIS Event Center

SS4521	11/26-12/19	Tu/Th	8-9am	\$58/7
SS1517	1/2-1/28	Th/Th	8-9am	\$65/8
SS1518	1/30-2/25	Tu/Th	8-9am	\$65/8
SS1519	2/27-3/13	Tu/Th	8-9am	\$43/5
DRP463	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 and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 1/20, 2/17**

- **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

SS4525	11/18-12/16	M	10-11:15am	\$100/5
SS4528	11/14-12/19	Th	10-11:15am	\$100/5
SS4534	11/14-12/20	M/Th	10-11:15am	\$190/10
SS1521	1/6-2/3	M	10-11:15am	\$80/4
SS1522	1/9-2/6	Th	10-11:15am	\$100/5
SS1523	1/6-2/6	M/Th	10-11:15am	\$171/9
SS1524	2/10-3/10	M	10-11:15am	\$80/4
SS1525	2/13-3/13	Th	10-11:15am	\$100/5
SS1526	2/10-3/13	M/Th	10-11:15am	\$171/9
DRP465	Drop-In (No Refunds)			\$25/1

NEW! INTRO TO MELT METHOD: USING MELT ROLLER & BALLS

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

NEW! For those interested in joining the MELT Method Soft Roller class. Learn the basics of MELT language and movements. No experience necessary.

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

OASIS Dance Room

SS1520	1/7	Tu	2-3pm	\$35/1
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NEW! MELT HAND & FOOT- FOR BALANCE & STABILITY

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

NEW! Learn how to ease pain and stiffness, using soft MELT balls. Feel more stable when you walk. For those who have Arthritis, Carpal Tunnel, Neuropathy, Plantar Fasciitis, Low back/hip & knee issues. Improve movement in stability in your hands and feet! Easy and effective, for everyone, no experience necessary. Exercise is done sitting in chair.

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

OASIS Room 5

SS4545	12/16	M	1-2pm	\$35/1
SS1527	1/6	M	1-2pm	\$35/1
SS1528	2/3	M	1-2pm	\$35/1
SS1529	3/3	M	1-2pm	\$35/1

NEW! MELT METHOD: SELF CARE TECHNIQUE

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

NEW! Previous MELT experience required, please contact instructor for options. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age. Using light compression work with soft rollers, we will rehydrate and release stuck stress living in your body's fascia and connective tissue. Class will also include stabilizing/strength exercises to address the weak links that damage joints and inhibit your body's ability to function optimally. Learn to identify and eliminate cellular dehydration before it causes chronic aches and pains. Zoom code is also available for virtual attendance, contact instructor.

- **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

SS4547	11/5-12/17	Tu	2-3pm	\$155/7
SS1530	1/14-2/11	Tu	2-3pm	\$115/5
SS1531	2/18-3/11	Tu	2-3pm	\$93/4
DRP471	Drop-In (No Refunds)			\$30/1

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

SS4549	11/5-12/17	Tu	8:45-9:45am	\$119/7
SS1532	1/7-2/4	Tu	8:45-9:45am	\$90/5
SS1533	2/11-3/11	Tu	8:45-9:45am	\$90/5
DRP467	Drop-In (No Refunds)			\$23/1



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 12/6, 1/20, 2/7, 2/17, 3/7**

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

OASIS Event Center

SS4553	12/2-12/11	M/W/F	7:45-8:35am	\$29/4
SS1534	1/13-1/31	M/W/F	7:45-8:35am	\$57/8
SS1535	2/3-2/28	M/W/F	7:45-8:35am	\$70/10
SS1536	3/3-3/31	M/W/F	7:45-8:35am	\$83/12
SS4557	12/2-12/11	M/W/F	8:45-9:35am	\$29/4
SS1537	1/13-1/31	M/W/F	8:45-9:35am	\$57/8
SS1538	2/3-2/28	M/W/F	8:45-9:35am	\$70/10
SS1539	3/3-3/31	M/W/F	8:45-9:35am	\$83/12



RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren

www.MySoulSpark.com

Drift into tranquility with a gentle and restorative yoga class designed to calm your nervous system, ease pain, and melt away stress—preparing your mind and body for a blissful night's sleep. Here, we prioritize safety and effectiveness, focusing on function over form. Remember, if you can breathe, you can do yoga! Through mindful movement and deep, restorative breathing, we'll create the perfect space for relaxation and meditation. No prior experience is needed, and modifications are provided for all levels. Join us and let an Internationally Certified Yoga Therapist guide you to peace and rejuvenation.

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

- **Please bring:** yoga mat

OASIS Dance Room

SS4558	9/3-12/17	Tu	4:30-5:30pm	\$325/16
SS1540	1/7	Tu	4:30-5:30pm	Free
SS1541	1/14-3/11	Tu	4:30-5:30pm	\$185/9
DRP464	Drop-In (No Refunds)			\$25/1

SOULFLEX

Stephanie von Meeteren

www.MySoulSpark.com

Unleash your potential with this dynamic class designed to make you feel strong, vibrant, and clear-minded! Elevate your strength, balance, bone density, mobility, and peace of mind with this engaging and challenging session. In the first half, you'll focus on building power and stability through safe, mindful, and targeted weight-bearing exercises. The second half gently guides your body and mind back to homeostasis with soothing, mindful stretching. No prior experience is necessary, modifications are offered for all levels. Join us and transform your full-body and mind fitness under the guidance of an Internationally Certified Yoga Therapist.

- **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

SS4561	9/13-12/13	F	2-3pm	\$265/13
SS1542	1/8	W	12:30-1:30pm	Free
SS1543	1/15 - 3/12	W	12:30-1:30pm	\$185/9
SS1544	1/10-3/14	F	2-3pm	\$205/10
SS1545	1/10-3/14	W/F	above times	\$385/19
DRP464	Drop-In (No Refunds)			\$25/1



SOUND BATH & MEDITATION

Stephanie von Meeteren

www.MySoulSpark.com

Step into a sanctuary of rest, restoration, and replenishment with these deeply nourishing and healing classes. Open to everyone, these sessions are designed to calm your body and mind, creating the perfect environment for profound healing and inner wisdom to emerge. Whether you prefer to lie down or sit comfortably, you'll be guided through soothing practices like yoga nidra, meditation, gentle movement, and breathwork—all to prepare you for the transformative experience of a crystal bowl sound bath. Bring whatever you need to be most comfortable.

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

OASIS Dance Room

SS4565	12/12	Th	5-6pm	\$25/1
SS1546	1/9	Th	4:30-5:30pm	\$25/1
SS1547	2/10	M	5-6pm	\$25/1
SS1548	3/13	Th	5:30-6:30pm	\$25/1
SS1549	Winter Package	2025 above dates/times		\$65/3

Classes



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

SS4569	11/5-12/17	Tu	10-11am	\$119/7
SS1550	1/7-2/4	Tu	10-11am	\$90/5
SS1551	2/11-3/11	Tu	10-11am	\$90/5
DRP467	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

SS4571	10/31-12/12	Th	7:45-8:45am	\$105/6
SS1552	1/9-2/6	Th	7:45-8:45am	\$90/5
SS1553	2/13-3/13	Th	7:45-8:45am	\$90/5
DRP467	Drop-In (No Refunds)			\$23/1

TAI CHI QIGONG

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

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

OASIS Event Center

SS4572	11/7-12/19	Th	9:30-10:30am	\$99/6
SS4573	12/5-12/19	Th	9:30-10:30am	\$55/3
SS1554	1/7-3/13	Tu/Th	9:30-10:30am	\$295/20
SS1555	1/7-3/11	Tu	9:30-10:30am	\$165/10
SS1556	1/9-3/13	Th	9:30-10:30am	\$165/10
DRP468	Drop-In (No Refunds)			\$20/1

TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle.

OASIS Event Center BC

RSVP Not Required Ongoing Tu/Th 2-4pm Free

20 newportbeachca.gov/oasis Admin - 949-644-3244 Friends of OASIS - 949-718-1800

NEW! YOGA THERAPY CLINICS – BRAIN HEALTH

Stephanie von Meeteren www.MySoulSpark.com

Discover the transformative and healing powers of yoga therapy. This clinic is designed specifically to support brain health and manage neuromuscular conditions such as Alzheimer's, Parkinson's, dementia, and other related disorders. This series blends practices and techniques to enhance cognitive function, self confidence, and foster a sense of calm and well-being. Suitable for all, this clinic provides a compassionate and supportive environment for those seeking to improve their quality of life through holistic practices. Care takers, walkers, wheelchairs welcome. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Space is limited. **No class 2/17**

OASIS Room 5

SS1557 2/3-3/10 M 10-11am \$105/5

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 1/20, 2/17**

OASIS Dance Room

SS4574	9/9-12/16	M	9-10am	\$230/13
SS4575	9/4-12/18	W	9-10am	\$250/14
SS4576	9/5-12/19	Th	9-10am	\$250/14
SS4577	9/6-12/20	F	9-10am	\$230/13
SS4578	9/7-12/14	Sa	9-10am	\$215/12
SS1558	1/6-3/10	M	9-10am	\$145/8
SS1559	1/8-3/12	W	9-10am	\$180/10
SS1560	1/9-3/13	Th	9-10am	\$180/10
SS1561	1/10-3/14	F	9-10am	\$180/10
SS1562	1/18	Sa	9-10am	Free
SS1563	1/25-3/15	Sa	9-10am	\$145/8

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

SS4579	9/4-12/20	M/W/F	9-10am	\$475
SS1564	1/6-3/14	M/W/F	9-10am	\$360

DRP469 Drop-In (No Refunds) \$25/1

MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

- **Prerequisite:** at least 2 years of movement training.

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

OASIS Dance Room

SS4580	10/4-12/13	F	11:30am-12:45pm	\$259/10
SS1565	1/17-3/21	F	11:30am-12:45pm	\$208/10

DRP470 Drop-In (No Refunds) \$23/1

BEGINNING BROADWAY DANCE

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

OASIS Dance Room

SS4581	9/11-12/11	W	11:15am-Noon	\$245/12
SS1566	1/8	W	11:15am-Noon	Free
SS1567	1/15-3/12	W	11:15am-Noon	\$185/9
DRP469	Drop-In (No Refunds)			\$25/1

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

SS4583	10/29-12/10	Tu	12:55-1:30pm	\$118/6
SS1568	2/18-3/18	Tu	12:55-1:35pm	\$87/5
DRP470	Drop-In (No Refunds)			\$23/1

NEW! DISCO DANCE BEGINNER ONE-DAY WORKSHOP

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
 Step into the groove with our Disco dance one day workshop! No experience or partner needed—just your enthusiasm and a love for funky moves. Join us and dance like it's the '70s!

OASIS Dance Room

SS1569	3/15	Sa	10:15-11:15am	\$25/1
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GROUP DRUMMING

Lee Kix

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

OASIS Event Center

RSVP Not Required	2nd Wed	11:30am-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.

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

OASIS Dance Room

SS4586	10/1-12/10	Tu	11:30am-12:40pm	\$259/10
SS1572	1/14-3/18	Tu	11:30am-12:45pm	\$208/10
DRP470	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)

SS4588	10/24-12/12	Th	1-1:55pm	\$56/7
SS1573	1/9-2/6	Th	1-1:55 pm	\$38/5
SS1574	2/13-3/13	Th	1-1:55 pm	\$38/5

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

SS4590	10/24-12/12	Th	2-2:55pm	\$56/7
SS1575	1/9-2/6	Th	2-2:55 pm	\$38/5
SS1576	2/13-3/13	Th	2-2:55 pm	\$38/5

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

SS4592	10/24-12/12	Th	3-4pm	\$56/7
SS1577	1/9-2/6	Th	3-4 pm	\$38/5
SS1578	2/13-3/13	Th	3-4pm	\$38/5

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
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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
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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
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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

Members enjoy blue water casual, advanced, challenge and race sailing. The club also offers a variety of sailing venues such as day trips to Dana Point, Los Alamitos Bay and sails originating in Long Beach. Social activities include holiday parties and beach picnics.

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

FRIENDS OF OASIS

Gift Shop

**HOURS OF OPERATION:
MONDAY - FRIDAY 9AM-3PM**

Come view our selection of merchandise. New items added all the time!

Lending Library

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

YOUR WILL AND TRUST

- P*ast generations gave us OASIS Center.
- P*lease provide for future OASIS and Friends of OASIS.
- P*rovide something in your will and trust.

Friends of OASIS
Fed Tax ID #95-3196296
801 Narcissus Avenue
Corona del Mar, CA 92625

Our OASIS legacy depends on US!

Thank you,
Walt Howald & Kay Walker
Directors
Friends of OASIS

CONNECT
with us on
SOCIAL MEDIA

 **@friendsofoasis**

Follow the Friends of OASIS on Instagram to stay connected!

Scan Me! 

Don't forget to tag us in your posts! @friendsofoasis

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.



Membership Discounts

Must present Friends of OASIS membership card to redeem discount. Discounts are subject to change without notice

10% Discount

- The Bungalow+
- Farm Fresh to You (use promo code OASIS) farmfreshtoyou.com
- Fresh Brothers***
- La Fogata
- Newport Rib Co.+
- New Shanghai Pine Garden+*
- Mario's Pizza+
- Rendez Vous Cafe
- Tavern House+

20% Discount

- P.F. Chang's
 - El Cholo (lunch only)+
 - Pacific Symphony (15% for summer concert)
 - Call Susan at 714-876-2397 to obtain discount
- + Excludes alcohol
* Excludes take out & holidays
** Newport Beach, Irvine Harvard Place, and Newport Mesa locations

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

**** Required Information**

**NAME _____ DATE _____

**2ND MEMBER _____ Print Clearly

**ADDRESS _____ CITY _____

**STATE _____ ZIP _____ PHONE (____) _____

**E-MAIL _____

**E-MAIL 2 _____

EMERGENCY CONTACT _____ PHONE (____) _____

NEW RENEWAL CASH CHECK # _____ Make checks payable to the Friends of OASIS.

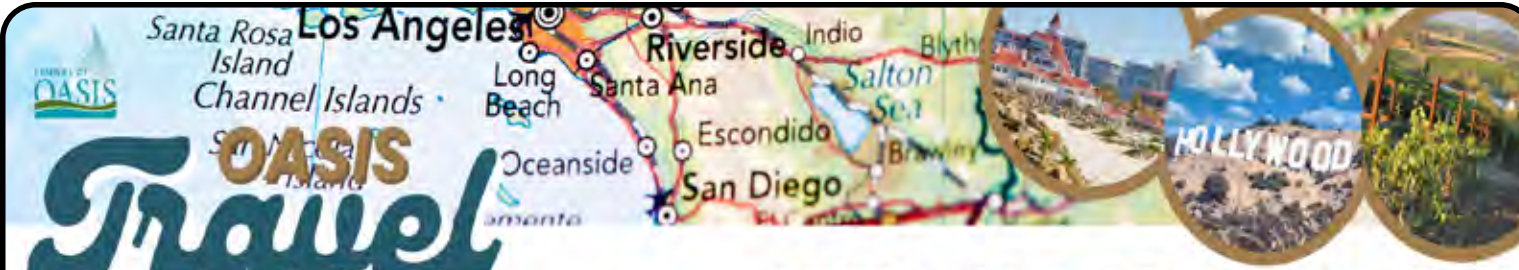
CREDIT CARD # _____ Exp. DATE ____ / ____

Single \$15.00 / one year Couple \$25.00 / one year Donation _____

Total \$ _____ Received by: _____

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625
 The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296 , (949)718-1800
 Your gift may be tax deductible – consult your tax advisor.


Rev. 5/2024



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

VIEJAS CASINO

Wednesday, December 4 **\$25/\$30**

Back by request, enjoy the day at this popular Casino playing your favorite games. Choose from Bingo, poker or any table game or one of their 2,000 slot machines. Each guest must game \$20 and will also receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is not available but there are other restaurants in the Casino. If you have a Viejas card when you sign up, please give the number. Also, visit the Viejas Outlet Center to do some shopping.

Depart: 8:30am

Return 5:30pm

RONALD REAGAN LIBRARY (DEAD SEA SCROLLS/CHRISTMAS TREE)

Wednesday, December 11 **\$125/\$130**

For the first time in over a decade, artifacts from the Dead Sea Scrolls will be on exhibit on the West Coast. When last in Los Angeles, the exhibit was one of the highest attended travel exhibition in history. Included are the Artifacts, the Scroll Gallery, Desert Orientation Theatre, Back-to-the Past Timeline, and the Western Wall. Also enjoy the annual display of beautiful Christmas trees and a buffet lunch just for us under the wing of Air Force 1.

Depart: 8:30am

Return: 5:30pm

HOLOCAUST MUSEUM AND OCMA

Wednesday, January 15 **\$60/65**

Join us as we discover a recent new museum, the Holocaust Education Center of Orange County in Irvine. The Center is home to over 700 artifacts from Auschwitz Concentration Camp. We'll take a life changing tour in the interactive exhibit, led by a survivor docent, who will also share her parents' personal memorabilia. After about 2 hours, we will head to South Coast Plaza for window shopping and lunch on your own. After lunch we will go to the Orange County Art Museum to tour the architectural masterpiece and view the latest exhibits on our own.

Depart: 9:30am

Return: 3:30pm

THE DRIFTERS, THE PLATTERS & CORNELL GUNTER'S COASTERS

Sunday February 2 **\$131/\$136**

Enjoy a nostalgic afternoon saluting three Rock & Roll Hall of Fame groups that were instrumental in creating the Rock 'n' Roll/Doo-Wop sound: The Drifters (Under the Boardwalk, This Magic Moment, On Broadway); The Platters (Only You, Smoke Gets in Your Eyes, The Great Pretender); and Cornell Gunter's Coasters (Charlie Brown, Yakety Yak, Poison Ivy). Travel on a VIP bus to Cerritos first for lunch (paid by you, please bring cash) then to the performance.

Depart: 12(Noon)

Return: 6:30pm

THE KINGSTON TRIO

Sunday, March 9 **\$135/\$140**

Travel to the Cerritos Center for the Performing Arts for an enjoyable concert featuring The Kingston Trio. They are an American folk and pop music band that rose to fame during the late 50s and early 60s. Kick back and enjoy an afternoon of great music with these founders of the folk music movement. Grammy winner The Kingston Trio entertains with Where Have All the Flowers Gone and their number one Billboard hit, Tom Dooley. Arriving at the Cerritos Towne Center, we will have a group lunch at "TGIF", paid by you, so please bring cash. Show begins at 3:00 PM.

Depart: 12(Noon) Return: 6:30pm

DISCOVERING CARLSBAD-FOOD & WALKING TOUR

Thursday, March 27 **\$115/\$120**

Savor the distinctive flavors of Carlsbad Village with a food and walking tour of the scenic seaside gem. With a knowledgeable guide explore local history and landmarks. And enjoy a series of three gourmet tasting, Italian, Mediterranean, & Mexican and one dessert. A visit to the Craftsman Museum will follow, where you can view miniature engines, model ships, aircraft, autos, clocks, jewelry, guns, dollhouses, and carnival rides.

Depart: 10am Return: 4:30pm

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

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We will travel to view 50 acres of Tecolote Ranunculus flowers that make up the Flower Fields at Carlsbad Ranch to enjoy a tractor driven ride, to navigate through the sweet pea maze, to 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. The Carlsbad outlets are close by for you to buy lunch or to shop. Hats, sunscreen and walking shoes are recommended.

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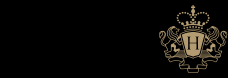
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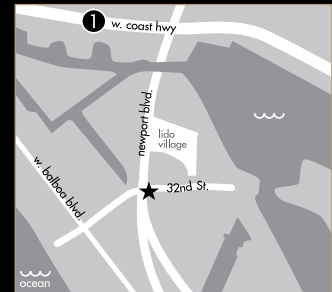
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