

Welcome to the
OASIS SENIOR CENTER



OASIS
SENIOR CENTER



OASIS SENIOR CENTER

GENERAL INFORMATION

HOURS OF OPERATION

Administration Office

Monday-Thursday 7:30am-5:30pm

Friday 8am-5pm

Saturday/Sunday Closed

Center is closed on all City-observed holidays.

Fitness Center

Monday-Thursday 7:00am-8:00pm

Friday 7:00am-5:00pm

Saturday/Sunday 8:00am-4:00pm

CONTACT INFORMATION

801 Narcissus Ave., Corona del Mar, CA 92625

newportbeachca.gov/oasis

949-644-3244

FITNESS CENTER MEMBERSHIP

- *Age requirement is 50 years and older.*
- *Annual fee: Newport Beach resident \$125 Non-resident \$175*
- *Registration is required for use of Fitness Center.*
- *Personal trainers available for an additional fee.*
- *An orientation on all fitness equipment is available for each new member.*

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UPCOMING SPECIAL EVENT

FREE EVENTS

April 2 6 p.m. TNT Lecture: *Maintain Your Brain Health*

May 29 1 p.m. Afternoon Movie

June 12 6:30 p.m. Let's Go Trippin' Travel Series



A wide variety of social services are available to assist older adults and their families. Services are designed to enable people to live as independently and safely as possible. The following services are offered:

TRANSPORTATION

Care-A-Van

Provides transportation to medical appointments, grocery shopping and other necessary appointments within City limits. Cost is \$3 each way.

Shuttle

Provides transportation to senior classes and activities at OASIS. Cost is \$1.50 each way.

Hours

Monday-Thursday 7:45am-5pm.

Friday 8am-4pm.

Reservations For Traditional Ride Service

Recommended at least 3-5 business days in advance and up to 3 weeks in advance.

Reservations For Same-Day Ride Service

Available on Tuesday, Wednesday and Thursday. Call between 7:30-8:00 am for same-day rides.

Eligibility

- Age 60+
- Live in a private residence
- Reside within Newport Beach, Corona del Mar or Newport Coast.
- No longer driving or unable to drive.
- Passengers in a wheelchair must be able to push themselves or bring an attendant with them.

SOCIAL SERVICE PROGRAMS

Information & Referrals

Assistance with referrals to a vast assortment of senior services such as home care, housing options, adult day care, home health care, assisted living and retirement facilities, respite care, support groups, ombudsman services, and more. If we don't know, we'll find out.

Legal Assistance

One half hour of free legal consultation regarding estate planning, wills and trusts is available by appointment.

Medicare Assistance

A counselor can provide unbiased, individualized counseling to help Medicare recipients maximize benefits, understand health plan choices, and resolve Medicare issues (HICAP program).

Medical Equipment to Loan

Companion wheelchairs, walkers, crutches and knee scooters. Advance Health Care Directive Form Available

Memory Screening

Orange County Vital Aging Program provided at OASIS by Hoag Neurosciences Institute. Screening fee: \$45. Call 949-764-6288 or visit www.OCVitalAging.org for more information.

Senior Assessment Program

Comprehensive assessment and referral program enabling seniors to live independently in their own home.

Telephone Reassurance

Daily contact for seniors living alone.

MEAL PROGRAMS



Daily Lunch Program

Both hot and cold lunches are served Monday through Friday from Noon-12:30pm. Suggested donation \$4.50. Reservations are required. Call 949-718-1820.

Home-Delivered Meals

Meals are available for homebound seniors. Call 949-718-1820 for more details.

HEALTH SCREENINGS

Blood Pressure Screenings

Walk-in screenings on the 1st and 3rd Tuesday from 9-11am.

Visual Aid Screening

Braille Institute screens for magnifying when eyeglasses are no longer sufficient. Call 714-821-5000 for an appointment.

SUPPORT GROUPS

Alzheimer's Caregiver Support Group

Victor Mazmanian | 949-310-6682

This group meets the 1st Wednesday of the month from 10-11:30am. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's 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.

Compassionate Friends, Newport Beach Chapter

Basla Mosinski | 917-703-3414

This group meets on the 3rd Wednesday of the month from 6:30-8:15pm. The group is a non-profit self-help bereavement support group for families who have experienced the death of a child(ren).

Grief Support Group

888-368-6869

Come and join us for coffee or tea and share in an easy and comforting conversation about the loss of your loved one. This group meets the 2nd and 4th Thursday of the month from 3-4:30pm.

Low Vision Support Group

Charlotte Stradtman | 949-552-7637

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.

Parkinson's Resource Organization (pro)

PRO Office | 877-775-4111

This group meets the 2nd Thursday of the month from 6:30-8:30pm and is a support group for caregivers only. For more information call 877-775-4111.

Free Groups, Lectures & Activities

For details about various free program offerings at OASIS please view our current OASIS newsletter online at newportbeachca.gov/oasis.

FRIENDS OF OASIS



BENEFITS OF MEMBERSHIP

- Subscription to monthly OASIS Newsletter.
- Discounts on travel.
- Access to unique clubs
- Opportunity to support programs & events at OASIS.

HOW TO BECOME A MEMBER

Visit www.friendsofoasis.org to register for membership online or call 949-718.1800.

The Friends of OASIS is a 501 (C) (3) non-profit corporation. Your gift may be tax deductible - consult your tax advisor.

Single \$15/year • Couple \$25/year • Life Member \$300

UPCOMING TRAVEL OPPORTUNITIES

OASIS has fantastic travel opportunities to places near and far. Volunteers manage the travel program and work with group tour operators to offer quality tours at reasonable prices.

For detailed trip information please call 949-718-1810 or visit us at www.friendsofoasis.org and click on the travel tab, or stop by the OASIS Travel Office Monday through Friday, 9 a.m.–1 p.m.

GAMBLING TRIPS

Gambling trips are scheduled monthly. Please call 949-718-1810 for upcoming schedule.

EXTENDED TRIPS

Trips both domestic and abroad are offered. Please call 949-718-1810 for more information.

DAY TRIPS

- April** L.A.'s Hidden Gardens
- May** Jet Propulsion Lab
- May** The Caynon, The Coast & Capistrano
- June** L.A. Architectural Tour

friendsofoasis.org



ARTS & THEATRE

Beading

Tania Addington

This class is for anyone with an interest in beading with small beads and detail patterns, and those who need to refresh their basic beading stitch understanding. Students new to beading will learn about supplies, findings, tools, beads, and will work on simple projects using basic beading stitches. More experienced students will build their knowledge, learn color combination and balance, and create projects in off-loom stitches: Peyote, Brick, Netting, right Angle Weave, Square, Herringbone, and Chevron stitch. We will make rings, bracelets, earrings, and necklaces.

- A material list will print out on registration receipt.

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Tu 12:30-2:30pm 4/16-5/21 Adult \$42 **SS2013**

Bead Stringing & Re-Stringing

Tania Addington

This course is designed for beginning beaders of 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 wire loops to make earrings.

- A material list will print out on registration receipt.

OASIS SENIOR CENTER

Tu 9:30-11:30am 4/16-5/21 Adult \$42 **SS2016**

Beading & Bead Stringing - Single Repair - DROP-IN

Tania Addington

This is not a one-on-one instruction, rather, the instructor will offer helpful instructions during regular classes as time permits to drop-in students looking to repair a single item. See "Beading" and "Bead Stringing" listings for available class dates, days, and times.

- Limit one drop in student per class meeting.

Tu 9:30-11:30am 4/16-5/21 Adult \$15 **DRP200**

Card Making Workshop

Barbara Durst-Taylor

Card making fun! Join the party. All the supplies for you to make 5 one-of-a-kind cards for family, friends and loved ones... birthday, sympathy, get well, etc.! Let your creative side design a card to bring a smile to any face!

- A \$10 material fee due on the first day.

OASIS SENIOR CENTER

Th 1-3pm 4/18 Adult \$25 **SS2160**



Ceramics

Karen Thayer

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 class 5/8

- 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 due to the instructor the first day.

OASIS SENIOR CENTER

W 9am-Noon 4/3-6/12 Adult \$152 **SS2149**

Chinese Brush Painting

Diana Wong

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 due to the instructor the first day for SS2535.
- A \$6 material fee is due to the instructor the first day for SS2536 & SS2537.

OASIS ROOM 4

W 1:30-4pm 4/17-6/5 Adult \$139 **SS2535**
 W 1:30-4pm 4/17-5/8 Adult \$75 **SS2537**
 W 1:30-4pm 5/15-6/5 Adult \$75 **SS2536**

Freehand Drawing- Beg/Adv

Nancy Wahamaki Vasek

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.

- Visit <https://www.linkedin.com/in/nancygandolfwahamaki> for Nancy's education, experience and photos of her work.
- Please bring materials on the first day of class. (Material's list will print out on registration receipt).
- A \$10 material fee is due to the instructor on the first day.

OASIS SENIOR CENTER

W 9-11am 4/10-5/8 Adult \$115 **SS2076**
 W 9-11am 5/22-6/19 Adult \$115 **SS2077**

Instructor Assisted Art Workshop- Beg/Adv

Nancy Wahamaki Vasek

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 who will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. No class 5/27

- Visit <https://www.linkedin.com/in/nancygandolfwahamaki> for Nancy's education, experience and photos of her work.
- Please bring a project you are currently working on and any supplies you may need.

OASIS SENIOR CENTER

M	9am-Noon	4/8-5/6	Adult	\$110	SS2118
M	9am-Noon	5/20-6/24	Adult	\$110	SS2119

Oil Painting

Bobbi Boyd

This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. More experienced artists can continue to develop and move to a whole new level. I will help you up your game. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started. No class 5/27

- Solvent-free paints are preferred.
- Material list will print on receipt.
- A \$10 material fee is due to the instructor the first day.

OASIS SENIOR CENTER

M	1-4pm	4/1-4/29	50	\$145	SS2004
M	1-4pm	5/13-6/17	50	\$145	SS2008

Paint Your Own Wine Glass

Barbara Durst-Taylor

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!

- A \$10 material fee is due to the instructor the first day.

OASIS SENIOR CENTER

Th	1-3pm	5/30	Adult	\$25	SS2161
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Rag Quilt Workshop

Barbara Durst-Taylor

Learn how to make a soft, snuggly lap rag flannel quilt in 3 workshop days. Simply design and construction. Sewing (at home) required. Easy to follow directions, and instruction. You will be required to buy your own material after day 1.

- A \$15 material fee is due to the instructor the first day.

OASIS SENIOR CENTER

Tu	6-7:30pm	4/16-4/30	Adult	\$45	SS2163
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Watercolor- Beginning

Theresa Fernald

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.

- A materials list will print out on registration receipt.
- A \$5 material fee is due to the instructor on the first day.

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Tu	1-4pm	4/2-5/7	Adult	\$82	SS2140
Tu	1-4pm	5/14-6/18	Adult	\$82	SS2141

Watercolor- Intermediate

Christine Sullivan

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 set-ups. Demonstrations, individual assistance and group critiques all included.

- A material list will print out on registration receipt.

OASIS SENIOR CENTER

W	9am-Noon	4/3-5/8	Adult	\$142	SS2162
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Watercolor- Advanced

Christine Sullivan

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.

- Material list will print on receipt.

OASIS SENIOR CENTER

W	1-4pm	4/3-5/8	Adult	\$142	SS2213
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DANCE

All Level Swing Basics

Definitely Dance Inc.

Learn how to own the dance floor with this dynamic class! Swing is one of the most popular dances, and you will learn some exciting new moves to last a lifetime! And to top it off, we make learning fun. Come join us! No class 5/27

- No partner needed
- Drop-In \$13 (NO REFUNDS) DRP264

OASIS SENIOR CENTER

M	2:15-3:15pm	4/1-4/29	Adult	\$40	SS2593
M	2:15-3:15pm	5/6-6/10	Adult	\$40	SS2594

Ballet II

Michelle Zehnder

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. No class 5/14

- Please wear comfortable clothing and ballet slippers by the second class meeting.
- Drop-In \$18 (NO REFUNDS) DRP255

OASIS SENIOR CENTER

Tu	11:30am-12:30pm	4/2-6/11	Adult	\$128	SS2601
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Ballroom Dance Basics

Definitely Dance Inc.

Never be a wallflower again. From Waltz to 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 class 5/27

- No partner needed.
- Drop-In \$13 (NO REFUNDS) DRP264

OASIS SENIOR CENTER

M	12:30-2pm	4/1-4/29	Adult	\$40	SS2597
M	12:30-2pm	5/6-6/10	Adult	\$40	SS2599
M	6:45-8:15pm	4/1-4/29	Adult	\$40	SS2598
M	6:45-8:15pm	5/6-6/10	Adult	\$40	SS2600



Dance Workshop

Michelle Zehnder

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. No class 5/11

- Drop-In \$23 (NO REFUNDS) DRP259

OASIS SENIOR CENTER

Sa	11am-12:30pm	4/6-6/1	Adult	\$152	SS2602
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Intro to Broadway Dance

CS Dance Factory

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. No class 4/10

OASIS SENIOR CENTER

W	10:15-11am	4/17-6/19	Adult	\$155	SS2646
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Line Dancing

Vickie Jackson

Learn new dances and classic favorites while improving your fitness level. No class 4/25

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

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

Level 3 - Easy Intermediate / Intermediate (Step Competency required)

- Drop-In \$15 (NO REFUNDS) DRP600

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Level 1

Th	1-1:55 PM	4/4-5/9	Adult	\$34	SS2603
Th	1-1:55 PM	5/16-6/20	Adult	\$40	SS2604

Level 2

Th	2-2:55 PM	4/4-5/9	Adult	\$34	SS2605
Th	2-2:55 PM	5/16-6/20	Adult	\$40	SS2606

Level 3

Th	3-4pm	4/4-5/9	Adult	\$34	SS2607
Th	3-4pm	5/16-6/20	Adult	\$40	SS2608

Combo Class: Level 1 & 2

Th	1-2:55 PM	4/4-5/9	Adult	\$46	SS2609
Th	1-2:55 PM	5/16-6/20	Adult	\$52	SS2610

Combo Class: Level 2 & 3

Th	2-4pm	4/4-5/9	Adult	\$46	SS2611
Th	2-4pm	5/16-6/20	Adult	\$52	SS2612

ENRICHMENT

Languages

Portal Languages

Beginning Level 1

Learn a language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. No class 5/27

Beginning Level 2

A continuation for students that have completed the Level 1. The class will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. No class 5/27

- Any material fees are due to the instructor the first day.

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Beginning French 1 (\$25 material fee)

M/W	5-6pm	4/8-5/1	Adult	\$180	SS2028
M/W	5-6pm	5/6-6/3	Adult	\$180	SS2029
M/W	5-6pm	6/10-6/19	Adult	\$160	SS2030

Beginning French 2 (\$25 material fee)

M/W	6-7pm	4/8-5/1	Adult	\$180	SS2033
M/W	6-7pm	5/6-6/3	Adult	\$180	SS2034
M/W	6-7pm	6/10-6/19	Adult	\$160	SS2035

Beginning Italian 1 (\$20 material fee)

M/W	5-6pm	4/8-5/1	Adult	\$180	SS2043
M/W	5-6pm	5/6-6/3	Adult	\$180	SS2044
M/W	5-6pm	6/10-6/19	Adult	\$160	SS2045

Beginning Italian 2 (\$20 material fee)

M/W	6-7pm	4/8-5/1	Adult	\$180	SS2038
M/W	6-7pm	5/6-6/3	Adult	\$180	SS2039
M/W	6-7pm	6/10-6/19	Adult	\$160	SS2040

Beginning Spanish 1 (\$30 material fee)

Tu/Th	4-5pm	4/2-4/25	Adult	\$180	SS2049
Tu/Th	4-5pm	4/30-5/23	Adult	\$180	SS2050
Tu/Th	4-5pm	5/28-6/20	Adult	\$180	SS2051



Advanced French Reading & Discussion

Darielle Wilson

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 SENIOR CENTER

Th	10am-Noon	4/4-6/20	Adult	\$70	SS2005
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Advanced Studies in French Literature

Darielle Wilson

Class is conducted exclusively in French. Literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous classroom and small-group discussions, reading aloud, dictations and grammar review as needed. Reading selections will include the classic novel *Les Liaisons dangereuses* by Choderlos de Laclos.

OASIS SENIOR CENTER

W	10am-Noon	4/3-6/19	Adult	\$70	SS2011
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Computer Skills

Carole Kamper

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.

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M	11am-Noon	4/8-4/29	Adult	\$64	SS2060
Tu	10:30am-12:30pm	6/11-6/18	Adult	\$64	SS2061

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 Picasa photo editing program.

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

OASIS SENIOR CENTER

Th	9:45-10:45am	4/25-5/9	Adult	\$48	SS2068
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Ebay 1

Barbara Yin-Milbert

Learn to buy and sell items on eBay.

- Prerequisite: basic computer skills and familiarity with the internet

OASIS SENIOR CENTER

W	10am-Noon	4/3	Adult	\$32	SS2070
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Ebay 2

Barbara Yin-Milbert

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

- Prerequisite: eBay 1 or equivalent and basic computer skills, and have eBay and paypal account.

OASIS SENIOR CENTER

Th	11am-Noon	4/4-4/11	Adult	\$32	SS2073
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Excel Refresher

Barbara Yin-Milbert

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

OASIS SENIOR CENTER

Th 9:45-10:45am 4/4-4/11 Adult \$32 **SS2107**

Intermediate Computer Skills

Carole Kamper

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 SENIOR CENTER

Tu 11am-1pm 5/21-5/28 Adult \$64 **SS2124**

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 SENIOR CENTER

Th 11am-Noon 5/23-6/13 Adult \$64 **SS2106**

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.*

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Th 11am-Noon 4/25-5/9 Adult \$48 **SS2109**

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 SENIOR CENTER

Th 9:45-10:45am 5/23-6/13 Adult \$64 **SS2115**

Ipad Basics

Carole Kamper

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 introducing you to several APPS.

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Tu	1-3pm	4/16	Adult	\$34	SS2122
M	10am-Noon	6/17	Adult	\$34	SS2123



Iphone For Beginners

Carole Kamper

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, such as Settings, Calendar and Photos. You will also become familiar with several APPS to make you a more experienced and confident smartphone user. Please contact the instructor if you have any questions regarding the version of your iPhone for this class.

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, such as Settings, Calendar and Photos. You will also become familiar with several APPS to make you a more experienced and confident smartphone user. Please contact the instructor if you have any questions regarding the version of your iPhone for this class.

OASIS SENIOR CENTER

Tu	11am-1pm	4/9	Adult	\$34	SS2127
M	10am-Noon	6/3	Adult	\$34	SS2128

Making a Shutterfly Photo Book

Carole Kamper

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly Smartphone app you will learn how to upload pictures from your phone directly to your Shutterfly account.

- *Prerequisite: Basic computer skills with some knowledge of the internet.*

OASIS SENIOR CENTER

Tu	1-3pm	5/7	Adult	\$34	SS2062
M	10am-Noon	6/10	Adult	\$34	SS2063

Writing Your Life Stories (Advanced)

Berteil Mahoney

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.*
- *Group is limited to 12 participants.*

OASIS SENIOR CENTER

Tu	12:30-2:30pm	4/2-5/21	Adult	\$140	SS2164
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Writing Your Life Stories - 1

Berteil Mahoney

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

- A \$15 materials fee is due to the instructor the first day.

OASIS SENIOR CENTER

Tu 10am-Noon 4/2-5/21 Adult \$140 **SS2168**

GAMES

Advanced Beginning Bridge 1

Ann Cressman

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

OASIS SENIOR CENTER

Th 9:30-11:30am 5/2-6/13 Adult \$135 **SS2001**

Advanced Beginning Bridge 2

Ann Cressman

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

- Prerequisite: Advanced Beginning Bridge 1.

OASIS SENIOR CENTER

F 9:30-11:30am 5/3-6/14 Adult \$135 **SS2006**

Advanced Beginning Bridge 3

Rose Reynolds

The class will consist of overcalling, preemptive bids, strong hands, and slam bidding. The class is designed for newer players or those who want to reinforce their bridge skills.

- A \$10 material fee is due to instructor the first day.

OASIS SENIOR CENTER

M 6-8pm 4/1-4/29 Adult \$90 **SS2007**

American Mah Jongg for Beginners

Terry Sweeney

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 1930's, and is popular worldwide. Join us for fun and laughter. Come experience the thrill of your first Mah Jongg.

OASIS SENIOR CENTER

Th 1:30-3:30pm 4/11-5/16 Adult \$118 **SS2200**

American Mah Jongg-Supervised Play

Terry Sweeney

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 with Terry Sweeney.

OASIS SENIOR CENTER

M 9:30-11:30am 4/15-5/13 Adult \$99 **SS2201**
Th 1:30-3:30pm 5/23-6/20 Adult \$99 **SS2202**



Beginning Bridge

Ann Cressman

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

OASIS SENIOR CENTER

Tu 9:30-11:30am 4/30-6/11 Adult \$135 **SS2019**

Bridge- Intermediate Supervised Play

Ann Cressman

Improve your play through supervised instruction and analysis of hands.

- Prerequisite: Advanced Beginning Bridge 1 and 2.

OASIS SENIOR CENTER

Tu 12:30-2:30pm 4/30-6/11 Adult \$135 **SS2093**

Supervised Play

Rose Reynolds

The class will consist of a brief review mini lesson, then play hands that reinforce the lesson. The class is designed to reinforce your all around bridge skills. Bidding, play of the hand, offense and defense. A great opportunity to ask questions in a relaxed interactive environment. No class 5/27

- A \$10 material fee is due to instructor the first day.

OASIS SENIOR CENTER

M 6-8pm 5/13-6/17 Adult \$90 **SS2010**

HEALTH & FITNESS

Barre Stretch & Strength

CS Dance Factory

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. No class 4/8, 4/12, 5/27

- **Drop-In \$20 (NO REFUNDS) DRP251**

OASIS SENIOR CENTER

M	10:05-10:50am	4/1-6/24	Adult	\$140	SS2648
F	10:15-11am	4/5-6/28	Adult	\$150	SS2649
M/F	10:05-11am	4/1-6/28	Adult	\$260	SS2650

Better Balance Yoga

Mindful Movement

BBY is a blend of traditional forms of yoga, like Hatha and Vinyasa, with a modern exercise science approach. Each class we work on facilitating better movement and awareness, strengthening our mind and body, and integrating everything into balancing our lives both on and off our mats. Every session focuses on different regions of the body and is synchronized into fundamental movement concepts (i.e. arms integrated with core, hips/feet and their relationship with balance, etc.). No class 5/25

- *Must be able to get up and down from the ground with relative ease and comfort.*
- *Please bring a yoga mat, towel, and water.*
- *Yoga blocks and other equipment provided. (Optional equipment: blankets.)*
- **Drop-In \$20 (NO REFUNDS) DRP266**

OASIS SENIOR CENTER

W	7:30-8:30am	4/3-5/8	Adult	\$83	SS2571
Sa	9:15-10:15am	4/6-5/11	Adult	\$83	SS2573
Sa	9:15-10:15am	5/18-6/22	Adult	\$70	SS2574
W	7:30-8:30am	5/15-6/19	Adult	\$83	SS2572

Chair Exercise

Judy Aprile

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated. No class 4/17, 5/8, 5/27

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

OASIS SENIOR CENTER

M/W	9:30-10:30am	4/1-4/24	Adult	\$35	SS2520
M/W	9:30-10:30am	6/3-6/24	Adult	\$35	SS2522
M/W	9:30-10:30am	5/1-5/22	Adult	\$31	SS2521

Chair Tai Chi

Diana Wong

Chair Tai Chi is a min-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.*
- *Please wear comfortable clothing; no open-toed shoes.*
- **Drop-In \$20 (NO REFUNDS) DRP263**

OASIS SENIOR CENTER

Th	10:45-11:45am	4/11-6/6	Adult	\$89	SS2532
Th	10:45-11:45am	5/2-6/6	Adult	\$69	SS2533

FallProof®

Anchor Five Health & Wellness

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 have 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. No class 5/27

- *Space is limited to 12 students.*
- *Must register in person.*
- *New students must complete a balance assessment a week prior to the first class or during the initial week of the program.*
- *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 SENIOR CENTER

M/F	1:30-2:30pm	4/1-4/26	Adult	\$127	SS2547
M/F	1:30-2:30pm	5/13-6/17	Adult	\$159	SS2548

Head to Toe Fitness

Keith Glassman

Starting with dynamic stretching and low impact movements, this class includes light weight training and floor exercises, helping you maintain bone density as it tones, strengthens, and stretches muscles throughout the body. No class 4/9, 4/11

OASIS SENIOR CENTER

Tu/Th	8-9am	4/2-5/2	Adult	\$65	SS2516
Tu/Th	8-9am	5/7-5/30	Adult	\$65	SS2517
Tu/Th	8-9am	6/4-6/20	Adult	\$50	SS2518

How to Prevent Damage to Your Body from Sitting

Kathryn Rollins

Are you sitting at your desk, in front of the computer, traveling or just reading a book for hours upon end? Recent studies show that sitting for long periods can be damaging to your body and mind. Come and learn how to counteract the negative effects of sitting. Taught by nurse who specializes in injury prevention and injury management.

OASIS SENIOR CENTER

W 3:45-5pm 5/29 Adult \$25 **SS2579**

Intro to MELT Method of Self Care

Yvette Casal

For anyone new to the MELT Method, this class must be taken prior to taking the 1 hour class. Erase pain and tension in your hands, feet, neck and low back. Tension brought on by everyday stress, overuse and aging. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. 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.
- Drop-In \$15 (NO REFUNDS) DRP257

OASIS SENIOR CENTER

Tu 1-1:40 PM 4/9-4/30 Adult \$50 **SS2510**
 Tu 1-1:40 PM 5/14-6/4 Adult \$50 **SS2511**

It's Time To Get Up...Easily

Kathryn Rollins

Is getting up from a chair or floor difficult? Come and learn why and what stretches, exercises and strategies can make it easier. Taught by a nurse who specializes in Injury Prevention and Injury Management.

OASIS SENIOR CENTER

W 3:45-5pm 6/12 Adult \$25 **SS2590**

Iyengar Yoga

Carolyn Matsuda

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation, from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. No class 5/27, 5/30

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

OASIS SENIOR CENTER

M 10-11:15am 4/1-4/29 Adult \$75 **SS2585**
 M 10-11:15am 5/13-6/17 Adult \$75 **SS2588**
 Th 10-11:15am 4/4-5/2 Adult \$75 **SS2586**
 Th 10-11:15am 5/16-6/13 Adult \$75 **SS2589**
 M/Th 10-11:15am 4/1-5/2 Adult \$135 **SS2584**
 M/Th 10-11:15am 5/13-6/20 Adult \$135 **SS2587**

Keeping Your Bones Strong & Healthy

Kathryn Rollins

Come to this informative, one hour class where you will learn about osteoporosis/osteopenia, the anatomy of the bone, how it ages and the best exercise and diet decisions you can make. Taught from a proactive viewpoint by a nurse who specializes in Injury Prevention and Injury Management.

OASIS SENIOR CENTER

W 3:45-5pm 4/24 Adult \$25 **SS2580**



MELT Method

Yvette Casal

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.
- Drop-In \$20 (NO REFUNDS) DRP257

OASIS SENIOR CENTER

Tu 1:45-2:45pm 4/2-4/30 Adult \$65 **SS2512**
 Tu 1:45-2:45pm 5/14-6/11 Adult \$65 **SS2513**

Physical Training

Judy Aprile

This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor. No class 4/5, 4/17, 5/3, 5/27, 5/29, 6/7, 6/26

- Please bring exercise mat and hand towel.

OASIS SENIOR CENTER

M/W/F 7-7:55am 4/1-4/26 Adult \$48 **SS2501**
 M/W/F 7-7:55am 6/3-6/28 Adult \$48 **SS2503**
 M/W/F 7-7:55am 5/1-5/31 Adult \$52 **SS2502**
 M/W/F 8:05-9am 4/1-4/26 Adult \$43 **SS2504**
 M/W/F 8:05-9am 6/3-6/28 Adult \$48 **SS2506**
 M/W/F 8:05-9am 5/1-5/31 Adult \$52 **SS2505**

Pilates

Kathryn Rollins

This Pilates beginning/intermediate class is taught with strength, alignment and flexibility in mind. Throughout each class participants are taught proper functional movement so their bodies can be maintained and injuries prevented. Taught by a nurse who specializes in injury prevention and injury management.

- Bring a mat and patience.
- Drop-In \$21 (NO REFUNDS) DRP254

OASIS SENIOR CENTER

Tu	8:45-9:45am	4/2-5/7	Adult	\$92	SS2613
Tu	8:45-9:45am	5/14-6/18	Adult	\$92	SS2616
W	5:30-6:30pm	4/10-5/8	Adult	\$84	SS2614
W	5:30-6:30pm	5/22-6/19	Adult	\$84	SS2617
Th	7:30-8:30am	4/11-5/9	Adult	\$84	SS2615
Th	7:30-8:30am	5/23-6/20	Adult	\$84	SS2618

Silver Glove Fitness

Andrew Deming

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. No class 5/25, 5/27

- Please bring a 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@sivlervglovesfitness.com if you have any questions about this.
- Drop-In \$20 (NO REFUNDS) DRP267

OASIS SENIOR CENTER

M	3:30-4:30pm	4/1-5/6	Adult	\$95	SS2628
M	3:30-4:30pm	5/13-6/17	Adult	\$80	SS2629
Th	3-4pm	4/4-5/9	Adult	\$95	SS2630
Th	3-4pm	5/16-6/20	Adult	\$95	SS2631
Sa	8-9am	4/6-5/11	Adult	\$95	SS2632
Sa	8-9am	5/18-6/22	Adult	\$80	SS2633

Strong and Healthy Bones Chair/ Standing Class

Kathryn Rollins

If you have osteopenia, osteoporosis, want to increase bone density, or just want to move then this class is for you. We use scientifically-based, impact, resistance and strengthening moves proven to support bone health and strength. Taught by a Buff Bones certified nurse who specializes in injury prevention.

- Bring a pair of 1.5lb ankle weights.
- Drop-In \$21 (NO REFUNDS) DRP254

OASIS SENIOR CENTER

Th	9:15-10:15am	4/11-5/9	Adult	\$84	SS2544
Th	9:15-10:15am	5/23-6/20	Adult	\$84	SS2545



Strong and Healthy Bones Mat/ Standing Class

Kathryn Rollins

If you have osteopenia, osteoporosis, want to increase bone density, or just want to move then this class is for you. We use scientifically-based, impact, resistance and strengthening moves proven to support bone health and strength. Taught by a Buff Bones certified nurse who specializes in injury prevention. Bring a pair of 1.5lb ankle weights and a mat.

- Drop-In \$21 (NO REFUNDS) DRP254

OASIS SENIOR CENTER

Tu	10-11am	4/2-5/7	Adult	\$92	SS2542
Tu	10-11am	5/14-6/18	Adult	\$92	SS2543

Tai Chi - Sun Style

Diana Wong

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.

OASIS SENIOR CENTER

W	11:15am-12:15pm	4/17-6/5	Adult	\$92	SS2530
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Tai Chi Qigong

Diana Wong

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony into your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor (dianawong2001@yahoo.com). Beginner are welcome.

- Drop-In \$20 (NO REFUNDS) DRP263

OASIS SENIOR CENTER

Th	9:30-10:30am	4/11-6/6	Adult	\$89	SS2528
Th	9:30-10:30am	5/2-6/6	Adult	\$69	SS2529

Therapeutic Pilates Movement

Kathryn Rollins

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 that want a slower pace with lots of information. Taught by a nurse who specializes in injury prevention and injury management. No class 5/23

- *Bring a mat and enthusiasm.*

OASIS SENIOR CENTER

Th	10:30-11:30am	4/11-5/9	Adult	\$84	SS2619
Th	10:30-11:30am	5/30-6/20	Adult	\$72	SS2620



Zumba Gold Toning

CS Dance Factory

This class offers the best of both worlds: the exhilarating experience of a Zumba Gold® 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. No class 4/12

- *Toning sticks optional.*

OASIS SENIOR CENTER

F	9-10am	4/5-6/28	Adult	\$149	SS2557
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Yoga Fusion: Vinyasa Mixed with Yin

Anchor Five Health & Wellness

Prana is often referred to as life-energy, vital life force, or more simply breath. Through this yoga practice, you can awaken a source of "vitality" by activating the power of your "breath" while you engage in a combination 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. No class 4/29, 5/3, 5/27

- *Please bring a yoga mat, blanket and small towel.*
- **Drop-In \$22 (NO REFUNDS) DRP250**

OASIS SENIOR CENTER

M	5:15-6:30pm	4/1-4/22	Adult	\$72	SS2564
M	5:15-6:30pm	5/6-5/20	Adult	\$54	SS2566
M	5:15-6:30pm	6/3-6/24	Adult	\$72	SS2570
F	2:45-4pm	4/5-4/26	Adult	\$72	SS2565
F	2:45-4pm	5/10-5/31	Adult	\$72	SS2567
F	2:45-4pm	6/7-6/28	Adult	\$72	SS2581
M/F	5:15-4pm	4/1-4/26	Adult	\$128	SS2568
M/F	5:15-4pm	5/6-5/31	Adult	\$112	SS2569
M/F	5:15-4pm	6/3-6/28	Adult	\$128	SS2582

Zumba Gold (Chair)

CS Dance Factory

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 simple, 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, too. No class 5/3, 6/7

- *Bring water and a towel.*

OASIS SENIOR CENTER

F	11:15am-Noon	4/19-5/17	Adult	\$30	SS2562
F	11:15am-Noon	5/24-6/21	Adult	\$30	SS2563

Zumba Gold

CS Dance Factory

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! No class 4/6- 4/12, 5/25, 5/27

- *New multi day discounts for 4-day and 6-day unlimited options.*
- **Drop-In \$20 (NO REFUNDS) DRP251**

OASIS SENIOR CENTER

M	9-10am	4/1-6/24	Adult	\$137	SS2551
W	9-10am	4/3-6/26	Adult	\$149	SS2552
Th	9-10am	4/4-6/27	Adult	\$149	SS2553

Zumba Gold: 4-Day OASIS

M/W/Th/F	9-10am	4/1-6/28	Adult	\$325	SS2558
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Zumba Gold: 6-Day OASIS

M-Sa	9-10am	4/1-6/28	Adult	\$435	SS2559
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Zumba® Dance Fitness

CS Dance Factory

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® Fitness classes are exercise in disguise.

- *Bring a water & towel.*

OASIS SENIOR CENTER

Th	4:45-5:45pm	4/18-6/20	Adults	\$125	SS2554
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