



## SEPT 21 - OCT 3, 2020 *Upcoming Courses*

### MONDAY, SEPTEMBER 21

Course #: 6662Z2 - The Armchair Traveler: Destination Mexico – 3 pm ([Register](#))

### TUESDAY, SEPTEMBER 22

Course #: 4623Z2 - The Armchair Traveler Great Rivers of the World: Asia (The Ganges) – 3 pm ([Register](#))

Course #: 4238Z2 - Healthy Cooking with Connie Preview – 4 pm ([Register](#))

### THURSDAY, SEPTEMBER 24

Course #: 6605Z2 - Thursday Morning Book Club (*Keepers of the House* by Shirley Ann Grau) – 10:30 am - 12 pm ([Register](#))

Course #: 4705Z2 - LA Metro Presents: On The Move Riders' Club: Past, Present and Future – 2 pm ([Register](#))

Course #: 4300Z2 - The Science of Psychology and Leading a Fulfilling Life – 4 pm ([Register](#))

### FRIDAY, SEPTEMBER 25

Course #: 7003Z2 - Heaven on Earth with Dr. Simon J. Simonian – 1 pm ([Register](#))

### TUESDAY, SEPTEMBER 29

Course #: 7605V3 - Poetry Workshop: A Look at Natasha Trethewey – 10:30 am - 12:30 pm ([Register](#))

Course #: 4125Z2 (Non-member 4126Z2) - WONDER: About What's Next – 1 - 2:30 pm ([Register](#))

### FRIDAY, OCTOBER 2

Course #: 4137V3 - Learn How to Host Your Own Zoom Event – 3 - 4:30 pm ([Register](#))

### SATURDAY, OCTOBER 3

Course #: 4120V3 - Clutter Free: Declutter Your Home to Create Space for Joy – 2:30 - 4 pm ([Register](#))

Click on "Register" right off Oasis emails that you receive, or go to <https://los-angeles.oasisnet.org> and select your course(s). Or, call us at (310) 857-1528 or (310) 394-9871 for assistance. After registering for a course, you will receive the link one business day before the course start date (please remember to check your spam/junk folder for Oasis emails). If you are still not seeing an email with you link, please call us the morning of the course.

Ongoing Courses  
& Ads On The  
Next Pages



# DID YOU KNOW?

When you register for a course, the Zoom link information for that course will automatically be available in your MyOasis account. To access your course links, click "MyOasis" after signing in and then click "Receipt." You will also receive a courtesy email one business day prior to the start of a new course with the Zoom link.

## Ongoing Weekly Course Schedule

**There's still time to sign up for Part 2 of ongoing courses that will go through Friday, October 2. You will be emailed the Zoom link for each course that you sign up for.**

### MONDAYS

- 08:15 - 08:50 am **INSPIRATION TO START YOUR DAY** with Candace ([Register](#))
- 09:00 - 09:50 am **MOVE, STRETCH & TONE** with Evelyn ([Register](#))
- 10:00 - 10:50 am **MAT PILATES** with MarySue ([Register](#))
- 11:00 - 11:50 am **MOVE MORE: CHAIR EXERCISE** with Antonia ([Register](#))
- 11:00 - 11:50 pm **QIGONG & HARMONY TAI CHI** ([Register](#))

### TUESDAYS

- 09:00 - 09:50 am **TOTAL FITNESS** with Shifra ([Register](#))
- 10:00 - 10:50 am **MAT YOGA** with Shifra ([Register](#))
- 11:00 - 11:50 am **PHYSICAL FITNESS: CHAIR EXERCISE** with Antonia ([Register](#))
- 12:00 - 12:50 pm **INTERMEDIATE TAI CHI** with Christine ([Register](#))

### WEDNESDAYS

- 08:15 - 08:50 am **INSPIRATION TO START YOUR DAY** with Candace ([Register](#))
- 09:00 - 09:50 am **YOGA GENTLY** with Sonya ([Register](#))
- 10:00 - 10:50 am **TAI CHI CHUAN** with Andrew ([Register](#))
- 11:00 - 11:50 am **PHYSICAL FITNESS: OLDER ADULTS (Chair Exercise)** with Antonia ([Register](#))
- 11:00 - 11:50 am **SOCIAL LINE DANCING** with Evelyn ([Register](#))

### THURSDAYS

- 09:00 - 10:00 am **TOTAL FITNESS** with Shifra ([Register](#))
- 10:00 - 10:50 am **MAT YOGA** with Shifra ([Register](#))
- 11:00 - 11:50 am **MAT PILATES** with Marilyn ([Register](#))
- 12:00 - 12:50 pm **SIT-DOWN AEROBICS** with Antonia ([Register](#))
- 01:00 - 01:50 pm **HEALING SOUND MEDITATION & BREATH WORK** with Berenice ([Register](#))

### FRIDAYS

- 08:15 - 08:50 am **INSPIRATION TO START YOUR DAY** with Candace ([Register](#))
- 09:00 - 09:50 am **MOVE, STRETCH & TONE** with Evelyn ([Register](#))
- 10:00 - 10:50 am **MAT PILATES** with MarySue ([Register](#))
- 11:00 - 12:30 pm **QIGONG & HARMONY TAI CHI** ([Register](#))

### SATURDAYS

- 09:15 - 10:00 am **INSPIRATION TO JUMP START YOUR WEEKEND** with Carole ([Register](#))

Click on the ads to sign up!

## Heaven on Earth with Dr. Simon Simonian



Join award winning scientist, immunologist and man of peace, Dr. Simon J. Simonian as he discusses how we are at a place in the evolution of humanity where we can transform and create ourselves into collaboration, love, solidarity, abundance, joy, and peace.

Among many other distinctions, Dr. Simonian is a three-time nominee for the Nobel Medicine Prize, an author and a philanthropist who served as Surgeon-in-Chief to Presidents Reagan and Bush. In this presentation, Dr. Simonian will also speak about his illustrious career and how he co-invented the smallpox vaccine, saving 2 million lives per year since 1977.

**Friday, September 25**  
**1:00 - 2:30 pm**  
**Course #: 7003Z2**  
(Non-member: 7004Z2 )  
**Fee: \$3 (Non-member: \$5 )**



## WONDER: About What's Next

In this new Oasis course, led by a remarkable transformational leader, you will explore that unique access to creating a future with purpose for yourself.

What you create will contribute to your sense of being alive and well-being. And, your future will become a contribution to those around you. A future so bright you may have to wear sunglasses!



**Instructor**

**Gale Barnum**

**Course #: 4125Z2**  
(non-member  
**Course #: 4126Z2)**

**Tuesdays | 1:00 - 2:30 pm**  
**Sept. 29 - Oct. 20 (4 sessions)**  
**Fee: Members \$45**  
**Non-members: \$65**



**Declutter your home to create space for joy**

Less Stuff... Less Stress..  
More Joy... Reorganizing Life after 50

Have October be the month to break down the overwhelm of decluttering and organizing for a life that fits for those of us 50 and older. A safe space to learn and ask your questions. An interactive, collaborative experience.



**Instructor**  
**Jennifer Raphael, RN, CPO**

**Saturdays**

**Course # 4120Z3**  
**October 3 - 31, 2020**  
**2:30 - 4 pm (5 sessions)**  
**Fee: \$20**