

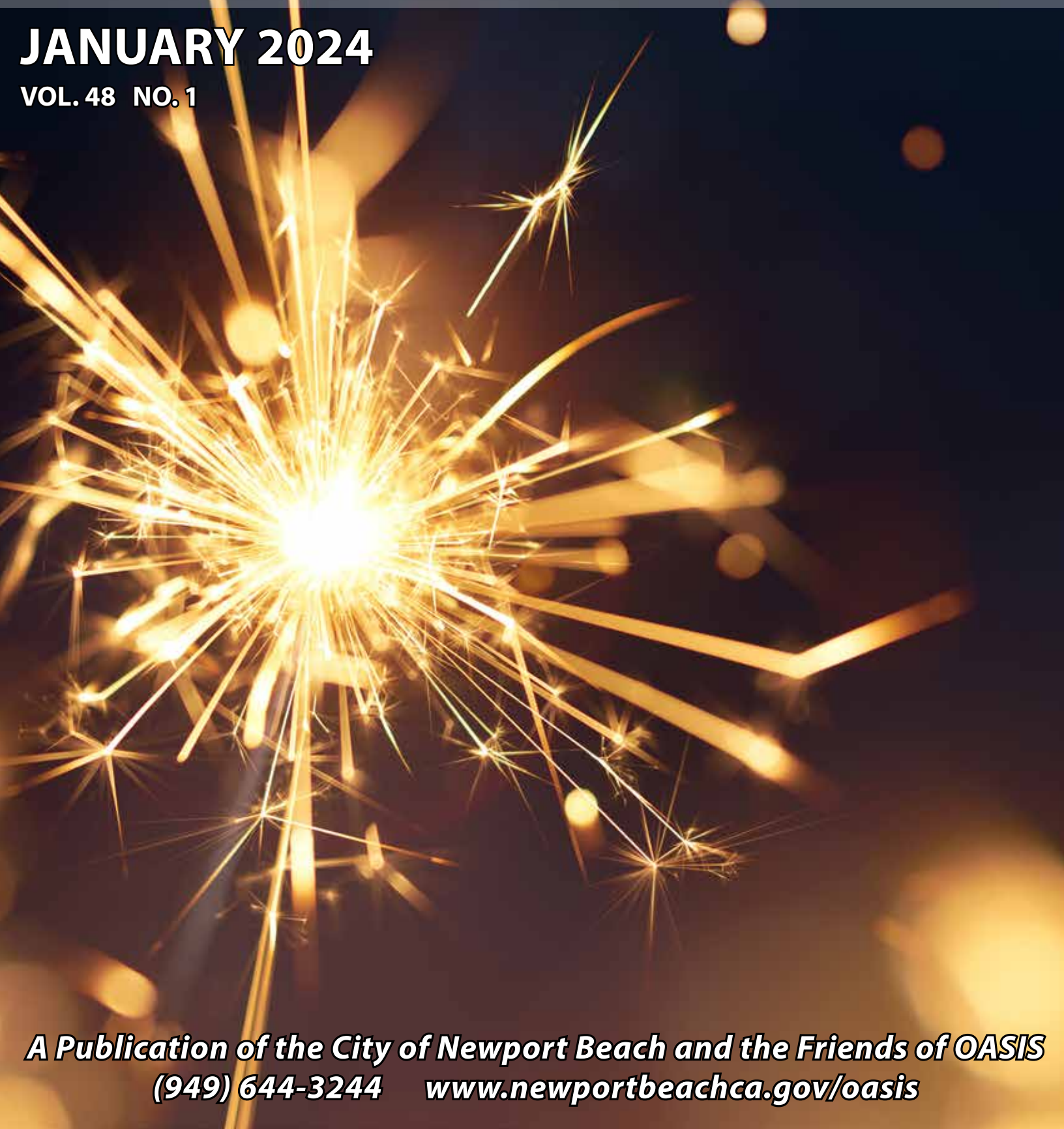
OASIS news

Older
Adult
Social &
Information
Services

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

JANUARY 2024

VOL. 48 NO. 1



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



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

OASISCenter@newportbeachca.gov | (949) 644-3244

801 Narcissus Avenue, Corona Del Mar, CA 92625



OASIS SENIOR CENTER

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

Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1818
Friends of OASIS: 949-718-1800

HOURS:

City Administration

M-Th 7:30am-5:30pm
Fr 7:30am-4:30pm
Sa-Su Closed

Fitness Center

M-Th 7am-7pm
Fr 7am-5pm
Sa-Su 7am-2pm

Friends of OASIS Admin

M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

STAFF DIRECTORY

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

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Rose Chikilian

AGE WELL MEALS STAFF:

Julie Sarantapoulas

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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



I am excited for 2024, big things happening in my personal life. My daughter, Charlee, got engaged over Christmas break and I am over the moon for her. What a beautiful moment for the both of them. Caleb, her fiancé, is a wonderful young man. I trust he will be a loving partner and her biggest supporter throughout their lives together. I will continue to share details as they unfold. Seems like yesterday I was trying to convince Charlee's three-year-old self to wear a dress instead of the neon orange Spiderman shirt. It all goes by so fast. A reminder to be present and to live in the moment every day.

With that being said, what are your plans for the New Year?! How are you going to live in the moment? What new hobby or class are you going to take? Creative Writing perhaps? Join the Talking Sports group? Sign up for a trip with the Friends Travel Office? Sit in with the Philosophy Discussion group? Tackle your iPhone with our iPhone Most Useful Secrets class? Learn how to rest and de-stress in our Sound Bath and Meditation class? Have you hiked Buck Gully yet? My point is try something new. Get out of your comfort zone and seize the day. Seize the year! Before we know it, if we are lucky, we will be welcoming 2025. There is no better time than now.

One last plug. Our Free Tax Aid Prep Service offered by AARP will return this year. Scheduling starts January 8. Appointments will take place on Tuesday's for Newport Residents only. Please see pg.6 for more details regarding this program.

Optimistically yours,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Here we are once again, starting a brand new year! Sincerely hope everyone had some good times over the Holidays, and kept some precious memories of family and friends. The Center was closed for almost 10 days to give City staff, and our Friends office staff some well-deserved time off. We open again on January 2nd, but will be dark this month for our General Gathering we usually have on the first Friday of the month. We will resume our General Gathering on February 2nd. We are planning some fun events again this year, and are keeping prices the same, which is \$10 for Gathering tickets, and \$15 for your Friends membership, and \$25 for couples. The beauty of the Friends membership is the monthly Newsletter, which holds all of our OASIS classes and special events and concerts. Urge your friends to join in on the fun here at OASIS and encourage them to also join Friends, so they too can read this Newsletter, and learn what events and classes are being offered. I hear from so many people "OASIS has saved my life" and I do believe them. Aside from the physical aspects, the joy of having the social closeness to both old and new friends is invaluable. We are so fortunate to have one of the "premier" facilities in the nation so close to us, so we can take advantage of "all" OASIS has to offer. Take a minute and check out the Newsletter for all the future Travel Department scheduled trips, classes that are being offered, events and when on campus please visit our fabulous Gift Shop for all the new Spring offerings! Thanks again for being Friends of OASIS members and hope to see each of you in the near future.

Always at your service,

Mike

The Friends of OASIS
MONTHLY MEMBERSHIP
GET TOGETHER



NO MEETING IN JANUARY
JOIN US FOR OUR NEXT MEETING
ON FEBRUARY 2.
DETAILS WILL BE LISTED IN THE
FEBRUARY OASIS NEWSLETTER

WWW.FRIENDSOFOASIS.ORG

FRIENDS OF OASIS 949-718-1800

"Are You Good to Go?"
 Only astronauts leave the planet alive!



Advance Health Care Directives

- *How do I record my wishes when I cannot speak for myself?*
- *How do I start the conversation w/ loved ones?*
- *What is a POLST form? Do I need one?*
- *What is the difference between Palliative Care and Hospice?*

Speaker: Patty Barnett Mouton, MSGc
 VP, Alzheimer's Orange County
 Director, Community Education,
 Hoag Palliative Care

January 17th
1:00pm - 2:30pm
Room 4

RSVP: 949-644-3244

Brought to the Community by:

hoag **Alzheimer's** **MEMORY**
 ORANGE COUNTY **SUPPORT**
 SERVICES



www.alzoc.org | Helpline: 844-373-4400 | facebook.com/alzoc

OASIS SENIOR CENTER
 801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL
 ★ **GROUP** ★

RET MAJ HAM SALLEY
 ★
 THE SIEGE OF KHE SANH, VIETNAM
 A PERSONAL ACCOUNT

TUESDAY, JANUARY 16, 2024
11:30 AM
EVENT CENTER
RSVP 949-644-3244



OASIS **Veterans of all ages are welcome**
 SENIOR CENTER **Pizza, soda & water provided**




 Keys to Driving Safer and Driving Longer



Presented by:
California Highway Patrol

Learn the keys to driving safer and longer. Tune up your driving skills and refresh your road knowledge with a CHP officer.

WHEN: Thursday, January 25
1:00PM | Room 2

RSVP:
949-644-3244
OASISCENTER@NEWPORTBEACHCA.GOV



Presented by
UCI Health™

Bone Density Screening

FREE!

How healthy are your bones?

Free bone density screening, provided by UCI Health. The forearm will be examined by ultrasound to identify risk of osteoporosis. Screening is by **appointment only**, spots are limited, appointment times between 11am-2pm.

Tuesday, January 30

Appointment required, call 949-644-3244
to schedule your appointment



Alzheimer's PRESENTS:
ORANGE COUNTY

BEATLES SING-A-LONG



Have fun while increasing your serotonin and endorphin levels by singing along with professional musician and singer **Jason Feddy!**

**WEDNESDAY,
JANUARY 31, 2024
1:00 PM**



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



NOW ACCEPTING VENDOR APPLICATIONS FOR THE **OASIS** Community Resource Expo



**FOR APPLICATION AND VENDOR
DETAILS PLEASE VISIT**

www.newportbeachca.gov/oasis

**Applications due by
February 5th 2024**

OASISCenter@newportbeachca.gov
801 NARCISSUS AVE., CORONA DEL MAR, 92625

WINTER COAT DRIVE

We are collecting
new and gently used
coats for adults and
children to be
distributed to our
homeless in Orange
County.
Can you help?

Collection box at OASIS
front entrance through
January and February
Thank you!



AARP TAX AID FREE PREP SERVICE

HOW TO MAKE AN APPOINTMENT

- ✓ Scheduling starts January 8
- ☎ Call 949-644-3244
- ✓ Appointments are on Tuesdays from 2/6-4/12
- ✓ Newport Beach residents only

The OASIS will offer the Tax-Aide Program administered by the AARP Foundation in cooperation with the IRS. Free personal income tax assistance to middle and low-income taxpayers.

Federal and California State Tax Returns that include:

Income From:

Wages and Salaries; Interest and Dividends; Pensions, Annuities and IRA Distributions; Taxable Social Security Benefits; Sale of Stocks and Bonds; Sale of Personal Residence; Basic Self Employment Income (Schedule C with less than \$35,000 of expenses, no inventory, no business use of home and no business loss). Gambling winnings.

Deductions For:

IRA Contributions; Itemized Deductions: medical and dental, taxes, mortgage interest, contributions. If Itemizing: Gambling losses to the extent of winnings.

Credits For:

Renters Credit; Elderly and Disabled Credit; Child Tax Credit; Child and Dependent Care Credit; Education Credit; Earned Income Credit

Out-of-Scope: Returns with the following items **CANNOT** be prepared by our Counselors.

Rental Income (short-term or long-term)

Complicated Schedule C (as noted above)

Married Filing Separately

Paper returns (we can only e-file)

Non-California State returns

K-1 with other than interest, dividends, royalties and capital gains

Non-cash charitable contributions of greater than \$5,000

Casualty and Theft Losses

For your scheduled tax counseling appointment, a list of items to bring will be provided to you.

THE FRIENDS OF THE NEWPORT BEACH LIBRARY

BOOK SALE

Friday, February 2
1:00-4:00pm

MEMBERS ONLY
Books 3 for \$1

Saturday, February 3
9:00am-2:00pm

\$3-A-BAG (We supply the bags)

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



Alzheimer's ORANGE COUNTY

Support Group For Family Members & Caregivers

**2nd & 4th WEDNESDAYS
OF THE MONTH**

10:00 AM - ROOM 5

A safe place to share and receive valuable information
and support from people who understand





WINTER Connections Group

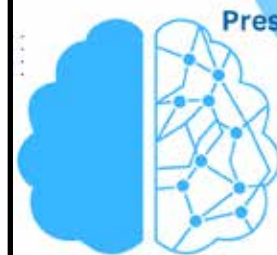
Every Thursday
2:00 pm
Room 5

Keeping the fire in our hearts and
minds open to new connections and
possibilities!

Facilitated by Joyce Swaving from Shanti OC

FREE MEMORY SCREENINGS AND SUPPORT SERVICES


Presented by: **Alzheimer's
ORANGE COUNTY**



- Memory Screenings
- Personalized, in-depth guidance
- Linkage to Resources
- Education on Brain Health

Professionals from Alzheimer's Orange County can conduct a free memory screening and can also discuss linkages to resources, ways to maintain brain health, and give in-depth guidance on issues related to changes in memory.

Contact us today Call 949-644-3244 or email OASIScenter@newportbeachca.gov



Appointments held at the
OASIS Senior Center



The Good Grief Group

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

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

No RSVP needed
Questions: (949) 644-3244






SHARP

Senior Home Assistance Repair Program

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

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

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

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





Support Programs

SENIOR ASSESSMENT PROGRAM

OASIS Staff assists seniors by suggesting and coordinating services, allowing them to stay in their homes and live independently. An assessment of the current living situation is conducted by phone or in-person, and then a variety of outside agencies as well as OASIS programs are suggested.

INFORMATION & REFERRAL

Referrals to a vast assortment of information regarding senior services such as Home Care, Medicare Assistance, Housing Options, Dementia Care, Support Groups, Financial Resources and more. If we don't know, we will find out..

SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

Newport Beach residents 60+ can receive critical home repairs and modifications to improve safety and accessibility. Must meet income guidelines and other program requirements. Call the Administration office for more information 949-644-3244

MEDICAL EQUIPMENT LOAN

Wheelchairs, rollators, walkers, canes, crutches, and knee scooters are available for a one-month loan in the Administration office.

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

Estate Planning Attorneys donate their time and offer a free half-hour consultation on what they would charge to do the legal work you need. Call the Administration office for their contact information.

HICAP: HEALTH INSURANCE COUNSELING

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

MEMORY SCREENING

There is a \$45 fee for the screening. Provided by Orange County Vital Brain at HOAG. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized, confidential memory screening at the OASIS Senior Center please call **949-764-6288**.

BLOOD PRESSURE SCREENING

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



Support Groups

ALZHEIMER'S SUPPORT GROUP

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

Location: OASIS Room 5

RSVP not Required 2nd & 4th Wednesdays 10am Free

CONNECTIONS GROUP

Make deeper connections and new friends. Gather with others to engage in positive topical conversation led by a facilitator from Shanti OC.

Location: OASIS Room 5

RSVP not Required Thursdays 2pm Free

COMPASSIONATE FRIENDS

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

Location: OASIS Room 5

RSVP not Required 3rd Wednesday 6:30pm Free

THE GOOD GRIEF GROUP

An informal grief group facilitated by CareChoices Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey. For more information please call 949-644-3244.

Location: OASIS Room 5

RSVP not Required 2nd & 4th Thursdays 10am Free

VETERANS SOCIAL GROUP

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

Location: Event Center-A

RSVP 949-644-3244 3rd Tuesday 11:30am Free

OASIS SENIOR CENTER TRANSPORTATION SERVICE



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

SERVICE HOURS:

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

SAME DAY RIDES:

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

PRICING:

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

ELIGIBILITY:

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

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

TRANSPORTATION CLIENTS

OASIS is offering two shopping trips this month:

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

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



Meal Services

AGE WELL SENIOR SERVICES-LUNCH CAFE

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

LUNCH SERVICE:

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

PRICE:

- Suggested donation of \$5.50 per meal is appreciated

RSVP REQUIRED: Lunch requests must be made three business days in advance by calling 949-718-1820.

MEALS ON WHEELS-HOME DELIVERED MEALS

Three (3) nutritious meals are delivered Monday through Friday to home-bound seniors (60+) who qualify for the program. This program is provided by Age Well Senior Services. Volunteers take time from their days and use their own vehicles to lovingly ensure no senior is without a meal. For more information about the program, how it works or if you or a loved one qualifies, please call 949-718-1811.

Age Well

Orange County's partner in aging

LUNCH CAFE

AT OASIS

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

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

Learn More At:
www.myagewell.org

Refund Policy

- **Refund Request** - **Must be submitted prior to the second class meeting**
 - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **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 to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



Code of Conduct

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

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

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

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



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman

ehuberman@me.com

Join us the third Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads.

Topic: Mystery

OASIS Room 5

RSVP not required

3rd Wed 10:30am-Noon

Free

CREATIVE WRITING JUMPSTART

Dorothy Spirus

YourProfessorD@gmail.com

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

Online

SS1083

1/18

Th

7-9pm

\$79/1

CREATIVE WRITING

Dorothy Spirus

YourProfessorD@gmail.com

Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This live, online class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.

Online

SS1080

1/25-2/29

Th

7:30-9pm

\$205/6

CURRENT EVENTS DISCUSSION

Dave Larue

dkla2018@outlook.com

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

OASIS Library

RSVP not required

M

3-5pm

Free

DRIVER SAFETY (AARP)

AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course. **You must attend class on both days to complete course.**

- Advance registration preferred. Call 949-644-3244
- Fee: \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.

OASIS Room 2

RSVP 2/7 & 2/8 W/Th 1-5pm \$20/\$25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

Nabokov, Joyce, Shakespeare, Homer. Sail the vast seas of English and American fiction. Discover modern works by such authors as Joyce, Nabokov and Updike. Also revisit Shakespeare's classic King Lear and Homer's poetic Odyssey. Discuss contemporary protagonists and reinterpret traditional characters. With a senior's wisdom, call upon your own life experiences to exchange ideas with some of the greatest literary minds. Please contact instructor for updated information.

OASIS Room 1B

SS1059 1/5-3/15 F 10am-Noon \$90/11



TALKING SPORTS

Laird Hayes & Tom Johnson

Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.

OASIS Room 4

RSVP not required 3rd Tu 3-5pm Free

KNITTING

Roberta

949-715-3438

This group of needle-workers meets weekly to work on individual projects. New members welcome.

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 1/23 Tu 3-4:30pm Free

CHRONICLING LIFE MEMORIES

Marla Miller

www.Marlamiller.com

Autobiography and Memoir. No need to be 'a writer' to craft your life story for posterity. In class, students learn the difference between memoir and autobiography and which story form may be the right fit. If you haven't begun to write your story, start in class with writing prompts offered to inspire that include the instructor's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

- ZOOM online workshop is designed for participants who choose not to attend in person

OASIS Room 5

SS1085 1/2-1/30 Tu 10am-Noon \$100/5

Online

SS1087 1/3-1/31 W 10am-Noon \$100/5

TRAVEL SHOWS WITH NINO

Nino Mohan

nino@virtualtraveltalks.com

Enjoy an in-depth sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer Nino Mohan. Slideshows include photos, videos and personal narration by Nino himself.

OASIS Room 1

RSVP not required 4th Tu 10am-Noon Free

WRITING ROUNDTABLE

Jos Vloet

vloetjozef@gmail.com

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

OASIS Room 5

RSVP required W 1-3pm Free





Fine Arts

FREEHAND DRAWING

Nancy Wahamaki's Art World nwvasek@gmail.com

Join in this fun drawing class! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings.

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

OASIS Room 2A

SS1005 1/24-3/13 W 9-11am \$200/8

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World nwvasek@gmail.com

This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. **No class 2/19**

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

OASIS Art Center

SS1003 1/22-3/11 M 9am-Noon \$161/7

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 2/7, 2/14**

- **Additional fee:** \$15 (material)
- **Optional:** Clay \$18/bag

OASIS Art Center

SS1039 1/17-3/6 W 9am-Noon \$102/6

OIL PAINTING- BEGINNING

Bobbi Boyd

949-544-9383

This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. Have you been at this for a while? I will continue to introduce techniques and ideas to help you become more proficient and more able to achieve your vision. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started.

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

OASIS Art Center

SS1090	1/2-1/30	Tu	1-4pm	\$250/5
SS1091	2/6-2/27	Tu	1-4pm	\$200/4
SS1092	3/5-3/26	Tu	1-4pm	\$200/4

OIL PAINTING- INTERMEDIATE

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

We start with a still life for study of color and paint handling. We progress to painting copies of masterworks by California Impressionist artists like William Wendt and Edgar Payne. Instructor works in traditional oil, but all media are acceptable. Class demos include color mixing. Some previous painting experience preferred. **No class 2/19**

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

OASIS Art Center

SS1060 1/22-2/26 M 1-3:30pm \$240/5



WOODCARVERS AND CRAFTERS WORKSHOP

Pat Livingston

OASISWoodcarving@gmail.com

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

OASIS Art Center

RSVP Not Required	Th	8-11am	See above
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Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson 949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern fiction. Selections will be by contemporary Nobel winner Annie Arnaux and popular novelist Fred Vargas featuring her famous detective Adamsberg. Reading at home and in class will be followed by short written essays or answers to questions and especially 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

SS1008 1/3-3/13 W 10am-Noon \$90/11

FRENCH-INTERMEDIATE

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

Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom.

SPANISH LITERATURE BOOK CLUB

Darielle Wilson 949-675-5182

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

OASIS Room 4

RSVP required 2nd M 2:30-4:30pm Free

INTERMEDIATE SPANISH CLUB

Nida Fernandez, Ph.D nidit@att.net

Studying the spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome.

OASIS Room 4

RSVP required M 12:30-2:00pm Free

PORTAL LANGUAGES

Portal Languages

714-979-1655

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

No Class 1/15, 2/19

- 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

SS1047	1/3-1/31	M/W	5-6pm	\$225/8
SS1048	2/5-3/4	M/W	5-6pm	\$225/8

Beginning French 2

SS1051	1/3-2/31	M/W	6-7pm	\$225/8
SS1052	2/5-3/4	M/W	6-7pm	\$225/8

OASIS Room 1B

Beginning Italian 1

SS1053	1/8-2/5	M/W	5-6pm	\$225/8
SS1054	2/12-3/11	M/W	5-6pm	\$225/8

Intermediate Italian

SS1056	1/8-2/5	M/W	6-7pm	\$225/8
SS1057	2/12-3/11	M/W	6-7pm	\$225/8

OASIS Room 2A

Beginning Spanish 1

SS1044	1/11-3/7	Th	11am-Noon	\$225/8
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Beginning Mandarin 1

SS1058	1/10-2/28	W	5-6pm	\$225/8
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GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2000 publication date), which can be purchased online, is the required text for the class.

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

OASIS Room 4

RSVP required	9/7/23-5/25/24	Th	1-2pm	Free
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Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper **949-230-5902**
Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.

- Contact the instructor directly to set up lesson date/time
- Dates and times to be agreed upon prior to registration.
- Registration and payment due to OASIS prior to lesson. No refunds once registered.

DRP100 \$60 per hour

A SAMPLING OF APPS

Carole Kamper **949-230-5902**
Explore just a sampling of the many "APPS" that are available on your iPhone/Smartphone or iPad/tablet including: Uber and Lyft, Travel, Currency Exchange and Maps, eBooks (Kindle) and other free books that can be downloaded from The Newport Beach Library as well as photos sharing including Instagram, banking apps, Venmo and Zelle and MUCH, MUCH, MORE. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

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

OASIS Computer Lab

SS1028	1/10	M	10:30am-12:30pm	\$42/1
SS1029	2/14	W	10:30am-12:30pm	\$42/1

APPLE IPHONE FOR BEGINNERS

Carole Kamper **949-230-5902**

The class is designed for new and not so new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version/model of your Apple iPhone for this class.

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

OASIS Computer Lab

SS1020	1/17	W	10:30am-12:30pm	\$42/1
SS1021	2/26	M	10:30am-12:30pm	\$42/1
SS1022	3/11	M	10:30am-12:30pm	\$42/1

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 as ECG, Blood SpO₂, 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 4 through 9, Ultra and Watch OS 10 and iPhone IOS 17 installed.

OASIS Room 2A

SS1144	1/11	Th	1-3pm	\$20/1
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50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs

jakeair99@gmail.com

The most useful hidden iPhone tips and features every user should know. There are many features hiding in plain sight on your iPhone. This course acquaints you with many of these features that you may not have known about. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with. (If you want a more comprehensive presentation, please consider my longer iPhone class, iPhone Most Useful Secrets.)

- **Requirement:** This class is only for users who have an iPhone XR or Xs or newer with iOS 17 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS1145 1/25 Th 1-3pm \$15/1

DIGITAL PHOTO EDITING

Barbara Yin Milbert

pacpal33@yahoo.com

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

- **Prerequisite:** Computer Basics or equivalent.
- **Please Bring:** Phone or camera cord to class.

OASIS Computer Lab

SS1143 1/25 & 2/1 Th 11am-Noon \$40/2

EBAY 1

Barbara Yin Milbert

pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab

SS1032 1/11 Th 10am-Noon \$40/1

INTRO TO WORD

Barbara Yin Milbert

pacpal33@yahoo.com

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

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS1038 2/22-3/14 Th 9:45-10:45am \$70/4

INTRO TO EXCEL

Barbara Yin Milbert

pacpal33@yahoo.com

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

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

OASIS Computer Lab

SS1037 2/22-3/14 Th 11am-Noon \$70/4

INTRO TO FACEBOOK & SOCIAL MEDIA

Barbara Yin Milbert

pacpal33@yahoo.com

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

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS1140 1/25 & 2/1 Th 9:45-10:45am \$40/2

MAKING A SHUTTERFLY ALBUM

Carole Kamper

949-230-5902

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS1126 1/24 W 10:30am-12:30pm \$42/1

SS1127 3/6 W 10:30am-12:30pm \$42/1

IPAD BASICS

Carole Kamper

949-230-5902

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

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

OASIS Computer Lab

SS1023 1/8 M 10:30am-12:30pm \$42/1

SS1024 2/28 W 10:30am-12:30pm \$42/1

SS1025 3/13 W 10:30am-12:30pm \$42/1





Cards & Games

BEGINNING BRIDGE

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

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

OASIS Room 3
SS1009 2/6-3/12 Tu 9:30-11:30am \$150/6

INTERMEDIATE BRIDGE

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

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

- **Prerequisite:** Advanced Beginning Bridge.

OASIS Room 3
SS1012 2/6-3/12 Tu 12:30-2:30pm \$150/6

BRIDGE- IMPROVER PLAY

Rose Reynolds pareynolds@aol.com

Did you learn bridge but want to continue to improve and reinforce your bidding, defense and declarer skills? Your confidence and love of the game will greatly improve after this class. No partner necessary.

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

OASIS Room 3
SS1019 1/3-2/14 W 9:30-11am \$160/7

BRIDGE- DEFENSIVE SIGNALING

Rose Reynolds pareynolds@aol.com

When playing bridge you are on defense 50% of the time. Learn the three main signaling techniques every bridge player needs in his toolbox. At the end of 5 classes you will have the proficiency to set more contracts and score the points for your team and not the declarer's. **No class 1/15**

- **Additional Fee:** \$10 (material)

OASIS Room 3
SS1018 1/8-2/12 M 9:30-11am \$115/5

BRIDGE-DECLARER PLAY TECHNIQUES

Rose Reynolds pareynolds@aol.com

Are you unsure when to take a finesse, how to set up a long suit, when to ruff in dummy, and when to discard a loser on a winner? This class is perfect for you. It will cover the four essential techniques every bridge player should know. You will be taking more tricks and not the opponents.

- **Additional Fee:** \$10 (material)

OASIS Room 3
SS1120 3/4-3/13 M/W 9:30-11am \$92/4

DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138

zeintje1@gmail.com

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

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

ACBL DUPLICATE BRIDGE

Gail Schneider 949-472-8010

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

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

MAH JONGG

Doris Melnick 310-488-8338

Experienced players meet to play, no instruction is given.

- American Mah Jongg card and rules only.

OASIS Room 3
RSVP Not Required Ongoing M/F 12:30pm-3:30pm Free



FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No class 1/15, 2/19**

OASIS Dance Room

SS4502	9/8-12/15	F	10:15-11:00am	\$221/12
SS1501	1/8-3/18	M	10:15-11:00am	\$176/9
SS1502	1/5-3/22	F	10:15-11:00am	\$233/12



BETTER LIFE BOXING

Sara Gutierrez sararez@betterlifeboxing.com

This class is a great way to learn boxing technique and mobility to better your balance, strengthen muscles, and to get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels are welcome to fit your specific fitness needs. **No class 1/15, 2/19**

- **Please bring:** a yoga mat, towel and water.
- **Required:** boxing gloves. Please purchase these on your own (12 oz. size gloves are appropriate), can be found at most sporting goods stores.

OASIS Dance Room

SS1503	1/8-2/12	M	3:30-4:30pm	\$95/5
SS1504	2/26-3/25	M	3:30-4:30pm	\$95/5

OASIS Room 1

SS1505	1/4-1/25	Th	3:30-4:30pm	\$85/4
SS1506	2/1-2/29	Th	3:30-4:30pm	\$95/5
SS1507	3/7-3/28	Th	3:30-4:30pm	\$85/4
DRP161	Drop-In (No Refunds)			\$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japriple@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. **No class 2/19**

OASIS Event Center

Ongoing	1/29-5/24	M	11:30-12:30pm	Free
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CHAIR EXERCISE

Judy Aprile jjjapriple@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 1/10, 1/15, 2/14, 2/19, 3/13**

OASIS Event Center

SS1508	1/8-1/31	M/W	10:05-11:00am	\$41/6
SS1509	2/5-2/28	M/W	10:05-11:00am	\$41/6
SS1510	3/11-3/27	M/W	10:05-11:00am	\$35/5

FALLPROOF® BALANCE & MOBILITY

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

This class is a progressive program of activities designed to improve balance and reduce fall risk. Participants will benefit from this class by improving seated/standing posture, improving walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities. Space is limited to 10 students. **No class 1/15, 1/31, 2/19, 2/21, 2/28**

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

OASIS Room 1

SS1511	1/8-3/13	M/W	1:30-2:30pm	\$225/15
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GOLF GROUP

Greg Nelson gregbnelson@me.com

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.

- The format is team competition, picked randomly.
- Handicaps range from 10 to maximum 30.
- Contact gregbnelson@me.com for available openings.

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

HEAD TO TOE FITNESS

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

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

OASIS Event Center

SS1512	1/2-1/25	Tu/Th	8-9am	\$65/8
SS1513	1/30-2/22	Tu/Th	8-9am	\$65/8
SS1514	2/27-3/14	Tu/Th	8-9am	\$50/6
DRP164	Drop-In (No Refunds)			\$12/1



HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com
This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. **No class 1/15, 2/19**

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

- **Please bring:** yoga mat.

OASIS Dance Room

SS1546	1/8-3/11	M	11:30am-12:30pm	\$165/8
SS1547	1/11-3/14	Th	10:30-11:30am	\$205/10
DRP163	Drop-In (No Refunds)			\$25/1

HATHA YOGA-RELEASE THE DAY

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

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

- **Please bring:** yoga mat

OASIS Dance Room

SS1548	1/9-3/12	Tu	4:30-5:30pm	\$205/10
SS1572	1/11-3/14	Th	4:30-5:30pm	\$205/10
DRP163	Drop-In (No Refunds)			\$25/1

IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 1/15, 2/16, 2/19**

- **Please bring:** A sticky mat, if you have 3 yoga blankets, bring those. More details to be given the first day of class.

OASIS Room 1

SS1515	1/8-2/5	M	10-11:15am	\$80/4
SS1516	2/12-3/11	M	10-11:15am	\$80/4
SS1517	1/11-2/8	Th	10-11:15am	\$100/5
SS1518	2/15-3/14	Th	10-11:15am	\$100/5
SS1519	1/12-2/9	F	1-2:15pm	\$100/5
SS1520	2/16-3/15	F	1-2:15pm	\$100/5

2-days a week

SS1521	1/8-2/9	above days/times		\$190/10
SS1522	2/12-3/15	above days/times		\$190/10

3-days a week

SS1523	1/8-2/9	above days/times		\$252/14
SS1524	1/12-3/15	above days/times		\$252/14

DRP165	Drop-In (No Refunds)			\$25/1
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LAWN BOWLING

www.nhlbc.com

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

INTRO TO MELT METHOD

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

For those interested in joining the ongoing MELT Method class. Learn the basic MELT language and maneuvers. No experience necessary.

- **Requirement:** Must be able to get down and up off the floor unassisted.
- **Please bring:** Exercise mat, water, and wear comfortable clothing.

OASIS Dance Room

SS1530	1/9	Tu	2-3pm	\$30/1
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MELT METHOD: SELF CARE TECHNIQUE

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

This class should not be taken unless you have previous MELT experience. Please contact instructor for options. In this class we will use the Four R's of the MELT. Reconnect, Rebalance, Rehydrate, and Release. Using light compression work and length techniques for hydrating your body's fascia and connective tissue. Class will also include stabilizing/strength exercises to address the weak links that damage joints and inhibit your body's ability to function optimally. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom Code is also available for Virtual Attendance, please contact Yvette at meltwithyvette@gmail.com.**

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

OASIS Dance Room

SS1531	1/16-3/12	Tu	2-3pm	\$155/9
DRP167	Drop-In (No Refunds)			\$25/1



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. **No class 1/15, 2/19**

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

OASIS Event Center

SS1532	1/8-1/31	M/W/F	7:45-8:35am	\$65/10
SS1533	2/5-2/28	M/W/F	7:45-8:35am	\$65/10
SS1534	3/8-3/29	M/W/F	7:45-8:35am	\$65/10
SS1535	1/8-1/31	M/W/F	8:45-9:35am	\$65/10
SS1536	2/5-2/28	M/W/F	8:45-9:35am	\$65/10
SS1537	3/8-3/29	M/W/F	8:45-9:35am	\$65/10

PILATES MAT

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

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

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

OASIS Dance Room

SS1538	1/9-2/6	Tu	8:45-9:45am	\$90/5
SS1539	2/13-3/12	Tu	8:45-9:45am	\$90/5
DRP168	Drop-In (No Refunds)			\$22/1

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

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

If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.

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

OASIS Dance Room

SS1542	1/9-2/6	Tu	10-11am	\$90/5
SS1543	2/13-3/12	Tu	10-11am	\$90/5
DRP168	Drop-In (No Refunds)			\$22/1

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

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

This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

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

OASIS Dance Room

SS1540	1/11-2/8	Th	7:45-8:45am	\$90/5
SS1541	2/15-3/14	Th	7:45-8:45am	\$90/5
DRP168	Drop-In (No Refunds)			\$22/1



NEW! SOULFLEX-YOGA

Stephanie von Meeteren www.MySoulSpark.com
Increase strength, balance, bone density, mobility and peace of mind with this fun and challenging class. This unique class is designed for full body and mind fitness and well-being. The first half of class we will increase heart rate and build some heat through focused weight bearing exercises. The second half of class we will bring the body and mind back to homeostasis by mindfully stretching and working with balance and mobility. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor. **No class 2/16**

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

OASIS Dance Room

SS1549	1/12-3/15	F	2-3pm	\$185/9
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SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com
Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. Bring whatever you need to be most comfortable.

- **Please bring:** Blanket, yoga mat, pillow, and eye covering

OASIS Dance Room

SS1550	1/25	Th	5:30-6:30pm	\$25/1
SS1551	2/22	Th	5:30-6:30pm	\$25/1
SS1552	Above bold dates/times (last day to register 1/25) \$45/2			

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

SS1544	1/18-3/14	Th	9:30-10:30am	\$135/9
SS1545	2/8-3/14	Th	9:30-10:30am	\$99/6
DRP169	Drop-In (No Refunds)			\$20/1

TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle.

OASIS Event Center BC

RSVP Not Required	Ongoing	Tu/Th	2-4pm	Free
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ZUMBA GOLD® DANCE FITNESS

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Are you ready to get moving? Keep your body and mind as healthy as you can. Dancing reverses the signs of aging in the brain and body. Groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact dance steps to a variety of motivating music. Sign up now, get results and feel the joy! **No class 1/15, 2/19**

OASIS Dance Room

SS1553	1/8-3/18	M	9-10am	\$158/9
SS1554	1/3-3/20	W	9-10am	\$209/12
SS1555	1/4-3/21	Th	9-10am	\$209/12
SS1556	1/5-3/22	F	9-10am	\$209/12
SS1557	1/6-3/16	S	9-10am	\$195/10

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

SS1557	1/3-3/22	M/W/F	9-10am	\$379
DRP170	Drop-In (No Refunds)			\$25/1

MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com
Have you ever dreamed of taking Ballet at any age? This is your chance to dance with like-minded people from similar generations. There will be no pressure or judgement. Everyone is free to work at their own level (which includes stepping back at times.) The music will be Classical piano to romantic and swinging. The focus will be on the movement holding the Barre and then we will come out and play with some steps we are learning at the Barre.

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

OASIS Dance Room

SS1561	1/19-3/15	F	11:30am-12:45pm	\$185/9
DRP171	Drop-In (No Refunds)			\$23/1

BEGINNING BROADWAY DANCE

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind!

OASIS Dance Room

FREE1561	1/10	W	10:15-11am	Free/1
SS1563	1/17-3/20	W	10:15-11am	\$205/10

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

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

OASIS Dance Room

SS1562	1/30-3/12	Tu	12:45-1:30pm	\$110/7
DRP171	Drop-In (No Refunds)			\$23/1



GROUP DRUMMING

Lee Kix

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

OASIS Event Center

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

HOOTENANNY

Glen Jansma **310-940-3112**

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm Free

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

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

OASIS Dance Room

SS1560	1/9-3/12	Tu	11:30am-12:40pm	\$205/10
DRP171	Drop-In (No Refunds)			\$23/1



LINE DANCING

Vickie Jackson vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No class 2/29**

OASIS Dance Room

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

SS1564	1/4-2/8	Th	1-1:55pm	\$43/6
SS1565	2/15-3/14	Th	1-1:55pm	\$31/4

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

SS1566	1/4-2/8	Th	2-2:55pm	\$43/6
SS1567	2/15-3/14	Th	2-2:55pm	\$31/4

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

SS1568	1/4-2/8	Th	3-3:55pm	\$43/6
SS1569	2/15-3/14	Th	3-3:55pm	\$31/4

MUSIC WORKSHOP

Glen Jansma **310-940-3112**

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

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm Free

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka **714-336-4719**

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

OASIS Room 2

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

SAILING CLUB

OASISsailingclub.org

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

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* FRIENDS OF OASIS

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

* * *

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



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

OASIS V AND OASIS VI
Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.



CLUB MEETINGS AND SOCIAL ACTIVITIES
Members enjoy blue water casual, advanced, challenge and race sailing. The club also offers a variety of sailing venues such as day trips to Dana Point, Los Alamitos Bay and sails originating in Long Beach. Social activities include holiday parties and beach picnics.

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

OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

- Receive the monthly OASIS Newsletter in the mail (12 issues)
- Discounts on travel trips
- Access to the unique clubs
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Monthly Membership Get Together

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

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



ANNUAL
MEMBERSHIP

\$15 Single
\$25 Couple

Membership Discounts

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

10% Discount

- Bistango Restaurant**
- Bayside Restaurant**
- The Bungalow+
- Farm Fresh to You (use promo code OASIS) farmfreshtoyou.com
- Fresh Brothers*++
- La Fogata
- Newport Rib Co.+
- New Shanghai Pine Garden+*
- Mario's Pizza+
- Rendez Vous Cafe
- Tavern House+

20% Discount

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

+Excludes alcohol

*Excludes take out & holidays

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

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

FRIENDS OF OASIS MEMBERSHIP DUES /RENEWAL

****Required
Information**

** NAME _____ DATE _____
Print Clearly

** ADDRESS _____ CITY _____

** STATE _____ ZIP _____ PHONE (_____) _____

** EMAIL _____

EMERGENCY CONTACT _____ PHONE (_____) _____

☐ NEW ☐ RENEWAL ☐ CASH ☐ CHECK # _____ Payable to Friends of OASIS

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

SIGNATURE _____

☐ Single \$15/one year ☐ Couple \$25/one year ☐ Donation \$ _____

Total \$ _____ Received by: _____

Where did you hear about us? _____

Mail or deliver your membership application 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 ID #95-3196296. Your gift may be tax deductible. If you wish to receive your membership card, please include a self-addressed, stamped envelope. (949) 718-1800



OASIS Travel

- Join the Friends of OASIS and save on trip price!
- Second listed price is the non-member price.
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the parking lot across the street from OASIS.

• Cancellation Policy:

- A full refund less a \$10 fee will be given on trips cancelled more than 10 days prior to the trip date. Less than 10 days, refunds given only if a wait list substitution is made. No refunds one day prior to the trip date or the day of the trip.

• Gambling Trippers:

- Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.

OASIS Travel Hours & Contact Information

Monday-Friday 9am-1pm

949-718-1810

oasistravel2@yahoo.com



DAY TRIPS

THE PEKING ACROBATS

Saturday, January 27

\$110/\$115

Witness spellbinding feats rooted in more than 2,000 years of history! These masters of agility and grace display their artful athleticism, pushing the limits of human ability and defying gravity with their amazing acts of contortion and control. With a legacy of superb talent and rigorous training, The Peking Acrobats deliver all of the excitement and festive pageantry of a Chinese carnival! Show begins at 2:00 p.m. Lunch will be close by the Carpenter Performing Arts Center and is not included in the price.

Depart: 11:00am

Return: 5:00pm

THE BROAD MUSEUM

Wednesday, January 31, 2024

\$50/\$55

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

Depart: 8:45am

Return: 4:00pm

NORTON SIMON MUSEUM

Thursday, February 15

\$95/\$100

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

Depart: 9:30am

Return: 5:00pm

42ND STREET MUSICAL

Saturday, February 24

\$126/\$131

Fresh off the bus, small-town dancer Peggy Sawyer uses her naive charm to win a place in the chorus line of the biggest new show in town. And when the star gets injured, they need someone new to take the lead. Will Peggy's raw talent be enough to win her a place in the spotlight? 42nd Street's stunning score and thrilling choreography will have you humming along and tapping your toes to the "Lullaby of Broadway!" The show begins at 2:00pm at Musical Theatre West in Long Beach. Lunch will be close to the Theatre and is not included in the price.

Depart: 11:00am

Return: 5:30pm

LUCK O' THE IRISH

Saturday, March 16

\$143/\$148

Irish luncheon and musical review with songs, comedy, costumes, dialogue and dances. MacNamara's Band, Danny Boy, My Wild Irish Rose, Irish Eyes Are Smiling, Harrigan, Molly Malone and more. BROADWAY SELECTIONS from Finian's Rainbow, Brigadoon and more! Lunch is served with wine. When you sign up, you will give your choice for lunch: Corned Beef and Cabbage, Roast Chicken, Vegetarian Pasta or Vegan Tartare. The Venue is the Almansor Court in Alhambra.

Depart: 10:30am

Return: 5:30pm

THE SIMON & GARFUNKEL STORY

Saturday, March 30

\$125/\$130

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

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

Depart: 11:00am

Return: 6:00pm

THE NETHERCUTT COLLECTION

Saturday, April 20

\$80/\$85

The Nethercutt Collection has over 250 American and European perfectly restored automobiles. It also has an impressive assortment of rare mechanical musical instruments many of which will be played for us. The finale is when the theater pipe organ is played. Whether you are interested in rare cars, and/or a lover of fine art, The Nethercutt Collection has so much to experience - you will be well rewarded for your day's outing. We depart OASIS and go directly to a park near the museum for our picnic lunch. You need to bring your own lunch and drink to have in the park. The bus will then take us to the museum where we will have about 45-60 minutes to explore the cars displayed on your own. You can also choose to walk through two restored train cars. At 1:30 we go on a 2 hour docent lead tour of exceptional cars and also the other museum exhibits. We will leave the museum around 3:45 for our trip back to OASIS. What a great way to spend your day!

Depart: 9:30am

Return: 5:30pm

HAIRSPRAY, THE MUSICAL

Saturday, May 11

\$125/\$130

You Can't Stop the Beat! Broadway's smash hit musical-comedy Hairspray is back! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto television's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Called an "exhilaratingly funny and warm-hearted musical comedy" by The New Yorker, the Tony-winning musical features a rousing score, including Welcome to the '60s and Good Morning Baltimore. Lunch is on your own. Show begins at 2:00pm.

Depart: 11:00am

Return: 6:00pm

PATSY CLINE & JOHNNY CASH TRIBUTE

Wednesday, June 12

\$143/\$148

Corey Kidder, a national entertainer, will perform Patsy Cline's: Crazy, I Fall To Pieces, Walkin After Midnight and MANY MORE. Ben Hale performed as Johnny Cash in the Vegas-based Million Dollar Quartet. Some hits he will perform include: I Walk The Line, A Boy Named Sue, Fulsome Prison Blues, Ring Of Fire, Jackson, Ghost Riders In The Sky & more! Lunch is served with wine. When you sign up, you will give your choice for lunch: Roast Chicken, Vegetarian Pasta or Vegan Tartare. The Venue is Almansor Court in Alhambra.

Depart: 10:30am

Return: 5:30pm

EXTENDED TRIPS

Flyer available in the travel department

LAUGHLIN SPRING GETAWAY-RIVERSIDE RESORT

\$320 PER PERSON DOUBLE OCCUPANCY

\$395 PER PERSON SINGLE OCCUPANCY

APRIL 1-3, 2024 (3 DAYS & 2 NIGHTS)

Tour includes: Roundtrip Deluxe Motorcoach. Two night stay at the Riverside Resort Hotel & Casino in Laughlin. The Riverside offers a variety of restaurants, entertainment and a full-service action-packed casino. Each guest will receive a Laughlin Funbook offering discounts and free play at a number of Laughlin casinos and restaurants.

PASO ROBLES WINE TASTING/HEARST CASTLE

\$999 PER PERSON DOUBLE OCCUPANCY

\$1299 PER PERSON SINGLE OCCUPANCY

JUNE 23-26, 2024 (4 DAYS & 3 NIGHTS)

Tour Includes:

Deluxe Motorcoach, Professional Tour Director, 3 Wine tastings in Paso Robles, Grand Tour of Hearst Castle, Visit to Cambria, 2 nights Springhill Suites by Marriott*, 1 Night Corque Hotel, Meals: 2 Breakfasts, 1 lunch, 1 Dinner

*or similar accommodations

Free Travel Show

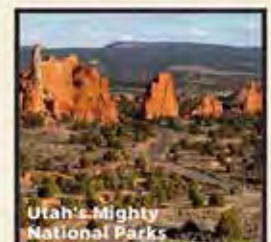


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Thursday, January 11 | 1:00 pm | Room 1

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We've found out that when companies put PEOPLE FIRST, everything else seems to fall into place.

The Problem: Aging in place is truly complex

- By 2030, nearly **1 in 5** Californians will be age 65 or older, according to the nonprofit Public Policy Institute of California. The state will be facing a shortage of as many as **3.2 million** care workers by then.
- The US is facing an epidemic of senior loneliness and social isolation which is associated with about **50%** increased risk of dementia and other serious medical conditions. NASEM reported that **more than 30% of adults aged 45 and older** feel lonely, and **nearly one-fourth of adults aged 65 and older** are considered to be socially isolated.
- Home Care Pulse's 2023 Benchmarking Report states that Home Care Industry's turn-over rate soars to **77.1%**
- Caregivers are overworked and undervalued. The Low Wages, Lack of Benefits, Recognition and Appreciation, Limited Career Advancement are a huge driving force for workers to go "gray" and gray workforce is becoming a growing problem for the long-term care industry, PHI National estimates that there are **4.6 million** direct care workers nationally.

Our Strategy: Happy Employees Create Better Companies

Magnificare LLC is on a mission to advance the quality of lives of our aging loved ones and their caregivers not in a fake, sunshine-and-rainbows type of way, but with a real, human-powered, data-driven approach.

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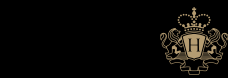
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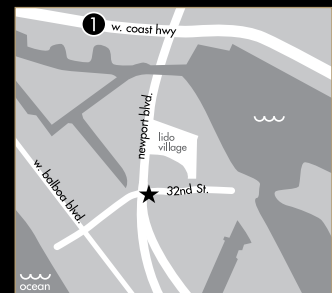
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WAYS TO REGISTER

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1. Go to newportbeachca.gov
2. Click on Classes
3. Click on My Account
4. Enter Username & Password
5. Click on Register for Activities
6. Sort Activities or Search for class
7. Click on Name of Activity
8. Click Add to My Cart
9. Follow steps for payment

Walk-in, Mail-in, Fax or Email

Processed upon receipt of a completed and signed registration form, during regular business hours. Confirmation receipts are emailed for fax, email, and mail-in registration. Return completed registration form with payment to:

- Mail to OASIS Senior Center at
801 Narcissus Ave. Corona del Mar, 92625
- Email: OASIScenter@newportbeachca.gov
(include payment information)
- Hours M-F 8 a.m. - 5 p.m.
- Fax: 949-640-7364 (include payment information)

REGISTRATION INFORMATION

Registration is required for all programs. Registration will NOT be accepted over the phone. Fees are not prorated for missed classes or late registration. If a program is full, you will be placed on the wait-list. If space becomes available, City staff will contact you and provide a 24 hours response time before moving to the next person on the list. No class petitioning permitted. Special Assistance: If you need special accommodations for activities, notify the Recreation & Senior Services Dept. at **949-644-3151** or recreation@newportbeachca.gov.

First Name		Last Name	
Address		City/Zip	
Home Phone	Cell Phone	Email	

COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee

CHECKS PAYABLE TO: City of Newport Beach.

REFUND POLICY Refund request must be submitted prior to the second class meeting. One and two-day classes require 5 business days notice before class begins. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.

REFUND FEE A refund fee will be assessed for all refunds, \$10 for classes priced at \$74 and under and \$20 for classes priced at \$75 and above.

Total Class Fees	
Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
GRAND TOTAL	





REGISTRATION INFORMATION & POLICIES I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

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

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

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

Mandatory Signature		Date	
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Monday-Thursday: 7:00AM - 7:00PM

Friday: 7:00AM - 5:00PM

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

- 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

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

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

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