



## **OCT 26 - NOV 6, 2020** *Upcoming Courses*

**MONDAY, OCTOBER 26** Course #: 4125V3 (non-members, 4126V3) - Discovering Happiness! – 3 pm ([Register](#))

**TUESDAY, OCTOBER 27** Course #: 4145V3 - Front Porch Presentation: Virtual Reality 101– 3 pm ([Register](#))

### **WEDNESDAY, OCTOBER 28**

Course #: 4223V3 - UCLA Health Lecture: Nutrition and Liver Disease – 1:30 pm ([Register](#))

### **THURSDAY, OCTOBER 29**

Course #: 5196V3 - Thursday Book Club (*The Cutting Season* by Attica Locke) – 10:30 am ([Register](#))

Course #: 4709V3 - Making the Best Medicare Choices – 11 am ([Register](#))

Course #: 6201V3 - UCLA Health Lecture: Spinal Stenosis Update – 2 pm ([Register](#))

**FRIDAY, OCTOBER 30** Course #: 7622V3 - TED Talks with Barbara and Alan – 3:30 pm ([Register](#))

**MONDAY, NOVEMBER 2** Course #: 7630V3 - Brain Bits: A (Mental) Workout – 3:30 pm ([Register](#))

### **TUESDAY, NOVEMBER 3**

Course #: 4601V3 - Armchair Traveler Great Rivers of the World: South America – 3:30 pm ([Register](#))

### **WEDNESDAY, NOVEMBER 4**

Course #: 4710V3 - Making the Best Medicare Choices – 11 am ([Register](#))

Course #: 4400V3 - Sepsis 911: Potentially Deadly Infections – 3 pm ([Register](#))

### **THURSDAY, NOVEMBER 5**

Course #: 6202V3 - UCLA Health Lecture: Knee Arthritis – 2 pm ([Register](#))

Course #: 7614V3 - The Best You: Healthy Choices with Mandy – 4 pm ([Register](#))

### **FRIDAY, NOVEMBER 6**

Course #: 4142V3 - I Built a School! – 1 pm ([Register](#))

Course #: 4000V3 - Q&A for Los Angeles Oasis Members – 3 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). You can also call us at (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 your link, please call us the morning of the course.

**Ongoing Courses  
& Ads On The  
Next Pages**



# DID YOU KNOW?

Ongoing Weekly Courses are for Oasis members only. You must have a current paid membership to receive the Zoom links to join a course. If you are not certain of your membership status, please give us a call at (310) 394-9871 and we can assist you with becoming a member or confirm your membership status.

## Ongoing Weekly Course Schedule

**There's still time to sign up for ongoing courses that go through November. Those with a current paid membership will be emailed the Zoom link for each course registered 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](#))  
09:00 – 09:50 am **LATIN DANCE EXERCISE** with Evelyn ([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](#))

### 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 Carol ([Register](#))

**Click the ads to sign up!**

## Discovering Happiness!

**Mondays, Oct. 26 - Nov. 16, 3:00 pm**

- **What is Happiness?**
- **What makes you Happy?**
- **How can you have Happiness in your everyday life?**



Join instructor Carol Georges in exploring your answers to these meaningful questions. With a background in nursing spanning over 50 years, Carol has also trained and developed over

20,000 people in skills of communication and listening. More recently in her life, she has been studying happiness and its scientifically-proven effects on human beings.

**Instructor:** Carol Georges

**Fee:** \$10 (Non-member, \$15)

**Course#: 4125V3** (non-member, 4126V3)



Oasis Everywhere, launched by the Oasis Institute, is a national virtual platform utilizing Zoom and designed to provide older adults a way to participate in Oasis programs from anywhere in the world, regardless of geographic location, mobility or travel constraints. If you already have a MyOasis account, you can login and register using the same account! **[Click Here](#)** to see current offerings.

**Upcoming Cognitive Enrichment Program –  
BRAIN BITS!**



Wake your brain up with mental fun!

We will give our memory, executive function, and other cognitive skills a workout with games, group brainstorming challenges, optical illusions, and other exercises.

 Please bring a pen or pencil, and plenty of scratch paper. Participants will be sent the link to join and any materials one business day before the first session.



*Instructor*

**Miriam Caiden, MSG, PhD**

Dr. Calden is a master trainer and educator at WISE & Healthy Aging. In addition to leading programming in WISE Minds, an enrichment program for those addressing early memory loss, Miriam also teaches a number of technology and

cognitive-boosting courses for LA Oasis. Popular with older adult students for her engaging style in teaching, Miriam was formerly an adult education instructor with the LA Unified School District.

**Mondays, November 2 - 23, 3:30 (4 sessions)**

**Fee: \$10 (a program for Oasis members only)**

**Course #: 7603V3 | Fee: \$10**



*Armchair Traveler Series*

## Great Rivers of the World: South America



Join us for a trip on the wild side! Our journey takes us through Brazil, Paraguay, Argentina, Venezuela, and Colombia as we explore the

courses of the Parana, Orinoco, and of course, the mighty Amazon! Our travels take us through jungles and wetlands as we encounter the flora, fauna, and people of these remote lands.

- The Parana/Paraguay and Iguazu Falls
- The Orinoco, “A Place to Paddle”
- The Mighty Amazon

**Tuesdays, November 3 - 17, 3:30 (4 sessions)**

(a program for Oasis members only)

**Instructor:** Miriam Caiden, MSG, PhD

**Course #: 4601V3 | Fee: \$18**