

OASIS news

Older
Adult
Social &
Information
Services

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

NOVEMBER 2020

VOL. 44 NO. 11



Give
Thanks

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

COVID-19 Support

OASIS Senior Center is here to help our Newport Beach Seniors.

Our staff is available by phone to help Newport Beach seniors with the following:



Monday-Friday | 8am-5pm

Call us at 949-644-3244 for assistance.

OASIS Senior Center

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

Administration Office

949- 644-3244
 M-Th: 7:30am-5:30pm
 Friday: 8am-5pm
 Saturday/Sunday Closed

Fitness Center

949- 718-1818
 M-Th: 7am-8pm,
 Friday: 7am-5pm
 Saturday/Sunday: 8am-4pm

CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

City of Newport Beach Admin. Staff

- City Manager**, Grace Leung
- Recreation & Senior Services Director**, Laura Detweiler
- Senior Services Manager**, Celeste Jardine-Haug
- Social Services Supervisor**, Susie DiGiovanna
- Health and Wellness Supervisor**, Melissa Gleason
- Recreation Supervisor**, Jennifer Sisoev
- Fitness Center Coordinator**, Jena Delgado-Sette
- Recreation Coordinator**, Anne Doughty
- Transportation Coordinator**, Elizabeth Arciniega
- Department Assistant**, Ngoc "Josie" Tran
- Office Assistant**, Carrie Calderone
- Facility Maintenance**, Chris Suarez
- Care-A-Van Drivers:**
 - Bill Breslin Jose Cardenas
 - Blanca Parra Raul Cano
- Age Well Senior Services Meals Coordinators:**
 - Andrea Collins 949- 718-1820
 - Jessica Olson 949-718-1811

OASIS News Staff

- Senior Editor**, Jennifer Sisoev
- Assistance by** Anne Doughty, Melissa Gleason and Ngoc "Josie" Tran
- Contributing Editors**, Scott Paulsen & Gerry Beegan
- Newsletter Committee:**
 - Nancy Greaves Pat Jones
 - Yvette Pergola Margo Stuart
- Advertising Coordinator**, Nanette Bowman

Friends of OASIS Staff and Office

- Eleanor Anderson & Berenice Barajas**
- 801 Narcissus Ave., Corona del Mar, CA 92625-1501
- www.friendsofoasis.org
- Phone: 949-718-1800 - Fax: 949-720-8704

Friends of OASIS Board of Directors

- President**, Mike Zimmerman
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- Vice President of Civic Affairs**, Walt Howald
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When does my Friends of OASIS membership expire?

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

Questions? Call (949) 718-1800.





Celeste Jardine-Haug

OASIS Senior Center Manager

It is with a heavy heart that I announce my retirement as of December 18, 2020. My experience at OASIS has been a highlight in my life. I am thankful for the people I have met, the projects I have been fortunate to work on, the talented staff I have led, and the support of the City of Newport Beach and the Friends of OASIS. I have been so lucky and will miss everyone and everything.

As I think about this monthly note that I have been writing for the past 32 years, I realize that it has been my vehicle for communicating to the whole membership, a vehicle for connecting and a way for me to convey thoughts and ideas. As I reread previous newsletters, I realize how the message has changed throughout the years and how our Center has evolved into a state-of-the-art facility. I am so proud of our staff and how they have developed innovative programs that stretch the imagination of our members. I am also proud of our seniors and how they have taken on the challenge of trying something new.

Over the years of working in the field of Aging, I have learned that staying active and engaged, having a positive attitude, and not making age an excuse to trying something new are the traits of healthy older adults. I have observed this over, and over again with the members of OASIS. I have met the most incredible people here. They definitely set the bar high for others to follow their lead.

In my retirement, I hope to set a good example for those who have taught me these traits. My first task will be to learn to be a grandma. A wonderful grandma I hope! After I have mastered that, I hope to get involved in some meaningful volunteer work as well as get into a better exercise routine. Additionally, once the pandemic has ended, my husband and I will be traveling fools.

This Thanksgiving, let us be grateful for being able to slowly open the Center to limited classes and activities. Let us hope that we continue to stay well and that the Center will soon be back to normal.

Happy Thanksgiving to all,

Celeste



Mike Zimmerman

Friends of OASIS President



I first of all want to thank everyone that contributed to our Friends Fund Drive, and urge those of you who have yet to donate to please do so. It has been a trying year so far, but we have managed to keep things going strong. We have accomplished a "soft opening" with some of our classes, including our Gym, and the Oasis Sailing Club is back on the water with Oasis V and Oasis VI. Our finances have been closely managed by our esteemed Financial Committee, which will meet with our personal broker from Wells Fargo, once a quarter. Through all of this, we have managed to financially aid City functions and programs, including our Meals on Wheels, and keeping our OASIS vans and drivers on the road with appropriate safety measures in place.

I again urge you to check out the address box on your November OASIS Newsletter, and see when your Friends Membership is due or even expired. The Newsletter will contain valuable class registration information once again, along with special event information. Also don't forget our valuable advertisers in the back of the magazine, and to patronize them whenever possible. There is also the listing of all of our local restaurants that offer great discounts to Friends members, just by mentioning you are a Friends of OASIS member! Well worth the \$15 cost of your membership.

I am so proud of each of you reading this, for your patience in these troubling times, and am excited that although we are not open at "full speed" as of yet, but rather using caution as our guide continue to bring on more and more of our classes and events. Lastly, please vote, and don't forget you can do as I just did, and drop your ballot in our 100% secure drop box on the corner or 5th street and Marguerite in CdM, in our auxiliary parking lot.

Always at your service,

Mike

OASIS Senior Center Programs

OASIS IS OPEN!



PHASE ONE

OASIS is open in a limited capacity during Phase 1.

PHYSICAL TRAINING

11/9-12/11 8-8:45AM OR
9:15-10AM

SEE PAGE 16 FOR MORE INFO

BETTER LIFE BOXING

11/16-12/7 3:30-4:30PM
11/19-12/10 8:30-9:30AM OR
3:30-4:30PM

SEE PAGE 17 FOR MORE INFO

LECTURE:

THE HISTORY OF THE BOLSA CHICA GUN CLUB

11/17 10AM

SEE PAGE 5 FOR MORE INFO

GOOD GRIEF CAFE

2ND & 4TH THURS 3-4:30PM

SEE PAGE 6 FOR MORE INFO

A DIFFERENT KIND OF BOOK CLUB

11/4 10:30AM-NOON

SEE PAGE 6 FOR MORE INFO

LECTURE:

GUT HEALTH, BRAIN HEALTH HOW ARE THEY CONNECTED?

11/10 1PM

SEE PAGE 5 FOR MORE INFO

LECTURE:

EXPERIENCING THE JOY & ENERGY OF SIMPLIFYING

11/18 1PM

SEE PAGE 6 FOR MORE INFO

**REGISTRATION REQUIRED FOR ALL ACTIVITIES AT OASIS.
REGISTER ONLINE AT NEWPORTBEACHCA.GOV/OASIS OR
USE THE REGISTRATION FORM ON PAGE 7.**

View the full list of programs and register online:

NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center 949-644-3244 | oisiscenter@newportbeachca.gov



OASIS RE-OPENING GUIDELINES

PHASE ONE GUIDANCE

We are happy to be reopening our facility, albeit in a limited capacity, and have instituted new mandatory safety protocols to help minimize the transmission of the COVID-19 virus.

The following protocols are required when visiting OASIS, for the health, safety and wellbeing of all:

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

To maintain distancing, seating capacity is limited. Do not reconfigure class set up. Additional protocols may be in place and will be communicated to all prior to entering and posted throughout the building.

We appreciate and thank you in advance for your cooperation.

All protocols must be followed in order to visit and remain on the campus. We look forward to seeing you at OASIS!

Gut Health, Brain Health How are they Connected?

Tuesday, November 10, 2020
1:00 pm

In-person Event

**Advance online registration
required – Code: Brain2020**



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



TUESDAY TOPICS

Lecture Series Presents...



November 17 at 10am | OASIS SENIOR CENTER

The History of the Bolsa Chica Gun Club

Presented by
Chris Epting,
Author, Journalist
& TV host

The Bolsa Chica Gun Club opened in 1899 and hosted many famous industrialists, luminaries and celebrities. The famed Huntington Beach landmark also played an important part during World War II, and remains one of the most intriguing centers of power in Orange County. Author and TV host Chris Epting will share rare stories, images and film footage that will help illuminate the legend of the Bolsa Chica Gun Club.

Registration is required, either online, mail or fax in registration using code TUESDAY.

Register online at www.newportbeachca.gov/oasis 949-644-3244



OASIS Senior Center Programs



The Good Grief Café

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

Every 2nd & 4th Thursday
3:00 - 4:30 pm
Held In-Person
OASIS Room 3

Registration Required
Registration code GG2020

Register online
or at OASIS entrance



CareCHOICES™
Hospice and Palliative Services, Inc.

Experiencing the Joy & Energy of Simplifying

FEATURING AUTHOR ARYANA DELAIN



Wednesday
November 18, 2020
1:00 pm

In-person Presentation:
OASIS Event Center

Pre-registration required
code: Simple2020

Discover how "too much stuff" impacts your mental, physical and emotional health. This presentation will describe how simplifying your life can bring you more serenity and true happiness.



Aryana Delain is a well-respected expert in personal assets management and liquidations. She is passionate about helping people improve their mental, emotional and physical well-being by simplifying their life, getting organized and living with less in order to have a lot more of what really matters.



REGISTRATION REQUIRED

Registration is required for all activities at OASIS.

Register online at
www.newportbeachca.gov/oasis
or use the registration form on page 7 or 26.



VIRTUAL THANKSGIVING COCKTAIL HOUR

THURSDAY, NOVEMBER 19
4:00PM



JOIN US FOR A VIRTUAL COCKTAIL HOUR WHERE WE WILL MAKE A FESTIVE COCKTAIL (OR MOCKTAIL) WHILE PARTICIPATING IN A SHARED ACTIVITY.

MIXERS* WILL BE PROVIDED FOR THE COCKTAIL.
*SPIRITS ARE NOT PROVIDED.

PARTICIPANTS CAN PICK UP TASTING KITS ON

- WEDNESDAY, NOVEMBER 18 FROM 9AM-4PM.
- THURSDAY, NOVEMBER 19 FROM 9AM-1PM

KITS ARE LIMITED. REGISTER TODAY!
USE CODE **TG2020** TO REGISTER. SEE FORM PG. 7

NEWPORTBEACHCA.GOV/OASIS

949-644-3244 | oasiscenter@newportbeachca.gov

REGISTRATION INFORMATION

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

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

Registration form and payment to:
 OASIS Senior Center
 801 Narcissus Ave.
 Corona del Mar, 92625
 Hours: M-F, 8 a.m. - 5 p.m.
 Email: OASISCenter@newportbeachca.gov

ONLINE

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

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to:
 (949) 640-7364
 Faxes are processed during regular business hours and only upon receipt of a completed and signed registration form

First Name _____ **Last Name** _____

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

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

Participant's Name	Gender	Class # Session	Class Name	Fee

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

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

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

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

Mandatory Signature: _____ **Date:** _____

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

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

Credit Cards Accepted  **CC#** _____ **Exp. Date** _____ / _____ **7**

Medicare Part D Drug Coverage Assistance 2020 Provided by HICAP



Friday
November 6, 13 or 20
Phone appointments

Please schedule an appointment in advance
949-644-3244

HICAP counselors will review your current Part D Drug coverage and compare it to other companies.

During your appointment, you must have your Medicare Card and a list of the drugs you are currently taking.

Presented by Health Insurance Counseling and Advocacy Program (HICAP), a state and federally mandated Medicare resource.

HICAP does not sell, recommend or endorse any insurance products.

 Council on Aging
Southern California



WEEKLY BRAIN TEASERS



FREE

PUT YOUR BRAIN TO WORK WITH A WEEKLY SET OF GAMES, PUZZLES, CROSSWORDS AND MORE.

BRAIN TEASERS ARE AVAILABLE ON OUR WEBSITE FOR YOU TO TRY AT HOME. ENJOY THEM ON YOUR OWN OR COLLABORATE VIRTUALLY WITH OTHERS!

NO COMPUTER OR PRINTER?
PLEASE CALL (949) 644-3244 TO PICK UP ONE OF THE PACKETS.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

VIRTUAL SUPPORT GROUPS

FREE



ALZHEIMER'S CAREGIVER SUPPORT GROUP

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

COMPASSIONATE FRIENDS

3RD WEDNESDAY OF EACH MONTH
@ 6:30PM.
EMAIL FOR THE LINK:
TCFNEWPORTBEACHCA@GMAIL.COM

REGISTRATION REQUIRED

Registration is required for all activities at OASIS.

Register online at
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or use the registration form on
page 7 or 26.

OASIS
SENIOR CENTER

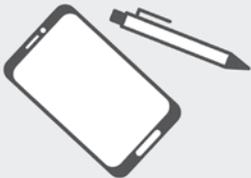
One-on One Technology Tutoring

with Carole Kamper



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

- \$53 per 60 minute session. No refunds issued after registration.
- Dates and time will be agreed upon by instructor and student prior to registration.
- Contact the instructor directly to set up a mutually convenient time.
- Carole Kamper, carole.kampere@gmail.com, (949) 230-5902
- Registration code is ORCS002



REGISTER
ONLINE NOW!

Register online at
NEWPORTBEACHCA.GOV/REGISTER

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov



Virtual Drumming with Lee Kix

Stop "solo" sheltering in silence
Come make some sounds with Kix

Second Wednesday of the Month at 10am

Find something from around your house to Shake, Rattle or Roll
and play along with Lee Kix on a Virtual ZOOM Drum Circle.
Discover your own Inner Rhythm playing with some other fun
seniors!

Add aTopic: My DRUM Meeting

[https://us04web.zoom.us/j/79419800988?
pwd=VzQ3akZ6SnIWazhVS3NrZXFBV0VXUT09](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnIWazhVS3NrZXFBV0VXUT09)

Meeting ID: 794 1980 0988

Password: 9ppm6U



LET'S GO TRIPPIN'

VIRTUAL TRAVEL PRESENTATIONS

Presented and narrated by Nino Mohan, Travel Expert



Every Saturday at 11am or 3:30pm
View our website for the full schedule.

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



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



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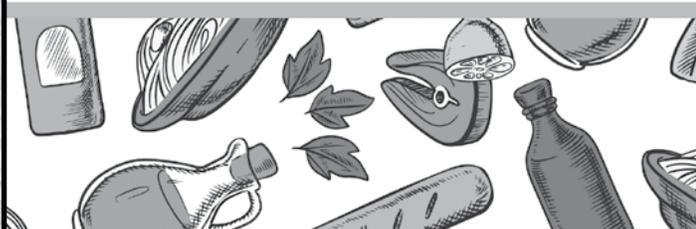


AGE WELL SENIOR SERVICES MEAL PROGRAM

MEALS ON WHEELS

MEALS ON WHEELS (M-F Delivery)

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



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

REGISTER YOUR BIKE ONLINE

NEWPORT BEACH POLICE DEPARTMENT HAS PARTNERED WITH PROJECT 529 AN ONLINE BICYCLE REGISTRY. IF YOUR BIKE GETS STOLEN, YOUR SERIAL NUMBER AND A DETAILED DESCRIPTION WILL BE AVAILABLE TO HELP OUR OFFICERS GET IT BACK!

www.project529.com/newportbeach

- TAKES FIVE MINUTES TO REGISTER AND IT'S FREE
- YOU CAN UPLOAD PHOTOS AND PERSONAL INFORMATION (ENCOURAGED)
- ONLY SUBSCRIBED LAW ENFORCEMENT (AND THE REGISTRANT) CAN VIEW THE PERSONAL INFO AND PHOTOS UPLOADED BY THE OWNER
- YOU CAN MARK YOUR BICYCLE AS STOLEN IN PROJECT 529, ALLOWING ANY LAW ENFORCEMENT AGENCY USING PROJECT 529 TO KNOW THE BIKE IS STOLEN AND RETURN IT (USING UPLOADED INFO)
- IT IS EASY TO REMOVE ONLINE IF YOU SELL THE BIKE



NEWPORT BEACH POLICE DEPARTMENT



SHARP

Senior Home Assistance Repair Program

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

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

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

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



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

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

Call to register 949-644-3244



Dedicated to the Senior Community since 1977

MEDICATION CONSULTATION

Free Personal Consultation on Medication Interactions

Have a one-on-one phone consultation with Dr. Bill Liu, the Orange County Health Care Agency Pharmacist, to discuss good medication management strategies to maximize efficacy and minimize drug side effects and potential drug interactions.

You and he will discuss the medications and supplements you are currently taking to allow him to make suggestions for improved med management.

Call 714-972-3726 to make an appointment.



REGISTRATION REQUIRED

Registration is required for all activities at OASIS.

Register online at www.newportbeachca.gov/oasis or use the registration form on page 7 or 26.



LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

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

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

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

Medical Equipment to Loan

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

Telephone Reassurance

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

HOME DELIVERED MEALS

Home delivered meals provided by Age Well Senior Services

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

TRANSPORTATION

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

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

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

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

Eligibility:

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

Service is available

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

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

Call OASIS to register (949) 644-3244.

Friends of OASIS Mission Statement

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



When does my Friends of OASIS membership expire?

Check the printed line just above your mailing address on the back of this newsletter.
Questions? Call (949) 718-1800.



Dear Travel Friends,

We miss you!

Hopefully we will be able to enjoy our day trips again in 2021. We have so many wonderful museums, theaters, concert halls, parks, zoos, vintage homes, racetracks, aquariums, animal sanctuaries and of course, the casinos and much more.

So until we can actually go on a trip, we thought it would be nice to hear from you and let us know where you would be comfortable going on a day trip as things open up and allow limited travel.

We look forward to hearing from you and truly look forward to the day we can travel together. You can

- Send letter to 801 Narcissus Ave, CdM, CA 92625
- Leave a message at (949) 718-1810 or
- Email to oisistravel2@yahoo.com.

We hope to return to the office for limited times during the week.

See you soon,
OASIS Travel Department

2020 – GREAT YEAR TO GIVE CASH TO CHARITY!!

The Cares Act provides tax benefits for 2020 only to encourage all taxpayers to give to charities:

- (1) Taxpayers who take the standard deduction can claim a \$300 above-the-line deduction on their 2020 income return for cash contributions to a qualified charity (Cares Act § 2204, IRC 62(a)),
or
- (2) For taxpayers who itemize deductions, the limit on claimed cash contributions to qualified charities is raised from 50% to 100% of their AGI (Cares Act § 2205, IRC 170(b)).

Please consult your tax advisor; however, the Friends of OASIS especially needs this year all you can give to sustain the Center's soon reopened programs and services.

Thank you,

FRIENDS and Seniors



YOUR LEGACY

Also, if you are considering making Friends of OASIS part of your legacy, here is suggested language you may want to share with your estate advisor and/or attorney to include in your trust or will:

"I give ____% of the residual of my estate or \$_____ to Friends of OASIS, a tax exempt 501(c)(3) organization with a federal taxpayer identification number of 95-3196296, located at 801 Narcissus, Corona del Mar, CA 92625."

REGISTRATION INFORMATION

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

CLASS REFUND POLICY

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

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

OASIS PARTICIPANT CODE OF CONDUCT

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

CODE OF CONDUCT

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

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

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

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



COMPUTER TECHNOLOGY

ONE-ON-ONE VIRTUAL TECHNOLOGY TUTORING (ONLINE)

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

- \$53 per 60 minute session. No refunds will be issued after registration.
- Contact the instructor directly to set up a mutually convenient time. Carole Kamper, carole.kamper@gmail.com, 949-230-5902
- Dates and time will be agreed upon by instructor and student prior to registration.

ORCS002 By Appointment Only M-Th \$53 per hour

ENRICHMENT

WRITING YOUR LIFE STORIES 2 (ONLINE)

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

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

ONLINE
ORCS30 9/29-11/17 Tu 10am-Noon \$150

FINE ARTS

CERAMICS- ONLINE FOR CONTINUING STUDENTS

Karen Thayer karenthayer@yahoo.com
Class is taught online via Zoom. No in-person instruction or work. Participants must have taken Ceramics with Karen Thayer previously. All tools, clay, underglazes and glazes must be provided by the students. Online instruction includes: **No class 10/28, 11/11, 11/25**

- Access to weekly prerecorded demonstration lesson of 20-30 minutes (handbuilt projects only, viewable anytime)
- Access to weekly 30-minute Zoom meeting for questions and answers and sharing, each Wednesday at 10am. (Students must create a Zoom account and have access to audio/video to use this option).
- Weekly bisque and glaze firing of projects with options for decals and luster.
- Arranged times for drop-off and pick-up of projects (must be prearranged with OASIS Staff).

ONLINE
ORCS34 9/16-12/9 W \$140

ONLINE PAINTING WITH JIM ELLSBERRY- THE EXPRESSIVE LANDSCAPE

Jim Ellsberry jim@jimEllsberry.com, 310-218-2658
Class is taught online via Zoom. This session emphasizes color and expression, using landscape as subject matter. Students are given assignments based on exxpressionist masterworks, historic and contemporary. Using instructor photos, students have freedom to explore and interpret assignments her/his way. Students can share work online using their computer.

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

ONLINE
ORCS33 11/18-12/16 W 1-2:30pm \$119

FOREIGN LANGUAGE

GERMAN-ADVANCED (ONLINE)

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

BEGINNING FRENCH 1 (ONLINE)

Portal Languages 714-979-1655
Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- No material fee. Book will be emailed.

ONLINE
ORCS23 10/26-11/23 M/W 5-6pm \$185
ORCS24 11/30-12/9 M/W 5-6pm \$95

BEGINNING FRENCH 2 (ONLINE)

Portal Languages 714-979-1655
Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- No material fee. Book will be emailed.

ONLINE
ORCS26 10/26-11/23 M/W 6-7pm \$185
ORCS27 11/30-12/9 M/W 6-7pm \$185

Classes & Activities



BEGINNING ITALIAN 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

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

ONLINE

ORCS29	10/26-11/23	M/W	5-6pm	\$185
ORCS35	11/30-12/9	M/W	5-6pm	\$95

BEGINNING ITALIAN 2 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

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

ONLINE

ORCS37	10/26-11/23	M/W	6-7pm	\$185
ORCS38	11/30-12/9	M/W	6-7pm	\$95

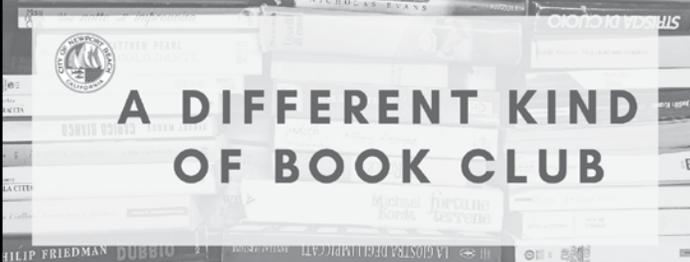
BEGINNING SPANISH 1 (ONLINE)

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

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

ONLINE

ORCS21	10/22-12/10	Th	5:30-6:30pm	\$185
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A DIFFERENT KIND OF BOOK CLUB

WEDNESDAY, NOVEMBER 4

**10:30AM-NOON
OASIS ROOM 5**

**TOPIC:
FAVORITE BOOK**

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.

Registration required.
Registration code: BOOK





Online Painting w/ Jim

Taught by Jim Ellsberry
jimejimEllsberry.com

The Expressive Landscape

Wednesdays, 1-2:30pm
11/18-12/16, \$119 (code: ORCS33)

This course is taught online via Zoom. This session emphasizes color and expression, using landscape subject matter. Students are given assignments based on expressionist masterworks, historic and contemporary. Using instructor photos, students have freedom to explore and interpret assignments her/his own way. Students can share work online using their computer.

- Prerequisite: Students must sign up for a Zoom account and have a computer with working camera/microphone to participate in class. Either PC, laptop or iPad computers are preferred; smart phones will work but are not as Zoom-friendly.
- Supply list will print out on receipt or contact instructor to be emailed the list.

OASIS Senior Center 949-644-3244 www.newportbeachca.gov/oasis

REGISTRATION INFORMATION

You may register for these classes in four easy ways; see page 26 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

SAFETY PROTOCOLS

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

FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
 Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension.

OASIS DANCE ROOM-IN PERSON

SS4648	10/26-12/7	M	10:05-10:50am	\$125/6
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No class 11/23

ONLINE

ORCS54	10/26-11/16	M	10:15-11:00am	\$65/4
ORCS55	11/23-12/14	M	10:15-11:00am	\$65/4
ORCS67	10/26-11/16		(access anytime)	\$145
ORCS68	11/23-12/14		(access anytime)	\$145

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

CHAIR EXERCISE

Judy Aprile jjjaprile@gmail.com
 Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated.

OASIS EVENT CENTER-IN PERSON

SS4525	11/9-12/9	M/W	10:30-11:15am	\$46/9
SS4FRE3	12/14-12/16	M/W	10:30-11:15am	\$0/2

No class 11/11

PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com
 This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

OASIS EVENT CENTER-IN PERSON

SS4509	11/9-12/11	M/W/F	8-8:45am	\$64/13
SS4FRE1	12/14-12/16	M/W	8-8:45am	\$0/2
SS4513	11/9-12/11	M/W/F	9:15-10am	\$64/13
SS4FRE2	12/14-12/16	M/W	9:15-10am	\$0/2

No class 11/11, 11/27

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.

- Must be able to get up off the floor unassisted.
- Please bring a mat and water to drink.

OASIS DANCE ROOM- IN PERSON

SS4583	10/20-12/8	Tu	2-3pm	\$93/7
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No class 11/24

NEW! MEDITATION AND MINDFULNESS

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

- Please wear comfortable clothes for light stretching.

OASIS ROOM 1-IN PERSON

SS4702	10/27-12/8	Tu	1:30-2:30pm	\$125/6
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No class 11/24

REGISTER NOW!

A class might be cancelled if people wait until the last minute to register. Please register early and help us avoid cancelling our classes.

Classes & Activities (949) 644-3244

HATHA YOGA

Danielle Hernandez

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

OASIS DANCE ROOM-IN PERSON

SS4567 10/28-12/9 W 9-10am \$95/6
No class 11/11

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.

- 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-IN PERSON

SS4629 10/19-11/9 M 3:30-4:30pm \$77/4
SS4630 11/16-12/7 M 3:30-4:30pm \$59/3
SS4631 10/22-11/12 Th 3:30-4:30pm \$77/4
SS4633 11/19-12/10 Th 3:30-4:30pm \$59/3
SS4628 10/22-11/12 Th 8:30-9:30am \$77/4
SS4634 11/19-12/10 Th 8:30-9:30am \$59/3

No class 11/23, 11/26

CHAIR DANCE & FITNESS

CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

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

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

ONLINE

ORCS63 10/26-11/16 M 11:15am-Noon \$65/4
ORCS64 11/23-12/14 M 11:15am-Noon \$65/4
ORCS71 10/26-11/16 (access anytime) \$125
ORCS72 11/23-12/14 (access anytime) \$125

ZUMBA GOLD®

CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact, dance steps to a variety of motivating music. Sign up now, get results and feel the joy!

OASIS DANCE ROOM-IN PERSON

SS4547 10/27-12/8 Tu 9-10am \$125/6
No class 11/24

ONLINE

ORCS58 10/26-11/16 M 9:00-10:00am \$65/4
ORCS59 11/23-12/14 M 9:00-10:00am \$65/4
ORCS69 10/26-11/16 (anytime access) \$145
ORCS70 11/23-12/14 (anytime access) \$145

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

MUSIC & DANCING

BALLET II

Michelle Zehnder Caumiant

mcaumiant26@gmail.com

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

OASIS DANCE ROOM-IN PERSON

SS4601 10/20-12/8 Tu 11:30am-12:30pm \$125/7
No class 11/24

VIRTUAL GROUP DRUMMING

Lee Kix

Come and discover your own personal rhythm. Find something from around your house to shake, rattle or roll and play along with Lee Kix on a virtual Zoom drum circle. Discover your own inner rhythm playing with some other fun seniors! This group normally meets via Zoom the 2nd Wed of the month. **This Zoom meeting will be a special drum circle in honor of Veterans Day to commemorate the service of all men and women, past and present..**

LIVE ZOOM MEETING

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

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



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FRIENDS OF OASIS
 MEMBERSHIP DUES / RENEWALS

****Required Information**

**NAME _____ DATE _____
Print Clearly

**ADDRESS _____ CITY _____

**STATE _____ ZIP _____ PHONE (_____) _____

**EMAIL _____

EMERGENCY CONTACT _____ PHONE (_____) _____

NEW RENEWAL CASH CHECK # _____ Payable to Friends of OASIS

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

SIGNATURE _____

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

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

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REGISTRATION INFORMATION

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

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

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

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

Email: OASISCenter@newportbeachca.gov

ONLINE

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

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to:
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Faxes are processed during regular business hours and only upon receipt of a completed and signed registration form

First Name _____ **Last Name** _____

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

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

Participant's Name	Gender	Class # Session	Class Name	Fee

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

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

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

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

Mandatory Signature: _____ **Date:** _____

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

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

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TEMPORARY HOURS OF OPERATION

MONDAY-FRIDAY

7:00 am – 5:00 pm

*By reservation only.

FITNESS CENTER HOLIDAY CLOSURES:

Wednesday, November 11

CLOSED

Thursday & Friday, November 26, 27

CLOSED



OASIS FITNESS CENTER REOPENING PHASE 1

THE OASIS FITNESS CENTER IS OPEN TO CURRENT MEMBERS ONLY. CURRENT MEMBERS ARE THOSE WHO WERE ACTIVE MEMBERS PRIOR TO OUR CLOSURE.



TEMP. HOURS: MONDAY - FRIDAY, 7:00AM - 5:00PM



OCCUPANCY: LIMITED TO 10% CAPACITY, 6 MEMBERS



RESERVATIONS: CURRENT FITNESS CENTER MEMBERS ONLY REQUIRED PRIOR TO VISITING/USE OF THE FITNESS CENTER

- **THE SIGN UP GENIUS LINK WILL BE POSTED TO OASIS FITNESS CENTER WEBSITE EACH THURSDAY AT 3:30PM**
- **2 RESERVATIONS PER MEMBER, PER WEEK**
- 45 MINUTES TIME SLOTS
- STAFF WILL CLEAN BETWEEN EACH TIME SLOT



MASKS: PROPER USE OF MASK, **COVERING NOSE AND MOUTH**, IS REQUIRED TO ENTER, MOVE AROUND, USE RESTROOMS AND EXIT THE FACILITY.

- MASKS MAY BE TAKEN DOWN WHEN MEMBER IS ENGAGED IN WORKOUT ON CARDIO MACHINE.
- MASKS ARE RECOMMENDED WHILE ENGAGED ON STRENGTH AND STRETCHING MACHINES, HOWEVER MAY BE TAKEN DOWN IF NEEDED.



TEMPERATURE CHECKS & HEALTH SCREENING: UPON ARRIVAL.



ENTRANCE: SIDE GATE NEAR GARDEN AND ART CENTER LINE UP OUTSIDE GATE PRIOR TO YOUR RESERVATION START TIME



EQUIPMENT: ONLY CARDIO & STRENGTH MACHINES ARE AVAILABLE AT THIS TIME

- FREE WEIGHTS, MATS, BANDS, BALLS, ETC. WILL NOT BE AVAILABLE FOR USE

SHOWERS & LOCKERS: WILL NOT BE ACCESSIBLE



ALL DOORS & WINDOWS: WILL BE PROPPED OPEN TO REDUCE AREAS OF PHYSICAL CONTACT AND TO INCREASE VENTILATION

OASIS IS OPEN!

PHASE ONE

OASIS is open in a limited capacity during Phase 1.

PHYSICAL TRAINING

11/9-12/11 8-8:45AM OR
9:15-10AM

SEE PAGE 16 FOR MORE INFO

BETTER LIFE BOXING

11/16-12/7 3:30-4:30PM
11/19-12/10 8:30-9:30AM OR
3:30-4:30PM

SEE PAGE 17 FOR MORE INFO

LECTURE:

THE HISTORY OF THE BOLSA CHICA GUN CLUB

11/17 10AM

SEE PAGE 5 FOR MORE INFO

GOOD GRIEF CAFE

2ND & 4TH THURS 3-4:30PM

SEE PAGE 6 FOR MORE INFO

A DIFFERENT KIND OF BOOK CLUB

11/4 10:30AM-NOON

SEE PAGE 6 FOR MORE INFO

LECTURE:

GUT HEALTH, BRAIN HEALTH HOW ARE THEY CONNECTED?

11/10 1PM

SEE PAGE 5 FOR MORE INFO

LECTURE:

EXPERIENCING THE JOY & ENERGY OF SIMPLIFYING

11/18 1PM

SEE PAGE 6 FOR MORE INFO

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REGISTER ONLINE AT NEWPORTBEACHCA.GOV/OASIS OR
USE THE REGISTRATION FORM ON PAGE 7.**

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