

# OASIS news

Older  
Adult  
Social &  
Information  
Services

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

OCTOBER 2025

VOL. 49 NO. 10

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boo!

boo!

boo!

*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

Email: [OASISCenter@newportbeachca.gov](mailto: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](http://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](http://friendsofoasis.org)

OASIS is closed on all City-observed holidays.

## STAFF DIRECTORY

### CITY OF NEWPORT BEACH STAFF:

|   |                        |
|---|------------------------|
| <b>City Manager:</b>                              | Grace Leung            |
| <b>Recreation &amp; Senior Services Director:</b> | Sean Levin             |
| <b>Deputy Director</b>                            | Justin Schmillen       |
| <b>Senior Services Manager:</b>                   | Melissa Gleason        |
| <b>Facility Maintenance:</b>                      | Chris Suarez           |
| <b>Health &amp; Wellness Supervisor:</b>          | Jena Zapien            |
| <b>Recreation Supervisor:</b>                     | Anne Doughty           |
| <b>Social Services Supervisor:</b>                | Susie DiGiovanna       |
| <b>Fitness Center Coordinator:</b>                | Savannah Bonifay       |
| <b>Recreation Coordinator:</b>                    | Stephanie Melero       |
| <b>Transportation Coordinator:</b>                | Elizabeth Arciniega    |
| <b>Department Assistant:</b>                      | Jessica Battoli-Caputo |
| <b>Office Assistant:</b>                          | Laura Williams         |
| <b>Care-A-Van Drivers:</b>                        | Blanca Olazo           |
|   | Jose Cardenas          |
|   | Raul Cano              |
|   | Araceli Gonzalez       |
|   | Michael Hastert        |

### FRIENDS OF OASIS STAFF:

Berenice Barajas  
Elsa Segato  
Ellen Spar

### MEALS ON WHEELS OC STAFF:

Terry Ivins  
Robert White

## NEWPORT BEACH CITY COUNCIL

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### Mayor Pro Tem

Lauren Kleiman

### Council Member

Michelle Barto

### Council Member

Noah Blom

### Council Member

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### Council Member

Sara Weber

### Council Member

Erik Weigand

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### Vice President of Civic Affairs:

Walt Howald

### Vice President of Development:

Kay Walker

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Jeff Upton

Paul Wehrlen

Abel Zeballos

Ed Romeo, President Emeritus

Melissa Gleason, Ex Officio

## OASIS NEWS STAFF

### Senior Editor:

Anne Doughty

### Co-Editor:

Jena Zapien

### Contributing Editors:

Scott Paulsen

### Advertising Coordinator:

Nanette Bowman

## CONNECT WITH US



@CITYOFNEWPORTBEACH



## Melissa Gleason

SENIOR SERVICES MANAGER



We are so happy with the new carpet throughout the building! It has brought such a fresh look to OASIS, and we hope everyone enjoys it as much as we do. We kindly ask that everyone do their part to help keep it looking beautiful for years to come. Please use cups with lids for drinks and enjoy food outside whenever possible. Your help means so much in keeping our center clean and welcoming!

We are busy this month! I'm sure you've heard, but just in case you haven't, don't forget to put the Friends of OASIS Rummage Sale on your calendar: Friday, October 3 and Saturday, October 4, from 9 a.m.–2 p.m. I find at least three treasures every year! This is such a fun way to shop, hunt for bargains, and support the Friends of OASIS, our wonderful non-profit partner that supports the center so generously.

This is also the time of year when we get a lot of questions about Medicare. Good news, there will be a presentation by HICAP (Health Insurance Counseling and Advocacy Program) to review upcoming changes that could impact you or your loved ones. Join us! (See page 4 for details.)

If you still need your flu shot, Hoag will host a free Flu Shot Clinic on Wednesday, October 22 (see page 4 for details).

And finally, just in case you didn't know, Halloween is on a Friday this year... so get your candy ready!

With gratitude,

*Melissa*



## Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Hi to all our valued Friends members. Noticing all the trees are once again turning colors in and around the OASIS Center. We waved "goodbye" to September and an eventful month that featured a "Roy Orbison" tribute concert that was again a sellout, along with the seventh annual "Cars and Coffee Car Show" that has (by the way) turned into one of the most prestigious car shows in Orange County. I would personally like to thank the attendees, and the Show Judges that gave of their time, and also congratulate the proud trophy winners in all the various show categories. I think everyone had a good time. For those that did not attend, we were blessed to have both past and current Newport Beach Mayors in attendance. Ed Selich and Joe Stapleton there with their own personal "hot rods" on full display, along with members of our local City Council as well!

Don't forget that we are again having our annual Friends of OASIS Boutique and Rummage Sale on Friday, October 3 and Saturday, October 4. Times are 9 a.m. to 2 p.m. both days with a \$5.00 entry fee on Friday only. Room 5 will again be for all the jewelry, while the Event Center will be "packed to the gills" with every conceivable thing you can imagine, and the outside quad holding the bigger items like the bikes, furniture and rugs. Don't miss it! This is a huge event for the Friends to pull off, and also a great event for the local community as well.

Always at your service,

*Mike*



## BOUTIQUE & RUMMAGE SALE



**SALE DATES:**

**9 a.m. - 2 p.m.**

**Friday, October 3**

(\$5.00 Entry Fee)

**Saturday, October 4**

(No Entry Fee)

OASIS Senior Center  
801 Narcissus Ave, CDM | 949-718-1800



## MEDICARE

### WHAT'S NEW FOR 2026

Join this presentation provided by HICAP+ (Health Insurance Counseling and Advocacy Program) to learn about upcoming changes to Medicare, and how those changes may impact you.

**Wednesday, October 15**

**10:00 a.m. - Room 1**



**SPONSORED BY:** Council on Aging

Southern California

Please call 949-644-3244 or email

OASISCenter@newportbeachca.gov to

RSVP for this free event!



## OASIS PLAYERS PERFORMANCE

The OASIS Players invite you to join them for a fun filled hour of theatrical entertainment. They will perform a variety of skits, songs, and theatrical readings.



**WEDNESDAY, OCTOBER 15**

**1:00-3:00PM | ROOM 2**

RSVP by calling 949-644-3244 or email

OASISCenter@newportbeachca.gov

OASIS Senior Center- 801 Narcissus Ave, Corona del Mar 92625



**Provided by:** HOAG Faith Community Nurses & Community Benefit

## FREE FLU SHOT CLINIC

*Let's protect yourself and your loved ones*

**Wednesday, October 22**  
**9:00-11:00a.m. | Room 1**

**Senior Doses AND Regular Flu Shots 'While Supply Lasts'**

**OASIS Senior Center**

801 Narcissus Ave. Corona del Mar

**RSVP Recommended**, call 949-644-3244 or email OASISCenter@newportbeachca.gov





HOAG FAITH COMMUNITY NURSING  
PRESENTS:



## LEGACY LETTERS

In this workshop, you will share thoughts, ideas and memories through writing about:

- Your Values
- Your Life's Work
- Precious Belongings
- Hero's, Angels & Mentors in your life

Creating a Legacy Letter can be a tremendous gift to yourself and your loved ones, sharing the most meaningful parts of your life story.

**Thursday, October 23**  
**10:00 a.m. Room 5**

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

## Art4Healing®

EXPRESS YOUR FEELINGS IN COLOR

Join us in a **free session** led by a certified professional and create expressive abstract art that supports emotional healing

**THEME:**  
**SPEAKING WITH COLOR**

**THURSDAY, OCTOBER 23**  
**1:00 p.m. - 3:00 p.m.**

**LIMITED TO 12 PARTICIPANTS**

**ADVANCE RSVP REQUIRED**

**CALL: 949-644-3244 (NO DROP-INS)**

Facilitator:  
**Beth Otterbein, RN**  
Hoag Faith Community Nursing



## Free Live Concert!



## Perfect Blend

Southern California's Acoustic Duo, playing songs from the soundtrack of our lives!

**Thursday, October 30**  
**1:00 p.m. Event Center A**

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

Sponsor By:  
**Alzheimer's**  
ORANGE COUNTY

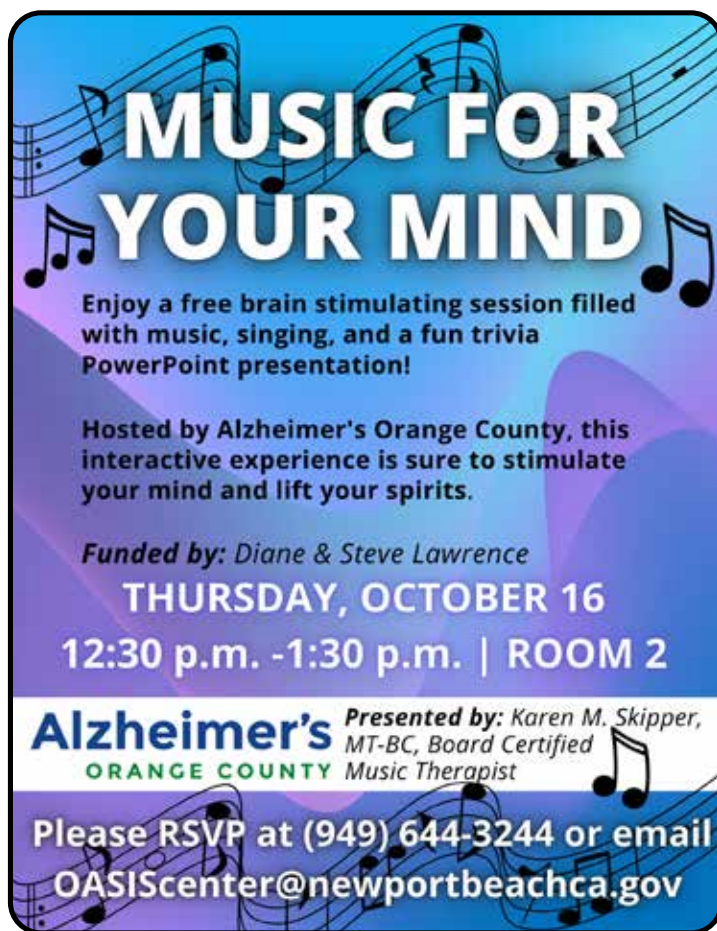
## From Memories to Memoir

**October 14 | 10a.m.**  
**Room 5**

Do you have a story to share but are unsure where to begin? Perhaps you've started writing but feel uncertain about your next steps. As the number of people aged 65 and over continues to rise, so does the desire to preserve meaningful life moments through storytelling. Whether your aim is to create a memoir, autobiography, or a series of short stories/vignettes for your family, grandchildren, or even as the foundation for a book, it starts on the page. Join Marla Miller—author, editor, and writing workshop leader—for this engaging talk. Learn how to take the first steps in chronicling your memories and discover how writing can transform your story into a legacy

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





## MUSIC FOR YOUR MIND

Enjoy a free brain stimulating session filled with music, singing, and a fun trivia PowerPoint presentation!

Hosted by Alzheimer's Orange County, this interactive experience is sure to stimulate your mind and lift your spirits.

*Funded by: Diane & Steve Lawrence*

**THURSDAY, OCTOBER 16**  
12:30 p.m. - 1:30 p.m. | ROOM 2

**Alzheimer's** *Presented by: Karen M. Skipper, MT-BC, Board Certified Music Therapist*  
**ORANGE COUNTY**

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



## VETERANS SOCIAL GROUP

★★★★★

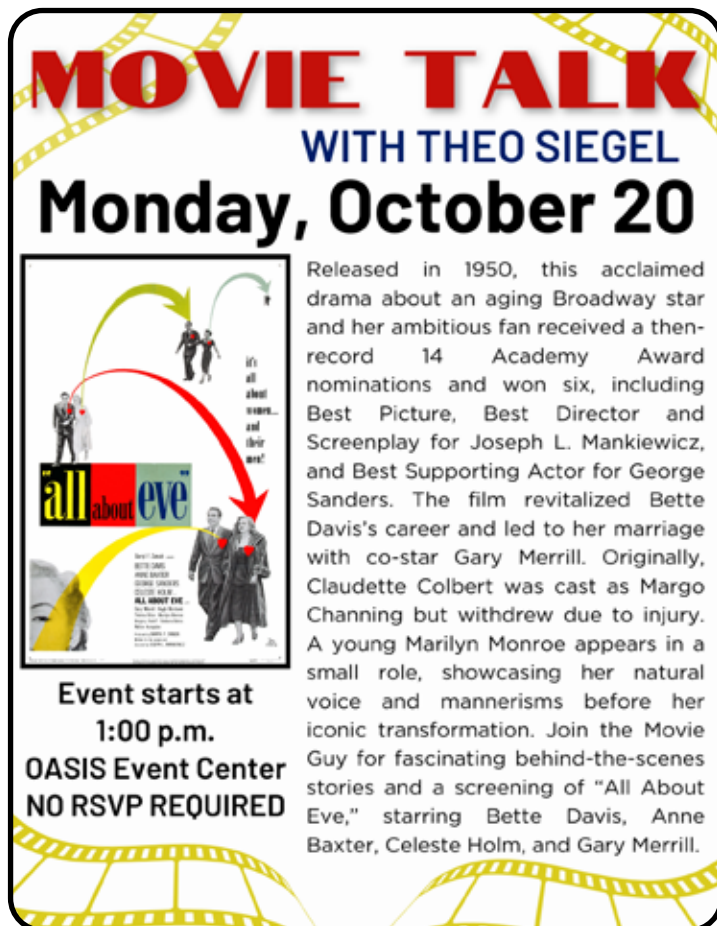
MEETING INCLUDES LUNCH  
SPONSORED BY: THE PIZZA BAKERY

**TUESDAY, OCTOBER 21**  
11:30 a.m. | OASIS Event Center A

**SPEAKER: JIM GRIMM**

**TOPIC:**  
THE HELICOPTER WAR


★ RSVP not required ★



## MOVIE TALK

WITH THEO SIEGEL

### Monday, October 20



Released in 1950, this acclaimed drama about an aging Broadway star and her ambitious fan received a then-record 14 Academy Award nominations and won six, including Best Picture, Best Director and Screenplay for Joseph L. Mankiewicz, and Best Supporting Actor for George Sanders. The film revitalized Bette Davis's career and led to her marriage with co-star Gary Merrill. Originally, Claudette Colbert was cast as Margo Channing but withdrew due to injury. A young Marilyn Monroe appears in a small role, showcasing her natural voice and mannerisms before her iconic transformation. Join the Movie Guy for fascinating behind-the-scenes stories and a screening of "All About Eve," starring Bette Davis, Anne Baxter, Celeste Holm, and Gary Merrill.

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



## TRAVEL SHOWS WITH NINO

PAPUA NEW GUINEA, MALAYSIA- BRUNEI,  
INDONESIA WITH BALI AND SINGAPORE

Presented by Nino Mohan,  
Travel Expert

### Tuesday, October 28

### 10:00 a.m. | Room 1

In Papua New Guinea discover unique diverse cultures, incredible variety of people with painted faces, masks and decorations, stunning countryside, vivid festivals, delectable dishes, plantation tours, incredible bird life and hidden secrets found far off the beaten track. Travel to Malaysia, see its vibrant capital Kuala Lumpur, walk in one of the largest caves in the world- the Batu Caves. See the Cameroon highlands and Borneo to visit long house minorities, the Orangutan sanctuary and see one of the richest countries in the world- Brunei. Indonesia is perhaps bigger in size than United States with its thousands of islands scattered in the vast ocean. Visit the world's largest Buddhist temple of Borobudur. Experience Bali known for its forested volcanic mountains, iconic rice paddies, lovely beaches, and coral reefs.



# Medicare Part D & Advantage Plans

## Counseling Provided by HICAP

Health Insurance Counseling and  
Advocacy Program, a State and  
Federally mandated Medicare resource

### 2025 Appointment Dates

- Tuesday, Oct. 21
- Tuesday, Oct. 28
- Tuesday, Nov. 4

We will begin scheduling appointments  
on October 1<sup>st</sup> Call: 949-644-3244



**Council on Aging**  
Southern California



# The Good Grief Group



**1st, 3rd (& 5th)  
Wednesday  
9:00 a.m. | OASIS Room 4**

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



CareCHOICES<sup>™</sup>  
Hospice and Palliative Services, Inc.

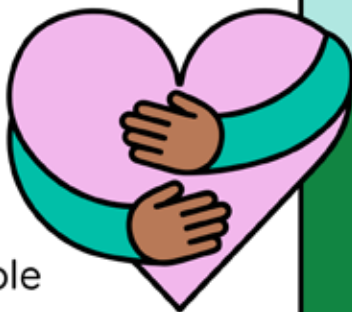
**RSVP not required**

# 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**   
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**

## HAPPY HALLOWEEN

OASIS is offering two shopping trips this month for transportation clients:

### HOME GOODS:

THURSDAY, OCTOBER 9

### TARGET:

THURSDAY, OCTOBER 23



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**.

**MEALS  
ON WHEELS  
ORANGE COUNTY**

JOIN US AT THE  
*Lunch Cafe!*

Hot Lunch is Served  
Monday-Friday 12:00-12:30 PM

No reservations required!



To view the menu, scan the QR code or visit:  
[www.mealsonwheelsoc.org/lunch-cafe/](http://www.mealsonwheelsoc.org/lunch-cafe/)

## Refund Policy

- **Program Cancellation:** A full refund will be granted if program is cancelled by Recreation & Senior Services Department.
- **Participant Refund Request:** Unless other wise noted, no refunds after the commencement of the second class. Refunds for workshops and one or two day classes will be granted if requested five business days before the class begins. Refunds are assessed per person per activity, not per transaction. There is a non-refundable \$5 administrative fee per class.
- **Refund Fee:**
  - \$10 for program \$74 and under (before program begins).
  - \$20 for program \$75 and up (before program begins).
  - If request is made before the second day of program a refund fee equivalent to a single day will be charged unless otherwise noted.
  - NO REFUNDS after commencement of second day of program.
- **Check/Cash:** Processed within 3-4 weeks by mailed check.
- **Credit Card:** Processed within 3-5 days to the card used at time of payment.
- Refund Policy is also noted on registration form



## ENRICHMENT

### A DIFFERENT KIND OF BOOK GROUP

**Ellen Huberman** [ehuberman@me.com](mailto: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: A favorite book**

OASIS Room 5

RSVP Not Required 3rd Wednesday 10:30am-Noon Free

### CHRONICLING LIFE MEMORIES

**Marla Miller** [www.Marlamiller.com](http://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. **No class 10/28, 11/11**

OASIS Room 5

SS4001 10/21-11/18 Tu 10am-12:30pm \$100/3

### NEW! SNAPSHOTS: FAMILY PHOTOS INSPIRED WRITING WORKSHOP

**Marla Miller**

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

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

SS4002 9/16-10/21 Tu 1:30-3:30pm \$175/6

### THE MANY ROADS OF 21ST CENTURY PUBLISHING

**Marla Miller**

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

Publishing has radically shifted. While traditional publishing used to be a writer's only option, the advent of the internet changed this journey. A one day workshop, Many Roads in 21st Century Publishing will deliver a thorough overview of today's publishing options and offer recommendations about which one may be right for you and your work. We will cover: Traditional, Self-publishing, Indie Publishing, Small press publishers, Hybrid publishers and Author website publishing. Marla Miller has traveled down all these publishing roads, from Simon & Schuster to website publishing. She will walk participants down each road and also include 'how to find a literary agent' for those interested. **JOIN US!**

OASIS Room 4

|        |       |   |            |        |
|--------|-------|---|------------|--------|
| SS4004 | 10/8  | W | 1:30-3pm   | \$50/1 |
| SS4005 | 11/12 | W | 10-11:30am | \$50/1 |

### CREATIVE WRITING JUMPSTART

**Dorothy Spirus**

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

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

Online

Returns in Winter Tu 7-9pm \$89/1

### CREATIVE WRITING

**Dorothy Spirus**

[YourProfessorD@gmail.com](mailto: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

SS4011 9/25-10/30 Th 7:30-9pm \$215/6



## 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 Room 2

RSVP Not Required Ongoing 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, 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 10/22 & 10/23 W/Th 1-5pm \$20/\$25

## ENGLISH AND EUROPEAN LITERATURE

**Darielle Wilson**

**949-675-5182**

**Don Quijote de la Mancha by Miguel de Cervantes. Prose fiction.** Sail the vast seas of English and European literature, both modern and traditional. Revisit Miguel de Cervantes, the man who invented fiction, in the Ormsby translation of Don Quijote 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. Class is ongoing; please contact instructor for updated information.

**No class 11/28**

OASIS Room 1B

SS4015 9/12-12/19 F 10am-Noon \$125/14



## 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 12:45-3pm 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 10/14 & 10/28 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: Rich Amaral – Eleven year MLB utility player who played with the Seattle Mariners (1991-1998), and Baltimore Orioles (1999-2000). He batted and threw right-handed. He has been a scout with the Orioles since the middle of the 2018 season.**

OASIS Event Center

RSVP Not Required 10/21 Tu 3-4:30pm Free



## TRAVEL SHOWS WITH NINO

**Nino Mohan**

**nino@virtualtraveltalks.com**

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

OASIS Room 1

RSVP Not Required 4th Tu 10am-Noon Free

## WRITING ROUNDTABLE

**Jos Vloet**

**vloetjozef@gmail.com**

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

OASIS Room 5

RSVP Required W 1-3pm Free

## 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

|        |            |   |        |         |
|--------|------------|---|--------|---------|
| SS4050 | 9/17-10/22 | W | 9-11am | \$162/6 |
| SS4051 | 11/5-12/10 | W | 9-11am | \$162/6 |

### 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.

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

OASIS Art Center

|        |            |   |          |         |
|--------|------------|---|----------|---------|
| SS4055 | 9/22-10/20 | M | 9am-Noon | \$125/5 |
| SS4056 | 11/3-12/8  | M | 9am-Noon | \$150/6 |

### 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. Limited Potters wheels are available. Please bring your own hand tools.

- **Additional fee:** \$20 (material)
- **Optional clay purchase:** Aprox \$20/bag (Cone 5 B-mix)

OASIS Art Center

|        |           |   |          |          |
|--------|-----------|---|----------|----------|
| SS4060 | 9/3-12/17 | W | 9am-Noon | \$352/16 |
|--------|-----------|---|----------|----------|

### OIL PAINTING- INTERMEDIATE

**Jim Ellsberry** [jim@jimEllsberry.com](mailto:jim@jimEllsberry.com) **310-218-2658**

This class focuses on color mixing for painters. From a limited color palette of primary and secondary colors, we learn to mix and adjust "hue, value, and chroma (intensity)" to achieve depth and atmosphere in our work. Projects include Still Life, Portrait, and Landscape subjects. We also 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. Some previous painting experience is preferred.

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

OASIS Art Center

|        |                      |   |          |         |
|--------|----------------------|---|----------|---------|
| SS4075 | 9/8-10/6             | M | 1-3:30pm | \$260/5 |
| SS4076 | 10/20-11/17          | M | 1-3:30pm | \$260/5 |
| DRP415 | Drop-In (No Refunds) |   |          | \$55/1  |

### OIL & WATERCOLOR - BEG./INTER.

**Bobbi Boyd**

**949-544-9383**

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. **No class 11/26**

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

OASIS Art Center4

|        |                      |   |       |         |
|--------|----------------------|---|-------|---------|
| SS4071 | 10/1-10/29           | W | 1-4pm | \$250/5 |
| SS4072 | 11/5-11/19           | W | 1-4pm | \$150/3 |
| SS4073 | 12/3-12/17           | W | 1-4pm | \$150/3 |
| DRP410 | Drop-In (No Refunds) |   |       | \$50/1  |

### WOODCARVERS AND CRAFTERS WORKSHOP

**Pat Livingston**

[OASISWoodcarving@gmail.com](mailto: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

## 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 Guy de Maupassant, featuring Bel-Ami, a portrait of the early years of La Belle Époque. Students' reading in class and at home will be reinforced by classroom discussion as well as by short essays and answers to questions. A maximum of 17 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

|        |           |   |           |          |
|--------|-----------|---|-----------|----------|
| SS4229 | 9/3-12/17 | W | 10am-Noon | \$130/16 |
|--------|-----------|---|-----------|----------|

### FRENCH-INTERMEDIATE

**Leo Vortouni**

[leosailor21@gmail.com](mailto: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](mailto: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    2-3:30pm    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 stories in German and learning the vocabulary and grammar in them. Students will have the opportunity to speak, listen to, and write German during weekly discussions. German Made Simple by Arnold Leitner (2006), which can be purchased online, is the required text for class. **No class 10/2, 10/9, 10/16**

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

OASIS Room 4

9/4/25-5/28/26      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. **No class 11/11, 11/26**

OASIS Room 5

*Beginning French 1 (\$20 book)*

SS4200    9/8-10/27    M      10-11am      \$225/8

*Beginning French 2 (\$20 book)*

SS4205    9/8-10/27    M      11am-Noon      \$225/8

OASIS Room 1B

*Beginning Italian 1 (\$20 book)*

SS4210    9/8-10/1    M/W      5-6pm      \$225/8

SS4211    10/6-10/29    M/W      5-6pm      \$225/8

SS4212    11/10-12/8    M/W      5-6pm      \$225/8

*Beginning Italian 2 (\$20 book)*

SS4215    9/8-10/1    M/W      6-7pm      \$225/8

SS4216    10/6-10/29    M/W      6-7pm      \$225/8

SS4217    11/10-12/8    M/W      6-7pm      \$225/8

OASIS Room 4

*Beginning Spanish 1 (\$40 book)*

SS4220    9/2-10/28    Tu      Noon-1pm      \$225/8

SS4222    11/4-12/16    Tu      Noon-1pm      \$205/6

OASIS Room 1A

SS4221    9/15-11/3    M      5-6pm      \$225/8

OASIS Room 4

*Beginning Spanish 2 (\$40 book)*

SS4227    11/4-12/16    Tu      1-2pm      \$205/6

OASIS Room 1A

SS4226    9/15-11/3    M      6-7pm      \$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.

DRP400

\$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

SS4301    10/22    W    10:30am-12:30pm      \$44/1

SS4302    12/15    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 basics 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

SS4316    11/4    Tu      1-3pm      \$44/1

## 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

SS4335 10/7 & 10/14 Tu 9:45-10:45am \$40/2

## 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

SS4330 11/4 Tu 10am-Noon \$40/1

## 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

SS4306 11/6 Th 1-3pm \$44/1

SS4307 12/3 W 10:30am-12:30pm \$44/1

## INTRO TO FACEBOOK & SOCIAL MEDIA

**Barbara Yin Milbert**

**pacpal33@yahoo.com**

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. In addition, we will touch upon the other social media sites: X, Snapchat, Instagram and Pinterest.

- **Prerequisite:** Computer Basics or equivalent

OASIS Computer Lab

SS4332 10/7 & 10/14 Tu 11am-Noon \$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 skills

OASIS Computer Lab

SS4321 10/15 W 10:30am-12:30pm \$44/1

SS4322 12/16 Tu 10:30am-12:30pm \$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

SS4310 10/6 M 10:30am-12:30pm \$44/1

SS4311 12/11 Th 1-3pm \$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 SpO<sub>2</sub>, and Heart rate. 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 12 installed and an iPhone with IOS 19 installed

OASIS Room 2A

SS4326 10/30 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 19 installed. Some familiarity with iPhone basic functions such as Mail, Messages, Notes, Calendar, and Contacts

OASIS Room 2A

SS4327 11/6 Th 10am-Noon \$25/1



## IPHONE MUST USEFUL SECRETS

**Jake Jacobs**    [jakeair.weebly.com](mailto:jakeair.weebly.com)    [jakeair99@cox.net](mailto:jakeair99@cox.net)  
Insight into the latest iOS 19 features 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. **No class 11/27**

- **Requirements:** This in-person class is for users who have an iPhone with iOS 19 installed.
- **Notice:** Students can print out the 20 page handbook at home and bring it with them (or \$15 Material fee payable to the instructor the day of class by cash; please notify the instructor at [jakeair@cox.net](mailto:jakeair@cox.net) if you want a copy of the \$15 handbook printed for you).

OASIS Room 2A

SS4328 11/13-12/11 Th 10am-Noon \$60/4

## CARDS & GAMES

### AMERICAN MAH JONGG CLASSES

**Frank Delgado**    [frankdel949@yahoo.com](mailto:frankdel949@yahoo.com)  
**Beginners 101:** Mah Jongg is a game of luck, skill & strategy. Join us for fun, laughter & new friends. Classes will include handouts & time for gameplay.

OASIS Room 3

SS4120 9/11-10/16 Th 9-11am \$160/6

**Supervised Play:** Take everything you learned in American Mah Jongg for Beginners 101 and continue trying new hands on the Mah Jongg Card. Instructor will provide oversight and suggestions while you play in groups of four. **No class 11/27**

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

OASIS Room 3

SS4121 10/23-12/4 Th 9-11am \$160/6

### BEGINNING BRIDGE 1: A STEP-BY-STEP INTRODUCTION

**Rose Reynolds, ACBL Life Master**    [pareynolds@aol.com](mailto: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. **No class 11/11**

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

OASIS Room 3

SS4110 9/23-11/18 Tu 4-5:30pm \$192/8

## NEXT STEPS IN BRIDGE

**Rose Reynolds, ACBL Life Master**    [pareynolds@aol.com](mailto:pareynolds@aol.com)  
This class will introduce basic tools to compete for the contract. Learn how to apply weak two bids, preemptive 3 and 4 bids, overcalling, cue bid limit raise, the classic takeout X and the penalty X. At the end of this series, you and your partner will be preventing the opponents from easily reaching their best contract and helping you and partner to get to your own contract.

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

OASIS Room 3

SS4111 9/22-11/3 M 4-5:30pm \$161/7

### BRIDGE: SUPERVISED PLAY PRACTICE

**Rose Reynolds, ACBL Life Master**    [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Enjoy a 15-minute review lesson and then shuffle, deal and play under the guidance of an experienced instructor. Students will have the opportunity to ask questions in real time as they arise in regard to bidding, leads and play of the hand. No partner necessary.

OASIS Room 3

SS4112 10/27-11/17 M 9:30-11:00am \$66/4



### BRIDGE-MASTERING POPULAR BIDDING CONVENTIONS

**Rose Reynolds, ACBL Life Master**    [pareynolds@aol.com](mailto:pareynolds@aol.com)  
Stayman, Jacoby Transfers, and the Strong Two Club Opener. Enhance your bridge bidding skills by mastering key conventions that will elevate your game. In this class, we'll cover the Stayman convention for discovering 4-card majors after a 1NT opening, Jacoby Transfers to find an 8-card major fit, and the Strong Two Club Opener, signaling a strong hand right from the start. Using the cards-on-the-table method, students will engage in hands-on learning, practicing these conventions in real-time play. **No class 11/11**

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

OASIS Room 3

SS4113 10/7 -11/18 Tu 2-3:30pm \$144/6

### BRIDGE-INTRODUCTION TO DUPLICATE BRIDGE

**Rose Reynolds, ACBL Life Master**    [pareynolds@aol.com](mailto:pareynolds@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. No partner necessary.

- **Requirements:** Beginning bridge experience

OASIS Room 3

SS4114 9/22-10/20 M 9:30-11:00am \$110/5

## BRIDGE-TWO OVER ONE

**Rose Reynolds, ACBL Life Master** [pareynolds@aol.com](mailto:pareynolds@aol.com)

The students will learn how a small modification in bidding can make it easier for the partnership to get to the best game contract or a slam contract. Students will learn the 1NT forcing response bid as a way to improve the partnership results, even on part score hands.

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

OASIS Room 3

SS4115 9/16-9/30 Tu 2-3:30pm \$75/3



## BRIDGE BASICS 1

**Jane Dober ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)

Opening bids on the 1 level. Introduction to Modern Bridge: This Game lasts a lifetime it's the perfect way to spend your morning. Meet interesting people; make new friendships. Each class includes: Lesson Handouts, Duplicate hands to play. Welcome all new players & players who want to modernize their bridge game.

OASIS Room 3

SS4100 9/9-10/14 Tu 9-11am \$180/6

## BRIDGE BASICS 2

**Jane Dober ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)

Opening Hands on the 2,3,4 level. Competitive bidding by overcalling, and preempting. Review of Rebids- perfect for all bridge players working to improve their basic bidding knowledge. Lesson Handouts and pre-dealt boards to reinforce each lesson. No class 11/11, 11/18

OASIS Room 3

SS4101 10/21- 12/9 Tu 9-11am \$180/6

## BRIDGE: DECLARER PLAY 1

**Jane Dober ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)

Declarer Play of Hand in a No Trump Contract. Finesses, Setting up the Long Suit, Entries, Promotion.

Open to all players at all levels. All classes include lesson handouts and pre-dealt 8-12 duplicate boards to play that reinforce the lesson.

OASIS Room 3

SS4102 9/9- 10/14 Tu 11:30am-1:30pm \$180/6



## BRIDGE: DECLARER PLAY 2

**Jane Dober ACBL Gold Life Master** [Janedober@gmail.com](mailto:Janedober@gmail.com)

Declarer Play of Hand in a Suit Contract. Pull Trump, Delay Pulling Trump, Ruffing in Dummy, Throwing a loser 1st, the Cross ruff. All classes include lesson handouts and predealt 8-12 duplicate boards to play that reinforce the lesson. No class 11/11, 11/18

OASIS Room 3

SS4103 10/21-12/9 Tu 11:30am-1:30pm \$180/6

## 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

**Michael Mahoney** [michael.k.mahoney@gmail.com](mailto:michael.k.mahoney@gmail.com)

**Taras Young** **949-533-5179**

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](mailto: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 10/3, 10/29, 10/31, 11/28**

### OASIS Dance Room

|        |           |       |            |          |
|--------|-----------|-------|------------|----------|
| SS4500 | 9/8-12/15 | M     | 10:15-11am | \$297/15 |
| SS4501 | 9/3-12/17 | W     | 10:15-11am | \$297/15 |
| SS4502 | 9/5-12/19 | F     | 10:15-11am | \$258/13 |
| SS4503 | 9/3-12/19 | M/W/F | 10:15-11am | \$728/43 |



## NEW! BATTLEFIT BOXING

**KC Currin** [kcbattlefit@gmail.com](mailto:kcbattlefit@gmail.com)  
**New!** Whether you are a seasoned martial artist or a beginner, BattleFit Kickboxing offers tools and support you need to achieve your fitness goals. In this class you will learn techniques to improve your balance, coordination, flexibility, and self-defense skills.

- **Please bring:** a towel and water.
- **Required:** kick boxing gloves. Please purchase these on your own, can be found at most sporting goods stores.

### OASIS Dance Room

|        |                      |     |             |          |
|--------|----------------------|-----|-------------|----------|
| SS4504 | 9/3-10/8             | M/W | 2:30-3:30pm | \$220/11 |
| SS4700 | 9/3-10/8             | M/W | 5-6pm       | \$220-11 |
| SS4505 | 10/13-11/19          | M/W | 2:30-3:30pm | \$240/12 |
| SS4701 | 10/13-11/19          | M/W | 5-6pm       | \$240/12 |
| DRP460 | Drop-In (No Refunds) |     |             | \$25/1   |

## COASTLINE COLLEGE ADAPTED FITNESS

**Judy Aprile** [japrile@coastline.edu](mailto:japrile@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). **No class 10/6, 10/8, 10/13, 11/19**

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

### OASIS Event Center

|         |           |   |                 |      |
|---------|-----------|---|-----------------|------|
| Ongoing | 8/25-12/8 | M | 11:30am-12:30pm | Free |
|---------|-----------|---|-----------------|------|

## BRAINWAVE BOXING

**Sara Gutierrez** [sararez@betterlifeboxing.com](mailto: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!

- **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

|        |            |   |       |         |
|--------|------------|---|-------|---------|
| SS4507 | 10/6-10/27 | M | 1-2pm | \$101/4 |
| SS4508 | 11/3-11/24 | M | 1-2pm | \$101/4 |
| SS4509 | 12/1-12/15 | M | 1-2pm | \$75/3  |

### OASIS Room 1

|        |            |    |             |         |
|--------|------------|----|-------------|---------|
| SS4511 | 10/2-10/30 | Th | 3:30-4:30pm | \$125/5 |
| SS4512 | 11/6-11/20 | Th | 3:30-4:30pm | \$75/3  |
| SS4513 | 12/4-12/18 | Th | 3:30-4:30pm | \$75/3  |

|        |                      |  |  |        |
|--------|----------------------|--|--|--------|
| DRP461 | Drop-In (No Refunds) |  |  | \$20/1 |
|--------|----------------------|--|--|--------|

## CHAIR EXERCISE

**Judy Aprile** [jijaprile@gmail.com](mailto:jijaprile@gmail.com)

Build upper and lower body strength, increase flexibility, improve posture alignment and coordination. All exercises are performed seated. **No class 10/6, 10/8, 10/13, 11/19**

### OASIS Event Center

|        |            |     |            |        |
|--------|------------|-----|------------|--------|
| SS4515 | 10/1-10/29 | M/W | 10:05-11am | \$44/6 |
| SS4516 | 11/3-11/26 | M/W | 10:05-11am | \$51/7 |
| SS4517 | 12/1-12/10 | M/W | 10:05-11am | \$31/4 |

## GOLF GROUP

**Greg Nelson** [gregbnelson@me.com](mailto: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](mailto:gregbnelson@me.com) for available openings.

RSVP Required Ongoing M/W/F approx. 9am

## HEAD TO TOE FITNESS

**Keith Glassman** [keith.glassman@gmail.com](mailto: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. **No class 10/2, 11/11, 11/27**

- **Please bring:** a mat, hand weights (Tuesdays) and resistance bands (Thursdays).

### OASIS Event Center

|        |             |       |       |        |
|--------|-------------|-------|-------|--------|
| SS4520 | 9/30-10/23  | Tu/Th | 8-9am | \$58/7 |
| SS4521 | 10/28-11/20 | Tu/Th | 8-9am | \$58/7 |
| SS4522 | 11/25-12/18 | Tu/Th | 8-9am | \$58/7 |

|        |                      |  |  |        |
|--------|----------------------|--|--|--------|
| DRP463 | Drop-In (No Refunds) |  |  | \$12/1 |
|--------|----------------------|--|--|--------|

## IYENGAR YOGA

**Carolyn Matsuda** [cmats84@msn.com](mailto: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 11/24, 11/27**

- **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

|        |                      |      |            |          |
|--------|----------------------|------|------------|----------|
| SS4523 | 9/8-10/6             | M    | 10-11:15am | \$105/5  |
| SS4524 | 9/11-10/9            | Th   | 10-11:15am | \$105/5  |
| SS4525 | 9/8-10/9             | M/Th | 10-11:15am | \$195/10 |
| SS4526 | 10/13-11/10          | M    | 10-11:15am | \$105/5  |
| SS4527 | 10/16-11/13          | Th   | 10-11:15am | \$105/5  |
| SS4528 | 10/13-11/13          | M/Th | 10-11:15am | \$195/10 |
| SS4529 | 11/17-12/15          | M    | 10-11:15am | \$85/4   |
| SS4530 | 11/20-12/18          | Th   | 10-11:15am | \$85/4   |
| SS4531 | 11/17-12/18          | M/Th | 10-11:15am | \$165/8  |
| DRP465 | Drop-In (No Refunds) |      |            | \$25/1   |

## MELT HAND & FOOT- FOR BALANCE & STABILITY

**Niki Parker** [NikiParker@aol.com](mailto:NikiParker@aol.com) **949-923-1622**  
Learn how to ease pain & stiffness in your body, using soft MELT balls. Feel more stable when you walk. Ideal for those with arthritis, carpal tunnel, neuropathy, plantar fasciitis, or joint issues. Easy, effective, and suitable for all, done sitting in chair, no experience needed! MELT tools provided and available for purchase.

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

### OASIS Room 1

|        |               |   |       |        |
|--------|---------------|---|-------|--------|
| SS4533 | 10/13 & 10/27 | M | 2-3pm | \$20/2 |
| SS4534 | 11/3 & 11/17  | M | 2-3pm | \$20/2 |
| SS4535 | 12/1 & 12/15  | M | 2-3pm | \$20/2 |

## MELT METHOD: SELF CARE TECHNIQUE

**Niki Parker** [NikiParker@aol.com](mailto: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. No class 11/11**

- **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

|        |                      |    |       |         |
|--------|----------------------|----|-------|---------|
| SS4536 | 9/2-10/28            | Tu | 2-3pm | \$194/9 |
| SS4537 | 11/4-12/16           | Tu | 2-3pm | \$131/6 |
| DRP466 | Drop-In (No Refunds) |    |       | \$30/1  |

## PHYSICAL TRAINING

**Judy Aprile** [jijaprile@gmail.com](mailto:jijaprile@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 10/3, 10/6, 10/8, 10/10, 10/13, 11/7, 11/19, 12/5**

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

### OASIS Event Center

|        |            |       |             |        |
|--------|------------|-------|-------------|--------|
| SS4539 | 10/1-10/31 | M/W/F | 7:45-8:35am | \$64/9 |
| SS4540 | 11/3-11/26 | M/W/F | 7:45-8:35am | \$64/9 |
| SS4541 | 12/1-12/12 | M/W/F | 7:45-8:35am | \$38/5 |
| SS4544 | 10/1-10/31 | M/W/F | 8:45-9:35am | \$64/9 |
| SS4545 | 11/3-11/26 | M/W/F | 8:45-9:35am | \$64/9 |
| SS4546 | 12/1-12/12 | M/W/F | 8:45-9:35am | \$38/5 |

## 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. **No class 11/11**

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

### OASIS Dance Room

|        |                      |    |             |         |
|--------|----------------------|----|-------------|---------|
| SS4548 | 9/2-10/14            | Tu | 8:45-9:45am | \$119/7 |
| SS4549 | 10/21-12/9           | Tu | 8:45-9:45am | \$119/7 |
| DRP467 | Drop-In (No Refunds) |    |             | \$23/1  |

## PILATES FOR BONE STRENGTH & BALANCE

**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. **No class 11/11**

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

### OASIS Dance Room

|        |                      |    |         |         |
|--------|----------------------|----|---------|---------|
| SS4550 | 9/2-10/14            | Tu | 10-11am | \$119/7 |
| SS4551 | 10/21-12/9           | Tu | 10-11am | \$119/7 |
| DRP467 | Drop-In (No Refunds) |    |         | \$23/1  |







### PILATES TRIO: BONES, BALANCE & FLEXIBILITY

**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 11/27**

- **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

|        |                      |    |             |         |
|--------|----------------------|----|-------------|---------|
| SS4552 | 9/4-10/16            | Th | 7:45-8:45am | \$119/7 |
| SS4553 | 10/23-12/11          | Th | 7:45-8:45am | \$119/7 |
| DRP467 | Drop-In (No Refunds) |    |             | \$23/1  |

### SOULFLEX

**Stephanie von Meeteren** [www.MySoulSpark.com](http://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! **No class 11/26, 11/28**

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

#### OASIS Dance Room

|        |                      |     |              |          |
|--------|----------------------|-----|--------------|----------|
| SS4555 | 9/12-12/19           | F   | 2-3pm        | \$285/14 |
| SS4556 | 9/17-12/17           | W   | 12:30-1:30pm | \$265/13 |
| SS4557 | 9/12-12/19           | W/F | above times  | \$545/28 |
| DRP464 | Drop-In (No Refunds) |     |              | \$25/1   |

### NEW! SOULSPARK - PAIN RELIEF WORKSHOP

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
**NEW!** Learn how to reduce the pain response and how to feel better through scientifically proven natural methods. Discussion, Q&A, gentle movement and breathwork. No prior experience is necessary, modifications offered, for all levels.

#### OASIS Room 4

|        |      |    |       |        |
|--------|------|----|-------|--------|
| SS4900 | 10/7 | Tu | 3-4pm | \$25/1 |
|--------|------|----|-------|--------|

### SOULSPARK - HATHA YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
Awaken your potential with accessible Hatha yoga focused on mindful movement and breath. Prioritizing function over form, this all-levels class ends with meditation. No experience needed, modifications provided. Led by an Internationally Certified Yoga Therapist. **No class 11/24, 11/26, 11/27**

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

#### OASIS Dance Room

|                            |            |      |                 |          |
|----------------------------|------------|------|-----------------|----------|
| SS4560                     | 9/15-12/15 | M    | 11:30am-12:30pm | \$265/13 |
| SS4562                     | 9/11-12/18 | Th   | 10:30-11:30am   | \$285/14 |
| SS4563                     | 9/15-12/18 | M/Th | above times     | \$545/27 |
| Live Online Class via Zoom |            |      |                 |          |

|        |                      |   |       |         |
|--------|----------------------|---|-------|---------|
| SS4613 | 10/1-10/29           | W | 8-9am | \$105/4 |
| SS4614 | 11/5-11/19           | W | 8-9am | \$65/3  |
| SS4615 | 12/3-12/17           | W | 8-9am | \$65/3  |
| DRP464 | Drop-In (No Refunds) |   |       | \$25/1  |

### SOULSPARK - RESTORATIVE YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
Ease into evening with gentle yoga, breathwork, and meditation to relieve pain, improve sleep, and reduce stress. Classes focus on mindful movement and breath to foster body-mind connection. No experience needed-modifications are available for all levels. Each session ends with meditation. Led by a Certified Yoga Therapist. **No class 11/11, 11/25**

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

#### OASIS Dance Room

|        |                      |    |             |          |
|--------|----------------------|----|-------------|----------|
| SS4567 | 9/16-12/16           | Tu | 4:30-5:30pm | \$245/12 |
| DRP464 | Drop-In (No Refunds) |    |             | \$25/1   |

### NEW! SOULSPARK- YOGA PHILOSOPHY GROUP

**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 |
|-------------------|--------------|--------------|------|



### SOULSPARK - YIN YOGA

**Stephanie von Meeteren** [www.MySoulSpark.com](http://www.MySoulSpark.com)  
**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. **No class 11/26**

#### OASIS Dance Room

|        |                      |   |             |          |
|--------|----------------------|---|-------------|----------|
| SS4569 | 9/17-12/17           | W | 3:45-4:45pm | \$265/13 |
| DRP464 | Drop-In (No Refunds) |   |             | \$25/1   |

## SOUND BATH & MEDITATION

**Stephanie von Meeteren**

[www.MySoulSpark.com](http://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

|        |       |    |             |        |
|--------|-------|----|-------------|--------|
| SS4573 | 10/2  | Th | 5:30-6:30pm | \$25/1 |
| SS4574 | 10/30 | Th | 5:30-6:30pm | \$25/1 |
| SS4575 | 12/4  | Th | 4:30-5:30pm | \$25/1 |

## TABLE TENNIS

Friendly open play, rules and instruction not provided, please bring your own paddle. **No class 10/2, 11/27**

### OASIS Event Center BC

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



## TAI CHI QIGONG

**Diana Wong**

[dianawong2001@yahoo.com](mailto: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. **No class 10/2, 11/11, 11/25, 11/27**

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

### OASIS Event Center

|        |                      |       |              |          |
|--------|----------------------|-------|--------------|----------|
| SS4577 | 9/2-12/16            | Tu    | 9:30-10:30am | \$235/14 |
| SS4578 | 9/4-12/18            | Th    | 9:30-10:30am | \$235/14 |
| SS4579 | 9/2-12/18            | Tu/Th | 9:30-10:30am | \$325/28 |
| SS4580 | 10/7-12/16           | Tu    | 9:30-10:30am | \$152/9  |
| SS4581 | 10/9-12/18           | Th    | 9:30-10:30am | \$168/10 |
| SS4582 | 10/7-12/18           | Tu/Th | 9:30-10:30am | \$235/19 |
| SS4583 | 11/4-12/16           | Tu    | 9:30-10:30am | \$85/5   |
| SS4584 | 11/6-12/18           | Th    | 9:30-10:30am | \$102/6  |
| SS4585 | 11/4-12/18           | Tu/Th | 9:30-10:30am | \$140/11 |
| SS4586 | 12/2-12/16           | Tu    | 9:30-10:30am | \$55/3   |
| SS4587 | 12/4-12/18           | Th    | 9:30-10:30am | \$55/3   |
| SS4588 | 12/2-12/18           | Tu/Th | 9:30-10:30am | \$79/6   |
| DRP468 | Drop-In (No Refunds) |       |              | \$25/1   |



## ZUMBA GOLD® DANCE FITNESS

**CS Dance Factory**    949-230-5934    [Info@CSDanceFactory.com](mailto: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 10/3, 10/4, 10/29, 10/30, 10/31, 11/1, 11/27, 11/28, 11/29**

### OASIS Dance Room

|        |            |    |        |          |
|--------|------------|----|--------|----------|
| SS4589 | 9/8-12/15  | M  | 9-10am | \$275/15 |
| SS4590 | 9/3-12/17  | W  | 9-10am | \$275/15 |
| SS4591 | 9/4-12/18  | Th | 9-10am | \$257/14 |
| SS4592 | 9/5-12/19  | F  | 9-10am | \$239/13 |
| SS4593 | 9/13-12/20 | Sa | 9-10am | \$221/12 |

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

|        |                      |       |        |        |
|--------|----------------------|-------|--------|--------|
| SS4594 | 9/3-12/19            | M/W/F | 9-10am | \$550  |
| DRP469 | Drop-In (No Refunds) |       |        | \$25/1 |

# MUSIC & DANCING

## ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

**Michelle Zehnder Caumiant**

[mcaumiant26@gmail.com](mailto: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! **No class 11/14, 11/28**

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

### OASIS Dance Room

|        |                      |   |                 |          |
|--------|----------------------|---|-----------------|----------|
| SS4605 | 9/19-12/12           | F | 11:30am-12:45pm | \$250/11 |
| DRP470 | Drop-In (No Refunds) |   |                 | \$23/1   |

## BEGINNING BROADWAY DANCE

**CS Dance Factory**    949-230-5934    [Info@CSDanceFactory.com](mailto: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. **No class 10/29**

### OASIS Dance Room

|        |                      |   |              |          |
|--------|----------------------|---|--------------|----------|
| SS4607 | 9/10-12/17           | W | 11:15am-Noon | \$285/14 |
| DRP469 | Drop-In (No Refunds) |   |              | \$25/1   |





## 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

## 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**

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. **No class 11/11, 11/25**

- **Please bring:** ballet slippers by the second class meeting
- **Prerequisite:** at least 3 years of ballet training some time in your life.

OASIS Dance Room

SS4610    9/16-12/9    Tu    11:30am-12:45pm    \$250/11

DRP470    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. **No class 11/27**

OASIS Dance Room

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

SS4596    10/2-10/30    Th    1-1:55pm    \$43/5

SS4597    11/6-12/18    Th    1-1:55pm    \$52/6

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

SS4599    10/2-10/30    Th    2-2:55pm    \$43/5

SS4600    11/6-12/18    Th    2-2:55pm    \$52/6

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

SS4602    10/2-10/30    Th    3-4pm    \$43/5

SS4603    11/6-12/18    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



## 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

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: \$70; 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 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 Sailing Club
- Discount at various local restaurants
- Discount tickets on the Friends of OASIS Membership Get Together

Call 949-718-1800, visit [friendsofoasis.org](http://friendsofoasis.org) or stop by the Friends Office **Monday-Friday 8:00 a.m.- 4:00 p.m.** for more information and to join.

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



## BOUTIQUE & RUMMAGE SALE



### COLLECTION DATES:

**Mon-Fri, Sep. 22-26, 8 a.m.-2 p.m.**  
**Mon-Wed, Sep. 29-Oct. 1, 8 a.m.-2 p.m.**

**Accepting:** Jewelry, Collectibles, Antiques, Purses, Housewares, Kitchen Items, Small Electric Appliances, Linens, Board Games, Small Furniture, Notions, Office Supplies, Arts & Crafts, Pictures & Frames, Books, Toys, & Holiday Items. **NO clothing, electronics, large furniture, TV's, Large Appliances, or Pianos will be accepted.**

- All donations to the Rummage Sale are tax-deductible, be sure to ask for a donation receipt.
- Need help with items? We're happy to arrange pickup from your home upon request.

### SALE DATES: 9 a.m.-2 p.m.

**Friday, October 3 (\$5.00 Entry Fee)**  
**Saturday, October 4 (No Entry Fee)**

OASIS Senior Center  
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## Paint with Friends



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Date & Time:

**November 4**  
**2 p.m. - 4 p.m.**

Location:

**OASIS Art**  
**Center**

Fee:

**\$25 Per**  
**Person**

To purchase tickets call 949-718-1800 or visit the Friends of OASIS Office



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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](http://www.oasissailingclub.org) or send an email to [oscmembership@oasissailingclub.org](mailto:oscmembership@oasissailingclub.org)





# Membership Discounts

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

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- The Lido \*
- Newport Rib Co. \*
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\*Exclusions apply, see [www.friendsofoasis.org](http://www.friendsofoasis.org) or call 949-718-1800 for details.



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Information**

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**\*\*2ND MEMBER** \_\_\_\_\_  
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- **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

### WARNER BROS. STUDIO TOUR

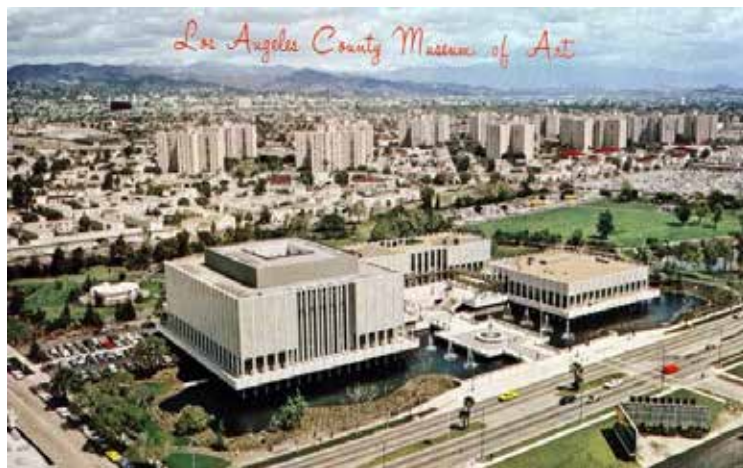
**Thursday, October 9**

**\$121/\$126**

The Warner Bros. Studio Tour Hollywood is a guided and walkthrough studio tour of Warner Bros. Studios, Burbank in Los Angeles. It offers visitors the chance to glimpse behind the scenes at one of the oldest film studios in the world. The tour includes the "Storytellers Showcase," An intro film and orientation provide familiarization of the studio's history; The Lot Tour: Takes you on a journey to learn how a production comes to life on the big and small screen; The Backlot Tour focuses on how TV shows and films are created, including iconic sets, soundstages, and the overall production process. The Lot Tour culminates at Stage 48 which offers a look at the technology used in visual effects and sound editing with fun interactives. Lunch will be on your own on the Central Perk set on Stage 48.

*Depart: 10:00am*

*Return: 4:00pm*



### LOS ANGELES COUNTY MUSEUM OF ART - LACMA

**Thursday, October 16**

**\$70/\$75**

Located on the Pacific Rim, LACMA is the largest art museum in the western United States, with a collection of more than 150,000 objects that illuminate 6,000 years of artistic expression across the globe. Committed to showcasing a multitude of art histories, LACMA exhibits and interprets works of art from new and unexpected points of view that are informed by the region's rich cultural heritage and diverse population. LACMA has collections of Asian art and Latin American art, ranging from pre-Columbian masterpieces to works by leading modern and contemporary artists. Lunch is on your own and LACMA currently offers limited onsite dining with daily featured food trucks on the Smidt Welcome Plaza. Visitors are welcome to bring food and beverages to enjoy on the plaza or on adjacent lawns in the park. Please note that food and beverages are not permitted in the galleries. We also encourage museum visitors to explore the nearby restaurants on the Miracle Mile- from quick and casual takeout to full-service sit-down experiences.

*Depart: 9:30am*

*Return: 5:00pm*



### HELLO DOLLY!

**Saturday, October 25**

**\$114/\$119**

Dolly is coming to the Carpenter Center in Long Beach. *Hello, Dolly!* follows the larger-than-life matchmaker Dolly Levi as she meddles in the romantic affairs of the city's elite in turn-of-the-century New York City. With iconic songs like "Before the Parade Passes By," "It Only Takes a Moment," and, of course, the title song, "Hello, Dolly!" is a joyous celebration of love, life, and the indomitable spirit of one legendary woman. Lunch on your own at nearby restaurant prior to the 2:00pm matinee.

*Depart: 11:00am*

*Return: 6:00pm*



## NORTON SIMON MUSEUM

**Thursday, November 6**

**\$75/\$80**

With many requests, we have scheduled another wonderful trip to the Norton Simon Museum in Pasadena. The museum's "collection of European paintings and sculpture is among the most distinguished in North America." The museum has fabulous art by Rembrandt, Goya, Dega, and Vuillard. It has an extensive magnificent collection of Impressionist and Post-Impressionist art: Manet, Monet, and Renoir. As well, there are works from 20th century artists: Picasso, Matisse, and Kandinsky. The indoor and outdoor sculpture displays are great. Overall, the Norton Simon is exceptional! We will stop for lunch in Pasadena where you can decide which to try eatery within a short walking distance. After lunch we will bus to the museum.

*Depart: 10:00am*

*Return: 5:30pm*



## RONALD REAGAN LIBRARY-AMERICAN COWBOY: HOLLYWOOD & HISTORY

**Wednesday, November 19**

**\$135/\$140**

Cowboys are quintessential cultural icons and a national symbol. They represent western ideals of strength, self-reliance, hard work, and honesty. Cowboy myths have shaped childhood dreams and adult identities, including those of our presidents. This exhibit will also take a closer look at our cowboy presidents, including Ronald Reagan, Teddy Roosevelt and Lyndon B. Johnson. You will have plenty of time to view all of the Reagan Library exhibits, including a full-scale replica of Reagan's Oval Office. Also on display will be the annual Christmas trees. You will enjoy an exclusive buffet under the wing of Air Force One.

*Depart: 8:30am*

*Return: 5:30pm*

## VIEJAS CASINO

**Wednesday, December 3**

**\$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 play a game with \$20 and they will receive \$10 in free play cash when they earn 200 points on their Viejas card. Buffet is no longer available but there are several other restaurants in the casino. You also can visit the Viejas Outlet Center to do some shopping. Don't forget to bring \$1 bills to play bingo on the bus.

*Depart: 8:30am*

*Return: 5:30pm*

## EXTENDED TRIPS

Flyers available in the travel department

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#### SUNNY TUCSON & THE OLD WEST

**November 9 (6 days, 8 meals)**

#### SANTA FE HOLIDAY

**December 3 (5 days, 6 meals)**

#### HISTORIC SAVANNAH & CHARLESTON HOLIDAY

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## MAJESTIC ADVENTURES

### NEW YEAR'S ROSE PARADE

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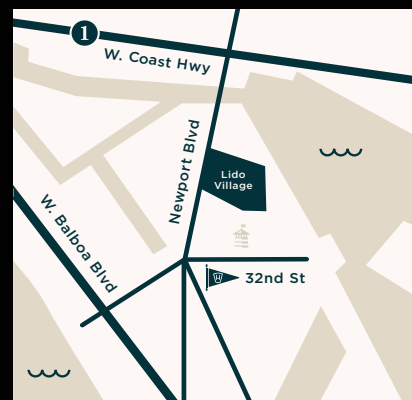
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## WAYS TO REGISTER:

### Online

1. Go to [newportbeachca.gov](http://newportbeachca.gov)
2. Click on Classes
3. Click on Register Here Today!
4. Sign In or Create an Account
5. Click on Activities
6. Search for class in search bar
7. Click on Enroll Now
8. Select participant & click Add to Cart
9. Check the Waiver box & click Check Out
10. 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: 949-723-3560 (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    |     | Email        |  |
| City       | Zip | Phone Number |  |

## COURSE INFORMATION

| Participants Name | Gender | Course # | Class Name | Fee |
|-------------------|--------|----------|------------|-----|
|                   |        |          |            |     |
|                   |        |          |            |     |
|                   |        |          |            |     |
|                   |        |          |            |     |

### CHECKS PAYABLE TO: City of Newport Beach

**REFUND POLICY** Unless otherwise noted, no refunds after the commencement of the second class or camp. Refunds for workshops and one or two day classes will be granted if requested five business days before the class begins. Refund fees are assessed per person per activity, not per transaction. There is a non-refundable \$5 administrative fee per class.

**REFUND FEE CONTRACT PROGRAMS (Unless otherwise noted):** \$10/program for programs \$74 and under and \$20/program for programs \$75 and above if requested before the commencement of the program. If request is made before the second day of program, a refund free equivalent to a single day will be charged unless otherwise noted. NO REFUNDS after the commencement of second day of camp. NO REFUNDS issued for events, excursions, or material fees.

**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      |      |
|  |  | Exp. Date | CVV# |
| Credit Card Number   |  |           |      |



# OASIS FITNESS CENTER



949-718-1818

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!

## Hours of Operation

|                   |                       |
|-------------------|-----------------------|
| Monday - Thursday | 7:00 a.m. — 7:00 p.m. |
| Friday            | 7:00 a.m. — 5:00 p.m. |
| Saturday & Sunday | 7:00 a.m. — 2:00 p.m. |

## JOIN THE OASIS 100 MILE CLUB

### FITNESS CHALLENGE



SEP 2 - NOV 21

**STRAVA**



- ✓ Scan the QR to download Strava
- ✓ Scan the QR code again to join the challenge
- ✓ Record your walks & runs on the app.
- ✓ Reach 100 miles and earn OASIS 100 Mile Club Visor!

SCAN ME!



**Questions?** Visit the OASIS Fitness Center or call 949-718-1818

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**\$137 RESIDENTS**

**\$192 NON-RESIDENTS**

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**\$45 30 MIN-ON GOING**

**\$75 1 HR ON-GOING**

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



OASIS Senior Center  
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