



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 7:30 a.m. - 5:30 p.m.	M-Th 7 a.m. - 7 p.m.
Fr 7:30 a.m. - 4:30 p.m.	Fr 7 a.m. - 5 p.m.
Sa-Su Closed	Sa-Su 7 a.m. - 2 p.m.

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
Facility Maintenance:	Chris Suarez
Health & Wellness Supervisor:	Jena Zapien
Recreation Supervisor:	Anne Doughty
Social Services Supervisor:	Susie DiGiovanna
Fitness Center Coordinator:	Savannah Bonifay
Recreation Coordinator:	Stephanie Melero
Transportation Coordinator:	Elizabeth Arciniega
Department Assistant:	Jessica Battoli-Caputo
Office Assistant:	Laura Williams
Care-A-Van Drivers:	Blanca Olazo
	Jose Cardenas
	Raul Cano
	Araceli Gonzalez
	Michael Hastert

FRIENDS OF OASIS STAFF:

Berenice Barajas
Elsa Segato
Ellen Spar

MEALS ON WHEELS OC STAFF:

Terry Ivins
Robert White

NEWPORT BEACH CITY COUNCIL

Mayor	Joe Stapleton
Mayor Pro Tem	Lauren Kleiman
Council Member	Michelle Barto
Council Member	Noah Blom
Council Member	Robyn Grant
Council Member	Sara Weber
Council Member	Erik Weigand

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Vice President of Civic Affairs:	Walt Howald
Vice President of Development:	Kay Walker
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	Judy Cooper
	Kelly Pierce
	Kathy Roberts
	Barbara Sloate
	Jim Spivey
	Jeff Upton
	Paul Wehrten
	Abel Zeballos
	Ed Romeo, President Emeritus
	Melissa Gleason, Ex Officio

OASIS NEWS STAFF

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

CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



We are so happy with the new carpet throughout the building! It has brought such a fresh look to OASIS, and we hope everyone enjoys it as much as we do. We kindly ask that everyone do their part to help keep it looking beautiful for years to come. Please use cups with lids for drinks and enjoy food outside whenever possible. Your help means so much in keeping our center clean and welcoming!

We are busy this month! I'm sure you've heard, but just in case you haven't, don't forget to put the Friends of OASIS Rummage Sale on your calendar: Friday, October 3 and Saturday, October 4, from 9 a.m.–2 p.m. I find at least three treasures every year! This is such a fun way to shop, hunt for bargains, and support the Friends of OASIS, our wonderful non-profit partner that supports the center so generously.

This is also the time of year when we get a lot of questions about Medicare. Good news, there will be a presentation by HICAP (Health Insurance Counseling and Advocacy Program) to review upcoming changes that could impact you or your loved ones. Join us! (See page 4 for details.)

If you still need your flu shot, Hoag will host a free Flu Shot Clinic on Wednesday, October 22 (see page 4 for details).

And finally, just in case you didn't know, Halloween is on a Friday this year... so get your candy ready!

With grattitue,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Hi to all our valued Friends members. Noticing all the trees are once again turning colors in and around the OASIS Center. We waved "goodbye" to September and an eventful month that featured a "Roy Orbison" tribute concert that was again a sellout, along with the seventh annual "Cars and Coffee Car Show" that has (by the way) turned into one of the most prestigious car shows in Orange County. I would personally like to thank the attendees, and the Show Judges that gave of their time, and also congratulate the proud trophy winners in all the various show categories. I think everyone had a good time. For those that did not attend, we were blessed to have both past and current Newport Beach Mayors in attendance. Ed Selich and Joe Stapleton there with their own personal "hot rods" on full display, along with members of our local City Council as well!

Don't forget that we are again having our annual Friends of OASIS Boutique and Rummage Sale on Friday, October 3 and Saturday, October 4. Times are 9 a.m. to 2 p.m. both days with a \$5.00 entry fee on Friday only. Room 5 will again be for all the jewelry, while the Event Center will be "packed to the gills" with every conceivable thing you can imagine, and the outside quad holding the bigger items like the bikes, furniture and rugs. Don't miss it! This is a huge event for the Friends to pull off, and also a great event for the local community as well.

Always at your service,

Mike

BOUTIQUE & RUMMAGE SALE



SALE DATES:

9 a.m. - 2 p.m.

Friday, October 3

(\$5.00 Entry Fee)

Saturday, October 4

(No Entry Fee)

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



MEDICARE

WHAT'S NEW FOR 2026

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

Wednesday, October 15

10:00 a.m. - Room 1



SPONSORED BY: Council on Aging

Southern California

Please call 949-644-3244 or email

OASISCenter@newportbeachca.gov to

RSVP for this free event!



OASIS PLAYERS PERFORMANCE

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



WEDNESDAY, OCTOBER 15

1:00-3:00PM | ROOM 2

RSVP by calling 949-644-3244 or email

OASISCenter@newportbeachca.gov

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



Provided by: HOAG Faith Community Nurses & Community Benefit

FREE FLU SHOT CLINIC

Let's protect yourself and your loved ones

Wednesday, October 22
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

RSVP Recommended, call 949-644-3244 or email OASISCenter@newportbeachca.gov



HOAG FAITH COMMUNITY NURSING
PRESENTS:



LEGACY LETTERS

In this workshop, you will share thoughts, ideas and memories through writing about:

- Your Values
- Your Life's Work
- Precious Belongings
- Hero's, Angels & Mentors in your life

Creating a Legacy Letter can be a tremendous gift to yourself and your loved ones, sharing the most meaningful parts of your life story.

Thursday, October 23
10:00 a.m. Room 5

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

Art4Healing®

EXPRESS YOUR FEELINGS IN COLOR

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

THEME:
SPEAKING WITH COLOR

THURSDAY, OCTOBER 23
1:00 p.m. - 3:00 p.m.

LIMITED TO 12 PARTICIPANTS

ADVANCE RSVP REQUIRED

CALL: 949-644-3244 (NO DROP-INS)

Facilitator:
Beth Otterbein, RN
Hoag Faith Community Nursing



Free Live Concert!



Perfect Blend

Southern California's Acoustic Duo, playing songs from the soundtrack of our lives!

Thursday, October 30
1:00 p.m. Event Center A

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

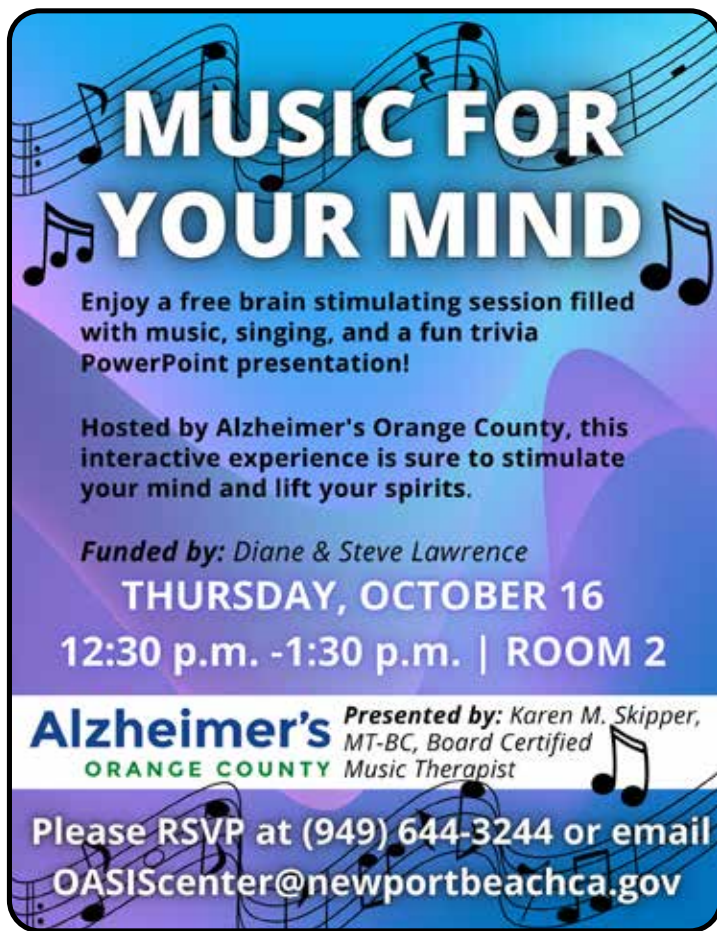
Sponsor By:
Alzheimer's
ORANGE COUNTY

From Memories to Memoir

October 14 | 10a.m.
Room 5

Do you have a story to share but are unsure where to begin? Perhaps you've started writing but feel uncertain about your next steps. As the number of people aged 65 and over continues to rise, so does the desire to preserve meaningful life moments through storytelling. Whether your aim is to create a memoir, autobiography, or a series of short stories/vignettes for your family, grandchildren, or even as the foundation for a book, it starts on the page. Join Marla Miller—author, editor, and writing workshop leader—for this engaging talk. Learn how to take the first steps in chronicling your memories and discover how writing can transform your story into a legacy

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, OCTOBER 16
12:30 p.m. - 1:30 p.m. | ROOM 2

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

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



VETERANS SOCIAL GROUP

★★★★★

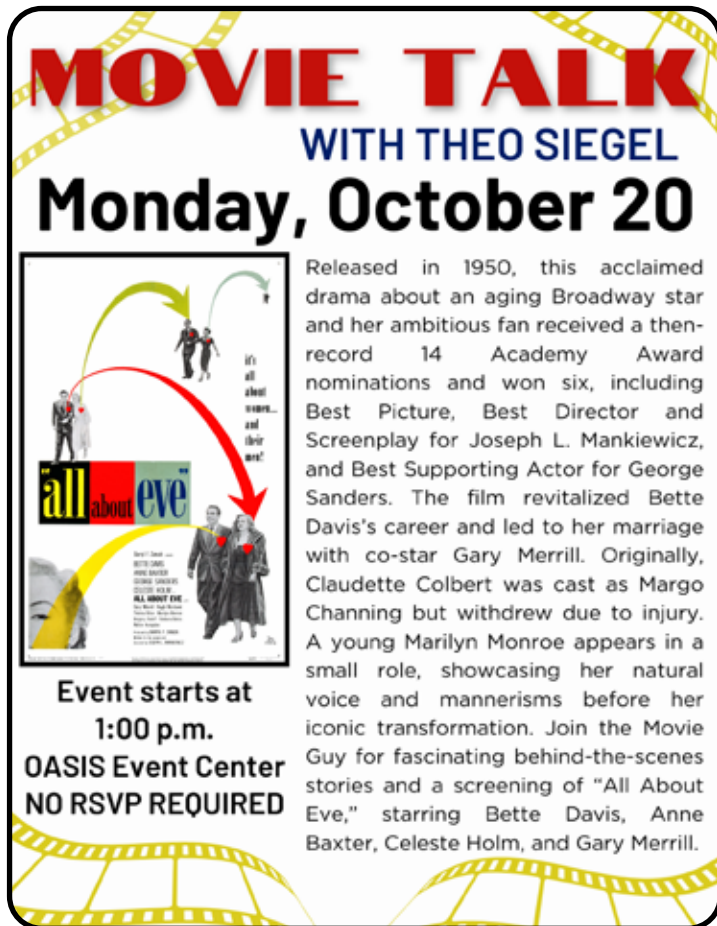
MEETING INCLUDES LUNCH
SPONSORED BY: THE PIZZA BAKERY

TUESDAY, OCTOBER 21
11:30 a.m. | OASIS Event Center A

SPEAKER: JIM GRIMM

TOPIC:
THE HELICOPTER WAR

★ RSVP not required ★



MOVIE TALK

WITH THEO SIEGEL

Monday, October 20



Released in 1950, this acclaimed drama about an aging Broadway star and her ambitious fan received a then-record 14 Academy Award nominations and won six, including Best Picture, Best Director and Screenplay for Joseph L. Mankiewicz, and Best Supporting Actor for George Sanders. The film revitalized Bette Davis's career and led to her marriage with co-star Gary Merrill. Originally, Claudette Colbert was cast as Margo Channing but withdrew due to injury. A young Marilyn Monroe appears in a small role, showcasing her natural voice and mannerisms before her iconic transformation. Join the Movie Guy for fascinating behind-the-scenes stories and a screening of "All About Eve," starring Bette Davis, Anne Baxter, Celeste Holm, and Gary Merrill.

Event starts at
1:00 p.m.
OASIS Event Center
NO RSVP REQUIRED



TRAVEL SHOWS WITH NINO

PAPUA NEW GUINEA, MALAYSIA- BRUNEI,
INDONESIA WITH BALI AND SINGAPORE

Presented by Nino Mohan,
Travel Expert

Tuesday, October 28

10:00 a.m. | Room 1

In Papua New Guinea discover unique diverse cultures, incredible variety of people with painted faces, masks and decorations, stunning countryside, vivid festivals, delectable dishes, plantation tours, incredible bird life and hidden secrets found far off the beaten track. Travel to Malaysia, see its vibrant capital Kuala Lumpur, walk in one of the largest caves in the world- the Batu Caves. See the Cameroon highlands and Borneo to visit long house minorities, the Orangutan sanctuary and see one of the richest countries in the world- Brunei. Indonesia is perhaps bigger in size than United States with its thousands of islands scattered in the vast ocean. Visit the world's largest Buddhist temple of Borobudur. Experience Bali known for its forested volcanic mountains, iconic rice paddies, lovely beaches, and coral reefs.

Medicare Part D & Advantage Plans

Counseling Provided by HICAP

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

2025 Appointment Dates

- Tuesday, Oct. 21
- Tuesday, Oct. 28
- Tuesday, Nov. 4

We will begin scheduling appointments
on October 1st Call: 949-644-3244



Council on Aging
Southern California



The Good Grief Group



**1st, 3rd (& 5th)
Wednesday**

9:00 a.m. | OASIS Room 4

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



CareCHOICES[™]
Hospice and Palliative Services, Inc.

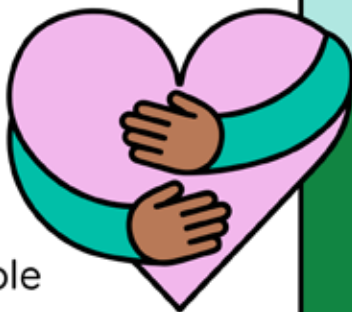
RSVP not required

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 a.m. | OASIS Room 5**

RSVP not required

CAREGIVER SUPPORT GROUP



**Meets
Twice a
Month**

1st & 3rd

**Wednesday of the Month
1:00 p.m. - Room 4**

- Emotional Support
- Resources
- Tools for Burnout
- Understanding

caregiver **OC**
RESOURCE CENTER

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 M-F* for seniors who live alone and want someone to check on them. *excluding holidays/closures

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.

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: 7:45 a.m. - 4:30 p.m.
- Friday: 7:45 a.m. - 4:00 p.m.

SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30 a.m.

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

OASIS is offering two shopping trips this month for transportation clients:

HOME GOODS:

THURSDAY, OCTOBER 9

TARGET:

THURSDAY, OCTOBER 23



RESERVE YOUR SPOT TODAY
949-644-3244

Meal Services

MEALS ON WHEELS - LUNCH CAFE

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

LUNCH SERVICE:

- Monday - Friday: Noon - 12:30pm

PRICE:

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

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

MEALS ON WHEELS-HOME DELIVERED MEALS

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

**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!



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

Refund Policy

- **Program Cancellation:** A full refund will be granted if program is cancelled by Recreation & Senior Services Department.
- **Participant Refund Request:** Unless other wise noted, no refunds after the commencement of the second class. Refunds for workshops and one or two day classes will be granted if requested five business days before the class begins. Refunds are assessed per person per activity, not per transaction. There is a non-refundable \$5 administrative fee per class.
- **Refund Fee:**
 - \$10 for program \$74 and under (before program begins).
 - \$20 for program \$75 and up (before program begins).
 - If request is made before the second day of program a refund fee equivalent to a single day will be charged unless otherwise noted.
 - NO REFUNDS after commencement of second day of program.
- **Check/Cash:** Processed within 3-4 weeks by mailed check.
- **Credit Card:** Processed within 3-5 days to the card used at time of payment.
- 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: A favorite book

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 reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required. **No class 10/28, 11/11**

OASIS Room 5

SS4001 10/21-11/18 Tu 10am-12:30pm \$100/3

NEW! SNAPSHOTS: FAMILY PHOTOS INSPIRED WRITING WORKSHOP

Marla Miller

www.Marlamiller.com

This series invites participants to use 'photos of significance' to help tell the stories they want to share with family, friends, and/or craft for publication. Family photo inspired stories (vignettes) read for in-class critiquing. Could this be the beginning of your autobiography or memoir? Perhaps! Join us!

OASIS Room 5

SS4002 9/16-10/21 Tu 1:30-3:30pm \$175/6

THE MANY ROADS OF 21ST CENTURY PUBLISHING

Marla Miller

www.Marlamiller.com

Publishing has radically shifted. While traditional publishing used to be a writer's only option, the advent of the internet changed this journey. A one day workshop, Many Roads in 21st Century Publishing will deliver a thorough overview of today's publishing options and offer recommendations about which one may be right for you and your work. We will cover: Traditional, Self-publishing, Indie Publishing, Small press publishers, Hybrid publishers and Author website publishing. Marla Miller has traveled down all these publishing roads, from Simon & Schuster to website publishing. She will walk participants down each road and also include 'how to find a literary agent' for those interested. **JOIN US!**

OASIS Room 4

SS4004	10/8	W	1:30-3pm	\$50/1
SS4005	11/12	W	10-11:30am	\$50/1

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

Returns in Winter 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 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.

Online

SS4011 9/25-10/30 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 Room 2

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 10/22 & 10/23 W/Th 1-5pm \$20/\$25

ENGLISH AND EUROPEAN LITERATURE

Darielle Wilson

949-675-5182

Don Quijote de la Mancha by Miguel de Cervantes. Prose fiction. Sail the vast seas of English and European literature, both modern and traditional. Revisit Miguel de Cervantes, the man who invented fiction, in the Ormsby translation of Don Quijote de la Mancha. With a senior's wisdom, call upon your own life experiences to discuss the always modern ideas of one of the greatest literary minds in any language. Class is ongoing; please contact instructor for updated information.

No class 11/28

OASIS Room 1B

SS4015 9/12-12/19 F 10am-Noon \$125/14



NEEDLE ARTS GROUP

Roberta

949-715-3438

This group of knitters, crocheters and needlepointers meet 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, or dance? Join the OASIS Players! Please come prepared to perform.

OASIS Room 2A

RSVP Not required Ongoing W 12:45-3pm Free

newportbeachca.gov/oasis

Admin - 949-644-3244

Friends of OASIS - 949-718-1800

11

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 10/14 & 10/28 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: Rich Amaral – Eleven year MLB utility player who played with the Seattle Mariners (1991-1998), and Baltimore Orioles (1999-2000). He batted and threw right-handed. He has been a scout with the Orioles since the middle of the 2018 season.

OASIS Event Center

RSVP Not Required 10/21 Tu 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

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

SS4050	9/17-10/22	W	9-11am	\$162/6
SS4051	11/5-12/10	W	9-11am	\$162/6

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.

OASIS Art Center

SS4055	9/22-10/20	M	9am-Noon	\$125/5
SS4056	11/3-12/8	M	9am-Noon	\$150/6

INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer jnetzer2@hotmail.com

This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Limited Potters wheels are available. Please bring your own hand tools.

- **Additional fee:** \$20 (material)
- **Optional clay purchase:** Aprox \$20/bag (Cone 5 B-mix)

OASIS Art Center

SS4060	9/3-12/17	W	9am-Noon	\$352/16
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OIL PAINTING- INTERMEDIATE

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

This class focuses on color mixing for painters. From a limited color palette of primary and secondary colors, we learn to mix and adjust "hue, value, and chroma (intensity)" to achieve depth and atmosphere in our work. Projects include Still Life, Portrait, and Landscape 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.

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

OASIS Art Center

SS4075	9/8-10/6	M	1-3:30pm	\$260/5
SS4076	10/20-11/17	M	1-3:30pm	\$260/5
DRP415	Drop-In (No Refunds)			\$55/1

OIL & WATERCOLOR - BEG./INTER.

Bobbi Boyd

949-544-9383

Discover your artistic voice in this welcoming class combining oil and watercolor painting- choose your medium. Learn essential techniques, improve your drawing and composition skills, and explore your creativity through personal projects. Whether you're a beginner or looking to grow, you'll enjoy a supportive, inspiring environment with plenty of guidance and fresh ideas. **No class 11/26**

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

OASIS Art Center4

SS4071	10/1-10/29	W	1-4pm	\$250/5
SS4072	11/5-11/19	W	1-4pm	\$150/3
SS4073	12/3-12/17	W	1-4pm	\$150/3

DRP410	Drop-In (No Refunds)			\$50/1
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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 carving, intarsia, marquetry, and scrolling, while other crafts range from model building to pyrography. Members support each other's skill development. An occasional minimal fee for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required	Ongoing	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 are by Guy de Maupassant, featuring Bel-Ami, a portrait of the early years of La Belle Époque. Students' reading in class and at home will be reinforced by classroom discussion as well as by short essays and answers to questions. A maximum of 17 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

SS4229	9/3-12/17	W	10am-Noon	\$130/16
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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	2-3:30pm	Free
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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

GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

The class will focus on the reading of stories in German and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2006), which can be purchased online, is the required text for class. **No class 10/2, 10/9, 10/16**

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

OASIS Room 4

9/4/25-5/28/26 Th 1-2pm Free

PORTAL LANGUAGES

Portal Languages

714-979-1655

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11, 11/26**

OASIS Room 5

Beginning French 1 (\$20 book)

SS4200 9/8-10/27 M 10-11am \$225/8

Beginning French 2 (\$20 book)

SS4205 9/8-10/27 M 11am-Noon \$225/8

OASIS Room 1B

Beginning Italian 1 (\$20 book)

SS4210 9/8-10/1 M/W 5-6pm \$225/8

SS4211 10/6-10/29 M/W 5-6pm \$225/8

SS4212 11/10-12/8 M/W 5-6pm \$225/8

Beginning Italian 2 (\$20 book)

SS4215 9/8-10/1 M/W 6-7pm \$225/8

SS4216 10/6-10/29 M/W 6-7pm \$225/8

SS4217 11/10-12/8 M/W 6-7pm \$225/8

OASIS Room 4

Beginning Spanish 1 (\$40 book)

SS4220 9/2-10/28 Tu Noon-1pm \$225/8

SS4222 11/4-12/16 Tu Noon-1pm \$205/6

OASIS Room 1A

SS4221 9/15-11/3 M 5-6pm \$225/8

OASIS Room 4

Beginning Spanish 2 (\$40 book)

SS4227 11/4-12/16 Tu 1-2pm \$205/6

OASIS Room 1A

SS4226 9/15-11/3 M 6-7pm \$225/8



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

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

SS4301 10/22 W 10:30am-12:30pm \$44/1

SS4302 12/15 M 10:30am-12:30pm \$44/1

APPLE MAC LAPTOP CLASS

Carole Kamper

949-230-5902

Bring your Mac laptop to the computer lab at OASIS to learn the basics 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 settings, 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

SS4316 11/4 Tu 1-3pm \$44/1

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

SS4335 10/7 & 10/14 Tu 9:45-10:45am \$40/2

EBAY 1

Barbara Yin Milbert

pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab

SS4330 11/4 Tu 10am-Noon \$40/1

IPAD BASICS

Carole Kamper

949-230-5902

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

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

OASIS Computer Lab

SS4306 11/6 Th 1-3pm \$44/1

SS4307 12/3 W 10:30am-12:30pm \$44/1

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, Snapchat, Instagram and Pinterest.

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS4332 10/7 & 10/14 Tu 11am-Noon \$40/2

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

SS4321 10/15 W 10:30am-12:30pm \$44/1

SS4322 12/16 Tu 10:30am-12:30pm \$44/1



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

SS4310 10/6 M 10:30am-12:30pm \$44/1

SS4311 12/11 Th 1-3pm \$44/1

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 as ECG, Blood SpO₂, and Heart rate. Access eight apps directly from one Watch face. Learn about the many built in apps.

- **Requirements:** This in-person class is for users of any Apple Watch with Watch IOS 12 installed and an iPhone with IOS 19 installed

OASIS Room 2A

SS4326 10/30 Th 10am-Noon \$25/1

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 19 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS4327 11/6 Th 10am-Noon \$25/1

IPHONE MUST USEFUL SECRETS

Jake Jacobs jakeair.weebly.com jakeair99@cox.net
Insight into the latest iOS 19 features 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. **No class 11/27**

- **Requirements:** This in-person class is for users who have an iPhone with iOS 19 installed.
- **Notice:** Students can print out the 20 page handbook at home and bring it with them (or \$15 Material fee payable to the instructor the day of class by cash; please notify the instructor at jakeair@cox.net if you want a copy of the \$15 handbook printed for you).

OASIS Room 2A

SS4328 11/13-12/11 Th 10am-Noon \$60/4

CARDS & GAMES

AMERICAN MAH JONGG CLASSES

Frank Delgado frankdel949@yahoo.com
Beginners 101: Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

OASIS Room 3

SS4120 9/11-10/16 Th 9-11am \$160/6

Supervised Play: Take everything you learned in American Mah Jongg for Beginners 101 and continue trying new hands on the Mah Jongg Card. Instructor will provide oversight and suggestions while you play in groups of four. **No class 11/27**

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

OASIS Room 3

SS4121 10/23-12/4 Th 9-11am \$160/6

BEGINNING BRIDGE 1: 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. **No class 11/11**

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

OASIS Room 3

SS4110 9/23-11/18 Tu 4-5:30pm \$192/8

NEXT STEPS IN BRIDGE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
This class will introduce basic tools to compete for the contract. Learn how to apply weak two bids, preemptive 3 and 4 bids, overcalling, cue bid limit raise, the classic takeout X and the penalty X. At the end of this series, you and your partner will be preventing the opponents from easily reaching their best contract and helping you and partner to get to your own contract.

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

OASIS Room 3

SS4111 9/22-11/3 M 4-5:30pm \$161/7

BRIDGE: SUPERVISED PLAY PRACTICE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Enjoy a 15-minute review lesson and then shuffle, deal and play under the guidance of an experienced instructor. Students will have the opportunity to ask questions in real time as they arise in regard to bidding, leads and play of the hand. No partner necessary.

OASIS Room 3

SS4112 10/27-11/17 M 9:30-11:00am \$66/4



BRIDGE-MASTERING POPULAR BIDDING CONVENTIONS

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Stayman, Jacoby Transfers, and the Strong Two Club Opener. 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. **No class 11/11**

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

OASIS Room 3

SS4113 10/7 -11/18 Tu 2-3:30pm \$144/6

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. No partner necessary.

- **Requirements:** Beginning bridge experience

OASIS Room 3

SS4114 9/22-10/20 M 9:30-11:00am \$110/5

BRIDGE-TWO OVER ONE

Rose Reynolds, ACBL Life Master pareynolds@aol.com

The students will learn how a small modification in bidding can make it easier for the partnership to get to the best game contract or a slam contract. Students will learn the 1NT forcing response bid as a way to improve the partnership results, even on part score hands.

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

OASIS Room 3

SS4115 9/16-9/30 Tu 2-3:30pm \$75/3



BRIDGE BASICS 1

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Opening bids on the 1 level. Introduction to Modern Bridge: This Game lasts a lifetime it's the perfect way to spend your morning. Meet interesting people; make new friendships. Each class includes: Lesson Handouts, Duplicate hands to play. Welcome all new players & players who want to modernize their bridge game.

OASIS Room 3

SS4100 9/9-10/14 Tu 9-11am \$180/6

BRIDGE BASICS 2

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Opening Hands on the 2,3,4 level. Competitive bidding by overcalling, and preempting. Review of Rebids- perfect for all bridge players working to improve their basic bidding knowledge. Lesson Handouts and pre-dealt boards to reinforce each lesson. No class 11/11, 11/18

OASIS Room 3

SS4101 10/21- 12/9 Tu 9-11am \$180/6

BRIDGE: DECLARER PLAY 1

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Declarer Play of Hand in a No Trump Contract. Finesses, Setting up the Long Suit, Entries, Promotion.

Open to all players at all levels. All classes include lesson handouts and pre-dealt 8-12 duplicate boards to play that reinforce the lesson.

OASIS Room 3

SS4102 9/9- 10/14 Tu 11:30am-1:30pm \$180/6



BRIDGE: DECLARER PLAY 2

Jane Dober ACBL Gold Life Master Janedober@gmail.com

Declarer Play of Hand in a Suit Contract. Pull Trump, Delay Pulling Trump, Ruffing in Dummy, Throwing a loser 1st, the Cross ruff. All classes include lesson handouts and predealt 8-12 duplicate boards to play that reinforce the lesson. No class 11/11, 11/18

OASIS Room 3

SS4103 10/21-12/9 Tu 11:30am-1:30pm \$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

Michael Mahoney michael.k.mahoney@gmail.com

Taras Young **949-533-5179**

Bring your own partner to play. Must know rules of play and how to keep score.

OASIS Room 2

RSVP Not 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 10/3, 10/29, 10/31, 11/28**

OASIS Dance Room

SS4500	9/8-12/15	M	10:15-11am	\$297/15
SS4501	9/3-12/17	W	10:15-11am	\$297/15
SS4502	9/5-12/19	F	10:15-11am	\$258/13
SS4503	9/3-12/19	M/W/F	10:15-11am	\$728/43



NEW! BATTLEFIT BOXING

KC Currin kcbattlefit@gmail.com
New! Whether you are a seasoned martial artist or a beginner, BattleFit Kickboxing offers tools and support you need to achieve your fitness goals. In this class you will learn techniques to improve your balance, coordination, flexibility, and self-defense skills.

- **Please bring:** a towel and water.
- **Required:** kick boxing gloves. Please purchase these on your own, can be found at most sporting goods stores.

OASIS Dance Room

SS4504	9/3-10/8	M/W	2:30-3:30pm	\$220/11
SS4700	9/3-10/8	M/W	5-6pm	\$220-11
SS4505	10/13-11/19	M/W	2:30-3:30pm	\$240/12
SS4701	10/13-11/19	M/W	5-6pm	\$240/12
DRP460	Drop-In (No Refunds)			\$25/1

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). **No class 10/6, 10/8, 10/13, 11/19**

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

OASIS Event Center

Ongoing	8/25-12/8	M	11:30am-12:30pm	Free
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BRAINWAVE BOXING

Sara Gutierrez sararez@betterlifeboxing.com

Brainwave Boxing is a fun, engaging class designed to improve balance, strength, and coordination through boxing techniques. Safely work your joints, challenge your brain, and boost mobility. Proven benefits for Parkinson's and overall wellness. All skill levels welcome—train at your own pace and keep moving strong!

- **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

SS4507	10/6-10/27	M	1-2pm	\$101/4
SS4508	11/3-11/24	M	1-2pm	\$101/4
SS4509	12/1-12/15	M	1-2pm	\$75/3

OASIS Room 1

SS4511	10/2-10/30	Th	3:30-4:30pm	\$125/5
SS4512	11/6-11/20	Th	3:30-4:30pm	\$75/3
SS4513	12/4-12/18	Th	3:30-4:30pm	\$75/3

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

Judy Aprile jjjaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 10/6, 10/8, 10/13, 11/19**

OASIS Event Center

SS4515	10/1-10/29	M/W	10:05-11am	\$44/6
SS4516	11/3-11/26	M/W	10:05-11am	\$51/7
SS4517	12/1-12/10	M/W	10:05-11am	\$31/4

GOLF GROUP

Greg Nelson gregbnelson@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 gregbnelson@me.com for available openings.

RSVP Required Ongoing M/W/F approx. 9am

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 10/2, 11/11, 11/27**

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

OASIS Event Center

SS4520	9/30-10/23	Tu/Th	8-9am	\$58/7
SS4521	10/28-11/20	Tu/Th	8-9am	\$58/7
SS4522	11/25-12/18	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, flexible, renewed and restored. Iyengar Yoga focuses on building a foundation from the ground up using our legs and arms, to bring alertness to our spine. Props and modifications are used as needed. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher.

No class 11/24, 11/27

- **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	9/8-10/6	M	10-11:15am	\$105/5
SS4524	9/11-10/9	Th	10-11:15am	\$105/5
SS4525	9/8-10/9	M/Th	10-11:15am	\$195/10
SS4526	10/13-11/10	M	10-11:15am	\$105/5
SS4527	10/16-11/13	Th	10-11:15am	\$105/5
SS4528	10/13-11/13	M/Th	10-11:15am	\$195/10
SS4529	11/17-12/15	M	10-11:15am	\$85/4
SS4530	11/20-12/18	Th	10-11:15am	\$85/4
SS4531	11/17-12/18	M/Th	10-11:15am	\$165/8
DRP465	Drop-In (No Refunds)			\$25/1

MELT HAND & FOOT- FOR BALANCE & STABILITY

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

Learn how to ease pain & stiffness in your body, using soft MELT balls. Feel more stable when you walk. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all, done sitting in chair, no experience needed! MELT tools provided and available for purchase.

- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

OASIS Room 1

SS4533	10/13 & 10/27	M	2-3pm	\$20/2
SS4534	11/3 & 11/17	M	2-3pm	\$20/2
SS4535	12/1 & 12/15	M	2-3pm	\$20/2

MELT METHOD: SELF CARE TECHNIQUE

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

New to MELT, please contact instructor for safety considerations before signing up or dropping in. Feel better doing what you love! This class uses soft rollers to rehydrate fascia, reduce inflammation, ease pain, and improve alignment. Strength exercises target weak links to protect joints and enhance performance. Prevent cellular dehydration and keep your body feeling great at any age!

Zoom code is also available for virtual attendance, contact Niki at NikiParker@aol.com. No class 11/11

- **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

SS4536	9/2-10/28	Tu	2-3pm	\$194/9
SS4537	11/4-12/16	Tu	2-3pm	\$131/6
DRP466	Drop-In (No Refunds)			\$30/1

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 10/3, 10/6, 10/8, 10/10, 10/13, 11/7, 11/19, 12/5**

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

OASIS Event Center

SS4539	10/1-10/31	M/W/F	7:45-8:35am	\$64/9
SS4540	11/3-11/26	M/W/F	7:45-8:35am	\$64/9
SS4541	12/1-12/12	M/W/F	7:45-8:35am	\$38/5
SS4544	10/1-10/31	M/W/F	8:45-9:35am	\$64/9
SS4545	11/3-11/26	M/W/F	8:45-9:35am	\$64/9
SS4546	12/1-12/12	M/W/F	8:45-9:35am	\$38/5

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. **No class 11/11**

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

OASIS Dance Room

SS4548	9/2-10/14	Tu	8:45-9:45am	\$119/7
SS4549	10/21-12/9	Tu	8:45-9:45am	\$119/7
DRP467	Drop-In (No Refunds)			\$23/1

PILATES FOR BONE STRENGTH & BALANCE

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. **No class 11/11**

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

OASIS Dance Room

SS4550	9/2-10/14	Tu	10-11am	\$119/7
SS4551	10/21-12/9	Tu	10-11am	\$119/7
DRP467	Drop-In (No Refunds)			\$23/1





PILATES TRIO: BONES, BALANCE & FLEXIBILITY

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 11/27

- **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

SS4552	9/4-10/16	Th	7:45-8:45am	\$119/7
SS4553	10/23-12/11	Th	7:45-8:45am	\$119/7
DRP467	Drop-In (No Refunds)			\$23/1

SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com
Unlock your strength, balance, and peace of mind in this dynamic class! Boost bone density, mobility, and peace of mind. Build power with targeted weight-bearing exercises, then restore with mindful stretching. Suitable for all levels, with modifications available. Led by an Internationally Certified Yoga Therapist. No experience needed! **No class 11/26, 11/28**

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

OASIS Dance Room

SS4555	9/12-12/19	F	2-3pm	\$285/14
SS4556	9/17-12/17	W	12:30-1:30pm	\$265/13
SS4557	9/12-12/19	W/F	above times	\$545/28
DRP464	Drop-In (No Refunds)			\$25/1

NEW! SOULSPARK - PAIN RELIEF WORKSHOP

Stephanie von Meeteren www.MySoulSpark.com
NEW! Learn how to reduce the pain response and how to feel better through scientifically proven natural methods. Discussion, Q&A, gentle movement and breathwork. No prior experience is necessary, modifications offered, for all levels.

OASIS Room 4

SS4900	10/7	Tu	3-4pm	\$25/1
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SOULSPARK - HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com
Awaken your potential with accessible Hatha yoga focused on mindful movement and breath. Prioritizing function over form, this all-levels class ends with meditation. No experience needed, modifications provided. Led by an Internationally Certified Yoga Therapist. **No class 11/24, 11/26, 11/27**

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

OASIS Dance Room

SS4560	9/15-12/15	M	11:30am-12:30pm	\$265/13
SS4562	9/11-12/18	Th	10:30-11:30am	\$285/14
SS4563	9/15-12/18	M/Th	above times	\$545/27
Live Online Class via Zoom				

SS4613	10/1-10/29	W	8-9am	\$105/4
SS4614	11/5-11/19	W	8-9am	\$65/3
SS4615	12/3-12/17	W	8-9am	\$65/3
DRP464	Drop-In (No Refunds)			\$25/1

SOULSPARK - RESTORATIVE YOGA

Stephanie von Meeteren www.MySoulSpark.com
Ease into evening with gentle yoga, breathwork, and meditation to relieve pain, improve sleep, and reduce stress. Classes focus on mindful movement and breath to foster body-mind connection. No experience needed-modifications are available for all levels. Each session ends with meditation. Led by a Certified Yoga Therapist. **No class 11/11, 11/25**

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

OASIS Dance Room

SS4567	9/16-12/16	Tu	4:30-5:30pm	\$245/12
DRP464	Drop-In (No Refunds)			\$25/1

NEW! SOULSPARK- YOGA PHILOSOPHY GROUP

New! Join our monthly yoga philosophy discussion group to explore ancient wisdom and its modern applications. Engage in meaningful conversations, deepen your understanding, and connect with like-minded seekers in a supportive space. Open to all, no prior experience needed. Expand your practice beyond the mat!

OASIS Dance Room

RSVP Not Required	2nd Thursday	11:30am-Noon	Free
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SOULSPARK - YIN YOGA

Stephanie von Meeteren www.MySoulSpark.com
Yin Yoga: Combining deep stretching and mindfulness, participants hold passive poses for 2-4 minutes to target deep connective tissues, release tension, improve flexibility, and promote relaxation. **No class 11/26**

OASIS Dance Room

SS4569	9/17-12/17	W	3:45-4:45pm	\$265/13
DRP464	Drop-In (No Refunds)			\$25/1

SOUND BATH & MEDITATION

Stephanie von Meeteren

www.MySoulSpark.com

Enter a peaceful sanctuary with nourishing sessions for body and mind. Open to all, these classes include yoga nidra, meditation, gentle movement, and breathwork, culminating in a crystal bowl sound bath. Bring what comforts you, and stay for tea and connection with our welcoming community. For questions, please contact the instructor.

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

OASIS Dance Room

SS4573	10/2	Th	5:30-6:30pm	\$25/1
SS4574	10/30	Th	5:30-6:30pm	\$25/1
SS4575	12/4	Th	4:30-5:30pm	\$25/1

TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle. **No class 10/2, 11/27**

OASIS Event Center BC

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



TAI CHI QIGONG

Diana Wong

dianawong2001@yahoo.com

Experience the powerful benefits of Tai Chi, a highly effective mind-body exercise. This class offers step-by-step instruction in the Tai Chi Qigong 18 movements, promoting physical health and cultivating tranquility. Beginners are welcome! For style clarification, please email the instructor. **No class 10/2, 11/11, 11/25, 11/27**

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

OASIS Event Center

SS4577	9/2-12/16	Tu	9:30-10:30am	\$235/14
SS4578	9/4-12/18	Th	9:30-10:30am	\$235/14
SS4579	9/2-12/18	Tu/Th	9:30-10:30am	\$325/28
SS4580	10/7-12/16	Tu	9:30-10:30am	\$152/9
SS4581	10/9-12/18	Th	9:30-10:30am	\$168/10
SS4582	10/7-12/18	Tu/Th	9:30-10:30am	\$235/19
SS4583	11/4-12/16	Tu	9:30-10:30am	\$85/5
SS4584	11/6-12/18	Th	9:30-10:30am	\$102/6
SS4585	11/4-12/18	Tu/Th	9:30-10:30am	\$140/11
SS4586	12/2-12/16	Tu	9:30-10:30am	\$55/3
SS4587	12/4-12/18	Th	9:30-10:30am	\$55/3
SS4588	12/2-12/18	Tu/Th	9:30-10:30am	\$79/6
DRP468	Drop-In (No Refunds)			\$25/1



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 10/3, 10/4, 10/29, 10/30, 10/31, 11/1, 11/27, 11/28, 11/29**

OASIS Dance Room

SS4589	9/8-12/15	M	9-10am	\$275/15
SS4590	9/3-12/17	W	9-10am	\$275/15
SS4591	9/4-12/18	Th	9-10am	\$257/14
SS4592	9/5-12/19	F	9-10am	\$239/13
SS4593	9/13-12/20	Sa	9-10am	\$221/12

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

SS4594	9/3-12/19	M/W/F	9-10am	\$550
DRP469	Drop-In (No Refunds)			\$25/1

MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant

mcaumiant26@gmail.com

Discover the joy of Ballet at any age! Dance with like-minded peers in a pressure-free, supportive environment. Move at your own pace to beautiful classical, romantic, and swinging piano music. Start with Barre exercises, then explore steps in open space. Embrace the movement, have fun, and enjoy the experience! **No class 11/14, 11/28**

- **Prerequisite:** at least 1 year of ballet training suggested.
- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

SS4605	9/19-12/12	F	11:30am-12:45pm	\$250/11
DRP470	Drop-In (No Refunds)			\$23/1

BEGINNING BROADWAY DANCE

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

Discover the anti-aging power of dance! Embrace Broadway tunes while mastering simple, partner-free dance techniques in a supportive small group. Learn with ease, dance with confidence, and reap body and mind benefits. Join today for timeless vitality. **No class 10/29**

OASIS Dance Room

SS4607	9/10-12/17	W	11:15am-Noon	\$285/14
DRP469	Drop-In (No Refunds)			\$25/1



GROUP DRUMMING

Lee Kix

Discover your rhythm with group drumming! This research-backed activity boosts immunity, reduces stress, enhances mood, sparks creativity, and strengthens bonds. Studies reveal it even increases white blood cell activity to fight disease.

OASIS Event Center

RSVP Not Required 2nd Wed 11:30am-12:30pm 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

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant

mcaumiant26@gmail.com

Join us to explore the beauty of Classical Ballet! Enhance strength, flexibility, coordination, and balance in a relaxed, supportive setting. Designed for those with at least three years of dance experience, the class encourages creative expression with adaptable movements to suit individual needs. **No class 11/11, 11/25**

- **Please bring:** ballet slippers by the second class meeting
- **Prerequisite:** at least 3 years of ballet training some time in your life.

OASIS Dance Room

SS4610 9/16-12/9 Tu 11:30am-12:45pm \$250/11

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 11/27**

OASIS Dance Room

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

SS4596 10/2-10/30 Th 1-1:55pm \$43/5

SS4597 11/6-12/18 Th 1-1:55pm \$52/6

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

SS4599 10/2-10/30 Th 2-2:55pm \$43/5

SS4600 11/6-12/18 Th 2-2:55pm \$52/6

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

SS4602 10/2-10/30 Th 3-4pm \$43/5

SS4603 11/6-12/18 Th 3-4pm \$52/6

newportbeachca.gov/oasis

Admin - 949-644-3244

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



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

The OASIS Sailing Club offers recreational sailing and instruction for members and guests. Sail year-round on our Catalina 34 MKII sloops, OASIS-V and OASIS-VI. All experience levels welcome! Monthly dues: \$70; sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm, at OASIS in Room 1. Contact Dorothy Ables at 949-400-6177 or **OSCMembership@OasisSailingClub.org**



Friends of OASIS - 949-718-1800

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 Sailing Club
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Membership Get Together

Call 949-718-1800, visit friendsofoasis.org or stop by the Friends Office **Monday-Friday 8:00 a.m. - 4:00 p.m.** for more information and to join.

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



BOUTIQUE & RUMMAGE SALE



COLLECTION DATES:

Mon-Fri, Sep. 22-26, 8 a.m.-2 p.m.
Mon-Wed, Sep. 29-Oct. 1, 8 a.m.-2 p.m.

Accepting: Jewelry, Collectibles, Antiques, Purses, Housewares, Kitchen Items, Small Electric Appliances, Linens, Board Games, Small Furniture, Notions, Office Supplies, Arts & Crafts, Pictures & Frames, Books, Toys, & Holiday Items. **NO clothing, electronics, large furniture, TV's, Large Appliances, or Pianos will be accepted.**

- All donations to the Rummage Sale are tax-deductible, be sure to ask for a donation receipt.
- Need help with items? We're happy to arrange pickup from your home upon request.

SALE DATES: 9 a.m.-2 p.m.

Friday, October 3 (\$5.00 Entry Fee)
Saturday, October 4 (No Entry Fee)

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



Paint with Friends



Join us for an afternoon of creativity, colors, and small treats. No prior experience necessary. Limited space available, reserve your spot no later than 10/28/25.

Date & Time:

November 4
2 p.m. - 4 p.m.

Location:

OASIS Art
Center

Fee:

\$25 Per
Person

To purchase tickets call 949-718-1800
or visit the Friends of OASIS Office



OASIS SAILING CLUB MEMBERSHIP

ENJOY YEAR-ROUND COASTAL SAILING

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

OASIS V AND OASIS VI

Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.

CLUB MEETINGS AND SOCIAL ACTIVITIES

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



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



Membership Discounts

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

10% Discount

- Bayside *
- Bistango *
- The Bungalow *
- Farm Fresh to You
use promo code OASIS
- Fresh Brothers *
use promo code NB10
- Gary's New York
Style Deli *
- La Fogata
- The Lido *
- Newport Rib Co. *
- New Shanghai Pine
Garden *
- Mario's Pizza *
- The Pizza Bakery
- Rendez Vous Cafe
- Tavern House *

15% Discount

- Dominos (CdM Location)

20% Discount

- El Cholo *
(Lunch Only)
- Sweetfin
- Light House *
- Pacific Symphony
15% for summer concert,
call Susan at 714-876-2397
to obtain discount
- P.F. Chang's

*Exclusions apply, see www.friendsofoasis.org or call 949-718-1800 for details.



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**.

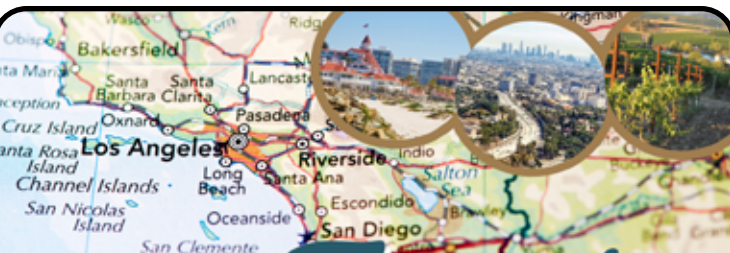
☐ CREDIT CARD # _____ Exp. DATE _____ / _____

☐ Single 30.00 / one year ☐ Couple \$40.00 / 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. 3/10/25



OASIS Travel FRIENDS OF OASIS

OASIS Travel Hours & Contact Information
Monday-Friday 9 a.m. - 1 p.m. VISA MasterCard DISCOVER AMEX
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

WARNER BROS. STUDIO TOUR

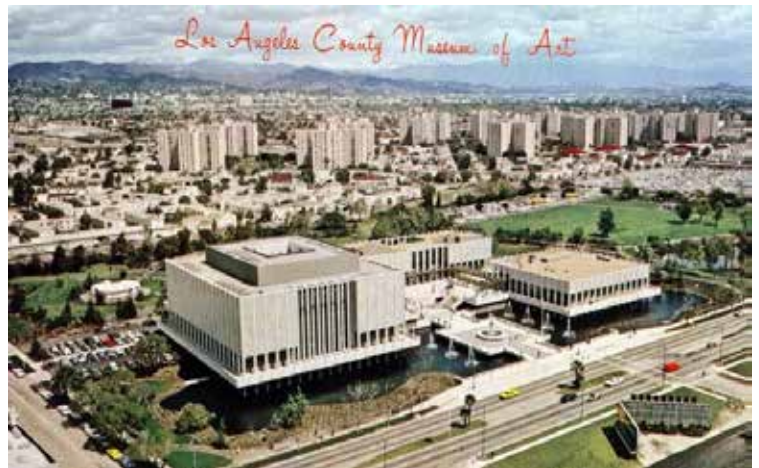
Thursday, October 9

\$121/\$126

The Warner Bros. Studio Tour Hollywood is a guided and walkthrough studio tour of Warner Bros. Studios, Burbank in Los Angeles. It offers visitors the chance to glimpse behind the scenes at one of the oldest film studios in the world. The tour includes the "Storytellers Showcase," An intro film and orientation provide familiarization of the studio's history; The Lot Tour: Takes you on a journey to learn how a production comes to life on the big and small screen; The Backlot Tour focuses on how TV shows and films are created, including iconic sets, soundstages, and the overall production process. The Lot Tour culminates at Stage 48 which offers a look at the technology used in visual effects and sound editing with fun interactives. Lunch will be on your own on the Central Perk set on Stage 48.

Depart: 10:00am

Return: 4:00pm



LOS ANGELES COUNTY MUSEUM OF ART - LACMA

Thursday, October 16

\$70/\$75

Located on the Pacific Rim, LACMA is the largest art museum in the western United States, with a collection of more than 150,000 objects that illuminate 6,000 years of artistic expression across the globe. Committed to showcasing a multitude of art histories, LACMA exhibits and interprets works of art from new and unexpected points of view that are informed by the region's rich cultural heritage and diverse population. LACMA has collections of Asian art and Latin American art, ranging from pre-Columbian masterpieces to works by leading modern and contemporary artists. Lunch is on your own and LACMA currently offers limited onsite dining with daily featured food trucks on the Smidt Welcome Plaza. Visitors are welcome to bring food and beverages to enjoy on the plaza or on adjacent lawns in the park. Please note that food and beverages are not permitted in the galleries. We also encourage museum visitors to explore the nearby restaurants on the Miracle Mile- from quick and casual takeout to full-service sit-down experiences.

Depart: 9:30am

Return: 5:00pm



HELLO DOLLY!

Saturday, October 25

\$114/\$119

Dolly is coming to the Carpenter Center in Long Beach. *Hello, Dolly!* follows the larger-than-life matchmaker Dolly Levi as she meddles in the romantic affairs of the city's elite in turn-of-the-century New York City. With iconic songs like "Before the Parade Passes By," "It Only Takes a Moment," and, of course, the title song, "Hello, Dolly!" is a joyous celebration of love, life, and the indomitable spirit of one legendary woman. Lunch on your own at nearby restaurant prior to the 2:00pm matinee.

Depart: 11:00am

Return: 6:00pm

NORTON SIMON MUSEUM

Thursday, November 6

\$75/\$80

With many requests, we have scheduled another wonderful trip to the Norton Simon Museum in Pasadena. The museum's "collection of European paintings and sculpture is among the most distinguished in North America." The museum has fabulous art by Rembrandt, Goya, Dega, and Vuillard. It has an extensive magnificent collection of Impressionist and Post-Impressionist art: Manet, Monet, and Renoir. As well, there are works from 20th century artists: Picasso, Matisse, and Kandinsky. The indoor and outdoor sculpture displays are great. Overall, the Norton Simon is exceptional! We will stop for lunch in Pasadena where you can decide which to try eatery within a short walking distance. After lunch we will bus to the museum.

Depart: 10:00am

Return: 5:30pm



RONALD REAGAN LIBRARY-AMERICAN COWBOY: HOLLYWOOD & HISTORY

Wednesday, November 19

\$135/\$140

Cowboys are quintessential cultural icons and a national symbol. They represent western ideals of strength, self-reliance, hard work, and honesty. Cowboy myths have shaped childhood dreams and adult identities, including those of our presidents. This exhibit will also take a closer look at our cowboy presidents, including Ronald Reagan, Teddy Roosevelt and Lyndon B. Johnson. You will have plenty of time to view all of the Reagan Library exhibits, including a full-scale replica of Reagan's Oval Office. Also on display will be the annual Christmas trees. You will enjoy an exclusive buffet under the wing of Air Force One.

Depart: 8:30am

Return: 5:30pm

VIEJAS CASINO

Wednesday, December 3

\$25/\$30

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 play a game with \$20 and they will receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is no longer available but there are several other restaurants in the casino. You also can visit the Viejas Outlet Center to do some shopping. Don't forget to bring \$1 bills to play bingo on the bus.

Depart: 8:30am

Return: 5:30pm

EXTENDED TRIPS

Flyers available in the travel department

NEW YEAR'S ROSE PARADE

December 30, 2025 - January 1, 2026

\$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 collection, botanical gardens), Rose Parade 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 Lona to sign up for this trip 760-889-2687.

AFC

ICELAND EXPLORER

October 1 (7 days, 8 meals)

MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE

October 4 (8 days, 10 meals)

VENICE & THE ITALIAN LAKES

October 8 (10 days, 13 meals)

NORMANDY, PARIS & SEINE RIVER CRUISE

October 21 (9 days, 20 meals)

SUNNY TUCSON & THE OLD WEST

November 9 (6 days, 8 meals)

SANTA FE HOLIDAY

December 3 (5 days, 6 meals)

HISTORIC SAVANNAH & CHARLESTON HOLIDAY

December 10 (7 days, 9 meals)

MAJESTIC ADVENTURES

NEW YEAR'S ROSE PARADE

December 29 (5 days, 6 meals)



HARKER, CAMPBELL & BELFIELD LLP
A Limited Liability Partnership

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

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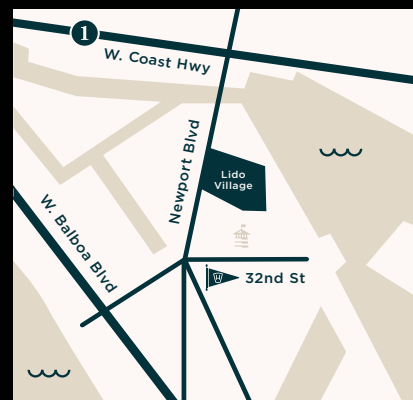
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