

OASIS news

Older
Adult
Social &
Information
Services

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

JANUARY 2025

VOL.49 NO. 1



365 new days to:
volunteer, buy local,
donate, read a book,
challenge yourself,
take a walk on the beach,
recycle, learn something new,
support family & friends,
plant something & watch it grow,
create art, try new foods,
take a trip to somewhere new,
check in on your neighbors,
attend local community events,
be kind, grateful, and curious.

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

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

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

OASIS SENIOR CENTER

CONTACT US:

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

Website: newportbeachca.gov/oasis

Phone:

- **City Administration Office:** 949-644-3244
- **OASIS Fitness Center:** 949-718-1818
- **Friends of OASIS:** 949-718-1800
- **Meals On Wheels OC:** 949-718-1820

HOURS:

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

Friends of OASIS Office

M-F 7:30am-4:30pm

Website: friendsofoasis.org

OASIS is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

City Manager:	Grace Leung
Recreation & Senior Services Director:	Sean Levin
Deputy Director	Justin Schmillen
Senior Services Manager:	Melissa Gleason
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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 Battoli-Caputo
Office Assistant:	Laura Williams
Care-A-Van Drivers:	Blanca Olazo
	Jose Cardenas
	Raul Cano
	Araceli Gonzalez
	Michael Hastert

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Elsa Segato
Ellen Spar

MEALS ON WHEELS OC STAFF:

Terry Ivins
Robert White

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Council Member	Sara Weber
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Contributing Editors:	Scott Paulsen
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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER

Many of you have asked about my daughter’s wedding, and I’m happy to share—it was truly a day to remember. To sum it up, it was the second best day of my life, with the first being the day she was born. Love was definitely in the air, and all 38 guests agreed. There were a few “Costa Rican” hurdles along the way, but nothing could take away from their special day.

At OASIS we are kicking off 2025 with some exciting presentations, starting with one from Sage Hill High School. “Refashioned” presentation on page 4, where we’ll learn about sustainable fashion—and even get to make a craft! We’re also participating in the Winter Coat Drive again this year. This drive has been incredibly successful over the years, thanks to your generous contributions. Let’s keep it going strong!

Additionally, AARP is offering its Tax Aid Free Prep Service this year. If you’re interested in this valuable resource, check out page 6 for more information on how to take advantage of this service.

I also want to share something that inspires me. I work out at a fitness studio in Costa Mesa, and the stairway leading up to it is decorated with motivational phrases, much like the one on the cover of this newsletter. Every time I read them, I feel encouraged and energized—and I hope they do the same for you. As we close out this year and look ahead to the next, I wish all of you a healthy and fulfilling 2025. Here’s to a fresh start, new opportunities, and plenty of happiness ahead!

Happy New Year!

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Allow me to be one of the first to wish you, our valued Friends member, a Happy New Year and continued success in 2025! We had a nice short Holiday recess here at OASIS, but as of January 2nd we are again open for business. We will have our first General Meeting for 2025 on Friday, February 7th. We have some excellent entertainment planned, as well as (once again) planning some big-name concerts for our members for the upcoming summer months. Always remember to check with our office staff to make sure your Friends membership is current, and if you don’t receive your OASIS Newsletter on or about the first week of the month, then, most likely your one-year membership has most likely “expired.” Membership is still \$15 per person and \$25 for couples, and even though our Fund Drive is officially over, we still accept Friends donations. It is always amazing to me how much it costs to keep this operation going every month. Just think of how big we have grown over the years, and the costs of everything continues to rise each year, just like in our personal lives. We receive no City funding, and operate on your membership and your donations.

On a positive note: Remember the “angst” we all got when your driver’s license written tests came due. Well, guess what? The new law taking place as of this year means that if you are over 70 and have a clean record, only a vision test, and a new photo are required! You still need to go online and make a reservation at the local DMV, but “hallelujah!”, no studying for that pesky written driver’s test!

As I previously said, we have many great things planned for this year, and are thrilled to have you as a valued member of Friends. Don’t forget to visit our website at www.friendsofoasis.org, and have a great 2025!

Always at your service,

Mike



HOAG Community Health Presents:

Treating Shoulder & Rotator Cuff Pain & Injuries

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

Presented by: Hafiz Kassam, MD

Tuesday, January 14 !

OASIS Room 1 | Noon - 1:00pm

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



Refashioned

Sage Hill High School

WEDNESDAY, JANUARY 15
10AM | ROOM 1

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



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

MUSIC FOR YOUR MIND

Enjoy a free brain stimulating session filled with music, singing, and a fun trivia PowerPoint presentation! Hosted by Alzheimer's Orange County, this interactive experience is sure to stimulate your mind and lift your spirits.

Funded by: Diane & Steve Lawrence

THURSDAY, JANUARY 16
12:30PM-1:30PM | ROOM 2

Alzheimer's *Presented by: Karen M. Skipper,*
ORANGE COUNTY *MT-BC, Board Certified*
Music Therapist

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

The World of Contemporary Art

Thursdays January 16, 23 & 30
3-4:30pm | Room 1

Definitely not your average art history class. We will ask, "Is this art?". Fun, interactive and educational, the class will discuss the history of the Contemporary art movement, the types of art, key artists, the big money collectors and dealers, and speculate what will be the first billion-dollar artwork to be sold at auction." This free class is intended to be interactive and fun, filled with discussion.

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

Presented by: HOAG at Home

Free Fall Prevention Screening



Join us for a Free Fall Prevention Screening designed to provide you with valuable insights and practical tools to reduce your fall risk.

What to Expect:

- An objective assessment of your fall risk
- Tailored safe daily exercise suggestions
- Expert advice on home modifications

Wednesday, January 22 | Room 4

By appointment only. Appointment times from 9am-Noon. To schedule your free one-on-one screening please call **949-644-3244**. 

TRAVEL SHOWS WITH NINO GERMANY AND BELGIUM



Presented by Nino Mohan, Travel Expert

**Tuesday, January 28
10:00am | Room 1**

We began in Berlin, visiting the Reichstag, Brandenburg Gate, and Berlin Wall. From there, we continued to Leipzig to explore its musical heritage and then headed to Dresden, celebrated for its greenery and historic monuments. In Bavaria, we visited Nuremberg's castle, stopped in Würzburg to see the Royal Palace, and stepped back in time at Rothenburg ob der Tauber on the Romantic Road. In Munich, we discovered Marienplatz and other attractions and paid a visit to Dachau, one of the first concentration camps. A day trip to Neuschwanstein Castle showcased its stunning beauty and surrounding valleys. We traveled to Stuttgart, the home of Mercedes-Benz and Porsche, and explored Trieste and Germany's wine country. Next, we admired Heidelberg Castle and its charming town before heading to Frankfurt, with its vibrant old town and financial significance. A Rhine River cruise was followed by visits to Cologne, Bonn, Düsseldorf, Hanover, and finally Hamburg, completing our grand tour of Germany.

MOVIE TALK

WITH THEO SIEGEL

WEDNESDAY, January 29

EVENT STARTS AT 1:00 PM **Event Center**

Field of Dreams (1989) tells the story of a farmer who builds a baseball field in his cornfield, attracting the ghosts of baseball legends, including the Chicago Black Sox. Burt Lancaster made his final film appearance in this movie. Initially, director Phil Alden Robinson didn't consider Kevin Costner for the role of Ray Kinsella, thinking he wouldn't want to follow Bull Durham with another baseball film. The role was first offered to Tom Hanks, who declined, leading to Costner's eventual casting. The Kinsella farm scenes were filmed at Don Lansing's property in Dyersville, Iowa, where the baseball field still stands as a free tourist attraction. Major League Baseball now hosts games there periodically. Learn about these interesting facts and many more from the movie guy as we talk about "Field of Dreams" with Kevin Costner, James Earl Jones, Ray Liotta and Burt Lancaster and then show the movie.



Alzheimer's | MEMORY SUPPORT SERVICES
ORANGE COUNTY

Memories in the Making

For Care Partners & Loved Ones with Dementia



**Thursday, January 30th
1:00PM- 2:30PM**

Memories in the Making® offers individuals with memory loss and their care partners a relaxing art experience with music, socialization, and guided inspiration by facilitator Ben Allen. No art skills are needed—just enjoy self-expression, reminiscing, and stress relief while stimulating the brain. All supplies provided!

RESERVE YOUR SPOT!

Reservations are required by calling **(949) 644-3244** or **OASIScenter@newportbeachca.gov**



OASIS Senior Center

BUNCO

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

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



VETERANS SOCIAL GROUP

★ ★ ★ ★ ★ ★ ★ ★

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

TUESDAY, JANUARY 21 AT 11:30AM

HONORING ALL WHO SERVED




SPEAKER: JIM LOCKHART

TOPIC: HEROS AND COINCIDENCES

★ RSVP not required ★

AARP TAX AID FREE PREP SERVICE

HOW TO MAKE AN APPOINTMENT

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

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

Qualifying Federal and California State Tax Returns that include:

Income From:

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

Deductions For:

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

Credits For:

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

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

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

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

Winter Coat Drive



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

**Collection box at OASIS
January through February**

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

Family Support Group

For family members who have adult children or other loved ones with mental health issues.

Discussions and solutions regarding legal, emotional and familial issues that commonly arise.

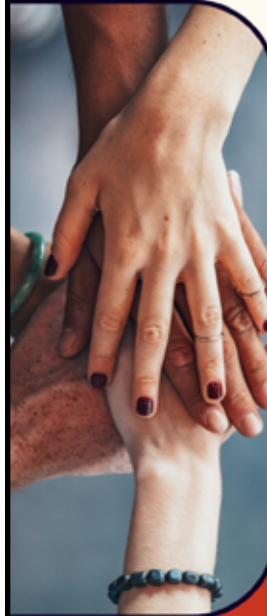
**2nd & 4th Thursdays
12:30 pm - Room 5**

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



OASIS SENIOR CENTER

CAREGIVER SUPPORT GROUP



Now Twice a Month!

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

- Emotional Support
- Resources
- Tools for Burnout
- Understanding

caregiver 
RESOURCE CENTER

Alzheimer's Support Group

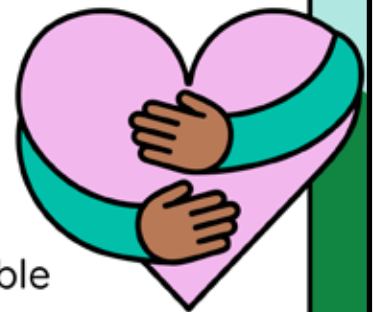
For Family Members & Caregivers

Alzheimer's
ORANGE COUNTY

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

**2nd & 4th Wednesday
10:00 am | OASIS Room 5**

RSVP not required



Support Programs

SENIOR ASSESSMENT PROGRAM

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

INFORMATION & REFERRAL

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

SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

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

MEDICAL EQUIPMENT LOAN

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

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

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

MEMORY SCREENING

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

BLOOD PRESSURE SCREENING

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



Support Groups

ALZHEIMER'S SUPPORT GROUP

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

OASIS Room 5
RSVP Not Required 2nd & 4th Wednesday 10am Free

CAREGIVER SUPPORT GROUP

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

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

CONNECTIONS GROUP

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

OASIS Room 5
RSVP Not Required Ongoing Thursdays 2pm Free

COMPASSIONATE FRIENDS

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

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

NAMI SUPPORT GROUP

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

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

THE GOOD GRIEF GROUP

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

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

VETERANS SOCIAL GROUP

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

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

OASIS SENIOR CENTER
TRANSPORTATION SERVICE



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

SERVICE HOURS:

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

SAME DAY RIDES:

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

PRICING:

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

ELIGIBILITY:

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

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

HAPPY NEW YEAR
LET'S GO SHOPPING!

OASIS IS OFFERING TWO SHOPPING TRIPS THIS MONTH FOR TRANSPORTATION CLIENTS:

 **DOLLAR TREE:**
 THURSDAY, JANUARY 16

 **TARGET:**
 THURSDAY, JANUARY 30

CALL THE ADMINISTRATION OFFICE AT 949-644-3244 TO RESERVE YOUR SPOT!

Meal Services

MEALS ON WHEELS - LUNCH CAFE

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

LUNCH SERVICE:

- Monday - Friday: Noon - 12:30pm

PRICE:

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

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

MEALS ON WHEELS-HOME DELIVERED MEALS

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

 **MEALS ON WHEELS ORANGE COUNTY**

JOIN US AT THE Lunch Cafe!

Hot Lunch is Served Monday-Friday 12:00-12:30 PM
 No reservations required!



Featured meals include: Pork Carnitas, Cheeseburgers, Mexican Beef Cocido Soup

To view the full menu, scan the QR code or visit: www.mealsonwheelsoc.org/lunch-cafe/



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



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.



Enrichment

A DIFFERENT KIND OF BOOK GROUP

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

Topic: History
OASIS Room 5

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

CHRONICLING LIFE MEMORIES

Marla Miller www.Marlamiller.com
Autobiography and Memoir. No need to be 'a writer' to craft your life story for posterity. In class, students learn the difference between memoir and autobiography and which story form may be the right fit. If you haven't begun to write your story, start in class with writing prompts offered to inspire that include the instructor's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

OASIS Room 5

SS1085 1/14-3/11 Tu 10am-12:30pm \$180/9

CREATIVE WRITING JUMPSTART

Dorothy Spirus YourProfessorD@gmail.com
You want to write, but don't know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.

Online

SS1083 1/7 Tu 7-9pm \$89/1

CREATIVE WRITING

Dorothy Spirus YourProfessorD@gmail.com
Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This live, online class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom. **No class 2/5**

Online

SS1080 1/8-2/19 W 7:30-9pm \$215/6

CURRENT EVENTS DISCUSSION

Mark Burcaw, Joe Giordano & Larry Ring

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

OASIS Library

RSVP Not Required Ongoing M 3-5pm Free

DRIVER SAFETY (AARP)

AARP

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

You must attend class on both days to complete course.

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

OASIS Room 2

RSVP Required 1/22 & 1/23 W/Th 1-5pm \$20/\$25



ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

Hamlet, A Midsummer Night's Dream, Macbeth. Sail the vast seas of English and American fiction. At present, revisit Shakespeare's classics, Hamlet and Macbeth and other works. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds in the English language. Class is ongoing; please contact instructor for updated information.

OASIS Room 1B

SS1059 1/3-3/14 F 10am-Noon \$95/11

KNITTING

Roberta

949-715-3438

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

OASIS Room 3

RSVP Not Required Ongoing W Noon-3pm Free



OASIS PLAYERS

May Kramer

Like to perform? Act, sing, dance? Join the OASIS Players!

OASIS Room 2A

RSVP Not required Ongoing W 1-3pm Free

PHILOSOPHY DISCUSSION GROUP

Dave Larue

dkla2018@outlook.com

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

OASIS Room 1A

RSVP Not required 1/14 & 1/28 Tu 3-4:30pm Free



TACKLING SPORTS

Laird Hayes & Tom Johnson

Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.

Speaker: "Cultivating Healthy Performance

in Sport and Life." Paul Mc Donald, former USC, NFL Quarterback, and Author; **Michael McDonald**, former Newport Harbor and USC Quarterback.

RSVP Not Required 1/21 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

vloetjozef@gmail.com

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

OASIS Room 5

RSVP Required W 1-3pm Free



Fine Arts

BEG./INTER. WATERCOLOR

Bobbi Boyd **949-544-9383**
 In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasis on learning good composition along with good technique. You're going to painlessly learn to draw better too. What you chose to paint is really about your personal voice. Take photos and look in magazines and online (pinterest is good) for images you'd like to work with.

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

<u>OASIS Art Center</u>				
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
DRP110	Drop-In (No Refunds)			\$50/1

FREEHAND DRAWING

Nancy Wahamaki's Art World **nwvasek@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)

<u>OASIS Room 2A</u>				
SS1005	1/15-3/5	W	9-11am	\$200/8

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World **nwvasek@gmail.com**
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project.

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

<u>OASIS Art Center</u>				
SS1003	1/6-3/10	M	9am-Noon	\$184/8

INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer **jnetzer2@hotmail.com**
 This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Potters wheels are available. Please bring your own hand tools.

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

<u>OASIS Art Center</u>				
SS1039	1/8-3/12	W	9am-Noon	\$222/10

OIL PAINTING- BEGINNING

Bobbi Boyd **949-544-9383**
 This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. Have you been at this for a while? I will continue to introduce techniques and ideas to help you become more proficient and more able to achieve your vision. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started.

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

<u>OASIS Art Center</u>				
SS1091	1/7-1/28	Tu	1-4pm	\$200/4
SS1092	2/4-2/25	Tu	1-4pm	\$200/4
SS1093	3/4-3/28	Tu	1-4pm	\$200/4
DRP110	Drop-In (No Refunds)			\$50/1

WOODCARVERS AND CRAFTERS WORKSHOP

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

<u>OASIS Art Center</u>				
RSVP not Required	Ongoing	Th	8-11am	See above



OIL PAINTING- INTERMEDIATE

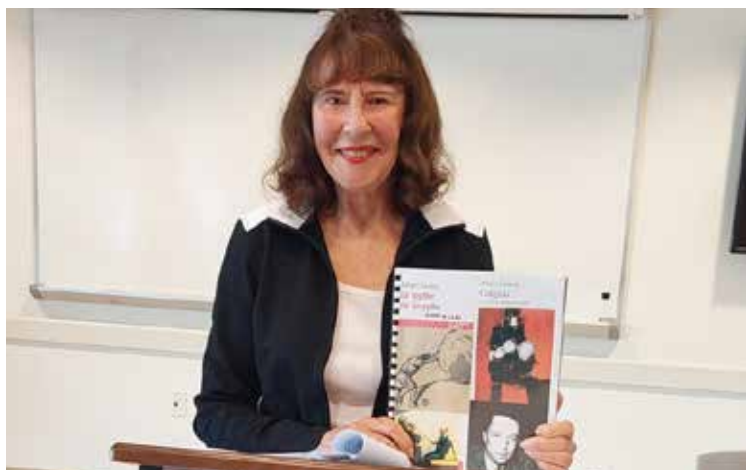
Jim Ellsberry jim@jimEllsberry.com 310-218-2658

This class focuses on mixing color from a basic color palette to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary landscape, interior scenes, and still life subjects. We also explore ways to loosen up, avoid detail, and use confident brushwork to create energetic and more expressive paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred. **No class 1/20, 2/17**

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

OASIS Art Center

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



Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson 949-675-5182

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

OASIS Room 2B

SS1008	1/8-3/12	W	10am-Noon	\$90/10
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FRENCH-INTERMEDIATE

Leo Vortouni leosailor21@gmail.com 949-607-9104

Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. **Group meets on Zoom.**

INTERMEDIATE SPANISH CLUB

Nida Fernandez, Ph.D nidit@att.net

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

OASIS Room 4

RSVP Required	Ongoing	M	12:30-2pm	Free
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PORTAL LANGUAGES

Portal Languages

714-979-1655

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 1/20, 2/17**

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

OASIS Room 1A

Beginning French 1

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

Beginning French 2

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

OASIS Room 1B

Beginning Italian 1

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

Beginning Italian 2

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

OASIS Room 4

Beginning Spanish 1

SS1044	1/7-1/30	Tu/Th	11:30am-12:30pm	\$225/8
SS1045	2/4-2/27	Tu/Th	11:30am-12:30pm	\$225/8

Beginning Spanish 2

SS1046	1/7-1/30	Tu	1-2pm	\$225/8
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SPANISH LITERATURE BOOK CLUB

Darielle Wilson

949-675-5182

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

OASIS Room 5

RSVP Required	2nd Monday	2:30-4:30pm	Free
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GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2006 publication date), which can be purchased online, is the required text for the class.

- \$20 materials fee due to instructor.
- Email instructor to RSVP - bcorlett@cox.net

OASIS Room 4

9/5/2024-5/29/2025	Th	1-2pm	Free
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Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper 949-230-5902
Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.

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

DRP100 \$60 per hour

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
SS1123 2/3 M 10:30am-12:30pm \$45/1
SS1124 3/6 Th 1-3pm \$45/1

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
SS1020 1/27 M 10:30am-12:30pm \$42/1
SS1022 3/5 W 10:30am-12:30pm \$42/1

DIGITAL PHOTO EDITING

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

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

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

EBAY 1

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

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

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

INTRO TO FACEBOOK & SOCIAL MEDIA

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

- **Prerequisite:** Computer Basics or equivalent

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

INTRO TO WORD

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

- **Prerequisite:** Computer basics or equivalent

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

INTRO TO EXCEL

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

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

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



IPAD BASICS

Carole Kamper 949-230-5902

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

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

OASIS Computer Lab

SS1023	1/29	W	10:30am-12:30pm	\$42/1
SS1024	2/27	Th	1-3pm	\$42/1

IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com

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

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

OASIS Room 2A

SS1145	2/27-3/20	Th	10am-Noon	\$40/4
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MAKING A SHUTTERFLY ALBUM

Carole Kamper 949-230-5902

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

- **Prerequisite:** Basic computer skills

OASIS Computer Lab

SS1126	1/6	M	10:30am-12:30pm	\$42/1
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WHAT GOOD ARE THESE APPS?

Carole Kamper 949-230-5902

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

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

OASIS Computer Lab

SS1028	1/8	W	10:30am-12:30pm	\$42/1
SS1029	3/10	M	1-3pm	\$42/1

Cards & Games

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Frank Delgado frankdel949@yahoo.com

101: Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

201: Beginners take everything they learned and continue trying new hands on the Mah Jongg Card.

- **Please bring:** your current Card of Hands
- **Prerequisite:** American Mah Jongg for Beginners 101

OASIS Room 3

American Mah Jongg for Beginners 101

SS1210	1/9-2/13	Th	9-11am	\$160/6
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American Mah Jongg for Beginners 201

SS1212	2/20-3/27	Th	9-11am	\$160/6
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BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master pareynolds@aol.com

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

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

OASIS Room 3

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

Rose Reynolds, ACBL Life Master pareynolds@aol.com

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

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

OASIS Room 3

SS1112	1/14-3/4	Tu	3-4:30pm	\$176/8
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BRIDGE: "WINTER WONDERLAND" SHUFFLE, DEAL, AND PLAY PRACTICE

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

No class 1/20, 2/17

OASIS Room 3

SS1113 1/13-3/3 M 5:15-6pm \$132/6

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

Rose Reynolds, ACBL Life Master pareynolds@aol.com
 Enhance your bridge bidding skills by mastering key conventions that will elevate your game. In this class, we'll cover the Stayman convention for discovering 4-card majors after a 1NT opening, Jacoby Transfers to find an 8-card major fit, and the Strong Two Club Opener, signaling a strong hand right from the start. Using the cards-on-the-table method, students will engage in hands-on learning, practicing these conventions in real-time play. This fun, interactive approach fosters teamwork and creates a sense of community, boosting both your confidence and enjoyment at the bridge table. **No class 1/20, 2/17**

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

OASIS Room 3

SS1116 1/13-3/3 M 3:30-5pm \$132/6

BRIDGE BASICS 1

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

OASIS Room 3

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

BRIDGE BASICS 2

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

OASIS Room 3

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

BRIDGE: DEFENSE

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
 Lessons include leads against no trump, leads against suit contracts, discarding and signals. **No class 1/16**

OASIS Room 2B

SS1011 1/9-2/6 Th 9-11am \$120/4

BRIDGE: COMPETITIVE BIDDING

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

OASIS Room 3

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

ACBL DUPLICATE BRIDGE

Gail Schneider **949-472-8010**

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

OASIS Room 2

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

DUPLICATE BRIDGE

Terry and Gene Casavant **949-854-8138**
zeitje1@gmail.com

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

OASIS Room 2

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

MAH JONGG

Doris Melnick **310-488-8338**

Experienced players meet to play, no instruction is given.

- American Mah Jongg card and rules only.

OASIS Room 3

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





FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve balance, mobility and circulation. Increase your flexibility and range of motion and reduce muscle tension. **No Class 1/20, 2/17**
OASIS Dance Room

SS1500	1/6-3/10	M	10:15-11am	\$160/8
SS1501	1/8-3/12	W	10:15-11am	\$200/10
SS1502	1/10-3/14	F	10:15-11am	\$200/10
SS1503	1/6-3/14	M/W/F	10:15-11am	\$490/29

BETTER LIFE BOXING

Sara Gutierrez sararez@betterlifeboxing.com
This class is a great way to learn boxing technique and mobility to better your balance, strengthen muscles, and get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels welcome.
No class 1/20, 2/17

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

OASIS Dance Room

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

OASIS Room 1

SS1507	1/9-1/30	Th	3:30-4:30pm	\$95/4
SS1508	2/6-2/27	Th	3:30-4:30pm	\$95/4
SS1509	3/6-3/27	Th	3:30-4:30pm	\$95/4
DRP161	Drop-In (No Refunds)			\$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu
This Coastline College Special Programs class is designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability).

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

OASIS Event Center

Ongoing	DATES	M	11:30am-12:30pm	Free
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CHAIR EXERCISE

Judy Aprile jijaprile@gmail.com

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

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

FALLPROOF® BALANCE & MOBILITY

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

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

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

OASIS Room 1

SS1513	1/13-3/5	M/W	1:30-2:30pm	\$195/13
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GOLF GROUP

Greg Nelson greghbnelson@me.com

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.

- The format is team competition, picked randomly.
 - Handicaps range from 10 to maximum 30.
 - Contact greghbnelson@me.com for available openings.
- RSVP Required Ongoing M/W/F approx. 9am

HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

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

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

OASIS Dance Room

SS1514	1/6-3/10	M	11:30am-12:30pm	\$165/8
SS1515	1/9-3/13	Th	10:30-11:30am	\$205/10
SS1516	1/6-3/13	M/Th	above times	\$365/18

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

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

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

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

OASIS Event Center

SS1517	1/2-1/28	Th/Th	8-9am	\$65/8
SS1518	1/30-2/25	Tu/Th	8-9am	\$65/8
SS1519	2/27-3/13	Tu/Th	8-9am	\$43/5
DRP163	Drop-In (No Refunds)			\$12/1



IYENGAR YOGA

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

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

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

OASIS Room 1

SS1521	1/6-2/3	M	10-11:15am	\$80/4
SS1522	1/9-2/6	Th	10-11:15am	\$100/5
SS1523	1/6-2/6	M/Th	10-11:15am	\$171/9
SS1524	2/10-3/10	M	10-11:15am	\$80/4
SS1525	2/13-3/13	Th	10-11:15am	\$100/5
SS1526	2/10-3/13	M/Th	10-11:15am	\$171/9
DRP165	Drop-In (No Refunds)			\$25/1

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

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

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

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

OASIS Dance Room

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

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

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

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

OASIS Room 5

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



NEW! MELT METHOD: SELF CARE TECHNIQUE

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

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

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

OASIS Dance Room

SS1530	1/14-2/11	Tu	2-3pm	\$115/5
SS1531	2/18-3/11	Tu	2-3pm	\$93/4
DRP171	Drop-In (No Refunds)			\$30/1

PILATES MAT

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

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

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

OASIS Dance Room

SS1532	1/7-2/4	Tu	8:45-9:45am	\$90/5
SS1533	2/11-3/11	Tu	8:45-9:45am	\$90/5
DRP167	Drop-In (No Refunds)			\$23/1

PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com

This overall conditioning class includes a light cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 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

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
SS1537	1/13-1/31	M/W/F	8:45-9:35am	\$57/8
SS1538	2/3-2/28	M/W/F	8:45-9:35am	\$70/10
SS1539	3/3-3/31	M/W/F	8:45-9:35am	\$83/12

RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren www.MySoulSpark.com

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

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

- **Please bring:** yoga mat

OASIS Dance Room

SS1540	1/7	Tu	4:30-5:30pm	Free
SS1541	1/14-3/11	Tu	4:30-5:30pm	\$185/9
DRP164	Drop-In (No Refunds)			\$25/1

SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com

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

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

OASIS Dance Room

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

SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com

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

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

OASIS Dance Room

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

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

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

If you want to keep your bones strong, have osteoporosis or osteopenia, these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.

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

OASIS Dance Room

SS1550	1/7-2/4	Tu	10-11am	\$90/5
SS1551	2/11-3/11	Tu	10-11am	\$90/5
DRP167	Drop-In (No Refunds)			\$23/1



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

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

This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

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

OASIS Dance Room

SS1552	1/9-2/6	Th	7:45-8:45am	\$90/5
SS1553	2/13-3/13	Th	7:45-8:45am	\$90/5
DRP167	Drop-In (No Refunds)			\$23/1

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com

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

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

OASIS Event Center

SS1554	1/7-3/13	Tu/Th	9:30-10:30am	\$295/20
SS1555	1/7-3/11	Tu	9:30-10:30am	\$165/10
SS1556	1/9-3/13	Th	9:30-10:30am	\$165/10

DRP168 Drop-In (No Refunds) \$25/1

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

NEW! YOGA THERAPY CLINICS – BRAIN HEALTH

Stephanie von Meeteren www.MySoulSpark.com

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

OASIS Room 5

SS1557	2/3-3/10	M	10-11am	\$105/5
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ZUMBA GOLD® DANCE FITNESS

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

Newly retired or have free mornings? Seeking community and friendship? Embrace the joy of Zumba Gold®-dance, connect, and revitalize while grooving to vibrant tunes. Join the low-impact, age-reversing party! **No class 1/20, 2/17**

OASIS Dance Room

SS1558	1/6-3/10	M	9-10am	\$145/8
SS1559	1/8-3/12	W	9-10am	\$180/10
SS1560	1/9-3/13	Th	9-10am	\$180/10
SS1561	1/10-3/14	F	9-10am	\$180/10
SS1562	1/18	Sa	9-10am	Free
SS1563	1/25-3/15	Sa	9-10am	\$145/8

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

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



MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

- **Prerequisite:** at least 2 years of movement training.
- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

SS1565	1/17-3/21	F	11:30am-12:45pm	\$208/10
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DRP170 Drop-In (No Refunds) \$23/1



BEGINNING BROADWAY DANCE

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

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

OASIS Dance Room

SS1566	1/8	W	11:15am-Noon	Free
SS1567	1/15-3/12	W	11:15am-Noon	\$185/9

DRP169 Drop-In (No Refunds) \$25/1

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com

This is going to be a really fun class using a lot of great music from different eras and a variety of jazzy styles. No need to feel you can't keep up. The class is for everyone who likes to move to music and is always open to adaptation. You will be having such a good time you will forget you are even exercising. So swing right in and enjoy the party!

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

OASIS Dance Room

SS1568 2/18-3/18 Tu 12:55-1:35pm \$87/5

DRP170 Drop-In (No Refunds) \$23/1

NEW! DISCO DANCE BEGINNER ONE-DAY WORKSHOP

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

Step into the groove with our Disco dance one day workshop! No experience or partner needed—just your enthusiasm and a love for funky moves. Join us and dance like it's the '70s!

OASIS Dance Room

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



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

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed.

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

OASIS Dance Room

SS1572 1/14-3/18 Tu 11:30am-12:45pm \$208/10

DRP170 Drop-In (No Refunds) \$23/1



LINE DANCING

Vickie Jackson vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's.

OASIS Dance Room

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

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)

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)

SS1577 1/9-2/6 Th 3-4 pm \$38/5

SS1578 2/13-3/13 Th 3-4pm \$38/5

MUSIC WORKSHOP

Glen Jansma **310-940-3112**

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

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm Free

HOOTENANNY

Glen Jansma **310-940-3112**

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm Free

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka **714-336-4719**

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

OASIS Room 2

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

SAILING CLUB

OASISSailingClub.org

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. We welcome both experienced and new sailors. Monthly dues is \$65 and sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm. For membership details call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org

FRIENDS OF OASIS

Gift Shop

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

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

Lending Library

The Friends of OASIS operates a quaint lending library. Swing by and check out a book or two today

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

Friends of OASIS

Scholarship Program



Applications are now being accepted for the Spring 2025 semester.

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

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

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

Deadline is March 4, 2025



Visit Our Website
www.friendsofoasis.org

APPLY NOW

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




OASIS SAILING CLUB MEMBERSHIP

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

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



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

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

YOUR WILL AND TRUST

*P*ast generations gave us OASIS Center.

*P*lease provide for future OASIS and Friends of OASIS.

*P*rovide something in your will and trust.

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

Our OASIS legacy depends on US!!

Thank you,

Walt Howald & Kay Walker
Directors
Friends of OASIS

OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

- Receive the monthly OASIS Newsletter in the mail (12 issues)
- Discounts on travel trips
- Access to the unique clubs
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Monthly Membership Get Together

ANNUAL MEMBERSHIP
\$15 Single
\$25 Couple

Call 949-718-1800, visit friendsofoasis.org or stop by the Friends Office **Monday-Friday 8am-4pm** for more information and to join.

The Friends of OASIS is a 501 (c) (3) non-profit corporation.



Membership Discounts

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

10% Discount

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

20% Discount

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



FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required Information**

****NAME** _____ **DATE** _____

****2ND MEMBER** _____ *Print Clearly*

****ADDRESS** _____ **CITY** _____

****STATE** _____ **ZIP** _____ **PHONE** (_____) _____

****E-MAIL** _____

****E-MAIL 2** _____

EMERGENCY CONTACT _____ **PHONE** (_____) _____

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

CREDIT CARD # _____ **Exp. DATE** _____ / _____

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

Total \$ _____ **Received by:** _____

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

Rev.5/2024



OASIS Travel Hours & Contact Information

Monday-Friday 9am-1pm

949-718-1810 oasistravel2@yahoo.com



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

DAY TRIPS

HOLOCAUST MUSEUM AND OCMA

Wednesday, January 15

\$60/65

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

Depart: 9:30am

Return: 3:30pm

THE KINGSTON TRIO

Sunday, March 9

\$135/\$140

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

Depart: 12(Noon)

Return: 6:30pm

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

LUCK O' THE IRISH

Monday, March 17

\$130/\$135

Irish Luncheon and Musical Review. Songs, costumes, dialogue and dances such as Danny Boy, My Wild Irish Rose, Irish Eyes are Smiling, Molly Malone and Broadway selections from Finian's Rainbow, Brigadoon and more! Choose your lunch selection when you sign up!

Depart: 11am

Return: 5:30pm

DISCOVERING CARLSBAD-FOOD & WALKING TOUR

Thursday, March 27

\$115/\$120

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

Depart: 10am

Return: 5pm

SAN DIEGO ZOO

Wednesday, April 2

\$130/\$135

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

Depart: 8:30am

Return: 5:30pm

FLOWER FIELDS, CARLSBAD

Thursday, April 17

\$90/95

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

- Hats, sunscreen and walking shoes are recommended.

Depart: 8:30am

Return: 5:00pm

MAMA MIA AT SEGERSTROM

Saturday, May 17

\$100/105

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

- No bus transportation is included with this trip.

EXTENDED TRIPS

Flyers available in the travel department

AFC

HAWAII THREE ISLAND ADVENTURE

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

SIERRA SNOW TRAIN

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

ARIZONA SPRING TRAINING EXPLORER

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

MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE

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

NORMANDY, PARIS & SEINE RIVER CRUISE

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

ICELAND EXPLORER

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

HIGHLIGHTS OF SCANDINAVIA

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

SUNNY TUCSON & THE OLD WEST

November 9 (6 days, 8 meals)

PETER'S WAY TOURS

SITES AND SHRINES OF FRANCE

April 21-30 (a Pilgrimage trip)

FR. CHRISTOPHER HEATH

February 15-20 (a Pilgrimage trip to Mexico)

MAJESTIC ADVENTURES

PRE-MARDI GRAS NEW ORLEANS EXTRAVAGANZA

February 23 (6 days, 8 meals)

CANADIAN ROCKIES ADVENTURE

August 17 (7 days, 9 meals)



HARKER, CAMPBELL & BELFIELD LLP
A Limited Liability Partnership

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Fax: (949) 955-0180
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MAGNIFICARE, LLC
IN-HOME CARE SERVICES

CREATE CHEER FOR OUR AGING LOVED-ONES AND THEIR CAREGIVERS. THEY DESERVE IT!



OUR STRATEGY: HAPPY EMPLOYEES CREATE BETTER COMPANIES

OUR SIGNATURE SERVICES:

- COMPANION CARE
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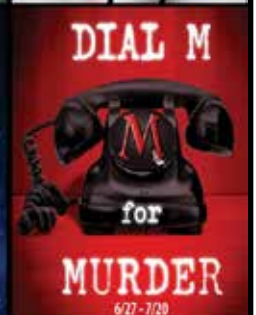
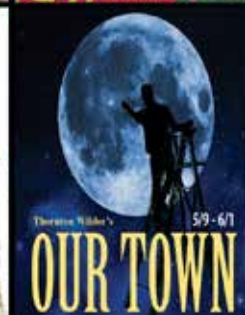
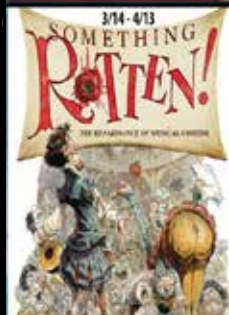
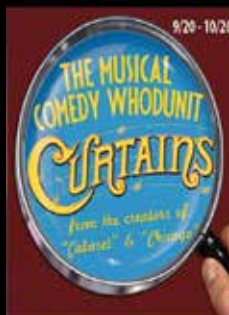
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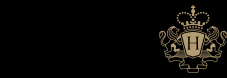
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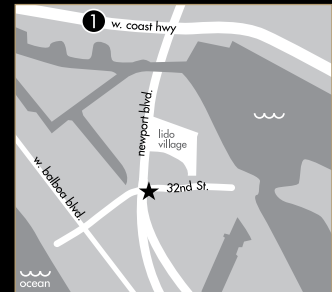
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