

OASIS news

Older
Adult
Social &
Information
Services

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

OCTOBER 2024

VOL. 48 NO. 10

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

HOURS:

City Administration

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

Fitness Center

M-Th 7am-7pm
Fr 7am-5pm
Sa-Su 7am-2pm

Friends of OASIS Admin

M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

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Care-A-Van Drivers: Blanca Olazo
Jose Cardenas
Raul Cano
Araceli Gonzalez
Michael Hastert

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Elsa Segato
Ellen Spar

MEALS ON WHEEL OC:

Terry Ivins
Robert White

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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER

October is here, and we're ready to celebrate the fall season with community outreach, festive fun, and a little bit of fright (but the good kind)!

Mark your calendars for Tuesday, October 15th, from 9-11 AM for our free flu shot clinic. No RSVP is needed—just drop by! Shots are first come, first served, so come early to protect yourself and others this flu season.

Want to make a difference in our community? Meals on Wheels Orange County is seeking volunteers to help deliver meals to homebound seniors in Newport Beach. If you're interested in spreading some love (and delicious food), please call 714-229-3349 to sign up!

Help us give back by donating non-perishable items during our Food Drive for Share Ourselves from October 7th through the 18th. You can drop off your donations in the OASIS lobby during office hours, 7:30am-5:30pm. Let's come together and help those in need.

Get ready for a spooktacular time at the Meals on Wheels Halloween Luncheon on Thursday, October 31st! Come hungry and in costume to enjoy some fang-tastic live music, dancing, a festive meal, and a costume contest! RSVP is required by October 22nd—please call 949-718-1820 to reserve your spot.

Let Fall begin!

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Greetings to all our Friends members. October is our annual Rummage Sale, so therefore we will not have a General Meeting this month. The Rummage Sale is by far our largest event that is put on by Friends of OASIS. It starts 3 weeks before the actual sale days, which are on Friday, October 4th and Saturday October 5th.

We have some wonderful and dedicated volunteers that are there every day, unloading the cars that pull up in the back, pricing the items and displaying them on campus and in the event Center. Jewelry is always in Room 4 and is our most profitable room. Please know that we need volunteers for just about everything. Contact Friends' office and leave your name and phone number if you can work a day or two. We really need the help this year.

Reminder: we do not accept any large furniture, clothing, nor old computers, or electronics. It takes a village to pull this event off. It is necessary to have this annual event, as there is money to be made for Friends expenses, and besides, it really brings the community together, and the comradery among members is great to experience. Wish I could tell some of the stories of how friends were made, and how they forged lifetime friendships at events like these. Many of these volunteers have come to help every year, for over a decade.

Mark your calendars and remind your friends and family that on Friday and Saturday, October 4th and 5th that our Annual Rummage Sale will commence and that "one and all" are welcomed to attend! Hope to see you there!

Always at your service,

Mike




BOUTIQUE & RUMMAGE SALE 



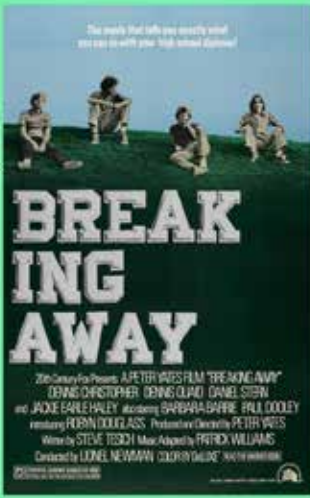

SALE DATES:
9am - 2pm
Friday, October 4
 (\$5.00 Entry Fee)
Saturday, October 5
 (No Entry Fee)


OASIS Senior Center
 801 Narcissus Ave, CDM | 949-718-1800

SCAN ME! 

MOVIE TALK 
 WITH THEO SIEGEL
WEDNESDAY, October 9
 EVENT STARTS AT 1:00 PM Event Center

"Breaking Away" is a coming of age film following 4 teens in Bloomington, IN who are making the transition from High School to figuring out what to do with their lives. Based on screenwriter Steve Tesich's experiences, the film won him an Oscar for Best Screenplay for 1979. The film was cast with unknowns who went on to have prolific careers including Daniel Stern, Dennis Quaid and Jackie Earle Haley. Shot on location in Bloomington, the film revolves around an annual bicycle race at Indiana University, where the screenwriter went to college, called the "Little 500". The movie also explores the class conflict between the town's residents who had been stone cutters and the college students. Learn about these interesting facts and more from the movie guy as we talk about "Breaking Away" with Paul Dooley, Dennis Quaid, Daniel Stern and Jackie Earle Haley and then show the movie.

Provided by: HOAG Faith Community Nurses & Community Benefit 

FREE FLU SHOT CLINIC
Let's protect yourself and your loved ones

Tuesday, October 15
9:00-11:00a.m. | Room 1

Senior Doses AND Regular Flu Shots 'While Supply Lasts'

OASIS Senior Center
 801 Narcissus Ave. Corona del Mar

FREE! **Newport Beach Senior Scam Prevention**


Hosted by Assemblymember Diane Dixon
October 21 at 10 AM
 OASIS Senior Center, Room 5
 801 Narcissus Ave,
 Corona Del Mar, CA 92625

Learn from DFPI Targeted Outreach Specialist Sally Westlake about how to protect your finances. Scams can be in-person, on the computer, over the phone or even in texts. Attendees will learn how to stop them before they start.

RSVP Options:
 Call (949) 798-7221
 or

Scan this QR code 

DFPI
 DEPARTMENT OF FINANCIAL PROTECTION & INNOVATION

 **DIANE DIXON**
 72ND ASSEMBLY DISTRICT

MEDICARE

WHAT'S NEW FOR 2025

Join this workshop provided by HICAP (Health Insurance Counseling and Advocacy Program) to learn about upcoming changes to Medicare, and how those changes may impact you.

Thursday, October 24
10:30 am Room 5

SPONSORED BY: Council on Aging Southern California

Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free event!

Medicare Part D

DRUG COVERAGE ASSISTANCE

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

Appointment Dates:

- Tuesday, Oct. 29
- Tuesday, Nov. 5
- Tuesday, Nov. 12

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

Council on Aging Southern California

MEALS ON WHEELS ORANGE COUNTY

HALLOWEEN LUNCHEON PARTY

THURSDAY, OCT 31

OASIS Event Center

- 🕒 11:00am - DJ and Dancing
- 🕒 11:45pm - Lunch Served
- 🕒 12:30pm - Costume Contest & Raffle

🍽️ **Menu:** Cream of Pumpkin Soup, Butternut Squash & Feta Cheese Pasta, and a Fresh Salad!

Reservations are required for this special event! Please call by October 22 to make your reservation: **949-718-1820**

GATHER AROUND AND JOIN US AT OASIS


Thanksgiving Luncheon

WEDNESDAY, NOVEMBER 20

Evelyn Hart Event Center | 12:00PM

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

Alzheimer's PRESENTS:
ORANGE COUNTY



CLASSIC ROCK SING-A-LONG

Have fun singing along with professional musician and singer **Jason Feddy!**

WEDNESDAY, OCTOBER 30
1:00 PM | OASIS EVENT CENTER

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



FOOD DRIVE

Share Ourselves needs your help! Please donate the items listed below to the largest food bank in our community!

Dried Beans	Pasta/Rice	Water
Pasta Sauce	Jam/Jelly	Canned Soup
Granola Bars	Pancake Mix	Canned Meat
Individual Milks	Peanut Butter	Macaroni & Cheese
Protein Shakes/Bars	Cereal/Oatmeal	Canned Fruit/Veggies

Donations can be dropped off:
October 7 - 18
In the OASIS lobby
Mon. - Fri. 7:30 am - 5:00 pm
Questions? Please Call (949) 644-3244

OASIS SENIOR CENTER
801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL GROUP

COL. EVIN PLANTO
MY TIME IN IRAQ

TUESDAY, OCTOBER 15
11:30 AM
EVENT CENTER
RSVP 949-644-3244



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




VOLUNTEERS NEEDED!



MEALS on WHEELS
ORANGE COUNTY

Be part of improving the lives of homebound older adults by delivering meals, a safety check, and a smile in Newport Beach!

- Volunteer meal delivery routes are available Monday-Friday
- Routes start at 10:30am and take 60-90 minutes
- Volunteers use their personal vehicle
- Background check required to serve this vulnerable population (\$20)



If you are interested, contact Nusrat Symons
714-229-3349 | nsymons@mealsonwheelsoc.org



OC Vital Brain at Hoag



Memory Screening

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

Cost: \$45*

*Screenings are generously subsidized by Pickup Family Neurosciences Institute at Hoag.

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

hoag.

Pickup Family Neurosciences Institute

www.OCBrain.org

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Orange County
714-544-8488

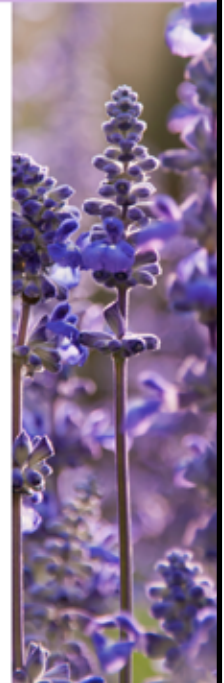
New support group!

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

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

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

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



Alzheimer's PRESENTS ORANGE COUNTY

MUSIC FOR YOUR MIND

Presented by: Karen M. Skipper,
MT-BC, Board Certified Music Therapist



A brain-stimulating session combining music, singing, and a trivia PowerPoint presentation that's lots of fun!

Funded by:
Diane & Steve Lawrence

3RD THURSDAY
12:30PM - 1:30 PM
OASIS - ROOM 2

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



CAREGIVER SUPPORT GROUP



WHEN:
3rd Wednesday

TIME:
1:00 PM - 2:00 PM

WHERE:
OASIS Senior Center Room 4

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.

PLEASE CONTACT US BY PHONE OR EMAIL IF YOU'RE INTERESTED IN CONNECTING.

800-543-8312

Lou.Rodriguez@providence.org
www.caregiveroc.org

The materials are a product of a project funded by a contract with the California Department of Aging (CDA), an affiliate of the Orange County Board of Supervisors and administered by the Office on Aging. Supporting state is available by contacting County of Orange Office on Aging at 1300 S. Grand Ave., Building 8, Santa Ana, CA 92705 (714)460-8400. The conclusions and opinions expressed may not be those of the CDA and that the publication may not be taken as an inclusive of all raw data. Services are provided free of charge. Voluntary contributions are gratefully accepted, and no one is denied for inability to contribute.

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 Wednesdays 10am Free

CAREGIVER SUPPORT GROUP

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

OASIS Room 4
RSVP not Required 3rd Wednesday 1pm Free

CONNECTIONS GROUP

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

OASIS Room 5
RSVP not Required Thursdays 2pm Free

COMPASSIONATE FRIENDS

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

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

NEW! 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 HALLOWEEN
TRANSPORTATION CLIENTS

OASIS IS OFFERING TWO SHOPPING TRIPS THIS MONTH:

Dollar Tree on Thursday, October 10



Target on Thursday, October 24

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**.

VOLUNTEERS NEEDED! 
MEALS ON WHEELS ORANGE COUNTY

Be part of improving the lives of homebound older adults by delivering meals, a safety check, and a smile in Newport Beach!

- Volunteer meal delivery routes are available Monday-Friday
- Routes start at 10:30am and take 60-90 minutes
- Volunteers use their personal vehicle
- Background check required to serve this vulnerable population (\$20)



If you are interested, contact Nusrat Symons
714-229-3349 | nsymons@mealsonwheelsoc.org

Refund Policy

- **Refund Request - Must be submitted prior to the second class meeting**
 - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **Refund Fee** - Will be assessed for all refunds
 - \$10 for classes priced \$74 and under
 - \$20 for classes priced \$75 and above
- **Check/cash** - Refunds processed within 3-4 weeks by mailed check.
- **Credit Card** - Refunds processed within 3-5 days to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman

ehuberman@me.com

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: Biography

OASIS Room 5

RSVP not required 3rd Wed 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.

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

OASIS Room 5

SS4085 9/10-10/15 Tu 10am-12:30pm \$150/6

SS4086 10/22-11/26 Tu 10am-12:30pm \$150/6

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

SS4083 10/3 Th 7-9pm

\$89/1

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.



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 10/31**

Online

SS4080 10/10-11/21 Th 7:30-9pm \$215/6

CURRENT EVENTS DISCUSSION

Mark Burcaw, Joe Giordano & Larry Ring

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

OASIS Library

RSVP not required M 3-5pm Free

DRIVER SAFETY (AARP)

AARP

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

You must attend class on both days to complete course.

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

OASIS Room 2

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

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

Hamlet, A Midsummer Night's Dream King Lear. Sail the vast seas of English and American fiction. Upon finishing modern short stories. Revisit Shakespeare's classics, Hamlet and King Lear and other works by Shakespeare. 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. Please contact instructor for updated information.

No class 11/28

OASIS Room 1B

SS4059 9/6-12/20 F 10am-Noon \$110/15

KNITTING

Roberta

949-715-3438

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

OASIS Room 3

RSVP not required Ongoing W 12-3pm Free

OASIS PLAYERS

May Kramer

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

OASIS Room 2A

RSVP not required W 1-3pm Free

PHILOSOPHY DISCUSSION GROUP

Dave Larue

dkla2018@outlook.com

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

OASIS Room 1A

RSVP not required 10/8 & 10/22 Tu 3-4:30pm Free



TACKLING SPORTS

Laird Hayes & Tom Johnson

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



Speakers: Ed Vodrazka, 45-year Veteran Ocean Lifeguard with two books on lifeguarding.

OASIS Room 1

RSVP not required 10/15 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/INTERM WATERCOLOR

Bobbi Boyd **949-544-9383**

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

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

OASIS Art Center

SS4096	10/2-10/30	W	1-4pm	\$250/5
SS4097	11/6-11/27	W	1-4pm	\$200/4
SS4098	12/4-12/18	W	1-4pm	\$150/3

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)

OASIS Room 2A

SS4005	9/4-10/16	W	9-11am	\$175/7
SS4006	10/30-12/11	W	9-11am	\$175/7

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. **No class 11/11**

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

OASIS Art Center

SS4003	9/9-10/14	M	9am-Noon	\$138/6
SS4004	10/28-12/2	M	9am-Noon	\$115/5

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. **No class 11/27**

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

OASIS Art Center

SS4039	9/4-12/11	W	9am-Noon	\$239/13
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OIL PAINTING- BEGINNING

Bobbi Boyd **949-544-9383**

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

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

OASIS Art Center

SS4092	10/1-10/29	Tu	1-4pm	\$250/5
SS4093	11/5-11/26	Tu	1-4pm	\$200/4
SS4094	12/3-12/17	Tu	1-4pm	\$150/3
DRP410	Drop-In (No Refunds)			\$50/1



OIL PAINTING- INTERMEDIATE

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

In this class, we continue our exciting journey into the world of COLOR. This is about understanding, mixing, and using color to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary approaches to landscape, interior scenes, and still life subjects. Join us and have fun as we learn to make better and bolder color decisions in our paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred.

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

OASIS Art Center

SS4060	9/16-10/14	M	1-3:30pm	\$245/5
SS4061	10/28-12/2	M	1-3:30pm	\$245/5

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.

OASIS Art Center

RSVP Not Required	Th	8-11am	See above
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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 will be by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B
SS4008 9/4-12/18 W 10am-Noon \$115/16

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.

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

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 M 12:30-2pm Free

PORTAL LANGUAGES

Portal Languages **714-979-1655**

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11, 11/27**

- 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
SS4048 10/7-10/30 M/W 5-6pm \$204/8
SS4049 11/4-12/4 M/W 5-6pm \$204/8

Beginning French 2
SS4160 10/7-10/30 M/W 6-7pm \$204/8
SS4161 11/4-12/4 M/W 6-7pm \$204/8

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

OASIS Room 1B

Beginning Italian 1
SS4054 11/4-12/16 M 5-6pm \$154/6

Beginning Italian 2
SS4154 11/4-12/16 M 6-7pm \$154/6

Beginning Mandarin 1
SS4051 11/6-12/18 W 5-6pm \$154/6

Beginning Mandarin 2
SS4151 11/6-12/18 W 6-7pm \$154/6

OASIS Room 4

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

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

SPANISH LITERATURE BOOK CLUB

Darielle Wilson **949-675-5182**

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

OASIS Room 5
No October Meeting 2:30-4:30pm Free

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper 949-230-5902

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

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

DRP400 \$60 per hour

50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs jakeair99@gmail.com

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

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

OASIS Room 2A
SS4145 12/12 Th 10am-Noon \$20/1

NEW! APPLE MAC LAPTOP CLASS

Carole Kamper 949-230-5902

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

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

OASIS Computer Lab
SS4023 10/23 W 10:30am-12:30pm \$45/1
SS4024 12/17 Tu 1-3pm \$45/1

APPLE WATCH MOST USEFUL FEATURES

Jake Jacobs jakeair99@gmail.com

Learn the most useful features of the Apple Watch. Topics include: selecting and customizing watch faces and complications, built-in apps, including health apps such ECG, Blood SpO₂, and Heartrate. Access eight apps directly from one Watch face. Learn about the many built in apps.

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

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



APPLE IPHONE FOR BEGINNERS

Carole Kamper 949-230-5902

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

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

OASIS Computer Lab
SS4021 10/21 M 10:30pm-12:30pm \$42/1
SS4022 12/3 Tu 1-3pm \$42/1

COMPUTER SKILLS-INTERMEDIATE

Carole Kamper 949-230-5902

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

- **Prerequisite:** Computer Basic or equivalent.

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

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
SS4032 10/10 Th 10am-Noon \$40/1

EBAY2

Barbara Yin Milbert pacpal33@yahoo.com

Learn more advanced skills for buying and selling items on eBay. Hands-on class.

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

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

EXCEL REFRESHER

Barbara Yin Milbert pacpal33@yahoo.com
 Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.
 • **Prerequisite:** Intro to Excel or equivalent
OASIS Computer Lab
 SS4142 12/5 & 12/12 Th 9:45-10:45am \$40/2

INTRO TO 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
 SS4038 10/24-11/14 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
 SS4037 10/24-11/14 Th 11am-Noon \$70/4

IPAD BASICS

Carole Kamper [949-230-5902](tel:949-230-5902)
 This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.
 • **Please bring:** Apple ID and password
OASIS Computer Lab
 SS4024 11/19 Tu 1-3pm \$42/1
 SS4025 12/23 M 10:30am-12:30pm \$42/1

MAKING A SHUTTERFLY ALBUM

Carole Kamper [949-230-5902](tel:949-230-5902)
 Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Come and explore your creativity in this fun, project-based class.
 • **Prerequisite:** Basic computer
OASIS Computer Lab
 SS4127 11/20 W 10:30am-12:30pm \$42/1



WHAT GOOD ARE THESE APPS?

Carole Kamper [949-230-5902](tel:949-230-5902)
iPhone, iPad or Tablet. Do you want to do online banking? Do you want to learn more about Venmo or Zelle? Schedule an appointment with a health care provider? Order lunch or dinner? Check flight status or get driving directions? Watch and participate in a Zoom meeting? Would you like to learn about the world of Podcasting? If you are wondering how to do more with APPS on your smart phone or tablet come explore all this and more.
 • **Please bring:** Apple ID and password
OASIS Computer Lab
 SS4028 10/9 W 10:30am-12:30pm \$42/1
 SS4029 11/13 W 1-3pm \$42/1
 SS4030 12/16 M 10:30am-12:30pm \$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

SS4210 9/5 - 10/10 Th 9-11am \$160/6

American Mah Jongg for Beginners 201

SS4212 10/17- 11/21 Th 9-11am \$160/6

BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master parenolds@aol.com
 Welcome to Beginning Bridge. Whether you're completely new to the game or looking to refresh or reinforce your skills, the expert instructor will walk you through the very basics of the game step by step. The class is 100% interactive. Students will learn the game by using cards on the table and will playing bridge in the first class. By learning the game of bridge your life will be greatly enhanced with a wonderful new hobby to share with friends and family. Class is taught in two sessions. Part 1 and Part 2. **No class 11/11, 11/25**

- **Additional fee:** \$15 (material)

OASIS Room 3

Part 1

SS4110 9/9-10/21 M 9:30-11am \$168/7

Part 2

SS4111 10/28-12/16 M 9:30-11am \$144/6

Classes

BRIDGE- BRIDGE 2 STEP BY STEP

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Continue learning bridge basics step by step. The class is 100% interactive with cards in your hand from the very beginning of each class. Opportunities for small group learning at the same time.

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

OASIS Room 3

SS4112 9/10-10/22 Tu 1-2:30pm \$161/7

BRIDGE- JINGLE BELL BRIDGE

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

OASIS Room 3

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

BRIDGE -INTRODUCTION TO DUPLICATE BRIDGE

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

OASIS Room 3

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

BRIDGE -IMPROVERS

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Are you curious about the many uses of the X? Learn how to use the double in a variety of situations to improve your bidding and defense. Learning the various X's will improve your confidence and bidding in just 8 classes.

- **Additional Fee:** \$15 (materials)

OASIS Room 3

SS4116 9/11-10/22 W 9:30-11am \$161/7

DECLARER PLAY OF HAND IN A NT CONTRACT

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Bridge lessons will include: Declarer PLAN- Count your winners in 1NT, 3NT, 6NT, 7NT Contracts. Promotion, The Finesse, Repeated finesse, Setting up the long suit, Entries, 12 hours including lessons, handouts, and pre-dealt boards to play.

OASIS Room 3

SS4009 9/10-10/15 Tu 9:30-11:30am \$150



DECLARER PLAY OF HAND IN A SUIT CONTRACT

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

OASIS Room 3

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

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 your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. **No class 11/11, 11/29**

OASIS Dance Room

SS4500	9/9-12/16	M	10:15-11:00am	\$260/13
SS4501	9/11-12/18	W	10:15-11:00am	\$260/13
SS4502	9/6-12/20	F	10:15-11:00am	\$260/13
SS4503	9/6-12/20	M/W/F	10:15-11:00am	\$670/42

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 11/11**

- **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

SS4504	9/9-10/7	M	3:30-4:30pm	\$115/5
SS4505	10/14-11/18	M	3:30-4:30pm	\$115/5
SS4506	11/25-12/16	M	3:30-4:30pm	\$95/4

OASIS Room 1

SS4507	9/5-10/10	Th	3:30-4:30pm	\$115/5
SS4508	10/17-11/14	Th	3:30-4:30pm	\$115/5
SS4509	12/5-12/19	Th	3:30-4:30pm	\$71/3

DRP461	Drop-In (No Refunds)			\$20/1
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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). **No class 10/7, 10/14, 11/4, 11/11**

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

OASIS Event Center

Ongoing	8/26-12/9	M	11:30-12:30pm	Free
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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 11/20**

OASIS Event Center

SS4511	10/21-10/30	M/W	10:05-11am	\$29/4
SS4512	11/13-11/27	M/W	10:05-11am	\$35/5
SS4513	12/2-12/11	M/W	10:05-11am	\$29/4

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 10/30, 11/20, 11/25, 11/27**

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

OASIS Room 1

SS4514	9/9-12/11	M/W	1:30-2:30pm	\$345/24
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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 11/11, 11/28**

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

OASIS Dance Room

SS4515	9/9-12/16	M	11:30am-12:30pm	\$285/14
SS4516	9/5-12/19	Th	10:30-11:30am	\$305/15
SS4517	9/5-12/19	M/Th	above days/times	\$585/29

DRP464	Drop-In (No Refunds)			\$25/1
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HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com
Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 10/3, 11/28**

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

OASIS Event Center

SS4519	10/1-10/24	Tu/Th	8-9am	\$58/7
SS4520	10/29-11/21	Tu/Th	8-9am	\$65/8
SS4521	11/26-12/19	Tu/Th	8-9am	\$58/7

DRP463	Drop-In (No Refunds)			\$12/1
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IYENGAR YOGA

Carolyn Matsuda cmats84@msn.com **714-388-4328**
 Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 11/28, 11/29**

- **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

SS4523	9/9-10/7	M	10-11:15am	\$100/5
SS4524	10/14-11/4	M	10-11:15am	\$80/4
SS4525	11/18-12/16	M	10-11:15am	\$100/5
SS4526	9/12-10/10	Th	10-11:15am	\$100/5
SS4527	10/17-11/7	Th	10-11:15am	\$80/4
SS4528	11/14-12/19	Th	10-11:15am	\$100/5

2-days a week

SS4532	9/9-10/11		above days/times	\$190/10
SS4533	10/14-11/8		above days/times	\$152/8
SS4534	11/14-12/20		above days/times	\$190/10
DRP465	Drop-In (No Refunds)			\$25/1

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

SS4543	10/7	M	1-2pm	\$35/1
SS4544	11/4	M	1-2pm	\$35/1
SS4545	12/16	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

SS4546	9/10-10/29	Tu	2-3pm	\$176/8
SS4547	11/5-12/17	Tu	2-3pm	\$155/7
DRP471	Drop-In (No Refunds)			\$30/1

NEW! LAWN BOWLING 101

Newport Harbor Lawn Bowling Club classes@nhlbc.com

NEW! Lawn bowling is a game for all ages and all levels of ability. We invite you to come and learn how to lawn bowl! Classes take place at the Newport Harbor Lawn Bowling Club, 1550 Crown Dr. N., Corona del Mar. Lawn bowling equipment is provided.

- **Please wear:** comfortable flat sole shoes.

Newport Harbor Lawn Bowling Club

SS4540	10/1-10/10	Tu/Th	6-8pm	\$85/4
SS4541	10/15-10/24	Tu/Th	6-8pm	\$85/4



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

SS4548	9/10-10/22	Tu	8:45-9:45am	\$119/7
SS4549	11/5-12/17	Tu	8:45-9:45am	\$119/7
DRP467	Drop-In (No Refunds)			\$23/1



PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com
 This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 11/11, 11/20, 11/29, 12/6**

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

OASIS Event Center

SS4551	10/21-10/30	M/W/F	7:45-8:35am	\$35/5
SS4552	11/8-11/29	M/W/F	7:45-8:35am	\$47/7
SS4553	12/2-12/11	M/W/F	7:45-8:35am	\$29/4
SS4555	10/21-10/30	M/W/F	8:45-9:35am	\$35/5
SS4556	11/8-11/29	M/W/F	8:45-9:35am	\$47/7
SS4557	12/2-12/11	M/W/F	8:45-9:35am	\$29/4

RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren www.MySoulSpark.com
 This gentle and restorative class will soothe the nervous system, help relieve pain, reduce stress and help prepare your mind and body for a good night's sleep. Safe and effective as we work function over form. Mindfully move our bodies to breath and create space for meditation. No prior experience needed. Modifications will be given for all levels. Taught by an Internationally Certified Yoga Therapist.

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

OASIS Dance Room

SS4558	9/3-12/17	Tu	4:30-5:30pm	\$325/16
DRP464	Drop-In (No Refunds)			\$25/1

NEW! SCIATICA, LOW BACK & HIP PAIN RELIEF

Stephanie von Meeteren www.MySoulSpark.com
NEW! Come find relief and learn how to heal yourself with this gentle class. This class is limited in size due to individualized attention. The 3-week program will help reset the body so you can get back to the things you enjoy doing! Video recordings of practices are included so you can continue to feel your best. Taught by a Registered Yoga Therapist and movement specialist.

- **Requirement:** able to get up and down from the floor unassisted.
- **Please bring:** yoga mat

OASIS Dance Room

SS4559	9/14-10/2	W/Sa	1-2pm	\$125/6
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SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com
 Increase strength, balance, bone density, mobility and peace of mind with this fun and challenging class. This unique class is designed for full body and mind fitness and well-being. The first half of class we will increase heart rate and build some heat through focused weight bearing exercises. The second half of class we will bring the body and mind back to homeostasis by mindfully stretching and working with balance and mobility. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please contact instructor. **No class 11/29**

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

OASIS Dance Room

SS4561	9/13-12/13	F	2-3pm	\$265/13
DRP464	Drop-In (No Refunds)			\$25/1

SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com
 Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. 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

SS4563	10/16	W	5:30-6:30pm	\$25/1
SS4564	11/14	Th	5:00-6:00pm	\$25/1
SS4565	12/12	Th	5:00-6:00pm	\$25/1



Classes

NEW! SPARK OF VITALITY

Stephanie von Meeteren www.MySoulSpark.com

NEW! In this series of four workshops, you will have an opportunity to learn about the ancient science of Ayurveda (Life knowledge). Learning lifestyle habits that contribute to overall health and well-being in order to feel vibrant and joy filled! You will learn particular routines related to longevity and rejuvenation and how to incorporate them into your daily lifestyle in alignment with nature's cycles and seasons

- **Please bring:** yoga mat.

OASIS Dance Room

SS4567 10/5-10/26 Sat Noon-1:30pm \$125/4

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

SS4568 9/10-10/22 Tu 10-11am \$119/7

SS4569 11/5-12/17 Tu 10-11am \$119/7

DRP467 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.

No class 11/28

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

OASIS Dance Room

SS4570 9/12-10/24 Th 7:45-8:45am \$119/7

SS4571 10/31-12/12 Th 7:45-8:45am \$105/6

DRP467 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. **No class 11/28**

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

OASIS Event Center

SS4572 11/7-12/19 Th 9:30-10:30am \$99/6

SS4573 12/5-12/19 Th 9:30-10:30am \$55/3

DRP468 Drop-In (No Refunds) \$20/1

TABLE TENNIS

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

OASIS Event Center BC

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

20 newportbeachca.gov/oasis Admin - 949-644-3244 Friends of OASIS - 949-718-1800

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 11/11, 11/27, 11/28, 11/30**

OASIS Dance Room

SS4574 9/9-12/16 M 9-10am \$230/13

SS4575 9/4-12/18 W 9-10am \$250/14

SS4576 9/5-12/19 Th 9-10am \$250/14

SS4577 9/6-12/20 F 9-10am \$230/13

SS4578 9/7-12/14 Sa 9-10am \$215/12

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

SS4579 9/4-12/20 M/W/F 9-10am \$475

DRP469 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. **No class 11/29**

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

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

OASIS Dance Room

SS4580 10/4-12/13 F 11:30am-12:45pm \$259/10

DRP470 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! **No class 11/27**

OASIS Dance Room

FREE602 9/4 W 11:15am-Noon Free

SS4581 9/11-12/11 W 11:15am-Noon \$245/12

DRP469 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! **No class 11/26**

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

OASIS Dance Room

SS4583 10/29-12/10 Tu 12:55-1:30pm \$118/6

DRP470 Drop-In (No Refunds) \$23/1

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 11:30-12:30pm 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. **No class 11/26**

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

OASIS Dance Room

SS4586 10/1-12/10 Tu 11:30am-12:40pm \$259/10

DRP470 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. **No Class 11/28**

OASIS Dance Room

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

SS4587 9/5-10/17 Th 1-1:55pm \$56/7

SS4588 10/24-12/12 Th 1-1:55pm \$56/7

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

SS4589 9/5-10/17 Th 2-2:55pm \$56/7

SS4590 10/24-12/12 Th 2-2:55pm \$56/7

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

SS4591 9/5-10/17 Th 3-4pm \$56/7

SS4592 10/24-12/12 Th 3-4pm \$56/7

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



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
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Corona del Mar, CA 92625

*O*ur OASIS legacy depends on US!!

Thank you,
Walt Howald & Kay Walker
Directors
Friends of OASIS

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Follow the Friends of OASIS on Instagram to stay connected!

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Don't forget to tag us in your posts! **@friendsofoasis**

OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

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



Call 949-718-1800, visit friendsofoasis.org 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

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

SAN DIEGO BALBOA PARK EXPLORER

Tuesday, October 8 **\$105/\$110**

Join us on a trip down the coast to San Diego's beautiful Balboa Park. Discover a world of art and culture; and explore a diverse collection of rich history and creativity in renowned museums. Our Explorer Pass will include admission into any four of the 15 Balboa Park museums and gardens as well as the Spanish Village Art Center. Eligible museums include the Fleet Science Center, Japanese Friendship Garden and Museum, Centro Cultural de la Raza, SD Museum of Art, SD Air & Space Museum, SD Automotive Museum, SD Model Railroad Museum, SD Natural History Museum, and the Veterans Museum at Balboa Park. Lunch will be on your own at any of the various dining facilities on property. (You will receive a map of Balboa Park on the bus.)

Depart: 8:30am *Return: 5pm*

IVY RANCH HEALING HORSES/MISSION SAN LUIS REY

Wednesday, October 23 **\$110/\$115**

The Ivy Ranch Therapeutic Horse Center is one of our most popular trips with an opportunity to meet the gentle giants up close and personal, maybe to groom and brush them, have a photo with them and observe their work with patients young and old. Enjoy a picnic lunch at the ranch, followed by a scenic drive tour of the local countryside and vineyards. The Mission San Luis Rey is the largest and most ornate of the 21 California missions and is a national historic landmark and interpretive museum. We will have a guided tour of that mission.

Depart: 9am *Return: 5pm*

JET PROPULSION LABORATORY (JPL)

Monday, October 28 **\$70/75**

JPL was so popular we added a second date! Located in Pasadena, the Jet Propulsion Laboratory, better known as JPL, is NASA's lead center for robotic exploration of our solar system. This is your unique opportunity for an in-depth docent-guided tour of the Lab's activities and accomplishments as you are welcomed to outer space! On the tour you'll learn about JPL's history and accomplishments, followed by a guided walking tour of the facility to see Mission Control and a laboratory. Prior to the tour, enjoy lunch on your own in Old Town Pasadena.

Registration closes Oct. 7 so don't delay in signing-up.

- Diver's license or other government issue photo ID is required to sign up and for presentation to JPL security.
- Walking shoes are suggested as there is extensive walking.

Depart: 10am *Return: 6pm*

NIXON PRESIDENTIAL LIBRARY

Thursday, November 7 **\$100/\$105**

Join us in exploring the Nixon Presidential Library. The library has updated technology, interactive displays and participatory learning opportunities. You can sit in President Nixon's Oval Office, visit the First Lady's Garden, and see the replica of the White House East Room. There are many other displays. In addition, there is a special exhibit, THE ANCIENT WORLD: UNLOCKING THE MIDDLE EAST, which "examines the 20th century conflict and Cold War tensions through the prisms of ancient Israel, Persia, and Egypt". Docents will take us on a 2-hour tour through the museum which includes seeing a short film. A group lunch is included. After lunch you are free to explore the museum.

Depart: 8:45am *Return: 4pm*

GRIFFITH OBSERVATORY & FARMERS MARKET

Thursday, November 14 **\$75/\$80**

The Griffith Observatory's history starts with the vision of one man and reflects the invention, innovation, and inspiration that also characterizes Los Angeles. The Observatory inspires everyone to observe, ponder, and understand the sky. It is an icon of Los Angeles and a national leader in public astronomy. The Observatory has the best vantage point for viewing downtown Los Angeles and the world-famous Hollywood Sign. Since opening in 1935, the Observatory has welcomed over 85 million visitors. For lunch (on your own) we will travel to The Original Farmer's Market located at 3rd & Fairfax in Los Angeles.

Depart: 9:30am

Return: 6pm

VIEJAS CASINO

Wednesday, December 4 **\$25/\$30**

Back by request, enjoy the day at this popular Casino playing your favorite games. Choose from Bingo, poker or any table game or one of their 2,000 slot machines. Each guest must game \$20 and will also receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is not available but there are other restaurants in the Casino. If you have a Viejas card when you sign up, please give the number. Also, visit the Viejas Outlet Center to do some shopping.

Depart: 8:30am

Return 5:30pm

RONALD REAGAN LIBRARY (DEAD SEA SCROLLS/CHRISTMAS TREE)

Wednesday, December 11 **\$125/\$130**

For the first time in over a decade, artifacts from the Dead Sea Scrolls will be on exhibit on the West Coast. When last in Los Angeles, the exhibit was one of the highest attended travel exhibition in history. Included are the Artifacts, the Scroll Gallery, Desert Orientation Theatre, Back-to-the Past Timeline, and the Western Wall. Also enjoy the annual display of beautiful Christmas trees and a buffet lunch just for us under the wing of Air Force 1.

Depart: 8:30am

Return: 5:30pm

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

EXTENDED TRIPS

Flyers available in the travel department

NEW YEAR'S ROSE PARADE

December 30, 2024-January 1, 2025

\$999(Double) \$1,199 (Single)

3 days, 2 nights, 2 breakfasts, 2 dinners Deluxe motorcoach, professional tour guide, 2 nights at Double Tree, Huntington Library (art collections, botanical gardens), float barn where floats are built, New Year's Eve party, Rose Parade, Los Angeles Highlights tour, Santa Anita Race Track (behind the scenes tour)

Contact Bobbi Loma to sign up for this trip (760)-889-2687

AFC

NIAGARA FALLS & THE GRAND HOTEL

October 24 (8 days)

GREAT TRAINS & GRAND CANYON

November 10 (6 days)

SMOKY MOUNTAINS & PIGEON FORGE HOLIDAY

December 8 (5 days)

NORMANDY, PARIS & SEINE RIVER CRUISE

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

HIGHLIGHTS OF SCANDINAVIA,

July 17 or August 14, 2025 (11 days, 14 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 23-28 (6 days and 5 nights)

TUACAHN THEATRE & ZION NATIONAL PARK

June 8-11 (4 days, 3 nights)

CANADIAN ROCKIES ADVENTURE

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

SIERRA SNOW TRAIN

**January 24, 2025 (5 days)
February 21, 2025 (5 days)**



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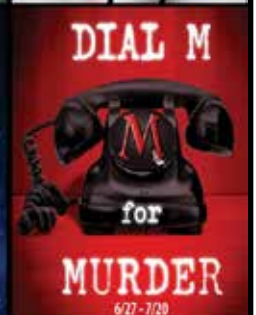
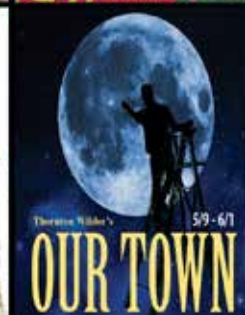
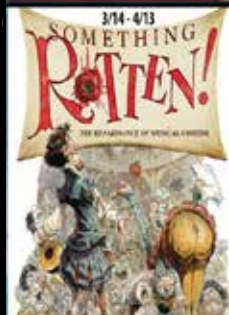
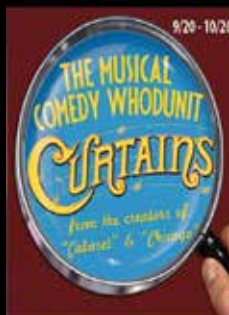
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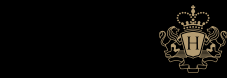
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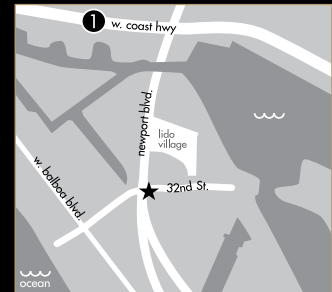
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Participants Name	Gender	Course #	Class Name	Fee
CHECKS PAYABLE TO: City of Newport Beach			Total Class Fees	
REFUND POLICY Refund request must be submitted prior to the second class meeting. One and two-day classes require 5 business days notice before class begins. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.			Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
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REGISTRATION INFORMATION & POLICIES I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's participation to promote classes on the City's website and other social media used by the City, future publications of the Newport Navigator and/or fliers.

WAIVER & RELEASE OF LIABILITY In consideration for participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: **(1)** acknowledge that participation in the PROGRAMS is voluntary; **(2)** agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; **(3)** certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT's health or the health of others; **(4)** agree to provide verification from a licensed medical professional of PARTICIPANT's physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; **(5)** agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; **(6)** agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; **(7)** understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including by not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, "RISK OF INJURY"); **(8)** CERTIFY THAT PARTICIPANT AGREES TO ASSUME ANY AND ALL RISK OF INJURY ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY CLAIM ON PARTICIPANT'S BEHALF; **(9)** CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MIGHT CLAIM ON PARTICIPANT'S BEHALF, TO RELEASE, WAIVE, AND HOLD THE PROGRAM PROVIDERS HARMLESS FROM ANY AND ALL CLAIMS, ACTIONS, PROCEEDINGS, AND LIABILITY OF EVERY KIND OR NATURE WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, KNOWN OR UNKNOWN, RELATED TO, CAUSED BY, OR ARISING OUT OF PARTICIPANT'S PARTICIPATION IN THE PROGRAMS; and, **(10)** certify under penalty of perjury under the laws of the state of California that the foregoing is true and correct.

PARTICIPANT CODE OF CONDUCT All participants are expected to exhibit appropriate behavior at all times while participating, being a spectator, or attending any program or activity conducted or sponsored by the City of Newport Beach Recreation & Senior Services Department. The following guidelines are designed to provide safe and enjoyable activities for all participants: **(1)** Be respectful of and to all participants and program staff. **(2)** Take direction from program staff/supervisors. **(3)** Refrain from using abusive or foul language. **(4)** Refrain from causing bodily harm to self, other participants, or program staff supervisors. **(5)** Refrain from damaging equipment, supplies, and facilities. **(6)** Refrain from harassment of staff, instructors or participants. Failure to follow these rules may result in denial of program participation privileges.

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