



# Winter-Spring 2020 Course Catalog

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



<https://los-angeles.oasisnet.org>

**UCLA** Health

  
KAISER PERMANENTE

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**‘It’s Not the Years in Your Life That Count, It’s the Life in Your Years.’**

Happy New Year! Abraham Lincoln’s quote reminds us that life is to be lived. Another year, another opportunity to fully enjoy this chapter in your life’s journey. Take full advantage of the many ways one can learn, become more healthy and give back. Los Angeles Oasis is here to support you! Our centers in Baldwin Hills and Santa Monica continue to build on our programming and partnerships with healthcare organizations and local agencies to keep you healthy and moving. Whether it’s taking a trip with us, exercising with us, and/or interacting with our talented distinguished speakers and special-topic instructors, there’s something for you!

We kick off 2020 with more offerings and opportunities for you to engage and stay active. And as always, we welcome your feedback about ideas for new programs. Looking to “pay it forward” and give back? We would love for you to share your talents and experience as a volunteer Oasis instructor.

What do you want to create in 2020?

Warmly,

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



## National News from the Oasis Institute

**Oasis is a national leader on issues that impact older adults!**



**Are you safe online?** Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at [connections.oasisnet.org/techwise](https://connections.oasisnet.org/techwise).



**Are you a caregiver?**

Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the

Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.

## Los Angeles Oasis Winter-Spring Term Information and Course Locations

Our Winter-Spring Term is from January 6 - April 30, 2020

### 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: 10:00 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 - 3:00 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.

## Table of Contents for Oasis Courses

One-Day Excursions & Multi-Day Trips.....	6
Distinguished Speaker Series.....	14
Baldwin Hills Courses.....	22
Volunteer Opportunities .....	40, 41, 62 & 66
'On the Move' Rider's Club (Baldwin Hills) .....	42-43
Westside Courses .....	45
'On the Move' Rider's Club (Westside).....	58-59
Index .....	67
Registration Procedure .....	70
New Member Form.....	72



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, a network of 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 fall 2017.

### Joining Los Angeles Oasis

Membership in 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 72) and paying a 12-month membership fee of \$20 (\$10 for Santa Monica residents due to City of Santa Monica funding).

You can also join online at <https://los-angeles.oasisnet.org>. If you join online, please add the membership payment to your cart (noted as course #3001B1 for Baldwin Hills and #3002W1 for the Westside). To complete the membership process, submit your application in-person at the Baldwin Hills Oasis or Westside Oasis locations. You will then be given additional information regarding Oasis policies and a membership card. A \$10 credit toward Oasis courses will be given 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 membership scholarships. Please see staff for more information and forms.

### 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.

## Oasis Membership Required for Oasis Courses

Los Angeles Oasis courses are primarily for members. There are a few exceptions such as our Distinguished Speaker Series (non-members are charged an additional fee), no-cost health lectures, and evidence-based programs. If you have not paid your \$20 (\$10 for Santa Monica residents with proof of residency) 12-month membership fee, please do so when you register for Winter-Spring 2020 courses. Please add to your cart course # 3001B1 for Baldwin Hills or 3002W1 for the Westside. When you register in person, you will be asked to show your Los Angeles Oasis membership card.

## 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.

**WESTSIDE** (Ken Edwards Center)

**Tuesday, February 4**

11:00 am - 12:00 noon

Event #: 6021W1

**BALDWIN HILLS**

**Tuesday, March 3**

1:00 pm - 2:00 pm

Event #: 7021B1



## Don't Miss These Special Oasis Events!

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>PAGE</u>
Dignity for Women	Wed., Jan 28	Baldwin Hills	28
Beauty Bites Beast	Fri., Jan 31	Santa Monica	50
Women & Heart Disease	Wed., Feb 19	Baldwin Hills	27
Comedy Show	Fri., Feb. 21	Santa Monica	62
Black History Month	February	Baldwin Hills	32-33
Artisan Faire	Sat., Mar 21	Baldwin Hills	44
Gutsy Women	Fri., Mar 27	Santa Monica	64
Clinical Hypnosis	Mon., Mar 23	Santa Monica	56
Comedy Show	Tues., Mar 31	Baldwin Hills	41
Beauty Bites Beast	Fri., Apr 3	Baldwin Hills	29
Great Indoor Swap Meet	Sat., Apr 18	Santa Monica	65

## DON'T MISS OUT on the latest news from Oasis!

If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, **it's important that you give us permission to communicate with you through bulk email.**

All you have to do is "opt in," a simple process that lets us know you want to receive bulk email from Oasis.

**This is time sensitive. If you don't opt in, you will no longer receive communications from Oasis through our bulk email system. There are three easy ways to opt in:**

- 1** Call us at (310) 857-1527 or (323) 291-3414 and let someone help you opt in.
- 2** Stop by the Oasis front desk and tell a staff member you'd like to be opted in.
- 3** Sign into MyOasis and click on the Opt In button.



*Thanks for letting us stay in touch with you!*

## Cachuma Lake Eagle & Wildlife Cruise

with Nature Center & Boxed Lunch Picnic

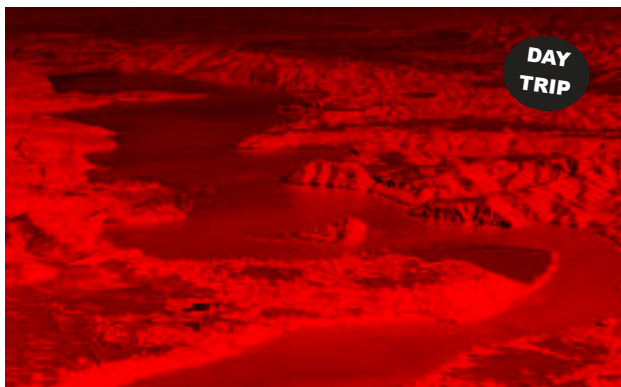
**Saturday, January 18, 2020**  
**\$89\***

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 as there is considerable walking; the boat has shaded and unshaded areas for your comfort.*

**\*Oasis Member Price:**  
**\$89 if paid by check (\$93 if paid by credit card)**

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

**Depart: Baldwin Hills 8:15 am, KEC 8:45 am**  
**Return: 7:00 pm**



## Jet Propulsion Laboratory

With Old Pasadena

**Thursday, February 6**  
**\$59\***

Back by  
POPULAR  
DEMAND!

An opportunity to take a behind-the-scenes tour of the Jet Propulsion Laboratory's Pasadena campus — NASA's lead center for robotic exploration of our solar system. From Explorer and Voyager to Cassini and the Mars rovers, the majority of unmanned spacecraft and robots sent into space were designed and built here. Since the 1930s, it has become a mecca to rocket scientists and space enthusiasts. This tour is the only way to take an in-depth, docent-guided tour



of the campus to learn about JPL's history and accomplishments and see Mission Control and a laboratory (pending availability). Prior to the tour, enjoy lunch on your own in Old Pasadena.

*Required: when booking, provide full legal name as it appears on your driver's license or government-issued photo ID that you will be presenting to JPL security on the day of the tour (non-U.S. citizens must have proper documentation). Suggested: walking shoes as there is considerable walking.*  
**Note: A roster of names, and related security info, must be submitted on January 14, 2020 and no additions or changes may be made after that deadline.**

**\*Oasis Member Price:**  
**\$59 if paid by check (\$63 if paid by credit card)**

**Non-Oasis Member Price:**  
**\$65 if paid by check (\$68 if paid by credit card)**

**Depart: KEC 9:00 am, Baldwin Hills 9:30 am**  
**Return: 6:00 pm**

Go to the "Travel" section at [www.wisandhealthyaging.org](http://www.wisandhealthyaging.org) to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

## L.A.'s Great Observatories

Mount Wilson Observatory  
& Griffith Observatory

**Thursday, March 26**  
**\$89\***

An opportunity to take a docent-guided tour of the historic Mount Wilson Observatory – the astronomical research facility located on the summit of Mount Wilson (elev. 5,700 feet) above Pasadena. Founded in 1904 by George Ellery Hale, on this two-hour walking tour, you'll learn about its history, construction of the 100-inch Hooker telescope, current projects and major discoveries that have taken place here. Enjoy an included boxed lunch and time to explore the small museum on site. This afternoon, enjoy time at leisure at the Griffith Observatory – one of L.A.'s most recognizable landmarks (built in 1935). The Art Deco building features spectacular exhibits and unbeatable views. *Suggested: walking shoes and a jacket or sweater due to the elevation at Mt. Wilson.*



**\*Oasis Member Price:**  
\$89 if paid by check (\$93 if paid by credit card)  
**Non-Oasis Member Price:**  
\$95 if paid by check (\$99 if paid by credit card)  
**Depart:** KEC: 7:30 am, Baldwin Hills 8:30 am  
**Return:** 7:00 pm

## NASA's Armstrong Flight Research Center

At Edwards Air Force Base, Mojave Desert  
**Friday, April 24**  
**\$69\***



Take a docent-led, behind-the-scenes tour of Edwards Air Force Base. Located in the Mojave Desert, the Base is situated by Rogers Dry Lake, a desert salt pan which provides a natural extension to Edwards' runways. The perfect site for testing, it has been home to many of aviation's most important and daring flights: Chuck Yeager first breaking the sound barrier in the Bell X-1, test flights of the X-15, Space Shuttle landings, and more recently, the F-35 Joint Strike Fighter. The newest, fastest and the highest aircraft – whether for the military, NASA or commercial purposes make their debut here. Aboard an Air Force bus, a step-on guide will provide an extensive, narrated driving tour of the base. There'll be leisure time for lunch on your own at NASA's Neil A. Armstrong Flight Research Center cafeteria.

*Required: when booking, provide full legal name as it appears on your driver's license or other government-issued photo ID that you will be presenting to Base Security on tour day. Non-U.S. citizens must register early and have proper documents. **Note: A roster of names and related security info, must be submitted by March 27, 2020 and no additions or changes may be made after that date.***

**\*Oasis Member Price:**  
\$69 if paid by check (\$71 if paid by credit card)  
**Non-Oasis Member Price:**  
\$75 if paid by check (\$78 if paid by credit card)  
**Depart:** Baldwin Hills: 7:30 am, KEC 8:30 am  
**Return:** 7:30 pm

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

## Laughlin Getaway

February 2, 2020 (3 Days)

Two-Night Stay at The Aquarius Casino Resort with Oak Ridge Boys Concert



**Tour Highlights** Enjoy a two-night stay in an upgraded river view room at the *Aquarius Casino Resort*. This top-rated hotel features a 57,000 square foot casino, a variety of restaurants, a non-smoking lounge, a new swimming pool and is conveniently located in Laughlin adjacent to the Riverwalk, other casinos and the Outlet Center. • Experience **The Oak Ridge**

**Boys** live as they perform their four-part harmonies with upbeat Country, Pop and Gospel hit from three decades of charted singles.

### Inclusions

- 2 Nights Deluxe Accommodations
- **Live Oak Ridge Boys concert**
- Professional tour director services
- Sightseeing & admissions

### Tour Rates

**\$329** per person double  
**\$399** single



## Desert Bloom

March 22, 2020 (2 Days)

Anza-Borrego Desert State Park - *Pala Resort Casino Stay* - Temecula Valley Wine Tasting - Julian



**Tour Highlights** Explore Anza-Borrego Desert State Park with a local guide – the largest state park in California features 12 wilderness areas and provides an opportunity to experience the wonders of the California desert including wildflowers. • Tour Temecula Valley and learn about the history of winemaking in this region. Enjoy an included wine tasting and lunch at an

award-winning and elegant winery. • Enjoy sumptuous dining, non-stop Vegas-style gaming and an elegant room at the luxurious, AAA Four Diamond *Pala Resort Casino*. • Enjoy time in Julian – the early 1900s town known for fresh apple pie!

### Inclusions

- 1 Nights Deluxe Accommodation
- 2 Meals – 1 dinner, 1 breakfast
- Professional tour director services

### Tour Rates

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



## Sequoias, Fresno Fruit Trail & Wonder Valley Ranch April 19 (4 Days)

Three-Night Stay at the *Wonder Valley Ranch* - Fresno County Fruit Trail - Kings Canyon National Park



**Tour Highlights** Visit Kings Canyon National Park to see the largest living things on Earth – the giant sequoias – highlighted by the General Grant Tree. • Explore the Fresno County Fruit Trail through California’s agricultural heartland with visits to local family farms to learn about the growing and harvesting and, of course, sample the “fruit of the vine!” • Stay at a western-style

resort nestled on 75 acres in the Sierra Nevada foothills – with your meals is included a nightly hosted “happy hour,” nightly entertainment and a variety of outdoor activities including canoeing, fishing, table games and horseback riding.

### Inclusions

- 3 Nights Deluxe Accommodations – Wonder Valley Ranch Resort
- 8 Meals – 3 dinners, 2 lunches, 3 breakfasts
- Professional tour director services

### Tour Rates

**\$899** per person double  
**\$1099** single



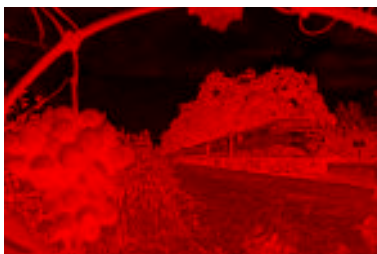
Go to the “Travel” section at [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org) to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.



## California Vines, Rails & Redwoods

May 3, 2020 (6 Days)

Napa Valley Wine Train - Sonoma Valley - Russia River Valley - Coastal Redwoods - Coast Starlight Train



at *Madonna Inn*, lunch with wine tasting in Eberle Winery and breakfast at Charles Schulz's "Snoopy's Home Ice" Arena.

**Tour Highlights** • Enjoy a three-course lunch aboard the *Napa Valley Wine Train* • Sightseeing in the Russian River Valley including a walk through a redwood preserve, a tour and tasting at an award-winning winery • Ride the *Coast Starlight Train* • Three-night stay at an upscale resort in the Sonoma Valley, and overnight stays at the cozy *Apple Farm Inn* and Pismo Beach inn • Dinner

### Inclusions

- 5 Nights Deluxe Accommodations
- 8 Meals – 1 dinner, 2 lunches, 5 breakfasts
- Professional tour director services
- Motorcoach and Rail Transportation

### Tour Rates

\$1,599 per person double  
\$1,999 single

## Mainly Maine

June 13, 2020 (7 Days)

Moose Watching in Rangeley Lakes - Acadia National Park - Bar Harbor - Lobster Boat Cruise



The Rocks, the historic landmark, for an immersive New Hampshire maple sugaring experience.

**Tour Highlights** Stay at an historic inn in the charming town of Rangeley, located in the heart of Maine's lakes and mountains region. Tour the Rangeley Lakes region, cruise Rangeley Lake, visit the Rangeley Outdoor Heritage Museum. • Stay in Bar Harbor on famed Mount Desert Island with a nature cruise, a lobster bake dinner and a driving tour of Acadia National Park. • Tour Bangor with a drive-by of Steven King's house. • Stay at an oceanfront resort along the coast with a lobstering cruise along the shoreline. Visit the beautiful Coastal Maine Botanical Gardens. • Visit

### Inclusions

- 6 Nights Deluxe Accommodations
- 13 Meals – 5 dinners, 2 lunches, 6 breakfasts
- Professional tour director services
- Motorcoach and Rail Transportation

### Tour Rates

\$1,999 per person double  
\$2,549 single

(Roundtrip group air available from \$495 per person)

## Yosemite, Lake Tahoe & The Eastern Sierra

August 9, 2020 (5 Days)

Alabama Hills - Mammoth Lakes - Mono Lake - Tioga Pass - Tuolumne Meadows - Yosemite Valley



distance to the casino hotels. Tour Lake Tahoe with a lunch cruise to the Emerald Bay. • Travel Tioga Pass and into Yosemite National Park to see Tuolumne Meadows, Tenaya Lake, Olmstead Point and Yosemite Valley including the spectacular waterfalls. Enjoy a stay at a Yosemite-area lodge with a balcony overlooking the Merced River.

**Tour Highlights** Travel geologic-rich Highway 395 in the shadow of the Sierra Nevada with sightseeing of Alabama Hills, June Lake Loop, and the Museum of Lone Pine Film History. • Visit Mono Lake Visitors Center and an included picnic on the shores of Mono Lake. • Stay in South Lake Tahoe in a hotel within walking dis-

### Inclusions

- 4 Nights Deluxe Accommodations
- 8 Meals – 1 dinner, 3 lunches, 4 breakfasts
- Professional tour director services
- Motorcoach and Rail Transportation

### Tour Rates

\$1,249 per person double  
\$1,699 single

Go to the "Travel" section at [www.wisemandhealthyaging.org](http://www.wisemandhealthyaging.org) to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.

## Paseo, Morro & the Apple Farm Inn

Sept. 23, 2020 (3 Days)

Two-Night Stay at the *Apple Farm Inn* - Morro Bay Cruise - Paso Robles Wine Tasting- *Coast Starlight* Train



**Tour Highlights** Stay two nights at the *Apple Farm Inn* – combining the charm of a wine country inn with the conveniences of a luxury hotel room with fireplaces and a nightly wine tasting reception • Explore the Paso Robles region with an included lunch/wine tasting, a tour and olive oil tasting at an olive farm. • Cruise Morro Bay in the shadow of Morro Rock. • Ride

along the coast on the *Coast Starlight* train with a dining car and observation car for spectacular views.

### Inclusions

- 2 Nights Deluxe Accommodations – Apple Farm Inn
- 3 Meals – 1 dinner, 2 breakfasts
- Professional tour director services

### Tour Rates

\$599 per person double  
\$749 single



## Arizona's Valley of the Sun

Nov. 15, 2020 (5 Days)

Single-Hotel Stay - No Flying Required - Saguaro National Park - Phoenix - Scottsdale - Tucson



**Tour Highlights** Enjoy the Four Diamond *Wild Horse Pass Hotel & Casino* featuring multiple restaurants and a 100,000 square foot Vegas-style casino. • Tour Taliesin West, Frank Lloyd Wright's winter home, enjoy dinner at the Frank Lloyd Wright-inspired *Arizona Biltmore Hotel*. • Travel to Tucson to visit the Pima Air & Space Museum, drive through the world's largest mil-

itary aircraft "boneyard" and explore Saguaro National Park. • In Phoenix, visit the Heard Museum – featuring American Indian art; the Musical Instrument Museum – showcasing musical instruments of cultures throughout the world; visit a candy factory and Butterfly Wonderland, enjoy a tour and lunch at the Wrigley Mansion.

### Inclusions

- 4 Nights Deluxe Accommodations – Wild Horse Pass Hotel & Casino
- 6 Meals – 1 dinner, 1 lunch, 4 breakfasts
- Professional tour director services

### Tour Rates

\$1,249 per person double  
\$1,599 single

No Flying!



## Cambria & Hearst Castle Holiday by Rail

Dec. 10, 2020 (3 Days)

Two-Night Stay at the Cambria Pines Lodge - Hearst Castle - Cambria Christmas Market - *Coast Starlight* Train



**Tour Highlights** Stay in Cambria at a woodsy-chic lodge decked out for the holidays with a walk-thru light display with over 2 million lights! • Experience what Christmas was like during Hearst Castle's heyday on an evening tour showcasing the abundant holiday decorations, Christmas trees and Mr. Hearst's celebrated art collection in the warm glow of thousands of

holiday lights. • Attend the Cambria Christmas Market with live entertainment, food, drinks and Santa. • Ride along California's coast aboard the deluxe *Coast Starlight* train.

### Inclusions

- 2 Nights Deluxe Accommodations – Cambria Pines Lodge
- 3 Meals – 1 dinner, 2 breakfasts
- Professional tour director services

### Tour Rates

\$649 per person double  
\$849 single



Go to the "Travel" section at [www.wiseandhealthyaging.org](http://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

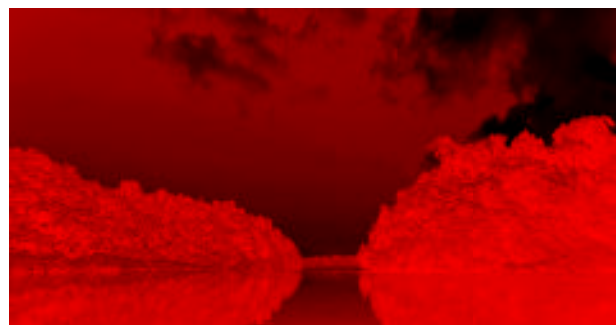
## Inclusions

- 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)*



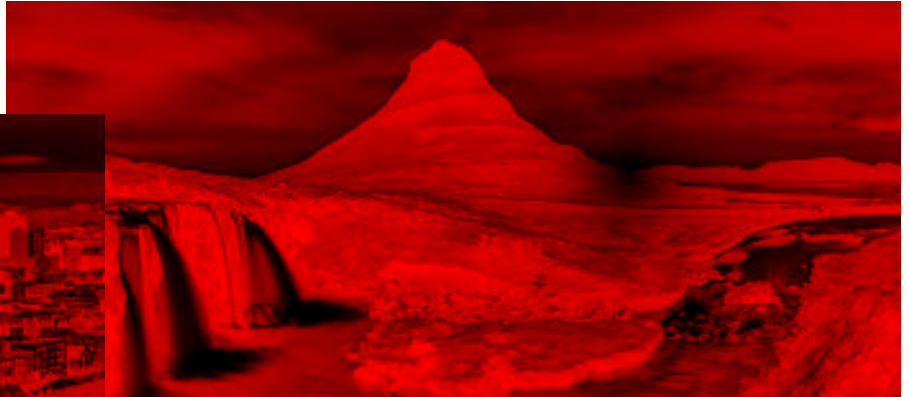
Day Trips & Travel

Go to the "Travel" section at [www.wiselandhealthyaging.org](http://www.wiselandhealthyaging.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

Day Trips & Travel



**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
- Savor Icelandic cuisine

- Glide past icebergs on a cruise of the Jökulsárlón Glacial Lagoon
- 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

\$4,399 per person double | \$4,999 single

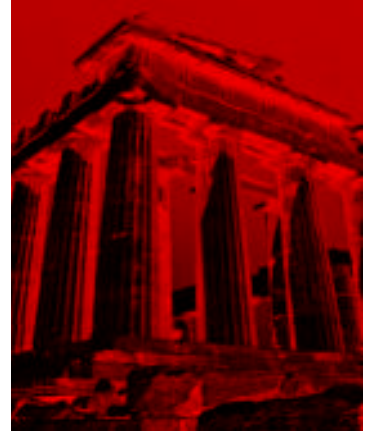
Go to the "Travel" section at [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org) to download the reservation form or call (310) 394-9871. Forms also available at Oasis centers.



# Athens and The Greek Islands

Featuring Athens, Mykonos, Santorini, The Acropolis & Parthenon, The Plaka & Syntagma Square, Ancient Olympic Stadium

Attend  
an Info  
Session!



Day Trips & Travel

**October 6, 2020** (10 days)

## Tour Highlights

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

## Informational Slideshow Session

Wednesday, Feb. 12 at 1 pm | Event # 7010W1 | KEC/Westside Oasis  
or Thursday, Feb. 13 at 1 pm | Event # 6010B1 | Baldwin Hills Oasis

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

# Distinguished Speaker Series

## From Good Times to Different Strokes



You may know her face from Los Angeles Oasis events such as Black History Month and Women's History Month programs. That's because Gloria is usually on the program reciting a poem or getting into character as she impersonates a notable person from the past. You may be surprised to know that she was behind the scenes of many popular television shows such as *Good Times*, *Facts of Life*, *Different Strokes*, and *Sanford*. Gloria held many positions in the television industry, the first being secretary to

the writers on *Good Times* which she landed right out of television and film school at San Diego State University. *Good Times* starred Esther Rolle and Jimmie Walker who coined the phrase, "Dy-no-mite!" On the set, Gloria moved up to Production Associate, also known as the Script Supervisor. She continued to climb and was promoted to Line Producer on the *Sanford Show* starring Redd Foxx famous for his hilarious facial expressions and clutching his chest in fear of "the big one."

Join Gloria as she takes us down memory lane and shares her memories of working for beloved television shows created by the notable writer and producer Norman Lear. He is also responsible for popular sitcoms such as *All in the Family*, *The Jeffersons*, *Maude* and *One Day at a Time*.



### Distinguished Speaker: Gloria Vinson

Retired Television Producer

**Friday, January 24, 2020**

Baldwin Hills Oasis | Great Hall | 1:00 - 2:30 pm

Macy's 3rd Floor, 4005 Crenshaw Blvd.

Event# 6001B1 (Oasis member \$3)

Event# 8001B1 (Non-Oasis member \$5)



Distinguished Speaker Series

**RESERVATION REQUIRED**

14 Call (323) 291-3414 • Visit <https://los-angeles.oasisnet.org>

# Distinguished Speaker Series

## Women's Health Matters: Choices You Can Make to Have A Big Impact on Your Health

Chloe E. Bird, senior sociologist at RAND, studies women's health and determinants of differences in men's and women's health and health care. She recently served as a senior advisor in the National Institutes of Health's Office for Research on Women's Health and as editor-in-chief of the journal *Women's Health Issues*, where she is now associate editor. Her current work examines gaps in women's health care and ways to improve and integrate women's reproductive health care into their care across the life course, to reduce cardiovascular risk and improve outcomes and address



racial disparities. Her recent projects include a study assessing gender disparities in quality of care among Medicare Advantage beneficiaries. In her book *Gender and Health: The Effects of Constrained Choice and Social Policies* (Cambridge University Press, 2008), she and co-author Patricia Rieker explore how policymakers and other stakeholders shape individuals' opportunities to pursue a healthy life. Bird is working to build a donor-funded Women's Health Research and Policy Center at RAND. Dr. Bird holds masters and doctorate degrees in sociology from the University of Illinois at Urbana-Champaign.



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### Distinguished Speaker: Chloe E. Bird, PhD

RAND Corporation

*Diversity and Inclusion Forum Chair, Senior Sociologist*

**Friday, January 24, 2020 | 1:00 - 2:30 pm**

**Westside OASIS | Rooms 104-105**

1527 4th Street, Santa Monica

Event# 7001W1 (Oasis member \$3)

Event# 9001W1 (Non-Oasis member \$5)



A national nonprofit research organization that develops solutions to public policy challenges to help make communities throughout the world safe and more secure, healthier and more prosperous.

**Call (310) 857-1527 • Visit <https://los-angeles.oasisnet.org> 15**

# Distinguished Speaker Series

## 2020: The Wild Ride Continues!

Back by popular demand, nationally-recognized expert on 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. He has won numerous teaching and research awards including a Wang Family Excellence Award as one of the four most outstanding faculty members Distinguished Chair in American Studies at the University of Paris VIII.



### Distinguished Speaker: Raphael Sonenshein, PhD

*Executive Director, Pat Brown Institute for Public Affairs  
California State University, Los Angeles*

**Tuesday, February 4, 2020**

**Baldwin Hills Oasis | Great Hall | 1:00 - 2:30 pm  
Macy's 3rd Floor, 4005 Crenshaw Blvd.**

**Event# 6003B1 (Oasis member \$3)**

**Event# 8003B1 (Non-Oasis member \$5)**



**RESERVATION REQUIRED**

Distinguished Speaker Series



# *Distinguished Speaker Series*

## **Inventor of ISS-ABOVE: Know When and Where to Look Up!**



The ISS-ABOVE is an electronic device that brings the International Space Station to you. With informational screens and live views of Earth from external cameras, you'll discover:

- How often the Space Station is in your skies (5-8 times every day)
- When and where to look if there's a visible pass
- Lots of data about the Space Station's orbit, speed and current location
- What the astronauts see when they look out their windows

Throughout a career in programming and live video streaming/video production, Liam has been passionate about astronomy and the perspective it gives humankind on our place in the Universe. Previously President of the Orange County Astronomers, a Griffith Observatory Planetarium Lecturer and a NASA/JPL Solar System Ambassador, today Liam focuses on bringing the ISS into people's daily lives, through public outreach, deployment of the ISS-Above into homes, schools and public spaces and spearheading projects to enhance our view of space exploration.



### **Distinguished Speaker: Liam Kennedy**

Inventor of ISS-ABOVE

**Friday, February 14, 2020**

Westside Oasis | Rooms 103 - 105 | 1:00 - 2:30 pm  
1527 4th Street, Santa Monica

Event# 7002W1 (Oasis member \$3) Event# 9002W1 (Non-Oasis member \$5)



**RESERVATION REQUIRED: <https://los-angeles.oasisnet.org> or (323) 291-3414**

**Tuesday, February 18, 2020**

Baldwin Hills Oasis | Great Hall | 1:00 - 2:30 pm  
Macy's 3rd Floor, 4005 Crenshaw Blvd.

Event# 6002B1 (Oasis member \$3) Event# 8002B1 (Non-Oasis member \$5)

**RESERVATION REQUIRED: <https://los-angeles.oasisnet.org> or (310) 857-1527**

**Call (323) 291-3414 • Visit <https://los-angeles.oasisnet.org> 17**

# Distinguished Speaker Series

## Restoring America's Faith

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.



Distinguished Speaker Series

### Distinguished Speaker: Mitchel Maki, PhD

President and CEO, Go For Broke National Education Center

**Friday, March 6, 2020**

Baldwin Hills Oasis | Great Hall | 1:00 - 2:30 pm

Macy's 3rd Floor, 4005 Crenshaw Blvd.

Event# 6004B1 (Oasis member \$3)

Event# 8004B1 (Non-Oasis member \$5)



**RESERVATION REQUIRED**

18 Call (323) 291-3414 • Visit <https://los-angeles.oasisnet.org>

# *Distinguished Speaker Series*

## **Evolution of Humanity: Heaven on Earth**

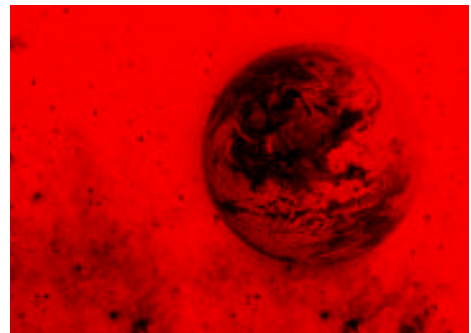


Professor Doctor Simon J. Simonian is a Harvard and Oxford-educated, transplant surgeon, immunologist, man of peace, author, and philanthropist. Dr. Simonian has had his name submitted three times to be considered for nomination for The Nobel Prize for Medicine.

Dr. Simonian collaborated with other scientists to create the freeze-dried version of the smallpox vaccine. While in Detroit, he served as Surgeon-in-Chief to Presidents Reagan and Bush during their visits.

Since 2007, The Friedman School of Nutrition Science and Policy at Tuft's University bestow the Gershoff-Simonian Prize to a masters or doctoral student who has excelled in their chosen field of study.

Dr. Simonian has been honored with professorships from Oxford, Cambridge, London, Edinburgh, Harvard, Chicago, Vanderbilt, Georgetown, California, Karolinska (Stockholm) and Athens universities. He has served as a published co-author of more than 300 scientific publications, having served as an invited speaker at more than 350 scientific congresses worldwide, and has received more than 400 award distinctions and honors.



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### **Distinguished Speaker: Simon J. Simonian, PhD, MD**

Scientist, Surgeon, Author, Philanthropist

**Friday, April 3, 2020**

Westside Oasis | Rooms 104-105 | 1:00 - 2:30 pm

1527 4th Street, Santa Monica

Event # 7003W1 (Oasis member \$3)

Event # 9003W1 (Non-Oasis member \$5)



**RESERVATION REQUIRED**

**Call (310) 857-1527 • Visit <https://los-angeles.oasisnet.org> 19**

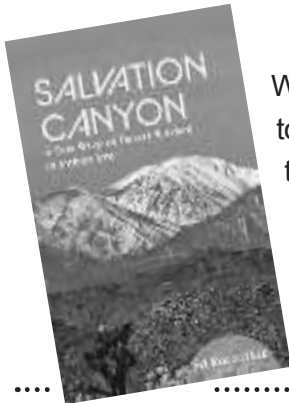
# Distinguished Speaker Series

## Salvation Canyon: A Miracle of Survival in Extreme Conditions

Ed Rosenthal was a commercial real estate broker in Downtown Los Angeles (DTLA) and responsible for many of the original deals that recreated DTLA, including the Eastern Columbia Building and The Bank District. He was known as “Poetbroker,” for his use of poetry in his transactions. His real estate poems were featured in the *LA Times* and *Wall Street Journal*.



Ed always took the same vacation hike to celebrate a big deal. In September 2010, after two sales during the great recession, including DTLA's Landmark Clifton's Cafeteria, he went to Black Rock Canyon in Joshua Tree to hike his usual trail for a four-hour round trip.



The four-hour celebratory hike turned into a week-long, waterless misadventure. When after getting confused, he went in the wrong direction and ended up “halfway to Mexico,” close to the boundary of the Mojave and Sonoran Deserts. His love of the desert ecosystem, and fascination with the cosmos, kept him alive as he spent six waterless days and nights wandering from canyon to canyon, finally finding a safe hideaway where unable to walk, he awaited his fate. The miracle of his rescue lead Ed to spend nine years on his memoir *Salvation Canyon*, a true story of desert survival, which will be published in 2020.

### Distinguished Speaker: Ed Rosenthal

Author, Lecturer | Commercial Real Estate Broker

#### Friday, April 17, 2020

Baldwin Hills Oasis, Macy's 3rd Floor, 4005 Crenshaw Blvd. Great Hall | 1:00 - 2:30 pm  
Event# 6005B1 (Oasis member \$3) Event# 8005B1 (Non-Oasis member \$5)

**RESERVATION REQUIRED: <https://los-angeles.oasisnet.org> or (323) 291-3414**

#### Friday, April 24, 2020

Westside Oasis, 1527 4th Street, Santa Monica , Rooms 103 - 105 | 1:00 - 2:30 pm  
Event# 7004W1 (Oasis member \$3) Event# 9004W1 (Non-Oasis member \$5)

**RESERVATION REQUIRED: <https://los-angeles.oasisnet.org> or (310) 857-1527**





## HAPPY, HEALTHY NEIGHBORS THAT'S OUR MISSION.

At Kaiser Permanente, we don't see health as an industry. We see it as a cause. And one that we very much believe in. That's why we're excited to partner with Oasis Baldwin Hills and with WISE & Healthy Aging. Let's thrive together. Learn more at [kp.org/baldwinhillscrenshaw/community](http://kp.org/baldwinhillscrenshaw/community).

### Community Health Programs at Baldwin Hills-Crenshaw Medical Offices

3782 W. Martin Luther King Jr. Blvd.

Come to the Farmers Market for local, fresh produce and delicious prepared foods and visit the Community Resources tables. EBT is now accepted.

Free exercise classes are open to the community. No pre-registration required.

Soul Line Dancing	Mon, 5:00 p.m. - 6:00 p.m. & 6:15 p.m. - 7:15 p.m. Wed, 11:00 a.m. - 12:30 p.m. & 12:30 p.m. - 2:00 p.m.	Zumba	Wed, 5:30 p.m. - 6:30 p.m.
		Tai chi	1st/3rd Wed, 9:00 a.m. - 10:00 a.m.
Farmers Market Community Resources	Wed, 10:00 a.m.-2:00 p.m.	Circuit Training Bootcamp	Sat, 9:00 a.m. - 10:00 a.m.

\*Schedule subject to change. Please check schedule online.

KAISER PERMANENTE.  thrive

## 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 Pep-steppers! 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 #:** 6100B1 (Baldwin Hills)

**Monday, Wednesday, Friday Jan 06 - Apr 29  
8:00 - 9:00**

No Cost Sessions: 48 Mall  
(No Class Jan 20, Feb 17)

#### **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 #:** 6109B1 (Baldwin Hills)

Instructor: Sara W. Barnwell, Certified Instructor

**Monday Jan 06 - Mar 09 1:30 - 2:45**

Fee: \$48 Sessions: 8 Blue Room  
(No Class Jan 20, Feb 17)

#### **Kundalini Yoga: Beginners – Part 2**

**Class #:** 6110B1 (Baldwin Hills)

Instructor: Sara W. Barnwell, Certified Instructor

**Monday Mar 16 - Apr 27 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 #:** 6111B1 (Baldwin Hills)

Instructor: Sara W. Barnwell, Certified Instructor

**Monday Jan 06 - Mar 09 10:15 - 11:30**

Fee: \$48 Sessions: 8 Blue Room  
(No Class Jan 20, Feb 17)

#### **Kundalini Yoga: Intermediate to Advanced – Part 2**

**Class #:** 6113B1 (Baldwin Hills)

Instructor: Sara W. Barnwell, Certified Instructor

**Monday Mar 16 - Apr 27 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 #:** 6115B1 (Baldwin Hills)

Instructor: Julissa Castillo

**Tuesday Jan 14 - Mar 03 11:15 - 12:15**

Fee: \$40 Sessions: 8 Great Hall

#### **LatinShapes Dance – Part 2**

**Class #:** 6117B1 (Baldwin Hills)

Instructor: Julissa Castillo

**Tuesday Mar 10 - Apr 28 11:15 - 12:15**

Fee: \$40 Sessions: 8 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 #:** 6119B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Monday Jan 06 - Mar 09 10:30 - 11:30**  
**Fee:** \$56 Sessions: 8 Great Hall  
(No Class Jan 20, Feb 17)

## Let Go & Dance – Part 2

**Class #:** 6120B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Monday Mar 16 - Apr 27 10:30 - 11:30**  
**Fee:** \$49 Sessions: 7 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 #:** 6141B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Tuesday Jan 14 - Mar 03 12:30 - 1:30**  
**Fee:** \$56 Sessions: 8 Great Hall

## Body Movement - Part 2

**Class #:** 6142B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Tuesday Mar 10 - Apr 28 12:30 - 1:30**  
**Fee:** \$56 Sessions: 8 Great Hall



## Try Zumba Toning with Rosa

**Class #:** 6129B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Wednesday Jan 08 10:15 - 11:15**  
**No Cost** Sessions: 1 Blue Room

## Zumba Toning with Rosa – Part 1

**Class #:** 6130B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Wednesday Jan 15 - Mar 4 10:15 - 11:15**  
**Fee:** \$40 Sessions: 8 Blue Room

## Zumba Toning with Rosa – Part 2

**Class #:** 6131B1 (Baldwin Hills)  
**Instructor:** Rosa Harris, Certified Dance Instructor  
**Wednesday Mar 11 - Apr 29 10:15 - 11:15**  
**Fee:** \$40 Sessions: 8 Blue Room

Many of our courses  
fill up quickly.

Don't be disappointed!

**SIGN UP!**

# 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: Jan 7 - 30**  
**Course #6121B1 | Fee: \$40**

**Part 2: 8 sessions**  
**Date: Feb 4 - 27**  
**Course #6122B1 | Fee: \$40**

**Part 3: 9 sessions**  
**Date: Mar 3 - 31**  
**Course #6123B1 | Fee: \$45**

**Part 4: 9 sessions**  
**Date: Apr 2 - 30**  
**Course #6124B1 | Fee: \$45**

## 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: Jan 6 - Feb 3**  
**Course #6125B1 | Fee: \$40**  
No Class Jan 20

**Part 2: 8 sessions**  
**Date: Feb 5 - Mar 4**  
**Course #6126B1 | Fee: \$40**  
No Class Feb 17

**Part 3: 8 sessions**  
**Date: Mar 9 - Apr 1**  
**Course #6127B1 | Fee: \$40**

**Part 4: 8 sessions**  
**Date: Apr 6 - 29**  
**Course #6128B1 | Fee: \$40**

\* 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 and Fridays**  
**Baldwin Hills**  
**Time: 11:05 am - 12:05 pm**  
**Great Hall**

**Part 1: 8 Sessions**  
**Date: Jan 8 - 31**  
**Course #6101B1 | Fee: \$40**

**Part 2: 8 Sessions**  
**Date: Feb 5 - 28**  
**Course #6102B1 | Fee: \$40**

**Part 3: 8 Sessions**  
**Date: Mar 4 - 27**  
**Course #6103B1 | Fee: \$40**

**Part 4: 8 Sessions**  
**Date: Apr 1 - 24**  
**Course #6104B1 | 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.*

**See Westside section details.**

## Instructor: Antonia Routt



Antonia M. Routt, Fitness Facilitator and International Running Enthusiast, use her psychology experience to motivate and empower people. A former Arthritis Foundation Partner and LACCW Health Committee Member, Antonio has specialized in senior exercise programs for over a decade. She has been honored by LA County with a 2010 "Woman of the Year" award in Education, and recognized by Mayor Eric Garcetti in 2015 for her successes with seniors of various abilities and ethnicities.





## 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 #: 6133B1** (Baldwin Hills)  
 Instructor: Andrew Kennedy, Instructor  
**Monday Jan 06 - Mar 09 3:00 - 4:00**  
 Fee: \$40 Sessions: 8 Blue Room  
 (No Class Jan 20, Feb 17)

## Tai Chi Chuan for Seniors – Part 2

**Class #: 6134B1** (Baldwin Hills)  
**Monday Mar 16 - Apr 27 3:00 - 4:00**  
 Fee: \$35 Sessions: 7 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 #: 6137B1** (Baldwin Hills)  
 Instructor: Andrew Kennedy, Instructor  
**Friday Jan 10 - Feb 28 10:10 - 11:10**  
 Fee: \$40 Sessions: 8 Blue Room

## Tai Chi in the Chair – Part 2

**Class #: 6138B1** (Baldwin Hills)  
 Instructor: Andrew Kennedy, Instructor  
**Friday Mar 06 - Apr 24 10:10 - 11:10**  
 Fee: \$40 Sessions: 8 Blue Room

## Tai Chi and Self Defense

Join Tai Chi Instructor Andrew Kennedy and LAPD officer Hadiya Kennedy to learn practical applications of this ancient and beautiful martial art. Through an 8-part ‘form’, participants will learn how Tai Chi can be used for self defense.

Eleven year veteran LAPD officer Hadiya Kennedy will show participants safety and tactics training that anyone can use on a daily basis to feel safer and more confident in getting out of any unsafe situation.

Wear comfortable clothing. Previous Tai Chi experience is not required.

**Class #: 6139B1** (Baldwin Hills)  
 Instructor: Andrew Kennedy, Instructor  
**Wednesday Mar 25 - Apr 15 1:00 - 2:00**  
 Fee: \$20 Sessions: 4 Blue Room

## Friendly Reminder

Los Angeles Oasis will be

**C L O S E D**

on

**Monday, January 20**

(Martin Luther King Jr. Holiday)

**Monday, February 17**

(President’s Day Holiday)

### ARE YOU A MEMBER?

As of May 1 2019, Los Angeles Oasis moved to a \$20 12-month membership model with no \$10 per trimester processing fee. To be a member, you must complete the membership application and submit it to the Baldwin Hills or Westside locations. For more details, see page 4.

# Baldwin Hills | Winter-Spring 2020 Health Lectures



*Cedars-Sinai Health Lecture*

## **Women and Heart Disease: What You Need to Know**

**C. Noel Bairey Merz, MD, FACC, FAHA**

**Wed. Feb. 19 | 1 – 2:30 pm \* | Course # 6202B1 | No Fee**

Dr. Bairey Merz, Director of the Barbra Streisand Women’s Heart Center will discuss what women (and men) should know about how to prevent, manage and reverse heart disease. Come early or stay late and find out how you can be part of database research by signing up for the *All of Us* Program. This program has a simple mission: to speed up health research and medical breakthroughs. *Receive a \$25 gift card from Target or Starbucks for signing up.*



*UCLA Health Lecture*

## **Finding Humor in Mental Health**

**Ze’ev Korn, LCSW | Tues. Mar. 24 | 2 – 3:30 pm | Course # 6203B1 | No Fee**

UCLA Psychotherapist Ze’ev Korn will explore ways to maintain, regain and keep your sense of humor to help your mental health. Ze’ev Korn is fascinated by, and loves supporting lifespan development and how we all grow and thrive and what helps us get “unstuck” when we feel stuck in life. In his past life, college years, he was named Funniest Man at UCLA.



*Kaiser Permanente Health Lecture*

## **Our Eyes and Aging**

**Maxwell Cheng, OD | Wed. April 22 | 2 – 3:00 pm | Course # 6204B1 | No Fee**

Optometrist Dr. Maxell Cheng has lectured locally and internationally on eye health. Hear him cover some of the common conditions and diseases which affect our eyes as we age, including dry eyes, cataracts, macular degeneration and glaucoma.



**\* Oasis Baldwin Hills | Wed. Feb 19 | 1:00 – 2:30 pm**

Come early or stay after Dr. Bairey Merz presentation to find out how you can be part of medical research by signing up for the *All of Us* Program. The *All of Us* Program is creating the largest health database in history — with a simple mission: to speed up health research and medical breakthroughs. Receive a \$25 gift card from Target or Starbucks for signing up for the *All of Us* Program.



Los Angeles Oasis is grateful to our healthcare partners for bringing these topics to our community.

# WOMEN & HEART DISEASE: What You Need to Know

What women (and men) should know about  
how to prevent, manage and reverse heart disease.



**C. Noel Bairey Merz, MD,  
FACC, FAHA**

*Director of the Barbra Streisand  
Women's Heart Center and  
Women's Guild Endowed Chair  
in Women's Health at  
Cedars-Sinai Medical Center*

**Wednesday, February 19, 2020**

Dr. Bairey Merz has received numerous awards and honors and her extensive scientific publication record spans 425+ scientific papers, 315+ abstracts, myriad book chapters, and countless peer-reviewed journals. Recognized as an authority on the subject of heart disease and stress, she has appeared frequently in print and broadcast media.

Dr. Bairey Merz's research interests include women and cardiovascular disease, mental stress and heart disease, the role of exercise and stress management in reversing disease, the role of cholesterol and nutrition management in heart disease, and adverse pregnancy outcomes and cardiovascular disease.

**Oasis Baldwin Hills | 1:00 – 2:30 pm**  
**Event # 6202B1 | No Fee**

Come early or stay late and find out how you can be part of medical research by signing up for the *All of Us* program. The *All of Us* program is creating the largest health database in history – with a simple mission: to speed up health research and medical breakthroughs.

Receive a \$25 gift card from Target or Starbucks for signing up to be a part of the *All of Us* program.

**\$25  
Target  
Gift Card**



# DIGNITY FOR WOMEN



Judy-Lee Chen Sang

More women of color die of breast cancer due to our unwillingness to seek the appropriate help and the inadequate services available to us in our communities. Few women of color share their experiences going through the process thus alienating our communities from getting first hand information that could actually make a difference.

Most of us know what we hear from the doctors, I will be sharing what happens and what to look out for once you leave the doctor's office. What actually happens and what are the necessary questions and information needed to make informed choices for us.

**Class #: 6006B1 (Baldwin Hills Oasis)**  
**Presenter: Judy-Lee Chen Sang**  
**Tuesday January 28 1:00 - 2:00 pm**  
**Fee: \$3 1 Session Blue Room**

*Judy-Lee Chen Sang is a professional with a Bachelor's degree in Radio Television Film Production from California State University Northridge. Judy-Lee has worked professionally in the television, radio and film industries in Jamaica – where she produced a series called “International News” and worked on various commercials and documentaries. She is bilingual in Spanish having lived in Panama the country of her mothers' birth where she completed high school.*

*Judy-Lee has served on the board of directors for the United Nations Association Pasadena and was a member of the Jamaica Awareness Association California Ways and Means Committee and currently involved in the Jamaican Diaspora. Judy-Lee is currently writing a book “The Flight of Life” a story of her trail blazing sister who became the first Jamaican woman to fly commercially in Jamaica and enter the Jamaican Air Wing who died of breast cancer in 2000.*

*Judy-Lee is now empowering women to maintain their dignity through the process of mastectomy and to be able to experience exquisite beauty through imperfections as she is now a double mastectomy survivor after being diagnosed in 2017 with breast cancer. Dignity for Women brings this awareness to the community.*







# BEAUTY BITES BEAST

## Documentary & Discussion

Join us for a viewing of Ellen Snortland’s documentary “Beauty Bites Beast” with follow-up discussion. A writer, producer, director, humorist, actor, dormant lawyer, women’s and children’s self-defense advocate, Ellen has the unique ability to speak and write with authority on subjects ranging from S.W.A.T. team methods in combat to the opportunities and obstacles of the professional American woman. Described as a Renaissance Woman, Ellen has been featured on National Public Radio and Dateline NBC. “Beauty Bites Beast” flips ideas about female helplessness, as women undertake the transformative experience of learning verbal, emotional and physical empowerment-based self-defense.

This documentary has already saved lives!

**Friday, April 3, 2020 1:00 – 2:30 pm**

**Class # 6630B1 | Baldwin Hills OASIS**

4005 Crenshaw Blvd., MACY’s 3rd Floor | Blue Room  
Instructor: Candace Shivers | No Cost



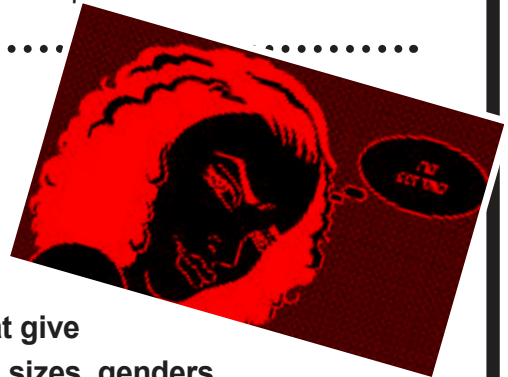
Ellen Snortland

.....

# SELF DEFENSE

## with Ellen Snortland

The 1.5 hour self-defense class is easy, designed for the easiest, brains not brawn, ideas and practices that give confidence and safety. For all physical abilities, ages, sizes, genders, we can all learn more about awareness and what to do in the event that we have to deal with a predator. Wear whatever you wear when you are out and about but no sandals please. Shoes that tie or have velcro fasteners are best.



**Friday, April 24, 2020 | 1:00 – 2:30 pm**

**Class # 6631B1 | Baldwin Hills OASIS**

4005 Crenshaw Blvd., MACY’s 3rd Floor | Blue Room  
Instructor: Ellen Snortland | Fee: \$3



## Health & Wellness

### Dignity for Women: Breast Cancer Awareness

More women of color die of breast cancer due to our unwillingness to seek the appropriate help and the inadequate services available to us in our communities. Few women of color share their experiences going through the process thus alienating our communities from getting first hand information that could actually make a difference. Join Judy-Lee Chen Sang as she shares what happens and what to look out for once you or a loved one leaves the doctor's office. Also, what are the necessary questions and information needed to make informed choices for us.

**Class #:** 6006B1 (Baldwin Hills)

Instructor: Judy-Lee Chen Sang

**Tuesday Jan 28 1:00 - 2:00**

No Cost Sessions: 1 Blue Room

### Heal Yourself & Others with Acupressure Massage for Pain Control Optimal Health

Learn the basics of Chinese healing and Pain Management as it relates to acupressure massage. This class will focus on self acupressure massage and specific points to use for common problems such as pain, energy, mental clarity, low back pain, neck and shoulder pain, etc. We will learn approximately 18 acupressure points you can perform on yourself or others. We will discuss the concepts of Chi, Acupressure Meridians, Yin and Yang, 5 Elements, and Chinese Tongue diagnosis. We will answer your questions on Chinese and holistic medicine in general. We will also learn a simple head, shoulder, and neck massage technique to perform on friends or family. This technique works wonders for sore shoulders and even migraine headaches. (No partner necessary for the class.) Please bring a small hand mirror and a water based-erasable marker to class.

**Class #:** 6201B1 (Baldwin Hills)

Instructor: Dr. Randy Martin

**Friday Jan 31 1:00 - 3:00**

Fee: \$15 Sessions: 1 Banneker Room

## Technology



### Oasis Connections Technology: Windows 10

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?
- How to delete files you don't need or want?

Join instructor Miriam Caiden as we explore Windows 10! 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. Become familiar with the fundamental skills and environment of Windows 10. 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 #:** 6501B1 (Baldwin Hills)

Instructor: Miriam Caiden, MSG, PhD

**Friday Jan 17 - Feb 07 12:00 - 2:00**

Fee: \$20 Sessions: 4 Computer Lab

### Oasis Connections Technology: Safety and Privacy 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.

Note: If you are planning to take Exploring the Internet (Course #6507), you should take this course first!

**Class #: 6503B1** (Baldwin Hills)  
Instructor: Miriam Caiden, MSG PhD  
**Friday Feb 14 - Feb 14 12:00 - 2:00**  
Fee: \$5 Sessions: 1 Computer Lab

### **Oasis Connections Technology: 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! Students will learn how to navigate to internet websites independently (without having to use a search engine).

Note: Oasis Connections Technology Safety and Privacy Online (Course #6503B1) or equivalent is REQUIRED to take this course.

**Class #: 6505B1** (Baldwin Hills)  
Instructor: Miriam Caiden  
**Friday Feb 21 - Feb 21 12:00 - 2:00**  
Fee: \$5 Sessions: 1 Computer Lab

### **Oasis Connections Technology: Wellness on the Web**

It’s not too soon to plan for a healthy summer! If your New Year’s resolutions included more exercise and healthier living, it’s not too late to start!

The web is a phenomenal resource for health information. This course will introduce you to the types of websites you can use to learn about health issues, blogs that you can follow to learn what’s new, online resources you can work out with, and mobile apps that can help you in your journey toward a healthier tomorrow.

Note: Oasis Connections Technology -- Safety and Privacy Online (Course #6503B1) or equivalent is REQUIRED for this class. Contact instructor with any questions.

**Class #: 6507B1** (Baldwin Hills)  
Instructor: Jamileh Ardalan  
**Friday Mar 06 - Mar 06 12:00 - 2:00**  
Fee: \$5 Sessions: 1 Computer Lab

### **Oasis Connections Technology: Microsoft Excel**

This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today’s workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended

**Class #: 6511B1** (Baldwin Hills)  
Instructor: Miriam Caiden, MSG PhD  
**Friday Mar 13 - Mar 20 12:00 - 2:00**  
Fee: \$10 Sessions: 2 Computer Lab

### **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 #: 6512B1** (Baldwin Hills)  
Instructor: Teresa Riddle  
**Tuesday Jan 14 - Jan 21 1:00 - 2:00**  
Fee: \$10 Sessions: 2 Bancker



### **iPhone for Beginners**

**Class #: 6513B1** (Baldwin Hills)  
Instructor: Teresa Riddle  
**Tuesday Apr 07 - Apr 14 1:00 - 2:00**  
Fee: \$10 Sessions: 2 Bancker

# CELEBRATE

## Black History Month

*Black History Month is an annual celebration of achievements by black Americans. The event stems from Negro History Week, the brainchild of noted historian Carter G. Woodson and other prominent African Americans, according to [history.com](http://history.com). Every U.S. president since 1976 has officially designated the month of February as Black History Month.*



### The African-American Experience Series

Join Black history enthusiast Yvette Dossou in discussions about fascinating African Americans such as Ida B. Wells, Harriet Tubman, inventors, writers and more. Talk about how they continue to encourage and inspire us today. This course is for those who are interested in



writing about, reading and sharing these powerful stories. Refreshments provided.

**Class #: 6613B1**

Instructor: Yvette Dossou

**Monday Feb 3 & 10 1:00 - 2:30**

Fee: \$10 Sessions: 2 Blue Room

### Celebrating Black History: Celebrating Motown

Founded on January 12, 1959, Motown quickly became another Detroit factory; where as the BIG THREE produced automobiles, Motown assembled the soul and R & B classics that changed America. Come hear not only hits from the iconic music company, but also hear facts and history of how it all started.

**Class #: 6610B1**

Instructor: Reggie Morris

**Tuesday Feb 11 1:30 - 3:00**

Fee: \$8 Session: 1 Blue Room







**Reggie Morris**

*Retired Counseling Department  
Chair and Retired College  
Basketball Coach  
Los Angeles Southwest College*

*Reggie believes staying  
motivated and engaged is the  
way to approach life no matter  
a person's age.*

**Gospel to the Blues and It's Mardi Gras!**

From the time slaves sang spiritual songs to the emergence of rhythm and blues, music tells stories and provides a window into the lives and struggles of black men and women. Learn about call and response, a musical conversation between two parties, which influenced gospel music and forged the way for "my baby done left me" blues. Come hear both these genres and feel their connection, from early days to present. Also, February 25 is Mardi Gras. Learn the connection between the blues and Mardi Gras.



**Class #: 6611B1**

Instructor: Reggie Morris

**Tuesday Feb 25 | 1:30 - 3:00**

Fee: \$8 Session: 1 Blue Room

**Let's Gather and Celebrate  
Black History Month!**



**Join Los Angeles Oasis members, staff and friends  
in celebrating Black History Month. Entertainment,  
Door Prizes, Refreshments and More!**

**Friday, February 28, 2020**

If you would like to be on the event committee,  
contact Danielle Brinney at (323) 291-3414  
or (310) 394-9871. You can also email her at  
dbrinney@wiseandhealthyaging.org

**Event #: 6095B1 | Friday Feb 28 | 1:00 - 3:00**

Fee: \$15 Sessions: 1 Blue Room

# Oasis Book Club



*The unread story is not a story; it is little black marks on wood pulp. The reader, reading it, makes it live: a live thing, a story.*

~ Ursula K. Le Guin

Reading gives us access to the world. Our book club presents an opportunity to explore these worlds together. There are new and interesting journeys ahead. Come join us at the table! Share your unique perspective of these exciting and thought-provoking works of memoir and fiction.

**Thursdays 10:30 am until 12:00 noon**

**Jan 30** *Talking to Strangers* – Malcolm Gladwell

**Feb 27** *My Soul to Keep* (African Immortals Series - Book 1) – Tananarive Due

**Mar 26** *The Underground Railroad* – Colson Whitehead

**Apr 30** *The Water Dancer* – Ta-Nehisi Coates

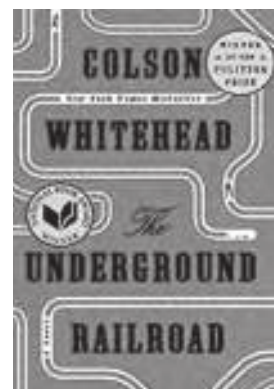
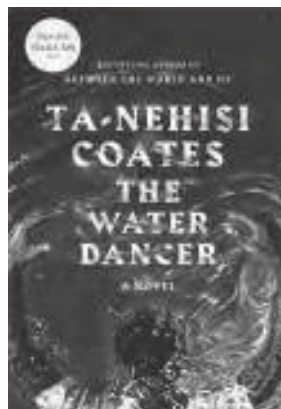
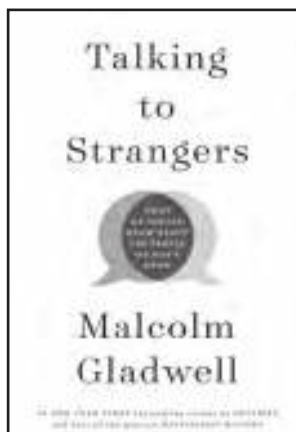
*\*At the time of this publication, all books are available and can be ordered online either new or used from Amazon.com. Order off SmileAmazon.com (same pricing) and select WISE & Healthy Aging to receive a charitable donation from Amazon.*

**Class #:** 6605B1 (Baldwin Hills)

Facilitator: Salima Yamini-Benjamin

**Thursday Jan 30 - April 30 10:30 - 12:00**

No Fee Sessions: 4 Bancker 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 with 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 work on her own crime novel.



## 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 #: 6601B1** (Baldwin Hills)

Instructor: Davilla T. Davis

**Wednesday Jan 08 - Mar 11 10:30-12:30**

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 #: 6602B1** (Baldwin Hills)

Instructor: Davilla Davis

**Wednesday Jan 08 - Mar 11 1:00 - 3:00**

Fee: \$70 Sessions: 10 Annex

### 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 #: 6603B1** (Baldwin Hills)

Instructor: Davilla Davis

**Thursday Jan 9 - Mar 12 10:30 - 12:30**

Fee: \$70 Sessions: 10 Annex

### French Conversation for Linguistic Marathoners

For the devotées 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 #: 6604B1** (Baldwin Hills)

Instructor: Davilla T. Davis

**Thursday Jan 9 - Mar 12 1:00 - 3:00**

Fee: \$70 Sessions: 10 Annex

### Medicare Benefits: It's Never Too Late to Change

Learn the ins and out of Medicare benefits and updates for 2020. Want to change your plan? Thomas can help. Bring your Annual Notice of Benefits for review and recommendations.

**Class #: 6711B1** (Baldwin Hills)

Instructor: Thomas Floyd

**Tuesday Jan 21 1:30 - 2:30**

No Cost Sessions: 1 Banneker

## Winter-Spring 2020 Film Festival

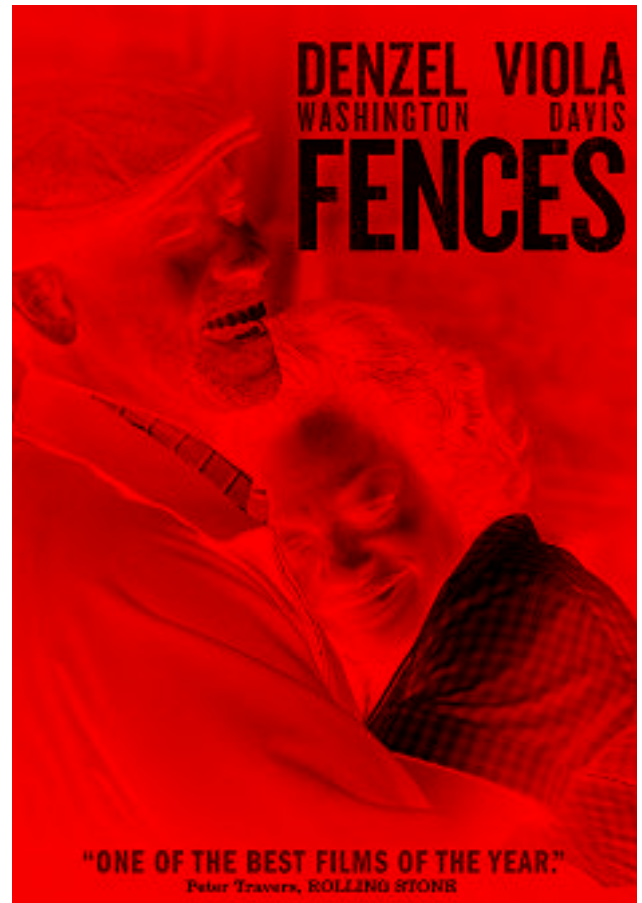
Enjoy another exciting movie series with facilitator Elaine Cook.



**Friday, January 10 -  
The Legend: Bessie Coleman Story**  
*(starring Aneva Walker)*

Bessie Coleman was the first African American Aviator and she flew right out of Santa Monica. In 1921, this young woman arose from the poverty of the Texas cotton fields to capture the hearts of the Black population of America. She taught them to not only overcome racial barriers but the barriers within themselves. And in doing so...dare to dream. Her name was Bessie Coleman. This is her story.

**Class #:** 6621B1 (Baldwin Hills)  
Moderator: Elaine Cook  
**Friday January 10 1:00 - 4:00**  
Fee: \$2 Sessions: 4 Blue Room



**Friday, February 14 -  
August Wilson's Fences**  
*(starring Denzel Washington and Viola Davis)*

Troy Maxson is a strong man, a hard man. He has had to be to survive. Troy Maxson has gone through life in an America where to be proud and black is to face pressures that could crush a man, body and soul. But the 1950s are yielding to the new spirit of liberation in the 1960s, a spirit that is changing the world Troy Maxson has learned to deal with the only way he can, a spirit that is making him a stranger, angry and afraid, in a world he never knew and to a wife and son he understands less and less. This is a modern classic, a book that deals with the impossibly difficult themes of race in America, set during the Civil Rights Movement of the 1950s and 60s.

**Class #:** 6622B1 (Baldwin Hills)  
Moderator: Elaine Cook  
**Friday February 14 1:00 - 4:00**  
Fee: \$2 Sessions: 4 Blue Room



**Friday, March 13 - August Wilson's  
The Piano Lesson**

*(starring Charles S. Dutton, Alfre Woodard  
and Courtney B. Vance)*

Boy Willie and his friend Lymon travel from Mississippi to ask his sister Berniece to give him the family's heirloom piano, so that he can sell it to buy land from Mr. Sutter, a descendant of the family that once owned Willie's ancestors as slaves. The piano had at one time belonged to the wife of the original Sutter, and decades earlier, Berniece and Boy Willie's grandfather had carved the family's African tribal history and American slave history into the piano's surface. When Boy Willie arrives, his Uncle Doaker tells Willie that Berniece won't part with the piano. As selling the piano would be like turning her back on their people and their past, Berniece continues to refuse.



**Class #: 6623B1** (Baldwin Hills)  
Moderator: Elaine Cook  
**Friday March 13 1:00 - 4:00**  
Fee: \$2 Sessions: 4 Blue Room

**Thursday, April 9 - James Baldwin's  
If Beale Street Could Talk**

*(starring KiKi Layne and Stephan James)*

In this honest and stunning novel, James Baldwin has given America a moving story of love in the face of injustice. Told through the eyes of Tish, a nineteen-year-old girl, in love with Fonny, a sculptor who is the father of her child, Baldwin's story mixes the sweet and the sad.



Tish and Fonny have pledged to get married, but Fonny is falsely accused of a crime and imprisoned. Their families set out to clear his name, and the young lovers experience a kaleidoscope of emotions, despair, and hope. In a love story that evokes the blues, Baldwin has created two characters so alive that they are unforgettably ingrained in the American psyche.

**Class #: 6624B1** (Baldwin Hills)  
Moderator: Elaine Cook  
**Thursday April 9 1:00 - 4:00**  
Fee: \$2 Sessions: 4 Blue Room

**All films start at 1 pm**

**‘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: January 10, February 14, March 13, and April 17

**Class #: 6608B1** (Baldwin Hills)  
 Facilitator: Verna Bailey  
**Friday Jan 10 - Apr 17 10:30 - 12:30**  
 Fee: \$20 Sessions: 4 Banneker Room

**True Happiness Workshop with Dr. Marcus**



Join Dr. Marcus for this thought provoking discussion and meditation. Dr. Charles Marcus is an author, lecturer and expert in Eastern and Western Philosophy. The workshop is a “how to” guide to seeking a path of understanding and true happiness.

**Class #: 6656B1** (Baldwin Hills)  
 Instructor: Charles Marcus  
**Tuesday Apr 21 1:00 - 2:00**  
 Fee: \$3 Sessions: 1 Blue Room

***Surrendering to Ravel’s Bolero***  
**with Christine Suarez**



Join us for this one-of-a-kind interactive, creative workshop. Have you ever been moved by a piece of music? You are moved and must move? Together we will experience Maurice Ravel’s famous *Bolero* – playing with how the music makes us want to move. And beneath that we will explore the theme of surrender and how that takes shape in our bodies and minds. All movement abilities welcome.

**Class # 6612B1 | Baldwin Hills Oasis**  
**Tues, March 10 | 1:00 – 2:00 pm**  
 Instructor: Christine Suarez  
 Fee: \$2 Sessions: 1 Blue Room

*Christine Suarez is a Santa Monica based dance-theater artist. She and her company SuarezDanceTheater passionately foster new communities through the act of moving and creating together.*



Christine Suarez



## Oasis Chorale

The Oasis Chorale is a staple of Oasis and the community. Since 2011, the Chorale has performed at local holiday and community events. Join the Oasis Chorale 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 and healthy life!



**Class #: 6607B1** (Baldwin Hills)  
Instructor: Eddie Kendrix  
**Monday Feb 03 - Mar 30 11:45 - 12:45**  
No Cost Sessions: 8 Blue Room  
(No Class Feb 17)

### Meet Your Instructor



#### Eddie Kendrix

Eddie has a musical resume more than a mile long and has lasted over forty years. As a vocal coach, he provided vocal background groups for artists such as Barbara Streisand, Leslie Uggums, Connie Stevens and Harry Belafonte. Additionally, Eddie served as vocal director on the *Cleopatra Jones* and *Sparkle* (the original version) movies. Eddie was the pianist for Bessie Griffin & The Gospel Pearls, and the Clara Ward Singers.

For the last 30 years, Eddie has been the Minister of Music for Calvary Baptist Church in Santa Monica and for 10 years, the director of the Oasis Chorale. Eddie promises that if you join the Chorale, you will have fun and be greatly inspired. "It's more than a music class.", Eddie says, "WE ARE FAMILY!!!"

## History of Bingo and Let's Play

**Wednesday, January 22**

**1:00 – 2:00**

Learn the history of bingo and win prizes! Have you heard of "Five Around the Corner", "Three Layer Cake", or "Champagne Glass?" Elaine Cook will teach you these bingo calls and more. Also, learn about the health benefits of this game. Come out, try your luck and win!

**Event #: 6615B1**

**Great Hall**

Instructor: Elaine Cook

Fee: \$5

## Let's Play Bingo

**Wednesdays**

**January 29 – April 15**

**1:00 – 2:00**

Come out and play bingo with fellow Oasis members. Bingo caller, Elaine Cook, will teach you the bingo lingo. Fifty cents is your ticket to play. Lots of fun and prizes!

**Event #: 6616B1**

**Great Hall**

Instructor: Elaine Cook

Fee: \$1 each day  
you play



## Guided Autobiography Workshop II

Do you have more life story chapters to write? If you previously participated in one of Volunteer Action for Aging's Guided Autobiography 5-Week Workshops, this class is for you! This 4-Week series is full of new activities and topics for adding more chapters to your life story. Taught by a Birren Center for Autobiographical Studies Certified Instructor and offered at no cost!

**Class #:** 6628B1 (Baldwin Hills)

Instructor: Sarah Kuljian

**Monday Apr 06 - Apr 27 1:00 - 3:00**

No Cost Sessions: 4 Banneker

## Alzheimer's Disease and Dementia Specialty Course

Are you caring for a loved one with dementia or Alzheimer's Disease? This 16-hour, nationally-recognized, evidence-based course provides valuable information and skills to make this labor of love a little easier and the '36-hour day' a little shorter. The interactive discussion format enables participants to learn from each other, under the guidance of Barbara Browning, RN, Master Trainer for the University of Arkansas accredited program. Space is limited. Course fee is based on a sliding scale. For questions, please contact Miriam Caiden, MSG, PhD at (310) 394-9871, ext. 264.

**Class #:** 6823B1 (Baldwin Hills)

Instructor: Barbara Browning

**Tuesday Apr 07 - Apr 28 10:00 - 1:00**

Fee: \$175 Sessions: 4 Banneker Room

## 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 #:** 6722B1 (Baldwin Hills)

Instructor: AARP Volunteer

**Mon & Tues Mar 16 & 17 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 #:** 6721B1 (Baldwin Hills)

Instructor: AARP Volunteer

**Monday Feb 10 12:00 - 4:00**

See above for fees Sessions: 1 Annex

**Class #:** 6723B1 (Baldwin Hills)

Instructor: AARP Volunteer

**Monday Apr 13 12:00 - 4:00**

See above for fees Sessions: 1 Annex

## Intergenerational Tutoring Informational Meeting

If you would like to give just one hour a week to help teach a child to read, please come and learn about our Intergenerational Tutoring Program. Prospective tutors must register for and attend this Informational Meeting as well as register and attend all three required Tutor Training days.

**Class #:** 6901B1 (Baldwin Hills)

Instructor: Cynthia Singleton

**Thursday Jan 09 10:30 - 11:30**

No Cost Sessions: 1 Banneker





### Tutor Training Meetings

Prospective tutors must have attended the Inter-generational Tutoring Informational Meeting (January 9), and must register and attend all three Tutor Training days.

**Class #: 6902B1** (Baldwin Hills)

Instructor: Cynthia Singleton

**Wed., Thurs. Fri. Jan 15, 16 & 17 10:30 - 2:30**

No Cost Sessions: 3 Banneker Room

### Volunteer Informational Meeting

#### 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 #: 6904B1** (Baldwin Hills)

Presenter: Danielle Brinney

**Thursday Jan 30 1:00 - 2:00**

No Cost Sessions: 1 Banneker Room



**JOIN**

# Bob Nickman and Friends for The Comedy Show!

You are guaranteed to have lots of 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: # 6007B1**

**Tuesday, March 31, 2020**

**1:00 - 2:30 pm**

**Baldwin Hills Oasis**

4005 Crenshaw, MACY's 3rd Floor

Blue Room | Cost: \$5



**On The Move Rider’s Club: Mandatory Orientation for First-Timers**

Whether you’ve never tried public transportation in L.A., or whether 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: Anyone NEW (first-timer) to “On The Move Riders Club” is required to complete one no-cost orientation session before registering for a trip.**

**Class #: 6701B1** (Baldwin Hills)  
 Instructor: TAP Team  
**Monday Jan 13 1:00 - 2:30 pm**  
 No Cost Sessions: 1 Blue Room

**Class #: 6702B1** (Baldwin Hills)  
 Instructor: TAP Team  
**Monday Feb 10 1:00 - 2:30 pm**  
 No Cost Sessions: 1 Blue Room



**Los Angeles Central Library**

Calling all bookworms! Our adventure takes us to the historic Los Angeles Public Library’s Central Branch. According to the LAPL website, the Central Library opened in 1926 to rave reviews and has been welcoming visitors for nearly a century. Hailed as an architectural gem, the building is renowned for such iconic features as the tiled pyramid on the roof; the vast, mural-lined Rotunda; and its more modern Atrium wing, which opened in 1993.

Bring lunch money for the in-library culinary options.

- *New members MUST attend a mandatory orientation before taking this trip.*
- *If you sign up, you MUST leave from the Jefferson/La Cienega Metro station.*

**Class #: 6704B1** (Baldwin Hills)  
 Travel Leader: Ursula Matheson  
**Wednesday February 26 9:00 - 3:00 pm**  
 Fee: \$5 Sessions: 1 Jefferson Metro



*Metro train with 2 transfers and/or over a mile of walking*

## Homeboy Industries

Founded by the legendary Father Greg Boyle, Homeboy Industries provides hope, training, and support to previously gang-involved and incarcerated men and women. Our heartwarming tour is an opportunity to see the finest side of Los Angeles. Bring lunch money for a bite at the Homegirl Cafe!

- New members **MUST** attend a mandatory orientation before taking this trip.
- If you sign up, you **MUST** leave from the Jefferson/La Cienega Metro station.

**Class #: 6705B1** (Baldwin Hills)

Travel Leader: Ursula Matheson

**Wednesday March 25 9:00 - 3:00 pm**

Fee: \$5 Sessions: 1 Jefferson Metro



Metro train with 2 transfers and/or over a mile of walking



## Hollyhock House

Frank Lloyd Wright's first Los Angeles commission and masterpiece is almost 100 years old! Completed in 1921, this UNESCO World Heritage site is a must-see landmark. We will tour the house and gallery, and lunch nearby. Bring \$3.00 for Senior Admission to Hollyhock house, lunch money, water, and a hat!

- New members **MUST** attend a mandatory orientation before taking this trip.
- If you sign up, you **MUST** leave from the Jefferson/La Cienega Metro station.

**Class #: 6706B1** (Baldwin Hills)

Travel Leader: Ursula Matheson

**Wednesday April 22 9:00 - 3:00 pm**

Fee: \$5 Sessions: 1 Jefferson Metro



Metro train and/or one or more buses; walking of more than a mile or limited seating opportunities



## Union Station Tour

Union Station is one of Los Angeles' architectural and historical gems. Join us for a special guided tour, followed by lunch in the LA Metro Cafeteria.

- Trip will involve some walking inside Union Station.
- New members **MUST** attend a mandatory orientation before taking this trip. If you sign up, you **MUST** leave from the Jefferson/La Cienega Metro station.

**Class #: 6707B1** (Baldwin Hills)

Travel Leader: Ursula Matheson

**Tuesday April 28 9:00 - 3:00 pm**

Fee: \$5 Sessions: 1 Jefferson Metro



Amount of Walking One train transfer; less than 1 mile walking



FIRST ANNUAL LOS ANGELES OASIS

# Artisan Faire!

**Saturday, March 21, 2020**  
**10 am – 1 pm**

Are you an artist? A painter, photographer, jewelry maker, or crafter? Here is a perfect opportunity to showcase your talents and sell your works at our 1st Oasis Artisan Faire!



Open to all our Oasis members, as well as the community.

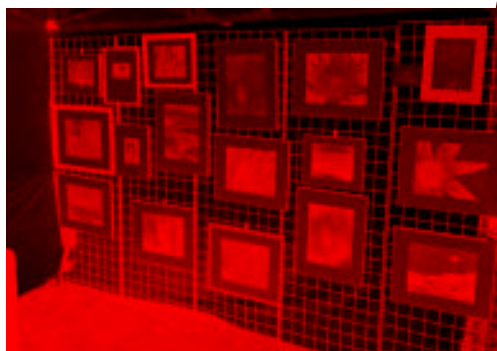
DISPLAY TABLES AVAILABLE:

\$10/table for Oasis members | \$25/table for non-Oasis members

Call (323) 291-3414 to reserve your table by Friday, March 13.

*All display table fee proceeds will go toward supporting scholarships for Oasis memberships.*

Event #  
6080B1



**Baldwin Hills Oasis**

4005 Crenshaw Blvd., MACY's 3rd Fl.

Blue Room | No Fee to attend





## WESTSIDE COURSES

### Exercise & Fitness

#### Tai Chi For Balance - Part 1



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 #: 7107W1** (Ken Edwards Center)  
Instructor: Robin Rinehart  
**Thursday Jan 16 - Feb 27 10:15 - 11:15**  
Fee: \$48 Sessions: 7 104 - 105

#### Tai Chi For Balance - Part 2

**Class #: 7108W1** (Ken Edwards Center)  
Instructor: Robin Rinehart  
**Thursday Mar 05 - Apr 16 10:15 - 11:15**  
Fee: \$48 Sessions: 7 104 - 105

#### 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 concentration.

**Class #: 5113W1** (Ken Edwards Center)  
Instructor: Robin Rinehart  
**Thursday Jan 02 - Apr 30 12:15 - 1:15**  
Fee: \$20 Sessions: 18 104 - 105

#### Body in Motion with Melinda – Part 1

Join Melinda in her new class, "Body In Motion with Melinda." This class will include fluid movements through lite cardio and resistance stretching. The class is set to curated instrumental music. The focus of the class is on flexibility, muscle strength and balance for all levels. Come and discover the beauty of movement!



**Class #: 7111W1** (Ken Edwards Center)  
Instructor: Melinda Marquez  
**Wednesday Jan 08 - Feb 26 9:00 - 10:00**  
Fee: \$40 Sessions: 8 103 - 105



#### Body in Motion with Melinda – Part 2

**Class #: 7112W1** (Ken Edwards Center)  
Instructor: Melinda Marquez  
**Wednesday Mar 04 - Apr 22 9:00 - 10:00**  
Fee: \$40 Sessions: 8 103 - 105

### Meet Your Instructor

#### Melinda Marquez

Melinda Marquez formerly Melinda Pace is originally from Chicago. She learned to dance at the early age of 5 studying ballet, jazz, tap, and later became an aerobics and fitness instructor. Recently married, Melinda enjoys taking Argentine Tango and ballroom dance classes with her husband. Melinda has also worked in property management for over 25 years, including managing properties for individual owners. She appreciates time with friends, Italian and French music and healthy cooking. Melinda also has fun creating new exercise routines for the Oasis classes that she teaches. She likes to keep her students motivated. Melinda is passionate about fitness and aging gracefully!

## 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 her-

self. 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 #: 7115W1** (Boys & Girls Club of SM)

Instructor: Julissa Castillo

**Friday Jan 10 - Feb 28 12:00 - 1:00**

Fee: \$40 Sessions: 8

## LatinShapes Dance - Part 2

**Class #: 7117W1** (Boys & Girls Club of SM)

Instructor: Julissa Castillo

**Friday Mar 06 - Apr 24 12:00 - 1:00**

Fee: \$40 Sessions: 8

## 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 #: 7120W1** (Boys & Girls Club of SM)

Instructor: Antonia M. Routt

**Tues & Thurs Jan 07 - 30 11:45 - 12:45**

Fee: \$40 Sessions: 8



## Move More Exercise: Chair Series – Part 2

**Class #: 7121W1** (Boys & Girls Club of SM)

Instructor: Antonia M. Routt

**Tues & Thurs Feb 04 - 27 11:45 - 12:45**

Fee: \$40 Sessions: 8

## Move More Exercise: Chair Series – Part 3

**Class #: 7122W1** (Boys & Girls Club of SM)

Instructor: Antonia M. Routt

**Tues & Thurs Mar 03 - 26 11:45 - 12:45**

Fee: \$40 Sessions: 8

## Move More Exercise: Chair Series – Part 4

**Class #: 7123W1** (Boys & Girls Club of SM)

Instructor: Antonia M. Routt

**Tues & Thurs Mar 31 - Apr 23 11:45 - 12:45**

Fee: \$40 Sessions: 8

## 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 #: 7127W1** (Boys & Girls Club)

Instructor: Loriston Scott, Senior Fitness Instructor

**Tuesday Jan 21 - Mar 10 12:50 - 1:35**

Fee: \$40 Sessions: 8

## Boom! Cardio Workout – Part 2

**Class #: 7128W1** (Boys & Girls Club)

Instructor: Loriston Scott, Senior Fitness Instructor

**Tuesday Mar 17 - Apr 28 12:50 - 1:35**

Fee: \$35 Sessions: 7

## 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 #: 7124W1** (Westside)

Instructor: Sonya Chapnick, Certified Yoga Instructor

**Monday Jan 13 - Mar 09 2:00 - 3:15**

Fee: \$35 Sessions: 7

(No Class Jan 20, Feb 17)

## Yoga Gently with Sonya – Part 2

**Class #: 7125W1** (Westside)

Instructor: Sonya Chapnick, Certified Yoga Instructor

**Monday Mar 16 - Apr 27 2:00 - 3:15**

Fee: \$35 Sessions: 7

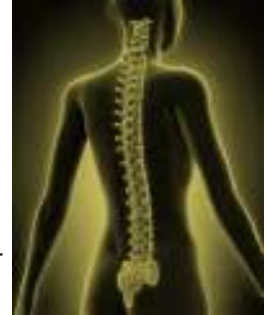
Many of our courses fill up quickly.  
Don't be disappointed!

**SIGN UP!**

## Mind Your Spine: Happy Healthy Backcare With Sonya

Is your back giving you problems? Feeling stiff? Are you unable to do what you used to? Are you feeling low energy? Looking for solutions for a happier, healthier back?

Look no further! Join us for this powerful workshop, where you will learn 5 simple tools for relief. This practice will cover proper postural alignment, breath education, relaxation and support for the nervous system, mudra (sacred hand gesture) and guided meditation. Understand neurophysiology and how to optimize the mind/spine connection.



By participating in this workshop, you will receive important tools to apply to day-to-day life!

Relieve the body, rejuvenate the mind and discover freedom!

**New!**

**Class #: 7126W1** (Ken Edwards Center)

Instructor: Sonya Chapnick, Certified Yoga Instructor

**Wednesday Feb 26 1:00 - 2:00**

Fee: \$15 Sessions: 1 103-105

### Meet Your Instructor



#### Sonya Chapnick

Sonya Chapnick is a certified yoga therapist through the international association of yoga therapists (C-IAYT). She completed her

comprehensive training at Loyola Marymount University, including a clinical internship as a yoga therapist in the integrative medical program at Simms Mann Health and Wellness Center at Venice Family Clinic. She has taught a variety of yoga classes in the greater Los Angeles area since 1997, and specializes in chronic pain management.





### 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 #:** 5129W1 (Ken Edwards Center)  
**Instructor:** Jacqueline Witherspoon  
**Thursday Jan 02 - Apr 30 10:00 - 10:45**  
 No Cost Sessions: 18 Room 100

### 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 #:** 5130W1 (Ken Edwards Center)  
**Instructor:** Kyoko Iwama  
**Friday Jan 03 - Apr 24 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 #:** 5127W1 (Ken Edwards Center)  
**Instructor:** Melinda Marquez  
**Friday Jan 03 - Apr 24 10:00 - 11:00**  
 No Cost Sessions: 17 Rooms 103 - 105



### 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 #:** 5114W1 (Ken Edwards Center)  
**Instructor:** Marysue Foard  
**Monday Jan 06 - Apr 27 11:00 - 12:00**  
 No Cost Sessions: 15 Room 105  
 (No Class Jan 20, Feb 17)

### Mat Pilates – B

**Class #:** 5115W1 (Ken Edwards Center)  
**Instructor:** Marysue Foard  
**Tuesday Jan 07 - Apr 28 11:00 - 12:00**  
 No Cost Sessions: 16 Rooms 104 - 105  
 (No Class Feb 4)

### Mat Pilates – C

**Class #:** 5116W1 (Ken Edwards Center)  
**Instructor:** Marysue Foard  
**Thursday Jan 02 - Apr 30 11:00 - 12:00**  
 No Cost Sessions: 18 Room 103

### 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 #:** 5110W1 (Ken Edwards Center)  
**Instructor:** Evelyn Marcelo  
**Wednesday Jan 8 - Apr 29 10:00 - 11:00**  
 No Cost Sessions: 17 Rooms 103 - 104

### Move, Stretch and Tone – B

**Class #:** 5111W1 (Ken Edwards Center)  
**Instructor:** Evelyn Marcelo  
**Friday Jan 03 - Apr 24 9:00 - 10:00**  
 No Cost Sessions: 13 Rooms 100  
 No Class Jan 10, Feb 14, Mar 13, Apr 10

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.



## Mat Yoga – A

Many benefits can be gained from attending a Yoga class as it can increase energy levels, and flexibility. It can decrease symptoms of pain and discomfort caused by 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 #: 5105W1** (Ken Edwards Center)

Instructor: Shifra Raz

**Tuesday Jan 07 - Apr 28 10:00 - 11:00**

No Cost Sessions: 17 Room 103

## Mat Yoga – B

**Class #: 5106W1** (Ken Edwards Center)

Instructor: Shifra Raz

**Thursday Jan 02 - Apr 30 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!



## Harmony 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 multi-task during cognitive tests.

**Class #: 5103W1** (Ken Edwards Center)

Instructor: Christine Pan

**Monday Jan 06 - Apr 27 1:00 - 2:00**

No Cost Sessions: 15 Rooms 103 - 105  
(No class Jan 20, Feb 17)

## Tai Chi for Beginners

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 multi-task during cognitive tests.

**Class #: 5104W1** (Ken Edwards Center)

Instructor: Christine Pan

**Friday Jan 03 - Apr 24 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 multi-task during cognitive tests.

**Class #: 5112W1** (Ken Edwards Center)

Instructor: Robin Rinehart

**Thursday Jan 02 - Apr 30 11:15 - 12:15**

No Cost Sessions: 18 Rooms 104 - 105



# BEAUTY BITES BEAST

## Documentary & Discussion

Join us for a viewing of Ellen Snortland’s documentary “Beauty Bites Beast” with follow-up discussion. A writer, producer, director, humorist, actor, dormant lawyer, women’s and children’s self-defense advocate, Ellen has the unique ability to speak and write with authority on subjects ranging from S.W.A.T. team methods in combat to the opportunities and obstacles of the professional American woman. Described as a Renaissance Woman, Ellen has been featured on National Public Radio and Dateline NBC. “Beauty Bites Beast” flips ideas about female helplessness, as women undertake the transformative experience of learning verbal, emotional and physical empowerment-based self-defense.



Ellen Snortland

This documentary has already saved lives!

**Friday, January 31, 2020 1:00 – 2:30 pm**

**Class # 7630W1 | Westside Oasis**

1527 4th Street, Santa Monica | Rooms 103 – 105

Instructor: Candace Shivers | No Cost

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## SELF DEFENSE

### with Ellen Snortland

The 1.5 hour self-defense class is easy, designed for the easiest, brains not brawn, ideas and practices that give confidence and safety. For all physical abilities, ages, sizes, genders, we can all learn more about awareness and what to do in the event that we have to deal with a predator. Wear whatever you wear when you are out and about but no sandals please. Shoes that tie or have velcro fasteners are best.



**Friday, February 7, 2020 | 1:00 – 2:30 pm**

**Class # 7631W1 | Westside Oasis**

1527 4th Street, Santa Monica | Rooms 103 – 105

Instructor: Ellen Snortland | Fee \$3



## Total Fitness – A

Exercise in a group in a fun way to get fit and stay motivated. 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 #:** 5107W1 (Ken Edwards Center)  
Instructor: Shifra Raz  
**Tuesday Jan 07 - Apr 21 9:00 - 10:00**  
No Cost Sessions: 16 Rooms 103 - 105

## Total Fitness – B

**Class #:** 5108W1 (Ken Edwards Center)  
Instructor: Shifra Raz  
**Thursday Jan 02 - Apr 30 9:00 - 10:00**  
No Cost Sessions: 18 Rooms 103 - 105

## Total Fitness Video

Exercise in a group in a fun way to get fit and stay motivated. 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 #:** 5109W1 (Ken Edwards Center)  
Instructor: Shifra Raz  
**Wednesday Jan 08 - Apr 29 10:00 - 11:00**  
No Cost Sessions: 17 Room 105

## Arthritis Foundation Exercise Program

This course is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include range of motion exercises that are suitable for every level of fitness and ability. For best results, plan to participate twice a week.

**Note:** *This class is held at the Felicia Mahood Senior Center, 11360 Santa Monica Blvd (at Corinth); parking is available at a city lot across the street.*

**Class #:** 7202W1 (Felicia Mahood Senior Cntr.)  
Instructor: Miriam Caiden, MSG PhD  
**Wed & Fri Jan 08 - Mar 27 9:00 - 10:00**  
No Cost Sessions: 23 (No Class January 29)

## Health & Wellness

### 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.

Instructor: Miriam Caiden, MSG PhD

#### LOCATION 1:

**Note:** *This program will take place at Palisades Library, 619 Alma Real Drive, Pacific Palisades. The Information Session will be Wednesday, January 15, 2020, 12:30 pm*

**Class #:** 7201W1 (Palisades Library)  
**Wednesdays Jan 15 - Feb 26 12:30 - 3:00**  
No Cost Sessions: 7 (includes initial session)

#### LOCATION 2:

**Note:** *This program will take place at University Synagogue, 11960 Sunset Blvd, Los Angeles 90049. Advance registration via LA Oasis is required. Please bring a valid ID (drivers' license or similar) to enter the building.*

**Class #:** 7203W1 (University Synagogue)  
**Thursdays Feb 20 - Mar 26 9:30 - 12:00**  
No Cost Sessions: 6 Room 204

#### LOCATION 3:

**Note:** *This program will take place at Brentwood Presbyterian Church, 12000 San Vicente Blvd, Los Angeles CA 90049. Join us for an information session after services on Sunday, January 26, 2020, 11:45 am - 1:15 pm.*

**Class #:** 7204W1 (Brentwood Presbyterian Church)  
**Sundays Feb 02 - Mar 15 1:30 - 4:00**  
No Cost Sessions: 6

# Westside | Winter-Spring 2020 Health Lectures



UCLA Health Lecture

## Optimizing Brain Health

Jamie Asada, PT, DPT | Wed. Jan. 29 | 2 – 3:30 pm | Course # 7221W1 | No Fee

Recent research has shown that adopting changes in diet, exercise and habits can drastically reduce the risk and slow the progression of cognitive decline. This seminar will focus on what you can do to lead a brain healthy lifestyle.



UCLA Health Lecture

## Hearing Loss – What You Need to Know

Megan Greenya, AuD | Wed. Feb. 12 | 2 – 3:30 pm | Course # 7222W1 | No Fee

UCLA audiologist Megan Greenya will discuss different types of hearing loss, causes, treatment options and update on current hearing technologies.



Providence Saint John's Health Center Lecture

## A Better Age: Successful Aging and Brain Health Basics

Scott A. Kaiser, MD | Fri. Mar. 6 | 1 – 2:00 pm | Course # 7223W1 | No Fee

Dr. Scott Kaiser, specializing in geriatric medicine and recognized innovator in the field of aging, will explore “successful aging” and highlight steps we can all take to improve our health and well-being. Sharing secrets to maintaining healthy bodies, minds, and spirits – with a particular focus on keys to brain health – Dr. Kaiser will show us the way to a Better Age.



UCLA Health Lecture

## Is it a stroke, and what do I do if it is?

Daniel Vadillo, MSN, RN, CCRN | Tues. Mar. 31 | 2 – 3:30 pm | Course # 7224W1 | No Fee

Learn what a stroke is, warning signs and symptoms of a stroke and what to do if you think you or someone else may be experiencing a stroke. You could learn to save a life!



Cedars-Sinai Health Lecture

## Women and Heart Disease

Janet Wei, MD, FACC | Wed. Apr 29 | 1 – 2:30 pm | Course # 7225W1 | No Fee

Dr. Janet Wei, Cardiologist with the Barbra Streisand Women's Heart Center, will review heart disease risk factors, prevention strategies, and symptoms of heart disease in women. Come early or stay late and find out how you can be part of database research by signing up for the *All of Us* Program. This program has a simple mission: to speed up health research and medical breakthroughs. *Receive a \$25 gift card from Target or Starbucks for signing up.*



Providence Saint John's Health Center Lecture

## How Mood, Change and Stress Can Affect Your Health

David Merrill, MD, PhD | Fri. May 15 | 1 – 2:00 pm | Course # 7226W1 | No Fee

Dr. David A. Merrill, an adult and geriatric psychiatrist with double-board certification in psychiatry and neurology, will explore how mood, change, and stress can affect your brain and overall health.



Los Angeles Oasis is grateful to our healthcare partners for bringing these topics to our community.



# BRAIN HEALTH SERIES

Oasis  
Special  
Series

## A Better Age: Successful Aging and Brain Health Basics

**Friday, March 6 | 1:00 – 2:00 pm | Course # 7223W1 | No Fee**

**Oasis Westside** (Ken Edwards Center, Santa Monica)

**Scott A. Kaiser, MD** is a family physician, geriatrician and Director of Geriatric Cognitive Health at the Pacific Brain Health Center affiliated with Providence Saint John's Health Center. Focused on the needs of older patients, Dr. Kaiser works with his colleagues to provide an integrated and holistic approach to patient's cognitive challenges. He completed a Harvard Geriatric Medicine Fellowship, where he refined clinical skills, conducted research on health behavior change, and launched a series of community health promotion programs.



**Scott A. Kaiser, MD**

## How Mood, Change, and Stress Can Affect Your Health

**Friday, May 15 | 1:00 – 2:00 pm | Course # 7226W1 | No Fee**

**Oasis Westside** (Ken Edwards Center, Santa Monica)

**David A. Merrill, MD, PhD** is an adult and geriatric psychiatrist with double-board certification in Psychiatry and Neurology. He is Director of the Pacific Brain Health Center affiliated with Providence Saint John's Health Center. Dr. Merrill has worked throughout his career with patients suffering behavioral health issues of neuro-degenerative disorders related to aging including Alzheimer's disease and Parkinson's disorder. Recent clinical and research interest has expanded to include patients with head trauma, tumor, and stroke.



**David A. Merrill,  
MD, PhD**



## Falls Prevention Celebration!

Humpty Dumpty had a great fall -- but you don't have to! Join us at the Venice Family Clinic to learn about how to avoid falling. This interactive event will include helpful hints, useful exercises, personal fall risk assessments, 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%.

*This program takes place at the Venice Family Clinic Simms Campus, 2509 Pico Blvd, Santa Monica, CA 90405.*

**Class #: 7206W1** (Venice Family Clinic)

Instructor: Miriam Caiden, MSG PhD

**Monday Mar 02 11:00 - 2:00**

No Cost Sessions: 1 Slms

## 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.*

**Call (310) 857-1527 • Visit <https://los-angeles.oasisnet.org> 53**

# *Surrendering to Ravel's Bolero*

**with Christine Suarez**



Join us for this one-of-a-kind interactive, creative workshop. Have you ever been moved by a piece of music? You are moved and must move? Together we will experience Maurice Ravel's famous *Bolero* – playing with how the music makes us want to move. And beneath that we will explore the theme of surrender and how that takes shape in our bodies and minds. All movement abilities welcome.

**Class # 7612B1 | Westside Oasis**  
**Friday, March 13 | 1:00 – 2:30 pm**

Instructor: Christine Suarez

Fee: \$2 Sessions: 1 Rooms 103 -105



*Christine Suarez is a Santa Monica based dance-theater artist. She and her company SuarezDanceTheater passionately foster new communities through the act of moving and creating together.*



Christine Suarez

**Class #: 7205W1** (Santa Monica Family YMCA)  
Instructor: Miriam Caiden, PhD, MSG  
**Thursday Feb 13 - Apr 02 2:00 - 4:00**  
No Cost Sessions: 8

## **Mindfulness Meditation**

Learn the practices of mindfulness meditation which help us deal with the challenges of aging by increasing awareness, reducing stress, boosting our body's immune system, easing chronic physical pain, coping with negative emotions and cultivating a feeling of well being.

**Class #: 5117W1** (Ken Edwards Center)  
Instructor: Elizabeth Davey  
**Wednesday Jan 08 - Apr 29 11:00 - 12:00**  
No Cost Sessions: 16 Room 105

## **ARE YOU A MEMBER?**

As of May 1, 2019, Los Angeles Oasis moved to a \$20 12-month membership model with no \$10 per trimester processing fee. To be a member, you must complete the membership application and submit it to the Baldwin Hills or Westside locations. For more details, see page 4.



## Technology



### **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 #:** 7501W1 (Ken Edwards Center)  
Instructor: Jamileh Ardalan  
**Wednesday Jan 15 - Jan 15 1:00 - 3:00**  
Fee: \$5 Sessions: 1 Computer Lab

### **Wellness on the Web**

The web is a phenomenal resource for health information. This course will introduce you to the types of websites you can use to learn about health issues, blogs that you can follow to learn what's new, online resources you can work out with, and mobile apps that can help you in your journey toward a healthier tomorrow.

**Class #:** 7503W1 (Ken Edwards Center)  
Instructor: Jamileh Ardalan  
**Thursday Feb 06 - Feb 06 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 #:** 7654W1 (Ken Edwards Center)  
Instructor: Cory Shumaker  
**Thursday Jan 16 - Jan 30 1:30 - 3:00**  
Fee: \$20 Sessions: 3 Room 105

**Class #:** 7655W1 (Ken Edwards Center)  
Instructor: Cory Shumaker  
**Thursday Apr 09 - Apr 23 1:30 - 3:00**  
Fee: \$20 Sessions: 3 Room 105

## BECOME A SCAM DEFENDER

Scams are a fact of life. There have always been people who scheme to separate innocent folks from their hard-earned money through fraud. But today, computers and the Internet have made it easier for scammers to target you from anywhere in the world. Phishing emails, tech support schemes, identity theft... the list goes on. But, never fear! You can protect yourself by being aware of the warning signs.

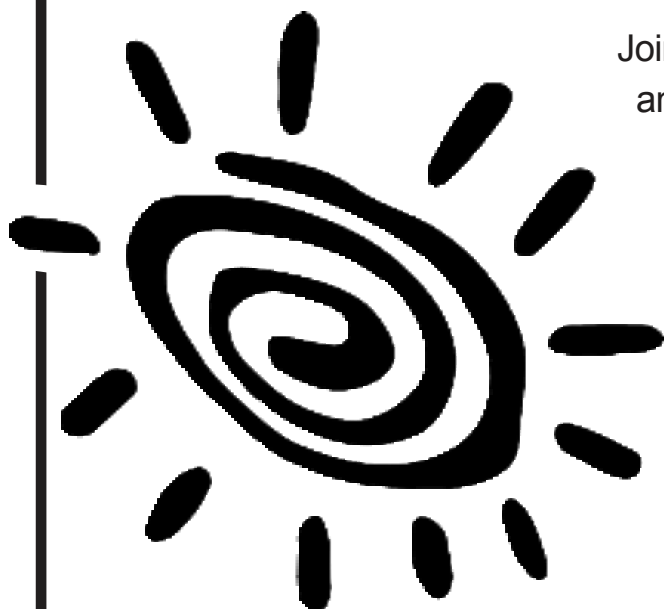
In this class we will learn how to identify common scams on the Internet in a fun and interactive way. We will show you how to spot warning signs through games and activities. You'll be able to test your skills in a hands-on environment to see if you can distinguish legitimate emails and websites from scams, and have an opportunity to participate in a research study to identify which training methods are most effective. Plenty of time for questions. Gain the power to stop the scammers from cheating you!

**Class #:** 7653W1 (Ken Edwards Center)  
Presenters: NortonLifeLock Research Group  
**Tuesday Feb 11 - Feb 11 11:00 - 12:00**  
No Cost Sessions: 1 Computer Lab



**NortonLifeLock**

# 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.

Oasis  
Special  
Event

**Monday, March 23 9:30 - 11:30 am**  
**Facilitator: Ellen Coleman**  
**Event #: 7620W1 (No Fee for members)**  
**Event #: 9620W1 (\$5 for Non-members)**  
**Ken Edwards Center | Rooms 104 - 105**

## **Clinical Hypnosis: Applications for Life's Challenges**

Discussion and Group Exercise with Hypnosis and Guided Imagery

**Monday, April 6 9:30 - 10:30 am**  
**Facilitator: Ellen Coleman**  
**Course #: 7621W1 (\$5 for members)**  
**Course #: 9621W1 (\$7 for non-members)**  
**Ken Edwards Center | Rooms 104 - 105**

## **Self Hypnosis: Learn and Use it!**

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

**Monday, April 20 9:30 - 11:30 am**  
**Facilitator: Ellen Coleman**  
**Course #: 7622W1 (\$5 for members)**  
**Course #: 9622W1 (\$7 for non-members)**  
**Ken Edwards Center | 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.



## Special Interest

### Westside Winter-Spring Book Club

Discussion is 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 | 1:30 - 2:30 pm**

**Jan 15** *Homegoing* – Yaa Gyasi

**Feb 19** *Just Mercy; A Story of Justice and Redemption* – Bryan Stevenson

**Mar 18** *Time in Between* – Maria Duenas

**April 15** *Catch and Kill: Lies, Spies and a Conspiracy to Protect Predators* – Ronan Farrow

*\*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 Jan 15 – Apr 15**

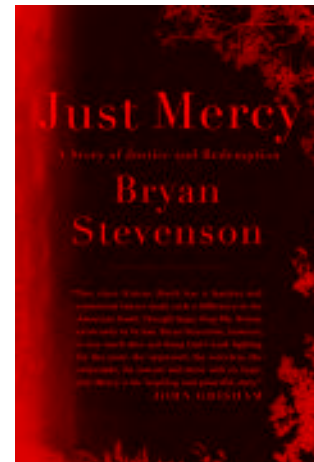
**1:30 - 2:30 pm**

No Fee Sessions: 4 Lobby

### 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.



## Friendly Reminder

Los Angeles Oasis will be

**C L O S E D**

on

**Monday, January 20**

(Martin Luther King Jr. Holiday)

**Monday, February 17**

(President's Day Holiday)

**Mandatory Orientation & TAP Card Registration for First-Timers**

Whether you’ve never tried public transportation in L.A., or whether 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: Anyone NEW (first-timer) to “On The Move Riders Club” is required to complete one no-cost orientation session before registering for a trip.**

**Class #: 7701W1** (Ken Edwards Center)  
 Instructor: Ursula Matheson  
**Wednesday January 8 1:00 - 2:30 pm**  
 No Cost Sessions: 1 Rooms 104-105

**Class #: 7702W1** (Ken Edwards Center)  
 Instructor: Ursula Matheson  
**Wednesday February 5 1:00 - 2:30 pm**  
 No Cost Sessions: 1 Room 103



**Westside Courses**


**Los Angeles Central Library**

Calling all bookworms! Our adventure takes us to the historic Los Angeles Public Library’s Central Branch. According to the LAPL website, the Central Library opened in 1926 to rave reviews and has been welcoming visitors for nearly a century. Hailed as an architectural gem, the building is renowned for such iconic features as the tiled pyramid on the roof; the vast, mural-lined Rotunda; and its more modern Atrium wing, which opened in 1993. Bring lunch money for the in-library culinary options.

- *New members MUST attend a mandatory orientation before taking this trip.*
- *If you sign up, you MUST leave from the Ken Edwards Center.*

**Class #: 7704W1** (Ken Edwards Center)  
 Travel Leader: Ursula Matheson  
**Wednesday February 26 9:00 - 3:00 pm**  
 Fee: \$5 Sessions: 1 Lobby



 **Amount of Walking** *Metro train with 2 transfers and/or over a mile of walking*

## Homeboy Industries

Founded by the legendary Father Greg Boyle, Homeboy Industries provides hope, training, and support to previously gang-involved and incarcerated men and women. Our heartwarming tour is an opportunity to see the finest side of Los Angeles. Bring lunch money for a bite at the Homegirl Cafe!

- *New members MUST attend a mandatory orientation before taking this trip. If you sign up, you MUST leave from the Ken Edwards Center.*

**Class #: 7705W1** (Ken Edwards Center)

Travel Leader: Ursula Matheson

**Wednesday March 25 9:00 - 3:00 pm**

Fee: \$5 Sessions: 1 Lobby



*Metro train with 2 transfers and/or over a mile of walking*



## Hollyhock House

Frank Lloyd Wright's first Los Angeles commission and masterpiece is almost 100 years old! Completed in 1921, this UNESCO World Heritage site is a must-see landmark. We will tour the house and gallery, and lunch nearby. Bring \$3.00 for Senior Admission to Hollyhock house, lunch money, water, and a hat!



- *New members MUST attend a mandatory orientation before taking this trip. • If you sign up, you MUST leave from the Ken Edwards Center.*

**Class #: 7706W1** (Ken Edwards Center)

Travel Leader: Ursula Matheson

**Wednesday April 22 9:00 - 3:00**

Fee: \$5 Sessions: 1 Lobby



*Metro train and/or one or more buses; walking of more than a mile or limited seating opportunities*

## Union Station Tour

Union Station is one of Los Angeles' architectural and historical gems. Join us for a special guided tour, followed by lunch in the LA Metro Cafeteria.

- *Trip will involve some walking inside Union Station.*
- *New members MUST attend a mandatory orientation before taking this trip. If you sign up, you MUST leave from the Ken Edwards Center.*

**Class #: 7707W1** (Ken Edwards Center)

Travel Leader: Ursula Matheson

**Tuesday April 28 9:00 - 3:00 pm**

Fee: \$5 Sessions: 1 Lobby



*One train transfer; less than 1 mile walking*



## 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.

### Brauch Spinoza's Path to Understanding and Enlightenment

**Class #:** 7656W1 (Ken Edwards Center)  
Instructor: Charles Marcus  
**Friday Jan 10 1:00 - 2:00**  
Fee: \$3 Sessions: 1 105

### Understanding the Self, God and Being

**Class #:** 7657W1 (Ken Edwards Center)  
Instructor: Charles Marcus  
**Friday Feb 28 1:00 - 2:00**  
Fee: \$3 Sessions: 1 105

### True Happiness

**Class #:** 7658W1 (Ken Edwards Center)  
Instructor: Charles Marcus  
**Friday Apr 17 1:00 - 2:00**  
Fee: \$3 Sessions: 1 105

## 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.

## 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 #:** 7603W1 (Ken Edwards Center)  
Instructor: Mr. William Bryant  
**Thursday Jan 16 - Feb 27 1:30 - 3:00**  
Fee: \$70 Sessions: 7 Room 103

## Rockin Rhythm Choir: Soul with Rock & Roll – Part 2

**Class #:** 7604W1 (Ken Edwards Center)  
Instructor: Mr. William Bryant  
**Thursday Mar 12 - Apr 23 1:30 - 3:00**  
Fee: \$70 Sessions: 7 Room 103

## Fashion and Design Class

### Fashion & Design

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 #:** 7608W1 (Ken Edwards Center)  
Instructor: Amy Belknap  
**Friday Jan 10, Feb 14 & Mar 13 10:00 - 12:00**  
No Cost Sessions: 3 Room 202



## Poetry Workshop: Mindfulness And The Poetry of Dickinson And Oliver



In this course we are continuing our study of two iconic American poets: Emily Dickinson and Mary Oliver, with a special focus on their mindful approach to writing. You are welcome to participate whether you

were part of our fall workshop looking at these poets, or joining us for the first time. Mindfulness involves being present in one's life. What better New Year's resolution than to enrich yourself more this way while writing your own poems. Along with simple mindfulness exercises, you will be stimulated by reading and discussing poetry, learning about the poet's lives, and developing your own poetry writing skills in a supportive environment. As Oliver asks, "Tell me what it is you plan to do with your one wild and precious life." Why not join us!

**Class #: 7606W1** (Ken Edwards Center)

Instructor: Deborah Clayton

**Tuesday Jan 21 - Feb 25 10:15 - 12:15**

Fee: \$40 Sessions: 6 Rooms 104 - 105

## Poetry Workshop: Poem Portraits

Words can be as powerful as paint when it comes to creating an image to hold onto. Are there persons in your life that you would like to have a language portrait of? The goal of this workshop is to help you acquire the tools to do just that. We will read and discuss work by famous poets to learn how they have brought their subjects to life. There will be writing exercises, explorations of techniques, and plenty of encouragement for you to dig deeply, pay attention to detail and find the best words. How do you communicate a person's essence? Is it eye color? a laugh? a shadow crossing a cheek? All writing levels welcome.

**Class #: 7607W1** (Ken Edwards Center)

Instructor: Deborah Clayton

**Tuesday Mar 03 - Apr 07 10:15 - 12:15**

Fee: \$40 Sessions: 6 Rooms 104 - 105

## Alzheimer's and All That Jazz

We all march to the beat of our own drum, but what happens when the tune begins to change?!

Come on down to WISE & Healthy Aging to enjoy an interesting and engaging

afternoon learning about the effects of music on the brain, the early warning signs of Dementia, programs at WISE & Healthy Aging designed to support those living with cognitive decline and how YOU can make a difference to local older adults who may be living alone in the community with brain changes.



**Class #: 7660W1** (Ken Edwards Center)

Instructor: Anya Kaufmann, LCSW

**Thursday Feb 27 1:00 - 2:30**

No Cost Sessions: 1 Rooms 104 - 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 #: 5118W1** (Ken Edwards Center)

Instructor: Brian Hamill

**Tuesday Jan 07 - Apr 28 12:30 - 2:30**

No Cost Sessions: 17 Rooms 104 - 105

## 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 #: 5119W1** (Ken Edwards Center)

Instructor: Sugar Mills

**Monday Jan 06 - Mar 30 10:00 - 11:30**

No Cost Sessions: 10 Room 103

(No class Jan 20 & Feb 17)

## 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?



*A Volunteer Opportunity!*

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.

Join us for an informative, introductory session to learn more about volunteer opportunities under the new "Capability Care Project," a federally-funded grant from the ACL (Administration for Community Living).

Please sign up for one of these sessions:

Presenter: Anya Kaufman, LCSW  
 Course # 7671W1 (Ken Edwards Center)  
**Wednesday, January 15, 2020**  
 2:00 – 3:30 pm  
 Meeting Room B (3rd floor)

Course # 7672W1 (Ken Edwards Center)  
**Wednesday, April 15, 2020**  
 2:00 – 3:30 pm  
 Meeting Room B (3rd floor)



**JOIN**

## *Bob Nickman and Friends* for **The Comedy Show!**

You are guaranteed to have lots of 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: # 7005W1**

**Friday, Feb. 21, 2020**

**1:00 - 2:30 pm**

**WISE & Healthy Aging**

1527 4th St. | Rms. 103-105

Santa Monica | Cost: \$5



## Conversational English for Farsi Speakers – B

**Class #:** 5120W1 (Ken Edwards Center)  
Instructor: Sugar Mills  
**Thursday Jan 02 - Apr 30 10:00 - 11:30**  
No Cost Sessions: 18 Lobby



### Let's Play Bingo

Join in on the excitement and fun, play Bingo. Prizes!

**Class #:** 5124W1 (Ken Edwards Center)  
Instructor: Sugar Mills  
**Thursday Jan 02 - Apr 30 1:00 - 1:45**  
Fee: \$1 weekly Sessions: 16 Room 100

### 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 #:** 5125W1 (Ken Edwards Center)  
Instructor: Luba  
**Monday Jan 06 - Apr 27 9:30 - 10:30**  
No Cost Sessions: 15 Room 100  
(No class Jan 20 & Feb 17)

### 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 #:** 5126W1 (Ken Edwards Center)  
Instructor: Candace Shivers  
**Monday - Friday Jan 02 - Apr 30 9:00 - 3:00**  
No Cost Sessions: 84 Lobby  
(No class Jan 20 & Feb 17)

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.

## Beginning Bridge Lessons

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 #:** 5121W1 (Ken Edwards Center)  
Instructor: Denise Quinliven  
**Tuesday Jan 07 - Apr 28 1:00 - 3:00**  
Fee: \$20 Sessions: 17 Room 100

## Beginning Intermediate Bridge Lessons

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 #:** 5131W1 (Ken Edwards Center)  
Instructor: MarySue Foard  
**Tuesday Sep 03 - Dec 31 1:00 - 3:00**  
Fee: \$10 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 #:** 5122W1 (Ken Edwards Center)  
Instructor: Marysue Foard  
**Monday Jan 06 - Apr 27 12:00 - 3:00**  
No Cost Sessions: 15 Lobby  
(No class Jan 20 & Feb 17)

### Let's Play Bridge! (Thursdays)

**Class #:** 5123W1 (Ken Edwards Center)  
Instructor: Marysue Foard  
**Thursday Jan 02 - Apr 30 12:00 - 3:00**  
No Cost Sessions: 18 Lobby

# Celebrating “Gutsy Women”

For Women’s History Month (March), we are honoring “Gutsy Women” everywhere. All women are Gutsy in different ways and to different degrees. At this event, we are featuring a panel of “Gutsy Women,” who will inspire us with their stories.

What is a gutsy woman? She is somebody who is courageous and resilient, who pursues her passion and purpose with a sense of mission not only on behalf of herself but on behalf of others. Someone who reaches back and brings others along, who opens doors, and is constantly trying to figure out how to make a positive difference in the world and is fundamentally optimistic regardless of what has happened to her.

## Our Panel for Women's History Month

### Tracy Hunt

A business owner and coach whose promise is “By 2030, all people will be honored and recognized as family.” She has traveled the world in an effort to bring people together harmoniously through expressing their love, and in 2018 saw the documentary *Skid Row Marathon*, which awakened her to endless new possibilities. She considers herself an Ambassador in the global community of transformation and is passionate about diplomatic relations, homeless and veterans’ causes, and the Skid Row Running Club.



### Hazel Ortega

Hazel as a young Latina growing up in a poor neighborhood in LA. Her family slept 4 to a room, scraping by. Almost every night there were drive by shootings and Hazel lost her cousin to one on a night she will never forget. She spent her 20’s and 30’s living from paycheck to paycheck, bouncing checks and figuring out how to buy groceries AND get the car out of the impound ... and that was just a normal week.



Now 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 “*From Bounced Checks to Private Jets, the Mastery of Miracles*” sharing 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.

**Class #: 7710W1** (Ken Edwards Center)  
Facilitator: Candace Shivers  
**Friday March 27 1:00 - 2:00**  
Fee: \$3 1 Session Rooms 103 - 105



WESTSIDE OASIS

# Great Indoor Swap Meet!

**Bargains to be had, deals to be made, treasures to be found...**



Have items that you want to sell? Here's an opportunity to make some money and also look over other potential items to buy. Open to all our Oasis members, as well as the community.



Event #  
7080W1

**Saturday, April 18**  
**10 am – 1 pm**

DISPLAY TABLES AVAILABLE:

\$10/table for Oasis members | \$25/table for non-Oasis members

Call (310) 857-1527 to reserve your table by Friday, April 10.

## Los Angeles Oasis Swap Meet

Ken Edwards Center, First Floor

1527 4th Street, Santa Monica

*(validated parking underneath the building)*

*All display table fee proceeds will go toward supporting scholarships for Oasis memberships.*

# 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
- 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 #: 7700W1** (Ken Edwards Center)  
Host: Suzanne Peckels

**Friday Jan 24 9:30 - 11:30**  
No Cost Sessions: 1 Room 202

**Los Angeles Oasis gratefully acknowledges . . .**

BALDWIN HILLS  
CRENSHAW



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

**UCLA** Health



**KAISER PERMANENTE**

 Cedars  
Sinai

Saint John's  
Health Center  
 PROVIDENCE Health & Services



**BOYS & GIRLS CLUBS**  
OF SANTA MONICA

**AARP**

Class #	Course	Page #
<b>Baldwin Hills Courses</b>		
<b>Exercise &amp; Fitness</b>		
6100B1	PepSteppers: Oasis Mall Walkers.....	22
6109B1	Kundalini Yoga: Beginners – Part 1.....	22
6110B1	Kundalini Yoga: Beginners – Part 2.....	22
6111B1	Kundalini Yoga: Intermediate to Advanced – Part 1.....	22
6113B1	Kundalini Yoga: Intermediate to Advanced – Part 2.....	22
6115B1	LatinShapes Dance - Part 1.....	22
6117B1	LatinShapes Dance - Part 2.....	22
6119B1	Let Go & Dance – Part 1.....	23
6120B1	Let Go & Dance – Part 2.....	23
6141B1	Body Movement – Part 1.....	23
6142B1	Body Movement – Part 2.....	23
6129B1	Strength and Stretch – Part 1.....	23
6131B1	Strength and Stretch – Part 2.....	23
6101B1	Physical Fitness: Chair Exercise – Part 1.....	24
6102B1	Physical Fitness: Chair Exercise – Part 2.....	24
6103B1	Physical Fitness: Chair Exercise – Part 3.....	24
6104B1	Physical Fitness: Chair Exercise – Part 4.....	24
6121B1	Physical Fitness: Older Adults – Part 1.....	24
6122B1	Physical Fitness: Older Adults – Part 2.....	24
6123B1	Physical Fitness: Older Adults – Part 3.....	24
6124B1	Physical Fitness: Older Adults – Part 4.....	24
6125B1	Physical Fitness - Sit-Down Aerobics - Part 1.....	24
6126B1	Physical Fitness - Sit-Down Aerobics - Part 2.....	24
6127B1	Physical Fitness - Sit-Down Aerobics - Part 3.....	24
6128B1	Physical Fitness - Sit-Down Aerobics - Part 4.....	24
6133B1	Tai Chi Chuan for Seniors – Part 1.....	25
6134B1	Tai Chi Chuan for Seniors – Part 2.....	25
6137B1	Chair Tai Chi – Part 1.....	25
6138B1	Chair Tai Chi – Part 2.....	25
6139B1	Tai Chi and Self Defense.....	25
<b>Health &amp; Wellness</b>		
6202B1	Cedars-Sinai Health Lecture: Women and Heart Disease.....	27
6203B1	UCLA Health Lecture: Finding the Humor in Mental Health.....	26
6204B1	Kaiser Permanente Health Lecture: Our Eyes and Aging.....	26
6006B1	Dignity for Women: Breast Cancer Awareness.....	28
6201B1	Heal Yourself & Others with Acupressure Massage.....	30
<b>Technology</b>		
6501B1	Oasis Connections Technology: Windows 10.....	30
6503B1	Oasis Connections Technology: Safety and Privacy Online.....	30
6505B1	Oasis Connections Technology: Exploring the Internet.....	31
6507B1	Oasis Connections Technology: Wellness on the Web.....	31
6511B1	Oasis Connections Technology: Microsoft Excel.....	31
6512B1   6513B1	iPhone for Beginners.....	31
<b>Special Interest</b>		
6021B1	Informational Q & A with Grace.....	4
6001B1	Distinguished Speaker Series: Gloria Vinson.....	14
6003B1	Distinguished Speaker Series: Dr. Raphael Sonenshein.....	16
6002B1	Distinguished Speaker Series: Liam Kennedy.....	17
6004B1	Distinguished Speaker Series: Dr. Mitchel Maki.....	18
6005B1	Distinguished Speaker Series: Ed Rosenthal.....	20

Class #	Course	Page #
---------	--------	--------

### Baldwin Hills Courses (continued)

**Special Interest**

6630B1	Beauty Bites Beast Documentary & Discussion .....	29
6631B1	Self Defense with Ellen Snortland .....	29
6613B1	The African-American Experience Series.....	32
6610B1	Celebrating Black History: Celebrating Motown .....	32
6611B1	Gospel to the Blues and It's Mardi Gras!.....	33
6095B1	Black History Month Celebration.....	33
6605B1	Oasis Baldwin Hills Book Club .....	34
6601B1	Beginning Spanish Y Mas .....	35
6602B1	Spanish Language and Conversation .....	35
6603B1	Beginning Intermediate French .....	35
6604B1	French Conversation for Linguistic Marathoners.....	35
6711B1	Medicare Benefits: It's Never Too Late to Change .....	35
6621B1 (1st listing)	Oasis Winter-Spring Film Festival.....	36
6607B1	Los Angeles Oasis Chorale.....	39
6615B1	History of Bing & Let's Play Bingo.....	39
6616B1	Let's Play Bingo .....	39
6608B1	"What Matters to Me" Discussion Group .....	38
6656B1	True Happiness with Dr. Charles Marcus .....	38
6612B1	Surrendering to Ravel's Bolero with Christine Suarez .....	38
6628B1	Guided Autobiography II .....	40
6823B1	Alzheimer's Disease and Dementia Specialty Course .....	40
6722B1	AARP Smart Driver Course.....	40
6721B1   6723B1	AARP Smart Driver Refresher Course.....	40
6901B1	Intergenerational Tutoring Information Meeting.....	40
6902B1	Intergenerational Tutoring Training Meetings.....	41
6007B1	Bob Nickman & Friends Comedy Show.....	41
6904B1	Volunteer Information Meeting .....	41
6701B1 (1st listing)	On The Move Rider's Club: Orientations and Trips.....	42
6080B1	Artisan Faire.....	44

### Westside Courses

**Exercise & Fitness**

7107W1	Tai Chi For Fall Balance – Part 1.....	45
7108W1	Tai Chi For Fall Balance – Part 2.....	45
5113W1	Advanced Tai Chi.....	45
7111W1	Body in Motion with Melinda – Part 1 .....	45
7112W1	Body in Motion with Melinda – Part 2 .....	45
7115W1	LatinShapes Dance – Part 1 .....	46
7117W1	LatinShapes Dance – Part 2 .....	46
7120W1 - 7123W1	Move More Exercise – Chair Series Part 1 - 4 .....	46
7127W1	Boom! Cardio Workout – Part 1 .....	46
7128W1	Boom! Cardio Workout – Part 2 .....	46
7124W1	Yoga Gently with Sonya – Part 1.....	47
7125W1	Yoga Gently with Sonya – Part 2.....	47
7126W1	Mind Your Spine: Happy Healthy Back Care With Sonya .....	47
5129W1	Chair Aerobics .....	48
5130W1	Chair Yoga Fitness .....	48
5127W1	Let's Dance Aerobics .....	48
5114W1 - 5116W1	Mat Pilates A, B & C.....	48
5110W1   5111W1	Move, Stretch and Tone A & B.....	48



Class #	Course	Page #
---------	--------	--------

**Westside Courses** (continued)

**Exercise & Fitness (continued)**

5105W1   5106W1	Mat Yoga A & B .....	49
5103W1	Harmony Tai Chi .....	49
5104W1	Tai Chi for Beginners .....	49
5112W1	Intermediate Tai Chi .....	49
5107W1	Total Fitness A.....	51
5108W1	Total Fitness B.....	51
5109W1	Total Fitness Video .....	51
7202W1	Arthritis Foundation Exercise Program.....	51

**Health & Wellness**

7201W1 (1st listing)	Living Well With Chronic Conditions Courses .....	51
7221W1	UCLA Health Lecture: Optimizing Brain Health.....	52
7222W1	UCLA Health Lecture: Hearing Loss – What You Need to Know .....	52
7223W1	Providence Saint John’s Health Center Lecture: Successful Aging and Brain Health .....	52
7224W1	UCLA Health Lecture: Is it a stroke, and what do I do if it is? .....	52
7225W1	Cedars-Sinai Health Lecture: Women and Heart Disease .....	52
7226W1	Providence St. John’s Health Center Lecture: How Mood, Change and Stress .....	52
7206W1	Falls Prevention Celebration.....	53
7205W1	A Matter of Balance Fall Prevention Courses.....	53
5117W1	Mindfulness Meditation.....	54

**Technology**

7501W1	Safety First: Privacy & Safety Online .....	55
7503W1	Wellness on the Web .....	55
7653W1	Become A Scam Defender.....	55
7654W1 (1st listing)	Are You as Smart as Your Smart Phone .....	55

**Special Interest**

7021W1	Informational Q & A Session with Grace .....	4
7001W1	Distinguished Speaker Series: Dr. Chloe Bird.....	15
7002W1	Distinguished Speaker Series: Liam Kennedy .....	17
7003W1	Distinguished Speaker Series: Dr. Simon Simonian .....	19
7004W2	Distinguished Speaker Series: Ed Rosenthal.....	20
7630W1	Beauty Bites Beast Documentary & Discussion.....	50
7631W1	Self Defense with Ellen Snortland.....	50
7612W1	Surrendering to Ravel’s Bolero with Christine Suarez .....	54
7620W1 (1st listing)	Hypnosis Series.....	56
7651W1	Westside Book Club Discussion.....	57
7701W1 (1st listing)	On The Move Rider’s Club: Mandatory Orientations & Trips .....	58
7603W1	Rockin’ Rhythm Choir - Soul with Rock & Roll - Part 1 .....	60
7604W1	Rockin’ Rhythm Choir - Soul with Rock & Roll - Part 2 .....	60
7608W1	Fashion and Design Class .....	60
7656W1 (1st listing)	Thought Provoking Workshops with Dr. Marcus .....	60
7606W1	Poetry Workshop: Mindfulness And The Poetry of Dickinson And Oliver.....	61
7607W1	Poetry Workshop: Poem Portraits .....	61
7660W1	Alzheimer’s and All That Jazz .....	61
5118W1	Comedy Improv .....	61
5119W1   5120W1	Conversational English for Farsi Speakers A & B .....	61, 63
7005W1	Bob Nickman & Friends Comedy Show .....	62
7671W1 (1st listing)	Neighbors Helping Neighbors .....	62
5124W1	Let’s Play Bingo .....	63
5125W1	Sing - A - Long .....	63
5126W1	Play Cards, Games and Socialize .....	63

**Westside Courses** (continued)

**Special Interest**

5121W1	Beginning Bridge Lessons .....	63
5131W1	Beginning Intermediate Bridge Lessons .....	63
5122W1	Let's Play Bridge! (Mondays) .....	63
5123W1	Let's Play Bridge! (Thursdays) .....	63
7710W1	Celebrating Gutsy Women .....	64
7080W1	Great Indoor Swap Meet .....	65
7700W1	Volunteer Information Meeting .....	66

**Other**

Day Excursions & Multi-Day Trips.....	6
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**Registration for Oasis Courses is Easy!**

**Online Registration Begins Thursday, January 2 at 10:00 am**  
**On-Site Registration Thursday, January 2 at Baldwin Hills (10:00 am - 2:00 pm)**  
**and Friday, January 3 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 <https://los-angeles.oasisnet.org> to access the membership form and register for a myoasis login. When registering, please add the membership payment to your cart (noted as course #3001B1 for Baldwin Hills and #3002W1 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.

**Spouses/Family Members:** If there are two members in one household, please complete separate 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. 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.

**Thank you for your participation.**

**We truly appreciate all of our wonderful members and volunteers.**

## Friendly Reminder

Los Angeles Oasis will be

**C L O S E D**

on

**Monday, January 20**

(Martin Luther King Jr. Holiday)

**Monday, February 17**

(President's Day Holiday)



# 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 interest  
 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



# 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:  
**(310) 394-9871**

*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](http://www.wiseandhealthyaging.org)

Call (323) 291-3414 • Visit <https://los-angeles.oasisnet.org> 73

## 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

## 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](http://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 https://los-angeles.oasisnet.org

- 1. Go to https://los-angeles.oasisnet.org
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 Sign In. Next click on Los Angeles and you will then see the courses listed. If you have not already paid for your 12-month Oasis membership, please add your membership payment to your Cart (noted as course #3001B1 for Baldwin Hills and #3002W1 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 https://los-angeles.oasisnet.org, click "Classes," and then click on "How to Register" or call (323) 291-3414 or (310) 857-1527.

Los Angeles OASIS Online Registration Begins Thursday, January 2

On-Site Registration Locations

Baldwin Hills: Thursday, January 2, 10 am - 2 pm
Santa Monica: Friday, January 3, 10 am - 2 pm