



NOV 30 - DEC 9, 2020

Upcoming Courses

MONDAY, NOVEMBER 30 Ongoing Weekly Courses Starting This Week (see page 2)

Course #: 211V3 - Understanding the Criminal Mind – 1 pm ([Register](#))

Course #: 4012V3 (Non-member, 4013V3) - Global Perspectives: The Armenia-Azerbaijan Conflict – 2:30 pm ([Register](#))

Course #: 7631V3 - Brain Bits: A (Mental) Workout – 3:30 pm ([Register](#))

TUESDAY, DECEMBER 1

Course #: 232V3 - From Olmecs to Aztecs: 1200 BCE – 1325 CE – 10 am ([Register](#))

Course #: 4004V3 - Joy of Harmony Holiday Concert – 1:30 pm ([Register](#))

Course #: 4607V3 - Armchair Traveler Great Rivers of the World: North America – 3:30 pm ([Register](#))

WEDNESDAY, DECEMBER 2

Course #: 4030V3 (Non-member, 4031V3) - Commercial Acting: Seniors Are in Demand! – 10 am ([Register](#))

THURSDAY, DECEMBER 3

Course #: 245V3 - Medicine's Greatest Controversies: From Hippocrates to Cholesterol – 10 am ([Register](#))

Course #: 4143V3 - Cedars Sinai Health Lecture: Falls Are Preventable, Know Your Risk! – 2 pm ([Register](#))

Course #: 7220V3 - UCLA Health Lecture: Advanced Health Care Planning – 3 pm ([Register](#))

FRIDAY, DECEMBER 4

Course #: 4127V3 (Non-member, 4128V3) - Distinguished Speaker: Perry Parks (Former NFL Player) – 1 pm ([Register](#))

SATURDAY, DECEMBER 5

Course #: 4150V3 - Everything You Wanted to Know About Kwanzaa – 10:30 am ([Register](#))

TUESDAY, DECEMBER 8

Course #: 233V3 - Women in Aztec Society – 10:00 am ([Register](#))

Course #: 4017V3 - What Are You Hungry For? Powering Your Brain/Body for the Holidays & New Year – 11 am ([Register](#))

Course #: 7221V3 - UCLA Health Lecture: Constipation Update – 1:30 pm ([Register](#))

Course #: 4608V3 - Armchair Traveler - Great Rivers of the World: North America - The Rio Grande – 3:30 pm ([Register](#))

WEDNESDAY, DECEMBER 9

Course #: 220V3 - America's Two Great Awakenings – 10:00 am ([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

It's time to sign up for ongoing courses that run through January. Register 2 days prior to the start of your courses. 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](#))
- 10:00 - 11:15 am **FOUNDATIONAL TAI CHI** with Christine ([Register](#))
- 11:00 - 11:50 am **PHYSICAL FITNESS: CHAIR EXERCISE** with Antonia ([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!



Global Perspectives: The Armenia- Azerbaijan Conflict

Join educator, advocate and policy strategist Dr. Neal Anderberg for a thoughtful discussion on the global landscape, focusing on the Armenia-Azerbaijan conflict. A social justice advocate, Dr. Anderberg teaches business administration at Mount Saint Mary's University. This program will focus on viewing the world through new lens - one of global and cultural awareness, and connecting to a global Los Angeles. He will be joined by Ardy Kassakhian, Glendale City Council member. An opportunity to broaden your world perspective while seeing the impact at our local community.



**Neal
Anderberg**



**Ardy
Kassakhian**

Monday, November 30, 2020

2:30 - 4 pm

Members Fee \$5 | Course #: 4012V3

Non-Members Fee \$10 | Course #: 4013V3

Everything You Wanted To Know About KWANZAA

and How to Host Your Own Celebration

Learn the Who, When, What, Why, Where and How to celebrate Kwanzaa. During this presentation you will learn the...

- Seven Kwanzaa items and their meaning and use
- Seven Kwanzaa principles called the Nguzo Saba
- Libation ceremony acknowledging the ancestors
- Instructions on lighting the seven Kwanzaa candles called the mishumaa saba.



Saturday, December 5 | 10:30 am

Presenters: Pamela Morgan & Dr. Rita Washington | No Fee

Course #: 4150V3 (a program for Oasis members only)

Commercial Acting: Seniors Are in Demand!

When Cynthia Singleton, Volunteer Tutor Coordinator for the Oasis Intergenerational Tutoring Program, retired 12 years ago, she stumbled on a lucrative part-time job that has enabled her to travel all over the world in style. This part-time job is acting in commercials and seniors are in demand. Join Cynthia as she shares how to get into commercial acting and inside tips to be successful.



Presenter: Cynthia Singleton

Wednesday, December 2 | 10:00 am

Member Fee: \$5 (Non-member Fee: \$10)

Distinguished Speaker Series

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

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



for Comcast, managing over 300 employees and building the cable systems in both South and West Los Angeles. Perry currently serves on the boards of nonprofits, including Community Partners, a nonprofit agency which supports over 185 projects.

Friday, December 4 | 1:00 pm

Member Fee: \$5 (Non-Member Fee: \$10)

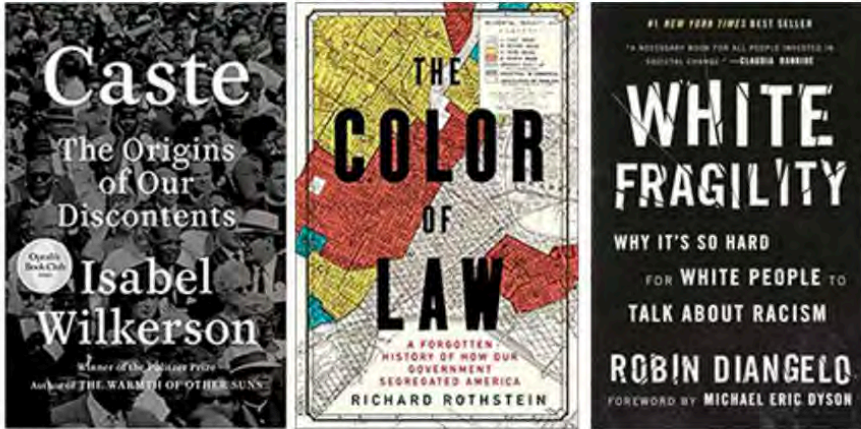
Distinguished Speaker: Perry Parks

Retired Executive

Course #: 4127V3 (Non-Member: 4128V3)

Click the ads to sign up!

Introducing . . . "Special Topic" Discussion Reading Group



In our continued effort to better understand the importance of racial justice, we have started a discussion reading group. We begin with three best-selling books. Each group discussion session, led by Oasis members, will include video segments of interviews with the authors.

First Book - "Caste: The Origins of Our Discontent" by Isabel Wilkerson

(published August 2020) Pulitzer Prize-winning, bestselling author and American journalist Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system.

Monday, Dec. 14, 2020 | 4 – 5:30 pm | Member Fee: \$5
Course #: 4021V3
Discussion Facilitator: Grace Cheng Braun
[Click Here to Register](#) (a program for Oasis members only)

Facilitators -



Grace

Teresa

Leslie

Grace Cheng Braun is president and CEO of WISE & Healthy Aging. She has served on the Board of NCCJ (National Council on Christians & Jews, now called The Human Relations Council) and trained to facilitate community dialogues.

Teresa Riddle is a retired educator and principal from the L.A. Unified School District. She also taught Minority and U.S. History.

Leslie Nordby has served as Assistant Director of Branches for the Los Angeles Public Library. She has led a number of book groups for older adults.



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.