

OASIS news

Older
Adult
Social &
Information
Services

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

JUNE 2025

VOL. 49 NO. 6

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



OASIS SENIOR CENTER



City of Newport Beach Recreation & Senior Services Department

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

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

OASIS SENIOR CENTER

CONTACT US:

Address: 801 Narcissus Avenue, Corona del Mar, CA 92625

Website: newportbeachca.gov/oasis

Phone:

- **City Administration Office:** 949-644-3244
- **OASIS Fitness Center:** 949-718-1818
- **Friends of OASIS:** 949-718-1800
- **Meals On Wheels OC:** 949-718-1820

HOURS:

City Administration Office	OASIS Fitness Center
M-Th 7:30 a.m. - 5:30 p.m.	M-Th 7 a.m. - 7 p.m.
Fr 7:30 a.m. - 4:30 p.m.	Fr 7 a.m. - 5 p.m.
Sa-Su Closed	Sa-Su 7 a.m. - 2 p.m.

Friends of OASIS Office

M-F 7:30am-4:30pm

Website: friendsofoasis.org

OASIS 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
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Health & Wellness Supervisor:	Jena Zapien
Recreation Supervisor:	Anne Doughty
Social Services Supervisor:	Susie DiGiovanna
Fitness Center Coordinator:	Savannah Bonifay
Recreation Coordinator:	Stephanie Melero
Transportation Coordinator:	Elizabeth Arciniega
Department Assistant:	Jessica Battoli-Caputo
Office Assistant:	Laura Williams
Care-A-Van Drivers:	Blanca Olazo
	Jose Cardenas
	Raul Cano
	Araceli Gonzalez
	Michael Hastert

FRIENDS OF OASIS STAFF:

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Elsa Segato
Ellen Spar

MEALS ON WHEELS OC STAFF:

Terry Ivins
Robert White

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Council Member	Robyn Grant
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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER

Welcome to June!



A big thank you to everyone who joined us at the OASIS Community Resource Expo on May 17! With an incredible 76 vendors and an enthusiastic turnout from our community, the event was a big success. It was wonderful to see so many of you connecting with valuable resources, engaged in conversations, and discovering new services that support your wellness and active lifestyle.

I encourage anyone interested in learning more about Parkinson's to RSVP for "All About Parkinson's," an informational lecture presented by Hoag. Discover symptoms, treatment options, and effective ways to manage Parkinson's with confidence. See flyer on page 4 for details.

We're also pleased to share that free memory screenings are being offered here at OASIS, courtesy of Alzheimer's Orange County. If you or a loved one would like to take advantage of this valuable resource, please check out the flyer on page 7 for details on how to schedule your appointment.

And finally, we're encouraging all residents to stay informed and stay safe by registering for Newport Notified, the Newport Beach Police Department's alert system. This free service sends out important community and emergency notifications directly to you. Register online at www.nbpd.org/notified, please check out the flyer on page 6 for more information.

As we embrace the vibrant energy of summer, let's make this season one of learning, self-care, safety, and frequent visits to OASIS.

Kindly,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Greetings members. Hard to imagine we are already halfway through 2025. We had such a great event again a few weeks ago, our annual OASIS Community Resource Expo, with over 70 vendors and hundreds of Friends members and Community guests. A Balance screening and wellness information were free, along with a vast array of information. If you missed it, put it on your calendar for next year.

Want to remind you that 80 years ago, on June 6th, 156,000 American, Canadian and British troops invaded over 50 miles of the beaches of Normandy, France. D-Day is a code name as it was then called, and the "D" stands for "day" and was to be the final date of the invasion, as it was initially "unknown" and was certainly "weather-dependent". The invasion also involved over 7,000 naval vessels, along with over 23,000 airborne troops. Over 4,000 troops were lost that day, and it was considered a turning point in WWII, and was instrumental in the Allied victory on the Western Front. Let's never forget these brave men, and their acts of courage.

Speaking of our veterans, don't forget our Veterans Meetings on the 3rd Tuesdays of every month at 11:30 are sponsored by Friends. Free food and drinks, along with some "riveting" speakers, and some exciting field trips. Last month we had Major General Bill Mall give a PowerPoint presentation on the Cuban Missile Crisis.

Somedays I sit quietly in my office and watch all the people come in and out of our Center. Most all have a smile on their faces and are talking to both old, as well as making new friends. All seem happy and are headed to a class or event. I too find myself smiling and reminding myself how lucky and blessed we all are, that we can enjoy this wonderful OASIS Center.

Always at your service,

Mike

The Friends of OASIS MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, JUNE 6, 10:00 a.m.

\$15 MEMBERS/\$18 NON-MEMBERS - LIMITED TICKETS

**MENU: PIZZA, CHEF SALAD, &
DESSERT FROM THE PIZZA BAKERY
ENTERTAINMENT: JASON FEDDY**

MEAL SPONSORED BY: Wendy Wu Tours

**PURCHASE YOUR TICKETS WITH THE
FRIENDS OF OASIS 949-718-1800**

MOVIE TALK

WITH THEO SIEGEL

Wednesday, June 4

"Adam's Rib" was the 6th of 9 films starring Katharine Hepburn and Spencer Tracy. Based on the real-life experiences of married screenwriters Garson Kanin and Ruth Gordon, it follows married attorneys sparring in court. Judy Holliday's role helped secure her lead in Born Yesterday. Shot largely in New York, the film explores gender equality in marriage and the workplace. Learn about these interesting facts and many more from the movie guy as we talk about "Adam's Rib" with Katharine Hepburn, Spencer Tracy, Judy Holliday and Tom Ewell and then show the movie.



Event starts at
1:00 p.m.
OASIS Event Center
NO RSVP REQUIRED

DIAMOND Painting!

Workshop

**June 5
12 p.m. | \$5
Art Center**

Join us for a fun and creative Diamond Painting Card Workshop! Whether you're a seasoned crafter or trying diamond painting for the first time, this workshop is the perfect way to relax, create a beautiful handmade card, and socialize with fellow craft lovers. Don't miss out on the fun—sign up today!



**CALL 949-644-3244 OR VISIT THE
OASIS ADMIN OFFICE TO SIGN UP**

ALL ABOUT PARKINSON'S

Whether you or a loved one are living with Parkinson's disease (PD), or you simply want to learn more, this talk offers clear, compassionate insights into every aspect of the condition. We'll explore what Parkinson's is, how it affects the brain and body (pathophysiology), and the symptoms to watch for. Discover potential causes, current medications, innovative treatments, and common management strategies—including physical therapy and Deep Brain Stimulation (DBS).

Presented by:

Belinda Stewart-Burger, MSN, RN
Parkinson's & Movement Disorders
Nurse Navigator

hoag • Pickup Family
Neurosciences Institute



**Tuesday, June 17
9:30-10:30 a.m. OASIS Room 1**

Please RSVP by calling 949-644-3244 or
emailing OASIScenter@newportbeachca.gov

Alzheimer's PRESENTS: ORANGE COUNTY

CLASSIC ROCK SING-A-LONG



Do you love music? Did you know singing has been proven to improve cognitive health? Join the fun with professional musician **Jason Feddy**.

WEDNESDAY, JUNE 18



AT 1:00 p.m.



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

TRAVEL SHOWS WITH NINO

The Netherlands, Denmark, Norway & Sweden



Presented by Nino Mohan, Travel Expert

**Tuesday, June 24
10:00 a.m. | Room 1**

We will begin the journey in Holland, where you find the oldest canals, world famous museums, picturesque windmills and quaint villages and the most exquisite cuisine. Continue to Denmark. International surveys usually rank Denmark among the world's happiest countries. Small is beautiful, especially when it comes to Danish cities. And Denmark's four biggest small ones are cozy and easy to explore, Copenhagen, Aarhus, Odense and Aalborg. Discover the Danish Jutlands and Zealands.

Next is Norway. Snow-capped mountains. Northern lights. Glittering fjords. This is Norway. Oslo is your perfect starting point for experiencing the rest of Norway. We will visit the north and south Fjord lands and rest of the country. We will then travel to Sweden. Whether it's the lush green of southern Sweden or the stark beauty of the north, Sweden is a nature-lover's paradise. Discover this beautiful country from Stockholm to rest of the central and north Sweden and finally visit south Sweden on a most comprehensive tour.

SHARPEN YOUR MIND!

MEMORY TRICKS & TEASERS

Alzheimer's
ORANGE COUNTY | MEMORY
SUPPORT
SERVICES



Learn the secrets of memory training and boost your memory ability in this one-hour class. Try out fun, interactive exercises you can use to remember things using evidence-based techniques.



TUESDAY, JUNE 24

10:00 a.m. | Room 5

Please RSVP by calling (949) 644-3244 or
emailing OASIScenter@newportbeachca.gov

HOTDOG & A MOVIE



JUNE | 25TH | 12 p.m.

**PURCHASE TICKETS IN THE ADMIN
OFFICE OR OVER THE PHONE:
949-644-3244 | TICKETS \$5**

WEAR YOUR RED, WHITE, & BLUE!

BBQ Starts 12 p.m. Movie Starts 1 p.m.

THE FRIENDS OF THE NEWPORT BEACH LIBRARY

BOOK SALE

Friday, June 6
1:00-4:00p.m.
Books 3/\$1

Saturday, June 7
9:00a.m.-2:00p.m.
\$3/bag (We supply the bags)

1000 Avocado Avenue
Bookstore Hours:
Mon-Sat: 10:30a.m.-3:00p.m.



Newport Notified

Police Department Notifications

Newport Notified is the Newport Beach Police Department's alert system for disseminating general and emergency information directly from the Police Department to the community. It is used to notify residents and subscribers about issues impacting safety, such as traffic advisories, crime alerts, and community updates. It is also used for emergency notifications related to power outages, evacuations, tsunamis, and other hazards where public safety is at risk.

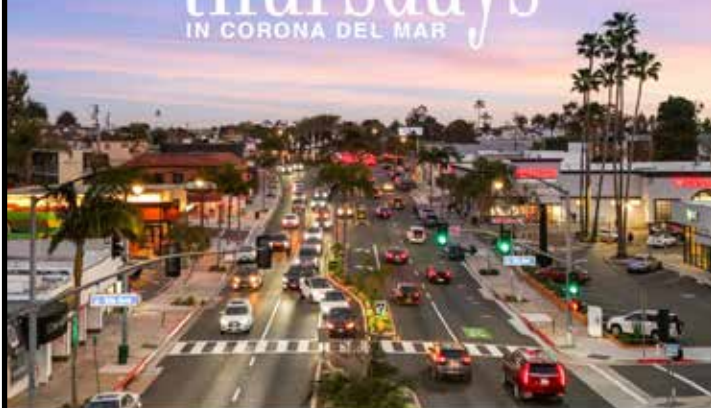


Stay Informed. Register Now.

Internet registration at:
www.nbpd.org/notified



3rd thursdays IN CORONA DEL MAR



EAT, EXPLORE, & ENJOY!

A CELEBRATION THROUGHOUT CDM VILLAGE

**3RD THURSDAY OF EVERY MONTH
5-8PM**



SCAN HERE
TO LEARN MORE



NEWPORT BEACH





20TH

ART IN THE PARK

A community event for the entire family
featuring art, food, fun, live music and kids activity.

ARTISTS AND ARTISANS:
Register for Art in the Park
June 1, 2025,
Registration closes
August 18, 2025

Paintings • Mixed Media
Photography • Sculpture
Ceramics • Glass Art
Woodcraft • Jewelry

 Newport Beach Art in the Park
 [artintheparknb](https://www.instagram.com/artintheparknb)

**Saturday,
September 20, 2025
10 am - 5 pm**

Civic Center Green
100 Civic Center Drive,
Newport Beach



SIGN UP NOW!

Artists and Artisans should visit
newportbeachartsfoundation.org
to register.



FREE MEMORY SCREENINGS

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



Receive a free memory screening by a professional from Alzheimer's Orange County

Obtain linkages to resources, strategies to maintain brain health, and in-depth guidance on issues related to changes in memory.

Contact us today

Appointments held on
June 12 at the OASIS



For an appointment call
949-644-3244



nami Orange County
National Alliance on Mental Illness 714-544-8488

Family Support Group

For family members who have adult children or other loved ones with mental health issues.

Discussions and solutions regarding legal, emotional and familial issues that commonly arise.

**2nd & 4th Thursdays
12:30 p.m. - Room 5**

Facilitated by: Arna Vodenos, MA, Cht
Clinical Director, NAMI OC Warm Line



Alzheimer's Support Group

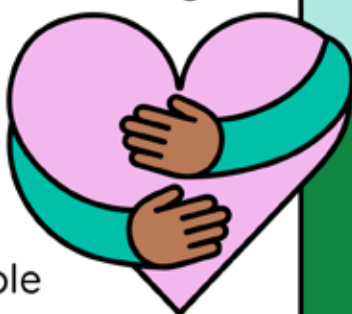
For Family Members & Caregivers

Alzheimer's
ORANGE COUNTY

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

**2nd & 4th Wednesday
10:00 a.m. | OASIS Room 5**

RSVP not required



CAREGIVER SUPPORT GROUP



Meets
Twice a
Month

**1st & 3rd
Wednesday of the Month
1:00 p.m. - Room 4**

- Emotional Support
- Resources
- Tools for Burnout
- Understanding

caregiver **OC**
RESOURCE CENTER

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 M-F* for seniors who live alone and want someone to check on them. *excluding holidays/closures

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.

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.

OASIS Room 5
RSVP Not Required 2nd & 4th Wednesday 10am Free

CAREGIVER SUPPORT GROUP

Get emotional support and resources for family caregivers, relief from stress and burnout.

OASIS Room 4
RSVP Not Required 1st & 3rd 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.

OASIS Room 5
RSVP Not Required Ongoing Thursdays 2pm Free

COMPASSIONATE FRIENDS

Providing friendship, understanding and hope, the Compassionate Friends supports families experiencing the death of a son/daughter, brother/sister, or a grandchild. For more information please call Basia Mosinski at 844-444-8231.

OASIS Room 5
RSVP Not Required 3rd Wednesday 6:30pm Free

NAMI SUPPORT GROUP

National Alliance on Mental Illness (NAMI). For family members who have adult children or other loved ones with mental health issues. Facilitated by Arna Vodenos, MA.

OASIS Room 5
RSVP Not Required 2nd & 4th Thursday 12:30pm 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.

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.

Event Center-A
RSVP Not Required 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: 7:45 a.m. - 4:30 p.m.
- Friday: 7:45 a.m. - 4:00 p.m.

SAME DAY RIDES:

- Available on Tuesdays & Thursdays
- Calls must be received between 7:30-8:30 a.m.

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

Let's Go Shopping



OASIS IS OFFERING TWO SHOPPING TRIPS
THIS MONTH FOR TRANSPORTATION CLIENTS:

Home Goods on Thursday, June 12
and

Target on Thursday, June 26

HomeGoods



RESERVE YOUR SPOT TODAY
949-644-3244



Meal Services

MEALS ON WHEELS - LUNCH CAFE

Come join us daily in the Evelyn Hart Event Center for a delicious lunch provided and served by Meals on Wheels Orange County. Each meal is planned and certified by a dietician to meet daily nutritional needs, based on FDA guidelines.

LUNCH SERVICE:

- Monday - Friday: Noon - 12:30pm

PRICE:

- Voluntary contribution of \$3 for those 60+, guests under 60 are welcome and cost is \$5.

MEALS ARE FIRST COME FIRST SERVED: If you have any questions please call **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 Meals on Wheels Orange County. 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 **714-823-3294**.

WE'RE EXCITED TO ANNOUNCE
Our 2nd Annual
MEALS ON WHEELS ORANGE COUNTY PICKLEBALL BASH
HOSTED AT THE TENNIS & PICKLEBALL CLUB AT NEWPORT BEACH

MEALS ON WHEELS OC
PICKLEBALL
Bash TOURNAMENT

Saturday, July 19th, 2025
1:00 p.m. - 4:00 p.m.

For additional details or to find out how to become a sponsor,
please contact the Events Team at
Events@MealsonWheelsOC.org

ONLINE REGISTRATION NOW OPEN!
SCAN THE QR CODE BELOW



MEALS ON WHEELS
ORANGE COUNTY

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



ATTENTION

Chess

PLAYERS



OASIS is looking for experienced chess players who would be interested in running a play group. Contact Anne Doughty in the administration office for more information.

OASISCenter@newportbeachca.gov 949-644-3244

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: Humor

OASIS Room 5

RSVP Not Required 3rd Wednesday 10:30am-Noon 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 reading passages from noted authors' autobiographies and memoirs. Reading & critiquing stories in class is encouraged but not required.

OASIS Room 5

Returns in the Fall Tu 10am-12:30pm \$150/6

NEW! SNAPSHOTS: FAMILY PHOTOS INSPIRED WRITING WORKSHOP

Marla Miller

www.Marlamiller.com

New! This series invites participants to use 'photos of significance' to help tell the stories they want to share with family, friends, and/or craft for publication. Family photo inspired stories (vignettes) read for in-class critiquing. Could this be the beginning of your autobiography or memoir? Perhaps! Join us!

OASIS Room 5

SS3005 7/8-8/12 Tu 10am-Noon \$

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

SS3010 6/11 W 7-9pm \$89/1



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 Room 2

RSVP Not Required Ongoing M 3-5pm Free

CREATIVE WRITING

Dorothy Spirus

YourProfessorD@gmail.com

Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This 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

SS3011 6/18-7/23 W 7:30-9pm \$215/6

DRIVER SAFETY (AARP)

AARP

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, 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.

OASIS Room 2

RSVP Required 6/11 & 6/12 W/Th 1-5pm \$20/\$25

ENGLISH AND EUROPEAN LITERATURE

Darielle Wilson

949-675-5182

Heart of Darkness by Joseph Conrad, then Don Quixote de la Mancha by Miguel de Cervantes. Sail the vast seas of English and European literature, both modern and traditional. Come to revisit the very first novel ever written, everyone's favorite, Don Quixote de la Mancha. With a senior's wisdom, call upon your own life experiences to discuss the always modern ideas of one of the greatest literary minds in any language. **No class 7/4**

OASIS Room 1B

SS3015 6/13-8/29 F 10am-Noon \$105/11

NEEDLE ARTS GROUP

Roberta

949-715-3438

This group of knitters, crocheters and needlepointers meet weekly to work on individual projects. New members welcome.

OASIS Room 3

RSVP Not Required Ongoing W Noon-3pm Free

OASIS PLAYERS

May Kramer

Like to perform, act, sing, or dance? Join the OASIS Players! Please come prepared to perform.

OASIS Room 2A

RSVP Not required Ongoing W 1-3pm Free

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 6/10 & 6/24 Tu 3-4:30pm Free



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.

Speaker: Tony Petros & Mick Donoff - Cycling

RSVP Not Required 6/17 3-4:30pm Free



TRAVEL SHOWS WITH NINO

Nino Mohan

nino@virtualtraveltalks.com

Enjoy an in-depth sightseeing experience of some of the most beautiful sites in the world. Narrated by travel expert and photographer Nino Mohan. Slideshows include photos, videos and personal narration by Nino himself.

OASIS Room 1

RSVP Not Required 4th Tu 10am-Noon Free

WRITING ROUNDTABLE

Jos Vloet

vloetjozef@gmail.com

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. RSVP required, contact group leader.

OASIS Room 5

RSVP Required W 1-3pm Free



FINE ARTS

BEG./INTER. OIL & WATERCOLOR

Bobbi Boyd 949-544-9383

In this class, you will learn techniques and methods for Discover your artistic voice in this welcoming class combining oil and watercolor painting- choose your medium. Learn essential techniques, improve your drawing and composition skills, and explore your creativity through personal projects. Whether you're a beginner or looking to grow, you'll enjoy a supportive, inspiring environment with plenty of guidance and fresh ideas.

- **Please bring:** material list will print on receipt
- **Recommended:** Basic drawing skills

OASIS Art Center

SS3070	6/4-6/25	W	1-4pm	\$200/4
SS3071	7/2-7/30	W	1-4pm	\$250/5
SS3072	8/6-8/27	W	1-4pm	\$200/4
DRP310	Drop-In (No Refunds)			\$50/1

FREEHAND DRAWING

Nancy Wahamaki's Art World nwwasek@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

SS3050	7/9-8/20	W	9-11am	\$175/7
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INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World nwwasek@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.

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

OASIS Art Center

Class Returns in the Fall	M	9am-Noon	\$92/4
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INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer

jnetzer2@hotmail.com

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

- **Additional fee:** \$20 (material)
- **Optional clay purchase:** \$20/bag

OASIS Art Center

SS3060	6/11-8/27	W	9am-Noon	\$265/12
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OIL PAINTING- INTERMEDIATE

Jim Ellsberry jim@jimEllsberry.com 310-218-2658

This class focuses on mixing color from a basic color palette to achieve more richness, depth, and atmosphere in our work. Projects explore traditional and contemporary landscape, interior scenes, and still life subjects. Explore ways to loosen up, avoid detail, and use confident brushwork to create energetic and more expressive paintings. Traditional oil paint is recommended, but all media are acceptable. Previous painting experience is preferred.

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

OASIS Art Center

SS3075	6/16-7/14	M	1-3:30pm	\$260/5
SS3076	7/28-8/25	M	1-3:30pm	\$260/5
DRP315	Drop-In (No Refunds)			\$50/1

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 carving, intarsia, marquetry, and scrolling, while other crafts range from model building to pyrography. Members support each other's skill development. An occasional minimal fee for class tool and machine maintenance.

OASIS Art Center

RSVP Not Required	Ongoing	Th	8-11am	See above
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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 are by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Students' reading in class and at home will be reinforced classroom discussion as well as by short essays and answers to questions. Limited to 15 students for active participation. Class is ongoing; please check with instructor for updated information.

OASIS Room 2B

SS3229 6/11-8/27 W 10am-Noon \$110/12

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.**

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.

OASIS Room 4

RSVP Required Ongoing M 12:30-2pm Free

SPANISH LITERATURE BOOK CLUB

Darielle Wilson 949-675-5182

Take a journey the 2nd Monday of every month into literature in Spanish. Meet Latin American and Spanish authors, classic and modern. Discuss the difference between poetry and prose. Define marvelous realism. Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Please check with leader for updated information.

OASIS Room 5

RSVP Required 2nd Monday 2:30-4:30pm Free

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

Returns in September Th 1-2pm Free

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.

- 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

SS3200 6/9-7/2 M/W 5-6pm \$225/8

Beginning French 2

SS3205 6/9-7/2 M/W 6-7pm \$225/8

OASIS Room 1B

Beginning Italian 1

SS3210 6/9-7/2 M/W 5-6pm \$225/8

SS3211 7/7-7/30 M/W 5-6pm \$225/8

SS3212 8/4-8/27 M/W 5-6pm \$225/8

Beginning Italian 2

SS3215 6/9-7/2 M/W 6-7pm \$225/8

SS3216 7/7-7/30 M/W 6-7pm \$225/8

SS3217 8/4-8/27 M/W 6-7pm \$225/8

OASIS Room 1A

Beginning Arabic 1

SS3230 7/7-7/30 M/W 5-6pm \$225/8

SS3231 8/4-8/27 M/W 5-6pm \$225/8

OASIS Room 4

Beginning Spanish 1

SS3220 6/10-7/3 Tu/Th 11:15am-12:15pm \$225/8

SS3221 7/8-7/31 Tu/Th 11:15am-12:15pm \$225/8

SS3222 8/5-8/28 Tu/Th 11:15am-12:15pm \$225/8

Beginning Spanish 2

SS3225 6/10-7/3 Tu/Th 12:15-1:15pm \$225/8

SS3226 7/8-7/31 Tu/Th 12:15-1:15pm \$225/8

SS3227 8/5-8/28 Tu/Th 12:15-1:15pm \$225/8

TECHNOLOGY

PRIVATE TECHNOLOGY LESSONS

Carole Kamper

949-230-5902

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

- 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.

DRP300

\$60 per hour



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

SS3300	6/17	Tu	10:30am-12:30pm	\$44/1
SS3301	7/23	W	10:30am-12:30pm	\$44/1
SS3302	8/25	M	10:30am-12:30pm	\$44/1

APPLE MAC LAPTOP CLASS

Carole Kamper

949-230-5902

Bring your Mac laptop to the computer lab at OASIS to learn the basis of using it. We also will look at many of the features that will make your use more efficient, enjoyable and hopefully less frustrating! We will review the Docking Station, Toolbars, important settings, help you set up a customize desktop, even adding a favorite picture to enjoy. Join this class, meet fellow "Mac" users and learn together. Contact instructor for questions.

- **Please bring:** Mac laptop and charger.

OASIS Computer Lab

SS3315	7/1	Tu	1-3pm	\$45/1
SS3316	8/11	M	10:30am-12:30pm	\$45/1

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

SS3335	7/29-8/5	Tu	9:45-10:45am	\$40/2
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EBAY 1

Barbara Yin Milbert

pacpal33@yahoo.com

Learn to buy and sell items on eBay.

- **Requirement:** basic computer skills and familiarity with the internet.

OASIS Computer Lab

SS3330	6/12	Th	10am-Noon	\$40/1
SS3331	8/28	Th	10am-Noon	\$40/1

EBAY 2

Barbara Yin Milbert

pacpal33@yahoo.com

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

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

OASIS Computer Lab

SS3336	7/29 & 8/5	Tu	11am-Noon	\$40/2
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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

SS3305	6/24	Tu	1-3pm	\$44/1
SS3306	7/28	M	10:30am-12:30pm	\$44/1
SS3307	8/20	W	10:30am-12:30pm	\$44/1

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.

- **Prerequisite:** Computer basics or equivalent

OASIS Computer Lab

SS3333	6/24-7/15	Tu	9:45-10:45am	\$70/4
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INTRO TO EXCEL

Barbara Yin Milbert

pacpal33@yahoo.com

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.

- **Prerequisite:** Computer basics and skills or equivalent

OASIS Computer Lab

SS3334 6/24-7/15 Tu 11am-Noon \$70/4



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 skills

OASIS Computer Lab

SS2321 6/3 Tu 1-3pm \$44/1

SS3320 7/7 M 10:30am-12:30pm \$44/1

SS3321 8/12 Tu 1-3pm \$44/1

WHAT GOOD ARE THESE APPS?

Carole Kamper

949-230-5902

iPhone, iPad or Tablet. 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 on your smart phone or tablet come explore all this and more.

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

OASIS Computer Lab

SS2311 6/4 W 10:30am-12:30pm \$44/1

SS3310 7/2 W 10:30am-12:30pm \$44/1

SS3311 7/22 Tu 1-3pm \$44/1

SS3312 8/27 W 10:30am-12:30pm \$44/1

APPLE WATCH MOST USEFUL FEATURES

Jake Jacobs

jakeair99@gmail.com

Learn the most useful features of the Apple Watch. Topics include: selecting and customizing watch faces and complications, built-in apps, including health apps such as ECG, Blood SpO2, and HeartRate. Access eight apps directly from one Watch face. Learn about the many built in apps.

- **Requirements:** This in-person class is for users of any Apple Watch with Watch IOS 11 installed and an iPhone with IOS 18 installed

OASIS Room 2A

SS3326 8/7 Th 10am-Noon \$25/1

50 WAYS TO LOVE YOUR IPHONE

Jake Jacobs

jakeair99@gmail.com

The most useful hidden iPhone tips and features every user should know. A single two-hour class on my favorite and most useful tips and features that most iPhone users probably are not familiar with.

- **Requirements:** This in-person class is for users who have an iPhone with iOS 18 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS3327 8/14 Th 10am-Noon \$40/1



CARDS & GAMES

AMERICAN MAH JONGG FOR BEGINNERS 101 & 201

Frank Delgado

frankdel949@yahoo.com

101: Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

201: Beginners take everything they learned and continue trying new hands on the Mah Jongg Card.

- **Please bring:** your current Card of Hands
- **Prerequisite:** American Mah Jongg for Beginners 101

OASIS Room 3

American Mah Jongg for Beginners 101

SS3120 6/19-7/24 Th 9-11am \$160/6

American Mah Jongg for Beginners 201

SS2121 5/15-6/12 Th 9-11am \$160/5

SS3121 7/31-8/28 Th 9-11am \$160/5

INCREASE YOUR BRIDGE KNOWLEDGE

Jane Dober, ACBL Gold Life Master **Janedober@gmail.com**

Increased bridge knowledge converts to more bidding with less pts. than needed. The Rule of 20, 6-5 Come alive. Have fun playing bridge when you have distribution rather than High Card Points. Distribution Rules!!!

OASIS Room 3

SS2101 5/13-6/3 Tu 9-11am \$125/4

SUPERVISED BRIDGE PLAY

Jane Dober, ACBL Gold Life Master **Janedober@gmail.com**

Fine tune your bidding. Use your conventions to arrive at the right contract 12 Boards to play- Hand Records included.

OASIS Room 3

SS2103 5/13-6/3 Tu 11:30am-1:30pm \$125/4

BEGINNING BRIDGE 1: A STEP-BY-STEP INTRODUCTION

Rose Reynolds, ACBL Life Master pareynolds@aol.com
In this introductory course, you'll learn the fundamentals of bridge through a hands-on, interactive approach. Using the cards on the table method, each session will guide you step by step through essential bridge concepts. This method ensures that you're not just learning theory but actively practicing with real cards in front of you. We will cover the basic rules, essential bidding structures, play strategies, and defensive techniques. Every topic will be reinforced by playing through actual bridge hands, so you can see how the concepts work in real-time. Whether you're completely new to bridge or just want to refresh your knowledge, this course will give you a solid foundation and the confidence to play bridge with others.

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

OASIS Room 3

SS3110 6/23-8/11 M 5:15-6:45pm \$176/8

BRIDGE- FUN FUNDAMENTALS

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Enhance your bidding skills with this focused review class designed for players who are already familiar with the basics but wish to reinforce their bidding and play of the hand techniques. We will revisit essential bidding concepts, including opening bids, responses, and rebids, using the "cards on the table" method for practical learning. Whether you're looking for a refresher or aiming to boost your confidence, this class will take you to the next level in bridge.

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

OASIS Room 3

SS3111 6/24-8/5 Tu 2-3:30pm \$154/7

BRIDGE: STARS AND STRIPES SUPERVISED PLAY

Rose Reynolds, ACBL Life Master pareynolds@aol.com
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

SS3112 6/23-8/11 M 3:30-5pm \$176/8

BRIDGE DEFENSE

Rose Reynolds, ACBL Life Master pareynolds@aol.com
Learn the Signaling System. Do you know how to think about defense when the opponents' bid to a 4Heart contract? The class will cover all aspects of how to communicate with your partner to disrupt the declarer as a team. I will cover attitude signals, suit preference signals, discard signals, and count signaling. Learn when not to play second hand low and third hand high. Following this 7-week series you and your partner will be scoring the points and not the declarer.

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

OASIS Room 3

SS3113 6/24-8/5 Tu 4-5:30pm \$154/7

TOTAL BRIDGE BASICS REVIEW

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
All Review, Nothing new- Summertime is Easy. Lessons Include: Opening bids, rebids, Stayman, Jacoby Transfer, Opening 2C.

OASIS Room 3

SS3100 7/1-7/22 Tu 9-11am \$125/4

BRIDGE: TIME TO GO SLAMMING REVIEW

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
No trump slams(Using Gerber), Suit Slams(Using RKC 1430). Know when you are in the slam zone

OASIS Room 3

SS3101 7/1-7/22 Tu 11:30am-1:30pm \$125/4

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. Game starts at 2:30pm.

OASIS Room 2

RSVP Not required Ongoing Tu 2:30-6pm \$12



DUPLICATE BRIDGE

Terry and Gene Casavant

949-854-8138

zeintje1@gmail.com

Bring your own partner to play. Must know rules of play and how to keep score.

OASIS Room 2

RSVP Not Required Ongoing Tu/F 9:45am-2pm \$1

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



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 balance, mobility and circulation. Increase your flexibility and range of motion and reduce muscle tension. **No Class 7/4**

OASIS Dance Room

SS3500	6/9-8/25	M	10:15-11am	\$239/12
SS3501	6/11-8/27	W	10:15-11am	\$239/12
SS3502	6/13-8/29	F	10:15-11am	\$220/11
SS3503	6/9-8/29	M/W/F	10:15-11am	\$597/12



BRAINWAVE BOXING

Sara Gutierrez sararez@betterlifeboxing.com
Brainwave Boxing is a fun, engaging class designed to improve balance, strength, and coordination through boxing techniques. Safely work your joints, challenge your brain, and boost mobility. Proven benefits for Parkinson's and overall wellness. All skill levels welcome—train at your own pace and keep moving strong! **No class 7/3, 7/24**

- **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

SS3504	6/9-6/30	M	1-2pm	\$101/4
SS3505	7/7-7/28	M	1-2pm	\$101/4
SS3506	8/4-8/25	M	1-2pm	\$101/4

OASIS Room 1

SS3507	6/12-7/17	Th	3:30-4:30pm	\$125/5
SS3508	7/31-8/28	Th	3:30-4:30pm	\$125/5
DRP361	Drop-In (No Refunds)			\$20/1

CHAIR EXERCISE

Judy Aprile japril@gmail.com
Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated.

OASIS Event Center

SS2512	6/2-6/30	M/W	10:05-11am	\$64/9
SS3510	7/2-7/30	M/W	10:05-11am	\$64/9
SS3511	8/4-8/27	M/W	10:05-11am	\$57/8



COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japril@coastline.edu

This Coastline College Special Programs class is designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability).

***Class is currently full, no registration available**

OASIS Event Center

Ongoing 6/9-7/28 M 11:30am-12:30pm Free

FALLPROOF® BALANCE & MOBILITY

Selena Cofinco selenacofinco@gmail.com (949) 547-6389

This progressive class improves balance and reduces fall risk through activities that enhance seated and standing posture, walking ability, and confidence in daily activities. Participants must be able to walk 200 feet without the use of any assistive device (cane or walker). Not suitable for individuals with memory loss or cognitive impairments. Space is limited to 12 students. **No class 7/1, 7/3, 7/22**

- **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

SS3512	6/10-7/31	Tu/Th	11:30am-12:30pm	\$192/11
SS3528	6/10-7/31	Tu/Th	1-2pm	\$192/11

GOLF GROUP

Greg Nelson gregbnelson@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 gregbnelson@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

SS3513	6/10-7/3	Tu/Th	8-9am	\$65/8
SS3514	7/8-7/31	Tu/Th	8-9am	\$65/8
SS3515	8/5-8/28	Tu/Th	8-9am	\$50/6
DRP363	Drop-In (No Refunds)			\$12/1



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, flexible, renewed and restored. Iyengar Yoga focuses on building a foundation from the ground up using our legs and arms, to bring alertness to our spine. Props and modifications are used as needed. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher.

No class 8/4, 8/7

- **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

SS3516	6/9-7/14	M	10-11:15am	105/5
SS3517	6/12-7/17	Th	10-11:15am	\$105/5
SS3518	6/9-7/17	M/Th	10-11:15am	\$195/10
SS3519	7/21-8/25	M	10-11:15am	\$105/5
SS3520	7/24-8/28	Th	10-11:15am	\$105/5
SS3521	7/21-8/28	M/Th	10-11:15am	\$195/10

DRP365 Drop-In (No Refunds) \$25/1

NEW! LAWN BOWLING 101

Newport Harbor Lawn Bowling Club classes@nhlbc.com

NEW! Lawn bowling is a game for all ages and all levels of ability. We invite you to come and learn how to lawn bowl! Classes take place at the Newport Harbor Lawn Bowling Club, 1550 Crown Dr. N., Corona del Mar. Lawn bowling equipment is provided.

- **Please wear:** comfortable flat sole shoes.

Newport Harbor Lawn Bowling Club

SS3522	6/10-6/19	Tu/Th	6-8pm	\$100/4
SS3523	6/24-7/3	Tu/Th	6-8pm	\$100/4
SS3524	7/8-7/17	Tu/Th	6-8pm	\$100/4
SS3525	7/22-7/31	Tu/Th	6-8pm	\$100/4
SS3526	8/5-8/14	Tu/Th	6-8pm	\$100/4
SS3527	8/19-8/28	Tu/Th	6-8pm	\$100/4



MELT HAND & FOOT- FOR BALANCE & STABILITY

Niki Parker NikiParker@aol.com 949-923-1622

All exercises are performed seated. Ease pain and stiffness with soft MELT balls to improve stability and movement in hands and feet. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all—no experience needed! MELT tools provided and available for purchase.

- **Please bring:** water, wear comfortable clothing and easy to remove shoes.

OASIS Room 5

SS2529	6/9 & 6/16	M	1-2pm	\$12/2
SS3530	7/14	M	1-2pm	\$12/1
SS3531	7/28	M	1-2pm	\$12/1
SS3532	8/11	M	1-2pm	\$12/1
SS3533	8/25	M	1-2pm	\$12/1



MELT METHOD: SELF CARE TECHNIQUE

Niki Parker NikiParker@aol.com 949-923-1622

New to MELT, please contact instructor for safety considerations before signing up or dropping in. Feel better doing what you love! This class uses soft rollers to rehydrate fascia, reduce inflammation, ease pain, and improve alignment. Strength exercises target weak links to protect joints and enhance performance. Prevent cellular dehydration and keep your body feeling great at any age!

Zoom code is also available for virtual attendance, contact Niki at NikiParker@aol.com

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

OASIS Dance Room

SS3534	6/10-7/15	Tu	2-3pm	\$133/6
SS3535	7/22-8/26	Tu	2-3pm	\$133/6

DRP371 Drop-In (No Refunds) \$30/1

PHYSICAL TRAINING

Judy Aprile jjjapril@gmail.com

This overall conditioning class includes a light 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 6/6, 7/4, 7/11**

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

OASIS Event Center

SS2534	6/2-6/30	M/W/F	7:45-8:35am	\$83/12
SS2537	6/2-6/30	M/W/F	8:45-9:35am	\$83/12
SS3537	7/2-7/30	M/W/F	7:45-8:35am	\$77/11
SS3538	8/4-8/29	M/W/F	7:45-8:35am	\$83/12
SS3540	7/2-7/30	M/W/F	8:45-9:35am	\$77/11
SS3541	8/4-8/29	M/W/F	8:45-9:35am	\$83/12

PILATES MAT

Kathryn Rollins 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. **No class 7/1, 8/12**

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

OASIS Dance Room

SS3542	6/10-7/15	Tu	8:45-9:45am	\$90/5
SS3543	7/22-8/26	Tu	8:45-9:45am	\$90/5

DRP367	Drop-In (No Refunds)	\$23/1
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SOULFLEX

Stephanie von Meeteren www.MySoulSpark.com
Unlock your strength, balance, and peace of mind in this dynamic class! Boost bone density, mobility, and peace of mind. Build power with targeted weight-bearing exercises, then restore with mindful stretching. Suitable for all levels, with modifications available. Led by an Internationally Certified Yoga Therapist. No experience needed!

- **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

SS3544	7/2	W	12:30-1:30pm	Free
SS3545	7/9-8/27	W	12:30-1:30pm	\$165/8
SS3546	7/11-8/29	F	2-3pm	\$165/8
SS3547	7/9-8/29	W/F	above times	\$325/16

DRP364	Drop-In (No Refunds)	\$25/1
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SOULSPARK - HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com
Awaken your potential with an accessible Hatha yoga class that balances mind and body. Prioritizing function over form, we move mindfully with breath to create spaciousness and self-connection. Suitable for all levels, each session ends with meditation. Led by an Internationally Certified Yoga Therapist. No experience needed—modifications provided. For questions, please contact the instructor.

- **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

SS3548	6/30	M	11:30am-12:30pm	Free
SS3549	7/7-8/25	M	11:30am-12:30pm	\$165/8
SS3550	7/3-8/28	Th	10:30-11:30am	\$185/9
SS3551	7/7-8/28	M/Th	above times	\$345/16

Online Class - via Zoom

SS3552	7/2-8/27	W	8-9am	\$185/9
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DRP364	Drop-In (No Refunds)	\$25/1
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newportbeachca.gov/oasis

Admin - 949-644-3244

NEW! YOGA PHILOSOPHY

New! Join our monthly yoga philosophy discussion group to explore ancient wisdom and its modern applications. Engage in meaningful conversations, deepen your understanding, and connect with like-minded seekers in a supportive space. Open to all—no prior experience needed. Expand your practice beyond the mat!

OASIS Dance Room

RSVP Not Required 2nd Thursday 11:30am-Noon Free
***Hiatus in June, Returns in July**

NEW! SOULSPARK - YOGA THERAPY CLINICS

Stephanie von Meeteren www.MySoulSpark.com

New! Yin Yoga: Combining deep stretching and mindfulness, participants hold passive poses for 2–4 minutes to target deep connective tissues, release tension, improve flexibility, and promote relaxation. **Restorative:** Relieve pain, improve sleep, reduce stress, and promote rejuvenation. **Sciatica/Low Back:** Provides relief from low back, sciatica, and hip pain. **SomaNeural Flow:** A gentle, inclusive class designed to support brain health and enhance cognitive function, self-confidence, and overall well-being. Ideal for individuals with Dementia, Alzheimer's, Parkinson's, and similar conditions. Helpers, walkers, and wheelchairs welcome.

OASIS Dance Room

Yin Yoga

SS3555	6/11	W	4:45-5:45pm	Free
SS3557	8/18-8/13	W	4:45-5:45pm	\$185/9

Restorative

SS3558	7/1	Tu	3:15-4:15pm	Free
SS3559	7/8-8/26	Tu	3:15-4:15pm	\$165/8

Sciatica/Low Back/Hip

SS3556	6/11-8/13	W	3:30-4:30pm	\$205/10
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OASIS Room 5

SomaNeural Flow

SS5000	7/7	M	10-11am	Free
SS3554	7/14-8/25	M	10-11am	\$145/7



SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com

Enter a peaceful sanctuary with nourishing sessions for body and mind. Open to all, these classes include yoga nidra, meditation, gentle movement, and breathwork, culminating in a crystal bowl sound bath. Bring what comforts you, and stay for tea and connection with our welcoming community. For questions, please contact the instructor.

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

OASIS Dance Room

SS3561	7/10	Th	5:30-6:30pm	\$25/1
SS3562	8/7	Th	5:30-6:30pm	\$25/1
SS3563	7/10 & 8/7	Th	5:30-6:30pm	\$45/2

Friends of OASIS - 949-718-1800



STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

Kathryn Rollins 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. **No class 7/1, 8/12**

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

OASIS Dance Room

SS3564	6/10-7/15	Tu	10-11am	\$90/5
SS3565	7/22-8/26	Tu	10-11am	\$90/5
DRP367	Drop-In (No Refunds)			\$23/1

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

Kathryn Rollins 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 7/3, 8/14**

- **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

SS3566	6/12-7/17	Th	7:45-8:45am	\$90/5
SS3567	7/24-8/28	Th	7:45-8:45am	\$90/5
DRP367	Drop-In (No Refunds)			\$23/1

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com
Experience the powerful benefits of Tai Chi, a highly effective mind-body exercise. This class offers step-by-step instruction in the Tai Chi Qigong 18 movements, promoting physical health and cultivating tranquility. Beginners are welcome! For style clarification, please email the instructor.

- **Please Wear:** comfortable clothing, low flat sole shoes, no open-toed shoes.

OASIS Event Center

SS3568	8/5-8/26	Tu	9:30-10:30am	\$69/4
SS3569	8/7-8/28	Th	9:30-10:30am	\$69/4
SS3570	8/5-8/28	Tu/Th	9:30-10:30am	\$119/8
DRP368	Drop-In (No Refunds)			\$25/1

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 7/4, 7/5, 8/2**

OASIS Dance Room

SS3571	6/9-8/25	M	9-10am	\$221/12
SS3572	6/11-8/27	W	9-10am	\$221/12
SS3573	6/12-8/28	Th	9-10am	\$221/12
SS3574	6/13-8/29	F	9-10am	\$203/11
SS3575	6/14	Sa	9-10am	Free
SS3576	6/21-8/30	Sa	9-10am	\$167/9
Multi-Day Discount 3 days for the price of 2! Make-ups built in.				
SS3577	6/9-8/29	M/W/F	9-10am	\$442
DRP369	Drop-In (No Refunds)			\$25/1



MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com
Discover the joy of Ballet at any age! Dance with like-minded peers in a pressure-free, supportive environment. Move at your own pace to beautiful classical, romantic, and swinging piano music. Start with Barre exercises, then explore steps in open space. Embrace the movement, have fun, and enjoy the experience!

- **Prerequisite:** at least 1 year of ballet training suggested.
- **Please bring:** ballet slippers by the second class meeting.

OASIS Dance Room

SS2573	4/18-6/13	F	11:30am-12:45pm	\$168/8
SS3578	7/11-8/22	F	11:30am-12:45pm	\$162/7
DRP370	Drop-In (No Refunds)			\$23/1

BEGINNING BROADWAY DANCE

CS Dance Factory 949-230-5934 Info@CSDanceFactory.com
Discover the anti-aging power of dance! Embrace Broadway tunes while mastering simple, partner-free dance techniques in a supportive small group. Learn with ease, dance with confidence, and reap body and mind benefits. Join today for timeless vitality.

OASIS Dance Room

SS3579	6/11	W	11:15am-Noon	Free
SS3580	6/18-8/27	W	11:15am-Noon	\$225/11
DRP369	Drop-In (No Refunds)			\$25/1

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com
Enjoy a fun, upbeat class with great music from various eras and jazzy styles! Move at your own pace—adaptations welcome. You'll have so much fun, you'll forget you're exercising. Come swing in and join the party!

- **Please Bring:** flexible tennis or jazz shoes.

OASIS Dance Room

SS2577	5/20-6/10	Tu	12:55-1:35pm	\$72/4
SS3581	7/22-8/19	Tu	1-1:40pm	\$85/5
DRP370	Drop-In (No Refunds)			\$23/1

NEW! EAST COAST SWING DANCE BEGINNER WORKSHOP

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

NEW! Have a swinging good time dancing. Experience the joy and connection of dance in our beginner-friendly dance workshop! No experience or partner needed—just bring your enthusiasm.

OASIS Dance Room

SS3582	7/26	Sa	10:15-11:15am	\$25/1
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GROUP DRUMMING

Lee Kix

Discover your rhythm with group drumming! This research-backed activity boosts immunity, reduces stress, enhances mood, sparks creativity, and strengthens bonds. Studies reveal it even increases white blood cell activity to fight disease.

OASIS Event Center

RSVP Not Required	2nd Wed	11:30am-12:30pm	Free
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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
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INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant mcaumiant26@gmail.com

Join us to explore the beauty of Classical Ballet! Enhance strength, flexibility, coordination, and balance in a relaxed, supportive setting. Designed for those with at least three years of dance experience, the class encourages creative expression with adaptable movements to suit individual needs.

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

OASIS Dance Room

SS2580	4/15-6/10	Tu	11:30am-12:45pm	\$168/8
SS3585	7/8-8/19	Tu	11:30am-12:45pm	\$162/7
DRP370	Drop-In (No Refunds)			\$23/1

LINE DANCING

Vickie Jackson vickie@promodonnas.com

Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's.

OASIS Dance Room

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

SS3586	6/12-7/17	Th	1-1:55pm	\$52/6
SS3587	7/24-8/28	Th	1-1:55pm	\$52/6

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

SS3588	6/12-7/17	Th	2-2:55pm	\$52/6
SS3589	7/24-8/28	Th	2-2:55pm	\$52/6

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

SS3590	6/12-7/17	Th	3-4pm	\$52/6
SS3591	7/24-8/28	Th	3-4pm	\$52/6

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
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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
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SAILING CLUB

OASISSailingclub.org

The OASIS Sailing Club offers recreational sailing and instruction for members and guests. Sail year-round on our Catalina 34 MKII sloops, OASIS-V and OASIS-VI. All experience levels welcome! Monthly dues: \$65; sailing is free. Membership meeting is the last Wednesday of the month at 1:30pm, at OASIS in Room 1. Contact Dorothy Ables at 949-400-6177 or OSCMembership@OasisSailingClub.org





OASIS SAILING CLUB MEMBERSHIP

ENJOY YEAR-ROUND COASTAL SAILING

All adult ages and experiences are welcome. Sailors can also receive complimentary training to become a certified Mate or Skipper.

OASIS V AND OASIS VI

Daily sails aboard our Catalina 34 Mk II sloops docked in beautiful Newport Harbor.

CLUB MEETINGS AND SOCIAL ACTIVITIES

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



For additional information visit our website at www.oasissailingclub.org or send an email to oscmembership@oasissailingclub.org



OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

- Receive the monthly OASIS Newsletter in the mail (12 issues)
- Discounts on travel trips
- Access to the unique clubs
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Monthly Membership Get Together

ANNUAL MEMBERSHIP

\$30 Single
\$40 Couple

Call 949-718-1800, visit friendsfoaoasis.org or stop by the Friends Office Monday-Friday 8am-4pm for more information and to join.

The Friends of OASIS is a 501 (c) (3) non-profit corporation.



LENDING LIBRARY

at OASIS

The Friends of OASIS operates a quaint lending library. Swing by and check out a book or two today!

- Mondays: 8 a.m. - 2:30 p.m.
- Tuesday - Friday: 8 a.m. - 4 p.m.



Monday - Friday
9:00 a.m. - 3:00 p.m.

Remember Us

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

Your gift is a legacy for future seniors

Membership Discounts

Must present Friends of OASIS membership card to redeem. Discounts are subject to change without notice

10% Discount

- Bayside *
- Bistango*
- The Bungalow*
- Farm Fresh to You
farmfresh toyou.com
use promo code OASIS
- Fresh Brothers*
use promo code NB10
- La Fogata
- The Lido *
- Newport Rib Co. *
- New Shanghai Pine Garden*
- Mario's Pizza*
- Rendez Vous Cafe
- Tavern House*

15% Discount

- Dominos (CDM Location)

20% Discount

- El Cholo *
(Lunch Only)
- Sweetfin
- Light House*
- Pacific Symphony
15% for summer concert,
call Susan at 714-876-2397
to obtain discount

*Exclusions apply, see www.friendsofoasis.org or call 949-718-1800 for details.



FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required
Information**

****NAME** _____ **DATE** _____

****2ND MEMBER** _____
Print Clearly

****ADDRESS** _____ **CITY** _____

****STATE** _____ **ZIP** _____ **PHONE ()** _____

****E-MAIL** _____

****E-MAIL 2** _____

EMERGENCY CONTACT _____ **PHONE ()** _____

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

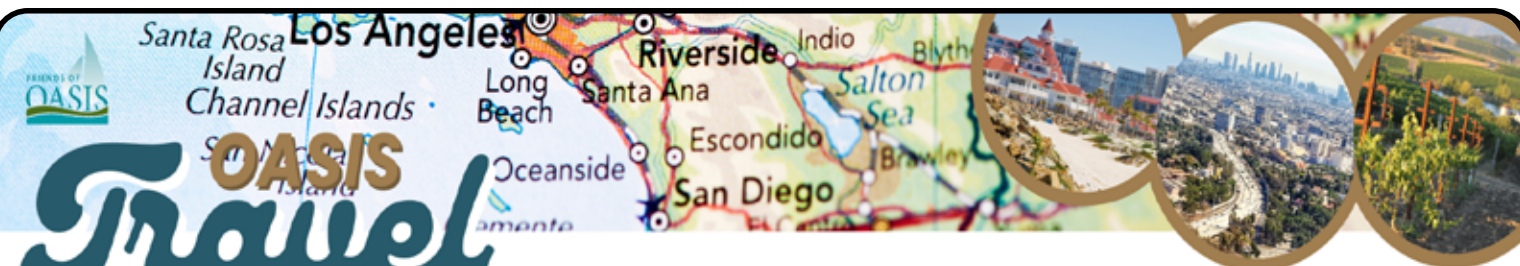
☐ CREDIT CARD # _____ Exp. DATE _____ / _____

☐ Single 30.00 / one year ☐ Couple \$40.00 / one year ☐ Donation _____

☐ Total \$ _____ Received by: _____

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





Rev. 3/10/25



OASIS Travel

- 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.

OASIS Travel Hours & Contact Information
Monday-Friday 9 a.m. - 1 p.m.
949-718-1810 oasistravel2@yahoo.com

DAY TRIPS

ACADEMY MUSEUM OF MOTION PICTURES

Thursday, June 12

\$90/\$95

Join us to explore the largest institution of a 300,000 square foot museum exploring the art and science of movies and moviemaking. This is in the old May Co. building. There will be a docent tour at 12:00pm (Noon) and then on your own. Lunch is on your own at their Fanny's restaurant, with a cafe that offers sit down and grab-and-go options or bring your own lunch.

Depart: 9:00am

Return: 5:00pm

ANGELS BASEBALL GAME - LA ANGELS VS. BOSTON RED SOX

Wednesday, June 25

\$105/\$110

Play ball! Let us take you out to the ballgame – LA Angels vs. Boston Red Sox. Cheer on our hometown team from your seats on the second deck of Angel Stadium. We will have assigned seats in the shade; game starts at 1:05pm. Everyone will be on their own for lunch, drinks and snacks during the game.

Depart: 11:15am

Return: Game End Time



HOLLYWOOD BOWL - EARTH, WIND AND FIRE + FIREWORKS

Wednesday, July 2

\$105/\$110

We are going to the Hollywood Bowl on July 2nd to enjoy the July 4th celebrations. The program includes: Earth, Wind and Fire's performance, the LA Philharmonic, and the super fireworks display!!! Earth, Wind and Fire is a nine-time Grammy Award winner and one of the best selling groups of all time. You can bring a picnic dinner, wine is allowed, or you can purchase food and drinks at the Bowl. Those who have gone with us in the past report having a wonderful fun time - it is a great experience to share with friends and family.

Depart: 4:00pm

Return: Midnight

THE NIGHT THE MUSIC DIED-BUDDY HOLLY, RITCHIE VALENS, BIG BOPPER

Wednesday, July 16

\$130/\$135

Songs, comedy, costumes, dialogue and dances from the famous musicians listed. Always a wonderful musical program at the Almansor Court venue in Alhambra with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

Depart: 10:45am

Return: 5:00pm

VIEJAS CASINO & RESORT

Wednesday, August 6 **\$25/\$30**

Enjoy the day at this popular casino playing your favorite games. Choose from Bingo, Poker or any table game or one of their 2,000 slot machines. Each guest must game \$20 and will also receive \$10 in free cash when they earn 200 points on their Viejas card. Buffet not available but there are other restaurants in the Casino. Also bring \$1s to play bingo on the bus.

Depart: 8:30am

Return: 5:30pm

DEL MAR RACES

Thursday, August 14 **\$85/\$90**

Enjoy a day at the races where the "Surf Meets the Turf". 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. While at Del Mar be sure to join the Diamond Club as members get frequent perks at the track including exclusive giveaways, food & beverage discount, attendance rewards and special events. We have club house seating in the shade with lunch on your own.

Depart: 10:45am

Return: 7:15pm

EAGLES TRIBUTE BAND

Monday, August 25 **\$115/\$120**

Get a "Peaceful Easy Feeling" as we head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then an Eagles tribute concert. Hear famous hits such as Hotel California and Tequila Sunrise; then "Take It Easy" with us as our luxury bus brings us back to OASIS.

Depart: 11:30am

Return: 5:30pm

TRIBUTE TO THE CARPENTERS

Thursday, September 18 **\$130/\$135**

Come and enjoy a tribute to The Carpenters, "Yesterday Once More" starring Joanne O'Brien at the Almansor Court located in Alhambra. This musical revue will include popular hit songs such as: *We've Only Just Begun*, *Top of the World*, *For All We Know*, *Close to You*, *Yesterday Once More*, *Rainy Days and Mondays*, and more! Always a wonderful musical program with a delicious lunch and bargain shopping. Choose your lunch selection when you sign up.

Depart: 10:45am

Return: 5:00pm

THE SPINNERS & DIONNE WARWICK

Monday, September 29 **\$115/\$120**

Join us as we travel back to the 1960s to see a tribute concert to The Spinners and Dionne Warwick starring in "Then Came You". We will head north to The Grand Event Showroom in Long Beach for a delicious Italian lunch and then be entertained by two wonderful tribute bands. Hear great hits such as Rubberband Man, I'll Be Around, Games People Play, Do You Know the Way to San Jose, Walk on By and I say a Little Prayer.

Depart: 11:30am

Return: 5:30pm

EXTENDED TRIPS

Flyers available in the travel department

NEW YEAR'S ROSE PARADE

December 30, 2025 - January 1, 2026

\$999 (Double) \$1,199 (Single)

3 days, 2 nights, 2 breakfasts, 2 dinners, Deluxe motorcoach, professional tour guide, 2 nights at Double Tree, Huntington Library (art collection, botanical gardens), Rose Parade float barn where floats are built, New Year's Eve party, Rose Parade, Los Angeles Highlights tour, Santa Anita Race Track (behind the scenes tour). Contact Bobbi Loma to sign up for this trip 760-889-2687.

AFC

ICELAND EXPLORER

June 4 or Sep. 17 or Oct. 1 (7 days, 8 meals)

HIGHLIGHTS OF SCANDINAVIA

July 17 or August 14 (11 days, 14 meals)

MUSIC CITIES: NEW ORLEANS, MEMPHIS, & NASHVILLE

Oct 4 (8 days, 10 meals)

NORMANDY, PARIS & SEINE RIVER CRUISE

October 21 (9 days, 20 meals)

SUNNY TUCSON & THE OLD WEST

November 9 (6 days, 8 meals)

SANTA FE HOLIDAY

December 3 (5 days, 6 meals)

HISTORIC SAVANNAH & CHARLESTON HOLIDAY

December 10 (7 days, 9 meals)

PETER'S WAY TOURS

IMPERIAL EUROPE: GERMANY, AUSTRIA, & CZECH REPUBLIC

Sept. 22 (10 days, a Pilgrimage trip)

MAJESTIC ADVENTURES

CANADIAN ROCKIES ADVENTURE

August 17 (7 days, 9 meals)

NEW YEAR'S ROSE PARADE

December 29 (5 days, 6 meals)



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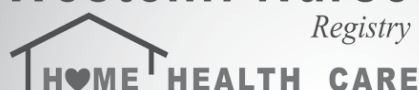
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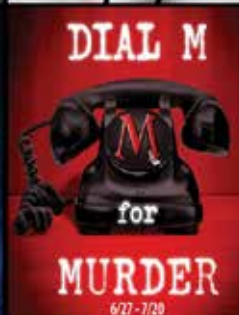
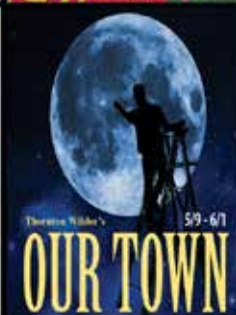
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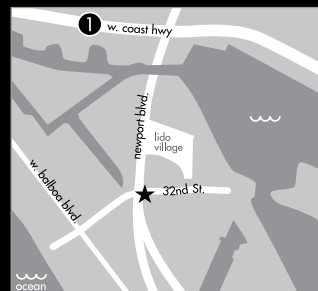
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REGISTRATION INFORMATION & POLICIES I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page. These policies are also included as part of your receipt.

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.

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