

OASIS news

Older
Adult
Social &
Information
Services

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

JUNE 2023

VOL. 47 NO. 6

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

CITY OF NEWPORT BEACH STAFF:

City Manager: Grace Leung
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 Battioli- Caputo
Office Assistant: Stephanie Melero
Care-A-Van Drivers: Blanca Olazo
Jose Cardenas
Raul Cano
Araceli Gonzalez
Michael Hastert

FRIENDS OF OASIS STAFF:

Berenice Barajas
Rose Chikilian

AGE WELL MEALS STAFF:

Julie Sarantopoulos

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Council Member: Robyn Grant
Council Member: Lauren Kleiman
Council Member: Joe Stapleton
Council Member: Erik Weigand

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Scott Paulsen
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CONNECT WITH US



@CITYOFNEWPORTBEACH

Melissa Gleason

SENIOR SERVICES MANAGER



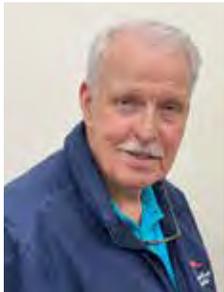
Next up, the newest member on our team, Savannah Bonifay. Savannah and I share the same passion for health education, both earning our B.S. in Health Science from CSULB. She has proven to be an asset to the Fitness Center and understands the importance of staying physically healthy at all stages in our lives. She also works hard, along with the staff, to maintain a safe, clean and enjoyable environment for our members. Savannah is working on a fun summer challenge for our “FC” Members, if it’s your kind of thing sign up! - Melissa

Hello everyone! My name is Savannah Bonifay, I am the Fitness Center Coordinator. It has been my pleasure to work for the City of Newport Beach the past two years. I began working for the City in the role of a Recreation Leader, during this time I completed my B.S. in Community Health Education, at Cal Stat Long Beach. In my current role, I am responsible for the OASIS Fitness center, the personal training program, assisting my supervisor with the Community Resource Expo, overseeing our part-time staff, and currently planning the Summer Fitness Challenge – stay tuned for more information! Recently the Fitness Center has undergone some exciting changes including the installation of four new pieces of equipment. I encourage you to stop by and take a look!



A little note about me – I love the outdoors and staying active! I enjoy camping, surfing, rock climbing, and running! Last month I took part in the OC Half Marathon, my goal is to one day run the full 26 miles. If anyone has suggestions on marathon training, please stop by the Fitness Center and let me know!

Savannah



John Carroll

FRIENDS OF OASIS PRESIDENT

Hi Everybody!

The official first day of Summer is June 21st, and here on the West Coast it arrives at 7:58 Pacific Daylight Time that day. Even a little June Gloom is acceptable this year if it will just remain consistently warmer!

Over the years, I’ve always been amazed at the concentration of talent of our volunteers and city staff. All in one place, we are blessed with individuals and groups who consistently provide services for our members— and they do it with joy and smiling faces! It is my habit to thank these individuals and groups for the great things

they do, and in this letter, I want to recognize Rose Chikilian and Berenice Barajas— the Friends of OASIS staff. These two women are the backbone of Friends of OASIS! They are responsible for our behind the scenes operations. I am always blown away by their kindness, patience and expertise in all they do. When you’re at the Center, please drop into the Friends’ office and give Rose and Berenice a pat on the back! They are wonderful!

I want to apologize to the entire Friends’ membership for the huge “hiccup” in the Friends of OASIS election process last month. Each year in May, the voting for directors is conducted, and the ballots are printed in the May issue of this magazine. The printing of the ballots came off as planned, but the envelopes for returning the ballots to the Friends’s office were not inserted in the magazine. We immediately sent out email blasts asking members to mark the ballots from the magazine, put them in a blank envelope, making sure to put their name and address in the upper left hand corner, and mail it back to Friends or bring the ballot to the office. I am pleased to say we have received a very large flow flow of ballots both via mail and in person drop offs, so we are confident we achieved a normal amount of votes. The voting ends on June 2 at the monthly luncheon. Sorry for the mix up. I’ll see you around the Center.



John

The Friends of OASIS
MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, JUNE 2, 10:00AM

• \$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

MENU: SANDWICHES FROM GARY'S DELI, CHIPS AND DESSERT

ENTERTAINMENT: TEARS OF JOY

SPONSORED BY: DIGNITY MEMORIAL- PACIFIC VIEW MEMORIAL PARK

FRIENDS OF OASIS 949-718-1800

PHONE SCAMS

ANYONE can get scammed...

Don't wait until you're a victim!

Find out what the latest scams are and how to protect yourself

**Tuesday, June 13
 10:00 am Room 5**

Topics to be covered:

- The most common types of scams targeting seniors
- The use of fear and hope to complete the scams
- How to successfully combat the scam attempts
- Resources available regarding phone scams

Presented by:

Steve Levin, HYPD Volunteer Services



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



OASIS SENIOR CENTER
 801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL GROUP

WAYNE R. SCOTT



**AIR FORCE
 RESPONSE TO 9/11**

TUESDAY, JUNE 20, 2023

11:30 AM

EVENT CENTER

RSVP 949-644-3244

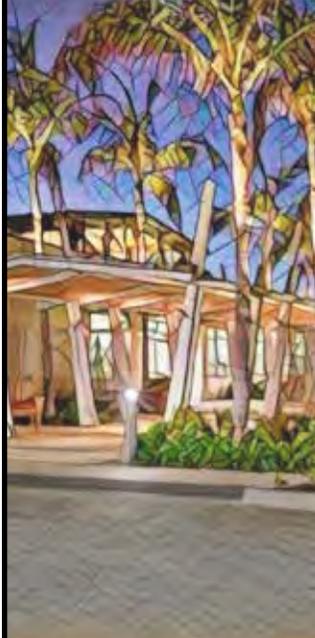


Veterans of all ages are welcome
 Pizza, soda & water provided



The OASIS SENIOR CENTER presents

TUESDAY NIGHT LECTURE



GROW FOOD ANYWHERE

Presented by UC Master Gardeners of OC

June 20 @ 5:30 PM

You can grow it here or there...you can grow it anywhere! Learn about the many places available for growing edible plants - the pros and cons of each - and the three components necessary for success: sun, soil, and water. UC Master Gardeners of Orange County will tell you how to transform your garden with smart choices of veggies, herbs, and fruit. Add some knowledge of integrated pest management, care and feeding, and harvesting your bounty.

CALL 949-644-3244 OR EMAIL TO RSVP
OASISCENTER@NEWPORTBEACHCA.GOV

OASIS Senior Center Event Center
 801 Narcissus Ave, Corona Del Mar, CA 92625

HOAG Community Health presents

HOT, HOT, HOT! TURNING DOWN THE HEAT ON INFLAMMATION

Inflammation is a natural process to repair injury in our bodies, but sometimes, it's like a forest-fire out of control! If our internal inflammation gets out of control, it can lead to many diseases. Come and learn how we can put out the flames and reduce the inflammation that is burning us out!

Presented by: Barbara Leland, AADP, CHHC

Wednesday, June 21 10-11am | Room 1

Please **RSVP** to (949) 644-3244 or email OASIScenter@newportbeachca.gov




**OASIS PRESENTS:
MEAL & A MOVIE**

WEDNESDAY, June 28
EVELYN HART EVENT CENTER
MEAL AT NOON | MOVIE AT 1PM

Please call 949-718-1820 by Friday prior to request a meal.

SAVING MR. BANKS

Synopsis: Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition.

Running time: 125 minutes.




**AROUND THE WORLD
WINE &
CHEESE
SOCIAL**

**THURSDAY, JUNE 29
4:00 PM**

*Event will be held outdoors in the Courtyard

Join us for relaxing entertainment, light refreshments and a glass of wine.

Event is for ages 21+

Tickets on sale June 1
\$5 in the Admin Office or call 949-644-3244

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, June 27 • 10:00am - 12:00pm • Room 1
THAILAND, INDIA'S ISLANDS, SRI LANKA, AND MALDIVES

Start our journey Bangkok, drive north through the beautiful country to Bridge on the River Kwai, Ayuthaya, Phitsanulok to Chiang Mai, visit ethnic villages, see the golden triangle in Chiang Rai, fly to the beaches of Thailand, Phuket, Krabi and more.

India's remote Andaman and Nicobar Islands are a group of 572 islands of Bengal and Andaman Sea. Start in the capital Port Blair, see Port Blair jail, a local church and fantastic beaches of Havelock Island and other islands, also see the unusual Nicobar pigeon.

Fly to modern Colombo Sri Lanka, see the highlights then drive to Pinnawela Elephant Sanctuary, see scores of elephants frolicking in the river, continue to central Sri Lanka and visit Sigiriya Rock with Buddhist wall paintings, tour some of the Buddhist sites of Anuradhapura, Polonnaruwa and a national park. Drive to Kandy, enroute climb the unusual Dambulla Cave.

Visit the magical Islands of Maldives and see many luxury remote one island resorts with their over-water bungalows and water sports activities.

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






NBAF PRESENTS THE
18TH ANNUAL
Art in the Park

**CALLING ALL FINE
ARTISTS & ARTISANS!**

SAT, SEPT. 23, 2023
10am - 4pm

Paintings + Ceramics + Sculpture
Jewelry + Woodcraft
Mixed Media + Glass Art
Photography



NewportBeachArtsFoundation.org

Alzheimer's
ORANGE COUNTY

**ALZHEIMER'S
SUPPORT
GROUP**

For family members and caregivers

**2ND & 4TH WEDNESDAYS
OF THE MONTH**

10:00 AM * ROOM 5

NO RSVP REQUIRED

Share support and receive valuable information
and resources from people who understand



Brought to you by:
Alzheimer's
ORANGE COUNTY



**FREE
MEMORY
SUPPORT
SERVICES**

- Memory Screenings
- Personalized, In-Depth Guidance
- Linkage to Resources
- MindFitOC: Ways to Maintain Brain Health

Call for a free appointment
949-644-3244



**THE FRIENDS OF THE
NEWPORT BEACH LIBRARY**

BOOK SALE

Friday, June 2
1:00-4:00pm
MEMBERS ONLY
Books 3/\$1

Saturday, June 3
9:00am-2:00pm
\$3/bag (We supply the bags)

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





Spring Connections

Join this warm, inviting discussion group and meet some new people!

Every Thursday at 2:00 pm
OASIS Room 5

Facilitated by Joyce Swaving, Shanti OC




The Good Grief Café

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

2nd & 4th Thursdays of the month

10:00 AM

Room 5

No RSVP needed
Questions: (949) 644-3244



SAME DAY RIDE SERVICE



NEW REQUEST HOURS

EFFECTIVE: JUNE 1, 2023



SAME DAY RIDES:

REQUEST TIMES: 7:30AM TO 8:30AM

DAYS: TUESDAYS & THURSDAYS

Call 949-644-3244
*Must be pre-registered.




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 9am-11am FREE

8 newportbeachca.gov/oasis Admin - 949-644-3244

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

ALZHEIMER'S SUPPORT GROUP

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

Location: OASIS Room 5

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

THE GOOD GRIEF CAFE

An informal grief group facilitated by CareChoices Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey. No RSVP required. For more information please call 949-644-3244.

Location: OASIS Room 5

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

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son/daughter, brother/sister, or a grandchild; helping others better assist the grieving family. No RSVP required. For more information please call Basia Mosinski at 844-444-8231.

Location: OASIS Room 5

RSVP not Required 3rd Wednesday 6:30pm FREE

VETERANS SOCIAL GROUP

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

Guest Speaker: Wayne R. Scott

Topic: Air Force Response to 9/11

Location: Event Center-A

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

TRANSPORTATION CLIENTS

OASIS is offering two shopping trips this month:

99 Cent Store on Thursday, June 8
and
Target Store on Thursday, June 29



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

Friends of OASIS - 949-718-1800



OASIS SENIOR CENTER

TRANSPORTATION SERVICE

The OASIS Senior Center provides curb-to-curb transportation

ABOUT THE SERVICE:

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

ELIGIBILITY:

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

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

Same Day Rides: Tuesday & Thursday; Calls must be received between 7:30-8:30am

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



***For more information, call 949-644-3244**

Meal Services

AGE WELL SENIOR SERVICES-LUNCH 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 are appreciated

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

MEALS ON WHEELS-HOME DELIVERED MEALS

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

Age Well

Orange County's partner in aging

Lets do Lunch

Monday through Friday

12:00 – 12:30 PM

A contribution of \$5.50 is greatly appreciated but not required to dine.

Fresh & Delicious Meals by Zest



Reserve your spot at Oasis by calling today

949-718-1820

SAMPLE MENU

Cheeseburger w/ Lettuce, Tomato Potato Salad Pineapple Parfait Milk	Deviled Egg Sandwich Potato Leek Soup Orange Juice Brownie Milk	Salmon Tuscan Pasta Herb Roasted Carrots Cookie Milk	Pulled Pork Sliders Coleslaw Orange Cookie Milk	Spaghetti & Meatballs Broccoli Medley Cookie Milk
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CLASS REFUND POLICY

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



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman ehuberman@me.com
Join us the first Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads.

Topic: Western

OASIS Room 5

RSVP not required 1st 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

SS3083 6/15 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 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

SS3080 6/22-7/27 Th 7:30-9pm \$198/6

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

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson [949-675-5182](tel:949-675-5182)
Sail the vast seas of English and American short fiction. Discover works of modern authors like Updike, Salinger and Proulx, and revisit classic short stories by writers like Twain, Faulkner, Fitzgerald and Joyce. 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

SS3059 6/16-9/8 F 10am-Noon \$95/13

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 both Wednesday and Thursday to complete the 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 7/19 & 7/20 W/Th 1-5pm \$20/\$25

KNITTING

Golda **949-673-7553**
This group of experienced needle-workers meets weekly to work on individual projects.
OASIS Room 3
RSVP not required Ongoing W 12-3pm Free

OASIS PLAYERS

May Kramer
Like to perform? Act, sing, dance? Join the OASIS Players!
OASIS Room 2A
RSVP not required W 1-3pm Free

SHORT STORY DISCUSSION

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

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 6/13 & 6/27 Tu 3-4:30pm Free

TRAVEL SHOWS WITH NINO

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

WRITING ROUNDTABLE

Jos Vloet **vloetjzef@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; the instructor 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.

- **Please Bring:** Supplies to class, material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A

SS2006	5/17-6/14	W	9-11am	\$120/5
SS3005	7/12-8/30	W	9-11am	\$192/8

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.

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

OASIS Art Center

SS2004	5/15-6/12	M	9am-Noon	\$92/4
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OIL PAINTING- INTERMEDIATE

Jim Ellsberry **jim@jimEllsberry.com** **310-218-2658**
Students work from instructor photos OR their own projects. Focus is on drawing, color (hue, value, chroma), and edges in painting. Instructor works in traditional oil, but all media are acceptable. Class demos include color mixing and steps to complete a painting. **No class 7/3**

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

OASIS Art Center

SS3060	6/12-7/17	M	1-3:30pm	\$240/5
SS3061	7/31-8/28	M	1-3:30pm	\$240/5

WATERCOLOR-BEGINNING

Chris Sullivan chrissullivanart@gmail.com

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

- **Please Bring:** Materials list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS3040 7/12-8/16 W 9am-Noon \$146/6

WATERCOLOR & MIXED MEDIA

Chris Sullivan chrissullivanart@gmail.com

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

- **Please bring:** material list will print on receipt.
- **Prerequisite:** good control and understanding of basic watercolor techniques.

OASIS Art Center

SS3042 7/12-8/16 W 1-4pm \$146/6

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



Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

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

Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. Selections will be by 20th-century Maurice Leblanc and Marcel Proust, observer of the Belle Époque. Reading at home and in class will be followed by written answers to questions and by classroom discussion. Please contact instructor for specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French. Class is ongoing; check with instructor for updated information

OASIS Room 2B

SS3008 6/14-9/7 W 10am-Noon \$95/13

FRENCH-INTERMEDIATE

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

OASIS Room 4

RSVP required M 1-2:30pm 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.

- 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

SS3047	6/12-6/28	M/W	5-6pm	\$165/6
SS3048	7/10-8/2	M/W	5-6pm	\$204/8
SS3049	8/7-8/30	M/W	5-6pm	\$204/8

OASIS Room 1B

Beginning Italian 1

SS3053	6/12-6/28	M/W	5-6pm	\$165/6
SS3054	7/10-8/2	M/W	5-6pm	\$204/8
SS3055	8/7-8/30	M/W	5-6pm	\$204/8

Beginning Italian 2

SS3056	6/12-6/28	M/W	6-7pm	\$165/6
SS3057	7/10-8/2	M/W	6-7pm	\$204/8
SS3058	8/7-8/30	M/W	6-7pm	\$204/8

OASIS Room 2A

Beginning Spanish 1

SS3044	6/12-6/28	M/W	6-7pm	\$165/6
SS3045	7/10-8/2	M/W	6-7pm	\$204/8
SS3046	8/7-8/30	M/W	6-7pm	\$204/8

GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

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

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

OASIS Room 4

RSVP required Th Returns in Sept 1-2pm Free

GERMAN-ADVANCED

Robert H. Friis, PhD

r-c-friis@cox.net

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

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper

949-230-5902

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

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

DRP300 \$60 per hour

A SAMPLING OF APPS

Carole Kamper

949-230-5902

Explore just a sampling of the many "APPS" that are available on your iPhone/Smartphone or iPad/tablet including: Uber and Lyft, Travel, Currency Exchange and Maps, eBooks (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.

OASIS Computer Lab

SS2029	6/8	Th	1:30-3:30pm	\$42/1
SS3028	6/27	Tu	1-3pm	\$40/1
SS3029	8/28	M	10:30-12:30pm	\$40/1

APPLE IPHONE FOR BEGINNERS

Carole Kamper

949-230-5902

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

OASIS Computer Lab

SS2022	6/7	W	10:30am-Noon	\$42/1
SS3020	7/10	M	10:30am-12:30pm	\$40/1
SS3021	8/22	Tu	1-3pm	\$40/1



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

- **Requirements:** Includes Apple Watch Series 1 through 7 and Watch OS 8.
- **Materials:** Workshop handout will be available for download prior to class or \$15 at the door. Save \$15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.

OASIS Room 2
SS3119 6/29 Th 1-3pm \$20/1

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.

- **Requirement:** This class is only for users who have an iPhone 8 or newer with iOS 16 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2B
SS3144 7/27 Th 1-3pm \$15/1

COMPUTER SKILLS- INTERMEDIATE

Carole Kamper 949-230-5902

This class is for participants who have had some prior experience with Windows 10. You do not need to own a computer to attend. It will familiarize you with working with folders and files. Emphasis will be on the use of the programs included in Microsoft Windows such as Calendar, Calculator and Sticky Notes. The steps in creating, saving and retrieving files will be reviewed using Paint 3-D, WordPad.

- **Prerequisite:** Computer Basics and basic internet skills

OASIS Computer Lab
SS3030 8/2-8/9 W 10:30-Noon \$45/2

DIGITAL PHOTO EDITING

Barbara Yin Milbert pacpal33@yahoo.com

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

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

OASIS Computer Lab
SS3143 8/3-8/10 Th 11am-Noon \$40/2

EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab
SS3032 6/20 Tu 10am-Noon \$40/1

EBAY 2

Barbara Yin Milbert pacpal33@yahoo.com

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

- **Prerequisite:** eBay 1 or equivalent and basic computer skills.
- **Requirement:** Must have an eBay and PayPal account.

OASIS Computer Lab
SS3033 8/24-31 Th 11am-Noon \$40/2

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
SS3038 6/22-7/13 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

SS3037 6/22-7/13 Th 11am-Noon \$70/4

EXCEL REFRESHER

Barbara Yin Milbert pacpal33@yahoo.com

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

- **Prerequisite:** Intro to Excel or equivalent

OASIS Computer Lab

SS3142 8/24-8/31 Th 9:45-10:45am \$40/2

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

SS3140 8/3-8/10 Th 9:45-10:45 \$40/2

INTRODUCTION TO POWERPOINT

Barbara Yin Milbert pacpal33@yahoo.com

Learn to open and save a new PowerPoint presentation document. Insert pictures to your document, and more. Some knowledge about Word would be helpful.

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

OASIS Computer Lab

SS3139 7/27 Th 10am-Noon \$40/1

MAKING A SHUTTERFLY & AWESOME BOX

Carole Kamper 949-230-5902

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Awesome Box is an online software that gives friends and family a way to share special occasions, photos and messages. These cards are then printed and are true keepsakes. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS2027 6/6 Tu 1:30-3:30pm \$42/1

SS3026 7/19 W 10:30am-12:30pm \$40/1

SS3027 8/29 Tu 1-3pm \$40/1



IPAD BASICS

Carole Kamper 949-230-5902

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

OASIS Computer Lab

SS3023 6/28 W 10:30am-12:30pm \$40/1

SS3024 8/15 Tu 1-3pm \$40/1

Cards & Games

BRIDGE- COMPETITIVE BIDDING

Rose Reynolds pareynolds@aol.com

Do you know how to compete when the opponents interfere? Learn preemptive bidding, overcalling and advancing the overcall, takeout doubles, and the competitive auction. Learn how to prevent the opponents from buying the contract when it should be you and your partner's.

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

OASIS Room 3

SS3018 6/13-6/29 Tu/Th 9:30-11am \$120/6

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 four session 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 (materials)

OASIS Room 3

SS3019 8/8-8/17 Tu/Th 9:30-11am \$80/4



BRIDGE- TWO OVER ONE BIDDING GAME FORCE SYSTEM

Rose Reynolds pareynolds@aol.com
 Learn how a small modification can make it easier for the partnership to: Get to the best game contract. Explore the possibility of slam. Learn how using a response of 1NT as a forcing bid can improve the partnership results, even on partscore hands.

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

OASIS Room 3

SS3120 7/11-7/14 Tu/Th/F 9:30-11am \$60/3

DUPLICATE BRIDGE

Terry and Gene Casavant [949-854-8138](tel: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](tel: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

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Terry Sweeney [208-920-9085](tel:208-920-9085)

101: Allow me to introduce you to the exciting, action-packed game of Mah Jongg. This tile game has been played in the U.S. since the late 1930s and is popular worldwide. Join us for fun and laughter. Come experience the thrill of your first Mah Jongg.

201: Beginners, welcome back to Part 2! You aren't going to want to miss the fun. Please bring your current Card of Hands.

- **Prerequisite:** American Mah Jongg for Beginners 101

OASIS Room 3

American Mah Jongg for Beginners 101

SS2014 5/4-6/8 Th 1:30-3:30pm \$135/6

American Mah Jongg for Beginners 201

SS2016 5/1-6/5 M 9:30-11:30pm \$115/5

SS3015 6/15-7/20 Th 1:30-3:30pm \$135/6

SS3016 7/24-8/28 M 9:30-11:30am \$135/6

NEW! MAH JONGG HOSTED PLAY BY TERRY

Terry Sweeney [208-920-9085](tel:208-920-9085)

Are you a beginning Mah Jongg player seeking to develop your skills, meet new people, and transition from a beginner to an intermediate player? If so please join us for fun and laughter. All beginners welcome.

- Bring your American Mah Jongg card

OASIS Room 3

SS3050 6/12-7/17 M 9:30-11:30pm \$135/6

SS3051 7/27-8/31 Th 1:30-3:30pm \$135/6

MAH JONGG

Doris Melnick [949-644-2600](tel:949-644-2600)

Experienced players meet to play.

- American Mah Jongg card and rules only.

OASIS Room 3

RSVP Not Required Ongoing M/F 12:30pm-3:30pm FREE



FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class 7/3, 7/7**

OASIS Dance Room

SS3501	6/12-8/28	M	10:15-11:00am	\$203/11
SS3502	6/16-8/25	F	10:15-11:00am	\$185/10

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 7/20, 7/27**

- **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

SS3503	6/12- 7/3	M	3:30-4:30pm	\$85/4
SS3504	7/10-7/31	M	3:30-4:30pm	\$85/4
SS3505	8/7-8/28	M	3:30-4:30pm	\$85/4
OASIS Room 1				
SS3506	6/15-7/13	Th	3:30-4:30pm	\$95/5
SS3507	8/3-8/31	Th	3:30-4:30pm	\$95/5
DRP361	Drop-In (No Refunds)			\$20/1



COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu

This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor.

OASIS Event Center

Ongoing	6/12-8/4	M	11:30-12:30pm	Free
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CHAIR EXERCISE

Judy Aprile jjjaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 6/14, 7/12, 8/9**
OASIS Event Center

SS2513	6/5-6/28	M/W	10:05-11:00am	\$44/7
SS3508	7/10-7/31	M/W	10:05-11:00am	\$38/6
SS3509	8/2-8/30	M/W	10:05-11:00am	\$49/8

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 7/17, 7/19**

- **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

SS3510	6/12-7/27	M/Th	1:30-2:30pm	\$180/12
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GOLF

Greg Nelson greghbnelson@me.com

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9:00 am. We normally have up to 4 tee times and between 12-18 "member" players.

- The format is team competition, picked randomly.
 - Handicaps range from 10 to maximum 30.
 - Contact greghbnelson@me.com for available openings.
- RSVP Required Ongoing M/W/F See above

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 7/4**

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

OASIS Event Center

SS3514	6/13-7/11	T/Th	8-9am	\$65/8
SS3515	7/13-8/8	T/Th	8-9am	\$65/8
SS3516	8/10-8/31	T/Th	8-9am	\$58/7
DRP364	Drop-In (No Refunds)			\$20/1

Classes

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.

- **Please Bring:** A sticky mat and 3 firm blankets. Students generally spend about \$45-60 on these items. More details will be given the first day of class.

OASIS Room 1

SS3520	6/12-6/26	M	10-11:15am	\$59/3
SS3523	7/10-7/31	M	10-11:15am	\$77/4
SS3526	8/7-8/28	M	10-11:15am	\$77/4
SS3521	6/15-6/29	Th	10-11:15am	\$59/3
SS3524	7/13-8/3	Th	10-11:15am	\$77/4
SS3527	8/10-8/31	Th	10-11:15am	\$77/4
SS3522	6/16-6/30	F	2-3:15pm	\$59/3
SS3525	7/14-7/28	F	2-3:15pm	\$59/3
SS3528	8/11-8/25	F	2-3:15pm	\$59/3

2-days a week

SS3529	6/12-6/30		above days/times	\$107/6
SS3530	7/10-8/3		above days/times	\$141/8
SS3531	8/7-8/31		above days/times	\$141/8

3-days a week

SS3532	6/12-6/30		above days/times	\$149/9
SS3533	7/10-8/3		above days/times	\$181/11
SS3534	8/7-8/31		above days/times	\$181/11

DRP365 Drop-In (No Refunds) \$25/1



LAWN BOWLING

www.NHLBC.com

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

MELT METHOD

Yvette Casal 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. **In-Person class, however Zoom Code is also available for Virtual Attendance, please contact Yvette at meltwithyvette@gmail.com.**

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

OASIS Dance Room

SS3535	6/13-6/27	Tu	2-3pm	\$55/3
SS3536	7/18-8/29	Tu	2-3pm	\$125/7

DRP367 Drop-In (No Refunds) \$25/1



PHYSICAL TRAINING

Judy Aprile

jjaprile@gmail.com

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed. **No class 8/4.**

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

OASIS Event Center

SS2530	6/5-6/30	M/W/F	7:45-8:35am	\$71/12
SS3537	7/10-7/31	M/W/F	7:45-8:35am	\$60/10
SS3538	8/2-8/30	M/W/F	7:45-8:35am	\$71/12
SS2533	6/5-6/30	M/W/F	8:45-9:35am	\$71/12
SS3539	7/10-7/31	M/W/F	8:45-9:35am	\$60/10
SS3540	8/2-8/30	M/W/F	8:45-9:35am	\$71/12



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:** Mat, light and heavy resistance band, and towel.

OASIS Dance Room

SS3541	6/13-7/25	Tu	8:45-9:45am	\$103/6
SS3542	8/01-8/29	Tu	8:45-9:45am	\$90/5
DRP368	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. **No class 8/17**

- **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

SS3555	6/15-7/20	Th	7:45-8:45am	\$103/6
SS3556	7/27-8/31	Th	7:45-8:45am	\$90/5
DRP368	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. **No class 7/4**

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

OASIS Dance Room

SS3557	6/13-7/25	Tu	10-11am	\$103/6
SS3558	8/1-8/29	Tu	10-11am	\$90/5
DRP368	Drop-In (No Refunds)			\$22/1

SOUND BATH & MEDITATION

Stephanie von Meeteren www.LucidStateYoga.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

Solstice

SS3548	6/21	W	5:30-6:30pm	\$25/1
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New Moon

SS3550	7/17	M	5:30-6:30pm	\$25/1
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Full Moon

SS2617	6/3	Sa	11am-12pm	\$25/1
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SS3551	8/1	Tu	6:00-7:00pm	\$25/1
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SS3553	8/30	W	5:30-6:30pm	\$25/1
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SS3554	*All dates see above			\$90/4
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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

SS3559	7/6-8/31	Th	9:30-10:30am	\$125/9
SS3560	7/27-8/31	Th	9:30-10:30am	\$89/6

DRP369	Drop-In (No Refunds)			\$20/1
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WELLNESS WORKSHOP

Stephanie von Meeteren www.LucidStateYoga.com

Each workshop will consist of discussion, lifestyle modifications, and practices in order to help you create the changes you would like to see and feel. All workshops will include a link to practices that can be done outside of class, as well. No prior experience needed. Modifications will be given for all levels of practitioners.

- **Low Back & Hips:** Introducing & assessing the muscles needed in order to reduce pain, improve balance, and increase strength.
- **Daily Routines:** The science and art of "life knowledge," learn practical daily routines to improve health and a sense of well-being. Ayurveda is the Mother of all health care and has passed the test of time!
- **Anxiety Relief:** Learn practical ways to reduce anxiety by regulating the nervous system and connecting to joy.

OASIS Dance Room

SS3517	6/17	Lower Back & Hips	Sa	10-11:30am	\$45/1
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SS3518	7/15	Daily Routines	Sa	10-11:30am	\$45/1
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SS3519	8/12	Anxiety	Sa	10-11:30am	\$45/1
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Classes

HATHA YOGA

Stephanie von Meeteren www.LucidStateYoga.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 8/21, 8/24, 8/28**

- **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

SS3511	6/12-8/14	M	11:30-12:30pm	\$205/10
SS3512	6/15-7/27	Th	10:30-11:30am	\$145/7
SS3513	8/3-8/31	Th	10:30-11:30am	\$85/4
DRP363	Drop-In (No Refunds)			\$25/1



RELEASE THE DAY YOGA PRACTICE

Stephanie von Meeteren www.LucidStateYoga.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

SS3543	6/13-7/25	Tu	4:30-5:30pm	\$125/6
SS3544	8/1-8/29	Tu	4:30-5:30pm	\$85/4
SS3545	6/15-7/27	Th	4:30-5:30pm	\$145/7
SS3546	8/3-8/31	Th	4:30-5:30pm	\$85/4
DRP363	Drop-In (No Refunds)			\$25/1

ZUMBA GOLD® DANCE FITNESS

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

Are you ready to get moving? Keep your body and mind as healthy as you can. Dancing reverses the signs of aging in the brain and body. Groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact dance steps to a variety of motivating music. Sign up now, get results and feel the joy! **Multi-Day Discount Offered 3 days for the price of 2! Make-ups built in. No class 7/3, 7/5, 7/6, 7/7**

OASIS Dance Room

SS3561	6/12-8/28	M	9-10am	\$181/11
SS3562	6/14-8/30	W	9-10am	\$181/11
SS3563	6/15-8/31	Th	9-10am	\$181/11
SS3564	6/16-8/25	F	9-10am	\$165/10
<i>Multi-Day Discount:</i>				
SS3565	6/12-8/31	M/W/F	9-10am	\$365/32
DRP370	Drop-In (No Refunds)			\$20/1



MUSIC & DANCING

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. **No class 7/4**

- **Please Bring:** Ballet slippers by the second class meeting

OASIS Dance Room

SS3566	6/27-8/22	Tu	11:30-12:35pm	\$150/8
DRP371	Drop-In (No Refunds)			\$20/1

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
 SS3567 6/30-8/25 F 11:30-12:30pm \$145/8
 DRP371 Drop-In (No Refunds) \$20/1

ADVANCED BEGINNING JAZZ

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! **No class 7/4**

- **Please Bring:** Flexible tennis or jazz shoes. If you have Ballet slippers bring them as well.
- OASIS Dance Room
 SS3568 6/27-8/22 Tu 12:45-1:30pm \$127/8
 DRP371 Drop-In (No Refunds) \$20/1

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! **No class 7/5**

OASIS Dance Room
 FREEBBD 6/14 W 10:15-11am Free
 SS3570 6/21-8/30 W 10:15-11am \$205/10

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 8/17**

OASIS Dance Room
Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
 SS3571 6/22-7/20 Th 1-1:55pm \$34/5
 SS3572 7/27-8/31 Th 1-1:55pm \$34/5
Level 2 - Improver/Easy Intermediate (should know basic steps)
 SS3573 6/22-7/20 Th 2-2:55pm \$34/5
 SS3574 7/27-8/31 Th 2-2:55pm \$34/5
Level 3 - Easy Intermediate/Intermediate (step competency required)
 SS3575 6/22-7/20 Th 3-4pm \$34/5
 SS3576 7/27-8/31 Th 3-4pm \$34/5

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

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
 *June Meeting Cancelled

MUSIC WORKSHOP

Glen Jansma 310-940-3122
 Intermediate music sharing of techniques, theory and songs. Learn to play with other, new songs, techniques, and theory.
OASIS Room 5
 RSVP Not Required Ongoing F 11am-1pm Free

HOOTENANNY

Glen Jansma 310-940-3122
 Group singing of American Standard tunes. Acoustic instruments optional.
OASIS Room 5
 RSVP Not Required Ongoing F 1-3pm Free

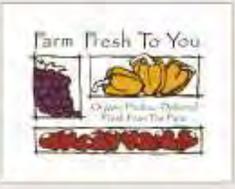
PING PONG

New players are always welcome!
OASIS Event Center BC
 RSVP Not Required Ongoing Tu/Th 2-4pm Free

SAILING

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Our friendly club members welcome both experienced and new sailors. There is a \$50 monthly dues fee. Sailing is free. (Google "oasis sailing club" for our website). Call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org for membership details.
OASIS Room 1
 RSVP Not Required 4/26 W 1:30pm See Above



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MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, JUNE 2, 10:00AM

- \$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

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ENTERTAINMENT: TEARS OF JOY

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



CLUB MEETINGS AND SOCIAL ACTIVITIES
 Join our club meetings on the last Wednesday of every month, from 1:30 - 3:00pm at the OASIS Senior Center. Enjoy the holiday party, summer picnic, 4th of July parade, local restaurant discounts, and more.

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

Friends of OASIS

BENEFITS OF MEMBERSHIP

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

MEMBERSHIP RATES

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

TWO WAYS TO BECOME A MEMBER

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



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

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

MEMBERSHIP discounts

*Must present Friends of OASIS membership card to receive discounts

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

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

**** Required Information**

**** NAME** _____ *Print Clearly* **DATE** _____

**** ADDRESS** _____ **CITY** _____

**** STATE** _____ **ZIP** _____ **PHONE (_____)** _____

**** E-MAIL** _____

EMERGENCY CONTACT _____ **PHONE (_____)** _____

NEW **RENEWAL** **CASH** **CHECK #** _____ **Make checks payable to the Friends of OASIS.**

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SIGNATURE _____

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

Total \$ _____ **Received by:** _____

Where did you hear about us? _____

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The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296 . (949)718-1800
Your gift may be tax deductible - consult your tax advisor. If you wish to receive your membership card, Please include a self-addressed, stamped envelope. (949) 718-1800

Rev.7/2021

OASIS Travel

(949)718-1810

oasistravel2@yahoo.com

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

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



DAY TRIPS

DIAMOND IS FOREVER- THE NEIL DIAMOND EXPERIENCE

Wednesday, June 14

\$117/\$122

If you love the music of Neil Diamond, you will want to attend this fantastic show and luncheon. Charismatic showman, international recording and tribute artist David J. Sherry presents a dynamic tribute to the sound, style and feel of the legendary Neil Diamond live in concert. You will hear five decades of Diamond's classic hits and stories behind the music including Sweet Caroline, Solitary Man, Cracklin' Rosie, I Am...I Said, America, Kentucky Woman, Holly Holy, Forever in Blue Jeans, Beautiful Noise, Girl You'll Be a Woman Soon, Hello Again, Love on the Rocks, Lady Oh, and much more. Lunch at Almanson Court will be roast chicken with rice pilaf and fresh vegetable or vegetarian pasta. All meals include garden salad, warm rolls, ice cream sundae, coffee/tea, and wine.

Depart 10:30am

Return 5:30pm

REAGAN LIBRARY/AUSCHWITZ EXHIBIT

Wednesday, June 28

\$107/\$112

Join us at the Ronald Reagan Presidential Library and Museum as we visit their Auschwitz exhibit with 700+ artifacts from Auschwitz with immense historical value. There will be plenty of time to view all of the Reagan Library exhibits, including a full-scale replica of Reagan's Oval Office, Air Force One and a section of the Berlin Wall. We will enjoy a wonderful exclusive buffet under the wing of Air Force One. Don't delay in booking as this is a trip that fills up quickly.

- Museum requires moderate walking.

Depart 8:00am

Return 5:30pm

HOLIDAY BOWL/ THE BEACH BOYS/FIREWORKS

Monday, July 3

\$105/\$110

The Bowl's July 3 spectacular fireworks is an annual hit and you're invited! Come see the Hollywood Bowl Orchestra and very special guests, The Beach Boys, hailed as 'America's Band'. Enjoy the inspiring music with the Bowl's famous pyrotechnic displays. We have section N seating (with backs) and seat cushions provided. Bring a picnic dinner, wine permitted or buy at the Bowl. Suggested you bring a sweater or jacket.

Depart 4:00pm

Return 12:00am

AMERICAN MUSEUM OF CERAMIC ART

Saturday, July 22

\$70/\$75

Enjoy lunch on your own at the Claremont Village which is a historic downtown area in the heart of Claremont with a variety of restaurants and snacking places. Then on to the American Museum of Ceramic Art located in Pomona, California. Founded in 2003 as a nonprofit organization, the museum exhibits historic and contemporary ceramic artwork from both its permanent collection of 10,000 objects and through temporary rotating exhibitions.

Depart 10:45am

Return 5:00pm

A DAY ON CORONADO ISLAND

Thursday, July 27

\$110/\$115

Join us as we journey to world famous Coronado Island. Relish in the splendor of the Hotel Del in all her glory as we hear stories about Marilyn Monroe, popular celebrities, and even her ghost, 'the Beautiful Stranger'. See the glistening white sand beaches-consistently voted one of the top ten beaches in America-as we drive by beautiful oceanfront mansions, including 'The Baby Del'. Lunch on your own at the Ferry Landing.

Depart 9:15am

Return 5:00pm

DEL MAR RACE TRACK

Thursday, August 17

\$80/\$85

Where the Surf Meets the Turf Enjoy a "Day at the Races." The Del Mar Races attract race enthusiasts from all over the world and is considered among the premier horse racing meets in the U.S. The horse racing event is put on by the Del Mar Thoroughbred Club at the Del Mar Fairgrounds. While at Del Mar be sure to join the Diamond Club as members get frequent perks at the track including exclusive giveaways, food & beverage discounts, attendance rewards and special events.

Depart 10:45am

Return 7:15pm

CIRQUE DU SOLEIL

Sunday, September 10

\$115/\$120

Join us for the Cirque du Soleil's performance, Corteo, at the Pechanga Arena located in San Diego (not to be confused with the Pechanga Casino). Cirque du Soleil is a Canadian entertainment company and the largest contemporary circus producer in the world. Corteo, which means cortege in Italian, is a joyous procession, a festive parade imagined by a clown. The show brings together the passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun, comedy, and spontaneity. Before the 1:00 PM matinee, we will stop at the famous Old Town San Diego State Historic Park where you can find many Mexican style restaurants for brunch or lunch on your own or wander around the colorful shops.

Depart 9:00 am

Return 5:00 pm

WARNER BROS. STUDIO TOUR HOLLYWOOD

Tuesday, September 12

\$120 /\$125

Warner Bros. Studio Tour Hollywood gets you closer to the entertainment you love with a visit to an actual working studio. The Studio Tour gives guests a revealing look behind the camera at how Hollywood magic is made. The recently expanded tour center provides the opportunity to experience more action, more magic, and more fun than ever before on the lot. The tour includes: The "Storytellers Showcase", The Lot Tour, with a guide who takes you on a journey of how a production comes to life on the big and small screen and the Backlot Tour, the main feature, and Stage 48: Script to Screen, where guests see the process go from the writer's room to postproduction. We will have lunch on the "Central Perks" set (on your own) at stage 48.

Departs: 10:15am

Returns: 4:00pm

RODGERS AND HAMMERSTEIN REVIEW

Wednesday, September 20

\$117/\$122

At this luncheon and musical review, journey with the Colorful Songs cast through your favorite hit songs from Rodgers and Hammerstein's six most popular musicals, Oklahoma, Carousel, South Pacific, Flower Drum Song, The King and I, and the Sound of Music. You will love the colorful costumes and the audience sing-a-longs. Learn some of the amazing behind-the-scenes stories from one of the world's most beloved musical writing teams.

Depart 10:30am

Return 5:30pm

SAN DIEGO'S CUISINE SCENE

Tuesday, October 17

\$140/\$145

Get away for the day and travel down the coast to San Diego for a historical food tasting tour in "America's Finest City". This new culinary experience provides an up-close and personal look into San Diego's food scene - classic to contemporary, fresh to fusion and inventive to vibrant. We will visit six different shops and restaurants with an included tasting at each. We will indulge in the culinary delights of gourmet cheese, olive oils and balsamic vinegars and the historic Liberty Station. Enjoy a fish taco dockside while watching the fishing boats at San Diego's working waterfront, Point Loma. In historic Barrio Logan, we'll visit an eatery with a modern take on Mexican comfort food. We will savor an incredible Mexican style hot dog and a corn dish called elote. At San Diego's Best Craft Beer Shop you will find aisles of craft beers that are only sold in San Diego. Here, the knowledgeable bartenders who are extremely passionate about craft beer, will help you find the perfect beer to enjoy. As part of the tour, you will be able to choose one of these delicious San Diego brews to take home. At a North Park find, we will visit a restaurant rooted in the traditional Italian pizza making technique and experience the unique flavor and culture of Italy. Also on today's tour, we will try innovative gelato flavors, admire the architecture and encounter several historical sites, including the Gas Lamp District, Liberty Station, North Park, Barrio Logan, Point Loma, and Little Italy.

- The tastings on this comprehensive, four-hour tour are equivalent to a large lunch.
- This tour involves some walking and standing.

Depart: 9:00am

Return: 5:30pm

EXTENDED TRIPS

FLYERS AVAILABLE IN THE TRAVEL DEPARTMENT

CAPE COD AND THE ISLANDS, JULY 8-14

TUSCAN CULINARY EXPERIENCE, OCT., NOV.

ATHENS & THE GREEK ISLES, OCT.

SWITZERLAND & RHINE CHRISTMAS MARKETS, NOV.

BURGUNDY & PROVENCE FRANCE RIVER CRUISE, OCT.

WATERWAYS & NORTHWEST NATIONAL PARKS, AUG.

IDAHO ADVENTURE, SEPT.

UTAH'S MIGHTY NATIONAL PARKS, JUNE

BEST OF CHICAGO, MAY



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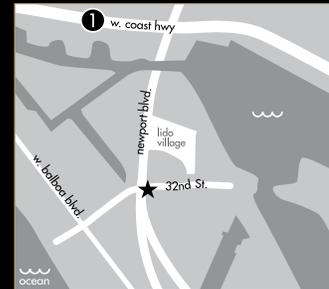
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Registration is required for all programs.
 Programs are subject to change without notice.
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 Registration will NOT be accepted over the phone.
 Fees are not pro-rated for missed classes or late registration.
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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	
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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.
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