

OASIS news

Older
Adult
Social &
Information
Services

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

JULY 2024

VOL. 48 NO. 7

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



OASIS SENIOR CENTER

CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES DEPARTMENT

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

801 Narcissus Avenue, Corona Del Mar, CA 92625



OASIS SENIOR CENTER

801 Narcissus Avenue, Corona del Mar, CA 92625-1501
newportbeachca.gov/oasis

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

HOURS:

City Administration

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

Fitness Center

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

Friends of OASIS Admin

M-F 7:30am-4:30pm
friendsofoasis.org

Center is closed on all City-observed holidays.

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Deputy Director: Justin Schmillen
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Recreation Supervisor: Anne Doughty
Social Services Supervisor: Susie DiGiovanna
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Recreation Coordinator: TBD
Transportation Coordinator: Elizabeth Arciniega
Department Assistant: Jessica Battioli-Caputo
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Araceli Gonzalez
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CONNECT WITH US



@CITYOFNEWPORTBEACH



Melissa Gleason

SENIOR SERVICES MANAGER

The month of July is upon us, bringing the promise of warm weather, barbecues, and quality time with friends and family. Mark your calendars for our first summer concert on July 26 at 5pm in our Courtyard. This year, we are thrilled to feature Ronstadt Revival, promising an evening of fantastic music and community spirit. Tickets go on sale Monday, July 1, and can be purchased in the Admin Office or over the phone. Don't miss out—see page 4 for more details.



Scams are a regrettable reality, and it's crucial to stay informed to protect ourselves. Join us for an insightful lecture on Monday, July 22 at 10am, where we'll learn about the latest scams and how to avoid becoming a victim. No one is immune to these threats, so staying informed is essential. More details can be found on page 5.

On July 16 at 9am, HOAG will host a vital presentation on recognizing the warning signs and symptoms of a stroke. This topic is close to my heart; I once saved a dear friend who was experiencing a stroke by acting quickly and getting her to the hospital. Early recognition and response can save lives, so please join us for this important session. Further information is available on page 5.

We at OASIS Senior Center are dedicated to providing enriching and supportive experiences for all our members. Enjoy the festivities and educational opportunities this month, and most importantly, savor the freedom and joy that July brings. Here's to a month filled with warmth, community, and celebration!

With gratitude,

Melissa



Mike Zimmerman

FRIENDS OF OASIS PRESIDENT



Hard to imagine that we will be celebrating July 4th in a few days. Nice sunny weather is a far departure from the dark rainy days of this past spring. All is well at OASIS, and some great news is that we have another concert planned in July. This time it is a Linda Ronstadt cover band, as we have listened to you, and know how much our Friends membership wanted another one of these outdoor events. Look forward to another one in September and we'll keep you updated with the details next month. These summer concerts are just part of the events that Friends pay for, along with assistance from the City. These concerts are held outside in the "quad" which is the grassy area in the center of OASIS. It is really a cool venue, and a win-win for our members.

This is also the month in which we again start our 6-month Friends Fund Drive. Once again, we ask you to please send back the envelope with your donation to Friends, to keep things like these concerts moving forward. This is important to Friends and needed for our day-to-day obligations. As previously stated, we survive by your membership costs, and the annual Fund Drive. Also, be aware that we have changed our membership applications on our website and our paper applications to include your current email, AND if a couple, to include your partner's email as well. Currently, we noticed that only one member of a couple signing up were getting these (sometimes) time sensitive, yet occasional emails. Please help us so we can communicate with all our members.

Thanks to those of you who took the time to vote for someone on the Board of Directors this past month. I feel we now have one of the best, dedicated, and hard-working Boards in recent history. These Board Members work hard to make the decisions and guide the future direction of Friends. I am so privileged to work alongside them. Until next time, enjoy these warm summer months!

Always at your service,

Mike

The Friends of OASIS
MONTHLY MEMBERSHIP GET TOGETHER



FRIDAY, JULY 12, 10:00AM

• \$10 MEMBERS/\$12 NON-MEMBERS

MENU: BBQ CHICKEN, MAC AND CHEESE, GREEN BEANS AND CORNBREAD.

ENTERTAINMENT: THE FABULOUS NOMADS

THE FABULOUS NOMADS ARE THE LONGEST RUNNING SURF BAND IN ORANGE COUNTY. LISTEN TO FUN SURF AND OLDIES ROCK AND ROLL.

SPONSORED BY: SILVERADO MEMORY CARE

FRIENDS OF OASIS 949-718-1800

OASIS CONCERTS IN THE COURTYARD PRESENTS



**FRIDAY, JULY 26
 @5:00PM
 TICKETS GO ON SALE
 JULY 1ST!**

**BRING YOUR OWN
 BEACH CHAIRS,
 BLANKETS, AND PICNIC
 DINNER.**

BEER & WINE FOR SALE. NO OUTSIDE ALCOHOL. EVENT IS FOR 21+

Purchase tickets at the Admin Office or over the

phone: 949-644-3244

TICKETS

\$10

OASIS SENIOR CENTER
 801 NARCISSUS AVE., CORONA DEL MAR

VETERANS SOCIAL ★ GROUP ★

**RETIRED COLONEL
 ELEAS CASILLAS (CAS)**

ROLLING THUNDER 1966 - F105'S

TUESDAY, JULY 16

11:30 AM

EVENT CENTER

RSVP 949-644-3244



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



TRAVEL SHOWS WITH NINO

North India - from Mumbai to Varanasi



Tuesday, July 23 • 10:00am • Room 1

Presented by Nino Mohan, Travel Expert

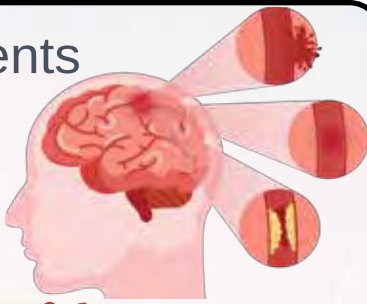
The focus of today's slide show is North India from Mumbai to Varanasi. The show begins with some geography about the region, starting from the 2000-year-old history of the capital city of Delhi, continue on to the business capital of India the large city of Mumbai (previously Bombay) and its large entertainment industry popularly known as 'Bollywood'. See the largest monolith in the world at Ajanta and Ellora Caves. Continue to Gujarat where we will see Mahatma Gandhi's Ashram, incredible Sun temple of Modhera and more.

We will drive to the colorful state of Rajasthan where our first stop is the romantic city of Udaipur with lakes, hills and enormous Forts and palaces, see the art of 500-year-old exquisite marble carvings at the Jain temple in Ranakpur, see the blue city of Jodhpur then continue on the Pink City of Jaipur with its beautiful palaces and forts. Sample India's wildlife at Ranthambore National Park. We make a stop at the Golden Temple in Amritsar.

We then travel to Agra the city of mesmerizing Taj Mahal. Our next stop is the temple city of Khajuraho with its 22 temples from 10th century with their erotic carvings. Finally, we stop at the oldest city in India, Varanasi on the banks of the Holy River Ganges. We will visit Sarnath where Buddha preached his first sermon.

HOAG presents

Spot A Stroke, Save A Life



**TUESDAY, JULY 16
9AM | ROOM 1**

Presented by: Justin Vechaiem, BSN, RN

Stroke is the fifth leading cause of death and the leading cause of adult disability in the U.S. Join us to learn How to Spot a Stroke – by recognizing the warning signs and symptoms of stroke. We will also discuss measures you can take to reduce your personal risk of having a stroke.

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

OASIS SENIOR CENTER PRESENTS:

** SCAMS **

**INTERNET, PHONE AND
FINANCIAL INSTITUTIONS**

**MONDAY, JULY 22
10:00 AM - ROOM 5**

In today's digital world, EVERYONE is at risk

This presentation will cover:

- How to spot "Red Flags" of the latest scams,
- How to raise your awareness to protect yourself
- What can be done if you do get scammed

**Presented by: Steve Levin
HBPD Volunteer Services**

**Please RSVP by calling
(949)644-3244 or email**

OASIScenter@newportbeachca.gov



Newport, Together.

**Shape the future of Newport
Beach with your voice!**

What do you love about Newport Beach?

Where are there opportunities to meet needs?

What is important to your community?

What is your vision for the future of Newport Beach?

**You are invited to get involved and provide your
thoughts during the General Plan Update process!**

After almost 20 years, the City of Newport Beach has embarked on updating the cities Comprehensive General Plan. A core part of updating the General Plan is engaging with residents and community members, on their vision for the City in the next 20 years. Your voice will help shape your community's future, please visit the Newport, Together website to make your voice heard:

<http://www.newportbeachca.gov/gpupdate>

Contact Us - Have questions or want to learn more about the General Plan project, contact us below:

Email: gpupdate@newportbeachca.gov



LIVE MUSIC PRESENTATION:

CLASSIC ROCK SING-A-LONG



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

**THURSDAY, AUGUST 1
1:00 PM**

RSVP by calling 949-644-3244 or email

OASIScenter@newportbeachca.gov





**CAREGIVER
SUPPORT GROUP**



WHEN:
3rd Wednesday

TIME:
1:00 PM - 2:00 PM

WHERE:
OASIS Senior Center Room 4

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

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

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

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

800-543-8312

📧 Lou.Rodriguez@providence.org

🌐 www.caregiveroc.org


The resources in this guide have been developed in partnership with the California Department of Aging (CDA) in collaboration with the Orange County Office of Supportive and Assisted Living (OSAL) in Orange, California. Funding for this guide was provided by the County of Orange, Office of Supportive and Assisted Living (OSAL) in Orange, California. The information and services described here are for informational purposes only. The information provided is for informational purposes only and does not constitute an offer of services. Services are subject to availability and may vary by location. For more information, please contact the local office.

Alzheimer's PRESENTS

ORANGE COUNTY

MUSIC FOR YOUR MIND

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



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


Funded by:
Diane & Steve Lawrence

3RD THURSDAY

12:30PM - 1:30PM

OASIS | ROOM 2

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



THE GOOD GRIEF SUPPORT GROUP

An informal grief group facilitated by CareCHOICES Chaplain Chip Fisher. Join us for conversation and an opportunity to talk about your loss with others on the same journey.

1st, 3rd (&5th) Wednesdays

9:00 AM

Room 4

No RSVP needed

Questions: (949) 644-3244







SHARP

Senior Home Assistance Repair Program

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

For more information, call 949-644-3244 or visit newportbeachca.gov/oasis.

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

APPLICATION PROCESS:

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

ELIGIBILITY*:

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

*For a full list of eligibility requirements, please contact OASIS staff or visit newportbeachca.gov/oasis





New support group!

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

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

2nd & 4th Thursdays
12:00 pm
Room 5

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



Summer Connections

BASK IN THE SUNSHINE OF THIS SUPPORTIVE GROUP!

Every Thursday
 2:00 pm - Room 5

Facilitated by Joyce Swaving
 Shanti OC



Alzheimer's
ORANGE COUNTY

**Support Group
 For Family Members &
 Caregivers**

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

10:00 AM - ROOM 5

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



**OC Vital Brain
 at Hoag**

Memory Screening



Take steps now to maintain healthy brain aging for years to come. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health.

COST \$45*

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

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



Support Programs

SENIOR ASSESSMENT PROGRAM

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

INFORMATION & REFERRAL

Referrals to a vast assortment of information regarding senior services such as Home Care, Medicare Assistance, Housing Options, Dementia Care, Support Groups, Financial Resources and more. If we don't know, we will find out..

SENIOR HOME ASSISTANCE REPAIR PROGRAM (SHARP)

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

MEDICAL EQUIPMENT LOAN

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

TELEPHONE REASSURANCE

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

LEGAL ASSISTANCE

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

HICAP: HEALTH INSURANCE COUNSELING

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

MEMORY SCREENING

There is a \$45 fee for the screening. Provided by Orange County Vital Brain at HOAG. The Orange County Vital Brain Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized, confidential memory screening at the OASIS Senior Center please call **949-764-6288**.

BLOOD PRESSURE SCREENING

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



Support Groups

ALZHEIMER'S SUPPORT GROUP

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

OASIS Room 5
RSVP not Required 2nd & 4th Wednesdays 10am Free

CAREGIVER SUPPORT GROUP

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

OASIS Room 4
RSVP not Required 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 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

NEW! 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 Noon 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 949-644-3244 3rd Tuesday 11:30am Free

OASIS SENIOR CENTER
TRANSPORTATION SERVICE



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

SERVICE HOURS:

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

SAME DAY RIDES:

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

PRICING:

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

ELIGIBILITY:

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

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

Meal Services

AGE WELL SENIOR SERVICES-LUNCH CAFE

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

LUNCH SERVICE:

- Monday - Friday: 12:00 - 12:30pm

PRICE:

- Suggested donation of \$5.50 per meal is appreciated

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

MEALS ON WHEELS-HOME DELIVERED MEALS

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

Happy
4th
 of
JULY

★ INDEPENDENCE DAY ★

Transportation Clients

OASIS is offering two shopping trips this month:

Target Store on Thursday, July 11 and
Dollar Tree on Thursday, July 25

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

Age Well
Orange County's partner in aging



LUNCH CAFE
AT OASIS

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

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

Learn More At:
www.myagewell.org

Refund Policy

- **Refund Request - Must be submitted prior to the second class meeting**
 - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **Refund Fee** - Will be assessed for all refunds
 - \$10 for classes priced \$74 and under
 - \$20 for classes priced \$75 and above
- **Check/cash** - Refunds processed within 3-4 weeks by mailed check.
- **Credit Card** - Refunds processed within 3-5 days to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



Code of Conduct

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

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

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

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



Enrichment

A DIFFERENT KIND OF BOOK GROUP

Ellen Huberman ehuberman@me.com
Join us the third Wednesday of each month at 10:30am. We all read a different book based on the topic of the month. You will go home with a list of interesting reads.

Topic: Women's Fiction

OASIS Room 5

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

CHRONICLING LIFE MEMORIES

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

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

OASIS Room 5

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

CREATIVE WRITING JUMPSTART

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

Online

SS3083 7/3 Th 7-9pm \$85/1

CREATIVE WRITING

Dorothy Spirus YourProfessorD@gmail.com
Do you have a half-finished novel, great family stories, or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a published writer/playwright/former magazine editor. New to creative writing? This live, online class will help you begin. The basics of storytelling will be covered, including characters, conflict, description, and structure. As your awareness grows, your writing improves. Weekly meetings battle procrastination and lively discussions inspire. Writing assignments will help you hone technique and get you started. Fun, casual, and encouraging class environment. Open to all levels of experience. This class is taught online via Zoom.

Online

SS3080 7/11-8/15 Th 7:30-9pm \$205/6

CURRENT EVENTS DISCUSSION

Mark Burcaw, Joe Giordano & Larry Ring

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present a special topic.

OASIS Library

RSVP not required M 3-5pm Free

DRIVER SAFETY (AARP)

AARP

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

- Advance registration preferred. Call 949-644-3244
- **Fee:** \$20 AARP members; \$25 non-members. Cash or Checks payable to AARP.

OASIS Room 2

RSVP Required 7/24 & 7/25 W/Th 1-5pm \$20/25

ENGLISH LITERATURE AND AMERICAN STORIES

Darielle Wilson

949-675-5182

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

OASIS Room 1B

SS3059 6/14-8/30 F 10am-Noon \$100/12



TACKLING SPORTS

Laird Hayes & Tom Johnson

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

Speakers: Peter Belden, Owner and Founder of the Board Club in NB and Spencer Piridy, elite big wave surfer on everything from A-z on surfing.

OASIS Room 1

RSVP not required 7/16 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



KNITTING

Roberta

949-715-3438

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

OASIS Room 3

RSVP not required Ongoing W 12-3pm Free

OASIS PLAYERS

May Kramer

Like to perform? Act, sing, dance? Join the OASIS Players!

OASIS Room 2A

RSVP not required W 1-3pm Free

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 7/9 & 7/23 Tu 3-4:30pm 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

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

Returns in the Fall W 9-11am \$125/5

INSTRUCTOR ASSISTED WORKSHOP

Nancy Wahamaki's Art World nwvasek@gmail.com

This workshop is open to all mediums, including acrylic, watercolor, pastel, colored pencil and drawing (pen & ink, charcoal and graphite). The instructor will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project.

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

OASIS Art Center

Returns in the Fall M 9am-Noon \$92/4



INTERMEDIATE/ADVANCED CERAMICS

Jeff Netzer jnetzer2@hotmail.com

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

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

OASIS Art Center

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

NEW! BEG/INTERM WATERCOLOR

Bobbi Boyd [949-544-9383](tel:949-544-9383)

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

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

OASIS Art Center

SS3096 7/3-7/31 W 1-4pm \$250/5

SS3097 8/7-8/28 W 1-4pm \$200/4

OIL PAINTING- BEGINNING

Bobbi Boyd [949-544-9383](tel:949-544-9383)

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

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

OASIS Art Center

SS3092 7/2-7/30 Tu 1-4pm \$250/5

SS3093 8/6-8/27 Tu 1-4pm \$200/4

DRP310 Drop-In (No Refunds) \$50/1

OIL PAINTING- INTERMEDIATE

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

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

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

OASIS Art Center

SS3060 6/17-7/15 M 1-3:30pm \$245/5

SS3061 7/29-8/26 M 1-3:30pm \$245/5



WOODCARVERS AND CRAFTERS WORKSHOP

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



Foreign Language

ADVANCED FRENCH LITERATURE AND DISCUSSION

Darielle Wilson **949-675-5182**
 Class is conducted exclusively in French. Literature will include classic and modern fiction. Current selections will be by the popular contemporary novelist, Fred Vargas, featuring the famous detective Adamsberg. Reading at home and in class will be followed by short essays and answers to questions, as well as by classroom discussion. A maximum of 15 students will permit each person an opportunity to speak often, practicing and improving fluency in French. Class is ongoing; please check with instructor for updated information.
OASIS Room 2B
 SS3008 6/12-8/28 W 10am-Noon \$95/12

FRENCH-INTERMEDIATE

Leo Vortouni leosailor21@gmail.com **949-607-9104**
 Group continues to meet online. Emphasis on French conversation, composing current day topics in French and reading them to the class. Group meets on Zoom.

SPANISH LITERATURE BOOK CLUB

Darielle Wilson **949-675-5182**
 Take a journey the second Monday of the month into literature in Spanish. Meet Latin American and Spanish writers, classic and modern. Contact instructor for current readings.
OASIS Room 5
 RSVP required 2nd M 2:30-4:30pm Free

INTERMEDIATE SPANISH CLUB

Nida Fernandez, Ph.D nidit@att.net
 Studying the spanish language and culture through cuisine, travel, household and more. Additional emphasis will be on proper pronunciation. Class is ongoing, new students welcome. **No class 9/9, 9/16**
OASIS Room 4
 RSVP required M 12:30-2:00pm Free

PORTAL LANGUAGES

Portal Languages **714-979-1655**
 Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.
 • A material fee may be assessed. Contact instructor for cost and how to acquire materials prior to class start date.

OASIS Room 1A

Beginning French 1

SS3048	7/8-7/31	M/W	5-6pm	\$225/8
SS3049	8/5-8/28	M/W	5-6pm	\$225/8

Beginning French 2

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

OASIS Room 1B

Beginning Italian 1

SS3054	7/8-7/31	M/W	5-6pm	\$225/8
SS3055	8/5-8/28	M/W	5-6pm	\$225/8

Beginning Italian 2

SS3154	7/8-7/31	M/W	6-7pm	\$225/8
SS3155	8/5-8/28	M/W	6-7pm	\$225/8

OASIS Room 4

Beginning Spanish 1

SS3044	6/11-7/30	Tu	12:30-1:30pm	\$200/8
SS3045	8/6-8/27	Tu	12:30-1:30pm	\$100/4

Beginning Spanish 2

SS3046	6/11-7/30	Tu	1:30-2:30pm	\$200/8
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Intermediate Spanish

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

PRIVATE TECHNOLOGY LESSONS

Carole Kamper 949-230-5902
Private instruction (can be in person or online depending on preference) designed to zero in on your needs taught by a credentialed instructor with 25+ years of teaching computers to adults. Professional, in-depth help for your computer (PC or MAC), tablet, iPhone or iPad.

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

DRP300 \$60 per hour

WHAT GOOD ARE THESE APPS ON MY PHONE?

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

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

OASIS Computer Lab
SS3029 8/28 W 10:30am–12:30pm \$42/1

APPLE IPHONE FOR BEGINNERS

Carole Kamper 949-230-5902
The class is designed for new and not so new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version/model of your Apple iPhone for this class.

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

OASIS Computer Lab
SS3020 7/9 Tu 1–3pm \$42/1
SS3021 8/19 M 10:30am–12:30pm \$42/1

DIGITAL PHOTO EDITING

Barbara Yin Milbert pacpal33@yahoo.com

Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using a photo editing program.

- **Prerequisite:** Computer Basics or equivalent.
- **Please Bring:** Phone or camera cord to class.

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

INTRO TO WORD

Barbara Yin Milbert pacpal33@yahoo.com

Learn to open and save a new document, cut, copy, and paste, use spell check, change fonts, text size, style and color, organize your files, insert pictures, and more.

- **Prerequisite:** Computer basics or equivalent

OASIS Computer Lab
SS3038 7/11-8/8 Th 9:45-10:45am \$70/4

INTRO TO EXCEL

Barbara Yin Milbert pacpal33@yahoo.com

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. **No class 7/18**

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

OASIS Computer Lab
SS3037 7/11-8/8 Th 11am-Noon \$70/4

EXCEL REFRESHER

Barbara Yin Milbert pacpal33@yahoo.com

Emphasis on cut and paste, creating formulas, inserting pictures, auto-fill, and merge/center techniques.

- **Prerequisite:** Intro to Excel or equivalent

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

MAKING A SHUTTERFLY ALBUM

Carole Kamper 949-230-5902

Learn how to make a printable photo album using the website Shutterfly. Using the Shutterfly app, you will also learn how to upload pictures from your devices directly to your Shutterfly account. Come and explore your creativity in this fun, project-based class.

- **Prerequisite:** Basic computer

OASIS Computer Lab
SS3126 7/29 M 10:30am–12:30pm \$42/1
SS3127 8/27 Tu 1-3pm \$42/1

IPAD BASICS

Carole Kamper 949-230-5902

This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

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

OASIS Computer Lab
SS3024 7/22 M 10:30am–12:30pm \$42/1



Cards & Games

BRIDGE- BEGINNING A STEP-BY-STEP INTRODUCTION

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

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

OASIS Room 3

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

BEGINNING BRIDGE 2

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

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

OASIS Room 3

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

BRIDGE- SUPERVISED PLAY

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

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

OASIS Room 3

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

BRIDGE BASICS- STAYMAN AND JACOBY TRANSFER

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
Learning the Stayman and Jacoby Transfer Conventions

2 Conventions used by responder that every bridge player should know. The Importance of finding a major suit fit after partner opens, 1NT or 2NT- Stayman, looking for a 4 card major suit fit w. opener Jacoby Transfer, telling opener about a 5+ major suit. Pre-dealt hands to enforce the lessons, Practice makes perfect.

OASIS Room 3

SS3009 6/11-7/9 Tu 9:30-11:30am \$125/4

BRIDGE BASICS - STRONG OPENING 2C BIDS & SLAM BIDDING

Jane Dober, ACBL Gold Life Master Janedober@gmail.com
 The Importance of Knowing the Meaning & Responses of the Strong Forcing 2C Opening Bid-The Slam Zone- Slam Bidding Pre-dealt hands to enforce the lesson.

OASIS Room 3

SS3010 7/16-7/30 Tu 9:30-11:30am \$95

BRIDGE- " STARS AND STRIPES" PLAY PRACTICE

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

OASIS Room 3

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



DUPLICATE BRIDGE

Terry and Gene Casavant 949-854-8138
zeintje1@gmail.com

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

OASIS Room 2

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

ACBL DUPLICATE BRIDGE

Gail Schneider 949-472-8010

This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary. Free lessons for beginner/intermediate players at 2:15pm. Game starts at 2:30pm.

OASIS Room 2

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

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



Refund Policy

- **Refund Request - Must be submitted prior to the second class meeting**
 - **One and Two-Day Classes** - Require 5 business days notice before class begins
- **Refund Fee** - Will be assessed for all refunds
 - \$10 for classes priced \$74 and under
 - \$20 for classes priced \$75 and above
- **Check/cash** - Refunds processed within 3-4 weeks by mailed check.
- **Credit Card** - Refunds processed within 3-5 days to the card used at time of payment
- **Program Cancellation** - A full refund will be granted if a program is cancelled by the Recreation and Senior Services Department
- Refund Policy is also noted on registration form



Code of Conduct

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

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

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

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



FITNESS

BARRE STRETCH & STRENGTH

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

OASIS Dance Room

SS3501	6/10-8/26	M	10:15-11:00am	\$220/11
SS3502	6/14-8/30	F	10:15-11:00am	\$220/11



BETTER LIFE BOXING

Sara Gutierrez sararez@betterlifeboxing.com

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

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

OASIS Dance Room

SS3504	7/8-7/29	M	3:30-4:30pm	\$90/4
SS3505	8/5-8/26	M	3:30-4:30pm	\$90/4

OASIS Room 1

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

DRP361 Drop-In (No Refunds) \$20/1

COASTLINE COLLEGE ADAPTED FITNESS

Judy Aprile japrile@coastline.edu

This Coastline College Special Programs class is for older adults who have a verifiable medical diagnosis. Exercises are designed to improve strength, flexibility, postural awareness, stability, and breathing capacity. Activities are performed seated and standing (based on individual ability). To register, call Judy Aprile at (949) 697-8190. Some requirements and restrictions apply. Please contact instructor.

OASIS Event Center

Ongoing 6/10-7/29 M 11:30-12:30pm Free



CHAIR EXERCISE

Judy Aprile jijaprile@gmail.com

Build upper and lower body strength, increase flexibility, improve postural alignment and coordination. All exercises are performed seated. **No class 7/10, 8/14**

OASIS Event Center

SS3508	7/1-7/31	M/W	10:05-11:00am	\$59/9
SS3509	8/5-8/28	M/W	10:05-11:00am	\$47/7

FALLPROOF® BALANCE & MOBILITY

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

This class is a progressive program of activities designed to improve balance and reduce fall risk. Participants will benefit from this class by improving seated/standing posture, improving walking ability, and build confidence in completing physical activities of daily living. Candidates for this program must be able to walk 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities. Space is limited to 12 students. **No class 7/1, 7/3, 7/31**

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

OASIS Room 1

SS3510	6/17-8/14	M/W	1:30-2:30pm	\$215/14
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GOLF GROUP

Greg Nelson greghbnelson@me.com

The OASIS Golf Group plays at the Costa Mesa Country Club on Mondays, Wednesdays and Fridays at approx. 9am. Range between 12-18 "member" players and about 4 tee times.

- The format is team competition, picked randomly.
 - Handicaps range from 10 to maximum 30.
 - Contact greghbnelson@me.com for available openings.
- RSVP Required Ongoing M/W/F approx. 9am

Classes

HEAD TO TOE FITNESS

Keith Glassman keith.glassman@gmail.com

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

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

OASIS Event Center

SS3517	7/9-8/1	Tu/Th	8-9am	\$65/8
SS3518	8/6-8/29	Tu/Th	8-9am	\$65/8
DRP363	Drop-In (No Refunds)			\$12/1

HATHA YOGA

Stephanie von Meeteren www.MySoulSpark.com

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

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

OASIS Dance Room

SS3519	6/10-8/26	M	11:30am-12:30pm	\$245/12
SS3520	6/13-8/29	Th	10:30-11:30am	\$225/11
SS3521	6/10-8/29	M/Th	above times	\$465/23
DRP364	Drop-In (No Refunds)			\$25/1

IYENGAR YOGA

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

Yoga is for everyone and every body type. This gentle class will help you to become stronger and more flexible. Iyengar Yoga focuses on building a foundation from the ground up and aligning our arms, legs and spine to the yoga pose. We use props and modify poses so everyone can join in. Instructor is Jr. Intermediate Certified Iyengar Yoga Teacher. **No class 7/1, 7/4, 7/5**

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

OASIS Room 1

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

2-days a week

SS3528	6/10-7/19		above days/times	\$190/10
SS3529	7/22-8/30		above days/times	\$228/12

3-days a week

SS3530	6/10-7/19		above days/times	\$270/15
SS3531	7/22-8/30		above days/times	\$324/18
DRP365	Drop-In (No Refunds)			\$25/1



PHYSICAL TRAINING

Judy Aprile jjjaprile@gmail.com

This overall conditioning class includes a lite cardiovascular gait variation warm-up and targeted full body strength and flexibility exercises. Activities are performed standing, moving and lying on the floor. **No class 7/12**

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

OASIS Event Center

SS3532	7/1-7/31	M/W/F	7:45-8:35am	\$83/13
SS3533	8/5-8/30	M/W/F	7:45-8:35am	\$77/12
SS3534	7/1-7/31	M/W/F	8:45-9:35am	\$83/13
SS3535	8/5-8/30	M/W/F	8:45-9:35am	\$77/12

PILATES MAT

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

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

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

OASIS Dance Room

SS3536	6/11-7/16	Tu	8:45-9:45am	\$105/6
SS3537	7/23-8/27	Tu	8:45-9:45am	\$105/6
DRP367	Drop-In (No Refunds)			\$23/1



RELEASE THE DAY - RESTORATIVE/GENTLE YOGA

Stephanie von Meeteren www.MySoulSpark.com
 This gentle and restorative class will soothe the nervous system, help relieve pain, reduce stress and help prepare your mind and body for a good night's sleep. Safe and effective as we work function over form. In this class we will mindfully move our bodies to the breath and create space for meditation. No prior experience needed. Modifications will be given for all levels of practitioners. Taught by an Internationally Certified Yoga Therapist. Any questions, please contact instructor. **No class 7/4**

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

OASIS Dance Room

SS3538	6/11-8/27	Tu	4:30-5:30pm	\$245/12
SS3639	6/13-8/29	Th	4:30-5:30pm	\$225/11
SS3640	6/11-8/29	T/Th	4:30-5:30pm	\$465/23
DRP364	Drop-In (No Refunds)			\$25/1



STRONG, HEALTHY BONES & BALANCE - MAT/STANDING

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

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

OASIS Dance Room

SS3541	6/11-7/16	Tu	10-11am	\$105/6
SS3542	7/23-8/27	Tu	10-11am	\$105/6
DRP367	Drop-In (No Refunds)			\$23/1

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

Kathryn Rollins kathryn@ahappybalance.com 949-422-9834
 This class has the benefits of bone strengthening moves (for those with osteoporosis, osteopenia or those trying to avoid it) and the strengthening and flexibility benefits of Pilates and movements to improve your balance too. Taught by a Lifestyle Medicine nurse who specializes in injury prevention. **No class 7/4, 8/15**

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

OASIS Dance Room

SS3543	6/13-7/18	Th	7:45-8:45am	\$90/5
SS3544	7/25-8/29	Th	7:45-8:45am	\$90/5
DRP367	Drop-In (No Refunds)			\$23/1

SOULFLEX-YOGA

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

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

OASIS Dance Room

SS3545	6/14-8/30	F	2-3pm	\$225/11
DRP364	Drop-In (No Refunds)			\$25/1

SOUND BATH & MEDITATION

Stephanie von Meeteren www.MySoulSpark.com
 Accessible to all. Rest, de-stress, & replenish. These special classes we will be healing and deeply restoring while honoring what the moon brings us each month. By resting deeply our best healing happens. Each class will be unique and may involve gentle movement, breath work, sound bath, and meditation. Bring whatever you need to be most comfortable.

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

OASIS Dance Room

SS3512	7/18	Th	5:45-6:30pm	\$25/1
SS3513	8/1	Th	5:45-6:30pm	\$25/1
SS3514	8/19	M	5:30-6:30pm	\$25/1



TABLE TENNIS

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

OASIS Event Center BC

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

TAI CHI QIGONG

Diana Wong dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. **No class 7/4**

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

OASIS Event Center

SS3546	6/13-8/22	Th	9:30-10:30am	\$150/10
SS3547	7/11-8/22	Th	9:30-10:30am	\$115/7
DRP368	Drop-In (No Refunds)			\$20/1

ZUMBA GOLD® DANCE FITNESS

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

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

OASIS Dance Room

SS3548	6/10-8/26	M	9-10am	\$198/11
SS3549	6/12-8/28	W	9-10am	\$198/11
SS3550	6/13-8/29	Th	9-10am	\$198/11
SS3551	6/14-8/30	F	9-10am	\$198/11
SS3552	6/22-8/24	S	9-10am	\$163/9

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

SS3553	6/10-8/30	M/W/F	9-10am	\$390
DRP369	Drop-In (No Refunds)			\$25/1



MUSIC & DANCING

ADVANCED BEGINNING BALLET: EMPHASIS ON BARRE

Michelle Zehnder Caumiant mcaumiant26@gmail.com

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

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

OASIS Dance Room

SS3554	7/12-8/30	F	11:30am-12:45pm	\$168/8
DRP370	Drop-In (No Refunds)			\$23/1



BEGINNING BROADWAY DANCE

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

Research has shown that dance reverses aging in your brain! Enjoy your favorite Broadway tunes and learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Sign up now and get results for your body and mind! **No class 7/3**

OASIS Dance Room

SS3555	6/19-8/28	W	10:15-11am	\$205/10
DRP369	Drop-In (No Refunds)			\$25/1

DANCE JAM DANCE FITNESS

Michelle Zehnder Caumiant mcaumiant26@gmail.com

This is going to be a really fun class using a lot of great music from different eras and a variety of jazzy styles. No need to feel you can't keep up. The class is for everyone who likes to move to music and is always open to adaptation. You will be having such a good time you will forget you are even exercising. So swing right in and enjoy the party!

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

OASIS Dance Room

SS3556	7/23-8/27	Tu	12:55-1:35pm	\$118/6
DRP370	Drop-In (No Refunds)			\$23/1

GROUP DRUMMING

Lee Kix

Come and discover your own personal rhythm. Group drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that group drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells.

OASIS Event Center

RSVP Not Required	2nd Wed	11:30-12:30pm	Free
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HOOTENANNY

Glen Jansma **310-940-3112**
 Group singing of American Standard tunes. Acoustic instruments optional.
OASIS Room 5
 RSVP Not Required Ongoing F 1-3pm Free

INTERMEDIATE CLASSICAL CONTEMPORARY BALLET

Michelle Zehnder Caumiant **mcaumiant26@gmail.com**
 Join us in learning the graceful, beautiful movements of Classical Ballet. Ballet improves strength, flexibility, coordination, and balance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least 3 years of dance at some time in their lives, but students may adapt the lesson as needed.

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

OASIS Dance Room
 SS3559 7/9-8/27 Tu 11:30am-12:40pm \$168/8
 DRP370 Drop-In (No Refunds) \$23/1



LINE DANCING

Vickie Jackson **vickie@promodonnas.com**
 Learn new and classic line dances while improving physical and mental fitness. Line dancing is proven to decrease the risks of Alzheimer's. **No Class 7/4**
OASIS Dance Room

Level 1 - Beginner/Improver (includes steps, sequences & vocabulary)
 SS3560 6/13-7/25 Th 1-1:55pm \$43/6
 SS3561 8/1-8/29 Th 1-1:55pm \$36/5

Level 2 - Improver/Easy Intermediate (should know basic steps)
 SS3562 6/13-7/25 Th 2-2:55pm \$43/6
 SS3563 8/1-8/29 Th 2-2:55pm \$36/5

Level 3 - Easy Intermediate/Intermediate (step competency required)
 SS3564 6/13-7/25 Th 3-4pm \$43/6
 SS3565 8/1-8/29 Th 3-4pm \$36/5



MUSIC WORKSHOP

Glen Jansma **310-940-3112**
 Intermediate music sharing of techniques, theory and songs. Learn to play with others, new songs, techniques, and theory.
OASIS Room 5
 RSVP Not Required Ongoing F 11am-1pm Free

UKULELE STRUMMERS AND SINGERS

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

SAILING CLUB

OASISsailingclub.org

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



FRIENDS OF OASIS
BOARD ELECTION
Election Results

✔ Congratulations to the newly elected Directors to the Friends of OASIS Board

Walt Howald
Scott Paulsen
Kay Walker
Abel Zeballos
Mike Zimmerman

Friends Office: 949.718.1800 | friendsofoasis.org

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*P*lease provide for future OASIS and Friends of OASIS.

*P*rovide something in your will and trust.

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Thank you,

Walt Howald & Kay Walker
Directors
Friends of OASIS

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OASIS V AND OASIS VI

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



CLUB MEETINGS AND SOCIAL ACTIVITIES

Members enjoy blue water casual, advanced, challenge and race sailing. The club also offers a variety of sailing venues such as day trips to Dana Point, Los Alamitos Bay and sails originating in Long Beach. Social activities include holiday parties and beach picnics.

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

OASIS Senior Center

Join the Friends of OASIS

Membership Benefits:

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

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

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



Membership Discounts

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

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- Farm Fresh to You (use promo code OASIS) farmfreshtoyou.com
- Fresh Brothers*++
- La Fogata
- Newport Rib Co.+
- New Shanghai Pine Garden+*
- Mario's Pizza+
- Rendez Vous Cafe
- Tavern House+

20% Discount

- P.F. Chang's
- El Cholo (lunch only)+
- Pacific Symphony (use promo code OASIS)
 - Call 714-876-2391 pacificsymphony.org

+Excludes alcohol

*Excludes take out & holidays

++Newport Beach, Irvine Harvard Place, and Newport Mesa locations

FRIENDS OF OASIS MEMBERSHIP DUES / RENEWAL

****Required Information**

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

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

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

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

****E-MAIL** _____

****E-MAIL 2** _____

EMERGENCY CONTACT _____ **PHONE** (____) _____

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

CREDIT CARD # _____ Exp. DATE ____ / ____

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

Total \$ _____ Received by: _____

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625
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 Your gift may be tax deductible – consult your tax advisor.

Rev.5/2024



OASIS Travel Hours & Contact Information

Monday-Friday 9am-1pm

949-718-1810 oasistravel2@yahoo.com



- Join the Friends of OASIS and save on trip price!
- Second listed price is the non-member price.
- Bus Boarding is determined by your sign-up date.
- All trips depart and return to the parking lot across the street from OASIS.
- **Cancellation Policy:**
 - A full refund less a \$10 fee will be given on trips cancelled more than 10 days prior to the trip date. Less than 10 days, refunds given only if a wait list substitution is made. No refunds one day prior to the trip date or the day of the trip.
- **Gambling Trippers:**
 - Your Casino Rewards Card number (if you have one), legal name and date of birth must be provided when signing up for a gambling trip. Always bring identification with you. No refunds on gambling trips.

DAY TRIPS

HOLLYWOOD BOWL, HARRY CONNICK JR.

Wednesday, July 3 WAIT LIST ONLY \$105/\$110

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

Depart: 5:30pm

Return: 12:00am

VIEJAS CASINO

Wednesday, July 10 \$25/\$30

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

Depart: 8:30am

Return: 5:30pm

DEL MAR RACES

Thursday, August 15 WAIT LIST ONLY \$80/\$85

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

Depart 10:45am

Return 7:15pm

CALIFORNIA SCIENCE CENTER- DA VINCI AND IMAX CITIES OF THE FUTURE

Wednesday, August 28 \$78/\$83

The California Science Center proudly presents the special exhibition LEONARDO DA VINCI: Inventor, Artist, Dreamer. Step into a world of wonder and innovation as you explore 30 ingenious inventions, once only sketches on paper now standing before you including over a dozen full-scale models. See digitally restored reproductions of his iconic art work including The Last Supper. Your experience will be enhanced by viewing the IMAX movie "Cities of the Future 3D" seeing the innovations engineers are working on today-from electric flying cars to power beamed from space.

- Bring your own lunch or buy lunch at the center.

Depart: 8:30am

Return 4:30pm

NORTON SIMON MUSEUM

Thursday, September 12 WAIT LIST ONLY \$75/\$80

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

Depart: 10:00am

Return: 5:00pm

TEMECULA VALLEY WINE TASTING

Wednesday, September 18 \$140/\$145

Join us in Old Town Temecula where tour guide, Bobbi Lona, will conduct a walking tour of the town with an included admittance to the museum where you can take a step back in time and experience the rich history of the Temecula Valley from its discovery to today. After our tour, enjoy lunch on your own with time for shopping and browsing. Next, we will drive to the Wilson Creek Winery for a vineyard tour and a sampling of five different wines. And then it's on to a second winery to sample more wine!

Depart: 8:30am

Return: 5:30pm

IVY RANCH HEALING HORSES/MISSION SAN LUIS REY

Wednesday, October 23 \$110/\$115

The Ivy Ranch Therapeutic Horse Center is one of our most popular trips with an opportunity to meet the gentle giants up close and personal, maybe to groom and brush them, have a photo with them and observe their work with patients young and old. Enjoy a picnic lunch at the ranch, followed by a scenic drive tour of the local countryside and vineyards. The Mission San Luis Rey is the largest and most ornate of the 21 California missions and is a national historic landmark and interpretive museum. We will have a guided tour of that mission.

Depart: 9:00am

Return 5:00pm

SAN DIEGO BALBOA PARK EXPLORER

Tuesday October 8 \$105/\$110

Join us on a trip down the coast to San Diego's beautiful Balboa Park. Discover a world of art and culture; and explore a diverse collection of rich history and creativity in renowned museums. Our Explorer Pass will include admission into any four of the 15 Balboa Park Museums and gardens as well as the Spanish Village Art Center. Eligible museums include the Fleet Science Center, Japanese Friendship Garden and Museum, Centro Cultural de la Raza, SD Museum of Art, SD Air & Space Museum, SD Automotive Museum, SD Model Railroad Museum, SD Natural History Museum, and the Veterans Museum at Balboa Park. Lunch will be on your own at any of the various dining facilities on property. (You will receive a map of Balboa Park on the bus.)

Depart 8:30am

Return: 5:00pm

EXTENDED TRIPS

Flyer available in the travel department

AFC EXTENDED TRIPS

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July 19 - 7 days

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September 21 (7 days)

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October 24 (8 days)

GREAT TRAINS & GRAND CANYON

November 10 (6 days)

SMOKY MOUNTAINS & PIGEON FORGE HOLIDAY

December 8 (5 days)

Friends of OASIS

BENEFITS OF MEMBERSHIP

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

MEMBERSHIP RATES

Single \$15/year

Couple \$25/year

TWO WAYS TO BECOME A MEMBER

1 VISIT
friendsofoasis.org

2 CALL
949-718-1800



The Friends of OASIS, Inc. is a nonprofit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.

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

Online

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

Walk-in, Mail-in, Fax or Email

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

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

REGISTRATION INFORMATION

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

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

COURSE INFORMATION

Participants Name	Gender	Course #	Class Name	Fee
CHECKS PAYABLE TO: City of Newport Beach.			Total Class Fees	
REFUND POLICY Refund request must be submitted prior to the second class meeting. One and two-day classes require 5 business days notice before class begins. A full refund will be granted when program is canceled by the Recreation and Senior Services Department.			Non-Resident Fee for Classes \$5/class \$74 & below or \$10/class \$75 & up	
REFUND FEE A refund fee will be assessed for all refunds, \$10 for classes priced at \$74 and under and \$20 for classes priced at \$75 and above.			GRAND TOTAL	

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	
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Friday: 7:00AM - 5:00PM

Saturday & Sunday: 7:00AM - 2:00PM

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JULY 1- AUGUST 31

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Weightlifting & Gymnastics Events



Track & Field Events



Racket & Ball Events



Water Events



2 Events= 1 entry

3 Events= 2 entries

5 Events = 3 entries



3 WINNERS CROWNED



Cycling Events

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PASSPORT ENTRIES MUST BE RECEIVED BY: 8/31/24

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FEE

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

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- 1 hour on-going
 - \$75
- 1 hour one-time
 - \$90

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