

# OASIS news

Older  
Adult  
Social &  
Information  
Services

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

**MAY 2022**

**VOL. 46 NO. 5**



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



# OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

OASISCenter@newportbeachca.gov | (949) 644-3244

801 Narcissus Avenue, Corona Del Mar, CA 92625



## OASIS SENIOR CENTER

801 Narcissus Avenue, Corona del Mar, CA 92625-1501  
[newportbeachca.gov/oasis](http://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:

<b>City Administration</b>	<b>Fitness Center</b>
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](http://friendsofoasis.org)

Center is closed on all City-observed holidays.

## STAFF DIRECTORY

### CITY OF NEWPORT BEACH STAFF:

<b>City Manager:</b>	Grace Leung
<b>Recreation &amp; Senior Services Director:</b>	TBD
<b>Senior Services Manager:</b>	Melissa Gleason
<b>Facility Maintenance:</b>	Chris Suarez
<b>Health &amp; Wellness Supervisor:</b>	Jena Delgado-Sette
<b>Recreation Supervisor:</b>	Anne Doughty
<b>Social Services Supervisor:</b>	Susie DiGiovanna
<b>Fitness Center Coordinator:</b>	Lisa Mandich
<b>Recreation Coordinator:</b>	Hilda El-Souki
<b>Transportation Coordinator:</b>	Elizabeth Arciniega
<b>Department Assistant:</b>	Jessica Battioli- Caputo
<b>Office Assistant:</b>	Stephanie Melero
<b>Care-A-Van Drivers:</b>	Blanca Olazo Jose Cardenas Bill Breslin Raul Cano Araceli Gonzalez Berenice Barajas Jessica Olson

### FRIENDS OF OASIS STAFF:

### AGE WELL MEALS STAFF:

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<b>Mayor Pro Tem</b>	Noah Blom
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<b>Council Member</b>	Joy Brenner
<b>Council Member</b>	Diane B. Dixon
<b>Council Member</b>	Duffy Duffield
<b>Council Member</b>	Will O'Neill

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<b>Senior Editor:</b>	Anne Doughty
<b>Co-Editor:</b>	Hilda El-Souki
<b>Contributing Editors:</b>	Gerry Beegan Jena Delgado-Sette Scott Paulsen
<b>Advertising Coordinator:</b>	Nanette Bowman

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER



I would like to thank all who donated their new and gently used coats to our Warm Coat Drive. Hal Meany, the liaison for SPIN, SOS, and Helping Hands, worked with Susie DiGiovanna to organize the collection. Hal expressed gratitude to all who contributed this year. Roughly 300 coats were collected and given to local charities in Newport Beach, Laguna Beach, Santa Ana and other surrounding neighborhoods. This is an annual collection, if you missed it this time around, there will be opportunity to donate again. Thank you for your generosity and keeping those in need warm during the colder months.

Welcome May! The start of warmer days and two very important events. First, the Health and Wellness Fair will be Saturday, May 14 from 9-11am. This is a free event that provides a variety of resources ranging from local businesses, non-profits, senior living facilities, care agencies, and much more! There will be a free class demo, a lecture by City of Hope OC, and a complimentary breakfast. It has been two years since our last fair, you don't want to miss it. Second, the Exchange Club of Newport Harbor will host the 13th Annual Field of Honor, May 20 through May 30. In Recognition of Armed Forces Day and Memorial Day, 1776 U.S. flags will fly in Castaways Park. Come walk the pathways among the flags, admission is free. For further details see page 6. The Field of Honor is a beautiful event and a special way to honor all military service members, firefighters, lifeguards, police, medical personnel, and other first responders. Thank you to those who have served.

With Gratitude,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Some days I feel like a bear coming out of hibernation. So many events going on that it is hard to keep track of. The Travel Department is going full speed ahead with so many interesting trips. Check our website [www.friendsfoasis.org](http://www.friendsfoasis.org) to see their schedule. We also have our annual Health and Wellness Fair on campus on May 14th from 9:00 to 11:00. We have Health Care Vendors, Class Demo's, interesting lectures, and a free breakfast! Friends of OASIS is also quite "healthy". Our finances are in good shape, our Friends Scholarship fund is well funded, and we have been doing some capital improvements to the Friends office, with new computers, and other new machines to make things run better and more efficiently.

Take notice of the new front gates that were installed last month as well. I'm also quite pleased with our OASIS Sailing Club, as membership is up, the boats are like brand new, and the directors have things well under control, under the direction of Commodore Charlie Polce. Our 2, 34' Catalina sail boats are the pride of the harbor! Membership is only \$50 a month for unlimited sales. I recently accompanied them on the first leg of the Newport to Ensenada race, which was from Newport Harbor to Dana Point. Opening Day Ceremonies for the club were held in March, and was very well attended by our City Council members and dignitaries, as well as the general public. As summer approaches its "full speed ahead" with morning and afternoon sails, as well as some planned "sunset cruises". We are also asking our membership for some help asking each of you that are accountants or CPA's, to contact me if you would like to help out, very part time (a few hours a month) to help with the accounting, for Friends. Ed Reuscher, our current long time CPA and his assistant Bill Buchan, could just use a little help. Please consider this request for those of you so inclined. We have more exciting events coming up this summer.

Always at your service,

*Mike*

*The Friends of OASIS*

**MONTHLY MEMBERSHIP GET TOGETHER**



**FRIDAY, MAY 6, 10:00AM**

- \$10 MEMBERS/\$12 NON-MEMBERS - LIMITED TICKETS

**MENU:** FAJITAS, RICE, BEANS, SALAD AND CAKE

**ENTERTAINMENT: CHRIS FARMER**

PROFESSIONAL MUSICIAN, CHRIS FARMER, WILL PERFORM CLASSIC ROCK HITS. SONGS INCLUDE THE EAGLES, THE BEACH BOYS AND JIMMY BUFFETT.

**SPONSORED BY: CROWN COVE**

**FRIENDS OF OASIS 949-718-1800**

**OASIS SENIOR CENTER**

**HEALTH & WELLNESS RESOURCE FAIR 2022**

**SATURDAY, MAY 14TH**  
**9:00AM - 11:00AM**

**SCHEDULE | SPONSORS**

8:45AM  
FREE BREAKFAST

9:00AM  
FAIR OPENS

9:45 - 10:15AM  
CLASS DEMO:  
Yoga for Balance & Strength

**PRESENTED BY:**  
Stephanie von Meerten

10:30-11:00AM  
LECTURE:  
City of Hope OC-  
There are hundreds of cancers. Our focus is yours.

**PRESENTED BY:**  
City of Hope Orange County


11:00AM  
FAIR ENDS





**10 MODIFIABLE RISK FACTORS FOR ALZHEIMER'S DISEASE**

**Thursday, May 12**  
**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.



**OASIS SENIOR CENTER**  
801 NARCISSUS AVE., CORONA DEL MAR

**VETERANS SOCIAL GROUP**

**PRESENTATION BY: SVEN AKESSON**  
\*\*\*\*\*

**REFLECTIONS OF AN ARMY HELICOPTER PILOT IN VIETNAM**

**TUESDAY, MAY 17, 2022**  
**12 PM - 1:30 PM**  
EVENT CENTER  
RSVP 949-644-3244



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



# EXERCISE YOUR GENIUS: FOOD FOR THOUGHT



**Thursdays | 4-5PM | OASIS Art Center**

**Dates: 5/19, 6/2, 6/9, & 6/16**

- To register please call 949-644-3244 or email [OASISCenter@newportbeachca.gov](mailto:OASISCenter@newportbeachca.gov)
- Registration deadline: 5/13

The 4 session Food For Thought program is designed to exercise 5 specific areas - memory, executive function, visual function, visual language and association - through creative projects that enhance cognitive function within the aging brain. Using creativity throughout a person's life has been clearly demonstrated to improve brain function. Our Teaching Artists provide stress-free and nurturing guidance to help students utilize their own innate creativity.



# TRAVEL SHOWS WITH NINO

**IN-PERSON TRAVEL PRESENTATIONS**

Presented and narrated by Nino Mohan, Travel Expert



**FREE TRAVEL PRESENTATIONS in Room 1**

**Tuesday, May 24 • 10:00am - 12:00pm**

**Israel, Jordan, & Egypt**

Start your journey in Tel Aviv a bustling beach city with history at every street corner, walk in old town Jaffa, drive to Jerusalem, continue to Nazareth and Haifa and the Sea of Galilee. Drive to Dead Sea, before traveling to Amman, Jordan, and drive to Petra. A horse cart ride to see the Treasury monolith and watch the night candle ceremony, drive to Wadi Rum, enjoy a tented camp experience.

Continue to Cairo Egypt to see the greatest world heritage Pyramids and Sphinx. Enjoy a felucca ride on the Nile. See the dam, Philae temple, the murals in Kom Ombo, temple of Horus in Edfu, and the mighty Valley of Kings and Queens, the tombs of King Tutankhamun and Ramses the Great.

**OASIS SENIOR CENTER**

**949-644-3244**



[WWW.NEWPORTBEACHCA.GOV/OASIS](http://WWW.NEWPORTBEACHCA.GOV/OASIS)



# MOVIE TALK

WITH THEO SIEGEL

**WEDNESDAY, MAY 25**

EVELYN HART EVENT CENTER

**EVENT STARTS AT 1:00 PM**

**We'll talk about the making of "The Quiet Man", and then show the film!**

One of John Ford's favorite and most personal films, shooting on location in Ireland. Maureen O'Hara broke a bone in her wrist when John Wayne blocked her slap and had to shoot further scenes in the film without a cast. The film's cottage in Ireland became such a tourist attraction that people began hauling away parts of the cottage brick by brick. The film was nominated for 7 academy awards including Best picture. Learn about these and other interesting behind the scenes information as the Movie Guy talks about and then shows the 1952 film "The Quiet Man" with John Wayne and Maureen O'Hara.



## Free Brain Health Education

at the OASIS Senior Center

**MEMORY SUPPORT SERVICES**



OASIS Senior Center  
Room 1AB  
801 Narcissus Ave  
Corona Del Mar, CA 92625



RSVP Required  
CALL 949-644-3244

**Session Topic & Description**

**Date & Time**

### Sharpen Your Mind! Memory Tips and Teasers

Join this fun and interactive session where we will talk about ways to practice improving memory. Come play along and challenge your brain!

**Tues, May 17**  
1:00 - 2:00 PM

### Mind your Brain: Strategies for Cognitive Strength at any Age

Interested in strategies for keeping your brain stronger for longer? Join us for Mind your Brain, a 90-minute workshop based on the latest research from the Cleveland Clinic. Learn about the six pillars of brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

**Tues, June 21**  
1:00 - 2:00 PM

**Brain Boot Camp: 2-week series (Session 1)**

**Tues, July 12**

**Brain Boot Camp: 2-week series (Session 2)**

**Tues, July 19**

**Alzheimer's | MEMORY SUPPORT SERVICES**  
ORANGE COUNTY

Alzheimer's OC | 2515 McCabe Way, Suite 200, Irvine, CA 92614 | Helpline 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)



EXCHANGE CLUB OF NEWPORT HARBOR

Will host its 13th Annual  
**FIELD OF HONOR**

In recognition of Armed Forces Day and Memorial Day  
May 20 - May 30, 2022

1776 U.S. Flags will fly in Castaways Park  
(Dover Dr. & 16th Street, Newport Beach)

In honor of all military servicemembers, firefighters,  
lifeguards, police, medical personnel, and other first  
responders.

Come walk the pathways among the flags anytime  
during the Event.  
Admission is free




OASIS Senior Center

## BLOOD PRESSURE SCREENING

Our friendly medical professionals will help  
you monitor your blood pressure for free.

**Starting in MAY**  
**1st Friday of the Month**  
**Room 4 | 9:00AM - 11:00AM**



## PARKINSON'S SUPPORT GROUP

The Parkinson's Resource  
Organization (PRO) is offering  
**FREE VIRTUAL** specialty  
support group meetings.

- **Partner in Care** - Confidential sharing  
for and from individual caregivers.
- **Round Table** - Confidential insight  
shared between those with  
Parkinson's
- **Mindfulness** - Practices that improve  
stress, mood, attention, and brain  
health.
- **Grief** - Ways we process loss and how  
to best offer support to ourselves and  
others.
- **Village Briefings** - Expert  
presentations from Wellness Village  
Specialists focused on living well with  
Parkinson's.
- **Movement** - Get up and move with a  
Doctor of Physical Therapy, and  
benefit the mind, body, and spirit.

To access these virtual meetings please visit the  
Parkinson's Resource Organization website:  
**WWW.PARKINSONSRESOURCE.ORG**



submit application to <https://vp.eventual.com/nbff/2022>

Follow us on 

## Become a reviewer for the Newport Beach Film Festival

Searching for movie-lovers

For more information contact: [dorothy.kraus@newportbeachfilmfest.com](mailto:dorothy.kraus@newportbeachfilmfest.com)





## 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 4**

**No RSVP needed**

Questions: (949) 644-3244



## ALZHEIMER'S SUPPORT GROUP

For family members and caregivers

**2ND & 4TH WEDNESDAYS  
OF THE MONTH**

**10:00 AM \* ROOM 5**

**NO RSVP REQUIRED**

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

OASIS & Shanti invite you to:

## LET'S BLOOM WHERE WE ARE PLANTED

We will discuss ways to deepen relationships, make new friends and explore ways to enrich our lives in this season of spring

**THURSDAYS 2 -3 PM  
ROOM 5**

**No RSVP Necessary**

## 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

## 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.



# 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: Non-Fiction

OASIS Room 5

RSVP not required

1st Wed 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.

Online

SS2081 4/28-6/2

Th

7-8:30pm

\$185/6

SS3080 6/16-7/21

Th

7-8:30pm

\$190/6

SS3081 7/28-9/1

Th

7-8:30pm

\$190/6

## 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

SS3082 6/13

M

7-9pm

\$78/1

## 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

M

3-5pm

Free

## 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

SS2059 3/18-6/10 F 10am-Noon \$80/13  
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

## LETS JOURNEY TO ISRAEL

**Mike Lefkowitz**

How much do you know about Israel? Would you like to know more? Israel is a country that is often misunderstood. Through discussion on History, Geography, Culture and more we will unpack what makes up modern Israel. Class will consist of presented material, discussion and music.

• RSVP to 949-644-3244

OASIS Room 2B

RSVP required 5/5-5/26 TH 2-3pm Free

## SHORT STORY DISCUSSION

**Doug Brown** 949-640-2949

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

**Registration for Summer classes begins  
Thursday, May 19 at 8am**

## 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

## WRITING YOUR LIFE STORIES 3

**Berteil Mahoney** 949-496-7289

This class is designed for writers who have a firm grasp of memoir essentials. The emphasis is on refining their writing styles and preparing their written works for assembly and distribution

• Prerequisite: Writing Your Life Stories 1 and 2

OASIS Room 5

SS2002 4/5-5/24 Tu 12:30-2:30pm \$150/8

## 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 5

RSVP required 5/25-7/13 W 3:30pm - 5pm Free





## Fine Arts

### FREEHAND DRAWING

**Nancy Wahamaki Vasek** [nwvasek@gmail.com](mailto: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: \$10 (material)

OASIS Room 2A

SS2006 5/4-6/8 W 9-11am \$144/6

### INTERMEDIATE/ ADVANCED CERAMICS

**Karen Thayer** [karenthayer@yahoo.com](mailto: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. **No class 5/4, 5/11**

- Additional fee: \$20 (material)

OASIS Art Center

SS2039 4/13-6/1 W 9am-Noon \$102/6

### WOOD CARVING WORKSHOP

**Ray Morrow** [OASISWoodcarving@gmail.com](mailto: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

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki Vasek** [nwvasek@gmail.com](mailto: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>. **No class 5/30**

- Please bring a project you are currently working on and any supplies you may need.

OASIS Art Center

SS2004 5/2-6/6 M 9am-Noon \$115/5

### OIL PAINTING- INTERMEDIATE TO ADVANCED

**Jim Ellsberry** [jim@jimEllsberry.com](mailto:jim@jimEllsberry.com)

**310-218-2658**

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

SS2061 4/25-5/23 M 1-3:30pm \$165/5

**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](mailto: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 Room

SS2040 4/19-5/24 Tu 9am-Noon \$146/6

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

### WATERCOLOR & MIXED MEDIA

**Chris Sullivan** [chrissullivanart@gmail.com](mailto: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 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

SS2007 3/16-6/8 W 10am-Noon \$80/13

## 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

SS2008 3/17-6/9 Th 10am-Noon \$80/13

## 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** 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.

Registration for Summer classes begins  
Thursday, May 19 at 8am

## 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-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.



## 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 5/30, 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

SS2049	5/9-6/6	M/W	5-6pm	\$205/8
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

SS2052	5/9-6/6	M/W	6-7pm	\$185/8
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

SS2055	5/9-6/6	M/W	4-5pm	\$205/8
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

SS2058	5/9-6/6	M/W	5-6pm	\$185/8
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
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##### Beginning Spanish 2

SS2045	5/11-6/8	W	6-7pm	\$105/5
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## 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.

DRP200 \$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

SS2029	5/24	Tu	1-3pm	\$40/1
SS3028	6/27	M	10am-12pm	\$40/1
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

SS2021	5/10	Tu	1-3pm	
SS3020	6/15	W	10:30am-12:30pm	\$40/1
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

SS3030	6/13-6/20	M	10am-Noon	\$45/2
SS3031	8/9-8/16	Tu	1-3pm	\$45/2

## COMPUTER SKILLS

### Carole Kamper 949-230-5902

This class is for participants who have had some prior experience with Windows 10. You do not need to own a computer to attend. It will familiarize you with working with folders and files. Emphasis will be on the use of the programs included in Microsoft Windows such as Calendar, Calculator and Sticky Notes. The steps in creating, saving and retrieving files will be reviewed using Paint 3-D, WordPad.

- Prerequisite: Computer Basics or equivalent

#### OASIS Computer Lab

SS2031	5/23-6/6	M	10:30am-Noon	\$45/2
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## DIGITAL PHOTO EDITING

**Barbara Yin Milbert** **pacpal33@yahoo.com**

Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.

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

OASIS Computer Lab

SS2032	4/28-5/5	Th	9:45-10:45am	\$36/2
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

SS2033	5/12	Th	10am-Noon	\$36/1
SS3033	8/11	Th	10am-Noon	\$36/1

## 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

SS2036	4/28-5/5	Th	11am-Noon	\$36/2
SS3036	7/28-8/4	Th	11am-Noon	\$36/2

## 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

SS2038	3/24-4/14	Th	9:45-10:45am	\$68/4
SS3038	6/23-7/14	Th	9:45-10:45am	\$68/4

## 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

SS2037	3/24-4/14	Th	11am-Noon	\$68/4
SS3037	6/23-7/14	Th	11am-Noon	\$68/4

## 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

OASIS Computer Lab

SS2026	6/6	Tu	1-3pm	\$40/1
SS3026	6/29	W	1-3pm	\$40/1
SS3027	8/1	M	10am-Noon	\$40/1

## 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](http://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 15.2.

OASIS Room 2A

SS2019	5/5-5/26	Th	1-3 pm	\$40/4
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**Registration for Summer classes begins  
Thursday, May 19 at 8am**

## 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

SS2024	5/9	M	10:30am-12:30pm	\$40/1
SS3023	6/14	Tu	1:30-3:30pm	\$40/1
SS3024	7/20	W	10am-Noon	\$40/1
SS3025	8/29	M	10:30am-12:30pm	\$40/1

## Cards & Games

### BEGINNING BRIDGE

**Ann Cressman, Gold Life Master** 949-495-4564  
anncressman@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

SS2009	4/5-5/17	Tu	9:30-11:30am	\$150/7
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### ADVANCED BEGINNING BRIDGE 1

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

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

OASIS Room 3

SS2011	4/7-5/19	Th	9:30-11:30am	\$150/7
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### ADVANCED BEGINNING BRIDGE 2

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

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

- Prerequisite: Advanced Beginning Bridge 1.

OASIS Room 3

Returns in the Fall

### INTERMEDIATE SUPERVISED PLAY

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

Improve your play through supervised instruction and analysis of hands.

OASIS Room 3

SS2010	4/5-5/17	Tu	12:30-2:30pm	\$150/7
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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

RSVP not required	Ongoing	Tu	2:30-6pm	\$12
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## AMERICAN MAH JONGG FOR BEGINNERS

**Terry Sweeney** 208-920-9085

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

OASIS Room 3

SS3013	6/16-7/21	Th	1:30-3:30pm	\$130/6
SS3014	7/25-8/29	M	9:30-11:30am	\$130/6

## 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. **No class 7/4**

Prerequisite: American Mah Jongg for Beginners

OASIS Room 3

SS2015	4/25-6/6	M	9:30-11:30am	\$130/6
SS2016	4/28-6/2	Th	1:30-3:30pm	\$130/6
SS3015	6/13-7/18	M	9:30-11:30am	\$110/5
SS3016	7/28-9/1	Th	1:30-3:30pm	\$130/6

## DUPLICATE BRIDGE

**Terry and Gene Casavant** 949-854-8138  
zeitnje1@gmail.com

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeitnje1@gmail.com or 949-854-8138.

OASIS Room 2

RSVP Required	Ongoing	Tu/F	9:45am-2pm	\$1
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## 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
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## 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
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Registration for Summer classes begins  
Thursday, May 19 at 8am

# 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: 5/30, 7/4, 7/8**

### OASIS Dance Room

SS2500	3/14-6/6	M	10:15-11am	\$ 192/11
SS2501	3/18-6/10	F	10:15-11am	\$ 209/12
<b>SS3500</b>	<b>6/13-8/29</b>	<b>M</b>	<b>10:15-11am</b>	<b>\$ 192/11</b>
<b>SS3501</b>	<b>6/17-8/26</b>	<b>F</b>	<b>10:15-11am</b>	<b>\$ 175/10</b>

## 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 5/30, 7/4**

- 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](mailto:ademing@betterlifeboxing.com) if you have any questions about this.

### OASIS Dance Room

SS2511	4/11-5/2	M	3:30-4:30pm	\$77/4
SS2512	5/9-6/6	M	3:30-4:30pm	\$77/4
<b>SS3502</b>	<b>6/13-6/27</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$65/3</b>
<b>SS3503</b>	<b>7/11-8/1</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$85/4</b>
<b>SS3504</b>	<b>8/8-8/29</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$85/4</b>

### OASIS Room 1

SS2514	4/21-5/12	Th	8:30-9:30am	\$77/4
SS2515	5/19-6/9	Th	8:30-9:30am	\$77/4
<b>SS3505</b>	<b>6/16-7/7</b>	<b>Th</b>	<b>8:30-9:30am</b>	<b>\$85/4</b>
<b>SS3506</b>	<b>7/14-8/4</b>	<b>Th</b>	<b>8:30-9:30am</b>	<b>\$85/4</b>
<b>SS3507</b>	<b>8/11-9/1</b>	<b>Th</b>	<b>8:30-9:30am</b>	<b>\$85/4</b>

### OASIS Event Center A

SS2517	4/21-5/12	Th	3:30-4:30pm	\$77/4
SS2518	5/19-6/9	Th	3:30-4:30pm	\$77/4
<b>SS3508</b>	<b>6/16-7/7</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$85/4</b>
<b>SS3509</b>	<b>7/14-8/4</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$85/4</b>
<b>SS3510</b>	<b>8/11-9/1</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$85/4</b>

**DROP IN (NO REFUNDS)**  
 DRP291 \$20/1

## CHAIR EXERCISE

**Judy Aprile** **jijaprile@gmail.com**  
 Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 5/11, 6/8, 7/13, 8/10**

### OASIS Event Center

SS2561	5/2-5/25	M/W	10:05-11am	\$40/7
SS2562	6/1-6/29	M/W	10:05-11am	\$45/8
<b>SS3511</b>	<b>7/6-7/27</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$35/6</b>
<b>SS3512</b>	<b>8/1-8/31</b>	<b>M/W</b>	<b>10:05-11am</b>	<b>\$50/9</b>

## COASTLINE COLLEGE ADAPTED FITNESS

**Judy Aprile** **japrile@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

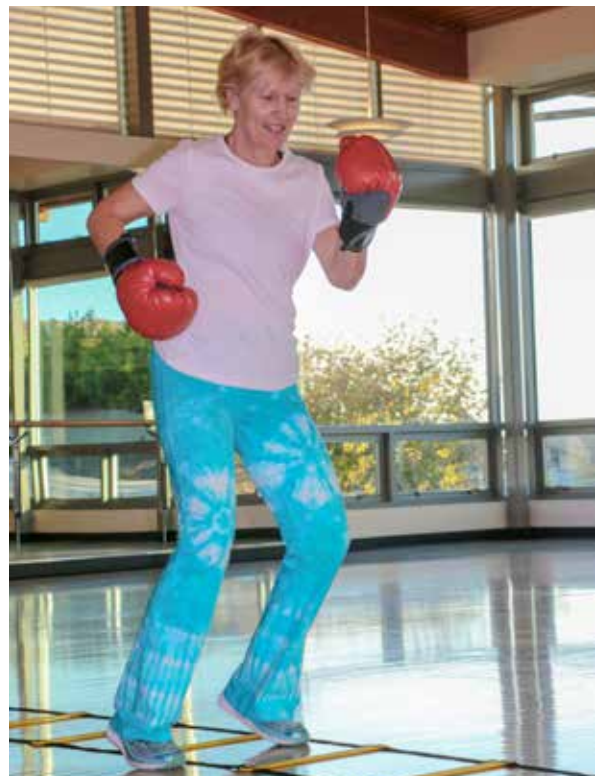
Ongoing	1/31-5/23	M	11:30-12:45pm	Free
<b>Ongoing</b>	<b>6/13-8/1</b>	<b>M</b>	<b>11:30-12:45PM</b>	<b>Free</b>

## GOLF

**Greg Nelson** **gregbnelson@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







**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

SS2555	4/28-6/9	Th	7:45-8:45am	\$116/7
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** **jjjaprile@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 5/6, 5/13, 6/3, 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

SS2565	5/2-5/27	M/W/F	7:45-8:35am	\$55/10
SS2567	6/1-6/29	M/W/F	7:45-8:35am	\$65/12
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

SS2566	5/2-5/27	M/W/F	8:45-9:35am	\$55/10
SS2568	6/1-6/29	M/W/F	8:45-9:35am	\$65/12
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

**Registration for Summer classes begins  
Thursday, May 19 at 8am**

**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

SS2553	4/26-6/7	Tu	10-11am	\$116/7
SS3525	6/14-7/26	Tu	10-11am	\$103/6
SS3526	8/2-8/30	Tu	10-11am	\$90/5

DROP IN (NO REFUNDS)

DRP291 \$22/1

**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

SS2570	3/31-5/26	Th	9:30-10:30am	\$115/9
SS2571	4/21-5/26	Th	9:30-10:30am	\$79/6
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

**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 5/30, 7/4, 7/6, 7/8**

OASIS Dance Room

SS2502	3/14-6/6	M	9-10am	\$170/11
SS2503	3/16-6/8	W	9-10am	\$185/12
SS2504	3/17-6/9	Th	9-10am	\$185/12
SS2505	3/18-6/10	F	9-10am	\$185/12
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:**

SS2506	3/14-6/10	M/W/F	9-10am	\$355
SS3539	6/13-9/1	M/W/F	9-10am	\$340

DROP IN (NO REFUNDS)

DRP290 \$20/1

## MUSIC & DANCING

### BALLET II

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto: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

SS2595	4/5-6/7	Tu	11:30-12:30pm	\$168/10
SS3540	7/15-8/30	T	11:30-12:30pm	\$149/9

### CLASSICAL BALLET BARRE

**Michelle Caumiant Zehnder** [mcaumiant26@gmail.com](mailto: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

SS2596	4/8-6/10	F	11:30-12:30pm	\$168/10
SS3541	7/8-9/20	F	11:30-12:30pm	\$149/9

### DANCE WORKSHOP

**Michelle Caumiant Zehnder** [mcaumiant26@gmail.com](mailto: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

SS2597	4/13-5/18	W	12:30-1:30pm	\$104/6
SS3542	7/6-8/31	W	12:30-1:30pm	\$149/9

Registration for Summer classes begins  
Thursday, May 19 at 8am

### 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](mailto: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

SS2507	3/16-6/8	W	10:15-11am	\$209/12
SS3543	6/15-8/31	W	10:15-11am	\$192/11

### LINE DANCING

#### Vickie Jackson

[vickie@promodonnas.com](mailto: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. **No Class 5/12**

#### OASIS Dance Room

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

SS2581	4/14-5/5	Th	1-1:55pm	\$27/4
SS2582	5/19-6/9	Th	1-1:55pm	\$27/4
SS3544	6/16-7/7	Th	1-1:55pm	\$27/4
SS3545	7/28-9/1	Th	1-1:55pm	\$41/6

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

SS2587	4/14-5/5	Th	2-2:55pm	\$27/4
SS2588	5/19-6/9	Th	2-2:55pm	\$27/4
SS3546	6/16-7/7	Th	2-2:55pm	\$27/4
SS3547	7/28-9/1	Th	2-2:55pm	\$41/6

Level 3 - Easy Intermediate/Intermediate (step competency required)

SS2593	4/14-5/5	Th	3-3:55pm	\$27/4
SS2594	5/19-6/9	Th	3-3:55pm	\$27/4
SS3548	6/16-7/7	Th	3-4pm	\$27/4
SS3549	7/28-9/1	Th	3-4pm	\$41/6

Combo Class: Level 1 & 2

SS2584	4/14-5/5	Th	1-2:55pm	\$38/4
SS2585	5/19-6/9	Th	1-2:55pm	\$38/4
SS3550	6/16-7/7	Th	1-2:55pm	\$38/4
SS3551	7/28-9/1	Th	1-2:55pm	\$57/6

Combo Class: Level 2 & 3

SS2590	4/14-5/5	Th	2-3:55pm	\$38/4
SS2591	5/19-6/9	Th	2-3:55pm	\$38/4
SS3552	6/16-7/7	Th	2-4pm	\$38/4
SS3553	7/28-9/1	Th	2-4pm	\$57/6

## 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**  
Group singing of American Standard tunes. Acoustic instruments optional.

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

## 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 5/25 W 1:30pm  
\*see above for fees



**OASIS SAILING CLUB**  
NEWPORT BEACH CA

**OASIS SAILING CLUB**  
**MEMBERSHIP**

**ENJOY YEAR-ROUND COASTAL SAILING**  
All adult ages and experiences are welcome. Sailors can also receive complimentary training to become a certified Mate or Skipper.

**OASIS V AND OASIS VI**  
Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.

**CLUB MEETINGS AND SOCIAL ACTIVITIES**  
Join our club meetings on the last Wednesday of every month, from 1:30 - 3:00pm at the OASIS Senior Center. Enjoy the holiday party, summer picnic, 4th of July parade, local restaurant discounts, and more.

For additional information visit our website at [www.oasissailingclub.org](http://www.oasissailingclub.org) or send an email to [oscmembership@oasissailingclub.org](mailto:oscmembership@oasissailingclub.org)

## Assistance Programs

### SENIOR ASSESSMENT PROGRAM

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

### INFORMATION & REFERRAL

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

### MEDICAL DOCUMENTS

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.



**OASIS SENIOR CENTER**  
**TRANSPORTATION SERVICE**

**The OASIS Senior Center provides curb-to-curb transportation**

<b>ABOUT THE SERVICE:</b> Transportation is provided to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within city limits.	<b>ELIGIBILITY:</b> <ul style="list-style-type: none"><li>• Must be 60+</li><li>• Live in a private residence</li><li>• Reside within Newport Beach, Corona del Mar or Newport Coast</li><li>• No longer driving</li><li>• Restrictions apply*</li></ul>
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**Service hours:** Monday - Thursday, 7:45am - 4:30pm  
Friday, 7:45am - 4:00pm

**Same Day Rides:** Tuesday & Thursday only; Calls must be received between 8 & 9am

**Pricing:** \$1.50 to the senior center (each way), \$3.00 for other locations (each way)

**\*For more information, call 949-644-3244**



Dedicated to the Senior Community since 1977

## TRANSPORTATION CLIENTS

OASIS is offering one shopping trip this month:

**99 Cent Store on Thursday, May 12**

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



# Age Well

Orange County's partner in aging

**Delicious. Nutritious. Gourmet.**

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.



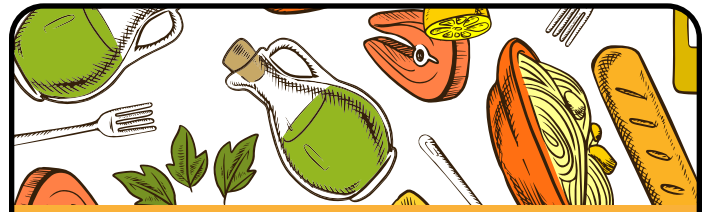
## About The Menu

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.**

[www.myagewell.org](http://www.myagewell.org)
[AgewellSeniorServices](https://www.instagram.com/AgewellSeniorServices)
[949.855.8033](https://www.whatsapp.com/949.855.8033)



## AGE WELL SENIOR SERVICES MEAL PROGRAMS

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

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

Daily Lunch 949-718-1820

Meals on Wheels 949-718-1811

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES

# Age Well

Orange County's partner in aging

## Lunch Menu

KATIE O'MARA, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50  
COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Green Curry Chicken Sesame Broccoli Long Grain Rice Orange Pineapple Jello Milk 2	Devil Egg Sandwich Potato Leek Soup Oranges Dessert Milk 3	Chicken Tarragon Sandwich Split Pea Soup Orange Dessert Milk 4	Pork Carnitas Tacos Roasted Sweet Potato Oranges Cake Milk 5	Chili Beef Tostados Sautéed Carrots Long Grain Rice Orange Chocolate Chip Cookie 6
Chicken Stir Fry Rice Sautéed Cabbage Mandarin Orange Jello Milk 9	Chipotle Chicken Sandwich Romaine Garden Salad Orange Dessert Milk 10	Chili w/Baked Potatoes Orange Roll Dessert Milk 11	Tuna Sandwich Tomato Basil Soup Orange Dessert Milk 12	French Onion Chicken Rice Spinach & Beet Salad Orange Oatmeal Cookie Milk 13
Mongolian Chicken Rice Roasted Broccoli Mandarin Orange Jello Milk 16	Roasted Vegetable Hummus Wrap Italian White Bean Soup Orange Dessert 17	Pulled Pork Sliders Coleslaw Orange Dessert Milk 18	Roasted Chicken w/Red Pepper Sandwich Roasted Carrots Soup Orange Milk 19	Blackened Chicken Rice Roasted Yams Orange Chocolate Chip Cookie Milk 20
Black Pepper Chicken Rice Roasted Carrots Mandarin Orange Jello Milk 23	Chipotle Chicken Sandwich Tomato Basil Soup Orange Dessert Milk 24	Creamy Tuscan Salmon Spaghetti Carrot Squash & Celery Medley Orange Brownie 25	Devil Egg Sandwich Potato Leek Soup Orange Dessert Milk 26	Chicken Cacciatore Mashed Potatoes Hawaiian Roll Orange Oatmeal Raisin Milk 27
 MEMORIAL DAY 30	Chicken Tarragon Sandwich Rainbow Cranberry Salad Orange Dessert Milk 31		<b>MAY</b> <b>2022</b>	MOTHERS DAY BIRTHDAY BASH MEMORIAL DAY CELEBRATION

## Presenting the candidates for the Friends of OASIS Board of Directors Election.



**Debra Allen**

I am an incumbent seeking reelection. I serve on the OASIS scholarship committee helping students studying Gerontology. I also coordinate the OASIS Greeters who welcome and assist visitors. As a retired Attorney, former Chairman of the City's PB&R Commission, I negotiated the use agreement assuring OASIS always remains dedicated to serving seniors.



**Jeff Herdman**

Raised in Los Angeles and Newport Beach, Jeff attended three universities and earned his doctorate in educational leadership. During his 39 year career in education he served as a teacher, principal, director and assistant superintendent. He retired in 2005 and began his service to the City which includes the Newport Beach City Council, NB Civil Service Board, and service on a variety of city committees. Jeff also served as president of the Balboa Island Improvement Association, and the Little Balboa Island Property Owner's Association



**"BJ" Beverly Johnson**

Past Chairman of the Board, CdM Chamber of Commerce Past President, Corona del Mar Residents Association. As a substitute I delivered Meals on Wheels for OASIS. I continue to contribute to OASIS as an advocate. Presently working for Compass Real Estate In NB after 40 years in CDM.



**Barbara Milbert**

I am a retired college professor and Aerospace Program Manager. I have a PhD in Mathematics and an MSEE. I have been a long time member of the Friends of OASIS and have volunteered and participated in the annual rummage sale and Spring fund raising events. Also, since 2005, I have been teaching computer classes at OASIS. I have been a Board Member of Friends since 2018, and have served on both the Election and Scholarship committees. I would very much like to continue on the Board of Directors, and therefore ask for your vote.



**Kelly Pierce**

After retiring in 2016 from a 30-year career in PR and event planning, I joined OASIS. I have taken numerous dance and music classes, attended most events and travelled on many wonderful day trips. I managed the book fair at the 2019 rummage sale, led senior singalong for several years and currently volunteer in the travel office. Past BOD experience has been with LB Chamber of Commerce, Steel Magnolias, Committee of 300, Grand Prix Foundation and FANA. I feel that in order for an organization to continually grow, it needs to occasionally add new blood with fresh ideas, working alongside seasoned members.

The Friends of OASIS is the non-profit group which supports the operation of the OASIS Senior Center. Their Board of Directors serves in an advisory capacity for the Center's Staff and serves on various committees.

Each year five (5) positions are up for re-election. You may select five (5) candidates in this election, and vote by mail or in person.

Please read the candidates' statements and make your vote count. Candidate statements are printed as submitted and are edited only to fit the designated space.



**Kathy Roberts**

As a member of Friends of OASIS Board of Directors I have had the opportunity to experience the healthy, active and vibrant environment of OASIS Senior Center. So much of members’ well-being can be attributed to the programs and social interactions that take place here at OASIS. A significant project for me has been developing and implementing a plan to revitalize our Gift Shop which helps support programs and services for our members. My desire is to continue my position on the Board, serving the wonderful people I encounter at OASIS.



**Jeff Upton**

Eleven-year OASIS member, with 3 terms on the Board of Directors. Chair the Veterans Group, Co-Chair the Rummage Sale, and assist in other programs. I bring a friendly, positive; “get ‘er done” attitude to our projects, and would appreciate your vote for another term on the OASIS board of directors.



**Gladys Walcott**

I moved to CDM in 1985. After my husband passed 2 ½ years ago, I was introduced to The OASIS Senior Center. I am volunteering as Greeter and the Gift Shop. I love OASIS And marvel at the amazing caring group of people who are there to make Life better For all Seniors

**How to cast your vote:**

1. You must be a Friends of OASIS member in good standing.
2. By mail voting: use the ballot below and envelope included in this issue..
3. In person voting: you may vote in person by placing your ballot in the ballot box located in the Friends of OASIS. It will be verified that you are a valid voter who has not yet voted.



**OFFICIAL MAIL-IN BALLOT**

Cast one vote per candidate for up to five (5) candidates.

YOUR BALLOT		PARTNER’S BALLOT	
<input type="checkbox"/> Debra Allen	<input type="checkbox"/> Kelly Pierce	<input type="checkbox"/> Debra Allen	<input type="checkbox"/> Kelly Pierce
<input type="checkbox"/> Jeff Herdman	<input type="checkbox"/> Kathy Roberts	<input type="checkbox"/> Jeff Herdman	<input type="checkbox"/> Kathy Roberts
<input type="checkbox"/> “BJ” Beverly Johnson	<input type="checkbox"/> Jeff Upton	<input type="checkbox"/> “BJ” Beverly Johnson	<input type="checkbox"/> Jeff Upton
<input type="checkbox"/> Barbara Milbert	<input type="checkbox"/> Gladys Walcott	<input type="checkbox"/> Barbara Milbert	<input type="checkbox"/> Gladys Walcott

Mail-in voting procedure: Cast your vote on the official mail-in ballot. Place ballot in the envelope enclosed in your newsletter which has your return address printed on it.

This envelope will validate your vote and keep it private. Add postage and mail.

**Ballots must be received before noon on Friday, June 3, 2022 to be counted.**

## OASIS Travel

(949)718-1810

oasistravel2@yahoo.com

Monday-Friday 9:00am-1:00pm

- 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.



## Day Trips

### SOFI STADIUM TOUR- NEW DATE ADDED

**Tuesday, May 3- Sold Out** **\$99/\$104**  
**Thursday, May 5- New Date**

Join us for a tour of the spectacular new SoFi Stadium. Peering inside the inner workings of the new home of the NFL's Los Angeles Rams and Chargers is to see what makes it likely the most technologically advanced stadium on the planet. See the state-of-the-art, 70,000 seat arena where the opening ceremony of the 2028 Summer Olympics will be held and where the Rams won Super Bowl LVI. After the tour, enjoy an included lunch at Melody Bar and Grill.

Note: Moderate walking on tour.

Depart 8:15am

Return 4:30pm

### CALIFORNIA SCIENCE CENTER

**Tuesday, June 7** **\$80/\$85**

Join us for a day at the California Science Center to see the world premiere of Angkor: The Last Empire of Cambodia featuring over 120 ancient artifacts. Journey back 900 years to discover engineering and cultural marvels and daily life in the Khmer Empire. Additionally, you will see the immersive IMAX movie where science and mystery intersect when you witness one of the archeological wonders of the world on a 7-story screen. Enjoy lunch on your own.

Depart 8:15am

Return 5:00pm

### HOLLYWOOD BOWL WITH STEVE MARTIN AND MARTIN SHORT

**Sunday, July 3** **\$119**

Join us for one of California's greatest traditions as fireworks illuminate the Hollywood sky at the legendary Hollywood Bowl. The Los Angeles Philharmonic will perform a program of patriotic favorites, along with a headlining set by two of the funniest, most influential, and most acclaimed talents of the past century, Steve Martin and Martin Short. Our bench seats, with backs and seat cushions, are ideally situated in the center of the Bowl in the M and N sections. Buy dinner at the Bowl or bring a picnic dinner including wine and glasses in a container no larger than 15" by 15" or 22" long. Moderate walking on this tour.

Depart 4:00pm

Return 11:30pm

### JERSEY BOYS TRIBUTE

**Wednesday, July 13** **\$110/\$115**

The life and music of Frankie Valli and the Four Seasons featuring hits like Sherry, Big Girls Don't Cry, Dee 63', and Can't Take My Eyes Off Of You. You will be singing, dancing and re-living all those good times! Lunch and wine included.

Depart 10:00am

Return 5:30pm

## DEL MAR RACES

**Thursday, August 18** **\$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!

*Depart 10:45am*

*Return 6:45pm'*

## 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!!!

*Departure 8:00am*

*Return 5:30pm*

# Extended Trips

## PASO ROBLES WINE TASTING AND HEARST CASTLE

**June 6-9** **\$995 for Double Occupancy**  
**\$1,195 for Single Occupancy**

Deluxe Motorcoach, Professional Tour Director, 3 Wine Tastings in Paso Robles, Grand Tour of Hearst Castle. Visits to Cambria, Santa Barbara, Solvang. 3 nights Springhill Suites by Marriott (or similar accommodations)

Meals: 3 Breakfasts, 1 Lunch, 1 Dinner

## 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.

## SUMMER MYSTERY VACATION

**JULY 8-12**

## 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)**

# 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 is a 501 (c) (3) non-profit corporation.  
Your gift may be tax deductible - consult your tax advisor.



**HARKER, CAMPBELL & BELFIELD LLP**  
A Limited Liability Partnership

Estate and Gift Tax Planning (Trusts, Wills, Powers of Attorney, Healthcare Directives), Elder Law, Long Term Care strategies including Conservatorships, MediCal Planning, Elder Abuse, Special Needs Trusts, Trust Administration, Trust Litigation and Probate. Home visits.

5000 Birch Street, Suite 405  
Newport Beach, CA, 92660  
Phone: (949) 955-0170  
Fax: (949) 955-0180  
Email: [info@hcb-law.com](mailto:info@hcb-law.com)



## 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

Hoag is a registered trademark of Hoag Memorial Hospital Presbyterian being used by Greater Newport Physicians with permission of Hoag.



**GREATER  
NEWPORT  
PHYSICIANS**

**800.553.6537**  
**GNPweb.com**

## Newport Senior Living

### LUXURY ASSISTED LIVING HOMES

*Providing a 24-hour Wake Staff  
for Superior Care*

\*Assisted Living Homes  
\*In Home Care  
Lic # 306003919

949.574.7770  
NewportSeniorLiving.com  
[Info@newportseniorliving.com](mailto:Info@newportseniorliving.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**



Attorney  
**Darlynn Morgan**

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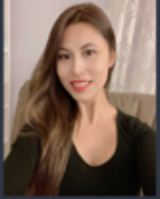
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 Registration will NOT be accepted over the phone.  
 Fees are not pro-rated for missed classes or late registration.  
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