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

Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1822
Friends of OASIS: 949-718-1800

HOURS:
City Administration  Fitness Center
M-Th 7:30am-5:30pm  M-Th 7am-7pm
Fr 7:30am-4:30pm  Fr 7am-5pm
Sa-Su Closed  Sa-Su 7am-2pm

Friends of OASIS Admin
M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:
City Manager: Grace Leung
Recreation & Senior Services Director: Laura Detweiler
Senior Services Manager: Melissa Gleason
Facility Maintenance: Chris Suarez
Health & Wellness Supervisor: Jena Delgado-Sette
Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: Lisa Mandich
Recreation Coordinator: Hilda El-Souki
Transportation Coordinator: Elizabeth Arciniega
Department Assistant: Jessica Battioni
Office Assistant: Carrie Calderone
Care-A-Van Drivers: Bill Breslin, Jose Cardenas, Raul Cano, Blanca Parra, Araceli Gonzalez, Eleanor Anderson, Berenice Barajas, Andrea Collins, Jessica Olson

FRIENDS OF OASIS STAFF:

AGE WELL MEALS STAFF:

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Mayor Pro Tem  Kevin Muldoon
Council Member  Noah Blom
Council Member  Joy Brenner
Council Member  Diane B. Dixon
Council Member  Duffy Duffield
Council Member  Will O’Neill

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Vice President of Civic Affairs: Walt Howald
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OASIS NEWS STAFF

Senior Editor: Anne Doughty
Co-Editor: Hilda El-Souki
Contributing Editors: Gerry Beegan, Anne Doughty, Jena Delgado-Sette, Scott Paulsen, Nanette Bowman

Advertising Coordinator:
Fall greetings to everyone. I’ve noticed on my morning walk, that the leaves are starting to change again and there is seemingly the “smell of autumn in the air.” Check your OASIS Newsletter as we are planning a return on Friday November 5th of our General Membership Meeting. Kathy Stewart, our VP of Operations, does a great job finding an interesting speaker and entertainment, along with a fantastic lunch. See Berenice or Eleanor in the Friends office for tickets and information. We are coming off a fantastic September which gave us our Pancake Breakfast, Flu Shot seminar, featured speakers, our outdoor concert, and our 4th annual OASIS Cars and Coffee. There are more events planned for the Holidays, so please again, check your November Newsletter so you don’t miss out!

In case you did not notice, our Newsletter has better paper stock, and is now all in color. City Staff does a great job of putting this together every month, and gets it out to you on time, every time. Speaking of our Newsletter, I would like to thank all 60 of our “advertisers” in the back of the magazine for their support. When you are in need of any service, please check the back pages and support the advertisers that support the Friends of OASIS.

We are in the middle of our Annual Fund Drive that began in July, and always ends December 31st. My thanks to those of you who donated to Friends, and urge those of you who have not yet given your financial support, to please do so.

I would also like to remind our members, that we are still in the middle of this pandemic. Please note that the CDC recommends masks as an additional protective measure. We value you greatly and wish for everyone’s continued health.

Always at your service,

Mike
OASIS SENIOR CENTER

VETERANS SOCIAL GROUP

PRESENTATION BY ED BOWEN:
"DRAWING FIRE VIETNAM COMBAT ARTISTS"

TUESDAY, OCTOBER 19, 2021
12 PM - 1:30 PM
EVENT CENTER
RSVP 949-644-3244

Veterans of all ages are welcome to come and share fellowship, stories and pizza.

IT'S MOVIE TIME!

"DOWNTON ABBEY"

Wednesday, October 27th
Movie Starts at 1 PM
OASIS Event Center
First come first served

Synopsis: The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

Starring: Stephen Cambell Moore, Michael Fox, Lesley Nicol

Running Time: 122 minutes

Events

MEDICARE SCAM ALERT

Warning Signs:
- You receive robocalls, emails or other communication offering medical services or supplies for free if you provide your Medicare number.
- A clinic or other health care facility advertises free services or consultations specifically for Medicare patients.

Tips:
- A doctor or other provider claims to know how to get Medicare to pay for items or services that normally are not covered.
- Your Medicare Summary Notice - the statement you get from Medicare listing recent claims by health care providers - includes services, procedures or devices you did not receive.

Don’t give personal information to anyone who calls out of the blue and claims to be from Medicare, turn down offers of free medical supplies or equipment in exchange for your Medicare number.

Don’t be swayed by high-pressure tactics, such as a telemarketers threat that Medicare will declare you ineligible unless you accept the offer quickly.

Note the dates of medical appointments and services received on a calendar and scrutinize your Medicare Summary Notice as soon as possible after getting them. If something doesn’t look right, call your medical providers office.

If you’ve been a victim of a scam you are not alone, please call OASIS at (949) 644-3244 for assistance.
OC VITAL BRAIN presents
Maintaining Healthy Brain for Life

WEDNESDAY
OCTOBER 13
1PM-2PM
ROOM 1

Presented by:
Dr. Gustavo Alva
Medical Director
Center for Senior Brain Health
Pickup Family Neurosciences Institute,
Hoag Memorial Hospital

With the ongoing pandemic, maintaining not only our physical health but also our mental and cognitive health is of utmost importance. There has been a great research advancement in the area of brain health including new treatment of Alzheimer’s disease. In this talk, Dr. Alva will share the updates on brain health research and practical strategies to maintain healthy brain for life. He will also share information about new Alzheimer’s treatment, prevention clinical trials, and other useful resources.

Please RSVP to (949)644-3244 or OASIScenter@newportbeachca.gov

Health Consequences from Lack of Sleep

Solutions for:
- Sleeping all night
- Grinding your teeth
- Stiff or sore neck and shoulders
- Feeling irritable
- Headaches
- Tired and yawning all day

Tuesday, Oct 12, 2021
1:00 pm
OASIS Room 1

RSVP Required: (949) 644-3244

Dr. Dung Trinh is the Chief Medical Officer of Irvine Clinical Research, Board Member for Alzheimer’s Orange County, and a physician with Memorial Care.

NEW FINANCIAL LECTURE SERIES
MORE THAN TWO CENTS

Presented by
Cindy Couyoumjian
ExecutiveFinancial Advisor

TUESDAY, OCTOBER 19TH AT 3PM
ROOM 1

RETIREMENT INCOME PLANNING:
ALTERNATIVE INVESTMENTS FOR "BEGINNERS" AND INVESTMENT MANAGEMENT

About the Speaker
Cindy Couyoumjian joins us as a representative of SOFA. The Society for Financial Awareness, SOFA is a 501(c)(3) non profit public benefit corporation. Their mission is to provide financial education across America one community at a time. SOFA is comprised of professionals, who provide informational lectures. These are designed to educate and help attendees understand and address a variety of financial topics and concerns.

Cindy has 35 years in the industry. 7 securities registrations (the series 63, 6, 65, 7, 22, 24, and 26), as well as a California Insurance License (License # 0719038). She also recently published a book in April 2021 “Redefining Financial Literacy” and achieved Wall Street Journal Best Seller. Also, Cindy has been nominated to receive two awards recognized by “Women in Asset Management” based on her research, which include Woman of the Year and Outstanding Contributions in 2021.

Please RSVP to (949)644-3244 or OASIScenter@newportbeachca.gov

HOAG COMMUNITY HEALTH presents
Healthy Eating for the Holidays

WEDNESDAY
OCTOBER 20
1PM-2PM
ROOM 1

Presented by:
Miriam Matulich, RD

Join Hoag Community Dietitian Miriam Matulich as she discusses fun and easy ways to make healthy food and beverage choices during the holidays. The presentation will include handouts with colorful examples of healthy food and beverage items, as well as proper calcium intake for adults.

Please RSVP to (949)644-3244 or OASIScenter@newportbeachca.gov
Events

**THE FRIENDS OF THE NEWPORT BEACH LIBRARY**

**BOOK SALE**

Friday, November 19
1:00-4:00pm
MEMBERS ONLY
Books 3/$1

Saturday, November 20
9:00am-2:00pm
$3/bag (We supply the bags)

1000 Avocado Avenue
Bookstore Hours:
Mon-Sat: 10:30am-3:00pm

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**VIRTUAL NUTRITIONAL COUNSELING**

Interested in improving health or reversing disease by improving your diet? Are you concerned you may have a nutrient deficiency? Do you want to increase energy levels or achieve a healthy weight?

Our registered dietitian, Nasira, can help you assess your diet and reach your nutrition and fitness goals with realistic and timely strategies. Contact her today to schedule your initial nutrition counseling session.

- DrPH Nutrition, Loma Linda University
- Registered Dietitian, Loma Linda University
- MPH Community Health Science, UCLA
- BS Nutrition Science, University of Arizona

- 60 min Initial Meeting: $98
- 45 min Follow Up Meeting: $80

To schedule your meeting please email Nasira at NASIRASNUTRITION@GMAIL.COM

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**Medicare Part D Drug Coverage Assistance 2021**

Provided by HICAP

Friday
November 5, 12 or 19

Please schedule an appointment by calling 949-644-3244

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

Please bring your Medicare Card and a list of the prescription 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.**
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
In-Person
OASIS Room 5

No RSVP needed
Questions: (949) 644-3244

ALZHEIMER’S SUPPORT GROUP

For family members and caregivers

THE 2ND WEDNESDAY OF THE MONTH - VIRTUAL @ 1:00 PM
CALL 844-373-4400 FOR INFO

THE 4TH WEDNESDAY OF THE MONTH - IN PERSON @ 10:00 AM
NO RSVP REQUIRED

Share support and receive valuable information and resources from people who understand.

Compassionate Friends

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

3rd Wednesday Each Month
In-Person
6:30 pm, Room 5

No RSVP necessary
Please call (949) 644-3244 with any questions

GETTING BACK IN THE GROOVE

In-Person Connection Group
Facilitated by Joyce Swaving, Shanti OC

Topics
Finding companionship
Getting back out in the world
Reconnecting: Post-vaccinations

THURSDAYS at 2:00 PM
OASIS Room 4
No RSVP necessary
Please call (949) 644-3244 with any questions
Enrichment

A DIFFERENT KIND OF BOOK GROUP
Ellen Huberman ehuberman@me.com
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. Topic: Best Seller.
OASIS Room 5
RSVP not required 10/1 W 10:30am-Noon Free

CREATIVE WRITING
Dorothy Spirus YourProfessorD@gmail.com
Do you have a half-finished novel, great family stories, or an idea for a children’s book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom. No class 10/7
SS4080 9/16-10/28 Th 7-8:30pm $185

CREATIVE WRITING JUMPSTART
Dorothy Spirus YourProfessorD@gmail.com
You want to write, but don’t know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We’ll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.
Online
Returns in the Fall M 7-9pm $75

CLASS REFUND POLICY
- 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.
- Policy also noted on registration form.

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

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

**Dave Larue** dkla2018@outlook.com

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

**OASIS Library**

- RSVP not required
- Ongoing
- M
- 4-6pm
- Free

## EXTINCTION EVENTS

**Dave Larue** dkla2018@outlook.com

Darwin taught us about evolution. The concept of what causes extinctions is a newer science. We will discuss the nature of fossils, the geologic record of fossils, the death of the dinosaurs, and several other extinction events. Were all the extinctions caused by asteroids hitting the earth? And is the next one coming next Thursday?

**OASIS Room 2B**

- RSVP not required
- 9/29-10/6
- W
- 2-4pm
- Free

## GOING ABOARD: STUDIES OF MOBY DICK & MELVILLE'S SHORTER WORKS

**Darielle Wilson** 949-675-5182

Voyage into the watery world of Herman Melville’s fiction to meet his fascinating characters, including the famous whale, “one grand hooded phantom, like a snow hill in the air.” Call upon your own life experiences to read and interpret this novel and short works, and decide if you, too, consider them among the greatest works in all of English-language literature. **No class 11/26**

**OASIS Room 1B**

- SS4059 8/20-12/3
- F
- 10am-Noon
- $90

## WRITING ROUNDTABLE

**Jos Vloet** vloetjozef@gmail.com

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

**OASIS Room 5**

- RSVP required
- Ongoing
- W
- 1-3pm
- Free

## WRITING YOUR LIFE STORIES 1

**Berteil Mahoney** 949-496-7289

Have you ever wanted to write about your life, but wondered how to get started, how to keep going and whether it’s even worth it in the first place? Designed as an introduction, 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.

- Additional fee: $20 (material)

**OASIS Room 5**

- SS4001 9/28-11/16
- Tu
- 10am-Noon
- $150

## WRITING YOUR LIFE STORIES 2

**Berteil Mahoney** 949-496-7289

Participants will continue to write their life stories while exploring their own personal writing styles.

- Prerequisite: Writing Your Life Stories 1

**OASIS Room 5**

- SS4002 9/28-11/16
- Tu
- 12:30-2:30pm
- $150

## KNITTING

**Golda** 949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects.

**OASIS Room 3**

- RSVP not required
- Ongoing
- W
- 12-3pm
- Free

## TRAVEL SHOWS WITH NINO

**Nino Mohan** nino@virtualtraveltalks.com

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

**OASIS Room 1**

- RSVP not required
- Ongoing
- 4th Tu
- 10am-Noon
- Free
Fine Arts

CERAMICS

Karen Thayer  
karenthayer@yahoo.com
Learn how to create ceramic objects using hand-building techniques and the potter’s wheel. Beginning students will learn the basics of slABBing, coiling, pinching and glazing. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you already have your own tools, please bring them. No tools are required at the first class. Tool requirements will be discussed at first meeting. Basic glazes and clay will be covered by the material fee. No class 10/20
•  Additional fee: $20 (material)
OASIS Art Center
SS4039  9/8-12/1  W  9am-Noon  $204

FREEHAND DRAWING

Nancy Wahamaki Vasek  
nwvasek@gmail.com
Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink, and charcoal. Learn tips to capture and sketch the world around you, keep an artist’s journal and awaken to really “seeing”. This type of “seeing” creates beautiful drawings and a new awareness of your surroundings. https://www.linkedin.com/in/nancygandolfwahamaki
•  A material list will print out on registration receipt.
•  Please bring supplies to first class.
•  Additional fee: $20 (material)
OASIS Art Center
SS4005  10/13-12/1  W  9-11am  $192

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki Vasek  nwvasek@gmail.com
This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). Nancy, a professional artist and teacher, will help you “push” your style and give you encouragement to take you to the next step as you work on your own individual project. https://www.linkedin.com/in/nancygandolfwahamaki.
•  Please bring a project you are currently working on and any supplies you may need.
OASIS Art Center
SS4003  10/18-11/29  M  9am-Noon  $161

OIL PAINTING WITH JIM

Jim Ellsberry  
jim@jimEllsberry.com  
310-218-2658
Fundamentals to advanced concepts of color theory, design and painting technique. The focus is on landscape oil, but all subject matter and all media are welcome. Students choose to work on their own projects or instructor-supplied assignments. No class 7/5.
•  Additional fee: $15 (material)
OASIS Art Center
SS4043  11/1-11/29  M  1-3:30pm  $165

WATERCOLOR-BEGINNING

Chris Sullivan  chrissullivanart@gmail.com
In this class, 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 understanding in these fundamental techniques. You will also put these techniques to use in simple painting projects. Demonstrations, individual assistance, and group critiques are included.
•  Material list will print on receipt.
•  Recommended: basic drawing skills
OASIS Art Center
SS4040  10/12-11/16  Tu  9am-Noon  $146

WATERCOLOR - INTERMEDIATE

Chris Sullivan  chrissullivanart@gmail.com
This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life and other subjects may be explored using photographs or studio setups. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.
•  Prerequisite: Good control and understanding of basic watercolor techniques.
OASIS Art Center
SS4041  10/13-11/17  W  9am-Noon  $146
WATERCOLOR - ADVANCED

Chris Sullivan  chrissullivanart@gmail.com
Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.
- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Room 4
SS4042  10/13-11/17  W       1-4pm       $146

FRENCH-INTERMEDIATE

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

GERMAN-INTERMEDIATE

Barbara Corlett  bcorlett@cox.net
The class will focus on the reading of fairy tales and stories in German and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2000 publisher date) is the required text for the class. It will be used intermittently to dovetail with grammar lessons. Students can purchase the text online. Chapters 1-12 have been covered in earlier classes. In addition to above description we will also act out plays in German.
- $10 materials fee due to instructor.
- Email instructor to RSVP - bcorlett@cox.net

OASIS Room 4
RSVP required  Th  10/14-5/26  1-2pm  Free

GERMAN-ADVANCED

Robert H. Friis, PhD  r-c-friis@cox.net
Group continues to meet online. 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.

Foreign Language

ADVANCED STUDIES IN FRENCH LITERATURE

Darielle Wilson  949-675-5182
Class is conducted exclusively in French. Literature will include classic and modern works of fiction. Classroom activities will center on spontaneous classroom and small-group discussions, reading aloud, dictations and grammar review as needed. Please contact instructor if you are interested in specific selections of literature.

OASIS Room 2B
SS4007  8/18-12/1  W  10am-Noon  $90

ADVANCED FRENCH READING & DISCUSSION

Darielle Wilson  949-675-5182
Conducted exclusively in French, discussion will be on a variety of topics presented by the students. Further discussion will follow the reading of a variety of literature pieces by French authors TBA. Please contact instructor if you are interested in specific selections of literature. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

OASIS Room 2B
SS4008  8/19-12/2  Th  10am-Noon  $85

DISCOVERING LITERATURE IN SPANISH

Darielle Wilson  949-675-5182
Take a journey the second Monday of the month into literature in Spanish. Meet Latino and Spanish writers, classic and modern. Contact instructor for current readings.

OASIS Room 4
RSVP required  M  10/11  2:30-4:30pm  Free
Portal Languages 714-979-1655
Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.

No class 9/6
- A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

OASIS Room 1A
Beginning French 1
SS4049 10/25-11/17 5-6pm M/W $185
Beginning French 2
SS4052 10/25-11/17 6-7pm M/W $185

OASIS Room 1B
Beginning Italian 1
SS4055 10/25-11/17 5:15-6:15pm M/W $185
Beginning Italian 2
SS4058 10/25-11/17 6:15-7:15pm M/W $185

OASIS Room 2A
Beginning Spanish 1
SS4046 10/25-11/17 4-5pm M/W $185

PRIVATE TECHNOLOGY LESSONS
Carole Kamper 949-230-5902
Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.
- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS 5 business days prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.
DRP400 $60 per hour

A SAMPLING OF APPS
Carole Kamper 949-230-5902
Explore just a sampling of the many Apps that are available on your iPhone/Smartphone or iPad/tablet including Uber and Lyft, Travel, Currency Exchange and Maps, eBooks including Kindle and free eBooks that can be downloaded from the Newport Beach Library, photo sharing including Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class. You will be contacted by the instructor prior to the class with instructions on how to download the apps to your device.
OASIS Computer Lab
Returns in the Fall Tu 1:30-3:30pm $40

DIGITAL PHOTO EDITING
Barbara Yin Milbert pacpal33@yahoo.com
Learn to download your pictures from your camera or smartphone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.
- Prerequisite: Computer Basics or equivalent.
- Bring phone or camera cord to class.
OASIS Computer Lab
Returns in the Fall Th 9:45-10:45am $52

EBAY 1
Barbara Yin Milbert pacpal33@yahoo.com
Learn to buy and sell items on eBay.
- Prerequisite: Basic computer skills and familiarity with the internet.
OASIS Computer Lab
SS4034 12/2 Th 10am-Noon $36
EBAY 2
Barbara Yin Milbert pacpal33@yahoo.com
Learn more advanced skills for buying and selling items on eBay. Hands-on class.
• Pre-requisite: eBay 1 or equivalent and basic computer skills.
• Must also have an eBay and PayPal account.
OASIS Computer Lab
SS4035 10/28-11/4 Th 11am-Noon $36

INTERMEDIATE COMPUTER SKILLS
Carole Kamper 949-230-5902
This class is designed to take your computer skills to a new level. We will review intermediate word processing skills and build on previous knowledge and experience. You will be introduced to PowerPoint, a fun presentation program that takes your word processing and graphic skills and offers you the chance to make flyers and other projects. We will also explore making labels, holiday cards, printing envelopes, charts and graphs.
• Prerequisite: Computer Basics and basic internet skills
OASIS Computer Lab
SS4030 10/5-10/12 Tu 1-3pm $45
SS4031 11/8-11/15 M 10am-Noon $45

INTRO TO FACEBOOK & SOCIAL MEDIA
Barbara Yin Milbert pacpal33@yahoo.com
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 or equivalent
OASIS Computer Lab
Returns in the Fall Th 11am-Noon $52

INTRO TO WORD
Barbara Yin Milbert pacpal33@yahoo.com
Learn to open and save a new document, cut, copy, and paste, use spell check, change fonts, text size, style and color, organize your files, insert pictures, and more.
• Prerequisite: Computer Basics or equivalent
OASIS Computer Lab
SS4038 9/23-10/14 Th 9:45-10:45am $68

INTRO TO EXCEL
Barbara Yin Milbert pacpal33@yahoo.com
Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.
• Prerequisite: Computer Basics and Skills or equivalent
OASIS Computer Lab
SS4037 9/23-10/14 Th 11am-Noon $68
**SHUTTERFLY & AWESOME BOX**

Carole Kamper  949-230-5902

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Awesome Box is an online software that gives friends and family a way to share special occasions, photos and messages. These cards are then printed and are true keepsakes. Come and explore your creativity in this fun, project-based class.

- Prerequisite: Basic computer

OASIS Computer Lab

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>SS4026</td>
<td>10/27</td>
<td>W 10am-Noon</td>
<td>$40</td>
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<tr>
<td>SS4027</td>
<td>11/30</td>
<td>Tu 1-3pm</td>
<td>$40</td>
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**IPHONE FOR BEGINNERS**

Carole Kamper  949-230-5902

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

OASIS Computer Lab

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<th>Course</th>
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<tr>
<td>SS4022</td>
<td>11/29</td>
<td>M 10:30am–12:30pm</td>
<td>$40</td>
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**IPHONE MOST USEFUL SECRETS**

Jake Jacobs  jakeair99@gmail.com

Hidden Features Every User Should Know. Learn how to get the most out of your iPhone and master features you didn’t know your iPhone could do. Covers hidden secrets every user should know, Camera, Photos, editing text, much more. If you know the basics—how to place and receive calls, use email and text messaging—then this class is for you. The free workshop handout will be available for download prior to class or $15 at the door. Save $15 and print it at home: jakeair.weebly.com. The content could change, so wait until a week prior to start date before printing.

- Bring your iPhone and handout to class.
- Minimum requirements: You should know iPhone basics. iPhone 6s or newer, iOS 14.

OASIS Room 2A

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<tr>
<th>Course</th>
<th>Date</th>
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<th>Fee</th>
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<tbody>
<tr>
<td>SS4019</td>
<td>10/7-10/28</td>
<td>Th 1–3 pm</td>
<td>$40</td>
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</table>

**IPAD BASICS**

Carole Kamper  949-230-5902

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

OASIS Computer Lab

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<th>Course</th>
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<tr>
<td>SS4023</td>
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<td>M 10am-Noon</td>
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<tr>
<td>SS4024</td>
<td>11/10</td>
<td>W 1-3pm</td>
<td>$40</td>
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**Cards & Games**

**BEGINNING BRIDGE**

Ann Cressman, Gold Life Master  949-495-4564 annncressman@gmail.com

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

OASIS Room 3

<table>
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<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>SS4009</td>
<td>10/5-11/16</td>
<td>Tu 9:30-11:30am</td>
<td>$145</td>
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</tbody>
</table>

**INTERMEDIATE SUPERVISED PLAY**

Ann Cressman, Gold Life Master  949-495-4564 annncressman@gmail.com

Improve your play through supervised instruction and analysis of hands.

OASIS Room 3

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<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>SS4010</td>
<td>10/5-11/16</td>
<td>Tu 12:30-2:30pm</td>
<td>$145</td>
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</tbody>
</table>

**ADVANCED BEGINNING BRIDGE 1**

Ann Cressman, Gold Life Master  949-495-4564 annncressman@gmail.com

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

OASIS Room 3

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<th>Course</th>
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<tbody>
<tr>
<td>SS4011</td>
<td>9/30-11/18</td>
<td>Th 9:30-11:30am</td>
<td>$145</td>
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</table>

**ADVANCED BEGINNING BRIDGE 2**

Ann Cressman, Gold Life Master  949-495-4564 annncressman@gmail.com

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

- Prerequisite: Advanced Beginning Bridge 1.

OASIS Room 3

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<th>Course</th>
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<tbody>
<tr>
<td>SS4012</td>
<td>10/8-11/19</td>
<td>F 9:30-11:30am</td>
<td>$145</td>
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**ACBL DUPLICATE BRIDGE**

Gail Schneider  949-472-8010

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

OASIS Room 2

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<th>Course</th>
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<tr>
<td>SS4013</td>
<td>9/2-10/7</td>
<td>Th 1:30-3:30pm</td>
<td>$130</td>
</tr>
<tr>
<td>SS4017</td>
<td>10/25-11/29</td>
<td>M 9:30-11:30am</td>
<td>$130</td>
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</table>
AMERICAN MAH JONGG-SUPERVISED PLAY

Terry Sweeney 208-920-9085
Join your fellow classmates and practice your newly acquired Mah Jongg skills. Sign up early as space is limited. All players must bring the current Card of Hands to each class.
- Prerequisite: American Mah Jongg for Beginners
OASIS Room 3
SS4015 9/13-10/18 M 9:30-11:30am $130
SS4016 10/14-12/2 Th 1:30-3:30pm $130
SS4018 12/6-12/13 M 9:30-11:30am $45

DUPLICATE BRIDGE

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

MAH JONGG

Doris Melnick 949-644-2600
Dave Margolis 562-221-9870
Experienced players meet to play.
- American Mah Jongg card and rules only.
OASIS Room 3
RSVP Not Required Ongoing M/F 12:30pm-3:30pm FREE

FRIENDLY GAME PLAY

Guy Richards, Lloyd Dalton, Sammy Nielsen & Linda Brown
We play a variety of games including Mexican Train, Shanghai, Hand Knee and Foot, and Cribbage. New and experienced players are welcome.
OASIS Library
RSVP Not Required Ongoing M/W/F Noon-3:30pm FREE

Fitness

BARRE STRETCH & STRENGTH

CS Dance Factory 949-230-5934
Info@CSDanceFactory.com
Live longer, get stronger! Standing at the barre for the whole class, you 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. No class 11/26
OASIS Dance Room
SS4550 8/16-10/11 M 10:15-11am $140/8
SS4552 10/18-11/29 M 10:15-11am $125/7
SS4553 8/20-10/15 F 10:15-11am $160/9
SS4554 10/22-12/3 F 10:15-11am $105/6

CHAIR EXERCISE

Judy Aprile jjjaaprile@gmail.com
Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. No class 11/24
OASIS Event Center
SS4582 10/4-10/25 M/W 9:30-10:30am $38/7
SS4583 11/1-12/1 M/W 9:30-10:30am $48/9
**BEbetter 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. **No class 11/11, 11/25**

- 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 adeeming@betterlifeboxing.com if you have any questions about this.

**OASIS Dance Room**

| SS4502 | 9/27-10/25 | M | 3:30-4:30pm | $95/5 |
| SS4503 | 11/01-11/29 | M | 3:30-4:30pm | $95/5 |

**OASIS Room 1**

| SS4506 | 9/23-10/21 | Th | 8:30-9:30am | $95/5 |
| SS4507 | 10/28-12/2 | Th | 8:30-9:30am | $77/4 |

**OASIS Event Center A**

| SS4509 | 9/23-10/21 | Th | 3:30-4:30pm | $95/5 |
| SS4510 | 10/28-12/2 | Th | 3:30-4:30pm | $77/4 |

**Iyengar Yoga**

Carolyn Matsuda  
714-388-4328

cmats84@msn.com

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 11/11,11/22,11/25**

- 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 Room 1**

| SS4587 | 10/4-10/28 | M/Th | 10-11:15am | $117/8 |
| SS4588 | 10/4-10/25 | M | 10-11:15am | $65/4 |
| SS4589 | 10/7-10/28 | Th | 10-11:15am | $65/4 |
| SS4590 | 11/1-12/2 | M/Th | 10-11:15am | $103/7 |
| SS4591 | 11/1-11/29 | M | 10-11:15am | $65/4 |
| SS4592 | 11/4-12/2 | Th | 10-11:15am | $55/3 |

**Lawn Bowling**

This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it.

Annual membership $185. Green fee $1.00 each time you bowl. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit the Club website at www.NHLBC.com

**Golf**

Delane Thyen  
949-413-2712

All games are at Costa Mesa Golf Courses as follows:

Mon: 9am, Los Lagos, $36, long & challenging, par 72

Wed: 9am, Mesa Linda, $29, par 70.

Friday: 9am, Mesa Linda, $34, par 70.

Carts may be rented for an additional fee

RSVP Required  Ongoing  M/W/F  See above

**Head To Toe Fitness**

Keith Glassman  
keith.glassman@gmail.com

Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body. **No class 11/11, 11/25**

- Bring your own hand weights and resistance bands.

**OASIS Event Center**

| SS4516 | 9/14-10/7 | Tu/Th | 8-9 am | $58/7 |
| SS4517 | 10/12-11/4 | Tu/Th | 8-9 am | $65/8 |
| SS4518 | 11/9-12/2 | Tu/Th | 8-9 am | $50/6 |
MELT METHOD
Yvette Casal meltwithyvette@gmail.com
714-520-1427
This class should not be taken unless you have previous MELT experience. This class will combine hydrating length techniques and stabilizing strength techniques to address the weak links that damage joints and inhibit your body’s ability to function optimally. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. Information to join the Zoom meeting will be sent by the instructor once online registration is completed.
- Please bring a mat and water to drink. Contact instructor for a list of equipment needed, meltwithyvette@gmail.com
- Requirements: Previous MELT experience. Must be able to get up off the floor unassisted.
OASIS Dance Room
SS4520 8/17-10/5 Tu 2-3pm $105/8
SS4521 10/12-11/30 Tu 2-3pm $105/8

PIILATES
Kathryn Rollins 949-422-9834 info@ahappybalance.com
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. No class 11/11, 11/25
- Bring a mat, beach-size towel, a light and heavy resistance band and optional 1.5lb ankle weights.
OASIS Dance Room
Beginning/Intermediate
SS4542 8/17-10/5 Tu 8:45-9:45am $128/8
SS4543 8/19-10/7 Th 7:30-8:30am $128/8
SS4544 10/12-11/30 Tu 8:45-9:45am $128/8
SS4545 10/14-12/2 Th 7:30-8:30am $98/6

PHYSICAL TRAINING
Judy Aprile jjaprire@gmail.com
This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor. No class 10/27, 11/5, 11/24, 11/26
- Please bring exercise mat and hand towel.
OASIS Event Center
SS4573 10/4-10/29 M/W/F 7:10-8am $57/11
SS4574 11/1-12/1 M/W/F 7:10-8am $57/11
SS4577 10/4-10/29 M/W/F 8:10-9am $57/11
SS4578 11/1-12/1 M/W/F 8:10-9am $57/11

STRONG, HEALTHY BONES & BALANCE-MAT/STANDING
Kathryn Rollins 949-422-9834 info@ahappybalance.com
If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full scientifically-based, bone strengthening and balance moves incorporating impact, weights and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.
- Bring 1.5lb ankle weights and a mat.
OASIS Dance Room
SS4540 8/17-10/5 Tu 10-11am $128/8
SS4541 10/12-11/30 Tu 10-11am $128/8

TAI CHI QIGONG
Diana Wong dianawong2001@yahoo.com
Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. No class 11/11, 11/25
- Please wear comfortable clothing; no open-toed shoes.
OASIS Event Center
SS4533 9/9-10/28 Th 9:30-10:30am $99/8

ZUMBA GOLD® DANCE FITNESS
CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
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! No class 11/11, 11/25, 11/26
OASIS Dance Room
SS4555 8/16-10/11 M 9-10am $125/8
SS4556 10/18-11/29 M 9-10am $110/7
SS4557 8/18-10/13 W 9-10am $140/9
SS4558 10/20-12/1 W 9-10am $110/7
SS4559 8/19-10/14 Th 9-10am $140/9
SS4560 10/21-12/2 Th 9-10am $80/5
SS4561 8/20-10/15 F 9-10am $140/9
SS4562 10/22-12/3 F 9-10am $95/6
MULTI-DAY DISCOUNT:
SS4563 8/16-10-15 M/W/F 9-10am $265
SS4564 10/18-12/3 M/W/F 9-10am $210
## Classes

### 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. **No class 11/23**
OASIS Dance Room  
SS4602  
8/31-11/30 Tu 11:30-12:30pm  $206/13

**Classical Ballet Barre**
Michelle Caumiant Zehnder  
mcaumiant26@gmail.com  
In this adv/beg class we will focus on proper body alignment, balance, coordination, stamina. Through graceful movement of Classical Ballet we will build strength and more understanding for Ballet off the barre. The center floor work will be learning varied Ballet combinations using what we learned at the barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions.  
OASIS Dance Room  
SS4603  
9/3-11/19 F 11:30am-12:20pm  $173/11

### DANCE WORKSHOP

Michelle Caumiant Zehnder  
mcaumiant26@gmail.com  
This dance workshop incorporates many styles of dance seen on stage and film. 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.
- Requirement: One year of dance experience.
- Please bring: ballet or jazz shoes by second class

OASIS Dance Room  
SS4604  
9/11-11/20 Sa 11am-12:30pm  $230/10

**INTRO TO BROADWAY DANCE**
CS Dance Factory  
949-230-5934  
Info@CSDanceFactory.com  
Come learn simple, basic Broadway dance patterns and techniques. No partner necessary as it’s taught in a small group setting. Steps are broken down, so beginners are able to dance immediately with confidence. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities.  
OASIS Dance Room  
SS4646  
8/18-10/13 W 10:15-11am  $160/9

SS4647  
10/20-12/1 W 10:15-11am  $125/7
GROUP DRUMMING

Lee Kix
Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells. This group normally meets the 2nd Wed of the month.

OASIS Event Center
RSVP Not Required 10/13 W 11:30am-12:30pm FREE

LINE DANCING

Vickie Jackson vickie@promodonnas.com
Learn new dances and old favorites while improving your fitness level. No Class 11/11, 11/25

OASIS Dance Room
Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
SS4621 9/30-10/21 Th 1-1:55pm $27/4
SS4622 10/28-12/2 Th 1-1:55pm $27/4

Level 2 - Improver/Easy Intermediate (should know basic steps)
SS4624 9/30-10/21 Th 2-2:55pm $27/4
SS4625 10/28-12/2 Th 2-2:55pm $27/4

Level 3 - Easy Intermediate/Intermediate (step competency required)
SS4627 9/30-10/21 Th 3-3:55pm $27/4
SS4628 10/28-12/2 Th 3-3:55pm $27/4

Combo Class: Level 1 & 2
SS4630 9/30-10/21 Th 1-2:55pm $36/4
SS4631 10/28-12/2 Th 1-2:55pm $36/4

Combo Class: Level 2 & 3
SS4633 9/30-10/21 Th 2-3:55pm $36/4
SS4634 10/28-12/2 Th 2-3:55pm $36/4

OASIS SING ALONG

Nancy Johnson & Kelly Pierce
Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

OASIS Room 1
RSVP Not Required Ongoing Th 1-3pm FREE

MUSIC WORKSHOP

Glen Jansma 310-940-3122
Intermediate music sharing of techniques, theory and songs. Learn new songs, techniques and theory. Learn to play with others.

OASIS Room 5
RSVP Not Required Ongoing F 11am-1pm FREE

HOOTENANNY

Glen Jansma 310-940-3122

OASIS Room 5
RSVP Not Required Ongoing F 1-3pm FREE

UKULELE STRUMMERS AND SINGERS

Mike Ekinaka 714-336-4719
Our ukulele strumming, singing and hula dancing activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain, join us.

OASIS Room 2
RSVP Not Required Ongoing M 1-2:30pm FREE

PING PONG

New players are always welcome.

OASIS Event Center BC
RSVP Not Required Ongoing Tu/Th 2-4pm FREE

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a $50 monthly dues fee. Sailing is free. (Google “oasis sailing club” for our website). Call Membership Chair Laura DeSoto at 714-318-5832 or email OSCMembership@OasisSailingClub.org for membership details.

OASIS Room 1
RSVP Not Required 9/29 W 1pm *see above for fees
Assistance Programs

**SENIOR ASSESSMENT PROGRAM**

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

**INFORMATION & REFERRAL**

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

**MEDICAL DOCUMENTS**

The California Hospital Association’s Advance Health Care Directive is available in the Administration office.

**MEDICAL EQUIPMENT LOAN**

Wheelchairs and walkers are available for rental in the Administration office.

**TELEPHONE REASSURANCE**

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

**LEGAL ASSISTANCE**

Lawyers donate their time and offer a free, half hour consultation. Appointments are required; call 949-644-3244 to schedule one. Consultation are held in the Administration office.

**HICAP: HEALTH INSURANCE COUNSELING**

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

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**TRANSPORTATION SERVICE**

The OASIS Senior Center provides curb-to-curb transportation

**ABOUT THE SERVICE:**
Transportation is provided to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within city limits.

**ELIGIBILITY:**
- Must be 60+
- Live in a private residence
- Reside within Newport Beach, Corona del Mar or Newport Coast
- No longer driving
- Restrictions apply*

*For more information, call 949-644-3244

**Service hours:** Monday - Friday, 8:00am - 4:30pm
**Pricing:** $1.50 to the senior center (each way), $3.00 for other locations (each way)

**OASIS TRANSPORTATION CLIENTS:**

99 Cent Store on Thursday, October 7 and Target on Thursday, October 21

Call the Administration Office at 949-644-3244 to reserve your spot!
MEDICAL EQUIPMENT LOANS

OASIS is happy to offer medical equipment loans up to one month on the following items:

- Wheelchairs: Self-propelled & Transport
- Walkers: Basic & Seated
- Knee Scooters
- Canes
- Crutches

Equipment availability is subject to change.

Call (949) 644-3244 for additional information.

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.

www.myagewell.org

Apply code 20OFF to checkout

Same Day Rides!

Last minute request? Call between 8am & 9am for a same day ride.
Available Tuesday and Thursday only
*Must be pre-registered

949-644-3244

SENIOR CUISINE DELIVERED

AFFORDABLE RESTAURANT MEALS FOR SENIORS, 50+, & DEPENDENTS PRICED AT JUST $9.95 PER MEAL

Delicious Lunches & Dinners by: Asian Kitchen, Bagels & Brew, Blue Stone Kitchen, Famous Dave’s, Greenlife Fit Foods, Jolanda’s, Luscious Jimmy’s, Metate Azul, Panera, PokeWorks, Taste Catering, Yeshiva Pirchei Shoshanim, Zest in a Bowl!

Sign Up Today & Get $20 Off!

www.myagewell.org
## Membership Discounts

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Discount Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayside Restaurant</td>
<td>10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)</td>
</tr>
<tr>
<td>Bistango Restaurant</td>
<td>10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)</td>
</tr>
<tr>
<td>The Bungalow</td>
<td>10% discount - excludes alcohol</td>
</tr>
<tr>
<td>Canaletto’s</td>
<td>10% discount - excludes alcohol</td>
</tr>
<tr>
<td>El Cholo</td>
<td>20% discount on Lunch Only - excludes alcohol</td>
</tr>
<tr>
<td>Fresh Brothers</td>
<td>10% off orders (excludes alcohol) from their Newport Beach, Irvine Harvard Place, and Newport Mesa locations.</td>
</tr>
<tr>
<td>Newport Rib Company</td>
<td>10% discount - excludes alcohol</td>
</tr>
<tr>
<td>New Shanghai</td>
<td>10% off - excludes alcohol, holidays and take out</td>
</tr>
<tr>
<td>Pine Garden</td>
<td>10% discount</td>
</tr>
<tr>
<td>Rendez Vous Cafe</td>
<td>10% discount</td>
</tr>
<tr>
<td>Tavern House</td>
<td>10% discount - excludes alcohol</td>
</tr>
<tr>
<td>Pacific Symphony</td>
<td>Use promo code OASIS to receive 20% off</td>
</tr>
<tr>
<td></td>
<td>Call (714) 755-5799</td>
</tr>
<tr>
<td></td>
<td>PacificSymphony.org</td>
</tr>
</tbody>
</table>

*Restrictions apply. Visit our website for additional details: [www.friendsofoasis.org](http://www.friendsofoasis.org)

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**Gift Shop**

*Hours: M-F 9am-3pm*

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

---

**Remember Us In Your Will Or Trust**

Please remember to include Friends of OASIS by name (tax ID #95-3196296).

Your gift is a legacy for future seniors.
The Friends of OASIS, Inc. is a nonprofit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.

**Benefits of Membership**
- Subscription to monthly OASIS Newsletter
- Discounts on travel
- Access to unique clubs
- Opportunity to support programs & events at OASIS

**Membership Rates**
- Single $15/year
- Couple $25/year

**Two Ways to Become a Member**

1. **Visit**
   friendsofoasis.org

2. **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.

---

**Friends of OASIS**

**Membership Dues / Renewal**

**Name**

**Address**

**City**

**State**

**Zip**

**Phone**

**E-mail**

**Emergency Contact**

**Phone**

- New
- Renewal
- Cash
- Check

Make checks payable to the Friends of OASIS.

- Credit Card

**Signature**

- Single $15.00 / one year
- Couple $25.00 / one year
- Donation

**Total $**

**Where did you hear about us?**

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625

The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296. (949)718-1800

Your gift may be tax deductible - consult your tax advisor. If you wish to receive your membership card, please include a self-addressed, stamped envelope. (949) 718-1800

Rev.7/2021
Day Trips

<table>
<thead>
<tr>
<th>Day Trips</th>
<th>Price</th>
<th>Description</th>
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</thead>
</table>
| **SAN LUIS REY MISSION/DEER PARK WINERY** | **$129/134** | Wednesday, October 27  
Upon arrival at the mission located near Oceanside, you will have a guided tour and time on your own to walk about the grounds of this historic mission built in 1798. Afterwards, lunch at the Fresco Grill. Then on to the Deer Park Winery for tasting of five delicious wines and visiting the Americana Auto Center.  
**Depart 10:00am**  
**Return 6:00pm** |
| **SAN DIEGO TREASURES** | **$115/120** | Wednesday, November 10  
On the way we will drive through the grounds of the Fairmont Grand Old World Mediterranean style property in Del Mar. Then to Hooterville, a unique animal farm with horses, goats, and more. Next the Barrio Logan murals located under the San Diego Bay Bridge. From there to Harper’s Topiary Garden with its more than 50 unique life size figurine topiaries of animals and buildings. Lunch included at the Old Town Tequila Factory (or similar). After lunch we will view the Heritage Park Victorians, seven stunning original buildings built in the 1800s. Then to Mission Hills with its beautiful and historic homes. Also there are seven pedestrian walking bridges and we will stop to see one. Last stop will be the Spruce Street Suspension Bridge stemming from the streetcar days.  
**Depart 8:00am**  
**Return 6:00pm** |
| **RONALD REAGAN PRESIDENTIAL LIBRARY AND MUSEUM** | **$105/110** | Wednesday, November 17  
Time to take a trip to Simi Valley and visit the Ronald Reagan Library & Museum. View the current and very popular exhibit, the history of the FBI from its inception to the present. In addition, there is a special exhibit, Al Capone to Al Qaeda. And, the annual and beautiful Christmas trees are now on display for you to see. Of course, a tasty western style barbeque lunch under the wing of Air Force One is included. A bit of interesting trivia is that the Library is the repository for the personal records of our 40th President and the burial place of Nancy and Ronald.  
**Depart 8:00am**  
**Return 5:30pm** |
| **CHRISTMAS WITH ELVIS** | **$110/115** | Wednesday, December 8  
Start the Christmas Season with a trip to Alhambra and Almansor Court for a tribute concert, Christmas with Elvis, starring Scot Bruce, closest you can get to Elvis in person. Includes lunch choice, roast chicken or veggie pasta, with wine, plus raffle and time for shopping.  
**Depart 9:45am**  
**Return 5:30pm** |

- Second listed price is non-member price. Join the Friends of OASIS and save!
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the large parking lot across the street from OASIS.
- Cancellation Policy:
  - A full refund less a $10 fee will be given on trips cancelled more than 10 days prior to the trip date. Less than 10 days, refunds given only if a wait list substitution is made. No refunds one day prior to the trip date or the day of the trip.
- Gambling Trippers:
  - Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.
We will see Stonehenge, Canterbury, and Dover. Then we will head west, in an almost clockwise direction complete a comprehensive tour England and Wales, heading north to Bath, Bristol and some of the prettiest villages in Cotswold. Our last stops will be in Norwich and birth place of Shakespeare – Stratford-upon-Avon before making a detailed visit to important sights in London.
DISCLAIMER

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

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

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

Chapter Two

BY NEIL SIMON

Opens: September 17th – October 10th
(with a possible extension to October 17th)

A comedy about later in life dating, a skillful mix of humor and real-life drama

Opens: September 17th – October 10th
(with a possible extension to October 17th)

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

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Have a Happier 2021
Give yourself the gift of a better financial outlook
Contact me to see how I can help you or provide a 2nd opinion, with vast Global Resources, Personalized Tailored Wealth Management, & over 27 years of experience

Christine Sceberras, Vice President
Morgan Stanley
Financial Advisor, Insurance Planning Director
800 Newport Center Dr., #500, Newport Beach, CA 92660
(949) 760-2425
Christine.Sceberras@MS.com
CRC 3355924 12/20 NMLS# 1395624 CA Insurance Lic.# 0833062
Morgan Stanley Smith Barney LLC, Member SIPC.

USE HOUSING WEALTH TO SUPPLEMENT YOUR RETIREMENT INCOME
I can show you how...
• Easy Qualify Equity Financing for seniors
• Unlock your home equity to live the life you’ve always wanted
• Credit lines, cash and/or monthly payments

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

MAIL IN, WALK IN OR EMAIL
Registration form and payment to:
OASIS Senior Center
801 Narcissus Ave.
Corona del Mar, 92625
Hours: M-F, 8 a.m. - 5 p.m.
Email: OASISCenter@newportbeach.ca.gov

WAYS TO REGISTER
ONLINE
Available only prior to class start date.
1. Go to www.newportbeachca.gov/register
2. Click on Sign in
3. Enter Username & Password.
4. Click on Register
5. 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, MasterCard, or Discover 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: ___________________________

<table>
<thead>
<tr>
<th>Participant’s Name</th>
<th>Gender</th>
<th>Class #</th>
<th>Session</th>
<th>Class Name</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children’s participation to promote classes on the City’s website and other social media used by the City, future publications of the Newport Navigator and/or flyers.

WAIVER & RELEASE OF LIABILITY
In consideration of participation in the 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, fractures, dislocations, strains, sprains, breaks, bruises, cuts, scratches, or punctures, and/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 signing 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
Credit Cards Accepted

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<tr>
<th>Credit Cards Accepted</th>
<th>CC#</th>
<th>Exp. Date</th>
</tr>
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</table>

Non-residents add $5 for classes $74 & under or $10 for classes $75 & over
Please join us in welcoming our new OASIS Fitness Center Coordinator

Lisa Mandich

Lisa is an alumna of UC Santa Barbara, where she studied Biopsychology. She spent her summers in college as a lifeguard and swim instructor at Golden West College, finding her passion for working in recreation. After a brief stint in the nutritional supplement industry, Lisa joined our Recreation and Senior Services Department in 2016 as an Office Assistant. She lovingly calls her home the “menagerie”, which consists of her husband (Chris), dog (Harper), cat (Bruce), and a 50-gallon reef aquarium. Lisa recently picked up tennis and golf, and enjoys a good kickboxing workout to bust some stress. She also loves bragging about working in such a beautiful city and truly believes that each day is “just another day in paradise”.

Hours of Operation
Monday-Thursday: 7:00AM - 7:00PM
Friday: 7:00AM - 5:00PM
Saturday & Sunday: 7:00AM - 2:00PM

OASIS FITNESS CENTER
949-718-1818

Memberships & Orientation
FEE
Annual Membership:
- Residents $125
- Non-Residents $175
A new member orientation is required prior to first workout. Call to schedule yours today!

Personal Training
RATES
- 30 min on-going $40
- 1 hour on-going $70
- 1 hour one-time $80
Please see staff for availability

www.newportbeachca.gov/oasisfitness
Medicare Part D Drug Coverage Assistance 2021
Provided by HICAP

Friday
November 5, 12 or 19

Please schedule an appointment by calling 949-644-3244

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

Please bring your Medicare Card and a list of the prescription 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