

OASIS news

Older
Adult
Social &
Information
Services

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

MAY 2021

VOL. 45 NO. 5



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

Your Actions Save Lives



WEAR A MASK
Slow the spread



WASH YOUR HANDS
For at least 20 seconds



KEEP A SAFE DISTANCE
At least 6 feet



COVER YOUR COUGH
With napkin or by elbow



FEELING SICK?
Call your doctor

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

OASIS Senior Center

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

Administration Office

949- 644-3244
M-F: 8am-5pm
Saturday/Sunday: Closed

Fitness Center

949- 718-1818
M-TH: 7am-6pm; F: 7am-5pm
Saturday/Sunday: Closed

CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

Newport Beach City Council

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Mayor Pro Tem, Kevin Muldoon
Noah Blom
Joy Brenner
Diane B. Dixon
Duffy Duffield
Will O'Neill

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Senior Services Manager, Melissa Gleason
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Health and Wellness Supervisor, Anne Doughty
Recreation Supervisor, Jennifer Sisoev
Fitness Center Coordinator, Jena Delgado-Sette
Recreation Coordinator, Hilda El-Souki
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 Ngoc "Josie" Tran & Anne Doughty
Contributing Editors, Scott Paulsen & Gerry Beegan
Newsletter Committee:
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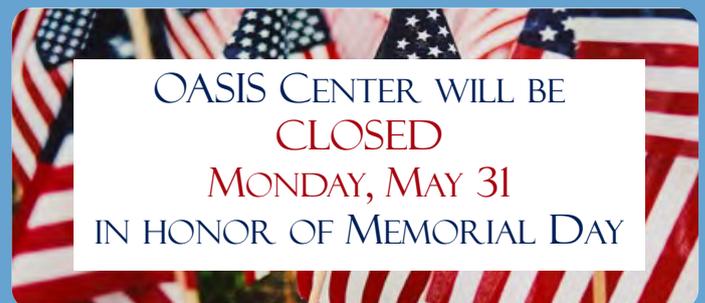
Friends of OASIS Staff and Office

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

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Scott Paulsen	Ed Romeo, President Emeritus
Kathy Roberts	Melissa Gleason, Ex Officio



Welcome to OASIS



Melissa Gleason

Senior Services Manager



We are moving forward in a positive direction with the opening of the fitness center and in-person classes. Our staff has been working hard to bring back beneficial programs to the residents and the community, both in health & wellness and enrichment.

One of our biggest accomplishments was the success of the vaccination distribution clinic at OASIS, in collaboration with Hoag Hospital. The first dose was administered on March 23 followed by the 2nd dose on April 13. Approximately 300 Newport Beach residents 65 and over attended, and expressed their gratitude and relief. Thank you to the staff from Hoag, Newport Beach Fire and Recreation & Senior Services for serving our most vulnerable population.

Spring brings new beginnings, and Hilda El-Souki is the new Recreation Coordinator joining the OASIS Team. Hilda has been with the Recreation and Senior Services Department since 2018. She holds a Bachelor's in Public Health Policy/Urban Studies from UC Irvine. Hilda rose to the top during a very competitive recruitment process. Above all, it was her enthusiasm and desire to work with the senior community. She is a great addition to our team; please join us in welcoming her. For those of you who have been back in our Fitness Center, you might have met some new part-time staff. We hope you'll welcome them and introduce yourselves. They have all been doing a great job learning our new processes and helping to ensure the safety of our participants.

I share the same enthusiasm as you all in looking forward to getting back to "normal." We have come so far this past year and I truly believe the worst is behind us.

Optimistically yours,

Melissa



Mike Zimmerman

Friends of OASIS President



I am actually taking a sigh of relief that just maybe, the worst of Covid is in the rear-view mirror. Not totally through it yet, but all the signs are going in the right direction. Most of us over 65 have taken the vaccine and can move on with our lives. Our vaccine clinic we held at OASIS for 300 people was successful thanks to Hoag Hospital, Newport Beach Firefighters, and OASIS Staff.

OASIS has again opened up to some classes, and if you are interested in how or what is active, please call Josie Tran or Carrie Calderone and they will inform you of which classes are opening and when.

While closed, we have made many improvements to our campus in general. New paint, flooring, plants and just "general cleaning" that you will see when you return. Our facility is honestly the best it has ever looked.

Speaking of upgrades, Friends Board of Directors determined the need to update our computers and firewall security protection. We decided on a local IT company that deals with this type of upgrade called New City, and owner Mark McConnell has assured us that new "professional grade" computers are being installed. This system will "mirror" the system the City currently uses, and will make things easier to navigate, secure our data, and generally just make everything more professional. Computers have become the "heartbeat" of the Friends office and Travel department these days, and everyone is excited to see these upgraded systems coming to fruition.

Also, our Board of Director's election is happening next month, along with the selection of our Executive Board members that will serve for the 2021 and 2022 terms. We will announce the results next month. In the meantime, enjoy our beautiful weather by getting out and smelling the roses.

Always at your service.

Mike

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.

ALL PROGRAMS IN THIS EDITION OF THE OASIS NEWS ARE SUBJECT TO CHANGE.

- For **paid classes**, please visit our website, www.newportbeachca.gov/oasis
- For **free classes**, please reach out to the group leader listed in the class description.
- For **lectures and special events**, please call our Admin line, 949-644-3244.
- For **Friends of OASIS, including travel trips and the monthly General Membership meeting**, call 949-718-1800.

Call In to Zoom Events

No computer access
or simply don't want to Zoom?
Listen in by phone!

To participate by phone:

Dial 1 (669) 900-6833 and then follow 3 easy steps:

1. Enter the **Zoom Meeting ID** found with the event information, then #
2. Enter # again for Participant ID
3. Enter the **6 digit phone passcode** listed for the event, then #

Need additional assistance with dialing in? Please call (949) 644-3244



KEEPING OUR CONNECTIONS VIBRANT

Virtual Happy Hour

Facilitated by Joyce Swaving, Shanti OC

Topics

Acts of generosity
A new definition of happiness
New activities that bring joy
Self-care
Getting back out in the world

THURSDAYS at 4:00 PM

Zoom ID: 82077587838

PASSWORD: 407029

Bring your own refreshments and munchies
No RSVP necessary
Please call (949) 644-3244 with any questions



The Good Grief Café

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

**Every 2nd & 4th Thursday
Each Month
3:00 - 4:30 pm**

Zoom Meeting ID: 806 395 3593
Passcode: oasis
Listen in by phone (669)900-6833
Passcode: 971941

Questions: (949) 644 - 3244



CareCHOICES
Hospice and Palliative Services, Inc.



The City of Newport Beach and CR&R Environmental Services



CR&R
environmental services
the face of a greener generation

CR&R Environmental Services
will distribute two 30 lb bags of
compost to our valued customers



**Saturday June 5th
9am to 11am**
(While supplies last)

Where:
OASIS Senior Center parking lot
801 Narcissus Avenue
Corona Del Mar

For additional information please contact:

949.625.6735

Two free bags per
Newport Beach household.
Proof of residency may be required.

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.

Good Grief Cafe

An informal virtual grief group facilitated by CareCHOICES. Meets every second and fourth Thursday from 3:00-4:30pm via Zoom. Meeting ID: 8063953593 Password: oasis

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. Call to register: 949-644-3244

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.

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

Age Well
Senior Services
A MEMBERSHIP SERVICE OF THE OASIS SENIOR CENTER

Senior Cuisine Delivered™

SENIOR CUISINE DELIVERED

AFFORDABLE MEALS THAT SET THE BAR FOR QUALITY & TASTE.

We've partnered with 10 local restaurants & caterers to bring affordable, healthy meals to OC seniors, 50+ caregivers, & dependents. Free delivery. No hidden fees. Choose your favorite locals & start saving today!

PRICED AT JUST
\$9.95 PER MEAL

Sign up & order at
myagewell.org



Breath of
Fresh Air!



Go for a scenic drive
in our beautiful city.

Call to reserve your ride.



949-644-3244

Same Day
Rides!



Last minute request?
Call between 8am & 9am
for a same day ride.

Available Monday - Thursday

*Must be pre-registered



949-644-3244

**The Exchange Club of
Newport Harbor
12th Annual
Field of Honor**



**Saturday, May 15 thru Monday, May 31, 2021
Castaways Park
Dover Drive & 16th Street, Newport Beach**

1,776 large American Flags will be displayed along the walkways of beautiful Castaways Park overlooking Newport's Back Bay.

The flags will fly from Armed Forces (May 15) thru Memorial Day (May 31) in honor of members of our

- Armed Forces
- First Responders and
- Emergency Personnel

Visitors are welcome. Admission is free! (949) 386-6417

For more information on who we are and what we do, and to donate or dedicate a flag (\$45), please visit our website at www.exchangeclubofnewportharbor.com.



**NEWPORT
BEACH
FILM FEST**

October 21 - 28th, 2021

VOLUNTEER!

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

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

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

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.



2021 – 2022 CANDIDATES FRIENDS OF OASIS BOARD OF DIRECTORS

WALT HOWALD

My commitment to OASIS dates to its inception when my parents were founding members. I am currently VP of Civic Affairs at Friends of OASIS. I am a practicing attorney and was a trustee for 25 years for the Coast Community College District. I am grateful for your support in my hope to continue to serve on the Board of Directors.



SCOTT PAULSEN

Served as president of Friends for three years. I am currently chair of the Travel Department, chair of the annual Rummage/Boutique sale, editor of the Friends section of the monthly bulletin and president of the Garden Club.



ALAN RYPINSKI

My family moved to Newport Beach in 1951 and I graduated from Harbor High in 1956. I built several businesses here. My greatest achievement was to create Armorall and was named a "Superstar of Marketing" for developing the world POG Federation. I currently serve on the Friends of OASIS board and would like to serve another term.



KAY WALKER

I am an estate planning attorney with 25 years of practice. I serve on the Board of Directors for the Newport Beach Chamber of Commerce, Speak Up Newport and the Orange County Hospice Foundation Advisory Board. My involvement with Friends of OASIS has been one of the highlights of my life. I look forward to continuing to help improve the lives of seniors as a member of the board.



MIKE ZIMMERMAN

As your current Friends president, Finance Chair and previously VP of Development, I have proudly attended every Board of Directors meeting to date. I sincerely ask for your vote for another term.



**OASIS Polo Shirts
Month of May Special Promotion**

**50%
OFF**

The embroidered Polo Shirts are made of 100 percent Pima Cotton.

Available in White or Navy for Men and Women!

The cost of the shirts includes sales tax and to save you the cost of shipping.

All shirts must be picked up in the Friends' Office at the OASIS Senior Center.

Only \$19



OASIS MEMBER DISCOUNTS

Show your OASIS membership card at the following locations to receive a discount

CANALETTO

10% discount - excludes alcohol



20% discount on Lunch Only - excludes alcohol



10% discount - excludes alcohol



10% discount - excludes alcohol



10% discount - excludes alcohol



10% discount - excludes alcohol



10% discount



10% off orders (excludes alcohol) from their Newport Beach, Irvine Harvard Place, and Newport Mesa locations.

10% discount. (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)



Bistango is at 19100 Von Karman Ave #100, Irvine, CA. 92612



Bayside Restaurant is at 900 Bayside Drive., Newport Beach, CA 92660.

OFFICIAL MAIL-IN BALLOT

See adjacent page for candidate statements.

Cast one vote per candidate for up to five (5) candidates.

YOUR BALLOT	PARTNER'S BALLOT
<input type="checkbox"/> Walt Howald	<input type="checkbox"/> Walt Howald
<input type="checkbox"/> Scott Paulsen	<input type="checkbox"/> Scott Paulsen
<input type="checkbox"/> Alan Rypinski	<input type="checkbox"/> Alan Rypinski
<input type="checkbox"/> Kay Walker	<input type="checkbox"/> Kay Walker
<input type="checkbox"/> Mike Zimmerman	<input type="checkbox"/> Mike Zimmerman

Mail-in voting procedure: Cast your vote on the official mail-in ballot. Place ballot in the envelope enclosed in your newsletter which has your return address printed on it. This envelope will validate your vote and keep it private. Add postage and mail.

Ballots must be received before noon on Friday, June 4, 2021 to be counted.

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



REGISTER YOUR BIKE ONLINE

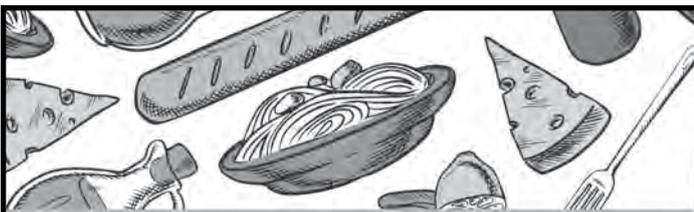
NEWPORT BEACH POLICE DEPARTMENT HAS PARTNERED WITH PROJECT 529 AN ONLINE BICYCLE REGISTRY. IF YOUR BIKE GETS STOLEN, YOUR SERIAL NUMBER AND A DETAILED DESCRIPTION WILL BE AVAILABLE TO HELP OUR OFFICERS GET IT BACK!

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



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

BATTERY RECYCLING

OASIS is no longer taking batteries for recycling. Residents have several options available for recycling e-waste and other household hazardous waste:

CR&R Home Pickup: Call (949) 625-6735 to request an e-waste pickup from the house. In addition to batteries, this can also include cleaning products, non-empty aerosol cans, paint & solvents, pool chemicals, pesticides/herbicides and more. Collection of these items is included in your service.

County of Orange Household Hazardous Waste Nearby Collection Centers: (714) 834-4000

Drop-off Hours: 9 am - 3 pm, Tue - Sat
Irvine: 6411 Oak Canyon
Huntington Beach: 17121 Nichols Lane, Gate 6

SAFETY PROTOCOLS

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

CLASS 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.

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.

ENRICHMENT

CURRENT EVENTS DISCUSSION

Peter Michalski pmichalski@cox.net
 Group continues to meet online. The virtual Current Events meeting is intended to provide a forum for discussion of topics related to domestic and international current events in a friendly setting. Using Zoom, meeting attendees will take turns presenting articles or topics of domestic and international events. The meeting is held each week on Mondays from 4-6pm. RSVP not required. To join Zoom Current Events Meeting, use your internet connected computer with video camera or iPhone or iPad.

- Meeting ID: 873 7122 1892; No passcode required

FINE ARTS

CERAMICS- FOR CONTINUING STUDENTS

Karen Thayer karenthayer@yahoo.com
 This class is for participants who have previously enrolled in Ceramics within the last year. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. Note: All clay, glazes and tools must be provided by students. No shared tools or materials. Strict social distancing guidelines allow for a limited number of students in this class, maximum of 15. No class 2/17

SS3001 6/16-8/11 W 9am-Noon \$140

FREEHAND DRAWING- BEG/ADV

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

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

OASIS ROOM 2A

~~SS2073 5/19-6/16 W 9-11am \$120~~

INST. ASSISTED WORKSHOP- BEG/ADV

Nancy Wahamaki Vasek nwvasek@gmail.com
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. <https://www.linkedin.com/in/nancygandolfwahamaki>. **No class 5/31**

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

OASIS ART CENTER

~~SS2003 5/17-6/14 M 9am-Noon \$92~~

Online registration for Summer classes begins Thursday, May 20 at 8am.

OIL PAINTING WITH JIM

Jim Ellsberry jim@jimEllsberry.com, 310-218-2658
 This class builds on painting fundamentals of color theory, composition and design, and paint handling. The focus is landscape in oil, but all subject matter and all media are welcome. Students choose to work on their own projects or instructor-supplied assignments. The emphasis is on individual artistic improvement. No class 7/5.

- A \$10 material fee is payable to the instructor.

OASIS ART ROOM

SS3110 6/14-7/12 M 1-3:30pm \$155
SS3111 7/19-8/9 M 1-3:30pm \$155

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.

- Material list will print on receipt.
- Recommended: basic drawing skills

OASIS ART ROOM

SS2006 4/20-5/25 Tu 9am-Noon \$146
SS3006 7/7-8/11 W 9am-Noon \$146

WATERCOLOR-INTERMEDIATE

Chris Sullivan chrissullivanart@gmail.com
 This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life, and other subjects may be explored using photographs or studio set ups. Demonstrations, individual assistance, and group critique is included.

- Material list will print on receipt.
- Recommended: Must have good control of watercolor painting techniques.

OASIS ROOM 4

SS2007 4/21-5/26 W 9am-Noon \$146

WATERCOLOR AND 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.

- Material list will print on receipt.
- Recommended: Must have good control of watercolor painting techniques.

OASIS ART ROOM

SS2008 4/21-5/26 W 1-4pm \$146
SS3008 7/7-8/11 W 1-4pm \$146

FOREIGN LANGUAGE

PORTAL LANGUAGES

Portal Languages 714-979-1655

BEGINNING LEVEL 1: 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 7/5**

- A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

BEGINNING LEVEL 2: 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.

Beginning French 1-online

SS2029	4/19-5/12	M/W	5-6pm	\$185
SS2031	5/17-6/9	M/W	5-6pm	\$165

Beginning French 2-online

SS2034	4/19-5/12	M/W	6-7pm	\$185
SS2036	5/17-6/9	M/W	6-7pm	\$165

Beginning Italian 1-online

SS2044	4/19-5/12	M/W	5-6pm	\$185
SS2046	5/17-6/9	M/W	5-6pm	\$165

Beginning Italian 2-online

SS2039	4/19-5/12	M/W	6-7pm	\$185
SS2041	5/17-6/9	M/W	6-7pm	\$165

Beginning Spanish 1-online

SS2048	4/19-5/12	M/W	4-5pm	\$185
SS2049	5/17-6/9	M/W	4-5pm	\$165

OASIS ROOM 1A

Beginning French 1-in person

SS3028	6/14-7/12	5-6pm	M/W	\$185
SS3029	7/19-8/11	5-6pm	M/W	\$185

Beginning French 2-in person

SS3033	6/14-7/12	6-7pm	M/W	\$185
SS3034	7/19-8/11	6-7pm	M/W	\$185

OASIS ROOM 1B

Beginning Italian 1-in person

SS3043	6/14-7/12	5:15-6:15pm	M/W	\$185
SS3044	7/19-8/11	5:15-6:15pm	M/W	\$185

Beginning Italian 2-in person

SS3038	6/14-7/12	6:15-7:15pm	M/W	\$185
SS3039	7/19-8/11	6:15-7:15pm	M/W	\$185

OASIS ROOM 2A

Beginning Spanish 1-in person

SS3047	6/14-7/12	4-5pm	M/W	\$185
SS3048	7/19-8/11	4-5pm	M/W	\$185

Online registration for Summer classes begins Thursday, May 20 at 8am.

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. For info on how to join, please contact Leo Vortouni at 949-607-9104.

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

ONE-ON-ONE TECHNOLOGY TUTORING

Carole Kamper 949-230-5902
Private instruction designed to zero in on your computer/iPad/iPhone questions. Using the online platform Zoom, you and the instructor will have an opportunity to focus on the skills you want to improve. Dates and time will be agreed upon by instructor and student prior to registration. Contact the instructor directly for questions and to set up time. Carole.kamper@gmail.com. No refunds issued after registration.
ORCS5 (spring) By Appointment Only M-Th \$53 per hour

COMPUTER BASICS

Carole Kamper 949-230-5902
Were you wishing you had better computer skills this past year at home? This is an introductory class to get you starting in using a computer. It will be a "hands-on" experience with emphasis on how to use a mouse being comfortable with the keyboard, as well as some basic internet searches. We will learn the "anatomy" of a "window" by exploring the WordPad and Paint programs. You do not need to own a computer to take the class. The class will be taught using "Windows 10" and is not designed for user of Apple/Mac computers, although most concepts apply to both platforms.

OASIS COMPUTER LAB

SS3027	M	7/26-8/9	10am-Noon	\$45
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IPHONE MOST USEFUL SECRETS

Jake Jacobs jakeair99@gmail.com
Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.
The free workshop handout will be available for download prior to class or \$15 at the door. Save \$15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.
Bring your iPhone and handout to class.

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

OASIS ROOM 2A

SS2022	5/6-5/27	Th	1-3 pm	\$40
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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 of your APPLE iPhone for this class.

OASIS COMPUTER LAB

SS3028	6/14	M	10am-Noon	\$40
SS3029	7/6	Tu	1-3pm	\$40
SS3030	8/11	W	10:30am-12:30pm	\$40

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

SS3031	6/30	W	10am-Noon	\$40
SS3036	8/10	Tu	1-3pm	\$40

MAKING A SHUTTERFLY ALBUM AND AWESOME BOX

Carole Kamper

949-230-5902

Learn how to make a printable photo album using the website "Shutterfly". Using the Shutterfly Smartphone app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. 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

SS3032	6/15	Tu	11:30am-1:30pm	\$40
SS3033	8/4	W	10:30am-12:30pm	\$40

A SAMPLING OF APPS

Barbara Yin Milbert

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 including Kindle and free eBooks that can be downloaded from the Newport Beach Library, Photo sharing including Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class. 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

SS3034	7/28	W	10:30am-12:30pm	\$40
SS3035	8/3	Tu	10:30am-12:30pm	\$40

EBAY 1

Barbara Yin Milbert

Learn to buy and sell items on eBay.

- Pre-requisite: basic computer skills and familiarity with the internet.

OASIS COMPUTER LAB

SS3070	6/16	W	10am-Noon	\$36
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INTRO TO FACEBOOK & SOCIAL MEDIA SITES

Barbara Yin Milbert

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 and Skills or equivalent.

OASIS COMPUTER LAB

SS2109	4/29-5/13	Th	11am-Noon	\$52
SS3109	6/24-7/8	Th	11am-Noon	\$52

INTRO TO WORD

Barbara Yin Milbert

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

- Prerequisite: Computer Basics or equivalent.

OASIS COMPUTER LAB

SS3115	7/22-8/12	Th	9:45-10:45am	\$68
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INTRO TO EXCEL

Barbara Yin Milbert

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

SS3106	7/22-8/12	Th	11am-Noon	\$68
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Online registration for Summer classes begins Thursday, May 20 at 8am.

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.

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?](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnIwazhVS3NrZXFBV0VXUT09)

[pwd=VzQ3akZ6SnIwazhVS3NrZXFBV0VXUT09](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnIwazhVS3NrZXFBV0VXUT09)

Meeting ID: 794 1980 0988

Password: 9ppm6U



Online registration for Summer classes begins Thursday, May 20 at 8am.

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. **No class 7/20, 7/22**

OASIS DANCE ROOM

SS2652	5/3-5/24	M	10:15-11:00am	\$73/4
SS3650	6/14-8/9	M	10:15-11:00am	\$141/8
SS3651	6/18-8/13	F	10:15-11:00am	\$141/8

CHAIR EXERCISE

Judy Aprile jjjaprile@gmail.com
Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 6/28**

OASIS EVENT CENTER

SS2525	5/3-5/24	M/W	10:30-11:15am	\$38/7
SS2526	6/2-6/9	M/W	10:30-11:15am	\$19/3
SS3524	6/14-6/30	MW	10:30-11:15 am	\$29/5
SS3525	7/7-7/26	MW	10:30-11:15 am	\$34/6
SS3526	8/2-8/13	MW	10:30-11:15 am	\$24/4

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. **No class 6/28, 7/28**

- Please bring exercise mat and hand towel.

OASIS EVENT CENTER

SS2510	5/3-5/28	MWF	8-8:45 am	\$57/11
SS2514	6/2-6/11	MWF	8-8:45 am	\$29/5
SS3509	6/14-6/30	MWF	8-8:45 am	\$38/7
SS3510	7/7-7/30	MWF	8-8:45 am	\$53/10
SS3514	8/2-8/13	MWF	8-8:45 am	\$29/5
SS2513	5/3-5/28	MWF	9:15-10am	\$57/11
SS2515	6/2-6/11	MWF	9:15-10am	\$29/5
SS3512	6/14-6/30	MWF	9:15-10 am	\$38/7
SS3513	7/7-7/30	MWF	9:15-10 am	\$53/10
SS3515	8/2-8/13	MWF	9:15-10 am	\$29/5

HEAD TO TOE FITNESS

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

- Bring your own hand weights and resistance bands.

OASIS EVENT CENTER

SS2517	5/4-5/27	Tu/Th	8-9 am	\$65/8
SS2518	6/1-6/10	Tu/Th	8-9 am	\$35/4
SS3516	6/15-7/8	Tu/Th	8-9am	\$65/8
SS3517	7/13-8/12	Tu/Th	8-9am	\$80/10

ZUMBA GOLD® DANCE FITNESS

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! **No class 7/5, 7/19-23**

OASIS DANCE ROOM

SS2555	5/3-5/24	M	9-10am	\$60/4
SS2556	5/5-6/2	W	9-10am	\$80/5
SS2558	5/7-6/4	F	9-10am	\$80/5
SS3551	6/14-8/9	M	9-10am	\$110/7
SS3552	6/16-8/11	W	9-10am	\$125/8
SS3553	6/17-8/12	Th	9-10am	\$125/8
SS3554	6/18-8/13	F	9-10am	\$125/8

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. **No class 7/6**

OASIS DANCE ROOM-IN PERSON

SS2601	4/6-6/8	Tu	11:30am-12:30pm	\$158/10
SS3601	6/22-8/10	Tu	11:30am-12:30pm	\$117/7

BALLET BARRE

Michelle Caumiant Zehnder mcaumiant26@gmail.com

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

OASIS DANCE ROOM-IN PERSON

SS2602	4/9-6/11	F	11:30 am-12:15pm	\$155/10
SS3602	6/25-8/13	F	11:30am-12:15pm	\$113/7

INTRO TO BROADWAY DANCE

CS Dance Factory Info@CSDanceFactory.com 949-230-5934
Come learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down, so beginners are able to dance immediately with confidence. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities. **No class 7/21**

OASIS DANCE ROOM

SS3646	6/16-8/11	W	10:15-11am	\$141/8
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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.

LIVE ZOOM MEETING

RSVP Not Required 5/11 W 10:00am-11:00am FREE

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

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 Laura DeSoto at 714-318-5832 or email OSCMembership@OasisSailingClub.org for membership details.

Online registration for Summer classes begins Thursday, May 20 at 8am.



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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:
 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

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** _____ / _____



OASIS FITNESS CENTER

(949) 718-1818

The OASIS Fitness Center is open for all current members.

Please visit our website to make a reservation.

WWW.NEWPORTBEACHCA.GOV/OASISFITNESS

OASIS FITNESS CENTER REOPENING: **RED TIER**



DUE TO CAPACITY LIMITS WE ARE NOT TAKING NEW MEMBERS AT THIS TIME



OCCUPANCY: LIMITED CAPACITY - MUST MAINTAIN 6FT DISTANCE FROM STAFF AND OTHER PARTICIPANTS



RESERVATIONS: ARE REQUIRED - MUST BE MADE IN ADVANCE - NO WALK INS

- VISIT THE OASIS FITNESS CENTER WEBSITE TO MAKE A RESERVATION:
WWW.NEWPORTBEACHCA.GOV/OASISFITNESS
- 2 RESERVATIONS PER MEMBER, PER WEEK
- 45 MINUTES TIME SLOTS
- STAFF WILL CLEAN BETWEEN EACH RESERVATION TIME SLOT



MASKS: COVERING NOSE AND MOUTH IS REQUIRED AT ALL TIMES

- IF NEEDED, MAY BE TAKEN DOWN WHEN ENGAGED ON CARDIO MACHINES ONLY



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, & STRETCH MACHINES ARE AVAILABLE AT THIS TIME

SHOWERS/LOCKERS/DRINKING FOUNTAIN: NOT AVAILABLE



DOORS & WINDOWS: OPEN TO REDUCE AREAS OF PHYSICAL CONTACT AND TO INCREASE VENTILATION (WEATHER PERMITTED)

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Zoom Meeting Information:

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Passcode: oasis

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Questions? Call (949) 644-3244



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

