



Fall 2019 Course Catalog

Art, Current Events, Fitness, Technology, Tours and more!



www.oasisnet.org/la



MACERICH®

BALDWIN HILLS
CRENSHAW





The Value of Friendships and Staying Active

Thank you for your membership in Los Angeles Oasis! And if you are reading this, and have not joined (only \$20 for a 12-month membership for anyone age 50 and older), consider the many benefits of becoming a Los Angeles Oasis member. Our Oasis programming supports healthy aging with opportunities to stay active and engaged, maintain friendships, as well as make new friends. Did you know that social people have a 50 percent chance of outliving loners? Getting together with friends helps fight depression, reduces stress, which lowers blood pressure. And if you hang out with happy people, the feeling is contagious!

Our fall catalog offers many courses to support you in adopting healthy habits, lower your risk for certain diseases, as well as staying physically active. We have proven, nationally recognized, evidence-based courses for you. And if you are a caregiver, we've got something for you too.

Staying physically active will have you stay happy longer, feel stronger, more confident, and able to get involved in life. Sign up for one or more of our many fitness courses. Travel with us on local one-day excursions and/or exciting, multi-day international trips. There's also our collaboration with LA Metro for our "On the Move" Riders Club that takes group day trips using public transportation options.

In this fall season of Thanksgiving, we give thanks for your continued participation and your support. As always, I welcome your questions and feedback (gchengbraun@wiseandhealthyaging.org). Look for the dates and times for my "Q&A" sessions at Baldwin Hills and the Westside in the catalog.

With gratitude,

Grace Cheng Braun, MSPH
President and CEO, WISE & Healthy Aging



National News from the Oasis Institute

Check out our national impact!

If you participate in lifelong learning classes, health and wellness programs or engage in volunteer opportunities with Oasis, you're in good company! Nationwide, Oasis is a resource for thousands of older adults who are looking for ways to keep learning, stay active and healthy and give back. In 2018, Oasis reached a broad audience of **more than 250 communities** through **nine education centers** and a national network of **over 700 partners in 23 states**.



32,000
adults



140,000
class enrollments



6,100
volunteers



332,100
volunteer hours

Learn more about Oasis national and local impact in our 2018 Annual Report online at oasisnet.org/annualreport.
Click on your city to read great stories about what's happening locally!

Los Angeles Oasis Fall Term Information and Course Locations

Our Fall Term is from September 1 - December 31, 2019

Office Locations and Hours of Operation:

Oasis Baldwin Hills

Macy's 3rd Floor
4005 Crenshaw Blvd.
Los Angeles, CA 90008

Tel: (323) 291-3414 Fax: (323) 299-7964
Hours: 10 am - 3:30 pm

Oasis Westside

WISE & Healthy Aging
1527 4th Street
Santa Monica, CA 90401

Tel: (310) 857-1527 Fax: (310) 395-0863
Hours: 9:00 am - 3 pm

Mailing Address:

Los Angeles Oasis - WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
losangeles@oasisnet.org

Please DO NOT send correspondence to the Baldwin Hills address.

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 Denotes **NEW** course offering!

About Oasis

The Oasis Institute is a national, nonprofit educational organization dedicated to promoting healthy aging through lifelong learning and volunteer engagement. Offering programs in the arts, humanities, health, technology and volunteer opportunities, Oasis centers across the U.S. support active older adults. Oasis programming started in L.A. in 1984. WISE & Healthy Aging took on Oasis programming in L.A. in 2017.

Joining Los Angeles Oasis

Los Angeles Oasis is open to all people 50 years of age and older regardless of income, gender, race, religion or background.

You can join Los Angeles Oasis in person at one of our centers by submitting the New Member Form (page 59) and paying the annual membership fee of \$20 (\$10 for Santa Monica residents due to City of Santa Monica funding).

You can also join online at www.oasisnet.org/la. If you join online, please add the membership payment to your cart (noted as course #3001B3 for Baldwin Hills and #3002W3 for the Westside). To complete the membership process, submit your application at the Baldwin Hills or Westside locations. You will then be given additional information regarding Oasis policies, including a membership card. Oasis courses will be provided to Santa Monica Oasis members.

Course Fees

There are fees for some courses which are due at the time of registration. Other courses are provided at no cost to members, covered by other funding sources.

Scholarships

For seniors of limited financial means, Los Angeles Oasis offers the opportunity of scholarships for membership and up to two fee-based courses per trimester. Please see staff for more information.

Disclaimer

The opinions expressed by the course instructors/speakers are their own and do not necessarily reflect the views of Los Angeles Oasis or any sponsoring organizations.



Congratulations Cynthia and Evelyn!

May is always **Older Americans Month**, and this year, we had the opportunity to submit two of our wonderful volunteers for recognition at Los Angeles County's annual volunteer recognition event. Representing us was **Cynthia Burks** (*left in photo*) who has been volunteering with us for the past seven years. She provides administrative support at our Baldwin Hills Oasis center. Cynthia also tutors in our Oasis Intergenerational Tutoring Program, at Manchester Avenue Elementary School. From our Westside location, we honored **Evelyn Marcelo**, a dynamite volunteer instructor in Club 1527, now Los Angeles Oasis. Evelyn, a certified Zumba instructor, gives of her time teaching other older adults to stay active and fit in our "Move, Stretch and Tone" classes.



Don't Miss These Special Oasis Events!

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>PAGE</u>
LA Philharmonic Concert	September 12	Los Angeles	5
LA County Fair	September 18	Pomona	11
Comedy Show	October 11	Santa Monica	41
Technology Safety Event	October 25	Santa Monica	15, 35
Veteran's Day Event	November 6	Santa Monica	27
Veteran's Day Event	November 7	Baldwin Hills	17
Taste of Oasis	December 13	Santa Monica	39
Taste of Oasis	December 20	Baldwin Hills	21
New Year's Eve Party	December 31	Santa Monica	43

— Informational Q & A Session with Grace —



In our commitment to continually engage feedback and answer questions about Los Angeles Oasis, come to an informational session held by Grace Cheng Braun, President and CEO of WISE & Healthy Aging.

BALDWIN HILLS
Thursday, November 21
 1:00 - 2:00 pm
 Event #: 6021B3

WESTSIDE (Ken Edwards Center)
Tuesday, October 22
 11:00 am - 12:00 noon
 Event #: 7021W3

**FREE
TICKETS!**



Movie "An American in Paris"

with Live Score Performed by the LA Philharmonic

Hollywood Bowl

Thursday, Sept. 12, 2019 | 8:00 pm

**Give us your name to
be in a drawing for this event!**

Our Los Angeles OASIS



Restoring America's Faith

Dr. Mitchell Maki
President and CEO
 Go For Broke National Education Center

Presented by the President and CEO of Go For Broke National Education Center, Dr. Maki, "Restoring America's Promise," tells the story of how a small, disempowered community found the courage and strength to fight for this unprecedented legislation. Dr. Maki is nationally recognized as a leader in the Japanese American community. He is the lead author of the award-winning book, *Achieving the Impossible Dream: How Japanese Americans Obtained Redress*, a case study of the passage of the 1988 Civil Liberties Act. Dr. Maki has spoken nationally and internationally to groups interested in the redress movement and is recognized as one of the leading scholars on the redress movement.

Event #: 7001W3 (Santa Monica KEC)
Friday Sept. 20 | 1:00 - 2:30 pm
No Cost 1 Session Rooms 103 - 105

Event #: 6002B3 (Baldwin Hills)
Friday Oct. 25 | 1:00 - 2:30 pm
No Cost 1 Session Great Hall



Begin the Journey of Living a Life Expecting Miracles

Hazel Ortega
Writer,
Licensed Educational Psychologist

Hazel is an entrepreneur with several multimillion dollar businesses, including one of LA's top restaurants, and the designer sensation, Savvy Socks. She is a #1 bestselling author of the book,

From Bounced Checks to Private Jets, the Mastery of Miracles. Hear her story of growing up in the ghetto and overcoming many obstacles to create a miraculous Life for herself and family. Hazel is a Licensed Educational Psychologist specializing in Vocational Training.

Event #: 6001B3 (Baldwin Hills)
Friday Sept. 27 | 1:30 - 3:00 pm
No Cost 1 Session Great Hall

Event #: 7004W3 (Santa Monica KEC)
Friday Dec. 20 | 1:00 - 2:30 pm
No Cost 1 Session Rooms 103 - 105



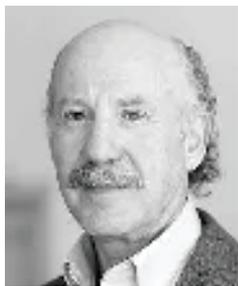
2019: The Wild Ride Continues

Dr. Raphael Sonenshein
Executive Director
 Pat Brown Institute for Public Affairs
 California State University, Los Angeles

A nationally-recognized expert on California and Los Angeles politics and government, Dr. Raphael Sonenshein is a highly sought-after speaker. He frequently appears as an expert commentator on the U.S. political landscape, including urban and racial ethnic politics. A Professor of Political Science and Public Administration at California State University, Los Angeles, Dr. Sonenshein received his B.A. in public policy from Princeton, and his M.A. and doctorate degree in political science from Yale. Dr. Sonenshein has won numerous teaching and research awards including a Wang Family Excellence Award as one of the four most outstanding faculty members in the Cal State system. He was the fall 2008 Fulbright Tocqueville Distinguished Chair in American Studies at the University of Paris VIII.

Event #: 7002W3 (Santa Monica KEC)
Friday Oct. 4 | 1:00 - 2:30 pm
No Cost 1 Session Rooms 103 - 105

Distinguished Speaker Series



Seeking Understanding and Acceptance of Self

Dr. Charles Marcus
*Author, Lecturer,
Philosophy Expert*

Dr. Charles J. Marcus lectures on Eastern and Western philosophy, metaphysics and the experience of awakening. His talks help generate insight into the most pertinent and relevant questions in life, including but not limited to the nature of being, the Self, mind/body/emotion relationships, happiness, suffering and God. He examines the concepts of awareness and consciousness as the peace, power and intellect in our direct connection through identity and sameness with God.

Event #: 6003B3 (Baldwin Hills)
Tuesday Nov. 5 | 1:00 - 2:30 pm
No Cost 1 Session Great Hall



Ernie G Inspires!

Ernie G
*Empowerment
Comedian
Corporate Speaker
Mental Health Coach*

Ernie G is an award-winning empowerment comedian, corporate speaker & mental health coach who teaches & trains in leadership, empowerment & purpose! For over 20 years, Ernie G has been one of the hottest, multi-talented, young Latino entertainers and comedians in the country! His comedy has been seen by millions on shows such as Comedy Central's "Make

Me Laugh," B.E.T.'s "Comic View," Ed McMahon's "Next Big Star," & Sí TV's "Funny is Funny!"

Event #: 7003W3 (Santa Monica KEC)
Friday Dec. 6 | 1:00 - 2:30 pm
No Cost 1 Session Rooms 103 - 105



What Playing High School Football Taught Me About Life, Relationships and Aging

Perry Parks
Retired Executive

Born and raised in Los Angeles, Perry Parks played football in high school at Manual Arts and in college at California State Los Angeles; and was an All-American at both levels. Drafted into the NFL in 1965 while still in college, he played defensive end for the Los Angeles Rams and the New Orleans Saints. After football, Perry entered in the cable television industry, where he was a Regional Vice President for Comcast, managing over 300 employees and building the cable systems in both South and West Los Angeles.

Perry currently serves on the boards of various nonprofits, including Community Partners, a nonprofit agency which supports over 185 projects.

Event #: 6004B3 (Baldwin Hills)
Thursday Dec. 12 | 1:30 - 3:00 pm
No Cost 1 Session Great Hall



BALDWIN HILLS COURSES

Exercise & Fitness

PepSteppers: Oasis Mall Walkers

Calling all walkers! Everyone is welcome to join in for this great exercise and social program to promote health and well-being. Meet new people and start your day off right with the Pepsteppers! WHERE TO MEET: In front of Macy's, on the top floor. Enter at Gate 6 (park in the parking structure adjacent to the movie theatre -- enter on Martin Luther King Blvd).

Class #: 6100B3 (Baldwin Hills)
Monday, Wednesday, Friday Sep 4 - Dec 31
8:00 - 9:00
 No Cost Sessions: 46 Mall
 (No Class Nov. 29, Dec. 25)

Kundalini Yoga: Beginners – Part 1

Experience Kundalini - the yoga of awareness. Kundalini Yoga utilizes breath, sound, exercise, relaxation and meditation to elevate your mind, body, and spirit. Come to stretch, strengthen, energize and relax through the practice of this ancient art. Please bring a mat or a towel. Special consideration is given to beginner level students. Can also accommodate people in chairs.

Class #: 6109B3 (Baldwin Hills)
 Instructor: Sara W. Barnwell, Certified Instructor
Monday Sep 9 - Oct 28 1:30 - 2:45
 Fee: \$48 Sessions: 8 Blue Room

Kundalini Yoga: Beginners – Part 2

Class #: 6110B3 (Baldwin Hills)
 Instructor: Sara W. Barnwell, Certified Instructor & Wanda Liddell Armstrong, Certified Instructor
Monday Nov 4 - Dec 16 1:30 - 2:45
 Fee: \$42 Sessions: 7 Blue Room

Fee increases on certain courses are usually due to an increase in the number of sessions.

Kundalini Yoga: Intermediate to Advanced – Part 1

Experience Kundalini - the yoga of awareness. Kundalini Yoga utilizes breath, sound, exercise, relaxation and meditation to elevate your mind, body, and spirit. Come to stretch, strengthen, energize and relax through the practice of this ancient art. Please bring a mat or a towel.

Class #: 6111B3 (Baldwin Hills)
 Instructor: Sara W. Barnwell, Certified Instructor & Wanda Liddell Armstrong, Certified Instructor
Monday Sep 9 - Oct 28 10:15 - 11:30
 Fee: \$48 Sessions: 8 Blue Room

Kundalini Yoga: Intermediate to Advanced – Part 2

Class #: 6113B3 (Baldwin Hills)
 Instructor: Sara W. Barnwell, Certified Instructor & Wanda Liddell Armstrong, Certified Instructor
Monday Nov 4 - Dec 16 10:15 - 11:30
 Fee: \$42 Sessions: 7 Blue Room

LatinShapes Dance – Part 1



There is nothing quite like the beat of Latin music and dance moves from South America to make your body feel good! Latin-Shapes Dance is a Zumba style exercise class, designed by Julissa herself. Come

ready to burn calories in a fun and effortless way while dancing to Latin beats!

Class #: 6115B3 (Baldwin Hills)
 Instructor: Julissa Castillo
Tuesday Sep 3 - Oct 29 11:15 - 12:15
 Fee: \$45 Sessions: 9 Great Hall

LatinShapes Dance – Part 2

Class #: 6117B3 (Baldwin Hills)
 Instructor: Julissa Castillo
Tuesday Nov 5 - Dec 31 11:15 - 12:15
 Fee: \$45 Sessions: 9 Great Hall

Let Go & Dance – Part 1



Do you love to dance but sometimes find it difficult to keep up with the steps? Well, let it go. It's party time! Rosa Harris, Certified Dance Instructor and former member of the Golden State Warriors senior dance team, will take

you on a trip down memory lane while dancing and reminiscing to old-school grooves from back in the day. It is a fun, energetic class for the exerciser who just wants to move to the beat! You will experience a dance workout combined with movement to boost energy levels, burn calories, and increase strength and endurance while toning the muscles. Come join the party. Release, Let Go and Dance!

Class #: 6119B3 (Baldwin Hills)

Instructor: Rosa Harris, Certified Dance Instructor

Monday Sep 9 - Oct 28 10:30 - 11:30

Fee: \$56 Sessions: 8 Great Hall

Let Go & Dance – Part 2

Class #: 6120B3 (Baldwin Hills)

Instructor: Rosa Harris, Certified Dance Instructor

Monday Nov 24 - Dec 23 10:30 - 11:30

Fee: \$56 Sessions: 8 Great Hall

Body Movement - Part 1

If you don't move, you won't move!

This is a standing low impact easy-to-follow along movement class. It's designed to gradually increase the heart rate and burn calories, while all at the same time tighten and tone your muscles, boost your energy level and put pep in your step. If you want to gingerly groove and move, this class is for you! This is a low impact workout experience that's intended to be fun and promote health and happiness.

Class #: 6141B3 (Baldwin Hills)

Instructor: Rosa Harris, Certified Dance Instructor

Tuesday Sep 03 - Oct 22 12:30 - 1:30

Fee: \$56 Sessions: 8 Great Hall

Body Movement - Part 2

Class #: 6142B3 (Baldwin Hills)

Instructor: Rosa Harris, Certified Dance Instructor

Tuesday Nov 05 - Dec 24 12:30 - 1:30

Fee: \$56 Sessions: 8 Great Hall

Strength and Stretch – Part 1

Are you ready to strengthen and tone? Do you desire a class more focused on high-intensity strength and fitness? If yes, this class is definitely for you. Ilean Mathias, exercise instructor, has designed an exercise routine with strong bodies in mind. Through a combination of muscle building, fat burning, core strengthening, and body transforming exercises, participants will soon be in fighting form! The importance of proper exercise form and strength training will be highly emphasized. This class is adaptable to all fitness and mobility levels and can be adapted to those with physical limitations. Please bring a yoga mat or towel. 1-10 lb. weights are optional. Let's burn!

Class #: 6129B3 (Baldwin Hills)

Instructor: Ilean Mathias, Certified Fitness Instructor

Wednesday Sep 4 - Oct 23 10:15 - 11:15

Fee: \$40 Sessions: 8 Blue Room

Strength and Stretch – Part 2

Class #: 6131B3 (Baldwin Hills)

Instructor: Ilean Mathias, Certified Fitness Instructor

Wednesday Oct 30 - Dec 18 10:15 - 11:15

Fee: \$40 Sessions: 8 Blue Room

Meet Your Instructor

Ilean Mathias After working in the computer systems industry for more than 30 years, Ilean Mathias found her true calling in physical fitness. In 2012, Ilean began getting certifications in Group Exercise, with an emphasis in strength, stretch and aerobics. She also holds credentials in Yoga exercises and Injury Prevention. Ilean focuses primarily on working with seniors, especially those with physical and mental disabilities.



Exercise & Fitness Courses With Antonia!

Physical Fitness: Older Adults

A work out with a mixture of standing and sitting exercises. This light-moderate intensity class focuses on muscle toning, strength, and cardio for improved coordination and circulation.

Tuesdays and Thursdays
Baldwin Hills
Time: 10:05 - 11:05 am
Great Hall

Part 1: 8 sessions
Date: Sep 3 - 26
Course #6121B3 | Fee: \$40

Part 2: 8 sessions
Date: Oct 1 - 24
Course #6122B3 | Fee: \$40

Part 3: 8 sessions
Date: Oct 29 - Nov 21
Course #6123B3 | Fee: \$40

Part 4: 8 sessions
Date: Nov 26 - Dec 26
Course #6124B3 | Fee: \$40
No Class Nov 28, Dec 24

Sit-Down Aerobics

Get all the benefits of aerobic activity in a fun and supportive group setting. All levels welcome - this class is intense, even in a chair!

Mondays and Wednesdays
Baldwin Hills
Time: 10:05 - 11:05 am
Great Hall

Part 1: 8 sessions
Date: Sep 4 - 30
Course #6125B3 | Fee: \$40

Part 2: 8 sessions
Date: Oct 2 - 28
Course #6126B3 | Fee: \$40

Part 3: 8 sessions
Date: Oct 30 - Nov 25
Course #6127B3 | Fee: \$40

Part 4: 8 sessions
Date: Dec 2 - 30
Course #6128B3 | Fee: \$40
No Class Dec 25

* Monday class meets from 11 am to 12 noon

Physical Fitness: Chair Exercise

Get fit while you sit! After a warm-up, focus on each muscle group individually, building strength and increasing flexibility.

Wednesdays at Baldwin Hills
Time: 11:05 am - 12:05 pm
Great Hall

Part 1: 8 Sessions
Date: Sep 4 - Oct 23
Course #6101B3 | Fee: \$40

Part 2: 8 Sessions
Date: Oct 30 - Dec 18
Course #6103B3 | Fee: \$40

Move More: Chair Series

Participants will experience exercises inspired by Pilates, Cardio, Tai Chi warm-ups, stretching, and strength training.

Tuesdays and Thursdays
Time: 11:45 am - 12:45 pm

Courses held at the Boys & Girls Club in Santa Monica, 1238 Lincoln Blvd.

Part 1: 8 Sessions
Date: Sep 5 - Oct 1
Course #7120W3 | Fee: \$40

Part 2: 8 Sessions
Date: Oct 3 - 29
Course #7121W3 | Fee: \$40

Part 3: 8 Sessions
Date: Oct 31 - Nov 26
Course #7122W3 | Fee: \$40
No Class Nov 28

Part 4: 7 Sessions
Date: Dec 3 - 26
Course #7123W3 | Fee: \$35
No Class Dec 24

Instructor: Antonia Routt



Antonia Routt is a Fitness Facilitator and Arthritis Foundation Partner, specializing in seniors and disabled persons. She has worked with individuals of various backgrounds and disabilities, and is certified in Group Exercises, Healthy Lifestyles, Pilates, and Arthritis Foundation programs. She has served on the Los Angeles County Commission for Women's Health Committee for a number of years.

Tai Chi Chuan for Seniors – Part 1



Tai Chi is a low-impact, movement-oriented exercise designed to improve balance, increase flexibility, and instill relaxation. Based on the ancient Chinese art, Tai Chi uses

repeated sequences of slow movements and holding stances while focusing on breathing and meditation. The benefits of Tai Chi are extensive, so join today and boost your vitality!

Class #: 6133B3 (Baldwin Hills)
Instructor: Andrew Kennedy, Instructor
Monday Sep 16 - Nov 4 3:00 - 4:00
Fee: \$40 Sessions: 8 Blue Room

Tai Chi Chuan for Seniors – Part 2

Class #: 6134B3 (Baldwin Hills)
Instructor: Andrew Kennedy, Instructor
Monday Nov 11 - Dec 30 3:00 - 4:00
Fee: \$40 Sessions: 8 Blue Room

Tai Chi in the Chair – Part 1

Students enrolled in this Tai Chi class will learn exercises that strengthens the back, improves sitting posture, increases flexibility, reduces tension, enhances vitality and energy. Students will learn the Tai Chi 8 energies classic exercise form that supports quality healthy movement for students using a chair. Tai Chi in the Chair will use slow energizing flowing movements while focusing on breathing and meditation. Tai Chi is recommended by many health care experts.

Class #: 6135B3 (Baldwin Hills)
Instructor: Andrew Kennedy, Instructor
Friday Sep 6 - Oct 25 10:05 - 11:05
Fee: \$40 Sessions: 8 Blue Room

Tai Chi in the Chair – Part 2

Class #: 6136B3 (Baldwin Hills)
Instructor: Andrew Kennedy, Instructor
Friday Nov 1 - Dec 27 10:05 - 11:05
Fee: \$40 Sessions: 8 Blue Room
No Class Nov 29

Celebrating Decades of LA Pop Culture

Wednesday, Sept. 18, 2019

Departing Baldwin Hills: **11:00 am**
Departing Fairgrounds: **5:00 pm**



Many thanks to Council member Marqueece Harris-Dawson for providing transportation for this event!



Funds raised from this event will go towards Oasis scholarships.

Member Fee: \$20
Non-Oasis Member: \$25

Seating is Limited. Reservation required:
www.oasisnet.org/la or call (323) 291-3414

Baldwin Hills | Fall 2019 Health Lectures



Cedars-Sinai Health Lecture:

Home Safety for the Older Adult: Shedding Some Light on Prevention

Brett Dodd, MD | Tues., Sept. 24 | 1 – 2:30 pm | Great Hall | Course # 6210B3

This presentation will cover common causes of falls for the aging population in and around the home. Additionally, an interactive questionnaire will be reviewed to help identify those at risk of falling in the future.



CEDARS-SINAI®



Cedars-Sinai Health Lecture:

Osteoporosis – The Silent Bone Disease That Can Break You

Kathleen Breda, MSN, BBA, RN | Thur., Oct. 24 | 1 – 2:30 pm | Great Hall | Course # 6208B2

At this presentation about bone health and what older adults can do to keep their bones healthy and avoid debilitating fractures, we will talk osteoporosis, who is at risk, ways to prevent, diagnose and treat it as well as ideas to reduce falls. I also provide the attendees with a list of important questions to ask their doctors about their bone health. After the presentation, osteoporosis screening using a portable ultrasound machine will be available.



CEDARS-SINAI®

Health & Wellness

Brain Games: A Mental Workout Series

Join Miriam Caiden, MSG, PhD, for a fun mental workout that will challenge your working memory! Students will gain a basic understanding of how memory works, different types of memory, and the importance of attention and focus for memory; and the importance of assigning meaning to information. We will use group and individual exercises to reinforce working memory and attention skills, focusing on names and faces and 'to-do' lists.



Class #: 6215B3 (Baldwin Hills)

Instructor: Miriam Caiden, MSG, PhD

Wednesday Nov 6 - Dec 18 10:30 - 11:30

Fee: \$30 Sessions: 6 Banneker Room
(No class Nov 27)



You might be that one person to ensure a course doesn't get canceled due to low enrollment!

Be sure to register early so you don't miss out.

REGISTER NOW



Technology

Computer Safari: Skills Everyone Should Know (Before Going 'Online')

Do YOU know how to:

- Use the mouse correctly?
- How to open, close, minimize, and restore "windows"?
- Save your files?
- Create folders so you know where to find your information?
- "Really" delete files you don't need or want?

Join instructor Miriam Caiden as we explore the 'wilds' of Windows! Avoid the hazards of repetitive strain injury while clicking away safely! Learn how to track files and folders so you won't lose them! Save and delete, maximize and minimize. Even if you thought you knew it all, there's always more to discover in Windows!

This course meets for two hours to ensure everyone has plenty of opportunity to practice.

Please bring a USB ('thumb drive') to all Technology classes.

Class #: 6501B3 (Baldwin Hills)
Instructor: Miriam Caiden, MSG, PhD
Friday Sep 13 - Oct 04 12:00 - 2:00
Fee: \$25 Sessions: 4 Computer Lab

Safety First: Privacy & Safety Online

The Internet is a daily part of our family, social, and business lives. The Internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. You'll learn how to create and use effective passwords, develop and practice good security habits, and reduce your exposure to threats. The class also covers virus protection, firewalls, top scams, credit monitoring, job search scams, and much more.

Class #: 6503B3 (Baldwin Hills)
Instructor: Miriam Caiden, MSG PhD
Tuesday Sep 10 12:30 - 2:30
Fee: \$5 Sessions: 1 Computer Lab

Celebrating



**Want
to
Help
Plan
our
2020
Black
History
Month
Event?**

**Please call
Danielle Brinney
(310) 394-9871 ext. 463**



iPhone for Beginners

Do you have a iPhone? How often do you use it? If, like many others, you own one but are not sure how to take full advantage, this is the workshop for you! Two one-hour sessions will give ample time for everyone to practice.



Class #: 6512B3 (Baldwin Hills)
 Instructor: Teresa Riddle
Tuesday Oct 15 - Oct 22
1:00 - 2:00
 Fee: \$10 Sessions: 2 Banneker

Going Wireless-- How To Use Wi-Fi

Want Internet access on the go? Wi-Fi is the wireless Internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it and important safety precautions you need to know. (If you have a laptop computer or cell phone with Wi-Fi Internet access, you can bring it to class. However, this is not required.)

Class #: 6509B3 (Baldwin Hills)
 Instructor: Miriam Caiden MSG PhD
Tuesday Oct 08 12:30 - 2:30
 Fee: \$5 Sessions: 1 Computer Lab

Connections Technology: Microsoft Word

From creating a flyer, holiday card, or memo, to writing a memoir, Microsoft Word produces professional results every time! In this class you will learn to:

- format text
- use fonts for effect
- cut, copy, and paste text within and between documents
- save documents
- insert pictures and tables

We will use these skills to create calendars and holiday cards. Please bring a USB ('thumb drive').

To get the most out of this class, students should be familiar with the Windows environment, including correct use of the mouse and USB drive. Computer Safari (#6501B3) is recommended.

Class #: 6511B3 (Baldwin Hills)
 Instructor: Miriam Caiden, MSG PhD
Friday Nov 01 - Nov 22 12:00 - 2:00
 Fee: \$25 Sessions: 4 Computer Lab

Make the Most of Power Point

Just in time for the holidays! Whether it's family memories or a review of last summer's vacation, a professional slide presentation is just clicks away with Microsoft Power Point. In this class, you will learn how to:

- create effective slides
- use animations and special effects
- insert pictures from a USB or the Internet (copyright restrictions may apply)

To get the most from this class, students should know how to use a mouse and USB correctly and be familiar with the Microsoft Windows environment. Please bring a USB.

Class #: 6513B3 (Baldwin Hills)
 Instructor: Miriam Caiden, MSG PhD
Wednesday Dec 04 - Dec 18 12:30 - 2:30
 Fee: \$15 Sessions: 3 Computer Lab

You might be that one person to ensure a course doesn't get canceled due to low enrollment! Be sure to register early so you don't miss out.

REGISTER NOW

A Special Digital Safety Event: Staying Safe Online, On the Phone, and On the Go

Do you use the Internet on your computer or smartphone?

Many older adults use their devices to stay connected with loved ones, communicate with health care providers, research important information, play games, and even pay bills! This seminar offers the latest tips and strategies to keep you safe online. Topics include: what to do if you lose your smartphone (and how to protect it), information about scams and viruses, how to use social media safely, and more!

Friday, October 25, 2019 | 1 – 3:00 pm

Event # 7012W3

Presenter: Amy VanDeVelde, *National Program Manager, The Oasis Institute*
Ken Edwards Center, Rooms 103 - 105, 1527 4th St., Santa Monica | No Fee



Exploring the Internet

Make the “Information Superhighway” work for you! Plan a trip! Renew your vehicle registration – without waiting in line at the DMV! Take a tour of the night sky – without a telescope! Take a hike in a national park without leaving your seat! “Do it yourself” – or find a handyman. Students will learn how to navigate to internet websites independently (without having to use a search engine). This is a Level 2 course; students should be comfortable using a mouse correctly and familiar with the Windows 7 and 10 environment.

Class #: 6505B3 (Baldwin Hills)
Instructor: Miriam Caiden, MSG PhD
Tuesday Sep 17 12:30 - 2:30
Fee: \$5 Sessions: 1 Computer Lab

Google: Exploring and Beyond!

Google is so useful, it’s now a verb! We ‘google’ to find information, but there is more to this search engine than meets the eye. Learn to search effectively with Google Search, find pictures online with Google Images, and find your way with Google Maps (you can also take a ‘virtual vacation’ with Street View and Google Earth!).

Students with a gmail account can also learn about Google Calendar and Google Docs.

Familiarity with the Internet, including browsers and websites, is essential for this class.

Class #: 6507B3 (Baldwin Hills)
Instructor: Miriam Caiden, MSG PhD
Wednesday Oct 02 1:30 - 3:30
Fee: \$5 Sessions: 1 Computer Lab

Special Interest

Oasis Book Club



Books are a uniquely portable magic.
 ~ Stephen King

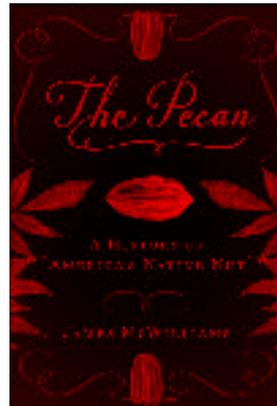
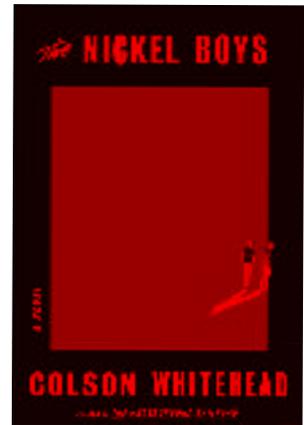
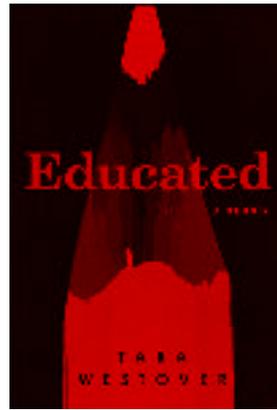
Reading inspires, uplifts, motivates, keeps the mind alive and active—the synapses firing, the blood flowing—and our discussions create a sisterhood, a brotherhood, a society of readers. Please join us and share your unique perspective of these exciting and thought-provoking works of memoir and fiction.

Thursdays 10:30 am until 12:00 noon

- Sept. 26** Educated – Tara Westover
- Oct. 24** The Nickel Boys – Colson Whitehead
- Nov. 14** They All Fall Down – Rachel Howzell Hall
- Dec. 12** The Pecan Man – Cassie Dandridge Selleck

**At the time of this publication, all books are available and can be ordered online either new or used from Amazon.com. Order off SmileAmazon.com (same pricing) and select WISE & Healthy Aging to receive a charitable donation from Amazon.*

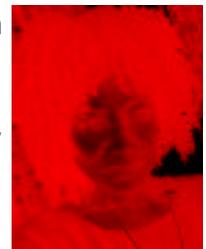
Class #: 6605B3 (Baldwin Hills)
 Instructor: Salima Yamini-Benjamin,
Thursday Sep 26 - Dec 12 10:30 - 12:00
 No Fee Sessions: 4 Banneker Room



Meet Your Instructor

Salima Yamini-Benjamin

Salima received her undergraduate degree from Mount St. Mary's University and her MFA in Creative Writing from Antioch University Los Angeles (AULA). She has served as a tutor for the Los Angeles Public Library's Literacy Program, assisting adult learners evidencing a deep desire to learn to read. Her great love for reading and writing inspired her to pursue her graduate degree at AULA and to continue to work on her own crime novel.



WISE Talks

Are you looking to give a memorable and inspiring talk?

TED Talks are popular for a reason – they captivate, inspire and take the listener on a journey. Even if you are not preparing to give an actual TED Talk, you can use the same principles to wow your audience and give an effective talk. Learn what keeps an audience interested and be effective in delivery.



Course #: 6651B3 (Baldwin Hills)

Instructor: Candace Shivers

Thursday Sep 12 - Oct 17 1 - 2:00 pm

Fee: \$20 Sessions: 5

(No Class 10/3/2019)

Are You In Need of Support as a Caregiver?

For information regarding community resources and support available for older adult caregivers, including those senior caregivers who are primary caregivers for a child/kin, contact:

Lisa DeBlois, MSW
(310) 394-9871, ext. 287

Family Caregiver Support Program

WISE
& Healthy Aging

Celebrating Our Veterans

*Sharing
Our Stories*

Join Los Angeles Oasis as
we honor our veterans.

An afternoon of
reflection, appreciation
and camaraderie
(refreshments served)

Event #: 6005B3 (Baldwin Hills)

Macy's 3rd Floor, Crenshaw Plaza

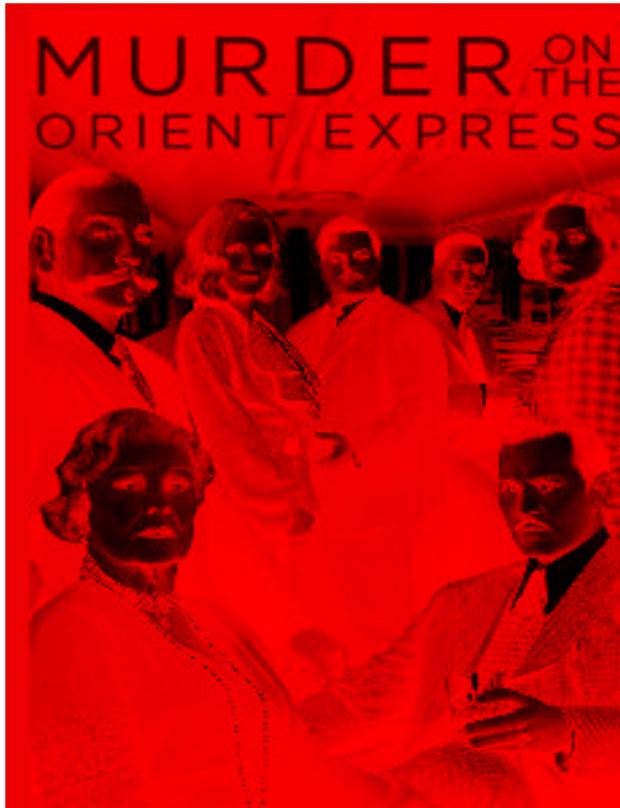
Thursday, Nov. 7 | 1:00 – 2:30 pm

Blue Room | No Fee

Los Angeles
OASIS
WISE & Healthy Aging

Fall 2019 Film Festival

Enjoy another exciting movie series with facilitator Elaine Cook.



**September 13 –
Murder on the Orient Express**
(starring Kenneth Branagh)

What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish, suspenseful and thrilling mysteries ever told. From the novel by best-selling author Agatha Christie, “Murder on the Orient Express” tells the tale of thirteen strangers stranded on a train, where everyone’s a suspect. One man must race against time to solve the puzzle before the murderer strikes again. Kenneth Branagh directs and leads an all-star cast including Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Michelle Pfeiffer, Daisy Ridley and Josh Gad.

Class #: 6621B3 (Baldwin Hills)
Moderator: Elaine Cook
Friday September 13 1:00 - 4:00
No Cost Sessions: 1 Blue Room



October 11 – Coco
(starring Anthony Gonzalez, Gael García Bernal, Benjamin Bratt)

Despite his family’s generations-old ban on music, a 12-year-old boy named Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel is accidentally transported to the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel’s family history, where he seeks the help of his deceased musician great-great-grandfather to return him to his family among the living and to reverse his family’s ban on music.

Class #: 6622B3 (Baldwin Hills)
Moderator: Elaine Cook
Friday October 11 1:00 - 4:00
No Cost Sessions: 1 Blue Room

November 8 – Bohemian Rhapsody

(starring Rami Malek)

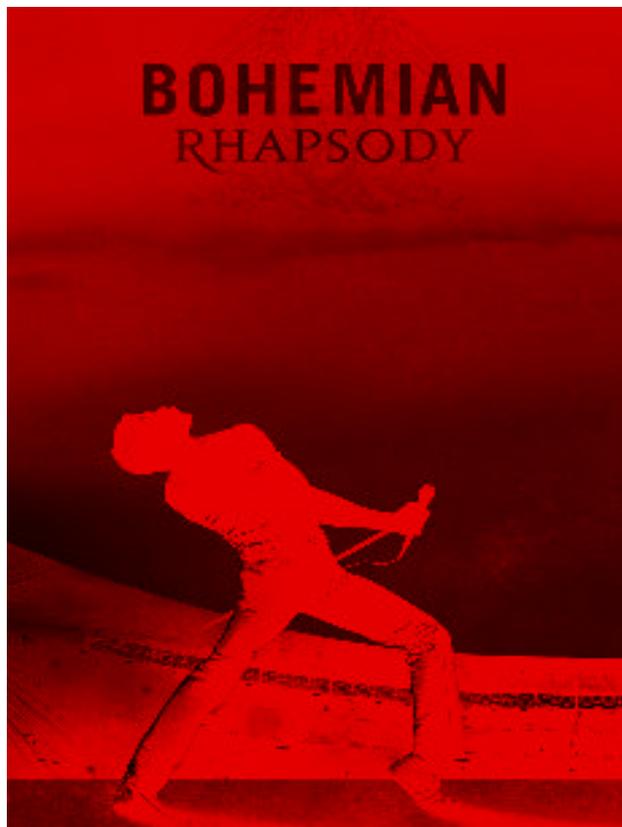
Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire music lovers to this day.

Class #: 6623B3 (Baldwin Hills)

Moderator: Elaine Cook

Friday November 8 1:00 - 4:00

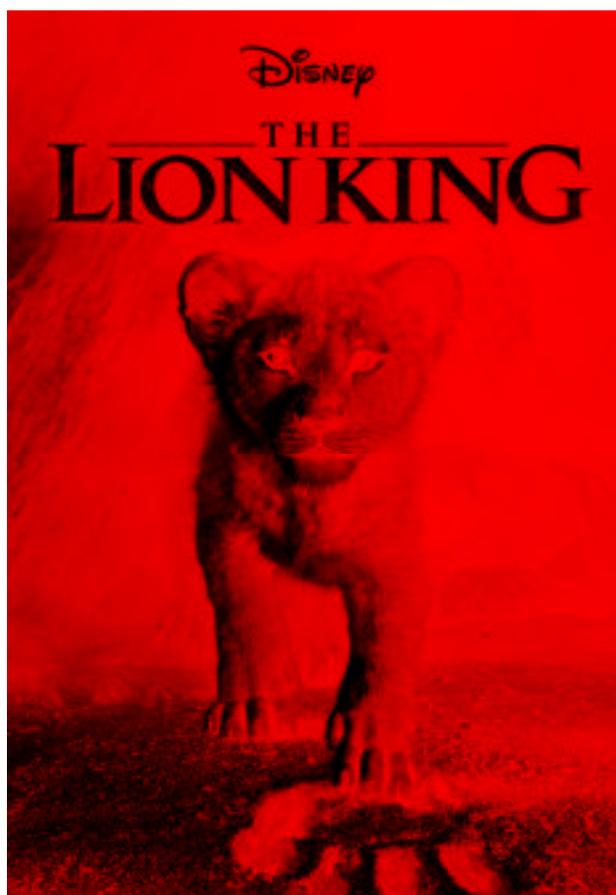
No Cost Sessions: 1 Blue Room



December 13 – The Lion King

(starring James Earl Jones and John Kani)

Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother – and former heir to the throne – has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and drama, ultimately resulting in Simba's exile. Now, with help from a curious pair of newfound friends, Simba must figure out how to grow up and take back what is rightfully his.



Class #: 6624B3 (Baldwin Hills)

Moderator: Elaine Cook

Friday December 13 1:00 - 4:00

No Cost Sessions: 1 Blue Room

All films start at 1 pm



**On The Move Rider’s Club:
Mandatory Orientation**

Whether you’ve never tried public transportation in L.A., or you’re a ‘veteran’ rider, this orientation is the first step towards joining one of the most exciting clubs in L.A.: The Los Angeles Oasis On the Move Rider’s Club! Join the experts from L.A. Metro to learn about the Senior TAP Card and its benefits (35 cents a ride!), how to navigate the system, and more. We will also review important safety rules and logistics.

Note: All New On the Move Rider’s Club members are required to complete a no cost Orientation (listed below) before registering for a trip.

Presented by the TAP Team in the Blue Room

Wed. Sept. 11 2:00 - 3:30 Class #: 6701B3

Wed. Oct. 9 1:00 - 2:30 Class #: 6702B3

Marciano Art Foundation

This new contemporary art space in the Windsor Square neighborhood of Los Angeles was originally a Masonic Temple. Tickets are free but required for the visit. Trip is a combo of train and the Crenshaw bus. Sign up begins 8/26.

Event #: 6801B3 (Baldwin Hills)

Facilitator: Ursula Matheson

Thursday Sept 19 9:30 - 2:30

No Cost Sessions: 1

NOTE: To participate in the On The Move Rider’s Club trips, new riders must register for and attend the Orientation on Wednesday, Sept. 11 OR Oct 9

**Special Technology Event
at Westside Oasis in Santa Monica**

Meet volunteers at 11 am at the Jefferson station. Travel to Santa Monica and have lunch at noon. Attend the technology event at 1 pm (see details on page 14). After the event, enjoy Santa Monica on your own. Try Santa Monica Place, 3rd Street Promenade, and/or Tongva Park. Sign up begins 10/1.

Event #: 6802B3 (Baldwin Hills)

Facilitator: Ursula Matheson

Friday Oct 25 11:00 am - 3:00 pm

Fee: \$5 Sessions: 1

Mosaic House in Venice

Encore visit to the Mosaic house. We will take the train to Santa Monica and the Big Blue Bus to visit the Mosaic house, an incredible piece of art. We’ll take a short tour and then head back to Sana Monica for lunch. Sign up begins 10/1.

Event #: 6803B2 (Baldwin Hills)

Facilitator: Ursula Matheson

Wednesday Oct 30 10:15 am

No Cost Sessions: 1

Citadel Outlets Holiday Shopping

Get some holiday shopping done and have lunch at the Citadel. This is a train/shuttle bus combination trip. Meet at the station as usual then take the shuttle bus from Union station to the Citadel. Sign up begins 11/1.

Event #: 6804B3 (Baldwin Hills)

Facilitator: Ursula Matheson

Wednesday Nov 20 9:30 am

No Cost Sessions: 1

Metro’s Annual Holiday Concert

There will be a holiday concert offered by Met-The date and location of the event have not been set. Members will be notified as soon as information becomes available. Departure TBD. Sign up begins 12/1.

Event #: 6805B3 (Baldwin Hills)

Facilitator: Ursula Matheson

No Cost Sessions: 1

**** Trips leave from the La Cienega/
Jefferson Metro Station ****

Special Interest

Beginning Spanish y Mas

¡Bienvenidos! To a learning experience that will be lively, challenging and rewarding. Our goal is to initiate mastery of one of the world's most widely used languages--with speakers on every continent. Your communicative skills will be developed via:

- Short, conversational dialogues based on real-life situations
- Reader's Theater selections
- Word Games & Puzzles
- Independent Projects

Of course a basic knowledge of Spanish grammar will be integral to class participation, but this is not a class where memorization of rules overwhelms participants. So... join us on the voyage. ¡Comencemos el viaje!

Class #: 6601B3 (Baldwin Hills)

Instructor: Davilla T. Davis

Wednesday Sep 11 - Nov 13

Fee: \$70 Sessions: 10 Annex

Spanish Language and Conversation

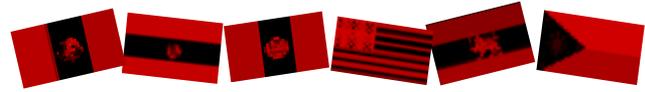
¡Saludos a todos! As we continue our exploration of hispanophone countries, we will be guided through the mystery telenovela, "Destinos," which will serve to reinforce and expand your knowledge of Spanish. This trek will expose class members to diverse accents of speakers in regions outside the U.S., while highlighting cultural nuances as people of different ages, professions and classes interact. Additional skills development in comprehension, speaking, reading, and writing will be components of this enjoyable program that will encourage creative language usage. It is strongly recommended that all participants enrolling in this class have a working knowledge of concepts covered in Beginning and Intermediate Spanish to fully benefit from the program. Vamos a hablar mucho español.

Class #: 6602B3 (Baldwin Hills)

Instructor: Davilla Davis

Wednesday Sep 11 - Nov 13 1:00 - 3:00

Fee: \$70 Sessions: 10 Annex



Taste of OASIS

Members POTLUCK

New!

**Friday, December 20
12 noon – 2:00 pm**

Come together for a potluck to celebrate the holiday season. Bring dishes from around the world. Sign up in person, online at oasisnet.org/la or call **(323) 291-3414**

*Fun, food, music and
celebration of diversity!*

Event #: 6050B3
Baldwin Hills Oasis
Blue Room
No Fee for Members

**Oasis
Special
Event**

If you would like to help with planning,
call Danielle (310) 394-9871, ext. 463

Beginning/Intermediate French

Expand your horizons as a global citizen by working in small groups whose focus is the development of “competency” in reading, writing and speaking French. As a complement to acquiring these skills, the instructor will assign role-plays, poetry recitations and short story readings. All participants in the class will use concepts introduced and gain confidence in the art of communicating with practitioners of an international language spoken on every continent of the world. Venez nombreux! Le monde francophone nous attend.

Class #: 6603B3 (Baldwin Hills)

Instructor: Davilla Davis

Thursday Sep 12 - Nov 14 10:30 - 12:30

Fee: \$70 Sessions: 10 Annex

French Conversation for Linguistic Marathoners

For the devotees who enjoy the focused, fast-moving setting of previous classes, *bonne rentrée à tout le monde*. For newcomers who are “language proficient,” you’ll be a welcome addition who brings new perspectives to our discussions about literature, films, music, contemporary issues, and other timely topics. Discreet grammatical concepts will be reviewed--when needed--but will not be the focus of this class. The goal of this “atelier global” is to facilitate discussion with francophones in authentic, everyday situations, where accuracy of usage is key for communication.

Class #: 6604B3 (Baldwin Hills)

Instructor: Davilla T. Davis

Thursday Sep 12 - Nov 14 10:30 - 12:30

Fee: \$70 Sessions: 10 Annex

Courtesy Confirmation Calls

Many times our Oasis volunteers reach out prior to a course to remind those registered. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.



AARP Smart Driver Course

AARP Smart Driver Courses are available to those who wish to receive a discount on their auto insurance. This is a 2-day, 8-hour course. You must attend both days to receive a certificate. AARP member class fee is \$15 (non-members \$20). You must provide your AARP membership number for the discounted rate. Participants must pay AARP instructor directly - cash (exact change), or checks accepted.

Class #: 6705B3 (Baldwin Hills)

Instructor: AARP Volunteer

Thurs & Fri Oct 31 & Nov 1 12:00 - 4:00

See above for fees Sessions: 2 Annex

AARP Smart Driver Refresher Courses

The AARP Smart Driver Refresher Course is a 4-hour program. To attend this course, you must have participated in the 8-hour course within the last three years. AARP member class fee is \$15 (non-members \$20). You must provide your AARP membership number for the discounted rate. Participants must pay AARP instructor directly - cash (exact change), or checks accepted.

Class #: 6706B3 (Baldwin Hills)

Instructor: AARP Volunteer

Thursday October 10 12:00 - 4:00

See above for fees Sessions: 1 Annex

Class #: 6707B3 (Baldwin Hills)

Instructor: AARP Volunteer

Tuesday Dec 10 12:00 - 4:00

See above for fees Sessions: 1 Annex

Oasis Choral

The Oasis Choral is a staple of Oasis and the community. Since 2011, the Choral has performed at local holiday and community events. Join the Oasis Choral and have an opportunity to let your inner performer shine! Whether you are a novice or an experienced singer, you are welcome to be a part of this wonderful group. Singing is also shown to have great benefits for living a long, healthy life!



Class #: 6607B3 (Baldwin Hills)
Instructor: Eddie Kendrix
Monday Oct 7 - Dec 16 11:45 - 12:45
No Cost Sessions: 8 Blue Room
(No Class Oct 14)

Jazz Appreciation



Join jazz aficionado Reggie Morris as he shares about the art form of Jazz, primarily focusing on the contribution that African Americans made to the genre. This course will be a chronological progression from the early conception years to the present. He will lead discussions on background as well as play music of artists who had made a mark in the world of Jazz! Previous students are welcome as different artists and music will be featured.

progression from the early conception years to the present. He will lead discussions on background as well as play music of artists who had made a mark in the world of Jazz! Previous students are welcome as different artists and music will be featured.

Class #: 6650B3 (Baldwin Hills)
Instructor: Reggie Morris
Tuesday Nov 12 - Nov 26 1:00 - 2:30
Fee: \$15 Sessions: 3 Banneker



Neighbors Helping Neighbors

Are you a compassionate and dedicated individual who would like to make a difference in the lives of the elderly in our community?

Volunteers are critical to the success of supporting a high-quality of life for those dealing with dementia. Training will be provided, along with the opportunity to meet regularly for added support. For more information about volunteer opportunities under our new "Capability Care Project," a federally-funded grant from the Administration for Community Living (ACL), please contact:

Anya Kaufman, LCSW
(310) 394-9871, ext. 191

A Volunteer Opportunity!



“What Matters to Me” Discussion Group

The “What Matters to Me” discussion group is an opportunity for seniors to discuss local advocacy efforts, from experiences with companies, services, and resources to discussing the status of local politics and how to be involved. Everyone is welcome, and different topics will be discussed at each meeting. Come and share your point of view!

Session Dates: 2nd Fridays of the month, September 13, October 11, November 8 and December 13

Class #: 6608B3 (Baldwin Hills)
 Instructor: Verna Bailey, Facilitator
Friday Sep 13 - Dec 13 10:30 - 12:30
 Fee: \$20 Sessions: 4 Banneker Room

Beyond Black Cats & Broken Mirrors: Superstitions and Magical Thinking



From lucky numbers to ‘lucky underwear’, from astrology to crystals, superstitions, folk beliefs, and magical thinking have influenced our behavior, architecture (the ‘thirteenth floor’), politics, and culture.

Join us for an interactive discussion as we explore the origins and the attraction of these ideas and beliefs and learn about folk wisdom from around the world. Does your family or community have a traditional belief or custom? Bring it along to share!

Class #: 6611B3 (Baldwin Hills)
 Instructor: Miriam Caiden, MSG PhD
Monday Oct 28 12:00 - 1:30
 Fee: \$5 Sessions: 1 Banneker

**Many of our courses
 fill up quickly.
 Don't be disappointed!**

SIGN UP!

Medicare 101 and Benefits Updates

Join Medicare benefits specialist, Thomas Floyd, as he shares his knowledge of the ins and out of Medicare benefits. Learn about new and updated information for 2020. Bring your Annual Notice of Benefits for review and recommendations.

Class #: 6711B3 (Baldwin Hills)
 Instructor: Thomas Floyd
Thursday Oct 03 1:00 - 2:00
 No Cost Sessions: 1 Banneker

Volunteer Information Meeting

Life after Retirement: What Do I Do Now?

We know...Sign up to become a Los Angeles Oasis volunteer! Whether it is applying your professional skills or talents, working with people, making a difference in your community, serving on a committee, volunteering as an instructor, or assisting with special events, we have an opportunity just for you. Opportunities include (but are not limited to):

- **Front Desk Greeter:** Be the first friendly face Oasis members see!
- **Class Coordinator:** Make sure everything is running smoothly
- **Volunteer Tutor:** Make a child's day... make a child's life!
- **Oasis Instructor:** Do you have a talent or passion? Share it!

Volunteering is an integral part of the healthy aging process and staying active and engaged is a perfect way to continue the process of life-long learning. Please join us at one of our volunteer information sessions to learn about the various volunteering opportunities offered and discuss ways you can use your talents and gifts!

Class #: 6904B3 (Baldwin Hills)
 Presenter: Danielle Brinney
Wednesday September 25 11:30 - 12:30
 No Cost Sessions: 1 Banneker Room

Family Caregiver Support Program

Are you helping a loved one with errands, transportation, medication management, bathing, meal preparation, and appointment scheduling? Juggling the demands of caring for another while attending to challenges in your own life?

More and more older adults are finding themselves caring for either a parent, spouse, grandchild or a relative. WISE & Healthy Aging's Family Caregiver Support Program (**FCSP**) helps caregivers by providing:

- **Caregiver Support Groups and Counseling Services for residents on the Los Angeles Westside and South Bay communities**
- **Caregiver Training and Education specific to the role of caregiving**
- **Intermittent Respite Care Services in the care receiver's home**
- **Out-of-Home Care**

For more information and to learn more about
FCSP eligibility requirements, please call:

Lisa deBlois, MSW at (310) 394-9871 ext. 287

For caregivers of older adults aged 60 or older, and caregivers who are caring for an adult who has a disability, or a grandparent or older person who is caring for a child who is 18 or younger.

Funding Support from Los Angeles County



WISE & Healthy Aging is a nonprofit organization dedicated to serving seniors and caregivers.

WISE & Healthy Aging • 1527 4th Street, 2nd Floor • Santa Monica • www.wiseandhealthyaging.org

Call (323) 291-3414 • Visit Oasisnet.org/la

WESTSIDE COURSES

Exercise & Fitness

Beginning Tai Chi For Balance



Falling can be a serious problem -- but it doesn't have to happen to you! The latest fall prevention research shows that people who practice Tai Chi can reduce their risk of falling by 55%*. Join Tai Chi Instructor Robin Rinehart for a program of Tai Chi exercises designed to reduce the risk of falling while enhancing balance, core strength, and quality of life. This program is designed for people of all ability levels. So, even if you've never considered Tai Chi -- give it a try!

**Tai Chi and Fall Reductions in Older*

Adults: A Randomized Controlled Trial. Fuzhong Li et al, The Journals of Gerontology: Series A, Volume 60, Issue 2, 1 Feb. 2005, p. 187-194.

Class #: 7107W3 (Ken Edwards Center)
Instructor: Robin Rinehart
Thursday Sep 12 - Oct 31 10:15 - 11:15
Fee: \$50 Sessions: 8 Rooms 104 - 105

Advance Dance Aerobics – Part 1

Dance your way to health and fitness with Melinda! Get toned! Increase your energy level, burn calories and increase strength and endurance. These faster-paced sessions will work on your coordination and rhythm. Dance to a range of fun music designed to give you a cardio workout along with learning different movement paces.



Class #: 7111W3 (Ken Edwards Center)
Instructor: Melinda Pace
Wednesday Sep 4 - Oct 23 9:00 - 10:00
Fee: \$40 Sessions: 8 Rooms 103 - 105

Advance Dance Aerobics – Part 2

Class #: 7112W3 (Ken Edwards Center)
Instructor: Melinda Pace
Wednesday Oct 30 - Dec 18 9:00 - 10:00
Fee: \$40 Sessions: 8 Rooms 103 - 105

LatinShapes Dance – Part 1



There is nothing quite like the beat of Latin music and dance moves from South America to make your body feel good! LatinShapes Dance is a "Zumba" style exercise class, designed by

Julissa herself. Come ready to burn calories in a fun and effortless way while dancing to Latin beats!

Please Note: This course meets at the Boys & Girls Club of Santa Monica at 1238 Lincoln Blvd.

Class #: 7115W3 (Boys & Girls Club)
Instructor: Julissa Castillo
Friday Sep 06 - Oct 25 11:45 - 12:45
Fee: \$40 Sessions: 8

LatinShapes Dance – Part 2

Class #: 7117W3 (Boys & Girls Club)
Instructor: Julissa Castillo
Friday Nov 01 - Dec 20 11:45 - 12:45
Fee: \$40 Sessions: 8
(No Class Nov 29)

Fee increases on certain courses are usually due to an increase in the number of sessions.

**Move More Exercise:
Chair Series – Part 1**

It's time to build yourself from the ground up with 'Move More' Exercise! Participants will experience exercises inspired by Pilates, Cardio, Tai Chi warm ups, stretching, and strength training. You'll experience increased flexibility, range of motion, improved posture, and balance. This class is suitable for varying levels of ability. It's a Back to Basics approach to obtaining physical fitness. Some use of provided equipment.

Please Note: This course meets at the Boys & Girls Club of Santa Monica at 1238 Lincoln Blvd.

Class #: 7120W3 (Boys & Girls Club)
Instructor: Antonia M. Routt
Tues & Thurs Sep 05 - Oct 01 11:45 - 12:45
Fee: \$40 **Sessions:** 8



**Move More Exercise:
Chair Series – Part 2**

Class #: 7121W3 (Boys & Girls Club)
Tues & Thurs Oct 03 - Oct 29 11:45 - 12:45
Fee: \$30 **Sessions:** 6

**Move More Exercise:
Chair Series – Part 3**

Class #: 7122W3 (Boys & Girls Club)
Tues & Thurs Oct 31 - Nov 26 11:45 - 12:45
Fee: \$40 **Sessions:** 8

**Move More Exercise:
Chair Series – Part 4**

Class #: 7123W3 (Boys & Girls Club)
Tues & Thurs Dec 03 - Dec 26 11:45 - 12:45
Fee: \$35 **Sessions:** 7
(No Class Dec 24)

**Celebrating
Our Veterans**

*Sharing
Our Stories*

**Join Los Angeles Oasis as
we honor our veterans.**

**An afternoon of
reflection, appreciation
and camaraderie
(refreshments served)**

Event #: 7007W3 (Ken Edwards Center)
1527 4th Street | Santa Monica
Wednesday, Nov. 6 | 1:00 – 2:30 pm
Rooms 103 – 105 | No Fee

Westside Courses



Boom! Cardio Workout – Part 1



What is Boom? It is probably the most fun you'll ever have in an exercise class! Let Loriston lead you in a fast-paced but easy series of both chair and standing exercises using innovative movements to quicken

your pulse, tone your muscles, and put a smile on your face.

Please Note: This course meets at the Boys & Girls Club of Santa Monica at 1238 Lincoln Blvd.

Class #: 7127W3 (Boys & Girls Club)

Instructor: Loriston Scott, Senior Fitness Instructor

Tuesday Sep 3 - Oct 29 12:45 - 1:30

Fee: \$45 Sessions: 9

Boom! Cardio Workout – Part 2

Class #: 7128W3 (Boys & Girls Club)

Instructor: Loriston Scott, Senior Fitness Instructor

Tuesday Nov 5 - Dec 31 12:45 - 1:30

Fee: \$45 Sessions: 9

Yoga Gently with Sonya – Part 1

Conducted by accredited Yoga Instructor Sonya Chapnick, this course is specifically designed to accommodate students of all levels. Whether you are trying yoga for the first time, have had a significant break in your yoga, or you are a yogi, this class will benefit you. Emphasizing yoga breathing techniques (pranayama), this class incorporates modified poses into a gentle yoga practice designed to improve vitality, healing, and rejuvenation. You will learn to link breath with movement, modify postures when needed and cultivate a vibrant life for yourself. Benefits from this class may include: improved balance, increased flexibility, better strength, and enhanced vitality. Join this class to optimize your overall state of well-being!

NOTE: This class will be taught at a westside venue 4 blocks west of the former Westside Pavilion. Members will be notified of the location one week before class begins. For inquiries, please call (310) 394-9871.

Class #: 7124W3 (Westside)

Instructor: Sonya Chapnick, Certified Yoga Instructor

Monday Sep 09 - Oct 28 2:00 - 3:15

Fee: \$40 Sessions: 8

Yoga Gently with Sonya – Part 2

Class #: 7125W3 (Westside)

Instructor: Sonya Chapnick, Certified Yoga Instructor

Monday Nov 4 - Dec 16 2:00 - 3:15

Fee: \$35 Sessions: 7

Chair Aerobics

Chair Aerobics workout encompasses far more than seated dance movements, fun, socialization and music. Chair Aerobics will develop your cardio fitness, muscular strength, and flexibility.



Class #: 5129W3 (Ken Edwards Center)

Instructor: Jacqueline Witherspoon

Thursday Sep 05 - Dec 26 10:00 - 10:45

No Cost Sessions: 16 Room 100

(No Class Nov 28)

Chair Yoga Fitness

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

Class #: 5130W3 (Ken Edwards Center)

Instructor: Kyoko Iwama

Friday Sep 06 - Dec 27 9:00 - 10:00

No Cost Sessions: 17 Rooms 103 - 105

Let's Dance Aerobics

Upbeat, fun and one of the best ways to get into and stay in shape! Let's Dance Aerobics is one of the best forms of exercise for the whole body and brain.

Class #: 5127W3 (Ken Edwards Center)

Instructor: Melinda Pace

Friday Sep 06 - Dec 27 10:00 - 11:00

No Cost Sessions: 18 Rooms 103 - 105

(No Class Dec 13)

Mat Pilates – A



Pilates is ideal for older adult fitness. The ability to modify exercises to meet differing needs, along with the many benefits of the Pilates method, such as increased levels of strength, balance, flexibility, muscle tone, stamina, and well-being, make Pilates an inviting exercise program.

Class #: 5101W3 (Ken Edwards Center)
Instructor: Marysue Foard
Monday Sep 09 - Dec 30 11:00 - 12:00
No Cost Sessions: 17 Room 105

Mat Pilates – B

Class #: 5116W3 (Ken Edwards Center)
Instructor: Marysue Foard
Tuesday Sep 03 - Dec 31 11:00 - 12:00
No Cost Sessions: 18 Rooms 104 - 105

Mat Pilates – C

Class #: 5102W3 (Ken Edwards Center)
Instructor: Marysue Foard
Thursday Sep 05 - Dec 26 11:00 - 12:00
No Cost Sessions: 16 Room 103
(No Class Nov 28)

Mat Yoga – A

Many benefits can be gained from attending a Yoga class as it can increase energy levels, flexibility and symptoms of pain and discomfort like arthritis, back pain, neck problems, diabetes, high blood pressure, sciatica, and asthma.

Many problems associated with aging such as circulatory disorders, arthritis and digestive complaints are a result of lack of exercise and shallow breathing. Yoga can help alleviate these complaints.

Class #: 5105W3 (Ken Edwards Center)
Instructor: Shifra Raz
Tuesday Sep 03 - Dec 31 10:00 - 11:00
No Cost Sessions: 18 Room 103

Meet Your Instructor

Shifra Raz Shifra Raz is trained in many modes of exercise including yoga and Tai Chi. She was one of the first volunteer instructors to help build the Club 1527 exercise program that is now part of Los Angeles Oasis. Shifra is also a world traveler, having trekked around the globe with her partner, Benny, for five years. During that amazing adventure, they experienced 35 countries and built a village school in Ghana!



Mat Yoga – B

Class #: 5106W3 (Ken Edwards Center)
Instructor: Shifra Raz
Thursday Sep 05 - Dec 26 10:00 - 11:00
No Cost Sessions: 16 Room 103
(No Class Nov 28)

Are You In Need of Support as a Caregiver?

For information regarding community resources and support available for older adult caregivers, including those senior caregivers who are primary caregivers for a child/kin, contact:

Lisa DeBlois, MSW
(310) 394-9871, ext. 287

Family Caregiver Support Program

WISE
& Healthy Aging

Move, Stretch and Tone – A

Exercise to upbeat music to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. Movements can be modified depending on fitness levels.

Class #: 5110W3 (Ken Edwards Center)

Instructor: Evelyn Marcelo

Oct 02 - Dec 18 10:00 - 11:00

Fee: \$0 Sessions: 0 103 - 104

(No Class Dec 25)

Move, Stretch and Tone – B

Class #: 5111W3 (Ken Edwards Center)

Instructor: Evelyn Marcelo

Friday Oct 04 - Dec 27 9:00 - 10:00

No Cost Sessions: 10 100

(No Class Sep 13, Oct 11, Nov 8, & Dec 13)

Tai Chi – A

Tai Chi is a gentle exercise that helps improve balance and prevent falls. Studies have found that Tai Chi also improves leg strength, cardiovascular endurance, flexibility, the immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests.



Class #: 5103W3 (Ken Edwards Center)

Instructor: Christine Pan

Monday Sep 09 - Dec 30 1:00 - 2:00

No Cost Sessions: 17 103 - 105

Tai Chi – B

Class #: 5104W3 (Ken Edwards Center)

Instructor: Christine Pan

Friday Sep 06 - Dec 27 11:00 - 12:00

No Cost Sessions: 17 103 - 105

Intermediate Tai Chi

Tai Chi is a gentle exercise that helps improve balance and prevent falls. Studies have found that Tai Chi also improves leg strength, cardiovascular endurance, flexibility, the immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests.

Class #: 5112W3 (Ken Edwards Center)

Instructor: Robin Rinehart

Thursday Sep 05 - Dec 26 11:15 - 12:15

No Cost Sessions: 16 104 - 105

(No Class Nov 28)

Advanced Tai Chi

Tai Chi is a gentle exercise that helps seniors improve balance and prevent falls. Studies have found that Tai Chi also improves leg strength, cardiovascular endurance, flexibility, the immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests.

Class #: 5113W3 (Ken Edwards Center)

Instructor: Robin Rinehart

Thursday Sep 05 - Dec 26 12:15 - 1:15

Fee: \$0 Sessions: 16 104 - 105

(No Class Nov 28)

Total Fitness – A

Exercise in a group in a fun way to get fit and stay motivated. Join Total Fitness Class led by instructor Shifra Raz. Shifra will lead you through a full body workout. All major muscle groups will be addressed as well as your cardiovascular fitness. You will leave feeling confident that you spent your time wisely! Classes are modified for all fitness levels.

Class #: 5107W3 (Ken Edwards Center)

Instructor: Shifra Raz

Tuesday Sep 03 - Dec 31 9:00 - 10:00

Fee: \$0 Sessions: 18 103 - 105

Total Fitness – B

Class #: 5108W3 (Ken Edwards Center)

Instructor: Shifra Raz

Thursday Sep 05 - Dec 26 9:00 - 10:00

Fee: \$0 Sessions: 16 103 - 105

(No Class Nov 28)

Total Fitness Video

Exercise in a group in a fun way to get fit and stay motivated. Join Total Fitness Video Class led by instructor Shifra Raz. Shifra will lead you through a full body workout. All major muscle groups will be addressed as well as your cardiovascular fitness. You will leave feeling confident that you spent your time wisely! Classes are modified for all fitness levels.

Class #: 5109W3 (Ken Edwards Center)

Instructor: Shifra Raz

Wednesday Sep 04 - Dec 18 10:00 - 11:00

Fee: \$0 Sessions: 16 105

Health & Wellness

Brain Games: The Series! A Mental Workout Part 1



Join Miriam Caiden, MSG, PhD, for a fun mental workout that will challenge your working memory! Students will gain a basic understanding of how memory works, different types of memory, and the importance of attention and focus for memory; and the importance of assigning meaning to information. We will use group and individual exercises to reinforce working memory and attention skills, focusing on names and faces and 'to-do' lists.

Join Miriam Caiden, MSG, PhD, for a fun mental workout that will challenge your working memory! Students will gain a basic understanding of how memory works, different types of memory, and the importance of attention and focus for memory; and the importance of assigning meaning to information. We will use group and individual exercises to reinforce working memory and attention skills, focusing on names and faces and 'to-do' lists.

Class #: 7215W3 (Ken Edwards Center)

Instructor: Miriam Caiden, PhD, MSG

Monday Nov 04 - Dec 09 1:00 - 2:00

Fee: \$30 Sessions: 6 Room 100

"Meet & Greet" Friday, October 18

1 - 2:30 pm

**Ken Edwards Center
1527 4th Street**



Join us as City of Santa Monica Mayor Glean Davis and other members of the City Council talk about their role and priorities for the City of Santa Monica.

Event #: 7008W3 (Ken Edwards Center)

Friday Oct 18 1:00 - 2:30 pm

No Fee 1 Session Room 103 - 105

Westside | Fall 2019 Health Lectures



Cedars-Sinai Health Lecture:

Home Safety for the Older Adult: Shedding Some Light on Prevention

Brett Dodd, MD | Wed., Sept. 25 | 1 – 2:30 pm | Room 100 | Course # 7218W3

This presentation will cover common causes of falls for the aging population in and around the home. Additionally, an interactive questionnaire will be reviewed to help identify those at risk of falling in the future.



UCLA Health Lecture:

Conservative Treatments for Hand Osteoporosis

**Adrienne Tesarek, OTR/L, CHT | Mon., Nov. 18 | 2 – 3:30 pm | Rms 103 – 105
Course # 7211W3**

Hand osteoarthritis is a chronic and disabling disease causing pain and functional limitations in approximately 54 – 67% of adults over age 55. Adrienne Tesarek, OTR/L, CHT, UCLA occupational therapist will discuss the evidence supporting conservative therapeutic interventions for treating osteoarthritis in the finger joints.



UCLA Health Lecture:

Treating Back Pain

Gavin Bahadur, MD | Wed., Dec. 4 | 1:30 – 3 pm | Rms 103 – 105 | Course # 7212W3

UCLA pain management specialist, Paris N. Sadoughi, MD, will discuss the causes of upper, middle and lower back pain. She will focus on a comprehensive overview of treatment options, including potential side effects of various treatments.



Cedars-Sinai Health Lecture:

Osteoporosis – The Silent Bone Disease that Can Break You

**Kathleen Breda, MSN, BBA, RN | Wed., Dec. 11 | 1 – 2:30 pm | Rm 100
Course # 7219W3**

At this presentation about bone health and what older adults can do to keep their bones healthy and avoid debilitating fractures, we will talk osteoporosis, who is at risk, ways to prevent, diagnose and treat it as well as ideas to reduce falls. I also provide the attendees with a list of important questions to ask their doctors about their bone health. After the presentation, osteoporosis screening using a portable ultrasound machine will be available.



Falls Prevention Celebration!

CELEBRATE NATIONAL FALLS PREVENTION MONTH!

September is National Falls Prevention Month! Join us as we 'kick off' the celebrations at the Felicia Mahood Senior Center with a presentation on falls and how to avoid them. This interactive event will include helpful hints, useful exercises, and a 'sneak preview' of an evidence-based course that has been shown to lower the incidence of emergency room visits due to falls by 50%.

Note: This class meets at the Felicia Mahood Senior Center, 11338 Santa Monica Blvd, Los Angeles 90025. Parking available in city lot across the street.

Class #: 7203W3 (Felicia Mahood Senior Cntr)
Instructor: Miriam Caiden, MSG PhD
Friday Sep 06 9:30 - 11:30
No Cost Sessions: 1

A Matter of Balance Fall Prevention

Are you concerned about falls? You are not alone! According to the Center for Disease Control, falls sent over 800,000 people to the hospital last year. But you don't have to be one of them!

This evidence-based program has been shown to reduce the risk of falling by 50%, in just 8 weeks! The weekly sessions include strategies to address the fear of falling (a major risk factor!), physical, social, and environmental factors that can increase the risk of falling.

An 8-week commitment is required, and participation is limited to just 15 people. Reserve your space now!

Note: This class meets at the Santa Monica Family YMCA, 1332 6th St. Santa Monica, 90401. Free parking underneath the building.

Class #: 7202W3 (Santa Monica Family YMCA)
Instructor: Miriam Caiden, PhD, MSG
Thursday Sep 05 - Oct 24 2:00 - 4:00
No Cost Sessions: 8

A Matter of Balance Fall Prevention

Note: This class meets at the Felicia Mahood Senior Center, 11338 Santa Monica Blvd, Los Angeles 90025. Parking available in city lot across the street.

Class #: 7204W3 (Felicia Mahood Senior Cntr)
Instructor: Miriam Caiden, MSG PhD
Friday Sep 13 - Nov 01 9:00 - 11:00
No Cost Sessions: 8

A Matter of Balance Fall Prevention

Note: This class meets at the Venice Family Clinic, 2509 West Pico Blvd, Santa Monica CA. Parking is available at the facility.

Class #: 7206W3 (Venice Family Clinic)
Instructor: Miriam Caiden, PhD, MSG
Monday Oct 28 - Dec 23 3:00 - 5:00
No Cost Sessions: 8
(No Class Nov 11)

Living Well With Chronic Conditions

Arthritis? Allergies? Asthma? Diabetes or Pre-diabetes? Any chronic condition can change our lives -- but we can live actively and well! Join our peer-facilitators as we explore issues such as better sleep, controlling pain and fatigue, eating well, relationships with our loved ones, getting the most out of our health care team, and more! This 6-week workshop has been shown to reduce hospital visits and increase activity levels.

To get the most out of this program, you MUST commit to attending all 6 sessions!

This program meets at the Edelman Mental Health Center, 11080 Olympic Blvd (at Sepulveda), Los Angeles, CA 90064.

Class #: 7208W3 (Edelman Mental Health Cntr)
Instructor: Miriam Caiden, MSG PhD
Wednesday Oct 16 - Nov 20 1:00 - 3:30
No Cost Sessions: 6 First Floor

Living Well With Chronic Conditions

Note: This program meets at the American Jewish University Sperber Library, 15600 Mulholland Drive, Los Angeles 90077

Class #: 7210W3 (American Jewish University)
 Instructor: Miriam Caiden, MSG PhD
Tuesday Oct 29 - Dec 03 12:30 - 3:00
 No Cost Sessions: 6 Library

Mindful Meditation

Meditation is a way to calm the mind and body. It requires that you relax and pay little attention to thoughts as they drift in and out of your mind. When you meditate, in general, the breath slows down, heart rate slows, blood pressure decreases, stress decreases, digestive function improves and the sense of tension in the body decreases.

Class #: 5117W3 (Ken Edwards Center)
 Instructor: Liz Davys
Wednesday Sep 04 - Dec 18 11:00 - 12:00
 No Cost Sessions: 16 Room 105

Technology

Exploring the Internet

The Internet is a vast resource that can educate, inform, and entertain you. And it can be a pretty good place to shop too! This course is geared to the new Internet user, and begins with an overview of websites and browsers and online safety. Then it's off to discover some of the best the Internet has to offer including sites for lifelong learning, entertainment sources for streaming music and movies, the best of shopping, and more. Appropriate for desktop, tablet, and smartphone users.

Students should be comfortable using a mouse correctly and familiar with the Windows 7 and 10 environment.

Class #: 7505W3 (Ken Edwards Center)
 Instructor: Miriam Caiden, PhD, MSG
Tuesday Dec 10 1:00 - 3:00
 Fee: \$5 Sessions: 1 Computer Lab

A Special Digital Safety Event: Staying Safe Online, On the Phone, and On the Go

Do you use the Internet on your computer or smartphone?

Many older adults use their devices to stay connected with loved ones, communicate with health care providers, research important information, play games, and even pay bills!

This seminar offers the latest tips and strategies to keep you safe online. Topics include: what to do if you lose your smartphone (and how to protect it), information about scams and viruses, how to use social media safely, and more!

Friday, October 25, 2019 | 1 – 3:00 pm

Event # 7012W3

Presenter: Amy VanDeVelde, National Program Manager, The Oasis Institute
Ken Edwards Center, Rooms 103 - 105, 1527 4th St., Santa Monica | No Fee



Exploring Google: Searching and Beyond!



Google is so useful, it's now a verb! We 'google' to find information, but there is more to this search engine than meets the eye. Learn to

search effectively with Google Search, find pictures online with Google Images, and find your way with Google Maps (you can also take a 'virtual vacation' with Street View and Google Earth!).

Students with a gmail account can also learn about Google Calendar and Google Docs.

Familiarity with the Internet, including browsers and websites, is essential for this class.

Class #: 7507W3 (Ken Edwards Center)

Instructor: Miriam Caiden, MSG PhD

Tuesday Dec 17 1:00 - 3:00

Fee: \$5 Sessions: 1 Computer Lab

Are You as Smart as Your Smart Phone?



Having trouble with your iPhone or Android phone? Want to do basic tasks such as email, text, go online, and use social media apps? Then this is the class for you! Join Santa Monica local, Cory Shumaker, for



an in depth class on using smart devices. Come, laugh and learn!

Class #: 7654W3 (Ken Edwards Center)

Instructor: Cory Shumaker

Monday Oct 07 - Oct 21 1:00 - 2:30

Fee: \$20 Sessions: 3 Room 105



Become an Oasis Volunteer!

Give us a call to find out about the volunteer roles available.

Center Volunteer Opportunities

- Reception
- Data Entry
- Registration

Classes/Activities Opportunities

- Class Coordinators
- Computer Connection
- Instructor/Speaker

National Program Opportunities

- Intergenerational Tutoring
- Healthy Habits for Adults

(323) 291-3414 | www.oasisnet.org/la

Special Interest

Westside Winter Book Club

Discussion led by Leslie Nordby graduate of Brown University and USC. She is a bibliophile with a great love of reading almost anything since early elementary school, and was overjoyed when she could finally go “upstairs” into the adult area of her local library in Connecticut.

Please obtain your books and join us.

Wednesdays 10:30 am until 12:00 noon

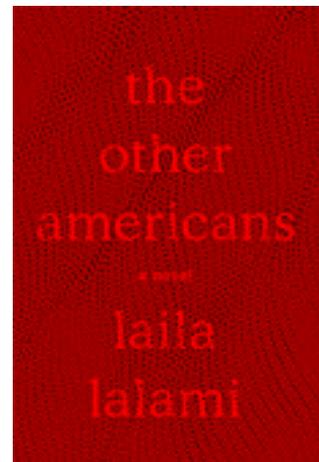
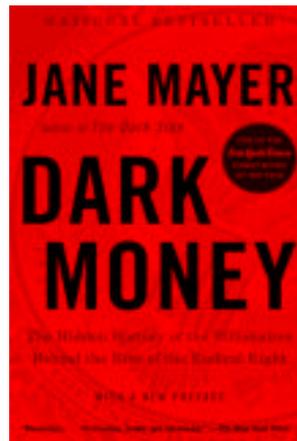
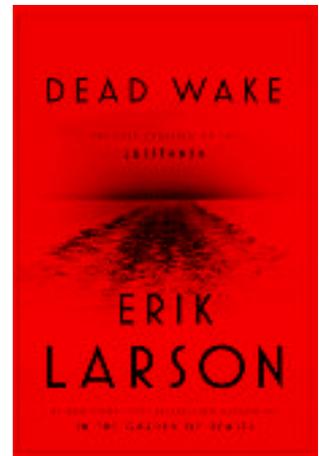
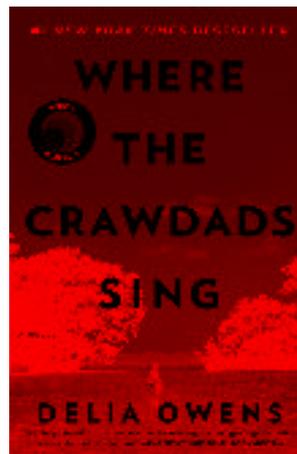
- Sept. 18** Where the Crawdads Sing
– Delia Owens
- Oct. 23** Dead Wake, the Last Crossing
of the Lusitania – Erik Larson
- Nov. 20** The Other Americans – Laila Lalami
- Dec. 18** Dark Money – Jane Mayer

**At the time of this publication, all books are available and can be ordered online either new or used from Amazon.com. Order off SmileAmazon.com (same pricing) and select WISE & Healthy Aging to receive a charitable donation from Amazon.*

Class #: 7651W3 (Ken Edwards Center)
Instructor: Nordby, Leslie
Wednesday Sep 18 - Dec 18
10:30 am - 12:00 Noon
No Fee Sessions: 4 Lobby

Courtesy Confirmation Calls

Many times our Oasis volunteers reach out prior to a course to remind those registered. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.



Meet Your Instructor

Leslie Nordby

Schooled on the East Coast, arriving in California as a young adult, Leslie later served as Assistant Director of Branches for the Los Angeles Public Library.



Clinical Hypnosis: Benefits for A Successful Life



Join hypnotherapist Ellen Coleman and find out about Hypnosis. What does it feel like? How do you know you are hypnotized? What are the benefits? Is it safe? This session includes a group relaxation exercise using hypnosis.

**Event #: 7620W3
(Ken Edwards Center)**
Facilitator: Ellen Coleman
Monday, Sept. 23 9:30 - 10:30 am
No Fee for Members / \$5 Non-members
1 Session Rooms 103 - 105

**Oasis
Special
Event**

Clinical Hypnosis: Applications for Life's Challenges.

Discussion and Group Exercise with Hypnosis and Guided Imagery

Course #: 7621W3 (Ken Edwards Center)
Facilitator: Ellen Coleman
Monday, Oct. 7 9:30 - 10:30 am
Fee: \$5 1 Session Rooms 104 – 105

Self Hypnosis: Learn and Use it!

Learn a Self-Hypnosis Technique and How To Use It For Self-Improvement

Course #: 7622W3 (Ken Edwards Center)
Facilitator: Ellen Coleman
Monday, Oct. 21 9:30 - 10:30 am
Fee: \$5 1 Session Rooms 104 – 105



Ellen R. Coleman,
MA, CHt

Ellen is a former academic who taught Philosophy of Mind at Stanford, San Francisco State, and the University of Wisconsin. Currently a certified clinical hypnotherapist, self-help coach, and motivational speaker, she trained at the Hypnosis Motivation Institute, and maintains a private practice in West LA. For over 15 years, Ellen has been empowering clients of all ages to conquer their self-defeating behavior (e.g. excessive worry, limiting beliefs, negative self-talk, procrastination, and perfectionism) so they can enjoy the success and fulfillment they deeply desire and deserve. Helping others live their dreams makes her heart sing.

“ON THE MOVE RIDER’S CLUB” DESTINATIONS



On The Move Rider’s Club: Mandatory Orientation

Whether you’ve never tried public transportation in L.A., or you’re a ‘veteran’ rider, this orientation is the first step towards joining one of the most exciting clubs in L.A.: The Los Angeles Oasis On the Move Rider’s Club! Join the experts from L.A. Metro to learn about the Senior TAP Card and its benefits (35 cents a ride!), how to navigate the system, and more. We will also review important safety rules and logistics.

Note: All New On the Move Rider’s Club members are required to complete a no cost Orientation (listed below) before registering for a trip.

Presented by the TAP Team

Wed. Sept. 4 1:00 - 2:30 Class #: 7701W3 (Rooms 104-105)

Mon. Oct. 7 1:00 - 2:30 Class #: 7702W3 (Room B)

Marciano Art Foundation

This new contemporary art space in the Windsor Square neighborhood of Los Angeles was originally a Masonic Temple. (24 tickets secured, 3 for volunteers, 21 for members, BH-16, SM-5). Tickets are free but required for the visit. Trip is a combo of train and the Crenshaw bus. Confirmations and waitlist to be managed closely. After finalizing the count, additional tickets can be returned. Sign up begins 8/26.

Class #: 7801W3 (Ken Edwards Center)

Instructor: Ursula Matheson

Thursday Sept. 19 9:00 - 2:30

No Cost Sessions: 1

Mosaic House in Venice

Encore visit to the Mosaic house, an incredible piece of art. We’ll take a short tour of this amazing house that took more than 25 years to create. Next, we’ll head back to Santa Monica where we will eat lunch at the mall. Sign up begins 10/1.

Class #: 7803W3 (Ken Edwards Center)

Instructor: Ursula Matheson

Wednesday Oct. 30 11:00 am

No Cost Sessions: 1

Citadel Outlets Holiday Shopping

Get some holiday shopping done and have lunch at the Citadel. This is a train/shuttle bus combination trip. Meet at the station as usual then take the shuttle bus from Union station to the Citadel. (SM – 5, BH-15) Total 20. Sign up begins 11/1.

Class #: 7804W3 (Ken Edwards Center)

Instructor: Ursula Matheson

Wednesday Nov. 20 9:00 - 2:30

No Cost Sessions: 1

Metro’s Annual Holiday Concert

There will be a holiday concert offered by Metro but the date and location are to be determined. Members will be notified as soon as the information becomes available. Departure TBD. Sign up begins 12/1.

Class #: 7805W3 (Ken Edwards Center)

Instructor: Ursula Matheson

Wednesday Dec. TBD

No Cost Sessions: 1

**** Trips leave from the Ken Edwards Center at 1527 4th Street in Santa Monica****

NOTE: To participate in the On The Move Rider’s Club trips, you must register for and attend the Orientation on Wednesday, Sept. 4 OR Oct 7

**Rockin Rhythm Choir:
Soul with Rock & Roll – Part 1**



Whether you sing in the car or the shower, whether you're into rock n' roll, rhythm and soul, or just plain good tunes, here is your chance to join other music lovers as we 'cover' American popular songs. From Jerry Lee

Lewis to Taylor Swift, from the Beatles to Beyonce, there's something for everyone. Please bring your voice!

Mr. William Bryant's extensive music career includes work with musical artists including Marvin Gaye, Patti LaBelle, Sheena Easton, and many others. With two Platinum albums and three Gold albums to his credit, Mr. Bryant also has extensive experience directing choirs across Southern California.

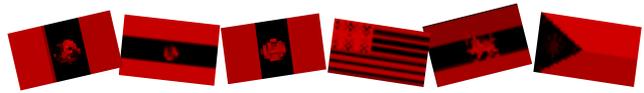
Class #: 7602W3 (Ken Edwards Center)
Instructor: Mr. William Bryant
Thursday Sep 12 - Oct 24 2:00 - 3:00
Fee: \$48 Sessions: 7 Room 100

**Rockin Rhythm Choir:
Soul with Rock & Roll – Part 2**
Class #: 7603W3 (Ken Edwards Center)
Instructor: Mr. William Bryant
Thursday Oct 31 - Dec 19 2:00 - 3:00
Fee: \$48 Sessions: 7 Room 100
(No Class Nov 28)

**Fashion and Design
Class**

Come join the fun, and find your creative voice! Our instructor, Amy Belknap, from the non-profit group, The Art of Elysium, will bring us different projects to create and take home each month. Activities will include creating fashion and costume design projects, jewelry/accessory design. All materials are provided free of charge.

Class #: 7608W3 (Ken Edwards Center)
Instructor: Amy Belknap
**Friday Sep 13, Oct 11, Nov 8, Dec 13
10:00 - 12:00**
No Cost Sessions: 4 Room A, 3rd Floor



Taste of
OASIS

**Members International
POTLUCK**

**Friday, December 13
12 noon – 2:00 pm**

Come together for a potluck that represents the native foods of our members. Sign up in person, online at oasisnet.org/la or please call **(310) 857-1527**

*Fun, food, music and
celebration of diversity!*

.....
Event #: 7050W3
Ken Edwards Center
Rooms 103 - 105
No Fee for Members

If you would like to help with planning,
call Candace (310) 857-1527



Westside Courses

Poetry Workshop: Our New Poet Laureate

The winter workshop on this engaging poet will continue here, though feel free to join us for the first time. Together we will read and discuss the poetry and life of Jane Kenyon who wrote with a quiet voice - emotionally resonant poems that illuminated nature, personal struggles, darkness, and light. In this workshop you will also be encouraged to write your own poetry. There will be writing and imagination exercises, lessons on technique and stimulating discussion in a supportive environment. All writing levels welcome.

Class #: 7606W3 (Ken Edwards Center)
Instructor: Deborah Clayton
Tuesday Sep 24 - Oct 29 10:15 - 12:15
Fee: \$40 Sessions: 6 TEC, 2nd Floor

Poetry Workshop: Emily and Mary

In this workshop we will look at the poetry and lives of two iconic American poets: Emily Dickinson and Mary Oliver, and use them for inspiration for you to write your own meaningful poems. Both poets embraced New England as their home, and expressed an affinity for the natural world, solitude, and introspective thinking; but there are differences too. As we discuss their poetry together you will be encouraged to apply what you have learned to your own writing. There will be exercises to develop your poetry skills, encourage your imagination, and of course lots of stimulating conversation. Mary Oliver asks, 'Tell me what it is you plan to do with your one wild and precious life' Why not join us!

Note: The 6th meeting of this workshop will be an End of Year Poetry Reading and Celebration.

Class #: 7607W3 (Ken Edwards Center)
Instructor: Deborah Clayton
Tuesday Nov 05 - Dec 10 10:15 - 12:15
Fee: \$40 Sessions: 6 TEC, 2nd Floor

*Congratulations Deborah on Your
25-Year Silver Anniversary
as an Oasis Instructor!*

Deborah Clayton holds a Masters degree in Fine Art and a Masters Degree in Educational Psychology. Before coming to Oasis, she facilitated a women's poetry group at a senior center in Hollywood. And as a therapist working with survivors of abuse, she created a writer's group and journal at the center where she worked. She published poems, and participated in writing workshops in the Los Angeles area, and poetry readings. Deborah has facilitated the poetry workshop at the Westside Oasis for more than 25 years and is committed to helping others access the power of language to heal, transform and create.



Beyond Black Cats & Broken Mirrors: Superstitions and Magical Thinking



From lucky numbers to 'lucky underwear', from astrology to crystals, superstitions, folk beliefs, and magical thinking have influenced our behavior, architecture (the 'thirteenth floor'), politics, and culture. Join us for an interactive discussion as we explore the origins and the attraction of these ideas and beliefs and learn about folk wisdom from around the world. Does your family or community have a traditional belief or custom? Bring it along to share!

Class #: 7611W3 (Ken Edwards Center)
Instructor: Miriam Caiden, MSG PhD
Tuesday Sep 24 1:00 - 2:30
Fee: \$5 Sessions: 1 TEC, 2nd Floor

Bob Nickman and Friends Comedy Show

JOIN BOB NICKMAN & FRIENDS
for
The COMEDY SHOW!

You are guaranteed to have lots fun and lots of laughs! Bob Nickman is a comedian, actor, television producer, and television



writer. As a television producer/writer, and actor his credits include Mad About You, Freaks and Geeks, Danny, According to Jim, Big Day, Rita Rocks and Roseanne.

Event #: 7005W3 (Ken Edwards Center)
Instructor: Bob Nickman
Friday Oct 11 1:00 - 2:30 pm
Fee: \$5 1 Session Rooms 103-105

Comedy Improv

Comedy Improv classes are really FUN and loaded with many benefits. Helps improve memory, speaking skills, builds self confidence, and improves interactive skills for creating friendships.

Class #: 5118W3 (Ken Edwards Center)
Instructor: Brian Hamill
Tuesday Sep 03 - Dec 24 12:30 - 2:30
No Cost Sessions: 17 Rooms 104 - 105
(No Class Dec 31)

LA Crafts Workshops

Have fun and get creative at these craft workshops. A different one of a kind project at each session.

Course #: 7650W3 (Ken Edwards Center)
Facilitator: LA Crafts
Friday Sep 16, Oct 21, Nov 18 & Dec 16
Fee: \$5 Sessions: 4 Room: 104

Conversational English for Farsi Speakers – A

Having conversations is a really important part of life. For Farsi speakers to learn English, conversation is the best way to improve your day-to-day routine. The course will give you confidence the next time you want to speak in English.

Class #: 5119W3 (Ken Edwards Center)
Instructor: Sugar Mills
Monday Sep 09 - Dec 30 10:00 - 11:30
Fee: \$0 Sessions: 17 103

Conversational English for Farsi Speakers – B

Class #: 5120W3 (Ken Edwards Center)
Instructor: Sugar Mills
Thursday Sep 05 - Dec 26 10:00 - 11:30
Fee: \$0 Sessions: 16 Lobby
(No Class Nov 28)



GLOBETROTTING *on a Budget!*

Cory Shumaker works to help people improve their lives with the conveniences of today's technology. He has been to 28 countries and counting, all on a shoe string budget, and known as the "travel wizard" for the amazing deals he finds using only his smartphone.



Course #: 7653W3 (Ken Edwards Center)
Instructor: Cory Shumaker
Fridays Nov 1 & 8 1:00 - 2:30 pm
Fee: \$15 2 Sessions Room 105

Thought Provoking Workshops with Dr. Charles Marcus



Join Dr. Marcus for these thought provoking discussions and meditation. Dr. Charles Marcus is an author, lecturer and expert in Eastern and Western Philosophy. The workshops are a "how to" guide to seeking a path of understanding and happiness.

Prayer Path to the Sacred

Class #: 7656W3 (Ken Edwards Center)
Instructor: Charles Marcus
Friday Sep 27 1:00 - 2:00
Fee: \$3 Sessions: 1 Room 105

Prayer A Deeper Look

Class #: 7657W3 (Ken Edwards Center)
Instructor: Charles Marcus
Friday Nov 22 - Nov 22 1:00 - 2:00
Fee: \$3 Sessions: 1 Room 105

Consciousness, Intuition and the Mind

Class #: 7658W3 (Ken Edwards Center)
Instructor: Charles Marcus
Friday Dec 27 - Dec 27 1:00 - 2:00
Fee: \$3 Sessions: 1 105

Making the Best Medicare Choices

Bruce Johnston has more than 25 years experience in the Medicare-related health insurance coverage industry. His goal is to provide you with some answers so you can make the best Medicare choices that fit your needs.

Class #: 7655W3 (Ken Edwards Center)
Instructor: Bruce Johnston
Friday Nov 15 1 - 2:30
No Cost Sessions: 1 Rooms 104 - 105

Beginning Bridge

Learning to playing Bridge, as well as being fun, helps your mental sharpness. Research show that Bridge benefits overall well-being. Get socially engaged and cognitively challenged.

Class #: 5121W3 (Ken Edwards Center)
Instructor: Denise Quinliven
Tuesday Sep 03 - Dec 31 1:00 - 3:00
No Cost Sessions: 18 Room 100

Beginning/Intermediate Bridge

This class is designed for players who have completed at least 2 sessions of 'Beginning Bridge' and are familiar and comfortable sitting at the table with more experienced players. You will become familiar with any of the most popular and useful bidding conventions through lecture and supervised play.

Class #: 5131W3 (Ken Edwards Center)
Instructor: MarySue Foard
Tuesday Sep 03 - Dec 31 1:00 - 3:00
No Cost Sessions: 18 Lobby

Let's Play Bridge! (Mondays)

Playing Bridge, as well as being fun, helps retain mental sharpness. Research shows that Bridge benefits overall well-being. Players will be socially engaged and cognitively challenged.

Class #: 5122W3 (Ken Edwards Center)
Instructor: Marysue Foard
Monday Sep 09 - Dec 30 12:00 - 3:00
No Cost Sessions: 17 Lobby

Let's Play Bridge! (Thursdays)

Class #: 5123W3 (Ken Edwards Center)
Instructor: Marysue Foard
Thursday Sep 05 - Dec 26 12:00 - 3:00
No Cost Sessions: 16 Lobby
(No Class Nov 28)

Let's Play Bingo

Join in on the excitement and fun, play Bingo.

Class #: 5124W3 (Ken Edwards Center)
Instructor: Sugar Mills
Thursday Sep 05 - Dec 26 1:00 - 1:45
No Cost Sessions: 16 Room 100
(No Class Nov 28)

Sing - A - Long

Join the Sing-A-Long group just for the fun of singing. No need to be able to carry a tune, just join in on singing classic songs everyone knows. Studies have shown that singing increased self-confidence, improves the quality of life and interactions with people in social settings.

Class #: 5125W3 (Ken Edwards Center)
Instructor: Luba
Monday Sep 09 - Dec 30 9:30 - 10:30
No Cost Sessions: 17 Room 100



Play Cards, Games and Socialize

Join in on the fun, play cards, games or chit chat. Great way to make new friends and stimulate brain health.

Class #: 5126W3 (Ken Edwards Center)
Instructor: Candace Shivers
Monday - Friday Sep 03 - Dec 31 9:00 - 3:00
No Cost Sessions: 84 Lobby
(No Class Sep 2, Nov 28 & 29 & Dec 25)

*Happy
New Year*

**Tuesday,
December 31, 2019**

1:00 - 2:00 pm

**Oasis
Special
Event**

NEW YEAR'S PARTY

Time to Celebrate with D. J. Rudy!

We will say Good Bye to 2019 and ring in 2020!
Dance or enjoy listening to the music of D.J. Rudy.

To RSVP for this event, please register or call (310) 857-1527.

Event # 7006W3 Ken Edwards Center | Rooms 103-105 | No Cost

Volunteer Information Meeting

Looking for opportunities to give back while engaging with interesting people? Make a difference and apply your skills as a volunteer at LA Oasis and WISE & Healthy Aging! Featured opportunities include:

- Class instructors: Teach a class and share your talents with active older adults
- Adult Day Service Center: Interact one-on-one or in groups with seniors in our Adult Day Care Center
- Travel Buddies: Help plan and organize day trips throughout Los Angeles County using LA Metro public transportation
- AARP Tax Aide Program: Help seniors file their federal and state tax returns

Class #: 7700W3 (Ken Edwards Center)

Instructor: Suzanne Peckels

Friday Sep 20 9:30 - 11:30

Fee: \$0 Sessions: 1 Room B

Courtesy Confirmation Calls

Many times our Oasis volunteers reach out prior to a course to remind those registered. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.



Volunteer To Be a Peer Counselor

**We're looking for special adults,
55 and older,
to provide counseling to peers**

Since 1977, the Peer Counseling Program at WISE & Healthy Aging in Santa Monica has been training paraprofessionals to offer a safe and supportive atmosphere where individuals can discuss feelings of isolation, navigate difficult personal relationships, and learn to cope with loss. These special counselors are selected for their warmth, caring, and respect for others.

Individualized training, at no cost, is provided by licensed mental health professionals. After training, peer counselors participate in group supervision, meet weekly with individual clients and/or co-facilitate. Counselors are asked for a one year commitment.

**If you are interested in becoming a
volunteer Peer Counselor, please call
(310) 394-9871, Ext. 215 or 373.**

*WISE & Healthy Aging is a non-profit,
community-based social services organization
that seeks to advance the dignity and quality of
life of older adults through leadership, advocacy
and high-quality, innovative services.*

Los Angeles Oasis gratefully acknowledges . . .

BALDWIN HILLS
CRENSHAW



**Los Angeles Oasis is proud
to collaborate with . . .**

UCLA Health



CEDARS-SINAI®



KAISER PERMANENTE®



AARP®

Looking for A Great Gift Idea?

Consider an Oasis gift certificate!

A unique gift for a friend or family member, something to add to your own personal wish list! Certificates can be used toward program fees and never expire.

Celebrate your next special occasion with Oasis!

For more details, contact Danielle Brinney (310) 394-9871 ext. 463

Call (310) 857-1527 • Visit Oasisnet.org/la

Autumn Arts & Crafts Faire

Claremont Village with Botanical Gardens & Included Sweet Treat

Saturday, October 26, 2019
\$69*

Get your holiday shopping done early as you stroll along Claremont's tree-lined streets and explore over 450 booths of unique art, crafts, and apparel created by artisans and craftspeople. Claremont's "New England style" heritage is reflected in the unique shops and restaurants where you



will have leisure time for the free entertainment and browsing. Enjoy lunch on your own at one of the cafés or the faire's food court. Later, we'll visit Rancho Santa Ana Botanic Garden, the largest botanic garden dedicated to California native flora. An included sweet treat from a local favorite pie shop tops off this memorable day. *Suggested: walking shoes.*

***Oasis Member: \$69 if paid by check (\$71 if paid by credit card)**
Non-Oasis Member: \$75 if paid by check (\$78 if paid by credit card)

9:00 am departure from Ken Edwards Center
9:30 am departure from Oasis Baldwin Hills

Lotusland Gardens

With Newly Renovated Japanese Gardens

Saturday, November 2, 2019
\$99*



You'll be amazed by this 37-acre botanic garden situated in the foothills of Montecito near Santa Barbara. Lotusland features an enormous diversity of exotic plants from around the globe arranged into 25 themed gardens. A two-hour, docent-guided walking tour will showcase these gardens which were created by opera singer and socialite, Madame Ganna Walska – who owned the property from 1941 until her death in 1984. The years-long comprehensive renovation of the Japanese Garden is the largest and most complex project ever undertaken at Lotusland. Prior, enjoy lunch on your own in downtown Santa Barbara along State Street and Paseo Nuevo – the gorgeous Mediterranean-style shopping district. *Suggested: walking shoes as there are uneven walkways in the gardens.*

***Oasis Member: \$99 if paid by check (\$104 if paid by credit card)**
Non-Oasis Member: \$105 if paid by check (\$110 if paid by credit card)

8:00 am departure from Oasis Baldwin Hills
8:30 am departure from Ken Edwards Center

Go to the "Travel" section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

Holiday Homes & Rancho Lights

Featuring Workman & Temple Family Homestead Museum, Afternoon Tea at the Christmas House Inn & Rancho Cucamonga Lights

Monday, December 16, 2019
\$99*

A special holiday journey showcasing the festively decorated Homestead Museum – called “one of California’s true historic treasures” by the Smithsonian.



A docent-guided tour will provide a unique way to look at the time when California was part of Mexico. Next, we travel to Rancho Cucamonga to visit the Christmas House Inn & Gardens, a quaint bed and breakfast built in 1904. The late afternoon tea (approx. 4 pm) includes finger sandwiches, fresh scones and desserts. Later, we'll drive through a Rancho Cucamonga neighborhood, recognized as one of the prize locations to enjoy outdoor holiday decorations!

*Oasis Member: \$99 if paid by check
(\$104 if paid by credit card)
Non-Oasis Member: \$105 if paid by check
(\$110 if paid by credit card)

11:00 am departure from Ken Edwards Center
11:45 am departure from Oasis Baldwin Hills

Cachuma Lake Eagle & Wildlife Cruise

With Nature Center & Boxed Lunch Picnic

Saturday, January 18, 2020
\$89*

Set amidst acres of wilderness flanked by the Santa Ynez and San Rafael Mountains north of Santa Barbara, lies the glimmering Cachuma Lake! An expert naturalist will lead a lake cruise on a pontoon boat that is one of the gentlest water vessels; all seats are padded and offer excellent wildlife viewing. Cachuma Lake is a thriving habitat for a great variety of wildlife, birds, fish, trees and plants. The winter season often brings out resident and migratory Bald Eagles and waterfowl. Browse the nature center, set in a picturesque ranch house with exhibits and hands-on displays. Enjoy an included boxed lunch picnic at Cachuma Lake. *Suggested: hat, camera, jacket and walking shoes.*

*Oasis Member: \$89 if paid by check
(\$93 if paid by credit card)
Non-Oasis Member: \$95 if paid by check
(\$99 if paid by credit card)

8:15 am departure from Oasis Baldwin Hills
8:45 am departure from Ken Edwards Center



Go to the “Travel” section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.



Joshua Tree and Palm Springs

Featuring Joshua Tree National Park, Geographer Guide, Fantasy Spring Resort Casino, Palm Springs Aerial Tramway

October 13, 2019 (2 days)

Tour Highlights

- Sightseeing in the San Jacinto Mountains and Coachella Valley
- Joshua Tree National Park's unique landscape with two distinct desert ecosystems
- Views of the Salton Sea and San Andreas Fault
- Key's View
- Deluxe 4-star Fantasy Springs Resort Casino with luxurious rooms, Vegas-style gambling and fabulous restaurants
- Palm Springs Aerial Tramway's rotating tram car

Inclusions

- 1 Nights Deluxe Accommodations
- 2 Meals (1 breakfasts & 1 lunch)

Tour Rates

\$299 per person double | **\$369** single

Yuletide In Yosemite

Featuring Yosemite National Park's with Local Guide, Tenaya Lodge Stay

December 8-10, 2019 (3 Days)

Tour Highlights

- Yosemite National Park
- Yosemite Valley
- El Capitan
- Half Dome
- The Ahwahnee
- Tenaya Lodge
- Tour of Kearney Mansion
- Central Valley
- Traditional Basque lunch



Inclusions

- 2 Nights Deluxe Accommodations
- 4 meals (2 breakfasts and 2 lunches)
- Sightseeing & admissions per itinerary
- Deluxe Motorcoach, baggage handling

Tour Rates

\$599 per person double | **\$779** single

Go to the "Travel" section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.



Laughlin Getaway

Featuring an Aquarius Casino Resort, Nevada Leisure Stay

February 2020* (3 Days)

Tour Highlights

Get away to the “River” and enjoy two leisurely nights in a river view room at the Aquarius Casino Resort located on the Colorado River and the Riverwalk in the heart of Laughlin, Nevada with a live performance (to be announced in late September).

Enjoy a two-night stay in river view rooms at the Aquarius Casino Resort, the largest and #1 rated hotel in Laughlin (by Trip Advisor) featuring a 57,000 square foot casino, a variety of restaurants, a non-smoking lounge, new resort swimming and conveniently located in the heart of Laughlin adjacent to the Colorado River, the Riverwalk other casinos and the Laughlin Outlet Center.

***Date finalized in September**

Inclusions

- 2 Nights Deluxe Accommodations
- 3 meals (1 lunch, 2 breakfasts)
- Sightseeing & admissions per itinerary

Tour Rates

Please call for pricing.

Desert Bloom

Featuring Anza-Borrego State Park, Pala Resort Stay, Wine Tasting, Julian, Geographer-Guide

March 22, 2020 (2 Days)

Tour Highlights

- Extensive sight-seeing in Anza-Borrego Desert State Park (when wildflowers are most likely in bloom)
- Temecula Valley and San Diego’s Volcan Mountains with entertaining and knowledgeable geographerguide, Dennis Napier
- Wine tasting and lunch at a winery in Temecula
- One night at the luxurious AAA four-diamond Pala Resort Casino
- Leisure time in Julian – the mountain town known for its apple pies



Inclusions

- 1 Night Deluxe Accommodations
- 2 meals (1 lunch, 1 breakfast)
- Sightseeing & admissions per itinerary

Tour Rates

\$329 per person double | **\$389** single

Go to the “Travel” section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.



California Vines, Rails & Redwoods

Featuring three nights in Sonoma Valley

May 3, 2020 (6 Days)

Tour Highlights

- Two Rail Journeys
 - ~ Coast Starlight Train
 - ~ Napa Valley Wine Train
- Culinary Institute of America
- Russian River Valley
- Giant California Redwoods
- Charles Schultz "Peanuts" Museum
- Wine Tasting in the Eberle Winery
- Stay at the Apple Farm Inn
- Overnight Stay in Pismo Beach
- Tour of Historic Sonoma
- Dinner at the Madonna Inn

Inclusions

- 5 Nights Deluxe Accommodations
- 8 meals
- Sightseeing & admissions per itinerary
- Deluxe Motorcoach, baggage handling

Tour Rates

Please call for pricing.

Other Upcoming Multi-Day Trips

For more information on upcoming trips, as well as to download the itineraries and reservation forms, please go to:

www.wiseandhealthyaging.org and click on the "TRAVEL" section.

Upcoming trips later in 2020:

- Apple Farm Inn by Rail
- Death Valley Splendor
- Red Rocks, Canyons & Rail Holiday



Go to the "Travel" section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

Discover Panama

Featuring Panama, Emberas, Playa Bonita, Panama City, Casco Antigo, Cathedral de Nuestra & Senora

February 21, 2020 (7 days)

Tour Highlights

- Panama Canal
- Panama Canal Day Cruiser
- Gamboa Aerial Tram
- Emberas Community & Experience
- Playa Bonita
- Panama City Tour
- La Vieja
- Casco Antigo
- Cathedral de Nuestra
- Senora

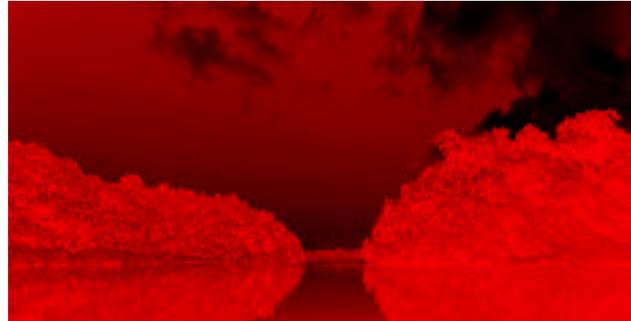
Inclusions

- Roundtrip Airfare - LAX
- 13 Meals: 6-Breakfasts, 3 Lunches & 4 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Hotel Transfers
- Sightseeing per Itinerary
- Baggage Handling at Hotels

Tour Rates

\$3,275* per person double | **\$4,125*** single

**Includes \$100/person booking discount (if final payment is by check)*



Go to the "Travel" section at www.wiseandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

Iceland: Land of Fire and Ice

Featuring Reykjavík, Golden Circle and Thingvellir & Vatnajökull National Parks



Attend
an Info
Session!

May 27, 2020 (9 days)

Tour Highlights

- Reykjavík • Golden Circle
- Gullfoss Waterfall • Geysir
- Snæfellsnes Peninsula
- Breidafjörður Bay Cruise
- Seljalandsfoss • Vík
- Skógar Museum • Skógafoss
- Vatnajökull National Park & Glacier
- Lava Exhibition Center
- Learn about the 400-year-old tradition of catching and preserving the Greenland shark
- Glide past icebergs on a cruise of the Jökulsárlón Glacial Lagoon

- Savor Icelandic cuisine
- Relish Iceland's local cheeses during a visit to a family-owned dairy farm.

Inclusions

- 13 Meals (7 breakfasts, 6 dinners)
- Choices of experiential tours
- Sightseeing with local experts
- Transportation, baggage handling
- Roundtrip air from LAX
- Airport-hotel transfers

Tour Rates

\$4,199* per person double | **\$4,799*** single

**Rate includes \$200 savings per person if deposit booked before November 29, 2019*

Informational Slideshow Session

Monday, Sept. 30, 2019 at 9 am | Event # 7010W3 | KEC/Westside Oasis
or Monday, Oct. 7, 2019 at 1 pm | Event # 6610B3 | Baldwin Hills Oasis

Go to the "Travel" section at www.wiselandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

Athens and The Greek Islands

Featuring Athens, Mykonos, Santorini, The Acropolis & Parthenon, Ancient Olympic Stadium & Greek Island Ferry Rides



October 6, 2020 (10 days)

Tour Highlights

- 4 Nights - Athens
- 2 Nights - Mykonos
- 2 Nights - Santorini • Athens City Tour
- The Acropolis & Parthenon
- The Acropolis Museum
- The Plaka & Syntagma Square
- Ancient Olympic Stadium
- Mykonos
- Delos Tour
- Santorini Tour

- Santorini Winery Visit & Tasting
- Oia Village Walking Tour
- Greek Island Ferry Rides

Inclusions

- Roundtrip Airfare - LAX
- 11 Meals: 8 Breakfasts & 3 Dinners
- Professional Tour Director
- Ferry Rides
- Motorcoach Transportation
- Hotel Transfers & Baggage Handling
- Sightseeing per Itinerary

Tour Rates

\$3,995* per person double | \$5,045* single

**Includes \$100/person discount (if final payment is by check)*

Go to the "Travel" section at www.wiselandhealthyaging.org to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

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Registration for Oasis Courses is Easy!

Online Registration Begins Monday, August 26 at 10:00 am
On-Site Registration Monday, August 26 at Baldwin Hills (10:00 am - 2:00 pm)
and Tuesday, August 27 on the Westside (10:00 am - 2:00 pm)

Baldwin Hills Oasis

Macy's 3rd Floor
 4005 Crenshaw Blvd.
 Los Angeles, CA 90008
 10:00 am - 2:00 pm

Westside Oasis

WISE & Healthy Aging
 1527 4th Street, 1st Floor
 Santa Monica, CA 90401
 10:00 am - 2:00 pm

Registration will continue throughout the trimester until courses are full. Registration receipts will be provided at the time of registration. Registration forms will not be accepted prior to on-site registration dates. Any mail-in registrations will be processed after on-site registration forms.

Mailing address:

Los Angeles Oasis-WISE & Healthy Aging, 1527 4th Street, 2nd Floor, Santa Monica, CA 90401

Oasis Membership

You must be a member of Los Angeles Oasis to register for courses. There is an annual \$20 membership fee. Stop by one of our Los Angeles Oasis locations and staff will be available to help you with becoming a member. You can also sign up to become a member on-line. Start at www.oasisnet.org/la to access the membership form and register for a myoasis login. When registering, please add the membership payment to your cart (noted as course #3001B3 for Baldwin Hills and #3002W3 for the Westside). To complete the membership process, submit your application at the Baldwin Hills or Westside locations. You will then be given additional information regarding Oasis policies and a membership card. Santa Monica residents must provide proof of residency as required by the City of Santa Monica. Please bring photo ID (i.e. valid driver's license, California ID) along with additional proof of residency (i.e. current phone or utility bill). Upon verifying residency, a \$10 credit toward an Oasis course will be provided.

Class Numbers

Class numbers are listed below the course description. Please use these when completing your registration form to be sure you enroll the correct course(s).

No More Processing Fee

The \$10 processing fee is NO longer required. Los Angeles Oasis has moved to a \$20 annual (12-month) membership fee. A savings of \$10 per year!

Waiver: All participants must sign the waiver on the registration form. Los Angeles Oasis reserves the right to decline a member's participation in a course or an excursion.

Note: Registrants and participants permit the taking of videotapes and photographs of themselves during Oasis courses and events (for Oasis publicity use only). Members who do not wish to participate should notify the photographer or staff.

Spouses/Family Members: If there are two members in one household, please complete two registration forms. Do not list two people on one form.

Fees: A non-refundable \$20 annual (\$10 for Santa Monica residents) membership fee is required to register for Los Angeles Oasis courses. *The \$10 processing fee has been eliminated.* All course fees must be paid at the time of registration. Make checks payable to Los Angeles Oasis unless otherwise noted.

Minimum Enrollment: In most cases, Los Angeles Oasis requires 5 participants to run a course. If the minimum enrollment of 5 participants is not reached by 5 business days before the course starts, the course may be canceled. Higher minimum enrollments may apply to fee-based courses.

Course Refunds: Program fees are non-refundable unless Oasis cancels the program or if you have a medical reason or jury duty (documentation must accompany request). Oasis must be notified before the first class begins. If a refund is due, a refund request will be processed and issued within 10 business days. Different refund policies may apply for day trips or travel.



Day Trip Refunds: Cancellations are not refundable or transferable. If you are unable to attend, Oasis will attempt to fill your spot. If Oasis is able to fill your spot, we will issue you a refund for the cost of the trip, less a \$15 trip processing fee. If we are unable to fill your spot, we will not be able to issue you a refund. No refunds given on day of cancellations.

Returned Checks: If your check is returned by your bank for any reason, the amount of the check plus an additional return check fee of \$40 will be due and payable to Los Angeles Oasis.

Wait Lists: When a class reaches its maximum limit, a wait list is started. If there is a cancellation and a vacancy becomes available, calls will be placed to those on the wait list in the order in which registrations were received. If there is a fee for a wait list class or trip, you must pay for the class immediately upon confirmation.

Attendance & Course Etiquette: If you register for a program, please attend. If you are not able to attend, please call Oasis. If you miss one session in a series, there is no need to call. As a courtesy to the instructors and your classmates, please arrive to class on time. If you are late, please enter the classroom quietly. Make sure your cell phones are off or muted. Please refrain from wearing heavy perfumes or colognes.

Participants Code of Conduct: Please see the details of the Participants Code of Conduct located at our sites.

Thank you for your participation.

We truly appreciate all of our wonderful members and volunteers.



Membership Application Form

Date: _____

Location: Baldwin Hills Westside

(Please Print)

First Name: _____ MI: _____ Last Name: _____

Date of Birth: ____ / ____ / 19____ Home Phone: (____) _____ Cell Phone: (____) _____

Residence Address: _____
*Please include all information, including apartment number, if applicable. (P.O. Boxes **NOT** Accepted)*

City: _____ State & Zip: _____ Email: _____

May we send updates by email? Yes No

Picture ID is required for ALL accepted memberships. (i.e. valid driver's license, passport or Calif. ID) For Santa Monica residents (new or renewing an additional proof of residency is needed. (i.e. current utility bill, phone bill) Bring ORIGINALS, and copies will be made by staff at no charge.

Emergency Contact Name (Last, First) _____

Home (____) _____ Cell Phone: (____) _____ Relationship _____

Gender Male Female Veteran? Yes No Living Arrangements: Alone Not Alone

Disability Yes No (if yes, describe disability) _____

Were you referred by an agency? (if yes, note agency name) _____

Ethnicity: African American Asian or Pacific Islander Latino White (Anglo)
 Middle Eastern Multiple Race/Ethnicity Other _____

Language Speaking Capability: (check all that apply)

English Spanish Cantonese Mandarin Japanese Farsi Korean Russian

Tagalog American Sign Language Other _____ Primary Language: _____

My income is between \$0 and \$24,120 per year (\$1,005 - 2,010 per month): Yes (Low Income) No

How did you hear about Oasis? Catalog Family Friend Newspaper Presentation Internet
 Direct Mail Walk-in

Volunteer Information: Are you interested in volunteering with Oasis? Yes No If YES, please note interests:
 Office/Administrative Registration Data Entry Instructor/Speaker Community Outreach Program Committee
 Travel Committee Special Events Tutor (K-4)

Annual 12-Month Membership Fee: \$20 (\$10 for Santa Monica residents with proof of residency).

PAYMENT Cash Check (Payable to Los Angeles Oasis) Credit Card (accepted at time of processing)

Amount \$ _____ NOTE: Payment will not be processed until application has been approved for membership.

I certify that the information I provided above is true.

Signature: _____ Today's Date: _____

* If you are of limited financial circumstances, there is a scholarship available. Please see Los Angeles Oasis staff for form.

OFFICE USE ONLY

Complete App Received By: _____ Date: _____ Entered By: _____ Date: _____

Card Given Date: _____ Card #: _____ Oasis ID: _____ MSC ID: _____

Registration Procedures

Do You Have Expertise in A Subject? Want to Give Back to Your Community? Teach a Course at Oasis

Sample subject areas

- **Arts & Humanities** • **Fitness**
- **Language** • **Technology**
- **Music** • **Communications**



Please contact **Danielle Brinney**
(310) 394-9871 ext. 463



Looking for A Great Gift Idea?



Consider an Oasis gift certificate!

A unique gift for a friend or family member, something to add to your own personal wish list! Certificates can be used toward program fees and never expire.

Celebrate your next special occasion with Oasis!

For more details, contact Danielle Brinney (310) 394-9871 ext. 463

Become A Volunteer Tutor and Change A Life Forever in Los Angeles!

Los Angeles Oasis is kicking off the 2019-2020 school year with our volunteer tutors in schools across L.A. More than 60 older adult tutors are paired with children in grades K-3, providing one-on-one tutoring. And some of our volunteer tutors help with more than one child each week!

Much appreciation to our volunteer Tutor Coordinators (pictured below) at Los Angeles Oasis who tirelessly take on the training and oversight of Oasis tutors across the San Fernando Valley and Central Los Angeles.



We are proud to be part of the national Oasis initiative focused on helping children build confidence and experience success!

**One child, one tutor, one school year.
Two lives forever changed!**

Call us at (310) 394-9871, ext. 437 about tutoring.



Cynthia Singleton
Central Los Angeles



Sharon Fine
San Fernando Valley

Intergenerational Tutoring



Call (310) 857-1527 • Visit Oasisnet.org/la

SCAM ALERT

Brought to You from the Elder Abuse Prevention Program at WISE & Healthy Aging

Have you been affected by a Romance Scam?

You are not alone!

Join our free phone-in group, for confidential support in the comfort of your own home.

Signs of a romance scam:

- Flattery, flattery, flattery
- Wants to move off of dating site/ social media quickly
- Professes love quickly
- Out of the country for work
- Can never meet in person
- Uses affectionate names like “Darling,” “Sweetheart”
- Bad grammar
- Professional looking photos
- Isolation from family and friends
- Military personnel asking for money while overseas
- Threats
- Requests for money with promises to pay you back

Holistic Elder Abuse
Response Team



A Program of WISE & Healthy Aging

**For more information call:
Andrea Sanserino, LCSW (310) 394-9871 ext. 282**

WISE & Healthy Aging is a nonprofit organization dedicated to serving seniors and caregivers.

WISE & Healthy Aging's Range of Services for Older Adults



Adult Day Service Center
(Santa Monica and Woodland Hills)

City and County of Los Angeles
Long-Term Care Ombudsman Program

Benefits Enrollment Center

Los Angeles Oasis

In-Home Care Management

Elder Abuse Prevention Program

Senior Peer Counseling

FAST (Financial Abuse
Specialist Team) of Los Angeles

Transportation & Mobility Program

Caregiver Support Services

Training & Education Center

Medicare Insurance Counseling

AARP Tax Preparation Service

WISE Caregiver Training Academy

WISE Diner Lunch Program

WISE HomeCare

Information and Referral

Volunteer Opportunities



WISE & Healthy Aging Achieves Platinum Seal of Transparency

WISE & Healthy Aging achieved the "2019 Platinum Seal of Transparency," GuideStar's newest and highest level of recognition.



GuideStar is a nationally-recognized website that connects donors and grantmakers to nonprofit organizations. Achieving Platinum status demonstrates that WISE & Healthy Aging is focused on measuring performance and delivering impact.

WISE & Healthy Aging Designated a Top-Rated Nonprofit

WISE & Healthy Aging, a nonprofit social services organization dedicated to serving older adults and caregivers, was honored with a prestigious "2018 Top-Rated Award" by GreatNonprofits, the leading provider of user reviews about nonprofit organizations.



WISE & Healthy Aging Certified A 'Great Place to Work'

WISE & Healthy Aging, long recognized for outstanding services to older adults in Los Angeles County, is one of only two community-based nonprofits in California to be certified as a great workplace by independent analysts at Great Place to Work®, a global authority on high-trust, high-performance workplace cultures.

98% of WISE & Healthy Aging's employees feel pride working at WISE & Healthy Aging!

www.wiseandhealthyaging.org





NONPROFIT ORGANIZATION U.S. POSTAGE PAID MAILED FROM ZIP CODE 90401 PERMIT NO. 75

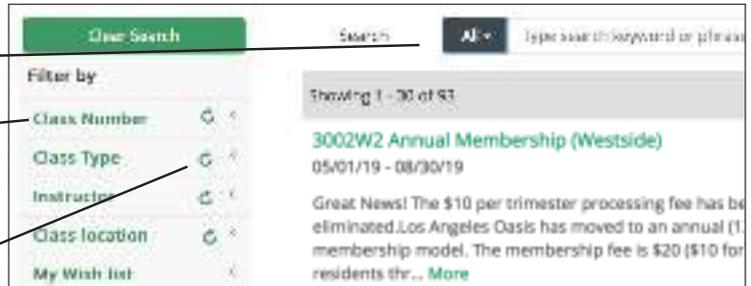
Mailing Address: Los Angeles Oasis - WISE & Healthy Aging 1527 4th Street, 2nd Floor Santa Monica, CA 90401

Time Sensitive Material

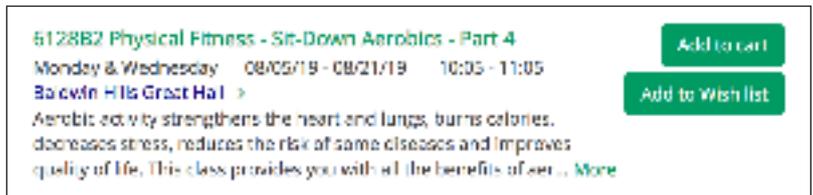
Become a member and register online at oasisnet.org/losangeles

- 1. Go to www.oasisnet.org/losangeles
2. Click Sign In at the top to login to MyOASIS. If you don't have a MyOASIS account, click "Create Your Profile."
3. After creating your profile, click Register for Classes. If you have not already paid for your 12-month Oasis membership, please add your membership payment to your Cart (noted as course #3001B3 for Baldwin Hills and #3002W3 for the Westside).

- 4. Finding classes: On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top. If you know the class number, click the Class Number tool on the left and type the number. If you are having trouble finding a class after using the search tools, click the Clear Search button, or the fishhook next to the search tool.



- 5. To sign up for a class, click Add to cart.
6. Paying for classes: When you are ready to pay for classes in your cart, click View Cart and then proceed to checkout. You will be directed to sign a waiver of liability. After you agree to the waiver, follow the instructions to pay with a credit card.



If you need assistance with online registration, go to www.oasisnet.org/losangeles, click "About Us," then click on "How to Register" or call (323) 291-3414 or (310) 857-1527.

Los Angeles OASIS Online Registration Begins August 26

On-Site Registration Locations

Baldwin Hills: Monday, August 26, 10 am - 2 pm
Santa Monica: Tuesday, August 27, 10 am - 2 pm