

OASIS news

Older
Adult
Social &
Information
Services

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

APRIL 2022

VOL. 46 NO. 4



A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 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

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-Su 7am-2pm |

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

Center is closed on all City-observed holidays.

STAFF DIRECTORY

CITY OF NEWPORT BEACH STAFF:

City Manager: Grace Leung
Recreation & Senior Services Director: Laura Detweiler
Senior Services Manager: Melissa Gleason
Facility Maintenance: Chris Suarez
Health & Wellness Supervisor: Jena Delgado-Sette
Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: Lisa Mandich
Recreation Coordinator: Hilda El-Souki
Transportation Coordinator: Elizabeth Arciniega
Department Assistant: Jessica Battioli- Caputo
Office Assistant: Stephanie Melero
Care-A-Van Drivers: 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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| | |
|-----------------------|----------------|
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| Mayor Pro Tem | Noah Blom |
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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER



There are many wonderful people to acknowledge and celebrate this month. Our Volunteer Recognition Luncheon is April 27, at noon in the Evelyn Hart Event Center. The Volunteers at OASIS put in roughly 900 hours a month in a variety of roles. The help and time these volunteers offer our programs and daily operating functions account for nine full-time staff members. I am in awe of their dedication to our center and the support they provide one another- in and outside of OASIS. It is truly an inspiration watching the volunteers in action. I feel confident speaking on behalf of the staff, Friends of OASIS, community, and everyone the volunteers have helped- Thank you for all you have done and the difference you have made for the seniors. The time and work you dedicate here is priceless. Do not forget to RSVP if you volunteer at OASIS, call 949-644-3244 by April 13. Let us honor and celebrate you!

In 1991 Laura Detweiler began her career with the City of Newport Beach as the Program Coordinator at our very own OASIS. I dug up an old Newsletter and smiled when I read her brief bio and saw her picture, she was just starting out on her professional journey. Looking back, I would guess she never imagined what a successful one it would turn out to be. After 14 years as the Director of Recreation and Senior Services, Laura is ready to retire. Her post retirement plans consist of spending more time with family, friends, traveling, and whatever else strikes her fancy. During my 11 years with the City she has been my fearless leader, ready to tackle all that stood in the way of providing top-notch everything to our community. I took mental notes through the years and I can personally say she never let me down. She has been one of my mentors and is a large reason I am where I am today. She led our department with professionalism, integrity, humor, compassion, and believed in her staff’s abilities. I’m not sure how the heck she handled it all but she did, with her own style, one that cannot be duplicated. It is always bittersweet when your leader says goodbye, but boy am I excited for her next chapter. Congratulations Laura, thank you for your stellar leadership and commitment to the City of Newport Beach. We will miss you.

With Gratitude,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Spring is in the air once again! I am diligent about my morning walk, and this time of year is simply the most “beautiful” time of the year. The flowering trees and shrubs are awakening from their winter sleep, and are literally “works of art” for those of us that can get out and enjoy them. We have spruced up OASIS as well, with fresh flowers and ground covers, and the Garden Club has been working to bring their “OASIS gardens” back to bloom as well. I want to thank Scott Paulsen, president of the Garden Club, and his team, for all the time they spend making it work. Scott is also head of the Travel Department, as well as our Friends of OASIS Secretary. We are so grateful to have someone like Scott! We dub him “Mr. OASIS!”

I would also like to introduce our new employee, Rose Chikilian, who currently works with the Travel Department, and will now work alongside Berenice in the Friends office three days a week. Rose has been at OASIS for many years and knows a lot of how things work. Stop in and say hi when you need help or assistance. (Rose’s sister Marta is also a Friends member, and is currently the Manager of our OASIS library.)

Finally, don’t forget to get your tickets for our General Gatherings. They are always on the first Friday of the month, and are a wonderful way to spend the morning with your friends. We start with a few announcements, a short program with an interesting speaker, a great entertainment performer, and lastly a tasty lunch. All for just \$10. Next to the \$15 Friends membership, it is the best deal in Newport. Hope to see you on campus!

Always at your service,

Mike

THE FRIENDS OF THE
NEWPORT BEACH LIBRARY

BOOK SALE

Friday, April 1
1:00-4:00pm
MEMBERS ONLY
Books 3/\$1

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

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



COUNCIL ON AGING PRESENTATION

Join us for a special presentation on
programs and services offered by the
Southern California Council on Aging!

- FRIENDLY VISITOR PROGRAM
- HEALTH INSURANCE COUNSELING
ADVOCACY PROGRAM (HICAP)
- RECONNECT PROGRAM
- SENIOR FINANCIAL PROTECTION
PROGRAM - AND MORE!

Tuesday, April 12, 2022

1:00 pm - Room 1

RSVP 949-644-3244



Council on Aging
Southern California
Helping Seniors Remain Healthy, Connected & Protected

OASIS SENIOR CENTER
801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL ★ GROUP ★

PRESENTATION BY:
AL HARVARD

PROTECTING CONUS DURING
THE COLD WAR

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



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



UCI Health
Gavin Herbert Eye Institute

OCULOPLASTICS

Presented by: Dr. Ediriwickrema
Assistant Clinical Professor — Department of Ophthalmology
UCI School of Medicine

Dr. Lilangi Ediriwickrema is a UCI Health board-
certified ophthalmologist who specializes in
ophthalmic plastic and reconstructive surgery,
neuro-ophthalmology and orbital disease.



WEDNESDAY, APRIL 20TH
1:00PM-2:00PM | ROOM 1
OASIS SENIOR CENTER
PLEASE RSVP TO (949)644-3244

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert



Tuesday, April 26 • 10:00am - 12:00pm • Room 1
IRAN, GEORGIA, TURKEY & GREECE

Enjoy the delights of Iran, the ancient Persian empire. Visit Tehran and sites and structures of ancient cities of Yazd, Isfahan, Shiraz and northern Iran. The intricate art on the walls and domes of most buildings will leave you mesmerized. A brief visit to spectacular countryside of beautiful Georgia, home to the Caucasus Mountain villages and Black Sea beaches. Continue to Turkey, home of ancient civilizations and ancient cities. Start with Istanbul, see the iconic The Blue Mosque, and walk in the Grand Bazaar one of the largest and oldest covered markets in the world, with 61 covered streets and over 4,000 shops, continue to Ephesus to visit the House of Virgin Mary, see the magnificent white calcium terraces, in Pamuk kale, enjoy the turquoise seas of the Bodrum coastline, visit Antalya and the strange rock formations and cave dwellings of Cappadocia. Trace the 'fingerprints' of the ancient Greek civilization, visit Athens and discover Thessaloniki's distinct local flavors in a food tour, see Meteora's mystical monasteries perched in mid-air, Visit Olympia, birthplace of the first Olympic Games, tour Delphi and the Temple of Apollo, spend most enjoyable time in Greek islands of Crete, Mykonos and Santorini.



OASIS SENIOR CENTER • 949-644-3244
 WWW.NEWPORTBEACHCA.GOV/OASIS



CULTURE MASH-UP PARTY!



Snap Chat
 Streaming channels
 War rations
 T.V. Antennas

Would you like to understand the younger generation better?
 Would you like them to understand their elders better?
 Come out to our fun mixer and be part of making it happen!

FREE!

Monday,
 APRIL 25 @ 5 pm
 Room 1

Appetizers
 will be
 provided

RSVP Required
 949-644-3244

VOLUNTEER RECOGNITION LUNCHEON

WEDNESDAY, APRIL 27, NOON
 OASIS SENIOR CENTER

IF YOU VOLUNTEERED AT OASIS WITHIN THE PAST YEAR, YOU ARE INVITED TO ATTEND OUR ANNUAL VOLUNTEER RECOGNITION LUNCHEON

Please RSVP by April 13, by calling 949-644-3244

801 NARCISSUS AVE
 CORONA DEL MAR, CA 92625

OASIS SENIOR CENTER HEALTH & WELLNESS RESOURCE FAIR 2022

SAVE the DATE

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

Thank you to our SPONSORS

OVER 50 VENDORS, FITNESS CLASS DEMO, LECTURE BY CITY OF HOPE OC, FREE BREAKFAST, AND MORE!



OC Vital Brain
at Hoag

Memory Screening



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.

COST \$45*

*Screenings are generously subsidized by Pickup Family Neurosciences Institute at Hoag.

To schedule a personalized, confidential memory screening at OASIS Senior Center please call **949-764-6288**.



www.OCBrain.org

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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



OASIS SCAM ALERT



TECH SUPPORT SCAMS

Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

TIPS TO PROTECT YOURSELF AND YOUR DEVICES

- Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action.
- Never give or send any personally identifiable information.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.

If you've been a victim of a scam you are not alone, please call OASIS at (949) 644-3244 for assistance.



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

CREATIVE WRITING

DOROTHY SPIRUS

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.

SS2081 4/28-6/2 Th 7-8:30pm \$185

Introduction to Gardening



SS2090 4/6 - 4/27 W 10:30am - Noon \$120

Would you like to get into gardening but don't know where to start? Even the smallest space can be a place to grow beautiful flowers, plants and food. Join the Sherman Gardens Horticulture Team as they give you some know-how and simple ideas to get you started. Topics include indoor plants, quick growing greens, California native plants and summer blooms. Each session includes a talk or tour and a plant or project to take home.

Classes are held at Sherman Library and Gardens
See page 34 for registration form



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: Biography

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

CREATIVE WRITING JUMPSTART

Dorothy Spirus

YourProfessorD@gmail.com

You want to write, but don't know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, conflict and more. This one-evening intensive class, taught by a published writer/playwright/former magazine editor, will encourage both the novice and experienced writer. This class is taught online via Zoom.

Online

Returns in Summer

Th

7-9pm

\$75/1

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.
OASIS Room 1B
SS2059 3/18-6/10 F 10am-Noon \$80/13

NEW! INTRODUCTION TO GARDENING

Sherman Library and Gardens catherine@slgardens.org 949-426-8551
Would you like to get into gardening but don't know where to start? Even the smallest space can be a place to grow beautiful flowers, plants and food. Join the Sherman Gardens Horticulture Team as they give you some know-how and simple ideas to get you started. Topics include indoor plants, quick growing greens, California native plants and summer blooms. Each session includes a talk or tour and a plant or project to take home.
• Class is held at Sherman Library and Gardens- 2647 East Coast Hwy, Corona Del Mar, CA 92625
Sherman Library and Gardens
SS2090 4/6-4/27 W 10:30am - Noon \$120/4

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

READ A PLAY BY MAY

May Kramer, formerly in-house playwright for the Sausalito Players and Author of *Women are Funny*, has written dozens of amusing monologues, duologues and one act plays. She will cast you in a lighthearted play or skit. Just for fun. Many roles for senior actors.
OASIS Room 2A
RSVP not required 4/6 & 4/20 W 1-2pm 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

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 2

Berteil Mahoney 949-496-7289
Participants will continue to write their life stories while exploring their own personal writing styles.
• Prerequisite: Writing Your Life Stories 1
OASIS Room 5
SS2001 4/5-5/24 Tu 10am-Noon \$150/8

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





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>

- A material list will print out on registration receipt. Please bring supplies to first class.
- Additional fee: \$10 (material)

OASIS Room 2A

| | | | | |
|--------|-----------|---|--------|---------|
| SS2005 | 3/23-4/20 | W | 9-11am | \$120/5 |
| SS2006 | 5/4-6/8 | W | 9-11am | \$144/6 |

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. **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

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

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

| | | | | |
|--------|-----------|---|----------|---------|
| SS2003 | 3/21-4/18 | M | 9am-Noon | \$115/5 |
| SS2004 | 5/2-6/6 | M | 9am-Noon | \$115/5 |

OIL PAINTING- BEGINNING

Jim Ellsberry jim@jimEllsberry.com

310-218-2658

Fundamentals of painting with oils and water mixable oil paints. Beginning color theory, composition, and technique. Students complete one Still Life project and one Landscape painting.

- Additional fee: \$15 (material)

OASIS Art Center

| | | | | |
|--------|-----------|---|----------|---------|
| SS2060 | 3/14-4/11 | M | 1-3:30pm | \$165/5 |
|--------|-----------|---|----------|---------|

OIL PAINTING- INTERMEDIATE TO ADVANCED

Jim Ellsberry 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.

- Additional fee: \$15 (material)

OASIS Art Center

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

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 Room

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

WATERCOLOR - INTERMEDIATE

Chris Sullivan chrissullivanart@gmail.com

This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life and other subjects may be explored using photographs or studio setups. Demonstrations, individual assistance and group critiques are included. A materials list will print on receipt.

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

OASIS Room 4

SS2041 4/20-5/25 W 9am-Noon \$146/6

WATERCOLOR - ADVANCED

Chris Sullivan chrissullivanart@gmail.com

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

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

OASIS Art Center

SS2042 4/20-5/25 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

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.

DISCOVERING LITERATURE IN SPANISH

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 M 3/14 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**

- 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

| | | | | |
|--------|----------|-----|-------|---------|
| SS2048 | 4/11-5/4 | M/W | 5-6pm | \$205/8 |
| SS2049 | 5/9-6/6 | M/W | 5-6pm | \$205/8 |

Beginning French 2

| | | | | |
|--------|----------|-----|-------|---------|
| SS2051 | 4/11-5/4 | M/W | 6-7pm | \$185/8 |
| SS2052 | 5/9-6/6 | M/W | 6-7pm | \$185/8 |

OASIS Room 1B

Beginning Italian 1

| | | | | |
|--------|----------|-----|-------|---------|
| SS2054 | 4/11-5/4 | M/W | 4-5pm | \$205/8 |
| SS2055 | 5/9-6/6 | M/W | 4-5pm | \$205/8 |

Beginning Italian 2

| | | | | |
|--------|---------|-----|-------|---------|
| SS2057 | 4/11-5/ | M/W | 5-6pm | \$185/8 |
| SS2058 | 5/9-6/6 | M/W | 5-6pm | \$185/8 |

OASIS Room 2A

Beginning Spanish 1

| | | | | |
|--------|----------|---|-------|---------|
| SS2044 | 3/16-5/4 | W | 5-6pm | \$200/8 |
|--------|----------|---|-------|---------|

Beginning Spanish 2

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

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 |
|--------|------|----|-------|--------|

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 |
|--------|----------|----|--------------|--------|

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 |
|--------|------|----|-----------|--------|

EBAY 2

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

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

- Pre-requisite: eBay 1 or equivalent and basic computer skills.
- Must also have an eBay and PayPal account.

OASIS Computer Lab

| | | | | |
|--------|----------|----|-----------|--------|
| SS1035 | 3/3-3/10 | Th | 11am-Noon | \$36/1 |
|--------|----------|----|-----------|--------|

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 |
|--------|----------|---|--------------|--------|

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

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

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

SHUTTERFLY & AWESOME BOX

Carole Kamper [949-230-5902](tel: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

SS2025 4/6 W 10:30am-12:30pm \$40/1

SS2026 6/6 Tu 1-3pm \$40/1

IPHONE FOR BEGINNERS

Carole Kamper [949-230-5902](tel: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 iPhone users. Please contact the instructor if you have any questions regarding the version of your Apple iPhone for this class.

OASIS Computer Lab

SS2020 4/2 M 10am-Noon \$40/1

SS2021 5/10 Tu 1-3pm \$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. 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

IPAD BASICS

Carole Kamper [949-230-5902](tel: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



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

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

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

BRIDGE- STRATEGIES TO BECOME A MORE SUCCESSFUL DECLARER

Rose Reynolds pareynolds@aol.com

You won the contract now what? Do you desire to be a more confident and skilled declarer? Should you pull trump or wait? When do you set up a long suit? Which way do I take the finesse? All this will be studied and much more to help you play with more skill and confidence. Take away the jitters and learn the 4 basic strategies to become a winning bridge player. It is a game changer!

- Prerequisite: Some bridge experience
- Additional Fee: \$10 (materials)

OASIS Room 3
SS2018 3/14-4/6 M/W 4:30-6pm \$130/8

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

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

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
SS2013 3/17-4/21 Th 1:30-3:30pm \$130/6
SS2014 3/14-4/18 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. 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

DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138
zeitje1@gmail.com

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeitje1@gmail.com or 949-854-8138.

OASIS Room 2
RSVP Required Ongoing Tu/F 9:45am-2pm \$1

MAH JONGG

Doris Melnick 949-644-2600
Dave Margolis 562-221-9870

Experienced players meet to play.
• American Mah Jongg card and rules only.

OASIS Room 3
RSVP Not Required Ongoing M/F 12:30pm-3:30pm FREE

FRIENDLY GAME PLAY

Guy Richards, Lloyd Dalton, Sammy Nielsen & Linda Brown
We play a variety of games including Mexican Train, Shanghai, Hand Knee and Foot, and Cribbage. New and experienced players are welcome.

OASIS Library
RSVP Not Required Ongoing M/W/F Noon-3:30pm FREE

FITNESS

BARRE STRETCH & STRENGTH

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

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No class 4/1, 5/30**

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 |

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**

- 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

| | | | | |
|--------|----------|---|-------------|--------|
| SS2510 | 3/14-4/4 | M | 3:30-4:30pm | \$77/4 |
| SS2511 | 4/11-5/2 | M | 3:30-4:30pm | \$77/4 |
| SS2512 | 5/9-6/6 | M | 3:30-4:30pm | \$77/4 |

OASIS Room 1

| | | | | |
|--------|-----------|----|-------------|--------|
| SS2513 | 3/17-4/14 | Th | 8:30-9:30am | \$95/5 |
| SS2514 | 4/21-5/12 | Th | 8:30-9:30am | \$77/4 |
| SS2515 | 5/19-6/9 | Th | 8:30-9:30am | \$77/4 |

OASIS Event Center A

| | | | | |
|--------|-----------|----|-------------|--------|
| SS2516 | 3/17-4/14 | Th | 3:30-4:30pm | \$95/5 |
| SS2517 | 4/21-5/12 | Th | 3:30-4:30pm | \$77/4 |
| SS2518 | 5/19-6/9 | Th | 3:30-4:30pm | \$77/4 |

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 4/13, 5/11, 6/8**

OASIS Event Center

| | | | | |
|--------|----------|-----|------------|--------|
| SS2560 | 4/4-4/25 | M/W | 10:05-11am | \$35/6 |
| SS2561 | 5/2-5/25 | M/W | 10:05-11am | \$40/7 |
| SS2562 | 6/1-6/29 | M/W | 10:05-11am | \$45/8 |

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 |
|---------|-----------|---|---------------|------|

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.

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

OASIS Dance Room

| | | | | |
|--------|-----------|----|-------------|---------|
| SS2554 | 3/17-4/21 | Th | 7:45-8:45am | \$103/6 |
| SS2555 | 4/28-6/9 | Th | 7:45-8:45am | \$116/7 |

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 4/27, 5/6, 5/13, 6/3**

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

OASIS Event Center

| | | | | |
|--------|----------|-------|-----------|---------|
| SS2563 | 4/4-4/29 | M/W/F | 7:45-8:35 | \$60/11 |
| SS2565 | 5/2-5/27 | M/W/F | 7:45-8:35 | \$55/10 |
| SS2567 | 6/1-6/29 | M/W/F | 7:45-8:35 | \$65/12 |
| SS2564 | 4/4-4/29 | M/W/F | 8:45-9:35 | \$60/11 |
| SS2566 | 5/2-5/27 | M/W/F | 8:45-9:35 | \$55/10 |
| SS2568 | 6/1-6/29 | M/W/F | 8:45-9:35 | \$65/12 |

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.

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

OASIS Dance Room

| | | | | |
|--------|-----------|----|---------|---------|
| SS2552 | 3/15-4/19 | Tu | 10-11am | \$103/6 |
| SS2553 | 4/26-6/7 | Tu | 10-11am | \$116/7 |

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 |

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 4/1, 5/30**

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 |

MULTI-DAY DISCOUNT:

| | | | | |
|--------|-----------|-------|--------|-------|
| SS2506 | 3/14-6/10 | M/W/F | 9-10am | \$355 |
|--------|-----------|-------|--------|-------|

DROP IN (NO REFUNDS)

| | |
|--------|--------|
| DRP290 | \$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 2 years of dance at some time in their lives but students may adapt the lesson as needed. Please wear comfortable clothing and ballet slippers by the second class meeting.

OASIS Dance Room
SS2595 4/5-6/7 Tu 11:30-12:30pm \$168/10

CLASSICAL BALLET BARRE

Michelle Caumiant Zehnder mcaumiant26@gmail.com
In this adv/beg class we will focus on proper body alignment, balance, coordination, stamina. Through graceful movement of Classical Ballet we will build strength and more understanding for Ballet off the barre. The center floor work will be learning varied Ballet combinations using what we learned at the barre. The class atmosphere is friendly and pressure free. Everyone is invited to make any needed adaptations for your personal comfort. We will be dancing to classical music. Please feel free to email me if you have any questions.

OASIS Dance Room
SS2596 4/8-6/10 F 11:30-12:30pm \$168/10

DANCE WORKSHOP - NEW DAY & TIME!

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
SS2597 4/13-5/18 W 12:30-1:30pm \$104/6

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 Info@CSDanceFactory.com 949-230-5934

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

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. **No Class 5/12**

OASIS Dance Room
Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
SS2580 3/17-4/7 Th 1-1:55pm \$27/4
SS2581 4/14-5/5 Th 1-1:55pm \$27/4
SS2582 5/19-6/9 Th 1-1:55pm \$27/4

Level 2 - Improver/Easy Intermediate (should know basic steps)
SS2586 3/17-4/7 Th 2-2:55pm \$27/4
SS2587 4/14-5/5 Th 2-2:55pm \$27/4
SS2588 5/19-6/9 Th 2-2:55pm \$27/4

Level 3 - Easy Intermediate/Intermediate (step competency required)
SS2592 3/17-4/7 Th 3-3:55pm \$27/4
SS2593 4/14-5/5 Th 3-3:55pm \$27/4
SS2594 5/19-6/9 Th 3-3:55pm \$27/4

Combo Class: Level 1 & 2
SS2583 3/17-4/7 Th 1-2:55pm \$38/4
SS2584 4/14-5/5 Th 1-2:55pm \$38/4
SS2585 5/19-6/9 Th 1-2:55pm \$38/4

Combo Class: Level 2 & 3
SS2589 3/17-4/7 Th 2-3:55pm \$38/4
SS2590 4/14-5/5 Th 2-3:55pm \$38/4
SS2591 5/19-6/9 Th 2-3:55pm \$38/4



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 4/27 W 1pm
*see above for fees

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.



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

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

ELIGIBILITY:

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

Service hours: Monday - Thursday, 7:45am - 4:30pm
Friday, 7:45am - 4:00pm

Pricing: \$1.50 to the senior center (each way), \$3.00 for other locations (each way)
***For more information, call 949-644-3244**



HELLO Spring

TRANSPORTATION CLIENTS

OASIS is offering one shopping trips this month:

99 Cent Store on Thursday, April 14
and
Target on Thursday, April 28

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



Same Day Rides!

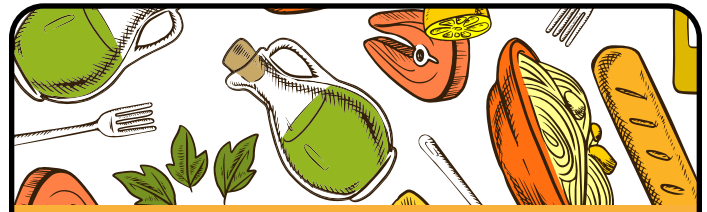


Last minute request?
Call between 8am & 9am
for a same day ride.

Available Tuesday and Thursday only
*Must be pre-registered



949-644-3244



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



Lunch Menu

RESERVATIONS REQUIRED
CALL 949-718-1820

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

**APRIL
2022**

**CLOSED FOR
FRIENDS OF
OASIS
MONTHLY
MEETING**
APRIL FOOLS
DAY
1

Classic Meatloaf
Honey Glazed Carrots
Wheat Roll
Orange Juice
Milk
Cookie
4

Chicken Taragon
Croissant with Split
Pea Soup
Pudding
Orange Juice
Milk
5

French Onion Chicken
Spinach & Beet Salad
Mashed Potatoes
Wheat Roll
Orange Juice
Brownie
6

Devil Egg Sandwich with
Potato & Leek Soup
Cookie
Orange Juice
Milk
7

Beef Lasagna
Medium Roasted Squash
Orange Juice
Milk
Pudding
8

Italian Meatball
Spaghetti
Broccoli
Orange Juice
Milk
Brownie
11

Chipotle Chicken
Sandwich with Roasted
Pepper Soup
Cookie
Milk
Orange Juice
12

Lemongrass & Thai Basil
Chicken
Carrots, Squash & Celery
Jasmine Rice
Orange Juice
Pudding
13

Roasted Turkey &
Red Pepper Sandwich
with Roasted Butternut
& Carrot Soup
Brownie
Orange Juice
14

Salmon w/Panang
Curry Sauce
Roasted Cauliflower
Jasmine Rice
Orange Juice
Cookie
15

Chicken Marsala
Herb Roasted
Caramelized Yams
Wheat Roll
Orange Juice
Pudding
18

EASTER

Tuna Sandwich with
Tomato Basil Soup
Orange Juice
Brownie
19

40 Garlic Chicken
Medium Herb Roasted
Zucchini
Brown Rice
Orange Juice
Cookie
20

Roasted Vegetable with
Hummus Wrap and
Butternut Squash &
Carrot Soup
Pudding
Orange Juice
21

Chinese BBQ Pork
Sesame Roasted
Garlic Broccoli
Jasmine Rice
Orange Juice
Brownie
22

Chicken Cacciatore w/
Black Olives
Creamy Mashed Potatoes
Hawaiian Roll
Orange Juice
Cookie
25

Roasted Turkey & Red
Pepper Sandwich
Roasted Butternut &
Carrot Soup
Pudding
Orange Juice
26

**CLOSED FOR
OASIS EVENT**
27

Chipotle Chicken
Sandwich with Roasted
Pepper Soup
Cookie
Orange Juice
28

Vietnamese Pork
Chili Sauted Napa
Cabbage
Jasmine Rice
Orange Juice
Pudding
29

GOOD FRIDAY

**BIRTHDAY
BASH**

MEMBERSHIP discounts

*Must present Friends of OASIS membership card to receive discounts

| | | |
|---|--|--|
| Bayside Restaurant 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.) | Bistango Restaurant 10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special offers are not eligible for the discount.) | The Bungalow 10% discount - excludes alcohol |
| Canaletto's 10% discount - excludes alcohol | El Cholo 20% discount on Lunch Only excludes alcohol | Fresh Brothers 10% off orders (excludes alcohol) from their Newport Beach, Irvine Harvard Place, and Newport Mesa locations. |
| Newport Rib Company 10% discount - excludes alcohol | New Shanghai Pine Garden 10% off - excludes alcohol, holidays and take out | Rendez Vous Cafe 10% discount |
| Tavern House 10% discount - excludes alcohol | Pacific Symphony Use promo code OASIS to receive 20% off Call (714) 876-2391 PacificSymphony.org | Mario's Pizza 10% discount - excludes alcohol |

The Friends of OASIS MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, APRIL 1, 10:00AM

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

MENU: CHOICE OF ANGUS BURGER OR SALMON FILLET SANDWICH, COLESLAW AND COOKIES

ENTERTAINMENT: THE HONEYDROPS

PERFORMING VINTAGE RHYTHM & BLUES / ROOTS ROCK N' ROLL FROM THE 40'S, 50'S, AND A BIT OF THE 60'S.

SPONSORED BY: VIVANTE ON THE COAST

FRIENDS OF OASIS 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.



OASIS SAILING CLUB

ENJOY YEAR ROUND SAILING

JOIN THE OASIS SAILING CLUB AND ENJOY ALL OF ITS SAILING AND SOCIAL ACTIVITIES

- \$50/month dues for unlimited sails.
- Sailing aboard our beautiful Catalina 34 MKII sloops - OASIS V and OASIS VI.
- Experienced and new sailors welcome.
- The club meets the last Wednesday of every month, from 1:30-3:00pm at the OASIS Senior Center.
- OASIS Sailing Club membership requires a Friends of OASIS membership - \$15/Year Individual or \$25/Couple.

For additional information about becoming a member go online to www.oasissailingclub.org or send an email to: OSCMembership@OasisSailingClub.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 is a 501 (c) (3) non-profit corporation.
Your gift may be tax deductible - consult your tax advisor.

FRIENDS OF OASIS BOARD ELECTION Important Dates

- ✓ **April 1:** General Meeting 10:00am Candidate Introduction
- ✓ **May Newsletter:** Ballots & envelope inside- Vote and return to friends
- ✓ **June 3:** Final vote; votes counted and 5 directors elected
- ✓ **June 16:** Directors and new officers sworn and seated at Board Meeting 10am

Friends Office: 949.718.1800 or info@friendsofoasis.org
Walt Howald, VP OASIS Civic Affairs
949.922.9926 or walt@howald.us

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required Information**

** NAME _____ DATE _____
Print Clearly

** ADDRESS _____ CITY _____

** STATE _____ ZIP _____ PHONE (_____) _____

** E-MAIL _____

EMERGENCY CONTACT _____ PHONE (_____) _____

NEW RENEWAL CASH CHECK # _____ Make checks payable to the Friends of OASIS.

CREDIT CARD # _____ Exp. DATE ____/____/____

SIGNATURE _____

Single \$15.00 / one year Couple \$25.00 / one year Donation _____

Total \$ _____ Received by: _____

Where did you hear about us? _____

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625
The Friends of OASIS is a 501 (C) (3) non-profit corporation. Tax I.D. #95-3196296 . (949)718-1800
Your gift may be tax deductible - consult your tax advisor. If you wish to receive your membership card, Please include a self-addressed, stamped envelope. (949) 718-1800

Rev.7/2021

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

THE GETTY MUSEUM

Tuesday, April 5

\$70/\$75

The J. Paul Getty Museum seeks to inspire curiosity about, and enjoyment and understanding of, the visual arts by collecting, conserving, exhibiting, and interpreting works of art of outstanding quality and historical importance. Visit the permanent exhibits and the many special exhibits. Don't miss visiting the gardens, they are always amazing. Lunch on your own.

- Required: Masks and COVID-19 vaccination card

Depart 8:00am

Return 5:00pm

ART ALIVE

Friday, April 29

\$85/\$90

Visit the San Diego Art Museum of Art and see the museum in bloom. Enjoy Art Alive, view the many stunning works of art on display in the museum with more than 100 floral interpretations by top local and national artists. For those who have asked, the Mingei International Museum, it is within walking distance.

Depart 8:30am

Return 5:00pm

WELK RESORT THEATRE – “THE BODYGUARD THE MUSICAL”

Saturday, May 28

\$115/\$120

Travel to Escondido for an afternoon at this popular resort to enjoy a wonderful production of, “The Bodyguard The Musical.” A breathtakingly romantic thriller and West End smash hit, THE BODYGUARD features a host of irresistible classics including “Queen of the Night,” “So Emotional,” “One Moment in Time,” “Saving All My Love,” “Run to You,” “I Have Nothing,” “I Wanna Dance with Somebody,” and one of the biggest-selling songs of all time: “I Will Always Love You.”

- Prior to the show, enjoy a delicious boxed lunch.

Depart 9:00am

Return 5:00pm

SOFI STADIUM TOUR

Tuesday, May 3

\$99/\$104

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 Jersey Boys 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

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

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)



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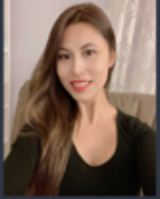
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REGISTRATION INFORMATION

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

WAYS TO REGISTER

MAIL IN, WALK IN OR EMAIL

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 801 Narcissus Ave.
 Corona del Mar, 92625

Hours: M-F, 8 a.m. - 5 p.m.

Email: OASISCenter@newportbeachca.gov

ONLINE

- Available only prior to class start date.
1. Go to www.newportbeachca.gov/register
 2. Click on Sign in
 3. Enter Username & Password.
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| Participant's Name | Gender | Class # Session | Class Name | Fee |
|--------------------|--------|-----------------|------------|-----|
| | | | | |
| | | | | |
| | | | | |

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

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

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

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

Mandatory Signature: _____ **Date:** _____

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

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- Workout attire recommended
- Wellness wipes available, please wipe down equipment after each use
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