

OASIS news

Older
Adult
Social &
Information
Services

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

MARCH 2023

VOL. 47 NO. 3

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 7am-2pm
Su 7am-12pm

Friends of OASIS Admin

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

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

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

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Rose Chikilian

AGE WELL MEALS STAFF:

Julie Sarantapoulas

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	Scott Paulsen
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CONNECT WITH US



@CITYOFNEWPORTBEACH

Melissa Gleason

SENIOR SERVICES MANAGER



I am excited to introduce our next guest writer Elizabeth Arciniega. She keeps all the OASIS buses around town movin' and groovin'. Her ability to schedule clients while finding ways to make last minute changes all with a positive attitude is just one of the reasons she impresses me. Enjoy! - Melissa

Warm greetings to you all! I am Elizabeth Arciniega, the Transportation Coordinator who enjoys the fast paced, detailed work, and the overall positive impact the transportation program brings to our clients. I am responsible for coordinating close to 1,000 rides per month. Our program provides clients the ability to safely get to their medical appointments, OASIS activities, grocery stores runs and more. By providing transportation to those who are no longer driving, we help facilitate the ability to live independently while maintaining an active lifestyle for the seniors in Newport Beach. For those of you still driving, I'm excited to announce that this month AARP will be presenting a two-day course on Driver Safety. If you need a refresher on the basics of safe driving this is for you (see page 8). Driving or not, I got you covered!

A little bit about me. I started with the City of Newport Beach in 2009 working in the City Attorney's office. Soon after, I transferred to the Recreation and Senior Services Department and have loved it ever since. It's hard to believe I have been at OASIS for almost 4 years! I am in my second year at Cal State Long Beach in pursuit of a Master of Science in Gerontology. My support system is my husband Patrick of 21 years and my 17-year-old son, Derek. I love staying busy with volunteer work, taking road trips, hiking, and cooking using 6 ingredients or less. If you know any good recipes that qualify, stop me next time you see me. I love trying new foods



Elizabeth



John Carroll

FRIENDS OF OASIS PRESIDENT



Here it is March already! I allowed time to get ahead of me, so the deadline to turn in my letter this month arrived with a "Woosh", so this one is going to be a little short.

In March, Saint Patrick's Day is celebrated in several countries all around the world. Most countries in Europe celebrate on March 17 with parades and parties, just like we do here in the United States. In Ireland and parts of the United Kingdom, it's a national holiday. The common thing within all these celebrations is the lilting good feelings and camaraderie this particular holiday brings. So, let me say Luck of the Irish to you all!

Do you ever notice how pretty much everything around OASIS Center is in working order? There's one reason for that....a guy named Chris Suarez. There is not a day that goes by when I don't see Chris up on a ladder adjusting something, or down on the floor adjusting an electric box cover, or in one of the bathrooms making an adjustment or changing the batteries that power the sensor that makes the water go on in the sinks. If you watch Chris too long, you become a little exhausted because he is constant motion! Besides those things, he is always willing to help a member with anything. Chris, we all think you're the Greatest and want to say thanks for making things so pleasant around here!

I'll see you around the Center.

John

The Friends of OASIS **MONTHLY MEMBERSHIP** **GET TOGETHER**



FRIDAY, MARCH 3, 10:00AM

• \$10 MEMBERS/\$12 NON-MEMBERS

MENU: MARIO'S SPECIALTY CHICKEN PASTA, SALAD & GARLIC BREAD

ENTERTAINMENT: DUBLIN UP

A FUN MIX OF UPBEAT IRISH DANCE TUNES AND HEARTFELT BALLADS. A TRULY "IRISH" EXPERIENCE.

SPONSORED BY: GREATER NEWPORT PHYSICIANS

FRIENDS OF OASIS 949-718-1800

NAVIGATING CARE FOR YOUR AGING LOVED ONE

LEARN ABOUT



- Different types of residences and care options
- Advantages & disadvantages of each option
- Important conversations to have before a crisis

Presenter

Beth N. Otterbein, BSN, RN
Hoag Hospital Faith Community Nursing Outreach

LOCATION

OASIS SENIOR CENTER ROOM 1

DATE

TUESDAY, MARCH 14
10:00 AM

PLEASE CALL TO RSVP

949-644-3244



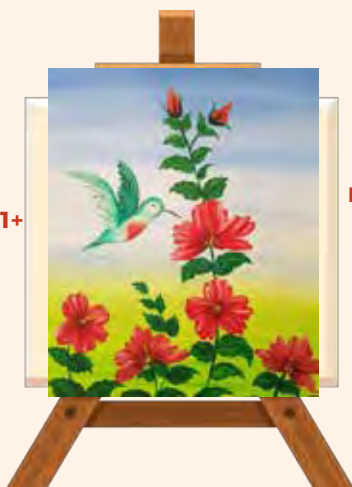
OASIS WINE & PAINT **THURSDAY, MARCH 30**

3 - 5PM

OASIS ART CENTER

Event is for 21+

Event limited
to 20
participants



Join us for an interactive, instructor-led painting class where you will paint the image above. Wine and snacks will be provided.

Course Code: OASISPAINT23

\$10 per person, register in person
or at newportbeachca.gov/oasis

OVERACTIVE BLADDER

This presentation will discuss what happens in the body to cause bladder control problems, the different types of incontinence, and the treatments and ways to manage an overactive bladder.



Bill Liu PharmD BCGP
Pharmacist

Wednesday, March 15, 2023
11:00am

Room 1

RSVP (949) 644-3244



UCI Health presents



How to Improve and Maintain Brain Health

Presented by: Dr. Saadi

**Wednesday,
March 22nd
10am - 11am
Room 1**



Our brain is influenced by numerous factors such as physical environment, physical health, state of mind and many more. Come learn the importance of and skills to improve maintaining memory, as well as updates on the new Alzheimer's drug.

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

OASIS SENIOR CENTER SAVE THE DATE COMMUNITY RESOURCE EXPO

**SATURDAY
MAY 20TH
9AM-11:30AM**



**50+ VENDORS,
FREE CLASS DEMO,
FREE LECTURE, FREE
BREAKFAST, & MORE!**

801 NARCISSUS AVE. CORONA DEL MAR 92625



ONE-ON-ONE MEDICATION REVIEW WITH THE PHARMACIST



WEDNESDAY, MARCH 22

**CALL FOR AN APPOINTMENT
(949) 644-3244**

**In a private meeting, the
pharmacist will review:**

- The medications & supplements you are taking
- Assess your medication regimen for appropriateness
- Identify potential side effects & drug interactions.



**Bill Lui, PharmD BCGP
Pharmacist
County of Orange - Health Care Agency**

AARP DRIVER SAFETY

Refresh your knowledge on the basics of safe driving and potentially receive a discount on your auto insurance.

Two day course:
*Wednesday, March 15
and
Thursday, March 16
1:00pm to 5:00pm
Room 2*

Please RSVP 949-644-3244

Cost:
\$20 AARP member
\$25 AARP non-member
Fee due to instructor on 1st day



OASIS SENIOR CENTER
801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL GROUP

DAVE PRIDDY

UNCONVENTIONAL APPROACHES TO UNCONVENTIONAL WARFARE

TUESDAY, MARCH 21, 2023
11:30 AM
EVENT CENTER
RSVP 949-644-3244

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





HUMAN OPTIONS
PREVENT. PROTECT. EMPOWER. TRANSFORM.

Healthy Communications Group

Free 5-week group focusing on enhancing communication skills.

Participants will learn about:

- Communication in families
- Communication styles
- Barriers to communication
- Creating boundaries
- Planning for communicating in the future

Mondays, Feb 27th – March 27th
2pm – 4pm
OASIS Senior Center
801 Narcissus Ave
Corona Del Mar, CA 92625

RSVP REQUIRED 949-644-3244
For more information, please contact Miekla Bledsoe, LMFT at (949) 557-5101.





*Please note: Due to grant funding a registration packet will need to be completed prior to starting. This group is free of cost.

Human Options is a 501 (c)(3) organization. Tax ID #95-3667817

Newport Beach Film Festival seeks volunteer reviewers, so cinema buffs...here's your chance!

The 2023 Annual Newport Beach Film Festival (NBFF) takes place October 12-19. NBFF is seeking volunteer reviewers, as they rely on these volunteers to watch and score films they select, which is projected to be more than 2,000 films this year.

The reviewing cycle has begun and continues through July. The NBFF provides a reviewer's manual and instructions for using the Eventival system, where the films are housed for review.

Volunteer reviewers will watch and score films from the projected 2,000+ available for viewing for the 2023 Newport Beach Film Festival

Being a reviewer allows you to watch and score movies remotely, from any device. They request reviewers watch at least five hours of films per month.

Dorothy Kraus is the NBFF reviewer coordinator, who provides support by email or phone. Once the volunteer application is approved, the reviewer creates a personal Eventival account. From here, films are selected to watch and score.

Scoring criteria includes cinematography, acting, directing, editing, production and story. Being a volunteer reviewer is important to the overall movie selection process, and as such, the NBFF is thankful for their reviewers' time and effort. Go to the NBFF website, www.newportbeachfilmfest.com, and select "Participant" then "Reviewer". From there you're directed to the Eventival Visitor page. Follow the instructions for creating an account and completing your Reviewer Application. You can also email Dorothy at Dorothy.Kraus@NewportBeachFilmFest.com



OASIS SCAM ALERT

TAX SEASON SCAMS

How it works:

1. Tax season is a cybercriminals favorite time of the year. They will attempt to catch your attention and manipulate your emotions.
2. Scammers will mention taxes in their phishing attacks that will ask for your bank information, tax documents from employers, & other documents with identifiable information.
3. Once the cybercriminals get a hold of personal information, they can use it to steal your money, identity, and more.

Stay safe tips:

- These cyberattacks are meant to catch you off guard and cause you to click impulsively. Think before you click.
- Use password protection for digital documents. Keep physical documents in a safe location and shred anything you no longer need.
- Be suspicious of social media posts, emails, and text messages that have shocking information about taxes.

If you've been a victim of a scam you are not alone, please call OASIS at (949) 644-3244 for assistance.

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, March 28 • 10:00am - 12:00pm • Room 1
PHILIPPINES, TAIWAN, & JAPAN

The show begins with some geography about the regions we are visiting. Philippines comprises 7,107 islands. Start in Manila, travel to north Luzon to see rice terraces. Continue to Baguio and see Mt Pulag. Continue to beautiful nearby cities of Laoag and Vigan City with its cobblestone streets and horse carts. Fly to Siargao island in the Mindanao region. One of the most beautiful islands in Philippines. See Boracay one of the top beach destinations, Coron Island and most beautiful Palawan Island, a romantic hideaway. Meet one of the rarest birds in the world in Davao Island 'the Philippine eagle'. See colorful festivals of Philippines in Davao, Cebu, and Manila.

Taiwan is often called the precious island. Begin in bustling city of Taipei. Visit the Taipei 101, the National Museum, see the Chiang Kai-shek Memorial Hall, visit the night market. Drive through the incredible Taroko Gorge, rest in a beach front resort in Kenting, visit historical Kaohsiung and drive to Tainan City and its spiritual center, see the natural landscapes in Alishan mountains, finally visit the Sun and Moon Lake near Taipei. We will focus on a grand tour of Japan with its futuristic cities, fantastic landscapes, travel by bullet trains, stay in Japanese Ryokans and experience Japan guided by an expert to live its charms. Start in Tokyo—see the Asakusa district and other delights, travel through Hiroshima, Osaka and Kyoto visiting most important sights, learn about Geisha culture, see Mt Fuji in its glory and visit Hakone to finish the tour.



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



TAX AID PROGRAM

OASIS IS UNABLE TO OFFER THE 2022 TAX PREPARATION PROGRAM.
 BELOW ARE CURRENT SITES OFFERING FREE ASSISTANCE.



1. HUNTINGTON BEACH SENIOR CENTER

18041 GOLDENWEST STREET
 HUNTINGTON BEACH CA 92648
 714) 536-5600

• WILL START TAKING
 APPOINTMENTS JANUARY 3

3. COSTA MESA SENIOR CENTER

695 W. 19TH STREET
 COSTA MESA CA 92627
 714) 327-7550

• WILL START TAKING
 APPOINTMENTS JANUARY 3

2. TUSTIN SENIOR CENTER

200 S. C STREET
 TUSTIN CA 92780
 714) 573-3340

• WILL START TAKING
 APPOINTMENTS JANUARY 3
 • PRIORITY TO TUSTIN
 RESIDENTS, NON-
 RESIDENTS PLACE ON A
 WAITLIST

4. LAKEVIEW SENIOR CENTER

20 LAKE ROAD
 IRVINE CA 92604
 949) 724-6900

• WILL START TAKING
 APPOINTMENTS JANUARY 16
 • PRIORITY TO IRVINE
 RESIDENTS, NON-
 RESIDENTS PLACE ON A
 WAITLIST



OC Vital Brain
 at Hoag

Memory Screening



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

COST \$45*

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

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



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



Shanti

Support Programs

SENIOR ASSESSMENT PROGRAM

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

INFORMATION & REFERRAL

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

MEDICAL DOCUMENTS

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

MEDICAL EQUIPMENT LOAN

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

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

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

MEMORY SCREENING

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

BLOOD PRESSURE SCREENING

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

ALZHEIMER'S SUPPORT GROUP

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

Location: OASIS Room 5

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

CONNECTIONS GROUP

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

Location: OASIS Room 5

RSVP not Required Thursdays 2pm FREE

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son/daughter, brother/sister, or a grandchild; helping others better assist the grieving family. No RSVP required. For more information please call Basia Mosinski at 917-703-3414.

Location: OASIS Room 5

RSVP not Required 3rd Wednesday 6:30pm FREE

THE GOOD GRIEF CAFE

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

Location: OASIS Room 5

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

TRANSPORTATION CLIENTS

OASIS is offering two shopping trips this month:

- 99 Cent Store on Thursday, March 9
- Target on Thursday, March 23

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



OASIS SENIOR CENTER

TRANSPORTATION SERVICE

The OASIS Senior Center provides curb-to-curb transportation

ABOUT THE SERVICE:

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

ELIGIBILITY:

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

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

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

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

*For more information, call 949-644-3244



Meal Services

AGE WELL SENIOR SERVICES-LUNCH PROGRAM

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

LUNCH SERVICE:

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

PRICE:

- Suggested donation of \$5.50 per meal are appreciated

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

MEALS ON WHEELS-HOME DELIVERED MEALS

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

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

Age Well
Orange County's partner in aging

Lunch Menu

**RESERVATIONS REQUIRED CALL
949-718-1820**

KATIE O'MARA, M.S., R.D.
SUGGESTED CONTRIBUTION- 60 YRS OR OLDER: \$5.50
COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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: Philosophy
OASIS Room 5
RSVP not required 1st Wed 10:30am-Noon Free

CREATIVE WRITING

Dorothy Spirus YourProfessorD@gmail.com
Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.
Online
SS2080 3/23-4/27 Th 7:30-9pm \$198/6

CREATIVE WRITING JUMPSTART

Dorothy Spirus YourProfessorD@gmail.com
You want to write, but don't know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.
Online
SS1083 3/16 Th 7-9pm \$79/1

CURRENT EVENTS DISCUSSION

Dave Larue dkla2018@outlook.com
Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.
OASIS Library
RSVP not required M 3-5pm Free

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson **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
SS1059 1/6-3/17 F 10am-Noon \$85/11
SS2059 3/24-6/9 F 10am-Noon \$95/12

INTRODUCTION TO GARDENING

Sherman Library and Gardens catherine@slgardens.org
949-426-8551
Would you like to get into gardening but don't know where to start? Even the smallest space can be a place to grow beautiful flowers, plants and food. Join the Sherman Gardens Horticulture team as they give you some know-how and simple ideas to get you started. Topics include indoor plants, quick growing greens, California native plants and summer blooms. Each session will begin with a talk or tour in the Sherman Garden and end with a plant or project to take home.
• Class is held at Sherman Library and Gardens- 2647 East Coast Hwy, Corona Del Mar, CA 92625
SS2090 4/5-4/26 W 10:30am-Noon \$120/4

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

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
- Cash or Checks payable to AARP.
- Fee: \$20 AARP members; \$25 non-members.

OASIS Room 2

RSVP 3/15 & 3/16 W/Th 1-5pm \$20/\$25

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 3/7 & 3/21 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

vloetjozef@gmail.com

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

OASIS Room 5

RSVP required W 1-3pm Free

Fine Arts

FREEHAND DRAWING

Nancy Wahamaki's Art World

nwvasek@gmail.com

Join in this fun drawing class; 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

SS1006	2/15-3/15	W	9-11am	\$120/5
SS2005	4/5-5/3	W	9-11am	\$120/5
SS2006	5/17-6/14	W	9-11am	\$120/5

INTERMEDIATE/ADVANCED CERAMICS

Karen Thayer

karenthayer@yahoo.com

This course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. **No class 4/19, 4/26, 5/17**

- **Additional fee:** \$10 (material)
- **Optional:** Clay \$16/bag

OASIS Art Center

SS1039	1/11-3/15	W	9-Noon	\$136/8
SS2039	3/29-6/7	W	9-Noon	\$136/8

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World

nwvasek@gmail.com

This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. **No class 5/29**

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

OASIS Art Center

SS1004	2/27-3/20	M	9am-Noon	\$92/4
SS2003	4/3-5/1	M	9am-Noon	\$115/5
SS2004	5/15-6/12	M	9am-Noon	\$92/4

OIL PAINTING- INTERMEDIATE TO ADVANCED

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

Students work on their own projects or from photos supplied by instructor. Focus is on Still life and Landscape painting. Drawing, color mixing, color value, and edge are stressed. Instructor works in traditional oil, but all media are acceptable.

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

OASIS Art Center

SS1061	2/13-3/13	M	1-3:30pm	\$185/4
SS2060	3/27-4/17	M	1-3:30pm	\$185/4
SS2061	5/1-5/22	M	1-3:30pm	\$185/4

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

SS1040	2/7-3/14	Tu	9am-Noon	\$146/6
SS2040	4/11-6/16	Tu	9am-Noon	\$146/6

WATERCOLOR - INTERMEDIATE

Chris Sullivan chrissullivanart@gmail.com

This fun class focuses on designing interesting and effective compositions with an emphasis on the dark and light values. Learn how to paint different subjects such as landscapes, seascapes, people, still life and other subjects. 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 Room 4

SS1041	2/8-3/15	W	9am-Noon	\$146/6
SS2041	4/12-5/17	W	9am-Noon	\$146/6

WATERCOLOR - ADVANCED

Chris Sullivan chrissullivanart@gmail.com

Learn to paint more expressive and creative watercolors! In this exciting experimental watercolor class, you will explore various design concepts, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. Demonstrations, and group critiques included.

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

OASIS Art Center

SS1042	2/8-3/15	W	1-4pm	\$146/6
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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. Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Art Center

SS2042	4/12-5/17	W	1-4pm	\$146/6
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WOODCARVERS AND CRAFTERS WORKSHOP

Pat Livingston OASISWoodcarving@gmail.com

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

OASIS Art Center

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

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson **949-675-5182**

Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. The Fall session will include works by 20th-century authors Albert Camus and Marcel Proust. Spring session 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

SS1008	1/4-3/15	W	10am-Noon	\$85/11
SS2008	3/22-6/7	W	10am-Noon	\$95/12

FRENCH-INTERMEDIATE

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

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

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

SS1048	2/13-3/13	M/W	5-6pm	\$205/8
SS2047	4/3-4/26	M/W	5-6pm	\$205/8
SS2048	5/1-5/24	M/W	5-6pm	\$205/8

Beginning French 2

SS1051	2/13-3/13	M/W	6-7pm	\$205/8
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OASIS Room 1B

Beginning Italian 1

SS1054	2/13-3/1	M/W	5-6pm	\$205/8
SS2053	4/3-4/26	M/W	6-7pm	\$205/8
SS2054	5/1-5/24	M/W	6-7pm	\$205/8

Beginning Italian 2

SS1057	2/13-3/13	M/W	6-7pm	\$205/8
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OASIS Room 2A

Beginning Spanish 1

SS1045	2/13-3/13	M/W	4-5pm	\$205/8
SS2044	4/3-4/26	M/W	5-6pm	\$205/8
SS2045	5/1-5/24	M/W	5-6pm	\$205/8

OASIS Room 2A

Beginning Spanish 2

SS2050	4/3-4/26	M/W	6-7pm	\$205/8
SS2051	5/1-5/24	M/W	6-7pm	\$205/8

SPANISH LITERATURE BOOK CLUB

Darielle Wilson

949-675-5182

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

OASIS Room 4

RSVP required	2nd M	2:30-4:30pm	Free
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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	W	1-2:30pm	Free
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GERMAN-INTERMEDIATE

Barbara Corlett

bcorlett@cox.net

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

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

OASIS Room 4

RSVP required	Th	9/1/22-5/25/23	1-2pm	Free
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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

DRP100

\$60 per hour

A SAMPLING OF APPS

Carole Kamper

949-230-5902

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

OASIS Computer Lab

SS1029	3/8	W	10:30am-12:30pm	\$42/1
SS2028	4/11	Tu	10:30am-12:30pm	\$42/1
SS2029	6/8	Th	1:30-3:30pm	\$42/1

APPLE IPHONE FOR BEGINNERS

Carole Kamper

949-230-5902

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

OASIS Computer Lab

SS1022	3/15	W	10:30am-Noon	\$42/1
SS2020	4/3	M	10:30-12:30pm	\$42/1
SS2021	5/23	Tu	1:30-3:30pm	\$42/1
SS2022	6/7	W	10:30am-Noon	\$42/1

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. (If you want a more comprehensive presentation, please consider my 8-hour iPhone class, iPhone Most Useful Secrets.)

- **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

SS2144	4/12	W	1-3pm	\$15/1
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INTERMEDIATE/ADVANCED COMPUTER SKILLS

Carole Kamper

949-230-5902

This class for students who have taken some computer classes and/or are self-taught and have computer experience. The class is designed to take those skills and advance to the next level, by applying them to practical uses, such as using templates to make greeting cards, flyers and newsletters. The presentation program, PowerPoint will also be taught as a way to apply these newly acquired skills. Google features such as translation, calendar and advanced searches will also be covered. The class will be taught on Windows 10 and is not designed for Mac users although most concepts apply to both.

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

OASIS Computer Lab

SS2030	5/9-5/16	Tu	1-3	\$45/2
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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

SS2143	5/4-5/11	Tu	11am-Noon	\$40/2
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EBAY 1

Barbara Yin Milbert

pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab

SS2032	4/27	Th	10am-Noon	\$40/1
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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

SS1033	3/7-3/14	Tu	11am-Noon	\$40/2
SS2033	5/25-6/1	Tu	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

SS2038	3/23-4/13	Th	9:45-10:45am	\$70/4
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INTRO TO EXCEL

Barbara Yin Milbert

pacpal33@yahoo.com

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

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

OASIS Computer Lab

SS2037	3/23-4/13	Th	11am-Noon	\$70/4
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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

SS1142	3/7-3/14	Tu	9:45-10:45am	\$40/2
SS2142	5/25-6/1	Tu	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

SS2140	5/4-5/11	Th	9:45-10:45	\$40/2
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IPHONE MOST USEFUL SECRETS

Jake Jacobs

jakeair99@gmail.com

Insight into the latest iOS 16 features. Much has changed since our prior in-person classes. This class will bring you up to date. This class is only for users who have an iPhone 8 or newer with iOS 16 installed. Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers secrets hidden in apps including new App Library, Camera, Photos, Notes, Mail, Messages, Maps, Widgets, Calendar, 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.

- **Requirement:** This class is only for users who have an iPhone 8 or newer with iOS 16 installed

OASIS Room 2A

SS1144 2/23-3/16 Th 1-3pm \$40/4

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

SS1031 3/16 Th 1:30-3:30pm \$42/1

SS2026 5/1 M 10:30am-12:30pm \$42/1

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

IPAD BASICS

Carole Kamper

949-230-5902

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

OASIS Computer Lab

SS1025 3/13 M 10am-Noon \$42/1

SS2023 4/4 Tu 1:30-3:30pm \$42/1

SS2024 5/31 W 10:30am-12:30pm \$42/1



Cards & Games

BEGINNING BRIDGE

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

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

OASIS Room 3

SS1009 2/7-3/14 Tu 9:30-11:30am \$150/6

SS2009 4/11-5/16 Tu 9:30-11:30am \$150/6

ADVANCED BEGINNING BRIDGE

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

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

OASIS Room 3

SS1011 2/7-3/14 Tu 12:30-2:30pm \$150/6

SS2011 4/13-5/18 Th 9:30-11:30am \$150/6

INTERMEDIATE BRIDGE

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

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

- **Prerequisite:** Advanced Beginning Bridge 1.

OASIS Room 3

SS2012 4/11-5/16 Tu 12:30-2:30pm \$150/6

PRIVATE/SEMI-PRIVATE BRIDGE LESSONS

Rose Reynolds

pareynolds@aol.com

Do you desire personal attention in bidding, play of the hand or improving your defensive skills? Do you and your partner or group want to learn together? Do you or your group desire to learn a new convention or reinforce one you have some prior skills playing? Get your questions answered one on one or in a small group and bring your bridge skills to a higher level.

- 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

OASIS Room 3

DRP110 Private \$70 per hour

DRP111 Semi-private(4 people max) \$100 per hour

BRIDGE- NOTRUMP OPENINGS, STAYMAN AND JACOBY TRANSFERS

Rose Reynolds

pareynolds@aol.com

The class will cover how to approach balanced Notrump openings and the conventional responses that are used by the entire bridge world and every bridge player should know. After this 4 session class you will be an expert in when and how to use the two most widely used conventions in bridge.

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

OASIS Room 3

SS1018 3/6-3/15 M/W 4:30-6pm \$80/4

BRIDGE - DEFENSE: LEARN THE SIGNALING SYSTEM

Rose Reynolds pareynolds@aol.com
Learn how to defeat more contracts in 8 sessions! This class is for any player who has taken Intro and beyond. When playing, we defend 50% of the time. As you and partner need to work together, it is best to learn how to communicate to thwart the declarer as a team. I will cover Attitude, Suit Preference, Discard Patterns, Count Signaling. Opening Leads, Second and Third hand play too! Aren't you ready to defend like a warrior? No partner necessary!

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

OASIS Room 3

SS2018 3/20-4/12 M/W 4:30-6pm \$160/8

BRIDGE - LEARN HOW TO BID AND PLAY STRONG HANDS ON THE WAY TO SMALL AND GRAND SLAMS

Rose Reynolds pareynolds@aol.com
Do you know how to bid big hands or unbalanced big hands? Do you know how to ask for Aces and Kings? Learn how to describe the strength and shape of your hand on the way to bidding small and grand slams. The bonuses for bidding slams is too great not to understand when to get there, how to get there and when to avoid a slam. If you have settled for the occasional 6-level bid and crossed your fingers hoping it all works out, you need this class.

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

OASIS Room 3

SS2019 4/17-5/10 M/W 4:30-6pm \$160/8

LEARN TO PLAY BRIDGE ONLINE USING THE BBO APP

Rose Reynolds pareynolds@aol.com
Do you desire to play more bridge? Does your bridge partner live far away? Do you want to set up a table online and meet your friends there? Do you want to play in a tournament or club game? This is the class for you. You will learn how to find your way around the most popular bridge site in the world.

- Bring your lap top, tablet or phone.

OASIS Computer Lab

SS2120 3/21 Tu 4:30-6pm \$30/1

BRIDGE- SUPERVISED PLAY

Rose Reynolds pareynolds@aol.com
Did you just learn how to bid and play? Do you feel like you just need to review a bit, practice a lot and build a better foundation? Are you just returning to bridge after a hiatus? This 4 session class is perfect for you. Let's take what you learned and practice many hands with supervision. The full Fundamentals of Basic Bidding will be reviewed: opening and responding, overcalling and advancing, preemptive bidding and strong hands.

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

OASIS Room 3

SS2121 5/17-5/24 M/W 4:30-6pm \$80/4



DUPLICATE BRIDGE

Terry and Gene Casavant

949-854-8138

zeintje1@gmail.com

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

OASIS Room 2

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

ACBL DUPLICATE BRIDGE

Gail Schneider

949-472-8010

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

OASIS Room 2

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

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Terry Sweeney

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.

No class 5/29

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

OASIS Room 3

American Mah Jongg for Beginners 101

SS2013	3/20-4/24	M	9:30-11:30am	\$135/6
SS2014	5/4-6/8	Th	1:30-3:30pm	\$135/6

American Mah Jongg for Beginners 201

SS2015	3/23-4/17	Th	1:30-3:30pm	\$135/6
SS2016	5/1-6/5	M	9:30-11:30pm	\$115/5

MAH JONGG

Doris Melnick

949-644-2600

Dave Margolis

562-221-9870

Experienced players meet to play.

- American Mah Jongg card and rules only.

OASIS Room 3

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

FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class 5/26, 5/29**

OASIS Dance Room

SS1501	1/9-3/20	M	10:15-11:00am	\$ 167/9
SS1502	1/6-3/24	F	10:15-11:00am	\$ 221/12
SS2500	4/3-6/5	M	10:15-11:00am	\$167 /9
SS2501	4/7-6/9	F	10:15-11:00am	\$167 /9

BETTER LIFE BOXING

Andrew Deming betterlifeboxing.com

At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. **No class 5/29**

- **Please Bring:** A yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@betterlifeboxing.com if you have any questions about this.

OASIS Dance Room

SS1512	2/13-3/13	M	3:30-4:30pm	\$85/4
SS2502	3/20-4/10	M	3:30-4:30pm	\$85/4
SS2503	4/17-5/8	M	3:30-4:30pm	\$85/4
SS2504	5/15-6/5	M	3:30-4:30pm	\$65/3

OASIS Room 1

SS1514	2/16-3/16	Th	8:30-9:30am	\$105/5
SS2505	3/23-4/13	Th	8:30-9:30am	\$85/4
SS2506	4/20-5/11	Th	8:30-9:30am	\$85/4
SS2507	5/18-6/8	Th	8:30-9:30am	\$85/4

OASIS Room 1

SS1516	2/16-3/16	Th	3:30-4:30pm	\$105/5
SS2508	3/23-4/13	Th	3:30-4:30pm	\$85/4
SS2509	4/20-5/11	Th	3:30-4:30pm	\$85/4
SS2510	5/18-6/8	Th	3:30-4:30pm	\$85/4

DRP160 Drop-In (No Refunds) \$20/1



CHAIR EXERCISE

Judy Aprile

jjjapril@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 3/8 4/12, 5/10, 5/29, 6/14**

OASIS Event Center

SS1549	3/1-3/22	M/W	10:05-11:00am	\$38/6
SS2511	4/3-4/26	M/W	10:05-11:00am	\$44/7
SS2512	5/1-5/31	M/W	10:05-11:00am	\$49/8
SS2513	6/5-6/28	M/W	10:05-11:00am	\$44/7

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile

japril@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 1/30-5/22 M 11:30-12:30pm Free

NEW! 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 5/29**

- **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. New students must complete a balance assessment a week prior to the first class or during the initial week of the program. Instructor will contact the participant the week before the first class to schedule the assessment.

- **Registration:** Must register in person 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

SS1594	1/19-3/16	M/Th	1:30-2:30pm	\$240/16
SS2514	3/23-6/8	M/Th	1:30-2:30pm	\$320/21

GOLF

Greg Nelson

gregbnelson@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 gregbnelson@me.com for available openings.

RSVP Required Ongoing M/W/F See above

FULL & NEW MOON 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. Prepare to receive, rest, and heal on a cellular level. Bring whatever you need to be most comfortable. Any questions, please feel free to contact instructor

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

OASIS Dance Room

SS1519	3/7	Tu	6-7pm	\$20/1
SS1520	1/5, 2/4, 3/7		See Above	\$50/3

New Moon

SS2612	3/21	Tu	5:30-6:30pm	\$25/1
SS2614	4/19	W	5:30-6:30pm	\$25/1
SS2616	5/20	Sa	11am-12pm	\$25/1

Full Moon

SS2613	4/5	W	5:30-6:30pm	\$25/1
SS2615	5/6	Sa	11am-12pm	\$25/1
SS2617	6/3	Sa	11am-12pm	\$25/1

New & Full Moon

SS2618	All dates & times 3/21-6/3			\$140/6
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HEAD TO TOE FITNESS

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

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

OASIS Event Center

SS1523	2/28-3/16	Tu/Th	8-9am	\$50/6
SS2515	3/21-4/6	Tu/Th	8-9am	\$50/6
SS2516	4/18-5/11	Tu/Th	8-9am	\$65/8
SS2517	5/16-6/8	Tu/Th	8-9am	\$65/8

DRP161	Drop-In (No Refunds)			\$20/1
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NEW! INTRO TO MELT METHOD

Yvette Casal meltwithyvette@gmail.com 714-520-1427
 For those interested in joining the ongoing MELT Method Class. Please join me to learn the basic MELT language and maneuvers. No experience necessary.

- **Requirement:** Must get to the floor and off the floor unassisted.
- **Please Bring:** Please bring a mat and water to drink.

OASIS Dance Room

SS2524	3/21	Tu	2-3pm	\$25/1
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IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 5/29**

- **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

SS1525	2/13-3/14	M/Th	10-11:15am	\$131/9
SS2518	3/27-4/27	M/Th	10-11:15am	\$145/10
SS2519	5/8-6/8	M/Th	10-11:15am	\$131/9
SS1528	2/13-3/13	M	10-11:15am	\$65/4
SS2520	3/27-4/24	M	10-11:15am	\$80/5
SS2521	5/8-6/5	M	10-11:15am	\$65/4
SS1531	2/16-3/16	Th	10-11:15am	\$80/5
SS2522	3/30-4/27	Th	10-11:15am	\$80/5
SS2523	5/11-6/8	Th	10-11:15am	\$80/5

DRP162	Drop-In (No Refunds)			\$25/1
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MELT METHOD

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 code is available for Virtual Attendance.**

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

OASIS Dance Room

SS1534	1/10-3/14	Tu	2-3pm	\$160/10
SS2525	4/11-5/30	Tu	2-3pm	\$140/8

DRP163	Drop-In (No Refunds)			\$12/1
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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

SS1536	2/14-3/14	Tu	8:45-9:45am	\$90/5
SS2534	3/21-4/25	Tu	8:45-9:45am	\$103/6
SS2535	5/2-6/6	Tu	8:45-9:45am	\$103/6

DRP164	Drop-In (No Refunds)			\$22/1
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PHYSICAL TRAINING

Judy Aprile

jijaprile@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 3/3, 4/7, 4/19, 5/5, 5/19, 5/29**

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

OASIS Event Center

SS1543	3/1-3/24	M/W/F	7:45-8:35am	\$60/10
SS2528	4/3-4/28	M/W/F	7:45-8:35am	\$60/10
SS2529	5/1-5/31	M/W/F	7:45-8:35am	\$66/11
SS2530	6/5-6/30	M/W/F	7:45-8:35am	\$71/12
SS1546	3/1-3/24	M/W/F	8:45-9:35am	\$60/10
SS2531	4/3-4/28	M/W/F	8:45-9:35am	\$60/10
SS2532	5/1-5/31	M/W/F	8:45-9:35am	\$66/11
SS2533	6/5-6/30	M/W/F	8:45-9:35am	\$71/12



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

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

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

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

OASIS Dance Room

SS1540	2/16-3/16	Th	7:45-8:45am	\$90/5
SS2536	3/23-4/27	Th	7:45-8:45am	\$103/6
SS2537	5/4-6/8	Th	7:45-8:45am	\$103/6

DRP164 Drop-In (No Refunds) \$22/1

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

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

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

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

OASIS Dance Room

SS1538	2/14-3/14	Tu	10-11am	\$90/5
SS2538	3/21-4/25	Tu	10-11am	\$103/6
SS2539	5/2-6/6	Tu	10-11am	\$103/6

DRP164 Drop-In (No Refunds) \$22/1

TAI CHI QIGONG

Diana Wong

dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements.

- **Please Wear:** Comfortable clothing; no open-toed shoes.

OASIS Event Center

SS1592	1/12-3/9	Th	9:30-10:30am	\$125/9
SS1593	2/2-3/9	Th	9:30-10:30am	\$89/6
SS2540	4/6-6/1	Th	9:30-10:30am	\$125/9
SS2541	4/27-6/1	Th	9:30-10:30am	\$89/6

DRP166 Drop-In (No Refunds) \$20/1

NEW! HATHA YOGA

Stephanie von Meeteren

www.LucidStateYoga.com

NEW! This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Any questions, please feel free to contact instructor.

- **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

SS1602	3/2-3/16	Th	10:30-11:30am	\$65/3
SS1603	1/5-3/16	Th	10:30-11:30am	\$225/11
SS2602	3/23-4/27	Th	10:30-11:30am	\$125/6
SS2603	5/4-6/8	Th	10:30-11:30am	\$125/6

DRP165 Drop-In (No Refunds) \$20/1

YOGA THERAPY FOR STRENGTH & BALANCE

Stephanie von Meeteren

www.LucidStateYoga.com

No yoga experience necessary! In this small functional group we will be learning about the vital 10 muscles that are needed to keep us vibrant and vital! The class will consist of discussion, practices, and individualized assessments of your vital 10 muscles. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, reduce pain, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles that may need some attention. Personalized "homework" practices will be given during class in order to see maximum results! Any questions, please feel free to contact instructor

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

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

OASIS Dance Room

SS1567	3/1-3/15	W	3:15-4:15pm	\$65/3
SS2600	3/22-4/26	W	3-4pm	\$125/6
SS2601	5/3-6/7	W	3-4pm	\$125/6

NEW! 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

SS1562	3/2-3/16	Th	4:30-5:30pm	\$65/3
SS2604	3/23-3/30	Tu/Th	4:30-5:30pm	\$65/3
SS2605	4/4-4/27	Tu/Th	4:30-5:30pm	\$165/8
SS2606	5/2-5/30	Tu/Th	4:30-5:30pm	\$185/9
SS2607	6/1-6/8	Tu/Th	4:30-5:30pm	\$65/3
SS2608	3/28-4/25	Tu	4:30-5:30pm	\$105/5
SS2609	5/2-6/6	Tu	4:30-5:30pm	\$125/6
SS2610	3/23-4/27	Th	4:30-5:30pm	\$125/6
SS2611	5/4-6/8	Th	4:30-5:30pm	\$125/6
DRP165	Drop-In (No Refunds)			\$20/1



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 5/26, 5/29**

OASIS Dance Room

SS1569	1/9-3/20	M	9-10am	\$149/9
SS1570	1/4-3/22	W	9-10am	\$197/12
SS1571	1/5-3/23	Th	9-10am	\$197/12
SS1572	1/6-3/24	F	9-10am	\$197/12
SS2542	4/3-6/5	M	9-10am	\$149/9
SS2543	4/5-6/7	W	9-10am	\$165/10
SS2544	4/6-6/8	Th	9-10am	\$165/10
SS2545	4/7-6/9	F	9-10am	\$149/9
<i>Multi-Day Discount:</i>				
SS2546	4/3-6/9	M/W/F	9-10am	\$357/28
SS1573	1/4-3/24	M/W/F	9-10am	\$394/33
DRP167	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.

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

OASIS Dance Room

SS1574	1/10-3/14	Tu	11:30-12:30pm	\$200/10
SS2547	4/4-6/6	Tu	11:30-12:40pm	\$208/10
DRP168	Drop-In (No Refunds)			\$20/1

BEGINNING CLASSICAL/ CONTEMPORARY BALLET 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

SS1575	1/13-3/17	F	11:30-12:30pm	\$152/9
SS2548	4/7-6/9	F	11:30-12:45pm	\$208/10
DRP168	Drop-In (No Refunds)			\$20/1

NEW! BEGINNING JAZZ DANCING

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

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

OASIS Dance Room

SS1576	1/10-3/7	Tu	12:45-1:30	\$152/9
SS2549	4/4-6/6	Tu	12:45-1:30	\$158/10
DRP168	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!

OASIS Dance Room

SS1577	1/11-3/15	W	10:15-11am	\$205/10
FREE2	3/22	W	10:15-11am	Free
SS2550	4/5-6/7	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 3/30**

OASIS Dance Room

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

SS1579	2/9-3/16	Th	1-1:55pm	\$41/6
SS2551	3/23-4/27	Th	1-1:55pm	\$34/5
SS2552	5/4-6/8	Th	1-1:55pm	\$41/6

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

SS1582	2/9-3/16	Th	2-2:55pm	\$41/6
SS2553	3/23-4/27	Th	2-2:55pm	\$34/5
SS2554	5/4-6/8	Th	2-2:55pm	\$41/6

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

SS1585	2/9-3/16	Th	3-4pm	\$41/6
SS2555	3/23-4/27	Th	3-4pm	\$34/5
SS2556	5/4-6/8	Th	3-4pm	\$41/6

Combo Class: Level 2 & 3

SS1591	2/9-3/16	Th	2-4pm	\$58/6
SS2559	3/23-4/27	Th	2-4pm	\$48/5
SS2560	5/4-6/8	Th	2-4pm	\$58/6

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



MUSIC WORKSHOP

Glen Jansma

310-940-3122

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

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm Free



HOOTENANNY

Glen Jansma

310-940-3122

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm Free

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka

714-336-4719

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

OASIS Room 2

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

PING PONG

New players are always welcome.

OASIS Event Center BC

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

SAILING

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a \$50 monthly dues fee. Sailing is free. (Google "oasis sailing club" for our website). Call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org for membership details.

OASIS Room 1

RSVP Not Required 3/29 W 1:30pm See Above

VOLUNTEERS WANTED



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

JOIN US NOW WWW.FRIENDSOFOASIS.ORG

The Friends of OASIS MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, MARCH 3, 10:00AM

• \$10 MEMBERS/\$12 NON-MEMBERS

MENU: MARIO'S SPECIALTY CHICKEN PASTA, SALAD & GARLIC BREAD

ENTERTAINMENT: DUBLIN UP

A FUN MIX OF UPBEAT IRISH DANCE TUNES AND HEARTFELT BALLADS.
A TRULY "IRISH" EXPERIENCE.

SPONSORED BY: GREATER NEWPORT PHYSICIANS

GIFT SHOP

Hours: Monday - Friday 9am - 3pm

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

REMEMBER US IN YOUR WILL OR TRUST

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

Your gift is a legacy
for future seniors.



**OASIS SAILING CLUB
MEMBERSHIP**



ENJOY YEAR-ROUND COASTAL SAILING

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



OASIS V AND OASIS VI

Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.



CLUB MEETINGS AND SOCIAL ACTIVITIES

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) 876-2391 PacificSymphony.org	Mario's Pizza 10% discount – excludes alcohol	La Fogata 10% discount

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required Information**

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

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

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

****E-MAIL** _____

EMERGENCY CONTACT _____ **PHONE ()** _____

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

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

SIGNATURE _____

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- 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

LUCK O' THE IRISH

Friday, March 17

\$117/\$122

Celebrate St. Patrick's Day enjoying an Irish luncheon & musical revue. You will be entertained by Irish songs such as Danny Boy, My Irish Rose, and Irish Eyes Are Smiling as well as Broadway selections from Finian's Rainbow and Brigadoon. The show is lively and colorful with costumes, music, dance, and comedy. Feast on traditional corned beef and cabbage or roast chicken. Lunch is served with salad, rolls and wine, coffee or tea and an Irish ice cream sundae!

Depart: 9:45am

Return 5:30pm

LAUGHLIN SPRING GETAWAY

March 21-23

\$250 for Double Occupancy

\$320 for Single Occupancy

All prices per person

Enjoy a two night get-away at the beautiful Golden Nugget Hotel and Casino along the banks of the Colorado River. The resort features some of the hottest gaming action in Laughlin including slot and video poker machines, table games and live keno, and a complete race and sports book. You will have several options for dining including Claim Jumper and Bubba Gump Shrimp Co as well as casual dining. Stroll along the Riverwalk, which offers views of the majestic Nevada desert scenery and Colorado River.

Depart 8:30am

Return 6:00pm

JET PROPULSION LABORATORY (J.P.L)

Thursday, March 30

\$65/\$70

Located in Pasadena, the Jet Propulsion Laboratory better known as JPL, is NASA's lead center for robotic exploration of our solar system. This is your unique opportunity for an in-depth docent-guided tour of the Lab's activities and accomplishments as you are welcomed to outer space! On the tour you'll learn about JPL's history and accomplishments followed by a guided walking tour of the facility to see the Mission Control and a laboratory. Prior to the tour, enjoy lunch on your own in Old Pasadena.

- Sign-up closes on March 9
- Driver's license or other government issue photo ID necessary sign up and for presentation to JPL security.
- Extensive walking and Stairs

Depart 9:45

Return 6:00pm

ART ALIVE, SAN DIEGO MUSEUM OF ART

Saturday, April 1

\$93/\$98

Visit the San Diego Museum of Art and see the museum in bloom. Enjoy Art Alive! View the many stunning works of art on display in the museum with more than 100 floral interpretations by top local and national artists. Lunch is on your own in Balboa Park

- Note: Moderate Walking

Depart 8:30am

Return 5:00pm

AMERICA'S GOT TALENT

Thursday, April 6 **\$55/\$60**

America's Got Talent is a televised American talent show competition. The program attracts a variety of participants from across the United States and abroad, who possess some form of talent. Acts range from singing, dancing, comedy, magic, stunts, variety and other genres. The show draws around 10 million viewers per season. We will travel to the Pasadena Civic Auditorium to watch the filming of the acts. Lunch will be on your own with many different restaurants very close by.

Depart 9:45am

Return 6:30pm

SOFI STADIUM TOUR

Thursday, April 13 **\$110/\$115**

SoFi Stadium is both a landmark architectural wonder and a pioneering high-tech marvel. Peering inside the inner workings of the new home of the NFL's Los Angeles Rams and Chargers is to see what makes it likely the most technologically advanced stadium on the planet. See the state-of-the-art, 70,000 seat arena where the opening ceremony of the 2028 Summer Olympics will be held and where the Rams won Super Bowl LVI. Before the tour, enjoy an included hot dog and a choice of chips and drink at the Stadium. (Not a hot dog eater, consider bringing a sack lunch.)

Depart 9:45am

Return 4:00pm

HUNTINGTON LIBRARY, ART MUSEUM, AND BOTANICAL GARDENS

Wednesday, May 10 **\$80/\$85**

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

Depart 8:30am

Return 5:00pm

TASTE OF LOS ANGELES

Wednesday, May 24 **\$140/\$145**

Downtown Los Angeles is home to many restaurants that are among the city's best. Join Curt Tucker as he takes you on a culinary adventure where you will enjoy a personal Taste of LA. He will take us on a journey to hand-picked eateries with flavors from all over the globe. We will indulge in the Cantonese style of food including various types of steamed buns and dumplings. We will visit the famous and historic Philippe the Original. Opened in 1908, Philippe's is widely credited with the invention of the French Dip sandwich. We will head towards east Los Angeles for a delicious taco at a small establishment opened by Armando De La Torre, Sr. In Little Tokyo/Japan Town we will visit a Japanese sweet shop that has been delighting customers since 1903. To top off our trip, we will have the opportunity to taste some of the wines at the San Antonio Winery where they have been making wine since 1917. This trip involves moderate walking and six different stops where we will get on and off the bus.

Depart 8:30 am

Return 5:00 pm

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 and Lady Oh, and much more. Lunch at Almansor 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

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TUSCAN CULINARY EXPERIENCE, MAR., OCT., NOV.

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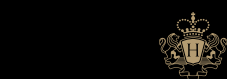
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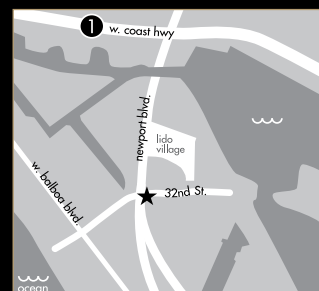
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OR \$10 for Classes \$75 & over**

Total Paid

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

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

Mandatory Signature: _____

Date: _____

Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services at the time of registration.

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

CVC _____

Credit Cards Accepted



CC# _____

Exp. Date _____ / _____

OASIS FITNESS CENTER



949-718-1818

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

Regular Hours of Operation:

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

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

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

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

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



PERSONAL TRAINING

RATES

- 30 min on-going
 - \$45
- 1 hour on-going
 - \$75
- 1 hour one-time
 - \$90

Please see staff for availability



www.newportbeachca.gov/oasisfitness

Friends of OASIS
801 Narcissus Ave.
Corona del Mar, CA 92625-1501

OASIS SENIOR CENTER
SAVE THE DATE
COMMUNITY RESOURCE EXPO

**SATURDAY
MAY 20TH
9AM-11:30AM**



**50+ VENDORS,
FREE CLASS DEMO,
FREE LECTURE, FREE
BREAKFAST, & MORE!**

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OASIS
SENIOR CENTER

