



# OASIS SENIOR CENTER



City of Newport Beach Recreation & Senior Services Department

Email: [OASISCenter@newportbeachca.gov](mailto: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](http://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:

<b>City Administration Office</b>	<b>OASIS Fitness Center</b>
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](http://friendsofoasis.org)

OASIS is closed on all City-observed holidays.

## STAFF DIRECTORY

### CITY OF NEWPORT BEACH STAFF:

<b>City Manager:</b>	Grace Leung
<b>Recreation &amp; Senior Services Director:</b>	Sean Levin
<b>Deputy Director</b>	Justin Schmillen
<b>Senior Services Manager:</b>	Melissa Gleason
<b>Facility Maintenance:</b>	Chris Suarez
<b>Health &amp; Wellness Supervisor:</b>	Jena Zapien
<b>Recreation Supervisor:</b>	Anne Doughty
<b>Social Services Supervisor:</b>	Susie DiGiovanna
<b>Fitness Center Coordinator:</b>	Savannah Bonifay
<b>Recreation Coordinator:</b>	Stephanie Melero
<b>Transportation Coordinator:</b>	Elizabeth Arciniega
<b>Department Assistant:</b>	Jessica Battioli-Caputo
<b>Office Assistant:</b>	Laura Williams
<b>Care-A-Van Drivers:</b>	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

## NEWPORT BEACH CITY COUNCIL

<b>Mayor</b>	Joe Stapleton
<b>Mayor Pro Tem</b>	Lauren Kleiman
<b>Council Member</b>	Michelle Barto
<b>Council Member</b>	Noah Blom
<b>Council Member</b>	Robyn Grant
<b>Council Member</b>	Sara Weber
<b>Council Member</b>	Erik Weigand

## FRIENDS OF OASIS BOARD OF DIRECTORS

<b>President:</b>	Mike Zimmerman
<b>Vice President of Operations:</b>	Kathy Stewart
<b>Vice President of Civic Affairs:</b>	Walt Howald
<b>Vice President of Development:</b>	Kay Walker
<b>Recording Secretary:</b>	Scott Paulsen
<b>Treasurer:</b>	Barbara Milbert
<b>Directors:</b>	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

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

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER



We hope you're off to a wonderful start to the year. As we kick off 2025, we want to remind you to keep those New Year's intentions strong. Whether it's focusing on wellness, learning something new, or simply staying connected, we have some exciting offerings this month to help you keep those goals on track!

We're excited to offer Brain Boot Camp, a two-part course designed to teach you healthy brain lifestyles and enhance memory. We do plenty of brain activities here at OASIS, but I think we can all agree—you can never do enough when it comes to keeping those neurons firing! Join us for this fun and informative course that'll help you exercise your mind in new ways.

I'm thrilled to announce that our beloved Talent Show is back! Some of the most fun I've had here at OASIS has been during this event. There is such a wide variety of talent among our members, and it's always so special to see it all unfold. If you have a talent you'd like to share, don't be shy—check out page 6 for more details on how to get involved. We can't wait to see what you've got!

Lastly, as the temperatures drop, remember our annual Winter Coat Drive. Every year, we're amazed by the generosity of our community as we collect so many great coats. If you have any new or gently used coats you no longer use, consider donating them—there are many adults and children who will be grateful for your extras. Drop-off in the Admin office through the month of February.

Kindly,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Greeting Friends members, we are open again for business for 2025, and our first "Membership Gathering" will be February 7th! Get your tickets early as it will again sell out. How about a little good news for the New Year? Well, thanks to all our members, we made our goal for our 2024 Fund Drive! All the Friends Board Members wanted me to personally thank each of you for your donations. All the funds received go to a good cause that helps serve our community, and of course

OASIS and our many Friends-sponsored events.

May I mention that over the Holidays, Vicki and I spent a week in Carmel/Monterey. It is a 7-hour drive up the coast, through the majestic California redwoods, and along the coastline and the beautiful Pacific Ocean, that remains as crystal blue as the morning sky. It is breathtaking no matter how many times you see it. We went on a lot of nature hikes along the rock-lined trails, and watched the huge waves break along the rock cliffs, like they have for millions of years. The sea otters below were having fun with each other. It is all quite cool for a (once) Wisconsin boy. The quaint little town of Carmel, I suppose, is like our Balboa Island, with its unique shops and restaurants. Next door is Monterey, which was once the Capital of California, and still is primarily a "fishing village", which now includes the famous Monterey Bay Aquarium, a must see venue. It was a fun little getaway for my wife and I, and a great way to enjoy the Holidays. I would recommend this little quick trip to each one of you and yours!

In the meantime, welcome back "Friends members"! We promise you an exciting 2025 here at OASIS, so stay tuned, and stay engaged. We are keeping you young!

Always at your service,

*Mike*

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



**FRIDAY, FEBRUARY 7 10:00AM**  
 LIMITED TICKETS: \$10 MEMBERS/\$12 NON-MEMBERS

**MENU: CHICKEN SANDWICHES, FRUIT SALAD & COOKIES.**  
**ENTERTAINMENT: DAVID RIVERA, ACOUSTIC GUITAR**

**SPONSORED BY:**  **BENNETT**  
 ACUPUNCTURE & FUNCTIONAL MEDICINE

To purchase tickets please call 949-718-1800



OASIS Senior Center  
**BUNCO**

Join us for a fun-filled evening of BUNCO with the National League of Young Men. This lively dice game is perfect for an evening of friendly competition and socializing.

**WEDNESDAY, FEBRUARY 5**  
 4:00-5:15PM | ROOM 2  
**LIMITED TO 12 PARTICIPANTS**  
**RSVP REQUIRED**  
**CALL 949-644-3244**

**BRAIN BOOT CAMP**  
 A TWO PART SERIES 

Join us for a fun, UCLA Longevity Center evidence-based, two session intensive course that teaches healthy brain lifestyles and enhances memory ability.  
*Must attend both sessions*

**PART 1: THURSDAY, FEBRUARY 6**  
**PART 2: THURSDAY, FEBRUARY 13**  
 10:00am - 11:30am | Room 2

 Reservations are required please call (949) 644-3244 or email [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)





**DIGITAL SAFETY**  
 Presented by: Sage Hill High School students

**Wednesday, February 12**  
**10am | OASIS Room 1**

- Unsolicited Text Messages
- Payment Apps (Venmo, etc.)
- Social Media
- Romance Scams
- Phishing
- Investment Scams (BitCoin, etc.)




Please RSVP by calling 949-644-3244 or emailing [OASIScenter@newportbeachcaca.gov](mailto:OASIScenter@newportbeachcaca.gov)

# SIMPLIFYING THE SCIENCE BEHIND GLOBAL CLIMATE CHANGE

## THURSDAYS, FEBRUARY 13 & 20

PRESENTED BY: DAVE LARUE

3:00-5:00PM | ROOM 1

Global Climate Change is considered an existential threat by most climate scientists. This class will review evidence of Global Climate Change at a very clear and hopefully comprehensible and rigorous level. We will talk about the Keeling Curve of atmospheric CO<sub>2</sub>, and how the increase in CO<sub>2</sub> in the atmosphere leads to warming and change in climate. We will also talk about what needs to be done to address Global Climate Change. Participants will leave the class with a much better understanding of the Global Climate Change and potential solutions.

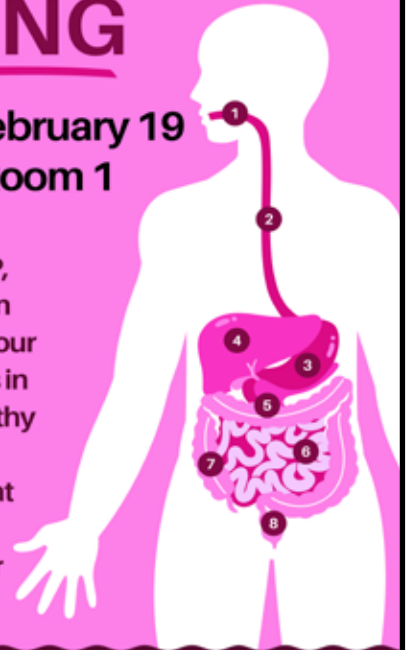
Please RSVP by calling 949-644-3244 or emailing [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)

Free wellness lecture, presented by **hoag**.

# I HAVE A GUT FEELING

Wednesday, February 19  
10am | OASIS Room 1

Join health coach Barbara Leland, AADP, CHHC, for a discussion on the important role our gut microbiome plays in our health. Can a healthy gut lower our risk of disease? Find out what it's all about and how you can optimize your gut health!



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

WEDNESDAY  
FEBRUARY 26  
AT 3:00PM



# WINE

ENJOY A RELAXING  
AFTERNOON WITH  
LIGHT SNACKS, AND  
A GLASS OF WINE!

EVENT IS 21+  
TICKETS  
ON SALE  
FEB. 3RD!  
\$5 IN THE  
OASIS ADMIN  
OFFICE

# & CHEESE SOCIAL

# 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:  
SELF-LOVE/SELF-ACCEPTANCE

THURSDAY, FEBRUARY 27  
1:00 PM - 3:00 PM




LIMITED TO 12 PARTICIPANTS  
ADVANCE RSVP REQUIRED  
CALL: 949-644-3244 (NO DROP-INS)

Facilitator:  
Beth Otterbein, RN  
Hoag Faith Community Nursing



## AARP TAX AID FREE PREP SERVICE

### HOW TO MAKE AN APPOINTMENT

-  Scheduling starts January 6
-  Call 949-644-3244
-  Appointments are on Tuesdays from 2/4-4/8

OASIS will offer the Tax-Aide Program administered by the AARP Foundation in cooperation with the IRS. Free personal income tax assistance will be offered to middle and low-income taxpayers.

Qualifying Federal and California State Tax Returns that include:

#### Income From:

Wages and Salaries; Interest and Dividends; Pensions, Annuities and IRA Distributions; Taxable Social Security Benefits; Sale of Stocks and Bonds; Sale of Personal Residence; Basic Self Employment Income (Schedule C with less than \$35,000 of expenses, no inventory, no business use of home and no business loss). Gambling winnings.

#### Deductions For:

IRA Contributions; Itemized Deductions: medical and dental, taxes, mortgage interest, contributions. If Itemizing: Gambling losses to the extent of winnings.

#### Credits For:

Renters Credit; Elderly and Disabled Credit; Child Tax Credit; Child and Dependent Care Credit; Education Credit; Earned Income Credit

#### Out-of-Scope: Returns with the following items CANNOT be prepared by our Counselors.

Rental Income (short-term or long-term)  
Complicated Schedule C (as noted above)  
Married Filing Separately  
Paper returns (we can only e-file)  
Non-California State returns  
K-1 with other than interest, dividends, royalties and capital gains  
Non-cash charitable contributions of greater than \$5,000  
Casualty and Theft Losses

For your scheduled tax counseling appointment, a list of items to bring will be provided to you.

## VETERANS SOCIAL GROUP



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

**TUESDAY, FEBRUARY 18 AT 11:30AM**



**HONORING ALL WHO SERVED**

**SPEAKER: HAMM SALLEY**

**TOPIC: PSY OPS VIETNAM**

★ RSVP not required ★

## Sign-up for the TALENT SHOW!

#### Performance Guidelines

- **Performance Time:** Maximum of 5 minutes per act.
- **Music Tracks:** Must be submitted before the rehearsal.
- **Microphones:** Maximum of 2 per act—no exceptions.
- **Instrumentation:** Acoustic-only performances.
- **Equipment:** Performers are responsible for setting up and breaking down their instruments.
- **Mandatory Rehearsal:** Most of the group members must attend on Wed., March 12, from 2pm-4pm.

#### Applications:

- Pick up an application in the OASIS Admin. Office.
- Submit completed applications to Stephanie Melero.

**WED. MARCH 19 | 2-4PM**

Questions: Please call 949-644-3244

Tickets: Free, please pick up in the OASIS Admin. Office

# Winter Coat Drive



Spread some warmth this winter by donating new & gently used coats for adults & children to be distributed to our homeless in Orange County.

**Collection box at OASIS  
January through February**

THE FRIENDS OF THE  
NEWPORT BEACH LIBRARY

## BOOK SALE

Friday, February 7  
1:00-4:00pm  
MEMBERS ONLY  
Books 3 for \$1

Saturday, February 8  
9:00am-2:00pm  
\$3-A-BAG (We supply the bags)

1000 Avocado Avenue  
Bookstore Hours:  
Mon-Sat: 10:30am-3:00pm



 **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.

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

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



## Alzheimer's Support Group

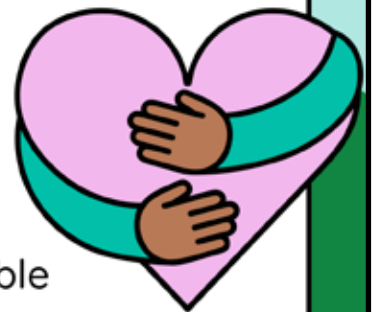
For Family Members & Caregivers

**Alzheimer's**  
ORANGE COUNTY

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

**2nd & 4th Wednesday  
10:00 am | 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 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  
RSVP Not Required      2nd & 4th Wednesday      10am      Free

### CAREGIVER SUPPORT GROUP

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

OASIS Room 4  
RSVP Not Required      1st & 3rd Wednesday      1pm      Free

### CONNECTIONS GROUP

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

OASIS Room 5  
RSVP Not Required      Ongoing      Thursdays      2pm      Free

### COMPASSIONATE FRIENDS

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

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

### NAMI SUPPORT GROUP

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

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

### THE GOOD GRIEF GROUP

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

OASIS Room 4  
RSVP Not Required      1st, 3rd (& 5th) Wednesday 9am      Free

### VETERANS SOCIAL GROUP

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

Event Center-A  
RSVP Not Required      3rd Tuesday      11:30am      Free

**OASIS SENIOR CENTER**

# TRANSPORTATION SERVICE



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

**SERVICE HOURS:**

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

**SAME DAY RIDES:**

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

**PRICING:**

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

**ELIGIBILITY:**

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

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

Transportation Clients

# Happy Valentine's Day

OASIS is offering two shopping trips this month:



**HomeGoods:**  
Thursday, February 13



**Target:**  
Thursday, February 27

Call 949-644-3244  
to reserve your spot!

## Meal Services

### MEALS ON WHEELS - LUNCH CAFE

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

**LUNCH SERVICE:**

- Monday - Friday: Noon - 12:30pm

**PRICE:**

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

**MEALS ARE FIRST COME FIRST SERVED:** If you have any questions please call 949-718-1820.

### MEALS ON WHEELS-HOME DELIVERED MEALS

Three (3) nutritious meals are delivered Monday through Friday to home-bound seniors (60+) who qualify for the program. This program is provided by Meals on Wheels Orange County. Volunteers take time from their days and use their own vehicles to lovingly ensure no senior is without a meal. For more information about the program, how it works or if you or a loved one qualifies, please call 714-823-3294.

# VOLUNTEERS NEEDED!



MEALS ON WHEELS  
ORANGE COUNTY

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](mailto: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: Memoir and autobiography**

**OASIS Room 5**

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

### CHRONICLING LIFE MEMORIES

**Marla Miller** [www.Marlamiller.com](http://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	1/14-3/11	Tu	10am-12:30pm	\$180/9
SS2001	3/18-4/22	Tu	10am-12:30pm	\$150/6
SS2002	4/29-6/3	Tu	10am-12:30pm	\$150/6
<b>Online</b>				
SS2003	3/19-4/23	W	10am-Noon	\$150/6
SS2004	4/30-6/4	W	10am-Noon	\$150/6

### CREATIVE WRITING JUMPSTART

**Dorothy Spirus** [YourProfessorD@gmail.com](mailto: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
SS2010	3/25	Tu	7-9pm	\$89/1

### CREATIVE WRITING

**Dorothy Spirus** [YourProfessorD@gmail.com](mailto: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
SS2011	4/10-5/15	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 Library

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    2/19 & 2/20    W/Th    1-5pm    \$20/\$25

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

## ENGLISH LITERATURE AND AMERICAN STORIES

**Darielle Wilson** 949-675-5182

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

OASIS Room 1B

SS1059 1/3-3/14 F 10am-Noon \$95/11  
SS2015 3/21-6/6 F 10am-Noon \$105/12

## 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, or dance? Join the OASIS Players!

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 2/11 & 2/25 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: Jeff Moorad "Formula 1, NASCAR and Motor Sports"**

RSVP Not Required 2/18 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

## WRITING ROUNDTABLE

**Jos Vloet** vloetjosef@gmail.com

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

OASIS Room 5

RSVP Required W 1-3pm Free

## Fine Arts

### BEG./INTER. WATERCOLOR

**Bobbi Boyd** 949-544-9383

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

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

OASIS Art Center

SS1096 2/5-2/26 W 1-4pm \$200/4  
SS1097 3/5-3/26 W 1-4pm \$200/4  
SS2070 4/2-4/30 W 1-4pm \$250/5  
SS2071 5/7-5/28 W 1-4pm \$200/4  
DRP110 Drop-In (No Refunds) \$50/1

### 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

SS1005 1/15-3/5 W 9-11am \$200/8  
SS2050 3/19-4/23 W 9-11am \$150/6  
SS2051 5/7-6/4 W 9-11am \$125/5

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki's Art World** 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. **No class 5/26**

- **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  
SS2055 3/24-4/21 M 9am-Noon \$115/5  
SS2056 5/5-6/2 M 9am-Noon \$92/4

# Classes

## INTERMEDIATE/ADVANCED CERAMICS

**Jeff Netzer** [jnetzer2@hotmail.com](mailto:jnetzer2@hotmail.com)

This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Pottery wheels are available. Please bring your own hand tools. **No class 4/2**

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

OASIS Art Center

SS1039	1/8-3/12	W	9am-Noon	\$222/10
SS2060	3/19-6/4	W	9am-Noon	\$244/11

## 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

SS1092	2/4-2/25	Tu	1-4pm	\$200/4
SS1093	3/4-3/28	Tu	1-4pm	\$200/4
SS2065	4/1-4/29	Tu	1-4pm	\$250/5
SS2066	5/6-5/27	Tu	1-4pm	\$200/4
DRP110	Drop-In (No Refunds)			\$50/1

## WOODCARVERS AND CRAFTERS WORKSHOP

**Pat Livingston** [OASISWoodcarving@gmail.com](mailto: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 Ongoing Th 8-11am See above



## OIL PAINTING- INTERMEDIATE

**Jim Ellsberry** [jim@jimEllsberry.com](mailto: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 2/17, 5/26**

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

OASIS Art Center

SS1061	2/10-3/10	M	1-3:30pm	\$208/4
SS2075	3/17-4/14	M	1-3:30pm	\$260/5
SS2076	4/28-6/2	M	1-3:30pm	\$260/5



## Foreign Language

### ADVANCED FRENCH LITERATURE AND DISCUSSION

**Darielle Wilson** **949-675-5182**

Class is conducted exclusively in French. Literature will include classic and modern fiction. Current selections are by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. Limited to 15 students for active participation. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

SS1008	1/8-3/12	W	10am-Noon	\$90/10
SS2230	3/19-6/4	W	10am-Noon	\$105/12

### FRENCH-INTERMEDIATE

**Leo Vortouni** [leosailor21@gmail.com](mailto: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](mailto:nidit@att.net)

Studying the Spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome.

OASIS Room 4

RSVP Required Ongoing M 12:30-2pm Free

## PORTAL LANGUAGES

### Portal Languages

714-979-1655

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 2/17, 5/26**

- A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

#### OASIS Room 1A

##### Beginning French 1

SS1048	2/10-3/10	M/W	5-6pm	\$225/8
SS2200	3/17-4/9	M/W	5-6pm	\$225/8
SS2201	4/14-5/7	M/W	5-6pm	\$225/8
SS2202	5/12-6/4	M/W	5-6pm	\$204/7

##### Beginning French 2

SS1001	2/10-3/10	M/W	6-7pm	\$225/8
SS2205	3/17-4/9	M/W	6-7pm	\$225/8
SS2206	4/14-5/7	M/W	6-7pm	\$225/8
SS2207	5/12-6/4	M/W	6-7pm	\$204/7

#### OASIS Room 1B

##### Beginning Italian 1

SS1054	2/10-3/10	M/W	5-6pm	\$225/8
SS2210	3/17-4/9	M/W	5-6pm	\$225/8
SS2211	4/14-5/7	M/W	5-6pm	\$225/8
SS2212	5/12-6/4	M/W	5-6pm	\$204/7

##### Beginning Italian 2

SS1154	2/10-3/10	M/W	6-7pm	\$225/8
SS2215	3/17-4/9	M/W	6-7pm	\$225/8
SS2216	4/14-5/7	M/W	6-7pm	\$225/8
SS2217	5/12-6/4	M/W	6-7pm	\$204/7

#### OASIS Room 4

##### Beginning Spanish 1

SS1044	1/7-1/30	Tu/Th	11:30am-12:30pm	\$225/8
SS1045	2/4-2/27	Tu/Th	11:30am-12:30pm	\$225/8
SS2220	3/18-5/6	Tu	Noon-1pm	\$225/8

##### Beginning Spanish 2

SS1046	1/7-1/30	Tu	1-2pm	\$225/8
SS2225	4/1-5/20	Tu	1-2pm	\$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 Monday      2:30-4:30pm      Free

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

## 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.

DRP100

\$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

SS1022	3/5	W	10:30am-12:30pm	\$42/1
SS2300	4/14	M	10:30am-12:30pm	\$44/1
SS2301	5/27	Tu	1-3pm	\$44/1

### APPLE MAC LAPTOP CLASS

#### Carole Kamper

949-230-5902

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

- Please bring:** Mac laptop and charger.

#### OASIS Computer Lab

SS1123	2/3	M	10:30am-12:30pm	\$45/1
SS1124	3/6	Th	1-3pm	\$45/1
SS2315	3/31	M	10:30am-12:30pm	\$44/1
SS2316	5/28	W	10:30am-12:30pm	\$44/1



## DIGITAL PHOTO EDITING

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto: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](mailto:pacpal33@yahoo.com)  
Learn to buy and sell items on eBay.

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

OASIS Computer Lab  
SS2330 3/27 Th 10am-Noon \$40/1

## INTRO TO FACEBOOK & SOCIAL MEDIA

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto: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](mailto: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](mailto: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  
SS1024 2/27 Th 1-3pm \$42/1  
SS2305 3/26 W 10:30am-12:30pm \$44/1  
SS2306 5/6 Tu 1-3pm \$44/1

## IPHONE MOST USEFUL SECRETS

**Jake Jacobs** [jakeair99@gmail.com](mailto: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

## 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 skills

OASIS Computer Lab  
SS2320 3/24 M 10:30am-12:30pm \$44/1  
SS2321 6/3 Tu 1-3pm \$44/1



## WHAT GOOD ARE THESE APPS?

**Carole Kamper** 949-230-5902  
**iPhone, iPad or Tablet.** Do you want to do online banking? Do you want to learn more about Venmo or Zelle? Schedule an appointment with a health care provider? Order lunch or dinner? Check flight status or get driving directions? Watch and participate in a Zoom meeting? Would you like to learn about the world of Podcasting? If you are wondering how to do more with APPS on your smart phone or tablet come explore all this and more.

- **Please bring:** Apple ID and password  
 OASIS Computer Lab

SS1029	3/10	M	1-3pm	\$42/1
<b>SS2310</b>	<b>4/16</b>	<b>W</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>
<b>SS2311</b>	<b>6/4</b>	<b>W</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>

## 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
<b>SS2120</b>	<b>4/3-5/8</b>	<b>Th</b>	<b>9-11am</b>	<b>\$160/6</b>

*American Mah Jongg for Beginners 201*

SS1212	2/20-3/27	Th	9-11am	\$160/6
<b>SS2121</b>	<b>5/15-6/12</b>	<b>Th</b>	<b>9-11am</b>	<b>\$160/5</b>

### BEGINNING BRIDGE 1: A STEP-BY-STEP INTRODUCTION

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

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

OASIS Room 3

SS1111	1/14-3/4	Tu	5-6:30pm	\$176/8
<b>SS2110</b>	<b>3/24-5/5</b>	<b>M</b>	<b>4-5:30pm</b>	<b>\$154/7</b>

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

## BRIDGE-FUN FUNDAMENTALS

**Rose Reynolds, ACBL Life Master** pareynolds@aol.com  
**Bidding Review for Improvers.** 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
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### 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
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### 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
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### 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
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## BRIDGE BASICS 2

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto: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: COMPETITIVE BIDDING

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Lessons include: More action in the auction, over calls and doubles

OASIS Room 3  
SS1012 2/11-3/18 Tu 12:30-2:30pm \$180/6

## BRIDGE- MODERN COMPETITIVE BIDDING

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Learn the most modern and basic competitive bids you need to compete successfully in bridge. Preemptive opening bids at the 2,3 and 4 level, preemptive raises, overcalling and the classic takeout double X. At the conclusion of the series, you will have the necessary skills you need to compete when both sides are bidding for the contract. The class is taught through hands on learning with the cards on the table.

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

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

## BRIDGE: APRIL SHOWERS "SHUFFLE, DEAL AND PLAY"

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

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

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

## BRIDGE: DECLARER PLAY OF THE HAND

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
You won the contract, now what? Learn the 5 basic techniques for making your contract in both a notrump and a suit contract. Learn when to count winners or losers. Take the jitters out of playing the hand and learn the basic card play skills to be a success. Gain confidence in your play through hands on learning.

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

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

## BRIDGE CONVENTIONS EVERY BRIDGE PLAYER MUST KNOW

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

OASIS Room 3  
SS2100 4/1-5/6 Tu 9:30-11:30am \$180/6

## INCREASE YOUR BRIDGE KNOWLEDGE

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

OASIS Room 3  
SS2101 5/13-6/17 Tu 9:30-11:30am \$180/6

## 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  
[zeintje1@gmail.com](mailto:zeintje1@gmail.com)  
Bring your own partner to play. Reservations are required. Please contact leaders at [zeintje1@gmail.com](mailto:zeintje1@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](mailto: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 2/17, 3/31, 4/2, 4/4, 5/16, 5/19, 5/21, 5/23, 5/26**

OASIS Dance Room

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

## BETTER LIFE BOXING

**Sara Gutierrez** [sararez@betterlifeboxing.com](mailto: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 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

SS1505	2/3-3/3	M	3:30-4:30pm	\$95/4
SS1506	3/10-3/31	M	3:30-4:30pm	\$95/4
<b>SS2505</b>	<b>4/7-4/28</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$101/4</b>
<b>SS2506</b>	<b>5/5-5/19</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$77/3</b>

OASIS Room 1

SS1508	2/6-2/27	Th	3:30-4:30pm	\$95/4
SS1509	3/6-3/27	Th	3:30-4:30pm	\$95/4
<b>SS2508</b>	<b>4/3-4/24</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$101/4</b>
<b>SS2509</b>	<b>5/1-5/29</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$125/5</b>

DRP161 Drop-In (No Refunds) \$20/1

## COASTLINE COLLEGE ADAPTED FITNESS

**Judy Aprile** [japrile@coastline.edu](mailto: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 2/17**

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

OASIS Event Center

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

## CHAIR EXERCISE

**Judy Aprile** [jjaprile@gmail.com](mailto:jjaprile@gmail.com)

Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 2/12, 2/17, 3/12, 4/23, 5/26**

OASIS Event Center

SS1511	2/3-2/26	M/W	10:05-11am	\$44/6
SS1512	3/3-3/31	M/W	10:05-11am	\$57/8
<b>SS2510</b>	<b>4/2-4/30</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$57/8</b>
<b>SS2511</b>	<b>5/5-5/28</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$51/7</b>
<b>SS2512</b>	<b>6/2-6/30</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$64/9</b>

## FALLPROOF® BALANCE & MOBILITY

**Selena Cofinco** [selenacofinco@gmail.com](mailto:selenacofinco@gmail.com) (949) 547-6389

This progressive class improves balance and reduces fall risk through activities that enhance seated and standing posture, walking ability, and confidence in daily activities. Participants must be able to walk 200 feet without the use of any assistive device (cane or walker). Not suitable for individuals with memory loss or cognitive impairments. Space is limited to 12 students. **No class 2/17, 2/26, 3/26, 4/30**

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

OASIS Room 1

SS1513	1/13-3/5	M/W	1:30-2:30pm	\$195/13
<b>SS2513</b>	<b>3/24-5/14</b>	<b>M/W</b>	<b>1:30-2:30pm</b>	<b>\$210/14</b>

## GOLF GROUP

**Greg Nelson** [gregbnelson@me.com](mailto:gregbnelson@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 [gregbnelson@me.com](mailto:gregbnelson@me.com) for available openings.
- RSVP Required Ongoing M/W/F approx. 9am

## HEAD TO TOE FITNESS

**Keith Glassman** [keith.glassman@gmail.com](mailto:keith.glassman@gmail.com)

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 4/8, 4/10**

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

OASIS Event Center

SS1518	1/30-2/25	Tu/Th	8-9am	\$65/8
SS1519	2/27-3/13	Tu/Th	8-9am	\$43/5
<b>SS2514</b>	<b>3/18-4/17</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS2515</b>	<b>4/22-5/15</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS2516</b>	<b>5/20-6/6</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$50/6</b>

DRP163 Drop-In (No Refunds) \$12/1

**Registration for classes listed in bold starts Thursday, February 13 at 8am**



# Classes

## 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 2/17, 5/26, 5/29**

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

### OASIS Room 1

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
SS2518	3/24-4/21	M	10-11:15am	\$100/5
SS2519	3/27-4/24	Th	10-11:15am	\$100/5
SS2520	3/24-4/24	M/Th	10-11:15am	\$190/10
SS2521	4/28-6/2	M	10-11:15am	\$100/5
SS2522	5/1-6/5	Th	10-11:15am	\$100/5
SS2523	4/28-6/5	M/Th	10-11:15am	\$190/10
DRP165	Drop-In (No Refunds)			\$25/1



## INTRO TO MELT METHOD: USING SOFT MELT ROLLER & BALL

**Niki Parker** NikiParker@aol.com 949-923-1622  
Intro to MELT, a self-treatment technique to help erase pain and tension caused by aging, arthritis, plantar fasciitis, low back and neck pain. Learn the basics of MELT language and movements. No experience necessary.

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

### OASIS Dance Room

SS2517	3/18	Tu	2-3pm	\$35/1
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## MELT HAND & FOOT- FOR BALANCE & STABILITY

**Niki Parker** NikiParker@aol.com 949-923-1622  
Ease pain and stiffness with soft MELT balls to improve stability and movement in hands and feet. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all—no experience needed!

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

### OASIS Room 5

SS1528	2/3	M	1-2pm	\$35/1
SS1529	3/3	M	1-2pm	\$35/1
SS2527	4/7 & 4/21	M	1-2pm	\$12/2
SS2528	5/5 & 5/19	M	1-2pm	\$12/2
SS2529	6/9 & 6/16	M	1-2pm	\$12/2

## MELT METHOD: SELF CARE TECHNIQUE

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

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

### OASIS Dance Room

SS1530	1/14-2/11	Tu	2-3pm	\$115/5
SS1531	2/18-3/11	Tu	2-3pm	\$93/4
SS2530	3/25-4/29	Tu	2-3pm	\$133/6
SS2531	5/6-5/20	Tu	2-3pm	\$72/3
DRP171	Drop-In (No Refunds)			\$30/1

## PHYSICAL TRAINING

**Judy Aprile** jijaprile@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 2/7, 2/17, 3/7, 4/4, 4/23, 5/16, 5/26, 6/6**

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

### OASIS Event Center

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

## PILATES MAT

**Kathryn Rollins** kathryn@ahappybalance.com 949-422-9834

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

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

### OASIS Dance Room

SS1533	2/11-3/11	Tu	8:45-9:45am	\$90/5
SS2538	3/18-4/22	Tu	8:45-9:45am	\$105/6
SS2539	4/29-6/3	Tu	8:45-9:45am	\$105/6
DRP167	Drop-In (No Refunds)			\$23/1

## SOULFLEX

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

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

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

### OASIS Dance Room

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
<b>SS2540</b>	<b>3/19</b>	<b>W</b>	<b>12:30-1:30pm</b>	<b>Free</b>
<b>SS2541</b>	<b>3/26-6/4</b>	<b>W</b>	<b>12:30-1:30pm</b>	<b>\$225/11</b>
<b>SS2542</b>	<b>3/21-6/6</b>	<b>F</b>	<b>2-3pm</b>	<b>\$245/12</b>
<b>SS2543</b>	<b>3/21-6/6</b>	<b>W/F</b>	<b>above times</b>	<b>\$465/23</b>

DRP164 Drop-In (No Refunds) \$25/1



## SOULSPARK - HATHA YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

Awaken your potential with an accessible Hatha yoga class that balances mind and body. Prioritizing function over form, we move mindfully with breath to create spaciousness and self-connection. Suitable for all levels, each session ends with meditation. Led by an Internationally Certified Yoga Therapist. No experience needed—modifications provided. For questions, please contact the instructor. **No class 2/17, 5/26**

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

### OASIS Dance Room

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
<b>SS2544</b>	<b>3/17-6/2</b>	<b>M</b>	<b>11:30am-12:30pm</b>	<b>\$225/11</b>
<b>SS2545</b>	<b>3/20</b>	<b>Th</b>	<b>10:30-11:30am</b>	<b>Free</b>
<b>SS2546</b>	<b>3/27-6/5</b>	<b>Th</b>	<b>10:30-11:30am</b>	<b>\$225/11</b>
<b>SS2547</b>	<b>3/17-6/5</b>	<b>M/Th</b>	<b>above times</b>	<b>\$445/22</b>

### Online Class - via Zoom

SS2548 3/19-6/4 W 8-9am \$245/12

DRP164 Drop-In (No Refunds) \$25/1

## SOULSPARK - SPRING CLEANSE

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

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

### Online class - via Zoom

SS2549 4/18-5/2 F 9-10am \$108/3

[newportbeachca.gov/oasis](http://newportbeachca.gov/oasis)

Admin - 949-644-3244

Friends of OASIS - 949-718-1800

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## SOULSPARK - YOGA THERAPY CLINICS

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

**Brain Health:** Supports brain health and neuromuscular conditions like Alzheimer's, Parkinson's, and dementia. Enhances cognitive function, confidence, and calm. Caregivers, walkers, and wheelchairs welcome. **Bone Health:** Focuses on bone strength, balance, and mobility. Builds physical confidence, independence, and well-being. **Restorative:** Relieve pain, improve sleep, reduce stress, and promote rejuvenation. **Sciatica/Low Back/Hips:** Provides relief from low back, sciatica, and hip pain. No experience needed; modifications provided for all levels. Space limited to 12 participants. For questions, please contact the instructor. **No class 3/31, 4/1, 5/26**

### OASIS Room 5

#### Brain Health

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

#### OASIS Dance Room

#### Bone Health

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

#### Restorative

SS2552 3/18 Tu 4:30-5:30pm Free

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

#### Sciatica/Low Back/Hips

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

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

## SOUND BATH & MEDITATION

**Stephanie von Meeteren** [www.MySoulSpark.com](http://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

SS1547 2/10 M 5-6pm \$25/1

SS1548 3/13 Th 5:30-6:30pm \$25/1

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

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

**SS2558 Spring Package above dates/times \$45/2**

## SPARK OF VITALITY

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

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

### OASIS Dance Room

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

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

# Classes



## STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto: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

SS1551	2/11-3/11	Tu	10-11am	\$90/5
<b>SS2559</b>	<b>3/18-4/22</b>	<b>Tu</b>	<b>10-11am</b>	<b>\$105/6</b>
<b>SS2560</b>	<b>4/29-6/3</b>	<b>Tu</b>	<b>10-11am</b>	<b>\$105/6</b>
DRP167	Drop-In (No Refunds)			\$23/1

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

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto: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

SS1553	2/13-3/13	Th	7:45-8:45am	\$90/5
<b>SS2561</b>	<b>3/20-4/24</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$105/6</b>
<b>SS2562</b>	<b>5/1-6/5</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$105/6</b>
DRP167	Drop-In (No Refunds)			\$23/1

## TAI CHI QIGONG

**Diana Wong** [dianawong2001@yahoo.com](mailto: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 3/27**

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

### OASIS Event Center

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
<b>SS2563</b>	<b>3/20-5/29</b>	<b>Tu/Th</b>	<b>9:30-10:30am</b>	<b>\$295/20</b>
<b>SS2564</b>	<b>3/25-5/27</b>	<b>Tu</b>	<b>9:30-10:30am</b>	<b>\$165/10</b>
<b>SS2565</b>	<b>3/20-5/29</b>	<b>Th</b>	<b>9:30-10:30am</b>	<b>\$165/10</b>
DRP168	Drop-In (No Refunds)			\$25/1

**Registration for classes listed in bold starts Thursday, February 13 at 8am**

## TABLE TENNIS

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

### OASIS Event Center BC

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

## ZUMBA GOLD® DANCE FITNESS

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto: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 2/17, 3/31, 4/2, 4/3, 4/4, 4/5, 5/16, 5/17, 5/18, 5/19, 5/21, 5/22, 5/23, 5/24, 5/25, 5/26**

### OASIS Dance Room

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
SS1563	1/25-3/15	Sa	9-10am	\$145/8
<b>SS2566</b>	<b>3/17-6/2</b>	<b>M</b>	<b>9-10am</b>	<b>\$145/8</b>
<b>SS2567</b>	<b>3/19-6/4</b>	<b>W</b>	<b>9-10am</b>	<b>\$180/10</b>
<b>SS2568</b>	<b>3/20-6/5</b>	<b>Th</b>	<b>9-10am</b>	<b>\$180/10</b>
<b>SS2569</b>	<b>3/21-6/6</b>	<b>F</b>	<b>9-10am</b>	<b>\$163/9</b>
<b>SS2570</b>	<b>3/22</b>	<b>Sa</b>	<b>9-10am</b>	<b>Free</b>
<b>SS2571</b>	<b>3/29-6/7</b>	<b>Sa</b>	<b>9-10am</b>	<b>\$145/8</b>

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

SS1564	1/6-3/14	M/W/F	9-10am	\$360
<b>SS2572</b>	<b>3/17-6/6</b>	<b>M/W/F</b>	<b>9-10am</b>	<b>\$360</b>
DRP169	Drop-In (No Refunds)			\$25/1



## MUSIC & DANCING

### ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
Have you ever dreamed of taking Ballet at any age? This is your chance to dance with like-minded people from similar generations. There will be no pressure or judgement. Everyone is free to work at their own level (which includes stepping back at times.) The music will be Classical piano to romantic and swinging. The focus will be on the movement holding the Barre and then we will come out and play with some steps we are learning at the Barre. **No class 5/9**

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

### OASIS Dance Room

SS1565	1/17-3/21	F	11:30am-12:45pm	\$208/10
<b>SS2573</b>	<b>4/18-6/13</b>	<b>F</b>	<b>11:30am-12:45pm</b>	<b>\$168/8</b>
DRP170	Drop-In (No Refunds)			\$23/1

## NEW! BACHATA DANCE BEGINNER ONE-DAY WORKSHOP

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
Come learn the latest craze in dance. Experience the joy and connection of Bachata in our beginner-friendly dance workshop! No experience or partner needed—just bring your enthusiasm!  
OASIS Dance Room  
SS2576 5/31 Sa 10:15-11:15am \$25/1

## BEGINNING BROADWAY DANCE

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto: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  
SS1567 1/15-3/12 W 11:15am-Noon \$185/9  
SS2574 3/19 W 11:15am-Noon Free  
SS2575 3/26-6/4 W 11:15am-Noon \$185/9  
DRP169 Drop-In (No Refunds) \$25/1

## DANCE JAM DANCE FITNESS

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto: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  
SS1568 2/18-3/18 Tu 12:55-1:35pm \$87/5  
SS2577 5/20-6/10 Tu 12:55-1:35pm \$72/4  
DRP170 Drop-In (No Refunds) \$23/1

## NEW! DISCO DANCE BEGINNER ONE-DAY WORKSHOP

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto: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



## 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

## INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed. **No class 5/13**  
• **Please bring:** ballet slippers by the second class meeting  
OASIS Dance Room  
SS1572 1/14-3/18 Tu 11:30am-12:45pm \$208/10  
SS2580 4/15-6/10 Tu 11:30am-12:45pm \$168/8  
DRP170 Drop-In (No Refunds) \$23/1

## LINE DANCING

**Vickie Jackson** [vickie@promodonnas.com](mailto: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 3/27**  
OASIS Dance Room  
*Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)*  
SS1573 1/9-2/6 Th 1-1:55 pm \$38/5  
SS1574 2/13-3/13 Th 1-1:55 pm \$38/5  
SS2581 3/20-4/24 Th 1-1:55pm \$44/5  
SS2582 5/1-6/5 Th 1-1:55pm \$52/6  
*Level 2 - Improver/Easy Intermediate (should know basic steps)*  
SS1575 1/9-2/6 Th 2-2:55 pm \$38/5  
SS1576 2/13-3/13 Th 2-2:55 pm \$38/5  
SS2583 3/20-4/24 Th 2-2:55pm \$44/5  
SS2584 5/1-6/5 Th 2-2:55pm \$52/6  
*Level 3 - Easy Intermediate/Intermediate (step competency required)*  
SS1577 1/9-2/6 Th 3-4 pm \$38/5  
SS1578 2/13-3/13 Th 3-4pm \$38/5  
SS2585 3/20-4/24 Th 3-4pm \$44/5  
SS2586 5/1-6/5 Th 3-4pm \$52/6

## MUSIC WORKSHOP

**Glen Jansma** 310-940-3112  
Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.  
OASIS Room 5  
RSVP Not Required Ongoing F 11am-1pm Free

## HOOTENANNY


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

## UKULELE STRUMMERS AND SINGERS

**Mike Ekinaka** 714-336-4719  
Our ukulele strumming, singing and hula dancing activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain, join us.  
OASIS Room 2  
RSVP Not Required Ongoing M 1-2:30pm Free

## FRIENDS OF OASIS

# BOARD ELECTION

The Friends of Oasis Senior Center Election Committee is now accepting application from members interested in joining the Board of Directors. 

- There are fifteen directors each of whom serves a three-year term.
- There are five open positions every year.
- New directors take office July 1.
- Board members are expected to attend all board meetings unless they request an excuse absence, they should participate objectively in board deliberations and discussions as well as to serve on at least one committee or one activity.
- Interviews will be held at the end of February.

Anyone interested in running for a position on the Board, please contact:

Abel Zeballos | Chair of the Election Committee

 949-463-2770  [azeballos@fullerton.edu](mailto:azeballos@fullerton.edu)

Friends of OASIS

# Scholarship Program



Applications are now being accepted for the Spring 2025 semester.

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

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

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

**Deadline is March 4, 2025**



Visit Our Website  
[www.friendsofoasis.org](http://www.friendsofoasis.org)

**APPLY NOW**

The Friends of OASIS is a 501c3 non-profit corporation, Tax ID #95-3196296.



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### 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](http://www.oasissailingclub.org) or send an email to [oscmembership@oasissailingclub.org](mailto: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

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](http://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](http://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)
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- + Excludes alcohol  
\* Excludes take out & holidays  
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Your gift may be tax deductible – consult your tax advisor.

Rev.5/2024



## SAN DIEGO ZOO

**Wednesday, April 2**

**\$130/\$135**

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

*Depart: 8:30am*

*Return: 5:30pm*

## FLOWER FIELDS, CARLSBAD

**Thursday, April 17**

**\$90/95**

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

- Hats, sunscreen and walking shoes are recommended.

*Depart: 8:30am*

*Return: 5pm*

## MAMA MIA AT SEGERSTROM

**Saturday, May 17**

**\$100/105**

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

- No bus transportation is included with this trip.

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

**Wednesday, July 16**

**\$130/135**

Songs, comedy, costumes, dialogue and dances from the famous musicians listed. Always a wonderful musical program with a delicious lunch and bargain shopping. You will order your special lunch when you sign up.

*Depart: 11am*

*Return: 5:30pm*

## EXTENDED TRIPS

Flyers available in the travel department

### AFC

#### HAWAII THREE ISLAND ADVENTURE

January 21 or February 18 (9 days, 11 meals)

#### SIERRA SNOW TRAIN

January 24 or February 21 (5 days, 7 meals)

#### ARIZONA SPRING TRAINING EXPLORER

March 9 or March 16 (6 days, 7 meals)

#### MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE

March 31 or May 12 or Oct 4 (8 days, 10 meals)

#### NORMANDY, PARIS & SEINE RIVER CRUISE

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

#### ICELAND EXPLORER

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

#### HIGHLIGHTS OF SCANDINAVIA

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

#### SUNNY TUCSON & THE OLD WEST

November 9 (6 days, 8 meals)

## PETER'S WAY TOURS

#### SITES AND SHRINES OF FRANCE

April 21-30 (a Pilgrimage trip)

#### FR. CHRISTOPHER HEATH

February 15-20 (a Pilgrimage trip to Mexico)

## MAJESTIC ADVENTURES

#### PRE-MARDI GRAS NEW ORLEANS EXTRAVAGANZA

February 23 (6 days, 8 meals)

#### CANADIAN ROCKIES ADVENTURE

August 17 (7 days, 9 meals)





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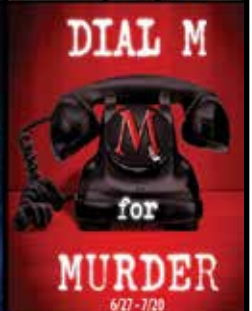
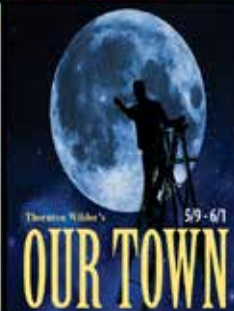
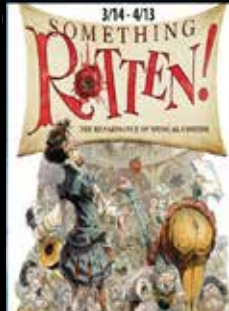
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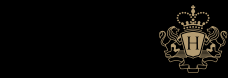
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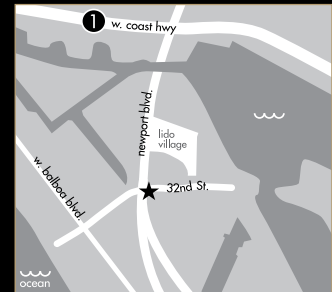
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## WAYS TO REGISTER

### Online

1. Go to [newportbeachca.gov](http://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](mailto: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](mailto:recreation@newportbeachca.gov).

<b>First Name</b>		<b>Last Name</b>	
<b>Address</b>		<b>City/Zip</b>	
<b>Home Phone</b>	<b>Cell Phone</b>	<b>Email</b>	

## COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee

### CHECKS PAYABLE TO: City of Newport Beach

**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.

<b>Total Class Fees</b>	
<b>Non-Resident Fee for Classes</b> \$5/class \$74 & below or \$10/class \$75 & up	
<b>GRAND TOTAL</b>	

**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.

<b>Mandatory Signature</b>		<b>Date</b>	
<b>Credit Card Number</b>		<b>Exp. Date</b>	<b>CVV#</b>



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## Hours of Operation

Monday - Thursday	7am — 7pm
Friday	7am — 5pm
Saturday & Sunday	7am — 2pm



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

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\$45	30 MIN-ON GOING
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