

OASIS news

Older
Adult
Social &
Information
Services

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

JANUARY 2021

VOL. 45 NO. 1



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

APPROACH THE NEW YEAR WITH
RESOLVE TO FIND THE OPPORTUNITIES
HIDDEN IN EACH NEW DAY.

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

OASIS Senior Center

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

Administration Office

949- 644-3244

M-Th: 7:30am-5:30pm

Friday: 8am-5pm

Saturday/Sunday Closed

Fitness Center

949- 718-1818

M-Th: 7am-8pm,

Friday: 7am-5pm

Saturday/Sunday: 8am-4pm

CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

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Age Well Senior Services Meals Coordinators:

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949- 718-1820

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Celeste Jardine-Haug, Ex Officio

Welcome to OASIS



Laura Detweiler

Recreation & Senior Services Director



Dear OASIS Friends,

By the time this OASIS News is delivered to you, our Senior Services Manager, Celeste Jardine-Haug will be officially retired. I want to first congratulate her on a storied career with the City of Newport Beach. She has without a doubt left it better than she found it and we have been so fortunate to have her as a member of our City family and cheerleader for the senior community. Her legacy will remain in the strong foundation

she has set for the many programs and services we have to offer at OASIS. The decision to hire her replacement has been atop my priority list and I have been committed to finding the very best to carry our traditions forward and build upon them.

I am happy to announce we found Celeste's successor from our very own OASIS team, as I have named Melissa Gleason to the Senior Services Manager position effective December 19, 2020. Melissa possesses a Master of Educational Counseling and a Bachelor of Health Science and has worked for the Recreation and Senior Services Department since 2010. Following an intensive hiring search which jointly involved the Friends of OASIS, it became clear Melissa's positivity, creative thinking and commitment to serving seniors, staff and the Newport Beach community among other strengths and qualities was uniquely qualified to assuredly lead OASIS into the future. Additionally, she has wonderful leadership qualities about her which stood out among some very tough competition. Please join me in congratulating Melissa, who can be reached at mgleason@newportbeachca.gov.

Being the optimist that I am, I'll add a twist to the coined phrase "all good things must move forward." Our OASIS team is the best at what they do, and I am confident in their abilities along with Melissa's leadership to build upon our success. We have much to do as we safely navigate the pandemic and work towards bringing all of you back to our facility to enjoy the things you love.

I know this has been a year full of challenges and much uncertainty. However, it's times like these that pull us closer together and reflect upon how fortunate we are to live, work and play in Newport Beach. We are most fortunate to have the strength of each other and be surrounded by amazing volunteers, the Friends of OASIS and our OASIS staff to find our way through anything we face.

I wish you all health and happiness for the holidays and year ahead. And remember, if you need help with anything, please call the OASIS at 949-644-3244 and expect to reach one of our friendly and resourceful staff members, who stand ready to assist you.

Warmest regards,

Laura



Mike Zimmerman

Friends of OASIS President



I think this is the first time I am actually writing "2021" on a letterhead, but here we are. As you know as of this writing, that our beloved OASIS is again shut down because of the resurgence of COVID. As I said before "this is all just temporary" and you will soon get news that we are once again open, as eventually will be the rest of our fine city. Reminder that 90 percent of us need to again sign up for your Friends of OASIS membership, and receive while supplies last, one of our really nice OASIS

navy blue cloth facemasks free of charge. Your membership is imperative to the success of OASIS, as you will continue to enjoy getting these newsletters and emails, along with the Friends discounts at all our local restaurants, all of which still offering takeout. Your membership fees and donations are the only way we can make things work, so please help us out. Our fund drive started in July, and will officially end on December 31st, with hopes to make our goal of \$100,000.

I am excited that I today heard the news of just "who" our new Manager of OASIS will be. After all the candidates were interviewed, and let me tell you, all of them were superior choices, but it turns out that "one of our own" (previous) OASIS Supervisor Melissa Gleason will be our new OASIS Senior Services Manager! Melissa is an excellent choice to "steer our ship" and take over the reins from our beloved Celeste Jardine-Haug. Laura Detweiler and her staff at City Hall had a tough call to make, knowing any of the final candidates could do the job. Melissa has been at OASIS for some time and knows how things work. OASIS is in good solid hands going into 2021. Congrats to Melissa!

And finally, Celeste is welcoming her new (first) granddaughter, and her retirement is well deserved. Celeste will be dearly missed by all of us, as she was a fantastic leader, and more importantly, she is just a very nice person. We wish her and husband Kern all the best! Until next month....

Awlays at your service,

Mike

OASIS Senior Center Programs

CBD Oil

What does the science say?

Tuesday, January 12, 2021

1:00 pm | Zoom Event

Zoom Meeting Information:

Meeting ID: 806 395 3593

Passcode: oasis

**There will be a raffle drawing
for a free gift for attendees!**

Questions? Call (949) 644-3244



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



**Alzheimer's
ORANGE COUNTY**



Corona del Mar Middle and High School PTA

47th Annual Home Tour

Presented by Barclay Butera

February 10, 2021

At this time when home means more than ever, CDM Middle and High School PTA invites you to enjoy a virtual visit to spectacular homes in our Corona del Mar and Newport Beach neighborhoods. Enjoy memorable architecture, design trends, decorating ideas, student activity spotlights, and perhaps most important: a reminder of the joy our community inspires.

With this virtual format, even your friends and loved ones from out of town can share a video visit to beautiful Newport Beach. All ticket purchases go towards crucial PTA programs such as teacher grants, student services, and technology upgrades. Home Tour is the only PTA fundraiser of the year, and we thank the OASIS community so much for your support!

To purchase tickets and sponsorship opportunities, please go to:
<https://cdmhometour.eventbrite.com>

Thank you for your support!

CLASS REGISTRATION

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

Register online at
www.newportbeachca.gov/oasis
or use the registration form on
pages 8 or 26.



**NEWPORT
BEACH
FILM FEST**

April 8 – April 15, 2021

VOLUNTEER!

With over 58,000 attendees and over 100 million media impressions, the Newport Beach Film Festival has become an elite destination for brands to engage consumers in a setting unlike any other event in Southern California.

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

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

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

MANAGE THE “INFODEMIC” AND PREVENT MENTAL EXHAUSTION

Processing large amounts of information on a daily basis increases the release of the stress hormone cortisol as well as adrenaline, which are both associated with the “fight-or-flight” response and symptoms of anxiety, as well as mental fatigue. Stress accumulation from information overload can lead to emotional exhaustion that impacts physical health and performance in usual activities. Anything we can do to reduce our stress-level will improve our overall health.

Common strategies include: Regular exercise, prayer and meditation, listening to your favorite music and taking care of a pet. This information goes right along with a new 9-year study that found that people who feel enthusiastic and cheerful are less likely to experience memory decline as they age.

Here are some simple ways to develop positive emotions that fuel health and well-being:

- **Strengthen the positive neural pathways in your brain to develop a more positive attitude.** Spend more time thinking about positive things, for example by memorizing and recalling lists of positive words. When you force your brain to work with positive information, you activate these regions of your brain and make this information accessible in your daily life. So later, when you’re trying to have a positive attitude, you may be able to generate positive thoughts, memories, and emotions more easily.
- **Look for the Silver Linings to develop a more positive attitude.** People who struggle to have a positive attitude are really good at one thing—finding the downside of any situation, person, or thing. People with a positive attitude do the opposite—they can always find the upside. Really, these two perspectives are just two sides of the same coin. It’s all about what you pay attention to. So if you want to change your perspective, you can apply your canny ability to find the bad to develop your ability to find the good.
- **Practice Random Acts of Kindness to develop a more positive attitude.** We don’t have to be giving, generous, and caring every moment—I mean cmon, we’re not aiming for perfection here. But if we want to develop a positive attitude, we do have to make an effort to be kinder to others. Sometimes it’s easy to be kind—for example, when we feel like others deserve it—and sometimes it’s harder. So start with easy kindness and go from there.
- **Smile and laugh and generally enjoy life to develop a more positive attitude.** A positive attitude is made up of more than thinking and acting in positive ways. It’s a feeling that others can detect in you when you don’t take life too seriously. Maybe you smile big when someone tells you there’s food stuck in your teeth. Or you laugh when things don’t go your way. You have made the decision to enjoy your life, regardless of what life throws at you.

It’s surprising what a difference it makes in your life when you simply decide to be more positive, and you realize that you had the choice all along.

Adapted from Hoag OC Vital Brain Program and www.Psychologytoday.com

TAX PREPARATION SERVICES AT OASIS FOR TAX YEAR 2020

The OASIS Tax Team is planning to offer tax preparation services for Tax Year 2020 beginning in early February, 2021. However, due to the ongoing COVID-19 crisis, we will be operating with a reduced staff, under strict IRS/AARP guidelines and guided by the status of the virus in Orange County, as tracked by the Johns Hopkins COVID Resource Center. Currently Orange County is in the Epidemic Stage which would preclude our opening as of now. Our actual opening will be dependent on the then-current virus stage in Orange County.

Various documents required for tax return preparation will begin mailing in January. However, some tax documents aren’t sent out until later in February (such as year-end Combined brokerage statements) so make sure you set an appointment date when you will definitely have all the required documents.

Appointments may be made beginning at 8 a.m. on Wednesday, January 6, 2021, by calling (949) 644-3244. A confirming email will be sent with instructions as to documents required plus an Intake/Interview Form to be completed and included with the document package.

The Tax Team will be operating under an IRS/AARP-approved Minimal Contact Model which requires the Client to pre-package all required documentation, submit it to our Client Facilitator at OASIS at the appointment time and wait remotely for completion of the return. Expected completion time is 45-75 minute depending on complexity of the return after which the Client will be called to return for sign-off and pickup of a completed copy. The Client will need to provide proof of identification (driver’s license/passport) and copies of SS cards for everyone on the return.

OUT-OF-SCOPE

Returns with the following items CANNOT be prepared by our Counselors:

- Self-employment income (including Lyft and Uber)
- Rental income (short-term or long-term)
- Married Filing Separately
- Non-California state returns
- Paper returns (we can only E-file)
- K-1 Partnership forms with other than interest, dividends, royalties and capital gains.

Appointments may be made beginning at 8 a.m. on Wednesday, January 6, 2021, by calling (949) 644-3244.

VIRTUAL SUPPORT GROUPS

FREE

support



ALZHEIMER'S CAREGIVER SUPPORT GROUP

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

COMPASSIONATE FRIENDS

3RD WEDNESDAY OF EACH MONTH

@ 6:30PM.

EMAIL FOR THE LINK:

TCFNEWPORTBEACHCA@GMAIL.COM

The Good Grief Café

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

Every Second & Fourth Thursday
Each Month
3:00 - 4:30 pm
Meeting held on Zoom

Meeting ID: 806 395 3593
Passcode: oasis

Please call (949) 644 - 3244
with any questions



CareCHOICES™
Hospice and Palliative Services, Inc.

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance.
Call for an appointment: 949-644-3244

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

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

Medical Equipment to Loan

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

Telephone Reassurance

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

HOME DELIVERED MEALS

Home delivered meals provided by Age Well Senior Services

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

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

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

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

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

Eligibility:

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

Service is available

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

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

Call OASIS to register (949) 644-3244.

Friends of OASIS Mission Statement

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



NOTE TO OUR MEMBERSHIP

I am so proud to announce that the Friends of OASIS, thanks to the generous donations and contributions of our Friends members, were able to pass, unanimously, a motion at our latest Board Meeting which will enable us to begin an annual "Friends of OASIS Education Award" for gerontology-related courses, specifically for those on the City Staff and local qualified candidates.

We are the only Senior Center 501C3 to do such things. By 2021, 60,000 to 70,000 Geriatric Social Workers' will be needed to help seniors, yet today less than 5% of these workers are specifically trained in gerontological work. As the latest generation retires and life expectancy increases, now is the critical time to invest in the primary care workforce that we will rely on in years to come.

Being the "premiere" Senior Center that we have become, it only seems right to give back a little for a cause as noble and needed as this effort. I thank our esteemed Board Members for their forward thinking, and also our members generosity for this accomplishment. More on this to come in the near future.

HAPPY NEW YEAR

FROM THE OASIS TRAVEL DEPARTMENT

We miss all of our traveling friends and look forward to this New Year filled with optimism. We are now trying to decide where do we really want to go as soon it is possible. The museums, the casinos, the theaters, the zoos? Oh! where, oh where to go! So we are asking you to please give us your input and thank you for it. Definitely will be helpful for us to make the big decisions.

Hope to see you on one of our trips soon!

When does my Friends of OASIS membership expire?

Check the printed line just above your mailing address on the back of this newsletter.

Questions? Call (949) 718-1800.

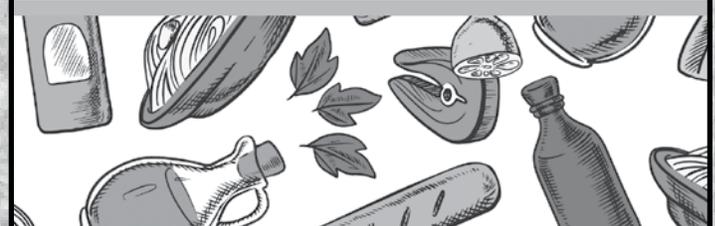


AGE WELL SENIOR SERVICES MEAL PROGRAM

MEALS ON WHEELS

MEALS ON WHEELS (M-F Delivery)

Three (3) nutritious meals are delivered M-F to home-bound seniors (60 or older) who qualify for the program. Volunteers take time from their days and use their own vehicles to lovingly ensure that no senior is without a meal. If you have questions about the program, how it works or if you or a loved one qualifies, please contact 949-718-1811.



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

REGISTRATION INFORMATION

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

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

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

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

Email: OASISCenter@newportbeachca.gov

ONLINE

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

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to:
 (949) 640-7364

Faxes are processed during regular business hours and only upon receipt of a completed and signed registration form

First Name _____ **Last Name** _____

Address _____ **City** _____ **Zip** _____

Home Phone _____ **Work/Cell Phone** _____ **Email** _____

Participant's Name	Gender	Class # Session	Class Name	Fee

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

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

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

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

Mandatory Signature: _____ **Date:** _____

Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.
Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.
Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.
Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services at the time of registration.

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

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

REGISTRATION INFORMATION

- Registration is required for all programs.
- Register online, fax or mail in. Registration will NOT be accepted over the phone. In-person registration is limited. Online registration is encouraged.
- Programs are subject to change without notice.
- A minimum number of participants is required or a class may be cancelled. Sign up early to ensure your class will run.
- Class fees are not prorated for missed classes or late registrations.
- A \$5-10 nonresident fee will apply.
- Full policy for registration is listed at the bottom of the registration form located in this newsletter.

CLASS REFUND POLICY

Please note our refund policy, also located on your registration form:

- 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.

OASIS PARTICIPANT CODE OF CONDUCT

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

CODE OF CONDUCT

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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.



SAFETY PROTOCOLS

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

CLASS REGISTRATION

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

Register online at www.newportbeachca.gov/oasis or use the registration form on pages 8 or 26.



COMPUTER TECHNOLOGY

ONE-ON-ONE TECHNOLOGY TUTORING (ONLINE)

Carole Kamper 949-230-5902
Private instruction designed to zero in on your computer/iPad/iPhone questions. Using the online platform Zoom, you and the instructor will have an opportunity to focus on the skills you want to improve.

- \$53 per 60 minute session. No refunds issued after registration.
- Dates and time will be agreed upon by instructor and student prior to registration.
- Contact the instructor directly for questions and to set up time. Carole.kamper@gmail.com

ORCS4 By Appointment Only M-Th \$53 per hour

COMPUTER BASICS (IN PERSON)

Carole Kamper 949-230-5902
This class is designed as an introduction to computers. You do not need to own a computer to attend. This class will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on "hands-on" use of the mouse and getting comfortable with the keyboard as well as doing some basic Internet searches. You will learn the anatomy of a "window" by exploring the programs WordPad and Paint.

- A \$2 material fee is payable to the instructor.

OASIS COMPUTER LAB

SS1027 W 2/3 -2/24 9:45-10:45am \$68

IPAD BASICS (IN PERSON)

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

SS1030 2/23 Tu 1-3pm \$38
SS1031 3/22 M 10am-Noon \$38

IPHONE FOR BEGINNERS (IN PERSON)

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 iPhone for this class.

- Prerequisite: Computer Basics or equivalent.

OASIS COMPUTER LAB

SS1029 M 3/8 10am-Noon \$38

Classes & Activities



IPHONE MOST USEFUL SECRETS (IN PERSON)

Jake Jacobs jakeair99@gmail.com
 Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.

The free workshop handout will be available for download prior to class or \$15 at the door. Save \$15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.

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

OASIS ROOM 2A

SS1022 2/4 – 2/25 Th 1 – 3 pm \$40

MAKING A SHUTTERFLY PHOTO BOOK (IN PERSON)

Carole Kamper 949-230-5902
 Learn how to make a printable photo album using the website "Shutterfly". Using the Shutterfly smartphone 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 skills with some knowledge of the internet.

OASIS COMPUTER LAB

SS1033 3/16 Tu 1-3pm \$38

ENRICHMENT

A DIFFERENT KIND OF BOOK CLUB

Ellen Huberman ehuberman@me.com
 Join us the first Wednesday of each month at 10:30am for this different take on a book club. We each read a different book based on the topic of the month and go home with a list of interesting reads! For a list of topics, please contact the group leader. Topic for 2/3: Mystery

- Registration is required. Please register online using the code **BOOK**. **Currently the group is full.** Those interested may sign up to be on the waitlist and will be notified if a space becomes available.

OASIS ROOM 5

Group is Full 2/3 W 10:30am-Noon FREE

WRITING YOUR LIFE STORIES 2 (ONLINE)

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

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

ONLINE

ORCS1 1/5-2/23 Tu 10am-Noon \$150



FINE ARTS

CERAMICS- FOR CONTINUING STUDENTS (ONLINE)

Karen Thayer karenthayer@yahoo.com
 This session will allow participants access to weekly scheduled firings of work completed off-site using self-provided tools, clay and glazes. Weekly Zoom meetings with the instructor and participants will offer an exchange of ideas and images along with technical/aesthetic problem solving. **No class 2/17**

OASIS ART CENTER

SS1001 2/3-3/17 W 9am-Noon \$100

FREEHAND DRAWING- BEG/ADV (IN PERSON)

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

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

OASIS ROOM 2A

SS1005 2/24-3/17 W 9-11am \$120

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

Nancy Wahamaki Vasek nwwasek@gmail.com
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. <https://www.linkedin.com/in/nancygandolfwahamaki>. **No class 1/18**

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

OASIS ART CENTER

SS1003 2/22-3/15 M 9AM-NOON \$115

PAINT WITH JIM (ONLINE)

Jim Ellsberry jim@jimEllsberry.com, 310-218-2658
 This class builds on painting fundamentals of color and theory, composition and design, and paint handling. The focus is landscape in oil, but all subject matter and media are welcome. Students may choose to work on their own projects or instructor-supplied assignments. The emphasis is on individual artistic improvement.

- Prerequisite: Students must sign for a Zoom account and have a computer with working camera/microphone to participate. Either PC, laptop, or iPad computers are preferred; smart phones will work but are not as Zoom-friendly.

ONLINE

ORCS2 1/5-2/2 Tu 6-8pm \$155
 ORCS3 2/16-3/16 Tu 6-8pm \$155

FOREIGN LANGUAGE

GERMAN-ADVANCED (ONLINE)

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

BEGINNING FRENCH 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 1/18, 2/15**

- No material fee. Book will be emailed.

ONLINE

SS1010	1/4-2/1	M/W	5-6pm	\$185
SS1011	2/3-3/3	M/W	5-6pm	\$185
SS1012	3/8-3/17	M/W	5-6pm	\$95

BEGINNING FRENCH 2 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 1/18, 2/15**

- No material fee. Book will be emailed.

ONLINE

SS1013	1/4-2/1	M/W	6-7pm	\$185
SS1014	2/3-3/3	M/W	6-7pm	\$185
SS1015	3/8-3/17	M/W	6-7pm	\$95





BEGINNING ITALIAN 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 1/18, 2/15**

- \$20 material fee for purchase of the book. Book will be mailed.

ONLINE

SS1016	1/4-2/1	M/W	5-6pm	\$185
SS1017	2/3-3/3	M/W	5-6pm	\$185
SS1018	3/8-3/17	M/W	5-6pm	\$95

BEGINNING ITALIAN 2 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 1/18, 2/15**

- \$20 material fee for purchase of the book. Book will be mailed.

ONLINE

SS1019	1/4-2/1	M/W	6-7pm	\$185
SS1020	2/3-3/3	M/W	6-7pm	\$185
SS1021	3/8-3/17	M/W	6-7pm	\$95

BEGINNING SPANISH 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.

- \$30 material fee for purchase of the book. Book will be mailed.

ONLINE

SS1009	1/6-2/24	W	4-5pm	\$185
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LET'S GO TRIPPIN'

VIRTUAL TRAVEL PRESENTATIONS

Presented and narrated by Nino Mohan, Travel Expert



Every Saturday at 11am or 3:30pm

View our website for the full schedule.

Join us online each Saturday for a virtual travel show presented and narrated by Nino Mohan, local Travel Expert. New locations are visited each week, either with a live or prerecorded slideshow including photos, videos and personal narration by Nino himself. For a schedule of the upcoming shows, please visit our website. The slide shows are free.



FOR ONLINE VIEWING DIRECTIONS,
 VISIT OUR WEBSITE,
WWW.NEWPORTBEACHCA.GOV/OASIS



CLASS REGISTRATION

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

Register online at
www.newportbeachca.gov/oasis
 or use the registration form on
 pages 8 or 26.



SAFETY PROTOCOLS

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

FITNESS

BARRE STRETCH & STRENGTH (IN PERSON OR ONLINE)

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

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

OASIS DANCE ROOM-IN PERSON

SS1648	1/4-2/8	M	10:15-11:00am	\$105/5
SS1649	1/8-2/12	F	10:15-11:00am	\$125/6
SS1650	2/22-3/15	M	10:15-11:00am	\$85/4
SS1651	2/26-3/19	F	10:15-11:00am	\$85/4

ONLINE

ORCS80	1/4-2/8	M	10:15-11:00am	\$80/5
ORCS81	1/4-2/8		(access anytime)	\$145

- Online registration includes: A new link is sent every Monday just prior to class to a new private, password-protected video.
- Anytime Access: If you are enrolled in the Anytime Access version of this class, you can view your video any time & as often as you want during the session.
- Requirements: Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection. If viewing on mobile device, you need the Google Drive app. If you need assistance, call 949-644-3244.

CHAIR EXERCISE (IN PERSON)

Judy Aprile

jjjaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated.

OASIS EVENT CENTER

SS1523	1/4-1/25	M/W	10:30-11:15am	\$34/6
SS1524	2/1-2/22	M/W	10:30-11:15am	\$34/6
SS1525	3/1-3/24	M/W	10:30-11:15am	\$43/8

No class 2/15

PHYSICAL TRAINING (IN PERSON)

Judy Aprile

jjjaprile@gmail.com

This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

OASIS EVENT CENTER

SS1503	1/4-1/29	MWF	8-8:45 am	\$53/10
SS1509	2/1-2/26	MWF	8-8:45 am	\$48/9
SS1510	3/1-3/26	MWF	8-8:45 am	\$57/11
SS1511	1/4-1/29	MWF	9:15-10:00 am	\$53/10
SS1512	2/1-2/26	MWF	9:15-10:00 am	\$48/9
SS1513	3/1-3/26	MWF	9:15-10:00 am	\$57/11

No class 2/5, 2/15, 2/24, 3/5

HEAD TO TOE FITNESS (IN PERSON)

Keith Glassman

keith.glassman@gmail.com

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

- Bring your own hand weights and resistance bands.

OASIS EVENT CENTER

SS1516	1/5-1/28	Tu/Th	8-9 am	\$65/8
SS1517	2/2-2/25	Tu/Th	8-9 am	\$65/8
SS1518	3/2-3/18	Tu/Th	8-9 am	\$50/6

STRONG, HEALTHY BONES AND BALANCE MAT/STANDING (IN PERSON)

Kathryn Rollins

info@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. Bring 1.5 lb. ankle weights and a mat.

OASIS DANCE ROOM

SS1542	1/5-2/2	Tu	10:00-11:00am	\$89/5
SS1543	2/9-3/16	Tu	10:00-11:00am	\$98/6

Classes & Activities (949) 644-3244

BALLET BARRE (IN PERSON)

Michelle Caumiant Zehnder mcaumiant26@gmail.com
 In this adv/beg class we will be focusing on proper body alignment, balance, coordination, stamina through graceful movements that help build strength and understanding for Ballet dancing off the barre. The center floor work will be learning varied Ballet combinations using what we learned at the barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions.

OASIS DANCE ROOM

SS1602 2/19-3/19 F 11:30am-12:20pm \$70/5

INTRO TO THE MELT METHOD OF SELF CARE (IN PERSON)

Yvette Casal meltwithyvette@gmail.com 714-520-1427
 For anyone new to the MELT Method, this class must be taken prior to taking the 1 hour class. Erase pain and tension brought on by everyday stress, aging and overuse. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis and carpal tunnel syndrome. In this 40 minute class Yvette will teach you the four Rs of MELT: reconnect, re-balance, re-hydrate and release so you can develop a home practice.

- Please bring a mat and water to drink
- New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

OASIS DANCE ROOM

SS1581 1/5-2/2 Tu 1-1:40pm \$62/5
 SS1582 2/16-3/16 Tu 1-1:40pm \$62/5

MELT METHOD (IN PERSON OR ONLINE)

Yvette Casal meltwithyvette@gmail.com 714-520-1427
 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 option is available, information to join the Zoom meeting will be sent by the instructor once online registration is completed.**

- Please bring a mat and water to drink
- Please contact instructor for a list of equipment needed, meltwithyvette@gmail.com

OASIS DANCE ROOM- IN PERSON

SS1583 1/19-3/9 Tu 2-3pm \$80/6

IYENGAR YOGA (IN PERSON)

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.

- 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

SS1585 1/4-2/8 M 10-11:15am \$75/5
 SS1586 1/7-2/11 Th 10-11:15am \$75/5
 SS1587 1/4-2/11 M/Th 10-11:15am \$135/10
 SS1588 2/22-3/15 M 10-11:15am \$61/4
 SS1589 2/25-3/18 Th 10-11:15am \$61/4
 SS1590 2/22-3/18 M/Th 10-11:15am \$109/8

MEDITATION AND MINDFULNESS (IN PERSON)

Jessi Moon Conder jessi@letsenlightentogether.com
 You'll gain tools to direct your mind, increase your energy, improve your focus, and gain clarity and inspiration. Beginner to advanced meditation and mindfulness tools offered. You deserve to live in your highest quality of energy. This class supports your development in this science proven practice at increasing happiness and peace! Jessi has been teaching and sharing this technique for 10 years and she looks forward to meeting you!

- Please wear comfortable clothes for light stretching.
- Class will be held outside.

COURTYARD

SS1701 1/5-2/2 Tu 1-2pm \$105/5
 SS1702 2/9-3/16 Tu 1-2pm \$105/5

HATHA YOGA (IN PERSON)

Danielle Hernandez
 This is a 60-min hatha yoga class that involves floor-based exercises performed on a mat. Students must be able to get up and down from the ground independently without the risk of losing balance. Most of the yoga poses will be performed on the ground in the following positions: hands and knees on the ground, seated on the ground, sideways lying, or lying on the back. Some exercises may be performed standing on the mat. Students must bring their own mat, blanket and small towel. Students are welcome to also bring yoga blocks or bolsters if needed. Due to COVID-19, no shared yoga equipment (i.e., blocks and bolsters) can be provided

OASIS COURTYARD

SS1564 1/6-2/3 W 11:00am-12pm \$75/5
 SS1565 2/10-3/10 W 11:00am-12pm \$75/5

BETTER LIFE BOXING (IN PERSON)

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.

- 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.

COURTYARD

SS1628	1/4-2/22	M	3:30-4:30pm	\$77/4
SS1629	3/1-3/15	M	3:30-4:30pm	\$59/3
SS1631	1/7-2/18	Th	3:30-4:30pm	\$95/5
SS1632	2/25-3/18	Th	3:30-4:30am	\$77/4

COURTYARD

SS1634	1/7-2/18	Th	8:30-9:30am	\$95/5
SS1635	2/25-3/18	Th	8:30-9:30am	\$77/4

No class 1/18, 1/25, 1/28, 2/1, 2/4, 2/15

PILATES (IN PERSON)

Kathryn Rollins

info@ahappybalance.com

949-422-9834

This Pilates beginning/intermediate class is taught with strength, alignment and flexibility in mind. Throughout each class, participants are taught proper functional movement so their bodies can be maintained and injuries prevented. Taught by a nurse who specializes in injury prevention and injury management. Bring a mat and patience.

OASIS DANCE ROOM

BEGINNING/INTERMEDIATE

SS1613	1/5-2/2	Tu	8:45-9:45am	\$89/5
SS1615	1/7-2/4	Th	7:30-8:30am	\$89/5
SS1616	2/9-3/16	Tu	8:45-9:45am	\$98/6
SS1618	2/11-3/18	Th	7:30-8:30am	\$98/6

STRONG, HEALTHY BONES AND BALANCE MAT/STANDING (IN PERSON)

Kathryn Rollins

info@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. Bring 1.5 lb. ankle weights and a mat.

OASIS DANCE ROOM

SS1542	1/5-2/2	Tu	10:00-11:00am	\$89/5
SS1543	2/9-3/16	Tu	10:00-11:00am	\$98/6

ZUMBA GOLD® DANCE FITNESS (IN PERSON OR ONLINE)

CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and 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!

OASIS DANCE ROOM-IN PERSON

SS1551	1/4-2/8	M	9-10am	\$95/5
SS1552	1/6-2/10	W	9-10am	\$113/6
SS1553	1/7-2/11	Th	9-10am	\$113/6
SS1557	1/8-2/12	F	9-10am	\$113/6
SS1554	2/22-3/15	M	9-10am	\$77/4
SS1555	2/24-3/17	W	9-10am	\$77/4
SS1556	2/25-3/18	Th	9-10am	\$77/4
SS1558	2/26-3/19	F	9-10am	\$77/4

ONLINE

ORCS82	1/4-2/8	M	9:00-10:00am	\$80/5
ORCS83	1/4-2/8		(anytime access)	\$145

- Anytime Access: If you are enrolled in the Anytime Access version of this class, you can view your video any time & as often as you want during the session.
- Requirements: Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection. If viewing on mobile device, you need the Google Drive app. If you need assistance, call 949-644-3244.



MUSIC & DANCING

BALLET II (IN PERSON)

Michelle Zehnder Caumiant mcaumiant26@gmail.com
 Join us in learning the graceful beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 2 years of dance at some time in their lives but students may adapt the lesson as needed. Please wear comfortable clothing and ballet slippers by the second class meeting.

OASIS DANCE ROOM-IN PERSON

SS1601 2/16-3/16 Tu 11:30am-12:30pm \$70/5

DANCE WORKSHOP (IN PERSON)

Michelle Zehnder Caumiant mcaumiant26@gmail.com
 This dance workshop incorporates many styles of dance seen on stage and television. 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.

- At least one year of dance experience is advised.
- Please wear ballet or jazz shoes by the second class.

OASIS DANCE ROOM

SS1603 2/13-3/13 Sa 11-12:30pm \$105/5

INTRO TO BROADWAY DANCE (IN PERSON)

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
 Come 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. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities.

OASIS DANCE ROOM

SS1646 1/6-2/10 W 10:15-11am \$125/6

SS1647 2/24-3/17 W 10:15-11am \$85/4

VIRTUAL GROUP DRUMMING (ONLINE)

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

LIVE ZOOM MEETING

RSVP Not Required 1/13 W 10:00am-11:00am FREE

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

CHAIR DANCE & FITNESS (ONLINE)

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
 Keep your body and mind as healthy as you can. Did you know can reverse the signs of aging in your brain when you learn some simple dance steps that can be done sitting in the chair? Chair exercise has easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to energizing music and have a joyful time moving with our uplifting instructors. Great for older adults and injury recovery.

- Online registration includes: A new link is sent every Monday just prior to class to a new private, password-protected video.
- Anytime Access: If you are enrolled in the Anytime Access version of this class, you can view your video any time & as often as you want during the session.
- Requirements: Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection. If viewing on mobile device, you need the Google Drive app. If you need assistance, call 949-644-3244.

ONLINE

ORCS84	1/4-2/8	M	11:15am-Noon	\$65/4
ORCS85	1/4-2/8		(access anytime)	\$125

CLASS REGISTRATION

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

Register online at www.newportbeachca.gov/oasis or use the registration form on pages 8 or 26.





HARKER, CAMPBELL & BELFIELD LLP
A Limited Liability Partnership

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 Registration will NOT be accepted over the phone.
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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.

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OASIS FITNESS CENTER

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<https://www.newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis/fitness-center/past-weekly-challenges>

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

