Older Adult Social & Information Services

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



(1949) 644-3244 www.newportbeachea.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

 Admininstration:
 949-644-3244

 Age Well Meals:
 949-718-1820

 Fitness Center:
 949-718-1818

 Friends of OASIS:
 949-718-1800

HOURS:

City AdministrationFitness CenterM-Th7:30am-5:30pmM-Th7am-7pmFr7:30am-4:30pmFr7am-5pmSa-SuClosedSa-Su7am-2pm

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:

City Manager: Grace Leung Recreation & Senior Services Director: Laura Detweiler **Senior Services Manager:** Melissa Gleason **Facility Maintenance:** Chris Suarez **Health & Wellness Supervisor:** Jena Delgado-Sette **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 Battioli- Caputo Office Assistant: Carrie Calderone **Care-A-Van Drivers:** Blanca Olazo

Jose Cardenas Bill Breslin Raul Cano

Araceli Gonzalez

FRIENDS OF OASIS STAFF: Eleanor Anderson
Berenice Barajas

AGE WELL MEALS STAFF: Andrea Collins
Jessica Olson

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FRIENDS OF OASIS BOARD OF DIRECTORS

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Vice President of Operations:
Vice President of Civic Affairs:
Vice President of Development:
Recording Secretary:

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Evelyn Hart, Director Emeritus Ed Romeo, President Emeritus Melissa Gleason, Ex Officio

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Jena Delgado-Sette Scott Paulsen

Advertising Coordinator: Nanette Bowman

CONNECT WITH US







@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



FRIENDS O

During the month of December, you will see the front gates of our center replaced by a temporary fence. I'm excited to say we have finally found a company that can replicate what we currently have and by January 2022 we are hoping to have beautiful front gates that are free of rust. This has always been on our radar but the process took a little longer for various reasons. The most important thing is that it is getting done. The maintenance of our unique and well-loved center is

always a priority.

I want to apologize in advance to all of you who have participated in our AARP free tax program in the past, unfortunately it will not be returning this year. It has become difficult for AARP to find a Site Coordinator to run the program. I have assisted AARP in their search for a replacement since the beginning of the year however we have had no such luck. Staff is working on gathering resources that will help you find another center to assist with your 2021 taxes. Again, I apologize for the inconvenience and if anything changes we will reach out to our previous clients.

And just like that, we have come to the end of 2021. What a year it has been, it started with uncertainty but we held steadfast and OASIS is ending the year successfully. Success in this case has not been measured monetarily however by the intangible. Friends were reunited, our brains were reactivated, and our bodies got moving once again. I want to imagine next year will be even better. I will continue to stay optimistic. Have a wonderful and safe Holiday Season!

Optimistically yours,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Holy cow. Where did this year go? Hard to believe we have been sequestered for almost 2 years! We are finally starting up our Monthly Membership Get Together (or if you wish, Monthly Gatherings) again. I feel for those of you who have never attended one of these events, let me just say, they are the bargain of the year at only \$8! One of my close friends mentioned after I invited them to our first November event, that they "don't do meetings." Understandable, but these are not meetings. For the money, you get a quick update on what is happening for the month at OASIS,

an interesting speaker of the month that will update us on issues relevant to seniors. One month we actually had the Director of the Balboa Island Museum give us a PowerPoint presentation of the Museum, and how it came to be. Another month we had someone from Sherman Gardens here in CdM show and explain the workings of that magical place. Then followed by some first class local bands, or entertainment. We then serve a lunch donated by some of our partners, that comes from some" top end" local restaurants. The food is always top notch, as is the entertainment. Like I said, for \$8, it is the deal of the day. December will bring us the Costa Mesa High School Madrigal Choir, singing Christmas favorites, and that is always a fantastic sold out show. We had the Choir before COVID, and they had just returned from performing at Carnegie Hall in NYC. For the record, from now on I am going to personally refer to them as our "Monthly Membership Get Together" and they are always held on the first Friday of the month, from 10:00 until noon. And I suppose my friend was right,..."meetings" are not usually fun, and at OASIS, "fun is what we serve".

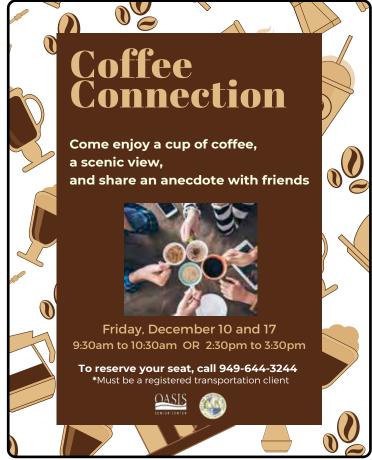
As this is the last letter for 2021, thanks to all of you who support OASIS, and from my family to yours, we wish all of you a happy holiday season, and a glorious New Year!

Always at your service,

Mike

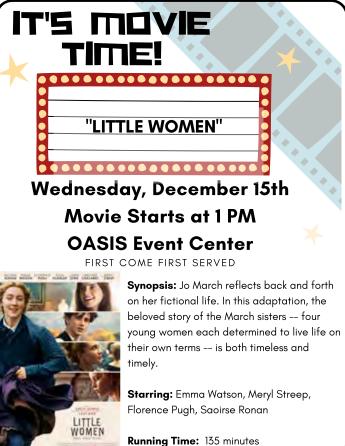












TRAVEL SHOWS WITH NINO

IN-PERSON TRAVEL PRESENTATIONS

Presented and narrated by Nino Mohan, Travel Expert



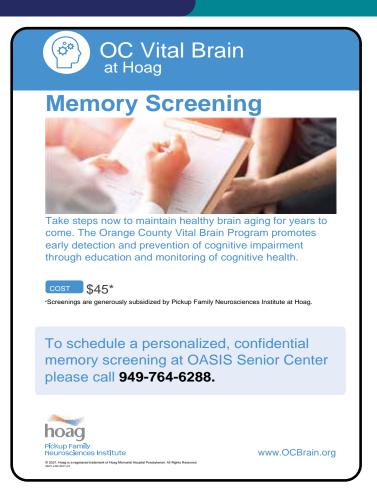
FREE TRAVEL PRESENTATIONS in Room 1
Tuesday, December 21 • 10:00am - 12:00pm
Republic of Ireland

We will discover the amazing landscapes of Ireland. Starting in County Donegal in the northwest, driving south on the Wild Atlantic Way, one of the longest defined coastal routes in the world. See the gems of Ireland's most iconic driving routes including the Ring of Kerry and the Cliffs of Moher. Immerse yourself in traditional Irish culture and music in Galway, discover ancient castles and medieval sites such as Bunratty Castle and The Rock of Cashel and kiss the Blarney Stone at Blarney Castle to receive the gift of gab. Finish our tour in the Irish Capital Dublin.



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







VIRTUAL NUTRITIONAL COUNSELING

Interested in improving health or reversing disease by improving your diet? Are you concerned you may have a nutrient deficiency? Do you want to increase energy levels or achieve a healthy weight?

Our registered dietitian, Nasira, can help you assess your diet and reach your nutrition and fitness goals with realistic and timely strategies. Contact her today to schedule your initial nutrition counseling session.

- 0
- DrPH Nutrition, Loma Linda University
 - Registered Dietitian, Loma Linda University
 - MPH Community Health Science, UCLA
 - BS Nutrition Science, University of Arizona
- 60 min Initial Meeting: \$98
- 45 min Follow Up Meeting: \$80

To schedule your meeting please email Nasira at NASIRASNUTRITION@GMAIL.COM





The Good Grief Café

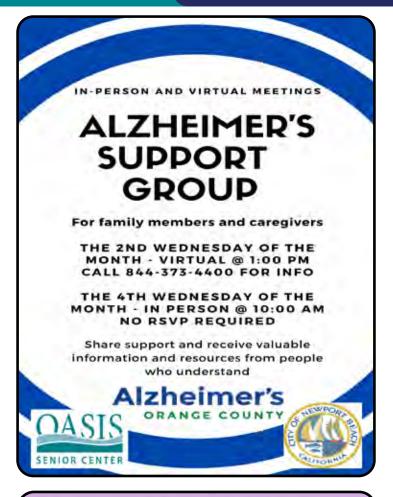
An informal grief group facilitated by CareCHOICES Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey.

2nd & 4th Thursday

NEW TIME: 10:00 AM OASIS Room 4

No RSVP needed
Questions: (949) 644-3244





GETTING BACK IN THE GROOVE



In-Person Connection Group

Facilitated by Joyce Swaving, Shanti OC

Topics

Finding companionship Getting back out in the world Reconnecting: Post-vaccinations

THURSDAYS at 2:00 PM

*NOW MEETING in Room 5

No RSVP necessary
Please call (949) 644-3244 with any questions







Compassionate Friends

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

3rd Wednesday Each Month In-Person 6:30 pm, Room 5

No RSVP necessary Please call (949) 644-3244 with any questions







CLASS REFUND POLICY

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

CODE OF CONDUCT

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

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

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

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

Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman

ehuberman@me.com

Join us the 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: Thriller

 January Meeting: Guest Speaker and Author Daniel Lorti will present

OASIS Room 5

RSVP not required

12/1 W 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.

<u>Online</u>

SS1080 1/20-2/24

Th

7-8:30pm

\$185/6

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.

<u>Online</u>

SS1081 1/13

Th 7-9pm

\$75/1



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 Ongoing M 4-6pm 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. **No class 11/26**

OASIS Room 1B

SS1059 12/10-3/11 F 10am-Noon \$90/12

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

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 Ongoing 4th Tu 10am-Noon Free

WRITING ROUNDTABLE

Jos Vloet vloetjozef@gmail.com

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. RSVP required, contact group leader.

OASIS Room 5

RSVP required Ongoing W 1-3pm Free

WRITING YOUR LIFE STORIES 1

Berteil Mahoney

949-496-7289

Have you ever wanted to write about your life, but wondered how to get started, how to keep going and whether it's even worth it in the first place? Designed as an introduction, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations, possibly your greatest legacy. No writing experience necessary.

Additional fee: \$20 (material)

OASIS Room 5

SS1001 1/18-3/8 Tu 10am-Noon \$150

WRITING YOUR LIFE STORIES 2

Berteil Mahoney

949-496-7289

Participants will continue to write their life stories while exploring their own personal writing styles.

Prerequisite: Writing Your Life Stories 1

OASIS Room 5

SS1002 1/18-3/8 Tu 12:30-2:30pm \$150

Fine Arts

FREEHAND DRAWING

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. Please bring supplies to first class.
- Additional fee: \$10 (material)

OASIS Room 2A

SS1005 1/19-3/9 W 9-11am \$192





INTERMEDIATE/ ADVANCED CERAMICS

Karen Thayer

karenthayer@yahoo.com

This short course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. **No class 2/2, 2/9**

Additional fee: \$20 (material)

OASIS Art Center

SS1039 1/12-3/2 W 9am-Noon \$102

WOOD CARVING WORKSHOP

Ray Morrow

OASISWoodcarving@gmail.com

This group works on individual projects and welcomes new members. Come any Thursday to find out more about the group. Group participants are asked to contribute \$15 every three months for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required Starting Jan 6 Th 8-11am

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki Vasek

nwvasek@gmail.com

See above

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 2/21**

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

OASIS Art Center

SS1003 1/24-3/7 M 9am-Noon \$138

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 Room

SS1040 1/25-3/1 Tu 9am-Noon

WATERCOLOR - INTERMEDIATE

Chris Sullivan

chrissullivanart@gmail.com

\$146

This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interestingand 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. A materials list will print on receipt.

 Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Room 4

SS1041 1/26-3/2 W 9am-Noon \$146

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

SS1042 1/26-3/2 W 1-4pm \$146



Foreign Language

ADVANCED STUDIES IN FRENCH LITERATURE

Darielle Wilson 949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern works of fiction. Classroom activities will center on spontaneous classroom and small-group discussions, reading aloud, dictations and grammar review as needed. Please contact instructor if you are interested in specific selections of literature. **No class 12/22, 12/29** OASIS Room 2B

UASIS ROUITI ZB

SS1007 12/8-3/9 W 10am-Noon \$90

ADVANCED FRENCH READING & DISCUSSION

Darielle Wilson 949-675-5182

Conducted exclusively in French, discussion will be on a variety of topics presented by the students. Further discussion will follow the reading of a variety of literature pieces by French authors TBA. Please contact instructor if you are interested in 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. **No class 12/23, 12/30**

OASIS Room 2B

SS1008 12/9-3/10 Th 10am-Noon \$90/12

FRENCH-INTERMEDIATE

Leo Vortouni leosailor21@gmail.com, 949-607-9104Group 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.

DISCOVERING LITERATURE IN SPANISH

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 M 12/13 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. No class 12/23, 12/30

- \$10 materials fee due to instructor.
- Email instructor to RSVP bcorlett@cox.net

OASIS Room 4

RSVP required Th 10/14-5/26 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.

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 1/17. 2/21**

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

OASIS Room 1A

Beginni	ng French 1			
SS1047	_	M/W	5-6pm	\$105
SS1048	1/5-2/2	M/W	5-6pm	\$205
SS1049	2/7-3/7	M/W	5-6pm	\$205
Beginni	ng French 2			
SS1051	1/5-2/2	M/W	6-7pm	\$205
SS1052	2/7-3/7	M/W	6-7pm	\$205
OASIS R	oom 1B			
Beginni	ng Italian 1			
SS1053	12/6-12/15	M/W	4-5pm	\$105
SS1054	1/5-2/2	M/W	4-5pm	\$205
SS1055	2/7-3/7	M/W	4-5pm	\$205
Beginni	ng Italian 2			
SS1056	12/6-12/15	M/W	6-7pm	\$105
SS1057	1/5-2/2	M/W	5-6pm	\$205
SS1058	2/7-3/7	M/W	5-6pm	\$205
OASIS R	oom 2A			
Beginni	ng Spanish 1	L		

SS1046

1/5-2/23

5-6pm

\$205

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.

DRP400 \$60 per hour

A SAMPLING OF APPS

Carole Kamper 949-230-5902

Explore just a sampling of the many Apps that are available on your iPhone/Smartphone or iPad/tablet including Uber and Lyft, Travel, Currency Exchange and Maps, eBooks 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 dowload the apps to your device. OASIS Computer Lab

SS1027 12/6 M 10am-Noon \$40 SS1028 2/7 M 10:30am-12:30pm \$40

APPLE WATCH MOST USEFUL FEATURES EVERY USER SHOULD KNOW

Jake Jacobs jakeair99@gmail.com

The most useful features of the Apple Watch including selecting and customizing watch faces and complications, built-in apps, including health apps such ECG, Blood SpO, and Heart rate. Learn about settings to customize your Apple Watch to your way of life. Learn how to use Apple Pay directly from the Apple Watch; no iPhone required. Quickly call 911. See an alphabetical list of all your apps on the watch screen. Send and receive Mail and text Messages on your Apple Watch. Use and customize the Apple Watch Control Center. Use the flashlight feature. Take a screenshot of your Apple Watch screen. Add new, custom watch faces, Access 8 apps directly from one Watch face. And much more.

- Requirements: Includes Apple Watch Series 1 through 7 and Watch OS 8.
- Materials: 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.

OASIS Room 2

SS1019 2/24 Th 1-3pm \$36/1



DIGITAL PHOTO EDITING

Barbara Yin Milbert pacpal33@yahoo.com

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

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

SS1032 1/6-1/13 Th 9:45-10:45am \$36

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

SS4034 12/2 Th 10am-Noon \$36 SS1033 2/16 W 10am-Noon \$36

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

SS1035 3/3-3/10 Th 11am-Noon \$36

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

SS1029 1/18-1/25 Tu 10:30am-12:30pm \$45

INTERMEDIATE COMPUTER SKILLS

Carole Kamper 949-230-5902

This class is designed to take your computer skills to a new level. We will review intermediate word processing skills and build on previous knowledge and experience. You will be introduced to PowerPoint, a fun presentation program that takes your word processing and graphic skills and offers you the chance to make flyers and other projects. We will also explore making labels, holiday cards, printing envelopes, charts and graphs.

• Prerequisite: Computer Basics and basic internet skills OASIS Computer Lab

SS1030 3/1-3/8 Tu 1-3pm \$45

INTRO TO FACEBOOK & SOCIAL MEDIA

Barbara Yin Milbert pacpal33@yahoo.com

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

• Prerequisite: Computer Basics or equivalent OASIS Computer Lab

SS1036 1/6-1/13 Th 11am-Noon \$36

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

SS1038 1/27-2/24 Th 9:45-10:45am \$68

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

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

 Prerequisite: Computer Basics and SKills or equivalent OASIS Computer Lab

SS1037 1/27-2/24 Th 11am-Noon \$68

EXCEL REFRESHER

Barbara Yin Milbert pacpal33@yahoo.com

Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.

Prerequisite: Intro to Excel or equivalent

OASIS Computer Lab

OASIS Computer Lab

SS1072 3/3-3/10 Th 11am-Noon \$36

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

SS1025	1/11	Tu	1-3pm	\$40
SS1026	3/7	M	10:30am-12:30pm	\$40

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 of your Apple iPhone for this class.

OASIS Computer Lab

SS1020	12/7	Т	1–3pm	\$40
SS1021	1/31	M	10am-Noon	\$40
SS1022	3/9	W	10:30am-12:30pm	\$40

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

SS1023	1/12	W	10:30am-12:30pm	\$40
SS1024	2/28	M	10am–Noon	\$40



Cards & Games

BEGINNING BRIDGE

949-495-4564 Ann Cressman, Gold Life Master

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

1/25-3/8 \$145 SS1009 Tu 9:30-11:30am

INTERMEDIATE SUPERVISED PLAY

Ann Cressman, Gold Life Master 949-495-4564

anncressman@gmail.com

Improve your play through supervised instruction and analysis of hands.

OASIS Room 3

\$145 SS1010 1/25-3/8 Tu 12:30-2:30pm

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

SS1011 1/27-3/10 Th 9:30-11:30am \$145

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

SS1012 1/28-3/11 9:30-11:30am \$145

BRIDGE- REVIEW OF BASIC BIDDING ESSENTIALS AND MORE

Rose Reynolds

Do you desire to reinforce your bridge skills or have you forgotten some of the basics? This class will review opening and responding to a major suit, a minor suit and 1 and 2 Notrump. We will also review the two most common conventions every bridge player needs in his tool box: Stayman and Jacoby Transfers. Opening leads and defense will also be a focus.

Prerequisite: Some bridge experience

Additional Fee: \$10 (materials)

OASIS Room 3

SS1018 1/3-2/2 M/W 4:30-6pm \$150

ACBL DUPLICATE BRIDGE

Gail Schneider 949-472-8010

This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary. Free lessons for beginner/intermediate players at 2:15pm. Game starts at 2:30pm.

OASIS Room 2

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

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

SS1013 1/6-2/10 Th 1:30-3:30pm \$130

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.

Prerequisite: American Mah Jongg for Beginners **OASIS Room 3**

SS4018 12/6-12/13 М 9:30-11:30am \$45 SS1015 1/3-2/7 9:30-11:30am \$110 M SS1016 2/24-3/10 Th 1:30-3:30pm \$66

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**

FRIENDLY GAME PLAY

Guy Richards, Lloyd Dalton, Sammy Nielsen & Linda Brown We play a variety of games including Mexican Train,

Shanghai, Hand Knee and Foot, and Cribbage. New and experienced players are welcome.

OASIS Library

RSVP Not Required Ongoing M/W/F Noon-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 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. Take advantage of the beautiful dance room with built-in barres for your unique workout. No class 1/17, 2/21 OASIS Dance Room

SS1500 12/6-12/13 \$40/2 Μ 10:15-11am SS1501 12/10-12/17 F \$40/2 10:15-11am \$123/7 SS1502 1/10-3/7 Μ 10:15-11am SS1503 1/7-3/11 10:15-11am \$175/10

CHAIR EXERCISE - *NEW TIME IN 2022!

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 1/12, 1/17, 2/9, 2/21, 3/9

OASIS Event Center

SS4593	12/6-12/8	M/W	9:30-10:30am	FREE/2
SS1606	1/5-1/31	M/W	10:05-11:00*	\$35/6
SS1607	2/2-2/28	M/W	10:05-11:00*	\$35/6
SS1608	3/2-3/30	M/W	10:05-11:00*	\$45/8

GOLF

Greg Nelson greghbnelson@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

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.

• Bring your own hand weights and resistance bands.

OASIS Event Center

SS1650	12/7-12/16	Tu/Th	8-9am	\$35/4
SS1651	1/11-1/27	Tu/Th	8-9am	\$50/6
SS1652	2/1-2/24	Tu/Th	8-9am	\$65/8
SS1653	3/1-3/10	Tu/Th	8-9am	\$35/4

DROP IN (NO REFUNDS)
DRP194 \$12/1

BETTER LIFE BOXING

Andrew Deming

betterlifeboxing.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 12/20, 12/23, 12/27, 12/30, 1/17, 2/21

- 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@betterlifeboxing.com if you have any questions about this.

OASIS D	ance Room			
SS1550	12/6-1/24	M	3:30-4:30pm	\$95/5
SS1551	1/31-3/7	M	3:30-4:30pm	\$95/5
<u>OASIS R</u>	<u>oom 1</u>			
SS1552	12/9-1/27	Th	8:30-9:30am	\$113/6
SS1553	2/3-3/10	Th	8:30-9:30am	\$113/6
OASIS E	vent Center	<u>A</u>		
SS1554	12/9/1/27	Th	3:30-4:30pm	\$113/6
SS1555	2/3-3/10	Th	3:30-4:30pm	\$113/6
DROP IN	N (NO REFUI	VDS)		
DRP190		\$20/1		

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 1/17, 2/21, 2/24**

 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

SS1700 SS1701	12/6-12/16 12/6-12/13	M/Th M	10-11:15am 10-11:15am	\$61/4 \$35/2
SS1701 SS1702	12/9-12/13	Th	10-11:15am 10-11:15am	\$35/2
SS1703	1/6-1/27	M/Th	10-11:15am	\$89/6
SS1704	1/10-1/24	M	10-11:15am	\$35/2
SS1705	1/6-1/27	Th	10-11:15am	\$65/4
SS1706	1/31-3/10	M/Th	10-11:15am	\$145/10
SS1707 SS1708	1/31-3/7 2/3-3/10	M Th	10-11:15am 10-11:15am	\$80/5 \$80/5

LAWN BOWLING

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 \$185. Green fee \$1.00 each time you bowl. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del M ar. 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 1/18

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

OASIS Dance Room

SS1750 1/4-3/8 Tu 2-3pm \$125/9

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. **No class 12/21, 12/28, 1/4**

 Bring a mat, beach-size towel, a light and heavy resistance band and optional 1.5lb ankle weights.

OASIS Dance Room

Beginning/Intermediate

SS1800 12/07-01/25 Tu 8:45-9:45am \$90/5 SS1801 2/01-03/08 Tu 8:45-9:45am \$103/6

DROP IN (NO REFUNDS)

DRP191 \$22/1

PHYSICAL TRAINING - *NEW TIME IN 2022!

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 1/7, 1/17, 2/4, 2/21, 3/4**

 Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed

OASIS E	vent Center			
SS4579	12/6-12/10	M/W/F	7:10-8am	Free/3
SS1600	1/5-1/31	M/W/F	7:45-8:35*	\$55/10
SS1601	2/2-2/28	M/W/F	7:45-8:35*	\$55/10
SS1602	3/2-3/30	M/W/F	7:45-8:35*	\$65/12
SS4570	12/6-12/10	M/W/F	8:10-9am	Free/3
SS1603	1/5-1/31	M/W/F	8:45-9:35*	\$55/10
SS1604	2/2-2/28	M/W/F	8:45-9:35*	\$55/10
SS1605	3/2-3/30	M/W/F	8:45-9:35*	\$65/12

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, weigths and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention. **No Class 12/21, 12/28, 1/4**

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

OASIS Dance Room

DRP191

SS1802	12/7-1/25	Tu	10-11am	\$90/5
SS1803	2/1-03/8	Tu	10-11am	\$103/6
DROP II	N (NO REFUN	IDS)		

PILATES, STRONG, HEALTHY BONES, AND BALANCE TRIO -

\$22/1

MAT/STANDING Kathryn Rollins 949-422-9

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 12/23, 12/30, 1/6**

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

OASIS Dance Room

SS1804	12/9-1/27	Th	7:45-8:45am	\$90/5
SS1805	2/3-3/10	Th	7:45-8:45am	\$103/6

DROP IN (NO REFUNDS)

DRP191 \$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.

Please wear comfortable clothing; no open-toed shoes.
 OASIS Event Center

SS1840 1/13-3/10 Th 9:30-10:30am \$115/9

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! **No class 1/17, 2/21**

OASIS Dance Room

SS1505	1/10-3/7	M	9-10am	\$110/7	
SS1506	1/5-3/9	W	9-10am	\$155/10	
SS1507	1/6-3/10	Th	9-10am	\$155/10	
SS1508	1/7-3/11	F	9-10am	\$155/10	
MULTI DAY DICCOUNT					

MULTI-DAY DISCOUNT:

SS1504	12/6-12/17	M/W/F	9-10am	\$75
SS1509	1/5-3/11	M/W/F	9-10am	\$280

DROP IN (NO REFUNDS)
DRP193 \$20/1



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 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. No class 12/21, 12/28

OASIS Dance Room

SS1820 12/7-3/8 Tu 11:30-12:30 \$200/12

CLASSICAL BALLET BARRE

Michelle Caumiant Zehnder
In this adv/beg class we will focus on proper body alignment, balance, coordination, stamina. Through graceful movement of Classical Ballet we will build strength and more understanding for Ballet 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. No class 12/24, 12/31

OASIS Dance Room

SS1821 12/10-3/11 F 11:30am-12:30pm \$200/12

DANCE WORKSHOP

Michelle Caumiant Zehnder mcaumiant26@gmail.com
This dance workshop incorporates many styles of dance
seen on stage and film. You will warm up with a ballet barre
and then we will work on choreography using a variety of
dance styles. This is a great opportunity for you to develop a
unique repertoire of dances in a fun and friendly workshop
atmosphere.

- Requirement: One year of dance experience.
- Please bring: ballet or jazz shoes by second class

OASIS Dance Room

SS1822 1/8-2/26 Sa 11am-12:30pm \$225/8

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

SS1510 1/5-3/9 W 10:15-11am \$175/10



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, imporive 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. This group normally meets the 2nd Wed of the month.

OASIS Event Center

RSVP Not Required 12/8 W 11:30am-12:30pm FREE

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 12/23, 12/30, 3/3**

OASIS Dance Room

<u> </u>	arree reerr				
Level 1 - Be	eginner/Improv	er (inlcude	es steps, sequences & v	ocabulary)	
SS1850	12/9-2/3	Th	1-1:55pm	\$48/7	
SS1851	2/10-3/10	Th	1-1:55pm	\$27/4	
Level 2 - In		termediat	e (should know basic st	teps)	
SS1852	12/9-2/3	Th	2-2:55pm	\$48/7	
SS1853	2/10-3/10	Th	2-2:55pm	\$27/4	
Level 3 - Ea	Level 3 - Easy Intermediate/Intermediate (step competency required)				
SS1854	12/9-2/3	Th	3-3:55pm	\$48/7	
SS1855	2/10-3/10	Th	3-3:55pm	\$27/4	
Combo Class: Level 1 &2					
SS4631	10/28-12/2	Th	1-2:55pm	\$36/4	
SS1856	12/9-2/3	Th	1-2:55pm	\$66/7	
SS1857	2/10-3/10	Th	1-2:55pm	\$38/4	
Combo Class: Level 2 &3					
SS4634	10/28-12/2	Th	2-3:55pm	\$36/4	
SS1858	12/9-2/3	Th	2-3:55pm	\$66/7	
SS1859	2/10-3/10	Th	2-3:55pm	\$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 **FREE** 11am-1pm

HOOTENANNY

Glen Jansma 310-940-3122

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing **FREE** 1-3pm

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 1-2:30pm **FREE** Ongoing Μ

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 tranguil, 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 12/15 *see above for fees



JOIN THE OASIS SAILING CLUB AND ENJOY ALL OF ITS SAILING AND SOCIAL ACTIVITIES

\$50/month dues for unlimited sails.

Sailing aboard our beautiful Catalina 34 MKII sloops - OASIS V and OASIS VI.

Experienced and new sailors welcome.

The club meets the last Wednesday of every month, from 1:30-3:00pm at the OASIS Senior Center.

OASIS Sailing Club membership requires a Friends of OASIS membership - \$15/Year Individual or \$25/Couple.



For additional information about becoming a member go online to www.oasissailingclub.org or send an email to: OSCMembership@OasisSailingClub.org

Assistance 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 have limited contact with friends or relatives.

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

Health Insurance Counseling and Advicacy Program (HICAP) counselors assist you with information regarding health insruance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance. Call 949-644-3244 to schedule an appointment.







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

Available Tuesday and Thursday only *Must be pre-registered



244 949-644-3244



AGE WELL SENIOR SERVICES MEAL PROGRAM

Returning in December Daily Lunch

DAILY LUNCH (M-F, 12 - 12:30pm)

Want to meet new friends? Come join us daily in the Evelyn Hart Event Center! Delicious Hot and Cold Lunches are served by a local catering

Reservations 3 days in advance are required. Please request meals 3 business days in advance by calling 949-718-1820.

Donations of \$4.50/ meal are appreciated.

Menu available below.



To find out more information about this program please call: Meals on Wheels 949-718-1811

OUR MENUS PER MEAL OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES, AND LESS THAN 900 MG OF SODIUM, EXCLUDING SPECIAL EVENT MEALS (CONDIMENTS NOT INCLUDED) , MEALS WITH MORE THAN 1000 MG OF SODIUM

MONDAY



TUESDAY

Lunch Menu

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50 COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE **FRIDAY**

KATIF O'MARA M.S. R.D.

WEDNESDAY GLAZED HAM

SWEET POTATOES LIMA BEANS GRAHAM CRACKERS **THURSDAY**

SPAGHETTI AND **MEATBALLS** CORN ITALIAN BLEND

Hanukkah Dinner BAKED CHICKEN SCALLOPED POTATOES CARROTS

APPLESAUCE RYE BREAD ORANGE JUICE

BEEF STEAK W/ ONION GRAVY MASHED POTATOES

GREEN BEANS CHOCOLATE CHIP COOKIES

MACARONI & CHEESE BROCCOLI BAKED TOMATO HALF WHEAT BREAD

MEATLOAF & GRAVY

CALIFORNIA BLEND

VEGETABLES

BAKED POTATO

APPLESAUCE

BBQ BEEF BAKED BEANS HASH BROWNS FRUIT COCKTAIL **ROTINI IN A SAVORY MEAT SAUCE** ITALIAN BI END

VEGETABLES SPINACH SUGAR COOKIES Cookies &Carols

CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHOCOLATE CHIP COOKIES

SWISS STEAK MASHED POTATOES

CAPRI BLEND VEGETA-POUND CAKE

APPLE SAUCE

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MENU AND ENTERTAINMENT FOR FEBRUARY WILL BE LISTED IN THE JANUARY OASIS **NEWS**

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Breakfast & Tournament Saturday, January 8, 2022 8:00-8:30am Breakfast

8:45am-1:00pm Game Play
OASIS Event Center



COST \$15 PER PERSON
REGISTRATION WITH A PARTNER IS REQUIRED
REGISTER IN FRIENDS OF OASIS OFFICE

ADDITIONAL INFORMATION: FOOBRIDGETOURNEY@GMAIL.COM

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- 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:
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- 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

CHRISTMAS WITH ELVIS

Wednesday, December 8 - Wait list

\$110/115

Start the Christmas Season with a trip to Alhambra and Almansor Court for a tribute concert, Christmas with Elvis, starring Scot Bruce, closest you can get to Elvis in person. Includes lunch choice, roast chicken or veggie pasta, with wine, plus raffle and time for shopping.

Depart 9:45am Return 5:30pm

VAN GOGH IMMERSION EXHIBIT

Thursday, December 16 - Wait list

\$95/\$100

Enjoy a day in the Los Angeles area. First stop will be the original Farmers Market for lunch with over 100 gourmet resturants and shops. Then travel to a super-secrect location in the heart of Hollywood to view this blockbuster digital experience- a completely new way of encountering art. This is an exhibit that is astonishing in scale and breathtakingly imaginative- a new and definitely unforgettable way of viewing Van Gogh.

• Required: Masks and COVID-19 vaccination card

Depart 9:00am Return 5:00pm

ACADEMY MUSEUM OF MOTION PICTURES

Wednesday, January 19 - Wait list Wednesday, January 26 - Wait List Wednesday, February 23 - Wait List \$75/\$80

Due to overwhelming interest in this trip to the Museum, we have scheduled a third trip. After lunch on her own at the original Los Angeles Farmers Market we will visit the new and largest institution in the United States devoted to the arts, sciences, and artists of movie making. A definite must see!

Required: Masks and COVID-19 vaccination card

Depart 9:00am Return 5:00pm

HUNTINGTON LIBRARY AND GARDENS

First Class

AUS 325

Thursday, February 17, 2022 - Wait list

\$80/\$85

Travel to Arcadia for a visit to this popular library and beautiful gardens originally the estate of Henry and Arabella Huntington. Upon arrival, there will be a docent tour of the Japanese Gardens. Afterwards, at your leisure enjoy the other gardens. Be sure to save time to visit the Museum, home to the original Blue Boy and Pinkie. Lunch on your own at the library.

Depart 8:30am Return 5:00pm

WATCH FOR FLYERS ON THESE UPCOMING TRIPS:

SoFI Stadium in March
Welk Resort for 'Nunsense' on Saturday, March 12
Getty Museum, Tuesday, April 5
Welk Resort for 'The Body Guard' on Saturday, May 28
4th Academy Museum of Motion Pictures TBD

Extended Trips

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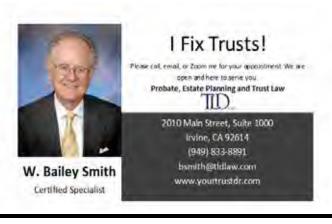




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by the City of Newport Beach, the Newp the participant of the PROGRAMS if som voluntary; (2) agree to follow and abide I PARTICIPANT is in good health and phys PROGRAMS hazardous to PARTICIPANT's physical fitness to participate in the PROGRAM PROVIDERS may terminate Participation in the PROGRAMS could result in the PROGRAM PROVIDERS may terminate Participation in the PROGRAMS could result in the PROGRAM PROVIDERS may terminate Participation in the PROGRAMS could result in the PROGRAM PROVIDERS may terminate Participation in the PROGRAMS could result in the PROGRAM PROVIDERS physical activity exposure to moisture, heat, cold, humid limited to, scrapes, bruises, cuts, sprains, cord injuries, internal injuries, or other in PARTICIPANT AGREES TO ASSUME ANY CERTIFY THAT PARTICIPANT AGREES, ON THE PROGRAM PROVIDERS HARMLESS FORESEEN OR UNFORESEEN, KNOWN OF certify under penalty of perjury under the PARTICIPANT CODE OF CONDUCT- All program or activity conducted or sponsor safe and enjoyable activities for all participants.	ort-Mesa Unification of the core of the co	fied School District, or other such an me (both collectively, "PA egulations, guidelines, and code participate in the PROGRAMS are health of others; (4) agree the requested by PROGRAM PROGRAM properties and comparticipation in PROGRAM injury, property damage, death striking or being struck by objects and disease (including but ning or pulling of muscles or lighter whatsoever which could be property of INJURY ON BEHALF OF PARTICIPANT AND ANYONE WHO ALL CLAIMS, ACTIONS, PROCRETATED TO, CAUSED BY, OR state of California that the foregare expected to exhibit appropring of Newport Beach Recreation espectful of and to all participants.	iate behavior at all times while participating, being a & Senior Services Department. The following guideling ts and program staff. 2. Take direction from program	of myself and on behalf of pation in the PROGRAMS in DGRAMS; (3) certify that the dimake participation in the fessional of PARTICIPANT' ticipation by PARTICIPANT' ticipation by PARTICIPANT' PROGRAMS; (6) agree that retion; (7) understand that as a result of, including by ith other persons or things are may include, but are not ead or facial injuries, spinal inj	
supplies, and facilities. 6. Refrain from haras	sment of staff,	, instructors or participants. Failu	r participants, or program staff/supervisors.5. Refrain re to follow these rules may result in denial of program Date:	participation privileges.	
Non-resident Fee -Those who do not reside within Refund Policy Unless otherwise noted — A \$10	the City of Newp O (for classes pric cancelled by Recr vill be charged if t	ort Beach, please add \$5 per class priced ed \$74 and below) or \$20 (for classes p eation staff. One and two day classes re the request is made within one week of	d up to \$74 and \$10 for classes \$75 and over. riced \$75 and above) refund fee will be charged if the request is require 5 business days notice for a refund or transfers. sign-up. After one week no refunds will be granted.		
Refund Processing Time/Payment Type - Check	/Cash- Refunds pr	rocessed within 3-4 weeks by mailed ch	eck. Credit Card — Refunds processed within 3-5 days CVC		
Credit Cards Accepted DISCOVER Master VISA	CC#		Exp.	. Date/	



HOLIDAY HOURS:

- December 24 26 CLOSED
- December 27 30 7AM-4PM
 note closing early
- Dec 31 & Jan 1 CLOSED

*Regular hours will resume January 2, 2022

Hours of Operation

Monday-Thursday: 7:00AM - 7:00PM

Friday: 7:00AM - 5:00PM

Saturday & Sunday: 7:00AM - 2:00PM

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

- Residents\$125
- Non-Residents \$175

A new member orientation is required prior to first workout. Call to schedule yours today!

OASIS Fitness Towel

Makes a great holiday gift!

Purchase in the Fitness Center!

- \$8
- Cash or card
- 12" x 42"
- While supplies last

PERSONAL TRAINING

RATES

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

Please see staff for availability

www.newportbeachca.gov/oasisfitness

OASIS SENIOR CENTER

PRESENTS:



FBI SPECIAL AGENT FREDERICK J. SIMON

Office of Public & Congressional Affairs

TUESDAY, DECEMBER 14, 2021 10:00 AM - ROOM 1 A/B

Presentation

Topic: Elder Fraud





Please RSVP to 949-644-3244