

OASIS news

Older
Adult
Social &
Information
Services

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

OCTOBER 2021

VOL. 45 NO. 10

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



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

OASISCenter@newportbeachca.gov | (949) 644-3244

801 Narcissus Avenue, Corona Del Mar, CA 92625



OASIS SENIOR CENTER

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

Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1822
Friends of OASIS: 949-718-1800

HOURS:

City Administration	Fitness Center
M-Th 7:30am-5:30pm	M-Th 7am-7pm
Fr 7:30am-4:30pm	Fr 7am-5pm
Sa-Su Closed	Sa-Su 7am-2pm

Friends of OASIS Admin

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

Center is closed on all City-observed holidays.

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Senior Services Manager:	Melissa Gleason
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Recreation Supervisor:	Anne Doughty
Social Services Supervisor:	Susie DiGiovanna
Fitness Center Coordinator:	Lisa Mandich
Recreation Coordinator:	Hilda El-Souki
Transportation Coordinator:	Elizabeth Arciniega
Department Assistant:	Jessica Battioli
Office Assistant:	Carrie Calderone
Care-A-Van Drivers:	Bill Breslin
	Jose Cardenas
	Raul Cano
	Blanca Parra
	Araceli Gonzalez

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Berenice Barajas
Andrea Collins
Jessica Olson

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@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



We have been busy hiring new staff for two positions at OASIS- Department Assistant and Fitness Center Coordinator. With one employee retiring and the other pursuing employment outside the City, this creates movement and promotional opportunities. I am happy to report that we are welcoming two members of the Recreation and Senior Services Department (RSS) team to OASIS. I'd like to introduce Jessica Battoli-Caputo and Lisa Mandich.

Jessica is our new Department Assistant. She started with RSS in 2005 and excelled in her Office Assistant role at City Hall. She provides excellent customer service to the community, as well as administration and technical support to the department. When interviewed, she expressed her excitement to work with the senior population and a desire for new challenges. Jessica is married to her husband Nico and together they are raising their daughter Olivia. She loves working in a department that works hard but has fun doing it.

Second introduction is our new Fitness Center Coordinator - Lisa. She is a UC Santa Barbara alumni, with a degree in Biopsychology. During the summer months she was a lifeguard and swim instructor at Golden West College. She discovered she had a passion for working in recreation, which brought her to RSS. She has been with the City since 2016 and is beyond excited for her new role in the Fitness Center. Lisa and her husband Chris enjoy their many animals, playing tennis, and golfing together. She is proud to work for the City of Newport Beach and she believes each day is "just another day in paradise". She is taking over for Jena Delgado who was promoted to the Health and Wellness Supervisor. These two will make a fantastic duo.

Lastly, I would like to thank the OASIS staff for working together to keep the functions and operations of OASIS running so smooth. There is so much that goes into the day-to-day and the effort and pride the staff brings to work daily is beyond impressive. Thank you, Team OASIS and welcome Jessica and Lisa!

Optimistically yours,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Fall greetings to everyone. I've noticed on my morning walk, that the leaves are starting to change again and there is seemingly the "smell of autumn in the air." Check your OASIS Newsletter as we are planning a return on Friday November 5th of our General Membership Meeting. Kathy Stewart, our VP of Operations, does a great job finding an interesting speaker and entertainment, along with a fantastic lunch. See Berenice or Eleanor in the Friends office for tickets and information. We are coming off

a fantastic September which gave us our Pancake Breakfast, Flu Shot seminar, featured speakers, our outdoor concert, and our 4th annual OASIS Cars and Coffee. There are more events planned for the Holidays, so please again, check your November Newsletter so you don't miss out!

In case you did not notice, our Newsletter has better paper stock, and is now all in color. City Staff does a great job of putting this together every month, and gets it out to you on time, every time. Speaking of our Newsletter, I would like to thank all 60 of our "advertisers" in the back of the magazine for their support. When you are in need of any service, please check the back pages and support the advertisers that support the Friends of OASIS.

We are in the middle of our Annual Fund Drive that began in July, and always ends December 31st. My thanks to those of you who donated to Friends, and urge those of you who have not yet given your financial support, to please do so.

I would also like to remind our members, that we are still in the middle of this pandemic. Please note that the CDC recommends masks as an additional protective measure. We value you greatly and wish for everyone's continued health.

Always at your service,

Mike

OASIS SENIOR CENTER
**VETERANS SOCIAL
★ GROUP ★**

**PRESENTATION BY ED BOWEN:
"DRAWING FIRE
VIETNAM COMBAT ARTISTS"**

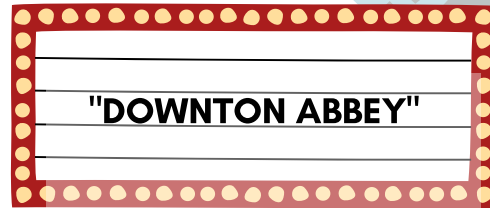
**TUESDAY, OCTOBER 19, 2021
12 PM - 1:30 PM
EVENT CENTER
RSVP 949-644-3244**



**Veterans of all ages are welcome
to come and share fellowship,
stories and pizza**



IT'S MOVIE TIME!

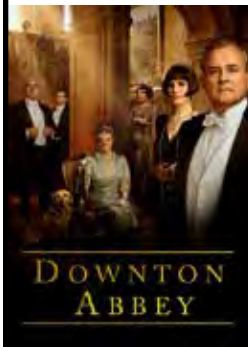


Wednesday, October 27th

Movie Starts at 1 PM

OASIS Event Center

FIRST COME FIRST SERVED



Synopsis: The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

Starring: Stephen Campbell Moore, Michael Fox, Lesley Nicol

Running Time: 122 minutes



OASIS SCAM ALERT



MEDICARE SCAM

Warning Signs:

- You receive robocalls, emails or other communication offering medical services or supplies for free if you provide your Medicare number
- A clinic or other health care facility advertises free services or consultations specifically for Medicare patients
- A doctor or other provider claims to know how to get Medicare to pay for items or services that normally are not covered
- Your Medicare Summary Notice - the statement you get from Medicare listing recent claims by health care providers - includes services, procedures or devices you did not receive.

Tips:

- Don't give personal information to anyone who calls out of the blue and claims to be from Medicare, turn down offers of free medical supplies or equipment in exchange for your Medicare number.
- Don't be swayed by high-pressure tactics, such as a telemarketer's threat that Medicare will declare you ineligible unless you accept the offer quickly.
- Note the dates of medical appointments and services received on a calendar and scrutinize your Medicare Summary Notice as soon as possible after getting them. If something doesn't look right, call your medical providers office.

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

OC VITAL BRAIN presents

Maintaining Healthy Brain for Life

WEDNESDAY
OCTOBER 13
1PM-2PM
ROOM 1



Presented by:

Dr. Gustavo Alva Medical Director
Center for Senior Brain Health
Pickup Family Neurosciences Institute,
Hoag Memorial Hospital

With the ongoing pandemic, maintaining not only our physical health but also our mental and cognitive health is of utmost importance. There has been a great research advancement in the area of brain health including new treatment of Alzheimer's disease. In this talk, Dr. Alva will share the updates on brain health research and practical strategies to maintain healthy brain for life. He will also share information about new Alzheimer's treatment, prevention clinical trials, and other useful resources.

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

Health Consequences from Lack of Sleep

Solutions for:

- *Sleeping all night*
- *Grinding your teeth*
- *Stiff or sore neck and shoulders*
- *Feeling irritable*
- *Headaches*
- *Tired and yawning all day*

**Tuesday, Oct 12, 2021
1:00 pm
OASIS Room 1**

RSVP Required: (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.



NEW FINANCIAL LECTURE SERIES

MORE THAN TWO CENTS

Presented by
Cindy Couyoumjian
Executive Financial Advisor

**TUESDAY, OCTOBER 19TH AT 3PM
ROOM 1**

**RETIREMENT INCOME PLANNING:
ALTERNATIVE INVESTMENTS FOR
"BEGINNERS" AND INVESTMENT MANAGEMENT**

About the Speaker

Cindy Couyoumjian joins us as a representative of SOFA, The Society for Financial Awareness. SOFA is a 501(c)(3) non profit public benefit corporation. Their mission is to provide financial education across America, one community at a time. SOFA is comprised of professionals, who provide informational lectures. These are designed to educate and help attendees understand and address a variety of financial topics and concerns.

Cindy has 35 years in the industry, 7 securities registrations (the series 63, 6, 65, 7, 22, 24, and 26), as well as a California Insurance License (License # 0719038). She also recently published a book in April 2021 "Redefining Financial Literacy" and achieved Wall Street Journal Best Seller. Also, Cindy has been nominated to receive two awards recognized by "Women in Asset Management" based on her research; which include Woman of the Year and Outstanding Contributions in 2021.

HOAG COMMUNITY HEALTH
presents

Healthy Eating for the Holidays

WEDNESDAY
OCTOBER 20
1PM-2PM
ROOM 1



Presented by:

Miriam Matulich, RD

Join Hoag Community Dietitian Miriam Matulich as she discusses fun and easy ways to make healthy food and beverage choices during the holidays. The presentation will include handouts with colorful examples of healthy food and beverage items, as well as proper calcium intake for adults.

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

THE FRIENDS OF THE NEWPORT BEACH LIBRARY

BOOK SALE

Friday, November 19
1:00-4:00pm
MEMBERS ONLY
Books 3/\$1

Saturday, November 20
9:00am-2:00pm
\$3/bag (We supply the bags)

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



Medicare Part D Drug Coverage Assistance 2021

Provided by HICAP

Friday
November 5, 12 or 19

Please schedule an
appointment by calling
949-644-3244



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

Please bring your Medicare Card and a
list of the prescription 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.



VIRTUAL NUTRITIONAL COUNSELING

Interested in improving health or reversing
disease by improving your diet? Are you
concerned you may have a nutrient
deficiency? Do you want to increase energy
levels or achieve a healthy weight?

Our registered dietitian, Nasira, can help you
assess your diet and reach your nutrition and
fitness goals with realistic and timely
strategies. Contact her today to schedule
your initial nutrition counseling session.



- DrPH Nutrition, Loma Linda University
- Registered Dietitian, Loma Linda University
- MPH Community Health Science, UCLA
- BS Nutrition Science, University of Arizona

- 60 min Initial Meeting: \$98
- 45 min Follow Up Meeting: \$80

To schedule your meeting please email Nasira
at NASIRASNUTRITION@GMAIL.COM



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**

**In-Person
OASIS Room 5**

No RSVP needed

Questions: (949) 644-3244



IN-PERSON AND VIRTUAL MEETINGS

ALZHEIMER'S SUPPORT GROUP

For family members and caregivers

**THE 2ND WEDNESDAY OF THE MONTH - VIRTUAL @ 1:00 PM
CALL 844-373-4400 FOR INFO**

**THE 4TH WEDNESDAY OF THE MONTH - IN PERSON @ 10:00 AM
NO RSVP REQUIRED**

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

**Alzheimer's
ORANGE COUNTY**



GETTING BACK IN THE GROOVE



In-Person Connection Group

Facilitated by Joyce Swaving, Shanti OC

Topics

Finding companionship
Getting back out in the world
Reconnecting: Post-vaccinations

THURSDAYS at 2:00 PM

OASIS Room 4

No RSVP necessary

Please call (949) 644-3244 with any questions



Compassionate Friends

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

3rd Wednesday Each Month

In-Person

6:30 pm, Room 5

No RSVP necessary

Please call (949) 644-3244 with any questions



The Compassionate Friends
Supporting Family After a Child Dies



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.

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

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman

ehuberman@me.com

Join us the first Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads. Topic: Best Seller.

OASIS Room 5

RSVP not required 10/1 W 10:30am-Noon

Free

CREATIVE WRITING

Dorothy Spirus

YourProfessorD@gmail.com

Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom. **No class 10/7**

Online

SS4080 9/16-10/28 Th 7-8:30pm

\$185

CREATIVE WRITING JUMPSTART

Dorothy Spirus

YourProfessorD@gmail.com

You want to write, but don't know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.

Online

Returns in the Fall

M

7-9pm

\$75



CURRENT EVENTS DISCUSSION

Dave Larue

dkla2018@outlook.com

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.

OASIS Library

RSVP not required Ongoing M 4-6pm Free

EXTINCTION EVENTS

Dave Larue

dkla2018@outlook.com

Darwin taught us about evolution. The concept of what causes extinctions is a newer science. We will discuss the nature of fossils, the geologic record of fossils, the death of the dinosaurs, and several other extinction events. Were all the extinctions caused by asteroids hitting the earth? And is the next one coming next Thursday?

OASIS Room 2B

RSVP not required 9/29-10/6 W 2-4pm Free

GOING ABOARD: STUDIES OF MOBY DICK & MELVILLE'S SHORTER WORKS

Darielle Wilson

949-675-5182

Voyage into the watery world of Herman Melville's fiction to meet his fascinating characters, including the famous whale, "one grand hooded phantom, like a snow hill in the air." Call upon your own life experiences to read and interpret this novel and short works, and decide if you, too, consider them among the greatest works in all of English-language literature. **No class 11/26**

OASIS Room 1B

SS4059 8/20-12/3 F 10am-Noon \$90

KNITTING

Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects.

OASIS Room 3

RSVP not required Ongoing W 12-3pm Free

TRAVEL SHOWS WITH NINO

Nino Mohan

nino@virtualtraveltalks.com

Enjoy an in-depth sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer Nino Mohan. Slideshows include photos, videos and personal narration by Nino himself. The group meets the fourth Tuesday of each month.

OASIS Room 1

RSVP not required Ongoing 4th Tu 10am-Noon Free

WRITING ROUNDTABLE

Jos Vloet

vloetjzef@gmail.com

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

OASIS Room 5

RSVP required Ongoing W 1-3pm Free

WRITING YOUR LIFE STORIES 1

Berteil Mahoney

949-496-7289

Have you ever wanted to write about your life, but wondered how to get started, how to keep going and whether it's even worth it in the first place? Designed as an introduction, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations, possibly your greatest legacy. No writing experience necessary.

- Additional fee: \$20 (material)

OASIS Room 5

SS4001 9/28-11/16 Tu 10am-Noon \$150

WRITING YOUR LIFE STORIES 2

Berteil Mahoney

949-496-7289

Participants will continue to write their life stories while exploring their own personal writing styles.

- Prerequisite: Writing Your Life Stories 1

OASIS Room 5

SS4002 9/28-11/16 Tu 12:30-2:30pm \$150





Fine Arts

CERAMICS

Karen Thayer karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you already have your own tools, please bring them. No tools are required at the first class. Tool requirements will be discussed at first meeting. Basic glazes and clay will be covered by the material fee. **No class 10/20**

- Additional fee: \$20 (material)

OASIS Art Center

SS4039 9/8-12/1 W 9am-Noon \$204

FREEHAND DRAWING

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. Please bring supplies to first class.
- Additional fee: \$20 (material)

OASIS Room 2A

SS4005 10/13-12/1 W 9-11am \$192

INSTRUCTOR ASSISTED WORKSHOP

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>.

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

OASIS Art Center

SS4003 10/18-11/29 M 9am-Noon \$161

OIL PAINTING WITH JIM

Jim Ellsberry jim@jimEllsberry.com

310-218-2658

Fundamentals to advanced concepts of color theory, design and painting technique. The focus is on landscape oil, but all subject matter and all media are welcome. Students choose to work on their own projects or instructor-supplied assignments. No class 7/5.

- Additional fee: \$15 (material)

OASIS Art Center

SS4043 11/1-11/29 M 1-3:30pm \$165

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

SS4040 10/12-11/16 Tu 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 setups. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.

- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Art Room

SS4041 10/13-11/17 W 9am-Noon \$146

WATERCOLOR - ADVANCED

Chris Sullivan chrissullivanart@gmail.com
Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.

- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Room 4

SS4042 10/13-11/17 W 1-4pm \$146

Foreign Language

ADVANCED STUDIES IN FRENCH LITERATURE

Darielle Wilson **949-675-5182**
Class is conducted exclusively in French. Literature will include classic and modern works of fiction. Classroom activities will center on spontaneous classroom and small-group discussions, reading aloud, dictations and grammar review as needed. Please contact instructor if you are interested in specific selections of literature.

OASIS Room 2B

SS4007 8/18-12/1 W 10am-Noon \$90

ADVANCED FRENCH READING & DISCUSSION

Darielle Wilson **949-675-5182**
Conducted exclusively in French, discussion will be on a variety of topics presented by the students. Further discussion will follow the reading of a variety of literature pieces by French authors TBA. Please contact instructor if you are interested in specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

OASIS Room 2B

SS4008 8/19-12/2 Th 10am-Noon \$85

DISCOVERING LITERATURE IN SPANISH

Darielle Wilson **949-675-5182**
Take a journey the second Monday of the month into literature in Spanish. Meet Latino and Spanish writers, classic and modern. Contact instructor for current readings.

OASIS Room 4

RSVP required M 10/11 2:30-4:30pm Free

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-INTERMEDIATE

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

- \$10 materials fee due to instructor.
- Email instructor to RSVP - bcorlett@cox.net

OASIS Room 4

RSVP required Th 10/14-5/26 1-2pm Free

GERMAN-ADVANCED

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



PORTAL LANGUAGES

Portal Languages

714-979-1655

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

No class 9/6

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

OASIS Room 1A

Beginning French 1

SS4049 10/25-11/17 5-6pm M/W \$185

Beginning French 2

SS4052 10/25-11/17 6-7pm M/W \$185

OASIS Room 1B

Beginning Italian 1

SS4055 10/25-11/17 5:15-6:15pm M/W \$185

Beginning Italian 2

SS4058 10/25-11/17 6:15-7:15pm M/W \$185

OASIS Room 2A

Beginning Spanish 1

SS4046 10/25-11/17 4-5pm M/W \$185

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper

949-230-5902

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

- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS 5 business days prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.

DRP400 \$60 per hour

A SAMPLING OF APPS

Carole Kamper

949-230-5902

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

Returns in the Fall Tu 1:30-3:30pm \$40

DIGITAL PHOTO EDITING

Barbara Yin Milbert

pacpal33@yahoo.com

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

- Prerequisite: Computer Basics or equivalent.
- Bring phone or camera cord to class.

OASIS Computer Lab

Returns in the Fall Th 9:45-10:45am \$52

EBAY 1

Barbara Yin Milbert

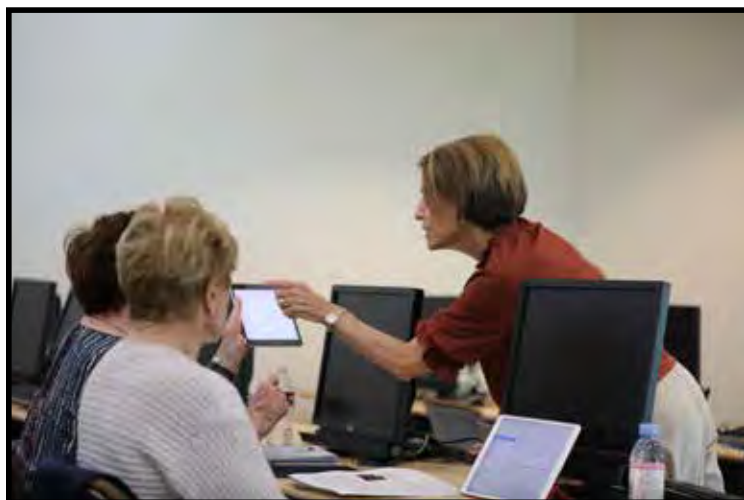
pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab

SS4034 12/2 Th 10am-Noon \$36





EBAY 2

Barbara Yin Milbert pacpal33@yahoo.com

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

- Pre-requisite: eBay 1 or equivalent and basic computer skills.
- Must also have an eBay and PayPal account.

OASIS Computer Lab

SS4035 10/28-11/4 Th 11am-Noon \$36

INTERMEDIATE COMPUTER SKILLS

Carole Kamper 949-230-5902

This class is designed to take your computer skills to a new level. We will review intermediate word processing skills and build on previous knowledge and experience. You will be introduced to PowerPoint, a fun presentation program that takes your word processing and graphic skills and offers you the chance to make flyers and other projects. We will also explore making labels, holiday cards, printing envelopes, charts and graphs.

- Prerequisite: Computer Basics and basic internet skills

OASIS Computer Lab

SS4030 10/5-10/12 Tu 1-3pm \$45
SS4031 11/8-11/15 M 10am-Noon \$45

INTRO TO FACEBOOK & SOCIAL MEDIA

Barbara Yin Milbert pacpal33@yahoo.com

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. In addition, we will touch upon the other social media sites: Twitter, Snapchat, Instagram and Pinterest.

- Prerequisite: Computer Basics or equivalent

OASIS Computer Lab

Returns in the Fall Th 11am-Noon \$52

INTRO TO WORD

Barbara Yin Milbert pacpal33@yahoo.com

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

- Prerequisite: Computer Basics or equivalent

OASIS Computer Lab

SS4038 9/23-10/14 Th 9:45-10:45am \$68

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

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

- Prerequisite: Computer Basics and Skills or equivalent

OASIS Computer Lab

SS4037 9/23-10/14 Th 11am-Noon \$68

CONNECT WITH US



@CITYOFNEWPORTBEACH

SHUTTERFLY & AWESOME BOX

Carole Kamper

949-230-5902

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

- Prerequisite: Basic computer

OASIS Computer Lab

SS4026	10/27	W	10am-Noon	\$40
SS4027	11/30	Tu	1-3pm	\$40

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

SS4021	10/26	Tu	1-3pm	\$40
SS4022	11/29	M	10:30am-12:30pm	\$40

IPHONE MOST USEFUL SECRETS

Jake Jacobs

jakeair99@gmail.com

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

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

OASIS Room 2A

SS4019	10/7-10/28	Th	1-3 pm	\$40
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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

SS4023	10/18	M	10am-Noon	\$40
SS4024	11/10	W	1-3pm	\$40

Cards & Games

BEGINNING BRIDGE

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.
OASIS Room 3

SS4009	10/5-11/16	Tu	9:30-11:30am	\$145
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INTERMEDIATE SUPERVISED PLAY

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

Improve your play through supervised instruction and analysis of hands.

OASIS Room 3

SS4010	10/5-11/16	Tu	12:30-2:30pm	\$145
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ADVANCED BEGINNING BRIDGE 1

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

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

OASIS Room 3

SS4011	9/30-11/18	Th	9:30-11:30am	\$145
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ADVANCED BEGINNING BRIDGE 2

Ann Cressman, Gold Life Master

949-495-4564

anncressman@gmail.com

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

- Prerequisite: Advanced Beginning Bridge 1.

OASIS Room 3

SS4012	10/8-11/19	F	9:30-11:30am	\$145
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ACBL DUPLICATE BRIDGE

Gail Schneider

949-472-8010

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

RSVP not required	Ongoing	Tu	2:30-6pm	\$12
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AMERICAN MAH JONGG FOR BEGINNERS

Terry Sweeney

208-920-9085

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

OASIS Room 3

SS4013	9/2-10/7	Th	1:30-3:30pm	\$130
SS4017	10/25-11/29	M	9:30-11:30am	\$130



AMERICAN MAH JONGG-SUPERVISED PLAY

Terry Sweeney 208-920-9085

Join your fellow classmates and practice your newly acquired Mah Jongg skills. Sign up early as space is limited. All players must bring the current Card of Hands to each class.

- Prerequisite: American Mah Jongg for Beginners

OASIS Room 3

SS4015	9/13-10/18	M	9:30-11:30am	\$130
SS4016	10/14-12/2	Th	1:30-3:30pm	\$130
SS4018	12/6-12/13	M	9:30-11:30am	\$45

DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138

zeintje1@gmail.com

Bring your own partner to play. Reservations are required.

Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

OASIS Room 2

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

Doris Melnick 949-644-2600

Dave Margolis 562-221-9870

Experienced players meet to play.

- American Mah Jongg card and rules only.

OASIS Room 3

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

Guy Richards, Lloyd Dalton, Sammy Nielsen & Linda Brown

We play a variety of games including Mexican Train, Shanghai, Hand Knee and Foot, and Cribbage. New and experienced players are welcome.

OASIS Library

RSVP Not Required	Ongoing	M/W/F	Noon-3:30pm	FREE
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Fitness

BARRE STRETCH & STRENGTH

CS Dance Factory

949-230-5934

Info@CSDanceFactory.com

Live longer, get stronger! Standing at the barre for the whole class, you 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 11/26**

OASIS Dance Room

SS4550	8/16-10/11	M	10:15-11am	\$140/8
SS4552	10/18-11/29	M	10:15-11am	\$125/7
SS4553	8/20-10/15	F	10:15-11am	\$160/9
SS4554	10/22-12/3	F	10:15-11am	\$105/6

CHAIR EXERCISE

Judy Aprile

jjjapril@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 11/24**

OASIS Event Center

SS4582	10/4-10/25	M/W	9:30-10:30am	\$38/7
SS4583	11/1-12/1	M/W	9:30-10:30am	\$48/9

BETTER LIFE BOXING

Andrew Deming

betterlifeboxing.com

At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. **No class 11/11, 11/25**

- 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

SS4502	9/27-10/25	M	3:30-4:30pm	\$95/5
SS4503	11/01-11/29	M	3:30-4:30pm	\$95/5

OASIS Room 1

SS4506	9/23-10/21	Th	8:30-9:30am	\$95/5
SS4507	10/28-12/2	Th	8:30-9:30am	\$77/4

OASIS Event Center A

SS4509	9/23-10/21	Th	3:30-4:30pm	\$95/5
SS4510	10/28-12/2	Th	3:30-4:30pm	\$77/4

GOLF

Delane Thyen

949-413-2712

All games are at Costa Mesa Golf Courses as follows:

Mon: 9am, Los Lagos, \$36, long & challenging, par 72

Wed: 9am, Mesa Linda, \$29, par 70.

Friday: 9am, Mesa Linda, \$34, par 70

Carts may be rented for an additional fee

RSVP Required Ongoing M/W/F See above

HEAD TO TOE FITNESS

Keith Glassman

keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 11/11, 11/25**

- Bring your own hand weights and resistance bands.

OASIS Event Center

SS4516	9/14-10/7	Tu/Th	8-9 am	\$58/7
SS4517	10/12-11/4	Tu/Th	8-9 am	\$65/8
SS4518	11/9-12/2	Tu/Th	8-9 am	\$50/6

IYENGAR YOGA

Carolyn Matsuda

714-388-4328

cmats84@msn.com

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher.

No class 11/11, 11/22, 11/25

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

OASIS Room 1

SS4587	10/4-10/28	M/Th	10-11:15am	\$117/8
SS4588	10/4-10/25	M	10-11:15am	\$65/4
SS4589	10/7-10/28	Th	10-11:15am	\$65/4
SS4590	11/1-12/2	M/Th	10-11:15am	\$103/7
SS4591	11/1-11/29	M	10-11:15am	\$65/4
SS4592	11/4-12/2	Th	10-11:15am	\$55/3

LAWN BOWLING

This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it. Annual membership \$185. Green fee \$1.00 each time you bowl. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit the Club website at www.NHLBC.com



MELT METHOD

Yvette Casal meltwithyvette@gmail.com
714-520-1427

This class should not be taken unless you have previous MELT experience. 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. **Information to join the Zoom meeting will be sent by the instructor once online registration is completed.**

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

OASIS Dance Room

SS4520	8/17-10/05	Tu	2-3pm	\$105/8
SS4521	10/12-11/30	Tu	2-3pm	\$105/8

PILATES

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

This Pilates beginning/intermediate class is taught with strength, alignment and flexibility in mind. Throughout each class, participants are taught proper functional movement so their bodies can be maintained and injuries prevented. Taught by a nurse who specializes in injury prevention and injury management. **No class 11/11, 11/25**

- Bring a mat, beach-size towel, a light and heavy resistance band and optional 1.5lb ankle weights.

OASIS Dance Room

Beginning/Intermediate

SS4542	8/17-10/5	Tu	8:45-9:45am	\$128/8
SS4543	8/19-10/7	Th	7:30-8:30am	\$128/8
SS4544	10/12-11/30	Tu	8:45-9:45am	\$128/8
SS4545	10/14-12/2	Th	7:30-8:30am	\$98/6

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 10/27, 11/5, 11/24, 11/26**

- Please bring exercise mat and hand towel.

OASIS Event Center

SS4573	10/4-10/29	M/W/F	7:10-8am	\$57/11
SS4574	11/1-12/1	M/W/F	7:10-8am	\$57/11
SS4577	10/4-10/29	M/W/F	8:10-9am	\$57/11
SS4578	11/1-12/1	M/W/F	8:10-9am	\$57/11

STRONG, HEALTHY BONES & BALANCE-MAT/STANDING

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

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

- Bring 1.5lb ankle weights and a mat.

OASIS Dance Room

SS4540	8/17-10/5	Tu	10-11am	\$128/8
SS4541	10/12-11/30	Tu	10-11am	\$128/8

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. **No class 11/11, 11/25**

- Please wear comfortable clothing; no open-toed shoes.

OASIS Event Center

SS4533	9/9-10/28	Th	9:30-10:30am	\$99/8
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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 11/11, 11/25, 11/26**

OASIS Dance Room

SS4555	8/16-10/11	M	9-10am	\$125/8
SS4556	10/18-11/29	M	9-10am	\$110/7
SS4557	8/18-10/13	W	9-10am	\$140/9
SS4558	10/20-12/1	W	9-10am	\$110/7
SS4559	8/19-10/14	Th	9-10am	\$140/9
SS4560	10/21-12/2	Th	9-10am	\$80/5
SS4561	8/20-10/15	F	9-10am	\$140/9
SS4562	10/22-12/3	F	9-10am	\$95/6

MULTI-DAY DISCOUNT:

SS4563	8/16-10-15	M/W/F	9-10am	\$265
SS4564	10/18-12/3	M/W/F	9-10am	\$210



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 11/23**

OASIS Dance Room

SS4602 8/31-11/30 Tu 11:30-12:30pm \$206/13

CLASSICAL BALLET BARRE

Michelle Caumiant Zehnder mcaumiant26@gmail.com

In this adv/beg class we will focus on proper body alignment, balance, coordination, stamina. Through graceful movement of Classical Ballet we will build strength and more understanding for Ballet 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

SS4603 9/3-11/19 F 11:30am-12:20pm \$173/11

DANCE WORKSHOP

Michelle Caumiant Zehnder mcaumiant26@gmail.com

This dance workshop incorporates many styles of dance seen on stage and film. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere.

- Requirement: One year of dance experience.
- Please bring: ballet or jazz shoes by second class

OASIS Dance Room

SS4604 9/11-11/20 Sa 11am-12:30pm \$230/10

INTRO TO BROADWAY DANCE

CS Dance Factory

949-230-5934

Info@CSDanceFactory.com

Come learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down, so beginners are able to dance immediately with confidence. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities.

OASIS Dance Room

SS4646	8/18-10/13	W	10:15-11am	\$160/9
SS4647	10/20-12/1	W	10:15-11am	\$125/7

GROUP DRUMMING

Lee Kix

Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells. This group normally meets the 2nd Wed of the month.

OASIS Event Center

RSVP Not Required 10/13 W 11:30am-12:30pm FREE

LINE DANCING

Vickie Jackson vickie@promodonnas.com

Learn new dances and old favorites while improving your fitness level. **No Class 11/11, 11/25**

OASIS Dance Room

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

SS4621 9/30-10/21 Th 1-1:55pm \$27/4

SS4622 10/28-12/2 Th 1-1:55pm \$27/4

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

SS4624 9/30-10/21 Th 2-2:55pm \$27/4

SS4625 10/28-12/2 Th 2-2:55pm \$27/4

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

SS4627 9/30-10/21 Th 3-3:55pm \$27/4

SS4628 10/28-12/2 Th 3-3:55pm \$27/4

Combo Class: Level 1 & 2

SS4630 9/30-10/21 Th 1-2:55pm \$36/4

SS4631 10/28-12/2 Th 1-2:55pm \$36/4

Combo Class: Level 2 & 3

SS4633 9/30-10/21 Th 2-3:55pm \$36/4

SS4634 10/28-12/2 Th 2-3:55pm \$36/4

OASIS SING ALONG

Nancy Johnson & Kelly Pierce

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

OASIS Room 1

RSVP Not Required Ongoing Th 1-3pm FREE

MUSIC WORKSHOP

Glen Jansma 310-940-3122

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

OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm FREE

HOOTENANNY

Glen Jansma 310-940-3122

Group singing of American Standard tunes. Acoustic instruments optional.

OASIS Room 5

RSVP Not Required Ongoing F 1-3pm FREE

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka 714-336-4719

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

OASIS Room 2

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

PING PONG

New players are always welcome.

OASIS Event Center BC

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

Sailing

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a \$50 monthly dues fee. Sailing is free. (Google "oasis sailing club" for our website). Call Membership Chair Laura DeSoto at 714-318-5832 or email OSCMembership@OasisSailingClub.org for membership details.

OASIS Room 1

RSVP Not Required 9/29 W 1pm *see above for fees

Assistance Programs

SENIOR ASSESSMENT PROGRAM

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

INFORMATION & REFERRAL

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

MEDICAL DOCUMENTS

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

MEDICAL EQUIPMENT LOAN

Wheelchairs and walkers are available for rental in the Administration office.

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

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



OASIS SENIOR CENTER

TRANSPORTATION SERVICE

The OASIS Senior Center provides curb-to-curb transportation

ABOUT THE SERVICE:

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

ELIGIBILITY:

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

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

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

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



OASIS TRANSPORTATION CLIENTS:

OASIS is offering two shopping trips this month:

99 Cent Store on Thursday, October 7
and

Target on Thursday, October 21

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



MEDICAL EQUIPMENT LOANS

OASIS is happy to offer medical equipment loans up to one month on the following items:

- **Wheelchairs: Self-propelled & Transport**
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Wednesday, October 27

\$129/134

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Depart 10:00am

Return 6:00pm

SAN DIEGO TREASURES

Wednesday, November 10

\$115/120

On the way we will drive through the grounds of the Fairmont Grand Old World Mediterranean style property in Del Mar. Then to Hooterville, a unique animal farm with horses, goats, and more. Next the Barrio Logan murals located under the San Diego Bay Bridge. From there to Harper's Topiary Garden with its more than 50 unique life size figurine topiaries of animals and buildings. Lunch included at the Old Town Tequila Factory (or similar). After lunch we will view the Heritage Park Victorians, seven stunning original buildings built in the 1800s. Then to Mission Hills with its beautiful and historic homes. Also there are seven pedestrian walking bridges and we will stop to see one. Last stop will be the Spruce Street Suspension Bridge stemming from the streetcar days.

Depart 8:00am

Return 6:00pm

RONALD REAGAN PRESIDENTIAL LIBRARY AND MUSEUM

Wednesday, November 17

\$105/110

Time to take a trip to Simi Valley and visit the Ronald Reagan Library & Museum. View the current and very popular exhibit, the history of the FBI from its inception to the present. In addition, there is a special exhibit, Al Capone to Al Qaeda. And, the annual and beautiful Christmas trees are now on display for you to see. Of course, a tasty western style barbeque lunch under the wing of Air Force One is included. A bit of interesting trivia is that the Library is the repository for the personal records of our 40th President and the burial place of Nancy and Ronald.

Depart 8:00am

Return 5:30pm

CHRISTMAS WITH ELVIS

Wednesday, December 8

\$110/115

Start the Christmas Season with a trip to Alhambra and Almansor Court for a tribute concert, Christmas with Elvis, starring Scot Bruce, closest you can get to Elvis in person. Includes lunch choice, roast chicken or veggie pasta, with wine, plus raffle and time for shopping.

Depart 9:45am

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ktaft1018@yahoo.com

Balboa Island Resident

DISCLAIMER

The OASIS Senior Center assumes no responsibility for errors, omissions or misinformation in the advertisements, nor does the Friends recommend, endorse or guarantee products or professional services offered by the advertisers.

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 _____ / _____

OASIS FITNESS CENTER

949-718-1818

Please join us in welcoming our new
OASIS Fitness Center Coordinator

Lisa Mandich

Lisa is a alumni of UC Santa Barbara, where she studied Biopsychology. She spent her summers in college as a lifeguard and swim instructor at Golden West College, finding her passion for working in recreation. After a brief stint in the nutritional supplement industry, Lisa joined our Recreation and Senior Services Department in 2016 as an Office Assistant. She lovingly calls her home the “menagerie”, which consists of her husband (Chris), dog (Harper), cat (Bruce), and a 50-gallon reef aquarium. Lisa recently picked up tennis and golf, and enjoys a good kickboxing workout to bust some stress. She also loves bragging about working in such a beautiful city and truly believes that each day is “just another day in paradise”.

Hours of Operation

Monday-Thursday: 7:00AM - 7:00PM

Friday: 7:00AM - 5:00PM

Saturday & Sunday: 7:00AM - 2:00PM

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

- Residents \$125
- Non-Residents \$175

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

PERSONAL TRAINING

RATES

- 30 min on-going
 - \$40
- 1 hour on-going
 - \$70
- 1 hour one-time
 - \$80

Please see staff for availability

www.newportbeachca.gov/oasisfitness

Medicare Part D Drug Coverage Assistance 2021 Provided by HICAP



**Friday
November 5, 12 or 19**

**Please schedule an
appointment by calling
949-644-3244**

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

**Please bring your Medicare Card and a
list of the prescription 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.**