

# OASIS news

Older  
Adult  
Social &  
Information  
Services

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

**MAY 2024**

**VOL. 48 NO. 5**



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





# OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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

801 Narcissus Avenue, Corona Del Mar, CA 92625



## OASIS SENIOR CENTER

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

**Administration:** 949-644-3244  
**Age Well Meals:** 949-718-1820  
**Fitness Center:** 949-718-1818  
**Friends of OASIS:** 949-718-1800

### HOURS:

#### City Administration

M-Th 7:30am-5:30pm  
Fr 7:30am-4:30pm  
Sa-Su Closed

#### Fitness Center

M-Th 7am-7pm  
Fr 7am-5pm  
Sa-Su 7am-2pm

#### Friends of OASIS Admin

M-F 7:30am-4:30pm  
[friendsofoasis.org](http://friendsofoasis.org)

Center is closed on all City-observed holidays.

## STAFF DIRECTORY

### CITY OF NEWPORT BEACH STAFF:

**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:** Savannah Bonifay  
**Recreation Coordinator:** Hilda El-Souki  
**Transportation Coordinator:** Elizabeth Arciniega  
**Department Assistant:** Jessica Battoli-Caputo  
**Office Assistant:** Stephanie Melero  
**Care-A-Van Drivers:** Blanca Olazo  
Jose Cardenas  
Raul Cano  
Araceli Gonzalez  
Michael Hastert

### FRIENDS OF OASIS STAFF:

Berenice Barajas  
Rose Chikilian

### AGE WELL MEALS STAFF:

Julie Sarantapoulas

## NEWPORT BEACH CITY COUNCIL

<b>Mayor</b>	Will O'Neill
<b>Mayor Pro Tem</b>	Joe Stapleton
<b>Council Member</b>	Brad Avery
<b>Council Member</b>	Robyn Grant
<b>Council Member</b>	Lauren Kleiman
<b>Council Member</b>	Noah Blom
<b>Council Member</b>	Erik Weigand

## FRIENDS OF OASIS BOARD OF DIRECTORS

<b>President:</b>	Mike Zimmerman
<b>Vice President of Operations:</b>	Kathy Stewart
<b>Vice President of Civic Affairs:</b>	Walt Howald
<b>Vice President of Development:</b>	Kay Walker
<b>Recording Secretary:</b>	Scott Paulsen
<b>Treasurer:</b>	Howard Herzog
<b>Directors:</b>	Debra Allen
	Judy Cooper
	Barbara Milbert
	Kelly Pierce
	Kathy Roberts
	Alan Rypinski
	Barbara Sloate
	Jim Spivey
	Jeff Upton
	Ed Romeo, President Emeritus
	Melissa Gleason, Ex Officio

## OASIS NEWS STAFF

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

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER



May is a month of celebration and remembrance, marked by special traditions and notable community events. As spring blooms, our hearts turn towards honoring mothers on Mother's Day, a time to express gratitude for their unwavering love and support. Memorial Day follows, solemnly remembering the sacrifice of those who served their country. The Exchange Club of Newport Harbor presents the 15th Annual Field of Honor on May 17 through May 27. Please join them in honoring the defenders of our freedom, past and present, and first responders, as you walk along the paths of 1,776 American flags at the Castaways Park. See page 4 for more details.

Come over to OASIS Saturday, May 18 from 9-11:30a.m. for the Community Resource Expo. With over 70 vendors, including eight generous sponsors, this event will include a variety of local business, non-profits, assisted living facilities, medical devices, and much more! Start your morning with a complimentary breakfast as you visit with friends and meet new folks. For those interested, take advantage of the free thyroid screening conducted by UCI. Plus, don't miss the class demo presented by CS Dance Factory, offering a glimpse into the exciting world of Zumba.

With gratitude,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



April showers (and we have had our share!) bring May flowers. What a great time of the year this is. We are coming into Summer, and we have a lot of events planned here at OASIS. Saturday, May 18th is our Community Resource Expo. We have more than 70 vendors set up in the Event Center and (weather permitting) outside on campus, that offer free class demos, wellness screening, and senior information that all of us should be interested in. We also offer you a free breakfast! Make a point of attending this annual event.

I don't think I have informed you of this lately, that twice a year, we (Friends Board of Directors) meets with our "Board of Advocates" in the library at 8:00 until 9:00AM. The Advocates Board consists of the leaders and shakers of Newport Beach, like Homer Bludau who was past City Manager, Brad Avery who is City Council, Grace Leung who is our current City Manager, or Steve Rosansky who is CEO of our Chamber of Commerce. It is for the purpose of the Friends Board Members, informing these 15+ "Advocates" of what we, the Friends of OASIS are doing for and around the community. Each Board member explains their function on the Friends Board, to all the Advocates, so they can become informed, stay current, and can communicate our efforts to their constituents. We do this twice a year, and the feedback from the Advocates, after hearing our presentation, is very valuable to both parties. Your current Friends Board Members are some of the hardest working people I have ever met. We are so lucky to have these people working for the betterment of the community and OASIS. If you see one of our Board Members on Campus, take the time to thank them for their time and efforts.

Always at your service,

*Mike*

## The Friends of OASIS MONTHLY MEMBERSHIP GET TOGETHER



**FRIDAY, MAY 3, 10:00AM**

• \$10 MEMBERS/\$12 NON-MEMBERS

**MENU: SANDWICHES, POTATO SALAD AND DESSERT**

**ENTERTAINMENT: OLIVIA ROHDE**

PROFESSIONAL MUSICIAN, OLIVIA ROHDE AND ROBER, WILL PERFORM A VARIETY OF SOULFUL RENDITIONS OF BELOVED COVER SONGS.

**MEAL SPONSORED BY: PACIFIC VIEW MEMORIAL PARK**

**PASTRIES SPONSORED BY: LOCAL LIVING SOLUTIONS**

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

## OASIS SENIOR CENTER Community Resource Expo



**SATURDAY, MAY 18TH  
9:00AM-11:30AM**

**Event Schedule:** **FREE EVENT!**

**8:45AM: FREE BREAKFAST**

**9:00AM: VENDOR EXPO OPENS**

**9:00AM- FREE SCREENING: THYROID**

**11:30AM: PRESENTED BY: UCI HEALTH**

**10:00AM: FREE CLASS DEMO: SALSA DANCE  
PRESENTED BY: CS DANCE FACTORY**

**Event Sponsors:**



**801 NARCISSUS AVE., CORONA DEL MAR, 92625**

## OASIS SENIOR CENTER 801 NARCISSUS AVE., CORONA DEL MAR VETERANS SOCIAL ★ GROUP ★

**ERIC LONGABARDI**  
MILITARY JOURNALIST  
INVESTIGATIVE REPORTER

**BROKEN ARROW...**

**TUESDAY, MAY 21, 2024  
11:30 AM  
EVENT CENTER  
RSVP 949-644-3244**



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



**ADMISSION IS FREE**

Exchange Club of Newport Harbor presents  
★★★ 15<sup>th</sup> Annual ★★★

## Field of Honor



**MAY 17 through MAY 27**

**CASTAWAYS PARK  
700 Dover Dr., Newport Beach**

*Visitors welcome daily from 9:00 a.m. to 5:00 p.m.*

Please join us to honor the defenders of our freedom, past and present, and first responders, as you walk along the paths of 1,776 American flags.

**CEREMONIES HELD ON:**

Armed Forces Day: Saturday, May 18 ■ Memorial Day: Monday, May 27



For more information about flag dedications, sponsorships and event details, visit

**[exchangeclubofnewportharbor.com](http://exchangeclubofnewportharbor.com)**





May 14 at 10am | OASIS Room 1

## Lost Landmarks of Orange County

*Presented by*

*Chris Epting, Author, Journalist & TV host*

Join us for an exclusive presentation by author Chris Epting as he introduces his latest book, "Lost Landmarks of Orange County." Delve into a captivating journey through time with rare photographs and compelling stories of vanished locations that once defined the heart of Orange County. From iconic theme parks like Lion Country Safari to the enchanting Japanese Deer Park, and the thrilling California Alligator Farm, Epting's exploration extends to music venues, restaurants, drive-in theaters, and a myriad of other nostalgic destinations. Don't miss this opportunity to rediscover the lost treasures that shaped the history of Orange County.

RSVP at (949) 644-3244 or email  
OASIScenter@newportbeachca.gov



## Alzheimer's PRESENTS ORANGE COUNTY MUSIC FOR YOUR MIND

Presented by: Karen M. Skipper,  
MT-BC, Board Certified Music Therapist



A brain-stimulating session combining music, singing, and a trivia PowerPoint presentation that's lots of fun!

Funded by:  
Diane & Steve Lawrence

**3RD THURSDAY**  
**12:30PM - 1:30PM**  
**EVENT CENTER A**

Please **RSVP** at (949) 644-3244 or email  
OASIScenter@newportbeachca.gov



## TRAVEL SHOWS WITH NINO

*Presented by Nino Mohan, Travel Expert*



**Tuesday, May 28 • 10:00am - 12:00pm • Room 1**  
**Vietnam, Cambodia, Laos, and Myanmar**

Our adventure begins in Hanoi in North Vietnam, enjoy a cruise on the Halong Bay, meet ethnic communities in Sapa, travel to Danang- see its Cham sculpture and art museums, a long boat cruise on Perfume River in Hue and see the French inspired culture in Hoi An. Travel down the east coast of Vietnam to see the Mekong River delta near Ho Chi Minh City (Saigon), visit Cu Chi Tunnels, fly to Cambodia to see the capital Phnom Penh and Siem Reap and the Angkor Wat temple complex.

Travel to Laos- visiting Vientiane, Luang Prabang and the valley of stone jars and take a cruise on the Mekong River.

In Myanmar visit Yangon and its giant pagoda, Scott's Market, Fly to Mandalay to see the largest book in the world made of stone, travel to Inle Lake to meet the leg rower fishermen and weekly markets. In Bagan see hundreds of temples from a balloon ride. Sample the choices in a cruise on the Irrawaddy River.



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



## Alzheimer's PRESENTS: ORANGE COUNTY

### CLASSIC ROCK SING-A-LONG



Have fun while increasing your serotonin and endorphin levels by singing along with professional musician and singer **Jason Feddy!**

**WEDNESDAY,**  
**MAY 29, 2024**  
**1:00 PM**



**RSVP by calling 949-644-3244 or email**  
**OASIScenter@newportbeachca.gov**







## NEWPORT HARBOR LAWN BOWLING CLUB OPEN HOUSE

**May 11th and 18th**

**10am - 3pm**

📍 1550 Crown Drive North,  
Corona del Mar, 92625



**Walk-ins Welcome!**

📞 949-640-1022 🌐 [newportharborlbc.com](http://newportharborlbc.com)

## EXPERIENCE HEALING

**8 Free Mental Health Counseling  
Sessions for Those 60 Years of  
Age and Older**

To enroll please call:  
(949) 452-0888 EXT 101  
or email:  
[counseling@shantioc.org](mailto:counseling@shantioc.org)



**Council on Aging**  
Southern California



## SHARP

Senior Home Assistance Repair Program

**Accessibility, Safety,  
Health & Well-Being,  
Code Violation**

**The Newport Beach Senior Home Assistance Repair Program (SHARP)** aims to help income-qualified seniors in need of critical home repair or modifications due to accessibility needs, safety concerns, health and well-being, or a citation by Code Enforcement. The program forms a unique partnership between the OASIS Senior Center, owned and operated by the City of Newport Beach and Habitat for Humanity of Orange County.

For more information, call 949-644-3244 or visit [newportbeachca.gov/oasis](http://newportbeachca.gov/oasis).

### APPLICATION PROCESS:

- Pre-application
- Full application & income verification
- In-person interview
- Home inspection

### ELIGIBILITY\*:

- Newport Beach homeowner living in the home that is in need of repair
- Age 60 and older
- Income restricted
- Home repair is of a critical nature

\*For a full list of eligibility requirements, please contact OASIS staff or visit [newportbeachca.gov/oasis](http://newportbeachca.gov/oasis)



## FREE MEMORY SCREENINGS AND SUPPORT SERVICES

Presented by: **Alzheimer's**  
ORANGE COUNTY



- Memory Screenings
- Personalized, in-depth guidance
- Linkage to Resources
- Education on Brain Health

Professionals from Alzheimer's Orange County can conduct a free memory screening and can also discuss linkages to resources, ways to maintain brain health, and give in-depth guidance on issues related to changes in memory.

**Contact us today**

Call 949-644-3244 or email  
[OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)



**Appointments held at the  
OASIS Senior Center**






**Spring CONNECTIONS**

Shower Yourself With the Opportunity to Connect With Others!

**EVERY THURSDAY AT 2:00 PM  
ROOM 5**

New friends      Interesting discussions



**CAREGIVER SUPPORT GROUP**

**WHEN:**  
2nd Wednesday

**TIME:**  
1:00 PM - 2:30 PM


**WHERE:**  
OASIS Senior Center  
Room 4


**THE PURPOSE OF THIS SUPPORT GROUP IS TO:**


- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.

**PLEASE CONTACT US BY PHONE OR EMAIL IF YOU'RE INTERESTED IN CONNECTING.**

 **800-543-8312**

 [Lou.Rodriguez@providence.org](mailto:Lou.Rodriguez@providence.org)

 [www.caregiveroc.org](http://www.caregiveroc.org)

This project is funded in part through a grant from the California Department of Aging, Area Plan, and ARPA, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The materials or product were a result of a project funded by a contract with the California Department of Aging (CDA). The conclusions and opinions expressed may not be those of the CDA and that the publication may not be based upon or inclusive of all raw data. Services are provided free of charge. Voluntary contributions are gratefully accepted, and no one is denied for inability to contribute.



**THE GOOD GRIEF SUPPORT GROUP**

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.

**1st, 3rd (& 5th) Wednesdays  
9:00 AM  
Room 4**

**No RSVP needed**

**Questions: (949) 644-3244**



**Alzheimer's ORANGE COUNTY**

**Support Group For Family Members & Caregivers**

**2nd & 4th WEDNESDAYS OF THE MONTH**

**10:00 AM - ROOM 5**

**A safe place to share and receive valuable information and support from people who understand**

## 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 current living situation is conducted by phone or in-person, 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 Care, Medicare Assistance, Housing Options, Dementia Care, Support Groups, Financial Resources and more. If we don't know, we will find out..

### SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

Newport Beach residents 60+ can receive critical home repairs and modifications to improve safety and accessibility. Must meet income guidelines and other program requirements. Call the Administration office for more information 949-644-3244

### MEDICAL EQUIPMENT LOAN

Wheelchairs, rollators, walkers, canes, crutches, and knee scooters are available for a one-month loan in the Administration office.

### TELEPHONE REASSURANCE

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

### LEGAL ASSISTANCE

Estate Planning Attorneys donate their time and offer a free half-hour consultation on what they would charge to do the legal work you need. Call the Administration office for their contact information.

### 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, and supplemental. 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. 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      9-11am      Free



## Support Groups

### ALZHEIMER'S SUPPORT GROUP

For family members and caregivers. Share support and receive valuable information and resources from people who understand.

Location: OASIS Room 5

RSVP not Required      2nd & 4th Wednesdays      10am      Free

### NEW! CAREGIVER SUPPORT GROUP

Emotional support and resources for family caregivers.

Location: OASIS Room 4

RSVP not Required      2nd Wednesday      1pm      Free

### CONNECTIONS GROUP

Make 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. For more information please call Basia Mosinski at 844-444-8231.

Location: OASIS Room 5

RSVP not Required      3rd Wednesday      6:30pm      Free

### THE GOOD GRIEF GROUP

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. For more information please call 949-644-3244.

Location: OASIS Room 4

RSVP not Required      1st, 3rd, 5th Wednesday      9am      Free

### VETERANS SOCIAL GROUP

Meeting includes food, fun, socializing, comradery with other veterans, guest speakers, sharing stories and interests.

Location: Event Center-A

RSVP 949-644-3244      3rd Tuesday      11:30am      Free



## OASIS SENIOR CENTER TRANSPORTATION SERVICE



The OASIS Senior Center provides curb-to-curb transportation to classes and activities at the senior center, medical appointments, grocery shopping and other essential errands within Newport Beach City limits.

### SERVICE HOURS:

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

### SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30am

### PRICING:

- \$1.50 to the senior center (each way)
- \$3.00 for all other locations (each way)

### ELIGIBILITY:

- Must be 60+
- Live in a private residence
- Reside within Newport Beach
- No longer driving
- Restrictions apply\*

To sign up  
or for more  
information  
please call  
949-644-3244

## Transportation Clients



OASIS is offering two shopping trips this month:

**99 Cent Store on Thursday, May 9**  
and  
**Target Store on Thursday, May 23**



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

## Meal Services

### AGE WELL SENIOR SERVICES-LUNCH CAFE

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 is 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.

## Age Well

Orange County's partner in aging

# LUNCH CAFE

## AT OASIS

Grab a friend or two and have lunch at OASIS.  
Fresh menu with a variety of calorie smart dishes.  
60+ a \$5.50 contribution is optional, 59 and younger cost to dine is \$7.50.

Call to Make a Reservation Today:  
**949-718-1820**

Learn More At:  
[www.myagewell.org](http://www.myagewell.org)

## Refund Policy

- **Refund Request** - **Must be submitted prior to the second class meeting**
  - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **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 to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



## Code of Conduct

All participants are expected to exhibit appropriate behavior at all times while participating, being a spectator, or attending any program or activity conducted or sponsored by the City of Newport Beach Recreation & Senior Services Department.

**The following guidelines are designed to provide safe and enjoyable activities for all participants:**

- Be respectful to all participants and program staff.
- Take direction from program staff/supervisors.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants, or program staff/supervisors.
- Refrain from damaging equipment, supplies, and facilities.
- Refrain from harassment of staff, instructors or participants.

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



## Enrichment

### A DIFFERENT KIND OF BOOK GROUP

**Ellen Huberman**

**ehuberman@me.com**

Join us the third 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: Book set in the British Isles**

OASIS Room 5

RSVP not required 3rd Wed 10:30am-Noon

Free

### 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

**SS3083**

**7/3**

**Th**

**7-9pm**

**\$85/1**

### 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 live, online 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

**SS3080**

**7/11-8/15**

**Th**

**7:30-9pm**

**\$205/6**

### CURRENT EVENTS DISCUSSION

**Mark Burcaw, Joe Giordano & Larry Ring**

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



## DRIVER SAFETY (AARP)

### AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Check with your insurance if completing of the course qualifies for a discount. **You must attend class on both days to complete course.**

- Advance registration preferred. Call 949-644-3244
- Fee: \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.
- Monday 6/10: 4-hour Refresher course. Available to those who have taken the full 8-hour course within 3 years.

### OASIS Room 2

RSVP 5/15 & 5/16	W/Th	1-5pm	\$20/\$25
RSVP 6/10	M	1-5pm	\$20/\$25

## ENGLISH LITERATURE AND AMERICAN STORIES

### Darielle Wilson

**949-675-5182**

Short stories, Shakespeare's plays, Homer's Odyssey. Sail the vast seas of English and American fiction. Upon finishing Homer's poetic Odyssey, discover modern short stories. Also revisit Shakespeare's classics, Hamlet and King Lear. With a senior's wisdom, call upon your own life experiences to discuss the ideas of some of the greatest literary minds. Please contact instructor for updated information.

### OASIS Room 1B

SS2059	3/22-6/7	F	10am-Noon	\$95/12
SS3059	6/14-8/30	F	10am-Noon	\$100/12

## TACKLING SPORTS

### Laird Hayes & Tom Johnson

Calling all sports enthusiasts! This fun and casual group talks about sports and only sports. Local sports, national sports, international sports; past and present games.



**Speakers: Charlie Buckingham and David Blackman, Olympic Sailboat Racing and Judging Sailing Races**

### OASIS Room 1

RSVP not required	3rd Tu	3-4:30pm	Free
-------------------	--------	----------	------

## KNITTING

### Roberta

**949-715-3438**

This group of needle-workers meets weekly to work on individual projects. New members welcome.

### 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
-------------------	---	-------	------

**Registration for classes listed in bold starts Thursday, May 16 at 8am**

## PHILOSOPHY DISCUSSION GROUP

### Dave Larue

**dkla2018@outlook.com**

The Philosophy Discussion Group focuses on a wide variety of ad hoc topics. Previous topics include the philosophy of existentialism, love, happiness, intelligence, stupidity, polarization in America, cults, to name a few. We follow the definition of philosophy as the "love of knowledge" and will investigate any topic that is of interest to us. The goals of the group are thoughtful discussions that have meaning to our lives as seniors.

### OASIS Room 1A

RSVP not required	5/14 & 5/28	Tu	3-4:30pm	Free
-------------------	-------------	----	----------	------

## CHRONICLING LIFE MEMORIES

### Marla Miller

**www.Marlamiller.com**

Autobiography and Memoir. No need to be 'a writer' to craft your life story for posterity. In class, students learn the difference between memoir and autobiography and which story form may be the right fit. If you haven't begun to write your story, start in class with writing prompts offered to inspire that include the instructor's reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

- ZOOM online workshop is designed for participants who choose not to attend in person

### OASIS Room 5

SS2086	4/30-6/4	Tu	10am-12:30pm	\$150/6
SS3085	6/18-8/27	Tu	10am-12:30pm	\$225/11

## 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
---------------	---	-------	------





## Fine Arts

### FREEHAND DRAWING

**Nancy Wahamaki's Art World** [nwvasek@gmail.com](mailto:nwvasek@gmail.com)

Join in this fun drawing class! 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.

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Room 2A

SS2006	5/8-6/5	W	9-11am	\$125/5
--------	---------	---	--------	---------

### INSTRUCTOR ASSISTED WORKSHOP

**Nancy Wahamaki's Art World** [nwvasek@gmail.com](mailto:nwvasek@gmail.com)

This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). 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 5/27**

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

OASIS Art Center

SS2004	5/6-6/3	M	9am-Noon	\$92/4
--------	---------	---	----------	--------

### INTERMEDIATE/ADVANCED CERAMICS

**Jeff Netzer** [jnetzer2@hotmail.com](mailto:jnetzer2@hotmail.com)

This course will investigate ceramic materials and techniques for participants with previous hand-building/throwing experience. Potters wheels are available. Please bring your own hand tools.

- **Additional fee:** \$15 (material)
- **Clay Purchase:** \$18/bag

OASIS Art Center

SS3039	6/12-8/14	W	9am-Noon	\$185/10
--------	-----------	---	----------	----------

### NEW! BEG/INTERM WATERCOLOR

**Bobbi Boyd**

**949-544-9383**

In this class, you will learn techniques and methods for painting in transparent watercolor. Heavy emphasize on learning good composition along with good technique. You're going to painlessly learn to draw better too. What you chose to paint is really about your personal voice. Take photos and look in magazines and online (pinterest is good) for images you'd like to work with.

- **Please Bring:** Material list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS2096	5/1-5/29	W	1-4pm	\$250/5
SS3095	6/5-6/26	W	1-4pm	\$200/4
SS3096	7/3-7/31	W	1-4pm	\$250/5
SS3097	8/7-8/28	W	1-4pm	\$200/4

### OIL PAINTING- BEGINNING

**Bobbi Boyd**

**949-544-9383**

This exciting class will help the beginner develop confidence as they learn new skills and techniques that will help them create art they can be proud of. Have you been at this for a while? I will continue to introduce techniques and ideas to help you become more proficient and more able to achieve your vision. The community in this class brings out lively discussions and exposure to new ideas as well as a supportive environment with other creative people. I encourage individual projects and bringing in something you would find interesting to work on. No ideas yet? No worries. I have lots of fabulous projects to get you started.

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$10 (material)

OASIS Art Center

SS2092	5/7-5/28	Tu	1-4pm	\$200/4
SS3091	6/4-6/25	Tu	1-4pm	\$200/4
SS3092	7/2-7/30	Tu	1-4pm	\$250/5
SS3093	8/6-8/27	Tu	1-4pm	\$200/4
DRP210	Drop-In (No Refunds)			\$50/1

### OIL PAINTING- INTERMEDIATE

**Jim Ellsberry**

[jim@jimEllsberry.com](mailto:jim@jimEllsberry.com)

**310-218-2658**

This class is about COLOR – exploration, awareness, and a better understanding of color – using landscape as our subject. We go beyond our comfort zone of neutrals and grays by expanding our use of color hues, pushing our understanding of color value, and learning ways to alter color saturation... all to help us achieve richness, depth, and atmosphere in our work. Join us and unlock a bigger and bolder world of color in your paintings. Traditional oil paint is recommended, but all media are acceptable. Some previous painting experience is preferred

- **Please Bring:** Material list will print on receipt.
- **Additional fee:** \$15 (material)

OASIS Art Center

SS2061	4/29-6/3	M	1-3:30pm	\$245/5
SS3060	6/17-7/15	M	1-3:30pm	\$245/5
SS3061	7/29-8/26	M	1-3:30pm	\$245/5

**Registration for classes listed in bold starts Thursday, May 16 at 8am**



## WOODCARVERS AND CRAFTERS WORKSHOP

**Pat Livingston**

**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. Current selections will be by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Reading at home and in class will be followed by short essays and answers to questions, as well as by classroom discussion. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

SS2008	3/20-6/5	W	10am-Noon	\$95/12
SS3008	6/12-8/28	W	10am-Noon	\$95/12

### FRENCH-INTERMEDIATE

**Leo Vortouni**

**leosailor21@gmail.com**

**949-607-9104**

Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom.

### 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 5

RSVP required 2nd M 2:30-4:30pm Free

### INTERMEDIATE SPANISH CLUB

**Nida Fernandez, Ph.D**

**nidit@att.net**

Studying the spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome. **No class 6/3, 9/9, 9/16**

OASIS Room 4

RSVP required M 12:30-2:00pm Free

**Registration for classes listed in bold starts Thursday, May 16 at 8am**

## 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 5/27**

- A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

OASIS Room 1A

*Beginning French 1*

SS2049	5/20-6/5	M/W	5-6pm	\$130/5
SS3047	6/10-6/26	M/W	5-6pm	\$155/6
SS3048	7/8-7/31	M/W	5-6pm	\$225/8
SS3049	8/5-8/28	M/W	5-6pm	\$225/8

*Beginning French 2*

SS3159	6/10-6/26	M/W	6-7pm	\$155/6
SS3160	7/8-7/31	M/W	6-7pm	\$225/8
SS3161	8/5-8/28	M/W	6-7pm	\$225/8

OASIS Room 1B

*Beginning Italian 1*

SS2055	5/20-6/5	M/W	5-6pm	\$130/5
SS3053	6/10-6/26	M/W	5-6pm	\$155/6
SS3054	7/8-7/31	M/W	5-6pm	\$225/8
SS3055	8/5-8/28	M/W	5-6pm	\$225/8

*Beginning Italian 2*

SS2154	4/22-5/15	M/W	6-7pm	\$205/8
SS3153	6/10-6/26	M/W	6-7pm	\$155/6
SS3154	7/8-7/31	M/W	6-7pm	\$225/8
SS3155	8/5-8/28	M/W	6-7pm	\$225/8

OASIS Room 4

*Beginning Spanish 1*

SS2046	5/20-6/5	M/W	4-5pm	\$130/5
SS3044	6/11-7/30	Tu	12:30-1:30pm	\$200/8
SS3045	8/6-8/27	Tu	12:30-1:30pm	\$100/4

*Beginning Spanish 2*

SS2052	5/20-6/5	M/W	5-6pm	\$130/5
SS3046	6/11-7/30	Tu	1:30-2:30pm	\$200/8

*Intermediate Spanish*

SS3050	8/6-8/27	Tu	1:30-2:30pm	\$100/4
--------	----------	----	-------------	---------

### GERMAN-INTERMEDIATE

**Barbara Corlett**

**bcorlett@cox.net**

The class will focus on the reading of fairy tales and classic stories in German, as well as singing German songs, 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 (2006 publication date), which can be purchased online, is the required text for the class.

- \$20 materials fee due to instructor.
- Email instructor to RSVP - bcorlett@cox.net

OASIS Room 4

RSVP required 9/7/23-5/25/24 Th 1-2pm Free

## 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.

- Contact the instructor directly to set up lesson date/time
- Dates and times to be agreed upon prior to registration.
- Registration and payment due to OASIS prior to lesson. No refunds once registered.

DRP200 \$60 per hour

### WHAT GOOD ARE THESE APPS ON MY PHONE?

**Carole Kamper** 949-230-5902  
Do you want to do online banking? Do you want to learn more about Venmo or Zelle? Schedule an appointment with a health care provider? Order lunch or dinner? Check flight status or get driving directions? Watch and participate in a Zoom meeting? Would you like to learn about the world of Podcasting? If you are wondering how to do more with APPS come explore all the things you can accomplish from your iPhone.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2029	5/21	Tu	1-3pm	\$42/1
SS3028	6/25	Tu	1-3pm	\$42/1
SS3029	8/28	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.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2021	5/14	Tu	1-3pm	\$42/1
SS2022	6/3	M	10:30am-12:30pm	\$42/1
SS3020	7/9	Tu	1-3pm	\$42/1
SS3021	8/19	M	10:30am-12:30pm	\$42/1

### IPHONE MOST USEFUL SECRETS

**Jake Jacobs** jakeair99@gmail.com  
Insight into the latest iOS 17 features. Much has changed since our prior in-person classes. This class will bring you up to date. 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 Xs, XR or newer with iOS 17 installed.

OASIS Room 2A

SS2144	4/11-5/2	Th	10am-Noon	\$40/4
--------	----------	----	-----------	--------

### APPLE WATCH MOST USEFUL FEATURES

**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 as ECG, Blood SpO<sub>2</sub>, 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.

- **Requirement:** Includes Apple Watch Series 4 through 9, Ultra and Watch OS 10. iPhone IOS 17 installed.

OASIS Room 2A

SS2146	5/9	Th	10am-Noon	\$15/1
--------	-----	----	-----------	--------

### 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.
- **Please Bring:** Phone or camera cord to class.

OASIS Computer Lab

SS3143	8/22 & 8/29	Th	11am-Noon	\$40/2
--------	-------------	----	-----------	--------

### 50 WAYS TO LOVE YOUR IPHONE

**Jake Jacobs** jakeair99@gmail.com  
The most useful hidden iPhone tips and features every user should know There are many features hiding in plain sight on your iPhone. This course acquaints you with many of these features that you may not have known about. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirement:** This class is only for users who have an iPhone XR or Xs or newer with iOS 17 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS2145	5/23	Th	10am-Noon	\$20/1
--------	------	----	-----------	--------

### COMPUTER SKILLS-INTERMEDIATE

**Carole Kamper**  
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 Basic or equivalent.

OASIS Computer Lab

SS2030	4/30 & 5/7	Tu	10:30am-12:30pm	\$45/2
--------	------------	----	-----------------	--------



## 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

SS3032 6/13 Th 10am-Noon \$40/1

## 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. **No class 5/16**

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS2038 4/25-5/23 Th 9:45-10:45am \$70/4

SS3038 7/11-8/8 Th 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. **No class 5/16, 7/18**

- **Prerequisite:** Computer Basics and Skills or equivalent

OASIS Computer Lab

SS2037 4/25-5/23 Th 11am-Noon \$70/4

SS3037 7/11-8/8 Th 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

SS3140 8/22 & 8/29 Th 9:45-10:45am \$40/2

## MAKING A SHUTTERFLY ALBUM

**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. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab

SS2127 6/4 Tu 1-3pm \$42/1

SS3126 7/29 M 10:30am-12:30pm \$42/1

SS3127 8/27 Tu 1-3pm \$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.

- **Please Bring:** Apple ID and password

OASIS Computer Lab

SS2024 5/22 W 10:30am-12:30pm \$42/1

SS3023 6/11 Tu 1-3pm \$42/1

SS3024 7/22 M 10:30am-12:30pm \$42/1

# Cards & Games

## BRIDGE-POPULAR BIDDING CONVENTIONS

**Rose Reynolds, ACBL Life Master** **parenolds@aol.com**

Bridge is a card game that requires communication and cooperation between partners. To improve your bidding and play, you need to learn some bridge conventions, which are special agreements that give specific meanings to certain bids. In this class, you will learn the 4 most widely used bridge conventions that you should know, namely: Stayman, Jacoby Transfers, Roman Key Card Blackwood and Strong Two Club Openings. No partner necessary.

- **Additional Fee:** \$15 (material)

OASIS Room 3

SS2121 4/2-5/21 Tu 4-5:30pm \$154/8

## BRIDGE -INTRODUCTION TO DUPLICATE BRIDGE

**Rose Reynolds, ACBL Life Master** **parenolds@aol.com**

Do you enjoy playing cards and meeting new people? If so, you might want to try duplicate bridge. What is duplicate bridge? A bridge card game where you play the same hands as other pairs and compare your scores. In this class, you will learn the basics of duplicate bridge, such as the rules, rotation of pairs and scoring. Students will have the opportunity to earn American Contract Bridge League master points. Beginning bridge experience is a prerequisite. No partner necessary.

OASIS Room 3

SS2018 5/13-6/3 M 9:30-11am \$66/3

## BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

**Rose Reynolds, ACBL Life Master** **parenolds@aol.com**

Welcome to Beginning Bridge. Whether you're completely new to the game or looking to refresh or reinforce your skills, the expert instructor will walk you through the very basics of the game step by step. The class is 100% interactive. Students will learn the game by using cards on the table and will playing bridge in the first class. By learning the game of bridge your life will be greatly enhanced with a wonderful new hobby to share with friends and family.

- **Additional Fee:** \$15 (material)

OASIS Room 3

SS3019 7/16-8/20 Tu 1-2:30pm \$132/6

**Registration for classes listed in bold starts Thursday, May 16 at 8am**



## BEGINNING BRIDGE 2

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Pick up where you left off or come back and reinforce concepts you may have missed the first time around. The instructor will walk the students through some of the most important fundamentals of bridge: Opener's rebid, responder's rebid, weak two bids, preemptive three bids and the classic takeout double.

- **Additional Fee:** \$15 (materials)

OASIS Room 3

**SS3012 7/16-8/20 Tu 3-4:30pm \$132/6**

## BRIDGE- SUPERVISED PLAY

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Elevate Your Game with Expert Guidance. The supervised play class is designed to reinforce your bridge skills in a supportive environment. We will play 8 pre- arranged hands centered around one topic each week. The instructor will review and reinforce the bidding, opening lead and defense. The instructor will provide personalized feedback and tips to help you excel. Engage in friendly card play, ask questions, and gain confidence as you navigate the hands with fellow players. Elevate your bridge proficiency and enjoyment of bridge after just 6 classes.

- **Additional Fee:** \$10 (material)

OASIS Room 3

**SS3011 7/17-8/21 W 9:30-11:00am \$132/6**

## BRIDGE BASICS 2

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
**Competitive Bidding.** Class to open to any bridge player -Each class includes pre-dealt boards to play that re-inforces the lesson. Lessons include total review of opening on the 1 level, and rebids, preemptive opening bids part 1, preemptive opening bids part 2, overcalls-competitive bidding guidelines, overcalls, and total review.

OASIS Room 3

**SS2009 4/9-5/14 Tu 9:30-11:30am \$160/6**

## BRIDGE -TOTAL REVIEW

**Jane Dober, ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)  
Lessons include opening on the one level, opening on the two level, and competitive bidding auctions.

**SS2010 5/21-6/4 Tu 9:30-11:30am \$75/3**

## BRIDGE- "JUNE GLOOM" PLAY PRACTICE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
June Gloom bridge fun: Shuffle, Deal and Play. Do you love bridge but sometimes feel frustrated by your mistakes or need a little assistance with bidding, opening leads and defense? This is the class for you. Whether you are a beginner or a seasoned player you will have the opportunity to seek guidance from a certified instructor as situations arise in real time at the card table. At the end of this class, you will have improved your all around bridge skills and enjoy the game even more.

OASIS Room 3

**SS3120 6/5-6/26 W 4-5:30pm \$88/4**

## BRIDGE- " STARS AND STRIPES" PLAY PRACTICE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Stars and Stripes bridge fun: Shuffle, Deal and Play. Do you love bridge but sometimes feel frustrated by your mistakes or need a little assistance with bidding, opening leads and defense? This is the class for you. Whether you are a beginner or a seasoned player you will have the opportunity to seek guidance from a certified instructor as situations arise in real time at the card table. At the end of this class, you will have improved your all around bridge skills and enjoy the game even more.

OASIS Room 3

**SS3121 7/15-8/21 M 4-5:30pm \$132/6**

## DUPLICATE BRIDGE

**Terry and Gene Casavant**

**949-854-8138**

[zeintje1@gmail.com](mailto:zeintje1@gmail.com)

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at [zeintje1@gmail.com](mailto: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**

## MAH JONGG

**Doris Melnick**

**310-488-8338**

Experienced players meet to play, no instruction is given.

- American Mah Jongg card and rules only.

OASIS Room 3

**RSVP Not Required Ongoing M/F 12:30-3:30pm Free**

**Registration for classes listed in bold starts Thursday, May 16 at 8am**



# FITNESS

## BARRE STRETCH & STRENGTH

**CS Dance Factory 949-230-5934 Info@CSDanceFactory.com**  
Live longer, get stronger! Standing at the barre for the whole class, you'll be stepped through easy-to-follow, head-to-toe, effective exercises to uplifting music. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase your flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres for your unique workout. **No Class 5/24, 5/27, 7/1, 7/5**

### OASIS Dance Room

SS2501	4/1-6/3	M	10:15-11:00am	\$176/9
SS2502	4/5-6/7	F	10:15-11:00am	\$176/9
<b>SS3501</b>	<b>6/10-8/26</b>	<b>M</b>	<b>10:15-11:00am</b>	<b>\$220/11</b>
<b>SS3502</b>	<b>6/14-8/30</b>	<b>F</b>	<b>10:15-11:00am</b>	<b>\$220/11</b>

## BETTER LIFE BOXING

**Sara Gutierrez sararez@betterlifeboxing.com**  
This class is a great way to learn boxing technique and mobility to better your balance, strengthen muscles, and to get moving! You will learn to safely work your joints through training that will test your brain and coordination. All skill levels are welcome to fit your specific fitness needs. **No class 5/27, 7/4**

- **Please bring:** a yoga mat, towel and water.
- **Required:** boxing gloves. Please purchase these on your own (12 oz. size gloves are appropriate), can be found at most sporting goods stores.

### OASIS Dance Room

SS2504	5/6-6/3	M	3:30-4:30pm	\$85/4
<b>SS3503</b>	<b>6/10-7/1</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$90/4</b>
<b>SS3504</b>	<b>7/8-7/29</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$90/4</b>
<b>SS3505</b>	<b>8/5-8/26</b>	<b>M</b>	<b>3:30-4:30pm</b>	<b>\$90/4</b>

### OASIS Room 1

SS2506	5/9-6/6	Th	3:30-4:30pm	\$110/5
<b>SS3506</b>	<b>6/13-7/18</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$110/5</b>
<b>SS3507</b>	<b>8/1-8/29</b>	<b>Th</b>	<b>3:30-4:30pm</b>	<b>\$110/5</b>

DRP261 Drop-In (No Refunds) \$20/1

## 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 1/29-5/24 M 11:30-12:30pm Free

**Registration for classes listed in bold starts Thursday, May 16 at 8am**

## CHAIR EXERCISE

**Judy Aprile jijaprile@gmail.com**  
Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 5/8, 5/27, 6/12, 7/10, 8/14**

### OASIS Event Center

SS2508	5/1-5/29	M/W	10:05-11:00am	\$47/7
SS2509	6/3-6/26	M/W	10:05-11:00am	\$47/7
<b>SS3508</b>	<b>7/1-7/31</b>	<b>M/W</b>	<b>10:05-11:00am</b>	<b>\$59/9</b>
<b>SS3509</b>	<b>8/5-8/28</b>	<b>M/W</b>	<b>10:05-11:00am</b>	<b>\$47/7</b>

## FALLPROOF® BALANCE & MOBILITY

**Selena Cofinco selenacofinco@gmail.com (949) 547-6389**  
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 12 students. **No class 5/27, 5/29, 6/26, 7/1, 7/3, 7/31**

- **Registration:** must register in person at OASIS.
- **Requirement:** pick up forms from the OASIS Admin. Office to complete and bring to the first day of class.

### OASIS Room 1

SS2510	3/25-6/5	M/W	1:30-2:30pm	\$270/18
<b>SS3510</b>	<b>6/17-8/14</b>	<b>M/W</b>	<b>1:30-2:30pm</b>	<b>\$215/14</b>

## GOLF GROUP

**Greg Nelson greghbnelson@me.com**  
The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.  
• The format is team competition, picked randomly.  
• Handicaps range from 10 to maximum 30.  
• Contact greghbnelson@me.com for available openings.  
RSVP Required Ongoing M/W/F approx. 9am

## 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) and resistance bands (Thursdays).

### OASIS Event Center

SS2512	4/16-5/9	Tu/Th	8-9am	\$65/8
SS2513	5/14-6/6	Tu/Th	8-9am	\$65/8
<b>SS3516</b>	<b>6/11-7/2</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$58/7</b>
<b>SS3517</b>	<b>7/9-8/1</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>
<b>SS3518</b>	<b>8/6-8/29</b>	<b>Tu/Th</b>	<b>8-9am</b>	<b>\$65/8</b>

DRP263 Drop-In (No Refunds) \$12/1

# Classes

## HATHA YOGA

**Stephanie von Meeteren**

**www.MySoulSpark.com**

Safe and effective as we work function over form. Hatha yoga is for every body. If you can breathe, you can do yoga. This class will help prepare your mind and body for the day. Mindfully moving our bodies to the breath creates spaciousness in body, mind and spirit so you are ready for anything your day may bring! We will end classes with meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor. **No class 7/4**

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

### OASIS Dance Room

SS2514	3/25-5/20	M	11:30am-12:30pm	\$185/9
SS2515	3/28-5/23	Th	10:30-11:30am	\$185/9
SS2516	3/25-5/23	M/Th	above times	\$365/18
<b>SS3519</b>	<b>6/10-8/26</b>	<b>M</b>	<b>11:30am-12:30pm</b>	<b>\$245/12</b>
<b>SS3520</b>	<b>6/13-8/29</b>	<b>Th</b>	<b>10:30-11:30am</b>	<b>\$225/11</b>
<b>SS3521</b>	<b>6/10-8/29</b>	<b>M/Th</b>	<b>above times</b>	<b>\$465/23</b>
DRP264	Drop-In (No Refunds)			\$25/1

## IYENGAR YOGA

**Carolyn Matsuda**

**cmats84@msn.com**

**714-388-4328**

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 5/27, 5/30, 5/31, 7/1, 7/4, 7/5**

- **Prerequisite:** able to get up and down from the ground unassisted.
- **Please bring:** a sticky mat, if you have 3 yoga blankets, bring those, more details to be given the first day of class.

### OASIS Room 1

SS2518	4/29-6/3	M	10-11:15am	\$100/5
SS2520	5/2-6/6	Th	10-11:15am	\$100/5
SS2522	5/3-6/7	F	1-2:15pm	\$105/5
<b>SS3522</b>	<b>6/10-7/15</b>	<b>M</b>	<b>10-11:15am</b>	<b>\$100/5</b>
<b>SS3523</b>	<b>7/22-8/26</b>	<b>M</b>	<b>10-11:15am</b>	<b>\$120/6</b>
<b>SS3524</b>	<b>6/13-7/18</b>	<b>Th</b>	<b>10-11:15am</b>	<b>\$100/5</b>
<b>SS3525</b>	<b>7/25-8/29</b>	<b>Th</b>	<b>10-11:15am</b>	<b>\$120/6</b>
<b>SS3526</b>	<b>6/14-7/19</b>	<b>F</b>	<b>1-2:15pm</b>	<b>\$100/5</b>
<b>SS3527</b>	<b>7/26-8/30</b>	<b>F</b>	<b>1-2:15pm</b>	<b>\$120/6</b>

### 2-days a week

SS2524	4/29-6/7	above days/times	\$190/10
<b>SS3528</b>	<b>6/10-7/19</b>	<b>above days/times</b>	<b>\$190/10</b>
<b>SS3529</b>	<b>7/22-8/30</b>	<b>above days/times</b>	<b>\$228/12</b>

### 3-days a week

SS2526	4/29-6/7	above days/times	\$270/15
<b>SS3530</b>	<b>6/10-7/19</b>	<b>above days/times</b>	<b>\$270/15</b>
<b>SS3531</b>	<b>7/22-8/30</b>	<b>above days/times</b>	<b>\$324/18</b>

DRP265	Drop-In (No Refunds)			\$25/1
--------	----------------------	--	--	--------

## MELT METHOD: SELF CARE TECHNIQUE

**Yvette Casal**

**meltwithyvette@gmail.com**

**714-520-1427**

This class should not be taken unless you have previous MELT experience. Please contact instructor for options. In this class we will use the Four R's of the MELT. Reconnect, Rebalance, Rehydrate, and Release. Using light compression work and length techniques for hydrating your body's fascia and connective tissue. Class will also include stabilizing/strength exercises to address the weak links that damage joints and inhibit your body's ability to function optimally. Reduce inflammation, ease chronic neck and lower back pain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age. **Zoom Code is also available for Virtual Attendance, please contact Yvette at meltwithyvette@gmail.com.**

- **Requirement:** must be able to get up and down from the floor unassisted.
- **Please bring:** exercise mat, water, and wear comfortable clothing. Melt Roller and Ball Kit available for purchase.

### OASIS Dance Room

SS2528	4/9-5/21	Tu	2-3pm	\$120/7
DRP266	Drop-In (No Refunds)			\$25/1

## PHYSICAL TRAINING

**Judy Aprile**

**jijapril@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. **No class 5/3, 5/17, 5/27, 6/7, 7/12**

- **Please bring:** a exercise mat, hand weights, towel or small pillow is recommended for neck support if needed.

### OASIS Event Center

SS2530	5/1-5/31	M/W/F	7:45-8:35am	\$71/11
SS2531	6/3-6/28	M/W/F	7:45-8:35am	\$71/11
<b>SS3532</b>	<b>7/1-7/31</b>	<b>M/W/F</b>	<b>7:45-8:35am</b>	<b>\$83/13</b>
<b>SS3533</b>	<b>8/5-8/30</b>	<b>M/W/F</b>	<b>7:45-8:35am</b>	<b>\$77/12</b>
SS2533	5/1-5/31	M/W/F	8:45-9:35am	\$71/11
SS2534	6/3-6/28	M/W/F	8:45-9:35am	\$71/11
<b>SS3534</b>	<b>7/1-7/31</b>	<b>M/W/F</b>	<b>8:45-9:35am</b>	<b>\$83/13</b>
<b>SS3535</b>	<b>8/5-8/30</b>	<b>M/W/F</b>	<b>8:45-9:35am</b>	<b>\$77/12</b>



**Registration for classes listed in bold starts Thursday, May 16 at 8am**





## PILATES MAT

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
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:** a mat, light and heavy resistance band, and towel.

### OASIS Dance Room

SS2536	4/30-6/4	Tu	8:45-9:45am	\$105/6
<b>SS3536</b>	<b>6/11-7/16</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$105/6</b>
<b>SS3537</b>	<b>7/23-8/27</b>	<b>Tu</b>	<b>8:45-9:45am</b>	<b>\$105/6</b>
DRP267	Drop-In (No Refunds)			\$23/1



## RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
This gentle and restorative class will soothe the nervous system, help relieve pain, reduce stress and help prepare your mind and body for a good night's sleep. Safe and effective as we work function over form. In this class we will mindfully move our bodies to the breath and create space for meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor.

- **Requirement:** able to be in a plank position from your knees, able to get up & down from the ground unassisted.

- **Please bring:** yoga mat

### OASIS Dance Room

SS2537	3/26-5/21	Tu	4:30-5:30pm	\$185/9
SS2538	3/28-5/23	Th	4:30-5:30pm	\$185/9
SS2539	3/26-5/23	Tu/Th	4:30-5:30pm	\$365/18
<b>SS3538</b>	<b>6/11-8/27</b>	<b>Tu</b>	<b>4:30-5:30pm</b>	<b>\$245/12</b>
<b>SS3639</b>	<b>6/13-8/29</b>	<b>Th</b>	<b>4:30-5:30pm</b>	<b>\$225/11</b>
<b>SS3640</b>	<b>6/11-8/29</b>	<b>T/Th</b>	<b>4:30-5:30pm</b>	<b>\$465/23</b>
DRP264	Drop-In (No Refunds)			\$25/1

## STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
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

SS2541	4/30-6/4	Tu	10-11am	\$105/6
<b>SS3541</b>	<b>6/11-7/16</b>	<b>Tu</b>	<b>10-11am</b>	<b>\$105/6</b>
<b>SS3542</b>	<b>7/23-8/27</b>	<b>Tu</b>	<b>10-11am</b>	<b>\$105/6</b>
DRP267	Drop-In (No Refunds)			\$23/1

## STRONG HEALTHY BONES, PILATES, BALANCE TRIO - MAT/STANDING

**Kathryn Rollins** [kathryn@ahappybalance.com](mailto:kathryn@ahappybalance.com) 949-422-9834  
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.

### **No class 7/4, 8/15**

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

### OASIS Dance Room

SS2543	5/2-6/6	Th	7:45-8:45am	\$105/6
<b>SS3543</b>	<b>6/13-7/18</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$90/5</b>
<b>SS3544</b>	<b>7/25-8/29</b>	<b>Th</b>	<b>7:45-8:45am</b>	<b>\$90/5</b>
DRP267	Drop-In (No Refunds)			\$23/1

## NEW! SOULFLEX-YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
Increase strength, balance, bone density, mobility and peace of mind with this fun and challenging class. This unique class is designed for full body and mind fitness and well-being. The first half of class we will increase heart rate and build some heat through focused weight bearing exercises. The second half of class we will bring the body and mind back to homeostasis by mindfully stretching and working with balance and mobility. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please feel free to contact instructor. **No class 7/5**

- **Please bring:** yoga mat.
- **Requirement:** able to be in plank position from your knees and get up and down from the floor unassisted.

### OASIS Dance Room

SS2544	3/29-5/24	F	2-3pm	\$185/9
<b>SS3545</b>	<b>6/14-8/30</b>	<b>F</b>	<b>2-3pm</b>	<b>\$225/11</b>
DRP264	Drop-In (No Refunds)			\$25/1

**Registration for classes listed in bold starts Thursday, May 16 at 8am**



## SOUND BATH & MEDITATION

**Stephanie von Meeteren**

**www.MySoulSpark.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. Bring whatever you need to be most comfortable.

- **Please bring:** blanket, yoga mat, pillow, and eye covering.
- Not recommend for individuals prone to seizures.

### OASIS Dance Room

SS2548	5/6	M	5:30-6:30pm	\$25/1
SS2549	5/22	W	5:30-6:30pm	\$25/1
<b>SS3511</b>	<b>6/20</b>	<b>Th</b>	<b>5:45-6:45pm</b>	<b>\$25/1</b>
<b>SS3512</b>	<b>7/18</b>	<b>Th</b>	<b>5:45-6:30pm</b>	<b>\$25/1</b>
<b>SS3513</b>	<b>8/1</b>	<b>Th</b>	<b>5:45-6:30pm</b>	<b>\$25/1</b>
<b>SS3514</b>	<b>8/19</b>	<b>M</b>	<b>5:30-6:30pm</b>	<b>\$25/1</b>
<b>SS3515</b>	<b>Summer Package</b>			<b>(last day to register is 6/20) \$85/4</b>

## 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, low flat sole shoes, no open-toed shoes.

### OASIS Event Center

SS2551	4/18-6/6	Th	9:30-10:30am	\$120/8
SS2552	5/2-6/6	Th	9:30-10:30am	\$99/6
<b>SS3546</b>	<b>6/13-8/22</b>	<b>Th</b>	<b>9:30-10:30am</b>	<b>\$150/10</b>
<b>SS3547</b>	<b>7/11-8/22</b>	<b>Th</b>	<b>9:30-10:30am</b>	<b>\$115/7</b>

DRP268 Drop-In (No Refunds) \$20/1

## TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle.

### OASIS Event Center BC

RSVP Not Required Ongoing Tu/Th 2-4pm Free

## ZUMBA GOLD® DANCE FITNESS

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

Newly retired or have free mornings? Seeking community and friendship? Embrace the joy of Zumba Gold®-dance, connect, and revitalize while grooving to vibrant tunes. Join the low-impact, age-reversing party! **No class 5/24, 5/25, 5/27, 7/1, 7/3, 7/4, 7/5, 7/6**

### OASIS Dance Room

SS2553	4/1-6/3	M	9-10am	\$158/9
SS2554	4/3-6/5	W	9-10am	\$175/10
SS2555	4/4-6/6	Th	9-10am	\$175/10
SS2556	4/5-6/7	F	9-10am	\$158/9
SS2557	4/6-6/8	S	9-10am	\$158/9
<b>SS3548</b>	<b>6/10-8/26</b>	<b>M</b>	<b>9-10am</b>	<b>\$198/11</b>
<b>SS3549</b>	<b>6/12-8/28</b>	<b>W</b>	<b>9-10am</b>	<b>\$198/11</b>
<b>SS3550</b>	<b>6/13-8/29</b>	<b>Th</b>	<b>9-10am</b>	<b>\$198/11</b>
<b>SS3551</b>	<b>6/14-8/30</b>	<b>F</b>	<b>9-10am</b>	<b>\$198/11</b>
<b>Free 300</b>	<b>6/15</b>	<b>S</b>	<b>9-10am</b>	<b>Free</b>
<b>SS3552</b>	<b>6/22-8/24</b>	<b>S</b>	<b>9-10am</b>	<b>\$163/9</b>

*Multi-Day Discount 3 days for the price of 2! Make-ups built in.*

SS2558	4/1-6/7	M/W/F	9-10am	\$333
<b>SS3553</b>	<b>6/10-8/30</b>	<b>M/W/F</b>	<b>9-10am</b>	<b>\$390</b>

DRP269 Drop-In (No Refunds) \$25/1

# MUSIC & DANCING

## ADVANCED BEGINNING BALLET: EMPHASIS ON 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 5/24**

- **Please bring:** ballet slippers by the second class meeting.

### OASIS Dance Room

SS2559	4/12-6/14	F	11:30am-12:45pm	\$188/9
<b>SS3554</b>	<b>7/12-8/30</b>	<b>F</b>	<b>11:30am-12:45pm</b>	<b>\$168/8</b>

DRP270 Drop-In (No Refunds) \$23/1

## 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! **No class 7/3**

### OASIS Dance Room

SS2560	4/10-6/5	W	10:15-11am	\$185/9
<b>Free301</b>	<b>6/12</b>	<b>W</b>	<b>10:15-11am</b>	<b>Free</b>
<b>SS3555</b>	<b>6/19-8/28</b>	<b>W</b>	<b>10:15-11am</b>	<b>\$205/10</b>

DRP269 Drop-In (No Refunds) \$25/1

**Registration for classes listed in bold starts Thursday, May 16 at 8am**



## DANCE JAM DANCE FITNESS

**Michelle Zehnder Caumiant** [mcaumiant26@gmail.com](mailto: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 tennis or jazz shoes.

### OASIS Dance Room

SS2561	4/9/-5/14	Tu	1-1:30pm	\$98/6
SS3556	7/23-8/27	Tu	12:55-1:35pm	\$118/6

DRP270 Drop-In (No Refunds) \$23/1

## 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  
\*Group not meeting in May, returning in June

## HOOTENANNY

**Glen Jansma** **310-940-3112**

Group singing of American Standard tunes. Acoustic instruments optional.

### OASIS Room 5

RSVP Not Required Ongoing F 1-3pm Free



## INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

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

Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed. **No class 5/28**

- **Please bring:** ballet slippers by the second class meeting

### OASIS Dance Room

SS2564	4/9-6/11	Tu	11:30am-12:45pm	\$188/9
SS3559	7/9-8/27	Tu	11:30am-12:40pm	\$168/8

DRP270 Drop-In (No Refunds) \$23/1



## LINE DANCING

**Vickie Jackson** [vickie@promodonnas.com](mailto:vickie@promodonnas.com)

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No Class 7/4**

### OASIS Dance Room

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

SS2566	5/2-6/6	Th	1-1:55pm	\$43/6
SS3560	6/13-7/25	Th	1-1:55pm	\$43/6
SS3561	8/1-8/29	Th	1-1:55pm	\$36/5

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

SS2568	5/2-6/6	Th	2-2:55pm	\$43/6
SS3562	6/13-7/25	Th	2-2:55pm	\$43/6
SS3563	8/1-8/29	Th	2-2:55pm	\$36/5

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

SS2570	5/2-6/6	Th	3-4pm	\$43/6
SS3564	6/13-7/25	Th	3-4pm	\$43/6
SS3565	8/1-8/29	Th	3-4pm	\$36/5

## MUSIC WORKSHOP

**Glen Jansma** **310-940-3112**

Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.

### OASIS Room 5

RSVP Not Required Ongoing F 11am-1pm 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

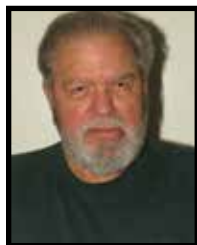
## SAILING CLUB

[OASISSailingclub.org](http://OASISSailingclub.org)

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing. Enjoy year-round sailing in our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. We welcome both experienced and new sailors. Monthly dues is \$65 and sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm. For membership details call Membership Chair Dorothy Ables at 949-400-6177 or email [OSCMembership@OasisSailingClub.org](mailto:OSCMembership@OasisSailingClub.org)

**Registration for classes listed in bold starts Thursday, May 16 at 8am**

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



### Walt Howald

My commitment to OASIS dates to its inception when my parents were founding members. I am currently VP of Civic Affairs at Friends of OASIS. I am a practicing attorney and was a trustee for 25 years for the Coast Community College District. I am grateful for your support in my hope to continue to serve on the Board of Directors.

---



### Scott Paulsen

Served as president of Friends for three years. I am the current chair of the Travel Department, chair of the annual Rummage/Boutique sale, editor of the Friends section of the monthly bulletin and president of the Garden Club. I hope to continue to serve.

---



### Kay Walker

I currently serve as the Vice President of Fund Development of the Friends Board of Directors and truly enjoy being part of this amazing organization. The Friends has recently created a scholarship committee to help students in their pursuit of a career in the field of health care for seniors. I enjoy working on this committee to ensure the seniors of the future are well cared for. I am a practicing estate planning attorney and a member of the Advisory Council for the Southern California Hospice Foundation and Newport Beach Chamber of Commerce. I would like to continue my service to Friends and would appreciate your vote.

---



### Paul Wehrle

As a current OASIS volunteer greeter, past 10-year president of a residential community, and Newport Beach resident since 2003, I would like to contribute my leadership, management, and personal relationship skills to the quality service provided to this community by the Friends of OASIS. It has been my immense pleasure to serve all the people of OASIS and to be associated with the outstanding people of this organization. My background includes over 50 years of experience in the design, engineering, and building construction industry and includes BS and MBA degrees plus varied continuing education courses, awards, and certifications related to my profession. Thank you and please cast a vote for me to be on your Board of Directors.

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

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

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





### Abel Zeballos

I am passionate about The OASIS Senior Center’s mission, and I am committed to helping it grow and thrive. I have served on the board for six years before. I have participated in all the fund-raising events, such as Casino night and Rummage Sale in many different capacities. I have represented the OASIS Board on many events throughout the community and I have overseen the OASIS Booth during Corona Del Mar Christmas Walk for the past 7 years. I have been a college Professor for 45 years at CSUF, CSULA, UCLA and many other educational Institutions. I am dedicated to serving the needs of our members and the Friends of OASIS and I will work tirelessly to ensure that the OASIS Senior Center continues to achieve its goals and objectives.



### Mike Zimmerman

As your current Friend's President, and Finance Chair, as well as past V.P. of Friends Development, I am seeking another term on the Friends Board of Directors. We have accomplished many things over the past 9 years, and I truly enjoy serving our Friends members, and our community. I honestly feel our current members of the Friends Board are some of the best we have had over the past decade. I sincerely ask for your vote for another term.

### How to cast your vote:

1. You must be a Friends of OASIS member in good standing.
2. By mail voting: use the ballot below and mail to: 801 Narcissus Ave, CDM, 92625
3. In person voting: you may vote in person by placing your ballot in the ballot box located in the Friends of OASIS. It will be verified that you are a valid voter who has not yet voted.

## OFFICIAL BALLOT

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

YOUR BALLOT		PARTNER’S BALLOT	
<input type="checkbox"/> Walt Howald	<input type="checkbox"/> Paul Wehren	<input type="checkbox"/> Walt Howald	<input type="checkbox"/> Paul Wehren
<input type="checkbox"/> Scott Paulsen	<input type="checkbox"/> Abel Zeballos	<input type="checkbox"/> Scott Paulsen	<input type="checkbox"/> Abel Zeballos
<input type="checkbox"/> Kay Walker	<input type="checkbox"/> Mike Zimmerman	<input type="checkbox"/> Kay Walker	<input type="checkbox"/> Mike Zimmerman

Voting procedure: Cast your vote on the official ballot. Return by mail to 801 Narcissus Ave, CdM, CA 92625 or In-person by placing your ballot in the Friends of OASIS Ballot Box. Please write your full name on the outside of the envelope. It will be verified that you are a valid voter who has not yet voted.

**Ballots must be received before noon on Friday, June 7, 2024 to be counted.**



## OASIS Travel



### OASIS Travel Hours & Contact Information

**Monday-Friday 9am-1pm**

**949-718-1810**

**oasistravel2@yahoo.com**



- Join the Friends of OASIS and save on trip price!
- Second listed price is the non-member price.
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the 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

### HAIRSPRAY, THE MUSICAL

**Saturday, May 11**

**\$125/\$130**

You Can't Stop the Beat! Broadway's smash hit musical-comedy Hairspray is back! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto television's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Called an "exhilaratingly funny and warm-hearted musical comedy" by The New Yorker, this Tony-winning musical features a rousing score, including Welcome to the '60s and Good Morning Baltimore. Lunch is on your own. Show begins at 2:00pm.

*Depart: 11:00am*

*Return: 6:00pm*

### THE GETTY CENTER MUSEUM

**Thursday, May 23**

**\$85/\$90**

The J. Paul Getty Center Museum seeks to inspire curiosity about, and enjoyment and understanding of, the visual arts by collecting and conserving, exhibiting and interpreting works of art of outstanding quality and historical importance. The Center presents art against a backdrop of dramatic modern architecture, tranquil gardens, and breathtaking views. Visit the permanent exhibits, the many special exhibits, and the amazing gardens. Lunch will be on your own.

*Depart: 8:30am*

*Return: 5:30pm*

### PATSY CLINE & JOHNNY CASH TRIBUTE

**Wednesday, June 12**

**\$143/\$148**

Corey Kidder, a national entertainer, will perform Patsy Cline's Crazy, I Fall To Pieces, Walkin After Midnight and MANY MORE. Ben Hale performed as Johnny Cash in the Vegas-based Million Dollar Quartet. Some hits he will perform include: I Walk The Line, A Boy Named Sue, Folsom Prison Blues, Ring Of Fire, Jackson, Ghost Riders In The Sky & more! Lunch is included. When you sign up, you will give your choice for lunch: Roast Chicken, Vegetarian Pasta or Vegan Tartare. The Venue is Almansor Court in Alhambra.

*Depart: 10:30am*

*Return: 5:30pm*

### RONALD REAGAN LIBRARY/STAR WARS

**Thursday, June 18**

**\$125/\$130**

Join us at the Reagan Presidential Library and Museum as we visit their Star Wars Exhibit. The exhibit is a 5,000 square foot exhibit that juxtaposes Ronald Reagan's Strategic Defensive Initiative, known in the media as "Star Wars", with the pop culture phenomenon of Stars Wars in film and television. There will be artifacts on display from SDI, as well as props, costumes, scripts, toys, etc. from the Star Wars franchise. We will enjoy a wonderful exclusive buffet lunch under the wing of Air Force One.

*Depart: 8:30am*

*Return: 5:30pm*



### **HOLLYWOOD BOWL, HARRY CONNICK JR.**

**Wednesday, July 3** **\$105/\$110**

The Bowl's July 4 spectacular fireworks show, on July 3, is an annual hit and you are invited! Come see the Hollywood Bowl Orchestra and very special guest, Harry Connick Jr. Connick Jr. is an Emmy and Grammy award winner who specializes in music genres of traditional pop, jazz and blue-eyed soul. Enjoy the inspiring music with the Bowl's famous pyrotechnics displays. We have Section N bench seating (with backs) and seat cushions. Bring a picnic dinner, wine permitted; or buy food and drinks at the Bowl. Suggested: sweater or jacket.

*Depart: 5:30pm*

*Return: 12:00am*

### **VIEJAS CASINO**

**Wednesday, July 10** **\$25/\$30**

Enjoy a day at this popular casino playing your favorite games. Choose from Bingo, poker or any table game or one of their 2000 slot machines. Each guest must game \$20 and will also receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is not available but there are other restaurants in the Casino. Also, visit the Viejas Outlet Center to do some shopping. We do play bingo on the bus going.

*Depart: 8:30am*

*Return: 5:30pm*

### **DEL MAR RACES**

**Thursday, August 1** **\$80/\$85**

Enjoy a "Day at the Races". The Del Mar Races attract race enthusiasts from all over the world and is considered among the premier horse racing meets in the U.S. The horse racing event is put on by the Del Mar Thoroughbred Club at the Del Mar Fairgrounds. The one-mile oval race track with stadium seats holds about 14,000 fans. CLUB HOUSE SEATING!

*Depart 10:45am*

*Return 7:15pm*

### **NORTON SIMON MUSEUM**

**Thursday, September 12** **\$75/\$80**

Join us for a special day at the Norton Simon Museum. Enjoy one of the most distinguished collections of Impressionist and Post-Impressionist art. We will bus directly to Old Town Pasadena where you will be on your own to choose a restaurant for lunch. After lunch the bus will take us to the museum. You will have a short time to explore as you wish (the Sculpture Garden is a worthwhile), and then meet our group for a one-hour docent lead experience. After the docent tour, you are on your own to explore the museum as you like.

*Depart: 10:00am*

*Return: 5:00pm*

### **YOUR HIT PARADE-POPULAR MUSIC 40'S/50'S**

**Wednesday, September 18** **\$140/\$145**

Reenacting of famous radio and TV shows from 1935 to 1959 with popular hits including Buttons and Bows, Trolley Song, Bushel & Peck, Over the Rainbow, Pennies from Heaven, and more!! Broadway songs from Oklahoma, St. Louis, Kismet, South Pacific, Annie and 42nd St. held at the Almansor Court in Alhambra. Enjoy a delicious included luncheon of your choice.

*Depart: 10:30am*

*Return: 5:30pm*

## **EXTENDED TRIPS**

Flyer available in the travel department

### **PASO ROBLES WINE TASTING/HEARST CASTLE**

**\$999 PER PERSON DOUBLE OCCUPANCY**

**\$1299 PER PERSON SINGLE OCCUPANCY**

**JUNE 23-26, 2024 (4 DAYS & 3 NIGHTS)**

Tour Includes:

Deluxe Motorcoach, Professional Tour Director, 3 Wine tastings in Paso Robles, Grand Tour of Hearst Castle, Visit to Cambria, 2 nights Springhill Suites by Marriott\*, 1 Night Corque Hotel, Meals: 2 Breakfasts, 1 lunch, 1 Dinner

\*or similar accommodations

## **AFC EXTENDED TRIPS**

### **ALASKA CALL OF THE WILD**

**June 20 - 7 days**

### **WATERWAYS & NORTHWEST NATIONAL PARKS**

**July 19 - 7 days**



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

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

5000 Birch Street, Suite 9600  
Newport Beach, CA, 92660  
Phone: (949) 955-0170  
Fax: (949) 955-0180  
Email: [Info@hcb-law.com](mailto:Info@hcb-law.com)

## Newport Senior Living

### LUXURY ASSISTED LIVING HOMES

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

\*Assisted Living Homes

949.574.7770

\*In Home Care

[NewportSeniorLiving.com](http://NewportSeniorLiving.com)

Lic # 306003919

[Info@newportseniorliving.com](mailto:Info@newportseniorliving.com)

## Hearing Aid Services

### Hearing Care Centered on You!

**FREE 1<sup>st</sup> Hearing Test**  
**45 Day Hearing Aid Trial**  
**0% Financing Available**

**949-478-1254**



**Wendy Meyer-Eberhard**  
**H.A.S. BC-HIS A.C.A**  
**Over 28 Years Experience**

**In Home Appointments Available!**  
**949-478-1254**

### Concierge Hearing Aid Services

**260 Newport Center Dr Suite 423 Newport Beach**  
**7561 Center Ave #4 Huntington Beach**  
**[hearingaidconcierge.com](http://hearingaidconcierge.com)**



## Primary care you can trust.

**160+ primary care doctors.**  
**1,200+ specialists.**

When you choose a primary care physician with Greater Newport Physicians MemorialCare (GNPM), you receive personalized care and direct access to your doctor to help you maintain your best health. For nearly four decades, GNPM has remained one of the most highly acclaimed, independent physician organizations in Southern California. With leading specialists and nationally recognized hospitals, GNPM patients receive premier, high-quality care.



Learn More.  
[gnpweb.com/patients](http://gnpweb.com/patients)

**Greater Newport  
Physicians**  
**MemorialCare**

License # 304700016



*Senior Home Care*

## Caring Companions At Home

**Committed to helping seniors remain in their homes  
by providing them with qualified caregivers.**

Companionship • Doctor Appointments • Meals  
Hospital & Rehab Discharge Assistance • Medication Reminders  
Alzheimer's & Dementia Care • Shopping & Errands

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



**NEWPORT BEACH**  
**949.574.0750**

**LA QUINTA**  
**760.771.6263**

**TOLL FREE**  
**888.950.0750**



**[www.caringcompanionsathome.com](http://www.caringcompanionsathome.com)**

### DISCLAIMER

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



**GARY S. REITER, M.D.**  
 DIPLOMATE AMERICAN BOARD OF OPHTHALMOLOGY  
 SURGERY AND DISEASES OF THE EYE



**1501 Superior Ave, Suite 110  
 Newport Beach, California 92663  
 (949) 646-2471**



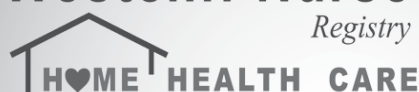
Proud Members of Oasis  
**COMPASS**

**Local Senior Real Estate Specialists**

**Brenda McCroskey Team**  
 949.280.5563  
 brendamccroskey.com  
 brenda.mccroskey@compass.com

**Beverly White** | DRE 00443516  
**Brenda McCroskey** | DRE 01869273  
**Beverley "BJ" Johnson** | DRE 00864723  
**Cammie Boehm** | DRE 02192260

**Westcliff Nurses**



*Serving The Newport Beach Community For Over 35 Years*

Companions • Caregivers Knowledge and  
 CNA's • LVN's • RN's Experience You Can Trust

Remain Independent In Your Own Home

Available 24 hrs a day 365 days a year **949.631.0610**

**www.westcliffnurses.com**

323.595.7944 Cell

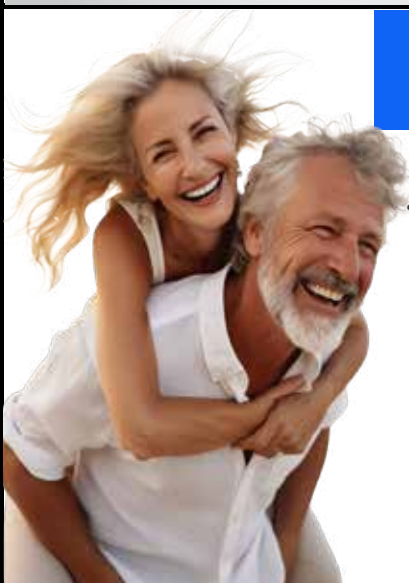
**FREE LIVING TRUST CONSULTATION**

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

Mr. Harms is available for a **FREE** one-hour estate planning consultation at his Corona del Mar office or your home by calling **949-644-5801**

**TREAT PEOPLE THE WAY THEY DESERVE TO BE TREATED**

We've found out that when companies put PEOPLE FIRST, everything else seems to fall into place.



**The Problem: Aging in place is truly complex**

- By 2030, nearly **1 in 5** Californians will be age **65 or older**, according to the nonprofit Public Policy Institute of California. The state will be facing a shortage of as many as **3.2 million** care workers by then.
- The US is facing an epidemic of senior loneliness and social isolation which is associated with about **50%** increased risk of dementia and other serious medical conditions. NASEM reported that more than **30% of adults aged 45 and older** feel lonely, and nearly **one-fourth of adults aged 65 and older** are considered to be socially isolated.
- Home Care Pulse's 2023 Benchmarking Report states that Home Care Industry's turn-over rate soars to **77.1%**
- Caregivers are overworked and undervalued. The Low Wages, Lack of Benefits, Recognition and Appreciation, Limited Career Advancement are a huge driving force for workers to go "gray" and gray workforce is becoming a growing problem for the long-term care industry. PHI National estimates that there are **4.6 million** direct care workers nationally.

**Our Strategy: Happy Employees Create Better Companies**

Magnificare LLC is on a mission to advance the quality of lives of our aging loved ones and their caregivers not in a fake, sunshine-and-rainbows type of way, but with a real, human-powered, data-driven approach.



**MAGNIFICARE, LLC**  
 IN-HOME CARE SERVICES

(949) 438-8881  
 magnificare.net



**DISCLAIMER**

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

## Homewatch CareGivers® **Start Home Care Today**

### Care Services Provided

- Assistance with bathing and dressing
- Medication reminders and meal prep
- Respite care and transportation
- Light housekeeping
- Licensed, Bonded, & Insured

**714-656-3044**  
hwcg.com/hnb



**Quality In-Home Care with Free Safety Evaluations**



### WHY CHOOSE CLEAR CHOICE HEARING AID CENTER?

SINCE 1986

ULTRA-DISCREET MINI RECHARGABLE HEARING AIDS THAT COULD STREAM FROM YOUR CELL PHONE AND TV.

- FREE LIFETIME SERVICE.
- FREE HOUSE CALLS.
- SPECIAL DISCOUNT FOR VA, AAA, AARP.
- MOST INSURANCE PLANS AND MEDICARE SUPPLEMENTAL ACCEPTED.

**949-650-5990**  
230 E. 17th ST STE 170  
COSTA MESA, CA 92627  
[WWW.CCHAID.COM](http://WWW.CCHAID.COM)



**Chris Durban**

Realtor | DRE# 01427442

*Senior Real Estate Specialist*

**949.272.0777**

[ChrisDurbanRealtor@gmail.com](mailto:ChrisDurbanRealtor@gmail.com)

BERKSHIRE  
HATHAWAY  
HomeServices  
California Properties



A-1 Home Care  
Agency

**Specializing in 24-Hour Care & Hourly Caregivers**

• Elderly & Senior Care • Alzheimer & After Surgery Care

**949-650-3800**

[www.A-1HomeCare.com](http://www.A-1HomeCare.com)  
[Info@A-1HomeCare.com](mailto:Info@A-1HomeCare.com)

*Rest "Assured!"*

**Assured IN-HOME CARE**

**800-925-7159**

♥ Meal Preparation	♥ Bathing and Grooming
♥ Transportation	♥ Medication Reminders
♥ Incontinence Care	♥ Transfer Assistance
♥ Activities	♥ Ambulation Assistance
♥ Shopping	♥ Light Housekeeping

♥ Available 7 days a week  
♥ Free evaluations at your home or facility  
♥ Licensed, Bonded, and Insured

*Jacqueline Macken*  
REAL ESTATE

**TRUST  
HONESTY  
INTEGRITY  
TRANSPARENCY**

When one of your most important investments is your home, you don't want to cut corners. You need an agent who will work tirelessly to ensure your transaction goes smoothly and who appreciates your unique needs;

Meet  
**Jacqueline Macken**

**Jacqueline Macken**  
Realtor® | 949.887.7018  
DRE #01776853 | [Jackie@themackengroup.com](mailto:Jackie@themackengroup.com)

EQTY  
**Forbes**  
GLOBAL FRANCHISE

### DISCLAIMER

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



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



**Coraltree**  
in-home care

(949) 706 7550 ■ [coraltreeinhomecare.com](http://coraltreeinhomecare.com)

**NEED HELP GETTING YOUR WILL, TRUST OR  
FINANCIAL/MEDICAL DOCUMENTS IN ORDER?**

Call **949.302.9271** for free consult



**The Schwartz Law Firm**

[www.damonschwartzlaw.com](http://www.damonschwartzlaw.com)

**We do home visits**

Your Will & Trust Attorney

7923 Warner Ave. Suite J, Huntington Beach, CA 92647

**Linda K. Duffy**

*Certified Seniors Real Estate Specialist®*



**Linda K. Duffy, Tim Carr Group** 949.689.4226  
[lindaduffyhomes@gmail.com](mailto:lindaduffyhomes@gmail.com) | DRE #01979777

Pacific | **Sotheby's**  
INTERNATIONAL REALTY

Each office is independently owned and operated. DRE #01767484

## Don't Leave Your Loved Ones At Risk!

Keep your loved ones out of court and out of conflict by getting a current Will or Trust in place. The people you love are worth the time it will take for you to do it right.

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



ATTORNEY DARLYNN MORGAN

1500 Quail, #540, Newport Beach

**949.260.1400**

[www.MorganLawGroup.com](http://www.MorganLawGroup.com)

## BLITHE SPIRIT

BY NOEL COWARD



**May 10- June 2**  
**Newport Theatre Arts Center**

**NTACTickets.com**



**CALL TODAY FOR YOUR  
FREE ASSESSMENT!**  
**(714) 452-4644**

*A family owned business that  
prides ourselves with commendable  
caregiving experiences since 2007.*



### CAREGIVING SERVICES

**AFFORDABLE & COMPETITIVE RATES**  
**HOURLY • 24 HOUR (DAY & NIGHT) • 7-DAYS A WEEK**

We are here as companions—providing support  
and assistance to our aging population.

#### Senior Services:

Companionship & Personal Care  
Meals & Nutrition | Memory Care  
Fitness & Mobility | Other Senior Care

### DISCLAIMER

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

Take charge  
of your  
financial  
future.  
We'll help.

charles  
SCHWAB



**Thea Lewis, CFP®**  
VP - Financial Consultant  
Newport Beach Branch  
(949) 432-3573

Brokerage Products: Not FDIC-Insured  
• No Bank Guarantee • May Lose Value

©2023 Charles Schwab & Co., Inc. All rights reserved. Member SIPC. CS19752-18 (0714-4130) ADP90969-00 (05/23)

*Own your tomorrow™*

**SYRENTIS**  
CLINICAL RESEARCH

Worried about memory loss?  
Call: 1-800-NEW-STUDY



Consider participating in a clinical research trial

There May  
Be Ways to  
Slow the  
Progression  
of Dementia

Speak to a memory care  
specialist to learn more  
about Nexus® at Silverado

**Call (949) 631-2212**

[silverado.com/newportmesa](http://silverado.com/newportmesa)

 **SILVERADO**  
newport mesa  
memory care | community  
#306004351



**Donna F. Cody, Au.D.**  
Doctor of Audiology

**In the Pursuit of Excellence  
in Hearing Healthcare**

- OASIS volunteer/donor since 2006
- Previously worked 16 years with the HOUSE EAR CLINIC in Los Angeles
- Offer devices from the world's six leading hearing aid manufacturers
- Provide an extensive array of physician recommended diagnostics

**COAST HEARING & BALANCE**  
3545 E. Coast Hwy., Corona del Mar  
**949.675.3833**  
[www.coasthearingcenter.com](http://www.coasthearingcenter.com)



HCO No.  
304700357

**Excellent Care With  
The Right Caregiver**

- Safety
- Personal Hygiene
- Meal Preparation
- Companion
- Medicine Reminder
- Light Housekeeping

Scan The QR Code



Visit Us:

[infinityandbeyondhomecare.com](http://infinityandbeyondhomecare.com)

**714-576-7230**

**Licensed. Bonded. Insured**



*I Fix Trusts!*

**W. Bailey Smith, Esq., Certified Specialist  
in Probate, Estate Planning, and Trust Law**



**Call (949) 833-8891 for Free Initial Consultation**

**2601 Main St., Ste. 1200, Irvine, CA 92614**

[bsmith@yourtrustdr.com](mailto:bsmith@yourtrustdr.com)

**"I have created over 7000 trusts."**

**DISCLAIMER**

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



Caring, Compassionate & Professional Caregivers



• Personal Care • Transportation  
• Meal Preparation • Light Cleaning

**(949) 916-6705**

**LICENSED BONDED & INSURED**  
LIC #: 304700099 [www.CareToStayHome.com](http://www.CareToStayHome.com)

**C2C Life Coach**  
Tiffany L. Hibbard  
(949) 933-9396

*Redesign Your Life After Loss*

Specializing in:  
Transformational Travels  
Coaching with Compassion  
Organizing/ Decluttering/ Downsizing



California Eye Associates  
Be On Target With Your Vision...  
and your golf game!  
Book an appointment with Dr. Kurteeva!



Katerina Kurteeva MD  
Board Certified Ophthalmologist  
Cataract and Refractive Surgeon

1441 Avocado Ave. (949) 760-9007  
Suite 206 [www.caleye.com](http://www.caleye.com)  
Newport Beach, CA 92660

**PROBATE · WILLS · TRUSTS**



Trust Administration  
Estate Planning · Trust Litigation  
Free Consultation

Airport Tower  
18881 Von Karman Ave. Suite 810  
Irvine, CA 92612  
(949) 334-3500 • [futureneeds.com](http://futureneeds.com)  
[notice@futureneeds.com](mailto:notice@futureneeds.com)

*Law Offices of Eric Becker*

**PUT YOUR TRUST IN OUR HANDS**




**lovin' Life,**  
making homes bright.

**800-731-0071**

**Attentive Home Care**

**Caring for Newport Beach & CDM**

**WE BUY NOW!**  
Pre-loved Designer Clothing  
& Luxury Home Decor



**Butler**  
MY FASHION BUTLER

St. John Waterford

**Schedule an In-Home Appointment**  
**Get Paid on the Spot!**

**949-910-4217**  
3723 BIRCH ST. SUITE 15 / NEWPORT BEACH, CA  
[CLOSET@MYFASHIONBUTLER.COM](mailto:CLOSET@MYFASHIONBUTLER.COM)

**PRO ACCOUNTANCY**

**George E. Reinhardt, CPA**  
**Pro Accountancy Inc**

130 Newport Center Dr, Suite 110  
Newport Beach, CA 92660  
[www.4procpa.com](http://www.4procpa.com)

Office 510.834.5020  
Cell 415.577.9059  
Fax 415.276.2856  
[george@4procpa.com](mailto:george@4procpa.com)

Assisting Seniors since 2010  
Free Initial Consultation

**KIRSTEN FLEMING, Ph.D**  
Neuropsychologist/Clinical Psychologist CA PSY 15190



- Therapy for anxiety & depression-loss, and medical issues
- Medicare with a supplemental insurance accepted
- No referral from MD required

[drkirstenfleming@yahoo.com](mailto:drkirstenfleming@yahoo.com)  
200 Newport Center Drive  
Newport Beach, California

**714-206-4630**

#### DISCLAIMER

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

## THINKING ABOUT SELLING

YOUR OLD JEWELRY, WATCHES, AND DIAMONDS  
BUT DON'T KNOW WHO TO TRUST?

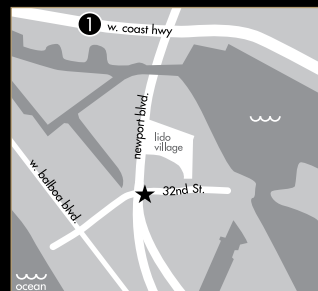
- Trusted in the Newport Beach Community for over 50 years.
- Experts in estate liquidation.
- Top Dollar paid for Jewelry – Gold – Watches – Diamonds – Gemstones
- Immediate payment and consignment options.
- In-home appointments available.



**Come see our showroom!**

3116 Newport Blvd (949) 673-0365

Hours: TUES - SAT 10AM-5PM



**WM HAROLD & SONS**

FINE JEWELRY

wmharold.com

## Professional Home Repair

Stucco Patch Drywall Repair Electrical Plumbing  
Carpentry Tile Paint  
Free Estimates Local References

**Charles Rhodimer**  
949-548-4195  
784 Newton Way  
Costa Mesa, CA 92627

We will help you remain happy and at *home!*™



**Assisting Hands®**

Home Care

Serving Newport Beach  
and Corona del Mar

License # 304 7000 91

assistinghands.com/newport-beach • 949.650.2550



**STOP YOUR  
COMPUTER  
FRUSTRATION!**

**CALL NOW:**

**(949) 436-6558**

*Specializing in new and novice computer users!*

- Printer Setup
- Virus Checking
- Computer Tune-ups
- Home Networking
- Tutoring
- Data Backup



**WENDELL CHONG**

*Happily helping your neighbors since 2002*

CLICK COMPUTER SERVICES  
WWW.CLICKCOMPUTERTIPS.COM  
CALL TODAY: (949) 436-6558

ASK ABOUT  
GERM-FREE  
REMOTE  
SUPPORT

## DISCLAIMER

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





## GLAUCOMA?

can cause **BLINDNESS**  
Do YOU have it ?  
How would YOU know ?

call LYON EYE now  
**949.760.3003**

Christopher Lyon MD PhD  
1401 Avocado Ave. #402 NB 92660  
[www.lyoneyecosmetic.com](http://www.lyoneyecosmetic.com)  
Board Certified Ophthalmologist



## SeaCliff Home Care

Family owned and operated  
All employees are licensed, bonded & insured.  
HCO#304700102

- \* Personal Care
- \* Homemaker
- \* Hourly
- \* Respite Services

We provide compassionate and professional home care services to seniors in their own home!

714-274-9620  
[www.seacliffhomecare.com](http://www.seacliffhomecare.com)

## 101 Mobility

Your Partner in **Mobility**  
& **Accessibility Solutions**



- Stairlifts
- Ramps
- Vertical Platform Lifts
- & More!

**Visit Us:**  
729 W. 16th Street  
Suite A-4  
Costa Mesa, CA 92627  
Call (949) 313-4263  
[101mobility.com/orange-county](http://101mobility.com/orange-county)

Local Living Solutions proudly offers  
no-cost assistance finding senior living &  
care options for you & your loved one.



## Local Living Solutions

SERVICES FOR SENIORS

Assisted Living | Memory Care | Respite Care  
Residential Board & Care Homes | Independent Living  
Continued Care Retirement Community

Tracey Lancaster, CSA  
Certified Senior Advisor

714-625-1725

[Tracey@LocalLivingSolutions.com](mailto:Tracey@LocalLivingSolutions.com)  
[www.LocalLivingSolutions.com](http://www.LocalLivingSolutions.com)



## DOTING DAUGHTERS

PERSONAL ASSISTANT SERVICES  
FOR SENIORS



Christina Zimmerman, M.S.  
[dotingdaughters@outlook.com](mailto:dotingdaughters@outlook.com)  
(626) 993-5701

A tradition of sophisticated,  
compassionate service.

With over 60 years of experience, we're  
committed to serving Orange County families with  
the highest standards and attention to detail.

*Pacific View*

MEMORIAL PARK & MORTUARY

[PacificViewCalifornia.com](http://PacificViewCalifornia.com) | 949-644-2700

CORONA DEL MAR | FD 1176 | COA 507

*Kristine Taft*



*Mobile*  
**Notary Services**

For over 40 years - 310 502 1058

[ktaft1018@yahoo.com](mailto:ktaft1018@yahoo.com)

Balboa Island Resident

## DISCLAIMER

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

## WAYS TO REGISTER

### Online

1. Go to [newportbeachca.gov](http://newportbeachca.gov)
2. Click on Classes
3. Click on My Account
4. Enter Username & Password
5. Click on Register for Activities
6. Sort Activities or Search for class
7. Click on Name of Activity
8. Click Add to My Cart
9. Follow steps for payment

### Walk-in, Mail-in, Fax or Email

Processed upon receipt of a completed and signed registration form, during regular business hours. Confirmation receipts are emailed for fax, email, and mail-in registration. Return completed registration form with payment to:

- Mail to OASIS Senior Center at  
801 Narcissus Ave. Corona del Mar, 92625
- Email: [OASIScenter@newportbeachca.gov](mailto:OASIScenter@newportbeachca.gov)
- (include payment information)
- Hours M-F 8 a.m. - 5 p.m.
- Fax: 949-640-7364 (include payment information)

## REGISTRATION INFORMATION

Registration is required for all programs. Registration will NOT be accepted over the phone. Fees are not prorated for missed classes or late registration. If a program is full, you will be placed on the wait-list. If space becomes available, City staff will contact you and provide a 24 hours response time before moving to the next person on the list. No class petitioning permitted. Special Assistance: If you need special accommodations for activities, notify the Recreation & Senior Services Dept. at **949-644-3151** or [recreation@newportbeachca.gov](mailto:recreation@newportbeachca.gov).

First Name		Last Name	
Address		City/Zip	
Home Phone	Cell Phone	Email	

### COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee

**CHECKS PAYABLE TO:** City of Newport Beach.

**REFUND POLICY** Refund request must be submitted prior to the second class meeting. One and two-day classes require 5 business days notice before class begins. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.

**REFUND FEE** A refund fee will be assessed for all refunds, \$10 for classes priced at \$74 and under and \$20 for classes priced at \$75 and above.

Total Class Fees	
Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
<b>GRAND TOTAL</b>	





**REGISTRATION INFORMATION & POLICIES** I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

**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 fliers.

**WAIVER & RELEASE OF LIABILITY** In consideration for 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 but 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	
Credit Card Number	Exp. Date	CVV#





# OASIS FITNESS CENTER



**949-718-1818**

## HOLIDAY CLOSURE

**Monday 5/27 - Memorial Day**

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!

## Regular Hours of Operation:

Monday-Thursday: 7:00AM - 7:00PM  
Friday: 7:00AM - 5:00PM  
Saturday: 7:00AM - 2:00PM  
Sunday: 7:00AM - 2:00PM

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



## MEMBERSHIP & ORIENTATION

### FEE

Annual Membership:

- Residents \$137
- Non-Residents \$192

A new member orientation is required prior to first workout. Call to schedule yours today!



## PERSONAL TRAINING

### RATES

- 30 min on-going
  - \$45
- 1 hour on-going
  - \$75
- 1 hour one-time
  - \$90

Please see staff for availability

**[www.newportbeachca.gov/oasisfitness](http://www.newportbeachca.gov/oasisfitness)**

OASIS SENIOR CENTER



# Community Resource Expo

**SATURDAY, MAY 18TH  
9:00AM-11:30AM**

## Event Schedule:

**8:45AM: FREE BREAKFAST**

**9:00AM: VENDOR EXPO OPENS**

**9:00AM- FREE SCREENING: THYROID**

**11:30AM: PRESENTED BY: UCI HEALTH**

**10:00AM: FREE CLASS DEMO: SALSA DANCE  
PRESENTED BY: CS DANCE FACTORY**

**FREE  
EVENT!**

## Event Sponsors:



**BeWell**  
ORANGE COUNTY



**UCI Health**

**801 NARCISSUS AVE., CORONA DEL MAR, 92625**