

OASIS news

Older
Adult
Social &
Information
Services

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

AUGUST 2024

VOL. 48 NO. 8



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



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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

801 Narcissus Avenue, Corona Del Mar, CA 92625



OASIS SENIOR CENTER

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

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

HOURS:

City Administration

M-Th 7:30am-5:30pm
Fr 7:30am-4:30pm
Sa-Su Closed

Fitness Center

M-Th 7am-7pm
Fr 7am-5pm
Sa-Su 7am-2pm

Friends of OASIS Admin

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

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

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

FRIENDS OF OASIS STAFF:

Berenice Barajas
TBD

MEALS ON WHEEL OC:

TBD
TBD

NEWPORT BEACH CITY COUNCIL

Mayor: Will O'Neill
Mayor Pro Tem: Joe Stapleton
Council Member: Brad Avery
Council Member: Robyn Grant
Council Member: Lauren Kleiman
Council Member: Noah Blom
Council Member: Erik Weigand

FRIENDS OF OASIS BOARD OF DIRECTORS

President: Mike Zimmerman
Vice President of Operations: Kathy Stewart
Vice President of Civic Affairs: Walt Howald
Vice President of Development: Kay Walker
Recording Secretary: Scott Paulsen
Treasurer: Howard Herzog
Directors: Debra Allen
Judy Cooper
Barbara Milbert
Kelly Pierce
Kathy Roberts
Alan Rypinski
Barbara Sloate
Jim Spivey
Jeff Upton
Ed Romeo, President Emeritus
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

I hope everyone is having a wonderful summer. Typically, the summer months are a bit quieter at OASIS as many of our “regulars” are fulfilling their travel plans, but this year it seems we are the destination! This August, we have an exciting lineup of lectures and fun events planned for you. Whether you’re interested in learning something new or simply looking to enjoy some great company, we’ve got something for everyone.



We are thrilled to announce the promotion of Stephanie to the position of Recreation Coordinator for OASIS. Stephanie has been a valued member of our team for the past two years, consistently demonstrating professionalism and providing excellent customer service. Her dedication and positive attitude shine through every day, making a significant impact on our team and the customers we serve. Please join us in congratulating Stephanie on her well-deserved promotion. We look forward to seeing her continue to excel in her new role. Congratulations, Stephanie!

We are also excited to announce that Meals on Wheels OC (MOWOC) has joined us at OASIS! MOWOC has been serving the senior community for 55 years, providing nutritious meals and valuable social interactions. Each meal is thoughtfully planned and certified by a dietitian to meet daily nutritional needs based on FDA guidelines. Not only does our Lunch Cafe provide a nutritious meal, but it also offers a wonderful opportunity to socialize with others in the community. If you haven’t joined us for lunch yet or would like more information, please see page 9 or call us at 949-718-1820.

We look forward to seeing you in August!

With gratitude,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



I hope all our Friends members are having a good summer! Little “toasty” lately, but overall, we have really had some blessed weather here in the OC. I am proud to report that last month in July we “seated” our new Board of Directors. Our Councilperson Lauren Kleiman came to our July General Meeting, and we had the honor of her “swearing in” the members. All the current (four) members were re-elected, along with the addition of Abel Zeballos, who was a previous Board member, and he decided he truly missed his time on the Board and decided to re-join us. We can now get down to the business of getting things done for you, our valued Friends members. For those of you that missed our outdoor concert with the Linda Ronstadt cover band in July, we have another one planned for September. It’s officially billed as the “Traveling Wilburys” cover band, which was headed by Tom Petty, along with friends Bob Dylan, Jeff Lynne (ELO), Roy Orbison, and George Harrison (of Beatles fame). Friends pay for this, and other past and future concerts, thanks to your generous donations. Your continued support is what makes things great at OASIS. Please contribute to our current Fund Drive if you can. “Don’t just give till it hurts; rather, give until it feels good”. Also: Remember our OASIS Cars and Coffee event now scheduled for Saturday, September 14th. Call Berenice at 949-718-1800 to register your car or motorcycle now.

Finally, I am starting my 6th year as Friends President. We have accomplished a lot of positive changes in that time period. We have a great office staff, and as I have stated, a Board of Directors that is dedicated, like myself, to improving every facet of Friends activities and direction. Thanks for your support.

Always at your service,

Mike

The Friends of OASIS
MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, AUGUST 2, 10:00AM
 \$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

MENU: SANDWICHES, FRUIT SALAD, & DESSERT

ENTERTAINMENT: SWING KITTENS
 SPECIALIZE IN TIGHT VOCAL HARMONIES AND GIVE A YOUTHFUL SPIN ON HEARTWARMING CLASSICS FROM THE '40S AND '50S

SPONSORED BY:  **BENNETT**
 ACUPUNCTURE & FUNCTIONAL MEDICINE

PURCHASE YOUR TICKETS WITH
 THE FRIENDS OF OASIS **949-718-1800**

THE FRIENDS OF OASIS

BOUTIQUE & RUMMAGE SALE



COLLECTION DAYS:
 Mon-Fri, Sep. 23rd-27th 8am-2pm
 Mon-Wed, Oct. 1st-2nd 8am-2pm

ACCEPTING:
 Housewares, Kitchen Items, Small Electric Appliances, Jewelry, Linens, Collectibles, Board Games, Small Furniture and Antiques, Purses, Notions, Office Supplies, Arts and Crafts, Pictures and Frames, Books, Toys, and Holiday Items. **Please NO clothing, electronics, large furniture, TV's Appliances, or Pianos.**

SALE DATES
 Friday, October 4
 Saturday, October 5


949-718-1800 | 801 Narcissus Ave, CMD



OASIS SENIOR CENTER
 801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL ★ GROUP ★

DR. BEN SHWACHMAN
 ANESTHESIA & THE VIETNAM WAR

TUESDAY, AUGUST 20
 11:30 AM
 EVENT CENTER
 RSVP 949-644-3244



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

Alzheimer's PRESENTS:
 ORANGE COUNTY

CLASSIC ROCK SING-A-LONG



Have fun singing along with professional musician and singer
Jason Feddy!

 **THURSDAY, AUGUST 1**
 and **WEDNESDAY, AUGUST 28**
 1:00 PM | OASIS EVENT CENTER 

RSVP by calling 949-644-3244 or email
OASIScenter@newportbeachca.gov

HOAG Community Health

The Importance of Your Pelvic Muscles

Where They Are and What They Do

The pelvic muscles, play a vital role in supporting the pelvic organs and facilitating various bodily functions. Understanding the location and function of these muscles is crucial for promoting overall well-being and quality of life.



Presented by: HOAG Certified Pelvic Rehabilitation Practitioner, Kathryn Karkut, PT, DPT

Tuesday, August 13
10:00am | Room 1

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

Keeping the Keys Workshop



Join us for an in-person Keeping the Keys Workshop, a free hour-long presentation that will help older drivers and their families plan to keep mature drivers on the road for as long as safely possible.



Topics include:

- How to safely adapt driving
- How driving changes with age
- How medication may impact driving
- Vehicle safety, comfort and fit
- Resources to extend your driving career

Free resources and Giveaways for attendees!

Thursday, August 22

1:00pm - 2:30pm

OASIS Senior Center Room 2A

Please RSVP by calling 949-644-3244 or email OASIScenter@newportbeachca.gov

TRAVEL SHOWS WITH NINO

EAST AND SOUTH INDIA



Tuesday, August 27
10:00am • Room 1

We will begin our journey at the Golden Temple in Amritsar, Continue to city of Lucknow, and Patna to visit areas related to Buddha, Continue to Kolkata, state of Orissa and Andhra Pradesh. We then travel further south to Tamil Nadu in Chennai, Pondicherry, Trichy, Tanjore and Madurai. Cross the hills to Kerala known as 'Gods own country' - beautiful tea country of Munnar, Periyar, the famous backwaters and Cochin a home of the oldest Jewish settlement, then travel to Goa the land of golden beaches.

Presented by Nino Mohan, Travel Expert

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



SATURDAY,
SEPTEMBER 14
8:00AM - 10:30AM



- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle please call the friends office at 949-718-1800

 **NAMI Orange County**
714-544-8488

New support group!

For family members who have adult children or other loved ones with mental health issues.

Discussions and solutions regarding legal, emotional and familial issues that commonly arise.

2nd & 4th Thursdays
12:30 pm - Room 5

Facilitated by:
Arna Vodenos, MA, Cht
Clinical Director, NAMI OC Warm Line



Summer Connections

BASK IN THE SUNSHINE OF THIS SUPPORTIVE GROUP!

Every Thursday
2:00 pm - Room 5

Facilitated by Joyce Swaving
Shanti OC




Alzheimer's
ORANGE COUNTY

**Support Group
For Family Members &
Caregivers**


**2nd & 4th WEDNESDAYS
OF THE MONTH**

10:00 AM - ROOM 5

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



**OC Vital Brain
at Hoag**



Memory Screening

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

Cost: \$45*
*Screenings are generously subsidized by Pickup Family Neurosciences Institute at Hoag.

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

hoag.
Pickup Family
Neurosciences Institute

www.OCBrain.org

© 2022, Hoag is a registered trademark of Hoag Memorial Hospital Presbyterian. All Rights Reserved. 4372-02/2022-08-02



CAREGIVER SUPPORT GROUP



WHEN:

3rd Wednesday

TIME:

1:00 PM - 2:00 PM

WHERE:

OASIS Senior Center Room 4

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.

PLEASE CONTACT US BY PHONE OR EMAIL IF YOU'RE INTERESTED IN CONNECTING.

800-543-8312

Lou.Rodriguez@providence.org
www.caregiveroc.org

THE GOOD GRIEF SUPPORT 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.

1st, 3rd (&5th) Wednesdays

9:00 AM

Room 4

No RSVP needed

Questions: (949) 644-3244



Alzheimer's PRESENTS ORANGE COUNTY

MUSIC FOR YOUR MIND

Presented by: Karen M. Skipper, MT-BC, Board Certified Music Therapist



A brain-stimulating session combining music, singing, and a trivia PowerPoint presentation that's lots of fun!

**Funded by:
Diane & Steve Lawrence**

**3RD THURSDAY
12:30PM - 1:30PM
OASIS | ROOM 2**

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



SHARP

Senior Home Assistance Repair Program

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

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

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

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



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

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 Wednesdays 10am Free

CAREGIVER SUPPORT GROUP

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

OASIS Room 4
RSVP not Required 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 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

NEW! 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 949-644-3244 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:

Target Store on Thursday, August 8
and
Dollar Tree on Thursday, August 22



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 :
949-718-1820

Learn More At:
www.mealsonwheelsoc.org

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:

OASIS Room 5

RSVP not required 3rd Wed 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's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

- ZOOM online workshop is designed for participants who choose not to attend in person

OASIS Room 5

| | | | | |
|--------|-------------|----|--------------|----------|
| SS3085 | 6/18-8/27 | Tu | 10am-12:30pm | \$225/11 |
| SS4085 | 9/10-10/15 | Tu | 10am-12:30pm | \$150/6 |
| SS4086 | 10/22-11/26 | Tu | 10am-12:30pm | \$150/6 |

CREATIVE WRITING JUMPSTART

Dorothy Spirus YourProfessorD@gmail.com

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

Online

SS4083 10/3 Th 7-9pm \$89/1

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 live, 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. **No class 10/31**

Online

| | | | | |
|--------|-------------|----|----------|---------|
| SS3080 | 7/11-8/15 | Th | 7:30-9pm | \$205/6 |
| SS4080 | 10/10-11/21 | Th | 7:30-9pm | \$215/6 |

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 M 3-5pm Free

DRIVER SAFETY (AARP)

AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. 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 9/25 & 9/26 W/Th 1-5pm \$20/\$25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson [949-675-5182](tel:949-675-5182)

Hamlet, A Midsummer Night's Dream King Lear. Sail the vast seas of English and American fiction. Upon finishing modern short stories. revisit Shakespeare's classics, Hamlet and King Lear and other works by Shakespeare. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds in the English language. Please contact instructor for updated information.

No class 11/28

OASIS Room 1B

| | | | | |
|--------|-----------|---|-----------|----------|
| SS3059 | 6/14-8/30 | F | 10am-Noon | \$100/12 |
| SS4059 | 9/6-12/20 | F | 10am-Noon | \$110/15 |

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.



Speakers: Peter Belden, Owner and Founder of the Board Club in NB and Spencer Piridy, elite big wave surfer on everything from A-Z on surfing.

OASIS Room 1

RSVP not required 8/20 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

KNITTING

Roberta **949-715-3438**
 This group of needle-workers meets weekly to work on individual projects. New members welcome.
OASIS Room 3
 RSVP not required Ongoing W 12-3pm Free

OASIS PLAYERS

May Kramer
 Like to perform? Act, sing, dance? Join the OASIS Players!
OASIS Room 2A
 RSVP not required 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 8/13 & 8/27 Tu 3-4:30pm Free

WRITING ROUNDTABLE

Jos Vloet **vloetjosef@gmail.com**
 The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. RSVP required, contact group leader.
OASIS Room 5
 RSVP required W 1-3pm Free

Fine Arts

FREEHAND DRAWING

Nancy Wahamaki's Art World **nwvasek@gmail.com**
 Join in this fun drawing class! 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
SS4005 9/4-10/16 W 9-11am \$175/7
SS4006 10/30-12/11 W 9-11am \$175/7

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World **nwvasek@gmail.com**
 This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. **No class 11/11**
 • **Please bring:** a project you are currently working on and any supplies you may need.
OASIS Art Center
SS4003 9/9-10/14 M 9am-Noon \$138/6
SS4004 10/28-12/2 M 9am-Noon \$115/5

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 9/18, 11/27**
 • **Additional fee:** \$15 (material)
 • **Optional clay purchase:** \$20/bag
OASIS Art Center
SS3039 6/12-8/14 W 9am-Noon \$185/10
SS4039 9/4-12/11 W 9am-Noon \$239/13

NEW! BEG/INTERM WATERCOLOR

Bobbi Boyd **949-544-9383**
 In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasize 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
SS3097 8/7-8/28 W 1-4pm \$200/4
SS4095 9/4-9/25 W 1-4pm \$200/4
SS4096 10/2-10/30 W 1-4pm \$250/5
SS4097 11/6-11/27 W 1-4pm \$200/4
SS4098 12/4-12/18 W 1-4pm \$150/3

WOODCARVERS AND CRAFTERS WORKSHOP

Pat Livingston **OASISWoodcarving@gmail.com**
 This social group works on individual projects and welcomes all levels of crafters. All crafters provide their own patterns and materials. Wood crafts include different types of carving, intarsia, marquetry, scrolling. Other crafts are open to one's imagination including model building, pyrography, creating games and puzzles and gourd art. Members assist other members to help develop skills. Members may have an occasional minimal fee for class tool and machine maintenance.
OASIS Art Center
 RSVP Not Required Th 8-11am See above

Registration for classes listed in bold starts Thursday, August 8 at 8am

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

| | | | | |
|--------|----------------------|----|-------|---------|
| SS3093 | 8/6-8/27 | Tu | 1-4pm | \$200/4 |
| SS4091 | 9/3-9/24 | Tu | 1-4pm | \$200/4 |
| SS4092 | 10/1-10/29 | Tu | 1-4pm | \$250/5 |
| SS4093 | 11/5-11/26 | Tu | 1-4pm | \$200/4 |
| SS4094 | 12/3-12/17 | Tu | 1-4pm | \$150/3 |
| DRP310 | Drop-In (No Refunds) | | | \$50/1 |

OIL PAINTING- INTERMEDIATE

Jim Ellsberry

jim@jimEllsberry.com

310-218-2658

In this class, we continue our exciting journey into the world of COLOR. This is about understanding, mixing, and using color to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary approaches to landscape, interior scenes, and still life subjects. Join us and have fun as we learn to make better and bolder color decisions in our paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred.

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

OASIS Art Center

| | | | | |
|--------|------------|---|----------|---------|
| SS3061 | 7/29-8/26 | M | 1-3:30pm | \$245/5 |
| SS4060 | 9/16-10/14 | M | 1-3:30pm | \$245/5 |
| SS4061 | 10/28-12/2 | M | 1-3:30pm | \$245/5 |

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 will be 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. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

| | | | | |
|--------|-----------|---|-----------|----------|
| SS3008 | 6/12-8/28 | W | 10am-Noon | \$95/12 |
| SS4008 | 9/4-12/18 | W | 10am-Noon | \$115/16 |

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 11/11, 11/27**

- 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

| | | | | |
|--------|------------|-----|-------|---------|
| SS3049 | 8/5-8/28 | M/W | 5-6pm | \$225/8 |
| SS4047 | 9/9-10/2 | M/W | 5-6pm | \$204/8 |
| SS4048 | 10/7-10/30 | M/W | 5-6pm | \$204/8 |
| SS4049 | 11/4-12/4 | M/W | 5-6pm | \$204/8 |

Beginning French 2

| | | | | |
|--------|------------|-----|-------|---------|
| SS3161 | 8/5-8/28 | M/W | 6-7pm | \$225/8 |
| SS4159 | 9/9-10/2 | M/W | 6-7pm | \$204/8 |
| SS4160 | 10/7-10/30 | M/W | 6-7pm | \$204/8 |
| SS4161 | 11/4-12/4 | M/W | 6-7pm | \$204/8 |

Intermediate French

| | | | | |
|--------|------------|-----|----------|---------|
| SS4045 | 12/9-12/18 | M/W | 5-6:30pm | \$164/4 |
|--------|------------|-----|----------|---------|

OASIS Room 1B

Beginning Italian 1

| | | | | |
|--------|------------|-----|-------|---------|
| SS3055 | 8/5-8/28 | M/W | 5-6pm | \$225/8 |
| SS4053 | 9/9-10/28 | M | 5-6pm | \$204/8 |
| SS4054 | 11/4-12/16 | M | 5-6pm | \$154/6 |

Beginning Italian 2

| | | | | |
|--------|------------|-----|-------|---------|
| SS3155 | 8/5-8/28 | M/W | 6-7pm | \$225/8 |
| SS4153 | 9/9-10/28 | M | 6-7pm | \$204/8 |
| SS4154 | 11/4-12/16 | M | 6-7pm | \$154/6 |

Beginning Mandarin 1

| | | | | |
|--------|--------------|---|-------|---------|
| SS4050 | 9/4-10/23 | W | 5-6pm | \$204/8 |
| SS4051 | 11/6 - 12/18 | W | 5-6pm | \$154/6 |

Beginning Mandarin 2

| | | | | |
|--------|------------|---|-------|---------|
| SS4052 | 9/4-10/23 | W | 6-7pm | \$204/8 |
| SS4151 | 11/6-12/18 | W | 6-7pm | \$154/6 |

OASIS Room 4

Beginning Spanish 1

| | | | | |
|--------|-------------|----|--------------|---------|
| SS3045 | 8/6-8/27 | Tu | 12:30-1:30pm | \$100/4 |
| SS4044 | 10/15-12/10 | Tu | 12:30-1:30pm | \$204/8 |

Beginning Spanish 2

| | | | | |
|--------|-------------|----|-------------|---------|
| SS4045 | 10/15-12/10 | Tu | 1:30-2:30pm | \$204/8 |
|--------|-------------|----|-------------|---------|

Intermediate Spanish

| | | | | |
|--------|----------|----|-------------|---------|
| SS3050 | 8/6-8/27 | Tu | 1:30-2:30pm | \$100/4 |
|--------|----------|----|-------------|---------|

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 M | 2:30-4:30pm | Free |
|---------------|-------|-------------|------|

FRENCH-INTERMEDIATE

Leo Vortouni leosailor21@gmail.com 949-607-9104
Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom.

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.

No class 9/9, 9/16

OASIS Room 4

RSVP required M 12:30-2pm Free

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



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.

DRP300 \$60 per hour

NEW! 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 setting, help you set up a customize the 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

| | | | | |
|---------------|--------------|-----------|------------------------|---------------|
| SS4123 | 10/23 | W | 10:30am-12:30pm | \$45/1 |
| SS4124 | 12/17 | Tu | 1-3pm | \$45/1 |

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

| | | | | |
|---------------|--------------|----------|------------------------|---------------|
| SS3029 | 8/28 | W | 10:30am-12:30pm | \$42/1 |
| SS4028 | 10/9 | W | 10:30am-12:30pm | \$42/1 |
| SS4029 | 11/13 | W | 1-3pm | \$42/1 |
| SS4030 | 12/16 | M | 10:30am-12:30pm | \$42/1 |

APPLE IPHONE FOR BEGINNERS

Carole Kamper 949-230-5902

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

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

OASIS Computer Lab

| | | | | |
|---------------|--------------|-----------|------------------------|---------------|
| SS3021 | 8/19 | M | 10:30am-12:30pm | \$42/1 |
| SS4020 | 9/18 | W | 10:30am-12:30pm | \$42/1 |
| SS4021 | 10/21 | M | 10:30pm-12:30pm | \$42/1 |
| SS4022 | 12/3 | Tu | 1-3pm | \$42/1 |

COMPUTER SKILLS-INTERMEDIATE

Carole Kamper 949-230-5902

This class is for participants who have had some prior experience with Windows 10. You do not need to own a computer to attend. It will familiarize you with working with folders and files. Emphasis will be on the use of the programs included in Microsoft Windows such as Calendar, Calculator and Sticky Notes. The steps in creating, saving and retrieving files will be reviewed using Paint 3-D, WordPad.

- **Prerequisite:** Computer Basic or equivalent.

OASIS Computer Lab

| | | | | |
|---------------|-------------------------|----------|---------------------|---------------|
| SS4030 | 11/27 & 12/4 | W | 10:30am-Noon | \$45/2 |
|---------------|-------------------------|----------|---------------------|---------------|

Registration for classes listed in bold starts Thursday, August 8 at 8am

Classes

EBAY 1

Barbara Yin Milbert pacpal33@yahoo.com

Learn to buy and sell items on eBay.

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

OASIS Computer Lab

SS4032 10/10 Th 10am-Noon \$40/1

EBAY2

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

SS4033 12/5 & 12/12 Th 11am-Noon \$40/1

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

SS3143 8/22 & 8/29 Th 11am-Noon \$40/2

SS4143 9/5 & 9/12 Th 11am-Noon \$40/2

INTRO TO WORD

Barbara Yin Milbert pacpal33@yahoo.com

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

- **Prerequisite:** Computer basics or equivalent

OASIS Computer Lab

SS3038 7/11-8/8 Th 9:45-10:45am \$70/4

SS4038 10/24-11/14 Th 9:45-10:45am \$70/4

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. **No class 7/18**

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

OASIS Computer Lab

SS3037 7/11-8/8 Th 11am-Noon \$70/4

SS4037 10/24-11/14 Th 11am-Noon \$70/4

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

SS3140 8/22 & 8/29 Th 9:45-10:45am \$40/2

SS4142 12/5 & 12/12 Th 9:45-10:45am \$40/2

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

OASIS Computer Lab

SS3127 8/27 Tu 1-3pm \$42/1

SS4126 9/23 M 10:30am-12:30pm \$42/1

SS4127 11/20 W 10:30am-12:30pm \$42/1

IPAD BASICS

Carole Kamper

949-230-5902

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

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

OASIS Computer Lab

SS3024 7/22 M 10:30am-12:30pm \$42/1

SS4023 9/11 W 10:30am-12:30pm \$42/1

SS4024 11/19 Tu 1-3pm \$42/1

SS4025 12/23 M 10:30am-12:30pm \$42/1

APPLE WATCH MOST USEFUL FEATURES

Jake Jacobs

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 HeartRate. 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 WatchOS 11 installed and an iPhone with IOS 18 installed.

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

OASIS Room 2A

SS4146 12/5 Th 10am-Noon \$20/1

50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs

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

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

OASIS Room 2A

SS4145 12/12 Th 10am-Noon \$20/1

Registration for classes listed in bold starts Thursday, August 8 at 8am

Cards & Games

BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master parenolds@aol.com
Welcome to Beginning Bridge. Whether you're completely new to the game or looking to refresh or reinforce your skills, the expert instructor will walk you through the very basics of the game step by step. The class is 100% interactive. Students will learn the game by using cards on the table and will playing bridge in the first class. By learning the game of bridge your life will be greatly enhanced with a wonderful new hobby to share with friends and family. **No class 11/11, 11/25**

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

OASIS Room 3

| | | | | |
|--------|-------------|----|-----------|---------|
| SS3019 | 7/16-8/20 | Tu | 1-2:30pm | \$132/6 |
| SS4110 | 9/9-10/21 | M | 9:30-11am | \$168/7 |
| SS4111 | 10/28-12/16 | M | 9:30-11am | \$144/6 |

BEGINNING BRIDGE 2

Rose Reynolds, ACBL Life Master parenolds@aol.com
Pick up where you left off or come back and reinforce concepts you may have missed the first time around. The instructor will walk the students through some of the most important fundamentals of bridge: Opener's rebid, responder's rebid, weak two bids, preemptive three bids and the classic takeout double.

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

OASIS Room 3

| | | | | |
|--------|-----------|----|----------|---------|
| SS3012 | 7/16-8/20 | Tu | 3-4:30pm | \$132/6 |
|--------|-----------|----|----------|---------|

DECLARER PLAY OF HAND IN A NT CONTRACT

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Bridge lessons will include: Declarer PLAN- Count your winners in 1NT, 3NT, 6NT, 7NT Contracts. Promotion, The Finesse, Repeated finesse, Setting up the long suit, Entries, 12 hours including lessons, handouts, and pre-dealt boards to play.

OASIS Room 3

| | | | | |
|--------|----------|----|--------------|-------|
| SS4009 | 9/3-10/8 | Tu | 9:30-11:30am | \$150 |
|--------|----------|----|--------------|-------|

DECLARER PLAY OF HAND IN A SUIT CONTRACT

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Declarer PLAN- Count your losers 1st- Pull trump, Delay pulling trump, trump losers, setting up the long side suit, The Cross Ruff. 12 hours including lessons, handouts, and pre-dealt boards to play.

OASIS Room 3

| | | | | |
|--------|-------------|----|--------------|-------|
| SS4010 | 10/15-11/19 | Tu | 9:30-11:30am | \$150 |
|--------|-------------|----|--------------|-------|

BRIDGE- BRIDGE 2 STEP BY STEP

Rose Reynolds, ACBL Life Master parenolds@aol.com
Continue learning bridge basics step by step. The class is 100% interactive with cards in your hand from the very beginning of each class. Opportunities for small group learning at the same time.

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

OASIS Room 3

| | | | | |
|--------|------------|----|----------|---------|
| SS4112 | 9/10-10/22 | Tu | 1-2:30pm | \$161/7 |
|--------|------------|----|----------|---------|

BRIDGE- " STARS AND STRIPES" PLAY PRACTICE

Rose Reynolds, ACBL Life Master parenolds@aol.com
Stars and Stripes bridge fun: Shuffle, Deal and Play. 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

| | | | | |
|--------|-----------|---|----------|---------|
| SS3121 | 7/15-8/21 | M | 4-5:30pm | \$132/6 |
|--------|-----------|---|----------|---------|

BRIDGE- INDIAN SUMMER PLAY PRACTICE

Rose Reynolds, ACBL Life Master parenolds@aol.com
Shuffle, Deal and Play. 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

| | | | | |
|--------|----------|---|----------|--------|
| SS4113 | 9/9-9/30 | M | 4-5:30pm | \$88/4 |
|--------|----------|---|----------|--------|

BRIDGE- JINGLE BELL BRIDGE

Rose Reynolds, ACBL Life Master parenolds@aol.com
Shuffle, Deal and Play. 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

| | | | | |
|--------|------------|---|----------|--------|
| SS4114 | 12/2-12/16 | M | 4-5:30pm | \$66/3 |
|--------|------------|---|----------|--------|

BRIDGE -INTRODUCTION TO DUPLICATE BRIDGE

Rose Reynolds, ACBL Life Master parenolds@aol.com
Do you enjoy playing cards and meeting new people? If so, you might want to try duplicate bridge. What is duplicate bridge? A bridge card game where you play the same hands as other pairs and compare your scores. In this class, you will learn the basics of duplicate bridge, such as the rules, rotation of pairs and scoring. Students will have the opportunity to earn American Contract Bridge League master points. Beginning bridge experience is a prerequisite. No partner necessary. **No class 11/11**

OASIS Room 3

| | | | | |
|--------|------------|---|----------|---------|
| SS4115 | 10/7-11/18 | M | 4-5:30pm | \$132/6 |
|--------|------------|---|----------|---------|

Registration for classes listed in bold starts Thursday, August 8 at 8am

Classes

BRIDGE -IMPROVERS

Rose Reynolds, ACBL Life Master pareynolds@aol.com

Are you curious about the many uses of the X? Learn how to use the double in a variety of situations to improve your bidding and defense. Learning the various X's will improve your confidence and bidding in just 8 classes.

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

OASIS Room 3

SS4116 9/11-10/22 W 9:30-11am \$161/7

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Frank Delgado 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

SS4210 9/5 – 10/10 Th 9-11am \$160/6

American Mah Jongg for Beginners 201

SS4212 10/17– 11/21 Th 9-11am \$160/6

DUPLICATE BRIDGE

Terry and Gene Casavant **949-854-8138**
zeintje1@gmail.com

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

OASIS Room 2

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

ACBL DUPLICATE BRIDGE

Gail Schneider **949-472-8010**

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

OASIS Room 2

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

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



FITNESS

BARRE STRETCH & STRENGTH

CS Dance Factory **949-230-5934** Info@CSDanceFactory.com

Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. **No Class 9/20, 9/23, 9/25, 9/27, 11/11, 11/29**

OASIS Dance Room

| | | | | |
|----------------|-------------------|--------------|----------------------|-----------------|
| SS3501 | 6/10-8/26 | M | 10:15-11:00am | \$220/11 |
| SS3502 | 6/14-8/30 | F | 10:15-11:00am | \$220/11 |
| Free600 | 9/4 | W | 10:15-11:00am | Free |
| SS4500 | 9/9-12/16 | M | 10:15-11:00am | \$260/13 |
| SS4501 | 9/11-12/18 | W | 10:15-11:00am | \$260/13 |
| SS4502 | 9/6-12/20 | F | 10:15-11:00am | \$260/13 |
| SS4503 | 9/6-12/20 | M/W/F | 10:15-11:00am | \$670/42 |

BETTER LIFE BOXING

Sara Gutierrez sararez@betterlifeboxing.com

This class is a great way to learn boxing technique and mobility to better your balance, strengthen muscles, and get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels welcome.

No class 9/12, 11/11

- **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

| | | | | |
|---------------|--------------------|----------|--------------------|----------------|
| SS3505 | 8/5-8/26 | M | 3:30-4:30pm | \$90/4 |
| SS4504 | 9/9-10/7 | M | 3:30-4:30pm | \$115/5 |
| SS4505 | 10/14-11/18 | M | 3:30-4:30pm | \$115/5 |
| SS4506 | 11/25-12/16 | M | 3:30-4:30pm | \$95/4 |

OASIS Room 1

| | | | | |
|---------------|--------------------|-----------|--------------------|----------------|
| SS3507 | 8/1-8/29 | Th | 3:30-4:30pm | \$110/5 |
| SS4507 | 9/5-10/10 | Th | 3:30-4:30pm | \$115/5 |
| SS4508 | 10/17-11/14 | Th | 3:30-4:30pm | \$115/5 |
| SS4509 | 12/5-12/19 | Th | 3:30-4:30pm | \$71/3 |

DRP361 Drop-In (No Refunds) \$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@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). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor. **No class 9/6, 10/7, 10/14, 11/11**

OASIS Event Center

Ongoing 8/26-12/9 M 11:30-12:30pm Free

Registration for classes listed in bold starts Thursday, August 8 at 8am

CHAIR EXERCISE

Judy Aprile jjjaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 8/14, 9/11**

OASIS Event Center

| | | | | |
|---------------|--------------------|------------|-------------------|---------------|
| SS3509 | 8/5-8/28 | M/W | 10:05-11am | \$47/7 |
| SS4510 | 9/4-9/30 | M/W | 10:05-11am | \$47/7 |
| SS4511 | 10/21-10/30 | M/W | 10:05-11am | \$29/4 |
| SS4512 | 11/13-11/27 | M/W | 10:05-11am | \$35/5 |
| SS4513 | 12/2-12/11 | M/W | 10:05-11am | \$29/4 |

FALLPROOF® BALANCE & MOBILITY

Selena Cofinco selenacofinco@gmail.com (949) 547-6389

This class is a progressive program of activities designed to improve balance and reduce fall risk. This class will improve seated/standing posture, improve walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment. Space is limited to 12 students. **No class 9/25, 10/30, 11/20, 11/25, 11/27**

- **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

| | | | | |
|---------------|------------------|------------|--------------------|-----------------|
| SS3510 | 6/17-8/14 | M/W | 1:30-2:30pm | \$215/14 |
| SS4514 | 9/9-12/11 | M/W | 1:30-2:30pm | \$345/24 |

GOLF GROUP

Greg Nelson greghbnelson@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 greghbnelson@me.com for available openings.
- RSVP Required Ongoing M/W/F approx. 9am

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 10/3, 11/28**

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

OASIS Event Center

| | | | | |
|--------|-------------|-------|-------|--------|
| SS4518 | 9/3-9/26 | Tu/Th | 8-9am | \$65/8 |
| SS4519 | 10/1-10/24 | Tu/Th | 8-9am | \$58/7 |
| SS4520 | 10/29-11/21 | Tu/Th | 8-9am | \$65/8 |
| SS4521 | 11/26-12/19 | Tu/Th | 8-9am | \$58/7 |

DRP463 Drop-In (No Refunds) \$12/1

HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

Safe and effective as we work function over form. Hatha yoga is for every body. If you can breathe, you can do yoga. Mindfully moving our bodies to breath creates spaciousness in body, mind and spirit so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. **No class 11/11, 11/28**

- **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

| | | | | |
|---------------|------------------|-------------|-------------------------|-----------------|
| SS3519 | 6/10-8/26 | M | 11:30am-12:30pm | \$245/12 |
| SS3520 | 6/13-8/29 | Th | 10:30-11:30am | \$225/11 |
| SS3521 | 6/10-8/29 | M/Th | above times | \$465/23 |
| SS4515 | 9/9-12/16 | M | 11:30am-12:30pm | \$285/14 |
| SS4516 | 9/5-12/19 | Th | 10:30-11:30am | \$305/15 |
| SS4517 | 9/5-12/19 | M/Th | above days/times | \$585/29 |

DRP364 Drop-In (No Refunds) \$25/1

IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 11/28, 11/29**

- **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

| | | | | |
|---------------|--------------------|-----------|-------------------|----------------|
| SS3523 | 7/22-8/26 | M | 10-11:15am | \$120/6 |
| SS4523 | 9/9-10/7 | M | 10-11:15am | \$100/5 |
| SS4524 | 10/14-11/4 | M | 10-11:15am | \$80/4 |
| SS4525 | 11/18-12/16 | M | 10-11:15am | \$100/5 |
| SS3525 | 7/25-8/29 | Th | 10-11:15am | \$120/6 |
| SS4526 | 9/12-10/10 | Th | 10-11:15am | \$100/5 |
| SS4527 | 10/17-11/7 | Th | 10-11:15am | \$80/4 |
| SS4528 | 11/14-12/19 | Th | 10-11:15am | \$100/5 |
| SS3527 | 7/26-8/30 | F | 1-2:15pm | \$120/6 |
| SS4529 | 9/13-10/11 | F | 1-2:15pm | \$100/5 |
| SS4530 | 10/18-11/8 | F | 1-2:15pm | \$80/4 |
| SS4531 | 11/15-12/20 | F | 1-2:15pm | \$100/5 |

2-days a week

| | | | | |
|---------------|--------------------|--|-------------------------|-----------------|
| SS3529 | 7/22-8/30 | | above days/times | \$228/12 |
| SS4532 | 9/9-10/11 | | above days/times | \$190/10 |
| SS4533 | 10/14-11/8 | | above days/times | \$152/8 |
| SS4534 | 11/14-12/20 | | above days/times | \$190/10 |

3-days a week

| | | | | |
|---------------|--------------------|--|-------------------------|-----------------|
| SS3531 | 7/22-8/30 | | above days/times | \$324/18 |
| SS4535 | 9/9-10/11 | | above days/times | \$270/15 |
| SS4536 | 10/14-11/8 | | above days/times | \$216/12 |
| SS4537 | 11/14-12/20 | | above days/times | \$270/15 |

DRP365 Drop-In (No Refunds) \$25/1

Registration for classes listed in bold starts Thursday, August 8 at 8am

Classes

NEW! INTRO TO MELT METHOD: USING MELT ROLLER & BALLS

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

NEW! For those interested in joining the MELT Method Soft Roller class. Learn the basics of MELT language and movements. No experience necessary.

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

OASIS Dance Room

| | | | | |
|---------|------|----|-------|--------|
| Free601 | 8/27 | Tu | 2-3pm | Free |
| SS4522 | 9/3 | Tu | 2-3pm | \$35/1 |

NEW! MELT HAND & FOOT- FOR BALANCE & STABILITY

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

NEW! Learn how to ease pain and stiffness, using soft MELT balls. Feel more stable when you walk. For those who have Arthritis, Carpal Tunnel, Neuropathy, Plantar Fasciitis, Low back/hip & knee issues. Improve movement in stability in your hands and feet! Easy and effective, for everyone, no experience necessary. Exercise is done sitting in chair.

- **Notice:** MELT tools provided and available for purchase.
- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

OASIS Room 5

| | | | | |
|--------|-------|---|-------|--------|
| SS4542 | 9/9 | M | 1-2pm | \$35/1 |
| SS4543 | 10/7 | M | 1-2pm | \$35/1 |
| SS4544 | 11/4 | M | 1-2pm | \$35/1 |
| SS4545 | 12/16 | M | 1-2pm | \$35/1 |



NEW! MELT METHOD: SELF CARE TECHNIQUE

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

NEW! Previous MELT experience required, please contact instructor for options. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age. Using light compression work with soft rollers, we will rehydrate and release stuck stress living in your body's fascia and connective tissue. Class will also include stabilizing/strength exercises to address the weak links that damage joints and inhibit your body's ability to function optimally. Learn to identify and eliminate cellular dehydration before it causes chronic aches and pains. Zoom code is also available for virtual attendance, contact instructor.

- **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

| | | | | |
|--------|------------|----|-------|---------|
| SS4546 | 9/10-10/29 | Tu | 2-3pm | \$176/8 |
| SS4547 | 11/5-12/17 | Tu | 2-3pm | \$155/7 |

DRP471 Drop-In (No Refunds) \$30/1



NEW! LAWN BOWLING 101

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

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

| | | | | |
|--------|-------------|-------|-------|--------|
| SS4538 | 9/3-9/12 | Tu/Th | 6-8pm | \$85/4 |
| SS4539 | 9/17-9/26 | Tu/Th | 6-8pm | \$85/4 |
| SS4540 | 10/1-10/10 | Tu/Th | 6-8pm | \$85/4 |
| SS4541 | 10/15-10/24 | Tu/Th | 6-8pm | \$85/4 |

PILATES MAT

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

These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

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

OASIS Dance Room

| | | | | |
|--------|----------------------|----|-------------|---------|
| SS3537 | 7/23-8/27 | Tu | 8:45-9:45am | \$105/6 |
| SS4548 | 9/10-10/22 | Tu | 8:45-9:45am | \$119/7 |
| SS4549 | 11/5-12/17 | Tu | 8:45-9:45am | \$119/7 |
| DRP367 | Drop-In (No Refunds) | | | \$23/1 |

PHYSICAL TRAINING

Judy Aprile

jjjaprile@gmail.com

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 9/6, 11/11, 11/20, 11/29, 12/6**

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

OASIS Event Center

| | | | | |
|--------|-------------|-------|-------------|---------|
| SS3533 | 8/5-8/30 | M/W/F | 7:45-8:35am | \$77/12 |
| SS4550 | 9/4-9/30 | M/W/F | 7:45-8:35am | \$71/11 |
| SS4551 | 10/21-10/30 | M/W/F | 7:45-8:35am | \$35/5 |
| SS4552 | 11/8-11/29 | M/W/F | 7:45-8:35am | \$47/7 |
| SS4553 | 12/2-12/11 | M/W/F | 7:45-8:35am | \$29/4 |
| SS3535 | 8/5-8/30 | M/W/F | 8:45-9:35am | \$77/12 |
| SS4554 | 9/4-9/30 | M/W/F | 8:45-9:35am | \$71/11 |
| SS4555 | 10/21-10/30 | M/W/F | 8:45-9:35am | \$35/5 |
| SS4556 | 11/8-11/29 | M/W/F | 8:45-9:35am | \$47/7 |
| SS4557 | 12/2-12/11 | M/W/F | 8:45-9:35am | \$29/4 |

RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren www.MySoulSpark.com
This gentle and restorative class will soothe the nervous system, help relieve pain, reduce stress and help prepare your mind and body for a good night's sleep. Safe and effective as we work function over form. Mindfully move our bodies to breath and create space for meditation. No prior experience needed. Modifications will be given for all levels. Taught by an Internationally Certified Yoga Therapist.

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

OASIS Dance Room

SS3639 6/13-8/29 Th 4:30-5:30pm \$225/11
SS4558 9/3-12/17 Tu 4:30-5:30pm \$325/16

DRP364 Drop-In (No Refunds) \$25/1

NEW! SCIATICA, LOW BACK & HIP PAIN RELIEF

Stephanie von Meeteren www.MySoulSpark.com
NEW! Come find relief and learn how to heal yourself with this gentle class. This class is limited in size due to individualized attention. The 3-week program will help reset the body so you can get back to the things you enjoy doing! Video recordings of practices are included so you can continue to feel your best. Taught by a Registered Yoga Therapist and movement specialist.

- **Requirement:** able to get up and down from the floor unassisted.
- **Please bring:** yoga mat

OASIS Dance Room

SS4559 9/14-10/2 W/Sa 1-2pm \$125/6

SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com
Increase strength, balance, bone density, mobility and peace of mind with this fun and challenging class. This unique class is designed for full body and mind fitness and well-being. The first half of class we will increase heart rate and build some heat through focused weight bearing exercises. The second half of class we will bring the body and mind back to homeostasis by mindfully stretching and working with balance and mobility. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please contact instructor. **No class 11/29**

- **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

SS3545 6/14-8/30 F 2-3pm \$225/11
SS4561 9/13-12/13 F 2-3pm \$265/13

DRP364 Drop-In (No Refunds) \$25/1

Registration for classes listed in bold starts Thursday, August 8 at 8am

SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com
Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. Bring whatever you need to be most comfortable.

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

OASIS Dance Room

SS3513 8/1 Th 5:45-6:30pm \$25/1
SS3514 8/19 M 5:30-6:30pm \$25/1
SS4562 9/12 Th 5:30-6:30pm \$25/1
SS4563 10/16 W 5:30-6:30pm \$25/1
SS4564 11/14 Th 5:00-6:00pm \$25/1
SS4565 12/12 Th 5:00-6:00pm \$25/1
SS4566 Fall Package see above dates/times \$85/4

NEW! SPARK OF VITALITY

Stephanie von Meeteren www.MySoulSpark.com
In this series of four workshops, you will have an opportunity to learn about the ancient science of Ayurveda (Life knowledge). Learning lifestyle habits that contribute to overall health and well-being in order to feel vibrant and joy filled! You will learn particular routines related to longevity and rejuvenation and how to incorporate them into your daily lifestyle in alignment with nature's cycles and seasons

- **Please bring:** yoga mat.

OASIS Dance Room

SS4567 10/5-10/26 Sat Noon-1:30pm \$125/4

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.

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

OASIS Dance Room

SS3542 7/23-8/27 Tu 10-11am \$105/6
SS4568 9/10-10/22 Tu 10-11am \$119/7
SS4569 11/5-12/17 Tu 10-11am \$119/7
DRP367 Drop-In (No Refunds) \$23/1

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

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 8/15, 11/28**

- **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

SS3544 7/25-8/29 Th 7:45-8:45am \$90/5
SS4570 9/12-10/24 Th 7:45-8:45am \$119/7
SS4571 10/31-12/12 Th 7:45-8:45am \$105/6

DRP367 Drop-In (No Refunds) \$23/1

Classes

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. **No class 11/28**

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

OASIS Event Center

| | | | | |
|---------------|----------------------|-----------|---------------------|---------------|
| SS3546 | 6/13-8/22 | Th | 9:30-10:30am | \$150/10 |
| SS3547 | 7/11-8/22 | Th | 9:30-10:30am | \$115/7 |
| SS4572 | 11/7-12/19 | Th | 9:30-10:30am | \$99/6 |
| SS4573 | 12/5-12/19 | Th | 9:30-10:30am | \$55/3 |
| DRP368 | Drop-In (No Refunds) | | | \$20/1 |

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

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 9/20, 9/21, 9/23, 9/25, 9/26, 9/27, 9/28, 11/11, 11/27, 11/28, 11/30**

OASIS Dance Room

| | | | | |
|---------------|------------------|-----------|---------------|-----------------|
| SS3548 | 6/10-8/26 | M | 9-10am | \$198/11 |
| SS3549 | 6/12-8/28 | W | 9-10am | \$198/11 |
| SS3550 | 6/13-8/29 | Th | 9-10am | \$198/11 |
| SS3551 | 6/14-8/30 | F | 9-10am | \$198/11 |
| SS3552 | 6/22-8/24 | S | 9-10am | \$163/9 |
| SS4574 | 9/9-12/16 | M | 9-10am | \$230/13 |
| SS4575 | 9/4-12/18 | W | 9-10am | \$250/14 |
| SS4576 | 9/5-12/19 | Th | 9-10am | \$250/14 |
| SS4577 | 9/6-12/20 | F | 9-10am | \$230/13 |
| SS4578 | 9/7-12/14 | Sa | 9-10am | \$215/12 |

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

| | | | | |
|---------------|----------------------|--------------|---------------|--------------|
| SS3553 | 6/10-8/30 | M/W/F | 9-10am | \$390 |
| SS4579 | 9/4-12/20 | M/W/F | 9-10am | \$475 |
| DRP369 | Drop-In (No Refunds) | | | \$25/1 |

Registration for classes listed in bold starts Thursday, August 8 at 8am

MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Have you ever dreamed of taking Ballet at any age? This is your chance to dance with like-minded people from similar generations. There will be no pressure or judgement. Everyone is free to work at their own level (which includes stepping back at times.) The music will be Classical piano to romantic and swinging. The focus will be on the movement holding the Barre and then we will come out and play with some steps we are learning at the Barre. **No class 11/29**

- **Prerequisite:** at least 2 years of movement training.
- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

| | | | | |
|---------------|----------------------|----------|------------------------|-----------------|
| SS3554 | 7/12-8/30 | F | 11:30am-12:45pm | \$168/8 |
| SS4580 | 10/4-12/13 | F | 11:30am-12:45pm | \$259/10 |
| DRP370 | Drop-In (No Refunds) | | | \$23/1 |

BEGINNING BROADWAY DANCE

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com

Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind! **No class 9/25, 11/27**

OASIS Dance Room

| | | | | |
|----------------|----------------------|----------|---------------------|-----------------|
| SS3555 | 6/19-8/28 | W | 10:15-11am | \$205/10 |
| FREE602 | 9/4 | W | 11:15am-Noon | Free |
| SS4582 | 9/11-12/11 | W | 11:15am-Noon | \$245/12 |
| DRP369 | Drop-In (No Refunds) | | | \$25/1 |

NEW! CHA-CHA DANCE BEGINNER WORKSHOP

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com

NEW! Explore Cha-Cha dancing's joy and connection in our beginner-friendly dance class. No experience or partner required, just bring your enthusiasm!"

OASIS Dance Room

| | | | | |
|---------------|-------------|-----------|----------------------|---------------|
| SS4582 | 9/14 | Sa | 10:15-11:15am | \$25/1 |
|---------------|-------------|-----------|----------------------|---------------|

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com

This is going to be a really fun class using a lot of great music from different eras and a variety of jazzy styles. No need to feel you can't keep up. The class is for everyone who likes to move to music and is always open to adaptation. You will be having such a good time you will forget you are even exercising. So swing right in and enjoy the party! **No class 11/26**

- **Please Bring:** flexible tennis or jazz shoes.

OASIS Dance Room

| | | | | |
|---------------|----------------------|-----------|---------------------|----------------|
| SS3556 | 7/23-8/27 | Tu | 12:55-1:35pm | \$118/6 |
| SS4583 | 10/29-12/10 | Tu | 12:55-1:30pm | \$118/6 |
| DRP370 | Drop-In (No Refunds) | | | \$23/1 |



GROUP DRUMMING

Lee Kix

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

OASIS Event Center

RSVP Not Required 2nd Wed 11:30-12:30pm Free

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



INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant

mcaumiant26@gmail.com

Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed. **No class 11/26**

• **Please bring:** ballet slippers by the second class meeting

OASIS Dance Room

SS3559 7/9-8/27 Tu 11:30am-12:40pm \$168/8

SS4586 10/1-12/10 Tu 11:30am-12:40pm **\$259/10**

DRP370 Drop-In (No Refunds) \$23/1

LINE DANCING

Vickie Jackson

vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No Class 11/28**

OASIS Dance Room

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

SS3561 8/1-8/29 Th 1-1:55pm \$36/5

SS4587 9/5-10/17 Th 1-1:55pm \$56/7

SS4588 10/24-12/12 Th 1-1:55pm \$56/7

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

SS3563 8/1-8/29 Th 2-2:55pm \$36/5

SS4589 9/5-10/17 Th 2-2:55pm \$56/7

SS4590 10/24-12/12 Th 2-2:55pm \$56/7

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

SS3565 8/1-8/29 Th 3-4pm \$36/5

SS4591 9/5-10/17 Th 3-4pm \$56/7

SS4592 10/24-12/12 Th 3-4pm \$56/7

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

SAILING CLUB

OASISSailingclub.org

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. We welcome both experienced and new sailors. Monthly dues is \$65 and sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm. For membership details call Membership Chair Dorothy Ables at 949-400-6177 or email **OSCMembership@OasisSailingClub.org**



Registration for classes listed in bold starts Thursday, August 8 at 8am

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



**SATURDAY,
SEPTEMBER 14
8:00AM - 10:30AM**

- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle please call the friends office at **949-718-1800**

YOUR WILL AND TRUST

Past generations gave us OASIS Center.

Please provide for future OASIS and Friends of OASIS.

Provide something in your will and trust.

Friends of OASIS
Fed Tax ID #95-3196296
801 Narcissus Avenue
Corona del Mar, CA 92625

Our OASIS legacy depends on US!!

Thank you,

Walt Howald & Kay Walker
Directors
Friends of OASIS

FRIENDS OF OASIS

Gift Shop

**HOURS OF OPERATION:
MONDAY - FRIDAY 9AM-3PM**

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

Lending Library

The Friends of OASIS operates a quaint lending library. Swing by and check out a book or two today

- Mondays: 8am-2:30pm
- Tuesday - Friday: 8am-4pm



OASIS SAILING CLUB MEMBERSHIP

ENJOY YEAR-ROUND COASTAL SAILING

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

OASIS V AND OASIS VI

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



CLUB MEETINGS AND SOCIAL ACTIVITIES

Members enjoy blue water casual, advanced, challenge and race sailing. The club also offers a variety of sailing venues such as day trips to Dana Point, Los Alamitos Bay and sails originating in Long Beach. Social activities include holiday parties and beach picnics.

For additional information visit our website at www.oasissailingclub.org or send an email to oscmembership@oasissailingclub.org

OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

- Receive the monthly OASIS Newsletter in the mail (12 issues)
- Discounts on travel trips
- Access to the unique clubs
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Monthly Membership Get Together

Call **949-718-1800**, visit friendsofoasis.org or stop by the Friends Office **Monday-Friday 8am-4pm** for more information and to join.

The Friends of OASIS is a 501 (c) (3) non-profit corporation.



Membership Discounts

Must present Friends of OASIS membership card to redeem discount. Discounts are subject to change without notice

10% Discount

- The Bungalow+
- Farm Fresh to You (use promo code OASIS) farmfreshtoyou.com
- Fresh Brothers*++
- La Fogata
- Newport Rib Co.+
- New Shanghai Pine Garden+*
- Mario's Pizza+
- Rendez Vous Cafe
- Tavern House+

20% Discount

- P.F. Chang's
- El Cholo (lunch only)+
- Pacific Symphony (use promo code OASIS)
 - Call 714-876-2391 pacificsymphony.org

+Excludes alcohol

*Excludes take out & holidays

++Newport Beach, Irvine Harvard Place, and Newport Mesa locations

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required Information**

****NAME** _____ **DATE** _____

****2ND MEMBER** _____ *Print Clearly*

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

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

****E-MAIL** _____

****E-MAIL 2** _____

EMERGENCY CONTACT _____ **PHONE** (____) _____

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

CREDIT CARD # _____ Exp. DATE ____ / ____

Single \$15.00 / one year Couple \$25.00 / one year Donation _____

Total \$ _____ Received by: _____

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625
The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296 , (949)718-1800
Your gift may be tax deductible – consult your tax advisor.

Rev. 5/2024



- 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

DEL MAR RACES

Thursday, August 15 WAIT LIST ONLY \$80/\$85

Enjoy a "Day at the Races". The Del Mar Races attract race enthusiasts from all over the world and is considered among the premier horse racing meets in the U.S. The horse racing event is put on by the Del Mar Thoroughbred Club at the Del Mar Fairgrounds. The one-mile oval race track with stadium seats holds about 14,000 fans. CLUB HOUSE SEATING!

Depart: 10:45am

Return: 7:15pm

CALIFORNIA SCIENCE CENTER- DA VINCI AND IMAX CITIES OF THE FUTURE

Wednesday, August 28 \$78/\$83

The California Science Center proudly presents the special exhibition LEONARDO DA VINCI: Inventor, Artist, Dreamer. Step into a world of wonder and innovation as you explore 30 ingenious inventions, once only sketches on paper now standing before you including over a dozen full-scale models. See digitally restored reproductions of his iconic art work including The Last Supper. Your experience will be enhanced by viewing the IMAX movie "Cities of the Future 3D" by seeing the innovations engineers are working on today-from electric flying cars to power beamed from space.

- Bring your own lunch or buy lunch at the center.

Depart: 8:30am

Return: 4:30pm

NORTON SIMON MUSEUM

Thursday, September 12 WAIT LIST ONLY \$75/\$80

Join us for a special day at the Norton Simon Museum. Enjoy one of the most distinguished collections of Impressionist and Post-Impressionist art. We will bus directly to Old Town Pasadena where you will be on your own to choose a restaurant for lunch. After lunch the bus will take us to the museum. You will have a short time to explore as you wish (the Sculpture Garden is a worthwhile), and then meet our group for a one-hour docent lead experience. After the docent tour, you are on your own to explore the museum as you like.

Depart: 10am

Return: 5pm

TEMECULA VALLEY WINE TASTING

Wednesday, September 18 \$140/\$145

Join us in Old Town Temecula where tour guide, Bobbi Lona, will conduct a walking tour of the town with an included admittance to the museum where you can take a step back in time and experience the rich history of the Temecula Valley from its discovery to today. After our tour, enjoy lunch on your own with time for shopping and browsing. Next, we will drive to the Wilson Creek Winery for a vineyard tour and a sampling of five different wines. And then it's on to a second winery to sample more wine!

Depart: 8:30am

Return: 5:30pm

IVY RANCH HEALING HORSES/MISSION SAN LUIS REY

Wednesday, October 23 **\$110/\$115**

The Ivy Ranch Therapeutic Horse Center is one of our most popular trips with an opportunity to meet the gentle giants up close and personal, maybe to groom and brush them, have a photo with them and observe their work with patients young and old. Enjoy a picnic lunch at the ranch, followed by a scenic drive tour of the local countryside and vineyards. The Mission San Luis Rey is the largest and most ornate of the 21 California missions and is a national historic landmark and interpretive museum. We will have a guided tour of that mission.

Depart: 9am

Return: 5pm

SAN DIEGO BALBOA PARK EXPLORER

Tuesday October 8 **\$105/\$110**

Join us on a trip down the coast to San Diego's beautiful Balboa Park. Discover a world of art and culture; and explore a diverse collection of rich history and creativity in renowned museums. Our Explorer Pass will include admission into any four of the 15 Balboa Park Museums and gardens as well as the Spanish Village Art Center. Eligible museums include the Fleet Science Center, Japanese Friendship Garden and Museum, Centro Cultural de la Raza, SD Museum of Art, SD Air & Space Museum, SD Automotive Museum, SD Model Railroad Museum, SD Natural History Museum, and the Veterans Museum at Balboa Park. Lunch will be on your own at any of the various dining facilities on property. (You will receive a map of Balboa Park on the bus.)

Depart: 8:30am

Return: 5pm

NIXON PRESIDENTIAL LIBRARY

Thursday, November 7 **\$100/\$105**

Join us in exploring the Nixon Presidential Library. The library has updated technology, interactive displays and participatory learning opportunities. You can sit in President Nixon's Oval Office, visit the First Lady's Garden, and see the replica of the White House East Room. There are many other displays. In addition there is a special exhibit THE ANCIENT WORLD: UNLOCKING THE MIDDLE EAST which "examines the 20th century conflict and Cold War tensions through the prisms of ancient Israel, Persia, and Egypt". The exhibit shares information and artifacts from early civilization through the 20th century to help us gain deeper understanding and context for modern conflicts.

Docents will take us on a 2-hour tour through the museum which includes seeing a short film. As lunch is included at the museum, we will enjoy our lunches together. After lunch you are free to explore the museum before we head home. Come share this informative outing with us. It will be an interesting look at history and how it fits with today's conflicts.

Depart: 8:45am

Return: 4pm

EXTENDED TRIPS

Flyers available in the travel department

NEW YEAR'S ROSE PARADE

December 30, 2024-January 1, 2025

\$999(Double) \$1,199 (Single)

3 days, 2 nights, 2 breakfasts, 2 dinners Deluxe motorcoach, professional tour guide, 2 nights at Double Tree, Huntington Library (art collections, botanical gardens), float barn where floats are built, New Year's Eve party, Rose Parade, Los Angeles Highlights tour, Santa Anita Race Track (behind the scenes tour)

Contact Bobbi Loma to sign up for this trip (760)-889-2687

AFC EXTENDED TRIPS

CAPE COD & THE ISLANDS

September 21 (7 days)

NIAGARA FALLS & THE GRAND HOTEL

October 24 (8 days)

GREAT TRAINS & GRAND CANYON

November 10 (6 days)

SMOKY MOUNTAINS & PIGEON FORGE HOLIDAY

December 8 (5 days)

NORMANDY, PARIS & SEINE RIVER CRUISE

April 1 or October 21, 2025 (9 days, 20 meals)

HIGHLIGHTS OF SCANDINAVIA,

July 17 or August 14, 2025 (11 days, 14 meals)



HARKER, CAMPBELL & BELFIELD LLP
A Limited Liability Partnership

Estate and Gift Tax Planning (Trusts, Wills, Powers of Attorney, Healthcare Directives), Elder Law, Long Term Care strategies including Conservatorships, MediCal Planning, Elder Abuse, Special Needs Trusts, Trust Administration, Trust Litigation and Probate. Home visits.

5000 Birch Street, Suite 9600
Newport Beach, CA, 92660
Phone: (949) 955-0170
Fax: (949) 955-0180
Email: Info@hcb-law.com

Newport Senior Living

LUXURY ASSISTED LIVING HOMES

*Providing a 24-hour Wake Staff
for Superior Care*

*Assisted Living Homes

949.574.7770

*In Home Care

NewportSeniorLiving.com

Lic # 306003919

Info@newportseniorliving.com



MAGNIFICARE, LLC
IN-HOME CARE SERVICES

CREATE CHEER FOR OUR AGING LOVED-ONES AND
THEIR CAREGIVERS. THEY DESERVE IT!



OUR STRATEGY: HAPPY EMPLOYEES CREATE BETTER COMPANIES

OUR SIGNATURE SERVICES:

- COMPANION CARE
- ALZHEIMER'S/DEMENTIA CARE
- STAY FRESH, STAY DRY INCONTINENCE CARE
- HOSPITAL TO HOME CARE
- HOURLY CARE, 24/7 CARE
- VETERANS CARE



Accredited

Contact us for your free consultation at your home

(949) 438-8881

magnificare.net

Hearing Aid Services

Hearing Care Centered on You!

FREE 1st Hearing Test
45 Day Hearing Aid Trial
0% Financing Available

949-478-1254



Wendy Meyer-Eberhard
H.A.S. BC-HIS A.C.A
Over 28 Years Experience

In Home Appointments Available!
949-478-1254

Concierge Hearing Aid Services

260 Newport Center Dr Suite 423 Newport Beach
7561 Center Ave #4 Huntington Beach

hearingaidconcierge.com

License # 304700016



Caring Companions At Home

Senior Home Care

**Committed to helping seniors remain in their homes
by providing them with qualified caregivers.**

Companionship • Doctor Appointments • Meals
Hospital & Rehab Discharge Assistance • Medication Reminders
Alzheimer's & Dementia Care • Shopping & Errands

ALL CAREGIVERS ARE REGISTERED WITH THE STATE OF CALIFORNIA,
BONDED, AND INSURED. SERVING THE COMMUNITY FOR 23 YEARS.



NEWPORT BEACH

949.574.0750

LA QUINTA

760.771.6263

TOLL FREE

888.950.0750



www.caringcompanionsathome.com

DISCLAIMER

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

GARY S. REITER, M.D.
 DIPLOMATE AMERICAN BOARD OF OPHTHALMOLOGY
 SURGERY AND DISEASES OF THE EYE



1501 Superior Ave, Suite 110
 Newport Beach, California 92663
 (949) 646-2471



Proud Members of Oasis
COMPASS

Local Senior Real Estate Specialists

Brenda McCroskey Team **Beverly White** | DRE 00443516
 949.280.5563 **Brenda McCroskey** | DRE 01869273
 brendamccroskey.com **Beverley "BJ" Johnson** | DRE 00864723
 brenda.mccroskey@compass.com **Cammie Boehm** | DRE 02192260

Westcliff Nurses



Serving The Newport Beach Community For Over 35 Years

Companions • Caregivers Knowledge and
 CNA's • LVN's • RN's Experience You Can Trust

Remain Independent In Your Own Home

Available 24 hrs a day 365 days a year 949.631.0610

www.westcliffnurses.com 323.595.7944 Cell

FREE LIVING TRUST CONSULTATION

MICHAEL S. HARMS is a licensed attorney and C.P.A., with a Masters Degree in Tax Law. Mr. Harms' experience includes the preparation of hundreds of trusts, trust litigation, and probate.

Mr. Harms is available for a **FREE** one-hour estate planning consultation at his Corona del Mar office or your home by calling **949-644-5801**



**Homecare • Placements
 LTCi Claims**



powered by **honor**

www.4EYL.co
949-514-4635
info@4eyl.co



DISCLAIMER

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

Homewatch CareGivers® Start Home Care Today

Care Services Provided

- Assistance with bathing and dressing
- Medication reminders and meal prep
- Respite care and transportation
- Light housekeeping
- Licensed, Bonded, & Insured

714-656-3044
hwcg.com/hnb



Quality In-Home Care with Free Safety Evaluations

CLEAR CHOICE Hearing Aid, Inc.

WHY CHOOSE CLEAR CHOICE HEARING AID CENTER?

SINCE 1986

ULTRA-DISCREET MINI RECHARGABLE HEARING AIDS THAT COULD STREAM FROM YOUR CELL PHONE AND TV.

- FREE LIFETIME SERVICE.
- FREE HOUSE CALLS.
- SPECIAL DISCOUNT FOR VA, AAA, AARP.
- MOST INSURANCE PLANS AND MEDICARE SUPPLEMENTAL ACCEPTED.

949-650-5990
230 E. 17th ST STE 170
COSTA MESA, CA 92627
WWW.CCHAID.COM



Chris Durban
Realtor | DRE# 01427442

Senior Real Estate Specialist

BERKSHIRE HATHAWAY HomeServices California Properties

949.272.0777
ChrisDurbanRealtor@gmail.com



A-1 Home Care Agency



Specializing in 24-Hour Care & Hourly Caregivers

- Elderly & Senior Care • Alzheimer & After Surgery Care

949-650-3800
www.A-1HomeCare.com
Info@A-1HomeCare.com

Rest "Assured"!

Assured IN-HOME CARE

800-925-7159

- ♥ Meal Preparation
- ♥ Transportation
- ♥ Incontinence Care
- ♥ Activities
- ♥ Shopping
- ♥ Bathing and Grooming
- ♥ Medication Reminders
- ♥ Transfer Assistance
- ♥ Ambulation Assistance
- ♥ Light Housekeeping

Available 7 days a week
Free evaluations at your home or facility
Licensed, Bonded, and Insured

Jacqueline Macken REAL ESTATE



When one of your most important investments is your home, you don't want to cut corners. You need an agent who will work tirelessly to ensure your transaction goes smoothly and who appreciates your unique needs;

Meet **Jacqueline Macken**

**TRUST
HONESTY
INTEGRITY
TRANSPARENCY**

Jacqueline Macken
Realtor® | 949.887.7018
DRE# 01776853 | Jackie@themackengroup.com

BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

DISCLAIMER

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

A family-owned & operated caregiving agency in Newport Beach, CA



Coraltree
in-home care

(949) 706 7550 ■ coraltreeinhomecare.com

NEED HELP GETTING YOUR WILL, TRUST OR FINANCIAL/MEDICAL DOCUMENTS IN ORDER?

Call **949.302.9271** for free consult



The Schwartz Law Firm
www.damonschwartzlaw.com
We do home visits

Your Will & Trust Attorney
7923 Warner Ave. Suite J, Huntington Beach, CA 92647

Linda K. Duffy
Certified Seniors Real Estate Specialist®



Linda K. Duffy, Tim Carr Group 949.689.4226
lindaduffyhomes@gmail.com | DRE #01979777

Pacific | **Sotheby's**
INTERNATIONAL REALTY

Each office is independently owned and operated. DRE #01767484

SYRENTIS
CLINICAL RESEARCH

Worried about memory loss?
Call: 1-800-NEW-STUDY



Consider participating in a clinical research trial
NEWPORT THEATRE ARTS CENTER 2024-25 SEASON

| | |
|--|---|
|  <p>THE MUSICAL COMEDY WHODUNIT CURTAINS Presented by the Newport Theatre Arts Center</p> <p>9/20 to 10/20</p> | <p>GREETINGS A Warm Hearted Holiday Play</p>  <p>11/15 to 12/8</p> |
| <p>neil simon's</p>  <p>RUMOR?</p> <p>1/17 to 2/9</p> |  <p>Something Rotten a hilarious musical smash</p> <p>3/14 to 4/13</p> |
| <p>OUR TOWN by Thornton Wilder</p>  <p>5/9 to 6/1</p> | <p>DIAL M</p>  <p>6/27 to 7/20</p> <p>MURDER</p> |

NTActickets.com

GOLDEN LEAGUE CARE, LLC



CAREGIVING SERVICES
AFFORDABLE & COMPETITIVE RATES
HOURLY • 24 HOUR (DAY & NIGHT) • 7-DAYS A WEEK

CALL TODAY FOR YOUR FREE ASSESSMENT!
(714) 452-4644

We are here as companions—providing support and assistance to our aging population.

Senior Services:
Companionship & Personal Care
Meals & Nutrition | Memory Care
Fitness & Mobility | Other Senior Care

A family owned business that prides ourselves with commendable caregiving experiences since 2007.

DISCLAIMER

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

What
Could
You do
Without
Arthritis
Pain?



(714) 962-5031
BENNETTACUPUNCTURE.COM

SELL YOUR HOME OR RENTAL PROPERTY TAX FREE WITH A DELAWARE STATUTORY TRUST

CALL NOW: 888-505-7232
for consultation or FREE seminar

www.vossreadvisors.com



There May
Be Ways to
Slow the
Progression
of Dementia

Speak to a memory care specialist to learn more about Nexus® at Silverado

Call (949) 631-2212
silverado.com/newportmesa



In the Pursuit of Excellence in Hearing Healthcare

- OASIS volunteer/donor since 2006
- Previously worked 16 years with the HOUSE EAR CLINIC in Los Angeles
- Offer devices from the world's six leading hearing aid manufacturers
- Provide an extensive array of physician recommended diagnostics

COAST HEARING & BALANCE
3545 E. Coast Hwy., Corona del Mar
949.675.3833
www.coasthearingcenter.com

Donna F. Cody, Au.D.
Doctor of Audiology

I Fix Trusts!

W. Bailey Smith, Esq., Certified Specialist
in Probate, Estate Planning, and Trust Law



Call (949) 833-8891 for Free Initial Consultation
2601 Main St., Ste. 1200, Irvine, CA 92614

bsmith@yourtrustdr.com

"I have created over 7000 trusts."

DISCLAIMER

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

Caring, Compassionate & Professional Caregivers



CARE to stay HOME

- Personal Care
- Transportation
- Meal Preparation
- Light Cleaning


(949) 916-6705

LICENSED BONDED & INSURED
 LIC #: 304700099 www.CareToStayHome.com

C2C Life Coach
Tiffany L. Hibbard
 (949) 933-9396

Redesign Your Life After Loss

Specializing in:
 Transformational Travels
 Coaching with Compassion
 Organizing/ Decluttering/ Downsizing

California Eye Associates
 Be On Target With Your Vision...
 and your golf game!
 Book an appointment with Dr. Kurteeva!




Katerina Kurteeva MD
 Board Certified Ophthalmologist
 Cataract and Refractive Surgeon

1441 Avocado Ave. (949) 760-9007
 Suite 206 www.caleye.com
 Newport Beach, CA 92660

Annie ko Acupuncture & Herbal
Yumui (Annie) Ko OMD, Ph.D., LAC.

TEL: 949-644-6644

200 Newport Center Dr. #203
 Newport Beach CA 92660
 email: Annieko16@gmail.com
 www.Drkoacupuncture.com



lovin' Life,
 making homes bright.

800-731-0071

Attentive Home Care



Caring for Newport Beach & CDM

DR. TONY HASHEMIAN
 Cosmetic & General Dentistry

Ask us about...
 Invisalign
 Cosmetic veneers
 Same-day crowns
 Dental implants

Dr. Tony H
CDM DENTAL
25+ YEARS

ACCEPTING NEW PATIENTS | CALL FOR APPOINTMENTS
 2345 E Coast Hwy Suite C | 949.675.3131 | www.CDMDental.com

PRO ACCOUNTANCY

George E. Reinhardt, CPA
 Pro Accountancy Inc

130 Newport Center Dr, Suite 110
 Newport Beach, CA 92660
 www.4procpa.com

Office 510.834.5020
 Cell 415.577.9059
 Fax 415.276.2856
 george@4procpa.com

Assisting Seniors since 2010
 Free Initial Consultation

KIRSTEN FLEMING, Ph.D
 Neuropsychologist/Clinical Psychologist CA PSY 15190



- Therapy for anxiety & depression-loss, and medical issues
- Medicare with a supplemental insurance accepted
- No referral from MD required

714-206-4630

drkirstenfleming@yahoo.com
 200 Newport Center Drive
 Newport Beach, California

DISCLAIMER

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

THINKING ABOUT SELLING

YOUR OLD JEWELRY, WATCHES, AND DIAMONDS
BUT DON'T KNOW WHO TO TRUST?

- Trusted in the Newport Beach Community for over 50 years.
- Experts in estate liquidation.
- Top Dollar paid for Jewelry - Gold - Watches - Diamonds - Gemstones
- Immediate payment and consignment options.
- In-home appointments available.




Come see our showroom!
3116 Newport Blvd (949) 673-0365
Hours: TUES - SAT 10AM-5PM



WM HAROLD & SONS
FINE JEWELRY
wmharold.com

Professional Home Repair

Stucco Patch Drywall Repair Electrical Plumbing
Carpentry Tile Paint
Free Estimates Local References

Charles Rhodimer
949-548-4195
784 Newton Way
Costa Mesa, CA 92627

We will help you remain happy and at home![™]



Assisting Hands[®]
Home Care

Serving Newport Beach
and Corona del Mar

License # 304 7000 91

assistinghands.com/newport-beach • 949.650.2550



**STOP YOUR
COMPUTER
FRUSTRATION!**

CALL NOW:
(949) 436-6558

Specializing in new and novice computer users!

- Printer Setup
- Virus Checking
- Computer Tune-ups
- Home Networking
- Tutoring
- Data Backup



WENDELL CHONG

Happily helping your neighbors since 2002

CLICK COMPUTER SERVICES
WWW.CLICKCOMPUTERTIPS.COM
CALL TODAY: (949) 436-6558

ASK ABOUT
GERM-FREE
REMOTE
SUPPORT

DISCLAIMER

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



GLAUCOMA?

can cause **BLINDNESS**
Do YOU have it ?
How would YOU know ?

call LYON EYE now
949.760.3003

Christopher Lyon MD PhD
1401 Avocado Ave. #402 NB 92660
www.lyoneyecosmetic.com
Board Certified Ophthalmologist



SeaCliff Home Care

Family owned and operated
All employees are licensed, bonded & insured.
HCO#304700102

- * Personal Care
- * Homemaker
- * Hourly
- * Respite Services

We provide compassionate and professional home care services to seniors in their own home!

714-274-9620
www.seacliffhomecare.com

101 Mobility®

Your Partner in **Mobility & Accessibility Solutions**



- Stairlifts
- Ramps
- Vertical Platform Lifts
- & More!

Visit Us:
729 W. 16th Street
Suite A-4
Costa Mesa, CA 92627
Call (949) 313-4263
101mobility.com/orangecounty

Local Living Solutions proudly offers no-cost assistance finding senior living & care options for you & your loved one.



Local Living Solutions

SERVICES FOR SENIORS

Assisted Living | Memory Care | Respite Care
Residential Board & Care Homes | Independent Living
Continued Care Retirement Community

Tracey Lancaster, CSA
Certified Senior Advisor

714-625-1725

Tracey@LocalLivingSolutions.com
www.LocalLivingSolutions.com



BALBOA ISLAND GOLF CARTS SALES & RENTALS
CALL TO BUY OR RENT NOW!

A tradition of sophisticated, compassionate service.

With over 60 years of experience, we're committed to serving Orange County families with the highest standards and attention to detail.

Pacific View

MEMORIAL PARK & MORTUARY

PacificViewCalifornia.com | 949-644-2700

CORONA DEL MAR | FD 1176 | COA 507

Kristine Taft



Mobile Notary Services

For over 40 years - 310 502 1058

ktaft1018@yahoo.com

Balboa Island Resident

DISCLAIMER

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

WAYS TO REGISTER

Online

1. Go to 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
(include payment information)
- Hours M-F 8 a.m. - 5 p.m.
- Fax: 949-640-7364 (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.

| | | | |
|------------|------------|-----------|--|
| 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 |
| | GRAND TOTAL |

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 but not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, "RISK OF INJURY"); **(8)** CERTIFY THAT PARTICIPANT AGREES TO ASSUME ANY AND ALL RISK OF INJURY ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY CLAIM ON PARTICIPANT'S BEHALF; **(9)** CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MIGHT CLAIM ON PARTICIPANT'S BEHALF, TO RELEASE, WAIVE, AND HOLD THE PROGRAM PROVIDERS HARMLESS FROM ANY AND ALL CLAIMS, ACTIONS, PROCEEDINGS, AND LIABILITY OF EVERY KIND OR NATURE WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, KNOWN OR UNKNOWN, RELATED TO, CAUSED BY, OR ARISING OUT OF PARTICIPANT'S PARTICIPATION IN THE PROGRAMS; and, **(10)** certify under penalty of perjury under the laws of the state of California that the foregoing is true and correct.

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

| | | |
|---------------------|-----------|------|
| Mandatory Signature | Date | |
| Credit Card Number | Exp. Date | CVV# |



OASIS FITNESS CENTER



949-718-1818

HOLIDAY CLOSURE
MONDAY 9/2 - Labor Day

Regular Hours of Operation:

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

Friday: 7:00AM - 5:00PM

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

Let the Games Begin

OASIS SUMMER OLYMPIC CHALLENGE

JULY 1- AUGUST 31

Lets join this years Olympians by challenging ourselves to participate in 5 different Olympic "events."

1 2 3 4 5 6 7 8

Track & Field Events

Weightlifting & Gymnastics Events

Racket & Ball Events

Water Events

Cycling Events

2 Events= 1 entry
3 Events= 2 entries
5 Events = 3 entries

3 WINNERS CROWNED

Visit the OASIS Fitness center for challenge details and to pick up your Olympic Ring Passport.

PASSPORT ENTRIES MUST BE RECEIVED BY: 8/31/24

MEMBERSHIP & ORIENTATION

FEE

Annual Membership:

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

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

PERSONAL TRAINING

RATES

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

Please see staff for availability

www.newportbeachca.gov/oasisfitness

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

THE FRIENDS OF OASIS INVITES YOU TO

CARS & COFFEE

& Motorcycles



**SATURDAY,
SEPTEMBER 14
8:00AM - 10:30AM**

- 7am: Registration for car or motorcycle entries
- 8am: Car show begins
- 10am: Trophy presentation

To register your vehicle
please call the friends
office at **949-718-1800**