

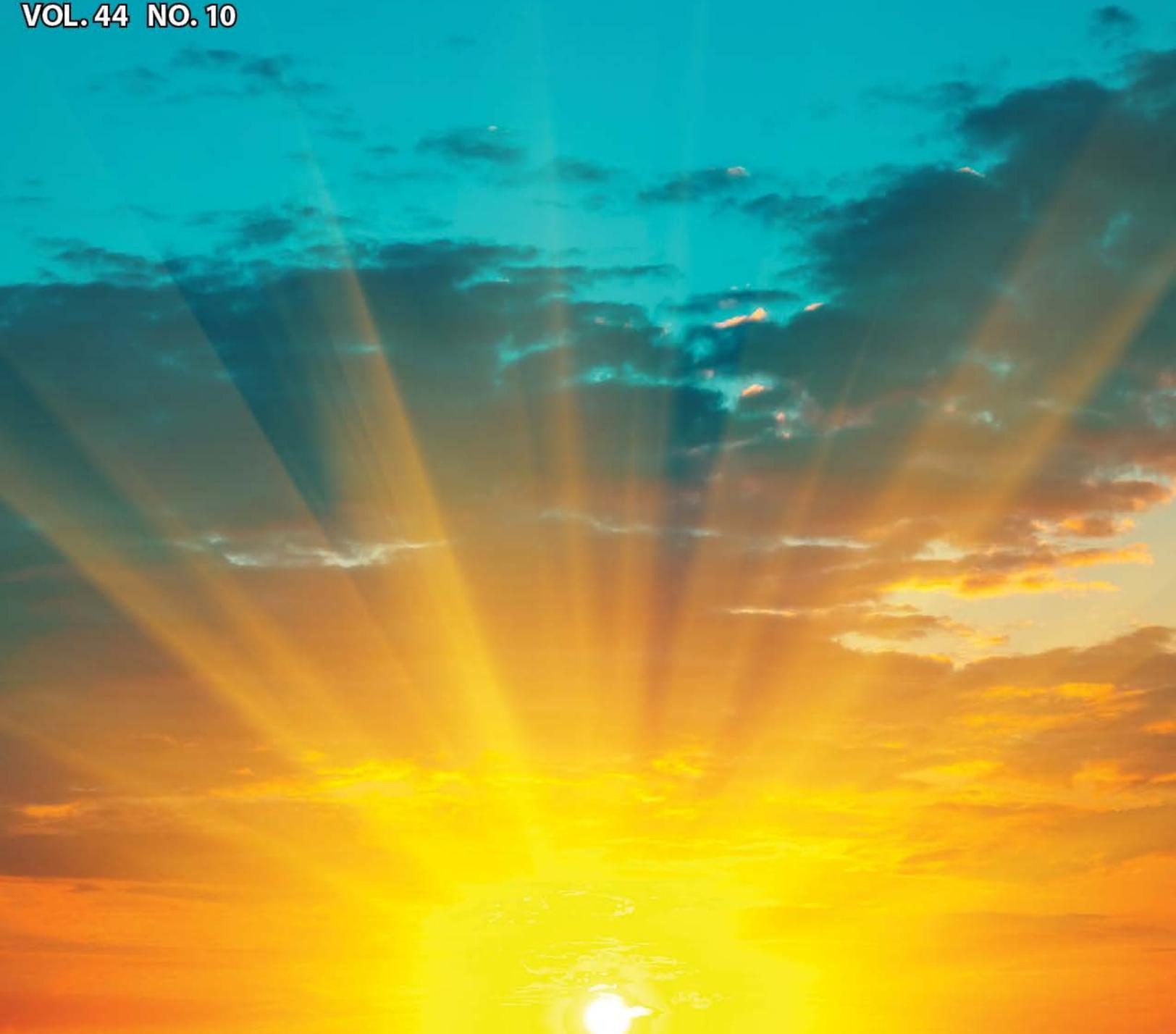
OASIS news

Older
Adult
Social &
Information
Services

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

OCTOBER 2020

VOL. 44 NO. 10



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

COVID-19 Support

OASIS Senior Center is here to help our Newport Beach Seniors.

Our staff is available by phone to help Newport Beach seniors with the following:



Monday-Friday | 8am-5pm

Call us at 949-644-3244 for assistance.

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

Fitness Center

949-718-1818
 M-Th: 7am-8pm,
 Friday: 7am-5pm
 Saturday/Sunday: 8am-4pm

CENTER IS CLOSED ON ALL CITY-OBSERVED HOLIDAYS.

City of Newport Beach Admin. Staff

- City Manager**, Grace Leung
- Recreation & Senior Services Director**, Laura Detweiler
- Senior Services Manager**, Celeste Jardine-Haug
- Social Services Supervisor**, Susie DiGiovanna
- Health and Wellness Supervisor**, Melissa Gleason
- Recreation Supervisor**, Jennifer Sisoev
- Fitness Center Coordinator**, Jena Delgado-Sette
- Recreation Coordinator**, Anne Doughty
- Transportation Coordinator**, Elizabeth Arciniega
- Department Assistant**, Ngoc "Josie" Tran
- Office Assistant**, Carrie Calderone
- Facility Maintenance**, Chris Suarez
- Care-A-Van Drivers:**
 - Bill Breslin Jose Cardenas
 - Blanca Parra Raul Cano
- Age Well Senior Services Meals Coordinators:**
 - Andrea Collins 949-718-1820
 - Jessica Olson 949-718-1811

OASIS News Staff

- Senior Editor**, Jennifer Sisoev
- Assistance by** Anne Doughty, Melissa Gleason and Ngoc "Josie" Tran
- Contributing Editors**, Scott Paulsen & Gerry Beegan
- Newsletter Committee:**
 - Nancy Greaves Pat Jones
 - Yvette Pergola Margo Stuart
- Advertising Coordinator**, Nanette Bowman

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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 - Scott Paulsen Ed Romeo, President Emeritus
 - Kathy Roberts Celeste Jardine-Haug, Ex Officio

When does my Friends of OASIS membership expire?

Check the printed line just above your mailing address on the back of this newsletter.

Questions? Call (949) 718-1800.





Celeste Jardine-Haug

OASIS Senior Center Manager

The COVID Pandemic has been a very long struggle for so many. We had to give up our activities and change the way in which we do things like grocery shop and color our hair. We learned to Zoom instead of see our family and friends in person. We learned to use grocery delivery services. Amazon has probably been busier than ever. Personally, I was never a big online shopper, now I feel like I am an expert in getting things I need to my door in a couple of days. And, don't even get me started on the delicious meals I have created while cooped up in my house. No wonder I have gained 10 pounds. It has definitely been a strange time that we will most likely not forget.

Fortunately, we are beginning to see our situation get better and the County is allowing us to bring back a few classes with rules and regulations in place. You will see in this newsletter that some of our classes are now "in-person". Yes you heard that right, IN PERSON. Classes will be limited in size. Masks must be worn and temperatures checked. The Center will not be open for socializing and casual activities. You must pre-register for a class. The Fitness Center will also re-open with a 10% capacity rule that has been set by the County. Staff has developed a registration system and you will be able to hear the guidelines regarding safety protocol at an Open House the week of October 6.

One larger activity that has been planned for this month is the annual Flu shot Clinic. Hoag will once again be donating the serum and the nursing staff to administer the vaccine. This event will be on October 21. Please see page 5 for more details and how to sign up.

The OASIS Event Center will be used for a Vote Center for the November elections. Voting will take place October 30-November 3. You will be able to manually vote or just drop off your mail-in ballot. **If you would like to vote in person, or you just need to drop off your ballot at a voting center/box, OASIS can do the driving for you. This service will be available to those who live in Newport Beach, are 60 or older and are unable to drive themselves. To request a ride, please call 644-3244 at least a week before you need the ride.**

So as you can see, things are moving along in the right direction. It might not be business as usual, but we are happy that we can at least offer a few activities. Please continue to follow the CDC guidelines and wash your hands often, wear a face covering and stay 6 feet apart. By doing your part, we will be able to beat this pandemic!

Hope to see you in person soon.

Celeste



Mike Zimmerman

Friends of OASIS President



Fall greetings to everyone. I've noticed the leaves are again starting to change, and there is the smell of Autumn in the air once again. Take some time out of your day and take a walk to appreciate how lucky we are to live in such a beautiful place. On the bright side, our Fund Drive has gone extremely well, but we are only about half way to our goal. Please be generous and send what you can to help the Friends of OASIS. Also, we have had a few hundred people not renew their Friends memberships,

however I have decided to keep them receiving these newsletters, in hopes that they do so soon, based off your membership expiration date noted on your mailing label. (Note: We had a slight mix-up last month for the September issue, as the printer admittedly omitted printing that date. The October issue will again show it.)

As you will see in our October issue, we highlight all the Zoom classes, and some of them (Car Care tips, calendar making, etc.) will be actually filmed and put up on our website for viewing. www.friendsofoasis.org.

I'm proud to say that our OASIS Sailing Club is back on the water enjoying day cruises as well as occasional sunset cruises as well. The Sailing Club is accepting new members for the best deal in Newport Beach for someone that is interested in enjoying the water. I met with Charlie Polce down by our boats today, along with Brad Avery, who is on the City Council and our Mayor Pro Tem, to thank Brad and Duffy Duffield, who financially helped out the OASIS Sailing Club by paying for their slip fees through the end of the year. The City Council support of all facets of OASIS is unmatched.

Lastly, we are having our Candidate's Forum again this year for our City Council candidates. It is on October 2nd, at 10:00. Please see page 7 of this issue for further information. We will also send an Eblast as a reminder.

I am always at your service,

Mike

OASIS Senior Center Programs

OASIS IS OPENING!

**PHASE ONE BEGINS
OCTOBER 19, 2020**

OASIS is opening in a limited capacity during Phase 1.



BARRE STRETCH & STRENGTH

10/27-12/8 10:05-10:50AM

SEE PAGE 16 FOR MORE INFO

CHAIR EXERCISE

11/9-12/9 10:30-11:15AM

SEE PAGE 16 FOR MORE INFO

THE MELT METHOD

10/20-12/8 2:15-3:15PM

SEE PAGE 16 FOR MORE INFO

PHYSICAL TRAINING

11/9-12/11 8-8:45AM OR
9:15-10AM

SEE PAGE 16 FOR MORE INFO

BALLET II

10/20-12/8 11:30AM-12:30PM

SEE PAGE 17 FOR MORE INFO

BETTER LIFE BOXING

10/19-11/9 3:30-4:30PM

10/22-12/12 8:30-9:30AM OR
3:30-4:30PM

SEE PAGE 17 FOR MORE INFO

HATHA YOGA

10/28-12/9 9-10AM

SEE PAGE 17 FOR MORE INFO

MEDITATION AND MINDFULNESS

10/27-12/8 1:30-2:30PM

SEE PAGE 16 FOR MORE INFO

ZUMBA GOLD- TONING

10/27-12/8 9-10AM

SEE PAGE 17 FOR MORE INFO

GOOD GRIEF CAFE

2ND & 4TH THURS 3-4:30PM

SEE PAGE 6 FOR MORE INFO

A DIFFERENT KIND OF BOOK CLUB

11/4 10:30AM-NOON

SEE PAGE 6 FOR MORE INFO

**REGISTRATION REQUIRED
TO ENTER OASIS DURING
PHASE 1**

View the full list of programs and register online:

NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center 949-644-3244 | osiscenter@newportbeachca.gov

OASIS RE-OPENING GUIDELINES



PHASE ONE GUIDANCE

We are happy to be reopening our facility, albeit in a limited capacity, and have instituted new mandatory safety protocols to help minimize the transmission of the COVID-19 virus.

The following protocols are required when visiting OASIS, for the health, safety and wellbeing of all:

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

To maintain distancing, seating capacity is limited. Do not reconfigure class set up. Additional protocols may be in place and will be communicated to all prior to entering and posted throughout the building.

We appreciate and thank you in advance for your cooperation.

All protocols must be followed in order to visit and remain on the campus. We look forward to seeing you at OASIS!

FREE FLU SHOT CLINIC BY APPOINTMENT ONLY

TO SCHEDULE YOUR APPOINTMENT,
PLEASE CALL OASIS AT 949-644-3244,
STARTING AT 9 A.M. ON OCTOBER 2ND.

- QUANTITIES ARE LIMITED
- MASKS WILL BE REQUIRED
- STANDARD DOSE ONLY

WEDNESDAY
OCTOBER 21, 2020
9 - 11 AM

OASIS SENIOR CENTER
EVELYN HART EVENT CENTER



In coordination with HOAG Community Benefit-Faith Community Nurses, OASIS is pleased to provide complimentary flu shots for adults 18 years and over. For pregnant women, children under the age of 18, and adults interested in the higher dose vaccine it is recommended to consult your Primary Care Physician.

OASIS Senior Center | 801 Narcissus Ave. Corona del Mar

OASIS MOVIE "Yesterday"

TUESDAY, OCTOBER 27

MOVIE STARTS AT 1:00PM
EVELYN HART EVENT CENTER

REGISTRATION REQUIRED
REGISTRATION CODE MOVIE10

Synopsis: While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

Starring: Himesh Patel, Lily James, Kate McKinnon, Ed Sheeran, James Corden, Ana de Armas, Lamorne Morris, Joel Fry, Ellise Chappell, Harry Mitchell, Alexander Arnold, Maryana Spivak, Paul McCartney, Ringo Starr

Running time: 1 hr 56min



OASIS Senior Center Programs



The Good Grief Café

An informal grief group facilitated by CareCHOICES Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey.

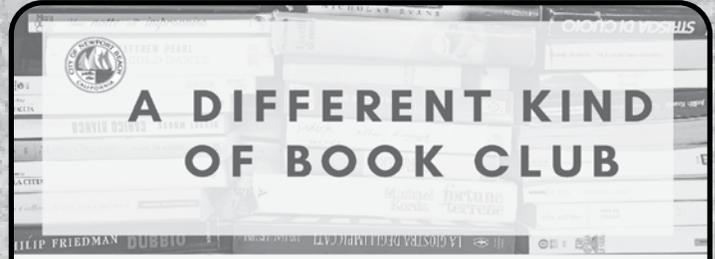
Every 2nd & 4th Thursday
3:00 - 4:30 pm
Held In-Person
OASIS Room 3

Registration Required
Registration code GG2020

Register online
 or at OASIS entrance



CareCHOICES™
 Hospice and Palliative Services, Inc.



A DIFFERENT KIND OF BOOK CLUB

WEDNESDAY,
NOVEMBER 4

10:30AM-NOON
OASIS ROOM 1A

TOPIC:
FAVORITE BOOK

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

Registration required.
 Registration code: BOOK



TRANSPORTATION TO VOTING CENTERS

If you would like to vote in person, or you just need to drop off your ballot at a voting center/box, OASIS can do the driving for you.

This service will be available to those who live in Newport Beach, are 60 or older and are unable to drive themselves.

To request a ride, please call 644-3244 at least a week before you need the ride



Breath of Fresh Air!



Take a scenic drive in our beautiful city.

Call to reserve your ride.



949-644-3244

OASIS FREE VIRTUAL PROGRAMS

OCTOBER 2020

POLYMER JEWELRY HOLDER
WEDNESDAY, OCT. 14
VIDEO POSTED ONLINE

UCI LECTURE: BREAST CANCER AWARENESS FOR MALES & FEMALES
FRIDAY, OCT. 16 @ 4PM
ZOOM ID: 960 3963 7022
ZOOM PASSWORD: 264412

VIRTUAL DRUMMING
SECOND WEDNESDAY @ 10AM
ZOOM ID: 794 1980 0988
ZOOM PASSWORD: 9ppm6U

WINE TASTING
WEDNESDAY, OCT. 21 @ 4PM
RSVP NECESSARY

BUILDING BETTER BOUNDARIES-W/ HUMAN OPTIONS
MONDAYS OCT. 26 - DEC. 14 @ 10AM
RSVP REQUIRED 949-557-5101

LET'S GO TRIPPIN'
SATURDAYS @ 3:30
REGISTRATION LINK ONLINE

VIEW OUR WEBSITE FOR ADDITIONAL ONGOING PROGRAMS SUCH AS BRAIN TEASERS, COOKING DEMOS, AND MORE.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS VIRTUAL CLASSES

OCTOBER 2020

ONLINE PAINTING WITH JIM ELLSBERRY - THE EXPRESSIVE LANDSCAPE
11/18-12/16 1-2:30PM
SEE PAGE 14 FOR MORE INFO

BEGINNING WATERCOLOR
10/15-11/24 10-10:30
SEE PAGE FOR 14 MORE INFO

BEGINNING SPANISH 1
10/22-12/10 5:30-6:30PM
SEE PAGE 15 FOR MORE INFO

ONE-ON ONE TECHNOLOGY TUTORING
ONE HOUR SESSIONS
SEE PAGE 14 FOR MORE INFO

BEGINNING FRENCH 1
10/26-11/23 5-6PM
SEE PAGE 15 FOR MORE INFO

BEGINNING FRENCH 2
10/26-11/23 6-7PM
SEE PAGE 15 FOR MORE INFO

BEGINNING ITALIAN 2
10/26-11/23 6-7PM
SEE PAGE 15 FOR MORE INFO

BEGINNING ITALIAN 1
10/26-11/23 5-6PM
SEE PAGE 15 FOR MORE INFO

CLASSES ARE OFFERED FOR A FEE AND ARE TAUGHT USING ZOOM VIDEO CONFERENCING.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

Friends of OASIS Presents

NEWPORT BEACH CITY COUNCIL CANDIDATES FORUM

The Friends of OASIS will be hosting a Candidates Forum via Zoom. You will have the opportunity to meet the candidates and learn about their platform. Join us for an informative session which will assist you with your voting decisions. Please log onto Zoom as shown below a few minutes before 10am.

**October 2, 2020
10 a.m.**

**Zoom ID: 806 395 3593
Zoom Password: OASIS**

Oasis Senior Center and UCI Health
Proudly Presents

Breast Cancer Awareness for Males and Females

Featuring Ritesh Parajuli, MD

Friday, October 16, 2020 | 4:00 pm—5:00 pm

Zoom Link:

<https://ucihealth.zoom.us/j/96039637022?pwd=THZsSHI2a01xb3RzRGIURGlYNHF1Zz09>

Zoom Meeting ID: 960 3963 7022

Password: 264412

Please RSVP

Ritesh Parajuli, MD is an assistant professor in the Division of Hematology/Oncology, Department of Medicine, UCI School of Medicine. Dr. Parajuli is the medical director of the Chemotherapy Infusion Center, Chao Family Comprehensive Cancer Center. He is also the Co-chair of the Breast Cancer Disease-oriented Team, Chao Family Comprehensive Cancer Center. He is a UCI Health medical oncologist who specializes in the management of patients with breast cancer. He practices at the UCI Health Chao Family Comprehensive Cancer Center in Orange.

Please join Dr. Ritesh Parajuli as he shares his knowledge about breast health awareness. He will also discuss the importance of clinical trials in Breast Cancer and the various medical treatment option for cancer.

For more information or to sign-up for this free zoom lecture, please call Melissa Gleason at (949) 718-1821 or email at MGleason@newportbeachca.gov or Nobi Riley at (949) 922-5752 or email at nvriley@hs.uci.edu

UCI Health



OASIS VIRTUAL EVENT: POLYMER CLAY JEWELRY HOLDER



WEDNESDAY, OCTOBER 14
10:00AM

FREE

POLYMER CLAY IS EASY TO WORK WITH AND A FUN OPTION IF YOU'RE JUST STARTING OUT IN CLAY CRAFTING. LEARN HOW TO MOLD THIS VERSATILE CLAY INTO A FUN JEWELRY HOLDER TO KEEP OR GIVE AWAY!

NO RSVP NECESSARY.
VISIT THE OASIS WEBSITE TO VIEW!

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

OASIS VIRTUAL EVENT: WINE TASTING



THURSDAY, OCTOBER 22
4:00PM

FREE

JOIN US FOR A VIRTUAL WINE TASTING WHERE WE WILL TASTE AND DISCUSS FOUR DIFFERENT WINES ALL GENEROUSLY DONATED BY HIGHTIMES LIQUOR.

PARTICIPANTS CAN PICK UP TASTING KITS ON
• THURSDAY, OCTOBER 22 FROM 9AM-1PM.

KITS ARE LIMITED. RSVP TODAY!

CALL 949-644-3244 OR EMAIL
OASISCENTER@NEWPORTBEACHCA.GOV

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

Building Better Boundaries



Mondays, Oct. 26th - Dec. 14th, 2020

10:00 am - 11:30 am

Provided via Zoom

Free 7-week educational group for individuals age 50 years or better focusing on identifying personal boundaries and enhancing the ability to set limits.

For more information, please contact Mieka Bledsoe, LMFT at (949) 557-5101.

*Please note: Due to grant funding some registration information will need to be completed by phone prior to starting. This group is free of cost.



humanoptions.org | IF YOU NEED HELP NOW, CALL: 877.854.3594 | 24 hours | 7 days



Medicare Part D Drug Coverage Assistance 2020 Provided by HICAP



Friday
November 6, 13 or 20
Phone appointments

Please schedule an
appointment in advance
949-644-3244

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

During your appointment, you must have your Medicare Card and a list of the drugs you are currently taking.

Presented by Health Insurance Counseling and Advocacy Program (HICAP), a state and federally mandated Medicare resource.

HICAP does not sell, recommend or endorse any insurance products.



Council on Aging
Southern California



LET'S GO TRIPPIN'

VIRTUAL TRAVEL PRESENTATIONS

Presented and narrated by Nino Mohan, Travel Expert



Every Saturday at 11am or 3:30pm
View our website for the full schedule.

Join us online each Saturday for a virtual travel show presented and narrated by Nino Mohan, local Travel Expert. New locations are visited each week, either with a live or prerecorded slideshow including photos, videos and personal narration by Nino himself. For a schedule of the upcoming shows, please visit our website. The slide shows are free.



FOR ONLINE VIEWING DIRECTIONS,
VISIT OUR WEBSITE,
WWW.NEWPORTBEACHCA.GOV/OASIS



Virtual Drumming with Lee Kix

Stop "solo" sheltering in silence
Come make some sounds with Kix

Second Wednesday of the Month at 10am

Find something from around your house to Shake, Rattle or Roll
and play along with Lee Kix on a Virtual ZOOM Drum Circle.
Discover your own Inner Rhythm playing with some other fun
seniors!

Add aTopic: My DRUM Meeting

[https://us04web.zoom.us/j/79419800988?](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09)
[pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09](https://us04web.zoom.us/j/79419800988?pwd=VzQ3akZ6SnlWazhVS3NrZXFBV0VXUT09)

Meeting ID: 794 1980 0988

Password: 9ppm6U



Online Painting w/ Jim

Taught by Jim Ellsberry
jim@jimEllsberry.com

The Expressive Landscape
Wednesdays, 1-2:30pm
11/18-12/16, \$119 (code: ORCS33)

This course is taught online via Zoom. This session emphasizes color and expression, using landscape subject matter. Students are given assignments based on expressionist masterworks, historic and contemporary. Using instructor photos, students have freedom to explore and interpret assignments her/his own way. Students can share work online using their computer.

- Prerequisite: Students must sign up for a Zoom account and have a computer with working camera/microphone to participate in class. Either PC, laptop or iPad computers are preferred; smart phones will work but are not as Zoom-friendly.
- Supply list will print out on receipt or contact instructor to be emailed the list.

OASIS Senior Center 949-644-3244 www.newportbeachca.gov/oasis

One-on One Technology Tutoring

with Carole Kamper



Private instruction designed to zero in on your computer/iPad/iPhone questions. Using the online platform Zoom, you and the instructor will have an opportunity to focus on the skills you want to improve.

- \$53 per 60 minute session. No refunds issued after registration.
- Dates and time will be agreed upon by instructor and student prior to registration.
- Contact the instructor directly to set up a mutually convenient time.
- Carole Kamper, carole.kamper@gmail.com, (949) 230-5902
- Registration code is ORCS002



REGISTER
ONLINE NOW!

Register online at
NEWPORTBEACHCA.GOV/REGISTER

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov



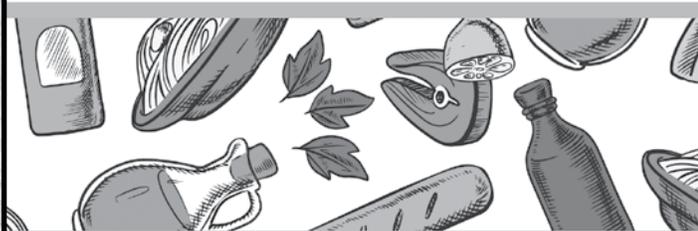


AGE WELL SENIOR SERVICES MEAL PROGRAM

MEALS ON WHEELS

MEALS ON WHEELS (M-F Delivery)

Three (3) nutritious meals are delivered M-F to home-bound seniors (60 or older) who qualify for the program. Volunteers take time from their days and use their own vehicles to lovingly ensure that no senior is without a meal. If you have questions about the program, how it works or if you or a loved one qualifies, please contact 949-718-1811.



To find out more information about this program please call:
Meals on Wheels 949-718-1811

REGISTER YOUR BIKE ONLINE

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

www.project529.com/newportbeach

- TAKES FIVE MINUTES TO REGISTER AND IT'S FREE
- YOU CAN UPLOAD PHOTOS AND PERSONAL INFORMATION (ENCOURAGED)
- ONLY SUBSCRIBED LAW ENFORCEMENT (AND THE REGISTRANT) CAN VIEW THE PERSONAL INFO AND PHOTOS UPLOADED BY THE OWNER
- YOU CAN MARK YOUR BICYCLE AS STOLEN IN PROJECT 529, ALLOWING ANY LAW ENFORCEMENT AGENCY USING PROJECT 529 TO KNOW THE BIKE IS STOLEN AND RETURN IT (USING UPLOADED INFO)
- IT IS EASY TO REMOVE ONLINE IF YOU SELL THE BIKE



SHARP

Senior Home Assistance Repair Program

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

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

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

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



WEEKLY BRAIN TEASERS

FREE

PUT YOUR BRAIN TO WORK WITH A WEEKLY SET OF GAMES, PUZZLES, CROSSWORDS AND MORE.

EACH WEDNESDAY WE WILL POST A NEW SET OF BRAIN TEASERS FOR YOU TO TRY AT HOME. ENJOY THEM ON YOUR OWN OR COLLABORATE VIRTUALLY WITH OTHERS!

NO COMPUTER OR PRINTER?
PLEASE CALL (949) 644-3244 TO PICK UP A WEEKLY PACKET.

View the full list of programs and register online:
NEWPORTBEACHCA.GOV/OASIS

OASIS Senior Center
949-644-3244 | oasiscenter@newportbeachca.gov

MEDICATION CONSULTATION

Free Personal Consultation on Medication Interactions

Have a one-on-one phone consultation with Dr. Bill Liu, the Orange County Health Care Agency Pharmacist, to discuss good medication management strategies to maximize efficacy and minimize drug side effects and potential drug interactions.

You and he will discuss the medications and supplements you are currently taking to allow him to make suggestions for improved med management.

Call 714-972-3726 to make an appointment.



VIRTUAL SUPPORT GROUPS

FREE

support



ALZHEIMER'S CAREGIVER SUPPORT GROUP

CALL (844) HELP ALZ,
(844) 435-7259 FOR DAYS AND TIMES

COMPASSIONATE FRIENDS

3RD WEDNESDAY OF EACH MONTH
@ 6:30PM.

EMAIL FOR THE LINK:
TCFNEWPORTBEACHCA@GMAIL.COM

LEGAL ASSISTANCE

Call for an appointment: 949-644-3244
Elderlaw attorneys donate their time and offer a free half-hour consultation.

HICAP: HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental and long term care insurance.
Call for an appointment: 949-644-3244

ADDITIONAL SOCIAL SERVICE RESOURCES

Information & Referral

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

Medical Equipment to Loan

Wheelchairs, walkers, knee scooters, crutches and canes are available in the Administration Office.

Telephone Reassurance

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

HOME DELIVERED MEALS

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call the Meals Office at 949-718-1811.

TRANSPORTATION

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

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

Shuttle: Provides transportation to the OASIS for programs and classes. Cost is \$1.50 each way.

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

Eligibility:

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

Service is available

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

It is recommended that reservations be made at least three business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

2020 – GREAT YEAR TO GIVE CASH TO CHARITY!!

The Cares Act provides tax benefits for 2020 only to encourage all taxpayers to give to charities:

- (1) Taxpayers who take the standard deduction can claim a \$300 above-the-line deduction on their 2020 income return for cash contributions to a qualified charity (Cares Act § 2204, IRC 62(a)),
or
- (2) For taxpayers who itemize deductions, the limit on claimed cash contributions to qualified charities is raised from 50% to 100% of their AGI (Cares Act § 2205, IRC 170(b)).

Please consult your tax advisor; however, the Friends of OASIS especially needs this year all you can give to sustain the Center's soon reopened programs and services.

Thank you,

FRIENDS and Seniors



YOUR LEGACY

Also, if you are considering making Friends of OASIS part of your legacy, here is suggested language you may want to share with your estate advisor and/or attorney to include in your trust or will:

"I give ____% of the residual of my estate or \$_____ to Friends of OASIS, a tax exempt 501(c)(3) organization with a federal taxpayer identification number of 95-3196296, located at 801 Narcissus, Corona del Mar, CA 92625."

REGISTRATION INFORMATION

- Registration is required for all programs.
- Register online, fax or mail in. Registration will NOT be accepted over the phone. In-person registration is limited. Online registration is encouraged.
- Programs are subject to change without notice.
- A minimum number of participants is required or a class may be cancelled. Sign up early to ensure your class will run.
- Class fees are not prorated for missed classes or late registrations.
- A \$5-10 nonresident fee will apply.
- Full policy for registration is listed at the bottom of the registration form located in this newsletter.

CLASS REFUND POLICY

Please note our refund policy, also located on your registration form:

- Refunds must be requested prior to the second class meeting.
- One and two-day classes require 5 business days notice.
- A refund fee will be assessed for all refunds (\$10 for classes priced \$74 and under, \$20 for classes priced \$75 and above)
- Check/cash refunds processed within 3-4 weeks by mailed check.
- Credit card refunds processed within 3-5 days returned to the card used for original purchase.

OASIS PARTICIPANT CODE OF CONDUCT

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

CODE OF CONDUCT

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

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

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

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



COMPUTER TECHNOLOGY

ONE-ON-ONE VIRTUAL TECHNOLOGY TUTORING (ONLINE)

Carole Kamper 949-230-5902
Private instruction designed to zero in on your computer/iPad/iPhone questions. Using Zoom, you and the instructor will have an opportunity to focus in on the skills you want to improve.

- \$53 per 60 minute session. No refunds will be issued after registration.
- Contact the instructor directly to set up a mutually convenient time. Carole Kamper, carole.kamper@gmail.com, 949-230-5902
- Dates and time will be agreed upon by instructor and student prior to registration.

ORCS002 By Appointment Only M-Th \$53 per hour

ENRICHMENT

WRITING YOUR LIFE STORIES 2 (ONLINE)

Berteil Mahoney 949-496-7289
Class is taught online via Zoom. Participants will continue to write their life stories while exploring their own personal writing styles.

- Prerequisite: Writing Your Life Stories 1.
- Group is limited to 12 participants.

ONLINE

ORCS30 9/29-11/17 Tu 10am-Noon \$150

WRITING YOUR LIFE STORIES 3 (ONLINE)

Berteil Mahoney 949-496-7289
Class is taught online via Zoom. Participants will continue to write their life stories and refine their writing with emphasis on the elements of style.

- Prerequisite: Writing Your Life Stories 1& 2.
- Group is limited to 15 participants.

ONLINE

ORCS31 9/29-11/17 Tu 1-3pm \$150

FINE ARTS

BEGINNING WATERCOLOR (ONLINE)

Chris Sullivan chrissullivanart@gmail.com
In this online course, you will learn how to use the basic techniques and methods for painting in transparent watercolor. In order to be able to handle the paint effectively, it is highly important to have a strong background in these fundamental techniques. You will also put these techniques to use in simple painting projects.

- This course will be taught online. No in-person instruction or work. Classwork will be conducted from home.
- All watercolor supplies must be provided by the students. Supply list will follow enrollment.
- Recommended: Basic drawing skills.
- Online instruction includes 6 online painting demonstrations on Thursdays from October 15 through November 19 from 10-10:30am and 6 Zoom meetings for questions, answers, and sharing on Tuesdays from 10-10:30am.
- Students must create a Zoom account and have access to audio/video to use the Zoom option.

ONLINE

ORCS19 10/15-11/24 Tu/Th 10-10:30am \$95

CERAMICS- ONLINE FOR CONTINUING STUDENTS

Karen Thayer karenthayer@yahoo.com

Class is taught online via Zoom. No in-person instruction or work. Participants must have taken Ceramics with Karen Thayer previously. All tools, clay, underglazes and glazes must be provided by the students. Online instruction includes: **No class 10/28, 11/11, 11/25**

- Access to weekly prerecorded demonstration lesson of 20-30 minutes (handbuilt projects only, viewable anytime)
- Access to weekly 30-minute Zoom meeting for questions and answers and sharing, each Wednesday at 10am. (Students must create a Zoom account and have access to audio/video to use this option).
- Weekly bisque and glaze firing of projects with options for decals and luster.
- Arranged times for drop-off and pick-up of projects (must be prearranged with OASIS Staff).

ONLINE

ORCS34 9/16-12/9 W \$140

ONLINE PAINTING WITH JIM ELLSBERRY- 4 KEYS TO SUCCESSFUL PAINTING

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

Class is taught online via Zoom. Covers composition, value, color and edge work. Applies to oils and all other media. We look at master painters of the past and present, and each week students complete a work based on the information presented. Still life and landscape projects. Students can share work online using their computer.

- Prerequisite: Students must sign for a Zoom account and have a computer with working camera/microphone to participate. Either PC, laptop, or iPad computers are preferred; smart phones will work but are not as Zoom-friendly.

ONLINE

ORCS32 9/23-10/21 W 1-2:30pm \$119

ONLINE PAINTING WITH JIM ELLSBERRY- THE EXPRESSIVE LANDSCAPE

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

Class is taught online via Zoom. This session emphasizes color and expression, using landscape as subject matter. Students are given assignments based on expressionist masterworks, historic and contemporary. Using instructor photos, students have freedom to explore and interpret assignments her/his way. Students can share work online using their computer.

- Prerequisite: Students must sign for a Zoom account and have a computer with working camera/microphone to participate. Either PC, laptop, or iPad computers are preferred; smart phones will work but are not as Zoom-friendly.

ONLINE

ORCS33 11/18-12/16 W 1-2:30pm \$119

Classes & Activities



FOREIGN LANGUAGE

GERMAN-ADVANCED (ONLINE)

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

BEGINNING FRENCH 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- No material fee. Book will be emailed.

ONLINE

ORCS22	9/28-10/21	M/W	5-6pm	\$185
ORCS23	10/26-11/23	M/W	5-6pm	\$185
ORCS24	11/30-12/9	M/W	5-6pm	\$95

BEGINNING FRENCH 2 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- No material fee. Book will be emailed.

ONLINE

ORCS25	9/28-10/21	M/W	6-7pm	\$185
ORCS26	10/26-11/23	M/W	6-7pm	\$185
ORCS27	11/30-12/9	M/W	6-7pm	\$185

BEGINNING ITALIAN 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- \$20 material fee for purchase of the book. Book will be mailed.

ONLINE

ORCS28	9/28-10/21	M/W	5-6pm	\$185
ORCS29	10/26-11/23	M/W	5-6pm	\$185
ORCS35	11/30-12/9	M/W	5-6pm	\$95

BEGINNING ITALIAN 2 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. **No class 11/11**

- \$20 material fee for purchase of the book. Book will be mailed.

ONLINE

ORCS36	9/28-10/21	M/W	6-7pm	\$185
ORCS37	10/26-11/23	M/W	6-7pm	\$185
ORCS38	11/30-12/9	M/W	6-7pm	\$95

BEGINNING SPANISH 1 (ONLINE)

Portal Languages 714-979-1655
 Class is taught online via Zoom. 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.

- \$30 material fee for purchase of the book. Book will be mailed.

ONLINE

ORCS20	9/15-11/3	Tu	6-7pm	\$185
ORCS21	10/22-12/10	Th	5:30-6:30pm	\$185

Classes & Activities (949) 644-3244

HATHA YOGA

Danielle Hernandez

This is a 60-min hatha yoga class that involves floor-based exercises performed on a mat. Students must be able to get up and down from the ground independently without the risk of losing balance. Most of the yoga poses will be performed on the ground in the following positions: hands and knees on the ground, seated on the ground, sideway lying, or lying on the back. Some exercises may be performed standing on the mat. Students must bring their own mat, blanket and small towel. Students are welcome to also bring yoga blocks or bolsters if needed. Due to COVID-19, no shared yoga equipment (i.e., blocks and bolsters) can be provided

OASIS DANCE ROOM-IN PERSON

SS4567 10/28-12/9 W 9-10am \$95/6
No class 11/11

BETTER LIFE BOXING

Andrew Deming

betterlifeboxing.com

At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome.

- Please bring a yoga mat, towel and water.
- Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@betterlifeboxing.com if you have any questions about this.

OASIS DANCE ROOM-IN PERSON

SS4629 10/19-11/9 M 3:30-4:30pm \$77/4
SS4630 11/16-12/7 M 3:30-4:30pm \$59/3
SS4631 10/22-11/12 Th 3:30-4:30pm \$77/4
SS4633 11/19-12/10 Th 3:30-4:30pm \$59/3
SS4628 10/22-11/12 Th 8:30-9:30am \$77/4
SS4634 11/19-12/10 Th 8:30-9:30am \$59/3

No class 11/23, 11/26

CHAIR DANCE & FITNESS

CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

Keep your body and mind as healthy as you can. Did you know can reverse the signs of aging in your brain when you learn some simple dance steps that can be done sitting in the chair? 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 instructors. Great for older adults and injury recovery.

- Online registration includes: A new link is sent every Monday just prior to class to a new private, password-protected video.
- Anytime Access: If you are enrolled in the Anytime Access version of this class, you can view your video any time & as often as you want during the session.
- Requirements: Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection. If viewing on mobile device, you need the Google Drive app. If you need assistance, call 949-644-3244.

ONLINE

ORCS62 9/28-10/19 M 11:15am-Noon \$65/4
ORCS63 10/26-11/16 M 11:15am-Noon \$65/4
ORCS64 11/23-12/14 M 11:15am-Noon \$65/4
ORCS66 9/28-10/24 (access anytime) \$125
ORCS71 10/26-11/16 (access anytime) \$125
ORCS72 11/23-12/14 (access anytime) \$125

ZUMBA GOLD®

CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and groove at your own pace in this Zumba Gold® dance party workout for the young at heart! Easy-to-follow, low-impact, dance steps to a variety of motivating music. Sign up now, get results and feel the joy!

OASIS DANCE ROOM-IN PERSON

SS4547 10/27-12/8 Tu 9-10am \$125/6
No class 11/24

ONLINE

ORCS57 9/28-10/19 M 9:00-10:00am \$65/4
ORCS58 10/26-11/16 M 9:00-10:00am \$65/4
ORCS59 11/23-12/14 M 9:00-10:00am \$65/4
ORCS61 9/28-10/19 (anytime access) \$145
ORCS69 10/26-11/16 (anytime access) \$145
ORCS70 11/23-12/14 (anytime access) \$145

- Registration includes: A new link is sent every Monday just prior to class to a new private, password-protected video.
- Anytime Access: If you are enrolled in the Anytime Access version of this class, you can view your video any time & as often as you want during the session.
- Requirements: Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection. If viewing on mobile device, you need the Google Drive app. If you need assistance, call 949-644-3244.

MUSIC & DANCING

BALLET II

Michelle Zehnder Caumiant

mcaumiant26@gmail.com

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

OASIS DANCE ROOM-IN PERSON

SS4601 10/20-12/8 Tu 11:30am-12:30pm \$125/7
No class 11/24

VIRTUAL GROUP DRUMMING

Lee Kix

Come and discover your own personal rhythm. Find something from around your house to shake, rattle or roll and play along with Lee Kix on a virtual Zoom drum circle. Discover your own inner rhythm playing with some other fun seniors! This group normally meets via Zoom the 2nd Wed of the month.

LIVE ZOOM MEETING

RSVP Not Required 10/14 W 10:00am-11:00am FREE

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

**Online registration for Fall classes begins
Monday, October 5 at 8am.**



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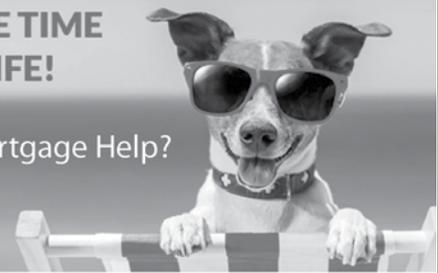
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REGISTRATION INFORMATION

Registration is required for all programs.
 Programs are subject to change without notice.
 Confirmation receipts are emailed for fax and mail-in registration. Online registration receipts available under account information.
 Registration will NOT be accepted over the phone.
 Fees are not pro-rated for missed classes or late registration.
 If program is full, you will be placed on a wait list. If space becomes available, City staff will contact you and provide a 24 hour response time before moving to the next person on the list. No class petitioning permitted.

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

Registration form and payment to:
 OASIS Senior Center
 801 Narcissus Ave.
 Corona del Mar, 92625
 Hours: M-F, 8 a.m. - 5 p.m.
 Email: OASISCenter@newportbeachca.gov

ONLINE

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

FAX

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

First Name _____ **Last Name** _____

Address _____ **City** _____ **Zip** _____

Home Phone _____ **Work/Cell Phone** _____ **Email** _____

Participant's Name	Gender	Class # Session	Class Name	Fee

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

Class Fees	
Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
Total Paid	

WAIVER & RELEASE OF LIABILITY In consideration of participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: (1) acknowledge that participation in the PROGRAMS is voluntary; (2) agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; (3) certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT's health or the health of others; (4) agree to provide verification from a licensed medical professional of PARTICIPANT's physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; (5) agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; (6) agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; (7) understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including by not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, "RISK OF INJURY"); (8) CERTIFY THAT PARTICIPANT AGREES TO ASSUME ANY AND ALL RISK OF INJURY ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY CLAIM ON PARTICIPANT'S BEHALF; (9) CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MIGHT CLAIM ON PARTICIPANT'S BEHALF, TO RELEASE, WAIVE, AND HOLD THE PROGRAM PROVIDERS HARMLESS FROM ANY AND ALL CLAIMS, ACTIONS, PROCEEDINGS, AND LIABILITY OF EVERY KIND OR NATURE WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, KNOWN OR UNKNOWN, RELATED TO, CAUSED BY, OR ARISING OUT OF PARTICIPANT'S PARTICIPATION IN THE PROGRAMS; and, (10) certify under penalty of perjury under the laws of the state of California that the foregoing is true and correct.

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

Mandatory Signature: _____ **Date:** _____

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

Refund Processing Time/Payment Type - Check/Cash- Refunds processed within 3-4 weeks by mailed check. Credit Card – Refunds processed within 3-5 days **CVC** _____

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OASIS FITNESS CENTER

(949) 718-1818



OASIS FITNESS CENTER

ONLINE WORKOUT ASSISTANCE



You can now access all previous Weekly Workout Challenges and workout videos on the OASIS Fitness Center Website.

<https://www.newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis/fitness-center/past-weekly-challenges>

We hope that you are finding these challenges just that, a challenge to be active and to do something good for your body. We encourage you to mix it up and use the online flyers and videos freely to create personalized workout routines at home that are suited to you and your level of physical activity.

Stay Active and Stay Healthy,
OASIS Fitness Center



OASIS IS OPENING!

PHASE ONE BEGINS
OCTOBER 19, 2020

OASIS is opening in a limited capacity during Phase 1.

BARRE STRETCH & STRENGTH

10/27-12/8 10:05-10:50AM

SEE PAGE 16 FOR MORE INFO

CHAIR EXERCISE

11/9-12/9 10:30-11:15AM

SEE PAGE 16 FOR MORE INFO

THE MELT METHOD

10/20-12/8 2:15-3:15PM

SEE PAGE 16 FOR MORE INFO

PHYSICAL TRAINING

11/9-12/11 8-8:45AM OR
9:15-10AM

SEE PAGE 16 FOR MORE INFO

BALLET II

10/20-12/8 11:30AM-12:30PM

SEE PAGE 17 FOR MORE INFO

BETTER LIFE BOXING

10/19-11/9 3:30-4:30PM

10/22-12/12 8:30-9:30AM OR
3:30-4:30PM

SEE PAGE 17 FOR MORE INFO

HATHA YOGA

10/28-12/9 9-10AM

SEE PAGE 17 FOR MORE INFO

MEDITATION AND MINDFULNESS

10/27-12/8 1:30-2:30PM

SEE PAGE 16 FOR MORE INFO

ZUMBA GOLD- TONING

10/27-12/8 9-10AM

SEE PAGE 17 FOR MORE INFO

GOOD GRIEF CAFE

2ND & 4TH THURS 3-4:30PM

SEE PAGE 6 FOR MORE INFO

A DIFFERENT KIND OF BOOK CLUB

11/4 10:30AM-NOON

SEE PAGE 6 FOR MORE INFO

**REGISTRATION REQUIRED
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PHASE 1**

View the full list of programs and register online:

NEWPORTBEACHCA.GOV/OASIS

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