

OASIS news

The background of the cover is a light blue wooden surface. It is decorated with several fresh fruits and popsicles. There are three lemon slices, a slice of dragon fruit (pink with black seeds), a slice of kiwi (green with black seeds), and a slice of cantaloupe. There are also several popsicles: one large pink dragon fruit popicle in the center, one orange cantaloupe popicle on the left, and two yellow cantaloupe popicles at the bottom. A single green mint leaf is also visible.

Older
Adult
Social &
Information
Services

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

AUGUST 2021

VOL. 45 NO. 8

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



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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

801 Narcissus Avenue, Corona Del Mar, CA 92625

OASIS SENIOR CENTER

801 Narcissus Avenue, Corona del Mar, CA 92625-1501
newportbeachca.gov/oasis

Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1822
Friends of OASIS: 949-718-1800

HOURS:

| | |
|----------------------------|-----------------------|
| City Administration | Fitness Center |
| M-Th 7:30am-5:30pm | M-Th 7am-7pm |
| Fr 7:30am-4:30pm | Fr 7am-5pm |
| Sa-Su Closed | Sa-Su 7am-2pm |

Friends of OASIS Admin

M-F 7:30am-4:30pm
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: | Laura Detweiler |
| Senior Services Manager: | Melissa Gleason |
| Facility Maintenance: | Chris Suarez |
| Health & Wellness Supervisor: | Anne Doughty |
| Recreation Supervisor: | Jennifer Sisoef |
| Social Services Supervisor: | Susie DiGiovanna |
| Fitness Center Coordinator: | Jena Delgado-Sette |
| Recreation Coordinator: | Hilda El-Souki |
| Transportation Coordinator: | Elizabeth Arciniega |
| Department Assistant: | TBD |
| Office Assistant: | Carrie Calderone |
| Care-A-Van Drivers: | Bill Breslin |
| | Jose Cardenas |
| | Raul Cano |
| | Blanca Parra |

FRIENDS OF OASIS STAFF:

Eleanor Anderson
Berenice Barajas
Andrea Collins
Jessica Olson

AGE WELL MEALS STAFF:

NEWPORT BEACH CITY COUNCIL

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|-----------------------|----------------|
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| Council Member | Joy Brenner |
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| | Jeff Upton |
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| | Ed Romeo, President Emeritus |
| | Melissa Gleason, Ex Officio |

OASIS NEWS STAFF

| | |
|---------------------------------|--------------------|
| Senior Editor: | Jennifer Sisoef |
| Co-Editor: | Hilda El-Souki |
| Contributing Editors: | Gerry Beegan |
| | Anne Doughty |
| | Jena Delgado-Sette |
| | Scott Paulsen |
| Advertising Coordinator: | Nanette Bowman |



Welcome to OASIS



Melissa Gleason

Senior Services Manager

Aloha! I just returned from the beautiful State of Hawaii. It was my first time visiting the Island of Oahu and it was everything I thought it would be. The first two nights we rented a 1970 Volkswagen Camper Van, it was sunshine yellow with a manual transmission and no power steering. The van was just the start of our adventure. I loved being on "Hawaii time", but returning to California is where I belong and am thankful to be.

There have been notable changes since I wrote my last letter. The California COVID-19 guidelines we had become accustomed to were lifted. Now we see smiles instead of masks and give hugs instead of bump elbows. We have seen many familiar faces as well as new ones coming to the center. I think the closure helped the community realize just how fortunate we are to have a beautiful facility that provides a variety of classes, lectures, events and social services. We held our first in-person lecture with 60 attendees; the excitement to return in person was overwhelming. The Fitness Center no longer requires reservations, classes are resuming, support groups are meeting back on campus, and staff is planning fun activities in September to celebrate National Senior Center Month. What perfect timing to have a month dedicated to showing appreciation to community centers that provide seniors a place to stay active and just simply be around others. Welcome back to our regulars, and to those of you who are new, we are happy you found one of the many gems of our City.

Melissa



Mike Zimmerman

Friends of OASIS President

A year and a half of "hibernation" is finally ending. We are open for business at OASIS with classes being added daily. So nice to see people smiling again on our campus. September is Senior Center Month, and we have some things planned and others in the works. Grandparents Day is September 12th, and we will be holding our famous Pancake Breakfast once again. The following weekend, September 19th, is the 3rd annual OASIS Cars and Coffee Car Show with free coffee and donuts for all. We can accommodate approximately 60 cars, and we already have 20 signed up. If you want to register your classic car, please call Berenice in the Friends office. The show will open to the public at 8am and last until 10:30am. I have had people ask me about our Rummage Sale, and for a variety of reasons it will not be held this year. Storage of the inventory along with the actual touching and handling of objects, and honestly the reluctance of people to attend such an event sealed its fate. We decided to err on the side of safety and reschedule for next year.

This information and more can be found by being a Friends of OASIS member, and our monthly newsletter then gets sent directly to your home. We also send you one monthly email outlining what is happening at OASIS. Check your Newsletter for the "expiration date of your membership" so you keep your membership current. You will notice our "Fund Drive Thermometers" are up, and we officially began our 2021 Fund Drive on July 1st. As I said before, we have not had an opportunity to make additional funds this past year and have not slowed down on our planned projects, so giving something this year is more important than in years past.

I am proud and honored to serve a 4th term as your president. Our Board of Directors is made up of some very special and talented people. All of us have been working behind the scenes to bring OASIS back to life again and bring things back to normal.

Always at your service.

Mike

**OASIS Scam Stopper
Series Presents:**



Contractor Scam Prevention

**Tuesday, August 17 - 10 am
Room 1**

The Contractors State License Board presents
construction-related scams and how seniors can protect
themselves when hiring a contractor

What You Should Know About:

- The Contract
- Unscrupulous Contractor Scams
- Payments
- The Contractors State License Board

Please RSVP to
(949) 644-3244



Take Control of Your Brain with Memory Training Programs

**Tuesday, Aug 24, 2021
1:00 pm**

OASIS Room 1

RSVP Required: (949) 644-3244



Dr. Dung Trinh is the Chief
Medical Officer of Irvine Clinical
Research, Board Member for
Alzheimer's Orange County, and a
physician with Memorial Care.



OASIS SCAM ALERT



HOW TO OPT OUT

OF CREDIT CARD & INSURANCE OFFERS:

- Visit www.optoutprescreen.com or
- Call 1-888-5-OPT-OUT (1-888-567-8688)

ON THE NATIONAL DO NOT CALL REGISTRY:

- Visit donotcall.gov or
- Call 1-888-382-1222 from any phone you would like on the list

If you've been a victim of a scam you are not alone,
please call OASIS at (949) 644-3244 for assistance.

IT'S MOVIE TIME!



Wednesday, August 25th

Movie Starts at 1 PM

OASIS Event Center

FIRST COME FIRST SERVED

Synopsis: After the tragic death of star volleyball player Caroline "Line" Found, a team of dispirited high school girls must band together under the guidance of their tough-love coach in hopes of winning the state championship.

Starring: Helen Hunt, Erin Moriarty, William Hunt

Running Time: 101 minutes



HOAG COMMUNITY HEALTH

presents



ROCKIN' YOUR 70'S AND BEYOND

WEDNESDAY,
SEPTEMBER 7
1PM-2PM
ROOM 1

A lifestyle journey of mind, body and spirit beyond our 70's. Dr. Armstrong will discuss how to optimize the quality of life during these years and work through living with chronic ailments.

Presented by
Kurt Armstrong, M.D.

PLEASE RSVP TO (949)644-3244 OR
OASISCENTER@NEWPORTBEACHCA.GOV



Celebrate at OASIS NATIONAL SENIOR CENTER MONTH



Visit OASIS during the month of September for activities that enrich the **mind, body and spirit.**

- Flu Shots
- Lectures
- Concert in the Courtyard
- Grandparents Day Pancake Breakfast
- Cars and Coffee
- And More!



FOR MORE INFORMATION:
newportbeachca.gov/oasis
949-644-3244



NEWPORT BEACH FILM FEST

October 21 – October 28, 2021

VOLUNTEER!

Volunteer Reviewer applications are now being accepted for the 2021 Newport Beach Film Festival. Being a volunteer Reviewer is important to the overall movie selection process, and as such we are thankful for your time and effort!

As a volunteer Reviewer you are able to review films remotely. We're also rolling out a new platform, Eventival, which will enhance the process along with options for watching movies from different devices. We also provide Eventival virtual orientations on request.

Just go to www.NewportBeachFilmFest.com, select the tab "Participate" at top of the home page, then "Volunteer" on the dropdown list where you'll find the link to the Reviewer Application. Contact Dorothy Kraus, Reviewer Coordinator, at Dorothy.Kraus@NewportBeachFilmFest.com to answer any questions you may have.



The Good Grief Café

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

Every 2nd & 4th Thursday
3:00 - 4:30 pm
In-Person
OASIS Room 5

No RSVP needed

Questions: (949) 644-3244



CareCHOICES[®]
Hospice and Palliative Services, Inc.

GETTING BACK IN THE GROOVE



In-Person Connection Group

Facilitated by Joyce Swaving, Shanti OC

Topics

Finding companionship
Getting back out in the world
Reconnecting: Post-vaccinations

THURSDAYS at 2:00 PM

OASIS Room 4

No RSVP necessary

Please call (949) 644-3244 with any questions




MEDICAL EQUIPMENT LOANS

OASIS is happy to offer medical equipment loans up to one month on the following items:

- **Wheelchairs: Self-propelled & Transport**
- **Walkers: Basic & Seated**
- **Knee Scooters**
- **Canes**
- **Crutches**

Equipment availability is subject to change.

Call (949) 644-3244 for additional information.





SHARP

Senior Home Assistance Repair Program

Accessibility, Safety, Health & Well-Being, Code Violation

APPLICATION PROCESS:

- Pre-application
- Full application & income verification
- In-person interview
- Home inspection

ELIGIBILITY*:

- Newport Beach homeowner living in the home that is in need of repair
- Age 60 and older
- Income restricted
- Home repair is of a critical nature

*For a full list of eligibility requirements, please contact OASIS staff or visit newportbeachca.gov/oasis

The Newport Beach Senior Home Assistance Repair Program (SHARP) aims to help income-qualified seniors in need of critical home repair or modifications due to accessibility needs, safety concerns, health and well-being, or a citation by Code Enforcement. The program forms a unique partnership between the OASIS Senior Center, owned and operated by the City of Newport Beach and Habitat for Humanity of Orange County.

For more information, call 949-644-3244 or visit newportbeachca.gov/oasis.





LEGAL ASSISTANCE

Call for an appointment: 949-644-3244
Elderlaw attorneys donate their time and offer a free half-hour consultation.

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance on 8/3 or 8/17.
Call for an appointment: 949-644-3244

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

Referrals to a vast assortment of information regarding senior services such as home health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

AGEWELL MEALS

We're back and we've missed you!
We are so happy to reopen and reconnect for lunch starting Monday, August 16th. Join us for lunch for the first time in over 400 days. We will be open for lunch Monday-Friday from 12-12:30pm by reservation only. Call 949-718-1811 to make your table reservation.



Compassionate Friends

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

3rd Wednesday Each Month
In-Person
6:30 pm, Room 5

No RSVP necessary
Please call (949) 644-3244 with any questions



IN-PERSON AND VIRTUAL MEETINGS

ALZHEIMER'S SUPPORT GROUP

For family members and caregivers

THE 2ND WEDNESDAY OF THE MONTH - VIRTUAL @ 1:00 PM
CALL 844-373-4400 FOR INFO

THE 4TH WEDNESDAY OF THE MONTH - IN PERSON @ 10:00 AM
NO RSVP REQUIRED

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





OASIS SENIOR CENTER

TRANSPORTATION SERVICE

The OASIS Senior Center provides curb-to-curb transportation

ABOUT THE SERVICE:

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

ELIGIBILITY:

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

Service hours: Monday - Friday, 8:00am - 4:30pm

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

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



Same Day Rides!



Last minute request?
Call between 8am & 9am
for a same day ride.

Available Tuesday and Thursday only

*Must be pre-registered



949-644-3244

OASIS TRANSPORTATION CLIENTS:

OASIS is offering two shopping trips this month:

99 Cent Store on Thursday, August 12

and

Target on Thursday, August 26

Call the Administration Office at

949-644-3244

to reserve your spot!





AGE WELL SENIOR SERVICES MEAL PROGRAM

MEALS ON WHEELS

MEALS ON WHEELS (M-F Delivery)

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



To find out more information about this program please call:
Meals on Wheels 949-718-1811



SENIOR CUISINE DELIVERED

AFFORDABLE RESTAURANT MEALS FOR SENIORS, 50+, & DEPENDENTS PRICED AT JUST \$9.95 PER MEAL

Delicious Lunches & Dinners by; Asian Kitchen, Bagels & Brew, Blue Stone Kitchen, Famous Dave's, Greenlife Fit Foods, Jolanda's, Luscious Jimmy's, Metate Azul, Panera, PokeWorks, Taste Catering, Yeshiva Pirchei Shoshanim, Zest in a Bowl!

Sign Up Today & Get \$20 Off!

Apply code 20OFF to checkout

www.myagewell.org

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES, AND LESS THAN 800 MG OF SODIUM, EXCLUDING SPECIAL EVENT MEALS (CONDIMENTS NOT INCLUDED). MEALS WITH MORE THAN 1000 MG OF SODIUM



Pacific Coast Cafe

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

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

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| WELCOME BACK CHICKEN PARMIGIANA ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT 16 | TUNA SALAD PLATE WHOLE WHEAT BREAD FRUITY YOGURT 17 | PULLED PORK BBQ SANDWICH ON A BUN CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON 18 | HUMMUS WRAP CANTALOUPE MILK 19 | SWEDISH MEATBALLS ON A BED OF EGG NOODLES ROASTED TOMATO WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 20 |
| CHICKEN TACO SALAD WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD 23 | GREEK LENTIL SALAD WHOLE WHEAT BREAD CHOCOLATE PUDDING 24 | CREAMY ROSEMARY CHICKEN CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 25 | CREAM OF BROCCOLI SOUP EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES 26 | BIRTHDAY BASH CHEESEBURGER ON A BUN WITH LETTUCE & TOMATO THREE BEAN SALAD CORN AND RED PEPPER CANTALOUPE 27 |
| BBQ PORK RIBLET POTATOES O'BRIEN CAPRI BLEND VEGETABLES WHOLE WHEAT BREAD DICED WATERMELON 30 | MINSTRONE SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD TRI-COLOR COLESLAW FRESH MELON 31 | | | |

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK = PORK

1% MILK OFFERED AT EACH MEAL

Friends of OASIS

BENEFITS OF MEMBERSHIP

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

MEMBERSHIP RATES

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

TWO WAYS TO BECOME A MEMBER

1 VISIT
friendsofoasis.org

2 CALL
949-718-1800



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

FRIENDS OF OASIS



DISCOUNTS

OASIS members receive discounts at local establishments. for a full listing, visit our website: www.friendsofoasis.org

OASIS Travel

(949) 718-1810

oasistravel2@yahoo.com

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

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



DEL MAR RACES

\$75/\$80

Thursday, August 26

Travel down San Diego way on one of our luxurious buses to where the surf meets the turf. Enjoy Clubhouse seating from where you can watch "your horse" win. Lunch on your own
Depart 10:45am *Return 7:15pm*

SAN DIEGO ZOO

\$109/\$114

Tuesday, September 14

Visit this world famous zoo home to more than 3,500 animals and 650 species and subspecies and known for its open air cageless and natural animal habitats. Enjoy an included 35-minute narrated tour aboard a double-decker bus, the Skyfari aerial tram with its spectacular views of the animals and the park, and the Kangaroo Express bus, plus any regularly scheduled shows. Lunch on your own at one of the Zoo's restaurants.
Depart 8:30am *Return 5:30pm*

CAMELS & RACEHORSES

\$119/\$124

Wednesday, October 20

Enjoy a relaxing trip down south to Ramona and the very interesting Oasis Camel Dairy. Get up and personal to these great animals, meet the new baby and tour the area. Enjoy a stop at Dudley's Bakery in Santa Isabel then onto lunch included at the Fresco Grill. After lunch visit the Ivey Ranch Equestrian Center and meet and greet their horses
Depart 7:30am *Return 6:15pm*

SAN LUIS REY MISSION/DEER PARK WINERY

\$129/\$134

Wednesday, October 27

Upon arrival at the mission located near Oceanside, you will have a guided tour and time on your own to walk about the grounds of this historic mission built in 1798. Afterwards, lunch at the Fresco Grill. Then on to the Deer Park Winery for tasting of five delicious wines and visiting the Americana Auto Center.
Depart 10:00am *Return 6:00pm*

ENRICHMENT

CLASS REFUND POLICY

- Refunds must be requested prior to the second class meeting.
- One and two-day classes require 5 business days notice.
- A refund fee will be assessed for all refunds (\$10 for classes priced \$74 and under, \$20 for classes priced \$75 and above)
- Check/cash refunds processed within 3-4 weeks by mailed check.
- Credit card refunds processed within 3-5 days returned to the card used for original purchase.
- Policy also noted on registration form.

CODE OF CONDUCT

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

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

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

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

A DIFFERENT KIND OF BOOK GROUP

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

OASIS ROOM 5

RSVP not required 9/1 W 10:30am-Noon Free

BEACH SCIENCE

Dave Larue dkla2018@outlook.com
Everything you ever wanted to know about the beach. What is sand, where does it come from, why is it all the same size? What are the different beach types? How do waves form, what different types are there? How about the tides? Why are some beaches muddy? Pebbles: what's the deal?

OASIS ROOM 2B

RSVP not required 8/18-8/25 W 2-4pm Free

CURRENT EVENTS DISCUSSION

Dave Larue dkla2018@outlook.com
Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.

OASIS LIBRARY

RSVP not required Ongoing M 4-6pm Free

GOING ABOARD: STUDIES OF MOBY DICK & MELVILLE'S SHORTER WORKS

Darielle Wilson 949-675-5182
Voyage into the watery world of Herman Melville's fiction to meet his fascinating characters, including the famous whale, "one grand hooded phantom, like a snow hill in the air." Call upon your own life experiences to read and interpret this novel and short works, and decide if you, too, consider them among the greatest works in all of English-language literature. **No class 11/26**

OASIS ROOM 1A

SS4059 8/20-12/3 F 10am-Noon \$90

WRITING ROUNDTABLE

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

OASIS ROOM 5

RSVP required Ongoing W 1-3pm Free

WRITING YOUR LIFE STORIES 1

Berteil Mahoney 949-496-7289
 Have you ever wanted to write about your life, but wondered how to get started, how to keep going and whether it's even worth it in the first place? Designed as an introduction, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations, possibly your greatest legacy. No writing experience necessary.

- Additional fee: \$20 (material)

OASIS ROOM 5

SS4001 9/28-11/16 Tu 10am-Noon \$150

WRITING YOUR LIFE STORIES 2

Berteil Mahoney 949-496-7289
 Participants will continue to write their life stories while exploring their own personal writing styles.

- Prerequisite: Writing Your Life Stories 1

OASIS ROOM 5

SS4002 9/28-11/16 Tu 12:30-2:30pm \$150

FINE ARTS

CERAMICS- FOR CONTINUING STUDENTS

Karen Thayer karenthayer@yahoo.com
 This class is for participants who have previously enrolled in Ceramics within the last year. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. Note: All clay, glazes and tools must be provided by students. No shared tools or materials. Strict social distancing guidelines allow for a limited number of students in this class, maximum of 15.

SS3001 6/16-8/11 W 9am-Noon \$140

CERAMICS

Karen Thayer karenthayer@yahoo.com
 Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you already have your own tools, please bring them. No tools are required at the first class. Tool requirements will be discussed at first meeting. Basic glazes and clay will be covered by the material fee. **No class 10/20**

- Additional fee: \$20 (material)

OASIS ART CENTER

SS4039 9/8-12/1 W 9am-Noon \$204

FREEHAND DRAWING- BEG/ADV

Nancy Wahamaki Vasek nwwasek@gmail.com
 Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings. <https://www.linkedin.com/in/nancygandolfwahamaki>

- A material list will print out on registration receipt. Please bring supplies to first class.
- Additional fee: \$20 (material)

OASIS ROOM 2A

SS4005 10/13-12/1 W 9-11am \$192

INSTRUCTOR ASSISTED WORKSHOP- BEG/ADV

Nancy Wahamaki Vasek nwwasek@gmail.com
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. <https://www.linkedin.com/in/nancygandolfwahamaki>

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

OASIS ART CENTER

SS4003 10/18-11/29 M 9am-Noon \$161

OIL PAINTING WITH JIM

Jim Ellsberry jim@jimEllsberry.com, 310-218-2658
 Fundamentals to advanced concepts of color theory, design and painting technique. The focus is on landscape oil, but all subject matter and all media are welcome. Students choose to work on their own projects or instructor-supplied assignments. **No class 7/5.**

- Additional fee: \$15 (material)

OASIS ART ROOM

SS3111 7/19-8/9 M 1-3:30pm \$155

SS4043 11/1-11/29 M 1-3:30pm \$165



OPEN ART WORKSHOP

This is the perfect time to catch up on class projects and is open to students of any medium, both current and those who have taken a recent art class at OASIS. Participants are required to bring in their own materials and maintain the cleanliness of the room and equipment used.

OASIS ART ROOM

RSVP not required Ongoing F 9am-4pm Free

WATERCOLOR-BEGINNING

Chris Sullivan chrissullivanart@gmail.com

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

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

OASIS ART ROOM OR ROOM 5

| | | | | |
|--------|-------------|----|----------|-------|
| SS3006 | 7/7-8/11 | W | 9am-Noon | \$146 |
| SS4040 | 10/12-11/16 | Tu | 9am-Noon | \$146 |

WATERCOLOR-INTERMEDIATE

Chris Sullivan chrissullivanart@gmail.com

This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life and other subjects may be explored using photographs or studio setups. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.

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

OASIS ROOM 4

| | | | | |
|--------|-------------|---|----------|-------|
| SS4041 | 10/13-11/17 | W | 9am-Noon | \$146 |
|--------|-------------|---|----------|-------|

WATERCOLOR-ADVANCED

Chris Sullivan chrissullivanart@gmail.com

Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.

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

OASIS ROOM 4

| | | | | |
|--------|-------------|---|-------|-------|
| SS4042 | 10/13-11/17 | W | 1-4pm | \$146 |
|--------|-------------|---|-------|-------|

WATERCOLOR AND MIXED MEDIA

Chris Sullivan chrissullivanart@gmail.com

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

- Material list will print on receipt.
- Recommended: Must have good control of watercolor painting techniques.

OASIS ART ROOM

| | | | | |
|--------|----------|---|-------|-------|
| SS3008 | 7/7-8/11 | W | 1-4pm | \$146 |
|--------|----------|---|-------|-------|

FOREIGN LANGUAGE

ADV. STUDIES IN FRENCH LITERATURE

Darielle Wilson 949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern works of fiction. Classroom activities will center on spontaneous classroom and small-group discussions, reading aloud, dictations and grammar review as needed. Please contact instructor if you are interested in specific selections of literature.

OASIS ROOM 2B

| | | | | |
|--------|-----------|---|-----------|------|
| SS4007 | 8/18-12/1 | W | 10am-Noon | \$90 |
|--------|-----------|---|-----------|------|

ADVANCED FRENCH READING & DISCUSSION

Darielle Wilson 949-675-5182

Conducted exclusively in French, discussion will be on a variety of topics presented by the students. Further discussion will follow the reading of a variety of literature pieces by French authors TBA. Please contact instructor if you are interested in specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

OASIS ROOM 2B

| | | | | |
|--------|-----------|----|-----------|------|
| SS4008 | 8/19-12/2 | Th | 10am-Noon | \$85 |
|--------|-----------|----|-----------|------|

PORTAL LANGUAGES

Portal Languages

714-979-1655

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 9/6**

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

OASIS ROOM 1A

Beginning French 1

| | | | | |
|--------|-------------|-------|-----|-------|
| SS3041 | 7/19-8/11 | 5-6pm | M/W | \$185 |
| SS4047 | 8/16-9/13 | 5-6pm | M/W | \$185 |
| SS4048 | 9/20-10/13 | 5-6pm | M/W | \$185 |
| SS4049 | 10/25-11/17 | 5-6pm | M/W | \$185 |

Beginning French 2

| | | | | |
|--------|-------------|-------|-----|-------|
| SS3043 | 7/19-8/11 | 6-7pm | M/W | \$185 |
| SS4050 | 8/16-9/13 | 6-7pm | M/W | \$185 |
| SS4051 | 9/20-10/13 | 6-7pm | M/W | \$185 |
| SS4052 | 10/25-11/17 | 6-7pm | M/W | \$185 |

OASIS ROOM 1B

Beginning Italian 1

| | | | | |
|--------|-------------|-------------|-----|-------|
| SS3045 | 7/19-8/11 | 5:15-6:15pm | M/W | \$185 |
| SS4053 | 8/16-9/13 | 5:15-6:15pm | M/W | \$185 |
| SS4054 | 9/20-10/13 | 5:15-6:15pm | M/W | \$185 |
| SS4055 | 10/25-11/17 | 5:15-6:15pm | M/W | \$185 |

Beginning Italian 2

| | | | | |
|--------|-------------|-------------|-----|-------|
| SS3049 | 7/19-8/11 | 6:15-7:15pm | M/W | \$185 |
| SS4056 | 8/16-9/13 | 6:15-7:15pm | M/W | \$185 |
| SS4057 | 9/20-10/13 | 6:15-7:15pm | M/W | \$185 |
| SS4058 | 10/25-11/17 | 6:15-7:15pm | M/W | \$185 |

OASIS ROOM 2A

Beginning Spanish 1

| | | | | |
|--------|-------------|-------|-----|-------|
| SS3047 | 6/14-7/12 | 4-5pm | M/W | \$185 |
| SS3048 | 7/19-8/11 | 4-5pm | M/W | \$185 |
| SS4044 | 8/16-9/13 | 4-5pm | M/W | \$185 |
| SS4045 | 9/20-10/13 | 4-5pm | M/W | \$185 |
| SS4046 | 10/25-11/17 | 4-5pm | M/W | \$185 |

FRENCH-INTERMEDIATE

Leo Vortouni

leosailor21@gmail.com, 949-607-9104

Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom. For info on how to join, please contact Leo Vortouni at 949-607-9104.

GERMAN-ADVANCED

Robert H. Friis, PhD

r-c-friis@cox.net

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

TECHNOLOGY

PRIVATE TECHNOLOGY LESSONS

Carole Kamper

949-230-5902

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

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

DRP300

\$60 per hour

COMPUTER BASICS

Carole Kamper

949-230-5902

Were you wishing you had better computer skills this past year at home? This is an introductory class to get you starting in using a computer. It will be a "hands-on" experience with emphasis on how to use a mouse being comfortable with the keyboard, as well as some basic internet searches. We will learn the "anatomy" of a "window" by exploring the WordPad and Paint programs. You do not need to own a computer to take the class. The class will be taught using "Windows 10" and is not designed for user of Apple/Mac computers, although most concepts apply to both platforms.

OASIS COMPUTER LAB

| | | | | |
|--------|---|----------|-----------|------|
| SS3027 | M | 7/26-8/9 | 10am-Noon | \$45 |
|--------|---|----------|-----------|------|

INTERMEDIATE COMPUTER SKILLS

Carole Kamper

949-230-5902

This class is designed to take your computer skills to a new level. We will review intermediate word processing skills and build on previous knowledge and experience. You will be introduced to PowerPoint, a fun presentation program that takes your word processing and graphic skills and offers you the chance to make flyers and other projects. We will also explore making labels, holiday cards, printing envelopes, charts and graphs.

- Prerequisite: Computer Basics and basic internet skills

OASIS COMPUTER LAB

| | | | | |
|--------|------------|----|-----------|------|
| SS4030 | 10/5-10/12 | Tu | 1-3pm | \$45 |
| SS4031 | 11/8-11/15 | M | 10am-Noon | \$45 |

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 of your APPLE iPhone for this class.

OASIS COMPUTER LAB

| | | | | |
|--------|-------|----|-----------------|------|
| SS3030 | 8/11 | W | 10:30am-12:30pm | \$40 |
| SS4020 | 9/15 | W | 10am-Noon | \$40 |
| SS4021 | 10/26 | Tu | 1-3pm | \$40 |
| SS4022 | 11/29 | M | 10:30am-12:30pm | \$40 |

IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com
Hidden Features Every User Should Know. Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, 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. The free workshop handout will be available for download prior to class or \$15 at the door. Save \$15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.

Bring your iPhone and handout to class.

- Minimum requirements: You should know iPhone basics. iPhone 6s or newer, iOS 14.

OASIS ROOM 2A

| | | | | |
|--------|------------|----|--------|------|
| SS4019 | 10/7-10/28 | Th | 1-3 pm | \$40 |
|--------|------------|----|--------|------|

IPAD BASICS

Carole Kamper 949-230-5902
This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

OASIS COMPUTER LAB

| | | | | |
|--------|-------|----|-----------|------|
| SS3036 | 8/10 | Tu | 1-3pm | \$40 |
| SS4023 | 10/18 | M | 10am-Noon | \$40 |
| SS4024 | 11/10 | W | 1-3pm | \$40 |

MAKING A SHUTTERFLY ALBUM AND AWESOME BOX

Carole Kamper 949-230-5902
Learn how to make a printable photo album using the website "Shutterfly". Using the Shutterfly Smartphone app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Awesome Box is an online software that gives friends and family a way to share "special occasions" photos and messages. These "cards" are then printed and are true keepsakes. Come and explore your creativity in this fun, project-based class.

- Prerequisite: Basic computer

OASIS COMPUTER LAB

| | | | | |
|--------|-------|----|-----------------|------|
| SS3033 | 8/4 | W | 10:30am-12:30pm | \$40 |
| SS4025 | 8/23 | M | 9:30-11:30am | \$40 |
| SS4026 | 10/27 | W | 10am-Noon | \$40 |
| SS4027 | 11/30 | Tu | 1-3pm | \$40 |

A SAMPLING OF APPS

Carole Kamper 949-230-5902
Explore just a sampling of the many Apps that are available on your iPhone/Smartphone or iPad/tablet, including Uber and Lyft, Travel, Currency Exchange and Maps, eBooks including Kindle and free eBooks that can be downloaded from the Newport Beach Library, Photo sharing including Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

OASIS COMPUTER LAB

| | | | | |
|--------|------|----|-----------------|------|
| SS3035 | 8/3 | Tu | 10:30am-12:30pm | \$40 |
| SS4028 | 9/14 | Tu | 1:30-3:30pm | \$40 |

DIGITAL PHOTO EDITING

Barbara Yin Milbert pacpal33@yahoo.com
Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.

- Prerequisite: Computer Basics or equivalent.
- Bring phone or camera cord to class.

OASIS COMPUTER LAB

| | | | | |
|--------|----------|----|--------------|------|
| SS4032 | 8/26-9/9 | Th | 9:45-10:45am | \$52 |
|--------|----------|----|--------------|------|

EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com
Learn to buy and sell items on eBay.

- Pre-requisite: basic computer skills and familiarity with the internet.

OASIS COMPUTER LAB

| | | | | |
|--------|------|----|-----------|------|
| SS4033 | 8/25 | W | 10am-Noon | \$36 |
| SS4034 | 12/2 | Th | 10am-Noon | \$36 |

EBAY 2

Barbara Yin Milbert pacpal33@yahoo.com
Learn more advanced skills for buying and selling items on eBay. Hands-on class.

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

OASIS COMPUTER LAB

| | | | | |
|--------|------------|----|-----------|------|
| SS4035 | 10/28-11/4 | Th | 11am-Noon | \$36 |
|--------|------------|----|-----------|------|

INTRO TO FACEBOOK & SOCIAL MEDIA SITES

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

- Prerequisite: Computer Basics and Skills or equivalent.

OASIS COMPUTER LAB

| | | | | |
|--------|----------|----|-----------|------|
| SS4036 | 8/26-9/9 | Th | 11am-Noon | \$52 |
|--------|----------|----|-----------|------|

INTRO TO WORD

Barbara Yin Milbert pacpal33@yahoo.com
Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more!

- Prerequisite: Computer Basics or equivalent.

OASIS COMPUTER LAB

| | | | | |
|--------|------------|----|--------------|------|
| SS3115 | 7/22-8/12 | Th | 9:45-10:45am | \$68 |
| SS4038 | 9/23-10/14 | Th | 9:45-10:45am | \$68 |

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com
Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.

- Prerequisite: Computer Basics and Skills or equivalent.

OASIS COMPUTER LAB

| | | | | |
|--------|------------|----|-----------|------|
| SS3106 | 7/22-8/12 | Th | 11am-Noon | \$68 |
| SS4037 | 9/23-10/14 | Th | 11am-Noon | \$68 |

CARDS & GAMES

BEGINNING BRIDGE

Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564
Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

OASIS ROOM 3

| | | | | |
|--------|------------|----|--------------|-------|
| SS4009 | 10/5-11/16 | Tu | 9:30-11:30am | \$145 |
|--------|------------|----|--------------|-------|

INTERMEDIATE SUPERVISED PLAY

Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564
Improve your play through supervised instruction and analysis of hands.

OASIS ROOM 3

| | | | | |
|--------|------------|----|--------------|-------|
| SS4010 | 10/5-11/16 | Tu | 12:30-2:30pm | \$145 |
|--------|------------|----|--------------|-------|

ADVANCED BEGINNING BRIDGE 1

Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564
Lessons will consist of handouts, play of pre-arranged hands and analysis.

OASIS ROOM 3

| | | | | |
|--------|------------|----|--------------|-------|
| SS4011 | 9/30-11/18 | Th | 9:30-11:30am | \$145 |
|--------|------------|----|--------------|-------|

ADVANCED BEGINNING BRIDGE 2

Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564
Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

OASIS ROOM 3

| | | | | |
|--------|------------|---|--------------|-------|
| SS4012 | 10/8-11/19 | F | 9:30-11:30am | \$145 |
|--------|------------|---|--------------|-------|

AMERICAN MAH JONGG FOR BEGINNERS

Terry Sweeney 208-920-9085
Allow me to introduce you to the exciting, action-packed game of Mah Jongg. This tile game has been played in the U.S. since the late 1930s, and is popular worldwide. Join us for fun and laughter. Come experience the thrill of your first Mah Jongg.

OASIS ROOM 3

| | | | | |
|--------|----------|----|-------------|-------|
| SS4013 | 9/2-10/7 | Th | 1:30-3:30pm | \$130 |
|--------|----------|----|-------------|-------|

AMERICAN MAH JONGG-SUPERVISED PLAY

Terry Sweeney 208-920-9085
Join your fellow classmates and practice your newly acquired Mah Jongg skills. Sign up early as space is limited. All players must bring the current Card of Hands to each class.

- Prerequisite: American Mah Jongg for Beginners

OASIS ROOM 3

| | | | | |
|--------|-------------|----|--------------|-------|
| SS4015 | 9/13-10/18 | M | 9:30-11:30am | \$130 |
| SS4016 | 10/14-12/2 | Th | 1:30-3:30pm | \$130 |
| SS4017 | 10/25-11/29 | M | 9:30-11:30am | \$130 |

DUPLICATE BRIDGE

Terry and Gene Casavant zeitje1@gmail.com 949-854-8138
Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeitje1@gmail.com or 949-854-8138.

OASIS ROOM 2

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

MAH JONGG

Doris Melnick dagm@cox.net 949-644-2600
Dave Margolis DaveSkrunner@yahoo.com 562-221-9870
Experienced players meet to play.

OASIS ROOM 3

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

FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
 Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. **No class 9/6, 11/26**

OASIS DANCE ROOM

| | | | | |
|--------|-------------|---|------------|----------|
| SS3650 | 6/14-8/9 | M | 10:15-11am | \$141/8 |
| SS3651 | 6/18-8/13 | F | 10:15-11am | \$141/8 |
| SS4550 | 8/16-10/11 | M | 10:15-11am | \$140/8 |
| SS4552 | 10/18-11/29 | M | 10:15-11am | \$125/7 |
| SS4553 | 8/20-10/15 | F | 10:15-11am | \$160/9 |
| SS4554 | 10/22-12/3 | F | 10:15-11am | \$ 105/6 |

BETTER LIFE BOXING

Andrew Deming betterlifefixing.com
 At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. **No class 9/6, 11/11, 11/25**

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

OASIS DANCE ROOM

| | | | | |
|--------|-------------|---|-------------|--------|
| SS3629 | 7/12-8/9 | M | 3:30-4:30pm | \$77/4 |
| SS4501 | 8/16-9/20 | M | 3:30-4:30pm | \$95/5 |
| SS4502 | 9/27-10/25 | M | 3:30-4:30pm | \$95/5 |
| SS4503 | 11/01-11/29 | M | 3:30-4:30pm | \$95/5 |

OASIS ROOM 1

| | | | | |
|--------|------------|----|-------------|--------|
| SS3632 | 7/15-8/12 | Th | 8:30-9:30am | \$77/4 |
| SS4505 | 8/19-9/16 | Th | 8:30-9:30am | \$95/5 |
| SS4506 | 9/23-10/21 | Th | 8:30-9:30am | \$95/5 |
| SS4507 | 10/28-12/2 | Th | 8:30-9:30am | \$77/4 |

OASIS ROOM 2

| | | | | |
|--------|------------|----|-------------|--------|
| SS3635 | 7/15-8/12 | Th | 3:30-4:30pm | \$77/4 |
| SS4508 | 8/19-9/16 | Th | 3:30-4:30pm | \$95/5 |
| SS4509 | 9/23-10/21 | Th | 3:30-4:30pm | \$95/5 |
| SS4510 | 10/28-12/2 | Th | 3:30-4:30pm | \$77/4 |

CHAIR EXERCISE

Judy Aprile jjjaprile@gmail.com
 Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 9/9, 11/24**

OASIS EVENT CENTER

| | | | | |
|--------|------------|-----|----------------|--------|
| SS3526 | 8/2-8/13 | M/W | 10:30-11:15 am | \$24/4 |
| SS4580 | 8/16-8/25 | M/W | 9:30-10:30am | \$24/4 |
| SS4581 | 9/1-9/27 | M/W | 9:30-10:30am | \$38/7 |
| SS4582 | 10/4-10/25 | M/W | 9:30-10:30am | \$38/7 |
| SS4583 | 11/1-12/1 | M/W | 9:30-10:30am | \$48/9 |

GOLF

Delane Thyen 949-413-2712

All games are at Costa Mesa Golf Courses as follows:

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

RSVP Required Ongoing M/W/F See above

LAWN BOWLING

This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it. Annual membership \$185. Green fee \$1.00 each time you bowl. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit the Club website at www.NHLBC.com

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes light weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No Class 9/28, 11/11, 11/25**

- Bring your own hand weights and resistance bands.

OASIS EVENT CENTER

| | | | | |
|--------|------------|-------|--------|---------|
| SS3517 | 7/13- 8/12 | Tu/Th | 8-9am | \$80/10 |
| SS4515 | 8/17-9/9 | Tu/Th | 8-9 am | \$65/8 |
| SS4516 | 9/14-10/7 | Tu/Th | 8-9 am | \$58/7 |
| SS4517 | 10/12-11/4 | Tu/Th | 8-9 am | \$65/8 |
| SS4518 | 11/9-12/2 | Tu/Th | 8-9 am | \$50/6 |

PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com

This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor. **No class 9/3, 9/6, 9/24, 10/27, 11/5, 11/24, 11/26**

- Please bring exercise mat and hand towel.

OASIS EVENT CENTER

| | | | | |
|--------|------------|-------|-----------|---------|
| SS3514 | 8/2-8/13 | M/W/F | 8-8:45 am | \$29/5 |
| SS4571 | 8/16-8/27 | M/W/F | 7:10-8am | \$34/6 |
| SS4572 | 9/1-9/27 | M/W/F | 7:10-8am | \$49/9 |
| SS4573 | 10/4-10/29 | M/W/F | 7:10-8am | \$57/11 |
| SS4574 | 11/1-12/1 | M/W/F | 7:10-8am | \$57/11 |
| SS3515 | 8/2-8/13 | M/W/F | 9:15-10am | \$29/5 |
| SS4575 | 8/16-8/27 | M/W/F | 8:10-9am | \$34/6 |
| SS4576 | 9/1-9/27 | M/W/F | 8:10-9am | \$49/9 |
| SS4577 | 10/4-10/29 | M/W/F | 8:10-9am | \$57/11 |
| SS4578 | 11/1-12/1 | M/W/F | 8:10-9am | \$57/11 |

MUSIC & DANCING

BALLET II

Michelle Zehnder Caumiant mcaumiant26@gmail.com
 Join us in learning the graceful beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 2 years of dance at some time in their lives but students may adapt the lesson as needed. Please wear comfortable clothing and ballet slippers by the second class meeting. **No class 7/6, 11/23**

OASIS DANCE ROOM

| | | | | |
|--------|------------|----|-----------------|----------|
| SS3601 | 6/22-8/10 | Tu | 11:30am-12:30pm | \$117/7 |
| SS4602 | 8/31-11/30 | Tu | 11:30-12:30pm | \$206/13 |

BALLROOM DANCE BASICS

Mandy Mykitta/Definitely Dance, Inc. mandy@definitelydance.org
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| | | | | |
|--------|------------|---|--------------|--------|
| SS4600 | 10/11-11/1 | M | 12:30-1:30pm | \$35/4 |
| SS4601 | 11/8-11/29 | M | 12:30-1:30pm | \$35/4 |

CLASSICAL BALLET BARRE

Michelle Caumiant Zehnder mcaumiant26@gmail.com
 In this adv/beg class we will focus on proper body alignment, balance, coordination, stamina. Through graceful movement of Classical Ballet we will build strength and more understanding for Ballet off the barre. The center floor work will be learning varied Ballet combinations using what we learned at the barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions. **No class 9/24**

OASIS DANCE ROOM

| | | | | |
|--------|-----------|---|-----------------|----------|
| SS3602 | 6/25-8/13 | F | 11:30am-12:15pm | \$113/7 |
| SS4603 | 9/3-11/19 | F | 11:30am-12:20pm | \$173/11 |

DANCE WORKSHOP

Michelle Caumiant Zehnder mcaumiant26@gmail.com
 This dance workshop incorporates many styles of dance seen on stage and film. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere. **No class 9/25**

- Requirement: One year of dance experience
- Please bring: ballet or jazz shoes by second class

OASIS DANCE ROOM

| | | | | |
|--------|------------|----|--------------|----------|
| SS4604 | 9/11-11/20 | Sa | 11am-12:30pm | \$230/10 |
|--------|------------|----|--------------|----------|

INTRO TO BROADWAY DANCE

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
 Come 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. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities. **No class 7/21**

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| | | | | |
|--------|------------|---|------------|---------|
| SS3646 | 6/16-8/11 | W | 10:15-11am | \$141/8 |
| SS4646 | 8/18-10/13 | W | 10:15-11am | \$160/9 |
| SS4647 | 10/20-12/1 | W | 10:15-11am | \$125/7 |

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. This group normally meets the 2nd Wed of the month.

OASIS EVENT CENTER

| | | | | |
|--------------------------|------|---|-----------------|------|
| RSVP Not Required | 8/11 | W | 11:30am-12:30pm | FREE |
|--------------------------|------|---|-----------------|------|

LINE DANCING

Vickie Jackson vickie@promodonnas.com
 Learn new dances and old favorites while improving your fitness level. **No Class 11/11, 11/25**

OASIS DANCE ROOM

LEVEL 1 – BEGINNER/IMPROVER (INCLUDES STEPS, SEQUENCES & VOCABULARY)

| | | | | |
|--------|-------------|----|----------|--------|
| SS4620 | 8/26 – 9/23 | Th | 1-1:55pm | \$34/5 |
| SS4621 | 9/30-10/21 | Th | 1-1:55pm | \$27/4 |
| SS4622 | 10/28-12/2 | Th | 1-1:55pm | \$27/4 |

LEVEL 2 – IMPROVER/ EASY INTERMEDIATE (SHOULD ALREADY KNOW BASIC STEPS)

| | | | | |
|--------|------------|----|----------|--------|
| SS4623 | 8/26–9/23 | Th | 2-2:55pm | \$34/5 |
| SS4624 | 9/30-10/21 | Th | 2-2:55pm | \$27/4 |
| SS4625 | 10/28-12/2 | Th | 2-2:55pm | \$27/4 |

LEVEL 3 – EASY INTERMEDIATE/INTERMEDIATE (STEP COMPETENCY REQUIRED)

| | | | | |
|--------|------------|----|----------|--------|
| SS4626 | 8/26–9/23 | Th | 3-3:55pm | \$34/5 |
| SS4627 | 9/30-10/21 | Th | 3-3:55pm | \$27/4 |
| SS4628 | 10/28-12/2 | Th | 3-3:55pm | \$27/4 |

COMBO CLASS: LEVEL 1 & 2

| | | | | |
|--------|------------|----|----------|--------|
| SS4629 | 8/26–9/23 | Th | 1-2:55pm | \$44/5 |
| SS4630 | 9/30-10/21 | Th | 1-2:55pm | \$36/4 |
| SS4631 | 10/28-12/2 | Th | 1-2:55pm | \$36/4 |

COMBO CLASS: LEVEL 2 & 3

| | | | | |
|--------|------------|----|----------|--------|
| SS4632 | 8/26–9/23 | Th | 2-3:55pm | \$44/5 |
| SS4633 | 9/30-10/21 | Th | 2-3:55pm | \$36/4 |
| SS4634 | 10/28-12/2 | Th | 2-3:55pm | \$36/4 |

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Nancy Johnson & Kelly Pierce

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

OASIS ROOM 1

RSVP Not Required Ongoing Th 1-3pm FREE

MUSIC WORKSHOP

Glen Jansma 310-940-3122

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

OASIS ROOM 5

RSVP Not Required Ongoing F 11am-1pm FREE

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Glen Jansma 310-940-3122

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OASIS ROOM 5

RSVP Not Required Ongoing F 1-3pm FREE

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Mike Ekinaka 714-336-4719

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OASIS ROOM 2

RSVP Not Required Ongoing M 1-2:30pm FREE

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

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2617 West Hall Avenue, Santa Ana, CA 92704



Kristine Taft



Mobile Notary Services
For over 40 years - 310 502 1058
ktaft1018@yahoo.com
Balboa Island Resident

DISCLAIMER

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

REGISTRATION INFORMATION

Registration is required for all programs.
 Programs are subject to change without notice.
 Confirmation receipts are emailed for fax and mail-in registration. Online registration receipts available under account information.
 Registration will NOT be accepted over the phone.
 Fees are not pro-rated for missed classes or late registration.
 If program is full, you will be placed on a wait list. If space becomes available, City staff will contact you and provide a 24 hour response time before moving to the next person on the list. No class petitioning permitted.

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

Registration form and payment to:
 OASIS Senior Center
 801 Narcissus Ave.
 Corona del Mar, 92625

Hours: M-F, 8 a.m. - 5 p.m.

Email: OASISCenter@newportbeachca.gov

ONLINE

- Available only prior to class start date.
1. Go to www.newportbeachca.gov/register
 2. Click on Sign in
 3. Enter Username & Password.
 4. Click on Register
 5. Filter Activities or Search for class
 6. Click on Name of Activity.
 7. Click Add to Cart.
 8. Follow the steps for payment.

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to:
 (949) 640-7364
 Faxes are processed during regular business hours and only upon receipt of a completed and signed registration form

First Name

Last Name

Address

City

Zip

Home Phone

Work/Cell Phone

Email

Participant's Name

Gender

Class # Session

Class Name

Fee

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 flyers.

Class Fees

**Non-residents add \$5 for classes \$74 & under
 OR \$10 for Classes \$75 & over**

Total Paid

WAIVER & RELEASE OF LIABILITY In consideration of 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.

Mandatory Signature: _____ **Date:** _____

Non-resident Fee - Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy — A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services at the time of registration.

Refund Processing Time/Payment Type - Check/Cash- Refunds processed within 3-4 weeks by mailed check. Credit Card – Refunds processed within 3-5 days

CVC _____

Credit Cards Accepted



CC# _____

Exp. Date _____ / _____



OASIS FITNESS CENTER



949-718-1818

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

Hours of Operation

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

Friday: 7:00AM - 5:00PM

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

- Age requirement is 50 years or older
- Membership and orientation are required
 - by appointment only
- Lockers, showers, and cubbies available
- Closed-toed shoes are required
- Recommend workout attire
- Wellness wipes available, please wipe down equipment after each use
- Guest or day passes not available
- Towels available for purchase



In honor of National Senior Center Month become a new member in September and receive a free fitness towel!

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

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

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

PERSONAL TRAINING

RATES

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

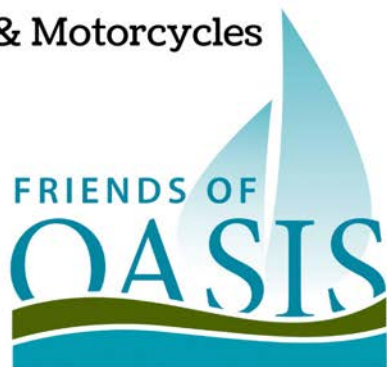
Please see staff for availability

www.newportbeachca.gov/oasisfitness

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



**SUNDAY,
SEPTEMBER 19
8:00AM - 10:30AM**

- Registration for car entries at 7:00am
- Trophy presentation at 10:00am

For more information
please call the friends
office at 949-718-1800