

# OASIS news

Older  
Adult  
Social &  
Information  
Services

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

**JUNE 2022**

**VOL. 46 NO. 6**



*A Publication of the City of Newport Beach and the Friends of OASIS*  
**(949) 644-3244** [www.newportbeachca.gov/oasis](http://www.newportbeachca.gov/oasis)



# OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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

801 Narcissus Avenue, Corona Del Mar, CA 92625



## OASIS SENIOR CENTER

801 Narcissus Avenue, Corona del Mar, CA 92625-1501  
[newportbeachca.gov/oasis](http://newportbeachca.gov/oasis)

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

### HOURS:

<b>City Administration</b>	<b>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 Admin**  
 M-F 7:30am-4:30pm  
[friendsofoasis.org](http://friendsofoasis.org)

Center 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>	TBD
<b>Senior Services Manager:</b>	Melissa Gleason
<b>Facility Maintenance:</b>	Chris Suarez
<b>Health &amp; Wellness Supervisor:</b>	Jena Delgado-Sette
<b>Recreation Supervisor:</b>	Anne Doughty
<b>Social Services Supervisor:</b>	Susie DiGiovanna
<b>Fitness Center Coordinator:</b>	Lisa Mandich
<b>Recreation Coordinator:</b>	Hilda El-Souki
<b>Transportation Coordinator:</b>	Elizabeth Arciniega
<b>Department Assistant:</b>	Jessica Battioli- Caputo
<b>Office Assistant:</b>	Stephanie Melero
<b>Care-A-Van Drivers:</b>	Blanca Olazo Jose Cardenas Bill Breslin Raul Cano Araceli Gonzalez Berenice Barajas Jessica Olson

**FRIENDS OF OASIS STAFF:**  
**AGE WELL MEALS STAFF:**

## NEWPORT BEACH CITY COUNCIL

<b>Mayor</b>	Kevin Muldoon
<b>Mayor Pro Tem</b>	Noah Blom
<b>Council Member</b>	Brad Avery
<b>Council Member</b>	Joy Brenner
<b>Council Member</b>	Diane B. Dixon
<b>Council Member</b>	Duffy Duffield
<b>Council Member</b>	Will O'Neil

## 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>	John Carroll
<b>Directors:</b>	Debra Allen Judy Cooper Carol Freeman Barbara Milbert Jean Naughton Kathy Roberts Alan Rypinski Barbara Sloate Alex Thomsen Jeff Upton Abel Zeballos Evelyn Hart, Director Emeritus Ed Romeo, President Emeritus Melissa Gleason, Ex Officio

## OASIS NEWS STAFF

<b>Senior Editor:</b>	Anne Doughty
<b>Co-Editor:</b>	Hilda El-Souki
<b>Contributing Editors:</b>	Gerry Beegan Jena Delgado-Sette Scott Paulsen
<b>Advertising Coordinator:</b>	Nanette Bowman

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER

June is a special month for me personally. This is the month I had my daughter; this year she will be turning 21. I cannot believe how quickly time has gone by. I remember so many small details of the day she was born. It was a beautiful day, one that I am fortunate to have experienced. She has been the best part of my life and I am so proud of the woman she's becoming. She is thoughtful, opinionated (too much at times), motivated, kindhearted, an animal lover, and can make me laugh like no other person. I am looking forward

to celebrating this monumental birthday with her and sharing in the experience of ordering her first adult beverage together. Okay, maybe not her first, I will go with second. Happy Birthday Charlee!

Another celebration in the month of June; Father's Day! My Dad has already requested a bike ride around town. Dads always seem to make it easy on us for Father's Day. I enjoy spending time together, he has somehow managed to become one of my best friends. Growing up has its perks, one of them is realizing your parents aren't as bad as you thought, they actually are pretty fun to be around. To all you Dads out there, Happy Father's Day!

There is some summer fun planned at OASIS. We have concerts planned in July and September, as usual, tickets will go on sale the beginning of the month they are scheduled. The Recreation and Senior Services Department also plans a few Movies in the Park during the summer months. Bring your grandchildren or just yourselves for some free popcorn and food for purchase. Dates are listed in the Navigator or the City's website. Whatever your summer plans are have fun, be safe, spend time outdoors and bring your SPF.

With Gratitude,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

As we move from Spring to Summer, I urge you to peruse our Newsletter to see what we have going on at OASIS. We have had so many great events, including the Health and Wellness Fair, the Volunteer Recognition Lunch, and the Culture Mash-up Party. Melissa's staff has done a "yeoman's job" of putting these and future events together. Like I said, "stay tuned" for what is planned for this summer! As I reported last month, yours truly sailed with the crew on OASIS 5 on the first leg of the Newport to Ensenada race last month. We had up to 22 knot winds and 8 to 10 foot swells all the way down to Dana Point. OASIS 5 and OASIS 6 came in 4th and 5th respectively in their class,

which was really fun. The not so fun part came after we turned to return in the wind and swells, back to Newport. It was like "Victory at Sea" for especially me, and I spent most of the return trip below deck getting sick. Meanwhile the crew (of 6) were topside and to my amazement were laughing and joking with each other! I guess I need to go find my "sea legs" somewhere? I have to mention that all the crews I have sailed with have such a good time together when out at sea. For those that are wondering about joining OASIS Sailing Club, call the Friends office to get the details, and have some "saltwater" fun with our great group of OSC sailors!

Also noted: Our Scholarship committee has told me we have over \$17,000 to spend for the Fall Semester for anyone looking to enter into the field of Gerontology. We have the applications, so if you or someone in your family is interested in applying for a Friends Scholarship, don't hesitate and please call our office at 949-718-1800. This is yet another service that we are offering to our community, thanks to some very generous Friends members and individuals.

Finally, I wanted to inform you that June will be my last month as your Friends president. It has been 4 years, and although I will still be on the Board of Directors, I am needing a bit of a break. I thank everyone for their support, and will continue serving the Friends in a different capacity.

Always at your service,

*Mike*



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



**FRIDAY, JUNE 3, 10:00AM**

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

**MENU: ASSORTED SANDWICHES, SALAD & COOKIES**

**ENTERTAINMENT: NHHS CHOIR**  
 NEWPORT HARBOR HIGH SCHOOL CHOIR

**SPONSORED BY: THE COVINGTON**

**FRIENDS OF OASIS 949-718-1800**

**UCI Health Balance Problems Presents: and Fall Prevention**



Presented by: **Elham Arghami, MD**  
 Please join Dr. Elham Arghami as she discusses balance problems and fall prevention which will include a discussion on the definition of a fall, and its impact on individuals and society. There is a special focus on risk factors as identifying risks is key to prevention.

**TUESDAY, JUNE 14TH**  
**10:00AM-11:00AM | ROOM 1**  
**OASIS SENIOR CENTER**  
**PLEASE RSVP TO (949)644-3244**



**Learn a New Language**  
 At OASIS With Portal Languages

**REGISTER NOW!**

<b>FRENCH 1</b>			
SS5047	6/15-7/15	M/W	5-6pm \$205
SS5048	7/18-8/10	M/W	5-6pm \$205
SS5049	8/15-8/31	M/W	5-6pm \$155
<b>FRENCH 2</b>			
SS3050	7/18-8/10	M/W	6-7pm \$205
SS3051	8/15-8/31	M/W	6-7pm \$155
<b>ITALIAN 1</b>			
SS5053	6/15-7/15	M/W	4-5pm \$205
SS5054	7/18-8/10	M/W	4-5pm \$205
SS5055	8/15-8/31	M/W	4-5pm \$155
<b>ITALIAN 2</b>			
SS5056	6/15-7/15	M/W	5-6pm \$205
SS5057	7/18-8/10	M/W	5-6pm \$205
SS5058	8/15-8/31	M/W	5-6pm \$155
<b>SPANISH 1</b>			
SS3056	6/15-7/15	M/W	5-6pm \$205
SS3057	7/18-8/10	M/W	5-6pm \$205
SS3058	8/15-8/31	M/W	5-6pm \$155

**For more information see page 12**  
 OASIS Senior Center  
 949-644-3244 | [oasisnewportbeachca.gov](http://oasisnewportbeachca.gov)

**OASIS SENIOR CENTER**  
 801 NARCISSUS AVE., CORONA DEL MAR

**VETERANS SOCIAL GROUP**


**CAROL SINGLETON**  
**BRETT OGDEN**

**HISTORY OF THE SANTA ANA ARMY BASE DURING WWII**

**TUESDAY, JUNE 21, 2022**  
**12 PM - 1:30 PM**  
**EVENT CENTER**  
**RSVP 949-644-3244**



**OASIS SENIOR CENTER** Veterans of all ages are welcome  
 Pizza, coffee & water provided



# EXERCISE YOUR GENIUS: FOOD FOR THOUGHT



**Thursdays | 4-5PM | OASIS Art Center**

**Dates: 5/19, 6/2, 6/9, & 6/16**

- To register please call 949-644-3244 or email [OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov)
- Registration deadline: 5/13

The 4 session Food For Thought program is designed to exercise 5 specific areas - memory, executive function, visual function, visual language and association - through creative projects that enhance cognitive function within the aging brain. Using creativity throughout a person's life has been clearly demonstrated to improve brain function. Our Teaching Artists provide stress-free and nurturing guidance to help students utilize their own innate creativity.



# TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



**Tuesday, June 28 • 10:00am - 12:00pm • Room 1  
BRAZIL, ARGENTINA, CHILE - WITH PATAGONIA**

Start your journey in the heart of the Amazon Jungle in Manaus. Tour the vibrant Rio De Janeiro - see the famous Rio Carnival, experience the largest waterfall in the world at Iguassu. Visit stylish Buenos Aires with a Tango Show, see vineyards of Mendoza, make the beautiful Andean Lake crossing, be amazed to see enormous glaciers. Visit Chile and its wine region and marvel at Spectacular Patagonia. End your tour in Easter Island including nearly 900 monumental statues called moai.



OASIS SENIOR CENTER • 949-644-3244  
[WWW.NEWPORTBEACHCA.GOV/OASIS](http://WWW.NEWPORTBEACHCA.GOV/OASIS)



## OASIS PRESENTS: MEAL & A MOVIE

**WEDNESDAY, June 29**

EVELYN HART EVENT CENTER

MEAL AT NOON | MOVIE AT 1PM

Please call 949-718-1820 by Friday prior to request a meal.

### WALK THE LINE

*Synopsis:* This critically acclaimed biopic distills country singer Johnny Cash's transformation from man to icon -- from his hardscrabble days on an Arkansas farm to his time inside Memphis's Sun Studios, where he finally found a voice for his talents.



Running time: 135 minutes.

## Free Brain Health Education at the OASIS Senior Center

MEMORY  
SUPPORT  
SERVICES



OASIS Senior Center  
Room 1AB  
801 Narcissus Ave  
Corona Del Mar, CA 92625




RSVP Required  
CALL 949-644-3244

Session Topic & Description	Date & Time
<p><b>Mind your Brain: Strategies for Cognitive Strength at any Age</b></p> <p>Interested in strategies for keeping your brain stronger for longer? Join us for Mind your Brain, a 90-minute workshop based on the latest research from the Cleveland Clinic. Learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.</p>	<p><b>Tues, June 21</b> 1:00 - 2:30 PM</p>
<p><b>Brain Boot Camp: 2-week series (Session 1)</b></p> <p>Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.</p>	<p><b>Tues, July 12</b> 1:00 - 2:30 PM</p>
<p><b>Brain Boot Camp: 2-week series (Session 2)</b></p> <p>Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.</p>	<p><b>Tues, July 19</b> 1:00 - 2:30 PM</p>

Alzheimer's ORANGE COUNTY MEMORY SUPPORT SERVICES


Alzheimer's OC | 2515 McCabe Way, Suite 200, Irvine, CA 92614 | Helpline 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)

OASIS SENIOR CENTER 

## PHILOSOPHY DISCUSSION GROUP

THE PHILOSOPHY OF LIFE'S THIRD ACT

Starting June 14  
Tuesdays 3-4:30pm  
OASIS Room 1



This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal's wager, Plato's allegory of the cave and much much more, then apply these ideas to our lives.


OASIS Senior Center  
801 Narcissus Ave  
CdM, CA 92625

OASIS Senior Center

## BLOOD PRESSURE SCREENING

Our friendly medical professionals will help you monitor your blood pressure for free.

**1st Friday of the Month**  
**Room 4 | 9:00AM - 11:00AM**




## Keep in Touch

\*

Daily Phone call available M-F for those who would like someone to check on them

Join our Telephone Reassurance program!  
949-644-3244



## CREATIVE WRITING

DOROTHY SPIRUS

### CREATIVE WRITING JUMPSTART

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.**

SS3082 6/13 M 7-9pm \$78

### CREATIVE WRITING

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 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.**

SS2080 6/16-7/21	Th	7-8:30pm	\$190
SS2081 7/28-9/1	Th	7-8:30pm	\$190





## The Good Grief Café

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.

**2nd & 4th Thursdays  
of the month**

**10:00 AM**

**Room 5**

**No RSVP needed**  
Questions: (949) 644-3244



## Alzheimer's ORANGE COUNTY

# ALZHEIMER'S SUPPORT GROUP

**For family members and caregivers**

**2ND & 4TH WEDNESDAYS  
OF THE MONTH**

**10:00 AM \* ROOM 5**

**NO RSVP REQUIRED**

Share support and receive valuable information and resources from people who understand



## DIVE INTO SUMMER WITH DEEPER CONNECTIONS AND NEW FRIENDS



**THURSDAYS AT 2:00 PM  
ROOM 5**

**NO RSVP NEEDED**

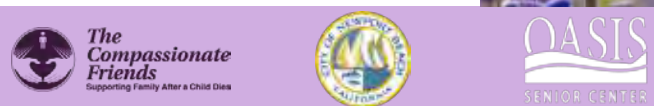



## Compassionate Friends

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**3rd Wednesday of the month  
6:30 pm  
Room 5**

For more information,  
please call Basia Mosinski  
917-703-3414



## CLASS REFUND POLICY

- Refunds must be requested prior to the second class meeting.
- One and two-day classes require 5 business days notice.
- A 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 returned to the card used for original purchase.
- Policy also noted on registration form.



NEW THEATER GROUP

## OASIS PLAYERS

Do you...

Like to perform? Act, sing, dance?

Join the Oasis Players!

Wednesdays

1-3pm

OASIS Room 2A

OASIS Senior Center- 801 Narcissus Ave, Corona del Mar 92625

## A DIFFERENT KIND OF BOOK GROUP

**Ellen Huberman**

[ehuberman@me.com](mailto:ehuberman@me.com)

Join us the first 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: History

OASIS Room 5

RSVP not required

1st Wed 10:30am-Noon

Free

## 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 class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.

Online

SS3080 6/16-7/21

Th

7-8:30pm

\$190/6

SS3081 7/28-9/1

Th

7-8:30pm

\$190/6

## 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

SS3082 6/13

M

7-9pm

\$78/1

## CURRENT EVENTS DISCUSSION

**Dave Larue**

[dkla2018@outlook.com](mailto:dkla2018@outlook.com)

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.

OASIS Library

RSVP not required

M

3-5pm

Free



## GOING ABOARD: STUDIES OF *MOBY DICK* & MELVILLE

**Darielle Wilson** 949-675-5182  
Voyage into the watery world of Herman Melville's fiction to meet his fascinating characters, including the famous whale, "one grand hooded phantom, like a snow hill in the air." Call upon your own life experiences to read and interpret this novel and short works, and decide if you, too, consider them among the greatest works in all of English-language literature. Class is ongoing; check with instructor for updated information  
OASIS Room 1B  
SS3059 6/17-8/26 F 10am-Noon \$85/11

## KNITTING

**Golda** 949-673-7553  
This group of experienced needle-workers meets weekly to work on individual projects.  
OASIS Room 3  
RSVP not required Ongoing W 12-3pm Free

## NEW! OASIS PLAYERS

**May Kramer**  
Like to perform? Act, sing, dance? Join the OASIS Players!  
OASIS Room 2A  
RSVP not required W 1-3pm Free

## NEW! PHILOSOPHY DISCUSSION GROUP

**Dave Larue** dkla2018@outlook.com  
The Philosophy of Life's Third Act - This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal's wager, Plato's allegory of the cave and much much more, then apply these ideas to our lives.  
OASIS Room 1A  
Starting June 14 W 3-4:30pm Free

## SHORT STORY DISCUSSION

**Doug Brown** 949-402-1198  
Join us as we discuss different 6-20 page short stories each week. Members are expected to read the story before class, but the story will be read in sections out loud in class to facilitate discussion. Contact instructor for more information.  
OASIS Room 4  
RSVP not required Tu 2-4pm 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. The group meets the fourth Tuesday of each month.  
OASIS Room 1  
RSVP not required 4th Tu 10am-Noon Free

## WRITING ROUNDTABLE

**Jos Vloet** vloetjzef@gmail.com  
The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. RSVP required, contact group leader.  
OASIS Room 5  
RSVP required W 1-3pm Free

## WRITING YOUR LIFE STORIES 1

**Berteil Mahoney** 949-496-7289  
Have you ever wanted to write about your life, but wondered how to get started, how to keep going and whether it's even worth it in the first place? Designed as an introduction, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations, possibly your greatest legacy. No writing experience necessary.  
• Additional fee: \$20 (material)  
OASIS Room 5  
Returns in the Fall Tu 10am-Noon \$150

## WOMEN'S WISDOM

**Barbara Stern, MSW** barbaras@cox.net  
Celebrate this time in your life and find common ground with other interesting women who are each on their own journey. Join our discussion group and enjoy stimulating conversation, become more knowledgeable about changing lifestyle issues and what is possible at this stage in life.  
• Space is limited to 12 participants.  
• \$15 material fee due to instructor at first meeting  
• RSVP to 949-644-3244  
OASIS Room 5  
RSVP required 5/25-7/13 W 3:30pm - 5pm Free



**WOOD CARVING WORKSHOP**

**OASIS WOOD CARVERS WELCOMES YOU!**

**BRING AND WORK ON INDIVIDUAL PROJECTS.**

**NEW MEMBERS ARE ALWAYS WELCOME!**

**THURSDAYS 8-11AM**

**OASIS ART CENTER:  
801 NARCISSUS AVE  
CORONA DEL MAR, 92625**

**\$15 FEE EVERY THREE MONTHS**

**949-644-3244**

**OASIS SENIOR CENTER**

## Fine Arts

### FREEHAND DRAWING

**Nancy Wahamaki Vasek** [nwvasek@gmail.com](mailto:nwvasek@gmail.com)  
 Join Nancy in this fun drawing class; she will lead you every step of the way! 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. <https://www.linkedin.com/in/nancygandolfwahamaki>

- A material list will print out on registration receipt. Please bring supplies to first class.
- Additional fee: \$10 (material)

**OASIS Room 2A**  
 Class returns in the Fall W 9-11am \$144/6

### INTERMEDIATE/ADVANCED CERAMICS

**Karen Thayer** [karenthayer@yahoo.com](mailto:karenthayer@yahoo.com)  
 This short course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. Additional fee: \$20 (material)

**OASIS Art Center**  
 Class returns in the Fall W 9am-Noon \$102/6

### WOOD CARVING WORKSHOP

**Ray Morrow** [OASISWoodcarving@gmail.com](mailto:OASISWoodcarving@gmail.com)  
 This group works on individual projects and welcomes new members. Come any Thursday to find out more about the group. Group participants are asked to contribute \$15 every three months for class tool and machine maintenance.

**OASIS Art Center**  
 RSVP Not Required Th 8-11am See above

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki Vasek** [nwvasek@gmail.com](mailto:nwvasek@gmail.com)  
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, 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. <https://www.linkedin.com/in/nancygandolfwahamaki>.

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

**OASIS Art Center**  
 Class returns in the Fall M 9am-Noon \$115/5

### OIL PAINTING- INTERMEDIATE TO ADVANCED

**Jim Ellsberry** [310-218-2658](tel:310-218-2658)  
[jim@jimEllsberry.com](mailto:jim@jimEllsberry.com)

Advanced concepts of color theory to include hue, value and chroma. Students complete 2 Still Life projects and 1 Landscape painting. Drawing, color mixing, texture and edge are stressed. **No class 7/4**

- Additional fee: \$15 (material)

**OASIS Art Center**  
 SS3060 6/13-7/18 M 1-3:30pm \$180/5  
 SS3061 8/1-8/29 M 1-3:30pm \$180/5

### WATERCOLOR-BEGINNING

**Chris Sullivan** [chrissullivanart@gmail.com](mailto:chrissullivanart@gmail.com)

In this class, you will learn how to use the basic techniques and methods for painting in transparent watercolor. In order to be able to handle the paint effectively, it is highly important to have a strong understanding in these fundamental techniques. You will also put these techniques to use in simple painting projects. Demonstrations, individual assistance, and group critiques are included.

- Material list will print on receipt.
- Recommended: basic drawing skills

**OASIS Art Room**  
 SS3040 7/13-8/17 W 9am-Noon \$146/6



### WATERCOLOR & MIXED MEDIA

**Chris Sullivan** [chrissullivanart@gmail.com](mailto:chrissullivanart@gmail.com)

This exciting and stimulating experimental watercolor and mixed media class will introduce you to new and creative approaches to painting. You will learn how to successfully combine a variety of materials with transparent watercolor and turn them into expressive works of art. Open to all watercolor painting levels. Beginners must have good watercolor painting skills. Demonstrations, individual assistance, and group critiques are included.

- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Art Center

SS3042 7/13-8/17 W 1-4pm \$146/6

## 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 and essays. Summer session selections will be by 20th-century Albert Camus. Reading at home and in class will be followed by written answers to questions and by classroom discussion. Please contact instructor for specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French. Class is ongoing; check with instructor for updated information

OASIS Room 2B

SS3008 6/15-8/31 W 10am-Noon \$90/12

### FRENCH-INTERMEDIATE

**Leo Vortouni** **949-607-9104**

[leosailor21@gmail.com](mailto:leosailor21@gmail.com)

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. For info on how to join, please contact Leo Vortouni at 949-607-9104.

### SPANISH LITERATURE BOOK CLUB

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

Take a journey the second Monday of the month into literature in Spanish. Meet Latin American and Spanish writers, classic and modern. Contact instructor for current readings.

OASIS Room 4

RSVP required 2nd M 2:30-4:30pm Free

### GERMAN-INTERMEDIATE

**Barbara Corlett** [bcorlett@cox.net](mailto:bcorlett@cox.net)

The class will focus on the reading of fairy tales and stories in German and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2000 publisher date) is the required text for the class. It will be used intermittently to dovetail with grammar lessons. Students can purchase the text online. Chapters 1-12 have been covered in earlier classes. In addition to above description we will also act out plays in German.

- \$10 materials fee due to instructor.
- Email instructor to RSVP - [bcorlett@cox.net](mailto:bcorlett@cox.net)

OASIS Room 4

RSVP required Th 10/14-5/26 1-2pm Free

### GERMAN-ADVANCED

**Robert H. Friis, PhD** [r-c-friis@cox.net](mailto:r-c-friis@cox.net)

Group continues to meet online. Emphasis is on grammar, conversation and translation for the advanced student. Exercises are provided to participants. To RSVP or find out more information about joining this group, please email Dr. Friis at [r-c-friis@cox.net](mailto:r-c-friis@cox.net).



## 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 7/4, 7/6**

- 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

SS3047	6/13-7/13	M/W	5-6pm	\$205/8
SS3048	7/18-8/10	M/W	5-6pm	\$205/8
SS3049	8/15-8/31	M/W	5-6pm	\$155/6

#### Beginning French 2

SS3050	7/18-8/10	M/W	6-7pm	\$205/8
SS3051	8/15-8/31	M/W	6-7pm	\$155/6

#### OASIS Room 1B

#### Beginning Italian 1

SS3053	6/13-7/13	M/W	4-5pm	\$205/8
SS3054	7/18-8/10	M/W	4-5pm	\$205/8
SS3055	8/15-8/31	M/W	4-5pm	\$155/6

#### Beginning Italian 2

SS3056	6/13-7/13	M/W	5-6pm	\$205/8
SS3057	7/18-8/10	M/W	5-6pm	\$205/8
SS3058	8/15-8/31	M/W	5-6pm	\$155/6

#### OASIS Room 2A

#### Beginning Spanish 1

SS3044	7/13-8/31	5-6pm	W	\$205/8
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## 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.

- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS 5 business days prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.

DRP300 \$60 per hour

## A SAMPLING OF APPS

### Carole Kamper 949-230-5902

Explore just a sampling of the many Apps that are available on your iPhone/Smartphone or iPad/tablet including Uber and Lyft, Travel, Currency Exchange and Maps, eBooks including Kindle and free eBooks that can be downloaded from the Newport Beach Library, photo sharing including Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

#### OASIS Computer Lab

SS3028	6/27	M	10am-12pm	\$40/1
SS3029	8/23	Tu	1-3pm	\$40/1

## APPLE IPHONE FOR BEGINNERS

### Carole Kamper 949-230-5902

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

#### OASIS Computer Lab

SS3020	6/15	W	10:30am-12:30pm	\$40/1
SS3021	7/25	M	10am-Noon	\$40/1
SS3022	8/18	Th	1:30-3:30pm	\$40/1

## COMPUTER BASICS

### Carole Kamper 949-230-5902

Wishing you had better computer skills this past year? This is an introductory class that will give you "hands on" experience using a mouse and keyboarding as well as some basic internet search techniques. We will learn the "anatomy" of a window by exploring the WordPad and Paint programs. The class will be taught on Windows 10 and is not designed for Mac users although most concepts apply to both most concepts apply to both platforms.

#### OASIS Computer Lab

SS3030	6/13-6/20	M	10am-Noon	\$45/2
SS3031	8/9-8/16	Tu	1-3pm	\$45/2

## COMPUTER SKILLS

### Carole Kamper 949-230-5902

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

- Prerequisite: Computer Basics or equivalent

#### OASIS Computer Lab

SS2031	5/23-6/6	M	10:30am-Noon	\$45/2
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## 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.
- Bring phone or camera cord to class.

OASIS Computer Lab

SS3032 7/28-8/4 Th 9:45-10:45am \$36/2

## 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

SS3033 8/11 Th 10am-Noon \$36/1

## 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: Twitter, Snapchat, Instagram and Pinterest.

- Prerequisite: Computer Basics or equivalent

OASIS Computer Lab

SS3036 7/28-8/4 Th 11am-Noon \$36/2

## 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

SS3038 6/23-7/14 Th 9:45-10:45am \$68/4

## 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

SS3037 6/23-7/14 Th 11am-Noon \$68/4

## MAKING A SHUTTERFLY & AWESOME BOX

**Carole Kamper** 949-230-5902

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Awesome Box is an online software that gives friends and family a way to share special occasions, photos and messages. These cards are then printed and are true keepsakes. Come and explore your creativity in this fun, project-based class.

- Prerequisite: Basic computer

OASIS Computer Lab

SS2026 6/6 Tu 1-3pm \$40/1

SS3026 6/29 W 1-3pm \$40/1

SS3027 8/1 M 10am-Noon \$40/1

## IPAD BASICS

**Carole Kamper** 949-230-5902

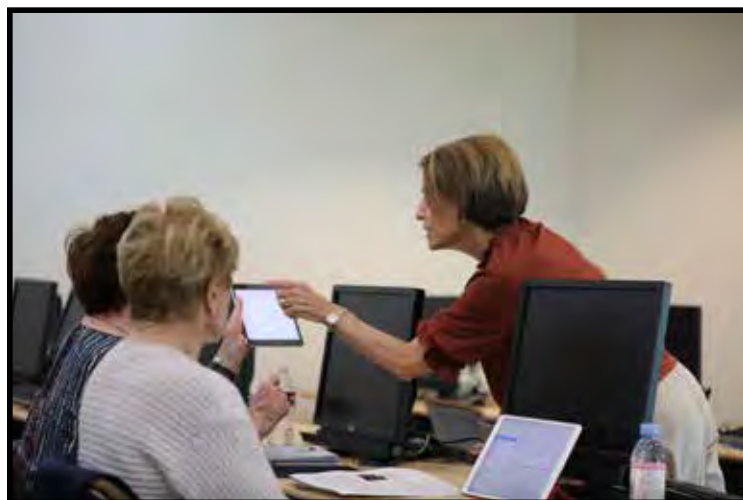
This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

OASIS Computer Lab

SS3023 6/14 Tu 1:30-3:30pm \$40/1

SS3024 7/20 W 10am-Noon \$40/1

SS3025 8/29 M 10:30am-12:30pm \$40/1



## Cards & Games

### BEGINNING BRIDGE

**Ann Cressman, Gold Life Master** 949-495-4564  
[anncressman@gmail.com](mailto:anncressman@gmail.com)

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

OASIS Room 3

Returns in the Fall

### ADVANCED BEGINNING BRIDGE 1

**Ann Cressman, Gold Life Master** 949-495-4564  
[anncressman@gmail.com](mailto:anncressman@gmail.com)

Lessons will consist of handouts, play of pre-arranged hands and analysis.

OASIS Room 3

Returns in the Fall

### ADVANCED BEGINNING BRIDGE 2

**Ann Cressman, Gold Life Master** 949-495-4564  
[anncressman@gmail.com](mailto:anncressman@gmail.com)

Lessons will consist of handouts, play of pre-arranged hands and analysis.

• Prerequisite: Advanced Beginning Bridge 1.

OASIS Room 3

Returns in the Fall

### INTERMEDIATE SUPERVISED PLAY

**Ann Cressman, Gold Life Master** 949-495-4564  
[anncressman@gmail.com](mailto:anncressman@gmail.com)

Improve your play through supervised instruction and analysis of hands.

OASIS Room 3

Returns in the Winter

### ACBL DUPLICATE BRIDGE

**Gail Schneider** 949-472-8010

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

OASIS Room 2

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

### AMERICAN MAH JONGG FOR BEGINNERS

**Terry Sweeney** 208-920-9085

Allow me to introduce you to the exciting, action-packed game of Mah Jongg. This tile game has been played in the U.S. since the late 1930s and is popular worldwide. Join us for fun and laughter. Come experience the thrill of your first Mah Jongg.

OASIS Room 3

SS3013 6/16-7/21 Th 1:30-3:30pm \$130/6  
 SS3014 7/25-8/29 M 9:30-11:30am \$130/6

### AMERICAN MAH JONGG-SUPERVISED PLAY

**Terry Sweeney** 208-920-9085

Join your fellow classmates and practice your newly acquired Mah Jongg skills. Sign up early as space is limited. All players must bring the current Card of Hands to each class. **No class 7/4**

Prerequisite: American Mah Jongg for Beginners

OASIS Room 3

SS3015 6/13-7/18 M 9:30-11:30am \$110/5  
 SS3016 7/28-9/1 Th 1:30-3:30pm \$130/6

### DUPLICATE BRIDGE

**Terry and Gene Casavant** 949-854-8138

[zeitje1@gmail.com](mailto:zeitje1@gmail.com)

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at [zeitje1@gmail.com](mailto:zeitje1@gmail.com) or 949-854-8138.

OASIS Room 2

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

### MAH JONGG

**Doris Melnick** 949-644-2600

**Dave Margolis** 562-221-9870

Experienced players meet to play.

• American Mah Jongg card and rules only.

OASIS Room 3

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

### OPEN GAME ROOM

Grab your friends and meet to play games in the Library Game Room at OASIS. Tables are first come, first served.

Hours as follows:

Mon: 9:00am-2:30pm

Tu-Fri: 9:00am-4:00pm

OASIS Library/Game Room

RSVP Not Required Ongoing M/F see above FREE



# FITNESS

## BARRE STRETCH & STRENGTH

**CS Dance Factory** **949-230-5934**  
**Info@CSDanceFactory.com**

Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class: 7/4, 7/8**

### OASIS Dance Room

SS2500	3/14-6/6	M	10:15-11am	\$ 192/11
SS2501	3/18-6/10	F	10:15-11am	\$ 209/12
SS3500	6/13-8/29	M	10:15-11am	\$ 192/11
SS3501	6/17-8/26	F	10:15-11am	\$ 175/10

## BETTER LIFE BOXING

**Andrew Deming** **betterlifeboxing.com**

At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. **No class 7/4**

- Please bring a yoga mat, towel and water.
- Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email [ademing@betterlifeboxing.com](mailto:ademing@betterlifeboxing.com) if you have any questions about this.

### OASIS Dance Room

SS2512	5/9-6/6	M	3:30-4:30pm	\$77/4
SS3502	6/13-6/27	M	3:30-4:30pm	\$65/3
SS3503	7/11-8/1	M	3:30-4:30pm	\$85/4
SS3504	8/8-8/29	M	3:30-4:30pm	\$85/4

### OASIS Room 1

SS2515	5/19-6/9	Th	8:30-9:30am	\$77/4
SS3505	6/16-7/7	Th	8:30-9:30am	\$85/4
SS3506	7/14-8/4	Th	8:30-9:30am	\$85/4
SS3507	8/11-9/1	Th	8:30-9:30am	\$85/4

### Room Change! OASIS Room 1

SS2518	5/19-6/9	Th	3:30-4:30pm	\$77/4
SS3508	6/16-7/7	Th	3:30-4:30pm	\$85/4
SS3509	7/14-8/4	Th	3:30-4:30pm	\$85/4
SS3510	8/11-9/1	Th	3:30-4:30pm	\$85/4

### DROP IN (NO REFUNDS)

DRP291	\$20/1
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## CHAIR EXERCISE

**Judy Aprile** **jijaprile@gmail.com**

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 6/8, 7/13, 8/10**

### OASIS Event Center

SS2562	6/1-6/29	M/W	10:05-11am	\$45/8
SS3511	7/6-7/27	M/W	10:05-11am	\$35/6
SS3512	8/1-8/31	M/W	10:05-11am	\$50/9

## COASTLINE COLLEGE ADAPTED FITNESS

**Judy Aprile** **japrile@coastline.edu**

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

### OASIS Event Center

Ongoing	6/13 - 8/1	M	11:30-12:45PM	Free
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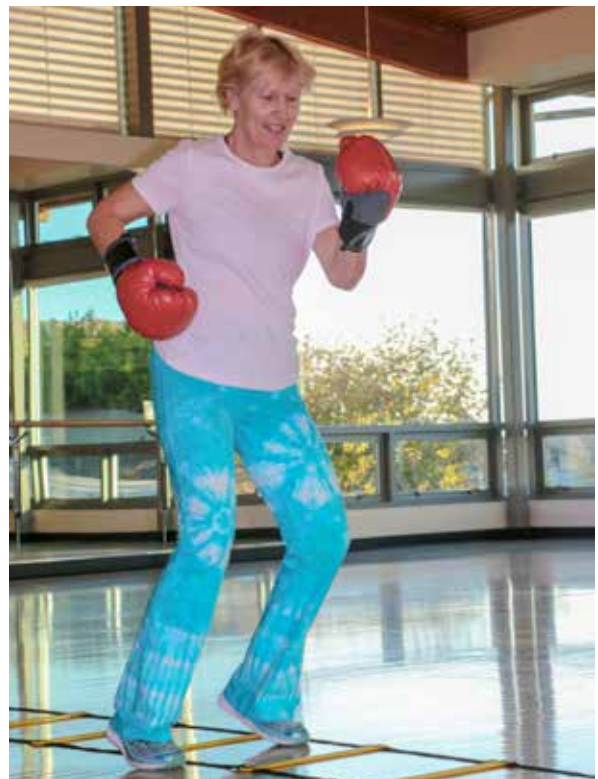
## GOLF

**Greg Nelson** **gregbnelson@me.com**

All games are at Costa Mesa Golf Courses as follows:

- Mon: 9am, Los Lagos, \$36, long & challenging, par 72
- Wed: 9am, Mesa Linda, \$29, par 70.
- Friday: 9am, Mesa Linda, \$34, par 70
- Carts may be rented for an additional fee

RSVP Required	Ongoing	M/W/F	See above
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# Classes

## 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.

- Bring your own mat, hand weights, and resistance bands.

### OASIS Event Center

SS2522	5/10-6/9	Tu/Th	8-9am	\$80/10
SS3513	6/14 - 7/7	TuTh	8-9 am	\$65/8
SS3514	7/12 - 8/4	TuTh	8-9 am	\$65/8
SS3515	8/9 - 9/1	TuTh	8-9 am	\$65/8

### DROP IN (NO REFUNDS)

DRP294	\$12/1
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## IYENGAR YOGA

**Carolyn Matsuda** [cmats84@msn.com](mailto:cmats84@msn.com) **714-388-4328**

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher.

### No class 6/2, 7/4

- Please bring a sticky mat and 3 firm blankets. Students generally spend about \$45-60 on these items. More details will be given the first day of class.

### OASIS Room 1

SS2535	5/2-6/9	M/Th	10-11:15am	\$145/10
SS3516	6/13 - 7/7	M/Th	10-11:15am	\$103/7
SS3517	7/11 - 8/4	M/Th	10-11:15am	\$125/8

SS2532	5/2-6/6	M	10-11:15am	\$80/5
SS3518	6/13 - 6/27	M	10-11:15am	\$50/3
SS3519	7/11 - 8/1	M	10-11:15am	\$65/4

SS2533	5/5-6/9	Th	10-11:15am	\$80/5
SS3520	6/16 - 7/7	Th	10-11:15am	\$65/4
SS3521	7/14 - 8/4	Th	10-11:15am	\$65/4

### DROP IN (NO REFUNDS)

DRP294	\$25/1
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## LAWN BOWLING

[www.NHLBC.com](http://www.NHLBC.com)

This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it. Annual membership \$250. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit the Club website at [www.NHLBC.com](http://www.NHLBC.com)

## MELT METHOD

**Yvette Casal**

**714-520-1427**

[meltwithyvette@gmail.com](mailto:meltwithyvette@gmail.com)

This class should not be taken unless you have previous MELT experience. This class will combine hydrating length techniques and stabilizing strength techniques to address the weak links that damage joints and inhibit your body's ability to function optimally. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom code is available for Virtual Attendance.**

- Please bring a mat and water to drink. Contact instructor for a list of equipment needed, [meltwithyvette@gmail.com](mailto:meltwithyvette@gmail.com)
- Requirements: Previous MELT experience. Must be able to get up off the floor unassisted.

### OASIS Dance Room

SS2541	5/10-6/7	Tu	2-3pm	\$70/5
SS3522	7/12-8/30	Tu	2-3pm	\$115/8

## PILATES MAT

**Kathryn Rollins**

**949-422-9834**

[kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com)

These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 7/5**

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

### OASIS Dance Room

Beginning/Intermediate

SS2551	4/26-6/7	Tu	8:45-9:45am	\$116/7
SS3523	6/14-7/26	Tu	8:45-9:45am	\$103/6
SS3524	8/2-8/30	Tu	8:45-9:45am	\$90/5

### DROP IN (NO REFUNDS)

DRP291	\$22/1
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### PILATES, STRONG, HEALTHY BONES, AND BALANCE TRIO - MAT/STANDING

**Kathryn Rollins** **949-422-9834**

**Kathryn@ahappybalance.com**

This trio class has bone strengthening benefits (for those with osteoporosis, osteopenia, or those trying to avoid it) and the strengthening and flexibility of Pilates and balance work too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 8/18**

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

#### OASIS Dance Room

SS2555	4/28-6/9	Th	7:45-8:45am	\$116/7
SS3527	6/16-7/21	Th	7:45-8:45am	\$103/6
SS3528	7/28-9/1	Th	8:45-9:45am	\$90/5

#### DROP IN (NO REFUNDS)

DRP291 \$22/1

### PHYSICAL TRAINING

**Judy Aprile** **jjjaprile@gmail.com**

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed. **No class 6/3, 8/5**

- Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed

#### OASIS Event Center

SS2567	6/1-6/29	M/W/F	7:45-8:35am	\$65/12
SS3529	7/6-7/29	M/W/F	7:45-8:35am	\$60/11
SS3530	8/1-8/31	M/W/F	7:45-8:35am	\$70/13

SS2568	6/1-6/29	M/W/F	8:45-9:35am	\$65/12
SS3531	7/6-7/29	M/W/F	8:45-9:35am	\$60/11
SS3532	8/1-8/31	M/W/F	8:45-9:35am	\$70/13

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

**Kathryn Rollins**

**949-422-9834**

**Kathryn@ahappybalance.com**

If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full scientifically-based, bone strengthening and balance moves incorporating impact, weights and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention. **No class 7/5**

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

#### OASIS Dance Room

SS2553	4/26-6/7	Tu	10-11am	\$116/7
SS3525	6/14-7/26	Tu	10-11am	\$103/6
SS3526	8/2-8/30	Tu	10-11am	\$90/5

#### DROP IN (NO REFUNDS)

DRP291 \$22/1

### TAI CHI QIGONG

**Diana Wong**

**dianawong2001@yahoo.com**

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

- Please wear comfortable clothing; no open-toed shoes.

#### OASIS Event Center

SS3533	6/16-8/11	Th	9:30-10:30 am	\$119/9
SS3534	7/7-8/11	Th	9:30-10:30 am	\$85/6

#### DROP IN (NO REFUNDS)

DRP297 \$20/1

### ZUMBA GOLD® DANCE FITNESS

**CS Dance Factory**

**949-230-5934**

**Info@CSDanceFactory.com**

Are you ready to get moving? Keep your body and mind as healthy as you can. Dancing reverses the signs of aging in the brain and body. Groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact dance steps to a variety of motivating music. Sign up now, get results and feel the joy! Multi-Day DISCOUNT OFFERED, 3 days for the price of 2! Make-ups built in. **No class 7/4, 7/6, 7/8**

#### OASIS Dance Room

SS2502	3/14-6/6	M	9-10am	\$170/11
SS2503	3/16-6/8	W	9-10am	\$185/12
SS2504	3/17-6/9	Th	9-10am	\$185/12
SS2505	3/18-6/10	F	9-10am	\$185/12
SS3535	6/13-8/29	M	9-10am	\$170/11
SS3536	6/15-8/31	W	9-10am	\$170/11
SS3537	6/16-9/1	Th	9-10am	\$170/11
SS3538	6/17-8/26	F	9-10am	\$155/10

#### MULTI-DAY DISCOUNT:

SS2506	3/14-6/10	M/W/F	9-10am	\$355
SS3539	6/13-9/1	M/W/F	9-10am	\$340

#### DROP IN (NO REFUNDS)

DRP290 \$20/1

## MUSIC & DANCING

### BALLET II

**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. Please wear comfortable clothing and ballet slippers by the second class meeting.

#### OASIS Dance Room

SS2595	4/5-6/7	Tu	11:30-12:30pm	\$168/10
SS3540	7/15-8/30	Tu	11:30-12:30pm	\$149/9

### CLASSICAL BALLET BARRE

**Michelle Caumiant Zehnder** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
In this adv/beg. class we will be focusing on proper body alignment, balance, coordination, stamina, and graceful exercises that help build strength and understanding for Ballet dancing off the barre. A short center floor at the end of class will be for those interested in practicing off Barre what we're working on at the Barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music.

#### OASIS Dance Room

SS2596	4/8-6/10	F	11:30-12:30pm	\$168/10
SS3541	7/8-9/20	F	11:30-12:30pm	\$149/9

### DANCE WORKSHOP

**Michelle Caumiant Zehnder** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
We start with 20 minutes of beginning Ballet and the remainder of the class learning short dance combinations. We will explore the many variations of Broadway (stage) and commercial (screen) jazz dancing. The class accepts different levels of abilities and necessary adaptations. It's about fun and fitness. Putting dance steps together is one of the best forms of memory fitness.

- Please bring flexible tennies or jazz shoes. If you have Ballet slippers bring them as well.

#### OASIS Dance Room

SS3542	7/6-8/31	W	12:30-1:30pm	\$149/9
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### GROUP DRUMMING

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

#### OASIS Event Center

RSVP Not Required	2nd Wed	11:30-12:30pm	FREE
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### INTRO TO 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

SS2507	3/16-6/8	W	10:15-11am	\$209/12
SS3543	6/15-8/31	W	10:15-11am	\$192/11

### 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.

#### OASIS Dance Room

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

SS2582	5/19-6/9	Th	1-1:55pm	\$27/4
SS3544	6/16-7/7	Th	1-1:55pm	\$27/4
SS3545	7/28-9/1	Th	1-1:55pm	\$41/6

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

SS2588	5/19-6/9	Th	2-2:55pm	\$27/4
SS3546	6/16-7/7	Th	2-2:55pm	\$27/4
SS3547	7/28-9/1	Th	2-2:55pm	\$41/6

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

SS2594	5/19-6/9	Th	3-3:55pm	\$27/4
SS3548	6/16-7/7	Th	3-4pm	\$27/4
SS3549	7/28-9/1	Th	3-4pm	\$41/6

Combo Class: Level 1 & 2

SS2585	5/19-6/9	Th	1-2:55pm	\$38/4
SS3550	6/16-7/7	Th	1-2:55pm	\$38/4
SS3551	7/28-9/1	Th	1-2:55pm	\$57/6

Combo Class: Level 2 & 3

SS2591	5/19-6/9	Th	2-3:55pm	\$38/4
SS3552	6/16-7/7	Th	2-4pm	\$38/4
SS3553	7/28-9/1	Th	2-4pm	\$57/6



## MUSIC WORKSHOP

**Glen Jansma** **310-940-3122**  
Intermediate music sharing of techniques, theory and songs. Learn new songs, techniques and theory. Learn to play with others.

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm FREE

## HOOTENANNY

**Glen Jansma** **310-940-3122**  
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

## PING PONG

New players are always welcome.

OASIS Event Center BC

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

# SAILING

## SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a \$50 monthly dues fee. Sailing is free. (Google "oasis sailing club" for our website). Call Membership Chair Dorothy Ables at 949-400-6177 or email [OSCMembership@OasisSailingClub.org](mailto:OSCMembership@OasisSailingClub.org) for membership details.

OASIS Room 1

RSVP Not Required 6/29 W 1:30pm  
\*see above for fees



**OASIS SAILING CLUB**  
NEWPORT BEACH CA



**OASIS SAILING CLUB**  
**MEMBERSHIP**



**ENJOY YEAR-ROUND COASTAL SAILING**  
All adult ages and experiences are welcome. Sailors can also receive complimentary training to become a certified Mate or Skipper.



**OASIS V AND OASIS VI**  
Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.



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

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)

## CODE OF CONDUCT

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

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

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

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



## Assistance 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 individual senior and his or her current living situation is conducted 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 health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

### MEDICAL DOCUMENTS

The California Hospital Association's Advance Health Care Directive is available in the Administration office.

### MEDICAL EQUIPMENT LOAN

Wheelchairs, walkers, canes and crutches are available for a one month rental in the Administration office.

### TELEPHONE REASSURANCE

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

### LEGAL ASSISTANCE

Lawyers donate their time and offer a free, half hour consultation. Appointments are required; call 949-644-3244 to schedule one.

### 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, supplemental and long term care insurance. Call 949-644-3244 to schedule an appointment.



## OASIS SENIOR CENTER TRANSPORTATION SERVICE

**The OASIS Senior Center provides curb-to-curb transportation**

**ABOUT THE SERVICE:**  
Transportation is provided to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within city limits.

**ELIGIBILITY:**

- Must be 60+
- Live in a private residence
- Reside within Newport Beach, Corona del Mar or Newport Coast
- No longer driving
- Restrictions apply\*

**Service hours:** Monday - Thursday, 7:45am - 4:30pm  
Friday, 7:45am - 4:00pm

**Same Day Rides:** Tuesday & Thursday only; Calls must be received between 8 & 9am

**Pricing:** \$1.50 to the senior center (each way), \$3.00 for other locations (each way)

**\*For more information, call 949-644-3244**



## TRANSPORTATION CLIENTS

OASIS is offering one shopping trip this month:

**99 Cent Store on Thursday, June 9**

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



# Age Well

Orange County's partner in aging

**Delicious. Nutritious. Gourmet.**

Age Well Senior Services is proud to announce a brand new menu for our lunch program catered by Zest in a Bowl.

Zest in a Bowl will be serving lunches from Monday to Friday, starting this April. They are a local, family-run restaurant whose mission is to bring natural, healthy, and tasty dishes to the community.



## About The Menu

The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables with protein. Notable guest favorites are the fresh salads & wraps, and the healthy soups. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.



**Let's do lunch! Make your reservation today.**



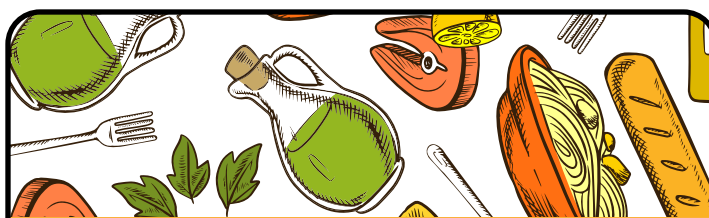
[www.myagewell.org](http://www.myagewell.org)



AgeWellSeniorServices



949.855.8033



## AGE WELL SENIOR SERVICES MEAL PROGRAMS

# DAILY LUNCH AND MEALS ON WHEELS

### DAILY LUNCH (M-F, 12 - 12:30pm)

In-person dining is Back! Come join us daily in the Evelyn Hart Event Center! Delicious lunches are served Monday - Friday.

RSVP required. Request meals 3 business days in advance by calling 949-718-1820. Donations of \$5.50/ meal are appreciated.

Menu available below or pick up a paper copy at the center.

### MEALS ON WHEELS (M-F Delivery)

Three (3) nutritious meals are delivered M-F to home-bound seniors (60 or older) who qualify for the program. Volunteers take time from their days and use their own vehicles to lovingly ensure that no senior is without a meal. If you have questions about the program, how it works or if you or a loved one qualifies, please contact 949-718-1811.

To find out more information about either of these programs please call:

Daily Lunch 949-718-1820

Meals on Wheels 949-718-1811

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES



## Lunch Menu

**RESERVATIONS REQUIRED**  
**CALL 949-718-1820**

KATIE O'MARA, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50  
COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		Pork Carnitas Tortillas Roasted Sweet Potatoes Orange Cake Milk 1	Chicken Tarragon w/ Croissant Split Pea Soup Orange Dessert Milk 2	<b>CLOSED FOR FRIENDS OF OASIS MONTHLY</b> 3
Lemongrass & Thai Basil Chicken 6 Rice Sautéed Cabbage Orange Oatmeal Raisin Cookies	Chipotle Chicken Sandwich w/Rye Bread Romaine Salad Orange Dessert Milk 7	Chili Roasted Potatoes Hawaiian Roll Orange Brownie Milk 8	Tuna Sandwich w/ Whole Wheat Bread Tomato Basil Soup Orange Dessert Milk 9	French Onion Chicken w/ Rice Spinach Beet Salad Orange Oatmeal Raisin Cookie 10
Spaghetti & Meatballs Broccoli Orange Dessert Milk 13	Chicken Caesar Sandwich w/Rye Bread Italian White Bean Soup Orange Oatmeal Raisin Cookie 14	Pulled Pork Sliders French Roll Coleslaw Orange Pound Cake Milk 15	Roasted Chicken w/ Red Peppers Roasted Carrot Soup Whole Wheat Bread Orange Oatmeal Cookie 16	Blackened Chicken Roasted Yams Hawaiian Roll Orange Chocolate Chip Cookie Milk 17
Chicken Enchilada Casserole Corn & Black Bean Salad Orange Dessert 20	Chipotle Chicken Sandwich w/Rye Bread Tomato Basil Soup Orange Oatmeal Raisin Cookie Milk 21	Salmon w/Panang Curry Sauce Rice Carrot, squash, Celery Orange Brownie 22	Deviled Egg Sandwich on Wheat Bread Potato Leek Soup Orange Oatmeal Cookie Milk 23	Chicken Cacciatore w/ Black Olives Mashed Potatoes Wheat Roll Orange Oatmeal Raisin Cookie 24
Green Chicken Curry Sesame Broccoli Rice Orange Dessert Milk 27	Chicken Tarragon Sandwich w/Croissant Rainbow Salad Orange Dessert Milk 28	Lunch & Movie Chicken Marsala Mashed Potatoes Honey Glazed Carrots Hawaiian Roll Orange Cake Milk	Tuna Sandwich on Wheat Bread Tomato Basil Soup Orange Dessert Milk 30	<b>JUNE 2022</b>

## MEMBERSHIP discounts

\*Must present Friends of OASIS membership card to receive discounts

<b>Bayside Restaurant</b> 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)	<b>Bistango Restaurant</b> 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)	<b>The Bungalow</b> 10% discount - excludes alcohol
<b>Canaletto's</b> 10% discount - excludes alcohol	<b>El Cholo</b> 20% discount on Lunch Only excludes alcohol	<b>Fresh Brothers</b> 10% off orders (excludes alcohol) from their Newport Beach, Irvine Harvard Place, and Newport Mesa locations.
<b>Newport Rib Company</b> 10% discount - excludes alcohol	<b>New Shanghai Pine Garden</b> 10% off - excludes alcohol, holidays and take out	<b>Rendez Vous Cafe</b> 10% discount
<b>Tavern House</b> 10% discount - excludes alcohol	<b>Pacific Symphony</b> Use promo code OASIS to receive 20% off Call (714) 876-2391 <a href="http://PacificSymphony.org">PacificSymphony.org</a>	<b>Mario's Pizza</b> 10% discount - excludes alcohol

## SAVE THE DATE BOUTIQUE AND RUMMAGE SALE



**FRIDAY, OCTOBER 7 & SATURDAY, OCTOBER 8**  
**9:00 AM - 2:00 PM**

**START SAVING YOUR ITEMS**  
**COLLECTION DAYS: MONDAY SEPTEMBER 26 TO WEDNESDAY, OCTOBER 5**

**ACCEPTING: JEWELRY, HOUSEWARES, KITCHEN ITEMS, SMALL ELECTRIC APPLIANCES, LINENS, COLLECTIBLES, SMALL FURNITURE, SMALL ANTIQUES, PURSES, NOTIONS, OFFICE SUPPLIES, ARTS & CRAFTS, PICTURES & FRAMES, BOOKS, TOYS, HOLIDAY ITEMS!**



**PLEASE NO CLOTHING, VASES, ELECTRONICS, LARGE FURNITURE, TV'S, APPLIANCES, OR PIANOS**

**QUESTIONS PLEASE CALL THE FRIENDS OF OASIS- 949-718-1800**

## GIFT SHOP

**Hours: Monday - Friday 9am - 3pm**

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

## REMEMBER US IN YOUR WILL OR TRUST

**Please remember to include Friends of OASIS by name.  
 (tax ID #95-3196296)**

**Your gift is a legacy for future seniors.**



**OASIS SAILING CLUB MEMBERSHIP**



### ENJOY YEAR-ROUND COASTAL SAILING

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



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

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

## BENEFITS OF MEMBERSHIP

- Subscription to monthly OASIS Newsletter
- Discounts on travel
- Access to unique clubs
- Opportunity to support programs & events at OASIS

## MEMBERSHIP RATES

Single \$15/year  
Couple \$25/year

## TWO WAYS TO BECOME A MEMBER

- 1 VISIT** [friendsofoasis.org](http://friendsofoasis.org)      **2 CALL** 949-718-1800



The Friends of OASIS, Inc. is a nonprofit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.

The Friends of OASIS is a 501 (c) (3) non-profit corporation. Your gift may be tax deductible - consult your tax advisor.

## When does my Friends of OASIS membership expire?

Check the printed line just above your mailing address on the back of this newsletter.

Questions or want to renew  
Call (949) 718-1800.



### FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

**\*\*Required Information**

**\*\*NAME** \_\_\_\_\_ *Print Clearly* \_\_\_\_\_ **DATE** \_\_\_\_\_

**\*\*ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_

**\*\*STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **PHONE ( \_\_\_\_\_ )** \_\_\_\_\_

**\*\*E-MAIL** \_\_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_ **PHONE ( \_\_\_\_\_ )** \_\_\_\_\_

**NEW**  **RENEWAL**  **CASH**  **CHECK #** \_\_\_\_\_ **Make checks payable to the Friends of OASIS.**

**CREDIT CARD #** \_\_\_\_\_ **Exp. DATE** \_\_\_\_\_ / \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**Single** \$15.00 / one year       **Couple** \$25.00 / one year       **Donation** \_\_\_\_\_

**Total** \$ \_\_\_\_\_ **Received by:** \_\_\_\_\_

**Where did you hear about us?** \_\_\_\_\_

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

Rev.7/2021

## OASIS Travel

(949)718-1810

oasistravel2@yahoo.com

Monday-Friday 9:00am-1:00pm

- Second listed price is non-member price. Join the Friends of OASIS and save!
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the large parking lot across the street from OASIS.
- Cancellation Policy:
  - A full refund less a \$10 fee will be given on trips cancelled more than 10 days prior to the trip date. Less than 10 days, refunds given only if a wait list substitution is made. No refunds one day prior to the trip date or the day of the trip.
- Gambling Trippers:
  - Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.



## Day Trips

### CALIFORNIA SCIENCE CENTER

Tuesday, June 7

\$80/\$85

Join us for a day at the California Science Center to see the world premiere of Angkor: The Last Empire of Cambodia featuring over 120 ancient artifacts. Journey back 900 years to discover engineering and cultural marvels and daily life in the Khmer Empire. Additionally, you will see the immersive IMAX movie where science and mystery intersect when you witness one of the archeological wonders of the world on a 7-story screen. Enjoy lunch on your own.

Depart 8:15am

Return 5:00pm

### HOLLYWOOD BOWL WITH STEVE MARTIN AND MARTIN SHORT

Sunday, July 3

\$119

Join us for one of California's greatest traditions as fireworks illuminate the Hollywood sky at the legendary Hollywood Bowl. The Los Angeles Philharmonic will perform a program of patriotic favorites, along with a headlining set by two of the funniest, most influential, and most acclaimed talents of the past century, Steve Martin and Martin Short. Our bench seats, with backs and seat cushions, are ideally situated in the center of the Bowl in the M and N sections. Buy dinner at the Bowl or bring a picnic dinner including wine and glasses in a container no larger than 15" by 15" or 22" long. Moderate walking on this tour.

Depart 4:00pm

Return 11:30pm

### JERSEY BOYS TRIBUTE

Wednesday, July 13

\$110/\$115

The life and music of Frankie Valli and the Four Seasons featuring hits like Sherry, Big Girls Don't Cry, Dee 63', and Can't Take My Eyes Off Of You. You will be singing, dancing and re-living all those good times! Lunch and wine included.

Depart 10:00am

Return 5:30pm

### DEL MAR RACES

Thursday, August 18

\$75/\$80

Travel to Del Mar where the surf meets the turf. Receive an official racing program upon arrival so you can pick your winners while having lunch on your own. Enjoy reserved Clubhouse shaded theater seating located on the third level with superb viewing and convenient to wagering windows - to pick up your winnings!

Depart 10:45am

Return 6:45pm



## REAGAN LIBRARY

Tuesday, October 4

\$110/\$115

THE SECRETS OF WWII- The Reagan Library has created a never-before-seen exhibit highlighting some of the lesser-known facts, or formerly Top Secret and recently declassified material, related to the largest war ever to be fought on the planet. It provides, not just its battles and the combatants, but digs deeper into the secrets of guarded technologies, unsung heroes, the popular culture of the time, propaganda produced on all sides, methods of code making and breaking, some of the controversies and the intrigue never before revealed.

Buffet Lunch provided under the wing of Air Force 1!!!

Departure 8:00am

Return 5:30pm

## Extended Trips

### GREAT CANADIAN CITIES & NIAGARA FALLS

September 21-29

\$3,599 for Double Occupancy  
\$4,589 for Single Occupancy

9 days , 11 meals. 2 nights Montreal, Quebec City, & Niagara Falls. Ottawa. Toronto.

### SUMMER MYSTERY VACATION

JULY 8-12

### FALL COLORS MYSTERY VACATION

OCT. 23-27

### WONDERS OF THE DANUBE CRUISE

OCT. 29 (9 DAYS)

### ICELAND EXPLORER

SEPT. 14 OR OCTOBER 5 (7 DAYS)

### KENTUCKY WITH NOAH'S ARK

MAY 12 OR OCT. 6 (6 DAYS)

### FLORIDA & THE KEYS

NOV. 9 (7 DAYS)

### NIAGARA FALLS & THE GRAND HOTEL

MAY 7, MAY 15 OR OCT. 9 (8 DAYS)

### MUSIC CITIES: BRANSON, MEMPHIS & NASHVILLE

APR. 21 OR OCT. 13 (8 DAYS)

### GREAT TRAINS & GRAND CANYON

MAR 27, APR. 24 OR MAY 15 (6 DAYS)

### NEW ENGLAND RAILS & TRAILS

OCT. 1 (8 DAYS)

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**HARKER, CAMPBELL & BELFIELD LLP**  
A Limited Liability Partnership

Estate and Gift Tax Planning (Trusts, Wills, Powers of Attorney, Healthcare Directives), Elder Law, Long Term Care strategies including Conservatorships, MediCal Planning, Elder Abuse, Special Needs Trusts, Trust Administration, Trust Litigation and Probate. Home visits.

5000 Birch Street, Suite 405  
Newport Beach, CA, 92660  
Phone: (949) 955-0170  
Fax: (949) 955-0180  
Email: [info@hcb-law.com](mailto:info@hcb-law.com)



## Greater Health for a Greater Life

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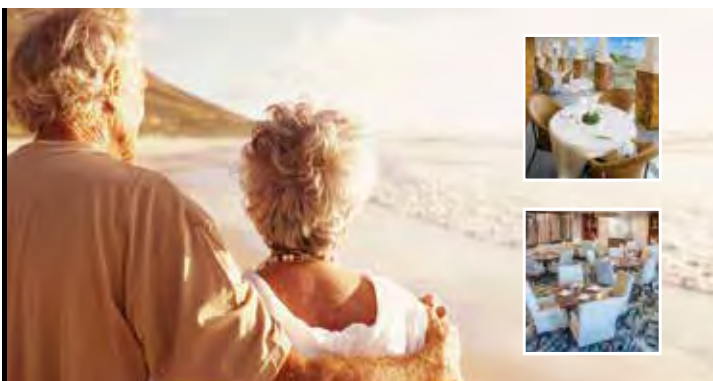
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**Mandatory Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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Saturday & Sunday: 7:00AM - 2:00PM

- Age requirement: 50 years or older
- Mandatory orientation required for new members, by appointment only
- Lockers, showers, and cubbies available
- Closed-toed shoes are required
- Workout attire recommended
- Wellness wipes available, please wipe down equipment after each use
- Guest or day passes not available
- Towels available for purchase

## MEMBERSHIP & ORIENTATION

### FEE

Annual Membership:

- Residents \$125
- Non-Residents \$175

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

## PERSONAL TRAINING

### RATES

- 30 min on-going
  - \$40
- 1 hour on-going
  - \$70
- 1 hour one-time
  - \$80

Please see staff for availability

[www.newportbeachca.gov/oasisfitness](http://www.newportbeachca.gov/oasisfitness)

## Free Brain Health Education at the OASIS Senior Center

**MEMORY  
SUPPORT  
SERVICES**



**OASIS Senior Center**  
Room 1AB  
801 Narcissus Ave  
Corona Del Mar, CA 92625



RSVP Required  
**CALL 949-644-3244**

Session Topic & Description	Date & Time
<p><b>Mind your Brain: Strategies for Cognitive Strength at any Age</b></p> <p>Interested in strategies for keeping your brain stronger for longer? Join us for Mind your Brain, a 90-minute workshop based on the latest research from the Cleveland Clinic. Learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.</p>	<p><b>Tues, June 21</b> 1:00 - 2:30 PM</p>
<p><b>Brain Boot Camp: 2-week series (Session 1)</b></p> <p>Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.</p>	<p><b>Tues, July 12</b> 1:00 - 2:30 PM</p>
<p><b>Brain Boot Camp: 2-week series (Session 2)</b></p> <p>Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.</p>	<p><b>Tues, July 19</b> 1:00 - 2:30 PM</p>