

OASIS news

Older
Adult
Social &
Information
Services

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

APRIL 2021

VOL. 45 NO. 4

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



Your Actions Save Lives



WEAR A MASK
Slow the spread



WASH YOUR HANDS
For at least 20 seconds



KEEP A SAFE DISTANCE
At least 6 feet



COVER YOUR COUGH
With napkin or by elbow



FEELING SICK?
Call your doctor

Call 949-644-3244 for staff assistance * Monday-Friday * 8am - 5pm

OASIS Senior Center

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

Administration Office

949- 644-3244
M-F: 8:00am-5:00pm
Saturday/Sunday Closed

Fitness Center

949- 718-1818
Call for hours or visit our website.

CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

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Blanca Parra Raul Cano
Age Well Senior Services Meals Coordinators:
Andrea Collins 949- 718-1820
Jessica Olson 949-718-1811

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No matter how long the Winter,
Spring is sure to follow.

Proverb



Welcome to OASIS



Melissa Gleason

Senior Services Manager

Spring is a beautiful time of year. It is a season of new beginnings.

As a County, we are now in the red tier; this is our new beginning. This is very exciting for the staff and all who come to OASIS. We are opened to registered participants as well as those who've signed up for a workout in the Fitness Center. We did this back in October, and with the help of staff and the cooperation of the participants following protocol, it was a success.

Using a reservation system is required when signing up for your workout times. If you are a current Fitness Center member, you should be receiving emails regarding the temporary system; if not, please call us, and we will assist you. It is essential upon reopening for all to understand the importance of following State and County guidelines, which currently include wearing a mask and keeping a physical distance of 6ft. As staff, we will keep up-to-date on the Orange County Health Care Agency protocols, keep all classrooms sanitized, and provide a temperature check and health screening to those who have registered for a class and entering the facility.

The OASIS team has been planning to reopen since the day we closed; we are prepared and look forward to the possibility of this new beginning. Spring has arrived. A perfect season for renewal and rejuvenation.

Optimistically yours,

Melissa



Mike Zimmerman

Friends of OASIS President



"April showers bring May flowers." Although we have had our share of rain, it seems never enough to quell the thirst of the local soil. My wife and I took a walk in Buck Gully, just a stone's throw from OASIS lately, and the trail is well worn and easy to traverse. The flowers are in bloom, and the creeks are flowing, and all the while you actually think you are miles away from a bustling city. Grab your sweetheart by the hand and surprise them with this

nature walk, as it can take as little as 20 minutes or 2 hours, your choice.

Kudos's to our City Staff member Anne Doughty who got a deservedly well received promotion to Health and Wellness Supervisor. Anne is the person to fill Melissa Gleason's' position, now that Melissa has been promoted to OASIS Senior Services Manager. We are so lucky to have the professional staff at OASIS servicing our senior community here in Newport Beach.

As of this writing, we are still struggling to open OASIS. I get calls every day it seems asking "when are we opening?" Truth be told, we are getting close, very close, as some of the "private physical recreation instructors" along with a few clients are now allowed outside for fitness training, along with a couple of outdoor classes like "Boxing" (again outside) are in session. We will not open by the snap of a finger, but rather slowly awaken at a more manageable pace. We will keep you informed by Email as to when more things are planned, so please, open and read our Emails when you get them, and most of all, "be patient."

Lastly, our Board of Directors officially approved dispersion of funds for our Friends of OASIS Scholarship this month. These awards to deserving students are directed at those that want to pursue careers in Gerontology. These will be the people in the future that will assist all of us seniors that will need a helping hand when we get older. We are the only Senior Center anywhere to recognize this need, and to address it, thanks to our generous members that have donated to the Friends Fund Drive. To those individuals, I say thank you, as you are making a big difference in all our lives.

Always at your service.

Mike

OASIS RE-OPENING GUIDELINES

PHASE ONE GUIDANCE

The following protocols are required when visiting OASIS:

1. **Registration** for a class, lecture or event is required for entry. (Form on pg. 8, Classes start on pg 14)
2. **Masks** must be worn at all times.
3. **Physical distancing** of 6 feet or more must be maintained at all times.
4. **Proper hand hygiene** (washing with soap and water or using hand sanitizer) must be followed.
5. **Temperature and health screening** will be conducted upon entering.
6. **Enter** at Front Gates only. Designated traffic flow must be observed.
7. **Common seating areas** are closed until further notice.
8. **Participants** must exit facility promptly after scheduled activity ends.

ALL PROGRAMS IN THIS EDITION OF THE OASIS NEWS ARE SUBJECT TO CHANGE.

- For **paid classes**, please visit our website, www.newportbeachca.gov/oasis
- For **free classes**, please reach out to the group leader listed in the class description.
- For **lectures and special events**, please call our Admin line, 949-644-3244.
- For **Friends of OASIS, including travel trips and the monthly General Membership meeting**, call 949-718-1800.

Call In to Zoom Events

No computer access
or simply don't want to Zoom?
Listen in by phone!

To participate by phone:

Dial 1 (669) 900-6833 and then follow 3 easy steps:

1. Enter the **Zoom Meeting ID** found with the event information, then #
2. Enter # again for Participant ID
3. Enter the **6 digit phone passcode** listed for the event, then #

Need additional assistance with dialing in? Please call (949) 644-3244



Alzheimer's | ORANGE COUNTY

4 Weeks to a Better Memory: Virtual Series

Wednesdays, April 7, 14, 21 and 28

10:00 am - 12:00 pm

Looking for a way to stimulate your brain? Join our 4-week, highly interactive virtual series! This course is designed for people with mild memory concerns and taught by certified trainers who will demonstrate strategies and techniques to enhance your memory.

Created by two UCLA clinicians,
Gary Small, MD and Linda Ercoli, PhD.

UCLA Longevity Center



Program Benefits:

- Remember names and faces
- Recall appointments, messages, and plans
- Practice everyday memory techniques
- Avoid misplacing objects
- Overcome "tip of the tongue" memory slips
- 9 out of 10 participants report improvements in their memory!

This program is free. Pre-registration is required.

Sign up here: <http://bit.ly/4WeeksApr>

Or call 844-373-4400

Sponsored by:



Hosted in partnership with
OASIS Senior Center



Post COVID-19 Rehab Strategies for Healing After COVID

Tuesday, April 13, 2021

1:00 pm | Zoom Event

Zoom Meeting Information:

Meeting ID: 973 7988 0659

Passcode: oasis

Phone/Call-in: 1-669-900-6833

Phone passcode: 890760

Questions? Call (949) 644-3244



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



Alzheimer's
ORANGE COUNTY

KEEPING OUR CONNECTIONS VIBRANT

Virtual Happy Hour

Facilitated by Joyce Swaving, Shanti OC

Topics

- Lockdown creativity
- Acts of generosity
- Surprising "essentials" that are not
- A new definition of happiness?
- New activities that bring joy
- Self-care

THURSDAYS in April at 4:00 PM

4/1/2021- 4/29/2021

Zoom ID: 82077587838

PASSWORD: 407029

Bring your own refreshments and munchies
No RSVP necessary
Please call (949) 644-3244 with any questions



Shanti

The Good Grief Café

An informal virtual grief group facilitated by CareCHOICES Chaplain Chip Fisher. Pour yourself a cup of coffee and join us for conversation and a chance to talk about your loss with others on the same journey.

Every 2nd & 4th Thursday

Each Month

3:00 - 4:30 pm

Zoom Meeting ID: 806 395 3593

Passcode: oasis

Listen in by phone (669)900-6833

Passcode: 971941

Questions: (949) 644 - 3244



CareCHOICES
Hospice and Palliative Services, Inc.

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance.

Call for an appointment: 949-644-3244

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

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

Medical Equipment to Loan

Wheelchairs, walkers, knee scooters, crutches and canes are available in the Administration Office.

Telephone Reassurance

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

Good Grief Cafe

An informal virtual grief group facilitated by CareCHOICES. Meets every second and fourth Friday from 3:00-4:30pm via Zoom. Meeting ID: 8063953593 Password: oasis

HOME DELIVERED MEALS

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call the Meals Office at 949-718-1811.

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs. Call to register: 949-644-3244

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Shuttle: Provides transportation to the OASIS for programs and classes. Cost is \$1.50 each way.

Payment: Riders purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Administration office or from a driver.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer be driving

Service is available

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

It is recommended that reservations be made at least three business days in advance and can be made up to three weeks in advance.

VIRTUAL SUPPORT GROUPS

FREE

support



ALZHEIMER'S CAREGIVER SUPPORT GROUP

CALL (844) HELP ALZ.
(844) 435-7259 FOR DAYS AND TIMES

COMPASSIONATE FRIENDS

3RD WEDNESDAY OF EACH MONTH
@ 6:30PM.

EMAIL FOR THE LINK:
TCFNEWPORTBEACHCA@GMAIL.COM

BATTERY RECYCLING

OASIS is no longer taking batteries for recycling. Residents have several options available for recycling e-waste and other household hazardous waste:

CR&R Home Pickup: Call (949) 625-6735 to request an e-waste pickup from the house. In addition to batteries, this can also include cleaning products, non-empty aerosol cans, paint & solvents, pool chemicals, pesticides/herbicides and more. Collection of these items is included in your service.

County of Orange Household Hazardous Waste

Nearby Collection Centers: (714) 834-4000
Drop-off Hours: 9 am - 3 pm, Tue - Sat
Irvine: 6411 Oak Canyon
Huntington Beach: 17121 Nichols Lane, Gate 6

Breath of
Fresh Air!



Go for a scenic drive
in our beautiful city.

Call to reserve your ride.



949-644-3244

Same Day
Rides!



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

Available Monday - Thursday

*Must be pre-registered



949-644-3244



SENIOR CUISINE DELIVERED

AFFORDABLE MEALS THAT SET
THE BAR FOR QUALITY & TASTE.

We've partnered with 10 local
restaurants & caterers to bring
affordable, healthy meals to OC
seniors, 50+ caregivers, &
dependents. Free delivery. No
hidden fees. Choose your favorite
locals & start saving today!

PRICED AT JUST
\$9.95 PER MEAL

Sign up & order at
myagewell.org



NEWPORT BEACH FILM FEST

October 21 - 28th, 2021

VOLUNTEER!

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

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

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

Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



UPCOMING FRIENDS OF OASIS BOARD OF DIRECTORS ELECTION

Presenting the candidates for the Friends of OASIS Board of Directors election.

The Friends of OASIS is the non-profit group which supports the operation of the OASIS Senior Center. Their fifteen (15) member Board of Directors serves in an advisory capacity for the Center's staff and serves on various committees.

Each year five (5) positions are up for election in June. Normally, candidates are introduced in person at the April General Membership gathering. Because of Covid19, we are not meeting in person and the slate of candidates is being published in this newsletter, along with their bios and photos.

We are calling for additional nominations from the general membership. If you would like to be a candidate for the board, please contact Barbara Sloate, Chair of the Nominating Committee (bsloate@gmail.com or 949-633-1514) and submit your bio and a photo. Additional nominations must be received in the Friends office by April 7th when nominations will be closed.

Official ballots will be printed in the May newsletter along with an envelope in which to mail your ballot. Ballots must be received by 12:00 noon on Friday, June 4, 2021 to be counted. Winners will be announced by 3:00 PM on June 4th.

**2021 – 2022 CANDIDATES
FRIENDS OF OASIS BOARD OF DIRECTORS**

WALT HOWALD

My commitment to OASIS dates to its inception when my parents were founding members. I am currently VP of Civic Affairs at Friends of OASIS. I am a practicing attorney and was a trustee for 25 years for the Coast Community College District. I am grateful for your support in my hope to continue to serve on the Board of Directors.



SCOTT PAULSEN

Served as president of Friends for three years. I am currently chair of the Travel Department, chair of the annual Rummage/Boutique sale, editor of the Friends section of the monthly bulletin and president of the Garden Club.



ALAN RYPINSKI

My family moved to Newport Beach in 1951 and I graduated from Harbor High in 1956. I built several businesses here. My greatest achievement was to create Armorall and was named a "Superstar of Marketing" for developing the world POG Federation. I currently serve on the Friends of OASIS board and would like to serve another term.



KAY WALKER

I am an estate planning attorney with 25 years of practice. I serve on the Board of Directors for the Newport Beach Chamber of Commerce, Speak Up Newport and the Orange County Hospice Foundation Advisory Board. My involvement with Friends of OASIS has been one of the highlights of my life. I look forward to continuing to help improve the lives of seniors as a member of the board.



MIKE ZIMMERMAN

As your current Friends president, Finance Chair and previously VP of Development, I have proudly attended every Board of Directors meeting to date. I sincerely ask for your vote for another term.



CLASS REGISTRATION

All in-person class registrations will be placed on a waiting list. If a class is allowed to run, we will notify those on the list and take payment at that time.

Register online at
www.newportbeachca.gov/oasis
or use the registration form found
in the back of the newsletter



SAFETY PROTOCOLS

1. Registration for a class, lecture or event is required for entry.
2. Masks must be worn at all times.
3. Physical distancing of 6 feet or more must be maintained at all times.
4. Proper hand hygiene (washing with soap and water or using hand sanitizer) must be followed.
5. Temperature and health screening will be conducted upon entering.
6. Enter at Front Gates only. Designated traffic flow must be observed.
7. Common seating areas are closed until further notice.
8. Participants must exit facility promptly after scheduled activity ends.

OASIS PARTICIPANT CODE OF CONDUCT

The code of conduct encourages kind and courteous behavior for all participants. You can find it displayed around the facility as well as printed on the registration form and pink attendance sheets. We strive to make OASIS a kind and welcoming place for all, and by abiding by these guidelines we can continue to make OASIS great.

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.

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.

ENRICHMENT

CURRENT EVENTS DISCUSSION (ONLINE)

Peter Michalski pmichalski@cox.net
 The virtual Current Events meeting is intended to provide a forum for discussion of topics related to domestic and international current events in a friendly setting. Using Zoom, meeting attendees will take turns presenting articles or topics of domestic and international events. The meeting is held each week on Mondays from 4:00pm to 6:00pm. RSVP not required. To join Zoom Current Events Meeting, use your internet connected computer with video camera or iPhone or iPad.

- Meeting ID: 873 7122 1892; No passcode required

WRITING YOUR LIFE STORIES 2 (ONLINE)

Berteil Mahoney [949-496-7289](tel:949-496-7289)
 Class is taught online via Zoom. Participants will continue to write their life stories while exploring their own personal writing styles.

- Prerequisite: Writing Your Life Stories 1.
- Group is limited to 12 participants.

ORCS9 3/23-5/11 Tu 10am-Noon \$150

FINE ARTS

CERAMICS- FOR CONTINUING STUDENTS (ONLINE)

Karen Thayer karenthayer@yahoo.com
 This session will allow participants access to weekly scheduled firings of work completed off-site using self-provided tools, clay and glazes. Weekly Zoom meetings with the instructor and participants will offer an exchange of ideas and images along with technical/aesthetic problem solving.

SS1001 4/14-5/19 W 9am-Noon \$100

FREEHAND DRAWING- BEG/ADV (IN PERSON)

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

- A material list will print out on registration receipt.
- A \$10 material fee payable to instructor on the first day of class.

OASIS ROOM 2A

SS2073 5/19-6/16 W 9-11am \$120

INST. ASSISTED WKSH- BEG/ADV (IN PERSON)

Nancy Wahamaki Vasek nwvasek@gmail.com
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. <https://www.linkedin.com/in/nancygandolfwahamaki>. **No class 5/31**

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

OASIS ART CENTER

SS2003 5/17-6/14 M 9am-Noon \$92

WATERCOLOR-BEGINNING (IN PERSON)

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

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

OASIS ART ROOM

SS2006 4/20-5/25 Tu 9am-Noon \$146

WATERCOLOR-INTERMEDIATE (IN PERSON)

Chris Sullivan chrissullivanart@gmail.com
 This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life, and other subjects may be explored using photographs or studio set ups. Demonstrations, individual assistance, and group critique is included.

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

OASIS ROOM 4

SS2007 4/21-5/26 W 9am-Noon \$146

WATERCOLOR AND MIXED MEDIA (IN PERSON)

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

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

OASIS ART ROOM

SS2008 4/21-5/26 W 1-4pm \$146

FOREIGN LANGUAGE

PORTAL LANGUAGES (ONLINE)

Portal Languages

714-979-1655

BEGINNING LEVEL 1: Class is taught online via Zoom. 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.

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

BEGINNING LEVEL 2: Class is taught online via Zoom. 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.

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

Beginning French 1-online

SS2028	3/22-4/14	M/W	5-6pm	\$185
SS2029	4/19-5/12	M/W	5-6pm	\$185
SS2031	5/17-6/9	M/W	5-6pm	\$165

Beginning French 2-online

SS2033	3/22-4/14	M/W	6-7pm	\$185
SS2034	4/19-5/12	M/W	6-7pm	\$185
SS2036	5/17-6/9	M/W	6-7pm	\$165

Beginning Italian 1-online

SS2043	3/22-4/14	M/W	5-6pm	\$185
SS2044	4/19-5/12	M/W	5-6pm	\$185
SS2046	5/17-6/9	M/W	5-6pm	\$165

Beginning Italian 2-online

SS2038	3/22-4/14	M/W	6-7pm	\$185
SS2039	4/19-5/12	M/W	6-7pm	\$185
SS2041	5/17-6/9	M/W	6-7pm	\$165

Beginning Spanish 1-online

SS2047	3/22-4/14	M/W	4-5pm	\$185
SS2048	4/19-5/12	M/W	4-5pm	\$185
SS2049	5/17-6/9	M/W	4-5pm	\$165

FRENCH-INTERMEDIATE (ONLINE)

Leo Vortouni

leosailor21@gmail.com, 949-607-9104

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

GERMAN-ADVANCED (ONLINE)

Robert H. Friis, PhD

r-c-friis@cox.net

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



TECHNOLOGY

ONE-ON-ONE TECHNOLOGY TUTORING (ONLINE)

Carole Kamper 949-230-5902
 Private instruction designed to zero in on your computer/iPad/iPhone questions. Using the online platform Zoom, you and the instructor will have an opportunity to focus on the skills you want to improve. Dates and time will be agreed upon by instructor and student prior to registration. Contact the instructor directly for questions and to set up time. Carole.kamper@gmail.com. No refunds issued after registration.
 ORCS5 (spring) By Appointment Only M-Th \$53 per hour

IPHONE MOST USEFUL SECRETS (IN PERSON)

Jake Jacobs jakeair99@gmail.com
 Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.
 The free workshop handout will be available for download prior to class or \$15 at the door. Save \$15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.
 Bring your iPhone and handout to class.

- Bring your iPhone and handout to class.
- Minimum requirements: You should know iPhone basics. iPhone 6s or newer, iOS 14.

OASIS ROOM 2A

SS2022 5/6-5/27 Th 1-3 pm \$40

DIGITAL PHOTO EDITING (IN PERSON)

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

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

OASIS COMPUTER LAB

SS2068 4/29-5/13 Th 9:45-10:45am \$52

INTRO TO FACEBOOK & SOCIAL MEDIA SITES (IN PERSON)

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

- Prerequisite: Computer Basics and Skills or equivalent.

OASIS COMPUTER LAB

SS2109 4/29-5/13 Th 11am-Noon \$52

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6. Enter at Front Gates only. Designated traffic flow must be observed.
7. Common seating areas are closed until further notice.
8. Participants must exit facility promptly after scheduled activity ends.

CLASS REGISTRATION

All in-person class registrations will be placed on a waiting list. If a class is allowed to run, we will notify those on the list and take payment at that time.

Register online at www.newportbeachca.gov/oasis or use the registration form found in the back of the newsletter



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CS Dance Factory Info@CSDanceFactory.com 949-230-5934
Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension.

OASIS DANCE ROOM-IN PERSON

SS2652	5/3-5/24	M	10:15-11:00am	\$73/4
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CHAIR EXERCISE (IN PERSON)

Judy Aprile jjjaprile@gmail.com
Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated.

OASIS EVENT CENTER

SS2524	4/12-4/28	M/W	10:30-11:15am	\$34/6
SS2525	5/3-5/24	M/W	10:30-11:15am	\$38/7
SS2526	6/2-6/9	M/W	10:30-11:15am	\$19/3

PHYSICAL TRAINING (IN PERSON)

Judy Aprile jjjaprile@gmail.com
This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

OASIS EVENT CENTER

SS2509	4/12-4/30	MWF	8-8:45 am	\$48/11
SS2510	5/3-5/28	MWF	8-8:45 am	\$57/11
SS2514	6/2-6/11	MWF	8-8:45 am	\$29/5
SS2512	4/5-4/30	MWF	9:15-10am	\$57/11
SS2513	5/3-5/28	MWF	9:15-10am	\$57/11
SS2515	6/2-6/11	MWF	9:15-10am	\$29/5

No class 4/28, 5/26

HEAD TO TOE FITNESS (IN PERSON)

Keith Glassman keith.glassman@gmail.com
Starting with dynamic stretching and low impact movements, this class includes light weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body.

- Bring your own hand weights and resistance bands.

OASIS EVENT CENTER

SS2516	4/6-4/29	Tu/Th	8-9 am	\$65/8
SS2517	5/4-5/27	Tu/Th	8-9 am	\$65/8
SS2518	6/1-6/10	Tu/Th	8-9 am	\$35/4

PILATES (IN PERSON)

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

This Pilates beginning/intermediate class is taught with strength, alignment and flexibility in mind. Throughout each class, participants are taught proper functional movement so their bodies can be maintained and injuries prevented. Taught by a nurse who specializes in injury prevention and injury management. Bring a mat, beach size towel, a light and a heavy resistance band (and if you want to bring light 1.5 lb. ankle weights you can).

OASIS DANCE ROOM

BEGINNING/INTERMEDIATE

SS2616 4/27-5/25 Tu 8:45-9:45am \$89/5

ZUMBA GOLD® DANCE FITNESS (IN PERSON)

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OASIS DANCE ROOM-IN PERSON

SS2555	5/3-5/24	M	9-10am	\$60/4
SS2556	5/5-6/2	W	9-10am	\$80/5
SS2558	5/7-6/4	F	9-10am	\$80/5

MUSIC & DANCING

BALLET II (IN PERSON)

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Join us in learning the graceful beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 2 years of dance at some time in their lives but students may adapt the lesson as needed. Please wear comfortable clothing and ballet slippers by the second class meeting.

OASIS DANCE ROOM-IN PERSON

SS2601 4/6-6/8 Tu 11am-12pm \$158/10

BALLET BARRE (IN PERSON)

Michelle Caumiant Zehnder mcaumiant26@gmail.com

In this adv/beg class we will be focusing on proper body alignment, balance, coordination, stamina through graceful movements that help build strength and understanding for Ballet dancing off the barre. The center floor work will be learning varied Ballet combinations using what we learned at the barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions.

OASIS DANCE ROOM-IN PERSON

SS2602 4/9-6/11 F 11:30 am-12:15pm \$155/10

VIRTUAL GROUP DRUMMING (ONLINE)

Lee Kix

Come and discover your own personal rhythm. Find something from around your house to shake, rattle or roll and play along with Lee Kix on a virtual Zoom drum circle. Discover your own inner rhythm playing with some other fun seniors! This group normally meets via Zoom the 2nd Wed of the month.

LIVE ZOOM MEETING

RSVP Not Required 3/10 W 10:00am-11:00am FREE

- Meeting ID: 794 1980 0988
- Password:9ppm6U

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7. Common seating areas are closed until further notice.
8. Participants must exit facility promptly after scheduled activity ends.

Virtual Drumming with Lee Kix

Stop "solo" sheltering in silence
Come make some sounds with Kix

Second Wednesday of the Month at 10am

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Discover your own Inner Rhythm playing with some other fun
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Add aTopic: My DRUM Meeting

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To find out more information about this program please call:
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Jeanne Kerr
Senior Adult Community President



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ktaft1018@yahoo.com

Balboa Island Resident

DISCLAIMER

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

REGISTRATION INFORMATION

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

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

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

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

Email: OASISCenter@newportbeachca.gov

ONLINE

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

FAX

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

First Name		Last Name	
Address		City	Zip
Home Phone	Work/Cell Phone	Email	
Participant's Name	Gender	Class # Session	Class Name

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

Class Fees	
Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
Total Paid	

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

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

Mandatory Signature: _____ **Date:** _____

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

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

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

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

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

CVC _____

Credit Cards Accepted



CC# _____

Exp. Date _____ / _____



OASIS FITNESS CENTER

(949) 718-1818

The OASIS Fitness Center is open for all current members.

Please visit our website to make a reservation.

WWW.NEWPORTBEACHCA.GOV/OASISFITNESS

OASIS FITNESS CENTER REOPENING: **RED TIER**



DUE TO CAPACITY LIMITS WE ARE NOT TAKING NEW MEMBERS AT THIS TIME



OCCUPANCY: LIMITED CAPACITY - MUST MAINTAIN 6FT DISTANCE FROM STAFF AND OTHER PARTICIPANTS



RESERVATIONS: ARE REQUIRED - MUST BE MADE IN ADVANCE - NO WALK INS

- VISIT THE OASIS FITNESS CENTER WEBSITE TO MAKE A RESERVATION:
WWW.NEWPORTBEACHCA.GOV/OASISFITNESS
- 2 RESERVATIONS PER MEMBER, PER WEEK
- 45 MINUTES TIME SLOTS
- STAFF WILL CLEAN BETWEEN EACH RESERVATION TIME SLOT



MASKS: COVERING NOSE AND MOUTH IS REQUIRED AT ALL TIMES

- IF NEEDED, MAY BE TAKEN DOWN WHEN ENGAGED ON CARDIO MACHINES ONLY



TEMPERATURE CHECKS & HEALTH SCREENING: UPON ARRIVAL



ENTRANCE: SIDE GATE NEAR GARDEN AND ART CENTER LINE UP OUTSIDE GATE PRIOR TO YOUR RESERVATION START TIME



EQUIPMENT: ONLY CARDIO, STRENGTH, & STRETCH MACHINES ARE AVAILABLE AT THIS TIME

SHOWERS/LOCKERS/DRINKING FOUNTAIN: NOT AVAILABLE



DOORS & WINDOWS: OPEN TO REDUCE AREAS OF PHYSICAL CONTACT AND TO INCREASE VENTILATION (WEATHER PERMITTED)

WWW.NEWPORTBEACHCA.GOV/OASISFITNESS



Securing today
and tomorrow

SOCIAL SECURITY INFORMATION SESSION



- ✓ SSA Coronavirus Updates - What you need to know
- ✓ Social Security Fraud Prevention and Reporting
- ✓ What you can do online with Social Security
- ✓ Importance of Social Security Representative Payees
- ✓ The Three Key Areas of Retirement

Tuesday, April 27
1:00 pm

Zoom Meeting ID: 973 7988 0659

Passcode: oasis

Listen in by phone: (669) 900-6833

Passcode: 890760

Presenter: Jeffrey Rodriguez,
Social Security Administration,
South Coast Area Public Affairs Specialist

No RSVP necessary

Questions: (949) 644-3244

