



DEC 21 - JAN 8, 2021

Upcoming Courses

MONDAY, DECEMBER 21

Course #: 4055V3 - Hair and Aging: What You Need to Know – 1 pm ([Register](#))

TUESDAY, DECEMBER 22

Course #: 4147V3 - Vision Loss and Vision Assistive Technology – 3 pm ([Register](#))

Course #: 4612Z3 - Armchair Traveler: Holiday Season in Scandinavia – 3:30 pm ([Register](#))

Course #: 4006V3 - Meditative Movement with Emily – 4:30 pm ([Register](#))

WEDNESDAY, DECEMBER 23

Course #: 4063V3 - 'Tis the Season: A Discussion on Holiday and COVID Scams – 1 pm ([Register](#))

Course #: 4155V3 - Host Your Own Zoom Event - Advanced – 2 pm ([Register](#))

NO CLASSES ON DECEMBER 24 & 25 in Observance of the Christmas Holiday



THURSDAY, DECEMBER 31

Course #: 4131V3 - New Year's Eve Celebration – 1 pm ([Register](#))

NO CLASSES ON JANUARY 1 in Observance of the New Year's Day Holiday



TUESDAY, JANUARY 5

Course #: 4064V3 - Elder Justice: Changing the Conversation around Elder Abuse – 1 pm ([Register](#))

THURSDAY, JANUARY 7

Course #: 4054V3 - Joy of Harmony Songs from Around the World – 3 pm ([Register](#))

FRIDAY, JANUARY 8

Course #: 4046V3 - TED Talks with Barbara and Alan – 3:30 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 run through January. Call the office at (310) 394-9871 to sign up. 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](#))
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!

"Special Topic" Discussion Reading Group

In our continued effort to better understand the importance of racial justice, we started a discussion reading group. We had our first thought-provoking discussion of the book *Caste* in December. The January and February selections are noted below. Each group discussion session, led by Oasis members, will include video segments of interviews with the authors. Dates of upcoming discussions noted below.

"The Color of Law: A Forgotten History of How Our Government Segregated America"

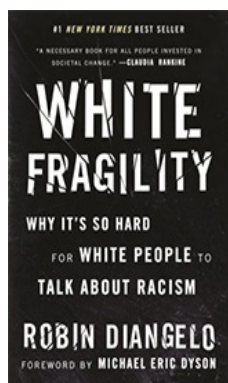
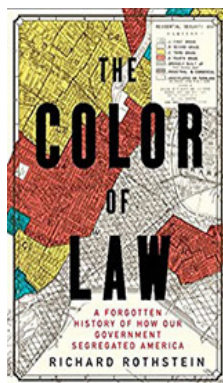
by Richard Rothstein (published May 2017)

Monday, Jan. 11, 2021 | 4 – 5:30 pm

Facilitator: Teresa Riddle | **Fee:** \$5

Course #: 4022V3

(a program for Oasis members only)



"White Fragility: Why It's So Hard for White People to Talk about Racism"

by Robin DiAngelo (published June 2018)

Monday, Feb. 8, 2021 | 4 – 5:30 pm

Facilitator: Leslie Nordby | **Fee:** \$5

Course #: 4023V3

(a program for Oasis members only)

Wednesday Book Club

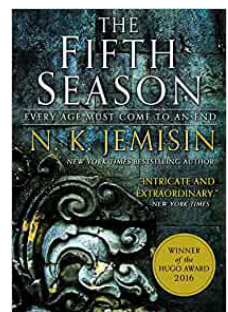
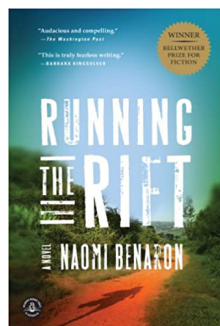
Running the Rift by Naomi Benaron

Discussion: Wednesday, Jan. 20 | 1:30 pm

Facilitator: Leslie Nordby | **No Fee**

Course #: 5195V3

(a program for Oasis members only)



Thursday Book Club

The Fifth Season (The Broken Earth)

by N.K. Jemisin

Discussion: Thursday, Jan. 28 | 10:30 am

Group-Led | No Fee

Course #: 5196V3

(a program for Oasis members only)

my active center Orientations

The MyActiveCenter Orientations will teach you how to use the new Oasis course and membership registration platform. The new system will be available on February 1, 2021, and you will be able to go to one place to sign up for courses and access your Zoom links. It is suggested that you attend several orientations to make sure you are clear and comfortable with using MyActiveCenter. Click Here to sign up for any of the orientations below.

Monday, January 11 | 1:00 pm

Tuesday, January 12 | 10:30 am

Wednesday, January 13 | 10:00 am

Wednesday, January 20 | 10:00 am

Thursday, January 21 | 12:30 pm

Friday, January 22 | 1:00 pm

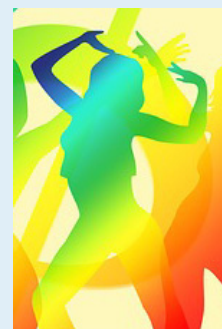
CLICK HERE to Register for any orientation

No Fee (a program for Oasis members only)

Meditative Movement with Emily

**Tuesdays, Dec. 22 - Jan 26
4:30 pm**

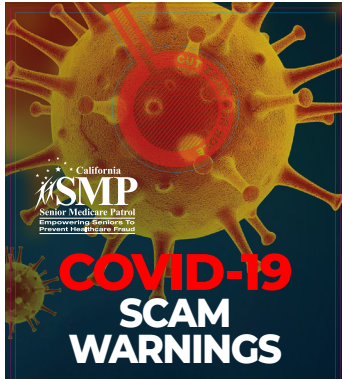
Join Emily Ross as she teaches meditative movement which is mindful movement that helps you focus and center your energy. It is known to calm the mind and create awareness. You will have an enjoyable experience moving your body to the great music Emily plays. **Instructor: Emily Ross | Fee: \$18**
Course #: 4006V3 (6 sessions)
(a program for Oasis members only)



Click the ads to sign up!

**'Tis the Season: A Discussion
on Holiday and COVID Scams
Wednesday, Dec. 23 | 1:00 pm**

During the holidays, people often experience an increase in scam phone calls and emails. To complicate matters even more, scammers are also taking advantage of an overwhelming amount of information about COVID health



response and treatments. Please join Miles McNeeley from WISE & Healthy Aging in a discussion on the scams we're likely to hear about this season and how to stay safe. This workshop will help participants to

identify scams, report instances of fraud to law enforcement, and build resources and tools to use when approached by scammers. We can't wait to hear from you as we come together to share experiences and answer questions.

Presenter: Miles McNeeley

Course #: 4063V3 | No Fee

(a program for Oasis members only)



Click to see offerings.

*New Year's Eve Celebration
Thursday, Dec. 31 | 1:00 pm*

Join Candace and DJ Steve as we say "So Long 2020!" We will have a musical count down through the decades, featuring hits from the 40s, 50s, 60s, 70s, 80s, 90's and the 2000s. We are betting you will know the words to each hit. Play decade trivia and celebrate that we made through this challenging year. Let's open up our hearts for a wise and healthy 2021.

A chance for us to celebrate our relationships and have lots of fun!!!!!!!!!!!!

Presenters: Candace Shivers & DJ Steve

Course #: 4131V3 | No Fee

(a program for Oasis members only)

2021
*Happy
New Year!*