

OASIS news

Older
Adult
Social &
Information
Services

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

AUGUST 2022

VOL. 46 NO. 8



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	Fitness Center
M-Th 7:30am-5:30pm	M-Th 7am-7pm
Fr 7:30am-4:30pm	Fr 7am-5pm
Sa-Su Closed	Sa 7am-2pm
	Su 7am-12pm

Friends of OASIS Admin
 M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

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Recreation & Senior Services Director:	Sean Levin
Senior Services Manager:	Melissa Gleason
Facility Maintenance:	Chris Suarez
Health & Wellness Supervisor:	Jena Zapien
Recreation Supervisor:	Anne Doughty
Social Services Supervisor:	Susie DiGiovanna
Fitness Center Coordinator:	Lisa Mandich
Recreation Coordinator:	Hilda El-Souki
Transportation Coordinator:	Elizabeth Arciniega
Department Assistant:	Jessica Battoli- Caputo
Office Assistant:	Stephanie Melero
Care-A-Van Drivers:	Blanca Olazo
	Jose Cardenas
	Bill Breslin
	Raul Cano
	Araceli Gonzalez

FRIENDS OF OASIS STAFF: Berenice Barajas
 Rose Chikilian

AGE WELL MEALS STAFF: Jessica Olson

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	Scott Paulsen
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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



As summer is coming to an end, we at OASIS are gearing up for a full schedule of wonderful lectures, classes and events.

Lecture: We have a very important lecture series brought to us by Hoag Faith Community Nursing. Titled Expand your Knowledge and Awareness. This two-part lecture series will focus on mental health topics. Areas of discussion will include: what anxiety looks like, types of mental illness, and how to start conversations when something is not quite right. Join us Thursday, August 11 & 25 at 1:00pm. Please call the OASIS Admin Office to RSVP (949) 644-3244.

Classes: Fall class registration is on Thursday August 11 at 8:00am. Fall has always been a busy time at OASIS, full of first timers and returners alike. We are pleased to announce that the Fallproof program will be returning in the fall. This program is a valuable program designed to improve balance and reduce fall risk (pg. 6). Additionally, we have a new yoga instructor who will begin teaching in the fall. Two notable classes that will be offered are Yoga Therapy for Strength and Balance and Yoga: Rise and Shine! (pg. 6). We are excited to offer these classes!

Events: What would the end of summer be without a barbeque?! Join us on Wednesday, August 31 at noon for a hot dog meal. Stay after for a showing of the Movie the Sandlot. Tickets are \$5 and will be available for purchase in the Admin Office (pg. 4).

I hope you can join us for one or all the fun we have planned for August and beyond.

With Gratitude,

Melissa



John Carroll

FRIENDS OF OASIS PRESIDENT

Hi Everybody!

August Already! Time should get a speeding ticket if you ask me! Spring passed by so quickly I missed it! Now, all of a sudden, it's August! I've been chatting with some of our activity leaders around the Center, and they are expressing some concern that the post pandemic numbers and dependability of volunteers has been shrinking, even our "stand by" volunteers. The volunteer hours we contribute to OASIS Center are a big reason this facility is so successful. Our volunteering is what makes OASIS one of the premier senior centers in the United States! I think I can speak for those of us who volunteer regularly when I say that there is definitely a warm feeling of

satisfaction in doing our jobs. The Gift Shop is looking for volunteers to complete their shifts. If you have flexible time, the Greeters are in need of both regular and substitute volunteers. The Table Setting Crew who prepare the Evelyn Hart Center for the Monthly Membership Gathering the first Friday of each month need more volunteers for set up and clean up. If you want to join a bunch of nice, friendly people doing needed and useful jobs, call the Friends of OASIS office at (949) 718-1800 and leave your name, number, and what job you're interested in. Somebody will call you back to answer questions and tell you what the job entails. Please don't miss the chance to have some fun, make new friends, and spend productive time at this beautiful facility.

We have kicked off our annual Fund Drive, and you will notice we've put up the thermometer signs on the street corners so you can see how we're doing. With the cost of everything going up so dramatically, it is imperative that we exceed our \$100,000 goal! Please help us continue to support activities, transit van operations, and the monthly OASIS Magazine. These are some visible examples of things we do with your donations!

Hope to see you around the Center!

John

Expand your Knowledge and Awareness

Learn how **mental health**
is just as important as **physical health**

Join us in a 2-part presentation
Thursday, August 11 & 25
1:00 pm - 2:00 pm Room 1

Sample Topics:

- What does anxiety look like?
- Types of mental illness
- How to start a conversation when something is not quite right

Presented by:

Eithne Keegan, MSN, RN, CNML
Hoag Faith Community Nursing



RSVP 949-644-3244

OASIS SENIOR CENTER
801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL ★ GROUP ★

NICK SAIFAN

**THE DISTRESS OF LEVANT
A DISCUSSION OF THE
MIDDLE EAST**

TUESDAY, AUGUST 16, 2022
12 PM - 1:30 PM
EVENT CENTER
RSVP 949-644-3244



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



CALLING ALL FINE ARTISTS AND ARTISANS SIGN UP TODAY!

THE NEWPORT BEACH ARTS FOUNDATION
PRESENTS ITS 17TH YEAR OF

Art in the Park

FINE ARTS & ARTISANS FAIR



Saturday, October 22, 2022
10 am - 5 pm

Civic Center Green • 100 Civic Center Drive, Newport Beach

Interested Artists and Artisans should email artintheparknb@gmail.com
or go to newportbeachartsfoundation.org/artists



NewportBeachArtinthePark

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, August 23 • 10:00am - 12:00pm • Room 1
SOUTH AFRICA, ZIMBABWE, AND BOTSWANA

Start your journey in the Spectacular city of Cape Town. Tour the Kirstenbosch botanical gardens and wine country, take the aerial Cableway to the flat topped Table Mountain for a spectacular view, drive through the beautiful Cape peninsula to the southernmost tip of the African continent. See the famous Blue Train. Drive on the famous Garden Route between Cape Town and Port Elizabeth with spectacular coastline, forests, and mountain backdrops.

Fly to Victoria Falls one of the three largest waterfalls in the world, then continue to Harare Zimbabwe to see the world's largest tobacco market.

Finally fly to the Okavango Delta, which is a vast ecosystem created as the Okavango River flows into the parched Kalahari Desert. It's known for its sprawling grassy plains, which flood seasonally, becoming a lush animal habitat. Dugout canoes are used to navigate past hippos, elephants, and crocodiles. On dry land, wildlife includes lions, leopards, giraffes, and rhinos.



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



The Friends of OASIS
MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, AUGUST 5, 10:00AM
 • \$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

MENU: CHICKEN CAESAR SALAD, ROLL, AND DESSERT

ENTERTAINMENT: JIM FLAHERTY BAND
 ROOTS-ROCK, BLUES, AND BLUES-ROCK BAND FROM ORANGE COUNTY CALIFORNIA

SPONSORED BY: VIVANTE NEWPORT CENTER
 850 SAN CLEMENTE DR., NEWPORT BEACH, CA 92660

FRIENDS OF OASIS 949-718-1800

OASIS Senior Center

BBQ & MOVIE

you're invited to join us
 Tickets: \$5

MOVIE:
THE SANDLOT



Wed, Aug 31st **BBQ starts 12pm**
Movie starts 1pm

Purchase tickets at the Admin Office
 or over the phone: 949-644-3244

project adult literacy
A Program of the Newport Beach Public Library

pal Volunteer Tutors Needed

Developing the literacy skills of adults to empower them to achieve greater success in their lives



You can help change a life

Join us to learn more about our team of dedicated volunteers that have helped hundreds of people improve their literacy skills over the last three decades - which in turn could mean everything from getting a better job, to reading a prescription without fear of taking the wrong dose, getting a high school diploma, getting into college, helping a child with homework, and more. PAL is firm in the belief that literacy changes lives.

One Learner's Story

"After waiting for almost 20 years, a learner recently was able to immigrate to the USA. In doing so, he had to leave the work that he loved as a doctor and hospital administrator. Although highly educated and trained, he was finding difficulty getting a job in the medical field and was bagging groceries to make ends meet. With the help of his PAL tutor, he is able to get a certification in an allied medical field. On achieving this significant goal, he exclaimed "I would rather do this in the United States than manage the whole hospital in my home country!"

Upcoming Info Session

Tuesday, September 13th
 10:00am - 11:00am
 Oasis Senior Center, Room 1

For more information, visit projectadultliteracy.org

Register today! Call 949.644.3244 or email oasiscenter@newportbeachca.gov

FALLPROOF™

BALANCE AND MOBILITY

NEW CLASS!!



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.

9/15 - 12/08 M/TH 1:30-2:30pm \$330/22

Instructor: Selena Cofinco, Certified Balance & Mobility Specialist

See page 15 for full details of class requirements & registration information.



NEW CLASS!!

YOGA THERAPY FOR STRENGTH & BALANCE - LEVEL 1 & LEVEL 2

In this small functional group we will be learning about the vital 10 muscles through specific postures and breath. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles and what is needed to improve our balance and strength.

- Prerequisite for Level 2: Be able to be in a plank position from your knees. Able to get up and down from the ground alone, unassisted.

Instructor: Stephanie von Meeteren - Yoga Therapist, Optimal State - Level 3; RYT 500H

See page 17-18 for full details of session dates and prices.

Registration Opens August 11

SAVE THE DATE

BOUTIQUE AND RUMMAGE SALE

FRIDAY, OCTOBER 7 & SATURDAY, OCTOBER 8
9:00 AM - 2:00 PM

START SAVING YOUR ITEMS
COLLECTION DAYS: MONDAY SEPTEMBER 26 TO WEDNESDAY, OCTOBER 5

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



NEW CLASS!!

YOGA: RISE & SHINE! MORNING PRACTICE

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! This is a classical yoga class in the Krishnamacharya tradition (the grandfather of modern yoga). We concentrate on function over form. No prior experience needed. Modifications will be given for all levels of practitioners.

Taught by a Certified Yoga Therapist, C-IAYT.

- Prerequisite: Be able to be in a plank position from your knees. Able to get up and down from the ground alone, unassisted.

SS4549	9/7-10/28	W/F	7:30-8:30am	\$309/16
SS4550	11/2-12/16	W/F	7:30-8:30am	\$233/12
SS4551	9/7-10/26	W	7:30-8:30am	\$165/8
SS4552	11/2-12/14	W	7:30-8:30am	\$145/7
SS4553	9/9-10/28	F	7:30-8:30am	\$165/8
SS4554	11/4-12/16	F	7:30-8:30am	\$105/5

Instructor: Stephanie von Meeteren - Yoga Therapist, Optimal State - Level 3; RYT 500H

Registration Opens August 11

THE FRIENDS OF THE NEWPORT BEACH LIBRARY

BOOK SALE

Friday, August 5
1:00-4:00pm
MEMBERS ONLY
Books 3 for \$1

Saturday, August 6
9:00am-2:00pm
\$3-A-BAG (We supply the bags)

1000 Avocado Avenue
Bookstore Hours:
Mon-Sat: 10:30am-3:00pm



The Good Grief Café

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



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



DIVE INTO SUMMER WITH DEEPER CONNECTIONS AND NEW FRIENDS



**THURSDAYS AT 2:00 PM
ROOM 5**

NO RSVP NEEDED



OC Vital Brain at Hoag

Memory Screening



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

COST \$45*

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

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



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 individual senior and his or her current living situation is conducted 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 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 DOCUMENTS

The California Hospital Association's Advance Health Care Directive is available in the Administration office.

MEDICAL EQUIPMENT LOAN

Wheelchairs, walkers, canes and crutches are available for a one month rental in the Administration office.

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

Lawyers donate their time and offer a free, half hour consultation. Appointments are required; call 949-644-3244 to schedule one.

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, supplemental and long term care insurance. 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. Take steps now to maintain healthy brain aging for years to come. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized, confidential memory screening at the OASIS Senior Center please call **949-764-6288**.

BLOOD PRESSURE SCREENING

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

ALZHEIMER'S SUPPORT GROUP

For family members and caregivers. Share support and receive valuable information and resources from people who understand. RSVP not required.

Location: OASIS Room 5
RSVP not Required 2nd & 4th Wednesdays 10am FREE

CONNECTIONS GROUP

Dive into summer with 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. No RSVP required. For more information please call Basia Mosinski at 917-703-3414.

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

THE GOOD GRIEF CAFE

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. No RSVP required. For more information please call 949-644-3244.

Location: OASIS Room 5
RSVP not Required 2nd & 4th Thursdays 10am FREE

TRANSPORTATION CLIENTS

OASIS is offering two shopping trip this month:

99 Cent Store on Thursday, August 11
and
Target Store on Thursday, August 25

OASIS is offering two shopping trip this month:

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

99c only logo, Harbor location Target logo, beach umbrella and bag illustration



OASIS SENIOR CENTER

TRANSPORTATION SERVICE

The OASIS Senior Center provides curb-to-curb transportation

ABOUT THE SERVICE:

Transportation is provided to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within city limits.

ELIGIBILITY:

- Must be 60+
- Live in a private residence
- Reside within Newport Beach, Corona del Mar or Newport Coast
- No longer driving
- Restrictions apply*

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

Same Day Rides: Tuesday & Thursday only; Calls must be received between 8 & 9am

Pricing: \$1.50 to the senior center (each way), \$3.00 for other locations (each way)

*For more information, call 949-644-3244



Meal Services

AGE WELL SENIOR SERVICES-LUNCH PROGRAM

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 are 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.

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES ALL MEALS ARE LOW SODIUM



Lunch Menu

RESERVATIONS REQUIRED
CALL 949-718-1820

KATIE O'MARA, M.S., R.D.
SUGGESTED CONTRIBUTION- 60 YRS OR OLDER: \$5.50
COST - 60 YEARS OR YOUNGER: \$7.50
AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Enchilada Bake Roasted Carrots Orange Brownie Milk 1	Beef & Black Bean Taco Salad Corn Tortillas Tropical Fruit Dessert Milk 2	Sloppy Joe Potato Salad Oranges Milk Brownie 3	Green Curry Chicken Rice Spinach & Beet Salad Orange Juice Cookie Milk 4	CLOSED FOR FRIENDS OF OASIS MONTHLY 5	
Salmon Tuscana Pasta Carrots Tropical Fruit Dessert Milk 8	Pulled Pork Slider Coleslaw Orange Brownie Milk 9	Tuna Sandwich Tomato Basil Soup Orange Juice Cookie Milk 10	Chicken Tarragon w/ Croissant Rainbow Salad Orange Brownie Milk 11	Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Dessert Milk 12	WESTERN DAY
Spaghetti & Meatballs Roasted Broccoli Orange Juice Cookie Milk 15	Chipotle Chicken Sandwich w/Rye Bread Garden Salad Orange Juice Cake 16	French Onion Chicken Mashed Potatoes Spinach & Beet Salad Orange Juice Milk Cookie 17	Chicken Caesar Sandwich w/ Wheat Bread Garden Salad Orange Brownie Milk 18	Pork Carnitas Tortillas Sweet Potatoes Orange Juice Cake Milk 19	LUAU
Thai Basil Chicken Rice Sautéed Cabbage Orange Oatmeal Cookie Milk 22	Mexican Pork Stew Roasted yams Hawaiian Roll Orange Cookie Milk 23	Deviled Egg Sandwich on Croissant Potato Leek Soup Orange Brownie Milk 24	Roasted Chicken w/Red Peppers Sandwich Rainbow Salad Orange Cake Milk 25	Mexican Beef Lasagna Corn & Black Bean Salad Tropical Fruit Dessert Milk 26	
Meatball Stroganoff w/Pasta Honey Glazed Carrots Tropical Fruit Dessert Milk 29	Tuna Sandwich w/ Whole Wheat Bread Tomato Basil Soup Orange Cake Milk 30	NO LUNCH - OASIS BBQ & MOVIE 31		BIRTHDAY BASH	

Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman ehuberman@me.com
 Join us the first 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: Series
OASIS Room 5
 RSVP not required 1st Wed 10:30am-Noon Free

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
 SS3081 7/28-9/1 Th 7-8:30pm \$190/6
 SS4080 9/15-10/20 Th 7-8:30pm \$190/6

CREATIVE WRITING JUMPSTART

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

Online
 SS4082 9/12 M 7-9pm \$78/1

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

GOING ABOARD: STUDIES OF MOBY DICK & MELVILLE

Darielle Wilson 949-675-5182
 Voyage into the watery world of Herman Melville's fiction to meet his fascinating characters, including the famous whale, "one grand hooded phantom, like a snow hill in the air." Call upon your own life experiences to read and interpret this novel and short works, and decide if you, too, consider them among the greatest works in all of English-language literature. Class is ongoing; check with instructor for updated information
OASIS Room 1B
 SS3059 6/17-8/26 F 10am-Noon \$85/11

GOING ABOARD THE GOOD SHIP STORY BOOK

Darielle Wilson 949-675-5182
 Sail on the vast seas of American and English short stories. Discover new lands, meet surprising personalities, find treasure troves of lyrical imagery, interpret the words of mysterious story-tellers. Call upon your own life experiences to exchange ideas with some of the greatest literary minds. Please contact instructor for updated information. **No class 11/11, 11/25**
OASIS Room 1B
 SS4059 9/9-12/16 F 10am-Noon \$95/13

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 8/9 & 8/23 Tu 3-4:30pm Free

Registration for Fall classes begins
 Thursday, August 11 at 8am

SHORT STORY DISCUSSION

Doug Brown 949-402-1198
Join us as we discuss different 6-20 page short stories each week. Members are expected to read the story before class, but the story will be read in sections out loud in class to facilitate discussion. Contact instructor for more information.
OASIS Room 4
RSVP not required Tu 2-4pm Free

TRAVEL SHOWS WITH NINO

Nino Mohan nino@virtualtraveltalks.com
Enjoy an in-depth sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer Nino Mohan. Slideshows include photos, videos and personal narration by Nino himself. The group meets the fourth Tuesday of each month.
OASIS Room 1
RSVP not required 4th Tu 10am-Noon Free

WRITING ROUNDTABLE

Jos Vloet vloetjosef@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 Vasek nwwasek@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>

- Material list will print on receipt
- Additional fee: \$10 (material)

OASIS Room 2A

SS4005	9/14-10/19	W	9-11am	\$144/6
SS4006	11/2-12/7	W	9-11am	\$144/6

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 9/28, 10/5, 10/26, 11/2, 11/23**

- Additional fee: \$20 (material)

OASIS Art Center

SS4039	9/7-12/7	W	9-Noon	\$153/9
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INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki Vasek nwwasek@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>.

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

OASIS Art Center

SS4003	9/12-10/17	M	9am-Noon	\$138/6
SS4004	10/31-12/5	M	9am-Noon	\$138/6

OIL PAINTING- INTERMEDIATE TO ADVANCED

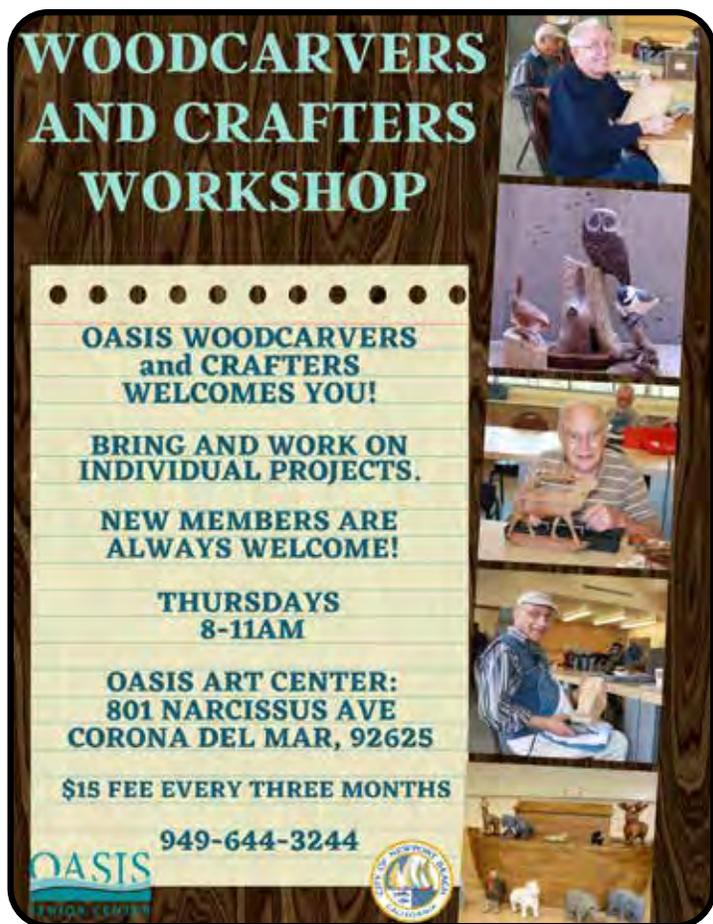
Jim Ellsberry 310-218-2658
jim@jimEllsberry.com

Advanced concepts of color theory to include hue, value and chroma. Students complete 2 Still Life projects and 1 Landscape painting. Drawing, color mixing, texture and edge are stressed.

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

OASIS Art Center

SS3061	8/1-8/29	M	1-3:30pm	\$180/5
SS4060	9/19-10/17	M	1-3:30pm	\$180/5
SS4061	11/7-12/5	M	1-3:30pm	\$180/5



WOODCARVERS AND CRAFTERS WORKSHOP

OASIS WOODCARVERS and CRAFTERS WELCOMES YOU!

BRING AND WORK ON INDIVIDUAL PROJECTS.

NEW MEMBERS ARE ALWAYS WELCOME!

THURSDAYS 8-11AM

OASIS ART CENTER: 801 NARCISSUS AVE CORONA DEL MAR, 92625

\$15 FEE EVERY THREE MONTHS

949-644-3244

OASIS Art Center logo and photos of members working on projects.

WATERCOLOR & MIXED MEDIA

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.

- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Art Center

SS3042	7/13-8/17	W	1-4pm	\$146/6
SS4042	10/12-11/16	W	1-4pm	\$146/6

WOODCARVERS AND CRAFTERS WORKSHOP

Ray Morrow OASISWoodcarving@gmail.com

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

OASIS Art Center

RSVP Not Required	Th	8-11am	See above
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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.

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

OASIS Art Center

SS3040	7/13-8/17	W	9am-Noon	\$146/6
SS4040	10/11-11/15	Tu	9am-Noon	\$146/6

WATERCOLOR - INTERMEDIATE

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 setups. Demonstrations, individual assistance and group critiques are included.

- Material list will print on receipt.
- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Room 4

SS4041	10/12-11/16	W	9am-Noon	\$146/6
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Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson [949-675-5182](tel:949-675-5182)

Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. Summer session selections will be by 20th-century Albert Camus. 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

SS3008	6/15-8/31	W	10am-Noon	\$90/12
SS4008	9/7-12/14	W	10am-Noon	\$105/15

FRENCH-INTERMEDIATE

Leo Vortouni [949-607-9104](tel:949-607-9104)
leosailor21@gmail.com

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. For info on how to join, please contact Leo Vortouni at 949-607-9104.



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

GERMAN-INTERMEDIATE

Barbara Corlett bcorlett@cox.net

The class will focus on the reading of fairy tales and stories in German and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2000 publisher date) is the required text for the class. It will be used intermittently to dovetail with grammar lessons. Students can purchase the text online. Chapters 1-12 have been covered in earlier classes. In addition to above description we will also act out plays in German.

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

OASIS Room 4

RSVP required Th 9/1-5/25 1-2pm Free

GERMAN-ADVANCED

Robert H. Friis, PhD r-c-friis@cox.net

Group continues to meet online. 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.

**Registration for Fall classes begins
Thursday, August 11 at 8am**

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 11/23**

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

OASIS Room 1A

Beginning French 1

SS3049	8/15-8/31	M/W	5-6pm	\$155/6
SS4047	9/12-10/5	M/W	5-6pm	\$205/8
SS4048	10/10-11/2	M/W	5-6pm	\$205/8
SS4049	11/14-12/12	M/W	5-6pm	\$205/8

Beginning French 2

SS3051	8/15-8/31	M/W	6-7pm	\$155/6
SS4050	9/12-10/5	M/W	6-7pm	\$205/8
SS4051	10/10-11/2	M/W	6-7pm	\$205/8
SS4052	11/14-12/12	M/W	6-7pm	\$205/8

OASIS Room 1B

Beginning Italian 1

SS3055	8/15-8/31	M/W	4-5pm	\$155/6
SS4053	9/12-10/5	M/W	5-6pm	\$205/8
SS4054	10/10-11/2	M/W	5-6pm	\$205/8
SS4055	11/14-12/12	M/W	5-6pm	\$205/8

Beginning Italian 2

SS3058	8/15-8/31	M/W	5-6pm	\$155/6
SS4056	9/12-10/5	M/W	6-7pm	\$205/8
SS4057	10/10-11/2	M/W	6-7pm	\$205/8
SS4058	11/14-12/12	M/W	6-7pm	\$205/8

OASIS Room 2A

Beginning Spanish 1

SS3044	7/13-8/31	W	5-6pm	\$205/8
SS4044	9/6-10/25	W	5-6pm	\$205/8

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper 949-230-5902

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

- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS 5 business days prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.

DRP300 \$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 including Kindle and free eBooks that can be downloaded from the Newport Beach Library, photo sharing including Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

OASIS Computer Lab

SS3029	8/23	Tu	1-3pm	\$40/1
SS4028	10/25	Tu	1-3pm	\$42/1
SS4029	12/12	M	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.

OASIS Computer Lab

SS3022	8/18	Th	1:30-3:30pm	\$40/1
SS4020	9/20	Tu	1:30-3:30pm	\$42/1
SS4021	10/26	W	10:30am-12:30pm	\$42/1
SS4022	11/28	M	10:30am-12:30pm	\$42/1

COMPUTER BASICS

Carole Kamper 949-230-5902

Wishing you had better computer skills this past year? This is an introductory class that will give you "hands on" experience using a mouse and keyboarding as well as some basic internet search techniques. We will learn the "anatomy" of a window by exploring the WordPad and Paint programs. The class will be taught on Windows 10 and is not designed for Mac users although most concepts apply to both most concepts apply to both platforms.

OASIS Computer Lab

SS3031	8/9-8/16	Tu	1-3pm	\$45/2
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COMPUTER SKILLS

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 or equivalent

OASIS Computer Lab

SS4030	9/7-9/14	W	10:30am-12:30pm	\$45/2
SS4031	12/7-12/14	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.
- Bring phone or camera cord to class.

OASIS Computer Lab

SS3032	7/28-8/4	Th	9:45-10:45am	\$36/2
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EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com

Learn to buy and sell items on eBay.

- Prerequisite: Basic computer skills and familiarity with the internet.

OASIS Computer Lab

SS3033	8/11	Th	10am-Noon	\$36/1
SS4033	12/1	Th	10am-Noon	\$40/1

EBAY 2

Barbara Yin Milbert pacpal33@yahoo.com

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

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

OASIS Computer Lab

SS3035	7/28-8/4	Th	11am-Noon	\$36/1
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INTRO TO WORD

Barbara Yin Milbert pacpal33@yahoo.com

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

- Prerequisite: Computer Basics or equivalent

OASIS Computer Lab

SS4038	9/22-10/13	Th	9:45-10:45am	\$70/4
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INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.

- Prerequisite: Computer Basics and Skills or equivalent

OASIS Computer Lab

SS4037	9/22-10/13	Th	11am-Noon	\$70/4
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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	9/8	Th	10am-noon	\$40/1
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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

SS3027	8/1	M	10am-Noon	\$40/1
SS4026	9/12	M	10:30am-12:30pm	\$42/1
SS4027	11/8	Tu	1-3pm	\$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.

OASIS Computer Lab

SS3025	8/29	M	10:30am-12:30pm	\$40/1
SS4023	9/21	W	10:30am-12:30pm	\$42/1
SS4024	10/17	M	10:30am-12:30pm	\$42/1
SS4025	11/15	Tu	1-3pm	\$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	10/11-11/15	Tu	9:30-11:30am	\$150/6
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ADVANCED BEGINNING BRIDGE 1

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	10/13-11/17	Th	9:30-11:30am	\$150/6
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ADVANCED BEGINNING BRIDGE 2

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	10/11-11/15	Tu	12:30-2:30pm	\$150/6
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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
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BEGINNING BRIDGE BOOT CAMP

Rose Reynolds pareynolds@aol.com

Learn How to Play Bridge in 8 Sessions. This class is for beginning bridge players or for the player who wants to refresh or reinforce existing skills. After this 8 session two week immersion course you will have the basic bridge skills you need to jump start yourself into the fascinating world of bridge. Meet other bridge enthusiasts and learn today's modern bridge. You will be ready to play social bridge, on line bridge or at local bridge clubs after this interactive course. No partner necessary

- Additional Fee: \$15 (materials)

OASIS Room 3

SS4018	9/12-9/22	M-Th	4:30-6pm	\$130/8
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BRIDGE -SUPERVISED PLAY

Rose Reynolds pareynolds@aol.com

Did you just learn how to bid and play? Do you feel like you just need to review a bit, practice a lot and build a better foundation? Are you just returning to bridge after a hiatus? This 4 session class is perfect for you. Let's take what you learned and practice many hands with supervision. The full FUNDamentals of Basic Bidding will be reviewed: Opening & Respondings, Overcalling & Advancing, 1NT openings

- Additional Fee: \$10 (materials)

OASIS Room 3

SS4019	9/26-10/5	M/W	4:30-6pm	\$80/4
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BRIDGE DECLARER STRATEGY

Rose Reynolds pareynolds@aol.com

Tricks to take more Tricks in Suit Contracts and Notrump. Learn how to take more tricks in (8) sessions! There is a secret to playing better than all great players know. Let me teach you these 4 strategies and how to approach each hand, so that you can implement them into your game and watch your results change in no time! Take away the jitters and declare the hand with confidence. It's a game changer!

- Additional Fee: \$15 (materials)

OASIS Room 3

SS4120	10/10-11/2	M/W	4:30-6pm	\$130/8
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Registration for Fall classes begins
Thursday, August 11 at 8am

AMERICAN MAH JONGG FOR BEGINNERS

Terry Sweeney 208-920-9085
 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.
OASIS Room 3
 SS3014 7/25-8/29 M 9:30-11:30am \$130/6
 SS4013 9/8-10/13 Th 1:30-3:30pm \$130/6
 SS4014 11/7-12/12 M 9:30-11:30am \$130/6

AMERICAN MAH JONGG-SUPERVISED PLAY

Terry Sweeney 208-920-9085
 Join your fellow classmates and practice your newly acquired Mah Jongg skills. Sign up early as space is limited. All players must bring the current Card of Hands to each class. **No class 10/10, 11/24**
 • Prerequisite: American Mah Jongg for Beginners
OASIS Room 3
 SS3016 7/28-9/1 Th 1:30-3:30pm \$130/6
 SS4015 9/12-10/24 M 9:30-11:30am \$130/6
 SS4016 10/20-12/8 Th 1:30-3:30pm \$155/7

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

MAH JONGG

Doris Melnick 949-644-2600
Dave Margolis 562-221-9870
 Experienced players meet to play.
 • 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 11/11, 11/25**
OASIS Dance Room
 SS3500 6/13-8/29 M 10:15-11am \$192/11
 SS3501 6/17-8/26 F 10:15-11am \$175/10
 SS4501 9/12-12/12 M 10:15-11am \$257/14
 SS4502 9/9-12/16 F 10:15-11am \$239/13

BETTER LIFE BOXING

Andrew Deming betterlifefixing.com
 At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. **No class 11/24**
 • Please bring : a yoga mat, towel and water.
 • Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@betterlifefixing.com if you have any questions about this.

OASIS Dance Room
 SS3504 8/8-8/29 M 3:30-4:30pm \$85/4
 SS4503 9/12-10/3 M 3:30-4:30pm \$85/4
 SS4504 10/10-11/7 M 3:30-4:30pm \$105/5
 SS4505 11/14-12/12 M 3:30-4:30pm \$105/5
OASIS Room 1
 SS3507 8/11-9/1 Th 8:30-9:30am \$85/4
 SS4506 9/8-10/6 Th 8:30-9:30am \$105/5
 SS4507 10/13-11/10 Th 8:30-9:30am \$105/5
 SS4508 11/17-12/15 Th 8:30-9:30am \$85/4
 SS3510 8/11-9/1 Th 3:30-4:30pm \$85/4
 SS4509 9/8-10/6 Th 3:30-4:30pm \$105/5
 SS4510 10/13-11/10 Th 3:30-4:30pm \$105/5
 SS4511 11/17-12/15 Th 3:30-4:30pm \$85/4

DROP IN (NO REFUNDS)
 DRP360 \$20/1

Registration for Fall classes begins
 Thursday, August 11 at 8am

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 8/10, 9/14, 10/12, 11/9**

OASIS Event Center

SS3512	8/1-8/31	M/W	10:05-11am	\$50/9
SS4512	9/7-9/28	M/W	10:05-11am	\$35/6
SS4513	10/3-10/31	M/W	10:05-11am	\$45/8
SS4514	11/2-11/30	M/W	10:05-11am	\$45/8
SS4515	12/5-12/12	M/W	10:05-11am	\$20/3

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 8/29-12/12 M 11:30-12:30pm Free

NEW! FALLPROOF® BALANCE & MOBILITY

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

NEW! 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 10/3, 11/24, 11/28**

- Requirement: All 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.
- 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.
- Registration: Must register in person, you will then be given a packet of forms from the OASIS front desk to complete and bring to the assessment.

OASIS Room 1

SS4516 9/15-12/8 M/TH 1:30-2:30pm \$330/22

GOLF

Greg Nelson gregbnelson@me.com
All games are at Costa Mesa Golf Courses as follows:

- Mon: 9am, Los Lagos, \$36, long & challenging, par 72
- Wed: 9am, Mesa Linda, \$29, par 70.
- Friday: 9am, Mesa Linda, \$34, par 70
- Carts may be rented for an additional fee

RSVP Required Ongoing M/W/F See above

NEW! FULL MOON SOUND BATH & MEDITATION

Stephanie von Meeteren www.LucidStateYoga.com
NEW! Accessible to all. These special classes we will be healing and deeply restoring. By resting deeply our best healing happens. You will be lying down for this class while the healing sounds wash over you. Prepare to receive, rest, and heal on a cellular level. Bring whatever you need to be most comfortable. Taught by a Certified Yoga Therapist, C-IAYT.

- Please Bring: Blanket, yoga mat, pillow, and eye covering

OASIS Dance Room

SS4517	10/8	Sat	12:00-1:00pm	\$20/1
SS4518	11/8	Tu	5:30-6:30pm	\$20/1
SS4519	12/6	Tu	5:30-6:30pm	\$20/1

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 11/11, 11/25**

- Please Bring: A mat, hand weights (Tuesdays), & resistance bands (Thursdays).

OASIS Event Center

SS3515	8/9-9/1	Tu/Th	8-9am	\$65/8
SS4520	9/6-9/28	Tu/Th	8-9am	\$65/8
SS4521	10/4-10/27	Tu/Th	8-9am	\$65/8
SS4522	11/1-11/29	Tu/Th	8-9am	\$65/8
SS4523	12/1-12/15	Tu/Th	8-9am	\$45/5

DROP IN (NO REFUNDS)

DRP361 \$12/1

IYENGAR YOGA

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

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

- 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

SS4524	9/8-10/6	M/Th	10-11:15am	\$131/9
SS4525	10/10-11/10	M/Th	10-11:15am	\$145/10
SS4526	11/14-12/15	M/Th	10-11:15am	\$131/9
SS4527	9/12-10/3	M	10-11:15am	\$65/4
SS4528	10/10-11/7	M	10-11:15am	\$80/5
SS4529	11/14-12/12	M	10-11:15am	\$80/5
SS4530	9/8-10/6	Th	10-11:15am	\$80/5
SS4531	10/13-11/10	Th	10-11:15am	\$80/5
SS4532	11/17-12/15	Th	10-11:15am	\$65/4

DROP IN (NO REFUNDS)

DRP362 \$25/1

Classes

LAWN BOWLING

www.NHLBC.com

This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it. 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 the Club website at www.NHLBC.com

MELT METHOD

Yvette Casal

714-520-1427

meltwithyvette@gmail.com

This class should not be taken unless you have previous MELT experience. This class will combine hydrating length techniques and stabilizing strength techniques to address the weak links that damage joints and inhibit your body's ability to function optimally. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom code is available for Virtual Attendance. No class 11/11, 11/25**

- Please bring: Mat and water to drink. Contact instructor for a list of equipment needed, meltwithyvette@gmail.com
- Prerequisite: Previous MELT experience. Must be able to get up off the floor unassisted.

OASIS Dance Room

SS3522	7/12-8/30	Tu	2-3pm	\$115/8
SS4533	9/6-9/27	Tu	2-3pm	\$60/4
SS4534	10/18-12/13	Tu	2-3pm	\$120/9

DROP IN (NO REFUNDS)

DRP363 \$12/1

NUTRITION COUNSELING: ONLINE

Nasira Burkholder-Cooley, DrPH, RD

Are you giving your body all the nutrients it needs? Do you enjoy the meals you eat? Are you looking to improve your mood, increase your energy, and elevate your health? Dr. Nasira provides individualized nutrition counseling and will assess your nutrition needs, help you establish realistic nutrition goals, improve food management and meal planning, and provide support and accountability in achieving your goals. To set up your online appointment please email Nasira at nasirasnutrition@gmail.com

Online By Appointment Only

Initial Meeting:	Online	60min	\$98
Follow Up Meeting:	Online	45min	\$80

**Registration for Fall classes begins
Thursday, August 11 at 8am**

PILATES MAT

Kathryn Rollins

949-422-9834

kathryn@ahappybalance.com

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, a light and heavy resistance band, and towel.

OASIS Dance Room

SS3524	8/2-8/30	Tu	8:45-9:45am	\$90/5
SS4535	09/06-10/25	Tu	8:45-9:45am	\$135/8
SS4536	11/01-12/13	Tu	8:45-9:45am	\$116/7

DROP IN (NO REFUNDS)

DRP364 \$22/1

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

Kathryn Rollins

949-422-9834

kathryn@ahappybalance.com

This trio class has bone strengthening benefits (for those with osteoporosis, osteopenia, or those trying to avoid it) and the strengthening and flexibility of Pilates and balance work too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 8/18, 11/24**

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

OASIS Dance Room

SS3528	7/28-9/1	Th	7:45-8:45am	\$90/5
SS4539	09/8-10/20	Th	7:45-8:45am	\$116/7
SS4540	10/27-12/15	Th	7:45-8:45am	\$116/7

DROP IN (NO REFUNDS)

DRP364 \$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. A towel or small pillow is recommended for neck support if needed. **No class 8/5, 10/7, 11/4, 11/11, 11/25**

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

OASIS Event Center

SS3530	8/1-8/31	M/W/F	7:45-8:35am	\$70/13
SS4541	9/7-9/30	M/W/F	7:45-8:35am	\$60/11
SS4542	10/3-10/31	M/W/F	7:45-8:35am	\$65/12
SS4543	11/2-11/30	M/W/F	7:45-8:35am	\$55/10
SS4544	12/5-12/16	M/W/F	7:45-8:35am	\$35/6

SS3532	8/1-8/31	M/W/F	8:45-9:35am	\$70/13
SS4545	9/7-9/30	M/W/F	8:45-9:35am	\$60/11
SS4546	10/3-10/31	M/W/F	8:45-9:35am	\$65/12
SS4547	11/2-11/30	M/W/F	8:45-9:35am	\$55/10
SS4548	12/5-12/16	M/W/F	8:45-9:35am	\$35/6



STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

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

If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full 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

SS3526	8/2-8/30	Tu	10-11am	\$90/5
SS4537	9/06-10/25	Tu	10-11am	\$135/8
SS4538	11/01-12/13	Tu	10-11am	\$116/7

DROP IN (NO REFUNDS)

DRP364 \$22/1

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 10/6, 11/24**

- Please wear comfortable clothing; no open-toed shoes.

OASIS Event Center

SS3533	6/16-8/11	Th	9:30-10:30am	\$119/9
SS3534	7/7-8/11	Th	9:30-10:30am	\$85/6
SS4555	9/22-12/1	Th	9:30-10:30am	\$119/9
SS4556	10/20-12/1	Th	9:30-10:30am	\$85/6

DROP IN (NO REFUNDS)

DRP365 \$20/1

NEW! YOGA: AUTUMNAL EQUINOX PRATICE

Stephanie von Meeteren **www.LucidStateYoga.com**

NEW! Accessible to all. This special class we will be honoring the season of harvest. We come together as a community and reflect on what we have sown in our lives, our harvest, and what we would like to sow in the future. Movement, breath, intention setting, meditation, & journaling. Taught by a Certified Yoga Therapist, C-IAYT.

- Please Bring: Blanket, yoga mat, pillow, and eye covering

OASIS Dance Room
SS4500 9/22 Th 5:30-6:30pm \$20/1

NEW! YOGA: RISE & SHINE! MORNING PRACTICE

Stephanie von Meeteren **www.LucidStateYoga.com**

NEW! 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! This is a classical yoga class in the Krishnamacharya tradition (the grandfather of modern yoga). We concentrate on function over form. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by a Certified Yoga Therapist, C-IAYT. **No Class 11/11 & 11/25**

- Prerequisite: Able to be in a plank position from your knees.
- Requirement: Able to get up and down from the ground alone, unassisted.
- Please bring: Yoga mat.

OASIS Dance Room

SS4549	9/7-10/28	W/F	7:30-8:30am	\$309/16
SS4550	11/2-12/16	W/F	7:30-8:30am	\$233/12
SS4551	9/7-10/26	W	7:30-8:30am	\$165/8
SS4552	11/2-12/14	W	7:30-8:30am	\$145/7
SS4553	9/9-10/28	F	7:30-8:30am	\$165/8
SS4554	11/4-12/16	F	7:30-8:30am	\$105/5

DROP IN (NO REFUNDS)

DRP465 \$20/1

NEW! YOGA THERAPY FOR STRENGTH & BALANCE LEVEL 1

Stephanie von Meeteren **www.LucidStateYoga.com**

NEW! Accessible to all, in this small functional group we will be learning about the vital 10 muscles through specific postures and breath. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles and what is needed to improve our balance and strength. **No Class 11/11, 11/25**

- Please bring: Yoga mat and an (optional) block.

OASIS Dance Room

SS4557	9/7-10/28	W/F	2-3pm	\$309/16
SS4558	11/2-12/16	W/F	2-3pm	\$233/12
SS4559	9/7-10/26	W	2-3pm	\$165/8
SS4560	11/2-12/14	W	2-3pm	\$145/7
SS4561	9/9-10/28	F	2-3pm	\$165/8
SS4562	11/4-12/16	F	2-3pm	\$105/5

NEW! YOGA THERAPY FOR STRENGTH & BALANCE LEVEL 2

Stephanie von Meeteren www.LucidStateYoga.com

NEW! In this small functional group, we will be learning about the vital 10 muscles through specific postures and breath. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles and what is needed to improve our balance and strength. **No Class 11/11, 11/25**

- Prerequisite: Able to be in a plank position from your knees
- Requirement: Able to get up and down from the ground alone, unassisted.
- Please bring: Yoga mat and an (optional) block.

OASIS Dance Room

SS4563	9/7-10/28	W/F	3:15-4:15pm	\$309/16
SS4564	11/2-12/16	W/F	3:15-4:15pm	\$233/12
SS4565	9/7-10/26	W	3:15-4:15pm	\$165/8
SS4566	11/2-12/14	W	3:15-4:15pm	\$145/7
SS4567	9/9-10/28	F	3:15-4:15pm	\$165/8
SS4568	11/4-12/16	F	3:15-4:15pm	\$105/5

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! **Multi-Day DISCOUNT OFFERED, 3 days for the price of 2! Make-ups built in. No class 11/11, 11/24-25**

OASIS Dance Room

SS3535	6/13-8/29	M	9-10am	\$170/11
SS3536	6/15-8/31	W	9-10am	\$170/11
SS3537	6/16-9/1	Th	9-10am	\$170/11
SS3538	6/17-8/26	F	9-10am	\$155/10
SS4569	9/12-12/12	M	9-10am	\$229 /14
SS4570	9/7-12/14	W	9-10am	\$245 /15
SS4571	9/8-12/15	Th	9-10am	\$229 /14
SS4572	9/9-12/16	F	9-10am	\$213/13

MULTI-DAY DISCOUNT:

SS3539	6/13-9/1	M/W/F	9-10am	\$340
SS4573	9/7-12/16	M/W/F	9-10am	\$453

DROP IN (NO REFUNDS)

DRP366	\$20/1
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MUSIC & DANCING

BALLET II

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 wear comfortable clothing and ballet slippers by the second class meeting.

OASIS Dance Room

SS3540	7/5-8/30	Tu	11:30-12:30pm	\$149/9
SS4574	10/4-12/6	Tu	11:30-12:45pm	\$208/10

CLASSICAL BALLET BARRE

Michelle Caumiant Zehnder mcaumiant26@gmail.com

In this adv/beg. class we will be focusing on proper body alignment, balance, coordination, stamina, and graceful exercises that help build strength and understanding for Ballet dancing off the barre. A short center floor at the end of class will be for those interested in practicing off Barre what we're working on 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. **No class 11/11, 11/25**

- Please bring: Ballet slippers by the second class meeting.

OASIS Dance Room

SS3541	7/8-9/20	F	11:30-12:30pm	\$149/9
SS4575	10/7-12/9	F	11:30-12:30pm	\$136/8

DANCE WORKSHOP

Michelle Caumiant Zehnder mcaumiant26@gmail.com

We start with 20 minutes of beginning Ballet and the remainder of the class learning short dance combinations. We will explore the many variations of Broadway (stage) and commercial (screen) jazz dancing. The class accepts different levels of abilities and necessary adaptations. It's about fun and fitness. Putting dance steps together is one of the best forms of memory fitness.

- Please Bring: Flexible tennies or jazz shoes. If you have Ballet slippers bring them as well.

OASIS Dance Room

SS4576	10/5-12/7	W	12:30-1:30pm	\$168/10
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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
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Registration for Fall classes begins
Thursday, August 11 at 8am

INTRO TO BROADWAY DANCE

CS Dance Factory

949-230-5934

Info@CSDanceFactory.com

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

OASIS Dance Room

SS3543	6/15-8/31	W	10:15-11am	\$192/11
SS4577	9/14-11/30	W	10:15-11am	\$245/12

LINE DANCING

Vickie Jackson

vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No class 11/24**

OASIS Dance Room

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

SS3545	7/28-9/1	Th	1-1:55pm	\$41/6
SS4578	9/8-10/6	Th	1-1:55pm	\$34/5
SS4579	10/13-11/10	Th	1-1:55pm	\$34/5
SS4580	11/17-12/15	Th	1-1:55pm	\$27/4

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

SS3547	7/28-9/1	Th	2-2:55pm	\$41/6
SS4581	9/8-10/6	Th	2-2:55pm	\$34/5
SS4582	10/13-11/10	Th	2-2:55pm	\$34/5
SS4583	11/17-12/15	Th	2-2:55pm	\$27/4

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

SS3549	7/28-9/1	Th	3-4pm	\$41/6
SS4584	9/8-10/6	Th	3-4pm	\$34/5
SS4585	10/13-11/10	Th	3-4pm	\$34/5
SS4586	11/17-12/15	Th	3-4pm	\$27/4

Combo Class: Level 1 & 2

SS3551	7/28-9/1	Th	1-2:55pm	\$57/6
SS4587	9/8-10/6	Th	1-2:55pm	\$48/5
SS4588	10/13-11/10	Th	1-2:55pm	\$48/5
SS4589	11/17-12/15	Th	1-2:55pm	\$38/4

Combo Class: Level 2 & 3

SS3553	7/28-9/1	Th	2-4pm	\$57/6
SS4590	9/8-10/6	TH	2-4pm	\$48/5
SS4591	10/13-11/10	TH	2-4pm	\$48/5
SS4592	11/17-12/15	TH	2-4pm	\$38/4



MUSIC WORKSHOP

Glen Jansma

310-940-3122

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

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm FREE

HOOTENANNY

Glen Jansma

310-940-3122

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm FREE

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka

714-336-4719

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

OASIS Room 2

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

PING PONG

New players are always welcome.

OASIS Event Center BC

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

SAILING

SAILING

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. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a \$50 monthly dues fee. Sailing is free. (Google "oasis sailing club" for our website). Call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org for membership details.

OASIS Room 1

RSVP Not Required 8/31 W 1:30pm

*see above for fees

**Registration for Spring classes begins
Thursday, August 11 at 8am**

VOLUNTEERS WANTED



LAND A HAND FOR OTHERS AND VOLUNTEER AT OASIS. PICK UP AN APPLICATION IN THE FRIENDS OFFICE OR FILL OUT THE APPLICATION ONLINE.

JOIN US NOW WWW.FRIENDSOFOASIS.ORG

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



SATURDAY,
SEPTEMBER 17
8:00AM - 10:30AM

- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle please call the friends office at 949-718-1800

OASIS SENIOR CENTER | 801 NARCISSUS AVE. CORONA DEL MAR

GIFT SHOP

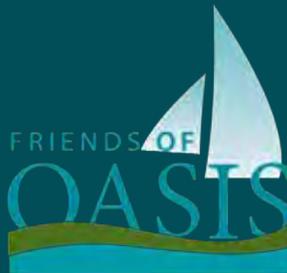
Hours: Monday - Friday 9am - 3pm

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

REMEMBER US IN YOUR WILL OR TRUST

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

Your gift is a legacy for future seniors.



SAVE THE DATE BOUTIQUE AND RUMMAGE SALE



FRIDAY, OCTOBER 7 & SATURDAY, OCTOBER 8
9:00 AM - 2:00 PM

START SAVING YOUR ITEMS
COLLECTION DAYS: MONDAY SEPTEMBER 26 TO
WEDNESDAY, OCTOBER 5

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

Friends of OASIS

BENEFITS OF MEMBERSHIP

- Subscription to monthly OASIS Newsletter
- Discounts on travel
- Access to unique clubs
- Opportunity to support programs & events at OASIS

MEMBERSHIP RATES

Single \$15/year
Couple \$25/year

TWO WAYS TO BECOME A MEMBER

- 1 VISIT**
friendsfoasis.org
- 2 CALL**
949-718-1800



The Friends of OASIS is a 501 (c) (3) non-profit corporation.
Your gift may be tax deductible - consult your tax advisor.

The Friends of OASIS, Inc. is a nonprofit 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.

MEMBERSHIP discounts

*Must present Friends of OASIS membership card to receive discounts

Bayside Restaurant 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)	Bistango Restaurant 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)	The Bungalow 10% discount - excludes alcohol
El Cholo 20% discount on Lunch Only excludes alcohol	Fresh Brothers 10% off orders (excludes alcohol) from their Newport Beach, Irvine, Harvard Place, and Newport Mesa locations.	Newport Rib Company 10% discount - excludes alcohol
New Shanghai Pine Garden 10% off - excludes alcohol, holidays and take out	Rendez Vous Cafe 10% discount	Tavern House 10% discount - excludes alcohol
Pacific Symphony Use promo code OASIS to receive 20% off Call (714) 876-2591 PacificSymphony.org	Mario's Pizza 10% discount - excludes alcohol	*Restrictions apply. Visit our website for additional details: www.friendsfoasis.org

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 _____

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

Total \$ _____ Received by: _____

Where did you hear about us? _____

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

OASIS Travel

(949)718-1810

oasistravel2@yahoo.com

Monday-Friday 9:00am-1:00pm

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



Day Trips

DEL MAR RACES

Thursday, August 18

\$75/\$80

Travel to Del Mar where the surf meets the turf. Receive an official racing program upon arrival so you can pick your winners while having lunch on your own. Enjoy reserved Clubhouse shaded theater seating located on the third level with superb viewing and convenient to wagering windows - to pick up your winnings!

Depart 10:45am

Return 6:45pm

AQUARIUM OF THE PACIFIC AND A CRUISE

Wednesday, August 24

\$85/\$90

Enjoy a full day visiting this world-class aquarium, exploring the waters of the Pacific. In addition to the three main galleries highlighting the regions of the Pacific, the Aquarium features the Shark Lagoon and the Lorikeet Forest aviary. You will also meet the colony of Magellanic Penguin and learn about the veterinary care at the Aquarium. There is time for shopping and lunch on your own at the Pike. Afterwards we set sail on a 45 minute, fully narrated tour of Long Beach Harbor.

Depart 8:15am

Return 4:30pm

1950'S MURDER MYSTERY MUSICAL

Wednesday, September 14

\$110/\$115

Travel to Almansor Court, Alhambra, with beautiful views of the lake and golf course, to enjoy a delicious lunch and a musical revue with songs from the 50s, dances, comedy, costumes, and dialogue with popular songs: Luck Be A Lady, Sit Down You're Rockin' The Boat, A Bushel and a Peck, Whatever Lola Wants and many, many more. Always a delightful musical and lunch with wine. Don't wait to sign up!

Depart 9:45am

Return 5:45pm

REAGAN LIBRARY

Tuesday, October 4

\$110/\$115

THE SECRETS OF WWII- The Reagan Library has created a never-before-seen exhibit highlighting some of the lesser-known facts, or formerly Top Secret and recently declassified material, related to the largest war ever to be fought on the planet. It provides, not just its battles and the combatants, but digs deeper into the secrets of guarded technologies, unsung heroes, the popular culture of the time, propaganda produced on all sides, methods of code making and breaking, some of the controversies and the intrigue never before revealed.

Buffet Lunch provided under the wing of Air Force 1!!!

Depart 8:00am

Return 5:30pm

PALM SPRINGS UP AND AWAY

Tuesday, October 18

\$110/\$115

Visit beautiful Palm Springs starting with a rotating aerial tramway trip high up to San Jacinto Peak where you will enjoy an included lunch. The view from there is extraordinary. Following lunch we will depart the top of Jacinto, ride the tram down and catch our bus for a delightful tour of historical Palm Springs. After the tour, we will stop at the Hadley Fruit Orchard Store on our way home. Always a fun stop!

Depart 7:45am

Return 5:30pm

AUTRY MUSEUM OF THE AMERICAN WEST

Tuesday, November 1

\$83/\$88

Enjoy a visit to the Autry Museum located in the beautiful Griffith Park. The Autry features world-class museum galleries filled with art, artifacts and cultural materials dedicated to sharing the stories and experiences of the diverse people of the West. On display during our visit will be The Silent West, Art of the West, Cowboy Gallery, Western Frontiers and much more. BOX LUNCH PROVIDED. MODERATE WALKING ON TOUR

Depart 8:30am

Return 4:30pm

REAGAN LIBRARY- CHRISTMAS TREES

Tuesday, December 6

\$100/\$105

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." This year, over 60 trees on 5,000 square feet, the display is "Christmas Themes Derived from All 50 States and Territories." Additionally, there will be Hanukkah menorahs given to the President during the 80s. There will be plenty of time to view all the Reagan Library Exhibits, including a full-scale replica of Reagans' Oval Office, Air Force One and a section of the Berlin Wall. Don't delay booking, this is one trip that fills up quickly and museums do involve walking

Depart 8:00am

Return 5:30pm

LAUGHLIN SPRING GETAWAY

March 21-23, 2023

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Depart 8:30am

Return 6:00pm

HUNTINGTON LIBRARY, ART MUSEUM, AND BOTANICAL GARDENS

Wednesday, May 10, 2023

\$80/\$85

Begin the day with a docent led tour of the Estate. On this 60-minute outdoor easy walking tour, guests will have the opportunity to explore some of the 130 acres of magnificent gardens and learn how Henry and Arabella Huntington's San Marino Ranch was transformed into the world-famous cultural landmark that we know today. After the tour, explore at your leisure the other beautiful gardens and art collections of the library. Have lunch on your own at the Jade Court Café, Café 1919, or the Red Car Café.

Depart 8:30am

Return 5:00pm

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New England Rails and Trails, Oct. 1-8

Iceland Explorer, Oct. 5-11

Kentucky with Noah's Ark, Oct. 6-11

Niagara Falls and the Grand Hotel, Oct. 9-16 with Chris McCool

Music Cities: Branson, Memphis & Nashville, Oct. 13-20 with Deb Howard

Mystery Trip for Oct: Fall Colors, Oct. 23-27

Wonders of the Danube Cruise 40th, Oct. 29-Nov. 6 with Deb Howard and Chris McCool

Florida and the Keys, Nov. 9-15

NEW

Vienna and Danube Christmas Markets, Nov. 28-Dec. 6 with Chris McCool

New Orleans Holiday, Nov. 29-Dec. 3

San Antonio Holiday, Nov. 30-Dec. 4

Christmas Markets of Montreal and Quebec City, Dec. 1-5

Tuscan Culinary Experience, Oct. 11-19 with Will Reece

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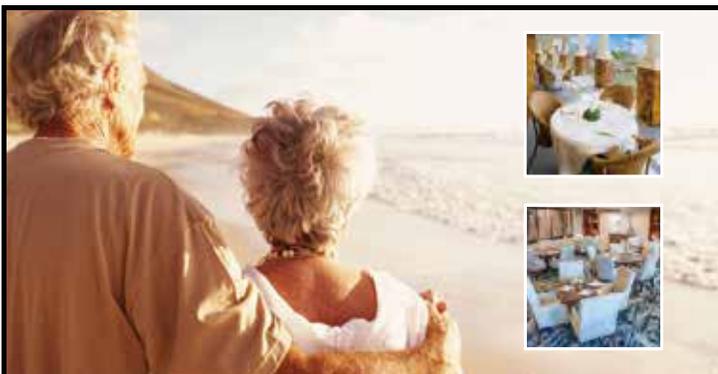
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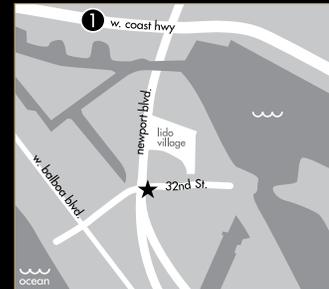
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Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
Total Paid	

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 **CVC** _____

Credit Cards Accepted  **CC#** _____ **Exp. Date** _____ / _____

OASIS FITNESS CENTER



949-718-1818

Over 20 cardio machines, a full line of strength training machines, free weights, stretch machines, resistance bands, medicine balls, yoga mats, balance bar and more!



MEMBERSHIP & ORIENTATION

FEE

Beginning August 1, 2022 annual membership fee:

- Residents \$137
- Non-Residents \$192

Hours of Operation

Monday-Thursday: 7:00AM - 7:00PM
Friday: 7:00AM - 5:00PM
Saturday: 7:00AM - 2:00PM
Sunday: 7:00AM - 12:00PM

- Age requirement: 50 years or older
- A mandatory orientation is required for all new members; by appointment only
- Lockers, showers, and cubbies available
- Closed-toed shoes are required
- Workout attire recommended
- Wellness wipes available, please wipe down equipment after each use
- Guest or day passes not available
- Towels available for purchase



PERSONAL TRAINING

RATES

- 30 min on-going
 - \$40
- 1 hour on-going
 - \$70
- 1 hour one-time
 - \$80

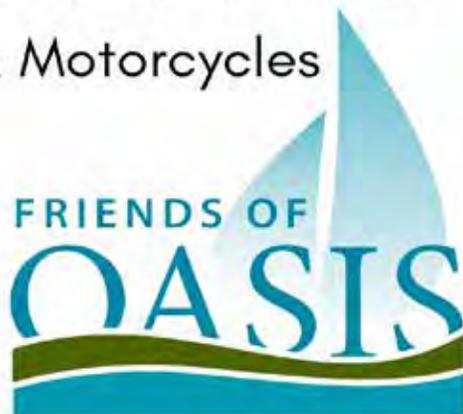
Please see staff for availability

www.newportbeachca.gov/oasisfitness

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



**SATURDAY,
SEPTEMBER 17
8:00AM - 10:30AM**

- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle
please call the friends
office at 949-718-1800