



JAN 15 - 27, 2021

Upcoming Courses

FRIDAY, JANUARY 15

Course #: 4715V3 - What Matters to Me Discussion Group – 10:30 am ([Register](#))

Course #: 4015V3 - Ask Dr. Chloe Bird, Your Health in the New Year – 1 pm ([Register](#))

Course #: 4068V3 - Dr. Martin Luther King Celebration – 3 pm ([Register](#))

SATURDAY, JANUARY 16

Course #: 4044V3 (Non-Member: 4070V3) - New Year, New LOOK! – 1 pm ([Register](#))

MONDAY, JANUARY 18 - CLOSED FOR DR. MARTIN LUTHER KING JR. HOLIDAY

TUESDAY, JANUARY 19

Course #: 4026V3 - Voice Overs: How to Get Involved in the Industry – 1 pm ([Register](#))

Course #: 6629V3 - Guided Autobiography II Workshop – 4 pm ([Register](#))

WEDNESDAY, JANUARY 20

Course #: 4062V3 - MyActiveCenter Orientation – 10 am ([Register](#))

Course #: 5195V3 - Wednesday Afternoon Book Club – 1:30 pm ([Register](#))

THURSDAY, JANUARY 21

Course #: 4052V3 - MyActiveCenter Orientation – 12:30 pm ([Register](#))

FRIDAY, JANUARY 22

Course #: 4045V3 - Win the Morning, Win the Day – 10 am ([Register](#))

Course #: 4053V3 - MyActiveCenter Orientation – 1 pm ([Register](#))

Course #: 4066V3 - TED Talks with Barbara and Allen – 3:30 pm ([Register](#))

TUESDAY, JANUARY 26

Course #: 4035V3 - UCLA Health Lecture: Getting a Good Night's Sleep – 1:30 pm ([Register](#))

WEDNESDAY, JANUARY 27

Course #: 4043V3 - Voices of the Generations on Holocaust Remembrance Day – 1 pm ([Register](#))

Click on "Register" right off 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 our 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 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](#))

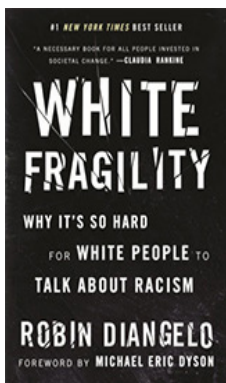
SATURDAYS

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.

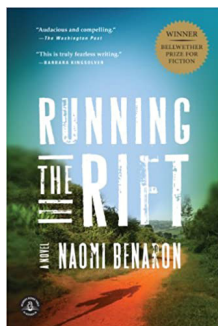


"White Fragility: Why It's So Hard for White People to Talk about Racism"

by Robin DiAngelo (published June 2018)
Monday, Feb. 8, 2021 | 4 – 5:30 pm
Facilitator: Leslie Nordby | **Fee:** \$5
Course #: 4023V3
(a program for members only)

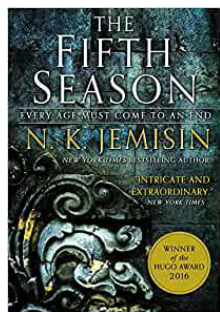
Wednesday Book Club

Running the Rift by Naomi Benaron
Discussion: Wednesday, Jan. 20 | 1:30 pm
Facilitator: Leslie Nordby | **No Fee**
(a program for 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
(a program for members only)



Click to see offerings.



Win the Morning, Win the Day! **Fridays, January 22 & 29 | 10:00 am**

The morning routine helps us set the tone for the day, better allowing us to control our schedules rather than our schedule controlling us. As we start each day fresh, we can better focus on what is in front of us, where to prioritize our time, and ultimately, increase our productivity. Most successful people have a morning routine that gives them a head start. Join Candace as she guides you in creating a morning routine that helps you "Win the Day."

Instructor: Candace Shivers | **Fee:** \$5
Course #: 4045V3
(a program for members only)

myactivecenter **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.

Wednesday, January 20 | 10:00 am
Thursday, January 21 | 12:30 pm
Friday, January 22 | 1:00 pm

CLICK HERE to Register
No Fee (a program for members only)