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: 949-718-1818
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 7am-2pm
Su 7am-12pm

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:
City Manager: Grace Leung
Recreation & Senior Services Director: Sean Levin
Senior Services Manager: Melissa Gleason
Facility Maintenance: Chris Suarez
Health & Wellness Supervisor: Jena Zapien
Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: Lisa Mandich
Recreation Coordinator: Hilda El-Souki
Transportation Coordinator: Elizabeth Arciniega
Department Assistant: Jessica Battiolli-Caputo
Office Assistant: Stephanie Melero
Care-A-Van Drivers: Blanca Olazo, Jose Cardenas, Bill Breslin, Raul Cano, Araceli Gonzalez, Berenice Barajas, Rose Chikilian, Jessica Olson

FRIENDS OF OASIS STAFF:

AGE WELL MEALS STAFF:

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Mayor Pro Tem Noah Blom
Council Member Brad Avery
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Council Member Diane B. Dixon
Council Member Duffy Duffield
Council Member Will O'Neill

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

Advertising Coordinator:

CONNECT WITH US
@CITYOFNEWPORTBEACH
Melissa Gleason
SENIOR SERVICES MANAGER

In the summer months there seems to be no corner in our City that you will not find people coming together for barbecues, picnics, parades, sport activities and outdoor concerts. Two enjoyable community events to attend on the Fourth of July is the 4th of July for Families and the Independence Day Parade and Celebration. The 4th of July for Families begins on 36th street at 9:00 a.m. with a short bike ride to Channel Place Park for a fun festival. The Independence Day Parade begins at Mariners Drive at 10:30 a.m. with a celebration to follow in Mariners Park. I’ve been to both of these events and you cannot go wrong with either. It is a great way to start the day and to show your love and appreciation for our beautiful Country.

Of course, we have our own fun planned here at OASIS. Our Concert in the Courtyard is scheduled for Friday, July 29 at 5:30pm. Tickets go on sale July 1st at 8a.m. (pg. 4). Bring a chair and your own snacks while enjoying country music by Sugar Lips. Beer and wine will be available for purchase and sold by our very own OASIS travel office volunteers.

Last month I missed the opportunity to make a very exciting announcement. Sean Levin was appointed to the Recreation and Senior Services Director. Sean has been with the City for 20 years and truly has a heart for this City and its residents. He has been my direct supervisor for the past year and has always been supportive, positive, and beyond helpful in challenging situations. I look forward to his continued leadership. Congratulations Sean!

With Gratitude,

Melissa

John Carroll
FRIENDS OF OASIS PRESIDENT

Hi Everybody!

I am very honored that the Friends of OASIS Board of Directors elected me to again serve as President. My plan had been to step away from the front office, travel a little, and just enjoy some of the classes and activities and volunteer opportunities OASIS Center offers. That was working out pretty well for Susan and I until Covid put a damper on things! Now I’m looking forward to being on the front line as we continue to “crank” this place up again.

If you see Mike Zimmerman around the campus, I hope all of you give him a well-deserved pat on the back for the terrific job he did guiding the Friends of OASIS through the pandemic! He used the “down time” to overhaul our seriously outdated computer network, improve our website, and promote the Friend of OASIS throughout the community! Well done Mike!

Last week, while walking through the sliding doors into the OASIS Center lobby, the two smiling greeters seated at the reception desk waved hello to me, and that just made my day! I want to say a big Thank You to all our greeters!

You are the face of OASIS and really convey that welcoming feeling to all who enter! This is the month we celebrate the birth of the USA! On July 4th, 1776, the Continental Congress of the original 13 Colonies declared independence from Great Britain! The work on writing the Constitution of the United States did not begin until May of 1787, and our forefathers labored over it for 116 days. But, on the Fourth of July we celebrate our founding, and what a great run it’s been! Happy Birthday USA! Wishing you all a Happy Fourth!

I’ll see you around the Center.

John
ENJOY MUSIC OUTDOORS!

SUGARLIPS
In the OASIS Courtyard

Friday, July 29th
5:30 pm

$10 TICKETS
Ticket maximum:
4 per person
No refunds

Bring your own low-slung beach chairs and blankets.
Bring your own food.
Beer & Wine for sale.

Call 949-844-3244 or stop by the Admin Office to purchase your tickets

No outside alcohol.
Event is for 21+

CALLING ALL FINE ARTISTS AND ARTISANS
SIGN UP TODAY!

THE NEWPORT BEACH ARTS FOUNDATION PRESENTS ITS 17TH YEAR OF

Art in the Park
FINE ARTS & ARTISANS FAIR

Saturday, October 22, 2022
10 am - 5 pm
Civic Center Green · 100 Civic Center Drive, Newport Beach

Interested Artists and Artisans should email artintheparknb@gmail.com or go to newportbeachartsfoundation.org/artists

SAVE THE DATE

BOUTIQUE AND RUMMAGE SALE

FRIDAY, OCTOBER 7 & SATURDAY, OCTOBER 8
9:00 AM - 2:00 PM

START SAVING YOUR ITEMS
COLLECTION DAYS: MONDAY SEPTEMBER 26 TO WEDNESDAY, OCTOBER 5

ACCEPTING: JEWELRY, HOUSEWARES, KITCHEN ITEMS, SMALL ELECTRIC APPLIANCES, LINENS, COLLECTIBLES, SMALL FURNITURE, SMALL ANTIQUES, PURSES, NOTIONS, OFFICE SUPPLIES, ARTS & CRAFTS, VASES, PICTURES & FRAMES, BOOKS, TOYS, HOLIDAY ITEMS!

PLEASE NO CLOTHING, ELECTRONICS, LARGE FURNITURE, TV’S, APPLIANCES, OR PIANOS

FRIENDS OF OASIS 801 NARCISSUS AVE CDM 92625
949-718-1800
HOW TO MAINTAIN GOOD POSTURE

Good posture – you’ve heard about it often, but what is it really? What are medically recommended lifting techniques? Appropriate seating positions? Come for a healthy review to help you live a healthier life. Hear about lifestyle habits that have been research proven to minimize pain and improve function.

PRESENT BY: ZAINAB SAADI, MD

WEDNESDAY, JULY 13
12:00PM-1:00PM
OASIS | ROOM 1
PLEASE RSVP TO 949-644-3244

Good posture – you’ve heard about it often, but what is it really? What are medically recommended lifting techniques? Appropriate seating positions? Come for a healthy review to help you live a healthier life. Hear about lifestyle habits that have been research proven to minimize pain and improve function.

PRESENT BY: ZAINAB SAADI, MD

WEDNESDAY, JULY 13
12:00PM-1:00PM
OASIS | ROOM 1
PLEASE RSVP TO 949-644-3244

Brain Boot Camp: 2-week series (Session 1)
Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.

Brain Boot Camp: 2-week series (Session 2)
Join us for a fun, evidence-based, 2-session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.

Free Brain Health Education
at the OASIS Senior Center

OASIS Senior Center
Room 3AB
801 Narcissus Ave
Corona Del Mar, CA 92625

RSVP Required
CALL 949-644-3244

Session Topic & Description | Date & Time
--- | ---
Brain Boot Camp: 2-week series (Session 1) | Tues, July 12 1:00 - 2:30 PM
Brain Boot Camp: 2-week series (Session 2) | Tues, July 19 1:00 - 2:30 PM

Alzheimer’s OC | 2515 McCabe Way, Suite 200, Irvine, CA 92614 | Helpline 844-373-4400 | www.alzoc.org

MOVIE TALK
WITH THEO SIEGEL

WEDNESDAY, JULY 20
EVELYN HART EVENT CENTER
EVENT STARTS AT 1:00 PM

We’ll talk about the making of “The Magnificent Seven”, and then show the film!

Did you know that Steve McQueen drove his car into a brick wall so that he could be cast in the film? Playing the piano on the Elmer Bernstein score is a young John Williams, the composer of “Star Wars”, “Jaws” and many more film classics. Anthony Quinn was originally cast in the film as the character played by Yul Brynner. Learn about these and other interesting behind the scenes information as the Movie Guy talks about and then shows the 1960 film “The Magnificent Seven” with Yul Brynner and Steve McQueen.

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert

Tuesday, July 26 • 10:00am - 12:00pm • Room 1
Panama, Columbia, Ecuador, and Peru

Begin our journey in Bogota, Colombia, one of the highest capitals in the world at 8,660 feet, see the colonial downtown, gold museum and walk in the shopping village, continue to visit the colorful river Caño Cristales, continue to Medellin and take part in the annual Flower Festival. Fly to Quito, Ecuador another high capital at 9,550 feet, Visit Ecuador’s upper Amazon and Andean highlands, fly to Galapagos for a 4-night cruise. See Peru’s highlights in Lima the foodie capital, fly to Cusco and take a train to the famed Machu Picchu and Lake Titicaca high up in the Andean mountains.
PHILOSOPHY DISCUSSION GROUP

THE PHILOSOPHY OF LIFE’S THIRD ACT

Every other Week
7/12, 7/26
Tuesday 3-4:30pm
OASIS Room 1

This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal’s wager, Plato’s allegory of the cave and much much more, then apply these ideas to our lives.

ONE-ON-ONE MEDICATION REVIEW WITH THE PHARMACIST

TUESDAY, JULY 19
CALL FOR AN APPOINTMENT
(949) 644-3244

In a private meeting, the pharmacist will review:
- The medications & supplements you are taking
- Assess your medication regimen for appropriateness
- Identify potential side effects & drug interactions.

DIETARY SUPPLEMENTS FOR BRAIN HEALTH: WHAT DOES THE SCIENCE SAY?

THURSDAY, JULY 14
1:00 PM
OASIS ROOM 1
RSVP Required:
(949) 644-3244

Presented by:
Bill Lui, PharmD BCGP
Pharmacist
County of Orange Health Care Agency

OASIS Senior Center
801 Narcissus Ave
CdM, CA 92625

VETERANS SOCIAL GROUP

JIM LOCKHART
SPECIAL FORCES

INFANTRY COMPANY COMMANDER: BEST JOB EVER

TUESDAY, JULY 19, 2022
12 PM - 1:30 PM
EVENT CENTER
RSVP 949-644-3244

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

2nd & 4th Thursdays of the month
10:00 AM
Room 5
No RSVP needed
Questions: (949) 644-3244

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**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 of the month
6:30 pm
Room 5

For more information, please call Basia Mosinski
917-703-3414
**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:** History

**OASIS Room 5**

RSVP not required

**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.

**Classes**

**OASIS PLAYERS**

Do you...
Like to perform? Act, sing, dance?
Join the Oasis Players!

Wednesdays
1-3pm

OASIS Room 2A
GOING ABOARD: STUDIES OF MOBY DICK & MELVILLE
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. Class is ongoing; check with instructor for updated information.
OASIS Room 1B
SS3059   6/17-8/26   F   10am-Noon   $85/11

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

OASIS PLAYERS
May Kramer
Like to perform? Act, sing, dance? Join the OASIS Players!
OASIS Room 2A
RSVP not required   Ongoing   W   1-3pm   Free

PHILOSOPHY DISCUSSION GROUP
Dave Larue  dklä2018@outlook.com
The Philosophy of Life’s Third Act - This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal’s wager, Plato’s allegory of the cave and much much more, then apply these ideas to our lives.
OASIS Room 1A
RSVP not required   7/12 & 7/26   Tu   3-4:30pm   Free

SHORT STORY DISCUSSION
Doug Brown  949-402-1198
Join us as we discuss different 6-20 page short stories each week. Members are expected to read the story before class, but the story will be read in sections out loud in class to facilitate discussion. Contact instructor for more information.
OASIS Room 4
RSVP not required   Tu   2-4pm   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   4th Tu   10am-Noon   Free

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   W   1-3pm   Free

WOMEN’S WISDOM
Barbara Stern, MSW  barbaras@cox.net
Celebrate this time in your life and find common ground with other interesting women who are each on their own journey. Join our discussion group and enjoy stimulating conversation, become more knowledgeable about changing lifestyle issues and what is possible at this stage in life.
•   Space is limited to 12 participants.
•   $15 material fee due to instructor at first meeting
•   RSVP to 949-644-3244
OASIS Room 3
RSVP required   5/25-7/13   W   3:30pm – 5pm   Free
Fine Arts

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

• Please bring a project you are currently working on and any supplies you may need.
OASIS Art Center
Class returns in the Fall  M  9am-Noon  $115/5

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.

OASIS Art Center
Class returns in the Fall  M  9am-Noon  $115/5

WOOD CARVING WORKSHOP

Ray Morrow  OASISWoodcarving@gmail.com
This group works on individual projects and welcomes new members. Come any Thursday to find out more about the group. Group participants are asked to contribute $15 every three months for class tool and machine maintenance.
OASIS Art Center
RSVP Not Required  Th  8-11am  See above

OIL PAINTING- INTERMEDIATE TO ADVANCED

Jim Ellsberry  310-218-2658  jim@jimEllsberry.com
Advanced concepts of color theory to include hue, value and chroma. Students complete 2 Still Life projects and 1 Landscape painting. Drawing, color mixing, texture and edge are stressed. No class 7/4

• Additional fee: $15 (material)
OASIS Art Center
SS3060  6/13-7/18  M  1-3:30pm  $180/5
SS3061  8/1-8/29  M  1-3:30pm  $180/5

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
SS3040  7/13-8/17  W  9am-Noon  $146/6

INTERMEDIATE/ADVANCED CERAMICS

Karen Thayer  karenthayer@yahoo.com
This short course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. Additional fee: $20 (material)
OASIS Art Center
Class returns in the Fall  W  9am-Noon  $102/6
WATERCOLOR & MIXED MEDIA

Chris Sullivan chrissullivanart@gmail.com
This exciting and stimulating experimental watercolor and mixed media class will introduce you to new and creative approaches to painting. You will learn how to successfully combine a variety of materials with transparent watercolor and turn them into expressive works of art. Open to all watercolor painting levels. Beginners must have good watercolor painting skills. Demonstrations, individual assistance, and group critiques are included.

- Prerequisite: Good control and understanding of basic watercolor techniques.

OASIS Art Center
SS3042 7/13-8/17 W 1-4pm $146/6

Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson 949-675-5182
Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. Summer session selections will be by 20th-century Albert Camus. Reading at home and in class will be followed by written answers to questions and by classroom discussion. Please contact instructor for 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. Class is ongoing; check with instructor for updated information.

OASIS Room 2B
SS3008 6/15-8/31 W 10am-Noon $90/12

FRENCH-INTERMEDIATE

Leo Vortouni 949-607-9104 leosailor21@gmail.com
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.

SPANISH LITERATURE BOOK CLUB

Darielle Wilson 949-675-5182
Take a journey the second Monday of the month into literature in Spanish. Meet Latin American and Spanish writers, classic and modern. Contact instructor for current readings.
OASIS Room 4
RSVP required 2nd M 2:30-4:30pm 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.
PORTAL LANGUAGES

Portal Languages  714-979-1655
Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. No class 7/4, 7/6

• 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
SS3047  6/13-7/13  M/W  5-6pm  $205/8
SS3048  7/18-8/10  M/W  5-6pm  $205/8
SS3049  8/15-8/31  M/W  5-6pm  $155/6

Beginning French 2
SS3050  7/18-8/10  M/W  6-7pm  $205/8
SS3051  8/15-8/31  M/W  6-7pm  $155/6

OASIS Room 1B

Beginning Italian 1
SS3053  6/13-7/13  M/W  4-5pm  $205/8
SS3054  7/18-8/10  M/W  4-5pm  $205/8
SS3055  8/15-8/31  M/W  4-5pm  $155/6

Beginning Italian 2
SS3056  6/13-7/13  M/W  5-6pm  $205/8
SS3057  7/18-8/10  M/W  5-6pm  $205/8
SS3058  8/15-8/31  M/W  5-6pm  $155/6

OASIS Room 2A

Beginning Spanish 1
SS3044  7/13-8/31  5-6pm  W  $205/8

Technology

PRIVATE TECHNOLOGY LESSONS

Carole Kamper  949-230-5902
Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iphone or iPad.

• 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.

DRP300  $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
SS3029  8/23  Tu  1-3pm  $40/1

APPLE IPHONE FOR BEGINNERS

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

OASIS Computer Lab
SS3021  7/25  M  10am-Noon  $40/1
SS3022  8/18  Th  1:30-3:30pm  $40/1

COMPUTER BASICS

Carole Kamper  949-230-5902
Wishing you had better computer skills this past year? This is an introductory class that will give you “hands on” experience using a mouse and keyboarding as well as some basic internet search techniques. We will learn the “anatomy” of a window by exploring the WordPad and Paint programs. The class will be taught on Windows 10 and is not designed for Mac users although most concepts apply to both most concepts apply to both platforms.

OASIS Computer Lab
SS3031  8/9-8/16  Tu  1-3pm  $45/2

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
SS3032  7/28-8/4  Th  9:45-10:45am  $36/2

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
SS3033  8/11  Th  10am-Noon  $36/1
**A SAMPLING OF APPS**

Carole Kamper

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, eBook including Kindle and free eBooks that can be downloaded from the Newport Beach Library, photo sharing Instagram. Please contact the instructor if you have any questions regarding the version of your device for this class.

**APPLE IPHONE FOR BEGINNERS**

Carole Kamper

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

**COMPUTER BASICS**

Wishing you had better computer skills this past year? This is an introductory class that will give you “hands-on” experience using a mouse and keyboarding as we explore basic internet search techniques. We will learn the “anatomy of a window” by exploring the WordPad and Paint programs. The class will be taught on Windows operating system for Mac users although most concepts apply to both platforms.

**DIGITAL PHOTO EDITING**

Barbara Yin Milbert pacpal33@yahoo.com

Learn to download your pictures from your camera 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

**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.

**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.

**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

**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

**MAKING A 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

**IPAD BASICS**

Barbara Yin Milbert pacpal33@yahoo.com

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.

**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**

SS3021  7/25  M 10am-Noon
SS3022  8/18  Th 1:30-3:30pm
SS3031  8/9-8/16  Tu 1-3pm
SS3032  7/28-8/4  Th 9:45-10:45am
SS3033  8/11  Th 10am-Noon
SS3034  8/14  Th 10am-Noon
SS3035  8/17  Th 10am-Noon
SS3036  8/20  Th 10am-Noon
SS3037  8/23  Th 10am-Noon
SS3038  8/26  Th 10am-Noon

newportbeachca.gov/oasis  Admin - 949-644-3244  Friends of OASIS - 949-718-1800
## Classes

### Cards & Games

#### BEGINNING BRIDGE

<table>
<thead>
<tr>
<th>Ann Cressman, Gold Life Master</th>
<th>949-495-4564</th>
<th><a href="mailto:anncressman@gmail.com">anncressman@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ann Cressman, Gold Life Master</strong></td>
<td>949-495-4564</td>
<td><a href="mailto:anncressman@gmail.com">anncressman@gmail.com</a></td>
</tr>
<tr>
<td><strong>Join us to learn the exciting and stimulating game of bridge. This class is for new players &amp; those who want to brush up on their skills.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>Returns in the Fall</strong></td>
</tr>
</tbody>
</table>

#### ADVANCED BEGINNING BRIDGE 1

<table>
<thead>
<tr>
<th>Ann Cressman, Gold Life Master</th>
<th>949-495-4564</th>
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</thead>
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<td><a href="mailto:anncressman@gmail.com">anncressman@gmail.com</a></td>
</tr>
<tr>
<td><strong>Lessons will consist of handouts, play of pre-arranged hands and analysis.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>Returns in the Fall</strong></td>
</tr>
</tbody>
</table>

#### ADVANCED BEGINNING BRIDGE 2

<table>
<thead>
<tr>
<th>Ann Cressman, Gold Life Master</th>
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</tr>
<tr>
<td><strong>Lessons will consist of handouts, play of pre-arranged hands and analysis.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>Returns in the Fall</strong></td>
</tr>
<tr>
<td><strong>• Prerequisite: Advanced Beginning Bridge 1.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>Returns in the Fall</strong></td>
</tr>
</tbody>
</table>

#### INTERMEDIATE SUPERVISED PLAY

<table>
<thead>
<tr>
<th>Ann Cressman, Gold Life Master</th>
<th>949-495-4564</th>
<th><a href="mailto:anncressman@gmail.com">anncressman@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ann Cressman, Gold Life Master</strong></td>
<td>949-495-4564</td>
<td><a href="mailto:anncressman@gmail.com">anncressman@gmail.com</a></td>
</tr>
<tr>
<td><strong>Improve your play through supervised instruction and analysis of hands.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>Returns in the Fall</strong></td>
</tr>
</tbody>
</table>

#### ACBL DUPLICATE BRIDGE

<table>
<thead>
<tr>
<th>Gail Schneider</th>
<th>949-472-8010</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gail Schneider</strong></td>
<td><strong>949-472-8010</strong></td>
</tr>
<tr>
<td><strong>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.</strong></td>
<td><strong>OASIS Room 2</strong></td>
</tr>
</tbody>
</table>

#### AMERICAN MAH JONGG-SUPervised Play

<table>
<thead>
<tr>
<th>Terry Sweeney</th>
<th>208-920-9085</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Terry Sweeney</strong></td>
<td><strong>208-920-9085</strong></td>
</tr>
<tr>
<td><strong>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. No class 7/4.</strong></td>
<td><strong>OASIS Room 3</strong></td>
</tr>
<tr>
<td><strong>SS3016</strong></td>
<td><strong>7/28-9/1</strong></td>
</tr>
</tbody>
</table>

#### DUPLICATE BRIDGE

<table>
<thead>
<tr>
<th>Terry and Gene Casavant</th>
<th>949-854-8138</th>
<th><a href="mailto:zeintje1@gmail.com">zeintje1@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Terry and Gene Casavant</strong></td>
<td><strong>949-854-8138</strong></td>
<td><strong><a href="mailto:zeintje1@gmail.com">zeintje1@gmail.com</a></strong></td>
</tr>
<tr>
<td><strong>Bring your own partner to play. Reservations are required. Please contact Terry and Gene at <a href="mailto:zeintje1@gmail.com">zeintje1@gmail.com</a> or 949-854-8138.</strong></td>
<td><strong>OASIS Room 2</strong></td>
<td><strong>RSVP Required</strong></td>
</tr>
</tbody>
</table>

#### MAH JONGG

<table>
<thead>
<tr>
<th>Doris Melnick</th>
<th>949-644-2600</th>
<th>Dave Margolis</th>
<th>562-221-9870</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Doris Melnick</strong></td>
<td><strong>949-644-2600</strong></td>
<td><strong>Dave Margolis</strong></td>
<td><strong>562-221-9870</strong></td>
</tr>
<tr>
<td><strong>Experienced players meet to play.</strong></td>
<td><strong>OASIS Room 3</strong></td>
<td><strong>RSVP Not Required</strong></td>
<td><strong>Ongoing</strong></td>
</tr>
<tr>
<td><strong>• American Mah Jongg card and rules only.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### OPEN GAME ROOM

| **Grab your friends and meet to play games in the Library Game Room at OASIS. Tables are first come, first served. Hours as follows:** | **Mon: 9:00am-2:30pm** | **Tu-Fri: 9:00am-4:00pm** |
| **OASIS Library/Game Room** | **RSVP Not Required** | **Ongoing** | **M/F** | **see above** | **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’ll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. No Class: 7/4, 7/8

OASIS Dance Room
SS3500 6/13-8/29 M 10:15-11am $ 192/11
SS3501 6/17-8/26 F 10:15-11am $ 175/10

BETTER LIFE BOXING

Andrew Deming betterlifeboxing.com

At Better Life Boxing, we provide seniors with fun, challenging and safe boxing workouts they can use to keep their bodies and brains healthy. During class, you will perform exercises that help improve your balance and coordination as well as overall strength. Better Life Boxing can give anyone a customized workout that is enjoyable and fits your specific fitness needs. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. No class 7/4, 7/21

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

OASIS Dance Room
SS3503 7/11-8/1 M 3:30-4:30pm $85/4
SS3504 8/8-8/29 M 3:30-4:30pm $85/4

OASIS Room 1
SS3505 6/16-7/7 Th 8:30-9:30am $85/4
SS3506 7/14-8/4 Th 8:30-9:30am $65/3
SS3507 8/11-9/1 Th 8:30-9:30am $85/4

Room Change! OASIS Room 1
SS3508 6/16-7/7 Th 3:30-4:30pm $85/4
SS3509 7/14-8/4 Th 3:30-4:30pm $65/3
SS3510 8/11-9/1 Th 3:30-4:30pm $85/4

DROP IN (NO REFUNDS)
DRP291 $20/1

CHAIR EXERCISE

Judy Aprile jjapril@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. No class 7/13, 8/10

OASIS Event Center
SS3511 7/6-7/27 M/W 10:05-11am $35/6
SS3512 8/1-8/31 M/W 10:05-11am $50/9

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japril@coastline.edu

This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor.

OASIS Event Center
Ongoing 6/13 – 8/1 M 11:30-12:45PM Free

GOLF

Greg Nelson greghbnelson@me.com

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
Classes

**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.

- Bring your own mat, hand weights, and resistance bands.

**OASIS Event Center**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS3513</td>
<td>6/14 - 7/7</td>
<td>Tu/Th</td>
<td>8-9 am</td>
<td>$65/8</td>
</tr>
<tr>
<td>SS3514</td>
<td>7/12 - 8/4</td>
<td>Tu/Th</td>
<td>8-9 am</td>
<td>$65/8</td>
</tr>
<tr>
<td>SS3515</td>
<td>8/9 - 9/1</td>
<td>Tu/Th</td>
<td>8-9 am</td>
<td>$65/8</td>
</tr>
</tbody>
</table>

**DROP IN (NO REFUNDS)**

DRP294  $12/1

**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.

**OASIS Room 1**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS3516</td>
<td>6/13 - 7/7</td>
<td>M/Th</td>
<td>10-11:15am</td>
<td>$103/7</td>
</tr>
<tr>
<td>SS3517</td>
<td>7/11 - 8/4</td>
<td>M/Th</td>
<td>10-11:15am</td>
<td>$125/8</td>
</tr>
<tr>
<td>SS3518</td>
<td>6/13 - 6/27</td>
<td>M</td>
<td>10-11:15am</td>
<td>$50/3</td>
</tr>
<tr>
<td>SS3519</td>
<td>7/11 - 8/1</td>
<td>M</td>
<td>10-11:15am</td>
<td>$65/4</td>
</tr>
<tr>
<td>SS3520</td>
<td>6/16 - 7/7</td>
<td>Th</td>
<td>10-11:15am</td>
<td>$65/4</td>
</tr>
<tr>
<td>SS3521</td>
<td>7/14 - 8/4</td>
<td>Th</td>
<td>10-11:15am</td>
<td>$65/4</td>
</tr>
</tbody>
</table>

**DROP IN (NO REFUNDS)**

DRP294  $25/1

**LAWN BOWLING**

www.NHLBC.com

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 $250. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del M ar. 1550 Crown Drive, CDM. For more information visit the Club website at www.NHLBC.com

**MELT METHOD**

Yvette Casal  
714-520-1427  
meltwithyvette@gmail.com

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. Zoom code is available for Virtual Attendance.

- 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 Event Center**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS3522</td>
<td>7/12-8/30</td>
<td>Tu</td>
<td>2-3pm</td>
<td>$115/8</td>
</tr>
</tbody>
</table>

**NUTRITION COUNSELING: ONLINE**

Nasira Burkholder-Cooley, DrPH, RD

Are you giving your body all the nutrients it needs? Do you enjoy the meals you eat? Are you looking to improve your mood, increase your energy, and elevate your health? Dr. Nasira provides individualized nutrition counseling and will assess your nutrition needs, help you establish realistic nutrition goals, improve food management and meal planning, and provide support and accountability in achieving your goals. To set up your online appointment please email Nasira at nasirasnutrition@gmail.com

**Online**

By Appointment Only:

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

**PILATES MAT**

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

These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. No class 7/5

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

**OASIS Dance Room**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SS3523</td>
<td>6/14-7/26</td>
<td>Tu</td>
<td>8:45-9:45am</td>
<td>$103/6</td>
</tr>
<tr>
<td>SS3524</td>
<td>8/2-8/30</td>
<td>Tu</td>
<td>8:45-9:45am</td>
<td>$90/5</td>
</tr>
</tbody>
</table>

**DROP IN (NO REFUNDS)**

DRP291  $22/1
PILATES, STRONG, HEALTHY BONES, AND BALANCE TRIO - MAT/STANDING

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

This trio class has bone strengthening benefits (for those with osteoporosis, osteopenia, or those trying to avoid it) and the strengthening and flexibility of Pilates and balance work too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. No class 8/18

- Please bring a mat, a light and heavy resistance band and towel are needed for this class. 1.5 lb weights are optional.

OASIS Dance Room
SS3527 6/16-7/21 Th 7:45-8:45am $103/6
SS3528 7/28-9/1 Th 8:45-9:45am $90/5

DROP IN (NO REFUNDS)
DRP291 $22/1

PHYSICAL TRAINING

Judy Aprile jjiaprile@gmail.com

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed. No class 8/5

- Please bring an exercise mat and hand weights. A towel or small pillow is recommended for neck support if needed

OASIS Event Center
SS3529 7/6-7/29 M/W/F 7:45-8:35am $60/11
SS3530 8/1-8/31 M/W/F 7:45-8:35am $70/13
SS3531 7/6-7/29 M/W/F 8:45-9:35am $60/11
SS3532 8/1-8/31 M/W/F 8:45-9:35am $70/13

ZUMBA GOLD® DANCE FITNESS

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

Are you ready to get moving? Keep your body and mind as healthy as you can. Dancing reverses the signs of aging in the brain and body. 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! Multi-Day DISCOUNT OFFERED, 3 days for the price of 2! Make-ups built in. No class 7/4, 7/6, 7/8

OASIS Dance Room
SS3535 6/13-8/29 M 9-10am $170/11
SS3536 6/15-8/31 W 9-10am $170/11
SS3537 6/16-9/1 Th 9-10am $170/11
SS3538 6/17-8/26 F 9-10am $155/10

MULTI-DAY DISCOUNT:
SS3539 6/13-9/1 M/W/F 9-10am $340

DROP IN (NO REFUNDS)
DRP290 $20/1

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

Kathryn Rollins 949-422-9834 Kathryn@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. No class 7/5

- Please bring a mat, a light and heavy resistance band and towel are needed for this class. 1.5 lb weights are optional.

OASIS Dance Room
SS3525 6/14-7/26 Tu 10-11am $103/6
SS3526 8/2-8/30 Tu 10-11am $90/5

DROP IN (NO REFUNDS)

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.

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

OASIS Event Center
SS3533 6/16-8/11 Th 9:30-10:30 am $119/9
SS3534 7/7-8/11 Th 9:30-10:30 am $85/6

DROP IN (NO REFUNDS)
DRP297 $20/1
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 3 years of dance at some time in their lives but students may adapt the lesson as needed. Please wear comfortable clothing and ballet slippers by the second class meeting.
OASIS Dance Room
SS3540  7/15-8/30  Tu  11:30-12:30pm  $149/9

CLASSICAL BALLET BARRE
Michelle Caumiant Zehnder  mcaumiant26@gmail.com
In this adv/beg. class we will be focusing on proper body alignment, balance, coordination, stamina, and graceful exercises that help build strength and understanding for Ballet dancing off the barre. A short center floor at the end of class will be for those interested in practicing off Barre what we’re working on 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.
OASIS Dance Room
SS3541  7/8-9/20  F  11:30-12:30pm  $149/9

DANCE WORKSHOP
Michelle Caumiant Zehnder  mcaumiant26@gmail.com
We start with 20 minutes of beginning Ballet and the remainder of the class learning short dance combinations. We will explore the many variations of Broadway (stage) and commercial (screen) jazz dancing. The class accepts different levels of abilities and necessary adaptations. It’s about fun and fitness. Putting dance steps together is one of the best forms of memory fitness.
• Please bring flexible tennies or jazz shoes. If you have Ballet slippers bring them as well.
OASIS Dance Room
SS3542  7/6-8/31  W  12:30-1:30pm  $149/9

GROUP DRUMMING
Lee Kix
Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells.
OASIS Event Center
RSVP Not Required  2nd Wed  11:30-12:30pm  FREE

INTRO TO BROADWAY DANCE
CS Dance Factory  949-230-5934  Info@CSDanceFactory.com
Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it’s taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind!
OASIS Dance Room
SS3543  6/15-8/31  W  10:15-11am  $192/11

LINE DANCING
Vickie Jackson  vickie@promodonnas.com
Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer’s.
OASIS Dance Room
Level 1 - Beginner/Improve (includes steps, sequences & vocabulary)
SS3544  6/16-7/7  Th  1-1:55pm  $27/4
SS3545  7/16-8/9  Th  1-1:55pm  $41/6
Level 2 - Improver/Easy Intermediate (should know basic steps)
SS3546  6/16-7/7  Th  2-2:55pm  $27/4
SS3547  7/16-8/9  Th  2-2:55pm  $41/6
Level 3 - Easy Intermediate/Intermediate (step competency required)
SS3548  6/16-7/7  Th  3-4pm  $27/4
SS3549  7/16-8/9  Th  3-4pm  $41/6
Combo Class: Level 1 &2
SS3550  6/16-7/7  Th  1-2:55pm  $38/4
SS3551  7/16-8/9  Th  1-2:55pm  $57/6
Combo Class: Level 2 &3
SS3552  6/16-7/7  Th  2-4pm  $38/4
SS3553  7/16-8/9  Th  2-4pm  $57/6

ASIS Room 1
SVP Not Required
ASIS Room 2
SVP Not Required
ASIS Room 5
SVP Not Required
ASIS E
SVP Not Required
ASIS Room 5
SVP Not Required

GROUP DRUMMING
Lee Kix
Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells.
OASIS Event Center
RSVP Not Required  2nd Wed  11:30-12:30pm  FREE

INTRO TO BROADWAY DANCE
CS Dance Factory  949-230-5934  Info@CSDanceFactory.com
Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it’s taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind!
OASIS Dance Room
SS3543  6/15-8/31  W  10:15-11am  $192/11

LINE DANCING
Vickie Jackson  vickie@promodonnas.com
Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer’s.
OASIS Dance Room
Level 1 - Beginner/Improve (includes steps, sequences & vocabulary)
SS3544  6/16-7/7  Th  1-1:55pm  $27/4
SS3545  7/16-8/9  Th  1-1:55pm  $41/6
Level 2 - Improver/Easy Intermediate (should know basic steps)
SS3546  6/16-7/7  Th  2-2:55pm  $27/4
SS3547  7/16-8/9  Th  2-2:55pm  $41/6
Level 3 - Easy Intermediate/Intermediate (step competency required)
SS3548  6/16-7/7  Th  3-4pm  $27/4
SS3549  7/16-8/9  Th  3-4pm  $41/6
Combo Class: Level 1 &2
SS3550  6/16-7/7  Th  1-2:55pm  $38/4
SS3551  7/16-8/9  Th  1-2:55pm  $57/6
Combo Class: Level 2 &3
SS3552  6/16-7/7  Th  2-4pm  $38/4
SS3553  7/16-8/9  Th  2-4pm  $57/6

ASIS Room 1
SVP Not Required
ASIS Room 2
SVP Not Required
ASIS Room 5
SVP Not Required
ASIS E
SVP Not Required
ASIS Room 5
SVP Not Required
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 Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org for membership details.
OASIS Room 1
RSVP Not Required 7/27 W 1:30pm *see above for fees

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.
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, walkers, canes and crutches are available for a one month rental in the Administration office.

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

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.

MEMORY SCREENING

There is a $45 fee for the screening. Provided by Orange County Vital Brain at HOAG. Take steps now to maintain healthy brain aging for years to come. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized, confidential memory screening at the OASIS Senior Center please call 949-764-6288.

BLOOD PRESSURE SCREENING

OASIS Room 4
RSVP Not Required 1st Friday of the Month 9am-11am FREE
Let’s do lunch! Make your reservation today.

www.myagewell.org    AgeWellSeniorServices    949.855.8033

Age Well Senior Services is proud to announce a brand new menu for our lunch program catered by Zest in a Bowl.

Zest in a Bowl will be serving lunches from Monday to Friday, starting this April. They are a local, family-run restaurant whose mission is to bring natural, healthy, and tasty dishes to the community.

About The Menu
The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables with protein. Notable guest favorites are the fresh salads & wraps, and the healthy soups. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.

Let’s do lunch! Make your reservation today.

Let’s do lunch! Make your reservation today.

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
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<tr>
<td>Tuna Sandwich w/ whole wheat bread</td>
<td>Salmon Tuscana w/ sauteed carrots</td>
<td>Chicken Tarragon w/ rainbow salad</td>
<td>Pork Carnitas w/tortillas</td>
<td>Chicken Caesar w/wheat bread</td>
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<tr>
<td>Tomato Basil Soup</td>
<td>Tropical Fruit</td>
<td>Orange Brownie</td>
<td>Roasted Sweet Potatoes</td>
<td>Sandwich w/ wheat</td>
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<td>Orange Cake</td>
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<td>French Onion Chicken w/ Mashed Potatoes</td>
<td>Chipotle Chicken w/ cheese</td>
<td>Spaghetti &amp; meatballs</td>
<td>Chicken Caesar w/wheat</td>
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<td>Spinach Beet Salad</td>
<td>Sandwich w/ zesty Mexican</td>
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<td>Orange Oatmeal Cookie</td>
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<td>Mexican Beef Lasagna w/ corn &amp; black bean</td>
<td>Thai Chicken Chicken</td>
<td>Deviled Egg Sandwich w/ Croissant</td>
<td>Mexican Pork Stew</td>
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<td>Chicken Cacciatore w/ mashed potatoes</td>
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<td>Hawaiian Roll Chicken</td>
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*Oasis Travel Day Trip

July 2022

HAPPY 4TH OF JULY

July

CLOSED FOR FRIENDS OF OASIS MONTHLY

RESERVATIONS REQUIRED
CALL 949-718-1820

MAY 2022

DAILY LUNCH AND MEALS ON WHEELS

DAILY LUNCH (M-F, 12 - 12:30pm)

In-person dining is Back! Come join us daily in the Evelyn Hart Event Center! Delicious lunches are served Monday - Friday. RSVP required. Request meals 5 business days in advance by calling 949-718-1820. Donations of $5.50/meal are appreciated. Menu available below or pick up a paper copy at the center.

MEALS ON WHEELS (M-F Delivery)

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

To find out more information about either of these programs please call:

Daily Lunch 949-718-1820
Meals on Wheels 949-718-1811

KATIE O'MARA, M.S., R.D.
SUGGESTED CONTRIBUTION: 60+ YEARS OR OLDER: $8.50
YOUTH: $7.50
AWS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE.
Friends

FRIENDS OF OASIS

BOARD ELECTION

Election Results

Congratulations to the newly elected Directors to the Friends of OASIS Board

Deborah Allen
Barbara Milbert
Jeff Upton
Kathy Roberts
Kelly Pierce

Friends Office: 949.718.1800 | friendsofoasis.org

SAVE THE DATE

BOUTIQUE AND RUMMAGE SALE

FRIDAY, OCTOBER 7 & SATURDAY, OCTOBER 8
9:00 AM - 2:00 PM

START SAVING YOUR ITEMS
COLLECTION DAYS: MONDAY SEPTEMBER 26 TO WEDNESDAY, OCTOBER 5

ACCEPTING: JEWELRY, HOUSEWARES, KITCHEN ITEMS, SMALL ELECTRIC APPLIANCES, LINENS, COLLECTIBLES, SMALL FURNITURE, SMALL ANTIQUES, PURSES, NOTIONS, OFFICE SUPPLIES, ARTS & CRAFTS, VASES, PICTURES & FRAMES, BOOKS, TOYS, HOLIDAY ITEMS!

PLEASE NO CLOTHING, ELECTRONICS, LARGE FURNITURE, TVS, APPLIANCES, OR PIANOS

FRIENDS OF OASIS 801 NARCISUS AVE CDM 92625
949.718.1800

GIFT SHOP

Hours: Monday - Friday 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.

VOLUNTEERS WANTED

LAND A HAND FOR OTHERS AND VOLUNTEER AT OASIS. PICK UP AN APPLICATION IN THE FRIENDS OFFICE OR FILL OUT THE APPLICATION ONLINE.

JOIN US NOW WWW.FRIENDSOFOASIS.ORG
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

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, 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.

The Friends of OASIS discounts

*Must present Friends of OASIS membership card to receive discounts

- Bayside Restaurant
  - 10% discount
  - Excludes alcohol
  - (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)

- Canaletto's
  - 10% discount
  - Excludes alcohol
  - (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)

- El Cholo
  - 20% discount on Lunch
  - Excludes alcohol
  - Call (714) 876-2391 PacificSymphony.org

- Newport Rib Company
  - 10% discount
  - Excludes alcohol
  - (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)

- New Shanghai
  - 10% discount
  - Excludes alcohol
  - (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.)

- Pacific Symphony
  - Use promo code OASIS to receive 20% off
  - Call (714) 876-2391 PacificSymphony.org

- Rendez Vous Cafe
  - 10% discount
  - Excludes alcohol

- Fresh Brothers
  - 10% off orders (excludes alcohol) from their Newport Beach, Irvine, Harvard Place, and Newport Mesa locations.

- The Bungalow
  - 10% discount
  - Excludes alcohol

- Fresh Brothers
  - 10% discount
  - Excludes alcohol

- Fresh Brothers
  - 10% discount
  - Excludes alcohol

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  - 10% discount
  - Excludes alcohol

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

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.

O A S I S

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.
Day Trips

**HOLLYWOOD BOWL WITH STEVE MARTIN AND MARTIN SHORT**

- Wait List Only
- **Sunday, July 3**
- Depart 4:00pm
- Return 11:30pm
- **$119**

**JERSEY BOYS TRIBUTE**

- Wait List Only
- **Wednesday, July 13**
- Depart 10:00am
- Return 5:30pm
- **$110/$115**

**DEL MAR RACES**

- **Thursday, August 18**
- Depart 10:45am
- Return 6:45pm
- **$75/$80**

Travel to Del Mar where the surf meets the turf. Receive an official racing program upon arrival so you can pick your winners while having lunch on your own. Enjoy reserved Clubhouse shaded theater seating located on the third level with superb viewing and convenient to wagering windows - to pick up your winnings!

**AQUARIUM OF THE PACIFIC AND A CRUISE**

- **Wednesday, August 24**
- Depart 8:15am
- Return 4:30pm
- **$85/$90**

Enjoy a full day visiting this world-class aquarium, exploring the waters of the Pacific. In addition to the three main galleries highlighting the regions of the Pacific, the Aquarium features the Shark Lagoon and the Lorikeet Forest aviary. You will also meet the colony of Magellanic Penguin and learn about the veterinary care at the Aquarium. There is time for shopping and lunch on your own at the Pike. Afterwards we set sail on a 45 minute, fully narrated tour of Long Beach Harbor.

**1950’S MURDER MYSTERY MUSICAL**

- **Wednesday, September 14**
- Depart 9:45am
- Return 5:45pm
- **$110/$115**

Travel to Almansor Court, Alhambra, with beautiful views of the lake and golf course, to enjoy a delicious lunch and a musical revue with songs from the 50s, dances, comedy, costumes, and dialogue - with popular songs: Luck Be A Lady, Sit Down You’re Rockin’ The Boat, A Bushel and a Peck, Whatever Lola Wants and many, many more. Always a delightful musical and lunch with wine. Don’t wait to sign up!

- Bus Boarding is determined by your sign-up date.
- Second listed price is non-member price. Join the Friends of OASIS and save!
- 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.
REAGAN LIBRARY
Tuesday, October 4  $110/$115
THE SECRETS OF WWII- The Reagan Library has created a never-before-seen exhibit highlighting some of the lesser-known facts, or formerly Top Secret and recently declassified material, related to the largest war ever to be fought on the planet. It provides, not just its battles and the combatants, but digs deeper into the secrets of guarded technologies, unsung heroes, the popular culture of the time, propaganda produced on all sides, methods of code making and breaking, some of the controversies and the intrigue never before revealed.
Buffet Lunch provided under the wing of Air Force 1!!!
Depart 8:00am  Return 5:30pm

PALM SPRINGS UP AND AWAY
Tuesday, October 18  $110/$115
Visit beautiful Palm Springs starting with a rotating aerial tramway trip high up to San Jacinto Peak where you will enjoy an included lunch. The view from there is extraordinary. Following lunch we will depart the top of Jacinto, ride the tram down and catch our bus for a delightful tour of historical Palm Springs. After the tour, we will stop at the Hadley Fruit Orchard Store on our way home. Always a fun stop!
Depart 7:45am  Return 5:30pm

AUTRY MUSEUM OF THE AMERICAN WEST
Tuesday, November 1  $83/$88
Enjoy a visit to the Autry Museum located in the beautiful Griffith Park. The Autry features world-class museum galleries filled with art, artifacts and cultural materials dedicated to sharing the stories and experiences of the diverse people of the West. On display during our visit will be The Silent West, Art of the West, Cowboy Gallery, Western Frontiers and much more. BOX LUNCH PROVIDED. MODERATE WALKING ON TOUR
Depart 8:30am  Return 4:30pm

REAGAN LIBRARY - CHRISTMAS TREES
Tuesday, December 6
Join us at the Ronald Reagan Presidential Library and Museum as we view their beautiful annual Christmas Tree exhibit. Past exhibit themes have included “Christmas Around the World,” “America Across the Decades,” and a “California Christmas.” This year, over 60 trees on 5,000 square feet, the display is “Christmas Themes Derived from All 50 States and Territories.” Additionally, there will be Hanukkah menorahs given to the President during the 80s. There will be plenty of time to view all the Reagan Library Exhibits, including a full-scale replica of Reagans’ Oval Office, Air Force One and a section of the Berlin Wall. Don’t delay booking, this is one trip that fills up quickly and museums do involve walking
Depart 8:00am  Return 5:30pm

Extended Trips

GREAT CANADIAN CITIES & NIAGARA FALLS
September 21-29  $3,599 for Double Occupancy  $4,589 for Single Occupancy
9 days, 11 meals. 2 nights Montreal, Quebec City, & Niagara Falls. Ottawa. Toronto.

FALL COLORS MYSTERY VACATION
OCT. 23-27

WONDERS OF THE DANUBE CRUISE
OCT. 29 (9 DAYS)

ICELAND EXPLORER
SEPT. 14 OR OCTOBER 5 (7 DAYS)

KENTUCKY WITH NOAH’S ARK
MAY 12 OR OCT. 6 (6 DAYS)

FLORIDA & THE KEYS
NOV. 9 (7 DAYS)

NIAGARA FALLS & THE GRAND HOTEL
MAY 7, MAY 15 OR OCT. 9 (8 DAYS)

MUSIC CITIES: BRANSON, MEMPHIS & NASHVILLE
APR. 21 OR OCT. 13 (8 DAYS)

GREAT TRAINS & GRAND CANYON
MAR 27, APR. 24 OR MAY 15 (6 DAYS)

NEW ENGLAND RAILS & TRAILS
OCT. 1 (8 DAYS)

AFC Vacations Free Travel Show
Tuesday, August 9 | 1:00 pm | Room 1

New England Rails and Trails, Oct. 1-8
Iceland Explorer, Oct. 5-11
Kentucky with Noah’s Ark, Oct. 6-11
Niagara Falls and the Grand Hotel, Oct. 9-16 with Chris McCool
Music Cities: Branson, Memphis & Nashville, Oct. 13-20 with Deb Howard
Mystery Trip for Oct. Fall Colors, Oct. 23-30
Wonders of the Danube Cruise 40th, Oct. 29-Nov. 6 with Deb Howard and Chris McCool
Florida and the Keys, Nov. 9-15

NEW
Vienna and Danube Christmas Markets, Nov. 28-Dec.6 with Chris McCool
New Orleans Holiday, Nov.29-Dec. 3
San Antonio Holiday, Nov. 30-Dec. 4
Christmas Markets of Montreal and Quebec City, Dec. 1-5
Tuscan Culinary Experience, Oct. 11-19 with Will Reece

Sign up in the Travel Office or simply show up. These shows are always informative and entertaining!!
Greater Health for a Greater Life

When you choose Greater Newport Physicians, you receive a greater level of care and you become a part of our health and wellness family. We’re an award-winning group of more than 1,000 primary care doctors and specialists who have provided uniquely personalized care for over 35 years. Become a member today and experience greater possibilities.

Affiliated with premier hospitals:
MemorialCare Orange Coast Medical Center
MemorialCare Saddleback Medical Center
MemorialCare Long Beach Medical Center
MemorialCare Women’s & Children’s Hospital Long Beach
Hoag® Hospital - Newport Beach & Irvine
Children’s Hospital of Orange County

Greater Newport Physicians
800.553.6537
GNPweb.com

Don't Leave Your Loved Ones At Risk!
Stop putting it off. Keep your loved ones out of court and out of conflict by getting a current Will or Trust in place.
The people you love are worth the time it will take for you to do it right.

Call Morgan Law Group for a No-Charge Estate Plan Review

CALL TODAY
1500 Quail, #540, Newport Beach
949.260.1400
www.MorganLawGroup.com

ATTORNEY DARLYNN MORGAN

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**THE NEW 2022 REVERSE MORTGAGE**  
Greater Lending Limits & Credit Lines for Seniors

- Get cash, monthly payments and/or a growing credit line  
- Unlock home equity to supplement monthly retirement income  
- Reverse Purchase Loans also available  
- FHA HECM & Jumbo Reverse - up to $4 million

Call today for a free consultation.

Bob Petersen  
NMLS: 874762  
Reverse Mortgage Advisor  
Phone (714) 396-9512  
8 Corporate Park, Ste. 300, Irvine, CA 92606  
(Newport Beach Resident)  
bpetersen@mutualmortgage.com  
MutualReverse.com/Bob-Petersen

Borrower must occupy home as primary residence and remain current on property taxes, homeowner’s insurance, the costs of home maintenance, and any HOA fees. Mutual of Omaha Mortgage, Inc., NMLS 1025894. Licensed by the Dept of Business Oversight under the CA Residential Mortgage Lending Act, License 431056. These materials are not from, or approved by HUD or FHA. Subject to Credit Approval. For licensing information, go to: www.nmlsconsumeraccess.org #87943572

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**Westcliff Nurses Registry**  
**Serving The Newport Beach Community For Over 35 Years**  
Companions • Caregivers • Knowledge and Experience You Can Trust  
CNA's • LVN's • RN's

Remain Independent In Your Own Home  
Available 24 hrs a day 365 days a year  
949.631.0610

www.westcliffnurses.com  
323.665.7944 Call

**Newport Home Care**  
Dedicated to providing high quality care and professional service to our clients.

- Competitive Rates  
- Hourly and Live-In Caregivers  
- Personal Care Management  
- Alzheimer, Parkinson’s & Recovery Care

(949) 514-0194  
www.NewportCare.com

**Local Senior Real Estate Specialists**

Brenda McCroskey Team  
949.280.5563  
brenda.mccroskey@compass.com

Bev White  
Realtor  
DRE 00443516  
Brenda McCroskey  
Realtor  
DRE 01869273  
BJ Johnson  
Realtor  
DRE 02864723

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**Caring Companions At Home**

Committed to helping seniors remain in their homes by providing them with qualified caregivers.  
Companionship • Doctor Appointments • Meals  
Hospital & Rehab Discharge Assistance • Medication Reminders  
Alzheimer’s & Dementia Care • Shopping & Errands

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

**Newport Beach**  
949.574.0750

**La Quinta**  
760.771.6263  
TOLL FREE  
888.950.0750

www.caringcompanionsathome.com

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Join us to tour Corona del Mar’s premier senior community with newly refreshed spaces thoughtfully designed to enhance our breathtaking seaside setting.

Call 949-763-2665 to schedule your private tour.

CROWN COVE
A WATERMARK RETIREMENT COMMUNITY
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REGISTRATION INFORMATION

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

WAYS TO REGISTER

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

In consideration of participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: (1) acknowledge that participation in the PROGRAMS is voluntary; (2) agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; (3) certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT’s health or the health of others; (4) agree to provide verification from a licensed medical professional of PARTICIPANT’s physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; (5) agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; (6) agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; (7) understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including by not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, “RISK OF INJURY”); (8) CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY 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.

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 # Session</th>
<th>Class Name</th>
<th>Fee</th>
</tr>
</thead>
</table>

| 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. |

PAYMENT INFORMATION

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

Total Paid
| Class Fees |

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.

Credit Cards Accepted

| Credit Cards Accepted |

| Credit Card – Refunds processed within 3-5 days |

GENERAL REFUND POLICY - 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.

Fees and Refunds - Program fees are non-refundable except as noted. 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. Refund Processing Time/Payment Type - Check/Cash - Refunds processed within 3-4 weeks by mailed check. Credit Card – Refunds processed within 3-5 days.

WEEKLY ACTIVITY FEE - Fees must be paid in full at time of registration. 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 permissioning permitted.

Waiver & Release of Liability - In consideration of participation in the programs and activities held in person, through an online platform, or by any other means whether located on or off of public property ("PROGRAMS"), conducted by the City of Newport Beach, the Newport-Mesa Unified School District, or other such providers ("PROGRAM PROVIDERS"), I, on behalf of myself and on behalf of the participant of the PROGRAMS if someone other than me (both collectively, "PARTICIPANT") hereby: (1) acknowledge that participation in the PROGRAMS is voluntary; (2) agree to follow and abide by all rules, regulations, guidelines, and codes of conduct applicable to participation in the PROGRAMS; (3) certify that the PARTICIPANT is in good health and physically able to participate in the PROGRAMS, and does not have a medical condition that could make participation in the PROGRAMS hazardous to PARTICIPANT’s health or the health of others; (4) agree to provide verification from a licensed medical professional of PARTICIPANT’s physical fitness to participate in the PROGRAMS when requested by PROGRAM PROVIDERS; (5) agree that failure to disclose that participation by PARTICIPANT could create an unreasonable risk to PARTICIPANT or others may result in the PROGRAM PROVIDERS terminating PARTICIPANT from the PROGRAMS; (6) agree that PROGRAM PROVIDERS may terminate PARTICIPANT from participation in PROGRAMS at any time and in their sole and absolute discretion; (7) understand that participation in the PROGRAMS could result in bodily injury, property damage, death, disability, or other loss to PARTICIPANT or others as a result of, including by not limited to, strenuous physical activity or exertion, striking or being struck by objects or persons, falling, slipping, tripping, colliding with other persons or things, exposure to moisture, heat, cold, humidity, or sickness and disease (including but not limited to, COVID-19), which injuries and damage may include, but are not limited to, scrapes, bruises, cuts, sprains, strains, tearing or pulling of muscles or ligaments, fractures, dislocation of joints or bones, head or facial injuries, spinal cord injuries, internal injuries, or other injuries of any nature whatsoever which could be permanent or even fatal (collectively, “RISK OF INJURY”); (8) CERTIFY THAT PARTICIPANT AGREES, ON BEHALF OF PARTICIPANT AND ANYONE WHO MAY 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.

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Mandatory Signature: ____________________________ Date: ____________________________

Refund Policy Unless otherwise noted — A $10 (for classes priced $74 and below) or $20 (for classes priced $75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy – A $20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation & Senior Services at the time of registration.

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

Credit Cards Accepted

| Credit Cards Accepted |

| Credit Card – Refunds processed within 3-5 days |

Exp. Date _______/_______
Over 20 cardio machines, a full line of strength training machines, free weights, stretch machines, resistance bands, medicine balls, yoga mats, balance bar and more!

HOLIDAY CLOSURE DATES
- Monday 7/4 - Independence Day

Hours of Operation
Monday-Thursday: 7:00AM - 7:00PM
Friday: 7:00AM - 5:00PM
Saturday: 7:00AM - 2:00PM
Sunday: 7:00AM - 12:00PM

- Age requirement: 50 years or older
- Mandatory orientation required for new members, by appointment only
- Lockers, showers, and cubbies available
- Closed-toed shoes are required
- Workout attire recommended
- Wellness wipes available, please wipe down equipment after each use
- Guest or day passes not available
- Towels available for purchase

www.newportbeachca.gov/oasisfitness
**ENJOY MUSIC OUTDOORS!**

**SUGARLIPS**
In the OASIS Courtyard

* Friday, July 29th 5:30pm

* $10 TICKETS
  * Ticket maximum: 4 per person
  * No refunds

* Bring your own low-slung beach chairs and blankets.
* Bring your own food.
* Beer & Wine for sale.

**Call 949-644-3244 or stop by the Admin Office to purchase your tickets**

No outside alcohol.
Event is for 21+