

# OASIS news

Older  
Adult  
Social &  
Information  
Services

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

**MAY 2025**

**VOL. 49 NO. 5**



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



# OASIS SENIOR CENTER



City of Newport Beach Recreation & Senior Services Department

Email: [OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov) | Phone: (949) 644-3244

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

## OASIS SENIOR CENTER

### CONTACT US:

**Address:** 801 Narcissus Avenue, Corona del Mar, CA 92625

**Website:** [newportbeachca.gov/oasis](http://newportbeachca.gov/oasis)

### Phone:

- **City Administration Office:** 949-644-3244
- **OASIS Fitness Center:** 949-718-1818
- **Friends of OASIS:** 949-718-1800
- **Meals On Wheels OC:** 949-718-1820

### HOURS:

City Administration Office	OASIS 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 Office

M-F 7:30am-4:30pm

**Website:** [friendsofoasis.org](http://friendsofoasis.org)

OASIS is closed on all City-observed holidays.

## STAFF DIRECTORY

### CITY OF NEWPORT BEACH STAFF:

<b>City Manager:</b>	Grace Leung
<b>Recreation &amp; Senior Services Director:</b>	Sean Levin
<b>Deputy Director</b>	Justin Schmillen
<b>Senior Services Manager:</b>	Melissa Gleason
<b>Facility Maintenance:</b>	Chris Suarez
<b>Health &amp; Wellness Supervisor:</b>	Jena Zapien
<b>Recreation Supervisor:</b>	Anne Doughty
<b>Social Services Supervisor:</b>	Susie DiGiovanna
<b>Fitness Center Coordinator:</b>	Savannah Bonifay
<b>Recreation Coordinator:</b>	Stephanie Melero
<b>Transportation Coordinator:</b>	Elizabeth Arciniega
<b>Department Assistant:</b>	Jessica Battoli-Caputo
<b>Office Assistant:</b>	Laura Williams
<b>Care-A-Van Drivers:</b>	Blanca Olazo
	Jose Cardenas
	Raul Cano
	Araceli Gonzalez
	Michael Hastert

### FRIENDS OF OASIS STAFF:

Berenice Barajas  
Elsa Segato  
Ellen Spar

### MEALS ON WHEELS OC STAFF:

Terry Ivins  
Robert White

## NEWPORT BEACH CITY COUNCIL

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### Mayor Pro Tem

Lauren Kleiman

### Council Member

Michelle Barto

### Council Member

Noah Blom

### Council Member

Robyn Grant

### Council Member

Sara Weber

### Council Member

Erik Weigand

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### President:

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### Vice President of Operations:

Kathy Stewart

### Vice President of Civic Affairs:

Walt Howald

### Vice President of Development:

Kay Walker

### Recording Secretary:

Scott Paulsen

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Melissa Gleason, Ex Officio

## OASIS NEWS STAFF

### Senior Editor:

Anne Doughty

### Co-Editor:

Jena Zapien

### Contributing Editors:

Scott Paulsen

### Advertising Coordinator:

Nanette Bowman

## CONNECT WITH US



@CITYOFNEWPORTBEACH





## Melissa Gleason

SENIOR SERVICES MANAGER

Spring is in full swing, and May is shaping up to be an exciting month at OASIS! We have so much to celebrate and look forward to, so let's dive in!

We want to extend a heartfelt congratulations to Judy Aprile, who was honored with the Parks, Beaches & Recreation Commission Community Service Award on April 1st! Judy's dedication to teaching fitness at OASIS over the past 25 years has impacted thousands of lives. Her unwavering passion, commitment, and care for her participants make her a true gem in our community. It was wonderful to see so many of her students in attendance, cheering her on as she received this well-deserved recognition! Congratulations and thank you Judy for all you have given to OASIS!

Mark your calendars, Saturday, May 17 from 9 a.m. to 11:30 a.m., is our OASIS Community Resource Expo! With over 70 vendors, a free giveaway, free wellness class demos, free health screenings, and even free breakfast, this is an event you won't want to miss. A special thank you to our incredible sponsors for making this event possible!

Additionally, don't forget to explore the 3rd Thursdays in Corona del Mar Village, each month from 5pm to 8pm. Featuring local businesses offering delicious food, live music, special discounts, and a variety of engaging activities. It's a wonderful opportunity to discover new local spots and enjoy the vibrant community spirit.

Kindly,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT

Hey members! April showers have brought May flowers. My wife and I go on a walk every morning, and we have noticed how vibrant the local flowers have bloomed in our neighborhood. Get out and "smell the roses" as they say. I personally took a short walk after one of our Board meetings the other day, and strolled down to Buck Gully, just down the street from our Center. It is like you are being transported to another place in time, with the babbling streams, the ground squirrels running about, and the fields and fields of blooming flowers, that I just stood in awe for a moment and admired the view. Try it sometime.

May has a lot of other events going on as well. We have our annual Community Resource Expo here at the Center, and this year it is going to be bigger than ever with even more vendors, Saturday, May 17 from 9-11:30 a.m. Also make sure we all remember our dear mothers on Mother's Day, May 11th. Memorial Day is on the 26th and as usual we will have the Field of Honor at the Castaways, which is off Dover Drive, with 1776 US flags set up to remember our veterans.

Please note that the Friends Board, after a long discussion, has decided to raise our membership dues, which have not been raised in many years. Starting June 1st, the new fees will be \$30 for singles and \$40 for couples. This was not a pleasant decision, but a necessary one to keep our finances stable. Hope you understand.

Finally, I am pleased to announce to our members that we have honored Scott Paulsen's long-time dedication and service to his past Friends presidency and Board service, with a lifetime "Emeritus Honor plaque". Well deserved. Also proud to announce the appointment to our Friends Board, the Honorable Joy Brenner, past City Council District 6 Council person. Joy will be a very valuable asset to our already esteemed Board. Until Next time,

Always at your service,

*Mike*





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



**FRIDAY, MAY 2 10:00AM**  
 LIMITED TICKETS: \$15 MEMBERS/\$18 NON-MEMBERS  
**MENU: BEEF FAJITAS, RICE, BEANS,  
 GREEN SALAD AND HOMEMADE FLAN.**  
**ENTERTAINMENT: WILBUR ELEMENTARY MARIACHI**  
**MEAL SPONSOR: SILVERADO NEWPORT MESA**  
 TO PURCHASE TICKETS PLEASE CALL 949-718-1800

**OASIS SENIOR CENTER  
 RESOURCE EXPO**

**SATURDAY, MAY 17** **9AM TO 11:30AM**

**FREE EVENT! NO RSVP!**

**8:45 a.m.** - Free Breakfast  
**9:00 a.m.** - Vendor Expo Opens  
**9:00 to 11:30 a.m.** - Free Screening: Balance  
 Presented by: Hoag Orthopedic Institute  
**10:00 to 10:30 a.m.** - Free Class Demo: MELT Hand  
 & Foot: For Balance & Stability  
 Presented by: OASIS instructor Niki Parker

**Event Sponsors:**

24/7 circle of care BELMONT Village SENIOR LIVING ALISO VIEJO Hoag Orthopedic Institute. Local Living Solutions SERVICES FOR SENIORS

scan Medicare Advantage UCI Health V WELLCELL STEM CELL THERAPY

801 Narcissus Ave., Corona del Mar | 949-644-3244

OASIS SENIOR CENTER PRESENTS:

**\*\*SCAMS\*\***  
 THE LATEST INFORMATION  
**THURSDAY, MAY 8**  
**10:00 AM - ROOM 4**

- Toll scams
- The "Yes" phone scam
- ATM scams
- Brushing package scams
- Gas station scams
- And more!

**Presented by: Steve Levin  
 HBPD Volunteer Services**

Please RSVP by calling 949-644-3244  
 or email [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)

**THE AGONY &  
 ECSTASY OF AGING**


**PLAN TO ATTEND THIS DYNAMIC,  
 INTERACTIVE PRESENTATION**  
 BY JOYCE SWAVING, SHANTI OC

**WEDNESDAY, MAY 14**  
**1:00 PM - ROOM 4**

**Shanti**

**RSVP 949-644-3244 OR**  
**[OASISCENTER@NEWPORTBEACHCA.GOV](mailto:OASISCENTER@NEWPORTBEACHCA.GOV)**





# MUSIC FOR YOUR MIND

Enjoy a free brain stimulating session filled with music, singing, and a fun trivia PowerPoint presentation! Hosted by Alzheimer's Orange County, this interactive experience is sure to stimulate your mind and lift your spirits.  
*Funded by: Diane & Steve Lawrence*

**THURSDAY, MAY 15**  
**12:30PM-1:30PM | ROOM 2**


**Alzheimer's** Presented by: Karen M. Skipper, MT-BC, Board Certified Music Therapist  
 ORANGE COUNTY

Please RSVP at (949) 644-3244 or email [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)

## Alzheimer's PRESENTS:

ORANGE COUNTY

# CLASSIC ROCK SING-A-LONG



Have fun while increasing your serotonin and endorphin levels by singing along with professional musician and singer **Jason Feddy!**

**WEDNESDAY, MAY 21**  
**AT 1:00 PM**

**RSVP by calling 949-644-3244 or email**  
**[OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)**



# Art4Healing®

EXPRESS YOUR FEELINGS IN COLOR

Join us in a free session led by a certified professional and create expressive abstract art that supports emotional healing

**THEME:**  
**IDENTITY IN COLOR**

**THURSDAY, MAY 22**  
**1:00 PM - 3:00 PM**

**LIMITED TO 12 PARTICIPANTS**  
**ADVANCE RSVP REQUIRED**  
**CALL: 949-644-3244 (NO DROP-INS)**

Facilitator:  
 Beth Otterbein, RN  
 Hoag Faith Community Nursing



creating **HOPE** together

MENTAL HEALTH AWARENESS EVENT



- GUEST SPEAKERS
- COMMUNITY RESOURCES
- CREATE "HOPE CARDS"

**Wednesday May 28, 2025 | 1:00 P.M.**  
**OASIS Senior Center • Event Center**  
 801 Narcissus Ave., Corona del Mar, CA 92625

**RSVP for this no-cost event**  
 949-644-3244 or  
[OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)

 Behavioral Health & Wellness  
 a Department of Council on Aging



## MOVIE TALK

WITH THEO SIEGEL

### Wednesday, June 4

"Adam's Rib" was the 6th of 9 films starring Katharine Hepburn and Spencer Tracy. Based on the real-life experiences of married screenwriters Garson Kanin and Ruth Gordon, it follows married attorneys sparring in court. Judy Holliday's role helped secure her lead in Born Yesterday. Shot largely in New York, the film explores gender equality in marriage and the workplace. Learn about these interesting facts and many more from the movie guy as we talk about "Adam's Rib" with Katharine Hepburn, Spencer Tracy, Judy Holliday and Tom Ewell and then show the movie.



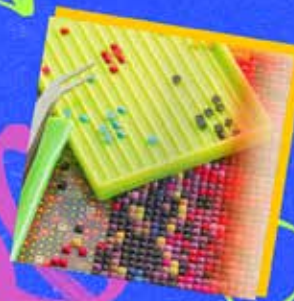
EVENT STARTS AT  
1:00PM OASIS  
EVENT CENTER  
NO RSVP REQUIRED

## DIAMOND

# Painting!

## Workshop

June 5  
12pm | \$5  
Art Center



Join us for a fun and creative Diamond Painting Card Workshop! Whether you're a seasoned crafter or trying diamond painting for the first time, this workshop is the perfect way to relax, create a beautiful handmade card, and socialize with fellow craft lovers. Don't miss out on the fun-sign up today!

CALL 949-644-3244 OR VISIT THE  
OASIS ADMIN OFFICE TO SIGN UP

## SNAPSHOTS:

### Family Photos Inspired Writing Workshop

This series invites participants to use 'photos of significance' to help tell the story(s) they want to share with family, friends, and/or craft for publication. Family photo inspired stories (vignettes) read for in class critiquing.

Could this be the beginning of your autobiography or memoir? Perhaps! Join us!

**OASIS Room 5**

**SS3005 7/8-8/12 Tu 10am-12:30pm \$125/6**



Instructor: Marla Miller [www.MarlaMiller.com](http://www.MarlaMiller.com)

ADMISSION IS FREE

Exchange Club of Newport Harbor presents

★★★ 16<sup>th</sup> Annual ★★★

## Field of Honor



**MAY 16 through MAY 26**

**CASTAWAYS PARK**  
700 Dover Dr., Newport Beach

Visitors welcome daily from 9:00 a.m. to 5:00 p.m.

Please join us to honor the defenders of our freedom, past and present, and first responders, as you walk along the paths of 1,776 American flags.

CEREMONIES HELD ON:

Armed Forces Day: Saturday, May 17 • Memorial Day: Monday, May 26



For more information about flag dedications, sponsorships and event details, visit  
[exchangeclubofnewportharbor.com](http://exchangeclubofnewportharbor.com).






**3rd  
thursdays**  
IN CORONA DEL MAR

**EAT, EXPLORE, & ENJOY!**  
A CELEBRATION THROUGHOUT CDM VILLAGE

**3RD THURSDAY OF EVERY MONTH**  
**5-8PM**

**THE FILE GROUP**  
PRESENTING SPONSOR

SCAN HERE TO LEARN MORE

**VETERANS SOCIAL GROUP**

★★★★★

MEETINGS INCLUDE FOOD, FUN, SOCIALIZING, COMRADERY WITH OTHER VETERANS, GUEST SPEAKERS, SHARING STORIES AND INTERESTS.

**TUESDAY, MAY 20 AT 11:30AM**

HONORING ALL WHO SERVED

**SPEAKER: DOUG DEVINE**

**TOPIC: USMC TRAINING IN VIETNAM**

★ RSVP not required ★

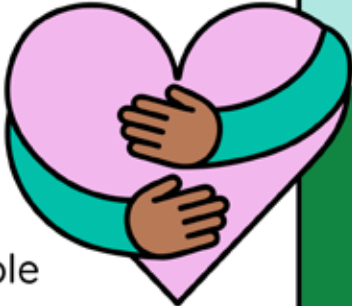
**Alzheimer's Support Group**  
For Family Members & Caregivers

**Alzheimer's**  
ORANGE COUNTY

A safe place to share and receive valuable information and support from people who understand.

**2nd & 4th Wednesday**  
**10:00 am | OASIS Room 5**

RSVP not required



OASIS SENIOR CENTER

**CAREGIVER SUPPORT GROUP**

**Now Twice a Month!**

**1st & 3rd**  
**Wednesday of the Month**  
**1:00pm - Room 4**

- Emotional Support
- Resources
- Tools for Burnout
- Understanding

**caregiver OC**  
RESOURCE CENTER



## Support Programs

### SENIOR ASSESSMENT PROGRAM

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

### INFORMATION & REFERRAL

Referrals to a vast assortment of information regarding senior services such as Home Care, Medicare Assistance, Housing Options, Dementia Care, Support Groups, Financial Resources and more. If we don't know, we will find out.

### SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

Newport Beach residents 60+ can receive critical home repairs and modifications to improve safety and accessibility. Must meet income guidelines and other program requirements. Call the Administration office for more information 949-644-3244

### MEDICAL EQUIPMENT LOAN

Wheelchairs, rollators, walkers, canes, crutches, and knee scooters are available for a one-month loan in the Administration office.

### TELEPHONE REASSURANCE

Daily telephone call M-F\* for seniors who live alone and want someone to check on them. \*excluding holidays/closures

### LEGAL ASSISTANCE

Estate Planning Attorneys donate their time and offer a free half-hour consultation on what they would charge to do the legal work you need. Call the Administration office for their contact information.

### HICAP: HEALTH INSURANCE COUNSELING

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

### MEMORY SCREENING

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

### BLOOD PRESSURE SCREENING

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



## Support Groups

### ALZHEIMER'S SUPPORT GROUP

For family members and caregivers. Share support and receive valuable information and resources from people who understand.

OASIS Room 5  
RSVP Not Required      2nd & 4th Wednesday      10am      Free

### CAREGIVER SUPPORT GROUP

Get emotional support and resources for family caregivers, relief from stress and burnout.

OASIS Room 4  
RSVP Not Required      1st & 3rd Wednesday      1pm      Free

### CONNECTIONS GROUP

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

OASIS Room 5  
RSVP Not Required      Ongoing      Thursdays      2pm      Free

### COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports families experiencing the death of a son/daughter, brother/sister, or a grandchild. For more information please call Basia Mosinski at 844-444-8231.

OASIS Room 5  
RSVP Not Required      3rd Wednesday      6:30pm      Free

### NAMI SUPPORT GROUP

National Alliance on Mental Illness (NAMI). For family members who have adult children or other loved ones with mental health issues. Facilitated by Arna Vodenos, MA.

OASIS Room 5  
RSVP Not Required      2nd & 4th Thursday      12:30pm      Free

### THE GOOD GRIEF GROUP

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.

OASIS Room 4  
RSVP Not Required      1st, 3rd (& 5th) Wednesday 9am      Free

### VETERANS SOCIAL GROUP

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

Event Center-A  
RSVP Not Required      3rd Tuesday      11:30am      Free



## OASIS SENIOR CENTER TRANSPORTATION SERVICE



The OASIS Senior Center provides curb-to-curb transportation to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within Newport Beach City limits.

### SERVICE HOURS:

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

### SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30am

### PRICING:

- \$1.50 to the senior center (each way)
- \$3.00 for all other locations (each way)

### ELIGIBILITY:

- Must be 60+
- Live in a private residence
- Reside within Newport Beach
- No longer driving
- Restrictions apply\*

To sign up  
or for more  
information  
please call  
949-644-3244

## TRANSPORTATION CLIENTS

OASIS IS OFFERING TWO  
SHOPPING TRIPS THIS MONTH:



**Dollar Tree:**  
Thursday, May 15



**Target:**  
Thursday, May 29

CALL THE ADMINISTRATION OFFICE AT

**949-644-3244**

TO RESERVE YOUR SPOT!

## Meal Services

### MEALS ON WHEELS - LUNCH CAFE

Come join us daily in the Evelyn Hart Event Center for a delicious lunch provided and served by Meals on Wheels Orange County. Each meal is planned and certified by a dietician to meet daily nutritional needs, based on FDA guidelines.

### LUNCH SERVICE:

- Monday - Friday: Noon - 12:30pm

### PRICE:

- Voluntary contribution of \$3 for those 60+, guests under 60 are welcome and cost is \$5.

**MEALS ARE FIRST COME FIRST SERVED:** If you have any questions please call **949-718-1820**.

### MEALS ON WHEELS-HOME DELIVERED MEALS

Three (3) nutritious meals are delivered Monday through Friday to home-bound seniors (60+) who qualify for the program. This program is provided by Meals on Wheels Orange County. Volunteers take time from their days and use their own vehicles to lovingly ensure no senior is without a meal. For more information about the program, how it works or if you or a loved one qualifies, please call **714-823-3294**.



## LUNCH CAFE AT OASIS

Grab a friend or two and have lunch at OASIS.  
Fresh menu with a variety of calorie smart dishes.

60+ a \$3.00 voluntary contribution, 59 and younger cost to dine is \$5.00



Meals are first come first serve,  
if you have questions please call:  
please call : **949-718-1820**



Learn More At:  
**www.mealsonwheelsoc.org**



## Refund Policy

- **Refund Request** - **Must be submitted prior to the second class meeting**
  - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **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 to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is 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 third 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: Travel**

**OASIS Room 5**

RSVP Not Required    3rd Wednesday    10:30am-Noon    Free

### CHRONICLING LIFE MEMORIES

**Marla Miller**

**www.Marlamiller.com**

Autobiography and Memoir. No need to be 'a writer' to craft your life story for posterity. In class, students learn the difference between memoir and autobiography and which story form may be the right fit. If you haven't begun to write your story, start in class with writing prompts offered to inspire that include the instructor reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

**OASIS Room 5**

SS2002    4/29-6/3    Tu    10am-12:30pm    \$150/6

**Online**

SS2004    4/30-6/4    W    10am-Noon    \$150/6

### NEW! SNAPSHOTS: FAMILY PHOTOS INSPIRED WRITING WORKSHOP

**Marla Miller**

**www.Marlamiller.com**

**New!** This series invites participants to use 'photos of significance' to help tell the stories they want to share with family, friends, and/or craft for publication. Family photo inspired stories (vignettes) read for in-class critiquing. Could this be the beginning of your autobiography or memoir? Perhaps! Join us!

**OASIS Room 5**

SS3005    7/8-8/12    Tu    10am-Noon    \$25/1

### 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**

SS3010    6/11    W    7-9pm    \$89/1





## CURRENT EVENTS DISCUSSION

### Mark Burcaw, Joe Giordano & Larry Ring

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 3-5pm 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 online class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.

Online

SS2011 4/10-5/15 Th 7:30-9pm \$215/6  
SS3011 6/18-7/23 W 7:30-9pm \$215/6

## DRIVER SAFETY (AARP)

### AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, how to tell if you should give up driving and even how to get around when you no longer drive. Check with your insurance if completing of the course qualifies for a discount. **You must attend class on both days to complete course.**

- Advance registration preferred. Call 949-644-3244
- **Fee:** \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.

OASIS Room 2

RSVP Required 5/28 & 5/29 W/Th 1-5pm \$20/\$25

## ENGLISH AND EUROPEAN LITERATURE

### Darielle Wilson

**949-675-5182**

Heart of Darkness by Joseph Conrad, then Don Quijote de la Mancha by Miguel de Cervantes. Sail the vast seas of English and European literature, both modern and traditional. Come to revisit the very first novel ever written, everyone's favorite, Don Quijote de la Mancha. With a senior's wisdom, call upon your own life experiences to discuss the always modern ideas of one of the greatest literary minds in any language. **No class 7/4**

OASIS Room 1B

SS2015 3/21-6/6 F 10am-Noon \$105/12  
SS3015 6/13-8/29 F 10am-Noon \$105/11

**Registration for classes listed in bold starts Thursday, May 15 at 8am**

## NEEDLE ARTS GROUP

### Roberta

**949-715-3438**

This group of knitters, crocheters and needlepointers meet weekly to work on individual projects. New members welcome.

OASIS Room 3

RSVP Not Required Ongoing W Noon-3pm Free

## OASIS PLAYERS

### May Kramer

Like to perform, act, sing, or dance? Join the OASIS Players! Please come prepared to perform.

OASIS Room 2A

RSVP Not required Ongoing W 1-3pm Free

## PHILOSOPHY DISCUSSION GROUP

### Dave Larue

**dkla2018@outlook.com**

The Philosophy Discussion Group focuses on a wide variety of ad hoc topics. Previous topics include the philosophy of existentialism, love, happiness, intelligence, stupidity, polarization in America, cults, to name a few. We follow the definition of philosophy as the "love of knowledge" and will investigate any topic that is of interest to us. The goals of the group are thoughtful discussions that have meaning to our lives as seniors.

OASIS Room 1A

RSVP Not required 5/13 & 5/27 Tu 3-4:30pm Free



## TACKLING SPORTS

### Laird Hayes & Tom Johnson

Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.

**Speaker: Bill Sharp - "The Search for the 100 ft Wave"**

RSVP Not Required 5/20 3-4:30pm Free



## TRAVEL SHOWS WITH NINO

### Nino Mohan

**nino@virtualtraveltalks.com**

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

OASIS Room 1

RSVP Not Required 4th Tu 10am-Noon Free

## WRITING ROUNDTABLE

### Jos Vloet

**vloetjozef@gmail.com**

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

OASIS Room 5

RSVP Required W 1-3pm Free





## FINE ARTS

### BEG./INTER. WATERCOLOR

**Bobbi Boyd** 949-544-9383  
In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasis on learning good composition along with good technique. You're going to painlessly learn to draw better too. What you chose to paint is really about your personal voice. Take photos and look in magazines and online (pinterest is good) for images you'd like to work with.

- **Please bring:** material list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS2071	5/7-5/28	W	1-4pm	\$200/4
SS3070	6/4-6/25	W	1-4pm	\$200/4
SS3071	7/2-7/30	W	1-4pm	\$250/5
SS3072	8/6-8/27	W	1-4pm	\$200/4
DRP210	Drop-In (No Refunds)			\$50/1

### FREEHAND DRAWING

**Nancy Wahamaki's Art World** nwwasek@gmail.com  
Join in this fun drawing class! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings.

- **Please bring:** material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A

SS2051	5/7-6/4	W	9-11am	\$125/5
SS3050	6/25-8/13	W	9-11am	\$200/8

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki's Art World** nwwasek@gmail.com  
This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. **No class 5/26**

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

OASIS Art Center

SS2056	5/5-6/2	M	9am-Noon	\$92/4
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**Registration for classes listed in bold starts Thursday, May 15 at 8am**

### INTERMEDIATE/ADVANCED CERAMICS

**Jeff Netzer** jnetzer2@hotmail.com

This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Potters wheels are available. Please bring your own hand tools. **No class 4/2**

- **Additional fee:** \$20 (material)
- **Optional clay purchase:** \$20/bag

OASIS Art Center

SS2060	3/19-6/4	W	9am-Noon	\$244/11
SS3060	6/11-8/27	W	9am-Noon	\$265/12

### OIL PAINTING- BEGINNING

**Bobbi Boyd** 949-544-9383

This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. Have you been at this for a while? I will continue to introduce techniques and ideas to help you become more proficient and more able to achieve your vision. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started.

- **Please bring:** material list will print on receipt
- **Additional fee:** \$10 (material)

OASIS Art Center

SS2066	5/6-5/27	Tu	1-4pm	\$200/4
SS3065	6/3-6/24	Tu	1-4pm	\$200/4
SS3066	7/1-7/29	Tu	1-4pm	\$250/5
SS3067	8/5-8/26	Tu	1-4pm	\$200/4
DRP210	Drop-In (No Refunds)			\$50/1

### OIL PAINTING- INTERMEDIATE

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

This class focuses on mixing color from a basic color palette to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary landscape, interior scenes, and still life subjects. Explore ways to loosen up, avoid detail, and use confident brushwork to create energetic and more expressive paintings. Traditional oil paint is recommended, but all media are acceptable. Previous painting experience is preferred. **No class 5/26**

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

OASIS Art Center

SS2076	4/28-6/2	M	1-3:30pm	\$260/5
SS3075	6/16-7/14	M	1-3:30pm	\$260/5
SS3076	7/28-8/25	M	1-3:30pm	\$260/5
DRP210	Drop-In (No Refunds)			\$50/1

### WOODCARVERS AND CRAFTERS WORKSHOP

**Pat Livingston** OASISWoodcarving@gmail.com

This social group works on individual projects and welcomes all levels of crafters. All crafters provide their own patterns and materials. Wood crafts include carving, intarsia, marquetry, and scrolling, while other crafts range from model building to pyrography. Members support each other's skill development. An occasional minimal fee for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required	Ongoing	Th	8-11am	See above
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## FOREIGN LANGUAGE

### ADVANCED FRENCH LITERATURE AND DISCUSSION

**Darielle Wilson** 949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern fiction. Current selections are by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. Limited to 15 students for active participation. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

SS2230	3/19-6/4	W	10am-Noon	\$105/12
<b>SS3229</b>	<b>6/11-8/27</b>	<b>W</b>	<b>10am-Noon</b>	<b>\$110/12</b>

### 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.**

### INTERMEDIATE SPANISH CLUB

**Nida Fernandez, Ph.D** nidit@att.net

Studying the Spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome.

OASIS Room 4

RSVP Required	Ongoing	M	12:30-2pm	Free
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### SPANISH LITERATURE BOOK CLUB

**Darielle Wilson** 949-675-5182

Take a journey the 2nd Monday of every month into literature in Spanish. Meet Latin American and Spanish authors, classic and modern. Discuss the difference between poetry and prose. Define marvelous realism. Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Please check with leader for updated information.

OASIS Room 5

RSVP Required	2nd Monday	2:30-4:30pm	Free
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**Registration for classes listed in bold starts Thursday, May 15 at 8am**

### GERMAN-INTERMEDIATE

**Barbara Corlett**

bcorlett@cox.net

The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, 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 (2006 publication date), which can be purchased online, is the required text for the class.

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

OASIS Room 4

9/5/2024-5/29/2025	Th	1-2pm	Free
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### 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 5/26**

- 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*

SS2202	5/12-6/4	M/W	5-6pm	\$204/7
<b>SS3200</b>	<b>6/9-7/2</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>

*Beginning French 2*

SS2207	5/12-6/4	M/W	6-7pm	\$204/7
<b>SS3205</b>	<b>6/9-7/2</b>	<b>M/W</b>	<b>6-7pm</b>	<b>\$225/8</b>

OASIS Room 1B

*Beginning Italian 1*

SS2212	5/12-6/4	M/W	5-6pm	\$204/7
<b>SS3210</b>	<b>6/9-7/2</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>
<b>SS3211</b>	<b>7/7-7/30</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>
<b>SS3212</b>	<b>8/4-8/27</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>

*Beginning Italian 2*

SS2217	5/12-6/4	M/W	6-7pm	\$204/7
<b>SS3215</b>	<b>6/9-7/2</b>	<b>M/W</b>	<b>6-7pm</b>	<b>\$225/8</b>
<b>SS3216</b>	<b>7/7-7/30</b>	<b>M/W</b>	<b>6-7pm</b>	<b>\$225/8</b>
<b>SS3217</b>	<b>8/4-8/27</b>	<b>M/W</b>	<b>6-7pm</b>	<b>\$225/8</b>

OASIS Room 2A

*Beginning Arabic 1*

<b>SS3230</b>	<b>7/7-7/30</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>
<b>SS3231</b>	<b>8/4-8/27</b>	<b>M/W</b>	<b>5-6pm</b>	<b>\$225/8</b>

OASIS Room 4

*Beginning Spanish 1*

SS2220	3/18-5/6	Tu	Noon-1pm	\$225/8
<b>SS3220</b>	<b>6/10-7/3</b>	<b>Tu/Th</b>	<b>11:15am-12:15pm</b>	<b>\$225/8</b>
<b>SS3221</b>	<b>7/8-7/31</b>	<b>Tu/Th</b>	<b>11:15am-12:15pm</b>	<b>\$225/8</b>
<b>SS3222</b>	<b>8/5-8/28</b>	<b>Tu/Th</b>	<b>11:15am-12:15pm</b>	<b>\$225/8</b>

*Beginning Spanish 2*

SS2225	4/1-5/20	Tu	1-2pm	\$225/8
<b>SS3225</b>	<b>6/10-7/3</b>	<b>Tu/Th</b>	<b>12:15-1:15pm</b>	<b>\$225/8</b>
<b>SS3226</b>	<b>7/8-7/31</b>	<b>Tu/Th</b>	<b>12:15-1:15pm</b>	<b>\$225/8</b>
<b>SS3227</b>	<b>8/5-8/28</b>	<b>Tu/Th</b>	<b>12:15-1:15pm</b>	<b>\$225/8</b>



## 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.

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

DRP200

\$60 per hour



### APPLE IPHONE FOR BEGINNERS

**Carole Kamper**

**949-230-5902**

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

- **Please bring:** Apple ID and password

OASIS Computer Lab

SS2301	5/27	Tu	1-3pm	\$44/1
<b>SS3300</b>	<b>6/17</b>	<b>Tu</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>
<b>SS3301</b>	<b>7/23</b>	<b>W</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>
<b>SS3302</b>	<b>8/25</b>	<b>M</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>

### APPLE MAC LAPTOP CLASS

**Carole Kamper**

**949-230-5902**

Bring your Mac laptop to the computer lab at OASIS to learn the basis of using it. We also will look at many of the features that will make your use more efficient, enjoyable and hopefully less frustrating! We will review the Docking Station, Toolbars, important settings, help you set up a customize desktop, even adding a favorite picture to enjoy. Join this class, meet fellow "Mac" users and learn together. Contact instructor for questions.

- **Please bring:** Mac laptop and charger.

OASIS Computer Lab

SS2316	5/28	W	10:30am-12:30pm	\$44/1
<b>SS3315</b>	<b>7/1</b>	<b>Tu</b>	<b>1-3pm</b>	<b>\$45/1</b>
<b>SS3316</b>	<b>8/11</b>	<b>M</b>	<b>10:30am-12:30pm</b>	<b>\$45/1</b>

**Registration for classes listed in bold starts Thursday, May 15 at 8am**

### DIGITAL PHOTO EDITING

**Barbara Yin Milbert**

**pacpal33@yahoo.com**

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

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

OASIS Computer Lab

SS2334	5/22-5/29	Th	9:45-10:45am	\$40/2
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### EBAY 1

**Barbara Yin Milbert**

**pacpal33@yahoo.com**

Learn to buy and sell items on eBay.

- **Requirement:** basic computer skills and familiarity with the internet.

OASIS Computer Lab

SS3330	6/12	Th	10am-Noon	\$40/1
SS3331	8/28	Th	10am-Noon	\$40/1

### EBAY 2

**Barbara Yin Milbert**

**pacpal33@yahoo.com**

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

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

OASIS Computer Lab

SS3336	7/22 & 7/29	Th	11am-Noon	\$40/2
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### EXCEL REFRESHER

**Barbara Yin Milbert**

**pacpal33@yahoo.com**

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

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

OASIS Computer Lab

SS2335	5/22-5/29	Th	11am-Noon	\$40/2
<b>SS2336</b>	<b>8/5-8/12</b>	<b>Th</b>	<b>11am-Noon</b>	<b>\$40/2</b>

### 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.

- **Please bring:** Apple ID and password

OASIS Computer Lab

SS2306	5/6	Tu	1-3pm	\$44/1
<b>SS3305</b>	<b>6/24</b>	<b>Tu</b>	<b>1-3pm</b>	<b>\$44/1</b>
<b>SS3306</b>	<b>7/28</b>	<b>M</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>
<b>SS3307</b>	<b>8/20</b>	<b>W</b>	<b>10:30am-12:30pm</b>	<b>\$44/1</b>



## INTRO TO WORD

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto: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

**SS3333 6/24-7/15 Tu 9:45-10:45am \$70/4**

## INTRO TO EXCEL

**Barbara Yin Milbert** [pacpal33@yahoo.com](mailto: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

**SS3334 6/24-7/15 Tu 11am-Noon \$70/4**

## MAKING A SHUTTERFLY ALBUM

**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. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer skills

OASIS Computer Lab

**SS2321 6/3 Tu 1-3pm \$44/1**

**SS3320 7/7 M 10:30am-12:30pm \$44/1**

**SS3321 8/12 Tu 1-3pm \$44/1**

## WHAT GOOD ARE THESE APPS?

**Carole Kamper** **949-230-5902**  
**iPhone, iPad or Tablet.** Do you want to do online banking? Do you want to learn more about Venmo or Zelle? Schedule an appointment with a health care provider? Order lunch or dinner? Check flight status or get driving directions? Watch and participate in a Zoom meeting? Would you like to learn about the world of Podcasting? If you are wondering how to do more with APPS on your smart phone or tablet come explore all this and more.

- **Please bring:** Apple ID and password

OASIS Computer Lab

**SS2311 6/4 W 10:30am-12:30pm \$44/1**

**SS3310 7/2 W 10:30am-12:30pm \$44/1**

**SS3311 7/22 Tu 1-3pm \$44/1**

**SS3312 8/27 W 10:30am-12:30pm \$44/1**

## APPLE WATCH MOST USEFUL FEATURES

**Jake Jacobs** [jakeair99@gmail.com](mailto:jakeair99@gmail.com)  
Learn the most useful features of the Apple Watch. Topics include: selecting and customizing watch faces and complications, built-in apps, including health apps such as ECG, Blood SpO2, and Heart rate. Access eight apps directly from one Watch face. Learn about the many built in apps.

- **Requirements:** This in-person class is for users of any Apple Watch with Watch IOS 11 installed and an iPhone with IOS 18 installed

OASIS Room 2A

**SS3326 8/7 Th 10am-Noon \$25/1**

## 50 WAYS TO LOVE YOUR IPHONE

**Jake Jacobs** [jakeair99@gmail.com](mailto:jakeair99@gmail.com)  
The most useful hidden iPhone tips and features every user should know. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirements:** This in-person class is for users who have an iPhone with iOS 18 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

**SS3327 8/14 Th 10am-Noon \$40/4**



## CARDS & GAMES

### AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

**Frank Delgado** [frankdel949@yahoo.com](mailto:frankdel949@yahoo.com)  
**101:** Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

**201:** Beginners take everything they learned and continue trying new hands on the Mah Jongg Card.

- **Please bring:** your current Card of Hands
- **Prerequisite:** American Mah Jongg for Beginners 101

OASIS Room 3

*American Mah Jongg for Beginners 101*

**SS3120 6/19-7/24 Th 9-11am \$160/6**

*American Mah Jongg for Beginners 201*

**SS2121 5/15-6/12 Th 9-11am \$160/5**

**SS3121 7/31-8/28 Th 9-11am \$160/5**

### INCREASE YOUR BRIDGE KNOWLEDGE

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Increased bridge knowledge converts to more bidding with less pts. than needed. The Rule of 20, 6-5 Come alive. Have fun playing bridge when you have distribution rather than High Card Points. Distribution Rules!!!

OASIS Room 3

**SS2101 5/13-6/3 Tu 9-11am \$125/4**

### SUPERVISED BRIDGE PLAY

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Fine tune your bidding. Use your conventions to arrive at the right contract 12 Boards to play- Hand Records included.

OASIS Room 3

**SS2103 5/13-6/3 Tu 11:30am-1:30pm \$125/4**



## MASTERING SLAM BIDDING

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
**With Roman Key Card Blackwood.** Explore Roman Card Blackwood, a convention for slam bidding in bridge. Learn to identify how many aces, the king of trump, and the queen of trump your partner holds. Learn to cue bid on the way to a slam. Refine your skills in bidding slams after no trump openings as well. Determine whether to pass or bid a small or grand slam.

- **Additional fee:** \$5 (material)

OASIS Room 3

SS2114 5/13-5/27 Tu 2-3:30pm \$66/3

## BEGINNING BRIDGE 1: A STEP-BY-STEP INTRODUCTION

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
 In this introductory course, you'll learn the fundamentals of bridge through a hands-on, interactive approach. Using the cards on the table method, each session will guide you step by step through essential bridge concepts. This method ensures that you're not just learning theory but actively practicing with real cards in front of you. We will cover the basic rules, essential bidding structures, play strategies, and defensive techniques. Every topic will be reinforced by playing through actual bridge hands, so you can see how the concepts work in real-time. Whether you're completely new to bridge or just want to refresh your knowledge, this course will give you a solid foundation and the confidence to play bridge with others.

- **Additional fee:** \$15 (material)

OASIS Room 3

SS3110 6/23-8/11 M 5:15-6:45pm \$176/8

## BRIDGE- FUN FUNDAMENTALS

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
 Enhance your bidding skills with this focused review class designed for players who are already familiar with the basics but wish to reinforce their bidding and play of the hand techniques. We will revisit essential bidding concepts, including opening bids, responses, and rebids, using the "cards on the table" method for practical learning. Whether you're looking for a refresher or aiming to boost your confidence, this class will take you to the next level in bridge.

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

OASIS Room 3

SS3111 6/24-8/5 Tu 2-3:30pm \$154/7

## STARS AND STRIPES SUPERVISED SHUFFLE DEAL AND PLAY

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
 Do you love bridge but sometimes feel frustrated by your mistakes or need a little assistance with bidding, opening leads and defense? This is the class for you. Whether you are a beginner or a seasoned player you will have the opportunity to seek guidance from a certified instructor as situations arise in real time at the card table. At the end of this class, you will have improved your all around bridge skills and enjoy the game even more.

OASIS Room 3

SS3112 6/23-8/11 M 3:30-5pm \$176/8

**Registration for classes listed in bold starts Thursday, May 15 at 8am**

## BRIDGE DEFENSE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
 Learn the Signaling System. Do you know how to think about defense when the opponents' bid to a 4Heart contract? The class will cover all aspects of how to communicate with your partner to disrupt the declarer as a team. I will cover attitude signals, suit preference signals, discard signals, and count signaling. Learn when not to play second hand low and third hand high. Following this 7-week series you and your partner will be scoring the points and not the declarer.

- **Additional Fee:** \$15 (materials)

OASIS Room 3

SS3113 6/24-8/5 Tu 4-5:30pm \$154/7

## TOTAL BRIDGE BASICS REVIEW

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
**All Review, Nothing new- Summertime is Easy.** Lessons Include: Opening bids, rebids, Stayman, Jacoby Transfer, Opening 2C.

OASIS Room 3

SS3100 7/1-7/22 Tu 9-11am \$125/4

## BRIDGE: TIME TO GO SLAMMING REVIEW

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
 No trump slams(Using Gerber), Suit Slams(Using RKC 1430). Know when you are in the slam zone

OASIS Room 3

SS3101 7/1-7/22 Tu 11:30am-1:30pm \$125/4



## 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. Game starts at 2:30pm.

OASIS Room 2

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

## DUPLICATE BRIDGE

**Terry and Gene Casavant** **949-854-8138**  
[zeintje1@gmail.com](mailto:zeintje1@gmail.com)

Bring your own partner to play. Must know rules of play and how to keep score.

OASIS Room 2

RSVP Not Required Ongoing Tu/F 9:45am-2pm \$1

## MAH JONGG

**Doris Melnick** **310-488-8338**  
 Experienced players meet to play, no instruction is given.

- American Mah Jongg card and rules only.

OASIS Room 3

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

# FITNESS

## BARRE STRETCH & STRENGTH

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve balance, mobility and circulation. Increase your flexibility and range of motion and reduce muscle tension. **No Class 5/16, 5/19, 5/21, 5/23, 5/26, 7/4**

OASIS Dance Room

SS2500	3/17-6/2	M	10:15-11am	\$180/9
SS2501	3/19-6/4	W	10:15-11am	\$200/10
SS2502	3/21-6/6	F	10:15-11am	\$180/9
SS2503	3/17-6/6	M/W/F	10:15-11am	\$499/28
<b>SS3500</b>	<b>6/9-8/25</b>	<b>M</b>	<b>10:15-11am</b>	<b>\$239/12</b>
<b>SS3501</b>	<b>6/11-8/27</b>	<b>W</b>	<b>10:15-11am</b>	<b>\$239/12</b>
<b>SS3502</b>	<b>6/13-8/29</b>	<b>F</b>	<b>10:15-11am</b>	<b>\$220/11</b>
<b>SS3503</b>	<b>6/9-8/29</b>	<b>M/W/F</b>	<b>10:15-11am</b>	<b>\$597/12</b>

## BRAINWAVE BOXING

**Sara Gutierrez** [sararez@betterlifeboxing.com](mailto:sararez@betterlifeboxing.com)  
Brainwave Boxing is a fun, engaging class designed to improve balance, strength, and coordination through boxing techniques. Safely work your joints, challenge your brain, and boost mobility. Proven benefits for Parkinson's and overall wellness. All skill levels welcome—train at your own pace and keep moving strong! **No class 7/3, 7/24**

- **Please bring:** a yoga mat, towel and water.
- **Required:** boxing gloves. Please purchase these on your own (12 oz. size gloves are appropriate), can be found at most sporting goods stores.

OASIS Dance Room

SS2506	5/5-5/19	M	3:30-4:30pm	\$77/3
<b>SS3504</b>	<b>6/9-6/30</b>	<b>M</b>	<b>1-2pm</b>	<b>\$101/4</b>
<b>SS3505</b>	<b>7/7-7/28</b>	<b>M</b>	<b>1-2pm</b>	<b>\$101/4</b>
<b>SS3506</b>	<b>8/4-8/25</b>	<b>M</b>	<b>1-2pm</b>	<b>\$101/4</b>

OASIS Room 1

SS2509	5/1-5/29	Th	3:30-4:30pm	\$125/5
<b>SS3507</b>	<b>6/12-7/17</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$125/5</b>
<b>SS3508</b>	<b>7/31-8/28</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$125/5</b>

DRP261 Drop-In (No Refunds) \$20/1



## CHAIR EXERCISE

**Judy Aprile** [jjapril@gmail.com](mailto:jjapril@gmail.com)  
Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 5/26**

OASIS Event Center

SS2511	5/5-5/28	M/W	10:05-11am	\$51/7
SS2512	6/2-6/30	M/W	10:05-11am	\$64/9
<b>SS3510</b>	<b>7/2-7/30</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$64/9</b>
<b>SS3511</b>	<b>8/4-8/27</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$57/8</b>

[newportbeachca.gov/oasis](http://newportbeachca.gov/oasis)

Admin - 949-644-3244

## COASTLINE COLLEGE ADAPTED FITNESS

**Judy Aprile** [japril@coastline.edu](mailto:japril@coastline.edu)

This Coastline College Special Programs class is designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability).

**\*Class is currently full, no registration available**

OASIS Event Center

Ongoing 2/3-5/19 M 11:30am-12:30pm Free

## FALLPROOF® BALANCE & MOBILITY

**Selena Cofinco** [selenacofinco@gmail.com](mailto:selenacofinco@gmail.com) (949) 547-6389

This progressive class improves balance and reduces fall risk through activities that enhance seated and standing posture, walking ability, and confidence in daily activities. Participants must be able to walk 200 feet without the use of any assistive device (cane or walker). Not suitable for individuals with memory loss or cognitive impairments. Space is limited to 12 students. **No class 6/24, 6/26, 7/1, 7/3, 7/22**

- **Registration:** must register in person at OASIS.
- **Requirement:** pick up forms from the OASIS Admin. Office to complete and bring to the first day of class.

OASIS Room 1

SS2513	3/24-5/14	M/W	1:30-2:30pm	\$210/14
<b>SS3512</b>	<b>6/10-7/31</b>	<b>Tu/Th</b>	<b>11:30am-12:30pm</b>	<b>\$192/11</b>
<b>SS3528</b>	<b>6/10-7/31</b>	<b>Tu/Th</b>	<b>1-2pm</b>	<b>\$192/11</b>

## GOLF GROUP

**Greg Nelson** [gregbnelson@me.com](mailto:gregbnelson@me.com)

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays, and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.

- The format is team competition, picked randomly.
- Handicaps range from 10 to maximum 30.
- Contact [gregbnelson@me.com](mailto:gregbnelson@me.com) for available openings.

RSVP Required Ongoing M/W/F approx. 9am

## HEAD TO TOE FITNESS

**Keith Glassman** [keith.glassman@gmail.com](mailto:keith.glassman@gmail.com)

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

- **Please bring:** a mat, hand weights (Tuesdays) and resistance bands (Thursdays).

OASIS Event Center

SS2515	4/22-5/15	Tu/Th	8-9am	\$65/8
SS2516	5/20-6/5	Tu/Th	8-9am	\$50/6
<b>SS2513</b>	<b>6/10-7/3</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS2514</b>	<b>7/8-7/31</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS2515</b>	<b>8/5-8/28</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$50/6</b>

DRP263 Drop-In (No Refunds) \$12/1

**Registration for classes listed in bold starts Thursday, May 15 at 8am**

Friends of OASIS - 949-718-1800



# Classes

## IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger, flexible, renewed and restored. Iyengar Yoga focuses on building a foundation from the ground up using our legs and arms, to bring alertness to our spine. Props and modifications are used as needed. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher.

**No class 5/26, 5/29, 8/4, 8/7**

- **Prerequisite:** able to get up and down from the ground unassisted.
- **Please bring:** a sticky mat, if you have 3 yoga blankets, bring those, more details to be given the first day of class.

### OASIS Room 1

SS2521	4/28-6/2	M	10-11:15am	\$100/5
SS2522	5/1-6/5	Th	10-11:15am	\$100/5
SS2523	4/28-6/5	M/Th	10-11:15am	\$190/10
SS3516	6/9-7/14	M	10-11:15am	105/5
SS3517	6/12-7/17	Th	10-11:15am	\$105/5
SS3518	6/9-7/17	M/Th	10-11:15am	\$195/10
SS3519	7/21-8/25	M	10-11:15am	\$105/5
SS3520	7/24-8/28	Th	10-11:15am	\$105/5
SS3521	7/21-8/28	M/Th	10-11:15am	\$195/10

DRP265 Drop-In (No Refunds) \$25/1

## NEW! LAWN BOWLING 101

**Newport Harbor Lawn Bowling Club** classes@nhlbc.com

**NEW!** Lawn bowling is a game for all ages and all levels of ability. We invite you to come and learn how to lawn bowl! Classes take place at the Newport Harbor Lawn Bowling Club, 1550 Crown Dr. N., Corona del Mar. Lawn bowling equipment is provided.

- **Please wear:** comfortable flat sole shoes.

### Newport Harbor Lawn Bowling Club

SS3522	6/9-6/20	Tu/Th	6-8pm	\$100/4
SS3523	6/23-7/4	Tu/Th	6-8pm	\$100/4
SS3524	7/7-7/18	Tu/Th	6-8pm	\$100/4
SS3525	7/21-8/1	Tu/Th	6-8pm	\$100/4
SS3526	8/4-8/15	Tu/Th	6-8pm	\$100/4
SS3527	8/18-8/25	Tu/Th	6-8pm	\$100/4



**Registration for classes listed in bold starts Thursday, May 15 at 8am**

## MELT HAND & FOOT- FOR BALANCE & STABILITY

**Niki Parker** NikiParker@aol.com 949-923-1622

All exercises are performed seated. Ease pain and stiffness with soft MELT balls to improve stability and movement in hands and feet. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all—no experience needed! MELT tools provided and available for purchase.

- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

### OASIS Room 5

SS2528	5/5 & 5/19	M	1-2pm	\$12/2
SS2529	6/9 & 6/16	M	1-2pm	\$12/2
<b>SS3530</b>	<b>7/14</b>	<b>M</b>	<b>1-2pm</b>	<b>\$12/1</b>
<b>SS3531</b>	<b>7/28</b>	<b>M</b>	<b>1-2pm</b>	<b>\$12/1</b>
<b>SS3532</b>	<b>8/11</b>	<b>M</b>	<b>1-2pm</b>	<b>\$12/1</b>
<b>SS3533</b>	<b>8/25</b>	<b>M</b>	<b>1-2pm</b>	<b>\$12/1</b>



## MELT METHOD: SELF CARE TECHNIQUE

**Niki Parker** NikiParker@aol.com 949-923-1622

New to MELT, please contact instructor for safety considerations before signing up or dropping in. Feel better doing what you love! This class uses soft rollers to rehydrate fascia, reduce inflammation, ease pain, and improve alignment. Strength exercises target weak links to protect joints and enhance performance. Prevent cellular dehydration and keep your body feeling great at any age!

**Zoom code is also available for virtual attendance, contact Niki at NikiParker@aol.com**

- **Requirement:** must be able to get up and down from the floor unassisted.
- **Please bring:** MELT roller, exercise mat, water, wear comfortable clothing. MELT Roller available for purchase.

### OASIS Dance Room

SS2531	5/6-5/20	Tu	2-3pm	\$72/3
<b>SS3534</b>	<b>6/10-7/15</b>	<b>Tu</b>	<b>2-3pm</b>	<b>\$133/6</b>
<b>SS3535</b>	<b>7/22-8/26</b>	<b>Tu</b>	<b>2-3pm</b>	<b>\$133/6</b>
DRP271	Drop-In (No Refunds)			\$30/1

## PHYSICAL TRAINING

**Judy Aprile** jjjapril@gmail.com

This overall conditioning class includes a light cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 5/16, 5/26, 6/6, 7/4, 7/11**

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

### OASIS Event Center

SS2533	5/5-5/30	M/W/F	7:45-8:35am	\$70/10
SS2534	6/2-6/30	M/W/F	7:45-8:35am	\$83/12
SS2536	5/5-5/30	M/W/F	8:45-9:35am	\$70/10
SS2537	6/2-6/30	M/W/F	8:45-9:35am	\$83/12
<b>SS3537</b>	<b>7/2-7/30</b>	<b>M/W/F</b>	<b>7:45-8:35am</b>	<b>\$77/11</b>
<b>SS3538</b>	<b>8/4-8/29</b>	<b>M/W/F</b>	<b>7:45-8:35am</b>	<b>\$83/12</b>
<b>SS3540</b>	<b>7/2-7/30</b>	<b>M/W/F</b>	<b>8:45-9:35am</b>	<b>\$77/11</b>
<b>SS3541</b>	<b>8/4-8/29</b>	<b>M/W/F</b>	<b>8:45-9:35am</b>	<b>\$83/12</b>

## PILATES MAT

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 7/1, 8/12**

- **Please bring:** a mat, light and heavy resistance band, and towel.

### OASIS Dance Room

SS2539	4/29-6/3	Tu	8:45-9:45am	\$105/6
<b>SS3542</b>	<b>6/10-7/15</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$90/5</b>
<b>SS3543</b>	<b>7/22-8/26</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$90/5</b>

DRP267 Drop-In (No Refunds) \$23/1

## SOULFLEX

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
Unlock your strength, balance, and peace of mind in this dynamic class! Boost bone density, mobility, and peace of mind. Build power with targeted weight-bearing exercises, then restore with mindful stretching. Suitable for all levels, with modifications available. Led by an Internationally Certified Yoga Therapist. No experience needed!

- **Please bring:** yoga mat.
- **Requirement:** able to be in plank position from your knees and get up and down from the floor unassisted.

### OASIS Dance Room

SS2541	3/26-6/4	W	12:30-1:30pm	\$225/11
SS2542	3/21-6/6	F	2-3pm	\$245/12
SS2543	3/21-6/6	W/F	above times	\$465/23
<b>SS3544</b>	<b>7/2</b>	<b>W</b>	<b>12:30-1:30pm</b>	<b>Free</b>
<b>SS3545</b>	<b>7/9-8/27</b>	<b>W</b>	<b>12:30-1:30pm</b>	<b>\$165/8</b>
<b>SS3546</b>	<b>7/11-8/29</b>	<b>F</b>	<b>2-3pm</b>	<b>\$165/8</b>
<b>SS3547</b>	<b>7/9-8/29</b>	<b>W/F</b>	<b>above times</b>	<b>\$325/16</b>

DRP264 Drop-In (No Refunds) \$25/1

## SOULSPARK - HATHA YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
Awaken your potential with an accessible Hatha yoga class that balances mind and body. Prioritizing function over form, we move mindfully with breath to create spaciousness and self-connection. Suitable for all levels, each session ends with meditation. Led by an Internationally Certified Yoga Therapist. No experience needed—modifications provided. For questions, please contact the instructor. **No class 5/26**

- **Prerequisite:** able to be in a plank position from your knees, able to get up and down from the ground unassisted.
- **Please bring:** yoga mat.

### OASIS Dance Room

SS2544	3/17-6/2	M	11:30am-12:30pm	\$225/11
SS2546	3/27-6/5	Th	10:30-11:30am	\$225/11
SS2547	3/17-6/5	M/Th	above times	\$445/22
<b>SS3548</b>	<b>6/30</b>	<b>M</b>	<b>11:30am-12:30pm</b>	<b>Free</b>
<b>SS3549</b>	<b>7/7-8/25</b>	<b>M</b>	<b>11:30am-12:30pm</b>	<b>\$165/8</b>
<b>SS3550</b>	<b>7/3-8/28</b>	<b>Th</b>	<b>10:30-11:30am</b>	<b>\$185/9</b>
<b>SS3551</b>	<b>7/7-8/28</b>	<b>M/Th</b>	<b>above times</b>	<b>\$345/16</b>

### Online Class - via Zoom

SS2548	3/19-6/4	W	8-9am	\$245/12
<b>SS3552</b>	<b>7/2-8/27</b>	<b>W</b>	<b>8-9am</b>	<b>\$185/9</b>

DRP264 Drop-In (No Refunds) \$25/1

## NEW! YOGA PHILOSOPHY

**New!** Join our monthly yoga philosophy discussion group to explore ancient wisdom and its modern applications. Engage in meaningful conversations, deepen your understanding, and connect with like-minded seekers in a supportive space. Open to all—no prior experience needed. Expand your practice beyond the mat!

### OASIS Dance Room

RSVP Not Required 2nd Thursday 11:30am-Noon Free

## NEW! SOULSPARK - YOGA THERAPY CLINICS

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

**New! Yin Yoga:** Combining deep stretching and mindfulness, participants hold passive poses for 2–4 minutes to target deep connective tissues, release tension, improve flexibility, and promote relaxation. **Restorative:** Relieve pain, improve sleep, reduce stress, and promote rejuvenation. **Sciatica/Low Back:** Provides relief from low back, sciatica, and hip pain. No experience needed; modifications provided for all levels. Space limited to 12 participants. For questions, please contact the instructor. **SomaNeural Flow:** A gentle, inclusive class designed to support brain health and enhance cognitive function, self-confidence, and overall well-being. Ideal for individuals with Dementia, Alzheimer's, Parkinson's, and similar conditions. Helpers, walkers, and wheelchairs welcome. No prerequisites required. **No class 5/26**

### OASIS Dance Room

#### Yin Yoga

<b>SS3555</b>	<b>6/11</b>	<b>W</b>	<b>4:45-5:45pm</b>	<b>Free</b>
<b>SS3557</b>	<b>8/18-8/13</b>	<b>W</b>	<b>4:45-5:45pm</b>	<b>\$185/9</b>

#### Restorative

SS2553	3/25-6/3	Tu	4:30-5:30pm	\$225/11
<b>SS3558</b>	<b>7/1</b>	<b>Tu</b>	<b>3:15-4:15pm</b>	<b>Free</b>
<b>SS3559</b>	<b>7/8-8/26</b>	<b>Tu</b>	<b>3:15-4:15pm</b>	<b>\$165/8</b>

#### Sciatica/Low Back/Hip

SS2555	4/30-6/4	W	3:30-4:30pm	\$125/6
<b>SS3556</b>	<b>6/11-8/13</b>	<b>W</b>	<b>3:30-4:30pm</b>	<b>\$205/10</b>

### OASIS Room 5

#### SomaNeural Flow

<b>SS5000</b>	<b>7/7</b>	<b>M</b>	<b>10-11am</b>	<b>Free</b>
<b>SS3554</b>	<b>7/14-8/25</b>	<b>M</b>	<b>10-11am</b>	<b>\$145/7</b>

## SOUND BATH & MEDITATION

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)

Enter a peaceful sanctuary with nourishing sessions for body and mind. Open to all, these classes include yoga nidra, meditation, gentle movement, and breathwork, culminating in a crystal bowl sound bath. Bring what comforts you, and stay for tea and connection with our welcoming community. For questions, please contact the instructor.

- **Please bring:** blanket, yoga mat, pillow, and eye covering.
- Not recommend for individuals prone to seizures.

### OASIS Dance Room

SS2557	5/8	Th	5:30-6:30pm	\$25/1
<b>SS3561</b>	<b>7/10</b>	<b>Th</b>	<b>5:30-6:30pm</b>	<b>\$25/1</b>
<b>SS3562</b>	<b>8/7</b>	<b>Th</b>	<b>5:30-6:30pm</b>	<b>\$25/1</b>
<b>SS3563</b>	<b>7/10 &amp; 8/7</b>	<b>Th</b>	<b>5:30-6:30pm</b>	<b>\$45/2</b>

**Registration for classes listed in bold starts Thursday, May 15 at 8am**



## NEW! SPARK OF VITALITY

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
**New!** Embrace vitality with Ayurvedic wisdom! In this three-part workshop series, explore the ancient science of Ayurveda and discover lifestyle habits for longevity, rejuvenation, and overall well-being. Learn daily routines aligned with nature's cycles to help you feel vibrant and joyful year-round. **No class 5/17**

OASIS Dance Room

SS2587 5/10-5/31 Sat Noon-1:30pm \$95/3

## STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
 If you want to keep your bones strong, have osteoporosis or osteopenia, these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention. **No class 7/1, 8/12**

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

OASIS Dance Room

SS2560 4/29-6/3 Tu 10-11am \$105/6

SS3564 6/10-7/15 Tu 10-11am \$90/5

SS3565 7/22-8/26 Tu 10-11am \$90/5

DRP267 Drop-In (No Refunds) \$23/1

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

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
 This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 7/3, 8/14**

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

OASIS Dance Room

SS2562 5/1-6/5 Th 7:45-8:45am \$105/6

SS3566 6/12-7/17 Th 7:45-8:45am \$90/5

SS3567 7/24-8/28 Th 7:45-8:45am \$90/5

DRP267 Drop-In (No Refunds) \$23/1

## TAI CHI QIGONG

**Diana Wong** [dianawong2001@yahoo.com](mailto:dianawong2001@yahoo.com)  
 Experience the powerful benefits of Tai Chi, a highly effective mind-body exercise. This class offers step-by-step instruction in the Tai Chi Qigong 18 movements, promoting physical health and cultivating tranquility. Beginners are welcome! For style clarification, please email the instructor.

- **Please Wear:** comfortable clothing, low flat sole shoes, no open-toed shoes.

OASIS Event Center

SS2563 3/20-5/29 Tu/Th 9:30-10:30am \$295/20

SS2564 3/25-5/27 Tu 9:30-10:30am \$165/10

SS2565 3/20-5/29 Th 9:30-10:30am \$165/10

SS3568 8/5-8/26 Tu 9:30-10:30am \$69/4

SS3569 8/7-8/28 Th 9:30-10:30am \$69/4

SS3570 8/5-8/28 Tu/Th 9:30-10:30am \$119/8

DRP268 Drop-In (No Refunds) \$25/1

## TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle.

OASIS Event Center BC

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

## ZUMBA GOLD® DANCE FITNESS

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
 Newly retired or have free mornings? Seeking community and friendship? Embrace the joy of Zumba Gold®-dance, connect, and revitalize while grooving to vibrant tunes. Join the low-impact, age-reversing party! **No class 5/16, 5/17, 5/18, 5/19, 5/21, 5/22, 5/23, 5/24, 5/25, 5/26, 7/4, 7/5, 8/2**

OASIS Dance Room

SS2566 3/17-6/2 M 9-10am \$145/8

SS2567 3/19-6/4 W 9-10am \$180/10

SS2568 3/20-6/5 Th 9-10am \$180/10

SS2569 3/21-6/6 F 9-10am \$163/9

SS2571 3/29-6/7 Sa 9-10am \$145/8

**SS3571 6/9-8/25 M 9-10am \$221/12**

**SS3572 6/11-8/27 W 9-10am \$221/12**

**SS3573 6/12-8/28 Th 9-10am \$221/12**

**SS3574 6/13-8/29 F 9-10am \$203/11**

**SS3575 6/14 Sa 9-10am Free**

**SS3576 6/21-8/30 Sa 9-10am \$167/9**

**Multi-Day Discount 3 days for the price of 2! Make-ups built in.**

SS2572 3/17-6/6 M/W/F 9-10am \$360

**SS3577 6/9-8/29 M/W/F 9-10am \$442**

DRP269 Drop-In (No Refunds) \$25/1



## MUSIC & DANCING

### ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
 Discover the joy of Ballet at any age! Dance with like-minded peers in a pressure-free, supportive environment. Move at your own pace to beautiful classical, romantic, and swinging piano music. Start with Barre exercises, then explore steps in open space. Embrace the movement, have fun, and enjoy the experience! **No class 5/9**

- **Prerequisite:** at least 1 year of ballet training suggested.

- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

SS2573 4/18-6/13 F 11:30am-12:45pm \$168/8

**SS3578 7/11-8/22 F 11:30am-12:45pm \$162/7**

DRP270 Drop-In (No Refunds) \$23/1

**Registration for classes listed in bold starts Thursday, May 15 at 8am**

## NEW! BACHATA DANCE BEGINNER ONE-DAY WORKSHOP

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
**New!** Come learn the latest craze in dance. Experience the joy and connection of Bachata in our beginner-friendly dance workshop! No experience or partner needed—just bring your enthusiasm!  
OASIS Dance Room  
SS2576 5/31 Sa 10:15-11:15am \$25/1

## BEGINNING BROADWAY DANCE

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
Discover the anti-aging power of dance! Embrace Broadway tunes while mastering simple, partner-free dance techniques in a supportive small group. Learn with ease, dance with confidence, and reap body and mind benefits. Join today for timeless vitality.  
OASIS Dance Room  
SS2575 3/26-6/4 W 11:15am-Noon \$185/9  
SS3579 6/11 W 11:15am-Noon Free  
SS3580 6/18-8/27 W 11:15am-Noon \$225/11  
DRP269 Drop-In (No Refunds) \$25/1

## DANCE JAM DANCE FITNESS

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
Enjoy a fun, upbeat class with great music from various eras and jazzy styles! Move at your own pace—adaptations welcome. You'll have so much fun, you'll forget you're exercising. Come swing in and join the party!  
• **Please Bring:** flexible tennis or jazz shoes.  
OASIS Dance Room  
SS2577 5/20-6/10 Tu 12:55-1:35pm \$72/4  
SS3581 7/22-8/19 Tu 1-1:40pm \$85/5  
DRP270 Drop-In (No Refunds) \$23/1

## NEW! EAST COAST SWING DANCE BEGINNER WORKSHOP

**CS Dance Factory** 949-230-5934 [Info@CSDanceFactory.com](mailto:Info@CSDanceFactory.com)  
**NEW!** Have a swinging good time dancing. Experience the joy and connection of dance in our beginner-friendly dance workshop! No experience or partner needed—just bring your enthusiasm.  
OASIS Dance Room  
SS3582 7/26 Sa 10:15-11:15am \$25/1



## GROUP DRUMMING

**Lee Kix**  
Discover your rhythm with group drumming! This research-backed activity boosts immunity, reduces stress, enhances mood, sparks creativity, and strengthens bonds. Studies reveal it even increases white blood cell activity to fight disease.  
OASIS Event Center  
RSVP Not Required 2nd Wed 11:30am-12:30pm Free

## HOOTENANNY

**Glen Jansma** 310-940-3112  
Group singing of American Standard tunes. Acoustic instruments optional.  
OASIS Room 5  
RSVP Not Required Ongoing F 1-3pm Free  
newportbeachca.gov/oasis Admin - 949-644-3244

## INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto:mcaumiant26@gmail.com)  
Join us to explore the beauty of Classical Ballet! Enhance strength, flexibility, coordination, and balance in a relaxed, supportive setting. Designed for those with at least three years of dance experience, the class encourages creative expression with adaptable movements to suit individual needs. **No class 5/13**  
• **Please bring:** ballet slippers by the second class meeting  
OASIS Dance Room  
SS2580 4/15-6/10 Tu 11:30am-12:45pm \$168/8  
SS3585 7/8-8/19 Tu 11:30am-12:45pm \$162/7  
DRP270 Drop-In (No Refunds) \$23/1



## LINE DANCING

**Vickie Jackson** [vickie@promodonnas.com](mailto:vickie@promodonnas.com)  
Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's.  
OASIS Dance Room  
*Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)*  
SS2582 5/1-6/5 Th 1-1:55pm \$52/6  
SS3586 6/12-7/17 Th 1-1:55pm \$52/6  
SS3587 7/24-8/28 Th 1-1:55pm \$52/6  
*Level 2 - Improver/Easy Intermediate (should know basic steps)*  
SS2584 5/1-6/5 Th 2-2:55pm \$52/6  
SS3588 6/12-7/17 Th 2-2:55pm \$52/6  
SS3589 7/24-8/28 Th 2-2:55pm \$52/6  
*Level 3 - Easy Intermediate/Intermediate (step competency required)*  
SS2586 5/1-6/5 Th 3-4pm \$52/6  
SS3590 6/12-7/17 Th 3-4pm \$52/6  
SS3591 7/24-8/28 Th 3-4pm \$52/6

## MUSIC WORKSHOP

**Glen Jansma** 310-940-3112  
Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.  
OASIS Room 5  
RSVP Not Required Ongoing F 11am-1pm 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

**Registration for classes listed in bold starts Thursday, May 15 at 8am**



## Presenting the candidates for the Friends of OASIS Board of Directors Election

The Friends of OASIS is the non-profit group which supports the operation of the OASIS Senior Center. Their Board of Directors serves in an advisory capacity for the Center's Staff and serves on various committees.

Each year, five (5) positions are up for re-election. You may select five (5) candidates in this election, and vote by mail or in person.

Please read the candidates' statements and make your vote count. Candidate statements are printed as submitted and are edited only to fit the designated space.



### **Debra Allen More**

I have served as an elected Director of OASIS for over 5 years. I am a member of the scholarship committee which raises money to help students studying Gerontology. I also serve as an OASIS Greeter where I welcome and assist members and visitors selecting and locating classes, events and services. As a retired Attorney, former Chairman of the City's PB&R Commission, I negotiated the use agreement with the City that assures OASIS always remains dedicated to serving seniors. I would be honored to have your vote to continue this important volunteer work.

---



### **Barbara Milbert**

I am a retired college professor and Aerospace Program Manager. I have a PhD in Mathematics and an MSEE. I have been a long-time member of the Friends of OASIS and have volunteered in the Travel Office and Gift Shop, and participated in the annual rummage sale. Also, since 2005, I have been teaching some computer classes at OASIS. I have been a Board Member of Friends since 2018, and have served on both the Election and Scholarship committees. Currently I serve as the treasurer of the board. I would very much like to continue to serve on the Board of Directors, and therefore ask for your vote. Thank You!

---



### **Kelly Pierce**

I joined OASIS in 2016, taking various music and dance classes. I led the Senior Singalong group for a few years, volunteered in the Travel Office, worked the rummage sale, and was elected to the BOD. As the Board's current Membership chair, I have been attending Chamber meetings and other community events to promote OASIS with a table or booth; and have recruited many new members. At last year's rummage sale, I managed and assisted in five different selling areas. I oversee the OASIS library as well. I would like to continue my work on the Board and help the Friends of OASIS grow and thrive, infusing some new ideas along the way.

---



### Kathy Roberts

As a member of Friends of OASIS Board of Directors I have had the opportunity to experience the healthy, active and vibrant environment of OASIS Senior Center. So much of members' well-being can be attributed to the programs and social interactions that take place here at OASIS. A significant project for me has been developing and implementing a plan to revitalize our Gift Shop which helps support programs and services for our members. My desire is to continue my position on the Board, serving the wonderful people I encounter at OASIS.



### Jeff Upton

Member of OASIS for over 15 years and have served 4 terms on the Board of Directors. I Chair the Veterans Social Group, interface with meals on wheels, and assist other directors in their programs. I bring a friendly, positive; "get 'er done" attitude to our projects, and would appreciate your vote to continue serving OASIS for another term on the board of directors.

#### How to cast your vote:

1. You must be a Friends of OASIS member in good standing.
2. By mail voting: use the ballot below and mail to: 801 Narcissus Ave, CDM, 92625
3. In person voting: you may vote in person by placing your ballot in the ballot box located in the Friends of OASIS.

**\*\* Please place your full name on the outside of the envelope, when mailing or in person voting. It will be verified that you are a valid voter who has not yet voted.**

## OFFICIAL BALLOT

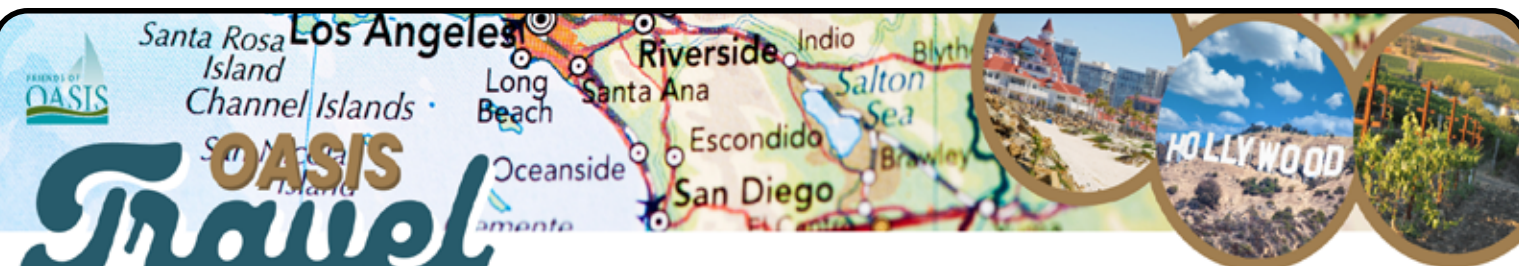
Cast one vote per candidate for up to **five (5)** candidates.

YOUR BALLOT	PARTNER'S BALLOT
<input type="checkbox"/> Debra Allen More <input type="checkbox"/> Kathy Roberts <input type="checkbox"/> Barbara Milbert <input type="checkbox"/> Jeff Upton <input type="checkbox"/> Kelly Pierce	<input type="checkbox"/> Debra Allen More <input type="checkbox"/> Kathy Roberts <input type="checkbox"/> Barbara Milbert <input type="checkbox"/> Jeff Upton <input type="checkbox"/> Kelly Pierce

**Voting procedure:** Cast your vote on the official ballot. Return by mail to 801 Narcissus Ave, CdM, CA 92625 or In-person by placing your ballot in the Friends of OASIS Ballot Box. Please write your full name on the outside of the envelope. It will be verified that you are a valid voter who has not yet voted.

**Ballots must be received before noon on Friday, June 6, 2024 to be counted.**









**OASIS Travel**

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

**OASIS Travel Hours & Contact Information**  
**Monday-Friday 9am-1pm**  
**949-718-1810    oasistravel2@yahoo.com**

## DAY TRIPS

### MAMA MIA AT SEGERSTROM

**Saturday, May 17- SOLD OUT                      \$100/\$105**

Mama Mia, a wonderful musical of a mother, daughter and three possible dads set on a Greek island paradise. This ultimate feel-good show has been enjoyed by people for nearly 25 years. Tickets will need to be picked up in the OASIS Travel Office and attendees will provide their own transportation to the Segerstrom Center. The show time is a matinee at 2pm.

- No bus transportation is included with this trip.

### HUNTINGTON LIBRARY & GARDENS

**Thursday, May 22                                      \$100/\$105**

Begin the day with a docent tour of the grounds and then explore, at your leisure, the other beautiful gardens including the camellias which are in bloom, and the art collections of Henry and Arabella Huntington. Have lunch on your own at the Jade Court Cafe, Café 1919, or the Red Car Café.

*Depart: 8:30am*

*Return: 5:30pm*



### ACADEMY MUSEUM OF MOTION PICTURES

**Thursday, June 12                                      \$90/\$95**

Join us to explore the largest institution of a 300,000 square foot museum exploring the art and science of movies and moviemaking. This is in the old May Co. building. There will be a docent tour at 12:00pm (Noon) and then on your own. Lunch is on your own at their Fanny's restaurant, with a cafe that offers sit down and grab-and-go options or bring your own lunch.

*Depart: 9:00am*

*Return: 5:00pm*



### ANGELS BASEBALL GAME - LA ANGELS VS. BOSTON RED SOX

**Wednesday, June 25                                      \$105/\$110**

Play ball! Let us take you out to the ballgame – LA Angels vs. Boston Red Sox. Cheer on our hometown team from your seats on the second deck of Angel Stadium. We will have assigned seats in the shade; game starts at 1:05pm. Everyone will be on their own for lunch, drinks and snacks during the game.

*Depart: 11:15am*

*Return: Game End Time*



### **HOLLYWOOD BOWL - EARTH, WIND AND FIRE + FIREWORKS**

**Wednesday, July 2** **\$105/\$110**

We are going to the Hollywood Bowl on July 2nd to enjoy the July 4th celebrations. The program includes: Earth, Wind and Fire's performance, the LA Philharmonic, and the super fireworks display!!! Earth, Wind and Fire is a nine-time Grammy Award winner and one of the best selling groups of all time. You can bring a picnic dinner, wine is allowed, or you can purchase food and drinks at the Bowl. Those who have gone with us in the past report having a wonderful fun time - it is a great experience to share with friends and family.

*Depart: 4:00pm*

*Return: Midnight*

### **THE NIGHT THE MUSIC DIED-BUDDY HOLLY, RITCHIE VALENS, BIG BOPPER**

**Wednesday, July 16** **\$130/\$135**

Songs, comedy, costumes, dialogue and dances from the famous musicians listed. Always a wonderful musical program at the Almansor Court venue in Alhambra with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

*Depart: 10:45am*

*Return: 5:00pm*

### **TRIBUTE TO THE CARPENTERS**

**Thursday, September 18** **\$130/\$135**

Come and enjoy a tribute to The Carpenters, "Yesterday Once More" starring Joanne O'Brien at the Almansor Court located in Alhambra. This musical revue will include popular hit songs such as: *We've Only Just Begun*, *Top of the World*, *For All We Know*, *Close to You*, *Yesterday Once More*, *Rainy Days and Mondays*, and more! Always a wonderful musical program with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

*Depart: 10:45am*

*Return: 5:00pm*

### **THE SPINNERS & DIONNE WARWICK**

**Monday, September 29** **\$115/\$120**

Join us as we travel back to the 1960s to see a tribute concert to The Spinners and Dionne Warwick starring in "Then Came You". We will head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then be entertained by two wonderful tribute bands. Hear great hits such as *Rubberband Man*, *I'll Be Around*, *Games People Play*, *Do You Know the Way to San Jose*, *Walk on By* and *I say a Little Prayer*.

*Depart: 11:30am*

*Return: 5:30pm*

### **EAGLES TRIBUTE BAND**

**Monday, August 25** **\$115/\$120**

Get a "Peaceful Easy Feeling" as we head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then an Eagles tribute concert. Hear famous hits such as *Hotel California* and *Tequila Sunrise*; then "Take It Easy" with us as our luxury bus brings us back to OASIS.

*Depart: 11:30am*

*Return: 5:30pm*

## **EXTENDED TRIPS**

Flyers available in the travel department

### **AFC**

#### **MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE**

**May 12 or Oct 4 (8 days, 10 meals)**

#### **NORMANDY, PARIS & SEINE RIVER CRUISE**

**April 1 or October 21 (9 days, 20 meals)**

#### **ICELAND EXPLORER**

**May 28, June 4 or Sep. 17 or Oct. 1 (7 days, 8 meals)**

#### **HIGHLIGHTS OF SCANDINAVIA**

**July 17 or August 14 (11 days, 14 meals)**

#### **SUNNY TUCSON & THE OLD WEST**

**November 9 (6 days, 8 meals)**

## **PETER'S WAY TOURS**

#### **SITES AND SHRINES OF FRANCE**

**April 21-30 (a Pilgrimage trip)**

#### **IMPERIAL EUROPE: GERMANY, AUSTRIA, & CZECH REPUBLIC**

**Sept. 22 ( 10 days, a Pilgrimage trip)**

## **MAJESTIC ADVENTURES**

#### **CANADIAN ROCKIES ADVENTURE**

**August 17 (7 days, 9 meals)**





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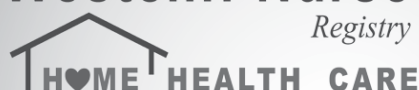
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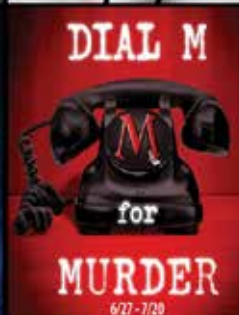
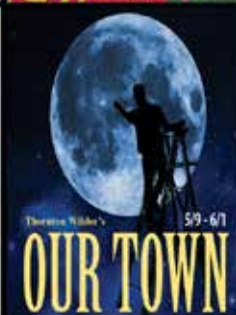
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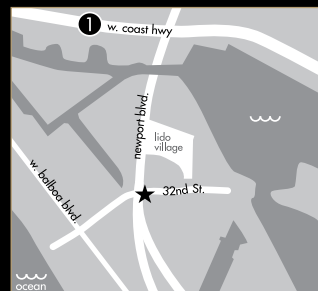
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## WAYS TO REGISTER

### Online

1. Go to [newportbeachca.gov](http://newportbeachca.gov)
2. Click on Classes
3. Click on My Account
4. Enter Username & Password
5. Click on Register for Activities
6. Sort Activities or Search for class
7. Click on Name of Activity
8. Click Add to My Cart
9. Follow steps for payment

### Walk-in, Mail-in, Fax or Email

Processed upon receipt of a completed and signed registration form, during regular business hours. Confirmation receipts are emailed for fax, email, and mail-in registration. Return completed registration form with payment to:

- Mail to OASIS Senior Center at  
801 Narcissus Ave. Corona del Mar, 92625
- Email: [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)
- (include payment information)
- Hours M-F 8 a.m. - 5 p.m.
- Fax: 949-723-3560(include payment information)

## REGISTRATION INFORMATION

Registration is required for all programs. Registration will NOT be accepted over the phone. Fees are not prorated for missed classes or late registration. If a program is full, you will be placed on the wait-list. If space becomes available, City staff will contact you and provide a 24 hours response time before moving to the next person on the list. No class petitioning permitted Special Assistance If you need special accommodations for activities notify the Recreation & Senior Services Dept. at **949-644-3151** or [recreation@newportbeachca.gov](mailto:recreation@newportbeachca.gov).

First Name		Last Name	
Address		City/Zip	
Home Phone	Cell Phone	Email	

### COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee

#### CHECKS PAYABLE TO: City of Newport Beach

**REFUND POLICY** Refund request must be submitted prior to the second class meeting. One and two-day classes require 5 business days notice before class begins. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.

**REFUND FEE** A refund fee will be assessed for all refunds, \$10 for classes priced at \$74 and under and \$20 for classes priced at \$75 and above.

Total Class Fees	
Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
<b>GRAND TOTAL</b>	


**REGISTRATION INFORMATION & POLICIES** I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

**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 fliers.

**WAIVER & RELEASE OF LIABILITY** In consideration for 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.

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**9AM TO  
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**8:45 a.m.** - Free Breakfast

**9:00 a.m.** - Vendor Expo Opens

**9:00 to 11:30 a.m.** - Free Screening: Balance

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**10:00 to 10:30 a.m.** - Free Class Demo: MELT Hand & Foot: For Balance & Stability

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