



# 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  
**Fitness Center:** 949-718-1818  
**Friends of OASIS:** 949-718-1800  
**Meals On Wheels OC:** 949-718-1820

### HOURS:

#### City Administration

M-Th 7:30am-5:30pm  
Fr 7:30am-4:30pm  
Sa-Su Closed

#### Fitness Center

M-Th 7am-7pm  
Fr 7am-5pm  
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:

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

### FRIENDS OF OASIS STAFF:

Berenice Barajas  
Elsa Segato  
Ellen Spar

### MEALS ON WHEELS OC:

Terry Ivins  
Robert White

## FRIENDS OF OASIS BOARD OF DIRECTORS

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

## OASIS NEWS STAFF

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

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER

Before I get into the meat and potatoes of all things OASIS, I am excited to share I leave for Costa Rica this month to celebrate my daughter's wedding! It will be a small intimate ceremony, and the happy couple will be surrounded with love. As her mother, this whole experience has been everything and more. The photo below is of she and I during her beautiful bridal shower we had in September. I will share more photos of the wedding in the New Year. Now back to OASIS...



Join us for a heartwarming Thanksgiving Luncheon on Wednesday, November 20th. Come share a meal and make new memories. Tickets are only \$5, grab yours before they are all gobbled up!

Scammers are getting more creative every day, stay one step ahead! Join our very own Newport Beach Police Detectives on Wednesday, November 6th at 10 AM for a special lecture on protecting yourself from fraud and scams.

Bring some holiday cheer to isolated seniors through SmileMakers Holiday Gift Program! Stop by the OASIS Admin Office to pick up an Angel Tag, fulfill the gift wish, and return the new, unwrapped gift with the Angel Tag by Tuesday, November 26th. Your kindness will make someone's holiday season brighter!

Get in the holiday spirit with a free screening of the feel-good film, *The Holiday*. Join us on Monday, November 25th at 1PM for a cozy afternoon with friends.

Wishing you all a wonderful November filled with warmth, good company, and gratitude.

Happy Thanksgiving,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Thanksgiving greetings Friends members! Holy cow, where did the year go? Last month's Rummage Sale was a huge success. Want to thank all the great volunteers that made everything happen. Especially want to thank Scott Paulsen and his Team Leaders! It is a large undertaking for weeks ahead of the sale, to gather, sort and price the items. The Friends Sailing Club was a big part of the "men and women power" again this year. Thank you! Like the Car Show, and our Concert Series, the Rummage Sale is something the Friends does for our Membership, as well as for our community. All the proceeds go to the Friends general fund to help pay the bills and employee salaries. Many of you think we somehow get funded by the City, but we are actually "totally self-funded" and live on your Friends dues and your generous donations. We are sending out one last letter to you, our valued Friends member, to hopefully get one last donation in before the end of 2024. Please be generous and help us attain our annual goal. We live on your Friends membership, which we have kept at a very modest \$15.00 and \$25.00 for couples.



Lastly, I'd like to brag just a little bit, as our Office Manager, Berenice Barajas and I got so lucky to find not one, but two wonderful, smart, and hard-working part-time employees of the Friends office, and they are working out wonderfully. Please meet them the next time you are in our offices; Ellen Spar and Elsa Segato. Under Berenice's tutoring, they have both really been an exciting asset to Friends, and I want to thank them both, as well as Berenice, for making our office run seamlessly well!

Always at your service,

*Mike*

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



**FRIDAY, NOVEMBER 1, 10:00AM**

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

**MENU: HARVEST CHICKEN COBB SALAD  
AND DARK CHOCOLATE FANTASY CAKE**

**SPONSORED BY:**  **VIVANTE**

**ENTERTAINMENT: SUGAR LIPS**

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



GATHER AROUND AND JOIN US AT OASIS

## *Thanksgiving Luncheon*

**WEDNESDAY, NOVEMBER 20**

**Evelyn Hart Event Center | 12:00PM**



**Tickets are \$5**

**Purchase tickets in  
the OASIS Admin.**

**Office or over the  
phone: 949-644-3244**



*Please join the  
Newport Beach Police Department  
for a presentation on*

## **FRAUD & SCAMS** with NBPD Detectives

Wednesday  
November 6, 2024  
10:00 a.m.

OASIS Senior Center  
Room 5

Please RSVP 949-644-3244 or email  
[OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov)

## **Modernism: The New Radicals**

Presented by Sheri Newcomer

**Thursdays,  
November 7, 14 & 21**  
3-4:30pm | OASIS Room 2A

Join us for an engaging exploration of Modernism, the groundbreaking art movement that challenged traditional ideas and introduced radical new ways of seeing the world. In this three-part series we'll delve into the history, context, and key figures of Modernist art, from Impressionism and Fauvism to Cubism and Abstraction. Learn how political, social, and technological changes influenced artists across Paris, New York, and beyond, reshaping the art world.

Please RSVP at (949)644-3244 or  
[OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov)

# OASIS PLAYERS PERFORMANCE

The OASIS Players invite you to join them for a fun filled hour of theatrical entertainment. They will perform a variety of skits, songs, and theatrical readings.



**WEDNESDAY, NOVEMBER 13**  
**1:00-3:00PM | ROOM 2**

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

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

# TRAVEL SHOWS WITH NINO

THE BALKANS- SLOVENIA, CROATIA, MONTENEGRO, ALBANIA AND MORE!



Presented by Nino Mohan, Travel Expert

**Tuesday, November 19**  
**10:00am | Room 1**

The Balkan experience is different from Western Europe because of the history, culture, and relatively affordable travel costs. Travel from Slovenia's capital, Ljubljana, to the Slovenian Alps and the Adriatic Sea to experience beautiful landscapes, historic sites, unique culture, and excellent food and wine. Explore Croatia, known for its cravat, Maraschino liqueur, and Dalmatian dogs, by journeying from Zagreb to Split and Dubrovnik, and visiting the island of Hvar. Bosnia-Herzegovina offers dramatic mountains, turquoise rivers, and a rich coffee culture, with must-see cities like Sarajevo, Mostar, and Pocitelj. In Serbia, explore the countryside outside of Belgrade to appreciate its connection to nature and vibrant heritage. Finally, visit Montenegro's scenic villages, lakes, and coastline, and experience Albania's untouched nature with its wandering horses and grazing cows.

# Art4Healing®

EXPRESS YOUR FEELINGS IN COLOR

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

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

**THEME: CONNECTING**

**THURSDAY, NOVEMBER 21**

**1:00 PM - 3:00 PM**

**OASIS ART ROOM**

**ADVANCE REGISTRATION REQUIRED**

**(NO DROP-INS)**

**CALL: 949-644-3244**



Facilitator:  
Beth Otterbein, RN  
Hoag Faith Community Nursing



Join us for a screening of the movie

# THE HOLIDAY

**Synopsis:** Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up.

**START TIME: 1:00PM**  
**LOCATION: EVENT CENTER**  
**RUNNING TIME: 2HR 18 MIN**

**STARRING: CAMERON DIAZ, JUDE LAW, KATE WINSLET, JACK BLACK**

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

**MONDAY**  
**25**  
**NOVEMBER**





## Medicare Part D

### DRUG COVERAGE ASSISTANCE

**Provided by HICAP**  
*Health Insurance Counseling and Advocacy Program, a State and Federally mandated Medicare resource*

**2024 Appointment Dates:**

- Tuesday, Nov. 5
- Tuesday, Nov. 12

Call to schedule a one-on-one appointment with a trained counselor **949-644-3244**

 **Council on Aging**  
Southern California





 Council on Aging  
Southern California

## SmileMakers Holiday Gift Program

**Bring Holiday Joy to Isolated Seniors in Nursing & Residential Facilities**

More than 21,000 seniors in long-term care facilities in Orange and Riverside Counties have no family or friends with whom they can share special holiday moments. SmileMakers community gift program provides gifts to over 5700 seniors in skilled nursing and residential care facilities annually, often the only gift these seniors will receive.

**How you can help:**

**Pick up one of our Angel tags in the OASIS Admin. Office. Each Angel represents a specific gift request from an isolated senior.**

**Fulfill the gift wish (\$30 range) and return the new, unwrapped gift with the Angel tag to the OASIS office no later than Tuesday, November 26, 2024.**

Questions call (949) 644-3244


OASIS SENIOR CENTER  
801 NARCISSUS AVE., CORONA DEL MAR


## VETERANS SOCIAL GROUP


**ERIC LONGABARDI**  
PROJECT SHAD

A SECRET HISTORY OF AMERICA'S  
BIOLOGICAL AND CHEMICAL  
WARFARE

**TUESDAY, NOVEMBER 19**  
11:30 AM  
EVENT CENTER



 **Veterans of all ages are welcome**  
Pizza, soda & water provided



**OASIS SENIOR CENTER** 

## Jingles & Mingles

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

**WEDNESDAY,**  
**DECEMBER 4**  
**9AM-11AM** 

**Event will be held in  
the OASIS Courtyard**

OASIS SENIOR CENTER



# CAREGIVER SUPPORT GROUP



**Now Twice a Month!**

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

- Emotional Support
- Resources
- Tools for Burnout
- Understanding




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.

**Meeting Change For November & December**

**2nd & 3rd Thursdays**  
**12:30 pm - Room 5**

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








# THE GOOD GRIEF SUPPORT 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.

**1st, 3rd (&5th) Wednesdays**  
**9:00 AM**  
**Room 4**

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

## OC Vital Brain at Hoag



### Memory Screening

Take steps now to maintain healthy brain aging for years to come. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health.

**Cost: \$45\***  
\*Screenings are generously subsidized by Pickup Family Neurosciences Institute at Hoag.

To schedule a personalized, confidential memory screening at Oasis Senior Center please call 949-764-6288.

**hoag.**  
Pickup Family Neurosciences Institute

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

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## 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

*\*Meeting change for November*

RSVP not Required      11/13 & 11/25      10am      Free

### CAREGIVER SUPPORT GROUP

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

OASIS Room 4

RSVP not Required      1st & 3rd Wednesday      1pm      Free

### CONNECTIONS GROUP

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

OASIS Room 5

RSVP not Required      Thursdays      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

*\*Meeting change for November & December*

RSVP not Required      11/14 & 11/21      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**

OASIS is offering two trips this month:

Home Goods on Thursday, November 7  
 and  
 Target Store on Thursday, November 21



RESERVE YOUR SPOT TODAY  
 949-644-3244

**Meal Services**

**MEALS ON WHEELS - LUNCH CAFE**

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

**LUNCH SERVICE:**

- Monday - Friday: Noon - 12:30pm

**PRICE:**

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

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

**MEALS ON WHEELS-HOME DELIVERED MEALS**

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

**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: True Crime**

OASIS Room 5

RSVP not required    3rd Wed    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.

- ZOOM online workshop is designed for participants who choose not to attend in person

OASIS Room 5

SS4086 10/22-11/26 Tu 10am-12:30pm \$150/6  
SS1085 1/7-3/11 Tu 10am-12:30pm \$190/10

### 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

### 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 10/31, 2/5**

Online

SS4080 10/10-11/21 Th 7:30-9pm \$215/6  
SS1080 1/8-2/19 W 7:30-9pm \$215/6

### CURRENT EVENTS DISCUSSION

**Mark Burcaw, Joe Giordano & Larry Ring**

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

OASIS Library

RSVP not required    M    3-5pm    Free

### DRIVER SAFETY (AARP)

**AARP**

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, how to tell if you should give up driving and even how to get around when you no longer drive. Check with your insurance if completing of the course qualifies for a discount.

**You must attend class on both days to complete course.**

- Advance registration preferred. Call 949-644-3244
- **Fee:** \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.

OASIS Room 2

RSP Required    **Resumes in 2025**    \$20/\$25

**Registration for classes listed in bold starts Thursday, November 14 at 8am**

## ENGLISH LITERATURE AND AMERICAN STORIES

**Darielle Wilson** 949-675-5182  
**Hamlet, A Midsummer Night's Dream, Macbeth.** Sail the vast seas of English and American fiction. At present, revisit Shakespeare's classics, Hamlet and Macbeth and other works. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds in the English language. Class is ongoing; please contact instructor for updated information. **No class 11/28**

OASIS Room 1B  
 SS4059 9/6-12/20 F 10am-Noon \$110/15  
 SS1059 1/3-3/14 F 10am-Noon \$95/11

## KNITTING

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

OASIS Room 3  
 RSVP not required Ongoing W 12-3pm Free

## OASIS PLAYERS

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

## PHILOSOPHY DISCUSSION GROUP

**Dave Larue** dkla2018@outlook.com  
 The Philosophy Discussion Group focuses on a wide variety of ad hoc topics. Previous topics include the philosophy of existentialism, love, happiness, intelligence, stupidity, polarization in America, cults, to name a few. We follow the definition of philosophy as the "love of knowledge" and will investigate any topic that is of interest to us. The goals of the group are thoughtful discussions that have meaning to our lives as seniors.

OASIS Room 1A  
 RSVP not required 11/12 & 11/26 Tu 3-4:30pm Free

## TACKLING SPORTS

**Laird Hayes & Tom Johnson**  
 Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.



**Speakers: Charlie Brande** - Local Volleyball Legend &  
**Travis Turner** - OCC Men's Head Coach  
 RSVP not required 11/19 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/INTERM WATERCOLOR

**Bobbi Boyd** 949-544-9383  
 In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasize 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  
 SS4097 11/6-11/27 W 1-4pm \$200/4  
 SS4098 12/4-12/18 W 1-4pm \$150/3  
 SS1095 1/8-1/29 W 1-4pm \$200/4  
 SS1096 2/5-2/26 W 1-4pm \$200/4  
 SS1097 3/5-3/26 W 1-4pm \$200/4

### FREEHAND DRAWING

**Nancy Wahamaki's Art World** nwwasek@gmail.com  
 Join in this fun drawing class! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings.

- **Please bring:** material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A  
 SS4006 10/30-12/11 W 9-11am \$175/7  
 SS1005 1/15-3/5 W 9-11am \$200/8

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki's Art World** 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 11/11**

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

OASIS Art Center  
 SS4004 10/28-12/2 M 9am-Noon \$115/5  
 SS1003 1/6-3/10 M 9am-Noon \$184/8

# 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 11/27**

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

OASIS Art Center

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

## 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

SS4093	11/5-11/26	Tu	1-4pm	\$200/4
SS4094	12/3-12/17	Tu	1-4pm	\$150/3
<b>SS1091</b>	<b>1/7-1/28</b>	<b>Tu</b>	<b>1-4pm</b>	<b>\$200/4</b>
<b>SS1092</b>	<b>10/1-10/29</b>	<b>Tu</b>	<b>1-4pm</b>	<b>\$250/5</b>
<b>SS1093</b>	<b>3/4-3/28</b>	<b>Tu</b>	<b>1-4pm</b>	<b>\$200/4</b>
DRP410	Drop-In (No Refunds)			\$50/1

## 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 11/11, 1/20, 2/17**

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

OASIS Art Center

SS4061	10/28-12/2	M	1-3:30pm	\$245/5
<b>SS1060</b>	<b>1/6-2/3</b>	<b>M</b>	<b>1-3:30pm</b>	<b>\$208/4</b>
<b>SS1061</b>	<b>2/10-3/10</b>	<b>M</b>	<b>1-3:30pm</b>	<b>\$208/4</b>

**Registration for classes listed in bold starts Thursday, November 14 at 8am**

## 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 Th 8-11am See above



## Foreign Language

### ADVANCED FRENCH LITERATURE AND DISCUSSION

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

Class is conducted exclusively in French. Literature will include classic and modern fiction. Current selections are by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

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

### 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. **No class 11/4, 11/11**

OASIS Room 4

RSVP required M 12:30-2pm Free

## GERMAN-INTERMEDIATE

**Barbara Corlett**

**bcorlett@cox.net**

The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2006 publication date), which can be purchased online, is the required text for the class. **No class 11/28**

- \$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

## 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 11/11, 11/27, 1/20, 2/17**

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

OASIS Room 1A

*Beginning French 1*

SS4049 11/4-12/4 M/W 5-6pm \$204/8

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

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

*Beginning French 2*

SS4161 11/4-12/4 M/W 6-7pm \$204/8

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

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

*Intermediate French*

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

OASIS Room 1B

*Beginning Italian 1*

SS4054 11/4-12/16 M 5-6pm \$154/6

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

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

*Beginning Italian 2*

SS4154 11/4-12/16 M 6-7pm \$154/6

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

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

*Beginning Mandarin 1*

SS4051 11/6-12/18 W 5-6pm \$154/6

*Beginning Mandarin 2*

SS4151 11/6-12/18 W 6-7pm \$154/6

OASIS Room 4

*Beginning Spanish 1*

SS4044 10/15-12/10 Tu 12:30-1:30pm \$204/8

SS1044 1/7-1/30 Tu/Th 12-1pm \$225/8

SS1045 2/4-2/27 Tu/Th 12:00-1pm \$225/8

*Beginning Spanish 2*

SS4045 10/15-12/10 Tu 1:30-2:30pm \$204/8

## SPANISH LITERATURE BOOK CLUB

**Darielle Wilson**

**949-675-5182**

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

OASIS Room 5

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

# Technology

## PRIVATE TECHNOLOGY LESSONS

**Carole Kamper**

**949-230-5902**

Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.

- Contact the instructor directly to set up lesson date/time
- Dates and times to be agreed upon prior to registration.
- Registration and payment due to OASIS prior to lesson. No refunds once registered.

DRP400

\$60 per hour

## 50 WAYS TO LOVE YOUR IPHONE

**Jake Jacobs**

**jakeair99@gmail.com**

The most useful hidden iPhone tips and features every user should know. A single two hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirements:** This in-person class is for users who have an iPhone with iOS 18 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts
- **Additional fee:** \$5 (material)

OASIS Room 2A

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

## NEW! APPLE MAC LAPTOP CLASS

**Carole Kamper**

**949-230-5902**

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

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

OASIS Computer Lab

SS4024 12/17 Tu 1-3pm \$45/1

SS1023 2/3 M 10:30am-12:30pm \$45/1

SS1024 3/6 Th 1-3pm \$45/1

## APPLE WATCH MOST USEFUL FEATURES

**Jake Jacobs** [jakeair99@gmail.com](mailto:jakeair99@gmail.com)  
 Learn the most useful features of the Apple Watch. Topics include: selecting and customizing watch faces and complications, built-in apps, including health apps such as ECG, Blood SpO<sub>2</sub>, and Heart rate. Access eight apps directly from one Watch face. Learn about the many built in apps.

- **Requirements:** this in-person class is for users of any Apple Watch with WatchOS 11 installed and an iPhone with IOS 18 installed.
- **Additional fee:** \$5 (material)

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

## APPLE IPHONE FOR BEGINNERS

**Carole Kamper** 949-230-5902  
 The class is designed for new and not so new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version/model of your Apple iPhone for this class.

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

OASIS Computer Lab  
 SS4022 12/3 Tu 1–3pm \$42/1  
 SS1020 1/27 M 10:30am–12:30pm \$42/1  
 SS1022 3/5 W 10:30am–12:30pm \$42/1

## IPHONE MOST USEFUL SECRETS

**Jake Jacobs** [jakeair99@gmail.com](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 10-Noon \$40/4

## COMPUTER SKILLS-INTERMEDIATE

**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 Basic or equivalent.

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

## DIGITAL PHOTO EDITING

**Barbara Yin Milbert** [pacpal33@yahoo.com](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  
 SS1032 1/9 Th 10am-Noon \$40/1

## EBAY2

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto:pacpal33@yahoo.com)  
 Learn more advanced skills for buying and selling items on eBay. Hands-on class.

- **Requirement:** eBay 1 or equivalent and basic computer skills. Must also have an eBay and PayPal account.

OASIS Computer Lab  
 SS4033 12/5 & 12/12 Th 11am-Noon \$40/12

## EXCEL REFRESHER

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto:pacpal33@yahoo.com)  
 Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.

- **Prerequisite:** Intro to Excel or equivalent

OASIS Computer Lab  
 SS4142 12/5 & 12/12 Th 9:45-10:45am \$40/2

## INTRO TO FACEBOOK & SOCIAL MEDIA

**Barbara Yin Milbert** [pacpal33@yahoo.com](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 9:45-10:45 \$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  
 SS4038 10/24-11/14 Th 9:45-10:45am \$70/4  
 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

<u>OASIS Computer Lab</u>				
SS4037	10/24-11/14	Th	11am-Noon	\$70/4
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

<u>OASIS Computer Lab</u>				
SS4024	11/19	Tu	1-3pm	\$42/1
SS4025	12/23	M	10:30am-12:30pm	\$42/1
SS1023	1/29	W	10:30am-12:30pm	\$42/1
SS1024	2/27	Th	1-3pm	\$42/1

## MAKING A SHUTTERFLY ALBUM

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

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

- **Prerequisite:** Basic computer

<u>OASIS Computer Lab</u>				
SS4127	11/20	W	10:30am-12:30pm	\$42/1
SS1126	1/6	M	10:30am-12:30pm	\$42/1

## WHAT GOOD ARE THESE APPS?

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

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

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

<u>OASIS Computer Lab</u>				
SS4029	11/13	W	1-3pm	\$42/1
SS4030	12/16	M	10:30am-12:30pm	\$42/1
SS1028	1/8	W	10:30am-12:30pm	\$42/1
SS1029	3/10	M	1-3pm	\$42/1

**Registration for classes listed in bold starts Thursday, November 14 at 8am**

# Cards & Games

## AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

**Frank Delgado** [frankdel949@yahoo.com](mailto: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.

<u>OASIS Room 3</u>				
<i>American Mah Jongg for Beginners 101</i>				
SS1210	1/9-2/13	Th	9-11am	\$160/6
<i>American Mah Jongg for Beginners 201</i>				
SS4212	10/17-11/21	Th	9-11am	\$160/6
SS1212	2/20-3/27	Th	9-11am	\$160/6

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

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)

In this introductory course, you'll learn the fundamentals of bridge through a hands-on, interactive approach. Using the cards on the table method, each session will guide you step by step through essential bridge concepts. This method ensures that you're not just learning theory but actively practicing with real cards in front of you. We will cover the basic rules, essential bidding structures, play strategies, and defensive techniques. Every topic will be reinforced by playing through actual bridge hands, so you can see how the concepts work in real-time. Whether you're completely new to bridge or just want to refresh your knowledge, this course will give you a solid foundation and the confidence to play bridge with others. **No class 11/11, 11/25**

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

<u>OASIS Room 3</u>				
SS4111	10/28-12/16	M	9:30-11am	\$144/6
SS1111	1/14-3/4	Tu	1-2:30pm	\$176/8

## BRIDGE-FUN FUNDAMENTALS-BIDDING REVIEW FOR IMPROVERS

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)

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

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

<u>OASIS Room 3</u>				
SS1112	1/14-3/4	Tu	3-4:30pm	\$176/8



## BRIDGE- JINGLE BELL BRIDGE

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

OASIS Room 3

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

## BRIDGE -INTRODUCTION TO DUPLICATE BRIDGE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Do you enjoy playing cards and meeting new people? If so, you might want to try duplicate bridge. What is duplicate bridge? A bridge card game where you play the same hands as other pairs and compare your scores. In this class, you will learn the basics of duplicate bridge, such as the rules, rotation of pairs and scoring. Students will have the opportunity to earn American Contract Bridge League master points. Beginning bridge experience is a prerequisite. No partner necessary. **No class 11/11**

OASIS Room 3

SS4115 10/7-11/18 M 4-5:30pm \$132/6

## DECLARER PLAY OF HAND IN A SUIT CONTRACT

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Declarer PLAN- Count your losers 1st- Pull trump, Delay pulling trump, trump losers, setting up the long side suit, The Cross Ruff. 12 hours including lessons, handouts, and pre-dealt boards to play. **No class 11/11, 11/26**

OASIS Room 3

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

## BRIDGE REVIEW SESSIONS

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Bring your bidding and play of hand questions. 12 boards to play.

OASIS Room 3

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

## BRIDGE BASICS 1

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

OASIS Room 3

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

## BRIDGE BASICS 2

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](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:"WINTER WONDERLAND" SHUFFLE, DEAL, AND PLAY PRACTICE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto: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 4:30-6:00pm \$132/6

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

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto: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 2:30-4:00pm \$132/6

## ACBL DUPLICATE BRIDGE

**Gail Schneider** **949-472-8010**  
This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary. Game starts at 2:30pm.

OASIS Room 2

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

## DUPLICATE BRIDGE

**Terry and Gene Casavant** **949-854-8138**  
[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 your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. **No Class 11/11, 11/29, 1/20, 2/17**

### OASIS Dance Room

SS4500	9/9-12/16	M	10:15-11am	\$260/13
SS4501	9/11-12/18	W	10:15-11am	\$260/13
SS4502	9/6-12/20	F	10:15-11am	\$260/13
SS4503	9/6-12/20	M/W/F	10:15-11am	\$670/42
<b>SS1500</b>	<b>1/6-3/10</b>	<b>M</b>	<b>10:15-11am</b>	<b>\$160/8</b>
<b>SS1501</b>	<b>1/8-3/12</b>	<b>W</b>	<b>10:15-11am</b>	<b>\$200/10</b>
<b>SS1502</b>	<b>1/10-3/14</b>	<b>F</b>	<b>10:15-11am</b>	<b>\$200/10</b>
<b>SS1503</b>	<b>1/6-3/14</b>	<b>M/W/F</b>	<b>10:15-11am</b>	<b>\$490/10</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 11/11, 1/20, 2/17**

- **Please bring:** a yoga mat, towel and water.
- **Required:** boxing gloves. Please purchase these on your own (12 oz. size gloves are appropriate), can be found at most sporting goods stores.

### OASIS Dance Room

SS4505	10/14-11/18	M	3:30-4:30pm	\$115/5
SS4506	11/25-12/16	M	3:30-4:30pm	\$95/4
<b>SS1504</b>	<b>1/6-1/27</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$72/3</b>
<b>SS1505</b>	<b>2/3-3/3</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$95/4</b>
<b>SS1506</b>	<b>3/10-3/31</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$95/4</b>

### OASIS Room 1

SS4508	10/17-11/14	Th	3:30-4:30pm	\$115/5
SS4509	12/5-12/19	Th	3:30-4:30pm	\$71/3
<b>SS1507</b>	<b>1/9-1/30</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$95/4</b>
<b>SS1508</b>	<b>2/6-2/27</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$95/4</b>
<b>SS1509</b>	<b>3/6-3/27</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$95/4</b>

DRP461 Drop-In (No Refunds) \$20/1

**Registration for classes listed in bold starts Thursday, November 14 at 8am**

## 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 11/4, 11/11**

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

### OASIS Event Center

Ongoing 8/26-12/9 M 11:30-12:30pm 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 11/20, 1/8, 1/20, 2/12, 2/17, 3/12**

### OASIS Event Center

SS4512	11/13-11/27	M/W	10:05-11am	\$35/5
SS4513	12/2-12/11	M/W	10:05-11am	\$29/4
<b>SS1510</b>	<b>1/13-1/29</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$38/5</b>
<b>SS1511</b>	<b>2/3-2/26</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$44/6</b>
<b>SS1512</b>	<b>3/3-3/31</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$57/8</b>

## FALLPROOF® BALANCE & MOBILITY

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

This class is a progressive program of activities designed to improve balance and reduce fall risk. This class will improve seated/standing posture, improve walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment. Space is limited to 12 students. **No class 11/20, 11/25, 11/27, 1/20, 1/29, 2/17, 2/26**

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

### OASIS Room 1

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

## HATHA YOGA

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

Safe and effective as we work function over form. Hatha yoga is for every body. If you can breathe, you can do yoga. Mindfully moving our bodies to breath creates spaciousness in body, mind and spirit so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. **No class 11/11, 11/28, 1/20, 2/17**

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

### OASIS Dance Room

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

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



# Classes

## HEAD TO TOE FITNESS

**Keith Glassman** keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 11/28**

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

### OASIS Event Center

SS4520	10/29-11/21	Tu/Th	8-9am	\$65/8
SS4521	11/26-12/19	Tu/Th	8-9am	\$58/7
<b>SS1517</b>	<b>1/2-1/28</b>	<b>Th/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS1518</b>	<b>1/30-2/25</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS1519</b>	<b>2/27-3/13</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$43/5</b>
DRP463	Drop-In (No Refunds)			\$12/1

## IYENGAR YOGA

**Carolyn Matsuda** cmats84@msn.com 714-388-4328

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 11/28, 11/29, 1/20, 2/17**

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

### OASIS Room 1

SS4524	10/14-11/4	M	10-11:15am	\$80/4
SS4527	10/17-11/7	Th	10-11:15am	\$80/4
SS4533	10/14-11/8	M/Th	10-11:15am	\$152/8
SS4525	11/18-12/16	M	10-11:15am	\$100/5
SS4528	11/14-12/19	Th	10-11:15am	\$100/5
SS4534	11/14-12/20	M/Th	10-11:15am	\$190/10
<b>SS1521</b>	<b>1/6-2/3</b>	<b>M</b>	<b>10-11:15am</b>	<b>\$80/4</b>
<b>SS1522</b>	<b>1/9-2/6</b>	<b>Th</b>	<b>10-11:15am</b>	<b>\$100/5</b>
<b>SS1523</b>	<b>1/6-2/6</b>	<b>M/Th</b>	<b>10-11:15am</b>	<b>\$171/9</b>
<b>SS152</b>	<b>2/10-3/10</b>	<b>M</b>	<b>10-11:15am</b>	<b>\$80/4</b>
<b>SS1525</b>	<b>2/13-3/13</b>	<b>Th</b>	<b>10-11:15am</b>	<b>\$100/5</b>
<b>SS1526</b>	<b>2/10-3/13</b>	<b>M/Th</b>	<b>10-11:15am</b>	<b>\$171/9</b>
DRP465	Drop-In (No Refunds)			\$25/1

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

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

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

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

### OASIS Dance Room

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

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

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

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

### OASIS Room 5

SS4544	11/4	M	1-2pm	\$35/1
SS4545	12/16	M	1-2pm	\$35/1
<b>SS1527</b>	<b>1/6</b>	<b>M</b>	<b>1-2pm</b>	<b>\$35/1</b>
<b>SS1528</b>	<b>2/3</b>	<b>M</b>	<b>1-2pm</b>	<b>\$35/1</b>
<b>SS1529</b>	<b>3/3</b>	<b>M</b>	<b>1-2pm</b>	<b>\$35/1</b>

## NEW! MELT METHOD: SELF CARE TECHNIQUE

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

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

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

### OASIS Dance Room

SS4547	11/5-12/17	Tu	2-3pm	\$155/7
<b>SS1530</b>	<b>1/14-2/11</b>	<b>Tu</b>	<b>2-3pm</b>	<b>\$115/5</b>
<b>SS1531</b>	<b>2/18-3/11</b>	<b>Tu</b>	<b>2-3pm</b>	<b>\$93/4</b>

DRP471	Drop-In (No Refunds)			\$30/1
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## PILATES MAT

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

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

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

### OASIS Dance Room

SS4549	11/5-12/17	Tu	8:45-9:45am	\$119/7
<b>SS1532</b>	<b>1/7-2/4</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$90/5</b>
<b>SS1533</b>	<b>2/11-3/11</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$90/5</b>

DRP467	Drop-In (No Refunds)			\$23/1
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**Registration for classes listed in bold starts Thursday, November 14 at 8am**



## PHYSICAL TRAINING

**Judy Aprile** [jjjaprile@gmail.com](mailto: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. **No class 11/11, 11/20, 11/29, 12/6, 1/20, 2/7, 2/17, 3/7**

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

### OASIS Event Center

SS4552	11/8-11/29	M/W/F	7:45-8:35am	\$47/7
SS4553	12/2-12/11	M/W/F	7:45-8:35am	\$29/4
SS1534	1/13-1/31	M/W/F	7:45-8:35am	\$57/8
SS1535	2/3-2/28	M/W/F	7:45-8:35am	\$70/10
SS1536	3/3-3/31	M/W/F	7:45-8:35am	\$83/12
SS4556	11/8-11/29	M/W/F	8:45-9:35am	\$47/7
SS4557	12/2-12/11	M/W/F	8:45-9:35am	\$29/4
SS1537	1/13-1/31	M/W/F	8:45-9:35am	\$57/8
SS1538	2/3-2/28	M/W/F	8:45-9:35am	\$70/10
SS1539	3/3-3/31	M/W/F	8:45-9:35am	\$83/12

## RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

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

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

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

### OASIS Dance Room

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

## SOULFLEX

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

Unleash your potential with this dynamic class designed to make you feel strong, vibrant, and clear-minded! Elevate your strength, balance, bone density, mobility, and peace of mind with this engaging and challenging session. In the first half, you'll focus on building power and stability through safe, mindful, and targeted weight-bearing exercises. The second half gently guides your body and mind back to homeostasis with soothing, mindful stretching. No prior experience is necessary, modifications are offered for all levels. Join us and transform your full-body and mind fitness under the guidance of an Internationally Certified Yoga Therapist. **No class 11/29**

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

### OASIS Dance Room

SS4561	9/13-12/13	F	2-3pm	\$265/13
SS1542	1/8	W	12:30-1:30pm	Free
SS1543	1/15 - 3/12	W	12:30-1:30pm	\$185/9
SS1544	1/10-3/14	F	2-3pm	\$205/10
SS1545	1/10-3/14	W/F	above times	\$385/19

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



## SOUND BATH & MEDITATION

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

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

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

### OASIS Dance Room

SS4564	11/14	Th	5-6pm	\$25/1
SS4565	12/12	Th	5-6pm	\$25/1
SS1546	1/9	Th	4:30-5:30pm	\$25/1
SS1547	2/10	M	5-6pm	\$25/1
SS1548	3/13	Th	5:30-6:30pm	\$25/1
SS1549	Winter Package		Above Dates/times	\$65/3

# 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

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

**No class 11/28**

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

### OASIS Dance Room

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

## TAI CHI QIGONG

**Diana Wong** [dianawong2001@yahoo.com](mailto: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. **No class 11/28**

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

### OASIS Event Center

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

## TABLE TENNIS

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

### OASIS Event Center BC

RSVP Not Required	Ongoing	Tu/Th	2-4pm	Free
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**Registration for classes listed in bold starts Thursday, November 14 at 8am**

## NEW! YOGA THERAPY CLINICS – BRAIN HEALTH

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

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

### OASIS Room 5

<b>SS1557</b>	<b>2/3-3/10</b>	<b>M</b>	<b>10-11am</b>	<b>\$105/5</b>
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## 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 11/11, 11/27, 11/28, 11/30, 1/20, 2/17**

### OASIS Dance Room

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

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

DRP469	Drop-In (No Refunds)			\$25/1
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# 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 11/29**

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

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

### OASIS Dance Room

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

DRP470	Drop-In (No Refunds)			\$23/1
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## 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! **No class 11/27**

### OASIS Dance Room

SS4581	9/11-12/11	W	11:15am-Noon	\$245/12
SS1566	1/8	W	11:15am-12pm	Free
SS1567	1/15-3/12	W	11:15am-12pm	\$185/9
DRP469	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! **No class 11/26**

- **Please Bring:** flexible tennis or jazz shoes.

### OASIS Dance Room

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

## NEW! DISCO DANCE BEGINNER ONE-DAY WORKSHOP

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](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
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## GROUP DRUMMING

**Lee Kix**

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

### OASIS Event Center

RSVP Not Required	2nd Wed	11:30am-12:30pm	Free
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## INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](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 11/26**

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

### OASIS Dance Room

SS4586	10/1-12/10	Tu	11:30am-12:40pm	\$259/10
SS1572	1/14-3/18	Tu	11:30am-12:45pm	\$208/10
DRP470	Drop-In (No Refunds)			\$23/1

## LINE DANCING

**Vickie Jackson** [vickie@promodonnas.com](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 11/28**

### OASIS Dance Room

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

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

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

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

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

SS4592	10/24-12/12	Th	3-4pm	\$56/7
SS1577	1/9-2/6	Th	3-3:55 pm	\$38/5
SS1578	2/13-3/13	Th	3-3:55 pm	\$38/5

## MUSIC WORKSHOP

**Glen Jansma** **310-940-3112**

Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.

### OASIS Room 5

RSVP Not Required	Ongoing	F	11am-1pm	Free
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## HOOTENANNY

**Glen Jansma** **310-940-3112**

Group singing of American Standard tunes. Acoustic instruments optional.

### OASIS Room 5

RSVP Not Required	Ongoing	F	1-3pm	Free
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## UKULELE STRUMMERS AND SINGERS

**Mike Ekinaka** **714-336-4719**

Our ukulele strumming, singing and hula dancing activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain, join us.

### OASIS Room 2

RSVP Not Required	Ongoing	M	1-2:30pm	Free
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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)

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

# Lending Library

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

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## Membership Benefits:

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- 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.

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

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- 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)
    - Call Susan at 714-876-2397 to obtain discount
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Rev.5/2024



### THE DRIFTERS, THE PLATTERS & CORNELL GUNTER'S COASTERS

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

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

*Depart: 12(Noon)*

*Return: 6:30pm*

### THE KINGSTON TRIO

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

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

*Depart: 12(Noon)*

*Return: 6:30 pm*

## EXTENDED TRIPS

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**December 8 (5 days)**

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**April 1 or October 21, 2025 (9 days, 20 meals)**

### HIGHLIGHTS OF SCANDINAVIA,

**July 17 or August 14, 2025 (11 days, 14 meals)**

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**February 23-28 (6 days and 5 nights)**

### TUACAHN THEATRE & ZION NATIONAL PARK

**June 8-11 (4 days, 3 nights)**

### CANADIAN ROCKIES ADVENTURE

**August 17 (7 days, 10 experiences, 9 meals)**

### SIERRA SNOW TRAIN

**January 24 (5 days)**

**February 21 (5 days)**

### HAWAII THREE ISLAND ADVENTURE

**January 21 (9 days)**

**February 18 (9 days)**

### ARIZONA SPRING TRAINING EXPLORER

**March 9 (6 days)**

**March 16 (6 days)**





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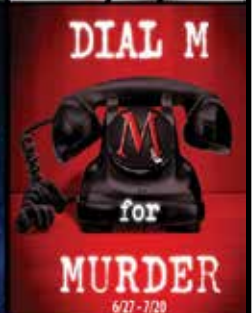
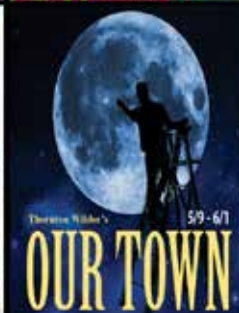
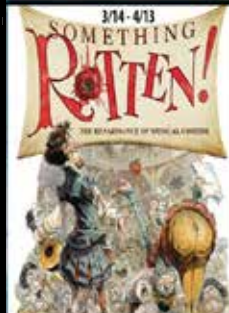
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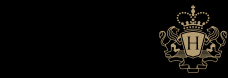
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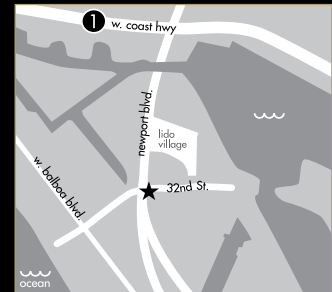
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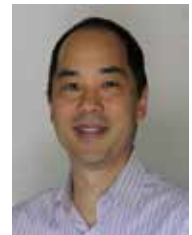


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## WAYS TO REGISTER

### 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 but 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>



# OASIS FITNESS CENTER



949-718-1818

## HOLIDAY CLOSURE DATES

- 11/11 - **Veterans Day**
- 11/28 & 11/29 - **Thanksgiving**

## Regular Hours of Operation:

Monday-Thursday: 7:00AM - 7:00PM

Friday: 7:00AM - 5:00PM

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



### Join the Challenge

- Download the StepUp app using the QR Code to start tracking your steps!
- Scan the QR code a second time to join the challenge group.
- Compete head to head with other OASIS members for the most steps
- Weekly prizes for top Stepper

LET'S MAKE EVERY STEP COUNT!

NOVEMBER 2ND - DECEMBER 13TH

SEE FITNESS CENTER STAFF FOR MORE DETAILS

SCAN ME!



## MEMBERSHIP & ORIENTATION

### FEE

Annual Membership:

- Residents \$137
- Non-Residents \$192

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

## PERSONAL TRAINING

### RATES

- 30 min on-going
  - \$45
- 1 hour on-going
  - \$75
- 1 hour one-time
  - \$90

Please see staff for availability

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



GATHER AROUND AND JOIN US AT OASIS

# *Thanksgiving Luncheon*

**WEDNESDAY, NOVEMBER 20**

**Evelyn Hart Event Center | 12:00PM**



**Tickets are \$5**  
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**the OASIS Admin.**  
**Office or over the**  
**phone: 949-644-3244**

