OASIS SENIOR CENTER
801 Narcissus Avenue, Corona del Mar, CA 92625-1501
newportbeachca.gov/oasis
Administration: 949-644-3244
Age Well Meals: 949-718-1820
Fitness Center: 949-718-1818
Friends of OASIS: 949-718-1800

HOURS:
City Administration Fitness Center
M-Th 7:30am-5:30pm M-Th 7am-7pm
Fr 7:30am-4:30pm Fr 7am-5pm
Sa-Su Closed Sa 7am-2pm
Su 7am-12pm

Center is closed on all City-observed holidays.

STAFF DIRECTORY
CITY OF NEWPORT BEACH STAFF:
City Manager: Grace Leung
Recreation & Senior Services Director: Sean Levin
Deputy Director: Justin Schmillen
Senior Services Manager: Melissa Gleason
Facility Maintenance: Chris Suarez
Health & Wellness Supervisor: Jena Zapien
Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
Fitness Center Coordinator: TBD
Recreation Coordinator: Hilda El-Souki
Department Assistant: Jessica Battisti-Caputo
Office Assistant: Stephanie Melero
Care-A-Van Drivers:

FRIENDS OF OASIS STAFF:
Berenice Barajas
Rose Chikilian

AGE WELL MEALS STAFF:
Jessica Lindseth

FRIENDS OF OASIS BOARD OF DIRECTORS
President: John Carroll
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Vice President of Civic Affairs: Walt Howald
Vice President of Development: Kay Walker
Recording Secretary: Scott Paulsen
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OASIS NEWS STAFF
Senior Editor: Anne Doughty
Co-Editor: Hilda El-Souki
Contributing Editors: Jena Zapien, Scott Paulsen
Advertising Coordinator: Nanette Bowman

CONNECT WITH US
@CITYOFNEWPORTBEACH
Melissa Gleason  
**SENIOR SERVICES MANAGER**

If you are looking for ways to give to others this holiday season, we are partnering with the Council on Aging in the Smile Makers Holiday Gift Program. Each angel tag represents a specific gift request from an isolated senior. The tags can be picked up in the Admin office. We appreciate those who have already brought back the angel with the requested item. Another idea is to purchase a gift card from Stater Brothers, Target, or Walmart. These gift cards will go directly to seniors who have been placed in housing and are no longer experiencing homelessness. Let’s help to make their holiday special in their new home. For more information on either program call the Admin office at 949-644-3244. This December the OASIS staff will be hosting our Jingles and Mingles event on December 7 from 8-11am. Hot apple cider, coffee and cocoa will be provided as well as a limited-edition OASIS ornament. If you need a couple gift ideas: First, who would not love to receive the OASIS Newsletter every month?! The Friends of OASIS membership is a great gift you can give to your friend, neighbor, loved one, or just about anyone who is looking for ways to stay engaged, active, and have some fun. A single person membership is $15 and a couple is $25. Your membership supports the Friends of OASIS and the center. You can purchase the membership online or in person. For more information call 949-718-1800. Another idea is a Fitness Center Membership. It is the best deal in town for those 50 and over who are looking to find a great gym. Newport Beach residents pay $137, non-residents pay $192. This is the gift that keeps giving all year long. Contact the Fitness Center and staff will answer any questions, 949-718-1818. Please visit our website or see pg.4 to find our holiday closure dates. PSA: When giving to others this holiday, remember there are scammers that are looking for every opportunity to take your money and personal information. Before you click a link in an email, reply to a text from an unknown number, or provide sensitive information over the phone, make sure you know who you are dealing with. If you think it sounds fishy it probably is. Do your research or get advice from someone you trust. Keep your personal information secure! It has been a year. I am happy to say goodbye to 2022 and welcome in 2023 with an open heart and positive attitude. Merry Christmas, Happy Hanukkah, and Happy New Year!

Melissa

John Carroll  
**FRIENDS OF OASIS PRESIDENT**

As I sat down to write this letter, snatches of memories from the past two Decembers welled up in my mind. Actually, they kind of swirled up! While the pandemic now seems to be getting smaller in the rear-view mirror, and whether we admit it or not, those past Holiday times were truly hard on us! This December feels a little different to me. There are slight traces of hope, and small zephyrs of joy springing up! You know, I really feel this! And a lot of those feelings are coming from right here at the OASIS Center! In my job I get to flit around the premises doing little chores, and invariably encounter visitors and members here for classes, or meeting with other members. While chatting, I can’t help but notice their smiling faces and see the happy glint in their eyes. They’re actually glad to talk with somebody else! A few days ago, I was out in the lobby exchanging “hellos” with some new visitors when I saw a familiar face approaching. I got that feeling of panic because I recognized the face but couldn’t put a name together with it! “John, it’s so good to see you again, it’s been 2 years!” Big hug and kiss on the cheek! At the last minute, I remembered the name and why I knew this person! The feeling of happiness the person’s face projected washed over me! And I returned the feeling, because I was feeling it! These kinds of things are happening here daily. I especially see them when taking my weekly shift at the greeter’s desk. For two years, we didn’t see much of that at all! So, I really encourage all of you to come to the Center, take a class or two, participate in the daily lunch, or just have a gab fest in the living room. I’m hoping all of you can catch the warm and good feelings being exchanged this holiday season. In closing, I do want to mention that our annual fund drive will be ending on December 31st, and we are still behind target. If you haven’t already, please consider donating any amount to Friends of OASIS. We depend on your generosity to continue making this one of the premier senior centers in the country.

Hope to see you around the Center!

John

newportbeachca.gov/oasis  
Admin - 949-644-3244  
Friends of OASIS - 949-718-1800
**JINGLES AND MINGLES**

**OASIS Senior Center**

**DECEMBER 7**

**8 AM - 11 AM**

Please join us for coffee, cocoa, and holiday carols!

Plus, pick up a limited edition OASIS ornament

*While supplies last

**EVENT WILL BE HELD IN THE OASIS COURTYARD**

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**BEST DEAL IN TOWN AT THE OASIS CENTER**

**JOIN US FOR LUNCH IN DECEMBER & ENTER TO WIN A $50 GIFT CARD FROM Gelson’s**

**MAKE YOUR RESERVATION TODAY**

Provided by Age Well at the OASIS Center
Gourmet meals prepared by Zest in a Bowl

OASIS Senior Center
Monday - Friday at 12PM

Call for reservations
949-718-1820

**Age Well**

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**THE FRIENDS OF OASIS**

**MONTHLY MEMBERSHIP GET TOGETHER**

**FRIDAY, DECEMBER 2, 10:00AM**

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

**MENU:** Primer Rib with Asparagus, Garlic Mashed Potatoes, Harvest Salad and Chocolate Marquis

**ENTERTAINMENT:** CMHS Madrical Choir

**SPONSORED BY:** Atria Newport Beach

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

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**SmileMakers Holiday Gift Program**

**Bring Holiday Joy to Isolated Seniors in Nursing & Residential Facilities**

More than 21,000 seniors in long-term care facilities in Orange and Riverside Counties have no family or friends with whom they can share special holiday moments. SmileMakers community gift program provides gifts to over 5700 seniors in skilled nursing and residential care facilities annually, often the only gift these seniors will receive.

**How you can help:**

Pick up one of our Angel tags in the OASIS Admin Office. Each Angel represents a specific gift request from an isolated senior.

Fulfill the gift wish ($25 range) and return the new, unwrapped gift with the Angel tag to the OASIS office no later than Friday, 12/2/2022.

**Questions call**

(949) 644-3244
OASIS Senior Center

Holiday Hours

The OASIS Senior Center (Offices, Classrooms, & Transportation) will be CLOSED
- Dec. 24th through Jan. 2nd

The OASIS Fitness Center:
- 12/23  7AM-4PM
- 12/24 - 12/26 CLOSED
- 12/27 - 12/30  7AM - 4PM
- 12/31 - 1/2 CLOSED

OASIS will resume regular hours on: Tuesday January 3, 2023!

MOVIE TALK
WITH THEO SIEGEL

WEDNESDAY, DECEMBER 14
EVELYN HART EVENT CENTER
EVENT STARTS AT 1:00 PM

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

This film directed by Mike Nichols made a star out of a 30 year old Dustin Hoffman. The movie displayed the portrait of a new America transitioning from the 50s to the turbulent 60s. The film would introduce Mike Nichols as one of a set of new filmmakers who would be as famous as the stars they directed in their pictures. Mike Nichols used experimental and unique cinematography and editing to portray a generation confused about its role in a changing America. For one of the first times in a motion picture, the music will be pop based, with the songs of Simon and Garfunkel that perfectly infuse the spirit of the movie with their melodies. Learn about these and other interesting behind the scenes information as the Movie Guy talks about and then shows the 1967 film "The Graduate" with Dustin Hoffman, Anne Bancroft and Katharine Ross.

TRAVEL SHOWS WITH NINO

Presented by Nino Mohan, Travel Expert

Tuesday, December 20 • 10:00am - 12:00pm • Room 1
THE HIMALAYAS - PART 2

Begin our journey in the state of West Bengal in India, visit Darjeeling and its tea gardens, meet Mrs. Tendulkar and visit her Windermere Hotel, drive to Sikkim with spectacular views of Kanchenjunga peak, meet the very gifted students at a special school in Kalimpong, see Nagaland's unique culture and its annual Hornbill Festival. Manipur is next with its Manipuri dances before flying to the Himalayan Kingdom of Bhutan.

Drive to the capital Thimphu, visit the Government buildings and the palace, see the unique looking Haitosaur animal Tekin, drive over a high pass to the Punakha canyon to visits its famous Drangs, finally walk in the bazaars of beautiful Paro Valley, climb to the Tiger's Nest Monastery. Fly to Lhasa Tibet.

Visit the mighty Potala Palace, walk in the Barkhor Bazaar, visit the former home of the Dalai Lama, embark on one of the most beautiful overland journeys from Lhasa to Mt. Kailas, after walking the Kora- a lifetime spiritual experience, continue drive to base Camp Mt. Everest.

End your tour with a spectacular drive through the Himalayas to Nepal.

newportbeachca.gov/oasis  Admin - 949-644-3244  Friends of OASIS - 949-718-1800
OASIS SCAM ALERT
SOCIAL SECURITY

How it works:
1. Scammers are posing to be the Social Security Administration and are offering to activate benefit increase.
2. Scammers are sending incriminating text, emails, or phone calls with an intent to trick people into obtaining personal information, money, or to download malware.
3. Scammers will pretend to be from a possible organization that you know, to gain your trust.
4. Scammers will pressure you to take action immediately and send a link with the message.

Stay safe tips:
→ Do not click on any links or respond with any of your personal information.
→ Do not take immediate action, be skeptical.
→ Do not transfer any money.
→ Ignore the message, talk to someone you trust.

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 5
No RSVP needed
Questions: (949) 644-3244

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

FREE ADMISSION AND PARKING
HEROES HALL MUSEUM PRESENTS
ARMS ONLY WITH A CAMERA
World War II Photography of Stanley Troutman

While most men carried weapons into battle during World War II, war correspondent Stanley Troutman was armed only with a camera. He served his country by photographing the war in the South Pacific including the devastated cities of Hiroshima and Nagasaki after the dropping of the atomic bombs.

Troutman’s images were published in newspapers and magazines around the world and helped to tell the story of the horrors of war as well as the service and sacrifice of American troops.

The exhibition will include photographs, letters, artifacts, and memorabilia from Troutman’s tour in the South Pacific including his time on mainland Japan.

88 FAIR DRIVE, COSTA MESA, CA 92626  •  714-708-1613  •  OCFAIR.COM/HEROESHALL

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

6 newportbeachca.gov/oasis Admin - 949-644-3244 Friends of OASIS - 949-718-1800
If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat 988lifeline.org

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat 988lifeline.org

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.
Support Programs

**SENIOR ASSESSMENT PROGRAM**

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

**INFORMATION & REFERRAL**

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

**MEDICAL DOCUMENTS**

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

**MEDICAL EQUIPMENT LOAN**

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

**TELEPHONE REASSURANCE**

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

**LEGAL ASSISTANCE**

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

**HICAP: HEALTH INSURANCE COUNSELING**

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

**MEMORY SCREENING**

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

**BLOOD PRESSURE SCREENING**

OASIS Room 4  
RSVP Not Required  1st Friday  9am-11am  FREE

**ALZHEIMER’S SUPPORT GROUP**

For family members and caregivers. Share support and receive valuable information and resources from people who understand. RSVP not required.  
**Location:** OASIS Room 5  
RSVP not Required  2nd & 4th Wednesdays  10am  FREE

**CONNECTIONS GROUP**

Dive into summer with deeper connections and new friends. Gather with others to engage in positive topical conversation led by a facilitator from Shanti OC.  
**Location:** OASIS Room 5  
RSVP not Required  Thursdays  2pm  FREE

**COMPASSIONATE FRIENDS**

Providing friendship, understanding and hope, the Compassionate Friends supports every family experiencing the death of a son/daughter, brother/sister, or a grandchild; helping others better assist the grieving family. No RSVP required. For more information please call Basia Mosinski at 917-703-3414.  
**Location:** OASIS Room 5  
RSVP not Required  3rd Wednesday  6:30pm  FREE

**THE GOOD GRIEF CAFE**

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. No RSVP required. For more information please call 949-644-3244.  
**Location:** OASIS Room 5  
RSVP not Required  2nd & 4th Thursdays  10am  FREE

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**LET’S GO SHOPPING**

**OASIS TRANSPORTATION**

OASIS is offering two shopping trips this month:

- **99 Cent Store on Thursday, December 1**
- **Target Store on Thursday, December 15**

Call the Administration Office at 949-644-3244 to reserve your spot!
The OASIS Senior Center provides curb-to-curb transportation for activities and classes. Service hours are Monday to Thursday, 7:45am to 4:30pm, and Friday, 7:45am to 4:00pm. Same-day rides are available on Tuesday and Thursday only, with calls received between 8 and 9 am. Pricing is $1.60 to the senior center (each way), with an additional $3.00 for other locations (each way). If you or a loved one qualifies, please call 949-718-1811.

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

For more information, call 949-644-3244.

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**Meal Services**

### Age Well Senior Services-Lunch Program

Come join us daily in the Evelyn Hart Event Center for a delicious lunch catered by Zest in a Bowl. The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables, with protein. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.

**Lunch Service:**
- Monday - Friday: 12:00 - 12:30pm

**Price:**
- Suggested donation of $5.50 per meal are appreciated

**RSVP Required:** Lunch requests must be made three business days in advance by calling 949-718-1820.

### Meals On Wheels - Home Delivered Meals

Three (3) nutritious meals are delivered Monday through Friday to home-bound seniors (60+) who qualify for the program. This program is provided by Age Well Senior Services. Volunteers take time from their days and use their own vehicles to lovingly ensure no senior is without a meal. For more information about the program, how it works or if you or a loved one qualifies, please call 949-718-1811.

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**Lunch Menu**

**Reservations Required Call 949-718-1820**

**Suggested Contribution:**
- 60 yrs or older: $5.50
- 60 years or younger: $7.50

Age Well reserves the right to make substitutes without notice.

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**Age Well Senior Services - Lunch Program**

**Gourmet Meals Prepared by Zest in a Bowl**

**Monday - Friday at 12pm**

**Call for Reservations | 949-718-1820**

**Sample Menu**

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<th>Monday</th>
<th>Tuesday</th>
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**Suggested Donation:**
- 60 yrs or older: $5.50
- 60 years or younger: $7.50 cost
Classes

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.

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: Short Story
OASIS Room 5
RSVP not required 1st Wed 10:30am-Noon Free

CREATIVE WRITING

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
SS1082 1/12 Th 7-9pm $79/1

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 THE GOOD SHIP LITERATURE

Darielle Wilson 949-675-5182
Sail the vast seas of English and American short fiction. Discover works of modern authors like Updike, Salinger and Proulx, and revisit classic short stories by writers like Twain, Faulkner, Fitzgerald and Joyce. Discuss contemporary protagonists and reinterpret traditional characters. With a senior’s wisdom, call upon your own life experiences to exchange ideas with some of the greatest literary minds. Please contact instructor for updated information.
OASIS Room 1B
SS4059 9/9-12/16 F 10am-Noon $95/13
SS1059 1/6–3/17 F 10am-Noon $85/11

KNITTING

Golda 949-673-7553
This group of experienced needle-workers meets weekly to work on individual projects.
OASIS Room 3
RSVP not required Ongoing W 12-3pm Free

OASIS PLAYERS

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

SHORT STORY DISCUSSION

Doug Brown 949-402-1198
Join us as we discuss different 6-20 page short stories each week. Members are expected to read the story before class, but the story will be read in sections out loud in class to facilitate discussion. Contact instructor for more information.
OASIS Room 4
RSVP not required Tu 2-4pm Free
PHILOSOPHY DISCUSSION GROUP
Dave Larue dkla2018@outlook.com
The Philosophy of Life’s Third Act - This class will discuss great lessons in philosophy as they apply to being a senior. The class focuses on simple, entertaining representations of philosophy and then applies these lessons to our lives as seniors. We will discuss Existentialism, Absurdism, the myth of Sisyphus, Pascal’s wager, Plato’s allegory of the cave and much much more, then apply these ideas to our lives.
OASIS Room 1A
RSVP not required 12/13 Tu 3-4:30pm 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.
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

FREEHAND DRAWING
Nancy Wahamaki’s Art World nwvasek@gmail.com
Join in this fun drawing class; the instructor 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.
• Material list will print on receipt. Bring supplies to class
• Additional fee: $10 (material)
OASIS Room 2A
SS4006 11/2-12/7 W 9-11am $144/6
SS1005 1/4-2/1 W 9-11am $120/5
SS1006 2/15-3/15 W 9-11am $120/5

INTERMEDIATE/ADVANCED CERAMICS
Karen Thayer karenthayer@yahoo.com
This course will investigate ceramic materials and techniques for participants with previous hand-building experience. Please bring your own hand tools. No class 2/8, 2/15
• Additional fee: $10 (material)
• Optional: Clay $16/bag
OASIS Art Center
SS4039 9/7-12/7 W 9-Noon $153/9
SS1039 1/11-3/15 W 9-Noon $136/8

INSTRUCTOR ASSISTED WORKSHOP
Nancy Wahamaki’s Art World nwvasek@gmail.com
This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you “push” your style and give you encouragement to take you to the next step as you work on your own individual project. No class 1/16
• Please bring a project you are currently working on and any supplies you may need.
OASIS Art Center
SS4004 10/31-12/5 M 9am-Noon $138/6
SS1003 1/9-2/13 M 9am-Noon $115/5
SS1004 2/27-3/20 M 9am-Noon $92/4

OIL PAINTING- INTERMEDIATE TO ADVANCED
Jim Ellsberry 310-218-2658 jim@jimEllsberry.com
Students work on their own projects or from photos supplied by instructor. Focus is on Still life and Landscape painting. Drawing, color mixing, color value, and edge are stressed. Instructor works in traditional oil, but all media are acceptable
No class 1/16, 2/20
• Material list will print on receipt.
• Additional fee: $15 (material)
OASIS Art Center
SS4061 11/7-12/5 M 1-3:30pm $180/5
SS1060 1/9-2/6 M 1-3:30pm $185/4
SS1061 2/13-3/13 M 1-3:30pm $185/4

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.
• Please Bring: Materials list will print on receipt.
• Recommended: basic drawing skills
OASIS Art Center
SS1040 2/7-3/14 Tu 9am-Noon $146/6

WATERCOLOR - INTERMEDIATE
Chris Sullivan chrissullivanart@gmail.com
This fun class focuses on designing interesting and effective compositions with an emphasis on the dark and light values. Learn how to paint different subjects such as landscapes, seascapes, people, still life and other subjects. Demonstrations, individual assistance, and group critiques are included.
• Please bring: Material list will print on receipt.
• Prerequisite: Good control and understanding of basic watercolor techniques.
OASIS Room 4
SS1041 2/8-3/15 W 9am-Noon $146/6
WATERCOLOR - ADVANCED

Chris Sullivan  chrissullivanart@gmail.com
Learn to paint more expressive and creative watercolors! In this exciting experimental watercolor class, you will explore various design concepts, 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, and group critiques included.
• Please Bring: Materials list will print on receipt.
• Prerequisite: Good control and understanding of basic watercolor techniques.
OASIS Art Center
SS1042  2/8-3/15  W  1-4pm  $146/6

WOODCARVERS AND CRAFTERS WORKSHOP

Ray Morrow  OASISWoodcarving@gmail.com
This social group works on individual projects and welcomes all levels of crafters. All crafters provide their own patterns and materials. Wood crafts include different types of carving, intarsia, marquetry, scrolling. Other crafts are open to one’s imagination including model building, pyrography, creating games and puzzles and gourd art. Members assist other members to help develop skills. Members may have an occasional minimal fee for class tool and machine maintenance.
OASIS Art Center
RSVP Not Required  Th  8-11am  See above

Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson  949-675-5182
Class is conducted exclusively in French. Literature will include classic and modern fiction and essays. The Fall session will include works by 20th-century authors Albert Camus and Marcel Proust. 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
SS4008  9/7-12/14  W  10am-Noon  $105/15
SS1008  1/4–3/15  W  10am-Noon  $85/11

FRENCH-INTERMEDIATE

Leo Vortouni  949-607-9104  leosailor21@gmail.com
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.
OASIS Room 4
RSVP required  Th  9/1/22-5/25/23  1-2pm  Free

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.
• $20 materials fee due to instructor.
• Email instructor to RSVP - bcorlett@cox.net
OASIS Room 4
RSVP required  Th  9/1/22-5/25/23  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. To RSVP or find out more information about joining this group, please email Dr. Friis at r-c-friis@cox.net.
OASIS Room 1A

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 1/16, 2/20
• A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.
OASIS Room 1A
Beginning French 1
SS4049  11/14-12/12  M/W  5-6pm  $205/8
SS1047  1/9-2/6  M/W  5-6pm  $205/8
SS1048  2/13-3/13  M/W  5-6pm  $205/8

Beginning French 2
SS4052  11/14-12/12  M/W  6-7pm  $205/8
SS1050  1/9-2/6  M/W  6-7pm  $205/8
SS1051  2/13-3/13  M/W  6-7pm  $205/8

Beginning Italian 1
SS4055  11/14–12/12  M/W  5-6pm  $205/8
SS1053  1/9-2/6  M/W  5-6pm  $205/8
SS1054  2/13-3/1/ M/W  5-6pm  $205/8

Beginning Italian 2
SS4058  11/14-12/12  M/W  6-7pm  $205/8
SS1056  1/9-2/6  M/W  6-7pm  $205/8
SS1057  2/13-3/13  M/W  6-7pm  $205/8

Beginning Spanish 1
SS1044  1/9-2/6  M/W  4-5pm  $205/8
SS1045  2/13-3/13  M/W  4-5pm  $205/8
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 prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.

DRP400  $60 per hour

A SAMPLING OF APPS

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

OASIS Computer Lab
SS4029  12/12  M  10:30am-12:30pm  $42/1
SS1028  1/31  Tu  1:30-3:30pm  $42/1
SS1029  3/8  W  10:30am-12:30pm  $42/1

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
SS1020  1/9  M  10:30am-12:30pm  $42/1
SS1021  2/7  Tu  1-3pm  $42/1
SS1022  3/15  W  10:30am-Noon  $42/1

APPLE WATCH MOST USEFUL FEATURES EVERY USER SHOULD KNOW

Jake Jacobs  jakeair99@gmail.com
The most useful features of the Apple Watch including selecting and customizing watch faces and complications, built-in apps, including health apps such ECG, Blood SpO2, and Heart rate. Learn about settings to customize your Apple Watch to your way of life. Learn how to use Apple Pay directly from the Apple Watch; no iPhone required. Quickly call 911. See an alphabetical list of all your apps on the watch screen. Send and receive Mail and text Messages on your Apple Watch. Use and customize the Apple Watch Control Center. Use the flashlight feature. Take a screenshot of your Apple Watch screen. Add new, custom watch faces, Access 8 apps directly from one Watch face. And much more.

- Requirements: Includes Apple Watch Series 4 through 8 and Watch OS 9.

OASIS Room 2
SS1119  1/26  Th  1-3pm  $20/1

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.

OASIS Computer Lab
SS1030  2/1-2/8  W  10:30am-12:30pm  $42/2

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
SS4031  12/7-12/14  W  10:30am-12:30pm  $45/2

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
SS1143  2/21-2/28  Tu  9:45-10:45am  $40/2
## Classes

### 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
SS4033  12/8  Th  10am-Noon  $40/1

### 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
SS1033  3/7-3/14  Tu  11am-Noon  $40/2

### 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
SS1038  1/24-2/14  Tu  9:45-10:45am  $70/4

### 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
SS1037  1/24-2/14  Tu  11am-Noon  $70/4

### EXCEL REFRESHER
Barbara Yin Milbert  pacpal33@yahoo.com
Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.
- Prerequisite: Intro to Excel or equivalent

OASIS Computer Lab
SS1142  3/7-3/14  Tu  9:45-10:45am  $40/2

### INTRODUCTION TO POWERPOINT
Barbara Yin Milbert  pacpal33@yahoo.com
Learn to open and save a new PowerPoint presentation document. Insert pictures to your document, and more. Some knowledge about Word would be helpful.
- Prerequisite: Computer Basics and Skills or equivalent

OASIS Computer Lab
SS1139  2/9  Th  10am-Noon  $40/1

### 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
SS1140  2/21-2/28  Tu  11am-Noon  $40/2

### IPHONE MOST USEFUL SECRETS
Jake Jacobs  jakeair99@gmail.com
Insight into the latest iOS 16 features. Much has changed since our prior in-person classes. This class will bring you up to date. This class is only for users who have an iPhone 8 or newer with iOS 16 installed. Learn how to get the most out of your iPhone and master features you didn’t know your iPhone could do. Covers secrets hidden in apps including new App Library, Camera, Photos, Notes, Mail, Messages, Maps, Widgets, Calendar, 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.
- Requirement: This class is only for users who have an iPhone 8 or newer with iOS 16 installed

OASIS Room 2A
SS1144  2/23-3/16  Th  1-3pm  $40/4

### 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
SS1026  1/23  M  10:30am-12:30pm  $42/1
SS1027  2/14  Tu  1:30-3:30pm  $42/1
SS1031  3/16  Th  1:30-3:30pm  $42/1

### 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.
- Prerequisite: Basic computer

OASIS Computer Lab
SS1023  1/25  W  10:30am-12:30pm  $42/1
SS1024  2/28  Tu  1:30-3:30pm  $42/1
SS1025  3/13  M  10am-Noon  $42/1
Cards & Games

PRIVATE/SEMI-PRIVATE BRIDGE LESSONS

Rose Reynolds pareynolds@aol.com
Do you desire personal attention in bidding, play of the hand or improving your defensive skills? Do you and your partner or group want to learn together? Do you or your group desire to learn a new convention or reinforce one you have some prior skills playing? Get your questions answered one on one or in a small group and bring your bridge skills to a higher level.
- Dates and times to be agreed upon by instructor and student prior to registration.
- Registration and payment due to OASIS prior to lesson. No refunds once registered.
- Contact the instructor directly to set up a time prior to instruction.

OASIS Room 3

• DRP410 Private $70 per hour
• DRP411 Semi-private (4 people max) $100 per hour

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

SS1009 2/7-3/14 Tu 9:30-11:30am $150/6

ADVANCED BEGINNING BRIDGE

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

SS1011 2/2-3/9 Th 9:30-11:30am $150/6

INTERMEDIATE BRIDGE

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

SS1012 2/7-3/14 Tu 12:30-2:30pm $150/6

BRIDGE- NOTRUMP OPENINGS, STAYMAN AND JACOBY TRANSFERS

Rose Reynolds pareynolds@aol.com
The class will cover how to approach balanced Notrump openings and the conventional responses that are used by the entire bridge world and every bridge player should know. After this 4 session class you will be an expert in when and how to use the two most widely used conventions in bridge.
- Additional Fee: $10 (materials)

OASIS Room 3

SS1018 3/6-3/15 M/W 4:30-6pm $80/4

BRIDGE -SUPERVISED PLAY PRACTICE GROUP

Rose Reynolds pareynolds@aol.com
Did you just learn how to bid and play? Are you returning after not playing for several months or years? Do you feel like you just need to review a bit, practice a lot and build a better foundation? Let’s refresh what you learned and practice many pre-dealt hands with supervision. LIVE! practice sessions are the best way to learn and grow your knowledge.
- Additional Fee: $15 (materials)

OASIS Room 3

SS1019 1/3-1/18 Tu/W 4:30-6pm $120/6

BRIDGE OPENER AND RESPONDER REBIDS

Rose Reynolds pareynolds@aol.com
Do you and your partner frequently miss a game contract? Do you overbid or not bid high enough? In this 6 session class you will have a much better understanding of when to keep bidding to a game contract or when to pass and settle for a part score contract. Learn the basic skills you need to know to become a skilled and successful bidder.
- Additional Fee: $15 (materials)

OASIS Room 3

SS1120 2/6-2/16 M/W/Th 4:30-6pm $120/6

DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138 zeintje1@gmail.com
Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

OASIS Room 2

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

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
Classes

<table>
<thead>
<tr>
<th>Classes</th>
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<tbody>
<tr>
<td>AMERICAN MAH JONGG FOR BEGINNERS</td>
<td></td>
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<tr>
<td>Terry Sweeney</td>
<td>208-920-9085</td>
</tr>
<tr>
<td>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. <strong>OASIS Room 3</strong></td>
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<tr>
<td>SS4014</td>
<td>11/7-12/12 M</td>
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<tr>
<td>SS1013</td>
<td>1/12-2/16 Th</td>
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<tr>
<td>AMERICAN MAH JONGG-SUPERVISED PLAY</td>
<td></td>
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<tr>
<td>Terry Sweeney</td>
<td>208-920-9085</td>
</tr>
<tr>
<td>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. <strong>No class 10/10, 11/24</strong></td>
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<tr>
<td>• Prerequisite: American Mah Jongg for Beginners <strong>OASIS Room 3</strong></td>
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<tr>
<td>SS4016</td>
<td>10/20-12/8 Th</td>
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<tr>
<td>SS1015</td>
<td>1/23-3/13 M</td>
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<td>SS1016</td>
<td>2/23-3/16 Th</td>
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<tr>
<td>MAH JONGG</td>
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<tr>
<td>Doris Melnick</td>
<td>949-644-2600</td>
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<tr>
<td>Dave Margolis</td>
<td>562-221-9870</td>
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<tr>
<td>Experienced players meet to play. <strong>OASIS Room 3</strong></td>
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<tr>
<td>• American Mah Jongg card and rules only.</td>
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<tr>
<td>RSVP Not Required</td>
<td>Ongoing</td>
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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.

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 1/16, 2/20** **OASIS Dance Room** |
| SS4501 | 9/12-12/12 M | 10:15-11am | $257/14 |
| SS4502 | 9/9-12/16 F | 10:15-11am | $239/13 |
| SS1501 | 1/9-3/20 M | 10:15-11:00am | $167/9 |
| SS1502 | 1/6-3/24 F | 10:15-11:00am | $221/12 |

Chair Exercise

| Judy Aprile | jjjaprile@gmail.com |
| Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 1/11, 1/16, 2/8, 2/20, 3/8** **OASIS Event Center** |
| SS4515 | 12/5-12/12 M/W | 10:05-11am | $20/3 |
| SS1547 | 1/9-1/16 M/W | 10:05-11:00 | $33/5 |
| SS1548 | 2/1-2/27 M/W | 10:05-11:00 | $38/6 |
| SS1549 | 3/1-3/22 M/W | 10:05-11:00 | $38/6 |

Coastline College Adapted Fitness

| Judy Aprile | japril@coastline.edu |
| This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor. **OASIS Event Center** |
| Ongoing | 8/29-12/12 M | 11:30-12:30pm | Free |
NEW! FALLPROOF® BALANCE & MOBILITY
Selena Cofinco (949) 547-6389 selenacofinco@gmail.com

NEW! This class is a progressive program of activities designed to improve balance and reduce fall risk. Participants will benefit from this class by improving seated/standing posture, improving walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities. Space is limited to 10 students.

- Requirement: All new students must provide a medical note signed by a doctor which indicates they are safe to participate in a balance class prior to the assessment. New students must complete a balance assessment a week prior to the first class or during the initial week of the program. Instructor will contact the participant the week before the first class to schedule the assessment.
- Registration: Must register in person, you will then be given a packet of forms from the OASIS front desk to complete and bring to the assessment.

OASIS Room 1

SS4516 9/15-12/8 M/TH 1:30-2:30pm $330/22
SS1516 1/19–3/16 M/TH 1:30-2:30pm $320/16

HEAD TO TOE FITNESS
Keith Glassman keith.glassman@gmail.com
Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body.

- Please Bring: A mat, hand weights (Tuesdays), & resistance bands (Thursdays).

OASIS Event Center

SS4523 12/1-12/15 Tu/Th 8-9am $45/5
SS1521 1/3–1/26 Tu/Th 8-9am $65/8
SS1522 1/31–2/23 Tu/Th 8-9am $65/8
SS1523 2/28-3/16 Tu/Th 8-9am $50/6

DROP IN (NO REFUNDS)
DRP461 $12/1

GOLF
Greg Nelson greghbnelson@me.com
The Oasis Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9:00 am. We normally have up to 4 tee times and between 12 and 18 “member” players.
- The format is team competition, picked randomly.
- Handicaps range from 10 to maximum 30.
- Contact greghbnelson@me.com for available openings.

OASIS Event Center

SS4519 12/6 Tu 5:30-6:30pm $20/1
SS1517 1/5 Th 6-7pm $20/1
SS1518 2/4 Sa 9-10am $20/1
SS1519 3/7 Tu 6-7pm $20/1
SS1520 1/5, 2/4, 3/7 See above $50/3

NEW! FULL MOON SOUND BATH & MEDITATION
Stephanie von Meeteren www.LucidStateYoga.com
Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. Prepare to receive, rest, and heal on a cellular level. Bring whatever you need to be most comfortable. Any questions, please feel free to contact instructor.

- Please Bring: A mat, hand weights (Tuesdays), & resistance bands (Thursdays).

OASIS Dance Room

SS4519 12/6 Tu 5:30-6:30pm $20/1
SS1517 1/5 Th 6-7pm $20/1
SS1518 2/4 Sa 9-10am $20/1
SS1519 3/7 Tu 6-7pm $20/1
SS1520 1/5, 2/4, 3/7 See above $50/3

LAWN BOWLING
www.NHLBC.com
This game is open to all ages and is fun, sociable and competitive. The lessons are free, all equipment is provided. The greens are open seven days a week; weather permitting. There are pot lucks, both day and evening bowling, along with social and competitive bowling. Beginners to experienced bowlers welcomed. Come try it, you will like it. Annual membership $250. Located at the corner of San Joaquin Hills Road and Crown Drive, Corona del Mar. 1550 Crown Drive, CDM. For more information visit the Club website at www.NHLBC.com

NEW! HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com
Starting with dynamic stretching and low impact movements, this class includes weight-training and floor exercises, helping you maintain bone density as it strengthens and stretches muscles throughout the body.

- Please Bring: A mat, hand weights (Tuesdays), & resistance bands (Thursdays).

OASIS Event Center

SS4523 12/1-12/15 Tu/Th 8-9am $45/5
SS1521 1/3–1/26 Tu/Th 8-9am $65/8
SS1522 1/31–2/23 Tu/Th 8-9am $65/8
SS1523 2/28-3/16 Tu/Th 8-9am $50/6

DROP IN (NO REFUNDS)
DRP461 $12/1

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 1/16, 2/20

- Please bring: 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

SS4505 11/14-12/12 M 3:30-4:30pm $105/5
SS1511 1/9-2/6 M 3:30-4:30pm $85/4
SS1512 2/13-3/13 M 3:30-4:30pm $85/4

OASIS Room 1

SS4508 11/17-12/15 Th 8:30-9:30am $85/4
SS1513 1/12-2/9 Th 8:30-9:30am $105/5
SS1514 2/16-3/16 Th 8:30-9:30am $105/5
SS4511 11/17-12/15 Th 3:30-4:30pm $85/4
SS1515 1/12-2/9 Th 3:30-4:30pm $105/5
SS1516 2/16-3/16 Th 3:30-4:30pm $105/5

DROP IN (NO REFUNDS)

DRP460 $20/1
**IYENGAR YOGA**

Carolyn Matsuda 714-388-4328 cmats84@msn.com

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 1/16, 1/20**

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

**OASIS Room 1**

- SS4526 11/14-12/15 M/Th 10-11:15am $131/9
  - SS1524 1-9-2/9 M/Th 10-11:15am $131/9
  - SS1525 2/13-3/14 M/Th 10-11:15am $131/9
  - SS1528 2/14-3/14 M 10-11:15am $65/4

- SS4529 11/14-12/12 M 10-11:15am $80/5
  - SS1527 1/9-2/6 M 10-11:15am $65/4
  - SS1530 1/12-2/9 Th 10-11:15am $80/5
  - SS1531 2/16-3/16 Th 10-11:15am $80/5

**DROP IN (NO REFUNDS)**

- DRP462 $25/1

**NUTRITION COUNSELING: ONLINE**

Nasira Burkholder-Cooley, DrPH, RD

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

On Online By Appointment Only

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

**INTRO TO MELT METHOD**

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

For anyone new to the MELT Method, this class must be taken prior to taking the 1 hour class. Erase pain and tension brought on by everyday stress, again, and overuse. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. In this 40 minute class Yvette will teach you the four Rs of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice. New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

- Requirement: Must get to the floor and off the floor unassisted.
- Please Bring: Please bring a mat and water to drink.

**OASIS Dance Room**

- SS1533 1/3 Tu 2-3pm $30/1

**MELT METHOD**

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

This class should not be taken unless you have previous MELT experience. This class will combine hydrating length techniques and stabilizing strength techniques to address the weak links that damage joints and inhibit your body’s ability to function optimally. Learn to identify and eliminate cellular dehydration before it accumulates causing chronic aches and pains. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom code is available for Virtual Attendance.**

- Please bring: Mat and water to drink. Contact instructor for a list of equipment needed, meltwithyvette@gmail.com
- Prerequisite: Previous MELT experience. Must be able to get up off the floor unassisted.

**OASIS Dance Room**

- SS4534 10/18-12/13 Tu 8:45-9:45am $120/9
- SS1534 1/10-3/14 Tu 8:45-9:45am $160/10

**DROP IN (NO REFUNDS)**

- DRP463 $12/1

**PILATES MAT**

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

These Pilates classes are taught with strength, flexibility and movement in mind for the 50+ age body. Throughout each class, participants are taught functional movement and anatomy so they can feel strong, flexible and understand how to prevent injuries. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

- Please Bring: Mat, a light and heavy resistance band, and towel.

**OASIS Dance Room**

- SS4536 11/1-12/13 Tu 8:45-9:45am $116/7
- SS1535 1/3-2/7 Tu 8:45-9:45am $103/6
- SS4536 2/14-3/14 Tu 8:45-9:45am $90/5

**DROP IN (NO REFUNDS)**

- DRP464 $22/1

**STRONG HEALTHY BONES, PILATES AND BALANCE TRIO - MAT/STANDING**

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

This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention.

- 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**

- SS4540 10/27-12/13 Th 7:45-8:45am $116/7
- SS1539 1/5-2/9 Th 7:45-8:45am $103/6
- SS1540 2/16-3/16 Th 7:45-8:45am $90/5

**DROP IN (NO REFUNDS)**

- DRP464 $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 1/16, 2/3, 2/20, 3/3**
- Please Bring: A exercise mat, hand weights, towel or small pillow is recommended for neck support if needed.

OASIS Event Center

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<thead>
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<th>Days</th>
<th>Time</th>
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NEW!

NEW! YOGA: RISE & SHINE! MORNING PRACTICE

Stephanie von Meeteren  www.LucidStateYoga.com
**NEW!** This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness so you are ready for anything your day may bring! This is a classical yoga class in the Krishnamacharya tradition (the grandfather of modern yoga). We concentrate on function over form. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by a Certified Yoga Therapist, C-IAYT.
- Prerequisite: Requirement: Able to be in a plank position from your knees.Able to get up and down from the ground alone, unassisted.
- Please bring: Yoga mat.

OASIS Dance Room

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DROP IN (NO REFUNDS)

DRP465  $20/1

STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

Kathryn Rollins  949-422-9834
Kathryn@ahappybalance.com
If you want to keep your bones strong, have osteoporosis or osteopenia these classes are for you. Full of scientifically based, bone strengthening, and balance moves incorporating impact, weights, and resistance. Taught by a Buff Bones certified nurse who specializes in injury prevention.
- Please Bring: A mat, a light and heavy resistance band, a towel, and 1.5 lb weights are optional.

OASIS Dance Room

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<thead>
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<th>Course Code</th>
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</tbody>
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DROP IN (NO REFUNDS)

DRP464  $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

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DROP IN (NO REFUNDS)

DRP465  $20/1

NEW!

NEW! YOGA THERAPY FOR STRENGTH & BALANCE LEVEL 1

Stephanie von Meeteren  www.LucidStateYoga.com
**NEW!** Accessible to all, in this small functional group we will be learning about the vital 10 muscles through specific postures and breath. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles and what is needed to improve our balance and strength.
- Please bring: Yoga mat and an (optional) block.

OASIS Dance Room

<table>
<thead>
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<th>Days</th>
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NEW! YOGA THERAPY FOR STRENGTH & BALANCE

Stephanie von Meeteren  www.LucidStateYoga.com

No yoga experience necessary! In this small functional group we will be learning about the vital 10 muscles that are needed to keep us vibrant and vital! The class will consist of discussion, practices, and individualized assessments of your vital 10 muscles. By strengthening and balancing these vital 10, you will become stronger, improve your posture, increase bone health, reduce pain, and increase your balance through yoga therapy. Each class will bring a new awareness to specific sets of muscles that may need some attention. Personalized “homework” practices will be given during class in order to see maximum results! Any questions, please feel free to contact instructor.

- Prerequisite: Able to be in a plank position from your knees. Able to get up and down from the ground alone, unassisted.
- Please bring: Yoga mat and an (optional) block.

OASIS Dance Room
SS4564 11/2-12/16 W/F 3:15-4:15pm $233/12
SS4566 11/2-12/14 W 3:15-4:15pm $145/7
SS4568 11/4-12/16 F 3:15-4:15pm $105/5
SS1565 1/4-1/25 W 3:15-4:15pm $85/4
SS1566 2/1-2/22 W 3:15-4:15pm $85/4
SS1567 3/1-3/15 W 3:15-4:15pm $65/3

NEW! RELEASE THE DAY YOGA PRACTICE

Stephanie von Meeteren  www.LucidStateYoga.com

This class will help prepare your mind and body for a good night’s sleep and release any tension from your day. In this gentle class we will mindfully move our bodies to the breath calming the nervous system and creating space for meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Any questions, please feel free to contact instructor.

- Prerequisite: Able to be in a plank position from your knees. Able to get up and down from the ground alone, unassisted.
- Please bring: yoga mat

OASIS Dance Room
SS1560 1/5-1/26 Th 4:30-5:30pm $85/4
SS1561 2/2-2/23 Th 4:30-5:30pm $85/4
SS1562 3/2-3/16 Th 4:30-5:30pm $65/3

NEW! VERNAL EQUINOX EVENT

Stephanie von Meeteren  www.LucidStateYoga.com

NEW! Accessible to all. Welcome Spring! In this special class we will be honoring the seasonal change of Spring and the growth it brings in our lives on all 5 layers of our human system. You can expect a guided meditation and more. Ready to feel relaxed, nourished and joyful? Any questions, please feel free to contact instructor.

- Please bring: yoga mat

OASIS Dance Room
SS1500 3/18 Sa 9-10am $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 1/16, 2/20

OASIS Dance Room
SS4569 9/12-12/12 M 9-10am $229/14
SS4570 9/7-12/14 W 9-10am $245/15
SS4571 9/8-12/15 Th 9-10am $229/14
SS4572 9/9-12/16 F 9-10am $213/13
SS1569 1/9-3/20 M 9-10am $149/9
SS1570 1/4-3/22 W 9-10am $197/12
SS1571 1/5-3/23 Th 9-10am $197/12
SS1572 1/6-3/24 F 9-10am $197/12

MULTI-DAY DISCOUNT:
SS4573 9/7-12/16 M/W/F 9-10am $453
SS1573 1/4-3/24 M/W/F 9-10am $394/33

DROP IN (NO REFUNDS)
DRP466 $20/1

MUSIC & DANCING

CLASSICAL/ CONTEMPORARY INTERMEDIATE BALLET

Michelle Caumiant Zehnder  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 bring: ballet slippers by the second class meeting

OASIS Dance Room
SS4574 10/4-12/6 Tu 11:30-12:45pm $208/10
SS1574 1/10-3/14 Tu 11:30 – 12:30pm $200/10

BEGINNING CLASSICAL/ CONTEMPORARY BALLET BARRE

Michelle Zehnder Caumiant  mcaumiant26@gmail.com

Have you ever dreamed of taking Ballet at any age? This is your chance to dance with like-minded people from similar generations. There will be no pressure or judgement. Everyone is free to work at their own level (which includes stepping back at times.) The music will be Classical piano to romantic and swinging. The focus will be on the movement holding the Barre and then we will come out and play with some steps we are learning at the Barre. No class 11/11, 11/25,

- Please bring: Ballet slippers by the second class meeting

OASIS Dance Room
SS4575 10/7-12/9 F 11:30-12:30pm $136/8
SS1575 1/13-3/17 F 11:30-12:30pm $152/9
NEW! BEGINNING JAZZ DANCING
Michelle Zehnder Caumiant  mcaumiant26@gmail.com
This is going to be a really fun class using a lot of great music from different eras and a variety of jazzy styles. No need to feel you can’t keep up. The class is for everyone who likes to move to music and is always open to adaptation. You will be having such a good time you will forget you are even exercising. So swing right in and enjoy the party!
• Please Bring: Flexible tennies or jazz shoes. If you have Ballet slippers bring them as well.
OASIS Dance Room
SS1576  1/10-3/7  Tu  12:45-1:30  $152/9

BEGINNING BROADWAY DANCE
CS Dance Factory  949-230-5934  Info@CSDanceFactory.com
Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it’s taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind!
OASIS Dance Room
FREE1  1/4  W  10:15-11am  Free
SS1577  1/11-3/15  W  10:15-11am  $205/10
FREE2  3/22  W  10:15-11am  Free

LINE DANCING
Vickie Jackson  vickie@promodonnas.com
Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer’s.
OASIS Dance Room
Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
SS4580  11/17-12/15  Th  1-1:55pm  $27/4
SS1578  1/5-2/2  Th  1-1:55pm  $34/5
SS1579  2/9-3/16  Th  1-1:55pm  $41/6
Level 2 - Improver/Easy Intermediate (should know basic steps)
SS4583  11/17-12/15  Th  2-2:55pm  $27/4
SS1581  1/5-2/2  Th  2-2:55pm  $34/5
SS1582  2/9-3/16  Th  2-2:55pm  $41/6
Level 3 - Easy Intermediate/Intermediate (step competency required)
SS4586  11/17-12/15  Th  3-4pm  $27/4
SS1584  1/5-2/2  Th  3-4pm  $34/5
SS1585  2/9-3/16  Th  3-4pm  $41/6
Combo Class: Level 1 & 2
SS4589  11/17-12/15  Th  1-2:55pm  $38/4
SS1587  1/5-2/2  Th  1-2:55pm  $48/5
SS1588  2/9-3/16  Th  1-2:55pm  $58/6
Combo Class: Level 2 & 3
SS4592  11/17-12/15  Th  2-4pm  $38/4
SS1590  1/5-2/2  Th  2-4pm  $48/5
SS1591  2/9-3/16  Th  2-4pm  $58/6

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

MUSIC WORKSHOP
Glen Jansma  310-940-3122
Intermediate music sharing of techniques, theory and songs. Learn new songs, techniques and theory. Learn to play with others.
OASIS Room 5
RSVP Not Required  Ongoing  F  11am-1pm  FREE

HOOTENANNY
Glen Jansma  310-940-3122
OASIS Room 5
RSVP Not Required  Ongoing  F  1-3pm  FREE

UKULELE STRUMMERS AND SINGERS
Mike Ekinaka  714-336-4719
Our ukulele strumming, singing and hula dancing activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain, join us.
OASIS Room 2
RSVP Not Required  Ongoing  M  1-2:30pm  FREE

PING PONG
New players are always welcome.
OASIS Event Center BC
RSVP Not Required  Ongoing  Tu/Th  2-4pm  FREE

SAILING
OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Our friendly club members welcome both experienced and new sailors. There is a $50 monthly dues fee. Sailing is free. (Google “oasis sailing club” for our website). Call Membership Chair Dorothy Ables at 949-400-6177 or email OSCMembership@OasisSailingClub.org for membership details.
OASIS Room 1
RSVP Not Required  No Meeting  W  1:30pm  see above
**Friends of OASIS**

**MONTHLY MEMBERSHIP GET TOGETHER**

Friday, December 2, 10:00AM

- $10 members/$12 non-members - limited tickets

**Menu:**

Prime rib with asparagus, garlic mashed potatoes, harvest salad and chocolate marquis

**Entertainment:** CMHS Madrical Choir

**Sponsored by:** Atria Newport Beach

---

**GIFT SHOP**

Hours: Monday - Friday 9am - 3pm

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

---

**REMEMBER US IN YOUR WILL OR TRUST**

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

Your gift is a legacy for future seniors.

---

**Volunteers Wanted**

Lend a hand for others and volunteer at OASIS. Pick up an application in the friends office or fill out the application online.

---

**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 sail 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 or send an email to oscmembership@oasissailingclub.org
**FRIENDS OF OASIS**

**MEMBERSHIP RATES**
- Single $15/year
- Couple $25/year

**TWO WAYS TO BECOME A MEMBER**
1. VISIT [friendsofoasis.org](http://friendsofoasis.org)
2. CALL 949-718-1800

---

**SUBSCRIPTION to monthly OASIS Newsletter**
**Discounts on travel**
**Access to unique clubs**
**Opportunity to support programs & events at OASIS**

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**BENEFITS OF MEMBERSHIP**
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2. CALL 949-718-1800

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

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**MEMBERSHIP**

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**BAYSIDE RESTAURANT**
10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special events are not eligible for the discount.)

**BISTANGE RESTAURANT**
10% discount (Drinks, happy hour menu, small plates, private events, holidays or other special events are not eligible for the discount.)

**THE BUNGALOW**
10% discount - excludes alcohol

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**EL CHOTO**
20% discount on lunch only - excludes alcohol

**FRESH BROTHERS**
10% off (excludes alcohol) from their Newport Beach, Irvine, and Newport Mesa locations.

**NEW SHANGHAI PINO GARDEN**
10% off - excludes alcohol, holidays and take out

**RENDEZVOUS 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

---

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

**DISNEY CONCERT HALL**
**HOLIDAY SING-A-LONG  FESTIVAL OF CAROLS**

Saturday, December 3  
Wait list $105/$110

Celebrate the Christmas season with a traditional concert of carols and seasonal favorites sung by the fantastic 115 member Los Angeles Master Chorale. The choir is joined by Disney Hall's iconic pipe organ featuring a range of favorite carols, new arrangements as well as a few audience sing-a-longs. Terrance level seating with great views of the choir and organ. Lunch on your own in one of the nearby restaurants.

*Depart 11:00am  Return 5:30pm*

**REAGAN LIBRARY- CHRISTMAS TREES**

Tuesday, December 6  
Wait list $100/$105

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

*Depart 8:00am  Return 5:30pm*

**QUIRTZSITE**

JANUARY 18-20, 2023  
$499 for Double Occupancy  
$599 for Single Occupancy  
All prices per person

Join us for a fun get-away to Quartzsite in Arizona. A small mining boom revitalized the town as Quartzsite in 1897 and it remained thus until 1965, the Pow Wow Rock, Gem & Mineral Show began the rockhound winter migration to Quartzsite each year. These days, the population can swell to over a million during January and February as rockhounds, jewelers and vendors attend the major gem and mineral shows. The show is the fifth largest and longest running rock, gem, and mineral show in the world and the largest in Quartzsite. We will be staying on the riverfront at the Blue Water Casino in Parker, AZ. Your price includes hotel, bus, and three sightseeing tours.

*Depart 8:30am  Return TBD*

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**VIEJAS CASINO**

Wednesday, December 14  
$20

Enjoy the day at this popular Casino playing your favorite games. Choose from Bingo, poker or any table game or one of their 2,000 slot machines. Also visit the Viejas Outlet Center to do some holiday shopping. Guests must game at least $20 per person. Each guest will receive $10 in free play cash when they earn 200 points.  
No Buffets - Restaurants throughout Casino

*Depart 8:00am  Return 5:30pm*
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<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Cost/Details</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>THE LETTERMEN CONCERT WITH DEBBIE BOONE</strong></td>
<td>Sunday, January 29</td>
<td>$125/$130</td>
<td>Arriving at the Cerritos Center at 1:00, lunch on your own. The song The Way You Look Tonight launched The Letterman forever into music stardom. The Pop trio has dazzled generations of fans with Put Your Head on My Shoulder, Goin’ Out of My Head and Can’t Take My Eyes Off Of You. Debby Boone is a three-time Emmy Winner with the familiar song You Light Up My Life. The Les Brown Alumni Big Band will provide the musical accompaniment. Depart 11:30am Return 6:30pm</td>
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<tr>
<td><strong>RANCHO BERNARDO WINERY/CANINE COMPANIONS</strong></td>
<td>Wednesday, February 15</td>
<td>$111/$116</td>
<td>By popular request, the Rancho Bernardo Winery is rescheduled! We will get three 3 oz. pours of your choice of red or white wines. There will be time for shopping and browsing in their village shops. Canine Companions pair disabled people with highly trained dogs at no cost. We will hear and learn how volunteers, puppy raisers and trainers come together to train these service dogs to assist the deaf, wounded vets, PTSD victims and others. On your own at a nearby shopping center with several options. Depart: 9:00am Return 5:30pm</td>
</tr>
<tr>
<td><strong>PETERSEN AUTOMOTIVE MUSEUM</strong></td>
<td>Thursday, February 23</td>
<td>$95/$100</td>
<td>The Petersen Museum houses more than 150 cars from classics to hot rods in its permanent galleries. You can tour all three floors of the museum. Your ticket includes the vault featuring over 250 vehicles from around the world. They are some of the most iconic and rare cars, motorcycles and trucks spanning over 120 years of automotive history. You will see turn-of-the-twentieth century cars, heads of state cars, American classics, Hollywood stars cars, award-winning hot rods, and many other surprises. Depart 9:00am Return 4:30pm</td>
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<tr>
<td><strong>LUCK O’ THE IRISH</strong></td>
<td>Friday, March 17</td>
<td>117/$122</td>
<td>Celebrate St. Patrick’s Day enjoying an Irish luncheon &amp; musical revue. You will be entertained by Irish songs such as Danny Boy, My Irish Rose, and Irish Eyes Are Smiling as well as Broadway selections from Finian’s Rainbow and Brigadoon. The show is lively and colorful with costumes, music, dance, and comedy. Feast on traditional corned beef and cabbage or roast chicken. Lunch is served with salad, rolls and wine, coffee or tea and an Irish ice cream sundae! Depart: 9:45am Return 5:30pm</td>
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<tr>
<td><strong>LAUGHLIN SPRING GETAWAY</strong></td>
<td>March 21–23, 2023</td>
<td>$250 for Double Occupancy $320 for Single Occupancy All prices per person</td>
<td>Enjoy a two night get-away at the beautiful Golden Nugget Hotel and Casino along the banks of the Colorado River. The resort features some of the hottest gaming action in Laughlin including slot and video poker machines, table games and live keno, and a complete race and sports book. You will have several options for dining including Claim Jumper and Bubba Gump Shrimp Co as well as casual dining. Stroll along the Riverwalk, which offers views of the majestic Nevada desert scenery and Colorado River. Depart 8:30am Return 6:00pm</td>
</tr>
<tr>
<td><strong>HUNTINGTON LIBRARY, ART MUSEUM, AND BOTANICAL GARDENS</strong></td>
<td>Wednesday, May 10, 2023</td>
<td>$80/$85</td>
<td>Begin the day with a docent led tour of the Estate. On this 60-minute outdoor easy walking tour, guests will have the opportunity to explore some of the 130 acres of magnificent gardens and learn how Henry and Arabella Huntington’s San Marino Ranch was transformed into the world famous cultural landmark that we know today. After the tour, explore at your leisure the other beautiful gardens and art collections of the library. Have lunch on your own at the Jade Court Café, Café 1919, or the Red Car Café. Depart 8:30am Return 5:00pm</td>
</tr>
<tr>
<td><strong>TASTE OF LA/CURT TUCKER</strong></td>
<td>May 24, 2023</td>
<td></td>
<td>Coming Soon</td>
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**Free Travel Show**

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**Tuesday, February 7 | 1:00 pm | Room 1**

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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.

**MAIL IN, WALK IN OR EMAIL**

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

**WAYS TO REGISTER**

- **ONLINE**
  - Available only prior to class start date.
  - 1. Go to www.newportbeachca.gov/register
  - 2. Click on Sign in
  - 3. Enter Username & Password.
  - 4. Click on Register
  - 5. Filter Activities or Search for class
  - 6. Click on Name of Activity.
  - 7. Click Add to Cart.
  - 8. Follow the steps for payment.

- **FAX**
  - Fax your registration form and include your Visa, MC, Discover or Annex card number and expiration date to: (949) 640-7364
  - Faxes are processed during regular business hours and only upon receipt of a completed and signed registration form

**Fitness Center Refund Policy**

- A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.
- 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.

**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.

**REGISTRATION INFORMATION**

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<tbody>
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<td>Class Fees</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non-residents add $5 for classes $74 &amp; under OR $10 for Classes $75 &amp; over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Paid</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mandatory Signature</th>
<th>Date</th>
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<thead>
<tr>
<th>Non-resident Fee</th>
<th>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.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Refund Policy Unless otherwise noted</th>
<th>$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.</th>
</tr>
</thead>
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<thead>
<tr>
<th>Fitness Center Refund Policy</th>
<th>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.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Special Assistance</th>
<th>If you need special accommodations for any activities, please notify Recreation &amp; Senior Services at the time of registration.</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Credit Cards Accepted</th>
<th>CC#</th>
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<tbody>
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<table>
<thead>
<tr>
<th>CVC</th>
<th>Exp. Date</th>
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</tbody>
</table>
Over 20 cardio machines, a full line of strength training machines, free weights, stretch machines, resistance bands, medicine balls, yoga mats, balance bar and more!

Holiday Hours:
- 12/23: 7am - 12pm
- 12/24-26: CLOSED
- 12/27-12/30: 7am - 4pm
- 12/31-1/2: CLOSED

The OASIS Admin. Offices & Transportation Program will be closed 12/24 through 1/2.

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

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

OASIS Fitness Towel Makes a great stocking stuffer! Purchase for $8 in the Fitness Center

www.newportbeachca.gov/oasisfitness
OASIS Senior Center

JINGLES AND MINGLES

DECEMBER 7
8AM - 11AM

Please join us for coffee, cocoa, and holiday carols!
Plus, pick up a limited edition OASIS ornament
*While supplies last

EVENT WILL BE HELD IN THE OASIS COURTYARD