

OASIS news

Older
Adult
Social &
Information
Services

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

OCTOBER 2023

VOL. 47 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
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1818
Friends of OASIS: 949-718-1800

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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Deputy Director Justin Schmillen
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Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: Savannah Bonifay
Recreation Coordinator: Hilda El-Souki
Transportation Coordinator: Elizabeth Arciniega
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Office Assistant: Stephanie Melero
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CONNECT WITH US



@CITYOFNEWPORTBEACH

Melissa Gleason

SENIOR SERVICES MANAGER



My next guest writer is well known and much appreciated around OASIS. She has knowledge in MANY aspects of social services. One of the special attributes she brings to OASIS is her compassion. She is truly gifted in her ability to listen and help those who are going through a variety of life changes and challenges. With her knowledge and years of experience, she has provided resources and guidance to so many. We are so grateful for her expertise. I'm sure you all know who our next guest writer is, Susie DiGiovanna!

Hello all! I am Susie DiGiovanna, Social Services Supervisor here at OASIS. I started working here in 2003, so this year marks my 20th anniversary at the best senior center in the world! I have a master's degree in Gerontology and am grateful to utilize it every day. In my role, I get to connect people to reliable resources and find practical solutions to whatever situations they are facing. I'm an advocate for elders who are vulnerable and provide supportive counseling when needed. I work with community agencies to bring in lectures on pertinent topics and oversee the support groups and HICAP (Medicare counseling) program. Each year, I manage the grants that subsidize the Transportation program and I coordinate the Medicare Part D clinic, along with SHARP - Senior Home Assistance Repair Program. The best thing about working here though, is all the wonderful people and participating in the fun events we have. I've always felt that working at the OASIS is like going to a party every day!

Some fun facts about me: I've been married to my sweetheart Mike for 13 years. He's a sportswriter and we met on an internet dating site. Between us, we have 4 kids and 4 grandkids, and we love spending time with them. Both of my kids and I graduated from Marina High School in Huntington Beach. Over the years, I've been given five free cars! My hobbies include gardening, Girls' trips, baking, singing, and making TikTok videos about aging issues – I now have 12K followers!



Susie



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Both Vicki and I have noticed a few leaves already changing on our morning walks around the neighborhood. The sweet smell of Autumn is in the air once again. We had a really fun OASIS Cars and Coffee last month; it was very well attended. This is a community event, and it was nice to see the cars for sure, but to bring the local CdM residents, both young and old alike to our facility was heartwarming. Trophy winners and attendees are shown on our Friends website, www.friendsofoasis.org. Also last month we had our ABBA Fab (sold out) tribute band held in the grass within our courtyard here at OASIS. Our big news this month is our annual

Rummage Sale, taking place on October 6th and 7th. We have had great participation with both volunteers and attendees to this community event. I would urge those of you who have attended in the past, to please return, as well as those of you who have not yet attended, to check out all the many treasures and bargains. This is Friends biggest Fundraiser we have all year, and like I said, it takes a village to pull this all off. This two-day event has been in the planning for months, and I am thanking everyone that makes it happen.

Hat's off to our Sailing Club as we have had a bevy of new sailing members as of late. Stan Espenship, our Commodore, is doing a great job with his officers and crew. This is an excellent and well-run sailing club, with top notch equipment. For those interested, you can check the website, or our front office for more details.

And finally, I would like to remind all of you that our Monthly Gathering we normally hold on the first Friday of the month, will be dark in October, as we will be full swing into our Rummage Sale. Things will be back on track next month on November 3rd. Get your tickets in the Friends office.

Always at your service,

Mike

BOUTIQUE AND RUMMAGE SALE



9:00 AM - 2:00 PM
FRIDAY, OCTOBER 6 (\$3.00 ADMISSION FEE)
SATURDAY, OCTOBER 7 (NO ADMISSION FEE)

COLLECTION DAYS: MONDAY SEPTEMBER 25 TO
WEDNESDAY, OCTOBER 4

ACCEPTING: JEWELRY, HOUSEWARES, KITCHEN ITEMS, SMALL
ELECTRIC APPLIANCES, LINENS, COLLECTIBLES, SMALL FURNITURE,
SMALL ANTIQUES, PURSES, NOTIONS, OFFICE SUPPLIES, ARTS &
CRAFTS, VASES, PICTURES & FRAMES, BOOKS, TOYS, HOLIDAY ITEMS!



PLEASE **NO** CLOTHING, ELECTRONICS, LARGE
FURNITURE, TV'S, APPLIANCES, OR PIANOS

FRIENDS OF OASIS 801 NARCISSUS AVE., CDM 92625
949-718-1800



Provided by: HOAG Faith Community Nurses &
Community Benefit



FREE FLU SHOT CLINIC

Let's protect yourself and your loved ones

**Tuesday, October 10
9:00–11:00a.m. | Room 1**

**Regular Flu Shots AND Senior Doses
'While Supply Lasts'**

OASIS Senior Center
801 Narcissus Ave. Corona del Mar
Please RSVP at 949-644-3244

OASIS SENIOR CENTER
801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL ★ GROUP ★

TOM WEAVER

CREATING A SEAL

**TUESDAY, OCTOBER 17, 2023
11:30 AM
EVENT CENTER
RSVP 949-644-3244**



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



TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, October 24 • 10:00am - 12:00pm • Room 1
Mongolia and Stan Countries

Start with Mongolia in Ulaanbaatar home of Genghis Khan, drive into the Mongolian countryside which consist of upland steppes, semi deserts, and deserts, although in the west and north forested high mountain ranges alternate with lake-dotted basins. Mongolia is mile after mile of rolling grassy plains, dotted with the white domes of Mongolian tents known as Gers. Countryside is broken up with golden sand dunes of Gobi Desert, the craggy peaks of the Altai mountains. We will see the annual Naadam Festival and learn about the Eagle hunters and horse captures in the steppes of Mongolia.

The stan countries are not very big but when combined they form a very large area. We will visit the treasures of Uzbekistan. It is known for its mosques, mausoleums and other sites linked to the Silk Road, the ancient trade route between China and the Mediterranean. See Khiva, Samarkand, and Bukhara major cities on the route, containing landmarks of Islamic architecture.



OASIS SENIOR CENTER • 949-644-3244
WWW.NEWPORTBEACHCA.GOV/OASIS



MOVIE TALK

WITH THEO SIEGEL

WEDNESDAY, October 18

Event Center

EVENT STARTS AT 1:00 PM

We'll talk about the making of "On The Waterfront", and then show the film!

"On the Waterfront" contains what is considered one of the greatest American acting performances in a Motion Picture. The movie stars Marlon Brando in his Oscar winning roll as Terry Malloy, a New Jersey longshoreman who decides to testify against the mob. The film was largely seen as director Elia Kazan's justification for naming names to the House Unamerican Activities Commission in the 50s. The critical acclaim and popularity of the film caused real reform on the Hoboken docks of the longshoreman union. Learn about these interesting facts and many more from the movie guy as we talk about "On The Waterfront" with Marlon Brando, Karl Malden, Eva Marie Saint and Rod Steiger and then show the movie.



MEDICARE

WHAT'S NEW FOR 2024

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.

Tuesday, October 24

1:00 pm 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!



Alzheimer's PRESENTS:

ORANGE COUNTY

LUNCH AND LIVE MUSIC

Enjoy lunch and sing along with Jason Feddy as he plays the Classic Rock songs you love!



WEDNESDAY,
NOVEMBER 1, 2023
12:00 PM

Lunch is \$5.50 per person,
suggested donation

RSVP by calling 949-644-3244 or email OASIScenter@newportbeachca.gov
no later than Friday, October 27



Medicare Part D

DRUG COVERAGE ASSISTANCE

Provided by HICAP

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

Appointment Dates:

- Friday, Nov. 3
- Thursday, Nov. 9
- Friday, Nov. 17

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



Council on Aging
Southern California



**Alzheimer's
ORANGE COUNTY**

ALZHEIMER'S SUPPORT GROUP

For family members and caregivers

**2ND & 4TH WEDNESDAYS
OF THE MONTH**

10:00 AM * ROOM 5

NO RSVP REQUIRED

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




OASIS RESOURCE HIGHLIGHT:


COMMUNITY NOTEBOOK

Post and View Ads for:

- Rooms
- Employment
- Senior-related
- for Rent
- Opportunities
- Items for Sale

The Community Notebook is a resource to help
connect community members.

Postings have not been vetted and the City of Newport
Beach assumes no responsibility for its contents.
Please do your due diligence in verifying information.



Available in the OASIS Admin Office

For More Information Call
949-644-3244

CAREGIVER SUPPORT GROUP

Loved ones, partners and friends are invited to
attend this supportive group. Participants will
be enriched by shared insight as we explore
the opportunities and challenges in caring for
older loved ones.

**2ND & 4TH MONDAYS
2:00 PM - ROOM 5**

Facilitated by
Corby Beahm, MS, RN
Council on Aging Southern California

No RSVP Necessary
Questions? Call 949-644-3244





CIRCLE OF LIFE SUPPORT GROUP

**FOR ADULT
CHILDREN OF
OLDER PARENTS**

**2ND & 4TH FRIDAYS
NOON - ON ZOOM**
Call 949-644-3244
for ID and Password

Explore challenges and find hidden opportunities!
Facilitated by Corby Beahm, MS, RN







FALL CONNECTIONS GROUP

FALL MORE DEEPLY INTO CONNECTION
WITH SELF AND OTHERS...
THE ART OF LISTENING TO WHAT STIRS YOUR HEART

EVERY THURSDAY @ 2PM
OASIS - ROOM 5
FACILITATED BY JOYCE SWAVING FROM SHANTI OC



Brought to you by:
Alzheimer's
ORANGE COUNTY

FREE MEMORY SUPPORT SERVICES

- Memory Screenings
- Personalized, In-Depth Guidance
- Linkage to Resources
- Ways to Maintain Brain Health

Call for a free appointment
949-644-3244

OASIS SENIOR CENTER



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.

**2nd & 4th Thursdays
of the month
10:00 AM
Room 5**

No RSVP needed
Questions: (949) 644-3244

OASIS SENIOR CENTER

CareCHOICES Hospice and Palliative Services, Inc.



SHARP

Senior Home Assistance Repair Program

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

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

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

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

OASIS SENIOR CENTER

Habitat for Humanity

CITY OF NEWPORT BEACH

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

Returning in Dec.

9-11am

Free

8

newportbeachca.gov/oasis

Admin - 949-644-3244

Friends of OASIS - 949-718-1800

Support Groups

ALZHEIMER'S SUPPORT GROUP

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

Location: OASIS Room 5

RSVP not Required

2nd & 4th Wednesdays 10am

Free

NEW! CAREGIVER SUPPORT GROUP

Get the support you need! Loved ones, partners and friends are invited to attend. Participants will be enriched by shared insight as we explore the opportunities and challenges in caring for older loved ones. Facilitated by Corby Beahm, MS, RN from Council on Aging, Southern California.

Location: OASIS Room 5

RSVP not Required

2nd & 4th Mondays

2pm

Free

NEW! CIRCLE OF LIFE

Support Group for Adult Children of Older Parents. Explore the challenges and find the hidden opportunities of having older parents in this season of your life. Facilitated by Corby Beahm, MS, RN from Council on Aging, Southern California

• **Held on Zoom:** call for log-in information 949-644-3244

Virtual

2nd & 4th Friday

Noon

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.

Location: OASIS Room 5

RSVP not Required

Thursdays

2pm

Free

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son/daughter, brother/sister, or a grandchild; helping others better assist the grieving family. For more information please call Basia Mosinski at 844-444-8231.

Location: OASIS Room 5

RSVP not Required

3rd Wednesday

6:30pm

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. For more information please call 949-644-3244.

Location: OASIS Room 5

RSVP not Required

2nd & 4th Thursdays

10am

Free

VETERANS SOCIAL GROUP

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

Location: Event Center-A

RSVP 949-644-3244

3rd Tuesday

11:30am

Free

OASIS SENIOR CENTER TRANSPORTATION SERVICE



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

SERVICE HOURS:

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

SAME DAY RIDES:

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

PRICING:

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

ELIGIBILITY:

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

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

TRANSPORTATION CLIENTS

OASIS is offering two shopping
trips this month:

99 Cent Store on Thursday, October 12
and

Target Store on Thursday, October 26



Call the Administration Office at
949-644-3244
to reserve your spot!

Meal Services

AGE WELL SENIOR SERVICES-LUNCH CAFE

Come join us daily in the Evelyn Hart Event Center for a delicious lunch catered by Zest in a Bowl. The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables, with protein. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.

LUNCH SERVICE:

- Monday - Friday: 12:00 - 12:30pm

PRICE:

- Suggested donation of \$5.50 per meal is appreciated

RSVP REQUIRED: Lunch requests must be made three business days in advance by calling 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 Age Well Senior Services. 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 949-718-1811.

LUNCH CAFE

AT OASIS

Grab a friend or two and have lunch at OASIS.
Fresh menu with a variety of calorie smart dishes.
60+ a \$5.50 contribution is optional, 59 and younger cost to dine is \$7.50.

Call to Make a Reservation Today:
949-718-1820

Learn More At:
www.myagewell.org

CLASS REFUND POLICY

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



CODE OF CONDUCT

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

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

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

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



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: Fantasy Fiction

OASIS Room 5

RSVP not required 3rd Wed 10:30am-Noon

Free

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

9/28

Th

7-9pm

\$79/1

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 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

SS4080

10/5-11/9

Th

7:30-9pm

\$198/6

CURRENT EVENTS DISCUSSION

Dave Larue

dkla2018@outlook.com

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

OASIS Library

RSVP not required

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, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course. **You must attend class both Wednesday and Thursday to complete the 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 10/18 & 10/19 W/Th 1-5pm \$20/\$25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

Sail the vast seas of English and American short fiction. Discover works of modern authors like Updike, Salinger and Proulx, and revisit classic short stories by writers like Twain, Faulkner, Fitzgerald and Joyce. Discuss contemporary protagonists and reinterpret traditional characters. With a senior's wisdom, call upon your own life experiences to exchange ideas with some of the greatest literary minds. Please contact instructor for updated information.

OASIS Room 1B

SS4059 9/15-12/15 F 10am-Noon \$105/12

JUST 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.

OASIS Room 4

RSVP not required 10/16* M 3-5pm Free

*Date adjustment for October

KNITTING

Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects.

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 of Life's Third Act - This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal's wager, Plato's allegory of the cave and much much more, then apply these ideas to our lives.

OASIS Room 1A

RSVP not required 10/3, 10/17, 10/31 Tu 3-4:30pm Free

NEW! PRESERVING 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 9/19-10/31 Tu 10am-Noon \$150/7

Online

SS4087 9/20-11/1 W 10am-Noon \$150/7

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:** Supplies to class, material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A

SS4005	9/6-10/18	W	9-11am	\$168/7
SS4006	11/1-12/6	W	9-11am	\$144/6

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

SS4003	9/11-10/16	M	9am-Noon	\$138/6
SS4004	10/30-12/4	M	9am-Noon	\$138/6

INTERMEDIATE/ADVANCED CERAMICS

Karen Thayer karenthayer@yahoo.com

This course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. **No class 10/18, 10/25, 11/22**

- **Additional fee:** \$10 (material)
- **Optional:** Clay \$16/bag

OASIS Art Center

SS4039	9/13-12/6	W	9-Noon	\$170/10
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NEW! 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

SS4090	10/3-10/31	Tu	1-4pm	\$250/5
SS4091	11/7-11/28	Tu	1-4pm	\$200/4
SS4092	12/5-12/19	Tu	1-4pm	\$150/3

OIL PAINTING- INTERMEDIATE

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

Students work from instructor photos OR their own projects. Focus is on drawing, color (hue, value, chroma), and edges in painting. Instructor works in traditional oil, but all media are acceptable. Class demos include color mixing and steps to complete a painting.

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

OASIS Art Center

SS4061	10/23-11/20	M	1-3:30pm	\$240/5
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WATERCOLOR-BEGINNING

Chris Sullivan chrissullivanart@gmail.com

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

- **Please Bring:** Materials list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS4040	10/10-11/14	Tu	9am-Noon	\$146/6
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WATERCOLOR - ADVANCED

Chris Sullivan chrissullivanart@gmail.com

Learn to paint more expressive and creative watercolors! In this exciting experimental watercolor class, you will explore various design concepts, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. Demonstrations, and group critiques included.

- **Please Bring:** materials list will print on receipt.
- **Prerequisite:** good control and understanding of basic watercolor techniques.

OASIS Art Center

SS4042	10/11-11/15	W	1-4pm	\$146/6
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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 different types of carving, intarsia, marquetry, scrolling. Other crafts are open to one's imagination including model building, pyrography, creating games and puzzles and gourd art. Members assist other members to help develop skills. Members may have an occasional minimal fee for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required

Th

8-11am

See above



Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson

949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. Selections will be by 20th-century Maurice Leblanc and Marcel Proust, observer of the Belle Époque. Reading at home and in class will be followed by written answers to questions and by classroom discussion. Please contact instructor for specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French. Class is ongoing; check with instructor for updated information

OASIS Room 2B

SS4008 9/13-12/13 W 10am-Noon \$105/14

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.

SPANISH LITERATURE BOOK CLUB

Darielle Wilson

949-675-5182

Take a journey the second Monday of the month into literature in Spanish. Meet Latin American and Spanish writers, classic and modern. Contact instructor for current readings.

OASIS Room 4

RSVP required 2nd M

2:30-4:30pm

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. **No class 12/4, 12/11**

OASIS Room 4

RSVP required

M

12:30-2:00pm

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 11/20, 11/22

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

OASIS Room 1B

Beginning Italian 1

SS4054 10/9-11/1 M/W 5-6pm \$205/8

SS4055 11/6-12/6 M/W 5-6pm \$205/8

Beginning Italian 2

SS4057 10/9-11/1 M/W 6-7pm \$205/8

SS4058 11/6-12/6 M/W 6-7pm \$205/8

OASIS Room 2A

Beginning Spanish 1

SS4045 10/9-11/1 M/W 5-6pm \$205/8

SS4046 11/6-12/6 M/W 5-6pm \$205/8

Beginning Spanish 2

SS4051 10/9-11/1 M/W 6-7pm \$205/8

SS4052 11/6-12/6 M/W 6-7pm \$205/8

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 (2000 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

RSVP required

9/7/23-5/25/24

Th

1-2pm

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

A SAMPLING OF APPS

Carole Kamper 949-230-5902

Explore just a sampling of the many "APPS" that are available on your iPhone/Smartphone or iPad/tablet including: Uber and Lyft, Travel, Currency Exchange and Maps, eBooks (Kindle) and other free books that can be downloaded from The Newport Beach Library as well as photos sharing including Instagram, banking apps, Venmo and Zelle and MUCH, MUCH, MORE. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

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

OASIS Computer Lab

SS4029 11/15 W 10:30am–12:30pm \$42/1

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 10/24 Tu 1:30–3:30pm \$42/1

SS4022 12/11 M 10:30am-12:30pm \$42/1

IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com

Insight into the latest iOS 17 features. Much has changed since our prior in-person classes. This class will bring you up to date. Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers secrets hidden in apps including new App Library, Camera, Photos, Notes, Mail, Messages, Maps, Widgets, Calendar, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.

- **Requirement:** This class is only for users who have an iPhoneX, XR or newer with iOS 17 installed

OASIS Room 2A

SS4144 11/9-12/7 Th 1-3PM \$40/4

COMPUTER SKILLS- INTERMEDIATE

Carole Kamper 949-230-5902

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

- **Prerequisite:** Computer Basics and basic internet skills

OASIS Computer Lab

SS4030 11/1-11/8 W 10:30am–12:30pm \$45/2

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

SS4143 11/30-12/7 Th 11am-Noon \$40/2

EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com

Learn to buy and sell items on eBay.

- **Prerequisite:** Basic computer and internet skills

OASIS Computer Lab

SS4032 9/14 Th 10am-Noon \$40/1

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. **No class 10/19**

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS4038 10/5-11/2 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. **No class 10/19**

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

OASIS Computer Lab

SS4037 10/5-11/2 Th 11am-Noon \$70/4



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: Twitter, Snapchat, Instagram and Pinterest.

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS4140 11/30-12/7 Th 9:45-10:45am \$40/2

INTRODUCTION TO POWERPOINT

Barbara Yin Milbert pacpal33@yahoo.com

Learn to open and save a new PowerPoint presentation document. Insert pictures to your document, and more. Some knowledge about Word would be helpful.

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

OASIS Computer Lab

SS4139 12/14 Th 10am-Noon \$40/1

MAKING A SHUTTERFLY & AWESOME BOX

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. Awesome Box is an online software that gives friends and family a way to share special occasions, photos and messages. These cards are then printed and are true keepsakes. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS4127 11/6 M 10:30am-12:30pm \$42/1

SS4128 12/13 W 10:30am-12:30pm \$42/1

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

Returns in the Winter M 10:30am-12:30pm \$42/1

Cards & Games

BEGINNING BRIDGE

Ann Cressman, Gold Life Master 949-495-4564
anncressman@gmail.com

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

OASIS Room 3
SS4009 10/10-11/14 Tu 9:30-11:30am \$150/6

ADVANCED BEGINNING BRIDGE

Ann Cressman, Gold Life Master 949-495-4564
anncressman@gmail.com

Lessons will consist of handouts, play of pre-arranged hands and analysis.

OASIS Room 3
SS4011 10/12-11/16 Th 9:30-11:30am \$150/6

INTERMEDIATE BRIDGE

Ann Cressman, Gold Life Master 949-495-4564
anncressman@gmail.com

Lessons will consist of handouts, play of pre-arranged hands and analysis.

- **Prerequisite:** Advanced Beginning Bridge 1.

OASIS Room 3
SS4012 10/10-11/14 Tu 12:30-2:30pm \$150/6

BRIDGE- IMPROVER PLAY

Rose Reynolds pareynolds@aol.com
Did you learn bridge but want to continue to improve and reinforce your bidding, defense and declarer skills? Your confidence and love of the game will greatly improve after this 8 session class. Bring your friends and family and improve together. No partner necessary. **No class 11/22**

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

OASIS Room 3
SS4019 10/11-11/29 W 9:30-11am \$170/7

DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138
zeintje1@gmail.com

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

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

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. Free lessons for beginner/intermediate players at 2:15pm. Game starts at 2:30pm.

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

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Terry Sweeney 208-920-9085

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

No class 11/23

201: Beginners, welcome back to Part 2! You aren't going to want to miss the fun. Please bring your current Card of Hands.

No class 11/24

- **Prerequisite:** American Mah Jongg for Beginners 101.

OASIS Room 3

American Mah Jongg for Beginners 101

SS4013	9/14-10/19	Th	1:30-3:30pm	\$135/6
SS4014	11/9-12/21	Th	1:30-3:30pm	\$135/6

American Mah Jongg for Beginners 201

SS4015	9/15-10/20	F	9:30-11:30pm	\$135/6
SS4016	11/17-12/22	F	9:30-11:30am	\$115/5

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 12:30pm-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. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class 10/6, 11/10, 11/20, 11/24**

OASIS Dance Room

SS4501	9/11-12/11	M	10:15-11:00am	\$239/13
SS4502	9/8-12/15	F	10:15-11:00am	\$221/12



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 to get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels are welcome to fit your specific fitness needs. **No class 11/23**

- **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	10/16-11/13	M	3:30-4:30pm	\$95/5
SS4505	11/20-12/11	M	3:30-4:30pm	\$85/4

OASIS Room 1

SS4507	10/12-11/2	Th	3:30-4:30pm	\$85/4
SS4508	11/9-12/14	Th	3:30-4:30pm	\$95/5
DRP461	Drop-In (No Refunds)			\$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu
This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor.

OASIS Event Center

Ongoing	8/28-12/11	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 10/11, 11/8, 11/15**

OASIS Event Center

SS4510	10/2-10/30	M/W	10:05-11:00am	\$49/8
SS4511	11/1-12/11	M/W	10:05-11:00am	\$55/10

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. Participants will benefit from this class by improving seated/standing posture, improving 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 that could adversely impact judgment and/or decision-making abilities. Space is limited to 10 students. **No class 11/20, 11/23**

- **Prerequisite:** New students must complete a balance assessment a week prior to the first class or during the initial week of the program. Instructor will contact the participant the week before the first class to schedule the assessment.
- **Requirement:** New students must provide a medical note signed by a doctor which indicates they are safe to participate in a balance class prior to the assessment.
- **Registration:** Must register in person at OASIS, you will then be given a packet of forms from the front desk to complete and bring to the assessment.

OASIS Room 1

SS4512	9/11-12/7	M/Th	1:30-2:30pm	\$360/24
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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 10/5, 10/17, 10/19, 10/24, 11/10, 11/23**

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

OASIS Event Center

SS4514	10/3-11/2	Tu/Th	8-9am	\$50/6
SS4515	11/7-11/30	Tu/Th	8-9am	\$58/7
SS4516	12/5-12/14	Tu/Th	8-9am	\$35/4
DRP464	Drop-In (No Refunds)			\$12/1



IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 10/5, 10/6, 11/10, 11/23, 11/24**

- **Please bring:** a sticky mat and 3 firm blankets. Students generally spend about \$45-60 on these items. More details will be given the first day of class.

OASIS Room 1

SS4520	10/2-10/23	M	10-11:15am	\$81/4
SS4523	10/30-11/20	M	10-11:15am	\$81/4
SS4526	11/27-12/11	M	10-11:15am	\$62/3
SS4521	10/12-10/26	Th	10-11:15am	\$62/3
SS4524	11/2-11/16	Th	10-11:15am	\$62/3
SS4527	11/30-12/14	Th	10-11:15am	\$62/3
SS4522	10/13-10/27	F	2-3:15pm	\$62/3
SS4525	11/3-11/17	F	2-3:15pm	\$43/2
SS4528	12/1-12/15	F	2-3:15pm	\$62/3

2-days a week

SS4530	10/2-10/27	above days/times	\$131/7
SS4531	10/30-11/20	above days/times	\$131/7
SS4532	11/27-12/15	above days/times	\$113/6

3-days a week

SS4534	10/2-10/27	above days/times	\$175/10
SS4535	10/30-11/20	above days/times	\$158/9
SS4536	11/27-12/15	above days/times	\$158/9
DRP465	Drop-In (No Refunds)		\$25/1



MELT METHOD: SELF CARE TECHNIQUE

Yvette Casal **meltwithyvette@gmail.com** **714-520-1427**

This class should not be taken unless you have previous MELT experience. Please contact instructor for options. In this class we will use the Four R's of the MELT. Reconnect, Rebalance, Rehydrate, and Release. Using light compression work and length techniques for hydrating 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. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **In-Person class, however Zoom Code is also available for Virtual Attendance, please contact Yvette at meltwithyvette@gmail.com.**

- **Requirement:** must be able to get down and off the floor unassisted.
- **Please bring:** exercise mat, water, and wear comfortable clothing. Melt Roller and Ball Kit available for purchase.

OASIS Dance Room

SS4539	10/10-12/12	Tu	2-3pm	\$175/10
DRP467	Drop-In (No Refunds)			\$25/1

PILATES MAT

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

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

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

OASIS Dance Room

SS4548	9/12-10/24	Tu	8:45-9:45am	\$116/7
SS4549	10/31-12/12	Tu	8:45-9:45am	\$116/7
DRP468	Drop-In (No Refunds)			\$22/1

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. Please bring an exercise mat and hand weights. **No class 10/6, 11/3, 11/10, 11/15, 11/24**

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

OASIS Event Center

SS4541	10/2-10/27	M/W/F	7:45-8:35am	\$66/11
SS4542	11/1-11/29	M/W/F	7:45-8:35am	\$55/9
SS4543	12/4-12/15	M/W/F	7:45-8:35am	\$38/6
SS4545	10/2-10/27	M/W/F	8:45-9:35am	\$66/11
SS4546	11/1-11/29	M/W/F	8:45-9:35am	\$55/9
SS4547	12/4-12/15	M/W/F	8:45-9:35am	\$38/6

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

SS4552	9/12-10/24	Tu	10-11am	\$116/7
SS4553	10/31-12/12	Tu	10-11am	\$116/7
DRP468	Drop-In (No Refunds)			\$22/1

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 11/23

- **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

SS4550	9/14-10/26	Th	7:45-8:45am	\$116/7
SS4551	11/2-12/14	Th	7:45-8:45am	\$103/6
DRP468	Drop-In (No Refunds)			\$22/1

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

OASIS Dance Room

New Moon

SS4556	10/11	W	6-7pm	\$25/1
SS4558	11/15	W	6-7pm	\$25/1
SS4560	12/12	T	6-7pm	\$25/1

Full Moon

SS4557	10/27	F	6-7pm	\$25/1
SS4559	11/27	M	5:30-6:30pm	\$25/1



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 10/5**

- **Please Wear:** Comfortable clothing; no open-toed shoes.

OASIS Event Center

SS4562	9/7-10/26	Th	9:30-10:30am	\$99/7
SS4563	9/21-10/26	Th	9:30-10:30am	\$75/5
DRP469	Drop-In (No Refunds)			\$20/1

LAWN BOWLING

www.NHLBC.com

Beginners to experienced bowlers welcomed! This game is open to all ages and is fun, sociable and competitive. Lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. Both day and evening bowling, along with social and competitive bowling. Annual membership \$250. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit website www.NHLBC.com Call 949-640-1022 for a free tour and lesson.



HATHA YOGA

Stephanie von Meeteren

www.MySoulSpark.com

This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness 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. **No class 11/23**

- **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

SS4567	9/18-10/30	M	11:30am-12:30pm	\$145/7
SS4568	11/6-12/11	M	11:30am-12:30pm	\$125/6
SS4569	9/7-10/26	Th	10:30-11:30am	\$165/8
SS4570	11/2-12/14	Th	10:30-11:30am	\$125/6
SS4571	9/18-10/26	M/Th	above times	\$245/12
SS4572	11/6-12/14	M/Th	above times	\$225/11
DRP463	Drop-In (No Refunds)			\$25/1

RELEASE THE DAY- HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

This class will help prepare your mind and body for a good night's sleep and release any tension from your day. In this gentle class we will mindfully move our bodies to the breath calming the nervous system and creating space for meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Any questions, please feel free to contact instructor. **No class 11/23**

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

OASIS Dance Room

SS4573	9/5-10/31	Tu	4:30-5:30pm	\$185/9
SS4574	11/7-12/12	Tu	4:30-5:30pm	\$125/6
SS4576	11/2-12/14	Th	4:30-5:30pm	\$125/6
SS4578	11/7-12/14	Tu/Th	4:30-5:30pm	\$225/11
DRP463	Drop-In (No Refunds)			\$25/1

WELLNESS WORKSHOP

Stephanie von Meeteren www.MySoulSpark.com

Each workshop will consist of discussion, lifestyle modifications, and practices in order to help you create the changes you would like to see and feel. All workshops will include a link to practices that can be done outside of class, as well. No prior experience needed. Modifications will be given for all levels of practitioners.

Insomnia & Better Sleep: Sleep is one of the pillars of our health and well-being. Learn effective and practical ways to help yourself sleep better and wake up refreshed and ready for your day.

Depression Relief: Integrative approaches to lift the fog of depression and low moods. You will learn practical ways to reduce depression and connect to your birth right of feeling joy.

OASIS Dance Room

SS4565	10/14	Better Sleep	Sa	10-11:30am	\$45/1
SS4566	11/4	Depression	Sa	10-11:30am	\$45/1

ZUMBA GOLD® DANCE FITNESS

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

Are you ready to get moving? Keep your body and mind as healthy as you can. Dancing reverses the signs of aging in the brain and body. Groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact dance steps to a variety of motivating music. Sign up now, get results and feel the joy! **No class 10/5, 10/6, 11/10, 11/20, 11/21, 11/23, 11/24**

OASIS Dance Room

SS4581	9/11-12/11	M	9-10am	\$213/13
SS4582	9/6-12/13	W	9-10am	\$229/14
SS4583	9/7-12/14	Th	9-10am	\$213/13
SS4584	9/8-12/15	F	9-10am	\$197/12

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

SS4585	9/6-12/15	M/W/F	9-10am	\$458
DRP470	Drop-In (No Refunds)			\$25/1



MUSIC & DANCING

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 11/22**

OASIS Dance Room

SS4589	9/13-12/13	W	10:15-11am	\$265/13
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ADVANCED BEGINNING JAZZ DANCING

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

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

OASIS Dance Room

SS4588	10/3-11/14	Tu	12:45-1:30pm	\$120/7
DRP471	Drop-In (No Refunds)			\$23/1

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 11/10, 11/24**

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

OASIS Dance Room

SS4587	9/22-12/8	F	11:30am-12:45pm	\$208/10
DRP471	Drop-In (No Refunds)			\$23/1

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com
Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed.

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

OASIS Dance Room

SS4586 9/19-11/28 Tu 11:30am-12:40pm \$228/11

DRP471 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 10/18, 11/23**

OASIS Dance Room

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

SS4590 9/7-10/12 Th 1-1:55pm \$43/6

SS4591 10/26-12/14 Th 1-1:55pm \$49/7

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

SS4592 9/7-10/12 Th 2-2:55pm \$43/6

SS4593 10/26-12/14 Th 2-2:55pm \$49/7

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

SS4594 9/7-10/12 Th 3-3:55pm \$43/6

SS4595 10/26-12/14 Th 3-3:55pm \$49/7

GROUP DRUMMING

Lee Kix

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

OASIS Event Center

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



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

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

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

oasissailingclub.org

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Our friendly club members welcome both experienced and new sailors. There is a \$65 monthly dues fee. Sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm. For membership details call Membership Chair Dorthy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org

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Don't forget to tag us in your posts!
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* FRIENDS OF OASIS

Free Lunch!

* **A FREE lunch ticket to the Lunch Cafe served by AgeWell for NEW MEMBERS joining the Friends of OASIS**

* * *

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



FRIENDS OF OASIS

Gift Shop


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

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

Remember Us

Please remember to include Friends of OASIS by name (tax ID # 95-3196296)

Your gift is a legacy for future seniors




LENDING LIBRARY

at OASIS

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 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.

ANNUAL
MEMBERSHIP

**\$15 Single
\$25 Couple**



Membership Discounts

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

10% Discount

- Bistango Restaurant**
- Bayside Restaurant**
- 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

- El Cholo (lunch only)+
- Pacific Symphony (use promo code OASIS)
 - Call 714-876-2391 pacificsymphony.org

+Excludes alcohol

*Excludes take out & holidays

++Newport Beach, Irvine Harvard Place, and Newport Mesa locations

**Excludes drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required
Information**

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

Print Clearly

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

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

****E-MAIL** _____

EMERGENCY CONTACT _____ **PHONE ()** _____

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

☐ CREDIT CARD # _____ Exp. DATE ____/____/____

SIGNATURE _____

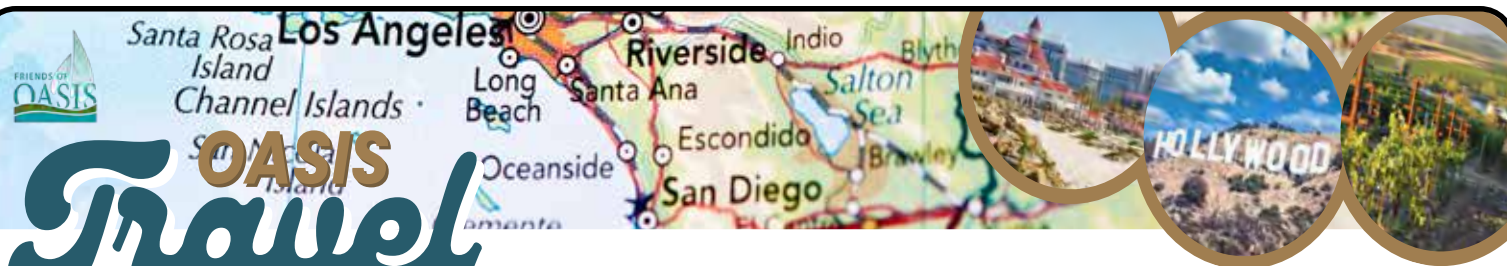
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Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625
The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296 . (949)718-1800
Your gift may be tax deductible – consult your tax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

Rev.7/2021



- 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.

OASIS Travel Hours & Contact Information

Monday-Friday 9am-1pm

949-718-1810

oasistravel2@yahoo.com



DAY TRIPS

BIG BEAR OKTOBERFEST

Sunday, October 22

\$125/130

A festival like no other, you will be treated to authentic German entertainment; feast on Brats and Knockwursts direct from the German butcher; and you will enjoy the very same beers poured at Munich's Oktoberfest! For your enjoyment, a 3 course lunch with beer or wine is included. Later in the day we'll embark on a narrated cruise on Big Bear Lake aboard the Big Bear Queen. Suggested: rubber-soled walking shoes and a sweater or jacket. The boat has shaded and unshaded areas for our comfort.

Depart: 8:30am

Return: 7:00pm

SAN DIEGO'S CUISINE SCENE

Tuesday, October 17

\$140/\$145

We will visit six different shops and restaurants with a tasting at each. We will indulge in the culinary delights of gourmet cheese, olive oils and balsamic vinegars and the historic Liberty Station. Enjoy a fish taco dockside while watching the fishing boats at San Diego's working waterfront, Point Loma. In historic Barrio Logan, we will savor an Mexican style hot dog and a corn dish called elote. At San Diego's Best Craft Beer Shop you will find aisles of craft beers that are only sold in San Diego. As part of the tour, you will be able to choose one of these San Diego brews to take home. At a North Park find, we will experience the unique flavor and culture of Italy. We will try innovative gelato flavors, admire the architecture and encounter several historical sites, including the Gas Lamp District, Liberty Station, North Park, Barrio Logan, Point Loma, and Little Italy.

- The tastings on this tour are equivalent to a large lunch.
- This tour involves some walking and standing.

Depart: 9:00am

Return: 5:30pm

CALIFORNIA SCIENCE CENTER

Thursday, November 2

\$70/\$75

The California Science Center presents the Maya Exhibition, featuring over 250 authentic artifacts, some of which are touring outside of Guatemala for the first time. We will be seeing the IMAX movie, Mystery of the Maya featuring an archeologist and a young Maya descendant unlocking the secrets of the past. Through priceless artifacts and hands-on exhibits, discover how the ancient Maya built and sustained complex cities in the heart of the rainforest. Their inventions shape our daily lives even today. The Endeavor will be moving in December so see it now.

Depart: 8:30am

Return: 4:30pm

REAGAN LIBRARY/CHRISTMAS TREE EXHIBIT

Wednesday, November 15

\$135/\$140

Join us at the Ronald Reagan Presidential Library and Museum as we view their beautiful annual Christmas Tree exhibit. Past exhibit themes have included "Christmas Around the World," America Across the Decades," and A California Christmas." Each year is different! There is plenty of time to view all of the Reagan Library exhibits, including a full-scale replica of Reagan's Oval Office, Air Force One and a section of the Berlin Wall. Also, guest will have access to the Auschwitz, exhibit with 700+ artifacts from Auschwitz with immense historical value.

- Museum requires moderate walking.

Depart: 8:30am

Return: 5:30pm

CHRISTMAS WITH SINATRA AND FRIENDS

Wednesday, December 6 **\$117/\$122**

Enjoy this holiday luncheon and musical review with songs, comedy, dances, costumes and sing-alongs with popular holiday hits from Frank Sinatra, Bing Crosby, Doris Day, Dean Martin, Sammy Davis Jr., Rosemary Clooney, Steve and Eydie Gorme, Mel Torme and Tony Bennett including: Fly Me to the Moon, That's Life, The Way You Look Tonight

- Lunch choices are Chicken with Rice Pilaf and Vegetables, or Veggie Pasta, or Vegan Tartare. Meals include wine.

Depart: 10:30am *Return: 5:30pm*

VIEJAS CASINO

Tuesday, December 12 **\$20/\$25**

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 not available but there are other restaurants in the Casino. Also, visit the Viejas Outlet Center to do some holiday shopping.

Depart: 8:00am *Return: 5:30pm*

NEW YEARS EVE MATINEE

Sunday, December 31 **\$117/\$122**

Lunch, musical review and a countdown to New Years on London Time- 4pm our time! William Florian performs "Those Were the Days" Songs of John Denver & 60's Folk Music. An upbeat, musical journey of Americas greatest songs of the 60's including songs William performed as a lead singer of the famous New Christy Minstrels plus the music of John Denver, Peter Paul & Mary, Pete Seeger, The Mamas & The Papas, and uplifting originals presented with amusing stories in an intimate show. Songs Include: Annie's Song, Country Boy, Those Were the Days, Leavin' on a Jet Plane, Green Green, Blowin' in the Wind, California Dreamin Puff the Magic Dragon, If I Had a Hammer, This Land is Your Land, and more!

Depart: 9:45am *Return: 5:30pm*

THE BROAD MUSEUM

Wednesday, January 31, 2024 **\$50/\$55**

Join us as we visit the Broad Museum, a contemporary art museum in downtown Los Angeles. We will visit the Infinity Mirrored Room at 10:45 prior to the museum being opened to the public. Then we are on our own to explore the two floors of the museum. Docents are available in each area to answer questions and add information about the exhibits and artists. We will re-board our bus at 12:45 pm and be taken a few blocks to the Grand Central Market Food Court where you are on your own to enjoy lunch. There are over 25 food venders with so many diverse choices of foods. If you want, you can also walk across the street and see and/or ride Angels Flight, the shortest train ride in the world; it was built in 1901. Cost is \$2 round trip. Our bus will leave for our ride back to Oasis by 2:30 with the aim of getting there by 4:00 pm. You will have experienced a wonderful collection of contemporary art, have a full tummy, and a super short train ride if you choose.

Depart: 8:45am *Return: 4:00pm*

NORTON SIMON MUSEUM

Thursday, February 15 **\$95/\$100**

Enjoy one of the most distinguished collections of Impressionist and Post-Impressionist art. We will begin with lunch at True Food Kitchen located nearby. After lunch we will bus to the museum for a one-hour docent tour. You will then be on your own to explore the rest of the museum as you wish.

Depart: 9:30AM *Return: 5:00pm*

THE SIMON & GARFUNKEL STORY

Saturday, March 30 **\$125/\$130**

Now seen in 50 countries worldwide, 'The Simon & Garfunkel Story' is a critically acclaimed concert style theatre show about two young boys from Queens, New York who went on to become the world's most successful music duo of all time. Using state of the art video projection, incredible lighting, and a full live band "The Simon & Garfunkel Story is a moving and powerful concert featuring all the hits such as 'Mrs. Robinson, 'Bridge Over Troubled Water', 'Homeward Bound', 'Scarborough Fair, The Boxer, The Sound of Silence' and many more, this is a show not to be missed!

- Lunch will be close by the Cerritos Center and is not included in the price.

Depart: 11:00am *Return: 6:00pm*

EXTENDED TRIPS

FLYERS AVAILABLE IN THE TRAVEL DEPARTMENT

LAS VEGAS DELUXE TOUR

\$299 PER PERSON SINGLE/DOUBLE OCCUPANCY

November 6-8 3 days & 2 nights

Travel by deluxe motor coach to Las Vegas for a two-night stay at The D Las Vegas Hotel and Casino. Enjoy the sights and sounds of Vegas action at this recently renovated downtown property where you can play all your favorite hot slots and exciting table games. Located on Freemont Street, you're within reach of unique dining options, bars, music concerts and great people watching. We are also offering optional tours available for a nominal additional expense to The Princess Diana Exhibit, the Las Vegas Show Girl Museum and/or the Mob Museum. Please indicate your interest when signing up; we'll collect payment for those on the bus trip out.

- Please note: No cancellation refunds after October 6, 2023

Depart: 8:00am *Return: 6:00pm*

AFC EXTENDED TRIPS

ATHENS & THE GREEK ISLES

Oct. 12-19

MUSIC CITIES; BRANSON, MEMPHIS & NASHVILLE

Oct. 12-19

TUSCAN CULINARY EXPERIENCE

Nov. 7-15



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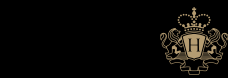
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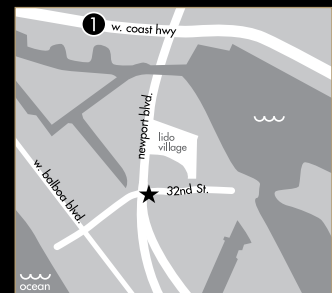
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Registration is required for all programs.

Programs are subject to change without notice.

Confirmation receipts are emailed for fax and mail-in registration. Online registration receipts available under account information.

Registration will NOT be accepted over the phone.

Fees are not pro-rated for missed classes or late registration.

If program is full, you will be placed on a wait list. If space becomes available, City staff will contact you and provide a 24 hour response time before moving to the next person on the list. No class petitioning permitted.

WAYS TO REGISTER

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801 Narcissus Ave.
Corona del Mar, 92625

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

Email: OASISCenter@
newportbeachca.gov

ONLINE

- Available only prior to class start date.
1. Go to www.newportbeachca.gov/register
 2. Click on Sign in
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Last Name

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City

Zip

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Participant's Name

Gender

Class # Session

Class Name

Fee

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

Class Fees

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

Total Paid

WAIVER & RELEASE OF LIABILITY In consideration of participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: (1) acknowledge that participation in the PROGRAMS is voluntary; (2) agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; (3) certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT's health or the health of others; (4) agree to provide verification from a licensed medical professional of PARTICIPANT's physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; (5) agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; (6) agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; (7) understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including 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.

Mandatory Signature: _____

Date: _____

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

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

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

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

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

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Pictured 2nd place winner, John with his bag of goodies!

A big thank you to all of our participants. We hope you enjoyed getting outdoors. Stay tuned for our next Fitness Challenge!



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