Membership Monthly Get Together
Friday, May 3, 10:00 am
Meeting, entertainment and lunch
As you arrive, enjoy the piano stylings of Deane Bottorf.
Next meeting date is June 7, 2019

Entertainment: Mariachi Imperial de Mexico

Originally founded in 1968 in the charming city of Morelia, Michoacan, Mexico, Mariachi Imperial de Mexico was formed by uniting two families, the Rodriguez family and the Moreno family.

In 1974 the entire group went on an extensive tour of Acapulco where they entertained locals and tourists at various top rated hotels. Their latest CD, Una Serenata con Amor has become an international success. This is a famous and spectacular Mariachi seven-piece band, so help us celebrate Cinco de Mayo in the traditional, fun way.

Menu: Chicken Fajitas, Spanish Rice, Beans
       Chips & Salsa, Churro

Sponsored by: Fairview Commons

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

Administration Office 949-644-3244
M-Th 7:30am-5:30pm
Friday 8am-5pm
Saturday/Sunday Closed
CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

Newport Beach City Council
Mayor, Diane B. Dixon
Mayor Pro Tem, Will O’Neill
Brad Avery
Joy Brenner
Duffy Duffield
Jeff Herdman
Kevin Muldoon

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Senior Services Manager, Celeste Jardine-Haug
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Fitness Center Coordinator, Julie Anding
Recreation Coordinator Rentals/Events, Anne Doughty
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Asst. Rec Coordinator Transportation, Elizabeth Arciniega
Care-A-Van Drivers:
Blanca Parra  Bryan Zink
Jose Cardenas  Bill Breslin
Raul Cano

Age Well Senior Services Meals Coordinator: Andrea Collins 949-718-1820

OASIS News Staff
Senior Editor, Jennifer Sisoev
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Friends of OASIS Staff and Office
Eleanor Anderson & Berenice Barajas
801 Narcissus Ave., Corona del Mar, CA 92625-1501
www.friendsofoasis.org
Phone: 949-718-1800 - Fax: 949-720-8704

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Barbara Milbert  Celeste Jardine-Haug, Ex Officio
Jean Naughton

Front Cover
Photo: Field of Honor Flags. See page 5 for 2019 event information.
Photo by: Eleanor Anderson
Welcome to OASIS

Celeste Jardine-Haug

OASIS Senior Center Manager

Happy May and Older Americans Month. A time to celebrate the many accomplishments of our older citizens. It is also Cinco de Mayo and that means the Friends will be having a great party at their monthly Get Together. This will be a fun one.

I thought this would a good time to talk a little bit about SCAMS. Unfortunately, we have all been getting more than our fair share of telephone calls telling us that we have done something terrible and unless we cooperate with them, we will be paying a huge fine or going to jail. Unless you know you have done something wrong, I beg you to just hang up the phone and not give anyone your personal information. The IRS does not make phone calls. If you did something illegal, the police would come to your house. It is a very sad time in our world today that people spend so much time looking for people to take advantage of. I don't even pick up my landline anymore if I don't recognize the person calling me. Our Police Department is very educated about the latest scams and has come out periodically to give lectures to us. Their advice is to not pick up the phone unless you are familiar with the number. If they truly need you, they will leave a message. If you have any questions regarding scams, you can call us or the police.

On a happier note, summer is coming and that means our outdoor concert series will start soon. Please watch the newsletter carefully to make sure that you are able to get tickets for the ones you are interested in. These sell out fast. The first concert will be June 1. (See page 4)

See you at the Center!

Celeste

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Mike Zimmerman

Friends of OASIS President

April showers bring May flowers. This was once a short poem, and literally means that even as unpleasant as were our spring showers, that eventually like life, they bring pleasant things too, like May flowers! I just took a ride to Phoenix, and the spectacular spring flower show in the once brown desert is now an artist's palette of wonderful yellow and purple spring growth.

Speaking of spring, our Spring Fundraiser was once again a huge hit. Music, dancing, gambling, catered food and drinks were again a big hit for our Ole' Ole' Fiesta Fantastica. Barbara Sloate, Sharon Woodbury, Kathy Stewart, and all who were on the committee to make this happen deserve a huge “thank you” for putting on this extravaganzia. This event, along with our annual Rummage Sale this fall, are two of our more popular events that help bring the community together and also help with fundraising efforts that support Friends throughout the year.

For your information, we now have taken delivery of our new Friends apparel line of Polo Shirts for both men and women. They come in navy blue and white and are available at our monthly meetings, in the Friends office, and also on our website at www.friendsofoasis.org, for only $38.00. They’d make a great gift for your spouse and are a sporty upgrade to wear about town and to some of our special events. Please help us spread the word that these top quality shirts are now available.

And lastly, this issue includes your ballot and return envelope, that needs to be filled out and mailed to Friends, for your choices of candidates for our Friend’s Board of Directors. Our Board of Directors are volunteers and all of them help in the decisions to keep our facility and services in tip top shape. Next time you run into one of them, tell them how much you appreciate their time and expertise.

Always at your service,

Mike
MEAL & A MOVIE
“Finding Your Feet”
Wednesday, May 29
Meal starts at Noon
Please call 949-718-1820 by Friday prior to request a meal
Movie starts at 1:00pm
Evelyn Hart Event Center
Synopsis: When ‘Lady’ Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.
Starring: Imelda Staunton, Timothy Spall, Celia Imrie, David Hayman, Joanna Lumley
Running time: 1 hr 51 min

TUESDAY NIGHT TOPICS LECTURES
THE HIDDEN HISTORY OF ORANGE COUNTY
Presented by Chris Epting, author/journalist/TV host
Tuesday, June 4, 6pm
Event Center
Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free event.
Award winning journalist and author of 30 books on travel, history and pop culture, Chris Epting will tell little known stories about Orange County - from Elvis to Disney to Babe Ruth and beyond. It’s a look at some weird and wonderful, off the beaten track landmarks throughout OC, with lots of trivia and fun stories culled in part from the author's series of popular books on Orange County history.
THE AMAZING, INCREDIBLE, UNBELIEVABLE GEOLOGIC HISTORY OF NEWPORT BEACH AND SOUTHERN CALIFORNIA

Led by David K. Larue, Geologist & Professor

Wednesdays, April 24-May 29, 4-5:30pm
Room 2A

Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free class.

The geologic history of Newport Beach and Southern California is truly unique and utterly amazing. We will discuss the evolution of Southern California, and Newport Beach, and the scientists who made the geologic interpretations, in a way that is easily understood and appreciated even if you don’t have a science background.

MENTAL HEALTH AND AGING VETERAN FOCUS FORUM

Presented by The Council on Aging

Wednesday, May 8, 1:30 pm
Event Center

No RSVP necessary.
For more information, please call 949-644-3244

May is Mental Health Awareness and Older Americans Month. Join us for the 2nd Annual Mental Health and Aging Education Forum. Explore community resources, art exhibits, and enjoy a panel of local experts as they discuss current behavioral health trends in aging adults. This year’s forum will be focused on Older Adult Veterans.

www.coasc.org Council on Aging Southern California

HOAG MEDICAL LECTURE:
OBSTRUCTIVE SLEEP APNEA, BEYOND CPAP THERAPY

Presented by Carly Schrage, M.D.

Thursday, May 2, 1:30-2:30pm
Room 2A

Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free event.

Dr. Schrage will be speaking about sleep and how sleep changes as we get older. She will discuss the importance and benefits of sleep, the stages of sleep, and various sleep disorders such as insomnia, snoring, and sleep apnea. She will also explore recommendations about how to optimize sleep quality and quantity.

The Exchange Club of Newport Harbor
10th Annual Field of Honor

Friday, May 17 thru Monday, May 27
Castaways Park
Dover Dr. & 16th Street, Newport Beach

Dedication ceremony:
Saturday, May 18 at 12 Noon
Memorial Day Ceremony:
Monday, May 27 at 12 Noon
Visitors welcome daily from May 17 to May 27

For more information:
http://www.nhexchange.net to dedicate a flag ($45)

REGISTRATION FOR SUMMER CLASSES BEGINS THURSDAY, MAY 16 AT 8AM.
We have lots of NEW classes to choose from, so be sure to read through this newsletter to find them!
**ADVANCE HEALTH CARE PLANNING/POLST LECTURE**

Presented by Alzheimer’s Orange County  
**Thursday, May 23, 10am**  
**Room 5**

*Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free event.*

If you had a catastrophic health event today, who would you want to speak for you? Do THEY know this? This free community education class will discuss how you can anticipate and identify your wishes and ensure those wishes are honored.

www.alzoc.org

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**HOAG MEDICAL LECTURE: RELAX YOUR STRESS AWAY**

Presented by Ana Pimentel, RD, Hoag Hospital  
**Wednesday, May 22, 1-2pm**  
**Room 2A**

*Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free event.*

Stress has a bigger impact on our physical and emotional health than we often think. Come learn about what the stress response is, how it manifests in our day to day life and how it affects our health. Most importantly, we will discuss how to manage and cope with stress in healthy ways!

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**U.S. CONSTITUTIONAL LAW – PREVIEW LECTURE**

Led by Joshua Stone, MPP  
**Thursday, June 27, 5pm**  
**Room 1**

*Please call 949-644-3244 or email OASISCenter@newportbeachca.gov to RSVP for this free lecture.*

In this special preview lecture, Joshua Stone, MPP, will give a teaser of his upcoming eight-week collegiate level course that explores United States Constitutional Law. The course will explore some of America’s most significant legal and judicial challenges, and the resulting transformations that impact our world today. For more information on the class, please see page 16.

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**FOOD FOR THOUGHT PROGRAM: A CREATIVITY PROGRAM WITH ADULT BRAIN HEALTH IN MIND**

Presented by the Chuck Jones Center for Creativity 4 Week Workshop Series  
**Tuesday, July 9, 16, 23, 30**  
9-10:30am  
**Art Room**  
$20 (cash only)

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**THOUGHT OF THE MONTH**

To survive in peace and harmony, united and strong, we must have one people, one nation, one flag.

By Pauline Hanson
DID YOU KNOW THAT OASIS HAS A CODE OF CONDUCT?

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

CODE OF CONDUCT

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

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

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

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

HELP US HELP YOU!

During any kind of an emergency (medical, fire, earthquake, etc), please help by listening to the directions given by staff members. All OASIS staff are trained and certified in First Aid, CPR and the use of an AED. For the safety of all those involved, we ask that you politely follow the instructions city staff give you. Thank you for your help!

DOG ETIQUETTE AT OASIS

We always welcome service animals. A service animal is an animal that is trained to do work or perform tasks for a person with a disability. We also welcome your four-legged friends in our outdoor spaces only, on leash and accompanied at all times. Questions? Please call 949-644-3244.
REGISTRATION INFORMATION
You may register for these classes in four easy ways; see page 42 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a $5 or $10 non-resident fee will apply.

FITNESS

BARRE STRETCH & STRENGTH
CS Dance Factory  Info@CSDanceFactory.com  949-230-5934
Live longer, get stronger! Standing at the barre during the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout.
OASIS DANCE ROOM
SS2648  4/1-6/24  M  10:05-10:50am  $140/11
SS2649  4/5-6/28  F  10:15-11:00am  $150/12
SS2650  4/1-6/28  M/F  (see times above)  $260/23
SS3648  7/8-8/19  M  10:05-10:50am  $96/7
SS3649  7/12-8/23  F  10:15-11:00am  $96/7
SS3650  7/8-8/23  M/F  (see times above)  $173/14
DROP IN (NO REFUNDS)
DRP251  $20/1
No class 5/27

BALLET BARRE
Michelle Zehnder Caumiant  mcaumiant26@gmail.com
In this adv/beg.class we will be focusing on proper body alignment, balance, coordination, stamina through graceful movements that help build strength and understanding for Ballet dancing off the barre. The center floor work will concentrate on stretching and strengthening the core muscles. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions.
OASIS DANCE ROOM
SS3602  7/12-8/30  F  11:30-12:20am  $96/8
DROP IN (NO REFUNDS)
DRP355  $18/1

CHAIR EXERCISE
Judy Aprile  jjaprile@gmail.com
Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.
OASIS EVENT CENTER
SS2521  5/1-5/22  M/W  9:30-10:30am  $31/6
SS2522  6/3-6/24  M/W  9:30-10:30am  $35/7
SS3520  7/1-7/29  M/W  9:30-10:30am  $43/9
SS3521  8/5-8/26  M/W  9:30-10:30am  $35/7
No class 5/8, 5/27

ZUMBA GOLD® CHAIR
CS Dance Factory  Info@CSDanceFactory.com  949-230-5934
Reverse the signs of aging in the brain when you learn some simple dance steps that can be done sitting in the chair. Zumba Gold® Chair exercise has easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to energizing music and have a joyful time moving with our uplifting instructor. Great for injury recovery.
•  Bring water & towel.
OASIS ROOM 1A
SS2562  4/19-5/17  F  11:15am-Noon  $30/4
SS2563  5/24-6/21  F  11:15am-Noon  $30/4
SS3562  7/12-8/23  F  11:15am-Noon  $45/6
No class 5/3, 6/7, 8/2

CHAIR TAI CHI
Diana Wong  dianawong2001@yahoo.com
Chair Tai Chi is a mind-body exercise using easy to follow circular movements to increase strength, flexibility, and range of motion. With this low-impact, slow-motion exercise, you learn to breathe deeply and naturally, focusing your attention on your bodily sensations. It can be easily adapted for anyone from the most fit to people confined to wheelchairs. All activities are performed seated.
OASIS ROOM 2A
SS2532  4/11-6/6  Th  10:45-11:45am  $89/9
SS2533  5/2-6/6  Th  10:45-11:45am  $69/6
SS3532  7/11-8/29  Th  10:45-11:45am  $83/8
SS3533  8/1-8/29  Th  10:45-11:45am  $59/5
DROP IN (NO REFUNDS)
DRP263  $20/1

FALLPROOF
Danielle Hernandez  revivifyfitness@gmail.com
This class is a progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program. Candidates for this program must be able to safely walk a distance of 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 that could adversely impact judgment and/or decision-making abilities. Space is limited to 12 students.
•  New students must complete a balance assessment a week prior to the first class or during the initial week of the program.
•  Also, all new students must provide a medical note signed by a doctor which indicates they are safe to participate in a balance class prior to undergoing the assessment. Instructor will contact the participant the week before the first class to schedule the assessment. Please pick up a packet of forms from the OASIS front desk to complete and bring to the assessment.
OASIS ROOM 4
SS2548  5/13-6/17  M/F  1:30-2:30pm  $159/10
SS3547  7/15-8/30  M/F  1:30-2:30pm  $224/14
No class 5/27

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

Judy Aprile  
jjaprie@gmail.com  
This Coastline College Special Programming class is for older adults with a verifiable medical diagnosis who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).
- Students must have a verifiable physical disability.
- Advance registration required. Please call instructor Judy Aprile at (949) 697-8190 for Coastline registration and medical forms.

**Oasis Room 2**  
See above  
1/28-5/20  
M  
11am-12:30pm  
FREE  
See above  
6/10-8/2  
M  
11am-12:30pm  
FREE

### Head to Toe Fitness

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

**Oasis Event Center**  
SS2516  
4/2-5/2  
Tu/Th  
8-9 am  
$65/8  
SS2517  
5/7-5/30  
Tu/Th  
8-9am  
$65/8  
SS2518  
6/4-6/20  
Tu/Th  
8-9 am  
$50/6

SS3516  
6/25-7/30  
Tu/Th  
8-9 am  
$80/10  
SS3517  
6/25-7/1  
Tu/Th  
8-9 am  
$43/5  
SS3518  
7/16-7/30  
Tu/Th  
8-9 am  
$43/5  
SS3519  
8/1-8/29  
Tu/Th  
8-9 am  
$73/9  
SS3520  
8/1-8/15  
Tu/Th  
8-9 am  
$43/5  
SS3521  
8/20-8/29  
Tu/Th  
8-9 am  
$35/4

**Drop in (No Refunds)**  
DRP256  
$12/1  
No class 7/4

### Longevity Stick

These easy to learn gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit www.longevitystick.org to learn more.

**Grant Howald Park**  
RSVP Not Required  
ongoing  
Tu  
9:30-10:30am  
FREE

### INTRO TO THE MELT METHOD OF SELF CARE

Yvette Casal  
meltwithyvette@gmail.com  
714-520-1427  
For anyone new to the MELT Method, this class must be taken prior to taking the 1 hour class. Erase pain and tension brought on by everyday stress, aging, and overuse. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar faciitis, and carpal tunnel syndrome. In this 40 minute class Yvette will teach you the four Rs of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice.
- Please bring a mat and water to drink
- New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

**OASIS Dance Room**  
SS2511  
5/14-6/11  
Tu  
1-1:40pm  
$50/4  
SS3510  
7/16-8/6  
Tu  
1-1:40pm  
$50/4

**Drop in (No Refunds)**  
DRP257  
$15/1

### MELT METHOD

Yvette Casal  
meltwithyvette@gmail.com  
714-520-1427  
This class should not be taken unless you have previous MELT experience. This class will combine hydrating length techniques and stabilizing strength techniques to address the weak links that damage joints and inhibit your body’s ability to function optimally. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age.
- Must be able to get up off the floor unassisted.
- Please bring a mat and water to drink.

**Oasis Dance Room**  
SS2513  
5/14-6/4  
Tu  
1:45-2:45pm  
$65/5  
SS3512  
6/25-7/23  
Tu  
1:45-2:45pm  
$65/5  
SS3513  
7/30-8/27  
Tu  
1:45-2:45pm  
$65/5

**Drop in (No Refunds)**  
DRP258  
$20/1

### Nasira’s Nutrition

Nasira Burkholder-Cooley, DrPH, RD  
nasira@nutritionkitchen@gmail.com  
A one-on-one nutrition consultation can benefit individuals seeking to optimize their health through diet. If you’re interested in learning more about how good nutrition can help you meet your health goals, set up a nutritional counseling appointment with our registered dietician. Nasira will help set realistic nutrition goals, assist with planning meals, improve food management, and provide support in attaining your goals. Fitness consultation also available.

**OASIS**  
By Appointment Only  
60 min  
$80/1

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**Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.**
PHYSICAL TRAINING

Judy Aprile  jjapril@gmail.com
This light aerobic class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor.
- Please bring exercise mat and hand towel.

OASIS EVENT CENTER
SS2502  5/1-5/31  M/W/F  7-7:55am  $43/9
SS2503  6/3-6/28  M/W/F  7-7:55am  $48/10
SS2505  5/1-5/31  M/W/F  8:05-9am  $43/9
SS2506  6/3-6/28  M/W/F  8:05-9am  $48/10
SS3501  7/1-7/29  M/W/F  7-7:55am  $56/12
SS3502  8/5-8/30  M/W/F  7-7:55am  $52/11
SS3504  7/1-7/29  M/W/F  8:05-9am  $56/12
SS3505  8/5-8/30  M/W/F  8:05-9am  $52/11

No class 5/3, 5/8, 5/10, 5/27, 5/29, 6/7, 6/26, 7/5, 8/28

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VL. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Over 150 friendly club members welcome both experienced and new sailors. The Club meets the last Wednesday of every month, from 1:30-3 pm at the OASIS Senior Center. There is a $42 monthly dues fee. Sailing is free. (Google “oasis sailing club” for our website). Call Membership Chair Rob Reid at 510-329-2741 or email OSCMembership@OasisSailingClub.org for membership details.

OASIS ROOM 1
RSVP Not Required  5/29  W  1:30-3:30pm  See above

SILVER GLOVE FITNESS

Andrew Deming  silverglovefitness.com
Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome.
- Please bring a yoga mat, towel and water.
- Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions about this.

OASIS EVENT CENTER A (THURSDAYS)
OASIS DANCE ROOM (MONDAYS & SATURDAYS)

THERAPEUTIC PILATES MOVEMENT

Kathryn Rollins  info@ahappybalance.com  949-422-9834
Learn to exercise and move from a place of strength, flexibility and confidence. Perfect for individuals who are trying to get moving again or for those who want a slower pace with lots of information. Taught by a nurse who specializes in injury prevention and injury management. Bring a mat and enthusiasm.

OASIS DANCE ROOM
SS2619  4/11-5/9  Th  10:30-11:30am  $84/5
SS2620  5/30-6/20  Th  10:30-11:30am  $72/4
SS3619  6/27-7/25  Th  10:30-11:30am  $72/4
SS3620  8/1-8/29  Th  10:30-11:30am  $72/4

No class 7/4, 8/14, 8/15
DROPPIN (NO REFUNDS)
DRP254  $21/1

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

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.
Beginners are welcome. For clarification on style, please email the instructor. This class provides step by step instruction for Tai Chi Qigong 18 physical health and cultivate tranquility and harmony in your mind. Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements which omit the more physically vigorous crouching and leaping of some other styles. With its unique footwork and small circular movements with the hand, Sun-style Tai Chi improves the flow of energy inside one's body, leading to greater awareness, calmness and overall sense of wellness. This low-impact, weight-bearing relaxing exercise will improve strength and balance and also reduce pain and stiffness. Its gentle postures and high stances make it very suitable for geriatric exercise and martial arts therapy.

• Beginners are welcome.

Please wear comfortable clothing; no open-toed shoes.

TAI CHI SUN STYLE
Diana Wong  dianawong2001@yahoo.com

The Sun-style Tai Chi Chuan is well known for its smooth and flowing movements which omit the more physically vigorous crouching and leaping of some other styles. With its unique footwork and small circular movements with the hand, Sun-style Tai Chi improves the flow of energy inside one's body, leading to greater awareness, calmness and overall sense of wellness. This low-impact, weight-bearing relaxing exercise will improve strength and balance and also reduce pain and stiffness. Its gentle postures and high stances make it very suitable for geriatric exercise and martial arts therapy.  

• Beginners are welcome.

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

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

OASIS ROOM 1

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No class 5/27, 7/4

DROP IN (NO REFUNDS)

DRP253 $20/1

YOGA FUSION: VINYASA MIXED WITH YIN

Danielle Hernandez revivifyfitness@gmail.com

Prana is often referred to as life-energy, vital life force, or more simply breath. Through this yoga practice, you can awake a source of “vitality” by activating the power of your “breath” while you engage in a mixture of moving “vinyasa” flow sequences sprinkled with static “yin” restorative poses. This 75-minute yoga class provides a safe space for you to explore your capabilities and heighten your body awareness during standing and floor-based movements. Please bring a yoga mat, blanket and small towel.

OASIS DANCE ROOM

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No class 5/3, 5/27

DROP IN (NO REFUNDS)

DRP250 $22/1

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.

ZUMBA GOLD® DANCE FITNESS

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

The dance party workout for the young at heart. Zumba® Gold: Groovin’at your own pace; beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. Meet new friends while moving and having fun! Improve balance, strength and mobility. Our motivating instructors will uplift and energize you. Now is a good time to feel great!

OASIS DANCE ROOM

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COMMUNITY YOUTH CENTER (CYC)

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NEW! ZUMBA GOLD® MULTI-DAY OPTIONS

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DROP IN (NO REFUNDS) NO MONDAY DROP INS

DRP251 $20/1

No class 5/25, 5/27

ZUMBA GOLD-TONING

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

This class offers the best of both worlds; the exhilarating experience of a Zumba® Fitness-Party with the benefits of effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density and improve mobility, posture and coordination. Toning sticks optional.

OASIS DANCE ROOM

<table>
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<th>Price</th>
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<td>F</td>
<td>9-10am</td>
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</table>

DROP IN (NO REFUNDS)

DRP251 $20/1

REGISTER NOW!

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

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

Feel amazing and boost your energy in this fun, energetic class. Zumba® takes the “work” out of workout, by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® classes are exercise in disguise. Bring water & towel.

OASIS DANCE ROOM

SS2254  4/18-6/20  Tu  4:45-5:45pm  $125/10

**Music & Dancing**

**HULA**

Marianne Ripley  949-642-8737

Learn this beautiful, expressive dance.

OASIS DANCE ROOM  RSVP Not Required  Ongoing  M  11-Noon  FREE

**BALLLET II**

Michelle Zehnder Caumiant  mcaumiant26@gmail.com

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

OASIS DANCE ROOM

SS22601  4/2-6/11  Tu  11:15am-12:15pm  $128/10
SS32601  7/9-8/27  Tu  11:30am-12:30pm  $104/8
No class 5/14

DROPP IN (NO REFUNDS)
DRP255  $18/1

**BALLROOM DANCE BASICS**

Definitely Dance, Inc  mandy@definitelydance.org

Never be a wall-flower again. From the Waltz to the Salsa, we’ll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed.

OASIS DANCE ROOM

SS22599  5/6-6/10  M  12:30-2:00pm  $40/5
SS2600  5/6-6/10  M  6:45-8:15pm  $40/5
SS32597  6/24-7/22  M  12:30-2:00pm  $40/5
SS32599  7/29-8/26  M  12:30-2:00pm  $40/5
SS32598  6/24-7/22  M  6:45-8:15pm  $40/5
SS36000  7/29-8/26  M  6:45-8:15pm  $40/5

DROPP IN (NO REFUNDS)
DRP264  $13/1

**SPECIAL NEEDS BALLROOM BASICS**

Definitely Dance, Inc  mandy@definitelydance.org

Join us for a dynamic dance class that is specifically designed for people 18+ with all types of special needs and developmental disabilities. Sign up with a family member or caregiver, who will be your dance buddy throughout the class. Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we will teach you all the moves you need to own any dance floor!

COMMUNITY YOUTH CENTER

CYC212  4/6-5/4  Sa  11:30am-12:30pm  $50/5
CYC213  5/11-6/15  Sa  11:30am-12:30pm  $50/5

**DANCE WORKSHOP**

Michelle Zehnder Caumiant  mcaumiant26@gmail.com

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

• At least one year of dance experience is advised.
• Please wear ballet or jazz shoes by the second class.

OASIS DANCE ROOM

SS22602  4/6-6/1  Sa  11-12:30pm  $185/8
SS32602  7/13-8/31  Sa  11-12:30pm  $136/8
No class 5/11

DROPP IN (NO REFUNDS)
DRP259  $23/1

**INTRO TO BROADWAY DANCE**

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

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

OASIS DANCE ROOM

SS22601  4/2-6/11  Tu  11:15am-12:15pm  $128/10
SS32601  7/9-8/27  Tu  11:30am-12:30pm  $104/8
No class 5/14

DROPP IN (NO REFUNDS)
DRP255  $18/1

**BALLROOM DANCE BASICS**

Definitely Dance, Inc  mandy@definitelydance.org

Never be a wall-flower again. From the Waltz to the Salsa, we’ll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed.

OASIS DANCE ROOM

SS22599  5/6-6/10  M  12:30-2:00pm  $40/5
SS2600  5/6-6/10  M  6:45-8:15pm  $40/5
SS32597  6/24-7/22  M  12:30-2:00pm  $40/5
SS32599  7/29-8/26  M  12:30-2:00pm  $40/5
SS32598  6/24-7/22  M  6:45-8:15pm  $40/5
SS36000  7/29-8/26  M  6:45-8:15pm  $40/5

DROPP IN (NO REFUNDS)
DRP264  $13/1

**ALL LEVEL SWING BASICS**

Definitely Dance, Inc  mandy@definitelydance.org

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

OASIS DANCE ROOM

SS22646  4/17-6/19  W  10:15-11am  $155/10
SS32646  7/10-8/21  W  10:15-11am  $110/7

**Summer registration for all classes listed in BOLD begins Thursday, May 16th at 8am.**
### LINE DANCING

Vickie Jackson  
vickie@promodonnas.com

Learn new dances and old favorites while improving your fitness level.

**OASIS DANCE ROOM**

**LEVEL 1 – BEGINNER / IMPROVER (INCLUDES STEPS, SEQUENCES & VOCABULARY)**

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**LEVEL 2 – IMPROVER / EASY INTERMEDIATE (SHOULD ALREADY KNOW BASIC STEPS)**

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**LEVEL 3 – EASY INT. / INTERMEDIATE (STEP COMPETENCY REQUIRED)**

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**COMBO CLASS: LEVEL 1 & 2**

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**COMBO CLASS: LEVEL 2 & 3**

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No class 7/4

**DROP IN (NO REFUNDS)**

**ROOM 5**

**BEGINNING GUITAR WORKSHOP**

Glen Jansma  
glen.jasma@gmail.com

Come learn to play the guitar in an informal setting with other beginner guitar players. Group will meet from 3-4pm every Friday. No experience necessary. Bring your own acoustic guitar. For questions on the group format, please contact the facilitator.

**ROOM 5**

**BEGINNING PICKLEBALL WITH MELANIE**

Melanie Wheatley  
melwheatley54@gmail.com

Basic fundamentals of the game, including serve, return of serve, volleys, dinks, 3rd shot, overheads and keeping score. The objective is to develop the basic skills and knowledge so you can enjoy the game.

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

**ASPB08**  
5/13-6/17  
M  
Noon-1pm  
$75/5

**INTRO TO PICKLEBALL**

Pickleball Volunteers

At this free clinic, you will learn general rules and scoring of the game, different types of hitting and basic partner communication. No paddle or experience needed! Clinics are free but pre-registration is required. Clinics are taught in group settings. Group size may vary. Limit up to 8 participants.

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

**ASP202**  
6/5  
W  
Noon-1pm  
FREE
**INTERMEDIATE PICKLEBALL WITH MELANIE**

Melanie Wheatley  
melwheatley54@gmail.com

The objective is to enhance your basic skills by improving your technique, court awareness, positioning, strategy and shot selection. This class should provide you with all the tools necessary to take you to the next level.

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

ASP206  5/16-6/13  Th  Noon-1pm  $75/5

No class 5/27

**INTERMEDIATE PICKLEBALL WITH LONNIE**

Lonnie Kojima  
pokerlonnie@gmail.com

The objective is to enhance your basic skills by improving your technique, court awareness, positioning, strategy and shot selection. This class should provide you with all the tools necessary to take you to the next level.

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

ASP210  5/13-6/17  M  1:15-2:15pm  $75/5

**PICKLEBALL BOOT CAMP WITH MELANIE**

Melanie Wheatley  
melwheatley54@gmail.com

Emphasis on cardio conditioning, agility skills and advanced paddle techniques. Curriculum is designed to generate an elevated heart rate by incorporating footwork, drills and skills, court movement and paddle quickness. This will be a fast-paced class, so be prepared to sweat!

Prerequisite: Must have taken intermediate pickleball with Melanie or equivalent and be approved by the instructor prior to registration.

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

ASP212  5/15-6/12  W  12:15-1:15pm  $90/5

**INDOOR INTERMEDIATE PICKLEBALL WITH MELANIE**

Melanie Wheatley  
melwheatley54@gmail.com

The objective is to enhance your basic skills by improving your technique, court awareness, positioning, strategy and shot selection. This class should provide you with all the tools necessary to take you to the next level.

**NEWPORT COAST COMMUNITY CENTER**

NCC266  5/16-6/6  Th  9am-10am  $60/4

**INDOOR BEGINNING PICKLEBALL WITH MELANIE**

Melanie Wheatley  
melwheatley54@gmail.com

Basic fundamentals of the game, including serve, return of serve, volleys, dinks, 3rd shot, overheads, and keeping score. The objective is to develop the basic skills and knowledge so you can enjoy the game.

**NEWPORT COAST COMMUNITY CENTER**

NCC264  5/16-6/6  Th  7:45-8:45am  $60/4

**PICKLEBALL - INDOOR DROP-IN**

Recreation Staff  
949-270-8100

Three indoor courts for doubles play, no partner required. Paddles & indoor balls available. All skill levels welcome. Pay and Play!

- Drop-In cards may be purchased online, at City Hall or NCCC.
- No cash accepted, $3/visit

**NEWPORT COAST COMMUNITY CENTER**

RSVP Not required

M  12:30-3pm
F  12:30-3:30pm

**PICKLEBALL - OUTDOOR OPEN COURTS & DROP-IN**

**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

Four outdoor courts, no lights.

**Open Courts:**

M-F: 7-8am and Noon-Dusk
Sa-Su: 7am-Dusk

**Drop In:**

M-F: 8-12pm

- A predetermined schedule of play based on skill levels will be posted at the courts and online. View the schedule at www.newportbeachca.gov/sports
- Participants will be required to supply their own paddle. Approved paddles must be used at all times. Please visit www.newportbeachca.gov/sports for the list of approved paddles.
- Noise reduced balls will be available on-site.
- Outdoor pickleball is permitted only at the designated courts.

**PICKLEBALL - PRIVATE LESSONS**

Melanie Wheatley  
melwheatley54@gmail.com

Melanie competed on the National Senior Women’s Tennis Circuit and won 4 National Championships, received the #1 ranking in the Nation by the USTA for 2 years in a row and won 2 Bronze medals at the World Championships in Perth, Australia and Amsterdam. She is transferring her vast knowledge of tennis to the game of pickleball through instruction and coaching beginners and intermediates. She tailors her teaching to the needs of the individual or team to improve their technical skills and strategy to help them take their game to the next level.

Participants may sign up for as many lessons as they want and play at one time.

<table>
<thead>
<tr>
<th>Participants</th>
<th>Rate 1 per lesson</th>
</tr>
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<tbody>
<tr>
<td>1 person</td>
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</tr>
<tr>
<td>2 people</td>
<td>$45/hr/person</td>
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<tr>
<td>3 or more people</td>
<td>$35/hr/person</td>
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**BONITA CANYON SPORTS PARK (MACARTHUR & BONITA CANYON)**

- Dates and times must be confirmed with the instructor prior to registration.
- Email melwheatley54@gmail.com, text or call 562-760-1319.
- No refunds.

**ENDLESS SUN SURF PRIVATE SURF LESSONS**

Endless Sun Surf School  
949-533-1022  
endlesssunsurf@hotmail.com

Newport Beach’s most popular private lesson company! One-on-one instructions specific to your surfing skill set and designed to take you to the next level. We teach to any surfing ability. Professional surfers will help you develop confidence, competence and awareness as a surfer. Lessons meet under the Newport Pier (Lifeguard Headquarters building, lower level). Book your lesson at endlessunsurf.com

**NEWPORT BEACH PIER & 24TH ST**

Private  2 People  3 People  6+ People

$75/hr  $55/hr/person  $50/hr/person  $60/2hr/person

**SURFING**

Summer registration for all classes listed in **BOLD** begins Thursday, May 16 at 8am.
NEW! CONSTITUTIONAL LAW: UNITED STATES
Joshua Stone, MPP  jstone1@berkeley.edu

Why design a constitution to limit the role and power of a national government? Why separate the “power” of that government and who polices that separation? This course will examine foundational questions in American constitutional politics and the techniques of constitutional interpretation. Over an eight-week period, we will explore some of America’s most significant legal and judicial challenges, and the resulting transformations that impact our world today. We will use an array of formats, such as music, videos, and roundtable discussions to bring out the very best of our engagement with the topics we encounter. Free preview lecture set for 6/27, see page 6 for details.

OASIS ROOM 1
$52100  7/11-8/29  Th  5-6:30pm  $50/8

20TH CENTURY U.S. FOREIGN POLICY: A DIPLOMATIC ENCOUNTER
Joshua Stone, MPP  jstone1@berkeley.edu

This is a thematic course that explores 20th century U.S. foreign policy and diplomatic decisions that changed the world. From Potsdam to Nixon’s China Rapprochement, we will examine the personalities that helped shape modern U.S. relations. This course is for those who are interested in the history of U.S. foreign policy and the politics behind some of the most critical decisions of the 20th century. We will use an array of formats, such as music, videos, and roundtable discussions to bring out the very best of our engagement with the topics we encounter.

OASIS ROOM 1
$52100  4/18-6/20  Th  5-6:30pm  $50/10

A DIFFERENT KIND OF BOOK CLUB

Please join us the first Wednesday of each month at 10:30am. We all read a different book based on a chosen topic. You will go home with a list of interesting reads. Theme: A book made into a movie

OASIS ROOM 1A
RSVP Not Required  5/1  W  10:30am-Noon  FREE

BOOK DISCUSSION GROUP

This book group meets every 2nd Wednesday of the month. Read the book and join the group discussion. My Name is Lucy Barton by Elizabeth Strout

NEWPORT BEACH CENTRAL LIBRARY, 1000 AVOCADO
RSVP Not Required  5/8  W  9:15-11am  FREE

CURRENT EVENTS DISCUSSION

Ginger Hayter  949-813-0377

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

OASIS LIBRARY
RSVP Not Required  Ongoing  M  5-7pm  FREE

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

DRIVER SAFETY (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. Some insurance companies offer a three year discount on auto insurance upon completion of this course.

• YOU MUST ATTEND CLASS BOTH MONDAY AND WEDNESDAY TO COMPLETE THE COURSE.
• In-person, advance registration only.
• Checks only, made payable to AARP.
• 7/15 class is a one day refresher course. This course is only available to those who have taken the full 8-hour course within the last 5 years. Please check with your insurance company to see if they accept the refresher course for a discount.

• Fee: $15 AARP members; $20 non-members.

OASIS ROOM 1B
See Above  5/20 & 5/22  M/W  12-4pm  See above
See Above  7/15  M  12-4:30pm  See above

FINANCIAL FORUM

Peter Michalski  pmichalski@cox.net
For May 2, our speaker will discuss Preparing for Long Term Care. As usual, we will discuss current market trends and status and news/developments affecting the markets. Also, bring your questions and discussion items for the meeting’s Q & A segment. An informative meeting in a friendly setting for new and experienced investors and those interested in financial matters! The group meets from 3-5 pm on the first Thursday of the month.

OASIS ROOM 1A
RSVP Not Required  5/2  Th  3-5pm  FREE

GARDEN CLUB

Doug Coulter
This club meets the 1st Saturday of the month and has a speaker on gardening at each meeting. Come join us to learn about gardening. For information about membership, contact Carolyn Rust at (949) 640-0223.

OASIS ROOM 4
RSVP Not Required  5/2  Sa  9am  FREE

LET’S GO TRIPPIN’: TRAVEL FILM SERIES

Tom Getz  tandcgetz@gmail.com
This group meets the second Wednesday of the month and provides a first-hand account of travels from different presenters and to different locations.

OASIS EVENT CENTER A
RSVP Not Required  5/8  W  6:30-7:30pm  FREE

VETERANS GROUP

Anthony Allen  714-454-1305
This group meets every 3rd Tuesday of the month. Proposed activities include: luncheon meetings, having fun, socializing and comradeship with other veterans, guest speakers, sharing stories and interests, a helping hand to veterans in need, and field trips to military/naval points of interest. We are looking forward to seeing you.

OASIS EVENT CENTER A
RSVP Required  5/21  Tu  Noon  FREE

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.
ADVANCED FRENCH READING & DISCUSSION
Darielle Wilson 949-675-5182
Conducted exclusively in French, discussion will be on a variety of topics presented by the students. Further discussion will follow the reading of short stories by Fred Vargas and Bonjour tristesse by Françoise Sagan. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.
OASIS ROOM 2B
SS2005 4/4-6/20  Th 10am-Noon $70/12
SS3005 6/27-8/29  Th 10am-Noon $55/9
No class 7/4

ADVANCED FRENCH CONVERSATION
Darielle Wilson 949-675-5182
This class meets the last Friday of each month. Conversation exclusively in French will be inspired by articles, essays, poems and short stories, which are found in the textbook French in Action, Part 2, Third Edition. Short stories and articles also may be used for supplemental reading. Grammar and vocabulary issues will be addressed as they arise. A maximum of 15 students will permit each one the opportunity to speak often and improve his or her fluency in spoken French. Please purchase the required textbook prior to attending class.
OASIS ROOM 1A
RSVP Not Required 5/31  F 1-3pm FREE

APPLIED SPANISH
Nida Fernandez, Ph.D. nidit@att.net
Students are encouraged to share experiences related to the topics of travel, household and cuisine. Bring a verb book and Spanish/English Dictionary. June 24 & July 1 Travel, July 8 & 15 Household, July 22 & 29 Cuisine.
OASIS ROOM 5
SS3147 6/24-7/29  M 1-2:30PM $40/6

FRENCH- INTERMEDIATE
Leo Vortouni 949-722-1153
Emphasis is on French conversation and reading.
OASIS ROOM 5
RSVP Not Required Ongoing M 10am-Noon FREE

GERMAN- ADVANCED
Bob Fris r-c-fris@cox.net
Emphasis is on grammar, conversation and translation for the advanced student.
OASIS ROOM 4
RSVP Not Required Ongoing Th 10am-Noon FREE

GERMAN INTERMEDIATE
Barbara Corlett bcorlett@cox.net
Emphasis is on reading selected stories and learning grammar, vocabulary, and pronunciation.
• New participants must contact instructor prior to first class
• Students will need to purchase the primary text for this class, German Made Simple by Arnold Leitner. It is available online.
• $10 fee due to instructor at first class meeting to cover cost of materials.
OASIS ROOM 4
RSVP Not Required 1/3-5/23  Th 1-2pm FREE
BOOK CLUB IN SPANISH

Dariela Wilson 949-675-5182

On the second Monday each month, take a journey into literature in the Spanish language. Cruise down the continent and meet Latino writers. Or adventure into Spain by way of famous stories and novels. Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Each month a different group member will guide you into new territories.

OASIS ROOM 1B
RSVP Not Required 5/13 M 2:30-4:30pm FREE

PORTAL LANGUAGES

Portal Languages 714-979-1655

BEGINNING LEVEL 1: Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.

- A $20-$30 material fee due to instructor at first class meeting.

BEGINNING LEVEL 2: Class is a continuation for those who have completed Level 1. Focus will be on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation.

- A $20-$30 material fee due to instructor at first class meeting.

OASIS ROOM 1A

Beginning French 1
SS2029 5/6-6/3 M/W 5-6pm $180/8
SS2030 6/10-6/19 M/W 5-6pm $160/6
SS3028 7/8-7/31 M/W 5-6pm $180/8
SS3029 8/5-8/28 M/W 5-6pm $180/8

No class 5/27

Beginning French 2
SS2034 5/6-6/3 M/W 6-7pm $180/8
SS2035 6/10-6/19 M/W 6-7pm $160/6
SS3033 7/8-7/31 M/W 6-7pm $180/8
SS3034 8/5-8/28 M/W 6-7pm $180/8

No class 5/27

OASIS ROOM 1B

Beginning Italian 1
SS2044 5/6-6/3 M/W 5-6pm $180/8
SS2045 6/10-6/19 M/W 5-6pm $160/6
SS3043 6/24-7/17 M/W 5-6pm $180/8
SS3044 7/22-8/14 M/W 5-6pm $180/8

No class 5/27

Beginning Italian 2
SS2039 5/6-6/3 M/W 6-7pm $180/8
SS2040 6/10-6/19 M/W 6-7pm $160/6
SS3038 6/24-7/17 M/W 6-7pm $180/8
SS3039 7/22-8/14 M/W 6-7pm $180/8

No class 5/27

OASIS ROOM 5

Beginning Spanish 1
SS2020 4/30-5/23 Tu/Th 4-5pm $180/8
SS2051 5/28-6/20 Tu/Th 4-5pm $180/8
SS3049 7/9-8/1 Tu/Th 4-5pm $180/8
SS3050 8/6-8/29 Tu/Th 4-5pm $180/8

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.

COMPUTER TECHNOLOGY

NEW! ONE-ON-ONE TECHNOLOGY TUTORING

Carole Kamper 949-230-5902

Private instruction 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. Monday through Thursday timeslots available.

- All tutoring will take place at OASIS.
- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS at least 5 business days prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time, Carole Kamper, cckamper@cox.net, 949-230-5902

OASIS COMPUTER LAB

DRP210 By Appointment Only M-Th $60 per hour

A LOOK AT POPULAR APPS

Carole Kamper 949-230-5902

Come and explore just a sampling of the many “apps” that are available on your Smartphone or tablet. We will look at the Kindle app and Overdrive for downloading/reading eBooks, Google Translate and XE Currency Exchange for traveling, and Instagram and Shutterfly for photo sharing. Please contact the instructor if you have any questions regarding the version of your iPhone or iPad for this class. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.

OASIS COMPUTER LAB

SS3064 7/22 10:30am-12:30pm $34/1

COMPUTER BASICS

Carole Kamper 949-230-5902

This class is designed as an introduction to computers. You do not need to own a computer to attend. This class will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on “hands-on” use of the mouse and getting comfortable with the keyboard as well as doing some basic Internet searches. You will learn the anatomy of a “window” by exploring the programs WordPad and Paint.

- A $2 material fee is payable to the instructor.

OASIS COMPUTER LAB

SS3060 6/24-7/15 M 11am-Noon $64/4

COMPUTER SKILLS

Carole Kamper 949-230-5902

This class is for participants who have had some prior experience with computers. It will familiarize you with the desktop and the control panel. Emphasis will be on the steps used to create and save files and folders, as well as retrieving and editing those files. Shortcuts such as cut, copy and paste, print menu and beginning word processing skills will be highlighted.

OASIS COMPUTER LAB

SS2061 6/11-6/18 Tu 10:30am-12:30pm $64/2

REGISTER NOW!

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

- OASIS computer classes are taught on OASIS PCs only (Windows software).
- Personal computers are not permitted.
- While not taught on Macs, many of the skills and applications taught can be used on either the PC or Mac platform.

EBAY 1

Barbara Yin Milbert
Learn to buy and sell items on eBay.
- Pre-requisite: basic computer skills and familiarity with the internet.

OASIS COMPUTER LAB
SS3070  6/27  Th  10am-Noon  $32/1

INTERMEDIATE COMPUTER SKILLS

Carole Kamper 949-230-5902
This class is designed for students who have taken some computer classes and/or are self-taught. It is designed to take your skills to the next level. We will explore intermediate Word Processing Skills such as using templates to make greeting cards, flyers and newsletters. The fun presentation program, PowerPoint will also be taught as a way to apply these newly acquired skills. Google features such as translation, calendar and advanced searches will also be covered.
Prerequisite: Computer Skills, Basic Word Processing Skills

OASIS COMPUTER LAB
SS2124  5/21-5/28  Tu  11am-1pm  $ 64/2

DIGITAL PHOTO EDITING

Barbara Yin Milbert
Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.
- Prerequisite: Computer Basics or equivalent.
- Bring phone or camera cord to class.

OASIS COMPUTER LAB
SS2068  4/25-5/9  Th  9:45-10:45am  $48/3
SS3068  7/10-7/24  W  9:45-10:45am  $48/3

MAKING A SHUTTERFLY PHOTO BOOK

Carole Kamper 949-230-5902
Learn how to make a printable photo album using the website “Shutterfly.” Using the Shutterfly smartphone app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Come and explore your creativity in this fun, project-based class.
- Prerequisite: Basic computer skills with some knowledge of the internet.

OASIS COMPUTER LAB
SS2062  5/7  Tu  1-3pm  $34/1
SS2063  6/10  M  10am-Noon  $34/1
SS3062  7/23  Tu  1-3pm  $34/1

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.

INTRO TO EXCEL

Barbara Yin Milbert
Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.
- Prerequisite: Computer Basics and Skills or equivalent.

OASIS COMPUTER LAB
SS2106  5/23-6/13  Th  11am-Noon  $64/4
SS3106  7/31-8/21  W  11am-Noon  $64/4

INTRO TO FACEBOOK & SOCIAL MEDIA SITES

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

OASIS COMPUTER LAB
SS2109  4/25-5/9  Th  11am-Noon  $48/3
SS3109  7/10-7/24  W  11am-Noon  $48/3

INTRO TO WORD

Barbara Yin Milbert
Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more!
- Prerequisite: Computer Basics or equivalent

OASIS COMPUTER LAB
SS2115  5/23-6/13  Th  9:45-10:45am  $64/4
SS3115  7/3-8/21  W  9:45-10:45am  $64/4

IPAD BASICS

Carole Kamper 949-230-5902
This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

OASIS COMPUTER LAB
SS2123  6/17  M  10am-Noon  $34/1
SS3122  7/29  M  10:30am-12:30pm  $34/1
Classes & Activities

IPHONE FOR BEGINNERS
Carole Kamper 949-230-5902
The class is designed for new and not so new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version of your iPhone for this class.
- Prerequisite: Computer Basics or equivalent.

OASIS COMPUTER LAB
SS2128 6/3 M 10am-Noon $34/1
SS3127 7/30 Tu 11am-1pm $34/1

IPHONE MOST USEFUL SECRETS
Jake Jacobs jakeair99@gmail.com
Learn how to get the most out of your iPhone and master features you didn't know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you.
The free workshop handout will be available for download prior to class or $15 at the door. Save $15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.
- Bring your iPhone and handout to class.
- Minimum requirements: You should know iPhone basics. iPhone 6s or newer, iOS 12.

OASIS ROOM 2A
SS3205 8/8 – 8/29 Th 1 – 3 pm $40/4

BEADING
Tania Addington tskga@hotmail.com
This class is designed for beginning beaders and all levels of stringing beads. Also for re-stringing older jewelry. Students will be instructed in the rules of stringing, how to finish projects, and use color and balance in stringing, make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. One session will be for instruction in knotting between pearls and another in wire loops to make earrings.
- Materials list will print out on registration receipt.

OASIS ROOM 4
SS2013 4/2-5/21 Tu 12:30pm-2:30pm $42/6
No class 4/9, 5/14

BEAD STRINGING & RE-STRINGING
Tania Addington tskga@hotmail.com
This course is designed for beginning beaders and all levels of stringing beads. Also for re-stringing older jewelry. Students will be instructed in the rules of stringing, how to finish projects, and use color and balance in stringing, make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. One session will be for instruction in knotting between pearls and another in wire loops to make earrings.
- Materials list will print out on registration receipt.

OASIS ROOM 4
SS2016 4/12-5/21 Tu 9:30am-11:30am $42/6
No class 4/9, 5/14

CHINESE BRUSH PAINTING
Diana Wong dianawong2001@yahoo.com
Explore the art of Chinese brush painting through the use of Chinese brushes, rice paper, Chinese ink and colors while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, fish, birds, animals and insects. Material list will be printed on registration receipt. Material fee payable to instructor on the first day of class.
- A $12 material fee is payable to the instructor for class SS2535
- A $6 material fee is payable to the instructor classes SS2536 and SS2537.

OASIS ROOM 4
SS2535 4/17-6/5 W 1:30-4pm $139/8
SS2536 4/17-5/8 W 1:30-4pm $75/4
SS2537 5/15-6/5 W 1:30-4pm $75/4

CERAMICS
Karen Thayer karenthayer@yahoo.com
Learn how to create ceramic objects using hand-building techniques and the potter’s wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools, please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.
- A $19 material fee is payable to instructor.

OASIS ART CENTER
SS2149 4/3-6/12 W 9am-Noon $152/10
No class 5/8

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.
FREEHAND DRAWING- BEG/ADV
Nancy Wahamaki-Vasek  nwvaseki@gmail.com
Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings. https://www.linkedin.com/in/nancygandolfwahamaki
• A material list will print out on registration receipt.
• A $10 material fee payable to instructor on the first day of class.
OASIS ROOM 2A
SS2076  4/10-5/8  W  9-11am  $115/5
SS2077  5/22-6/19  W  9-11am  $115/5

NEW! GRANDPARENT & ME – PAINT YOUR OWN CUP/PLATE
Barbara Taylor  dursttaylor@sbcglobal.net
All supplies provided for you to paint a cup & plate to take home. Sign up with your grandchild, niece, nephew, and have some fun designing and painting something special to remember the summer by!
• $10 material fee due on the first day.
• Open to kids age 8+ with an adult.
OASIS ROOM 5
SS3161  6/27  Th  1-3pm  $25/1

NEW! GRANDPARENT & ME – PAPER MACHE BANK
Barbara Taylor  dursttaylor@sbcglobal.net
Remember the fun of making a paper mache project? Work with your little one to make and then paint a paper mache bank! All supplies provided for you to create a masterpiece. Sign up with your grandchild, niece, nephew, and have some fun designing the project!
• $10 material fee due on the first day.
• Open to kids age 8+ with an adult.
OASIS ROOM 5
SS316  7/18-7/25  Th  1-3pm  $35/2

KNITTING & NEEDLEWORK GROUP
Golda  949-673-7553
This group of experienced needle-workers meets weekly to work on individual projects.
OASIS ROOM 3
RSVP Not Required  Ongoing  W  Noon-2pm  FREE

INSTRUCTOR ASSISTED WORKSHOP- BEG/ADV
Nancy Wahamaki-Vasek  nwvaseki@gmail.com
This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. https://www.linkedin.com/in/nancygandolfwahamaki.
• Please bring a project you are currently working on and any supplies you may need.
OASIS ART CENTER
SS2118  4/8-5/6  M  9am-Noon  $110/5
SS2119  5/20-6/24  M  9am-Noon  $110/5
No class: 5/27

OPEN ART WORKSHOP
For students of any medium, this is the perfect time to catch up on class projects.
OASIS ART CENTER
RSVP Not Required  Ongoing  F  9am-4pm  FREE

NEW! PAINT YOUR OWN WINE GLASS
Barbara Taylor  dursttaylor@sbcglobal.net
All supplies provided for you to paint two wine glasses to take home. Sign up with your friends and have some fun designing and painting a special wine glass to enjoy!
• $10 material fee due on the first day.
OASIS ROOM 5
SS2161  5/30  Th  1-3pm  $25/1

WOOD CARVING WORKSHOP
This group works on individual projects and welcomes new members. Come any Thursday and see Junie Allen to sign up or to find out more about the class. Instructors are in the class to assist members. Group members are asked to contribute $15 every three months for class tool and machine maintenance.
OASIS ART CENTER
RSVP Not Required  Ongoing  Th  8-11am  See above

WATERCOLOR-BEGINNING
Theresa Fernald  tfernald@saddleback.edu
Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.
• Materials list will print out on registration receipt.
• A $5 material fee is payable to the instructor.
OASIS ART CENTER
SS2140  4/2-5/7  Tu  1-4pm  $82/6
SS2141  5/14-6/18  Tu  1-4pm  $82/6
SS3140  6/25-8/6  Tu  1-4pm  $82/6
No class 7/2

WATERCOLOR-INTERMEDIATE
Chris Sullivan  chrissullivanart@gmail.com
This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life and other subjects may be explored using photographs or studio setups. Demonstrations, individual assistance and group critiques are all included.
• A material list will print out on registration receipt.
OASIS ROOM 4
SS2162  4/3-5/8  W  9am-Noon  $142/6
SS3164  7/10-8/7  W  9am-Noon  $127/5

WATERCOLOR ADVANCED
Chris Sullivan  chrissullivanart@gmail.com
Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus.
• A material list will print out on registration receipt.
OASIS ART ROOM
SS2213  4/3-5/8  W  1-4pm  $142/6

Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.
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<thead>
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<td>6:30-8:15</td>
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ROOM KEY

Admin | Administration Office
Art | Art Center
CC | Computer Center
Dance | Dance Room
EC | Evelyn Hart Event Center
NBCL | Newport Beach Central Library (1000 Avocado Ave)
NCCC | Newport Coast Community Center (6401 San Joaquin Hill Rd)
PL | Parking lot @ 5th & Marguerite

HOLIDAY CLOSURE
OASIS Senior Center will be CLOSED on Monday, May 27 for Memorial Day Legal Holiday

IMPORTANT PHONE NUMBERS
Friends of OASIS: (949) 718-1800
Administration: (949) 644-3244
Shuttersfly Photo Book: (949) 718-1800

$ Designates a fee class, to be paid in the OASIS Administration Office. PRE-REGISTRATION IS REQUIRED FOR FEE BASED CLASSES. ^Designates a class that also requires pre-registration.
**ONE DAY**

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8:30</td>
<td>Pilates $(pg. 10)$ Dance</td>
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<tr>
<td>8-9</td>
<td>Head to Toe Fitness $(pg. 9)$</td>
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<tr>
<td>8-11</td>
<td>Wood Carving Workshop $(pg. 21)$</td>
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<tr>
<td>9-10</td>
<td>Zumba Gold $(pg. 12)$ Dance</td>
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<tr>
<td>9-10:15</td>
<td>Strong &amp; Healthy Bones Chair $(pg. 11)$</td>
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<tr>
<td>9-30:10:30</td>
<td>Tai Chi Qigong $(pg. 11)$</td>
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<td>9:30-11:30</td>
<td>Advanced Beg Bridge 1 $(pg. 24)$</td>
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<td>9:45-10:45</td>
<td>Digital Photo Editing $(pg. 19)$</td>
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<td>9:45-10:45</td>
<td>Intro to Word $(pg. 19)$</td>
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<tr>
<td>10-11:15</td>
<td>Issyengar Yoga $(pg. 12)$</td>
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<td>Advanced French $(pg. 17)$</td>
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<td>eBay2 $(pg. 19)$</td>
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<td>10-12</td>
<td>German - Advanced $(pg. 17)$</td>
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<td>10:30-11:30</td>
<td>Pilates -Therapeutic $(pg. 10)$</td>
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<tr>
<td>10:45-11:45</td>
<td>Chair Tai Chi $(pg. 8)$</td>
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<tr>
<td>11-12</td>
<td>Intro to Excel $(pg. 19)$</td>
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<td>11-12</td>
<td>Facebook &amp; Social Media Sites $(pg. 19)$</td>
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<tr>
<td>11-12</td>
<td>Line Dancing - Level 1 $(pg. 14)$</td>
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<tr>
<td>1-2</td>
<td>German - Int. $(pg. 17)$</td>
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<tr>
<td>1-3</td>
<td>Paint Your Own Wine Glass $(pg. 21)$</td>
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<td>Paint Your Own Cup/Plate $(pg. 21)$</td>
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<td>OASIS Sing Along $(pg. 14)$</td>
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<td>iPhone Useful Secrets $(pg. 20)$</td>
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<td>1-5</td>
<td>Ping Pong $(pg. 25)$</td>
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<td>1:30-3:30</td>
<td>Mah Jongg for Beginners $(pg. 25)$</td>
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<td>1:30-3:30</td>
<td>Mah Jongg Supervised Play $(pg. 25)$</td>
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<td>3-4</td>
<td>Silver Gloves Fitness $(pg. 10)$</td>
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<td>Line Dancing - Level 3 $(pg. 14)$</td>
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<td>Financial Forum $(pg. 16)$</td>
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<td>4-5</td>
<td>Beginning Spanish 1 $(pg. 18)$</td>
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<td>4:45-5:45</td>
<td>Zumba Dance Fitness $(pg. 12)$</td>
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<td>5-6:30</td>
<td>20th Century U.S. Foreign Policy</td>
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<td>6:30-8:30</td>
<td>A Diplomatic Encounter $(pg. 16)$</td>
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**FRIDAY**

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<td>Zumba Gold-Toning $(pg. 12)$</td>
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<td>9-1</td>
<td>Friends of OASIS Monthly General Meeting $(pg. 2)$</td>
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<td>9-4</td>
<td>Open Art Workshop $(pg. 21)$</td>
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<tr>
<td>9:30-11:30</td>
<td>Adv. Beginning Bridge 2 $(pg. 24)$</td>
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<tr>
<td>9:45-2</td>
<td>Duplicate Bridge $(pg. 24)$</td>
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<td>10-11:30</td>
<td>Low Vision Support Group $(pg. 26)$</td>
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<tr>
<td>10:15-11</td>
<td>Barre Stretch &amp; Strength $(pg. 8)$</td>
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<tr>
<td>10:30-12</td>
<td>Parkinson’s Support Group $(pg. 26)$</td>
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<td>Texas Hold-em $(pg. 25)$</td>
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<td>12:30-3:30</td>
<td>Pickleball $(pg. 14-15)$</td>
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<td>Mah Jongg $(pg. 25)$</td>
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<td>Mexican Train $(pg. 25)$</td>
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<td>Sing &amp; Pick. Hootenanny Group $(pg. 14)$</td>
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<td>1:30-2:30</td>
<td>FallProof $(pg. 8)$</td>
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<td>Yoga Fusion $(pg. 12)$</td>
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<td>Guitar Workshop $(pg. 14)$</td>
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**SATURDAY ACTIVITIES**

- Garden Club Meeting - $(pg. 16)$ - 9-11am, Room 4
- Silver Glove Fitness - $(pg. 10)$ - 8-9am, Dance
- Better Balance Yoga - $(pg. 11)$ - 9-10:15am
- Dance Workshop - $(pg. 13)$ - 11-12:30pm, Dance
- Dance into Healthy Body - $(pg. 12)$ - 10:15-11:15pm, CYC
- Special Needs Ballroom - $(pg. 13)$ - 11:30-12:30pm, CYC

**SUNDAY ACTIVITIES**

- Duplicate Bridge $(pg. 25)$ - 11:15-3:45pm, Room 3
- Party Bridge $(pg. 25)$ - 1-3:30pm, Room 2

**Please Note**

Technology Tutoring appointments available on selected Mondays, 4pm-5pm. Call front office to schedule.

(949) 644-3244

**Phone Numbers**

- Organisation: (949) 644-3244
- OASIS: (949) 718-1800
- Letter: (949) 718-1818
- Tel: (949) 718-1810 (949) 718-1820

**IMPORTANT PHONE NUMBERS**

- Fitness Center: (949) 718-1818
- Administration: (949) 644-3244
- Meals: (949) 718-1820
- OASIS Travel: (949) 718-1810

**Designates a Coastline College class. Page numbers where more information can be found is listed next to each class/activity.**
# Classes & Activities

## Cards & Games

### BEGINNING BRIDGE
Ann Cressman, Gold Life Master  
anncressman@gmail.com  
949-495-4564
Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.
**OASIS ROOM 3**
- **SS2019**: 4/30-6/11  
  Tu  
  9:30-11:30am  
  $135/7

### ADVANCED BEGINNING BRIDGE 1
Ann Cressman, Gold Life Master  
anncressman@gmail.com  
949-495-4564
Lessons will consist of handouts, play of pre-arranged hands and analysis.
**OASIS ROOM 3**
- **SS2001**: 5/2-6/13  
  Th  
  9:30-11:30am  
  $135/7

### ADVANCED BEGINNING BRIDGE 2
Ann Cressman, Gold Life Master  
anncressman@gmail.com  
949-495-4564
Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.
**OASIS ROOM 3**
- **SS2006**: 5/3-6/14  
  F  
  9:30-11:30am  
  $135/7

### INTERMEDIATE SUPERVISED BRIDGE PLAY
Ann Cressman, Gold Life Master  
anncressman@gmail.com  
949-495-4564
Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 & 2.
**OASIS ROOM 3**
- **SS2093**: 4/30-6/11  
  Tu  
  12:30-2:30pm  
  $135/7

### INTRODUCTION TO BRIDGE
Rose Reynolds  
pareynolds@aol.com
Introduction to bridge will allow one to start playing bridge right away without having to know all the guidelines for bidding. Everything one learns in this class is relevant to bridge (i.e., counting your points, how to play a declarer hand, defending and scoring).
**OASIS ROOM 3**
- **SS3012**: 7/16-8/6  
  Tu  
  9:30-11:20am  
  $80/4

### INTERMEDIATE BRIDGE
Rose Reynolds  
pareynolds@aol.com
Learn popular bidding conventions to help you and your partner find the best contract. The class is designed to be fun and interactive. Opening leads, offensive and defensive strategies will also be studied. No partner necessary.
**OASIS ROOM 3**
- **SS3007**: 7/17-8/7  
  W  
  9:30-11:20am  
  $80/4

### SUPERVISED BRIDGE PLAY
Rose Reynolds  
pareynolds@aol.com
The class will consist of a short 15 minute review lesson followed by pre designed hands reinforcing the topic of the day. The class is designed to be fun and interactive. There will be ample time to ask questions. The class will reinforce one’s bidding, play of the hand, offensive and defensive strategies. Perfect for the advancing beginner to intermediate player. No partner necessary.
- A $10 material fee is due to instructor.
**OASIS ROOM 3**
- **SS3010**: 7/16-8/6  
  Tu  
  12:30-2:20pm  
  $80/4

### ACBL DUPLICATE BRIDGE
ACBL Teacher and Director: Gail Schneider  
949-472-8010  
516-314-1896
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 beginning and intermediate players at 2:15pm.*
*Game starts at 2:45pm.*
**OASIS ROOM 2**
- RSVP Not Required  
- Ongoing  
  Tu  
  *2:15-6pm  
  $12/1

### DUPLICATE BRIDGE - TUESDAY & FRIDAY
Terry and Gene Casavant  
zeintje1@gmail.com  
949-854-8138
Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.
**OASIS ROOM 2**
- RSVP Required  
- Ongoing  
  Tu/F  
  9:45am-2pm  
  $1

### DUPLICATE BRIDGE - SUNDAY
Jada Robitaille  
jadarob@aol.com, 714-321-9655
Reservations are required by Friday (email preferred). Please bring your own partner to play.
**OASIS ROOM 3**
- See above for RSVP info  
- Ongoing  
  Su  
  11:15am-3:45pm  
  $1

### PARTY BRIDGE - SUNDAY
Connie Murphy  
connieprovence@aol.com
Linda Slaughter  
linda.slaughter@altour.com
Calling all Chicago-style bridge players. Come play, practice and meet new people. No partner needed. Check in 10 minutes prior, and invite your friends!
**OASIS ROOM 2**
- RSVP Not Required  
- Ongoing  
  Su  
  1-3:30pm  
  FREE

### PARTY BRIDGE
You do not need a partner to participate. Players must be able to keep their own score.
**OASIS ROOM 1**
- RSVP Not Required  
- Ongoing  
  Tu  
  10am-2pm  
  $1

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Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.
**AMERICAN MAH JONGG FOR BEGINNERS**

Terry Sweeney  208-920-9085

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

**OASIS ROOM 3**

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>SS2200</td>
<td>4/11-5/16</td>
<td>Th</td>
<td>1:30-3:30pm</td>
<td>$118/6</td>
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<tr>
<td>SS3200</td>
<td>7/25-8/29</td>
<td>Th</td>
<td>1:30-3:30pm</td>
<td>$118/6</td>
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**AMERICAN MAH JONGG-SUPERVISED PLAY**

Terry Sweeney  208-920-9085

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

- Prerequisite: American Mah Jongg for Beginners

**OASIS ROOM 3**

<table>
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<tr>
<th>Class</th>
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<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
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<td>4/15-5/13</td>
<td>M</td>
<td>10am-Noon</td>
<td>$99/5</td>
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<td>SS2202</td>
<td>5/23-6/20</td>
<td>Th</td>
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<td>SS3201</td>
<td>7/22-8/26</td>
<td>M</td>
<td>9:30-11:30am</td>
<td>$118/5</td>
</tr>
</tbody>
</table>

**MAH JONGG**

Doris Melnick  dagm@cox.net  949-644-2600

Experienced players meet to play.

**OASIS ROOM 3**

<table>
<thead>
<tr>
<th>RSVP</th>
<th>Ongoing</th>
<th>M/F</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
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<td></td>
<td></td>
<td>12:30pm-3:30pm</td>
<td>FREE</td>
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**MEXICAN TRAIN**

Guy Richards  949-640-7809

This is a new, fun-packed game played with dominos. No cards to shuffle. Beginners are welcome.

**OASIS LIBRARY/GAME ROOM**

<table>
<thead>
<tr>
<th>RSVP</th>
<th>Ongoing</th>
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<tbody>
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<td></td>
<td></td>
<td>12:30pm-4pm</td>
<td>FREE</td>
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</table>

**PING PONG**

New players are always welcome.

**OASIS EVENT CENTER**

<table>
<thead>
<tr>
<th>RSVP</th>
<th>Ongoing</th>
<th>Tu/Th</th>
<th>Time</th>
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<tbody>
<tr>
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<td></td>
<td></td>
<td>1-5pm</td>
<td>FREE</td>
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</table>

**SCRABBLE**

Game boards, tiles and official Scrabble dictionary provided. All levels welcome.

**ROOM 1A**

<table>
<thead>
<tr>
<th>RSVP</th>
<th>Ongoing</th>
<th>M</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Not Required</td>
<td></td>
<td></td>
<td>1:30-4pm</td>
<td>FREE</td>
</tr>
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**SHANGHAI/ MAY I**

If you know how to play rummy, you’ll pick up this game in no time!

**OASIS LIBRARY/GAME ROOM**

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<tr>
<th>RSVP</th>
<th>Ongoing</th>
<th>Tu</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Not Required</td>
<td></td>
<td></td>
<td>12:30-4pm</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**TEXAS HOLD ‘EM**

Bob Apramian  949-497-9912

**OASIS ROOM 1B**

New players welcome. Should know the basics of poker. Meets on the 1st Friday every month. Play for chips only.

| RSVP | | First Friday | 11am-3pm | FREE |

**ADULTS WITH SPECIAL NEEDS**

**COASTLINE COLLEGE INTELLECTUAL DISABILITIES PROGRAM**

Taught by Coastline College Special Programs & Services Faculty

**Coastline College Registration Requirements & Information**

- Deadline to register: Friday, May 24
- Students must be at least 18 years of age
- Students must have & provide verification of an intellectual/developmental disability
- Students must complete a Coastline Special Programs & Services Application & Registration Form
- Students must meet with the Special Programs & Services Coordinator prior to enrollment
- For more information and to receive an application and registration packet, please contact Coastline Community College’s Special Programs & Services Office at 1515 Monrovia Avenue, Newport Beach, CA 92663 or call (714) 241-6214 or email specialprograms@coastline.edu

**Adaptive Fitness for Adults (SPED C438)**

This course is designed to utilize calisthenics, jogging, exercise, race walking and weight training to increase muscular strength and endurance, to improve posture and mobility, and breath control. Exercises are tailored to the abilities of the students. This course is designed specifically for individuals with intellectual disabilities.

**COMMUNITY YOUTH CENTER (3000 FIFTH AVENUE, CDM)**

| W | 6/26-8/15 | 5-7pm | Adult | Free |

**Orientation to Art (SPED C421)**

This course provides an introduction to a variety of creative art forms, with an emphasis on use of tools and materials necessary to render finished artwork. This course is designed specifically for individuals with intellectual disabilities.

**OASIS ART CENTER**

| M | 6/24-8/12 | 5-7pm | Adult | Free |

**REGISTER NOW!**

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

**Summer registration for all classes listed in BOLD begins Thursday, May 16 at 8am.**
SUPPORT GROUPS

**Alzheimer’s Caregiver Support Group**
Facilitator: Vic Mazmanian  
949-310-6682
This group meets on the first and third Wednesdays of each month. Meetings are open family members, friends and non-professional (family) caregivers caring for a loved one with Alzheimer’s Disease or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with Alzheimer’s Orange County.
Location: OASIS Room 1  
Wed 10-11:30am  
5/1 & 5/15  
Free

**Compassionate Friends, Newport Beach Chapter**
Facilitator: Basia Mosinski  
917-703-3414  
basia@onelifecoach
This group meets on the 3rd Wednesday of the month. The group is a nonprofit self-help bereavement support group for families who have experienced the death of a child(ren). When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. Compassionate Friends provides highly personalized comfort, hope, and support to families experiencing the death of a son/daughter, brother/sister or grandchild.
Location: OASIS Room 4  
Wed 6:30-8:15pm  
5/15  
Free

**Grief Support Group**
This group meets the second and fourth Thursdays of the month. Come and join us for coffee or tea, and share in easy and comforting conversation about the loss of your loved one. Please call 888-368-6869 for RSVP or inquiries.
Location: OASIS Room 4  
Th 3-4:30pm  
5/9 & 5/23  
Free

**Low Vision Support Group**
Facilitator: Charlotte Stradtman 949-552-7637 and Polly Smith 949-723-1603
This group meets on the 3rd Friday of the month. It is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants’ needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness and staying connected.
Location: OASIS Room 4  
F 10-11:30am  
No May meeting  
Free

**Parkinson’s Support Group**
Facilitator: David A. Bunch 949-933-3198
People with Parkinson’s - Care Partners - and any interested parties. Ask questions, get answers.

DISCOVER BUCK GULLY
Did you know that Irvine Ranch Conservancy provides FREE docent guided hikes of Buck Gully? To find information about hikes and to register please visit:
www.letsgooutside.org
**ASSISTANCE PROGRAMS**

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

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

**Medical Documents**

**Medical Equipment to Loan**
Wheelchairs and walkers are available in the Administration Office.

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

**OASIS Lunch Program provided by Age Well Senior Services**
Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call three days in advance to order your lunch. Call the Meals Office at 949-718-1820. Hot lunch menu is listed on page 41. Lunch Service: Monday through Friday, 12:00-12:30pm

$4.50 suggested donation - 60 or younger $6

**Home delivered meals provided by Age Well Senior Services**
Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call the Meals Office at 949-718-1811.

**LEGAL ASSISTANCE**
The lawyers donate their time and offer a free half-hour consultation. Appointments are necessary; call 949-644-3244. Consultations are held in the OASIS Administration Office.

**Thursday, May 9**
**9am - Noon**
G. Edmund Siebel
Wills, trusts, powers of attorney, probate, trust administration, special needs planning and limited conservatorships

**Thursday, May 30**
**9am - Noon**
Darlynn Morgan
Wills, trusts, probate, trust administration, special needs trusts, and long term care planning.

**HEALTH SCREENINGS & MEDICARE COUNSELING**

**Blood Pressure Screening**
Our friendly medical professionals will help you monitor your blood pressure on the 1st and 3rd Tuesdays of the month.
Location: Library
Tues 9-11am 1st & 3rd Tuesday Free

**Memory Screening**
There is a $45 fee for the screening. Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer’s Disease and related disorders. In-person screening at OASIS or Hoag; please call 949-764-6288 or visit www.OCVitalAging.org.

**Visual Aid Screening**
Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Physician referral required; call (714) 821-5000. Visit www.brailleinstitute.org.

**HICAP: Health Insurance Counseling and Advocacy Program**
HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental, and long term care insurance. Available twice monthly. Appointments are necessary.
Location: OASIS Administration Office

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

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

**Shuttle**
Provides transportation to classes and activities held at OASIS. Cost is $1.50 each way.

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

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

**Service is available**
Monday-Thursday, 7:30am - 5:00pm
Fridays, 8:00am - 5:00pm
It is recommended that reservations be made at least three business days in advance and can be made up to three weeks in advance.

**Same-day service is available**
Tuesday, Thursday & Friday
Requests between 7:30-8am
Call OASIS to register (949) 644-3244.

**OASIS TRANSPORTATION CLIENTS:**
OASIS is offering two shopping trips this month:

**99 Cent Store on Tuesday, May 7**
**Target on Tuesday, May 21**
Call the Administration Office at (949) 644-3244 to reserve your spot!
Presenting the candidates for the Friends of OASIS Board of Directors Election.

CAROL FREEMAN
After retiring from Hoag Hospital I joined Friends of OASIS and got involved with several of the Friends Activities. I also joined the OASIS Sailing Club. I find this work very rewarding and beneficial to our community. I hope to continue serving on our Board of Directors representing the wonderful active seniors who enjoy OASIS as much as I do.

VIRGINIA HAYTER
I have enjoyed my term on the Friends Board. I will continue to bring a sense of responsibility and good business sense to our mission. I am a volunteer teacher for the Current Events Group, and I also oversee the OASIS Library. I love OASIS and hope to contribute some new ideas for learning and the sense of celebration we all share as we add wisdom as well as years.

BARBARA MILBERT
I have been teaching computer classes at OASIS since 2005. I am a retired college professor and Aerospace Program Manager. I have a PhD in Mathematics and an MSEE. I volunteer on several OASIS Functions as well as taking classes. Since November 2018 I have been a Friends of OASIS Board Member. My family and I are very supportive of our OASIS programs and their mission. I hope to have your support to continue to serve on the Board of Directors.

KATHY ROBERTS
As a member of Friends of OASIS Board of Directors I have had the opportunity to experience the healthy, active and vibrant environment of OASIS Senior Center. So much of members’ well-being can be attributed to the programs and social interactions that take place here at OASIS. Being on the Board has allowed me to contribute and give back to the community. I actively serve on the Spring Fund Raising/Social Event and other events throughout the year. Another significant project for me has been developing and implementing a plan to revitalize our Gift Shop which helps support programs and services for our members. My desire is to continue my position on the Board, serving the wonderful people I encounter at OASIS.

Ballots are due Friday, June 7 at noon. See page 29 for voting details.
Mission Statement
The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.

ALEX THOMSEN
I am currently serving on the Friends of OASIS Board of Directors as Vice President of Development. I am a graduate of the University of Rochester and spent 40 years as a manufacturer’s representative in the sporting goods business. Prior to my retirement I worked in the non-medical senior home care industry. I currently live in Corona del Mar and enjoy, among other things, working to promote the Annual OASIS Cup Bridge Tournament.

JEFF UPTON
I have been a member of OASIS for over 8 years and have served two terms on the Board of Directors. I assist in managing the Boutique/Rummage Sale fund raiser; interface with Meals on Wheels and support other directors on their programs. I bring a friendly, positive, “get ’er done” attitude to our projects and would appreciate your vote to continue serving OASIS for another term on the Board of Directors.

PEGGY WACHTEL
I am a retired technology professional. Since moving to Orange County I have volunteered as a Court Appointed Special Advocate; the Newport Theater Arts Center and just recently as a cast member of CHOC Follies. I am a volunteer with the OASIS Travel Department and take advantage of many classes offered at OASIS. I thoroughly enjoy all the wonderful activities and I would like to continue doing more for our Senior Community.

ABEL ZEBALLOS
I am a retired professor from CSUF and have designed more than 200 theatrical productions. I have also taught at UCLA, CSULA and other National and International institutions. Since becoming a member of OASIS I have been involved in a number of OASIS Activities. I am currently monitoring the “Great Courses Series”. I look forward to be more involved and committed to serve the Friends of OASIS in the coming years.

What you need to know to cast your vote:
1. You must be a regular or life member in good standing.
2. You may vote by mail or in person.
3. By mail voting: use the ballot on page 33 and envelope included in this issue of the OASIS News. Your ballot must be received by noon, Friday, June 7.
4. In person voting: you may vote in person by placing your ballot in the ballot box located in the Friends of OASIS office before noon Friday, June 7. It will be verified that you are a valid voter who has not yet voted.

OASIS GIFT SHOP
Come and see our selection of jewelry and hostess gifts.
New items added all the time!
Hours: 9:00am-3:00pm
Monday-Friday

REMEMBER US IN YOUR WILL OR TRUST
Please remember to include Friends of OASIS by name (tax ID #95-3196296).
Your gift is your legacy for future seniors.
Friends of OASIS Trips

TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours:
Monday-Friday 9:00am-1:00pm.
Stop by or call us at (949) 718-1810.

Payment options: credit cards, cash or checks for day trips payable to Friends of OASIS.

GOOD TIMES TRAVEL

ATTENTION TRAVELERS (READ ME)

• Second listed price is non-member price. Join OASIS ($15 single - $25 couple) now and save!
• Please bring your own water as bottled water is not supplied on most trips. Out of courtesy to fellow passengers, please use your cell phone aboard the bus for emergency and brief conversations only.
• BUS BOARDING POLICY - Bus boarding is determined by your sign-up date.
• CANCELLATION POLICY FOR DAY TRIPS - If the cancellation is made more than 10 days prior to the trip, a full refund will be made less the fee of $10. Cancellations made less than 10 days, but more than one day before the trip, will be given a full refund less the fee of $10 if there is a replacement passenger. There will be no refund on cancellations made one day before the trip or on the day of the trip.
• ATTENTION GAMBLERS- Your Casino Rewards Card number (if you have one), your legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you! NO REFUNDS ARE GIVEN ON DAY GAMBLING TRIPS.

"We travel not to escape life, but for life not to escape us." - Anonymous

JET PROPULSION LABORATORY $59/$64

Friday, May 3 - Wait List Only
This tour provides an in depth, docent-guided tour of the campus and is the only way to learn about JPL's history and accomplishments with an opportunity to see Mission Control. Prior to the tour, enjoy lunch on your own amongst the many quaint shops and restaurants in Old Pasadena. When booking, you must provide your full legal name as it appears on your driver's license or other government identification and present it at time of tour. Walking shoes suggested as there is considerable walking on the tour.
GOOD TIMES TRAVEL
Depart 9:00am Return 6:00pm

THE CANYON, THE COAST & CAPISTRANO $99/$104

Wednesday, May 15
Enjoy a docent guided walking tour of Helena Modjeska's (One of Poland's greatest actresses and much loved resident of Orange County who once lived on Bay Island) century-old home and the rock-lined pathway she called "The Forest of Arden". After, enjoy an included delicious Mexican-style lunch with choice of entrée at the El Adobe Restaurant in the heart of San Juan Capistrano near the Mission. After lunch, travel to the beautiful Casa Romantica, an historic bluff-top home built by San Clemente's founder, Ole Hanson, for a docent-guided tour of the house and delightful gardens. Walking shoes suggested as there is considerable walking on this tour.
GOOD TIMES TRAVEL
Depart 9:00am Return 5:30pm

BRAILLE INSTITUTE & GUIDE DOGS OF AMERICA $79

Wednesday, May 22 Departure Time Change*
Travel to Los Angeles for a visit to the Braille Institute, an environment of encouragement for people with limited vision. Tour the classrooms, library and publishing department which provide services without charge. Afterwards, lunch included at the Bubba Gump Shrimp Co. in Universal City. Then on to Sylmar where we will tour the Guide Dogs of America facility also dedicated to those men and women who are visually impaired. A docent will escort you through the training complex to view the kennels, classrooms and training facilities of these wonderful canine companions.
Depart 8:00am* Return 5:30pm

IF YOU BUILD IT - L.A. ARCHITECTURAL TOUR $89/$94

Friday, June 7
Today we are joined by a professional step-on guide and L.A. history buff, Curt Tucker. This tour highlights the old, new and most unique buildings that make L.A.'s architecture so unique. Includes the Union Station, the Disney Concert Hall, a docent guided tour of Heritage Square, plus a ride on the historic Angel's Flight, the shortest railway in the world. Enjoy lunch on your own at Grand Central Market. Walking shoes suggested.
GOOD TIMES TRAVEL
Depart 8:30am Return 6:30pm
Wednesday, June 12
Travel to Temecula for a day of fun at this popular casino. Try your luck playing your favorite slots, table games, bingo or other games. Over 4,500 slots from classic to newest games waiting just for you!
Depart 9:00am Return 5:30pm

Pechanga Resort & Casino $15/$20

Disney Concert Hall – Beethoven and the Beatles $99/$104
Sunday, June 30
Join Maestro Victor Vener, Founder and Director of the California Philharmonic Orchestra. Enjoy an afternoon of music featuring Beethoven’s 5th Symphony by the Cal Phil and the Beatles hits by America’s favorite tribute band, a very interesting combination. Lunch on your own prior to the concert.
GOOD TIMES TRAVEL
Depart 10:45am Return 6:00pm

Hollywood Bowl – Patriotic Concert & Fireworks $99/$104
Wednesday, July 3
Start celebrating the 4th of July under the stars at the Hollywood Bowl. The Los Angeles Phil will perform patriotic classics, and Rock & Roll Hall of Famer, Nile Rodgers and CHIC, an American R&B band of the 70’s will provide a musical evening that you will not forget. Bring your dinner and wine, if you like, but only in coolers no larger than 15” wide and 15” high or 22” long. Walking shoes and a sweater or jacket suggested as it gets a little bit cool.
GOOD TIMES TRAVEL
Depart 4:00pm Return 12:00am

Extended Trips
Stop by the Travel Office and find the trip of your dreams - it’s waiting for you! Flyers for all trips are available in the Travel Office.

Kentucky & The Ark
May 22-27 or October 23-28

Chicago All Access
May 23-29 or September 1-7

Mystery Tours
May 13-17 or May 20-24

California Coast & Wine Country
May 12-18 or September 8-14

Alaska Cruise Holland America
May 25-June 1

Canyon De Chelly & Mesa Verde
September 8-12

French Canada & Niagara Falls
October 7-15

AFC’s Danube River Cruise Tour Charter
October 18-29

Georgia On My Mind
October 20-26

Kentucky with Noah’s Ark
October 23-28

Attention Travelers
We are looking for trips!!! Is there a special trip you would like to take? A favorite place you would like to visit? A trip you took before but would like to revisit? A trip we planned but you missed? Let us hear from you. Come by the Travel Office or call us (949-718-1810) with your ideas and suggestions.
5000 Birch Street, Suite 405
Newport Beach, CA 92660
Phone: (949) 955-0170
Fax: (949) 955-0180
Email: info@hcb-law.com

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OFFICIAL MAIL-IN BALLOT

See pages 28-29 for candidate statements. Cast one vote per candidate for up to seven candidates. More than seven votes will void your ballot. Place an “X” in the box before the candidate’s name. $15 single memberships complete one ballot; $25 couple memberships complete two ballots (see below).

<table>
<thead>
<tr>
<th>YOUR BALLOT</th>
<th>PARTNER’S BALLOT</th>
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<tbody>
<tr>
<td>[ ] Carol Freeman</td>
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<tr>
<td>[ ] Virginia Hayter</td>
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<tr>
<td>[ ] Barbara Milbert</td>
<td>[ ] Barbara Milbert</td>
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<tr>
<td>[ ] Kathy Roberts</td>
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<td>[ ] Alex Thomsen</td>
<td>[ ] Alex Thomsen</td>
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<tr>
<td>[ ] Jeff Upton</td>
<td>[ ] Jeff Upton</td>
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<tr>
<td>[ ] Peggy Wachtel</td>
<td>[ ] Peggy Wachtel</td>
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<tr>
<td>[ ] Abel Zeballos</td>
<td>[ ] Abel Zeballos</td>
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</table>

Mail-in voting procedure: Cast your vote on the official mail-in ballot. Place ballot in the envelope enclosed in your newsletter which has your return address printed on it. This envelope will validate your vote and keep it private. Add postage and mail. **Ballots must be received before noon on Friday, June 7 to be counted.**
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Christine MacDonald
(949) 929-2331
newportmacdmac@gmail.com

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**A Vibrant Life**
in Coastal Orange County

**INDEPENDENT LIVING**
at *Fairview Commons*
A service-enriched, maintenance-free lifestyle for seniors 55+
Costa Mesa, CA • (949) 629-4596

**ASSISTED LIVING & MEMORY CARE**
at *Huntington Terrace*  
Lic #306004796
Highly specialized, always supportive high quality care
Huntington Beach, CA • (657) 845-9090

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**Personal Care, Dr.'s Appointments, Errands, Meal Preparation, Respite Care, Light Housekeeping, Companionship, and Much More**

www.assistinghands.com/Newport-Beach

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**Senior Care Referral Specialists**

*Sharon Holmes*

**Eldercare Consultant for 10 years**

Know your choices and costs in Independent, Assisted Living, Memory / Dementia Care, Board & Care and In-Home Care

A Free Service to Families
We are reimbursed by communities, not families.
email: Sharon@srcareinfo.com
Office 714-955-4781  Cell 714-348-8977

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**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

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**IN-HOME CARE**

kindness, comfort, compassion...

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

Call Cassidy (949) 721 1994
cassidy@coraltreeinhomecare.com
www.coraltreeinhomecare.com

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### Hot Lunch Menu

**May 2019**

**Monday**
- Lentil Soup
- Turkey Sandwich on Whole Wheat Bread
- Carrot Raisin Salad
- Fresh Orange Oatmeal Cookies

**Tuesday**
- BBQ Chicken Thighs
- Cornbread
- Roasted Brussels Sprouts
- Apple Crisp

**Wednesday**
- Split Pea Soup
- Tuna Salad Sandwich on Whole Wheat Bread
- Broccoli & Cauliflower Salad
- Graham Crackers

**Thursday**
- Pasta and Meatballs
- Italian Blend Vegetables
- Spring Salad with Tomatoes
- Peaches with Raspberries

**Friday**
- Cilantro Lime Rice
- Caesar Salad/Dressing
- Creamed Spinach/Strawberry Shortcake

### Cold Lunch Menu

**May 2019**

**Monday**
- Caesar Salad
- 9 Grain Bread
- Orange Juice
- Chocolate Pudding

**Tuesday**
- Submarine Sandwich
- French Roll
- Cheese Slaw
- Orange Pineapple Juice Cantaloupe

**Wednesday**
- Harvest Vegetarian Plate
- Whole Wheat Roll
- Orange Pineapple Juice Frutty Raspberry Gelatin

**Thursday**
- Hummus Wrap
- Cantaloupe
- Orange Pineapple Juice Grandma’s Oatmeal Raisin Cookies

**Friday**
- Quinoa Salad Plate
- Blueberry Muffin
- Orange Juice Fresh Fruit

### Special Events

**Veteran’s Mtg**
- Advance purchase required in Friends of OASIS Office.
- Tickets: $8 members/$10 non-members.
- Menu: See page 2 for complete menu.

**Meal & Movie**
- All ham products are processed from turkey
- 1% milk offered at each meal
REGISTRATION INFORMATION
Registration is required for all programs. Programs are subject to change without notice. Confirmation receipts are emailed for fax and mail-in registration. Online registration receipts available under account information. Registration will NOT be accepted over the phone. Fees are not pro-rated for missed classes or late registration. If program is full, you will be placed on a wait list. If space becomes available, City staff will contact you and provide a 24 hour notice before moving to the next person on the list. No class petitioning permitted.

MAIL IN, WALK IN OR EMAIL
Registration form and payment to:
OASIS Senior Center
801 Narcissus Ave.
Corona del Mar, 92625
Hours: M-F 8:00am-5:00pm
Email: OASISCenter@newportcenterca.gov

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

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

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

WAIVER & RELEASE OF LIABILITY In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (We) RECOGNIZE THAT REGISTRATION IN THE PROGRAM IS DANGEROUS AND CONTAINS RISK OF PERSONAL INJURY, DEATH, DISABILITY, PROPERTY DAMAGE OR LOSS (“DAMAGES”). I ASSUME ANY AND ALL RISKS associated with my or my child’s participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. ALL SUCH RISKS ARE KNOWN AND APPRECIATED BY ME. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child’s behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child’s participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

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

Mandatory Signature: __________________________ Date: __________________________

Non-resident Fee - Those who do not reside within the City of Newport Beach, please add $5 per class priced up to $74 and $10 for classes $75 and over.
Refund Policy Unless otherwise noted — A $10 (for classes priced $74 and below) or $20 (for classes priced $75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.
Fitness Center Refund Policy – A $20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.
Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services Services at the time of registration.
Refund Processing Time/Payment Type - Check/Cash - Refunds processed within 3-4 weeks by mailed check. Credit Card – Refunds processed within 3-5 days

WAYS TO REGISTER
ONLINE
Available only prior to class start date.
1. Go to www.newportbeachca.gov/register
2. Click on Sign in
3. Enter Username & Password.
4. Click on Register
5. Enter Class #
6. Filter Activities or Search for class
7. Click on Name of Activity
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Brain Health Pillar #2 - Eat Well

It seems that every time you turn around, the press is hyping a new fad diet. In the Global Alzheimer’s Platform Foundation’s Acti-v8 Your Brain Initiative, we share evidence-based research on which foods have the greatest impact on cognitive vitality. These foods are known as the brain health “Power Foods” and include:

1. Dark green leafy vegetables
2. Natural nut sources
3. Fatty fish such as salmon
4. Berries
5. Dark cocoa
6. Small amounts of red wine

By eating brain healthy foods, you can support neuro-cognitive brain health and prevent brain matter shrinkage. Additionally, decreasing red meat intake, processed carbs, and other chemically enhanced foods can reduce your risk of cardiovascular disease, high blood, obesity, and other physical ailments that hurt brain function.

So be good to your body! Simple changes on your next grocery store trip can lead to brain benefits down the road. In addition to including the above foods on your shopping list, be sure to avoid the aisles with processed foods.

Learn about pillar #3-Sleep Well in the next issue of OASIS news.
TUESDAY NIGHT TOPICS

Lecture Series Presents...

JUNE 4 | 6pm | OASIS SENIOR CENTER

The Hidden History of Orange County

Presented by
Chris Epting,
Author, Journalist
& TV host

Award winning journalist and author of 30 books on travel, history and pop culture, Chris Epting will tell little known stories about Orange County - From Elvis to Disney to Babe Ruth and beyond. It's a look at some weird and wonderful, off the beaten track landmarks throughout the OC, with lots of trivia and fun stories culled in part from the author's series of popular books on Orange County history.

Please RSVP to oasiscenter@newportbeachca.gov 949-644-3244